

**NEW JERSEY TIME STANDARDS
2023- LONG COURSE YARDS**

GIRLS	10&U		11-12		13-14		15-19		GIRLS
	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	
50 Free	44.09	39.89	35.69	32.99	33.19	31.39	33.39	30.99	50 Free
100 Free	1:41.99	1:27.99	1:18.09	1:12.09	1:10.59	1:07.59	1:10.09	1:06.49	100 Free
200 Free	3:45.79	2:56.29	2:49.19	2:36.19	2:33.79	2:23.19	2:37.39	2:20.09	200 Free
400 Free	7:36.79	6:05.39	5:56.49	5:29.09	5:40.59	5:01.29	5:32.89	4:54.49	400 Free
800 Free	X	X	12:26.69	11:29.29	11:41.99	10:20.99	11:28.39	10:08.99	800 Free
1500 Free	X	X	23:55.39	22:04.99	22:23.09	19:48.09	22:02.19	19:29.59	1500 Free
50 Back	54.89	48.89	44.59	39.99	X	X	X	X	50 Back
100 Back	1:57.99	1:39.99	1:33.99	1:25.19	1:23.59	1:18.99	1:25.09	1:18.09	100 Back
200 Back	X	X	3:09.89	2:55.29	2:58.69	2:38.09	2:54.99	2:34.79	200 Back
50 Breast	1:00.49	53.99	53.19	47.59	X	X	X	X	50 Breast
100 Breast	2:14.79	1:59.79	1:48.99	1:39.69	1:39.79	1:32.39	1:39.49	1:31.19	100 Breast
200 Breast	X	X	3:35.99	3:19.39	3:23.99	3:00.49	3:20.49	2:57.39	200 Breast
50 Fly	53.39	47.09	45.89	38.89	X	X	X	X	50 Fly
100 Fly	2:09.99	1:52.99	1:36.19	1:31.99	1:26.59	1:20.19	1:25.39	1:16.19	100 Fly
200 Fly	X	X	3:26.09	2:55.59	3:12.99	2:38.59	3:07.29	2:33.89	200 Fly
200 IM	4:09.39	3:17.09	3:11.39	2:56.59	2:56.99	2:40.79	2:58.19	2:37.59	200 IM
400 IM	X	X	7:16.69	6:16.89	6:25.89	5:41.29	6:18.79	5:35.09	400 IM

NEW JERSEY TIME STANDARDS

2023- LONG COURSE YARDS

BOYS	10&U		11-12		13-14		15-19		BOYS
	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	2023 LCM Silver	2023 LCM Gold	
50 Free	43.59	39.49	37.29	33.39	31.09	28.99	29.39	27.79	50 Free
100 Free	1:40.59	1:30.19	1:20.89	1:12.69	1:06.39	1:02.79	1:02.49	59.79	100 Free
200 Free	3:33.49	2:50.79	2:57.49	2:32.19	2:23.29	2:14.79	2:18.39	2:09.29	200 Free
400 Free	7:29.29	5:59.49	6:15.49	5:21.89	5:09.99	4:46.69	5:09.89	4:43.99	400 Free
800 Free	X	X	12:15.19	11:18.59	11:13.99	9:56.29	10:50.09	9:35.09	800 Free
1500 Free	X	X	23:25.49	21:37.39	21:27.39	18:58.89	20:33.99	18:11.69	1500 Free
50 Back	55.29	49.19	43.69	40.39	X	X	X	X	50 Back
100 Back	1:55.09	1:41.99	1:34.99	1:25.39	1:20.99	1:14.69	1:16.39	1:10.69	100 Back
200 Back	X	X	3:19.49	2:50.99	2:49.09	2:29.59	2:41.39	2:22.69	200 Back
50 Breast	59.69	53.29	48.99	45.19	X	X	X	X	50 Breast
100 Breast	2:09.39	1:55.99	1:46.59	1:38.39	1:29.79	1:22.59	1:28.99	1:20.99	100 Breast
200 Breast	X	X	3:44.69	3:12.59	3:10.79	2:48.79	3:01.39	2:40.49	200 Breast
50 Fly	51.79	45.99	41.89	38.59	X	X	X	X	50 Fly
100 Fly	2:07.09	1:50.79	1:33.99	1:26.29	1:26.49	1:11.99	1:17.19	1:07.49	100 Fly
200 Fly	X	X	3:20.49	2:51.89	3:00.89	2:28.59	2:52.29	2:21.49	200 Fly
200 IM	4:06.19	3:15.39	3:10.99	2:53.19	2:43.99	2:31.69	2:37.99	2:25.09	200 IM
400 IM	X	X	7:09.89	6:08.49	6:01.49	5:22.59	5:42.99	5:07.29	400 IM