

# NIAGARA SWIMMING

## 2010 EASTERN ZONE SHORT COURSE CHAMPIONSHIPS

### TIME / ELIGIBILITY STANDARDS

The Eastern Zone Short Course Championship Meet will be on April 1 – 3, 2010 in Rochester, hosted by FAST Swimming. The meet announcement and Athlete Application will be available soon on the Niagara Swimming website: [www.niagaraswim.org](http://www.niagaraswim.org).

Below are the Time Standards a swimmer must achieve to be eligible for consideration for the Niagara Short Course Zone Team, 2010. ***To be entered in any event, a swimmer must have achieved the cut time below for that event, during the qualifying period of September 1, 2009 thru the Zone entry deadline. 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

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	2:34.95
: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
2:44.39	200 fly	2:44.39
1:07.50	100 IM	1:07.50
2:25.04	200 IM	2:25.04

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TIME STANDARDS - Short Course Yards

<b>Female</b>	<b>13 - 14</b>	<b>Male</b>
: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

<b>Female</b>	<b>15 - 18</b>	<b>Male</b>
: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