

Motivational Times Standards
 SCM

Female 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	30.59	31.89	33.29	34.69	38.89	42.99
100 Free	1:07.39	1:10.89	1:14.39	1:17.89	1:28.39	1:38.99
200 Free	2:27.79	2:35.79	2:43.89	2:51.89	3:15.99	3:40.09
400 Free	5:10.09	5:24.79	5:39.59	5:54.29	6:38.59	7:22.89
50 Back	34.89	36.79	38.69	40.59	46.29	51.99
100 Back	1:15.19	1:19.29	1:23.49	1:27.69	1:40.19	1:52.69
50 Breast	39.79	41.89	44.09	46.19	52.49	58.89
100 Breast	1:26.99	1:31.89	1:36.69	1:41.49	1:55.99	2:10.49
50 Fly	33.79	35.89	37.99	39.99	46.19	52.39
100 Fly	1:16.49	1:21.99	1:27.49	1:32.99	1:49.49	2:05.99
100 IM	1:17.19	1:21.19	1:25.19	1:29.19	1:41.29	1:53.39
200 IM	2:45.49	2:53.99	3:02.39	3:10.79	3:36.19	4:01.49

Motivational Times Standards SCM

Female 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	28.29	29.59	30.89	32.19	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	2:13.59	2:19.99	2:26.29	2:32.69	2:45.39	2:58.09
400 Free	4:41.69	4:55.09	5:08.49	5:21.89	5:48.69	6:15.49
800 Free	9:42.89	10:10.69	10:38.49	11:06.19	12:01.69	12:57.19
1500 Free	18:33.99	19:26.99	20:20.09	21:13.09	22:59.19	24:45.29
50 Back	31.79	33.29	34.79	36.29	39.29	42.39
100 Back	1:08.19	1:11.89	1:15.59	1:19.29	1:26.69	1:34.19
200 Back	2:26.39	2:33.39	2:40.29	2:47.29	3:01.29	3:15.19
50 Breast	35.69	37.39	39.09	40.79	44.19	47.59
100 Breast	1:17.29	1:21.19	1:24.99	1:28.89	1:36.59	1:44.29
200 Breast	2:48.39	2:56.39	3:04.39	3:12.39	3:28.39	3:44.49
50 Fly	30.49	31.89	33.39	34.79	37.69	40.59
100 Fly	1:07.69	1:11.49	1:15.19	1:18.99	1:26.49	1:33.99
200 Fly	2:29.89	2:36.99	2:44.19	2:51.29	3:05.59	3:19.79
100 IM	1:09.89	1:13.29	1:16.59	1:19.89	1:26.59	1:33.19
200 IM	2:29.79	2:36.89	2:43.99	2:51.19	3:05.39	3:19.69
400 IM	5:18.39	5:33.59	5:48.69	6:03.89	6:34.19	7:04.49

Motivational Times Standards SCM

Female 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	27.09	28.39	29.59	30.89	33.49	36.09
100 Free	58.69	1:01.49	1:04.29	1:07.09	1:12.69	1:18.29
200 Free	2:06.99	2:12.99	2:18.99	2:25.09	2:37.19	2:49.29
400 Free	4:28.69	4:41.49	4:54.29	5:07.09	5:32.69	5:58.29
800 Free	9:12.69	9:38.99	10:05.29	10:31.59	11:24.19	12:16.89
1500 Free	17:26.49	18:16.29	19:06.19	19:55.99	21:35.69	23:15.29
100 Back	1:03.99	1:06.99	1:10.09	1:13.09	1:19.19	1:25.29
200 Back	2:18.69	2:25.29	2:31.89	2:38.49	2:51.69	3:04.89
100 Breast	1:13.49	1:16.99	1:20.49	1:23.99	1:30.99	1:37.99
200 Breast	2:39.09	2:46.69	2:54.29	3:01.89	3:16.99	3:32.19
100 Fly	1:03.79	1:06.79	1:09.79	1:12.89	1:18.89	1:24.99
200 Fly	2:20.99	2:27.69	2:34.39	2:41.09	2:54.49	3:07.89
200 IM	2:22.09	2:28.89	2:35.59	2:42.39	2:55.89	3:09.49
400 IM	5:03.19	5:17.59	5:31.99	5:46.49	6:15.39	6:44.19

Motivational Times Standards SCM

Female 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	26.59	27.89	29.09	30.39	32.89	35.39
100 Free	57.69	1:00.39	1:03.19	1:05.89	1:11.39	1:16.89
200 Free	2:04.19	2:10.09	2:16.09	2:21.99	2:33.79	2:45.59
400 Free	4:22.99	4:35.49	4:48.09	5:00.59	5:25.59	5:50.69
800 Free	9:04.29	9:30.19	9:56.09	10:22.09	11:13.89	12:05.69
1500 Free	17:12.79	18:01.99	18:51.19	19:40.39	21:18.69	22:57.09
100 Back	1:02.49	1:05.49	1:08.49	1:11.49	1:17.39	1:23.39
200 Back	2:15.99	2:22.49	2:28.99	2:35.49	2:48.39	3:01.39
100 Breast	1:12.09	1:15.49	1:18.89	1:22.39	1:29.19	1:36.09
200 Breast	2:35.99	2:43.39	2:50.79	2:58.19	3:13.09	3:27.89
100 Fly	1:02.49	1:05.39	1:08.39	1:11.39	1:17.29	1:23.29
200 Fly	2:18.19	2:24.79	2:31.39	2:37.99	2:51.09	3:04.29
200 IM	2:19.39	2:25.99	2:32.69	2:39.29	2:52.59	3:05.79
400 IM	4:56.39	5:10.49	5:24.59	5:38.69	6:06.89	6:35.09

Motivational Times Standards SCM

Female 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	26.09	27.29	28.59	29.79	32.29	34.79
100 Free	56.49	59.19	1:01.89	1:04.59	1:09.99	1:15.29
200 Free	2:03.19	2:08.99	2:14.89	2:20.79	2:32.49	2:44.19
400 Free	4:21.99	4:34.49	4:46.89	4:59.39	5:24.39	5:49.29
800 Free	9:02.29	9:28.09	9:53.89	10:19.79	11:11.39	12:03.09
1500 Free	17:07.69	17:56.69	18:45.59	19:34.59	21:12.39	22:50.29
100 Back	1:01.69	1:04.69	1:07.59	1:10.49	1:16.39	1:22.29
200 Back	2:13.59	2:19.99	2:26.39	2:32.69	2:45.39	2:58.19
100 Breast	1:11.19	1:14.59	1:17.99	1:21.29	1:28.09	1:34.89
200 Breast	2:33.29	2:40.59	2:47.89	2:55.19	3:09.79	3:24.39
100 Fly	1:01.49	1:04.39	1:07.29	1:10.29	1:16.09	1:21.99
200 Fly	2:16.19	2:22.69	2:29.19	2:35.69	2:48.69	3:01.59
200 IM	2:17.29	2:23.79	2:30.39	2:36.89	2:49.99	3:02.99
400 IM	4:52.49	5:06.39	5:20.29	5:34.29	6:02.09	6:29.99

Motivational Times Standards SCM

Male 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	30.29	31.59	32.89	34.19	38.09	41.99
100 Free	1:06.99	1:10.29	1:13.69	1:16.99	1:26.99	1:36.99
200 Free	2:24.39	2:31.29	2:38.19	2:44.99	3:05.69	3:26.29
400 Free	5:04.29	5:18.79	5:33.29	5:47.79	6:31.19	7:14.69
50 Back	35.09	37.09	38.99	40.99	46.79	52.69
100 Back	1:15.89	1:19.79	1:23.59	1:27.49	1:39.09	1:50.69
50 Breast	39.19	41.19	43.29	45.29	51.39	57.59
100 Breast	1:26.69	1:30.99	1:35.29	1:39.59	1:52.59	2:05.59
50 Fly	33.49	35.29	37.19	39.09	44.79	50.49
100 Fly	1:16.29	1:21.69	1:26.99	1:32.29	1:48.29	2:04.19
100 IM	1:16.89	1:20.49	1:24.19	1:27.89	1:38.79	1:49.79
200 IM	2:44.29	2:52.49	3:00.69	3:08.89	3:33.49	3:58.09

Motivational Times Standards
 SCM

Male 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	26.99	28.29	29.59	30.89	33.39	35.99
100 Free	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
200 Free	2:09.09	2:15.19	2:21.29	2:27.49	2:39.79	2:52.09
400 Free	4:33.89	4:46.89	4:59.99	5:12.99	5:39.09	6:05.19
800 Free	9:32.69	9:59.99	10:27.29	10:54.59	11:49.09	12:43.59
1500 Free	18:09.99	19:01.89	19:53.79	20:45.69	22:29.59	24:13.39
50 Back	30.89	32.49	34.09	35.69	38.99	42.19
100 Back	1:05.79	1:09.39	1:12.99	1:16.59	1:23.69	1:30.89
200 Back	2:23.09	2:29.89	2:36.69	2:43.49	2:57.19	3:10.79
50 Breast	34.39	36.19	38.09	39.99	43.69	47.39
100 Breast	1:14.89	1:18.79	1:22.69	1:26.59	1:34.39	1:42.29
200 Breast	2:41.59	2:49.29	2:56.99	3:04.59	3:19.99	3:35.39
50 Fly	29.59	31.19	32.79	34.49	37.79	40.99
100 Fly	1:05.59	1:09.39	1:13.19	1:16.89	1:24.49	1:32.09
200 Fly	2:26.39	2:33.29	2:40.29	2:47.29	3:01.19	3:15.19
100 IM	1:06.69	1:09.89	1:13.19	1:16.39	1:22.89	1:29.39
200 IM	2:24.59	2:31.99	2:39.39	2:46.69	3:01.49	3:16.19
400 IM	5:09.19	5:23.89	5:38.69	5:53.39	6:22.79	6:52.29

Motivational Times Standards SCM

Male 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	24.89	26.09	27.29	28.39	30.79	33.19
100 Free	54.39	56.99	59.59	1:02.19	1:07.29	1:12.49
200 Free	1:58.49	2:04.19	2:09.79	2:15.39	2:26.69	2:37.99
400 Free	4:13.79	4:25.89	4:37.89	4:49.99	5:14.19	5:38.29
800 Free	8:45.89	9:10.89	9:35.99	10:00.99	10:51.09	11:41.09
1500 Free	16:38.29	17:25.89	18:13.39	19:00.89	20:35.99	22:11.09
100 Back	59.69	1:02.59	1:05.39	1:08.19	1:13.89	1:19.59
200 Back	2:10.19	2:16.39	2:22.59	2:28.79	2:41.19	2:53.59
100 Breast	1:07.49	1:10.69	1:13.89	1:17.09	1:23.49	1:29.89
200 Breast	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09
100 Fly	59.19	1:01.99	1:04.89	1:07.69	1:13.29	1:18.89
200 Fly	2:11.19	2:17.49	2:23.69	2:29.99	2:42.49	2:54.99
200 IM	2:12.59	2:18.89	2:25.19	2:31.59	2:44.19	2:56.79
400 IM	4:43.29	4:56.79	5:10.29	5:23.79	5:50.69	6:17.69

Motivational Times Standards SCM

Male 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	23.89	25.09	26.19	27.39	29.59	31.89
100 Free	52.09	54.59	57.09	59.59	1:04.49	1:09.49
200 Free	1:53.79	1:59.29	2:04.69	2:10.09	2:20.89	2:31.79
400 Free	4:04.59	4:16.19	4:27.89	4:39.49	5:02.79	5:26.09
800 Free	8:27.39	8:51.59	9:15.69	9:39.89	10:28.19	11:16.49
1500 Free	16:05.89	16:51.89	17:37.89	18:23.89	19:55.89	21:27.89
100 Back	56.69	59.39	1:02.09	1:04.79	1:10.19	1:15.59
200 Back	2:04.19	2:10.09	2:15.99	2:21.99	2:33.79	2:45.59
100 Breast	1:04.29	1:07.39	1:10.49	1:13.49	1:19.59	1:25.79
200 Breast	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
100 Fly	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.49
200 Fly	2:05.49	2:11.49	2:17.49	2:23.39	2:35.39	2:47.29
200 IM	2:06.59	2:12.59	2:18.69	2:24.69	2:36.69	2:48.79
400 IM	4:32.69	4:45.69	4:58.69	5:11.69	5:37.69	6:03.59

Motivational Times Standards SCM

Male 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	23.19	24.29	25.39	26.49	28.69	30.89
100 Free	50.89	53.29	55.69	58.19	1:02.99	1:07.79
200 Free	1:51.59	1:56.89	2:02.19	2:07.59	2:18.19	2:28.79
400 Free	4:00.09	4:11.49	4:22.89	4:34.29	4:57.19	5:20.09
800 Free	8:23.79	8:47.79	9:11.69	9:35.69	10:23.69	11:11.69
1500 Free	15:49.39	16:34.59	17:19.79	18:04.99	19:35.39	21:05.79
100 Back	54.89	57.49	1:00.09	1:02.79	1:07.99	1:13.19
200 Back	2:01.19	2:06.89	2:12.69	2:18.49	2:29.99	2:41.49
100 Breast	1:02.89	1:05.89	1:08.89	1:11.89	1:17.89	1:23.89
200 Breast	2:17.19	2:23.79	2:30.29	2:36.79	2:49.89	3:02.99
100 Fly	54.59	57.19	59.79	1:02.39	1:07.59	1:12.79
200 Fly	2:03.09	2:08.99	2:14.89	2:20.69	2:32.39	2:44.19
200 IM	2:04.39	2:10.39	2:16.29	2:22.19	2:33.99	2:45.89
400 IM	4:25.99	4:38.69	4:51.29	5:03.99	5:29.29	5:54.69