

USA Swimming Spedo Champions Series
 HOSTED BY the IU Natatorium
 CENTRAL ZONE SECTIONAL 3
 March 24-27, 2011

2011 Time Standards for all Participants

Qualifying Period: January 1, 2010 through the entry deadline

WOMEN		MEN	
SCY	LCM	EVENT	SCY
25.29	28.79	50 FREE	22.59
54.79	1:01.79	100 FREE	48.99
1:57.89	2:13.09	200 FREE	1:46.89
5:12.09	4:38.79	400/500 FREE	4:48.89
10:44.79	9:37.59	800/1000 FREE	10:03.89
18:00.79	18:26.29	1500/1650 FREE	16:53.89
1:01.49	1:10.79	100 BACK	55.89
2:11.89	2:31.09	200 BACK	1:59.99
1:09.29	1:19.29	100 BREAST	1:02.19
2:29.09	2:50.19	200 BREAST	2:14.99
1:00.09	1:07.89	100 FLY	53.79
2:12.49	2:28.79	200 FLY	2:00.49
2:13.19	2:30.89	200 IM	2:00.59
4:40.49	5:18.79	400 IM	4:19.39
3:43.99	4:11.59	400 FREE RELAY	3:20.99
7:59.99	9:02.99	800 FREE RELAY	7:18.99
4:07.99	4:42.99	400 MEDLEY RELAY	3:44.99