

# Middle Atlantic Swimming

## 2022 SCY SILVER CHAMPS TIME STANDARD RANGES

GIRLS - LCM		GIRLS - SCM		GIRLS - SCY			BOYS - SCY		BOYS - SCM		BOYS - LCM	
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	<b>15&amp;O</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
34.19	29.19	32.59	27.99	29.39	25.39	<b>50 Free</b>	22.69	29.19	25.09	32.39	26.29	33.99
1:14.79	1:01.69	1:13.09	59.69	1:05.89	54.89	<b>100 Free</b>	49.49	1:03.59	54.89	1:10.59	57.19	1:12.19
2:42.09	2:15.69	2:40.49	2:11.09	2:24.59	1:58.99	<b>200 Free</b>	1:48.99	2:21.79	1:59.99	2:37.39	2:05.19	2:38.99
5:38.59	4:45.59	5:31.99	4:39.79	6:19.39	5:19.99	<b>500 Free</b>	4:59.99	6:09.99	4:22.49	5:23.79	4:32.79	5:30.19
1:25.09	1:11.59	1:23.49	1:07.59	1:15.19	1:01.09	<b>100 Back</b>	55.99	1:15.19	1:01.29	1:23.49	1:04.69	1:25.09
2:56.39	2:32.89	2:54.79	2:25.49	2:37.49	2:13.09	<b>200 Back</b>	2:03.09	2:31.99	2:16.19	2:48.69	2:23.09	2:50.29
1:41.49	1:20.29	1:39.89	1:16.59	1:29.99	1:09.99	<b>100 Breast</b>	1:04.09	1:31.89	1:10.59	1:41.99	1:15.69	1:43.59
3:28.69	2:52.09	3:27.09	2:46.39	3:06.59	2:33.69	<b>200 Breast</b>	2:21.09	2:59.89	2:35.79	3:19.69	2:46.99	3:21.29
1:27.29	1:08.79	1:25.69	1:06.09	1:17.19	1:00.09	<b>100 Fly</b>	55.09	1:17.19	1:00.49	1:25.69	1:02.19	1:27.29
3:04.49	2:41.79	3:02.89	2:36.69	2:44.79	2:19.99	<b>200 Fly</b>	2:07.09	2:39.29	2:21.59	2:56.79	2:28.49	2:58.39
3:04.19	2:34.79	3:02.59	2:27.39	2:44.49	2:13.99	<b>200 IM</b>	2:03.39	2:44.49	2:17.79	3:02.59	2:25.59	3:04.19
6:16.79	5:28.29	6:15.19	5:21.89	5:37.99	4:49.99	<b>400 IM</b>	4:26.99	5:29.89	4:56.39	6:06.19	5:02.79	6:07.79
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	<b>13-14</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
34.19	29.69	32.59	29.09	29.39	26.09	<b>50 Free</b>	24.49	29.19	27.39	32.39	27.89	33.99
1:14.79	1:03.79	1:13.09	1:02.79	1:05.89	56.39	<b>100 Free</b>	53.09	1:03.59	59.19	1:10.59	1:00.19	1:12.19
2:42.09	2:18.69	2:40.49	2:15.89	2:24.59	2:02.49	<b>200 Free</b>	1:56.29	2:21.79	2:09.19	2:37.39	2:11.89	2:38.99
5:38.59	4:52.59	5:31.99	4:47.29	6:19.39	5:28.29	<b>500 Free</b>	5:14.79	6:09.99	4:33.79	5:23.79	4:40.89	5:30.19
1:25.09	1:12.89	1:23.49	1:10.69	1:15.19	1:03.59	<b>100 Back</b>	1:00.39	1:15.19	1:07.49	1:23.49	1:09.59	1:25.09
2:56.39	2:36.89	2:54.79	2:32.89	2:37.49	2:17.59	<b>200 Back</b>	2:11.99	2:31.99	2:27.09	2:48.69	2:30.99	2:50.29
1:41.49	1:23.09	1:39.89	1:21.29	1:29.99	1:13.09	<b>100 Breast</b>	1:08.39	1:31.89	1:17.39	1:41.99	1:19.09	1:43.59
3:28.69	2:59.99	3:27.09	2:57.69	3:06.59	2:39.69	<b>200 Breast</b>	2:31.69	2:59.89	2:50.09	3:19.69	2:52.19	3:21.29
1:27.29	1:11.89	1:25.69	1:10.79	1:17.19	1:03.69	<b>100 Fly</b>	59.59	1:17.19	1:06.89	1:25.69	1:07.89	1:27.29
3:04.49	2:43.09	3:02.89	2:41.49	2:44.79	2:24.89	<b>200 Fly</b>	2:17.19	2:39.29	2:33.99	2:56.79	2:35.59	2:58.39
3:04.19	2:38.49	3:02.59	2:34.29	2:44.49	2:18.99	<b>200 IM</b>	2:11.19	2:44.49	2:26.69	3:02.59	2:30.69	3:04.19
6:16.79	5:39.69	6:15.19	5:30.19	5:37.99	4:55.39	<b>400 IM</b>	4:44.59	5:29.89	5:19.19	6:06.19	5:28.19	6:07.79
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	<b>11-12</b>	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
36.39	31.09	35.59	30.49	32.09	27.29	<b>50 Free</b>	27.29	32.99	30.49	36.59	31.09	37.39
1:21.49	1:08.29	1:19.89	1:07.09	1:11.99	59.99	<b>100 Free</b>	59.99	1:13.79	1:07.09	1:21.89	1:08.29	1:23.49
2:59.19	2:27.99	2:57.59	2:24.99	2:39.99	2:09.89	<b>200 Free</b>	2:10.79	2:40.99	2:24.79	2:58.69	2:27.69	3:00.29
6:05.89	5:12.29	5:58.79	5:03.89	6:49.99	5:49.39	<b>500 Free</b>	5:49.99	6:52.99	5:03.99	6:01.39	5:12.29	6:08.59
43.29	36.59	42.69	35.39	38.49	31.59	<b>50 Back</b>	31.79	39.99	35.29	44.39	36.49	45.09
1:38.69	1:17.79	1:37.09	1:15.49	1:27.49	1:07.39	<b>100 Back</b>	1:08.29	1:29.99	1:16.79	1:38.89	1:18.09	1:41.49
3:10.29	2:48.69	3:08.69	2:44.39	2:49.99	2:26.79	<b>200 Back</b>	2:29.79	2:55.19	2:46.99	3:14.49	2:51.39	3:16.09
50.49	40.59	49.49	39.59	44.59	35.49	<b>50 Breast</b>	35.99	45.99	39.99	51.09	40.99	52.09
1:54.69	1:28.29	1:53.09	1:26.39	1:41.89	1:17.39	<b>100 Breast</b>	1:19.09	1:44.79	1:28.49	1:56.29	1:30.49	1:57.89
3:43.59	3:12.29	3:41.99	3:09.89	3:19.99	2:49.99	<b>200 Breast</b>	2:52.69	3:19.99	3:11.89	3:41.99	3:14.29	3:43.59
43.79	34.69	42.19	33.69	37.99	29.89	<b>50 Fly</b>	29.99	39.99	33.39	44.39	34.39	45.09
1:45.59	1:17.29	1:43.99	1:16.09	1:33.69	1:07.69	<b>100 Fly</b>	1:08.79	1:33.69	1:16.59	1:43.99	1:17.69	1:45.59
3:21.39	3:01.79	3:19.79	2:59.99	2:59.99	2:39.99	<b>200 Fly</b>	2:39.99	2:59.99	2:57.59	3:19.79	2:59.39	3:21.39
NA	NA	1:34.49	1:16.49	1:25.09	1:08.49	<b>100 IM</b>	1:08.69	1:26.99	1:16.29	1:36.59	NA	NA
3:26.99	2:49.99	3:25.29	2:45.59	3:04.99	2:28.09	<b>200 IM</b>	2:28.59	3:08.19	2:45.19	3:28.89	2:49.69	3:30.49
6:57.99	6:07.19	6:56.39	5:57.09	6:15.09	5:20.29	<b>400 IM</b>	5:21.99	6:14.39	5:58.69	6:55.59	6:08.89	6:57.19

There are no qualifying times for swimmers 15 & Over. If a swimmer aged 15 & Over does not have a Senior Champs cut in an event, they automatically qualify for Silvers in that event provided they meet the equal to or faster than time. If a swimmer 15 & Over has a Senior Champs cut in an event, they may not swim that event in the Silver Meet.

**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
- A swimmer qualifying for 2 individual events may enter to compete in up to 2 total bonus events.
- A swimmer qualifying for 3 individual events may enter to compete in up to 1 total bonus events.

<b>DECK ENTRIES</b>	Deck entries will not be accepted for this meet.	
<b>PROOF OF TIMES</b>	Proof of time is required for this meet. All entries will be verified by Middle Atlantic Swimming utilizing the SWIMS database. All exceptions from the SWIMS recon will be contacted for proof of time by the Meet Director. Entry times must be from a USA Swimming sanctioned, approved or observed meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic.	
<b>SEEDING</b>	This meet will be pre-seeded with the exception of the event(s) noted below. Positive Check-in is required to be seeded for the 500 Free & 400 IM. A check in table will be set up on deck and will close 30 minutes after the session start. Swimmers who check in will be seeded to swim the event. A swimmer who positively checks in for an event and fails to swim the event will be barred from swimming his/her next individual event. These events will be swum fastest to slowest and the swimmers must provide their own timer and counter. The Meet Director has the reserved right with the approval of the Middle Atlantic Director of Competition to modify the seeding procedure. Written notice will be given to all entered if the seeding procedures are modified.	
<b>AWARDS</b>	In each individual event, medals will be awarded to 1 <sup>st</sup> through 8 <sup>th</sup> place and ribbons will be awarded to 9 <sup>th</sup> through 16 <sup>th</sup> place. Medals will be awarded to 1 <sup>st</sup> through 3 <sup>rd</sup> place in all relay events. High point awards will be presented for each age group, calculated from individual events only.  Hot heats will be conducted during this meet. Throughout each preliminary and timed finals session, heats will be selected at random as a "hot heat". The winner of that hot heat will receive a prize pack.	
<b>SCORING</b>	There will be no team scoring at this meet.	
<b>PROGRAMS AND ADMISSION</b>	Programs/heat sheets will be sold by <input checked="" type="checkbox"/> session <input type="checkbox"/> entire meet. Meet mobile <input checked="" type="checkbox"/> will <input type="checkbox"/> will not be available. Admission is \$5. Children under 5 admitted free. Volunteers serving in a capacity determined by the Meet Director will be refunded admission cost	
<b>OFFICIALS</b>	All certified Officials are welcome and encouraged to work at the Meet. Officials may use the online sign-up at: <a href="#">TBA</a> Your help in making this Meet a success will be greatly appreciated	
<b>MISCELLANEOUS</b>		
<b>SESSION</b>	<b>WARM-UP TIMES</b>	<b>MEET STARTS</b>
Friday Session 1	4:00pm	5:00pm
Saturday Session 2	7:30am	9:00am
Saturday Session 3	1:00pm	2:00pm
Saturday Session 4	5:00pm	6:00pm
Sunday Session 5	7:30am	9:00pm
Sunday Session 6	1:00pm	2:00pm
Sunday Session 7	5:00pm	6:00pm
<b>WARM-UP INFORMATION</b>	USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes. Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet. Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with warm-up rules	
<b>ATHLETE PROTECTION (MAAPP)</b>	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.	