

**NEW JERSEY SWIMMING**  
 'TENTATIVE'  
 2010 GOLD/SILVER/BRONZE LC TIME STANDARDS

**10 & Under Long Course Meters**

EVENT	GIRLS GOLD	GIRLS SILVER	BOYS GOLD	BOYS SILVER
50 mtr. Freestyle	<b>:36.19</b>	:40.89	<b>:36.99</b>	:40.89
100 mtr. Freestyle	<b>1:21.09</b>	1:32.99	<b>1:22.69</b>	1:32.99
200 mtr. Freestyle	2:57.99	3:23.79	2:59.99	3:23.79
400 mtr. Freestyle	6:19.69	6:55.79	6:24.59	6:55.79
50 mtr. Backstroke	<b>:42.99</b>	:49.89	<b>:43.89</b>	:49.89
100 mtr. Backstroke	1:33.09	1:48.89	<b>1:34.89</b>	1:48.89
50 mtr. Breaststroke	<b>:49.19</b>	:55.09	:50.49	:55.09
100 mtr. Breaststroke	<b>1:46.19</b>	2:02.39	1:49.99	2:02.39
50 mtr. Butterfly	<b>:41.99</b>	:48.59	:43.19	:48.59
100 mtr. Butterfly	1:40.09	1:56.19	1:41.69	1:56.19
200 mtr. Ind. Medley	<b>3:22.09</b>	3:47.29	3:26.89	3:47.29

Bronze Times are all times slower than Silver Times

**11-12 Long Course Meters**

EVENT	GIRLS GOLD	GIRLS SILVER	BOYS GOLD	BOYS SILVER
50 mtr. Freestyle	<b>:32.09</b>	:35.69	<b>:32.29</b>	:35.69
100 mtr. Freestyle	<b>1:10.19</b>	1:17.49	1:10.49	1:17.49
200 mtr. Freestyle	<b>2:33.69</b>	2:48.69	<b>2:34.49</b>	2:48.69
400 mtr. Freestyle	5:29.99	6:00.09	5:30.79	6:00.09
800 mtr. Freestyle	11:36.59	None	11:36.59	None
1500 mtr. Freestyle	21:47.19	None	21:47.19	None
50 mtr. Backstroke	<b>37.89</b>	:42.49	<b>:38.49</b>	:42.49
100 mtr. Backstroke	<b>1:21.09</b>	1:31.39	1:22.29	1:31.39
200 mtr. Backstroke	<b>2:55.69</b>	3:20.79	2:59.59	3:20.79
50 mtr. Breaststroke	<b>:42.79</b>	:47.09	:43.29	:47.09
100 mtr. Breaststroke	<b>1:33.79</b>	1:43.69	<b>1:34.69</b>	1:43.69
200 mtr. Breaststroke	<b>3:22.39</b>	3:44.39	3:27.19	3:44.39
50 mtr. Butterfly	<b>:35.69</b>	:39.99	:36.69	:39.99
100 mtr. Butterfly	<b>1:22.59</b>	1:31.99	1:24.09	1:31.99
200 mtr. Butterfly	3:12.49	3:22.49	3:12.49	3:22.49
200 mtr. Ind. Medley	<b>2:53.89</b>	3:15.19	2:55.59	3:15.19
400 mtr. Ind. Medley	<b>6:24.59</b>	6:59.79	6:28.29	6:59.79

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**13-14 Long Course Meters**

EVENT	GIRLS GOLD	GIRLS SILVER	BOYS GOLD	BOYS SILVER
50 mtr. Freestyle	:30.49	:32.59	<b>.28.89</b>	:35.69
100 mtr. Freestyle	1:05.89	1:08.89	1:02.69	1:08.99
200 mtr. Freestyle	2:22.89	2:30.29	<b>2:16.89</b>	2:47.99
400 mtr. Freestyle	<b>5:04.39</b>	5:21.29	<b>4:52.29</b>	5:59.99
800 mtr. Freestyle	10:32.69	11:44.09	10:12.69	10:57.59
1500 mtr. Freestyle	19:56.79	21:45.09	19:43.39	21:45.69
100 mtr. Backstroke	1:15.89	1:21.89	1:12.99	1:29.59
200 mtr. Backstroke	2:42.49	2:56.69	<b>2:36.79</b>	3:15.29
100 mtr. Breaststroke	1:26.79	1:35.59	<b>1:23.49</b>	1:55.79
200 mtr. Breaststroke	3:07.19	3:23.69	<b>3:01.99</b>	3:39.09
100 mtr. Butterfly	<b>1:15.29</b>	1:21.79	1:12.79	1:31.89
200 mtr. Butterfly	2:48.59	3:28.29	2:41.99	3:09.09
200 mtr. Ind. Medley	2:42.69	2:52.19	<b>2:36.59</b>	2:57.89
400 mtr. Ind. Medley	5:47.49	6:38.79	5:38.89	6:44.69

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**15-19 Long Course Meters**

EVENT	GIRLS GOLD	GIRLS SILVER	BOYS GOLD	BOYS SILVER
50 mtr. Freestyle	:29.19	:30.79	:26.69	:29.39
100 mtr. Freestyle	<b>1:02.59</b>	1:06.59	<b>:57.59</b>	1:03.09
200 mtr. Freestyle	2:14.49	2:22.49	<b>2:05.69</b>	2:18.09
400 mtr. Freestyle	4:43.59	5:09.09	<b>4:30.39</b>	5:16.59
800 mtr. Freestyle	<b>9:51.79</b>	11:26.49	<b>9:31.59</b>	10:40.09
1500 mtr. Freestyle	<b>19:22.19</b>	22:30.09	<b>18:35.89</b>	20:53.39
100 mtr. Backstroke	<b>1:12.39</b>	1:18.49	<b>1:07.19</b>	1:17.59
200 mtr. Backstroke	2:34.39	2:48.09	2:26.39	2:58.79
100 mtr. Breaststroke	<b>1:22.79</b>	1:32.59	<b>1:17.29</b>	1:47.09
200 mtr. Breaststroke	2:58.59	3:30.19	2:49.89	3:24.99
100 mtr. Butterfly	<b>1:09.39</b>	1:15.59	<b>1:04.09</b>	1:16.19
200 mtr. Butterfly	2:35.99	3:11.09	2:30.59	2:50.89
200 mtr. Ind. Medley	2:33.99	2:43.49	2:24.09	2:36.99
400 mtr. Ind. Medley	5:24.39	6:03.29	5:06.09	6:00.09

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