



## **NJSwim Tech Planning Agenda 9/30/23**

- 1. Approval of 2024 SCY Cuts**
  - a. See Exhibit A for Gold and Silver Cuts**
  - b. Using NAG Standard B Cuts for Bronze cut-off for Bronze meets**
- 2. Approval of 2024 LCM Schedule**
  - a. See Exhibit B for Proposed LCM Schedule from NJSwim's ABM on 9/9/23**



## Exhibit A: Gold & Silver Cuts for SCY 2024

2024 Girls SCY Cuts								
GIRLS	10&U		11-12		13-14		15-18	
	2024 SCY Silver	2024 SCY Gold	2024 SCY Silver	2024 SCY Gold	2024 SCY Silver	2024 SCY Gold	2024 SCY Silver	2024 SCY Gold
<b>50 Free</b>	36.99	32.69	29.59	28.09	28.19	26.99	26.99	26.09
<b>100 Free</b>	1:21.79	1:12.29	1:04.89	1:01.39	1:01.19	58.69	58.59	56.39
<b>200 Free</b>	3:09.39	2:41.29	2:19.09	2:12.99	2:10.79	2:06.59	2:03.99	2:00.39
<b>500 Free</b>	7:45.79	7:24.69	7:32.29	6:02.99	6:08.79	5:41.49	5:37.99	5:24.99
<b>1000 Free</b>	x	x	13:32.99	12:45.99	12:39.99	12:01.69	11:49.99	11:27.99
<b>1650 Free</b>	x	x	22:00.09	21:12.59	22:09.99	19:47.29	20:59.99	20:02.99
<b>50 Back</b>	44.89	38.69	35.69	32.89	x	x	x	x
<b>100 Back</b>	1:34.39x	1:23.19	1:13.89	1:09.99	1:10.19	1:06.19	1:06.79	1:03.79
<b>200 Back</b>	x	x	2:38.39	2:29.29	2:28.99	2:21.99	2:20.59	2:15.89
<b>50 Breast</b>	52.09	44.99	43.09	37.99	x	x	x	x
<b>100 Breast</b>	1:49.69	1:33.99	1:30.19	1:22.29	1:20.59	1:15.99	1:18.49	1:13.99
<b>200 Breast</b>	x	x	3:36.99	2:54.89	2:50.89	2:44.29	2:52.99	2:41.99
<b>50 Fly</b>	50.79	40.89	34.99	31.69	x	x	x	x
<b>100 Fly</b>	1:52.89	1:37.39	1:27.09	1:11.49	1:13.19	1:07.29	1:06.69	1:02.99
<b>200 Fly</b>	x	x	3:07.29	2:49.99	2:49.99	2:32.29	2:41.99	2:23.99
<b>100 IM</b>	1:39.09	1:21.89	1:15.39	1:11.49	x	x	x	x
<b>200 IM</b>	3:30.69	2:52.69	2:40.89	2:31.29	2:28.59	2:24.19	2:22.89	2:19.59
<b>400 IM</b>	x	x	6:00.79	5:24.49	5:37.59	5:11.69	5:12.49	4:56.89



2024 Boys SCY Proposed Cuts								
Boys	10&U		11-12		13-14		15-18	
	2024 SCY Silver	2024 SCY Gold	2024 SCY Silver	2024 SCY Gold	2024 SCY Silver	2024 SCY Gold	2024 SCY Silver	2024 SCY Gold
50 Free	36.99	32.69	29.99	27.69	26.59	25.29	23.99	23.19
100 Free	1:21.79	1:12.29	1:05.59	1:00.39	56.89	54.99	51.99	50.19
200 Free	3:09.39	2:41.29	2:18.39	2:10.79	2:03.79	1:58.89	1:53.69	1:49.99
500 Free	7:45.79	7:24.69	7:03.09	5:57.29	5:38.19	5:25.99	5:11.59	4:57.79
1000 Free	x	x	13:40.99	12:40.59	11:45.99	11:19.99	11:55.99	10:44.99
1650 Free	x	x	21:55.99	21:08.19	20:43.19	19:00.19	18:30.39	18:05.49
50 Back	44.89	38.69	37.69	33.19	x	x	x	x
100 Back	1:34.39x	1:23.19	1:17.39	1:10.09	1:07.29	1:03.29	1:00.99	57.59
200 Back	x	x	3:07.99	2:30.49	2:26.09	2:16.09 (20)	2:09.49	2:05.09
50 Breast	52.09	44.99	43.69	37.49	x	x	x	x
100 Breast	1:49.69	1:33.99	1:31.29	1:21.19	1:14.49	1:11.19	1:07.89	1:03.89
200 Breast	x	x	3:32.19	2:53.39	2:41.39	2:36.19	2:28.29	2:23.39
50 Fly	50.79	41.79	36.29	31.99	x	x	x	x
100 Fly	1:52.89	1:37.39	1:44.99	1:11.99	1:08.39	1:03.09	58.19	55.99
200 Fly	x	x	2:59.79	2:50.49	2:35.99	2:22.99	2:17.99	2:05.99
100 IM	1:39.09	1:21.89	1:16.09	1:10.79	x	x	x	x
200 IM	3:30.69	2:52.69	2:39.49	2:26.99	2:21.39	2:16.39	2:09.89	2:06.19
400 IM	x	x	5:45.99	5:19.79	5:06.49	4:52.99	4:41.99	4:33.49



## **Exhibit B: Proposed Schedule for LCM 2024 Championships**

- **July 12-14**
  - 13&O P/F Gold Championships at Rutgers
  - 12&U Timed Silver Championships at Princeton
- **July 19-21**
  - 13&O P/F Silver Championships at Rutgers
  - 12&U Timed Finals Gold Championships at Princeton
- **Date TBD**
  - A SCY or SCM Timed Finals Bronze Championships meet