

2023 - 2024
Southern Senior Championship
Time Standards

(Note: unchanged from 2022 - 2023)

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