



Southern Zone
Southern Sectional
Championships



**2004 USA Swimming Speedo Champions Series Southern Zone
Southern Sectional Championship**

Time Standards

WOMEN		EVENTS	MEN	
SCY	LCM		SCY	LCM
:26.39	:29.89	50 FR	:23.29	:26.69
:56.79	1:04.19	100 FR	:50.79	:57.99
2:01.29	2:16.49	200 FR	1:49.69	2:04.79
5:14.99	4:39.89	4/500 FR	4:49.89	4:25.19
11:00.49	9:49.39	8/1000 FR	10:24.39	9:19.89
18:22.99	19:10.99	15/1650 FR	17:21.49	17:44.99
1:05.89	1:15.49	100 BK	:59.59	1:06.89
2:21.19	2:40.19	200 BK	2:07.59	2:24.99
1:14.89	1:26.79	100 BR	1:07.09	1:16.49
2:41.69	3:05.39	200 BR	2:27.09	2:49.79
1:02.59	1:10.89	100 FL	:56.59	1:03.39
2:17.69	2:37.99	200 FL	2:05.59	2:23.99
2:20.09	2:36.89	200 IM	2:07.59	2:22.19
4:46.99	5:33.49	400 IM	4:32.79	5:05.49
----	----	200 M.R.	----	----
4:23.49	5:00.09	400 M.R.	3:55.89	4:32.89
----	----	200 F.R.	----	----
3:49.89	4:28.59	400 F.R.	3:23.59	4:04.09
8:29.79	9:29.89	800 F.R.	7:35.99	8:58.89