2013-2016 National Age Group Motivational Times Long Course Meters

B Min	BB Min	A Min	AA Min der Girls		AAAA Min	U	AAAA Min	AAA Min	AA Min	A Min der Boys	BB Min	B Min
44.99*	40.69*	36.29*	34.89*	33.39*	31.99*	50 M Free	31.59*	32.89*	34.29*	35.69*	39.69*	43.79*
1:43.09*	1:32.19*	1:21.19*	1:17.49*	1:13.89*	1:10.19*	100 M Free	1:09.99*	1:13.39*	1:16.89*	1:20.39*	1:30.89*	1:41.29*
3:48.49*	3:23.39*	2:58.39*	2:50.09*	2:41.69*	2:33.39*	200 M Free	2:30.39*	2:37.49*	2:44.69*	2:51.89*	3:13.29*	3:34.79*
7:37.29	6:51.59	6:05.89	5:50.59	5:35.39	5:20.19	400 M Free	5:14.69*	5:29.69*	5:44.59*	5:59.59*	6:44.59*	7:29.49*
55.69*	49.59*	43.49*	41.49*	39.39*	37.39*	50 M Back	37.09*	39.19*	41.29*	43.29*	49.49*	55.69*
2:01.89*	1:48.39*	1:34.79*	1:30.29*	1:25.79*	1:21.29*	100 M Back	1:19.59*	1:23.59*	1:27.69*	1:31.69*	1:43.89*	1:56.09*
1:01.29*	54.69*	48.09*	45.89*	43.69*	41.49*	50 M Breast	41.69*	43.89*	45.99*	48.19*	54.69*	1:01.19*
2:16.89*	2:01.69*	1:46.49*	1:41.49*	1:36.39*	1:31.29*	100 M Breast	1:31.09*	1:35.59*	1:40.19*	1:44.69*	1:58.39*	2:11.99*
54.39*	47.89*	41.49*	39.39*	37.19*	35.09*	50 M Fly	34.99*	36.89*	38.89*	40.89*	46.79*	52.79*
2:11.19*	1:53.99*	1:36.79*	1:31.09*	1:25.39*	1:19.69*	100 M Fly	1:19.49*	1:25.09*	1:30.59*	1:36.09*	1:52.79*	2:09.39*
4:10.09*	3:43.89*	3:17.59*	3:08.89*	3:00.19*	2:51.39*	200 M IM	2:51.19*	2:59.79*	3:08.29*	3:16.89*	3:42.49*	4:08.09*
			Girls							Boys		
38.69*	35.99*	33.39*	31.99*	30.69*	29.29*	50 M Free	28.39*	29.79	31.09*	32.49*	35.09*	37.79*
1:24.99*	1:18.99*	1:12.89*	1:09.89*	1:06.79*	1:03.79*	100 M Free	1:01.69*	1:04.59*	1:07.49*	1:10.49*	1:16.29*	1:22.19*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 M Free	2:14.19*	2:20.59*	2:26.99*	2:33.39*	2:46.19*	2:58.99*
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*
13:27.89*	12:30.19*	11:32.49*	11:03.59*	10:34.79*	10:05.89*	800 M Free	9:57.39*	10:25.79*	10:54.19*	11:22.69*	12:19.59*	13:16.49*
25:45.79*	23:55.39*	22:04.99*	21:09.79*	20:14.59*	19:19.39*	1500 M Free	19:03.09*	19:57.59*	20:51.99*	21:46.39*	23:35.29*	25:24.09*
44.89*	41.69*	38.49*	36.89*	35.29*	33.69*	50 M Back	32.89*	34.59*	36.29*	37.99*	41.49*	44.89*
1:38.89	1:31.09	1:23.29	1:19.39	1:15.49	1:11.59	100 M Back	1:10.79*	1:14.69*	1:18.49*	1:22.39*	1:30.09*	1:37.79*
3:27.69*	3:12.89*	2:57.99*	2:50.59*	2:43.19*	2:35.79*	200 M Back	2:32.09*	2:39.29*	2:46.59*	2:53.79*	3:08.29*	3:22.79*
49.09	45.59	42.09	40.39	38.59	36.89	50 M Breast	36.19*	38.09*	40.09*	41.99*	45.99*	49.89*
1:49.99	1:41.89	1:33.79	1:29.69	1:25.59	1:21.59	100 M Breast	1:19.29*	1:23.49*	1:27.59*	1:31.69*	1:39.99*	1:48.29*
3:54.59*	3:37.89*	3:21.09*	3:12.69*	3:04.29*	2:55.99*	200 M Breast	2:52.49*	3:00.69*	3:08.89*	3:17.09*	3:33.59*	3:49.99*
41.79*	38.79*	35.79*	34.29*	32.79*	31.29*	50 M Fly	30.69*	32.39*	34.09*	35.89*	39.29*	42.69*
1:37.49*	1:29.69*	1:21.89*	1:17.99*	1:14.09*	1:10.19*	100 M Fly	1:08.49*	1:12.49*	1:16.39*	1:20.39*	1:28.29*	1:36.19*
3:29.09	3:14.19	2:59.29	2:51.79	2:44.29	2:36.89	200 M Fly	2:31.89*	2:39.09*	2:46.39*	2:53.59*	3:08.09*	3:22.49*
3:28.39*	3:13.49*	2:58.59*	2:51.19*	2:43.79*	2:36.29*	200 M IM	2:32.49*	2:40.29*	2:48.09*	2:55.89*	3:11.39*	3:26.99*
7:23.79*	6:52.09*	6:20.39*	6:04.59*	5:48.69*	5:32.89*	400 M IM	5:25.09*	5:40.59*	5:56.09*	6:11.49*	6:42.49*	7:13.49*
		13-14	Girls						13-14	Boys		
37.59*	34.89*	32.19*	30.89*	29.49*	28.19*	50 M Free	25.79*	27.09*	28.29*	29.49*	31.99*	34.39*
1:21.29*	1:15.49*	1:09.69*	1:06.79*	1:03.89*	1:00.99*	100 M Free	57.19*	59.89*	1:02.59*	1:05.29*	1:10.79*	1:16.19*
2:55.19*	2:42.69*	2:30.19*	2:23.89*	2:17.69*	2:11.39*	200 M Free	2:04.29*	2:10.19*	2:16.09*	2:21.99*	2:33.79*	2:45.69*
6:07.39*	5:41.19*	5:14.89*	5:01.79*	4:48.69*	4:35.59*	400 M Free	4:24.89*	4:37.49*	4:50.09*	5:02.69*	5:27.89*	5:53.19*
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:10.69	9:36.89	10:03.19	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:26.19	18:16.09	19:05.89	19:55.69	21:35.29	23:14.99
1:30.09*	1:23.69*	1:17.19*	1:13.99*	1:10.79*	1:07.59*	100 M Back	1:03.79*	1:06.79*	1:09.89*	1:12.89*	1:18.99*	1:24.99*
3:13.19*	2:59.39*	2:45.59*	2:38.69*	2:31.79*	2:24.89*	200 M Back	2:17.19*	2:23.79*	2:30.29*	2:36.79*	2:49.89*	3:02.99*
1:42.89*	1:35.49*	1:28.19*	1:24.49*	1:20.79*	1:17.19*	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:42.59*	3:26.69*	3:10.79*	3:02.89*	2:54.89*	2:46.99*	200 M Breast	2:37.09*	2:44.59*	2:52.09*	2:59.49*	3:14.49*	3:29.49*
1:28.09*	1:21.79*	1:15.49*	1:12.39*	1:09.19*	1:06.09*	100 M Fly	1:01.59*	1:04.59*	1:07.49*	1:10.39* 2:36.59*	1:16.29*	1:22.19*
3:13.29* 3:19.49*	2:59.49* 3:05.29*	2:45.69* 2:50.99*	2:38.79* 2:43.89*	2:31.89* 2:36.79*	2:24.99* 2:29.69*	200 M Fly 200 M IM	2:16.99* 2:20.29*	2:23.49* 2:26.99*	2:29.99* 2:33.69*	2:30.39*	2:49.59* 2:53.69*	3:02.59* 3:07.09*
7:00.49*	6:30.39*	6:00.39*	5:45.39*	5:30.39*	5:15.39*	400 M IM	4:57.89*	5:11.99*	5:26.19*	5:40.39*	6:08.79*	6:37.09*
7.00.49	0.30.39			3.30.39	3.13.39	400 WI IWI	4.37.09	3.11.99			0.06.79	0.37.09
2 < 00.1	24.204		Girls	20.004	25 (0.1)	5035 F	24.204	2.5. 50.th		Boys	20.104	22 504
36.99*	34.29*	31.69*	30.39*	29.09*	27.69*	50 M Free	24.39*	25.59*	26.79*	27.89*	30.19*	32.59*
1:19.79*	1:14.09*	1:08.39*	1:05.49*	1:02.69*	59.79*	100 M Free	54.39*	56.99*	59.59*	1:02.19*	1:07.39*	1:12.59*
2:51.79	2:39.49	2:27.19	2:21.09	2:14.99	2:08.79	200 M Free	1:59.39*	2:05.09*	2:10.79*	2:16.49*	2:27.89*	2:39.19* 5:36.79*
6:00.39 12:23.29	5:34.69 11:30.19	5:08.89 10:37.09	4:55.99 10:10.59	4:43.19 9:44.09	4:30.29 9:17.49	400 M Free	4:12.59* 8:45.59*	4:24.69* 9:10.59*	4:36.69* 9:35.69*	4:48.69* 10:00.69*	5:12.79* 10:50.69*	5:36.79* 11:40.79*
23:51.99*	22:09.69*	20:27.39*	19:36.29*	18:45.09*	9:17:49 17:53.99*	800 M Free 1500 M Free	16:44.29*	17:32.09*	18:19.89*	19:07.79*	20:43.39*	22:18.99*
1:28.69*	1:22.29*	1:15.99*	1:12.79*	1:09.69*	1:06.49*	100 M Fack	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:09.29*	2:55.79*	2:42.29*	2:35.49*	2:28.79*	2:21.99*	200 M Back	2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.39*	2:53.79*
1:41.09	1:33.89	1:26.69	1:23.09	1:19.39*	1:15.79	100 M Breast	1:08.99*	1:12.29*	1:15.59*	1:18.89*	1:25.49*	1:31.99*
3:36.59	3:21.19	3:05.69	2:57.99	2:50.19	2:42.49	200 M Breast	2:28.69*	2:35.79*	2:42.89*	2:49.99*	3:04.09*	3:18.29*
1:26.09*	1:19.99*	1:13.89*	1:10.79*	1:07.69*	1:04.59*	100 M Fly	58.69*	1:01.49*	1:04.29*	1:07.09*	1:12.69*	1:18.19*
3:09.39*	2:55.89*	2:42.29*	2:35.59*	2:28.79*	2:22.09*	200 M Fly	2:10.49*	2:16.69*	2:22.89*	2:29.09*	2:41.49*	2:53.89*
3:14.19*	3:00.29*	2:46.39*	2:39.49*	2:32.59*	2:25.59*	200 M IM	2:13.69*	2:20.09*	2:26.39*	2:32.79*	2:45.49*	2:58.19*
6:47.89*	6:18.79*	5:49.69*	5:35.09*	5:20.49*	5:05.99*	400 M IM	4:43.99*	4:57.49*	5:10.99*	5:24.49*	5:51.59*	6:18.59*
		17-18	Girls						17-18	Boys		
36.79	34.09	31.49	30.19	28.89	27.59	50 M Free	24.49	25.69	26.79	27.99	30.29	32.59
1:19.69*	1:13.99*	1:08.29*	1:05.39*	1:02.59*	59.79*	100 M Free	53.59*	56.19*	58.69*	1:01.29*	1:06.39*	1:11.49*
2:50.89*	2:38.69*	2:26.49*	2:20.39*	2:14.29*	2:08.19*	200 M Free	1:57.89*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
5:58.99*	5:33.29*	5:07.69*	4:54.89*	4:42.09*	4:29.19*	400 M Free	4:09.49*	4:21.29*	4:33.19*	4:45.09*	5:08.89*	5:32.59*
12:19.59	11:26.79	10:33.99	10:07.59	9:41.09	9:14.69	800 M Free	8:39.99*	9:04.69*	9:29.49*	9:54.19*	10:43.79*	11:33.29*
23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 M Free	16:30.49*	17:17.59*	18:04.79*	18:51.99*	20:26.29*	22:00.59*
1:27.89*	1:21.59*	1:15.29*	1:12.19*	1:08.99*	1:05.89*	100 M Back	1:00.09*	1:02.89*	1:05.79*	1:08.69*	1:14.39*	1:20.09*
3:08.49*	2:54.99*	2:41.59*	2:34.79*	2:28.09*	2:21.39*	200 M Back	2:09.79*	2:15.99*	2:22.09*	2:28.29*	2:40.69*	2:52.99*
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:07.39*	1:10.69*	1:13.89*	1:17.09*	1:23.49*	1:29.89*
3:34.79*	3:19.39*	3:04.09*	2:56.39*	2:48.79*	2:41.09*	200 M Breast	2:25.29*	2:32.19*	2:39.09*	2:46.09*	2:59.89*	3:13.69*
1:25.59	1:19.49	1:13.39	1:10.29	1:07.29	1:04.19	100 M Fly	57.29*	59.99*	1:02.69*	1:05.39*	1:10.89*	1:16.29*
3:08.49	2:55.09	2:41.59	2:34.89	2:28.09	2:21.39	200 M Fly	2:07.79*	2:13.79*	2:19.89*	2:25.99*	2:38.19*	2:50.29*
3:13.09*	2:59.29*	2:45.49*	2:38.59*	2:31.69*	2:24.79*	200 M IM	2:11.39*	2:17.69*	2:23.89*	2:30.19*	2:42.69*	2:55.19*
6:47.09*	6:18.09*	5:48.99*	5:34.39*	5:19.89*	5:05.39*	400 M IM	4:39.69*	4:52.99*	5:06.29*	5:19.59*	5:46.29*	6:12.89*

2013-2016 National Age Group Motivational Times Short Course Yards

D M:	DD M:	A M:	A A M.:	A A A N/I:		iori Course 1		A A A M:	A A M/:	A M:	DD M:	D M:
B Min	BB Min	A Min			AAAA Min		AAAA Min	AAA MIII		A Min	BB Min	B Min
20 10:1	27 (01)		der Girls		20.004	70 TT D	25.50	20 00 t		der Boys		20.404
39.49*	35.69*	31.89*	30.59*	29.29*	28.09*	50 Y Free	27.79*	28.99*	30.19*	31.39*	34.99*	38.49*
1:30.69*	1:21.09*	1:11.39*	1:08.19*	1:04.99*	1:01.79*	100 Y Free	1:01.09*	1:04.09*	1:07.19*	1:10.19*	1:19.39*	1:28.49*
3:20.19 8:30.49	2:58.29 7:39.49	2:36.39 6:48.39	2:29.09 6:31.39	2:21.79 6:14.39	2:14.39 5:57.39	200 Y Free 500 Y Free	2:12.39* 5:51.99*	2:18.69* 6:08.79*	2:24.99* 6:25.49*	2:31.29* 6:42.29*	2:50.19* 7:32.59*	3:09.09* 8:22.79*
48.59*	43.29*	37.99*	36.19*	34.39*	32.69*	50 Y Back	32.39*	34.19*	35.99*	37.79*	43.19*	48.59*
1:45.09*	1:33.49*	1:21.79*	1:17.89*	1:13.99*	1:10.09*	100 Y Back	1:09.49*	1:13.09*	1:16.59*	1:20.09*	1:30.79*	1:41.39*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.19*	38.09*	39.99*	41.89*	47.49*	53.19*
1:58.79*	1:45.59*	1:32.39*	1:27.99*	1:23.69*	1:19.29*	100 Y Breast	1:18.49*	1:22.39*	1:26.29*	1:30.19*	1:41.99*	1:53.69*
47.99*	42.39*	36.69*	34.79*	32.89*	30.99*	50 Y Fly	30.89*	32.69*	34.39*	36.19*	41.39*	46.69*
1:55.49*	1:40.39*	1:25.29*	1:20.19*	1:15.19*	1:10.19*	100 Y Fly	1:10.09*	1:14.99*	1:19.89*	1:24.79*	1:39.39*	1:54.09*
1:43.39*	1:32.39*	1:21.39*	1:17.69*	1:13.99*	1:10.39*	100 Y IM	1:10.29*	1:13.69*	1:16.99*	1:20.39*	1:30.39*	1:40.39*
3:40.39*	3:17.29*	2:54.19*	2:46.49*	2:38.79*	2:31.09*	200 Y IM	2:31.09*	2:38.69*	2:46.19*	2:53.69*	3:16.29*	3:38.89*
		11-12	Girls						11-12	Boys		
34.09*	31.69*	29.39*	28.19*	26.99*	25.79*	50 Y Free	24.79*	25.99*	27.19*	28.39*	30.69*	33.09*
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	54.19*	56.69*	59.29*	1:01.89*	1:06.99*	1:12.19*
2:41.19*	2:29.69*	2:18.19*	2:12.39*	2:06.69*	2:00.89*	200 Y Free	1:57.89*	2:03.49*	2:09.19*	2:14.79*	2:25.99*	2:37.19*
7:09.29*	6:38.59*	6:07.99*	5:52.59*	5:37.29*	5:21.99*	500 Y Free	5:17.29*	5:32.39*	5:47.49*	6:02.59*	6:32.79*	7:02.99*
14:48.09*	13:44.69*	12:41.19*	12:09.49*	11:37.79*	11:06.09*	1000 Y Free	10:55.49*	11:26.69*	11:57.89*	12:29.09*	13:31.49*	14:33.89*
25:01.49*	23:14.19*	21:26.99*	20:33.39*	19:39.69*	18:46.09*	1650 Y Free	18:32.79*	19:25.79*	20:18.79*	21:11.79*	22:57.79*	24:43.79*
38.79*	36.09*	33.29*	31.89*	30.49*	29.09*	50 Y Back	28.59*	30.09*	31.59*	33.09*	36.09*	38.99*
1:26.29*	1:19.49*	1:12.69*	1:09.29*	1:05.89*	1:02.49*	100 Y Back	1:00.89*	1:04.19*	1:07.49*	1:10.79*	1:17.49*	1:24.09*
2:59.49*	2:46.69*	2:33.79*	2:27.39*	2:20.99*	2:14.59*	200 Y Back	2:11.49*	2:17.79*	2:23.99*	2:30.29*	2:42.79*	2:55.29*
43.69*	40.59*	37.49*	35.89*	34.29*	32.79*	50 Y Breast	31.69*	33.39*	35.19*	36.89*	40.29*	43.79*
1:35.79*	1:28.69*	1:21.69*	1:18.09*	1:14.59*	1:10.99*	100 Y Breast	1:08.59*	1:12.19*	1:15.79*	1:19.29*	1:26.49*	1:33.59*
3:25.79* 37.29*	3:11.09*	2:56.39*	2:49.09*	2:41.69*	2:34.39* 27.99*	200 Y Breast	2:28.29* 27.19*	2:35.29*	2:42.39*	2:49.39*	3:03.49*	3:17.69* 37.69*
1:26.29*	34.59* 1:19.39*	31.89* 1:12.49*	30.59* 1:08.99*	29.29* 1:05.59*	1:02.09*	50 Y Fly 100 Y Fly	1:00.19*	28.69* 1:03.69*	30.19* 1:07.09*	31.69* 1:10.59*	34.69* 1:17.59*	1:24.49*
3:02.39*	2:49.39*	2:36.39*	2:29.79*	2:23.29*	2:16.79*	200 Y Fly	2:13.59*	2:19.89*	2:26.29*	2:32.69*	2:45.39*	2:58.09*
1:25.29*	1:19.19*	1:13.09*	1:10.09*	1:06.99*	1:03.99*	100 Y IM	1:01.99*	1:05.09*	1:08.09*	1:11.09*	1:17.19*	1:23.19*
3:02.49*	2:49.49*	2:36.39*	2:29.89*	2:23.39*	2:16.89*	200 Y IM	2:13.39*	2:20.19*	2:26.99*	2:33.79*	2:47.39*	3:00.99*
6:28.59*	6:00.89*	5:33.09*	5:19.19*	5:05.29*	4:51.49*	400 Y IM	4:45.09*	4:58.69*	5:12.19*	5:25.79*	5:52.99*	6:20.09*
			Girls							Boys		
32.89*	30.49*	28.19*	26.99*	25.79*	24.69*	50 Y Free	22.79*	23.89*	24.89*	25.99*	28.19*	30.39*
1:11.39*	1:06.29*	1:01.19*	58.69*	56.09*	53.59*	100 Y Free	49.79*	52.09*	54.49*	56.89*	1:01.59*	1:06.29*
2:33.89*	2:22.89*	2:11.99*	2:06.49*	2:00.99*	1:55.49*	200 Y Free	1:48.39*	1:53.59*	1:58.69*	2:03.89*	2:14.19*	2:24.49*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	500 Y Free	4:52.09*	5:05.99*	5:19.99*	5:33.89*	6:01.69*	6:29.49*
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	1000 Y Free	10:03.89*	10:32.69*	11:01.39*	11:30.19*	12:27.69*	13:25.19*
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Free	16:51.29	17:39.39	18:27.59	19:15.69	20:51.99	22:28.29
1:18.29*	1:12.69*	1:07.09*	1:04.29*	1:01.49*	58.69*	100 Y Back	55.19*	57.79*	1:00.39*	1:03.09*	1:08.29*	1:13.59*
2:48.39*	2:36.29*	2:24.29*	2:18.29*	2:12.29*	2:06.29*	200 Y Back	1:58.79*	2:04.49*	2:10.09*	2:15.79*	2:27.09*	2:38.39*
1:29.39*	1:22.99*	1:16.59*	1:13.49*	1:10.29*	1:07.09*	100 Y Breast	1:01.99*	1:04.89*	1:07.89*	1:10.79*	1:16.69*	1:22.59*
3:13.99*	3:00.19*	2:46.29*	2:39.39*	2:32.39*	2:25.49*	200 Y Breast	2:15.39*	2:21.79*	2:28.29*	2:34.69*	2:47.59*	3:00.49*
1:17.69*	1:12.19*	1:06.59*	1:03.89*	1:01.09*	58.29*	100 Y Fly	54.19*	56.79*	59.29*	1:01.89*	1:07.09*	1:12.19*
2:52.39*	2:40.09*	2:27.79*	2:21.69*	2:15.49*	2:09.29*	200 Y Fly	2:00.29*	2:05.99*	2:11.69*	2:17.49*	2:28.89*	2:40.39*
2:53.19*	2:40.79*	2:28.49*	2:22.29*	2:16.09*	2:09.89*	200 Y IM	2:01.39*	2:07.19*	2:12.99*	2:18.79*	2:30.29*	2:41.89*
6:08.49*	5:42.19*	5:15.89*	5:02.69*	4:49.59*	4:36.39*	400 Y IM	4:18.69*	4:31.09*	4:43.39*	4:55.69*	5:20.29*	5:44.99*
			Girls							Boys		
32.29*	29.99*	27.69*	26.59*	25.39*	24.29*	50 Y Free	21.69*	22.79*	23.79*	24.79*	26.89*	28.99*
1:09.99*	1:04.99*	59.99*	57.49*	54.99*	52.49*	100 Y Free	47.49*	49.69*	51.99*	54.19*	58.69*	1:03.29*
2:30.79*	2:19.99*	2:09.29*	2:03.89*	1:58.49*	1:53.09*	200 Y Free	1:43.69*	1:48.69*	1:53.59*	1:58.59*	2:08.39*	2:18.29*
6:41.29*	6:12.69* 12:51.69*	5:43.99* 11:52.39*	5:29.69* 11:22.69*	5:15.39* 10:52.99*	5:00.99* 10:23.29*	500 Y Free	4:40.99* 9:42.79*	4:54.39*	5:07.79* 10:38.29*	5:21.19* 11:05.99*	5:47.89* 12:01.49*	6:14.69* 12:56.99*
13:51.09* 23:06.29*	21:27.19*	19:48.19*	18:58.69*	18:09.19*	10:23.29*	1000 Y Free 1650 Y Free	16:19.99*	10:10.49* 17:06.69*	17:53.29*	18:39.99*	20:13.29*	21:46.69*
1:16.29*	1:10.79*	1:05.39*	1:02.69*	59.89*	57.19*	100 Y Back	52.29*	54.79*	57.29*	59.79*	1:04.69*	1:09.69*
2:44.79*	2:32.99*	2:21.19*	2:15.29*	2:09.49*	2:03.59*	200 Y Back	1:53.69*	1:59.09*	2:04.49*	2:09.89*	2:20.69*	2:31.59*
1:28.29	1:21.99	1:15.69	1:12.49	1:09.39	1:06.19	100 Y Breast	59.39*	1:02.19*	1:05.09*	1:07.89*	1:13.59*	1:19.19*
3:09.99	2:56.39	2:42.79	2:35.99	2:29.29	2:22.49	200 Y Breast	2:09.59*	2:15.79*	2:21.99*	2:28.09*	2:40.49*	2:52.79*
1:16.19*	1:10.69*	1:05.29*	1:02.59*	59.89*	57.09*	100 Y Fly	51.59*	53.99*	56.49*	58.99*	1:03.89*	1:08.79*
2:46.79*	2:34.89*	2:22.99*	2:16.99*	2:10.99*	2:05.09*	200 Y Fly	1:54.99*	2:00.39*	2:05.89*	2:11.39*	2:22.29*	2:33.29*
2:48.89*	2:36.79*	2:24.79*	2:18.69*	2:12.69*	2:06.69*	200 Y IM	1:55.69*	2:01.29*	2:06.79*	2:12.29*	2:23.29*	2:34.29*
5:58.49*	5:32.89*	5:07.29*	4:54.49*	4:41.69*	4:28.89*	400 Y IM	4:08.49*	4:20.39*	4:32.19*	4:43.99*	5:07.69*	5:31.39*
		17-18	Girls						17-18	Boys		
31.99*	29.69*	27.49*	26.29*	25.19*	23.99*	50 Y Free	21.29*	22.29*	23.29*	24.29*	26.29*	28.29*
1:09.39*	1:04.49*	59.49*	56.99*	54.49*	52.09*	100 Y Free	46.59*	48.79*	50.99*	53.19*	57.69*	1:02.09*
2:29.19*	2:18.49*	2:07.89*	2:02.49*	1:57.19*	1:51.89*	200 Y Free	1:41.99*	1:46.89*	1:51.69*	1:56.59*	2:06.29*	2:15.99*
6:39.39*	6:10.89*	5:42.29*	5:28.09*	5:13.79*	4:59.59*	500 Y Free	4:36.19*	4:49.39*	5:02.49*	5:15.69*	5:41.99*	6:08.29*
	12:47.19*	11:48.19*	11:18.69*	10:49.19*	10:19.69*	1000 Y Free	9:38.39*	10:05.89*		11:00.99*	11:56.09*	12:51.09*
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:05.89*	16:51.89*	17:37.89*	18:23.89*	19:55.79*	21:27.79*
1:15.29*	1:09.99*	1:04.59*	1:01.89*	59.19*	56.49*	100 Y Back	50.79*	53.19*	55.69*	58.09*	1:02.89*	1:07.69*
2:42.59*	2:30.99*	2:19.39*	2:13.59*	2:07.79*	2:01.99*	200 Y Back	1:50.59*	1:55.79*	2:01.09*	2:06.29*	2:16.89*	2:27.39*
1:25.89*	1:19.79*	1:13.59*	1:10.59*	1:07.49*	1:04.39*	100 Y Breast	57.99*	1:00.79*	1:03.59*	1:06.29*	1:11.79*	1:17.39*
3:06.89*	2:53.49*	2:40.19*	2:33.49*	2:26.79*	2:20.19*	200 Y Breast	2:05.39*	2:11.29*	2:17.29*	2:23.29*	2:35.19*	2:47.09*
1:14.99*	1:09.59*	1:04.29* 2:21.09*	1:01.59*	58.89* 2:09.29*	56.19* 2:03.49*	100 Y Fly	50.49*	52.89*	55.29* 2:03.39*	57.69*	1:02.49*	1:07.29* 2:30.19*
2:44.59* 2:47.29*	2:32.79* 2:35.29*	2:21.09*	2:15.19* 2:17.39*	2:09.29* 2:11.49*	2:03.49*	200 Y Fly 200 Y IM	1:52.69* 1:52.89*	1:57.99* 1:58.29*	2:03.39*	2:08.69* 2:09.09*	2:19.49* 2:19.79*	2:30.19*
5:55.79*	5:30.39*	5:04.99*	4:52.29*	4:39.59*	4:26.89*	400 Y IM	4:02.59*	4:14.19*	4:25.69*	4:37.29*	5:00.39*	5:23.49*
5.55.19**	5.50.59	5.04.99	7.34.49	4.37.39*	4.20.89	TOU I IIVI	4.02.39**	4.14.19	4.43.09	4.31.29	5.00.39*	5.45.49

2013-2016 National Age Group Motivational Times Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	nt Course Me	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
		10 & Un	der Girls						10 & Un	der Boys		
43.59*	39.39*	35.19*	33.79*	32.39*	30.99*	50 M Free	30.69*	31.99*	33.29*	34.69*	38.59*	42.59*
1:40.29*	1:29.59*	1:18.89*	1:15.39*	1:11.79*	1:08.29*	100 M Free	1:07.49*	1:10.89*	1:14.19*	1:17.59*	1:27.69*	1:37.79*
3:41.19	3:16.99	2:52.79	2:44.69	2:36.59	2:28.59	200 M Free	2:26.29*	2:33.19*	2:40.19*	2:47.19*	3:08.09*	3:28.89*
7:26.79	6:42.09	5:57.39	5:42.49	5:27.69	5:12.79	400 M Free	5:08.09*	5:22.69*	5:37.39*	5:52.09*	6:36.09*	7:20.09*
53.69*	47.79*	41.99*	39.99*	37.99*	36.09*	50 M Back	35.79*	37.79*	39.79*	41.79*	47.79*	53.69*
1:56.19*	1:43.29*	1:30.39*	1:26.09*	1:21.79*	1:17.49*	100 M Back	1:16.79*	1:20.69*	1:24.59*	1:28.59*	1:40.29*	1:51.99*
59.19	52.79	46.49	44.29	42.19	40.09	50 M Breast	39.99*	42.09*	44.19*	46.29*	52.49*	58.79*
2:11.29* 53.09*	1:56.69* 46.79*	1:42.09*	1:37.29* 38.39*	1:32.39* 36.39*	1:27.59* 34.29*	100 M Breast	1:26.69*	1:31.09*	1:35.39* 38.09*	1:39.69* 39.99*	1:52.69*	2:05.69*
2:07.69*	1:50.89*	40.49* 1:34.19*	1:28.69*	1:23.09*	34.29* 1:17.49*	50 M Fly 100 M Fly	34.19* 1:17.49*	36.09* 1:22.89*	1:28.29*	1:33.69*	45.79* 1:49.89*	51.59* 2:06.09*
1:54.19*	1:42.09*	1:29.89*	1:25.89*	1:21.79*	1:17.69*	100 M IV	1:17.69*	1:21.39*	1:25.09*	1:28.79*	1:39.89*	1:50.99*
4:03.49*	3:37.99*	3:12.39*	3:03.89*	2:55.39*	2:46.89*	200 M IM	2:46.99*	2:55.29*	3:03.59*	3:11.99*	3:36.99*	4:01.89*
			Girls							Boys	- 10 01.7	
37.69*	35.09*	32.49*	31.19*	29.89*	28.49*	50 M Free	27.39*	28.69*	29.99*	31.29*	33.99*	36.59*
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	59.79*	1:02.69*	1:05.49*	1:08.39*	1:14.09*	1:19.79*
2:58.09*	2:45.39*	2:32.69*	2:26.29*	2:19.99*	2:13.59*	200 M Free	2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.29*	2:53.69*
6:15.69*	5:48.89*	5:21.99*	5:08.59*	4:55.19*	4:41.79*	400 M Free	4:37.69*	4:50.89*	5:04.09*	5:17.39*	5:43.79*	6:10.19*
12:57.19*	12:01.69*	11:06.19*	10:38.49*	10:10.69*	9:42.89*	800 M Free	9:33.59*	10:00.99*	10:28.29*	10:55.59*	11:50.19*	12:44.79*
24:52.69*	23:06.09*	21:19.49*	20:26.19*	19:32.89*	18:39.59*	1500 M Free	18:26.39*	19:18.99*	20:11.69*	21:04.39*	22:49.79*	24:35.09*
42.89*	39.79*	36.79*	35.19*	33.69*	32.19*	50 M Back	31.59*	33.29*	34.89*	36.59*	39.79*	43.09*
1:35.29*	1:27.79*	1:20.29*	1:16.59*	1:12.79*	1:09.09*	100 M Back	1:07.29*	1:10.99*	1:14.59*	1:18.29*	1:25.59*	1:32.89*
3:18.29*	3:04.19*	2:49.99*	2:42.89*	2:35.79*	2:28.69*	200 M Back	2:25.29*	2:32.19*	2:39.09*	2:46.09*	2:59.89*	3:13.69*
48.29*	44.79*	41.39*	39.69*	37.89*	36.19*	50 M Breast	34.99*	36.99*	38.89*	40.79*	44.59*	48.39*
1:45.89*	1:37.99*	1:30.19*	1:26.29*	1:22.39*	1:18.49*	100 M Breast	1:15.79*	1:19.79*	1:23.69*	1:27.69*	1:35.59*	1:43.49*
3:47.39* 41.19*	3:31.19* 38.19*	3:14.99* 35.29*	3:06.79* 33.79*	2:58.69* 32.39*	2:50.59* 30.89*	200 M Breast	2:43.79* 29.99*	2:51.59* 31.69*	2:59.39* 33.39*	3:07.19* 34.99*	3:22.79* 38.39*	3:38.39* 41.69*
1:35.29*	1:27.69*	1:20.09*	1:16.29*	1:12.49*	1:08.69*	50 M Fly 100 M Fly	1:06.49*	1:10.39*	1:14.19*	1:17.99*	1:25.69*	1:33.39*
3:21.49*	3:07.19*	2:52.79*	2:45.59*	2:38.39*	2:31.19*	200 M Fly	2:27.59*	2:34.59*	2:41.69*	2:48.69*	3:02.69*	3:16.79*
1:34.19*	1:27.49*	1:20.79*	1:17.39*	1:13.99*	1:10.69*	100 M IM	1:08.59*	1:11.89*	1:15.19*	1:18.59*	1:25.19*	1:31.89*
3:21.69*	3:07.29*	2:52.89*	2:45.69*	2:38.49*	2:31.29*	200 M IM	2:27.39*	2:34.89*	2:42.39*	2:49.89*	3:04.99*	3:19.99*
7:09.39*	6:38.69*	6:08.09*	5:52.69*	5:37.39*	5:22.09*	400 M IM	5:14.99*	5:29.99*	5:44.99*	5:59.99*	6:29.99*	6:59.99*
		13-14	Girls						13-14	Bovs		
36.29*	33.69*	31.09*	29.79*	28.59*	27.29*	50 M Free	25.19*	26.39*	27.59*	28.79*	31.19*	33.49*
1:18.89*	1:13.29*	1:07.59*	1:04.79*	1:01.99*	59.19*	100 M Free	54.99*	57.59*	1:00.19*	1:02.79*	1:08.09*	1:13.29*
2:50.09*	2:37.99*	2:25.79*	2:19.69*	2:13.69*	2:07.59*	200 M Free	1:59.79*	2:05.49*	2:11.19*	2:16.89*	2:28.29*	2:39.69*
6:00.39	5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:15.69*	4:27.79*	4:39.99*	4:52.19*	5:16.49*	5:40.89*
12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	800 M Free	8:48.49*	9:13.69*	9:38.89*	10:03.99*	10:54.39*	11:44.69*
23:25.99	21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M Free	16:45.39	17:33.29	18:21.09	19:08.99	20:44.69	22:20.49
1:26.49*	1:20.39*	1:14.19*	1:11.09*	1:07.99*	1:04.89*	100 M Back	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:05.99*	2:52.79*	2:39.49*	2:32.79*	2:26.19*	2:19.49*	200 M Back	2:11.29*	2:17.49*	2:23.79* 1:14.99*	2:29.99*	2:42.49*	2:54.99*
1:38.79* 3:34.39*	1:31.69* 3:19.09*	1:24.69* 3:03.79*	1:21.19* 2:56.09*	1:17.59* 2:48.39*	1:14.09* 2:40.79*	100 M Breast	1:08.49* 2:29.59*	1:11.69* 2:36.69*	2:43.79*	1:18.29* 2:50.99*	1:24.79* 3:05.19*	1:31.29* 3:19.39*
1:25.89*	1:19.79*	1:13.59*	1:10.59*	1:07.49*	1:04.39*	200 M Breast 100 M Fly	59.89*	1:02.69*	1:05.59*	1:08.39*	1:14.09*	1:19.79*
3:10.49*	2:56.89*	2:43.29*	2:36.49*	2:29.69*	2:22.89*	200 M Fly	2:12.89*	2:19.19*	2:25.59*	2:31.89*	2:44.49*	2:57.19*
3:11.39*	2:57.69*	2:43.99*	2:37.19*	2:30.39*	2:23.49*	200 M IM	2:14.19*	2:20.59*	2:26.89*	2:33.29*	2:46.09*	2:58.89*
6:47.19*	6:18.09*	5:48.99*	5:34.49*	5:19.99*	5:05.39*	400 M IM	4:45.89*	4:59.49*	5:13.09*	5:26.69*	5:53.99*	6:21.19*
			Girls							Boys		
35.69*	33.19*	30.59*	29.29*	28.09*	26.79*	50 M Free	23.99*	25.19*	26.29*	27.39*	29.69*	31.99*
1:17.29*	1:11.79*	1:06.29*	1:03.49*	1:00.79*	57.99*	100 M Free	52.39*	54.89*	57.39*	59.89*	1:04.89*	1:09.89*
2:46.59*	2:34.69*	2:22.79*	2:16.89*	2:10.89*	2:04.99*	200 M Free	1:54.59*	2:00.09*	2:05.49*	2:10.99*	2:21.89*	2:32.79*
5:51.19*	5:26.19*	5:01.09*	4:48.49*	4:35.99*	4:23.39*	400 M Free	4:05.99*	4:17.69*	4:29.39*	4:41.09*	5:04.49*	5:27.89*
12:07.29*	11:15.39*	10:23.39*	9:57.49*	9:31.49*	9:05.49*	800 M Free	8:29.99*	8:54.29*	9:18.59*	9:42.89*	10:31.49*	11:19.99*
22:58.19*	21:19.79*	19:41.29*	18:52.09*	18:02.89*	17:13.69*	1500 M Free	16:14.29*	17:00.69*	17:47.09*	18:33.49*	20:06.29*	21:39.09*
1:24.29*	1:18.29*	1:12.19*	1:09.19*	1:06.19*	1:03.19*	100 M Back	57.79*	1:00.49*	1:03.29*	1:05.99*	1:11.49*	1:16.99*
3:02.09*	2:49.09*	2:36.09*	2:29.59*	2:23.09*	2:16.59*	200 M Back	2:05.59*	2:11.59*	2:17.59*	2:23.59*	2:35.49*	2:47.49*
1:37.59 3:29.89	1:30.59 3:14.89	1:23.59 2:59.89	1:20.09 2:52.39	1:16.69 2:44.89	1:13.19 2:37.39	100 M Breast 200 M Breast	1:05.69* 2:23.19*	1:08.79* 2:29.99*	1:11.89* 2:36.89*	1:14.99* 2:43.69*	1:21.29* 2:57.29*	1:27.49* 3:10.89*
1:24.19*	1:18.19*	1:12.09*	1:09.09*	1:06.09*	1:03.09*	100 M Fly	56.99*	59.69*	1:02.39*	1:05.09*	1:10.59*	1:15.99*
3:04.29*	2:51.09*	2:37.99*	2:31.39*	2:24.79*	2:18.19*	200 M Fly	2:06.99*	2:13.09*	2:19.09*	2:25.19*	2:37.29*	2:49.39*
3:06.59*	2:53.29*	2:39.99*	2:33.29*	2:26.59*	2:19.99*	200 M IM	2:07.89*	2:13.99*	2:20.09*	2:26.19*	2:38.29*	2:50.49*
6:36.09*	6:07.89*	5:39.59*	5:25.39*	5:11.29*	4:57.09*	400 M IM	4:34.59*	4:47.69*	5:00.79*	5:13.79*	5:39.99*	6:06.09*
			Girls							Boys		
35.39*	32.89*	30.29*	29.09*	27.79*	26.59*	50 M Free	23.49*	24.59*	25.69*	26.79*	29.09*	31.29*
1:16.69*	1:11.19*	1:05.69*	1:02.99*	1:00.29*	57.49*	100 M Free	51.49*	53.89*	56.39*	58.79*	1:03.69*	1:08.59*
2:44.79*	2:33.09*	2:21.29*	2:15.39*	2:09.49*	2:03.59*	200 M Free	1:52.69*	1:58.09*	2:03.49*	2:08.79*	2:19.59*	2:30.29*
5:49.49*	5:24.59*	4:59.59*	4:47.09*	4:34.69*	4:22.19*	400 M Free	4:01.79*	4:13.29*	4:24.79*	4:36.29*	4:59.29*	5:22.29*
12:03.09*	11:11.39*	10:19.79*	9:53.89*	9:28.09*	9:02.29*	800 M Free	8:26.19*	8:50.29*	9:14.39*	9:38.49*	10:26.69*	11:14.89*
22:58.19	21:19.69	19:41.29	18:52.09	18:02.79	17:13.59	1500 M Free	16:00.29*	16:45.99*	17:31.69*	18:17.39*	19:48.89*	21:20.29*
1:23.19*	1:17.29*	1:11.29*	1:08.39*	1:05.39*	1:02.39*	100 M Back	56.09*	58.79*	1:01.49*	1:04.19*	1:09.49*	1:14.79*
2:59.69*	2:46.89*	2:34.09*	2:27.59*	2:21.19*	2:14.79*	200 M Back	2:02.19*	2:07.99*	2:13.79*	2:19.59*	2:31.19*	2:42.89*
1:34.89*	1:28.19*	1:21.39*	1:17.99*	1:14.59*	1:11.19*	100 M Breast	1:04.09*	1:07.19*	1:10.19*	1:13.29*	1:19.39*	1:25.49*
3:26.49* 1:22.79*	3:11.69* 1:16.89*	2:56.99* 1:10.99*	2:49.59* 1:07.99*	2:42.19* 1:05.09*	2:34.89* 1:02.09*	200 M Breast	2:18.49* 55.79*	2:25.09* 58.49*	2:31.69* 1:01.09*	2:38.29* 1:03.79*	2:51.49* 1:09.09*	3:04.69* 1:14.39*
3:01.89*	2:48.89*	2:35.89*	2:29.39*	2:22.89*	2:16.39*	100 M Fly 200 M Fly	2:04.49*	2:10.39*	2:16.29*	2:22.29*	2:34.09*	2:45.99*
3:04.89*	2:51.69*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 M IM	2:04.79*	2:10.59*	2:16.69*	2:22.59*	2:34.49*	2:46.39*
6:33.19*	6:05.09*	5:36.99*	5:22.99*	5:08.89*	4:54.89*	400 M IM	4:28.09*	4:40.79*	4:53.59*	5:06.39*	5:31.89*	5:57.39*