

**Eastern Zone Swimming
Speedo Championship Series
Region 2 -- South Region**

**Spring Time Standards
Spring 2007**

Women				Men		
SCY	SCM	LCM		SCY	SCM	LCM
00:25.39	00:28.19	00:28.59	50 Free	22.49	24.99	25.59
00:54.79	01:00.89	01:01.89	100 Free	48.99	54.39	55.69
01:57.79	02:10.79	02:12.69	200 Free	1:46.49	1:58.09	2:01.49
5:12.49	4:32.59	4:38.19	400/500 Free	4:48.39	4:10.89	4:18.59
10:40.29	9:19.99	9:34.99	800/1000 Free	10:09.89	8:58.59	9:11.39
17:54.39	17:43.19	18:16.79	1500/1650 Free	16:43.99	16:35.19	17:21.99
1:01.09	1:07.89	1:09.39	100 Back	00:55.09	1:01.19	1:02.89
2:11.89	2:26.49	2:28.99	200 Back	1:59.39	2:12.59	2:15.39
1:08.89	1:16.49	1:18.29	100 Breast	1:02.19	1:09.09	1:10.39
2:30.49	2:47.09	2:49.39	200 Breast	2:15.39	2:30.29	2:32.99
1:00.09	1:06.79	1:07.49	100 Fly	00:54.09	1:00.09	1:00.89
2:13.49	2:28.19	2:29.49	200 Fly	2:01.49	2:14.89	2:16.29
2:12.49	2:26.59	2:30.59	200 IM	1:59.79	2:12.99	2:16.59
4:39.99	5:09.69	5:22.19	400 IM	4:15.09	4:43.19	04:49.89
1:44.59	1:56.19	1:57.79	4 x 50 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:12.29	4:40.29	4:44.09	4 x 50 Medley Relay *	3:46.99	4:15.59	4:19.69
3:45.79	4:10.89	4:14.99	4 x 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
8:05.39	8:58.89	9:06.69	4 x 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:12.29	4:40.29	4:44.09	4 x 100 Medley Relay	3:46.99	4:15.59	4:19.69

Qualifying Period: January 1, 2006 through entry deadline for spring meet

Notes:

- 1 Times standards are unchanged from Spring 2006.
- 2 All entered relays must have bettered the event qualifying time, 2 relays max per team.
* 4 x 50 Medley Relay entry time is based on the 4 x 100 Meter Medley Relay
4 x 50 Medley Relays will be seeded based on provable 4 x 100 Medley Relay times.
- 3 Each relay team must have at least one swimmer on it who entered (and competed) in an individual (non-bonus) event
- 4 There will be NO TIME TRIALS for relay only swimmers.
- 5 **BONUS EVENTS:** Swimmers making 1 qualifying time will be permitted to enter one bonus event
Swimmers making 2 or more qualifying times will be permitted to enter two bonus event
Limits on daily individual events (3) and total meet (7) will still apply