

**NEW JERSEY SWIMMING**  
**2009 GOLD/SILVER/BRONZE TIME STANDARDS**

**10 & Under Long Course Meters**

EVENT	GIRLS GOLD	GIRLS SILVER	GIRLS BRONZE		BOYS GOLD	BOYS SILVER	BOYS BRONZE
50 mtr. Freestyle	<b>:36.39</b>	:40.89	:40.90+		<b>:37.19</b>	:40.89	:40.90+
100 mtr. Freestyle	<b>1:21.89</b>	1:32.99	1:33.00+		<b>1:22.89</b>	1:32.99	1:33.00+
200 mtr. Freestyle	<b>2:57.99</b>	3:23.79	3:23.80+		<b>2:59.99</b>	3:23.79	3:23.80+
400 mtr. Freestyle	<b>6:19.69</b>	6:55.79	6:55.80+		6:24.59	6:55.79	6:55.80+
50 mtr. Backstroke	<b>:43.19</b>	:49.89	:49.90+		<b>:44.09</b>	:49.89	:49.90+
100 mtr. Backstroke	<b>1:33.09</b>	1:48.89	1:48.90+		<b>1:35.29</b>	1:48.89	1:48.90+
50 mtr. Breaststroke	<b>:49.39</b>	:55.09	:55.10+		:50.49	:55.09	:55.10+
100 mtr. Breaststroke	<b>1:46.59</b>	2:02.39	2:02.40+		<b>1:49.99</b>	2:02.39	2:02.40+
50 mtr. Butterfly	<b>:42.19</b>	:48.59	:48.60+		<b>:43.19</b>	:48.59	:48.60+
100 mtr. Butterfly	<b>1:40.09</b>	1:56.19	1:56.20+		1:41.69	1:56.19	1:56.20+
200 mtr. Ind. Medley	<b>3:22.89</b>	3:47.29	3:47.30+		<b>3:26.89</b>	3:47.29	3:47.30+

**Bronze Times are all times slower than Silver Times!**

**11-12 Long Course Meters**

EVENT	GIRLS GOLD	GIRLS SILVER	GIRLS BRONZE		BOYS GOLD	BOYS SILVER	BOYS BRONZE
50 mtr. Freestyle	:32.19	:35.69	:35.70+		:32.39	:35.69	:35.70+
100 mtr. Freestyle	<b>1:10.59</b>	1:17.49	1:17.50+		<b>1:10.49</b>	1:17.49	1:17.50+
200 mtr. Freestyle	<b>2:34.09</b>	2:48.69	2:48.70+		2:34.89	2:48.69	2:48.70+
400 mtr. Freestyle	<b>5:29.99</b>	6:00.09	6:00.10+		<b>5:30.79</b>	6:00.09	6:00.10+
800 mtr. Freestyle	11:36.59	None	None		11:36.59	None	None
1500 mtr. Freestyle	21:47.19	None	None		21:47.19	None	None
50 mtr. Backstroke	<b>:37.99</b>	:42.49	:42.50+		:38.69	:42.49	:42.50+
100 mtr. Backstroke	<b>1:21.49</b>	1:31.39	1:31.40+		1:22.29	1:31.39	1:31.40+
200 mtr. Backstroke	<b>2:56.09</b>	3:20.79	3:20.80+		<b>2:59.59</b>	3:20.79	3:20.80+
50 mtr. Breaststroke	:42.89	:47.09	:47.10+		<b>:43.29</b>	:47.09	:47.10+
100 mtr. Breaststroke	<b>1:34.19</b>	1:43.69	1:43.70+		<b>1:34.89</b>	1:43.69	1:43.70+
200 mtr. Breaststroke	<b>3:22.79</b>	3:44.39	3:44.40+		<b>3:27.19</b>	3:44.39	3:44.40+
50 mtr. Butterfly	:35.89	:39.99	:40.00+		:36.69	:39.99	:40.00+
100 mtr. Butterfly	<b>1:22.99</b>	1:31.99	1:32.00+		1:24.09	1:31.99	1:32.00+
200 mtr. Butterfly	3:12.49	3:22.49	3:22.50+		3:12.49	3:22.49	3:22.50+
200 mtr. Ind. Medley	<b>2:54.29</b>	3:15.19	3:15.20+		2:55.59	3:15.19	3:15.20+
400 mtr. Ind. Medley	<b>6:26.19</b>	6:59.79	6:59.80+		<b>6:28.29</b>	6:59.79	6:59.80+

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**NEW JERSEY SWIMMING**  
**2009 GOLD/SILVER/BRONZE TIME STANDARDS**

**13-14 Long Course Meters**

EVENT	GIRLS GOLD	GIRLS SILVER	GIRLS BRONZE	BOYS GOLD	BOYS SILVER	BOYS BRONZE
50 mtr. Freestyle	:30.49	:32.59	:32.60+	:29.09	:35.69	:35.70+
100 mtr. Freestyle	<b>1:05.89</b>	1:08.89	1:08.90+	<b>1:02.69</b>	1:08.99	1:09.00+
200 mtr. Freestyle	2:22.89	2:30.29	2:30.30+	<b>2:17.29</b>	2:47.99	2:48.00+
400 mtr. Freestyle	5:01.99	5:21.29	5:21.30+	<b>4:49.89</b>	5:59.99	6:00.00+
800 mtr. Freestyle	<b>10:32.69</b>	11:44.09	11:44.10+	<b>10:12.69</b>	10:57.59	10:57.60+
1500 mtr. Freestyle	<b>19:56.79</b>	21:45.09	21:45.10+	<b>19:43.39</b>	21:45.69	21:45.70+
100 mtr. Backstroke	<b>1:15.89</b>	1:21.89	1:21.90+	<b>1:12.99</b>	1:29.59	1:29.60+
200 mtr. Backstroke	<b>2:42.49</b>	2:56.69	2:56.70+	<b>2:35.19</b>	3:15.29	3:15.30+
100 mtr. Breaststroke	<b>1:26.79</b>	1:35.59	1:35.60+	1:23.89	1:55.79	1:55.80+
200 mtr. Breaststroke	<b>3:07.19</b>	3:23.69	3:23.70+	3:02.39	3:39.09	3:39.10+
100 mtr. Butterfly	1:14.89	1:21.79	1:21.80+	1:12.79	1:31.89	1:31.90+
200 mtr. Butterfly	2:48.59	3:28.29	3:28.30+	2:41.99	3:09.09	3:09.10+
200 mtr. Ind. Medley	2:42.69	2:52.19	2:52.20+	<b>2:36.99</b>	2:57.89	2:57.90+
400 mtr. Ind. Medley	<b>5:47.49</b>	6:38.79	6:38.80+	<b>5:38.89</b>	6:44.69	6:44.70+

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**15-19 Long Course Meters**

EVENT	GIRLS GOLD	GIRLS SILVER	GIRLS BRONZE	BOYS GOLD	BOYS SILVER	BOYS BRONZE
50 mtr. Freestyle	:29.19	:30.79	:30.80+	:26.69	<b>:29.39</b>	<b>:29.40+</b>
100 mtr. Freestyle	<b>1:02.79</b>	1:06.59	1:06.60+	:57.79	1:03.09	1:03.10+
200 mtr. Freestyle	<b>2:14.49</b>	2:22.49	2:22.50+	<b>2:06.09</b>	2:18.09	2:18.10+
400 mtr. Freestyle	<b>4:43.59</b>	5:09.09	5:09.10+	4:31.19	5:16.59	5:16.60+
800 mtr. Freestyle	<b>9:54.99</b>	11:26.49	11:26.50+	<b>9:34.79</b>	10:40.09	10:40.10+
1500 mtr. Freestyle	<b>19:28.19</b>	22:30.09	22:30.10+	<b>18:41.89</b>	20:53.39	20:53.40+
100 mtr. Backstroke	<b>1:12.59</b>	1:18.49	1:18.50+	<b>1:07.59</b>	1:17.59	1:17.60+
200 mtr. Backstroke	<b>2:34.39</b>	2:48.09	2:48.10+	<b>2:26.39</b>	2:58.79	2:58.80+
100 mtr. Breaststroke	1:22.99	1:32.59	1:32.60+	<b>1:17.69</b>	1:47.09	1:47.10+
200 mtr. Breaststroke	<b>2:58.59</b>	3:30.19	3:30.20+	2:49.89	3:24.99	3:25.00+
100 mtr. Butterfly	<b>1:09.59</b>	1:15.59	1:15.60+	1:04.29	1:16.19	1:16.20+
200 mtr. Butterfly	<b>2:35.99</b>	3:11.09	3:11.10+	<b>2:30.59</b>	2:50.89	2:50.90+
200 mtr. Ind. Medley	<b>2:33.99</b>	2:43.49	2:43.50+	<b>2:24.09</b>	2:36.99	2:37.00+
400 mtr. Ind. Medley	<b>5:24.39</b>	6:03.29	6:03.30+	<b>5:06.09</b>	6:00.09	6:00.10+

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