

# Middle Atlantic Swimming

## 2023 SCY SENIOR CHAMPS TIME STANDARDS

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