

2010 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Championship
 Hosted by Twin Cities Swim Club
 University of Minnesota Aquatic Center
 March 11-14, 2010

ORDER OF EVENTS and TIME STANDARDS

Women

Men

				EVENT				
EV #	LCM	SCM	SCY	Thursday, March 12	SCY	SCM	LCM	EV #
1	9:49.39	9:33.49	10:58.59	1000 Freestyle +	10:14.09	8:57.29	9:12.09	2
				Friday, March 13				
3	1:11.99	1:08.79	1:02.29	100 Backstroke	56.29	1:02.69	1:05.09	4
5	1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39	6
7	2:14.99	2:11.99	1:59.49	200 Freestyle	1:48.69	2:00.49	2:03.99	8
9	1:09.29	1:07.59	1:01.59	100 Butterfly	55.09	1:00.19	1:01.99	10
11	2:34.49	2:30.29	2:15.49	200 Individual Medley	2:03.29	2:16.29	2:21.69	12
13	9:25.99	9:16.69	8:17.99	800 Freestyle Relay++	7:31.29	8:21.69	8:36.79	14
				Saturday, March 14				
15	5:29.29	5:19.29	4:48.49	400 Individual Medley	4:22.99	4:51.19	5:00.99	16
17	28.89	28.49	25.49	50 Freestyle	22.79	25.29	26.09	18
19	2:54.89	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79	20
21	4:45.79	4:37.69	5:18.09	500 Freestyle	4:56.39	4:16.69	4:24.79	22
23	4:52.99	4:45.09	4:15.79	400 Medley Relay++	3:49.09	4:15.99	4:23.89	24
				Sunday, March 15				
25	18:50.69	18:23.09	18:26.99	1650 Freestyle*	17:12.19	17:09.09	17:41.79	26
27	2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39	28
29	1:02.49	1:00.59	54.89	100 Freestyle	49.59	54.89	56.59	30
31	2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49	32
33	4:21.89	4:17.39	3:50.09	400 Freestyle Relay++	3:24.39	3:47.19	3:55.29	34

- Slower heats swum at the end of prelims fastest to slowest alternating women/men or in two courses, top 8 men and women will be swum at the start of the finals session.
- + Timed Finals, positive check-in is required, swum fast to slow, alternating women/men or in two courses
- ++ Timed Finals, positive check-in is required, top 16 men's and women's relays will be swum in finals (top 8 for 800 free relay). All other heats will be swum fastest to slowest (alternating women/men or in two courses for 800 free relay).
- USA Swimming Athlete members registered in LSCs **not in Section 1** (Illinois, Minnesota, Wisconsin, Iowa, North Dakota, South Dakota) may enter the meet in the events in which they have achieved the current (2010) USA Swimming Jr National Championship time standard. All swimmers entered in the meet are eligible to enter and compete in Bonus events.