

Middle Atlantic Swimming

2019 SPRING SENIOR CHAMPS TIME STANDARDS

GIRLS			OPEN	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
29.69	28.89	25.99	50 Free	23.09	25.69	26.49
1:03.39	1:01.79	55.59	100 Free	50.39	55.99	57.59
2:15.99	2:14.39	2:00.99	200 Free	1:50.49	2:02.69	2:05.89
4:45.69	4:38.49	5:22.49	500 Free	5:00.89	4:19.79	4:26.59
10:04.09	10:00.69	11:29.89	1000 Free	10:36.99	9:14.69	9:17.79
19:43.09	19:08.99	19:21.49	1650 Free	18:01.99	17:50.39	18:22.19
1:11.39	1:10.19	1:03.19	100 Back	58.59	1:05.09	1:06.69
2:34.19	2:31.79	2:16.69	200 Back	2:07.59	2:21.69	2:24.09
1:22.69	1:20.69	1:12.69	100 Breast	1:06.19	1:13.49	1:15.49
2:57.99	2:53.99	2:36.69	200 Breast	2:25.09	2:41.09	2:45.09
1:10.39	1:08.99	1:02.09	100 Fly	56.89	1:03.19	1:04.59
2:41.39	2:38.59	2:22.79	200 Fly	2:12.99	2:27.69	2:30.49
2:45.39	2:42.19	2:16.09	200 IM	2:07.89	2:21.99	2:25.19
5:30.79	5:24.39	4:52.19	400 IM	4:31.99	5:01.99	5:08.39