

2011 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Long Course Championships
University of Iowa Recreational Services & Iowa Flyers Swim Club
July 21-24, 2011 (Thursday – Sunday)

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
28.19	27.69	24.99	50 Freestyle	22.39	25.09	25.49
1:01.19	59.79	53.89	100 Freestyle	48.99	54.59	55.59
2:12.39	2:09.69	1:56.79	200 Freestyle	1:46.39	1:59.09	2:02.09
4:38.59	4:32.89	5:12.19	500 Freestyle	4:52.29	4:15.79	4:24.79
9:41.09	9:32.49	10:54.19	1000 Freestyle	10:14.09	8:57.29	9:12.09
18:43.69	18:21.59	18:14.99	1500 Freestyle	17:12.19	17:18.39	17:41.79
1:09.99	1:06.89	1:00.29	100 Backstroke	55.79	1:01.89	1:04.29
2:31.79	2:26.69	2:12.19	200 Backstroke	2:01.69	2:15.09	2:20.39
1:19.39	1:16.29	1:08.69	100 Breaststroke	1:02.29	1:09.09	1:12.09
2:51.99	2:46.49	2:29.99	200 Breaststroke	2:17.59	2:32.69	2:38.79
1:07.79	1:06.09	59.59	100 Butterfly	54.09	1:00.49	1:01.39
2:32.39	2:29.29	2:14.49	200 Butterfly	2:01.79	2:15.19	2:18.49
2:30.99	2:27.49	2:12.89	200 Individual Medley	2:01.39	2:14.69	2:18.99
5:20.99	5:12.09	4:40.89	400 Individual Medley	4:21.99	4:51.89	4:59.99
4:14.09	4:09.19	3:44.49	400 Freestyle Relay	3:23.69	3:46.09	3:51.99
9:14.09	9:01.99	8:07.99	800 Freestyle Relay	7:28.29	8:17.89	8:29.79
4:44.99	4:32.69	4:05.69	400 Medley Relay	3:47.09	4:12.09	4:22.99

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

NOTES FOR THE LONG COURSE 2011 MEET

The 2012 Speedo Championship Meets (both Short and Long Course seasons) will be awarded at the 2011 USAS Convention. If your club is interested in hosting one of these meets 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.

2011 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Long Course Championships
University of Iowa Recreational Services & Iowa Flyers Swim Club
July 21-24, 2011 (Thursday – Sunday)

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
26.99	26.29	23.39	50 Freestyle	20.89	23.49	24.29
58.59	56.99	51.09	100 Freestyle	45.89	51.89	53.09
2:06.19	2:02.99	1:50.09	200 Freestyle	1:40.69	1:53.39	1:55.89
4:24.69	4:18.29	4:52.99	500 Freestyle	4:33.69	4:00.79	4:07.09
9:03.49	8:50.69	10:05.99	1000 Freestyle	9:26.09	8:19.49	8:35.59
17:20.49	16:58.49	16:48.49	1500 Freestyle	15:51.49	15:51.49	16:15.49
1:05.69	1:04.49	56.19	100 Backstroke	51.39	55.99	1:00.09
2:20.99	2:18.59	2:01.19	200 Backstroke	1:51.39	2:01.99	2:09.59
1:14.29	1:12.29	1:04.29	100 Breaststroke	57.89	1:05.09	1:07.79
2:39.99	2:34.99	2:17.99	200 Breaststroke	2:06.29	2:18.09	2:27.59
1:03.59	1:02.19	55.59	100 Butterfly	50.29	55.99	57.39
2:19.69	2:16.89	2:02.49	200 Butterfly	1:51.99	2:05.59	2:08.39
2:23.09	2:19.89	2:03.49	200 Individual Medley	1:52.79	2:08.19	2:11.39
5:02.09	4:55.69	4:20.79	400 Individual Medley	3:59.89	4:32.59	4:38.99
3:59.99			400 Freestyle Relay			3:38.29
8:36.99			800 Freestyle Relay			7:54.99
4:26.19			400 Medley Relay			4:01.99

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

NOTES FOR THE LONG COURSE 2011 MEET

The 2012 Speedo Championship Meets (both Short and Long Course seasons) will be awarded at the 2011 USAS Convention. If your club is interested in hosting one of these meets 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.