**2025 Eastern Section of the Southern Zone (ESSZ)**

**Age Group Sectional Championship**

**TIME STANDARDS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** | **Course** | **Female** | | | **Male** | | |
| **10U** | **11-12** | **13-14** | **10U** | **11-12** | **13-14** |
| **50 Fr** | **SCY** | 30.39 | 27.59 | 25.99 | 30.39 | 27.29 | 24.39 |
|  | **LCM** | 34.59 | 31.49 | 29.69 | 34.59 | 31.09 | 27.89 |
| **100 Fr** | **SCY** | 1:06.89 | 59.29 | 56.09 | 1:07.09 | 59.39 | 52.69 |
|  | **LCM** | 1:15.89 | 1:07.49 | 1:03.89 | 1:16.09 | 1:07.59 | 1:00.09 |
| **200 Fr** | **SCY** | 2:27.59 | 2:08.89 | 2:01.09 | 2:24.19 | 2:08.69 | 1:53.59 |
|  | **LCM** | 2:47.09 | 2:25.39 | 2:17.59 | 2:43.29 | 2:26.09 | 2:09.29 |
| **500 Fr** | **SCY** | 6:27.49 | 5:40.59 | 5:21.79 | 6:32.29 | 5:42.29 | 5:08.99 |
| **400 Fr** | **LCM** | 5:45.89 | 5:03.99 | 4:47.19 | 5:50.19 | 5:05.49 | 4:35.79 |
| **1000 Fr** | **SCY** |  | 11:43.89 | 11:08.79 |  | 11:38.99 | 10:42.09 |
| **800 Fr** | **LCM** |  | 10:28.29 | 9:56.89 |  | 10:23.89 | 9:33.09 |
| **1650 Fr** | **SCY** |  | 19:47.99 | 18:50.19 |  | 19:47.99 | 18:15.99 |
| **1500 Fr** | **LCM** |  | 20:11.79 | 19:12.79 |  | 20:13.79 | 18:37.89 |
|  |  |  |  |  |  |  |  |
| **50 Bk** | **SCY** | 35.89 | 31.49 |  | 36.09 | 31.79 |  |
|  | **LCM** | 40.49 | 35.59 |  | 40.69 | 35.89 |  |
| **100 Bk** | **SCY** | 1:17.59 | 1:07.99 | 1:03.29 | 1:17.39 | 1:08.59 | 59.89 |
|  | **LCM** | 1:27.39 | 1:16.69 | 1:11.49 | 1:27.09 | 1:17.39 | 1:07.69 |
| **200 Bk** | **SCY** |  | 2:27.69 | 2:16.19 |  | 2:28.19 | 2:09.49 |
|  | **LCM** |  | 2:46.39 | 2:33.59 |  | 2:49.89 | 2:26.19 |
|  |  |  |  |  |  |  |  |
| **50 Br** | **SCY** | 39.69 | 35.89 |  | 40.19 | 35.49 |  |
|  | **LCM** | 45.09 | 40.89 |  | 45.69 | 40.39 |  |
| **100 Br** | **SCY** | 1:27.99 | 1:17.59 | 1:12.39 | 1:28.09 | 1:16.99 | 1:08.69 |
|  | **LCM** | 1:39.69 | 1:28.19 | 1:22.39 | 1:39.79 | 1:27.49 | 1:18.29 |
| **200 Br** | **SCY** |  | 2:49.49 | 2:36.19 |  | 2:47.69 | 2:28.29 |
|  | **LCM** |  | 3:12.19 | 2:57.39 |  | 3:10.19 | 2:48.59 |
|  |  |  |  |  |  |  |  |
| **50 Fl** | **SCY** | 33.99 | 30.19 |  | 34.59 | 30.59 |  |
|  | **LCM** | 38.49 | 34.29 |  | 39.09 | 34.69 |  |
| **100 Fl** | **SCY** | 1:20.69 | 1:07.89 | 1:02.69 | 1:19.99 | 1:08.29 | 59.09 |
|  | **LCM** | 1:30.99 | 1:16.79 | 1:10.99 | 1:30.19 | 1:17.19 | 1:06.99 |
| **200 Fl** | **SCY** |  | 2:36.29 | 2:20.79 |  | 2:33.49 | 2:14.79 |
|  | **LCM** |  | 2:56.09 | 2:38.89 |  | 2:52.99 | 2:32.29 |
|  |  |  |  |  |  |  |  |
| **100 IM** | **SCY** | 1:17.69 | 1:07.99 |  | 1:17.39 | 1:08.49 |  |
|  | **LCM** |  |  |  |  |  |  |
| **200 IM** | **SCY** | 2:46.59 | 2:26.29 | 2:18.09 | 2:46.09 | 2:28.29 | 2:10.49 |
|  | **LCM** | 3:08.19 | 2:45.89 | 2:36.49 | 3:07.59 | 2:47.79 | 2:28.09 |
| **400 IM** | **SCY** |  | 5:08.79 | 4:49.49 |  | 5:20.49 | 4:36.29 |
|  | **LCM** |  | 5:49.19 | 5:27.79 |  | 6:02.19 | 5:13.09 |