

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

| 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 METERS**

| 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 |