

2016 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Short Course Championships
 Hosted by The Lake Forest Swim Club
 Pleasant Prairie, Wisconsin
 March 10-13, 2016

Time Standards

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	28.49	25.09	50 Freestyle	22.49	25.29	25.99
1:02.49	1:00.59	54.49	100 Freestyle	49.59	54.89	56.59
2:14.99	2:11.99	1:59.09	200 Freestyle	1:48.69	2:00.49	2:03.99
4:44.89	4:37.69	5:16.39	400/500 Freestyle	4:56.39	4:16.69	4:24.79
9:49.39	9:33.49	10:54.49	800/1000 Freestyle	10:14.09	8:57.29	9:12.09
18:50.69	18:23.09	18:26.99	1500/1650 Freestyle	17:12.19	17:09.09	17:41.79
1:11.99	1:08.79	1:01.39	100 Backstroke	56.29	1:02.69	1:05.09
2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39
1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39
2:54.59	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79
1:09.29	1:07.59	1:01.09	100 Butterfly	55.09	1:00.19	1:01.99
2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49
2:34.49	2:30.29	2:14.39	200 Individual Medley	2:03.29	2:16.29	2:21.69
5:26.99	5:19.29	4:48.49	400 Individual Medley	4:22.99	5:51.19	5:00.99
4:21.89	4:17.39	3:47.79	400 Freestyle Relay	3:24.39	3:47.19	3:55.29
9:25.99	9:16.69	8:15.39	800 Freestyle Relay	7:31.29	8:21.69	8:36.79
4:52.99	4:45.09	4:10.69	400 Medley Relay	3:49.09	4:15.99	4:23.89

The 2016 Spring Speedo Championship Meet will be conducted in Long Course format. The Spring meet will be open to teams and athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at <http://www.swimlsc.org/>. Please note the following: 1) The Spring meets will allow up to 150 (appx) non-resident swimmers system (contact the meet host for more details); 2) a D Final restricted to swimmers age 18&under will be conducted in all heats/finals events.

BONUS EVENTS - Swimmers entering 1 or 2 individual events are permitted to swim 1 Bonus Event at the meet. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. All Bonus Event entries must meet the minimum time standard; once an event is marked "bonus", it cannot be changed to a qualified event.

Please contact Michael Lawrence, pegasus523@gmail.com or 847 220 3940 with questions.

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Bonus Event Time Standards

BONUS EVENTS - Swimmers entering 1 or 2 individual events are permitted to swim 1 Bonus Event at the meet. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 1000 and 1650 freestyle are not offered as Bonus Events. All Bonus Event entries must meet the minimum time standard below. Once an event is marked "bonus", it cannot be changed to a qualified event.

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.69	28.79	25.19	50 Freestyle	22.69	25.59	26.29
1:03.09	1:01.09	55.79	100 Freestyle	50.19	55.49	57.19
2:16.19	2:13.19	1:59.69	200 Freestyle	1:49.89	2:01.69	2:05.19
4:48.19	4:40.09	5:17.89	400/500 Freestyle	4:59.39	4:19.09	4:27.19
NOT OFFERED			800/1000 Freestyle	NOT OFFERED		
NOT OFFERED			1500/1650 Freestyle	NOT OFFERED		
1:12.59	1:09.39	1:01.99	100 Backstroke	56.59	1:03.29	1:05.69
2:35.99	2:30.49	2:15.29	200 Backstroke	2:02.29	2:16.39	2:21.59
1:22.09	1:19.79	1:10.79	100 Breaststroke	1:03.39	1:10.69	1:12.99
2:55.29	2:52.29	2:33.59	200 Breaststroke	2:18.19	2:35.59	2:39.99
1:09.89	1:08.19	1:01.39	100 Butterfly	56.39	1:00.79	1:02.59
2:34.09	2:29.59	2:15.69	200 Butterfly	2:02.39	2:14.59	2:19.69
2:35.69	2:31.49	2:14.99	200 Individual Medley	2:03.89	2:17.49	2:22.89
5:29.39	5:21.69	4:49.69	400 Individual Medley	4:24.19	4:53.59	5:02.39
NOT OFFERED			400 Freestyle Relay	NOT OFFERED		
NOT OFFERED			800 Freestyle Relay	NOT OFFERED		
NOT OFFERED			400 Medley Relay	NOT OFFERED		

NOTE: There are NO bonus events at the 2015 Summer Speedo Championship Series Meet.

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