

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
10 Year Olds Girls						10 Year Olds 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 Year Olds Girls						11 Year Olds Boys						
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
12 Year Olds Girls						12 Year Olds 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 Year Olds Girls						13 Year Olds Boys						
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
14 Year Olds Girls						14 Year Olds 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 Year Olds Girls						15 Year Olds Boys						
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
16 Year Olds Girls						16 Year Olds 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 Year Olds Girls						17 Year Olds Boys						
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
18 Year Olds Girls						18 Year Olds 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	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:					

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	50 Y Free	100 Y Free	200 Y Free	500 Y Free	1000 Y Free	1650 Y Free	50 Y Back	100 Y Back	200 Y Back	50 Y Breast	100 Y Breast	200 Y Breast	50 Y Fly	100 Y Fly	200 Y Fly	50 Y IM	100 Y IM	200 Y IM
10 Year Olds Girls												10 Year Olds Boys											
39.79	35.99	32.19	30.89	29.59	28.29	27.99	29.19	30.39	31.59	35.19	38.89	27.99	29.19	30.39	31.59	35.19	38.89	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	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19	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	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89	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	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79	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	32.79	34.59	36.49	38.29	43.69	49.19	32.79	34.59	36.49	38.29	43.69	49.19	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	1:10.49	1:14.09	1:17.69	1:21.29	1:32.09	1:42.89	1:10.49	1:14.09	1:17.69	1:21.29	1:32.09	1:42.89	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	36.49	38.39	40.29	42.19	47.89	53.59	36.49	38.39	40.29	42.19	47.89	53.59	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	1:19.79	1:23.79	1:27.79	1:31.79	1:43.69	1:55.69	1:19.79	1:23.79	1:27.79	1:31.79	1:43.69	1:55.69	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	31.29	33.09	34.89	36.69	41.99	47.29	31.29	33.09	34.89	36.69	41.99	47.29	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	1:10.79	1:15.69	1:20.59	1:25.59	1:40.39	1:55.19	1:10.79	1:15.69	1:20.59	1:25.59	1:40.39	1:55.19	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	1:10.89	1:14.29	1:17.69	1:21.09	1:31.19	1:41.29	1:10.89	1:14.29	1:17.69	1:21.09	1:31.19	1:41.29	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	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89
11 Year Olds Girls												11 Year Olds Boys											
35.79	33.39	30.89	29.59	28.39	27.19	26.79	27.99	29.29	30.59	33.09	35.69	26.79	27.99	29.29	30.59	33.09	35.69	26.79	27.99	29.29	30.59	33.09	35.69
1:18.69	1:13.09	1:07.49	1:04.69	1:01.89	59.09	58.49	1:01.29	1:03.99	1:06.79	1:12.39	1:17.99	1:01.29	1:03.99	1:06.79	1:12.39	1:17.99	1:01.29	1:03.99	1:06.79	1:12.39	1:17.99	1:17.99	
2:50.39	2:38.19	2:26.09	2:19.99	2:13.89	2:07.79	2:06.89	2:12.89	2:18.89	2:24.99	2:37.09	2:49.09	2:06.89	2:12.89	2:18.89	2:24.99	2:37.09	2:49.09	2:06.89	2:12.89	2:18.89	2:24.99	2:37.09	2:49.09
7:34.19	7:01.79	6:29.39	6:13.09	5:56.89	5:40.69	5:36.99	5:53.09	6:09.09	6:25.19	6:57.29	7:29.39	5:36.99	5:53.09	6:09.09	6:25.19	6:57.29	7:29.39	5:36.99	5:53.09	6:09.09	6:25.19	6:57.29	7:29.39
15:51.69	14:43.69	13:35.69	13:01.79	12:27.79	11:53.79	11:52.89	12:26.89	13:00.79	13:34.79	14:42.69	15:50.59	11:52.89	12:26.89	13:00.79	13:34.79	14:42.69	15:50.59	11:52.89	12:26.89	13:00.79	13:34.79	14:42.69	15:50.59
26:29.09	24:35.59	22:42.09	21:45.29	20:48.59	19:51.79	20:05.89	21:03.29	22:00.69	22:58.09	24:52.99	26:47.79	20:05.89	21:03.29	22:00.69	22:58.09	24:52.99	26:47.79	20:05.89	21:03.29	22:00.69	22:58.09	24:52.99	26:47.79
41.79	38.79	35.79	34.29	32.89	31.39	31.39	32.99	34.69	36.29	39.59	42.79	31.39	32.99	34.69	36.29	39.59	42.79	31.39	32.99	34.69	36.29	39.59	42.79
1:32.29	1:25.09	1:17.79	1:14.19	1:10.49	1:06.89	1:06.69	1:10.29	1:13.89	1:17.49	1:24.79	1:31.99	1:06.69	1:10.29	1:13.89	1:17.49	1:24.79	1:31.99	1:06.69	1:10.29	1:13.89	1:17.49	1:24.79	1:31.99
3:11.69	2:57.99	2:44.39	2:37.49	2:30.69	2:23.79	2:23.89	2:30.69	2:37.59	2:44.39	2:58.19	3:11.89	2:23.89	2:30.69	2:37.59	2:44.39	2:58.19	3:11.89	2:23.89	2:30.69	2:37.59	2:44.39	2:58.19	3:11.89
46.69	43.39	39.99	38.39	36.69	34.99	35.39	37.29	39.19	41.09	44.99	48.79	35.39	37.29	39.19	41.09	44.99	48.79	35.39	37.29	39.19	41.09	44.99	48.79
1:41.79	1:34.29	1:26.79	1:22.99	1:19.29	1:15.49	1:15.49	1:19.39	1:23.29	1:27.29	1:35.09	1:42.99	1:15.49	1:19.39	1:23.29	1:27.29	1:35.09	1:42.99	1:15.49	1:19.39	1:23.29	1:27.29	1:35.09	1:42.99
3:38.69	3:23.09	3:07.49	2:59.69	2:51.89	2:43.99	2:44.69	2:52.59	3:00.39	3:08.29	3:23.89	3:39.59	2:44.69	2:52.59	3:00.39	3:08.29	3:23.89	3:39.59	2:44.69	2:52.59	3:00.39	3:08.29	3:23.89	3:39.59
39.89	37.09	34.19	32.79	31.39	29.89	29.89	31.59	33.29	34.89	38.19	41.49	29.89	31.59	33.29	34.89	38.19	41.49	29.89	31.59	33.29	34.89	38.19	41.49
1:31.69	1:24.39	1:16.99	1:13.39	1:09.69	1:06.09	1:05.69	1:09.49	1:13.29	1:17.09	1:24.69	1:32.29	1:05.69	1:09.49	1:13.29	1:17.09	1:24.69	1:32.29	1:05.69	1:09.49	1:13.29	1:17.09	1:24.69	1:32.29
3:14.99	3:01.09	2:47.19	2:40.19	2:33.29	2:26.29	2:26.89	2:33.89	2:40.89	2:47.79	3:01.79	3:15.79	2:26.89	2:33.89	2:40.89	2:47.79	3:01.79	3:15.79	2:26.89	2:33.89	2:40.89	2:47.79	3:01.79	3:15.79
1:31.39	1:24.79	1:18.29	1:15.09	1:11.79	1:08.49	1:07.79	1:11.09	1:14.39	1:17.69	1:24.29	1:30.89	1:07.79	1:11.09	1:14.39	1:17.69	1:24.29	1:30.89	1:07.79	1:11.09	1:14.39	1:17.69	1:24.29	1:30.89
3:12.59	2:58.79	2:45.09	2:38.19	2:31.29	2:24.39	2:23.79	2:31.19	2:38.49	2:45.79	3:00.49	3:15.19	2:23.79	2:31.19	2:38.49	2:45.79	3:00.49	3:15.19	2:23.79	2:31.19	2:38.49	2:45.79	3:00.49	3:15.19
6:53.19	6:23.69	5:54.19	5:39.39	5:24.59	5:09.89	5:08.89	5:23.59	5:38.29	5:53.09	6:22.49	6:51.89	5:08.89	5:23.59	5:38.29	5:53.09	6:22.49	6:51.89	5:08.89	5:23.59	5:38.29	5:53.09	6:22.49	6:51.89
12 Year Olds Girls												12 Year Olds Boys											
34.29	31.89	29.49	28.29	27.09	25.99	25.09	26.19	27.39	28.59	30.99	33.39	25.09	26.19	27.39	28.59	30.99	33.39	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	54.79	57.39	59.99	1:02.69	1:07.89	1:13.09	1:02.69	1:07.39	1:09.99	1:02.69	1:07.89	1:13.09	1:02.69	1:07.39	1:09.99	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	2:01.59	2:04.89	2:10.49	2:16.19	2:27.49	2:38.89	2:01.59	2:04.89	2:10.49	2:16.19	2:27.49	2:38.89	2:01.59	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	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49	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	11:07.59	11:39.29	12:11.09	12:42.89	13:46.49	14:50.09	11:07.59	11:39.29	12:11.09	12:42.89	13:46.49	14:50.09	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	18:43.09	19:36.59	20:30.09	21:23.59	23:10.49	24:57.49	18:43.09	19:36.59	20:30.09	21:23.59	23:10.49	24:57.49	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	28.99	30.49	31.99	33.49	36.49	39.49	28.99	30.49	31.99	33.49	36.49	39.49	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	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79	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	2:13.79	2:20.19	2:26.49	2:32.89	2:45.59	2:58.39	2:13.79	2:20.19	2:26.49	2:32.89	2:45.59	2:58.39	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	32.09	33.79	35.59	37.29	40.79	44.29	32.09	33.79	35.59	37.29	40.79	44.29	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	1:09.69	1:13.29	1:16.89	1:20.49	1:27.79	1:35.09	1:09.69	1:13.29	1:16.89	1:20.49	1:27.79	1:35.09	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																				

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 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 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 Fly	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 Fly	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 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 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 Fly	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 Fly	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 Fly	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 Fly	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	5										

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	50 M Back	100 M Back	200 M Back	50 M Breast	100 M Breast	200 M Breast	50 M Fly	100 M Fly	200 M IM	400 M IM		
10 Year Olds Girls						10 Year Olds Boys																	
43.99	39.79	35.49	34.09	32.69	31.29	30.99	32.29	33.59	34.89	38.89	42.89	30.99	32.29	33.59	34.89	38.89	42.89	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	1:07.99	1:11.39	1:14.79	1:18.19	1:28.29	1:38.49	1:17.89	1:21.89	1:25.89	1:29.79	1:41.69	1:53.69	1:17.89	1:21.89	1:25.89	1:29.79	1:41.69	1:53.69
3:41.19	3:16.99	2:52.79	2:44.69	2:36.59	2:28.59	2:26.89	2:33.89	2:40.89	2:47.89	3:08.89	3:29.79	2:36.29	2:42.49	2:48.59	2:52.99	3:08.29	3:29.29	2:36.29	2:42.49	2:48.59	2:52.99	3:08.29	3:29.29
7:26.79	6:42.09	5:57.39	5:42.49	5:27.69	5:12.79	5:09.89	5:24.59	5:39.39	5:54.09	6:38.39	7:22.69	36.29	38.29	40.29	42.29	48.29	54.29	36.29	38.29	40.29	42.29	48.29	54.29
53.89	47.99	42.09	40.19	38.19	36.19	36.29	38.29	40.29	42.29	48.29	54.29	36.29	38.29	40.29	42.29	48.29	54.29	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	1:17.89	1:21.89	1:25.89	1:29.79	1:41.69	1:53.69	1:17.89	1:21.89	1:25.89	1:29.79	1:41.69	1:53.69	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	40.39	42.49	44.59	46.69	52.99	59.29	40.39	42.49	44.59	46.69	52.99	59.29	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	1:28.19	1:32.59	1:36.99	1:41.39	1:54.59	2:07.79	1:28.19	1:32.59	1:36.99	1:41.39	1:54.59	2:07.79	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	34.59	36.59	38.49	40.49	46.39	52.19	34.59	36.59	38.49	40.49	46.39	52.19	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	1:18.19	1:23.69	1:29.09	1:34.59	1:50.89	2:07.29	1:18.19	1:23.69	1:29.09	1:34.59	1:50.89	2:07.29	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	1:18.39	1:22.09	1:25.79	1:29.59	1:40.69	1:51.89	1:18.39	1:22.09	1:25.79	1:29.59	1:40.69	1:51.89	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	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89	4:04.09	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89	4:04.09	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	29.59	30.99	32.39	33.79	36.59	39.39	29.59	30.99	32.39	33.79	36.59	39.39	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	1:04.59	1:07.69	1:10.79	1:13.79	1:19.99	1:26.09	1:04.59	1:07.69	1:10.79	1:13.79	1:19.99	1:26.09	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	2:20.19	2:26.79	2:33.49	2:40.19	2:53.49	3:06.89	2:20.19	2:26.79	2:33.49	2:40.19	2:53.49	3:06.89	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	4:54.99	5:08.99	5:23.09	5:37.09	6:05.19	6:33.29	4:54.99	5:08.99	5:23.09	5:37.09	6:05.19	6:33.29	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	10:23.89	10:53.59	11:23.39	11:53.09	12:52.49	13:51.89	10:23.89	10:53.59	11:23.39	11:53.09	12:52.49	13:51.89	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	19:58.79	20:55.89	21:52.99	22:50.09	24:44.29	26:38.39	19:58.79	20:55.89	21:52.99	22:50.09	24:44.29	26:38.39	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	34.69	36.49	38.29	40.09	43.69	47.29	34.69	36.49	38.29	40.09	43.69	47.29	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	1:13.59	1:17.59	1:21.59	1:25.59	1:33.69	1:41.69	1:13.59	1:17.59	1:21.59	1:25.59	1:33.69	1:41.69	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	2:38.99	2:46.59	2:54.09	3:01.69	3:16.89	3:31.99	2:38.99	2:46.59	2:54.09	3:01.69	3:16.89	3:31.99	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	39.09	41.19	43.29	45.39	49.69	53.89	39.09	41.19	43.29	45.39	49.69	53.89	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	1:23.39	1:27.69	1:32.09	1:36.39	1:45.09	1:53.79	1:23.39	1:27.69	1:32.09	1:36.39	1:45.09	1:53.79	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	3:01.99	3:10.69	3:19.39	3:27.99	3:45.39	4:02.69	3:01.99	3:10.69	3:19.39	3:27.99	3:45.39	4:02.69	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	33.09	34.89	36.69	38.59	42.19	45.89	33.09	34.89	36.69	38.59	42.19	45.89	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	1:12.59	1:16.79	1:20.99	1:25.19	1:33.59	1:41.99	1:12.59	1:16.79	1:20.99	1:25.19	1:33.59	1:41.99	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	2:42.29	2:49.99	2:57.69	3:05.49	3:20.89	3:36.39	2:42.29	2:49.99	2:57.69	3:05.49	3:20.89	3:36.39	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	1:14.89	1:18.49	1:22.19	1:25.79	1:33.09	1:40.39	1:14.89	1:18.49	1:22.19	1:25.79	1:33.09	1:40.39	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	2:38.89	2:46.99	2:55.09	3:03.19	3:19.49	3:35.69	2:38.89	2:46.99	2:55.09	3:03.19	3:19.49	3:35.69	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	5:41.39	5:57.59	6:13.89	6:30.09	7:02.59	7:35.09	5:41.39	5:57.59	6:13.89	6:30.09	7:02.59	7:35.09	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	27.69	28.99	30.29	31.59	34.29	36.89	27.69	28.99	30.29	31.59	34.29	36.89	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	1:00.59	1:03.49	1:06.29	1:09.19	1:14.99	1:20.79	1:00.59	1:03.49	1:06.29	1:09.19	1:14.99	1:20.79	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	2:11.69	2:17.99	2:24.19	2:30.49	2:42.99	2:55.59	2:11.69	2:17.99	2:24.19	2:30.49	2:42.99	2:55.59	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	4:39.29	4:52.59	5:05.89	5:19.19	5:45.79	6:12.39	4:39.29	4:52.59	5:05.89	5:19.19	5:45.79	6:12.39	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	9:44.19	10:11.99	10:39.89	11:07.69	12:03.29	12:58.89	9:44.19	10:11.99	10:39.89	11:07.69	12:03.29	12:58.89	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	18:36.59	19:29.79	20:22.89	21:16.09	23:02.49	24:48.79	18:36.59	19:29.79	20:22.89	21:16.09	23:02.49	24:48.79	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	31.99	33.69	35.29	36.99	40.29	43.69	31.99	33.69	35.29	36.99	40.29	43.69	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	1:08.69	1:12.39	1:16.19	1:19.89	1:27.39	1:34.79	1:08.69	1:12.39	1:16.19	1:19.89	1:27.39	1:34.79	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	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09	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	35.49	37.39	39.29	41.19	45.09	48.89	35.49	37.39	39.29	41.19	45.09	48.89	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	1:16.99	1:20.99	1:24.99	1:28.99	1:36.99	1:44.99	1:16.99	1:20.99	1:24.99	1:28.99	1:36.99	1:44.99	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	2:47.09	2:55.09	3:03.09	3:10.99	3:26.89	3:42.79	2:47.09	2:55										

