

**USA SWIMMING**  
**2016 SPEEDO SUMMER SECTIONALS**  
**CENTRAL ZONE SECTIONAL 3**

**Time Standards**

<b>Women</b>			<b>Men</b>	
<b>SCY</b>	<b>LCM</b>	<b>EVENT</b>	<b>LCM</b>	<b>SCY</b>
24.99	28.49	50 Free	25.69	22.39
54.19	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
1:00.79	1:10.09	100 Back	1:03.19	55.39
2:10.59	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
59.49	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	400/200 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	400/200 Medley Relay	4:17.99	3:42.99

**Bonus Time Standards**

<b>Women</b>			<b>Men</b>	
<b>SCY</b>	<b>LCM</b>	<b>EVENT</b>	<b>LCM</b>	<b>SCY</b>
26.99	30.19	50 Free	26.99	23.99
57.39	1:04.09	100 Free	59.59	51.49
1:59.69	2:15.69	200 Free	2:06.99	1:50.79
5:17.79	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	1500/10 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
1:03.09	1:11.09	100 Fly	1:04.09	56.89
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