

## Eastern Section Southern Zone Time Standards 2011-2012

WOMEN					MEN		
2011 NAT	Spring	Summer			Summer	Spring	2011 NAT
00:22.99	<b>00:24.89</b>	<b>00:24.69</b>	50 Fr	sc	<b>00:22.29</b>	<b>00:22.49</b>	00:20.29
00:26.59	<b>00:28.69</b>	<b>00:28.49</b>		lc	<b>00:25.89</b>	<b>00:26.09</b>	00:23.59
00:50.19	<b>00:54.29</b>	<b>00:53.79</b>	100 Fr	sc	<b>00:48.79</b>	<b>00:49.19</b>	00:44.49
00:57.29	<b>01:01.89</b>	<b>01:01.29</b>		lc	<b>00:56.69</b>	<b>00:57.19</b>	00:51.79
01:48.29	<b>01:56.99</b>	<b>01:55.89</b>	200 Fr	sc	<b>01:47.29</b>	<b>01:48.29</b>	01:38.09
02:03.69	<b>02:13.59</b>	<b>02:12.29</b>		lc	<b>02:02.09</b>	<b>02:03.29</b>	01:53.39
			400 -				
04:47.79	<b>05:10.89</b>	<b>05:07.79</b>	500 Fr	sc	<b>04:49.69</b>	<b>04:52.59</b>	04:25.29
04:19.49	<b>04:40.29</b>	<b>04:37.49</b>		lc	<b>04:19.89</b>	<b>04:22.49</b>	04:01.29
			800 -				
09:58.89	<b>10:48.89</b>	<b>10:42.49</b>	1000 Fr	sc	<b>10:08.19</b>	<b>10:14.29</b>	09:16.89
08:55.19	<b>09:38.09</b>	<b>09:32.39</b>		lc	<b>08:59.39</b>	<b>09:04.79</b>	08:23.09
			1500 -				
16:30.59	<b>17:49.09</b>	<b>17:38.49</b>	1650 Fr	sc	<b>16:53.69</b>	<b>17:03.89</b>	15:30.69
17:06.69	<b>18:28.69</b>	<b>18:17.69</b>		lc	<b>17:13.49</b>	<b>17:23.89</b>	16:02.49
00:55.79	<b>01:00.89</b>	<b>01:00.29</b>	100 Bk	sc	<b>00:54.79</b>	<b>00:55.29</b>	00:49.59
01:04.69	<b>01:10.59</b>	<b>01:09.89</b>		lc	<b>01:03.39</b>	<b>01:03.99</b>	00:58.29
02:00.09	<b>02:10.99</b>	<b>02:09.69</b>	200 Bk	sc	<b>01:59.09</b>	<b>02:00.29</b>	01:47.89
02:19.09	<b>02:31.69</b>	<b>02:30.19</b>		lc	<b>02:17.39</b>	<b>02:18.69</b>	02:06.29
01:03.19	<b>01:08.89</b>	<b>01:08.29</b>	100 BR	sc	<b>01:01.89</b>	<b>01:02.49</b>	00:55.89
01:12.79	<b>01:19.39</b>	<b>01:18.69</b>		lc	<b>01:10.79</b>	<b>01:11.49</b>	01:05.29
02:16.69	<b>02:29.09</b>	<b>02:27.69</b>	200 BR	sc	<b>02:14.79</b>	<b>02:16.09</b>	02:01.69
02:37.19	<b>02:51.39</b>	<b>02:49.69</b>		lc	<b>02:34.19</b>	<b>02:35.69</b>	02:22.09
00:54.99	<b>00:59.99</b>	<b>00:59.39</b>	100 FI	sc	<b>00:53.89</b>	<b>00:54.39</b>	00:48.59
01:02.49	<b>01:08.19</b>	<b>01:07.59</b>		lc	<b>01:00.69</b>	<b>01:01.29</b>	00:55.69
02:00.69	<b>02:11.59</b>	<b>02:10.29</b>	200 FI	sc	<b>02:00.09</b>	<b>02:01.29</b>	01:48.59
02:16.89	<b>02:29.29</b>	<b>02:27.89</b>		lc	<b>02:15.09</b>	<b>02:16.39</b>	02:04.09
02:01.79	<b>02:12.79</b>	<b>02:11.49</b>	200 IM	sc	<b>01:59.79</b>	<b>02:00.99</b>	01:49.69
02:20.69	<b>02:31.99</b>	<b>02:30.49</b>		lc	<b>02:18.39</b>	<b>02:19.79</b>	02:07.99
04:19.79	<b>04:40.59</b>	<b>04:37.79</b>	400 IM	sc	<b>04:16.59</b>	<b>04:19.09</b>	03:58.29
04:56.99	<b>05:20.79</b>	<b>05:17.59</b>		lc	<b>04:54.79</b>	<b>04:57.69</b>	04:33.09

Based on National Time Standard 2011  
Effective 2011 LC & 2012 SC Championships