

**2011 Central Zone Section 3 Speedo Champion Series  
 Summer Meet Time Standards and Bonus Standards  
 For LSC's OH, IN, MI, LE only.  
 Section 3 LSC's are OH, IN, MI, LE**

**The Summer Meet** is open to all swimmers and teams outside of the Central Zone section 3. **\*\* There are separate standards for swimmers and teams outside the Central Zone.\*\***

Qualifying Period: January 1, 2010 through the entry deadline for Summer Meet.

**\*\*\* New for Summer 2011, 1 cut 1 bonus, 2 cuts 2 bonus, 3 cuts 1 bonus.**

<b>WOMEN</b>			<b>Men</b>	
SCY	LCM	Event	LCM	SCY
25.29	28.79	50 FREE	25.89	22.59
54.79	1:01.79	100 FREE	56.39	48.99
1:57.89	2:13.09	200 FREE	2:02.89	1:46.89
5:12.09	4:38.79	400/500 FREE	4:19.39	4:48.89
10:44.79	9:37.59	800/1000 FREE	9:06.39	10:03.89
18:00.79	18:26.29	1500/1650 FREE	17:30.99	16:53.89
1:01.49	1:10.79	100 BACK	1:03.69	55.89
2:11.89	2:31.09	200 BACK	2:19.79	1:59.99
1:09.29	1:19.29	100 BREAST	1:12.59	1:02.19
2:29.09	2:50.19	200 BREAST	2:37.39	2:14.99
1:00.09	1:07.89	100 FLY	1:01.09	53.79
2:12.49	2:28.79	200 FLY	2:17.39	2:00.49
2:13.19	2:30.89	200 IM	2:18.89	2:00.59
4:40.49	5:18.79	400 IM	4:58.19	4:19.39
3:43.99	4:11.99	400 FREE RELAY	3:52.99	3:20.99
7:50.99	8:55.99	800 FREE RELAY	8:20.99	7:18.99
4:07.99	4:42.99	400 MEDLEY RELAY	4:19.99	3:44.99

## Bonus Event Time Standards

<b>WOMEN</b>			<b>Men</b>	
SCY	LCM	Event	LCM	SCY
26.99	30.99	50 FREE	27.99	24.99
57.99	1:04.99	100 FREE	59.99	51.99
2:00.99	2:17.99	200 FREE	2:08.99	1:52.99
5:20.99	4:49.99	400/500 FREE	4:32.99	4:59.99
10:53.99	9:50.99	800/1000 FREE	9:20.99	10:20.99
18:10.99	18:44.99	1500/1650 FREE	17:48.99	17:07.89
1:04.99	1:13.99	100 BACK	1:07.99	59.99
2:15.99	2:35.99	200 BACK	2:24.99	2:04.99
1:12.99	1:23.99	100 BREAST	1:16.99	1:05.99
2:36.99	2:58.99	200 BREAST	2:45.99	2:22.99
1:03:99	1:11.99	100 FLY	1:04.99	57.59
2:17.99	2:35.99	200 FLY	2:24.99	2:06.99
2:17.99	2:36.99	200 IM	2:25.99	2:06.99
4:48.99	5:29.99	400 IM	5:08.99	4:26.99