

2016 Eastern Zone Summer Senior Zone Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.89	28.09	25.29	50 Freestyle	22.69	25.19	25.99
1:01.79	1:00.19	54.19	100 Freestyle	49.29	54.79	56.39
2:12.89	2:09.69	1:56.79	200 Freestyle	1:47.29	1:59.09	2:02.29
4:41.59	4:35.19	5:10.39	400 / 500 Freestyle	4:50.39	4:17.29	4:23.69
9:42.59	9:29.79	10:43.79	800 / 1000 Freestyle	10:06.49	8:57.09	9:09.89
18:36.29	18:12.29	18:00.99	1500 / 1650 Freestyle	16:50.59	17:01.49	17:25.49
1:08.39	1:07.19	1:00.49	100 Backstroke	55.29	1:01.39	1:02.59
2:27.99	2:25.59	2:11.09	200 Backstroke	2:00.19	2:13.49	2:15.89
1:18.59	1:16.59	1:08.99	100 Breaststroke	1:02.59	1:09.49	1:11.49
2:50.79	2:46.79	2:30.19	200 Breaststroke	2:16.19	2:31.19	2:35.19
1:07.59	1:06.19	59.59	100 Butterfly	54.39	1:00.39	1:01.79
2:30.79	2:27.99	2:13.29	200 Butterfly	2:01.99	2:15.49	2:18.29
2:30.29	2:27.09	2:12.49	200 Individual Medley	2:00.59	2:13.89	2:17.09
5:17.19	5:10.79	4:39.99	400 Individual Medley	4:16.69	4:44.99	4:51.39
1:57.79	1:56.19	1:44.59	4 X 50 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 X 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 X 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	4 X 100 Medley Relay	3:46.99	4:15.59	4:19.69

Times achieved in sanctioned, approved or observed competition since January 1st 2015.

2016 Eastern Zone Summer Senior Zone Bonus Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.39	28.59	25.79	50 Freestyle	23.19	25.69	26.49
1:02.79	1:01.19	55.19	100 Freestyle	50.29	55.79	57.39
2:14.89	2:11.69	1:58.79	200 Freestyle	1:49.29	2:01.09	2:04.29
4:45.59	4:39.19	5:15.39	400 / 500 Freestyle	4:55.39	4:21.29	4:27.69
9:42.59	9:29.79	10:43.79	800 / 1000 Freestyle	10:06.49	8:57.09	9:09.89
18:36.29	18:12.29	18:00.99	1500 / 1650 Freestyle	16:50.59	17:01.49	17:25.49
1:09.39	1:08.19	1:01.49	100 Backstroke	56.29	1:02.39	1:03.59
2:29.99	2:27.59	2:13.09	200 Backstroke	2:02.19	2:15.49	2:17.89
1:19.59	1:17.59	1:09.99	100 Breaststroke	1:03.59	1:10.49	1:12.49
2:52.79	2:48.79	2:32.19	200 Breaststroke	2:18.19	2:33.19	2:37.19
1:08.59	1:07.19	1:00.59	100 Butterfly	55.39	1:01.39	1:02.79
2:32.79	2:29.99	2:15.29	200 Butterfly	2:03.99	2:17.49	2:20.29
2:32.29	2:29.09	2:14.49	200 Individual Medley	2:02.59	2:15.89	2:19.09
5:21.19	5:14.79	4:43.99	400 Individual Medley	4:20.69	4:48.99	4:55.39
1:57.79	1:56.19	1:44.59	4 X 50 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 X 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 X 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	4 X 100 Medley Relay	3:46.99	4:15.59	4:19.69

Bonus events:

Make 1 individual event receive 3 bonus event.

Make 2 individual events receive 2 bonus events.

Make 3 individual events received 1 bonus event.

Make 4 or more individual events receive 0 bonus event, not to exceed daily and meet limits.

No Bonus swims for the 800M or 1500M unless you qualify for one event distance event 800M or longer you may swim the other distance event, if you so choose.