



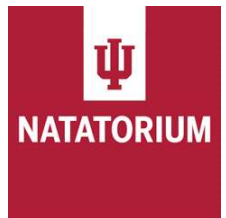
2025 CENTRAL ZONE EAST SPRING SPEEDO SECTIONALS – LCM
MARCH 27 – 30, 2025

Indiana University Natatorium – Indianapolis, IN

Hosted by the IU Natatorium – Indianapolis

Held under the Sanction of USA Swimming & Indiana Swimming #IN25154; Time Trials #IN25155

This meet will be capped at approximately 850 athletes.



ORDER OF EVENTS

This is an open competition swum in long course meters.

Please note that Indianapolis observes Eastern Time

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
Warm-Ups: 6:30am-8:50am		<u>THURSDAY EVENTS</u>		Warm-Ups: 4:00pm-5:15pm	
Meet Starts at 8:30am				Meet Starts at 5:30pm	
3	200 Backstroke	4	**2	800 Freestyle	
5	50 Freestyle	6	3	200 Backstroke	4
8	200 Breaststroke	9	5	50 Freestyle	6
	200 Freestyle Relay Men	*1		1500 Freestyle	**7
**2	800 Freestyle		8	200 Breaststroke	9
	1500 Freestyle	**7		<i>10-Minute Break</i>	
			***10	800 Free Relay Women	
Warm-Ups: 6:30am-8:50am		<u>FRIDAY EVENTS</u>		Warm-Ups: 4:00pm-5:15pm	
Meet Starts at 8:30am				Meet Starts at 5:30pm	
*11	200 Medley Relay	*12	13	200 Freestyle	14
13	200 Freestyle	14	15	100 Butterfly	16
15	100 Butterfly	16	17	400 I.M.	18
^17	400 I.M.	^18	****19	400 Free Relay	****20
Warm-Ups: 6:30am-8:50am		<u>SATURDAY EVENTS</u>		Warm-Ups: 4:00pm-5:15pm	
Meet Starts at 8:30am				Meet Starts at 5:30pm	
*21	200 Freestyle Relay Women		22	100 Backstroke	23
	<i>15-Minute Break^^</i>		24	100 Breaststroke	25
22	100 Backstroke	23	26	200 Butterfly	27
	<i>15-Minute Break^^</i>		28	400 Freestyle	29
24	100 Breaststroke	25		<i>10-Minute Break</i>	
26	200 Butterfly	27		800 Free Relay Men	***30
^28	400 Freestyle	^29			
Warm-Ups: 6:30 am-8:50am		<u>SUNDAY EVENTS</u>		Warm-Ups: 3:00pm-4:15pm	
Meet Starts at 8:30am				Meet Starts at 4:30pm	
33	200 I.M.	34	33	200 I.M.	34
37	100 Free	38	**35	1500 Freestyle	
*31	400 Medley Relay	*32		800 Freestyle	**36
**35	1500 Freestyle		37	100 Free	38
	800 Freestyle	**36			

* Timed Finals with these relays swum during prelims sessions, slowest to fastest in event order.

** Distance events (800/1500) will be swum fastest to slowest alternating women and men with the fastest heat of each swum in finals.

***Timed finals with these relays swum during finals session, fastest to slowest

**** Timed Finals with these relays swum during the finals sessions; the 2 fastest heats of women, then the 2 fastest heats of men alternating women then men, fastest to slowest, after the first 2 heats of each

^ Four fastest heats of women followed by four fastest heats of men, swum fastest to slowest; remaining heats swum fastest to slowest alternating women then men

^^ 15-minute break due to instructional pool programming; pool cleared after 10 minutes