



# 2021 AGE GROUP STANDARDS

## MOTIVATIONAL TIME STANDARDS

GIRLS						BOYS						
LCM		SCM		SCY		10 & Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
34.79	<b>38.79</b>	33.39	<b>37.19</b>	30.09	<b>33.59</b>	50 Free	30.19	<b>33.69</b>	33.49	<b>37.29</b>	34.89	<b>38.89</b>
1:17.59	<b>1:26.39</b>	1:14.59	<b>1:22.99</b>	1:07.19	<b>1:14.89</b>	100 Free	1:06.59	<b>1:14.29</b>	1:13.89	<b>1:22.29</b>	1:18.29	<b>1:27.09</b>
2:49.89	<b>3:08.89</b>	2:44.49	<b>3:02.99</b>	2:28.19	<b>2:44.09</b>	200 Free	2:27.79	<b>2:44.59</b>	2:44.09	<b>3:02.49</b>	2:51.89	<b>3:11.09</b>
5:49.29	6:50.59	5:39.79	6:39.49	6:28.29	7:40.59	400/500 Free	6:28.29	7:44.69	5:39.79	6:47.99	5:49.29	6:56.79
40.79	<b>45.59</b>	39.49	<b>43.99</b>	35.59	<b>39.69</b>	50 Back	35.79	<b>39.89</b>	39.69	<b>44.19</b>	41.59	<b>46.29</b>
1:29.29	<b>1:39.29</b>	1:25.49	<b>1:34.99</b>	1:16.99	<b>1:25.69</b>	100 Back	1:17.79	<b>1:26.29</b>	1:25.99	<b>1:35.69</b>	1:29.29	<b>1:39.39</b>
46.89	<b>52.09</b>	44.49	<b>49.39</b>	40.09	<b>44.59</b>	50 Breast	41.09	<b>45.49</b>	45.39	<b>50.39</b>	48.49	<b>53.89</b>
1:42.89	<b>1:54.19</b>	1:37.49	<b>1:48.19</b>	1:27.79	<b>1:37.59</b>	100 Breast	1:29.89	<b>1:40.09</b>	1:39.89	<b>1:50.99</b>	1:44.79	<b>1:56.49</b>
38.79	<b>43.19</b>	37.79	<b>42.09</b>	34.09	<b>37.99</b>	50 Fly	34.29	<b>37.99</b>	37.79	<b>42.09</b>	39.79	<b>44.29</b>
1:34.29	<b>1:44.69</b>	1:28.79	<b>1:38.69</b>	1:19.99	<b>1:28.99</b>	100 Fly	1:21.49	<b>1:29.89</b>	1:29.69	<b>1:39.69</b>	1:37.99	<b>1:48.79</b>
		1:25.79	<b>1:35.39</b>	1:17.79	<b>1:25.99</b>	100 IM	1:17.79	<b>1:26.59</b>	1:26.39	<b>1:39.99</b>		
3:13.89	<b>3:35.29</b>	3:05.69	<b>3:26.29</b>	2:47.29	<b>3:05.99</b>	200 IM	2:49.69	<b>3:07.09</b>	3:06.59	<b>3:27.49</b>	3:11.39	<b>3:33.19</b>
2:30.29		2:22.59		2:08.49		200 Fr Relay	2:10.59		2:24.99		2:35.59	
2:50.99		2:41.19		2:25.19		200 Med Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11 & 12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
30.69	<b>34.49</b>	29.59	<b>33.49</b>	26.99	<b>30.19</b>	50 Free	26.59	<b>30.09</b>	28.99	<b>33.39</b>	30.09	<b>34.69</b>
1:06.99	<b>1:14.49</b>	1:04.79	<b>1:12.29</b>	58.29	<b>1:05.09</b>	100 Free	57.89	<b>1:05.69</b>	1:03.89	<b>1:12.79</b>	1:06.39	<b>1:16.49</b>
2:25.49	<b>2:44.89</b>	2:19.89	<b>2:39.49</b>	2:08.19	<b>2:23.79</b>	200 Free	2:08.19	<b>2:23.89</b>	2:19.49	<b>2:39.49</b>	2:24.99	<b>2:46.99</b>
5:09.29	5:45.19	4:57.39	5:30.79	5:42.19	6:18.59	400/500 Free	5:43.59	6:18.29	4:57.49	5:30.59	5:09.39	5:51.29
11:12.79	12:30.89	10:59.99	12:14.19	11:48.99	13:04.49	800/1000 Free	11:56.29	13:08.69	11:01.89	12:15.59	11:14.69	12:46.09
20:45.49	23:10.09	20:17.99	22:39.19	20:10.79	22:19.59	1500/1650 Free	20:00.79	22:02.09	20:07.99	22:35.59	20:43.29	23:31.69
35.49	<b>39.49</b>	34.49	<b>38.19</b>	30.99	<b>34.39</b>	50 Back	31.09	<b>34.99</b>	34.59	<b>38.89</b>	35.89	<b>41.29</b>
1:16.59	<b>1:26.59</b>	1:13.49	<b>1:22.89</b>	1:06.19	<b>1:14.79</b>	100 Back	1:06.89	<b>1:15.49</b>	1:14.79	<b>1:23.69</b>	1:17.79	<b>1:28.99</b>
2:42.49	2:56.09	2:37.79	2:51.59	2:21.39	2:36.39	200 Back	2:23.69	2:39.59	2:39.19	2:54.59	2:43.89	2:59.79
40.29	<b>45.99</b>	38.79	<b>43.39</b>	34.49	<b>39.09</b>	50 Breast	34.79	<b>39.69</b>	38.49	<b>44.09</b>	39.99	<b>46.89</b>
1:27.39	<b>1:40.09</b>	1:24.09	<b>1:34.49</b>	1:15.59	<b>1:25.19</b>	100 Breast	1:15.69	<b>1:25.89</b>	1:24.79	<b>1:35.39</b>	1:28.09	<b>1:41.99</b>
3:02.39	3:22.39	2:59.19	3:19.89	2:42.19	3:01.69	200 Breast	2:47.29	3:11.29	3:05.59	3:30.19	3:08.79	3:38.09
33.39	<b>38.19</b>	32.19	<b>37.09</b>	29.39	<b>33.49</b>	50 Fly	29.69	<b>33.39</b>	32.59	<b>36.99</b>	33.69	<b>38.59</b>
1:15.59	<b>1:26.99</b>	1:12.69	<b>1:21.99</b>	1:05.89	<b>1:14.79</b>	100 Fly	1:06.99	<b>1:15.59</b>	1:14.09	<b>1:23.69</b>	1:16.19	<b>1:29.09</b>
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:08.29	200 Fly	2:37.89	3:06.69	3:01.09	3:24.09	3:03.29	3:30.99
		1:15.19	<b>1:26.29</b>	<b>1:07.39</b>	<b>1:14.89</b>	100 IM	1:07.19	<b>1:15.89</b>	1:14.69	<b>1:24.19</b>		
2:45.79	<b>3:06.99</b>	2:39.49	<b>2:59.79</b>	2:24.99	<b>2:41.99</b>	200 IM	2:25.59	<b>2:43.29</b>	2:40.59	<b>2:58.59</b>	2:46.79	<b>3:09.49</b>
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
4:40.89		4:30.09		4:03.69		400 Fr Relay	4:07.29		4:34.99		4:45.99	
5:19.69		5:07.39		4:34.79		400 Med Relay	4:41.79		5:15.29		5:30.39	
LCM		SCM		SCY		13 & 14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
29.19	<b>31.79</b>	28.19	30.79	25.49	27.79	50 Free	<b>23.89</b>	<b>26.29</b>	26.49	29.19	<b>27.39</b>	<b>30.39</b>
<b>1:03.39</b>	<b>1:09.19</b>	1:01.39	1:06.99	55.29	1:00.29	100 Free	<b>51.79</b>	<b>56.99</b>	57.99	1:03.79	59.59	1:06.39
2:18.39	2:31.59	2:13.19	2:25.29	1:59.69	2:10.89	200 Free	<b>1:53.19</b>	<b>2:04.99</b>	2:06.29	2:18.99	<b>2:11.19</b>	<b>2:25.09</b>
4:52.49	5:21.79	4:41.29	5:09.49	5:22.69	5:53.59	400/500 Free	<b>5:07.59</b>	<b>5:35.19</b>	4:32.29	4:59.59	<b>4:40.79</b>	<b>5:11.19</b>
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:01.59	21:03.39	18:45.59	20:41.49	18:49.19	20:44.49	1500/1650 Free	18:18.29	20:10.99	18:28.39	20:20.09	18:45.29	20:42.09
<b>1:12.09</b>	<b>1:18.69</b>	1:09.59	1:14.59	<b>1:01.29</b>	<b>1:06.89</b>	100 Back	59.69	1:05.69	1:04.79	1:11.49	1:09.69	1:18.19
<b>2:35.19</b>	<b>2:49.89</b>	2:29.89	2:42.69	<b>2:13.29</b>	<b>2:25.79</b>	200 Back	<b>2:08.29</b>	<b>2:21.19</b>	2:24.39	2:36.69	<b>2:29.89</b>	<b>2:46.59</b>
1:22.99	1:30.59	1:19.59	1:26.79	<b>1:10.89</b>	<b>1:17.19</b>	100 Breast	<b>1:06.69</b>	<b>1:14.19</b>	1:14.49	1:22.19	1:18.09	1:24.59
<b>3:00.09</b>	<b>3:18.29</b>	2:53.39	3:09.59	<b>2:34.79</b>	<b>2:50.39</b>	200 Breast	<b>2:25.29</b>	<b>2:40.89</b>	2:43.39	2:59.79	2:51.39	3:11.89
<b>1:10.29</b>	<b>1:16.89</b>	1:08.19	1:14.49	<b>1:01.19</b>	<b>1:06.89</b>	100 Fly	<b>57.89</b>	<b>1:03.69</b>	1:03.99	1:10.49	<b>1:06.59</b>	<b>1:13.89</b>
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	<b>2:12.59</b>	<b>2:25.89</b>	2:29.39	2:42.39	<b>2:34.59</b>	<b>2:50.19</b>
<b>2:37.19</b>	<b>2:51.79</b>	2:31.49	2:45.39	<b>2:16.79</b>	<b>2:28.79</b>	200 IM	2:08.79	2:22.79	2:23.09	2:37.49	2:27.89	2:46.39
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	<b>4:39.19</b>	<b>5:07.19</b>	5:14.89	5:46.39	5:19.99	6:00.29
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med Relay	4:02.69		4:32.89		4:48.29	