

Eastern Zone Swimming

Super Speedo Championship Serier 2004 Time Standards

Amended May 20, 2004
Revised times appear in **BOLD RED**

Women				Men		
SCY	SCM	LCM		SCY	SCM	LCM
25.29	28.09	28.59	50 Free	22.49	24.79	25.39
54.39	59.79	1:01.69	100 Free	48.79	53.79	55.59
1:57.19	2:08.89	2:12.09	200 Free	1:46.39	1:57.59	2:01.49
5:10.79	4:28.29	4:36.19	400/500 Free	4:47.29	4:10.09	4:18.59
10:48.79	9:26.29	9:34.99	800/1000 Free	10:09.89	9:00.59	9:11.39
18:12.69	18:10.59	18:23.39	1500/1650 Free	16:50.49	16:46.79	17:25.19
1:00.59	1:06.39	1:08.39	100 Back	54.59	1:00.59	1:02.89
2:09.99	2:23.79	2:27.39	200 Back	1:57.79	2:10.49	2:15.39
1:08.39	1:16.19	1:17.69	100 Breast	1:02.19	1:09.09	1:12.09
2:27.29	2:44.39	2:47.99	200 Breast	2:15.39	2:30.29	2:38.99
59.99	1:05.79	1:07.29	100 Fly	53.39	58.39	1:00.39
2:10.39	2:22.99	2:27.19	200 Fly	2:01.49	2:14.89	2:20.29
2:11.99	2:25.89	2:28.29	200 IM	1:59.29	2:11.49	2:16.59
4:39.99	5:09.69	5:22.19	400 IM	4:15.09	4:43.19	4:57.69
3:44.99	4:07.49	4:12.69	400 Freestyle Relay	3:19.69	3:39.69	3:46.09
8:05.19	8:53.79	9:04.19	800 Freestyle Relay	7:18.39	8:06.59	8:14.79
4:11.29	4:36.49	4:43.79	400 Medley Relay	3:43.19	4:12.19	4:16.09

Long Course Date: July 22-25, 2004
 Erie County Community College, Buffalo, NY (sponsored by STAR)
 (includes both Regions 1 and 2 in a "Super Sectional")

Qualifying Period: January 1, 2003 through entry deadline for summer meet

Notes:

- (1) Relay only swimmers are permitted.
- (2) All entered relays must have bettered the event qualifying time, 2 relays max per team.
- (3) At least ONE (1) swimmer on the relay entered (and swam) must have at least one individual event qualifying time.
- (4) There will be NO TIME TRIALS for relay only swimmers.
- (5) Times in **BOLD** are former Region 2 QT's; others are former Region 1 QT's.