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| Spring Eastern Zone Age GRoup ChampionshipsThe 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!

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| 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 |  |

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| 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:

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| EventWomen Men | EventWomen Men | EventWomen Men | EventWomen Men |
| 50 free29.09 29.06 | 50 free26.29 26.06 | 50 free25.54 23.87 | 50 free25.68 23.34 |
| 100 free1:04.35 1:03.77 | 100 free57.24 56.49 | 100 free55.15 51.12 | 100 free55.69 51.05 |
| 200 free2:19.75 2:20.15 | 200 free2:04.54 2:02.18 | 200 free2:00.60 1:52.69 | 200 free2:01.05 1:51.25 |
| 500 free6:21.54 6:12.39 | 500 free5:34.32 5:30.95 | 500 free5:22.22 5:02.75 | 500 free5:22.32 4:59.27 |
| 50 back33.33 33.44 | 50 back30.53 30.36 | 1000 free11:05.03 10:27.65 | 1000 free11:07.27 10:19.76 |
| 100 back1:13.95 1:14.41 | 100 back1:05.31 1:05.32 | 1650 free18:31.25 17:25.65 | 1650 free18:29.54 17:24.47 |
| 50 breast37.93 37.72 | 200 back2:20.37 2:20.85 | 100 back1:03.79 59.17 | 100 back1:04.31 58.93 |
| 100 breast1:25.93 1:26.56 | 50 breast33.77 33.08 | 200 back2:17.95 2:08.11 | 200 back2:18.88 2:06.07  |
| 50 fly32.01 31.85 | 100 breast1:13.91 1:12.27 | 100 breast1:12.04 1:06.66 | 100 breast1:13.07 1:04.86 |
| 100 fly1:14.29 1:13.60 | 200 breast2:39.86 2:37.14 | 200 breast2:34.59 2:23.86 | 200 breast2:38.44 2:21.86 |
| 100 IM1:13.15 1:12.70 | 50 fly28.48 28.08 | 100 fly1:01.73 56.73 | 100 fly1:02.41 55.97 |
| 200 IM2:38.43 2:37.98 | 100 fly1:03.60 1:02.84 | 200 fly2:17.95 2:07.52 | 200 fly2:20.84 2:05.65 |
|  | 200 fly2:25.40 2:23.47 | 200 IM2:16.59 2:07.98 | 200 IM2:18.50 2:05.87 |
|  | 100 IM1:05.92 1:04.65 | 400 IM4:48.03 4:30.04 | 400 IM4:50.41 4:29.11 |
|  | 200 IM2:21.39 2:18.76 |