

**LSC National Motivational Times - A**

Female								Event	Male							
<u>17&amp;O</u>	<u>16</u>	<u>15</u>	<u>14</u>	<u>13</u>	<u>12</u>	<u>11</u>	<u>10&amp;U</u>		<u>10&amp;U</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17&amp;O</u>
27.67	27.74	27.84	28.25	28.86	29.63	31.45	34.25	50FR	34.33	31.63	29.30	27.43	26.15	25.46	25.01	24.78
59.91	59.98	1:00.37	1:01.62	1:02.83	1:05.31	1:09.68	1:16.87	100FR	1:16.47	1:09.54	1:04.56	59.99	57.20	55.66	54.62	54.23
2:10.61	2:11.06	2:12.41	2:14.62	2:17.13	2:23.49	2:33.29	2:49.28	200FR	2:49.59	2:33.89	2:21.32	2:12.29	2:06.23	2:02.42	1:59.85	1:59.85
4:37.11	4:38.39	4:40.26	4:44.46	4:51.93	5:05.20	5:29.85	6:01.89	400FR	6:04.25	5:24.38	5:00.87	4:43.59	4:30.40	4:21.75	4:17.31	4:17.31
9:41.11	9:41.11	9:45.85	9:52.87	10:07.95	10:35.00	11:32.67		800FR		11:27.03	10:25.06	9:53.54	9:28.64	9:07.14	9:02.22	9:02.22
18:54.97	18:54.97	18:54.97	19:15.72	19:41.50				1500FR				19:31.29	18:25.25	17:42.51	17:33.12	17:33.12
1:07.60	1:07.60	1:08.68	1:09.99	1:11.95	1:15.39	1:20.54	1:28.40	100BK	1:28.89	1:22.31	1:14.70	1:09.64	1:05.81	1:03.64	1:02.02	1:01.87
2:27.28	2:28.27	2:28.60	2:30.97	2:35.21	2:42.26	2:53.42	3:07.88	200BK	3:10.97	2:55.82	2:41.00	2:30.17	2:23.50	2:19.70	2:17.49	2:17.49
1:17.42	1:17.42	1:18.76	1:19.22	1:22.01	1:25.05	1:31.69	1:40.97	100BR	1:41.63	1:33.60	1:24.72	1:18.07	1:13.54	1:11.20	1:09.68	1:09.33
2:48.69	2:48.69	2:50.37	2:53.49	2:58.19	3:04.91	3:17.73	3:43.45	200BR	3:46.22	3:21.28	3:03.03	2:50.32	2:42.37	2:37.21	2:33.49	2:32.92
1:05.63	1:05.63	1:06.47	1:08.12	1:09.75	1:14.22	1:22.06	1:34.27	100FL	1:36.72	1:22.25	1:13.69	1:06.97	1:03.04	1:01.19	59.36	59.19
2:30.33	2:30.33	2:31.55	2:38.10	2:42.43	2:55.10	3:17.26		200FL		3:24.92	2:56.95	2:37.09	2:24.89	2:19.22	2:14.67	2:14.67
2:28.08	2:28.08	2:29.22	2:33.03	2:35.25	2:42.90	2:54.39	3:08.92	200IM	3:10.34	2:54.87	2:40.79	2:29.79	2:22.37	2:18.32	2:16.44	2:15.24
5:18.44	5:20.19	5:22.67	5:27.27	5:36.18	5:51.16	6:19.48		400IM		6:21.93	5:48.23	5:24.07	5:07.37	4:58.56	4:51.80	4:51.80

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Female								Event	Male							
<u>17&amp;O</u>	<u>16</u>	<u>15</u>	<u>14</u>	<u>13</u>	<u>12</u>	<u>11</u>	<u>10&amp;U</u>		<u>10&amp;U</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17&amp;O</u>
27.29	27.29	27.53	27.89	28.42	29.31	30.57	33.41	50FR	33.70	30.94	28.75	26.97	25.84	25.14	24.74	24.32
58.92	59.25	59.79	1:00.80	1:02.15	1:04.28	1:07.84	1:15.17	100FR	1:14.98	1:08.38	1:03.45	59.01	56.49	55.03	54.16	53.43
2:08.19	2:08.88	2:10.09	2:12.32	2:14.51	2:20.22	2:29.67	2:45.52	200FR	2:45.19	2:30.47	2:19.10	2:11.10	2:04.16	2:01.01	1:58.08	1:57.56
4:32.32	4:34.59	4:35.60	4:40.55	4:46.48	4:56.58	5:19.73	5:51.64	400FR	5:51.61	5:18.09	4:55.30	4:37.97	4:25.93	4:20.13	4:11.15	4:11.15
9:30.87	9:31.32	9:34.40	9:41.71	9:53.51	10:22.32	11:10.68		800FR		11:02.89	10:15.37	9:41.28	9:17.53	9:06.70	8:51.98	8:49.39
18:23.08	18:23.08	18:28.44	18:46.12	19:03.32	20:45.49			1500FR			20:21.77	18:52.22	17:53.70	17:35.43	16:57.25	16:57.25
1:06.19	1:06.19	1:07.35	1:08.84	1:10.30	1:13.99	1:19.16	1:26.26	100BK	1:26.28	1:20.73	1:12.91	1:07.80	1:03.53	1:02.21	1:00.63	1:00.45
2:23.68	2:24.41	2:25.55	2:29.30	2:32.49	2:38.53	2:50.96	3:03.39	200BK	3:04.81	2:51.05	2:36.94	2:26.93	2:19.01	2:16.75	2:13.92	2:11.59
1:15.72	1:15.72	1:17.04	1:17.69	1:19.53	1:22.65	1:29.48	1:38.57	100BR	1:37.61	1:31.39	1:22.32	1:16.81	1:12.34	1:09.63	1:08.10	1:07.54
2:44.31	2:44.31	2:47.31	2:50.10	2:54.01	2:59.76	3:13.53	3:36.07	200BR	3:34.10	3:15.71	2:58.11	2:47.09	2:38.65	2:32.58	2:29.30	2:29.30
1:04.40	1:04.40	1:05.40	1:06.63	1:08.74	1:12.52	1:18.67	1:31.53	100FL	1:30.93	1:19.05	1:11.88	1:05.73	1:01.86	1:00.01	58.53	58.51
2:24.08	2:25.99	2:28.00	2:31.88	2:37.81	2:48.33	3:09.40		200FL		3:13.05	2:47.43	2:33.92	2:20.71	2:15.72	2:11.09	2:11.09
2:24.96	2:24.96	2:27.71	2:29.84	2:32.80	2:40.13	2:50.53	3:04.45	200IM	3:05.10	2:50.90	2:37.98	2:27.85	2:20.36	2:17.52	2:14.15	2:13.33
5:11.56	5:11.56	5:13.82	5:19.84	5:28.97	5:42.41	6:08.19		400IM		6:10.54	5:36.85	5:17.11	5:01.01	4:53.01	4:45.59	4:45.59

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Female								Event	Male							
<u>17&amp;O</u>	<u>16</u>	<u>15</u>	<u>14</u>	<u>13</u>	<u>12</u>	<u>11</u>	<u>10&amp;U</u>		<u>10&amp;U</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17&amp;O</u>
26.74	26.95	27.20	27.55	28.18	28.88	30.05	32.65	50FR	32.99	30.19	28.31	26.58	25.52	24.76	24.38	24.02
57.63	58.05	58.86	59.77	1:01.11	1:03.26	1:06.61	1:12.78	100FR	1:12.71	1:07.10	1:01.88	58.13	55.59	54.25	53.36	52.46
2:03.53	2:06.53	2:07.48	2:09.67	2:12.15	2:16.57	2:26.70	2:40.08	200FR	2:39.36	2:26.45	2:16.36	2:08.09	2:01.97	1:58.60	1:55.82	1:55.50
4:25.91	4:28.48	4:29.51	4:33.08	4:38.47	4:50.66	5:11.91	5:36.86	400FR	5:37.52	5:08.41	4:49.01	4:31.74	4:20.60	4:11.52	4:06.40	4:06.40
9:14.00	9:14.00	9:20.33	9:25.95	9:41.02	10:01.63	10:43.60	12:23.98	800FR	12:27.94	10:44.64	10:00.94	9:32.09	9:02.61	8:46.01	8:33.54	8:32.80
18:01.48	18:01.48	18:05.65	18:14.54	18:27.48	19:35.24	21:44.30		1500FR		21:38.00	19:41.21	18:17.24	17:23.91	16:49.56	16:27.74	16:26.85
1:05.09	1:05.09	1:05.70	1:06.58	1:09.19	1:12.03	1:16.62	1:23.69	100BK	1:23.20	1:17.80	1:11.42	1:06.15	1:02.43	1:01.10	1:00.00	58.95
2:20.46	2:20.86	2:22.00	2:25.42	2:29.41	2:35.00	2:44.55	2:57.64	200BK	2:55.92	2:46.38	2:32.67	2:23.53	2:15.46	2:13.04	2:11.01	2:08.64
1:13.36	1:13.53	1:15.45	1:16.31	1:17.28	1:21.04	1:26.51	1:34.79	100BR	1:34.56	1:26.65	1:19.50	1:14.41	1:10.51	1:07.74	1:06.82	1:06.13
2:40.06	2:40.06	2:41.75	2:45.29	2:48.90	2:54.62	3:05.29	3:28.51	200BR	3:27.43	3:09.21	2:53.25	2:43.35	2:33.89	2:28.72	2:25.97	2:25.27
1:02.87	1:03.32	1:04.30	1:05.36	1:07.54	1:10.93	1:15.77	1:26.42	100FL	1:27.02	1:16.35	1:09.35	1:04.14	1:00.94	59.02	57.24	56.63
2:19.93	2:21.57	2:23.95	2:26.59	2:32.36	2:44.54	3:01.51		200FL		3:00.10	2:39.35	2:26.85	2:16.78	2:12.95	2:09.39	2:07.70
2:21.26	2:22.36	2:23.74	2:27.47	2:29.77	2:37.08	2:44.98	2:58.96	200IM	2:59.88	2:45.15	2:33.17	2:24.32	2:18.52	2:14.26	2:12.80	2:10.22
5:01.94	5:03.36	5:07.76	5:12.68	5:20.99	5:32.11	5:52.78	6:49.13	400IM	6:50.96	6:01.04	5:25.32	5:11.96	4:54.57	4:46.68	4:40.27	4:40.21