

Eastern Zone  
Long Course 2015 Speedo Super Sectional  
Qualifying Times

WOMEN				MEN		
LCM	SCM	SCY	Events	SCY	SCM	LCM
28.29	27.49	24.59	<b>50 Freestyle</b>	22.09	24.69	25.49
1:01.19	59.59	53.29	<b>100 Freestyle</b>	47.59	53.29	54.89
2:11.79	2:08.59	1:54.89	<b>200 Freestyle</b>	1:44.19	1:57.69	2:00.89
4:36.99	4:30.59	5:05.59	<b>400 Freestyle</b>	4:41.39	4:09.39	4:15.79
9:30.69	9:17.89	10:30.29	<b>800 Freestyle</b>	9:44.49	8:39.29	8:52.09
18:12.59	17:48.59	17:37.49	<b>1500 Freestyle</b>	16:25.09	16:40.79	17:04.79
1:08.29	1:07.09	59.59	<b>100 Backstroke</b>	53.99	1:01.69	1:02.89
2:26.49	2:24.09	2:08.69	<b>200 Backstroke</b>	1:56.39	2:13.99	2:16.39
1:18.49	1:16.49	1:07.39	<b>100 Breaststroke</b>	1:00.79	1:08.49	1:10.49
2:48.89	2:44.89	2:25.59	<b>200 Breaststroke</b>	2:13.29	2:31.19	2:35.19
1:06.29	1:04.89	57.99	<b>100 Butterfly</b>	52.19	58.39	59.79
2:27.39	2:24.59	2:09.19	<b>200 Butterfly</b>	1:57.39	2:11.39	2:14.19
2:29.39	2:26.19	2:10.59	<b>200 Individual Medley</b>	1:56.29	2:13.19	2:16.39
5:14.69	5:08.29	4:35.29	<b>400 Individual Medley</b>	4:11.69	4:42.59	4:48.99
4:15.39	4:09.79	3:43.79	<b>4 X 100 Freestyle Relay</b>	3:19.29	3:47.39	3:52.99
9:06.19	8:54.99	7:57.59	<b>4 X 200 Freestyle Relay</b>	7:13.39	8:14.99	8:26.89
4:47.99	4:42.39	4:09.49	<b>4 X 100 Medley Relay</b>	3:43.89	4:17.99	4:23.59

Times achieved in sanctioned, approved or observed competition since January 1<sup>st</sup> 2014.

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Bonus Event Qualifying Times

WOMEN				Men		
LCM	SCM	SCY	Events	SCY	SCM	LCM
28.79	27.99	25.09	<b>50 Freestyle</b>	22.59	25.19	25.99
1:02.19	1:00.59	54.29	<b>100 Freestyle</b>	48.59	54.29	55.89
2:13.79	2:10.59	1:56.89	<b>200 Freestyle</b>	1:46.19	1:59.69	2:02.89
4:40.99	4:34.59	5:10.59	<b>400 Freestyle</b>	4:46.39	4:13.39	4:19.79
9:30.69	9:17.89	10:30.29	<b>800 Freestyle</b>	9:44.49	8:39.29	8:52.09
18:12.59	17:48.59	17:37.99	<b>1500 Freestyle</b>	16:25.09	16:40.79	17:04.79
1:09.29	1:08.09	1:00.59	<b>100 Backstroke</b>	54.99	1:02.69	1:03.89
2:28.49	2:26.09	2:10.69	<b>200 Backstroke</b>	1:58.39	2:15.99	2:18.39
1:19.49	1:17.49	1:08.39	<b>100 Breaststroke</b>	1:01.79	1:09.49	1:11.49
2:50.89	2:46.89	2:27.59	<b>200 Breaststroke</b>	2:15.29	2:33.19	2:37.19
1:07.29	1:05.89	58.99	<b>100 Butterfly</b>	53.19	59.39	1:00.79
2:29.39	2:26.59	2:11.19	<b>200 Butterfly</b>	1:59.39	2:13.39	2:16.19
2:31.39	2:28.19	2:12.59	<b>200 Individual Medley</b>	1:58.29	2:15.19	2:18.39
5:18.69	5:12.29	4:39.29	<b>400 Individual Medley</b>	4:15.69	4:46.59	4:52.99

**Bonus events:**

**Make 1 individual event receive 1 bonus event.**

**Make 2 individual events receive 2 bonus events.**

**Make 3 individual events received 1 bonus event.**

**Make 4 or more individual events receive 0 bonus event, not to exceed daily and meet limits.**

**No Bonus swims for the 800M or 1500M unless you qualify for one event distance event 800M or longer you may swim the other distance event, if you so choose.**