

Eastern Section of The Southern Zone 2004 Time Standards

WOMEN	National Time	Spring	Summer		National Time	Spring	Summer
	SCY	YARDS	YARDS		LCM	METERS	METERS
50 Fr	00:23.89	00:25.59	00:25.59		00:26.79	00:28.69	00:28.69
100 Fr	00:50.99	00:55.09	00:54.59		00:57.89	01:02.49	01:01.89
200 Fr	01:49.89	01:58.69	01:56.49		02:04.89	02:14.89	02:12.39
400/500 Fr	04:51.49	05:17.69	05:10.99		04:21.69	04:42.59	04:39.99
800/1000 Fr	10:01.09	10:49.19	10:43.19		08:56.29	09:39.19	09:33.79
1500/1650 Fr	16:46.89	18:17.49	17:57.39		17:06.59	18:28.69	18:18.49
100 Bk	00:56.49	01:02.09	01:00.99		01:05.59	01:11.49	01:10.79
200 Bk	02:01.79	02:13.99	02:11.49		02:19.99	02:32.59	02:31.19
100 BR	01:03.99	01:10.39	01:09.09		01:13.29	01:19.89	01:19.19
200 BR	02:18.29	02:32.09	02:29.39		02:38.09	02:52.29	02:50.69
100 FI	00:55.99	01:00.99	01:00.49		01:03.09	01:08.79	01:08.09
200 FI	02:02.69	02:14.99	02:12.49		02:17.29	02:29.69	02:28.29
200 IM	02:03.69	02:13.59	02:12.39		02:21.49	02:32.79	02:31.39
400 IM	04:22.99	04:46.69	04:41.39		04:57.79	05:21.59	05:18.59
MEN	National Time	Spring	Summer		National Time	Spring	Summer
	SCY	YARDS	YARDS		LCM	METERS	METERS
50 Fr	00:20.49	00:22.49	00:22.29		00:23.69	00:26.09	00:25.79
100 Fr	00:44.89	00:49.39	00:48.89		00:51.99	00:57.19	00:56.69
200 Fr	01:38.89	01:48.79	01:46.79		01:53.69	02:03.89	02:01.69
400/500 Fr	04:27.19	04:53.89	04:48.59		04:02.19	04:23.99	04:21.59
800/1000 Fr	09:20.99	10:17.09	10:05.89		08:22.69	09:07.89	09:02.89
1500/1650 Fr	15:34.99	17:08.49	16:49.79		16:03.49	17:30.19	17:20.59
100 Bk	00:49.99	00:55.49	00:54.49		00:58.49	01:04.29	01:03.79
200 Bk	01:48.79	02:00.79	01:58.59		02:06.79	02:19.49	02:18.19
100 BR	00:56.29	01:02.49	01:01.39		01:05.39	01:11.89	01:11.29
200 BR	02:02.59	02:16.09	02:13.59		02:22.39	02:36.59	02:35.19
100 FI	00:49.19	00:54.59	00:53.59		00:55.99	01:01.59	01:00.99
200 FI	01:49.69	02:01.79	01:59.59		02:04.69	02:17.19	02:15.89
200 IM	01:50.49	02:01.49	01:59.29		02:08.39	02:19.99	02:18.69
400 IM	03:56.59	04:20.29	04:15.49		04:33.49	04:58.09	04:55.39

Times must have been achieved within last 18 months of the first day of current Sectionals.

No outside swimmers allowed in the Summer Sectional meet.

Outside swimmers in the Winter Sectional meet only if each swimmer has old junior time in EVERY event.