

METROPOLITAN SWIMMING MEET SCHEDULE

SILVER STREAKS SWIM CLUB-----2009-2010

<u>DATE</u>	<u>HOST</u>	<u>WHERE</u>	<u>WHO SWIMS</u>	
Sept. 26	Mandatory House of Delegates Meeting	8:30AM? At Lehman College	Coach Don and Nikki Miller	
Oct. 4	Picnic and Team Meeting	Sunday, Team meeting and then pi	Swimmers, Parents, Siblings, at Jesse's house	
Oct. 18	Badger Swim Club	Lehman College	Some Last year's swimmers, maybe others	
Oct. 23-25	FAST Age Group or Condors Fall Fest.	TDYCC or Felix Festa	Everyone swims this meet or Condors meet	1-3 days depending
Oct 31 nov1	YWCA Middies Shriek or swim meet	White Plains YWCA	Probably only on Sunday	
Nov. 6-8	NY Sharks Empire Fall Classic	Felix Festa	Probably only on Sunday	
Nov. 13-15	Viking Aquatic Club Viking Classic	Montgomery NY	Almost everyone-1,2 or 3 days	many 3 days
Dec. 3-6	NY Sharks Holiday Classic	Felix Festa		
Dec. 11-13	Eastern Express Holiday Classic	Reuters University NJ	Very fast,qualifying swimmers	
Dec. 12-13	Blue and Gold Meet	Newburgh Free Academy	Everyone not going to Reuters goes to this meet	
Dec. 19	Chain Yonkel Day and HOLIDAY PARTY	beginning at 12:30 in pool.	Pictures before water.	
Jan. 9-10	SILVER STREAKS MEET	TDYCC	EVERYONE HELPS AND COMES	
Jan.	House Of Delegates/Bid Meeting:			
Jan. 15-17	Nu-Finmen-28th Dr. MLK Jr. Classic	Eisenhower Park, LI	Everyone Save this date	Everyone swims
Jan. 23-24	BGNW Marlins last chance or Flushing	Mt. Kisco or Flushing	Last chance meet or fun meet depending on what is needed	
Feb 6-7	NY Sharks Feb. Invitational	Felix Festa	Everyone swims 1 or 2 days	
Feb. 19-22	SENIOR METS	Lehman College	Only older, fastest may qualify	
Feb. 26-28	ZONE QUALIFIERS	Lehman College	Qual.swimmers-- required if qualified	very fast swimmers
Feb. 26-28	Condors or Asphalt Green Last Chance	Felix Festa or Manhattan	Those not going to Zone Qualifier and who need Silver Times.	
Mar. 5-7	SILVER CHAMPIONSHIPS	Lehman College	All qualified swimmers-- required if qualified	3 day meet for some
Mar. 13-14	8-UNDER CHAMPIONSHIPS	Eisenhower Park, LI	Will go with Coach Kerri	
Mar. 19-21	JUNIOR OLYMPICS: Trials/Finals	Eisenhower Park, LI	Qual.swimmers-- required if qualified	very fast swimmers
Mar. 26-28	AGE GROUP INVITATIONAL	Lehman College	JO and below--no 8 and under	all over 8 swim
Apr. 3 or 10	Captain's Practice	TDYCC	afternoon practice 12:30 PM	
April 25	Badger Spring Long Course Meet	Lehman	Most of team to get meter times	
May 16	LUNCHEON	TDYCC	REQUIRE EVENT Everyone and families-most important event of year	
Sept. 13	*** First payment of \$825 is due	Nov 14 ***Second pay \$825	Feb. 14 ***Third payment due \$400	
POSSIBLE AWAY MEETS TO THINK ABOUT				
May	St. Croix, Virgin Islands	Memorial Day Weekend	Flexibility in times. Wonderful trip for swimmers.	
May	Ft. Pierce Florida	Memorial Day Weekend	Don't know much about this meet	
May	Sarasota, Florida		don't know when but in May	
Apr.	Annapolis Naval Academy	Annapolis, Maryland	Fast times	don't know date yet

**SILVER STREAKS
CALENDAR FOR 2009-2010 SEASON**

SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
		1	2	3	4	5	5
6	7	8	9	10	11	12	12
13	14	15	16	17	18	19	19
20	21	22	23	24	25	26	26
27	28	29	30				

OCTOBER

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
				1	2	3	3
4	5	6	7	8	9	10	10
11	12	13	14	15	16	17	17
18	19	20	21	22	23	24	24
25	26	27	28	29	30	31	31

NOVEMBER

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
1	2	3	4	5	6	7	7
8	9	10	11	12	13	14	14
15	16	17	18	19	20	21	21
22	23	24	25	26	27	28	28
29	30						

DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
		1	2	3	4	5	5
6	7	8	9	10	11	12	12
13	14	15	16	17	18	19	19
20	21	22	23	24	25	26	26
27	28	29	30	31			

JANUARY

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
					1	2	2
3	4	5	6	7	8	9	9
10	11	12	13	14	15	16	16
17	18	19	20	21	22	23	23
24	25	26	27	28	29	30	30
31							

FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
	1	2	3	4	5	6	6
7	8	9	10	11	12	13	13
14	15	16	17	18	19	20	20
21	22	23	24	25	26	27	27
28							

MARCH

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
	1	2	3	4	5	6	6
7	8	9	10	11	12	13	13
14	15	16	17	18	19	20	20
21	22	23	24	25	26	27	27
28	29	30	31				

APRIL

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
				1	2	3	3
4	5	6	7	8	9	10	10
11	12	13	14	15	16	17	17
18	19	20	21	22	23	24	24
25	26	27	28	29	30		

MAY

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
						1	1
2	3	4	5	6	7	8	8
9	10	11	12	13	14	15	15
16	17	18	19	20	21	22	22
23	24	25	26	27	28	29	29
30	31						

JUNE

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
		1	2	3	4	5	5
6	7	8	9	10	11	12	12
13	14	15	16	17	18	19	19
20	21	22	23	24	25	26	26
27	28	29	30				

- TDYCC 7:30-9:30 PM everyone. Young 7:30--9PM
- TDYCC 7:30-9:30 AM small group orig. 2nd sat
- TDYCC EVERYONE: 12:30-2:30PM
- NO PRACTICE
- Probable meet, CHECK IF THERE IS PRACTICE
- Picnic, team meeting, parties, luncheon, lollipop day, captains practice

Dec. is not sure. I did not plug in meet and party. You will receive a complete schedule in color by email. I have not included July but we have practice in July.

This is a temporary one so that you have a start point.

SILVER STREAKS SWIM CLUB

equipment order form--Checks to GAY SILVERMAN

Swimmer's Name:	Total for order: \$
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CHECKS PAYABLE TO: GAY SILVERMAN and returned no later than October 1, 2009. We have a meet on October 18th. Remember, swimmers MUST wear warm shirts and pants on deck at meets. Swimmers MUST wear Silver Streaks logo on deck at meets.

ITEM	Price	Quantity	Total
REQUIRED ITEM: EVERYONE must purchase at least one of each of the following items. If you already have a latex cap buy another because it is not going to make the season. You must use caps at practice and MUST use TEAM cap at meets.			
FEMALE TEAM SUIT: 22 24 26 28 30 32 34	\$35.00		
MALE TEAM SUIT small: 20 22 24 26 28 30 32	\$18.00		
MALE TEAM SUIT JAMMER: 22 24 26 28 30 32 34 36	\$25.00		
SILICONE SILVER CAP	\$10.00		
LATEX CAP	\$3.00		
PRACTICE SUITS			
Girls 22 24 26 28 30 32 34	\$30.00		
Boys-SMALL 22 24 26 28 30 32 34 36	\$18.00		
Boys Jammer 22 24 26 28 30 32 34 36	\$25.00		
PRACTICE LYCRA CAP			
	\$5.00		
SWIMMING BAG			
Navy with white team logo and name on bags. Pockets and all kinds of good features. No waterproof pocket to rip. Bag is waterproof. NAME TO APPEAR ON BAG if they will do it:	\$48.00		
SWEATSHIRTS			
Navy hooded--front pockets, white print on front and back--they run small and shrink	\$27.00		
size: CL S M L XL XXL (add \$1.00)			
SWEATPANTS			
Navy with white lettering down leg--these run large	\$18.00		
size: CL S M L XL			
T SHIRTS			
For Parents and Swimmers alike---Navy with white lettering	\$8.00		
size: CL S M L XL XXL (add \$1.00)			
T SHIRTS FOR PARENTS AND SUPPORTERS			
Gray with navy lettering--nice to wear at meets when you sit together.	\$8.00		
size: CL S M L XL XXL (add \$1.00)			
TEAM WATER BOTTLE--while they last			
	\$3.00		
LONG SLEEVED NAVY T-SHIRT....Same as short T-Shirt but with long sleeves..GOOD FOR MEETS when not too cold			
For Parents and Swimmers alike---Navy with white lettering	\$18.00		
size: CL S M L XL XXL (add \$1.00)			
ARE YOU INTERESTED IN JACKETS WITH WHITE LINING, POCKETS IN FRONT AND 1/2 ZIPPER. These are like the jackets that Greenburgh Town Park had for their team this summer.			
YES	NO		

THE TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN

These helpful hints are primarily directed to the new families in swimming. They are not new. They get the point across, no matter how over-used or riddled with clichés they may be. The feelings of a young athlete are very much affected by what goes on away from the pool. It is recommended that each parent re-read these hints every time the feeling surfaces that your child is not doing as well as the family expects.

1. Make sure your child knows that—win or lose, scared or heroic—you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
3. Be helpful but don't coach your child on his way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach him to enjoy the thrill of competition, to be "out there trying," to be working to improve his skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at time, and you were not always heroic. Don't pressure your child because of your pride. **Note:** Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive free-spirit out there in that swimsuit who needs a lot of understanding, especially when his world turns bad. If he is comfortable with you—win or lose—he is on his way to maximum achievement and enjoyment
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitude of your child with other members of the team, at least within his hearing.
8. Get to know the coach so that you can be assured that her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under her supervision.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and realize that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us can and will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

Note: Being the parent of an athletic child is tough. But it makes it all worthwhile when you hear your child say: "my parents really helped and I am lucky to have them."

2009-2012 National Age Group Motivational Times

9/12/2008

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
10 & Under Girls						10 & Under Boys					
39.79*	35.99*	32.19*	30.89*	29.59*	28.29*	50 Y Free	27.99*	29.19*	30.39*	31.59*	38.89*
1:31.29*	1:21.59*	1:11.89*	1:08.69*	1:05.39*	1:02.19*	100 Y Free	1:01.49	1:04.59	1:07.69	1:10.79	1:29.19
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.89	2:19.29	2:25.59	2:31.89	3:09.89
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:54.09	6:10.89	6:27.79	6:44.59	8:25.79
48.79*	43.49	38.09*	36.39	34.59	32.79	50 Y Back	32.79*	34.59*	36.49*	38.29*	49.19*
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	100 Y Back	1:10.49*	1:14.09*	1:17.69*	1:21.29*	1:42.89*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.49*	38.39*	40.29*	42.19*	53.59*
1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	100 Y Breast	1:19.79*	1:23.79*	1:27.79*	1:31.79*	1:55.69*
48.79*	42.99	37.29	35.29	33.39	31.49	50 Y Fly	31.29	33.09	34.89	36.69	41.99
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	100 Y Fly	1:10.79*	1:15.69*	1:20.59*	1:25.59*	1:55.19*
1:44.99*	1:33.79*	1:22.59*	1:18.89*	1:15.19*	1:11.49*	100 Y IM	1:10.89*	1:14.29*	1:17.69*	1:21.09*	1:41.29*
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	200 Y IM	2:32.49	2:40.09	2:47.69	2:55.29	3:40.89
11-12 Girls						11-12 Boys					
34.29*	31.89*	29.49*	28.29*	27.09*	25.99*	50 Y Free	25.09	26.19	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	54.79*	57.39*	59.99*	1:02.69*	1:13.09*
2:43.19*	2:31.49*	2:19.89*	2:14.09*	2:08.19*	2:02.39*	200 Y Free	1:59.19*	2:04.89*	2:10.49*	2:16.19*	2:27.49*
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Free	5:19.09	5:34.29	5:49.49	6:04.69	7:05.49
15:00.29*	13:55.99*	12:51.69*	12:19.49*	11:47.39*	11:15.19*	1000 Y Free	11:07.59*	11:39.29*	12:11.09*	12:42.89*	13:46.49*
25:16.19*	23:27.89*	21:39.59*	20:45.49*	19:51.29*	18:57.19*	1650 Y Free	18:43.09*	19:36.59*	20:30.09*	21:23.59*	24:57.49*
39.59*	36.79*	33.89*	32.49*	31.09*	29.69*	50 Y Back	28.99*	30.49*	31.99*	33.49*	39.49*
1:27.99*	1:21.09*	1:14.19*	1:10.69*	1:07.29*	1:03.79*	100 Y Back	1:02.19	1:05.59	1:08.89	1:12.29	1:25.79
3:01.89*	2:48.89*	2:35.89*	2:29.39*	2:22.99*	2:16.49*	200 Y Back	2:13.79*	2:20.19*	2:26.49*	2:32.89*	2:58.39*
44.09*	40.89*	37.79*	36.19*	34.59*	33.09*	50 Y Breast	32.09*	33.79*	35.59*	37.29*	44.29*
1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breast	1:09.69*	1:13.29*	1:16.89*	1:20.49*	1:35.09*
3:26.39*	3:11.69*	2:56.89*	2:49.59*	2:42.19*	2:34.79*	200 Y Breast	2:31.29*	2:38.49*	2:45.69*	2:52.89*	3:21.69*
37.79*	35.09*	32.39*	31.09*	29.69*	28.39*	50 Y Fly	27.59*	29.09*	30.59*	32.09*	38.19*
1:27.19*	1:20.19*	1:13.19*	1:09.79*	1:06.29*	1:02.79*	100 Y Fly	1:01.09*	1:04.59*	1:08.19*	1:11.69*	1:25.79*
3:04.99*	2:51.79*	2:38.59*	2:31.99*	2:25.39*	2:18.79*	200 Y Fly	2:15.89*	2:22.39*	2:28.79*	2:35.29*	3:01.19*
1:26.29*	1:20.09*	1:13.99*	1:10.89*	1:07.79*	1:04.69*	100 Y IM	1:02.39*	1:05.39*	1:08.49*	1:11.49*	1:23.69*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 Y IM	2:14.99*	2:21.79*	2:28.69*	2:35.59*	3:03.09*
6:32.19*	6:04.19*	5:36.09*	5:22.09*	5:08.09*	4:54.09*	400 Y IM	4:47.79*	5:01.49*	5:15.19*	5:28.89*	6:23.69*
13-14 Girls						13-14 Boys					
33.39	30.99	28.69	27.49	26.29	25.09	50 Y Free	22.99*	24.09*	25.19*	26.29*	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*	1:06.99*
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*	2:26.09*
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*	6:31.09*
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*	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*	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*	1:14.89*
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*	2:41.29*
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*	1:24.09*
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	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*	1:13.29*
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*	2:43.69*
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*	2:43.69*
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*	5:50.59*
15-16 Girls						15-16 Boys					
32.69*	30.39*	27.99*	26.89*	25.69*	24.49*	50 Y Free	22.19	23.19*	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*	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*	2:20.09*
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*	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
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
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*	1:11.29*
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*	2:34.39*
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*
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
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*	1:10.09*
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*	2:35.59*
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*
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*
17-18 Girls						17-18 Boys					
32.39*	30.09*	27.79*	26.59*	25.49*	24.29*	50 Y Free	21.49*	22.49*	23.49*	24.49*	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*	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*	2:17.69*
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	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
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
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*
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
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
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*
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*
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
2:49.49*	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*
6:01.29*	5:35.49*	5:09.69*	4:56.79*	4:43.89*	4:30.99*	400 Y IM	4:07.09*	4:18.89*	4:30.69*	4:42.39*	5:05.99*

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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						
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
11-12 Girls						11-12 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*
13-14 Girls						13-14 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*
15-16 Girls						15-16 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*
17-18 Girls						17-18 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*	59.89*	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	2:12.39*	2:18.69*	2:24.99*	2:31.29*	2:43.89*	2:56.49*
6:50.69*	6:21.29*	5:51.99*	5:37.29*	5:22.69*	5:07							

2009-2012 National Age Group Motivational Times

9/12/2008

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	400 M Back	800 M Back	1500 M Back	50 M Breast	100 M Breast	200 M Breast	400 M Breast	800 M Breast	1500 M Breast	50 M Fly	100 M Fly	200 M Fly	400 M Fly	800 M Fly	1500 M Fly	50 M IM	100 M IM	200 M IM	400 M IM	800 M IM	1500 M IM																																																																																																																																																																																																			
10 & Under Girls												10 & Under Boys																																																																																																																																																																																																																										
43.99*	39.79*	35.49*	34.09*	32.69*	31.29*	50 M Free	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	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	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	53.89	47.99*	42.09*	40.19	38.19	36.19*	50 M Back	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	100 M Back	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	50 M Breast	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	100 M Breast	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	50 M Fly	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	100 M Fly	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*	100 M IM	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	200 M IM	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89	4:04.09																																																																														
11-12 Girls												11-12 Boys																																																																																																																																																																																																																										
37.89*	35.19*	32.59*	31.29*	29.99*	28.69*	50 M Free	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*	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*	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	13:07.89*	12:11.59*	11:15.39*	10:47.19*	10:19.09*	9:50.89*	800 M Free	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*	1500 M Free	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*	50 M Back	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*	100 M Back	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*	200 M Back	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*	50 M Breast	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	100 M Breast	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*	200 M Breast	2:47.09*	2:55.09*	3:03.09*	3:10.99*	3:26.89*	3:42.79*	41.79*	38.79*	35.79*	34.29*	32.79*	31.39*	50 M Fly	30.39*	32.09*	33.79*	35.49*	38.89*	42.29*	1:36.29*	1:28.59*	1:20.89*	1:17.09*	1:13.19*	1:09.39*	100 M Fly	1:07.49*	1:11.39*	1:15.29*	1:19.19*	1:26.99*	1:34.79*	3:24.39*	3:09.79*	2:55.19*	2:47.89*	2:40.59*	2:33.29*	200 M Fly	2:30.19*	2:37.29*	2:44.49*	2:51.59*	3:05.89*	3:20.19*	1:35.39*	1:28.59*	1:21.69*	1:18.29*	1:14.89*	1:11.49*	100 M IM	1:08.89*	1:12.29*	1:15.69*	1:18.99*	1:25.69*	1:32.39*	3:23.09*	3:08.59*	2:54.09*	2:46.79*	2:39.59*	2:32.29*	200 M IM	2:29.09*	2:36.69*	2:44.29*	2:51.89*	3:07.09*	3:22.29*	7:13.29*	6:42.39*	6:11.39*	5:55.99*	5:40.49*	5:24.99*	400 M IM	5:17.99*	5:33.09*	5:48.29*	6:03.39*	6:33.69*	7:03.99*
13-14 Girls												13-14 Boys																																																																																																																																																																																																																										
36.89	34.29	31.69	30.29	28.99	27.69	50 M Free	25.49*	26.69*	27.89*	29.09*	31.49*	33.89*	1:20.19	1:14.39*	1:08.69*	1:05.79*	1:02.99	1:00.09*	1:00.09*	1:03.49*	1:06.79*	1:08.79*	1:13.99*	1:20.19*	2:52.49*	2:40.19*	2:27.89*	2:21.69*	2:15.49*	2:09.39*	2:01.09*	2:06.89*	2:12.59*	2:18.39*	2:29.89*	2:41.49*	6:00.39	5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	4:16.69*	4:28.99*	4:41.19*	4:53.39*	5:17.79*	5:42.29*	12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	800 M Free	8:53.29*	9:18.69*	9:44.09*	10:09.49*	11:00.29*	11:50.99*	23:25.99	21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M Free	16:45.39*	17:33.29*	18:21.09*	19:08.99*	20:44.69*	22:20.49*	1:28.29*	1:21.99*	1:15.69*	1:12.49*	1:09.39*	1:06.19*	100 M Back	1:02.09*	1:04.99*	1:07.99*	1:10.99*	1:16.89*	1:22.79*	3:09.89	2:56.29	2:42.79	2:35.99	2:29.19	2:22.39	200 M Back	2:13.69*	2:19.99*	2:26.39*	2:32.79*	2:45.49*	2:58.19*	1:40.09*	1:32.89*	1:25.79*	1:22.19*	1:18.59*	1:15.09*	100 M Breast	1:09.69*	1:12.99*	1:16.29*	1:19.59*	1:26.29*	1:32.89*	3:34.99*	3:19.69*	3:04.29*	2:56.59*	2:48.89*	2:41.29*	200 M Breast	2:31.19	2:38.39	2:45.59	2:52.69	3:07.09	3:21.49	1:27.39*	1:21.19*	1:14.89*	1:11.79*	1:08.69*	1:05.59*	100 M Fly	1:00.79*	1:03.69*	1:06.59*	1:09.49*	1:15.29*	1:20.99*	3:11.59	2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M Fly	2:15.59*	2:22.09*	2:28.49*	2:34.99*	2:47.89*	3:00.79*	3:13.99*	3:00.09*	2:46.29*	2:39.29*	2:32.39*	2:25.49*	200 M IM	2:15.59*	2:22.09*	2:28.49*	2:34.99*	2:47.89*	3:00.79*	6:49.69*	6:20.39*	5:51.19*	5:36.49*	5:21.89*	5:07.29*	400 M IM	4:50.49*	5:04.39*	5:18.19*	5:31.99*	5:59.69*	6:27.39*																																																				
15-16 Girls												15-16 Boys																																																																																																																																																																																																																										
36.09*	33.59*	30.99*	29.69*	28.39*	27.09*	50 M Free	24.49	25.69	26.79*	27.99	30.29*	32.59*	1:18.29*	1:12.69*	1:07.09*	1:04.29*	1:01.49*	58.69*	53.39*	55.99*	58.49*	1:00.99*	1:06.09*	1:11.19*	2:47.99*	2:35.99*	2:23.99*	2:17.99*	2:11.99*	2:05.99*	1:56.09*	2:01.59*	2:07.19*	2:12.69*	2:23.69*	2:34.79*	5:54.69*	5:29.39*	5:03.99*	4:51.39*	4:38.69*	4:25.99*	4:08.39*	4:20.19*	4:31.99*	4:43.79*	5:07.49*	5:31.09*	12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M Free	8:34.69	8:59.19	9:23.79	9:48.29	10:37.29	11:26.29	23:10.59	21:31.29	19:51.99	19:02.29	18:12.59	17:22.99	1500 M Free	16:21.19	17:07.89	17:54.69	18:41.39	20:14.79	21:48.29	1:25.79*	1:19.69*	1:13.59*	1:10.49*	1:07.39*	1:04.39*	100 M Back	59.09*	1:01.89*	1:04.69*	1:07.49*	1:13.19*	1:18.79*	3:05.49*	2:52.19*	2:38.99*	2:32.39*	2:25.69*	2:19.09*	200 M Back	2:07.99*	2:14.09*	2:20.19*	2:26.29*	2:38.39*	2:50.59*	1:37.59*	1:30.59*	1:23.59*	1:20.09*	1:16.69*	1:13.19*	100 M Breast	1:06.59*	1:09.79*	1:12.99*	1:16.09*	1:22.49*	1:28.79*	3:29.89*	3:14.89*	2:59.89*	2:52.39*	2:44.89*	2:37.39*	200 M Breast	2:25.19	2:32.09	2:38.99	2:45.89	2:59.69	3:13.49	1:25.49*	1:19.39*	1:13.29*	1:10.19*	1:07.19*	1:04.09*	100 M Fly	58.09*	1:00.89*	1:03.69*	1:06.39*	1:11.99*	1:17.49*	3:06.19*	2:52.89*	2:39.59*	2:32.99*	2:26.29*	2:19.69*	200 M Fly	2:08.99*	2:15.09*	2:21.29*	2:27.39*	2:39.69*	2:51.99*	3:09.49*	2:55.99*	2:42.49*	2:35.69*	2:28.89*	2:22.19*	200 M IM	2:10.69*	2:16.89*	2:23.09*	2:29.29*	2:41.79*	2:54.19*	6:39.49*	6:10.99*	5:42.39*	5:28.19*	5:13.89*	4:59.59*	400 M IM	4:38.29*	4:51.59*	5:04.79*	5:18.09*	5:44.59*	6:11.09*																																																				
17-18 Girls												17-18 Boys																																																																																																																																																																																																																										
35.79*	33.19*	30.69*	29.39*	28.09*	26.89*	50 M Free	23.69*	24.79*	25.99*	27.09*	29.29*	31.59*	1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.69*	57.89*	51.89*	54.29*	56.79*	59.29*	1:04.19*	1:09.09*	2:46.89*	2:34.99*	2:23.09*	2:17.09*	2:11.09*	2:05.19*	1:54.19*	1:59.59*	2:04.99*	2:10.49*	2:21.29*	2:32.19*	5:52.19*	5:27.09*	5:01.89*	4:49.29*	4:36.69*	4:24.19*	4:03.29	4:14.89	4:26.49	4:37.99	5:01.19	5:24.39	12:08.59	11:16.59	10:24.49	9:58.49	9:32.49	9:06.49	800 M Free	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39	11:17.79	22:58.19	21:19.69	19:41.29	18:52.09	18:02.79	17:13.59	1500 M Free	16:03.19	16:48.99	17:34.89	18:20.69	19:52.49	21:24.19	1:25.29*	1:19.19*	1:13.09*	1:10.09*	1:06.99*	1:03.99*	100 M Back	57.29*	59.99*	1:02.69*	1:05.49*	1:10.89*	1:16.39*	3:04.89*	2:51.69*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 M Back	2:04.79	2:10.79	2:16.69	2:22.59	2:34.49	2:46.39	1:36.99*	1:30.09*	1:23.19*	1:19.69*	1:16.19*	1:12.79*	100 M Breast	1:05.29	1:08.39	1:11.59	1:14.69	1:20.89	1:27.09	3:29.19*	3:14.19*	2:59.29*	2:51.79*	2:44.29*	2:36.89*	200 M Breast	2:22.19*	2:28.99*	2:35.69*	2:42.49*	2:55.99*	3:09.59*	1:24.39*	1:18.39*	1:12.39*	1:09.39*	1:06.29*	1:03.29*	100 M Fly	56.69*	59.39*	1:02.09*	1:04.79*	1:10.19*	1:15.59*	3:03.89*	2:50.79*	2:37.69*	2:31.09*	2:24.49*	2:17.99*	200 M Fly	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19	2:47.09	3:07.29*	2:53.99*	2:40.59*	2:33.89*	2:27.19*	2:20.49*	200 M IM	2:07.29*	2:13.39*	2:19.39*	2:25.49*	2:37.59*	2:49.69*	6:39.19*	6:10.69*	5:42.19*	5:27.99*	5:13.69*	4:59.39*	400 M																																																										

