

Middle Atlantic Swimming												
2022 LCM 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	15-18	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
33.09	29.19	31.69	27.99	28.29	25.39	50 Free	22.69	28.09	25.09	31.49	26.29	32.69
1:11.29	1:01.69	1:09.69	59.69	1:02.79	54.89	100 Free	49.49	1:01.49	54.89	1:08.29	57.19	1:09.89
2:35.39	2:15.69	2:33.79	2:11.09	2:18.29	1:58.99	200 Free	1:48.99	2:17.89	1:59.99	2:33.19	2:05.19	2:34.79
5:20.09	4:45.59	5:18.49	4:39.79	6:03.99	5:19.99	500 Free	4:59.99	5:59.99	4:22.49	5:14.99	4:32.79	5:16.99
1:21.59	1:11.59	1:19.89	1:07.59	1:11.89	1:01.09	100 Back	55.99	1:12.99	1:01.29	1:20.79	1:04.69	1:22.49
2:56.39	2:32.89	2:54.89	2:25.49	2:37.49	2:13.09	200 Back	2:03.09	2:31.99	2:16.19	2:48.79	2:23.09	2:50.39
1:35.39	1:20.29	1:33.79	1:16.59	1:24.39	1:09.99	100 Breast	1:04.09	1:25.99	1:10.59	1:35.49	1:15.69	1:37.49
3:24.69	2:52.09	3:23.19	2:46.39	3:02.99	2:33.69	200 Breast	2:21.09	2:51.99	2:35.79	3:10.99	2:46.99	3:12.59
1:24.99	1:08.79	1:23.99	1:06.09	1:14.99	1:00.09	100 Fly	55.09	1:14.99	1:00.49	1:23.99	1:02.19	1:24.99
3:10.99	2:41.79	3:09.39	2:36.69	2:50.59	2:19.99	200 Fly	2:07.09	2:39.29	2:21.59	2:56.89	2:28.49	2:58.49
2:57.39	2:34.79	2:55.99	2:27.39	2:37.99	2:13.99	200 IM	2:03.39	2:36.99	2:17.79	2:54.99	2:25.59	2:56.49
6:16.79	5:28.29	6:15.19	5:21.89	5:37.99	4:49.99	400 IM	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	13-14	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
33.09	29.69	31.69	29.09	28.29	26.09	50 Free	24.49	28.09	27.39	31.49	27.89	32.69
1:11.29	1:03.79	1:09.69	1:02.79	1:02.79	56.39	100 Free	53.09	1:01.49	59.19	1:08.29	1:00.19	1:09.89
2:35.39	2:18.69	2:33.79	2:15.89	2:18.29	2:02.49	200 Free	1:56.29	2:17.89	2:09.19	2:33.19	2:11.89	2:34.79
5:20.09	4:55.59	5:18.49	4:47.59	6:03.99	5:31.29	500 Free	5:17.89	5:59.99	4:43.99	5:14.99	4:36.39	5:16.99
1:21.59	1:12.89	1:19.89	1:10.69	1:11.89	1:03.59	100 Back	1:00.39	1:12.99	1:07.49	1:20.79	1:09.59	1:22.49
2:56.39	2:36.89	2:54.89	2:32.89	2:37.49	2:17.59	200 Back	2:11.99	2:31.99	2:27.09	2:48.79	2:30.99	2:50.39
1:35.39	1:23.09	1:33.79	1:21.29	1:24.39	1:13.09	100 Breast	1:08.39	1:25.99	1:17.39	1:35.49	1:19.09	1:37.49
3:24.69	2:59.99	3:23.19	2:57.69	3:02.99	2:39.69	200 Breast	2:31.69	2:51.99	2:50.09	3:10.99	2:52.19	3:12.59
1:24.99	1:11.89	1:23.99	1:10.79	1:14.99	1:03.69	100 Fly	59.59	1:14.99	1:06.89	1:23.99	1:07.89	1:24.99
3:10.99	2:43.09	3:09.39	2:41.49	2:50.59	2:24.89	200 Fly	2:17.19	2:39.29	2:33.99	2:56.89	2:35.59	2:58.49
NA	NA	NA	NA	NA	NA	100 IM	NA	NA	NA	NA	NA	NA
2:57.39	2:38.49	2:55.99	2:34.29	2:37.99	2:18.99	200 IM	2:11.19	2:36.99	2:26.69	2:54.99	2:30.69	2:56.49
6:16.79	5:43.49	6:15.19	5:33.99	5:37.99	4:59.19	400 IM	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	11-12	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
34.79	30.99	33.19	30.49	29.89	27.29	50 Free	27.29	29.89	30.49	33.19	31.09	34.79
1:15.09	1:08.29	1:13.59	1:07.09	1:06.29	59.99	100 Free	59.99	1:05.49	1:06.59	1:12.69	1:07.79	1:14.29
2:47.59	2:27.99	2:45.99	2:24.99	2:29.59	2:09.89	200 Free	2:10.79	2:29.59	2:24.79	2:45.99	2:27.69	2:47.59
6:05.19	5:12.29	5:58.79	5:03.89	6:49.99	5:49.39	500 Free	5:49.99	6:43.35	5:03.99	5:53.59	5:12.29	5:59.99
41.09	36.59	39.49	35.39	35.59	31.59	50 Back	31.79	36.09	35.29	39.99	36.49	41.59
1:24.79	1:17.79	1:23.19	1:15.49	1:14.99	1:07.39	100 Back	1:08.29	1:14.99	1:16.79	1:23.19	1:18.09	1:24.79
3:11.09	2:48.69	3:09.49	2:44.39	2:50.69	2:26.79	200 Back	2:29.79	2:58.59	2:46.99	3:18.29	2:51.39	3:19.89
48.69	40.59	47.99	39.59	42.99	35.49	50 Breast	35.99	43.59	39.99	48.49	40.99	49.29
1:42.39	1:28.29	1:40.79	1:26.39	1:30.79	1:17.39	100 Breast	1:19.09	1:30.79	1:28.49	1:40.79	1:30.49	1:42.39
3:31.39	3:12.29	3:29.79	3:09.89	3:08.99	2:49.99	200 Breast	2:52.69	3:09.79	3:11.89	3:30.69	3:14.29	3:32.29
38.49	34.69	36.89	33.69	33.29	29.89	50 Fly	29.99	33.29	33.39	36.89	34.39	38.49
1:34.89	1:17.29	1:33.29	1:16.09	1:23.89	1:07.69	100 Fly	1:08.79	1:25.99	1:16.59	1:35.49	1:17.69	1:37.09
3:28.79	3:01.79	3:27.19	2:59.99	3:06.59	2:39.99	200 Fly	2:39.99	3:00.19	2:57.59	3:20.09	2:59.39	3:21.69
NA	NA	NA	NA	NA	NA	100 IM	NA	NA	NA	NA	NA	NA
3:08.59	2:49.99	3:06.99	2:45.59	2:48.49	2:28.09	200 IM	2:28.59	2:48.49	2:45.19	3:06.99	2:49.69	3:08.59
7:07.99	6:07.19	7:06.39	5:57.09	6:24.09	5:20.29	400 IM	5:21.99	6:19.09	5:58.69	7:00.79	6:08.89	7:02.39

Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	10&U	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
41.59	35.99	40.79	35.39	36.69	31.59	50 Free	31.29	39.39	34.99	43.79	35.69	44.59
1:34.29	1:18.89	1:32.69	1:17.59	1:23.49	1:09.99	100 Free	1:09.99	1:30.69	1:17.59	1:40.69	1:18.89	1:42.29
3:16.19	2:51.59	3:15.09	2:48.09	2:55.69	2:31.89	200 Free	2:32.39	2:55.39	2:48.69	3:14.69	2:52.19	3:16.29
6:55.99	6:04.09	6:54.39	5:54.29	7:53.49	6:47.99	500 Free	6:48.99	7:51.09	5:54.79	6:52.29	6:04.59	6:53.89
50.79	42.09	49.99	40.79	44.99	36.59	50 Back	36.59	46.79	40.79	51.99	42.09	52.79
1:56.69	1:32.69	1:55.99	1:29.89	1:43.69	1:20.99	100 Back	1:20.99	1:37.99	1:29.89	1:48.79	1:32.69	1:50.39
58.09	48.39	57.29	47.19	51.59	42.59	50 Breast	42.79	53.59	47.39	59.49	48.59	1:00.29
2:13.69	1:44.39	2:12.09	1:41.99	1:58.99	1:31.39	100 Breast	1:32.29	1:56.99	1:42.59	2:09.89	1:44.79	2:11.49
55.19	40.39	54.39	39.29	48.99	35.19	50 Fly	35.19	47.49	39.29	52.79	40.39	53.59
1:52.89	1:35.59	1:51.29	1:34.09	1:40.19	1:23.99	100 Fly	1:24.39	1:48.69	1:33.69	2:00.69	1:35.09	2:02.29
NA	NA	NA	NA	NA	NA	100 IM	NA	NA	NA	NA	NA	NA
3:48.39	3:17.39	3:46.79	3:12.59	3:24.29	2:53.99	200 IM	2:54.99	3:24.79	3:13.49	3:46.49	3:18.29	3:48.99

Friday Prelims: 13& Overs

GIRLS	EVENT	BOYS
1	13-14 200 Free Relay	2
3	15-18 200 Free Relay	4
5	13-14 200 Breaststroke	6
7	15-18 200 Breaststroke	8
9	13-14 100 Butterfly	10
11	15-18 100 Butterfly	12
13	13-14 50 Freestyle	14
15	15-18 50 Freestyle	16
17	13-14 400 Freestyle	18
19	15-18 400 Freestyle	20

Session 2

Friday 11& 12 Prelims & 10 & Under Timed Finals

GIRLS	EVENT	BOYS
21	11-12 200 Free Relay	22
23	10 & Under 200 Free Relay	24
25	11-12 200 Breaststroke	26
27	11-12 100 Butterfly	28
29	10 & Under 100 Breaststroke	30
31	11-12 50 Backstroke	32
33	10 & Under 100 Backstroke	34
35	11-12 50 Freestyle	36
37	10 & Under 400 Freestyle	38
39	11-12 400 Freestyle	40