

2017-2020 National Age Group Motivational Times

9/30/2016

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 & Under Girls						10 & Under 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*
1:42.39*	1:31.49*	1:20.59*	1:16.99*	1:13.29*	1:09.69*	100 M Free	1:09.49*	1:12.99*	1:16.49*	1:19.89*	1:30.29*	1:40.69*
3:45.79*	3:20.99*	2:56.29*	2:48.09*	2:39.79*	2:31.59*	200 M Free	2:29.49*	2:36.59*	2:43.69*	2:50.79*	3:12.09*	3:33.49*
7:36.79*	6:51.09*	6:05.39*	5:50.19*	5:34.99*	5:19.79*	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	1:19.29*	1:23.39*	1:27.39*	1:31.49*	1:43.59*	1:55.69*
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*
2:16.69*	2:01.49*	1:46.29*	1:41.29*	1:36.19*	1:31.19*	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*
2:09.99*	1:52.99*	1:35.99*	1:30.29*	1:24.59*	1:18.89*	100 M Fly	1:18.49*	1:23.99*	1:29.49*	1:34.99*	1:51.39*	2:07.79*
4:09.39*	3:43.19*	3:17.09*	3:08.29*	2:59.59*	2:50.89*	200 M IM	2:49.89*	2:58.39*	3:06.89*	3:15.39*	3:40.79*	4:06.19*
11-12 Girls						11-12 Boys						
38.49*	35.79*	33.19*	31.79*	30.49*	29.19*	50 M Free	28.09*	29.39*	30.69*	32.09*	34.69*	37.39*
1:24.49*	1:18.49*	1:12.49*	1:09.39*	1:06.39*	1:03.39*	100 M Free	1:01.09*	1:03.99*	1:06.99*	1:09.89*	1:15.69*	1:21.49*
3:03.49*	2:50.39*	2:37.29*	2:30.79*	2:24.19*	2:17.69*	200 M Free	2:13.49*	2:19.79*	2:26.19*	2:32.49*	2:45.19*	2:57.89*
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
13:26.79*	12:29.19*	11:31.59*	11:02.79*	10:33.99*	10:05.09*	800 M Free	9:53.79*	10:22.09*	10:50.39*	11:18.59*	12:15.19*	13:11.69*
25:45.79	23:55.39	22:04.99	21:09.79	20:14.59	19:19.39	1500 M Free	18:55.19*	19:49.19*	20:43.29*	21:37.39*	23:25.49*	25:13.59*
44.29*	41.19*	37.99*	36.39*	34.79*	33.29*	50 M Back	32.39*	34.09*	35.79*	37.49*	40.89*	44.19*
1:38.89	1:31.09	1:23.29	1:19.39	1:15.49	1:11.59	100 M Back	1:10.09*	1:13.89*	1:17.69*	1:21.49*	1:29.09*	1:36.79*
3:24.79*	3:10.19*	2:55.59*	2:48.19*	2:40.89*	2:33.59*	200 M Back	2:30.59*	2:37.79*	2:44.99*	2:52.19*	3:06.49*	3:20.79*
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*
1:49.49*	1:41.39*	1:33.39*	1:29.29*	1:25.29*	1:21.19*	100 M Breast	1:18.19*	1:22.19*	1:26.29*	1:30.39*	1:38.49*	1:46.69*
3:52.69*	3:36.09*	3:19.49*	3:11.19*	3:02.79*	2:54.49*	200 M Breast	2:48.49*	2:56.59*	3:04.59*	3:12.59*	3:28.69*	3:44.69*
41.29*	38.29*	35.39*	33.89*	32.49*	30.99*	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*
3:24.89*	3:10.19*	2:55.59*	2:48.29*	2:40.99*	2:33.69*	200 M Fly	2:31.59*	2:38.79*	2:45.99*	2:53.19*	3:07.69*	3:22.09*
3:26.29*	3:11.49*	2:56.79*	2:49.39*	2:42.09*	2:34.69*	200 M IM	2:30.79*	2:38.49*	2:46.19*	2:53.89*	3:09.29*	3:24.69*
7:19.69*	6:48.29*	6:16.89*	6:01.19*	5:45.49*	5:29.79*	400 M IM	5:22.59*	5:37.99*	5:53.39*	6:08.69*	6:39.39*	7:10.19*
13-14 Girls						13-14 Boys						
37.29*	34.59*	31.99*	30.69*	29.29*	27.99*	50 M Free	25.79	27.09	28.29	29.49	31.99	34.39
1:21.19*	1:15.39*	1:09.59*	1:06.69*	1:03.79*	1:00.89*	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	2:03.09*	2:08.89*	2:14.79*	2:20.59*	2:32.29*	2:44.09*
6:07.19*	5:40.89*	5:14.69*	5:01.59*	4:48.49*	4:35.39*	400 M Free	4:21.79*	4:34.29*	4:46.69*	4:59.19*	5:24.09*	5:49.09*
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	17:19.89*	18:09.39*	18:58.89*	19:48.39*	21:27.39*	23:06.49*
1:29.99*	1:23.59*	1:17.09*	1:13.89*	1:10.69*	1:07.49*	100 M Back	1:03.29*	1:06.29*	1:09.29*	1:12.29*	1:18.29*	1:24.39*
3:13.19	2:59.39	2:45.59	2:38.69	2:31.79	2:24.89	200 M Back	2:16.99*	2:23.59*	2:30.09*	2:36.59*	2:49.69*	3:02.69*
1:42.29*	1:34.99*	1:27.69*	1:23.99*	1:20.39*	1:16.69*	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:41.39*	3:25.59*	3:09.79*	3:01.89*	2:53.99*	2:46.09*	200 M Breast	2:34.69*	2:42.09*	2:49.49*	2:56.79*	3:11.59*	3:26.29*
1:27.29*	1:21.09*	1:14.79*	1:11.69*	1:08.59*	1:05.49*	100 M Fly	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:13.29	2:59.49	2:45.69	2:38.79	2:31.89	2:24.99	200 M Fly	2:16.69*	2:23.19*	2:29.69*	2:36.19*	2:49.19*	3:02.19*
3:17.39*	3:03.39*	2:49.19*	2:42.19*	2:35.19*	2:28.09*	200 M IM	2:18.99*	2:25.59*	2:32.19*	2:38.79*	2:51.99*	3:05.29*
6:57.39*	6:27.59*	5:57.79*	5:42.89*	5:27.99*	5:13.09*	400 M IM	4:54.59*	5:08.59*	5:22.59*	5:36.59*	6:04.69*	6:32.69*
15-16 Girls						15-16 Boys						
36.39*	33.79*	31.19*	29.89*	28.59*	27.29*	50 M Free	24.39	25.59	26.79	27.89	30.19	32.59
1:19.29*	1:13.59*	1:07.99*	1:05.09*	1:02.29*	59.49*	100 M Free	54.19*	56.79*	59.39*	1:01.89*	1:07.09*	1:12.29*
2:50.89*	2:38.69*	2:26.49*	2:20.39*	2:14.29*	2:08.19*	200 M Free	1:57.99*	2:03.69*	2:09.29*	2:14.89*	2:26.09*	2:37.39*
5:58.49*	5:32.89*	5:07.29*	4:54.49*	4:41.69*	4:28.89*	400 M Free	4:10.29*	4:22.19*	4:34.19*	4:46.09*	5:09.89*	5:33.69*
12:21.29*	11:28.39*	10:35.39*	10:08.99*	9:42.49*	9:15.99*	800 M Free	8:45.39*	9:10.39*	9:35.39*	10:00.39*	10:50.39*	11:40.49*
23:43.89*	22:02.19*	20:20.49*	19:29.59*	18:38.79*	17:47.89*	1500 M Free	16:36.69*	17:24.19*	18:11.69*	18:59.09*	20:33.99*	22:08.99*
1:28.29*	1:21.99*	1:15.69*	1:12.49*	1:09.39*	1:06.19*	100 M Back	1:00.29*	1:03.19*	1:06.09*	1:08.89*	1:14.69*	1:20.39*
3:09.09*	2:55.59*	2:42.09*	2:35.29*	2:28.59*	2:21.79*	200 M Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79*
1:39.59*	1:32.49*	1:25.39*	1:21.79*	1:18.19*	1:14.69*	100 M Breast	1:07.39*	1:10.59*	1:13.79*	1:16.99*	1:23.49*	1:29.89*
3:36.29*	3:20.79*	3:05.39*	2:57.69*	2:49.89*	2:42.19*	200 M Breast	2:27.39*	2:34.39*	2:41.39*	2:48.39*	3:02.49*	3:16.49*
1:25.59*	1:19.49*	1:13.39*	1:10.29*	1:07.29*	1:04.19*	100 M Fly	57.99*	1:00.79*	1:03.59*	1:06.29*	1:11.79*	1:17.39*
3:08.19*	2:54.79*	2:41.39*	2:34.59*	2:27.89*	2:21.19*	200 M Fly	2:09.49*	2:15.69*	2:21.89*	2:27.99*	2:40.39*	2:52.69*
3:13.49*	2:59.69*	2:45.89*	2:38.99*	2:32.09*	2:25.09*	200 M IM	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
6:47.89	6:18.79	5:49.69	5:35.09	5:20.49	5:05.99	400 M IM	4:40.59*	4:53.89*	5:07.29*	5:20.59*	5:47.29*	6:14.09*
17-18 Girls						17-18 Boys						
36.19*	33.59*	30.99*	29.69*	28.39*	27.09*	50 M Free	24.39*	25.49*	26.69*	27.79*	30.09*	32.49*
1:18.59*	1:12.99*	1:07.39*	1:04.59*	1:01.79*	58.99*	100 M Free	53.29*	55.89*	58.39*	1:00.99*	1:05.99*	1:11.09*
2:49.59*	2:37.49*	2:25.39*	2:19.29*	2:13.19*	2:07.19*	200 M Free	1:56.99*	2:02.59*	2:08.19*	2:13.69*	2:24.89*	2:35.99*
5:58.49*	5:32.89*	5:07.29*	4:54.49*	4:41.69*	4:28.89*	400 M Free	4:08.89*	4:20.79*	4:32.59*	4:44.49*	5:08.19*	5:31.89*
12:18.09*	11:25.39*	10:32.69*	10:06.29*	9:39.99*	9:13.59*	800 M Free	8:34.59*	8:59.09*	9:23.59*	9:48.09*	10:37.09*	11:26.09*
23:38.49*	21:57.19*	20:15.89*	19:25.19*	18:34.49*	17:43.89*	1500 M Free	16:27.19*	17:14.19*	18:01.19*	18:48.19*	20:22.19*	21:56.19*
1:27.49*	1:21.29*	1:14.99*	1:11.89*	1:08.79*	1:05.69*	100 M Back	59.29*	1:02.09*	1:04.89*	1:07.69*	1:13.39*	1:18.99*
3:08.09*	2:54.59*	2:41.19*	2:34.49*	2:27.79*	2:21.09*	200 M Back	2:08.29*	2:14.39*	2:20.49*	2:26.59*	2:38.79*	2:50.99*
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:06.39*	1:09.59*	1:12.69*	1:15.89*	1:22.19*	1:28.49*
3:33.09*	3:17.89*	3:02.69*	2:55.09*	2:47.49*	2:39.89*	200 M Breast	2:25.09*	2:31.99*	2:38.89*	2:45.79*	2:59.59*	3:13.39*
1:24.59*	1:18.59*	1:12.49*	1:09.49*	1:06.49*	1:03.49*	100 M Fly	57.09*	59.79*	1:02.49*	1:05.29*	1:10.69*	1:16.09*
3:07.89*	2:54.49*	2:41.09*	2:34.29*	2:27.59*	2:20.89*	200 M Fly	2:07.19*	2:13.29*	2:19.29*	2:25.39*	2:37.49*	2:49.59*
3:10.69*	2:56.99*	2:43.39*	2:36.59*	2:29.79*	2:22.99*	200 M IM	2:10.59*	2:16.79*	2:22.99*	2:29.19*	2:41.69*	2:54.09*
6:45.19*	6:16.29*	5:47.29*	5:32.89*	5:18.39*	5:03.89*							