

## Eastern Section of the Southern Zone 2007 Time Standards

<b>WOMEN</b>				
<b>Spring YARDS</b>	<b>Summer YARDS</b>		<b>Spring Meters</b>	<b>Summer Meters</b>
25.59	25.59	<b>50 Fr</b>	28.69	28.69
55.09	54.59	<b>100 Fr</b>	1:02.49	1:01.89
1:58.69	1:56.49	<b>200 Fr</b>	2:14.89	2:12.39
5:17.69	5:10.99	<b>400/500 Fr</b>	4:42.59	4:39.99
10:49.19	10:43.19	<b>800/1000 Fr</b>	9:39.19	9:33.79
18:17.49	17:57.39	<b>1500/1650 Fr</b>	18:28.69	18:18.49
1:02.09	1:00.99	<b>100 Bk</b>	1:11.49	1:10.79
2:13.99	2:11.49	<b>200 Bk</b>	2:32.59	2:31.19
1:10.39	1:09.09	<b>100 BR</b>	1:19.89	1:19.19
2:32.09	2:29.39	<b>200 BR</b>	2:52.29	2:50.69
1:00.99	1:00.49	<b>100 FI</b>	1:08.79	1:08.09
2:14.99	2:12.49	<b>200 FI</b>	2:29.69	2:28.29
2:13.59	2:12.39	<b>200 IM</b>	2:32.79	2:31.39
4:46.69	4:41.39	<b>400 IM</b>	5:21.59	5:18.59
<b>MEN</b>				
<b>Spring YARDS</b>	<b>Summer YARDS</b>		<b>Spring Meters</b>	<b>Summer Meters</b>
22.49	22.29	<b>50 Fr</b>	26.09	25.79
49.39	48.89	<b>100 Fr</b>	57.19	56.69
1:48.79	1:46.79	<b>200 Fr</b>	2:03.89	2:01.69
4:53.89	4:48.59	<b>400/500 Fr</b>	4:23.99	4:21.59
10:17.09	10:05.89	<b>800/1000 Fr</b>	9:07.89	9:02.89
17:08.49	16:49.79	<b>1500/1650 Fr</b>	17:30.19	17:20.59
55.49	54.49	<b>100 Bk</b>	1:04.29	1:03.79
2:00.79	1:58.59	<b>200 Bk</b>	2:19.49	2:18.19
1:02.49	1:01.39	<b>100 BR</b>	1:11.89	1:11.29
2:16.09	2:13.59	<b>200 BR</b>	2:36.59	2:35.19
54.59	53.59	<b>100 FI</b>	1:01.59	1:00.99
2:01.79	1:59.59	<b>200 FI</b>	2:17.19	2:15.89
2:01.49	1:59.29	<b>200 IM</b>	2:19.99	2:18.69
4:20.29	4:15.49	<b>400 IM</b>	4:58.09	4:55.39