

2009 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

Central Zone Section 1 Championship

Hosted by Lake Country Swim Team

Walter Schroeder Aquatic Center

March 12-15, 2009

SHORT COURSE SWIMMING CHAMPIONSHIPS ORDER OF EVENTS

Women

Men

EV #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EV #
Thursday, March 12								
1	9:49.39	9:33.49	10:58.59	1000 Freestyle +	10:14.09	8:57.29	9:12.09	2
Friday, March 13								
3	1:11.99	1:08.79	1:02.29	100 Backstroke	56.29	1:02.69	1:05.09	4
5	1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39	6
7	2:14.99	2:11.99	1:59.49	200 Freestyle	1:48.69	2:00.49	2:03.99	8
9	1:09.29	1:07.59	1:01.59	100 Butterfly	55.09	1:00.19	1:01.99	10
11	2:34.49	2:30.29	2:15.49	200 Individual Medley	2:03.29	2:16.29	2:21.69	12
13	9:25.99	9:16.69	8:17.99	800 Freestyle Relay++	7:31.29	8:21.69	8:36.79	14
Saturday, March 14								
15	5:29.29	5:19.29	4:48.49	400 Individual Medley	4:22.99	4:51.19	5:00.99	16
17	28.89	28.49	25.49	50 Freestyle	22.79	25.29	26.09	18
19	2:54.89	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79	20
21	<u>4:45.79</u>	<u>4:37.69</u>	<u>5:18.09</u>	500 Freestyle	4:56.39	4:16.69	4:24.79	22
23	4:52.99	4:45.09	4:15.79	400 Medley Relay++	3:49.09	4:15.99	4:23.89	24
Sunday, March 15								
25	18:50.69	<u>18:23.09</u>	18:26.99	1650 Freestyle*	17:12.19	<u>17:09.09</u>	17:41.79	26
27	2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39	28
29	1:02.49	1:00.59	54.89	100 Freestyle	49.59	54.89	56.59	30
31	2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49	32
33	4:21.89	4:17.39	3:50.09	400 Freestyle Relay++	3:24.39	3:47.19	3:55.29	34

* Slower heats swum at the end of prelims fastest to slowest alternating women/men or in two courses, top 8 men and women will be swum at the start of the finals session.

+ Timed Finals, positive check-in is required, swum fast to slow, alternating men and women or in two courses

++ Timed Finals, positive check-in is required, top 16 men's and women's relays will be swum in finals (top 8 for 800 free relay)

QUALIFYING PERIOD: SEPTEMBER 1, 2006 THROUGH ENTRY DEADLINE

Swimmers registered **outside** of Illinois, Minnesota, Wisconsin, Iowa, North Dakota, South Dakota, Indiana, Michigan, Ohio and Lake Erie should follow the 2008 Speedo Short Course Junior National Championships Bonus Event Time Standards.