

2017 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

CENTRAL ZONE SECTION 1 LONG COURSE CHAMPIONSHIPS

Jean K. Freeman Aquatic Center

July 19-22, 2017 (Wednesday-Saturday)

Time Standards for Swimmers Registered in the following LSCs: Minnesota, Wisconsin, Illinois, Iowa, North Dakota, South Dakota

WOMEN				WEDNESDAY, JULY 19	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
1	1:00.69	59.79	52.29	100 Freestyle	47.39	54.59	54.79	2
3	2:48.79	2:46.49	2:27.69	200 Breaststroke	2:15.19	2:32.69	2:34.59	4
Awards for 100 Freestyle and 200 Breaststroke								
5	2:30.69	2:26.29	2:10.19	200 Butterfly	1:59.19	2:15.19	2:17.89	6
+7*	9:39.09	9:32.49	10:38.39	800 Freestyle	10:03.39	8:57.29	9:11.29	*8+
Awards for 200 Butterfly and 800 Freestyle								

WOMEN				THURSDAY, JULY 20	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
9	2:10.99	2:09.69	1:53.59	200 Freestyle	1:42.39	1:59.09	2:00.49	10
11	5:19.09	5:12.09	4:35.39	400 Individual Medley	4:15.09	4:51.89	4:57.59	12
Awards for 200 Freestyle and 400 Individual Medley								
13	1:07.89	1:06.89	57.99	100 Backstroke	53.19	1:01.89	1:03.09	14
10 MINUTE BREAK								
+15	4:14.09			400 Freestyle Relay			3:51.99	16+
Awards for 100 Backstroke and 400 Freestyle Relay								

WOMEN				FRIDAY, JULY 21	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
17	2:26.99	2:26.69	2:06.69	200 Backstroke	1:58.69	2:15.09	2:18.79	18
19	4:36.29	4:32.89	5:04.79	400 Freestyle	4:42.49	4:15.79	4:17.99	20
Awards for 200 Backstroke and 400 Freestyle								
21	1:17.49	1:16.29	1:06.79	100 Breaststroke	1:00.79	1:09.09	1:09.09	22
23	1:05.89	1:06.09	57.29	100 Butterfly	51.69	1:00.49	1:00.49	24
Awards for 100 Breaststroke and 100 Butterfly								
+25*	9:14.09			800 Freestyle Relay			8:29.69	*26+
Awards for 800 Freestyle Relay								

WOMEN				SATURDAY, JULY 22	MEN			
EVENT #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EVENT #
27	2:28.99	2:27.49	2:07.39	200 Individual Medley	1:55.49	2:14.69	2:17.19	28
+29*	18:37.69	18:21.59	17:40.69	1500 Freestyle	16:53.59	17:18.39	17:23.09	+ 32
30	28.09	27.69	24.19	50 Freestyle	21.59	24.09	25.29	31
				1500 Freestyle	16:53.59	17:18.39	17:23.09	*32+
Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle								
+33	4:44.99			400 Medley Relay			4:21.49	34+
Awards for 400 Medley Relay Team Awards Presentation								

* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum during finals

+ Timed Finals, positive check-in is required