

2008 Middle Atlantic Junior Olympic Championship Time Standards

GIRLS			13-14	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.89	30.49	27.49	<b>50 Free</b>	25.49	28.49	30.69
1:09.29	1:04.89	58.59	<b>100 Free</b>	55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	<b>200 Free</b>	2:03.59	2:23.89	2:24.99
5:16.59	5:04.49	5:48.69	<b>400/500 Free</b>	5:33.09	5:07.49	5:06.29
10:47.99	10:36.69	12:07.59	<b>800/1000 Free</b>	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	<b>1500/1650 Free</b>	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	<b>100 Back</b>	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	<b>200 Back</b>	2:19.49	2:35.99	2:42.99
1:30.09	1:24.89	1:16.49	<b>100 Breast</b>	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	<b>200 Breast</b>	2:36.29	2:52.69	3:02.39
1:17.59	1:14.29	1:06.69	<b>100 Fly</b>	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	<b>200 Fly</b>	2:22.29	2:37.19	2:41.59
2:48.39	2:42.79	2:25.79	<b>200 IM</b>	2:18.99	2:41.29	2:44.59
6:03.19	5:54.79	5:17.49	<b>400 IM</b>	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	<b>50 Free</b>	28.09	31.19	33.09
1:13.59	1:08.39	1:01.19	<b>100 Free</b>	1:01.19	1:08.09	1:11.59
2:39.69	2:30.39	2:14.49	<b>200 Free</b>	2:16.89	2:31.19	2:36.19
5:32.29	5:13.79	5:59.29	<b>400/500 Free</b>	6:01.09	5:15.79	5:30.89
11:36.46	11:16.49	12:52.99	<b>800/1000 Free</b>	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	<b>1500/1650 Free</b>	21:35.89	21:28.39	22:27.89
39.19	36.79	33.09	<b>50 Back</b>	33.29	36.79	38.79
1:26.29	1:20.49	1:11.39	<b>100 Back</b>	1:12.09	1:19.69	1:24.09
3:00.69	2:51.59	2:35.09	<b>200 Back</b>	2:33.79	2:49.99	3:01.59
43.19	41.29	37.09	<b>50 Breast</b>	37.59	41.39	43.69
1:33.79	1:30.19	1:20.79	<b>100 Breast</b>	1:21.29	1:29.79	1:33.89
3:23.69	3:15.89	2:57.29	<b>200 Breast</b>	2:52.99	3:11.09	3:21.19
36.79	35.19	31.59	<b>50 Fly</b>	31.89	35.29	36.79
1:24.09	1:20.79	1:12.39	<b>100 Fly</b>	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	<b>200 Fly</b>	2:38.29	2:54.89	3:02.19
N/A	1:18.99	1:11.09	<b>100 IM</b>	1:11.39	1:19.39	N/A
3:00.19	2:52.89	2:34.69	<b>200 IM</b>	2:35.19	2:52.59	2:58.09
6:20.09	6:15.39	5:38.09	<b>400 IM</b>	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	<b>50 Free</b>	31.89	35.69	36.79
1:21.89	1:18.29	1:10.39	<b>100 Free</b>	1:10.19	1:17.59	1:21.59
2:59.89	2:52.79	2:36.39	<b>200 Free</b>	2:33.89	2:50.89	2:54.39
6:09.69	5:54.59	6:48.39	<b>400/500 Free</b>	6:44.59	5:54.09	6:06.29
43.69	41.69	37.49	<b>50 Back</b>	37.79	42.09	44.69
1:35.49	1:29.89	1:21.19	<b>100 Back</b>	1:21.69	1:30.19	1:34.69
48.79	46.49	41.99	<b>50 Breast</b>	42.99	47.79	48.99
1:47.49	1:43.19	1:33.39	<b>100 Breast</b>	1:34.09	1:44.49	1:46.99
42.09	41.19	36.99	<b>50 Fly</b>	36.69	40.49	41.49
1:39.69	1:34.19	1:25.79	<b>100 Fly</b>	1:26.69	1:36.29	1:38.19
N/A	1:30.39	1:21.29	<b>100 IM</b>	1:21.49	1:29.79	N/A
3:22.59	3:14.29	2:54.99	<b>200 IM</b>	2:56.29	3:16.09	3:20.89

There will be the opportunity to bonus 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.