

Eastern Section Southern Zone Time Standards
Spring Championships at Cary, NC 3/3-6/11

WOMEN		
Spring YARDS		Spring METERS
25.39	50 Fr	28.69
54.69	100 Fr	1:02.09
1:57.89	200 Fr	2:13.89
5:12.69	400/500 Fr	4:40.49
10:49.19	800/1000 Fr	9:39.19
18:07.49	1500/1650 Fr	18:28.69
1:01.79	100 BK	1:10.99
2:13.09	200 BK	2:31.89
1:09.99	100 BR	1:19.59
2:31.29	200 BR	2:51.59
1:00.99	100 FI	1:08.49
2:13.69	200 FI	2:28.99
2:13.39	200 IM	2:32.79
4:43.69	400 IM	5:21.59
MEN		
Spring YARDS		Spring Meters
22.39	50 Fr	26.09
49.19	100 Fr	57.19
1:48.29	200 Fr	2:03.29
4:52.59	400/500 Fr	4:22.49
10:14.29	800/1000 Fr	9:04.79
17:03.89	1500/1650 Fr	17:23.89
55.29	100 BK	1:03.99
2:00.29	200 BK	2:18.69
1:02.49	100 BR	1:11.49
2:16.09	200 BR	2:35.69
54.39	100 FI	1:01.29
2:01.29	200 FI	2:16.39
2:00.99	200 IM	2:19.79
4:19.09	400 IM	4:57.69