

**Eastern Zone Swimming
Section One**

2003 Time Standards

Women				Men		
SCY	SCM	LCM		SCY	SCM	LCM
25.39	28.19	28.59	50 Free	22.49	24.79	25.59
54.39	59.79	1:01.69	100 Free	48.79	53.79	55.69
1:57.19	2:08.89	2:12.09	200 Free	1:46.49	1:57.59	2:01.49
5:10.79	4:28.29	4:38.19	400/500 Free	4:48.39	4:10.89	4:18.59
10:40.29	9:19.99	9:34.99	800/1000 Free	10:09.89	10:57.49	9:11.39
17:54.39	17:43.19	18:16.79	1500/1650 Free	16:43.99	16:26.09	17:21.99
1:00.59	1:06.39	1:09.39	100 Back	54.59	1:00.59	1:02.89
2:09.99	2:23.79	2:28.99	200 Back	1:57.79	2:10.49	2:15.39
1:08.39	1:16.19	1:18.29	100 Breast	1:00.99	1:07.59	1:09.79
2:27.29	2:44.39	2:47.99	200 Breast	2:13.99	2:29.79	2:32.99
59.99	1:05.79	1:07.29	100 Fly	53.39	58.39	1:00.39
2:10.39	2:22.99	2:27.19	200 Fly	1:57.89	2:08.79	2:13.59
2:12.49	2:25.89	2:30.59	200 IM	1:59.29	2:11.49	2:16.59
4:39.99	5:07.99	5:22.19	400 IM	4:14.09	4:40.69	4:49.89
3:44.99	4:07.49	4:12.69	400 Freestyle Relay	3:19.69	3:39.69	3:46.09
8:05.19	8:53.79	9:04.19	800 Freestyle Relay	7:22.39	8:06.69	8:41.59
4:11.29	4:36.49	4:44.09	400 Medley Relay	3:43.19	4:15.59	4:19.69

Short Course March 13-16, 2003 @ Goodwill Games Pool, East Meadow LI

Qualifying Period: January 1, 2002 through entry deadline for spring meet

Long Course July 24-27, 2003 @ Erie County CC, Buffalo, New York

Qualifying Period: January 1, 2002 through entry deadline for summer meet

Notes:

- (1) Relay only swimmers are permitted.
- (2) All entered relays must have bettered the event qualifying time, 2 relays max per team.
- (3) At least ONE (1) swimmer on the relay entered (and swam) must have at least one individual event qualifying time.
- (4) There will be NO TIME TRIALS for relay only swimmers.