

2007 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS
 (this applies to both SC and LC meet)
 (individual entry QT's may not equal or exceed these times for 13/Over swimmers)
 (updated for 2007 on October 30, 2006)

LCM	WOMEN		EVENT	MEN		LCM
	SCM	SCY		SCY	SCM	
27.39	26.59	23.89	50 FREESTYLE	21.39	23.69	24.79
58.89	57.09	51.89	100 FREESTYLE	46.49	51.29	53.89
2:06.99	2:03.09	1:51.69	200 FREESTYLE	1:41.69	1:52.49	1:57.29
4:25.59	4:15.49	4:55.89	400/500 FREESTYLE	4:34.79	3:57.79	4:08.59
9:06.69	8:51.69	10:10.99	800/1000 FREESTYLE	9:32.69	8:20.79	8:37.29
17:32.49	16:48.29	16:58.29	1500/1650 FREESTYLE	15:56.69	15:56.19	16:31.39
1:06.69	1:03.39	57.69	100 BACKSTROKE	51.79	57.59	1:00.59
2:22.79	2:16.99	2:03.59	200 BACKSTROKE	1:52.29	2:04.59	2:11.49
1:14.99	1:12.79	1:05.19	100 BREASTSTROKE	58.29	1:04.69	1:08.39
2:41.59	2:37.29	2:20.69	200 BREASTSTROKE	2:07.19	2:22.49	2:28.59
1:04.39	1:02.79	57.09	100 BUTTERFLY	50.79	55.69	58.19
2:21.19	2:17.49	2:05.09	200 BUTTERFLY	1:53.19	2:03.79	2:09.79
2:24.29	2:19.19	2:06.09	200 IM	1:53.79	2:05.69	2:12.39
5:03.69	4:55.29	4:27.79	400 IM	4:02.49	4:28.29	4:41.59

Notes:

These times are based on the slowest of the 2007 Time Standards for the 2007 Short Course Nationals, 2 Junior National Championships, or the 2007 18/Under Standards for the US Spring Championships

13 and Over Swimmers may not enter the 2007 zone meets (either SC or LC) if they have a QT **in any event** equal to or faster than the above times.

12 and Under Swimmers may not enter the zone meet if they have participated in an individual event in any of the above meets, USA Swimming Nationals, or a Trials Class Meet. .