|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Spring Eastern Zone Age GRoup Championships  The Eastern Zone Board of Directors has approved a change to the structure and organization of the Spring Eastern Zone Age Group Championship Meet. All coaches and teams should be familiar with the new structure and process for this meet!   |  |  | | --- | --- | | What is changing?The Spring Eastern Zone Age Group Championship meet will no longer be an All-Star Format. The meet will **no longer** be entered by the LSC. Instead, those who wish to participate will enter as individual teams! *Think of it as a team entered invitational meet!* Who will coach?If your team (or athlete) wishes to participate you will also provide a coach for the meet.Who can participate?On the next page you will see the approved cut times. Anyone from the Niagara LSC who achieves a cut time can participate.What else do you need to know?If a team plans to participate, you should declare your intent to the host team by January 2018In the event of low interest/participation, the Eastern Zone **MAY** consider “B” qualifying times for additional athletes to participate. This is not guaranteed.There will be no opportunity for time trials or relay only athletes. All participants must qualify!Athletes will represent their home teams (No longer representing Niagara ZT)Teams will be limited to 2 relays max per team |  |  |  |  | | --- | --- | | Meet Date: March 29-31, 2018  Meet Location: Webster Aquatic Center (Hosted by FAST)  Meet Commitment: Please let meet host know by January 2018 if your team plans to attend |  |  We encourage you to keep up to date on pertinent meet information at [www.niagaraswim.org](http://www.niagaraswim.org) |

  

SCY Qualifying Times 2018 Eastern Zone Age Group Championships Meet

10-Under: 11-12: 13-14: 15-18:

|  |  |  |  |
| --- | --- | --- | --- |
| Event  Women Men | Event  Women Men | Event  Women Men | Event  Women Men |
| 50 free  29.09 29.06 | 50 free  26.29 26.06 | 50 free  25.54 23.87 | 50 free  25.68 23.34 |
| 100 free  1:04.35 1:03.77 | 100 free  57.24 56.49 | 100 free  55.15 51.12 | 100 free  55.69 51.05 |
| 200 free  2:19.75 2:20.15 | 200 free  2:04.54 2:02.18 | 200 free  2:00.60 1:52.69 | 200 free  2:01.05 1:51.25 |
| 500 free  6:21.54 6:12.39 | 500 free  5:34.32 5:30.95 | 500 free  5:22.22 5:02.75 | 500 free  5:22.32 4:59.27 |
| 50 back  33.33 33.44 | 50 back  30.53 30.36 | 1000 free  11:05.03 10:27.65 | 1000 free  11:07.27 10:19.76 |
| 100 back  1:13.95 1:14.41 | 100 back  1:05.31 1:05.32 | 1650 free  18:31.25 17:25.65 | 1650 free  18:29.54 17:24.47 |
| 50 breast  37.93 37.72 | 200 back  2:20.37 2:20.85 | 100 back  1:03.79 59.17 | 100 back  1:04.31 58.93 |
| 100 breast  1:25.93 1:26.56 | 50 breast  33.77 33.08 | 200 back  2:17.95 2:08.11 | 200 back  2:18.88 2:06.07 |
| 50 fly  32.01 31.85 | 100 breast  1:13.91 1:12.27 | 100 breast  1:12.04 1:06.66 | 100 breast  1:13.07 1:04.86 |
| 100 fly  1:14.29 1:13.60 | 200 breast  2:39.86 2:37.14 | 200 breast  2:34.59 2:23.86 | 200 breast  2:38.44 2:21.86 |
| 100 IM  1:13.15 1:12.70 | 50 fly  28.48 28.08 | 100 fly  1:01.73 56.73 | 100 fly  1:02.41 55.97 |
| 200 IM  2:38.43 2:37.98 | 100 fly  1:03.60 1:02.84 | 200 fly  2:17.95 2:07.52 | 200 fly  2:20.84 2:05.65 |
|  | 200 fly  2:25.40 2:23.47 | 200 IM  2:16.59 2:07.98 | 200 IM  2:18.50 2:05.87 |
|  | 100 IM  1:05.92 1:04.65 | 400 IM  4:48.03 4:30.04 | 400 IM  4:50.41 4:29.11 |
|  | 200 IM  2:21.39 2:18.76 |