

# 2012 OLYMPIC TRIALS

The 2012 United States Olympic Swimming Trials will once again be held at the Qwest Center in Omaha, Nebraska. The 2008 Trials set a new standard for swimming excitement and 2012 promises to bring even more poolside thrills to America's Heartland.

**When:** June 25<sup>th</sup>-July 2<sup>nd</sup>, 2012

**Where:** Qwest Center Omaha  
455 North 10th Street Omaha, NE 68102

## 2012 Olympic Trials Standards

Men	Event	Women
LCM		LCM
23.49	50 Freestyle	26.39
51.49	100 Freestyle	57.19
1:52.89	200 Freestyle	2:03.19
3:59.99	400 Freestyle	4:19.39
	800 Freestyle	8:50.49
15:53.59	1500 Freestyle	
57.59	100 Backstroke	1:03.99
2:04.99	200 Backstroke	2:17.99
1:04.69	100 Breaststroke	1:12.19
2:20.79	200 Breaststroke	2:35.99
55.29	100 Butterfly	1:01.99
2:03.99	200 Butterfly	2:16.49
2:06.59	200 Individual Medley	2:19.49
4:30.49	400 Individual Medley	4:55.89

Qualifying Period Oct 1, 2009 to entry deadline

