

Splash Club All-Academic Award Program

Splash Club encourages success both in and out of the pool. The Splash Club All-Academic Award Program recognizes both academic and athletic excellence.

Eligibility

All Splash Club swimmers (with the exception of the Splashers Lessons program) are eligible to earn All-Academic honors. To earn this designation, swimmers must meet certain minimum academic and swimming standards as described below. A swimmer's combined Academic Score plus Swimming Score must be at least **50 points** in order to be eligible for an All-Academic Award. (Sample calculations are attached for reference.)

Eligibility Period

All-Academic Team honors are awarded on a yearly basis in August. Academic grades and swim performances achieved during the current Swim Year (August 1 through July 31) will be used to determine eligibility.

Application, Report Cards & Due Date

Applications must be submitted by **July 31** (the Due Date). All Report Cards for the Swim Year must be submitted with the Application. Late Applications and/or required attachments will not be accepted. Please submit Applications and all required attachments by the Due Date to:

Electronically: Ann Englehart, Administrative Assistant at ann.r.inglehart@contractor.p66.com

or

Hardcopy: To your child's coach

Academic Score

In order to apply for All-Academic Awards, Swimmers must earn a minimum non-weighted grade point average (GPA) for the current Swim Year (August 1 to July 31) using their school's chosen grade point scale. Cumulative GPAs will not be considered. Applicants must submit all Report Cards for the Swim Year with their Application.

Because grade reports for home schooled students are not required by the State of Oklahoma, these students may not necessarily have grade reports to submit with their Application. In lieu of a grade report, parents may provide a written statement attesting to a grade/GPA approximation for their students.

Minimum GPA for the Swim Year	
Middle & High School	3.0 GPA on a 4.0 scale (non-weighted)
Elementary School	Only core subjects such as Math, Language Arts, Social Studies and Science will be considered. The grade Satisfactory (S) is equivalent to 4.0.

To calculate a swimmer's Academic Score, his/her eligible GPA is determined using a **multiplier of 10**.

Swimming Score

Swimmers may use **up to 5 Qualifying Swims** from the current Swim Year on his/her application. Although the same stroke may be used multiple times on the Application, the same event may not be used more than once (see the Appendices for more information and examples).

A Qualifying Swim is one that: 1) was performed in Short Course Yards (SCY) or Long Course Meters (LCM); and 2) achieved a time on the current USA Swimming **single age** National Age Group Motivational Times (NAGM Times) chart, as updated (see attached). Note that Short Course Meter swims will not be considered;

The applicable age on the single age NAGM Times chart will be determined by the swimmer's age at the time the swim occurred. As such, it is possible for a swimmer to have Qualifying Swims from two different ages during a Swim Year. USA Swimming does not publish NAGM Times for swimmers under Age 10; as such, Applicants under Age 10 should use the NAGM Times for 10 year old swimmers.

Relays will not be considered for purposes of this Application. However, a swimmer may use his/her relay split if he/she led off the relay and the relay leg is an event referenced on the NAGM Times chart for the swimmer's specific age.

Points are awarded using the following point scale. The total sum of points will be the swimmer's **Swimming Score**.

Time Standard	AAAA	AAA	AA	A	BB	B
Points	6	5	4	3	2	1

Appendix 1 – How to Find Your Swimmer’s Best Times

To find your swimmer’s best times, log in to your Team Unify account, then follow the steps shown in Figure 1 on the following page. Make sure to attach your printout to the Application.

1. Select **Events & Competition**.
2. Select **Meet Results**.
3. Click the **My Results** tab.
4. From the **Standards** dropdown list, select **2020: 17-20 SngAge Motiv**. This will automatically filter the times that qualify as National Age Group Motivational Times (NAGM Times). (These are the same Time Standards as found in the PDF of the NAGM Times single age chart. Note that a new chart will be used in future years.)
5. Select “**All**” both **Course** and **Stroke**.
6. Provide the date range as **08/01/20** to 07/31/20****. (For the years, use the year range covered for the applicable Swim Year.)
7. Click **Search**.
8. To print, select Printer Friendly. From the printer friendly **pop-up window**, **right-click** and select **Print**. Attach the printout to the Application.
9. To view the Time Standards, click the link. The course (SCY, LCM and SCM) will be displayed in the top left. The time standards can be printed by clicking the print button.

Appendix 2 – Determining Achievement Level

Although the search results above list the times that meet NAGM Times, the applicable achievement levels (i.e., B through AAAA) are not shown in the search results. As such you will need to use the data circled in red (see Figure 1 on the following page) to determine a swimmer’s achievement level using the single age NAGM Times chart. The red and blue-circled info will also need to be included in the Application. (Do not refer to the items that have been X’d out as these do not apply for All-Academic Award purposes.) There is a separate NAGM Time chart for SCY and LCM. Make sure to refer to the correct chart when determining achievement level.

Important Note: Up to 5 swims that have the highest point value of all the swimmer’s Swim Year events may be used on the application. The same **stroke** may be used multiple times on the Application; however, the same **event** may not be used more than once.

For example, a swimmer can only list one 200 yard IM swim for points on the Application regardless whether it was swum SCY or LCM. Therefore, a swimmer cannot list a second 200 SCY or LCM swim, even though the second swim may have a NAGM Time.

Figure 1

The screenshot displays a 'Meet Results' page with a sidebar on the left and a main content area. The sidebar contains navigation options such as 'My Account', 'Team Tools', 'Classes & Lessons', 'Coaching Tools', 'Events & Competitions', 'Team Resources', and 'Help & Training'. A dropdown menu is open under 'Events & Competitions', showing sub-options like 'Calendar', 'Results & Reports', 'General', 'Practices', and 'Team Events'. The main content area includes a search bar, filters for 'Member', 'Distance', 'Stroke', and 'Date of Swim', and a table of results. The table columns include 'Member', 'Age Group', 'Stroke', 'Laps', 'Time', 'Event Age', 'Date of Swim', and 'Meet'. Numbered callouts (1-9) point to specific UI elements: 1 points to the 'Events & Competitions' sidebar menu; 2 points to the 'Meet Results' sub-menu; 3 points to the user profile; 4 points to the 'TU Updates' link; 5 points to the 'Event' dropdown; 6 points to the 'Total' column; 7 points to the search bar; 8 points to the 'Printer Friendly' link; 9 points to the 'My Account' link.

Member	Age Group	Stroke	Laps	Time	Event Age	Date of Swim	Meet
Englehart, William D	Male (15-19)	200 Back	4	5:00	18	3/17/20	OKS State Short Course Champio
Englehart, William D	Male (15-19)	100 Breast	1	8:00	18	2/29/20	OKS State Short Course Champio
Englehart, William D	Male (15-19)	200 Breast	2	7:00	18	2/28/20	OKS State Short Course Champio
Englehart, William D	Male (15 & Over)	50 Free	5	10:00	18	1/18/20	62th Annual Phillips 66 Meet o
Englehart, William D	Male (15 & Over)	500 Free	5	10:00	18	1/17/20	62th Annual Phillips 66 Meet o
Englehart, William D	Male (Open)	200 Back	1	20:00	18	12/22/19	28th AESC/TYR Elite Meet
Englehart, William D	Male (Open)	100 Back	4	15:00	18	12/21/19	28th AESC/TYR Elite Meet
Englehart, William D	Male (Open)	100 Back		52.55Y	18	12/21/19	28th AESC/TYR Elite Meet
Englehart, William D	Male (Open)	200 IM	9	9:00	18	12/21/19	28th AESC/TYR Elite Meet
Englehart, William D	Male (Open)	100 Breast	4	15:00	18	12/20/19	28th AESC/TYR Elite Meet
Englehart, William D	Male (Open)	100 Breast		55.04Y	18	12/20/19	28th AESC/TYR Elite Meet

Appendix 3 - Sample Calculations

Sample Calculation for Swimmer A (Female Swimmer, Ages 13 & 14)

Academic Score:

$$\text{GPA } \underline{3.5} \times 10 = \boxed{35}$$

Swim Score:

Swims	Event	Course	Time	Date Achieved	Age on Date Achieved	Time Standard	Points
Swim 1	200 IM	<input checked="" type="checkbox"/> SCY <input type="checkbox"/> LCM	2:10.54	12/14/2019	13	AAAA	6
Swim 2	100 Back	<input checked="" type="checkbox"/> SCY <input type="checkbox"/> LCM	1:02.00	12/14/2019	13	AAA	5
Swim 3	100 Breast	<input checked="" type="checkbox"/> SCY <input type="checkbox"/> LCM	1:14.48	2/21/2020	14	AA	4
Swim 4	50 Free	<input type="checkbox"/> SCY <input checked="" type="checkbox"/> LCM	31.97	6/5/2020	14	A	3
Swim 5	200 Back	<input type="checkbox"/> SCY <input checked="" type="checkbox"/> LCM	3:00.58	6/5/2020	14	B	1
TOTAL SWIM SCORE <small>(Add Points for All Swims)</small>							19

$$\text{Swim Score } \underline{19} + \text{Academic Score } \underline{35} = \text{Total Score } \boxed{54}$$

Minimum of 50 pts

Total Score is eligible for All-Academic Award

Sample Calculation for Swimmer B (Male Swimmer, Age 12)

Academic Score:

$$\text{GPA } \underline{4.0} \times 10 = \boxed{40}$$

Swim Score:

Swims	Event	Course	Time	Date Achieved	Age on Date Achieved	Time Standard	Points
Swim 1	200 Free	<input checked="" type="checkbox"/> SCY <input type="checkbox"/> LCM	2:07.12	3/1/2020	12	AA	4
Swim 2	500 Free	<input checked="" type="checkbox"/> SCY <input type="checkbox"/> LCM	6:30.01	3/1/2020	12	B	1
TOTAL SWIM SCORE <small>(Add Points for All Swims)</small>							5

$$\text{Swim Score } \underline{5} + \text{Academic Score } \underline{40} = \text{Total Score } \boxed{45}$$

Minimum of 50 pts

Total Score is not eligible for All-Academic Award

APPLICATION | Splash Club All-Academic Award Program

To be considered for the All-Academic Award, fill out the Application and provide all Report Cards for the Swim Year. Report Cards must be submitted with the Application to be considered for the All-Academic Award. Applications may be submitted electronically to Ann Englehart at ann.r.inglehart@contractor.p66.com or by hardcopy to your swimmer's coach. **Deadline to submit is July 31.** No late applications will be accepted.

Swimmer Name: _____ Training Group: _____

Birthdate: _____ School Name: _____ Grade: _____

Name of Person Completing the Application: _____

Swimming Score: Applicants may use up to **5 Qualifying Swims** achieved during the Swim Year (Aug 1 to July 31 of the current year). A Qualifying Swim is one that: 1) was performed in Short Course Yards or Long Course Meters (Short Course Meters will not be considered); and 2) achieved a time on the attached USA Swimming's **age-specific** National Age Group Motivational Times chart, as updated. The applicable age on the Nation Age Group Motivational Times chart will be determined by the swimmer's age at the time the swim occurred.

Swim points are awarded utilizing the following point scale. The total sum of points will be the swimmer's **Swimming Score**.

Time Standard	AAAA	AAA	AA	A	BB	B
Points	6	5	4	3	2	1

SCY = Short Course Yards
LCM = Long Course Meters

Swims	Event	Course	Time	Date Achieved	Age on Date Achieved	Time Standard	Points
<i>Example:</i>	<i>100 Backstroke</i>	<input checked="" type="checkbox"/> SCY <input type="checkbox"/> LCM	<i>50:96</i>	<i>02/22/2020</i>		<i>AAA</i>	<i>5</i>
Swim 1		<input type="checkbox"/> SCY <input type="checkbox"/> LCM					
Swim 2		<input type="checkbox"/> SCY <input type="checkbox"/> LCM					
Swim 3		<input type="checkbox"/> SCY <input type="checkbox"/> LCM					
Swim 4		<input type="checkbox"/> SCY <input type="checkbox"/> LCM					
Swim 5		<input type="checkbox"/> SCY <input type="checkbox"/> LCM					
<input type="checkbox"/> Attach swimmer's best times printout from Team Unify						TOTAL SWIMMING SCORE (Add Points for All Swims)	

Academic Score: Swimmers must earn a minimum non-weighted grade point average (GPA) for the applicable school year using their school's grade point scale as follows. (Cumulative GPA is not considered.) Applicants must submit all Report Cards for the Swim Year with their Application.

Middle & High School 3.0 GPA on a 4.0 scale (non-weighted)

Elementary School Students must earn a minimum 3.0 GPA on a 4.0 scale. Only core subjects such as Math, Language Arts, Social Studies and Science will be considered. The grade Satisfactory (S) is equivalent to 4.0.

To Calculate Academic Score:

GPA _____ x 10 =

Total Score

Swimming Score _____ + Academic Score _____ = **Total Score**
Minimum of 50 pts

Questions? Contact Ann Englehart at ann.r.inglehart@contractor.p66.com

2017-2020 National Age Group Motivational Times

SHORT COURSE YARDS (SCY)

Revised 11/8/2016

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 Year Olds Girls						10 Year Olds 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*
3:19.19*	2:57.39*	2:35.59*	2:28.29*	2:20.99*	2:13.69*	200 Y Free	2:10.69*	2:16.89*	2:23.09*	2:29.39*	2:47.99*	3:06.69*
8:24.99*	7:34.49*	6:43.99*	6:27.19*	6:10.39*	5:53.49*	500 Y Free	5:47.49*	6:04.09*	6:20.59*	6:37.09*	7:26.79*	8:16.39*
46.99*	41.89*	36.69*	34.99*	33.29*	31.59*	50 Y Back	31.79*	33.59*	35.29*	37.09*	42.39*	47.69*
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*	1:18.89*	1:29.29*	1:39.79*
53.29*	47.49*	41.79*	39.89*	37.99*	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	1:17.39*	1:21.29*	1:25.09*	1:28.99*	1:40.59*	1:52.19*
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	1:08.39*	1:13.19*	1:17.99*	1:22.69*	1:37.09*	1:51.39*
1:41.69*	1:30.89*	1:20.09*	1:16.49*	1:12.89*	1:09.29*	100 Y IM	1:08.99*	1:12.29*	1:15.59*	1:18.89*	1:28.79*	1:38.59*
3:38.19*	3:15.29*	2:52.39*	2:44.79*	2:37.19*	2:29.59*	200 Y IM	2:28.69*	2:36.19*	2:43.59*	2:50.99*	3:13.19*	3:35.49*
11 Year Olds Girls						11 Year Olds Boys						
34.89*	32.49*	30.09*	28.89*	27.59*	26.39*	50 Y Free	26.09*	27.29*	28.59*	29.79*	32.29*	34.79*
1:16.39*	1:10.89*	1:05.49*	1:02.69*	59.99*	57.29*	100 Y Free	56.99*	59.69*	1:02.49*	1:05.19*	1:10.59*	1:15.99*
2:45.79*	2:33.89*	2:22.09*	2:16.19*	2:10.29*	2:04.29*	200 Y Free	2:03.69*	2:09.59*	2:15.49*	2:21.39*	2:33.19*	2:44.99*
7:28.09*	6:56.09*	6:24.09*	6:08.09*	5:52.09*	5:36.09*	500 Y Free	5:31.29*	5:46.99*	6:02.79*	6:18.59*	6:50.09*	7:21.69*
15:30.59*	14:24.09*	13:17.69*	12:44.39*	12:11.19*	11:37.99*	1000 Y Free	11:32.69*	12:05.69*	12:38.69*	13:11.69*	14:17.59*	15:23.59*
26:10.39*	24:18.19*	22:25.99*	21:29.89*	20:33.89*	19:37.79*	1650 Y Free	19:27.99*	20:23.59*	21:19.19*	22:14.79*	24:05.99*	25:57.29*
39.69*	36.89*	33.99*	32.59*	31.19*	29.79*	50 Y Back	29.99*	31.59*	33.09*	34.69*	37.79*	40.89*
1:27.89*	1:20.99*	1:14.09*	1:10.59*	1:07.19*	1:03.69*	100 Y Back	1:03.79*	1:07.29*	1:10.79*	1:14.29*	1:21.19*	1:28.09*
3:04.89*	2:51.69*	2:38.39*	2:31.89*	2:25.19*	2:18.69*	200 Y Back	2:18.79*	2:25.39*	2:32.09*	2:38.69*	2:51.89*	3:05.09*
44.89*	41.69*	38.49*	36.89*	35.29*	33.69*	50 Y Breast	33.49*	35.29*	37.09*	38.99*	42.59*	46.19*
1:39.09*	1:31.79*	1:24.39*	1:20.79*	1:17.09*	1:13.49*	100 Y Breast	1:12.49*	1:16.29*	1:19.99*	1:23.79*	1:31.39*	1:38.89*
3:31.59*	3:16.49*	3:01.39*	2:53.89*	2:46.29*	2:38.69*	200 Y Breast	2:36.99*	2:44.49*	2:51.99*	2:59.39*	3:14.39*	3:29.29*
38.09*	35.39*	32.59*	31.29*	29.89*	28.59*	50 Y Fly	28.59*	30.19*	31.79*	33.39*	36.59*	39.69*
1:28.79*	1:21.69*	1:14.59*	1:10.99*	1:07.49*	1:03.89*	100 Y Fly	1:03.69*	1:07.39*	1:11.09*	1:14.69*	1:22.09*	1:29.49*
3:10.09*	2:56.59*	2:42.99*	2:36.19*	2:29.39*	2:22.59*	200 Y Fly	2:22.59*	2:29.39*	2:36.09*	2:42.89*	2:56.49*	3:10.09*
1:27.09*	1:20.89*	1:14.59*	1:11.49*	1:08.39*	1:05.29*	100 Y IM	1:05.19*	1:08.39*	1:11.59*	1:14.69*	1:21.09*	1:27.49*
3:06.59*	2:53.29*	2:39.99*	2:33.29*	2:26.59*	2:19.99*	200 Y IM	2:20.49*	2:27.69*	2:34.89*	2:41.99*	2:56.39*	3:10.69*
6:38.79*	6:10.29*	5:41.79*	5:27.59*	5:13.29*	4:59.09*	400 Y IM	4:59.39*	5:13.59*	5:27.89*	5:42.09*	6:10.69*	6:39.19*
12 Year Olds Girls						12 Year Olds Boys						
33.79*	31.49*	29.09*	27.89*	26.79*	25.59*	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*
2:40.79*	2:29.39*	2:17.89*	2:12.09*	2:06.39*	2:00.59*	200 Y Free	1:56.09*	2:01.69*	2:07.19*	2:12.69*	2:23.79*	2:34.79*
7:07.79*	6:37.29*	6:06.69*	5:51.39*	5:36.19*	5:20.89*	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*
38.49*	35.69*	32.99*	31.59*	30.19*	28.89*	50 Y Back	27.99*	29.49*	30.99*	32.39*	35.29*	38.29*
1:25.19*	1:18.49*	1:11.79*	1:08.49*	1:05.09*	1:01.79*	100 Y Back	59.99*	1:03.29*	1:06.59*	1:09.79*	1:16.29*	1:22.89*
2:56.69*	2:44.09*	2:31.49*	2:25.19*	2:18.89*	2:12.59*	200 Y Back	2:09.49*	2:15.69*	2:21.89*	2:27.99*	2:40.39*	2:52.69*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 Y Breast	31.09*	32.79*	34.49*	36.19*	39.59*	42.89*
1:34.69*	1:27.69*	1:20.69*	1:17.19*	1:13.69*	1:10.19*	100 Y Breast	1:07.09*	1:10.59*	1:14.09*	1:17.59*	1:24.59*	1:31.59*
3:22.79*	3:08.29*	2:53.79*	2:46.59*	2:39.29*	2:32.09*	200 Y Breast	2:26.59*	2:33.59*	2:40.59*	2:47.59*	3:01.49*	3:15.49*
36.79*	34.19*	31.59*	30.19*	28.89*	27.59*	50 Y Fly	26.79*	28.19*	29.69*	31.19*	34.19*	37.09*
1:25.09*	1:18.29*	1:11.49*	1:08.09*	1:04.69*	1:01.29*	100 Y Fly	59.39*	1:02.79*	1:06.19*	1:09.59*	1:16.49*	1:23.29*
3:00.29*	2:47.39*	2:34.59*	2:28.09*	2:21.69*	2:15.19*	200 Y Fly	2:12.09*	2:18.39*	2:24.69*	2:30.99*	2:43.59*	2:56.19*
1:24.39*	1:18.39*	1:12.39*	1:09.29*	1:06.29*	1:03.29*	100 Y IM	1:00.29*	1:03.29*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.59*	2:47.69*	2:34.79*	2:28.39*	2:21.89*	2:15.49*	200 Y IM	2:10.89*	2:17.49*	2:24.19*	2:30.89*	2:44.19*	2:57.59*
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 Year Olds Girls						13 Year Olds Boys						
33.39*	31.09*	28.69*	27.49*	26.29*	25.09*	50 Y Free	23.49*	24.59*	25.69*	26.79*	28.99*	31.29*
1:12.29*	1:07.09*	1:01.99*	59.39*	56.79*	54.19*	100 Y Free	51.09*	53.49*	55.99*	58.39*	1:03.29*	1:08.09*
2:36.19*	2:25.09*	2:13.89*	2:08.39*	2:02.79*	1:57.19*	200 Y Free	1:50.99*	1:56.29*	2:01.59*	2:06.89*	2:17.39*	2:27.99*
6:57.79*	6:27.99*	5:58.09*	5:43.19*	5:28.29*	5:13.39*	500 Y Free	4:58.89*	5:13.09*	5:27.39*	5:41.59*	6:09.99*	6:38.49*
14:21.39*	13:19.89*	12:18.39*	11:47.59*	11:16.89*	10:46.09*	1000 Y Free	10:20.69*	10:50.19*	11:19.79*	11:49.39*	12:48.49*	13:47.59*
24:03.09*	22:19.99*	20:36.99*	19:45.39*	18:53.89*	18:02.29*	1650 Y Free	17:18.59*	18:07.99*	18:57.49*	19:46.89*	21:25.79*	23:04.69*
1:19.89	1:14.19	1:08.49	1:05.69	1:02.79	59.99	100 Y Back	56.59*	59.29*	1:01.89*	1:04.59*	1:09.99*	1:15.39*
2:51.89*	2:39.69*	2:27.39*	2:21.19*	2:15.09*	2:08.99*	200 Y Back	2:02.59*	2:08.39*	2:14.19*	2:20.09*	2:31.69*	2:43.39*
1:30.59*	1:24.19*	1:17.69*	1:14.49*	1:11.19*	1:07.99*	100 Y Breast	1:03.49*	1:06.59*	1:09.59*	1:12.59*	1:18.69*	1:24.69*
3:16.89*	3:02.89*	2:48.79*	2:41.79*	2:34.69*	2:27.69*	200 Y Breast	2:17.59*	2:24.09*	2:30.69*	2:37.19*	2:50.29*	3:03.39*
1:18.79*	1:13.19*	1:07.59*	1:04.79*	1:01.99*	59.09*	100 Y Fly	55.79*	58.39*	1:01.09*	1:03.69*	1:08.99*	1:14.29*
2:55.29*	2:42.69*	2:30.19*	2:23.99*	2:17.69*	2:11.49*	200 Y Fly	2:03.69*	2:09.59*	2:15.49*	2:21.39*	2:33.19*	2:44.99*
2:55.59*	2:43.09*	2:30.59*	2:24.29*	2:17.99*	2:11.69*	200 Y IM	2:04.69*	2:10.59*	2:16.59*	2:22.49*	2:34.39*	2:46.29*
6:13.49*	5:46.79*	5:20.09*	5:06.79*	4:53.49*	4:40.09*	400 Y IM	4:25.29*	4:37.99*	4:50.59*	5:03.19*	5:28.49*	5:53.69*

2017-2020 National Age Group Motivational Times

SHORT COURSE YARDS (SCY)

Revised 11/8/2016

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	50 Y Free	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
14 Year Olds Girls						14 Year Olds Boys						
32.69*	30.29*	27.99*	26.79*	25.69*	24.49*	50 Y Free	22.49*	23.59*	24.69*	25.69*	27.89*	29.99*
1:11.09*	1:05.99*	1:00.89*	58.39*	55.89*	53.29*	100 Y Free	49.19*	51.59*	53.89*	56.29*	1:00.99*	1:05.59*
2:33.19*	2:22.19*	2:11.29*	2:05.79*	2:00.39*	1:54.89*	200 Y Free	1:46.99*	1:52.09*	1:57.19*	2:02.29*	2:12.49*	2:22.69*
6:49.69*	6:20.39*	5:51.19*	5:36.49*	5:21.89*	5:07.29*	500 Y Free	4:49.39*	5:03.19*	5:16.99*	5:30.79*	5:58.29*	6:25.89*
14:08.69*	13:08.09*	12:07.49*	11:37.19*	11:06.89*	10:36.59*	1000 Y Free	10:00.59*	10:29.19*	10:57.79*	11:26.39*	12:23.49*	13:20.69*
23:25.59*	21:45.19*	20:04.79*	19:14.59*	18:24.39*	17:34.19*	1650 Y Free	16:45.09*	17:32.99*	18:20.89*	19:08.69*	20:44.39*	22:20.19*
1:17.69*	1:12.09*	1:06.59*	1:03.79*	1:00.99*	58.29*	100 Y Back	54.09*	56.69*	59.19*	1:01.79*	1:06.99*	1:12.09*
2:47.79*	2:35.79*	2:23.89*	2:17.89*	2:11.89*	2:05.89*	200 Y Back	1:57.79*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
1:29.19*	1:22.89*	1:16.49*	1:13.29*	1:10.09*	1:06.89*	100 Y Breast	1:01.19*	1:04.09*	1:06.99*	1:09.89*	1:15.69*	1:21.49*
3:12.19*	2:58.49*	2:44.79*	2:37.89*	2:30.99*	2:24.19*	200 Y Breast	2:13.19*	2:19.49*	2:25.89*	2:32.19*	2:44.89*	2:57.59*
1:17.09*	1:11.59*	1:06.09*	1:03.39*	1:00.59*	57.89*	100 Y Fly	53.59*	56.19*	58.69*	1:01.29*	1:06.39*	1:11.49*
2:50.49*	2:38.29*	2:26.19*	2:20.09*	2:13.99*	2:07.89*	200 Y Fly	1:58.99*	2:04.69*	2:10.39*	2:15.99*	2:27.39*	2:38.69*
2:51.69*	2:39.39*	2:27.19*	2:21.09*	2:14.89*	2:08.79*	200 Y IM	1:59.99*	2:05.69*	2:11.39*	2:17.19*	2:28.59*	2:39.99*
6:05.49*	5:39.39*	5:13.29*	5:00.19*	4:47.19*	4:34.09*	400 Y IM	4:16.39*	4:28.59*	4:40.79*	4:52.99*	5:17.39*	5:41.79*
15 Year Olds Girls						15 Year Olds Boys						
32.49*	30.19*	27.79*	26.69*	25.49*	24.39*	50 Y Free	22.19*	23.19*	24.29*	25.29*	27.39*	29.49*
1:10.29*	1:05.29*	1:00.29*	57.69*	55.19*	52.69*	100 Y Free	48.19*	50.49*	52.79*	55.09*	59.69*	1:04.29*
2:31.49*	2:20.69*	2:09.89*	2:04.49*	1:59.09*	1:53.69*	200 Y Free	1:44.89*	1:49.89*	1:54.79*	1:59.79*	2:09.79*	2:19.79*
6:44.49*	6:15.59*	5:46.69*	5:32.19*	5:17.79*	5:03.39*	500 Y Free	4:43.59*	4:57.09*	5:10.59*	5:24.09*	5:51.09*	6:18.09*
13:59.69*	12:59.79*	11:59.79*	11:29.79*	10:59.79*	10:29.79*	1000 Y Free	9:49.99*	10:18.09*	10:46.19*	11:14.29*	12:10.49*	13:06.69*
23:17.59*	21:37.79*	19:57.89*	19:07.99*	18:18.09*	17:28.19*	1650 Y Free	16:29.49*	17:16.59*	18:03.69*	18:50.89*	20:25.09*	21:59.29*
1:16.59*	1:11.09*	1:05.69*	1:02.89*	1:00.19*	57.49*	100 Y Back	52.79*	55.29*	57.79*	1:00.29*	1:05.29*	1:10.39*
2:45.49*	2:33.69*	2:21.89*	2:15.99*	2:10.09*	2:04.19*	200 Y Back	1:54.89*	2:00.29*	2:05.79*	2:11.29*	2:22.19*	2:33.19*
1:27.59*	1:21.29*	1:15.09*	1:11.89*	1:08.79*	1:05.69*	100 Y Breast	59.49*	1:02.39*	1:05.19*	1:07.99*	1:13.69*	1:19.39*
3:10.89*	2:57.19*	2:43.59*	2:36.79*	2:29.99*	2:23.19*	200 Y Breast	2:10.09*	2:16.29*	2:22.49*	2:28.69*	2:41.09*	2:53.49*
1:16.59*	1:11.09*	1:05.69*	1:02.89*	1:00.19*	57.49*	100 Y Fly	52.19*	54.69*	57.19*	59.69*	1:04.69*	1:09.59*
2:48.89*	2:36.79*	2:24.79*	2:18.69*	2:12.69*	2:06.69*	200 Y Fly	1:56.29*	2:01.79*	2:07.29*	2:12.89*	2:23.89*	2:34.99*
2:49.59*	2:37.49*	2:25.39*	2:19.29*	2:13.29*	2:07.19*	200 Y IM	1:57.29*	2:02.89*	2:08.49*	2:14.09*	2:25.29*	2:36.39*
6:02.19*	5:36.29*	5:10.39*	4:57.49*	4:44.59*	4:31.59*	400 Y IM	4:09.69*	4:21.59*	4:33.49*	4:45.29*	5:09.09*	5:32.89*
16 Year Olds Girls						16 Year Olds Boys						
32.19*	29.89*	27.59*	26.39*	25.29*	24.09*	50 Y Free	21.69*	22.69*	23.79*	24.79*	26.89*	28.89*
1:09.69*	1:04.69*	59.69*	57.19*	54.69*	52.29*	100 Y Free	47.29*	49.49*	51.79*	53.99*	58.49*	1:02.99*
2:30.59*	2:19.89*	2:09.09*	2:03.69*	1:58.29*	1:52.99*	200 Y Free	1:42.99*	1:47.89*	1:52.79*	1:57.69*	2:07.49*	2:17.29*
6:42.59*	6:13.79*	5:45.09*	5:30.69*	5:16.29*	5:01.89*	500 Y Free	4:38.89*	4:52.19*	5:05.49*	5:18.69*	5:45.29*	6:11.79*
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	1000 Y Free	9:42.49*	10:10.19*	10:37.89*	11:05.69*	12:01.09*	12:56.59*
23:18.19	21:38.29	19:58.49	19:08.49	18:18.59	17:28.69	1650 Y Free	16:15.19*	17:01.69*	17:48.09*	18:34.49*	20:07.39*	21:40.29*
1:15.59*	1:10.19*	1:04.79*	1:02.09*	59.39*	56.69*	100 Y Back	51.39*	53.79*	56.19*	58.69*	1:03.59*	1:08.49*
2:44.29*	2:32.59*	2:20.79*	2:14.99*	2:09.09*	2:03.19*	200 Y Back	1:52.59*	1:57.89*	2:03.29*	2:08.59*	2:19.39*	2:30.09*
1:26.59*	1:20.49*	1:14.29*	1:11.19*	1:08.09*	1:04.99*	100 Y Breast	58.49*	1:01.29*	1:04.09*	1:06.89*	1:12.39*	1:17.99*
3:08.69*	2:55.19*	2:41.69*	2:34.99*	2:28.19*	2:21.49*	200 Y Breast	2:07.29*	2:13.29*	2:19.39*	2:25.39*	2:37.59*	2:49.69*
1:15.49*	1:10.09*	1:04.69*	1:01.99*	59.29*	56.59*	100 Y Fly	51.39*	53.89*	56.29*	58.79*	1:03.59*	1:08.49*
2:46.89*	2:34.99*	2:22.99*	2:17.09*	2:11.09*	2:05.19*	200 Y Fly	1:53.59*	1:58.99*	2:04.39*	2:09.79*	2:20.59*	2:31.39*
2:48.49*	2:36.49*	2:24.39*	2:18.39*	2:12.39*	2:06.39*	200 Y IM	1:54.29*	1:59.79*	2:05.19*	2:10.59*	2:21.49*	2:32.39*
5:57.59*	5:32.09*	5:06.49*	4:53.69*	4:40.99*	4:28.19*	400 Y IM	4:07.29*	4:19.09*	4:30.79*	4:42.59*	5:06.19*	5:29.69*
17 Year Olds Girls						17 Year Olds Boys						
31.99*	29.69*	27.39*	26.29*	25.19*	23.99*	50 Y Free	21.19	22.29	23.29	24.29	26.29	28.29
1:09.29*	1:04.29*	59.39*	56.89*	54.49*	51.99*	100 Y Free	46.69*	48.99*	51.19*	53.39*	57.79*	1:02.29*
2:30.19*	2:19.49*	2:08.79*	2:03.39*	1:58.09*	1:52.69*	200 Y Free	1:42.09*	1:46.89*	1:51.79*	1:56.59*	2:06.29*	2:16.09*
6:41.39*	6:12.69*	5:44.09*	5:29.69*	5:15.39*	5:01.09*	500 Y Free	4:37.09*	4:50.29*	5:03.49*	5:16.69*	5:43.09*	6:09.49*
13:54.29*	12:54.69*	11:55.09*	11:25.29*	10:55.49*	10:25.69*	1000 Y Free	9:38.19*	10:05.69*	10:33.19*	11:00.79*	11:55.79*	12:50.89*
23:13.09	21:33.59	19:54.09	19:04.39	18:14.59	17:24.89	1650 Y Free	16:09.49*	16:55.69*	17:41.79*	18:27.99*	20:00.29*	21:32.69*
1:15.59*	1:10.19*	1:04.79*	1:02.09*	59.39*	56.69*	100 Y Back	50.89*	53.29*	55.79*	58.19*	1:02.99*	1:07.89*
2:43.69*	2:31.99*	2:20.29*	2:14.49*	2:08.59*	2:02.79*	200 Y Back	1:51.39*	1:56.59*	2:01.99*	2:07.19*	2:17.89*	2:28.39*
1:26.69*	1:20.49*	1:14.29*	1:11.19*	1:08.09*	1:04.99*	100 Y Breast	57.89*	1:00.69*	1:03.49*	1:06.19*	1:11.69*	1:17.19*
3:07.69*	2:54.19*	2:40.89*	2:34.19*	2:27.39*	2:20.69*	200 Y Breast	2:05.69*	2:11.59*	2:17.59*	2:23.59*	2:35.59*	2:47.49*
1:14.99*	1:09.69*	1:04.29*	1:01.59*	58.99*	56.29*	100 Y Fly	50.29*	52.69*	55.09*	57.49*	1:02.29*	1:07.09*
2:46.69*	2:34.79*	2:22.89*	2:16.89*	2:10.99*	2:04.99*	200 Y Fly	1:52.19*	1:57.49*	2:02.89*	2:08.19*	2:18.89*	2:29.59*
2:47.69*	2:35.79*	2:23.79*	2:17.79*	2:11.79*	2:05.79*	200 Y IM	1:53.49*	1:58.89*	2:04.39*	2:09.79*	2:20.59*	2:31.39*
5:58.19*	5:32.69*	5:07.09*	4:54.29*	4:41.49*	4:28.69*	400 Y IM	4:04.09*	4:15.69*	4:27.29*	4:38.99*	5:02.19*	5:25.39*
18 Year Olds Girls						18 Year Olds Boys						
31.69*	29.39*	27.19*	25.99*	24.89*	23.79*	50 Y Free	20.99*	21.99*	22.99*	23.99*	25.99*	27.99*
1:08.29*	1:03.49*	58.59*	56.09*	53.69*	51.29*	100 Y Free	46.19*	48.39*	50.59*	52.79*	57.09*	1:01.49*
2:29.49*	2:18.89*	2:08.19*	2:02.79*	1:57.49*	1:52.19*	200 Y Free	1:41.69*	1:46.49*	1:51.29*	1:56.19*	2:05.89*	2:15.49*
6:39.29*	6:10.69*	5:42.19*	5:27.99*	5:13.69*	4:59.49*	500 Y Free	4:35.29*	4:48.39*	5:01.49*	5:14.69*	5:40.89*	6:07.09*
13:52.59	12:53.09	11:53.59	11:23.89	10:54.19	10:24.39	1000 Y Free	9:38.79*	10:06.29*	10:33.89*	11:01.49*	11:56.59*	12:51.69*
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:00.89*	16:46.59*	17:32.39*	18:18.09*	19:49.69*	21:21.19*
1:14.99*	1:09.59*	1:04.29*	1:01.59*	58.89*	56.29*	100 Y Back	50.09*	52.49*	54.89*	57.19*	1:01.99*	1:06.79*
2:42.99*	2:31.29*	2:19.69*	2:13.89*	2:08.09*	2:02.19*	200 Y Back	1:49.49*	1:54.69*	1:59.89*	2:05.09*	2:15.59*	2:25.99*
1:26.89*	1:20.69*	1:14.49*	1:11.39*	1:08.29*	1:05.19*	100 Y Breast	57.09*	59.79*	1:02.59*	1:05.29*	1:10.69*	1:16.09*
3:06.99*	2:53.59*	2:40.29*	2:33.59*	2:26.89*	2:20.19*	200 Y Breast	2:04.69*	2:10.69*	2:16.59*	2:22.49*	2:34.39*	2:46.29*
1:14.79*	1:09.39*	1:04.09*	1:01.39*	58.79*	56.09*	100 Y Fly	49.99*	52.39*	54.79*	57.09*	1:01.89*	1:06.59*
2:45.89	2:33.99*	2:22.19	2:16.29	2:10.29*	2:04.39*	200 Y Fly	1:51.39*	1:56.69*	2:01.99*	2:07.29*	2:17.89*	2:28.49*
2:45.89*	2:34.09*	2:22.19*	2:16.29*	2:10.39*	2:04.49*	200 Y IM	1:52.49*	1:57.79*	2:03.19*	2:08.49*	2:19.19*	2:29.89*
5:56.79*	5:31.29*	5:05.79*	4:53.09									

2017-2020 National Age Group Motivational Times

LONG COURSE METERS (LCM)

Revised 11/8/2016

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 Year Olds Girls						10 Year Olds 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*
1:41.89*	1:31.09*	1:20.19*	1:16.59*	1:12.99*	1:09.39*	100 M Free	1:09.09*	1:12.59*	1:15.99*	1:19.49*	1:29.79*	1:40.19*
3:44.79*	3:20.19*	2:55.59*	2:47.39*	2:39.09*	2:30.89*	200 M Free	2:28.69*	2:35.79*	2:42.89*	2:49.89*	3:11.19*	3:32.39*
7:35.29*	6:49.79*	6:04.29*	5:49.09*	5:33.89*	5:18.69*	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	1:18.79*	1:22.89*	1:26.89*	1:30.89*	1:42.99*	1:54.99*
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*
2:15.89*	2:00.79*	1:45.69*	1:40.69*	1:35.69*	1:30.59*	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*
2:09.19*	1:52.29*	1:35.39*	1:29.69*	1:24.09*	1:18.39*	100 M Fly	1:17.99*	1:23.39*	1:28.89*	1:34.29*	1:50.59*	2:06.89*
4:09.39*	3:43.19*	3:17.09*	3:08.29*	2:59.59*	2:50.89*	200 M IM	2:48.99*	2:57.39*	3:05.89*	3:14.29*	3:39.59*	4:04.89*
11 Year Olds Girls						11 Year Olds Boys						
39.69*	36.89*	34.19*	32.79*	31.39*	30.09*	50 M Free	29.99*	31.39*	32.79*	34.19*	37.09*	39.89*
1:27.09*	1:20.89*	1:14.69*	1:11.59*	1:08.49*	1:05.39*	100 M Free	1:05.39*	1:08.49*	1:11.59*	1:14.79*	1:20.99*	1:27.19*
3:10.19*	2:56.59*	2:43.09*	2:36.29*	2:29.49*	2:22.69*	200 M Free	2:22.39	2:29.09	2:35.89	2:42.69	2:56.19	3:09.79
6:40.19*	6:11.59*	5:43.09*	5:28.79*	5:14.49*	5:00.19*	400 M Free	4:59.69*	5:13.99*	5:28.29*	5:42.59*	6:11.09*	6:39.59*
14:07.59	13:06.99	12:06.49	11:36.19	11:05.89*	10:35.69	800 M Free	10:33.09*	11:03.29*	11:33.39*	12:03.59*	13:03.89*	14:04.19*
27:17.49	25:20.59	23:23.59	22:25.09	21:26.59	20:28.19	1500 M Free	20:22.09*	21:20.29*	22:18.49*	23:16.59*	25:12.99*	27:09.39*
45.99*	42.69*	39.39*	37.79*	36.09*	34.49*	50 M Back	34.69*	36.49*	38.29*	40.19*	43.79*	47.39*
1:43.39*	1:35.29*	1:27.19*	1:23.09*	1:18.99*	1:14.89*	100 M Back	1:14.69*	1:18.79*	1:22.89*	1:26.89*	1:34.99*	1:43.19*
3:35.09*	3:19.79*	3:04.39*	2:56.69*	2:49.09*	2:41.39*	200 M Back	2:40.99*	2:48.69*	2:56.29	3:03.99	3:19.29	3:34.69
51.89*	48.19*	44.49*	42.59*	40.79*	38.89*	50 M Breast	38.49*	40.59*	42.59*	44.69*	48.89*	53.09*
1:54.59*	1:46.19*	1:37.69*	1:33.39*	1:29.19*	1:24.99*	100 M Breast	1:24.59*	1:28.99*	1:33.39*	1:37.79*	1:46.59*	1:55.39*
4:04.79*	3:47.29*	3:29.79*	3:21.09*	3:12.39*	3:03.59*	200 M Breast	3:02.19*	3:10.79*	3:19.49*	3:28.19*	3:45.49*	4:02.89*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 M Fly	32.79*	34.59*	36.39*	38.19*	41.79*	45.49*
1:41.09*	1:32.99*	1:24.89*	1:20.89*	1:16.89*	1:12.79*	100 M Fly	1:12.89*	1:17.09*	1:21.29*	1:25.49*	1:33.89*	1:42.39*
3:37.69*	3:22.09*	3:06.59*	2:58.79*	2:50.99*	2:43.29*	200 M Fly	2:42.09*	2:49.79*	2:57.49*	3:05.29*	3:20.69*	3:36.09*
3:35.09*	3:19.69*	3:04.39*	2:56.69*	2:48.99*	2:41.29*	200 M IM	2:41.29*	2:49.59*	2:57.79*	3:05.99*	3:22.49*	3:38.89*
7:39.79*	7:06.99*	6:34.19*	6:17.69*	6:01.29*	5:44.89*	400 M IM	5:46.59*	6:03.09*	6:19.59*	6:36.09*	7:09.09*	7:42.09*
12 Year Olds Girls						12 Year Olds Boys						
38.59*	35.89*	33.19*	31.89*	30.59*	29.19*	50 M Free	28.09*	29.39*	30.69*	32.09*	34.69*	37.39*
1:24.59*	1:18.59*	1:12.49*	1:09.49*	1:06.49*	1:03.49*	100 M Free	1:01.09*	1:03.99*	1:06.99*	1:09.89*	1:15.69*	1:21.49*
3:02.89*	2:49.89*	2:36.79*	2:30.29*	2:23.79*	2:17.19*	200 M Free	2:13.19*	2:19.49*	2:25.89*	2:32.19*	2:44.89*	2:57.59*
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
13:27.59*	12:29.89*	11:32.19*	11:03.39*	10:34.59*	10:05.69*	800 M Free	9:55.29*	10:23.69*	10:51.99*	11:20.39*	12:17.09*	13:13.79*
25:49.99	23:59.29	22:08.59	21:13.19	20:17.89	19:22.49	1500 M Free	18:57.49*	19:51.69*	20:45.89*	21:39.99*	23:28.39*	25:16.69*
44.39*	41.19*	37.99*	36.39*	34.89*	33.29*	50 M Back	32.39*	34.09*	35.79*	37.49*	40.89*	44.19*
1:38.79*	1:30.99*	1:23.19*	1:19.29*	1:15.49	1:11.59	100 M Back	1:09.59*	1:13.39*	1:17.09*	1:20.89*	1:28.49*	1:35.99*
3:24.79*	3:10.19*	2:55.59*	2:48.19*	2:40.89*	2:33.59*	200 M Back	2:29.79*	2:36.89*	2:43.99*	2:51.09*	3:05.39*	3:19.69*
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*
1:48.69*	1:40.69*	1:32.69*	1:28.59*	1:24.59*	1:20.59*	100 M Breast	1:17.99*	1:22.09*	1:26.09*	1:30.19*	1:38.29*	1:46.39*
3:52.19*	3:35.59*	3:18.99*	3:10.69*	3:02.49*	2:54.19*	200 M Breast	2:48.49*	2:56.59*	3:04.59*	3:12.59*	3:28.69*	3:44.69*
41.39*	38.49*	35.49*	33.99*	32.59*	31.09*	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*
3:23.99*	3:09.49*	2:54.89*	2:47.59*	2:40.29*	2:32.99*	200 M Fly	2:30.89*	2:38.09*	2:45.19*	2:52.39*	3:06.79*	3:21.19*
3:26.89*	3:12.09*	2:57.39*	2:49.99*	2:42.59*	2:35.19*	200 M IM	2:30.59*	2:38.29*	2:45.99*	2:53.69*	3:08.99*	3:24.39*
7:20.09*	6:48.69*	6:17.29*	6:01.49*	5:45.79*	5:30.09*	400 M IM	5:22.59*	5:37.99*	5:53.39*	6:08.69*	6:39.39*	7:10.19*
13 Year Olds Girls						13 Year Olds Boys						
37.99*	35.29*	32.59*	31.19*	29.89*	28.49*	50 M Free	26.89*	28.19*	29.49*	30.69*	33.29*	35.79*
1:22.69*	1:16.79*	1:10.89*	1:07.89*	1:04.99*	1:01.99*	100 M Free	58.49*	1:01.29*	1:04.09*	1:06.89*	1:12.39*	1:17.99*
2:58.39*	2:45.69*	2:32.99*	2:26.59*	2:20.19*	2:13.79*	200 M Free	2:08.09*	2:14.19*	2:20.29*	2:26.39*	2:38.59*	2:50.79*
6:14.19	5:47.39*	5:20.69*	5:07.39	4:53.99*	4:40.59*	400 M Free	4:30.69*	4:43.49*	4:56.39*	5:09.29*	5:35.09*	6:00.89*
12:52.59*	11:57.39*	11:02.19*	10:34.59*	10:07.09*	9:39.49*	800 M Free	9:23.49*	9:50.29*	10:17.19*	10:43.99*	11:37.59*	12:31.29*
24:45.79	22:59.69	21:13.59	20:20.49	19:27.39	18:34.39	1500 M Free	17:50.39*	18:41.39*	19:32.39*	20:23.29*	22:05.29*	23:47.19*
1:32.79*	1:26.09*	1:19.49*	1:16.19*	1:12.89*	1:09.59*	100 M Back	1:05.99*	1:09.09*	1:12.19*	1:15.39*	1:21.69*	1:27.89*
3:19.19	3:04.89	2:50.69	2:43.59	2:36.49	2:29.39	200 M Back	2:22.29*	2:29.09*	2:35.89*	2:42.69*	2:56.19*	3:09.79*
1:44.29*	1:36.89*	1:29.39*	1:25.69*	1:21.99*	1:18.29*	100 M Breast	1:13.49*	1:16.99*	1:20.49*	1:23.99*	1:30.99*	1:37.99*
3:45.09*	3:29.09*	3:12.99*	3:04.89*	2:56.89*	2:48.89*	200 M Breast	2:38.19*	2:45.79*	2:53.29*	3:00.79*	3:15.89*	3:30.99*
1:29.59*	1:23.19*	1:16.89*	1:13.59*	1:10.49*	1:07.19*	100 M Fly	1:03.49*	1:06.49*	1:09.49*	1:12.49*	1:18.59*	1:24.59*
3:17.89*	3:03.69*	2:49.59*	2:42.49*	2:35.49*	2:28.39*	200 M Fly	2:22.59*	2:29.39*	2:36.19*	2:42.89*	2:56.49*	3:10.09*
3:21.39*	3:06.99*	2:52.59*	2:45.39*	2:38.29*	2:31.09*	200 M IM	2:23.29*	2:30.09*	2:36.99*	2:43.79*	2:57.39*	3:11.09*
7:07.09*	6:36.59*	6:06.09*	5:50.79*	5:35.59*	5:20.29*	400 M IM	5:06.59*	5:21.19*	5:35.79*	5:50.39*	6:19.49*	6:48.69*

2017-2020 National Age Group Motivational Times

LONG COURSE METERS (LCM)

Revised 11/8/2016

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							14 Year Olds Boys					
37.29*	34.69*	31.99*	30.69*	29.39*	27.99*	50 M Free	25.89*	27.09*	28.39*	29.59*	32.09*	34.49*
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	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	2:03.29*	2:09.19*	2:15.09*	2:20.89*	2:32.69*	2:44.39*
6:07.79	5:41.59	5:15.29	5:02.19	4:48.99	4:35.89	400 M Free	4:21.09*	4:33.49*	4:45.99*	4:58.39*	5:23.29*	5:48.09*
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*
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:19.19*	18:08.69*	18:58.19*	19:47.69*	21:26.69*	23:05.59*
1:30.19	1:23.69*	1:17.29	1:14.09	1:10.89	1:07.59*	100 M Back	1:03.39*	1:06.39*	1:09.39*	1:12.39*	1:18.49*	1:24.49*
3:14.39*	3:00.49*	2:46.59*	2:39.69*	2:32.69*	2:25.79*	200 M Back	2:17.09*	2:23.59*	2:30.19*	2:36.69*	2:49.79*	3:02.79*
1:42.59*	1:35.19*	1:27.89*	1:24.29*	1:20.59*	1:16.89*	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:41.59*	3:25.69*	3:09.89*	3:01.99*	2:54.09*	2:46.19*	200 M Breast	2:34.49*	2:41.79*	2:49.19*	2:56.59*	3:11.29*	3:25.99*
1:27.39*	1:21.09*	1:14.89*	1:11.79*	1:08.69*	1:05.49*	100 M Fly	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:14.29*	3:00.39*	2:46.49*	2:39.59*	2:32.59*	2:25.69*	200 M Fly	2:16.59*	2:23.09*	2:29.59*	2:36.09*	2:49.09*	3:02.09*
3:17.69*	3:03.49*	2:49.39*	2:42.39*	2:35.29*	2:28.29*	200 M IM	2:19.09*	2:25.69*	2:32.29*	2:38.99*	2:52.19*	3:05.39*
6:58.69*	6:28.79*	5:58.89*	5:43.99*	5:28.99*	5:14.09*	400 M IM	4:54.59*	5:08.59*	5:22.69*	5:36.69*	6:04.69*	6:32.79*

15 Year Olds Girls							15 Year Olds Boys					
36.89*	34.29*	31.59*	30.29*	28.99*	27.69*	50 M Free	25.39*	26.59*	27.79*	28.99*	31.39*	33.79*
1:19.99*	1:14.29*	1:08.59*	1:05.69*	1:02.89*	59.99*	100 M Free	55.39*	57.99*	1:00.69*	1:03.29*	1:08.59*	1:13.79*
2:52.49*	2:40.09*	2:27.79*	2:21.69*	2:15.49*	2:09.39*	200 M Free	1:59.89*	2:05.59*	2:11.29*	2:16.99*	2:28.39*	2:39.79*
6:02.99	5:37.09	5:11.19	4:58.19	4:45.19	4:32.29	400 M Free	4:14.89*	4:26.99*	4:39.09*	4:51.29*	5:15.49*	5:39.79*
12:28.99*	11:35.49*	10:41.99*	10:15.29*	9:48.49*	9:21.79*	800 M Free	8:53.09*	9:18.49*	9:43.79*	10:09.19*	10:59.99*	11:50.69*
24:00.79*	22:17.89*	20:34.99*	19:43.49*	18:52.09*	18:00.59*	1500 M Free	16:56.59*	17:44.99*	18:33.39*	19:21.79*	20:58.59*	22:35.39*
1:28.59*	1:22.29*	1:15.99*	1:12.79*	1:09.69*	1:06.49*	100 M Back	1:01.59*	1:04.49*	1:07.49*	1:10.39*	1:16.19*	1:22.09*
3:10.89*	2:57.29*	2:43.59*	2:36.79*	2:29.99*	2:23.19*	200 M Back	2:12.99*	2:19.39*	2:25.69*	2:31.99*	2:44.69*	2:57.39*
1:40.79*	1:33.59*	1:26.39*	1:22.79*	1:19.19*	1:15.59*	100 M Breast	1:09.29*	1:12.59*	1:15.89*	1:19.19*	1:25.79*	1:32.39*
3:39.39*	3:23.69*	3:07.99*	3:00.19*	2:52.39*	2:44.49*	200 M Breast	2:30.19*	2:37.39*	2:44.49*	2:51.69*	3:05.89*	3:20.19*
1:26.79	1:20.59	1:14.39	1:11.29	1:08.19	1:05.09	100 M Fly	58.99*	1:01.79*	1:04.59*	1:07.39*	1:12.99*	1:18.59*
3:10.89*	2:57.19*	2:43.59*	2:36.79*	2:29.99*	2:23.19*	200 M Fly	2:12.19*	2:18.49*	2:24.79*	2:31.09*	2:43.69*	2:56.29*
3:15.09*	3:01.19*	2:47.19*	2:40.29*	2:33.29*	2:26.29*	200 M IM	2:15.29*	2:21.79*	2:28.19*	2:34.69*	2:47.49*	3:00.39*
6:53.29*	6:23.79*	5:54.29*	5:39.49*	5:24.69*	5:09.99*	400 M IM	4:46.69*	5:00.29*	5:13.99*	5:27.59*	5:54.89*	6:22.19*

16 Year Olds Girls							16 Year Olds Boys					
36.59*	33.99*	31.39*	30.09*	28.79*	27.49*	50 M Free	24.99*	26.19*	27.39*	28.49*	30.89*	33.29*
1:19.69*	1:13.99*	1:08.39*	1:05.49*	1:02.69*	59.79*	100 M Free	54.59*	57.19*	59.79*	1:02.39*	1:07.59*	1:12.79*
2:51.79	2:39.49	2:27.19	2:21.09	2:14.99	2:08.79	200 M Free	1:58.19*	2:03.89*	2:09.49*	2:15.09*	2:26.39*	2:37.59*
6:00.39	5:34.69	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:10.39*	4:22.29*	4:34.19*	4:46.19*	5:09.99*	5:33.89*
12:23.29	11:30.19	10:37.09	10:10.59	9:44.09	9:17.49	800 M Free	8:46.69	9:11.79	9:36.89	10:01.89	10:52.09	11:42.19
23:47.39*	22:05.39*	20:23.49*	19:32.49*	18:41.49*	17:50.59*	1500 M Free	16:45.69*	17:33.59*	18:21.39*	19:09.29*	20:45.09*	22:20.89*
1:28.29*	1:21.99*	1:15.69*	1:12.59*	1:09.39*	1:06.29*	100 M Back	1:00.49*	1:03.39*	1:06.29*	1:09.19*	1:14.89*	1:20.69*
3:09.59*	2:56.09*	2:42.59*	2:35.79*	2:28.99*	2:22.19*	200 M Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79
1:40.39*	1:33.19*	1:26.09*	1:22.49*	1:18.89*	1:15.29*	100 M Breast	1:07.79*	1:10.99*	1:14.19*	1:17.49*	1:23.89*	1:30.39*
3:36.59	3:21.19	3:05.69	2:57.99	2:50.19	2:42.49	200 M Breast	2:27.79*	2:34.79*	2:41.89*	2:48.89*	3:02.99*	3:16.99*
1:25.59*	1:19.49*	1:13.39*	1:10.29*	1:07.19*	1:04.19*	100 M Fly	58.19*	1:00.99*	1:03.69*	1:06.49*	1:11.99*	1:17.59*
3:09.69	2:56.19	2:42.59*	2:35.79*	2:29.09	2:22.29	200 M Fly	2:09.49*	2:15.69*	2:21.89*	2:27.99*	2:40.39*	2:52.69*
3:13.39*	2:59.59*	2:45.69*	2:38.79*	2:31.89*	2:24.99*	200 M IM	2:12.59*	2:18.89*	2:25.29*	2:31.59*	2:44.19*	2:56.79*
6:48.99	6:19.79	5:50.59	5:35.99	5:21.39	5:06.79	400 M IM	4:41.59*	4:54.99*	5:08.49*	5:21.89*	5:48.69*	6:15.49*

17 Year Olds Girls							17 Year Olds Boys					
36.49*	33.89*	31.29*	29.99*	28.69*	27.39*	50 M Free	24.69*	25.89*	27.09*	28.19*	30.59*	32.89*
1:19.19*	1:13.59*	1:07.89*	1:05.09*	1:02.19*	59.39*	100 M Free	53.79*	56.39*	58.89*	1:01.49*	1:06.59*	1:11.69*
2:50.69*	2:38.49*	2:26.29*	2:20.19*	2:14.09*	2:07.99*	200 M Free	1:57.89*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
5:59.69	5:33.99	5:08.29	4:55.49	4:42.59	4:29.79	400 M Free	4:10.79*	4:22.79*	4:34.69*	4:46.59*	5:10.49*	5:34.39*
12:21.39*	11:28.49*	10:35.49*	10:09.09*	9:42.59*	9:16.09*	800 M Free	8:42.09*	9:06.99*	9:31.89	9:56.69*	10:46.39*	11:36.19*
23:53.19*	22:10.89*	20:28.49*	19:37.29*	18:46.09*	17:54.89*	1500 M Free	16:35.49*	17:22.89*	18:10.29*	18:57.69*	20:32.49*	22:07.29*
1:28.09*	1:21.79*	1:15.49*	1:12.39*	1:09.19*	1:06.09*	100 M Back	59.79*	1:02.59*	1:05.49*	1:08.29*	1:13.99*	1:19.69*
3:09.59*	2:56.09*	2:42.49*	2:35.69*	2:28.99*	2:22.19*	200 M Back	2:09.19*	2:15.29*	2:21.49*	2:27.59*	2:39.89*	2:52.19*
1:39.99*	1:32.89*	1:25.69*	1:22.09*	1:18.59*	1:14.99*	100 M Breast	1:07.49*	1:10.69*	1:13.89*	1:17.09*	1:23.49*	1:29.99*
3:36.79*	3:21.29*	3:05.79*	2:58.09*	2:50.29*	2:42.59*	200 M Breast	2:26.69*	2:33.59*	2:40.59*	2:47.59*	3:01.59*	3:15.49*
1:25.39*	1:19.29*	1:13.19*	1:10.19*	1:07.09*	1:04.09*	100 M Fly	57.79*	1:00.49*	1:03.29*	1:05.99*	1:11.49*	1:16.99*
3:07.19	2:53.89	2:40.49	2:33.79	2:27.09	2:20.39	200 M Fly	2:08.39*	2:14.49*	2:20.59*	2:26.69*	2:38.89*	2:51.19*
3:12.59*	2:58.89*	2:45.09*	2:38.19*	2:31.29*	2:24.49*	200 M IM	2:11.69*	2:17.99*	2:24.19*	2:30.49*	2:42.99*	2:55.59*
6:48.29*	6:19.09*	5:49.89*	5:35.39*	5:20.79*	5:06.19*	400 M IM	4:39.79*	4:53.09*	5:06.39*	5:19.69*	5:46.39*	6:12.99*

18 Year Olds Girls							18 Year Olds Boys					
36.39*	33.79*	31.19*	29.89*	28.59*	27.29*	50 M Free	24.49	25.69	26.79	27.99	30.29	32.59
1:19.19*	1:13.59*	1:07.89*	1:05.09*	1:02.19*	59.39*	100 M Free	53.69*	56.19*	58.79*	1:01.29*	1:06.39*	1:11.49*
2:50.49*	2:38.29*	2:26.19*	2:20.09*	2:13.99*	2:07.89*	200 M Free	1:57.39*	2:02.99*	2:08.59*	2:14.19*	2:25.39*	2:36.59*
6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Free	4:09.69*	4:21.59*	4:33.49*	4:45.29*	5:09.09*	5:32.89*
12:19.59	11:26.79	10:33.99	10:07.59	9:41.09	9:14.69	800 M Free	8:44.19	9:09.19	9:34.09	9:59.09	10:48.99	11:38.89
23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 M Free	16:35.79*	17:23.19*	18:10.59*	18:57.99*	20:32.89*	22:07.69*
1:28.09*	1:21.79*	1:15.59*	1:12.39*	1:09.29*	1:06.09*	100 M Back	59.79*	1:02.69*	1:05.49*	1:08.39*	1:14.09*	1:19.79*
3:09.69*	2:56.09*	2:42.59*	2:35.79*	2:28.99*	2:22.29*	200 M Back	2:09.69*	2:15.89*	2:22.09*	2:28.19*	2:40.59*	2:52.89*
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:06.69*	1:09.89*	1:13.09*	1:16.19*	1:22.59*	1:28.89*
3:34.39*	3:19.09*	3:03.69*	2:56.09*	2:48.39*	2:40.79*	200 M Breast	2:25.69*	2:32.59*	2:39.59*	2:46.49*	3:00.39*	3:14.29*
1:24.99*	1:18.99*	1:12.89*	1:09.89*	1:06.79*	1:03.79*	100 M Fly	57.29*	59.99*	1:02.79*	1:05.49*	1:10.89*	1:16.39*
3:08.49	2:55.09	2:41.59	2:34.89	2:28.09	2:21.39	200 M Fly	2:07.89*	2:13.99*	2:20.09*			