

# NEW JERSEY SWIMMING

## 2019 - 2020 GOLD/SILVER/BRONZE WINTER TIME STANDARDS

No Time Changes from Last Year!

### 10 & Under Winter Time Standards

10 & UNDER GIRLS					EVENT	10 & UNDER BOYS				
NJ SWIM WINTER GOLD			NJ SWIM WINTER SILVER	NJ SWIM WINTER BRONZE		NJ SWIM WINTER GOLD			NJ SWIM WINTER SILVER	NJ SWIM WINTER BRONZE
SCY	SCM	LCM				SCY	SCM	LCM		
32.99	36.69	37.49	36.19	36.20+	50 yd. Freestyle	32.39	35.99	36.79	36.19	36.20+
1:14.29	1:22.49	1:24.09	1:22.09	1:22.10+	100 yd. Freestyle	1:12.99	1:21.09	1:22.69	1:22.09	1:22.10+
2:41.99	2:59.89	3:03.09	2:58.29	2:58.30+	200 yd. Freestyle	2:39.09	2:56.59	2:59.79	2:58.29	2:58.30+
7:10.99	6:17.19	6:24.69	7:39.49	7:39.50+	500 yd. Freestyle	7:10.09	6:17.19	6:24.69	7:39.49	7:39.50+
38.59	42.89	43.49	43.89	43.90+	50 yd. Backstroke	38.09	42.29	42.89	43.89	43.90+
1:22.99	1:32.19	1:33.39	1:36.19	1:36.20+	100 yd. Backstroke	1:22.99	1:32.19	1:33.39	1:36.19	1:36.20+
43.99	48.89	49.89	48.19	48.20+	50 yd. Breaststroke	44.59	49.49	50.49	48.19	48.20+
1:35.59	1:46.19	1:48.19	1:48.99	1:49.00+	100 yd. Breaststroke	1:35.59	1:46.19	1:48.19	1:48.99	1:49.00+
37.89	42.09	42.79	42.99	43.00+	50 yd. Butterfly	37.29	41.39	42.09	42.99	43.00+
1:32.99	1:43.29	1:44.69	1:42.09	1:42.10+	100 yd. Butterfly	1:31.99	1:42.19	1:43.59	1:42.09	1:42.10+
1:21.59	1:30.59	1:33.79	1:34.39	1:34.40+	100 yd. Ind. Medley	1:21.99	1:31.09	1:34.29	1:34.39	1:34.40+
3:01.79	3:21.79	3:24.99	3:19.39	3:19.40+	200 yd. Ind. Medley	3:00.79	3:20.69	3:23.89	3:19.39	3:19.40+

Bronze Times are all times slower than Silver Times!

New Times in Bold and Shaded Yellow!

New Times with **Red Font** = Slower Times than Previous Year!

### 11-12 Winter Time Standards

11-12 GIRLS					EVENT	11-12 BOYS				
NJ SWIM WINTER GOLD			NJ SWIM WINTER SILVER	NJ SWIM WINTER BRONZE		NJ SWIM WINTER GOLD			NJ SWIM WINTER SILVER	NJ SWIM WINTER BRONZE
SCY	SCM	LCM				SCY	SCM	LCM		
28.29	31.49	32.29	31.39	31.40+	50 yd. Freestyle	27.79	31.09	31.89	31.39	31.40+
1:01.19	1:07.99	1:09.59	1:08.29	1:08.30+	100 yd. Freestyle	1:01.19	1:07.99	1:09.59	1:08.29	1:08.30+
2:13.49	2:28.19	2:31.39	2:31.79	2:31.80+	200 yd. Freestyle	2:12.99	2:27.69	2:30.89	2:31.79	2:31.80+
5:55.19	5:10.79	5:17.09	6:40.99	6:41.00+	500 yd. Freestyle	5:52.49	5:08.49	5:14.59	6:40.99	6:41.00+
12:45.99	11:10.29	11:23.69	13:45.49	13:45.50+	1000 yd. Freestyle	12:39.99	11:04.99	11:18.29	13:45.49	13:45.50+
21:05.99	21:13.59	21:31.39	22:21.49	22:21.50+	1650 yd. Freestyle	21:05.99	21:13.59	21:31.39	22:21.49	22:21.50+
32.49	36.09	36.69	37.09	37.10+	50 yd. Backstroke	33.49	37.19	37.79	37.09	37.10+
1:10.19	1:17.99	1:19.19	1:21.89	1:21.90+	100 yd. Backstroke	1:10.19	1:17.99	1:19.19	1:21.89	1:21.90+
2:30.29	2:46.89	2:49.29	2:53.99	2:54.00+	200 yd. Backstroke	2:32.09	2:48.89	2:51.29	2:53.99	2:54.00+
37.19	41.29	42.29	41.99	42.00+	50 yd. Breaststroke	37.39	41.59	42.59	41.99	42.00+
1:19.59	1:28.39	1:30.39	1:29.89	1:29.90+	100 yd. Breaststroke	1:19.29	1:28.09	1:30.09	1:29.89	1:29.90+
2:52.09	3:11.79	3:15.09	3:17.99	3:18.00+	200 yd. Breaststroke	2:52.99	3:12.09	3:16.09	3:17.99	3:18.00+
30.59	33.99	34.69	35.49	35.50+	50 yd. Butterfly	30.69	34.09	34.79	35.49	35.50+
1:09.89	1:17.59	1:18.99	1:21.99	1:22.00+	100 yd. Butterfly	1:11.59	1:19.49	1:20.89	1:21.99	1:22.00+
2:43.99	3:02.09	3:04.69	2:59.99	3:00.00+	200 yd. Butterfly	2:46.99	3:05.39	3:07.99	2:59.99	3:00.00+
1:09.39	1:17.09	1:20.29	1:20.29	1:20.30+	100 yd. Ind. Medley	1:10.09	1:17.79	1:20.99	1:20.29	1:20.30+
2:30.09	2:46.59	2:49.79	2:51.79	2:51.80+	200 yd. Ind. Medley	2:30.29	2:46.89	2:50.09	2:51.79	2:51.80+
5:28.99	6:05.19	6:11.59	6:06.19	6:06.20+	400 yd. Ind. Medley	5:28.99	6:05.19	6:11.59	6:06.19	6:06.20+

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## 2018 - 2019 GOLD/SILVER/BRONZE WINTER TIME STANDARDS

### 13-14 Winter Time Standards

13-14 GIRLS					EVENT	13-14 BOYS				
NJ SWIM WINTER GOLD			NJ SWIM WINTER SILVER	NJ SWIM WINTER BRONZE		NJ SWIM WINTER GOLD			NJ SWIM WINTER SILVER	NJ SWIM WINTER BRONZE
SCY	SCM	LCM				SCY	SCM	LCM		
26.99	29.99	30.79	28.99	29.00+	50 yd. Freestyle	25.59	28.49	29.29	27.99	28.00+
58.09	1:04.49	1:06.09	1:02.89	1:02.90+	100 yd. Freestyle	55.09	1:01.19	1:02.79	1:01.49	1:01.50+
2:08.99	2:23.19	2:26.39	2:16.79	2:16.80+	200 yd. Freestyle	2:01.79	2:15.19	2:18.39	2:14.89	2:14.90+
5:40.99	4:58.39	5:04.39	6:04.99	6:05.00+	500 yd. Freestyle	5:24.99	4:44.39	4:50.09	6:03.19	6:03.20+
11:50.99	10:22.19	10:34.59	12:22.29	12:22.30+	1000 yd. Freestyle	11:25.99	10:00.29	10:12.29	11:59.49	11:59.50+
19:30.69	19:37.79	19:54.19	20:21.69	20:21.70+	1650 yd. Freestyle	19:00.19	19:07.09	19:22.99	19:50.29	19:50.30+
1:07.29	1:14.69	1:15.89	1:13.59	1:13.60+	100 yd. Backstroke	1:03.99	1:11.09	1:12.29	1:11.59	1:11.60+
2:24.69	2:40.69	2:43.09	2:39.39	2:39.40+	200 yd. Backstroke	2:18.19	2:33.39	2:35.79	2:35.69	2:35.70+
1:17.49	1:26.09	1:28.09	1:22.49	1:22.50+	100 yd. Breaststroke	1:11.59	1:19.49	1:21.49	1:20.39	1:20.40+
2:46.59	3:04.99	3:08.99	2:59.89	2:59.90+	200 yd. Breaststroke	2:37.89	2:55.29	2:59.29	2:55.89	2:55.90+
1:07.09	1:14.49	1:15.89	1:13.79	1:13.80+	100 yd. Butterfly	1:03.09	1:10.09	1:11.49	1:10.99	1:11.00+
2:39.99	2:57.59	3:00.19	2:43.99	2:44.00+	200 yd. Butterfly	2:30.99	2:47.59	2:50.19	2:40.59	2:40.60+
2:24.99	2:40.99	2:44.19	2:36.89	2:36.90+	200 yd. Ind. Medley	2:18.09	2:33.29	2:36.49	2:34.49	2:34.50+
5:10.99	5:45.19	5:51.59	5:39.69	5:39.70+	400 yd. Ind. Medley	5:00.09	5:33.09	5:39.49	5:34.29	5:34.30+

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## 2019 SENIOR CHAMP/SILVER/BRONZE WINTER TIME STANDARDS

### (OPEN GOLD / SENIOR CHAMPIONSHIP TIME STANDARDS)

#### OPEN Winter Time Standards

OPEN / SENIOR CHAMPS GIRLS					EVENT	OPEN / SENIOR CHAMPS BOYS				
NJ SWIM WINTER GOLD			NJ SWIM WINTER SILVER	NJ SWIM WINTER BRONZE		NJ SWIM WINTER GOLD			NJ SWIM WINTER SILVER	NJ SWIM WINTER BRONZE
SCY	SCM	LCM				SCY	SCM	LCM		
26.09	28.99	29.79	28.19	28.20+	50 yd. Freestyle	24.09	26.79	27.59	25.39	25.40+
56.99	1:03.29	1:04.89	1:01.09	1:01.10+	100 yd. Freestyle	51.99	57.79	59.39	55.39	55.40+
2:07.99	2:22.09	2:25.29	2:11.49	2:11.50+	200 yd. Freestyle	1:56.99	2:09.89	2:13.09	2:01.79	2:01.80+
5:29.99	4:48.79	4:54.59	5:52.19	5:52.20+	500 yd. Freestyle	5:10.99	4:32.19	4:37.59	5:31.69	5:31.70+
11:45.99	10:17.79	10:30.09	12:11.09	12:11.10+	1000 yd. Freestyle	11:11.99	9:47.99	9:59.79	11:29.19	11:29.20+
19:29.99	19:37.09	19:53.39	20:08.99	20:09.00+	1650 yd. Freestyle	18:49.99	18:56.79	19:12.59	19:00.99	19:01.00+
1:04.99	1:12.19	1:13.39	1:10.19	1:10.20+	100 yd. Backstroke	59.99	1:06.59	1:07.79	1:05.19	1:05.20+
2:23.99	2:39.89	2:42.29	2:30.99	2:31.00+	200 yd. Backstroke	2:11.99	2:26.59	2:28.99	2:23.69	2:23.70+
1:17.99	1:26.59	1:28.59	1:19.39	1:19.40+	100 yd. Breaststroke	1:09.99	1:17.69	1:19.69	1:14.99	1:15.00+
2:45.99	3:04.29	3:08.29	2:52.69	2:52.70+	200 yd. Breaststroke	2:32.99	2:49.89	2:53.89	2:42.59	2:42.60+
1:05.99	1:13.29	1:14.69	1:09.89	1:09.90+	100 yd. Butterfly	59.99	1:06.59	1:07.99	1:05.59	1:05.60+
2:28.99	2:45.39	2:47.99	2:38.79	2:38.80+	200 yd. Butterfly	2:15.99	2:30.99	2:33.59	2:25.59	2:25.60+
2:21.99	2:37.69	2:40.89	2:30.29	2:30.30+	200 yd. Ind. Medley	2:13.99	2:28.79	2:31.99	2:20.29	2:20.30+
5:00.99	5:34.09	5:40.49	5:28.99	5:29.00+	400 yd. Ind. Medley	4:49.99	5:21.89	5:28.29	5:13.19	5:13.20+

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