

2020 USA SWIMMING SPEEDO SECTIONALS

Central Zone Section 1 Summer Championships
Hosted by University of Minnesota
Minneapolis, MN
July 15-18, 2020

Time Standards

Women			EVENT	Men		
LCM	SCY	BONUS LC		BONUS LC	SCY	LCM
27.49	24.19	28.49	50 Freestyle	25.99	21.59	24.99
59.99	52.29	1:01.99	100 Freestyle	56.79	46.29	54.79
2:09.19	1:52.99	2:13.19	200 Freestyle	2:04.09	1:42.89	2:00.09
4:36.29	5:04.79	4:44.29	400/500 Freestyle	4:25.99	4:42.49	4:17.99
9:39.09	10:38.39		800/1000 Freestyle		10:03.39	9:11.29
18:37.69	17:40.69		1500/1650 Freestyle		16:53.59	17:23.09
1:07.19	57.49	1:09.19	100 Backstroke	1:05.09	52.69	1:03.09
2:26.99	2:05.59	2:30.99	200 Backstroke	2:22.79	1:57.69	2:18.79
1:17.49	1:05.19	1:19.49	100 Breaststroke	1:13.79	1:00.19	1:11.79
2:48.79	2:23.79	2:52.79	200 Breaststroke	2:42.59	2:15.19	2:38.59
1:05.79	57.09	1:07.79	100 Butterfly	1:01.69	51.69	59.69
2:30.69	2:10.19	2:34.69	200 Butterfly	2:21.89	1:59.19	2:17.89
2:28.19	2:07.39	2:32.19	200 Individual Medley	2:21.19	1:55.49	2:17.19
5:19.09	4:35.39	5:27.09	400 Individual Medley	5:05.59	4:15.09	4:57.59
4:14.09			400 Freestyle Relay			3:51.99
9:14.09			800 Freestyle Relay			8:29.69
4:44.99			400 Medley Relay			4:21.49

The 2020 Summer Speedo Championship Meet will be conducted in Long Course format. The Spring meet will be open to teams and athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at <http://www.swimfsc.org/>. Please note the following: 1) Non-resident swimmers (from LSCs outside Section 1) who meet the minimum qualifying time standards (attached) are permitted entry into the meet without further qualification; 2) a D Final restricted to swimmers age 18&under will be conducted according to limitations noted in the meet information.

BONUS EVENTS - Swimmers entering and competing in at least 1 individual event are permitted to swim 2 Bonus Events at the meet; enter and compete in 2 events, swim 1 Bonus Events. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. Once an event is marked "bonus", it cannot be changed to a qualified event.

Please contact Michael Lawrence, pegasus523@gmail.com or (847) 220 3940 with questions