

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & under Girls						10 & under 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
3:18.99 *	2:57.19 *	2:35.39 *	2:28.19 *	2:20.89 *	2:13.59 *	200 Y Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
8:25.39 *	7:34.89 *	6:44.29 *	6:27.49 *	6:10.59 *	5:53.79 *	500 Y Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	34.99	33.29	31.59	50 Y Back	31.69 *	33.49 *	35.19 *	36.99 *	42.29 *	47.49 *
1:41.99	1:30.69	1:19.29	1:15.59	1:11.79	1:07.99	100 Y Back	1:08.39 *	1:11.89 *	1:15.39 *	1:18.79 *	1:29.29 *	1:39.79 *
53.19 *	47.49	41.69 *	39.79 *	37.89 *	35.99	50 Y Breast	35.49	37.29	39.19	40.99	46.59	52.09
1:58.09	1:44.99	1:31.89	1:27.49	1:23.09	1:18.79	100 Y Breast	1:18.29 *	1:22.19 *	1:26.09 *	1:29.99 *	1:41.69 *	1:53.39 *
47.39	41.79	36.19	34.39	32.49	30.59	50 Y Fly	30.29	31.99	33.69	35.39	40.49	45.69
1:53.99	1:39.09	1:24.09	1:19.19	1:14.19	1:09.19	100 Y Fly	1:08.49 *	1:13.19 *	1:17.99 *	1:22.79 *	1:37.09 *	1:51.39 *
1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	100 Y IM	1:09.09 *	1:12.39 *	1:15.69 *	1:18.99 *	1:28.89 *	1:38.79 *
3:38.49	3:15.59	2:52.69	2:45.09	2:37.39	2:29.79	200 Y IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49
11-12 Girls						11-12 Boys						
33.59 *	31.29 *	28.99 *	27.79 *	26.59 *	25.49 *	50 Y Free	24.49	25.59	26.79	27.89	30.29	32.59
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
2:40.39 *	2:28.99 *	2:17.49 *	2:11.79 *	2:05.99 *	2:00.29 *	200 Y Free	1:55.89 *	2:01.39 *	2:06.99 *	2:12.49 *	2:23.49 *	2:34.59 *
7:08.79 *	6:38.19 *	6:07.59 *	5:52.19 *	5:36.89 *	5:21.59 *	500 Y Free	5:12.99	5:27.89	5:42.79	5:57.69	6:27.49	6:57.29
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39	11:25.59	11:56.79	12:27.89	13:30.19	14:32.59
24:53.99	23:07.29	21:20.59	20:27.19	19:33.89	18:40.49	1650 Y Free	18:16.39	19:08.59	20:00.79	20:52.99	22:37.49	24:21.89
38.09 *	35.39 *	32.69 *	31.29 *	29.99 *	28.59 *	50 Y Back	27.79 *	29.29 *	30.69 *	32.09 *	34.99 *	37.89 *
1:24.79 *	1:18.09 *	1:11.39 *	1:08.09 *	1:04.69 *	1:01.39 *	100 Y Back	59.49 *	1:02.79	1:05.99 *	1:09.19 *	1:15.69 *	1:22.19
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	200 Y Back	2:08.99 *	2:15.19 *	2:21.29 *	2:27.39 *	2:39.69 *	2:51.99 *
42.99 *	39.99	36.89	35.39	33.79 *	32.29	50 Y Breast	31.09	32.69 *	34.39 *	36.09 *	39.49 *	42.89
1:34.09 *	1:27.19 *	1:20.19 *	1:16.69 *	1:13.19 *	1:09.79 *	100 Y Breast	1:06.99 *	1:10.49 *	1:13.99 *	1:17.49 *	1:24.49 *	1:31.39 *
3:20.89 *	3:06.59 *	2:52.19 *	2:45.09 *	2:37.89 *	2:30.69 *	200 Y Breast	2:25.59 *	2:32.49 *	2:39.39 *	2:46.39 *	3:00.19 *	3:14.09 *
36.49 *	33.89 *	31.29 *	29.99 *	28.69 *	27.39 *	50 Y Fly	26.79	28.19	29.69	31.19	34.19	37.09
1:24.39 *	1:17.59 *	1:10.89 *	1:07.49 *	1:04.19 *	1:00.79 *	100 Y Fly	58.99 *	1:02.39 *	1:05.89 *	1:09.29 *	1:16.09 *	1:22.89 *
2:59.99 *	2:47.19 *	2:34.29 *	2:27.89 *	2:21.39 *	2:14.99 *	200 Y Fly	2:09.89 *	2:16.09 *	2:22.19 *	2:28.39 *	2:40.79 *	2:53.19 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
3:00.19 *	2:47.29 *	2:34.49 *	2:27.99 *	2:21.59 *	2:15.19 *	200 Y IM	2:10.69 *	2:17.29 *	2:23.99 *	2:30.69 *	2:43.99 *	2:57.29 *
6:24.19	5:56.79	5:29.29	5:15.59	5:01.89	4:48.19	400 Y IM	4:39.79	4:53.19	5:06.49	5:19.79	5:46.39	6:13.09
13-14 Girls						13-14 Boys						
32.59 *	30.19 *	27.89 *	26.79	25.59 *	24.39 *	50 Y Free	22.49	23.49 *	24.59 *	25.69	27.79 *	29.89 *
1:10.59 *	1:05.49 *	1:00.49 *	57.99 *	55.49 *	52.89 *	100 Y Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59
2:32.09 *	2:21.29 *	2:10.39 *	2:04.99 *	1:59.49 *	1:54.09 *	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
6:47.79 *	6:18.69 *	5:49.59 *	5:34.99 *	5:20.39 *	5:05.89 *	500 Y Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59
14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.49	1000 Y Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	1650 Y Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
1:16.69 *	1:11.19 *	1:05.69 *	1:02.99 *	1:00.19 *	57.49 *	100 Y Back	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:46.79 *	2:34.89 *	2:22.99 *	2:17.09 *	2:11.09 *	2:05.09 *	200 Y Back	1:57.19 *	2:02.79 *	2:08.39 *	2:13.99 *	2:25.09 *	2:36.29 *
1:27.99 *	1:21.69 *	1:15.39 *	1:12.29 *	1:09.09 *	1:05.99 *	100 Y Breast	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:10.89 *	2:57.29 *	2:43.69 *	2:36.79 *	2:29.99 *	2:23.19 *	200 Y Breast	2:12.49 *	2:18.79 *	2:25.09 *	2:31.39 *	2:43.99 *	2:56.59 *
1:16.39 *	1:10.89 *	1:05.49 *	1:02.69 *	59.99 *	57.29 *	100 Y Fly	53.39 *	55.89 *	58.49 *	1:00.99 *	1:06.09 *	1:11.19 *
2:48.99 *	2:36.89 *	2:24.89 *	2:18.79 *	2:12.79 *	2:06.79 *	200 Y Fly	1:58.69 *	2:04.29 *	2:09.99 *	2:15.59 *	2:26.89 *	2:38.19 *
2:49.79 *	2:37.59 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09 *	2:28.49 *	2:39.99
6:03.59 *	5:37.59 *	5:11.69 *	4:58.69 *	4:45.69 *	4:32.69 *	400 Y IM	4:16.09 *	4:28.29 *	4:40.49 *	4:52.69 *	5:17.09 *	5:41.49 *

2021-2024 National Age Group Motivational Times

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15-16 Girls

31.79 *	29.49 *	27.19 *	26.09 *	24.99 *	23.79 *	50 Y Free	21.29 *	22.29 *	23.29 *	24.39 *	26.39 *	28.39 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.69 *	2:08.09 *	2:02.69 *	1:57.39 *	1:52.09 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:40.59 *	6:11.99 *	5:43.39 *	5:29.09	5:14.79	5:00.49	500 Y Free	4:37.99 *	4:51.19 *	5:04.39 *	5:17.69 *	5:44.09 *	6:10.59 *
13:49.19	12:49.99	11:50.79	11:21.19	10:51.59	10:21.89	1000 Y Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.79	12:52.99
23:05.19	21:26.19	19:47.29	18:57.79	18:08.39	17:18.89	1650 Y Free	16:11.59	16:57.79	17:44.09	18:30.39	20:02.89	21:35.39
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *	1:08.09 *
2:42.99 *	2:31.39 *	2:19.69 *	2:13.89 *	2:08.09 *	2:02.29 *	200 Y Back	1:50.99 *	1:56.29 *	2:01.59 *	2:06.89 *	2:17.49 *	2:27.99 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *	100 Y Breast	57.39 *	1:00.19 *	1:02.89 *	1:05.59 *	1:11.09 *	1:16.49 *
3:05.99 *	2:52.79 *	2:39.49 *	2:32.79 *	2:26.19 *	2:19.49 *	200 Y Breast	2:06.19 *	2:12.19 *	2:18.19 *	2:24.19 *	2:36.19 *	2:48.19 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:45.29 *	2:33.49 *	2:21.69 *	2:15.79 *	2:09.89 *	2:03.99 *	200 Y Fly	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
2:46.79 *	2:34.89 *	2:22.99 *	2:16.99 *	2:10.99 *	2:05.09 *	200 Y IM	1:53.79 *	1:59.19 *	2:04.69 *	2:10.09 *	2:20.89 *	2:31.69 *
5:55.89 *	5:30.49 *	5:04.99 *	4:52.29 *	4:39.59 *	4:26.89 *	400 Y IM	4:05.29 *	4:16.99 *	4:28.59 *	4:40.29 *	5:03.69 *	5:26.99 *

15-16 Boys

17-18 Girls

31.39 *	29.09 *	26.89 *	25.79 *	24.59 *	23.49 *	50 Y Free	20.89 *	21.89 *	22.89 *	23.89 *	25.89 *	27.89 *
1:08.19	1:03.29	58.49	55.99	53.59	51.19	100 Y Free	45.79 *	47.99 *	50.09 *	52.29 *	56.69 *	1:00.99 *
2:28.49 *	2:17.89 *	2:07.29 *	2:01.99 *	1:56.69 *	1:51.39 *	200 Y Free	1:39.79 *	1:44.59 *	1:49.29 *	1:54.09 *	2:03.59 *	2:13.09 *
6:35.69 *	6:07.39 *	5:39.19 *	5:24.99 *	5:10.89 *	4:56.79 *	500 Y Free	4:31.59 *	4:44.59 *	4:57.49 *	5:10.39 *	5:36.29 *	6:02.19 *
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:32.59 *	9:59.79 *	10:27.09 *	10:54.39 *	11:48.89 *	12:43.39 *
22:48.49 *	21:10.69 *	19:32.99 *	18:44.09 *	17:55.19 *	17:06.39 *	1650 Y Free	15:51.49 *	16:36.79 *	17:22.09 *	18:07.39 *	19:37.99 *	21:08.59 *
1:13.69 *	1:08.49 *	1:03.19 *	1:00.59 *	57.89 *	55.29 *	100 Y Back	49.69	51.99 *	54.39	56.69 *	1:01.49	1:06.19 *
2:39.79 *	2:28.39 *	2:16.99 *	2:11.29 *	2:05.59 *	1:59.89 *	200 Y Back	1:48.69 *	1:53.89 *	1:58.99 *	2:04.19 *	2:14.59 *	2:24.89 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.79 *	1:06.69 *	1:03.69 *	100 Y Breast	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
3:03.79 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.39 *	2:17.89 *	200 Y Breast	2:02.49 *	2:08.29 *	2:14.19 *	2:19.99 *	2:31.69 *	2:43.29 *
1:13.59 *	1:08.29 *	1:03.09 *	1:00.49 *	57.79 *	55.19 *	100 Y Fly	49.39	51.79	54.09	56.49	1:01.19	1:05.89
2:43.49 *	2:31.89 *	2:20.19 *	2:14.29 *	2:08.49 *	2:02.69 *	200 Y Fly	1:50.59 *	1:55.89 *	2:01.19 *	2:06.39 *	2:16.99 *	2:27.49 *
2:44.39 *	2:32.69 *	2:20.89 *	2:15.09 *	2:09.19 *	2:03.29 *	200 Y IM	1:50.79 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.69 *
5:51.19 *	5:26.09 *	5:00.99 *	4:48.49 *	4:35.89 *	4:23.39 *	400 Y IM	3:59.89 *	4:11.29 *	4:22.69 *	4:34.19 *	4:56.99 *	5:19.89 *

17-18 Boys