



2024-2028 National Age Group Motivational Times

Short Course Yards

Girls

Boys

AA Min

AA Min

AA Min

AA Min

AA Min

AA Min

13-14	11-12	10 & U		10 & U	11-12	13-14
26.79	27.79	30.19	50 Y Free	29.79	26.79	24.59
57.99	1:00.49	1:07.29	100 Y Free	1:06.69	58.29	53.89
2:04.99	2:11.79	2:28.19	200 Y Free	2:23.09	2:06.99	1:57.49
5:34.99	5:52.19	6:27.49	500 Y Free	6:20.79	5:42.79	5:17.59
11:31.59	12:09.49		1000 Y Free		11:56.79	10:58.09
19:12.89	20:27.19		1650 Y Free		20:00.79	18:19.79
	31.29	34.99	50 Y Back	35.19	30.69	
1:02.99	1:08.09	1:15.59	100 Y Back	1:15.39	1:05.99	58.69
2:17.09	2:25.09		200 Y Back		2:21.29	2:08.39
	35.39	39.79	50 Y Breast	39.19	34.39	
1:12.29	1:16.69	1:27.49	100 Y Breast	1:26.09	1:13.99	1:06.79
2:36.79	2:45.09		200 Y Breast		2:39.39	2:25.09
	29.99	34.39	50 Y Fly	33.69	29.69	
1:02.69	1:07.49	1:19.19	100 Y Fly	1:17.99	1:05.89	58.49
2:18.79	2:27.89		200 Y Fly		2:22.19	2:09.99
	1:09.09	1:17.09	100 Y IM	1:15.69	1:06.19	
2:19.49	2:27.99	2:45.09	200 Y IM	2:43.59	2:23.99	2:11.39
4:58.69	5:15.59		400 Y IM		5:06.49	4:40.49