

## 2009 Central Zone Section 3 Speedo Champion Series Section 3 LSC's are OH, IN, MI, LE

The Spring and Summer Meet is open to all swimmers and teams outside of the Central Zone. The Time Standards below will apply for all swimmers.

The Spring meet is also open to teams from IA, IL, MN, ND, SD, and WI. Teams from these LSC's will also use the standards below.

Qualifying Period: January 1, 2008 through the entry deadline for Spring and Summer Meet.

<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
<b>3:43.99</b>	<b>4:11.99</b>	400 FREE RELAY	<b>3:52.99</b>	<b>3:20.99</b>
<b>7:59.99</b>	<b>9:02.99</b>	800 FREE RELAY	<b>8:24.99</b>	<b>7:18.99</b>
<b>4:07.99</b>	<b>4:42.99</b>	400 MEDLEY RELAY	<b>4:19.99</b>	<b>3:44.99</b>

**Bold – times changed for 2009.**