

**NEW JERSEY TIME STANDARDS
2021-2022 SHORT COURSE YARDS**

GIRLS	10&U		11-12		13-14		15-18		GIRLS
	Silver	JO	Silver	JO	Silver	JO	Silver	Seniors	
50 Free	36.19	31.99	31.39	27.69	28.59	26.99	28.19	25.89	50 Free
100 Free	1:22.09	1:10.49	1:08.29	1:00.99	1:01.99	57.99	1:01.09	55.99	100 Free
200 Free	2:58.29	2:32.99	2:31.79	2:13.49	2:15.99	2:03.79	2:11.49	2:03.49	200 Free
500 Free	7:39.49	7:10.99	6:40.99	5:55.19	6:04.99	5:36.11	5:52.19	5:16.99	500 Free
1000 Free			13:45.49	12:41.19	12:22.29	11:50.99	12:11.09	11:39.00	1000 Free
1650 Free			22:23.49	21:05.99	20:21.69	19:30.69	20:08.99	19:25.69	1650 Free
50 Back	43.89	36.89	37.09	32.69					50 Back
100 Back	1:36.19	1:20.99	1:21.89	1:09.29	1:12.49	1:04.19	1:10.19	1:01.59	100 Back
200 Back			2:53.99	2:31.39	2:39.39	2:20.39	2:30.99	2:14.99	200 Back
50 Breast	48.19	41.79	41.99	35.49					50 Breast
100 Breast	1:48.99	1:31.79	1:29.89	1:18.59	1:22.49	1:14.19	1:19.39	1:13.99	100 Breast
200 Breast			3:17.99	2:51.99	2:59.89	2:43.09	2:52.69	2:40.09	200 Breast
50 Fly	42.99	35.99	35.49	30.59					50 Fly
100 Fly	1:42.09	1:24.09	1:21.99	1:08.79	1:13.79	1:03.57	1:09.89	1:01.79	100 Fly
200 Fly			2:59.99	2:43.99	2:43.99	2:26.39	2:38.79	2:25.69	200 Fly
100 IM	1:34.39	1:21.59	1:20.29	1:10.09					100 IM
200 IM	3:19.39	2:59.09	2:51.79	2:31.29	2:36.89	2:21.79	2:30.29	2:15.69	200 IM
400 IM			6:06.19	5:28.99	5:39.69	5:10.99	5:28.99	4:58.99	400 IM

BOYS	10&U		11-12		13-14		15-18		BOYS
	Silver	JO	Silver	JO	Silver	JO	Silver	Seniors	
50 Free	36.19	31.19	31.39	26.89	27.09	25.09	25.39	23.19	50 Free
100 Free	1:22.09	1:09.29	1:08.29	58.39	59.99	53.89	55.39	50.99	100 Free
200 Free	2:58.29	2:32.99	2:31.79	2:09.79	2:12.99	1:58.49	2:01.79	1:51.99	200 Free
500 Free	7:39.49	7:10.09	6:40.99	5:52.49	6:03.19	5:24.99	5:31.69	4:57.79	500 Free
1000 Free			13:45.49	12:39.99	11:59.49	11:25.99	11:29.19	11:11.99	1000 Free
1650 Free			22:21.49	21:05.99	19:50.29	19:00.19	19:00.99	18:20.89	1650 Free
50 Back	43.89	36.99	37.09	31.69					50 Back
100 Back	1:36.19	1:18.99	1:21.89	1:08.49	1:08.99	1:01.79	1:05.19	57.99	100 Back
200 Back			2:53.99	2:27.19	2:32.99	2:14.19	2:23.69	2:04.69	200 Back
50 Breast	48.19	41.69	41.99	34.99					50 Breast
100 Breast	1:48.99	1:31.09	1:29.89	1:16.89	1:19.49	1:09.49	1:14.99	1:05.99	100 Breast
200 Breast			3:17.99	2:50.19	2:55.89	2:34.79	2:42.59	2:24.89	200 Breast
50 Fly	42.99	34.79	35.49	30.39					50 Fly
100 Fly	1:42.09	1:22.79	1:21.99	1:07.39	1:10.99	1:00.99	1:05.59	57.99	100 Fly
200 Fly			2:59.99	2:46.99	2:40.59	2:20.99	2:25.59	2:07.09	200 Fly
100 IM	1:34.39	1:18.99	1:20.29	1:08.49					100 IM
200 IM	3:19.39	2:52.39	2:51.79	2:27.59	2:30.99	2:15.19	2:20.29	2:02.09	200 IM
400 IM			6:06.19	5:28.99	5:34.29	4:56.69	5:13.19	4:40.69	400 IM

Any time lower than SILVER is a Bronze cut