

**Speedo Championship Series / Southern Zone South Section  
SPRING 2024 Championships Time Standards**

Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
28.39	27.79	24.89	<b>50 Free</b>	22.29	25.09	25.59
1:01.29	1:00.29	54.09	<b>100 Free</b>	48.29	54.39	55.29
2:12.09	2:11.09	1:56.69	<b>200 Free</b>	1:45.79	1:59.89	2:00.89
4:38.79	4:34.89	5:09.89	<b>400/500 Free</b>	4:46.09	4:12.79	4:16.59
9:35.69	9:24.39	10:50.49	<b>800/1000 Free</b>	9:57.19	8:44.29	8:55.59
18:21.79	18:01.79	18:05.29	<b>1500/1650 Free</b>	16:48.69	16:54.59	17:14.19
1:09.69	1:08.19	1:00.79	<b>100 Back</b>	55.09	1:02.99	1:04.49
2:31.99	2:28.99	2:13.29	<b>200 Back</b>	2:02.29	2:16.99	2:20.69
1:20.59	1:19.09	1:10.89	<b>100 Breast</b>	1:02.69	1:10.89	1:12.39
2:55.99	2:52.49	2:36.29	<b>200 Breast</b>	2:19.29	2:36.99	2:40.39
1:06.49	1:05.19	59.09	<b>100 Fly</b>	52.29	58.29	59.59
2:29.49	2:28.49	2:12.19	<b>200 Fly</b>	1:58.49	2:14.39	2:15.39
5:18.19	5:06.89	4:38.69	<b>400 IM</b>	4:11.99	4:39.99	4:51.29
NT	NT	NT	<b>200 Free Relay</b>	NT	NT	NT
4:24.89	4:16.89	3:54.69	<b>400 Free Relay</b>	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	<b>800 Free Relay</b>	7:42.19	8:27.89	8:43.89
NT	NT	NT	<b>200 Medley Relay</b>	NT	NT	NT
4:54.29	4:46.29	4:18.89	<b>400 Medley Relay</b>	3:53.89	4:17.49	4:25.49

**Speedo Championship Series / Southern Zone South Section  
SPRING 2024 Bonus Time Standards**

Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
29.09	28.49	25.59	<b>50 Free</b>	22.89	25.79	26.29
1:02.89	1:01.79	55.49	<b>100 Free</b>	49.49	55.79	56.69
2:15.39	2:14.39	1:59.69	<b>200 Free</b>	1:48.49	2:02.89	2:03.99
4:45.79	4:41.79	5:17.69	<b>400/500 Free</b>	4:53.29	4:19.19	4:23.09
9:50.09	9:38.49	11:06.79	<b>800/1000 Free</b>	10:12.19	8:57.39	9:08.99
18:49.39	18:28.89	18:32.49	<b>1500/1650 Free</b>	17:13.99	17:19.99	17:40.09
1:11.49	1:09.89	1:02.39	<b>100 Back</b>	56.49	1:04.59	1:06.19
2:35.79	2:32.79	2:16.69	<b>200 Back</b>	2:05.39	2:20.49	2:24.29
1:22.69	1:21.09	1:12.69	<b>100 Breast</b>	1:04.29	1:12.69	1:14.19
3:00.39	2:56.89	2:40.19	<b>200 Breast</b>	2:22.79	2:40.99	2:44.39
1:08.19	1:06.89	1:00.59	<b>100 Fly</b>	53.59	59.79	1:01.09
2:33.29	2:32.29	2:15.49	<b>200 Fly</b>	2:01.49	2:17.79	2:18.79
2:34.99	2:26.69	2:15.99	<b>200 IM</b>	2:02.39	2:12.89	2:21.19
5:26.19	5:14.59	4:45.69	<b>400 IM</b>	4:18.29	4:46.99	4:58.59

**Speedo Championship Series / Southern Zone South Section  
 SPRING 2024 Out-of-Section Time Standards**

Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
27.39		24.09	<b>50 Free</b>	21.39		24.89
59.39		52.09	<b>100 Free</b>	46.49		53.79
2:07.79		1:52.59	<b>200 Free</b>	1:41.79		1:58.09
4:28.79		5:03.49	<b>400 Free</b>	4:37.09		4:09.99
9:13.79		10:20.49	<b>800 Free</b>	9:34.29		8:40.69
17:40.19		17:14.39	<b>1500 Free</b>	16:05.49		16:38.99
1:06.89		58.09	<b>100 Back</b>	52.09		1:00.79
2:23.99		2:04.99	<b>200 Back</b>	1:52.79		2:11.89
1:15.99		1:05.99	<b>100 Breast</b>	58.69		1:08.69
2:43.39		2:22.69	<b>200 Breast</b>	2:08.59		2:29.09
1:04.69		57.49	<b>100 Fly</b>	51.09		58.39
2:21.89		2:05.39	<b>200 Fly</b>	1:53.69		2:10.19
2:26.39		2:08.29	<b>200 IM</b>	1:55.09		2:12.79
5:07.29		4:30.69	<b>400 IM</b>	4:07.59		4:42.39
4:04.29			<b>400 Free Relay</b>			3:40.89
8:40.89			<b>800 Free Relay</b>			8:00.49
4:33.79			<b>400 Medley Relay</b>			4:05.89