

## 2009-2012 National Age Group Motivational Times

9/12/2008

## AAAA Time Standard Change Analysis - Girls

		10 Unders		11 - 12s		13 - 14s		15 - 16s		17 - 18s	
		AAAA	% Chg	AAAA	% Chg	AAAA	% Chg	AAAA	% Chg	AAAA	% Chg
50 Freestyle	LCM	32.09	0.31	29.69	0.00	28.39	1.05	27.79	1.77	27.59	2.13
100 Freestyle	LCM	1:10.79	0.00	1:04.29	0.77	1:01.59	0.96	1:00.09	1.31	59.89	1.16
200 Freestyle	LCM	2:33.49	0.13	2:17.99	0.93	2:12.79	0.52	2:08.79	1.53	2:08.29	1.00
400 Freestyle	LCM	5:20.19	0.99	4:50.79	0.00	4:37.09	0.00	4:30.29	1.06	4:30.69	0.00
800 Freestyle	LCM	--	0.00	10:08.79	0.10	9:26.99	0.00	9:17.49	0.75	9:14.69	0.00
1500 Freestyle	LCM	--	0.00	19:33.09	0.24	18:04.79	0.00	17:54.79	0.00	17:44.89	0.00
50 Backstroke	LCM	37.59	0.00	34.19	0.29	--	0.00	--	0.00	--	0.00
100 Backstroke	LCM	1:21.69	0.00	1:11.59	3.50	1:08.09	2.85	1:06.79	2.48	1:07.19	1.32
200 Backstroke	LCM	--	0.00	2:37.69	0.25	2:26.49	2.33	2:23.79	1.78	2:23.99	1.03
50 Breaststroke	LCM	41.59	0.00	36.89	0.00	--	0.00	--	0.00	--	0.00
100 Breaststroke	LCM	1:31.69	0.11	1:21.59	0.00	1:17.89	0.13	1:15.79	1.30	1:14.69	2.48
200 Breaststroke	LCM	--	0.00	2:58.19	0.00	2:47.99	0.00	2:42.49	1.46	2:42.19	1.70
50 Butterfly	LCM	35.59	0.00	31.79	0.93	--	0.00	--	0.00	--	0.00
100 Butterfly	LCM	1:20.49	0.86	1:11.09	0.00	1:06.89	1.04	1:04.99	2.11	1:04.19	2.43
200 Butterfly	LCM	--	0.00	2:36.89	1.81	2:27.19	0.74	2:22.29	1.25	2:21.39	0.49
200 Individual Medley	LCM	2:53.39	0.34	2:37.29	0.25	2:29.99	0.60	2:26.39	0.48	2:25.09	1.43
400 Individual Medley	LCM	--	0.00	5:35.99	0.91	5:15.89	0.35	5:06.79	1.67	5:07.99	0.90
50 Freestyle	SCM	31.29	0.64	28.69	0.69	27.69	0.00	27.09	0.73	26.89	1.10
100 Freestyle	SCM	1:08.69	0.58	1:00.99	0.00	1:00.09	0.17	58.69	0.68	57.89	1.36
200 Freestyle	SCM	2:28.59	0.00	2:15.29	0.15	2:09.39	0.31	2:05.99	0.87	2:05.19	0.87
400 Freestyle	SCM	5:12.79	0.00	4:42.79	0.00	4:30.29	0.00	4:25.99	0.30	4:24.19	0.34
800 Freestyle	SCM	--	0.00	9:50.89	0.17	9:17.19	0.00	9:08.19	0.00	9:06.49	0.00
1500 Freestyle	SCM	--	0.00	18:50.59	0.16	17:34.49	0.00	17:22.99	0.00	17:13.59	0.00
50 Backstroke	SCM	36.19	0.28	32.79	0.91	--	0.00	--	0.00	--	0.00
100 Backstroke	SCM	1:17.89	0.00	1:10.49	0.98	1:06.19	0.30	1:04.39	1.68	1:03.99	1.23
200 Backstroke	SCM	--	0.00	2:30.79	0.72	2:22.39	0.00	2:19.09	1.35	2:18.69	0.36
50 Breaststroke	SCM	40.09	0.00	36.49	0.55	--	0.00	--	0.00	--	0.00
100 Breaststroke	SCM	1:28.39	0.00	1:18.99	0.00	1:15.09	0.53	1:13.19	0.81	1:12.79	1.49
200 Breaststroke	SCM	--	0.00	2:51.09	0.41	2:41.29	0.74	2:37.39	1.13	2:36.89	1.57
50 Butterfly	SCM	34.79	0.00	31.39	0.63	--	0.00	--	0.00	--	0.00
100 Butterfly	SCM	1:18.79	0.00	1:09.39	0.43	1:05.59	0.30	1:04.09	0.77	1:03.29	0.78
200 Butterfly	SCM	--	0.00	2:33.29	0.71	2:23.69	0.00	2:19.69	1.48	2:17.99	1.00
100 Individual Medley	SCM	1:18.99	0.63	1:11.49	0.28	--	0.00	--	0.00	--	0.00
200 Individual Medley	SCM	2:48.69	0.00	2:32.29	0.65	2:25.49	0.55	2:22.19	0.84	2:20.49	1.13
400 Individual Medley	SCM	--	0.00	5:24.99	0.58	5:07.29	0.55	4:59.59	1.35	4:59.39	0.86
50 Freestyle	SCY	28.29	0.70	25.99	0.76	25.09	0.00	24.49	0.81	24.29	1.22
100 Freestyle	SCY	1:02.19	0.64	55.19	0.00	54.39	0.18	53.19	0.56	52.39	1.50
200 Freestyle	SCY	2:14.39	0.00	2:02.39	0.16	1:57.09	0.34	1:54.09	0.78	1:53.29	0.87
500 Freestyle	SCY	5:57.39	0.00	5:23.09	0.00	5:08.79	0.00	5:03.99	0.26	5:01.79	0.36
1000 Freestyle	SCY	--	0.00	11:15.19	0.16	10:36.69	0.00	10:26.39	0.00	10:24.39	0.00
1650 Freestyle	SCY	--	0.00	18:57.19	0.16	17:40.69	0.00	17:29.09	0.00	17:19.69	0.00
50 Backstroke	SCY	32.79	0.00	29.69	1.00	--	0.00	--	0.00	--	0.00
100 Backstroke	SCY	1:10.49	0.00	1:03.79	0.93	59.89	0.33	58.29	1.52	57.89	1.19
200 Backstroke	SCY	--	0.00	2:16.49	0.73	2:08.89	0.00	2:05.89	1.33	2:05.49	0.32
50 Breaststroke	SCY	36.29	0.00	33.09	0.30	--	0.00	--	0.00	--	0.00
100 Breaststroke	SCY	1:19.99	0.00	1:11.49	0.00	1:07.89	0.59	1:06.19	0.90	1:05.89	1.35
200 Breaststroke	SCY	--	0.00	2:34.79	0.45	2:25.89	0.75	2:22.49	1.11	2:21.99	1.53
50 Butterfly	SCY	31.49	0.00	28.39	0.70	--	0.00	--	0.00	--	0.00
100 Butterfly	SCY	1:11.29	0.00	1:02.79	0.48	59.39	0.34	57.99	0.85	57.29	0.87
200 Butterfly	SCY	--	0.00	2:18.79	0.72	2:10.09	0.00	2:06.39	1.48	2:04.89	1.03
100 Individual Medley	SCY	1:11.49	0.56	1:04.69	0.31	--	0.00	--	0.00	--	0.00
200 Individual Medley	SCY	2:32.69	0.00	2:17.89	0.65	2:11.69	0.53	2:08.69	0.85	2:07.19	1.09
400 Individual Medley	SCY	--	0.00	4:54.09	0.57	4:38.09	0.57	4:31.19	1.35	4:30.99	0.84

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		10 Unders		11 - 12s		13 - 14s		15 - 16s		17 - 18s	
		AAAA	% Chg	AAAA	% Chg	AAAA	% Chg	AAAA	% Chg	AAAA	% Chg
50 Freestyle	LCM	31.99	0.31	28.49	1.04	26.49	1.12	25.19	1.95	24.49	2.39
100 Freestyle	LCM	1:10.19	0.00	1:02.49	0.16	57.79	0.86	55.19	1.60	54.09	1.46
200 Freestyle	LCM	2:30.89	0.00	2:15.59	0.51	2:05.39	1.18	1:59.99	1.32	1:57.99	1.09
400 Freestyle	LCM	5:20.99	0.00	4:46.29	0.62	4:24.99	0.90	4:13.99	1.05	4:11.29	0.40
800 Freestyle	LCM	--	0.00	10:04.69	1.18	9:10.69	0.31	8:46.69	0.45	8:44.19	0.00
1500 Freestyle	LCM	--	0.00	19:27.39	1.02	17:26.19	1.44	16:49.19	0.83	16:38.19	0.00
50 Backstroke	LCM	37.59	0.79	33.49	0.00	--	0.00	--	0.00	--	0.00
100 Backstroke	LCM	1:20.89	0.49	1:11.79	0.14	1:05.09	0.91	1:01.79	1.44	1:00.49	1.63
200 Backstroke	LCM	--	0.00	2:34.29	2.22	2:20.59	0.57	2:12.39	1.93	2:12.19	0.00
50 Breaststroke	LCM	41.99	0.00	36.99	0.00	--	0.00	--	0.00	--	0.00
100 Breaststroke	LCM	1:32.19	0.00	1:19.99	1.23	1:11.19	2.60	1:09.79	0.99	1:08.59	0.00
200 Breaststroke	LCM	--	0.00	2:55.69	0.23	2:39.29	0.19	2:32.49	0.00	2:28.79	0.20
50 Butterfly	LCM	35.09	0.00	30.99	1.27	--	0.00	--	0.00	--	0.00
100 Butterfly	LCM	1:19.79	0.75	1:09.49	0.71	1:02.19	1.27	59.29	1.82	58.29	1.02
200 Butterfly	LCM	--	0.00	2:36.19	1.33	2:18.89	0.79	2:11.79	1.05	2:08.29	1.99
200 Individual Medley	LCM	2:52.99	0.00	2:34.49	0.00	2:22.09	0.28	2:16.39	0.80	2:12.39	0.97
400 Individual Medley	LCM	--	0.00	5:32.59	1.10	5:01.39	0.50	4:46.19	0.87	4:41.59	1.12
50 Freestyle	SCM	30.99	0.64	27.69	0.00	25.49	0.78	24.49	0.00	23.69	1.66
100 Freestyle	SCM	1:07.99	0.00	1:00.59	0.33	55.49	1.07	53.39	0.37	51.89	1.33
200 Freestyle	SCM	2:26.89	0.00	2:11.69	0.30	2:01.09	0.49	1:56.09	0.60	1:54.19	0.17
400 Freestyle	SCM	5:09.89	0.00	4:39.29	0.00	4:16.69	1.23	4:08.39	0.28	4:03.29	0.00
800 Freestyle	SCM	--	0.00	9:44.19	0.78	8:53.29	0.73	8:34.69	0.00	8:28.39	0.00
1500 Freestyle	SCM	--	0.00	18:36.59	0.95	16:45.39	1.18	16:21.19	0.00	16:03.19	0.00
50 Backstroke	SCM	36.29	0.27	31.99	0.62	--	0.00	--	0.00	--	0.00
100 Backstroke	SCM	1:17.89	0.51	1:08.69	0.00	1:02.09	0.96	59.09	0.34	57.29	1.21
200 Backstroke	SCM	--	0.00	2:27.79	0.61	2:13.69	0.89	2:07.99	0.23	2:04.79	0.00
50 Breaststroke	SCM	40.39	0.49	35.49	0.56	--	0.00	--	0.00	--	0.00
100 Breaststroke	SCM	1:28.19	1.01	1:16.99	0.65	1:09.69	0.29	1:06.59	0.45	1:05.29	0.00
200 Breaststroke	SCM	--	0.00	2:47.09	0.06	2:31.19	0.00	2:25.19	0.00	2:22.19	0.35
50 Butterfly	SCM	34.59	0.00	30.39	0.98	--	0.00	--	0.00	--	0.00
100 Butterfly	SCM	1:18.19	0.26	1:07.49	0.74	1:00.79	0.82	58.09	0.68	56.69	0.87
200 Butterfly	SCM	--	0.00	2:30.19	1.89	2:15.59	0.44	2:08.99	0.77	2:05.29	0.00
100 Individual Medley	SCM	1:18.39	0.25	1:08.89	1.01	--	0.00	--	0.00	--	0.00
200 Individual Medley	SCM	2:48.49	0.00	2:29.09	0.20	2:15.59	1.17	2:10.69	0.38	2:07.29	0.62
400 Individual Medley	SCM	--	0.00	5:17.99	0.93	4:50.49	0.65	4:38.29	0.43	4:33.09	0.26
50 Freestyle	SCY	27.99	1.06	25.09	0.00	22.99	1.29	22.19	0.00	21.49	1.38
100 Freestyle	SCY	1:01.49	0.00	54.79	0.36	50.29	0.98	48.29	0.41	46.89	1.47
200 Freestyle	SCY	2:12.89	0.00	1:59.19	0.25	1:49.59	0.45	1:45.09	0.57	1:43.29	0.19
500 Freestyle	SCY	5:54.09	0.00	5:19.09	0.00	4:53.29	1.25	4:43.79	0.28	4:37.99	0.00
1000 Freestyle	SCY	--	0.00	11:07.59	0.77	10:09.39	0.72	9:48.19	0.00	9:40.89	0.00
1650 Freestyle	SCY	--	0.00	18:43.09	0.95	16:51.29	1.17	16:26.99	0.00	16:08.79	0.00
50 Backstroke	SCY	32.79	0.30	28.99	0.69	--	0.00	--	0.00	--	0.00
100 Backstroke	SCY	1:10.49	0.42	1:02.19	0.00	56.19	1.06	53.49	0.37	51.79	1.33
200 Backstroke	SCY	--	0.00	2:13.79	0.59	2:00.99	0.90	1:55.79	0.26	1:52.99	0.00
50 Breaststroke	SCY	36.49	0.55	32.09	0.62	--	0.00	--	0.00	--	0.00
100 Breaststroke	SCY	1:19.79	0.99	1:09.69	0.57	1:03.09	0.32	1:00.29	0.50	59.09	0.00
200 Breaststroke	SCY	--	0.00	2:31.29	0.07	2:16.79	0.00	2:11.39	0.00	2:08.69	0.39
50 Butterfly	SCY	31.29	0.00	27.59	0.72	--	0.00	--	0.00	--	0.00
100 Butterfly	SCY	1:10.79	0.14	1:01.09	0.65	54.99	0.90	52.59	0.75	51.29	0.97
200 Butterfly	SCY	--	0.00	2:15.89	1.88	2:02.79	0.32	1:56.69	0.77	1:53.39	0.00
100 Individual Medley	SCY	1:10.89	0.28	1:02.39	0.95	--	0.00	--	0.00	--	0.00
200 Individual Medley	SCY	2:32.49	0.00	2:14.99	0.15	2:02.79	1.05	1:58.29	0.34	1:55.19	0.69
400 Individual Medley	SCY	--	0.00	4:47.79	0.93	4:22.89	0.64	4:11.89	0.43	4:07.09	0.24