



NJ House of Delegates – Age Group Vice Chair Report

5/20/24

Annual Summary

I'd like to thank everyone who participated in Tech Planning this year who helped advise me when creating championship times and formats: Sandra Franc, Jon Siegel, Jenny Duffy, Keerthana Gopinath, and Margaret Sawa. I'd also like to welcome Mike Lazzara to the Tech Planning Committee.

This past short-course Championship Season was a success and from speaking with coaches and meet hosts on the deck, everyone seemed happy with how the meets were run. Please let me know if you have any comments or questions from our Championship meets in February and March.

LCM Cuts have been finalized, and meet announcements/files for the LCM Silver/Bronze meets will be available soon.



2024 LCM Girls Cuts (Proposed)								
GIRLS	10&U		11-12		13-14		15-18	
	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold
50 Free	44.09	39.59	35.49	32.99	32.89	30.89	31.79	30.19
100 Free	1:39.29	1:27.09	1:17.29	1:11.89	1:09.79	1:06.99	1:06.39	1:04.29
200 Free	3:30.29	2:56.29	2:47.19	2:34.89	2:30.79	2:23.19	2:25.39	2:17.99
400 Free	7:36.79	6:05.39	5:56.49	5:29.09	5:25.29	5:01.29	5:19.99	4:54.49
800 Free	X	X	12:26.69	11:29.29	11:41.99	10:20.99	11:28.39	10:08.99
1500 Free	X	X	23:55.39	22:04.99	22:23.09	19:48.09	22:02.19	19:29.59
50 Back	54.69	47.19	42.89	39.69	X	X	X	X
100 Back	1:52.49	1:39.49	1:30.39	1:23.79	1:20.49	1:16.29	1:17.19	1:13.09
200 Back	X	X	3:09.89	2:55.29	2:52.99	2:38.09	2:46.89	2:34.39
50 Breast	1:00.49	53.99	48.59	45.59	X	X	X	X
100 Breast	2:14.79	1:55.79	1:43.29	1:36.99	1:34.89	1:28.39	1:36.99	1:26.19
200 Breast	X	X	3:35.99	3:19.39	3:18.09	3:00.49	3:20.49	2:57.39
50 Fly	53.39	47.09	42.09	37.39	X	X	X	X
100 Fly	2:09.99	1:52.99	1:36.19	1:28.39	1:22.89	1:17.99	1:19.39	1:11.89
200 Fly	X	X	3:26.09	2:55.59	3:12.99	2:38.59	3:07.29	2:33.89
200 IM	4:09.39	3:17.09	3:11.39	2:55.29	2:50.49	2:40.79	2:45.09	2:36.29
400 IM	X	X	7:16.69	6:16.89	6:25.89	5:41.29	6:18.79	5:35.09



2024 LCM Boys Cuts (Proposed)								
Boys	10&U		11-12		13-14		15-18	
	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold	2024 LCM Silver	2024 LCM Gold
50 Free	43.59	38.59	35.69	32.79	30.69	28.69	27.49	26.49
100 Free	1:34.19	1:26.09	1:17.79	1:11.99	1:05.59	1:01.89	58.79	57.09
200 Free	3:31.29	2:50.79	2:49.99	2:32.19	2:23.29	2:14.49	2:09.29	2:04.79
400 Free	7:29.29	5:59.49	6:15.49	5:21.89	5:09.99	4:46.69	4:43.79	4:27.69
800 Free	X	X	12:15.19	11:18.59	11:13.99	9:56.29	10:50.09	9:33.29
1500 Free	X	X	23:25.49	21:37.39	21:27.39	18:58.99	20:33.99	18:11.69
50 Back	52.89	46.19	43.59	39.69	X	X	X	X
100 Back	1:47.69	1:38.39	1:32.89	1:23.99	1:16.79	1:12.19	1:09.89	1:06.39
200 Back	X	X	3:19.49	2:50.99	2:47.89	2:29.59	2:37.59	2:22.69
50 Breast	59.69	53.29	48.99	45.19	X	X	X	X
100 Breast	2:09.39	1:55.99	1:46.59	1:37.79	1:29.79	1:22.29	1:19.39	1:14.69
200 Breast	X	X	3:44.69	3:12.59	3:10.79	2:48.79	2:55.29	2:40.49
50 Fly	51.79	45.99	41.89	37.79	X	X	X	X
100 Fly	2:07.09	1:50.79	1:33.99	1:26.29	1:21.29	1:11.49	1:06.69	1:03.29
200 Fly	X	X	3:20.49	2:51.89	3:00.89	2:28.59	2:52.29	2:21.49
200 IM	4:06.19	3:15.39	3:10.99	2:53.19	2:43.49	2:31.69	2:26.99	2:21.59
400 IM	X	X	7:09.89	6:08.49	6:01.49	5:22.59	5:42.99	5:07.29