

## 2025 Eastern Zone Speedo Sectional Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.29	27.09	24.79	50 Freestyle	22.39	24.69	25.49
1:00.69	58.89	53.09	100 Freestyle	48.49	53.89	55.49
2:10.89	2:07.69	1:54.99	200 Freestyle	1:46.29	1:57.99	2:01.29
4:37.69	4:29.29	5:08.79	400 / 500 Freestyle	4:47.39	4:09.89	4:17.59
9:29.99	9:19.99	10:38.99	800 / 1000 Freestyle	9:59.49	8:43.49	8:58.39
18:16.79	17:43.29	17:49.39	1500 / 1650 Freestyle	16:43.99	16:35.19	17:18.99
1:07.89	1:05.79	59.29	100 Backstroke	54.49	59.99	1:01.99
2:26.19	2:23.29	2:08.89	200 Backstroke	1:58.59	2:11.79	2:14.79
1:17.89	1:15.49	1:08.19	100 Breaststroke	1:01.49	1:08.99	1:09.69
2:49.39	2:44.79	2:29.39	200 Breaststroke	2:14.99	2:29.89	2:32.59
1:06.29	1:04.99	58.49	100 Butterfly	53.19	58.99	1:00.19
2:29.09	2:25.59	2:12.09	200 Butterfly	2:01.19	2:14.19	2:16.29
2:28.39	2:24.49	2:10.69	200 Individual Medley	1:59.39	2:12.59	2:16.19
5:20.49	5:07.29	4:38.39	400 Individual Medley	4:15.09	4:43.19	4:49.89
1:57.79	1:56.19	1:44.59	4 X 50 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 X 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 X 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:42.09	4:28.29	4:10.29	4 X 100 Medley Relay	3:45.99	4:14.59	4:18.69

Qualifying times must be achieved after 1/1/2024