

**Eastern Zone Swimming
Speedo Championship Series
Region 2 -- South Region
University of Maryland -- College Park, MD**

**Spring Time Standards
Spring 2008**

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, 2007 through entry deadline for spring meet

Notes:

- 1 Times standards are unchanged from Spring 2007.
- 2 Meet is open to all USA Swimming registered athletes.
- 3 Conforming times will be LCM
- 4 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.
- 5 Each relay team must have at least one swimmer on it who entered (and competed) in an individual (non-bonus) event
- 6 There will be NO TIME TRIALS for relay only swimmers.
- 7 **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

Spring Sectional

Women			Men		
SCM/SCY	LCM/SCY	LCM/SCM	SCM/SCY	LCM/SCY	LCM/SCM
1.1103	1.1260	1.0142	1.1112	1.1378	1.0240
1.1113	1.1296	1.0164	1.1102	1.1368	1.0239
1.1104	1.1265	1.0145	1.1089	1.1409	1.0288
0.8723	0.8902	1.0205	0.8700	0.8967	1.0307
0.8746	0.8980	1.0268	0.8831	0.9041	1.0238
0.9896	1.0208	1.0316	0.9912	1.0378	1.0470
1.1113	1.1359	1.0221	1.1107	1.1416	1.0278
1.1107	1.1297	1.0171	1.1106	1.1340	1.0211
1.1103	1.1364	1.0235	1.1110	1.1319	1.0188
1.1103	1.1256	1.0138	1.1101	1.1300	1.0180
1.1115	1.1231	1.0105	1.1109	1.1257	1.0133
1.1101	1.1199	1.0088	1.1103	1.1218	1.0104
1.1064	1.1366	1.0273	1.1102	1.1402	1.0271
1.1061	1.1507	1.0404	1.1102	1.1364	1.0237
1.1109	1.1262	1.0138	1.1025	1.1381	1.0323
1.1110	1.1260	1.0136	1.1260	1.1441	1.0160
1.1112	1.1293	1.0163	1.1100	1.1327	1.0205
1.1102	1.1263	1.0145	1.1001	1.1184	1.0166
1.1110	1.1260	1.0136	1.1260	1.1441	1.0160

Deleted Old Note 3