

USA Swimming 2024-2028 Single Age Motivational Standards



10/7/2024 2:20:22 PM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
10 Girls						Event	10 Boys					
45.39 *	40.99 *	36.59 *	35.09 *	33.69 *	32.19 *	50 FR LCM	31.69 *	32.99 *	34.39 *	35.69 *	39.79 *	43.89 *
1:44.19 *	1:33.09 *	1:21.99 *	1:18.29 *	1:14.59 *	1:10.89 *	100 FR LCM	1:09.79 *	1:13.29 *	1:16.79 *	1:20.19 *	1:30.69 *	1:41.09 *
3:50.99 *	3:25.69 *	3:00.39 *	2:51.99 *	2:43.49 *	2:35.09 *	200 FR LCM	2:31.99 *	2:39.19 *	2:46.39 *	2:53.69 *	3:15.39 *	3:37.09 *
7:49.09 *	7:02.19 *	6:15.29 *	5:59.69 *	5:43.99 *	5:28.39 *	400 FR LCM	5:21.29 *	5:36.59 *	5:51.89 *	6:07.19 *	6:53.09 *	7:38.99 *
55.79 *	49.69 *	43.59 *	41.59 *	39.49 *	37.49 *	50 BK LCM	36.99 *	38.99 *	41.09 *	43.09 *	49.29 *	55.39 *
2:01.99 *	1:48.49 *	1:34.99 *	1:30.39 *	1:25.89 *	1:21.39 *	100 BK LCM	1:19.99 *	1:24.09 *	1:28.19 *	1:32.29 *	1:44.49 *	1:56.69 *
1:02.19 *	55.49 *	48.79 *	46.49 *	44.29 *	42.09 *	50 BR LCM	41.49 *	43.59 *	45.79 *	47.89 *	54.39 *	1:00.89 *
2:19.49 *	2:03.99 *	1:48.49 *	1:43.39 *	1:38.19 *	1:33.09 *	100 BR LCM	1:31.89 *	1:36.49 *	1:41.09 *	1:45.59 *	1:59.39 *	2:13.09 *
54.49 *	48.09 *	41.59 *	39.49 *	37.29 *	35.19 *	50 FL LCM	34.69 *	36.59 *	38.59 *	40.59 *	46.39 *	52.29 *
2:13.39 *	1:55.89 *	1:38.49 *	1:32.59 *	1:26.79 *	1:20.99 *	100 FL LCM	1:19.59 *	1:25.19 *	1:30.69 *	1:36.29 *	1:52.89 *	2:09.59 *
4:16.19 *	3:49.29 *	3:22.39 *	3:13.49 *	3:04.49 *	2:55.59 *	200 IM LCM	2:52.49 *	3:01.09 *	3:09.69 *	3:18.29 *	3:44.09 *	4:09.89 *
11 Girls						Event	11 Boys					
40.39 *	37.59 *	34.79 *	33.39 *	31.99 *	30.59 *	50 FR LCM	29.89 *	31.39	32.79	34.19	37.09	39.89
1:29.19 *	1:22.79 *	1:16.49 *	1:13.29 *	1:10.09 *	1:06.89 *	100 FR LCM	1:05.89 *	1:08.99 *	1:12.09 *	1:15.29 *	1:21.49 *	1:27.79 *
3:12.99 *	2:59.19 *	2:45.39 *	2:38.49 *	2:31.69 *	2:24.79 *	200 FR LCM	2:22.39 *	2:29.09 *	2:35.89 *	2:42.69 *	2:56.19 *	3:09.79 *
6:48.69 *	6:19.49 *	5:50.29 *	5:35.79 *	5:21.19 *	5:06.59 *	400 FR LCM	5:01.29 *	5:15.69 *	5:29.99 *	5:44.39 *	6:13.09 *	6:41.79 *
14:28.29 *	13:26.29 *	12:24.29 *	11:53.29 *	11:22.29 *	10:51.19 *	800 FR LCM	10:34.99 *	11:05.29 *	11:35.49 *	12:05.79 *	13:06.19 *	14:06.69 *
27:57.39 *	25:57.59 *	23:57.79 *	22:57.89 *	21:57.99 *	20:57.99 *	1500 FR LCM	20:33.29 *	21:31.99 *	22:30.79 *	23:29.49 *	25:26.89 *	27:24.39 *
46.79 *	43.49 *	40.09 *	38.49 *	36.79 *	35.09 *	50 BK LCM	34.89 *	36.69 *	38.49 *	40.29 *	43.99 *	47.59 *
1:45.79 *	1:37.49 *	1:29.19 *	1:24.99 *	1:20.79 *	1:16.69 *	100 BK LCM	1:15.89 *	1:19.99 *	1:24.09 *	1:28.19 *	1:36.49 *	1:44.69 *
3:40.49 *	3:24.79 *	3:08.99 *	3:01.19 *	2:53.29 *	2:45.39 *	200 BK LCM	2:42.69 *	2:50.49 *	2:58.19 *	3:05.99 *	3:21.49 *	3:36.99 *
52.29 *	48.59 *	44.89 *	42.99 *	41.09 *	39.29 *	50 BR LCM	38.69 *	40.79 *	42.89 *	44.99 *	49.19 *	53.39 *
1:55.89 *	1:47.29 *	1:38.79 *	1:34.49 *	1:30.19 *	1:25.89 *	100 BR LCM	1:25.89 *	1:30.29 *	1:34.79 *	1:39.29 *	1:48.19 *	1:57.19 *
4:08.29 *	3:50.59 *	3:32.79 *	3:23.99 *	3:15.09 *	3:06.19 *	200 BR LCM	3:05.79 *	3:14.59 *	3:23.39 *	3:32.29 *	3:49.99 *	4:07.69 *
43.59 *	40.49 *	37.39 *	35.89 *	34.29 *	32.69 *	50 FL LCM	32.59 *	34.39 *	36.19 *	37.99 *	41.59 *	45.29 *
1:43.39 *	1:35.09 *	1:26.89 *	1:22.69 *	1:18.59 *	1:14.49 *	100 FL LCM	1:13.69 *	1:17.99 *	1:22.19 *	1:26.49 *	1:34.99 *	1:43.49 *
3:46.89 *	3:30.69 *	3:14.49 *	3:06.39 *	2:58.29 *	2:50.19 *	200 FL LCM	2:45.99 *	2:53.89 *	3:01.79 *	3:09.69 *	3:25.49 *	3:41.29 *
3:40.59 *	3:24.89 *	3:09.09 *	3:01.19 *	2:53.29 *	2:45.49 *	200 IM LCM	2:42.59 *	2:50.89 *	2:59.19 *	3:07.49 *	3:24.09 *	3:40.69 *
7:55.89 *	7:21.99 *	6:47.99 *	6:30.99 *	6:13.99 *	5:56.99 *	400 IM LCM	5:49.99 *	6:06.59 *	6:23.29 *	6:39.99 *	7:13.29 *	7:46.59 *

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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
12 Girls						Event	12 Boys					
38.69 *	35.99 *	33.39 *	31.99 *	30.69 *	29.29 *	50 FR LCM	28.09 *	29.39 *	30.79 *	32.09 *	34.79 *	37.39 *
1:25.69 *	1:19.59 *	1:13.49 *	1:10.39 *	1:07.29 *	1:04.29 *	100 FR LCM	1:01.59 *	1:04.49 *	1:07.49 *	1:10.39 *	1:16.19 *	1:22.09 *
3:06.79 *	2:53.49 *	2:40.09 *	2:33.49 *	2:26.79 *	2:20.09 *	200 FR LCM	2:14.39 *	2:20.79 *	2:27.19 *	2:33.59 *	2:46.39 *	2:59.19 *
6:32.89 *	6:04.79 *	5:36.79 *	5:22.79 *	5:08.69 *	4:54.69 *	400 FR LCM	4:45.89 *	4:59.49 *	5:13.09 *	5:26.69 *	5:53.99 *	6:21.19 *
13:42.39 *	12:43.69 *	11:44.89 *	11:15.59 *	10:46.19 *	10:16.79 *	800 FR LCM	10:01.89 *	10:30.59 *	10:59.19 *	11:27.89 *	12:25.19 *	13:22.49 *
26:13.99 *	24:21.59 *	22:29.19 *	21:32.89 *	20:36.69 *	19:40.49 *	1500 FR LCM	19:23.89 *	20:19.29 *	21:14.69 *	22:10.19 *	24:00.99 *	25:51.79 *
44.89 *	41.69 *	38.49 *	36.89 *	35.29 *	33.69 *	50 BK LCM	32.69 *	34.39 *	36.09 *	37.79 *	41.19 *	44.59 *
1:40.59 *	1:32.69 *	1:24.79 *	1:20.79 *	1:16.89 *	1:12.89 *	100 BK LCM	1:10.39 *	1:14.29 *	1:18.09 *	1:21.89 *	1:29.59 *	1:37.19 *
3:28.19 *	3:13.29 *	2:58.39 *	2:50.99 *	2:43.59 *	2:36.09 *	200 BK LCM	2:32.19 *	2:39.49 *	2:46.69 *	2:53.99 *	3:08.49 *	3:22.99 *
49.79 *	46.19 *	42.69 *	40.89 *	39.09 *	37.39 *	50 BR LCM	36.09 *	38.09 *	39.99 *	41.99 *	45.89 *	49.79 *
1:50.39 *	1:42.19 *	1:33.99 *	1:29.99 *	1:25.89 *	1:21.79 *	100 BR LCM	1:18.99 *	1:23.09 *	1:27.19 *	1:31.29 *	1:39.59 *	1:47.79 *
3:57.29 *	3:40.29 *	3:23.39 *	3:14.89 *	3:06.39 *	2:57.99 *	200 BR LCM	2:50.99 *	2:59.09 *	3:07.19 *	3:15.39 *	3:31.59 *	3:47.89 *
41.79 *	38.79 *	35.79 *	34.29 *	32.89 *	31.39 *	50 FL LCM	30.29 *	31.99 *	33.59 *	35.29 *	38.69 *	41.99 *
1:38.39 *	1:30.59 *	1:22.69 *	1:18.79 *	1:14.79 *	1:10.89 *	100 FL LCM	1:07.79 *	1:11.69 *	1:15.59 *	1:19.49 *	1:27.29 *	1:35.09 *
3:31.09 *	3:15.99 *	3:00.89 *	2:53.39 *	2:45.89 *	2:38.29 *	200 FL LCM	2:34.09 *	2:41.49 *	2:48.79 *	2:56.09 *	3:10.79 *	3:25.49 *
3:30.79 *	3:15.79 *	3:00.69 *	2:53.19 *	2:45.59 *	2:38.09 *	200 IM LCM	2:31.09 *	2:38.79 *	2:46.49 *	2:54.19 *	3:09.59 *	3:24.99 *
7:28.89 *	6:56.79 *	6:24.79 *	6:08.69 *	5:52.69 *	5:36.69 *	400 IM LCM	5:28.39 *	5:44.09 *	5:59.69 *	6:15.39 *	6:46.59 *	7:17.89 *
13 Girls						Event	13 Boys					
38.09 *	35.39 *	32.59 *	31.29 *	29.89 *	28.59 *	50 FR LCM	26.79 *	27.99 *	29.29 *	30.59 *	33.09 *	35.69 *
1:22.79 *	1:16.89 *	1:10.99 *	1:07.99 *	1:04.99 *	1:02.09 *	100 FR LCM	58.69 *	1:01.49 *	1:04.29 *	1:07.09 *	1:12.59 *	1:18.19 *
3:00.39 *	2:47.59 *	2:34.69 *	2:28.19 *	2:21.79 *	2:15.29 *	200 FR LCM	2:07.49 *	2:13.59 *	2:19.69 *	2:25.69 *	2:37.89 *	2:49.99 *
6:19.09 *	5:52.09 *	5:24.99 *	5:11.39 *	4:57.89 *	4:44.39 *	400 FR LCM	4:29.99 *	4:42.79 *	4:55.69 *	5:08.49 *	5:34.19 *	5:59.89 *
13:05.99 *	12:09.89 *	11:13.79 *	10:45.69 *	10:17.59 *	9:49.49 *	800 FR LCM	9:23.49	9:50.29	10:17.19	10:43.99	11:37.69 *	12:31.29
25:08.99 *	23:21.19 *	21:33.39 *	20:39.49 *	19:45.59 *	18:51.69 *	1500 FR LCM	17:59.19 *	18:50.59 *	19:41.99 *	20:33.39 *	22:16.19 *	23:58.89 *
43.79 *	40.59 *	37.49 *	35.99 *	34.39 *	32.79 *	50 BK LCM	30.89 *	32.39 *	33.89 *	35.39 *	38.29 *	41.19 *
1:32.59 *	1:25.99 *	1:19.39 *	1:16.09 *	1:12.79 *	1:09.39 *	100 BK LCM	1:05.59 *	1:08.69 *	1:11.79 *	1:14.89 *	1:21.09 *	1:27.39 *
3:19.79 *	3:05.49 *	2:51.19 *	2:44.09 *	2:36.99 *	2:29.79 *	200 BK LCM	2:22.39 *	2:29.09	2:35.89	2:42.69	2:56.19	3:09.79
49.09 *	45.59 *	42.09 *	40.29 *	38.59 *	36.79 *	50 BR LCM	34.49 *	36.09 *	37.69 *	39.39 *	42.59 *	45.89 *
1:44.69 *	1:37.29 *	1:29.79 *	1:25.99 *	1:22.29 *	1:18.59 *	100 BR LCM	1:12.89 *	1:16.39 *	1:19.89 *	1:23.29 *	1:30.29 *	1:37.19 *
3:45.79 *	3:29.69 *	3:13.49 *	3:05.49 *	2:57.39 *	2:49.29 *	200 BR LCM	2:39.99 *	2:47.69 *	2:55.29 *	3:02.89 *	3:18.09 *	3:33.39 *
41.19 *	38.29 *	35.29 *	33.89 *	32.39 *	30.89 *	50 FL LCM	29.29 *	30.69 *	32.09 *	33.49 *	36.29 *	38.99 *
1:29.89 *	1:23.49 *	1:16.99 *	1:13.79 *	1:10.59 *	1:07.39 *	100 FL LCM	1:03.09 *	1:06.09 *	1:09.09 *	1:12.09 *	1:18.09 *	1:24.09 *
3:21.29 *	3:06.89 *	2:52.59 *	2:45.39 *	2:38.19 *	2:30.99 *	200 FL LCM	2:21.69 *	2:28.49 *	2:35.19 *	2:41.99 *	2:55.49 *	3:08.89 *
3:22.39 *	3:07.89 *	2:53.49 *	2:46.19 *	2:38.99 *	2:31.79 *	200 IM LCM	2:22.79	2:29.59	2:36.39	2:43.19	2:56.79	3:10.39
7:09.89 *	6:39.19 *	6:08.49 *	5:53.09 *	5:37.79 *	5:22.39 *	400 IM LCM	5:04.99 *	5:19.59 *	5:34.09 *	5:48.59 *	6:17.69 *	6:46.69 *

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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
14 Girls						Event	14 Boys					
37.39 *	34.69 *	31.99	30.69 *	29.39 *	27.99	50 FR LCM	25.69 *	26.89 *	28.19 *	29.39 *	31.79 *	34.29 *
1:21.19 *	1:15.39 *	1:09.59 *	1:06.69 *	1:03.79 *	1:00.89 *	100 FR LCM	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
2:55.49 *	2:42.99 *	2:30.39 *	2:24.19 *	2:17.89 *	2:11.59 *	200 FR LCM	2:02.99 *	2:08.89 *	2:14.69 *	2:20.59 *	2:32.29 *	2:43.99 *
6:08.89 *	5:42.49 *	5:16.19 *	5:02.99 *	4:49.79 *	4:36.69 *	400 FR LCM	4:22.49 *	4:34.99 *	4:47.49 *	4:59.89 *	5:24.89 *	5:49.89 *
12:46.09 *	11:51.39 *	10:56.69 *	10:29.29 *	10:01.99 *	9:34.59 *	800 FR LCM	9:03.69 *	9:29.59 *	9:55.49 *	10:21.39 *	11:13.09 *	12:04.89 *
24:32.59 *	22:47.39 *	21:02.19 *	20:09.59 *	19:17.09 *	18:24.49 *	1500 FR LCM	17:23.49 *	18:13.19 *	19:02.89 *	19:52.59 *	21:31.99 *	23:11.39 *
42.69 *	39.69 *	36.59 *	35.09 *	33.59 *	31.99 *	50 BK LCM	29.69 *	31.09 *	32.49 *	33.89 *	36.69 *	39.49 *
1:29.99 *	1:23.59 *	1:17.09 *	1:13.89 *	1:10.69 *	1:07.49 *	100 BK LCM	1:02.79 *	1:05.79 *	1:08.69 *	1:11.69 *	1:17.69 *	1:23.69 *
3:13.99 *	3:00.09 *	2:46.29 *	2:39.29 *	2:32.39 *	2:25.49 *	200 BK LCM	2:16.49 *	2:22.99 *	2:29.49 *	2:35.99 *	2:48.99 *	3:01.99 *
47.89 *	44.49 *	41.09 *	39.39 *	37.59 *	35.89 *	50 BR LCM	33.09 *	34.69 *	36.29 *	37.79 *	40.99 *	44.09 *
1:42.39	1:35.09	1:27.79	1:24.19 *	1:20.49	1:16.79	100 BR LCM	1:10.49 *	1:13.89 *	1:17.19 *	1:20.59 *	1:27.29 *	1:33.99 *
3:40.79 *	3:25.09 *	3:09.29 *	3:01.39 *	2:53.49 *	2:45.59 *	200 BR LCM	2:32.99 *	2:40.19 *	2:47.49 *	2:54.79 *	3:09.39 *	3:23.89 *
39.99 *	37.09 *	34.29 *	32.79 *	31.39 *	29.99 *	50 FL LCM	27.99 *	29.29 *	30.59 *	31.99 *	34.59 *	37.29 *
1:27.39 *	1:21.19 *	1:14.99 *	1:11.79 *	1:08.69 *	1:05.59 *	100 FL LCM	1:00.29 *	1:03.09 *	1:05.99 *	1:08.89 *	1:14.59 *	1:20.29 *
3:16.79 *	3:02.79 *	2:48.69 *	2:41.69 *	2:34.59 *	2:27.59 *	200 FL LCM	2:15.09 *	2:21.49 *	2:27.89 *	2:34.39 *	2:47.19 *	3:00.09 *
3:17.39 *	3:03.29 *	2:49.19 *	2:42.09 *	2:35.09 *	2:28.09 *	200 IM LCM	2:17.29 *	2:23.79 *	2:30.29 *	2:36.89 *	2:49.89 *	3:02.99 *
6:58.49 *	6:28.59 *	5:58.69 *	5:43.79 *	5:28.79 *	5:13.89 *	400 IM LCM	4:53.49 *	5:07.49 *	5:21.49 *	5:35.49 *	6:03.39 *	6:31.39 *
15 Girls						Event	15 Boys					
36.79 *	34.19 *	31.59	30.29	28.99	27.59 *	50 FR LCM	24.99 *	26.19 *	27.39 *	28.59 *	30.99 *	33.29 *
1:19.49 *	1:13.79 *	1:08.19 *	1:05.29 *	1:02.49 *	59.69 *	100 FR LCM	54.49 *	57.09 *	59.69 *	1:02.29 *	1:07.49 *	1:12.69 *
2:52.49	2:40.19 *	2:27.79	2:21.69	2:15.49	2:09.39	200 FR LCM	1:59.99 *	2:05.79 *	2:11.49 *	2:17.19 *	2:28.59 *	2:39.99 *
6:02.89 *	5:36.99 *	5:11.09 *	4:58.09 *	4:45.19	4:32.19 *	400 FR LCM	4:15.59 *	4:27.79 *	4:39.89 *	4:52.09 *	5:16.39 *	5:40.79 *
12:27.79 *	11:34.29 *	10:40.89 *	10:14.19 *	9:47.49 *	9:20.79 *	800 FR LCM	8:48.49 *	9:13.59 *	9:38.79 *	10:03.89 *	10:54.29 *	11:44.59 *
23:51.99 *	22:09.69 *	20:27.49 *	19:36.29 *	18:45.19 *	17:53.99 *	1500 FR LCM	16:59.19 *	17:47.69 *	18:36.29 *	19:24.79 *	21:01.79 *	22:38.89 *
1:28.29 *	1:21.99 *	1:15.69 *	1:12.59 *	1:09.39 *	1:06.29 *	100 BK LCM	1:00.89 *	1:03.79 *	1:06.69 *	1:09.59 *	1:15.39 *	1:21.19 *
3:09.89 *	2:56.39 *	2:42.79 *	2:35.99 *	2:29.19 *	2:22.49 *	200 BK LCM	2:12.19 *	2:18.49 *	2:24.79 *	2:31.09 *	2:43.69 *	2:56.19 *
1:40.19 *	1:32.99 *	1:25.89 *	1:22.29 *	1:18.69 *	1:15.09 *	100 BR LCM	1:08.59 *	1:11.79 *	1:15.09 *	1:18.39 *	1:24.89 *	1:31.39 *
3:36.79 *	3:21.29 *	3:05.79 *	2:58.09 *	2:50.29 *	2:42.59 *	200 BR LCM	2:29.99 *	2:37.09 *	2:44.19 *	2:51.39 *	3:05.69 *	3:19.89 *
1:25.79 *	1:19.59 *	1:13.49 *	1:10.49 *	1:07.39 *	1:04.29 *	100 FL LCM	58.89 *	1:01.69 *	1:04.49 *	1:07.29 *	1:12.89 *	1:18.59
3:10.89	2:57.29 *	2:43.59	2:36.79	2:29.99	2:23.19	200 FL LCM	2:11.79 *	2:17.99	2:24.29 *	2:30.59 *	2:43.09	2:55.69 *
3:14.49 *	3:00.59 *	2:46.69 *	2:39.79 *	2:32.79 *	2:25.89 *	200 IM LCM	2:14.09 *	2:20.49 *	2:26.89 *	2:33.19 *	2:45.99 *	2:58.79 *
6:53.99 *	6:24.39 *	5:54.89 *	5:40.09 *	5:25.29 *	5:10.49 *	400 IM LCM	4:48.19 *	5:01.89 *	5:15.59 *	5:29.29 *	5:56.69 *	6:24.19 *

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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
16 Girls						Event	16 Boys					
36.39 *	33.79 *	31.19 *	29.89 *	28.59 *	27.29 *	50 FR LCM	24.79	25.89 *	27.09 *	28.29 *	30.59 *	32.99 *
1:18.49 *	1:12.89 *	1:07.29 *	1:04.49 *	1:01.69 *	58.89 *	100 FR LCM	53.89 *	56.49 *	58.99 *	1:01.59 *	1:06.69 *	1:11.89 *
2:49.49 *	2:37.39 *	2:25.29 *	2:19.29 *	2:13.19 *	2:07.09 *	200 FR LCM	1:57.99 *	2:03.59 *	2:09.19 *	2:14.79 *	2:25.99 *	2:37.29 *
5:58.99 *	5:33.29 *	5:07.69 *	4:54.89 *	4:42.09 *	4:29.29 *	400 FR LCM	4:11.69 *	4:23.69 *	4:35.69 *	4:47.59 *	5:11.59 *	5:35.59 *
12:21.19 *	11:28.29 *	10:35.29 *	10:08.89 *	9:42.39 *	9:15.89 *	800 FR LCM	8:41.69 *	9:06.49 *	9:31.29 *	9:56.19 *	10:45.79 *	11:35.49 *
23:45.29 *	22:03.49 *	20:21.69 *	19:30.79 *	18:39.89 *	17:48.99 *	1500 FR LCM	16:43.79 *	17:31.59 *	18:19.39 *	19:07.19 *	20:42.79 *	22:18.39 *
1:27.49 *	1:21.19 *	1:14.99 *	1:11.89 *	1:08.79 *	1:05.59 *	100 BK LCM	59.59 *	1:02.49 *	1:05.29 *	1:08.09 *	1:13.79 *	1:19.49 *
3:07.89 *	2:54.49 *	2:40.99 *	2:34.29 *	2:27.59 *	2:20.89 *	200 BK LCM	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29 *
1:39.19 *	1:32.09 *	1:25.09 *	1:21.49 *	1:17.99 *	1:14.39 *	100 BR LCM	1:07.39 *	1:10.59 *	1:13.79 *	1:16.99 *	1:23.49 *	1:29.89 *
3:32.79 *	3:17.59 *	3:02.39 *	2:54.79 *	2:47.19 *	2:39.59 *	200 BR LCM	2:26.49 *	2:33.49 *	2:40.49 *	2:47.49 *	3:01.39 *	3:15.39 *
1:24.39 *	1:18.39 *	1:12.39 *	1:09.29 *	1:06.29 *	1:03.29 *	100 FL LCM	57.79 *	1:00.49 *	1:03.19 *	1:05.99 *	1:11.49 *	1:16.99 *
3:08.19 *	2:54.69 *	2:41.29 *	2:34.59 *	2:27.89 *	2:21.09 *	200 FL LCM	2:09.19 *	2:15.39 *	2:21.59 *	2:27.69 *	2:39.99 *	2:52.29 *
3:11.69 *	2:58.09 *	2:44.39 *	2:37.49 *	2:30.69 *	2:23.79 *	200 IM LCM	2:12.39 *	2:18.69 *	2:24.99 *	2:31.29 *	2:43.89 *	2:56.49 *
6:47.99 *	6:18.79 *	5:49.69 *	5:35.09 *	5:20.59 *	5:05.99 *	400 IM LCM	4:42.09 *	4:55.59 *	5:08.99 *	5:22.39 *	5:49.29 *	6:16.19 *
17 Girls						Event	17 Boys					
36.09 *	33.59 *	30.99 *	29.69 *	28.39 *	27.09 *	50 FR LCM	24.39 *	25.49 *	26.69 *	27.79 *	30.19 *	32.49 *
1:18.29 *	1:12.69 *	1:07.09 *	1:04.29 *	1:01.49 *	58.69 *	100 FR LCM	52.99 *	55.59 *	58.09 *	1:00.59 *	1:05.69 *	1:10.69 *
2:49.39 *	2:37.29 *	2:25.19 *	2:19.19 *	2:13.09 *	2:07.09 *	200 FR LCM	1:56.59 *	2:02.19 *	2:07.69 *	2:13.29 *	2:24.39 *	2:35.49 *
5:57.79 *	5:32.19 *	5:06.69 *	4:53.89 *	4:41.09 *	4:28.29 *	400 FR LCM	4:08.69 *	4:20.59 *	4:32.39 *	4:44.29 *	5:07.89 *	5:31.59 *
12:21.29 *	11:28.39 *	10:35.39 *	10:08.99 *	9:42.49 *	9:15.99 *	800 FR LCM	8:36.89 *	9:01.49 *	9:26.19 *	9:50.79 *	10:39.99 *	11:29.19 *
23:33.89 *	21:52.89 *	20:11.89 *	19:21.39 *	18:30.89 *	17:40.39 *	1500 FR LCM	16:31.89 *	17:19.09 *	18:06.39 *	18:53.59 *	20:27.99 *	22:02.49 *
1:27.09 *	1:20.89 *	1:14.59 *	1:11.49 *	1:08.39 *	1:05.29 *	100 BK LCM	59.09 *	1:01.89 *	1:04.69 *	1:07.49 *	1:13.09 *	1:18.69 *
3:08.69 *	2:55.19 *	2:41.69 *	2:34.99 *	2:28.19 *	2:21.49 *	200 BK LCM	2:08.69 *	2:14.79 *	2:20.99 *	2:27.09 *	2:39.29 *	2:51.59 *
1:38.29 *	1:31.29 *	1:24.19 *	1:20.69 *	1:17.19 *	1:13.69 *	100 BR LCM	1:06.09 *	1:09.19 *	1:12.39 *	1:15.49 *	1:21.79 *	1:28.09 *
3:33.09 *	3:17.89 *	3:02.59 *	2:54.99 *	2:47.39 *	2:39.79 *	200 BR LCM	2:24.19 *	2:30.99 *	2:37.89 *	2:44.69 *	2:58.49 *	3:12.19 *
1:24.29 *	1:18.29 *	1:12.29 *	1:09.29 *	1:06.29 *	1:03.29 *	100 FL LCM	56.99 *	59.69 *	1:02.39 *	1:05.19 *	1:10.59 *	1:15.99 *
3:06.49 *	2:53.19 *	2:39.89 *	2:33.19 *	2:26.49 *	2:19.89 *	200 FL LCM	2:07.19 *	2:13.19 *	2:19.29 *	2:25.39 *	2:37.49 *	2:49.59 *
3:10.79 *	2:57.19 *	2:43.59 *	2:36.69 *	2:29.89 *	2:23.09 *	200 IM LCM	2:09.99 *	2:16.19 *	2:22.39 *	2:28.59 *	2:40.89 *	2:53.29 *
6:44.79 *	6:15.89 *	5:46.99 *	5:32.59 *	5:18.09 *	5:03.59 *	400 IM LCM	4:39.09 *	4:52.39 *	5:05.69 *	5:18.99 *	5:45.59 *	6:12.19 *
18 Girls						Event	18 Boys					
36.09 *	33.49 *	30.99 *	29.69 *	28.39 *	27.09 *	50 FR LCM	23.99 *	25.09 *	26.29 *	27.39 *	29.69 *	31.99 *
1:18.09 *	1:12.59 *	1:06.99 *	1:04.19 *	1:01.39 *	58.59 *	100 FR LCM	52.69 *	55.19 *	57.69 *	1:00.19 *	1:05.19 *	1:10.19 *
2:49.29 *	2:37.19 *	2:25.09 *	2:19.09 *	2:12.99 *	2:06.99 *	200 FR LCM	1:55.19 *	2:00.69 *	2:06.19 *	2:11.59 *	2:22.59 *	2:33.59 *
5:57.09 *	5:31.59 *	5:06.09 *	4:53.39 *	4:40.59 *	4:27.79 *	400 FR LCM	4:05.59 *	4:17.29 *	4:28.99 *	4:40.69 *	5:03.99 *	5:27.39 *
12:20.19 *	11:27.29 *	10:34.39 *	10:07.99 *	9:41.59 *	9:15.09 *	800 FR LCM	8:34.29 *	8:58.79 *	9:23.29 *	9:47.69 *	10:36.69 *	11:25.69 *
23:37.19 *	21:55.89 *	20:14.69 *	19:24.09 *	18:33.49 *	17:42.89 *	1500 FR LCM	16:24.09 *	17:10.99 *	17:57.79 *	18:44.69 *	20:18.39 *	21:52.09 *
1:26.59 *	1:20.39 *	1:14.19 *	1:11.09 *	1:07.99 *	1:04.89 *	100 BK LCM	58.69 *	1:01.39 *	1:04.19 *	1:06.99 *	1:12.59 *	1:18.19 *
3:08.09 *	2:54.59 *	2:41.19 *	2:34.49 *	2:27.79 *	2:21.09 *	200 BK LCM	2:07.69 *	2:13.79 *	2:19.79 *	2:25.89 *	2:38.09 *	2:50.19 *
1:38.29 *	1:31.29 *	1:24.29 *	1:20.79 *	1:17.29 *	1:13.69 *	100 BR LCM	1:05.29 *	1:08.39 *	1:11.59 *	1:14.69 *	1:20.89 *	1:27.09 *
3:34.79 *	3:19.39 *	3:04.09 *	2:56.39 *	2:48.79 *	2:41.09 *	200 BR LCM	2:22.89 *	2:29.69 *	2:36.49 *	2:43.29 *	2:56.89 *	3:10.49 *
1:24.19 *	1:18.19 *	1:12.19 *	1:09.19 *	1:06.19 *	1:03.09 *	100 FL LCM	56.29 *	58.89 *	1:01.59 *	1:04.29 *	1:09.69 *	1:14.99 *
3:06.29 *	2:52.99 *	2:39.69 *	2:32.99 *	2:26.39 *	2:19.69 *	200 FL LCM	2:05.89 *	2:11.89 *	2:17.89 *	2:23.89 *	2:35.79 *	2:47.79 *
3:10.19 *	2:56.59 *	2:42.99 *	2:36.19 *	2:29.49 *	2:22.69 *	200 IM LCM	2:09.59 *	2:15.69 *	2:21.89 *	2:28.09 *	2:40.39 *	2:52.69 *
6:46.39 *	6:17.29 *	5:48.29 *	5:33.79 *	5:19.29 *	5:04.79 *	400 IM LCM	4:38.29 *	4:51.49 *	5:04.79 *	5:17.99 *	5:44.49 *	6:10.99 *