

**2008 Speedo Championship Series Qualifying Times  
Eastern Zone - Northern Section**

**March 6-9, 2008 -- Nassau County Aquatic Center East Meadow, LI, NY**

<b>Event #</b>		<b>Event</b>		<b>SCY</b>	<b>LCM</b>	<b>SCM</b>
1	Women	Senior	1650 Free	17:54.39	18:16.79	17:43.29
2	Men	Senior	1000 Free	10:01.99	9:08.79	8:52.99
3	Women	Senior	200 Free	1:55.99	2:11.49	2:08.19
4	Men	Senior	200 Free	1:46.49	2:01.49	1:58.09
5	Women	Senior	100 Breast	1:08.29	1:18.29	1:15.89
6	Men	Senior	100 Breast	1:02.19	1:10.39	1:09.19
7	Women	Senior	100 Fly	59.19	1:06.99	1:05.79
8	Men	Senior	100 Fly	53.89	1:00.89	59.89
9	Women	Senior	400 IM	4:36.79	5:18.79	5:07.29
10	Men	Senior	400 IM	4:15.09	4:49.89	4:43.19
11	Women	Senior	800 Free Relay	8:05.39	9:06.69	8:58.89
12	Men	Senior	800 Free Relay	7:22.39	8:14.79	8:06.69
13	Women	Senior	200 Medley Relay *	4:12.29	4:44.09	4:40.29
14	Men	Senior	200 Medley Relay *	3:46.99	4:19.69	4:15.59
15	Women	Senior	200 Fly	2:11.49	2:29.49	2:25.99
16	Men	Senior	200 Fly	2:00.89	2:16.29	2:14.19
17	Women	Senior	50 Free	24.99	28.59	27.79
18	Men	Senior	50 Free	22.49	25.59	24.99
19	Women	Senior	200 Breast	2:28.39	2:49.39	2:44.79
20	Men	Senior	200 Breast	2:15.39	2:32.99	2:30.29
21	Women	Senior	100 Back	1:00.29	1:08.99	1:06.99
22	Men	Senior	100 Back	55.09	1:02.89	1:01.19
23	Women	Senior	500 Free	5:06.99	4:37.19	4:29.89
24	Men	Senior	500 Free	4:48.39	4:18.59	4:10.89
25	Women	Senior	400 Free Relay	3:45.79	4:14.99	4:10.89
26	Men	Senior	400 Free Relay	3:21.89	3:48.69	3:44.09
27	Women	Senior	200 Free Relay	1:44.59	1:57.79	1:56.19
28	Men	Senior	200 Free Relay	1:32.69	1:45.49	1:42.19
29	Women	Senior	1000 Free	10:39.19	9:34.99	9:19.99
30	Men	Senior	1650 Free	16:43.99	17:21.99	16:35.19
31	Women	Senior	200 Back	2:10.39	2:28.99	2:24.79
32	Men	Senior	200 Back	1:59.39	2:15.39	2:12.59
33	Women	Senior	100 Free	53.99	1:01.89	59.99
34	Men	Senior	100 Free	48.79	55.69	54.19
35	Women	Senior	200 IM	2:10.89	2:29.69	2:25.09
36	Men	Senior	200 IM	1:59.79	2:16.59	2:12.99
37	Women	Senior	400 Medley Relay	4:12.29	4:44.09	4:40.29
38	Men	Senior	400 Medley Relay	3:46.99	4:19.69	4:15.59

Times are unchanged from 2007.

1. Qualifying Period: January 1, 2007 through entry deadline for meet
2. Open USA Swimming Registered Swimmers in the Eastern Zone
3. Conforming Times will be LCM
4. All entered relays must have bettered the event qualifying time, 2 relays max per team.
5. Each relay team must have at least one swimmer on it who entered (and competed) in an individual (non-bonus) event
6. There will be NO TIME TRIALS for relay only swimmers.

Bonus events	1 time made	1 bonus event
	2 times made	2 bonus events
	3 times made	1 bonus event
	4 or more times made	no bonus events

\* 4 x 50 Medley Relay entry time is based on the 4 x 100 Meter Medley Relay  
4 x 50 Medley Relays will be seeded based on provable 4 x 100 Medley Relay times.

Adopted by Northern Section -- Eastern Zone on September 27, 2007