

2009-2012 National Age Group Motivational Times

5/13/2009

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 Year Olds Girls						10 Year Olds Boys					
39.79	35.99	32.19	30.89	29.59	28.29	50 Y Free	27.99	29.19	30.39	31.59	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	1:29.19
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	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	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
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	1:42.89
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
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	1:55.69
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
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
1:44.99	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	1:41.29
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	3:48.09
11 Year Olds Girls						11 Year Olds Boys					
35.79	33.39	30.89	29.59	28.39	27.19	50 Y Free	26.79	27.99	29.29	30.59	35.69
1:18.69	1:13.09	1:07.49	1:04.69	1:01.89	59.09	100 Y Free	58.49	1:01.29	1:03.99	1:06.79	1:17.99
2:50.39	2:38.19	2:26.09	2:19.99	2:13.89	2:07.79	200 Y Free	2:06.89	2:12.89	2:18.89	2:24.99	2:49.09
7:34.19	7:01.79	6:29.39	6:13.09	5:56.89	5:40.69	500 Y Free	5:36.99	5:53.09	6:09.09	6:25.19	7:29.39
15:51.69	14:43.69	13:35.69	13:01.79	12:27.79	11:53.79	1000 Y Free	11:52.89	12:26.89	13:00.79	13:34.79	15:50.59
26:29.09	24:35.59	22:42.09	21:45.29	20:48.59	19:51.79	1650 Y Free	20:05.89	21:03.29	22:00.69	22:58.09	26:47.79
41.79	38.79	35.79	34.29	32.89	31.39	50 Y Back	31.39	32.99	34.69	36.29	42.79
1:32.29	1:25.09	1:17.79	1:14.19	1:10.49	1:06.89	100 Y Back	1:06.69	1:10.29	1:13.89	1:17.49	1:31.99
3:11.69	2:57.99	2:44.39	2:37.49	2:30.69	2:23.79	200 Y Back	2:23.89	2:30.69	2:37.59	2:44.39	2:58.19
46.69	43.39	39.99	38.39	36.69	34.99	50 Y Breast	35.39	37.29	39.19	41.09	48.79
1:41.79	1:34.29	1:26.79	1:22.99	1:19.29	1:15.49	100 Y Breast	1:15.49	1:19.39	1:23.29	1:27.29	1:42.99
3:38.69	3:23.09	3:07.49	2:59.69	2:51.89	2:43.99	200 Y Breast	2:44.69	2:52.59	3:00.39	3:08.29	3:39.59
39.89	37.09	34.19	32.79	31.39	29.89	50 Y Fly	29.89	31.59	33.29	34.89	41.49
1:31.69	1:24.39	1:16.99	1:13.39	1:09.69	1:06.09	100 Y Fly	1:05.69	1:09.49	1:13.29	1:17.09	1:32.29
3:14.99	3:01.09	2:47.19	2:40.19	2:33.29	2:26.29	200 Y Fly	2:26.89	2:33.89	2:40.89	2:47.79	3:01.79
1:31.39	1:24.79	1:18.29	1:15.09	1:11.79	1:08.49	100 Y IM	1:07.79	1:11.09	1:14.39	1:17.69	1:30.89
3:12.59	2:58.79	2:45.09	2:38.19	2:31.29	2:24.39	200 Y IM	2:23.79	2:31.19	2:38.49	2:45.79	3:00.49
6:53.19	6:23.69	5:54.19	5:39.39	5:24.59	5:09.89	400 Y IM	5:08.89	5:23.59	5:38.29	5:53.09	6:51.89
12 Year Olds Girls						12 Year Olds Boys					
34.29	31.89	29.49	28.29	27.09	25.99	50 Y Free	25.09	26.19	27.39	28.59	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	1:13.09
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	2:38.89
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	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	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	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	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	1:25.79
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	2:58.39
44.09	40.89	37.79	36.19	34.59	33.09	50 Y Breast	32.09	33.79	35.59	37.29	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	1:35.09
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
37.79	35.09	32.39	31.09	29.69	28.39	50 Y Fly	27.59	29.09	30.59	32.09	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	1:25.79
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
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	1:23.69
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
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	6:23.69
13 Year Olds Girls						13 Year Olds Boys					
34.19	31.69	29.29	28.09	26.89	25.59	50 Y Free	23.89	24.99	26.09	27.29	31.79
1:14.09	1:08.79	1:03.49	1:00.89	58.19	55.59	100 Y Free	51.99	54.49	56.99	59.39	1:09.29
2:38.99	2:27.69	2:16.29	2:10.59	2:04.89	1:59.29	200 Y Free	1:53.99	1:59.39	2:04.79	2:10.29	2:31.99
7:02.49	6:32.39	6:02.19	5:47.09	5:31.99	5:16.89	500 Y Free	5:04.89	5:19.49	5:33.99	5:48.49	6:46.59
14:31.09	13:28.89	12:26.59	11:55.49	11:24.39	10:53.29	1000 Y Free	10:28.59	10:58.49	11:28.49	11:58.39	13:58.09
24:13.69	22:29.79	20:45.99	19:54.09	19:02.19	18:10.29	1650 Y Free	17:35.39	18:25.69	19:15.89	20:06.19	23:27.19
1:21.69	1:15.89	1:09.99	1:07.09	1:04.19	1:01.29	100 Y Back	58.19	1:00.99	1:03.69	1:06.49	1:11.99
2:55.49	2:42.99	2:30.39	2:24.19	2:17.89	2:11.59	200 Y Back	2:05.99	2:11.99	2:17.89	2:23.89	2:47.89
1:32.59	1:25.99	1:19.39	1:16.09	1:12.79	1:09.49	100 Y Breast	1:05.99	1:09.19	1:12.29	1:15.39	1:27.99
3:19.79	3:05.59	2:51.29	2:44.19	2:36.99	2:29.89	200 Y Breast	2:23.89	2:30.79	2:37.59	2:44.49	3:11.89
1:20.59	1:14.89	1:09.09	1:06.29	1:03.39	1:00.49	100 Y Fly	57.39	1:00.09	1:02.89	1:05.59	1:11.09
2:57.59	2:44.89	2:32.19	2:25.89	2:19.59	2:13.19	200 Y Fly	2:06.49	2:12.49	2:18.49	2:24.59	2:48.69
3:00.29	2:47.49	2:34.59	2:28.09	2:21.69	2:15.29	200 Y IM	2:07.99	2:14.09	2:20.19	2:26.29	2:50.59
6:20.19	5:52.99	5:25.89	5:12.29	4:58.69	4:45.19	400 Y IM	4:31.09	4:43.99	4:56.99	5:09.89	6:01.49

2009-2012 National Age Group Motivational Times

5/13/2009

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	
14 Year Olds Girls						14 Year Olds 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 Flv	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 Flv	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 Year Olds Girls						15 Year Olds Boys						
33.09	30.69	28.39	27.19	25.99	24.79	50 Y Free	22.49	23.59	24.69	25.69	27.89	29.99
1:11.39	1:06.29	1:01.19	58.69	56.09	53.59	100 Y Free	49.19	51.49	53.89	56.19	1:00.89	1:05.59
2:33.79	2:22.79	2:11.79	2:06.29	2:00.89	1:55.39	200 Y Free	1:46.99	1:52.09	1:57.19	2:02.29	2:12.49	2:22.69
6:49.89	6:20.69	5:51.39	5:36.69	5:22.09	5:07.49	500 Y Free	4:48.89	5:02.69	5:16.39	5:30.19	5:57.69	6:25.19
14:07.09	13:06.59	12:06.09	11:35.79	11:05.59	10:35.29	1000 Y Free	9:59.39	10:27.99	10:56.49	11:24.99	12:22.09	13:19.19
23:36.29	21:55.19	20:13.99	19:23.39	18:32.79	17:42.29	1650 Y Free	16:47.99	17:35.99	18:23.99	19:11.99	20:47.99	22:23.99
1:18.59	1:12.99	1:07.39	1:04.59	1:01.69	58.89	100 Y Back	54.69	57.29	59.89	1:02.49	1:07.69	1:12.89
2:50.39	2:38.19	2:25.99	2:19.99	2:13.89	2:07.79	200 Y Back	1:58.49	2:04.09	2:09.79	2:15.39	2:26.69	2:37.99
1:29.19	1:22.79	1:16.39	1:13.29	1:10.09	1:06.89	100 Y Breast	1:01.99	1:04.89	1:07.89	1:10.79	1:16.69	1:22.59
3:13.59	2:59.79	2:45.89	2:38.99	2:32.09	2:25.19	200 Y Breast	2:15.09	2:21.59	2:27.99	2:34.39	2:47.29	3:00.19
1:18.69	1:13.09	1:07.49	1:04.59	1:01.79	58.99	100 Y Flv	53.89	56.39	58.99	1:01.59	1:06.69	1:11.79
2:52.89	2:40.49	2:28.19	2:21.99	2:15.79	2:09.69	200 Y Flv	1:59.19	2:04.89	2:10.59	2:16.29	2:27.59	2:38.99
2:53.39	2:40.99	2:28.69	2:22.49	2:16.29	2:10.09	200 Y IM	2:00.39	2:06.09	2:11.79	2:17.59	2:28.99	2:40.49
6:07.99	5:41.69	5:15.39	5:02.29	4:49.19	4:35.99	400 Y IM	4:16.79	4:28.99	4:41.19	4:53.39	5:17.89	5:42.29
16 Year Olds Girls						16 Year Olds 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 Flv	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 Flv	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 Year Olds Girls						17 Year Olds Boys						
32.69	30.39	27.99	26.89	25.69	24.49	50 Y Free	21.19	22.29	23.29	24.29	26.29	28.29
1:11.09	1:05.99	1:00.89	58.39	55.79	53.29	100 Y Free	47.79	50.09	52.39	54.59	59.19	1:03.79
2:32.69	2:21.79	2:10.89	2:05.39	1:59.99	1:54.49	200 Y Free	1:44.09	1:49.09	1:53.99	1:58.99	2:08.89	2:18.79
6:47.19	6:18.09	5:49.09	5:34.49	5:19.99	5:05.39	500 Y Free	4:42.19	4:55.59	5:09.09	5:22.49	5:49.39	6:16.19
14:04.59	13:04.29	12:03.99	11:33.79	11:03.69	10:33.49	1000 Y Free	9:47.09	10:14.99	10:42.99	11:10.89	12:06.79	13:02.69
23:31.79	21:50.99	20:10.09	19:19.69	18:29.29	17:38.89	1650 Y Free	16:26.79	17:13.79	18:00.79	18:47.79	20:21.69	21:55.69
1:18.29	1:12.69	1:07.09	1:04.29	1:01.49	58.69	100 Y Back	52.69	55.19	57.69	1:00.19	1:05.29	1:10.29
2:49.09	2:36.99	2:24.89	2:18.89	2:12.89	2:06.79	200 Y Back	1:54.59	2:00.09	2:05.49	2:10.99	2:21.89	2:32.79
1:29.09	1:22.79	1:16.39	1:13.19	1:09.99	1:06.89	100 Y Breast	59.89	1:02.79	1:05.59	1:08.49	1:14.19	1:19.89
3:12.79	2:58.99	2:45.29	2:38.39	2:31.49	2:24.59	200 Y Breast	2:10.49	2:16.69	2:22.89	2:29.19	2:41.59	2:53.99
1:16.99	1:11.49	1:05.99	1:03.29	1:00.49	57.79	100 Y Flv	52.09	54.59	57.09	59.49	1:04.49	1:09.39
2:48.99	2:36.89	2:24.89	2:18.79	2:12.79	2:06.79	200 Y Flv	1:55.39	2:00.89	2:06.39	2:11.89	2:22.89	2:33.89
2:52.19	2:39.89	2:27.59	2:21.39	2:15.29	2:09.09	200 Y IM	1:56.89	2:02.39	2:07.99	2:13.49	2:24.69	2:35.79
6:04.79	5:38.79	5:12.69	4:59.69	4:46.59	4:33.59	400 Y IM	4:10.59	4:22.49	4:34.39	4:46.39	5:10.19	5:34.09
18 Year Olds Girls						18 Year Olds 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	1:09.09
2:47.29	2:35.39	2:23.39	2:17.39	2:11.49	2:05.49	200 Y Back	1:52.99	1:58.29	2:03.69	2:09.09	2:19.89	2:30.59
1:27.79	1:21.49	1:15.29	1:12.09	1:08.99	1:05.89	100 Y Breast	59.09	1:01.89	1:04.79	1:07.59	1:13.19	1:18.79
3:09.29	2:55.79	2:42.29	2:35.49	2:28.69	2:21.99	200 Y Breast	2:08.69	2:14.79	2:20.89	2:27.09	2:39.29	2:51.59
1:16.39	1:10.99	1:05.49	1:02.79	59.99	57.29	100 Y Flv	51.29	53.79	56.19	58.69	1:03.59	1:08.39
2:46.49	2:34.59	2:22.69	2:16.69	2:10.79	2:04.89	200 Y Flv	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39	2:31.19
2:49.49	2:37.39	2:25.29	2:19.29	2:13.19	2:07.19	200 Y IM	1:55.19	2:00.69	2:06.19	2:11.69	2:22.59	2:33.59
6:01.29	5:35.49											