

# NEW JERSEY SWIMMING

## 2019 - GOLD/SILVER/BRONZE LONG COURSE TIME STANDARDS

**SAME TIME STANDARDS as 2018**

### 10 & Under Long Course Meters

10 & UNDER GIRLS			10 & UNDER BOYS			
NJ SWIM GOLD LCM	NJ SWIM SILVER	NJ SWIM BRONZE	EVENTS	NJ SWIM GOLD LCM	NJ SWIM SILVER	NJ SWIM BRONZE
35.19	40.89	40.90+	<b>50 mtr. Freestyle</b>	35.29	40.89	40.90+
1:18.79	1:32.99	1:33.00+	<b>100 mtr. Freestyle</b>	1:18.99	1:32.99	1:33.00+
2:53.59	3:23.79	3:23.80+	<b>200 mtr. Freestyle</b>	2:54.29	3:23.79	3:23.80+
6:18.99	6:55.79	6:55.80+	<b>400 mtr. Freestyle</b>	6:23.99	6:55.79	6:55.80+
41.89	49.89	49.90+	<b>50 mtr. Backstroke</b>	42.09	49.89	49.90+
1:29.79	1:48.89	1:48.90+	<b>100 mtr. Backstroke</b>	1:29.99	1:48.89	1:48.90+
48.39	55.09	55.10+	<b>50 mtr. Breaststroke</b>	49.59	55.09	55.10+
1:44.49	2:02.39	2:02.40+	<b>100 mtr. Breaststroke</b>	1:46.89	2:02.39	2:02.40+
40.49	48.59	48.60+	<b>50 mtr. Butterfly</b>	41.09	48.59	48.60+
1:38.49	1:56.19	1:56.20+	<b>100 mtr. Butterfly</b>	1:40.29	1:56.19	1:56.20+
3:17.89	3:47.29	3:47.30+	<b>200 mtr. Ind. Medley</b>	3:16.29	3:47.29	3:47.30+

Bronze Times are all times slower than Silver Times!

New Times in Bold and Shaded Yellow!

### 11-12 Long Course Meters

11-12 GIRLS			11-12 BOYS			
NJ SWIM GOLD LCM	NJ SWIM SILVER	NJ SWIM BRONZE	EVENTS	NJ SWIM GOLD LCM	NJ SWIM SILVER	NJ SWIM BRONZE
30.99	35.69	35.70+	<b>50 mtr. Freestyle</b>	30.79	35.69	35.70+
1:08.39	1:17.49	1:17.50+	<b>100 mtr. Freestyle</b>	1:08.09	1:17.49	1:17.50+
2:28.39	2:48.69	2:48.70+	<b>200 mtr. Freestyle</b>	2:28.19	2:48.69	2:48.70+
5:22.19	6:00.09	6:00.10+	<b>400 mtr. Freestyle</b>	5:18.29	6:00.09	6:00.10+
11:26.09	None	None	<b>800 mtr. Freestyle</b>	11:36.59	None	None
21:47.19	None	None	<b>1500 mtr. Freestyle</b>	21:47.19	None	None
36.29	42.49	42.50+	<b>50 mtr. Backstroke</b>	36.69	42.49	42.50+
1:18.19	1:31.39	1:31.40+	<b>100 mtr. Backstroke</b>	1:18.19	1:31.39	1:31.40+
2:49.39	3:20.79	3:20.80+	<b>200 mtr. Backstroke</b>	2:49.59	3:20.79	3:20.80+
41.29	47.09	47.10+	<b>50 mtr. Breaststroke</b>	42.39	47.09	47.10+
1:30.29	1:43.69	1:43.70+	<b>100 mtr. Breaststroke</b>	1:30.79	1:43.69	1:43.70+
3:16.19	3:44.39	3:44.40+	<b>200 mtr. Breaststroke</b>	3:19.59	3:44.39	3:44.40+
33.99	39.99	40.00+	<b>50 mtr. Butterfly</b>	34.39	39.99	40.00+
1:18.49	1:31.99	1:32.00+	<b>100 mtr. Butterfly</b>	1:18.79	1:31.99	1:32.00+
3:11.69	3:22.49	3:22.50+	<b>200 mtr. Butterfly</b>	3:12.69	3:22.49	3:22.50+
2:49.59	3:15.19	3:15.20+	<b>200 mtr. Ind. Medley</b>	2:49.39	3:15.19	3:15.20+
6:14.39	6:59.79	6:59.80+	<b>400 mtr. Ind. Medley</b>	6:19.19	6:59.79	6:59.80+

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**SAME TIME STANDARDS as 2018**

### 13-14 Long Course Meters

13-14 GIRLS			13-14 BOYS			
NJ SWIM GOLD LCM	NJ SWIM SILVER	NJ SWIM BRONZE	EVENTS	NJ SWIM GOLD LCM	NJ SWIM SILVER	NJ SWIM BRONZE
29.69	32.99	33.00+	<b>50 mtr. Freestyle</b>	27.99	31.89	31.90+
1:03.89	1:11.49	1:11.50+	<b>100 mtr. Freestyle</b>	1:00.89	1:09.89	1:09.90+
2:20.39	2:35.09	2:35.10+	<b>200 mtr. Freestyle</b>	2:13.59	2:32.99	2:33.00+
4:58.09	5:28.99	5:29.00+	<b>400 mtr. Freestyle</b>	4:45.19	5:27.39	5:27.40+
10:13.99	11:08.79	11:08.80+	<b>800 mtr. Freestyle</b>	9:39.89	10:48.79	10:48.80+
19:56.79	20:57.89	20:57.90+	<b>1500 mtr. Freestyle</b>	18:32.99	20:26.29	20:26.30+
1:13.59	1:22.89	1:22.90+	<b>100 mtr. Backstroke</b>	1:10.39	1:20.69	1:20.70+
2:38.09	2:59.39	2:59.40+	<b>200 mtr. Backstroke</b>	2:32.49	2:55.29	2:55.30+
1:25.79	1:33.59	1:33.60+	<b>100 mtr. Breaststroke</b>	1:19.79	1:31.29	1:31.30+
3:04.39	3:23.69	3:23.70+	<b>200 mtr. Breaststroke</b>	2:53.99	3:19.29	3:19.30+
1:12.79	1:23.39	1:23.40+	<b>100 mtr. Butterfly</b>	1:08.99	1:20.29	1:20.30+
2:47.79	3:04.89	3:04.90+	<b>200 mtr. Butterfly</b>	2:39.99	3:01.09	3:01.10+
2:39.79	2:57.39	2:57.40+	<b>200 mtr. Ind. Medley</b>	2:30.39	2:54.69	2:54.70+
5:44.29	6:23.49	6:23.50+	<b>400 mtr. Ind. Medley</b>	5:26.99	6:17.49	6:17.50+

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### 15 & Over Long Course Meters

15 & OVER GIRLS			15 & OVER BOYS			
NJ SWIM GOLD LCM	NJ SWIM SILVER	NJ SWIM BRONZE	EVENTS	NJ SWIM GOLD LCM	NJ SWIM SILVER	NJ SWIM BRONZE
28.59	32.09	32.10+	<b>50 mtr. Freestyle</b>	25.89	28.99	29.00+
1:01.99	1:09.49	1:09.50+	<b>100 mtr. Freestyle</b>	56.19	1:03.09	1:03.10+
2:14.49	2:29.19	2:29.20+	<b>200 mtr. Freestyle</b>	2:02.89	2:18.39	2:18.40+
4:46.99	5:17.79	5:17.80+	<b>400 mtr. Freestyle</b>	4:25.99	4:59.89	4:59.90
9:51.79	10:58.99	10:59.00+	<b>800 mtr. Freestyle</b>	9:34.09	10:22.29	10:22.30+
19:22.19	20:45.09	20:45.10+	<b>1500 mtr. Freestyle</b>	18:20.79	19:36.69	19:36.70+
1:10.39	1:19.19	1:19.20+	<b>100 mtr. Backstroke</b>	1:04.69	1:13.59	1:13.60+
2:30.99	2:50.09	2:50.10+	<b>200 mtr. Backstroke</b>	2:21.59	2:41.99	2:42.00+
1:21.99	1:30.19	1:30.20+	<b>100 mtr. Breaststroke</b>	1:12.69	1:25.29	1:25.30+
2:57.79	3:15.69	3:15.70+	<b>200 mtr. Breaststroke</b>	2:41.89	3:04.49	3:04.50+
1:08.39	1:18.99	1:19.00+	<b>100 mtr. Butterfly</b>	1:01.99	1:14.29	1:14.30+
2:35.99	2:59.09	2:59.10+	<b>200 mtr. Butterfly</b>	2:23.59	2:44.49	2:44.50+
2:31.89	2:50.09	2:50.10+	<b>200 mtr. Ind. Medley</b>	2:18.79	2:38.99	2:39.00+
5:24.39	6:11.59	6:11.60+	<b>400 mtr. Ind. Medley</b>	5:03.69	5:54.09	5:54.10+

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