

**NEW JERSEY TIME STANDARDS  
2023- LONG COURSE METERS**

GIRLS	10&U		11-12		13-14		15-19		GIRLS
	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	
<b>50 Free</b>	44.09	39.89	35.69	32.99	33.19	31.39	33.39	30.99	<b>50 Free</b>
<b>100 Free</b>	1:41.99	1:27.99	1:18.09	1:12.09	1:10.59	1:07.59	1:10.09	1:06.49	<b>100 Free</b>
<b>200 Free</b>	3:45.79	2:56.29	2:49.19	2:36.19	2:33.79	2:23.19	2:37.39	2:20.09	<b>200 Free</b>
<b>400 Free</b>	7:36.79	6:05.39	5:56.49	5:29.09	5:40.59	5:01.29	5:32.89	4:54.49	<b>400 Free</b>
<b>800 Free</b>	X	X	12:26.69	11:29.29	11:41.99	10:20.99	11:28.39	10:08.99	<b>800 Free</b>
<b>1500 Free</b>	X	X	23:55.39	22:04.99	22:23.09	19:48.09	22:02.19	19:29.59	<b>1500 Free</b>
<b>50 Back</b>	54.89	48.89	44.59	39.99	X	X	X	X	<b>50 Back</b>
<b>100 Back</b>	1:57.99	1:39.99	1:33.99	1:25.19	1:23.59	1:18.99	1:25.09	1:18.09	<b>100 Back</b>
<b>200 Back</b>	X	X	3:09.89	2:55.29	2:58.69	2:38.09	2:54.99	2:34.79	<b>200 Back</b>
<b>50 Breast</b>	1:00.49	53.99	53.19	47.59	X	X	X	X	<b>50 Breast</b>
<b>100 Breast</b>	2:14.79	1:59.79	1:48.99	1:39.69	1:39.79	1:32.39	1:39.49	1:31.19	<b>100 Breast</b>
<b>200 Breast</b>	X	X	3:35.99	3:19.39	3:23.99	3:00.49	3:20.49	2:57.39	<b>200 Breast</b>
<b>50 Fly</b>	53.39	47.09	45.89	38.89	X	X	X	X	<b>50 Fly</b>
<b>100 Fly</b>	2:09.99	1:52.99	1:36.19	1:31.99	1:26.59	1:20.19	1:25.39	1:16.19	<b>100 Fly</b>
<b>200 Fly</b>	X	X	3:26.09	2:55.59	3:12.99	2:38.59	3:07.29	2:33.89	<b>200 Fly</b>
<b>200 IM</b>	4:09.39	3:17.09	3:11.39	2:56.59	2:56.99	2:40.79	2:58.19	2:37.59	<b>200 IM</b>
<b>400 IM</b>	X	X	7:16.69	6:16.89	6:25.89	5:41.29	6:18.79	5:35.09	<b>400 IM</b>

**NEW JERSEY TIME STANDARDS**  
**2023- LONG COURSE METERS**

BOYS	10&U		11-12		13-14		15-19		BOYS
	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	
<b>50 Free</b>	43.59	39.49	37.29	33.39	31.09	28.99	29.39	27.79	<b>50 Free</b>
<b>100 Free</b>	1:40.59	1:30.19	1:20.89	1:12.69	1:06.39	1:02.79	1:02.49	59.79	<b>100 Free</b>
<b>200 Free</b>	3:33.49	2:50.79	2:57.49	2:32.19	2:23.29	2:14.79	2:18.39	2:09.29	<b>200 Free</b>
<b>400 Free</b>	7:29.29	5:59.49	6:15.49	5:21.89	5:09.99	4:46.69	5:09.89	4:43.99	<b>400 Free</b>
<b>800 Free</b>	X	X	12:15.19	11:18.59	11:13.99	9:56.29	10:50.09	9:35.09	<b>800 Free</b>
<b>1500 Free</b>	X	X	23:25.49	21:37.39	21:27.39	18:58.89	20:33.99	18:11.69	<b>1500 Free</b>
<b>50 Back</b>	55.29	49.19	43.69	40.39	X	X	X	X	<b>50 Back</b>
<b>100 Back</b>	1:55.09	1:41.99	1:34.99	1:25.39	1:20.99	1:14.69	1:16.39	1:10.69	<b>100 Back</b>
<b>200 Back</b>	X	X	3:19.49	2:50.99	2:49.09	2:29.59	2:41.39	2:22.69	<b>200 Back</b>
<b>50 Breast</b>	59.69	53.29	48.99	45.19	X	X	X	X	<b>50 Breast</b>
<b>100 Breast</b>	2:09.39	1:55.99	1:46.59	1:38.39	1:29.79	1:22.59	1:28.99	1:20.99	<b>100 Breast</b>
<b>200 Breast</b>	X	X	3:44.69	3:12.59	3:10.79	2:48.79	3:01.39	2:40.49	<b>200 Breast</b>
<b>50 Fly</b>	51.79	45.99	41.89	38.59	X	X	X	X	<b>50 Fly</b>
<b>100 Fly</b>	2:07.09	1:50.79	1:33.99	1:26.29	1:26.49	1:11.99	1:17.19	1:07.49	<b>100 Fly</b>
<b>200 Fly</b>	X	X	3:20.49	2:51.89	3:00.89	2:28.59	2:52.29	2:21.49	<b>200 Fly</b>
<b>200 IM</b>	4:06.19	3:15.39	3:10.99	2:53.19	2:43.99	2:31.69	2:37.99	2:25.09	<b>200 IM</b>
<b>400 IM</b>	X	X	7:09.89	6:08.49	6:01.49	5:22.59	5:42.99	5:07.29	<b>400 IM</b>