



2026 **ESSZ** TIME STANDARDS

SPEEDO SECTIONALS

WOMEN

STANDARDS

MEN

SCY	LCM	EVENT	LCM	SCY
24.89	28.69	50 FR	26.09	22.49
54.29	1:01.89	100 FR	57.19	49.19
1:56.99	2:13.59	200 FR	2:03.29	1:48.29
5:10.89	4:40.29	400/500 FR	4:22.49	4:52.59
10:48.89	9:38.09	800/1000 FR	9:04.79	10:14.29
17:49.09	18:28.69	1500/1650 FR	17:23.89	17:03.89
27.29	31.49	50 BK	28.69	24.49
1:00.89	1:10.59	100 BK	1:03.99	55.29
2:10.99	2:31.69	200 BK	2:18.69	2:00.29
30.69	35.59	50 BR	31.99	27.19
1:08.89	1:19.39	100 BR	1:11.49	1:02.49
2:29.09	2:51.39	200 BR	2:35.69	2:16.09
26.69	30.29	50 FL	27.39	23.69
59.99	1:08.19	100 FL	1:01.29	54.39
2:11.59	2:29.29	200 FL	2:16.39	2:01.29
2:12.79	2:31.99	200 IM	2:19.79	2:00.99
4:40.59	5:20.79	400 IM	4:57.69	4:19.09