

Middle Atlantic Swimming
2022 LCY SENIOR CHAMPS TIME STANDARDS

GIRLS			OPEN	BOYS		
LCM	SCM	SCY		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	400 Free	4:59.99	4:22.69	4:32.79
9:59.99	9:47.99	11:14.99	800 Free	10:25.99	9:07.29	9:18.29
19:23.19	19:06.99	18:59.99	1500 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

ENTRY PROCEDURES	<ul style="list-style-type: none"> The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded LSY. NT entries <input type="checkbox"/> will <input checked="" type="checkbox"/> will not be accepted. <p>OME will open for entries into this meet on June 1, 2022 OME can be accessed at www.usaswimming.org/ome</p> <p>All entry checks are due by the first swim of the meet. They should be mailed before hand or hand delivered before the first swim of the meet. If this does not occur athletes will be removed from the meet.</p> <p>Entry times will be taken from the SWIMS Database only. Times must be entered in the proper course in which achieved; converted times will not be accepted.</p>		
MEET ENTRY CHAIR	TOM ESTEP	PHONE #: 717 372-1386 <i>(no calls before 9:00 AM or after 9:00 PM)</i>	
ONLINE ENTRY	WWW.USASWIMMING.ORG/OME		
MAIL CHECKS/ REPORTS	SCOTT ZACHARDA 103 MIDWAY DRIVE CARLISLE, PA 17013		
OPERATIONAL RISK DIRECTOR	TRISH ESTEP	E-MAIL: trishstep1977@gmail.com	PHONE: 717 496-5747
OFFICIALS CONTACT	TOM ESTEP	E-MAIL: tomestep@gdcit.com	PHONE: 717 372-1386
SWIMMERS WITHOUT A COACH	Should report to the meet director for assistance.		
COACHES MEETING	There will be a coaches' meeting on Wednesday Evening, July 6 th at 7:30 PM via Zoom. Coaches are accountable for the information presented at this meeting. Please make sure there is at least one representative from each team.		