

**Eastern Zone Swimming  
Speedo Championship Series  
Region 2 -- South Region  
University of Maryland -- College Park, MD**

**Spring Time Standards  
Spring 2008**

Women				Men		
SCY	SCM	LCM		SCY	SCM	LCM
00:25.39	00:28.19	00:28.59	<b>50 Free</b>	22.49	24.99	25.59
00:54.79	01:00.89	01:01.89	<b>100 Free</b>	48.99	54.39	55.69
01:57.79	02:10.79	02:12.69	<b>200 Free</b>	1:46.49	1:58.09	2:01.49
5:12.49	4:32.59	4:38.19	<b>400/500 Free</b>	4:48.39	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	16:35.19	17:21.99
1:01.09	1:07.89	1:09.39	<b>100 Back</b>	00:55.09	1:01.19	1:02.89
2:11.89	2:26.49	2:28.99	<b>200 Back</b>	1:59.39	2:12.59	2:15.39
1:08.89	1:16.49	1:18.29	<b>100 Breast</b>	1:02.19	1:09.09	1:10.39
2:30.49	2:47.09	2:49.39	<b>200 Breast</b>	2:15.39	2:30.29	2:32.99
1:00.09	1:06.79	1:07.49	<b>100 Fly</b>	00:54.09	1:00.09	1:00.89
2:13.49	2:28.19	2:29.49	<b>200 Fly</b>	2:01.49	2:14.89	2:16.29
2:12.49	2:26.59	2:30.59	<b>200 IM</b>	1:59.79	2:12.99	2:16.59
4:39.99	5:09.69	5:22.19	<b>400 IM</b>	4:15.09	4:43.19	04:49.89
1:44.59	1:56.19	1:57.79	<b>4 x 50 Freestyle Relay</b>	1:32.69	1:42.19	1:45.49
4:12.29	4:40.29	4:44.09	<b>4 x 50 Medley Relay *</b>	3:46.99	4:15.59	4:19.69
3:45.79	4:10.89	4:14.99	<b>4 x 100 Freestyle Relay</b>	3:21.89	3:44.09	3:48.69
8:05.39	8:58.89	9:06.69	<b>4 x 200 Freestyle Relay</b>	7:22.39	8:06.69	8:14.79
4:12.29	4:40.29	4:44.09	<b>4 x 100 Medley Relay</b>	3:46.99	4:15.59	4:19.69

**Qualifying Period: January 1, 2007 through entry deadline for spring meet**

Notes:

- 1 Times standards are unchanged from Spring 2007.
- 2 Meet is open to all USA Swimming registered athletes.
- 3 Conforming times will be LCM
- 4 All entered relays must have bettered the event qualifying time, 2 relays max per team.  
\* 4 x 50 Medley Relay entry time is based on the 4 x 100 Meter Medley Relay  
4 x 50 Medley Relays will be seeded based on provable 4 x 100 Medley Relay times.
- 5 Each relay team must have at least one swimmer on it who entered (and competed) in an individual (non-bonus) event
- 6 **Relay only swimmers will be permitted to swim Time Trials. UPDATE! February 1, 2008**
- 7 **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