

2018 USA SWIMMING SPEEDO SECTIONAL CHAMPIONSHIPS

Central Zone Section 1 Spring Championships
 Hosted by The Lake Forest Swim Club
 Pleasant Prairie, WI
 March 8-11, 2018

Time Standards

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	28.49	25.09	50 Freestyle	22.49	25.29	25.99
1:02.49	1:00.59	54.49	100 Freestyle	49.59	54.89	56.59
2:14.99	2:11.99	1:59.09	200 Freestyle	1:48.69	2:00.49	2:03.99
4:44.89	4:37.69	5:16.39	400/500 Freestyle	4:56.39	4:16.69	4:24.79
9:49.39	9:33.49	10:54.49	800/1000 Freestyle	10:14.09	8:57.29	9:12.09
18:50.69	18:23.09	18:26.99	1500/1650 Freestyle	17:12.19	17:09.09	17:41.79
1:11.99	1:08.79	1:01.39	100 Backstroke	56.29	1:02.69	1:05.09
2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39
1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39
2:54.59	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79
1:09.29	1:07.59	1:01.09	100 Butterfly	55.09	1:00.19	1:01.99
2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49
2:34.49	2:30.29	2:14.39	200 Individual Medley	2:03.29	2:16.29	2:21.69
5:26.99	5:19.29	4:48.49	400 Individual Medley	4:22.99	5:51.19	5:00.99
4:21.89	4:17.39	3:47.79	400 Freestyle Relay	3:24.39	3:47.19	3:55.29
9:25.99	9:16.69	8:15.39	800 Freestyle Relay	7:31.29	8:21.69	8:36.79
4:52.99	4:45.09	4:10.69	400 Medley Relay	3:49.09	4:15.99	4:23.89

The 2018 Spring 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.swimlsc.org/>. Please note the following: 1) The Spring meets will allow up to 200 (appx) non-resident swimmers system (contact the meet host for more details); 2) a D Final restricted to swimmers age 18&under will be conducted in all heats/finals events.

BONUS EVENTS - Swimmers entering and competing in at least 1 individual event is permitted to swim 2 Bonus Event at the meet. 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.