

2008 Middle Atlantic Junior Olympic Championship 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

There will be an opportunity for bonus swims in certain events where the cut time was lowered from last year. Swimmers will have to achieve the bonus time standard TBD. Bonus rules will be announced in the JO meet information.