

**Eastern Zone Swimming  
Speedo Championship Series  
Regions 1 and 2**

**Spring Time Standards  
Spring 2005**

Women				Men		
SCY	SCM	LCM		SCY	SCM	LCM
25.39	28.19	28.59	<b>50 Free</b>	22.49	<b>24.99</b>	25.59
<b>54.79</b>	<b>1:00.89</b>	<b>1:01.89</b>	<b>100 Free</b>	<b>48.99</b>	<b>54.39</b>	55.69
<b>1:57.79</b>	<b>2:10.79</b>	<b>2:12.69</b>	<b>200 Free</b>	1:46.49	<b>1:58.09</b>	2:01.49
<b>5:12.49</b>	<b>4:32.59</b>	4:38.19	<b>400/500 Free</b>	<b>4:48.39</b>	4:10.89	4:18.59
10:40.29	9:19.99	9:34.99	<b>800/1000 Free</b>	10:09.89	8:58.59	9:11.39
17:54.39	17:43.19	18:16.79	<b>1500/1650 Free</b>	16:43.99	<b>16:35.19</b>	17:21.99
<b>1:01.09</b>	<b>1:07.89</b>	1:09.39	<b>100 Back</b>	<b>55.09</b>	<b>1:01.19</b>	1:02.89
<b>2:11.89</b>	<b>2:26.49</b>	2:28.99	<b>200 Back</b>	<b>1:59.39</b>	<b>2:12.59</b>	2:15.39
<b>1:08.89</b>	<b>1:16.49</b>	1:18.29	<b>100 Breast</b>	<b>1:02.19</b>	<b>1:09.09</b>	<b>1:10.39</b>
<b>2:30.49</b>	<b>2:47.09</b>	<b>2:49.39</b>	<b>200 Breast</b>	<b>2:15.39</b>	<b>2:30.29</b>	2:32.99
<b>1:00.09</b>	<b>1:06.79</b>	<b>1:07.49</b>	<b>100 Fly</b>	<b>54.09</b>	<b>1:00.09</b>	<b>1:00.89</b>
<b>2:13.49</b>	<b>2:28.19</b>	<b>2:29.49</b>	<b>200 Fly</b>	<b>2:01.49</b>	<b>2:14.89</b>	<b>2:16.29</b>
2:12.49	<b>2:26.59</b>	2:30.59	<b>200 IM</b>	<b>1:59.79</b>	<b>2:12.99</b>	2:16.59
4:39.99	<b>5:09.69</b>	<b>5:22.19</b>	<b>400 IM</b>	<b>4:15.09</b>	<b>4:43.19</b>	4:49.89
1:44.59	1:56.19	1:57.79	<b>4 x 50 Freestyle Relay</b>	1:32.69	1:42.99	1:45.49
<b>4:12.29</b>	<b>4:40.29</b>	4:44.09	<b>4 x 50 Medley Relay *</b>	<b>3:46.99</b>	4:15.59	4:19.69
<b>3:45.79</b>	<b>4:10.89</b>	<b>4:14.99</b>	<b>4 x 100 Freestyle Relay</b>	<b>3:21.89</b>	<b>3:44.09</b>	<b>3:48.69</b>
<b>8:05.39</b>	<b>8:58.89</b>	<b>9:06.69</b>	<b>4 x 200 Freestyle Relay</b>	7:22.39	8:06.69	8:14.79
<b>4:12.29</b>	<b>4:40.29</b>	4:44.09	<b>4 x 100 Medley Relay</b>	<b>3:46.99</b>	4:15.59	4:19.69

**Qualifying Period: January 1, 2004 through entry deadline for spring meet**

Notes:

- 1 Times are the slower of the 2004 Northern (Region 1) or Southern (Region 2.)  
Times in **BOLD** are former Southern QT's; others are former Northern QT's.
- 2 All entered relays must have bettered the event qualifying time, 2 relays max per team.  
4 x 50 Freestyle Relay times are based on 50 Freestyle times.  
\* 4 x 50 Medley Relay entry time is the same as the 4 x 100 Meter Medley Relay  
4 x 50 Medley Relays will be seeded based on provable 4 x 100 Medley Relay times.
- 3 Each relay team must have at least one swimmer on it who entered (and competed) in an individual (non-bonus) event
- 4 There will be NO TIME TRIALS for relay only swimmers.
- 5 **BONUS EVENTS:** Swimmers making 1 qualifying time will be permitted to enter one bonus event  
Swimmers making 2 or more qualifying times will be permitted to enter two bonus event  
Limits on daily individual events (3) and total meet (7) will still apply