



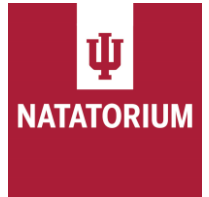
## 2024 CENTRAL ZONE EAST SPRING SPEEDO SECTIONALS

MARCH 21 – 24, 2024

**Indiana University Natatorium – Indianapolis**

Hosted by the IU Natatorium – Indianapolis

This meet will be capped at 850 athletes.



### IN-SECTION TIME STANDARDS\*

**Qualifying Period:** January 1, 2023, through the meet entry deadline

| WOMEN   |          | EVENT            | MEN      |          |
|---|----------|------------------|----------|----------|
| SCY   | LCM      |                  | LCM      | SCY      |
| 24.59   | 28.29    | 50 FREE          | 25.49    | 22.19    |
| 53.39   | 1:00.69  | 100 FREE         | 55.49    | 48.09    |
| 1:55.39   | 2:10.99  | 200 FREE         | 2:00.59  | 1:44.59  |
| 5:07.49   | 4:35.29  | 400/500 FREE     | 4:15.79  | 4:45.09  |
| 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 |
| 59.49   | 1:09.49  | 100 BACK         | 1:02.69  | 54.89    |
| 2:08.79   | 2:28.49  | 200 BACK         | 2:17.29  | 1:57.59  |
| 1:08.29   | 1:18.29  | 100 BREAST       | 1:11.69  | 1:01.29  |
| 2:27.09   | 2:48.09  | 200 BREAST       | 2:35.69  | 2:13.19  |
| 58.69   | 1:06.79  | 100 FLY          | 1:00.09  | 52.79    |
| 2:10.59   | 2:26.99  | 200 FLY          | 2:15.89  | 1:58.69  |
| 2:10.59   | 2:28.49  | 200 IM           | 2:16.79  | 1:58.39  |
| 4:37.69   | 5:15.99  | 400 IM           | 4:54.59  | 4:15.79  |
| 3:41.99   | 4:09.99  | 400 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 MEDLEY RELAY | 4:17.99  | 3:42.99  |
| <p><b>*Qualifying times for out-of-section athletes are USA Swimming's</b></p> <p><b>2023 Speedo Sectionals Maximum Time Standards</b></p> <p><b>200 Medley and 200 Free Relays use the 400 relay time standards.</b></p> <p><b>If you have the cut in the 400 relays,</b></p> <p><b>you are eligible for the 200 relays.</b></p> |          |                  |          |          |



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### BONUS TIME STANDARDS

**Qualifying Period:** January 1, 2023, through meet the entry deadline

Bonus standards are the same for both in and out-of-section qualified athletes.

| WOMEN    |          | EVENT          | MEN      |          |
|----------|----------|----------------|----------|----------|
| SCY      | LCM      |                | LCM      | SCY      |
| 26.99    | 30.19    | 50 FREE        | 26.99    | 23.99    |
| 57.39    | 1:04.09  | 100 FREE       | 58.69    | 50.59    |
| 1:59.69  | 2:15.69  | 200 FREE       | 2:06.99  | 1:50.79  |
| 5:17.99  | 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 | 1500/1650 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  |
| 1:03.99  | 1:11.09  | 100 FLY        | 1:03.59  | 55.89    |
| 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  |

#### **ENTRY LIMITS and BONUS EVENTS**

- **Limits:** A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet and in no more than 3 individual events per day. Time trial events count toward a swimmer's daily limit (3 events) but do not count toward a swimmer's meet limit of six (6) events.
- **Bonus Events:** Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus event(s) so that the total of individual events (qualified swims plus bonus swims) does not exceed 4 for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers entering bonus events must meet the bonus time standards as outlined in the grid above.
- **Bonus Entries after Entries Close:** Bonus events for new qualifiers will be accepted based on space availability. Coaches will be notified about the availability of bonus events for new qualifiers.