

March 1, 2012 Update

NIAGARA SWIMMING 2012 EASTERN ZONE SHORT COURSE CHAMPIONSHIPS TIME / ELIGIBILITY STANDARDS

The Eastern Zone Short Course Championship Meet will be on March 28 - 31, 2012 in Webster, NY. The meet announcement and additional information will be available on the Niagara Swimming Zone Team website: niagarazoneteam.org.

Below are the Time Standards a swimmer must achieve to be eligible for consideration for the Niagara Short Course Zone Team, 2012. To be entered in any event, a swimmer must have achieved the cut time below for that event, during the qualifying period of April 2, 2011 thru the NI Zone entry deadline, March 18, 2012. Converted times cannot be used.

TIME STANDARDS – Short Course Yards

Female	10& UNDER	Male
:29.81	50 Free	:29.81
1:06.39	100 Free	1:06.39
2:25.49	200 Free	2:25.49
6:21.79	500 Free	6:21.79
:35.76	50 Back	:35.76
1:17.47	100 Back	1:17.47
:40.17	50 Breast	:40.17
1:27.20	100 Breast	1:27.20
:33.77	50 Fly	:33.77
1:20.26	100 Fly	1:20.26
1:16.00	100 IM	1:16.00
2:42.51	200 IM	2:42.51

*=time change from 2011

Female	11-12	Male
:26.84	50 Free	:26.84
:58.73	100 Free	:58.73
2:08.10	200 Free	2:08.10
5:41.39	500 Free	5:41.39
:31.79	50 Back	:31.79
1:08.91	100 Back	1:08.91
2:34.95	200 Back	2:32.89*
:34.86	50 Breast	:34.86
1:16.84	100 Breast	1:16.84
2:45.60	200 Breast	2:45.60
:29.36	50 Fly	:29.36
1:06.75	100 Fly	1:06.75
2:38.59*	200 Fly	2:35.29*
1:07.50	100 IM	1:07.50
2:25.04	200 IM	2:25.04

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NIAGARA SWIMMING
2011 EASTERN ZONE SHORT COURSE CHAMPIONSHIPS
TIME / ELIGIBILITY STANDARDS

TIME STANDARDS – Short Course Yards

Female	13 – 14	Male
:26.03	50 Free	:24.59
:57.02	100 Free	:53.77
2:02.33	200 Free	1:56.93
5:27.94	500 Free	5:14.50
11:06.21	1000 Free	10:52.99
18:48.91	1650 Free	18:15.19
1:05.76	100 Back	1:02.42
2:20.71	200 Back	2:15.67
1:14.68	100 Breast	1:09.00
2:39.27	200 Breast	2:30.89
1:03.86	100 fly	1:00.17
2:19.27	200 fly	2:13.23
2:19.45	200 IM	2:14.96
4:58.91	400 IM	4:44.32

Female	15 - 18	Male
:26.03	50 Free	:23.59
:56.57	100 Free	:51.43
2:00.53	200 Free	1:53.15
5:21.56	500 Free	5:09.28
10:59.26	1000 Free	10:21.05
18:24.01	1650 Free	17:25.19
1:02.41	100 Back	:57.00
2:17.92	200 Back	2:05.76
1:12.60	100 Breast	1:04.95
2:35.22	200 Breast	2:20.35
1:01.70	100 Fly	:56.12
2:14.05	200 Fly	2:06.41
2:17.56	200 IM	2:07.38
4:51.97	400 IM	4:30.89

*=time change from 2011