



# New Jersey Swimming SENIOR Division Reports

<b>SENIOR DIVISION</b>
<b>SENIOR VICE-CHAIR</b> <u>David White</u>
<b>SENIOR COMMITTEE</b>
<b>CAMP COMMITTEE</b>
<b>OPEN WATER COMMITTEE</b>

## SENIOR: *David White, Senior Vice Chair*

### Standards

2023 LC Standards have been finalized and posted. I have drafted 2024 SC Standards and once approved by Tech Planning will be posted to the website.

Methodology for the 2024 SC Standards are as follows:

- I looked at combined results from 2023 Golds and Silvers meets and looked at top 80/160 for 50s for Gold/Silver (respectively), then top 64/128 for 100s, 48/96 for 200s, and 40/80 for all else, when we had enough swimmers, and brought times down the next 9 hundredth (i.e. if 80<sup>th</sup> time was 28.08 I brought the time down to 27.99).
- Some distance events didn't have enough swimmers and I made Gold standards NAG A times and Silver standards BB (15&O used NAG times for 15-16).
- Many 10&U time standards would have gotten significantly slower based on top times, so I capped Gold times for the age group at NAG BB and Silver times at B. This made a few times faster but most times were relaxed from last year using NAG standards.

Below are my proposed standards. All times slower than last year's standards are green, faster times are red, and the same times are white.

Girls SCY	10&U Silver	10&U Gold	11-12 Silver	11-12 Gold	13-14 Silver	13-14 Gold	15-19 Silver	15-19 Gold
50 Free	38.29	34.29	32.39	29.19	28.89	27.29	27.99	26.49
100 Free	1:28.39	1:17.39	1:10.49	1:03.49	1:03.99	59.49	1:00.99	57.39
200 Free	3:18.99	2:51.29	2:40.39	2:27.69	2:17.99	2:08.19	2:08.49	2:03.39
500 Free	8:25.39	7:34.89	7:02.59	6:20.89	6:10.79	5:47.29	5:51.29	5:30.89
1000 Free			13:44.69	12:41.19	13:01.79	12:01.69	12:49.99	11:50.79
1650 Free			23:07.29	21:20.59	21:43.19	20:02.99	21:26.19	19:47.29
50 Back	44.99	40.59	38.59	34.59				
100 Back	1:41.99	1:28.79	1:28.49	1:14.69	1:11.79	1:07.29	1:08.49	1:04.89
200 Back			2:56.59	2:43.99	2:34.89	2:24.29	2:27.69	2:17.89
50 Breast	53.19	47.49	42.29	39.09				
100 Breast	1:58.99	1:42.19	1:34.69	1:25.49	1:22.99	1:16.89	1:22.39	1:14.69
200 Breast			3:20.89	3:06.59	2:58.19	2:47.29	2:52.79	2:44.39
50 Fly	47.39	40.89	37.69	33.19				
100 Fly	1:53.99	1:39.09	1:24.39	1:14.99	1:15.59	1:07.79	1:14.69	1:04.49
200 Fly			2:59.99	2:47.19	2:48.99	2:36.89	2:45.29	2:26.29
100 IM	1:37.69	1:29.49	1:24.09	1:13.39				
200 IM	3:38.49	3:15.59	3:00.19	2:37.39	2:37.59	2:26.69	2:26.59	2:20.79
400 IM			6:24.19	5:56.79	6:03.59	5:37.59	5:26.09	5:04.99



# New Jersey Swimming SENIOR Division Reports

Boys SCY	10&U Silver	10&U Gold	11-12 Silver	11-12 Gold	13-14 Silver	13-14 Gold	15-19 Silver	15-19 Gold
50 Free	38.09	34.49	32.59	29.29	27.59	25.39	25.09	23.49
100 Free	1:25.89	1:17.09	1:10.99	1:05.39	58.49	54.89	54.89	50.69
200 Free	3:06.69	2:47.99	2:34.59	2:23.49	2:06.79	1:59.79	1:58.49	1:51.79
500 Free	8:16.69	7:26.99	6:57.29	6:27.49	5:54.79	5:27.69	5:20.29	5:02.59
1000 Free			13:30.19	12:27.89	12:23.89	11:26.69	11:57.79	11:02.59
1650 Free			22:37.49	20:52.99	20:43.19	19:07.59	20:02.89	18:30.39
50 Back	46.49	41.39	37.89	34.99				
100 Back	1:39.79	1:29.29	1:22.19	1:15.69	1:08.79	1:03.79	1:02.59	58.59
200 Back			2:51.99	2:39.69	2:30.39	2:17.09	2:15.69	2:07.39
50 Breast	52.09	46.59	42.89	39.49				
100 Breast	1:53.39	1:41.69	1:31.39	1:24.49	1:18.29	1:11.79	1:11.59	1:05.29
200 Breast			3:14.09	3:00.19	2:52.09	2:36.09	2:36.39	2:23.49
50 Fly	45.69	40.49	37.09	33.69				
100 Fly	1:51.39	1:37.09	1:22.89	1:15.79	1:11.69	1:03.39	1:02.69	56.09
200 Fly			2:53.19	2:40.79	2:38.19	2:31.79	2:27.69	2:11.39
100 IM	1:38.79	1:28.89	1:20.89	1:14.99				
200 IM	3:35.49	3:13.19	2:57.29	2:43.99	2:28.49	2:16.39	2:15.49	2:06.39
400 IM			6:13.09	5:46.39	5:17.09	4:53.69	5:03.69	4:34.19

CAMPS: *no report*

OPEN WATER: *no report*