**NIAGARA SWIMMING**

**2016 EASTERN ZONE SHORT COURSE CHAMPIONSHIPS**

**TIME / ELIGIBILITY STANDARDS**

The Eastern Zone Short Course Championship Meet will be on March 24-26, 2016 in Webster, NY. The meet announcement and the Niagara Zone Team Policy and Procedure Manual 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 2016 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, 2015 thru the end of 2016 NI LSC Championships. Converted times cannot be used.

Niagara may enter two (2) swimmers per individual event and one (1) team per relay event in the 13-14 & 15-18 age groups. Niagara may enter three (3) swimmers per individual event and one (1) team per relay event in the 10 & under and 11-12 age groups. Each swimmer may be entered in a maximum of six (6) individual events in the meet and not more than three (3) individual events per day. Relays must be made up of swimmers entered in the meet in individual events.

All athletes **must compete** at the Niagara LSC SC Championship meet to be considered for the NIZT **or** compete in 12 (twelve) events at NI sanctioned invitational meets. League meets, time trials, and “swim for time meets” are not accepted. It is the athlete and his or her home team’s responsibility to ensure the SWIMS database is correct. The AGC will reserve the right to add an athlete who is registered with the NIZT and who has not achieved any NIZT cut times to fill eligible spots on the team

**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 |