

**Eastern Section Southern Zone Time Standards**  
**Spring Championships at Cary, NC 3/3-6/11**

<b>WOMEN</b>		
<b>Spring YARDS</b>		<b>Spring METERS</b>
25.39	<b>50 Fr</b>	28.69
54.69	<b>100 Fr</b>	1:02.09
1:57.89	<b>200 Fr</b>	2:13.89
5:12.69	<b>400/500 Fr</b>	4:40.49
10:49.19	<b>800/1000 Fr</b>	9:39.19
18:07.49	<b>1500/1650 Fr</b>	18:28.69
1:01.79	<b>100 BK</b>	1:10.99
2:13.09	<b>200 BK</b>	2:31.89
1:09.99	<b>100 BR</b>	1:19.59
2:31.29	<b>200 BR</b>	2:51.59
1:00.99	<b>100 FI</b>	1:08.49
2:13.69	<b>200 FI</b>	2:28.99
2:13.39	<b>200 IM</b>	2:32.79
4:43.69	<b>400 IM</b>	5:21.59
<b>MEN</b>		
<b>Spring YARDS</b>		<b>Spring Meters</b>
22.39	<b>50 Fr</b>	26.09
49.19	<b>100 Fr</b>	57.19
1:48.29	<b>200 Fr</b>	2:03.29
4:52.59	<b>400/500 Fr</b>	4:22.49
10:14.29	<b>800/1000 Fr</b>	9:04.79
17:03.89	<b>1500/1650 Fr</b>	17:23.89
55.29	<b>100 BK</b>	1:03.99
2:00.29	<b>200 BK</b>	2:18.69
1:02.49	<b>100 BR</b>	1:11.49
2:16.09	<b>200 BR</b>	2:35.69
54.39	<b>100 FI</b>	1:01.29
2:01.29	<b>200 FI</b>	2:16.39
2:00.99	<b>200 IM</b>	2:19.79
4:19.09	<b>400 IM</b>	4:57.69