**NIAGARA SWIMMING**

**2015 EASTERN ZONE SHORT COURSE CHAMPIONSHIPS**

**TIME / ELIGIBILITY STANDARDS**

The Eastern Zone Short Course Championship Meet will be on March 26 - 28, 2015 in Webster, NY. The meet announcement and additional information will be available on the Niagara Swimming Zone Team website:  [niagarazoneteam.org](http://www.niagaraswim.org/).

Below are the Time Standards a swimmer must achieve to be eligible for consideration for the 2015 Niagara Short Course Zone Team. To be eligible to compete at the meet, a swimmer must have achieved the cut time below for that event, during the qualifying period of April 1, 2014 thru the end of 2015 NI LSC Championships. Converted times cannot be used.

**TIME STANDARDS – Short Course Yards**

|  |  |  |
| --- | --- | --- |
| **Female** | **10& UNDER** | **Male** |
| :29.89 | 50 Free | :29.89 |
| 1:06.39 | 100 Free | 1:06.39 |
| 2:25.49 | 200 Free | 2:25.49 |
| 6:21.79 | 500 Free | 6:21.79 |
| :35.79 | 50 Back | :35.79 |
| 1:17.49 | 100 Back | 1:17.49 |
| :40.19 | 50 Breast | :40.19 |
| 1:27.29 | 100 Breast | 1:27.29 |
| :33.79 | 50 Fly | :33.79 |
| 1:20.29 | 100 Fly | 1:20.29 |
| 1:16.09 | 100 IM | 1:16.09 |
| 2:42.59 | 200 IM | 2:42.59 |
|  |  |  |
| **Female** | **11-12** | **Male** |
| :26.89 | 50 Free | :26.89 |
| :58.79 | 100 Free | :58.79 |
| 2:08.19 | 200 Free | 2:08.19 |
| 5:41.39 | 500 Free | 5:41.39 |
| :31.79 | 50 Back | :31.79 |
| 1:08.99 | 100 Back | 1:08.99 |
| 2:34.99 | 200 Back | 2:32.89 |
| :34.89 | 50 Breast | :34.89 |
| 1:16.89 | 100 Breast | 1:16.89 |
| 2:45.69 | 200 Breast | 2:45.69 |
| :29.39 | 50 Fly | :29.39 |
| 1:06.79 | 100 Fly | 1:06.79 |
| 2:38.59 | 200 Fly | 2:35.29 |
| 1:07.59 | 100 IM | 1:07.59 |
| 2:25.09 | 200 IM | 2:25.09 |

**NIAGARA SWIMMING**

**2014 EASTERN ZONE SHORT COURSE CHAMPIONSHIPS**

**TIME / ELIGIBILITY STANDARDS**

**TIME STANDARDS – Short Course Yards**

|  |  |  |  |
| --- | --- | --- | --- |
| **Female** | | **13 – 14** | **Male** |
| :26.09 | | 50 Free | :24.59 |
| :57.09 | | 100 Free | :53.79 |
| 2:02.39 | | 200 Free | 1:56.99 |
| 5:27.99 | | 500 Free | 5:14.59 |
| 11:06.29 | | 1000 Free | 10:52.99 |
| 18:48.99 | | 1650 Free | 18:15.19 |
| 1:05.79 | | 100 Back | 1:02.49 |
| 2:20.79 | | 200 Back | 2:15.69 |
| 1:14.69 | | 100 Breast | 1:09.09 |
| 2:39.29 | | 200 Breast | 2:30.89 |
| 1:03.89 | | 100 Fly | 1:00.19 |
| 2:19.29 | | 200 Fly | 2:13.29 |
| 2:19.49 | | 200 IM | 2:14.99 |
| 4:58.99 | | 400 IM | 4:44.39 |
|  | |  |  |
| **Female** |  | **15 - 18** | **Male** |
| :26.09 |  | 50 Free | :23.59 |
| :56.59 |  | 100 Free | :51.49 |
| 2:00.59 |  | 200 Free | 1:53.19 |
| 5:21.59 |  | 500 Free | 5:09.29 |
| 10:59.29 |  | 1000 Free | 10:21.09 |
| 18:24.09 |  | 1650 Free | 17:25.19 |
| 1:02.49 |  | 100 Back | :57.09 |
| 2:17.99 |  | 200 Back | 2:05.79 |
| 1:12.69 |  | 100 Breast | 1:04.99 |
| 2:35.29 |  | 200 Breast | 2:20.39 |
| 1:01.79 |  | 100 Fly | :56.19 |
| 2:14.09 |  | 200 Fly | 2:06.49 |
| 2:17.59 |  | 200 IM | 2:07.39 |
| 4:51.99 |  | 400 IM | 4:30.89 |