

2009-2012 National Age Group Motivational Times

5/13/2009

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 Year Olds Girls						10 Year Olds Boys						
43.99	39.79	35.49	34.09	32.69	31.29	50 M Free	30.99	32.29	33.59	34.89	38.89	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	1:28.29	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	3:29.79
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	7:22.69
53.89	47.99	42.09	40.19	38.19	36.19	50 M Back	36.29	38.29	40.29	42.29	48.29	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	1:53.69
59.19	52.79	46.49	44.29	42.19	40.09	50 M Breast	40.39	42.49	44.59	46.69	52.99	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	2:07.79
53.89	47.49	41.19	38.99	36.89	34.79	50 M Fly	34.59	36.59	38.49	40.49	46.39	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	2:07.29
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	1:51.89
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	4:04.09
11 Year Olds Girls						11 Year Olds Boys						
39.59	36.89	34.09	32.69	31.39	29.99	50 M Free	29.59	30.99	32.39	33.79	36.59	39.39
1:26.99	1:20.79	1:14.59	1:11.49	1:08.39	1:05.29	100 M Free	1:04.59	1:07.69	1:10.79	1:13.79	1:19.99	1:26.09
3:08.29	2:54.89	2:41.39	2:34.69	2:27.99	2:21.19	200 M Free	2:20.19	2:26.79	2:33.49	2:40.19	2:53.49	3:06.89
6:37.49	6:09.09	5:40.79	5:26.59	5:12.39	4:58.19	400 M Free	4:54.99	5:08.99	5:23.09	5:37.09	6:05.19	6:33.29
13:52.89	12:53.39	11:53.89	11:24.19	10:54.39	10:24.69	800 M Free	10:23.89	10:53.59	11:23.39	11:53.09	12:52.49	13:51.89
26:19.79	24:26.99	22:34.09	21:37.69	20:41.29	19:44.89	1500 M Free	19:58.79	20:55.89	21:52.99	22:50.09	24:44.29	26:38.39
46.19	42.89	39.59	37.89	36.29	34.59	50 M Back	34.69	36.49	38.29	40.09	43.69	47.29
1:41.99	1:33.99	1:25.89	1:21.89	1:17.89	1:13.89	100 M Back	1:13.59	1:17.59	1:21.59	1:25.59	1:33.69	1:41.69
3:31.89	3:16.69	3:01.59	2:53.99	2:46.49	2:38.89	200 M Back	2:38.99	2:46.59	2:54.09	3:01.69	3:16.89	3:31.99
51.59	47.89	44.19	42.39	40.49	38.69	50 M Breast	39.09	41.19	43.29	45.39	49.69	53.89
1:52.49	1:44.19	1:35.89	1:31.69	1:27.59	1:23.39	100 M Breast	1:23.39	1:27.69	1:32.09	1:36.39	1:45.09	1:53.79
4:01.69	3:44.39	3:27.19	3:18.49	3:09.89	3:01.29	200 M Breast	3:01.99	3:10.69	3:19.39	3:27.99	3:45.39	4:02.69
44.09	40.89	37.79	36.19	34.69	33.09	50 M Fly	33.09	34.89	36.69	38.59	42.19	45.89
1:41.29	1:33.19	1:25.09	1:21.09	1:16.99	1:12.99	100 M Fly	1:12.59	1:16.79	1:20.99	1:25.19	1:33.59	1:41.99
3:35.49	3:20.09	3:04.69	2:56.99	2:49.29	2:41.59	200 M Fly	2:42.29	2:49.99	2:57.69	3:05.49	3:20.89	3:36.39
1:40.99	1:33.79	1:26.49	1:22.89	1:19.29	1:15.69	100 M IM	1:14.89	1:18.49	1:22.19	1:25.79	1:33.09	1:40.39
3:32.79	3:17.59	3:02.39	2:54.79	2:47.19	2:39.59	200 M IM	2:38.89	2:46.99	2:55.09	3:03.19	3:19.49	3:35.69
7:36.59	7:03.89	6:31.29	6:14.99	5:58.69	5:42.39	400 M IM	5:41.39	5:57.59	6:13.89	6:30.09	7:02.59	7:35.09
12 Year Olds Girls						12 Year Olds Boys						
37.89	35.19	32.59	31.29	29.99	28.69	50 M Free	27.69	28.99	30.29	31.59	34.29	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	1:20.79
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	2:55.59
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	6:12.39
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	12:58.89
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	24:48.79
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	43.69
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	1:34.79
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	3:17.09
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	48.89
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	1:44.99
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	3:42.79
41.79	38.79	35.79	34.29	32.79	31.39	50 M Fly	30.39	32.09	33.79	35.49	38.89	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	1:34.79
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	3:20.19
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	1:32.39
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	3:22.29
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	7:03.99
13 Year Olds Girls						13 Year Olds Boys						
37.79	35.09	32.39	30.99	29.69	28.29	50 M Free	26.39	27.59	28.89	30.09	32.59	35.19
1:21.89	1:15.99	1:10.19	1:07.29	1:04.29	1:01.39	100 M Free	57.49	1:00.19	1:02.89	1:05.69	1:11.09	1:16.59
2:55.69	2:43.19	2:30.59	2:24.29	2:18.09	2:11.79	200 M Free	2:05.99	2:11.99	2:17.99	2:23.89	2:35.89	2:47.89
6:09.79	5:43.39	5:16.99	5:03.79	4:50.59	4:37.39	400 M Free	4:26.89	4:39.59	4:52.29	5:04.99	5:30.39	5:55.79
12:42.29	11:47.89	10:53.39	10:26.19	9:58.99	9:31.79	800 M Free	9:10.09	9:36.29	10:02.49	10:28.69	11:21.09	12:13.49
24:05.19	22:21.99	20:38.79	19:47.09	18:55.49	18:03.89	1500 M Free	17:29.29	18:19.29	19:09.19	19:59.19	21:39.09	23:18.99
1:30.29	1:23.79	1:17.39	1:14.09	1:10.89	1:07.69	100 M Back	1:04.29	1:07.39	1:10.39	1:13.49	1:19.59	1:25.69
3:13.89	3:00.09	2:46.19	2:39.29	2:32.39	2:25.49	200 M Back	2:19.19	2:25.79	2:32.39	2:39.09	2:52.29	3:05.59
1:42.39	1:34.99	1:27.69	1:24.09	1:20.39	1:16.79	100 M Breast	1:12.89	1:16.39	1:19.89	1:23.39	1:30.29	1:37.19
3:40.79	3:24.99	3:09.29	3:01.39	2:53.49	2:45.59	200 M Breast	2:38.99	2:46.59	2:54.19	3:01.69	3:16.89	3:31.99
1:29.09	1:22.69	1:16.39	1:13.19	1:09.99	1:06.79	100 M Fly	1:03.39	1:06.39	1:09.49	1:12.49	1:18.49	1:24.49
3:16.19	3:02.19	2:48.19	2:41.19	2:34.19	2:27.19	200 M Fly	2:19.79	2:26.39	2:33.09	2:39.69	2:52.99	3:06.39
3:19.29	3:04.99	2:50.79	2:43.69	2:36.59	2:29.49	200 M IM	2:21.39	2:28.19	2:34.89	2:41.59	2:55.09	3:08.59
7:00.09	6:30.09	6:00.09	5:45.09	5:30.09	5:15.09	400 M IM	4:59.59	5:13.89	5:28.09	5:42.39	6:10.89	6:39.49

2009-2012 National Age Group Motivational Times

5/13/2009

Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	50 M Free	100 M Free	200 M Free	400 M Free	800 M Free	1500 M Free	100 M Back	200 M Back	100 M Breast	200 M Breast	100 M Fly	200 M Fly	200 M IM	400 M IM
14 Year Olds Girls						14 Year Olds Boys													
36.89	34.29	31.69	30.29	28.99	27.69	25.49	26.69	27.89	29.09	31.49	33.89								
1:20.19	1:14.39	1:08.69	1:05.79	1:02.99	1:00.09	55.49	58.19	1:00.79	1:03.49	1:08.79	1:13.99								
2:52.49	2:40.19	2:27.89	2:21.69	2:15.49	2:09.39	2:01.09	2:06.89	2:12.59	2:18.39	2:29.89	2:41.49								
6:00.39	5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	4:16.69	4:28.99	4:41.19	4:53.39	5:17.79	5:42.29								
12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	8:53.29	9:18.69	9:44.09	10:09.49	11:00.29	11:50.99								
23:25.99	21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	16:45.39	17:33.29	18:21.09	19:08.99	20:44.69	22:20.49								
1:28.29	1:21.99	1:15.69	1:12.49	1:09.39	1:06.19	1:02.09	1:04.99	1:07.99	1:10.99	1:16.89	1:22.79								
3:09.89	2:56.29	2:42.79	2:35.99	2:29.19	2:22.39	2:13.69	2:19.99	2:26.39	2:32.79	2:45.49	2:58.19								
1:40.09	1:32.89	1:25.79	1:22.19	1:18.59	1:15.09	1:09.69	1:12.99	1:16.29	1:19.59	1:26.29	1:32.89								
3:34.99	3:19.69	3:04.29	2:56.59	2:48.89	2:41.29	2:31.19	2:38.39	2:45.59	2:52.69	3:07.09	3:21.49								
1:27.39	1:21.19	1:14.89	1:11.79	1:08.69	1:05.59	1:00.79	1:03.69	1:06.59	1:09.49	1:15.29	1:20.99								
3:11.59	2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	2:15.59	2:22.09	2:28.49	2:34.99	2:47.89	3:00.79								
3:13.99	3:00.09	2:46.29	2:39.29	2:32.39	2:25.49	2:15.59	2:22.09	2:28.49	2:34.99	2:47.89	3:00.79								
6:49.69	6:20.39	5:51.19	5:36.49	5:21.89	5:07.29	4:50.49	5:04.39	5:18.19	5:31.99	5:59.69	6:27.39								
15 Year Olds Girls						15 Year Olds Boys													
36.49	33.89	31.29	29.99	28.69	27.39	24.89	26.09	27.19	28.39	30.79	33.19								
1:18.89	1:13.29	1:07.59	1:04.79	1:01.99	59.19	54.39	56.89	59.49	1:02.09	1:07.29	1:12.49								
2:49.89	2:37.79	2:25.69	2:19.59	2:13.49	2:07.49	1:58.29	2:03.89	2:09.49	2:15.19	2:26.39	2:37.69								
5:58.79	5:33.09	5:07.49	4:54.69	4:41.89	4:29.09	4:12.89	4:24.89	4:36.89	4:48.99	5:12.99	5:37.09								
12:21.29	11:28.39	10:35.39	10:08.99	9:42.49	9:15.99	8:44.59	9:09.59	9:34.59	9:59.49	10:49.49	11:39.39								
23:28.09	21:47.49	20:06.89	19:16.69	18:26.39	17:36.09	16:42.19	17:29.89	18:17.59	19:05.29	20:40.79	22:16.19								
1:26.79	1:20.59	1:14.39	1:11.29	1:08.19	1:05.09	1:00.39	1:03.29	1:06.09	1:08.99	1:14.79	1:20.49								
3:08.29	2:54.79	2:41.39	2:34.59	2:27.89	2:21.19	2:10.89	2:17.09	2:23.39	2:29.59	2:42.09	2:54.49								
1:38.49	1:31.49	1:24.49	1:20.89	1:17.39	1:13.89	1:08.49	1:11.79	1:14.99	1:18.29	1:24.79	1:31.29								
3:33.89	3:18.59	3:03.39	2:55.69	2:48.09	2:40.49	2:29.29	2:36.39	2:43.49	2:50.59	3:04.89	3:19.09								
1:26.89	1:20.69	1:14.49	1:11.39	1:08.29	1:05.19	1:00.39	1:03.29	1:06.09	1:08.99	1:14.79	1:20.49								
3:10.99	2:57.39	2:43.69	2:36.89	2:30.09	2:23.29	2:11.79	2:17.99	2:24.29	2:30.59	2:43.09	2:55.69								
3:11.59	2:57.89	2:44.29	2:37.39	2:30.59	2:23.69	2:12.99	2:19.29	2:25.69	2:31.99	2:44.69	2:57.29								
6:46.59	6:17.59	5:48.49	5:33.99	5:19.49	5:04.99	4:43.69	4:57.19	5:10.69	5:24.19	5:51.19	6:18.29								
16 Year Olds Girls						16 Year Olds Boys													
36.09	33.59	30.99	29.69	28.39	27.09	24.49	25.69	26.79	27.99	30.29	32.59								
1:18.29	1:12.69	1:07.09	1:04.29	1:01.49	58.69	53.39	55.99	58.49	1:00.99	1:06.09	1:11.19								
2:47.99	2:35.99	2:23.99	2:17.99	2:11.99	2:05.99	1:56.09	2:01.59	2:07.19	2:12.69	2:23.69	2:34.79								
5:54.69	5:29.39	5:03.99	4:51.39	4:38.69	4:25.99	4:08.39	4:20.19	4:31.99	4:43.79	5:07.49	5:31.09								
12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	8:34.69	8:59.19	9:23.79	9:48.29	10:37.29	11:26.29								
23:10.59	21:31.29	19:51.99	19:02.29	18:12.59	17:22.99	16:21.19	17:07.89	17:54.69	18:41.39	20:14.79	21:48.29								
1:25.79	1:19.69	1:13.59	1:10.49	1:07.39	1:04.39	1:00.39	1:03.29	1:06.09	1:08.99	1:14.79	1:20.49								
3:05.49	2:52.19	2:38.99	2:32.39	2:25.69	2:19.09	2:07.99	2:14.09	2:20.19	2:26.29	2:38.39	2:50.59								
1:37.59	1:30.59	1:23.59	1:20.09	1:16.69	1:13.19	1:06.59	1:09.79	1:12.99	1:16.09	1:22.49	1:28.79								
3:29.89	3:14.89	2:59.89	2:52.39	2:44.89	2:37.39	2:25.19	2:32.09	2:38.99	2:45.89	2:59.69	3:13.49								
1:25.49	1:19.39	1:13.29	1:10.19	1:07.19	1:04.09	1:00.39	1:03.29	1:06.09	1:08.99	1:14.79	1:20.49								
3:06.19	2:52.89	2:39.59	2:32.99	2:26.29	2:19.69	2:08.99	2:15.09	2:21.29	2:27.39	2:39.69	2:51.99								
3:09.49	2:55.99	2:42.49	2:35.69	2:28.89	2:22.19	2:10.69	2:16.89	2:23.09	2:29.29	2:41.79	2:54.19								
6:39.49	6:10.99	5:42.39	5:28.19	5:13.89	4:59.59	4:38.29	4:51.59	5:04.79	5:18.09	5:44.59	6:11.09								
17 Year Olds Girls						17 Year Olds Boys													
36.09	33.59	30.99	29.69	28.39	27.09	23.49	24.59	25.69	26.79	29.09	31.29								
1:18.49	1:12.89	1:07.29	1:04.49	1:01.69	58.89	52.79	55.39	57.89	1:00.39	1:05.39	1:10.39								
2:48.69	2:36.69	2:24.59	2:18.59	2:12.59	2:06.59	1:55.09	2:00.49	2:05.99	2:11.49	2:22.49	2:33.39								
5:56.39	5:30.89	5:05.49	4:52.79	4:39.99	4:27.29	4:06.99	4:18.69	4:30.49	4:42.19	5:05.79	5:29.29								
12:19.19	11:26.39	10:33.59	10:07.19	9:40.79	9:14.39	8:33.79	8:58.29	9:22.69	9:47.19	10:36.09	11:24.99								
23:23.59	21:43.29	20:03.09	19:12.89	18:22.79	17:32.69	16:21.09	17:07.79	17:54.49	18:41.19	20:14.59	21:48.09								
1:26.49	1:20.29	1:14.19	1:11.09	1:07.99	1:04.89	1:00.39	1:03.29	1:06.09	1:08.99	1:14.79	1:20.49								
3:06.79	2:53.49	2:40.19	2:33.49	2:26.79	2:20.09	2:06.59	2:12.69	2:18.69	2:24.69	2:36.79	2:48.79								
1:38.49	1:31.49	1:24.39	1:20.89	1:17.39	1:13.89	1:06.19	1:09.39	1:12.49	1:15.69	1:21.99	1:28.29								
3:32.99	3:17.79	3:02.59	2:54.99	2:47.39	2:39.79	2:24.19	2:31.09	2:37.89	2:44.79	2:58.49	3:12.29								
1:25.09	1:18.99	1:12.89	1:09.89	1:06.89	1:03.79	1:00.29	1:02.99	1:05.79	1:08.49	1:14.79	1:20.49								
3:06.69	2:53.39	2:40.09	2:33.39	2:26.69	2:20.09	2:07.49	2:13.59	2:19.69	2:25.69	2:37.89	2:49.99								
3:10.29	2:56.69	2:43.09	2:36.29	2:29.49	2:22.69	2:09.09	2:15.29	2:21.39	2:27.59	2:39.79	2:52.09								
6:43.09	6:14.29	5:45.49	5:31.09	5:16.69	5:02.29	4:36.89	4:50.09	5:03.19	5:16.39	5:42.79	6:09.09								
18 Year Olds Girls						18 Year Olds Boys													
35.79	33.19	30.69	29.39	28.09	26.89	23.69	24.79	25.99	27.09	29.29	31.59								
1:17.19	1:11.69	1:06.19	1:03.39	1:00.69	57.89	51.89	54.29	56.79	59.29	1:04.19	1:09.09								
2:46.89	2:34.99	2:23.09	2:17.09	2:11.09	2:05.19	1:54.19	1:59.59	2:04.99	2:10.49	2:21.29	2:32.19								
5:52.19	5:27.09	5:01.89	4:49.29	4:36.69	4:24.19	4:03.29	4:14.89	4:26.49	4:37.99	5:01.19	5:24.39								
12:08.59	11:16.59	10:24.49	9:58.49	9:32.49	9:06.49	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39	11:17.79								
22:58.19	21:19.69	19:41.29	18:52.09	18:02.79	17:13.59	16:03.19	16:48.99	17:34.89	18:20.69	19:52.49	21:24.19								
1:25.29	1:19.19	1:13.09	1:10.09	1:06.99	1:03.99	1:00.39	1:03.29	1:06.09	1:08.99	1:14.79	1:20.49								
3:04.89	2:51.69	2:38.49	2:31.89	2:25.29	2:18.69	2:04.79	2:10.79	2:16.69	2:22.5										