

Middle Atlantic Swimming

2016

Spring Silver Champs Time-Range Standards

GIRLS		ALL CUTS SCY	BOYS	
No Faster Than	No Slower Than	13-14	No Slower Than	No Faster Than
26.10	29.79	50 Free	28.09	24.50
56.40	1:05.49	100 free	1:02.49	53.20
2:02.60	2:20.49	200 free	2:16.89	1:56.60
5:31.60	5:58.99	500 free	5:54.99	5:18.60
1:03.60	1:20.69	100 back	1:12.59	1:00.70
2:17.60	2:35.49	200 back	2:29.99	2:12.40
1:13.10	1:37.19	100 breast	1:31.29	1:09.60
2:39.80	3:00.99	200 breast	2:49.99	2:32.90
1:03.70	1:20.19	100 fly	1:15.09	1:00.20
2:25.30	2:48.59	200 fly	2:37.29	2:18.60
200 IM CUT	200 IM CUT	100 IM	200 IM CUT	200 IM CUT
2:19.00	2:40.59	200 IM	2:37.69	2:12.10
5:00.90	5:33.99	400 IM	5:25.89	4:47.50
No Faster Than	No Slower Than	11-12	No Slower Than	No Faster Than
27.30	31.59	50 Free	32.49	26.90
59.70	1:05.59	100 Free	1:06.09	58.90
2:10.80	2:32.49	200 Free	2:32.69	2:08.80
5:50.40	6:44.99	500 Free	6:47.99	5:46.90
31.80	37.09	50 Back	38.49	31.30
1:07.90	1:22.19	100 Back	1:22.69	1:07.30
2:28.00	2:48.69	200 Back	2:56.59	2:28.50
35.60	43.49	50 Breast	43.49	35.50
1:17.70	1:34.39	100 Breast	1:33.19	1:18.70
2:49.40	3:06.99	200 Breast	3:07.79	2:50.70
30.30	36.59	50 Fly	38.19	30.00
1:08.50	1:23.89	100 Fly	1:24.99	1:08.90
2:40.50	3:04.59	200 Fly	2:58.19	2:38.00
1:08.90	1:18.79	100 IM	1:20.89	1:08.00
2:27.90	2:51.39	200 IM	2:52.99	2:27.00
5:19.90	6:20.09	400 IM	6:15.09	5:23.10
No Faster Than	No Slower Than	10&U	No Slower Than	No Faster Than
30.70	36.19	50 Free	38.89	30.50
1:07.80	1:22.49	100 Free	1:29.69	1:07.40
2:29.90	2:53.69	200 Free	2:53.39	2:30.40
6:48.50	7:48.49	500 Free	7:49.09	6:49.00
36.00	44.49	50 Back	46.29	35.70
1:18.00	1:42.69	100 Back	1:36.99	1:18.30
41.10	50.59	50 Breast	53.09	41.60
1:29.90	1:57.99	100 Breast	1:55.99	1:31.30
34.40	48.49	50 Fly	46.99	34.40
1:22.50	1:45.19	100 Fly	1:46.19	1:23.40
1:18.10	1:39.19	100 IM	1:47.69	1:17.80
2:49.40	3:22.29	200 IM	3:22.79	2:50.70