

USA Swimming Speedo Champions Series

HOSTED BY Redhawk Aquatics

CENTRAL ZONE SECTIONAL 3

July 20-23, 2009

2009 Time Standards for all Participants

Qualifying Period: January 1, 2008 through the entry deadline

| WOMEN | | EVENT | MEN | |
|----------|----------|------------------|----------|----------|
| SCY | LCM | | SCY | LCM |
| 25.29 | 28.79 | 50 FREE | 22.59 | 25.89 |
| 54.79 | 1:01.79 | 100 FREE | 48.99 | 56.39 |
| 1:57.89 | 2:13.09 | 200 FREE | 1:46.89 | 2:02.89 |
| 5:12.09 | 4:38.79 | 400/500 FREE | 4:48.89 | 4:19.39 |
| 10:44.79 | 9:37.59 | 800/1000 FREE | 10:03.89 | 9:06.39 |
| 18:00.79 | 18:26.29 | 1500/1650 FREE | 16:53.89 | 17:30.99 |
| 1:01.49 | 1:10.79 | 100 BACK | 55.89 | 1:03.69 |
| 2:11.89 | 2:31.09 | 200 BACK | 1:59.99 | 2:19.79 |
| 1:09.29 | 1:19.29 | 100 BREAST | 1:02.19 | 1:12.59 |
| 2:29.09 | 2:50.19 | 200 BREAST | 2:14.99 | 2:37.39 |
| 1:00.09 | 1:07.89 | 100 FLY | 53.79 | 1:01.09 |
| 2:12.49 | 2:28.79 | 200 FLY | 2:00.49 | 2:17.39 |
| 2:13.19 | 2:30.89 | 200 IM | 2:00.59 | 2:18.89 |
| 4:40.49 | 5:18.79 | 400 IM | 4:19.39 | 4:58.19 |
| 3:43.99 | 4:11.59 | 400 FREE RELAY | 3:20.99 | 3:52.99 |
| 7:59.99 | 9:02.99 | 800 FREE RELAY | 7:18.99 | 8:24.99 |
| 4:07.99 | 4:42.99 | 400 MEDLEY RELAY | 3:44.99 | 4:19.99 |