

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	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
10 Year Olds Girls						10 Year Olds Boys						
38.89*	35.19*	31.39*	30.19*	28.89*	27.69*	50 Y Free	27.39*	28.59*	29.79*	30.99*	34.49*	38.09*
1:29.59*	1:19.99*	1:10.49*	1:07.29*	1:04.19*	1:00.99*	100 Y Free	1:00.59*	1:03.69*	1:06.69*	1:09.69*	1:18.79*	1:27.79*
3:19.19*	2:57.39*	2:35.59*	2:28.29*	2:20.99*	2:13.69*	200 Y Free	2:10.69*	2:16.89*	2:23.09*	2:29.39*	2:47.99*	3:06.69*
8:24.99*	7:34.49*	6:43.99*	6:27.19*	6:10.39*	5:53.49*	500 Y Free	5:47.49*	6:04.09*	6:20.59*	6:37.09*	7:26.79*	8:16.39*
46.99*	41.89*	36.69*	34.99*	33.29*	31.59*	50 Y Back	31.79*	33.59*	35.29*	37.09*	42.39*	47.69*
1:41.99*	1:30.69*	1:19.29*	1:15.59*	1:11.79*	1:07.99*	100 Y Back	1:08.39*	1:11.89*	1:15.39*	1:18.89*	1:29.29*	1:39.79*
53.29*	47.49*	41.79*	39.89*	37.99*	35.99*	50 Y Breast	35.49*	37.29*	39.19*	40.99*	46.59*	52.09*
1:58.09*	1:44.99*	1:31.89*	1:27.49*	1:23.09*	1:18.79*	100 Y Breast	1:17.39*	1:21.29*	1:25.09*	1:28.99*	1:40.59*	1:52.19*
47.39*	41.79*	36.19*	34.39*	32.49*	30.59*	50 Y Fly	30.29*	31.99*	33.69*	35.39*	40.49*	45.69*
1:53.99*	1:39.09*	1:24.09*	1:19.19*	1:14.19*	1:09.19*	100 Y Fly	1:08.39*	1:13.19*	1:17.99*	1:22.69*	1:37.09*	1:51.39*
1:41.69*	1:30.89*	1:20.09*	1:16.49*	1:12.89*	1:09.29*	100 Y IM	1:08.99*	1:12.29*	1:15.59*	1:18.89*	1:28.79*	1:38.59*
3:38.19*	3:15.29*	2:52.39*	2:44.79*	2:37.19*	2:29.59*	200 Y IM	2:28.69*	2:36.19*	2:43.59*	2:50.99*	3:13.19*	3:35.49*
11 Year Olds Girls						11 Year Olds Boys						
34.89*	32.49*	30.09*	28.89*	27.59*	26.39*	50 Y Free	26.09*	27.29*	28.59*	29.79*	32.29*	34.79*
1:16.39*	1:10.89*	1:05.49*	1:02.69*	59.99*	57.29*	100 Y Free	56.99*	59.69*	1:02.49*	1:05.19*	1:10.59*	1:15.99*
2:45.79*	2:33.89*	2:22.09*	2:16.19*	2:10.29*	2:04.29*	200 Y Free	2:03.69*	2:09.59*	2:15.49*	2:21.39*	2:33.19*	2:44.99*
7:28.09*	6:56.09*	6:24.09*	6:08.09*	5:52.09*	5:36.09*	500 Y Free	5:31.29*	5:46.99*	6:02.79*	6:18.59*	6:50.09*	7:21.69*
15:30.59*	14:24.09*	13:17.69*	12:44.39*	12:11.19*	11:37.99*	1000 Y Free	11:32.69*	12:05.69*	12:38.69*	13:11.69*	14:17.59*	15:23.59*
26:10.39*	24:18.19*	22:25.99*	21:29.89*	20:33.89*	19:37.79*	1650 Y Free	19:27.99*	20:23.59*	21:19.19*	22:14.79*	24:05.99*	25:57.29*
39.69*	36.89*	33.99*	32.59*	31.19*	29.79*	50 Y Back	29.99*	31.59*	33.09*	34.69*	37.79*	40.89*
1:27.89*	1:20.99*	1:14.09*	1:10.59*	1:07.19*	1:03.69*	100 Y Back	1:03.79*	1:07.29*	1:10.79*	1:14.29*	1:21.19*	1:28.09*
3:04.89*	2:51.69*	2:38.39*	2:31.89*	2:25.19*	2:18.69*	200 Y Back	2:18.79*	2:25.39*	2:32.09*	2:38.69*	2:51.89*	3:05.09*
44.89*	41.69*	38.49*	36.89*	35.29*	33.69*	50 Y Breast	33.49*	35.29*	37.09*	38.99*	42.59*	46.19*
1:39.09*	1:31.79*	1:24.39*	1:20.79*	1:17.09*	1:13.49*	100 Y Breast	1:12.49*	1:16.29*	1:19.99*	1:23.79*	1:31.39*	1:38.89*
3:31.59*	3:16.49*	3:01.39*	2:53.89*	2:46.29*	2:38.69*	200 Y Breast	2:36.99*	2:44.49*	2:51.99*	2:59.39*	3:14.39*	3:29.29*
38.09*	35.39*	32.59*	31.29*	29.89*	28.59*	50 Y Fly	28.59*	30.19*	31.79*	33.39*	36.59*	39.69*
1:28.79*	1:21.69*	1:14.59*	1:10.99*	1:07.49*	1:03.89*	100 Y Fly	1:03.69*	1:07.39*	1:11.09*	1:14.69*	1:22.09*	1:29.49*
3:10.09*	2:56.59*	2:42.99*	2:36.19*	2:29.39*	2:22.59*	200 Y Fly	2:22.59*	2:29.39*	2:36.09*	2:42.89*	2:56.49*	3:10.09*
1:27.09*	1:20.89*	1:14.59*	1:11.49*	1:08.39*	1:05.29*	100 Y IM	1:05.19*	1:08.39*	1:11.59*	1:14.69*	1:21.09*	1:27.49*
3:06.59*	2:53.29*	2:39.99*	2:33.29*	2:26.59*	2:19.99*	200 Y IM	2:20.49*	2:27.69*	2:34.89*	2:41.99*	2:56.39*	3:10.69*
6:38.79*	6:10.29*	5:41.79*	5:27.59*	5:13.29*	4:59.09*	400 Y IM	4:59.39*	5:13.59*	5:27.89*	5:42.09*	6:10.69*	6:39.19*
12 Year Olds Girls						12 Year Olds Boys						
33.79*	31.49*	29.09*	27.89*	26.79*	25.59*	50 Y Free	24.49*	25.59*	26.79*	27.89*	30.29*	32.59*
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	53.29*	55.79*	58.29*	1:00.89*	1:05.89*	1:10.99*
2:40.79*	2:29.39*	2:17.89*	2:12.09*	2:06.39*	2:00.59*	200 Y Free	1:56.09*	2:01.69*	2:07.19*	2:12.69*	2:23.79*	2:34.79*
7:07.79*	6:37.29*	6:06.69*	5:51.39*	5:36.19*	5:20.89*	500 Y Free	5:12.99*	5:27.89*	5:42.79*	5:57.69*	6:27.49*	6:57.29*
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39*	11:25.59*	11:56.79*	12:27.89*	13:30.19*	14:32.59*
24:53.99*	23:07.29*	21:20.59*	20:27.19*	19:33.89*	18:40.49*	1650 Y Free	18:16.39*	19:08.59*	20:00.79*	20:52.99*	22:37.49*	24:21.89*
38.49*	35.69*	32.99*	31.59*	30.19*	28.89*	50 Y Back	27.99*	29.49*	30.99*	32.39*	35.29*	38.29*
1:25.19*	1:18.49*	1:11.79*	1:08.49*	1:05.09*	1:01.79*	100 Y Back	59.99*	1:03.29*	1:06.59*	1:09.79*	1:16.29*	1:22.89*
2:56.69*	2:44.09*	2:31.49*	2:25.19*	2:18.89*	2:12.59*	200 Y Back	2:09.49*	2:15.69*	2:21.89*	2:27.99*	2:40.39*	2:52.69*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 Y Breast	31.09*	32.79*	34.49*	36.19*	39.59*	42.89*
1:34.69*	1:27.69*	1:20.69*	1:17.19*	1:13.69*	1:10.19*	100 Y Breast	1:07.09*	1:10.59*	1:14.09*	1:17.59*	1:24.59*	1:31.59*
3:22.79*	3:08.29*	2:53.79*	2:46.59*	2:39.29*	2:32.09*	200 Y Breast	2:26.59*	2:33.59*	2:40.59*	2:47.59*	3:01.49*	3:15.49*
36.79*	34.19*	31.59*	30.19*	28.89*	27.59*	50 Y Fly	26.79*	28.19*	29.69*	31.19*	34.19*	37.09*
1:25.09*	1:18.29*	1:11.49*	1:08.09*	1:04.69*	1:01.29*	100 Y Fly	59.39*	1:02.79*	1:06.19*	1:09.59*	1:16.49*	1:23.29*
3:00.29*	2:47.39*	2:34.59*	2:28.09*	2:21.69*	2:15.19*	200 Y Fly	2:12.09*	2:18.39*	2:24.69*	2:30.99*	2:43.59*	2:56.19*
1:24.39*	1:18.39*	1:12.39*	1:09.29*	1:06.29*	1:03.29*	100 Y IM	1:00.29*	1:03.29*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.59*	2:47.69*	2:34.79*	2:28.39*	2:21.89*	2:15.49*	200 Y IM	2:10.89*	2:17.49*	2:24.19*	2:30.89*	2:44.19*	2:57.59*
6:24.19*	5:56.79*	5:29.29*	5:15.59*	5:01.89*	4:48.19*	400 Y IM	4:39.79*	4:53.19*	5:06.49*	5:19.79*	5:46.39*	6:13.09*
13 Year Olds Girls						13 Year Olds Boys						
33.39*	31.09*	28.69*	27.49*	26.29*	25.09*	50 Y Free	23.49*	24.59*	25.69*	26.79*	28.99*	31.29*
1:12.29*	1:07.09*	1:01.99*	59.39*	56.79*	54.19*	100 Y Free	51.09*	53.49*	55.99*	58.39*	1:03.29*	1:08.09*
2:36.19*	2:25.09*	2:13.89*	2:08.39*	2:02.79*	1:57.19*	200 Y Free	1:50.99*	1:56.29*	2:01.59*	2:06.89*	2:17.39*	2:27.99*
6:57.79*	6:27.99*	5:58.09*	5:43.19*	5:28.29*	5:13.39*	500 Y Free	4:58.89*	5:13.09*	5:27.39*	5:41.59*	6:09.99*	6:38.49*
14:21.39*	13:19.89*	12:18.39*	11:47.59*	11:16.89*	10:46.09*	1000 Y Free	10:20.69*	10:50.19*	11:19.79*	11:49.39*	12:48.49*	13:47.59*
24:03.09*	22:19.99*	20:36.99*	19:45.39*	18:53.89*	18:02.29*	1650 Y Free	17:18.59*	18:07.99*	18:57.49*	19:46.89*	21:25.79*	23:04.69*
1:19.89	1:14.19	1:08.49	1:05.69	1:02.79	59.99	100 Y Back	56.59*	59.29*	1:01.89*	1:04.59*	1:09.99*	1:15.39*
2:51.89*	2:39.69*	2:27.39*	2:21.19*	2:15.09*	2:08.99*	200 Y Back	2:02.59*	2:08.39*	2:14.19*	2:20.09*	2:31.69*	2:43.39*
1:30.59*	1:24.19*	1:17.69*	1:14.49*	1:11.19*	1:07.99*	100 Y Breast	1:03.49*	1:06.59*	1:09.59*	1:12.59*	1:18.69*	1:24.69*
3:16.89*	3:02.89*	2:48.79*	2:41.79*	2:34.69*	2:27.69*	200 Y Breast	2:17.59*	2:24.09*	2:30.69*	2:37.19*	2:50.29*	3:03.39*
1:18.79*	1:13.19*	1:07.59*	1:04.79*	1:01.99*	59.09*	100 Y Fly	55.79*	58.39*	1:01.09*	1:03.69*	1:08.99*	1:14.29*
2:55.29*	2:42.69*	2:30.19*	2:23.99*	2:17.69*	2:11.49*	200 Y Fly	2:03.69*	2:09.59*	2:15.49*	2:21.39*	2:33.19*	2:44.99*
2:55.59*	2:43.09*	2:30.59*	2:24.29*	2:17.99*	2:11.69*	200 Y IM	2:04.69*	2:10.59*	2:16.59*	2:22.49*	2:34.39*	2:46.29*
6:13.49*	5:46.79*	5:20.09*	5:06.79*	4:53.49*	4:40.09*	400 Y IM	4:25.29*	4:37.99*	4:50.59*	5:03.19*	5:28.49*	5:53.69*