

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

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 & under Girls						10 & under 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
3:18.99 *	2:57.19 *	2:35.39 *	2:28.19 *	2:20.89 *	2:13.59 *	200 Y Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
8:25.39 *	7:34.89 *	6:44.29 *	6:27.49 *	6:10.59 *	5:53.79 *	500 Y Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	34.99	33.29	31.59	50 Y Back	31.69 *	33.49 *	35.19 *	36.99 *	42.29 *	47.49 *
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 *	1:18.79 *	1:29.29 *	1:39.79 *
53.19 *	47.49	41.69 *	39.79 *	37.89 *	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	1:18.29 *	1:22.19 *	1:26.09 *	1:29.99 *	1:41.69 *	1:53.39 *
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	1:08.49 *	1:13.19 *	1:17.99 *	1:22.79 *	1:37.09 *	1:51.39 *
1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	100 Y IM	1:09.09 *	1:12.39 *	1:15.69 *	1:18.99 *	1:28.89 *	1:38.79 *
3:38.49	3:15.59	2:52.69	2:45.09	2:37.39	2:29.79	200 Y IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49
11-12 Girls						11-12 Boys						
33.59 *	31.29 *	28.99 *	27.79 *	26.59 *	25.49 *	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
2:40.39 *	2:28.99 *	2:17.49 *	2:11.79 *	2:05.99 *	2:00.29 *	200 Y Free	1:55.89 *	2:01.39 *	2:06.99 *	2:12.49 *	2:23.49 *	2:34.59 *
7:08.79 *	6:38.19 *	6:07.59 *	5:52.19 *	5:36.89 *	5:21.59 *	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
38.09 *	35.39 *	32.69 *	31.29 *	29.99 *	28.59 *	50 Y Back	27.79 *	29.29 *	30.69 *	32.09 *	34.99 *	37.89 *
1:24.79 *	1:18.09 *	1:11.39 *	1:08.09 *	1:04.69 *	1:01.39 *	100 Y Back	59.49 *	1:02.79	1:05.99 *	1:09.19 *	1:15.69 *	1:22.19
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	200 Y Back	2:08.99 *	2:15.19 *	2:21.29 *	2:27.39 *	2:39.69 *	2:51.99 *
42.99 *	39.99	36.89	35.39	33.79 *	32.29	50 Y Breast	31.09	32.69 *	34.39 *	36.09 *	39.49 *	42.89
1:34.09 *	1:27.19 *	1:20.19 *	1:16.69 *	1:13.19 *	1:09.79 *	100 Y Breast	1:06.99 *	1:10.49 *	1:13.99 *	1:17.49 *	1:24.49 *	1:31.39 *
3:20.89 *	3:06.59 *	2:52.19 *	2:45.09 *	2:37.89 *	2:30.69 *	200 Y Breast	2:25.59 *	2:32.49 *	2:39.39 *	2:46.39 *	3:00.19 *	3:14.09 *
36.49 *	33.89 *	31.29 *	29.99 *	28.69 *	27.39 *	50 Y Fly	26.79	28.19	29.69	31.19	34.19	37.09
1:24.39 *	1:17.59 *	1:10.89 *	1:07.49 *	1:04.19 *	1:00.79 *	100 Y Fly	58.99 *	1:02.39 *	1:05.89 *	1:09.29 *	1:16.09 *	1:22.89 *
2:59.99 *	2:47.19 *	2:34.29 *	2:27.89 *	2:21.39 *	2:14.99 *	200 Y Fly	2:09.89 *	2:16.09 *	2:22.19 *	2:28.39 *	2:40.79 *	2:53.19 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
3:00.19 *	2:47.29 *	2:34.49 *	2:27.99 *	2:21.59 *	2:15.19 *	200 Y IM	2:10.69 *	2:17.29 *	2:23.99 *	2:30.69 *	2:43.99 *	2:57.29 *
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
13-14 Girls						13-14 Boys						
32.59 *	30.19 *	27.89 *	26.79	25.59 *	24.39 *	50 Y Free	22.49	23.49 *	24.59 *	25.69	27.79 *	29.89 *
1:10.59 *	1:05.49 *	1:00.49 *	57.99 *	55.49 *	52.89 *	100 Y Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59
2:32.09 *	2:21.29 *	2:10.39 *	2:04.99 *	1:59.49 *	1:54.09 *	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
6:47.79 *	6:18.69 *	5:49.59 *	5:34.99 *	5:20.39 *	5:05.89 *	500 Y Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59
14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.49	1000 Y Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	1650 Y Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
1:16.69 *	1:11.19 *	1:05.69 *	1:02.99 *	1:00.19 *	57.49 *	100 Y Back	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:46.79 *	2:34.89 *	2:22.99 *	2:17.09 *	2:11.09 *	2:05.09 *	200 Y Back	1:57.19 *	2:02.79 *	2:08.39 *	2:13.99 *	2:25.09 *	2:36.29 *
1:27.99 *	1:21.69 *	1:15.39 *	1:12.29 *	1:09.09 *	1:05.99 *	100 Y Breast	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:10.89 *	2:57.29 *	2:43.69 *	2:36.79 *	2:29.99 *	2:23.19 *	200 Y Breast	2:12.49 *	2:18.79 *	2:25.09 *	2:31.39 *	2:43.99 *	2:56.59 *
1:16.39 *	1:10.89 *	1:05.49 *	1:02.69 *	59.99 *	57.29 *	100 Y Fly	53.39 *	55.89 *	58.49 *	1:00.99 *	1:06.09 *	1:11.19 *
2:48.99 *	2:36.89 *	2:24.89 *	2:18.79 *	2:12.79 *	2:06.79 *	200 Y Fly	1:58.69 *	2:04.29 *	2:09.99 *	2:15.59 *	2:26.89 *	2:38.19 *
2:49.79 *	2:37.59 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09 *	2:28.49 *	2:39.99
6:03.59 *	5:37.59 *	5:11.69 *	4:58.69 *	4:45.69 *	4:32.69 *	400 Y IM	4:16.09 *	4:28.29 *	4:40.49 *	4:52.69 *	5:17.09 *	5:41.49 *

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15-16 Girls						15-16 Boys						
31.79*	29.49*	27.19*	26.09*	24.99*	23.79*	50 Y Free	21.29*	22.29*	23.29*	24.39*	26.39*	28.39*
1:08.89*	1:03.99*	58.99*	56.59*	54.09*	51.69*	100 Y Free	46.79*	48.99*	51.19*	53.49*	57.89*	1:02.39*
2:29.39*	2:18.69*	2:08.09*	2:02.69*	1:57.39*	1:52.09*	200 Y Free	1:42.39*	1:47.29*	1:52.09*	1:56.99*	2:06.79*	2:16.49*
6:40.59*	6:11.99*	5:43.39*	5:29.09*	5:14.79*	5:00.49*	500 Y Free	4:37.99*	4:51.19*	5:04.39*	5:17.69*	5:44.09*	6:10.59*
13:49.19*	12:49.99*	11:50.79*	11:21.19*	10:51.59*	10:21.89*	1000 Y Free	9:39.79*	10:07.39*	10:34.99*	11:02.59*	11:57.79*	12:52.99*
23:05.19*	21:26.19*	19:47.29*	18:57.79*	18:08.39*	17:18.89*	1650 Y Free	16:11.59*	16:57.79*	17:44.09*	18:30.39*	20:02.89*	21:35.39*
1:14.69*	1:09.39*	1:03.99*	1:01.39*	58.69*	55.99*	100 Y Back	51.09*	53.49*	55.99*	58.39*	1:03.19*	1:08.09*
2:42.99*	2:31.39*	2:19.69*	2:13.89*	2:08.09*	2:02.29*	200 Y Back	1:50.99*	1:56.29*	2:01.59*	2:06.89*	2:17.49*	2:27.99*
1:25.89*	1:19.69*	1:13.59*	1:10.49*	1:07.49*	1:04.39*	100 Y Breast	57.39*	1:00.19*	1:02.89*	1:05.59*	1:11.09*	1:16.49*
3:05.99*	2:52.79*	2:39.49*	2:32.79*	2:26.19*	2:19.49*	200 Y Breast	2:06.19*	2:12.19*	2:18.19*	2:24.19*	2:36.19*	2:48.19*
1:14.69*	1:09.39*	1:03.99*	1:01.39*	58.69*	55.99*	100 Y Fly	50.59*	53.09*	55.49*	57.89*	1:02.69*	1:07.49*
2:45.29*	2:33.49*	2:21.69*	2:15.79*	2:09.89*	2:03.99*	200 Y Fly	1:53.49*	1:58.89*	2:04.29*	2:09.69*	2:20.49*	2:31.29*
2:46.79*	2:34.89*	2:22.99*	2:16.99*	2:10.99*	2:05.09*	200 Y IM	1:53.79*	1:59.19*	2:04.69*	2:10.09*	2:20.89*	2:31.69*
5:55.89*	5:30.49*	5:04.99*	4:52.29*	4:39.59*	4:26.89*	400 Y IM	4:05.29*	4:16.99*	4:28.59*	4:40.29*	5:03.69*	5:26.99*
17-18 Girls						17-18 Boys						
31.39*	29.09*	26.89*	25.79*	24.59*	23.49*	50 Y Free	20.89*	21.89*	22.89*	23.89*	25.89*	27.89*
1:08.19*	1:03.29*	58.49*	55.99*	53.59*	51.19*	100 Y Free	45.79*	47.99*	50.09*	52.29*	56.69*	1:00.99*
2:28.49*	2:17.89*	2:07.29*	2:01.99*	1:56.69*	1:51.39*	200 Y Free	1:39.79*	1:44.59*	1:49.29*	1:54.09*	2:03.59*	2:13.09*
6:35.69*	6:07.39*	5:39.19*	5:24.99*	5:10.89*	4:56.79*	500 Y Free	4:31.59*	4:44.59*	4:57.49*	5:10.39*	5:36.29*	6:02.19*
13:46.19*	12:47.19*	11:48.19*	11:18.69*	10:49.19*	10:19.69*	1000 Y Free	9:32.59*	9:59.79*	10:27.09*	10:54.39*	11:48.89*	12:43.39*
22:48.49*	21:10.69*	19:32.99*	18:44.09*	17:55.19*	17:06.39*	1650 Y Free	15:51.49*	16:36.79*	17:22.09*	18:07.39*	19:37.99*	21:08.59*
1:13.69*	1:08.49*	1:03.19*	1:00.59*	57.89*	55.29*	100 Y Back	49.69*	51.99*	54.39*	56.69*	1:01.49*	1:06.19*
2:39.79*	2:28.39*	2:16.99*	2:11.29*	2:05.59*	1:59.89*	200 Y Back	1:48.69*	1:53.89*	1:58.99*	2:04.19*	2:14.59*	2:24.89*
1:24.89*	1:18.79*	1:12.79*	1:09.79*	1:06.69*	1:03.69*	100 Y Breast	56.39*	58.99*	1:01.69*	1:04.39*	1:09.79*	1:15.09*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 Y Breast	2:02.49*	2:08.29*	2:14.19*	2:19.99*	2:31.69*	2:43.29*
1:13.59*	1:08.29*	1:03.09*	1:00.49*	57.79*	55.19*	100 Y Fly	49.39*	51.79*	54.09*	56.49*	1:01.19*	1:05.89*
2:43.49*	2:31.89*	2:20.19*	2:14.29*	2:08.49*	2:02.69*	200 Y Fly	1:50.59*	1:55.89*	2:01.19*	2:06.39*	2:16.99*	2:27.49*
2:44.39*	2:32.69*	2:20.89*	2:15.09*	2:09.19*	2:03.29*	200 Y IM	1:50.79*	1:55.99*	2:01.29*	2:06.59*	2:17.09*	2:27.69*
5:51.19*	5:26.09*	5:00.99*	4:48.49*	4:35.89*	4:23.39*	400 Y IM	3:59.89*	4:11.29*	4:22.69*	4:34.19*	4:56.99*	5:19.89*