



**2009 USA SWIMMING SPEEDO CHAMPIONS SERIES**  
**Central Zone – Section 1**  
**July 22-25, 2009 @ University of Minnesota – Hosted by TWIN**



<i><b>WOMEN</b></i>			<i><b>EVENTS</b></i>	<i><b>MEN</b></i>		
<i><b>SCM</b></i>	<i><b>SCM</b></i>	<i><b>SCY</b></i>		<i><b>SCY</b></i>	<i><b>LCM</b></i>	<i><b>SCM</b></i>
27.69	28.19	24.99	<i>50 Freestyle</i>	22.39	25.49	25.09
59.79	1:01.19	53.89	<i>100 Freestyle</i>	48.99	55.59	54.59
2:09.69	2:12.39	1:56.79	<i>200 Freestyle</i>	1:46.39	2:02.09	1:59.09
4:32.89	4:38.59	5:12.19	<i>400 / 500 Freestyle</i>	4:52.29	4:24.79	4:15.79
9:32.49	9:41.09	10:54.19	<i>800 / 1000 Freestyle</i>	10:14.09	9:12.09	8:57.29
18:21.59	18:43.69	18:14.99	<i>1500 / 1650 Freestyle</i>	17:12.19	17:41.79	17:18.39
1:06.89	1:09.99	1:00.29	<i>100 Backstroke</i>	55.79	1:04.29	1:01.89
2:26.69	2:31.79	2:12.19	<i>200 Backstroke</i>	2:01.69	2:20.39	2:15.09
1:16.29	1:19.39	1:08.69	<i>100 Breaststroke</i>	1:02.29	1:12.09	1:09.09
2:46.49	2:51.99	2:29.99	<i>200 Breaststroke</i>	2:17.59	2:38.79	2:32.69
1:06.09	1:07.79	59.59	<i>100 Butterfly</i>	54.09	1:01.39	1:00.49
2:29.29	2:32.39	2:14.49	<i>200 Butterfly</i>	2:01.79	2:18.49	2:15.19
2:27.49	2:30.99	2:12.89	<i>200 Individual Medley</i>	2:01.39	2:18.99	2:14.69
5:12.09	5:20.99	4:40.89	<i>400 Individual Medley</i>	4:21.99	4:59.99	4:51.89
4:09.19	4:14.09	3:44.49	<i>400 Freestyle Relay</i>	3:23.69	3:51.99	3:46.09
9:01.99	9:14.09	8:07.99	<i>800 Freestyle Relay</i>	7:28.29	8:29.79	8:17.89
4:32.69	4:44.99	4:05.69	<i>400 Medley Relay</i>	3:47.09	4:22.99	4:12.09