|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Female** | **12yrs** | **13yrs** | **14yrs** | **15yrs** | **16yrs** | **17/18** | **19&O** |
| **50 Free** | 34.50 | 33.05 | 32.80 | 32.70 | 32.50 | 32.25 | 31.22 |
| **100 Free** | 1:16.50 | 1:14.33 | 1:13.07 | 1:12.97 | 1:11.05 | 1:09.91 | 1:06.41 |
| **200 Free** | 2:45.08 | 2:39.08 | 2:36.50 | 2:36.00 | 2:35.30 | 2:32.00 | 2:30.63 |
| **400 Free** | 6:00.00 | 5:39.96 | 5:33.86 | 5:31.00 | 5:30.00 | 5:24.60 | 5:20.96 |
| **800 Free** | 11:21.82 | 11.00.68 | 10:55.00 | 10:46.00 |
| **1500 Free** | 21:40.00 | 21:20.00 | 20:14.50 | 20:07.50 |
| **50 Back** | 42.81 | 40.97 | 40.62 | 40.50 | 40.00 | 39.50 | 38.84 |
| **100 Back** | 1:33.75 | 1:29.42 | 1:28.74 | 1:28.23 | 1:27.74 | 1:26.94 | 1:21.49 |
| **200 Back** | 3:10.00 | 3:05.00 | 3:03.01 | 3:01.00 | 2:58.00 | 2:56.00 | 2:52.79 |
| **50 Breast** | 47.30 | 47.00 | 46.70 | 46.30 | 45.50 | 44.00 | 43.79 |
| **100 Breast** | 1:45.00 | 1:43.21 | 1:42.61 | 1:41.17 | 1:39.00 | 1:38.00 | 1:33.85 |
| **200 Breast** | 3:40.00 | 3:38.00 | 3:36.36 | 3:31.85 | 3:30.50 | 3:30.00 | 3:25.20 |
| **50 Fly** | 40.15 | 37.85 | 37.09 | 36.50 | 36.00 | 35.69 | 34.12 |
| **100 Fly** | 1:35.00 | 1:34.00 | 1:30.97 | 1:28.00 | 1:27.00 | 1:20.00 | 1:16.68 |
| **200 Fly** | 3:30.00 | 3:20.00 | 3:10.00 | 3:08.30 | 3:07.00 | 3:02.00 | 3:00.93 |
| **100 IM** | 1:30.50 | 1:26.00 | 1:25.80 | 1:23.00 | 1:22.00 | 1:21.80 | 1:20.90 |
| **200 IM** | 3:10.00 | 3:05.50 | 2:56.61 | 2:55.50 | 2:55.00 | 2:50.00 | 2:47.60 |
| **400 IM** | 7:10.00 | 6:24.00 | 6:17.90 | 6:12.50 | 6:09.00 | 6:07.00 | 6:04.11 |
| **Male** | **12yrs** | **13yrs** | **14yrs** | **15yrs** | **16yrs** | **17/18** | **19&O** |
| **50 Free** | 34.50 | 33.50 | 31.50 | 29.96 | 29.55 | 29.25 | 29.00 |
| **100 Free** | 1:16.50 | 1:14.50 | 1:09.00 | 1:08.00 | 1:07.00 | 1:05.75 | 1:04.50 |
| **200 Free** | 2:45.08 | 2:40.00 | 2:34.00 | 2:27.52 | 2:24.00 | 2:22.50 | 2:20.00 |
| **400 Free** | 6:00.00 | 5:25.00 | 5:13.00 | 5:09.00 | 5:04.00 | 5:02.75 | 5:00.50 |
| **800 Free** | 11:21.82 | 11.00.00 | 10:17.00 | 10:10.00 |
| **1500 Free** | 20:15.00 | 19:30.00 | 19:09.00 | 18:50.00 |
| **50 Back** | 42.81 | 40.97 | 39.45 | 38.00 | 37.50 | 36.70 | 35.00 |
| **100 Back** | 1:33.75 | 1:29.42 | 1:22.35 | 1:21.53 | 1:20.75 | 1:19.13 | 1:16.00 |
| **200 Back** | 3:15.00 | 3:05.00 | 2:56.50 | 2:53.18 | 2:49.87 | 2:45.70 | 2:43.00 |
| **50 Breast** | 47.30 | 46.50 | 46.00 | 45.66 | 42.74 | 40.10 | 38.00 |
| **100 Breast** | 1:45.00 | 1:41.00 | 1:34.00 | 1:32.10 | 1:30.55 | 1:26.37 | 1:24.00 |
| **200 Breast** | 3:40.00 | 3:36.00 | 3:25.00 | 3:20.44 | 3:15.90 | 3:12.20 | 3:10.00 |
| **50 Fly** | 40.15 | 38.20 | 36.00 | 34.72 | 33.85 | 32.25 | 30.18 |
| **100 Fly** | 1:35.00 | 1:30.00 | 1:21.50 | 1:19.14 | 1:15.30 | 1:13.00 | 1:09.00 |
| **200 Fly** | 3:30.00 | 3:20.00 | 3:06.50 | 3:03.15 | 2:56.50 | 2:53.00 | 2:50.00 |
| **100 IM** | 1:28.50 | 1:25.50 | 1:25.00 | 1:21.00 | 1:17.50 | 1:17.00 | 1:16.80 |
| **200 IM** | 3:10.00 | 3:05.50 | 2:49.75 | 2:48.96 | 2:46.00 | 2:43.40 | 2:40.00 |
| **400 IM** | 7:10.00 | 6:24.00 | 6:03.60 | 5:57.65 | 5:49.43 | 5:46.17 | 5:40.00 |