

## 2017-2020 National Age Group Motivational Times

Revised 11/8/2016

## Long Course Meters

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

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

2017-2020 National Age Group Motivational Times

Revised 11/8/2016

Short Course Yards

Table with 12 columns (B Min, BB Min, A Min, AA Min, AAA Min, AAAA Min, AAAA Min, AAA Min, AA Min, A Min, BB Min, B Min). Sub-section: 10 Year Olds Girls. Rows include times for 50 Y Free, 100 Y Free, 200 Y Free, 500 Y Free, 50 Y Back, 100 Y Back, 50 Y Breast, 100 Y Breast, 50 Y Fly, 100 Y Fly, 100 Y IM, 200 Y IM.

Table with 12 columns (B Min, BB Min, A Min, AA Min, AAA Min, AAAA Min, AAAA Min, AAA Min, AA Min, A Min, BB Min, B Min). Sub-section: 11 Year Olds Girls. Rows include times for 50 Y Free, 100 Y Free, 200 Y Free, 500 Y Free, 1000 Y Free, 1650 Y Free, 50 Y Back, 100 Y Back, 200 Y Back, 50 Y Breast, 100 Y Breast, 200 Y Breast, 50 Y Fly, 100 Y Fly, 200 Y Fly, 100 Y IM, 200 Y IM, 400 Y IM.

Table with 12 columns (B Min, BB Min, A Min, AA Min, AAA Min, AAAA Min, AAAA Min, AAA Min, AA Min, A Min, BB Min, B Min). Sub-section: 12 Year Olds Girls. Rows include times for 50 Y Free, 100 Y Free, 200 Y Free, 500 Y Free, 1000 Y Free, 1650 Y Free, 50 Y Back, 100 Y Back, 200 Y Back, 50 Y Breast, 100 Y Breast, 200 Y Breast, 50 Y Fly, 100 Y Fly, 200 Y Fly, 100 Y IM, 200 Y IM, 400 Y IM.

Table with 12 columns (B Min, BB Min, A Min, AA Min, AAA Min, AAAA Min, AAAA Min, AAA Min, AA Min, A Min, BB Min, B Min). Sub-section: 13 Year Olds Girls. Rows include times for 50 Y Free, 100 Y Free, 200 Y Free, 500 Y Free, 1000 Y Free, 1650 Y Free, 100 Y Back, 200 Y Back, 100 Y Breast, 200 Y Breast, 100 Y Fly, 200 Y Fly, 200 Y IM, 400 Y IM.

10 Year Olds Boys

11 Year Olds Boys

12 Year Olds Boys

13 Year Olds Boys

2017-2020 National Age Group Motivational Times

Revised 11/8/2016

Short Course Yards

| B Min     | BB Min    | A Min     | AA Min    | AAA Min   | AAAA Min  | 50 Y Free | 100 Y Free | 200 Y Free | 500 Y Free | 1000 Y Free | 1650 Y Free | 100 Y Back | 200 Y Back | 100 Y Breast | 200 Y Breast | 100 Y Fly | 200 Y Fly | 200 Y IM | 400 Y IM |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|-------------|-------------|------------|------------|--------------|--------------|-----------|-----------|----------|----------|
| 32.69*    | 30.29*    | 27.99*    | 26.79*    | 25.69*    | 24.49*    | 22.49*    | 23.59*     | 24.69*     | 25.69*     | 27.89*      | 29.99*      |            |            |              |              |           |           |          |          |
| 1:11.09*  | 1:05.99*  | 1:00.89*  | 58.39*    | 55.89*    | 53.29*    | 49.19*    | 51.59*     | 53.89*     | 56.29*     | 1:00.99*    | 1:05.59*    |            |            |              |              |           |           |          |          |
| 2:33.19*  | 2:22.19*  | 2:11.29*  | 2:05.79*  | 2:00.39*  | 1:54.89*  | 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*  | 4:49.39*  | 5:03.19*   | 5:16.99*   | 5:30.79*   | 5:58.29*    | 6:25.89*    |            |            |              |              |           |           |          |          |
| 14:08.69* | 13:08.09* | 12:07.49* | 11:37.19* | 11:06.89* | 10:36.59* | 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* | 16:45.09* | 17:32.99*  | 18:20.89*  | 19:08.69*  | 20:44.39*   | 22:20.19*   |            |            |              |              |           |           |          |          |
| 1:17.69*  | 1:12.09*  | 1:06.59*  | 1:03.79*  | 1:00.99*  | 58.29*    | 54.09*    | 56.69*     | 59.19*     | 1:01.79*   | 1:06.99*    | 1:12.09*    |            |            |              |              |           |           |          |          |
| 2:47.79*  | 2:35.79*  | 2:23.89*  | 2:17.89*  | 2:11.89*  | 2:05.89*  | 1:57.79*  | 2:03.49*   | 2:09.09*   | 2:14.69*   | 2:25.89*    | 2:37.09*    |            |            |              |              |           |           |          |          |
| 1:29.19*  | 1:22.89*  | 1:16.49*  | 1:13.29*  | 1:10.09*  | 1:06.89*  | 1:01.19*  | 1:04.09*   | 1:06.99*   | 1:09.89*   | 1:15.69*    | 1:21.49*    |            |            |              |              |           |           |          |          |
| 3:12.19*  | 2:58.49*  | 2:44.79*  | 2:37.89*  | 2:30.99*  | 2:24.19*  | 2:13.19*  | 2:19.49*   | 2:25.89*   | 2:32.19*   | 2:44.89*    | 2:57.59*    |            |            |              |              |           |           |          |          |
| 1:17.09*  | 1:11.59*  | 1:06.09*  | 1:03.39*  | 1:00.59*  | 57.89*    | 53.59*    | 56.19*     | 58.69*     | 1:01.29*   | 1:06.39*    | 1:11.49*    |            |            |              |              |           |           |          |          |
| 2:50.49*  | 2:38.29*  | 2:26.19*  | 2:20.09*  | 2:13.99*  | 2:07.89*  | 1:58.99*  | 2:04.69*   | 2:10.39*   | 2:15.99*   | 2:27.39*    | 2:38.69*    |            |            |              |              |           |           |          |          |
| 2:51.69*  | 2:39.39*  | 2:27.19*  | 2:21.09*  | 2:14.89*  | 2:08.79*  | 1:59.99*  | 2:05.69*   | 2:11.39*   | 2:17.19*   | 2:28.59*    | 2:39.99*    |            |            |              |              |           |           |          |          |
| 6:05.49*  | 5:39.39*  | 5:13.29*  | 5:00.19*  | 4:47.19*  | 4:34.09*  | 4:16.39*  | 4:28.59*   | 4:40.79*   | 4:52.99*   | 5:17.39*    | 5:41.79*    |            |            |              |              |           |           |          |          |

14 Year Olds Girls

14 Year Olds Boys

| B Min     | BB Min    | A Min     | AA Min    | AAA Min   | AAAA Min  | 50 Y Free | 100 Y Free | 200 Y Free | 500 Y Free | 1000 Y Free | 1650 Y Free | 100 Y Back | 200 Y Back | 100 Y Breast | 200 Y Breast | 100 Y Fly | 200 Y Fly | 200 Y IM | 400 Y IM |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|-------------|-------------|------------|------------|--------------|--------------|-----------|-----------|----------|----------|
| 32.49*    | 30.19*    | 27.79*    | 26.69*    | 25.49*    | 24.39*    | 22.19*    | 23.19*     | 24.29*     | 25.29*     | 27.39*      | 29.49*      |            |            |              |              |           |           |          |          |
| 1:10.29*  | 1:05.29*  | 1:00.29*  | 57.69*    | 55.19*    | 52.69*    | 48.19*    | 50.49*     | 52.79*     | 55.09*     | 59.69*      | 1:04.29*    |            |            |              |              |           |           |          |          |
| 2:31.49*  | 2:20.69*  | 2:09.89*  | 2:04.49*  | 1:59.09*  | 1:53.69*  | 1:44.89*  | 1:49.89*   | 1:54.79*   | 1:59.79*   | 2:09.79*    | 2:19.79*    |            |            |              |              |           |           |          |          |
| 6:44.49*  | 6:15.59*  | 5:46.69*  | 5:32.19*  | 5:17.79*  | 5:03.39*  | 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* | 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* | 16:29.49* | 17:16.59*  | 18:03.69*  | 18:50.89*  | 20:25.09*   | 21:59.29*   |            |            |              |              |           |           |          |          |
| 1:16.59*  | 1:11.09*  | 1:05.69*  | 1:02.89*  | 1:00.19*  | 57.49*    | 52.79*    | 55.29*     | 57.79*     | 1:00.29*   | 1:05.29*    | 1:10.39*    |            |            |              |              |           |           |          |          |
| 2:45.49*  | 2:33.69*  | 2:21.89*  | 2:15.99*  | 2:10.09*  | 2:04.19*  | 1:54.89*  | 2:00.29*   | 2:05.79*   | 2:11.29*   | 2:22.19*    | 2:33.19*    |            |            |              |              |           |           |          |          |
| 1:27.59*  | 1:21.29*  | 1:15.09*  | 1:11.89*  | 1:08.79*  | 1:05.69*  | 59.49*    | 1:02.39*   | 1:05.19*   | 1:07.99*   | 1:13.69*    | 1:19.39*    |            |            |              |              |           |           |          |          |
| 3:10.89*  | 2:57.19*  | 2:43.59*  | 2:36.79*  | 2:29.99*  | 2:23.19*  | 2:10.09*  | 2:16.29*   | 2:22.49*   | 2:28.69*   | 2:41.09*    | 2:53.49*    |            |            |              |              |           |           |          |          |
| 1:16.59*  | 1:11.09*  | 1:05.69*  | 1:02.89*  | 1:00.19*  | 57.49*    | 52.79*    | 55.29*     | 57.79*     | 1:00.29*   | 1:05.29*    | 1:09.59*    |            |            |              |              |           |           |          |          |
| 2:48.89*  | 2:36.79*  | 2:24.79*  | 2:18.69*  | 2:12.69*  | 2:06.69*  | 1:56.29*  | 2:01.79*   | 2:07.29*   | 2:12.89*   | 2:23.89*    | 2:34.99*    |            |            |              |              |           |           |          |          |
| 2:49.59*  | 2:37.49*  | 2:25.39*  | 2:19.29*  | 2:13.29*  | 2:07.19*  | 1:57.29*  | 2:02.89*   | 2:08.49*   | 2:14.09*   | 2:25.29*    | 2:36.39*    |            |            |              |              |           |           |          |          |
| 6:02.19*  | 5:36.29*  | 5:10.39*  | 4:57.49*  | 4:44.59*  | 4:31.59*  | 4:09.69*  | 4:21.59*   | 4:33.49*   | 4:45.29*   | 5:09.09*    | 5:32.89*    |            |            |              |              |           |           |          |          |

15 Year Olds Girls

15 Year Olds Boys

| B Min    | BB Min   | A Min    | AA Min   | AAA Min  | AAAA Min | 50 Y Free | 100 Y Free | 200 Y Free | 500 Y Free | 1000 Y Free | 1650 Y Free | 100 Y Back | 200 Y Back | 100 Y Breast | 200 Y Breast | 100 Y Fly | 200 Y Fly | 200 Y IM | 400 Y IM |
|----------|----------|----------|----------|----------|----------|-----------|------------|------------|------------|-------------|-------------|------------|------------|--------------|--------------|-----------|-----------|----------|----------|
| 32.19*   | 29.89*   | 27.59*   | 26.39*   | 25.29*   | 24.09*   | 21.69*    | 22.69*     | 23.79*     | 24.79*     | 26.89*      | 28.89*      |            |            |              |              |           |           |          |          |
| 1:09.69* | 1:04.69* | 59.69*   | 57.19*   | 54.69*   | 52.29*   | 47.29*    | 49.49*     | 51.79*     | 53.99*     | 58.49*      | 1:02.99*    |            |            |              |              |           |           |          |          |
| 2:30.59* | 2:19.89* | 2:09.09* | 2:03.69* | 1:58.29* | 1:52.99* | 1:42.99*  | 1:47.89*   | 1:52.79*   | 1:57.69*   | 2:07.49*    | 2:17.29*    |            |            |              |              |           |           |          |          |
| 6:42.59* | 6:13.79* | 5:45.09* | 5:30.69* | 5:16.29* | 5:01.89* | 4:38.89*  | 4:52.19*   | 5:05.49*   | 5:18.69*   | 5:45.29*    | 6:11.79*    |            |            |              |              |           |           |          |          |
| 13:55.19 | 12:55.49 | 11:55.89 | 11:25.99 | 10:56.19 | 10:26.39 | 9:42.49*  | 10:10.19*  | 10:37.89*  | 11:05.69*  | 12:01.09*   | 12:56.59*   |            |            |              |              |           |           |          |          |
| 23:18.19 | 21:38.29 | 19:58.49 | 19:08.49 | 18:18.59 | 17:28.69 | 16:15.19* | 17:01.69*  | 17:48.09*  | 18:34.49*  | 20:07.39*   | 21:40.29*   |            |            |              |              |           |           |          |          |
| 1:15.59* | 1:10.19* | 1:04.79* | 1:02.09* | 59.39*   | 56.69*   | 51.39*    | 53.79*     | 56.19*     | 58.69*     | 1:03.59*    | 1:08.49*    |            |            |              |              |           |           |          |          |
| 2:44.29* | 2:32.59* | 2:20.79* | 2:14.99* | 2:09.09* | 2:03.19* | 1:52.59*  | 1:57.89*   | 2:03.29*   | 2:08.59*   | 2:19.39*    | 2:30.09*    |            |            |              |              |           |           |          |          |
| 1:26.59* | 1:20.49* | 1:14.29* | 1:11.19* | 1:08.09* | 1:04.99* | 58.49*    | 1:01.29*   | 1:04.09*   | 1:06.89*   | 1:12.39*    | 1:17.99*    |            |            |              |              |           |           |          |          |
| 3:08.69* | 2:55.19* | 2:41.69* | 2:34.99* | 2:28.19* | 2:21.49* | 2:07.29*  | 2:13.29*   | 2:19.39*   | 2:25.39*   | 2:37.59*    | 2:49.69*    |            |            |              |              |           |           |          |          |
| 1:15.49* | 1:10.09* | 1:04.69* | 1:01.99* | 59.29*   | 56.59*   | 51.39*    | 53.89*     | 56.29*     | 58.79*     | 1:03.59*    | 1:08.49*    |            |            |              |              |           |           |          |          |
| 2:46.89* | 2:34.99* | 2:22.99* | 2:17.09* | 2:11.09* | 2:05.19* | 1:53.59*  | 1:58.99*   | 2:04.39*   | 2:09.79*   | 2:20.59*    | 2:31.39*    |            |            |              |              |           |           |          |          |
| 2:48.49* | 2:36.49* | 2:24.39* | 2:18.39* | 2:12.39* | 2:06.39* | 1:54.29*  | 1:59.79*   | 2:05.19*   | 2:10.59*   | 2:21.49*    | 2:32.39*    |            |            |              |              |           |           |          |          |
| 5:57.59* | 5:32.09* | 5:06.49* | 4:53.69* | 4:40.99* | 4:28.19* | 4:07.29*  | 4:19.09*   | 4:30.79*   | 4:42.59*   | 5:06.19*    | 5:29.69*    |            |            |              |              |           |           |          |          |

16 Year Olds Girls

16 Year Olds Boys

| B Min     | BB Min    | A Min     | AA Min    | AAA Min   | AAAA Min  | 50 Y Free | 100 Y Free | 200 Y Free | 500 Y Free | 1000 Y Free | 1650 Y Free | 100 Y Back | 200 Y Back | 100 Y Breast | 200 Y Breast | 100 Y Fly | 200 Y Fly | 200 Y IM | 400 Y IM |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|-------------|-------------|------------|------------|--------------|--------------|-----------|-----------|----------|----------|
| 31.99*    | 29.69*    | 27.39*    | 26.29*    | 25.19*    | 23.99*    | 21.19     | 22.29      | 23.29      | 24.29      | 26.29       | 28.29       |            |            |              |              |           |           |          |          |
| 1:09.29*  | 1:04.29*  | 59.39*    | 56.89*    | 54.49*    | 51.99*    | 46.69*    | 48.99*     | 51.19*     | 53.39*     | 57.79*      | 1:02.29*    |            |            |              |              |           |           |          |          |
| 2:30.19*  | 2:19.49*  | 2:08.79*  | 2:03.39*  | 1:58.09*  | 1:52.69*  | 1:42.09*  | 1:46.89*   | 1:51.79*   | 1:56.59*   | 2:06.29*    | 2:16.09*    |            |            |              |              |           |           |          |          |
| 6:41.39*  | 6:12.69*  | 5:44.09*  | 5:29.69*  | 5:15.39*  | 5:01.09*  | 4:37.09*  | 4:50.29*   | 5:03.49*   | 5:16.69*   | 5:43.09*    | 6:09.49*    |            |            |              |              |           |           |          |          |
| 13:54.29* | 12:54.69* | 11:55.09* | 11:25.29* | 10:55.49* | 10:25.69* | 9:38.19*  | 10:05.69*  | 10:33.19*  | 11:00.79*  | 11:55.79*   | 12:50.89*   |            |            |              |              |           |           |          |          |
| 23:13.09  | 21:33.59  | 19:54.09  | 19:04.39  | 18:14.59  | 17:24.89  | 16:09.49* | 16:55.69*  | 17:41.79*  | 18:27.99*  | 20:00.29*   | 21:32.69*   |            |            |              |              |           |           |          |          |
| 1:15.59*  | 1:10.19*  | 1:04.79*  | 1:02.09*  | 59.39*    | 56.69*    | 50.89*    | 53.29*     | 55.79*     | 58.19*     | 1:02.99*    | 1:07.89*    |            |            |              |              |           |           |          |          |
| 2:43.69*  | 2:31.99*  | 2:20.29*  | 2:14.49*  | 2:08.59*  | 2:02.79*  | 1:51.39*  | 1:56.59*   | 2:01.99*   | 2:07.19*   | 2:17.89*    | 2:28.39*    |            |            |              |              |           |           |          |          |
| 1:26.69*  | 1:20.49*  | 1:14.29*  | 1:11.19*  | 1:08.09*  | 1:04.99*  | 57.89*    | 1:00.69*   | 1:03.49*   | 1:06.19*   | 1:11.69*    | 1:17.19*    |            |            |              |              |           |           |          |          |
| 3:07.69*  | 2:54.19*  | 2:40.89*  | 2:34.19*  | 2:27.39*  | 2:20.69*  | 2:05.69*  | 2:11.59*   | 2:17.59*   | 2:23.59*   | 2:35.59*    | 2:47.49*    |            |            |              |              |           |           |          |          |
| 1:14.99*  | 1:09.69*  | 1:04.29*  | 1:01.59*  | 58.99*    | 56.29*    | 50.29*    | 52.69*     | 55.09*     | 57.49*     | 1:02.29*    | 1:07.09*    |            |            |              |              |           |           |          |          |
| 2:46.69*  | 2:34.79*  | 2:22.89*  | 2:16.89*  | 2:10.99*  | 2:04.99*  | 1:52.19*  | 1:57.49*   | 2:02.89*   | 2:08.19*   | 2:18.89*    | 2:29.59*    |            |            |              |              |           |           |          |          |
| 2:47.69*  | 2:35.79*  | 2:23.79*  | 2:17.79*  | 2:11.79*  | 2:05.79*  | 1:53.49*  | 1:58.79*   | 2:04.39*   | 2:09.7     |             |             |            |            |              |              |           |           |          |          |

2017-2020 National Age Group Motivational Times

Revised 11/8/2016

Short Course Meters

| B Min                     | BB Min    | A Min     | AA Min    | AAA Min   | AAAA Min  | AAAA Min                 | AAA Min   | AA Min    | A Min     | BB Min    | B Min     |           |
|---------------------------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>10 Year Olds Girls</b> |           |           |           |           |           | <b>10 Year Olds Boys</b> |           |           |           |           |           |           |
| 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*  |
| <b>11 Year Olds Girls</b> |           |           |           |           |           | <b>11 Year Olds Boys</b> |           |           |           |           |           |           |
| 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*  |
| <b>12 Year Olds Girls</b> |           |           |           |           |           | <b>12 Year Olds Boys</b> |           |           |           |           |           |           |
| 37.29*                    | 34.69*    | 32.19*    | 30.89*    | 29.59*    | 28.29*    | 50 M Free                | 26.99*    | 28.29*    | 29.59*    | 30.89*    | 33.39*    | 35.99*    |
| 1:21.29                   | 1:15.49   | 1:09.69   | 1:06.79   | 1:03.89   | 1:00.99   | 100 M Free               | 58.89*    | 1:01.69*  | 1:04.49*  | 1:07.29*  | 1:12.89*  | 1:18.49*  |
| 2:57.69*                  | 2:44.99*  | 2:32.29*  | 2:25.99*  | 2:19.69*  | 2:13.29*  | 200 M Free               | 2:08.29*  | 2:14.39*  | 2:20.49*  | 2:26.69*  | 2:38.89*  | 2:51.09*  |
| 6:14.39*                  | 5:47.69*  | 5:20.89*  | 5:07.59*  | 4:54.19*  | 4:40.79*  | 400 M Free               | 4:33.89*  | 4:46.89*  | 4:59.99*  | 5:12.69*  | 5:39.09*  | 6:05.19*  |
| 12:57.19                  | 12:01.69  | 11:06.19  | 10:38.49  | 10:10.69  | 9:42.89   | 800 M Free               | 9:32.69*  | 9:59.99*  | 10:27.29* | 10:54.59* | 11:49.09* | 12:43.59* |
| 24:45.29*                 | 22:59.19* | 21:13.09* | 20:20.09* | 19:26.99* | 18:33.99* | 1500 M Free              | 18:09.99* | 19:01.89* | 19:53.79* | 20:45.69* | 22:29.59* | 24:13.39* |
| 42.49*                    | 39.49*    | 36.39*    | 34.89*    | 33.39*    | 31.89*    | 50 M Back                | 30.99*    | 32.59*    | 34.19*    | 35.79*    | 39.09*    | 42.29*    |
| 1:34.19*                  | 1:26.79*  | 1:19.39*  | 1:15.59*  | 1:11.89*  | 1:08.19*  | 100 M Back               | 1:06.29*  | 1:09.89*  | 1:13.49*  | 1:17.09*  | 1:24.29*  | 1:31.59*  |
| 3:15.29*                  | 3:01.29*  | 2:47.39*  | 2:40.39*  | 2:33.39*  | 2:26.49*  | 200 M Back               | 2:23.09*  | 2:29.89*  | 2:36.69*  | 2:43.59*  | 2:57.19*  | 3:10.79*  |
| 47.59*                    | 44.19*    | 40.79*    | 39.09*    | 37.39*    | 35.69*    | 50 M Breast              | 34.39*    | 36.19*    | 38.09*    | 39.99*    | 43.69*    | 47.39*    |
| 1:44.59*                  | 1:36.89*  | 1:29.19*  | 1:25.29*  | 1:21.39*  | 1:17.59*  | 100 M Breast             | 1:14.19*  | 1:17.99*  | 1:21.89*  | 1:25.69*  | 1:33.49*  | 1:41.19*  |
| 3:43.99*                  | 3:27.99*  | 3:11.99*  | 3:03.99*  | 2:55.99*  | 2:47.99*  | 200 M Breast             | 2:41.99*  | 2:49.69*  | 2:57.39*  | 3:05.19*  | 3:20.59*  | 3:35.99*  |
| 40.69*                    | 37.79*    | 34.89*    | 33.39*    | 31.99*    | 30.49*    | 50 M Fly                 | 29.59*    | 31.19*    | 32.79*    | 34.49*    | 37.79*    | 40.99*    |
| 1:33.99*                  | 1:26.49*  | 1:18.99*  | 1:15.19*  | 1:11.49*  | 1:07.69*  | 100 M Fly                | 1:05.59*  | 1:09.39*  | 1:13.19*  | 1:16.89*  | 1:24.49*  | 1:32.09*  |
| 3:19.19*                  | 3:04.99*  | 2:50.79*  | 2:43.69*  | 2:36.59*  | 2:29.39*  | 200 M Fly                | 2:25.99*  | 2:32.89*  | 2:39.89*  | 2:46.79*  | 3:00.69*  | 3:14.59*  |
| 1:33.29*                  | 1:26.59*  | 1:19.89*  | 1:16.59*  | 1:13.29*  | 1:09.99*  | 100 M IM                 | 1:06.69*  | 1:09.89*  | 1:13.19*  | 1:16.39*  | 1:22.89*  | 1:29.39*  |
| 3:19.59*                  | 3:05.29*  | 2:51.09*  | 2:43.89*  | 2:36.79*  | 2:29.69*  | 200 M IM                 | 2:24.59*  | 2:31.99*  | 2:39.39*  | 2:46.69*  | 3:01.49*  | 3:16.19*  |
| 7:04.49*                  | 6:34.19*  | 6:03.89*  | 5:48.69*  | 5:33.59*  | 5:18.39*  | 400 M IM                 | 5:09.19*  | 5:23.89*  | 5:38.69*  | 5:53.39*  | 6:22.79*  | 6:52.29*  |
| <b>13 Year Olds Girls</b> |           |           |           |           |           | <b>13 Year Olds Boys</b> |           |           |           |           |           |           |
| 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*  |

## Short Course Meters

| B Min                     | BB Min    | A Min     | AA Min    | AAA Min   | AAAA Min  | 500 M Free               | AAA Min   | AA Min    | A Min     | BB Min    | B Min     |           |
|---------------------------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>14 Year Olds Girls</b> |           |           |           |           |           | <b>14 Year Olds Boys</b> |           |           |           |           |           |           |
| 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*  |
| <b>15 Year Olds Girls</b> |           |           |           |           |           | <b>15 Year Olds Boys</b> |           |           |           |           |           |           |
| 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*  |
| <b>16 Year Olds Girls</b> |           |           |           |           |           | <b>16 Year Olds Boys</b> |           |           |           |           |           |           |
| 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*  |
| <b>17 Year Olds Girls</b> |           |           |           |           |           | <b>17 Year Olds Boys</b> |           |           |           |           |           |           |
| 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*  |
| <b>18 Year Olds Girls</b> |           |           |           |           |           | <b>18 Year Olds Boys</b> |           |           |           |           |           |           |
| 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*  | 2:27.49*  | 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*  |