

2017-2020 National Age Group Motivational Times

9/30/2016

Long 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 & Under Girls | | | | | | 10 & Under Boys | | | | | | |
| 44.09* | 39.89* | 35.59* | 34.19* | 32.79* | 31.39* | 50 M Free | 31.39* | 32.79* | 34.09* | 35.49* | 39.49* | 43.59* |
| 1:42.39* | 1:31.49* | 1:20.59* | 1:16.99* | 1:13.29* | 1:09.69* | 100 M Free | 1:09.49* | 1:12.99* | 1:16.49* | 1:19.89* | 1:30.29* | 1:40.69* |
| 3:45.79* | 3:20.99* | 2:56.29* | 2:48.09* | 2:39.79* | 2:31.59* | 200 M Free | 2:29.49* | 2:36.59* | 2:43.69* | 2:50.79* | 3:12.09* | 3:33.49* |
| 7:36.79* | 6:51.09* | 6:05.39* | 5:50.19* | 5:34.99* | 5:19.79* | 400 M Free | 5:14.69 | 5:29.69 | 5:44.59 | 5:59.59 | 6:44.59 | 7:29.49 |
| 54.89* | 48.89* | 42.89* | 40.89* | 38.89* | 36.89* | 50 M Back | 36.89* | 38.89* | 40.99* | 42.99* | 49.19* | 55.29* |
| 1:59.19* | 1:45.99* | 1:32.69* | 1:28.29* | 1:23.89* | 1:19.49* | 100 M Back | 1:19.29* | 1:23.39* | 1:27.39* | 1:31.49* | 1:43.59* | 1:55.69* |
| 1:00.49* | 53.99* | 47.49* | 45.29* | 43.09* | 40.89* | 50 M Breast | 40.59* | 42.69* | 44.89* | 46.99* | 53.29* | 59.69* |
| 2:16.69* | 2:01.49* | 1:46.29* | 1:41.29* | 1:36.19* | 1:31.19* | 100 M Breast | 1:30.59* | 1:35.09* | 1:39.59* | 1:44.19* | 1:57.69* | 2:11.29* |
| 53.59* | 47.29* | 40.99* | 38.89* | 36.69* | 34.59* | 50 M Fly | 34.39* | 36.29* | 38.19* | 40.19* | 45.99* | 51.79* |
| 2:09.99* | 1:52.99* | 1:35.99* | 1:30.29* | 1:24.59* | 1:18.89* | 100 M Fly | 1:18.49* | 1:23.99* | 1:29.49* | 1:34.99* | 1:51.39* | 2:07.79* |
| 4:09.39* | 3:43.19* | 3:17.09* | 3:08.29* | 2:59.59* | 2:50.89* | 200 M IM | 2:49.89* | 2:58.39* | 3:06.89* | 3:15.39* | 3:40.79* | 4:06.19* |
| 11-12 Girls | | | | | | 11-12 Boys | | | | | | |
| 38.49* | 35.79* | 33.19* | 31.79* | 30.49* | 29.19* | 50 M Free | 28.09* | 29.39* | 30.69* | 32.09* | 34.69* | 37.39* |
| 1:24.49* | 1:18.49* | 1:12.49* | 1:09.39* | 1:06.39* | 1:03.39* | 100 M Free | 1:01.09* | 1:03.99* | 1:06.99* | 1:09.89* | 1:15.69* | 1:21.49* |
| 3:03.49* | 2:50.39* | 2:37.29* | 2:30.79* | 2:24.19* | 2:17.69* | 200 M Free | 2:13.49* | 2:19.79* | 2:26.19* | 2:32.49* | 2:45.19* | 2:57.89* |
| 6:23.89 | 5:56.49 | 5:29.09 | 5:15.39 | 5:01.69 | 4:47.99 | 400 M Free | 4:41.59 | 4:55.09 | 5:08.49 | 5:21.89 | 5:48.69 | 6:15.49 |
| 13:26.79* | 12:29.19* | 11:31.59* | 11:02.79* | 10:33.99* | 10:05.09* | 800 M Free | 9:53.79* | 10:22.09* | 10:50.39* | 11:18.59* | 12:15.19* | 13:11.69* |
| 25:45.79 | 23:55.39 | 22:04.99 | 21:09.79 | 20:14.59 | 19:19.39 | 1500 M Free | 18:55.19* | 19:49.19* | 20:43.29* | 21:37.39* | 23:25.49* | 25:13.59* |
| 44.29* | 41.19* | 37.99* | 36.39* | 34.79* | 33.29* | 50 M Back | 32.39* | 34.09* | 35.79* | 37.49* | 40.89* | 44.19* |
| 1:38.89 | 1:31.09 | 1:23.29 | 1:19.39 | 1:15.49 | 1:11.59 | 100 M Back | 1:10.09* | 1:13.89* | 1:17.69* | 1:21.49* | 1:29.09* | 1:36.79* |
| 3:24.79* | 3:10.19* | 2:55.59* | 2:48.19* | 2:40.89* | 2:33.59* | 200 M Back | 2:30.59* | 2:37.79* | 2:44.99* | 2:52.19* | 3:06.49* | 3:20.79* |
| 48.99* | 45.49* | 41.99* | 40.19* | 38.49* | 36.69* | 50 M Breast | 35.69* | 37.69* | 39.59* | 41.59* | 45.39* | 49.29* |
| 1:49.49* | 1:41.39* | 1:33.39* | 1:29.29* | 1:25.29* | 1:21.19* | 100 M Breast | 1:18.19* | 1:22.19* | 1:26.29* | 1:30.39* | 1:38.49* | 1:46.69* |
| 3:52.69* | 3:36.09* | 3:19.49* | 3:11.19* | 3:02.79* | 2:54.49* | 200 M Breast | 2:48.49* | 2:56.59* | 3:04.59* | 3:12.59* | 3:28.69* | 3:44.69* |
| 41.29* | 38.29* | 35.39* | 33.89* | 32.49* | 30.99* | 50 M Fly | 30.29* | 31.99* | 33.69* | 35.29* | 38.69* | 41.99* |
| 1:36.19* | 1:28.49* | 1:20.79* | 1:16.99* | 1:13.19* | 1:09.29* | 100 M Fly | 1:06.99* | 1:10.89* | 1:14.69* | 1:18.59* | 1:26.29* | 1:33.99* |
| 3:24.89* | 3:10.19* | 2:55.59* | 2:48.29* | 2:40.99* | 2:33.69* | 200 M Fly | 2:31.59* | 2:38.79* | 2:45.99* | 2:53.19* | 3:07.69* | 3:22.09* |
| 3:26.29* | 3:11.49* | 2:56.79* | 2:49.39* | 2:42.09* | 2:34.69* | 200 M IM | 2:30.79* | 2:38.49* | 2:46.19* | 2:53.89* | 3:09.29* | 3:24.69* |
| 7:19.69* | 6:48.29* | 6:16.89* | 6:01.19* | 5:45.49* | 5:29.79* | 400 M IM | 5:22.59* | 5:37.99* | 5:53.39* | 6:08.69* | 6:39.39* | 7:10.19* |
| 13-14 Girls | | | | | | 13-14 Boys | | | | | | |
| 37.29* | 34.59* | 31.99* | 30.69* | 29.29* | 27.99* | 50 M Free | 25.79 | 27.09 | 28.29 | 29.49 | 31.99 | 34.39 |
| 1:21.19* | 1:15.39* | 1:09.59* | 1:06.69* | 1:03.79* | 1:00.89* | 100 M Free | 56.59* | 59.29* | 1:01.99* | 1:04.59* | 1:09.99* | 1:15.39* |
| 2:55.09* | 2:42.59* | 2:30.09* | 2:23.89 | 2:17.59* | 2:11.39 | 200 M Free | 2:03.09* | 2:08.89* | 2:14.79* | 2:20.59* | 2:32.29* | 2:44.09* |
| 6:07.19* | 5:40.89* | 5:14.69* | 5:01.59* | 4:48.49* | 4:35.39* | 400 M Free | 4:21.79* | 4:34.29* | 4:46.69* | 4:59.19* | 5:24.09* | 5:49.09* |
| 12:35.99 | 11:41.99 | 10:47.99 | 10:20.99 | 9:53.99 | 9:26.99 | 800 M Free | 9:04.39* | 9:30.29* | 9:56.29* | 10:22.19* | 11:13.99* | 12:05.89* |
| 24:06.99 | 22:23.09 | 20:39.79 | 19:48.09 | 18:56.49 | 18:04.79 | 1500 M Free | 17:19.89* | 18:09.39* | 18:58.89* | 19:48.39* | 21:27.39* | 23:06.49* |
| 1:29.39* | 1:23.59* | 1:17.09* | 1:13.89* | 1:10.69* | 1:07.49* | 100 M Back | 1:03.29* | 1:06.29* | 1:09.29* | 1:12.29* | 1:18.29* | 1:24.39* |
| 3:13.19 | 2:59.39 | 2:45.59 | 2:38.69 | 2:31.79 | 2:24.89 | 200 M Back | 2:16.99* | 2:23.59* | 2:30.09* | 2:36.59* | 2:49.69* | 3:02.69* |
| 1:42.29* | 1:34.99* | 1:27.69* | 1:23.99* | 1:20.39* | 1:16.69* | 100 M Breast | 1:11.19 | 1:14.59 | 1:17.89 | 1:21.29 | 1:28.09 | 1:34.89 |
| 3:41.39* | 3:25.59* | 3:09.79* | 3:01.89* | 2:53.99* | 2:46.09* | 200 M Breast | 2:34.69* | 2:42.09* | 2:49.49* | 2:56.79* | 3:11.59* | 3:26.29* |
| 1:27.29* | 1:21.09* | 1:14.79* | 1:11.69* | 1:08.59* | 1:05.49* | 100 M Fly | 1:00.99* | 1:03.89* | 1:06.79* | 1:09.69* | 1:15.49* | 1:21.29* |
| 3:13.29 | 2:59.49 | 2:45.69 | 2:38.79 | 2:31.89 | 2:24.99 | 200 M Fly | 2:16.69* | 2:23.19* | 2:29.69* | 2:36.19* | 2:49.19* | 3:02.19* |
| 3:17.39* | 3:03.39* | 2:49.19* | 2:42.19* | 2:35.19* | 2:28.09* | 200 M IM | 2:18.99* | 2:25.59* | 2:32.19* | 2:38.79* | 2:51.99* | 3:05.29* |
| 6:57.39* | 6:27.59* | 5:57.79* | 5:42.89* | 5:27.99* | 5:13.09* | 400 M IM | 4:54.59* | 5:08.59* | 5:22.59* | 5:36.59* | 6:04.69* | 6:32.69* |
| 15-16 Girls | | | | | | 15-16 Boys | | | | | | |
| 36.39* | 33.79* | 31.19* | 29.89* | 28.59* | 27.29* | 50 M Free | 24.39 | 25.59 | 26.79 | 27.89 | 30.19 | 32.59 |
| 1:19.29* | 1:13.59* | 1:07.99* | 1:05.09* | 1:02.29* | 59.49* | 100 M Free | 54.19* | 56.79* | 59.39* | 1:01.89* | 1:07.09* | 1:12.29* |
| 2:50.89* | 2:38.69* | 2:26.49* | 2:20.39* | 2:14.29* | 2:08.19* | 200 M Free | 1:57.99* | 2:03.69* | 2:09.29* | 2:14.89* | 2:26.09* | 2:37.39* |
| 5:58.49* | 5:32.89* | 5:07.29* | 4:54.49* | 4:41.69* | 4:28.89* | 400 M Free | 4:10.29* | 4:22.19* | 4:34.19* | 4:46.09* | 5:09.89* | 5:33.69* |
| 12:21.29* | 11:28.39* | 10:35.39* | 10:08.99* | 9:42.49* | 9:15.99* | 800 M Free | 8:45.39* | 9:10.39* | 9:35.39* | 10:00.39* | 10:50.39* | 11:40.49* |
| 23:43.89* | 22:02.19* | 20:20.49* | 19:29.59* | 18:38.79* | 17:47.89* | 1500 M Free | 16:36.69* | 17:24.19* | 18:11.69* | 18:59.09* | 20:33.99* | 22:08.99* |
| 1:28.29* | 1:21.99* | 1:15.69* | 1:12.49* | 1:09.39* | 1:06.19* | 100 M Back | 1:00.29* | 1:03.19* | 1:06.09* | 1:08.89* | 1:14.69* | 1:20.39* |
| 3:09.09* | 2:55.59* | 2:42.09* | 2:35.29* | 2:28.59* | 2:21.79* | 200 M Back | 2:10.29 | 2:16.49 | 2:22.69 | 2:28.89 | 2:41.39 | 2:53.79* |
| 1:39.59* | 1:32.49* | 1:25.39* | 1:21.79* | 1:18.19* | 1:14.69* | 100 M Breast | 1:07.39* | 1:10.59* | 1:13.79* | 1:16.99* | 1:23.49* | 1:29.89* |
| 3:36.29* | 3:20.79* | 3:05.39* | 2:57.69* | 2:49.89* | 2:42.19* | 200 M Breast | 2:27.39* | 2:34.39* | 2:41.39* | 2:48.39* | 3:02.49* | 3:16.49* |
| 1:25.59* | 1:19.49* | 1:13.39* | 1:10.29* | 1:07.29* | 1:04.19* | 100 M Fly | 57.99* | 1:00.79* | 1:03.59* | 1:06.29* | 1:11.79* | 1:17.39* |
| 3:08.19* | 2:54.79* | 2:41.39* | 2:34.59* | 2:27.89* | 2:21.19* | 200 M Fly | 2:09.49* | 2:15.69* | 2:21.89* | 2:27.99* | 2:40.39* | 2:52.69* |
| 3:13.49* | 2:59.69* | 2:45.89* | 2:38.99* | 2:32.09* | 2:25.09* | 200 M IM | 2:12.49* | 2:18.79* | 2:25.09* | 2:31.39* | 2:43.99* | 2:56.59* |
| 6:47.89 | 6:18.79 | 5:49.69 | 5:35.09 | 5:20.49 | 5:05.99 | 400 M IM | 4:40.59* | 4:53.89* | 5:07.29* | 5:20.59* | 5:47.29* | 6:14.09* |
| 17-18 Girls | | | | | | 17-18 Boys | | | | | | |
| 36.19* | 33.59* | 30.99* | 29.69* | 28.39* | 27.09* | 50 M Free | 24.39* | 25.49* | 26.69* | 27.79* | 30.09* | 32.49* |
| 1:18.59* | 1:12.99* | 1:07.39* | 1:04.59* | 1:01.79* | 58.99* | 100 M Free | 53.29* | 55.89* | 58.39* | 1:00.99* | 1:05.99* | 1:11.09* |
| 2:49.59* | 2:37.49* | 2:25.39* | 2:19.29* | 2:13.19* | 2:07.19* | 200 M Free | 1:56.99* | 2:02.59* | 2:08.19* | 2:13.69* | 2:24.89* | 2:35.99* |
| 5:58.49* | 5:32.89* | 5:07.29* | 4:54.49* | 4:41.69* | 4:28.89* | 400 M Free | 4:08.89* | 4:20.79* | 4:32.59* | 4:44.49* | 5:08.19* | 5:31.89* |
| 12:18.09* | 11:25.39* | 10:32.69* | 10:06.29* | 9:39.99* | 9:13.59* | 800 M Free | 8:34.59* | 8:59.09* | 9:23.59* | 9:48.09* | 10:37.09* | 11:26.09* |
| 23:38.09* | 21:57.19* | 20:15.89* | 19:25.19* | 18:34.49* | 17:43.89* | 1500 M Free | 16:27.19* | 17:14.19* | 18:01.19* | 18:48.19* | 20:22.19* | 21:56.19* |
| 1:27.49* | 1:21.29* | 1:14.99* | 1:11.89* | 1:08.79* | 1:05.69* | 100 M Back | 59.29* | 1:02.09* | 1:04.89* | 1:07.69* | 1:13.39* | 1:18.99* |
| 3:08.09* | 2:54.59* | 2:41.19* | 2:34.49* | 2:27.79* | 2:21.09* | 200 M Back | 2:08.29* | 2:14.39* | 2:20.49* | 2:26.59* | 2:38.79* | 2:50.99* |
| 1:39.59 | 1:32.49 | 1:25.29 | 1:21.79 | 1:18.19 | 1:14.69 | 100 M Breast | 1:06.39* | 1:09.59* | 1:12.69* | 1:15.89* | 1:22.19* | 1:28.49* |
| 3:33.09* | 3:17.89* | 3:02.69* | 2:55.09* | 2:47.49* | 2:39.89* | 200 M Breast | 2:25.09* | 2:31.99* | 2:38.89* | 2:45.79* | 2:59.59* | 3:13.39* |
| 1:24.59* | 1:18.59* | 1:12.49* | 1:09.49* | 1:06.49* | 1:03.49* | 100 M Fly | 57.09* | 59.79* | 1:02.49* | 1:05.29* | 1:10.69* | 1:16.09* |
| 3:07.89* | 2:54.49* | 2:41.09* | 2:34.29* | 2:27.59* | 2:20.89* | 200 M Fly | 2:07.19* | 2:13.29* | 2:19.29* | 2:25.39* | 2:37.49* | 2:49.59* |
| 3:10.69* | 2:56.99* | 2:43.39* | 2:36.59* | 2:29.79* | 2:22.99* | 200 M IM | 2:10.59* | 2:16.79* | 2:22.99* | 2:29.19* | 2:41.69* | 2:54.09* |
| 6:45.19* | 6:16.29* | 5:47.29* | 5:32.89* | 5:18.39* | 5:03.89* | | | | | | | |