

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

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 | | | | | | |
| 44.09 | 39.89 | 35.59 | 34.19 | 32.79 | 31.39 | 50 M Free | 31.39 | 32.79 | 34.09 | 35.49 | 39.49 | 43.59 |
| 1:41.99 * | 1:31.19 * | 1:20.29 * | 1:16.69 * | 1:13.09 * | 1:09.39 * | 100 M Free | 1:09.49 | 1:12.89 * | 1:16.39 * | 1:19.79 * | 1:30.19 * | 1:40.59 * |
| 3:45.79 | 3:20.99 | 2:56.29 | 2:48.09 | 2:39.79 | 2:31.59 | 200 M Free | 2:29.49 | 2:36.59 | 2:43.69 | 2:50.79 | 3:12.09 | 3:33.49 |
| 7:36.79 | 6:51.09 | 6:05.39 | 5:50.19 | 5:34.99 | 5:19.79 | 400 M Free | 5:14.59 * | 5:29.59 * | 5:44.49 * | 5:59.49 * | 6:44.49 * | 7:29.39 * |
| 54.89 | 48.89 | 42.89 | 40.89 | 38.89 | 36.89 | 50 M Back | 36.89 | 38.89 | 40.99 | 42.99 | 49.19 | 55.29 |
| 1:59.19 | 1:45.99 | 1:32.69 | 1:28.29 | 1:23.89 | 1:19.49 | 100 M Back | 1:18.89 * | 1:22.89 * | 1:26.99 * | 1:30.99 * | 1:43.09 * | 1:55.09 * |
| 1:00.49 | 53.99 | 47.49 | 45.29 | 43.09 | 40.89 | 50 M Breast | 40.59 | 42.69 | 44.89 | 46.99 | 53.29 | 59.69 |
| 2:14.79 * | 1:59.79 * | 1:44.89 * | 1:39.89 * | 1:34.89 * | 1:29.89 * | 100 M Breast | 1:29.29 * | 1:33.79 * | 1:38.19 * | 1:42.69 * | 1:55.99 * | 2:09.39 * |
| 53.39 * | 47.09 * | 40.79 * | 38.69 * | 36.59 * | 34.49 * | 50 M Fly | 34.39 | 36.29 | 38.19 | 40.19 | 45.99 | 51.79 |
| 2:09.99 | 1:52.99 | 1:35.99 | 1:30.29 | 1:24.59 | 1:18.89 | 100 M Fly | 1:18.09 * | 1:23.59 * | 1:28.99 * | 1:34.49 * | 1:50.79 * | 2:07.09 * |
| 4:09.39 | 3:43.19 | 3:17.09 | 3:08.29 | 2:59.59 | 2:50.89 | 200 M IM | 2:49.89 | 2:58.39 | 3:06.89 | 3:15.39 | 3:40.79 | 4:06.19 |
| 11-12 Girls | | | | | | 11-12 Boys | | | | | | |
| 38.39 * | 35.69 * | 32.99 * | 31.69 * | 30.39 * | 29.09 * | 50 M Free | 27.99 * | 29.29 * | 30.69 | 31.99 * | 34.69 | 37.29 * |
| 1:24.09 * | 1:18.09 * | 1:12.09 * | 1:09.09 * | 1:06.09 * | 1:03.09 * | 100 M Free | 1:00.99 * | 1:03.89 * | 1:06.79 * | 1:09.69 * | 1:15.49 * | 1:21.29 * |
| 3:02.29 * | 2:49.19 * | 2:36.19 * | 2:29.69 * | 2:23.19 * | 2:16.69 * | 200 M Free | 2:13.19 * | 2:19.49 * | 2:25.79 * | 2:32.19 * | 2:44.89 * | 2:57.49 * |
| 6:23.89 | 5:56.49 | 5:29.09 | 5:15.39 | 5:01.69 | 4:47.99 | 400 M Free | 4:41.59 | 4:55.09 | 5:08.49 | 5:21.89 | 5:48.69 | 6:15.49 |
| 13:24.09 * | 12:26.69 * | 11:29.29 * | 11:00.59 * | 10:31.79 * | 10:03.09 * | 800 M Free | 9:53.79 | 10:22.09 | 10:50.39 | 11:18.59 | 12:15.19 | 13:11.69 |
| 25:45.79 | 23:55.39 | 22:04.99 | 21:09.79 | 20:14.59 | 19:19.39 | 1500 M Free | 18:55.19 | 19:49.19 | 20:43.29 | 21:37.39 | 23:25.49 | 25:13.59 |
| 43.99 * | 40.79 * | 37.69 * | 36.09 * | 34.49 * | 32.99 * | 50 M Back | 31.99 * | 33.69 * | 35.39 * | 36.99 * | 40.39 * | 43.69 * |
| 1:38.69 * | 1:30.99 * | 1:23.19 * | 1:19.29 * | 1:15.39 * | 1:11.49 * | 100 M Back | 1:09.19 * | 1:12.99 * | 1:16.69 * | 1:20.49 * | 1:27.99 * | 1:35.49 * |
| 3:24.49 * | 3:09.89 * | 2:55.29 * | 2:47.99 * | 2:40.69 * | 2:33.39 * | 200 M Back | 2:29.59 * | 2:36.69 * | 2:43.79 * | 2:50.99 * | 3:05.19 * | 3:19.49 * |
| 48.99 | 45.49 | 41.99 | 40.19 | 38.49 | 36.69 | 50 M Breast | 35.49 * | 37.49 * | 39.39 * | 41.29 * | 45.19 * | 48.99 * |
| 1:48.89 * | 1:40.89 * | 1:32.79 * | 1:28.79 * | 1:24.79 * | 1:20.79 * | 100 M Breast | 1:18.09 * | 1:22.19 | 1:26.19 * | 1:30.29 * | 1:38.39 * | 1:46.59 * |
| 3:52.59 * | 3:35.99 * | 3:19.39 * | 3:11.09 * | 3:02.79 | 2:54.49 | 200 M Breast | 2:48.49 | 2:56.59 | 3:04.59 | 3:12.59 | 3:28.69 | 3:44.69 |
| 41.29 | 38.29 | 35.39 | 33.89 | 32.39 * | 30.99 | 50 M Fly | 30.19 * | 31.89 * | 33.59 * | 35.19 * | 38.59 * | 41.89 * |
| 1:36.19 | 1:28.49 | 1:20.79 | 1:16.99 | 1:13.09 * | 1:09.29 | 100 M Fly | 1:06.99 | 1:10.89 | 1:14.69 | 1:18.59 | 1:26.29 | 1:33.99 |
| 3:24.89 | 3:10.19 | 2:55.59 | 2:48.29 | 2:40.99 | 2:33.69 | 200 M Fly | 2:30.39 * | 2:37.49 * | 2:44.69 * | 2:51.89 * | 3:06.19 * | 3:20.49 * |
| 3:26.09 * | 3:11.39 * | 2:56.59 * | 2:49.29 * | 2:41.89 * | 2:34.59 * | 200 M IM | 2:30.19 * | 2:37.79 * | 2:45.49 * | 2:53.19 * | 3:08.49 * | 3:23.79 * |
| 7:19.69 | 6:48.29 | 6:16.89 | 6:01.19 | 5:45.49 | 5:29.79 | 400 M IM | 5:22.39 * | 5:37.79 * | 5:53.09 * | 6:08.49 * | 6:39.19 * | 7:09.89 * |
| 13-14 Girls | | | | | | 13-14 Boys | | | | | | |
| 37.09 * | 34.49 * | 31.79 * | 30.49 * | 29.19 * | 27.89 * | 50 M Free | 25.79 | 27.09 | 28.29 | 29.49 | 31.99 | 34.39 |
| 1:20.49 * | 1:14.79 * | 1:08.99 * | 1:06.19 * | 1:03.29 * | 1:00.39 * | 100 M Free | 56.49 * | 59.09 * | 1:01.79 * | 1:04.49 * | 1:09.89 * | 1:15.29 * |
| 2:54.29 * | 2:41.79 * | 2:29.39 * | 2:23.19 * | 2:16.89 * | 2:10.69 * | 200 M Free | 2:03.09 | 2:08.89 | 2:14.79 | 2:20.59 | 2:32.29 | 2:44.09 |
| 6:06.79 * | 5:40.59 * | 5:14.39 * | 5:01.29 * | 4:48.19 * | 4:35.09 * | 400 M Free | 4:21.79 | 4:34.29 | 4:46.69 | 4:59.19 | 5:24.09 | 5:49.09 |
| 12:35.99 | 11:41.99 | 10:47.99 | 10:20.99 | 9:53.99 | 9:26.99 | 800 M Free | 9:04.39 | 9:30.29 | 9:56.29 | 10:22.19 | 11:13.99 | 12:05.89 |
| 24:06.39 | 22:23.09 | 20:39.79 | 19:48.09 | 18:56.49 | 18:04.79 | 1500 M Free | 17:19.89 | 18:09.39 | 18:58.89 | 19:48.39 | 21:27.39 | 23:06.49 |
| 1:29.99 | 1:23.59 | 1:17.09 | 1:13.89 | 1:10.69 | 1:07.49 | 100 M Back | 1:02.89 * | 1:05.89 * | 1:08.89 * | 1:11.89 * | 1:17.89 * | 1:23.89 * |
| 3:12.39 * | 2:58.69 * | 2:44.89 * | 2:38.09 * | 2:31.19 * | 2:24.29 * | 200 M Back | 2:16.59 * | 2:23.09 * | 2:29.59 * | 2:36.09 * | 2:49.09 * | 3:02.09 * |
| 1:42.09 * | 1:34.79 * | 1:27.49 * | 1:23.89 * | 1:20.19 * | 1:16.59 * | 100 M Breast | 1:11.19 | 1:14.59 | 1:17.89 | 1:21.29 | 1:28.09 | 1:34.89 |
| 3:39.69 * | 3:23.99 * | 3:08.29 * | 3:00.49 * | 2:52.59 * | 2:44.79 * | 200 M Breast | 2:34.09 * | 2:41.39 * | 2:48.79 * | 2:56.09 * | 3:10.79 * | 3:25.49 * |
| 1:26.59 * | 1:20.39 * | 1:14.29 * | 1:11.19 * | 1:08.09 * | 1:04.99 * | 100 M Fly | 1:00.99 | 1:03.89 | 1:06.79 | 1:09.69 | 1:15.49 | 1:21.29 |
| 3:12.99 * | 2:59.19 * | 2:45.49 * | 2:38.59 * | 2:31.69 * | 2:24.79 * | 200 M Fly | 2:15.69 * | 2:22.19 * | 2:28.59 * | 2:35.09 * | 2:47.99 * | 3:00.89 * |
| 3:15.79 * | 3:01.79 * | 2:47.79 * | 2:40.79 * | 2:33.89 * | 2:26.89 * | 200 M IM | 2:18.49 * | 2:25.09 * | 2:31.69 * | 2:38.29 * | 2:51.39 * | 3:04.59 * |
| 6:55.49 * | 6:25.89 * | 5:56.19 * | 5:41.29 * | 5:26.49 * | 5:11.69 * | 400 M IM | 4:54.59 | 5:08.59 | 5:22.59 | 5:36.59 | 6:04.69 | 6:32.69 |

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

15-16 Girls

| | | | | | | | | | | | | |
|-----------|-----------|-----------|-----------|-----------|-----------|--------------|-----------|-----------|-----------|------------|------------|------------|
| 36.39 | 33.79 | 31.19 | 29.89 | 28.59 | 27.29 | 50 M Free | 24.39 | 25.59 | 26.79 | 27.89 | 30.19 | 32.59 |
| 1:19.19 * | 1:13.49 * | 1:07.89 * | 1:04.99 * | 1:02.19 * | 59.39 * | 100 M Free | 53.99 * | 56.59 * | 59.19 * | 1:01.69 * | 1:06.89 * | 1:11.99 * |
| 2:50.49 * | 2:38.29 * | 2:26.19 * | 2:20.09 * | 2:13.99 * | 2:07.89 * | 200 M Free | 1:57.99 | 2:03.69 | 2:09.29 | 2:14.89 | 2:26.09 | 2:37.39 |
| 5:58.49 | 5:32.89 | 5:07.29 | 4:54.49 | 4:41.69 | 4:28.89 | 400 M Free | 4:10.29 | 4:22.19 | 4:34.19 | 4:46.09 | 5:09.89 | 5:33.69 |
| 12:21.29 | 11:28.39 | 10:35.39 | 10:08.99 | 9:42.49 | 9:15.99 | 800 M Free | 8:45.09 * | 9:10.09 * | 9:35.09 * | 10:00.09 * | 10:50.09 * | 11:40.09 * |
| 23:43.89 | 22:02.19 | 20:20.49 | 19:29.59 | 18:38.79 | 17:47.89 | 1500 M Free | 16:36.69 | 17:24.19 | 18:11.69 | 18:59.09 | 20:33.99 | 22:08.99 |
| 1:27.29 * | 1:21.09 * | 1:14.89 * | 1:11.79 * | 1:08.59 * | 1:05.49 * | 100 M Back | 1:00.09 * | 1:02.99 * | 1:05.89 * | 1:08.69 * | 1:14.39 * | 1:20.19 * |
| 3:08.39 * | 2:54.99 * | 2:41.49 * | 2:34.79 * | 2:28.09 * | 2:21.29 * | 200 M Back | 2:10.29 | 2:16.49 | 2:22.69 | 2:28.89 | 2:41.39 | 2:53.79 |
| 1:39.49 * | 1:32.39 * | 1:25.29 * | 1:21.69 * | 1:18.19 | 1:14.59 * | 100 M Breast | 1:07.39 | 1:10.59 | 1:13.79 | 1:16.99 | 1:23.49 | 1:29.89 |
| 3:35.89 * | 3:20.49 * | 3:05.09 * | 2:57.39 * | 2:49.59 * | 2:41.89 * | 200 M Breast | 2:26.49 * | 2:33.49 * | 2:40.49 * | 2:47.49 * | 3:01.39 * | 3:15.39 * |
| 1:25.39 * | 1:19.29 * | 1:13.19 * | 1:10.09 * | 1:07.09 * | 1:03.99 * | 100 M Fly | 57.99 | 1:00.79 | 1:03.59 | 1:06.29 | 1:11.79 | 1:17.39 |
| 3:07.29 * | 2:53.99 * | 2:40.59 * | 2:33.89 * | 2:27.19 * | 2:20.49 * | 200 M Fly | 2:09.19 * | 2:15.39 * | 2:21.49 * | 2:27.69 * | 2:39.99 * | 2:52.29 * |
| 3:11.89 * | 2:58.19 * | 2:44.49 * | 2:37.59 * | 2:30.79 * | 2:23.89 * | 200 M IM | 2:12.49 | 2:18.79 | 2:25.09 | 2:31.39 | 2:43.99 | 2:56.59 |
| 6:47.89 | 6:18.79 | 5:49.69 | 5:35.09 | 5:20.49 | 5:05.99 | 400 M IM | 4:40.59 | 4:53.89 | 5:07.29 | 5:20.59 | 5:47.29 | 6:14.09 |

15-16 Boys

17-18 Girls

| | | | | | | | | | | | | |
|------------|------------|------------|------------|------------|------------|--------------|------------|------------|------------|------------|------------|------------|
| 36.19 | 33.59 | 30.99 | 29.69 | 28.39 | 27.09 | 50 M Free | 24.29 * | 25.49 | 26.59 * | 27.79 | 30.09 | 32.39 * |
| 1:18.59 | 1:12.99 | 1:07.39 | 1:04.59 | 1:01.79 | 58.99 | 100 M Free | 52.69 * | 55.19 * | 57.69 * | 1:00.19 * | 1:05.29 * | 1:10.29 * |
| 2:49.59 | 2:37.49 | 2:25.39 | 2:19.29 | 2:13.19 | 2:07.19 | 200 M Free | 1:55.99 * | 2:01.49 * | 2:06.99 * | 2:12.49 * | 2:23.59 * | 2:34.59 * |
| 5:57.09 * | 5:31.59 * | 5:06.09 * | 4:53.39 * | 4:40.59 * | 4:27.89 * | 400 M Free | 4:06.89 * | 4:18.69 * | 4:30.39 * | 4:42.19 * | 5:05.69 * | 5:29.19 * |
| 12:16.89 * | 11:24.29 * | 10:31.59 * | 10:05.29 * | 9:38.99 * | 9:12.69 * | 800 M Free | 8:34.59 | 8:59.09 | 9:23.59 | 9:48.09 | 10:37.09 | 11:26.09 |
| 23:30.39 * | 21:49.59 * | 20:08.89 * | 19:18.49 * | 18:28.19 * | 17:37.79 * | 1500 M Free | 16:25.99 * | 17:12.99 * | 17:59.89 * | 18:46.89 * | 20:20.79 * | 21:54.69 * |
| 1:26.59 * | 1:20.39 * | 1:14.19 * | 1:11.09 * | 1:08.09 * | 1:04.99 * | 100 M Back | 58.99 * | 1:01.79 * | 1:04.59 * | 1:07.39 * | 1:12.99 * | 1:18.59 * |
| 3:06.89 * | 2:53.59 * | 2:40.19 * | 2:33.49 * | 2:26.89 * | 2:20.19 * | 200 M Back | 2:07.89 * | 2:13.99 * | 2:20.09 * | 2:26.19 * | 2:38.39 * | 2:50.59 * |
| 1:38.69 * | 1:31.69 * | 1:24.59 * | 1:21.09 * | 1:17.59 * | 1:14.09 * | 100 M Breast | 1:05.99 * | 1:09.09 * | 1:12.29 * | 1:15.39 * | 1:21.69 * | 1:27.99 * |
| 3:33.09 | 3:17.89 | 3:02.69 | 2:55.09 | 2:47.49 | 2:39.89 | 200 M Breast | 2:23.69 * | 2:30.59 * | 2:37.39 * | 2:44.19 * | 2:57.89 * | 3:11.59 * |
| 1:24.29 * | 1:18.29 * | 1:12.19 * | 1:09.19 * | 1:06.19 * | 1:03.19 * | 100 M Fly | 56.59 * | 59.29 * | 1:01.99 * | 1:04.69 * | 1:10.09 * | 1:15.49 * |
| 3:06.79 * | 2:53.39 * | 2:40.09 * | 2:33.39 * | 2:26.69 * | 2:20.09 * | 200 M Fly | 2:06.29 * | 2:12.39 * | 2:18.39 * | 2:24.39 * | 2:36.39 * | 2:48.39 * |
| 3:10.69 | 2:56.99 | 2:43.39 | 2:36.59 | 2:29.79 | 2:22.99 | 200 M IM | 2:10.29 * | 2:16.49 * | 2:22.69 * | 2:28.89 * | 2:41.29 * | 2:53.69 * |
| 6:45.19 | 6:16.29 | 5:47.29 | 5:32.89 | 5:18.39 | 5:03.89 | 400 M IM | 4:37.09 * | 4:50.19 * | 5:03.39 * | 5:16.59 * | 5:42.99 * | 6:09.39 * |

17-18 Boys