

2009-2012 National Age Group Motivational Times

9/12/2008

Long Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
10 & Under Girls						10 & Under Boys						
45.09*	40.79*	36.39*	34.99*	33.49*	32.09*	50 M Free	31.99*	33.29*	34.69*	36.09*	40.19*	44.29*
1:43.99	1:32.99	1:21.89	1:18.19	1:14.49	1:10.79	100 M Free	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09	1:41.59
3:48.59*	3:23.59*	2:58.49*	2:50.19*	2:41.89*	2:33.49*	200 M Free	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49
7:37.29*	6:51.59*	6:05.89*	5:50.59*	5:35.39*	5:20.19*	400 M Free	5:20.99	5:36.29	5:51.49	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	41.69	39.59	37.59	50 M Back	37.59*	39.69*	41.79*	43.89*	50.09*	56.39*
2:02.39*	1:48.89	1:35.29	1:30.69*	1:26.19*	1:21.69	100 M Back	1:20.89*	1:25.09*	1:29.19*	1:33.29*	1:45.69*	1:58.09*
1:01.59	54.89	48.29	46.09	43.89	41.59	50 M Breast	41.99	44.09	46.29	48.49	55.09	1:01.59
2:17.49*	2:02.29*	1:46.99*	1:41.89*	1:36.79*	1:31.69*	100 M Breast	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	39.89	37.69*	35.59	50 M Fly	35.09	36.99	38.99	40.99	46.89	52.89
2:12.59*	1:55.19*	1:37.89*	1:32.09*	1:26.29*	1:20.49*	100 M Fly	1:19.79*	1:25.29*	1:30.89*	1:36.49*	1:53.19*	2:09.79*
4:12.99*	3:46.49*	3:19.89*	3:11.09*	3:02.19*	2:53.39*	200 M IM	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69
11-12 Girls						11-12 Boys						
39.19	36.39	33.69	32.39	30.99	29.69	50 M Free	28.49*	29.79*	31.19*	32.59*	35.29*	37.99*
1:25.79*	1:19.59*	1:13.49*	1:10.49*	1:07.39*	1:04.29*	100 M Free	1:02.49*	1:05.49*	1:08.49*	1:11.39*	1:17.39*	1:23.29*
3:03.89*	2:50.79*	2:37.69*	2:31.09*	2:24.49*	2:17.99*	200 M Free	2:15.59*	2:21.99*	2:28.49*	2:34.89*	2:47.79*	3:00.69*
6:27.79	6:00.09	5:32.39	5:18.49	5:04.69	4:50.79	400 M Free	4:46.29*	4:59.89*	5:13.49*	5:27.09*	5:54.39*	6:21.69*
13:31.69*	12:33.69*	11:35.69*	11:06.69*	10:37.69*	10:08.79*	800 M Free	10:04.69*	10:33.39*	11:02.19*	11:30.99*	12:28.59*	13:26.19*
26:04.19*	24:12.39*	22:20.69*	21:24.89*	20:28.99*	19:33.09*	1500 M Free	19:27.39*	20:22.99*	21:18.59*	22:14.19*	24:05.29*	25:56.49*
45.49*	42.29*	38.99*	37.39*	35.79*	34.19*	50 M Back	33.49	35.19*	36.99	38.69*	42.19*	45.69*
1:38.89*	1:31.09*	1:23.29*	1:19.39*	1:15.49*	1:11.59*	100 M Back	1:11.79*	1:15.69*	1:19.69	1:23.59	1:31.39	1:39.19*
3:30.29*	3:15.29*	3:00.19*	2:52.69*	2:45.19*	2:37.69*	200 M Back	2:34.29*	2:41.69*	2:48.99*	2:56.39*	3:11.09*	3:25.79*
49.09	45.59	42.09	40.39	38.59	36.89	50 M Breast	36.99	38.99	41.09	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	1:29.69	1:25.59	1:21.59	100 M Breast	1:19.99*	1:24.19*	1:28.29*	1:32.49*	1:40.89*	1:49.19*
3:57.59	3:40.59	3:23.69	3:15.19	3:06.69	2:58.19	200 M Breast	2:55.69*	3:03.99*	3:12.39*	3:20.79*	3:37.49*	3:54.19*
42.39*	39.39*	36.29*	34.79*	33.29*	31.79*	50 M Fly	30.99*	32.69*	34.49*	36.19*	39.59*	42.99*
1:38.69	1:30.79	1:22.89	1:18.99	1:14.99	1:11.09	100 M Fly	1:09.49*	1:13.49*	1:17.49*	1:21.49*	1:29.49*	1:37.49*
3:29.09*	3:14.19*	2:59.29*	2:51.79*	2:44.29*	2:36.89*	200 M Fly	2:36.19*	2:43.69*	2:51.09*	2:58.49*	3:13.39*	3:28.29*
3:29.69*	3:14.79*	2:59.79*	2:52.29*	2:44.79*	2:37.29*	200 M IM	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89	3:29.59
7:27.89*	6:55.89*	6:23.99*	6:07.99*	5:51.99*	5:35.99*	400 M IM	5:32.59*	5:48.49*	6:04.29*	6:20.19*	6:51.79*	7:23.49*
13-14 Girls						13-14 Boys						
37.89*	35.19*	32.49*	31.09*	29.79*	28.39*	50 M Free	26.49*	27.79*	29.09*	30.29*	32.79*	35.39*
1:22.09*	1:16.19*	1:10.39*	1:07.39*	1:04.49*	1:01.59*	100 M Free	57.79*	1:00.49*	1:03.29*	1:05.99*	1:11.49*	1:16.99*
2:57.09*	2:44.39*	2:31.79*	2:25.39*	2:19.09*	2:12.79*	200 M Free	2:05.39*	2:11.29*	2:17.29*	2:23.29*	2:35.19*	2:47.09*
6:09.39	5:42.99	5:16.59	5:03.49	4:50.29	4:37.09	400 M Free	4:24.99*	4:37.59*	4:50.19*	5:02.79*	5:27.99*	5:53.29*
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:10.69*	9:36.89*	10:03.19*	10:29.39*	11:21.79*	12:14.29*
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:26.19*	18:16.09*	19:05.89*	19:55.69*	21:35.29*	23:14.99*
1:30.79*	1:24.29*	1:17.79*	1:14.59*	1:11.39*	1:08.09*	100 M Back	1:05.09*	1:08.19*	1:11.39*	1:14.49*	1:20.59*	1:26.89*
3:15.29*	3:01.29*	2:47.39*	2:40.39*	2:33.49*	2:26.49*	200 M Back	2:20.59*	2:27.29*	2:33.99*	2:40.69*	2:54.09*	3:07.49*
1:43.89*	1:36.39*	1:28.99*	1:25.29*	1:21.59*	1:17.89*	100 M Breast	1:11.19*	1:14.59*	1:17.89*	1:21.29*	1:28.09*	1:34.89*
3:43.99	3:27.99	3:11.99	3:03.99	2:55.99	2:47.99	200 M Breast	2:39.29*	2:46.89*	2:54.39*	3:01.99*	3:17.19*	3:32.39*
1:29.19*	1:22.89*	1:16.49*	1:13.29*	1:10.09*	1:06.89*	100 M Fly	1:02.19*	1:05.09*	1:08.09*	1:11.09*	1:16.99*	1:22.89*
3:16.29*	3:02.29*	2:48.29*	2:41.29*	2:34.19*	2:27.19*	200 M Fly	2:18.89*	2:25.49*	2:32.19*	2:38.79*	2:51.99*	3:05.19*
3:19.99*	3:05.69*	2:51.49*	2:44.29*	2:37.19*	2:29.99*	200 M IM	2:22.09*	2:28.89*	2:35.69*	2:42.39*	2:55.99*	3:09.49*
7:01.19*	6:31.09*	6:00.99*	5:45.99*	5:30.99*	5:15.89*	400 M IM	5:01.39*	5:15.79*	5:30.09*	5:44.49*	6:13.19*	6:41.89*
15-16 Girls						15-16 Boys						
37.09*	34.49*	31.79*	30.49*	29.19*	27.79*	50 M Free	25.19*	26.39*	27.59*	28.79*	31.19*	33.59*
1:20.09*	1:14.39*	1:08.59*	1:05.79*	1:02.89*	1:00.09*	100 M Free	55.19*	57.89*	1:00.49*	1:03.09*	1:08.39*	1:13.59*
2:51.79*	2:39.49*	2:27.19*	2:21.09*	2:14.99*	2:08.79*	200 M Free	1:59.99*	2:05.79*	2:11.49*	2:17.19*	2:28.59*	2:39.99*
6:00.39*	5:34.69*	5:08.89*	4:55.99*	4:43.19*	4:30.29*	400 M Free	4:13.99*	4:26.09*	4:38.09*	4:50.19*	5:14.39*	5:38.59*
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*
23:53.09	22:10.69	20:28.39	19:37.19	18:45.99	17:54.79	1500 M Free	16:49.19*	17:37.29*	18:25.29*	19:13.39*	20:49.49*	22:25.59*
1:28.99*	1:22.69*	1:16.29*	1:13.09*	1:09.89*	1:06.79*	100 M Back	1:01.79*	1:04.79*	1:07.69*	1:10.59*	1:16.49*	1:22.39*
3:11.69*	2:57.99*	2:44.29*	2:37.49*	2:30.69*	2:23.79*	200 M Back	2:12.39*	2:18.69*	2:24.99*	2:31.29*	2:43.89*	2:56.49*
1:41.09*	1:33.89*	1:26.69*	1:23.09*	1:19.49*	1:15.79*	100 M Breast	1:09.79*	1:13.09*	1:16.39*	1:19.69*	1:26.39*	1:32.99*
3:36.59*	3:21.19*	3:05.69*	2:57.99*	2:50.19*	2:42.49*	200 M Breast	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79	3:23.29
1:26.59*	1:20.39*	1:14.19*	1:11.19*	1:08.09*	1:04.99*	100 M Fly	59.29*	1:02.09*	1:04.89*	1:07.69*	1:13.39*	1:18.99*
3:09.69*	2:56.19*	2:42.69*	2:35.89*	2:29.09*	2:22.29*	200 M Fly	2:11.79*	2:18.09*	2:24.29*	2:30.59*	2:43.19*	2:55.69*
3:15.19*	3:01.19*	2:47.29*	2:40.29*	2:33.39*	2:26.39*	200 M IM	2:16.39*	2:22.89*	2:29.39*	2:35.89*	2:48.89*	3:01.79*
6:48.99*	6:19.79*	5:50.59*	5:35.99*	5:21.39*	5:06.79*	400 M IM	4:46.19*	4:59.89*	5:13.49*	5:27.09*	5:54.39*	6:21.59*
17-18 Girls						17-18 Boys						
36.79*	34.09*	31.49*	30.19*	28.89*	27.59*	50 M Free	24.49*	25.69*	26.79*	27.99*	30.29*	32.59*
1:19.79*	1:14.09*	1:08.39*	1:05.59*	1:02.69*	59.89*	100 M Free	54.09*	56.59*	59.19*	1:01.79*	1:06.89*	1:12.09*
2:51.09*	2:38.89*	2:26.69*	2:20.59*	2:14.39*	2:08.29*	200 M Free	1:57.99*	2:03.59*	2:09.19*	2:14.79*	2:26.09*	2:37.29*
6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Free	4:11.29*	4:23.29*	4:35.19*	4:47.19*	5:11.09*	5:34.99*
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	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79	22:10.89
1:29.49*	1:23.09*	1:16.69*	1:13.49*	1:10.39*	1:07.19*	100 M Back	1:00.49*	1:03.39*	1:06.29*	1:09.19*	1:14.89*	1:20.69*
3:11.89*	2:58.19*	2:44.49*	2:37.69*	2:30.79*	2:23.99*	200 M Back	2:12.19	2:18.49	2:24.79	2:30.99*	2:43.59*	2:56.19*
1:39.59*	1:32.49*	1:25.29*	1:21.79*	1:18.19*	1:14.69*	100 M Breast	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
3:36.19*	3:20.79*	3:05.29*	2:57.59*	2:49.89*	2:42.19*	200 M Breast	2:28.79*	2:35.89*	2:42.99*	2:50.09*	3:04.19*	3:18.39*
1:25.59*	1:19.49*	1:13.39*	1:10.29*	1:07.29*	1:04.19*	100 M Fly	58.29*	1:01				

2009-2012 National Age Group Motivational Times

9/12/2008

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						
39.79*	35.99*	32.19*	30.89*	29.59*	28.29*	50 Y Free	27.99*	29.19*	30.39*	31.59*	35.19*	38.89*
1:31.29*	1:21.59*	1:11.89*	1:08.69*	1:05.39*	1:02.19*	100 Y Free	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79
48.79*	43.49	38.09*	36.39	34.59	32.79	50 Y Back	32.79*	34.59*	36.49*	38.29*	43.69*	49.19*
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	100 Y Back	1:10.49*	1:14.09*	1:17.69*	1:21.29*	1:32.09*	1:42.89*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.49*	38.39*	40.29*	42.19*	47.89*	53.59*
1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	100 Y Breast	1:19.79*	1:23.79*	1:27.79*	1:31.79*	1:43.69*	1:55.69*
48.79	42.99	37.29	35.29	33.39	31.49	50 Y Fly	31.29	33.09	34.89	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	100 Y Fly	1:10.79*	1:15.69*	1:20.59*	1:25.59*	1:40.39*	1:55.19*
1:44.99*	1:33.79*	1:22.59*	1:18.89*	1:15.19*	1:11.49*	100 Y IM	1:10.89*	1:14.29*	1:17.69*	1:21.09*	1:31.19*	1:41.29*
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	200 Y IM	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89
11-12 Girls						11-12 Boys						
34.29*	31.89*	29.49*	28.29*	27.09*	25.99*	50 Y Free	25.09	26.19	27.39	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	54.79*	57.39*	59.99*	1:02.69*	1:07.89*	1:13.09*
2:43.19*	2:31.49*	2:19.89*	2:14.09*	2:08.19*	2:02.39*	200 Y Free	1:59.19*	2:04.89*	2:10.49*	2:16.19*	2:27.49*	2:38.89*
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Free	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49
15:00.29*	13:55.99*	12:51.69*	12:19.49*	11:47.39*	11:15.19*	1000 Y Free	11:07.59*	11:39.29*	12:11.09*	12:42.89*	13:46.49*	14:50.09*
25:16.19*	23:27.89*	21:39.59*	20:45.49*	19:51.29*	18:57.19*	1650 Y Free	18:43.09*	19:36.59*	20:30.09*	21:23.59*	23:10.49*	24:57.49*
39.59*	36.79*	33.89*	32.49*	31.09*	29.69*	50 Y Back	28.99*	30.49*	31.99*	33.49*	36.49*	39.49*
1:27.99*	1:21.09*	1:14.19*	1:10.69*	1:07.29*	1:03.79*	100 Y Back	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79
3:01.89*	2:48.89*	2:35.89*	2:29.39*	2:22.99*	2:16.49*	200 Y Back	2:13.79*	2:20.19*	2:26.49*	2:32.89*	2:45.59*	2:58.39*
44.09*	40.89*	37.79*	36.19*	34.59*	33.09*	50 Y Breast	32.09*	33.79*	35.59*	37.29*	40.79*	44.29*
1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breast	1:09.69*	1:13.29*	1:16.89*	1:20.49*	1:27.79*	1:35.09*
3:26.39*	3:11.69*	2:56.89*	2:49.59*	2:42.19*	2:34.79*	200 Y Breast	2:31.29*	2:38.49*	2:45.69*	2:52.89*	3:07.29*	3:21.69*
37.79*	35.09*	32.39*	31.09*	29.69*	28.39*	50 Y Fly	27.59*	29.09*	30.59*	32.09*	35.19*	38.19*
1:27.19*	1:20.19*	1:13.19*	1:09.79*	1:06.29*	1:02.79*	100 Y Fly	1:01.09*	1:04.59*	1:08.19*	1:11.69*	1:18.69*	1:25.79*
3:04.99*	2:51.79*	2:38.59*	2:31.99*	2:25.39*	2:18.79*	200 Y Fly	2:15.89*	2:22.39*	2:28.79*	2:35.29*	2:48.29*	3:01.19*
1:26.29*	1:20.09*	1:13.99*	1:10.89*	1:07.79*	1:04.69*	100 Y IM	1:02.39*	1:05.39*	1:08.49*	1:11.49*	1:17.59*	1:23.69*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 Y IM	2:14.99*	2:21.79*	2:28.69*	2:35.59*	2:49.39*	3:03.09*
6:32.19*	6:04.19*	5:36.09*	5:22.09*	5:08.09*	4:54.09*	400 Y IM	4:47.79*	5:01.49*	5:15.19*	5:28.89*	5:56.29*	6:23.69*
13-14 Girls						13-14 Boys						
33.39	30.99	28.69	27.49	26.29	25.09	50 Y Free	22.99*	24.09*	25.19*	26.29*	28.49*	30.69*
1:12.49*	1:07.39	1:02.19	59.59	56.99*	54.39*	100 Y Free	50.29*	52.69*	55.09*	57.39*	1:02.19*	1:06.99*
2:36.09*	2:24.99*	2:13.79*	2:08.19*	2:02.69*	1:57.09*	200 Y Free	1:49.59*	1:54.79*	1:59.99*	2:05.29*	2:15.69*	2:26.09*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	500 Y Free	4:53.29*	5:07.29*	5:21.29*	5:35.19*	6:03.19*	6:31.09*
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	1000 Y Free	10:09.39*	10:38.39*	11:07.39*	11:36.39*	12:34.39*	13:32.49*
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Free	16:51.29*	17:39.39*	18:27.59*	19:15.69*	20:51.99*	22:28.29*
1:19.89*	1:14.19*	1:08.49*	1:05.59*	1:02.79*	59.89*	100 Y Back	56.19*	58.89*	1:01.49*	1:04.19*	1:09.59*	1:14.89*
2:51.79	2:39.59	2:27.29	2:21.19	2:14.99	2:08.89	200 Y Back	2:00.99*	2:06.69*	2:12.49*	2:18.19*	2:29.79*	2:41.29*
1:30.59*	1:24.09*	1:17.59*	1:14.39*	1:11.19*	1:07.89*	100 Y Breast	1:03.09*	1:06.09*	1:09.09*	1:12.09*	1:18.09*	1:24.09*
3:14.59*	3:00.69*	2:46.79*	2:39.79*	2:32.89*	2:25.89*	200 Y Breast	2:16.79	2:23.29	2:29.79	2:36.29	2:49.39	3:02.39
1:19.09*	1:13.49*	1:07.79*	1:04.99*	1:02.19*	59.39*	100 Y Fly	54.99*	57.59*	1:00.29*	1:02.89*	1:08.09*	1:13.29*
2:53.39	2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	200 Y Fly	2:02.79*	2:08.59*	2:14.39*	2:20.29*	2:31.99*	2:43.69*
2:55.49*	2:42.99*	2:30.49*	2:24.19*	2:17.89*	2:11.69*	200 Y IM	2:02.79*	2:08.59*	2:14.39*	2:20.29*	2:31.99*	2:43.69*
6:10.79*	5:44.29*	5:17.79*	5:04.59*	4:51.29*	4:38.09*	400 Y IM	4:22.89*	4:35.49*	4:47.99*	5:00.49*	5:25.49*	5:50.59*
15-16 Girls						15-16 Boys						
32.69*	30.39*	27.99*	26.89*	25.69*	24.49*	50 Y Free	22.19	23.19*	24.29	25.29*	27.39*	29.49*
1:10.89*	1:05.79*	1:00.79*	58.19*	55.69*	53.19*	100 Y Free	48.29*	50.59*	52.89*	55.19*	59.79*	1:04.39*
2:32.09*	2:21.19*	2:10.39*	2:04.89*	1:59.49*	1:54.09*	200 Y Free	1:45.09*	1:50.09*	1:55.09*	2:00.09*	2:10.09*	2:20.09*
6:45.29*	6:16.29*	5:47.39*	5:32.89*	5:18.49*	5:03.99*	500 Y Free	4:43.79*	4:57.29*	5:10.79*	5:24.29*	5:51.29*	6:18.39*
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	1000 Y Free	9:48.19	10:16.19	10:44.19	11:12.19	12:08.19	13:04.19
23:18.79	21:38.89	19:58.89	19:08.99	18:18.99	17:29.09	1650 Y Free	16:26.99	17:13.99	18:00.99	18:47.99	20:21.89	21:55.89
1:17.69*	1:12.09*	1:06.59*	1:03.79*	1:00.99*	58.29*	100 Y Back	53.49*	55.99*	58.59*	1:01.09*	1:06.19*	1:11.29*
2:47.89*	2:35.89*	2:23.89*	2:17.89*	2:11.89*	2:05.89*	200 Y Back	1:55.79*	2:01.29*	2:06.79*	2:12.39*	2:23.39*	2:34.39*
1:28.29*	1:21.99*	1:15.69*	1:12.49*	1:09.39*	1:06.19*	100 Y Breast	1:00.29*	1:03.19*	1:05.99*	1:08.89*	1:14.69*	1:20.39*
3:09.99*	2:56.39*	2:42.79*	2:35.99*	2:29.29*	2:22.49*	200 Y Breast	2:11.39	2:17.59	2:23.89	2:30.09	2:42.59	2:55.09
1:17.39*	1:11.79*	1:06.29*	1:03.59*	1:00.79*	57.99*	100 Y Fly	52.59*	55.09*	57.59*	1:00.09*	1:05.09*	1:10.09*
2:48.59*	2:36.49*	2:24.49*	2:18.49*	2:12.39*	2:06.39*	200 Y Fly	1:56.69*	2:02.29*	2:07.79*	2:13.39*	2:24.49*	2:35.59*
2:51.49*	2:39.29*	2:26.99*	2:20.89*	2:14.79*	2:08.69*	200 Y IM	1:58.29*	2:03.89*	2:09.49*	2:15.09*	2:26.39*	2:37.69*
6:01.49*	5:35.69*	5:09.89*	4:56.99*	4:44.09*	4:31.19*	400 Y IM	4:11.89*	4:23.89*	4:35.79*	4:47.79*	5:11.79*	5:35.79*
17-18 Girls						17-18 Boys						
32.39*	30.09*	27.79*	26.59*	25.49*	24.29*	50 Y Free	21.49*	22.49*	23.49*	24.49*	26.59*	28.59*
1:09.89*	1:04.89*	59.89*	57.39*	54.89*	52.39*	100 Y Free	46.89*	49.19*	51.39*	53.59*	58.09*	1:02.59*
2:30.99*	2:20.29*	2:09.49*	2:04.09*	1:58.69*	1:53.29*	200 Y Free	1:43.29*	1:48.19*	1:53.19*	1:58.09*	2:07.89*	2:17.69*
6:42.39*	6:13.69*	5:44.99*	5:30.59*	5:16.19*	5:01.79*	500 Y Free	4:37.99	4:51.19	5:04.49	5:17.69	5:44.19	6:10.59
13:52.59	12:53.09	11:53.59	11:23.89	10:54.19	10:24.39	1000 Y Free	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19	12:54.49
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:08.79	16:54.89	17:41.09	18:27.19	19:59.39	21:31.69
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.59*	57.89*	100 Y Back	51.79*	54.29*	56.79*	59.19*	1:04.19*	1:09.0

2009-2012 National Age Group Motivational Times

9/12/2008

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
10 & Under Girls						10 & Under Boys					
43.99*	39.79*	35.49*	34.09*	32.69*	31.29*	50 M Free	30.99*	32.29*	33.59*	34.89*	42.89*
1:40.89*	1:30.19*	1:19.49*	1:15.89*	1:12.29*	1:08.69*	100 M Free	1:07.99	1:11.39	1:14.79	1:18.19	1:38.49
3:41.19	3:16.99	2:52.79	2:44.69	2:36.59	2:28.59	200 M Free	2:26.89	2:33.89	2:40.89	2:47.89	3:08.89
7:26.79	6:42.09	5:57.39	5:42.49	5:27.69	5:12.79	400 M Free	5:09.89	5:24.59	5:39.39	5:54.09	6:38.39
53.89*	47.99*	42.09*	40.19	38.19	36.19*	50 M Back	36.29*	38.29*	40.29*	42.29*	54.29*
1:56.79	1:43.79	1:30.89	1:26.49	1:22.19	1:17.89	100 M Back	1:17.89*	1:21.89*	1:25.89*	1:29.79*	1:41.69*
59.19	52.79	46.49	44.29	42.19	40.09	50 M Breast	40.39*	42.49*	44.59*	46.69*	59.29*
2:12.59	1:57.89	1:43.19	1:38.29	1:33.39	1:28.39	100 M Breast	1:28.19*	1:32.59*	1:36.99*	1:41.39*	1:54.59*
53.89	47.49	41.19	38.99	36.89	34.79	50 M Fly	34.59	36.59	38.49	40.49	52.19
2:09.79	1:52.79	1:35.79	1:30.19	1:24.49	1:18.79	100 M Fly	1:18.19*	1:23.69*	1:29.09*	1:34.59*	1:50.89*
1:55.99*	1:43.59*	1:31.29*	1:27.19*	1:23.09*	1:18.99*	100 M IM	1:18.39*	1:22.09*	1:25.79*	1:29.59*	1:40.69*
4:06.09	3:40.29	3:14.49	3:05.89	2:57.29	2:48.69	200 M IM	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89

11-12 Girls						11-12 Boys					
37.89*	35.19*	32.59*	31.29*	29.99*	28.69*	50 M Free	27.69	28.99	30.29	31.59	36.89
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	1:00.59*	1:03.49*	1:06.29*	1:09.19*	1:14.99*
3:00.29*	2:47.39*	2:34.59*	2:28.09*	2:21.69*	2:15.29*	200 M Free	2:11.69*	2:17.99*	2:24.19*	2:30.49*	2:42.99*
6:17.09	5:50.09	5:23.19	5:09.69	4:56.29	4:42.79	400 M Free	4:39.29	4:52.59	5:05.89	5:19.19	5:45.79
13:07.89*	12:11.59*	11:15.39*	10:47.19*	10:19.09*	9:50.89*	800 M Free	9:44.19*	10:11.99*	10:39.89*	11:07.69*	12:03.29*
25:07.39*	23:19.69*	21:32.09*	20:38.19*	19:44.39*	18:50.59*	1500 M Free	18:36.59*	19:29.79*	20:22.89*	21:16.09*	23:02.49*
43.69*	40.59*	37.49*	35.89*	34.39*	32.79*	50 M Back	31.99*	33.69*	35.29*	36.99*	40.29*
1:37.29*	1:29.59*	1:21.99*	1:18.09*	1:14.29*	1:10.49*	100 M Back	1:08.69	1:12.39	1:16.19	1:19.89	1:27.39
3:20.99*	3:06.69*	2:52.29*	2:45.09*	2:37.99*	2:30.79*	200 M Back	2:27.79*	2:34.89*	2:41.89*	2:48.89*	3:02.99*
48.69*	45.19*	41.69*	39.99*	38.29*	36.49*	50 M Breast	35.49*	37.39*	39.29*	41.19*	45.09*
1:46.59	1:38.69	1:30.79	1:26.89	1:22.89	1:18.99	100 M Breast	1:16.99*	1:20.99*	1:24.99*	1:28.99*	1:36.99*
3:48.09*	3:31.79*	3:15.49*	3:07.39*	2:59.19*	2:51.09*	200 M Breast	2:47.09*	2:55.09*	3:03.09*	3:10.99*	3:26.89*
41.79*	38.79*	35.79*	34.29*	32.79*	31.39*	50 M Fly	30.39*	32.09*	33.79*	35.49*	42.29*
1:36.29*	1:28.59*	1:20.89*	1:17.09*	1:13.19*	1:09.39*	100 M Fly	1:07.49*	1:11.39*	1:15.29*	1:19.19*	1:26.99*
3:24.39*	3:09.79*	2:55.19*	2:47.89*	2:40.59*	2:33.29*	200 M Fly	2:30.19*	2:37.29*	2:44.49*	2:51.59*	3:05.89*
1:35.39*	1:28.59*	1:21.69*	1:18.29*	1:14.89*	1:11.49*	100 M IM	1:08.89*	1:12.29*	1:15.69*	1:18.99*	1:25.69*
3:23.09*	3:08.59*	2:54.09*	2:46.79*	2:39.59*	2:32.29*	200 M IM	2:29.09*	2:36.69*	2:44.29*	2:51.89*	3:07.09*
7:13.29*	6:42.39*	6:11.39*	5:55.99*	5:40.49*	5:24.99*	400 M IM	5:17.99*	5:33.09*	5:48.29*	6:03.39*	6:33.69*

13-14 Girls						13-14 Boys					
36.89	34.29	31.69	30.29	28.99	27.69	50 M Free	25.49*	26.69*	27.89*	29.09*	33.89*
1:20.19	1:14.39*	1:08.69*	1:05.79*	1:02.99	1:00.09*	100 M Free	55.49*	58.19*	1:00.79*	1:03.49*	1:08.79*
2:52.49*	2:40.19*	2:27.89*	2:21.69*	2:15.49*	2:09.39*	200 M Free	2:01.09*	2:06.89*	2:12.59*	2:18.39*	2:29.89*
6:00.39	5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:16.69*	4:28.99*	4:41.19*	4:53.39*	5:17.79*
12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	800 M Free	8:53.29*	9:18.69*	9:44.09*	10:09.49*	11:00.29*
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*
1:28.29*	1:21.99*	1:15.69*	1:12.49*	1:09.39*	1:06.19*	100 M Back	1:02.09*	1:04.99*	1:07.99*	1:10.99*	1:16.89*
3:09.89	2:56.29	2:42.79	2:35.99	2:29.19	2:22.39	200 M Back	2:13.69*	2:19.99*	2:26.39*	2:32.79*	2:45.49*
1:40.09*	1:32.89*	1:25.79*	1:22.19*	1:18.59*	1:15.09*	100 M Breast	1:09.69*	1:12.99*	1:16.29*	1:19.59*	1:26.29*
3:34.99*	3:19.69*	3:04.29*	2:56.59*	2:48.89*	2:41.29*	200 M Breast	2:31.19	2:38.39	2:45.59	2:52.69	3:07.09
1:27.39*	1:21.19*	1:14.89*	1:11.79*	1:08.69*	1:05.59*	100 M Fly	1:00.79*	1:03.69*	1:06.59*	1:09.49*	1:15.29*
3:11.59	2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M Fly	2:15.59*	2:22.09*	2:28.49*	2:34.99*	2:47.89*
3:13.99*	3:00.09*	2:46.29*	2:39.29*	2:32.39*	2:25.49*	200 M IM	2:15.59*	2:22.09*	2:28.49*	2:34.99*	2:47.89*
6:49.69*	6:20.39*	5:51.19*	5:36.49*	5:21.89*	5:07.29*	400 M IM	4:50.49*	5:04.39*	5:18.19*	5:31.99*	5:59.69*

15-16 Girls						15-16 Boys					
36.09*	33.59*	30.99*	29.69*	28.39*	27.09*	50 M Free	24.49	25.69	26.79*	27.99	32.59*
1:18.29*	1:12.69*	1:07.09*	1:04.29*	1:01.49*	58.69*	100 M Free	53.39*	55.99*	58.49*	1:00.99*	1:11.19*
2:47.99*	2:35.99*	2:23.99*	2:17.99*	2:11.99*	2:05.99*	200 M Free	1:56.09*	2:01.59*	2:07.19*	2:12.69*	2:23.69*
5:54.69*	5:29.39*	5:03.99*	4:51.39*	4:38.69*	4:25.99*	400 M Free	4:08.39*	4:20.19*	4:31.99*	4:43.79*	5:07.49*
12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M Free	8:34.69	8:59.19	9:23.79	9:48.29	10:37.29
23:10.59	21:31.29	19:51.99	19:02.29	18:12.59	17:22.99	1500 M Free	16:21.19	17:07.89	17:54.69	18:41.39	20:14.79
1:25.79*	1:19.69*	1:13.59*	1:10.49*	1:07.39*	1:04.39*	100 M Back	59.09*	1:01.89*	1:04.69*	1:07.49*	1:13.19*
3:05.49*	2:52.19*	2:38.99*	2:32.39*	2:25.69*	2:19.09*	200 M Back	2:07.99*	2:14.09*	2:20.19*	2:26.29*	2:38.39*
1:37.59*	1:30.59*	1:23.59*	1:20.09*	1:16.69*	1:13.19*	100 M Breast	1:06.59*	1:09.79*	1:12.99*	1:16.09*	1:22.49*
3:29.89*	3:14.89*	2:59.89*	2:52.39*	2:44.89*	2:37.39*	200 M Breast	2:25.19	2:32.09	2:38.99	2:45.89	2:59.69
1:25.49*	1:19.39*	1:13.29*	1:10.19*	1:07.19*	1:04.09*	100 M Fly	58.09*	1:00.89*	1:03.69*	1:06.39*	1:11.99*
3:06.19*	2:52.89*	2:39.59*	2:32.99*	2:26.29*	2:19.69*	200 M Fly	2:08.99*	2:15.09*	2:21.29*	2:27.39*	2:39.69*
3:09.49*	2:55.99*	2:42.49*	2:35.69*	2:28.89*	2:22.19*	200 M IM	2:10.69*	2:16.89*	2:23.09*	2:29.29*	2:41.79*
6:39.49*	6:10.99*	5:42.39*	5:28.19*	5:13.89*	4:59.59*	400 M IM	4:38.29*	4:51.59*	5:04.79*	5:18.09*	5:44.59*

17-18 Girls						17-18 Boys					
35.79*	33.19*	30.69*	29.39*	28.09*	26.89*	50 M Free	23.69*	24.79*	25.99*	27.09*	31.59*
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.69*	57.89*	100 M Free	51.89*	54.29*	56.79*	59.29*	1:04.19*
2:46.89*	2:34.99*	2:23.09*	2:17.09*	2:11.09*	2:05.19*	200 M Free	1:54.19*	1:59.59*	2:04.99*	2:10.49*	2:21.29*
5:52.19*	5:27.09*	5:01.89*	4:49.29*	4:36.69*	4:24.19*	400 M Free	4:03.29	4:14.89	4:26.49	4:37.99	5:01.19
12:08.59	11:16.59	10:24.49	9:58.49	9:32.49	9:06.49	800 M Free	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39
22:58.19	21:19.69	19:41.29	18:52.09	18:02.79	17:13.59	1500 M Free	16:03.19	16:48.99	17:34.89	18:20.69	19:52.49
1:25.29*	1:19.19*	1:13.09*	1:10.09*	1:06.99*	1:03.99*	100 M Back	57.29*	59.99*	1:02.69*	1:05.49*	1:10.89*
3:04.89*	2:51.69*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 M Back	2:04.79	2:10.79	2:16.69	2:22.59	2:34.49
1:36.99*	1:30.09*	1:23.19*	1:19.69*	1:16.19*	1:12.79*	100 M Breast	1:05.29	1:08.39	1:11.59	1:14.69	1:20.89
3:29.19*	3:14.19*	2:59.29*	2:51.79*	2:44.29*	2:36.89*	200 M Breast	2:22.19*	2:28.99*	2:35.69*	2:42.49*	2:55.99*
1:24.39*	1:18.39*	1:12.39*	1:09.39*	1:06.29*	1:03.29*	100 M Fly	56.69*	59.39*	1:02.09*	1:04.79*	1:10.19*
3:03.89*	2:50.79*	2:37.69*	2:31.09*	2:24.49*	2:17.99*	200 M Fly	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19
3:07.29*	2:53.99*	2:40.59*	2:33.89*	2:27.19*	2:20.49*	200 M IM	2:07.29*	2:13.39*	2:19.39*	2:25.49*	2:37.59*
6:39.19*	6:10.69*	5:42.19*	5:27.99*	5:13.69*	4:59.39*	400 M IM	4:33.09*	4:46.09*	4:59.09*	5:12.09*	5:38.09*