

DIRECTIONS TO:

Chemka Pool

Hillside Avenue at Valley Place

Hastings on Hudson, NY 10706

1. Take Saw Mill River Parkway North
2. Turn LEFT onto Farragut Parkway....there is a traffic light
3. Stay on Farragut Parkway and it becomes Farragut Ave. keep going
4. Make a RIGHT onto Hillside Avenue. Be careful, the turn is immediately after the Hastings School.
5. In a few blocks you will come to a triangle in the road. Drive either around the triangle or just go to the left .
6. I believe that you are now either on or headed to Valley Place.
7. You will see a sign for Chemka Pool right away.
8. Go there and park legally. They love to ticket.

The trip from the Saw Mill to the pool is about 4-5 minutes.

Practice and tryouts at Hastings pool.....Mon, Tues, Wed., Thurs., Friday. From 5-7 PM. Please bring warm clothing since the pool is outdoors.

No practice on Saturday.

Monday, September 20, 2010 begins our regular practice at Theodore D. Young Community Center, 32 Manhattan Avenue, White Plains, NY 10607

Regular Practice is as follow

Mon 7:30-9:30 PM

Tues. 7:30-9:30 PM

Wed. 7:30-9:30 PM

Thurs. 7:30-9:30 PM

Sat. 12:30-2:30 PM

Sat. special by selection 7:30-9:30 AM

Young children will leave ½ hour early during the weekdays.

METROPOLITAN SWIMMING MEET SCHEDULE

SILVER STREAKS SWIM CLUB-----2011 SEASON

<u>DATE</u>	<u>HOST</u>	<u>WHERE</u>	<u>WHO SWIMS</u>
Sept. 25	Mandatory House of Delegates Meeting	8:30AM At Lehman College	Coach Don and Christian Macaluso
Oct. 3	Picnic and Team Meeting	Ridge Road Park Pavilion 3	Swimmers, Parents, Siblings, Friendly dogs
Oct. 15-17	Condors Fall festival Invitational	Felix Festa	Everyone swims this meet or Condors meet 1-3 days depending
Oct. 23-24	Patriot Swim Club	Lehman College	some swim 1 day or the other 4 sessions
Nov. 5-7	NY Sharks Fall Classic Invitational	Felix Festa	Those with good attendance swim Dist. Friday, sprints sat.-sun
Nov. 12-13	Viking Aquatic Club--Viking Classic	Montgomery NY	distance on Friday, reg. on sat.....no Sunday only fri. and sat.
Nov. 14	FAST	TDYCC	Age group meet...every comes to support FAST whole team comes
Nov. 21	Aqua Gems Early Bird Meet only Sun		don't know yet..this or next meet or none.... only Sun. of 3 day meet
Nov. 21	Condors Age Group IMX Invitational	Felix Festa	this or above or none only on Sunday of 3 day meet only Sun. of 3 day meet
Dec. 3-5	NY Sharks Holiday Classic	Felix Festa	Fri distance, reg. on Sat and Sun...Swim 1-3 days...older kids swim Friday
Dec 11-12	Newburgh Sharks Blue and Gold Meet	Newburgh Free Academy Newbur	All swimmers who are not going to MIT go to this meet.
Dec 9-12	MIT Invitational	MIT--Massachusetts	Very fast cut-off times. Those qualified will go We are in the meet for 3 days
Dec. 18	Chain Yonkel Day and HOLIDAY PARTY	beginning at 12:10 PM in pool.	Pictures before water.
Jan 8-9	Silver Streaks 2nd Annual AJS Memorial	EVERYONE SWIMS AND EVERYONE HELPS OUT.	2 SESSIONS ON SAT. AND 2 SESSIONS ON SUNDAY
Jan 15-17	Nu-Finmen-30th Annual MLK Jr. Classic	Nassau Aquatic Center	Fri distance, sat. and sun reg. age group. GOOD MEET.
Jan 23	FAST--distance and age group meet	TDYCC	Sunday only meet everyone swims in support of FAST
Feb 5-6	NY Sharks last chance meet	Felix Festa	Those with good attendance 4 session meet
Feb. 19-21	ZONE TEAM QUALIFIER	Lehman College	Prelims/Finals ONLY THOSE WITH CUT-OFF TIMES VERY FAST MEET
Feb 25-27	SENIOR METS	Lehman College	Prelims/Finals ONLY THOSE WITH CUT-OFF TIMES.
Feb 25-26	Condors Last Chance Invitational	Felix Festa	times must be 2 levels below Sr. Met Qualifying time may or may not go
Feb 27	FAST	TDYCC	times must be 2 levels below Sr. Met Qualifying time must go to support FAST
Mar 4-6	SILVER CHAMPIONSHIPS CENTRAL	Lehman College	Those who hit the cut-off times will go
Mar 12-13	8 AND UNDER CHAMPIONSHIPS	Felix Festa	REALLY DO NOT WANT TO GO. IT IS A TERRIBLE MEET
Mar 24-27	SPEEDO CHAMPIONS SERIES	Buffalo	If you should qualify I will take you to this or to one closer to home. Very, very fast
Mar 25-27	JUNIOR OLYMPICS	Nassau Aquatic Center	Those qualified will go. Also, we will send relays
Mar 31-	april 2 ZONE SHORT COURSE CHAMP.	Rochester	We had 2 qualifiers last year who scored point in individual and relay events.
Apr 1-3	AGE GROUP INVITATIONAL CENTRAL	Lehmanj College	Almost everyone swims. No 8 and under and no zone qualifying times .
Apr 24	FAST distance invitational	TDYCC	WE SHOULD GO TO SUPPORT FAST
May 11	HOUSE OF DELEGATES MEETING	Lehman College at 7:00 PM shar	Coach Don and Christian Macaluso
May 15	SILVER STREAKS LUNCHEON	TDYCC	EVERYONE MUST ATTEND....SWIMMERS,PARENTS, SIBLINGS, GRAND-PARENTS, ETC. ARE WELCOME.
May 13-15	Florida trip to Sarasota --this is not the Memorial Day Weekend but it is a very nice meet and there are good things to do there		
May 27-29	Ft. Pierce Florida meet...this is Memorial Day Weekend and the trip is more expensive and I don't know the qualify of the meet.		

**SILVER STREAKS
CALENDAR FOR 2010-2011 SEASON**

SEPTEMBER

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

OCTOBER

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							

NOVEMBER

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					

DECEMBER

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

JANUARY

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						

FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpr
		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						

MARCH

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpr
		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			

APRIL

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpr
					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

MAY

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpr
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	31					

JUNE

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

JULY

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpr
					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

- 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

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, 2010. We have a meet in the middle of October. Remember, swimmers MUST wear warm shirts and pants on deck at meets. Swimmers MUST wear Silver Streaks logo on deck at meets.

	how many	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 BRIEF: 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	
WINDBREAKER JACKETS WITH WHITE LINING, POCKETS IN FRON AND 1/2 ZIPPER. MUST WEAR AT MEETS	\$18.00	
size: CL S M L XL XXL (add \$1.00)		
PRACTICE SUITS		
Girls 22 24 26 28 30 32 34	\$35.00	
Boys-BRIEF 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	\$30.00	
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	\$9.00	
size: CL S M L XL XXL (add \$1.00)		
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)		
TEAM WATER BOTTLE--while they last	\$3.00	

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*	35.19*	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	1:19.99	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	2:50.89	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	7:35.19	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*	43.69*	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*	1:32.09*	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*	47.89*	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*	1:43.69*	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	47.29
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*	1:40.39*	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*	1:31.19*	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	3:18.09	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*	1:07.89*	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*	2:38.89*
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	6:35.09	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*	14:50.09*
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*	23:10.49*	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*	36.49*	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	1:19.09	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*	2:45.59*	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*	40.79*	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*	1:27.79*	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*	3:07.29*	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*	35.19*	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*	1:18.69*	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*	2:48.29*	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*	1:17.59*	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*	2:49.39*	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*	5:56.29*	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*	28.49*	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*	1:02.19*	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*	2:15.69*	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*	6:03.19*	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*	12:34.39*	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*	20:51.99*	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*	1:09.59*	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*	2:29.79*	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*	1:18.09*	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	2:49.39	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*	1:08.09*	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*	2:31.99*	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*	2:31.99*	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*	5:25.49*	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*	59.79*	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*	2:10.09*	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*	5:51.29*	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	13:04.19
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	21:55.89
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*	1:06.19*	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*	2:23.39*	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*	1:20.39*
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	2:55.09
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*	1:05.09*	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*	2:24.49*	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*	2:37.69*
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*	5:35.79*
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*	26.59*	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*	58.09*	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*	2:07.89*	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	5:44.19	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	12:54.49
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	21:31.69
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*	1:09.09*
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	2:30.59
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	1:18.79
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*	2:51.59*
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*	1:08.39*
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	2:31.1

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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*	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*	5:07.99*	40						

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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																																																										

