

# 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     |
|-----------------------------|-----------|-----------|-----------|-----------|-----------|----------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>10 &amp; under Girls</b> |           |           |           |           |           | <b>10 &amp; under Boys</b> |           |           |           |           |           |           |
| 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   |
| <b>11-12 Girls</b>          |           |           |           |           |           | <b>11-12 Boys</b>          |           |           |           |           |           |           |
| 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   |
| <b>13-14 Girls</b>          |           |           |           |           |           | <b>13-14 Boys</b>          |           |           |           |           |           |           |
| 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 * |

## 2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

### 15-16 Girls

|           |           |           |           |           |           |              |           |           |           |           |           |           |
|-----------|-----------|-----------|-----------|-----------|-----------|--------------|-----------|-----------|-----------|-----------|-----------|-----------|
| 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 * |

### 15-16 Boys

### 17-18 Girls

|            |            |            |            |            |            |              |            |            |            |            |            |            |
|------------|------------|------------|------------|------------|------------|--------------|------------|------------|------------|------------|------------|------------|
| 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 *  |

### 17-18 Boys