



Time Standards for Florida Swimming and Florida Gold Coast Registered Athletes



Florida Gold Coast Senior Championships						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
30.19	29.39	26.29	50 Free	23.49	26.19	26.99
1:05.59	1:03.99	57.19	100 Free	50.69	55.99	57.59
2:19.39	2:16.19	2:05.59	200 Free	1:52.59	2:04.69	2:07.89
4:53.79	4:37.39	5:31.59	400/500 Free	5:09.89	4:24.69	4:31.09
10:13.39	10:00.39	11:22.49	800/1000 Free	10:46.39	9:29.09	9:41.89
19:43.09	19:19.09	19:12.69	1500/1650 Free	18:10.99	18:05.99	18:29.99
1:14.49	1:13.29	1:05.99	100 Back	1:00.59	1:07.89	1:09.19
2:40.79	2:38.39	2:23.19	200 Back	2:13.59	2:26.89	2:29.29
1:25.69	1:23.69	1:15.79	100 Breast	1:09.09	1:15.19	1:17.19
3:05.39	3:01.39	2:44.39	200 Breast	2:32.69	2:45.39	2:49.39
1:11.19	1:09.79	1:04.59	100 Fly	56.99	1:02.29	1:03.69
2:38.29	2:35.49	2:23.49	200 Fly	2:11.59	2:20.99	2:23.79
N/A	1:16.29	1:07.99	100 IM	1:00.69	1:06.89	N/A
2:40.99	2:37.79	2:20.69	200 IM	2:10.79	2:23.99	2:27.19
5:42.39	5:35.99	5:00.29	400 IM	4:40.59	5:11.09	5:17.49
2:02.59	1:59.39	1:45.19	4x50 Free	1:32.29	1:46.59	1:49.79
4:30.79	4:24.19	3:53.19	4x100 Free	3:19.69	3:51.59	3:58.19
2:17.69	2:14.99	2:00.69	4x50 Medley	1:41.79	2:01.69	2:04.39
4:59.29	4:53.69	4:13.89	4x100 Medley	3:45.79	4:21.19	4:26.49

Updated 11/15/2022