

BERKELEY AQUATIC CLUB  
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**NJSLC09 STANDARDS Long Course Meters**

**Women 10 & Under**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	33.69	36.39	40.89	
100 Free	1:14.39	1:21.89	1:32.99	
200 Free	2:41.79	2:57.99	3:23.79	
400 Free	5:40.89	6:19.69	6:55.79	
50 Back	40.09	43.19	49.89	
100 Back	1:26.69	1:33.09	1:48.89	
50 Breast	45.59	49.39	55.09	
100 Breast	1:38.79	1:46.59	2:02.39	
50 Fly	37.49	42.19	48.59	
100 Fly	1:28.89	1:40.09	1:56.19	
200 IM	3:03.59	3:22.89	3:47.29	



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**NJSLC09 STANDARDS Long Course Meters**

**Women 11-12**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	30.49	32.19	35.69	
100 Free	1:06.29	1:10.59	1:17.49	
200 Free	2:23.89	2:34.09	2:48.69	
400 Free	5:02.39	5:29.99	6:00.09	
800 Free		11:36.59		
1500 Free		21:47.19		
50 Back	35.89	37.99	42.49	
100 Back	1:16.59	1:21.49	1:31.39	
200 Back	2:44.09	2:56.09	3:20.79	
50 Breast	39.49	42.89	47.09	
100 Breast	1:26.69	1:34.19	1:43.69	
200 Breast	3:06.99	3:22.79	3:44.39	
50 Fly	33.19	35.89	39.99	
100 Fly	1:13.79	1:22.99	1:31.99	
200 Fly	2:44.39	3:12.49	3:22.49	
200 IM	2:43.29	2:54.29	3:15.19	
400 IM		6:26.19	6:59.79	

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**NJSLC09 STANDARDS Long Course Meters**

**Women 13-14**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	29.49	30.49	32.59	
100 Free	1:04.09	1:05.89	1:08.89	
200 Free	2:18.69	2:22.89	2:30.29	
400 Free	4:50.49	5:01.99	5:21.29	
800 Free	9:54.59	10:32.69	11:44.09	
1500 Free	19:11.49	19:56.79	21:45.09	
100 Back	1:13.59	1:15.89	1:21.89	
200 Back	2:37.09	2:42.49	2:56.69	
100 Breast	1:24.19	1:26.79	1:35.59	
200 Breast	3:00.79	3:07.19	3:23.69	
100 Fly	1:11.49	1:14.89	1:21.79	
200 Fly	2:37.39	2:48.59	3:28.29	
200 IM	2:37.89	2:42.69	2:52.19	
400 IM	5:33.69	5:47.49	6:38.79	



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**NJSLC09 STANDARDS Long Course Meters**

**Women 15-19**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	28.89	29.19	30.79	
100 Free	1:04.09	1:02.79	1:06.59	
200 Free	2:16.99	2:14.89	2:14.49	
400 Free	4:46.99	4:43.59	5:09.09	
800 Free	9:48.39	9:54.99	11:26.49	
1500 Free	18:46.09	19:28.19	22:30.09	
100 Back	1:12.69	1:12.59	1:18.49	
200 Back	2:35.49	2:34.39	2:48.09	
100 Breast	1:22.59	1:22.99	1:32.59	
200 Breast	2:56.29	2:58.59	3:30.19	
100 Fly	1:09.89	1:09.59	1:15.59	
200 Fly	2:31.59	2:35.99	3:11.09	
200 IM	2:35.89	2:33.99	2:43.49	
400 IM	5:30.49	5:24.39	6:03.29	



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**NJSLC09 STANDARDS Long Course Meters**

**Men 10 & Under**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	33.89	37.19	40.89	
100 Free	1:15.29	1:22.89	1:32.99	
200 Free	2:41.39	2:59.99	3:23.79	
400 Free	5:40.89	6:24.59	6:55.79	
50 Back	40.29	44.09	49.89	
100 Back	1:26.39	1:35.29	1:48.89	
50 Breast	45.59	50.49	55.09	
100 Breast	1:38.79	1:49.99	2:02.39	
50 Fly	38.19	43.19	48.59	
100 Fly	1:30.49	1:41.69	1:56.19	
200 IM	3:03.59	3:26.89	3:47.29	



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**NJSLC09 STANDARDS Long Course Meters**

<b>Men 11-12</b>				
	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	29.99	32.39	35.69	
100 Free	1:06.19	1:10.49	1:17.49	
200 Free	2:23.79	2:34.89	2:48.69	
400 Free	5:04.69	5:30.79	6:00.09	
800 Free		11:36.59		
1500 Free		21:47.19		
50 Back	35.39	38.69	42.49	
100 Back	1:16.29	1:22.29	1:31.39	
200 Back	2:44.29	2:59.59	3:20.79	
50 Breast	39.69	43.29	47.09	
100 Breast	1:27.29	1:34.89	1:43.69	
200 Breast	3:08.19	3:27.19	3:44.39	
50 Fly	33.29	36.69	39.99	
100 Fly	1:14.89	1:24.09	1:31.99	
200 Fly	2:44.39	3:12.49	3:22.49	
200 IM	2:43.49	2:55.59	3:15.19	
400 IM		6:28.29	6:59.79	

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**NJSLC09 STANDARDS Long Course Meters**

**Men 13-14**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	27.69	29.09	35.69	
100 Free	1:00.09	1:02.69	1:08.99	
200 Free	2:11.89	2:17.29	2:47.99	
400 Free	4:38.39	4:49.89	5:59.99	
800 Free	9:42.79	10:12.69	10:57.59	
1500 Free	18:37.09	19:43.39	21:45.69	
100 Back	1:09.69	1:12.99	1:29.59	
200 Back	2:30.79	2:35.19	3:15.29	
100 Breast	1:18.59	1:23.89	1:55.79	
200 Breast	2:51.49	3:02.39	3:39.09	
100 Fly	1:07.09	1:12.79	1:31.89	
200 Fly	2:30.69	2:41.99	3:09.09	
200 IM	2:28.39	2:36.99	2:57.89	
400 IM	5:16.69	5:38.89	6:44.69	



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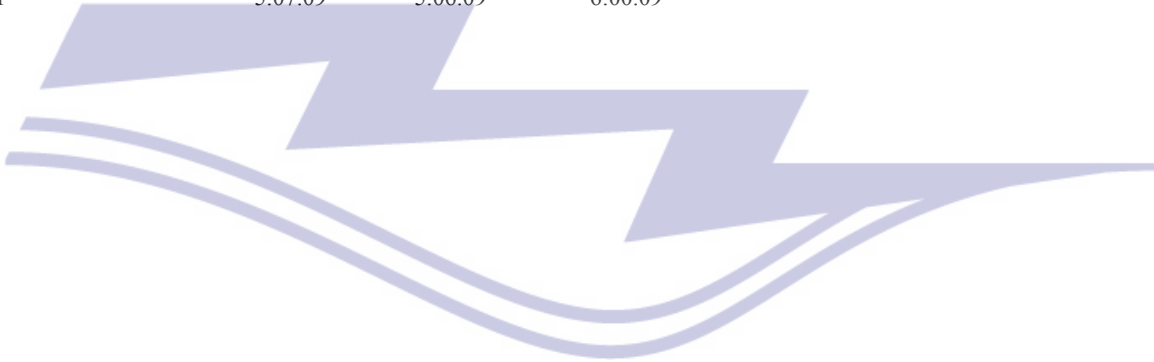
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**Men 15-19**

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	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	26.99	26.69	29.39	
100 Free	59.29	57.79	1:03.09	
200 Free	2:07.69	2:06.49	2:18.09	
400 Free	4:28.89	4:31.19	5:16.59	
800 Free	9:14.29	9:34.79	10:40.09	
1500 Free	17:46.09	18:41.89	20:53.39	
100 Back	1:06.69	1:07.59	1:17.59	
200 Back	2:21.99	2:26.39	2:58.79	
100 Breast	1:14.09	1:17.69	1:47.09	
200 Breast	2:40.79	2:49.89	3:24.99	
100 Fly	1:03.69	1:04.29	1:16.19	
200 Fly	2:21.29	2:30.59	2:50.89	
200 IM	2:24.59	2:24.09	2:36.99	
400 IM	5:07.09	5:06.09	6:00.09	



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**NJSLC09 STANDARDS Long Course Meters**

**Women 10 & Under**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	33.69	36.39	40.89	
100 Free	1:14.39	1:21.89	1:32.99	
200 Free	2:41.79	2:57.99	3:23.79	
400 Free	5:40.89	6:19.69	6:55.79	
50 Back	40.09	43.19	49.89	
100 Back	1:26.69	1:33.09	1:48.89	
50 Breast	45.59	49.39	55.09	
100 Breast	1:38.79	1:46.59	2:02.39	
50 Fly	37.49	42.19	48.59	
100 Fly	1:28.89	1:40.09	1:56.19	
200 IM	3:03.59	3:22.89	3:47.29	

**Women 11-12**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	30.49	32.19	35.69	
100 Free	1:06.29	1:10.59	1:17.49	
200 Free	2:23.89	2:34.09	2:48.69	
400 Free	5:02.39	5:29.99	6:00.09	
800 Free		11:36.59		
1500 Free		21:47.19		
50 Back	35.89	37.99	42.49	
100 Back	1:16.59	1:21.49	1:31.39	
200 Back	2:44.09	2:56.09	3:20.79	
50 Breast	39.49	42.89	47.09	
100 Breast	1:26.69	1:34.19	1:43.69	
200 Breast	3:06.99	3:22.79	3:44.39	
50 Fly	33.19	35.89	39.99	
100 Fly	1:13.79	1:22.99	1:31.99	
200 Fly	2:44.39	3:12.49	3:22.49	
200 IM	2:43.29	2:54.29	3:15.19	
400 IM		6:26.19	6:59.79	

**Women 13-14**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	29.49	30.49	32.59	
100 Free	1:04.09	1:05.89	1:08.89	
200 Free	2:18.69	2:22.89	2:30.29	
400 Free	4:50.49	5:01.99	5:21.29	
800 Free	9:54.59	10:32.69	11:44.09	
1500 Free	19:11.49	19:56.79	21:45.09	
100 Back	1:13.59	1:15.89	1:21.89	
200 Back	2:37.09	2:42.49	2:56.69	
100 Breast	1:24.19	1:26.79	1:35.59	
200 Breast	3:00.79	3:07.19	3:23.69	
100 Fly	1:11.49	1:14.89	1:21.79	
200 Fly	2:37.39	2:48.59	3:28.29	

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**NJSLC09 STANDARDS Long Course Meters**

200 IM	2:37.89	2:42.69	2:52.19
400 IM	5:33.69	5:47.49	6:38.79

**Women 15-19**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	28.89	29.19	30.79	
100 Free	1:04.09	1:02.79	1:06.59	
200 Free	2:16.99	2:14.89	2:14.49	
400 Free	4:46.99	4:43.59	5:09.09	
800 Free	9:48.39	9:54.99	11:26.49	
1500 Free	18:46.09	19:28.19	22:30.09	
100 Back	1:12.69	1:12.59	1:18.49	
200 Back	2:35.49	2:34.39	2:48.09	
100 Breast	1:22.59	1:22.99	1:32.59	
200 Breast	2:56.29	2:58.59	3:30.19	
100 Fly	1:09.89	1:09.59	1:15.59	
200 Fly	2:31.59	2:35.99	3:11.09	
200 IM	2:35.89	2:33.99	2:43.49	
400 IM	5:30.49	5:24.39	6:03.29	

**Men 10 & Under**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	33.89	37.19	40.89	
100 Free	1:15.29	1:22.89	1:32.99	
200 Free	2:41.39	2:59.99	3:23.79	
400 Free	5:40.89	6:24.59	6:55.79	
50 Back	40.29	44.09	49.89	
100 Back	1:26.39	1:35.29	1:48.89	
50 Breast	45.59	50.49	55.09	
100 Breast	1:38.79	1:49.99	2:02.39	
50 Fly	38.19	43.19	48.59	
100 Fly	1:30.49	1:41.69	1:56.19	
200 IM	3:03.59	3:26.89	3:47.29	

**Men 11-12**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	29.99	32.39	35.69	
100 Free	1:06.19	1:10.49	1:17.49	
200 Free	2:23.79	2:34.89	2:48.69	
400 Free	5:04.69	5:30.79	6:00.09	
800 Free		11:36.59		
1500 Free		21:47.19		
50 Back	35.39	38.69	42.49	
100 Back	1:16.29	1:22.29	1:31.39	
200 Back	2:44.29	2:59.59	3:20.79	
50 Breast	39.69	43.29	47.09	
100 Breast	1:27.29	1:34.89	1:43.69	
200 Breast	3:08.19	3:27.19	3:44.39	
50 Fly	33.29	36.69	39.99	

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100 Fly	1:14.89	1:24.09	1:31.99
200 Fly	2:44.39	3:12.49	3:22.49
200 IM	2:43.49	2:55.59	3:15.19
400 IM		6:28.29	6:59.79

**Men 13-14**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	27.69	29.09	35.69	
100 Free	1:00.09	1:02.69	1:08.99	
200 Free	2:11.89	2:17.29	2:47.99	
400 Free	4:38.39	4:49.89	5:59.99	
800 Free	9:42.79	10:12.69	10:57.59	
1500 Free	18:37.09	19:43.39	21:45.69	
100 Back	1:09.69	1:12.99	1:29.59	
200 Back	2:30.79	2:35.19	3:15.29	
100 Breast	1:18.59	1:23.89	1:55.79	
200 Breast	2:51.49	3:02.39	3:39.09	
100 Fly	1:07.09	1:12.79	1:31.89	
200 Fly	2:30.69	2:41.99	3:09.09	
200 IM	2:28.39	2:36.99	2:57.89	
400 IM	5:16.69	5:38.89	6:44.69	

**Men 15-19**

	<b>ZONE</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	26.99	26.69	29.39	
100 Free	59.29	57.79	1:03.09	
200 Free	2:07.69	2:06.49	2:18.09	
400 Free	4:28.89	4:31.19	5:16.59	
800 Free	9:14.29	9:34.79	10:40.09	
1500 Free	17:46.09	18:41.89	20:53.39	
100 Back	1:06.69	1:07.59	1:17.59	
200 Back	2:21.99	2:26.39	2:58.79	
100 Breast	1:14.09	1:17.69	1:47.09	
200 Breast	2:40.79	2:49.89	3:24.99	
100 Fly	1:03.69	1:04.29	1:16.19	
200 Fly	2:21.29	2:30.59	2:50.89	
200 IM	2:24.59	2:24.09	2:36.99	
400 IM	5:07.09	5:06.09	6:00.09	