

**Eastern Zone Speedo Championship Series
Spring 2006
March 16 to 19, 2006 – United States Naval Academy**

Thursday, March 16								
General Warm-up 12:00 Noon -3:20 PM								
Session Warm-up 3:20 -4:20 PM Events 4:30 PM								
Women					Men			
Event #	SCY	SCM	LCM		SCY	SCM	LCM	Event #
1 @	17:54.39	17:43.19	18:16.79	1650 Freestyle				
				1000 Freestyle	10:09.89	8:58.59	9:11.39	2 @
@ - Positive Check-in required by 3:00 PM on Thursday								

Friday, March 17								
Prelim Warm-up 6:30 AM Events 9:00 AM								
Finals Warm-up 4:30 PM Events 6:00 PM								
Women					Men			
Event #	SCY	SCM	LCM		SCY	SCM	LCM	Event #
3	1:57.79	2:10.79	2:12.69	200 Freestyle	1:46.49	1:58.09	2:01.49	4
5	1:08.89	1:16.49	1:18.29	100 Breaststroke	1:02.19	1:09.09	1:10.39	6
7	1:00.09	1:06.79	1:07.49	100 Butterfly	54.09	1:00.09	1:00.89	8
9	4:39.99	5:09.69	5:22.19	400 Individual Medley	4:15.09	4:43.19	4:49.89	10
11 % #	8:05.39	8:58.89	9:06.69	4 x 200 Freestyle Relay	7:22.39	8:06.69	8:14.79	12 % #
% - Fastest two heats of all relays will be swum in finals.								

- Positive Check-in required by 6:30 PM on Thursday

Scratch deadline for all Friday events is 6:30 PM Thursday

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Saturday, March 18

Prelim Warm-up 6:30 AM Events 9:00 AM

Finals Warm-up 4:30 PM Events 6:00 PM

Women					Men			
Event #	SCY	SCM	LCM		SCY	SCM	LCM	Event #
13 % #	4:12.29	4:40.29	4:44.09	4 x 50 Medley Relay	3:46.99	4:15.59	4:19.69	14 % #
15	2:13.49	2:28.19	2:29.49	200 Butterfly	2:01.49	2:14.89	2:16.29	16
17	25.39	28.19	28.59	50 Freestyle	22.49	24.99	25.59	18
19	2:30.49	2:47.09	2:49.39	200 Breaststroke	2:15.39	2:30.29	2:32.99	20
21	1:01.09	1:07.89	1:09.39	100 Backstroke	55.09	1:01.19	1:02.89	22
23	5:12.49	4:32.59	4:38.19	500 Freestyle	4:48.39	4:10.89	4:18.59	24
25 % #	3:45.79	4:10.89	4:14.99	4 x 100 Freestyle Relay	3:21.89	3:44.09	3:48.69	26 % #

% - Fastest two heats of all relays will be swum in finals.

- Positive Check-in required by 6:30 PM on Friday

Scratch deadline for all Saturday events is 6:30 PM Friday

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Sunday, March 20								
Prelim Warm-up 6:30 AM				Events 9:00 AM				
Finals Warm-up 4:30 PM				Events 6:00 PM				
Women				Men				
Event #	SCY	SCM	LCM		SCY	SCM	LCM	Event #
27 % #	1:44.59	1:56.19	1:57.79	4 x 50 Freestyle Relay	1:32.69	1:42.99	1:45.49	28 % #
29 #	10:40.29	9:19.99	9:34.99	1000 Freestyle				
				1650 Freestyle	16:43.99	16:35.19	17:21.99	30 #
31	2:11.89	2:26.49	2:28.99	200 Backstroke	1:59.39	2:12.59	2:15.39	32
33	54.79	1:00.89	1:01.89	100 Freestyle	48.99	54.39	55.69	34
35	2:12.49	2:26.59	2:30.59	200 Individual Medley	1:59.79	2:12.99	2:16.59	36
37 % #	4:12.29	4:40.29	4:44.09	4 x 100 Medley Relay	3:46.99	4:15.59	4:19.69	38 % #
% - Fastest two heats of all relays will be swum in finals.								
# - Positive Check-in required by 6:30 PM on Saturday								
Scratch deadline for all other Sunday events is 6:30 PM Saturday								