

USA Swimming 3-year averages

Women					Men						
Winter Juniors	Winter Nationals (LC)	Futures	Summer Juniors	Summer Nationals			Summer Nationals	Summer Juniors	Futures	Winter Nationals (LC)	Winter Juniors
00:21.86	00:24.41	00:26.27	00:25.54	00:24.58	50 FR	1st	00:21.69	00:22.69	00:23.40	00:21.83	00:19.77
00:22.87	00:25.48	00:27.16	00:26.15	00:25.54		8th	00:22.57	00:23.43	00:24.13	00:22.74	00:20.35
00:23.11	00:25.88	00:27.30	00:26.36	00:25.75		16th	00:22.92	00:23.66	00:24.36	00:23.02	00:20.58
00:23.29	00:26.21	00:27.48	00:26.47	00:25.94		24th	00:23.08	00:23.82	00:24.51	00:23.16	00:20.70
00:48.06	00:53.40	00:57.26	00:55.64	00:53.33	100 FR	1st	00:48.17	00:49.55	00:51.23	00:48.13	00:43.07
00:49.97	00:55.61	00:58.79	00:56.59	00:55.11		8th	00:49.46	00:51.04	00:52.81	00:50.07	00:44.61
00:50.49	00:56.48	00:59.24	00:56.93	00:55.65		16th	00:49.82	00:51.45	00:53.33	00:50.52	00:45.04
00:50.70	00:56.88	00:59.52	00:57.19	00:55.99		24th	00:50.19	00:51.72	00:53.79	00:50.83	00:45.30
01:45.06	01:55.89	02:03.21	02:00.10	01:57.16	200 FR	1st	01:46.69	01:48.86	01:52.57	01:47.62	01:34.24
01:48.17	02:00.66	02:06.47	02:02.33	01:59.93		8th	01:48.62	01:52.12	01:55.64	01:50.41	01:37.51
01:49.07	02:02.37	02:07.78	02:03.32	02:00.79		16th	01:49.61	01:52.94	01:56.32	01:51.91	01:38.73
01:49.62	02:03.46	02:08.59	02:03.95	02:01.76		24th	01:50.42	01:53.65	01:57.03	01:52.53	01:39.54
04:41.09	04:00.58	04:20.61	04:11.66	04:05.20	400/500 FR	1st	03:47.44	03:52.26	03:59.37	03:48.68	04:13.92
04:48.69	04:15.33	04:25.83	04:18.83	04:11.98		8th	03:52.20	03:58.43	04:05.84	03:55.94	04:23.89
04:50.96	04:17.41	04:28.19	04:20.61	04:14.65		16th	03:53.69	03:59.63	04:07.61	03:57.98	04:26.93
04:52.71	04:19.65	04:30.47	04:21.91	04:16.11		24th	03:54.99	04:01.31	04:09.52	03:59.94	04:28.92
	08:14.50	08:54.37	08:36.50	08:22.88	800/1000 FR	1st	07:48.92	08:03.06	08:21.55	07:52.13	
	08:40.98	09:07.40	08:50.22	08:34.97		8th	08:00.26	08:15.10	08:29.97	08:06.84	
	08:47.31	09:12.02	08:55.27	08:41.46		16th	08:05.89	08:19.17	08:36.55	08:16.09	
	08:54.93	09:20.50	08:58.41	08:46.73		24th	08:11.00	08:23.15	08:43.28	08:25.07	
16:10.70	15:52.89	17:02.74	16:31.36	16:00.76	1500/1650 FR	1st	14:51.83	15:22.23	15:55.61	15:00.72	14:52.05
16:35.25	16:38.18	17:29.81	16:53.89	16:32.60		8th	15:22.88	15:44.91	16:15.27	15:36.25	15:20.73
16:44.43	17:01.68	17:52.94	17:03.90	16:45.04		16th	15:31.62	15:54.30	16:32.75	16:06.15	15:36.17
16:53.72	17:20.06	18:10.47	17:13.08	17:01.12		24th	15:39.97	15:59.99	16:54.94	15:45.49	15:43.24
				00:27.70	50 BA	1st	00:24.24				
				00:28.43		8th	00:25.33				
				00:28.77		16th	00:25.86				
				00:28.97		24th	00:26.13				
00:51.29	00:58.95	01:03.26	01:01.12	00:59.41	100 BA	1st	00:53.05	00:55.20	00:57.28	00:53.95	00:46.60
00:53.92	01:01.66	01:05.39	01:02.69	01:00.99		8th	00:54.98	00:57.15	00:58.90	00:55.74	00:48.52
00:54.59	01:02.74	01:06.07	01:03.27	01:01.75		16th	00:55.42	00:57.65	00:59.96	00:56.52	00:49.00
00:55.07	01:03.01	01:06.66	01:03.83	01:02.25		24th	00:55.92	00:57.88	01:00.27	00:57.09	00:49.46
01:52.73	02:09.21	02:17.07	02:12.14	02:08.03	200 BA	1st	01:55.58	01:58.99	02:03.92	01:57.00	01:41.24
01:57.84	02:14.04	02:21.61	02:15.43	02:11.31		8th	01:58.98	02:03.74	02:09.03	02:02.55	01:46.26
01:58.76	02:16.09	02:23.35	02:16.94	02:13.12		16th	02:00.64	02:04.88	02:10.96	02:03.95	01:47.45
01:59.68	02:17.47	02:24.29	02:17.56	02:14.24		24th	02:01.49	02:05.58	02:12.14	02:05.42	01:48.18
				00:29.82	50 BR	1st	00:26.84				
				00:30.99		8th	00:27.30				
				00:31.96		16th	00:27.92				
				00:32.25		24th	00:28.26				
00:59.52	01:06.58	01:11.78	01:08.56	01:06.79	100 BR	1st	00:59.72	01:01.22	01:04.33	00:59.77	00:52.91
01:01.90	01:09.55	01:14.56	01:11.13	01:08.81		8th	01:01.17	01:03.39	01:05.90	01:01.63	00:55.06
01:02.88	01:10.49	01:15.55	01:11.75	01:10.21		16th	01:02.02	01:03.98	01:07.08	01:02.42	00:55.60
01:03.30	01:11.40	01:16.35	01:12.31	01:10.63		24th	01:02.50	01:04.48	01:07.64	01:03.26	00:56.11
02:08.35	02:24.05	02:35.03	02:28.81	02:23.57	200 BR	1st	02:09.18	02:12.44	02:20.08	02:09.95	01:54.31
02:15.80	02:31.48	02:41.66	02:34.31	02:28.58		8th	02:13.01	02:18.08	02:25.03	02:15.12	01:59.93
02:17.14	02:33.97	02:44.20	02:36.04	02:30.33		16th	02:14.76	02:19.66	02:27.35	02:17.99	02:01.39
02:18.00	02:35.83	02:46.18	02:36.98	02:31.82		24th	02:16.18	02:20.79	02:52.06	02:20.11	02:02.68
				00:25.48	50 FY	1st	00:22.93				
				00:26.90		8th	00:23.95				
				00:27.14		16th	00:24.20				
				00:27.47		24th	00:24.42				
00:51.79	00:57.64	01:01.38	00:58.88	00:57.24	100 FY	1st	00:51.11	00:52.94	00:55.31	00:52.47	00:46.82
00:53.99	01:00.01	01:03.46	01:00.99	00:59.15		8th	00:52.72	00:54.64	00:56.86	00:53.63	00:48.13
00:54.48	01:00.82	01:03.94	01:01.42	00:59.79		16th	00:53.24	00:55.13	00:57.37	00:54.13	00:49.01
00:54.88	01:01.25	01:04.39	01:01.74	01:00.21		24th	00:53.75	00:55.58	00:57.71	00:54.77	00:49.36
01:54.51	02:07.78	02:15.27	02:09.84	02:07.86	200 FY	1st	01:55.30	01:59.34	02:03.43	01:57.51	01:43.68
01:59.92	02:13.16	02:20.75	02:14.76	02:11.29		8th	01:57.96	02:02.15	02:07.93	02:01.03	01:47.80
02:00.91	02:15.15	02:23.68	02:16.00	02:13.04		16th	01:59.58	02:03.42	02:09.29	02:03.43	01:49.12
02:01.76	02:17.03	02:25.46	02:17.14	02:14.06		24th	02:00.75	02:04.20	02:10.04	02:04.84	01:49.98
01:54.73	02:09.80	02:18.95	02:14.28	02:10.29	200 IM	1st	01:57.58	02:01.77	02:07.40	01:59.59	01:42.92
02:00.20	02:15.58	02:23.95	02:18.72	02:15.08		8th	02:01.29	02:05.64	02:09.86	02:02.73	01:48.06
02:01.23	02:16.94	02:25.65	02:19.88	02:16.61		16th	02:02.90	02:06.58	02:11.32	02:04.38	01:49.49
02:02.25	02:18.30	02:26.50	02:20.48	02:17.70		24th	02:04.05	02:07.41	02:12.24	02:05.72	01:49.96
04:08.64	04:37.93	04:53.16	04:46.43	04:37.66	400 IM	1st	04:12.11	04:20.61	04:28.01	04:16.61	03:41.05
04:17.64	04:48.88	05:03.81	04:52.18	04:45.30		8th	04:20.43	04:27.76	04:37.00	04:26.42	03:53.19
04:20.43	04:52.10	05:08.20	04:55.84	04:49.70		16th	04:23.00	04:29.71	04:39.95	04:31.28	03:55.37
04:22.42	04:57.13	05:11.69	04:57.65	04:52.04		24th	04:24.99	04:31.38	04:41.75	04:38.12	03:56.62
01:30.37					200 FR-R	1st					01:19.75
01:33.01						8th					01:22.73
01:34.75						16th					01:24.25
01:35.95						24th					01:25.74
03:18.22		03:54.30	03:47.42	03:44.50	400 FR-R	1st	03:22.29	03:24.32	03:30.82	03:25.27	02:57.27
03:23.15		03:59.10	03:50.29	03:49.75		8th	03:25.62	03:28.82	03:36.48	03:03.12	03:05.88
03:27.27		04:05.02	03:54.04	03:50.13		16th	03:24.20	03:31.82	03:39.68	03:09.18	03:09.18
03:30.61		04:11.15	03:58.52	00:00.00		24th	00:00.00	03:34.81	03:42.86	03:42.86	06:25.14
07:10.17		08:27.76	08:10.64	08:03.73	800 FR-R	1st	07:17.63	07:28.68	07:42.92	07:28.68	06:37.98
07:21.05		08:41.42	08:21.36	08:21.86		8th	07:33.75	07:39.32	07:56.17	07:56.17	06:45.12
07:29.42		08:51.85	08:35.29			16th		07:44.21	08:07.31		06:51.84
07:34.44			08:32.16			24th		07:58.13			01:27.59
01:38.77					200 Med-R	1st					01:31.25
01:41.97						8th					01:32.43
01:44.03						16th					01:33.96
01:44.76						24th					03:12.75
03:36.64		04:19.48	04:09.69	04:04.78	400 Med-R	1st	03:37.98	03:44.63	03:52.03	03:58.67	03:18.83
03:41.85		04:25.44	04:15.50	04:12.18							