

## Long Course Times

<b>Boys</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
50m Fr	32.1	30.22	29.95	27.99	27.84	25.95
100m Fr	01:11.0	01:05.7	01:04.7	01:01.0	01:00.9	00:56.5
200m Fr	02:36.6	02:27.6	02:20.4	02:26.8	02:14.2	02:05.6
400m Fr	05:27.4	05:05.8	04:55.9	04:46.7	04:48.3	04:31.2
1500m Fr	23:01.4	20:08.1	19:07.5	19:11.0	18:56.1	18:47.3
50m Br	40.94	39.69	38.36	36.57	35.79	32.27
100m Br	01:32.1	01:27.2	01:23.7	01:19.6	01:18.3	01:11.2
200m Br	03:11.3	03:05.9	03:04.9	02:57.8	02:58.6	02:43.2
50m Fly	35.88	33.6	31.62	30.61	29.91	27.67
100m Fly	01:20.7	01:14.9	01:12.0	01:06.5	01:09.7	01:01.7
200m Fly	03:05.6	03:00.6	02:39.0	02:39.7	02:34.8	02:21.8
50m Bk	37.42	35.48	34.36	32.89	31.65	29.94
100m Bk	01:18.3	01:16.0	01:14.1	01:09.3	01:08.7	01:06.1
200m Bk	02:48.2	02:44.2	02:37.8	02:31.4	02:32.0	02:27.3
200m IM	02:53.6	02:41.9	02:37.5	02:36.9	02:30.9	02:25.6
400m IM	05:54.0	05:46.3	05:34.5	05:36.0	05:34.9	05:16.1
<b>Girls</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17+</b>
50m Fr	32.19	31.32	30.82	30.52	30.21	30.06
100m Fr	01:11.9	01:07.5	01:06.8	01:05.7	01:06.1	01:04.2
200m Fr	02:36.8	02:26.5	02:23.8	02:22.8	02:25.9	02:20.2
400m Fr	05:30.6	05:09.3	05:03.9	04:59.4	04:59.4	05:00.4
800m Fr	11:27.3	11:01.4	10:23.0	10:18.7	10:53.6	10:15.5
50m Br	41.67	40.09	38.97	39.21	38.01	37.42
100m Br	01:31.6	01:26.8	01:26.1	01:24.8	01:25.6	01:20.4
200m Br	03:15.4	03:06.2	03:03.7	02:59.9	02:59.5	02:58.4
50m Fly	34.51	33.99	33.06	32.13	32.27	31.17
100m Fly	01:19.6	01:16.4	01:12.9	01:13.3	01:13.6	01:08.9
200m Fly	02:57.9	02:54.9	02:42.5	02:50.2	02:46.7	02:39.1
50m Bk	37.19	36.11	35.35	34.3	34.36	34.32
100m Bk	01:21.2	01:17.7	01:15.4	01:17.2	01:14.5	01:17.1
200m Bk	02:56.2	02:48.4	02:41.5	02:44.1	02:49.9	02:51.1
200m IM	02:54.6	02:45.4	02:43.5	02:43.4	02:42.1	02:41.6
400m IM	06:10.5	05:48.3	05:50.4	05:59.7	05:47.9	05:55.6