# TIME STANDARDS FOR CENTRAL ZONE SECTION 3 ATHLETES

**Qualifying Period:** January 1, 2021, through the meet entry deadline

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| **WOMEN** | **EVENT** | **MEN** |
| **SCY** | **LCM** | **LCM** | **SCY** |
| 24.79 | 28.49 | 50 FREE | 25.69 | 22.39 |
| 53.89 | 1:01.19 | 100 FREE | 55.99 | 48.59 |
| 1:56.69 | 2:11.89 | 200 FREE | 2:01.89 | 1:45.89 |
| 5:08.99 | 4:36.09 | 400/500 FREE | 4:16.89 | 4:46.39 |
| 10:38.29 | 9:31.89 | 800/1000 FREE | 9:00.49 | 9:57.99 |
| 17:49.89 | 18:15.59 | 1500/1650 FREE | 17:20.99 | 16:43.89 |
| 1:00.09 | 1:10.09 | 100 BACK | 1:03.19 | 55.39 |
| 2:09.99 | 2:29.69 | 200 BACK | 2:18.59 | 1:58.79 |
| 1:08.59 | 1:18.59 | 100 BREAST | 1:11.99 | 1:01.59 |
| 2:27.69 | 2:48.79 | 200 BREAST | 2:36.19 | 2:13.79 |
| 59.19 | 1:07.29 | 100 FLY | 1:00.59 | 53.29 |
| 2:11.19 | 2:27.49 | 200 FLY | 2:16.19 | 1:59.29 |
| 2:11.89 | 2:29.59 | 200 IM | 2:17.69 | 1:59.39 |
| 4:37.69 | 5:15.99 | 400 IM | 4:55.79 | 4:16.99 |
| 3:41.99 | 4:09.99 | 400 FREE RELAY | 3:50.99 | 3:18.99 |
| 7:45.99 | 8:50.99 | 800 FREE RELAY | 8:15.99 | 7:13.99 |
| 4:05.99 | 4:40.99 | 400 MEDLEY RELAY | 4:17.99 | 3:42.99 |
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# BONUS TIME STANDARDS

**Qualifying Period:** January 1, 2021, through meet the entry deadline

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| **WOMEN** | **EVENT** | **MEN** |
| SCY | LCM | LCM | SCY |
| 26.99 | 30.19 | 50 FREE | 26.99 | 23.99 |
| 57.39 | 1:04.09 | 100 FREE | 58.69 | 50.59 |
| 1:59.69 | 2:15.69 | 200 FREE | 2:06.99 | 1:50.79 |
| 5:17.99 | 4:44.99 | 400/500 FREE | 4:26.99 | 4:55.99 |
| 10:47.39 | 9:43.09 | 800/1000 FREE | 9:13.99 | 10:08.99 |
| 18:00.09 | 18:30.79 | 1500/1650 FREE | 17:34.89 | 16:55.89 |
| 1:03.99 | 1:13.29 | 100 BACK | 1:06.69 | 59.39 |
| 2:14.59 | 2:34.09 | 200 BACK | 2:23.09 | 2:03.09 |
| 1:12.19 | 1:23.19 | 100 BREAST | 1:15.49 | 1:05.09 |
| 2:33.99 | 2:56.29 | 200 BREAST | 2:42.99 | 2:19.99 |
| 1:03.99 | 1:11.09 | 100 FLY | 1:03.59 | 55.89 |
| 2:15.59 | 2:33.99 | 200 FLY | 2:22.99 | 2:03.99 |
| 2:15.99 | 2:34.99 | 200 IM | 2:22.99 | 2:03.99 |
| 4:45.09 | 5:26.99 | 400 IM | 5:06.99 | 4:23.99 |

**ENTRY LIMITS and BONUS EVENTS**

* **Limits:** A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet and in no more than 3 individual events per day. Time trial events count toward a swimmer’s daily limit (3 events) but do not count toward a swimmer’s meet limit of six (6) events.
* **Bonus Events:** Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus event(s) so that the total of individual events (qualified swims plus bonus swims) does not exceed 4 for the meet. (ex. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers entering bonus events must meet the bonus time standards as outlined in the grid above.