

Middle Atlantic Swimming

2022 SCY SENIOR CHAMPS TIME STANDARDS

| GIRLS | | | | BOYS | | |
|----------|----------|----------|------------|----------|----------|----------|
| LCM | SCM | SCY | Open | SCY | SCM | LCM |
| 29.19 | 27.99 | 25.39 | 50 Free | 22.69 | 25.09 | 26.29 |
| 1:01.69 | 59.69 | 54.89 | 100 Free | 49.49 | 54.89 | 57.19 |
| 2:15.69 | 2:11.09 | 1:58.99 | 200 Free | 1:48.99 | 1:59.99 | 2:05.19 |
| 4:45.59 | 4:39.79 | 5:19.99 | 500 Free | 4:59.99 | 4:22.49 | 4:32.79 |
| 9:59.99 | 9:47.99 | 11:14.99 | 1000 Free | 10:25.99 | 9:07.29 | 9:18.29 |
| 19:23.19 | 19:06.99 | 18:59.99 | 1650 Free | 17:39.99 | 17:46.49 | 18:01.59 |
| 1:11.59 | 1:07.59 | 1:01.09 | 100 Back | 55.99 | 1:01.29 | 1:04.69 |
| 2:32.89 | 2:25.49 | 2:13.09 | 200 Back | 2:03.09 | 2:16.19 | 2:23.09 |
| 1:20.29 | 1:16.59 | 1:09.99 | 100 Breast | 1:04.09 | 1:10.59 | 1:15.69 |
| 2:52.09 | 2:46.39 | 2:33.69 | 200 Breast | 2:21.09 | 2:35.79 | 2:46.99 |
| 1:08.79 | 1:06.09 | 1:00.09 | 100 Fly | 55.09 | 1:00.49 | 1:02.19 |
| 2:41.79 | 2:36.69 | 2:19.99 | 200 Fly | 2:07.09 | 2:21.59 | 2:28.49 |
| 2:34.79 | 2:27.39 | 2:13.99 | 200 IM | 2:03.39 | 2:17.79 | 2:25.59 |
| 5:28.29 | 5:21.89 | 4:49.99 | 400 IM | 4:26.99 | 4:56.39 | 5:02.79 |