

**USA Swimming Speedo Champions Series**  
**CENTRAL ZONE SECTION 3 CHAMPIONSHIPS**  
 HOSTED BY THE DAYTON RAIDERS SWIM CLUB  
 Corwin M. Nixon Aquatic Center, Miami University, Oxford, Ohio  
 July 23-26, 2007

**2007 Time Standards for All Participants including IN, MI, OH, and LE**

Qualifying Period: January 1, 2006 through the entry deadline

WOMEN		EVENT	MEN	
SCY	LCM		SCY	LCM
25.29	28.79	50 FREE	22.59	25.89
54.79	1:01.79	100 FREE	48.99	56.39
1:57.89	2:13.09	200 FREE	1:46.89	2:02.89
5:12.09	4:38.79	400/500 FREE	4:48.89	4:19.39
10:44.79	9:37.59	800/1000 FREE	10:03.89	9:06.39
18:00.79	18:26.29	1500/1650 FREE	16:53.89	17:30.99
1:01.49	1:10.79	100 BACK	55.89	1:03.69
2:11.89	2:31.09	200 BACK	1:59.99	2:19.79
1:09.29	1:19.29	100 BREAST	1:02.19	1:12.59
2:29.09	2:50.19	200 BREAST	2:14.99	2:37.39
1:00.09	1:07.89	100 FLY	53.79	1:01.09
2:12.49	2:28.79	200 FLY	2:00.49	2:17.39
2:13.19	2:30.89	200 IM	2:00.59	2:18.89
4:40.49	5:18.79	400 IM	4:19.39	4:58.19
3:46.39	4:13.59	400 FREE RELAY	3:23.19	3:55.19
8:05.99	9:07.99	800 FREE RELAY	7:22.79	8:30.39
4:11.29	4:45.99	400 MEDLEY RELAY	3:47.19	4:21.99