2012 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Short Course Championships
Co-Hosted by Lake Forest Swim Club (IL) and Pleasant Prairie Patriots (WI)
Pleasant Prairie RecPlex AquaArena, Pleasant Prairie, Wisconsin
March 8-11, 2012

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.89	28.49	25.49	50 Freestyle	22.79	25.29	26.09
1:02.49	1:00.59	54.89	100 Freestyle	49.59	54.89	56.59
2:14.99	2:11.99	1:59.49	200 Freestyle	1:48.69	2:00.49	2:03.99
4:45.79	4:37.69	5:18.09	400/500 Freestyle	4:56.39	4:16.69	4:24.79
9:49.39	9:33.49	10:58.59	800/1000 Freestyle	10:14.09	8:57.29	9:12.09
18:50.69	18:23.09	18:26.99	1500/1650 Freestyle	17:12.19	17:09.09	17:41.79
1:11.99	1:08.79	1:02.29	100 Backstroke	56.29	1:02.69	1:05.09
2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39
1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39
2:54.89	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79
1:09.29	1:07.59	1:01.59	100 Butterfly	55.09	1:00.19	1:01.99
2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49
2:34.49	2:30.29	2:15.49	200 Individual Medley	2:03.29	2:16.29	2:21.69
5:29.29	5:19.29	4:48.49	400 Individual Medley	4:22.99	4:51.19	5:00.99
4:21.89	4:17.39	3:50.09	400 Freestyle Relay	3:24.39	3:47.19	3:55.29
9:25.99	9:16.69	8:17.99	800 Freestyle Relay	7:31.29	8:21.69	8:36.79
4:52.99	4:45.09	4:15.79	400 Medley Relay	3:49.09	4:15.99	4:23.89

NOTES FOR THE SHORT COURSE 2012 MEET

The 2012 Speedo Championship Meets (both Short and Long Course seasons) will be conducted in Long Course formats. The Spring meet will be conducted in 10 lanes unless timeline management is required.

This meet will be open to teams and athletes from outside Section 1 according to stipulations that no swimmer registered in Section 1 is denied entry and other requirements as listed in the Meet Information or agreed to prior to January 1, 2012. The meet host(s) are responsible for enforcing all stipulations and requirements for entry.

Please contact Michael Lawrence, pegasus523@gmail.com or 847 220 3940 with questions.

V20111106 – revised 12/07 (m400IMscm) 11/15 (w1500scm)