

**Middle Atlantic Swimming**  
2022 SCY SENIOR CHAMPS TIME STANDARDS

GIRLS				BOYS		
LCM	SCM	SCY	OPEN	SCY	SCM	LCM
29.19	27.99	25.39	50 Free	22.69	25.09	26.29
1:01.69	59.69	54.89	100 Free	49.49	54.89	57.19
2:15.69	2:11.09	1:58.99	200 Free	1:48.99	1:59.99	2:05.19
4:55.29	4:39.79	5:19.99	500 Free	4:59.99	4:22.69	4:32.79
9:59.99	9:47.99	11:14.99	1000 Free	10:25.99	9:07.29	9:18.29
19:23.19	19:06.99	18:59.99	1650 Free	17:39.99	17:46.49	18:01.59
1:11.59	1:07.59	1:01.09	100 Back	55.99	1:01.29	1:04.69
2:32.89	2:25.49	2:13.09	200 Back	2:03.09	2:16.19	2:23.09
1:20.29	1:16.59	1:09.99	100 Breast	1:04.09	1:10.59	1:15.69
2:52.09	2:46.39	2:33.69	200 Breast	2:21.09	2:35.79	2:46.99
1:08.79	1:06.09	1:00.09	100 Fly	55.09	1:00.49	1:02.19
2:41.79	2:36.69	2:19.99	200 Fly	2:07.09	2:21.59	2:28.49
2:34.79	2:27.39	2:13.99	200 IM	2:03.39	2:17.79	2:25.59
5:28.29	5:21.89	4:49.99	400 IM	4:26.99	4:56.39	5:02.79

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

- A swimmer qualifying for 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 or 1650 free