

Boys/Men (LC)		Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17		Age 18/Over	
Stroke		2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto
50m Freestyle		31.70	30.80	30.50	29.40	28.70	27.60	27.00	26.30	26.70	26.00	26.00	25.20	25.30	24.50
100m Freestyle		1.09.60	1.07.70	1.05.20	1.03.90	1.01.70	59.50	58.10	56.50	57.00	55.50	56.50	54.70	54.40	53.20
200m Freestyle		2.30.50	2.26.50	2.22.00	2.18.40	2.12.50	2.09.90	2.07.20	2.03.80	2.06.50	2.03.70	2.03.50	2.01.20	2.03.00	1.57.30
400m Freestyle		5.18.60	5.10.40	4.58.00	4.51.90	4.42.90	4.34.10	4.29.50	4.25.50	4.27.20	4.21.20	4.23.00	4.19.30	4.21.00	4.15.50
800m Freestyle *		10.46.60	10.09.60	10.10.00	9.40.20	9.36.60	9.17.70	9.33.90	9.13.50	9.33.90	9.10.30	9.33.90	9.09.70	9.33.90	9.09.00
1500m Freestyle		20.41.80	19.28.10	19.17.00	18.51.10	18.30.00	17.53.90	18.20.00	17.34.00	17.53.20	17.22.40	17.51.00	17.14.30	17.45.00	17.09.10
50m Breaststroke		42.70	40.90	40.00	38.30	37.30	35.30	34.30	33.10	33.50	32.80	33.40	31.90	32.20	30.70
100m Breaststroke		1.33.20	1.29.80	1.27.60	1.23.80	1.20.20	1.16.90	1.14.10	1.11.40	1.13.70	1.10.70	1.11.10	1.09.20	1.10.90	1.06.60
200m Breaststroke		3.17.10	3.11.40	3.07.50	3.00.50	2.54.40	2.45.60	2.44.00	2.37.70	2.41.10	2.37.60	2.36.50	2.32.70	2.36.30	2.27.30
50m Butterfly		35.60	34.10	33.50	32.30	31.40	30.00	29.10	28.30	28.70	27.70	28.00	27.30	27.30	26.40
100m Butterfly		1.21.30	1.17.40	1.16.20	1.12.20	1.10.10	1.07.00	1.04.10	1.02.10	1.02.90	1.01.20	1.01.50	59.60	1.00.30	58.50
200m Butterfly		3.08.00	2.56.40	2.59.10	2.45.60	2.41.30	2.32.00	2.27.70	2.21.90	2.27.00	2.20.20	2.23.50	2.15.70	2.19.00	2.12.60
50m Backstroke		37.10	35.60	35.30	33.80	33.00	31.70	31.00	29.90	31.00	29.80	29.50	28.80	29.40	28.20
100m Backstroke		1.19.30	1.16.90	1.14.80	1.12.50	1.11.80	1.07.50	1.05.40	1.04.20	1.05.00	1.03.30	1.03.50	1.01.50	1.03.50	1.01.10
200m Backstroke		2.47.30	2.42.80	2.38.90	2.35.10	2.31.00	2.24.80	2.21.70	2.19.30	2.21.70	2.17.40	2.21.70	2.14.30	2.21.70	2.13.10
200m Ind Medley		2.50.70	2.46.70	2.41.80	2.37.90	2.32.70	2.25.20	2.25.60	2.21.00	2.22.30	2.18.10	2.20.00	2.16.10	2.20.00	2.14.30
400m Ind Medley		6.12.00	5.57.30	5.46.50	5.39.90	5.27.70	5.09.80	5.04.30	4.59.20	5.03.10	4.58.80	5.00.00	4.55.00	5.00.00	4.54.20
Boys/Men (SC)		Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17		Age 18/Over	
Stroke		2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto
50m Freestyle															
100m Freestyle															
200m Freestyle															
400m Freestyle															
800m Freestyle *															
1500m Freestyle															
50m Breaststroke															
100m Breaststroke															
200m Breaststroke															
50m Butterfly															
100m Butterfly															
200m Butterfly															
50m Backstroke															
100m Backstroke															
200m Backstroke															
200m Ind Medley															
400m Ind Medley															

Girls/Ladies (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto
50m Freestyle	31.70	31.10	30.90	30.00	29.90	29.30	29.40	28.30	29.30	28.20	28.70	27.60
100m Freestyle	1.09.20	1.07.80	1.07.10	1.05.40	1.04.70	1.03.50	1.02.80	1.01.30	1.02.70	1.01.20	1.00.60	59.50
200m Freestyle	2.30.70	2.27.40	2.24.20	2.21.60	2.20.00	2.17.10	2.16.00	2.12.80	2.15.90	2.12.70	2.13.00	2.08.90
400m Freestyle	5.17.80	5.12.30	5.05.30	4.58.40	4.53.50	4.47.00	4.44.70	4.38.20	4.44.50	4.38.10	4.40.00	4.35.70
800m Freestyle	10.40.00	10.31.10	10.14.00	10.00.90	9.58.00	9.42.70	9.55.00	9.35.50	9.54.30	9.32.50	9.51.00	9.31.30
1500m Freestyle	20.35.00	19.46.80	20.21.00	19.02.30	20.15.80	18.50.00	19.35.00	19.00.00	19.32.00	19.00.00	19.30.00	19.00.00
50m Breaststroke	41.60	40.20	39.80	38.50	38.80	37.40	37.40	35.70	37.60	36.50	36.70	34.80
100m Breaststroke	1.30.30	1.28.00	1.26.90	1.24.30	1.24.50	1.21.40	1.20.40	1.18.50	1.19.90	1.18.40	1.17.90	1.16.40
200m Breaststroke	3.14.70	3.10.00	3.06.50	3.00.60	3.00.00	2.56.10	2.55.60	2.49.40	2.55.30	2.49.30	2.54.30	2.46.30
50m Butterfly	34.80	33.90	33.70	32.70	32.50	31.40	31.50	30.20	31.80	30.60	30.50	29.80
100m Butterfly	1.20.80	1.16.60	1.16.40	1.13.60	1.12.90	1.10.50	1.10.30	1.07.30	1.09.90	1.07.20	1.07.30	1.06.00
200m Butterfly	3.08.50	2.55.90	2.54.50	2.45.50	2.48.30	2.38.60	2.39.50	2.31.50	2.37.50	2.31.00	2.36.40	2.29.10
50m Backstroke	36.10	35.40	35.30	34.40	34.10	33.30	33.50	31.90	33.30	31.70	32.70	31.80
100m Backstroke	1.18.20	1.16.20	1.15.10	1.13.20	1.13.20	1.11.00	1.10.70	1.08.90	1.09.30	1.07.80	1.08.30	1.06.70
200m Backstroke	2.47.10	2.41.80	2.40.20	2.37.70	2.36.60	2.31.70	2.32.50	2.28.40	2.31.00	2.27.10	2.27.50	2.23.60
200m Ind Medley	2.51.50	2.48.00	2.44.00	2.40.50	2.39.90	2.36.70	2.33.80	2.28.90	2.34.60	2.31.00	2.31.10	2.26.00
400m Ind Medley	6.12.00	5.58.70	5.51.00	5.43.60	5.41.50	5.36.30	5.30.00	5.18.10	5.29.50	5.17.80	5.19.80	5.13.90
Girls/Ladies (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto	2019 Base	2019 Auto
50m Freestyle												
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100m Backstroke												
200m Backstroke												
200m Ind Medley												
400m Ind Medley												