

2007 New Jersey YMCA State Championship Time Standards

Women				Men				
10/u	11/12	13/14	15/18	Event	15/18	13/14	11/12	10/u
32.59	28.79	27.09	26.09	50 free	23.59	25.79	29.39	32.99
1:14.19	1:03.29	59.09	56.99	100 free	50.49	55.59	1:05.49	1:14.29
2:50.09	2:25.49	2:12.49	2:07.19	200 free	1:55.89	2:07.29	2:29.99	2:52.09
	6:10.99	5:59.59	5:46.99	500 free	5:16.29	5:49.99	6:12.99	
		12:15.99	11:50.99	1000 free	10:50.99	11:54.99		
		19:30.99	19:30.99	1650 free	17:52.99	18:59.99		
38.79	34.09			50 back			35.19	40.09
1:25.89	1:14.29	1:09.39	1:06.09	100 back	1:00.79	1:06.29	1:16.99	1:28.89
	2:41.99	2:29.29	2:23.59	200 back	2:11.69	2:25.29	2:41.99	
42.89	37.99			50 breast			39.19	44.79
1:34.99	1:22.59	1:18.19	1:14.19	100 breast	1:06.49	1:13.99	1:26.39	1:39.19
	3:04.99	2:49.99	2:44.59	200 breast	2:26.59	2:48.39	3:04.99	
37.29	32.39			50 fly			34.29	39.79
1:32.79	1:15.59	1:08.89	1:04.49	100 fly	58.89	1:05.09	1:21.39	1:36.09
	2:46.99	2:42.39	2:29.99	200 fly	2:18.19	2:40.59	2:46.99	
1:24.79	1:13.69			100 IM			1:15.99	1:27.09
3:05.99	2:40.29	2:30.49	2:25.29	200 IM	2:13.79	2:25.09	2:48.79	3:07.99
		5:19.99	5:09.99	400 IM	4:49.99	5:04.99		
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			

Updated October 2006