



2026 Speedo Sectional Championships

March 26 – 29, 2026

Hosted by STAR Swimming

Held under the sanction of USA Swimming: NI 2526-050 & NI 2526-051-TT

ADMINISTRATIVE INFORMATION

Meet Director	TJ Day	starswimmingentries316@gmail.com
Meet Referee	Satoshi Katsumoto	katsus@gmail.com
Administrative Referee	Bryan Saxton	saxtonbk@gmail.com
Host Club Officials Chair	Leo Gibbons	lcgjr1953@gmail.com
LSC Officials Chair	Bob Nicita	officials@niagaraswim.org
ECC Aquatics Director	Vince McCarthy	mccarthyv@ecc.edu

SPECTATORS

Spectators will be permitted at this event. The meet will be accessible to all parents by a live stream provided by STAR Swimming using this YouTube link: <https://www.youtube.com/channel/UC0JtD68fNRG-6r3FneEdkng>. This link will also be posted on the STAR Website under the Meet Sheets tab. Spectators will be allowed for this event. Families need to plan accordingly.

PARKING

Parking is available at Mike's Parking at the corner of Elm & Swan Street and the Adam's Parking Ramp at the corner of Washington & North Division Street. Mike's Parking has attendants supervising parking from $\frac{1}{2}$ hour before the start of warm-up through the last session of the day.

GENERAL WARM-UP & GENERAL MEETING

The pool will be open for general warm-up on Thursday, March 26, 2026, from 12:00 PM to 4:50 PM. The general meeting will take place at 2:00 PM on the 2nd floor in the mini-gym (hospitality room). Coaches are responsible for any and all information presented. Accordingly, please ensure at least one representative from your club is in attendance.

GENERAL WARM-UP & GENERAL MEETING

The pool will be open for general warm-up on Thursday, March 26, 2026, from 12:00 PM to 4:50 PM. The general

FACILITIES

50-meter pool with continuous flow through gutters and Kiefer-McNeil lane dividers. Separate 25-yard, six-lane pool for continuous warm-up and warm-down. Colorado Electronic Timing system with flat wall touch pads, horn starts, and scoreboard readouts. The competition course has not been certified in accordance with 104.2.2C(4). From the start end, the pool depth is 7 feet at 1 meter and 7 feet at 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and 13 feet 6 inches at 5 meters. The balcony seating is for 1200 spectators.

OFFICIALS

- Certified officials wishing to work the meet should submit an application by March 6, 2026, for assigned positions or to be evaluated. [Application to Officiate](#).
- A request will be submitted for this meet to be approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate, noting the request for evaluation. Details of the certification program can be found on the [USA Swimming Website](#).



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meeting will take place at 2:00 PM on the 2nd floor in the mini-gym (hospitality room). Coaches are responsible for any and all information presented. Accordingly, please ensure at least one representative from your club is in attendance.

REGISTRATION SCHEDULE

Thursday, March 26, 12:00 PM to 7:00 PM & Friday, March 28, 7:00 AM to 11:00 AM. At other times, please contact the Meet Director.

WARM UP PROCEDURES

Current Niagara Swimming and USA Swimming Rules govern all aspects of the warm-up. Diving is not allowed, and feet-first entry only is required, except in designated lanes and times. Only swimmers entered in this meet may use the warm-up lanes.

ELIGIBILITY

The Eastern Zone Long Course Speedo Championship Series Meet is open to any swimmer currently registered with USA Swimming **in the Eastern Zone**, with a qualifying time, as of the entry due date.

TIMERS

STAR Swimming will be providing timers throughout the meet. The Meet Director reserves the right to ask all visiting teams to provide timers throughout the meet. Athletes must provide their own timer for time trials.

RULES

Current USA Swimming Rules will govern all competition.

- Proper conduct on the part of all swimmers and spectators is expected at all times and will be enforced by coaches, meet marshals, college officials, and college security. ANY SWIMMER found in the posted out-of-bounds areas will be

FACILITY SCHEDULE

- Thursday, March 26: 12:00 PM to 8:00 PM (or 30 minutes after the last event, whichever is later)
- Friday – Sunday, March 27 – 29: 6:30 AM to 30 minutes after last finals race.

MEET SCHEDULE

- Thursday, March 26:**
 - General Warm Up: 12:00 PM to 4:50 PM
 - Distance events: 5:00 PM
- Friday, March 27 & Saturday, March 28:**
 - Prelims Warm Up: 7:00 AM – 8:50 AM
 - Prelims: 9:00 AM
 - Finals Warm Up: 4:30 PM to 5:50 PM
 - Finals: 6:00 PM
- Sunday, March 29:**
 - Prelims Warm Up: 7:00 AM – 8:50 AM
 - Prelims: 9:00 AM
 - Finals Warm Up: 4:00 PM to 4:50 PM**
 - Finals: 5:00 PM**

MEET FORMAT

- The meet will be swum with circle-seeded preliminaries in the morning session, and C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted.
- Only 18 & Under swimmers are permitted in the C-Final.** The B and A Finals are open to any age based upon place in the preliminaries.
- If there are 600 or more athletes entered in individual events, a D-Final will be added. In that case, the D-Final will be for 18 & Under only, and the age restriction will be removed from the C-Final.
- Thursday Distance Events (W 1500/M 800):** The women's 1500 meter Freestyle will be swum slowest to fastest, followed by the men's 800



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barred from the remainder of the meet without recourse.

- The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway, balcony, and stands. Any swimmer competing that is found in an area designated out of bounds will be barred from participating in the remainder of the meet. Posted out-of-bounds areas include, but are not limited to: emergency stairwells, the weight room, and the track and gym areas. **USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESS PERMISSION TO USE THE CODE IS PROHIBITED.**
- The USA Swimming Code of Conduct will be enforced. No glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism, and theft will not be tolerated and can result in being barred from participation in the meet.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas, and

meter Freestyle swum slowest to fastest. These events are timed finals.

- **Sunday Distance Events (W 800/M 1500):** The fastest heat of the women's 800 meter Freestyle and the men's 1500 meter Freestyle will be swum at the beginning of finals. The remaining heats will be swum Sunday afternoon, alternating women and men, such that the last heat finishes at 4:00 PM. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- **Sunday distance events will have an early/late option.** Preference for early/late shall be indicated during positive check-in for Sunday distance events. Swimmers can also ensure an early distance swim by entering with a non-conforming qualifying time.
- **Relay Events:** All relays are timed finals. The fastest two heats will swim during finals. The remaining heats will swim during preliminaries. Relays must check in by the specified deadline to be seeded. Relay cards shall be turned in to the resolution desk at least one hour before the scheduled start time of the relay. However, the lineup may be changed up to the time of the swim. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay, but not both. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. 200-meter Medley Relays must be entered with a provable 400-meter Medley Relay time.
- **Sunday Relays (400-meter Medley Relay):** The "Sunday Relay Rule" will be in effect. Any relay that wishes to swim during



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open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

- It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event.
- Deck access is restricted to USA Swimming athletes, coaches, officials, and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon request by meet management. Deck pass is an appropriate form of credential.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP is a condition of participation in the conduct of this competition.

preliminaries may do so. **ALL** Sunday relays **MUST** indicate a preference for swimming during preliminaries or finals. The preliminaries/finals preference must be indicated by the check-in deadline (Saturday at 6:30 pm). The fastest 16 relays that wish to swim during finals will swim during finals. All other Sunday relays will swim during preliminaries.

- **A/B Flight Format:** Depending on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B Flight" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A Flight" session, will be announced at the general meeting.
- There will be a 10-minute break after the 200-meter Medley Relay and the 200-meter Freestyle Relay, as well as before the last relay on each day. This 10-minute break will apply to preliminaries and finals.
- Flyover starts may be used at the discretion of the Meet Referee.

ENTRY INFORMATION

- Meet Entry Coordinator: TJ Day: starswimmingentries316@gmail.com
- Qualification Period: January 1, 2025, through the entry deadline.
- Seeding Order: LCM, SCM, SCY. Bonus entries will be seeded last in the same order.
- Entry Fees: \$16.00 per individual event, \$32.00 per relay, and a \$10.00 per swimmer surcharge.
- Time Trials: \$20.00 for individual events, \$35.00 per relay event.
- Regular Entry Deadline: Monday, March 16, 2026 at 11:59 PM EST. Entries will be submitted via OME. OME will open for this meet on February 16, 2026, at <http://www.usaswimming.org/ome>.

ENTRY RULES

A swimmer may enter any number of individual events in which the qualifying time standard has been met. A swimmer may only swim a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events for the meet. Each team is allowed to enter up to 2 relays in each event. Qualification for the 50s back, breast, and fly will be the corresponding 100 times for each stroke. The 50s are also eligible for bonus events, not to exceed three events per day.

- **Bonus Events:** Swimmers making 1 qualifying time will be permitted to enter 3 bonus events. Swimmers making 2 qualifying times will be



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INSTRUCTIONS AND GUIDELINES FOR SWIMMERS WITH DISABILITIES

- Each swimmer with a disability that achieves their Sectional Parallel Time Standard can participate in the meet. There is no limit on the number of athletes with a disability accepted that achieved the standard. Time standards will be posted on the Host website.
- Proof of time for each event entered must be e-mailed, along with the Eastern Zone Championship Meet Disability Entry Form, which can be found [here](#). Please indicate the P1-3 category that you feel your swimmer should be categorized in.
- Swimmers with disabilities may compete in Finals, earn awards, and score points for their team in the same manner as the able-bodied swimmers. Section Parallel Time Standards will not be used for determining qualification for Finals.
- It is the responsibility of the swimmer, and/or their coach, to inform the Meet Referee and Meet Director/Entry Chair of any disability-related accommodations and/or modifications they may need in order to compete.
- This information must be given in advance of the meet on the entry form.
- The Meet Referee shall approve any modifications that may be required and relay the information to the appropriate officials on deck. These options include, but are not limited to:
 - seeding the swimmer with others of the appropriate gender
 - allowing the swimmer to compete half the distance of their age group (swim the 100 meter Backstroke during the 200 meter Backstroke race)

permitted to enter 2 bonus events. Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. Swimmers making 4 or more qualifying times are not permitted to enter bonus events. There shall be no bonus swims for the 800 Freestyle or 1500 Freestyle except for the following condition: any swimmer achieving a qualifying time in the 800 Freestyle or 1500 Freestyle may choose to enter the other distance event as a bonus entry. See Entry Information for seeding order.

- All relay-only swimmers must be listed on the meet entry.

ONLINE MEET ENTRY

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend the meet MUST be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials.

- **Entry Instructions:** Payment for entries using OME is accepted using Visa, MasterCard, American Express, or Discover. After you complete your online entry, you will be sent confirmation via email. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial March 16, 2026, entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered. All swims entered as a custom time must be proven in hard copy or



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- reassigning the lane of a deaf swimmer if a required view of the strobe light is obscured and the light cannot be repositioned
- Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- Should a Disability Record be set, it is the swimmer's responsibility to complete and submit the application for an American Record.
- The final meet results will show the swimmer with a disability listed in the correct age and event, regardless of where they actually competed.

other format approved by the Meet Referee at or prior to the meet. Only times that are achieved at a USA Swimming sanctioned or observed/approved meets are valid. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than long course meters will be treated as "nonconforming" and will be seeded according to USA Swimming procedures. Do not convert times before entering them. Entries that have NOT used the OME entry process will not be accepted. No fax entries will be accepted at any time.

- **Questions Regarding OME?** Contact: Trey Freeman, at tfreeman@usaswimming.org.

LATE QUALIFYING TIMES

- Additional entries from meets occurring between March 17, 2026, and March 22, 2026, are due by 11:59 PM (EST) on Monday, March 23, 2026.
- OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2026 NI LC Speedo Sectional – LATE QUALIFIERS.
- Late entries may not be used to improve the seed time of an earlier entry.

PROOF OF TIME

Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result. Any proof of time must be submitted prior to the Scratch/Positive Check-in deadline for the session in which the event is being swum. Emailed proofs of time must include reports by

LATE ENTRIES

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- Late entries must be submitted through OME.
- Entries must be received no later than 11:59 pm (EST) Tuesday, March 24, 2026.
- The team or athlete must pay a one-time processing fee of \$150 *and* entry fees of \$30 per individual event.

FEES

- Payment by check for any entries must be received at or before the pre-meet general meeting on Thursday, March 26, 2026. If payment is not received by this time, the entries in question will be scratched from the meet.
- Checks for entry fees are payable to: STAR Swimming.



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name and by event with proof of times. High School, College, YMCA, and similar non-USAS swims must be a swim officially authorized by USA Swimming. Only times that are achieved at a USA Swimming Sanctioned or observed/approved meet are valid.

The scratch box and positive check in will be located at the Registration Table until the General Meeting, following which, they will be located at the Resolution Desk on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Scratches from finals can only be done in person at the Resolution Desk. Do not use the scratch box.

The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmers initially announced as having qualified for finals (not as an alternate) who do not show up to compete (without properly scratching) will be subjected to a \$50 fine and will be barred from all other events that evening. Checks will be made out to the Eastern Zone.

Any swimmer who fails to compete in a preliminary event in which he/she has been entered and has not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days, the coach and/or swimmer must positively check in at the Resolution Desk prior to the scratch deadline of that day's events.

Warning:

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until said fine is paid. All swimmers, coaches, and officials must be properly registered with USA Swimming for 2026.

SCRATCH / POSITIVE CHECK-IN

Scratch Deadlines are as follows:

Thursday events: Thursday 3:00 PM

Friday events: Thursday 5:30 PM

Saturday events: Friday 6:30 PM

Sunday events: Saturday 6:30 PM

TIME TRIALS:

- Time trials will be offered each day, time permitting.
- Time trial fees: \$20.00 per individual event; \$35.00 per relay event.
- Time trials will be seeded by time.
- The only time trials on Thursday will be 800 Free, 1500 Free, and 800 Free Relay.
- Thursday time trials may be seeded into empty lanes in the scheduled events. Otherwise, they will start immediately following the conclusion of the session.
- Friday, Saturday, and Sunday time trials will start approximately 15 minutes following the conclusion of each day's preliminary session (time permitting).
- Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 meters may be combined regardless of distance.
- Time trials are open to all swimmers entered into the meet, including relay only swimmers.
- Each swimmer is limited to a maximum of three time trials during the meet.



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Deck Access:

Please use designated pool entry areas. Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:

# Athletes	# Coach Deck Passes
1-5 in individual events or 1 relay only team with any number of alternates	1 deck pass
6 – 12 Swimmers in individual events	2 deck passes
13 – 22 Swimmers in individual events	3 deck passes
23 - 30 Swimmers in individual events	4 deck passes
31 – 39 Swimmers in individual events	5 deck passes
40 – 49 Swimmers in individual events	6 deck passes
50+ Swimmers in individual events	7 deck passes

- Time trials count toward the daily maximum of three events, but not toward the meet maximum of seven events.
- Registration for time trials will close at 4:00 PM on Thursday and at 10:00 AM on the remaining days, unless otherwise noted at the general meeting.
- Time trials will be conducted as long as there is time available.
- Time trials on Sunday will end at least 30 minutes prior to the heats of the Women's 1500 Free / Men's 800 Free.
- Swimmers must provide their own timer for all time trial events.
- Event order:
 - Thursday time trials: 800 Free, 1500 Free, and 800 Free Relay events only.
 - Friday time trials: Friday/Saturday/Sunday events, in that order.
 - Saturday time trials:
Saturday/Sunday/Friday events, in that order.
 - Sunday time trials: Sunday/Friday/Saturday events, in that order.
 - The Meet Referee has the option of changing the event order, if necessary.

SCORING

- **Individual Events (Top 16):**
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relays (Top 16):**
40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to show a current USA Swimming registration card at the



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registration table to receive their deck pass.

Replacements for lost credentials will cost \$25.00.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmers must be assigned a supervising coach (per USA Swimming rule 202.5.2).

Arriving with a fellow LSC club/coach is preferred.

However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

CONCESSIONS

There will be a concession stand open for the duration of the meet. The concession area is on the lower level of the pool, near the small pool.

SPECTATOR ADMISSION AND HEAT SHEETS

The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of the Erie Community College Athletic Center. Prices are as follows: - Heat sheets will be posted on starswimming.org under the meet sheets tab.

- ALL SESSION PASS: **\$40.00**
- Adult Single All Day Pass (includes prelims and finals): **\$15.00**
- Children (ages 6-12) Single All Day Pass: **\$10.00**
- Finals Admission: **\$7.00**

**Adult Single All Day passes and All-Session passes will be available for presale on the meet page on our website. Children's all day passes and Finals Admission will be sold at the event. Cash or charge accepted.*

AWARDS

Awards will be presented during the evening finals. The coach of each event's winning competitor should pick up their awards by the end of each night. A full sequencing of events will be published with the heat sheet for each finals session.

- Individual Events: Top 3 Finishers
- Relay Events: Top 3 Relay Teams
- Team Awards (female, male, and combined scores): Top 3 Teams
- Individual High Point: Top 3 female and top 3 male

HOSPITALITY

A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the upstairs mini gym located across from the elevators.

LOCKER ROOMS

All competitors are to use the general locker room only. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Erie Community College and STAR Swimming is NOT responsible for lost or stolen property. There will be dry locker rooms available for coaches, officials, and volunteers. Coaches, officials, and volunteers are NOT permitted in the general locker room. There will be dry locker rooms available for coaches and meet staff. Athletes are NOT permitted in these locker rooms.



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Warmup Format: Competition Pool (tentative)

Thursday

12:00-3:00 PM	Circle swim all lanes
3:00-4:20 PM	Pace: Lanes 1 and 8 Circle: Lanes 2-7
4:20-4:50 PM	Pace: Lanes 1 and 8 Sprint: Lane 7 Circle: Lanes 2-6
4:50 PM	Clear Pool

Friday, Saturday, and Sunday Prelims

7:00-8:00 AM	Circle swim all lanes
8:00-8:30 AM	Pace: Lanes 1 and 8 Circle: Lanes 2-7
8:30-8:50 AM	Pace: Lanes 1 and 8 Sprint: Lanes 2 and 7 Circle: Lanes 3-6
8:50 AM	Clear Pool

Friday and Saturday Finals

4:30-5:00 PM	Circle swim all lanes
5:00-5:20 PM	Pace: Lanes 1 and 8 Circle: Lanes 2-7
5:20-5:50 PM	Pace: Lanes 1 and 8 Sprint: Lanes 2 and 7 Circle: Lanes 3-6
5:50 PM	Clear Pool

Sunday Finals

4:00-4:30 PM	Circle swim all lanes
4:30-4:50 PM	Pace: Lanes 1 and 8 Sprint: Lanes 2 and 7 Circle: Lanes 3-6
4:50 PM	Clear Pool



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SCHEDULE OF EVENTS

Women		Men
	Day 1 – Thursday, March 26	
1	1500 Freestyle	
	800 Freestyle	2
	Day 2 – Friday, March 27	
3	200 Freestyle	4
5	100 Breaststroke	6
7	50 Backstroke	8
9	100 Butterfly	10
11	400 Individual Medley	12
13	800 Freestyle Relay	14
	Day 3 – Saturday, March 28	
15	200 Medley Relay	16
17	200 Butterfly	18
19	50 Freestyle	20
21	200 Breaststroke	22
23	100 Backstroke	24
25	400 Freestyle	26
27	400 Freestyle Relay	28
	Day 4 – Sunday, March 29	
29	200 Freestyle Relay	30
31	800 Freestyle	
	1500 Freestyle	32
33	200 Backstroke	34
35	50 Breaststroke	36
37	100 Freestyle	38
39	200 Individual Medley	40
41	50 Butterfly	42
43	400 Medley Relay	44



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Spring 2026 Eastern Zone Speedo Sectional Qualifying Times

Women			EVENTS	Men		
LCM	SCM	SCY	EVENTS	SCY	SCM	LCM
28.29	27.09	24.79	50 Freestyle	22.39	24.69	25.49
1:00.69	58.89	53.09	100 Freestyle	48.49	53.89	55.49
2:10.89	2:07.69	1:54.99	200 Freestyle	1:46.29	1:57.99	2:01.29
4:37.69	4:29.29	5:08.79	400 / 500 Freestyle	4:47.39	4:09.89	4:17.59
9:29.99	9:19.99	10:38.99	800 / 1000 Freestyle	9:59.49	8:43.49	8:58.39
18:16.79	17:43.29	17:49.39	1500 / 1650 Freestyle	16:43.99	16:35.19	17:18.99
			50 Backstroke			
1:07.89	1:05.79	59.29	100 Backstroke	54.49	59.99	1:01.99
2:26.19	2:23.29	2:08.89	200 Backstroke	1:58.59	2:11.79	2:14.79
			50 Breaststroke			
1:17.89	1:15.49	1:08.19	100 Breaststroke	1:01.49	1:08.99	1:09.69
2:49.39	2:44.79	2:29.39	200 Breaststroke	2:14.99	2:29.89	2:32.59
			50 Butterfly			
1:06.29	1:04.99	58.49	100 Butterfly	53.19	58.99	1:00.19
2:29.09	2:25.59	2:12.09	200 Butterfly	2:01.19	2:14.19	2:16.19
2:28.39	2:24.49	2:10.69	200 Individual Medley	1:59.39	2:12.59	2:16.29
5:20.49	5:07.29	4:38.39	400 Individual Medley	4:15.09	4:43.19	4:49.89
1:57.79	1:56.19	1:44.59	4 x 50 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 x 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 x 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:42.09	4:28.29	4:10.29	4 x 100 Medley Relay	3:45.99	4:14.59	4:18.69

Qualifying times must be achieved after 1/1/2025