

Name: \_\_\_\_\_

# 10 & UNDERS

GIRLS						BOYS						
SCY		LCM		SCM		10 & under	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional
0:31.39	0:37.09	0:36.19	0:42.79	0:34.69	0:40.99	50 Free	0:32.19	0:37.99	0:37.29	0:44.09	0:35.29	0:41.69
1:09.49	1:22.09	1:21.39	1:36.09	1:15.69	1:29.39	100 Free	1:10.89	1:23.69	1:23.69	1:39.29	1:18.39	1:32.69
2:32.59	3:00.09	2:55.99	3:27.69	2:47.09	3:17.19	200 Free	2:36.19	3:04.39	2:52.79	3:23.79	2:52.59	3:23.69
0:36.89	0:43.59	0:42.89	0:50.69	0:40.69	0:48.09	50 Back	0:37.89	0:44.79	0:44.89	0:53.29	0:41.79	0:49.59
1:19.89	1:34.29	1:32.89	1:49.69	1:28.39	1:44.39	100 Back	1:21.69	1:36.39	1:35.79	1:53.09	1:29.49	1:48.09
0:41.99	0:49.59	0:48.69	0:57.49	0:46.29	0:54.69	50 Breast	0:43.39	0:51.29	0:51.39	1:00.69	0:47.99	0:56.79
1:31.79	1:48.39	1:46.99	2:06.29	1:41.19	1:59.49	100 Breast	1:33.59	1:50.49	1:49.49	2:09.69	1:43.39	2:02.19
0:35.79	0:42.29	0:41.99	0:49.59	0:39.19	0:46.29	50 Fly	0:36.89	0:43.59	0:44.09	0:52.99	0:40.89	0:48.39
1:22.99	1:37.99	1:38.79	1:56.59	1:31.79	1:48.39	100 Fly	1:28.39	1:44.39	1:42.89	2:01.09	1:37.69	1:55.29
2:51.89	3:22.89	3:19.79	3:55.79	3:09.99	3:44.19	200 IM	2:55.19	3:26.79	3:20.99	3:57.19	3:12.59	3:48.59
2:16.29		2:41.59		2:29.19		200 Free Relay	2:26.19		2:46.69		2:40.09	
2:35.79		3:06.99		2:50.59		200 Medley Relay	2:47.99		3:22.09		3:03.69	

## 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
<b>10 &amp; Under Girls</b>							<b>10 &amp; Under Boys</b>					
45.29	40.89	36.49	35.09	33.59	32.19	50 M Free	32.09	33.49	34.79	36.19	40.39	44.49
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
3:48.89*	3:23.79*	2:58.69*	2:50.39*	2:41.99*	2:33.69*	200 M Free	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49
7:42.09	6:55.79*	6:09.69	5:54.29	5:38.79*	5:23.39*	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	37.89	39.99	42.09	44.19	50.49	56.79
2:02.49	1:48.89	1:35.29	1:30.79	1:26.29	1:21.69	100 M Back	1:21.29	1:25.39	1:29.49	1:33.69	1:46.09	1:58.49
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
2:17.69*	2:02.39*	1:47.09*	1:41.99*	1:36.89*	1:31.79*	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	37.79	35.59	50 M Fly	35.09	36.99	38.99	40.99	46.89	52.89
2:13.69	1:56.19	1:38.69	1:32.89	1:26.99	1:21.19	100 M Fly	1:20.39	1:25.99	1:31.59	1:37.19	1:53.99	2:10.79
4:13.89	3:47.29	3:20.59	3:11.79	3:02.89	2:53.99	200 M IM	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69

Your Times	Actual Time	Goal Time	Meet Time
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50 Free: \_\_\_\_\_

100 Free: \_\_\_\_\_

200 Free: \_\_\_\_\_

50 Back: \_\_\_\_\_

100 Back: \_\_\_\_\_

50 Breast: \_\_\_\_\_

100 Breast: \_\_\_\_\_

50 Fly: \_\_\_\_\_

100 Fly: \_\_\_\_\_

200 IM: \_\_\_\_\_

Name: \_\_\_\_\_

**11-12 Age Group**

SCY		LCM		SCM		11-12	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional
0:27.79	0:32.79	0:31.79	0:37.59	0:30.49	0:35.99	50 Free	0:28.39	0:33.59	0:32.79	0:39.09	0:31.19	0:36.69
1:00.59	1:11.59	1:09.79	1:22.39	1:06.29	1:18.29	100 Free	1:01.79	1:12.99	1:11.29	1:24.19	1:07.69	1:19.89
2:13.79	2:37.89	2:32.09	2:59.49	2:26.39	2:52.79	200 Free	2:15.99	2:40.49	2:37.89	3:06.59	2:29.49	2:56.19
5:57.39	7:01.79	5:21.59	6:19.49	5:12.79	6:09.09	400M / 500Y Free	6:04.79	7:10.49	5:33.99	6:33.99	5:19.19	6:16.09
0:32.59	0:38.49	0:37.69	0:44.49	0:35.79	0:42.29	50 Back	0:33.29	0:39.29	0:39.29	0:46.39	0:36.49	0:43.89
1:10.19	1:22.89	1:21.29	1:35.99	1:16.99	1:30.89	100 Back	1:11.99	1:24.99	1:24.39	1:40.49	1:18.89	1:33.39
0:36.29	0:42.89	0:42.29	0:49.99	0:39.79	0:46.99	50 Breast	0:37.49	0:44.29	0:44.69	0:52.79	0:41.19	0:48.79
1:18.29	1:32.39	1:32.19	1:48.79	1:25.89	1:41.39	100 Breast	1:22.59	1:37.49	1:35.09	1:52.09	1:30.59	1:46.99
0:31.29	0:36.99	0:35.09	0:41.49	0:34.29	0:40.49	50 Fly	0:31.79	0:37.59	0:37.19	0:44.09	0:34.89	0:41.09
1:10.49	1:23.19	1:21.79	1:36.59	1:17.29	1:31.29	100 Fly	1:12.39	1:25.49	1:25.39	1:40.59	1:20.09	1:34.39
2:30.09	2:57.19	2:54.19	3:25.59	2:44.29	3:13.89	200 IM	2:33.99	3:01.79	2:59.99	3:32.59	2:48.49	3:19.09
1:56.99		2:15.29		2:08.69		200 Free Relay	2:03.99		2:24.39		2:15.79	
2:12.79		2:35.29		2:25.49		200 Medley Relay	2:21.49		2:47.89		2:34.79	

**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
<b>11-12 Girls</b>						<b>11-12 Boys</b>						
39.19	36.39	33.69	32.39	30.99	29.69	50 M Free	28.79*	30.19*	31.59*	32.99*	35.69*	38.39*
1:26.39*	1:20.19*	1:14.09*	1:10.99*	1:07.89*	1:04.79*	100 M Free	1:02.59*	1:05.59*	1:08.59	1:11.59	1:17.49*	1:23.49*
3:05.69*	2:52.39*	2:39.19*	2:32.49*	2:25.89*	2:19.29*	200 M Free	2:16.29*	2:22.69*	2:29.19*	2:35.69*	2:48.69*	3:01.69*
6:27.79	6:00.09	5:32.39	5:18.49	5:04.69	4:50.79	400 M Free	4:48.09*	5:01.79*	5:15.49*	5:29.19*	5:56.59*	6:24.09*
13:32.49*	12:34.49*	11:36.49*	11:07.49*	10:38.39*	10:09.39*	800 M Free	10:11.89*	10:41.09*	11:10.19*	11:39.29*	12:37.59*	13:35.89*
26:07.79*	24:15.79*	22:23.79*	21:27.79*	20:31.79*	19:35.89*	1500 M Free	19:39.39*	20:35.59*	21:31.69*	22:27.89*	24:20.19*	26:12.49*
45.69	42.49	39.19	37.59	35.89	34.29	50 M Back	33.49	35.29	36.99	38.79	42.29	45.79
1:42.39	1:34.39	1:26.29	1:22.29	1:18.19	1:14.19	100 M Back	1:11.89	1:15.79	1:19.69	1:23.59	1:31.39	1:39.29
3:30.79*	3:15.79*	3:00.69*	2:53.19*	2:45.69*	2:38.09*	200 M Back	2:37.79*	2:45.29*	2:52.79*	3:00.29*	3:15.29*	3:30.29*
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	1:20.99*	1:25.19*	1:29.39*	1:33.59*	1:41.99*	1:50.49*
3:57.59*	3:40.59*	3:23.69*	3:15.19*	3:06.69*	2:58.19*	200 M Breast	2:56.09	3:04.49	3:12.79	3:21.19	3:37.99	3:54.69
42.69*	39.69*	36.59*	35.09*	33.59*	32.09*	50 M Fly	31.39*	33.09*	34.79*	36.59*	39.99*	43.49*
1:38.69*	1:30.79*	1:22.89*	1:18.99*	1:14.99*	1:11.09*	100 M Fly	1:09.99*	1:13.99*	1:18.09*	1:22.09*	1:30.19*	1:38.19*
3:33.09*	3:17.79*	3:02.59*	2:54.99*	2:47.39*	2:39.79*	200 M Fly	2:38.29*	2:45.79*	2:53.29*	3:00.89*	3:15.89*	3:30.99*
3:30.19	3:15.19	3:00.19	2:52.69	2:45.19	2:37.69	200 M IM	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89	3:29.59
7:32.09*	6:59.79*	6:27.59*	6:11.39*	5:55.29*	5:39.09*	400 M IM	5:36.29	5:52.29	6:08.29	6:24.29	6:56.29	7:28.29

**Your Times                      Actual Time                      Goal Time                      Meet Time**

50 Free \_\_\_\_\_

100 Free \_\_\_\_\_

200 Free \_\_\_\_\_

400 Free \_\_\_\_\_

800 Free \_\_\_\_\_

1500 Free \_\_\_\_\_

50 Back \_\_\_\_\_

100 Back \_\_\_\_\_

200 Back \_\_\_\_\_

50 Breast \_\_\_\_\_

100 Breast \_\_\_\_\_

200 Breast \_\_\_\_\_

50 Fly \_\_\_\_\_

100 Fly \_\_\_\_\_

200 Fly \_\_\_\_\_

200 IM \_\_\_\_\_

400 IM \_\_\_\_\_



Name: \_\_\_\_\_

## Senior Age Group

SCY		LCM		SCM		SENIOR	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional
0:25.69	0:30.39	0:29.29	0:34.59	0:28.19	0:33.29	50 Free	0:22.89	0:27.09	0:26.19	0:31.39	0:25.19	0:30.49
0:56.19	1:06.39	1:02.89	1:14.29	1:01.59	1:12.69	100 Free	0:50.09	0:59.19	0:56.79	1:07.69	0:54.99	1:07.09
2:02.09	2:24.09	2:17.49	2:42.29	2:13.69	2:37.79	200 Free	1:50.29	2:10.19	2:05.39	2:30.59	2:00.79	2:23.89
5:29.19	6:28.49	4:49.99	5:42.19	4:52.69	5:45.39	400M / 500Y Free	5:03.09	5:57.69	4:28.89	5:25.49	4:25.29	5:08.39
11:25.79		10:02.09		10:00.79		800M / 1000Y Free	10:43.09		9:26.59		9:22.79	
19:26.29		19:35.59		19:21.69		1500M / 1650Y Free	18:08.59		18:16.29		18:02.09	
1:04.09	1:15.69	1:13.89	1:27.19	1:10.59	1:23.39	100 Back	0:57.89	1:08.39	1:06.79	1:22.39	1:03.89	1:17.99
2:19.09	2:44.19	2:40.59	3:09.59	2:32.19	2:59.59	200 Back	2:07.29	2:30.29	2:26.19	2:57.19	2:20.69	2:49.59
1:12.89	1:26.09	1:23.59	1:38.69	1:20.19	1:34.69	100 Breast	1:05.09	1:16.89	1:14.89	1:32.89	1:11.49	1:26.49
2:38.89	3:07.49	3:01.49	3:34.19	2:53.59	3:24.89	200 Breast	2:26.19	2:52.59	2:48.49	3:26.79	2:41.19	3:13.69
1:02.49	1:13.79	1:10.49	1:23.19	1:08.39	1:20.79	100 Fly	0:55.49	1:05.49	1:02.19	1:15.99	1:01.79	1:15.29
2:24.49	2:50.59	2:42.29	3:11.59	2:39.69	3:08.49	200 Fly	2:08.69	2:31.89	2:27.99	2:58.79	2:22.09	2:48.89
2:18.59	2:43.59	2:36.19	3:04.39	2:31.79	2:59.19	200 IM	2:05.49	2:28.09	2:21.29	2:53.29	2:17.29	2:44.49
5:00.99	5:55.19	5:38.59	6:39.59	5:29.29	6:28.59	400 IM	4:34.89	5:24.39	5:12.09	6:25.99	5:02.39	5:43.19
3:55.49		4:25.19		4:18.59		400 Free Relay	3:31.49		4:00.39		3:54.19	
8:35.89		9:34.99		9:29.09		800 Free Relay	7:46.79		9:01.59		8:31.19	
4:22.99		4:53.49		4:50.09		400 Medley Relay	3:53.79		4:27.59		4:16.09	

### 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	
<b>15-16 Girls</b>						<b>15-16 Boys</b>						
37.69*	34.99*	32.29*	30.89*	29.59*	28.29	50 M Free	25.69	26.89	28.09	29.39	31.79	34.19
1:21.09*	1:15.29*	1:09.59*	1:06.69*	1:03.79*	1:00.89*	100 M Free	56.09	58.79	1:01.39	1:04.09	1:09.39	1:14.79
2:54.29	2:41.89	2:29.39	2:23.19	2:16.99	2:10.79	200 M Free	2:01.59*	2:07.39*	2:13.19*	2:18.99*	2:30.49*	2:42.09*
6:04.19*	5:38.19*	5:12.19*	4:59.19*	4:46.19*	4:33.19*	400 M Free	4:16.69	4:28.89	4:41.09	4:53.29	5:17.79	5:42.19
12:28.89	11:35.39	10:41.89	10:15.19	9:48.39	9:21.69	800 M Free	8:49.09	9:14.29	9:39.39	10:04.59	10:54.99	11:45.39
23:53.09*	22:10.69*	20:28.39*	19:37.19*	18:45.99*	17:54.79*	1500 M Free	16:57.59	17:46.09	18:34.49	19:22.99	20:59.89	22:36.79
1:31.29*	1:24.79*	1:18.29*	1:14.99*	1:11.79*	1:08.49*	100 M Back	1:02.69*	1:05.69*	1:08.69*	1:11.69*	1:17.59*	1:23.59*
3:15.19*	3:01.29*	2:47.29*	2:40.29*	2:33.39*	2:26.39*	200 M Back	2:14.99*	2:21.49*	2:27.89*	2:34.29*	2:47.19*	2:59.99*
1:42.29*	1:34.99*	1:27.69*	1:24.09	1:20.39*	1:16.79	100 M Breast	1:10.49	1:13.89	1:17.19	1:20.59	1:27.29	1:33.99
3:39.89	3:24.19	3:08.49	3:00.59	2:52.79	2:44.89	200 M Breast	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79	3:23.29
1:28.49*	1:22.19*	1:15.89*	1:12.69*	1:09.49*	1:06.39*	100 M Fly	1:00.39	1:03.29	1:06.19	1:09.09	1:14.79	1:20.59
3:12.09	2:58.39	2:44.69	2:37.79	2:30.99	2:24.09	200 M Fly	2:13.19	2:19.49	2:25.89	2:32.19	2:44.89	2:57.59
3:16.09	3:02.09	2:48.09	2:41.09	2:34.09	2:27.09	200 M IM	2:17.49*	2:23.99*	2:30.59*	2:37.09*	2:50.19*	3:03.29*
6:55.99*	6:26.29*	5:56.59*	5:41.69*	5:26.79*	5:11.99*	400 M IM	4:48.69	5:02.49	5:16.19	5:29.99	5:57.49	6:24.99
<b>17-18 Girls</b>						<b>17-18 Boys</b>						
37.49	34.89	32.19	30.79	29.49	28.19	50 M Free	25.09	26.29	27.49	28.69	31.09	33.49
1:20.69	1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M Free	54.89	57.49	1:00.09	1:02.69	1:07.99	1:13.19
2:52.79*	2:40.49*	2:28.09*	2:21.99*	2:15.79*	2:09.59*	200 M Free	1:59.29	2:04.99	2:10.59	2:16.29	2:27.69	2:38.99
6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Free	4:12.29	4:24.39	4:36.39	4:48.39	5:12.39	5:36.39
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
1:30.79*	1:24.29*	1:17.79*	1:14.59*	1:11.29*	1:08.09*	100 M Back	1:01.49*	1:04.39*	1:07.29*	1:10.29*	1:16.09*	1:21.99*
3:13.99*	3:00.09*	2:46.29*	2:39.39*	2:32.39*	2:25.49*	200 M Back	2:12.19*	2:18.49*	2:24.79*	2:31.09*	2:43.69*	2:56.29*
1:42.19*	1:34.89*	1:27.59*	1:23.89*	1:20.29*	1:16.59*	100 M Breast	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
3:39.99*	3:24.29*	3:08.59*	3:00.79*	2:52.89*	2:44.99*	200 M Breast	2:29.09	2:36.19	2:43.29	2:50.39	3:04.59	3:18.79
1:27.79*	1:21.49*	1:15.19*	1:12.09*	1:08.99*	1:05.79*	100 M Fly	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
3:09.49	2:55.89	2:42.39	2:35.59	2:28.89	2:22.09	200 M Fly	2:10.89	2:17.09	2:23.29	2:29.49	2:41.99	2:54.49
3:16.29*	3:02.29*	2:48.29*	2:41.19*	2:34.19*	2:27.19*	200 M IM	2:13.69*	2:20.09*	2:26.49*	2:32.79*	2:45.59*	2:58.29*
6:54.39*	6:24.79*	5:55.19*	5:40.39*	5:25.59*	5:10.79*	400 M IM	4:44.79	4:58.39	5:11.99	5:25.49	5:52.59	6:19.79

Your Times	Actual Time	Goal Time	Meet Time
50 Free	_____	_____	_____
100 Free	_____	_____	_____
200 Free	_____	_____	_____
400 Free	_____	_____	_____
800 Free	_____	_____	_____
1500 Free	_____	_____	_____
100 Back	_____	_____	_____
200 Back	_____	_____	_____
100 Breast	_____	_____	_____
200 Breast	_____	_____	_____
100 Fly	_____	_____	_____
200 Fly	_____	_____	_____
200 IM	_____	_____	_____
400 IM	_____	_____	_____