2021-2024 National Single Age Motivational Times
Long Course Meters

10/01/2020 10:19:27

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 Girls							**10 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	5:14.59 *	5:29.59 *	5:44.49 *	5:59.49 *	6:44.49 *	7:29.39 *
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
2:14.79 *	1:59.79 *	1:44.89 *	1:39.89 *	1:34.89 *	1:29.89 *	100 M Breast	1:29.29 *	1:33.79 *	1:38.29 *	1:42.69 *	1:56.09 *	2:09.39 *
53.39 *	47.09 *	40.79 *	38.69 *	36.59 *	34.49 *	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 Girls							**11 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	1:05.29 *	1:08.39 *	1:11.49 *	1:14.59 *	1:20.79 *	1:26.99 *
3:10.19	2:56.59	2:43.09	2:36.29	2:29.49	2:22.69	200 M Free	2:21.49 *	2:28.29 *	2:34.99 *	2:41.79 *	2:55.19 *	3:08.69 *
6:40.19	6:11.59	5:43.09	5:28.79	5:14.49	5:00.19	400 M Free	4:57.89 *	5:12.09 *	5:26.19 *	5:40.39 *	6:08.79 *	6:37.09 *
14:07.59	13:06.99	12:06.49	11:36.19	11:05.89	10:35.69	800 M Free	10:27.99 *	10:57.89 *	11:27.79 *	11:57.69 *	12:57.49 *	13:57.29 *
27:17.49	25:20.59	23:23.59	22:25.09	21:26.59	20:28.19	1500 M Free	20:11.89 *	21:09.69 *	22:07.39 *	23:05.09 *	25:00.49 *	26:55.89 *
45.99	42.69	39.39	37.79	36.09	34.49	50 M Back	34.59 *	36.39 *	38.19 *	39.99 *	43.59 *	47.19 *
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	2:40.49 *	2:48.09 *	2:55.79 *	3:03.39 *	3:18.69 *	3:33.99 *
51.39 *	47.69 *	44.09 *	42.19 *	40.39 *	38.59 *	50 M Breast	38.49	40.59	42.59	44.69	48.89	53.09
1:54.49 *	1:45.99 *	1:37.59 *	1:33.29 *	1:29.09 *	1:24.89 *	100 M Breast	1:24.49 *	1:28.89 *	1:33.29 *	1:37.69 *	1:46.49 *	1:55.29 *
4:04.79	3:47.29	3:29.79	3:21.09	3:12.29 *	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	32.19 *	33.99 *	35.79 *	37.59 *	41.19 *	44.79 *
1:41.09	1:32.99	1:24.89	1:20.89	1:16.89	1:12.79	100 M Fly	1:12.59 *	1:16.79 *	1:20.99 *	1:25.19 *	1:33.49 *	1:41.89 *
3:37.69	3:22.09	3:06.59	2:58.79	2:50.99	2:43.29	200 M Fly	2:40.69 *	2:48.39 *	2:55.99 *	3:03.69 *	3:18.99 *	3:34.29 *
3:35.09	3:19.69	3:04.39	2:56.69	2:48.99	2:41.29	200 M IM	2:40.89 *	2:49.09 *	2:57.29 *	3:05.49 *	3:21.89 *	3:38.29 *
7:39.79	7:06.99	6:34.19	6:17.69	6:01.29	5:44.89	400 M IM	5:44.19 *	6:00.59 *	6:16.99 *	6:33.39 *	7:06.19 *	7:38.99 *
12 Girls							**12 Boys**					
38.39 *	35.69 *	32.99 *	31.69 *	30.39 *	29.09 *	50 M Free	27.99 *	29.29 *	30.69	31.99 *	34.69	37.29 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 M Free	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:02.59 *	2:49.49 *	2:36.49 *	2:29.99 *	2:23.49 *	2:16.89 *	200 M Free	2:13.19	2:19.49	2:25.79 *	2:32.19	2:44.89	2:57.49 *
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
43.99 *	40.79 *	37.69 *	36.09 *	34.49 *	32.99 *	50 M Back	31.99 *	33.69 *	35.39 *	36.99 *	40.39 *	43.69 *
1:38.69 *	1:30.99	1:23.19	1:19.29	1:15.39 *	1:11.49 *	100 M Back	1:09.19 *	1:12.99 *	1:16.69 *	1:20.49 *	1:27.99 *	1:35.49 *
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	35.49 *	37.49 *	39.39 *	41.29 *	45.19 *	48.99 *
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	2:47.99 *	2:55.99 *	3:03.99 *	3:11.99 *	3:27.89 *	3:43.89 *
41.29 *	38.29 *	35.39 *	33.89 *	32.49 *	30.99 *	50 M Fly	30.19 *	31.89 *	33.59 *	35.19 *	38.59 *	41.89 *
1:36.19	1:28.49	1:20.79	1:16.99	1:13.09 *	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	2:30.39 *	2:37.49 *	2:44.69 *	2:51.89 *	3:06.19 *	3:20.49 *
3:26.29 *	3:11.59 *	2:56.89 *	2:49.49 *	2:42.09 *	2:34.79 *	200 M IM	2:30.19 *	2:37.89 *	2:45.59 *	2:53.19 *	3:08.49 *	3:23.89 *
7:20.09	6:48.69	6:17.29	6:01.49	5:45.79	5:30.09	400 M IM	5:22.39 *	5:37.79 *	5:53.09 *	6:08.49 *	6:39.19 *	7:09.89 *

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

13 Girls							13 Boys					
37.89 *	35.19 *	32.49 *	31.09 *	29.79 *	28.39 *	50 M Free	26.89	28.19	29.39 *	30.69	33.29	35.79
1:22.19 *	1:16.29 *	1:10.49 *	1:07.49 *	1:04.59 *	1:01.69 *	100 M Free	58.49	1:01.29	1:04.09	1:06.89	1:12.39	1:17.99
2:57.89 *	2:45.19 *	2:32.49 *	2:26.09 *	2:19.79 *	2:13.39 *	200 M Free	2:07.79 *	2:13.89 *	2:19.99 *	2:26.09 *	2:38.19 *	2:50.39 *
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
1:32.69 *	1:26.09	1:19.49	1:16.19	1:12.89	1:09.59	100 M Back	1:05.69 *	1:08.79 *	1:11.89 *	1:15.09 *	1:21.29 *	1:27.59 *
3:19.09 *	3:04.89	2:50.69	2:43.59	2:36.49	2:29.29 *	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
1:29.19 *	1:22.79 *	1:16.39 *	1:13.29 *	1:10.09 *	1:06.89 *	100 M Fly	1:03.19 *	1:06.19 *	1:09.19 *	1:12.19 *	1:18.19 *	1:24.19 *
3:17.89	3:03.69	2:49.59	2:42.49	2:35.49	2:28.39	200 M Fly	2:22.29 *	2:28.99 *	2:35.79 *	2:42.59 *	2:56.09 *	3:09.69 *
3:20.89 *	3:06.49 *	2:52.19 *	2:44.99 *	2:37.79 *	2:30.69 *	200 M IM	2:22.79 *	2:29.59 *	2:36.39 *	2:43.19 *	2:56.79 *	3:10.39 *
7:07.09	6:36.59	6:06.09	5:50.79	5:35.59	5:20.29	400 M IM	5:06.39 *	5:20.99 *	5:35.59 *	5:50.19 *	6:19.39 *	6:48.59 *
14 Girls							**14 Boys**					
37.29	34.59 *	31.99	30.59 *	29.29 *	27.99	50 M Free	25.89	27.09	28.39	29.59	32.09	34.49
1:20.69 *	1:14.99 *	1:09.19 *	1:06.29 *	1:03.39 *	1:00.59 *	100 M Free	56.59	59.29	1:01.99	1:04.59	1:09.99	1:15.39
2:54.49 *	2:42.09 *	2:29.59 *	2:23.39 *	2:17.19 *	2:10.89 *	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
1:30.09 *	1:23.69	1:17.29	1:14.09	1:10.79 *	1:07.59	100 M Back	1:03.09 *	1:06.09 *	1:09.09 *	1:12.09 *	1:18.09 *	1:24.09 *
3:13.49 *	2:59.69 *	2:45.89 *	2:38.99 *	2:32.09 *	2:25.19 *	200 M Back	2:16.79 *	2:23.29 *	2:29.79 *	2:36.39 *	2:49.39 *	3:02.39 *
1:42.39 *	1:35.09 *	1:27.79 *	1:24.09 *	1:20.49 *	1:16.79 *	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:40.99 *	3:25.19 *	3:09.49 *	3:01.59 *	2:53.69 *	2:45.79 *	200 M Breast	2:34.49	2:41.79	2:49.19	2:56.59	3:11.29	3:25.99
1:26.89 *	1:20.69 *	1:14.49 *	1:11.39 *	1:08.29 *	1:05.19 *	100 M Fly	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29
3:14.09 *	3:00.19 *	2:46.39 *	2:39.39 *	2:32.49 *	2:25.59 *	200 M Fly	2:15.89 *	2:22.29 *	2:28.79 *	2:35.29 *	2:48.19 *	3:01.09 *
3:15.89 *	3:01.89 *	2:47.89 *	2:40.89 *	2:33.89 *	2:26.89 *	200 M IM	2:18.59 *	2:25.19 *	2:31.79 *	2:38.39 *	2:51.59 *	3:04.79 *
6:57.69 *	6:27.89 *	5:57.99 *	5:43.09 *	5:28.19 *	5:13.29 *	400 M IM	4:54.59	5:08.59	5:22.69	5:36.69	6:04.69	6:32.79
15 Girls							**15 Boys**					
36.89	34.29	31.59	30.29	28.99	27.69	50 M Free	25.29 *	26.49 *	27.69 *	28.89 *	31.29 *	33.69 *
1:19.99	1:14.29	1:08.59	1:05.69	1:02.89	59.99	100 M Free	55.29 *	57.89 *	1:00.59 *	1:03.19 *	1:08.39 *	1:13.69 *
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
3:38.19 *	3:22.59 *	3:06.99 *	2:59.19 *	2:51.39 *	2:43.59 *	200 M Breast	2:29.79 *	2:36.99 *	2:44.09 *	2:51.19 *	3:05.49 *	3:19.69 *
1:26.09 *	1:19.99 *	1:13.79 *	1:10.79 *	1:07.69 *	1:04.59 *	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	2:11.69 *	2:17.99 *	2:24.19 *	2:30.49 *	2:43.09 *	2:55.59 *
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 Girls							**16 Boys**					
36.59	33.99	31.29 *	29.99 *	28.69 *	27.39 *	50 M Free	24.79 *	25.99 *	27.19 *	28.39 *	30.69 *	33.09 *
1:19.29 *	1:13.59 *	1:07.99 *	1:05.19 *	1:02.29 *	59.49 *	100 M Free	53.99 *	56.59 *	59.19 *	1:01.69 *	1:06.89 *	1:11.99 *
2:51.19 *	2:38.99 *	2:26.79 *	2:20.59 *	2:14.49 *	2:08.39 *	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	8:45.89 *	9:10.99 *	9:35.99 *	10:00.99 *	10:51.09 *	11:41.19 *
23:47.39	22:05.39	20:23.49	19:32.49	18:41.49	17:50.59	1500 M Free	16:43.59 *	17:31.39 *	18:19.19 *	19:06.89 *	20:42.49 *	22:18.09 *
1:27.69 *	1:21.39 *	1:15.19 *	1:11.99 *	1:08.89 *	1:05.79 *	100 M Back	1:00.39 *	1:03.29 *	1:06.19 *	1:09.09 *	1:14.79 *	1:20.59 *
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
1:40.09 *	1:32.89 *	1:25.79 *	1:22.19 *	1:18.59 *	1:15.09 *	100 M Breast	1:07.69 *	1:10.89 *	1:14.09 *	1:17.29 *	1:23.79 *	1:30.19 *
3:36.39 *	3:20.99 *	3:05.49 *	2:57.79 *	2:50.09 *	2:42.29 *	200 M Breast	2:27.29 *	2:34.39 *	2:41.39 *	2:48.39 *	3:02.39 *	3:16.39 *
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

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

17 Girls							17 Boys					
36.49	33.89	31.29	29.99	28.69	27.39	50 M Free	24.69	25.79 *	26.99 *	28.19	30.49 *	32.89
1:19.09 *	1:13.49 *	1:07.79 *	1:04.99 *	1:02.19	59.39	100 M Free	53.39 *	55.99 *	58.49 *	1:00.99 *	1:06.09 *	1:11.19 *
2:50.69	2:38.49	2:26.29	2:20.19	2:14.09	2:07.99	200 M Free	1:57.29 *	2:02.89 *	2:08.49 *	2:14.09 *	2:25.29 *	2:36.39 *
5:59.69	5:33.99	5:08.29	4:55.49	4:42.59	4:29.79	400 M Free	4:09.49 *	4:21.29 *	4:33.19 *	4:45.09 *	5:08.79 *	5:32.59 *
12:21.39	11:28.49	10:35.49	10:09.09	9:42.59	9:16.09	800 M Free	8:37.99 *	9:02.69 *	9:27.39 *	9:51.99 *	10:41.39 *	11:30.69 *
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
1:27.79 *	1:21.49 *	1:15.19 *	1:12.09 *	1:08.99 *	1:05.79 *	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
1:39.59 *	1:32.49 *	1:25.39 *	1:21.79 *	1:18.29 *	1:14.69 *	100 M Breast	1:06.89 *	1:10.09 *	1:13.29 *	1:16.49 *	1:22.79 *	1:29.19 *
3:35.59 *	3:20.19 *	3:04.79 *	2:57.09 *	2:49.39 *	2:41.69 *	200 M Breast	2:25.49 *	2:32.39 *	2:39.29 *	2:46.29 *	3:00.09 *	3:13.99 *
1:24.99 *	1:18.89 *	1:12.89 *	1:09.79 *	1:06.79 *	1:03.79 *	100 M Fly	57.39 *	1:00.09 *	1:02.89 *	1:05.59 *	1:10.99 *	1:16.49 *
3:07.19	2:53.89	2:40.49	2:33.79	2:27.09	2:20.39	200 M Fly	2:07.79 *	2:13.89 *	2:19.99 *	2:26.09 *	2:38.29 *	2:50.39 *
3:12.59	2:58.89	2:45.09	2:38.19	2:31.29	2:24.49	200 M IM	2:11.59 *	2:17.79 *	2:24.09 *	2:30.39 *	2:42.89 *	2:55.39 *
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 Girls							18 Boys					
36.39	33.79	31.19	29.89	28.59	27.29	50 M Free	24.39 *	25.59 *	26.69 *	27.89 *	30.19 *	32.49 *
1:19.19	1:13.59	1:07.89	1:05.09	1:02.19	59.39	100 M Free	53.29 *	55.89 *	58.39 *	1:00.99 *	1:05.99 *	1:11.09 *
2:50.49	2:38.29	2:26.19	2:20.09	2:13.99	2:07.89	200 M Free	1:56.89 *	2:02.49 *	2:07.99 *	2:13.59 *	2:24.69 *	2:35.89 *
6:00.09 *	5:34.39 *	5:08.69 *	4:55.79 *	4:42.89 *	4:30.09 *	400 M Free	4:08.59 *	4:20.39 *	4:32.19 *	4:44.09 *	5:07.69 *	5:31.39 *
12:19.59	11:26.79	10:33.99	10:07.59	9:41.09	9:14.69	800 M Free	8:41.79 *	9:06.69 *	9:31.49 *	9:56.39 *	10:46.09 *	11:35.79 *
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
1:27.79 *	1:21.59 *	1:15.29 *	1:12.19 *	1:08.99 *	1:05.89 *	100 M Back	59.39 *	1:02.19 *	1:05.09 *	1:07.89 *	1:13.59 *	1:19.19 *
3:09.59 *	2:56.09	2:42.49 *	2:35.69 *	2:28.99	2:22.19 *	200 M Back	2:09.29 *	2:15.39 *	2:21.59 *	2:27.69 *	2:39.99 *	2:52.29 *
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:06.49 *	1:09.69 *	1:12.79 *	1:15.99 *	1:22.29 *	1:28.59 *
3:34.39	3:19.09	3:03.69	2:56.09	2:48.39	2:40.79	200 M Breast	2:25.29 *	2:32.19 *	2:39.09 *	2:45.99 *	2:59.79 *	3:13.69 *
1:24.89 *	1:18.89 *	1:12.79 *	1:09.79 *	1:06.79	1:03.69 *	100 M Fly	56.99 *	59.69 *	1:02.39 *	1:05.19 *	1:10.59 *	1:15.99 *
3:08.49	2:55.09	2:41.59	2:34.89	2:28.09	2:21.39	200 M Fly	2:06.59 *	2:12.69 *	2:18.69 *	2:24.69 *	2:36.79 *	2:48.79 *
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	2:23.49	2:29.69	2:42.19	2:54.69
6:47.89	6:18.79	5:49.59	5:35.09	5:20.49	5:05.89	400 M IM	4:38.59	4:51.89	5:05.09	5:18.39	5:44.89	6:11.39

2021-2024 National Single Age Motivational Times
Short Course Meters

10/01/2020 10:19:27

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 Girls							**10 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 Girls							**11 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 Girls							**12 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	5:12.99	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

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

13 Girls							13 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

14 Girls							14 Boys					
36.09	33.49	30.89	29.59	28.39	27.09	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	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	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	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	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	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	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	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	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	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	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	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	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	400 M IM	4:43.29	4:56.79	5:10.29	5:23.79	5:50.69	6:17.69

15 Girls							15 Boys					
35.89	33.29	30.79	29.49	28.19	26.89	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	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	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	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	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	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	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	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	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	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	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	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	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	400 M IM	4:35.89	4:48.99	5:02.19	5:15.29	5:41.59	6:07.79

16 Girls							16 Boys					
35.49	32.99	30.49	29.19	27.89	26.69	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	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	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	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	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	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	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	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	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	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	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	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	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	400 M IM	4:33.29	4:46.29	4:59.29	5:12.29	5:38.29	6:04.29

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

17 Girls							17 Boys					
35.39	32.79	30.29	28.99	27.79	26.49	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	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	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	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	800 M Free	8:25.99	8:50.09	9:14.19	9:38.29	10:26.49	11:14.69
23:04.99	21:26.09	19:47.19	18:57.69	18:08.19	17:18.79	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	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	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	100 M Breast	1:03.99	1:07.09	1:10.09	1:13.19	1:19.29	1:25.39
3:27.29	3:12.49	2:57.69	2:50.29	2:42.89	2:35.49	200 M Breast	2:18.79	2:25.39	2:32.09	2:38.69	2:51.89	3:05.09
1:22.89	1:16.99	1:11.09	1:08.09	1:05.19	1:02.19	100 M Fly	55.59	58.19	1:00.89	1:03.49	1:08.79	1:14.09
3:04.19	2:50.99	2:37.89	2:31.29	2:24.69	2:18.19	200 M Fly	2:03.99	2:09.89	2:15.79	2:21.69	2:33.49	2:45.29
3:05.29	2:52.09	2:38.89	2:32.19	2:25.59	2:18.99	200 M IM	2:05.49	2:11.39	2:17.39	2:23.39	2:35.29	2:47.29
6:35.79	6:07.59	5:39.29	5:25.19	5:10.99	4:56.89	400 M IM	4:29.69	4:42.59	4:55.39	5:08.19	5:33.89	5:59.59

18 Girls							18 Boys					
34.99	32.49	29.99	28.79	27.49	26.29	50 M Free	23.19	24.29	25.39	26.49	28.79	30.99
1:15.49	1:10.09	1:04.69	1:01.99	59.29	56.59	100 M Free	50.99	53.39	55.89	58.29	1:03.09	1:07.99
2:45.19	2:33.39	2:21.59	2:15.69	2:09.79	2:03.89	200 M Free	1:52.29	1:57.69	2:02.99	2:08.39	2:19.09	2:29.79
5:49.39	5:24.49	4:59.49	4:46.99	4:34.59	4:22.09	400 M Free	4:00.99	4:12.39	4:23.89	4:35.39	4:58.29	5:21.29
12:08.59	11:16.59	10:24.49	9:58.49	9:32.49	9:06.49	800 M Free	8:26.49	8:50.69	9:14.79	9:38.89	10:27.09	11:15.39
22:58.19	21:19.69	19:41.29	18:52.09	18:02.79	17:13.59	1500 M Free	15:55.29	16:40.79	17:26.29	18:11.79	19:42.69	21:13.69
1:22.89	1:16.89	1:10.99	1:08.09	1:05.09	1:02.19	100 M Back	55.29	57.99	1:00.59	1:03.19	1:08.49	1:13.79
3:00.09	2:47.19	2:34.39	2:27.89	2:21.49	2:15.09	200 M Back	2:00.99	2:06.79	2:12.49	2:18.29	2:29.79	2:41.29
1:35.99	1:29.09	1:22.29	1:18.79	1:15.39	1:11.99	100 M Breast	1:03.09	1:06.09	1:09.09	1:12.09	1:18.09	1:24.09
3:26.59	3:11.89	2:57.09	2:49.69	2:42.29	2:34.99	200 M Breast	2:17.79	2:24.39	2:30.89	2:37.49	2:50.59	3:03.69
1:22.59	1:16.69	1:10.79	1:07.89	1:04.89	1:01.99	100 M Fly	55.19	57.89	1:00.49	1:03.09	1:08.39	1:13.59
3:03.29	2:50.19	2:37.09	2:30.59	2:23.99	2:17.49	200 M Fly	2:02.99	2:08.89	2:14.79	2:20.59	2:32.29	2:43.99
3:03.39	2:50.29	2:37.19	2:30.59	2:24.09	2:17.49	200 M IM	2:04.29	2:10.19	2:16.09	2:21.99	2:33.79	2:45.69
6:34.19	6:06.09	5:37.89	5:23.79	5:09.79	4:55.69	400 M IM	4:27.39	4:40.09	4:52.89	5:05.59	5:30.99	5:56.49

2021-2024 National Single Age Motivational Times
Short Course Yards

10/01/2020 10:19:27

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 Girls							**10 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	31.69 *	33.49 *	35.29	36.99 *	42.29 *	47.59 *
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
53.19 *	47.49	41.69 *	39.79 *	37.89 *	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 Girls							**11 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	5:27.79 *	5:43.39 *	5:59.09 *	6:14.69 *	6:45.89 *	7:17.09 *
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
1:38.49 *	1:31.19 *	1:23.99 *	1:20.29 *	1:16.69 *	1:12.99 *	100 Y Breast	1:12.29 *	1:15.99 *	1:19.79 *	1:23.59 *	1:31.09 *	1:38.59 *
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	1:03.59 *	1:07.29 *	1:10.89 *	1:14.59 *	1:21.89 *	1:29.29 *
3:09.49 *	2:55.99 *	2:42.39 *	2:35.69 *	2:28.89 *	2:22.09 *	200 Y Fly	2:19.39 *	2:25.99 *	2:32.69 *	2:39.29 *	2:52.59 *	3:05.89 *
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	2:19.49 *	2:26.69 *	2:33.79 *	2:40.89 *	2:55.09 *	3:09.39 *
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 Girls							**12 Boys**					
33.69 *	31.29 *	28.99 *	27.79 *	26.69 *	25.49 *	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
2:40.39 *	2:28.99 *	2:17.49 *	2:11.79 *	2:05.99 *	2:00.29 *	200 Y Free	1:55.89 *	2:01.39 *	2:06.99 *	2:12.49 *	2:23.49 *	2:34.59 *
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
38.19 *	35.39 *	32.69 *	31.39 *	29.99 *	28.59 *	50 Y Back	27.79 *	29.29 *	30.69 *	32.19 *	35.09 *	37.99 *
1:24.79 *	1:18.09 *	1:11.39 *	1:08.09 *	1:04.69 *	1:01.39 *	100 Y Back	59.49 *	1:02.79 *	1:05.99 *	1:09.19 *	1:15.69 *	1:22.19 *
2:56.69	2:44.09	2:31.49	2:25.19	2:18.89	2:12.59	200 Y Back	2:08.99 *	2:15.19 *	2:21.29 *	2:27.39 *	2:39.69 *	2:51.99 *
42.99 *	39.99	36.89	35.39	33.79 *	32.29	50 Y Breast	31.09	32.69 *	34.39 *	36.09 *	39.49 *	42.89
1:34.19 *	1:27.29 *	1:20.29 *	1:16.79 *	1:13.29 *	1:09.89 *	100 Y Breast	1:06.99 *	1:10.49 *	1:13.99 *	1:17.49 *	1:24.49 *	1:31.39 *
3:21.49 *	3:07.09 *	2:52.69 *	2:45.49 *	2:38.29 *	2:31.09 *	200 Y Breast	2:25.59 *	2:32.59 *	2:39.49 *	2:46.39 *	3:00.29 *	3:14.09 *
36.49 *	33.89 *	31.29 *	29.99 *	28.69 *	27.39 *	50 Y Fly	26.79	28.19	29.69	31.19	34.19	37.09
1:24.39 *	1:17.59 *	1:10.89 *	1:07.49 *	1:04.19 *	1:00.79 *	100 Y Fly	58.99 *	1:02.39 *	1:05.89 *	1:09.29 *	1:16.09 *	1:22.89 *
2:59.99 *	2:47.19 *	2:34.29 *	2:27.89 *	2:21.39 *	2:14.99 *	200 Y Fly	2:09.89 *	2:16.09 *	2:22.19 *	2:28.39 *	2:40.79 *	2:53.19 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
3:00.29 *	2:47.39 *	2:34.49 *	2:28.09 *	2:21.69 *	2:15.19 *	200 Y IM	2:10.69 *	2:17.29 *	2:23.99 *	2:30.69 *	2:43.99 *	2:57.29 *
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

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

13 Girls							13 Boys					
33.29 *	30.89 *	28.49 *	27.39 *	26.19 *	24.99 *	50 Y Free	23.39 *	24.59	25.69	26.79	28.99	31.19 *
1:12.09 *	1:06.99 *	1:01.79 *	59.29 *	56.69 *	54.09 *	100 Y Free	50.99 *	53.49	55.89 *	58.29 *	1:03.19 *	1:07.99 *
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
6:55.69 *	6:25.99 *	5:56.29 *	5:41.49 *	5:26.59 *	5:11.79 *	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
1:19.19 *	1:13.49 *	1:07.89 *	1:04.99 *	1:02.19 *	59.39 *	100 Y Back	56.19 *	58.89 *	1:01.59 *	1:04.29 *	1:09.59 *	1:14.99 *
2:51.89	2:39.69	2:27.39	2:21.19	2:15.09	2:08.99	200 Y Back	2:02.39 *	2:08.29 *	2:14.09 *	2:19.89 *	2:31.59 *	2:43.19 *
1:30.09 *	1:23.59 *	1:17.19 *	1:13.99 *	1:10.79 *	1:07.59 *	100 Y Breast	1:03.29 *	1:06.29 *	1:09.29 *	1:12.29 *	1:18.39 *	1:24.39 *
3:14.89 *	3:00.99 *	2:47.09 *	2:40.09 *	2:33.19 *	2:26.19 *	200 Y Breast	2:17.09 *	2:23.69 *	2:30.19 *	2:36.69 *	2:49.79 *	3:02.79 *
1:18.49 *	1:12.89 *	1:07.29 *	1:04.49 *	1:01.69 *	58.89 *	100 Y Fly	55.49 *	58.09 *	1:00.69 *	1:03.39 *	1:08.69 *	1:13.89 *
2:53.69 *	2:41.29 *	2:28.89 *	2:22.69 *	2:16.49 *	2:10.29 *	200 Y Fly	2:03.59 *	2:09.49 *	2:15.39 *	2:21.29 *	2:33.09 *	2:44.79 *
2:55.09 *	2:42.59 *	2:30.09 *	2:23.89 *	2:17.59 *	2:11.39 *	200 Y IM	2:04.69	2:10.59	2:16.49 *	2:22.49	2:34.29 *	2:46.19 *
6:12.09 *	5:45.49 *	5:18.89 *	5:05.69 *	4:52.39 *	4:39.09 *	400 Y IM	4:25.29	4:37.99	4:50.59	5:03.19	5:28.49	5:53.69
14 Girls							**14 Boys**					
32.59 *	30.29	27.99	26.79	25.69	24.49	50 Y Free	22.49	23.59	24.59 *	25.69	27.79 *	29.99
1:10.79 *	1:05.69 *	1:00.69 *	58.09 *	55.59 *	53.09 *	100 Y Free	49.19	51.59	53.89	56.29	1:00.89 *	1:05.59
2:32.49 *	2:21.59 *	2:10.69 *	2:05.19 *	1:59.79 *	1:54.39 *	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
14:08.59 *	13:07.99 *	12:07.39 *	11:37.09 *	11:06.69 *	10:36.39 *	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
1:16.89 *	1:11.39 *	1:05.89 *	1:03.19 *	1:00.49 *	57.69 *	100 Y Back	53.89 *	56.49 *	59.09 *	1:01.59 *	1:06.79 *	1:11.89 *
2:47.19 *	2:35.29 *	2:23.39 *	2:17.39 *	2:11.39 *	2:05.39 *	200 Y Back	1:57.39 *	2:02.99 *	2:08.49 *	2:14.09 *	2:25.29 *	2:36.49 *
1:28.19 *	1:21.89 *	1:15.59 *	1:12.39 *	1:09.29 *	1:06.09 *	100 Y Breast	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:11.19 *	2:57.49 *	2:43.89 *	2:36.99 *	2:30.19 *	2:23.39 *	200 Y Breast	2:12.49 *	2:18.79 *	2:25.09 *	2:31.39 *	2:43.99 *	2:56.59 *
1:16.39 *	1:10.89 *	1:05.49 *	1:02.69 *	59.99 *	57.29 *	100 Y Fly	53.49 *	55.99 *	58.59 *	1:01.09 *	1:06.19 *	1:11.29 *
2:49.29 *	2:37.19 *	2:25.09 *	2:19.09 *	2:12.99 *	2:06.99 *	200 Y Fly	1:58.89 *	2:04.59 *	2:10.29 *	2:15.89 *	2:27.19 *	2:38.59 *
2:49.99 *	2:37.79 *	2:25.69 *	2:19.59 *	2:13.59 *	2:07.49 *	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09 *	2:28.49 *	2:39.99
6:03.69 *	5:37.69 *	5:11.69 *	4:58.79 *	4:45.79 *	4:32.79 *	400 Y IM	4:16.29 *	4:28.49 *	4:40.69 *	4:52.89 *	5:17.29 *	5:41.69 *
15 Girls							**15 Boys**					
32.19 *	29.89 *	27.59 *	26.49 *	25.29 *	24.19 *	50 Y Free	21.89 *	22.99 *	23.99 *	25.09 *	27.09 *	29.19 *
1:09.79 *	1:04.79 *	59.79 *	57.39 *	54.89 *	52.39 *	100 Y Free	47.79 *	50.09 *	52.39 *	54.69 *	59.19 *	1:03.79 *
2:30.89 *	2:20.19 *	2:09.39 *	2:03.99 *	1:58.59 *	1:53.19 *	200 Y Free	1:44.79 *	1:49.79 *	1:54.69 *	1:59.69 *	2:09.69 *	2:19.69 *
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
1:15.99 *	1:10.59 *	1:05.19 *	1:02.49 *	59.79 *	56.99 *	100 Y Back	52.39 *	54.89 *	57.39 *	59.89 *	1:04.79 *	1:09.79 *
2:45.19 *	2:33.39 *	2:21.59 *	2:15.69 *	2:09.79 *	2:03.89 *	200 Y Back	1:54.09 *	1:59.49 *	2:04.99 *	2:10.39 *	2:21.19 *	2:32.09 *
1:26.89 *	1:20.69 *	1:14.49 *	1:11.39 *	1:08.29 *	1:05.19 *	100 Y Breast	59.29 *	1:02.09 *	1:04.89 *	1:07.69 *	1:13.39 *	1:18.99 *
3:09.49 *	2:55.99 *	2:42.39 *	2:35.69 *	2:28.89 *	2:22.09 *	200 Y Breast	2:08.99 *	2:15.09 *	2:21.29 *	2:27.39 *	2:39.69 *	2:51.99 *
1:15.59 *	1:10.19 *	1:04.79 *	1:02.09 *	59.39 *	56.69 *	100 Y Fly	51.99 *	54.49 *	56.89 *	59.39 *	1:04.39 *	1:09.29 *
2:47.39 *	2:35.39 *	2:23.49 *	2:17.49 *	2:11.49 *	2:05.59 *	200 Y Fly	1:56.29	2:01.79	2:07.29	2:12.89	2:23.89	2:34.99
2:49.09 *	2:36.99 *	2:24.99 *	2:18.89 *	2:12.89 *	2:06.79 *	200 Y IM	1:56.69 *	2:02.19 *	2:07.79 *	2:13.29 *	2:24.39 *	2:35.49 *
6:00.29 *	5:34.59 *	5:08.79 *	4:55.99 *	4:43.09 *	4:30.19 *	400 Y IM	4:09.69	4:21.59	4:33.49	4:45.29	5:09.09	5:32.89
16 Girls							**16 Boys**					
31.89 *	29.59 *	27.39 *	26.19 *	25.09 *	23.89 *	50 Y Free	21.49 *	22.49 *	23.49 *	24.49 *	26.59 *	28.59 *
1:09.29 *	1:04.29 *	59.39 *	56.89 *	54.39 *	51.99 *	100 Y Free	46.99 *	49.29 *	51.49 *	53.69 *	58.19 *	1:02.69 *
2:29.99 *	2:19.29 *	2:08.59 *	2:03.19 *	1:57.79 *	1:52.49 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:41.89 *	6:13.19 *	5:44.49 *	5:30.09 *	5:15.79 *	5:01.39 *	500 Y Free	4:38.89	4:52.19	5:05.49	5:18.69	5:45.29	6:11.79
13:54.39 *	12:54.79 *	11:55.19 *	11:25.39 *	10:55.59 *	10:25.79 *	1000 Y Free	9:41.79 *	10:09.49 *	10:37.19 *	11:04.89 *	12:00.39 *	12:55.79 *
23:13.99 *	21:34.49 *	19:54.89 *	19:05.09 *	18:15.29 *	17:25.49 *	1650 Y Free	16:10.99 *	16:57.19 *	17:43.39 *	18:29.69 *	20:02.09 *	21:34.59 *
1:14.99 *	1:09.69 *	1:04.29 *	1:01.59 *	58.99 *	56.29 *	100 Y Back	51.19 *	53.59 *	55.99 *	58.49 *	1:03.29 *	1:08.19 *
2:43.39 *	2:31.69 *	2:20.09 *	2:14.19 *	2:08.39 *	2:02.59 *	200 Y Back	1:52.19 *	1:57.59 *	2:02.89 *	2:08.19 *	2:18.89 *	2:29.59 *
1:26.49 *	1:20.29 *	1:14.09 *	1:10.99 *	1:07.89 *	1:04.89 *	100 Y Breast	57.49 *	1:00.19 *	1:02.99 *	1:05.69 *	1:11.19 *	1:16.59 *
3:07.09 *	2:53.69 *	2:40.39 *	2:33.69 *	2:26.99 *	2:20.29 *	200 Y Breast	2:06.79 *	2:12.89 *	2:18.89 *	2:24.99 *	2:36.99 *	2:49.09 *
1:15.19 *	1:09.79 *	1:04.49 *	1:01.79 *	59.09 *	56.39 *	100 Y Fly	50.79 *	53.29 *	55.69 *	58.09 *	1:02.89 *	1:07.79 *
2:46.59 *	2:34.69 *	2:22.79 *	2:16.79 *	2:10.89 *	2:04.89 *	200 Y Fly	1:53.59	1:58.99	2:04.39	2:09.79	2:20.59	2:31.39
2:47.49 *	2:35.59 *	2:23.59 *	2:17.59 *	2:11.59 *	2:05.69 *	200 Y IM	1:54.09 *	1:59.49 *	2:04.99 *	2:10.39 *	2:21.29 *	2:32.09 *
5:57.59	5:32.09	5:06.49	4:53.69	4:40.99	4:28.19	400 Y IM	4:05.79 *	4:17.49 *	4:29.19 *	4:40.89 *	5:04.29 *	5:27.69 *

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

17 Girls							17 Boys					
31.89 *	29.59 *	27.29 *	26.19 *	24.99 *	23.89 *	50 Y Free	21.19	22.19 *	23.19 *	24.19 *	26.19 *	28.19 *
1:08.99 *	1:04.09 *	59.09 *	56.69 *	54.19 *	51.79 *	100 Y Free	46.09 *	48.29 *	50.49 *	52.69 *	57.09 *	1:01.49 *
2:29.59 *	2:18.89 *	2:08.29 *	2:02.89 *	1:57.59 *	1:52.19 *	200 Y Free	1:40.89 *	1:45.69 *	1:50.49 *	1:55.29 *	2:04.89 *	2:14.49 *
6:40.39 *	6:11.79 *	5:43.19 *	5:28.89 *	5:14.59 *	5:00.29 *	500 Y Free	4:36.19 *	4:49.39 *	5:02.49 *	5:15.69 *	5:41.99 *	6:08.29 *
13:53.19 *	12:53.69 *	11:54.19 *	11:24.39 *	10:54.69 *	10:24.89 *	1000 Y Free	9:38.19	10:05.69	10:33.19	11:00.79	11:55.79	12:50.89
23:01.89 *	21:23.19 *	19:44.49 *	18:55.19 *	18:05.79 *	17:16.49 *	1650 Y Free	16:07.29 *	16:53.39 *	17:39.39 *	18:25.49 *	19:57.59 *	21:29.69 *
1:14.89 *	1:09.59 *	1:04.19 *	1:01.49 *	58.89 *	56.19 *	100 Y Back	50.59 *	52.99 *	55.39 *	57.79 *	1:02.59 *	1:07.39 *
2:43.39 *	2:31.69 *	2:19.99 *	2:14.19 *	2:08.39 *	2:02.49 *	200 Y Back	1:50.39 *	1:55.69 *	2:00.99 *	2:06.19 *	2:16.69 *	2:27.19 *
1:25.89 *	1:19.79 *	1:13.59 *	1:10.59 *	1:07.49 *	1:04.39 *	100 Y Breast	57.19 *	59.89 *	1:02.59 *	1:05.39 *	1:10.79 *	1:16.29 *
3:06.89 *	2:53.49 *	2:40.19 *	2:33.49 *	2:26.79 *	2:20.19 *	200 Y Breast	2:05.09 *	2:10.99 *	2:16.99 *	2:22.89 *	2:34.79 *	2:46.69 *
1:14.69 *	1:09.39 *	1:04.09 *	1:01.39 *	58.69 *	56.09 *	100 Y Fly	50.09 *	52.49 *	54.89 *	57.19 *	1:01.99 *	1:06.79 *
2:45.19 *	2:33.39 *	2:21.59 *	2:15.69 *	2:09.79 *	2:03.89 *	200 Y Fly	1:52.09 *	1:57.49	2:02.79 *	2:08.09 *	2:18.79 *	2:29.49 *
2:46.29 *	2:34.39 *	2:22.49 *	2:16.59 *	2:10.69 *	2:04.69 *	200 Y IM	1:52.69 *	1:57.99 *	2:03.39 *	2:08.79 *	2:19.49 *	2:30.19 *
5:57.59 *	5:31.99 *	5:06.49 *	4:53.69 *	4:40.99 *	4:28.19 *	400 Y IM	4:03.39 *	4:14.99 *	4:26.59 *	4:38.09 *	5:01.29 *	5:24.49 *
18 Girls							**18 Boys**					
31.59 *	29.29 *	27.09 *	25.99	24.79 *	23.69 *	50 Y Free	20.99	21.99	22.99	23.99	25.99	27.99
1:08.29	1:03.49	58.59	56.09	53.69	51.29	100 Y Free	45.89 *	48.09 *	50.29 *	52.49 *	56.79 *	1:01.19 *
2:29.49	2:18.89	2:08.19	2:02.79	1:57.49	1:52.19	200 Y Free	1:39.99 *	1:44.79 *	1:49.49 *	1:54.29 *	2:03.79 *	2:13.29 *
6:39.09 *	6:10.59 *	5:42.09 *	5:27.79 *	5:13.59 *	4:59.29 *	500 Y Free	4:32.29 *	4:45.29 *	4:58.19 *	5:11.19 *	5:37.09 *	6:03.09 *
13:52.39 *	12:52.89 *	11:53.49 *	11:23.69 *	10:53.99 *	10:24.29 *	1000 Y Free	9:35.79 *	10:03.19 *	10:30.69 *	10:58.09 *	11:52.89 *	12:47.69 *
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	15:57.09 *	16:42.69 *	17:28.29 *	18:13.79 *	19:44.99 *	21:16.09 *
1:14.79 *	1:09.39 *	1:04.09 *	1:01.39 *	58.79 *	56.09 *	100 Y Back	49.89 *	52.19 *	54.59 *	56.99 *	1:01.69 *	1:06.49 *
2:42.19 *	2:30.59 *	2:18.99 *	2:13.29 *	2:07.49 *	2:01.69 *	200 Y Back	1:49.19 *	1:54.39 *	1:59.59 *	2:04.79 *	2:15.19 *	2:25.59 *
1:25.39 *	1:19.29 *	1:13.19 *	1:10.19 *	1:07.09 *	1:04.09 *	100 Y Breast	56.79 *	59.49 *	1:02.19 *	1:04.89 *	1:10.29 *	1:15.69 *
3:05.49 *	2:52.19 *	2:38.99 *	2:32.29 *	2:25.69 *	2:19.09 *	200 Y Breast	2:03.39 *	2:09.19 *	2:15.09 *	2:20.99 *	2:32.69 *	2:44.49 *
1:14.39 *	1:09.09 *	1:03.79 *	1:01.09 *	58.49 *	55.79 *	100 Y Fly	49.99	52.29 *	54.69 *	57.09	1:01.79 *	1:06.59
2:45.59 *	2:33.79 *	2:21.99 *	2:16.09 *	2:10.19 *	2:04.19 *	200 Y Fly	1:51.39	1:56.69	2:01.99	2:07.29	2:17.89	2:28.49
2:45.89	2:34.09	2:22.19	2:16.29	2:10.39	2:04.49	200 Y IM	1:51.69 *	1:57.09 *	2:02.39 *	2:07.69 *	2:18.29 *	2:28.99 *
5:54.69 *	5:29.39 *	5:03.99 *	4:51.39 *	4:38.69 *	4:25.99 *	400 Y IM	4:01.39 *	4:12.89 *	4:24.39 *	4:35.89 *	4:58.79 *	5:21.79 *