

2025 NJS Girls LCM Time Standards								
GIRLS	10&U		11-12		13-14		15-19	
	2025 LCM Silver	2025 LCM Gold	2025 LCM Silver	2025 LCM Gold	2025 LCM Silver	2025 LCM Gold	2025 LCM Silver	2025 LCM Gold
50 Free	44.09	39.59	35.49	32.99	32.89	30.89	31.79	30.19
100 Free	1:39.29	1:27.09	1:17.29	1:11.89	1:09.79	1:06.99	1:06.39	1:04.29
200 Free	3:30.29	2:56.29	2:47.19	2:34.89	2:30.79	2:23.19	2:25.39	2:17.99
400 Free	7:36.79	6:05.39	5:56.49	5:29.09	5:25.29	5:01.29	5:19.99	4:54.49
800 Free	X	X	12:26.69	11:29.29	11:41.99	10:20.99	11:28.39	10:08.99
1500 Free	X	X	23:55.39	22:04.99	22:23.09	19:48.09	22:02.19	19:29.59
50 Back	54.69	47.19	42.89	39.69	X	X	X	X
100 Back	1:52.49	1:39.49	1:30.39	1:23.79	1:20.49	1:16.29	1:17.19	1:13.09
200 Back	X	X	3:09.89	2:55.29	2:52.99	2:38.09	2:46.89	2:34.39
50 Breast	1:00.49	53.99	48.59	45.59	X	X	X	X
100 Breast	2:14.79	1:55.79	1:43.29	1:36.99	1:34.89	1:28.39	1:36.99	1:26.19
200 Breast	X	X	3:35.99	3:19.39	3:18.09	3:00.49	3:20.49	2:57.39
50 Fly	53.39	47.09	42.09	37.39	X	X	X	X
100 Fly	2:09.99	1:52.99	1:36.19	1:28.39	1:22.89	1:17.99	1:19.39	1:11.89
200 Fly	X	X	3:26.09	2:55.59	3:12.99	2:38.59	3:07.29	2:33.89
200 IM	4:09.39	3:17.09	3:11.39	2:55.29	2:50.49	2:40.79	2:45.09	2:36.29
400 IM	X	X	7:16.69	6:16.89	6:25.89	5:41.29	6:18.79	5:35.09

2025 NJS Boys LCM Time Standards

Boys	10&U		11-12		13-14		15-19	
	2025 LCM Silver	2025 LCM Gold	2025 LCM Silver	2025 LCM Gold	2025 LCM Silver	2025 LCM Gold	2025 LCM Silver	2025 LCM Gold
50 Free	43.59	38.59	35.69	32.79	30.69	28.69	27.49	26.49
100 Free	1:34.19	1:26.09	1:17.79	1:11.99	1:05.59	1:01.89	58.79	57.09
200 Free	3:31.29	2:50.79	2:49.99	2:32.19	2:23.29	2:14.49	2:09.29	2:04.79
400 Free	7:29.29	5:59.49	6:15.49	5:21.89	5:09.99	4:46.69	4:43.79	4:27.69
800 Free	X	X	12:15.19	11:18.59	11:13.99	9:56.29	10:50.09	9:33.29
1500 Free	X	X	23:25.49	21:37.39	21:27.39	18:58.99	20:33.99	18:11.69
50 Back	52.89	46.19	43.59	39.69	X	X	X	X
100 Back	1:47.69	1:38.39	1:32.89	1:23.99	1:16.79	1:12.19	1:09.89	1:06.39
200 Back	X	X	3:19.49	2:50.99	2:47.89	2:29.59	2:37.59	2:22.69
50 Breast	59.69	53.29	48.99	45.19	X	X	X	X
100 Breast	2:09.39	1:55.99	1:46.59	1:37.79	1:29.79	1:22.29	1:19.39	1:14.69
200 Breast	X	X	3:44.69	3:12.59	3:10.79	2:48.79	2:55.29	2:40.49
50 Fly	51.79	45.99	41.89	37.79	X	X	X	X
100 Fly	2:07.09	1:50.79	1:33.99	1:26.29	1:21.29	1:11.49	1:06.69	1:03.29
200 Fly	X	X	3:20.49	2:51.89	3:00.89	2:28.59	2:52.29	2:21.49
200 IM	4:06.19	3:15.39	3:10.99	2:53.19	2:43.49	2:31.69	2:26.99	2:21.59
400 IM	X	X	7:09.89	6:08.49	6:01.49	5:22.59	5:42.99	5:07.29