



## SPEEDO Champions Series Southern Zone – South Sectional – SUMMER ONLY

**Time Standards  
Effective – July 2007 Meet**

Women				Men		
LCM	SCM	SCY		LCM	SCM	SCY
29.19	28.39	25.49	<b>50 Free</b>	25.79	24.99	22.49
1:01.99	1:00.39	54.39	<b>100 Free</b>	56.59	54.99	49.59
2:13.59	2:10.39	1:57.49	<b>200 Free</b>	2:01.69	1:58.49	1:46.79
4:37.69	4:31.29	5:06.39	<b>400 Free</b>	4:17.49	4:11.09	4:43.29
9:34.79	9:21.99	10:34.99	<b>800 Free</b>	9:04.69	8:51.89	10:00.59
18:38.09	18:14.09	18:02.79	<b>1500 Free</b>	17:36.99	17:12.99	17:02.09
1:12.79	1:11.59	1:04.49	<b>100 Back</b>	1:07.19	1:05.99	57.49
2:34.09	2:31.69	2:16.69	<b>200 Back</b>	2:23.59	2:21.19	2:03.49
1:22.39	1:20.39	1:12.39	<b>100 Breast</b>	1:15.49	1:13.49	1:06.19
2:57.09	2:53.09	2:35.99	<b>200 Breast</b>	2:45.99	2:41.99	2:25.99
1:08.19	1:06.79	1:00.17	<b>100 Fly</b>	1:01.79	1:00.39	54.39
2:31.19	2:28.39	2:13.69	<b>200 Fly</b>	2:18.89	2:16.09	2:02.59
2:33.29	2:30.09	2:15.19	<b>200 IM</b>	2:20.99	2:17.79	2:04.19
5:17.29	5:10.89	4:40.09	<b>400 IM</b>	4:59.89	4:53.49	4:24.29
4:28.49	4:22.09	3:49.89	<b>400 Free Relay</b>	4:04.09	3:57.69	3:23.59
9:29.89	9:17.09	8:29.79	<b>800 Free Relay</b>	8:58.89	8:46.09	7:35.59
5:00.09	4:53.69	4:23.49	<b>400 Medley Relay</b>	4:32.89	4:29.49	3:55.89