2015 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Summer Championships
Hosted by The University of Minnesota
University of Minnesota, Minneapolis, Minnesota
July 15-18, 2015

Time Standards for Swimmers Registered in the following LSCs:
Minnesota, Wisconsin, Illinois, Iowa, North Dakota, South Dakota

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
27.99	27.69	24.39	50 Freestyle	21.69	25.09	25.29
1:00.39	59.79	52.79	100 Freestyle	47.39	54.59	55.39
2:11.59	2:09.69	1:53.69	200 Freestyle	1:43.69	1:59.09	2:01.49
4:37.09	4:32.89	5:05.29	400/500 Freestyle	4:46.39	4:15.79	4:20.79
9:39.69	9:32.49	10:38.59	800/1000 Freestyle	10:05.39	8:57.29	9:11.29
18:40.29	18:21.59	17:48.19	1500/1650 Freestyle	17:02.39	17:18.39	17:45.29
1:09.09	1:06.89	58.49	100 Backstroke	53.29	1:01.89	1:03.09
2:29.19	2:26.69	2:07.69	200 Backstroke	1:58.99	2:15.09	2:19.99
1:19.29	1:16.29	1:07.39	100 Breaststroke	1:00.89	1:09.09	1:11.99
2:51.99	2:46.49	2:28.19	200 Breaststroke	2:15.19	2:32.69	2:38.59
1:06.79	1:06.09	57.49	100 Butterfly	51.99	1:00.49	1:00.39
2:31.09	2:29.29	2:12.29	200 Butterfly	2:01.19	2:15.19	2:18.09
2:29.69	2:27.49	2:08.99	200 Individual Medley	1:56.49	2:14.69	2:17.29
5:19.89	5:12.09	4:38.69	400 Individual Medley	4:18.69	4:51.89	4:58.29
4:14.09	**Conforming Only**	**Conforming Only**	400 Freestyle Relay	**Conforming Only**	**Conforming Only**	3:51.99
9:14.09	**Conforming Only**	**Conforming Only**	800 Freestyle Relay	**Conforming Only**	**Conforming Only**	8:29.79
4:44.99	**Conforming Only**	**Conforming Only**	400 Medley Relay	**Conforming Only**	**Conforming Only**	4:22.99

There are NO bonus events at the Long Course Speedo Championship Series Meet

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NOTES FOR THE LONG COURSE 2015 MEET

Time Standards→ red = faster, green = slower than 2014; no changes were made at the 2014 Section Meeting.

Questions . . . please contact Michael Lawrence, pegasus523@gmail.com or 847 220 3940. Review of meet format, rules, qualifying procedures and administrative procedures is done annually at the USAS Convention. If you are interested in hosting a future SCS Meet contact Michael Lawrence.

v2014-0918 USAS

2015 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Summer Championships

Hosted by The University of Minnesota

University of Minnesota, Minneapolis, Minnesota

July 15-18, 2015

Time Standards for Swimmers Registered OUTSIDE the following LSCs:
Minnesota, Wisconsin, Illinois, Iowa, North Dakota, South Dakota

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.69		22.89	50 Freestyle	20.59		24.09
57.79		49.89	100 Freestyle	44.59		52.19
2:04.69		1:47.79	200 Freestyle	1:38.79		1:54.69
4:22.19		4:49.09	400/500 Freestyle	4:29.29		4:03.59
9:00.29		9:58.79	800/1000 Freestyle	9:15.19		8:24.69
17:14.29		16:35.89	1500/1650 Freestyle	15:37.49		16:08.09
1:04.59		54.69	100 Backstroke	49.89		58.99
2:18.69		1:58.09	200 Backstroke	1:48.39		2:07.39
1:13.49		1:03.09	100 Breaststroke	55.99		1:06.29
2:38.69		2:15.89	200 Breaststroke	2:01.59		2:23.69
1:02.59		54.19	100 Butterfly	49.19		56.69
2:17.39		1:59.59	200 Butterfly	1:48.29		2:05.49
2:21.39		2:00.99	200 Individual Medley	1:49.29		2:08.69
4:58.09		4:15.59	400 Individual Medley	3:53.49		4:44.89
3:56.49	**Conforming Only**	**Conforming Only**	400 Freestyle Relay	**Conforming Only**	**Conforming Only**	3:34.89
8:32.79	**Conforming Only**	**Conforming Only**	800 Freestyle Relay	**Conforming Only**	**Conforming Only**	7:47.69
4:23.69	**Conforming Only**	**Conforming Only**	400 Medley Relay	**Conforming Only**	**Conforming Only**	3:56.99

NOTE 1: There are NO bonus events at the Long Course Speedo Championship Series Meet
NOTE 2: non-resident time standards have NOT been modified to the 2015 LC Jr National standards; appropriate changes *may* be made after these time standards are released.

NOTES FOR THE LONG COURSE 2015 MEET

Time Standards→ red = faster, green = slower than 2014; no changes were made at the 2014 Section Meeting.

Questions . . . please contact Michael Lawrence, pegasus523@gmail.com or 847 220 3940. Review of meet format, rules, qualifying procedures and administrative procedures is done annually at the USAS Convention. If you are interested in hosting a future SCS Meet contact Michael Lawrence.