



## **NJ Board of Directors – Age Group Vice Chair Report**

**2/19/2024**

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**Age Group Committee-** Nothing to report.

### **Tech Planning Committee**

2024 LCM Gold and Silver times have been completed. They are shared below. Tech Planning will be meeting in the next week or two to approve the times. I will send out an LSC-wide email for RSVPs to the meeting.

**Adaptive/Disability Committee-** Nothing to report.

**Operational Risk Committee-** Nothing to report.



2024 LCM Girls Cuts (Proposed)								
GIRLS	10&U		11-12		13-14		15-18	
	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 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



2024 LCM Boys Cuts (Proposed)								
Boys	10&U		11-12		13-14		15-18	
	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 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