

**WOMEN**

(Note: NO TIME for all events in the 85+ age groups.)

| <u>EVENT</u> | <u>18-24</u> | <u>25-29</u> | <u>30-34</u> | <u>35-39</u> | <u>40-44</u> | <u>45-49</u> | <u>50-54</u> | <u>55-59</u> | <u>60-64</u> | <u>65-69</u> | <u>70-74</u> | <u>75-79</u> | <u>80-84</u> |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 50 Free      | :28.89       | :28.57       | :29.14       | :28.98       | :29.21       | :29.47       | :31.03       | :32.48       | :35.61       | :38.96       | :42.43       | :50.93       | :58.81       |
| 100 Free     | 1:03.22      | 1:02.46      | 1:03.65      | 1:04.00      | 1:03.76      | 1:05.23      | 1:08.40      | 1:13.08      | 1:20.30      | 1:31.10      | 1:36.12      | 1:54.63      | 2:13.61      |
| 200 Free     | 2:14.43      | 2:11.48      | 2:14.52      | 2:17.58      | 2:15.73      | 2:16.25      | 2:24.55      | 2:37.42      | 2:51.43      | 3:12.13      | 3:22.09      | 4:02.05      | 4:47.77      |
| 500 Free     | 6:00.70      | 5:58.77      | 6:05.66      | 6:12.64      | 6:07.88      | 6:08.27      | 6:31.13      | 6:55.72      | 7:44.89      | 8:35.05      | 9:20.63      | 10:39.66     | 13:01.67     |
| 1000 Free    | 12:52.08     | 12:43.48     | 12:58.62     | 13:01.37     | 12:42.84     | 12:49.81     | 13:31.31     | 14:28.60     | 16:20.88     | 18:57.94     | 20:55.99     | 25:42.26     | 30:11.57     |
| 1650 Free    | 22:41.05     | 21:53.73     | 22:21.89     | 22:09.28     | 21:29.15     | 22:04.66     | 23:15.72     | 25:23.73     | 27:49.91     | 32:36.02     | 35:08.74     | 43:34.32     | 54:00.32     |
| 50 Back      | :33.63       | :33.05       | :34.36       | :34.27       | :34.06       | :35.03       | :36.88       | :39.69       | :45.29       | :48.81       | :53.23       | 1:01.16      | 1:14.45      |
| 100 Back     | 1:12.33      | 1:11.78      | 1:14.52      | 1:14.03      | 1:13.95      | 1:15.52      | 1:20.42      | 1:26.17      | 1:38.59      | 1:47.74      | 1:58.18      | 2:15.63      | 2:44.60      |
| 200 Back     | 2:35.02      | 2:30.16      | 2:35.82      | 2:36.52      | 2:36.53      | 2:39.79      | 2:47.15      | 3:01.28      | 3:26.58      | 3:45.81      | 4:04.41      | 4:47.16      | 5:23.61      |
| 50 Breast    | :37.66       | :36.49       | :37.90       | :38.19       | :38.80       | :38.90       | :41.02       | :43.99       | :47.25       | :53.64       | :59.25       | 1:06.53      | 1:23.18      |
| 100 Breast   | 1:22.17      | 1:19.63      | 1:22.87      | 1:22.69      | 1:24.53      | 1:25.42      | 1:30.05      | 1:37.34      | 1:44.95      | 1:59.14      | 2:12.89      | 2:33.35      | 3:10.71      |
| 200 Breast   | 2:54.17      | 2:48.08      | 2:54.36      | 2:54.94      | 3:00.27      | 3:02.04      | 3:10.28      | 3:26.17      | 3:44.26      | 4:17.93      | 4:40.57      | 5:38.16      | 6:16.58      |
| 50 Fly       | :31.35       | :30.85       | :31.68       | :32.07       | :32.10       | :32.12       | :34.41       | :36.36       | :41.15       | :49.13       | :54.53       | 1:08.69      | 1:37.29      |
| 100 Fly      | 1:09.93      | 1:08.92      | 1:11.79      | 1:12.55      | 1:11.84      | 1:14.29      | 1:18.02      | 1:26.80      | 1:42.30      | 2:01.63      | 2:13.52      | 3:09.02      | 4:01.10      |
| 200 Fly      | 2:35.17      | 2:35.35      | 2:39.50      | 2:47.72      | 2:47.26      | 2:47.58      | 3:01.14      | 3:31.02      | 3:56.50      | 4:48.15      | 6:06.76      | 7:53.72      | No Time      |
| 100 IM       | 1:11.80      | 1:11.03      | 1:13.36      | 1:13.65      | 1:13.21      | 1:15.06      | 1:18.66      | 1:24.56      | 1:34.40      | 1:47.43      | 1:56.44      | 2:16.72      | 3:05.59      |
| 200 IM       | 2:30.29      | 2:29.80      | 2:31.77      | 2:36.60      | 2:35.44      | 2:38.67      | 2:49.07      | 3:01.24      | 3:25.38      | 3:58.31      | 4:19.60      | 5:15.66      | 7:05.40      |
| 400 IM       | 5:27.59      | 5:25.78      | 5:31.41      | 5:39.27      | 5:37.99      | 5:46.34      | 6:04.99      | 6:40.44      | 7:33.21      | 8:45.76      | 10:18.82     | 11:52.82     | No Time      |

**MEN**

| <u>EVENT</u> | <u>18-24</u> | <u>25-29</u> | <u>30-34</u> | <u>35-39</u> | <u>40-44</u> | <u>45-49</u> | <u>50-54</u> | <u>55-59</u> | <u>60-64</u> | <u>65-69</u> | <u>70-74</u> | <u>75-79</u> | <u>80-84</u> |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 50 Free      | :24.86       | :24.23       | :25.01       | :24.84       | :25.17       | :25.61       | :26.31       | :27.39       | :28.65       | :30.70       | :33.00       | :36.04       | :44.09       |
| 100 Free     | :55.52       | :54.02       | :55.03       | :55.39       | :55.71       | :56.43       | :57.66       | 1:00.84      | 1:04.02      | 1:09.99      | 1:16.09      | 1:23.98      | 1:44.27      |
| 200 Free     | 1:59.89      | 1:56.67      | 1:57.69      | 1:59.12      | 1:58.50      | 2:00.00      | 2:03.79      | 2:08.84      | 2:17.59      | 2:31.00      | 2:51.20      | 3:05.90      | 3:53.43      |
| 500 Free     | 5:36.96      | 5:24.34      | 5:30.84      | 5:31.29      | 5:26.17      | 5:35.59      | 5:44.04      | 5:56.26      | 6:20.74      | 7:05.70      | 8:02.04      | 8:35.84      | 10:55.50     |
| 1000 Free    | 12:45.50     | 11:59.09     | 11:55.17     | 11:51.54     | 11:37.80     | 11:38.50     | 12:03.54     | 12:23.77     | 13:24.58     | 14:50.40     | 17:15.27     | 19:04.63     | 26:45.41     |
| 1650 Free    | 21:30.91     | 20:34.50     | 20:30.18     | 20:09.53     | 20:12.88     | 19:41.76     | 20:31.16     | 21:11.96     | 22:42.76     | 25:50.49     | 31:16.53     | 33:06.10     | 49:30.24     |
| 50 Back      | :29.47       | :28.49       | :29.58       | :29.59       | :29.62       | :30.20       | :31.51       | :33.24       | :35.39       | :38.15       | :41.75       | :46.05       | :55.84       |
| 100 Back     | 1:04.39      | 1:02.05      | 1:04.38      | 1:03.02      | 1:04.78      | 1:05.96      | 1:07.70      | 1:12.07      | 1:18.60      | 1:24.92      | 1:35.87      | 1:43.19      | 2:07.59      |
| 200 Back     | 2:17.13      | 2:11.15      | 2:15.88      | 2:15.48      | 2:15.92      | 2:19.93      | 2:22.85      | 2:32.46      | 2:44.19      | 3:01.07      | 3:28.56      | 3:40.38      | 4:30.47      |
| 50 Breast    | :32.39       | :31.25       | :31.89       | :32.24       | :32.46       | :32.93       | :34.01       | :35.73       | :37.33       | :40.01       | :44.84       | :47.63       | :56.61       |
| 100 Breast   | 1:12.34      | 1:08.17      | 1:09.21      | 1:11.06      | 1:11.38      | 1:12.22      | 1:14.93      | 1:18.45      | 1:23.46      | 1:28.70      | 1:44.21      | 1:50.93      | 2:12.05      |
| 200 Breast   | 2:39.17      | 2:29.75      | 2:32.23      | 2:34.54      | 2:34.96      | 2:35.76      | 2:40.43      | 2:47.33      | 2:58.75      | 3:14.98      | 3:46.52      | 4:04.43      | 5:12.81      |
| 50 Fly       | :27.12       | :26.72       | :27.41       | :27.34       | :27.38       | :27.85       | :28.52       | :30.26       | :31.36       | :34.50       | :38.82       | :46.92       | 1:01.67      |
| 100 Fly      | 1:00.18      | :59.21       | 1:01.06      | 1:01.38      | 1:00.96      | 1:02.31      | 1:04.25      | 1:08.74      | 1:12.49      | 1:25.36      | 1:45.23      | 2:02.94      | 3:54.64      |
| 200 Fly      | 2:22.63      | 2:12.84      | 2:16.77      | 2:18.52      | 2:15.64      | 2:21.46      | 2:25.84      | 2:47.18      | 2:57.25      | 3:24.40      | 4:36.15      | 5:27.07      | No Time      |
| 100 IM       | 1:03.72      | 1:01.10      | 1:02.96      | 1:03.32      | 1:03.82      | 1:05.03      | 1:07.00      | 1:10.30      | 1:14.65      | 1:19.93      | 1:31.98      | 1:39.12      | 2:11.86      |
| 200 IM       | 2:15.62      | 2:11.56      | 2:14.28      | 2:15.80      | 2:14.83      | 2:18.50      | 2:23.38      | 2:30.86      | 2:41.99      | 2:59.07      | 3:25.51      | 3:49.37      | 5:36.84      |
| 400 IM       | 5:09.16      | 4:54.97      | 4:56.07      | 4:57.23      | 4:52.02      | 5:05.91      | 5:15.61      | 5:27.75      | 6:01.45      | 6:47.91      | 8:03.12      | 9:57.12      | 14:21.24     |

**Formula:** Three year average of Top Ten 10th place time + conversion factor (15% for 50s & 100s; 10% for 200+)