

**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	:36.39	:40.89	:40.90+		:37.19	:40.89	:40.90+
100 mtr. Freestyle	1:21.89	1:32.99	1:33.00+		1:22.89	1:32.99	1:33.00+
200 mtr. Freestyle	2:57.99	3:23.79	3:23.80+		2:59.99	3:23.79	3:23.80+
400 mtr. Freestyle	6:19.69	6:55.79	6:55.80+		6:24.59	6:55.79	6:55.80+
50 mtr. Backstroke	:43.19	:49.89	:49.90+		:44.09	:49.89	:49.90+
100 mtr. Backstroke	1:33.09	1:48.89	1:48.90+		1:35.29	1:48.89	1:48.90+
50 mtr. Breaststroke	:49.39	:55.09	:55.10+		:50.49	:55.09	:55.10+
100 mtr. Breaststroke	1:46.59	2:02.39	2:02.40+		1:49.99	2:02.39	2:02.40+
50 mtr. Butterfly	:42.19	:48.59	:48.60+		:43.19	:48.59	:48.60+
100 mtr. Butterfly	1:40.09	1:56.19	1:56.20+		1:41.69	1:56.19	1:56.20+
200 mtr. Ind. Medley	3:22.89	3:47.29	3:47.30+		3:26.89	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	1:10.59	1:17.49	1:17.50+		1:10.49	1:17.49	1:17.50+
200 mtr. Freestyle	2:34.09	2:48.69	2:48.70+		2:34.89	2:48.69	2:48.70+
400 mtr. Freestyle	5:29.99	6:00.09	6:00.10+		5:30.79	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	37.99	:42.49	:42.50+		:38.69	:42.49	:42.50+
100 mtr. Backstroke	1:21.49	1:31.39	1:31.40+		1:22.29	1:31.39	1:31.40+
200 mtr. Backstroke	2:56.09	3:20.79	3:20.80+		2:59.59	3:20.79	3:20.80+
50 mtr. Breaststroke	:42.89	:47.09	:47.10+		:43.29	:47.09	:47.10+
100 mtr. Breaststroke	1:34.19	1:43.69	1:43.70+		1:34.89	1:43.69	1:43.70+
200 mtr. Breaststroke	3:22.79	3:44.39	3:44.40+		3:27.19	3:44.39	3:44.40+
50 mtr. Butterfly	:35.89	:39.99	:40.00+		:36.69	:39.99	:40.00+
100 mtr. Butterfly	1:22.99	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	2:54.29	3:15.19	3:15.20+		2:55.59	3:15.19	3:15.20+
400 mtr. Ind. Medley	6:26.19	6:59.79	6:59.80+		6:28.29	6:59.79	6:59.80+

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**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	1:05.89	1:08.89	1:08.90+	1:02.69	1:08.99	1:09.00+
200 mtr. Freestyle	2:22.89	2:30.29	2:30.30+	2:17.29	2:47.99	2:48.00+
400 mtr. Freestyle	5:01.99	5:21.29	5:21.30+	4:49.89	5:59.99	6:00.00+
800 mtr. Freestyle	10:32.69	11:44.09	11:44.10+	10:12.69	10:57.59	10:57.60+
1500 mtr. Freestyle	19:56.79	21:45.09	21:45.10+	19:43.39	21:45.69	21:45.70+
100 mtr. Backstroke	1:15.89	1:21.89	1:21.90+	1:12.99	1:29.59	1:29.60+
200 mtr. Backstroke	2:42.49	2:56.69	2:56.70+	2:35.19	3:15.29	3:15.30+
100 mtr. Breaststroke	1:26.79	1:35.59	1:35.60+	1:23.89	1:55.79	1:55.80+
200 mtr. Breaststroke	3:07.19	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+	2:36.99	2:57.89	2:57.90+
400 mtr. Ind. Medley	5:47.49	6:38.79	6:38.80+	5:38.89	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	:29.39	:29.40+
100 mtr. Freestyle	1:02.79	1:06.59	1:06.60+	:57.79	1:03.09	1:03.10+
200 mtr. Freestyle	2:14.49	2:22.49	2:22.50+	2:06.09	2:18.09	2:18.10+
400 mtr. Freestyle	4:43.59	5:09.09	5:09.10+	4:31.19	5:16.59	5:16.60+
800 mtr. Freestyle	9:54.99	11:26.49	11:26.50+	9:34.79	10:40.09	10:40.10+
1500 mtr. Freestyle	19:28.19	22:30.09	22:30.10+	18:41.89	20:53.39	20:53.40+
100 mtr. Backstroke	1:12.59	1:18.49	1:18.50+	1:07.59	1:17.59	1:17.60+
200 mtr. Backstroke	2:34.39	2:48.09	2:48.10+	2:26.39	2:58.79	2:58.80+
100 mtr. Breaststroke	1:22.99	1:32.59	1:32.60+	1:17.69	1:47.09	1:47.10+
200 mtr. Breaststroke	2:58.59	3:30.19	3:30.20+	2:49.89	3:24.99	3:25.00+
100 mtr. Butterfly	1:09.59	1:15.59	1:15.60+	1:04.29	1:16.19	1:16.20+
200 mtr. Butterfly	2:35.99	3:11.09	3:11.10+	2:30.59	2:50.89	2:50.90+
200 mtr. Ind. Medley	2:33.99	2:43.49	2:43.50+	2:24.09	2:36.99	2:37.00+
400 mtr. Ind. Medley	5:24.39	6:03.29	6:03.30+	5:06.09	6:00.09	6:00.10+

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