

Eastern Section of the Southern Zone 2008-09 Time Standards

| WOMEN | | | | |
|-------------------------|-------------------------|---------------------|--------------------------|--------------------------|
| Spring YARDS | Summer YARDS | | Spring Meters | Summer Meters |
| 25.39 | 25.19 | 50 Fr | 28.69 | 28.49 |
| 54.69 | 54.19 | 100 Fr | 1:02.09 | 1:01.49 |
| 1:57.89 | 1:56.49 | 200 Fr | 2:13.89 | 2:12.39 |
| 5:12.69 | 5:09.59 | 400/500 Fr | 4:40.49 | 4:37.69 |
| 10:49.19 | 10:42.79 | 800/1000 Fr | 9:39.19 | 9:33.49 |
| 18:07.49 | 17:56.69 | 1500/1650 Fr | 18:28.69 | 18:17.69 |
| | | | | |
| 1:01.79 | 1:00.99 | 100 Bk | 1:10.99 | 1:10.29 |
| 2:13.09 | 2:11.49 | 200 Bk | 2:31.89 | 2:30.39 |
| | | | | |
| 1:09.99 | 1:09.09 | 100 BR | 1:19.59 | 1:18.79 |
| 2:31.29 | 2:29.39 | 200 BR | 2:51.59 | 2:49.89 |
| | | | | |
| 1:00.99 | 1:00.39 | 100 FI | 1:08.49 | 1:07.89 |
| 2:13.69 | 2:12.39 | 200 FI | 2:28.99 | 2:27.59 |
| | | | | |
| 2:13.39 | 2:12.09 | 200 IM | 2:32.79 | 2:31.29 |
| 4:43.69 | 4:40.89 | 400 IM | 5:21.59 | 5:18.39 |
| MEN | | | | |
| Spring YARDS | Summer YARDS | | Spring Meters | Summer Meters |
| 22.39 | 22.19 | 50 Fr | 26.09 | 25.79 |
| 49.19 | 48.79 | 100 Fr | 57.19 | 56.69 |
| 1:48.29 | 1:46.79 | 200 Fr | 2:03.29 | 2:01.69 |
| 4:52.59 | 4:48.59 | 400/500 Fr | 4:22.49 | 4:19.89 |
| 10:14.29 | 10:05.89 | 800/1000 Fr | 9:04.79 | 8:59.39 |
| 17:03.89 | 16:49.79 | 1500/1650 Fr | 17:23.89 | 17:13.49 |
| | | | | |
| 55.29 | 54.49 | 100 Bk | 1:03.99 | 1:03.39 |
| 2:00.29 | 1:58.59 | 200 Bk | 2:18.69 | 2:17.39 |
| | | | | |
| 1:02.49 | 1:01.39 | 100 BR | 1:11.49 | 1:10.79 |
| 2:16.09 | 2:13.59 | 200 BR | 2:35.69 | 2:34.19 |
| | | | | |
| 54.39 | 53.59 | 100 FI | 1:01.29 | 1:00.69 |
| 2:01.29 | 1:59.59 | 200 FI | 2:16.39 | 2:15.09 |
| | | | | |
| 2:00.99 | 1:59.29 | 200 IM | 2:19.79 | 2:18.39 |
| 4:19.09 | 4:15.49 | 400 IM | 4:57.69 | 4:54.79 |

Starts April 1st 2008