

2013 Senior Sectional Time Standards

Eastern Section Southern Zone

WOMEN					MEN		
2011 NAT	Spring	Summer			Summer	Spring	2011 NAT
00:22.99	00:24.89	00:24.69	50 Fr	sc	00:22.29	00:22.49	00:20.29
00:26.59	00:28.69	00:28.49		lc	00:25.89	00:26.09	00:23.59
00:50.19	00:54.29	00:53.79	100 Fr	sc	00:48.79	00:49.19	00:44.49
00:57.29	01:01.89	01:01.29		lc	00:56.69	00:57.19	00:51.79
01:48.29	01:56.99	01:55.89	200 Fr	sc	01:47.29	01:48.29	01:38.09
02:03.69	02:13.59	02:12.29		lc	02:02.09	02:03.29	01:53.39
			400 -				
04:47.79	05:10.89	05:07.79	500 Fr	sc	04:49.69	04:52.59	04:25.29
04:19.49	04:40.29	04:37.49		lc	04:19.89	04:22.49	04:01.29
			800 -				
09:58.89	10:48.89	10:42.49	1000 Fr	sc	10:08.19	10:14.29	09:16.89
08:55.19	09:38.09	09:32.39		lc	08:59.39	09:04.79	08:23.09
			1500 -				
16:30.59	17:49.09	17:38.49	1650 Fr	sc	16:53.69	17:03.89	15:30.69
17:06.69	18:28.69	18:17.69		lc	17:13.49	17:23.89	16:02.49
00:55.79	01:00.89	01:00.29	100 Bk	sc	00:54.79	00:55.29	00:49.59
01:04.69	01:10.59	01:09.89		lc	01:03.39	01:03.99	00:58.29
02:00.09	02:10.99	02:09.69	200 Bk	sc	01:59.09	02:00.29	01:47.89
02:19.09	02:31.69	02:30.19		lc	02:17.39	02:18.69	02:06.29
01:03.19	01:08.89	01:08.29	100 BR	sc	01:01.89	01:02.49	00:55.89
01:12.79	01:19.39	01:18.69		lc	01:10.79	01:11.49	01:05.29
02:16.69	02:29.09	02:27.69	200 BR	sc	02:14.79	02:16.09	02:01.69
02:37.19	02:51.39	02:49.69		lc	02:34.19	02:35.69	02:22.09
00:54.99	00:59.99	00:59.39	100 FI	sc	00:53.89	00:54.39	00:48.59
01:02.49	01:08.19	01:07.59		lc	01:00.69	01:01.29	00:55.69
02:00.69	02:11.59	02:10.29	200 FI	sc	02:00.09	02:01.29	01:48.59
02:16.89	02:29.29	02:27.89		lc	02:15.09	02:16.39	02:04.09
02:01.79	02:12.79	02:11.49	200 IM	sc	01:59.79	02:00.99	01:49.69
02:20.69	02:31.99	02:30.49		lc	02:18.39	02:19.79	02:07.99
04:19.79	04:40.59	04:37.79	400 IM	sc	04:16.59	04:19.09	03:58.29
04:56.99	05:20.79	05:17.59		lc	04:54.79	04:57.69	04:33.09