

2006 USA Swimming Spring Championships
Event Information Sheet
March 28-April 1, Federal Way, WA
LCM

Important Facts About the Meet



- ◆ All Information on these pages is subject to change. Please consult the official event information for complete details.
- ◆ Time standards have been established to have between 900 and 1000 athletes in individual events at the meet. These time standards were established by the Championship Time Standards Committee and then approved by the Senior Swimming Committee in April/May 2005. The philosophy in creating these standards looked at having at least 200 18 and under male athletes at the meet.
- ◆ All entries must meet the qualifying times, and all athletes must meet the time standards for their age (as of the first day of the meet). This means that if an athlete turns 19 on March 26, he/she must meet the qualifying times for athletes 19 and older.
- ◆ The qualifying period for entry times will be from February 1, 2005 through the entry deadline.
- ◆ Entry deadlines: On-line: Monday, March 20 Paper: Tuesday, March 21
- ◆ Fax entries: for swims done from March 20 – 26. Fax entries will be due in the morning of March 27.
- ◆ The meet is open to all USA Swimming-registered athletes.
- ◆ Foreign teams will not be permitted at this meet. Foreign athletes who are USA Swimming-registered will be permitted to compete, and will be permitted to score in individual events and in relay events.
- ◆ Bonus events will be permitted. There will be no time standards for bonus events. The following formula will be used:
 - ◆ Make 1 National standard, swim 1 additional event.
 - ◆ Make 2 National standards, swim 2 additional events.
 - ◆ Make 3 National standards, swim 1 additional event.
 - ◆ Make 4 or more National standards, swim 0 additional events.
- ◆ The major change in the event order is the Women's 800 Free and Men's 1500 Free will now be swum as a heats/final event (not timed final).
- ◆ There is no limitation on the number of events an athlete can swim in the meet, provided he/she does not exceed Rule 102.2.2 (limit of 3 events per day).
- ◆ Time trials will be for individual event swimmers only. Rule 207.8.3 will apply for all other aspects of time trials.
- ◆ For more information (hotels, entry blanks, maps, etc.) and to view the entire meet book, please go to the USA Swimming website: www.usa-swimming.org

**2006 Spring Championships
19-Over Standards**

WOMEN			EVENT	MEN		
SCY	SCM	LCM		LCM	SCM	SCY
23.59	26.29	26.89	50 Freestyle	23.89	22.89	20.69
51.19	56.39	58.09	100 Freestyle	52.39	49.99	45.29
1:50.29	2:01.59	2:05.29	200 Freestyle	1:54.49	1:50.39	1:39.69
4:52.49	4:12.59	4:22.49	400 Freestyle	4:03.79	3:53.09	4:29.19
10:03.09	8:55.19	8:57.89	800 Freestyle	8:25.89	8:14.39	9:24.99
16:50.19	16:39.29	17:09.69	1500 Freestyle	16:09.49	15:24.29	15:41.59
56.69	1:02.29	1:05.79	100 Backstroke	58.89	56.19	50.49
2:02.19	2:15.39	2:20.39	200 Backstroke	2:07.59	2:01.69	1:49.59
1:04.19	1:11.69	1:13.49	100 Breaststroke	1:05.79	1:02.19	56.69
2:18.69	2:35.09	2:38.49	200 Breaststroke	2:23.19	2:18.39	2:03.39
56.19	1:01.79	1:03.29	100 Butterfly	56.39	54.29	49.49
2:03.09	2:15.29	2:17.69	200 Butterfly	2:05.49	2:00.89	1:50.49
2:04.09	2:16.89	2:21.89	200 I.M.	2:09.19	2:02.99	1:51.29
4:23.79	4:50.89	4:58.59	400 I.M.	4:35.09	4:23.69	3:58.19
3:35.99	4:01.19	4:02.39	400 FR	3:37.69	3:30.59	3:09.89
7:41.69	8:35.09	8:42.09	800 FR	7:59.59	7:47.89	7:01.59
4:00.49	4:28.39	4:29.49	400 MR	3:59.69	3:54.59	3:31.29

**Qualification period:
Feb. 1, 2005 – entry deadline**

**2006 Spring Championships
18-Under Standards**

WOMEN				MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
23.79	26.49	27.09	50 Freestyle	24.69	23.19	20.99
51.59	56.79	58.49	100 Freestyle	52.99	50.69	45.89
1:51.09	2:02.39	2:06.09	200 Freestyle	1:55.69	1:51.69	1:40.89
4:54.49	4:14.29	4:24.09	400 Freestyle	4:06.19	3:55.69	4:32.19
10:07.09	8:48.59	9:01.09	800 Freestyle	8:30.69	8:19.59	9:30.99
16:56.79	16:45.89	17:15.69	1500 Freestyle	16:18.49	15:33.99	15:51.49
57.09	1:02.69	1:06.19	100 Backstroke	59.49	56.89	51.09
2:02.99	2:16.29	2:21.19	200 Backstroke	2:08.79	2:03.09	1:50.79
1:04.59	1:12.09	1:13.89	100 Breaststroke	1:10.09	1:03.69	57.29
2:19.49	2:35.99	2:39.29	200 Breaststroke	2:28.59	2:19.69	2:04.59
56.59	1:02.19	1:03.69	100 Butterfly	56.99	54.89	50.09
2:03.89	2:16.19	2:19.19	200 Butterfly	2:06.69	2:01.19	1:50.69
2:04.89	2:17.79	2:22.69	200 I.M.	2:10.39	2:04.29	1:52.49
4:25.39	4:52.69	5:00.19	400 I.M.	4:37.49	4:26.39	4:00.59
3:35.99	4:01.19	4:02.39	400 FR	3:37.69	3:30.59	3:09.89
7:41.69	8:35.09	8:42.09	800 FR	7:59.59	7:47.89	7:01.59
4:00.49	4:28.39	4:29.49	400 MR	3:59.69	3:54.59	3:31.29

Qualification period:
Feb. 1, 2005 – entry deadline

USA Swimming Spring Championships

Order of Events Long Course Meters

Heats begin at 9:00am

Finals begin at 5:30pm

<u>Women's Events</u>	<u>Day 1 - Tuesday, March 28 (4:00 p.m.)</u>	<u>Men's Events</u>
1	Women's 800 Free (all heats)	
	Men's 1500 Free (all heats)	2
	<u>Day 2 - Wednesday, March 29</u>	
1	Women's 800 Free (final)	
	Men's 1500 Free (final)	2
3	100 Free	4
5	200 Breast	6
7	200 Back	8
9	200 Fly	10
	<u>Day 3 - Thursday, March 30</u>	
11	200 Free	12
13	400 IM	14
15	4 x 200 Free Relay	16
	<u>Day 4 - Friday, March 31</u>	
17	100 Back	18
19	400 Free	20
21	100 Breast	22
23	100 Fly	24
25	4 x 100 Free Relay	26
	<u>Day 5 - Saturday, April 1</u>	
27	W 1500 Free (Timed Final)	
28	200 IM	29
30	50 Free	31
	M 800 Free (Timed Final)	32
33	4 x 100 Medley Relay	34

In the morning session only, heats for events 27 and 32 will be swum after event 34