

2009-2012 National Age Group Motivational Times

5/13/2009

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>						
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
<b>11 Year Olds Girls</b>						<b>11 Year Olds Boys</b>						
40.59	37.79	34.99	33.59	32.19	30.79	50 M Free	30.29	31.79	33.19	34.59	37.49	40.39
1:29.39	1:22.99	1:16.59	1:13.39	1:10.19	1:07.09	100 M Free	1:06.29	1:09.39	1:12.59	1:15.69	1:22.09	1:28.39
3:13.59	2:59.79	2:45.89	2:38.99	2:32.09	2:25.19	200 M Free	2:24.29	2:31.19	2:38.09	2:44.99	2:58.69	3:12.39
6:47.19	6:18.19	5:49.09	5:34.49	5:19.99	5:05.39	400 M Free	5:02.29	5:16.59	5:30.99	5:45.39	6:14.19	6:42.99
14:14.39	13:13.39	12:12.39	11:41.79	11:11.29	10:40.79	800 M Free	10:45.59	11:16.39	11:47.09	12:17.89	13:19.29	14:20.79
27:41.49	25:42.89	23:44.19	22:44.79	21:45.49	20:46.19	1500 M Free	20:45.79	21:45.19	22:44.49	23:43.79	25:42.39	27:41.09
48.29	44.79	41.39	39.69	37.89	36.19	50 M Back	36.29	38.19	40.09	41.99	45.69	49.49
1:46.79	1:38.39	1:29.99	1:25.79	1:21.59	1:17.39	100 M Back	1:17.29	1:21.49	1:25.69	1:29.89	1:38.29	1:46.69
3:41.59	3:25.79	3:09.99	3:01.99	2:54.09	2:46.19	200 M Back	2:45.49	2:53.39	3:01.29	3:09.09	3:24.89	3:40.59
52.99	49.19	45.39	43.49	41.59	39.79	50 M Breast	40.39	42.59	44.79	46.99	51.29	55.69
1:55.99	1:47.39	1:38.79	1:34.49	1:30.19	1:25.99	100 M Breast	1:26.79	1:31.29	1:35.79	1:40.39	1:49.39	1:58.49
4:09.89	3:51.99	3:34.19	3:25.29	3:16.29	3:07.39	200 M Breast	3:09.19	3:18.19	3:27.19	3:36.19	3:54.19	4:12.19
44.99	41.79	38.59	36.99	35.29	33.69	50 M Fly	33.79	35.59	37.49	39.39	43.09	46.89
1:43.99	1:35.69	1:27.39	1:23.19	1:18.99	1:14.89	100 M Fly	1:14.39	1:18.69	1:22.99	1:27.29	1:35.89	1:44.49
3:42.19	3:26.39	3:10.49	3:02.59	2:54.59	2:46.69	200 M Fly	2:48.99	2:56.99	3:05.09	3:13.09	3:29.19	3:45.29
3:41.09	3:25.29	3:09.49	3:01.59	2:53.69	2:45.79	200 M IM	2:44.69	2:53.09	3:01.49	3:09.89	3:26.69	3:43.49
7:51.49	7:17.89	6:44.19	6:27.29	6:10.49	5:53.69	400 M IM	5:55.19	6:12.09	6:28.99	6:45.89	7:19.79	7:53.59
<b>12 Year Olds Girls</b>						<b>12 Year Olds Boys</b>						
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
<b>13 Year Olds Girls</b>						<b>13 Year Olds Boys</b>						
38.89	36.09	33.29	31.89	30.59	29.19	50 M Free	27.39	28.69	29.99	31.29	33.89	36.49
1:23.99	1:17.99	1:11.99	1:08.99	1:05.99	1:02.99	100 M Free	59.79	1:02.69	1:05.49	1:08.39	1:13.99	1:19.69
3:00.89	2:47.99	2:34.99	2:28.59	2:22.09	2:15.69	200 M Free	2:10.19	2:16.39	2:22.59	2:28.79	2:41.09	2:53.49
6:18.79	5:51.69	5:24.69	5:11.09	4:57.59	4:44.09	400 M Free	4:34.59	4:47.59	5:00.69	5:13.79	5:39.89	6:06.09
13:02.99	12:07.09	11:11.19	10:43.19	10:15.19	9:47.29	800 M Free	9:31.59	9:58.79	10:25.99	10:53.19	11:47.59	12:42.09
25:00.39	23:13.19	21:26.09	20:32.49	19:38.89	18:45.29	1500 M Free	18:13.19	19:05.19	19:57.29	20:49.39	22:33.49	24:17.59
1:33.89	1:27.19	1:20.49	1:17.09	1:13.79	1:10.39	100 M Back	1:07.49	1:10.79	1:13.99	1:17.19	1:23.59	1:29.99
3:23.19	3:08.69	2:54.19	2:46.89	2:39.69	2:32.39	200 M Back	2:25.69	2:32.69	2:39.59	2:46.49	3:00.39	3:14.29
1:46.49	1:38.89	1:31.29	1:27.49	1:23.69	1:19.89	100 M Breast	1:16.59	1:20.29	1:23.89	1:27.59	1:34.79	1:42.09
3:49.29	3:32.89	3:16.49	3:08.29	3:00.09	2:51.99	200 M Breast	2:46.69	2:54.59	3:02.49	3:10.49	3:26.29	3:42.19
1:31.09	1:24.59	1:18.09	1:14.89	1:11.59	1:08.39	100 M Fly	1:04.99	1:08.09	1:11.19	1:14.29	1:20.49	1:26.69
3:21.49	3:07.09	2:52.69	2:45.49	2:38.29	2:31.09	200 M Fly	2:25.19	2:32.19	2:39.09	2:45.99	2:59.79	3:13.59
3:24.79	3:10.09	2:55.49	2:48.19	2:40.89	2:33.59	200 M IM	2:26.99	2:33.99	2:40.99	2:47.99	3:01.89	3:15.89
7:09.99	6:39.29	6:08.59	5:53.19	5:37.89	5:22.49	400 M IM	5:10.89	5:25.69	5:40.49	5:55.29	6:24.89	6:54.49

2009-2012 National Age Group Motivational Times

5/13/2009

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>14 Year Olds Girls</b>						<b>14 Year Olds Boys</b>						
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
<b>15 Year Olds Girls</b>						<b>15 Year Olds Boys</b>						
37.29	34.59	31.99	30.59	29.29	27.99	50 M Free	25.79	26.99	28.19	29.49	31.89	34.39
1:20.79	1:14.99	1:09.29	1:06.39	1:03.49	1:00.59	100 M Free	56.39	59.09	1:01.79	1:04.49	1:09.79	1:15.19
2:54.39	2:41.99	2:29.49	2:23.29	2:17.09	2:10.79	200 M Free	2:02.49	2:08.29	2:14.19	2:19.99	2:31.69	2:43.29
6:02.99	5:37.09	5:11.19	4:58.19	4:45.19	4:32.29	400 M Free	4:19.79	4:32.19	4:44.49	4:56.89	5:21.69	5:46.39
12:29.69	11:36.09	10:42.59	10:15.79	9:48.99	9:22.29	800 M Free	8:57.49	9:23.09	9:48.69	10:14.19	11:05.39	11:56.59
24:05.69	22:22.39	20:39.19	19:47.49	18:55.89	18:04.29	1500 M Free	17:09.49	17:58.49	18:47.49	19:36.49	21:14.59	22:52.59
1:29.99	1:23.59	1:17.09	1:13.89	1:10.69	1:07.49	100 M Back	1:03.49	1:06.49	1:09.49	1:12.49	1:18.59	1:24.59
3:13.39	2:59.59	2:45.79	2:38.89	2:31.99	2:25.09	200 M Back	2:15.89	2:22.39	2:28.79	2:35.29	2:48.19	3:01.19
1:41.69	1:34.39	1:27.09	1:23.49	1:19.89	1:16.29	100 M Breast	1:10.89	1:14.29	1:17.59	1:20.99	1:27.69	1:34.49
3:39.49	3:23.79	3:08.19	3:00.29	2:52.49	2:44.59	200 M Breast	2:35.59	2:43.09	2:50.49	2:57.89	3:12.69	3:27.49
1:28.19	1:21.89	1:15.59	1:12.49	1:09.29	1:06.19	100 M Fly	1:00.69	1:03.59	1:06.39	1:09.29	1:15.09	1:20.89
3:12.09	2:58.39	2:44.59	2:37.79	2:30.89	2:24.09	200 M Fly	2:15.89	2:22.39	2:28.89	2:35.29	2:48.29	3:01.19
3:17.99	3:03.89	2:49.69	2:42.59	2:35.59	2:28.49	200 M IM	2:19.09	2:25.69	2:32.39	2:38.99	2:52.19	3:05.49
6:55.89	6:26.19	5:56.49	5:41.59	5:26.79	5:11.89	400 M IM	4:53.19	5:07.19	5:21.09	5:35.09	6:02.99	6:30.89
<b>16 Year Olds Girls</b>						<b>16 Year Olds Boys</b>						
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
<b>17 Year Olds Girls</b>						<b>17 Year Olds Boys</b>						
36.79	34.09	31.49	30.19	28.89	27.59	50 M Free	25.09	26.29	27.49	28.69	31.09	33.49
1:19.69	1:13.99	1:08.39	1:05.49	1:02.69	99.79	100 M Free	54.99	57.59	1:00.19	1:02.79	1:07.99	1:13.29
2:51.69	2:39.39	2:27.19	2:21.09	2:14.89	2:08.79	200 M Free	1:59.69	2:05.39	2:10.99	2:16.69	2:28.09	2:39.49
5:59.69	5:33.99	5:08.29	4:55.49	4:42.59	4:29.79	400 M Free	4:13.79	4:25.89	4:37.99	4:49.99	5:14.19	5:38.39
12:24.29	11:31.09	10:37.89	10:11.39	9:44.79	9:18.19	800 M Free	8:48.59	9:13.69	9:38.89	10:04.09	10:54.39	11:44.79
24:04.99	22:21.79	20:38.59	19:46.99	18:55.39	18:03.79	1500 M Free	16:45.59	17:33.39	18:21.29	19:09.19	20:44.99	22:20.69
1:28.69	1:22.39	1:15.99	1:12.89	1:09.69	1:06.49	100 M Back	1:01.29	1:04.19	1:07.19	1:10.09	1:15.89	1:21.79
3:09.69	2:56.19	2:42.59	2:35.89	2:29.09	2:22.29	200 M Back	2:11.79	2:18.09	2:24.39	2:30.59	2:43.19	2:55.69
1:40.29	1:33.19	1:25.99	1:22.39	1:18.79	1:15.29	100 M Breast	1:09.49	1:12.79	1:16.09	1:19.39	1:25.99	1:32.59
3:37.19	3:21.69	3:06.19	2:58.39	2:50.59	2:42.89	200 M Breast	2:30.59	2:37.69	2:44.89	2:52.09	3:06.39	3:20.79
1:26.19	1:20.09	1:13.89	1:10.89	1:07.79	1:04.69	100 M Fly	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
3:07.19	2:53.89	2:40.49	2:33.79	2:27.09	2:20.39	200 M Fly	2:09.99	2:16.19	2:22.39	2:28.59	2:40.99	2:53.29
3:13.59	2:59.69	2:45.89	2:38.99	2:32.09	2:25.19	200 M IM	2:14.39	2:20.79	2:27.19	2:33.59	2:46.39	2:59.19
6:51.19	6:21.79	5:52.49	5:37.79	5:23.09	5:08.39	400 M IM	4:44.89	4:58.49	5:12.09	5:25.59	5:52.79	6:19.89
<b>18 Year Olds Girls</b>						<b>18 Year Olds Boys</b>						
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	99.89	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	1:01.09	1:03.89	1:06.59	1:12.19	1:17.69
3:08.49	2:55.09	2:41.59	2:34.89	2:28.09	2:21.39	200 M Fly	2:08.29	2:14.39	2:20.49	2:26.69	2:38.89	2:51.09
3:13.49	2:59.69	2:45.89	2:38.99	2:31.99	2:25.09	200 M IM	2:12.39					