

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

GIRLS	10&U			Silver	11-12		Silver	13-14		Silver	15-19		GIRLS
	Silver	Upper Silver	JO		Upper Silver	JO		Upper Silver	JO		Upper Silver	JO	
50 Free	36.19	34.39	31.99	31.39	29.49	27.69	28.59	27.79	26.99	28.19	27.09	25.89	50 Free
100 Free	1:22.09	1:16.29	1:10.49	1:08.29	1:04.59	1:00.99	1:01.99	59.99	57.99	1:01.09	58.49	55.99	100 Free
200 Free	2:58.29	2:45.59	2:32.99	2:31.79	2:22.59	2:13.49	2:15.99	2:09.89	2:03.79	2:11.49	2:06.79	2:03.49	200 Free
500 Free	7:39.49	7:24.79	7:10.99	6:40.99	6:17.69	5:55.19	6:04.99	5:50.59	5:36.11	5:52.19	5:34.59	5:16.99	500 Free
1000 Free				13:45.49	13:13.39	12:41.19	12:22.29	12:06.59	11:50.99	12:11.09	11:55.00	11:39.00	1000 Free
1650 Free				22:23.49	21:44.49	21:05.99	20:21.69	19:52.19	19:30.69	20:08.99	19:47.19	19:25.69	1650 Free
50 Back	43.89	40.39	36.89	37.09	34.89	32.69							50 Back
100 Back	1:36.19	1:28.59	1:20.99	1:21.89	1:15.59	1:09.29	1:12.49	1:08.39	1:04.19	1:10.19	1:06.29	1:01.59	100 Back
200 Back				2:53.99	2:42.59	2:31.39	2:39.39	2:29.89	2:20.39	2:30.99	2:22.99	2:14.99	200 Back
50 Breast	48.19	44.89	41.79	41.99	38.69	35.49							50 Breast
100 Breast	1:48.99	1:40.39	1:31.79	1:29.89	1:25.19	1:18.59	1:22.49	1:18.39	1:14.19	1:19.39	1:16.69	1:13.99	100 Breast
200 Breast				3:17.99	3:04.59	2:51.99	2:59.89	2:51.49	2:43.09	2:52.69	2:46.39	2:40.09	200 Breast
50 Fly	42.99	39.49	35.99	35.49	33.09	30.59							50 Fly
100 Fly	1:42.09	1:33.09	1:24.09	1:21.99	1:15.29	1:08.79	1:13.79	1:08.69	1:03.59	1:09.89	1:05.79	1:01.79	100 Fly
200 Fly				2:59.99	2:51.99	2:43.99	2:43.99	2:35.19	2:26.39	2:38.79	2:32.19	2:25.69	200 Fly
100 IM	1:34.39	1:27.99	1:21.59	1:20.29	1:15.19	1:10.09							100 IM
200 IM	3:19.39	3:09.19	2:59.09	2:51.79	2:41.49	2:31.29	2:36.89	2:29.39	2:21.79	2:30.29	2:18.39	2:15.69	200 IM
400 IM				6:06.19	5:48.09	5:28.99	5:39.69	5:25.39	5:10.99	5:28.99	5:13.99	4:58.99	400 IM

BOYS	10&U			Silver	11-12		Silver	13-14		Silver	15-19		BOYS
	Silver	Upper Silver	JO		Upper Silver	JO		Upper Silver	JO		Upper Silver	JO	
50 Free	36.19	33.99	31.19	31.39	29.19	26.89	27.09	26.09	25.09	25.39	24.29	23.19	50 Free
100 Free	1:22.09	1:16.29	1:09.29	1:08.29	1:03.29	58.39	59.99	56.99	53.89	55.39	53.19	50.99	100 Free
200 Free	2:58.29	2:45.59	2:32.99	2:31.79	2:20.79	2:09.79	2:12.99	2:06.29	1:58.49	2:01.79	1:56.89	1:51.99	200 Free
500 Free	7:39.49	7:24.79	7:10.09	6:40.99	6:16.49	5:52.49	6:03.19	5:44.49	5:24.99	5:31.69	5:15.19	4:57.79	500 Free
1000 Free				13:45.49	13:12.99	12:39.99	11:59.49	11:42.79	11:25.99	11:29.19	11:20.59	11:11.99	1000 Free
1650 Free				22:21.49	21:43.79	21:05.99	19:50.29	19:25.19	19:00.19	19:00.99	18:40.99	18:20.89	1650 Free
50 Back	43.89	40.39	36.99	37.09	37.09	31.69							50 Back
100 Back	1:36.19	1:28.59	1:18.99	1:21.89	1:14.99	1:08.49	1:08.99	1:05.39	1:01.79	1:05.19	1:01.59	57.99	100 Back
200 Back				2:53.99	2:40.59	2:27.19	2:32.99	2:23.59	2:14.19	2:23.69	2:14.19	2:04.69	200 Back
50 Breast	48.19	44.89	41.69	41.99	38.49	34.99							50 Breast
100 Breast	1:48.99	1:40.39	1:31.09	1:29.89	1:23.39	1:16.89	1:19.49	1:14.49	1:09.49	1:14.99	1:10.49	1:05.99	100 Breast
200 Breast				3:17.99	3:04.09	2:50.19	2:55.89	2:45.39	2:34.79	2:42.59	2:33.79	2:24.89	200 Breast
50 Fly	42.99	39.49	34.79	35.49	32.99	30.39							50 Fly
100 Fly	1:42.09	1:33.09	1:22.79	1:21.99	1:14.69	1:07.39	1:10.99	1:05.99	1:00.99	1:05.59	1:01.79	57.99	100 Fly
200 Fly				2:59.99	2:53.49	2:46.99	2:40.59	2:29.89	2:20.99	2:25.59	2:16.39	2:07.09	200 Fly
100 IM	1:34.39	1:27.99	1:18.99	1:20.29	1:14.39	1:08.49							100 IM
200 IM	3:19.39	3:09.19	2:52.39	2:51.79	2:39.69	2:27.59	2:30.99	2:23.09	2:15.19	2:20.29	2:11.19	2:02.09	200 IM
400 IM				6:06.19	5:47.69	5:28.99	5:34.29	5:15.49	4:56.69	5:13.19	4:56.99	4:40.69	400 IM

Any time lower than SILVER is a Bronze cut