

2013-2016 National Age Group Motivational Times

Revised 11/15/2013

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
<b>10 Year Olds Girls</b>						<b>10 Year Olds Boys</b>						
44.99*	40.69*	36.29*	34.89*	33.39*	31.99*	50 M Free	31.59*	32.89*	34.29*	35.69*	39.69*	43.79*
1:43.09*	1:32.19*	1:21.19*	1:17.49*	1:13.89*	1:10.19*	100 M Free	1:09.99*	1:13.39*	1:16.89*	1:20.39*	1:30.89*	1:41.29*
3:48.49*	3:23.39*	2:58.39*	2:50.09*	2:41.69*	2:33.39*	200 M Free	2:30.39*	2:37.49*	2:44.69*	2:51.89*	3:13.29*	3:34.79*
7:37.29	6:51.59	6:05.89	5:50.59	5:35.39	5:20.19	400 M Free	5:14.69*	5:29.69*	5:44.59*	5:59.59*	6:44.59*	7:29.49*
55.69*	49.59*	43.49*	41.49*	39.39*	37.39*	50 M Back	37.09*	39.19*	41.29*	43.29*	49.49*	55.69*
2:01.89*	1:48.39*	1:34.79*	1:30.29*	1:25.79*	1:21.29*	100 M Back	1:19.59*	1:23.59*	1:27.69*	1:31.69*	1:43.89*	1:56.09*
1:01.29*	54.69*	48.09*	45.89*	43.69*	41.49*	50 M Breast	41.69*	43.89*	45.99*	48.19*	54.69*	1:01.19*
2:16.89*	2:01.69*	1:46.49*	1:41.49*	1:36.39*	1:31.29*	100 M Breast	1:31.09*	1:35.59*	1:40.19*	1:44.69*	1:58.39*	2:11.99*
54.39*	47.89*	41.49*	39.39*	37.19*	35.09*	50 M Fly	34.99*	36.89*	38.89*	40.89*	46.79*	52.79*
2:11.19*	1:53.99*	1:36.79*	1:31.09*	1:25.39*	1:19.69*	100 M Fly	1:19.49*	1:25.09*	1:30.59*	1:36.09*	1:52.79*	2:09.39*
4:10.09*	3:43.89*	3:17.59*	3:08.89*	3:00.19*	2:51.39*	200 M IM	2:51.19*	2:59.79*	3:08.29*	3:16.89*	3:42.49*	4:08.09*

<b>11 Year Olds Girls</b>						<b>11 Year Olds Boys</b>						
40.29*	37.49*	34.69*	33.29*	31.89*	30.49*	50 M Free	30.19*	31.59*	33.09*	34.49*	37.39*	40.19*
1:29.09*	1:22.79*	1:16.39*	1:13.19*	1:09.99*	1:06.89*	100 M Free	1:05.89*	1:09.09*	1:12.19*	1:15.39*	1:21.59*	1:27.89*
3:13.29*	2:59.49*	2:45.69*	2:38.79*	2:31.89*	2:24.99*	200 M Free	2:22.39*	2:29.09*	2:35.89*	2:42.69*	2:56.19*	3:09.79*
6:42.59*	6:13.89*	5:45.09*	5:30.69*	5:16.39*	5:01.99*	400 M Free	5:00.49*	5:14.79*	5:29.09*	5:43.39*	6:11.99*	6:40.59*
14:07.59*	13:06.99*	12:06.49*	11:36.19*	11:05.99*	10:35.69*	800 M Free	10:38.19*	11:08.59*	11:38.89*	12:09.29*	13:10.09*	14:10.89*
27:17.49*	25:20.59*	23:23.59*	22:25.09*	21:26.59*	20:28.19*	1500 M Free	20:31.89*	21:30.49*	22:29.19*	23:27.89*	25:25.19*	27:22.49*
46.99*	43.59*	40.29*	38.59*	36.89*	35.29*	50 M Back	35.29*	37.09*	38.89*	40.79*	44.39*	48.09*
1:45.89*	1:37.59*	1:29.29*	1:25.09*	1:20.89*	1:16.79*	100 M Back	1:15.49*	1:19.59*	1:23.79*	1:27.89*	1:36.09*	1:44.29*
3:39.09*	3:23.39*	3:07.79*	2:59.99*	2:52.09*	2:44.29*	200 M Back	2:40.99*	2:48.69*	2:56.29*	3:03.99*	3:19.29*	3:34.69*
52.29*	48.49*	44.79*	42.89*	41.09*	39.19*	50 M Breast	39.29*	41.39*	43.59*	45.69*	49.99*	54.29*
1:55.79*	1:47.19*	1:38.69*	1:34.39*	1:30.09*	1:25.79*	100 M Breast	1:25.89*	1:30.39*	1:34.89*	1:39.29*	1:48.29*	1:57.19*
4:07.29*	3:49.59*	3:31.99*	3:23.19*	3:14.29*	3:05.49*	200 M Breast	3:07.29*	3:16.19*	3:25.19*	3:34.09*	3:51.89*	4:09.69*
43.79*	40.59*	37.49*	35.99*	34.39*	32.79*	50 M Fly	32.99*	34.79*	36.69*	38.49*	42.19*	45.79*
1:42.49*	1:34.29*	1:26.09*	1:21.99*	1:17.89*	1:13.79*	100 M Fly	1:13.69*	1:17.89*	1:22.19*	1:26.39*	1:34.89*	1:43.39*
3:39.49*	3:23.79*	3:08.19*	3:00.29*	2:52.49*	2:44.59*	200 M Fly	2:44.99*	2:52.79*	3:00.69*	3:08.49*	3:24.19*	3:39.89*
3:38.79*	3:23.19*	3:07.59*	2:59.79*	2:51.99*	2:44.09*	200 M IM	2:42.79*	2:51.09*	2:59.39*	3:07.69*	3:24.29*	3:40.99*
7:51.49	7:17.89	6:44.19	6:27.29	6:10.49	5:53.69	400 M IM	5:49.79*	6:06.49*	6:23.19*	6:39.79*	7:13.09*	7:46.39*

<b>12 Year Olds Girls</b>						<b>12 Year Olds Boys</b>						
38.69*	35.99*	33.39*	31.99*	30.69*	29.29*	50 M Free	28.49	29.79	31.19	32.49*	35.19*	37.89*
1:24.99*	1:18.99*	1:12.89*	1:09.89*	1:06.79*	1:03.79*	100 M Free	1:01.69*	1:04.59*	1:07.49*	1:10.49*	1:16.29*	1:22.19*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 M Free	2:14.19*	2:20.59*	2:26.99*	2:33.39*	2:46.19*	2:58.99*
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*
13:28.39*	12:30.59*	11:32.89*	11:03.99*	10:35.19*	10:06.29*	800 M Free	9:57.39*	10:25.79*	10:54.19*	11:22.69*	12:19.59*	13:16.49*
25:49.99*	23:59.29*	22:08.59*	21:13.19*	20:17.89*	19:22.49*	1500 M Free	19:06.39*	20:00.89*	20:55.49*	21:50.09*	23:39.29*	25:28.49*
44.89*	41.69*	38.49*	36.89*	35.29*	33.69*	50 M Back	32.99*	34.79*	36.49*	38.19*	41.59*	45.09*
1:38.89	1:31.09	1:23.29	1:19.39	1:15.49	1:11.59	100 M Back	1:10.79*	1:14.69*	1:18.49*	1:22.39*	1:30.09*	1:37.79*
3:27.69*	3:12.89*	2:57.99*	2:50.59*	2:43.19*	2:35.79*	200 M Back	2:32.09*	2:39.39*	2:46.59*	2:53.89*	3:08.39*	3:22.79*
49.09	45.59	42.09	40.39	38.59	36.89	50 M Breast	36.19*	38.09*	40.09*	41.99*	45.99*	49.89*
1:49.99	1:41.89	1:33.79	1:29.69	1:25.59	1:21.59	100 M Breast	1:19.39*	1:23.49*	1:27.69*	1:31.79*	1:40.09*	1:48.39*
3:54.59*	3:37.89*	3:21.09*	3:12.69*	3:04.29*	2:55.99*	200 M Breast	2:52.49*	3:00.69*	3:08.89*	3:17.09*	3:33.59*	3:49.99*
41.79*	38.79*	35.79*	34.29*	32.79*	31.29*	50 M Fly	30.69*	32.39*	34.09*	35.89*	39.29*	42.69*
1:37.49*	1:29.69*	1:21.89*	1:17.99*	1:14.09*	1:10.19*	100 M Fly	1:08.49*	1:12.49*	1:16.39*	1:20.39*	1:28.29*	1:36.19*
3:29.09	3:14.19	2:59.29	2:51.79	2:44.29	2:36.89	200 M Fly	2:31.89*	2:39.09*	2:46.39*	2:53.59*	3:08.09*	3:22.49*
3:28.39*	3:13.49*	2:58.59*	2:51.19*	2:43.79*	2:36.29*	200 M IM	2:32.59*	2:40.39*	2:48.19*	2:55.99*	3:11.49*	3:27.09*
7:23.79*	6:52.09*	6:20.39*	6:04.59*	5:48.69*	5:32.89*	400 M IM	5:25.29*	5:40.79*	5:56.29*	6:11.79*	6:42.79*	7:13.79*

<b>13 Year Olds Girls</b>						<b>13 Year Olds Boys</b>						
38.49*	35.69*	32.99*	31.59*	30.19*	28.89*	50 M Free	27.29*	28.59*	29.89*	31.19*	33.79*	36.39*
1:23.29*	1:17.29*	1:11.39*	1:08.39*	1:05.39*	1:02.49*	100 M Free	59.29*	1:02.09*	1:04.89*	1:07.79*	1:13.39*	1:18.99*
2:59.89*	2:46.99*	2:34.19*	2:27.69*	2:21.29*	2:14.89*	200 M Free	2:08.99*	2:15.09*	2:21.29*	2:27.39*	2:39.69*	2:51.99*
6:14.19*	5:47.49*	5:20.79*	5:07.39*	4:54.09*	4:40.69*	400 M Free	4:32.59*	4:45.59*	4:58.49*	5:11.49*	5:37.49*	6:03.39*
12:57.19*	12:01.69*	11:06.19*	10:38.39*	10:10.69*	9:42.89*	800 M Free	9:23.79*	9:50.69*	10:17.49*	10:44.39*	11:38.09*	12:31.79*
24:45.79*	22:59.69*	21:13.59*	20:20.49*	19:27.39*	18:34.39*	1500 M Free	18:02.19*	18:53.69*	19:45.19*	20:36.69*	22:19.79*	24:02.89*
1:32.99*	1:26.29*	1:19.69*	1:16.39*	1:13.09*	1:09.69*	100 M Back	1:06.79*	1:09.99*	1:13.09*	1:16.29*	1:22.69*	1:28.99*
3:19.19*	3:04.89*	2:50.69*	2:43.59*	2:36.49*	2:29.39*	200 M Back	2:23.99*	2:30.89*	2:37.69*	2:44.59*	2:58.29*	3:11.99*
1:45.79*	1:38.29*	1:30.69*	1:26.89*	1:23.09*	1:19.39*	100 M Breast	1:14.89*	1:18.39*	1:21.99*	1:25.59*	1:32.69*	1:39.79*
3:48.29*	3:31.99*	3:15.69*	3:07.59*	2:59.39*	2:51.29*	200 M Breast	2:42.89*	2:50.59*	2:58.39*	3:06.09*	3:21.69*	3:37.19*

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
-------	--------	-------	--------	---------	----------	----------	---------	--------	-------	--------	-------

14 Year Olds Girls

37.59*	34.89*	32.19*	30.89*	29.49*	28.19*	50 M Free
1:21.29*	1:15.49*	1:09.69*	1:06.79*	1:03.89*	1:00.99*	100 M Free
2:55.79*	2:43.19*	2:30.69*	2:24.39*	2:18.09*	2:11.79*	200 M Free
6:07.79*	5:41.59*	5:15.29*	5:02.19*	4:48.99*	4:35.89*	400 M Free
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free
1:30.19*	1:23.79*	1:17.29*	1:14.09*	1:10.89*	1:07.69*	100 M Back
3:14.59*	3:00.69*	2:46.79*	2:39.89*	2:32.89*	2:25.99*	200 M Back
1:43.69*	1:36.29*	1:28.89*	1:25.19*	1:21.49*	1:17.79*	100 M Breast
3:42.99*	3:27.09*	3:11.19*	3:03.19*	2:55.29*	2:47.29*	200 M Breast
1:28.09*	1:21.79*	1:15.49*	1:12.39*	1:09.19*	1:06.09*	100 M Fly
3:14.39*	3:00.49*	2:46.59*	2:39.69*	2:32.79*	2:25.79*	200 M Fly
3:19.49*	3:05.29*	2:50.99*	2:43.89*	2:36.79*	2:29.69*	200 M IM
7:01.09*	6:30.99*	6:00.89*	5:45.89*	5:30.89*	5:15.79*	400 M IM

14 Year Olds Boys

26.29*	27.59*	28.79*	30.09*	32.59*	35.09*	50 M Free
57.19*	59.89*	1:02.69*	1:05.39*	1:10.79*	1:16.29*	100 M Free
2:04.29*	2:10.19*	2:16.09*	2:22.09*	2:33.89*	2:45.69*	200 M Free
4:24.19*	4:36.79*	4:49.29*	5:01.89*	5:27.09*	5:52.19*	400 M Free
9:10.59*	9:36.79*	10:02.99*	10:29.19*	11:21.69*	12:14.09*	800 M Free
17:26.19	18:16.09	19:05.89	19:55.69	21:35.29	23:14.99	1500 M Free
1:04.59*	1:07.69*	1:10.79*	1:13.89*	1:19.99*	1:26.19*	100 M Back
2:17.19*	2:23.79*	2:30.29*	2:36.79*	2:49.89*	3:02.99*	200 M Back
1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89	100 M Breast
2:37.59*	2:45.09*	2:52.59*	3:00.09*	3:15.09*	3:30.09*	200 M Breast
1:01.59*	1:04.59*	1:07.49*	1:10.39*	1:16.29*	1:22.19*	100 M Fly
2:16.99*	2:23.49*	2:29.99*	2:36.59*	2:49.59*	3:02.59*	200 M Fly
2:20.29*	2:26.99*	2:33.69*	2:40.39*	2:53.69*	3:07.09*	200 M IM
4:57.89*	5:11.99*	5:26.19*	5:40.39*	6:08.79*	6:37.09*	400 M IM

15 Year Olds Girls

37.29	34.59	31.89*	30.59	29.29	27.99	50 M Free
1:20.19*	1:14.49*	1:08.69*	1:05.89*	1:02.99*	1:00.19*	100 M Free
2:53.59*	2:41.19*	2:28.79*	2:22.59*	2:16.39*	2:10.19*	200 M Free
6:02.99	5:37.09	5:11.19	4:58.19	4:45.19	4:32.29	400 M Free
12:29.69	11:36.09	10:42.59	10:15.79	9:48.99	9:22.29	800 M Free
24:05.69	22:22.39	20:39.19	19:47.49	18:55.89	18:04.29	1500 M Free
1:29.69*	1:23.29*	1:16.89*	1:13.69*	1:10.49*	1:07.29*	100 M Back
3:12.89*	2:59.09*	2:45.39*	2:38.49*	2:31.59*	2:24.69*	200 M Back
1:41.69	1:34.39	1:27.09	1:23.49	1:19.89	1:16.29	100 M Breast
3:39.49	3:23.79	3:08.19	3:00.29	2:52.49	2:44.59	200 M Breast
1:26.79*	1:20.59*	1:14.39*	1:11.29*	1:08.19*	1:05.09*	100 M Fly
3:12.09	2:58.39	2:44.59	2:37.79	2:30.89	2:24.09	200 M Fly
3:17.09*	3:02.99*	2:48.89*	2:41.89*	2:34.79*	2:27.79*	200 M IM
6:55.89	6:26.19	5:56.49	5:41.59	5:26.79	5:11.89	400 M IM

15 Year Olds Boys

25.69*	26.89*	28.09*	29.29*	31.79*	34.19*	50 M Free
56.09*	58.69*	1:01.39*	1:04.09*	1:09.39*	1:14.69*	100 M Free
2:01.49*	2:07.29*	2:13.09*	2:18.79*	2:30.39*	2:41.99*	200 M Free
4:16.69*	4:28.89*	4:41.19*	4:53.39*	5:17.79*	5:42.29*	400 M Free
8:57.49	9:23.09	9:48.69	10:14.19	11:05.39	11:56.59	800 M Free
17:00.89*	17:49.49*	18:38.19*	19:26.79*	21:03.99*	22:41.19*	1500 M Free
1:02.49*	1:05.49*	1:08.39*	1:11.39*	1:17.29*	1:23.29*	100 M Back
2:14.29*	2:20.69*	2:27.09*	2:33.49*	2:46.29*	2:59.09*	200 M Back
1:10.09*	1:13.49*	1:16.79*	1:20.09*	1:26.79*	1:33.49*	100 M Breast
2:34.49*	2:41.89*	2:49.19*	2:56.59*	3:11.29*	3:25.99*	200 M Breast
59.99*	1:02.79*	1:05.69*	1:08.49*	1:14.19*	1:19.89*	100 M Fly
2:14.19*	2:20.59*	2:26.99*	2:33.39*	2:46.19*	2:58.89*	200 M Fly
2:16.29*	2:22.79*	2:29.29*	2:35.69*	2:48.69*	3:01.69*	200 M IM
4:49.69*	5:03.39*	5:17.19*	5:30.99*	5:58.59*	6:26.19*	400 M IM

16 Year Olds Girls

37.09	34.49	31.79	30.49	29.19	27.79	50 M Free
1:20.09	1:14.39	1:08.59	1:05.79	1:02.89	1:00.09	100 M Free
2:51.79	2:39.49	2:27.19	2:21.09	2:14.99	2:08.79	200 M Free
6:00.39	5:34.69	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free
12:23.29	11:30.19	10:37.09	10:10.59	9:44.09	9:17.49	800 M Free
23:53.09	22:10.69	20:28.39	19:37.19	18:45.99	17:54.79	1500 M Free
1:28.99	1:22.69	1:16.29	1:13.09	1:09.89	1:06.79	100 M Back
3:11.49*	2:57.79*	2:44.19*	2:37.29*	2:30.49*	2:23.59*	200 M Back
1:41.09	1:33.89	1:26.69	1:23.09	1:19.49	1:15.79	100 M Breast
3:36.59	3:21.19	3:05.69	2:57.99	2:50.19	2:42.49	200 M Breast
1:26.29*	1:20.19*	1:13.99*	1:10.89*	1:07.89*	1:04.79*	100 M Fly
3:09.69	2:56.19	2:42.69	2:35.89	2:29.09	2:22.29	200 M Fly
3:14.89*	3:00.99*	2:47.09*	2:40.09*	2:33.09*	2:26.19*	200 M IM
6:48.99	6:19.79	5:50.59	5:35.99	5:21.39	5:06.79	400 M IM

16 Year Olds Boys

25.09*	26.29*	27.49*	28.59*	30.99*	33.39*	50 M Free
54.79*	57.39*	59.99*	1:02.59*	1:07.79*	1:12.99*	100 M Free
1:59.89*	2:05.59*	2:11.29*	2:17.09*	2:28.49*	2:39.89*	200 M Free
4:13.79*	4:25.89*	4:37.99*	4:50.09*	5:14.19*	5:38.39*	400 M Free
8:46.69	9:11.79	9:36.89	10:01.89	10:52.09	11:42.19	800 M Free
16:46.89*	17:34.89*	18:22.79*	19:10.79*	20:46.69*	22:22.59*	1500 M Free
1:00.89*	1:03.79*	1:06.69*	1:09.59*	1:15.29*	1:21.09*	100 M Back
2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.39*	2:53.79*	200 M Back
1:09.09*	1:12.39*	1:15.69*	1:18.99*	1:25.59*	1:32.09*	100 M Breast
2:29.69*	2:36.79*	2:43.89*	2:50.99*	3:05.29*	3:19.49*	200 M Breast
59.09*	1:01.89*	1:04.79*	1:07.59*	1:13.19*	1:18.79*	100 M Fly
2:10.59*	2:16.79*	2:22.99*	2:29.19*	2:41.69*	2:54.09*	200 M Fly
2:13.69*	2:20.09*	2:26.49*	2:32.79*	2:45.59*	2:58.29*	200 M IM
4:45.69*	4:59.29*	5:12.89*	5:26.49*	5:53.69*	6:20.89*	400 M IM

17 Year Olds Girls

36.79	34.09	31.49	30.19	28.89	27.59	50 M Free
1:19.69	1:13.99	1:08.39	1:05.49	1:02.69	59.79	100 M Free
2:51.69	2:39.39	2:27.19	2:21.09	2:14.89	2:08.79	200 M Free
5:59.69	5:33.99	5:08.29	4:55.49	4:42.59	4:29.79	400 M Free
12:24.29	11:31.09	10:37.89	10:11.39	9:44.79	9:18.19	800 M Free
23:55.89*	22:13.39*	20:30.79*	19:39.49*	18:48.19*	17:56.99*	1500 M Free
1:28.69	1:22.39	1:15.99	1:12.89	1:09.69	1:06.49	100 M Back
3:09.69	2:56.19	2:42.59	2:35.89	2:29.09	2:22.29	200 M Back
1:40.29	1:33.19	1:25.99	1:22.39	1:18.79	1:15.29	100 M Breast
3:37.19	3:21.69	3:06.19	2:58.39	2:50.59	2:42.89	200 M Breast
1:26.19	1:20.09	1:13.89	1:10.89	1:07.79	1:04.69	100 M Fly
3:07.19	2:53.89	2:40.49	2:33.79	2:27.09	2:20.39	200 M Fly
3:13.59	2:59.69	2:45.89	2:38.99	2:32.09	2:25.19	200 M IM

17 Year Olds Boys

24.79*	25.99*	27.19*	28.39*	30.69*	33.09*	50 M Free
53.89*	56.49*	59.09*	1:01.59*	1:06.79*	1:11.89*	100 M Free
1:58.49*	2:04.09*	2:09.79*	2:15.39*	2:26.69*	2:37.99*	200 M Free
4:11.29*	4:23.29*	4:35.29*	4:47.19*	5:11.19*	5:35.09*	400 M Free
8:42.19*	9:07.09*	9:31.89*	9:56.79*	10:46.49*	11:36.29*	800 M Free
16:41.59*	17:29.29*	18:16.99*	19:04.59*	20:39.99*	22:15.39*	1500 M Free
1:00.19*	1:02.99*	1:05.89*	1:08.69*	1:14.49*	1:20.19*	100 M Back
2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.29*	2:53.69*	200 M Back
1:08.39*	1:11.59*	1:14.89*	1:18.09*	1:24.59*	1:31.09*	100 M Breast
2:27.89*	2:34.89*	2:41.89*	2:48.99*	3:03.09*	3:17.09*	200 M Breast
57.89*	1:00.69*	1:03.39*	1:06.19*	1:11.69*	1:17.19*	100 M Fly
2:09.59*	2:15.79*	2:21.99*	2:28.19*	2:40.49*	2:52.79*	200 M Fly
2:13.39*	2:19.69*	2:26.09*	2:32.39*	2:45.09*	2:57.79*	200 M IM

2013-2016 National Age Group Motivational Times

Revised 11/15/2013

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 Year Olds Girls</b>						<b>10 Year Olds Boys</b>						
39.49*	35.69*	31.89*	30.59*	29.29*	28.09*	50 Y Free	27.79*	28.99*	30.19*	31.39*	34.99*	38.49*
1:30.69*	1:21.09*	1:11.39*	1:08.19*	1:04.99*	1:01.79*	100 Y Free	1:01.09*	1:04.09*	1:07.19*	1:10.19*	1:19.39*	1:28.49*
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.39*	2:18.69*	2:24.99*	2:31.29*	2:50.19*	3:09.09*
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:51.99*	6:08.79*	6:25.49*	6:42.29*	7:32.59*	8:22.79*
48.59*	43.29*	37.99*	36.19*	34.39*	32.69*	50 Y Back	32.39*	34.19*	35.99*	37.79*	43.19*	48.59*
1:45.09*	1:33.49*	1:21.79*	1:17.89*	1:13.99*	1:10.09*	100 Y Back	1:09.49*	1:13.09*	1:16.59*	1:20.09*	1:30.79*	1:41.39*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.19*	38.09*	39.99*	41.89*	47.49*	53.19*
1:58.79*	1:45.59*	1:32.39*	1:27.99*	1:23.69*	1:19.29*	100 Y Breast	1:18.49*	1:22.39*	1:26.29*	1:30.19*	1:41.99*	1:53.69*
47.99*	42.39*	36.69*	34.79*	32.89*	30.99*	50 Y Fly	30.89*	32.69*	34.39*	36.19*	41.39*	46.69*
1:55.49*	1:40.39*	1:25.29*	1:20.19*	1:15.19*	1:10.19*	100 Y Fly	1:10.09*	1:14.99*	1:19.89*	1:24.79*	1:39.39*	1:54.09*
1:43.39*	1:32.39*	1:21.39*	1:17.69*	1:13.99*	1:10.39*	100 Y IM	1:10.29*	1:13.69*	1:16.99*	1:20.39*	1:30.39*	1:40.39*
3:40.39*	3:17.29*	2:54.19*	2:46.49*	2:38.79*	2:31.09*	200 Y IM	2:31.09*	2:38.69*	2:46.19*	2:53.69*	3:16.29*	3:38.89*

<b>11 Year Olds Girls</b>						<b>11 Year Olds Boys</b>						
35.59*	33.09*	30.69*	29.39*	28.19*	26.99*	50 Y Free	26.79	27.99	29.29	30.59	33.09	35.69
1:18.19*	1:12.59*	1:06.99*	1:04.19*	1:01.39*	58.59*	100 Y Free	57.59*	1:00.29*	1:03.09*	1:05.79*	1:11.29*	1:16.79*
2:48.49*	2:36.49*	2:24.39*	2:18.39*	2:12.39*	2:06.39*	200 Y Free	2:05.79*	2:11.79*	2:17.79*	2:23.69*	2:35.69*	2:47.69*
7:28.29*	6:56.29*	6:24.29*	6:08.29*	5:52.29*	5:36.19*	500 Y Free	5:35.69*	5:51.69*	6:07.59*	6:23.59*	6:55.59*	7:27.49*
15:40.79*	14:33.59*	13:26.39*	12:52.99*	12:19.19*	11:45.59*	1000 Y Free	11:43.49*	12:16.99*	12:50.49*	13:23.99*	14:30.99*	15:37.99*
26:26.49*	24:33.19*	22:39.79*	21:43.19*	20:46.49*	19:49.89*	1650 Y Free	19:48.39*	20:44.99*	21:41.59*	22:38.19*	24:31.39*	26:24.59*
40.59*	37.69*	34.79*	33.39*	31.89*	30.49*	50 Y Back	30.29*	31.89*	33.49*	34.99*	38.19*	41.29*
1:30.99*	1:23.89*	1:16.69*	1:13.09*	1:09.49*	1:05.99*	100 Y Back	1:05.19*	1:08.79*	1:12.29*	1:15.79*	1:22.89*	1:29.99*
3:09.29*	2:55.79*	2:42.29*	2:35.49*	2:28.79*	2:21.99*	200 Y Back	2:20.39*	2:27.09*	2:33.79*	2:40.39*	2:53.79*	3:07.19*
45.69*	42.39*	39.09*	37.49*	35.89*	34.29*	50 Y Breast	33.99*	35.79*	37.69*	39.49*	43.19*	46.89*
1:40.69*	1:33.29*	1:25.79*	1:22.09*	1:18.39*	1:14.69*	100 Y Breast	1:13.99*	1:17.89*	1:21.69*	1:25.59*	1:33.29*	1:40.99*
3:35.49*	3:20.09*	3:04.69*	2:56.99*	2:49.39*	2:41.69*	200 Y Breast	2:40.09*	2:47.69*	2:55.29*	3:02.89*	3:18.19*	3:33.39*
38.79*	35.99*	33.29*	31.89*	30.49*	29.09*	50 Y Fly	29.19*	30.79*	32.39*	33.99*	37.19*	40.49*
1:29.59*	1:22.49*	1:15.29*	1:11.69*	1:08.19*	1:04.59*	100 Y Fly	1:04.59*	1:08.29*	1:11.99*	1:15.79*	1:23.19*	1:30.69*
3:14.29*	3:00.39*	2:46.49*	2:39.59*	2:32.69*	2:25.69*	200 Y Fly	2:24.59*	2:31.49*	2:38.29*	2:45.19*	2:58.99*	3:12.69*
1:29.79*	1:23.39*	1:16.99*	1:13.79*	1:10.59*	1:07.39*	100 Y IM	1:06.29*	1:09.49*	1:12.79*	1:15.99*	1:22.39*	1:28.89*
3:11.39*	2:57.79*	2:44.09*	2:37.29*	2:30.39*	2:23.59*	200 Y IM	2:22.49*	2:29.79*	2:37.09*	2:44.29*	2:58.89*	3:13.39*
6:48.59*	6:19.49*	5:50.29*	5:35.69*	5:21.09*	5:06.49*	400 Y IM	5:04.29*	5:18.79*	5:33.29*	5:47.79*	6:16.69*	6:45.69*

<b>12 Year Olds Girls</b>						<b>12 Year Olds Boys</b>						
34.09*	31.69*	29.39*	28.19*	26.99*	25.79*	50 Y Free	24.79*	25.99*	27.19*	28.39*	30.69*	33.09*
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	54.19*	56.79*	59.39*	1:01.89*	1:07.09*	1:12.19*
2:41.29*	2:29.79*	2:18.29*	2:12.49*	2:06.79*	2:00.99*	200 Y Free	1:57.89*	2:03.49*	2:09.19*	2:14.79*	2:25.99*	2:37.19*
7:09.29*	6:38.59*	6:07.99*	5:52.59*	5:37.29*	5:21.99*	500 Y Free	5:17.29*	5:32.39*	5:47.49*	6:02.59*	6:32.79*	7:02.99*
14:48.09*	13:44.69*	12:41.19*	12:09.49*	11:37.79*	11:06.09*	1000 Y Free	10:56.59*	11:27.79*	11:59.09*	12:30.29*	13:32.89*	14:35.39*
25:02.99*	23:15.59*	21:28.29*	20:34.59*	19:40.89*	18:47.19*	1650 Y Free	18:32.79*	19:25.79*	20:18.79*	21:11.79*	22:57.79*	24:43.79*
38.79*	36.09*	33.29*	31.89*	30.49*	29.09*	50 Y Back	28.59*	30.09*	31.59*	33.09*	36.09*	38.99*
1:26.29*	1:19.49*	1:12.69*	1:09.29*	1:05.89*	1:02.49*	100 Y Back	1:00.89*	1:04.19*	1:07.49*	1:10.79*	1:17.49*	1:24.09*
2:59.89*	2:46.99*	2:34.19*	2:27.79*	2:21.29*	2:14.89*	200 Y Back	2:11.49*	2:17.79*	2:23.99*	2:30.29*	2:42.79*	2:55.29*
43.69*	40.59*	37.49*	35.89*	34.29*	32.79*	50 Y Breast	31.69*	33.39*	35.19*	36.89*	40.29*	43.79*
1:35.89*	1:28.79*	1:21.69*	1:18.19*	1:14.59*	1:11.09*	100 Y Breast	1:08.69*	1:12.29*	1:15.89*	1:19.49*	1:26.59*	1:33.79*
3:25.99*	3:11.29*	2:56.59*	2:49.19*	2:41.89*	2:34.49*	200 Y Breast	2:28.79*	2:35.89*	2:42.99*	2:50.09*	3:04.19*	3:18.39*
37.29*	34.59*	31.99*	30.59*	29.29*	27.99*	50 Y Fly	27.19*	28.69*	30.19*	31.69*	34.69*	37.69*
1:26.29*	1:19.39*	1:12.49*	1:08.99*	1:05.59*	1:02.09*	100 Y Fly	1:00.19*	1:03.69*	1:07.09*	1:10.59*	1:17.59*	1:24.49*
3:02.39*	2:49.39*	2:36.39*	2:29.79*	2:23.29*	2:16.79*	200 Y Fly	2:13.59*	2:19.89*	2:26.29*	2:32.69*	2:45.39*	2:58.09*
1:25.29*	1:19.19*	1:13.09*	1:10.09*	1:06.99*	1:03.99*	100 Y IM	1:02.09*	1:05.09*	1:08.09*	1:11.09*	1:17.19*	1:23.19*
3:02.49*	2:49.49*	2:36.49*	2:29.99*	2:23.39*	2:16.89*	200 Y IM	2:13.49*	2:20.29*	2:27.09*	2:33.89*	2:47.49*	3:01.09*
6:28.59*	6:00.89*	5:33.09*	5:19.19*	5:05.29*	4:51.49*	400 Y IM	4:45.09*	4:58.69*	5:12.19*	5:25.79*	5:52.99*	6:20.09*

<b>13 Year Olds Girls</b>						<b>13 Year Olds Boys</b>						
33.69*	31.29*	28.89*	27.69*	26.49*	25.29*	50 Y Free	23.69*	24.79*	25.99*	27.09*	29.39*	31.59*
1:12.79*	1:07.59*	1:02.39*	59.79*	57.19*	54.59*	100 Y Free	51.79*	54.29*	56.69*	59.19*	1:04.09*	1:08.99*
2:37.29*	2:26.09*	2:14.89*	2:09.19*	2:03.59*	1:57.99*	200 Y Free	1:53.09*	1:58.49*	2:03.99*	2:09.29*	2:19.99*	2:30.79*
6:59.79*	6:29.79*	5:59.79*	5:44.79*	5:29.79*	5:14.89*	500 Y Free	5:02.79*	5:17.19*	5:31.59*	5:46.09*	6:14.89*	6:43.69*
14:28.89*	13:26.89*	12:24.79*	11:53.79*	11:22.69*	10:51.69*	1000 Y Free	10:28.59	10:58.49	11:28.49	11:58.39	12:58.29	13:58.09
24:13.69	22:29.79	20:45.99	19:54.09	19:02.19	18:10.29	1650 Y Free	17:35.39	18:25.69	19:15.89	20:06.19	21:46.69	23:27.19
1:19.89*	1:14.19*	1:08.49*	1:05.69*	1:02.79*	59.99*	100 Y Back	57.39*	1:00.09*	1:02.89*	1:05.59*	1:11.09*	1:16.49*

2013-2016 National Age Group Motivational Times

Revised 11/15/2013

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**

**14 Year Olds Girls**

32.89*	30.49*	28.19*	26.99*	25.89*	24.69*
1:11.49*	1:06.39*	1:01.29*	58.79*	56.19*	53.69*
2:33.89*	2:22.89*	2:11.99*	2:06.49*	2:00.99*	1:55.49*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69
1:18.59*	1:12.99*	1:07.39*	1:04.59*	1:01.79*	58.99*
2:48.49*	2:36.39*	2:24.39*	2:18.39*	2:12.39*	2:06.39*
1:29.89*	1:23.49*	1:17.09*	1:13.89*	1:10.69*	1:07.49*
3:14.59	3:00.69	2:46.79	2:39.79	2:32.89	2:25.89
1:17.99*	1:12.39*	1:06.89*	1:04.09*	1:01.29*	58.49*
2:52.99*	2:40.59*	2:28.29*	2:22.09*	2:15.89*	2:09.69*
2:53.49*	2:41.09*	2:28.79*	2:22.59*	2:16.39*	2:10.19*
6:08.99*	5:42.59*	5:16.29*	5:03.09*	4:49.89*	4:36.69*

**14 Year Olds Boys**

50 Y Free	22.79*	23.89*	24.99*	26.09*	28.29*	30.39*
100 Y Free	49.79*	52.19*	54.49*	56.89*	1:01.59*	1:06.39*
200 Y Free	1:48.09*	1:53.29*	1:58.39*	2:03.59*	2:13.89*	2:24.19*
500 Y Free	4:52.09*	5:05.99*	5:19.99*	5:33.89*	6:01.69*	6:29.49*
1000 Y Free	10:06.19*	10:34.99*	11:03.89*	11:32.79*	12:30.49*	13:28.19*
1650 Y Free	16:51.29	17:39.39	18:27.59	19:15.69	20:51.99	22:28.29
100 Y Back	55.19*	57.79*	1:00.49*	1:03.09*	1:08.29*	1:13.59*
200 Y Back	1:58.79*	2:04.49*	2:10.09*	2:15.79*	2:27.09*	2:38.39*
100 Y Breast	1:02.19*	1:05.19*	1:08.09*	1:11.09*	1:16.99*	1:22.89*
200 Y Breast	2:15.49*	2:21.89*	2:28.39*	2:34.79*	2:47.69*	3:00.59*
100 Y Fly	54.49*	57.09*	59.59*	1:02.19*	1:07.39*	1:12.59*
200 Y Fly	2:00.29*	2:05.99*	2:11.69*	2:17.49*	2:28.89*	2:40.39*
200 Y IM	2:01.49*	2:07.29*	2:13.09*	2:18.89*	2:30.49*	2:41.99*
400 Y IM	4:18.69*	4:31.09*	4:43.39*	4:55.69*	5:20.29*	5:44.99*

**15 Year Olds Girls**

32.69*	30.39*	27.99*	26.89*	25.69*	24.49*
1:10.89*	1:05.89*	1:00.79*	58.29*	55.69*	53.19*
2:32.99*	2:22.09*	2:11.19*	2:05.69*	2:00.19*	1:54.79*
6:47.19*	6:18.09*	5:49.09*	5:34.49*	5:19.99*	5:05.39*
14:05.19*	13:04.79*	12:04.49*	11:34.29*	11:04.09*	10:33.89*
23:34.69*	21:53.59*	20:12.59*	19:22.09*	18:31.49*	17:40.99*
1:17.49*	1:11.99*	1:06.39*	1:03.69*	1:00.89*	58.09*
2:47.39*	2:35.39*	2:23.49*	2:17.49*	2:11.49*	2:05.59*
1:29.09*	1:22.79	1:16.39	1:13.19*	1:09.99*	1:06.89
3:12.49*	2:58.69*	2:44.99*	2:38.09*	2:31.29*	2:24.39*
1:17.29*	1:11.69*	1:06.19*	1:03.49*	1:00.69*	57.99*
2:49.69*	2:37.59*	2:25.49*	2:19.39*	2:13.39*	2:07.29*
2:51.79*	2:39.49*	2:27.19*	2:21.09*	2:14.99*	2:08.79*
6:05.49*	5:39.39*	5:13.29*	5:00.29*	4:47.19*	4:34.19*

**15 Year Olds Boys**

50 Y Free	22.29*	23.39*	24.39*	25.49*	27.59*	29.69*
100 Y Free	48.69*	50.99*	53.29*	55.59*	1:00.29*	1:04.89*
200 Y Free	1:45.69*	1:50.79*	1:55.79*	2:00.79*	2:10.89*	2:20.99*
500 Y Free	4:45.69*	4:59.29*	5:12.89*	5:26.49*	5:53.69*	6:20.89*
1000 Y Free	9:52.19*	10:20.39*	10:48.59*	11:16.79*	12:13.09*	13:09.49*
1650 Y Free	16:34.29*	17:21.59*	18:08.99*	18:56.29*	20:30.99*	22:05.69*
100 Y Back	53.49*	55.99*	58.49*	1:01.09*	1:06.19*	1:11.29*
200 Y Back	1:56.09*	2:01.59*	2:07.19*	2:12.69*	2:23.69*	2:34.79*
100 Y Breast	1:00.39*	1:03.29*	1:06.19*	1:09.09*	1:14.79*	1:20.59*
200 Y Breast	2:11.79*	2:18.09*	2:24.29*	2:30.59*	2:43.09*	2:55.69*
100 Y Fly	52.69*	55.19*	57.69*	1:00.19*	1:05.19*	1:10.19*
200 Y Fly	1:57.09*	2:02.69*	2:08.29*	2:13.89*	2:24.99*	2:36.19*
200 Y IM	1:57.69*	2:03.29*	2:08.99*	2:14.59*	2:25.79*	2:36.99*
400 Y IM	4:12.99*	4:24.99*	4:37.09*	4:49.09*	5:13.19*	5:37.29*

**16 Year Olds Girls**

32.59*	30.29*	27.89*	26.79*	25.59*	24.49
1:10.19*	1:05.19*	1:00.19*	57.69*	55.19*	52.69*
2:31.19*	2:20.39*	2:09.59*	2:04.19*	1:58.79*	1:53.39*
6:43.09*	6:14.29*	5:45.49*	5:31.09*	5:16.69*	5:02.29*
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39
23:18.19*	21:38.29*	19:58.49*	19:08.49*	18:18.59*	17:28.69*
1:16.49*	1:11.09*	1:05.59*	1:02.89*	1:00.19*	57.39*
2:45.09*	2:33.29*	2:21.59*	2:15.69*	2:09.79*	2:03.89*
1:27.99*	1:21.69*	1:15.39*	1:12.29*	1:09.19*	1:05.99*
3:09.99	2:56.39	2:42.79	2:35.99	2:29.29	2:22.49
1:16.49*	1:11.09*	1:05.59*	1:02.89*	1:00.09*	57.39*
2:48.39*	2:36.39*	2:24.39*	2:18.39*	2:12.39	2:06.29*
2:50.19*	2:37.99*	2:25.89*	2:19.79*	2:13.69*	2:07.59*
6:00.89*	5:35.09*	5:09.29*	4:56.49*	4:43.59*	4:30.69*

**16 Year Olds Boys**

50 Y Free	21.79*	22.79*	23.79*	24.89*	26.89*	28.99*
100 Y Free	47.49*	49.79*	52.09*	54.29*	58.79*	1:03.39*
200 Y Free	1:43.69*	1:48.69*	1:53.59*	1:58.59*	2:08.39*	2:18.29*
500 Y Free	4:41.29*	4:54.69*	5:08.09*	5:21.49*	5:48.29*	6:14.99*
1000 Y Free	9:43.99*	10:11.79*	10:39.59*	11:07.49*	12:03.09*	12:58.69*
1650 Y Free	16:23.59*	17:10.39*	17:57.29*	18:44.09*	20:17.79*	21:51.39*
100 Y Back	52.39*	54.89*	57.39*	59.89*	1:04.89*	1:09.89*
200 Y Back	1:54.19*	1:59.59*	2:04.99*	2:10.49*	2:21.29*	2:32.19*
100 Y Breast	59.69*	1:02.59*	1:05.39*	1:08.19*	1:13.89*	1:19.59*
200 Y Breast	2:09.69*	2:15.89*	2:22.09*	2:28.29*	2:40.59*	2:52.99*
100 Y Fly	51.59*	53.99*	56.49*	58.99*	1:03.89*	1:08.79*
200 Y Fly	1:55.29*	2:00.79*	2:06.29*	2:11.69*	2:22.69*	2:33.69*
200 Y IM	1:56.09*	2:01.69*	2:07.19*	2:12.69*	2:23.79*	2:34.79*
400 Y IM	4:08.59*	4:20.39*	4:32.29*	4:44.09*	5:07.79*	5:31.49*

**17 Year Olds Girls**

32.49*	30.09*	27.79*	26.69*	25.49*	24.39*
1:09.99*	1:04.99*	59.99*	57.49*	54.99*	52.49*
2:30.39*	2:19.69*	2:08.89*	2:03.59*	1:58.19*	1:52.79*
6:42.69*	6:13.99*	5:45.19*	5:30.79*	5:16.49*	5:02.09*
13:55.19*	12:55.49*	11:55.89*	11:25.99*	10:56.19*	10:26.39*
23:13.09*	21:33.59*	19:54.09*	19:04.39*	18:14.59*	17:24.89*
1:16.29*	1:10.89*	1:05.39*	1:02.69*	59.99*	57.19*
2:45.29*	2:33.49*	2:21.69*	2:15.79*	2:09.89*	2:03.99*
1:26.99*	1:20.79*	1:14.49*	1:11.39*	1:08.29*	1:05.19*
3:10.19*	2:56.59*	2:42.99*	2:36.19*	2:29.39*	2:22.59*
1:16.39*	1:10.99*	1:05.49*	1:02.79*	1:00.09*	57.29*
2:47.29*	2:35.29*	2:23.39*	2:17.39*	2:11.49*	2:05.49*
2:40.29*	2:37.19*	2:25.09*	2:18.99*	2:12.99*	2:06.99*

**17 Year Olds Boys**

50 Y Free	21.19	22.29	23.29	24.29	26.29	28.29
100 Y Free	46.99*	49.29*	51.49*	53.79*	58.19*	1:02.69*
200 Y Free	1:42.89*	1:47.79*	1:52.69*	1:57.59*	2:07.39*	2:17.19*
500 Y Free	4:39.19*	4:52.49*	5:05.79*	5:19.09*	5:45.69*	6:12.29*
1000 Y Free	9:41.29*	10:08.99*	10:36.69*	11:04.39*	11:59.69*	12:55.09*
1650 Y Free	16:20.39*	17:06.99*	17:53.69*	18:40.39*	20:13.79*	21:47.09*
100 Y Back	51.49*	53.99*	56.39*	58.89*	1:03.79*	1:08.69*
200 Y Back	1:53.49*	1:58.89*	2:04.29*	2:09.69*	2:20.49*	2:31.29*
100 Y Breast	58.99*	1:01.79*	1:04.59*	1:07.39*	1:12.99*	1:18.59*
200 Y Breast	2:08.49*	2:14.59*	2:20.69*	2:26.79*	2:39.09*	2:51.29*
100 Y Fly	51.09*	53.49*	55.99*	58.39*	1:03.29*	1:08.09*
200 Y Fly	1:53.69*	1:59.09*	2:04.49*	2:09.99*	2:20.79*	2:31.59*
200 Y IM	1:55.09*	2:00.59*	2:06.09*	2:11.59*	2:22.49*	2:33.49*

2013-2016 National Age Group Motivational Times

Revised 11/15/2013

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
<b>10 Year Olds Girls</b>						<b>10 Year Olds Boys</b>						
43.59*	39.39*	35.19*	33.79*	32.39*	30.99*	50 M Free	30.69*	31.99*	33.29*	34.69*	38.59*	42.59*
1:40.29*	1:29.59*	1:18.89*	1:15.39*	1:11.79*	1:08.29*	100 M Free	1:07.49*	1:10.89*	1:14.19*	1:17.59*	1:27.69*	1:37.79*
3:41.19	3:16.99	2:52.79	2:44.69	2:36.59	2:28.59	200 M Free	2:26.29*	2:33.19*	2:40.19*	2:47.19*	3:08.09*	3:28.89*
7:26.79	6:42.09	5:57.39	5:42.49	5:27.69	5:12.79	400 M Free	5:08.09*	5:22.69*	5:37.39*	5:52.09*	6:36.09*	7:20.09*
53.69*	47.79*	41.99*	39.99*	37.99*	36.09*	50 M Back	35.79*	37.79*	39.79*	41.79*	47.79*	53.69*
1:56.19*	1:43.29*	1:30.39*	1:26.09*	1:21.79*	1:17.49*	100 M Back	1:16.79*	1:20.69*	1:24.59*	1:28.59*	1:40.29*	1:51.99*
59.19	52.79	46.49	44.29	42.19	40.09	50 M Breast	39.99*	42.09*	44.19*	46.29*	52.49*	58.79*
2:11.29*	1:56.69*	1:42.09*	1:37.29*	1:32.39*	1:27.59*	100 M Breast	1:26.69*	1:31.09*	1:35.39*	1:39.69*	1:52.69*	2:05.69*
53.09*	46.79*	40.49*	38.39*	36.39*	34.29*	50 M Fly	34.19*	36.09*	38.09*	39.99*	45.79*	51.59*
2:07.69*	1:50.89*	1:34.19*	1:28.69*	1:23.09*	1:17.49*	100 M Fly	1:17.49*	1:22.89*	1:28.29*	1:33.69*	1:49.89*	2:06.09*
1:54.19*	1:42.09*	1:29.89*	1:25.89*	1:21.79*	1:17.69*	100 M IM	1:17.69*	1:21.39*	1:25.09*	1:28.79*	1:39.89*	1:50.99*
4:03.49*	3:37.99*	3:12.39*	3:03.89*	2:55.39*	2:46.89*	200 M IM	2:46.99*	2:55.29*	3:03.59*	3:11.99*	3:36.99*	4:01.89*
<b>11 Year Olds Girls</b>						<b>11 Year Olds Boys</b>						
39.29*	36.59*	33.89*	32.49*	31.19*	29.79*	50 M Free	29.59	30.99	32.39	33.79	36.59	39.39
1:26.39*	1:20.19*	1:13.99*	1:10.89*	1:07.89*	1:04.79*	100 M Free	1:03.59*	1:06.69*	1:09.69*	1:12.69*	1:18.79*	1:24.79*
3:06.19*	2:52.89*	2:39.59*	2:32.89*	2:26.29*	2:19.59*	200 M Free	2:18.99*	2:25.59*	2:32.19*	2:38.79*	2:52.09*	3:05.29*
6:32.39*	6:04.29*	5:36.29*	5:22.29*	5:08.29*	4:54.29*	400 M Free	4:53.79*	5:07.79*	5:21.69*	5:35.69*	6:03.69*	6:31.69*
13:43.29*	12:44.49*	11:45.69*	11:16.29*	10:46.89*	10:17.49*	800 M Free	10:15.69*	10:44.99*	11:14.29*	11:43.59*	12:42.29*	13:40.89*
26:17.19*	24:24.59*	22:31.89*	21:35.59*	20:39.29*	19:42.89*	1500 M Free	19:41.49*	20:37.79*	21:33.99*	22:30.29*	24:22.79*	26:15.29*
44.89*	41.69*	38.49*	36.89*	35.29*	33.69*	50 M Back	33.49*	35.19*	36.99*	38.69*	42.19*	45.69*
1:40.59*	1:32.69*	1:24.79*	1:20.79*	1:16.79*	1:12.89*	100 M Back	1:12.09*	1:15.99*	1:19.89*	1:23.79*	1:31.59*	1:39.49*
3:29.19*	3:14.29*	2:59.29*	2:51.89*	2:44.39*	2:36.89*	200 M Back	2:35.09*	2:42.49*	2:49.89*	2:57.29*	3:12.09*	3:26.79*
50.49*	46.89*	43.29*	41.49*	39.69*	37.89*	50 M Breast	37.49*	39.59*	41.59*	43.59*	47.69*	51.79*
1:51.29*	1:42.99*	1:34.79*	1:30.69*	1:26.59*	1:22.49*	100 M Breast	1:21.79*	1:26.09*	1:30.29*	1:34.59*	1:43.09*	1:51.59*
3:58.09*	3:41.09*	3:24.09*	3:15.59*	3:07.09*	2:58.59*	200 M Breast	2:56.89*	3:05.29*	3:13.69*	3:22.09*	3:38.99*	3:55.79*
42.89*	39.79*	36.79*	35.19*	33.69*	32.19*	50 M Fly	32.19*	33.99*	35.79*	37.59*	41.09*	44.69*
1:39.09*	1:31.09*	1:23.19*	1:19.29*	1:15.29*	1:11.39*	100 M Fly	1:11.39*	1:15.49*	1:19.59*	1:23.69*	1:31.89*	1:40.19*
3:34.69*	3:19.29*	3:03.99*	2:56.29*	2:48.69*	2:40.99*	200 M Fly	2:39.69*	2:47.39*	2:54.99*	3:02.59*	3:17.79*	3:32.99*
1:39.19*	1:32.09*	1:24.99*	1:21.49*	1:17.99*	1:14.39*	100 M IM	1:13.29*	1:16.79*	1:20.39*	1:23.99*	1:31.09*	1:38.19*
3:31.49*	3:16.39*	3:01.29*	2:53.79*	2:46.19*	2:38.69*	200 M IM	2:37.49*	2:45.49*	2:53.49*	3:01.59*	3:17.59*	3:33.69*
7:31.49*	6:59.29*	6:26.99*	6:10.89*	5:54.79*	5:38.69*	400 M IM	5:36.19*	5:52.29*	6:08.29*	6:24.29*	6:56.29*	7:28.29*
<b>12 Year Olds Girls</b>						<b>12 Year Olds Boys</b>						
37.69*	35.09*	32.49*	31.19*	29.89*	28.49*	50 M Free	27.39*	28.69*	29.99*	31.29*	33.99*	36.59*
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	59.89*	1:02.69*	1:05.59*	1:08.39*	1:14.09*	1:19.79*
2:58.19*	2:45.49*	2:32.79*	2:26.39*	2:20.09*	2:13.69*	200 M Free	2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.29*	2:53.69*
6:15.69*	5:48.89*	5:21.99*	5:08.59*	4:55.19*	4:41.79*	400 M Free	4:37.69*	4:50.89*	5:04.09*	5:17.39*	5:43.79*	6:10.19*
12:57.19*	12:01.69*	11:06.19*	10:38.49*	10:10.69*	9:42.89*	800 M Free	9:34.59*	10:01.99*	10:29.29*	10:56.69*	11:51.39*	12:46.09*
24:54.19*	23:07.49*	21:20.79*	20:27.39*	19:33.99*	18:40.69*	1500 M Free	18:26.39*	19:18.99*	20:11.69*	21:04.39*	22:49.79*	24:35.09*
42.89*	39.79*	36.79*	35.19*	33.69*	32.19*	50 M Back	31.59*	33.29*	34.89*	36.59*	39.79*	43.09*
1:35.29*	1:27.79*	1:20.29*	1:16.59*	1:12.79*	1:09.09*	100 M Back	1:07.29*	1:10.99*	1:14.59*	1:18.29*	1:25.59*	1:32.89*
3:18.79*	3:04.59*	2:50.39*	2:43.29*	2:36.19*	2:29.09*	200 M Back	2:25.29*	2:32.19*	2:39.09*	2:46.09*	2:59.89*	3:13.69*
48.29*	44.79*	41.39*	39.69*	37.89*	36.19*	50 M Breast	34.99*	36.99*	38.89*	40.79*	44.59*	48.39*
1:45.89*	1:38.09*	1:30.29*	1:26.39*	1:22.39*	1:18.49*	100 M Breast	1:15.89*	1:19.89*	1:23.79*	1:27.79*	1:35.69*	1:43.59*
3:47.59*	3:31.39*	3:15.09*	3:06.99*	2:58.89*	2:50.69*	200 M Breast	2:44.39*	2:52.19*	3:00.09*	3:07.89*	3:23.59*	3:39.19*
41.19*	38.19*	35.29*	33.79*	32.39*	30.89*	50 M Fly	29.99*	31.69*	33.39*	34.99*	38.39*	41.69*
1:35.29*	1:27.69*	1:20.09*	1:16.29*	1:12.49*	1:08.69*	100 M Fly	1:06.49*	1:10.39*	1:14.19*	1:17.99*	1:25.69*	1:33.39*
3:21.49*	3:07.19*	2:52.79*	2:45.59*	2:38.39*	2:31.19*	200 M Fly	2:27.59*	2:34.59*	2:41.69*	2:48.69*	3:02.69*	3:16.79*
1:34.19*	1:27.49*	1:20.79*	1:17.39*	1:10.69*	1:10.69*	100 M IM	1:08.59*	1:11.89*	1:15.19*	1:18.59*	1:25.29*	1:31.89*
3:21.69*	3:07.29*	2:52.89*	2:45.69*	2:38.49*	2:31.29*	200 M IM	2:27.49*	2:34.99*	2:42.49*	2:49.99*	3:05.09*	3:20.09*
7:09.39*	6:38.69*	6:08.09*	5:52.69*	5:37.39*	5:22.09*	400 M IM	5:14.99*	5:29.99*	5:44.99*	5:59.99*	6:29.99*	6:59.99*
<b>13 Year Olds Girls</b>						<b>13 Year Olds Boys</b>						
37.19*	34.49*	31.89*	30.59*	29.19*	27.89*	50 M Free	26.19*	27.39*	28.69*	29.89*	32.39*	34.89*
1:20.49*	1:14.69*	1:08.99*	1:06.09*	1:03.19*	1:00.39*	100 M Free	57.19*	59.89*	1:02.69*	1:05.39*	1:10.79*	1:16.29*
2:53.79*	2:41.39*	2:28.99*	2:22.79*	2:16.59*	2:10.39*	200 M Free	2:04.99*	2:10.89*	2:16.89*	2:22.79*	2:34.69*	2:46.59*
6:07.39*	5:41.09*	5:14.89*	5:01.79*	4:48.69*	4:35.59*	400 M Free	4:24.99*	4:37.59*	4:50.19*	5:02.89*	5:28.09*	5:53.29*
12:40.39*	11:46.09*	10:51.79*	10:24.69*	9:57.49*	9:30.29*	800 M Free	9:10.09	9:36.29	10:02.49	10:28.69	11:21.09	12:13.49
24:05.19	22:21.99	20:38.79	19:47.09	18:55.49	18:03.89	1500 M Free	17:29.29	18:19.29	19:09.19	19:59.19	21:39.09	23:18.99
1:28.29*	1:21.99*	1:15.69*	1:12.59*	1:09.39*	1:06.29*	100 M Back	1:03.39*	1:06.39*	1:09.49*	1:12.49*	1:18.49*	1:24.49*

2013-2016 National Age Group Motivational Times

Revised 11/15/2013

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
<b>14 Year Olds Girls</b>						<b>14 Year Olds Boys</b>						
36.29*	33.79*	31.19*	29.89*	28.59*	27.29*	50 M Free	25.19*	26.39*	27.59*	28.79*	31.19*	33.59*
1:18.99*	1:13.39*	1:07.79*	1:04.89*	1:02.09*	59.29*	100 M Free	54.99*	57.59*	1:00.29*	1:02.89*	1:08.09*	1:13.29*
2:50.09*	2:37.99*	2:25.79*	2:19.69*	2:13.69*	2:07.59*	200 M Free	1:59.49*	2:05.19*	2:10.89*	2:16.59*	2:27.89*	2:39.29*
6:00.39	5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:15.69*	4:27.79*	4:39.99*	4:52.19*	5:16.49*	5:40.89*
12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	800 M Free	8:50.49*	9:15.79*	9:40.99*	10:06.29*	10:56.79*	11:47.29*
23:25.99	21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M Free	16:45.39	17:33.29	18:21.09	19:08.99	20:44.69	22:20.49
1:26.89*	1:20.69*	1:14.49*	1:11.39*	1:08.29*	1:05.19*	100 M Back	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:06.09*	2:52.79*	2:39.59*	2:32.89*	2:26.29*	2:19.59*	200 M Back	2:11.29*	2:17.49*	2:23.79*	2:29.99*	2:42.49*	2:54.99*
1:39.39*	1:32.29*	1:25.19*	1:21.59*	1:18.09*	1:14.49*	100 M Breast	1:08.69*	1:11.99*	1:15.29*	1:18.49*	1:25.09*	1:31.59*
3:34.99	3:19.69	3:04.29	2:56.59	2:48.89	2:41.29	200 M Breast	2:29.69*	2:36.79*	2:43.99*	2:51.09*	3:05.29*	3:19.59*
1:26.19*	1:19.99*	1:13.89*	1:10.79*	1:07.69*	1:04.69*	100 M Fly	1:00.19*	1:02.99*	1:05.89*	1:08.79*	1:14.49*	1:20.19*
3:11.09*	2:57.49*	2:43.79*	2:36.99*	2:30.19*	2:23.39*	200 M Fly	2:12.89*	2:19.19*	2:25.59*	2:31.89*	2:44.59*	2:57.19*
3:11.79*	2:58.09*	2:44.39*	2:37.49*	2:30.69*	2:23.79*	200 M IM	2:14.29*	2:20.69*	2:27.09*	2:33.49*	2:46.29*	2:59.09*
6:47.69*	6:18.59*	5:49.49*	5:34.89*	5:20.29*	5:05.79*	400 M IM	4:45.89*	4:59.49*	5:13.09*	5:26.69*	5:53.99*	6:21.19*
<b>15 Year Olds Girls</b>						<b>15 Year Olds Boys</b>						
36.09*	33.59*	30.99*	29.69*	28.39*	27.09*	50 M Free	24.59*	25.79*	26.99*	28.19*	30.49*	32.79*
1:18.39*	1:12.79*	1:07.19*	1:04.39*	1:01.59*	58.79*	100 M Free	53.79*	56.29*	58.89*	1:01.49*	1:06.59*	1:11.69*
2:49.09*	2:36.99*	2:24.89*	2:18.89*	2:12.89*	2:06.79*	200 M Free	1:56.79*	2:02.39*	2:07.99*	2:13.49*	2:24.59*	2:35.79*
5:56.39*	5:30.89*	5:05.49*	4:52.79*	4:39.99*	4:27.29*	400 M Free	4:10.09*	4:21.99*	4:33.89*	4:45.79*	5:09.59*	5:33.39*
12:19.69*	11:26.89*	10:33.99*	10:07.59*	9:41.19*	9:14.79*	800 M Free	8:38.19*	9:02.89*	9:27.59*	9:52.29*	10:41.59*	11:30.99*
23:26.39*	21:45.99*	20:05.49*	19:15.29*	18:25.09*	17:34.79*	1500 M Free	16:28.49*	17:15.59*	18:02.59*	18:49.69*	20:23.89*	21:57.99*
1:25.59*	1:19.49*	1:13.39*	1:10.29*	1:07.29*	1:04.19*	100 M Back	59.09*	1:01.89*	1:04.69*	1:07.49*	1:13.09*	1:18.69*
3:04.99*	2:51.79*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 M Back	2:08.29*	2:14.39*	2:20.49*	2:26.59*	2:38.79*	2:50.99*
1:38.49	1:31.39*	1:24.39*	1:20.89	1:17.39	1:13.89	100 M Breast	1:06.79*	1:09.89*	1:13.09*	1:16.29*	1:22.59*	1:28.99*
3:32.69*	3:17.49*	3:02.29*	2:54.69*	2:47.09*	2:39.49*	200 M Breast	2:25.59*	2:32.49*	2:39.49*	2:46.39*	3:00.29*	3:14.09*
1:25.39*	1:19.29*	1:13.19*	1:10.09*	1:07.09*	1:03.99*	100 M Fly	58.19*	1:00.99*	1:03.69*	1:06.49*	1:11.99*	1:17.59*
3:07.59*	2:54.19*	2:40.79*	2:34.09*	2:27.39*	2:20.69*	200 M Fly	2:09.39*	2:15.59*	2:21.79*	2:27.89*	2:40.19*	2:52.59*
3:09.79*	2:56.19*	2:42.69*	2:35.89*	2:29.09*	2:22.39*	200 M IM	2:10.09*	2:16.29*	2:22.49*	2:28.69*	2:41.09*	2:53.49*
6:43.89*	6:15.09*	5:46.19*	5:31.79*	5:17.39*	5:02.89*	400 M IM	4:39.49*	4:52.89*	5:06.19*	5:19.49*	5:46.09*	6:12.69*
<b>16 Year Olds Girls</b>						<b>16 Year Olds Boys</b>						
35.99*	33.39*	30.89*	29.59*	28.29*	26.99*	50 M Free	23.99*	25.19*	26.29*	27.49*	29.79*	31.99*
1:17.59*	1:11.99*	1:06.49*	1:03.69*	1:00.99*	58.19*	100 M Free	52.49*	54.99*	57.49*	59.99*	1:04.99*	1:09.99*
2:46.99*	2:35.09*	2:23.19*	2:17.19*	2:11.29*	2:05.29*	200 M Free	1:54.59*	2:00.09*	2:05.49*	2:10.99*	2:21.89*	2:32.79*
5:52.69*	5:27.59*	5:02.39*	4:49.79*	4:37.19*	4:24.59*	400 M Free	4:06.19*	4:17.89*	4:29.59*	4:41.29*	5:04.79*	5:28.19*
12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M Free	8:31.09*	8:55.49*	9:19.79*	9:44.09*	10:32.79*	11:21.49*
23:10.09*	21:30.79*	19:51.49*	19:01.89*	18:12.19*	17:22.59*	1500 M Free	16:17.89*	17:04.39*	17:50.99*	18:37.59*	20:10.69*	21:43.79*
1:24.59*	1:18.49*	1:12.49*	1:09.49*	1:06.49*	1:03.39*	100 M Back	57.89*	1:00.69*	1:03.39*	1:06.19*	1:11.69*	1:17.19*
3:02.49*	2:49.39*	2:36.39*	2:29.89*	2:23.39*	2:16.89*	200 M Back	2:06.09*	2:12.19*	2:18.19*	2:24.19*	2:36.19*	2:48.19*
1:37.19*	1:30.29*	1:23.29*	1:19.89*	1:16.39*	1:12.89*	100 M Breast	1:05.99*	1:09.09*	1:12.29*	1:15.39*	1:21.69*	1:27.99*
3:29.89	3:14.89	2:59.89	2:52.39	2:44.89	2:37.39	200 M Breast	2:23.39*	2:30.19*	2:36.99*	2:43.79*	2:57.49*	3:11.09*
1:24.49*	1:18.49*	1:12.49*	1:09.49*	1:06.39*	1:03.39*	100 M Fly	56.99*	59.69*	1:02.39*	1:05.09*	1:10.59*	1:15.99*
3:06.09*	2:52.79*	2:39.49*	2:32.89*	2:26.29	2:19.59*	200 M Fly	2:07.39*	2:13.39*	2:19.49*	2:25.59*	2:37.69*	2:49.79*
3:07.99*	2:54.59*	2:41.19*	2:34.39*	2:27.69*	2:20.99*	200 M IM	2:08.29*	2:14.39*	2:20.49*	2:26.59*	2:38.89*	2:51.09*
6:38.79*	6:10.29*	5:41.79*	5:27.59*	5:13.29*	4:59.09*	400 M IM	4:34.69*	4:47.79*	5:00.89*	5:13.89*	5:40.09*	6:06.29*
<b>17 Year Olds Girls</b>						<b>17 Year Olds Boys</b>						
35.89*	33.29*	30.69*	29.49*	28.19*	26.89*	50 M Free	23.49	24.59	25.69	26.79	29.09	31.29
1:17.29*	1:11.79*	1:06.29*	1:03.49*	1:00.69*	57.99*	100 M Free	51.99*	54.39*	56.89*	59.39*	1:04.29*	1:09.29*
2:46.19*	2:34.29*	2:22.49*	2:16.49*	2:10.59*	2:04.69*	200 M Free	1:53.69*	1:59.19*	2:04.59*	2:09.99*	2:20.79*	2:31.59*
5:52.49*	5:27.29*	5:02.09*	4:49.49*	4:36.99*	4:24.39*	400 M Free	4:04.39*	4:15.99*	4:27.69*	4:39.29*	5:02.59*	5:25.79*
12:10.89*	11:18.69*	10:26.49*	10:00.39*	9:34.29*	9:08.19*	800 M Free	8:28.99*	8:52.99*	9:17.19*	9:41.39*	10:29.89*	11:18.29*
23:04.99*	21:26.09*	19:47.19*	18:57.69*	18:08.19*	17:18.79*	1500 M Free	16:14.59*	17:01.09*	17:47.49*	18:33.89*	20:06.69*	21:39.49*
1:24.29*	1:18.29*	1:12.29*	1:09.29*	1:06.29*	1:03.19*	100 M Back	56.89*	59.59*	1:02.39*	1:05.09*	1:10.49*	1:15.89*
3:02.59*	2:49.59*	2:36.49*	2:29.99*	2:23.49*	2:16.99*	200 M Back	2:05.39*	2:11.29*	2:17.29*	2:23.29*	2:35.19*	2:47.09*
1:36.09*	1:29.19*	1:22.39*	1:18.89*	1:15.49*	1:12.09*	100 M Breast	1:05.19*	1:08.29*	1:11.39*	1:14.49*	1:20.69*	1:26.89*
3:30.09*	3:15.09*	3:00.09*	2:52.59*	2:45.09*	2:37.59*	200 M Breast	2:21.99*	2:28.69*	2:35.49*	2:42.19*	2:55.79*	3:09.29*
1:24.49*	1:18.39*	1:12.39*	1:09.39*	1:06.39*	1:03.39*	100 M Fly	56.49*	59.19*	1:01.79*	1:04.49*	1:09.89*	1:15.29*
3:04.89*	2:51.69*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 M Fly	2:05.69*	2:11.59*	2:17.59*	2:23.59*	2:35.59*	2:47.49*
3:06.99*	2:53.69*	2:40.29*	2:33.59*	2:26.99*	2:20.29*	200 M IM	2:07.19*	2:13.29*	2:19.29*	2:25.39*	2:37.49*	2:49.59*

