

**NEW JERSEY TIME STANDARDS 2022- LONG COURSE YARDS  
10 & Under**

<b>Girls</b>	<b>SCY Silver</b>	<b>SCY Gold</b>	<b>SCM Silver</b>	<b>SCM Gold</b>	<b>LCM Silver</b>	<b>LCM Gold</b>	<b>Girls</b>
<b>50 Free</b>	36.19	32.49	40.19	36.09	40.99	36.89	<b>50 Free</b>
<b>100 Free</b>	1:27.09	1:18.89	1:30.69	1:10.99	1:38.29	1:29.19	<b>100 Free</b>
<b>200 Free</b>	2:58.29	2:52.19	3:17.89	3:11.09	3:21.09	3:14.29	<b>200 Free</b>
<b>400/500 Free</b>	7:39.49	7:35.49	6:43.69	6:40.19	6:50.09	6:46.59	<b>400/500 Free</b>
<b>50 Back</b>	43.89	38.39	48.69	42.59	49.29	43.19	<b>50 Back</b>
<b>100 Back</b>	1:46.19	1:36.19	1:57.89	1:46.79	1:59.09	1:47.99	<b>100 Back</b>
<b>50 Breast</b>	56.19	47.69	1:02.39	52.99	1:03.39	53.99	<b>50 Breast</b>
<b>100 Breast</b>	1:48.99	1:40.69	52.99	1:33.79	2:02.99	1:53.79	<b>100 Breast</b>
<b>50 Fly</b>	52.99	42.59	59.29	47.39	59.99	48.09	<b>50 Fly</b>
<b>100 Fly</b>	1:42.09	1:37.39	1:53.29	1:48.09	1:54.69	1:49.49	<b>100 Fly</b>
<b>200 IM</b>	3:19.39	3:05.79	3:41.29	3:26.29	3:44.49	3:29.49	<b>200 IM</b>
<b>Boys</b>	<b>SCY Silver</b>	<b>SCY Gold</b>	<b>SCM Silver</b>	<b>SCM Gold</b>	<b>LCM Silver</b>	<b>LCM Gold</b>	<b>Boys</b>
<b>50 Free</b>	36.19	33.59	40.19	37.29	40.99	38.09	<b>50 Free</b>
<b>100 Free</b>	1:22.09	1:17.39	1:31.09	1:25.89	1:32.69	1:27.49	<b>100 Free</b>
<b>200 Free</b>	2:58.29	2:46.69	3:17.89	3:05.09	3:21.09	3:08.29	<b>200 Free</b>
<b>500 Free</b>	7:39.49	7:20.19	6:43.69	6:26.49	6:50.09	6:32.89	<b>500 Free</b>
<b>50 Back</b>	43.89	41.59	48.79	46.29	49.29	46.79	<b>50 Back</b>
<b>100 Back</b>	1:39.19	1:31.09	1:50.09	1:41.09	1:51.29	1:42.29	<b>100 Back</b>
<b>50 Breast</b>	52.99	48.19	58.89	53.49	59.89	54.49	<b>50 Breast</b>
<b>100 Breast</b>	1:52.99	1:45.99	2:05.39	1:57.69	2:07.39	1:59.69	<b>100 Breast</b>
<b>50 Fly</b>	46.99	43.99	52.19	48.89	52.89	49.59	<b>50 Fly</b>
<b>100 Fly</b>	1:52.09	1:44.69	2:04.39	1:56.19	2:05.79	1:57.59	<b>100 Fly</b>
<b>200 IM</b>	3:22.39	3:15.89	3:44.69	3:37.49	3:47.89	3:40.69	<b>200 IM</b>

**NEW JERSEY TIME STANDARDS 2022- LONG COURSE YARDS**  
**11-12 Girls**

Girls	SCY Silver	SCY Gold	SCM Silver	SCM Gold	LCM Silver	LCM Gold	Girls
<b>50 Free</b>	31.39	27.66	34.79	30.69	35.59	31.49	<b>50 Free</b>
<b>100 Free</b>	1:08.29	1:01.40	1:15.79	1:08.19	1:17.39	1:09.79	<b>100 Free</b>
<b>200 Free</b>	2:31.79	2:13.93	2:48.49	2:28.69	2:51.69	2:31.89	<b>200 Free</b>
<b>400/500 Free</b>	6:40.99	6:00.06	5:51.49	5:14.89	5:57.89	5:21.29	<b>400/500 Free</b>
<b>800/1000 Free</b>	13:45.49	12:28.78	12:03.99	10:55.49	12:16.79	11:08.29	<b>800/1000 Free</b>
<b>1500/1650 Free</b>	22:23.49	21:12.59	22:26.39	21:14.09	22:50.39	21:38.09	<b>1500/1650 Free</b>
<b>50 Back</b>	37.09	32.29	41.19	35.89	41.79	36.49	<b>50 Back</b>
<b>100 Back</b>	1:21.89	1:09.80	1:30.89	1:17.49	1:32.09	1:18.69	<b>100 Back</b>
<b>200 Back</b>	2:53.99	2:32.82	3:13.09	2:49.69	3:15.49	2:52.09	<b>200 Back</b>
<b>50 Breast</b>	41.99	37.59	46.59	41.69	47.59	42.69	<b>50 Breast</b>
<b>100 Breast</b>	1:29.89	1:23.60	1:39.79	1:22.79	1:41.79	1:34.79	<b>100 Breast</b>
<b>200 Breast</b>	3:17.99	3:10.09	3:39.79	3:31.09	3:43.79	3:35.09	<b>200 Breast</b>
<b>50 Fly</b>	35.49	31.50	39.39	34.99	40.09	35.69	<b>50 Fly</b>
<b>100 Fly</b>	1:21.99	1:11.70	1:30.99	1:19.59	1:32.39	1:20.99	<b>100 Fly</b>
<b>200 Fly</b>	2:59.99	2:55.18	3:19.79	3:14.49	3:22.59	3:17.29	<b>200 Fly</b>
<b>200 IM</b>	2:51.79	2:37.10	3:10.69	2:54.39	3:13.89	2:57.59	<b>200 IM</b>
<b>400 IM</b>	6:06.19	5:51.27	6:46.49	6:29.89	6:52.89	6:36.29	<b>400 IM</b>

**NEW JERSEY TIME STANDARDS 2022- LONG COURSE YARDS**  
**11-12 Boys**

<b>Boys</b>	<b>SCY Silver</b>	<b>SCY Gold</b>	<b>SCM Silver</b>	<b>SCM Gold</b>	<b>LCM Silver</b>	<b>LCM Gold</b>	<b>Boys</b>
<b>50 Free</b>	31.39	26.39	34.89	29.39	35.69	30.19	<b>50 Free</b>
<b>100 Free</b>	1:08.29	58.29	1:15.89	1:04.69	1:17.49	1:06.29	<b>100 Free</b>
<b>200 Free</b>	2:31.79	2:09.29	2:48.49	2:23.49	2:51.69	2:26.69	<b>200 Free</b>
<b>400/500 Free</b>	6:40.99	5:52.69	5:51.49	5:08.39	5:57.89	5:14.79	<b>400/500 Free</b>
<b>800/1000 Free</b>	13:59.49	13:40.09	12:03.99	11:59.19	12:16.79	12:11.99	<b>800/1000 Free</b>
<b>1500/1650 Free</b>	22:48.49	22:09.89	22:24.39	22:12.49	22:48.39	22:36.49	<b>1500/1650 Free</b>
<b>50 Back</b>	37.09	32.29	41.19	34.69	41.79	35.29	<b>50 Back</b>
<b>100 Back</b>	1:21.89	1:10.29	1:30.89	1:15.39	1:32.09	1:16.59	<b>100 Back</b>
<b>200 Back</b>	2:53.99	2:26.59	3:13.19	2:43.59	3:15.59	2:45.99	<b>200 Back</b>
<b>50 Breast</b>	41.99	37.09	46.59	39.39	47.59	40.39	<b>50 Breast</b>
<b>100 Breast</b>	1:29.89	1:23.79	1:39.79	1:25.79	1:41.79	1:27.79	<b>100 Breast</b>
<b>200 Breast</b>	3:17.99	3:06.29	3:39.79	3:09.49	3:43.79	3:13.49	<b>200 Breast</b>
<b>50 Fly</b>	35.49	31.29	39.39	33.29	40.09	33.99	<b>50 Fly</b>
<b>100 Fly</b>	1:21.99	1:12.39	1:30.99	1:14.39	1:32.39	1:15.79	<b>100 Fly</b>
<b>200 Fly</b>	3:09.99	2:55.89	3:19.89	3:15.29	3:33.69	3:18.09	<b>200 Fly</b>
<b>200 IM</b>	2:51.79	2:32.49	3:10.69	2:49.29	3:13.89	2:52.49	<b>200 IM</b>
<b>400 IM</b>	6:06.19	5:47.69	6:46.49	6:25.89	6:52.89	6:32.29	<b>400 IM</b>

**NEW JERSEY TIME STANDARDS 2022- LONG COURSE YARDS**

**13-14**

<b>Girls</b>	<b>SCY Silver</b>	<b>SCY Gold</b>	<b>SCM Silver</b>	<b>SCM Gold</b>	<b>LCM Silver</b>	<b>LCM Gold</b>	<b>Girls</b>
<b>50 Free</b>	28.59	26.19	31.69	29.09	32.49	29.89	<b>50 Free</b>
<b>100 Free</b>	1:01.99	56.99	1:08.79	1:03.29	1:10.39	1:04.89	<b>100 Free</b>
<b>200 Free</b>	2:15.99	2:04.89	2:30.99	2:18.59	2:34.19	2:21.79	<b>200 Free</b>
<b>400/500 Free</b>	6:04.99	5:55.69	5:19.39	5:11.09	5:25.79	5:17.49	<b>400/500 Free</b>
<b>800/1000 Free</b>	12:22.29	12:13.79	10:49.69	10:42.09	11:02.49	10:54.89	<b>800/1000 Free</b>
<b>1500/1650 Free</b>	21:15.69	20:17.39	21:17.29	20:17.79	21:41.19	20:41.79	<b>1500/1650 Free</b>
<b>100 Back</b>	1:12.49	1:04.69	1:20.49	1:11.89	1:21.69	1:13.09	<b>100 Back</b>
<b>200 Back</b>	2:39.39	2:21.89	2:56.89	2:37.49	2:59.29	2:39.89	<b>200 Back</b>
<b>100 Breast</b>	1:22.49	1:13.69	1:31.59	1:21.79	1:33.59	1:23.77	<b>100 Breast</b>
<b>200 Breast</b>	2:59.89	2:44.09	3:19.69	3:02.19	3:23.69	3:06.19	<b>200 Breast</b>
<b>100 Fly</b>	1:13.79	1:04.39	1:21.89	1:11.49	1:23.29	1:12.89	<b>100 Fly</b>
<b>200 Fly</b>	2:43.99	2:38.69	3:01.99	2:56.19	3:04.79	2:58.99	<b>200 Fly</b>
<b>200 IM</b>	2:36.89	2:22.99	2:54.19	2:38.79	2:57.39	2:41.99	<b>200 IM</b>
<b>400 IM</b>	5:39.69	5:32.09	6:17.09	6:08.59	6:23.49	6:14.99	<b>400 IM</b>
<b>Boys</b>	<b>SCY Silver</b>	<b>SCY Gold</b>	<b>SCM Silver</b>	<b>SCM Gold</b>	<b>LCM Silver</b>	<b>LCM Gold</b>	<b>Boys</b>
<b>50 Free</b>	27.09	24.39	30.09	27.19	30.89	27.89	<b>50 Free</b>
<b>100 Free</b>	59.99	53.09	1:06.59	58.99	1:08.19	1:00.49	<b>100 Free</b>
<b>200 Free</b>	2:12.99	1:57.29	2:27.69	2:10.19	2:30.89	2:13.39	<b>200 Free</b>
<b>400/500 Free</b>	6:03.19	5:29.89	5:17.79	4:48.09	5:24.19	4:54.49	<b>400/500 Free</b>
<b>800/1000 Free</b>	11:59.49	11:22.59	10:29.39	9:56.49	10:42.19	10:09.19	<b>800/1000 Free</b>
<b>1500/1650 Free</b>	19:50.29	18:51.59	19:50.19	18:50.19	20:14.09	19:14.19	<b>1500/1650 Free</b>
<b>100 Back</b>	1:08.99	1:00.89	1:16.59	1:07.59	1:17.79	1:08.79	<b>100 Back</b>
<b>200 Back</b>	2:32.99	2:14.79	2:49.89	2:29.59	2:52.19	2:31.99	<b>200 Back</b>
<b>100 Breast</b>	1:19.49	1:07.79	1:28.29	1:15.29	1:30.29	1:17.19	<b>100 Breast</b>
<b>200 Breast</b>	2:55.89	2:34.09	3:15.29	2:51.09	3:19.29	2:55.09	<b>200 Breast</b>
<b>100 Fly</b>	1:10.99	59.69	1:18.89	1:06.39	1:20.19	1:07.79	<b>100 Fly</b>
<b>200 Fly</b>	2:40.59	2:33.29	2:58.29	2:50.19	3:01.09	2:52.99	<b>200 Fly</b>
<b>200 IM</b>	2:30.99	2:12.19	2:47.69	2:26.79	2:50.79	2:29.99	<b>200 IM</b>
<b>400 IM</b>	5:34.29	5:20.09	6:11.09	5:55.39	6:17.49	6:01.79	<b>400 IM</b>

**NEW JERSEY TIME STANDARDS 2022- LONG COURSE YARDS  
15 & Over**

<b>Girls</b>	<b>SCY Silver</b>	<b>SCY Gold</b>	<b>SCM Silver</b>	<b>SCM Gold</b>	<b>LCM Silver</b>	<b>LCM Gold</b>	<b>Girls</b>
<b>50 Free</b>	28.19	25.19	31.29	27.99	32.09	28.79	<b>50 Free</b>
<b>100 Free</b>	1:01.09	54.29	1:07.89	1:00.39	1:09.49	1:01.99	<b>100 Free</b>
<b>200 Free</b>	2:11.49	1:58.59	2:25.99	2:11.59	2:29.19	2:14.79	<b>200 Free</b>
<b>400/500 Free</b>	5:52.19	5:23.69	5:07.99	4:42.59	5:14.39	4:48.99	<b>400/500 Free</b>
<b>800/1000 Free</b>	12:11.09	11:19.59	10:39.79	9:53.79	10:52.59	10:06.59	<b>800/1000 Free</b>
<b>1500/1650 Free</b>	21:15.19	20:07.19	21:16.69	20:07.39	21:40.69	20:31.39	<b>1500/1650 Free</b>
<b>100 Back</b>	1:10.19	1:01.49	1:17.99	1:08.29	1:19.19	1:09.49	<b>100 Back</b>
<b>200 Back</b>	2:30.99	2:14.09	2:47.69	2:28.99	2:50.09	2:31.39	<b>200 Back</b>
<b>100 Breast</b>	1:19.39	1:09.49	1:28.19	1:17.19	1:30.19	1:19.19	<b>100 Breast</b>
<b>200 Breast</b>	2:52.69	2:35.09	3:11.69	2:52.19	3:15.69	2:56.19	<b>200 Breast</b>
<b>100 Fly</b>	1:09.89	1:00.39	1:17.59	1:07.09	1:18.99	1:08.49	<b>100 Fly</b>
<b>200 Fly</b>	2:38.79	2:18.69	2:56.29	2:33.99	2:59.09	2:36.79	<b>200 Fly</b>
<b>200 IM</b>	2:30.29	2:14.49	2:46.89	2:29.39	2:50.09	2:32.59	<b>200 IM</b>
<b>400 IM</b>	5:28.99	4:55.39	6:05.19	5:27.99	6:11.59	5:34.39	<b>400 IM</b>
<b>Boys</b>	<b>SCY Silver</b>	<b>SCY Gold</b>	<b>SCM Silver</b>	<b>SCM Gold</b>	<b>LCM Silver</b>	<b>LCM Gold</b>	<b>Boys</b>
<b>50 Free</b>	25.39	22.39	28.19	24.89	28.99	25.69	<b>50 Free</b>
<b>100 Free</b>	55.39	48.59	1:01.49	53.89	1:03.09	55.49	<b>100 Free</b>
<b>200 Free</b>	2:01.79	1:47.89	2:15.19	1:59.79	2:18.39	2:02.99	<b>200 Free</b>
<b>400/500 Free</b>	5:31.69	4:59.69	4:49.69	4:21.19	4:56.09	4:27.59	<b>400/500 Free</b>
<b>800/1000 Free</b>	11:29.19	10:51.09	10:02.39	9:28.29	10:15.19	9:41.09	<b>800/1000 Free</b>
<b>1500/1650 Free</b>	19:00.99	18:37.79	18:59.89	18:36.29	19:23.89	19:00.29	<b>1500/1650 Free</b>
<b>100 Back</b>	1:05.19	54.89	1:12.39	1:00.99	1:13.59	1:02.19	<b>100 Back</b>
<b>200 Back</b>	2:23.69	2:02.29	2:39.59	2:15.79	2:41.99	2:18.19	<b>200 Back</b>
<b>100 Breast</b>	1:14.99	1:01.79	1:23.29	1:08.69	1:25.29	1:10.69	<b>100 Breast</b>
<b>200 Breast</b>	2:42.59	2:25.49	3:00.49	2:41.49	3:04.49	2:45.49	<b>200 Breast</b>
<b>100 Fly</b>	1:05.59	54.09	1:12.89	1:00.19	1:14.29	1:01.59	<b>100 Fly</b>
<b>200 Fly</b>	2:25.59	2:03.69	2:41.69	2:17.29	2:44.49	2:20.09	<b>200 Fly</b>
<b>200 IM</b>	2:20.29	2:02.89	2:35.79	2:16.49	2:38.99	2:19.69	<b>200 IM</b>
<b>400 IM</b>	5:13.19	4:47.19	5:47.69	5:18.79	5:54.09	5:25.19	<b>400 IM</b>