

## 2009 Dunes West Swordfish Age Group Motivational Time Standards Short Course Meters

### 8 & Under Girls

A	AA	AAA	AAAA		AAAA	AAA	AA	A
21.66	20.81	19.80	18.41	25 M FREE	18.11	19.94	20.83	22.14
29.25	26.89	24.09	22.64	25 M BACK	23.20	25.87	28.27	31.98
31.18	28.56	26.81	25.75	25 M BREAST	24.82	27.90	30.39	32.52
30.21	25.1	23.62	19.57	25 M FLY	22.16	23.81	27.50	31.65

### 8 & Under Boys

### 9 - 10 Girls

A	AA	AAA	AAAA		AAAA	AAA	AA	A
42.45	39.78	36.95	33.41	50 M Free	36.18	37.47	39.12	43.49
56.06	51.14	47.68	42.98	50 M Back	43.51	47.13	53.7	58.39
59.01	54.64	52.34	46.12	50 M Breast	47.63	51.84	54.39	01:05.0
1:01	49.16	44.44	39.23	50 M Fly	42.37	44.94	51.83	1:01
1:56	1:46	1:38	01:26.5	100 M IM	1:32	1:41	1:46	1:58

### 9-10 Boys

### 11-12 Girls

A	AA	AAA	AAAA		AAAA	AAA	AA	A
37.12	35.71	33.75	31.37	50 M Free	31.25	33.31	36.94	40.24
46.69	43.57	41.43	38.14	50 M Back	37.01	42.59	47.41	49.75
49.98	48.52	45.02	41.01	50 M Breast	41.34	44.76	46.36	52.34
46.22	42.42	37.01	35.08	50 M Fly	35.98	39.31	44.67	49.76
1:38	1:31	1:23	1:19	100 M IM	1:20	1:27	1:36	1:42

### 11-12 Boys

### 13-14 Girls

A	AA	AAA	AAAA		AAAA	AAA	AA	A
36.21	34.24	32.82	30.85	50 M Free	28.19	29.66	32.02	34.51
44.58	41.81	39.11	35.65	50 M Back	34.11	37.76	40.15	46.78
48.07	45.62	43.49	37.04	50 M Breast	36.66	39.14	41.32	44.86
41.74	37.91	34.72	33.36	50 M Fly	30.49	32.91	36.94	42.16
1:30	1:26	1:20	1:14	100 M IM	1:08	1:15	1:21	1:28

### 13-14 Boys

**15-18 Girls****15-18 Boys**

A	AA	AAA	AAAA		AAAA	AAA	AA	A
32.39	31.17	30.62	28.31	50 M Free	25.73	26.99	28.5	30.49
41.43	37.71	35.64	33.95	50 M Back	31.23	32.96	37.25	42.33
44.02	41.4	39.67	37.18	50 M Breast	33.16	35.36	38.63	42.78
37.43	35.24	33.35	31.86	50 M Fly	28.15	30.08	31.56	35.62
1:23	1:19	1:14	1:12	100 M IM	1:06	1:08	1:13	1:22