



PRESENTS THE

2008 STORM "LAST CHANCE" MEET
SUB-JO AND SUB-SENIOR CHAMPS QUALIFICATION TIMES
FEBRUARY 23 - 24, 2008
SANCTION # MA 0882 B

MEET LOCATION: Fort Dix Indoor Pool, 10th Street & Doughboy Loop, Fort Dix, NJ 08640.
Phone: (609) 562-2808 (days of meet only).

Access to base requires presentation of a valid photo ID (driver's license, passport, etc.) for ALL adults in the vehicle.

Note to Team Administrators: Please update Team Manager information to include coaches information. This information is used along with athletes entered into the meet to generate a list for access to the base.

FACILITIES:

- **Competition Pool:** Indoor, six-lane, 25 yard competition pool with gutter system, Competitor non-turbulent lane lines, Colorado™ Electronic Timing System and six-lane scoreboard, pace clocks, and Paragon starting platforms (start/dive into 12 feet of water).
- **Warm-Up Pool:** Indoor four-lane, 20 yard pool with gutter system, Competitor non-turbulent lane lines, and pace clocks. Pool depth, 3ft - 5ft. The warm-up pool will be open during the meet; however, the meet director reserves the right to close the warm-up pool at any time.
- **Spectator Seating:** Seating for 200+ spectators. Additional off-deck seating available in concession area. Spectators are prohibited from entering areas of the pool which are being used by swimmers, coaches, and officials displaying valid USA Swimming credentials.
- **Swimmer Seating:** Seating for 300+ swimmers available on pool deck
- **Snack Bar:** A snack bar will be open throughout the meet serving hot and cold food, beverages, and snack. Ample room in concession area to sit and eat.
- **Hospitality:** Hospitality will be provided for all coaches, officials and meet workers. Hot and cold food, beverages, and snacks will be available. Ample room in concession area to sit and eat.
- **Parking:** Free parking located in front of pool.

MEET DIRECTOR:

Bob Worrell
Phone: (609) 723-2664, e-mail: meetdirector@jerseystormswimming.org.
Contact with meet director via e-mail is preferred.

SAFETY DIRECTOR:

Raimund Belonzi, Phone (609) 723-2664, E-mail: safety@jerseystormswimming.org

OFFICIALS:

All USA Swimming certified officials and trainees are invited to assist in the operation of the meet. If interested in assisting at the meet, please contact Scott England at (609) 859-1594 or officials@jerseystormswimming.org

ELIGIBILITY:

This meet is open to all swimmers registered with USA Swimming. Swimmer's age as of February 23, 2008 determines the age group in which they will compete in at the meet.

- **Qualification Times:** Swimmers 9 – 14 must not have achieved a Junior Olympic time in the event in which they are entered. Swimmers 15 & over must not have achieved a qualifying time for Senior MA Champs. Both time standards can be found in this meet information. (see last 2 pages)
- **Individual Event Limit:** Swimmers may enter a maximum of 5 individual events per day.
- **Relay Event Limit:** Swimmers may enter a maximum 1 relay event per day. Qualification times do not apply to relay participants.

MEET SESSION

START TIMES:

- Session #1 & #4: 11-12, 15&Over
 - Warm-Up: 6:50AM Meet Starts: 8:00AM
- Session #2 & #5: 500FR / 400IM
 - Warm-Up: Will begin at the conclusion of the Morning Session
 - Meet Starts: no earlier than 12:15PM
- Session #3 & #6: 9-10, 13-14
 - Warm-Up: 1:50PM Meet Starts: 3:00PM

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ORDER of EVENTS:

Session start times may be adjusted depending on the number of entries. All coaches and club representatives will be notified a minimum of one week prior to the start of the meet.

SATURDAY, FEBRUARY 23, 2008

SESSION # 1

Warm-Up 6:50AM Meet Starts 8:00AM

GIRLS	EVENT		BOYS
<u>Event #</u>			<u>Event #</u>
1	11-12	200 Med Relay	2
3	15&O	200 Med Relay	4
5	11-12	100 FR	6
7	15&O	100 FR	8
9	11-12	100 BK	10
11	15&O	100 BK	12
13	11-12**	50 BR	14
15A	11-12*	200 BR	16A
15B	15&O*	200 BR	16B
17	11-12**	100 FL	18
19	15&O	100 FL	20
21	11-12	200 IM	22
23	15&O	200 IM	24

SESSION # 2

Warm-Up following morning session
Meet Starts no earlier than 12:15PM

GIRLS	EVENT		BOYS
<u>Event #</u>			<u>Event #</u>
25	9&O*	500 FR	
	11&O*	400 IM	26

SESSION # 3

Warm-Up 1:50PM Meet Starts 3:00PM

GIRLS	EVENT		BOYS
<u>Event #</u>			<u>Event #</u>
27	9-10	200 Med Relay	28
29	13-14	200 Med Relay	30
31	9-10	100 BK	32
33	13-14	100 BK	34
35	9-10	50 BR	36
37	13-14	200 BR	38
39	9-10	100 FL	40
41	13-14	100 FL	42
43	9-10	100 FR	44
45	13-14	100 FR	46
47	9-10	200 IM	48
49	13-14	200 IM	50

SUNDAY, FEBRUARY 24, 2008

SESSION # 4

Warm-Up 6:50AM Meet Starts 8:00AM

GIRLS	EVENT		BOYS
<u>Event #</u>			<u>Event #</u>
51	11-12	200 FR Relay	52
53	15&O	200 FR Relay	54
55	11-12	100 IM	56
57	15&O	50 FR	58
59	11-12**	50 FR	60
61A	11-12*	200 BK	62A
61B	15&O*	200 BK	62B
63	11-12**	50 BK	64
65	15&O	100 BR	66
67	11-12**	100 BR	68
69A	11-12*	200 FL	70A
69B	15&O*	200 FL	70B
71	11-12**	50 FL	72
73	15&O	200 FR	74
75	11-12	200 FR	76

SESSION # 5

Warm-Up following morning session
Meet Starts no earlier than 12:15PM

GIRLS	EVENT		BOYS
<u>Event #</u>			<u>Event #</u>
	9&O*	500 FR	77
78	11&O*	400 IM	

SESSION # 6

Warm-Up 1:50PM Meet Starts 3:00PM

GIRLS	EVENT		BOYS
<u>Event #</u>			<u>Event #</u>
79	9-10	200 FR Relay	80
81	13-14	200 FR Relay	82
83	9-10	100IM	84
85	13-14	50 FR	86
87	9-10	50 FR	88
89	13-14	200 BK	90
91	9-10	50 BK	92
93	13-14	100 BR	94
95	9-10	100 BR	96
97	13-14	200 FL	98
99	9-10	50 FL	100
101	13-14	200 FR	102
103	9-10	200 FR	104

- ***Note:** 11-12, 15&Over 200BK, 11-12, 15&Over 200BR, 11-12, 15&Over 200FL, 9&Over 500FR, and 11&Over 400IM events will be swum together but awarded separately in the appropriate age-groups (9-10, 11-12, 13-14, 15&Over).
- **** Coaches Note:** The 11-12 50 BR/FL/BK/FR and 100 FL/BR swim adjacent to the 200 BR/FL/BK. Please do not enter your swimmers in back to back events as there may not be time to recover.

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WARM-UP INFO:

Warm-Up/Warm-Down Guidelines: Each team will be assigned warm-up times. Swimmers must be under direct supervision of a currently registered USA Swimming coach. All unattached swimmers and swimmers without a coach must report to the meet director prior to warm-up. The last 5 minutes of each team's warm-up session may be used for starts at coach's discretion. All starts during warm-up begin at starting block end and swimmers swim one way and get out at far end of pool. Swimmers violating safety rules will be removed from warm-up for the remainder of the warm-up session. Subsequent violations will result in the swimmer's disqualification for the remainder of the meet.

- Warm-Up Pool: The warm-up pool will be open during the meet but not during warm-ups prior to each session. The meet director reserves the right to close the warm-up pool at any time. There is absolutely NO DIVING permitted in warm-up pool at ANY time. Swimmers violating safety rules will be removed from the pool. Subsequent violations will result in the swimmer's disqualification for the remainder of the meet.

ENTRY LIMITATIONS:

The Meet Director reserves the right to limit entries, events, heats, or to modify the meet format to conform to Middle Atlantic rules. Each session will be held under the maximum 4-hour per session time limit. **Entries will be inported in the order they are received, NO exceptions.** Teams and/or individuals that do not make a particular session or the meet will be notified of their status ASAP. Refunds for returned entries will be available at the meet or mailed after the meet if not picked up. To ensure maximum participation, entries will be processed in the following way:

- If a session reaches 4 hours before all entries are entered, relay events will be removed from the session. When a session reaches 4 hours with the relays removed, all further entries for the session will be returned. All other sessions will remain open until they also reach 4 hours.

DECK ENTRIES:

- Deck Entries: Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of \$8.00/individual event, \$12.00/relay event. No additional heats will be added. Deck-entered swimmers will compete unofficially; the achieved time is official, but the swim will not score in the meet for points or awards. All deck entries must be submitted to the meet director 30 minutes prior to the start of the session to be considered. USA Athlete ID must be presented if a swimmer is not already entered into the meet.

SEEDING:

- Events: All events are timed finals.
- Entry Seeding: All events will be pre-seeded swimming slowest to fastest with the exception of the 500 Freestyle and 400 Individual Medley, which will be deck seeded. ***Positive check-in is required and will close :15 minutes before the session start time.***
 - ? The 500FR and 400IM will swim fastest to slowest.
 - ? 500FR and 400IM swimmers must provide their own timers and counters
 - ? 11-12, 15&Over 200BK, 11-12, 15&Over 200BR, 11-12, 15&Over 200FL, 9&Over 500FR, and 11&Over 400IM events will be swum together but awarded separately in the appropriate age-groups.
 - ? **Scratch Rule:** Any swimmer who positively checked in for an event, and then does not swim that event, will be scratched from their next individual event.

SWIMMERS WITHOUT A COACH:

Swimmers unaccompanied by a coach with proper credentials should report to the Meet Director before the warm-up for each session. These swimmers will be placed under the supervision of the Jersey Storm coaches during the meet (for warm-up and competition).

HOW TO ENTER:

Entry times should reflect performance in short course yards (SCY) competition, however, entries reflecting performance in non-conforming times (long course meters (LCM) or short course meters (SCM)) are acceptable. All meet entries should be submitted using the actual time swum in the course in which the time was achieved. Entries with converted times will be rejected. In accordance with Middle Atlantic rules, the meet director will convert all times as necessary for seeding. If swimmer has no time for an event, use NT for the entry.

- **E-Mail Hy-Tek Entries (preferred):** All entries must be submitted using the Hy-Tek Team Manager program. A copy of the Team Manager entry report and zip file must accompany the E-mail. Entries must be accompanied by a completed 'Team Summary' (.DOC or .PDF) file.
- **Paper Entries:** Use official Meet Entry forms enclosed. In accordance with current Mid-Atlantic policy, any team entering the meet with more than five swimmers that does not submit entries using the Hy-Tek program will incur a \$5.00 per swimmer surcharge. This surcharge, as well as normal entry fees must be paid in full for the entries to be considered received. Entries must be accompanied by a completed 'Team Summary' sheet.

Please send ONE check per club, payable to JERSEY STORM SWIMMING (do not send individual checks for each swimmer). Entries using Hy-Tek Team Manager must be e-mailed to the meet director.

ENTRY FEES:

- **Individual Events:** \$4.00/Event
- **Relay Events:** \$8.00/Relay

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SEND ENTRIES TO: Entries (using Hy-Tek software) attached to an e-mail are preferred. Please send ONE check per club, payable to JERSEY STORM SWIMMING (do not send individual checks for each swimmer).

Mail checks and entry information to:

**Bob Worrell
15 Whitlow Drive
Westampton, NJ 08060**

*Request signature waiver when mailing entries

ENTRY DEADLINE: The entry deadline is 6:00PM, Friday, February 9th, 2007. No late entries will be accepted.

Payment must be received by February 16th, 2007. Entries are processed in the order received. For entries received on the same day, Hy-Tek entries will be accepted first (in the order received) followed by paper (official entry form) entries.

QUESTIONS: Direct all questions to the meet director. This is the only valid source of information regarding the meet. Meet management is not responsible for information from any other source(s)

RESULTS: Results will be posted on the Middle Atlantic web site www.maswim.org & www.jerseystormswimming.org. Results will not be mailed to clubs, but will be transmitted by e-Mail to any club that provides an E-Mail address with their entries.

RULES: This meet will be conducted according to current USA Swimming and Middle Atlantic Swimming rules.

- USA Swimming/Middle Atlantic Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. Failure to obey instructions of safety director, marshals & officials will result in disqualification from meet. There is absolutely NO DIVING permitted in warm-up pool at ANY time. Swimmers violating safety rules will be removed from the pool. Subsequent violations will result in the swimmer's disqualification for the remainder of the meet.
- All coaches/officials must be registered with USA Swimming and must display valid USA card. Only USA Swimming registered swimmers, coaches, and officials with valid credentials and essential meet personnel will be permitted on deck.
- Spectators are prohibited from entering areas of the pool which are being used by swimmers, coaches, and officials displaying valid USA Swimming credentials.

Entry Times: Penalties will be imposed upon a swimmer when any coach, parent, or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines and suspension.

Start Procedure: This meet will be conducted using the 'Whistle Commands' and 'No Recall' false start procedures as outlined by USA Swimming. 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

Official Times/Results: All events are timed finals with times/places being determined by the timing system and verified by meet officials, scoreboard is not official time. Questions regarding results should be addressed to the meet director by the **swimmer's coach only**.

AWARDS: Awards: Awards based on entry time are presented for each event in accordance with Middle Atlantic Swimming Inc. policy.

- Individual Events:
 - "A" entries: Medals 1st through 3rd place, ribbons 4th through 6th place;
 - "BB" entries: Rosettes 1st through 3rd place, ribbons 4th through 6th place;
 - "C" entries: Ribbons 1st through 6th place;
- Relay Events - Medals for 1st place team, ribbons for 2nd and 3rd place teams.

ADMISSION & PROGRAM: Admission: \$3.00 admission per person per session. Children 8 & under free
Programs: \$5.00 for a meet program. (Covers all sessions)

Volunteers wishing to assist with the meet will be refunded admission fees. Volunteers please see meet director for refund.

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VOLUNTEERS:

If anyone is interested in volunteering to assist in the operation of the meet, please contact the meet director meetdirector@jerseystormswimming.org. Admission fees will be waived and the hospitality area will be available for sessions for which you assist.

FUTURE MEETS:

Jersey Storm Swimming hosts five swim meets sanctioned by USA Swimming and Middle Atlantic Swimming Inc. each year. Please consider participating in another of our upcoming meets. Meets being hosted by Jersey Storm during the 07-08 Short Course season are as follows:

- STORM Mini Meet - October 2008 at Fort Dix, NJ
- STORM Golden Harvest A/BB/C Meet - November 2008 at Fort Dix, NJ
- New Jersey State A/BB/C/Mini Meet - December 2008 at GCIT, Sewell, NJ
- STORM Treasure Chest Mini Meet - February 2009 at Fort Dix, NJ
- STORM Last Chance Sub-JO Meet - February 2009 at Fort Dix, NJ

Please see the Middle Atlantic Swimming Inc. web site www.maswim.org for the meet information or contact the meet director for further information.

DIRECTIONS:

The Fort Dix Indoor Pool, (609) 562-2808, is located on Doughboy Loop, next to the Fort Dix Outdoor Recreation building and the Doughboy Field Parade Grounds, Fort Dix, NJ 08640. **Access to base requires presentation of a valid photo ID (driver's license, passport, etc.) for ALL adults in the vehicle.** Directions are also available on the MA website www.maswim.org

From the North or South via NJ Turnpike: Take the NJ Turnpike to Exit 7 (Bordentown, Ft. Dix, McGuire AFB). Follow directions from NJ Turnpike Exit 7.

From the West via PA Turnpike: Take the PA Turnpike east across the Delaware river into NJ. Take the NJ Turnpike north to Exit 7 (Bordentown, Ft. Dix, McGuire AFB). Follow directions from NJ Turnpike Exit 7.

From NJ Turnpike Exit 7: After paying toll, follow signs for military bases onto Rt 206 South and merge into far left lane. After 1st traffic light, take a left onto Rt 68 (signs point left towards direction of military bases and there is a traffic light in the median). Follow Rt. 68 through 4 traffic lights to the Fort Dix Security gate (photo ID required). After security gate, follow Rt. 68 to a traffic circle. Take 1st right off of traffic circle onto 4th Street. At 1st intersection (blinking traffic light), take a right onto New Jersey Ave. Follow New Jersey Ave. to stop sign. Take left onto 10th Street. At stop sign, take a right onto Doughboy Loop. The indoor pool is the blue and yellow building immediately on your left (ample parking in front of building).

From the East (via Rt 70): Take Rt 70 West to Rt 530 West. Follow Rt. 530 West to the 3rd traffic light (Shell Gas Station) and take a right onto Rt 545 (stay to the right of the gas station). Follow Rt 545 (Texas Ave.) through one traffic light to the Ft Dix Security gate (photo ID required). At 1st traffic light (blinking yellow) past the security gate, take a left onto 8th Street. At blinking traffic light, take a left onto Doughboy Loop (police station will be on right). The indoor pool is the blue and yellow building ¼ mile up the road on your left (ample parking in front of building).

From the South (via I-295 North): Take I-295N to Exit 45A (Mount Holly Exit). At 3rd traffic light take a left onto Irick Rd. At 1st traffic light take right onto Rt 630 (Woodlane Rd). Follow Rt 630 to the 5th traffic light (Mobil Gas Station and CVS Pharmacy) and take a left onto Rt 537 East (Monmouth Rd). Follow Rt 537 East to the 3rd traffic light. At 3rd traffic light, take a right onto Rt. 68. Follow Rt. 68 through one 1 traffic light to the Ft Dix Security gate (photo ID required). After security gate, follow Rt. 68 to a traffic circle. Take 1st right off of traffic circle onto 4th Street. At 1st intersection (blinking traffic light), take a right onto New Jersey Ave. Follow New Jersey Ave. to stop sign. Take left onto 10th Street. At stop sign, take a right onto Doughboy Loop. The indoor pool is the blue and yellow building immediately on your left (ample parking in front of building).

LODGING:

- Days Inn – 1073 Route 206, Bordentown, NJ 08505, (609) 298-6100 (< 10 miles from pool)
- Best Western – 1068 Route 206, Bordentown, NJ 08505, (609) 298-8000 (< 10 miles from pool)
- Econo Lodge – 187 US Hwy 130, Bordentown, NJ 08505, (609) 298-5000 (< 10 miles from pool)
- Hampton Inn - 2004 Route 206, Bordentown, NJ 08505, 609-298-4000 (< 10 miles from pool)
- Quality Inn – 21 Wrightstown-Cookstown Rd., Wrightstown, NJ, (609) 723-6500 (< 5 miles from pool)
- Comfort Inn – 1009 Route 206, Bordentown (609) 298-6100 (< 10 miles from pool)
- Ramada Inn - 1083 Route 206, Bordentown, NJ, 08505, (609) 298-3200 (< 10 miles from pool)

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TEAM SUMMARY SHEET

*** This form must be mailed in with payment**

CLUB NAME: _____ CLUB CODE: _____ LSC: _____

COACH: _____ PHONE #: (____) _____ - _____

CLUB ADDRESS: _____

EMAIL ADDRESS: _____
E-Mail Address will be used to pass info (meet changes, results, etc. to your team)

MEET ENTRY INFORMATION:

INDIVIDUAL EVENTS _____ x \$4.00 = \$ _____

RELAY'S _____ x \$8.00 = \$ _____

SURCHARGES (applies to teams with more than five swimmers who do not submit entries via HY-TEK)

SWIMMERS _____ x \$5.00 = \$ _____

TOTAL = \$ _____

(Make checks payable to JERSEY STORM SWIMMING)

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assignees, waive and release any and all claims for damages which I/we may have against USS, Jersey Storm Swimming, their agents or representatives, for any and all injuries suffered by myself/us and/or my swimmers in, at, and during travel to/from said meet. I/we are bona-fide amateur athlete(s), USS registered, and eligible to compete in all of the events I/we have entered.

CLUB REP. NAME/SIGNATURE: _____ / _____

PHONE NUMBER: (____) _____ - _____

Entry deadline is 6:00PM, FRIDAY, February 9th, 2007. NO LATE ENTRIES WILL BE ACCEPTED

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2008

Middle Atlantic Swimming Junior Olympic Time Standards

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.89	30.49	27.49	50 Free	25.49	28.49	30.69
1:09.29	1:04.89	58.59	100 Free	55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	200 Free	2:03.59	2:23.89	2:24.99
5:16.59	5:04.49	5:48.69	400/500 Free	5:33.09	5:07.49	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	200 Back	2:19.49	2:35.99	2:42.99
1:30.09	1:24.89	1:16.49	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:14.29	1:06.69	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	200 IM	2:18.99	2:41.29	2:44.59
6:03.19	5:54.79	5:17.49	400 IM	5:02.39	5:34.19	5:46.79

GIRLS			11-12	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
33.59	31.99	28.59	50 Free	28.09	31.19	33.09
1:13.59	1:08.39	1:01.19	100 Free	1:01.19	1:08.09	1:11.59
2:39.69	2:30.39	2:14.49	200 Free	2:16.89	2:31.19	2:36.19
5:23.29	5:13.79	5:59.29	400/500 Free	6:01.09	5:15.79	5:30.89
39.19	36.79	33.09	50 Back	33.29	37.09	38.79
1:26.29	1:20.49	1:11.39	100 Back	1:12.09	1:19.69	1:24.09
3:00.69	2:51.59	2:35.09	200 Back	2:33.79	2:49.99	3:01.59
43.19	41.29	37.09	50 Breast	37.59	41.39	43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	2:15.89	2:57.29	200 Breast	2:52.99	3:11.09	3:21.19
36.79	35.19	31.59	50 Fly	31.89	35.29	36.79
1:24.09	1:20.79	1:12.39	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:18.99	1:11.09	100 IM	1:11.39	1:19.39	N/A
3:00.19	2:52.89	2:34.69	200 IM	2:35.19	2:52.59	2:58.09
6:20.09	6:15.39	5:38.09	400 IM	5:36.69	6:11.99	6:24.29

GIRLS			10/Under	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
38.49	35.79	31.99	50 Free	31.89	35.69	36.79
1:21.89	1:18.29	1:10.39	100 Free	1:10.19	1:17.59	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:33.89	2:50.89	2:54.39
6:06.79	5:54.59	6:48.39	400/500 Free	6:44.59	5:54.09	6:09.79
43.69	41.69	37.49	50 Back	37.79	42.09	44.69
1:35.49	1:29.89	1:21.19	100 Back	1:21.69	1:30.19	1:34.69
48.79	46.49	41.99	50 Breast	42.99	47.79	48.99
1:47.49	1:43.19	1:33.39	100 Breast	1:34.09	1:44.49	1:46.99
42.09	41.19	36.99	50 Fly	36.69	40.49	41.49
1:39.69	1:34.19	1:25.79	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:30.39	1:21.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:06.29	2:54.99	200 IM	2:56.29	3:16.09	3:20.89

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Middle Atlantic Swimming Senior Championship Time Standards

LC	SCM	SCY	Event	SCY	SCM	LC
Women				Men		
31.89	32.39	26.99	50 Freestyle	24.09	26.89	28.79
1:08.09	1:04.89	58.39	100 Freestyle	52.49	58.59	1:03.09
2:25.39	2:19.99	2:05.49	200 Freestyle	1:55.39	2:08.79	2:17.39
5:12.89	5:01.89	5:44.99	500 Freestyle	5:20.29	4:40.29	4:53.29
10:41.89	10:26.49	11:55.89	1000 Freestyle	11:12.19	9:48.19	10:04.59
20:28.49	19:51.99	19:59.89	1650 Freestyle	18:47.49	18:41.39	19:22.99
1:18.39	1:14.59	1:06.79	100 Backstroke	1:03.29	1:10.69	1:11.99
2:47.59	2:43.49	2:26.49	200 Backstroke	2:13.59	2:26.59	2:34.89
1:29.79	1:24.59	1:15.79	100 Breaststroke	1:09.19	1:16.49	1:20.59
3:08.49	3:06.79	2:47.29	200 Breaststroke	2:30.09	2:45.89	2:54.29
1:16.09	1:12.89	1:05.29	100 Butterfly	59.79	1:06.79	1:09.09
2:44.69	2:42.79	2:28.00	200 Butterfly	2:14.59	2:28.69	2:32.19
2:46.09	2:43.29	2:24.99	200 Individual Medley	2:17.39	2:33.39	2:37.19
5:57.59	5:47.09	5:14.09	400 Individual Medley	4:49.09	5:19.49	5:29.99