

**EASTERN SECTION OF THE SOUTHERN ZONE [ESSZ]
2019 SENIOR SECTIONAL CHAMPIONSHIPS QUALIFYING STANDARDS**

COURSE	WOMEN		EVENT	MEN		COURSE
	SPRING	SUMMER		SPRING	SUMMER	
YD	24.89	24.69	50 FREE	22.49	22.29	YD
MTR	28.69	28.49		MTR		
YD	54.29	53.79	100 FREE	49.19	48.79	YD
MTR	1:01.89	1:01.29		MTR		
YD	1:56.99	1:55.89	200 FREE	1:48.29	1:47.29	YD
MTR	2:13.59	2:12.29		MTR		
YD	5:10.89	5:07.79	500Y FREE	4:52.59	4:49.69	YD
MTR	4:40.29	4:37.49	400M FREE	4:22.49	4:19.89	MTR
YD	10:48.89	10:42.49	1000YD FREE	10:14.29	10:08.19	YD
MTR	9:38.09	9:32.39	800M FREE	9:04.79	8:59.39	MTR
YD	17:49.09	17:38.49	1650YD FREE	17:03.89	16:53.69	YD
MTR	18:28.69	18:17.69	1500M FREE	17:23.89	17:13.49	MTR
YD	1:00.89	1:00.29	100 BACK	55.29	54.79	YD
MTR	1:10.59	1:09.89		MTR		
YD	2:10.99	2:09.69	200 BACK	2:00.29	1:59.09	YD
MTR	2:31.69	2:30.19		MTR		
YD	1:08.89	1:08.29	100 BREAST	1:02.49	1:01.89	YD
MTR	1:19.39	1:18.69		MTR		
YD	2:29.09	2:27.69	200 BREAST	2:16.09	2:14.79	YD
MTR	2:51.39	2:49.69		MTR		
YD	59.99	59.39	100 FLY	54.39	53.89	YD
MTR	1:08.19	1:07.59		MTR		
YD	2:11.59	2:10.29	200 FLY	2:01.29	2:00.09	YD
MTR	2:29.29	2:27.89		MTR		
YD	2:12.79	2:11.49	200 IM	2:00.99	1:59.79	YD
MTR	2:31.99	2:30.49		MTR		
YD	4:40.59	4:37.79	400 IM	4:19.09	4:16.59	YD
MTR	5:20.79	5:17.79		MTR		

