



2026 CENTRAL ZONE EAST SPRING SPEEDO SECTIONALS

MARCH 26-29, 2026

Indiana University Natatorium – Indianapolis

Hosted by the IU Natatorium – Indianapolis

This meet will be capped at 850 athletes.



IN-SECTION TIME STANDARDS^

Qualifying Period: January 1, 2025, through the meet entry deadline

WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
24.59	28.29	50 FREESTYLE	25.49	22.19
53.39	1:00.69	100 FREESTYLE	55.49	48.09
1:55.39	2:10.99	200 FREESTYLE	2:00.59	1:44.59
5:07.49	4:35.29	400/500 FREESTYLE	4:15.79	4:45.09
10:38.29	9:31.89	800/1000 FREESTYLE	9:00.49	9:57.99
17:49.89	18:15.59	1500/1650 FREESTYLE	17:20.99	16:43.89
27.29	31.49	50 BACKSTROKE*	28.69	24.49
59.49	1:09.49	100 BACKSTROKE	1:02.69	54.89
2:08.79	2:28.49	200 BACKSTROKE	2:17.29	1:57.59
30.69	35.59	50 BREASTSTROKE*	31.99	27.19
1:08.29	1:18.29	100 BREASTSTROKE	1:11.69	1:01.29
2:27.09	2:48.09	200 BREASTSTROKE	2:35.69	2:13.19
26.69	30.29	50 BUTTERFLY*	27.39	23.69
58.69	1:06.79	100 BUTTERFLY	1:00.09	52.79
2:10.59	2:26.99	200 BUTTERFLY	2:15.89	1:58.69
2:10.59	2:28.49	200 INDIVIDUAL MEDLEY	2:16.79	1:58.39
4:37.69	5:15.99	400 INDIVIDUAL MEDLEY	4:54.59	4:15.79
3:41.99	4:09.99	400 FREESTYLE RELAY	3:50.99	3:18.99
7:45.99	8:50.99	800 FREESTYLE RELAY	8:15.99	7:13.99
4:05.99	4:40.99	400 MEDLEY RELAY	4:17.99	3:42.99

**^Qualifying times for out-of-section athletes are USA Swimming's
2026 Speedo Sectionals Maximum Time Standards.**

***Athletes with the 100 qualifying time in the corresponding stroke are
eligible to compete in these events.**

**200 Medley and 200 Free Relays use the 400 relay time standards.
If you have the cut in the 400 relays,
you are eligible for the 200 relays.**



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BONUS TIME STANDARDS

Qualifying Period: January 1, 2025, through meet the entry deadline

Bonus standards are the same for both in and out-of-section qualified athletes.

WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
26.49	29.69	50 FREESTYLE	26.29	23.29
55.89	1:02.69	100 FREESTYLE	57.79	49.69
1:58.59	2:14.69	200 FREESTYLE	2:05.99	1:49.69
5:17.99	4:44.99	400/500 FREESTYLE	4:23.99	4:52.69
10:47.39	9:43.09	800/1000 FREESTYLE	9:13.99	10:08.99
18:00.09	18:30.79	1500/1650 FREESTYLE	17:34.89	16:55.89
1:03.99	1:13.29	50 BACKSTROKE*	1:05.19	57.79
1:03.99	1:13.29	100 BACKSTROKE	1:05.19	57.79
2:14.09	2:33.59	200 BACKSTROKE	2:23.09	2:03.09
1:11.79	1:22.69	50 BREASTSTROKE*	1:15.49	1:05.09
1:11.79	1:22.69	100 BREASTSTROKE	1:15.49	1:05.09
2:33.49	2:55.79	200 BREASTSTROKE	2:42.49	2:19.49
1:02.89	1:09.69	50 BUTTERFLY*	1:03.49	55.79
1:02.89	1:09.69	100 BUTTERFLY	1:03.49	55.79
2:15.59	2:33.99	200 BUTTERFLY	2:22.99	2:03.99
2:14.29	2:33.49	200 INDIVIDUAL MEDLEY	2:21.99	2:02.89
4:45.09	5:26.99	400 INDIVIDUAL MEDLEY	5:06.99	4:23.99

ENTRY LIMITS and BONUS EVENTS

- ***50s of Stroke Bonus Time Standards:** For this year only, the bonus time standards for the 50 Backstroke, 50 Breaststroke, and 50 Butterfly will be the qualifying times for the 100s in that stroke.
- **Limits:** A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet and in no more than 3 individual events per day. Time trial events count toward a swimmer's daily limit (3 events) but do not count toward a swimmer's meet limit of six (6) events.
- **Bonus Events:** Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus event(s) so that the total of individual events (qualified swims plus bonus swims) does not exceed 4 for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers entering bonus events must meet the bonus time standards as outlined in the grid above.
- **Bonus Entries after Entries Close:** Bonus events for new qualifiers will be accepted based on space availability. Coaches will be notified about the availability of bonus events for new qualifiers.