

Motivational Times Standards  
 LCM

**Female 10 & Under**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	31.39	32.79	34.19	35.59	39.89	44.09
100 Free	1:09.39	1:13.09	1:16.69	1:20.29	1:31.19	1:41.99
200 Free	2:31.59	2:39.79	2:48.09	2:56.29	3:20.99	3:45.79
400 Free	5:19.79	5:34.99	5:50.19	6:05.39	6:51.09	7:36.79
50 Back	36.89	38.89	40.89	42.89	48.89	54.89
100 Back	1:19.49	1:23.89	1:28.29	1:32.69	1:45.99	1:59.19
50 Breast	40.89	43.09	45.29	47.49	53.99	1:00.49
100 Breast	1:29.89	1:34.89	1:39.89	1:44.89	1:59.79	2:14.79
50 Fly	34.49	36.59	38.69	40.79	47.09	53.39
100 Fly	1:18.89	1:24.59	1:30.29	1:35.99	1:52.99	2:09.99
200 IM	2:50.89	2:59.59	3:08.29	3:17.09	3:43.19	4:09.39

## Motivational Times Standards LCM

### Female 11-12

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	29.09	30.39	31.69	32.99	35.69	38.39
100 Free	1:03.09	1:06.09	1:09.09	1:12.09	1:18.09	1:24.09
200 Free	2:16.69	2:23.19	2:29.69	2:36.19	2:49.19	3:02.29
400 Free	4:47.99	5:01.69	5:15.39	5:29.09	5:56.49	6:23.89
800 Free	10:03.09	10:31.79	11:00.59	11:29.29	12:26.69	13:24.09
1500 Free	19:19.39	20:14.59	21:09.79	22:04.99	23:55.39	25:45.79
50 Back	32.99	34.49	36.09	37.69	40.79	43.99
100 Back	1:11.49	1:15.39	1:19.29	1:23.19	1:30.99	1:38.69
200 Back	2:33.39	2:40.69	2:47.99	2:55.29	3:09.89	3:24.49
50 Breast	36.69	38.49	40.19	41.99	45.49	48.99
100 Breast	1:20.79	1:24.79	1:28.79	1:32.79	1:40.89	1:48.89
200 Breast	2:54.49	3:02.79	3:11.09	3:19.39	3:35.99	3:52.59
50 Fly	30.99	32.39	33.89	35.39	38.29	41.29
100 Fly	1:09.29	1:13.09	1:16.99	1:20.79	1:28.49	1:36.19
200 Fly	2:33.69	2:40.99	2:48.29	2:55.59	3:10.19	3:24.89
200 IM	2:34.59	2:41.89	2:49.29	2:56.59	3:11.39	3:26.09
400 IM	5:29.79	5:45.49	6:01.19	6:16.89	6:48.29	7:19.69

## Motivational Times Standards LCM

### Female 13-14

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	27.89	29.19	30.49	31.79	34.49	37.09
100 Free	1:00.39	1:03.29	1:06.19	1:08.99	1:14.79	1:20.49
200 Free	2:10.69	2:16.89	2:23.19	2:29.39	2:41.79	2:54.29
400 Free	4:35.09	4:48.19	5:01.29	5:14.39	5:40.59	6:06.79
800 Free	9:26.99	9:53.99	10:20.99	10:47.99	11:41.99	12:35.99
1500 Free	18:04.79	18:56.49	19:48.09	20:39.79	22:23.09	24:06.39
100 Back	1:07.49	1:10.69	1:13.89	1:17.09	1:23.59	1:29.99
200 Back	2:24.29	2:31.19	2:38.09	2:44.89	2:58.69	3:12.39
100 Breast	1:16.59	1:20.19	1:23.89	1:27.49	1:34.79	1:42.09
200 Breast	2:44.79	2:52.59	3:00.49	3:08.29	3:23.99	3:39.69
100 Fly	1:04.99	1:08.09	1:11.19	1:14.29	1:20.39	1:26.59
200 Fly	2:24.79	2:31.69	2:38.59	2:45.49	2:59.19	3:12.99
200 IM	2:26.89	2:33.89	2:40.79	2:47.79	3:01.79	3:15.79
400 IM	5:11.69	5:26.49	5:41.29	5:56.19	6:25.89	6:55.49

## Motivational Times Standards LCM

### Female 15-16

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	27.29	28.59	29.89	31.19	33.79	36.39
100 Free	59.39	1:02.19	1:04.99	1:07.89	1:13.49	1:19.19
200 Free	2:07.89	2:13.99	2:20.09	2:26.19	2:38.29	2:50.49
400 Free	4:28.89	4:41.69	4:54.49	5:07.29	5:32.89	5:58.49
800 Free	9:15.99	9:42.49	10:08.99	10:35.39	11:28.39	12:21.29
1500 Free	17:47.89	18:38.79	19:29.59	20:20.49	22:02.19	23:43.89
100 Back	1:05.49	1:08.59	1:11.79	1:14.89	1:21.09	1:27.29
200 Back	2:21.29	2:28.09	2:34.79	2:41.49	2:54.99	3:08.39
100 Breast	1:14.59	1:18.19	1:21.69	1:25.29	1:32.39	1:39.49
200 Breast	2:41.89	2:49.59	2:57.39	3:05.09	3:20.49	3:35.89
100 Fly	1:03.99	1:07.09	1:10.09	1:13.19	1:19.29	1:25.39
200 Fly	2:20.49	2:27.19	2:33.89	2:40.59	2:53.99	3:07.29
200 IM	2:23.89	2:30.79	2:37.59	2:44.49	2:58.19	3:11.89
400 IM	5:05.99	5:20.49	5:35.09	5:49.69	6:18.79	6:47.89

## Motivational Times Standards LCM

### Female 17-18

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	27.09	28.39	29.69	30.99	33.59	36.19
100 Free	58.99	1:01.79	1:04.59	1:07.39	1:12.99	1:18.59
200 Free	2:07.19	2:13.19	2:19.29	2:25.39	2:37.49	2:49.59
400 Free	4:27.89	4:40.59	4:53.39	5:06.09	5:31.59	5:57.09
800 Free	9:12.69	9:38.99	10:05.29	10:31.59	11:24.29	12:16.89
1500 Free	17:37.79	18:28.19	19:18.49	20:08.89	21:49.59	23:30.39
100 Back	1:04.99	1:08.09	1:11.09	1:14.19	1:20.39	1:26.59
200 Back	2:20.19	2:26.89	2:33.49	2:40.19	2:53.59	3:06.89
100 Breast	1:14.09	1:17.59	1:21.09	1:24.59	1:31.69	1:38.69
200 Breast	2:39.89	2:47.49	2:55.09	3:02.69	3:17.89	3:33.09
100 Fly	1:03.19	1:06.19	1:09.19	1:12.19	1:18.29	1:24.29
200 Fly	2:20.09	2:26.69	2:33.39	2:40.09	2:53.39	3:06.79
200 IM	2:22.99	2:29.79	2:36.59	2:43.39	2:56.99	3:10.69
400 IM	5:03.89	5:18.39	5:32.89	5:47.29	6:16.29	6:45.19

Motivational Times Standards  
 LCM

**Male 10 & Under**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	31.39	32.79	34.09	35.49	39.49	43.59
100 Free	1:09.49	1:12.89	1:16.39	1:19.79	1:30.19	1:40.59
200 Free	2:29.49	2:36.59	2:43.69	2:50.79	3:12.09	3:33.49
400 Free	5:14.59	5:29.59	5:44.49	5:59.49	6:44.49	7:29.39
50 Back	36.89	38.89	40.99	42.99	49.19	55.29
100 Back	1:18.89	1:22.89	1:26.99	1:30.99	1:43.09	1:55.09
50 Breast	40.59	42.69	44.89	46.99	53.29	59.69
100 Breast	1:29.29	1:33.79	1:38.19	1:42.69	1:55.99	2:09.39
50 Fly	34.39	36.29	38.19	40.19	45.99	51.79
100 Fly	1:18.09	1:23.59	1:28.99	1:34.49	1:50.79	2:07.09
200 IM	2:49.89	2:58.39	3:06.89	3:15.39	3:40.79	4:06.19

## Motivational Times Standards LCM

### Male 11-12

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	27.99	29.29	30.69	31.99	34.69	37.29
100 Free	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29
200 Free	2:13.19	2:19.49	2:25.79	2:32.19	2:44.89	2:57.49
400 Free	4:41.59	4:55.09	5:08.49	5:21.89	5:48.69	6:15.49
800 Free	9:53.79	10:22.09	10:50.39	11:18.59	12:15.19	13:11.69
1500 Free	18:55.19	19:49.19	20:43.29	21:37.39	23:25.49	25:13.59
50 Back	31.99	33.69	35.39	36.99	40.39	43.69
100 Back	1:09.19	1:12.99	1:16.69	1:20.49	1:27.99	1:35.49
200 Back	2:29.59	2:36.69	2:43.79	2:50.99	3:05.19	3:19.49
50 Breast	35.49	37.49	39.39	41.29	45.19	48.99
100 Breast	1:18.09	1:22.19	1:26.19	1:30.29	1:38.39	1:46.59
200 Breast	2:48.49	2:56.59	3:04.59	3:12.59	3:28.69	3:44.69
50 Fly	30.19	31.89	33.59	35.19	38.59	41.89
100 Fly	1:06.99	1:10.89	1:14.69	1:18.59	1:26.29	1:33.99
200 Fly	2:30.39	2:37.49	2:44.69	2:51.89	3:06.19	3:20.49
200 IM	2:30.19	2:37.79	2:45.49	2:53.19	3:08.49	3:23.79
400 IM	5:22.39	5:37.79	5:53.09	6:08.49	6:39.19	7:09.89

## Motivational Times Standards LCM

### Male 13-14

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	25.79	27.09	28.29	29.49	31.99	34.39
100 Free	56.49	59.09	1:01.79	1:04.49	1:09.89	1:15.29
200 Free	2:03.09	2:08.89	2:14.79	2:20.59	2:32.29	2:44.09
400 Free	4:21.79	4:34.29	4:46.69	4:59.19	5:24.09	5:49.09
800 Free	9:04.39	9:30.29	9:56.29	10:22.19	11:13.99	12:05.89
1500 Free	17:19.89	18:09.39	18:58.89	19:48.39	21:27.39	23:06.49
100 Back	1:02.89	1:05.89	1:08.89	1:11.89	1:17.89	1:23.89
200 Back	2:16.59	2:23.09	2:29.59	2:36.09	2:49.09	3:02.09
100 Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
200 Breast	2:34.09	2:41.39	2:48.79	2:56.09	3:10.79	3:25.49
100 Fly	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29
200 Fly	2:15.69	2:22.19	2:28.59	2:35.09	2:47.99	3:00.89
200 IM	2:18.49	2:25.09	2:31.69	2:38.29	2:51.39	3:04.59
400 IM	4:54.59	5:08.59	5:22.59	5:36.59	6:04.69	6:32.69

## Motivational Times Standards LCM

### Male 15-16

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	24.39	25.59	26.79	27.89	30.19	32.59
100 Free	53.99	56.59	59.19	1:01.69	1:06.89	1:11.99
200 Free	1:57.99	2:03.69	2:09.29	2:14.89	2:26.09	2:37.39
400 Free	4:10.29	4:22.19	4:34.19	4:46.09	5:09.89	5:33.69
800 Free	8:45.09	9:10.09	9:35.09	10:00.09	10:50.09	11:40.09
1500 Free	16:36.69	17:24.19	18:11.69	18:59.09	20:33.99	22:08.99
100 Back	1:00.09	1:02.99	1:05.89	1:08.69	1:14.39	1:20.19
200 Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79
100 Breast	1:07.39	1:10.59	1:13.79	1:16.99	1:23.49	1:29.89
200 Breast	2:26.49	2:33.49	2:40.49	2:47.49	3:01.39	3:15.39
100 Fly	57.99	1:00.79	1:03.59	1:06.29	1:11.79	1:17.39
200 Fly	2:09.19	2:15.39	2:21.49	2:27.69	2:39.99	2:52.29
200 IM	2:12.49	2:18.79	2:25.09	2:31.39	2:43.99	2:56.59
400 IM	4:40.59	4:53.89	5:07.29	5:20.59	5:47.29	6:14.09

## Motivational Times Standards LCM

### Male 17-18

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	24.29	25.49	26.59	27.79	30.09	32.39
100 Free	52.69	55.19	57.69	1:00.19	1:05.29	1:10.29
200 Free	1:55.99	2:01.49	2:06.99	2:12.49	2:23.59	2:34.59
400 Free	4:06.89	4:18.69	4:30.39	4:42.19	5:05.69	5:29.19
800 Free	8:34.59	8:59.09	9:23.59	9:48.09	10:37.09	11:26.09
1500 Free	16:25.99	17:12.99	17:59.89	18:46.89	20:20.79	21:54.69
100 Back	58.99	1:01.79	1:04.59	1:07.39	1:12.99	1:18.59
200 Back	2:07.89	2:13.99	2:20.09	2:26.19	2:38.39	2:50.59
100 Breast	1:05.99	1:09.09	1:12.29	1:15.39	1:21.69	1:27.99
200 Breast	2:23.69	2:30.59	2:37.39	2:44.19	2:57.89	3:11.59
100 Fly	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.49
200 Fly	2:06.29	2:12.39	2:18.39	2:24.39	2:36.39	2:48.39
200 IM	2:10.29	2:16.49	2:22.69	2:28.89	2:41.29	2:53.69
400 IM	4:37.09	4:50.19	5:03.39	5:16.59	5:42.99	6:09.39