

## 2009 NJ YMCA Championship Time Standards

Girls				States	Boys			
10/u	11/12	13/14	15/18	Event	15/18	13/14	11/12	10/u
33.09	29.29	27.29	26.39	50 Free	23.79	25.69	29.39	33.49
1:14.19	1:04.19	59.59	57.59	100 Free	51.29	55.99	1:04.29	1:15.39
2:41.99	2:20.99	2:09.99	2:04.79	200 Free	1:53.29	2:05.59	2:21.49	2:42.99
-----	5:57.99	5:48.59	5:35.99	500 Free	5:09.99	5:31.99	5:55.99	-----
-----	-----	11:29.99	11:19.99	1000 Free	10:29.99	11:09.99	-----	-----
-----	-----	19:19.99	19.19.99	1650 Free	17:52.99	18:49.99	-----	-----
38.99	34.59	-----	-----	50 Back	-----	-----	34.59	39.99
1:23.99	1:13.39	1:08.59	1:05.69	100 Back	59.89	1:05.99	1:14.99	1:26.49
-----	2:31.99	2:25.99	2:21.89	200 Back	2:09.49	2:21.99	2:33.99	-----
43.69	38.59	-----	-----	50 Breast	-----	-----	39.99	45.29
1:36.29	1:22.99	1:17.59	1:14.39	100 Breast	1:06.49	1:13.99	1:26.49	1:40.19
-----	2:53.59	2:47.79	2:43.89	200 Breast	2:26.79	2:39.89	2:55.99	-----
37.99	32.89	-----	-----	50 Fly	-----	-----	34.19	39.99
1:30.99	1:14.99	1:07.99	1:04.39	100 Fly	57.49	1:04.29	1:20.99	1:33.99
-----	2:46.99	2:38.99	2:27.39	200 Fly	2:11.59	2:29.99	2:42.99	-----
1:23.59	1:13.59	-----	-----	100 IM	-----	-----	1:14.99	1:25.99
3:00.59	2:38.99	2:26.99	2:22.69	200 IM	2:08.79	2:19.99	2:41.99	3:00.99
-----	-----	5:04.99	4:59.99	400 IM	4:32.99	4:59.99	-----	-----
2:18.09	2:05.09	1:57.09	1:44.99	200 FR	1:33.99	1:54.09	2:05.09	2:15.09
-----	-----	-----	4:10.09	400 FR	3:40.09	-----	-----	-----
2:36.09	2:18.09	2:15.09	1:58.09	200 MR	1:45.09	1:58.09	2:17.09	2:35.09
-----	-----	-----	4:40.09	400 MR	4:10.09	-----	-----	-----

Girls				Silvers	Boys			
10/u	11/12	13/14	15/18	Event	15/18	13/14	11/12	10/u
35.29	31.29	29.39	29.19	50 Free	26.99	29.89	32.19	36.29
1:21.09	1:09.69	1:03.89	1:01.39	100 Free	57.99	1:02.49	1:11.99	1:24.09
3:01.99	2:38.99	2:22.99	2:17.59	200 Free	2:07.09	2:25.99	2:46.99	3:02.99
-----	6:42.99	6:19.99	6:09.99	500 Free	5:45.19	6:07.69	6:39.09	-----
-----	-----	13:04.99	12:40.99	1000 Free	11:54.99	12:37.69	-----	-----
42.59	36.99	-----	-----	50 Back	-----	-----	40.99	44.19
1:32.99	1:21.49	1:14.39	1:14.99	100 Back	1:09.99	1:18.09	1:25.39	1:36.19
-----	2:52.19	2:42.29	2:37.99	200 Back	2:34.99	2:44.99	2:59.99	-----
46.99	41.79	-----	-----	50 Breast	-----	-----	45.99	49.79
1:46.29	1:31.09	1:24.99	1:23.99	100 Breast	1:16.99	1:29.99	1:37.69	1:49.99
-----	3:15.49	3:04.99	2:59.99	200 Breast	2:46.99	2:56.59	3:14.79	-----
42.59	35.99	-----	-----	50 Fly	-----	-----	40.79	46.89
1:42.99	1:24.69	1:18.69	1:15.89	100 Fly	1:13.39	1:22.39	1:31.59	1:43.09
-----	2:55.99	2:51.99	2:43.29	200 Fly	2:32.59	2:50.59	3:07.69	-----
1:30.09	1:18.89	-----	-----	100 IM	-----	-----	1:24.79	1:32.99
3:17.59	2:56.09	2:40.79	2:43.99	200 IM	2:34.99	2:40.29	3:01.99	3:16.99
-----	-----	5:34.99	5:20.99	400 IM	4:56.39	5:21.99	-----	-----
-----	-----	-----	-----	200 FR	-----	-----	-----	-----
-----	-----	-----	-----	400 FR	-----	-----	-----	-----
-----	-----	-----	-----	200 MR	-----	-----	-----	-----
-----	-----	-----	-----	400 MR	-----	-----	-----	-----