

2008 New Jersey YMCA Silver Championship Time Standards

Women				Men				
10/u	11/12	13/14	15/18	Event	15/18	13/14	11/12	10/u
34.89	30.99	29.59	29.69	50 free	27.59	29.99	32.19	35.89
1:19.99	1:09.39	1:04.99	1:02.19	100 free	58.69	1:04.99	1:11.09	1:23.79
2:59.99	2:38.99	2:26.99	2:17.99	200 free	2:11.99	2:25.99	2:44.99	2:59.99
	6:40.09	6:22.39	6:14.99	500 free	5:44.19	6:07.69	6:35.09	
		13:04.99	12:40.99	1000 free	11:54.99	12:37.69		
		21:04.99	21:07.19	1650 free	18:27.19	20:46.99		
42.19	36.99			50 back			41.49	44.39
1:33.99	1:20.99	1:15.89	1:15.99	100 back	1:10.69	1:19.79	1:24.39	1:36.19
	2:50.19	2:45.99	2:41.99	200 back	2:34.99	2:46.99	2:59.39	
46.49	41.29			50 breast			45.99	49.29
1:44.29	1:31.69	1:26.99	1:26.79	100 breast	1:19.99	1:35.99	1:36.89	1:49.19
	3:12.49	3:04.99	2:59.59	200 breast	2:46.79	2:55.79	3:10.79	
42.99	36.39			50 fly			40.99	46.99
1:40.09	1:23.69	1:20.99	1:15.99	100 fly	1:14.99	1:22.09	1:29.59	1:42.09
	2:50.19	2:49.99	2:43.29	200 fly	2:30.59	2:50.59	3:04.64	
1:28.59	1:19.89			100 IM			1:26.79	1:31.99
3:14.99	2:53.09	2:43.99	2:46.09	200 IM	2:35.09	2:39.99	2:59.99	3:14.99
		5:34.99	5:20.99	400 IM	4:55.39	5:19.99		

Updated December, 2007