

# NATIONAL DEVELOPMENT SQUAD TIMES

Swimmer's age as 31st December

BOYS							GIRLS						
12 YEAR	13 YEAR	14 YEAR	15 YEAR	16 YEAR	17+ YEAR		11 YEAR	12 YEAR	13 YEAR	14 YEAR	15 YEAR	16 YEAR	17+ YEAR
01:04.23	1:00.65	58.28	56.75	55.63	54.52	<b>100M FREE</b>	01:08.35	01:05.30	01:03.43	01:02.26	01:01.48	01:01.12	01:00.43
02:19.40	02:12.12	02:06.48	02:03.40	02:01.21	01:58.88	<b>200M FREE</b>	02:27.97	02:21.27	02:15.94	02:13.99	02:12.11	02:11.04	02:08.97
04:51.59	04:37.41	04:27.30	04:20.96	04:15.68	04:10.15	<b>400M FREE</b>	05:08.45	04:53.46	04:43.76	04:39.00	04:35.29	04:34.45	04:29.97
09:55.00	09:45.00	09:35.00	09:11.37	09:01.45	08:49.47	<b>800M FREE</b>	10:40.72	10:05.95	09:43.93	09:33.24	09:26.49	09:24.19	09:18.10
18:40.73	18:17.71	17:38.13	17:13.82	16:55.21	16:32.76	<b>1500M FREE</b>	19:50.58	18:50.58	18:40.58	18:20.58	18:07.64	18:03.25	17:51.54
01:12.53	01:08.46	01:05.14	01:03.14	01:01.95	01:00.37	<b>100M BACK</b>	01:17.39	01:12.85	01:10.60	01:09.29	01:08.03	01:07.75	01:06.56
02:34.66	02:26.80	02:20.34	02:15.69	02:13.67	02:10.57	<b>200M BACK</b>	02:44.21	02:35.84	02:31.63	02:27.76	02:25.41	02:24.12	02:22.12
01:22.04	01:16.83	01:13.77	01:11.36	01:09.77	01:08.14	<b>100M BREAST</b>	01:27.73	01:23.10	01:19.73	01:17.51	01:16.71	01:16.39	01:15.37
02:57.54	02:46.64	02:39.04	02:34.96	02:32.34	02:28.05	<b>200M BREAST</b>	03:09.76	02:58.40	02:51.06	02:47.00	02:45.74	02:44.68	02:43.06
01:11.94	01:07.67	01:04.77	01:02.25	01:01.43	59.66	<b>100M FLY</b>	01:17.08	01:13.25	01:10.35	01:08.54	01:07.94	01:07.62	01:06.45
02:38.41	02:30.03	02:23.14	02:17.64	02:15.02	02:10.82	<b>200M FLY</b>	02:51.76	02:41.13	02:34.22	02:29.61	02:27.21	02:27.19	02:24.84
02:38.38	02:30.01	02:23.25	02:18.87	02:16.46	02:13.67	<b>200 IM</b>	02:47.17	02:39.58	02:34.57	02:31.15	02:29.17	02:28.55	02:26.57
05:34.60	05:16.70	05:04.00	04:54.74	04:49.29	04:43.86	<b>400 IM</b>	05:57.00	05:36.18	05:24.19	05:18.11	05:12.31	05:11.99	05:06.57

# A SQUAD TIMES

Swimmer's age as 31st December

BOYS								GIRLS						
10/11 YEAR	12 YEAR	13 YEAR	14 YEAR	15 YEAR	16 YEAR	17 YEAR		10/11 YEAR	12 YEAR	13 YEAR	14 YEAR	15 YEAR	16 YEAR	17 YEAR
1:12.37	1:08.01	1:04.22	1:00.57	58.98	57.81	55.06	<b>100M FREE</b>	01:12.37	01:09.14	01:07.17	01:04.70	01:03.89	01:03.52	01:01.03
02:36.78	02:27.60	02:19.89	02:11.44	02:08.24	02:05.96	02:00.05	<b>200M FREE</b>	02:36.68	02:29.58	02:23.93	02:19.24	02:17.29	02:16.18	02:10.24
05:26.08	05:08.74	04:53.73	04:37.78	04:31.19	04:25.71	04:12.62	<b>400M FREE</b>	05:26.59	05:10.73	05:00.46	04:49.94	04:46.08	04:45.21	04:32.65
11:18.41	10:41.60	10:18.28	09:55.72	09:32.99	09:22.68	08:54.71	<b>800M FREE</b>	11:18.41	10:41.60	10:18.28	09:55.72	09:48.70	09:46.32	09:23.62
20:25.83	20:25.83	19:22.29	18:19.62	17:54.36	17:35.02	16:42.59	<b>1500M FREE</b>				19:03.74	18:50.29	18:45.73	18:02.15
01:21.94	01:16.80	01:12.49	01:07.69	01:05.61	01:04.38	01:00.97	<b>100M BACK</b>	01:21.94	01:17.13	01:14.76	01:12.01	01:10.70	01:10.41	01:07.22
02:54.68	02:43.76	02:35.43	02:25.85	02:21.01	02:18.91	02:11.87	<b>200M BACK</b>	02:53.87	02:45.00	02:40.55	02:33.55	02:31.11	02:29.77	02:23.52
01:32.89	01:26.86	01:21.35	01:16.66	01:14.16	01:12.50	01:08.82	<b>100M BREAST</b>	01:32.89	01:27.99	01:24.42	01:20.55	01:19.72	01:19.38	01:16.11
03:21.45	03:07.98	02:56.44	02:45.28	02:41.04	02:38.31	02:29.51	<b>200M BREAST</b>	03:20.92	03:08.89	03:01.13	02:53.55	02:52.24	02:51.14	02:44.68
01:21.62	01:16.17	01:11.65	01:07.31	01:04.69	01:03.84	01:00.25	<b>100M FLY</b>	01:21.62	01:17.55	01:14.49	01:11.23	01:10.61	01:10.27	01:07.11
03:00.05	02:47.72	02:38.86	02:28.75	02:23.04	02:20.31	02:12.11	<b>200M FLY</b>	03:01.86	02:50.61	02:43.30	02:35.48	02:32.98	02:32.96	02:26.28
02:57.71	02:47.69	02:38.84	02:28.87	02:24.32	02:21.81	02:15.00	<b>200 IM</b>	02:57.00	02:48.97	02:43.66	02:37.08	02:35.02	02:34.38	02:28.02
06:21.36	05:54.28	05:35.33	05:15.92	05:06.30	05:00.64	04:46.67	<b>400 IM</b>	06:18.00	05:55.96	05:43.26	05:30.58	05:24.56	05:24.22	05:09.60

# GOLD SQUAD TIMES

Swimmer's age as 31st December

BOYS						GIRLS				
10/11 YEARS	12 YEARS	13 YEARS	14 YEARS	15 YEARS		10/11 YEARS	12 YEARS	13 YEARS	14 YEARS	15 YEARS
01:23.09	01:15.56	01:11.35	01:08.57	01:06.77	<b>100m FREE</b>	01:23.09	01:16.82	01:14.63	01:13.25	01:12.32
03:00.01	02:44.00	02:35.44	02:28.80	02:25.18	<b>200M FREE</b>	02:59.89	02:46.20	02:39.92	02:37.63	02:35.42
06:14.39	05:43.04	05:26.36	05:14.47	05:07.01	<b>400M FREE</b>	06:14.98	05:45.25	05:33.84	05:28.24	05:23.87
12:58.92	11:52.88	11:26.98	11:14.40	10:48.67	<b>800M FREE</b>	12:58.92	11:52.88	11:26.98	11:14.40	11:06.46
	22:42.04	21:31.43	20:44.86	20:16.26	<b>1500M FREE</b>				21:34.80	21:19.57
01:34.08	01:25.33	01:20.54	01:16.63	01:14.28	<b>100M BACK</b>	01:34.08	01:25.70	01:23.06	01:21.52	01:20.04
03:20.56	03:01.96	02:52.70	02:45.11	02:39.64	<b>200M BACK</b>	03:19.63	03:03.34	02:58.39	02:53.83	02:51.07
01:46.65	01:36.52	01:30.38	01:26.78	01:23.95	<b>100M BREAST</b>	01:46.65	01:37.76	01:33.80	01:31.19	01:30.25
03:51.30	03:28.87	03:16.04	03:07.10	03:02.30	<b>200M BREAST</b>	03:50.69	03:29.88	03:21.25	03:16.48	03:14.99
01:33.71	01:24.64	01:19.61	01:16.20	01:13.24	<b>100M FLY</b>	01:33.71	01:26.17	01:22.76	01:20.64	01:19.93
03:26.72	03:06.36	02:56.51	02:48.40	02:41.93	<b>200M FLY</b>	03:28.80	03:09.56	03:01.44	02:56.02	02:53.18
03:24.04	03:06.32	02:56.48	02:48.53	02:43.38	<b>200 IM</b>	03:23.22	03:07.74	03:01.85	02:57.83	02:55.50
07:17.86	06:33.65	06:12.59	05:57.65	05:46.75	<b>400 IM</b>	07:14.00	06:35.51	06:21.40	06:14.24	06:07.43

## B1 / AA SQUAD TIMES FOR GROUP

Swimmer's age as 31st December

BOYS 10/11 YEARS		BOYS 12 YEARS			GIRLS 10/11 YEARS		GIRLS 12 YEARS	
B1	AA	B1	AA		B1	AA	B1	AA
01:17.73	01:15.05	01:13.05	01:10.53	<b>100m FREE</b>	01:17.73	01:15.05	01:14.26	01:11.70
02:48.40	02:42.59	02:38.54	02:33.07	<b>200M FREE</b>	02:48.28	02:42.48	02:40.66	02:35.12
05:50.24	05:38.16	05:31.61	05:20.17	<b>400M FREE</b>	05:50.78	05:38.69	05:33.74	05:22.24
12:08.67	11:43.54	11:29.12	11:05.36	<b>800M FREE</b>	12:08.67	11:43.54	11:29.12	11:05.36
				<b>1500M FREE</b>				
01:28.01	01:24.97	01:22.49	01:19.64	<b>100M BACK</b>	01:28.01	01:24.97	01:22.85	01:19.99
03:07.62	03:01.15	02:55.89	02:49.83	<b>200M BACK</b>	03:06.75	03:00.31	02:57.22	02:51.11
01:39.77	01:36.33	01:33.30	01:30.08	<b>100M BREAST</b>	01:39.77	01:36.33	01:34.51	01:31.25
03:36.37	03:28.91	03:21.91	03:14.95	<b>200M BREAST</b>	03:35.81	03:28.36	03:22.88	03:15.89
01:27.66	01:24.64	01:21.81	01:18.99	<b>100M FLY</b>	01:27.66	01:24.64	01:23.30	01:20.43
03:13.38	03:06.72	03:00.15	02:53.94	<b>200M FLY</b>	03:15.33	03:08.60	03:03.25	02:56.93
03:10.88	03:04.30	03:00.11	02:53.90	<b>200 IM</b>	03:10.11	03:03.56	03:01.48	02:55.22
06:49.61	06:35.48	06:20.53	06:07.40	<b>400 IM</b>	06:46.00	06:32.00	06:22.32	06:09.14