

Boys/Men (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/O	
Stroke	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT
50m Freestyle	32.50	<b>30.60</b>	30.60	<b>29.10</b>	29.10	<b>27.40</b>	28.00	<b>26.85</b>	27.30	<b>26.00</b>	26.90	<b>25.40</b>
100m Freestyle	1.11.60	<b>1.06.70</b>	1.06.70	<b>1.02.80</b>	1.02.80	<b>59.05</b>	59.40	<b>58.30</b>	58.50	<b>56.60</b>	58.30	<b>54.80</b>
200m Freestyle	2.34.30	<b>2.24.20</b>	2.24.20	<b>2.15.60</b>	2.15.60	<b>2.09.05</b>	2.10.20	<b>2.06.30</b>	2.07.70	<b>2.03.10</b>	2.06.30	<b>1.58.90</b>
400m Freestyle	5.29.50	<b>5.02.70</b>	5.02.70	<b>4.48.30</b>	4.48.30	<b>4.31.90</b>	4.34.00	<b>4.28.10</b>	4.31.90	<b>4.23.30</b>	4.28.10	<b>4.13.10</b>
1500m Freestyle	23.05.00	<b>20.28.90</b>	20.28.90	<b>19.02.40</b>	19.02.40	<b>18.30.70</b>	18.30.70	<b>17.59.30</b>	18.05.20	<b>17.44.50</b>	17.59.30	<b>17.29.80</b>
50m Breaststroke	43.40	<b>40.80</b>	40.80	<b>37.30</b>	37.30	<b>35.50</b>	35.90	<b>34.40</b>	35.20	<b>33.55</b>	34.70	<b>32.90</b>
100m Breaststroke	1.33.50	<b>1.27.40</b>	1.27.40	<b>1.20.00</b>	1.20.00	<b>1.15.70</b>	1.17.20	<b>1.14.40</b>	1.16.30	<b>1.12.30</b>	1.14.30	<b>1.09.40</b>
200m Breaststroke	3.17.70	<b>3.06.90</b>	3.06.90	<b>2.53.40</b>	2.53.40	<b>2.46.30</b>	2.46.30	<b>2.40.30</b>	2.45.20	<b>2.38.40</b>	2.43.30	<b>2.32.50</b>
50m Butterfly	36.50	<b>34.45</b>	34.45	<b>32.20</b>	32.20	<b>29.80</b>	30.20	<b>29.20</b>	30.00	<b>28.30</b>	29.80	<b>27.50</b>
100m Butterfly	1.23.60	<b>1.18.50</b>	1.18.50	<b>1.11.60</b>	1.11.60	<b>1.05.90</b>	1.06.90	<b>1.04.05</b>	1.06.20	<b>1.02.70</b>	1.05.90	<b>1.00.30</b>
200m Butterfly	3.06.50	<b>3.01.40</b>	3.01.40	<b>2.40.00</b>	2.40.00	<b>2.31.10</b>	2.31.10	<b>2.26.20</b>	2.29.80	<b>2.22.90</b>	2.27.90	<b>2.16.30</b>
50m Backstroke	37.30	<b>35.40</b>	35.40	<b>33.60</b>	33.60	<b>31.45</b>	31.55	<b>30.40</b>	31.10	<b>29.80</b>	30.70	<b>28.60</b>
100m Backstroke	1.20.60	<b>1.15.40</b>	1.15.40	<b>1.10.95</b>	1.10.95	<b>1.06.70</b>	1.07.20	<b>1.04.25</b>	1.06.30	<b>1.03.30</b>	1.05.30	<b>1.01.20</b>
200m Backstroke	2.51.10	<b>2.41.75</b>	2.41.75	<b>2.30.90</b>	2.30.90	<b>2.24.20</b>	2.24.20	<b>2.19.20</b>	2.23.70	<b>2.18.00</b>	2.23.20	<b>2.12.00</b>
200m Ind Medley	2.53.70	<b>2.44.20</b>	2.44.20	<b>2.33.80</b>	2.33.80	<b>2.25.60</b>	2.25.60	<b>2.21.00</b>	2.25.10	<b>2.20.60</b>	2.24.70	<b>2.15.40</b>
400m Ind Medley	6.22.60	<b>5.54.40</b>	5.54.40	<b>5.28.60</b>	5.28.60	<b>5.13.00</b>	5.13.00	<b>5.02.40</b>	5.10.70	<b>5.00.20</b>	5.07.80	<b>4.49.10</b>
Boys/Men (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/O	
Stroke	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT
50m Freestyle	31.80	<b>29.90</b>	29.90	<b>28.40</b>	28.40	<b>26.60</b>	27.20	<b>26.05</b>	26.50	<b>25.20</b>	26.10	<b>24.60</b>
100m Freestyle	1.10.40	<b>1.05.40</b>	1.05.40	<b>1.01.40</b>	1.01.40	<b>57.65</b>	58.00	<b>56.90</b>	57.10	<b>55.10</b>	56.80	<b>53.30</b>
200m Freestyle	2.32.00	<b>2.21.80</b>	2.21.80	<b>2.13.00</b>	2.13.00	<b>2.06.35</b>	2.07.50	<b>2.03.50</b>	2.05.00	<b>2.00.30</b>	2.03.50	<b>1.56.00</b>
400m Freestyle	5.25.20	<b>4.58.00</b>	4.58.00	<b>4.43.40</b>	4.43.40	<b>4.26.70</b>	4.28.80	<b>4.22.80</b>	4.26.70	<b>4.17.90</b>	4.22.80	<b>4.07.50</b>
1500m Freestyle	22.50.00	<b>20.12.00</b>	20.12.00	<b>18.44.20</b>	18.44.20	<b>18.12.00</b>	18.12.00	<b>17.40.00</b>	17.46.00	<b>17.25.00</b>	17.40.00	<b>17.10.00</b>
50m Breaststroke	42.70	<b>40.00</b>	40.00	<b>36.40</b>	36.40	<b>34.60</b>	35.00	<b>33.50</b>	34.30	<b>32.65</b>	33.80	<b>31.90</b>
100m Breaststroke	1.32.10	<b>1.25.90</b>	1.25.90	<b>1.18.40</b>	1.18.40	<b>1.14.00</b>	1.15.60	<b>1.12.70</b>	1.14.60	<b>1.10.50</b>	1.12.60	<b>1.07.60</b>
200m Breaststroke	3.15.10	<b>3.04.00</b>	3.04.00	<b>2.50.30</b>	2.50.30	<b>2.43.10</b>	2.43.10	<b>2.37.00</b>	2.42.00	<b>2.35.00</b>	2.40.00	<b>2.29.00</b>
50m Butterfly	36.00	<b>33.85</b>	33.85	<b>31.60</b>	31.60	<b>29.20</b>	29.60	<b>28.50</b>	29.40	<b>27.60</b>	29.20	<b>26.80</b>
100m Butterfly	1.22.70	<b>1.17.50</b>	1.17.50	<b>1.10.50</b>	1.10.50	<b>1.04.70</b>	1.05.80	<b>1.02.85</b>	1.05.00	<b>1.01.50</b>	1.04.70	<b>59.00</b>
200m Butterfly	3.04.80	<b>2.59.60</b>	2.59.60	<b>2.38.00</b>	2.38.00	<b>2.29.00</b>	2.29.00	<b>2.24.00</b>	2.27.70	<b>2.20.70</b>	2.25.70	<b>2.14.00</b>
50m Backstroke	36.70	<b>34.80</b>	34.80	<b>33.00</b>	33.00	<b>30.75</b>	30.85	<b>29.70</b>	30.40	<b>29.10</b>	30.00	<b>27.90</b>
100m Backstroke	1.19.60	<b>1.14.30</b>	1.14.30	<b>1.09.75</b>	1.09.75	<b>1.05.50</b>	1.06.00	<b>1.02.95</b>	1.05.00	<b>1.02.00</b>	1.04.00	<b>59.80</b>
200m Backstroke	2.49.10	<b>2.39.65</b>	2.39.65	<b>2.28.60</b>	2.28.60	<b>2.21.80</b>	2.21.80	<b>2.16.70</b>	2.21.30	<b>2.15.50</b>	2.20.80	<b>2.09.40</b>
200m Ind Medley	2.51.40	<b>2.41.80</b>	2.41.80	<b>2.31.20</b>	2.31.20	<b>2.22.90</b>	2.22.90	<b>2.18.20</b>	2.22.40	<b>2.17.80</b>	2.21.90	<b>2.12.50</b>
400m Ind Medley	6.18.00	<b>5.49.40</b>	5.49.40	<b>5.23.20</b>	5.23.20	<b>5.07.30</b>	5.07.30	<b>4.56.50</b>	5.05.00	<b>4.54.30</b>	5.02.00	<b>4.43.00</b>



Girls/Ladies (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/O	
Stroke	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT
50m Freestyle	32.7	<b>31.25</b>	31.25	<b>30.25</b>	30.25	<b>29.25</b>	29.80	<b>28.80</b>	29.55	<b>28.45</b>	29.20	<b>28.20</b>
100m Freestyle	1.10.90	<b>1.07.40</b>	1.07.40	<b>1.04.00</b>	1.04.00	<b>1.02.70</b>	1.03.00	<b>1.01.70</b>	1.02.40	<b>1.01.10</b>	1.02.00	<b>59.90</b>
200m Freestyle	2.33.30	<b>2.25.60</b>	2.25.60	<b>2.18.90</b>	2.18.90	<b>2.15.60</b>	2.15.60	<b>2.12.75</b>	2.14.60	<b>2.11.70</b>	2.13.60	<b>2.09.40</b>
400m Freestyle	5.24.20	<b>5.05.20</b>	5.05.20	<b>4.50.50</b>	4.50.50	<b>4.45.25</b>	4.45.25	<b>4.40.40</b>	<b>4.45.25</b>	<b>4.39.10</b>	4.45.25	<b>4.34.70</b>
800m Freestyle	11.39.10	<b>10.29.70</b>	10.29.70	<b>10.04.70</b>	10.04.70	<b>9.53.80</b>	9.59.70	<b>9.50.15</b>	9.54.30	<b>9.47.90</b>	9.49.90	<b>9.34.20</b>
50m Breaststroke	42.40	<b>39.50</b>	39.50	<b>38.30</b>	38.30	<b>37.40</b>	37.60	<b>36.70</b>	37.50	<b>36.50</b>	37.00	<b>35.60</b>
100m Breaststroke	1.33.40	<b>1.26.00</b>	1.26.00	<b>1.22.50</b>	1.22.50	<b>1.20.60</b>	1.21.00	<b>1.18.60</b>	1.20.60	<b>1.18.00</b>	1.20.10	<b>1.17.10</b>
200m Breaststroke	3.17.50	<b>3.05.00</b>	3.05.00	<b>2.57.60</b>	2.57.60	<b>2.53.40</b>	2.53.80	<b>2.51.90</b>	2.52.10	<b>2.49.70</b>	2.50.60	<b>2.46.80</b>
50m Butterfly	36.60	<b>34.60</b>	34.60	<b>33.00</b>	33.00	<b>31.85</b>	32.15	<b>31.15</b>	31.70	<b>30.70</b>	30.50	<b>30.10</b>
100m Butterfly	1.24.30	<b>1.16.50</b>	1.16.50	<b>1.12.40</b>	1.12.40	<b>1.10.50</b>	1.10.50	<b>1.08.80</b>	1.09.90	<b>1.08.00</b>	1.09.30	<b>1.06.00</b>
200m Butterfly	3.07.80	<b>2.57.30</b>	2.57.30	<b>2.41.50</b>	2.41.50	<b>2.36.40</b>	2.37.00	<b>2.33.30</b>	2.35.10	<b>2.31.30</b>	2.33.30	<b>2.27.90</b>
50m Backstroke	37.40	<b>35.45</b>	35.45	<b>33.95</b>	33.95	<b>33.10</b>	33.40	<b>32.40</b>	32.50	<b>31.70</b>	32.30	<b>31.50</b>
100m Backstroke	1.20.50	<b>1.14.60</b>	1.14.60	<b>1.11.50</b>	1.11.50	<b>1.09.80</b>	1.10.20	<b>1.08.20</b>	1.09.00	<b>1.07.60</b>	1.08.80	<b>1.06.85</b>
200m Backstroke	2.50.80	<b>2.39.50</b>	2.39.50	<b>2.32.80</b>	2.32.80	<b>2.28.20</b>	2.29.80	<b>2.27.50</b>	2.28.30	<b>2.25.70</b>	2.26.40	<b>2.24.70</b>
200m Ind Medley	2.53.10	<b>2.44.60</b>	2.44.60	<b>2.36.50</b>	2.36.50	<b>2.33.00</b>	2.33.00	<b>2.31.50</b>	2.32.70	<b>2.31.10</b>	2.32.10	<b>2.27.10</b>
400m Ind Medley	6.11.10	<b>5.50.60</b>	5.50.60	<b>5.34.00</b>	5.34.00	<b>5.27.50</b>	5.30.40	<b>5.22.75</b>	5.25.30	<b>5.20.00</b>	5.24.20	<b>5.16.20</b>
Girls/Ladies (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/O	
Stroke	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT
50m Freestyle	32.05	<b>30.55</b>	30.55	<b>29.55</b>	29.55	<b>28.55</b>	29.10	<b>28.10</b>	28.85	<b>27.75</b>	28.50	<b>27.40</b>
100m Freestyle	1.09.70	<b>1.06.10</b>	1.06.10	<b>1.02.70</b>	1.02.70	<b>1.01.30</b>	1.01.60	<b>1.00.30</b>	1.01.00	<b>59.70</b>	1.00.60	<b>58.50</b>
200m Freestyle	2.31.00	<b>2.23.20</b>	2.23.20	<b>2.16.40</b>	2.16.40	<b>2.13.00</b>	2.13.00	<b>2.10.15</b>	2.12.00	<b>2.09.00</b>	2.11.00	<b>2.06.70</b>
400m Freestyle	5.19.80	<b>5.00.60</b>	5.00.60	<b>4.45.60</b>	4.45.60	<b>4.40.25</b>	4.40.25	<b>4.35.30</b>	4.50.00	<b>4.34.00</b>	4.40.25	<b>4.29.50</b>
800m Freestyle	11.30.80	<b>10.20.40</b>	10.20.40	<b>9.55.10</b>	9.55.10	<b>9.44.00</b>	9.50.00	<b>9.40.25</b>	9.44.50	<b>9.38.00</b>	9.40.00	<b>9.24.00</b>
50m Breaststroke	41.60	<b>38.70</b>	38.70	<b>37.50</b>	37.50	<b>36.50</b>	36.80	<b>35.80</b>	36.60	<b>35.60</b>	36.10	<b>34.70</b>
100m Breaststroke	1.32.00	<b>1.24.50</b>	1.24.50	<b>1.21.00</b>	1.21.00	<b>1.19.00</b>	1.19.40	<b>1.17.00</b>	1.19.00	<b>1.16.40</b>	1.18.50	<b>1.15.40</b>
200m Breaststroke	3.14.80	<b>3.02.10</b>	3.02.10	<b>2.54.60</b>	2.54.60	<b>2.50.30</b>	2.50.70	<b>2.48.80</b>	2.49.00	<b>2.46.60</b>	2.47.50	<b>2.43.60</b>
50m Butterfly	36.10	<b>34.00</b>	34.00	<b>32.40</b>	32.40	<b>31.25</b>	31.55	<b>30.55</b>	31.10	<b>30.10</b>	29.90	<b>29.50</b>
100m Butterfly	1.23.40	<b>1.15.50</b>	1.15.50	<b>1.11.30</b>	1.11.30	<b>1.09.40</b>	1.09.40	<b>1.07.70</b>	1.08.80	<b>1.06.90</b>	1.08.20	<b>1.04.80</b>
200m Butterfly	3.06.10	<b>2.55.50</b>	2.55.50	<b>2.39.50</b>	2.39.50	<b>2.34.40</b>	2.35.00	<b>2.31.20</b>	2.33.00	<b>2.29.20</b>	2.31.20	<b>2.25.70</b>
50m Backstroke	36.80	<b>34.85</b>	34.85	<b>33.35</b>	33.35	<b>32.50</b>	32.80	<b>31.80</b>	31.90	<b>31.00</b>	31.70	<b>30.80</b>
100m Backstroke	1.19.50	<b>1.13.50</b>	1.13.50	<b>1.10.30</b>	1.10.30	<b>1.08.60</b>	1.09.00	<b>1.07.00</b>	1.07.80	<b>1.06.40</b>	1.07.60	<b>1.05.65</b>
200m Backstroke	2.48.80	<b>2.37.30</b>	2.37.30	<b>2.30.50</b>	2.30.50	<b>2.25.90</b>	2.27.50	<b>2.25.20</b>	2.26.00	<b>2.23.30</b>	2.24.00	<b>2.22.30</b>
200m Ind Medley	2.50.80	<b>2.42.20</b>	2.42.20	<b>2.34.00</b>	2.34.00	<b>2.30.40</b>	2.30.40	<b>2.28.90</b>	2.30.10	<b>2.28.50</b>	2.29.50	<b>2.24.40</b>
400m Ind Medley	6.06.30	<b>5.45.50</b>	5.45.50	<b>5.28.70</b>	5.28.70	<b>5.22.10</b>	5.25.00	<b>5.17.25</b>	5.19.80	<b>5.14.50</b>	5.18.70	<b>5.10.60</b>