

- ▶ Competition is restricted to Eastern Zone LSCs.
- ▶ Each LSC may enter all swimmers who have achieved the time standard. If an LSC does not have two (2) swimmers who have achieved the time standards, the LSC may enter no more than two (2) swimmers in that event. These swimmers shall be entered with their actual time. All entry times must be in long course meters.
- ▶ Each swimmer may be entered in a total of six (6) events in the meet, exclusive of relays, not to exceed three (3) individual events per day. No relay only swimmers are allowed. Relays must be made up of swimmers entered in the meet in individual events.

2007 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.39	26.59	23.89	50 FREESTYLE	21.39	23.69	24.79
58.89	57.09	51.89	100 FREESTYLE	46.49	51.29	53.89
2:06.99	2:03.09	1:51.69	200 FREESTYLE	1:41.69	1:52.49	1:57.29
4:25.59	4:15.49	4:55.89	400/500 FREESTYLE	4:34.79	3:57.79	4:08.59
9:06.69	8:51.69	10:10.99	800/1000 FREESTYLE	9:32.69	8:20.79	8:37.29
17:32.49	16:48.29	16:58.29	1500/1650 FREESTYLE	15:56.69	15:56.19	16:31.39
1:06.69	1:03.39	57.69	100 BACKSTROKE	51.79	57.59	1:00.59
2:22.79	2:16.99	2:03.59	200 BACKSTROKE	1:52.29	2:04.59	2:11.49
1:14.99	1:12.79	1:05.19	100 BREASTSTROKE	58.29	1:04.69	1:08.39
2:41.59	2:37.29	2:20.69	200 BREASTSTROKE	2:07.19	2:22.49	2:28.59
1:04.39	1:02.79	57.09	100 BUTTERFLY	50.79	55.69	58.19
2:21.19	2:17.49	2:05.09	200 BUTTERFLY	1:53.19	2:03.79	2:09.79
2:24.29	2:19.19	2:06.09	200 IM	1:53.79	2:05.69	2:12.39
5:03.69	4:55.29	4:27.79	400 IM	4:02.49	4:28.29	4:41.59

Notes:

These times are based on the slowest of the 2007 Time Standards for the SC Nationals, 2007 Speedo Junior National Championships, or the 2007 18/Under Standards for the US Spring Championships

13 and Over Swimmers may not enter the 2007 zone meet (either SC or LC) if they have a QT in any event equal to or faster than the above times if it was achieved prior to July 30, 2007.

12 and Under Swimmers may not enter the zone meet if they have participated in an individual event in any of the above meets, USA Swimming Nationals, or a Trials Class Meet. .

ENTRY SUBSTITUTIONS:

- ▶ Each LSC is entitled to substitutions only in the event that fewer than two (2) swimmers would be available to compete in an event.
- ▶ Swimmers used for entry substitutions must be already entered in the meet.
- ▶ No adjustment in seeding will be made to accommodate the substitution.
- ▶ The entry deadline for substitutions will be thirty (30) minutes prior to the starting time of each session.
- ▶ A form for making substitutions will be provided in the manager's packet.