

**2023 - 2024**  
**Southern Senior Championship**  
**Time Standards**

(Note: unchanged from 2022 - 2023)

Girls			Boys	
LCM	Yards		Yards	LCM
29.59	25.99	<b>50 Free</b>	23.59	27.19
1:03.69	55.99	<b>100 Free</b>	50.69	58.09
2:18.59	2:01.99	<b>200 Free</b>	1:50.99	2:06.89
4:45.59	5:19.99	<b>500 Free</b>	5:07.99	4:36.29
10:05.99	11:18.99	<b>1000 Free</b>	10:33.99	9:28.69
19:18.69	18:55.99	<b>1650 Free</b>	17:32.99	17:59.99
1:12.19	1:02.99	<b>100 Back</b>	59.49	1:09.59
2:36.29	2:16.99	<b>200 Back</b>	2:10.99	2:30.79
1:28.29	1:17.69	<b>100 Breast</b>	1:09.99	1:20.89
3:05.99	2:43.99	<b>200 Breast</b>	2:32.99	2:56.29
1:11.29	1:02.99	<b>100 Fly</b>	57.99	1:06.09
2:42.39	2:23.99	<b>200 Fly</b>	2:08.99	2:27.29
2:37.39	2:17.99	<b>200 IM</b>	2:05.99	2:25.39
5:47.09	5:03.99	<b>400 IM</b>	4:38.99	5:22.59

