

2011 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Championship
Hosted by Waukesha Express
Waukesha South High School
March 10-13, 2010

TIME STANDARDS

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.89	28.49	25.49	50 Freestyle	22.79	25.29	26.09
1:02.49	1:00.59	54.89	100 Freestyle	49.59	54.89	56.59
2:14.99	2:11.99	1:59.49	200 Freestyle	1:48.69	2:00.49	2:03.99
4:45.79	4:37.69	5:18.09	500 Freestyle	4:56.39	4:16.69	4:24.79
9:49.39	9:33.49	10:58.59	1000 Freestyle	10:14.09	8:57.29	9:12.09
18:50.69	18:23.09	18:26.99	1650 Freestyle	17:12.19	17:09.09	17:41.79
1:11.99	1:08.79	1:02.29	100 Backstroke	56.29	1:02.69	1:05.09
2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39
1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39
2:54.89	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79
1:09.29	1:07.59	1:01.59	100 Butterfly	55.09	1:00.19	1:01.99
2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49
2:34.49	2:30.29	2:15.49	200 Individual Medley	2:03.29	2:16.29	2:21.69
5:29.29	5:19.29	4:48.49	400 Individual Medley	4:22.99	4:51.19	5:00.99
4:21.89	4:17.39	3:50.09	400 Freestyle Relay	3:24.39	3:47.19	3:55.29
9:25.99	9:16.69	8:17.99	800 Freestyle Relay	7:31.29	8:21.69	8:36.79
4:52.99	4:45.09	4:15.79	400 Medley Relay	3:49.09	4:15.99	4:23.89

NEW FOR SHORT COURSE 2011!!!

This meet will be open on a trial basis to teams and athletes from outside Section 1 for the first time with the stipulation that all qualifying athletes from Section 1 who comply with qualifying and entering procedures shall not be "closed out" of the competition. The meet host (Waukesha Express) is responsible for compliance with this stipulation.

The 2011 Long Course Section 1 Championships will remain closed and offer Bonus events to qualifying athletes.

Review of meet format, rules, qualifying procedures and administrative procedures is done annually at the USAS Convention.