

USA Swimming  
 Central Zone  
 Section 1  
 Qualifying Standards  
 Revised per March 2005 Meet Information

Women			Events	Men		
SCM	LCM	SCY		SCY	LCM	SCM
28.49	28.89	25.49	50 Freestyle	22.79	26.09	25.29
1:00.59	1:02.49	54.89	100 Freestyle	49.59	56.59	54.89
2:11.99	2:14.99	1:59.49	200 Freestyle	1:48.69	2:03.99	2:00.49
4:37.69	4:45.79	5:21.49	400/500 Freestyle	4:56.39	4:24.79	4:16.69
9:33.49	9:49.39	10:58.59	800/1000 Freestyle	10:14.09	9:12.09	8:57.39
18:15.09	18:50.69	18:26.99	1500/1650 Freestyle	17:12.19	17:41.79	16:53.19
1:08.79	1:11.99	1:02.29	100 Backstroke	56.29	1:05.09	1:02.69
2:29.29	2:34.79	2:14.69	200 Backstroke	2:01.69	2:20.39	2:15.19
1:07.59	1:09.29	1:01.59	100 Butterfly	55.09	1:01.99	1:00.19
2:28.39	2:32.89	2:15.09	200 Butterfly	2:01.79	2:18.49	2:13.39
1:19.19	1:21.49	1:10.49	100 Breaststroke	1:03.09	1:12.39	1:10.09
2:51.09	2:54.89	2:32.99	200 Breaststroke	2:17.59	2:38.79	2:34.39
2:30.29	2:34.49	2:15.49	200 IM	2:03.29	2:21.69	2:16.29
5:19.29	5:28.29	4:48.49	400 IM	4:22.99	5:00.99	4:51.19
4:17.39	4:21.89	3:50.09	400 Free Relay	3:24.39	3:55.29	3:47.19
9:16.69	9:25.99	8:17.99	800 Free Relay	7:31.29	8:36.79	8:21.69
4:45.09	4:52.99	4:15.79	400 Medley Relay	3:49.09	4:23.89	4:15.99