

2016-2017 Eastern Section Southern Zone Time Standards

Spring	Women Summer			Men Summer	Spring
:24.89	:24.69	50 Free	SC	:22.29	:22.49
:28.69	:28.49		LC	:25.89	:26.09
:54.29	:53.79	100 Free	SC	:48.79	:49.19
1:01.89	1:01.29		LC	:56.69	:57.19
1:56.99	1:55.89	200 Free	SC	1:47.29	1:48.29
2:13.59	2:12.29		LC	2:02.09	2:03.29
5:10.89	5:07.79	500 Free	SC	4:49.69	4:52.59
4:40.29	4:37.49	400 Free	LC	4:19.89	4:22.49
10:48.89	10:42.49	1000 Free	SC	10:08.19	10:14.29
9:38.09	9:32.39	800 Free	LC	8:59.39	9:04.79
17:49.09	17:38.49	1650 Free	SC	16:53.69	17:03.89
18:28.69	18:17.69	1500 Free	LC	17:13.49	17:23.89
1:00.89	1:00.29	100 Back	SC	:54.79	:55.29
1:10.59	1:09.89		LC	1:03.39	1:03.99
2:10.99	2:09.69	200 Back	SC	1:59.09	2:00.29
2:31.69	2:30.19		LC	2:17.39	2:18.69
1:08.89	1:08.29	100 Breast	SC	1:01.89	1:02.49
1:19.39	1:18.69		LC	1:10.79	1:11.49
2:29.09	2:27.69	200 Breast	SC	2:14.79	2:16.09
2:51.39	2:49.69		LC	2:34.19	2:35.69
:59.99	:59.39	100 Fly	SC	:53.89	:54.39
1:08.19	1:07.59		LC	1:00.69	1:01.29
2:11.59	2:10.29	200 Fly	SC	2:00.09	2:01.29
2:29.29	2:27.89		LC	2:15.09	2:16.39
2:12.79	2:11.49	200 IM	SC	1:59.79	2:00.99
2:31.99	2:30.49		LC	2:18.39	2:19.79
4:40.59	4:37.79	400 IM	SC	4:16.59	4:19.09
5:20.79	5:17.79		LC	4:54.79	4:57.69