

2016 Masters Motivational Times - LCM

*Revision 02 Jun 2016
by Swimosaur*

18-24 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
40.86	37.94	35.02	33.56	32.11	30.65	29.19	50 Free	25.55	26.83	28.11	29.39	30.66	33.22	35.77
1:31.86	1:25.30	1:18.74	1:15.46	1:12.18	1:08.90	1:05.62	100 Free	56.79	59.63	1:02.47	1:05.30	1:08.14	1:13.82	1:19.50
3:22.42	3:07.96	2:53.50	2:46.27	2:39.05	2:31.82	2:24.59	200 Free	2:11.16	2:17.71	2:24.27	2:30.83	2:37.39	2:50.50	3:03.62
7:24.10	6:52.38	6:20.66	6:04.80	5:48.94	5:33.08	5:17.22	400 Free	4:54.24	5:08.95	5:23.66	5:38.37	5:53.08	6:22.51	6:51.93
19:09.86	17:47.73	16:25.60	15:44.53	15:03.46	14:22.40	13:41.33	800 Free	10:27.65 ^c	10:59.04	11:30.42	12:01.80	12:33.19	13:35.95	14:38.72
39:14.63	36:26.44	33:38.26	32:14.16	30:50.07	29:25.97	28:01.88 ^b	1500 Free	22:11.09 ^c	23:17.64	24:24.20	25:30.75	26:37.31	28:50.42	31:03.53
50.84	47.21	43.58	41.76	39.95	38.13	36.32	50 Back	31.67	33.25	34.83	36.42	38.00	41.17	44.33
1:51.44	1:43.48	1:35.52	1:31.54	1:27.56	1:23.58	1:19.60	100 Back	1:08.62	1:12.05	1:15.48	1:18.91	1:22.34	1:29.21	1:36.07
4:37.06	4:17.27	3:57.48	3:47.59	3:37.69	3:27.80	3:17.90	200 Back	2:43.20	2:51.36	2:59.52	3:07.68	3:15.84	3:32.16	3:48.48
55.51	51.55	47.58	45.60	43.62	41.64	39.65	50 Breast	33.32	34.99	36.65	38.32	39.98	43.32	46.65
2:00.16	1:51.57	1:42.99	1:38.70	1:34.41	1:30.12	1:25.83	100 Breast	1:15.37	1:19.14	1:22.90	1:26.67	1:30.44	1:37.98	1:45.51
4:54.33	4:33.30	4:12.28	4:01.77	3:51.26	3:40.75	3:30.23	200 Breast	3:18.00	3:27.90	3:37.80	3:47.70	3:57.60	4:17.40	4:37.20
44.75	41.56	38.36	36.76	35.16	33.57	31.97	50 Fly	27.81	29.20	30.59	31.98	33.37	36.15	38.93
1:43.94	1:36.52	1:29.09	1:25.38	1:21.67	1:17.96	1:14.24	100 Fly	1:01.82	1:04.91	1:08.01	1:11.10	1:14.19	1:20.37	1:26.55
3:58.94	3:41.87	3:24.80	3:16.27	3:07.74	2:59.20	2:50.67 ^c	200 Fly	3:29.43 ^b	3:39.90	3:50.37	4:00.84	4:11.31	4:32.25	4:53.20
3:56.23	3:39.35	3:22.48	3:14.04	3:05.61	2:57.17	2:48.73	200 IM	2:35.47	2:43.24	2:51.02	2:58.79	3:06.56	3:22.11	3:37.66
9:09.15	8:29.93	7:50.70	7:31.09	7:11.48	6:51.86	6:32.25 ^c	400 IM	5:29.82 ^d	5:46.31	6:02.81	6:19.30	6:35.79	7:08.77	7:41.75

18-24 Men

25-29 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
39.93	37.08	34.23	32.80	31.38	29.95	28.52	50 Free	24.93	26.17	27.42	28.67	29.91	32.40	34.90
1:29.58	1:23.18	1:16.78	1:13.58	1:10.39	1:07.19	1:03.99	100 Free	55.67	58.45	1:01.24	1:04.02	1:06.80	1:12.37	1:17.94
3:19.24	3:05.01	2:50.78	2:43.66	2:36.55	2:29.43	2:22.32	200 Free	2:09.43	2:15.90	2:22.37	2:28.84	2:35.31	2:48.25	3:01.20
7:05.13	6:34.77	6:04.40	5:49.22	5:34.03	5:18.85	5:03.67	400 Free	4:50.67	5:05.20	5:19.73	5:34.27	5:48.80	6:17.87	6:46.93
15:04.64	14:00.03	12:55.41	12:23.10	11:50.79	11:18.48	10:46.17	800 Free	12:01.38	12:37.45	13:13.52	13:49.59	14:25.66	15:37.80	16:49.94
34:46.09	32:17.08	29:48.08	28:33.57	27:19.07	26:04.57	24:50.06	1500 Free	22:21.66 ^b	23:28.75	24:35.83	25:42.91	26:50.00	29:04.16	31:18.33
48.29	44.84	41.39	39.66	37.94	36.21	34.49	50 Back	30.54	32.06	33.59	35.12	36.64	39.70	42.75
1:52.08	1:44.07	1:36.07	1:32.07	1:28.06	1:24.06	1:20.06	100 Back	1:11.53	1:15.11	1:18.69	1:22.26	1:25.84	1:32.99	1:40.15
4:03.88	3:46.46	3:29.04	3:20.33	3:11.62	3:02.91	2:54.20	200 Back	2:46.06 ^b	2:54.36	3:02.67	3:10.97	3:19.27	3:35.88	3:52.48
53.39	49.57	45.76	43.85	41.95	40.04	38.13	50 Breast	33.14	34.80	36.45	38.11	39.77	43.08	46.40
1:58.00	1:49.57	1:41.14	1:36.93	1:32.71	1:28.50	1:24.28	100 Breast	1:12.72	1:16.36	1:20.00	1:23.63	1:27.27	1:34.54	1:41.81
4:23.06	4:04.27	3:45.48	3:36.09	3:26.69	3:17.30	3:07.90	200 Breast	2:58.16	3:07.06	3:15.97	3:24.88	3:33.79	3:51.60	4:09.42
43.89	40.75	37.62	36.05	34.49	32.92	31.35	50 Fly	27.06	28.41	29.77	31.12	32.47	35.18	37.88
1:40.77	1:33.57	1:26.38	1:22.78	1:19.18	1:15.58	1:11.98	100 Fly	1:02.36	1:05.48	1:08.60	1:11.72	1:14.84	1:21.07	1:27.31
4:11.75	3:53.76	3:35.78	3:26.79	3:17.80	3:08.81	2:59.82 ^d	200 Fly	3:31.84 ^b	3:42.43	3:53.02	4:03.62	4:14.21	4:35.39	4:56.58
3:49.41	3:33.03	3:16.64	3:08.45	3:00.25	2:52.06	2:43.87	200 IM	2:29.87	2:37.36	2:44.85	2:52.35	2:59.84	3:14.83	3:29.81
8:56.73	8:18.39	7:40.06	7:20.89	7:01.72	6:42.55	6:23.38	400 IM	5:51.07 ^b	6:08.62	6:26.18	6:43.73	7:01.28	7:36.39	8:11.50

25-29 Men

2016 Masters Motivational Times - LCM

*Revision 02 Jun 2016
by Swimosaur*

30-34 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
40.70	37.79	34.88	33.43	31.98	30.52	29.07	50 Free	25.63	26.92	28.20	29.48	30.76	33.32	35.89
1:32.24	1:25.65	1:19.06	1:15.77	1:12.48	1:09.18	1:05.89	100 Free	57.62	1:00.50	1:03.39	1:06.27	1:09.15	1:14.91	1:20.67
3:25.41	3:10.74	2:56.06	2:48.73	2:41.39	2:34.06	2:26.72	200 Free	2:11.57	2:18.14	2:24.72	2:31.30	2:37.88	2:51.04	3:04.19
7:24.97	6:53.19	6:21.40	6:05.51	5:49.62	5:33.73	5:17.84	400 Free	4:48.45	5:02.88	5:17.30	5:31.72	5:46.14	6:14.99	6:43.83
15:49.12	14:41.32	13:33.53	12:59.63	12:25.73	11:51.84	11:17.94	800 Free	10:18.40	10:49.32	11:20.24	11:51.16	12:22.08	13:23.92	14:25.76
32:19.76	30:01.21	27:42.65	26:33.37	25:24.10	24:14.82	23:05.54	1500 Free	20:23.70	21:24.88	22:26.07	23:27.25	24:28.44	26:30.81	28:33.18
50.55	46.94	43.33	41.53	39.72	37.92	36.11	50 Back	31.33	32.89	34.46	36.03	37.59	40.72	43.86
1:51.75	1:43.77	1:35.78	1:31.79	1:27.80	1:23.81	1:19.82	100 Back	1:10.76	1:14.30	1:17.84	1:21.38	1:24.92	1:31.99	1:39.07
4:04.58	3:47.11	3:29.64	3:20.91	3:12.17	3:03.44	2:54.70	200 Back	2:44.90	2:53.15	3:01.39	3:09.64	3:17.88	3:34.37	3:50.86
56.57	52.53	48.49	46.47	44.45	42.43	40.41	50 Breast	33.51	35.18	36.86	38.53	40.21	43.56	46.91
2:03.87	1:55.02	1:46.18	1:41.75	1:37.33	1:32.90	1:28.48	100 Breast	1:16.54	1:20.37	1:24.20	1:28.02	1:31.85	1:39.51	1:47.16
4:36.06	4:16.34	3:56.62	3:46.76	3:36.90	3:27.04	3:17.18	200 Breast	3:05.94	3:15.24	3:24.54	3:33.83	3:43.13	4:01.73	4:20.32
44.78	41.58	38.38	36.78	35.18	33.58	31.98	50 Fly	27.38	28.75	30.11	31.48	32.85	35.59	38.33
1:44.48	1:37.02	1:29.56	1:25.82	1:22.09	1:18.36	1:14.63	100 Fly	1:02.94	1:06.09	1:09.23	1:12.38	1:15.53	1:21.82	1:28.12
4:30.31	4:11.00	3:51.70	3:42.04	3:32.39	3:22.73	3:13.08	200 Fly	2:54.47	3:03.19	3:11.92	3:20.64	3:29.36	3:46.81	4:04.26
4:00.96	3:43.75	3:26.54	3:17.93	3:09.33	3:00.72	2:52.12	200 IM	2:27.71	2:35.10	2:42.48	2:49.87	2:57.26	3:12.03	3:26.80
9:10.05	8:30.76	7:51.47	7:31.83	7:12.18	6:52.54	6:32.89	400 IM	5:37.33	5:54.19	6:11.06	6:27.93	6:44.79	7:18.52	7:52.26

30-34 Men

35-39 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
41.33	38.38	35.43	33.95	32.48	31.00	29.52	50 Free	26.14	27.45	28.75	30.06	31.37	33.98	36.60
1:32.44	1:25.84	1:19.24	1:15.93	1:12.63	1:09.33	1:06.03	100 Free	58.68	1:01.61	1:04.55	1:07.48	1:10.42	1:16.28	1:22.15
3:27.56	3:12.74	2:57.91	2:50.50	2:43.09	2:35.67	2:28.26	200 Free	2:14.74	2:21.48	2:28.21	2:34.95	2:41.69	2:55.16	3:08.64
7:25.00	6:53.22	6:21.43	6:05.54	5:49.65	5:33.75	5:17.86	400 Free	4:52.35	5:06.96	5:21.58	5:36.20	5:50.82	6:20.05	6:49.29
15:57.25	14:48.88	13:40.50	13:06.31	12:32.13	11:57.94	11:23.75	800 Free	10:34.50	11:06.23	11:37.95	12:09.67	12:41.40	13:44.85	14:48.30
32:01.14	29:43.91	27:26.69	26:18.08	25:09.46	24:00.85	22:52.24	1500 Free	20:49.84	21:52.33	22:54.82	23:57.31	24:59.80	27:04.79	29:09.77
52.73	48.97	45.20	43.32	41.43	39.55	37.67	50 Back	31.68	33.26	34.84	36.43	38.01	41.18	44.35
1:55.29	1:47.06	1:38.82	1:34.70	1:30.59	1:26.47	1:22.35	100 Back	1:11.83	1:15.42	1:19.01	1:22.60	1:26.19	1:33.37	1:40.56
4:13.62	3:55.50	3:37.39	3:28.33	3:19.27	3:10.21	3:01.16	200 Back	2:43.53	2:51.70	2:59.88	3:08.06	3:16.23	3:32.58	3:48.94
57.10	53.02	48.94	46.90	44.87	42.83	40.79	50 Breast	34.28	36.00	37.71	39.43	41.14	44.57	48.00
2:07.23	1:58.14	1:49.06	1:44.51	1:39.97	1:35.42	1:30.88	100 Breast	1:17.06	1:20.92	1:24.77	1:28.62	1:32.48	1:40.18	1:47.89
4:54.67	4:33.62	4:12.58	4:02.05	3:51.53	3:41.00	3:30.48	200 Breast	2:57.00	3:05.85	3:14.70	3:23.55	3:32.40	3:50.10	4:07.80
45.01	41.79	38.58	36.97	35.36	33.75	32.15	50 Fly	28.31	29.72	31.14	32.55	33.97	36.80	39.63
1:52.47	1:44.43	1:36.40	1:32.38	1:28.37	1:24.35	1:20.33	100 Fly	1:06.08	1:09.38	1:12.69	1:15.99	1:19.30	1:25.90	1:32.51
5:30.86	5:07.22	4:43.59	4:31.77	4:19.96	4:08.14	3:56.32 ^b	200 Fly	3:13.16 ^b	3:22.81	3:32.47	3:42.13	3:51.79	4:11.10	4:30.42
3:54.86	3:38.08	3:21.31	3:12.92	3:04.53	2:56.14	2:47.76	200 IM	2:35.65	2:43.43	2:51.21	2:58.99	3:06.78	3:22.34	3:37.91
10:15.90	9:31.90	8:47.91	8:25.92	8:03.92	7:41.92	7:19.93	400 IM	5:49.61	6:07.09	6:24.57	6:42.06	6:59.54	7:34.50	8:09.46

35-39 Men

2016 Masters Motivational Times - LCM

*Revision 02 Jun 2016
by Swimosaur*

40-44 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
41.96	38.97	35.97	34.47	32.97	31.47	29.97	50 Free	26.01	27.31	28.61	29.91	31.21	33.81	36.41
1:34.28	1:27.55	1:20.81	1:17.44	1:14.08	1:10.71	1:07.34	100 Free	58.58	1:01.51	1:04.44	1:07.37	1:10.30	1:16.15	1:22.01
3:29.45	3:14.49	2:59.53	2:52.05	2:44.57	2:37.09	2:29.61	200 Free	2:13.61	2:20.29	2:26.97	2:33.65	2:40.33	2:53.69	3:07.05
7:38.75	7:05.98	6:33.22	6:16.83	6:00.45	5:44.06	5:27.68	400 Free	4:45.18	4:59.44	5:13.69	5:27.95	5:42.21	6:10.73	6:39.25
16:27.59	15:17.05	14:06.50	13:31.23	12:55.96	12:20.69	11:45.42	800 Free	10:10.35	10:40.86	11:11.38	11:41.90	12:12.42	13:13.45	14:14.49
33:55.55	31:30.15	29:04.76	27:52.06	26:39.36	25:26.66	24:13.96	1500 Free	19:58.03	20:57.93	21:57.83	22:57.73	23:57.63	25:57.43	27:57.24
52.89	49.11	45.34	43.45	41.56	39.67	37.78	50 Back	32.08	33.68	35.28	36.89	38.49	41.70	44.91
1:55.84	1:47.56	1:39.29	1:35.15	1:31.01	1:26.88	1:22.74	100 Back	1:10.76	1:14.30	1:17.84	1:21.37	1:24.91	1:31.99	1:39.06
4:12.13	3:54.12	3:36.11	3:27.11	3:18.10	3:09.10	3:00.09	200 Back	2:37.15	2:45.00	2:52.86	3:00.72	3:08.58	3:24.29	3:40.01
57.89	53.76	49.62	47.55	45.48	43.42	41.35	50 Breast	34.15	35.86	37.57	39.27	40.98	44.40	47.81
2:05.21	1:56.27	1:47.32	1:42.85	1:38.38	1:33.91	1:29.44	100 Breast	1:16.63	1:20.46	1:24.29	1:28.12	1:31.95	1:39.61	1:47.28
4:49.14	4:28.49	4:07.84	3:57.51	3:47.18	3:36.86	3:26.53	200 Breast	3:00.18	3:09.19	3:18.20	3:27.21	3:36.22	3:54.23	4:12.25
46.47	43.15	39.83	38.17	36.51	34.85	33.19	50 Fly	28.35	29.76	31.18	32.60	34.02	36.85	39.69
2:03.09	1:54.30	1:45.51	1:41.11	1:36.72	1:32.32	1:27.92	100 Fly	1:05.28	1:08.55	1:11.81	1:15.08	1:18.34	1:24.87	1:31.40
5:50.47	5:25.43	5:00.40	4:47.88	4:35.37	4:22.85	4:10.33	200 Fly	2:51.63 ^b	3:00.22	3:08.80	3:17.38	3:25.96	3:43.13	4:00.29
4:09.60	3:51.77	3:33.94	3:25.03	3:16.12	3:07.20	2:58.29	200 IM	2:33.28	2:40.95	2:48.61	2:56.28	3:03.94	3:19.27	3:34.60
10:13.43	9:29.62	8:45.80	8:23.89	8:01.98	7:40.08	7:18.17	400 IM	5:46.79	6:04.13	6:21.47	6:38.81	6:56.15	7:30.83	8:05.51

40-44 Men

45-49 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
42.84	39.78	36.72	35.19	33.66	32.13	30.60	50 Free	26.42	27.74	29.06	30.38	31.70	34.35	36.99
1:33.64	1:26.95	1:20.26	1:16.92	1:13.58	1:10.23	1:06.89	100 Free	58.97	1:01.92	1:04.87	1:07.82	1:10.77	1:16.67	1:22.56
3:27.71	3:12.88	2:58.04	2:50.62	2:43.20	2:35.78	2:28.37	200 Free	2:13.57	2:20.25	2:26.93	2:33.61	2:40.28	2:53.64	3:07.00
7:29.17	6:57.09	6:25.00	6:08.96	5:52.92	5:36.88	5:20.84	400 Free	4:43.89	4:58.09	5:12.28	5:26.48	5:40.67	6:09.06	6:37.45
15:40.93	14:33.72	13:26.51	12:52.91	12:19.30	11:45.70	11:12.09	800 Free	9:59.30	10:29.27	10:59.23	11:29.20	11:59.16	12:59.09	13:59.02
30:50.89	28:38.69	26:26.48	25:20.38	24:14.27	23:08.17	22:02.07	1500 Free	19:43.51	20:42.69	21:41.86	22:41.04	23:40.22	25:38.57	27:36.92
50.98	47.34	43.70	41.88	40.05	38.23	36.41	50 Back	32.19	33.80	35.41	37.01	38.62	41.84	45.06
1:51.72	1:43.74	1:35.76	1:31.77	1:27.78	1:23.79	1:19.80	100 Back	1:10.35	1:13.87	1:17.39	1:20.91	1:24.42	1:31.46	1:38.49
4:05.32	3:47.79	3:30.27	3:21.51	3:12.75	3:03.99	2:55.23	200 Back	2:37.71	2:45.60	2:53.48	3:01.37	3:09.26	3:25.03	3:40.80
57.96	53.82	49.68	47.61	45.54	43.47	41.40	50 Breast	34.13	35.83	37.54	39.25	40.95	44.36	47.78
2:07.40	1:58.30	1:49.20	1:44.65	1:40.10	1:35.55	1:31.00	100 Breast	1:17.42	1:21.29	1:25.16	1:29.03	1:32.90	1:40.64	1:48.38
4:38.62	4:18.72	3:58.82	3:48.87	3:38.91	3:28.96	3:19.01	200 Breast	2:56.48	3:05.30	3:14.12	3:22.95	3:31.77	3:49.42	4:07.07
47.18	43.81	40.44	38.75	37.07	35.38	33.70	50 Fly	28.46	29.88	31.30	32.73	34.15	36.99	39.84
1:50.12	1:42.26	1:34.39	1:30.46	1:26.53	1:22.59	1:18.66	100 Fly	1:05.30	1:08.56	1:11.83	1:15.10	1:18.36	1:24.89	1:31.42
5:01.49	4:39.96	4:18.42	4:07.66	3:56.89	3:46.12	3:35.35	200 Fly	2:43.38	2:51.55	2:59.71	3:07.88	3:16.05	3:32.39	3:48.73
4:04.23	3:46.79	3:29.34	3:20.62	3:11.90	3:03.18	2:54.45	200 IM	2:32.85	2:40.50	2:48.14	2:55.78	3:03.42	3:18.71	3:33.99
9:04.03	8:25.17	7:46.31	7:26.88	7:07.45	6:48.02	6:28.59	400 IM	5:33.93	5:50.63	6:07.33	6:24.02	6:40.72	7:14.11	7:47.51

45-49 Men

2016 Masters Motivational Times - LCM

*Revision 02 Jun 2016
by Swimosaur*

50-54 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
42.57	39.53	36.49	34.97	33.45	31.93	30.41	50 Free	26.78	28.12	29.45	30.79	32.13	34.81	37.49
1:34.71	1:27.95	1:21.18	1:17.80	1:14.42	1:11.04	1:07.65	100 Free	1:00.20	1:03.21	1:06.22	1:09.23	1:12.24	1:18.26	1:24.28
3:29.68	3:14.71	2:59.73	2:52.24	2:44.75	2:37.26	2:29.77	200 Free	2:16.17	2:22.98	2:29.79	2:36.60	2:43.40	2:57.02	3:10.64
7:21.91	6:50.34	6:18.78	6:02.99	5:47.21	5:31.43	5:15.65	400 Free	4:51.46	5:06.03	5:20.60	5:35.18	5:49.75	6:18.89	6:48.04
15:23.38	14:17.43	13:11.47	12:38.49	12:05.52	11:32.54	10:59.56	800 Free	10:26.26	10:57.57	11:28.89	12:00.20	12:31.51	13:34.14	14:36.76
29:52.72	27:44.67	25:36.62	24:32.59	23:28.57	22:24.54	21:20.52	1500 Free	20:36.27	21:38.08	22:39.89	23:41.71	24:43.52	26:47.15	28:50.77
51.86	48.15	44.45	42.60	40.74	38.89	37.04	50 Back	33.18	34.84	36.49	38.15	39.81	43.13	46.45
1:55.35	1:47.11	1:38.87	1:34.75	1:30.63	1:26.51	1:22.39	100 Back	1:12.17	1:15.78	1:19.39	1:23.00	1:26.60	1:33.82	1:41.04
4:05.65	3:48.11	3:30.56	3:21.79	3:13.01	3:04.24	2:55.47	200 Back	2:39.26	2:47.22	2:55.19	3:03.15	3:11.11	3:27.04	3:42.96
57.46	53.35	49.25	47.20	45.14	43.09	41.04	50 Breast	34.72	36.46	38.19	39.93	41.66	45.14	48.61
2:07.44	1:58.34	1:49.24	1:44.68	1:40.13	1:35.58	1:31.03	100 Breast	1:19.33	1:23.29	1:27.26	1:31.23	1:35.19	1:43.12	1:51.06
4:41.62	4:21.51	4:01.39	3:51.33	3:41.28	3:31.22	3:21.16	200 Breast	2:58.97	3:07.92	3:16.87	3:25.82	3:34.77	3:52.67	4:10.56
46.85	43.51	40.16	38.49	36.81	35.14	33.47	50 Fly	28.68	30.11	31.54	32.98	34.41	37.28	40.15
1:51.01	1:43.08	1:35.15	1:31.19	1:27.22	1:23.26	1:19.29	100 Fly	1:06.77	1:10.11	1:13.45	1:16.79	1:20.12	1:26.80	1:33.48
4:46.86	4:26.37	4:05.88	3:55.64	3:45.39	3:35.15	3:24.90	200 Fly	2:49.66	2:58.15	3:06.63	3:15.11	3:23.60	3:40.56	3:57.53
4:04.30	3:46.85	3:29.40	3:20.68	3:11.95	3:03.22	2:54.50	200 IM	2:36.44	2:44.26	2:52.08	2:59.91	3:07.73	3:23.37	3:39.02
9:00.35	8:21.75	7:43.16	7:23.86	7:04.56	6:45.26	6:25.96	400 IM	5:52.30	6:09.92	6:27.53	6:45.15	7:02.76	7:37.99	8:13.22

50-54 Men

55-59 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
44.77	41.57	38.37	36.77	35.17	33.58	31.98	50 Free	27.29	28.65	30.02	31.38	32.75	35.48	38.21
1:39.99	1:32.85	1:25.71	1:22.14	1:18.57	1:14.99	1:11.42	100 Free	1:01.17	1:04.23	1:07.29	1:10.35	1:13.40	1:19.52	1:25.64
3:38.24	3:22.65	3:07.06	2:59.27	2:51.47	2:43.68	2:35.88	200 Free	2:18.00	2:24.90	2:31.80	2:38.70	2:45.60	2:59.40	3:13.20
7:46.21	7:12.91	6:39.61	6:22.96	6:06.31	5:49.66	5:33.01	400 Free	4:54.05	5:08.75	5:23.45	5:38.15	5:52.86	6:22.26	6:51.67
16:02.02	14:53.31	13:44.59	13:10.23	12:35.88	12:01.52	11:27.16	800 Free	10:21.72	10:52.81	11:23.90	11:54.98	12:26.07	13:28.24	14:30.41
31:59.20	29:42.11	27:25.03	26:16.49	25:07.94	23:59.40	22:50.86	1500 Free	20:09.52	21:10.00	22:10.48	23:10.95	24:11.43	26:12.38	28:13.33
55.45	51.49	47.53	45.55	43.57	41.59	39.61	50 Back	33.54	35.21	36.89	38.57	40.24	43.60	46.95
2:01.03	1:52.38	1:43.74	1:39.41	1:35.09	1:30.77	1:26.45	100 Back	1:13.67	1:17.36	1:21.04	1:24.72	1:28.41	1:35.78	1:43.14
4:19.02	4:00.52	3:42.02	3:32.77	3:23.52	3:14.27	3:05.02	200 Back	2:41.90	2:49.99	2:58.09	3:06.18	3:14.28	3:30.47	3:46.66
59.90	55.62	51.34	49.20	47.06	44.92	42.78	50 Breast	35.28	37.04	38.81	40.57	42.34	45.86	49.39
2:12.68	2:03.20	1:53.72	1:48.99	1:44.25	1:39.51	1:34.77	100 Breast	1:19.30	1:23.27	1:27.23	1:31.20	1:35.16	1:43.09	1:51.02
4:54.73	4:33.68	4:12.62	4:02.10	3:51.57	3:41.05	3:30.52	200 Breast	3:00.84	3:09.88	3:18.92	3:27.97	3:37.01	3:55.09	4:13.18
49.36	45.83	42.31	40.55	38.78	37.02	35.26	50 Fly	29.62	31.10	32.58	34.06	35.54	38.51	41.47
2:01.32	1:52.65	1:43.99	1:39.66	1:35.32	1:30.99	1:26.66	100 Fly	1:09.98	1:13.48	1:16.98	1:20.48	1:23.98	1:30.98	1:37.98
5:23.41	5:00.31	4:37.21	4:25.66	4:14.11	4:02.56	3:51.01	200 Fly	2:59.57	3:08.55	3:17.52	3:26.50	3:35.48	3:53.44	4:11.39
4:20.98	4:02.34	3:43.70	3:34.38	3:25.05	3:15.73	3:06.41	200 IM	2:37.76	2:45.65	2:53.54	3:01.42	3:09.31	3:25.09	3:40.86
9:48.78	9:06.73	8:24.67	8:03.64	7:42.62	7:21.59	7:00.56	400 IM	5:50.13	6:07.64	6:25.15	6:42.65	7:00.16	7:35.17	8:10.19

55-59 Men

2016 Masters Motivational Times - LCM

*Revision 02 Jun 2016
by Swimosaur*

60-64 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
47.38	43.99	40.61	38.92	37.22	35.53	33.84	50 Free	28.05	29.45	30.85	32.25	33.66	36.46	39.27
1:47.66	1:39.97	1:32.28	1:28.44	1:24.59	1:20.75	1:16.90	100 Free	1:03.56	1:06.74	1:09.92	1:13.09	1:16.27	1:22.63	1:28.98
3:54.82	3:38.04	3:21.27	3:12.89	3:04.50	2:56.11	2:47.73	200 Free	2:24.66	2:31.90	2:39.13	2:46.36	2:53.60	3:08.06	3:22.53
8:18.79	7:43.16	7:07.53	6:49.72	6:31.90	6:14.09	5:56.28	400 Free	5:10.32	5:25.83	5:41.35	5:56.86	6:12.38	6:43.41	7:14.44
17:15.98	16:01.98	14:47.98	14:10.98	13:33.98	12:56.98	12:19.98	800 Free	10:48.48	11:20.90	11:53.33	12:25.75	12:58.18	14:03.02	15:07.87
34:34.93	32:06.72	29:38.51	28:24.40	27:10.30	25:56.19	24:42.09	1500 Free	21:07.41	22:10.78	23:14.15	24:17.53	25:20.90	27:27.64	29:34.38
59.18	54.95	50.72	48.61	46.50	44.38	42.27	50 Back	35.01	36.76	38.51	40.27	42.02	45.52	49.02
2:09.08	1:59.86	1:50.64	1:46.03	1:41.42	1:36.81	1:32.20	100 Back	1:17.46	1:21.34	1:25.21	1:29.08	1:32.96	1:40.70	1:48.45
4:37.37	4:17.56	3:57.74	3:47.84	3:37.93	3:28.03	3:18.12	200 Back	2:53.01	3:01.66	3:10.31	3:18.97	3:27.62	3:44.92	4:02.22
1:03.91	59.35	54.78	52.50	50.22	47.94	45.65	50 Breast	37.38	39.25	41.12	42.99	44.86	48.59	52.33
2:24.80	2:14.46	2:04.12	1:58.94	1:53.77	1:48.60	1:43.43	100 Breast	1:25.56	1:29.84	1:34.12	1:38.40	1:42.68	1:51.23	1:59.79
5:23.33	5:00.23	4:37.14	4:25.59	4:14.04	4:02.49	3:50.95	200 Breast	3:16.85	3:26.69	3:36.53	3:46.37	3:56.22	4:15.90	4:35.59
55.32	51.37	47.42	45.44	43.46	41.49	39.51	50 Fly	30.75	32.29	33.83	35.36	36.90	39.98	43.05
2:20.53	2:10.49	2:00.45	1:55.43	1:50.41	1:45.40	1:40.38	100 Fly	1:15.40	1:19.17	1:22.94	1:26.71	1:30.48	1:38.02	1:45.56
5:41.00	5:16.65	4:52.29	4:40.11	4:27.93	4:15.75	4:03.57	200 Fly	3:21.20	3:31.26	3:41.32	3:51.38	4:01.44	4:21.56	4:41.68
4:40.26	4:20.24	4:00.22	3:50.21	3:40.20	3:30.19	3:20.18	200 IM	2:49.63	2:58.11	3:06.59	3:15.07	3:23.55	3:40.51	3:57.48
10:44.70	9:58.65	9:12.60	8:49.58	8:26.55	8:03.52	7:40.50	400 IM	6:38.14	6:58.05	7:17.96	7:37.86	7:57.77	8:37.59	9:17.40

60-64 Men

65-69 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
50.94	47.30	43.66	41.84	40.02	38.20	36.38	50 Free	30.16	31.66	33.17	34.68	36.19	39.20	42.22
1:59.21	1:50.69	1:42.18	1:37.92	1:33.66	1:29.41	1:25.15	100 Free	1:08.53	1:11.96	1:15.38	1:18.81	1:22.24	1:29.09	1:35.94
4:24.99	4:06.06	3:47.14	3:37.67	3:28.21	3:18.74	3:09.28	200 Free	2:33.60	2:41.28	2:48.96	2:56.64	3:04.32	3:19.68	3:35.04
9:15.65	8:35.96	7:56.27	7:36.42	7:16.58	6:56.73	6:36.89	400 Free	5:32.76	5:49.40	6:06.04	6:22.67	6:39.31	7:12.59	7:45.86
19:24.63	18:01.44	16:38.26	15:56.66	15:15.07	14:33.47	13:51.88	800 Free	11:44.97	12:20.22	12:55.46	13:30.71	14:05.96	15:16.46	16:26.95
39:59.53	37:08.13	34:16.74	32:51.04	31:25.34	29:59.65	28:33.95	1500 Free	23:32.29	24:42.90	25:53.52	27:04.13	28:14.75	30:35.98	32:57.21
1:04.71	1:00.09	55.46	53.15	50.84	48.53	46.22	50 Back	38.06	39.96	41.86	43.77	45.67	49.47	53.28
2:24.29	2:13.99	2:03.68	1:58.53	1:53.37	1:48.22	1:43.07	100 Back	1:26.42	1:30.74	1:35.07	1:39.39	1:43.71	1:52.35	2:00.99
5:10.34	4:48.18	4:26.01	4:14.92	4:03.84	3:52.76	3:41.67	200 Back	3:06.31	3:15.63	3:24.94	3:34.26	3:43.58	4:02.21	4:20.84
1:10.00	1:05.00	1:00.00	57.50	55.00	52.50	50.00	50 Breast	39.66	41.64	43.63	45.61	47.59	51.56	55.52
2:45.47	2:33.65	2:21.83	2:15.92	2:10.01	2:04.10	1:58.19	100 Breast	1:33.33	1:38.00	1:42.66	1:47.33	1:52.00	2:01.33	2:10.66
6:19.88	5:52.74	5:25.61	5:12.04	4:58.47	4:44.91	4:31.34	200 Breast	3:31.27	3:41.84	3:52.40	4:02.96	4:13.53	4:34.66	4:55.78
1:01.37	56.98	52.60	50.41	48.22	46.03	43.83	50 Fly	33.21	34.87	36.53	38.19	39.85	43.17	46.49
2:44.93	2:33.15	2:21.37	2:15.48	2:09.59	2:03.70	1:57.81	100 Fly	1:26.08	1:30.39	1:34.69	1:39.00	1:43.30	1:51.91	2:00.52
5:44.14	5:19.56	4:54.97	4:42.68	4:30.39	4:18.10	4:05.81 ^c	200 Fly	3:42.32	3:53.43	4:04.55	4:15.66	4:26.78	4:49.01	5:11.24
5:32.60	5:08.84	4:45.08	4:33.21	4:21.33	4:09.45	3:57.57	200 IM	3:04.49	3:13.71	3:22.94	3:32.16	3:41.38	3:59.83	4:18.28
13:24.30	12:26.85	11:29.40	11:00.67	10:31.95	10:03.22	9:34.50	400 IM	7:02.27	7:23.38	7:44.49	8:05.61	8:26.72	9:08.95	9:51.17

65-69 Men

2016 Masters Motivational Times - LCM

*Revision 02 Jun 2016
by Swimosaur*

70-74 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
1:00.87	56.52	52.17	50.00	47.82	45.65	43.48	50 Free	32.03	33.63	35.23	36.83	38.43	41.63	44.84
2:22.79	2:12.59	2:02.39	1:57.29	1:52.19	1:47.09	1:41.99	100 Free	1:13.79	1:17.48	1:21.17	1:24.86	1:28.55	1:35.93	1:43.31
5:15.99	4:53.42	4:30.85	4:19.57	4:08.28	3:57.00	3:45.71	200 Free	2:51.09	2:59.64	3:08.20	3:16.75	3:25.30	3:42.41	3:59.52
11:09.43	10:21.62	9:33.80	9:09.89	8:45.98	8:22.08	7:58.17	400 Free	6:18.66	6:37.60	6:56.53	7:15.46	7:34.40	8:12.26	8:50.13
23:59.30	22:16.50	20:33.69	19:42.28	18:50.88	17:59.48	17:08.07	800 Free	13:40.61	14:21.64	15:02.67	15:43.70	16:24.73	17:46.79	19:08.85
50:20.02	46:44.31	43:08.59	41:20.73	39:32.88	37:45.02	35:57.16 ^b	1500 Free	27:31.11	28:53.66	30:16.22	31:38.77	33:01.33	35:46.44	38:31.55
1:16.50	1:11.03	1:05.57	1:02.84	1:00.10	57.37	54.64	50 Back	41.77	43.85	45.94	48.03	50.12	54.30	58.47
2:59.89	2:47.04	2:34.19	2:27.77	2:21.34	2:14.92	2:08.49	100 Back	1:37.13	1:41.99	1:46.85	1:51.70	1:56.56	2:06.27	2:15.99
6:14.16	5:47.43	5:20.71	5:07.35	4:53.98	4:40.62	4:27.26	200 Back	3:33.25	3:43.91	3:54.57	4:05.24	4:15.90	4:37.23	4:58.55
1:24.36	1:18.34	1:12.31	1:09.30	1:06.29	1:03.27	1:00.26	50 Breast	43.71	45.90	48.08	50.27	52.46	56.83	1:01.20
3:20.38	3:06.07	2:51.76	2:44.60	2:37.44	2:30.29	2:23.13	100 Breast	1:41.98	1:47.08	1:52.17	1:57.27	2:02.37	2:12.57	2:22.77
7:42.44	7:09.41	6:36.38	6:19.86	6:03.35	5:46.83	5:30.32	200 Breast	3:52.08	4:03.69	4:15.29	4:26.90	4:38.50	5:01.71	5:24.92
1:23.96	1:17.96	1:11.96	1:08.97	1:05.97	1:02.97	59.97	50 Fly	36.92	38.77	40.62	42.46	44.31	48.00	51.69
3:38.44	3:22.84	3:07.24	2:59.43	2:51.63	2:43.83	2:36.03 ^b	100 Fly	1:48.02	1:53.42	1:58.82	2:04.22	2:09.62	2:20.43	2:31.23
7:46.04	7:12.75	6:39.46	6:22.82	6:06.17	5:49.53	5:32.88 ^d	200 Fly	4:28.38	4:41.80	4:55.21	5:08.63	5:22.05	5:48.89	6:15.73
6:46.92	6:17.86	5:48.79	5:34.26	5:19.73	5:05.19	4:50.66	200 IM	3:31.60	3:42.18	3:52.76	4:03.34	4:13.92	4:35.08	4:56.24
15:50.82	14:42.91	13:34.99	13:01.03	12:27.08	11:53.12	11:19.16 ^c	400 IM	8:08.27	8:32.69	8:57.10	9:21.51	9:45.93	10:34.76	11:23.58

75-79 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
1:12.44	1:07.26	1:02.09	59.50	56.91	54.33	51.74	50 Free	35.50	37.28	39.05	40.83	42.60	46.15	49.70
2:49.54	2:37.43	2:25.32	2:19.27	2:13.21	2:07.16	2:01.10	100 Free	1:27.09	1:31.45	1:35.80	1:40.16	1:44.51	1:53.22	2:01.93
6:06.03	5:39.88	5:13.74	5:00.67	4:47.59	4:34.52	4:21.45	200 Free	3:26.90	3:37.25	3:47.59	3:57.94	4:08.28	4:28.97	4:49.66
13:24.12	12:26.68	11:29.24	11:00.53	10:31.81	10:03.09	9:34.37	400 Free	7:27.47	7:49.84	8:12.22	8:34.59	8:56.96	9:41.71	10:26.46
25:26.11	23:37.11	21:48.10	20:53.59	19:59.09	19:04.59	18:10.08 ^d	800 Free	17:50.72	18:44.26	19:37.80	20:31.33	21:24.87	23:11.94	24:59.01
49:15.54	45:44.43	42:13.32	40:27.76	38:42.21	36:56.65	35:11.10 ^c	1500 Free	31:07.64 ^c	32:41.02	34:14.41	35:47.79	37:21.17	40:27.93	43:34.70
1:26.13	1:19.98	1:13.83	1:10.75	1:07.68	1:04.60	1:01.52	50 Back	48.54	50.97	53.40	55.82	58.25	1:03.11	1:07.96
3:24.17	3:09.58	2:55.00	2:47.71	2:40.42	2:33.13	2:25.83	100 Back	1:49.99	1:55.49	2:00.99	2:06.48	2:11.98	2:22.98	2:33.98
7:07.44	6:36.91	6:06.38	5:51.11	5:35.85	5:20.58	5:05.32	200 Back	4:11.84	4:24.43	4:37.02	4:49.61	5:02.20	5:27.39	5:52.57
1:36.41	1:29.52	1:22.64	1:19.19	1:15.75	1:12.31	1:08.86	50 Breast	49.68	52.17	54.65	57.14	59.62	1:04.59	1:09.56
3:51.62	3:35.07	3:18.53	3:10.26	3:01.98	2:53.71	2:45.44	100 Breast	1:59.72	2:05.71	2:11.70	2:17.68	2:23.67	2:35.64	2:47.61
8:59.08	8:20.57	7:42.07	7:22.82	7:03.56	6:44.31	6:25.06	200 Breast	4:49.36	5:03.83	5:18.30	5:32.77	5:47.24	6:16.17	6:45.11
1:45.94	1:38.38	1:30.81	1:27.02	1:23.24	1:19.46	1:15.67	50 Fly	49.97	52.47	54.97	57.47	59.97	1:04.97	1:09.96
4:43.19	4:22.96	4:02.74	3:52.62	3:42.51	3:32.39	3:22.28 ^c	100 Fly	2:26.93	2:34.27	2:41.62	2:48.97	2:56.31	3:11.00	3:25.70
NT	NT	NT	NT	NT	NT	NT	200 Fly	5:58.23 ^d	6:16.14	6:34.05	6:51.96	7:09.87	7:45.69	8:21.52
6:48.26	6:19.10	5:49.94	5:35.36	5:20.78	5:06.20	4:51.62 ^c	200 IM	4:49.03	5:03.48	5:17.93	5:32.38	5:46.83	6:15.73	6:44.64
NT	NT	NT	NT	NT	NT	NT	400 IM	12:02.18 ^c	12:38.29	13:14.40	13:50.51	14:26.62	15:38.84	16:51.05

2016 Masters Motivational Times - LCM

Revision 02 Jun 2016
by Swimosaur

80-84 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
1:37.86	1:30.87	1:23.88	1:20.38	1:16.89	1:13.39	1:09.90	50 Free	39.49	41.47	43.44	45.42	47.39	51.34	55.29
3:38.56	3:22.95	3:07.34	2:59.53	2:51.73	2:43.92	2:36.12	100 Free	1:39.13	1:44.08	1:49.04	1:54.00	1:58.95	2:08.86	2:18.78
7:45.70	7:12.43	6:39.17	6:22.54	6:05.90	5:49.27	5:32.64 ^b	200 Free	3:50.20	4:01.71	4:13.22	4:24.73	4:36.24	4:59.26	5:22.28
15:53.28	14:45.19	13:37.10	13:03.05	12:29.01	11:54.96	11:20.92 ^c	400 Free	8:31.08	8:56.64	9:22.19	9:47.75	10:13.30	11:04.41	11:55.52
NT	NT	NT	NT	NT	NT	NT	800 Free	19:07.10	20:04.45	21:01.81	21:59.16	22:56.52	24:51.23	26:45.94
NT	NT	NT	NT	NT	NT	NT	1500 Free	36:02.92 ^c	37:51.07	39:39.22	41:27.36	43:15.51	46:51.80	50:28.09
2:00.90	1:52.26	1:43.63	1:39.31	1:34.99	1:30.67	1:26.36	50 Back	52.85	55.49	58.13	1:00.77	1:03.42	1:08.70	1:13.99
4:43.48	4:23.23	4:02.98	3:52.86	3:42.73	3:32.61	3:22.49 ^b	100 Back	2:08.53	2:14.96	2:21.38	2:27.81	2:34.24	2:47.09	2:59.94
8:28.50	7:52.18	7:15.86	6:57.70	6:39.54	6:21.37	6:03.21 ^c	200 Back	4:33.50 ^b	4:47.17	5:00.84	5:14.52	5:28.19	5:55.54	6:22.89
1:48.01	1:40.30	1:32.58	1:28.73	1:24.87	1:21.01	1:17.15 ^c	50 Breast	59.14	1:02.09	1:05.05	1:08.01	1:10.96	1:16.88	1:22.79
4:41.90	4:21.76	4:01.62	3:51.56	3:41.49	3:31.42	3:21.35 ^c	100 Breast	2:28.05	2:35.46	2:42.86	2:50.26	2:57.66	3:12.47	3:27.27
NT	NT	NT	NT	NT	NT	NT	200 Breast	5:03.42 ^b	5:18.60	5:33.77	5:48.94	6:04.11	6:34.45	7:04.79
2:05.10	1:56.17	1:47.23	1:42.76	1:38.29	1:33.83	1:29.36 ^c	50 Fly	1:01.66	1:04.74	1:07.83	1:10.91	1:13.99	1:20.16	1:26.32
NT	NT	NT	NT	NT	NT	NT	100 Fly	2:44.17 ^c	2:52.38	3:00.59	3:08.80	3:17.01	3:33.42	3:49.84
NT	NT	NT	NT	NT	NT	NT	200 Fly	NT	NT	NT	NT	NT	NT	NT
9:08.39	8:29.22	7:50.05	7:30.46	7:10.88	6:51.29	6:31.71 ^c	200 IM	4:41.75 ^c	4:55.84	5:09.93	5:24.02	5:38.10	6:06.28	6:34.45
NT	NT	NT	NT	NT	NT	NT	400 IM	12:14.91 ^d	12:51.66	13:28.40	14:05.15	14:41.89	15:55.39	17:08.88

80-84 Men

85-89 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
1:34.89	1:28.11	1:21.33	1:17.95	1:14.56	1:11.17	1:07.78 ^c	50 Free	55.00	57.75	1:00.50	1:03.25	1:06.00	1:11.50	1:17.00
4:01.46	3:44.22	3:26.97	3:18.34	3:09.72	3:01.10	2:52.47 ^c	100 Free	2:15.33	2:22.10	2:28.87	2:35.63	2:42.40	2:55.93	3:09.47
8:12.06	7:36.91	7:01.76	6:44.19	6:26.62	6:09.04	5:51.47 ^d	200 Free	5:58.73 ^b	6:16.66	6:34.60	6:52.53	7:10.47	7:46.34	8:22.22
NT	NT	NT	NT	NT	NT	NT	400 Free	11:50.94 ^d	12:26.49	13:02.04	13:37.59	14:13.13	15:24.23	16:35.32
NT	NT	NT	NT	NT	NT	NT	800 Free	NT	NT	NT	NT	NT	NT	NT
NT	NT	NT	NT	NT	NT	NT	1500 Free	NT	NT	NT	NT	NT	NT	NT
2:02.06	1:53.34	1:44.63	1:40.27	1:35.91	1:31.55	1:27.19 ^c	50 Back	1:22.99	1:27.14	1:31.29	1:35.44	1:39.59	1:47.89	1:56.19
4:39.70	4:19.72	3:59.75	3:49.76	3:39.77	3:29.78	3:19.79 ^d	100 Back	4:31.61 ^b	4:45.19	4:58.77	5:12.35	5:25.93	5:53.09	6:20.25
NT	NT	NT	NT	NT	NT	NT	200 Back	NT	NT	NT	NT	NT	NT	NT
2:40.26	2:28.81	2:17.36	2:11.64	2:05.92	2:00.19	1:54.47 ^d	50 Breast	1:25.84 ^b	1:30.13	1:34.42	1:38.71	1:43.00	1:51.59	2:00.17
5:44.89	5:20.25	4:55.62	4:43.30	4:30.98	4:18.67	4:06.35 ^d	100 Breast	8:24.36 ^b	8:49.58	9:14.80	9:40.01	10:05.23	10:55.67	11:46.10
NT	NT	NT	NT	NT	NT	NT	200 Breast	7:26.86 ^d	7:49.20	8:11.54	8:33.89	8:56.23	9:40.91	10:25.60
NT	NT	NT	NT	NT	NT	NT	50 Fly	NT	NT	NT	NT	NT	NT	NT
NT	NT	NT	NT	NT	NT	NT	100 Fly	NT	NT	NT	NT	NT	NT	NT
NT	NT	NT	NT	NT	NT	NT	200 Fly	NT	NT	NT	NT	NT	NT	NT
NT	NT	NT	NT	NT	NT	NT	200 IM	NT	NT	NT	NT	NT	NT	NT
NT	NT	NT	NT	NT	NT	NT	400 IM	NT	NT	NT	NT	NT	NT	NT

85-89 Men

Motivational times (MTs) are calculated from the base time given in Column X. The algorithm for calculating the base time is similar, but not identical to, the method USMS uses to calculate national qualifying times (NQTs) for the annual SCY national championships.

Most of the time, Column X is

(A) the average of the previous three year's 10th place times.

However, if there are fewer than three 10th place times over the previous three years, we use, in order,

(B) average of two 10th place times over the previous three years. If there are fewer than two 10th place times,

(C) average of three 5th place times + 4.45%. If there are fewer than three,

(D) average of two 5th place times + 4.45%. If there are fewer than two,

(E) No Time (NT).

If one of the alternatives B-D is used, it's indicated by a superscript.

The rest of the columns are proportional to Column X as follows,

AAAA	= X + 5%	A	= X + 20%
AAA	= X + 10%	BB	= X + 30%
AA	= X + 15%	B	= X + 40%

For MTs, the same algorithm is used for all three courses, SCY, LCM, and SCM.

Relationship to NQTs. For SCY, as long as Column X is calculated using method A, B, or E, Columns AA and AAA should be, but are not guaranteed to be, exactly the NQTs for sprints and 200+ events respectively. However, there will be some small differences for methods C and D. For LCM, the MTs should be different from the NQTs in all cases. USMS does not publish NQTs for SCM or for age groups 85+.

Column X. I like to think of Column X as “the moral equivalent of a Top Ten time”. Of course, in any given year, the 10th place time will be faster or slower by some amount than the average of the three previous years, so of course, Column X is not an actual Top Ten time. Too bad, huh? You can also think of it as “the time I need to hit to have about a 50/50 chance.”