

**2026 Eastern Section of the Southern Zone (ESSZ)**  
**Age Group Sectional Championship**  
**TIME STANDARDS**

Event	Course	Female			Male		
		10U	11-12	13-14	10U	11-12	13-14
50 Free	SCY	30.39	27.59	25.99	30.39	27.29	24.39
	LCM	34.59	31.49	29.69	34.59	31.09	27.89
100 Free	SCY	1:06.89	59.29	56.09	1:07.09	59.39	52.69
	LCM	1:15.89	1:07.49	1:03.89	1:16.09	1:07.59	1:00.09
200 Free	SCY	2:27.59	2:08.89	2:01.09	2:24.19	2:08.69	1:53.59
	LCM	2:47.09	2:25.39	2:17.59	2:43.29	2:26.09	2:09.29
500 Free	SCY	6:27.49	5:40.59	5:21.79	6:32.29	5:42.29	5:08.99
400 Free	LCM	5:45.89	5:03.99	4:47.19	5:50.19	5:05.49	4:35.79
1000 Free	SCY		11:43.89	11:08.79		11:38.99	10:42.09
800 Free	LCM		10:28.29	9:56.89		10:23.89	9:33.09
1650 Free	SCY		19:47.99	18:50.19		19:47.99	18:15.99
1500 Free	LCM		20:11.79	19:12.79		20:13.79	18:37.89
50 Back	SCY	35.89	31.49		36.09	31.79	
	LCM	40.49	35.59		40.69	35.89	
100 Back	SCY	1:17.59	1:07.99	1:03.29	1:17.39	1:08.59	59.89
	LCM	1:27.39	1:16.69	1:11.49	1:27.09	1:17.39	1:07.69
200 Back	SCY		2:27.69	2:16.19		2:28.19	2:09.49
	LCM		2:46.39	2:33.59		2:49.89	2:26.19
50 Breast	SCY	39.69	35.89		40.19	35.49	
	LCM	45.09	40.89		45.69	40.39	
100 Breast	SCY	1:27.99	1:17.59	1:12.39	1:28.09	1:16.99	1:08.69
	LCM	1:39.69	1:28.19	1:22.39	1:39.79	1:27.49	1:18.29
200 Breast	SCY		2:49.49	2:36.19		2:47.69	2:28.29
	LCM		3:12.19	2:57.39		3:10.19	2:48.59
50 Fly	SCY	33.99	30.19		34.59	30.59	
	LCM	38.49	34.29		39.09	34.69	
100 Fly	SCY	1:20.69	1:07.89	1:02.69	1:19.99	1:08.29	59.09
	LCM	1:30.99	1:16.79	1:10.99	1:30.19	1:17.19	1:06.99
200 Fly	SCY		2:36.29	2:20.79		2:33.49	2:14.79
	LCM		2:56.09	2:38.89		2:52.99	2:32.29
100 IM	SCY	1:17.69	1:07.99		1:17.39	1:08.49	
200 IM	SCY	2:46.59	2:26.29	2:18.09	2:46.09	2:28.29	2:10.49
	LCM	3:08.19	2:45.89	2:36.49	3:07.59	2:47.79	2:28.09
400IM	SCY		5:08.79	4:49.49		5:20.49	4:36.29
	LCM		5:49.19	5:27.79		6:02.19	5:13.09