

2010 Eastern Zone South Region SCY Sectional Qualifying Times

March 25-28, 2010

Germantown, MD

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	28.19	25.39	50 Freestyle	22:49	24.99	25.59
1:01.89	1:00.89	54.79	100 Freestyle	48.99	54.39	55.69
2:12.69	2:10.79	1:57.49	200 Freestyle	1:46.49	1:58.09	2:01.49
4:38.19	4:32.59	5:12.49	500 Freestyle	4:48.39	4:10.89	4:18.59
9:34.99	9:19.99	10:40.29	1000 Freestyle	10:09.89	8:58.59	9:11.39
18:16.79	17:43.19	17:54.39	1650 Freestyle	16:43.99	16:35.19	17:21.99
1:09.39	1:07.89	1:01.09	100 Backstroke	55:09	1:01.19	1:02.89
2:28.99	2:26.49	2:11.89	200 Backstroke	1:59.39	2:12.59	2:15.39
1:18.29	1:16.49	1:08.89	100 Breaststroke	1:02.19	1:09.09	1:10.39
2:49.39	2:47.09	2:30.49	200 Breaststroke	2:15.39	2:30.29	2:32.99
1:07.49	1:06.79	1:00.09	100 Butterfly	54.09	1:00.09	1:00.89
2:29.49	2:28.19	2:13.49	200 Butterfly	2:01.49	2:14.89	2:16.29
2:30.59	2:26.59	2:12.49	200 Individual Medley	1:59.79	2:12.99	2:16.59
5:22.19	5:09.69	4:39.99	400 Individual Medley	4:15.09	4:43.19	4:49.89
9:06.29	8:58.89	8:05.39	800 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:14.99	4:10.89	3:45.79	400 Freestyle Relay	3:21.89	3:44.09	3:48.69
1:57.79	1:56.19	1:44.59	200 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:44.09	4:40.29	4:12.29	400 Medley Relay	3:46.99	4:15.59	4:19.69
4:44.09	4:40.29	4:12.29	**200 Medley Relay	3:46.99	4:15.59	4:19.69

** Use the 400 Medley Relay Qualifying Time

Qualifying Period: January 1, 2009 through entry deadline for Spring Meet.