

2011 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

CENTRAL ZONE SECTION 1

LONG COURSE CHAMPIONSHIPS

University of Iowa Recreational Services & Iowa Flyers Swim Club

July 21-24, 2011 (Thursday – Sunday)

NOTE: There are NO bonus events at the Long Course Speedo Championship Series

**Time Standards for Swimmers Registered in the following LSCs:
Minnesota, Wisconsin, Illinois, Iowa, North Dakota, South Dakota**

WOMEN				WEDNESDAY, JULY 21	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
1	59.79	1:01.19	53.89	100 Freestyle	48.99	55.59	54.59	2
3	2:46.49	2:51.99	2:29.99	200 Breaststroke	2:17.59	2:38.79	2:32.69	4
Awards for 100 Freestyle and 200 Breaststroke								
5	2:29.29	2:32.39	2:14.49	200 Butterfly	2:01.79	2:18.49	2:15.19	6
+7*	9:32.49	9:41.09	10:54.19	800 Freestyle	10:14.09	9:12.09	8:57.29	*8+
Awards for 200 Butterfly and 800 Freestyle								

WOMEN				THURSDAY, JULY 22	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
9	2:09.69	2:12.39	1:56.79	200 Freestyle	1:46.39	2:02.09	1:59.09	10
11	5:12.09	5:20.99	4:40.89	400 Individual Medley	4:21.99	4:59.99	4:51.89	12
Awards for 200 Freestyle and 400 Individual Medley								
13	1:06.89	1:09.99	1:00.29	100 Backstroke	55.79	1:04.29	1:01.89	14
10 MINUTE BREAK								
+15	4:09.19	4:14.09	3:44.49	400 Freestyle Relay	3:23.69	3:51.99	3:46.09	16+
Awards for 100 Backstroke and 400 Freestyle Relay								

WOMEN				FRIDAY, JULY 23	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
17	2:26.69	2:31.79	2:12.19	200 Backstroke	2:01.69	2:20.39	2:15.09	18
19	4:32.89	4:38.59	5:12.19	400 Freestyle	4:52.29	4:24.79	4:15.79	20
Awards for 200 Backstroke and 400 Freestyle								
21	1:16.29	1:19.39	1:08.69	100 Breaststroke	1:02.29	1:12.09	1:09.09	22
23	1:06.09	1:07.79	59.59	100 Butterfly	54.09	1:01.39	1:00.49	24
10 MINUTE BREAK								
+25*	9:01.99	9:14.09	8:07.99	800 Freestyle Relay	7:28.29	8:29.79	8:17.89	*26+
Awards for 100 Breaststroke, 100 Butterfly, and 800 Freestyle Relay								

WOMEN				SATURDAY, JULY 24	MEN			
EVENT #	SCM	LCM	SCY	EVENT	SCY	LCM	SCM	EVENT #
27	2:27.49	2:30.99	2:12.89	200 Individual Medley	2:01.39	2:18.99	2:14.69	28
+29*	18:21.59	18:43.69	18:14.99	1500 Freestyle				
30	27.69	28.19	24.99	50 Freestyle	22.39	25.49	25.09	31
				1500 Freestyle	17:12.19	17:41.79	17:18.39	*32+
Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle								
10 MINUTE BREAK								
+33	4:32.69	4:44.99	4:05.69	400 Medley Relay	3:47.09	4:22.99	4:12.09	34+
Awards for 400 Medley Relay Team Awards Presentation								

* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum at the start of finals
+ Timed Finals, positive check-in is required

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**Time Standards for Swimmers Registered OUTSIDE of the following LSCs:
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2011 Summer Speedo Junior National Standards

WOMEN			EVENT	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
23.39	26.29	26.99	50 FREESTYLE	20.89	23.49	24.29
51.09	56.99	58.59	100 FREESTYLE	45.89	51.89	53.09
1:50.09	2:02.99	2:06.19	200 FREESTYLE	1:40.69	1:53.39	1:55.89
4:52.99	4:18.29	4:24.69	400/500 FREESTYLE	4:33.69	4:00.79	4:07.09
10:05.99	8:50.69	9:03.49	800 FREESTYLE	9:26.09	8:19.49	8:35.59
16:48.49	16:58.49	17:20.49	1500 FREESTYLE	15:51.49	15:41.49	16:15.49
56.19	1:04.49	1:05.69	100 BACKSTROKE	51.39	55.99	1:00.09
2:01.19	2:18.59	2:20.99	200 BACKSTROKE	1:51.39	2:01.99	2:09.59
1:04.29	1:12.29	1:14.29	100 BREASTSTROKE	57.89	1:05.09	1:07.79
2:17.99	2:34.99	2:39.99	200 BREASTSTROKE	2:06.29	2:18.09	2:27.59
55.59	1:02.19	1:03.59	100 BUTTERFLY	50.29	55.99	57.39
2:02.49	2:16.89	2:19.69	200 BUTTERFLY	1:51.99	2:05.59	2:08.39
2:03.49	2:19.89	2:23.09	200 IM	1:52.79	2:08.19	2:11.39
4:20.79	4:55.69	5:02.09	400 IM	3:59.89	4:32.59	4:38.99