

## 2013 Eastern Zone North Region LCM Sectional Qualifying Times

March 21-24, 2013

Hosted by Star Swimming @ ECC, Buffalo, NY

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	27.29	24.99	<b>50 Freestyle</b>	22.49	24.99	25:59
1:01.89	59.99	53.99	<b>100 Freestyle</b>	48.79	54.19	55.69
2:11.49	2:08.19	1:55.99	<b>200 Freestyle</b>	1:46.49	1:58.09	2:01.49
4:37.19	4:29.89	5:06.99	<b>500 Freestyle</b>	4:48.39	4:10.89	4:18.59
9:34.99	9:19.99	10:39.19	<b>1000 Freestyle</b>	10:01.99	8:52.99	9:08.79
18:16.79	17:43.29	17:54.39	<b>1650 Freestyle</b>	16:43.99	16:35.19	17:21.99
1:08.99	1:06.99	1:00.29	<b>100 Backstroke</b>	55.09	1:01.19	1:02.89
2:28.99	2:24.79	2:10.39	<b>200 Backstroke</b>	1:59.39	2:12.59	2:15.39
1:18.29	1:15.89	1:08.29	<b>100 Breaststroke</b>	1:02.19	1:09.19	1:10.39
2:49.39	2:44.79	2:28.39	<b>200 Breaststroke</b>	2:15.39	2:30.29	2:32.99
1:06.99	1:05.79	59.19	<b>100 Butterfly</b>	53.89	59.59	1:00.89
2:29.49	2:25.99	2:11.49	<b>200 Butterfly</b>	2:00.89	2:14.19	2:16.29
2:29.69	2:25.09	2:10.89	<b>200 Individual Medley</b>	1:59.79	2:12.99	2:16.59
5:18.79	5:07.29	4:36.79	<b>400 Individual Medley</b>	4:15.09	4:43.19	4:49.89
9:06.69	8:58.89	8:05.39	<b>800 Freestyle Relay</b>	7:22.39	8:06.69	8:14.79
4:14.99	4:10.99	3:45.79	<b>400 Freestyle Relay</b>	3:21.89	3:44.09	3:48.69
1:57.79	1:56.19	1:44.59	<b>200 Freestyle Relay</b>	1:32.69	1:42.19	1:45.49
4:44.09	4:40.29	4:12.29	<b>400 Medley Relay</b>	3:46.99	4:15.59	4:19.69
4:44.09	4:40.29	4:12.29	<b>**200 Medley Relay</b>	3:46.99	4:15.59	4:19.69

\*\* Use the 400 Medley Relay Qualifying Time

Qualifying Period: January 1, 2012 through entry deadline for Spring Meet.