Indiana Swimming - USA Swimming Championship Meets & Time Standards - How It Works

-Bret Richardson, NOB

This document gives a general overview of time standards and meet qualifications for club swimmers. Yearly updated time standards, links, and detailed explanations can be found at:

Indiana Swimming: www.inswimming.org
USA Swimming: www.usaswimming.org

ORGANIZATION

ZONES

USA Swimming is the sanctioning body for swimming in the United Sates and is divided into 4 zones: Western, Central, Eastern, & Southern. Each zone has an organization that monitors and facilitates swimming in its zone. **We are in the Central Zone**, which has 15 local swimming committees (LSCs). *A USA Swimming zone map is in this document.* **LSCs**

A LSC can generally be thought of as a state. **Our LSC is called Indiana Swimming**. Each LSC has an organization and monitors/conducts swim business inside the LSC. Some LSCs may be half of a state and a little bit of another. Indiana Swimming jurisdiction is almost all of Indiana and a small portion of Illinois. Indiana Swimming is in the Central Zone along with 14 other LSCs. Within our LSC are about 110 swim teams, which are aligned together to form divisions. Our team is designated as "NOB" within our LSC. A divisional alignment, showing all the swim teams in our LSC is in this document.

Reviewing the zone map will simplify the idea of zones and LSCs within USA Swimming.

TIMES

One of the great parts of the swimming experience is summed up in "let the wall decide". Touching the pad is the basis of this sport, letting the swimmer *and the wall* determine their accomplishment in each event.

Each championship meet below has required time standards. Once a swimmer obtains the time cut in any sanctioned competition, they will be eligible for entry into the qualifying meet. Their coach will discuss the meet and options available after a time cut is obtained. Senior swimmers in high school (IHSAA) swimming during the winter season may also use meet times to qualify. Long course meters (LCM) are in the summer. Short course yards (SCY) are in the winter. The age group in which the swimmer competes is based on his or her age on the first day the swimmer competes in that particular meet. The earliest date a time standard can be obtained for a future meet varies for the particular meet.

Meets/Time Standards are listed in order of general difficulty.

#1) USA TIME STANDARDS ("B" through "AAAA")

USA Swimming sets these standards each year, based on the previous year swimming competitions. These times are sometimes referred to as "motivational times". The standards can be used for qualifying entry in some meets, to give the swimmer a goal to work for, or for advancement to the next fastest group on their team. While these times are a reference, they should not be stressed too often. A swimmer will have many short-term ups and downs and consistent times drops over a longer period is the goal. Your coach always has a long-term success program in mind for your swimmer.

#2) DIVISIONAL MEET

This meet is held near the end of the winter club season. NOB hosted the divisional meet in 2008. The meet moves to different host sites based on the host applying and being accepted by Indiana Swimming. A list of each team's division assignment for 2009 is in this document. The qualifying time standards for divisionals, age group state, and senior state are also contained in this document.

#3) AGE GROUP STATE MEET

Open to age group swimmers - 10 & under, 11-12, & 13-14. Age Group State is held near the end of both the winter and summer season by a selected host club. Time standards for this meet are in this document.

#4) SENIOR STATE MEET

Open to all swimmers (all events are OPEN) that make the senior state time standard cut. Senior state is held near the end of both the winter and summer season by a selected host club. Time standards for this meet are in this document. An open water swim is part of this meet to swimmers that qualify and wish to participate.

#5) CENTRAL ZONE MEET

This meet is held near the end of the summer season at a selected host club. There are normally two locations for the central zone meet, each location hosting 7 or 8 of the 15 LSCs in the central zone. Approximately every 5th year, a "megazone" meet is held where all 15 LSCs compete in the same meet. This happened in 2008 at the IUPUI Nat. In 2007, the central zone meet was held in Cleveland, OH and Topeka, KS. Teams are assigned which meet to go to. Indiana Swimming also assigns a state coach for all swimmers in our LSC.

On Aug 6-9, 2009, NOBLESVILLE SWIM CLUB will host AR, IL, IN, LE, OH, OK, OZ at Forest Park. The same weekend, Grand Forks, ND will host IA, MI, MN, MV, MW, ND, SD, WI.

The zone meet is an age group event open to 10& U, 11-12, 13-14, & 15 &O qualifiers. An open water swim is part of this meet for swimmers that qualify and wish to participate. Time standards for this meet are in this document.

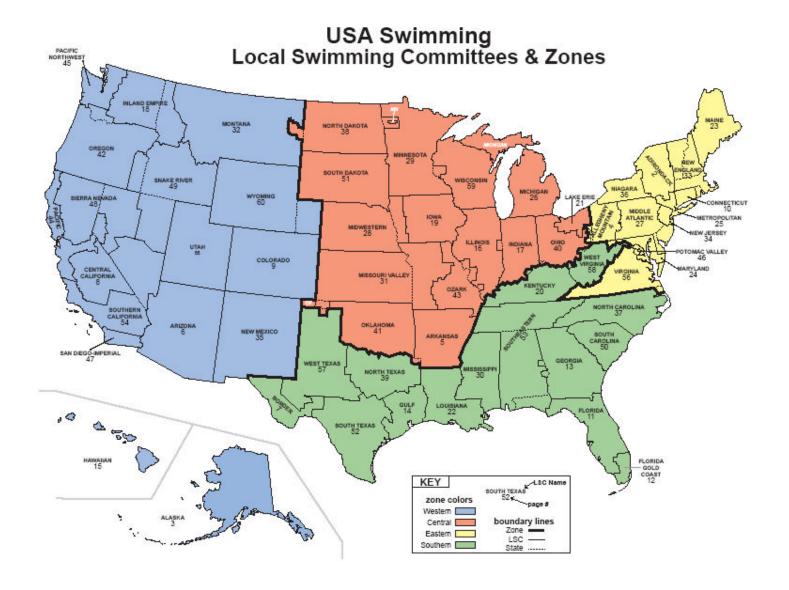
#6) SPEEDO SECTIONAL MEET

Also known "Central Zone Speedo Champion Series" and commonly called sectionals. The meet is held in three locations designated as: **Section 1** (IA, IL, MN, ND, SD, WI); **Section 2** (IN, LE, MI, OH), and **Region 8** (AR, MV, MW, OK, OZ) at roughly the same time each spring and summer (March & July). All events are OPEN, meaning a qualifying time from any age swimmer allows them to enter the meet. Time standards for this meet are in this document.

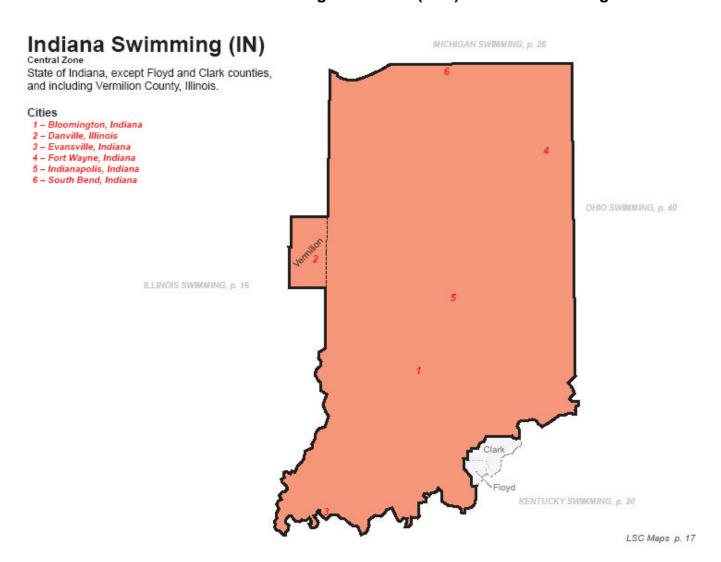
#7) ADDITIONAL USA SWIMMING CHAMPIONSHIP MEETS:

JUNIOR NATIONALS
NATIONALS
TOYOTA GRAND PRIX
US OPEN
WORLD CHAMPIONSHIPS
OLYMPICS

USA Swimming conducts these meets. Time standards for some of these meets are in this document. Additional meet requirements and information can be found at www.usaswimming.org All meets are OPEN events, except for Jr Nationals which requires the swimmer to be of 18 or younger on the first day of meet competition.



Noblesville's Local Swimming Committee (LSC): Indiana Swimming



Swim teams part of Indiana Swimming showing divisional alignment (2009) Noblesville is in the East Central Division

| | NW | | NE | | | | |
|---------------------|---|---|---|--|--|--|--|
| BA | Boilermaker Aquatics | CON | Concord Swim Club | | | | |
| CCS | Cass County Seals | FWA | Fort Wayne Aquatics | | | | |
| CPSC | Crown Point Swim Club | GATR | Gator Swim Club | | | | |
| DUNE | Duneland Swim Club | IA | Inish A quatics | | | | |
| GARY | Gary Hammer Heads | JAY | Jay County Swim Club | | | | |
| HHSC | Highland Hurricure's Swim Club | KLST | Knolwood Lasers Swim Team | | | | |
| HOT | LA Porte Comm. Swim Club | KOSY | Rosciusko Community YMCA Shark | | | | |
| HTS | Hobart Tiger Sharks | MAN | Manchester Aquatic Club | | | | |
| LAA | Lafryette Area Aquatics | NA CS NA SA | Northwest Aquatic Club | | | | |
| LCB | Lafnyette Area Family YMCA Lake Central Barracudas | OAK | Northridge Area Swimming Association Oak Hill Swim Club | | | | |
| LDSC | | PLY | | | | | |
| LISO | Lowel Dolphin Swim Club | | Plymouth Community Swim Club | | | | |
| MAC | Lansing Swim Organization Metrilly de Aquatic Club | PRO | Penn Racing Otters South Bend Swim Club | | | | |
| MCPS | Michigan City Piranha Swim Team | SWAC | Swar Swim Team | | | | |
| MSC | Munster Swim Club | TRAC | Three Rivers Aquatic Club | | | | |
| PPSC | Portage Porpoise Swim Club | TVAC | Tippecance Valley Aquatic Club | | | | |
| RAYS | Reasselaer Racing Rays | WAVE | Breeden YMCA Wavenakers | | | | |
| RR | Rochester Royals | WAWA | Wawaiee Area Swim Team | | | | |
| SCSC | Sugar Creek Swim Club | WWST | Wa-Nee Waves Swim Team | | | | |
| TLAA | Twin Lakes Area Aquatics | | warec wares swall least | | | | |
| UTSC | Union Township Swim Club | | | | | | |
| VSC | Valparaiso Swim Club | | | | | | |
| 7 050 | West Central | | East Central | | | | |
| ACST | Avon Community Swim Team | ACAC | Anderson Comm. Aquatics Club | | | | |
| CGAC | Center Grove Aquatic Club | ACSC | Adams Central Swim Club | | | | |
| CSC | Carriel Swim Club | BELL | Bellmont Swim Club | | | | |
| FINS | Indy Dolphins | CAC | Centerville Aquatics Club | | | | |
| INDY | Swim Indy | CARD | Cardinal Community Swim Club | | | | |
| LEB | Lebason Swim Club | CAST | Connersville Area Swim Team | | | | |
| PHNX | Team Phoenix | CIA | Central Indiann A quatics | | | | |
| RDAC | Red Devil Aquatic Club | DAC | Delaware Aquatic Club | | | | |
| RIV | Riviera Swim Team | FAST | Fishers Area Swimming Tigers | | | | |
| 4141 | Quad County Swimming Sharks | FRST | Franklin Regional Swim Team | | | | |
| SHRK | Control of the country of the country | | Franklin Township Swim Club | | | | |
| SHRK THT | Terre Haue Torpedoes | FTSC | | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | FTSC GRE | Greenwood Aquatic Team | | | | |
| SHRK THT | Terre Haue Torpedoes | | | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE | Greenwood Aquatic Team Hancock Aquatic Team Heights Community Swim Club | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT | Greenwood Aquatic Team Hancock Aquatic Team | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC | Greenwood Aquatic Team Hancock Aquatic Team Heights Community Swim Club | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC | Greenwood Aquatic Team Hancock Aquatic Team Heights Community Swim Clob Indian Creek Aquatic Club | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC LST | Ge enwood Aquatic Team Hancock Aquatic Team Heights Community Swim Club Indian Creek Aquatic Club Lawrence Swim Team New Cartle Swim Club Noblesville Swim Club | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC IST NCSC | Ge enwood Aquatic Team Harcock Aquatic Team Heights Community Swim Club Indian Creek Aquatic Club Lawrence Swim Team New Castle Swim Club Noblesville Swim Club Power Aquatics | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC LST NCSC NOB PA PSC | Ge enwood Aquatic Team Harcock Aquatic Team Heights Commanity Swim Club Indian Cieck Aquatic Club Lawrence Swim Team New Castle Swim Club Noblesville Swim Club Power Aquatics Pendleton SwimClub | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC LST NCSC NOB PA | Ge enwood Aquatic Team Harcock Aquatic Team Heights Community Swim Club Indian Creek Aquatic Club Lawrence Swim Team New Castle Swim Club Noblesville Swim Club Power Aquatics | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC LST NCSC NOB PA PSC | Ge enwood Aquatic Team Harcock Aquatic Team Heights Community Swim Club Indian Creek Aquatic Club Lawrence Swim Team New Castle Swim Club Nobleaville Swim Club Power Aquatics Pendleton Swim Club Richmond Swim Club Sletby County Aquatic Club | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC LST NCSC NOB PA PSC RSC SCAC SSC | Ge enwood Aquatic Team Hancock Aquatic Team Heights Community Swim Club Indian Creek Aquatic Club Lawrence Swim Team New Cartle Swim Club Noblesville Swim Club Power Aquatics Pendleton Swim Club Richmond Swim Club Shelby County Aquatic Club Southeastern Swim Club | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC IST NCSC NOB PA PSC ISSC SCAC SSC SSS | Ge enwood Aquatic Team Harrock Aquatic Team Heights Commanity Swin Club Indian Cieck Aquatic Club Lawrence Swin Team New Castle Swin Club Noblesville Swin Club Power Aquatics Pendleton Swim Club Richmond Swin Club Shelby County Aquatic Club Southeastern Swim Club Southeastern Swim Club Southeastern Swim Club | | | | |
| SHRK THT WTSC | Terre Haste Torpedoes Washington Township SwimClub | GRE HAT HCSC ICAC LST NCSC NOB PA PSC RSC SCAC SSC | Ge enwood Aquatic Team Hancock Aquatic Team Heights Community Swim Club Indian Creek Aquatic Club Lawrence Swim Team New Cartle Swim Club Noblesville Swim Club Power Aquatics Pendleton Swim Club Richmond Swim Club Shelby County Aquatic Club Southeastern Swim Club | | | | |

| | TSC YORKOWI SWI |
|------|----------------------------------|
| | South |
| BOON | Bootrville Aquatic Dolphins |
| BSC | Bloomington Swim Club |
| BURG | Lawrence burg Swim Te am |
| CCST | Counsilman Center Swim Team |
| DART | Dubois Aquatic Racing Team |
| DON | Donner Swim Club |
| ECST | East Central Swim Team |
| GEVV | Greater Bransville Aquatic Team |
| H2O | Hoosier Hills Otters |
| JAWS | Jasper A quatic Wildcats |
| JCSC | Jennings County Swim Club |
| LCA | Lawrence County Aquatics |
| MART | Martinsville Swim Club |
| MIST | Milan Swim Team |
| MTV | Mt. Vernon Swim Team |
| NSC | Newburgh Sea Creatures |
| OCFY | Owen County Family Y |
| PACE | Pacesetter Aquatics |
| RAC | Riverside Aquatic Club |
| SARG | Southridge Aquatic Raider Gators |
| SDS | South Dearborn Swimming |
| SEY | Seymour Swimming |
| SIYS | SE Indiana YMCA Süngraya |
| SWIS | South West Indy Stingrays |
| TELL | Tell City Swim Club |
| TSC | Tecumseh Swim Club |
| VST | Vincennes Swim Team |
| WCD | Washington County Dolphins |

US Swimming Time Standards (described in #1 above)

| | | 20 | 05-200 | 8 Nation | | roup Motivat | | es - Top | 16 Base | ed | | 9/13/04 |
|-----------|-----------|-----------|---------------------|-----------|---------------------------------|--|-----------|-----------|-----------|-------------------|-----------|-----------|
| | | | | | Lon | g Course Me | eters | | | | | |
| B Min | BB Min | A Min | AA Min der Girls | AAA Min | | ~ | AAAA Min | AAA Min | | A Min der Boys | BB Min | B Min |
| 45.29 | 40.89 | 36.49 | 35.09 | 33.59 | 32.19 | 50 M Free | 32.09 | 33.49 | 34.79 | 36.19 | 40.39 | 44.49 |
| 1:43.99 | 1:32.99 | 1:21.89 | 1:18.19 | 1:14.49 | 1:10.79 | 100 M Free | 1:10.19 | 1:13.69 | 1:17.19 | 1:20.59 | 1:31.09 | 1:41.59 |
| 3:48.89* | 3:23.79* | 2:58.69* | 2:50.39* | 2:41.99* | 2:33.69* | 200 M Free | 2:30.89 | 2:38.09 | 2:45.29 | 2:52.39 | 3:13.99 | 3:35.49 |
| 7:42.09 | 6:55.79* | 6:09.69 | 5:54.29 | 5:38.79* | 5:23.39* | 400 M Free | 5:20.99 | 5:36.29 | 5:51.49 | 6:06.79 | 6:52.69 | 7:38.49 |
| 55.99 | 49.89 | 43.69 | 41.69 | 39.59 | 37.59 | 50 M Back | 37.89 | 39.99 | 42.09 | 44.19 | 50.49 | 56.79 |
| 2:02.49 | 1:48.89 | 1:35.29 | 1:30.79 | 1:26.29 | 1:21.69 | 100 M Back | 1:21.29 | 1:25.39 | 1:29.49 | 1:33.69 | 1:46.09 | 1:58.49 |
| 1:01.59 | 54.89 | 48.29 | 46.09 | 43.89 | 41.59 | 50 M Breast | 41.99 | 44.09 | 46.29 | 48.49 | 55.09 | 1:01.59 |
| 2:17.69* | 2:02.39* | 1:47.09* | 1:41.99* | 1:36.89* | 1:31.79* | 100 M Breast | 1:32.19 | 1:36.79 | 1:41.39 | 1:45.99 | 1:59.79 | 2:13.59 |
| 55.09 | 48.59 | 42.09 | 39.89 | 37.79 | 35.59 | 50 M Fly | 35.09 | 36.99 | 38.99 | 40.99 | 46.89 | 52.89 |
| 2:13.69 | 1:56.19 | 1:38.69 | 1:32.89 | 1:26.99 | 1:21.19 | 100 M Fly | 1:20.39 | 1:25.99 | 1:31.59 | 1:37.19 | 1:53.99 | 2:10.79 |
| 4:13.89 | 3:47.29 | 3:20.59 | 3:11.79 | 3:02.89 | 2:53.99 | 200 M IM | 2:52.99 | 3:01.69 | 3:10.29 | 3:18.89 | 3:44.79 | 4:10.69 |
| | | 11-12 | Girls | | | | | | 11-12 | Boys | | |
| 39.19 | 36.39 | 33.69 | 32.39 | 30.99 | 29.69 | 50 M Free | 28,79* | 30.19* | 31.59* | 32.99* | 35.69* | 38.39* |
| 1:26.39* | 1:20.19* | 1:14.09* | 1:10.99* | 1:07.89* | 1:04.79* | 100 M Free | 1:02.59* | 1:05.59* | 1:08.59 | 1:11.59 | 1:17.49* | 1:23.49* |
| 3:05.69* | 2:52.39* | 2:39.19* | 2:32.49* | 2:25.89+ | 2:19.29* | 200 M Free | 2:16.29* | 2:22.69* | 2:29.19* | 2:35.69* | 2:48.69* | 3:01.69* |
| 6:27.79 | 6:00.09 | 5:32.39 | 5:18.49 | 5:04.69 | 4:50.79 | 400 M Free | 4:48.09* | 5:01.79* | 5:15.49* | 5:29.19* | 5:56.59* | 6:24.09* |
| 13:32.49* | | 11:36.49* | 11:07.49* | 10:38.39+ | 10:09.39* | 800 M Free | 10:11.89* | 10:41.09+ | 11:10.19* | 11:39.29* | 12:37.59* | 13:35.89* |
| 26:07.79* | 24:15.79* | 22:23.79* | 21:27.79* | 20:31.79* | 19:35.89* | 1500 M Free | 19:39.39* | 20:35.59* | 21:31.69* | 22:27.89* | 24:20.19* | 26:12.49* |
| 45.69 | 42.49 | 39.19 | 37.59 | 35.89 | 34.29 | 50 M Back | 33.49 | 35.29 | 36.99 | 38.79 | 42.29 | 45.79 |
| 1:42.39 | 1:34.39 | 1:26.29 | 1:22.29 | 1:18.19 | 1:14.19 | 100 M Back | 1:11.89 | 1:15.79 | 1:19.69 | 1:23.59 | 1:31.39 | 1:39.29 |
| 3:30.79* | 3:15.79* | 3:00.69* | 2:53.19* | 2:45.69* | 2:38.09* | 200 M Back | 2:37.79* | 2:45.29* | 2:52.79* | 3:00.29* | 3:15.29* | 3:30.29* |
| 49.09* | 45.59* | 42.09* | 40.39* | 38.59* | 36.89* | 50 M Breast | 36.99* | 38.99* | 41.09* | 43.09* | 47.09* | 51.09* |
| 1:49.99 | 1:41.89 | 1:33.79 | 1:29.69 | 1:25.59 | 1:21.59 | 100 M Breast | 1:20.99* | 1:25.19* | 1:29.39* | 1:33.59* | 1:41.99* | 1:50.49* |
| 3:57.59* | 3:40.59* | 3:23.69* | 3:15.19* | 3:06.69* | 2:58.19* | 200 M Breast | 2:56.09 | 3:04.49 | 3:12.79 | 3:21.19 | 3:37.99 | 3:54.69 |
| 42.69* | 39.69* | 36.59* | 35.09* | 33.59+ | 32.09* | 50 M Fly | 31.39* | 33.09+ | 34.79* | 36.59* | 39.99* | 43.49* |
| 1:38.69* | 1:30.79* | 1:22.89* | 1:18.99* | 1:14.99* | 1:11.09+ | 100 M Fly | 1:09.99* | 1:13.99* | 1:18.09* | 1:22.09* | 1:30.19* | 1:38.19* |
| 3:33.09* | 3:17.79* | 3:02.59* | 2:54.99* | 2:47.39* | 2:39.79* | 200 M Fly | 2:38.29* | 2:45.79* | 2:53.29* | 3:00.89* | 3:15.89+ | 3:30.99* |
| 3:30.19 | 3:15.19 | 3:00.19 | 2:52.69 | 2:45.19 | 2:37.69 | 200 M IM | 2:34.49 | 2:42.39 | 2:50.19 | 2:58,09 | 3:13.89 | 3:29.59 |
| 7:32.09* | 6:59.79* | 6:27.59* | 6:11.39* | 5:55.29* | 5:39.09* | 400 M IM | 5:36.29 | 5:52.29 | 6:08.29 | 6:24.29 | 6:56.29 | 7:28.29 |
| | | 13-14 | Girls | | | | | | 13-14 | Boys | | |
| 38.19* | 35.49* | 32.79* | 31.39+ | 30.09+ | 28.69+ | 50 M Free | 26.79 | 28.09 | 29.39 | 30.59* | 33.19 | 35.69* |
| 1:22.89* | 1:16.99* | 1:11.09* | 1:08.09* | 1:05.09* | 1:02.19* | 100 M Free | 58.29 | 1:01.09 | 1:03.89 | 1:06.59 | 1:12.19 | 1:17.69 |
| 2:57.99 | 2:45.29 | 2:32.59 | 2:26.19 | 2:19.89 | 2:13.49 | 200 M Free | 2:06.89 | 2:12.89 | 2:18.99 | 2:24.99 | 2:37.09 | 2:49.19 |
| 6:09.39 | 5:42.99 | 5:16.59 | 5:03.49 | 4:50.29 | 4:37.09 | 400 M Free | 4:27.39 | 4:40.19 | 4:52.89 | 5:05.59 | 5:31.09 | 5:56.49 |
| 12:35.99 | 11:41.99 | 10:47.99 | 10:20.99 | 9:53.99 | 9:26.99 | 800 M Free | 9:12.39 | 9:38.69 | 10:04.99 | 10:31.29 | 11:23.99 | 12:16.59 |
| 24:06.39 | 22:23.09 | 20:39.79 | 19:48.09 | 18:56.49 | 18:04.79 | 1500 M Free | 17:41.49* | 18:32.09* | 19:22.59* | 20:13.09* | 21:54.19* | 23:35.29* |
| 1:33.49* | 1:26.79* | 1:20.09* | 1:16.79* | 1:13.49* | 1:10.09* | 100 M Back | 1:05.69* | 1:08.79* | 1:11.89* | 1:15.09* | 1:21.29* | 1:27.59* |
| 3:19.99* | 3:05.69* | 2:51.39* | 2:44.29+ | 2:37.19* | 2:29.99* | 200 M Back | 2:21.39* | 2:28.19* | 2:34.89* | 2:41.59* | 2:55.09+ | 3:08.59* |
| 1:43.99 | 1:36.59 | 1:29.09 | 1:25.39 | 1:21.69 | 1:17.99 | 100 M Breast | 1:13.09 | 1:16.59 | 1:20.09 | 1:23.59 | 1:30.49 | 1:37.49 |
| 3:43.99 | 3:27.99 | 3:11.99 | 3:03.99 | 2:55.99 | 2:47.99 | 200 M Breast | 2:39.59 | 2:47.19 | 2:54.79 | 3:02.39 | 3:17.59 | 3:32.79 |
| 1:30.19* | 1:23.69* | 1:17.29* | 1:14.09* | 1:10.79* | 1:07.59* | 100 M Fly | 1:02.99* | 1:05.99* | 1:08.99* | 1:11.99* | 1:17.99* | 1:23.99* |
| 3:17.69* | 3:03.59* | 2:49.49* | 2:42.39* | 2:35.39 | 2:28.29* | 200 M Fly | 2:19.99* | 2:26.59* | 2:33.29+ | 2:39.89* | 2:53.29* | 3:06.59* |
| 3:21.09 | 3:06.79 | 2:52.39 | 2:45.19 | 2:37.99 | 2:30.89 | 200 M IM | 2:22.49* | 2:29.19* | 2:35.99* | 2:42.79* | 2:56.39+ | 3:09.89* |
| 7:02.69* | 6:32.49* | 6:02.29* | 5:47.19* | 5:32.09* | 5:16.99* | 400 M IM | 5:02.89* | 5:17.39* | 5:31.79* | 5:46.19* | 6:15.09* | 6:43.89* |
| | | 15-16 | Girls | | | | | | 15-16 | Boys | | |
| 37.69* | 34.99* | 32.29* | 30.89* | 29.59* | 28.29 | 50 M Free | 25.69 | 26.89 | 28.09 | 29.39 | 31.79 | 34.19 |
| 1:21.09* | 1:15.29* | 1:09.59* | 1:06.69* | 1:03.79* | 1:00.89+ | 100 M Free | 56.09 | 58.79 | 1:01.39 | 1:04.09 | 1:09.39 | 1:14.79 |
| 2:54.29 | 2:41.89 | 2:29.39 | 2:23.19 | 2:16.99 | 2:10.79 | 200 M Free | 2:01.59* | 2:07.39* | 2:13.19* | 2:18.99* | 2:30.49+ | 2:42.09* |
| 6:04.19* | 5:38.19* | 5:12.19* | 4:59.19* | 4:46.19* | 4:33.19* | 400 M Free | 4:16.69 | 4:28.89 | 4:41.09 | 4:53.29 | 5:17.79 | 5:42.19 |
| 12:28.89 | 11:35.39 | 10:41.89 | 10:15.19 | 9:48.39 | 9:21.69 | 800 M Free | 8:49.09 | 9:14.29 | 9:39.39 | 10:04.59 | 10:54.99 | 11:45.39 |
| 23:53.09* | 22:10.69* | 20:28.39* | 19:37.19* | 18:45.99* | 17:54.79* | 1500 M Free | 16:57.59 | 17:46.09 | 18:34.49 | 19:22.99 | 20:59.89 | 22:36.79 |
| 1:31.29* | 1:24.79* | 1:18.29* | 1:14.99* | 1:11.79* | 1:08.49* | 100 M Back | 1:02.69* | 1:05.69* | 1:08.69* | 1:11.69* | 1:17.59* | 1:23.59* |
| 3:15.19* | 3:01.29* | 2:47.29* | 2:40.29* | 2:33.39* | 2:26.39* | 200 M Back | 2:14.99* | 2:21.49* | 2:27.89* | 2:34.29* | 2:47.19* | 2:59.99* |
| 1:42.29* | 1:34.99* | 1:27.69* | 1:24.09 | 1:20.39* | 1:16.79 | 100 M Breast | 1:10.49 | 1:13.89 | 1:17.19 | 1:20.59 | 1:27.29 | 1:33.99 |
| 3:39.89 | 3:24.19 | 3:08.49 | 3:00.59 | 2:52.79 | 2:44.89 | 200 M Breast | 2:32.49 | 2:39.69 | 2:46.99 | 2:54.29 | 3:08.79 | 3:23.29 |
| 1:28.49* | 1:22.19* | 1:15.89* | 1:12.69* | 1:09.49* | 1:06.39* | 100 M Fly | 1:00.39 | 1:03.29 | 1:06.19 | 1:09.09 | 1:14.79 | 1:20.59 |
| 3:12.09 | 2:58.39 | 2:44.69 | 2:37.79 | 2:30.99 | 2:24.09 | 200 M Fly | 2:13.19 | 2:19.49 | 2:25.89 | 2:32.19 | 2:44.89 | 2:57.59 |
| 3:16.09 | 3:02.09 | 2:48.09 | 2:41.09 | 2:34.09 | 2:27.09 | 200 M IM | 2:17.49* | 2:23.99* | 2:30.59* | 2:37.09* | 2:50.19* | 3:03.29* |
| 6:55.99* | 6:26.29* | 5:56.59* | 5:41.69* | 5:26.79* | 5:11.99* | 400 M IM | 4:48.69 | 5:02.49 | 5:16.19 | 5:29.99 | 5:57.49 | 6:24.99 |
| | | 17-18 | Girls | | | | | | 17-18 | Boys | | |
| 37.49 | 34.89 | 32.19 | 30.79 | 29.49 | 28.19 | 50 M Free | 25.09 | 26.29 | 27.49 | 28.69 | 31.09 | 33.49 |
| 1:20.69 | 1:14.99 | 1:09.19 | 1:06.29 | 1:03.39 | 1:00.59 | 100 M Free | 54.89 | 57.49 | 1:00.09 | 1:02.69 | 1:07.99 | 1:13.19 |
| | | | | 2:15.79* | 2:09.59* | 200 M Free | | | | | | |
| 6:00.99 | 5:35.19 | 5:09.39 | 4:56.49 | 4:43.59 | 4:30.69 | 400 M Free | 4:12.29 | 4:24.39 | 4:36.39 | 4:48.39 | 5:12.39 | 5:36.39 |
| 12:19.59* | 11:26.79* | 10:33.99* | 10:07.59* | 9:41.09* | 9:14.69* | 800 M Free | 8:44.19 | 9:09.19 | 9:34.09 | 9:59.09 | 10:48.99 | 11:38.89 |
| 23:39.89 | 21:58.49 | 20:17.09 | 19:26.39 | 18:35.59 | 17:44.89 | 1500 M Free | 16:38.19 | 17:25.69 | 18:13.29 | 19:00.79 | 20:35.79 | 22:10.89 |
| 1:30.79* | 1:24.29* | 1:17.79* | 1:14.59* | 1:11.29* | 1:08.09* | 100 M Back 200 M Back 100 M Breast 200 M Breast | 1:01.49* | 1:04.39* | 1:07.29* | 1:10.29* | 1:16.09* | 1:21.99* |
| 3:13.99* | 3:00.09* | 2:46.29* | 2:39.39* | 2:32.39* | 2:25.49* | 200 M Back | 2:12.19* | 2:18.49* | 2:24.79* | 2:31.09* | 2:43.69* | 2:56.29* |
| 1:42.19* | 1:34.89* | 1:27.59* | 1:23.89* | 1:20.29* | 1:16.59* | 100 M Breast | 1:08.59 | 1:11.89 | 1:15.19 | 1:18.39 | 1:24.99 | 1:31.49 |
| 3:39.99* | 3:24.29* | 3:08.59* | 3:00.79* | 2:52.89* | 2:44.99* | 200 M Breast | 2:29.09 | 2:36.19 | 2:43.29 | 2:50.39 | 3:04.59 | 3:18.79 |
| 1:27.79* | 1:21.49* | 1:15.19* | 1:12.09* | 1:08.99* | 1:05.79* | 100 M Fly | 58.89 | 1:01.69 | 1:04.49 | 1:07.29 | 1:12.89 | 1:18.49 |
| 3:09.49 | 2:55.89 | 2:42.39 | 2:35.59 | 2:28.89 | 2:22.09 | 200 M Fly | 2:10.89 | 2:17.09 | 2:23.29 | 2:29.49 | 2:41.99 | 2:54.49 |
| 3:16.29* | 3:02.29* | 2:48.29* | 2:41.19* | 2:34.19* | 2:27.19* | 200 M IM | 2:13.69* | 2:20.09* | 2:26.49* | 2:32.79* | 2:45.59* | 2:58.29* |
| 6:54.39* | 6:24.79* | 5:55.19* | 5:40.39* | 5:25.59* | 2:22.09 2:27.19* 5:10.79* | 200 M IM 400 M IM | 4:44.79 | 4:58.39 | 5:11.99 | 5:25.49 | 5:52.59 | 6:19.79 |
| | | | | | | | | | | | | |

Divisional, Age Group State, and Senior State meet time standards (described in #2- #4 above)



2007 -08 Time Standards



| | | GI | RLS | | | | | | BO | DYS | | |
|----------|-------------|----------|------------|--------------------|--------------|--------------------|----------|------------|----------|------------|----------|---------------|
| S | CY | 1 | CM | S | CM | V | S | CY | | CM | S | CM |
| State | Divisional | State | Divisional | State | Divisional | 10 & under | State | Divisional | State | Divisional | State | Divisional |
| 0:31.39 | 0:37.09 | 0:36.19 | 0:42.79 | 0:34.69 | 0:40.99 | 50 Free | 0:32.19 | 0:37.99 | 0:37.29 | 0:44.09 | 0:35.29 | |
| | | | | | | | | | | | | 0:41.69 |
| 1:09.49 | 1:22.09 | 1:21.39 | 1:36.09 | 1:15.69 | 1:29.39 | 100 Free | 1:10.89 | 1:23.69 | 1:23.69 | 1:39.29 | 1:18.39 | 1:32.69 |
| 2:32.59 | 3:00.09 | 2:55.99 | 3:27.69 | 2:47.09 | 3:17.19 | 200 Free | 2:36.19 | 3:04.39 | 2:52.79 | 3:23.79 | 2:52.59 | 3:23.69 |
| 0:36.89 | 0:43.59 | 0:42.89 | 0:50.69 | 0:40.69 | 0:48.09 | 50 Back | 0:37.89 | 0:44.79 | 0:44.89 | 0:53.29 | 0:41.79 | 0:49.59 |
| 1:19.89 | 1:34.29 | 1:32.89 | 1:49.69 | 1:28.39 | 1:44.39 | 100 Back | 1:21.69 | 1:35.39 | 1:35.79 | 1:53.09 | 1:29.49 | 1:48.09 |
| 0:41.99 | 0:49.59 | 0:48.69 | 0:57.49 | 0:46.29 | 0:54.69 | 50 Breast | 0:43.39 | 0:51.29 | 0:51.39 | 1:00.69 | 0:47.99 | 0:56.79 |
| 1:31.79 | 1:48.39 | 1:46.99 | 2:06.29 | 1:41.19 | 1:59.49 | 100 Breast | 1:33.59 | 1:50.49 | 1:49.49 | 2:09.69 | 1:43.39 | 2:02.19 |
| 0:35.79 | 0:42.29 | 0:41.99 | 0:49.59 | 0:39.19 | 0:46.29 | 50 Fly | 0:36.89 | 0:43.59 | 0:44.09 | 0:52.99 | 0:40.89 | 0:48.39 |
| 1:22.99 | 1:37.99 | 1:38.79 | 1:56.59 | 1:31.79 | 1:48.39 | 100 Fly | 1:28.39 | 1:44.39 | 1:42.89 | 2:01.09 | 1:37.69 | 1:55.29 |
| 2:51.89 | 3:22.89 | 3:19.79 | 3:55.79 | 3:09.99 | 3:44.19 | 200 IM | 2:55.19 | 3:25.79 | 3:20.99 | 3:57.19 | 3:12.59 | 3:48.59 |
| 2:16.29 | 8 | 2:41.59 | | 2:29.19 | | 200 Free Relay | 2:26:19 | | 2:46.69 | | 2:40.09 | 8 3 |
| 2:35.79 | | 3:06.99 | | 2:50.59 | | 200 Medley Relay | 2:47.99 | | 3:22.09 | | 3:03.69 | |
| S | CY | L | CM | S | CM | 11-12 | S | CY | Local E | CM | S | CM |
| State | Divisional | State | Divisional | State | Divisional | 11-12 | State | Divisional | State | Divisional | State | Divisional |
| 0:27.79 | 0:32.79 | 0:31.79 | 0:37.59 | 0:30:49 | 0:35.99 | 50 Free | 0:28.39 | 0:33.59 | 0:32.79 | 0:39.09 | 0:31.19 | 0:36.69 |
| 1:00.59 | 1:11.59 | 1:09.79 | 1:22.39 | 1:06.29 | 1:18.29 | 100 Free | 1:01.79 | 1:12.99 | 1:11.29 | 1:24.19 | 1:07.69 | 1:19.89 |
| 2:13.79 | 2:37.89 | 2:32.09 | 2:59.49 | 2:26.39 | 2:52.79 | 200 Free | 2:15.99 | 2:40.49 | 2:37.89 | 3:06.59 | 2:29.49 | 2:56.19 |
| 5:57.39 | 7:01.79 | 5:21.59 | 6:19.49 | 5:12.79 | 6:09.09 | 400M / 500Y Free | 6:04.79 | 7:10.49 | 5:33.99 | 6:33.99 | 5:19.19 | 6:16.09 |
| | | | | 0:35.79 | | | | | | | | |
| 0:32.59 | 0:38.49 | 0:37.69 | 0:44.49 | | 0:42.29 | 50 Back | 0:33.29 | 0:39.29 | 0:39.29 | 0:46.39 | 0:36.49 | 0:43.89 |
| 1:10.19 | 1:22.89 | 1:21.29 | 1:35.99 | 1:16.99 | 1:30.89 | 100 Back | 1:11.99 | 1:24.99 | 1:24.39 | 1:40.49 | 1:18.89 | 1:33.39 |
| 0:36.29 | 0:42.89 | 0:42.29 | 0:49.99 | 0:39.79 | 0:46.99 | 50 Breast | 0:37.49 | 0:44.29 | 0:44.69 | 0:52.79 | 0:41.19 | 0:48.79 |
| 1:18.29 | 1:32.39 | 1:32.19 | 1:48.79 | 1:25.89 | 1:41.39 | 100 Breast | 1:22.59 | 1:37.49 | 1:35.09 | 1:52.09 | 1:30.59 | 1:46.99 |
| 0:31.29 | 0:36.99 | 0:35.09 | 0:41.49 | 0:34.29 | 0:40.49 | 50 Fly | 0:31.79 | 0:37.59 | 0:37.19 | 0:44.09 | 0:34.89 | 0:41.09 |
| 1:10.49 | 1:23.19 | 1:21.79 | 1:36.59 | 1:17.29 | 1:31.29 | 100 Fly | 1:12.39 | 1:25.49 | 1:25.39 | 1:40.59 | 1:20:09 | 1:34.39 |
| 2:30.09 | 2:57.19 | 2:54.19 | 3:25.59 | 2:44.29 | 3:13.89 | 200 IM | 2:33.99 | 3:01.79 | 2:59.99 | 3:32.59 | 2:48.49 | 3:19.09 |
| 1:56.99 | | 2:15.29 | | 2:08:69 | | 200 Free Relay | 2:03.99 | | 2:24.39 | | 2:15.79 | |
| 2:12.79 | 8 | 2:35.29 | E., 3 | 2:25.49 | 000 | 200 Medley Relay | 2:21.49 | 1 | 2:47.89 | | 2:34.79 | 8 3 |
| S | CY | 1 | CM | S | CM | 13-14 | S | CY | L | CM | S | CM |
| State | Divisional | State | Divisional | State | Divisional | 13-14 | State | Divisional | State | Divisional | State | Divisional |
| 0:26.39 | 0:31.19 | 0:30.19 | 0:35.69 | 0:28.99 | 0:34.29 | 50 Free | 0:25.09 | 0:29.69 | 0:29.09 | 0:34.39 | 0:27.59 | 0:32.59 |
| 0:57.69 | 1:08.09 | 1:05.49 | 1:17.29 | 1:03.29 | 1:14.69 | 100 Free | 0:55.09 | 1:05.09 | 1:03.59 | 1:15.19 | 1:00.39 | 1:11.39 |
| 2:05.19 | 2:27.79 | 2:22.89 | 2:48.69 | 2:17.09 | 2:41.79 | 200 Free | 2:01.69 | 2:23.59 | 2:19.89 | 2:46.39 | 2:13.29 | 2:37.99 |
| 5:33.49 | 6:33.59 | 5:04.09 | 5:58.89 | 4:56.49 | 5:49.89 | 400M / 500Y Free | 5:23.69 | 6:21.99 | 4:56.69 | 5:55.59 | 4:43.29 | 5:39.39 |
| 11:54.69 | | 10:44.39 | 0.00.00 | 10:26.09 | 5.45.65 | 800M / 1000Y Free | 11:38.19 | 0.21.22 | 10:25.59 | 0.00.02 | 10:10.99 | |
| 19:50.49 | 5 | 20:29.29 | | 19:45.79 | | 1500M / 1650Y Free | 19:21.79 | | 20:11.49 | | 19:14.89 | 6 1 |
| 1:06.19 | 1:18.19 | 1:17.09 | 1:30.99 | 1:12.89 | 1:26.09 | 100 Back | 1:03.69 | 1:15.19 | 1:15.69 | 1:29.79 | 1:10.29 | 1:23.69 |
| 2:22.49 | 2:48.19 | 2:45.99 | 3:15.89 | 2:35.89 | 3:03.99 | 200 Back | 2:17.99 | 2:42.89 | 2:44.19 | 3:14.69 | 2:32.49 | 3:01.79 |
| 1:14.39 | 1:27.79 | 1:27.59 | 1:43.39 | 1:21.79 | 1:36.59 | 100 Breast | 1:11.79 | 1:24.79 | 1:25.29 | 1:40.89 | 1:18.89 | 1:34.79 |
| 2:42.09 | | 3:08.49 | 3:42.49 | 2:57.09 | 3:28.99 | 200 Breast | 2:39.49 | | 3:05.39 | 3:38.59 | 2:55.79 | 3:28.89 |
| 1:04.89 | 3:11.29 | 1:15.09 | | 1:10.99 | | 100 Fly | 1:02.69 | 3:08.29 | 1:12.79 | | 1:09.79 | |
| | 1:16.59 | | 1:28.69 | | 1:23.79 | | | 1:13.99 | | 1:27.39 | | 1:23.69 |
| 2:29:29 | 2:56.19 | 2:54.69 | 3:26.19 | 2:44.99 | 3:14.69 | 200 Fly | 2:24.09 | 2:50.09 | 2:44.79 | 3:14.89 | 2:39.09 | 3:07.39 |
| 2:23.09 | 2:48.89 | 2:44.29 | 3:13.89 | 2:36.69 | 3:04.89 | 200 IM | 2:18.79 | 2:43.79 | 2:38.19 | 3:09.79 | 2:31.89 | 3:00.69 |
| 5:02.79 | 5:57.29 | 5:50.09 | 6:53.19 | 5:31.29 | 6:30.99 | 400 IM | 4:58.19 | 5:51.89 | 5:49.89 | 6:50.79 | 5:28.09 | 6:30.39 |
| 1:50.19 | | 2:06.89 | | 2:00.99 | | 200 Free Relay | 1:47.69 | | 2:08.49 | | 1:59.29 | |
| 2:05.29 | | 2:26.79 | 1 3 | 2:18.19 | | 200 Medley Relay | 2:02.59 | | 2:29.89 | | 2:14.29 | |
| 3:59.59 | 8 | 4:28.99 | | 4:23.09 | | 400 Free Relay | 3:48.99 | | 4:22.99 | | 4:13.49 | 8 |
| 4:23.39 | 2 | 5:08.19 | | 4:50.59 | | 400 Medley Relay | 4:18.99 | | 5:14.99 | | 4:43.59 | |
| | CY | | CM | | CM | SENIOR | | CY | | CM | | CM |
| State | Divisional | State | Divisional | State | Divisional | | State | Divisional | State | Divisional | State | Divisional |
| 0:25.69 | 0:30.39 | 0:29.29 | 0:34.59 | 0:28.19 | 0:33.29 | 50 Free | 0:22.89 | 0:27.09 | 0:26.19 | 0:31.39 | 0:25.19 | 0:30.49 |
| 0:56.19 | 1:06.39 | 1:02.89 | 1:14.29 | 1:01.59 | 1:12.69 | 100 Free | 0:50.09 | 0:59.19 | 0:56.79 | 1:07.69 | 0:54.99 | 1:07.09 |
| 2:02.09 | 2:24.09 | 2:17.49 | 2:42.29 | 2:13.69 | 2:37.79 | 200 Free | 1:50.29 | 2:10.19 | 2:05.39 | 2:30.59 | 2:00.79 | 2:23.89 |
| 5:29.19 | 6:28.49 | 4:49.99 | 5:42.19 | 4:52.69 | 5:45.39 | 400M / 500Y Free | 5:03.09 | 5:57.69 | 4:28.89 | 5:25.49 | 4:25.29 | 5:08.39 |
| 11:25.79 | No. of Long | 10:02:09 | Companies | 10:00.79 | - 12 HOTZACI | 800M / 1000Y Free | 10:43.09 | | 9:26.59 | 01/00-3 | 9:22.79 | Section 1 day |
| 19:26.29 | | 19:35.59 | | 19:21.69 | | 1500M / 1650Y Free | 18:08:59 | | 18:16.29 | | 18:02:09 | |
| 1:04.09 | 1:15.69 | 1:13.89 | 1:27.19 | 1:10.59 | 1:23.39 | 100 Back | 0:57.89 | 1:08.39 | 1:06.79 | 1:22.39 | 1:03.89 | 1:17.99 |
| 2:19.09 | 2:44.19 | 2:40.59 | 3:09.59 | 2:32.19 | 2:59.59 | 200 Back | 2:07:29 | 2:30.29 | 2:26.19 | 2:57.19 | 2:20.69 | 2:49.59 |
| 1:12.89 | 1:26.09 | 1:23.59 | 1:38.69 | 1:20:19 | 1:34.69 | 100 Breast | 1:05.09 | 1:15.89 | 1:14.89 | 1:32.89 | 1:11.49 | 1:26.49 |
| 2:38.89 | 3:07.49 | 3:01.49 | 3:34.19 | 2:53.59 | 3:24.89 | 200 Breast | 2:26.19 | 2:52.59 | 2:48.49 | 3:26.79 | 2:41.19 | 3:13.69 |
| 1:02.49 | 1:13.79 | 1:10.49 | 1:23.19 | 1:08.39 | 1:20.79 | 100 Fly | 0:55.49 | 1:05.49 | 1:02.19 | 1:15.99 | 1:01.79 | 1:15.29 |
| 2:24.49 | 2:50.59 | 2:42.29 | 3:11.59 | 2:39.69 | 3:08.49 | 200 Fly | 2:08.69 | 2:31.89 | 2:27.99 | 2:58.79 | 2:22.09 | 2:48.89 |
| 2:18.59 | 2:43.59 | 2:36.19 | 3:04.39 | 2:31.79 | 2:59.19 | 200 IM | 2:05.49 | 2:28.09 | 2:21.29 | 2:53.29 | 2:17.29 | 2:44.49 |
| 5:00.99 | | 5:38.59 | | 5:29.29 | | 400 IM | 4:34.89 | | 5:12.09 | | 5:02.39 | |
| | 5:55.19 | | 6:39.59 | | 6:28.59 | | | 5:24.39 | | 6:25.99 | | 5:43.19 |
| 3.55.49 | | 4:25.19 | | 4:18.59 9:29.09 | | 400 Free Relay | 3:31.49 | | 4:00.39 | | 3:54.19 | 6 |
| 8:35.89 | 6 | 9:34.99 | - 3 | | | 800 Free Relay | 7:46.79 | - 3 | 9:01.59 | | 8:31.19 | 0 1 |
| 4:22.99 | | 4:53.49 | L | 4:50.09 | | 400 Medley Relay | 3:53,79 | | 4:27.59 | | 4:16.09 | |
| | | | | | | | | | | | | |

Central Zone Meet time standards (described in #5 above)

2008 ZONE CUTS

POOL EVENTS - AAA

OPEN WATER - A in longest zone age group offered freestyle event
Qualifying Period: August 3, 2007 - Entry Deadline for applicable meet

| | GIR | LS | - | EVENTS | BOYS | | | | | |
|---------------------|---------------------|----------------------------|----------------------------|-------------------|----------------------------|----------------------------|---------------------|-------------------|--|--|
| 15-18 | 13-14 | 11-12 | 10 & U | LCM | 10 &U | 11-12 | 13-14 | 15-18 | | |
| 29.59 | 30.09 | 30.99 | 33.59 | 50 FR | 33.49 | 30.19 | 28.09 | 26.89 | | |
| 1:03.79 | 1:05.09 | 1:07.89 | 1:14.49 | 100 FR | 1:13.69 | 1:05.59 | 1:01.09 | 58.79 | | |
| 2:16.99 | 2:19.89 | 2:25.89 | 2:41.99 | 200 FR | 2:38.09 | 2:22.69 | 2:12.89 | 2:07.3 | | |
| 4:46.19 | 4:50.29 | 5:04.69 | Not offered | 400 FR | Not offered | 5:01.79 | 4:40.19 | 4:28.8 | | |
| 9:48.39 | 9:53.99 | Not offered | Not offered | 800 FR | Not offered | Not offered | 9:38.69 | 9:14.2 | | |
| 18:45.99 | 18:56.49 | Not offered | Not offered | 1500 FR | Not offered | Not offered | 18:32.09 | 17:46.0 | | |
| Not offered | Not offered | 35.89 | 39.59 | 50 BK | 39.99 | 35.29 | Not offered | Not offere | | |
| 1:11.79 | 1:13.49 | 1:18.19 | 1:26.29 | 100 BK | 1:25.39 | 1:15.79 | 1:08.79 | 1:05.6 | | |
| 2:33.39 | 2:37.19 | Not offered | Not offered | 200 BK | Not offered | Not offered | 2:28.19 | 2:21.4 | | |
| Not offered | Not offered | 38.59 | 43.89 | 50 BR | 44.09 | 38.99 | Not offered | Not offere | | |
| 1:20.39 | 1:21.69 | 1:25.59 | 1:36.89 | 100 BR | 1:36.79 | 1:25.19 | 1:16.59 | 1:13.8 | | |
| 2:52.79 | 2:55.99 | Not offered | Not offered | 200 BR | Not offered | Not offered | 2:47.19 | 2:39.6 | | |
| Not offered | Not offered | 33.59 | 37.79 | 50 FLY | 36.99 | 33.09 | Not offered | Not offere | | |
| 1:09.49 | 1:10.79 | 1:14.99 | 1:26.99 | 100 FLY | 1:25.99 | 1:13.99 | 1:05.99 | 1:03.2 | | |
| 2:30.99 | 2:35.39 | Not offered | Not offered | 200 FLY | Not offered | Not offered | 2:26.59 | 2:19.4 | | |
| 2:34.09 | 2:37.99 | 2:45.19 | 3:02.89 | 200 IM | 3:01.69 | 2:42.39 | 2:29.19 | 2:23.9 | | |
| 5:26.79 | 5:32.09 | Not offered | Not offered | 400 IM | Not offered | Not offered | 5:17.39 | 5:02.4 | | |
| 20:28.39 | 20:39.79 | 5:32.39 | 2:58.69 | Open Water | 2:52.39 | 5:29.19 | 20:13.09 | 19:22.9 | | |
| 15-18 | 13-14 | 11-12 | 10 & U | SCY | 10 &U | 11-12 | 13-14 | 15-18 | | |
| 25.89 | 26.29 | 27.39 | 29.79 | 50 FR | 29.49 | 26.19 | 24.39 | 23.2 | | |
| 55.99 | 57.09 | 57.79 | 1:05.79 | 100 FR | 1:04.59 | 57.59 | 53.19 | 50.7 | | |
| 2:00.49 | 2:02.99 | 2:08.49 | 2:21.79 | 200 FR | 2:19:29 | 2:05.19 | 1:55.39 | 1:50.6 | | |
| 5:19.29 | 5:23.49 | 5:38.49 | Not offered | 500 FR | Not offered | 5:34.29 | 5:11.09 | 4:58.1 | | |
| 10:56.19 | 11:06.99 | Not offered | Not offered | 1000 FR | Not offered | Not offered | 10:43.09 | 10:16.1 | | |
| 18:18.99 | 18:31.19 | Not offered | Not offered | 16500 FR | Not offered | Not offered | 17:51.99 | 17:13.9 | | |
| Not offered | Not offered | 31.39 | 34.59 | 50 BK | 34.69 | 30.69 | Not offered | Not offere | | |
| 1:02.09 | 1:02.99 | 1:07.89 | 1:14.39 | 100 BK | 1:14.39 | 1:05.59 | 59.49 | 56.19 | | |
| 2:13.69 | 2:14.99 | Not offered | Not offered | 200 BK | Not offered | Not offered | 2:07.89 | 2:01.5 | | |
| Not offered | Not offered | 34.79 | 38.19 | 50 BR | 38.59 | 34.09 | Not offered | Not offere | | |
| 1:09.99 | 1:11.49 | 1:15.09 | 1:24.49 | 100 BR | 1:24.69 | 1:13.79 | 1:06.29 | 1:03.3 | | |
| 2:30.89 | 2:33.99 | Not offered | Not offered | 200 BR | Not offered | Not offered | 2:23.29 | 2:17.5 | | |
| Not offered | Not offered | 29.89 | 33.39 | 50 FLY | 33.09 | 29.39 | Not offered | Not offere | | |
| 1:01.29 | 1:02.39 | 1:06.59 | 1:16.49 | 100 FLY | 1:15.89 | 1:05.09 | 58.09 | 55.4 | | |
| 2:14.39 | 2:16.29 | Not offered | Not offered | 200 FLY | Not offered | Not offered | 2:09.09 | 2:03.1 | | |
| 2:15.99 | 2:18.69 | 2:25.39 | 2:40.39 | 200 IM | 2:40.09 | 2:22.09 | 2:09.99 | 2:04.3 | | |
| 4:47.89 19:58.89 | 4:52.99 20:12.19 | Not offered | Not offered | 400 IM | Not offered | Not offered | 4:37.19 19:29.49 | 4:24.9 | | |
| 15-18 | 13-14 | 6:09.29 11-12 | 2:36.39 10 & U | Open Water | 2:31.89 10 &U | 6:05.69 11-12 | 19:29:49 | 18:47.9 15-18 | | |
| | 77,170 | 7370707 | | SCM | 770707 | | | | | |
| 28.59 | 28.99 | 30.29 | 32.89 | 50 FR | 32.59 | 28.99 | 26.99 | 25.6 | | |
| 1:01.89 | 1:02.99 | 1:03.89 | 1:12.69 | 100 FR | 1:11.39 | 1:03.69 | 58.79 | 56.0 | | |
| 2:13.19 | 2:15.99 | 2:21.99 | 2:36.59 | 200 FR. | 2:33.89 | 2:18.39 | 2:07.49 | 2:02.3 | | |
| 4:39.49 9:34.29 | 4:43.19 | 4:56.29 | Not offered | 400 FR | Not offered | 4:52.59 | 4:32.29 | 4:20.8 | | |
| 18:12.59 | 9:43.69 18:24.69 | Not offered Not offered | Not offered Not offered | 800 FR 1500 FR | Not offered Not offered | Not offered Not offered | 9:22.79 17:45.79 | 8:59.1 17:07.8 | | |
| Not offered | Not offered | 34.69 | 38.19 | 50 BK | 38.39 | 33.89 | Not offered | Not offere | | |
| 1:08.59 | 1:09.59 | 1:15.09 | 1:22.19 | 100 BK | 1:22.29 | 1:12.39 | 1:05.69 | 1:02.0 | | |
| 2:27.79 | 2:29.19 | Not offered | Not offered | 200 BK | Not offered | Not offered | 2:21.29 | 2:14.3 | | |
| Not offered | Not offered | 38.49 | 42.19 | 50 BR | 42.69 | 37.69 | Not offered | Not offere | | |
| 1:17.39 | 1:18.99 | 1:22.89 | 1:33.39 | 100 BR | 1:33.49 | 1:21.49 | 1:13.29 | 1:10.0 | | |
| 2:46.79 | 2:50.19 | Not offered | Not offered | 200 BR | Not offered | Not offered | 2:38.39 | 2:32.0 | | |
| Not offered | Not offered | 33.09 | 36.89 | 50 FLY | 36.59 | 32.39 | Not offered | Not offere | | |
| 1:07.69 | 1:08.99 | 1:13.59 | 1:24.49 | 100 FLY | 1:23.79 | 1:11.89 | 1:04.19 | 1:01.2 | | |
| 2:28.49 | 2:30.59 | Not offered | Not offered | 200 FLY | Not offered | Not offered | 2:22.69 | 2:16.1 | | |
| 2:30.29 | 2:33.19 | 2:40.59 | 2:57.29 | 200 IM | 2:56.89 | 2:36.99 | 2:23.69 | 2:17.4 | | |
| 5:18:29 | 5:23.69 | Not offered | Not offered | 400 IM | Not offered | Not offered | 5:06.29 | 4:52.7 | | |
| 19:51:99 | 20:05.09 | 5:23.19 | 2:52.79 | Open Water | 2:47.89 | 5:19.19 | 19-22.69 | 18:41.3 | | |

Speedo Sectionals time standards (described in #6 above)

2008 Central Zone Section 3 Speedo Champion Series
Time Standards for IN, MI, OH, and LE Participants below
The Spring Meet is open to all swimmers and teams outside of the Central Zone.

March 27-30, 2008 IUPUI Indianapolis, Indiana 2008 Spring Meet will be Long Course Meters

Qualifying Period: January 1, 2007 through the entry deadline

These Time Standards will apply for all swimmers in IN, MI, OH, LE and for all swimmers outside the Central Zone.

WOMEN Men LCM SCY Event LCM SCY 22.59 25.29 28.79 50 FREE 25.89 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 4:38.79 400/500 FREE 4:19.39 4:48.89 5:12,09 800/1000 FREE 9:06.39 10:03.89 18:00.79 18:26.29 1500/1650 FREE 16:53.89 1:01.49 1:10.79 100 BACK 1:03.69 55.89 2:11.89 2:31.09 2:19.79 200 BACK 1:09.29 1:19.29 1:12.59 1:02.19 100 BREAST 2:29.09 2:50.19 2:37.39 2:14.99 200 BREAST 1:00.09 1:07.89 100 FLY 1:01.09 53.79 2:28.79 200 FLY 2:17.39 2:00.49 2:12.49 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 3:46.39 4:13.59 400 FREE RELAY 3:55.19 3:23.19 800 FREE RELAY 8:05.99 9:07.99 8:30.39 7:22.79 4:45.99 400 MEDLEY RELAY 3:47.19 4:11.29 4:21.99

The Time Standard list below is for swimmers in the Central Zone, but not in OH, LE, IN, MI.

| WOMEN | | | EVENT | | MEN | |
|----------|----------|----------|-------------------|----------|----------|----------|
| LCM | SCM | SCY | | SCY | SCM | LCM |
| 27.29 | 26.59 | 23.89 | 50 FREESTYLE | 20.99 | 23.29 | 24.19 |
| 58.89 | 57.09 | 51.89 | 100 FREESTYLE | 45.99 | 50.79 | 52.99 |
| 2:06.99 | 2:03.09 | 1:51.69 | 200 FREESTYLE | 1:40.69 | 1:51.49 | 1:55.69 |
| 4:25.59 | 4:15.49 | 4:55.89 | 400/500 FREESTYLE | 4:32.29 | 3:55.69 | 4:05.89 |
| 9:04.09 | 8:49.39 | 10:07.99 | 800 FREESTYLE | 9:27.39 | 8:16.49 | 8:29.79 |
| 17:21.39 | 16:47.39 | 16:58.29 | 1500 FREESTYLE | 15:47.79 | 15:30.39 | 16:18.59 |
| 1:06.69 | 1:03.39 | 57.69 | 100 BACKSTROKE | 51.29 | 57.09 | 59.79 |
| 2:22.29 | 2:16.99 | 2:03.59 | 200 BACKSTROKE | 1:50.99 | 2:03.29 | 2:09.09 |
| 1:14.99 | 1:12.79 | 1:05.19 | 100 BREASTSTROKE | 57.59 | 1:03.99 | 1:06.79 |
| 2:41.59 | 2:37.29 | 2:20.69 | 200 BREASTSTROKE | 2:04.99 | 2:20.19 | 2:25.29 |
| 1:04.39 | 1:02.79 | 57.09 | 100 BUTTERFLY | 50.49 | 55.29 | 57.19 |
| 2:20.29 | 2:17.49 | 2:05.09 | 200 BUTTERFLY | 1:51.79 | 2:02.29 | 2:06.99 |
| 2:24.29 | 2:19.19 | 2:06.09 | 200 IM | 1:52.99 | 2:04.79 | 2:10.59 |
| 5:03.39 | 4:55.29 | 4:27.79 | 400 IM | 4:00.99 | 4:26.79 | 4:37.39 |

2008 Junior Nationals - Time Standards

| | Women | | | | MEN | |
|----------|----------|----------|--------------|----------|----------|----------|
| LCM | SCM | SCY | Event | SCY | SCM | LCM |
| 27.59 | 26.79 | 24.09 | 50 FR | 21.59 | 23.89 | 24.79 |
| 59.29 | 57.39 | 52.19 | 100 FR | 46.89 | 51.69 | 53.99 |
| 2:07.59 | 2:03.39 | 1:52.09 | 200 FR | 1:42.49 | 1:53.29 | 1:58.09 |
| 4:26.59 | 4:16.49 | 4:57.09 | 400 FR | 4:36.59 | 3:59.39 | 4:09.79 |
| 9:09.89 | 8:54.89 | 10:14.39 | 800/1000 FR | 9:36.29 | 8:23.99 | 8:40.19 |
| 17:38.69 | 16:54.49 | 17:00.99 | 1500/1650 FR | 16:03.49 | 16:02.39 | 16:37.59 |
| 1:06.89 | 1:03.39 | 57.79 | 100 BK | 52.19 | 57.99 | 1:00.99 |
| 2:23.59 | 2:17.49 | 2:04.19 | 200 BK | 1:53.09 | 2:05.39 | 2:12.29 |
| 1:15.29 | 1:12.59 | 1:05.29 | 100 BR | 58.69 | 1:05.09 | 1:08.79 |
| 2:42.19 | 2:37.09 | 2:21.39 | 200 BR | 2:07.99 | 2:23.29 | 2:29.39 |
| 1:04.79 | 1:02.49 | 57.29 | 100 FL | 51.19 | 56.09 | 58.59 |
| 2:21.99 | 2:17.49 | 2:05.69 | 200 FL | 1:53.99 | 2:04.59 | 2:10.59 |
| 2:24.49 | 2:19.19 | 2:06.89 | 200 IM | 1:54.59 | 2:06.49 | 2:13.19 |
| 5:05.29 | 4:55.29 | 4:28.49 | 400 IM | 4:04.09 | 4:29.89 | 4:43.19 |
| 3:59.99 | 3:57.19 | 3:30.29 | 400 FR-REL | 3:08.89 | 3:31.09 | 3:38.29 |
| 8:36.99 | 8:38.19 | 7:42.99 | 800 FR-REL | 6:53.79 | 7:40.99 | 7:54.99 |
| 4:26.19 | 4:18.89 | 3:51.89 | 400 MED REL | 3:29.59 | 3:55.69 | 4:01.99 |

Qualifying period: 11/1/2007 to entry deadline

| | Women | | Bonus Standards | | MEN | |
|----------|----------|----------|-----------------|----------|----------|----------|
| LCM | SCM | SCY | Event | SCY | SCM | LCM |
| 27.79 | 27.39 | 24.59 | 50 FR | 21.69 | 23.99 | 24.79 |
| 01:00.2 | 58.29 | 52.89 | 100 FR | 47.09 | 52.09 | 53.99 |
| 2:09.09 | 2:05.89 | 1:54.19 | 200 FR | 1:43.09 | 1:54.19 | 1:58.09 |
| 4:30.69 | 4:21.89 | 5:03.29 | 400 FR | 4:39.59 | 4:02.09 | 4:09.79 |
| 9:15.99 | 9:00.99 | 10:21.29 | 800/1000 FR | 9:39.29 | 8:26.89 | 8:40.79 |
| 17:46.69 | 17:13.09 | 17:24.29 | 1500/1650 FR | 16:13.69 | 15:56.19 | 16:41.69 |
| 1:07.89 | 1:04.89 | 59.09 | 100 BK | 53.09 | 59.09 | 1:01.39 |
| 2:25.99 | 2:20.79 | 2:06.99 | 200 BK | 1:54.79 | 2:07.49 | 2:12.39 |
| 1:16.79 | 1:14.69 | 1:06.89 | 100 BR | 59.49 | 1:06.09 | 1:10.09 |
| 2:44.99 | 2:41.39 | 2:24.29 | 200 BR | 2:09.79 | 2:25.59 | 2:29.79 |
| 1:05.79 | 1:04.29 | 58.49 | 100 FL | 51.89 | 56.89 | 58.89 |
| 2:24.19 | 2:19.99 | 2:07.39 | 200 FL | 1:54.89 | 2:05.79 | 2:10.59 |
| 2:27.59 | 2:22.89 | 2:09.49 | 200 IM | 1:56.29 | 2:08.49 | 2:13.59 |
| 5:09.69 | 5:01.19 | 4:33.09 | 400 IM | 4:08.09 | 4:34.69 | 4:43.89 |

Qualifying period: 11/1/2007 to entry deadline

2008 Nationals - Time Standards

Dec.4-7 Atlanta, GA

| | | • • | | | | |
|----------|----------|----------|--------------|----------|----------|----------|
| | Women | | 3.0 | | MEN | |
| LCM | SCM | SCY | EVENT | SCY | SCM | LCM |
| 27.29 | 26.59 | 23.89 | 50 Fr | 20.99 | 23.29 | 24.19 |
| 58.89 | 57.09 | 51.89 | 100 Fr | 45.99 | 50.79 | 52.99 |
| 2:06.99 | 2:03.09 | 1:51.69 | 200 Fr | 1:40.69 | 1:51.49 | 1:55.69 |
| 4:25.59 | 4:15.49 | 4:55.89 | 400/500 Fr | 4:32.29 | 3:55.69 | 4:05.89 |
| 9:04.09 | 8:49.39 | 10:07.99 | 800/1000 Fr | 9:27.39 | 8:16.49 | 8:29.79 |
| 17:21.39 | 16:47.39 | 16:58.29 | 1500/1650 Fr | 15:47.79 | 15:30.39 | 16:18.59 |
| 1:06.69 | 1:03.39 | 57.69 | 100 Bk | 51.29 | 57.09 | 59.79 |
| 2:22.29 | 2:16.99 | 2:03.59 | 200 Bk | 1:50.99 | 2:03.29 | 2:09.09 |
| 1:14.99 | 1:12.79 | 1:05.19 | 100 Br | 57.59 | 1:03.99 | 1:06.79 |
| 2:41.59 | 2:37.29 | 2:20.69 | 200 Br | 2:04.99 | 2:20.19 | 2:25.29 |
| 1:04.39 | 1:02.79 | 57.09 | 100 FI | 50.49 | 55.29 | 57.19 |
| 2:20.29 | 2:17.49 | 2:05.09 | 200 FI | 1:51.79 | 2:02.29 | 2:06.99 |
| 2:24.29 | 2:19.19 | 2:06.09 | 200 IM | 1:52.99 | 2:04.79 | 2:10.59 |
| 5:03.39 | 4:55.29 | 4:27.79 | 400 IM | 4:00.99 | 4:26.79 | 4:37.39 |
| 3:59.99 | 3:57.19 | 3:30.29 | 400 Fr-R | 3:08.89 | 3:31.09 | 3:38.29 |
| 8:36.99 | 8:38.19 | 7:42.99 | 800 Fr-R | 6:53.79 | 7:40.99 | 7:54.99 |
| 4:26.19 | 4:18.89 | 3:51.89 | 400 Med-R | 3:29.59 | 3:55.79 | 4:01.99 |

^{*} Qualifying period is November 1, 2007 through the entry deadline.

World Championship Meet time standards

| | Women | | | | Men | |
|----------|----------|----------|--------------|----------|----------|----------|
| LCM | SCM | SCY | Event | SCY | SCM | LCM |
| 26.39 | 25.59 | 22.89 | 50 Fr | 19.99 | 22.49 | 23.29 |
| 56.99 | 55.39 | 49.69 | 100 Fr | 43.89 | 49.29 | 50.89 |
| 2:03.09 | 1:59.89 | 1:47.19 | 200 Fr | 1:36.49 | 1:49.69 | 1:52.89 |
| 4:19.39 | 4:12.99 | 4:45.49 | 400/500 Fr | 4:22.69 | 3:53.59 | 3:59.99 |
| 8:50.49 | 8:44.09 | 9:59.39 | 800/1000 Fr | 9:17.29 | 8:14.03 | 8:26.83 |
| 17:24.99 | 17:13.99 | 16:28.79 | 1500/1650 Fr | 15:24.49 | 15:29.59 | 15:53.59 |
| 1:03.89 | 1:02.69 | 54.79 | 100 Bk | 48.59 | 56.49 | 57.69 |
| 2:17.49 | 2:15.09 | 1:58.29 | 200 Bk | 1:45.89 | 2:02.59 | 2:04.99 |
| 1:12.29 | 1:10.29 | 1:02.39 | 100 Br | 54.86 | 1:02.69 | 1:04.69 |
| 2:35.99 | 2:31.99 | 2:14.99 | 200 Br | 1:59.89 | 2:16.79 | 2:20.79 |
| 1:01.59 | 1:00.19 | 53.89 | 100 Fl | 47.89 | 53.59 | 54.99 |
| 2:16.69 | 2:13.89 | 1:59.29 | 200 Fl | 1:46.79 | 2:01.09 | 2:03.89 |
| 2:19.59 | 2:16.39 | 2:00.29 | 200 IM | 1:47.59 | 2:03.99 | 2:07.19 |
| 4:55.89 | 4:49.49 | 4:16.29 | 400 IM | 3:53.29 | 4:24.09 | 4:30.49 |
| 3:51.09 | 3:44.69 | 3:25.99 | 400 Fr-Rel | 3:00.44 | 3:20.29 | 3:26.69 |
| 8:21.59 | 8:08.79 | 7:20.35 | 800 Fr-Rel | 6:38.29 | 7:22.10 | 7:42.49 |
| 4:16.19 | 4:09.79 | 3:45.09 | 400 Med-Rel | 3:21.79 | 3:43.89 | 3:50.29 |

Qualifying period: Nov. 29, 2007 to entry deadline