

2009-2012 National Age Group Motivational Times

5/13/2009

Long Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
10 Year Olds Girls						10 Year Olds Boys						
45.09	40.79	36.39	34.99	33.49	32.09	50 M Free	31.99	33.29	34.69	36.09	40.19	44.29
1:43.99	1:32.99	1:21.89	1:18.19	1:14.49	1:10.79	100 M Free	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09	1:41.59
3:48.59	3:23.59	2:58.49	2:50.19	2:41.89	2:33.49	200 M Free	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49
7:37.29	6:51.59	6:05.89	5:50.59	5:35.39	5:20.19	400 M Free	5:20.99	5:36.29	5:51.49	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	41.69	39.59	37.59	50 M Back	37.59	39.69	41.79	43.89	50.09	56.39
2:02.39	1:48.89	1:35.29	1:30.69	1:26.19	1:21.69	100 M Back	1:20.89	1:25.09	1:29.19	1:33.29	1:45.69	1:58.09
1:01.59	54.89	48.29	46.09	43.89	41.59	50 M Breast	41.99	44.09	46.29	48.49	55.09	1:01.59
2:17.49	2:02.29	1:46.99	1:41.89	1:36.79	1:31.69	100 M Breast	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	39.89	37.69	35.59	50 M Fly	35.09	36.99	38.99	40.99	46.89	52.89
2:12.59	1:55.19	1:37.89	1:32.09	1:26.29	1:20.49	100 M Fly	1:19.79	1:25.29	1:30.89	1:36.49	1:53.19	2:09.79
4:12.99	3:46.49	3:19.89	3:11.09	3:02.19	2:53.39	200 M IM	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69
11 Year Olds Girls						11 Year Olds Boys						
40.59	37.79	34.99	33.59	32.19	30.79	50 M Free	30.29	31.79	33.19	34.59	37.49	40.39
1:29.39	1:22.99	1:16.59	1:13.39	1:10.19	1:07.09	100 M Free	1:06.29	1:09.39	1:12.59	1:15.69	1:22.09	1:28.39
3:13.59	2:59.79	2:45.89	2:38.99	2:32.09	2:25.19	200 M Free	2:24.29	2:31.19	2:38.09	2:44.99	2:58.69	3:12.39
6:47.19	6:18.19	5:49.09	5:34.49	5:19.99	5:05.39	400 M Free	5:02.29	5:16.59	5:30.99	5:45.39	6:14.19	6:42.99
14:14.39	13:13.39	12:12.39	11:41.79	11:11.29	10:40.79	800 M Free	10:45.59	11:16.39	11:47.09	12:17.89	13:19.29	14:20.79
27:41.49	25:42.89	23:44.19	22:44.79	21:45.49	20:46.19	1500 M Free	20:45.79	21:45.19	22:44.49	23:43.79	25:42.39	27:41.09
48.29	44.79	41.39	39.69	37.89	36.19	50 M Back	36.29	38.19	40.09	41.99	45.69	49.49
1:46.79	1:38.39	1:29.99	1:25.79	1:21.59	1:17.39	100 M Back	1:17.29	1:21.49	1:25.69	1:29.89	1:38.29	1:46.69
3:41.59	3:25.79	3:09.99	3:01.99	2:54.09	2:46.19	200 M Back	2:45.49	2:53.39	3:01.29	3:09.09	3:24.89	3:40.59
52.99	49.19	45.39	43.49	41.59	39.79	50 M Breast	40.39	42.59	44.79	46.99	51.29	55.69
1:55.99	1:47.39	1:38.79	1:34.49	1:30.19	1:25.99	100 M Breast	1:26.79	1:31.29	1:35.79	1:40.39	1:49.39	1:58.49
4:09.89	3:51.99	3:34.19	3:25.29	3:16.29	3:07.39	200 M Breast	3:09.19	3:18.19	3:27.19	3:36.19	3:54.19	4:12.19
44.99	41.79	38.59	36.99	35.29	33.69	50 M Fly	33.79	35.59	37.49	39.39	43.09	46.89
1:43.99	1:35.69	1:27.39	1:23.19	1:18.99	1:14.89	100 M Fly	1:14.39	1:18.69	1:22.99	1:27.29	1:35.89	1:44.49
3:42.19	3:26.39	3:10.49	3:02.59	2:54.59	2:46.69	200 M Fly	2:48.99	2:56.99	3:05.09	3:13.09	3:29.19	3:45.29
3:41.09	3:25.29	3:09.49	3:01.59	2:53.69	2:45.79	200 M IM	2:44.69	2:53.09	3:01.49	3:09.89	3:26.69	3:43.49
7:51.49	7:17.89	6:44.19	6:27.29	6:10.49	5:53.69	400 M IM	5:55.19	6:12.09	6:28.99	6:45.89	7:19.79	7:53.59
12 Year Olds Girls						12 Year Olds Boys						
39.19	36.39	33.69	32.39	30.99	29.69	50 M Free	28.49	29.79	31.19	32.59	35.29	37.99
1:25.79	1:19.59	1:13.49	1:10.49	1:07.39	1:04.29	100 M Free	1:02.49	1:05.49	1:08.49	1:11.39	1:17.39	1:23.29
3:03.89	2:50.79	2:37.69	2:31.09	2:24.49	2:17.99	200 M Free	2:15.59	2:21.99	2:28.49	2:34.89	2:47.79	3:00.69
6:27.79	6:00.09	5:32.39	5:18.49	5:04.69	4:50.79	400 M Free	4:46.29	4:59.89	5:13.49	5:27.09	5:54.39	6:21.69
13:31.69	12:33.69	11:35.69	11:06.69	10:37.69	10:08.79	800 M Free	10:04.69	10:33.39	11:02.19	11:30.99	12:28.59	13:26.19
26:04.19	24:12.39	22:20.69	21:24.89	20:28.99	19:33.09	1500 M Free	19:27.39	20:22.99	21:18.59	22:14.19	24:05.29	25:56.49
45.49	42.29	38.99	37.39	35.79	34.19	50 M Back	33.49	35.19	36.99	38.69	42.19	45.69
1:38.89	1:31.09	1:23.29	1:19.39	1:15.49	1:11.59	100 M Back	1:11.79	1:15.69	1:19.69	1:23.59	1:31.39	1:39.19
3:30.29	3:15.29	3:00.19	2:52.69	2:45.19	2:37.69	200 M Back	2:34.29	2:41.69	2:48.99	2:56.39	3:11.09	3:25.79
49.09	45.59	42.09	40.39	38.59	36.89	50 M Breast	36.99	38.99	41.09	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	1:29.69	1:25.59	1:21.59	100 M Breast	1:19.99	1:24.19	1:28.29	1:32.49	1:40.89	1:49.19
3:57.59	3:40.59	3:23.69	3:15.19	3:06.69	2:58.19	200 M Breast	2:55.69	3:03.99	3:12.39	3:20.79	3:37.49	3:54.19
42.39	39.39	36.29	34.79	33.29	31.79	50 M Fly	30.99	32.69	34.49	36.19	39.59	42.99
1:38.69	1:30.79	1:22.89	1:18.99	1:14.99	1:11.09	100 M Fly	1:09.49	1:13.49	1:17.49	1:21.49	1:29.49	1:37.49
3:29.09	3:14.19	2:59.29	2:51.79	2:44.29	2:36.89	200 M Fly	2:36.19	2:43.69	2:51.09	2:58.49	3:13.39	3:28.29
3:29.69	3:14.79	2:59.79	2:52.29	2:44.79	2:37.29	200 M IM	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89	3:29.59
7:27.89	6:55.89	6:23.99	6:07.99	5:51.99	5:35.99	400 M IM	5:32.59	5:48.49	6:04.29	6:20.19	6:51.79	7:23.49
13 Year Olds Girls						13 Year Olds Boys						
38.89	36.09	33.29	31.89	30.59	29.19	50 M Free	27.39	28.69	29.99	31.29	33.89	36.49
1:23.99	1:17.99	1:11.99	1:08.99	1:05.99	1:02.99	100 M Free	59.79	1:02.69	1:05.49	1:08.39	1:13.99	1:19.69
3:00.89	2:47.99	2:34.99	2:28.59	2:22.09	2:15.69	200 M Free	2:10.19	2:16.39	2:22.59	2:28.79	2:41.09	2:53.49
6:18.79	5:51.69	5:24.69	5:11.09	4:57.59	4:44.09	400 M Free	4:34.59	4:47.59	5:00.69	5:13.79	5:39.89	6:06.09
13:02.99	12:07.09	11:11.19	10:43.19	10:15.19	9:47.29	800 M Free	9:31.59	9:58.79	10:25.99	10:53.19	11:47.59	12:42.09
25:00.39	23:13.19	21:26.09	20:32.49	19:38.89	18:45.29	1500 M Free	18:13.19	19:05.19	19:57.29	20:49.39	22:33.49	24:17.59
1:33.89	1:27.19	1:20.49	1:17.09	1:13.79	1:10.39	100 M Back	1:07.49	1:10.79	1:13.99	1:17.19	1:23.59	1:29.99
3:23.19	3:08.69	2:54.19	2:46.89	2:39.69	2:32.39	200 M Back	2:25.69	2:32.69	2:39.59	2:46.49	3:00.39	3:14.29
1:46.49	1:38.89	1:31.29	1:27.49	1:23.69	1:19.89	100 M Breast	1:16.59	1:20.29	1:23.89	1:27.59	1:34.79	1:42.09
3:49.29	3:32.89	3:16.49	3:08.29	3:00.09	2:51.99	200 M Breast	2:46.69	2:54.59	3:02.49	3:10.49	3:26.29	3:42.19
1:31.09	1:24.59	1:18.09	1:14.89	1:11.59	1:08.39	100 M Fly	1:04.99	1:08.09	1:11.19	1:14.29	1:20.49	1:26.69
3:21.49	3:07.09	2:52.69	2:45.49	2:38.29	2:31.09	200 M Fly	2:25.19	2:32.19	2:39.09	2:45.99	2:59.79	3:13.59
3:24.79	3:10.09	2:55.49	2:48.19	2:40.89	2:33.59	200 M IM	2:26.99	2:33.99	2:40.99	2:47.99	3:01.89	3:15.89
7:09.99	6:39.29	6:08.59	5:53.19	5:37.89	5:22.49	400 M IM	5:10.89	5:25.69	5:40.49	5:55.29	6:24.89	6:54.49

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5/13/2009

Long Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
14 Year Olds Girls						14 Year Olds Boys						
37.89	35.19	32.49	31.09	29.79	28.39	50 M Free	26.49	27.79	29.09	30.29	32.79	35.39
1:22.09	1:16.19	1:10.39	1:07.39	1:04.49	1:01.59	100 M Free	57.79	1:00.49	1:03.29	1:05.99	1:11.49	1:16.99
2:57.09	2:44.39	2:31.79	2:25.39	2:19.09	2:12.79	200 M Free	2:05.39	2:11.29	2:17.29	2:23.29	2:35.19	2:47.09
6:09.39	5:42.99	5:16.59	5:03.49	4:50.29	4:37.09	400 M Free	4:24.99	4:37.59	4:50.19	5:02.79	5:27.99	5:53.29
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:10.69	9:36.89	10:03.19	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:26.19	18:16.09	19:05.89	19:55.69	21:35.29	23:14.99
1:30.79	1:24.29	1:17.79	1:14.59	1:11.39	1:08.09	100 M Back	1:05.09	1:08.19	1:11.39	1:14.49	1:20.59	1:26.89
3:15.29	3:01.29	2:47.39	2:40.39	2:33.49	2:26.49	200 M Back	2:20.59	2:27.29	2:33.99	2:40.69	2:54.09	3:07.49
1:43.89	1:36.39	1:28.99	1:25.29	1:21.59	1:17.89	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:43.99	3:27.99	3:11.99	3:03.99	2:55.99	2:47.99	200 M Breast	2:39.29	2:46.89	2:54.39	3:01.99	3:17.19	3:32.39
1:29.19	1:22.89	1:16.49	1:13.29	1:10.09	1:06.89	100 M Fly	1:02.19	1:05.09	1:08.09	1:11.09	1:16.99	1:22.89
3:16.29	3:02.29	2:48.29	2:41.29	2:34.19	2:27.19	200 M Fly	2:18.89	2:25.49	2:32.19	2:38.79	2:51.99	3:05.19
3:19.99	3:05.69	2:51.49	2:44.29	2:37.19	2:29.99	200 M IM	2:22.09	2:28.89	2:35.69	2:42.39	2:55.99	3:09.49
7:01.19	6:31.09	6:00.99	5:45.99	5:30.99	5:15.89	400 M IM	5:01.39	5:15.79	5:30.09	5:44.49	6:13.19	6:41.89
15 Year Olds Girls						15 Year Olds Boys						
37.29	34.59	31.99	30.59	29.29	27.99	50 M Free	25.79	26.99	28.19	29.49	31.89	34.39
1:20.79	1:14.99	1:09.29	1:06.39	1:03.49	1:00.59	100 M Free	56.39	59.09	1:01.79	1:04.49	1:09.79	1:15.19
2:54.39	2:41.99	2:29.49	2:23.29	2:17.09	2:10.79	200 M Free	2:02.49	2:08.29	2:14.19	2:19.99	2:31.69	2:43.29
6:02.99	5:37.09	5:11.19	4:58.19	4:45.19	4:32.29	400 M Free	4:19.79	4:32.19	4:44.49	4:56.89	5:21.69	5:46.39
12:29.69	11:36.09	10:42.59	10:15.79	9:48.99	9:22.29	800 M Free	8:57.49	9:23.09	9:48.69	10:14.19	11:05.39	11:56.59
24:05.69	22:22.39	20:39.19	19:47.49	18:55.89	18:04.29	1500 M Free	17:09.49	17:58.49	18:47.49	19:36.49	21:14.59	22:52.59
1:29.99	1:23.59	1:17.09	1:13.89	1:10.69	1:07.49	100 M Back	1:03.49	1:06.49	1:09.49	1:12.49	1:18.59	1:24.59
3:13.39	2:59.59	2:45.79	2:38.89	2:31.99	2:25.09	200 M Back	2:15.89	2:22.39	2:28.79	2:35.29	2:48.19	3:01.19
1:41.69	1:34.39	1:27.09	1:23.49	1:19.89	1:16.29	100 M Breast	1:10.89	1:14.29	1:17.59	1:20.99	1:27.69	1:34.49
3:39.49	3:23.79	3:08.19	3:00.29	2:52.49	2:44.59	200 M Breast	2:35.59	2:43.09	2:50.49	2:57.89	3:12.69	3:27.49
1:28.19	1:21.89	1:15.59	1:12.49	1:09.29	1:06.19	100 M Fly	1:00.69	1:03.59	1:06.39	1:09.29	1:15.09	1:20.89
3:12.09	2:58.39	2:44.59	2:37.79	2:30.89	2:24.09	200 M Fly	2:15.89	2:22.39	2:28.89	2:35.29	2:48.29	3:01.19
3:17.99	3:03.89	2:49.69	2:42.59	2:35.59	2:28.49	200 M IM	2:19.09	2:25.69	2:32.39	2:38.99	2:52.19	3:05.49
6:55.89	6:26.19	5:56.49	5:41.59	5:26.79	5:11.89	400 M IM	4:53.19	5:07.19	5:21.09	5:35.09	6:02.99	6:30.89
16 Year Olds Girls						16 Year Olds Boys						
37.09	34.49	31.79	30.49	29.19	27.79	50 M Free	25.19	26.39	27.59	28.79	31.19	33.59
1:20.09	1:14.39	1:08.59	1:05.79	1:02.89	1:00.09	100 M Free	55.19	57.89	1:00.49	1:03.09	1:08.39	1:13.59
2:51.79	2:39.49	2:27.19	2:21.09	2:14.99	2:08.79	200 M Free	1:59.99	2:05.79	2:11.49	2:17.19	2:28.59	2:39.99
6:00.39	5:34.69	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:13.99	4:26.09	4:38.09	4:50.19	5:14.39	5:38.59
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	10:01.89	10:52.09	11:42.19
23:53.09	22:10.69	20:28.39	19:37.19	18:45.99	17:54.79	1500 M Free	16:49.19	17:37.29	18:25.29	19:13.39	20:49.49	22:25.59
1:28.99	1:22.69	1:16.29	1:13.09	1:09.89	1:06.79	100 M Back	1:01.79	1:04.79	1:07.69	1:10.59	1:16.49	1:22.39
3:11.69	2:57.99	2:44.29	2:37.49	2:30.69	2:23.79	200 M Back	2:12.39	2:18.69	2:24.99	2:31.29	2:43.89	2:56.49
1:41.09	1:33.89	1:26.69	1:23.09	1:19.49	1:15.79	100 M Breast	1:09.79	1:13.09	1:16.39	1:19.69	1:26.39	1:32.99
3:36.59	3:21.19	3:05.69	2:57.99	2:50.19	2:42.49	200 M Breast	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79	3:23.29
1:26.59	1:20.39	1:14.19	1:11.19	1:08.09	1:04.99	100 M Fly	59.29	1:02.09	1:04.89	1:07.69	1:13.39	1:18.99
3:09.69	2:56.19	2:42.69	2:35.89	2:29.09	2:22.29	200 M Fly	2:11.79	2:18.09	2:24.29	2:30.59	2:43.19	2:55.69
3:15.19	3:01.19	2:47.29	2:40.29	2:33.39	2:26.39	200 M IM	2:16.39	2:22.89	2:29.39	2:35.89	2:48.89	3:01.79
6:48.99	6:19.79	5:50.59	5:35.99	5:21.39	5:06.79	400 M IM	4:46.19	4:59.89	5:13.49	5:27.09	5:54.39	6:21.59
17 Year Olds Girls						17 Year Olds Boys						
36.79	34.09	31.49	30.19	28.89	27.59	50 M Free	25.09	26.29	27.49	28.69	31.09	33.49
1:19.69	1:13.99	1:08.39	1:05.49	1:02.69	59.79	100 M Free	54.99	57.59	1:00.19	1:02.79	1:07.99	1:13.29
2:51.69	2:39.39	2:27.19	2:21.09	2:14.89	2:08.79	200 M Free	1:59.69	2:05.39	2:10.99	2:16.69	2:28.09	2:39.49
5:59.69	5:33.99	5:08.29	4:55.49	4:42.59	4:29.79	400 M Free	4:13.79	4:25.89	4:37.99	4:49.99	5:14.19	5:38.39
12:24.29	11:31.09	10:37.89	10:11.39	9:44.79	9:18.19	800 M Free	8:48.59	9:13.69	9:38.89	10:04.09	10:54.39	11:44.79
24:04.99	22:21.79	20:38.59	19:46.99	18:55.39	18:03.79	1500 M Free	16:45.59	17:33.39	18:21.29	19:09.19	20:44.99	22:20.69
1:28.69	1:22.39	1:15.99	1:12.89	1:09.69	1:06.49	100 M Back	1:01.29	1:04.19	1:07.19	1:10.09	1:15.89	1:21.79
3:09.69	2:56.19	2:42.59	2:35.89	2:29.09	2:22.29	200 M Back	2:11.79	2:18.09	2:24.39	2:30.59	2:43.19	2:55.69
1:40.29	1:33.19	1:25.99	1:22.39	1:18.79	1:15.29	100 M Breast	1:09.49	1:12.79	1:16.09	1:19.39	1:25.99	1:32.59
3:37.19	3:21.69	3:06.19	2:58.39	2:50.59	2:42.89	200 M Breast	2:30.59	2:37.69	2:44.89	2:52.09	3:06.39	3:20.79
1:26.19	1:20.09	1:13.89	1:10.89	1:07.79	1:04.69	100 M Fly	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
3:07.19	2:53.89	2:40.49	2:33.79	2:27.09	2:20.39	200 M Fly	2:09.99	2:16.19	2:22.39	2:28.59	2:40.99	2:53.29
3:13.59	2:59.69	2:45.89	2:38.99	2:32.09	2:25.19	200 M IM	2:14.39	2:20.79	2:27.19	2:33.59	2:46.39	2:59.19
6:51.19	6:21.79	5:52.49	5:37.79	5:23.09	5:08.39	400 M IM	4:44.89	4:58.49	5:12.09	5:25.59	5:52.79	6:19.89
18 Year Olds Girls						18 Year Olds Boys						
36.79	34.09	31.49	30.19	28.89	27.59	50 M Free	24.49	25.69	26.79	27.99	30.29	32.59
1:19.79	1:14.09	1:08.39	1:05.59	1:02.69	59.89	100 M Free	54.09	56.59	59.19	1:01.79	1:06.89	1:12.09
2:51.09	2:38.89	2:26.69	2:20.59	2:14.39	2:08.29	200 M Free	1:57.99	2:03.59	2:09.19	2:14.79	2:26.09	2:37.29
6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Free	4:11.29	4:23.29	4:35.19	4:47.19	5:11.09	5:34.99
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	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79	22:10.89
1:29.49	1:23.09	1:16.69	1:13.49	1:10.39	1:07.19	100 M Back	1:00.49	1:03.39	1:06.29	1:09.19	1:14.89	1:20.69
3:11.89	2:58.19	2:44.49	2:37.69	2:30.79	2:23.99	200 M Back	2:12.19	2:18.49	2:24.79	2:30.99	2:43.59	2:56.19
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
3:36.19	3:20.79	3:05.29	2:57.59	2:49.89	2:42.19	200 M Breast	2:28.79	2:35.89	2:42.99	2:50.09	3:04.19	3:18.39
1:25.59	1:19.49	1:13.39	1:10.29	1:07.29	1:04.19	100 M Fly	58.29	1:01.09	1:03.89	1:06.59	1:12.19	1:17.69
3:08.49	2:55.09	2:41.59	2:34.89	2:28.09	2:21.39	200 M Fly	2:08.29	2:14.39	2:20.49	2:26.69	2:38.89	2:51.09
3:13.49	2:59.69	2:45.89	2:38.99	2:31.99	2:25.09	200 M IM						

2009-2012 National Age Group Motivational Times

5/13/2009

Short Course Yards

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 Year Olds Girls						10 Year Olds Boys						
39.79	35.99	32.19	30.89	29.59	28.29	50 Y Free	27.99	29.19	30.39	31.59	35.19	38.89
1:31.29	1:21.59	1:11.89	1:08.69	1:05.39	1:02.19	100 Y Free	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79
48.79	43.49	38.09	36.39	34.59	32.79	50 Y Back	32.79	34.59	36.49	38.29	43.69	49.19
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	100 Y Back	1:10.49	1:14.09	1:17.69	1:21.29	1:32.09	1:42.89
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.49	38.39	40.29	42.19	47.89	53.59
1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	100 Y Breast	1:19.79	1:23.79	1:27.79	1:31.79	1:43.69	1:55.69
48.79	42.99	37.29	35.29	33.39	31.49	50 Y Fly	31.29	33.09	34.89	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	100 Y Fly	1:10.79	1:15.69	1:20.59	1:25.59	1:40.39	1:55.19
1:44.99	1:33.79	1:22.59	1:18.89	1:15.19	1:11.49	100 Y IM	1:10.89	1:14.29	1:17.69	1:21.09	1:31.19	1:41.29
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	200 Y IM	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89
11 Year Olds Girls						11 Year Olds Boys						
35.79	33.39	30.89	29.59	28.39	27.19	50 Y Free	26.79	27.99	29.29	30.59	33.09	35.69
1:18.69	1:13.09	1:07.49	1:04.69	1:01.89	59.09	100 Y Free	58.49	1:01.29	1:03.99	1:06.79	1:12.39	1:17.99
2:50.39	2:38.19	2:26.09	2:19.99	2:13.89	2:07.79	200 Y Free	2:06.89	2:12.89	2:18.89	2:24.99	2:37.09	2:49.09
7:34.19	7:01.79	6:29.39	6:13.09	5:56.89	5:40.69	500 Y Free	5:36.99	5:53.09	6:09.09	6:25.19	6:57.29	7:29.39
15:51.69	14:43.69	13:35.69	13:01.79	12:27.79	11:53.79	1000 Y Free	11:52.89	12:26.89	13:00.79	13:34.79	14:42.69	15:50.59
26:29.09	24:35.59	22:42.09	21:45.29	20:48.59	19:51.79	1650 Y Free	20:05.89	21:03.29	22:00.69	22:58.09	24:52.99	26:47.79
41.79	38.79	35.79	34.29	32.89	31.39	50 Y Back	31.39	32.99	34.69	36.29	39.59	42.79
1:32.29	1:25.09	1:17.79	1:14.19	1:10.49	1:06.89	100 Y Back	1:06.69	1:10.29	1:13.89	1:17.49	1:24.79	1:31.99
3:11.69	2:57.99	2:44.39	2:37.49	2:30.69	2:23.79	200 Y Back	2:23.89	2:30.69	2:37.59	2:44.39	2:58.19	3:11.89
46.69	43.39	39.99	38.39	36.69	34.99	50 Y Breast	35.39	37.29	39.19	41.09	44.99	48.79
1:41.79	1:34.29	1:26.79	1:22.99	1:19.29	1:15.49	100 Y Breast	1:15.49	1:19.39	1:23.29	1:27.29	1:35.09	1:42.99
3:38.69	3:23.09	3:07.49	2:59.69	2:51.89	2:43.99	200 Y Breast	2:44.69	2:52.59	3:00.39	3:08.29	3:23.89	3:39.59
39.89	37.09	34.19	32.79	31.39	29.89	50 Y Fly	29.89	31.59	33.29	34.89	38.19	41.49
1:31.69	1:24.39	1:16.99	1:13.39	1:09.69	1:06.09	100 Y Fly	1:05.69	1:09.49	1:13.29	1:17.09	1:24.69	1:32.29
3:14.99	3:01.09	2:47.19	2:40.19	2:33.29	2:26.29	200 Y Fly	2:26.89	2:33.89	2:40.89	2:47.79	3:01.79	3:15.79
1:31.39	1:24.79	1:18.29	1:15.09	1:11.79	1:08.49	100 Y IM	1:07.79	1:11.09	1:14.39	1:17.69	1:24.29	1:30.89
3:12.59	2:58.79	2:45.09	2:38.19	2:31.29	2:24.39	200 Y IM	2:23.79	2:31.19	2:38.49	2:45.79	3:00.49	3:15.19
6:53.19	6:23.69	5:54.19	5:39.39	5:24.59	5:09.89	400 Y IM	5:08.89	5:23.59	5:38.29	5:53.09	6:22.49	6:51.89
12 Year Olds Girls						12 Year Olds Boys						
34.29	31.89	29.49	28.29	27.09	25.99	50 Y Free	25.09	26.19	27.39	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	54.79	57.39	59.99	1:02.69	1:07.89	1:13.09
2:43.19	2:31.49	2:19.89	2:14.09	2:08.19	2:02.39	200 Y Free	1:59.19	2:04.89	2:10.49	2:16.19	2:27.49	2:38.89
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Free	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49
15:00.29	13:55.99	12:51.69	12:19.49	11:47.39	11:15.19	1000 Y Free	11:07.59	11:39.29	12:11.09	12:42.89	13:46.49	14:50.09
25:16.19	23:27.89	21:39.59	20:45.49	19:51.29	18:57.19	1650 Y Free	18:43.09	19:36.59	20:30.09	21:23.59	23:10.49	24:57.49
39.59	36.79	33.89	32.49	31.09	29.69	50 Y Back	28.99	30.49	31.99	33.49	36.49	39.49
1:27.99	1:21.09	1:14.19	1:10.69	1:07.29	1:03.79	100 Y Back	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79
3:01.89	2:48.89	2:35.89	2:29.39	2:22.99	2:16.49	200 Y Back	2:13.79	2:20.19	2:26.49	2:32.89	2:45.59	2:58.39
44.09	40.89	37.79	36.19	34.59	33.09	50 Y Breast	32.09	33.79	35.59	37.29	40.79	44.29
1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breast	1:09.69	1:13.29	1:16.89	1:20.49	1:27.79	1:35.09
3:26.39	3:11.69	2:56.89	2:49.59	2:42.19	2:34.79	200 Y Breast	2:31.29	2:38.49	2:45.69	2:52.89	3:07.29	3:21.69
37.79	35.09	32.39	31.09	29.69	28.39	50 Y Fly	27.59	29.09	30.59	32.09	35.19	38.19
1:27.19	1:20.19	1:13.19	1:09.79	1:06.29	1:02.79	100 Y Fly	1:01.09	1:04.59	1:08.19	1:11.69	1:18.69	1:25.79
3:04.99	2:51.79	2:38.59	2:31.99	2:25.39	2:18.79	200 Y Fly	2:15.89	2:22.39	2:28.79	2:35.29	2:48.29	3:01.19
1:26.29	1:20.09	1:13.99	1:10.89	1:07.79	1:04.69	100 Y IM	1:02.39	1:05.39	1:08.49	1:11.49	1:17.59	1:23.69
3:03.79	2:50.69	2:37.59	2:30.99	2:24.39	2:17.89	200 Y IM	2:14.99	2:21.79	2:28.69	2:35.59	2:49.39	3:03.09
6:32.19	6:04.19	5:36.09	5:22.09	5:08.09	4:54.09	400 Y IM	4:47.79	5:01.49	5:15.19	5:28.89	5:56.29	6:23.69
13 Year Olds Girls						13 Year Olds Boys						
34.19	31.69	29.29	28.09	26.89	25.59	50 Y Free	23.89	24.99	26.09	27.29	29.49	31.79
1:14.09	1:08.79	1:03.49	1:00.89	58.19	55.59	100 Y Free	51.99	54.49	56.99	59.39	1:04.39	1:09.29
2:38.99	2:27.69	2:16.29	2:10.59	2:04.89	1:59.29	200 Y Free	1:53.99	1:59.39	2:04.79	2:10.29	2:21.09	2:31.99
7:02.49	6:32.39	6:02.19	5:47.09	5:31.99	5:16.89	500 Y Free	5:04.89	5:19.49	5:33.99	5:48.49	6:17.49	6:46.59
14:31.09	13:28.89	12:26.59	11:55.49	11:24.39	10:53.29	1000 Y Free	10:28.59	10:58.49	11:28.49	11:58.39	12:58.29	13:58.09
24:13.69	22:29.79	20:45.99	19:54.09	19:02.19	18:10.29	1650 Y Free	17:35.39	18:25.69	19:15.89	20:06.19	21:46.69	23:27.19
1:21.69	1:15.89	1:09.99	1:07.09	1:04.19	1:01.29	100 Y Back	58.19	1:00.99	1:03.69	1:06.49	1:11.99	1:17.59
2:55.49	2:42.99	2:30.39	2:24.19	2:17.89	2:11.59	200 Y Back	2:05.99	2:11.99	2:17.89	2:23.89	2:35.89	2:47.89
1:32.59	1:25.99	1:19.39	1:16.09	1:12.79	1:09.49	100 Y Breast	1:05.99	1:09.19	1:12.29	1:15.39	1:21.69	1:27.99
3:19.79	3:05.59	2:51.29	2:44.19	2:36.99	2:29.89	200 Y Breast	2:23.89	2:30.79	2:37.59	2:44.49	2:58.19	3:11.89
1:20.59	1:14.89	1:09.09	1:06.29	1:03.39	1:00.49	100 Y Fly	57.39	1:00.09	1:02.89	1:05.59	1:11.09	1:16.49
2:57.59	2:44.89	2:32.19	2:25.89	2:19.59	2:13.19	200 Y Fly	2:06.49	2:12.49	2:18.49	2:24.59	2:36.59	2:48.69
3:00.29	2:47.49	2:34.59	2:28.09	2:21.69	2:15.29	200 Y IM	2:07.99	2:14.09	2:20.19	2:26.29	2:38.49	2:50.59
6:20.19	5:52.99	5:25.89	5:12.29	4:58.69	4:45.19	400 Y IM	4:31.09	4:43.99	4:56.99	5:09.89	5:35.69	6:01.49

2009-2012 National Age Group Motivational Times

5/13/2009

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
14 Year Olds Girls						14 Year Olds Boys						
33.39	30.99	28.69	27.49	26.29	25.09	50 Y Free	22.99	24.09	25.19	26.29	28.49	30.69
1:12.49	1:07.39	1:02.19	59.59	56.99	54.39	100 Y Free	50.29	52.69	55.09	57.39	1:02.19	1:06.99
2:36.09	2:24.99	2:13.79	2:08.19	2:02.69	1:57.09	200 Y Free	1:49.59	1:54.79	1:59.99	2:05.29	2:15.69	2:26.09
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	500 Y Free	4:53.29	5:07.29	5:21.29	5:35.19	6:03.19	6:31.09
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	1000 Y Free	10:09.39	10:38.39	11:07.39	11:36.39	12:34.39	13:32.49
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Free	16:51.29	17:39.39	18:27.59	19:15.69	20:51.99	22:28.29
1:19.89	1:14.19	1:08.49	1:05.59	1:02.79	59.89	100 Y Back	56.19	58.89	1:01.49	1:04.19	1:09.59	1:14.89
2:51.79	2:39.59	2:27.29	2:21.19	2:14.99	2:08.89	200 Y Back	2:00.99	2:06.69	2:12.49	2:18.19	2:29.79	2:41.29
1:30.59	1:24.09	1:17.59	1:14.39	1:11.19	1:07.89	100 Y Breast	1:03.09	1:06.09	1:09.09	1:12.09	1:18.09	1:24.09
3:14.59	3:00.69	2:46.79	2:39.79	2:32.89	2:25.89	200 Y Breast	2:16.79	2:23.29	2:29.79	2:36.29	2:49.39	3:02.39
1:19.09	1:13.49	1:07.79	1:04.99	1:02.19	59.39	100 Y Fly	54.99	57.59	1:00.29	1:02.89	1:08.09	1:13.29
2:53.39	2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	200 Y Fly	2:02.79	2:08.59	2:14.39	2:20.29	2:31.99	2:43.69
2:55.49	2:42.99	2:30.49	2:24.19	2:17.89	2:11.69	200 Y IM	2:02.79	2:08.59	2:14.39	2:20.29	2:31.99	2:43.69
6:10.79	5:44.29	5:17.79	5:04.59	4:51.29	4:38.09	400 Y IM	4:22.89	4:35.49	4:47.99	5:00.49	5:25.49	5:50.59
15 Year Olds Girls						15 Year Olds Boys						
33.09	30.69	28.39	27.19	25.99	24.79	50 Y Free	22.49	23.59	24.69	25.69	27.89	29.99
1:11.39	1:06.29	1:01.19	58.69	56.09	53.59	100 Y Free	49.19	51.49	53.89	56.19	1:00.89	1:05.59
2:33.79	2:22.79	2:11.79	2:06.29	2:00.89	1:55.39	200 Y Free	1:46.99	1:52.09	1:57.19	2:02.29	2:12.49	2:22.69
6:49.89	6:20.69	5:51.39	5:36.69	5:22.09	5:07.49	500 Y Free	4:48.89	5:02.69	5:16.39	5:30.19	5:57.69	6:25.19
14:07.09	13:06.59	12:06.09	11:35.79	11:05.59	10:35.29	1000 Y Free	9:59.39	10:27.99	10:56.49	11:24.99	12:22.09	13:19.19
23:36.29	21:55.19	20:13.99	19:23.39	18:32.79	17:42.29	1650 Y Free	16:47.99	17:35.99	18:23.99	19:11.99	20:47.99	22:23.99
1:18.59	1:12.99	1:07.39	1:04.59	1:01.69	58.89	100 Y Back	54.69	57.29	59.89	1:02.49	1:07.69	1:12.89
2:50.39	2:38.19	2:25.99	2:19.99	2:13.89	2:07.79	200 Y Back	1:58.49	2:04.09	2:09.79	2:15.39	2:26.69	2:37.99
1:29.19	1:22.79	1:16.39	1:13.29	1:10.09	1:06.89	100 Y Breast	1:01.99	1:04.89	1:07.89	1:10.79	1:16.69	1:22.59
3:13.59	2:59.79	2:45.89	2:38.99	2:32.09	2:25.19	200 Y Breast	2:15.09	2:21.59	2:27.99	2:34.39	2:47.29	3:00.19
1:18.69	1:13.09	1:07.49	1:04.59	1:01.79	58.99	100 Y Fly	53.89	56.39	58.99	1:01.59	1:06.69	1:11.79
2:52.89	2:40.49	2:28.19	2:21.99	2:15.79	2:09.69	200 Y Fly	1:59.19	2:04.89	2:10.59	2:16.29	2:27.59	2:38.99
2:53.39	2:40.99	2:28.69	2:22.49	2:16.29	2:10.09	200 Y IM	2:00.39	2:06.09	2:11.79	2:17.59	2:28.99	2:40.49
6:07.99	5:41.69	5:15.39	5:02.29	4:49.19	4:35.99	400 Y IM	4:16.79	4:28.99	4:41.19	4:53.39	5:17.89	5:42.29
16 Year Olds Girls						16 Year Olds Boys						
32.69	30.39	27.99	26.89	25.69	24.49	50 Y Free	22.19	23.19	24.29	25.29	27.39	29.49
1:10.89	1:05.79	1:00.79	58.19	55.69	53.19	100 Y Free	48.29	50.59	52.89	55.19	59.79	1:04.39
2:32.09	2:21.19	2:10.39	2:04.89	1:59.49	1:54.09	200 Y Free	1:45.09	1:50.09	1:55.09	2:00.09	2:10.09	2:20.09
6:45.29	6:16.29	5:47.39	5:32.89	5:18.49	5:03.99	500 Y Free	4:43.79	4:57.29	5:10.79	5:24.29	5:51.29	6:18.39
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	1000 Y Free	9:48.19	10:16.19	10:44.19	11:12.19	12:08.19	13:04.19
23:18.79	21:38.89	19:58.89	19:08.99	18:18.99	17:29.09	1650 Y Free	16:26.99	17:13.99	18:00.99	18:47.99	20:21.89	21:55.89
1:17.69	1:12.09	1:06.59	1:03.79	1:00.99	58.29	100 Y Back	53.49	55.99	58.59	1:01.09	1:06.19	1:11.29
2:47.89	2:35.89	2:23.89	2:17.89	2:11.89	2:05.89	200 Y Back	1:55.79	2:01.29	2:06.79	2:12.39	2:23.39	2:34.39
1:28.29	1:21.99	1:15.69	1:12.49	1:09.39	1:06.19	100 Y Breast	1:00.29	1:03.19	1:05.99	1:08.89	1:14.69	1:20.39
3:09.99	2:56.39	2:42.79	2:35.99	2:29.29	2:22.49	200 Y Breast	2:11.39	2:17.59	2:23.89	2:30.09	2:42.59	2:55.09
1:17.39	1:11.79	1:06.29	1:03.59	1:00.79	57.99	100 Y Fly	52.59	55.09	57.59	1:00.09	1:05.09	1:10.09
2:48.59	2:36.49	2:24.49	2:18.49	2:12.39	2:06.39	200 Y Fly	1:56.69	2:02.29	2:07.79	2:13.39	2:24.49	2:35.59
2:51.49	2:39.29	2:26.99	2:20.89	2:14.79	2:08.69	200 Y IM	1:58.29	2:03.89	2:09.49	2:15.09	2:26.39	2:37.69
6:01.49	5:35.69	5:09.89	4:56.99	4:44.09	4:31.19	400 Y IM	4:11.89	4:23.89	4:35.79	4:47.79	5:11.79	5:35.79
17 Year Olds Girls						17 Year Olds Boys						
32.69	30.39	27.99	26.89	25.69	24.49	50 Y Free	21.19	22.29	23.29	24.29	26.29	28.29
1:11.09	1:05.99	1:00.89	58.39	55.79	53.29	100 Y Free	47.79	50.09	52.39	54.59	59.19	1:03.79
2:32.69	2:21.79	2:10.89	2:05.39	1:59.99	1:54.49	200 Y Free	1:44.09	1:49.09	1:53.99	1:58.99	2:08.89	2:18.79
6:47.19	6:18.09	5:49.09	5:34.49	5:19.99	5:05.39	500 Y Free	4:42.19	4:55.59	5:09.09	5:22.49	5:49.39	6:16.19
14:04.59	13:04.29	12:03.99	11:33.79	11:03.69	10:33.49	1000 Y Free	9:47.09	10:14.99	10:42.99	11:10.89	12:06.79	13:02.69
23:31.79	21:50.99	20:10.09	19:19.69	18:29.29	17:38.89	1650 Y Free	16:26.79	17:13.79	18:00.79	18:47.79	20:21.69	21:55.69
1:18.29	1:12.69	1:07.09	1:04.29	1:01.49	58.69	100 Y Back	52.69	55.19	57.69	1:00.19	1:05.29	1:10.29
2:49.09	2:36.99	2:24.89	2:18.89	2:12.89	2:06.79	200 Y Back	1:54.59	2:00.09	2:05.49	2:10.99	2:21.89	2:32.79
1:29.09	1:22.79	1:16.39	1:13.19	1:09.99	1:06.89	100 Y Breast	59.89	1:02.79	1:05.59	1:08.49	1:14.19	1:19.89
3:12.79	2:58.99	2:45.29	2:38.39	2:31.49	2:24.59	200 Y Breast	2:10.49	2:16.69	2:22.89	2:29.19	2:41.59	2:53.99
1:16.99	1:11.49	1:05.99	1:03.29	1:00.49	57.79	100 Y Fly	52.09	54.59	57.09	59.49	1:04.49	1:09.39
2:48.99	2:36.89	2:24.89	2:18.79	2:12.79	2:06.79	200 Y Fly	1:55.39	2:00.89	2:06.39	2:11.89	2:22.89	2:33.89
2:52.19	2:39.89	2:27.59	2:21.39	2:15.29	2:09.09	200 Y IM	1:56.89	2:02.39	2:07.99	2:13.49	2:24.69	2:35.79
6:04.79	5:38.79	5:12.69	4:59.69	4:46.59	4:33.59	400 Y IM	4:10.59	4:22.49	4:34.39	4:46.39	5:10.19	5:34.09
18 Year Olds Girls						18 Year Olds Boys						
32.39	30.09	27.79	26.59	25.49	24.29	50 Y Free	21.49	22.49	23.49	24.49	26.59	28.59
1:09.89	1:04.89	59.89	57.39	54.89	52.39	100 Y Free	46.89	49.19	51.39	53.59	58.09	1:02.59
2:30.99	2:20.29	2:09.49	2:04.09	1:58.69	1:53.29	200 Y Free	1:43.29	1:48.19	1:53.19	1:58.09	2:07.89	2:17.69
6:42.39	6:13.69	5:44.99	5:30.59	5:16.19	5:01.79	500 Y Free	4:37.99	4:51.19	5:04.49	5:17.69	5:44.19	6:10.59
13:52.59	12:53.09	11:53.59	11:23.89	10:54.19	10:24.39	1000 Y Free	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19	12:54.49
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:08.79	16:54.89	17:41.09	18:27.19	19:59.39	21:31.69
1:17.19	1:11.69	1:06.19	1:03.39	1:00.59	57.89	100 Y Back	51.79	54.29	56.79	59.19	1:04.19	1:09.09
2:47.29	2:35.39	2:23.39	2:17.39	2:11.49	2:05.49	200 Y Back	1:52.99	1:58.29	2:03.69	2:09.09	2:19.89	2:30.59
1:27.79	1:21.49	1:15.29	1:12.09	1:08.99	1:05.89	100 Y Breast	59.09	1:01.89	1:04.79	1:07.59	1:13.19	1:18.79
3:09.29	2:55.79	2:42.29	2:35.49	2:28.69	2:21.99	200 Y Breast	2:08.69	2:14.79	2:20.89	2:27.09	2:39.29	2:51.59
1:16.39	1:10.99	1:05.49	1:02.79	59.99	57.29	100 Y Fly	51.29	53.79	56.19	58.69	1:03.59	1:08.39
2:46.49	2:34.59	2:22.69	2:16.69	2:10.79	2:04.89	200 Y Fly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39	2:31.19
2:49.49	2:37.39	2:25.29	2:19.29	2:13.19	2:07.19	200 Y IM	1:55.19	2:00.69	2:06.19	2:11.69	2:22.59	2:33.59
6:01.29	5:35.49	5										

2009-2012 National Age Group Motivational Times

5/13/2009

Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	50 M	100 M	200 M	400 M	800 M	1500 M	50 M Back	100 M Back	200 M Back	50 M Breast	100 M Breast	200 M Breast	50 M Fly	100 M Fly	200 M Fly	50 M IM	100 M IM	200 M IM																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
10 Year Olds Girls												10 Year Olds Boys																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
43.99	39.79	35.49	34.09	32.69	31.29	50 M Free	30.99	32.29	33.59	34.89	38.89	42.89	1:40.89	1:30.19	1:19.49	1:15.89	1:12.29	1:08.69	100 M Free	1:07.99	1:11.39	1:14.79	1:18.19	1:28.29	1:38.49	1:48.69	1:58.89	2:09.09	2:19.29	2:29.49	2:39.69	2:49.89	2:59.09	3:09.29	3:19.49	3:29.69	3:39.89	3:49.09	3:59.29	4:09.49	4:19.69	4:29.89	4:39.09	4:49.29	4:59.49	5:09.69	5:19.89	5:29.09	5:39.29	5:49.49	5:59.69	6:09.89	6:19.09	6:29.29	6:39.49	6:49.69	6:59.89	7:09.09	7:19.29	7:29.49	7:39.69	7:49.89	7:59.09	8:09.29	8:19.49	8:29.69	8:39.89	8:49.09	8:59.29	9:09.49	9:19.69	9:29.89	9:39.09	9:49.29	9:59.49	10:09.69	10:19.89	10:29.09	10:39.29	10:49.49	10:59.69	11:09.89	11:19.09	11:29.29	11:39.49	11:49.69	11:59.89	12:09.09	12:19.29	12:29.49	12:39.69	12:49.89	12:59.09	13:09.29	13:19.49	13:29.69	13:39.89	13:49.09	13:59.29	14:09.49	14:19.69	14:29.89	14:39.09	14:49.29	14:59.49	15:09.69	15:19.89	15:29.09	15:39.29	15:49.49	15:59.69	16:09.89	16:19.09	16:29.29	16:39.49	16:49.69	16:59.89	17:09.09	17:19.29	17:29.49	17:39.69	17:49.89	17:59.09	18:09.29	18:19.49	18:29.69	18:39.89	18:49.09	18:59.29	19:09.49	19:19.69	19:29.89	19:39.09	19:49.29	19:59.49	20:09.69	20:19.89	20:29.09	20:39.29	20:49.49	20:59.69	21:09.89	21:19.09	21:29.29	21:39.49	21:49.69	21:59.89	22:09.09	22:19.29	22:29.49	22:39.69	22:49.89	22:59.09	23:09.29	23:19.49	23:29.69	23:39.89	23:49.09	23:59.29	24:09.49	24:19.69	24:29.89	24:39.09	24:49.29	24:59.49	25:09.69	25:19.89	25:29.09	25:39.29	25:49.49	25:59.69	26:09.89	26:19.09	26:29.29	26:39.49	26:49.69	26:59.89	27:09.09	27:19.29	27:29.49	27:39.69	27:49.89	27:59.09	28:09.29	28:19.49	28:29.69	28:39.89	28:49.09	28:59.29	29:09.49	29:19.69	29:29.89	29:39.09	29:49.29	29:59.49	30:09.69	30:19.89	30:29.09	30:39.29	30:49.49	30:59.69	31:09.89	31:19.09	31:29.29	31:39.49	31:49.69	31:59.89	32:09.09	32:19.29	32:29.49	32:39.69	32:49.89	32:59.09	33:09.29	33:19.49	33:29.69	33:39.89	33:49.09	33:59.29	34:09.49	34:19.69	34:29.89	34:39.09	34:49.29	34:59.49	35:09.69	35:19.89	35:29.09	35:39.29	35:49.49	35:59.69	36:09.89	36:19.09	36:29.29	36:39.49	36:49.69	36:59.89	37:09.09	37:19.29	37:29.49	37:39.69	37:49.89	37:59.09	38:09.29	38:19.49	38:29.69	38:39.89	38:49.09	38:59.29	39:09.49	39:19.69	39:29.89	39:39.09	39:49.29	39:59.49	40:09.69	40:19.89	40:29.09	40:39.29	40:49.49	40:59.69	41:09.89	41:19.09	41:29.29	41:39.49	41:49.69	41:59.89	42:09.09	42:19.29	42:29.49	42:39.69	42:49.89	42:59.09	43:09.29	43:19.49	43:29.69	43:39.89	43:49.09	43:59.29	44:09.49	44:19.69	44:29.89	44:39.09	44:49.29	44:59.49	45:09.69	45:19.89	45:29.09	45:39.29	45:49.49	45:59.69	46:09.89	46:19.09	46:29.29	46:39.49	46:49.69	46:59.89	47:09.09	47:19.29	47:29.49	47:39.69	47:49.89	47:59.09	48:09.29	48:19.49	48:29.69	48:39.89	48:49.09	48:59.29	49:09.49	49:19.69	49:29.89	49:39.09	49:49.29	49:59.49	50:09.69	50:19.89	50:29.09	50:39.29	50:49.49	50:59.69	51:09.89	51:19.09	51:29.29	51:39.49	51:49.69	51:59.89	52:09.09	52:19.29	52:29.49	52:39.69	52:49.89	52:59.09	53:09.29	53:19.49	53:29.69	53:39.89	53:49.09	53:59.29	54:09.49	54:19.69	54:29.89	54:39.09	54:49.29	54:59.49	55:09.69	55:19.89	55:29.09	55:39.29	55:49.49	55:59.69	56:09.89	56:19.09	56:29.29	56:39.49	56:49.69	56:59.89	57:09.09	57:19.29	57:29.49	57:39.69	57:49.89	57:59.09	58:09.29	58:19.49	58:29.69	58:39.89	58:49.09	58:59.29	59:09.49	59:19.69	59:29.89	59:39.09	59:49.29	59:59.49	60:09.69	60:19.89	60:29.09	60:39.29	60:49.49	60:59.69	61:09.89	61:19.09	61:29.29	61:39.49	61:49.69	61:59.89	62:09.09	62:19.29	62:29.49	62:39.69	62:49.89	62:59.09	63:09.29	63:19.49	63:29.69	63:39.89	63:49.09	63:59.29	64:09.49	64:19.69	64:29.89	64:39.09	64:49.29	64:59.49	65:09.69	65:19.89	65:29.09	65:39.29	65:49.49	65:59.69	66:09.89	66:19.09	66:29.29	66:39.49	66:49.69	66:59.89	67:09.09	67:19.29	67:29.49	67:39.69	67:49.89	67:59.09	68:09.29	68:19.49	68:29.69	68:39.89	68:49.09	68:59.29	69:09.49	69:19.69	69:29.89	69:39.09	69:49.29	69:59.49	70:09.69	70:19.89	70:29.09	70:39.29	70:49.49	70:59.69	71:09.89	71:19.09	71:29.29	71:39.49	71:49.69	71:59.89	72:09.09	72:19.29	72:29.49	72:39.69	72:49.89	72:59.09	73:09.29	73:19.49	73:29.69	73:39.89	73:49.09	73:59.29	74:09.49	74:19.69	74:29.89	74:39.09	74:49.29	74:59.49	75:09.69	75:19.89	75:29.09	75:39.29	75:49.49	75:59.69	76:09.89	76:19.09	76:29.29	76:39.49	76:49.69	76:59.89	77:09.09	77:19.29	77:29.49	77:39.69	77:49.89	77:59.09	78:09.29	78:19.49	78:29.69	78:39.89	78:49.09	78:59.29	79:09.49	79:19.69	79:29.89	79:39.09	79:49.29	79:59.49	80:09.69	80:19.89	80:29.09	80:39.29	80:49.49	80:59.69	81:09.89	81:19.09	81:29.29	81:39.49	81:49.69	81:59.89	82:09.09	82:19.29	82:29.49	82:39.69	82:49.89	82:59.09	83:09.29	83:19.49	83:29.69	83:39.89	83:49.09	83:59.29	84:09.49	84:19.69	84:29.89	84:39.09	84:49.29	84:59.49	85:09.69	85:19.89	85:29.09	85:39.29	85:49.49	85:59.69	86:09.89	86:19.09	86:29.29	86:39.49	86:49.69	86:59.89	87:09.09	87:19.29	87:29.49	87:39.69	87:49.89	87:59.09	88:09.29	88:19.49	88:29.69	88:39.89	88:49.09	88:59.29	89:09.49	89:19.69	89:29.89	89:39.09	89:49.29	89:59.49	90:09.69	90:19.89	90:29.09	90:39.29	90:49.49	90:59.69	91:09.89	91:19.09	91:29.29	91:39.49	91:49.69	91:59.89	92:09.09	92:19.29	92:29.49	92:39.69	92:49.89	92:59.09	93:09.29	93:19.49	93:29.69	93:39.89	93:49.09	93:59.29	94:09.49	94:19.69	94:29.89	94:39.09	94:49.29	94:59.49	95:09.69	95:19.89	95:29.09	95:39.29	95:49.49	95:59.69	96:09.89	96:19.09	96:29.29	96:39.49	96:49.69	96:59.89	97:09.09	97:19.29	97:29.49	97:39.69	97:49.89	97:59.09	98:09.29	98:19.49	98:29.69	98:39.89	98:49.09	98:59.29	99:09.49	99:19.69	99:29.89	99:39.09	99:49.29	99:59.49	100:09.69	100:19.89	100:29.09	100:39.29	100:49.49	100:59.69	101:09.89	101:19.09	101:29.29	101:39.49	101:49.69	101:59.89	102:09.09	102:19.29	102:29.49	102:39.69	102:49.89	102:59.09	103:09.29	103:19.49	103:29.69	103:39.89	103:49.09	103:59.29	104:09.49	104:19.69	104:29.89	104:39.09	104:49.29	104:59.49	105:09.69	105:19.89	105:29.09	105:39.29	105:49.49	105:59.69	106:09.89	106:19.09	106:29.29	106:39.49	106:49.69	106:59.89	107:09.09	107:19.29	107:29.49	107:39.69	107:49.89	107:59.09	108:09.29	108:19.49	108:29.69	108:39.89	108:49.09	108:59.29	109:09.49	109:19.69	109:29.89	109:39.09	109:49.29	109:59.49	110:09.69	110:19.89	110:29.09	110:39.29	110:49.49	110:59.69	111:09.89	111:19.09	111:29.29	111:39.49	111:49.69	111:59.89	112:09.09	112:19.29	112:29.49	112:39.69	112:49.89	112:59.09	113:09.29	113:19.49	113:29.69	113:39.89	113:49.09	113:59.29	114:09.49	114:19.69	114:29.89	114:39.09	114:49.29	114:59.49	115:09.69	115:19.89	115:29.09	115:39.29	115:49.49	115:59.69	116:09.89	116:19.09	116:29.29	116:39.49	116:49.69	116:59.89	117:09.09	117:19.29	117:29.49	117:39.69	117:49.89	117:59.09	118:09.29	118:19.49	118:29.69	118:39.89	118:49.09	118:59.29	119:09.49	119:19.69	119:29.89	119:39.09	119:49.29	119:59.49	120:09.69	120:19.89	120:29.09	120:39.29	120:49.49	120:59.69	121:09.89	121:19.09	121:29.29	121:39.49	121:49.69	121:59.89	122:09.09	122:19.29	122:29.49	122:39.69	122:49.89	122:59.09	123:09.29	123:19.49	123:29.69	123:39.89	123:49.09	123:59.29	124:09.49	124:19.69	124:29.89	124:39.09	124:49.29	124:59.49	125:09.69	125:19.89	125:29.09	125:39.29	125:49.49	125:59.69	126:09.89	126:19.09	126:29.29	126:39.49	126:49.69	126:59.89	127:09.09	127:19.29	127:29.49	127:39.69	127:49.89	127:59.09	128:09.29	128:19.49	128:29.69	128:39.89	128:49.09	128:59.29	129:09.49	129:19.69	129:29.89	129:39.09	129:49.29	129:59.49	130:09.69	130:19.89	130:29.09	130:39.29	130:49.49	130:59.69	131:09.89	131:19.09	131:29.29	131:39.49	131:49.69	131:59.89	132:09.09	132:19.29	132:29.49	132:39.69	132:49.89	132:59.09	133:09.29	133:19.49	133:29.69	133:39.89	133:49.09	133:59.29	134:09.49	134:19.69	134:29.89	134:39.09	134:49.29	134:59.49	135:09.69	135:19.89	135:29.09	135:39.29	135:49.49	135:59.69	136:09.89	136:19.09	136:29.29	136:39.49	136:49.69	136:59.89	137:09.09	137:19.29	137:29.49	137:39.69	137:49.89	137:59.09	138:09.29	138:19.49	138:29.69	138:39.89	138:49.09	138:59.29	139:09.49	139:19.69	139:29.89	139:39.09	139:49.29	139:59.49	140:09.69	140:19.89	140:29.09	140:39.29	140:49.49	140:59.69	141:09.89	141:19.09	141:29.29	141:39.49	141:49.69	141:59.89	142:09.09	142:19.29	142:29.49	142:39.69	142:49.89	142:59.09	143:09.29	143:19.49	143:29.69	143:39.89	143:49.09	143:59.29	144:09.49	144:19.69	144:29.89	144:39.09	144:49.29	144:59.49	145:09.69	145:19.89	145:29.09	145:39.29	145:49.49	145:59.69	146:09.89	146:19.09	146:29.29	146:39.49	146:49.69	146:59.89	147:09.09	147:19.29	147:29.49	147:39.69	14

2009-2012 National Age Group Motivational Times

5/13/2009

Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
14 Year Olds Girls						14 Year Olds Boys						
36.89	34.29	31.69	30.29	28.99	27.69	50 M Free	25.49	26.69	27.89	29.09	31.49	33.89
1:20.19	1:14.39	1:08.69	1:05.79	1:02.99	1:00.09	100 M Free	55.49	58.19	1:00.79	1:03.49	1:08.79	1:13.99
2:52.49	2:40.19	2:27.89	2:21.69	2:15.49	2:09.39	200 M Free	2:01.09	2:06.89	2:12.59	2:18.39	2:29.89	2:41.49
6:00.39	5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:16.69	4:28.99	4:41.19	4:53.39	5:17.79	5:42.29
12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	800 M Free	8:53.29	9:18.69	9:44.09	10:09.49	11:00.29	11:50.99
23:25.99	21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M Free	16:45.39	17:33.29	18:21.09	19:08.99	20:44.69	22:20.49
1:28.29	1:21.99	1:15.69	1:12.49	1:09.39	1:06.19	100 M Back	1:02.09	1:04.99	1:07.99	1:10.99	1:16.89	1:22.79
3:09.89	2:56.29	2:42.79	2:35.99	2:29.19	2:22.39	200 M Back	2:13.69	2:19.99	2:26.39	2:32.79	2:45.49	2:58.19
1:40.09	1:32.89	1:25.79	1:22.19	1:18.59	1:15.09	100 M Breast	1:09.69	1:12.99	1:16.29	1:19.59	1:26.29	1:32.89
3:34.99	3:19.69	3:04.29	2:56.59	2:48.89	2:41.29	200 M Breast	2:31.19	2:38.39	2:45.59	2:52.69	3:07.09	3:21.49
1:27.39	1:21.19	1:14.89	1:11.79	1:08.69	1:05.59	100 M Fly	1:00.79	1:03.69	1:06.59	1:09.49	1:15.29	1:20.99
3:11.59	2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M Fly	2:15.59	2:22.09	2:28.49	2:34.99	2:47.89	3:00.79
3:13.99	3:00.09	2:46.29	2:39.29	2:32.39	2:25.49	200 M IM	2:15.59	2:22.09	2:28.49	2:34.99	2:47.89	3:00.79
6:49.69	6:20.39	5:51.19	5:36.49	5:21.89	5:07.29	400 M IM	4:50.49	5:04.39	5:18.19	5:31.99	5:59.69	6:27.39
15 Year Olds Girls						15 Year Olds Boys						
36.49	33.89	31.29	29.99	28.69	27.39	50 M Free	24.89	26.09	27.19	28.39	30.79	33.19
1:18.89	1:13.29	1:07.59	1:04.79	1:01.99	99.19	100 M Free	54.39	56.89	59.49	1:02.09	1:07.29	1:12.49
2:49.89	2:37.79	2:25.69	2:19.59	2:13.49	2:07.49	200 M Free	1:58.29	2:03.89	2:09.49	2:15.19	2:26.39	2:37.69
5:58.79	5:33.09	5:07.49	4:54.69	4:41.89	4:29.09	400 M Free	4:12.89	4:24.89	4:36.89	4:48.99	5:12.99	5:37.09
12:21.29	11:28.39	10:35.39	10:08.99	9:42.49	9:15.99	800 M Free	8:44.59	9:09.59	9:34.59	9:59.49	10:49.49	11:39.39
23:28.09	21:47.49	20:06.89	19:16.69	18:26.39	17:36.09	1500 M Free	16:42.19	17:29.89	18:17.59	19:05.29	20:40.79	22:16.19
1:26.79	1:20.59	1:14.39	1:11.29	1:08.19	1:05.09	100 M Back	1:00.39	1:03.29	1:06.09	1:08.99	1:14.79	1:20.49
3:08.29	2:54.79	2:41.39	2:34.59	2:27.89	2:21.19	200 M Back	2:10.89	2:17.09	2:23.39	2:29.59	2:42.09	2:54.49
1:38.49	1:31.49	1:24.49	1:20.89	1:17.39	1:13.89	100 M Breast	1:08.49	1:11.79	1:14.99	1:18.29	1:24.79	1:31.29
3:33.89	3:18.59	3:03.39	2:55.69	2:48.09	2:40.49	200 M Breast	2:29.29	2:36.39	2:43.49	2:50.59	3:04.89	3:19.09
1:26.89	1:20.69	1:14.49	1:11.39	1:08.29	1:05.19	100 M Fly	59.49	1:02.39	1:05.19	1:07.99	1:13.69	1:19.29
3:10.99	2:57.39	2:43.69	2:36.89	2:30.09	2:23.29	200 M Fly	2:11.79	2:17.99	2:24.29	2:30.59	2:43.09	2:55.69
3:11.59	2:57.89	2:44.29	2:37.39	2:30.59	2:23.69	200 M IM	2:12.99	2:19.29	2:25.69	2:31.99	2:44.69	2:57.29
6:46.59	6:17.59	5:48.49	5:33.99	5:19.49	5:04.99	400 M IM	4:43.69	4:57.19	5:10.69	5:24.19	5:51.19	6:18.29
16 Year Olds Girls						16 Year Olds Boys						
36.09	33.59	30.99	29.69	28.39	27.09	50 M Free	24.49	25.69	26.79	27.99	30.29	32.59
1:18.29	1:12.69	1:07.09	1:04.29	1:01.49	98.69	100 M Free	53.39	55.99	58.49	1:00.99	1:06.09	1:11.19
2:47.99	2:35.99	2:23.99	2:17.99	2:11.99	2:05.99	200 M Free	1:56.09	2:01.59	2:07.19	2:12.69	2:23.69	2:34.79
5:54.69	5:29.39	5:03.99	4:51.39	4:38.69	4:25.99	400 M Free	4:08.39	4:20.19	4:31.99	4:43.79	5:07.49	5:31.09
12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M Free	8:34.69	8:59.19	9:23.79	9:48.29	10:37.29	11:26.29
23:10.59	21:31.29	19:51.99	19:02.29	18:12.59	17:22.99	1500 M Free	16:21.19	17:07.89	17:54.69	18:41.39	20:14.79	21:48.29
1:25.79	1:19.69	1:13.59	1:10.49	1:07.39	1:04.39	100 M Back	59.09	1:01.89	1:04.69	1:07.49	1:13.19	1:18.79
3:05.49	2:52.19	2:38.99	2:32.39	2:25.69	2:19.09	200 M Back	2:07.99	2:14.09	2:20.19	2:26.29	2:38.39	2:50.59
1:37.59	1:30.59	1:23.59	1:20.09	1:16.69	1:13.19	100 M Breast	1:06.59	1:09.79	1:12.99	1:16.09	1:22.49	1:28.79
3:29.89	3:14.89	2:59.89	2:52.39	2:44.89	2:37.39	200 M Breast	2:25.19	2:32.09	2:38.99	2:45.89	2:59.69	3:13.49
1:25.49	1:19.39	1:13.29	1:10.19	1:07.19	1:04.09	100 M Fly	58.09	1:00.89	1:03.69	1:06.39	1:11.99	1:17.49
3:06.19	2:52.89	2:39.59	2:32.99	2:26.29	2:19.69	200 M Fly	2:08.99	2:15.09	2:21.29	2:27.39	2:39.69	2:51.99
3:09.49	2:55.99	2:42.49	2:35.69	2:28.89	2:22.19	200 M IM	2:10.69	2:16.89	2:23.09	2:29.29	2:41.79	2:54.19
6:39.49	6:10.99	5:42.39	5:28.19	5:13.89	4:59.59	400 M IM	4:38.29	4:51.59	5:04.79	5:18.09	5:44.59	6:11.09
17 Year Olds Girls						17 Year Olds Boys						
36.09	33.59	30.99	29.69	28.39	27.09	50 M Free	23.49	24.59	25.69	26.79	29.09	31.29
1:18.49	1:12.89	1:07.29	1:04.49	1:01.69	98.89	100 M Free	52.79	55.39	57.89	1:00.39	1:05.39	1:10.39
2:48.69	2:36.69	2:24.59	2:18.59	2:12.59	2:06.59	200 M Free	1:55.09	2:00.49	2:05.99	2:11.49	2:22.49	2:33.39
5:56.39	5:30.89	5:05.49	4:52.79	4:39.99	4:27.29	400 M Free	4:06.99	4:18.69	4:30.49	4:42.19	5:05.79	5:29.29
12:19.19	11:26.39	10:33.59	10:07.19	9:40.79	9:14.39	800 M Free	8:33.79	8:58.29	9:22.69	9:47.19	10:36.09	11:24.99
23:23.59	21:43.29	20:03.09	19:12.89	18:22.79	17:32.69	1500 M Free	16:21.09	17:07.79	17:54.49	18:41.19	20:14.59	21:48.09
1:26.49	1:20.29	1:14.19	1:11.09	1:07.99	1:04.89	100 M Back	58.19	1:00.99	1:03.79	1:06.59	1:12.09	1:17.59
3:06.79	2:53.49	2:40.19	2:33.49	2:26.79	2:20.09	200 M Back	2:06.59	2:12.69	2:18.69	2:24.69	2:36.79	2:48.79
1:38.49	1:31.49	1:24.39	1:20.89	1:17.39	1:13.89	100 M Breast	1:06.19	1:09.39	1:12.49	1:15.69	1:21.99	1:28.29
3:32.99	3:17.79	3:02.59	2:54.99	2:47.39	2:39.79	200 M Breast	2:24.19	2:31.09	2:37.89	2:44.79	2:58.49	3:12.29
1:25.09	1:18.99	1:12.89	1:09.89	1:06.89	1:03.79	100 M Fly	57.59	1:00.29	1:02.99	1:05.79	1:11.29	1:16.69
3:06.69	2:53.39	2:40.09	2:33.39	2:26.69	2:20.09	200 M Fly	2:07.49	2:13.59	2:19.69	2:25.69	2:37.89	2:49.99
3:10.29	2:56.69	2:43.09	2:36.29	2:29.49	2:22.69	200 M IM	2:09.09	2:15.29	2:21.39	2:27.59	2:39.79	2:52.09
6:43.09	6:14.29	5:45.49	5:31.09	5:16.69	5:02.29	400 M IM	4:36.89	4:50.09	5:03.19	5:16.39	5:42.79	6:09.09
18 Year Olds Girls						18 Year Olds Boys						
35.79	33.19	30.69	29.39	28.09	26.89	50 M Free	23.69	24.79	25.99	27.09	29.29	31.59
1:17.19	1:11.69	1:06.19	1:03.39	1:00.69	97.89	100 M Free	51.89	54.29	56.79	59.29	1:04.19	1:09.09
2:46.89	2:34.99	2:23.09	2:17.09	2:11.09	2:05.19	200 M Free	1:54.19	1:59.59	2:04.99	2:10.49	2:21.29	2:32.19
5:52.19	5:27.09	5:01.89	4:49.29	4:36.69	4:24.19	400 M Free	4:03.29	4:14.89	4:26.49	4:37.99	5:01.19	5:24.39
12:08.59	11:16.59	10:24.49	9:58.49	9:32.49	9:06.49	800 M Free	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39	11:17.79
22:58.19	21:19.69	19:41.29	18:52.09	18:02.79	17:13.59	1500 M Free	16:03.19	16:48.99	17:34.89	18:20.69	19:52.49	21:24.19
1:25.29	1:19.19	1:13.09	1:10.09	1:06.99	1:03.99	100 M Back	57.29	59.99	1:02.69	1:05.49	1:10.89	1:16.39
3:04.89	2:51.69	2:38.49	2:31.89	2:25.29	2:18.69	200 M Back	2:04.79	2:10.79	2:16.69	2:22.59	2:34.49	2:46.39
1:36.99	1:30.09	1:23.19	1:19.69	1:16.19	1:12.79	100 M Breast	1:05.29	1:08.39	1:11.59	1:14.69	1:20.89	1:27.09
3:29.19	3:14.19	2:59.29	2:51.79	2:44.29	2:36.89	200 M Breast	2:22.19	2:28.99	2:35.69	2:42.49	2:55.99	3:09.59
1:24.39	1:18.39	1:12.39	1:09.39	1:06.29	1:03.29	100 M Fly	56.69	59.39	1:02.09	1:04.79	1:10.19	1:15.59
3:03.89	2:50.79	2:37.69	2:31.09	2:24.49	2:17.99	200 M Fly	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19	2:47.09
3:07.29	2:53.99	2:40.59	2:33.89									