

Middle Atlantic Swimming
2016 Spring Junior Olympic Time Standards

GIRLS				BOYS		
LCM	SCM	SCY	10&U	SCY	SCM	LCM
34.89	34.29	30.69	50 FR	30.49	33.99	34.69
1:16.69	1:15.39	1:07.79	100 FR	1:07.39	1:14.99	1:16.29
2:49.59	2:46.09	2:29.89	200 FR	2:30.39	2:46.69	2:50.19
6:04.09	5:54.29	6:48.49	500 FR	6:48.99	5:54.79	6:04.59
41.39	39.99	35.99	50 BK	35.69	39.49	40.79
1:29.39	1:26.69	1:17.99	100 BK	1:18.29	1:26.99	1:29.69
46.89	45.69	41.09	50 BR	41.59	46.29	47.49
1:42.19	1:39.99	1:29.89	100 BR	1:31.29	1:41.59	1:43.79
39.39	38.29	34.39	50 FL	34.39	38.29	39.39
1:33.09	1:31.69	1:22.49	100 FL	1:23.39	1:32.69	1:43.09
NA	1:26.69	1:18.09	100 IM	1:17.79	1:26.39	NA
3:13.19	3:08.09	2:49.39	200 IM	2:50.69	3:09.49	3:14.63
LCM	SCM	SCY	11-12	SCY	SCM	LCM
30.99	30.49	27.29	50 FR	26.89	29.99	30.59
1:07.59	1:06.39	59.69	100 FR	58.89	1:05.49	1:06.69
2:27.99	2:24.99	2:10.79	200 FR	2:08.79	2:22.79	2:25.69
5:12.29	5:03.89	5:50.39	500 FR	5:46.89	5:00.89	5:09.19
11:17.89	11:04.39	12:45.99	1000 FR	12:41.99	11:00.89	11:14.39
21:56.79	21:20.39	21:36.99	1650	21:29.99	21:13.49	21:49.69
36.59	35.39	31.79	50 BK	31.29	34.79	35.99
1:17.79	1:15.49	1:07.89	100 BK	1:07.29	1:14.79	1:17.09
2:48.69	2:44.39	2:27.99	200 BK	2:28.49	2:44.99	2:49.39
40.59	39.59	35.59	50 BR	35.49	39.49	40.49
1:28.29	1:26.39	1:17.69	100 BR	1:18.69	1:27.59	1:29.49
3:10.79	3:08.39	2:49.39	200 BR	2:50.69	3:09.89	3:12.29
34.69	33.69	30.29	50 FL	29.99	33.39	34.39
1:17.29	1:16.09	1:08.49	100 FL	1:08.89	1:16.59	1:17.69
3:00.19	2:58.39	2:40.49	200 FL	2:37.99	2:55.59	2:57.39
NA	1:16.49	1:08.89	100 IM	1:07.99	1:15.29	NA
2:48.59	2:44.19	2:27.89	200 IM	2:26.99	2:43.19	2:47.69
6:05.19	5:55.09	5:19.89	400 IM	5:23.09	5:58.69	6:08.89
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.69	29.09	26.09	50 FR	24.49	27.39	27.89
1:03.79	1:02.79	56.39	100 FR	53.19	59.19	1:00.19
2:18.69	2:15.89	2:02.59	200 FR	1:56.59	2:09.19	2:11.89
4:55.59	4:47.59	5:31.59	500 FR	5:18.59	4:43.99	4:36.39
10:27.49	10:14.99	11:48.99	1000 FR	11:29.69	9:58.19	10:10.39
20:19.29	19:45.59	20:00.99	1650 FR	19:17.29	19:02.49	19:34.99
1:12.89	1:10.69	1:03.59	100 BK	1:00.69	1:07.49	1:09.59
2:36.89	2:32.89	2:17.59	200 BK	2:12.39	2:27.09	2:30.99
1:23.09	1:21.29	1:13.09	100 BR	1:09.59	1:17.39	1:19.09
2:59.99	2:57.69	2:39.79	200 BR	2:32.89	2:50.09	2:52.19
1:11.89	1:10.79	1:03.69	100 FL	1:00.19	1:06.89	1:07.89
2:43.09	2:41.49	2:25.29	200 FL	2:18.59	2:33.99	2:35.59
200 IM Cut	200 IM Cut	200 IM Cut	100 IM	200 IM Cut	200 IM Cut	200 IM Cut
2:38.49	2:34.29	2:18.99	200 IM	2:12.09	2:26.69	2:30.69
5:43.49	5:33.99	5:00.89	400 IM	4:47.49	5:19.19	5:28.19