

# 2021-2024 National Age Group Motivational Times

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## 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
<b>10 &amp; under Girls</b>						<b>10 &amp; under Boys</b>						
42.99	38.89	34.69	33.29	31.89	30.59	50 M Free	30.29	31.59	32.89	34.19	38.09	41.99
1:38.99	1:28.39	1:17.89	1:14.39	1:10.89	1:07.39	100 M Free	1:06.99	1:10.29	1:13.69	1:16.99	1:26.99	1:36.99
3:40.09	3:15.99	2:51.89	2:43.89	2:35.79	2:27.79	200 M Free	2:24.39	2:31.29	2:38.19	2:44.99	3:05.69	3:26.29
7:22.89	6:38.59	5:54.29	5:39.59	5:24.79	5:10.09	400 M Free	5:04.29	5:18.79	5:33.29	5:47.79	6:31.19	7:14.69
51.99	46.29	40.59	38.69	36.79	34.89	50 M Back	35.09	37.09	38.99	40.99	46.79	52.69
1:52.69	1:40.19	1:27.69	1:23.49	1:19.29	1:15.19	100 M Back	1:15.89	1:19.79	1:23.59	1:27.49	1:39.09	1:50.69
58.89	52.49	46.19	44.09	41.89	39.79	50 M Breast	39.19	41.19	43.29	45.29	51.39	57.59
2:10.49	1:55.99	1:41.49	1:36.69	1:31.89	1:26.99	100 M Breast	1:26.69	1:30.99	1:35.29	1:39.59	1:52.59	2:05.59
52.39	46.19	39.99	37.99	35.89	33.79	50 M Fly	33.49	35.29	37.19	39.09	44.79	50.49
2:05.99	1:49.49	1:32.99	1:27.49	1:21.99	1:16.49	100 M Fly	1:16.29	1:21.69	1:26.99	1:32.29	1:48.29	2:04.19
1:53.39	1:41.29	1:29.19	1:25.19	1:21.19	1:17.19	100 M IM	1:16.89	1:20.49	1:24.19	1:27.89	1:38.79	1:49.79
4:01.49	3:36.19	3:10.79	3:02.39	2:53.99	2:45.49	200 M IM	2:44.29	2:52.49	3:00.69	3:08.89	3:33.49	3:58.09
<b>11-12 Girls</b>						<b>11-12 Boys</b>						
37.29	34.69	32.19	30.89	29.59	28.29	50 M Free	26.99	28.29	29.59	30.89	33.39	35.99
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
2:58.09	2:45.39	2:32.69	2:26.29	2:19.99	2:13.59	200 M Free	2:09.09	2:15.19	2:21.29	2:27.49	2:39.79	2:52.09
6:15.49	5:48.69	5:21.89	5:08.49	4:55.09	4:41.69	400 M Free	4:33.89	4:46.89	4:59.99	5:12.99	5:39.09	6:05.19
12:57.19	12:01.69	11:06.19	10:38.49	10:10.69	9:42.89	800 M Free	9:32.69	9:59.99	10:27.29	10:54.59	11:49.09	12:43.59
24:45.29	22:59.19	21:13.09	20:20.09	19:26.99	18:33.99	1500 M Free	18:09.99	19:01.89	19:53.79	20:45.69	22:29.59	24:13.39
42.39	39.29	36.29	34.79	33.29	31.79	50 M Back	30.89	32.49	34.09	35.69	38.99	42.19
1:34.19	1:26.69	1:19.29	1:15.59	1:11.89	1:08.19	100 M Back	1:05.79	1:09.39	1:12.99	1:16.59	1:23.69	1:30.89
3:15.19	3:01.29	2:47.29	2:40.29	2:33.39	2:26.39	200 M Back	2:23.09	2:29.89	2:36.69	2:43.49	2:57.19	3:10.79
47.59	44.19	40.79	39.09	37.39	35.69	50 M Breast	34.39	36.19	38.09	39.99	43.69	47.39
1:44.29	1:36.59	1:28.89	1:24.99	1:21.19	1:17.29	100 M Breast	1:14.89	1:18.79	1:22.69	1:26.59	1:34.39	1:42.29
3:44.49	3:28.39	3:12.39	3:04.39	2:56.39	2:48.39	200 M Breast	2:41.59	2:49.29	2:56.99	3:04.59	3:19.99	3:35.39
40.59	37.69	34.79	33.39	31.89	30.49	50 M Fly	29.59	31.19	32.79	34.49	37.79	40.99
1:33.99	1:26.49	1:18.99	1:15.19	1:11.49	1:07.69	100 M Fly	1:05.59	1:09.39	1:13.19	1:16.89	1:24.49	1:32.09
3:19.79	3:05.59	2:51.29	2:44.19	2:36.99	2:29.89	200 M Fly	2:26.39	2:33.29	2:40.29	2:47.29	3:01.19	3:15.19
1:33.19	1:26.59	1:19.89	1:16.59	1:13.29	1:09.89	100 M IM	1:06.69	1:09.89	1:13.19	1:16.39	1:22.89	1:29.39
3:19.69	3:05.39	2:51.19	2:43.99	2:36.89	2:29.79	200 M IM	2:24.59	2:31.99	2:39.39	2:46.69	3:01.49	3:16.19
7:04.49	6:34.19	6:03.89	5:48.69	5:33.59	5:18.39	400 M IM	5:09.19	5:23.89	5:38.69	5:53.39	6:22.79	6:52.29
<b>13-14 Girls</b>						<b>13-14 Boys</b>						
36.09	33.49	30.89	29.59	28.39	27.09	50 M Free	24.89	26.09	27.29	28.39	30.79	33.19
1:18.29	1:12.69	1:07.09	1:04.29	1:01.49	58.69	100 M Free	54.39	56.99	59.59	1:02.19	1:07.29	1:12.49
2:49.29	2:37.19	2:25.09	2:18.99	2:12.99	2:06.99	200 M Free	1:58.49	2:04.19	2:09.79	2:15.39	2:26.69	2:37.99
5:58.29	5:32.69	5:07.09	4:54.29	4:41.49	4:28.69	400 M Free	4:13.79	4:25.89	4:37.89	4:49.99	5:14.19	5:38.29
12:16.89	11:24.19	10:31.59	10:05.29	9:38.99	9:12.69	800 M Free	8:45.89	9:10.89	9:35.99	10:00.99	10:51.09	11:41.09
23:15.29	21:35.69	19:55.99	19:06.19	18:16.29	17:26.49	1500 M Free	16:38.29	17:25.89	18:13.39	19:00.89	20:35.99	22:11.09
1:25.29	1:19.19	1:13.09	1:10.09	1:06.99	1:03.99	100 M Back	59.69	1:02.59	1:05.39	1:08.19	1:13.89	1:19.59
3:04.89	2:51.69	2:38.49	2:31.89	2:25.29	2:18.69	200 M Back	2:10.19	2:16.39	2:22.59	2:28.79	2:41.19	2:53.59
1:37.99	1:30.99	1:23.99	1:20.49	1:16.99	1:13.49	100 M Breast	1:07.49	1:10.69	1:13.89	1:17.09	1:23.49	1:29.89
3:32.19	3:16.99	3:01.89	2:54.29	2:46.69	2:39.09	200 M Breast	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09
1:24.99	1:18.89	1:12.89	1:09.79	1:06.79	1:03.79	100 M Fly	59.19	1:01.99	1:04.89	1:07.69	1:13.29	1:18.89
3:07.89	2:54.49	2:41.09	2:34.39	2:27.69	2:20.99	200 M Fly	2:11.19	2:17.49	2:23.69	2:29.99	2:42.49	2:54.99
3:09.49	2:55.89	2:42.39	2:35.59	2:28.89	2:22.09	200 M IM	2:12.59	2:18.89	2:25.19	2:31.59	2:44.19	2:56.79
6:44.19	6:15.39	5:46.49	5:31.99	5:17.59	5:03.19	400 M IM	4:43.29	4:56.79	5:10.29	5:23.79	5:50.69	6:17.69

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### 15-16 Girls

### 15-16 Boys

35.39	32.89	30.39	29.09	27.89	26.59	50 M Free	23.89	25.09	26.19	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	1:03.19	1:00.39	57.69	100 M Free	52.09	54.59	57.09	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	2:16.09	2:10.09	2:04.19	200 M Free	1:53.79	1:59.29	2:04.69	2:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	4:48.09	4:35.49	4:22.99	400 M Free	4:04.59	4:16.19	4:27.89	4:39.49	5:02.79	5:26.09
12:05.69	11:13.89	10:22.09	9:56.09	9:30.19	9:04.29	800 M Free	8:27.39	8:51.59	9:15.69	9:39.89	10:28.19	11:16.49
22:57.09	21:18.69	19:40.39	18:51.19	18:01.99	17:12.79	1500 M Free	16:05.89	16:51.89	17:37.89	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	1:08.49	1:05.49	1:02.49	100 M Back	56.69	59.39	1:02.09	1:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	2:28.99	2:22.49	2:15.99	200 M Back	2:04.19	2:10.09	2:15.99	2:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	1:18.89	1:15.49	1:12.09	100 M Breast	1:04.29	1:07.39	1:10.49	1:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	2:50.79	2:43.39	2:35.99	200 M Breast	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	1:08.39	1:05.39	1:02.49	100 M Fly	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	2:31.39	2:24.79	2:18.19	200 M Fly	2:05.49	2:11.49	2:17.49	2:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	2:32.69	2:25.99	2:19.39	200 M IM	2:06.59	2:12.59	2:18.69	2:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	5:24.59	5:10.49	4:56.39	400 M IM	4:32.69	4:45.69	4:58.69	5:11.69	5:37.69	6:03.59

### 17-18 Girls

### 17-18 Boys

34.79	32.29	29.79	28.59	27.29	26.09	50 M Free	23.19	24.29	25.39	26.49	28.69	30.89
1:15.29	1:09.99	1:04.59	1:01.89	59.19	56.49	100 M Free	50.89	53.29	55.69	58.19	1:02.99	1:07.79
2:44.19	2:32.49	2:20.79	2:14.89	2:08.99	2:03.19	200 M Free	1:51.59	1:56.89	2:02.19	2:07.59	2:18.19	2:28.79
5:49.29	5:24.39	4:59.39	4:46.89	4:34.49	4:21.99	400 M Free	4:00.09	4:11.49	4:22.89	4:34.29	4:57.19	5:20.09
12:03.09	11:11.39	10:19.79	9:53.89	9:28.09	9:02.29	800 M Free	8:23.79	8:47.79	9:11.69	9:35.69	10:23.69	11:11.69
22:50.29	21:12.39	19:34.59	18:45.59	17:56.69	17:07.69	1500 M Free	15:49.39	16:34.59	17:19.79	18:04.99	19:35.39	21:05.79
1:22.29	1:16.39	1:10.49	1:07.59	1:04.69	1:01.69	100 M Back	54.89	57.49	1:00.09	1:02.79	1:07.99	1:13.19
2:58.19	2:45.39	2:32.69	2:26.39	2:19.99	2:13.59	200 M Back	2:01.19	2:06.89	2:12.69	2:18.49	2:29.99	2:41.49
1:34.89	1:28.09	1:21.29	1:17.99	1:14.59	1:11.19	100 M Breast	1:02.89	1:05.89	1:08.89	1:11.89	1:17.89	1:23.89
3:24.39	3:09.79	2:55.19	2:47.89	2:40.59	2:33.29	200 M Breast	2:17.19	2:23.79	2:30.29	2:36.79	2:49.89	3:02.99
1:21.99	1:16.09	1:10.29	1:07.29	1:04.39	1:01.49	100 M Fly	54.59	57.19	59.79	1:02.39	1:07.59	1:12.79
3:01.59	2:48.69	2:35.69	2:29.19	2:22.69	2:16.19	200 M Fly	2:03.09	2:08.99	2:14.89	2:20.69	2:32.39	2:44.19
3:02.99	2:49.99	2:36.89	2:30.39	2:23.79	2:17.29	200 M IM	2:04.39	2:10.39	2:16.29	2:22.19	2:33.99	2:45.89
6:29.99	6:02.09	5:34.29	5:20.29	5:06.39	4:52.49	400 M IM	4:25.99	4:38.69	4:51.29	5:03.99	5:29.29	5:54.69