

BOYS -Long Course Times	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs+
50 FREE	56.00	51.00	46.00	42.00	39.00	37.00	35.00	34.00	33.00
Not faster than	34.00	32.00	30.00	28.00	27.00	26.00	25.00	25.00	24.00
100 FREE	1.51.00	1.43.00	1.37.00	1.26.00	1.18.00	1.14.00	1.09.00	1.05.00	1.03.00
not faster than	1.14.00	1.12.00	1.09.00	1.02.00	1.00.00	58.00	56.00	55.00	54.00
200 FREE	3.58.00	3.47.00	3.32.00	3.12.00	2.57.00	2.50.00	2.48.00	2.45.00	2.35.00
not faster than	2.42.00	2.32.00	2.25.00	2.21.00	2.14.00	2.09.00	2.03.00	2.01.00	1.56.00
50 BREAST	1.04.00	1.01.00	58.00	52.00	49.00	46.00	44.00	41.00	40.00
not faster than	46.00	43.00	40.00	37.00	36.00	33.00	32.00	31.00	30.00
100 BREAST	2.22.00	2.12.00	2.02.00	1.56.00	1.46.00	1.39.00	1.31.00	1.25.00	1.23.00
not faster than	1.37.00	1.34.00	1.30.00	1.26.00	1.22.00	1.17.00	1.14.00	1.12.00	1.07.00
50 FLY	1.02.00	58.00	54.00	47.00	44.00	40.00	38.00	35.00	34.00
not faster than	41.00	38.00	35.00	32.00	30.00	29.00	28.00	27.00	25.00
100 FLY	2.17.00	2.07.00	1.57.00	1.46.00	1.41.00	1.31.00	1.26.00	1.17.00	1.13.00
not faster than	1.31.00	1.21.00	1.19.00	1.11.00	1.09.00	1.06.00	1.03.00	1.01.00	58.00
50 BACK	58.00	54.00	50.00	46.00	44.00	41.00	39.00	37.00	35.00
not faster than	41.00	38.00	35.00	33.00	31.00	29.00	28.00	27.00	26.00
100 BACK	2.11.00	1.59.00	1.49.00	1.38.00	1.31.00	1.26.00	1.22.00	1.16.00	1.14.00
not faster than	1.31.00	1.21.00	1.16.00	1.11.00	1.10.00	1.07.00	1.02.00	1.01.00	1.00.00
200 INDIVIDUAL MEDLEY	4.27.00	4.07.00	3.47.00	3.22.00	3.07.00	3.02.00	2.52.00	2.47.00	2.42.00
not faster than	3.12.00	3.01.00	2.49.00	2.41.00	2.35.00	2.31.00	2.23.00	2.21.00	2.12.00

GIRLS-Long Course Times	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs+
50 FREE	56.00	51.00	46.00	42.00	40.00	39.00	38.00	37.00	36.00
Not faster than	36.00	33.00	31.00	29.00	28.00	27.00	27.00	26.00	25.00
100 FREE	1.51.00	1.43.00	1.29.00	1.27.00	1.22.00	1.18.00	1.16.00	1.14.00	1.12.00
not faster than	1.14.00	1.11.00	1.07.00	1.05.00	1.01.00	1.00.00	59.00	58.00	57.00
200 FREE	4.00.00	3.39.00	3.27.00	3.12.00	2.57.00	2.50.00	2.45.00	2.40.00	2.35.00
not faster than	2.47.00	2.39.00	2.27.00	2.24.00	2.18.00	2.15.00	2.12.00	2.10.00	2.07.00
50 BREAST	1.05.00	1.01.00	58.00	51.00	49.00	47.00	46.00	44.00	43.00
not faster than	46.00	43.00	40.00	37.00	36.00	35.00	34.00	34.00	33.00
100 BREAST	2.16.00	2.10.00	2.00.00	1.48.00	1.45.00	1.40.00	1.36.00	1.33.00	1.31.00
not faster than	1.41.00	1.35.00	1.30.00	1.27.00	1.23.00	1.20.00	1.18.00	1.16.00	1.12.00
50 FLY	1.02.00	58.00	54.00	47.00	45.00	43.00	42.00	41.00	40.00
not faster than	41.00	36.00	33.00	32.00	31.00	30.00	29.00	28.00	27.00
100 FLY	2.10.00	2.04.00	1.54.00	1.41.00	1.36.00	1.30.00	1.29.00	1.26.00	1.23.00
not faster than	1.34.00	1.26.00	1.19.00	1.17.00	1.14.00	1.09.00	1.07.00	1.06.00	1.04.00
50 BACK	1.00.00	55.00	51.00	47.00	45.00	44.00	43.00	42.00	41.00
not faster than	42.00	39.00	35.00	33.00	32.00	31.00	30.00	30.00	29.00
100 BACK	2.10.00	2.00.00	1.48.00	1.36.00	1.32.00	1.28.00	1.26.00	1.23.00	1.21.00
not faster than	1.31.00	1.24.00	1.18.00	1.12.00	1.09.00	1.07.00	1.06.00	1.05.00	1.03.00
200 INDIVIDUAL MEDLEY	4.27.00	4.07.00	3.47.00	3.27.00	3.12.00	3.03.00	3.00.00	2.53.00	2.47.00
not faster than	3.18.00	3.07.00	2.47.00	2.41.00	2.34.00	2.31.00	2.28.00	2.24.00	2.20.00