

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 States 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 “mega-zone” 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.

USA Swimming Local Swimming Committees & Zones



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

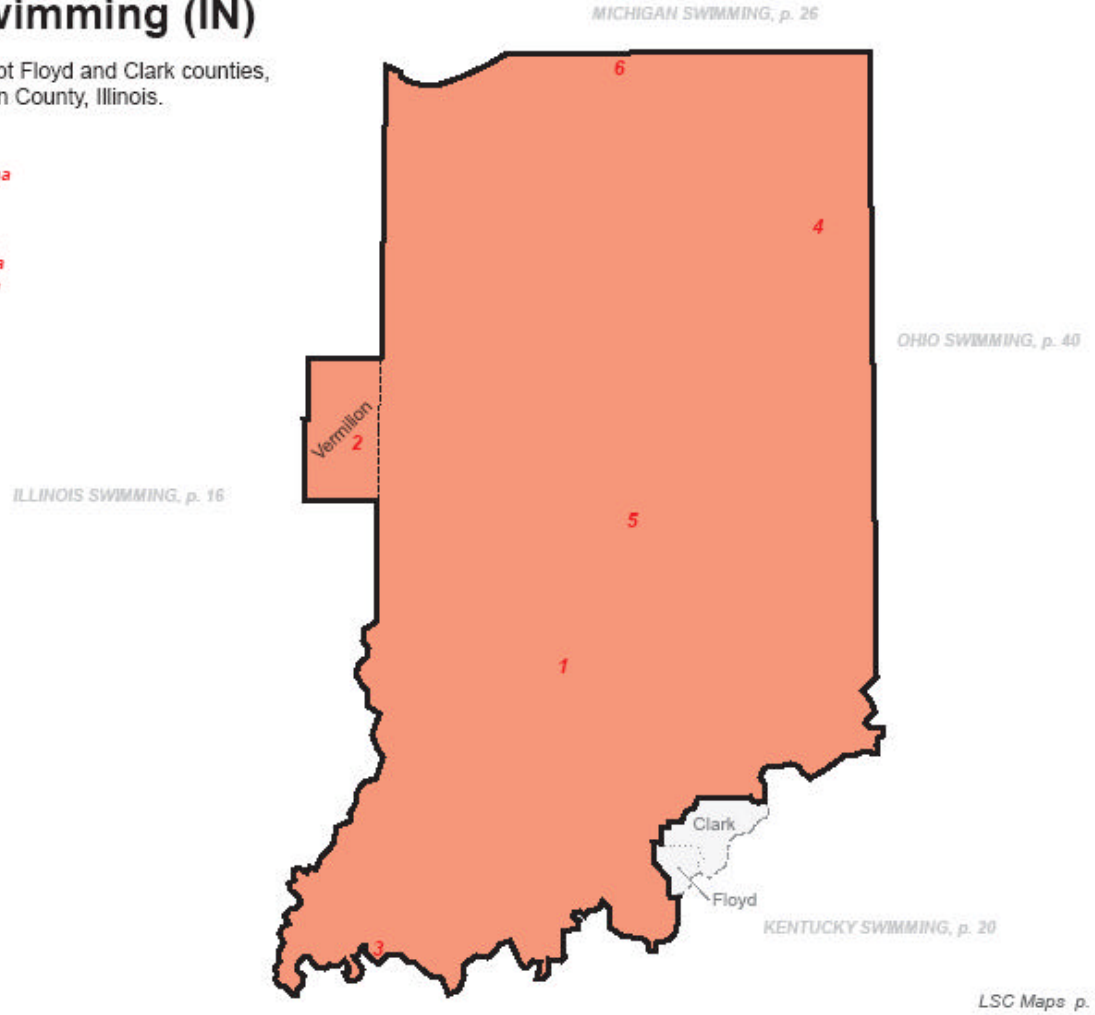
Indiana Swimming (IN)

Central Zone

State of Indiana, except Floyd and Clark counties,
and including Vermilion County, Illinois.

Cities

- 1 – Bloomington, Indiana
- 2 – Danville, Illinois
- 3 – Evansville, Indiana
- 4 – Fort Wayne, Indiana
- 5 – Indianapolis, Indiana
- 6 – South Bend, Indiana



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

New Indiana Swimming 2009 Divisional Alignment			
NW		NE	
BA	Boilemaker 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	Irish Aquatics
GARY	Gary Hammer Heads	JAY	Jay County Swim Club
HHSC	Highland Humicare's Swim Club	KLST	Knobwood Lasers Swim Team
HOT	LA Porte Comm. Swim Club	KOSY	Kosciusko Community YMCA Shark
HTS	Hobart Tiger Sharks	MAN	Manchester Aquatic Club
LAA	Lafayette Area Aquatics	NA CS	Northwest Aquatic Club
LAFY	Lafayette Area Family YMCA	NASA	Northridge Area Swimming Association
LCB	Lake Central Barracudas	OAK	Oak Hill Swim Club
LDSC	Lowell Dolphin Swim Club	PLY	Plymouth Community Swim Club
LSO	Lansing Swim Organization	PRO	Penn Racing Otters
MAC	Merrillville Aquatic Club	SBSC	South Bend Swim Club
MCPS	Michigan City Pintha Swim Team	SWAC	Swac Swim Team
MSC	Monster Swim Club	TRAC	Three Rivers Aquatic Club
PPSC	Portage Peepise Swim Club	TVAC	Tippecanoe Valley Aquatic Club
RAYS	Reusser Racing Rays	WAVE	Eredeen YMCA Wavemakers
RR	Rochester Royals	WAWA	Wawasee Area Swim Team
SCSC	Sugar Creek Swim Club	WWST	Wa-Nee Waves Swim Team
TAAA	Twin Lakes Area Aquatics		
UTSC	Union Township Swim Club		
VSC	Valparaiso Swim Club		
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	Carmel Swim Club	BELL	Bellmont Swim Club
FINS	Indy Dolphins	CAC	Centerville Aquatics Club
INDY	Swim Indy	CARD	Cardinal Community Swim Club
LEB	Lebanon Swim Club	CAST	Connersville Area Swim Team
PHNX	Team Phoenix	CLA	Central Indiana Aquatics
RDAC	Red Devil Aquatic Club	DA C	Delaware Aquatic Club
RIV	Riviera Swim Team	FAST	Fishers Area Swimming Tigers
SHRK	Quad County Swimming Sharks	FRST	Franklin Regional Swim Team
THT	Terre Haute Torpedoes	FTSC	Franklin Township Swim Club
WTSC	Washington Township Swim Club	GRE	Greenwood Aquatic Team
ZSC	Zionsville Swim Club	HAT	Hancock Aquatic Team
		HCSC	Heights Community Swim Club
		ICAC	Indian Creek Aquatic Club
		LST	Lawrence Swim Team
		NCSC	New Castle Swim Club
		NOB	Noblesville Swim Club
		PA	Power Aquatics
		PSC	Pendleton Swim Club
		RSC	Richmond Swim Club
		SCAC	Shelby County Aquatic Club
		SSC	Southeastern Swim Club
		SSS	Southside Swimming Tsunami
		USC	Ultimate Speed Club
		YSC	Yorktown Swim Club
South			
BOON	Boonville Aquatic Dolphins		
BSC	Bloomington Swim Club		
BURG	Lawrenceburg Swim Team		
CCST	Councilman Center Swim Team		
DART	Dubois Aquatic Racing Team		
DON	Donner Swim Club		
ECST	East Central Swim Team		
GIEV	Greater Evansville Aquatic Team		
H2O	Hoosier Hills Otters		
JAWS	Jasper Aquatic 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 Stingrays		
SWIS	South West Indy Stingrays		
TELL	Tell City Swim Club		
TSC	Tecumseh Swim Club		
VST	Vincennes Swim Team		
WCD	Washington County Dolphins		

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



2007 -08 Time Standards



GIRLS						BOYS						
SCY		LCM		SCM		10 & under	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		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	1:36.39	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	1:37.89	1:56.29
2:51.89	3:22.89	3:19.79	3:55.79	3:09.99	3:44.19	200 IM	2:55.19	3:26.79	3:20.99	3:57.19	3:12.59	3:48.59
2:16.29		2:41.59		2:29.19		200 Free Relay	2:26.19		2:46.69		2:40.09	
2:35.79		3:06.99		2:50.59		200 Medley Relay	2:47.99		3:22.09		3:03.69	
SCY		LCM		SCM		11-12	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		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
0:32.59	0:38.49	0:37.69	0:44.49	0:35.79	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	0:36.09	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		2:35.29		2:25.49		200 Medley Relay	2:21.49		2:47.89		2:34.79	
SCY		LCM		SCM		13-14	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		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		10:26.09		800M / 1000Y Free	11:38.19		10:25.59		10:10.99	
19:50.49		20:29.29		19:45.79		1500M / 1650Y Free	19:21.79		20:11.49		19:14.89	
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	3:11.29	3:08.49	3:42.49	2:57.09	3:28.99	200 Breast	2:39.49	3:08.29	3:05.39	3:38.59	2:55.79	3:28.89
1:04.89	1:16.59	1:15.09	1:28.69	1:10.99	1:23.79	100 Fly	1:02.69	1:13.99	1:12.79	1:27.39	1:09.79	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		2:18.19		200 Medley Relay	2:02.59		2:29.89		2:14.29	
3:59.59		4:28.99		4:23.09		400 Free Relay	3:48.99		4:22.99		4:13.49	
4:23.39		5:08.19		4:50.59		400 Medley Relay	4:18.99		5:14.99		4:43.59	
SCY		LCM		SCM		SENIOR	SCY		LCM		SCM	
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	4:28.69	5:25.49	4:25.29	5:08.39
11:25.79		10:02.09		10:00.79		800M / 1000Y Free	10:43.09		9:26.59		9:22.79	
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	1:16.89	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	2:38.19	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	5:55.19	5:38.59	6:39.59	5:29.29	6:28.59	400 IM	4:34.89	5:24.39	5:12.09	6:25.99	5:02.39	5:43.19
3:55.49		4:25.19		4:18.59		400 Free Relay	3:31.49		4:00.39		3:54.19	
8:35.89		9:34.99		9:29.09		800 Free Relay	7:46.79		9:01.59		8:31.19	
4:22.99		4:53.49		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

GIRLS				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	2:07.39
4:46.19	4:50.29	5:04.69	Not offered	400 FR	Not offered	5:01.79	4:40.19	4:28.89
9:48.39	9:53.99	Not offered	Not offered	800 FR	Not offered	Not offered	9:38.69	9:14.29
18:45.99	18:56.49	Not offered	Not offered	1500 FR	Not offered	Not offered	18:32.09	17:46.09
Not offered	Not offered	35.89	39.59	50 BK	39.99	35.29	Not offered	Not offered
1:11.79	1:13.49	1:18.19	1:26.29	100 BK	1:25.39	1:15.79	1:08.79	1:05.69
2:33.39	2:37.19	Not offered	Not offered	200 BK	Not offered	Not offered	2:28.19	2:21.49
Not offered	Not offered	38.59	43.89	50 BR	44.09	38.99	Not offered	Not offered
1:20.39	1:21.69	1:25.59	1:36.89	100 BR	1:36.79	1:25.19	1:16.59	1:13.89
2:52.79	2:55.99	Not offered	Not offered	200 BR	Not offered	Not offered	2:47.19	2:39.69
Not offered	Not offered	33.59	37.79	50 FLY	36.99	33.09	Not offered	Not offered
1:09.49	1:10.79	1:14.99	1:26.99	100 FLY	1:25.99	1:13.99	1:05.99	1:03.29
2:30.99	2:35.39	Not offered	Not offered	200 FLY	Not offered	Not offered	2:26.59	2:19.49
2:34.09	2:37.99	2:45.19	3:02.89	200 IM	3:01.69	2:42.39	2:29.19	2:23.99
5:26.79	5:32.09	Not offered	Not offered	400 IM	Not offered	Not offered	5:17.39	5:02.49
20:28.39	20:39.79	5:32.39	2:38.69	Open Water	2:52.39	5:29.19	20:15.09	19:22.99
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	23.29
55.99	57.09	57.79	1:05.79	100 FR	1:04.59	57.59	53.19	50.79
2:00.49	2:02.99	2:08.49	2:21.79	200 FR	2:19.29	2:05.19	1:55.39	1:50.69
5:19.29	5:23.49	5:38.49	Not offered	500 FR	Not offered	5:34.29	5:11.09	4:58.19
10:56.19	11:06.99	Not offered	Not offered	1000 FR	Not offered	Not offered	10:43.09	10:16.19
18:18.99	18:31.19	Not offered	Not offered	16500 FR	Not offered	Not offered	17:51.99	17:13.99
Not offered	Not offered	31.39	34.59	50 BK	34.69	30.69	Not offered	Not offered
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	2:01.59
Not offered	Not offered	34.79	38.19	50 BR	38.59	34.09	Not offered	Not offered
1:09.99	1:11.49	1:15.09	1:24.49	100 BR	1:24.69	1:13.79	1:06.29	1:03.39
2:30.89	2:33.99	Not offered	Not offered	200 BR	Not offered	Not offered	2:23.29	2:17.59
Not offered	Not offered	29.89	33.39	50 FLY	33.09	29.39	Not offered	Not offered
1:01.29	1:02.39	1:06.59	1:16.49	100 FLY	1:15.89	1:05.09	58.09	55.49
2:14.39	2:16.29	Not offered	Not offered	200 FLY	Not offered	Not offered	2:09.09	2:03.19
2:15.99	2:18.69	2:25.39	2:40.39	200 IM	2:40.09	2:22.09	2:09.99	2:04.39
4:47.89	4:52.99	Not offered	Not offered	400 IM	Not offered	Not offered	4:37.19	4:24.99
19:58.89	20:12.19	6:09.29	2:36.39	Open Water	2:31.89	6:05.69	19:29.49	18:47.99
15-18	13-14	11-12	10 & U	SCM	10 & U	11-12	13-14	15-18
28.59	28.99	30.29	32.89	50 FR	32.59	28.99	26.99	25.69
1:01.89	1:02.99	1:03.89	1:12.69	100 FR	1:11.39	1:03.69	58.79	56.09
2:13.19	2:15.99	2:21.99	2:36.59	200 FR	2:33.89	2:18.39	2:07.49	2:02.39
4:39.49	4:43.19	4:56.29	Not offered	400 FR	Not offered	4:52.59	4:32.29	4:20.89
9:34.29	9:43.69	Not offered	Not offered	800 FR	Not offered	Not offered	9:22.79	8:59.19
18:12.59	18:24.69	Not offered	Not offered	1500 FR	Not offered	Not offered	17:45.79	17:07.89
Not offered	Not offered	34.69	38.19	50 BK	38.39	33.89	Not offered	Not offered
1:08.59	1:09.59	1:15.09	1:22.19	100 BK	1:22.29	1:12.39	1:05.69	1:02.09
2:27.79	2:29.19	Not offered	Not offered	200 BK	Not offered	Not offered	2:21.29	2:14.39
Not offered	Not offered	38.49	42.19	50 BR	42.69	37.69	Not offered	Not offered
1:17.39	1:18.99	1:22.89	1:33.39	100 BR	1:33.49	1:21.49	1:13.29	1:10.09
2:46.79	2:50.19	Not offered	Not offered	200 BR	Not offered	Not offered	2:38.39	2:32.09
Not offered	Not offered	33.09	36.89	50 FLY	36.59	32.39	Not offered	Not offered
1:07.69	1:08.99	1:13.59	1:24.49	100 FLY	1:23.79	1:11.89	1:04.19	1:01.29
2:28.49	2:30.59	Not offered	Not offered	200 FLY	Not offered	Not offered	2:22.69	2:16.19
2:30.29	2:33.19	2:40.39	2:57.29	200 IM	2:56.89	2:36.99	2:23.69	2:17.49
5:18.29	5:23.69	Not offered	Not offered	400 IM	Not offered	Not offered	5:06.29	4:52.79
19:51.99	20:05.09	5:23.19	2:52.79	Open Water	2:47.89	5:19.19	19:22.69	18:41.39

**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	
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	1:48.89
5:12.09	4:38.79	400/500 FREE	4:19.39	4:48.89
10:44.79	9:37.59	800/1000 FREE	9:08.39	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	1:03.89	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
3:46.39	4:13.59	400 FREE RELAY	3:55.19	3:23.19
8:05.99	9:07.99	800 FREE RELAY	8:30.39	7:22.79
4:11.29	4:45.99	400 MEDLEY RELAY	4:21.99	3:47.19

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			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 Fl	50.49	55.29	57.19
2:20.29	2:17.49	2:05.09	200 Fl	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			Event	Men		
LCM	SCM	SCY		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