

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

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
10 Girls						10 Boys						
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
11 Girls						11 Boys						
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
12 Girls						12 Boys						
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	5:12.99	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

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

13 Girls

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

13 Boys

14 Girls

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

14 Boys

15 Girls

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

15 Boys

16 Girls

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

16 Boys

2021-2024 National Single Age Motivational Times

10/01/2020 10:19:27

17 Girls

17 Boys

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

18 Girls

18 Boys

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	2:27.89	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
6:34.19	6:06.09	5:37.89	5:23.79	5:09.79	4:55.69	400 M IM	4:27.39	4:40.09	4:52.89	5:05.59	5:30.99	5:56.49