

Speedo Champions Series

Southern Zone – South Sectional

Time Standards

Revised Standards – **BOLD**
 Time Standard Raised +
 Time Standard Lowered -

Female		Event	Male	
Yards	Meters		Yards	Meters
26.39	29.89	50 Free	23.29	26.69
56.79	1:04.19	100 Free	50.79	57.99
2:01.29	2:16.49	200 Free	1:48.79-	2:05.59+
5:16.59+	4:43.29+	500/400Free	4:54.89+	4:26.39+
11:00.49	9:49.39	1000/800Free	10:24.39	9:19.89
18:32.29+	18:58.09-	1650/1500 Free	17:21.49	17:44.99
1:05.89	1:15.49	100 Back	57.59-	1:07.29+
2:21.19	2:40.19	200 Back	2:07.59	2:24.99
1:14.89	1:26.79	100 Breast	1:07.09	1:16:49
2:41.69	3:05.39	200 Breast	2:27.09	2:49.79
1:02.59	1:10.89	100 Fly	56.59	1:03.39
2:17.49-	2:34.39-	200 Fly	2:05.59	2:23.99
2:16.49-	2:35.89-	200 IM	2:04.79-	2:22.19
4:50.29-	5:30.39+	400 IM	4:32.79	5:05.49
3:49.89	4:28.59	400 Free Relay	3:23.59	4:04.09
8:29.79	9:29.89	800 Free Relay	7:35.99	8:58.89
4:23.49	5:00.09	400 Medley Relay	3:55.89	4:32.89

Revised: 9/16/2005

Effective: Spring 2006