

# 2008 Central Zone Section 3 Speedo Champion Series

Time Standards for IN, MI, OH, and LE Participants below

**The Spring Meet is open to all swimmers and teams outside of the Central Zone.**

**March 27-30, 2008 IUPUI Indianapolis, Indiana  
2008 Spring Meet will be Long Course Meters**

Qualifying Period: January 1, 2007 through the entry deadline

**These Time Standards will apply for all swimmers in IN, MI, OH, LE and for all swimmers outside the Central Zone.**

<b>WOMEN</b>			<b>Men</b>	
SCY	LCM	Event	LCM	SCY
25.29	28.79	50 FREE	25.89	22.59
54.79	1:01.79	100 FREE	56.39	48.99
1:57.89	2:13.09	200 FREE	2:02.89	1:46.89
5:12.09	4:38.79	400/500 FREE	4:19.39	4:48.89
10:44.79	9:37.59	800/1000 FREE	9:06.39	10:03.89
18:00.79	18:26.29	1500/1650 FREE	17:30.99	16:53.89
1:01.49	1:10.79	100 BACK	1:03.69	55.89
2:11.89	2:31.09	200 BACK	2:19.79	1:59.99
1:09.29	1:19.29	100 BREAST	1:12.59	1:02.19
2:29.09	2:50.19	200 BREAST	2:37.39	2:14.99
1:00.09	1:07.89	100 FLY	1:01.09	53.79
2:12.49	2:28.79	200 FLY	2:17.39	2:00.49
2:13.19	2:30.89	200 IM	2:18.89	2:00.59
4:40.49	5:18.79	400 IM	4:58.19	4:19.39
3:46.39	4:13.59	400 FREE RELAY	3:55.19	3:23.19
8:05.99	9:07.99	800 FREE RELAY	8:30.39	7:22.79
4:11.29	4:45.99	400 MEDLEY RELAY	4:21.99	3:47.19

**The Time Standard list below is for swimmers in the Central Zone, but not in OH, LE, IN, MI.**

<b>WOMEN</b>			<b>EVENT</b>	<b>MEN</b>		
LCM	SCM	SCY		SCY	SCM	LCM
27.29	26.59	23.89	<b>50 FREESTYLE</b>	20.99	23.29	24.19
58.89	57.09	51.89	<b>100 FREESTYLE</b>	45.99	50.79	52.99
2:06.99	2:03.09	1:51.69	<b>200 FREESTYLE</b>	1:40.69	1:51.49	1:55.69
4:25.59	4:15.49	4:55.89	<b>400/500 FREESTYLE</b>	4:32.29	3:55.69	4:05.89
9:04.09	8:49.39	10:07.99	<b>800 FREESTYLE</b>	9:27.39	8:16.49	8:29.79
17:21.39	16:47.39	16:58.29	<b>1500 FREESTYLE</b>	15:47.79	15:30.39	16:18.59
1:06.69	1:03.39	57.69	<b>100 BACKSTROKE</b>	51.29	57.09	59.79
2:22.29	2:16.99	2:03.59	<b>200 BACKSTROKE</b>	1:50.99	2:03.29	2:09.09
1:14.99	1:12.79	1:05.19	<b>100 BREASTSTROKE</b>	57.59	1:03.99	1:06.79
2:41.59	2:37.29	2:20.69	<b>200 BREASTSTROKE</b>	2:04.99	2:20.19	2:25.29
1:04.39	1:02.79	57.09	<b>100 BUTTERFLY</b>	50.49	55.29	57.19
2:20.29	2:17.49	2:05.09	<b>200 BUTTERFLY</b>	1:51.79	2:02.29	2:06.99
2:24.29	2:19.19	2:06.09	<b>200 IM</b>	1:52.99	2:04.79	2:10.59
5:03.39	4:55.29	4:27.79	<b>400 IM</b>	4:00.99	4:26.79	4:37.39