

Boys/Men (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17		Age 18/Over	
Stroke	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto
50m Freestyle	31.80	31.20	29.90	29.10	28.40	27.70	26.80	26.20	26.60	26.00	26.00	25.50	25.20	24.70
100m Freestyle	1.09.70	1.07.20	1.05.20	1.03.10	1.01.60	59.90	57.30	56.20	56.90	55.00	56.50	55.00	54.40	53.80
200m Freestyle	2.30.80	2.26.60	2.21.50	2.17.30	2.13.40	2.11.10	2.06.30	2.03.50	2.04.90	2.02.20	2.03.90	2.02.20	2.03.00	1.59.90
400m Freestyle	5.22.20	5.10.80	5.00.80	4.50.30	4.44.60	4.38.50	4.25.00	4.16.10	4.22.50	4.15.40	4.22.50	4.15.40	4.22.10	4.13.70
800m Freestyle	10.30.30	10.24.80	9.49.10	9.44.80	9.26.40	9.14.70	9.18.50	8.54.40	9.18.50	8.42.70	9.18.50	8.42.70	9.16.40	8.42.70
1500m Freestyle	20.11.20	20.00.60	19.16.60	18.42.10	18.30.40	17.45.00	18.07.20	17.04.30	18.07.20	17.04.30	18.07.20	17.04.30	17.57.40	17.04.30
50m Breaststroke	42.70	41.10	39.50	38.00	37.00	35.70	33.80	33.30	33.60	32.70	33.40	32.60	32.90	30.80
100m Breaststroke	1.33.20	1.29.70	1.27.00	1.22.90	1.20.40	1.17.90	1.13.60	1.11.70	1.13.30	1.09.50	1.11.10	1.09.50	1.10.90	1.08.20
200m Breaststroke	3.17.00	3.12.20	3.05.90	2.57.80	2.53.90	2.49.40	2.41.40	2.36.70	2.40.90	2.34.90	2.36.20	2.33.80	2.35.90	2.28.90
50m Butterfly	35.70	34.30	33.20	32.00	30.90	29.70	29.00	28.40	28.50	27.40	27.90	27.40	27.60	26.60
100m Butterfly	1.21.20	1.18.40	1.15.10	1.11.50	1.09.90	1.06.40	1.03.50	1.02.00	1.02.40	59.90	1.01.50	59.90	1.00.00	58.40
200m Butterfly	3.08.70	3.03.80	2.58.40	2.44.50	2.40.40	2.32.40	2.26.40	2.21.50	2.24.20	2.15.30	2.22.10	2.15.30	2.19.10	2.15.30
50m Backstroke	37.10	36.30	35.00	33.60	32.70	31.70	32.00	30.10	31.00	29.60	29.60	29.50	28.80	27.90
100m Backstroke	1.19.50	1.17.40	1.14.30	1.12.30	1.10.30	1.08.10	1.05.50	1.03.20	1.04.40	1.01.60	1.03.60	1.01.60	1.01.00	59.40
200m Backstroke	2.48.20	2.44.80	2.38.90	2.33.50	2.30.80	2.25.40	2.22.20	2.18.30	2.22.20	2.14.80	2.22.20	2.14.80	2.17.60	2.13.10
200m Ind Medley	2.51.30	2.46.50	2.40.60	2.36.00	2.32.60	2.27.80	2.23.00	2.17.50	2.20.90	2.16.30	2.20.90	2.16.30	2.20.90	2.16.30
400m Ind Medley	6.17.60	6.11.20	5.46.50	5.32.40	5.26.20	5.10.70	4.59.30	4.46.70	4.59.30	4.46.70	4.59.30	4.46.70	4.59.30	4.46.70
Boys/Men (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17		Age 18/Over	
Stroke	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto
50m Freestyle	31.10	30.50	29.20	28.40	27.70	26.90	26.00	25.40	25.80	25.20	25.20	24.70	24.40	23.80
100m Freestyle	1.08.50	1.05.90	1.03.90	1.01.80	1.00.20	58.50	55.80	54.70	55.40	53.50	55.00	53.50	52.80	52.20
200m Freestyle	2.28.50	2.24.20	2.19.00	2.14.70	2.10.80	2.08.40	2.03.50	2.00.70	2.02.10	1.59.30	2.01.10	1.59.30	2.00.20	1.57.00
400m Freestyle	5.17.80	5.06.20	4.56.10	4.45.40	4.39.60	4.33.40	4.19.70	4.10.60	4.17.10	4.09.80	4.17.10	4.09.80	4.16.70	4.08.10
800m Freestyle	10.21.10	10.15.50	9.39.20	9.34.80	9.16.10	9.04.20	9.08.10	8.43.50	9.08.10	8.31.50	9.08.10	8.31.50	9.05.90	8.31.50
1500m Freestyle	19.54.00	19.43.30	18.58.60	18.23.60	18.11.70	17.25.50	17.48.10	16.44.00	17.48.10	16.44.00	17.48.10	16.44.00	17.38.10	16.44.00
50m Breaststroke	42.00	40.30	38.70	37.20	36.10	34.80	32.90	32.30	32.70	31.70	32.40	31.60	31.90	29.80
100m Breaststroke	1.31.80	1.28.30	1.25.50	1.21.40	1.18.80	1.16.30	1.11.90	1.09.90	1.11.60	1.07.70	1.09.30	1.07.70	1.09.10	1.06.30
200m Breaststroke	3.14.30	3.09.40	3.03.00	2.54.80	2.50.80	2.46.30	2.38.10	2.33.30	2.37.60	2.31.50	2.32.80	2.30.30	2.32.50	2.25.30
50m Butterfly	35.20	33.70	32.60	31.40	30.30	29.10	28.30	27.70	27.80	26.70	27.20	26.70	26.90	25.90
100m Butterfly	1.20.30	1.17.40	1.14.10	1.10.40	1.08.80	1.05.20	1.02.30	1.00.80	1.01.20	58.60	1.00.30	58.60	58.70	57.10
200m Butterfly	3.07.00	3.02.10	2.56.60	2.42.60	2.38.40	2.30.30	2.24.20	2.19.30	2.22.00	2.12.90	2.19.90	2.12.90	2.16.80	2.12.90
50m Backstroke	36.50	35.70	34.40	33.00	32.10	31.00	31.40	29.40	30.30	28.90	28.90	28.80	28.10	27.20
100m Backstroke	1.18.50	1.16.30	1.13.20	1.11.20	1.09.10	1.06.90	1.04.20	1.01.90	1.03.10	1.00.30	1.02.30	1.00.30	59.60	58.00
200m Backstroke	2.46.20	2.42.70	2.36.70	2.31.30	2.28.50	2.23.00	2.19.80	2.15.80	2.19.80	2.12.20	2.19.80	2.12.20	2.15.10	2.10.50
200m Ind Medley	2.49.00	2.44.10	2.38.10	2.33.50	2.30.00	2.25.10	2.20.20	2.14.60	2.18.10	2.13.40	2.18.10	2.13.40	2.18.10	2.13.40
400m Ind Medley	6.12.90	6.06.40	5.41.40	5.27.10	5.20.80	5.05.00	4.53.40	4.40.50	4.53.40	4.40.50	4.53.40	4.40.50	4.53.40	4.40.50

Girls/Ladies (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto
50m Freestyle	31.60	31.00	30.30	29.80	29.70	29.30	29.20	28.70	29.00	28.60	28.80	28.20
100m Freestyle	1.09.00	1.07.40	1.06.20	1.04.80	1.04.30	1.03.50	1.02.90	1.01.80	1.02.30	1.01.30	1.00.80	1.00.10
200m Freestyle	2.30.70	2.26.80	2.23.20	2.20.50	2.19.60	2.16.80	2.16.10	2.13.80	2.16.00	2.12.90	2.12.80	2.10.70
400m Freestyle	5.16.00	5.10.10	5.02.70	4.57.70	4.52.90	4.49.10	4.43.10	4.39.90	4.43.10	4.34.60	4.37.70	4.29.30
800m Freestyle	10.32.40	10.17.50	10.14.60	9.59.30	9.54.50	9.48.70	9.54.50	9.37.10	9.54.50	9.23.70	9.46.10	9.23.70
1500m Freestyle	20.29.40	19.44.20	19.53.20	19.32.20	19.53.20	18.43.60	19.53.20	18.26.00	19.53.20	18.24.80	19.20.00	18.10.20
50m Breaststroke	41.60	40.10	39.80	38.50	38.50	37.10	37.70	36.40	37.70	36.40	36.60	35.00
100m Breaststroke	1.30.40	1.27.40	1.26.90	1.23.50	1.23.40	1.21.10	1.20.40	1.18.20	1.19.90	1.18.20	1.17.90	1.16.50
200m Breaststroke	3.12.60	3.06.60	3.05.90	3.00.80	2.59.70	2.54.60	2.56.00	2.53.20	2.56.00	2.51.30	2.49.70	2.46.20
50m Butterfly	34.60	33.80	32.90	32.20	32.50	31.70	31.70	30.80	31.70	30.80	30.70	29.90
100m Butterfly	1.19.80	1.16.70	1.14.20	1.12.60	1.12.80	1.10.90	1.10.10	1.07.70	1.09.90	1.07.70	1.07.30	1.05.50
200m Butterfly	3.05.10	2.57.30	2.52.70	2.44.60	2.47.40	2.41.70	2.39.10	2.36.00	2.38.30	2.33.40	2.34.80	2.28.80
50m Backstroke	36.30	35.30	34.70	34.10	34.00	33.20	33.40	32.50	33.40	32.50	32.50	31.20
100m Backstroke	1.18.30	1.16.00	1.14.70	1.12.30	1.12.50	1.10.40	1.10.60	1.08.70	1.09.40	1.08.70	1.08.20	1.06.10
200m Backstroke	2.47.10	2.42.40	2.39.20	2.35.30	2.35.00	2.31.30	2.32.40	2.29.00	2.31.90	2.29.00	2.25.60	2.20.70
200m Ind Medley	2.48.70	2.45.80	2.41.80	2.39.30	2.38.50	2.35.50	2.34.40	2.32.70	2.33.60	2.31.80	2.31.20	2.26.90
400m Ind Medley	6.04.80	5.52.90	5.46.80	5.40.30	5.37.10	5.28.20	5.31.40	5.26.40	5.29.20	5.13.60	5.16.50	5.07.10
Girls/Ladies (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto
50m Freestyle	30.90	30.30	29.60	29.10	29.00	28.60	28.50	28.00	28.30	27.90	28.10	27.50
100m Freestyle	1.07.80	1.06.10	1.04.90	1.03.50	1.03.00	1.02.20	1.01.50	1.00.40	1.00.90	59.90	59.40	58.70
200m Freestyle	2.28.40	2.24.40	2.20.80	2.18.00	2.17.10	2.14.20	2.13.50	2.11.20	2.13.40	2.10.30	2.10.20	2.08.00
400m Freestyle	5.11.50	5.05.50	4.58.00	4.52.90	4.48.10	4.44.20	4.38.10	4.34.80	4.38.10	4.29.40	4.32.60	4.24.00
800m Freestyle	10.23.20	10.08.10	10.05.10	9.49.60	9.44.70	9.38.80	9.44.70	9.27.00	9.44.70	9.13.30	9.36.20	9.13.30
1500m Freestyle	20.12.50	19.26.60	19.35.80	19.14.50	19.35.80	18.25.10	19.35.80	18.07.20	19.35.80	18.06.00	19.02.10	17.51.10
50m Breaststroke	40.80	39.30	39.00	37.70	37.70	36.20	36.90	35.50	36.90	35.50	35.70	34.10
100m Breaststroke	1.29.00	1.25.90	1.25.40	1.22.00	1.21.90	1.19.50	1.18.80	1.16.60	1.18.30	1.16.60	1.16.30	1.14.80
200m Breaststroke	3.09.80	3.03.70	3.03.00	2.57.80	2.56.70	2.51.50	2.53.00	2.50.10	2.53.00	2.48.20	2.46.60	2.43.00
50m Butterfly	34.00	33.20	32.30	31.60	31.90	31.10	31.10	30.20	31.10	30.20	30.10	29.30
100m Butterfly	1.18.80	1.15.70	1.13.20	1.11.50	1.11.70	1.09.80	1.09.00	1.06.60	1.08.80	1.06.60	1.06.20	1.04.30
200m Butterfly	3.03.40	2.55.50	2.50.90	2.42.70	2.45.50	2.39.70	2.37.10	2.34.00	2.36.30	2.31.30	2.32.70	2.26.70
50m Backstroke	35.70	34.70	34.10	33.50	33.40	32.60	32.80	31.90	32.80	31.90	31.90	30.50
100m Backstroke	1.17.20	1.14.90	1.13.60	1.11.20	1.11.40	1.09.20	1.09.40	1.07.50	1.08.20	1.07.50	1.07.00	1.04.80
200m Backstroke	2.45.00	2.40.30	2.37.00	2.33.10	2.32.80	2.29.00	2.30.10	2.26.70	2.29.60	2.26.70	2.23.20	2.18.30
200m Ind Medley	2.46.30	2.43.40	2.39.30	2.36.80	2.36.00	2.32.90	2.31.80	2.30.10	2.31.00	2.29.20	2.28.60	2.24.20
400m Ind Medley	5.59.90	5.47.90	5.41.70	5.35.10	5.31.80	5.22.80	5.26.00	5.21.00	5.23.80	5.07.90	5.10.90	5.01.30