

2017-2020 National Age Group Motivational Times

Revised 11/8/2016

Long Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
10 Year Olds Girls						10 Year Olds Boys						
44.09*	39.89*	35.59*	34.19*	32.79*	31.39*	50 M Free	31.39*	32.79*	34.09*	35.49*	39.49*	43.59*
1:41.89*	1:31.09*	1:20.19*	1:16.59*	1:12.99*	1:09.39*	100 M Free	1:09.09*	1:12.59*	1:15.99*	1:19.49*	1:29.79*	1:40.19*
3:44.79*	3:20.19*	2:55.59*	2:47.39*	2:39.09*	2:30.89*	200 M Free	2:28.69*	2:35.79*	2:42.89*	2:49.89*	3:11.19*	3:32.39*
7:35.29*	6:49.79*	6:04.29*	5:49.09*	5:33.89*	5:18.69*	400 M Free	5:14.69	5:29.69	5:44.59	5:59.59	6:44.59	7:29.49
54.89*	48.89*	42.89*	40.89*	38.89*	36.89*	50 M Back	36.89*	38.89*	40.99*	42.99*	49.19*	55.29*
1:59.19*	1:45.99*	1:32.69*	1:28.29*	1:23.89*	1:19.49*	100 M Back	1:18.79*	1:22.89*	1:26.89*	1:30.89*	1:42.99*	1:54.99*
1:00.49*	53.99*	47.49*	45.29*	43.09*	40.89*	50 M Breast	40.59*	42.69*	44.89*	46.99*	53.29*	59.69*
2:15.89*	2:00.79*	1:45.69*	1:40.69*	1:35.69*	1:30.59*	100 M Breast	1:30.59*	1:35.09*	1:39.59*	1:44.19*	1:57.69*	2:11.29*
53.59*	47.29*	40.99*	38.89*	36.69*	34.59*	50 M Fly	34.39*	36.29*	38.19*	40.19*	45.99*	51.79*
2:09.19*	1:52.29*	1:35.39*	1:29.69*	1:24.09*	1:18.39*	100 M Fly	1:17.99*	1:23.39*	1:28.89*	1:34.29*	1:50.59*	2:06.89*
4:09.39*	3:43.19*	3:17.09*	3:08.29*	2:59.59*	2:50.89*	200 M IM	2:48.99*	2:57.39*	3:05.89*	3:14.29*	3:39.59*	4:04.89*
11 Year Olds Girls						11 Year Olds Boys						
39.69*	36.89*	34.19*	32.79*	31.39*	30.09*	50 M Free	29.99*	31.39*	32.79*	34.19*	37.09*	39.89*
1:27.09*	1:20.89*	1:14.69*	1:11.59*	1:08.49*	1:05.39*	100 M Free	1:05.39*	1:08.49*	1:11.59*	1:14.79*	1:20.99*	1:27.19*
3:10.19*	2:56.59*	2:43.09*	2:36.29*	2:29.49*	2:22.69*	200 M Free	2:22.39	2:29.09	2:35.89	2:42.69	2:56.19	3:09.79
6:40.19*	6:11.59*	5:43.09*	5:28.79*	5:14.49*	5:00.19*	400 M Free	4:59.69*	5:13.99*	5:28.29*	5:42.59*	6:11.09*	6:39.59*
14:07.59	13:06.99	12:06.49	11:36.19	11:05.89*	10:35.69	800 M Free	10:33.09*	11:03.29*	11:33.39*	12:03.59*	13:03.89*	14:04.19*
27:17.49	25:20.59	23:23.59	22:25.09	21:26.59	20:28.19	1500 M Free	20:22.09*	21:20.29*	22:18.49*	23:16.59*	25:12.99*	27:09.39*
45.99*	42.69*	39.39*	37.79*	36.09*	34.49*	50 M Back	34.69*	36.49*	38.29*	40.19*	43.79*	47.39*
1:43.39*	1:35.29*	1:27.19*	1:23.09*	1:18.99*	1:14.89*	100 M Back	1:14.69*	1:18.79*	1:22.89*	1:26.89*	1:34.99*	1:43.19*
3:35.09*	3:19.79*	3:04.39*	2:56.69*	2:49.09*	2:41.39*	200 M Back	2:40.99	2:48.69	2:56.29	3:03.99	3:19.29	3:34.69
51.89*	48.19*	44.49*	42.59*	40.79*	38.89*	50 M Breast	38.49*	40.59*	42.59*	44.69*	48.89*	53.09*
1:54.59*	1:46.19*	1:37.69*	1:33.39*	1:29.19*	1:24.99*	100 M Breast	1:24.59*	1:28.99*	1:33.39*	1:37.79*	1:46.59*	1:55.39*
4:04.79*	3:47.29*	3:29.79*	3:21.09*	3:12.39*	3:03.59*	200 M Breast	3:02.19*	3:10.79*	3:19.49*	3:28.19*	3:45.49*	4:02.89*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 M Fly	32.79*	34.59*	36.39*	38.19*	41.79*	45.49*
1:41.09*	1:32.99*	1:24.89*	1:20.89*	1:16.89*	1:12.79*	100 M Fly	1:12.89*	1:17.09*	1:21.29*	1:25.49*	1:33.89*	1:42.39*
3:37.69*	3:22.09*	3:06.59*	2:58.79*	2:50.99*	2:43.29*	200 M Fly	2:42.09*	2:49.79*	2:57.49*	3:05.29*	3:20.69*	3:36.09*
3:35.09*	3:19.69*	3:04.39*	2:56.69*	2:48.99*	2:41.29*	200 M IM	2:41.29*	2:49.59*	2:57.79*	3:05.99*	3:22.49*	3:38.89*
7:39.79*	7:06.99*	6:34.19*	6:17.69*	6:01.29*	5:44.89*	400 M IM	5:46.59*	6:03.09*	6:19.59*	6:36.09*	7:09.09*	7:42.09*
12 Year Olds Girls						12 Year Olds Boys						
38.59*	35.89*	33.19*	31.89*	30.59*	29.19*	50 M Free	28.09*	29.39*	30.69*	32.09*	34.69*	37.39*
1:24.59*	1:18.59*	1:12.49*	1:09.49*	1:06.49*	1:03.49*	100 M Free	1:01.09*	1:03.99*	1:06.99*	1:09.89*	1:15.69*	1:21.49*
3:02.89*	2:49.89*	2:36.79*	2:30.29*	2:23.79*	2:17.19*	200 M Free	2:13.19*	2:19.49*	2:25.89*	2:32.19*	2:44.89*	2:57.59*
6:23.89	5:56.49	5:29.09	5:15.39	5:01.69	4:47.99	400 M Free	4:41.59	4:55.09	5:08.49	5:21.89	5:48.69	6:15.49
13:27.59*	12:29.89*	11:32.19*	11:03.39*	10:34.59*	10:05.69*	800 M Free	9:55.29*	10:23.69*	10:51.99*	11:20.39*	12:17.09*	13:13.79*
25:49.99	23:59.29	22:08.59	21:13.19	20:17.89	19:22.49	1500 M Free	18:57.49*	19:51.69*	20:45.89*	21:39.99*	23:28.39*	25:16.69*
44.39*	41.19*	37.99*	36.39*	34.89*	33.29*	50 M Back	32.39*	34.09*	35.79*	37.49*	40.89*	44.19*
1:38.79*	1:30.99*	1:23.19*	1:19.29*	1:15.49	1:11.59	100 M Back	1:09.59*	1:13.39*	1:17.09*	1:20.89*	1:28.49*	1:35.99*
3:24.79*	3:10.19*	2:55.59*	2:48.19*	2:40.89*	2:33.59*	200 M Back	2:29.79*	2:36.89*	2:43.99*	2:51.09*	3:05.39*	3:19.69*
48.99*	45.49*	41.99*	40.19*	38.49*	36.69*	50 M Breast	35.69*	37.69*	39.59*	41.59*	45.39*	49.29*
1:48.69*	1:40.69*	1:32.69*	1:28.59*	1:24.59*	1:20.59*	100 M Breast	1:17.99*	1:22.09*	1:26.09*	1:30.19*	1:38.29*	1:46.39*
3:52.19*	3:35.59*	3:18.99*	3:10.69*	3:02.49*	2:54.19*	200 M Breast	2:48.49*	2:56.59*	3:04.59*	3:12.59*	3:28.69*	3:44.69*
41.39*	38.49*	35.49*	33.99*	32.59*	31.09*	50 M Fly	30.29*	31.99*	33.69*	35.29*	38.69*	41.99*
1:36.19*	1:28.49*	1:20.79*	1:16.99*	1:13.19*	1:09.29*	100 M Fly	1:06.99*	1:10.89*	1:14.69*	1:18.59*	1:26.29*	1:33.99*
3:23.99*	3:09.49*	2:54.89*	2:47.59*	2:40.29*	2:32.99*	200 M Fly	2:30.89*	2:38.09*	2:45.19*	2:52.39*	3:06.79*	3:21.19*
3:26.89*	3:12.09*	2:57.39*	2:49.99*	2:42.59*	2:35.19*	200 M IM	2:30.59*	2:38.29*	2:45.99*	2:53.69*	3:08.99*	3:24.39*
7:20.09*	6:48.69*	6:17.29*	6:01.49*	5:45.79*	5:30.09*	400 M IM	5:22.59*	5:37.99*	5:53.39*	6:08.69*	6:39.39*	7:10.19*
13 Year Olds Girls						13 Year Olds Boys						
37.99*	35.29*	32.59*	31.19*	29.89*	28.49*	50 M Free	26.89*	28.19*	29.49*	30.69*	33.29*	35.79*
1:22.69*	1:16.79*	1:10.89*	1:07.89*	1:04.99*	1:01.99*	100 M Free	58.49*	1:01.29*	1:04.09*	1:06.89*	1:12.39*	1:17.99*
2:58.39*	2:45.69*	2:32.99*	2:26.59*	2:20.19*	2:13.79*	200 M Free	2:08.09*	2:14.19*	2:20.29*	2:26.39*	2:38.59*	2:50.79*
6:14.19	5:47.39*	5:20.69*	5:07.39	4:53.99*	4:40.59*	400 M Free	4:30.69*	4:43.49*	4:56.39*	5:09.29*	5:35.09*	6:00.89*
12:52.59*	11:57.39*	11:02.19*	10:34.59*	10:07.09*	9:39.49*	800 M Free	9:23.49*	9:50.29*	10:17.19*	10:43.99*	11:37.59*	12:31.29*
24:45.79	22:59.69	21:13.59	20:20.49	19:27.39	18:34.39	1500 M Free	17:50.39*	18:41.39*	19:32.39*	20:23.29*	22:05.29*	23:47.19*
1:32.79*	1:26.09*	1:19.49*	1:16.19*	1:12.89*	1:09.59*	100 M Back	1:05.99*	1:09.09*	1:12.19*	1:15.39*	1:21.69*	1:27.89*
3:19.19	3:04.89	2:50.69	2:43.59	2:36.49	2:29.39	200 M Back	2:22.29*	2:29.09*	2:35.89*	2:42.69*	2:56.19*	3:09.79*
1:44.29*	1:36.89*	1:29.39*	1:25.69*	1:21.99*	1:18.29*	100 M Breast	1:13.49*	1:16.99*	1:20.49*	1:23.99*	1:30.99*	1:37.99*
3:45.09*	3:29.09*	3:12.99*	3:04.89*	2:56.89*	2:48.89*	200 M Breast	2:38.19*	2:45.79*	2:53.29*	3:00.79*	3:15.89*	3:30.99*
1:29.59*	1:23.19*	1:16.89*	1:13.59*	1:10.49*	1:07.19*	100 M Fly	1:03.49*	1:06.49*	1:09.49*	1:12.49*	1:18.59*	1:24.59*
3:17.89*	3:03.69*	2:49.59*	2:42.49*	2:35.49*	2:28.39*	200 M Fly	2:22.59*	2:29.39*	2:36.19*	2:42.89*	2:56.49*	3:10.09*
3:21.39*	3:06.99*	2:52.59*	2:45.39*	2:38.29*	2:31.09*	200 M IM	2:23.29*	2:30.09*	2:36.99*	2:43.79*	2:57.39*	3:11.09*
7:07.09*	6:36.59*	6:06.09*	5:50.79*	5:35.59*	5:20.29*	400 M IM	5:06.59*	5:21.19*	5:35.79*	5:50.39*	6:19.49*	6:48.69*

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Long Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
14 Year Olds Girls						14 Year Olds Boys						
37.29*	34.69*	31.99*	30.69*	29.39*	27.99*	50 M Free	25.89*	27.09*	28.39*	29.59*	32.09*	34.49*
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	56.59*	59.29*	1:01.99*	1:04.59*	1:09.99*	1:15.39*
2:55.09*	2:42.59*	2:30.09*	2:23.89*	2:17.59*	2:11.39*	200 M Free	2:03.29*	2:09.19*	2:15.09*	2:20.89*	2:32.69*	2:44.39*
6:07.79	5:41.59	5:15.29	5:02.19	4:48.99	4:35.89	400 M Free	4:21.09*	4:33.49*	4:45.99*	4:58.39*	5:23.29*	5:48.09*
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:04.39*	9:30.29*	9:56.29*	10:22.19*	11:13.99*	12:05.89*
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:19.19*	18:08.69*	18:58.19*	19:47.69*	21:26.69*	23:05.59*
1:30.19	1:23.69*	1:17.29	1:14.09	1:10.89	1:07.59*	100 M Back	1:03.39*	1:06.39*	1:09.39*	1:12.39*	1:18.49*	1:24.49*
3:14.39*	3:00.49*	2:46.59*	2:39.69*	2:32.69*	2:25.79*	200 M Back	2:17.09*	2:23.59*	2:30.19*	2:36.69*	2:49.79*	3:02.79*
1:42.59*	1:35.19*	1:27.89*	1:24.29*	1:20.59*	1:16.89*	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:41.59*	3:25.69*	3:09.89*	3:01.99*	2:54.09*	2:46.19*	200 M Breast	2:34.49*	2:41.79*	2:49.19*	2:56.59*	3:11.29*	3:25.99*
1:27.39*	1:21.09*	1:14.89*	1:11.79*	1:08.69*	1:05.49*	100 M Fly	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:14.29*	3:00.39*	2:46.49*	2:39.59*	2:32.59*	2:25.69*	200 M Fly	2:16.59*	2:23.09*	2:29.59*	2:36.09*	2:49.09*	3:02.09*
3:17.69*	3:03.49*	2:49.39*	2:42.39*	2:35.29*	2:28.29*	200 M IM	2:19.09*	2:25.69*	2:32.29*	2:38.99*	2:52.19*	3:05.39*
6:58.69*	6:28.79*	5:58.89*	5:43.99*	5:28.99*	5:14.09*	400 M IM	4:54.59*	5:08.59*	5:22.69*	5:36.69*	6:04.69*	6:32.79*
15 Year Olds Girls						15 Year Olds Boys						
36.89*	34.29*	31.59*	30.29*	28.99*	27.69*	50 M Free	25.39*	26.59*	27.79*	28.99*	31.39*	33.79*
1:19.99*	1:14.29*	1:08.59*	1:05.69*	1:02.89*	59.99*	100 M Free	55.39*	57.99*	1:00.69*	1:03.29*	1:08.59*	1:13.79*
2:52.49*	2:40.09*	2:27.79*	2:21.69*	2:15.49*	2:09.39*	200 M Free	1:59.89*	2:05.59*	2:11.29*	2:16.99*	2:28.39*	2:39.79*
6:02.99	5:37.09	5:11.19	4:58.19	4:45.19	4:32.29	400 M Free	4:14.89*	4:26.99*	4:39.09*	4:51.29*	5:15.49*	5:39.79*
12:28.99*	11:35.49*	10:41.99*	10:15.29*	9:48.49*	9:21.79*	800 M Free	8:53.09*	9:18.49*	9:43.79*	10:09.19*	10:59.99*	11:50.69*
24:00.79*	22:17.89*	20:34.99*	19:43.49*	18:52.09*	18:00.59*	1500 M Free	16:56.59*	17:44.99*	18:33.39*	19:21.79*	20:58.59*	22:35.39*
1:28.59*	1:22.29*	1:15.99*	1:12.79*	1:09.69*	1:06.49*	100 M Back	1:01.59*	1:04.49*	1:07.49*	1:10.39*	1:16.19*	1:22.09*
3:10.89*	2:57.29*	2:43.59*	2:36.79*	2:29.99*	2:23.19*	200 M Back	2:12.99*	2:19.39*	2:25.69*	2:31.99*	2:44.69*	2:57.39*
1:40.79*	1:33.59*	1:26.39*	1:22.79*	1:19.19*	1:15.59*	100 M Breast	1:09.29*	1:12.59*	1:15.89*	1:19.19*	1:25.79*	1:32.39*
3:39.39*	3:23.69*	3:07.99*	3:00.19*	2:52.39*	2:44.49*	200 M Breast	2:30.19*	2:37.39*	2:44.49*	2:51.69*	3:05.89*	3:20.19*
1:26.79	1:20.59	1:14.39	1:11.29	1:08.19	1:05.09	100 M Fly	58.99*	1:01.79*	1:04.59*	1:07.39*	1:12.99*	1:18.59*
3:10.89*	2:57.19*	2:43.59*	2:36.79*	2:29.99*	2:23.19*	200 M Fly	2:12.19*	2:18.49*	2:24.79*	2:31.09*	2:43.69*	2:56.29*
3:15.09*	3:01.19*	2:47.19*	2:40.29*	2:33.29*	2:26.29*	200 M IM	2:15.29*	2:21.79*	2:28.19*	2:34.69*	2:47.49*	3:00.39*
6:53.29*	6:23.79*	5:54.29*	5:39.49*	5:24.69*	5:09.99*	400 M IM	4:46.69*	5:00.29*	5:13.99*	5:27.59*	5:54.89*	6:22.19*
16 Year Olds Girls						16 Year Olds Boys						
36.59*	33.99*	31.39*	30.09*	28.79*	27.49*	50 M Free	24.99*	26.19*	27.39*	28.49*	30.89*	33.29*
1:19.69*	1:13.99*	1:08.39*	1:05.49*	1:02.69*	59.79*	100 M Free	54.59*	57.19*	59.79*	1:02.39*	1:07.59*	1:12.79*
2:51.79	2:39.49	2:27.19	2:21.09	2:14.99	2:08.79	200 M Free	1:58.19*	2:03.89*	2:09.49*	2:15.09*	2:26.39*	2:37.59*
6:00.39	5:34.69	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:10.39*	4:22.29*	4:34.19*	4:46.19*	5:09.99*	5:33.89*
12:23.29	11:30.19	10:37.09	10:10.59	9:44.09	9:17.49	800 M Free	8:46.69	9:11.79	9:36.89	10:01.89	10:52.09	11:42.19
23:47.39*	22:05.39*	20:23.49*	19:32.49*	18:41.49*	17:50.59*	1500 M Free	16:45.69*	17:33.59*	18:21.39*	19:09.29*	20:45.09*	22:20.89*
1:28.29*	1:21.99*	1:15.69*	1:12.59*	1:09.39*	1:06.29*	100 M Back	1:00.49*	1:03.39*	1:06.29*	1:09.19*	1:14.89*	1:20.69*
3:09.59*	2:56.09*	2:42.59*	2:35.79*	2:28.99*	2:22.19*	200 M Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79
1:40.39*	1:33.19*	1:26.09*	1:22.49*	1:18.89*	1:15.29*	100 M Breast	1:07.79*	1:10.99*	1:14.19*	1:17.49*	1:23.89*	1:30.39*
3:36.59	3:21.19	3:05.69	2:57.99	2:50.19	2:42.49	200 M Breast	2:27.79*	2:34.79*	2:41.89*	2:48.89*	3:02.99*	3:16.99*
1:25.59*	1:19.49*	1:13.39*	1:10.29*	1:07.19*	1:04.19*	100 M Fly	58.19*	1:00.99*	1:03.69*	1:06.49*	1:11.99*	1:17.59*
3:09.69	2:56.19	2:42.59*	2:35.79*	2:29.09	2:22.29	200 M Fly	2:09.49*	2:15.69*	2:21.89*	2:27.99*	2:40.39*	2:52.69*
3:13.39*	2:59.59*	2:45.69*	2:38.79*	2:31.89*	2:24.99*	200 M IM	2:12.59*	2:18.89*	2:25.29*	2:31.59*	2:44.19*	2:56.79*
6:48.99	6:19.79	5:50.59	5:35.99	5:21.39	5:06.79	400 M IM	4:41.59*	4:54.99*	5:08.49*	5:21.89*	5:48.69*	6:15.49*
17 Year Olds Girls						17 Year Olds Boys						
36.49*	33.89*	31.29*	29.99*	28.69*	27.39*	50 M Free	24.69*	25.89*	27.09*	28.19*	30.59*	32.89*
1:19.19*	1:13.59*	1:07.89*	1:05.09*	1:02.19*	59.39*	100 M Free	53.79*	56.39*	58.89*	1:01.49*	1:06.59*	1:11.69*
2:50.69*	2:38.49*	2:26.29*	2:20.19*	2:14.09*	2:07.99*	200 M Free	1:57.89*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
5:59.69	5:33.99	5:08.29	4:55.49	4:42.59	4:29.79	400 M Free	4:10.79*	4:22.79*	4:34.69*	4:46.59*	5:10.49*	5:34.39*
12:21.39*	11:28.49*	10:35.49*	10:09.09*	9:42.59*	9:16.09*	800 M Free	8:42.09*	9:06.99*	9:31.89	9:56.69*	10:46.39*	11:36.19*
23:53.19*	22:10.89*	20:28.49*	19:37.29*	18:46.09*	17:54.89*	1500 M Free	16:35.49*	17:22.89*	18:10.29*	18:57.69*	20:32.49*	22:07.29*
1:28.09*	1:21.79*	1:15.49*	1:12.39*	1:09.19*	1:06.09*	100 M Back	59.79*	1:02.59*	1:05.49*	1:08.29*	1:13.99*	1:19.69*
3:09.59*	2:56.09*	2:42.49*	2:35.69*	2:28.99*	2:22.19*	200 M Back	2:09.19*	2:15.29*	2:21.49*	2:27.59*	2:39.89*	2:52.19*
1:39.99*	1:32.89*	1:25.69*	1:22.09*	1:18.59*	1:14.99*	100 M Breast	1:07.49*	1:10.69*	1:13.89*	1:17.09*	1:23.49*	1:29.99*
3:36.79*	3:21.29*	3:05.79*	2:58.09*	2:50.29*	2:42.59*	200 M Breast	2:26.69*	2:33.59*	2:40.59*	2:47.59*	3:01.59*	3:15.49*
1:25.39*	1:19.29*	1:13.19*	1:10.19*	1:07.09*	1:04.09*	100 M Fly	57.79*	1:00.49*	1:03.29*	1:05.99*	1:11.49*	1:16.99*
3:07.19	2:53.89	2:40.49	2:33.79	2:27.09	2:20.39	200 M Fly	2:08.39*	2:14.49*	2:20.59*	2:26.69*	2:38.89*	2:51.19*
3:12.59*	2:58.89*	2:45.09*	2:38.19*	2:31.29*	2:24.49*	200 M IM	2:11.69*	2:17.99*	2:24.19*	2:30.49*	2:42.99*	2:55.59*
6:48.29*	6:19.09*	5:49.89*	5:35.39*	5:20.79*	5:06.19*	400 M IM	4:39.79*	4:53.09*	5:06.39*	5:19.69*	5:46.39*	6:12.99*
18 Year Olds Girls						18 Year Olds Boys						
36.39*	33.79*	31.19*	29.89*	28.59*	27.29*	50 M Free	24.49	25.69	26.79	27.99	30.29	32.59
1:19.19*	1:13.59*	1:07.89*	1:05.09*	1:02.19*	59.39*	100 M Free	53.69*	56.19*	58.79*	1:01.29*	1:06.39*	1:11.49*
2:50.49*	2:38.29*	2:26.19*	2:20.09*	2:13.99*	2:07.89*	200 M Free	1:57.39*	2:02.99*	2:08.59*	2:14.19*	2:25.39*	2:36.59*
6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Free	4:09.69*	4:21.59*	4:33.49*	4:45.29*	5:09.09*	5:32.89*
12:19.59	11:26.79	10:33.99	10:07.59	9:41.09	9:14.69	800 M Free	8:44.19	9:09.19	9:34.09	9:59.09	10:48.99	11:38.89
23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 M Free	16:35.79*	17:23.19*	18:10.59*	18:57.99*	20:32.89*	22:07.69*
1:28.09*	1:21.79*	1:15.59*	1:12.39*	1:09.29*	1:06.09*	100 M Back	59.79*	1:02.69*	1:05.49*	1:08.39*	1:14.09*	1:19.79*
3:09.69*	2:56.09*	2:42.59*	2:35.79*	2:28.99*	2:22.29*	200 M Back	2:09.69*	2:15.89*	2:22.09*	2:28.19*	2:40.59*	2:52.89*
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:06.69*	1:09.89*	1:13.09*	1:16.19*	1:22.59*	1:28.89*
3:34.39*	3:19.09*	3:03.69*	2:56.09*	2:48.39*	2:40.79*	200 M Breast	2:25.69*	2:32.59*	2:39.59*	2:46.49*	3:00.39*	3:14.29*
1:24.99*	1:18.99*	1:12.89*	1:09.89*	1:06.79*	1:03.79*	100 M Fly	57.29*	59.99*	1:02.79*	1:05.49*	1:10.89*	1:16.39*
3:08.49	2:55.09	2:41.59	2:34.89	2:28.09	2:21.39	200 M Fly	2:07.89*	2:13.99*	2:20.09*	2:26.19*	2:38.39*	2:50.49*
3:12.29*	2:58.59*	2:44.79*	2:37.99*	2:31.09*	2:24.19*	200 M IM	2:10.99*	2:17.29*				

2017-2020 National Age Group Motivational Times

Revised 11/8/2016

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
10 Year Olds Girls						10 Year Olds Boys						
38.89*	35.19*	31.39*	30.19*	28.89*	27.69*	50 Y Free	27.39*	28.59*	29.79*	30.99*	34.49*	38.09*
1:29.59*	1:19.99*	1:10.49*	1:07.29*	1:04.19*	1:00.99*	100 Y Free	1:00.59*	1:03.69*	1:06.69*	1:09.69*	1:18.79*	1:27.79*
3:19.19*	2:57.39*	2:35.59*	2:28.29*	2:20.99*	2:13.69*	200 Y Free	2:10.69*	2:16.89*	2:23.09*	2:29.39*	2:47.99*	3:06.69*
8:24.99*	7:34.49*	6:43.99*	6:27.19*	6:10.39*	5:53.49*	500 Y Free	5:47.49*	6:04.09*	6:20.59*	6:37.09*	7:26.79*	8:16.39*
46.99*	41.89*	36.69*	34.99*	33.29*	31.59*	50 Y Back	31.79*	33.59*	35.29*	37.09*	42.39*	47.69*
1:41.99*	1:30.69*	1:19.29*	1:15.59*	1:11.79*	1:07.99*	100 Y Back	1:08.39*	1:11.89*	1:15.39*	1:18.89*	1:29.29*	1:39.79*
53.29*	47.49*	41.79*	39.89*	37.99*	35.99*	50 Y Breast	35.49*	37.29*	39.19*	40.99*	46.59*	52.09*
1:58.09*	1:44.99*	1:31.89*	1:27.49*	1:23.09*	1:18.79*	100 Y Breast	1:17.39*	1:21.29*	1:25.09*	1:28.99*	1:40.59*	1:52.19*
47.39*	41.79*	36.19*	34.39*	32.49*	30.59*	50 Y Fly	30.29*	31.99*	33.69*	35.39*	40.49*	45.69*
1:53.99*	1:39.09*	1:24.09*	1:19.19*	1:14.19*	1:09.19*	100 Y Fly	1:08.39*	1:13.19*	1:17.99*	1:22.69*	1:37.09*	1:51.39*
1:41.69*	1:30.89*	1:20.09*	1:16.49*	1:12.89*	1:09.29*	100 Y IM	1:08.99*	1:12.29*	1:15.59*	1:18.89*	1:28.79*	1:38.59*
3:38.19*	3:15.29*	2:52.39*	2:44.79*	2:37.19*	2:29.59*	200 Y IM	2:28.69*	2:36.19*	2:43.59*	2:50.99*	3:13.19*	3:35.49*
11 Year Olds Girls						11 Year Olds Boys						
34.89*	32.49*	30.09*	28.89*	27.59*	26.39*	50 Y Free	26.09*	27.29*	28.59*	29.79*	32.29*	34.79*
1:16.39*	1:10.89*	1:05.49*	1:02.69*	59.99*	57.29*	100 Y Free	56.99*	59.69*	1:02.49*	1:05.19*	1:10.59*	1:15.99*
2:45.79*	2:33.89*	2:22.09*	2:16.19*	2:10.29*	2:04.29*	200 Y Free	2:03.69*	2:09.59*	2:15.49*	2:21.39*	2:33.19*	2:44.99*
7:28.09*	6:56.09*	6:24.09*	6:08.09*	5:52.09*	5:36.09*	500 Y Free	5:31.29*	5:46.99*	6:02.79*	6:18.59*	6:50.09*	7:21.69*
15:30.59*	14:24.09*	13:17.69*	12:44.39*	12:11.19*	11:37.99*	1000 Y Free	11:32.69*	12:05.69*	12:38.69*	13:11.69*	14:17.59*	15:23.59*
26:10.39*	24:18.19*	22:25.99*	21:29.89*	20:33.89*	19:37.79*	1650 Y Free	19:27.99*	20:23.59*	21:19.19*	22:14.79*	24:05.99*	25:57.29*
39.69*	36.89*	33.99*	32.59*	31.19*	29.79*	50 Y Back	29.99*	31.59*	33.09*	34.69*	37.79*	40.89*
1:27.89*	1:20.99*	1:14.09*	1:10.59*	1:07.19*	1:03.69*	100 Y Back	1:03.79*	1:07.29*	1:10.79*	1:14.29*	1:21.19*	1:28.09*
3:04.89*	2:51.69*	2:38.39*	2:31.89*	2:25.19*	2:18.69*	200 Y Back	2:18.79*	2:25.39*	2:32.09*	2:38.69*	2:51.89*	3:05.09*
44.89*	41.69*	38.49*	36.89*	35.29*	33.69*	50 Y Breast	33.49*	35.29*	37.09*	38.99*	42.59*	46.19*
1:39.09*	1:31.79*	1:24.39*	1:20.79*	1:17.09*	1:13.49*	100 Y Breast	1:12.49*	1:16.29*	1:19.99*	1:23.79*	1:31.39*	1:38.89*
3:31.59*	3:16.49*	3:01.39*	2:53.89*	2:46.29*	2:38.69*	200 Y Breast	2:36.99*	2:44.49*	2:51.99*	2:59.39*	3:14.39*	3:29.29*
38.09*	35.39*	32.59*	31.29*	29.89*	28.59*	50 Y Fly	28.59*	30.19*	31.79*	33.39*	36.59*	39.69*
1:28.79*	1:21.69*	1:14.59*	1:10.99*	1:07.49*	1:03.89*	100 Y Fly	1:03.69*	1:07.39*	1:11.09*	1:14.69*	1:22.09*	1:29.49*
3:10.09*	2:56.59*	2:42.99*	2:36.19*	2:29.39*	2:22.59*	200 Y Fly	2:22.59*	2:29.39*	2:36.09*	2:42.89*	2:56.49*	3:10.09*
1:27.09*	1:20.89*	1:14.59*	1:11.49*	1:08.39*	1:05.29*	100 Y IM	1:05.19*	1:08.39*	1:11.59*	1:14.69*	1:21.09*	1:27.49*
3:06.59*	2:53.29*	2:39.99*	2:33.29*	2:26.59*	2:19.99*	200 Y IM	2:20.49*	2:27.69*	2:34.89*	2:41.99*	2:56.39*	3:10.69*
6:38.79*	6:10.29*	5:41.79*	5:27.59*	5:13.29*	4:59.09*	400 Y IM	4:59.39*	5:13.59*	5:27.89*	5:42.09*	6:10.69*	6:39.19*
12 Year Olds Girls						12 Year Olds Boys						
33.79*	31.49*	29.09*	27.89*	26.79*	25.59*	50 Y Free	24.49*	25.59*	26.79*	27.89*	30.29*	32.59*
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	53.29*	55.79*	58.29*	1:00.89*	1:05.89*	1:10.99*
2:40.79*	2:29.39*	2:17.89*	2:12.09*	2:06.39*	2:00.59*	200 Y Free	1:56.09*	2:01.69*	2:07.19*	2:12.69*	2:23.79*	2:34.79*
7:07.79*	6:37.29*	6:06.69*	5:51.39*	5:36.19*	5:20.89*	500 Y Free	5:12.99*	5:27.89*	5:42.79*	5:57.69*	6:27.49*	6:57.29*
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39*	11:25.59*	11:56.79*	12:27.89*	13:30.19*	14:32.59*
24:53.99*	23:07.29*	21:20.59*	20:27.19*	19:33.89*	18:40.49*	1650 Y Free	18:16.39*	19:08.59*	20:00.79*	20:52.99*	22:37.49*	24:21.89*
38.49*	35.69*	32.99*	31.59*	30.19*	28.89*	50 Y Back	27.99*	29.49*	30.99*	32.39*	35.29*	38.29*
1:25.19*	1:18.49*	1:11.79*	1:08.49*	1:05.09*	1:01.79*	100 Y Back	59.99*	1:03.29*	1:06.59*	1:09.79*	1:16.29*	1:22.89*
2:56.69*	2:44.09*	2:31.49*	2:25.19*	2:18.89*	2:12.59*	200 Y Back	2:09.49*	2:15.69*	2:21.89*	2:27.99*	2:40.39*	2:52.69*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 Y Breast	31.09*	32.79*	34.49*	36.19*	39.59*	42.89*
1:34.69*	1:27.69*	1:20.69*	1:17.19*	1:13.69*	1:10.19*	100 Y Breast	1:07.09*	1:10.59*	1:14.09*	1:17.59*	1:24.59*	1:31.59*
3:22.79*	3:08.29*	2:53.79*	2:46.59*	2:39.29*	2:32.09*	200 Y Breast	2:26.59*	2:33.59*	2:40.59*	2:47.59*	3:01.49*	3:15.49*
36.79*	34.19*	31.59*	30.19*	28.89*	27.59*	50 Y Fly	26.79*	28.19*	29.69*	31.19*	34.19*	37.09*
1:25.09*	1:18.29*	1:11.49*	1:08.09*	1:04.69*	1:01.29*	100 Y Fly	59.39*	1:02.79*	1:06.19*	1:09.59*	1:16.49*	1:23.29*
3:00.29*	2:47.39*	2:34.59*	2:28.09*	2:21.69*	2:15.19*	200 Y Fly	2:12.09*	2:18.39*	2:24.69*	2:30.99*	2:43.59*	2:56.19*
1:24.39*	1:18.39*	1:12.39*	1:09.29*	1:06.29*	1:03.29*	100 Y IM	1:00.29*	1:03.29*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.59*	2:47.69*	2:34.79*	2:28.39*	2:21.89*	2:15.49*	200 Y IM	2:10.89*	2:17.49*	2:24.19*	2:30.89*	2:44.19*	2:57.59*
6:24.19*	5:56.79*	5:29.29*	5:15.59*	5:01.89*	4:48.19*	400 Y IM	4:39.79*	4:53.19*	5:06.49*	5:19.79*	5:46.39*	6:13.09*
13 Year Olds Girls						13 Year Olds Boys						
33.39*	31.09*	28.69*	27.49*	26.29*	25.09*	50 Y Free	23.49*	24.59*	25.69*	26.79*	28.99*	31.29*
1:12.29*	1:07.09*	1:01.99*	59.39*	56.79*	54.19*	100 Y Free	51.09*	53.49*	55.99*	58.39*	1:03.29*	1:08.09*
2:36.19*	2:25.09*	2:13.89*	2:08.39*	2:02.79*	1:57.19*	200 Y Free	1:50.99*	1:56.29*	2:01.59*	2:06.89*	2:17.39*	2:27.99*
6:57.79*	6:27.99*	5:58.09*	5:43.19*	5:28.29*	5:13.39*	500 Y Free	4:58.89*	5:13.09*	5:27.39*	5:41.59*	6:09.99*	6:38.49*
14:21.39*	13:19.89*	12:18.39*	11:47.59*	11:16.89*	10:46.09*	1000 Y Free	10:20.69*	10:50.19*	11:19.79*	11:49.39*	12:48.49*	13:47.59*
24:03.09*	22:19.99*	20:36.99*	19:45.39*	18:53.89*	18:02.29*	1650 Y Free	17:18.59*	18:07.99*	18:57.49*	19:46.89*	21:25.79*	23:04.69*
1:19.89	1:14.19	1:08.49	1:05.69	1:02.79	59.99	100 Y Back	56.59*	59.29*	1:01.89*	1:04.59*	1:09.99*	1:15.39*
2:51.89*	2:39.69*	2:27.39*	2:21.19*	2:15.09*	2:08.99*	200 Y Back	2:02.59*	2:08.39*	2:14.19*	2:20.09*	2:31.69*	2:43.39*
1:30.59*	1:24.19*	1:17.69*	1:14.49*	1:11.19*	1:07.99*	100 Y Breast	1:03.49*	1:06.59*	1:09.59*	1:12.59*	1:18.69*	1:24.69*
3:16.89*	3:02.89*	2:48.79*	2:41.79*	2:34.69*	2:27.69*	200 Y Breast	2:17.59*	2:24.09*	2:30.69*	2:37.19*	2:50.29*	3:03.39*
1:18.79*	1:13.19*	1:07.59*	1:04.79*	1:01.99*	59.09*	100 Y Fly	55.79*	58.39*	1:01.09*	1:03.69*	1:08.99*	1:14.29*
2:55.29*	2:42.69*	2:30.19*	2:23.99*	2:17.69*	2:11.49*	200 Y Fly	2:03.69*	2:09.59*	2:15.49*	2:21.39*	2:33.19*	2:44.99*
2:55.59*	2:43.09*	2:30.59*	2:24.29*	2:17.99*	2:11.69*	200 Y IM	2:04.69*	2:10.59*	2:16.59*	2:22.49*	2:34.39*	2:46.29*
6:13.49*	5:46.79*	5:20.09*	5:06.79*	4:53.49*	4:40.09*	400 Y IM	4:25.29*	4:37.99*	4:50.59*	5:03.19*	5:28.49*	5:53.69*

2017-2020 National Age Group Motivational Times

Revised 11/8/2016

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	50 Y Free	100 Y Free	200 Y Free	500 Y Free	1000 Y Free	1650 Y Free	100 Y Back	200 Y Back	100 Y Breast	200 Y Breast	100 Y Fly	200 Y Fly	200 Y IM	400 Y IM	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
14 Year Olds Girls												14 Year Olds Boys													
32.69*	30.29*	27.99*	26.79*	25.69*	24.49*	50 Y Free	22.49*	23.59*	24.69*	25.69*	27.89*	29.99*													
1:11.09*	1:05.99*	1:00.89*	58.39*	55.89*	53.29*	100 Y Free	49.19*	51.59*	53.89*	56.29*	1:00.99*	1:05.59*													
2:33.19*	2:22.19*	2:11.29*	2:05.79*	2:00.39*	1:54.89*	200 Y Free	1:46.99*	1:52.09*	1:57.19*	2:02.29*	2:12.49*	2:22.69*													
6:49.69*	6:20.39*	5:51.19*	5:36.49*	5:21.89*	5:07.29*	500 Y Free	4:49.39*	5:03.19*	5:16.99*	5:30.79*	5:58.29*	6:25.89*													
14:08.69*	13:08.09*	12:07.49*	11:37.19*	11:06.89*	10:36.59*	1000 Y Free	10:00.59*	10:29.19*	10:57.79*	11:26.39*	12:23.49*	13:20.69*													
23:25.59*	21:45.19*	20:04.79*	19:14.59*	18:24.39*	17:34.19*	1650 Y Free	16:45.09*	17:32.99*	18:20.89*	19:08.69*	20:44.39*	22:20.19*													
1:17.69*	1:12.09*	1:06.59*	1:03.79*	1:00.99*	58.29*	100 Y Back	54.09*	56.69*	59.19*	1:01.79*	1:06.99*	1:12.09*													
2:47.79*	2:35.79*	2:23.89*	2:17.89*	2:11.89*	2:05.89*	200 Y Back	1:57.79*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*													
1:29.19*	1:22.89*	1:16.49*	1:13.29*	1:10.09*	1:06.89*	100 Y Breast	1:01.19*	1:04.09*	1:06.99*	1:09.89*	1:15.69*	1:21.49*													
3:12.19*	2:58.49*	2:44.79*	2:37.89*	2:30.99*	2:24.19*	200 Y Breast	2:13.19*	2:19.49*	2:25.89*	2:32.19*	2:44.89*	2:57.59*													
1:17.09*	1:11.59*	1:06.09*	1:03.39*	1:00.59*	57.89*	100 Y Fly	53.59*	56.19*	58.69*	1:01.29*	1:06.39*	1:11.49*													
2:50.49*	2:38.29*	2:26.19*	2:20.09*	2:13.99*	2:07.89*	200 Y Fly	1:58.99*	2:04.69*	2:10.39*	2:15.99*	2:27.39*	2:38.69*													
2:51.69*	2:39.39*	2:27.19*	2:21.09*	2:14.89*	2:08.79*	200 Y IM	1:59.99*	2:05.69*	2:11.39*	2:17.19*	2:28.59*	2:39.99*													
6:05.49*	5:39.39*	5:13.29*	5:00.19*	4:47.19*	4:34.09*	400 Y IM	4:16.39*	4:28.59*	4:40.79*	4:52.99*	5:17.39*	5:41.79*													
15 Year Olds Girls												15 Year Olds Boys													
32.49*	30.19*	27.79*	26.69*	25.49*	24.39*	50 Y Free	22.19*	23.19*	24.29*	25.29*	27.39*	29.49*													
1:10.29*	1:05.29*	1:00.29*	57.69*	55.19*	52.69*	100 Y Free	48.19*	50.49*	52.79*	55.09*	59.69*	1:04.29*													
2:31.49*	2:20.69*	2:09.89*	2:04.49*	1:59.09*	1:53.69*	200 Y Free	1:44.89*	1:49.89*	1:54.79*	1:59.79*	2:09.79*	2:19.79*													
6:44.49*	6:15.59*	5:46.69*	5:32.19*	5:17.79*	5:03.39*	500 Y Free	4:43.59*	4:57.09*	5:10.59*	5:24.09*	5:51.09*	6:18.09*													
13:59.69*	12:59.79*	11:59.79*	11:29.79*	10:59.79*	10:29.79*	1000 Y Free	9:49.99*	10:18.09*	10:46.19*	11:14.29*	12:10.49*	13:06.69*													
23:17.59*	21:37.79*	19:57.89*	19:07.99*	18:18.09*	17:28.19*	1650 Y Free	16:29.49*	17:16.59*	18:03.69*	18:50.89*	20:25.09*	21:59.29*													
1:16.59*	1:11.09*	1:05.69*	1:02.89*	1:00.19*	57.49*	100 Y Back	52.79*	55.29*	57.79*	1:00.29*	1:05.29*	1:10.39*													
2:45.49*	2:33.69*	2:21.89*	2:15.99*	2:10.09*	2:04.19*	200 Y Back	1:54.89*	2:00.29*	2:05.79*	2:11.29*	2:22.19*	2:33.19*													
1:27.59*	1:21.29*	1:15.09*	1:11.89*	1:08.79*	1:05.69*	100 Y Breast	59.49*	1:02.39*	1:05.19*	1:07.99*	1:13.69*	1:19.39*													
3:10.89*	2:57.19*	2:43.59*	2:36.79*	2:29.99*	2:23.19*	200 Y Breast	2:10.09*	2:16.29*	2:22.49*	2:28.69*	2:41.09*	2:53.49*													
1:16.59*	1:11.09*	1:05.69*	1:02.89*	1:00.19*	57.49*	100 Y Fly	52.19*	54.69*	57.19*	59.69*	1:04.69*	1:09.59*													
2:48.89*	2:36.79*	2:24.79*	2:18.69*	2:12.69*	2:06.69*	200 Y Fly	1:56.29*	2:01.79*	2:07.29*	2:12.89*	2:23.89*	2:34.99*													
2:49.59*	2:37.49*	2:25.39*	2:19.29*	2:13.29*	2:07.19*	200 Y IM	1:57.29*	2:02.89*	2:08.49*	2:14.09*	2:25.29*	2:36.39*													
6:02.19*	5:36.29*	5:10.39*	4:57.49*	4:44.59*	4:31.59*	400 Y IM	4:09.69*	4:21.59*	4:33.49*	4:45.29*	5:09.09*	5:32.89*													
16 Year Olds Girls												16 Year Olds Boys													
32.19*	29.89*	27.59*	26.39*	25.29*	24.09*	50 Y Free	21.69*	22.69*	23.79*	24.79*	26.89*	28.89*													
1:09.69*	1:04.69*	59.69*	57.19*	54.69*	52.29*	100 Y Free	47.29*	49.49*	51.79*	53.99*	58.49*	1:02.99*													
2:30.59*	2:19.89*	2:09.09*	2:03.69*	1:58.29*	1:52.99*	200 Y Free	1:42.99*	1:47.89*	1:52.79*	1:57.69*	2:07.49*	2:17.29*													
6:42.59*	6:13.79*	5:45.09*	5:30.69*	5:16.29*	5:01.89*	500 Y Free	4:38.89*	4:52.19*	5:05.49*	5:18.69*	5:45.29*	6:11.79*													
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	1000 Y Free	9:42.49*	10:10.19*	10:37.89*	11:05.69*	12:01.09*	12:56.59*													
23:18.19	21:38.29	19:58.49	19:08.49	18:18.59	17:28.69	1650 Y Free	16:15.19*	17:01.69*	17:48.09*	18:34.49*	20:07.39*	21:40.29*													
1:15.59*	1:10.19*	1:04.79*	1:02.09*	59.39*	56.69*	100 Y Back	51.39*	53.79*	56.19*	58.69*	1:03.59*	1:08.49*													
2:44.29*	2:32.59*	2:20.79*	2:14.99*	2:09.09*	2:03.19*	200 Y Back	1:52.59*	1:57.89*	2:03.29*	2:08.59*	2:19.39*	2:30.09*													
1:26.59*	1:20.49*	1:14.29*	1:11.19*	1:08.09*	1:04.99*	100 Y Breast	58.49*	1:01.29*	1:04.09*	1:06.89*	1:12.39*	1:17.99*													
3:08.69*	2:55.19*	2:41.69*	2:34.99*	2:28.19*	2:21.49*	200 Y Breast	2:07.29*	2:13.29*	2:19.39*	2:25.39*	2:37.59*	2:49.69*													
1:15.49*	1:10.09*	1:04.69*	1:01.99*	59.29*	56.59*	100 Y Fly	51.39*	53.89*	56.29*	58.79*	1:03.59*	1:08.49*													
2:46.89*	2:34.99*	2:22.99*	2:17.09*	2:11.09*	2:05.19*	200 Y Fly	1:53.59*	1:58.99*	2:04.39*	2:09.79*	2:20.59*	2:31.39*													
2:48.49*	2:36.49*	2:24.39*	2:18.39*	2:12.39*	2:06.39*	200 Y IM	1:54.29*	1:59.79*	2:05.19*	2:10.59*	2:21.49*	2:32.39*													
5:57.59*	5:32.09*	5:06.49*	4:53.69*	4:40.99*	4:28.19*	400 Y IM	4:07.29*	4:19.09*	4:30.79*	4:42.59*	5:06.19*	5:29.69*													
17 Year Olds Girls												17 Year Olds Boys													
31.99*	29.69*	27.39*	26.29*	25.19*	23.99*	50 Y Free	21.19	22.29	23.29	24.29	26.29	28.29													
1:09.29*	1:04.29*	59.39*	56.89*	54.49*	51.99*	100 Y Free	46.69*	48.99*	51.19*	53.39*	57.79*	1:02.29*													
2:30.19*	2:19.49*	2:08.79*	2:03.39*	1:58.09*	1:52.69*	200 Y Free	1:42.09*	1:46.89*	1:51.79*	1:56.59*	2:06.29*	2:16.09*													
6:41.39*	6:12.69*	5:44.09*	5:29.69*	5:15.39*	5:01.09*	500 Y Free	4:37.09*	4:50.29*	5:03.49*	5:16.69*	5:43.09*	6:09.49*													
13:54.29*	12:54.69*	11:55.09*	11:25.29*	10:55.49*	10:25.69*	1000 Y Free	9:38.19*	10:05.69*	10:33.19*	11:00.79*	11:55.79*	12:50.89*													
23:13.09	21:33.59	19:54.09	19:04.39	18:14.59	17:24.89	1650 Y Free	16:09.49*	16:55.69*	17:41.79*	18:27.99*	20:00.29*	21:32.69*													
1:15.59*	1:10.19*	1:04.79*	1:02.09*	59.39*	56.69*	100 Y Back	50.89*	53.29*	55.79*	58.19*	1:02.99*	1:07.89*													
2:43.69*	2:31.99*	2:20.29*	2:14.49*	2:08.59*	2:02.79*	200 Y Back	1:51.39*	1:56.59*	2:01.99*	2:07.19*	2:17.89*	2:28.39*													

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Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	500 M	1000 M	1500 M	2000 M	2500 M	3000 M	3500 M	4000 M
10 Year Olds Girls							10 Year Olds Boys						
42.99*	38.89*	34.69*	33.29*	31.89*	30.59*	50 M Free	30.29*	31.59*	32.89*	34.19*	38.09*	41.99*	
1:38.99*	1:28.39*	1:17.89*	1:14.39*	1:10.89*	1:07.39*	100 M Free	1:06.99*	1:10.29*	1:13.69*	1:16.99*	1:26.99*	1:36.99*	
3:40.09*	3:15.99*	2:51.89*	2:43.89*	2:35.79*	2:27.79*	200 M Free	2:24.39*	2:31.29*	2:38.19*	2:44.99*	3:05.69*	3:26.29*	
7:21.99*	6:37.79*	5:53.59*	5:38.89*	5:24.09*	5:09.39*	400 M Free	5:04.09*	5:18.59*	5:33.09*	5:47.59*	6:30.99*	7:14.39*	
51.99*	46.29*	40.59*	38.69*	36.79*	34.89*	50 M Back	35.09*	37.09*	38.99*	40.99*	46.79*	52.69*	
1:52.69*	1:40.19*	1:27.69*	1:23.49*	1:19.29*	1:15.19*	100 M Back	1:15.59*	1:19.39*	1:23.29*	1:27.09*	1:38.69*	1:50.29*	
58.89*	52.49*	46.19*	44.09*	41.89*	39.79*	50 M Breast	39.19*	41.19*	43.29*	45.29*	51.39*	57.59*	
2:10.49*	1:55.99*	1:41.49*	1:36.69*	1:31.89*	1:26.99*	100 M Breast	1:25.59*	1:29.79*	1:34.09*	1:38.29*	1:51.09*	2:03.89*	
52.39*	46.19*	39.99*	37.99*	35.89*	33.79*	50 M Fly	33.49*	35.29*	37.19*	39.09*	44.79*	50.49*	
2:05.99*	1:49.49*	1:32.99*	1:27.49*	1:21.99*	1:16.49*	100 M Fly	1:15.59*	1:20.89*	1:26.19*	1:31.39*	1:47.19*	2:03.09*	
1:52.39*	1:40.39*	1:28.49*	1:24.49*	1:20.49*	1:16.49*	100 M IM	1:16.29*	1:19.89*	1:23.59*	1:27.19*	1:38.09*	1:48.99*	
4:01.09*	3:35.79*	3:10.49*	3:02.09*	2:53.69*	2:45.29*	200 M IM	2:44.29*	2:52.49*	3:00.69*	3:08.89*	3:33.49*	3:58.09*	
11 Year Olds Girls							11 Year Olds Boys						
38.59*	35.89*	33.19*	31.89*	30.49*	29.19*	50 M Free	28.79*	30.19*	31.59*	32.89*	35.69*	38.39*	
1:24.39*	1:18.39*	1:12.29*	1:09.29*	1:06.29*	1:03.29*	100 M Free	1:02.99*	1:05.99*	1:08.99*	1:11.99*	1:17.99*	1:23.99*	
3:03.19*	2:50.09*	2:36.99*	2:30.49*	2:23.89*	2:17.39*	200 M Free	2:16.69*	2:23.19*	2:29.69*	2:36.19*	2:49.29*	3:02.29*	
6:32.09*	6:04.09*	5:36.09*	5:22.09*	5:08.09*	4:54.09*	400 M Free	4:49.89*	5:03.69*	5:17.49*	5:31.29*	5:58.89*	6:26.49*	
13:34.39*	12:36.29*	11:38.09*	11:08.99*	10:39.89*	10:10.79*	800 M Free	10:06.19*	10:35.09*	11:03.99*	11:32.79*	12:30.59*	13:28.29*	
26:01.19*	24:09.69*	22:18.19*	21:22.39*	20:26.69*	19:30.89*	1500 M Free	19:21.19*	20:16.49*	21:11.79*	22:06.99*	23:57.59*	25:48.19*	
43.79*	40.69*	37.59*	35.99*	34.49*	32.89*	50 M Back	33.09*	34.89*	36.59*	38.29*	41.79*	45.19*	
1:37.19*	1:29.49*	1:21.89*	1:17.99*	1:14.19*	1:10.39*	100 M Back	1:10.49*	1:14.39*	1:18.19*	1:21.99*	1:29.69*	1:37.39*	
3:24.29*	3:09.69*	2:55.09*	2:47.79*	2:40.49*	2:33.19*	200 M Back	2:33.39*	2:40.69*	2:47.99*	2:55.29*	3:09.89*	3:24.49*	
49.59*	46.09*	42.59*	40.79*	38.99*	37.19*	50 M Breast	36.99*	38.99*	40.99*	42.99*	47.09*	51.09*	
1:49.49*	1:41.39*	1:33.29*	1:29.29*	1:25.19*	1:21.19*	100 M Breast	1:20.09*	1:24.29*	1:28.39*	1:32.59*	1:40.99*	1:49.29*	
3:53.89*	3:37.19*	3:20.49*	3:12.09*	3:03.79*	2:55.39*	200 M Breast	2:53.49*	3:01.69*	3:09.99*	3:18.29*	3:34.79*	3:51.29*	
42.09*	39.09*	36.09*	34.59*	33.09*	31.59*	50 M Fly	31.59*	33.39*	35.09*	36.89*	40.39*	43.89*	
1:38.09*	1:30.19*	1:22.39*	1:18.49*	1:14.59*	1:10.69*	100 M Fly	1:10.39*	1:14.49*	1:18.49*	1:22.59*	1:30.69*	1:38.79*	
3:30.09*	3:15.09*	3:00.09*	2:52.59*	2:45.09*	2:37.59*	200 M Fly	2:37.49*	2:44.99*	2:52.49*	2:59.99*	3:14.99*	3:29.99*	
1:36.19*	1:29.29*	1:22.49*	1:18.99*	1:15.59*	1:12.19*	100 M IM	1:12.09*	1:15.59*	1:19.09*	1:22.59*	1:29.59*	1:36.59*	
3:26.19*	3:11.49*	2:56.79*	2:49.39*	2:41.99*	2:34.69*	200 M IM	2:35.29*	2:43.19*	2:51.09*	2:59.09*	3:14.89*	3:30.69*	
7:20.59*	6:49.19*	6:17.69*	6:01.89*	5:46.19*	5:30.49*	400 M IM	5:30.79*	5:46.59*	6:02.29*	6:18.09*	6:49.59*	7:21.09*	
12 Year Olds Girls							12 Year Olds Boys						
37.29*	34.69*	32.19*	30.89*	29.59*	28.29*	50 M Free	26.99*	28.29*	29.59*	30.89*	33.39*	35.99*	
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	58.89*	1:01.69*	1:04.49*	1:07.29*	1:12.89*	1:18.49*	
2:57.69*	2:44.99*	2:32.29*	2:25.99*	2:19.69*	2:13.29*	200 M Free	2:08.29*	2:14.39*	2:20.49*	2:26.69*	2:38.89*	2:51.09*	
6:14.39*	5:47.69*	5:20.89*	5:07.59*	4:54.19*	4:40.79*	400 M Free	4:33.89*	4:46.89*	4:59.99*	5:12.69*	5:39.09*	6:05.19*	
12:57.19	12:01.69	11:06.19	10:38.49	10:10.69	9:42.89	800 M Free	9:32.69*	9:59.99*	10:27.29*	10:54.59*	11:49.09*	12:43.59*	
24:45.29*	22:59.19*	21:13.09*	20:20.09*	19:26.99*	18:33.99*	1500 M Free	18:09.99*	19:01.89*	19:53.79*	20:45.69*	22:29.59*	24:13.39*	
42.49*	39.49*	36.39*	34.89*	33.39*	31.89*	50 M Back	30.99*	32.59*	34.19*	35.79*	39.09*	42.29*	
1:34.19*	1:26.79*	1:19.39*	1:15.59*	1:11.89*	1:08.19*	100 M Back	1:06.29*	1:09.89*	1:13.49*	1:17.09*	1:24.29*	1:31.59*	
3:15.29*	3:01.29*	2:47.39*	2:40.39*	2:33.39*	2:26.49*	200 M Back	2:23.09*	2:29.89*	2:36.69*	2:43.59*	2:57.19*	3:10.79*	
47.59*	44.19*	40.79*	39.09*	37.39*	35.69*	50 M Breast	34.39*	36.19*	38.09*	39.99*	43.69*	47.39*	
1:44.59*	1:36.89*	1:29.19*	1:25.29*	1:21.39*	1:17.59*	100 M Breast	1:14.19*	1:17.99*	1:21.89*	1:25.69*	1:33.49*	1:41.19*	
3:43.99*	3:27.99*	3:11.99*	3:03.99*	2:55.99*	2:47.99*	200 M Breast	2:41.99*	2:49.69*	2:57.39*	3:05.19*	3:20.59*	3:35.99*	
40.69*	37.79*	34.89*	33.39*	31.99*	30.49*	50 M Fly	29.59*	31.19*	32.79*	34.49*	37.79*	40.99*	
1:33.99*	1:26.49*	1:18.99*	1:15.19*	1:11.49*	1:07.69*	100 M Fly	1:05.59*	1:09.39*	1:13.19*	1:16.89*	1:24.49*	1:32.09*	
3:19.19*	3:04.99*	2:50.79*	2:43.69*	2:36.59*	2:29.39*	200 M Fly	2:25.99*	2:32.89*	2:39.89*	2:46.79*	3:00.69*	3:14.59*	
1:33.29*	1:26.59*	1:19.89*	1:16.59*	1:13.29*	1:09.99*	100 M IM	1:06.69*	1:09.89*	1:13.19*	1:16.39*	1:22.89*	1:29.39*	
3:19.59*	3:05.29*	2:51.09*	2:43.89*	2:36.79*	2:29.69*	200 M IM	2:24.59*	2:31.99*	2:39.39*	2:46.69*	3:01.49*	3:16.19*	
7:04.49*	6:34.19*	6:03.89*	5:48.69*	5:33.59*	5:18.39*	400 M IM	5:09.19*	5:23.89*	5:38.69*	5:53.39*	6:22.79*	6:52.29*	
13 Year Olds Girls							13 Year Olds Boys						
36.89*	34.29*	31.69*	30.39*	28.99*	27.69*	50 M Free	25.89*	27.19*	28.39*	29.59*	32.09*	34.49*	
1:19.89*	1:14.19*	1:08.49*	1:05.59*	1:02.79*	59.89*	100 M Free	56.49*	59.09*	1:01.79*	1:04.49*	1:09.89*	1:15.29*	
2:52.59*	2:40.29*	2:27.99*	2:21.79*	2:15.69*	2:09.49*	200 M Free	2:02.69*	2:08.49*	2:14.29*	2:20.19*	2:31.89*	2:43.49*	
6:05.69*	5:39.59*	5:13.39*	5:00.39*	4:47.29*	4:34.29*	400 M Free	4:21.59*	4:33.99*	4:46.49*	4:58.89*	5:23.89*	5:48.79*	
12:33.89*	11:40.09*	10:46.19*	10:19.29*	9:52.39*	9:25.39*	800 M Free	9:03.19*	9:29.09*	9:54.89*	10:20.79*	11:12.49*	12:04.29*	
23:54.69*	22:12.19*	20:29.79*	19:38.49*	18:47.29*	17:55.99*	1500 M Free	17:12.49*	18:01.69*	18:50.79*	19:39.99*	21:18.29*	22:56.69*	
1:28.29	1:21.99	1:15.69	1:12.49*	1:09.39	1:06.19*	100 M Back	1:02.49*	1:05.49*	1:08.39*	1:11.39*	1:17.39*	1:23.29*	
3:09.99*	2:56.39*	2:42.89*	2:36.09*	2:29.29*	2:22.49*	200 M Back	2:15.39*	2:21.89*	2:28.29*	2:34.79*	2:47.69*	3:00.59*	
1:40.09*	1:32.99*	1:25.79*	1:22.29*	1:18.69*	1:15.09*	100 M Breast	1:10.19*	1:13.59*	1:16.89*	1:20.19*	1:26.89*	1:33.59*	
3:37.59*	3:22.09*	3:06.49*	2:58.79*	2:50.99*	2:43.19*	200 M Breast	2:31.99*	2:39.19*	2:46.49*	2:53.69*	3:08.19*	3:22.69*	
1:27.09*	1:20.89*	1:14.69*	1:11.59*	1:08.49*	1:05.29*	100 M Fly	1:01.59*	1:04.49*	1:07.49*	1:10.39*	1:16.29*	1:22.09*	
3:13.69*	2:59.79*	2:45.99*	2:39.09*	2:32.19*	2:25.29*	200 M Fly	2:16.69*	2:23.19*	2:29.69*	2:36.19*	2:49.29*	3:02.29*	
3:14.09*	3:00.19*	2:46.39*	2:39.39*	2:32.49*	2:25.59*	200 M IM	2:17.79*	2:24.39*	2:30.89*	2:37.49*	2:50.59*	3:03.69*	
6:52.69*	6:23.19*	5:53.69*	5:38.99*	5:24.29*	5:09.49*	400 M IM	4:53.19*	5:07.09*	5:21.09*	5:35.09*	6:02.99*	6:30.89*	

2017-2020 National Age Group Motivational Times

Revised 11/8/2016

Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	50 M Free	100 M Free	200 M Free	400 M Free	800 M Free	1500 M Free	100 M Back	200 M Back	100 M Breast	200 M Breast	100 M Fly	200 M Fly	200 M IM	400 M IM
14 Year Olds Girls										14 Year Olds Boys									
36.09*	33.49*	30.89*	29.59*	28.39*	27.09*	24.89*	26.09*	27.29*	28.39*	30.79*	33.19*	50 M Free	24.89*	26.09*	27.29*	28.39*	30.79*	33.19*	
1:18.49*	1:12.89*	1:07.29*	1:04.49*	1:01.69*	58.89*	54.39*	56.99*	59.59*	1:02.19*	1:07.39*	1:12.49*	100 M Free	54.39*	56.99*	59.59*	1:02.19*	1:07.39*	1:12.49*	
2:49.29*	2:37.19*	2:25.09*	2:18.99*	2:12.99*	2:06.99*	1:58.29*	2:03.89*	2:09.49*	2:15.19*	2:26.39*	2:37.69*	200 M Free	1:58.29*	2:03.89*	2:09.49*	2:15.19*	2:26.39*	2:37.69*	
5:58.49*	5:32.89*	5:07.29*	4:54.49*	4:41.69*	4:28.89*	4:13.29*	4:25.39*	4:37.39*	4:49.49*	5:13.59*	5:37.69*	400 M Free	4:13.29*	4:25.39*	4:37.39*	4:49.49*	5:13.59*	5:37.69*	
12:22.79*	11:29.69*	10:36.69*	10:10.19*	9:43.59*	9:17.09*	8:45.59*	9:10.59*	9:35.59*	10:00.69*	10:50.69*	11:40.79*	800 M Free	8:45.59*	9:10.59*	9:35.59*	10:00.69*	10:50.69*	11:40.79*	
23:17.39*	21:37.59*	19:57.79*	19:07.89*	18:17.99*	17:28.09*	16:39.29*	17:26.89*	18:14.49*	19:01.99*	20:37.19*	22:12.39*	1500 M Free	16:39.29*	17:26.89*	18:14.49*	19:01.99*	20:37.19*	22:12.39*	
1:25.79*	1:19.69*	1:13.59*	1:10.49*	1:07.39*	1:04.39*	59.79*	1:02.59*	1:05.49*	1:08.29*	1:13.99*	1:19.69*	100 M Back	59.79*	1:02.59*	1:05.49*	1:08.29*	1:13.99*	1:19.69*	
3:05.39*	2:52.19*	2:38.99*	2:32.29*	2:25.69*	2:19.09*	2:10.19*	2:16.39*	2:22.59*	2:28.79*	2:41.19*	2:53.59*	200 M Back	2:10.19*	2:16.39*	2:22.59*	2:28.79*	2:41.19*	2:53.59*	
1:38.59*	1:31.59*	1:24.49*	1:20.99*	1:17.49*	1:13.99*	1:07.59*	1:10.79*	1:13.99*	1:17.19*	1:23.69*	1:30.09*	100 M Breast	1:07.59*	1:10.79*	1:13.99*	1:17.19*	1:23.69*	1:30.09*	
3:32.39*	3:17.19*	3:02.09*	2:54.49*	2:46.89*	2:39.29*	2:27.19*	2:34.19*	2:41.19*	2:48.19*	3:02.19*	3:16.19*	200 M Breast	2:27.19*	2:34.19*	2:41.19*	2:48.19*	3:02.19*	3:16.19*	
1:25.19*	1:19.19*	1:13.09*	1:09.99*	1:06.99*	1:03.89*	59.29*	1:02.09*	1:04.89*	1:07.69*	1:13.39*	1:18.99*	100 M Fly	59.29*	1:02.09*	1:04.89*	1:07.69*	1:13.39*	1:18.99*	
3:08.39*	2:54.99*	2:41.49*	2:34.79*	2:27.99*	2:21.29*	2:11.49*	2:17.79*	2:23.99*	2:30.29*	2:42.79*	2:55.29*	200 M Fly	2:11.49*	2:17.79*	2:23.99*	2:30.29*	2:42.79*	2:55.29*	
3:09.69*	2:56.19*	2:42.59*	2:35.89*	2:29.09*	2:22.29*	2:12.59*	2:18.89*	2:25.19*	2:31.59*	2:44.19*	2:56.79*	200 M IM	2:12.59*	2:18.89*	2:25.19*	2:31.59*	2:44.19*	2:56.79*	
6:43.79*	6:14.99*	5:46.19*	5:31.69*	5:17.29*	5:02.89*	4:43.29*	4:56.79*	5:10.29*	5:23.79*	5:50.69*	6:17.69*	400 M IM	4:43.29*	4:56.79*	5:10.29*	5:23.79*	5:50.69*	6:17.69*	
15 Year Olds Girls										15 Year Olds Boys									
35.89*	33.29*	30.79*	29.49*	28.19*	26.89*	24.49*	25.59*	26.79*	27.99*	30.29*	32.59*	50 M Free	24.49*	25.59*	26.79*	27.99*	30.29*	32.59*	
1:17.69*	1:12.09*	1:06.59*	1:03.79*	1:00.99*	58.29*	53.29*	55.79*	58.39*	1:00.89*	1:05.99*	1:10.99*	100 M Free	53.29*	55.79*	58.39*	1:00.89*	1:05.99*	1:10.99*	
2:47.39*	2:35.49*	2:23.49*	2:17.49*	2:11.59*	2:05.59*	1:55.89*	2:01.39*	2:06.89*	2:12.39*	2:23.39*	2:34.49*	200 M Free	1:55.89*	2:01.39*	2:06.89*	2:12.39*	2:23.39*	2:34.49*	
5:53.99*	5:28.69*	5:03.39*	4:50.79*	4:38.09*	4:25.49*	4:08.19*	4:19.99*	4:31.79*	4:43.59*	5:07.19*	5:30.89*	400 M Free	4:08.19*	4:19.99*	4:31.79*	4:43.59*	5:07.19*	5:30.89*	
12:14.89*	11:22.39*	10:29.89*	10:03.69*	9:37.39*	9:11.19*	8:36.39*	9:00.99*	9:25.59*	9:50.09*	10:39.29*	11:28.49*	800 M Free	8:36.39*	9:00.99*	9:25.59*	9:50.09*	10:39.29*	11:28.49*	
23:09.49*	21:30.19*	19:50.99*	19:01.29*	18:11.69*	17:22.09*	16:23.69*	17:10.59*	17:57.39*	18:44.29*	20:17.99*	21:51.59*	1500 M Free	16:23.69*	17:10.59*	17:57.39*	18:44.29*	20:17.99*	21:51.59*	
1:24.69*	1:18.59*	1:12.59*	1:09.49*	1:06.49*	1:03.49*	58.29*	1:01.09*	1:03.89*	1:06.69*	1:12.19*	1:17.79*	100 M Back	58.29*	1:01.09*	1:03.89*	1:06.69*	1:12.19*	1:17.79*	
3:02.89*	2:49.79*	2:36.79*	2:30.29*	2:23.69*	2:17.19*	2:06.89*	2:12.99*	2:18.99*	2:25.09*	2:37.09*	2:49.19*	200 M Back	2:06.89*	2:12.99*	2:18.99*	2:25.09*	2:37.09*	2:49.19*	
1:36.79*	1:29.89*	1:22.99*	1:19.49*	1:15.99*	1:12.59*	1:05.79*	1:08.89*	1:11.99*	1:15.19*	1:21.39*	1:27.69*	100 M Breast	1:05.79*	1:08.89*	1:11.99*	1:15.19*	1:21.39*	1:27.69*	
3:30.89*	3:15.79*	3:00.79*	2:53.19*	2:45.69*	2:38.19*	2:23.79*	2:30.69*	2:37.49*	2:44.29*	2:57.99*	3:11.69*	200 M Breast	2:23.79*	2:30.69*	2:37.49*	2:44.29*	2:57.99*	3:11.69*	
1:24.59*	1:18.59*	1:12.49*	1:09.49*	1:06.49*	1:03.49*	57.69*	1:00.49*	1:03.19*	1:05.99*	1:11.39*	1:16.89*	100 M Fly	57.69*	1:00.49*	1:03.19*	1:05.99*	1:11.39*	1:16.89*	
3:06.59*	2:53.29*	2:39.99*	2:33.29*	2:26.59*	2:19.99*	2:08.49*	2:14.59*	2:20.69*	2:26.79*	2:39.09*	2:51.29*	200 M Fly	2:08.49*	2:14.59*	2:20.69*	2:26.79*	2:39.09*	2:51.29*	
3:07.39*	2:54.09*	2:40.69*	2:33.99*	2:27.29*	2:20.59*	2:09.59*	2:15.79*	2:21.99*	2:28.19*	2:40.49*	2:52.79*	200 M IM	2:09.59*	2:15.79*	2:21.99*	2:28.19*	2:40.49*	2:52.79*	
6:40.19*	6:11.59*	5:42.99*	5:28.69*	5:14.49*	5:00.19*	4:35.89*	4:48.99*	5:02.19*	5:15.29*	5:41.59*	6:07.79*	400 M IM	4:35.89*	4:48.99*	5:02.19*	5:15.29*	5:41.59*	6:07.79*	
16 Year Olds Girls										16 Year Olds Boys									
35.49*	32.99*	30.49*	29.19*	27.89*	26.69*	23.99	25.09*	26.29	27.39*	29.69*	31.99	50 M Free	23.99	25.09*	26.29	27.39*	29.69*	31.99	
1:16.99*	1:11.49*	1:05.99*	1:03.19*	1:00.49*	57.69*	52.19*	54.69*	57.19*	59.69*	1:04.69*	1:09.59*	100 M Free	52.19*	54.69*	57.19*	59.69*	1:04.69*	1:09.59*	
2:46.39*	2:34.49*	2:22.59*	2:16.69*	2:10.79*	2:04.79*	1:53.79*	1:59.19*	2:04.59*	2:09.99*	2:20.89*	2:31.69*	200 M Free	1:53.79*	1:59.19*	2:04.59*	2:09.99*	2:20.89*	2:31.69*	
5:52.29*	5:27.09*	5:01.99*	4:49.39*	4:36.79*	4:24.19*	4:04.09*	4:15.69*	4:27.29*	4:38.89*	5:02.19*	5:25.39*	400 M Free	4:04.09*	4:15.69*	4:27.29*	4:38.89*	5:02.19*	5:25.39*	
12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	8:29.79*	8:53.99*	9:18.29*	9:42.59*	10:31.09*	11:19.69*	800 M Free	8:29.79*	8:53.99*	9:18.29*	9:42.59*	10:31.09*	11:19.69*	
23:10.09	21:30.79	19:51.49	19:01.89	18:12.19	17:22.59	16:09.59*	16:55.69*	17:41.89*	18:28.09*	20:00.39*	21:32.69*	1500 M Free	16:09.59*	16:55.69*	17:41.89*	18:28.09*	20:00.39*	21:32.69*	
1:23.49*	1:17.59*	1:11.59*	1:08.59*	1:05.59*	1:02.69*	56.69*	59.39*	1:02.09*	1:04.79*	1:10.19*	1:15.59*	100 M Back	56.69*	59.39*	1:02.09*	1:04.79*	1:10.19*	1:15.59*	
3:01.49*	2:48.59*	2:35.59*	2:29.09*	2:22.69*	2:16.19*	2:04.39*	2:10.29*	2:16.19*	2:22.09*	2:33.99*	2:45.79*	200 M Back	2:04.39*	2:10.29*	2:16.19*	2:22.09*	2:33.99*	2:45.79*	
1:35.69*	1:28.89*	1:22.09*	1:18.59*	1:15.19*	1:11.79*	1:04.59*	1:07.69*	1:10.79*	1:13.89*	1:19.99*	1:26.19*	100 M Breast	1:04.59*	1:07.69*	1:10.79*	1:13.89*	1:19.99*	1:26.19*	
3:28.49*	3:13.59*	2:58.69*	2:51.19*	2:43.79*	2:36.39*	2:20.59*	2:27.29*	2:33.99*	2:40.69*	2:54.09*	3:07.49*	200 M Breast	2:20.59*	2:27.29*	2:33.99*	2:40.69*	2:54.09*	3:07.49*	
1:23.39*	1:17.39*	1:11.49*	1:08.49*	1:05.49*	1:02.59*	56.79*	59.49*	1:02.19*	1:04.89*	1:10.29*	1:15.69*	100 M Fly	56.79*	59.49*	1:02.19*	1:04.89*	1:10.29*	1:15.69*	
3:04.39*	2:51.19*	2:38.09*	2:31.49*	2:24.89*	2:18.29*	2:05.49*	2:11.49*	2:17.49*	2:23.39*	2:35.39*	2:47.29*	200 M Fly	2:05.49*	2:11.49*	2:17.49*	2:23.39*	2:35.39*	2:47.29*	
3:06.19*	2:52.89*	2:39.59*	2:32.89*	2:26.29*	2:19.59*	2:06.29*	2:12.29*	2:18.29*	2:24.39*	2:36.39*	2:48.39*	200 M IM	2:06.29*	2:12.29*	2:18.29*	2:24.39*	2:36.39*	2:48.39*	
6:35.09*	6:06.89*	5:38.69*	5:24.59*	5:10.49*	4:56.39*	4:33.29*	4:46.29*	4:59.29*	5:12.29*	5:38.29*	6:04.29*	400 M IM	4:33.29*	4:46.29*	4:59.29*	5:12.29*	5:38.29*	6:04.29*	
17 Year Olds Girls										17 Year Olds Boys									
35.39*	32.79*	30.29*	28.99*	27.79*	26.49*	23.49	24.59	25.69	26.79	29.09	31.29	50 M Free	23.49	24.59	25.69	26.79	29.09	31.29	
1:16.59*	1:11.09*	1:05.59*	1:02.89*	1:00.19*	57.39*	51.59*	54.09*	56.49*	58.99*	1:03.89*	1:08.79*	100 M Free	51.59*	54.09*	56.49*	58.99*	1:03.89*	1:08.79*	
2:45.99*	2:34.19*	2:22.29*	2:16.39*	2:10.39*	2:04.49*	1:52.79*	1:58.09*	2:03.49*	2:08.89*	2:19.59*	2:30.29*	200 M Free	1:52.79*	1:58.09*	2:03.49*	2:08.89*	2:19.59*	2:30.29*	
5:51.29*	5:26.19*	5:01.09*	4:48.59*	4:35.99*	4:23.49*	4:02.49*	4:14.09*	4:25.59*	4:37.19*	5:00.29*	5:23.39*	400 M Free	4:02.49*	4:14.09*	4:25.59*	4:37.19*	5:00.29*	5:23.39*	
12:10.09*	11:17.99*	10:25.79*	9:59.69*	9:33.69*	9:07.59*	8:25.99*	8:50.09*	9:14.19*	9:38.29*	10:26.29*	11:14.69*	800 M Free	8:25.99*	8:50.09*	9:14.19*	9:38.29*	10:26.29*	11:14.69*	
23:04.99	21:26.09	19:47.19	18:57.69	18:08.19	17:18.79	16:03.89*	16:49.79*	17:35.69*	18:21.59*	19:53.39*	21:25.09*	1500 M Free	16:03.89*	16:49.79*	17:35.69*	18:21.59*	19:53.39*	21:25.09*	
1:23.49*	1:17.49*	1:11.59*	1:08.59*	1:05.59*	1:02.59*	56.29*	58.89*	1:01.59*	1:04.29*	1:09.59*	1:14.99*	100 M Back	56.29*	58.89*	1:01.59*	1:04.29*	1:09.59*	1:14.99*	
3:00.89*	2:47.89*	2:34.99*	2:28.59*	2:22.09*	2:15.69*	2:02.99*	2:08.89*	2:14.69*	2:20.59*	2:32.29*	2:43.99*	200 M Back	2:02.99*	2:08.89*	2:14.69*	2:20.59*	2:32.29*	2:43.99*	
1:35.69*	1:28.89*	1:22.09*	1:18.69*	1:15.19*	1:11.79*	1:03.99*	1:07.09*	1:10.09*	1:13.19*	1:19.29*	1:25.39*	100 M Breast	1:03.99*	1:07.09*	1:10.09*	1			