

NEW JERSEY SWIMMING
2009-2010 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
:31.69	:36.19	:36.20+	50 yd. Freestyle	:31.79	:36.19	:36.20+
1:11.49	1:22.09	1:22.10+	100 yd. Freestyle	1:11.69	1:22.09	1:22.10+
2:39.99	2:58.29	2:58.30+	200 yd. Freestyle	2:40.79	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+
:37.59	:43.89	:43.90+	50 yd. Backstroke	:37.99	:43.89	:43.90+
1:22.19	1:36.19	1:36.20+	100 yd. Backstroke	1:23.69	1:36.19	1:36.20+
:42.79	:48.19	:48.20+	50 yd. Breaststroke	:43.99	:48.19	:48.20+
1:34.09	1:48.99	1:49.00+	100 yd. Breaststroke	1:37.09	1:48.99	1:49.00+
:36.49	:42.99	:43.00+	50 yd. Butterfly	:37.59	:42.99	:43.00+
1:27.29	1:42.09	1:42.10+	100 yd. Butterfly	1:27.69	1:42.09	1:42.10+
1:21.09	1:34.39	1:34.40+	100 yd. Ind. Medley	1:21.99	1:34.39	1:34.40+
3:00.59	3:19.39	3:19.40+	200 yd. Ind. Medley	3:02.19	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
:28.29	:31.39	:31.40+	50 yd. Freestyle	:28.39	:31.39	:31.40+
1:01.69	1:08.29	1:08.30+	100 yd. Freestyle	1:02.49	1:08.29	1:08.30+
2:15.09	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+
:32.79	:37.09	:37.10+	50 yd. Backstroke	:33.79	:37.09	:37.10+
1:10.69	1:21.89	1:21.90+	100 yd. Backstroke	1:12.39	1:21.89	1:21.90+
2:35.09	2:53.99	2:54.00+	200 yd. Backstroke	2:38.99	2:53.99	2:54.00+
:37.39	:41.99	:42.00+	50 yd. Breaststroke	:37.89	:41.99	:42.00+
1:21.49	1:29.89	1:29.90+	100 yd. Breaststroke	1:22.49	1:29.89	1:29.90+
2:57.19	3:17.99	3:18.00+	200 yd. Breaststroke	3:02.09	3:17.99	3:18.00+
:31.49	:35.49	:35.50+	50 yd. Butterfly	:32.49	:35.49	:35.50+
1:12.79	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+
1:10.39	1:20.29	1:20.30+	100 yd. Ind. Medley	1:11.59	1:20.29	1:20.30+
2:34.09	2:51.79	2:51.80+	200 yd. Ind. Medley	2:35.89	2:51.79	2:51.80+
5:42.29	6:06.19	6:06.20+	400 yd. Ind. Medley	5:45.49	6:06.19	6:06.20+

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13-14 Short Course Yards

13-14 GIRLS			13-14 BOYS			
NJS GOLD	NJS SILVER	NJS BRONZE	EVENT	NJS GOLD	NJS SILVER	NJS BRONZE
:26.49	:28.99	:29.00+	50 yd. Freestyle	:24.99	:27.99	:28.00+
:57.89	1:02.89	1:02.90+	100 yd. Freestyle	:54.89	1:01.49	1:01.50+
2:05.39	2:16.79	2:16.80+	200 yd. Freestyle	1:59.99	2:14.89	2:14.90+
5:37.59	6:04.99	6:05.00+	500 yd. Freestyle	5:26.19	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+
1:05.69	1:13.59	1:13.60+	100 yd. Backstroke	1:03.69	1:11.59	1:11.60+
2:21.49	2:39.39	2:39.40+	200 yd. Backstroke	2:17.49	2:35.69	2:35.70+
1:15.29	1:22.49	1:22.50+	100 yd. Breaststroke	1:11.99	1:20.39	1:20.40+
2:43.69	2:59.89	2:59.90+	200 yd. Breaststroke	2:37.59	2:55.89	2:55.90+
1:06.39	1:13.79	1:13.80+	100 yd. Butterfly	1:03.19	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	2:17.39	2:34.49	2:34.50+
5:05.69	5:39.69	5:39.70+	400 yd. Ind. Medley	4:54.69	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+
:55.19	1:01.09	1:01.10+	100 yd. Freestyle	:49.99	:55.39	:55.40+
1:59.59	2:11.49	2:11.50+	200 yd. Freestyle	1:50.09	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+
1:03.59	1:10.19	1:10.20+	100 yd. Backstroke	:58.39	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+
1:11.69	1:19.39	1:19.40+	100 yd. Breaststroke	1:05.39	1:14.99	1:15.00+
2:34.79	2:52.69	2:52.70+	200 yd. Breaststroke	2:24.69	2:42.59	2:42.60+
1:01.39	1:09.89	1:09.90+	100 yd. Butterfly	:55.99	1:05.59	1:05.60+
2:18.99	2:38.79	2:38.80+	200 yd. Butterfly	2:11.69	2:25.59	2:25.60+
2:16.39	2:30.29	2:30.30+	200 yd. Ind. Medley	2:06.19	2:20.29	2:20.30+
4:51.69	5:28.99	5:29.00+	400 yd. Ind. Medley	4:34.39	5:13.19	5:13.20+

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