

## LSC National Motivational Times - Female

| A      |                 |           |           |           |           |           |           |                 |
|--------|-----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------------|
| Event  | <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> |
| 50FR   | 33.94           | 31.45     | 29.63     | 28.86     | 28.22     | 27.84     | 27.74     | 27.67           |
| 100FR  | 1:15.79         | 1:09.68   | 1:05.12   | 1:02.83   | 1:01.31   | 1:00.37   | 59.90     | 59.90           |
| 200FR  | 2:47.01         | 2:32.15   | 2:22.92   | 2:17.13   | 2:13.75   | 2:12.03   | 2:11.00   | 2:10.61         |
| 400FR  | 5:59.11         | 5:23.50   | 5:04.47   | 4:51.93   | 4:42.92   | 4:40.26   | 4:38.39   | 4:36.22         |
| 800FR  |                 | 11:32.11  | 10:33.38  | 10:07.95  | 9:50.13   | 9:45.85   | 9:39.70   | 9:39.70         |
| 1500FR |                 |           |           | 19:41.50  | 19:06.08  | 18:54.97  | 18:54.97  | 18:54.97        |
| 50BK   | 40.57           | 37.33     | 34.75     | 33.15     | 32.59     | 32.05     | 31.69     | 31.69           |
| 100BK  | 1:26.20         | 1:20.25   | 1:15.23   | 1:11.59   | 1:09.84   | 1:08.68   | 1:07.60   | 1:07.60         |
| 200BK  | 3:05.76         | 2:51.79   | 2:42.26   | 2:35.02   | 2:30.59   | 2:28.60   | 2:28.27   | 2:27.28         |
| 50BR   | 45.23           | 41.99     | 38.96     | 37.17     | 36.13     | 35.77     | 35.19     | 35.15           |
| 100BR  | 1:39.09         | 1:31.16   | 1:25.05   | 1:20.83   | 1:19.22   | 1:18.76   | 1:17.42   | 1:17.42         |
| 200BR  | 3:37.53         | 3:15.28   | 3:04.58   | 2:56.94   | 2:53.49   | 2:50.37   | 2:48.69   | 2:48.69         |
| 50FL   | 38.56           | 35.10     | 32.41     | 31.01     | 30.21     | 29.85     | 29.41     | 29.41           |
| 100FL  | 1:33.58         | 1:20.34   | 1:13.31   | 1:09.75   | 1:07.64   | 1:06.47   | 1:05.63   | 1:05.63         |
| 200FL  |                 | 3:16.96   | 2:55.10   | 2:42.43   | 2:36.26   | 2:31.55   | 2:30.33   | 2:30.33         |
| 200IM  | 3:08.18         | 2:52.12   | 2:42.90   | 2:35.25   | 2:31.48   | 2:29.22   | 2:28.08   | 2:28.08         |
| 400IM  |                 | 6:16.68   | 5:51.16   | 5:35.30   | 5:26.91   | 5:22.67   | 5:20.19   | 5:18.44         |

| AA     |                 |           |           |           |           |           |           |                 |
|--------|-----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------------|
| Event  | <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> |
| 50FR   | 33.27           | 30.57     | 29.10     | 28.37     | 27.84     | 27.53     | 27.25     | 27.25           |
| 100FR  | 1:14.35         | 1:07.84   | 1:04.14   | 1:01.95   | 1:00.24   | 59.76     | 59.08     | 58.92           |
| 200FR  | 2:43.21         | 2:29.67   | 2:19.79   | 2:14.51   | 2:11.59   | 2:09.86   | 2:08.83   | 2:08.19         |
| 400FR  | 5:47.87         | 5:18.05   | 4:56.58   | 4:46.05   | 4:38.28   | 4:35.60   | 4:31.71   | 4:32.32         |
| 800FR  |                 | 11:08.37  | 10:20.66  | 9:53.51   | 9:38.67   | 9:34.40   | 9:31.32   | 9:30.61         |
| 1500FR |                 |           | 20:02.52  | 19:03.32  | 18:38.53  | 18:28.44  | 18:16.48  | 18:16.48        |
| 50BK   | 39.63           | 36.50     | 34.03     | 32.69     | 32.07     | 31.48     | 31.17     | 31.16           |
| 100BK  | 1:24.58         | 1:18.62   | 1:13.81   | 1:10.03   | 1:08.79   | 1:07.35   | 1:06.19   | 1:06.17         |
| 200BK  | 3:00.55         | 2:48.94   | 2:38.53   | 2:31.90   | 2:28.78   | 2:25.55   | 2:24.41   | 2:23.68         |
| 50BR   | 44.38           | 40.74     | 37.94     | 36.25     | 35.55     | 35.25     | 34.62     | 34.56           |
| 100BR  | 1:36.55         | 1:29.30   | 1:22.65   | 1:19.35   | 1:17.69   | 1:16.77   | 1:15.72   | 1:15.72         |
| 200BR  | 3:30.58         | 3:11.83   | 2:59.76   | 2:53.93   | 2:48.78   | 2:47.31   | 2:44.31   | 2:44.31         |
| 50FL   | 37.25           | 34.02     | 31.62     | 30.56     | 29.79     | 29.24     | 29.05     | 29.03           |
| 100FL  | 1:26.75         | 1:18.12   | 1:11.92   | 1:08.33   | 1:06.44   | 1:05.40   | 1:04.40   | 1:04.40         |
| 200FL  |                 | 3:04.56   | 2:48.33   | 2:37.81   | 2:31.88   | 2:28.00   | 2:25.99   | 2:24.08         |
| 200IM  | 3:02.42         | 2:49.28   | 2:39.32   | 2:32.80   | 2:29.30   | 2:27.71   | 2:24.96   | 2:24.96         |
| 400IM  |                 | 6:07.81   | 5:42.41   | 5:28.29   | 5:19.84   | 5:13.82   | 5:11.56   | 5:11.56         |

| AAA    |                 |           |           |           |           |           |           |                 |
|--------|-----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------------|
| Event  | <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> |
| 50FR   | 32.65           | 30.05     | 28.68     | 28.08     | 27.40     | 27.20     | 26.93     | 26.74           |
| 100FR  | 1:11.90         | 1:06.21   | 1:02.68   | 1:01.11   | 59.49     | 58.86     | 58.05     | 57.63           |
| 200FR  | 2:38.08         | 2:25.44   | 2:16.57   | 2:12.15   | 2:09.21   | 2:07.48   | 2:06.53   | 2:03.53         |
| 400FR  | 5:34.16         | 5:11.55   | 4:49.12   | 4:38.47   | 4:33.08   | 4:29.51   | 4:26.15   | 4:25.91         |
| 800FR  | 12:15.99        | 10:43.60  | 10:01.63  | 9:41.02   | 9:25.95   | 9:19.92   | 9:14.00   | 9:14.00         |
| 1500FR |                 | 21:44.30  | 19:31.81  | 18:27.48  | 18:11.82  | 17:55.33  | 17:44.37  | 17:44.37        |
| 50BK   | 38.53           | 35.10     | 32.96     | 32.04     | 31.42     | 30.81     | 30.55     | 30.41           |
| 100BK  | 1:22.39         | 1:16.62   | 1:12.03   | 1:08.71   | 1:06.58   | 1:05.70   | 1:05.09   | 1:04.80         |
| 200BK  | 2:55.91         | 2:44.55   | 2:35.00   | 2:28.31   | 2:24.85   | 2:22.00   | 2:20.86   | 2:20.46         |
| 50BR   | 43.45           | 38.90     | 36.91     | 35.64     | 34.85     | 34.30     | 33.89     | 33.81           |
| 100BR  | 1:34.15         | 1:26.51   | 1:21.04   | 1:17.28   | 1:15.98   | 1:15.38   | 1:13.53   | 1:13.36         |
| 200BR  | 3:25.13         | 3:05.29   | 2:54.62   | 2:48.90   | 2:45.29   | 2:41.75   | 2:40.06   | 2:40.06         |
| 50FL   | 35.87           | 33.15     | 30.87     | 29.86     | 29.04     | 28.82     | 28.53     | 28.50           |
| 100FL  | 1:23.27         | 1:15.65   | 1:08.98   | 1:06.96   | 1:04.76   | 1:04.30   | 1:03.32   | 1:02.87         |
| 200FL  |                 | 2:57.08   | 2:41.77   | 2:32.22   | 2:26.59   | 2:23.95   | 2:21.57   | 2:19.93         |
| 200IM  | 2:56.63         | 2:44.98   | 2:35.90   | 2:29.77   | 2:26.67   | 2:23.74   | 2:22.36   | 2:21.26         |
| 400IM  | 6:43.83         | 5:52.78   | 5:32.11   | 5:20.99   | 5:12.68   | 5:07.76   | 5:03.36   | 5:01.94         |

## LSC National Motivational Times - Male

| A      |                 |           |           |           |           |           |           |                 |
|--------|-----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------------|
| Event  | <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> |
| 50FR   | 34.31           | 31.47     | 28.80     | 27.38     | 26.15     | 25.46     | 25.00     | 24.78           |
| 100FR  | 1:16.36         | 1:09.29   | 1:03.42   | 59.99     | 57.20     | 55.55     | 54.60     | 54.14           |
| 200FR  | 2:47.01         | 2:32.43   | 2:19.55   | 2:12.29   | 2:06.23   | 2:02.42   | 1:59.85   | 1:59.43         |
| 400FR  | 6:01.21         | 5:22.45   | 4:55.94   | 4:41.28   | 4:30.40   | 4:21.75   | 4:17.31   | 4:17.12         |
| 800FR  |                 | 11:27.03  | 10:14.35  | 9:44.80   | 9:26.06   | 9:07.14   | 9:02.22   | 9:02.22         |
| 1500FR |                 |           |           | 18:54.18  | 18:21.63  | 17:42.51  | 17:33.12  | 17:33.12        |
| 50BK   | 40.91           | 37.85     | 34.28     | 32.21     | 30.57     | 29.57     | 29.03     | 28.85           |
| 100BK  | 1:27.43         | 1:21.12   | 1:14.04   | 1:09.29   | 1:05.81   | 1:03.40   | 1:02.02   | 1:01.59         |
| 200BK  | 3:06.52         | 2:53.32   | 2:39.33   | 2:29.24   | 2:23.50   | 2:19.56   | 2:17.49   | 2:15.84         |
| 50BR   | 46.37           | 42.13     | 37.62     | 35.30     | 33.74     | 32.50     | 31.64     | 31.15           |
| 100BR  | 1:40.48         | 1:31.22   | 1:23.22   | 1:18.01   | 1:13.54   | 1:11.20   | 1:09.68   | 1:08.68         |
| 200BR  | 3:40.88         | 3:17.82   | 2:59.88   | 2:48.30   | 2:42.37   | 2:37.21   | 2:33.49   | 2:32.92         |
| 50FL   | 39.34           | 35.43     | 31.92     | 29.90     | 28.37     | 27.43     | 26.88     | 26.53           |
| 100FL  | 1:33.68         | 1:22.25   | 1:11.06   | 1:06.62   | 1:03.04   | 1:00.90   | 59.36     | 58.80           |
| 200FL  |                 | 3:24.92   | 2:48.61   | 2:33.62   | 2:24.89   | 2:19.22   | 2:14.67   | 2:14.67         |
| 200IM  | 3:08.58         | 2:53.38   | 2:37.99   | 2:29.49   | 2:22.37   | 2:18.32   | 2:16.01   | 2:15.18         |
| 400IM  |                 | 6:21.93   | 5:40.50   | 5:19.68   | 5:07.37   | 4:58.56   | 4:51.80   | 4:51.80         |

| AA     |                 |           |           |           |           |           |           |                 |
|--------|-----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------------|
| Event  | <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> |
| 50FR   | 33.64           | 30.90     | 28.11     | 26.97     | 25.84     | 25.14     | 24.64     | 24.32           |
| 100FR  | 1:14.65         | 1:07.47   | 1:02.13   | 59.01     | 56.49     | 54.89     | 54.01     | 53.43           |
| 200FR  | 2:42.53         | 2:28.56   | 2:18.29   | 2:09.91   | 2:04.16   | 2:00.18   | 1:58.08   | 1:57.25         |
| 400FR  | 5:43.37         | 5:15.01   | 4:51.88   | 4:36.33   | 4:25.93   | 4:15.23   | 4:11.15   | 4:11.15         |
| 800FR  |                 | 10:59.58  | 10:03.49  | 9:35.01   | 9:17.53   | 8:56.74   | 8:51.98   | 8:45.89         |
| 1500FR |                 |           | 19:53.68  | 18:26.35  | 17:53.70  | 17:13.29  | 16:57.25  | 16:57.25        |
| 50BK   | 39.96           | 37.03     | 33.72     | 31.55     | 29.97     | 29.18     | 28.50     | 28.21           |
| 100BK  | 1:25.74         | 1:18.41   | 1:12.26   | 1:07.78   | 1:03.53   | 1:02.13   | 1:00.63   | 1:00.23         |
| 200BK  | 3:02.18         | 2:49.22   | 2:36.50   | 2:26.40   | 2:19.01   | 2:16.11   | 2:13.92   | 2:11.59         |
| 50BR   | 45.09           | 41.20     | 36.93     | 34.68     | 33.14     | 31.71     | 30.82     | 30.64           |
| 100BR  | 1:37.26         | 1:29.80   | 1:20.99   | 1:16.12   | 1:12.34   | 1:09.63   | 1:08.10   | 1:06.92         |
| 200BR  | 3:30.66         | 3:12.60   | 2:55.50   | 2:44.66   | 2:38.65   | 2:32.58   | 2:29.30   | 2:28.18         |
| 50FL   | 37.69           | 34.29     | 31.22     | 29.25     | 28.00     | 27.08     | 26.48     | 26.06           |
| 100FL  | 1:28.64         | 1:18.24   | 1:08.94   | 1:05.34   | 1:01.86   | 1:00.01   | 58.53     | 57.71           |
| 200FL  |                 | 3:09.40   | 2:40.66   | 2:29.28   | 2:20.71   | 2:15.72   | 2:11.09   | 2:11.07         |
| 200IM  | 3:03.67         | 2:48.66   | 2:34.73   | 2:26.92   | 2:20.36   | 2:16.72   | 2:13.81   | 2:13.02         |
| 400IM  |                 | 6:10.54   | 5:34.84   | 5:13.71   | 5:01.01   | 4:52.74   | 4:45.59   | 4:45.59         |

| AAA    |                 |           |           |           |           |           |           |                 |
|--------|-----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------------|
| Event  | <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> |
| 50FR   | 32.74           | 30.15     | 27.57     | 26.58     | 25.52     | 24.76     | 24.31     | 24.02           |
| 100FR  | 1:12.47         | 1:06.12   | 1:00.89   | 58.13     | 55.59     | 54.25     | 53.15     | 52.46           |
| 200FR  | 2:39.29         | 2:25.47   | 2:15.02   | 2:06.85   | 2:01.97   | 1:58.60   | 1:55.82   | 1:55.19         |
| 400FR  | 5:36.44         | 5:02.80   | 4:46.70   | 4:30.18   | 4:20.60   | 4:11.52   | 4:06.40   | 4:05.73         |
| 800FR  | 12:15.19        | 10:37.32  | 9:56.17   | 9:23.96   | 9:02.61   | 8:46.01   | 8:33.54   | 8:29.07         |
| 1500FR |                 | 21:38.00  | 19:11.39  | 18:07.88  | 17:23.91  | 16:49.56  | 16:27.74  | 16:26.85        |
| 50BK   | 38.55           | 35.67     | 32.75     | 30.57     | 29.12     | 28.39     | 28.01     | 27.46           |
| 100BK  | 1:22.55         | 1:16.06   | 1:10.38   | 1:06.15   | 1:02.43   | 1:00.54   | 1:00.00   | 58.95           |
| 200BK  | 2:55.92         | 2:43.35   | 2:32.67   | 2:23.53   | 2:15.46   | 2:13.04   | 2:11.01   | 2:08.64         |
| 50BR   | 42.39           | 39.93     | 35.53     | 34.14     | 32.30     | 30.86     | 30.30     | 30.05           |
| 100BR  | 1:33.03         | 1:26.65   | 1:18.00   | 1:14.41   | 1:10.51   | 1:07.74   | 1:06.74   | 1:06.13         |
| 200BR  | 3:20.55         | 3:07.52   | 2:49.53   | 2:42.03   | 2:33.89   | 2:28.72   | 2:25.97   | 2:25.27         |
| 50FL   | 35.80           | 33.26     | 30.22     | 28.74     | 27.69     | 26.64     | 26.06     | 25.60           |
| 100FL  | 1:23.45         | 1:14.87   | 1:07.24   | 1:03.35   | 1:00.94   | 59.02     | 57.24     | 56.63           |
| 200FL  |                 | 2:52.57   | 2:34.38   | 2:24.73   | 2:16.78   | 2:12.95   | 2:09.39   | 2:07.70         |
| 200IM  | 2:58.03         | 2:42.88   | 2:31.43   | 2:24.32   | 2:18.13   | 2:13.88   | 2:11.23   | 2:10.22         |
| 400IM  | 6:36.14         | 5:48.86   | 5:25.32   | 5:09.77   | 4:54.30   | 4:45.58   | 4:40.27   | 4:40.21         |