

2025 METRO/NEW JERSEY OPEN WATER CHAMPIONSHIP

TIME STANDARDS

Eligibility period: from May 1, 2024 to meet entry deadline

GIRLS			10 & Under	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
7:35.49	6:46.89	6:51.09	400/500 FREE	6:44.59	6:37.09	7:26.99

GIRLS			11-12	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
6:38.39	5:54.99	5:56.49	400/500 FREE	5:09.89	5:41.19	6:27.49
13:44.69	12:13.49	12:29.19	800/1000 FREE	10:50.39	11:57.89	13:30.19
23:07.29	23:11.29	23:55.39	1500/1650 FREE	20:33.99	22:34.69	22:37.49

GIRLS			13-14	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
6:20.09	5:34.99	5:40.89	400/500 FREE	5:24.09	5:13.39	5:58.99
13:01.79	11:31.49	11:41.99	800/1000 FREE	11:13.99	10:48.39	12:23.89
21:43.19	21:53.29	22:23.09	1500/1650 FREE	21:27.39	20:39.49	20:43.19

GIRLS			15 & Over	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
6:12.19	5:00.79	5:32.89	400/500 FREE	5:09.89	4:59.39	5:45.99
12:49.99	10:24.69	11:28.39	800/1000 FREE	10:50.39	10:27.09	11:57.79
21:26.19	19:49.29	22:02.19	1500/1650 FREE	20:33.99	19:47.59	20:02.89

WOMEN			Masters	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
6:20.09	5:34.99	5:40.89	400/500 FREE	5:24.09	5:13.39	5:58.99
13:01.79	11:31.49	11:41.99	800/1000 FREE	11:13.99	10:48.39	12:23.89
21:43.19	21:53.29	22:23.09	1500/1650 FREE	21:27.39	20:39.49	20:43.19

