

Middle Atlantic Swimming

2023 SCY JUNIOR OLYMPIC TIME STANDARDS

GIRLS			JO 2023	BOYS		
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.69	29.09	26.09	50 Free	24.49	27.39	27.89
1:03.79	1:02.79	56.39	100 Free	53.09	59.19	1:00.19
2:18.69	2:15.89	2:02.49	200 Free	1:56.29	2:09.19	2:11.89
4:52.59	4:47.29	5:28.29	500 Free	5:14.79	4:33.79	4:40.89
10:04.89	9:51.89	11:25.89	1000 Free	11:04.99	9:41.99	9:53.19
19:37.59	19:03.79	19:19.19	1650 Free	18:34.49	18:23.99	18:56.49
1:12.89	1:10.69	1:03.59	100 Back	1:00.39	1:07.49	1:09.59
2:36.89	2:32.89	2:17.59	200 Back	2:11.99	2:27.09	2:30.99
1:23.09	1:21.29	1:13.09	100 Breast	1:08.39	1:17.39	1:19.09
2:59.99	2:57.69	2:39.69	200 Breast	2:31.69	2:50.09	2:52.19
1:11.89	1:10.79	1:03.69	100 Fly	59.59	1:06.89	1:07.89
2:43.09	2:41.49	2:24.89	200 Fly	2:17.19	2:33.99	2:35.59
2:38.49	2:34.29	2:18.99	200 IM	2:11.19	2:26.69	2:30.69
5:39.69	5:30.19	4:55.39	400 IM	4:44.59	5:19.19	5:28.19
LCM	SCM	SCY	11-12	SCY	SCM	LCM
31.09	30.49	27.29	50 Free	27.29	30.49	31.09
1:08.29	1:07.09	59.99	100 Free	59.99	1:07.09	1:08.29
2:27.99	2:24.99	2:09.89	200 Free	2:10.79	2:24.79	2:27.69
5:12.29	5:03.89	5:49.39	500 Free	5:49.99	5:03.99	5:12.29
10:47.59	10:34.99	12:15.09	1000 Free	12:07.59	10:27.59	10:39.99
21:05.09	20:29.89	20:45.89	1650 Free	20:30.99	20:02.59	20:38.29
36.59	35.39	31.59	50 Back	31.79	35.29	36.49
1:17.79	1:15.49	1:07.39	100 Back	1:08.29	1:16.79	1:18.09
2:48.69	2:44.39	2:26.79	200 Back	2:29.79	2:46.99	2:51.39
40.59	39.59	35.49	50 Breast	35.99	39.99	40.99
1:28.29	1:26.39	1:17.39	100 Breast	1:19.09	1:28.49	1:30.49
3:12.29	3:09.89	2:49.99	200 Breast	2:52.69	3:11.89	3:14.29
34.69	33.69	29.89	50 Fly	29.99	33.39	34.39
1:17.29	1:16.09	1:07.69	100 Fly	1:08.79	1:16.59	1:17.69
3:01.79	2:59.99	2:39.99	200 Fly	2:39.99	2:57.59	2:59.39
NA	1:16.49	1:08.49	100 IM	1:08.69	1:16.29	NA
2:49.99	2:45.59	2:28.09	200 IM	2:28.59	2:45.19	2:49.69
6:07.19	5:57.09	5:20.29	400 IM	5:21.99	5:58.69	6:08.89

BONUS EVENTS: Swimmers will be eligible to enter the bonus events under the following conditions:

- A Swimmer qualifying in 1 individual; event may enter to compete in up to 3 total bonus events, if the time standards are met.
- A swimmer qualifying for 2 individual events may enter to compete in up to 2 total bonus events, if the time standards are met.
- A swimmer qualifying for 3 individual events may enter to compete in up to 1 total bonus events, if the time standards are met.
 - For 50's: The existing time standard + (.5) second
 - For 100's: The existing time standard + (1) second
 - For 200's: The existing time standard + (2) seconds
 - For the 400 IM: The existing time standard + (4) seconds
 - For the 500 Free: The existing time standard + (5) seconds
- There will be no bonus entries for the 1000 free of 1650 free