NEW JERSEY SWIMMING

2008-2009 GOLD/SILVER/BRONZE TIME STANDARDS

10 & Under Short Course Yards

10 & UNDER GIRLS				10 & UNDER BOYS		
NJS GOLD	NJS SILVER	NJS BRONZE	EVENT	NJS GOLD	NJS SILVER	NJS BRONZE
:31.89	:36.19	:36.20+	**50 yd. Freestyle**	**:32.39**	:36.19	:36.20+
1:12.29	1:22.09	1:22.10+	**100 yd. Freestyle**	1:12.89	1:22.09	1:22.10+
2:40.79	2:58.29	2:58.30+	**200 yd. Freestyle**	2:42.39	2:58.29	2:58.30+
7:10.89	7:39.49	7:39.50+	**500 yd. Freestyle**	7:10.89	7:39.49	7:39.50+
:37.99	:43.89	:43.90+	**50 yd. Backstroke**	**:38.59**	:43.89	:43.90+
1:22.99	1:36.19	1:36.20+	**100 yd. Backstroke**	**1:24.49**	1:36.19	1:36.20+
:42.99	:48.19	:48.20+	**50 yd. Breaststroke**	:44.19	:48.19	:48.20+
1:34.89	1:48.99	1:49.00+	**100 yd. Breaststroke**	1:37.89	1:48.99	1:49.00+
:37.09	:42.99	:43.00+	**50 yd. Butterfly**	**:38.19**	:42.99	:43.00+
1:29.29	1:42.09	1:42.10+	**100 yd. Butterfly**	1:27.69	1:42.09	1:42.10+
1:21.89	1:34.39	1:34.40+	**100 yd. Ind. Medley**	1:23.19	1:34.39	1:34.40+
3:01.39	3:19.39	3:19.40+	**200 yd. Ind. Medley**	3:03.79	3:19.39	3:19.40+

Bronze Times are all times slower than Silver Times!

New Times in Bold and Shaded Yellow!

11-12 Short Course Yards

11-12 GIRLS				11-12 BOYS		
NJS GOLD	NJS SILVER	NJS BRONZE	EVENT	NJS GOLD	NJS SILVER	NJS BRONZE
:28.69	:31.39	:31.40+	**50 yd. Freestyle**	**:28.59**	:31.39	:31.40+
1:02.09	1:08.29	1:08.30+	**100 yd. Freestyle**	**1:02.49**	1:08.29	1:08.30+
2:16.69	2:31.79	2:31.80+	**200 yd. Freestyle**	**2:16.79**	2:31.79	2:31.80+
6:06.29	6:40.99	6:41.00+	**500 yd. Freestyle**	6:09.29	6:40.99	6:41.00+
13:00.49	13:45.49	13:45.50+	**1000 yd. Freestyle**	13:00.49	13:45.49	13:45.50+
21:21.49	22:21.49	22:21.50+	**1650 yd. Freestyle**	21:21.49	22:21.49	22:21.50+
:33.39	:37.09	:37.10+	**50 yd. Backstroke**	**:33.99**	:37.09	:37.10+
1:11.89	1:21.89	1:21.90+	**100 yd. Backstroke**	**1:12.79**	1:21.89	1:21.90+
2:37.39	2:53.99	2:54.00+	**200 yd. Backstroke**	**2:40.59**	2:53.99	2:54.00+
:37.59	:41.99	:42.00+	**50 yd. Breaststroke**	**:38.29**	:41.99	:42.00+
1:21.89	1:29.89	1:29.90+	**100 yd. Breaststroke**	**1:22.89**	1:29.89	1:29.90+
2:57.99	3:17.99	3:18.00+	**200 yd. Breaststroke**	**3:04.49**	3:17.99	3:18.00+
:32.09	:35.49	:35.50+	**50 yd. Butterfly**	**:32.49**	:35.49	:35.50+
1:13.59	1:21.99	1:22.00+	**100 yd. Butterfly**	1:14.09	1:21.99	1:22.00+
2:46.99	2:59.99	3:00.00+	**200 yd. Butterfly**	2:46.99	2:59.99	3:00.00+
1:11.59	1:20.29	1:20.30+	**100 yd. Ind. Medley**	**1:12.39**	1:20.29	1:20.30+
2:35.69	2:51.79	2:51.80+	**200 yd. Ind. Medley**	**2:36.69**	2:51.79	2:51.80+
5:45.49	6:06.19	6:06.20+	**400 yd. Ind. Medley**	5:45.49	6:06.19	6:06.20+

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NEW JERSEY SWIMMING
2008-2009 GOLD/SILVER/BRONZE TIME STANDARDS

13-14 Short Course Yards

13-14 GIRLS				13-14 BOYS		
NJS GOLD	NJS SILVER	NJS BRONZE	EVENT	NJS GOLD	NJS SILVER	NJS BRONZE
:26.69	:28.99	:29.00+	**50 yd. Freestyle**	:25.19	:27.99	:28.00+
:57.89	1:02.89	1:02.90+	**100 yd. Freestyle**	**:54.89**	1:01.49	1:01.50+
2:06.19	2:16.79	2:16.80+	**200 yd. Freestyle**	**2:00.79**	2:14.89	2:14.90+
5:37.59	6:04.99	6:05.00+	**500 yd. Freestyle**	**5:28.19**	6:03.19	6:03.20+
11:37.29	12:22.29	12:22.30+	**1000 yd. Freestyle**	11:14.49	11:59.49	11:59.50+
19:21.69	20:21.69	20:21.70+	**1650 yd. Freestyle**	18:50.29	19:50.29	19:50.30+
1:06.89	1:13.59	1:13.60+	**100 yd. Backstroke**	**1:04.49**	1:11.59	1:11.60+
2:22.29	2:39.39	2:39.40+	**200 yd. Backstroke**	**2:19.89**	2:35.69	2:35.70+
1:15.29	1:22.49	1:22.50+	**100 yd. Breaststroke**	1:12.79	1:20.39	1:20.40+
2:43.69	2:59.89	2:59.90+	**200 yd. Breaststroke**	2:38.39	2:55.89	2:55.90+
1:06.39	1:13.79	1:13.80+	**100 yd. Butterfly**	**1:03.99**	1:10.99	1:11.00+
2:28.59	2:43.99	2:44.00+	**200 yd. Butterfly**	2:22.69	2:40.59	2:40.60+
2:23.29	2:36.89	2:36.90+	**200 yd. Ind. Medley**	**2:18.99**	2:34.49	2:34.50+
5:07.29	5:39.69	5:39.70+	**400 yd. Ind. Medley**	**4:59.49**	5:34.29	5:34.30+

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15-19 Short Course Yards

15-19 GIRLS				15-19 BOYS		
NJS GOLD	NJS SILVER	NJS BRONZE	EVENT	NJS GOLD	NJS SILVER	NJS BRONZE
:25.59	:28.19	:28.20+	**50 yd. Freestyle**	:23.09	:25.39	:25.40+
:55.59	1:01.09	1:01.10+	**100 yd. Freestyle**	:50.39	:55.39	:55.40+
2:00.39	2:11.49	2:11.50+	**200 yd. Freestyle**	1:50.89	2:01.79	2:01.80+
5:20.69	5:52.19	5:52.20+	**500 yd. Freestyle**	5:02.59	5:31.69	5:31.70+
11:12.09	12:11.09	12:11.10+	**1000 yd. Freestyle**	10:27.29	11:29.19	11:29.20+
18:45.59	20:08.99	20:09.00+	**1650 yd. Freestyle**	18:00.99	19:00.99	19:01.00+
1:03.99	1:10.19	1:10.20+	**100 yd. Backstroke**	:58.79	1:05.19	1:05.20+
2:16.59	2:30.99	2:31.00+	**200 yd. Backstroke**	**2:06.79**	2:23.69	2:23.70+
1:12.49	1:19.39	1:19.40+	**100 yd. Breaststroke**	**1:05.79**	1:14.99	1:15.00+
2:35.59	2:52.69	2:52.70+	**200 yd. Breaststroke**	**2:25.49**	2:42.59	2:42.60+
1:01.79	1:09.89	1:09.90+	**100 yd. Butterfly**	**:56.39**	1:05.59	1:05.60+
2:19.79	2:38.79	2:38.80+	**200 yd. Butterfly**	2:12.49	2:25.59	2:25.60+
2:16.39	2:30.29	2:30.30+	**200 yd. Ind. Medley**	2:06.99	2:20.29	2:20.30+
4:51.69	5:28.99	5:29.00+	**400 yd. Ind. Medley**	4:35.99	5:13.19	5:13.20+

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