

Bronze Times are all times slower than Silver Times!

2007-2008 GOLD/SILVER/BRONZE TIME STANDARDS

NEW - 2007-2008 Time Standard Changes marked in RED

13-14 Short Course Yards

13-14 GIRLS			EVENTS	13-14 BOYS		
NJS GOLD	NJS SILVER	NJS BRONZE		NJS GOLD	NJS SILVER	NJS BRONZE
:26.69	:28.99	:29.00+	50 yard Freestyle	:25.19	:27.99	:28.00+
:57.89	1:02.89	1:02.90+	100 yd. Freestyle	:55.29	1:01.49	1:01.50+
2:06.19	2:16.79	2:16.80+	200 yd. Freestyle	2:02.39	2:14.89	2:14.90+
5:37.59	6:04.99	6:05.00+	500 yd. Freestyle	5:32.19	6:03.19	6:03.20+
11:37.29	12:22.29	12:22.30+	1000 yd. Freestyle	11:14.49	11:59.49	11:59.50+
19:21.69	20:21.69	20:21.70+	16500 yd. Freestyle	18:50.29	19:50.29	19:50.30+
1:06.89	1:13.59	1:13.60+	100 yd. Backstroke	1:04.89	1:11.59	1:11.60+
2:22.29	2:39.39	2:39.40+	200 yd. Backstroke	2:21.49	2:35.69	2:35.70+
1:15.69	1:22.49	1:22.50+	100 yd. Breaststroke	1:12.79	1:20.39	1:20.40+
2:44.49	2:59.89	2:59.90+	200 yd. Breaststroke	2:38.39	2:55.89	2:55.90+
1:06.39	1:13.79	1:13.80+	100 yard Butterfly	1:04.39	1:10.99	1:11.00+
2:28.59	2:43.99	2:44.00+	200 yd. Butterfly	2:22.69	2:40.59	2:40.60+
2:23.29	2:36.89	2:36.90+	200 yd. Ind. Medley	2:19.79	2:34.49	2:34.50+
5:07.29	5:39.69	5:39.70+	400 yd. Ind. Medley	5:02.69	5:34.29	5:34.30+

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15-19 Short Course Yards

15-19 GIRLS			EVENTS	15-19 BOYS		
NJS GOLD	NJS SILVER	NJS BRONZE		NJS GOLD	NJS SILVER	NJS BRONZE
:25.59	:28.19	:28.20+	50 yard Freestyle	:23.09	:25.39	:25.40+
:55.59	1:01.09	1:01.10+	100 yd. Freestyle	:50.39	:55.39	:55.40+
2:00.39	2:11.49	2:11.50+	200 yd. Freestyle	1:50.89	2:01.79	2:01.80+
5:22.69	5:52.19	5:52.20+	500 yd. Freestyle	5:02.59	5:31.69	5:31.70+
11:12.09	12:11.09	12:11.10+	1000 yd. Freestyle	10:27.29	11:29.19	11:29.20+
18:45.59	20:08.99	20:09.00+	16500 yd. Freestyle	18:00.99	19:00.99	19:01.00+
1:03.99	1:10.19	1:10.20+	100 yd. Backstroke	:58.79	1:05.19	1:05.20+
2:17.39	2:30.99	2:31.00+	200 yd. Backstroke	2:07.59	2:23.69	2:23.70+
1:12.49	1:19.39	1:19.40+	100 yd. Breaststroke	1:06.19	1:14.99	1:15.00+
2:36.39	2:52.69	2:52.70+	200 yd. Breaststroke	2:27.09	2:42.59	2:42.60+
1:01.79	1:09.89	1:09.90+	100 yard Butterfly	:56.79	1:05.59	1:05.60+
2:20.59	2:38.79	2:38.80+	200 yd. Butterfly	2:12.49	2:25.59	2:25.60+
2:17.19	2:30.29	2:30.30+	200 yd. Ind. Medley	2:06.99	2:20.29	2:20.30+
4:53.29	5:28.99	5:29.00+	400 yd. Ind. Medley	4:35.99	5:13.19	5:13.20+

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