

**USA Swimming Speedo Champions Series**  
 Hosted by Miami Valley Aquatic Club at Miami University  
**CENTRAL ZONE SECTIONAL 3**  
 March 22-25, 2012  
 Held Under the Sanction of USA Swimming #  
 Time Trials #

**2012 Time Standards for all Participants**

Qualifying Period: January 1, 2011 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	2:20.89
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