

**Speedo Champions Series / Southern Zone Southern Section  
Summer Championships Time Standards**

WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
<b>29.19</b>	28.39	25.49	50 Free	22.49	24.99	<b>25.79</b>
<b>1:01.99</b>	1:00.39	54.39	100 Free	49.59	54.99	<b>56.59</b>
<b>2:13.59</b>	2:10.39	1:57.49	200 Free	1:46.79	1:58.49	<b>2:01.69</b>
<b>4:37.69</b>	4:31.29	5:06.39	400/500 Fr	4:43.29	4:11.09	<b>4:17.49</b>
<b>9:34.79</b>	9:21.99	10:34.99	800/1000 Fr	10:00.59	8:51.89	<b>9:04.69</b>
<b>18:38.09</b>	18:14.09	18:02.79	1500/1650 Fr	17:02.09	17:12.99	<b>17:36.99</b>
<b>1:12.79</b>	1:11.59	1:04.49	100 Back	57.49	1:05.99	<b>1:07.19</b>
<b>2:34.09</b>	2:31.69	2:16.69	200 Back	2:03.49	2:21.19	<b>2:23.59</b>
<b>1:22.39</b>	1:20.39	1:12.39	100 Breast	1:06.19	1:13.49	<b>1:15.49</b>
<b>2:57.09</b>	2:53.09	2:35.99	200 Breast	2:25.99	2:41.99	<b>2:45.99</b>
<b>1:08.19</b>	1:06.79	1:00.19	100 Fly	54.39	1:00.39	<b>1:01.79</b>
<b>2:31.19</b>	2:28.39	2:13.69	200 Fly	2:02.59	2:16.09	<b>2:18.89</b>
<b>2:33.29</b>	2:30.09	2:15.19	200 IM	2:04.19	2:17.79	<b>2:20.99</b>
<b>5:17.29</b>	5:10.89	4:40.09	400 IM	4:24.29	4:53.49	<b>4:59.89</b>
<b>NT</b>	<b>NT</b>	<b>NT</b>	200 Fr Relay	<b>NT</b>	<b>NT</b>	<b>NT</b>
<b>4:28.49</b>	4:22.09	3:49.89	400 Fr Relay	3:23.59	3:57.69	<b>4:04.09</b>
<b>9:29.89</b>	9:17.09	8:29.79	800 Fr Relay	7:35.59	8:46.09	<b>8:58.89</b>
<b>NT</b>	<b>NT</b>	<b>NT</b>	200 MD Relay	<b>NT</b>	<b>NT</b>	<b>NT</b>
<b>5:00.09</b>	4:53.69	4:23.49	400 MD Relay	3:55.89	4:29.49	<b>4:32.89</b>

**Speedo Champions Series / Southern Zone Southern Section  
Spring Championships (Summer Bonus) Time Standards**

WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
<b>29.89</b>	28.89	26.39	50 Free	23.29	25.69	<b>26.69</b>
<b>1:04.19</b>	1:02.19	56.79	100 Free	50.79	55.99	<b>57.99</b>
<b>2:16.49</b>	2:12.49	2:01.29	200 Free	1:48.79	2:01.59	<b>2:05.59</b>
<b>4:43.29</b>	4:35.29	5:16.59	400/500 Fr	4:54.89	4:18.39	<b>4:26.39</b>
<b>9:49.39</b>	9:33.39	11:00.49	800/1000 Fr	10:24.39	9:03.89	<b>9:19.89</b>
<b>18:58.09</b>	18:28.09	18:32.29	1500/1650 Fr	17:21.49	17:14.99	<b>17:44.99</b>
<b>1:15.49</b>	1:13.49	1:05.89	100 Back	57.59	1:05.29	<b>1:07.29</b>
<b>2:40.19</b>	2:36.19	2:21.19	200 Back	2:07.59	2:20.99	<b>2:24.99</b>
<b>1:26.79</b>	1:24.79	1:14.89	100 Breast	1:07.09	1:15.29	<b>1:16.49</b>
<b>3:05.39</b>	3:01.39	2:41.69	200 Breast	2:27.09	2:45.79	<b>2:49.79</b>
<b>1:10.89</b>	1:08.89	1:02.59	100 Fly	56.59	1:01.39	<b>1:03.39</b>
<b>2:34.39</b>	2:30.39	2:17.49	200 Fly	2:05.59	2:21.99	<b>2:23.99</b>
<b>2:35.89</b>	2:31.89	2:16.49	200 IM	2:04.79	2:18.19	<b>2:22.19</b>
<b>5:30.39</b>	5:22.39	4:50.29	400 IM	4:32.79	4:57.49	<b>5:05.49</b>
<b>NT</b>	<b>NT</b>	<b>NT</b>	200 Fr Relay	<b>NT</b>	<b>NT</b>	<b>NT</b>
<b>4:28.49</b>	4:22.09	3:49.89	400 Fr Relay	3:23.59	3:57.69	<b>4:04.09</b>
<b>9:29.89</b>	9:17.09	8:29.79	800 Fr Relay	7:35.59	8:46.09	<b>8:58.89</b>
<b>NT</b>	<b>NT</b>	<b>NT</b>	200 MD Relay	<b>NT</b>	<b>NT</b>	<b>NT</b>
<b>5:00.09</b>	4:53.69	4:23.49	400 MD Relay	3:55.89	4:29.49	<b>4:32.89</b>