## 2021-2024 National Age Group Motivational Times Long Course Meters

Math   Math   Math   Math   Math   Make   Math						Lor	ng Course Met	ers					
144.09   39.80   35.59   34.19   32.79   31.99   50.0 M Free   10.094   112.89   112.89   116.97   11.01   14.02.59   13.39   32.079   32.099   256.29   248.09   239.79   231.59   200 M Free   229.49   230.59   243.69   250.79   312.09   333.49   73.67   320.09   256.29   248.09   239.79   231.59   200 M Free   229.49   230.59   243.69   250.79   312.09   333.49   73.67   320.09   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   12.39   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.49   12.29   13.39   14.59   12.29   13.39   14.49   14.50   12.29   13.39   14.49   14.50   14.59   14.5	B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
144.09   39.80   35.59   34.19   32.79   31.99   50.0 M Free   10.094   112.89   112.89   116.97   11.01   14.02.59   13.39   32.079   32.099   256.29   248.09   239.79   231.59   200 M Free   229.49   230.59   243.69   250.79   312.09   333.49   73.67   320.09   256.29   248.09   239.79   231.59   200 M Free   229.49   230.59   243.69   250.79   312.09   333.49   73.67   320.09   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   14.59   12.29   12.39   12.39   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.69   12.29   13.39   14.49   12.29   13.39   14.59   12.29   13.39   14.49   14.50   12.29   13.39   14.49   14.50   14.59   14.5			10 & und	der Girls					•	10 & und	er Boys		
3.45.79	44.09	39.89	35.59	34.19	32.79	31.39	50 M Free	31.39				39.49	43.59
7.36.79	1:41.99 *	1:31.19 *	1:20.29 *	1:16.69 *	1:13.09 *	1:09.39 *	100 M Free	1:09.49	1:12.89 *	1:16.39 *	1:19.79 *	1:30.19 *	1:40.59 *
148.8   48.8   48.8   42.8   42.8   40.8   36.8   36.8   10.0   145.9   122.6   122.3   123.8   119.4   10.0   M Back   168.8   1.22.8   1.26.9   1.20.9   1.30.9   1.30.9   1.50.9   1.50.0	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
1.59.19 1.45.99 1.32.69 1.28.29 1.23.89 1.19.49 1.00 M Back 11.8.89 1.22.80 1.26.90 1.30.90 1.43.09 1.55.09 1.50.49 1.50.99 1.50.99 1.30.99 1.43.09 1.34.89 1.29.89 1.00 M Breast 1.29.29 1.33.79 1.38.19 1.42.69 1.55.59 2.09.39 1.53.39 1.40.79 1.38.89 1.34.89 1.29.89 1.00 M Breast 1.29.29 1.33.69 1.38.19 1.42.69 1.55.59 2.09.39 1.30.39 1.30.29 1.32.5	7:36.79	6:51.09	6:05.39	5:50.19	5:34.99	5:19.79	400 M Free	5:14.59 *	5:29.59 *	5:44.49 *	5:59.49 *	6:44.49 *	7:29.39 *
1.00   1.00	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
2147 7 1587	1:59.19	1:45.99	1:32.69	1:28.29	1:23.89	1:19.49	100 M Back	1:18.89 *	1:22.89 *	1:26.99 *	1:30.99 *	1:43.09 *	1:55.09 *
1.0   1.0	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 *	1:38.19 *	1:42.69 *	1:55.99 *	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
11-12	2:09.99	1:52.99	1:35.99	1:30.29	1:24.59	1:18.89	100 M Fly	1:18.09 *	1:23.59 *	1:28.99 *	1:34.49 *	1:50.79 *	2:07.09 *
133.99   35.69   32.99   31.69   30.39   29.09   50 M Free   10.09   10.09   10.069   11.09.69   11.12.09   11	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
124.09 118.09 1.118.09 1.112.09 1.109.09 1.106.09 1.103.09 1.003.0			11-12	Girls						11-12	Boys		
302.29 * 249.19 * 2:36.19 * 2:26.69 * 2:23.19 * 2:16.69 * 200 M Free	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 *
623.89   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   3.22.06.99   11.20.69°   11.10.05.9°   10.31.79°   10.03.09°   800 M Free   9.53.79°   10.22.09   10.50.39   11.18.59   12.15.19   13.11.69   15.45.79   23.55.39   22.04.99   20.14.59   20.14.59   1919.39   1500 M Free   18.55.19   19.49.19   20.43.29   21.37.39   23.25.49   25.13.59   43.99°   40.79°   37.69°   36.09°   34.49°   32.99°   50 M Back   31.99°   33.69°   23.69°   40.79°   12.049°   127.99°   13.54.9°   32.49.9°   32.49.9°   24.49.9°	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 *
324.09 * 12:26.69 * 11:29.29 * 11:00.59 * 10:31.79 * 10:30.90 * 800 M Free	3:02.29 *	2:49.19 *	2:36.19 *	2:29.69 *	2:23.19 *	2:16.69 *	200 M Free	2:13.19 *	2:19.49 *	2:25.79 *	2:32.19 *	2:44.89 *	2:57.49 *
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   43.69   40.79   37.69   36.09   34.49   32.99   50 M Back   11.99   33.69   36.39   36.99   40.39   43.69	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
43.99 * 40.79 * 37.69 * 36.09 * 34.49 * 32.99 * 50 M Back	13:24.09 *	12:26.69 *	11:29.29 *	11:00.59 *	10:31.79 *	10:03.09 *	800 M Free	9:53.79	10:22.09	10:50.39	11:18.59	12:15.19	13:11.69
1.38.69 * 1.30.99 * 1.23.19 * 1.19.29 * 1.15.39 * 1.11.49 * 100 M Back	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
3:24.49 * 3:09.89 * 2:55.29 * 2:47.99 * 2:40.69 * 2:33.39 * 200 M Back 48.99 * 45.49 * 41.99 * 40.49 * 38.49 * 36.69 * 50 M Breast * 35.49 * 37.49 * 39.39 * 41.29 * 45.19 * 48.99 * 41.49 * 38.49 * 1:27.79 * 1:27.79 * 100 M Breast * 1:18.09 * 1:22.19 * 1:26.19 * 1:30.29 * 1:38.39 * 1:46.59 * 3:52.59 * 3:35.99 * 3:11.09 * 3:11.09 * 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 * 3:11.09 * 3:20.79 * 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 * 3:30.99 * 3:09 * 50 M Fly * 30.19 * 31.89 * 33.59 * 3:14.59 * 3:28.69 * 41.89 * 1:38.49 * 3:20.79 * 1:16.99 * 1:13.09 * 1:13.09 * 1:00.29 * 100 M Fly * 1:06.99 * 1:10.89 * 1:14.69 * 1:18.59 * 1:26.29 * 1:33.99 * 3:26.09 * 3:11.39 * 2:55.59 * 2:48.29 * 2:41.89 * 2:34.59 * 200 M Fly * 2:30.39 * 2:37.79 * 2:45.49 * 2:53.19 * 3:08.49 * 3:23.79 * 3:24.99 * 3:23.69 * 3:49 * 3:24.49 * 3:23.79 * 3:49 *	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 *
48.99         45.49         41.99         40.19         38.49         36.69         50 M Breast         35.49 * 37.49 * 39.39 * 41.29 * 12.2 * 130.29 * 138.39 * 146.59 * 124.69 * 122.79 * 100 M Breast         11.80.9 * 12.12 * 12.19 * 12.61 * 130.29 * 138.39 * 138.39 * 146.59 * 33.59 * 33.59 * 319.39 * 311.09 * 302.79 * 2:54.49 * 200 M Breast         24.84.9 * 2:56.59 * 304.59 * 310.29 * 31.02 * 32.86 * 32.86 * 344.69 * 31.09 * 31.83 * 31.93 * 33.59 * 31.93	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 *
1:48.89 * 1:40.89 * 1:32.79 * 1:28.79 * 1:24.79 * 1:20.79 * 100 M Breast	3:24.49 *	3:09.89 *	2:55.29 *	2:47.99 *	2:40.69 *	2:33.39 *	200 M Back	2:29.59 *	2:36.69 *	2:43.79 *	2:50.99 *	3:05.19 *	3:19.49 *
3:52.59 * 3:35.99 * 3:19.39 * 3:11.09 * 3:02.79	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 *
41.29       38.29       35.39       33.89       32.39 * 30.99       50 M Fly       30.19 * 31.89 * 33.59 * 35.19 * 38.59 * 35.19 * 38.59 * 41.89 * 1:36.29 * 1:33.99         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 * 1:10.89 * 1:14.69 * 1:18.59 * 1:26.29 * 1:33.99 * 3:20.49 * 3:20.49 * 3:24.89 * 3:10.19 * 2:55.59 * 2:49.29 * 2:41.89 * 2:34.59 * 200 M IM       2:30.19 * 2:37.79 * 2:45.49 * 2:51.19 * 3:08.49 * 3:23.79 * 7:19.69 * 6:48.29 * 6:16.89 * 6:01.19 * 5:45.49 * 5:29.79 * 400 M IM       5:22.39 * 5:37.79 * 5:53.09 * 6:08.49 * 6:39.19 * 7:09.89 * 7:09	1:48.89 *	1:40.89 *	1:32.79 *	1:28.79 *	1:24.79 *	1:20.79 *	100 M Breast	1:18.09 *	1:22.19	1:26.19 *	1:30.29 *	1:38.39 *	1:46.59 *
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 1:24.89 3:10.19 2:55.59 2:48.29 2:40.99 2:33.69 200 M Fly 2:30.39 2:37.49 2:44.69 2:51.89 3:06.19 3:20.49 3:26.09 3:11.39 2:56.59 2:49.29 2:41.89 2:34.59 200 M IM 2:30.19 2:37.79 2:45.49 2:53.19 3:08.49 3:23.79 7:19.69 6:48.29 6:16.89 6:01.19 5:45.49 5:29.79 400 M IM 5:22.39 5:37.79 5:53.00 6:08.49 6:39.19 7:09.89 7:19.69 3:44.69 1:14.79 1:08.99 1:06.19 1:08.29 1:00.39 1:00.39 1:00.49	3:52.59 *	3:35.99 *	3:19.39 *	3:11.09 *	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
3:24.89		38.29	35.39		32.39 *	30.99	50 M Fly	30.19 *	31.89 *	33.59 *		38.59 *	41.89 *
3:26.09 * 3:11.39 * 2:56.59 * 2:49.29 * 2:41.89 * 2:34.59 * 200 M IM 2:30.19 * 2:37.79 * 2:45.49 * 2:53.19 * 3:08.49 * 3:23.79 * 7:19.69 6:48.29 6:16.89 6:01.19 5:45.49 5:29.79 400 M IM 5:22.39 * 5:37.79 * 5:53.09 * 6:08.49 * 6:39.19 * 7:09.89 * 13-14 Girls							•			1:14.69			
T19.69 6:48.29 6:16.89 6:01.19 5:45.49 5:29.79 400 M IM 5:22.39 5:37.79 5:53.09 6:08.49 6:39.19 7:09.89 7:09.89 7:09.89 7:09.89 7:09.89 7:09.89 7:09.89 7:09.89 7:09 7:09 7:09 7:09 7:09 7:09 7:09 7:0							200 M Fly						3:20.49 *
37.09 * 34.49 * 31.79 * 30.49 * 29.19 * 27.89 * 50 M Free													
37.09 * 34.49 * 31.79 * 30.49 * 29.19 * 27.89 * 50 M Free 25.79 27.09 28.29 29.49 31.99 34.39 1:20.49 * 1:14.79 * 1:08.99 * 1:06.19 * 1:03.29 * 1:00.39 * 1:00.39 * 1:00 M Free 56.49 * 59.09 * 1:01.79 * 1:04.49 * 1:09.89 * 1:15.29 * 2:54.29 * 2:41.79 * 2:29.39 * 2:23.19 * 2:16.89 * 2:10.69 * 200 M Free 2:03.09 2:08.89 2:14.79 2:20.59 2:32.29 2:44.09 6:06.79 * 5:40.59 * 5:14.39 * 5:01.29 * 4:48.19 * 4:35.09 * 400 M Free 4:21.79 4:34.29 4:46.69 4:59.19 5:24.09 5:49.09 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 1:22.309 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 1:02.89 * 1:05.89 * 1:08.89 * 1:11.89 * 1:17.89 * 1:23.89 * 3:12.39 * 2:36.69 * 2:44.89 * 2:38.09 * 2:31.19 * 2:24.29 * 200 M Back 2:16.59 * 2:23.09 * 2:29.59 * 2:36.09 * 2:49.09 * 3:02.09 * 1:42.09 * 1:34.79 * 1:27.49 * 1:23.89 * 1:20.19 * 1:16.59 * 100 M Breast 1:11.19 1:14.59 1:17.89 1:21.29 1:28.09 1:34.89 3:39.69 * 3:23.99 * 3:08.29 * 3:00.49 * 2:55.59 * 2:44.79 * 200 M Breast 2:34.09 * 2:41.39 * 2:48.79 * 2:56.09 * 3:10.79 * 3:25.49 * 1:26.59 * 2:50.19 * 2:45.49 * 2:38.59 * 2:31.69 * 2:24.79 * 200 M Free 2:00 M Free 2:03.09 * 2:22.19 * 2:28.59 * 2:35.09 * 2:47.99 * 3:00.89 * 3:15.79 * 3:01.79 * 2:47.79 * 2:40.79 * 2:33.89 * 2:26.89 * 200 M IM 2:18.49 * 2:25.09 * 2:31.69 * 2:31.09 * 2:47.99 * 3:00.89 * 3:15.79 * 3:01.79 * 2:47.79 * 2:40.79 * 2:33.89 * 2:26.89 * 200 M IM 2:18.49 * 2:25.09 * 2:31.69 * 2:31.09 * 2:55.39 * 2:47.79 * 3:00.8	7:19.69	6:48.29			5:45.49	5:29.79	400 M IM	5:22.39 *	5:37.79 *			6:39.19 *	7:09.89 *
1:20.49 * 1:14.79 * 1:08.99 * 1:06.19 * 1:03.29 * 1:00.39 * 1:00 M Free													
2:54.29 * 2:41.79 * 2:29.39 * 2:23.19 * 2:16.89 * 2:10.69 * 200 M Free													
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2:35.99 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 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 12:29.99 1:23.59 1:17.09 1:13.89 1:10.69 1:07.49 100 M Back 1:02.89 1:05.89 1:08.89 1:11.89 1:11.89 1:17.89 1:23.89 1:123.89 1:123.89 1:123.89 1:23.89 1:23.89 1:24.89 1:23.89 1:24.89 1:23.89 1:24.89 1:23.89 1:24.89													
24:06.39													
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3:39.69 * 3:23.99 * 3:08.29 * 3:00.49 * 2:52.59 * 2:44.79 * 200 M Breast 2:34.09 * 2:41.39 * 2:48.79 * 2:56.09 * 3:10.79 * 3:25.49 * 1:26.59 * 1:20.39 * 1:14.29 * 1:11.19 * 1:08.09 * 1:04.99 * 100 M Fly 1:00.99 1:03.89 1:06.79 1:09.69 1:15.49 1:21.29 1:15.99 * 2:59.19 * 2:45.49 * 2:38.59 * 2:31.69 * 2:24.79 * 2:00 M Fly 2:15.69 * 2:22.19 * 2:25.09 * 2:31.69 * 2:35.09 * 2:51.39 * 3:04.59 * 2:47.79 * 2:47.79 * 2:40.79 * 2:33.89 * 2:26.89 * 200 M IM 2:18.49 * 2:25.09 * 2:31.69 * 2:38.29 * 2:51.39 * 3:04.59 *													
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0.20.69 5.30.59 5.41.29 5.41.29 5.40.69 6.32.69 400 WI WI WI 4:54.59 5:08.59 5:22.59 5:30.59 6:04.69 6:32.69													
	0:55.49 ^	ნ:∠5.89 ^	5:30.19 ^	5:41.29 ^	5:26.49 ^	5:11.69 ^	400 M IM	4:54.59	5:08.59	5:22.59	5:36.59	6:04.69	0:32.69

### **2021-2024 National Age Group Motivational Times**

		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
1:19.19 *	1:13.49 *	1:07.89 *	1:04.99 *	1:02.19 *	59.39 *	100 M Free	53.99 *	56.59 *	59.19 *	1:01.69 *	1:06.89 *	1:11.99 *
2:50.49 *	2:38.29 *	2:26.19 *	2:20.09 *	2:13.99 *	2:07.89 *	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	8:45.09 *	9:10.09 *	9:35.09 *	10:00.09 *	10:50.09 *	11:40.09 *
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
1:27.29 *	1:21.09 *	1:14.89 *	1:11.79 *	1:08.59 *	1:05.49 *	100 M Back	1:00.09 *	1:02.99 *	1:05.89 *	1:08.69 *	1:14.39 *	1:20.19 *
3:08.39 *	2:54.99 *	2:41.49 *	2:34.79 *	2:28.09 *	2:21.29 *	200 M Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79
1:39.49 *	1:32.39 *	1:25.29 *	1:21.69 *	1:18.19	1:14.59 *	100 M Breast	1:07.39	1:10.59	1:13.79	1:16.99	1:23.49	1:29.89
3:35.89 *	3:20.49 *	3:05.09 *	2:57.39 *	2:49.59 *	2:41.89 *	200 M Breast	2:26.49 *	2:33.49 *	2:40.49 *	2:47.49 *	3:01.39 *	3:15.39 *
1:25.39 *	1:19.29 *	1:13.19 *	1:10.09 *	1:07.09 *	1:03.99 *	100 M Fly	57.99	1:00.79	1:03.59	1:06.29	1:11.79	1:17.39
3:07.29 *	2:53.99 *	2:40.59 *	2:33.89 *	2:27.19 *	2:20.49 *	200 M Fly	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29 *
3:11.89 *	2:58.19 *	2:44.49 *	2:37.59 *	2:30.79 *	2:23.89 *	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	<b>17-18</b> 30.99	<b>Girls</b> 29.69	28.39	27.09	50 M Free	24.29 *	25.49	<b>17-18</b> 26.59 *	<b>Boys</b> 27.79	30.09	32.39 *
36.19 1:18.59	33.59 1:12.99			28.39 1:01.79	27.09 58.99	50 M Free 100 M Free	24.29 * 52.69 *	25.49 55.19 *				
		30.99	29.69						26.59 *	27.79 1:00.19 *	1:05.29 *	1:10.29 *
1:18.59	1:12.99	30.99 1:07.39	29.69 1:04.59	1:01.79	58.99	100 M Free	52.69 *	55.19 *	26.59 * 57.69 *	27.79 1:00.19 *	1:05.29 * 2:23.59 *	1:10.29 *
1:18.59 2:49.59 5:57.09 *	1:12.99 2:37.49 5:31.59 *	30.99 1:07.39 2:25.39	29.69 1:04.59 2:19.29 4:53.39 *	1:01.79 2:13.19	58.99 2:07.19	100 M Free 200 M Free	52.69 * 1:55.99 *	55.19 * 2:01.49 *	26.59 * 57.69 * 2:06.99 *	27.79 1:00.19 * 2:12.49 *	1:05.29 * 2:23.59 *	1:10.29 * 2:34.59 *
1:18.59 2:49.59 5:57.09 * 12:16.89 *	1:12.99 2:37.49 5:31.59 * 11:24.29 *	30.99 1:07.39 2:25.39 5:06.09 *	29.69 1:04.59 2:19.29 4:53.39 * 10:05.29 * 19:18.49 *	1:01.79 2:13.19 4:40.59 * 9:38.99 *	58.99 2:07.19 4:27.89 * 9:12.69 *	100 M Free 200 M Free 400 M Free 800 M Free 1500 M Free	52.69 * 1:55.99 * 4:06.89 * 8:34.59	55.19 * 2:01.49 * 4:18.69 * 8:59.09 17:12.99 *	26.59 * 57.69 * 2:06.99 * 4:30.39 * 9:23.59 17:59.89 *	27.79 1:00.19 * 2:12.49 * 4:42.19 * 9:48.09	1:05.29 * 2:23.59 * 5:05.69 *	1:10.29 * 2:34.59 * 5:29.19 * 11:26.09
1:18.59 2:49.59 5:57.09 * 12:16.89 * 23:30.39 * 1:26.59 *	1:12.99 2:37.49 5:31.59 * 11:24.29 * 21:49.59 * 1:20.39 *	30.99 1:07.39 2:25.39 5:06.09 * 10:31.59 * 20:08.89 * 1:14.19 *	29.69 1:04.59 2:19.29 4:53.39 * 10:05.29 * 19:18.49 * 1:11.09 *	1:01.79 2:13.19 4:40.59 * 9:38.99 * 18:28.19 * 1:08.09 *	58.99 2:07.19 4:27.89 * 9:12.69 * 17:37.79 * 1:04.99 *	100 M Free 200 M Free 400 M Free 800 M Free 1500 M Free 100 M Back	52.69 * 1:55.99 * 4:06.89 * 8:34.59 16:25.99 * 58.99 *	55.19 * 2:01.49 * 4:18.69 * 8:59.09 17:12.99 * 1:01.79 *	26.59 * 57.69 * 2:06.99 * 4:30.39 * 9:23.59 17:59.89 * 1:04.59 *	27.79 1:00.19 * 2:12.49 * 4:42.19 * 9:48.09 18:46.89 * 1:07.39 *	1:05.29 * 2:23.59 * 5:05.69 * 10:37.09 20:20.79 * 1:12.99 *	1:10.29 * 2:34.59 * 5:29.19 * 11:26.09 21:54.69 * 1:18.59 *
1:18.59 2:49.59 5:57.09 * 12:16.89 * 23:30.39 * 1:26.59 * 3:06.89 *	1:12.99 2:37.49 5:31.59 * 11:24.29 * 21:49.59 * 1:20.39 * 2:53.59 *	30.99 1:07.39 2:25.39 5:06.09 * 10:31.59 * 20:08.89 * 1:14.19 * 2:40.19 *	29.69 1:04.59 2:19.29 4:53.39 * 10:05.29 * 19:18.49 * 1:11.09 * 2:33.49 *	1:01.79 2:13.19 4:40.59 * 9:38.99 * 18:28.19 * 1:08.09 * 2:26.89 *	58.99 2:07.19 4:27.89 * 9:12.69 * 17:37.79 * 1:04.99 * 2:20.19 *	100 M Free 200 M Free 400 M Free 800 M Free 1500 M Free 100 M Back 200 M Back	52.69 * 1:55.99 * 4:06.89 * 8:34.59 16:25.99 * 58.99 * 2:07.89 *	55.19 * 2:01.49 * 4:18.69 * 8:59.09 17:12.99 * 1:01.79 * 2:13.99 *	26.59 * 57.69 * 2:06.99 * 4:30.39 * 9:23.59 17:59.89 * 1:04.59 * 2:20.09 *	27.79 1:00.19 * 2:12.49 * 4:42.19 * 9:48.09 18:46.89 * 1:07.39 * 2:26.19 *	1:05.29 * 2:23.59 * 5:05.69 * 10:37.09 20:20.79 * 1:12.99 * 2:38.39 *	1:10.29 * 2:34.59 * 5:29.19 * 11:26.09 21:54.69 * 1:18.59 * 2:50.59 *
1:18.59 2:49.59 5:57.09 * 12:16.89 * 23:30.39 * 1:26.59 * 3:06.89 *	1:12.99 2:37.49 5:31.59 * 11:24.29 * 21:49.59 * 1:20.39 * 2:53.59 * 1:31.69 *	30.99 1:07.39 2:25.39 5:06.09 * 10:31.59 * 20:08.89 * 1:14.19 * 2:40.19 * 1:24.59 *	29.69 1:04.59 2:19.29 4:53.39 * 10:05.29 * 19:18.49 * 1:11.09 * 2:33.49 * 1:21.09 *	1:01.79 2:13.19 4:40.59 * 9:38.99 * 18:28.19 * 1:08.09 * 2:26.89 * 1:17.59 *	58.99 2:07.19 4:27.89 * 9:12.69 * 17:37.79 * 1:04.99 * 2:20.19 * 1:14.09 *	100 M Free 200 M Free 400 M Free 800 M Free 1500 M Free 100 M Back 200 M Back	52.69 * 1:55.99 * 4:06.89 * 8:34.59 16:25.99 * 58.99 * 2:07.89 * 1:05.99 *	55.19 * 2:01.49 * 4:18.69 * 8:59.09 17:12.99 * 1:01.79 * 2:13.99 * 1:09.09 *	26.59 * 57.69 * 2:06.99 * 4:30.39 * 9:23.59 17:59.89 * 1:04.59 * 2:20.09 * 1:12.29 *	27.79 1:00.19 * 2:12.49 * 4:42.19 * 9:48.09 18:46.89 * 1:07.39 * 2:26.19 * 1:15.39 *	1:05.29 * 2:23.59 * 5:05.69 * 10:37.09 20:20.79 * 1:12.99 * 2:38.39 * 1:21.69 *	1:10.29 * 2:34.59 * 5:29.19 * 11:26.09 21:54.69 * 1:18.59 * 2:50.59 * 1:27.99 *
1:18.59 2:49.59 5:57.09 * 12:16.89 * 23:30.39 * 1:26.59 * 3:06.89 * 1:38.69 * 3:33.09	1:12.99 2:37.49 5:31.59 * 11:24.29 * 21:49.59 * 1:20.39 * 2:53.59 * 1:31.69 *	30.99 1:07.39 2:25.39 5:06.09 * 10:31.59 * 20:08.89 * 1:14.19 * 2:40.19 * 1:24.59 * 3:02.69	29.69 1:04.59 2:19.29 4:53.39 * 10:05.29 * 19:18.49 * 1:11.09 * 2:33.49 * 1:21.09 *	1:01.79 2:13.19 4:40.59 * 9:38.99 * 18:28.19 * 1:08.09 * 2:26.89 * 1:17.59 * 2:47.49	58.99 2:07.19 4:27.89 * 9:12.69 * 17:37.79 * 1:04.99 * 2:20.19 * 1:14.09 * 2:39.89	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	52.69 * 1:55.99 * 4:06.89 * 8:34.59 16:25.99 * 58.99 * 2:07.89 * 1:05.99 * 2:23.69 *	55.19 * 2:01.49 * 4:18.69 * 8:59.09 17:12.99 * 1:01.79 * 2:13.99 * 1:09.09 * 2:30.59 *	26.59 * 57.69 * 2:06.99 * 4:30.39 * 9:23.59 17:59.89 * 1:04.59 * 2:20.09 * 1:12.29 * 2:37.39 *	27.79 1:00.19 * 2:12.49 * 4:42.19 * 9:48.09 18:46.89 * 1:07.39 * 2:26.19 * 1:15.39 * 2:44.19 *	1:05.29 * 2:23.59 * 5:05.69 * 10:37.09 20:20.79 * 1:12.99 * 2:38.39 * 1:21.69 * 2:57.89 *	1:10.29 * 2:34.59 * 5:29.19 * 11:26.09 21:54.69 * 1:18.59 * 2:50.59 * 1:27.99 * 3:11.59 *
1:18.59 2:49.59 5:57.09 * 12:16.89 * 23:30.39 * 1:26.59 * 3:06.89 * 1:38.69 * 3:33.09 1:24.29 *	1:12.99 2:37.49 5:31.59 * 11:24.29 * 21:49.59 * 1:20.39 * 2:53.59 * 1:31.69 * 3:17.89 1:18.29 *	30.99 1:07.39 2:25.39 5:06.09 * 10:31.59 * 20:08.89 * 1:14.19 * 1:24.59 * 3:02.69 1:12.19 *	29.69 1:04.59 2:19.29 4:53.39 * 10:05.29 * 19:18.49 * 1:11.09 * 2:33.49 * 1:21.09 * 2:55.09 1:09.19 *	1:01.79 2:13.19 4:40.59 * 9:38.99 * 18:28.19 * 1:08.09 * 2:26.89 * 1:17.59 * 2:47.49 1:06.19 *	58.99 2:07.19 4:27.89 * 9:12.69 * 17:37.79 * 1:04.99 * 2:20.19 * 1:14.09 * 2:39.89 1:03.19 *	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	52.69 * 1:55.99 * 4:06.89 * 8:34.59 16:25.99 * 58.99 * 2:07.89 * 1:05.99 * 2:23.69 * 56.59 *	55.19 * 2:01.49 * 4:18.69 * 8:59.09 17:12.99 * 1:01.79 * 2:13.99 * 1:09.09 * 2:30.59 * 59.29 *	26.59 * 57.69 * 2:06.99 * 4:30.39 * 9:23.59 17:59.89 * 1:04.59 * 2:20.09 * 1:12.29 * 2:37.39 * 1:01.99 *	27.79 1:00.19 * 2:12.49 * 4:42.19 * 9:48.09 18:46.89 * 1:07.39 * 2:26.19 * 1:15.39 * 2:44.19 * 1:04.69 *	1:05.29 * 2:23.59 * 5:05.69 * 10:37.09 20:20.79 * 1:12.99 * 2:38.39 * 1:21.69 * 2:57.89 * 1:10.09 *	1:10.29 * 2:34.59 * 5:29.19 * 11:26.09 21:54.69 * 1:18.59 * 2:50.59 * 1:27.99 * 3:11.59 *
1:18.59 2:49.59 5:57.09 * 12:16.89 * 23:30.39 * 1:26.59 * 3:06.89 * 1:38.69 * 3:33.09 1:24.29 * 3:06.79 *	1:12.99 2:37.49 5:31.59 * 11:24.29 * 21:49.59 * 1:20.39 * 2:53.59 * 1:31.69 * 3:17.89 1:18.29 * 2:53.39 *	30.99 1:07.39 2:25.39 5:06.09 * 10:31.59 * 20:08.89 * 1:14.19 * 2:40.19 * 3:02.69 1:12.19 * 2:40.09 *	29.69 1:04.59 2:19.29 4:53.39 * 10:05.29 * 19:18.49 * 1:11.09 * 2:33.49 * 1:21.09 * 2:55.09 1:09.19 * 2:33.39 *	1:01.79 2:13.19 4:40.59 * 9:38.99 * 18:28.19 * 1:08.09 * 2:26.89 * 1:17.59 * 2:47.49 1:06.19 * 2:26.69 *	58.99 2:07.19 4:27.89 * 9:12.69 * 17:37.79 * 1:04.99 * 2:20.19 * 1:14.09 * 2:39.89 1:03.19 * 2:20.09 *	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	52.69 * 1:55.99 * 4:06.89 * 8:34.59 16:25.99 * 58.99 * 2:07.89 * 1:05.99 * 2:23.69 * 56.59 * 2:06.29 *	55.19 * 2:01.49 * 4:18.69 * 8:59.09 17:12.99 * 1:01.79 * 2:13.99 * 1:09.09 * 2:30.59 * 59.29 * 2:12.39 *	26.59 * 57.69 * 2:06.99 * 4:30.39 * 9:23.59 17:59.89 * 1:04.59 * 2:20.09 * 1:12.29 * 2:37.39 * 1:01.99 * 2:18.39 *	27.79 1:00.19 * 2:12.49 * 4:42.19 * 9:48.09 18:46.89 * 1:07.39 * 2:26.19 * 1:15.39 * 2:44.19 * 1:04.69 * 2:24.39 *	1:05.29 * 2:23.59 * 5:05.69 * 10:37.09 20:20.79 * 1:12.99 * 2:38.39 * 1:21.69 * 2:57.89 * 1:10.09 * 2:36.39 *	1:10.29 * 2:34.59 * 5:29.19 * 11:26.09 21:54.69 * 1:18.59 * 2:50.59 * 1:27.99 * 3:11.59 * 1:15.49 * 2:48.39 *
1:18.59 2:49.59 5:57.09 * 12:16.89 * 23:30.39 * 1:26.59 * 3:06.89 * 1:38.69 * 3:33.09 1:24.29 *	1:12.99 2:37.49 5:31.59 * 11:24.29 * 21:49.59 * 1:20.39 * 2:53.59 * 1:31.69 * 3:17.89 1:18.29 *	30.99 1:07.39 2:25.39 5:06.09 * 10:31.59 * 20:08.89 * 1:14.19 * 1:24.59 * 3:02.69 1:12.19 *	29.69 1:04.59 2:19.29 4:53.39 * 10:05.29 * 19:18.49 * 1:11.09 * 2:33.49 * 1:21.09 * 2:55.09 1:09.19 *	1:01.79 2:13.19 4:40.59 * 9:38.99 * 18:28.19 * 1:08.09 * 2:26.89 * 1:17.59 * 2:47.49 1:06.19 *	58.99 2:07.19 4:27.89 * 9:12.69 * 17:37.79 * 1:04.99 * 2:20.19 * 1:14.09 * 2:39.89 1:03.19 *	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	52.69 * 1:55.99 * 4:06.89 * 8:34.59 16:25.99 * 58.99 * 2:07.89 * 1:05.99 * 2:23.69 * 56.59 *	55.19 * 2:01.49 * 4:18.69 * 8:59.09 17:12.99 * 1:01.79 * 2:13.99 * 1:09.09 * 2:30.59 * 59.29 *	26.59 * 57.69 * 2:06.99 * 4:30.39 * 9:23.59 17:59.89 * 1:04.59 * 2:20.09 * 1:12.29 * 2:37.39 * 1:01.99 * 2:18.39 *	27.79 1:00.19 * 2:12.49 * 4:42.19 * 9:48.09 18:46.89 * 1:07.39 * 2:26.19 * 1:15.39 * 2:44.19 * 1:04.69 * 2:24.39 *	1:05.29 * 2:23.59 * 5:05.69 * 10:37.09 20:20.79 * 1:12.99 * 2:38.39 * 1:21.69 * 2:57.89 * 1:10.09 * 2:36.39 * 2:41.29 *	1:10.29 * 2:34.59 * 5:29.19 * 11:26.09 21:54.69 * 1:18.59 * 2:50.59 * 1:27.99 * 3:11.59 * 1:15.49 * 2:48.39 * 2:53.69 *

# 2021-2024 National Age Group Motivational Times Short Course Meters

<b>BB Min</b> 38.89		AA Min der Girls	AAA Min	AAAA Min		AAAA Min			A Min der Boys	BB Min	B Min
38 89		der Girls						10 & una	der Rove		
38 89								IV & UII	acı boya		
	34.69	33.29	31.89	30.59	50 M Free	30.29	31.59	32.89	34.19	38.09	41.99
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
3:15.99	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
6:38.59	5:54.29	5:39.59	5:24.79	5:10.09	400 M Free	5:04.29	5:18.79	5:33.29	5:47.79	6:31.19	7:14.69
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
1:40.19	1:27.69	1:23.49	1:19.29	1:15.19	100 M Back	1:15.89	1:19.79	1:23.59	1:27.49	1:39.09	1:50.69
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
1:55.99	1:41.49	1:36.69	1:31.89	1:26.99	100 M Breast	1:26.69	1:30.99	1:35.29	1:39.59	1:52.59	2:05.59
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
1:49.49	1:32.99	1:27.49	1:21.99	1:16.49	100 M Fly	1:16.29	1:21.69	1:26.99	1:32.29	1:48.29	2:04.19
1:41.29	1:29.19	1:25.19	1:21.19	1:17.19	100 M IM	1:16.89	1:20.49	1:24.19	1:27.89	1:38.79	1:49.79
3:36.19	3:10.79	3:02.39	2:53.99	2:45.49	200 M IM	2:44.29	2:52.49	3:00.69	3:08.89	3:33.49	3:58.09
	11-12	2 Girls						11-12	Bovs		
34.69			29.59	28.29	50 M Free	26.99	28.29			33.39	35.99
					100 M Free		1:01.69				1:18.49
					200 M Free		2:15.19				2:52.09
											6:05.19
2:01.69											12:43.59
											24:13.39
											42.19
											1:30.89
											3:10.79
											47.39
											1:42.29
3:28.39											3:35.39
37.69	34.79		31.89						34.49	37.79	40.99
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
3:05.59	2:51.29	2:44.19	2:36.99	2:29.89	200 M Fly	2:26.39	2:33.29	2:40.29	2:47.29	3:01.19	3:15.19
1:26.59	1:19.89	1:16.59	1:13.29	1:09.89	100 M IM	1:06.69	1:09.89	1:13.19	1:16.39	1:22.89	1:29.39
3:05.39	2:51.19	2:43.99	2:36.89	2:29.79	200 M IM	2:24.59	2:31.99	2:39.39	2:46.69	3:01.49	3:16.19
6:34.19				5:18.39						6:22.79	6:52.29
	13-14	Girls						13-14	Bovs		
33.49			28.39	27.09	50 M Free	24.89	26.09			30.79	33.19
1:12.69											1:12.49
											2:37.99
											5:38.29
											11:41.09
								18:13.39			22:11.09
			1:06.99								1:19.59
2:51.69			2:25.29		200 M Back						2:53.59
1:30.99	1:23.99	1:20.49	1:16.99	1:13.49	100 M Breast	1:07.49	1:10.69	1:13.89	1:17.09	1:23.49	1:29.89
3:16.99	3:01.89	2:54.29	2:46.69	2:39.09	200 M Breast	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09
1:18.89	1:12.89	1:09.79	1:06.79	1:03.79	100 M Fly	59.19	1:01.99	1:04.89	1:07.69	1:13.29	1:18.89
					•						
	2:41.09	2:34.39	2:27.69	2:20.99	200 M Fly	2:11.19	2:17.49	2:23.69	2:29.99	2:42.49	2:54.99
2:54.49 2:55.89	2:41.09 2:42.39	2:34.39 2:35.59	2:27.69 2:28.89	2:20.99 2:22.09	200 M Fly 200 M IM	2:11.19 2:12.59	2:17.49 2:18.89	2:23.69 2:25.19	2:29.99 2:31.59	2:42.49 2:44.19	2:54.99 2:56.79
	3:15.99 6:38.59 46.29 1:40.19 52.49 1:55.99 46.19 1:49.49 1:41.29 3:36.19 34.69 1:15.49 2:45.39 5:48.69 2:01.69 2:59.19 39.29 1:26.69 3:01.29 44.19 1:36.59 3:05.59 1:26.59 3:05.39 6:34.19 33.49 1:12.69 2:37.19 5:32.69 1:24.19 1:35.69 1:251.69 1:30.99	3:15.99       2:51.89         6:38.59       5:54.29         46.29       40.59         1:40.19       1:27.69         52.49       46.19         1:55.99       1:41.49         46.19       39.99         1:49.49       1:32.99         1:41.29       1:29.19         3:36.19       3:10.79         11-12       34.69       32.19         1:15.49       1:09.69         2:45.39       2:32.69         5:48.69       5:21.89         2:01.69       11:06.19         2:59.19       21:13.09         39.29       36.29         1:26.69       1:19.29         3:01.29       2:47.29         44.19       40.79         1:36.59       1:28.89         3:28.39       3:12.39         37.69       34.79         1:26.49       1:18.99         3:05.59       2:51.29         1:26.59       1:19.89         3:05.39       2:51.19         6:34.19       6:03.89         1:12.69       1:07.09         2:37.19       2:25.09         5:32.69       5:07.09         1:24.	3:15.99         2:51.89         2:43.89           6:38.59         5:54.29         5:39.59           46.29         40.59         38.69           1:40.19         1:27.69         1:23.49           52.49         46.19         44.09           1:55.99         1:41.49         1:36.69           46.19         39.99         37.99           1:49.49         1:32.99         1:27.49           1:41.29         1:29.19         1:25.19           3:36.19         3:10.79         3:02.39           11-12 Girls           34.69         32.19         30.89           1:15.49         1:09.69         1:06.79           2:45.39         2:32.69         2:26.29           5:48.69         5:21.89         5:08.49           2:01.69         11:06.19         10:38.49           2:59.19         21:13.09         20:20.09           39.29         36.29         34.79           1:26.69         1:19.29         1:15.59           3:01.29         2:47.29         2:40.29           44.19         40.79         39.09           1:26.49         1:18.99         1:15.19           3:05.59	3:15.99       2:51.89       2:43.89       2:35.79         6:38.59       5:54.29       5:39.59       5:24.79         46.29       40.59       38.69       36.79         1:40.19       1:27.69       1:23.49       1:19.29         52.49       46.19       44.09       41.89         1:55.99       1:41.49       1:36.69       1:31.89         46.19       39.99       37.99       35.89         1:49.49       1:32.99       1:27.49       1:21.99         1:41.29       1:29.19       1:25.19       1:21.19         3:36.19       3:10.79       3:02.39       2:53.99         11-12 Girls         34.69       32.19       30.89       29.59         1:15.49       1:09.69       1:06.79       1:03.89         2:45.39       2:32.69       2:26.29       2:19.99         5:48.69       5:21.89       5:08.49       4:55.09         2:01.69       11:06.19       10:38.49       10:10.69         2:59.19       21:13.09       20:20.09       19:26.99         39.29       36.29       34.79       33.29         1:26.69       1:19.29       1:15.59       1:11.89	3:15.99       2:51.89       2:43.89       2:35.79       2:27.79         6:38.59       5:54.29       5:39.59       5:24.79       5:10.09         46.29       40.59       38.69       36.79       34.89         1:40.19       1:27.69       1:23.49       1:19.29       1:15.19         52.49       46.19       44.09       41.89       39.79         1:55.99       1:41.49       1:36.69       1:31.89       1:26.99         46.19       39.99       37.99       35.89       33.79         1:49.49       1:32.99       1:27.49       1:21.99       1:16.49         1:41.29       1:29.19       1:25.19       1:21.19       1:17.19         3:36.19       3:10.79       3:02.39       2:53.99       2:45.49         11-12 Girls       34.69       32.19       30.89       29.59       28.29         1:15.49       1:09.69       1:06.79       1:03.89       1:00.99       2:45.49         2:45.39       2:32.69       2:26.29       2:19.99       2:13.59         5:48.69       5:21.89       5:08.49       4:55.09       4:41.69         2:01.69       11:06.19       10:38.49       10:10.69       9:42.89	3:15.99 2:51.89 2:43.89 2:35.79 2:27.79 200 M Free 6:38.59 5:54.29 5:39.59 5:24.79 5:10.09 400 M Free 46.29 40.59 38.69 36.79 34.89 50 M Back 1:40.19 1:27.69 1:23.49 1:19.29 1:15.19 100 M Back 52.49 46.19 44.09 41.89 39.79 50 M Breast 1:55.99 1:41.49 1:36.69 1:31.89 1:26.99 100 M Breast 46.19 39.99 37.99 35.89 33.79 50 M Fly 1:49.49 1:32.99 1:27.49 1:21.99 1:16.49 100 M Fly 1:41.29 1:29.19 1:25.19 1:21.19 1:17.19 100 M IM 3:36.19 3:10.79 3:02.39 2:53.99 2:45.49 200 M IM 11-12 Girls 115.49 1:09.69 1:06.79 1:03.89 1:09.99 100 M Free 2:45.39 2:32.69 2:26.29 2:19.99 2:13.59 200 M Free 2:01.69 11:06.19 10:38.49 10:10.69 9:42.89 800 M Free 2:01.69 11:19.29 1:15.59 1:11.89 1:08.19 3:01.29 2:47.29 2:40.29 2:33.39 2:26.39 200 M Back 44.19 40.79 39.09 37.39 35.69 50 M Breast 1:36.59 1:28.89 1:24.99 1:21.19 1:00 M Breast 3:01.29 2:47.29 2:40.29 2:33.39 2:26.39 200 M Breast 1:36.59 1:28.89 1:24.99 1:21.19 1:00 M Breast 3:01.29 2:55.19 2:44.19 1:11.49 1:00 M Breast 3:01.29 2:47.29 2:40.29 2:33.39 2:26.39 200 M Breast 1:36.59 1:28.89 1:24.99 1:21.19 1:00 M Breast 3:36.59 1:28.89 1:24.99 1:31.39 1:00 M Breast 3:36.59 1:28.89 1:24.99 2:36.89 2:29.89 200 M Fly 1:26.69 1:18.99 1:15.59 1:11.49 1:07.69 100 M Breast 3:36.59 1:28.89 1:24.19 2:36.99 2:29.89 200 M Fly 1:26.59 1:19.89 1:16.59 1:13.29 1:09.89 100 M IM 13-14 Girls 33.49 30.89 29.59 28.39 27.09 50 M Free 2:37.19 2:250.99 2:18.99 2:10.99 2:06.99 200 M Free 2:37.19 2:250.99 2:18.99 2:10.99 9:100.99 100 M Free 2:37.19 2:250.99 2:18.99 2:10.99 9:00 M Free 1:124.19 1:37.69 30.09 1:00.529 9:38.99 9:126.69 200 M Free 1:136.69 1:00.529 9:38.99 9:126.69 200 M Free 1:356.69 1:00.529 9:38.99 9:126.69 200 M Free 1:356.69 1:23.849 2:31.89 2:25.29 2:18.69 200 M Back 1:30.99 1:20.49 1:16.99 1:33.49 100 M Back 2:51.69 2:38.49 2:31.89 2:25.29 2:18.69 200 M Back 1:30.99 1:20.49 1:10.09 1:06.99 1:03.99 100 M Back 2:51.69 2:38.49 2:31.89 2:25.29 2:18.69 20	3:15.99         2:51.89         2:43.89         2:35.79         2:27.79         200 M Free         2:24.39           6:38.59         5:54.29         5:39.59         5:24.79         5:10.09         400 M Free         5:04.29           46.29         40.59         38.69         36.79         34.89         50 M Back         35.09           1:40.19         1:27.69         1:23.49         1:19.29         1:15.19         100 M Back         1:15.89           52.49         46.19         44.09         44.39         39.79         50 M Breast         39.19           1:55.99         1:41.49         1:36.69         1:31.89         1:26.99         100 M Breast         1:26.69           46.19         39.99         37.99         35.89         33.79         50 M Free         126.69           46.19         1:30.99         1:25.19         1:21.19         1:17.19         100 M Free         116.69           1:49.49         1:32.19         1:25.19         1:21.19         1:17.19         100 M IM         1:16.89           3:46.99         3:10.79         3:02.39         2:53.99         2:05.49         200 M IM         2:44.29           11:55.99         1:03.89         2:09.99         2:13.59	3:15.99         2:51.89         2:43.89         2:35.79         2:27.79         200 M Free         2:24.39         2:31.29           6:38.59         5:54.29         5:39.59         5:24.79         5:10.09         400 M Free         5:04.29         5:18.79           46.29         40.59         38.69         36.79         34.89         50 M Back         35.09         37.09           52.49         46.19         44.09         41.89         39.79         50 M Breast         39.19         41.19           1:55.99         1:41.49         1:36.69         1:31.89         1:26.99         100 M Breast         126.69         133.49         35.29           46.19         39.99         37.99         35.89         33.79         50 M Fiy         33.49         35.29           46.19         1:27.49         1:21.99         1:16.49         100 M Fiy         1:16.29         1:21.69           1:44.99         1:22.19         1:17.19         100 M IM         1:16.89         1:20.49           3:36.19         3:10.79         3:02.39         2:53.99         2:45.49         200 M IM         2:44.29         2:52.49           11-12 Girls         11-12 Girls         11-12         11.12         11.12         1	3:15.99	3:15.99	3:15.99

### 2021-2024 National Age Group Motivational Times

						5 1						
		15-16	Girls						15-16	Boys		
35.39	32.89	30.39	29.09	27.89	26.59	50 M Free	23.89	25.09	26.19	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	1:03.19	1:00.39	57.69	100 M Free	52.09	54.59	57.09	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	2:16.09	2:10.09	2:04.19	200 M Free	1:53.79	1:59.29	2:04.69	2:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	4:48.09	4:35.49	4:22.99	400 M Free	4:04.59	4:16.19	4:27.89	4:39.49	5:02.79	5:26.09
12:05.69	11:13.89	10:22.09	9:56.09	9:30.19	9:04.29	800 M Free	8:27.39	8:51.59	9:15.69	9:39.89	10:28.19	11:16.49
22:57.09	21:18.69	19:40.39	18:51.19	18:01.99	17:12.79	1500 M Free	16:05.89	16:51.89	17:37.89	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	1:08.49	1:05.49	1:02.49	100 M Back	56.69	59.39	1:02.09	1:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	2:28.99	2:22.49	2:15.99	200 M Back	2:04.19	2:10.09	2:15.99	2:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	1:18.89	1:15.49	1:12.09	100 M Breast	1:04.29	1:07.39	1:10.49	1:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	2:50.79	2:43.39	2:35.99	200 M Breast	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	1:08.39	1:05.39	1:02.49	100 M Fly	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	2:31.39	2:24.79	2:18.19	200 M Fly	2:05.49	2:11.49	2:17.49	2:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	2:32.69	2:25.99	2:19.39	200 M IM	2:06.59	2:12.59	2:18.69	2:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	5:24.59	5:10.49	4:56.39	400 M IM	4:32.69	4:45.69	4:58.69	5:11.69	5:37.69	6:03.59
		17-18	3 Girls						17-18	Boys		
34.79	32.29	29.79	28.59	27.29	26.09	50 M Free	23.19	24.29	25.39	26.49	28.69	30.89
1:15.29	1:09.99	1:04.59	1:01.89	59.19	56.49	100 M Free	50.89	53.29	55.69	58.19	1:02.99	1:07.79
2:44.19	2:32.49	2:20.79	2:14.89	2:08.99	2:03.19	200 M Free	1:51.59	1:56.89	2:02.19	2:07.59	2:18.19	2:28.79
5:49.29	5:24.39	4:59.39	4:46.89	4:34.49	4:21.99	400 M Free	4:00.09	4:11.49	4:22.89	4:34.29	4:57.19	5:20.09
12:03.09	11:11.39	10:19.79	9:53.89	9:28.09	9:02.29	800 M Free	8:23.79	8:47.79	9:11.69	9:35.69	10:23.69	11:11.69
22:50.29	21:12.39	19:34.59	18:45.59	17:56.69	17:07.69	1500 M Free	15:49.39	16:34.59	17:19.79	18:04.99	19:35.39	21:05.79
1:22.29	1:16.39	1:10.49	1:07.59	1:04.69	1:01.69	100 M Back	54.89	57.49	1:00.09	1:02.79	1:07.99	1:13.19
2:58.19	2:45.39	2:32.69	2:26.39	2:19.99	2:13.59	200 M Back	2:01.19	2:06.89	2:12.69	2:18.49	2:29.99	2:41.49
1:34.89	1:28.09	1:21.29	1:17.99	1:14.59	1:11.19	100 M Breast	1:02.89	1:05.89	1:08.89	1:11.89	1:17.89	1:23.89
3:24.39	3:09.79	2:55.19	2:47.89	2:40.59	2:33.29	200 M Breast	2:17.19	2:23.79	2:30.29	2:36.79	2:49.89	3:02.99
1:21.99	1:16.09	1:10.29	1:07.29	1:04.39	1:01.49	100 M Fly	54.59	57.19	59.79	1:02.39	1:07.59	1:12.79
3:01.59	2:48.69	2:35.69	2:29.19	2:22.69	2:16.19	200 M Fly	2:03.09	2:08.99	2:14.89	2:20.69	2:32.39	2:44.19
3:02.99	2:49.99	2:36.89	2:30.39	2:23.79	2:17.29	200 M IM	2:04.39	2:10.39	2:16.29	2:22.19	2:33.99	2:45.89
6:29.99	6:02.09	5:34.29	5:20.29	5:06.39	4:52.49	400 M IM	4:25.99	4:38.69	4:51.29	5:03.99	5:29.29	5:54.69

## 2021-2024 National Age Group Motivational Times Short Course Yards

					Sno	ort Course Yar	as					
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 & und	der Girls						10 & und	ler 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
3:18.99 *	2:57.19 *	2:35.39 *	2:28.19 *	2:20.89 *	2:13.59 *	200 Y Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
8:25.39 *	7:34.89 *	6:44.29 *	6:27.49 *	6:10.59 *	5:53.79 *	500 Y Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	34.99	33.29	31.59	50 Y Back	31.69 *	33.49 *	35.19 *	36.99 *	42.29 *	47.49 *
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 *	1:18.79 *	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	1:18.29 *	1:22.19 *	1:26.09 *	1:29.99 *	1:41.69 *	1:53.39 *
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	1:08.49 *	1:13.19 *	1:17.99 *	1:22.79 *	1:37.09 *	1:51.39 *
1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	100 Y IM	1:09.09 *	1:12.39 *	1:15.69 *	1:18.99 *	1:28.89 *	1:38.79 *
3:38.49	3:15.59	2:52.69	2:45.09	2:37.39	2:29.79	200 Y IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49
		11-12	Girls						11-12	Boys		
33.59 *	31.29 *	28.99 *	27.79 *	26.59 *	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 *
7:08.79 *	6:38.19 *	6:07.59 *	5:52.19 *	5:36.89 *	5:21.59 *	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
38.09 *	35.39 *	32.69 *	31.29 *	29.99 *	28.59 *	50 Y Back	27.79 *	29.29 *	30.69 *	32.09 *	34.99 *	37.89 *
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
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	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
1:34.09 *	1:27.19 *	1:20.19 *	1:16.69 *	1:13.19 *	1:09.79 *	100 Y Breast	1:06.99 *	1:10.49 *	1:13.99 *	1:17.49 *	1:24.49 *	1:31.39 *
3:20.89 *	3:06.59 *	2:52.19 *	2:45.09 *	2:37.89 *	2:30.69 *	200 Y Breast	2:25.59 *	2:32.49 *	2:39.39 *	2:46.39 *	3:00.19 *	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
3:00.19 *	2:47.29 *	2:34.49 *	2:27.99 *	2:21.59 *	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
		13-14	Girls						13-14	Boys		
32.59 *	30.19 *	27.89 *	26.79	25.59 *	24.39 *	50 Y Free	22.49	23.49 *	24.59 *	25.69	27.79 *	29.89 *
1:10.59 *	1:05.49 *	1:00.49 *	57.99 *	55.49 *	52.89 *	100 Y Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59
2:32.09 *	2:21.29 *	2:10.39 *	2:04.99 *	1:59.49 *	1:54.09 *	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
6:47.79 *	6:18.69 *	5:49.59 *	5:34.99 *	5:20.39 *	5:05.89 *	500 Y Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59
14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.49	1000 Y Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	1650 Y Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
1:16.69 *	1:11.19 *	1:05.69 *	1:02.99 *	1:00.19 *	57.49 *	100 Y Back	53.59 *	56.19 *	58.69 *		1:06.39 *	1:11.49 *
2:46.79 *	2:34.89 *				2:05.09 *	200 Y Back	1:57.19 *					
1:27.99 *	1:21.69 *				1:05.99 *	100 Y Breast	1:00.99 *					1:21.29 *
3:10.89 *	2:57.29 *				2:23.19 *	200 Y Breast	2:12.49 *		2:25.09 *			
1:16.39 *	1:10.89 *				57.29 *	100 Y Fly	53.39 *	55.89 *	58.49 *			1:11.19 *
	0.00.00 *	2:24.89 *	2:18.79 *	2:12.79 *	2:06.79 *	200 Y Fly	1:58.69 *	2:04.29 *	2:09.99 *	2:15.59 *	2:26.89 *	2:38.19 *
2:48.99 *	2:36.89 *					•						
2:48.99 * 2:49.79 * 6:03.59 *	2:37.59 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 Y IM 400 Y IM	1:59.99	2:05.69 4:28.29 *	2:11.39	2:17.09 *	2:28.49 *	2:39.99

### 2021-2024 National Age Group Motivational Times

		15-16	Girls						15-16	Boys		
31.79 *	29.49 *	27.19 *	26.09 *	24.99 *	23.79 *	50 Y Free	21.29 *	22.29 *	23.29 *	24.39 *	26.39 *	28.39 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.69 *	2:08.09 *	2:02.69 *	1:57.39 *	1:52.09 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:40.59 *	6:11.99 *	5:43.39 *	5:29.09	5:14.79	5:00.49	500 Y Free	4:37.99 *	4:51.19 *	5:04.39 *	5:17.69 *	5:44.09 *	6:10.59 *
13:49.19	12:49.99	11:50.79	11:21.19	10:51.59	10:21.89	1000 Y Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.79	12:52.99
23:05.19	21:26.19	19:47.29	18:57.79	18:08.39	17:18.89	1650 Y Free	16:11.59	16:57.79	17:44.09	18:30.39	20:02.89	21:35.39
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *	1:08.09 *
2:42.99 *	2:31.39 *	2:19.69 *	2:13.89 *	2:08.09 *	2:02.29 *	200 Y Back	1:50.99 *	1:56.29 *	2:01.59 *	2:06.89 *	2:17.49 *	2:27.99 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *	100 Y Breast	57.39 *	1:00.19 *	1:02.89 *	1:05.59 *	1:11.09 *	1:16.49 *
3:05.99 *	2:52.79 *	2:39.49 *	2:32.79 *	2:26.19 *	2:19.49 *	200 Y Breast	2:06.19 *	2:12.19 *	2:18.19 *	2:24.19 *	2:36.19 *	2:48.19 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:45.29 *	2:33.49 *	2:21.69 *	2:15.79 *	2:09.89 *	2:03.99 *	200 Y Fly	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
2:46.79 *	2:34.89 *	2:22.99 *	2:16.99 *	2:10.99 *	2:05.09 *	200 Y IM	1:53.79 *	1:59.19 *	2:04.69 *	2:10.09 *	2:20.89 *	2:31.69 *
5:55.89 *	5:30.49 *	5:04.99 *	4:52.29 *	4:39.59 *	4:26.89 *	400 Y IM	4:05.29 *	4:16.99 *	4:28.59 *	4:40.29 *	5:03.69 *	5:26.99 *
										_		
		17-18	Girls						17-18	Boys		
31.39 *	29.09 *	<b>17-18</b> 26.89 *	<b>Girls</b> 25.79 *	24.59 *	23.49 *	50 Y Free	20.89 *	21.89 *	<b>17-18</b> 22.89 *	23.89 *	25.89 *	27.89 *
31.39 * 1:08.19	29.09 * 1:03.29			24.59 * 53.59	23.49 * 51.19	50 Y Free 100 Y Free	20.89 * 45.79 *	21.89 * 47.99 *		-	25.89 * 56.69 *	
		26.89 *	25.79 *						22.89 *	23.89 *		1:00.99 *
1:08.19	1:03.29	26.89 * 58.49	25.79 * 55.99	53.59	51.19	100 Y Free	45.79 *	47.99 *	22.89 * 50.09 *	23.89 * 52.29 *	56.69 *	1:00.99 * 2:13.09 *
1:08.19 2:28.49 *	1:03.29 2:17.89 * 6:07.39 *	26.89 * 58.49 2:07.29 *	25.79 * 55.99 2:01.99 *	53.59 1:56.69 *	51.19 1:51.39 *	100 Y Free 200 Y Free	45.79 * 1:39.79 *	47.99 * 1:44.59 * 4:44.59 *	22.89 * 50.09 * 1:49.29 * 4:57.49 *	23.89 * 52.29 * 1:54.09 * 5:10.39 *	56.69 * 2:03.59 *	1:00.99 * 2:13.09 * 6:02.19 *
1:08.19 2:28.49 * 6:35.69 * 13:46.19	1:03.29 2:17.89 * 6:07.39 * 12:47.19	26.89 * 58.49 2:07.29 * 5:39.19 *	25.79 * 55.99 2:01.99 * 5:24.99 * 11:18.69	53.59 1:56.69 * 5:10.89 * 10:49.19	51.19 1:51.39 * 4:56.79 * 10:19.69	100 Y Free 200 Y Free 500 Y Free	45.79 * 1:39.79 * 4:31.59 * 9:32.59 *	47.99 * 1:44.59 * 4:44.59 *	22.89 * 50.09 * 1:49.29 * 4:57.49 * 10:27.09 *	23.89 * 52.29 * 1:54.09 * 5:10.39 * 10:54.39 *	56.69 * 2:03.59 * 5:36.29 * 11:48.89 *	1:00.99 * 2:13.09 * 6:02.19 * 12:43.39 *
1:08.19 2:28.49 * 6:35.69 * 13:46.19	1:03.29 2:17.89 * 6:07.39 * 12:47.19	26.89 * 58.49 2:07.29 * 5:39.19 * 11:48.19 19:32.99 *	25.79 * 55.99 2:01.99 * 5:24.99 * 11:18.69	53.59 1:56.69 * 5:10.89 * 10:49.19	51.19 1:51.39 * 4:56.79 * 10:19.69	100 Y Free 200 Y Free 500 Y Free 1000 Y Free	45.79 * 1:39.79 * 4:31.59 * 9:32.59 *	47.99 * 1:44.59 * 4:44.59 * 9:59.79 *	22.89 * 50.09 * 1:49.29 * 4:57.49 * 10:27.09 *	23.89 * 52.29 * 1:54.09 * 5:10.39 * 10:54.39 *	56.69 * 2:03.59 * 5:36.29 * 11:48.89 *	1:00.99 * 2:13.09 * 6:02.19 * 12:43.39 *
1:08.19 2:28.49 * 6:35.69 * 13:46.19 22:48.49 *	1:03.29 2:17.89 * 6:07.39 * 12:47.19 21:10.69 *	26.89 * 58.49 2:07.29 * 5:39.19 * 11:48.19 19:32.99 *	25.79 * 55.99 2:01.99 * 5:24.99 * 11:18.69 18:44.09 *	53.59 1:56.69 * 5:10.89 * 10:49.19 17:55.19 *	51.19 1:51.39 * 4:56.79 * 10:19.69 17:06.39 *	100 Y Free 200 Y Free 500 Y Free 1000 Y Free 1650 Y Free	45.79 * 1:39.79 * 4:31.59 * 9:32.59 * 15:51.49 *	47.99 * 1:44.59 * 4:44.59 * 9:59.79 * 16:36.79 *	22.89 * 50.09 * 1:49.29 * 4:57.49 * 10:27.09 *	23.89 * 52.29 * 1:54.09 * 5:10.39 * 10:54.39 * 18:07.39 *	56.69 * 2:03.59 * 5:36.29 * 11:48.89 * 19:37.99 *	1:00.99 * 2:13.09 * 6:02.19 * 12:43.39 * 21:08.59 *
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1:08.19 2:28.49 * 6:35.69 * 13:46.19 22:48.49 * 1:13.69 * 2:39.79 * 1:24.89 *	1:03.29 2:17.89 * 6:07.39 * 12:47.19 21:10.69 * 1:08.49 * 2:28.39 * 1:18.79 *	26.89 * 58.49 2:07.29 * 5:39.19 * 11:48.19 19:32.99 * 1:03.19 * 2:16.99 * 1:12.79 *	25.79 * 55.99 * 2:01.99 * 5:24.99 * 11:18.69 * 1:00.59 * 2:11.29 * 1:09.79 *	53.59 1:56.69 * 5:10.89 * 10:49.19 17:55.19 * 57.89 * 2:05.59 * 1:06.69 *	51.19 1:51.39 * 4:56.79 * 10:19.69 17:06.39 * 55.29 * 1:59.89 * 1:03.69 *	100 Y Free 200 Y Free 500 Y Free 1000 Y Free 1650 Y Free 100 Y Back 200 Y Back 100 Y Breast	45.79 * 1:39.79 * 4:31.59 * 9:32.59 * 15:51.49 * 49.69 1:48.69 * 56.39 *	47.99 * 1:44.59 * 4:44.59 * 9:59.79 * 16:36.79 * 51.99 * 1:53.89 * 58.99 *	22.89 * 50.09 * 1:49.29 * 4:57.49 * 10:27.09 * 17:22.09 * 54.39 1:58.99 * 1:01.69 *	23.89 * 52.29 * 1:54.09 * 5:10.39 * 10:54.39 * 18:07.39 * 56.69 * 2:04.19 * 1:04.39 *	56.69 * 2:03.59 * 5:36.29 * 11:48.89 * 19:37.99 * 1:01.49 2:14.59 * 1:09.79 *	1:00.99 * 2:13.09 * 6:02.19 * 12:43.39 * 21:08.59 * 1:06.19 * 2:24.89 * 1:15.09 *
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