

**2012 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET
Time Standards (Summer)**

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

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.19	27.69	24.39	50 Freestyle	21.99	25.09	25.29
1:01.09	59.79	53.39	100 Freestyle	47.89	54.59	55.49
2:11.99	2:09.69	1:54.79	200 Freestyle	1:46.29	1:59.09	2:02.09 2:01.59
4:35.79	4:32.89	5:09.79	400/500 Freestyle	4:51.19	4:15.79	4:21.59
9:39.69	9:32.49	10:50.19	800/1000 Freestyle	10:13.79	8:57.29	9:11.29
18:41.29	18:21.59	17:59.59	1500/1650 Freestyle	17:08.19	17:18.39	17:41.19
1:09.49	1:06.89	59.39	100 Backstroke	55.29	1:01.89	1:03.09
2:29.89	2:26.69	2:10.19	200 Backstroke	2:00.39	2:15.09	2:20.09
1:19.39	1:16.29	1:08.69	100 Breaststroke	1:01.79	1:09.09	1:11.99
2:51.99	2:46.49	2:29.59	200 Breaststroke	2:16.19	2:32.69	2:38.59
1:06.79	1:06.09	58.89	100 Butterfly	52.99	1:00.49	1:00.39
2:31.49	2:29.29	2:13.69	200 Butterfly	2:01.79	2:15.19	2:18.49 2:18.19
2:29.79	2:27.49	2:10.59	200 Individual Medley	1:58.69	2:14.69	2:17.29
5:19.89	5:12.09	4:40.19	400 Individual Medley	4:21.89	4:51.89	4:58.99
4:14.09	Conforming Only	Conforming Only	400 Freestyle Relay	Conforming Only	Conforming Only	3:51.99
9:14.09	Conforming Only	Conforming Only	800 Freestyle Relay	Conforming Only	Conforming Only	8:29.79
4:44.99	Conforming Only	Conforming Only	400 Medley Relay	Conforming Only	Conforming Only	4:22.99

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

NOTES FOR THE LONG COURSE 2012 MEET

Questions . . . please contact Michael Lawrence, pegasus523@gmail.com or 847 220 3940.

Review of meet format, rules, qualifying procedures and administrative procedures is done annually at the USAS Convention. If you are interested in hosting a future SCS Meet contact Michael Lawrence.

**2012 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET
Time Standards (Summer)**

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

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.89		23.09	50 Freestyle	20.69		24.29
58.19		50.29	100 Freestyle	44.99		52.59
2:05.49		1:48.59	200 Freestyle	1:39.49		1:55.49
4:23.79		4:51.09	400/500 Freestyle	4:30.19		4:05.19
9:03.49		10:02.79	800/1000 Freestyle	9:15.19		8:27.89
17:20.49		16:42.49	1500/1650 Freestyle	15:44.29		16:14.29
1:04.99		55.09	100 Backstroke	50.29		59.39
2:19.49		1:58.89	200 Backstroke	1:49.19		2:08.19
1:13.89		1:03.49	100 Breaststroke	56.39		1:06.69
2:39.49		2:16.69	200 Breaststroke	2:02.39		2:24.49
1:02.99		54.59	100 Butterfly	49.59		57.09
2:18.19		2:00.19	200 Butterfly	1:49.099		2:06.29
2:22.19		2:01.79	200 Individual Medley	1:50.09		2:09.49
4:59.69		4:16.79	400 Individual Medley	3:54.79		4:35.49
3:56.49	Conforming Only	Conforming Only	400 Freestyle Relay	Conforming Only	Conforming Only	3:34.89
8:32.79	Conforming Only	Conforming Only	800 Freestyle Relay	Conforming Only	Conforming Only	7:47.69
4:23.69	Conforming Only	Conforming Only	400 Medley Relay	Conforming Only	Conforming Only	3:56.99

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