

**Eastern Section of the Southern Zone 2008-09 Time Standards**

<b>WOMEN</b>				
<b>Spring YARDS</b>	<b>Summer YARDS</b>		<b>Spring Meters</b>	<b>Summer Meters</b>
25.39	25.19	<b>50 Fr</b>	28.69	28.49
54.69	54.19	<b>100 Fr</b>	1:02.09	1:01.49
1:57.89	1:56.49	<b>200 Fr</b>	2:13.89	2:12.39
5:12.69	5:09.59	<b>400/500 Fr</b>	4:40.49	4:37.69
10:49.19	10:42.79	<b>800/1000 Fr</b>	9:39.19	9:33.49
18:07.49	17:56.69	<b>1500/1650 Fr</b>	18:28.69	18:17.69
1:01.79	1:00.99	<b>100 Bk</b>	1:10.99	1:10.29
2:13.09	2:11.49	<b>200 Bk</b>	2:31.89	2:30.39
1:09.99	1:09.09	<b>100 BR</b>	1:19.59	1:18.79
2:31.29	2:29.39	<b>200 BR</b>	2:51.59	2:49.89
1:00.99	1:00.39	<b>100 FI</b>	1:08.49	1:07.89
2:13.69	2:12.39	<b>200 FI</b>	2:28.99	2:27.59
2:13.39	2:12.09	<b>200 IM</b>	2:32.79	2:31.29
4:43.69	4:40.89	<b>400 IM</b>	5:21.59	5:18.39
<b>MEN</b>				
<b>Spring YARDS</b>	<b>Summer YARDS</b>		<b>Spring Meters</b>	<b>Summer Meters</b>
22.39	22.19	<b>50 Fr</b>	26.09	25.79
49.19	48.79	<b>100 Fr</b>	57.19	56.69
1:48.29	1:46.79	<b>200 Fr</b>	2:03.29	2:01.69
4:52.59	4:48.59	<b>400/500 Fr</b>	4:22.49	4:19.89
10:14.29	10:05.89	<b>800/1000 Fr</b>	9:04.79	8:59.39
17:03.89	16:49.79	<b>1500/1650 Fr</b>	17:23.89	17:13.49
55.29	54.49	<b>100 Bk</b>	1:03.99	1:03.39
2:00.29	1:58.59	<b>200 Bk</b>	2:18.69	2:17.39
1:02.49	1:01.39	<b>100 BR</b>	1:11.49	1:10.79
2:16.09	2:13.59	<b>200 BR</b>	2:35.69	2:34.19
54.39	53.59	<b>100 FI</b>	1:01.29	1:00.69
2:01.29	1:59.59	<b>200 FI</b>	2:16.39	2:15.09
2:00.99	1:59.29	<b>200 IM</b>	2:19.79	2:18.39
4:19.09	4:15.49	<b>400 IM</b>	4:57.69	4:54.79