

NEW JERSEY SWIMMING
2018 BAC SENIOR CHAMPIONSHIPS
Short Course Time Standards 2018
(at BAC on March 16-18, 2018)

GIRLS YARDS TIME STANDARDS	EVENTS	BOYS YARDS TIME STANDARDS
25.39	50 yd. Freestyle	23.19
55.59	100 yd. Freestyle	49.99
2:00.39	200 yd. Freestyle	1:50.99
5:22.99	500 yd. Freestyle	4:59.99
11:35.99	1000 yd. Freestyle	10:55.99
19:09.99	1650 yd. Freestyle	18:00.99
1:02.49	100 yd. Backstroke	57.49
2:15.99	200 yd. Backstroke	2:04.99
1:12.99	100 yd. Breaststroke	1:05.99
2:35.99	200 yd. Breaststroke	2:21.99
1:01.99	100 yd. Butterfly	55.99
2:19.49	200 yd. Butterfly	2:07.49
2:17.49	200 yd. Ind. Medley	2:04.99
4:49.99	400 yd. Ind. Medley	4:31.99