
2023 Zone 3 Championship TIME STANDARDS Yards

Female 8 & Under

Z3

25 Free
50 Free
25 Back
50 Back
25 Breast
50 Breast
25 Fly
50 Fly
100 IM

NT not accepted

Female 9-10

Z3

50 Free
100 Free
50 Back
100 Back
50 Breast
100 Breast
50 Fly
100 Fly
100 IM
200 IM

NT not accepted

2023 Zone 3 Championship TIME STANDARDS Yards

Female 11-12

Z3

50 Free	32.49
100 Free	1:10.89
200 Free	2:33.89
500 Free	6:56.09
50 Back	36.89
100 Back	1:20.99
50 Breast	41.69
100 Breast	1:31.19
50 Fly	35.39
100 Fly	1:21.69
100 IM	1:20.89
200 IM	2:53.29
400 IM	6:10.29

Female 13-14

Z3

50 Free	30.89
100 Free	1:06.99
200 Free	2:25.09
500 Free	6:25.99
50 Back	NT not accepted
100 Back	1:13.49
50 Breast	NT not accepted
100 Breast	1:23.59
50 Fly	NT not accepted
100 Fly	1:12.89
200 IM	2:42.59
400 IM	5:45.49

Female 15 & Over

Z3

50 Free	29.89
100 Free	1:04.79
200 Free	2:20.19
500 Free	6:15.59
50 Back	NT not accepted
100 Back	1:10.59
50 Breast	NT not accepted
100 Breast	1:20.69
50 Fly	NT not accepted
100 Fly	1:10.19
200 IM	2:36.99
400 IM	5:34.59

2023 Zone 3 Championship TIME STANDARDS Yards

Male 8 & Under	
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Z3

25 Free
50 Free
25 Back
50 Back
25 Breast
50 Breast
25 Fly
50 Fly
100 IM

NT not accepted

Male 9-10	
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Z3

50 Free
100 Free
50 Back
100 Back
50 Breast
100 Breast
50 Fly
100 Fly
100 IM
200 IM

NT not accepted

2023 Zone 3 Championship TIME STANDARDS Yards

Male 11-12

Z3

50 Free	32.29
100 Free	1:10.59
200 Free	2:33.19
500 Free	6:45.89
50 Back	37.79
100 Back	1:21.19
50 Breast	42.59
100 Breast	1:31.09
50 Fly	36.59
100 Fly	1:21.89
100 IM	1:21.09
200 IM	2:55.09
400 IM	6:10.69

Male 13-14

Z3

50 Free	28.99
100 Free	1:03.19
200 Free	2:17.39
500 Free	6:09.99
50 Back	NT not accepted
100 Back	1:09.59
50 Breast	NT not accepted
100 Breast	1:18.39
50 Fly	NT not accepted
100 Fly	1:08.69
200 IM	2:34.29
400 IM	5:28.49

Male 15 & Over

Z3

50 Free	27.09
100 Free	59.19
200 Free	2:09.69
500 Free	5:51.09
50 Back	NT not accepted
100 Back	1:04.79
50 Breast	NT not accepted
100 Breast	1:13.39
50 Fly	NT not accepted
100 Fly	1:04.39
200 IM	2:24.39
400 IM	5:09.09
