

2026 Middle Atlantic Junior Championship



LCM Championship Time Standards



GIRLS			10 & UNDER AGE GROUP	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
36.99	36.39	33.59	50 Free	36.69	36.09	33.29
1:20.39	1:20.59	1:13.39	100 Free	1:19.09	1:19.59	1:13.99
2:59.59	2:56.09	2:39.89	200 Free	3:00.19	2:56.69	2:40.39
6:04.09	5:54.29	6:47.99	500/400 Free	6:04.09	5:54.29	6:47.99
44.09	42.79	38.59	50 Back	44.09	42.79	38.59
1:36.69	1:33.89	1:24.99	100 Back	1:36.69	1:33.89	1:24.99
50.39	49.19	44.59	50 Breast	50.59	49.39	44.79
1:48.39	1:45.99	1:35.39	100 Breast	1:48.79	1:46.59	1:36.29
42.39	41.29	37.19	50 Fly	42.39	41.29	37.19
1:39.59	1:38.09	1:27.99	100 Fly	1:39.99	1:37.69	1:28.39
NA	NA	NA	100 IM	NA	NA	NA
3:25.39	3:20.59	3:01.99	200 IM	3:16.29	3:20.49	3:02.99

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GIRLS			11 & 12 AGE GROUP	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
31.89	30.99	27.79	50 Free	31.89	30.99	27.79
1:09.59	1:06.99	1:00.29	100 Free	1:09.59	1:06.69	1:00.29
2:28.59	2:26.29	2:12.79	200 Free	2:28.59	2:26.29	2:11.79
5:13.29	5:07.29	5:55.39	500/400 Free	5:13.29	5:08.59	5:55.39
10:45.99	10:43.29	12:15.09	1000/800 Free	10:35.99	10:36.59	12:07.59
21:10.89	20:46.79	20:45.89	1650/1500 Free	20:46.09	20:40.79	20:30.99
36.99	35.99	32.29	50 Back	36.99	35.99	32.89
1:18.29	1:16.69	1:09.59	100 Back	1:18.29	1:17.39	1:09.59
2:49.69	2:43.99	2:27.79	200 Back	2:52.39	2:47.49	2:29.99
41.49	40.99	36.89	50 Breast	41.49	40.99	36.59
1:29.39	1:28.69	1:19.29	100 Breast	1:30.79	1:28.09	1:19.59
3:13.99	3:11.89	2:51.99	200 Breast	3:14.99	3:12.39	2:52.69
35.39	34.39	30.49	50 Fly	34.89	33.79	30.59
1:18.19	1:17.09	1:09.49	100 Fly	1:18.09	1:16.99	1:09.49
3:03.99	3:02.39	2:44.89	200 Fly	3:03.99	3:02.39	2:44.89
NA	1:17.69	1:09.99	100 IM	NA	1:16.29	1:09.99
2:50.69	2:48.49	2:29.99	200 IM	2:50.69	2:48.49	2:29.99
6:07.19	5:58.99	5:25.39	400 IM	6:08.89	5:59.69	5:25.39

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GIRLS			13 & 14 AGE GROUP	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
29.99	28.69	25.99	50 Free	28.59	27.29	24.09
1:04.99	1:02.89	56.59	100 Free	1:02.69	58.89	52.59
2:17.69	2:17.19	2:02.39	200 Free	2:12.39	2:08.89	1:55.89
4:53.69	4:48.09	5:29.89	500/400 Free	4:40.59	4:33.09	5:15.49
10:09.99	9:59.39	11:25.89	1000/800 Free	9:54.99	9:40.69	11:04.99
19:37.59	19:18.39	19:19.19	1650/1500 Free	18:56.49	18:32.79	18.34.49
1:13.29	1:10.59	1:03.59	100 Back	1:10.99	1:06.79	1:00.19
2:35.89	2:32.69	2:17.89	200 Back	2:31.99	2:26.29	2:10.89
1:25.59	1:21.49	1:13.39	100 Breast	1:20.99	1:15.59	1:07.19
3:00.99	2:58.89	2:40.19	200 Breast	2:58.19	2:45.59	2:29.29
1:12.49	1:09.49	1:03.69	100 Fly	1:11.09	1:05.19	58.69
2:43.09	2:41.09	2:24.89	200 Fly	2:36.09	2:32.99	2:16.69
2:37.99	2:33.79	2:17.19	200 IM	2:30.69	2:25.39	2:10.99
5:43.59	5:29.79	4:57.09	400 IM	5:32.99	5:18.89	4:44.59