

AGE GROUP SESSION (National B)				
10&U Girls		EVENT	10&U Boys	
LCM	SCY		SCY	LCM
44.09	38.89	50 Free	38.09	43.59
1:41.99	1:29.59	100 Free	1:27.79	1:40.59
3:45.79	3:18.99	200 Free	3:06.69	3:33.49
54.89	46.99	50 Back	47.49	55.29
1:59.19	1:41.99	100 Back	1:39.79	1:55.09
1:00.49	53.19	50 Breast	52.09	59.69
2:14.79	1:58.09	100 Breast	1:53.39	2:09.39
53.39	47.39	50 Fly	45.69	51.79
2:09.99	1:53.99	100 Fly	1:51.39	2:07.09
4:09.39	3:38.49	200 IM	3:35.49	4:06.19
AGE GROUP SESSION (National B)				
11-12 Girls		EVENT	11-12 Boys	
LCM	SCY		SCY	LCM
44.09	33.59	50 Free	38.09	43.59
1:41.99	1:13.59	100 Free	1:27.79	1:40.59
3:45.79	2:40.39	200 Free	3:06.69	3:33.49
5:58.29	7:08.79	400 Free	6:26.59	5:38.29
54.89	38.09	50 Back	47.49	55.29
1:59.19	1:24.79	100 Back	1:39.79	1:55.09
3:04.89	2:46.79	200 Back	2:36.29	2:53.59
1:00.49	42.99	50 Breast	52.09	59.69
2:14.79	1:34.09	100 Breast	1:53.39	2:09.39
3:32.19	3:10.89	200 Breast	2:56.59	3:17.09
53.39	36.49	50 Fly	45.69	51.79
2:09.99	1:24.39	100 Fly	1:51.39	2:07.09
3:07.89	2:48.99	200 Fly	2:38.19	2:54.99
4:09.39	3:00.19	200 IM	3:35.49	4:06.19
6:44.19	6:24.19	400 IM	5:41.49	6:17.69

AGE GROUP SESSION (National B)				
13-14 Girls		EVENT	13-14 Boys	
LCM	SCY		SCY	LCM
36.09	32.59	50 Free	29.89	33.19
1:18.29	1:10.59	100 Free	1:05.59	1:12.49
2:49.29	2:32.09	200 Free	2:22.99	2:37.99
5:58.29	6:47.79	400 Free	6:26.59	5:38.29
1:25.29	1:16.69	50 Back	1:11.49	1:19.59
1:25.29	1:16.69	100 Back	1:11.49	1:19.59
3:04.89	2:46.79	200 Back	2:36.29	2:53.59
1:37.99	1:27.99	50 Breast	1:21.29	1:29.89
1:37.99	1:27.99	100 Breast	1:21.29	1:29.89
3:32.19	3:10.89	200 Breast	2:56.59	3:17.09
1:24.99	1:16.39	50 Fly	1:11.19	1:18.89
1:24.99	1:16.39	100 Fly	1:11.19	1:18.89
3:07.89	2:48.99	200 Fly	2:38.19	2:54.99
3:09.49	2:49.79	200 IM	2:39.99	2:56.79
6:44.19	6:03.59	400 IM	5:41.49	6:17.69
SENIOR SESSION (15-16 National BB)				
Women		EVENT	Men	
LCM	SCY		SCY	LCM
33.79	29.49	50 Free	26.39	30.19
1:13.49	1:03.99	100 Free	57.89	1:06.89
2:38.69	2:18.69	200 Free	2:07.79	2:26.09
5:32.89	6:11.99	400 Free	5:44.09	5:09.89
22:23.09	21:26.19	1500 Free	20:02.89	20:33.99
1:21.09	1:09.39	100 Back	1:03.19	1:14.39
2:55.59	2:31.39	200 Back	2:17.49	2:41.39
53.19	1:00.49	100 Breast	1:11.09	1:23.49
3:20.49	2:52.79	200 Breast	2:36.19	3:01.39
1:19.49	1:09.39	100 Fly	1:02.69	1:11.79
2:53.99	2:33.49	200 Fly	2:20.49	2:39.99
2:58.19	2:34.89	200 IM	2:20.89	2:43.99
6:18.79	5:30.49	400 IM	5:03.69	5:47.29