

2020 USA SWIMMING SPEEDO SECTIONAL CHAMPIONSHIPS

Central Zone Section 1 Spring Championships
Hosted by Madison Aquatic Club
Peasant Prairie, WI
March 12-15, 2020

Time Standards

Women				EVENT	Men			
LCM	SCY	BONUS LCM	BONUS SCY		BONUS SCY	BONUS LC	SCY	LCM
28.59	24.89	29.59	25.89	50 Freestyle	23.29	26.99	22.29	25.99
1:02.19	53.99	1:04.19	55.99	100 Freestyle	51.49	58.59	49.49	56.59
2:14.99	1:56.69	2:18.99	2:00.69	200 Freestyle	1:52.69	2:07.99	1:48.69	2:03.99
4:44.89	5:16.39	4:52.89	5:26.39	400/500 Freestyle	5:06.39	4:32.79	4:56.39	4:24.79
9:49.39	10:54.49			800/1000 Freestyle			10:14.09	9:12.09
18:50.69	18:26.99			1500/1650 Freestyle			17:12.19	17:41.79
1:10.69	1:00.49	1:12.69	1:02.49	100 Backstroke	58.29	1:07.09	56.29	1:05.09
2:33.69	2:10.49	2:37.69	2:14.49	200 Backstroke	2:05.69	2:24.39	2:01.69	2:20.39
1:21.19	1:08.29	1:23.19	1:10.29	100 Breaststroke	1:05.09	1:14.39	1:03.09	1:12.39
2:54.59	2:30.09	2:58.59	2:34.09	200 Breaststroke	2:21.59	2:42.79	2:17.59	2:38.79
1:08.89	59.39	1:10.89	1:01.39	100 Butterfly	57.09	1:03.99	55.09	1:01.99
2:32.89	2:15.09	2:36.89	2:19.09	200 Butterfly	2:05.79	2:22.49	2:01.79	2:18.49
2:34.29	2:12.19	2:38.29	2:16.19	200 Individual Medley	2:07.29	2:25.69	2:03.29	2:21.69
5:26.99	4:48.49	5:34.99	4:56.49	400 Individual Medley	4:30.99	5:08.99	4:22.99	5:00.99
4:21.89	3:47.79			400 Freestyle Relay			3:24.39	3:55.29
9:25.99	8:15.39			800 Freestyle Relay			7:31.29	8:36.79
4:52.99	4:10.69			400 Medley Relay			3:49.09	4:23.89

The 2020 Spring Speedo Championship Meet will be conducted in Long Course format. The Spring meet will be open to teams and athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at <http://www.swimfsc.org/>. Please note the following: 1) The Spring meets will allow up to 200 (appx) non-resident swimmers system (contact the meet host for more details); 2) a D Final restricted to swimmers age 18&under will be conducted in all heats/finals events.

BONUS EVENTS - Swimmers entering and competing in at least 1 individual event are permitted to swim 2 Bonus Events at the meet. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. Once an event is marked "bonus", it cannot be changed to a qualified event.

Please contact Michael Lawrence, pegasus523@gmail.com or (847) 220 3940 with questions.