



2025 CENTRAL ZONE EAST SPRING SPEEDO SECTIONALS

MARCH 27-30, 2025

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, 2024, through the meet entry deadline

WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
24.59	28.29	50 FREE	25.49	22.19
53.39	1:00.69	100 FREE	55.49	48.09
1:55.39	2:10.99	200 FREE	2:00.59	1:44.59
5:07.49	4:35.29	400/500 FREE	4:15.79	4:45.09
10:38.29	9:31.89	800/1000 FREE	9:00.49	9:57.99
17:49.89	18:15.59	1500/1650 FREE	17:20.99	16:43.89
59.49	1:09.49	100 BACK	1:02.69	54.89
2:08.79	2:28.49	200 BACK	2:17.29	1:57.59
1:08.29	1:18.29	100 BREAST	1:11.69	1:01.29
2:27.09	2:48.09	200 BREAST	2:35.69	2:13.19
58.69	1:06.79	100 FLY	1:00.09	52.79
2:10.59	2:26.99	200 FLY	2:15.89	1:58.69
2:10.59	2:28.49	200 IM	2:16.79	1:58.39
4:37.69	5:15.99	400 IM	4:54.59	4:15.79
3:41.99	4:09.99	400 FREE RELAY	3:50.99	3:18.99
7:45.99	8:50.99	800 FREE RELAY	8:15.99	7:13.99
4:05.99	4:40.99	400 MEDLEY RELAY	4:17.99	3:42.99
<p>*Qualifying times for out-of-section athletes are USA Swimming's 2025 Speedo Sectionals Maximum Time Standards. 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.</p>				



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BONUS TIME STANDARDS

Qualifying Period: January 1, 2024, 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 FREE	26.29	23.29
55.89	1:02.69	100 FREE	57.79	49.69
1:58.59	2:14.69	200 FREE	2:05.99	1:49.69
5:17.99	4:44.99	400/500 FREE	4:23.99	4:52.69
10:47.39	9:43.09	800/1000 FREE	9:13.99	10:08.99
18:00.09	18:30.79	1500/1650 FREE	17:34.89	16:55.89
1:03.99	1:13.29	100 BACK	1:05.19	57.79
2:14.09	2:33.59	200 BACK	2:23.09	2:03.09
1:11.79	1:22.69	100 BREAST	1:15.49	1:05.09
2:33.49	2:55.79	200 BREAST	2:42.49	2:19.49
1:02.89	1:09.69	100 FLY	1:03.49	55.79
2:15.59	2:33.99	200 FLY	2:22.99	2:03.99
2:14.29	2:33.49	200 IM	2:21.99	2:02.89
4:45.09	5:26.99	400 IM	5:06.99	4:23.99

ENTRY LIMITS and BONUS EVENTS

- **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.