

## 2016 Masters Motivational Times - SCY

*Revision 01 Jan 2016  
by Swimosaur*

### 18-24 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
34.80	32.31	29.83	28.59	27.34	26.10	24.86	<b>50 Free</b>	21.25	22.31	23.38	24.44	25.50	27.63	29.75
1:16.43	1:10.97	1:05.51	1:02.78	1:00.05	57.32	54.59	<b>100 Free</b>	47.43	49.80	52.17	54.54	56.91	1:01.65	1:06.40
2:49.80	2:37.67	2:25.54	2:19.48	2:13.41	2:07.35	2:01.28	<b>200 Free</b>	1:48.43	1:53.85	1:59.27	2:04.69	2:10.11	2:20.95	2:31.80
7:41.53	7:08.56	6:35.60	6:19.11	6:02.63	5:46.15	5:29.66	<b>500 Free</b>	5:05.82	5:21.11	5:36.40	5:51.69	6:06.98	6:37.57	7:08.15
16:47.49	15:35.53	14:23.56	13:47.58	13:11.60	12:35.62	11:59.64	<b>1000 Free</b>	11:42.81	12:17.95	12:53.09	13:28.23	14:03.37	15:13.65	16:23.93
28:22.40	26:20.80	24:19.20	23:18.40	22:17.60	21:16.80	20:16.00	<b>1650 Free</b>	19:31.33	20:29.90	21:28.47	22:27.03	23:25.60	25:22.73	27:19.87
39.76	36.92	34.08	32.66	31.24	29.82	28.40	<b>50 Back</b>	25.07	26.32	27.57	28.83	30.08	32.59	35.09
1:26.12	1:19.97	1:13.82	1:10.74	1:07.67	1:04.59	1:01.52	<b>100 Back</b>	54.46	57.18	59.90	1:02.63	1:05.35	1:10.79	1:16.24
3:15.83	3:01.84	2:47.85	2:40.86	2:33.86	2:26.87	2:19.88	<b>200 Back</b>	2:04.87	2:11.11	2:17.35	2:23.60	2:29.84	2:42.33	2:54.81
45.53	42.28	39.03	37.40	35.78	34.15	32.52	<b>50 Breast</b>	27.17	28.53	29.88	31.24	32.60	35.32	38.03
1:38.11	1:31.10	1:24.10	1:20.59	1:17.09	1:13.58	1:10.08	<b>100 Breast</b>	1:00.32	1:03.34	1:06.36	1:09.37	1:12.39	1:18.42	1:24.45
3:43.16	3:27.22	3:11.28	3:03.31	2:55.34	2:47.37	2:39.40	<b>200 Breast</b>	2:16.81	2:23.65	2:30.49	2:37.33	2:44.17	2:57.85	3:11.53
37.37	34.70	32.03	30.70	29.36	28.03	26.69	<b>50 Fly</b>	23.26	24.42	25.59	26.75	27.91	30.24	32.56
1:24.31	1:18.29	1:12.26	1:09.25	1:06.24	1:03.23	1:00.22	<b>100 Fly</b>	52.14	54.74	57.35	59.96	1:02.56	1:07.78	1:12.99
3:26.24	3:11.51	2:56.78	2:49.41	2:42.05	2:34.68	2:27.32	<b>200 Fly</b>	2:04.98	2:11.23	2:17.47	2:23.72	2:29.97	2:42.47	2:54.97
1:26.17	1:20.02	1:13.86	1:10.79	1:07.71	1:04.63	1:01.55	<b>100 IM</b>	53.55	56.23	58.91	1:01.58	1:04.26	1:09.62	1:14.97
3:10.94	2:57.30	2:43.66	2:36.84	2:30.02	2:23.20	2:16.38	<b>200 IM</b>	2:01.97	2:08.07	2:14.17	2:20.27	2:26.37	2:38.57	2:50.76
7:03.29	6:33.05	6:02.82	5:47.70	5:32.58	5:17.46	5:02.35	<b>400 IM</b>	4:33.07	4:46.72	5:00.38	5:14.03	5:27.68	5:54.99	6:22.30

### 18-24 Men

### 25-29 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
34.17	31.73	29.29	28.07	26.85	25.63	24.41	<b>50 Free</b>	20.96	22.01	23.06	24.11	25.16	27.25	29.35
1:15.32	1:09.94	1:04.56	1:01.87	59.18	56.49	53.80	<b>100 Free</b>	46.52	48.85	51.17	53.50	55.82	1:00.48	1:05.13
2:46.90	2:34.98	2:23.06	2:17.10	2:11.14	2:05.18	1:59.22	<b>200 Free</b>	1:47.32	1:52.69	1:58.06	2:03.42	2:08.79	2:19.52	2:30.25
7:34.97	7:02.47	6:29.98	6:13.73	5:57.48	5:41.23	5:24.98	<b>500 Free</b>	5:01.92	5:17.02	5:32.11	5:47.21	6:02.30	6:32.50	7:02.69
16:19.57	15:09.60	13:59.63	13:24.65	12:49.66	12:14.68	11:39.69	<b>1000 Free</b>	11:02.86	11:36.00	12:09.15	12:42.29	13:15.43	14:21.72	15:28.00
27:34.31	25:36.15	23:37.98	22:38.90	21:39.82	20:40.74	19:41.65	<b>1650 Free</b>	18:44.14	19:40.34	20:36.55	21:32.76	22:28.96	24:21.38	26:13.79
40.38	37.50	34.61	33.17	31.73	30.29	28.84	<b>50 Back</b>	24.84	26.08	27.32	28.56	29.80	32.29	34.77
1:27.69	1:21.43	1:15.16	1:12.03	1:08.90	1:05.77	1:02.64	<b>100 Back</b>	54.93	57.68	1:00.43	1:03.17	1:05.92	1:11.41	1:16.91
3:13.77	2:59.93	2:46.09	2:39.17	2:32.25	2:25.33	2:18.41	<b>200 Back</b>	2:06.40	2:12.72	2:19.04	2:25.36	2:31.68	2:44.32	2:56.96
44.87	41.67	38.46	36.86	35.26	33.66	32.05	<b>50 Breast</b>	26.93	28.28	29.63	30.97	32.32	35.01	37.71
1:37.00	1:30.07	1:23.14	1:19.68	1:16.22	1:12.75	1:09.29	<b>100 Breast</b>	59.34	1:02.30	1:05.27	1:08.24	1:11.20	1:17.14	1:23.07
3:33.08	3:17.86	3:02.64	2:55.03	2:47.42	2:39.81	2:32.20	<b>200 Breast</b>	2:14.91	2:21.65	2:28.40	2:35.14	2:41.89	2:55.38	3:08.87
37.23	34.57	31.91	30.58	29.25	27.92	26.59	<b>50 Fly</b>	22.97	24.12	25.27	26.42	27.57	29.87	32.16
1:22.84	1:16.93	1:11.01	1:08.05	1:05.09	1:02.13	59.17	<b>100 Fly</b>	51.96	54.55	57.15	59.75	1:02.35	1:07.54	1:12.74
3:14.63	3:00.73	2:46.83	2:39.88	2:32.93	2:25.97	2:19.02	<b>200 Fly</b>	2:06.64	2:12.97	2:19.30	2:25.64	2:31.97	2:44.63	2:57.30
1:24.84	1:18.78	1:12.72	1:09.69	1:06.66	1:03.63	1:00.60	<b>100 IM</b>	53.19	55.85	58.51	1:01.16	1:03.82	1:09.14	1:14.46
3:09.77	2:56.22	2:42.66	2:35.89	2:29.11	2:22.33	2:15.55	<b>200 IM</b>	2:02.37	2:08.48	2:14.60	2:20.72	2:26.84	2:39.08	2:51.31
6:55.52	6:25.84	5:56.16	5:41.32	5:26.48	5:11.64	4:56.80	<b>400 IM</b>	4:32.66	4:46.29	4:59.93	5:13.56	5:27.19	5:54.46	6:21.72

### 25-29 Men

2016 Masters Motivational Times - SCY

Revision 01 Jan 2016  
by Swimosaur

30-34 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
35.20	32.69	30.17	28.91	27.66	26.40	25.14	50 Free	21.78	22.87	23.96	25.05	26.14	28.31	30.49
1:18.17	1:12.59	1:07.00	1:04.21	1:01.42	58.63	55.84	100 Free	47.62	50.00	52.38	54.76	57.14	1:01.91	1:06.67
2:53.88	2:41.46	2:29.04	2:22.83	2:16.62	2:10.41	2:04.20	200 Free	1:49.54	1:55.02	2:00.49	2:05.97	2:11.45	2:22.40	2:33.36
7:54.10	7:20.23	6:46.37	6:29.44	6:12.50	5:55.57	5:38.64	500 Free	5:01.63	5:16.71	5:31.80	5:46.88	6:01.96	6:32.12	7:02.29
16:35.41	15:24.31	14:13.21	13:37.66	13:02.11	12:26.56	11:51.01	1000 Free	10:58.95	11:31.90	12:04.84	12:37.79	13:10.74	14:16.63	15:22.53
28:29.20	26:27.12	24:25.03	23:23.99	22:22.95	21:21.90	20:20.86	1650 Free	18:32.54	19:28.17	20:23.80	21:19.42	22:15.05	24:06.31	25:57.56
41.21	38.27	35.32	33.85	32.38	30.91	29.44	50 Back	26.02	27.32	28.63	29.93	31.23	33.83	36.43
1:29.64	1:23.23	1:16.83	1:13.63	1:10.43	1:07.23	1:04.03	100 Back	56.33	59.15	1:01.97	1:04.78	1:07.60	1:13.23	1:18.87
3:18.95	3:04.74	2:50.53	2:43.43	2:36.32	2:29.22	2:22.11	200 Back	2:07.53	2:13.91	2:20.28	2:26.66	2:33.04	2:45.79	2:58.54
45.74	42.48	39.21	37.57	35.94	34.31	32.67	50 Breast	27.83	29.22	30.61	32.00	33.39	36.17	38.96
1:39.37	1:32.27	1:25.17	1:21.62	1:18.07	1:14.53	1:10.98	100 Breast	1:01.92	1:05.01	1:08.11	1:11.20	1:14.30	1:20.49	1:26.68
3:43.00	3:27.07	3:11.14	3:03.18	2:55.21	2:47.25	2:39.28	200 Breast	2:18.91	2:25.86	2:32.80	2:39.75	2:46.70	3:00.59	3:14.48
38.51	35.76	33.01	31.63	30.26	28.88	27.51	50 Fly	23.78	24.97	26.16	27.35	28.54	30.91	33.29
1:27.01	1:20.79	1:14.58	1:11.47	1:08.36	1:05.25	1:02.15	100 Fly	52.80	55.44	58.08	1:00.72	1:03.36	1:08.64	1:13.92
3:30.54	3:15.50	3:00.46	2:52.94	2:45.43	2:37.91	2:30.39	200 Fly	2:06.02	2:12.32	2:18.63	2:24.93	2:31.23	2:43.83	2:56.43
1:29.10	1:22.73	1:16.37	1:13.19	1:10.00	1:06.82	1:03.64	100 IM	55.11	57.86	1:00.62	1:03.37	1:06.13	1:11.64	1:17.15
3:15.25	3:01.31	2:47.36	2:40.39	2:33.41	2:26.44	2:19.47	200 IM	2:03.18	2:09.34	2:15.49	2:21.65	2:27.81	2:40.13	2:52.45
7:12.06	6:41.20	6:10.34	5:54.91	5:39.48	5:24.05	5:08.62	400 IM	4:30.12	4:43.63	4:57.13	5:10.64	5:24.14	5:51.16	6:18.17

30-34 Men

35-39 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
35.84	33.28	30.72	29.44	28.16	26.88	25.60	50 Free	21.89	22.99	24.08	25.18	26.27	28.46	30.65
1:18.42	1:12.82	1:07.22	1:04.42	1:01.61	58.81	56.01	100 Free	48.69	51.12	53.56	55.99	58.42	1:03.29	1:08.16
2:54.93	2:42.43	2:29.94	2:23.69	2:17.44	2:11.19	2:04.95	200 Free	1:49.91	1:55.40	2:00.90	2:06.39	2:11.89	2:22.88	2:33.87
8:00.14	7:25.85	6:51.55	6:34.40	6:17.26	6:00.11	5:42.96	500 Free	5:06.00	5:21.30	5:36.60	5:51.90	6:07.20	6:37.80	7:08.40
16:52.11	15:39.81	14:27.52	13:51.37	13:15.23	12:39.08	12:02.93	1000 Free	10:57.16	11:30.01	12:02.87	12:35.73	13:08.59	14:14.30	15:20.02
28:13.28	26:12.33	24:11.38	23:10.91	22:10.43	21:09.96	20:09.48	1650 Free	18:40.89	19:36.94	20:32.98	21:29.03	22:25.07	24:17.16	26:09.25
42.10	39.10	36.09	34.58	33.08	31.58	30.07	50 Back	25.94	27.24	28.53	29.83	31.13	33.72	36.32
1:31.38	1:24.86	1:18.33	1:15.06	1:11.80	1:08.54	1:05.27	100 Back	56.27	59.09	1:01.90	1:04.71	1:07.53	1:13.16	1:18.78
3:22.44	3:07.98	2:53.52	2:46.29	2:39.06	2:31.83	2:24.60	200 Back	2:05.30	2:11.57	2:17.83	2:24.10	2:30.36	2:42.89	2:55.42
46.82	43.47	40.13	38.46	36.78	35.11	33.44	50 Breast	28.21	29.62	31.03	32.44	33.85	36.67	39.49
1:41.82	1:34.55	1:27.28	1:23.64	1:20.00	1:16.37	1:12.73	100 Breast	1:02.27	1:05.38	1:08.49	1:11.61	1:14.72	1:20.95	1:27.17
3:48.19	3:31.89	3:15.59	3:07.44	2:59.29	2:51.14	2:42.99	200 Breast	2:20.71	2:27.75	2:34.78	2:41.82	2:48.85	3:02.92	3:16.99
39.28	36.48	33.67	32.27	30.87	29.46	28.06	50 Fly	24.25	25.47	26.68	27.89	29.10	31.53	33.95
1:28.84	1:22.49	1:16.15	1:12.98	1:09.80	1:06.63	1:03.46	100 Fly	54.50	57.23	59.95	1:02.67	1:05.40	1:10.85	1:16.30
3:43.82	3:27.83	3:11.84	3:03.85	2:55.86	2:47.86	2:39.87	200 Fly	2:08.07	2:14.48	2:20.88	2:27.28	2:33.69	2:46.50	2:59.30
1:29.64	1:23.23	1:16.83	1:13.63	1:10.43	1:07.23	1:04.03	100 IM	55.80	58.59	1:01.38	1:04.17	1:06.96	1:12.54	1:18.12
3:17.96	3:03.82	2:49.68	2:42.61	2:35.54	2:28.47	2:21.40	200 IM	2:06.27	2:12.58	2:18.89	2:25.21	2:31.52	2:44.15	2:56.77
7:19.09	6:47.72	6:16.36	6:00.68	5:45.00	5:29.32	5:13.63	400 IM	4:38.16	4:52.06	5:05.97	5:19.88	5:33.79	6:01.60	6:29.42

35-39 Men

2016 Masters Motivational Times - SCY

Revision 01 Jan 2016  
by Swimosaur

40-44 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
35.77	33.21	30.66	29.38	28.10	26.82	25.55	50 Free	22.29	23.40	24.52	25.63	26.75	28.98	31.21
1:18.38	1:12.78	1:07.18	1:04.38	1:01.58	58.78	55.98	100 Free	49.17	51.63	54.08	56.54	59.00	1:03.92	1:08.83
2:56.35	2:43.75	2:31.16	2:24.86	2:18.56	2:12.26	2:05.96	200 Free	1:50.98	1:56.53	2:02.07	2:07.62	2:13.17	2:24.27	2:35.37
7:57.45	7:23.35	6:49.24	6:32.19	6:15.14	5:58.09	5:41.04	500 Free	5:07.97	5:23.37	5:38.77	5:54.17	6:09.57	6:40.37	7:11.16
16:46.50	15:34.60	14:22.71	13:46.77	13:10.82	12:34.87	11:58.93	1000 Free	10:55.76	11:28.55	12:01.34	12:34.12	13:06.91	14:12.49	15:18.06
28:40.76	26:37.85	24:34.94	23:33.48	22:32.02	21:30.57	20:29.11	1650 Free	18:38.94	19:34.89	20:30.83	21:26.78	22:22.73	24:14.62	26:06.52
42.27	39.25	36.23	34.72	33.21	31.70	30.19	50 Back	26.22	27.53	28.85	30.16	31.47	34.09	36.71
1:32.10	1:25.52	1:18.94	1:15.65	1:12.37	1:09.08	1:05.79	100 Back	56.94	59.78	1:02.63	1:05.48	1:08.32	1:14.02	1:19.71
3:22.76	3:08.28	2:53.80	2:46.55	2:39.31	2:32.07	2:24.83	200 Back	2:07.94	2:14.34	2:20.73	2:27.13	2:33.53	2:46.32	2:59.12
47.32	43.94	40.56	38.87	37.18	35.49	33.80	50 Breast	28.32	29.74	31.16	32.57	33.99	36.82	39.65
1:44.26	1:36.81	1:29.36	1:25.64	1:21.92	1:18.19	1:14.47	100 Breast	1:02.77	1:05.91	1:09.05	1:12.19	1:15.33	1:21.61	1:27.88
3:55.13	3:38.34	3:21.54	3:13.15	3:04.75	2:56.35	2:47.95	200 Breast	2:21.24	2:28.30	2:35.36	2:42.42	2:49.48	3:03.61	3:17.73
39.69	36.85	34.02	32.60	31.18	29.76	28.35	50 Fly	24.19	25.40	26.61	27.82	29.03	31.45	33.87
1:30.43	1:23.97	1:17.51	1:14.28	1:11.05	1:07.82	1:04.59	100 Fly	54.97	57.72	1:00.47	1:03.22	1:05.97	1:11.47	1:16.96
3:33.69	3:18.42	3:03.16	2:55.53	2:47.90	2:40.26	2:32.63	200 Fly	2:12.81	2:19.45	2:26.09	2:32.73	2:39.37	2:52.65	3:05.93
1:31.69	1:25.14	1:18.59	1:15.32	1:12.04	1:08.77	1:05.49	100 IM	56.21	59.02	1:01.83	1:04.65	1:07.46	1:13.08	1:18.70
3:24.90	3:10.27	2:55.63	2:48.31	2:41.00	2:33.68	2:26.36	200 IM	2:05.78	2:12.07	2:18.36	2:24.65	2:30.94	2:43.52	2:56.10
7:24.08	6:52.36	6:20.64	6:04.78	5:48.92	5:33.06	5:17.20	400 IM	4:35.74	4:49.53	5:03.31	5:17.10	5:30.89	5:58.46	6:26.04

40-44 Men

45-49 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
36.79	34.16	31.53	30.22	28.90	27.59	26.28	50 Free	22.62 <sup>b</sup>	23.75	24.88	26.01	27.14	29.41	31.67
1:21.05	1:15.26	1:09.47	1:06.57	1:03.68	1:00.78	57.89	100 Free	49.55	52.02	54.50	56.98	59.46	1:04.41	1:09.37
2:58.30	2:45.57	2:32.83	2:26.46	2:20.10	2:13.73	2:07.36	200 Free	1:51.76	1:57.35	2:02.94	2:08.52	2:14.11	2:25.29	2:36.46
7:58.83	7:24.63	6:50.43	6:33.33	6:16.23	5:59.12	5:42.02	500 Free	5:07.97	5:23.37	5:38.77	5:54.17	6:09.57	6:40.37	7:11.16
16:37.75	15:26.48	14:15.21	13:39.58	13:03.94	12:28.31	11:52.68	1000 Free	10:48.04	11:20.44	11:52.84	12:25.25	12:57.65	14:02.45	15:07.26
28:02.06	26:01.92	24:01.77	23:01.69	22:01.62	21:01.55	20:01.47	1650 Free	18:29.30	19:24.77	20:20.23	21:15.70	22:11.16	24:02.09	25:53.02
42.91	39.85	36.78	35.25	33.72	32.19	30.65	50 Back	26.65	27.98	29.31	30.64	31.98	34.64	37.31
1:32.50	1:25.90	1:19.29	1:15.98	1:12.68	1:09.38	1:06.07	100 Back	58.77	1:01.71	1:04.65	1:07.59	1:10.53	1:16.41	1:22.28
3:25.01	3:10.37	2:55.72	2:48.40	2:41.08	2:33.76	2:26.44	200 Back	2:08.60	2:15.03	2:21.46	2:27.89	2:34.32	2:47.18	3:00.04
48.57	45.10	41.63	39.89	38.16	36.42	34.69	50 Breast	28.87	30.32	31.76	33.20	34.65	37.54	40.42
1:46.06	1:38.48	1:30.91	1:27.12	1:23.33	1:19.54	1:15.76	100 Breast	1:02.77	1:05.91	1:09.05	1:12.19	1:15.33	1:21.61	1:27.88
3:53.48	3:36.80	3:20.12	3:11.79	3:03.45	2:55.11	2:46.77	200 Breast	2:23.34	2:30.51	2:37.68	2:44.84	2:52.01	3:06.35	3:20.68
40.23	37.36	34.48	33.05	31.61	30.17	28.74	50 Fly	24.62	25.85	27.09	28.32	29.55	32.01	34.47
1:31.31	1:24.79	1:18.26	1:15.00	1:11.74	1:08.48	1:05.22	100 Fly	55.32	58.08	1:00.85	1:03.61	1:06.38	1:11.91	1:17.44
3:33.92	3:18.64	3:03.36	2:55.72	2:48.08	2:40.44	2:32.80	200 Fly	2:12.93	2:19.58	2:26.22	2:32.87	2:39.52	2:52.81	3:06.10
1:33.83	1:27.13	1:20.43	1:17.08	1:13.73	1:10.37	1:07.02	100 IM	57.33	1:00.20	1:03.07	1:05.93	1:08.80	1:14.53	1:20.27
3:26.99	3:12.21	2:57.42	2:50.03	2:42.64	2:35.25	2:27.85	200 IM	2:07.41	2:13.78	2:20.15	2:26.52	2:32.89	2:45.63	2:58.37
7:24.53	6:52.78	6:21.03	6:05.15	5:49.28	5:33.40	5:17.52	400 IM	4:32.70	4:46.34	4:59.97	5:13.61	5:27.24	5:54.51	6:21.78

45-49 Men

## 2016 Masters Motivational Times - SCY

*Revision 01 Jan 2016  
by Swimosaur*

### 50-54 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
37.20	34.54	31.88	30.56	29.23	27.90	26.57	<b>50 Free</b>	23.08	24.24	25.39	26.55	27.70	30.01	32.32
1:21.93	1:16.08	1:10.22	1:07.30	1:04.37	1:01.45	58.52	<b>100 Free</b>	51.24	53.80	56.36	58.92	1:01.48	1:06.61	1:11.73
3:00.50	2:47.60	2:34.71	2:28.27	2:21.82	2:15.37	2:08.93	<b>200 Free</b>	1:54.93	2:00.67	2:06.42	2:12.17	2:17.91	2:29.40	2:40.90
8:05.36	7:30.69	6:56.02	6:38.69	6:21.35	6:04.02	5:46.68	<b>500 Free</b>	5:15.25	5:31.01	5:46.77	6:02.53	6:18.30	6:49.82	7:21.35
16:43.18	15:31.53	14:19.87	13:44.04	13:08.22	12:32.39	11:56.56	<b>1000 Free</b>	11:09.20	11:42.66	12:16.12	12:49.58	13:23.04	14:29.96	15:36.88
28:09.05	26:08.40	24:07.76	23:07.43	22:07.11	21:06.79	20:06.46	<b>1650 Free</b>	19:02.24	19:59.35	20:56.46	21:53.57	22:50.68	24:44.91	26:39.13
44.51	41.33	38.15	36.56	34.97	33.38	31.79	<b>50 Back</b>	27.30	28.67	30.03	31.40	32.76	35.49	38.22
1:35.84	1:29.00	1:22.15	1:18.73	1:15.31	1:11.88	1:08.46	<b>100 Back</b>	59.59	1:02.57	1:05.55	1:08.53	1:11.51	1:17.47	1:23.43
3:29.51	3:14.55	2:59.58	2:52.10	2:44.62	2:37.14	2:29.65	<b>200 Back</b>	2:12.86	2:19.50	2:26.14	2:32.79	2:39.43	2:52.71	3:06.00
49.62	46.08	42.53	40.76	38.99	37.22	35.44	<b>50 Breast</b>	29.47	30.94	32.42	33.89	35.36	38.31	41.26
1:48.73	1:40.96	1:33.20	1:29.31	1:25.43	1:21.55	1:17.66	<b>100 Breast</b>	1:05.03	1:08.28	1:11.53	1:14.78	1:18.04	1:24.54	1:31.04
3:58.98	3:41.91	3:24.84	3:16.30	3:07.77	2:59.23	2:50.70	<b>200 Breast</b>	2:29.36	2:36.83	2:44.30	2:51.76	2:59.23	3:14.17	3:29.10
40.89	37.97	35.05	33.59	32.13	30.67	29.21	<b>50 Fly</b>	25.22	26.48	27.75	29.01	30.27	32.79	35.31
1:33.29	1:26.63	1:19.96	1:16.63	1:13.30	1:09.97	1:06.64	<b>100 Fly</b>	56.60	59.43	1:02.26	1:05.09	1:07.92	1:13.58	1:19.24
3:45.46	3:29.35	3:13.25	3:05.20	2:57.14	2:49.09	2:41.04	<b>200 Fly</b>	2:14.46	2:21.19	2:27.91	2:34.63	2:41.36	2:54.80	3:08.25
1:36.55	1:29.65	1:22.76	1:19.31	1:15.86	1:12.41	1:08.96	<b>100 IM</b>	58.98	1:01.93	1:04.88	1:07.83	1:10.78	1:16.68	1:22.58
3:29.55	3:14.58	2:59.61	2:52.13	2:44.64	2:37.16	2:29.68	<b>200 IM</b>	2:10.59	2:17.12	2:23.65	2:30.18	2:36.71	2:49.77	3:02.83
7:32.02	6:59.73	6:27.44	6:11.30	5:55.16	5:39.01	5:22.87	<b>400 IM</b>	4:46.54	5:00.87	5:15.19	5:29.52	5:43.85	6:12.50	6:41.16

### 50-54 Men

### 55-59 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
39.02	36.24	33.45	32.05	30.66	29.27	27.87	<b>50 Free</b>	23.74	24.93	26.12	27.30	28.49	30.87	33.24
1:26.57	1:20.38	1:14.20	1:11.11	1:08.02	1:04.92	1:01.83	<b>100 Free</b>	52.74	55.37	58.01	1:00.65	1:03.28	1:08.56	1:13.83
3:11.37	2:57.70	2:44.03	2:37.20	2:30.36	2:23.53	2:16.69	<b>200 Free</b>	1:58.14	2:04.05	2:09.96	2:15.86	2:21.77	2:33.59	2:45.40
8:33.15	7:56.50	7:19.84	7:01.52	6:43.19	6:24.86	6:06.54	<b>500 Free</b>	5:24.55	5:40.78	5:57.01	6:13.24	6:29.46	7:01.92	7:34.37
17:57.63	16:40.66	15:23.68	14:45.20	14:06.71	13:28.22	12:49.74	<b>1000 Free</b>	11:24.86	11:59.10	12:33.34	13:07.59	13:41.83	14:50.31	15:58.80
30:45.10	28:33.30	26:21.51	25:15.62	24:09.72	23:03.82	21:57.93	<b>1650 Free</b>	19:19.74	20:17.73	21:15.72	22:13.70	23:11.69	25:07.67	27:03.64
46.96	43.61	40.25	38.57	36.90	35.22	33.54	<b>50 Back</b>	28.49	29.92	31.34	32.77	34.19	37.04	39.89
1:42.43	1:35.12	1:27.80	1:24.14	1:20.48	1:16.83	1:13.17	<b>100 Back</b>	1:01.44	1:04.51	1:07.58	1:10.66	1:13.73	1:19.87	1:26.02
3:40.53	3:24.78	3:09.03	3:01.15	2:53.28	2:45.40	2:37.52	<b>200 Back</b>	2:15.10	2:21.85	2:28.61	2:35.36	2:42.12	2:55.63	3:09.14
51.66	47.97	44.28	42.43	40.59	38.74	36.90	<b>50 Breast</b>	30.37	31.89	33.41	34.93	36.44	39.48	42.52
1:53.34	1:45.25	1:37.15	1:33.10	1:29.06	1:25.01	1:20.96	<b>100 Breast</b>	1:07.15	1:10.50	1:13.86	1:17.22	1:20.58	1:27.29	1:34.01
4:12.03	3:54.03	3:36.03	3:27.03	3:18.03	3:09.02	3:00.02	<b>200 Breast</b>	2:31.17	2:38.73	2:46.28	2:53.84	3:01.40	3:16.52	3:31.63
43.65	40.53	37.41	35.85	34.29	32.74	31.18	<b>50 Fly</b>	26.16	27.46	28.77	30.08	31.39	34.00	36.62
1:41.06	1:33.84	1:26.62	1:23.01	1:19.40	1:15.79	1:12.18	<b>100 Fly</b>	59.11	1:02.07	1:05.02	1:07.98	1:10.94	1:16.85	1:22.76
4:14.47	3:56.30	3:38.12	3:29.03	3:19.94	3:10.85	3:01.77	<b>200 Fly</b>	2:20.90	2:27.94	2:34.99	2:42.04	2:49.08	3:03.17	3:17.26
1:40.20	1:33.05	1:25.89	1:22.31	1:18.73	1:15.15	1:11.57	<b>100 IM</b>	1:01.23	1:04.29	1:07.35	1:10.41	1:13.48	1:19.60	1:25.72
3:44.05	3:28.05	3:12.04	3:04.04	2:56.04	2:48.04	2:40.04	<b>200 IM</b>	2:14.36	2:21.07	2:27.79	2:34.51	2:41.23	2:54.66	3:08.10
8:25.05	7:48.98	7:12.90	6:54.86	6:36.82	6:18.79	6:00.75	<b>400 IM</b>	4:56.77	5:11.61	5:26.45	5:41.29	5:56.13	6:25.81	6:55.48

### 55-59 Men

## 2016 Masters Motivational Times - SCY

*Revision 01 Jan 2016  
by Swimosaur*

### 60-64 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
41.23	38.28	35.34	33.86	32.39	30.92	29.45	<b>50 Free</b>	24.57	25.80	27.03	28.26	29.49	31.95	34.40
1:32.88	1:26.25	1:19.61	1:16.29	1:12.98	1:09.66	1:06.34	<b>100 Free</b>	54.82	57.56	1:00.31	1:03.05	1:05.79	1:11.27	1:16.75
3:26.50	3:11.75	2:57.00	2:49.63	2:42.25	2:34.88	2:27.50	<b>200 Free</b>	2:04.14	2:10.34	2:16.55	2:22.76	2:28.96	2:41.38	2:53.79
9:17.94	8:38.09	7:58.24	7:38.31	7:18.38	6:58.46	6:38.53	<b>500 Free</b>	5:41.60	5:58.68	6:15.76	6:32.84	6:49.92	7:24.08	7:58.24
19:34.70	18:10.79	16:46.88	16:04.93	15:22.98	14:41.02	13:59.07	<b>1000 Free</b>	11:57.13	12:32.98	13:08.84	13:44.70	14:20.55	15:32.26	16:43.98
32:55.59	30:34.47	28:13.36	27:02.80	25:52.25	24:41.69	23:31.13	<b>1650 Free</b>	20:10.29	21:10.81	22:11.32	23:11.84	24:12.35	26:13.38	28:14.41
50.26	46.67	43.08	41.29	39.49	37.70	35.90	<b>50 Back</b>	29.92	31.42	32.91	34.41	35.90	38.90	41.89
1:50.01	1:42.15	1:34.30	1:30.37	1:26.44	1:22.51	1:18.58	<b>100 Back</b>	1:05.63	1:08.91	1:12.19	1:15.47	1:18.75	1:25.31	1:31.88
4:00.17	3:43.02	3:25.86	3:17.29	3:08.71	3:00.13	2:51.55	<b>200 Back</b>	2:26.64	2:33.98	2:41.31	2:48.64	2:55.97	3:10.64	3:25.30
54.06	50.20	46.34	44.41	42.47	40.54	38.61	<b>50 Breast</b>	32.24	33.85	35.46	37.08	38.69	41.91	45.14
2:00.12	1:51.54	1:42.96	1:38.67	1:34.38	1:30.09	1:25.80	<b>100 Breast</b>	1:11.75	1:15.34	1:18.93	1:22.52	1:26.10	1:33.28	1:40.45
4:32.28	4:12.83	3:53.38	3:43.66	3:33.93	3:24.21	3:14.48	<b>200 Breast</b>	2:42.16	2:50.26	2:58.37	3:06.48	3:14.59	3:30.80	3:47.02
46.49	43.17	39.85	38.19	36.53	34.87	33.21	<b>50 Fly</b>	27.20	28.56	29.92	31.28	32.64	35.36	38.08
1:52.64	1:44.60	1:36.55	1:32.53	1:28.51	1:24.48	1:20.46	<b>100 Fly</b>	1:02.25	1:05.36	1:08.47	1:11.58	1:14.70	1:20.92	1:27.15
4:44.83	4:24.49	4:04.14	3:53.97	3:43.80	3:33.63	3:23.45	<b>200 Fly</b>	2:42.42	2:50.54	2:58.66	3:06.78	3:14.90	3:31.15	3:47.39
1:46.43	1:38.83	1:31.22	1:27.42	1:23.62	1:19.82	1:16.02	<b>100 IM</b>	1:04.06	1:07.26	1:10.47	1:13.67	1:16.87	1:23.28	1:29.68
3:57.69	3:40.71	3:23.74	3:15.25	3:06.76	2:58.27	2:49.78	<b>200 IM</b>	2:23.56	2:30.74	2:37.92	2:45.09	2:52.27	3:06.63	3:20.98
8:55.33	8:17.09	7:38.85	7:19.73	7:00.61	6:41.50	6:22.38	<b>400 IM</b>	5:19.30	5:35.27	5:51.23	6:07.20	6:23.16	6:55.09	7:27.02

### 60-64 Men

### 65-69 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
45.00	41.79	38.57	36.96	35.36	33.75	32.14	<b>50 Free</b>	26.09	27.39	28.70	30.00	31.30	33.91	36.52
1:42.48	1:35.16	1:27.84	1:24.18	1:20.52	1:16.86	1:13.20	<b>100 Free</b>	58.27	1:01.18	1:04.10	1:07.01	1:09.92	1:15.75	1:21.58
3:46.82	3:30.62	3:14.42	3:06.32	2:58.22	2:50.12	2:42.02	<b>200 Free</b>	2:11.91	2:18.50	2:25.10	2:31.69	2:38.29	2:51.48	3:04.67
10:14.28	9:30.40	8:46.52	8:24.59	8:02.65	7:40.71	7:18.77	<b>500 Free</b>	6:05.54	6:23.81	6:42.09	7:00.37	7:18.64	7:55.20	8:31.75
21:35.49	20:02.96	18:30.42	17:44.16	16:57.89	16:11.62	15:25.35	<b>1000 Free</b>	13:03.27	13:42.43	14:21.60	15:00.76	15:39.92	16:58.25	18:16.58
38:03.02	35:19.95	32:36.88	31:15.34	29:53.80	28:32.27	27:10.73	<b>1650 Free</b>	22:09.56	23:16.04	24:22.52	25:28.99	26:35.47	28:48.43	31:01.38
56.96	52.89	48.82	46.79	44.76	42.72	40.69	<b>50 Back</b>	32.13	33.73	35.34	36.95	38.55	41.76	44.98
2:04.83	1:55.92	1:47.00	1:42.54	1:38.08	1:33.63	1:29.17	<b>100 Back</b>	1:11.94	1:15.54	1:19.13	1:22.73	1:26.33	1:33.52	1:40.72
4:30.54	4:11.21	3:51.89	3:42.23	3:32.56	3:22.90	3:13.24	<b>200 Back</b>	2:36.26	2:44.07	2:51.88	2:59.70	3:07.51	3:23.13	3:38.76
1:00.48	56.16	51.84	49.68	47.52	45.36	43.20	<b>50 Breast</b>	33.79	35.48	37.17	38.86	40.55	43.93	47.31
2:16.12	2:06.40	1:56.68	1:51.81	1:46.95	1:42.09	1:37.23	<b>100 Breast</b>	1:16.46	1:20.28	1:24.10	1:27.93	1:31.75	1:39.39	1:47.04
5:05.68	4:43.84	4:22.01	4:11.09	4:00.17	3:49.26	3:38.34	<b>200 Breast</b>	2:51.01	2:59.56	3:08.11	3:16.66	3:25.21	3:42.31	3:59.41
52.96	49.18	45.40	43.50	41.61	39.72	37.83	<b>50 Fly</b>	28.68	30.11	31.55	32.98	34.42	37.28	40.15
2:12.76	2:03.27	1:53.79	1:49.05	1:44.31	1:39.57	1:34.83	<b>100 Fly</b>	1:08.09	1:11.49	1:14.90	1:18.30	1:21.71	1:28.52	1:35.33
5:23.38	5:00.28	4:37.18	4:25.63	4:14.09	4:02.54	3:50.99	<b>200 Fly</b>	3:04.35	3:13.56	3:22.78	3:32.00	3:41.22	3:59.65	4:18.09
1:59.65	1:51.10	1:42.56	1:38.28	1:34.01	1:29.74	1:25.46	<b>100 IM</b>	1:08.02	1:11.42	1:14.82	1:18.22	1:21.62	1:28.42	1:35.22
4:31.43	4:12.04	3:52.65	3:42.96	3:33.26	3:23.57	3:13.88	<b>200 IM</b>	2:36.09	2:43.89	2:51.70	2:59.50	3:07.30	3:22.91	3:38.52
10:21.93	9:37.50	8:53.08	8:30.87	8:08.66	7:46.44	7:24.23	<b>400 IM</b>	5:52.93	6:10.57	6:28.22	6:45.87	7:03.51	7:38.80	8:14.10

### 65-69 Men

## 2016 Masters Motivational Times - SCY

*Revision 01 Jan 2016  
by Swimosaur*

### 70-74 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
50.88	47.24	43.61	41.79	39.97	38.16	36.34	<b>50 Free</b>	28.48	29.90	31.33	32.75	34.18	37.02	39.87
1:57.39	1:49.01	1:40.62	1:36.43	1:32.24	1:28.05	1:23.85	<b>100 Free</b>	1:04.80	1:08.04	1:11.28	1:14.52	1:17.76	1:24.24	1:30.72
4:22.72	4:03.95	3:45.19	3:35.81	3:26.42	3:17.04	3:07.66	<b>200 Free</b>	2:28.04	2:35.44	2:42.84	2:50.24	2:57.64	3:12.45	3:27.25
11:47.73	10:57.18	10:06.62	9:41.35	9:16.07	8:50.80	8:25.52	<b>500 Free</b>	7:00.97	7:22.02	7:43.07	8:04.12	8:25.16	9:07.26	9:49.36
25:26.31	23:37.29	21:48.27	20:53.76	19:59.25	19:04.73	18:10.22	<b>1000 Free</b>	14:51.05	15:35.60	16:20.15	17:04.71	17:49.26	19:18.36	20:47.47
45:58.23	42:41.21	39:24.20	37:45.69	36:07.18	34:28.67	32:50.16	<b>1650 Free</b>	25:51.42	27:08.99	28:26.57	29:44.14	31:01.71	33:36.85	36:11.99
1:02.68	58.20	53.72	51.49	49.25	47.01	44.77	<b>50 Back</b>	35.05	36.80	38.55	40.30	42.06	45.56	49.07
2:20.49	2:10.45	2:00.42	1:55.40	1:50.38	1:45.36	1:40.35	<b>100 Back</b>	1:18.96	1:22.91	1:26.86	1:30.80	1:34.75	1:42.65	1:50.54
5:02.09	4:40.51	4:18.94	4:08.15	3:57.36	3:46.57	3:35.78	<b>200 Back</b>	3:03.65	3:12.84	3:22.02	3:31.20	3:40.38	3:58.75	4:17.11
1:09.19	1:04.25	59.30	56.83	54.36	51.89	49.42	<b>50 Breast</b>	37.24	39.10	40.96	42.83	44.69	48.41	52.14
2:35.15	2:24.07	2:12.99	2:07.45	2:01.91	1:56.36	1:50.82	<b>100 Breast</b>	1:25.38	1:29.65	1:33.91	1:38.18	1:42.45	1:50.99	1:59.53
5:47.35	5:22.54	4:57.73	4:45.32	4:32.92	4:20.51	4:08.11	<b>200 Breast</b>	3:14.96	3:24.71	3:34.46	3:44.21	3:53.96	4:13.45	4:32.95
1:07.92	1:03.07	58.22	55.79	53.37	50.94	48.52	<b>50 Fly</b>	32.70	34.34	35.97	37.61	39.24	42.51	45.78
2:47.94	2:35.94	2:23.95	2:17.95	2:11.95	2:05.95	1:59.96	<b>100 Fly</b>	1:25.86	1:30.15	1:34.44	1:38.74	1:43.03	1:51.61	2:00.20
6:44.54	6:15.64	5:46.75	5:32.30	5:17.85	5:03.40	4:48.96 <sup>b</sup>	<b>200 Fly</b>	3:29.35	3:39.81	3:50.28	4:00.75	4:11.22	4:32.15	4:53.09
2:18.42	2:08.54	1:58.65	1:53.70	1:48.76	1:43.82	1:38.87	<b>100 IM</b>	1:15.99	1:19.79	1:23.59	1:27.39	1:31.19	1:38.79	1:46.39
5:29.70	5:06.15	4:42.60	4:30.82	4:19.05	4:07.28	3:55.50	<b>200 IM</b>	2:55.87	3:04.67	3:13.46	3:22.25	3:31.05	3:48.64	4:06.22
14:42.82	13:39.76	12:36.70	12:05.17	11:33.65	11:02.12	10:30.59	<b>400 IM</b>	6:48.52	7:08.95	7:29.38	7:49.80	8:10.23	8:51.08	9:31.93

### 70-74 Men

### 75-79 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
58.09	53.94	49.79	47.72	45.64	43.57	41.49	<b>50 Free</b>	30.82	32.36	33.91	35.45	36.99	40.07	43.15
2:10.80	2:01.46	1:52.12	1:47.44	1:42.77	1:38.10	1:33.43	<b>100 Free</b>	1:12.36	1:15.98	1:19.60	1:23.21	1:26.83	1:34.07	1:41.30
4:55.81	4:34.68	4:13.55	4:02.99	3:52.42	3:41.86	3:31.29	<b>200 Free</b>	2:48.58	2:57.01	3:05.44	3:13.87	3:22.30	3:39.16	3:56.02
13:17.36	12:20.40	11:23.45	10:54.97	10:26.49	9:58.02	9:29.54	<b>500 Free</b>	7:47.41	8:10.78	8:34.15	8:57.52	9:20.89	10:07.63	10:54.37
30:39.60	28:28.20	26:16.80	25:11.10	24:05.40	22:59.70	21:54.00	<b>1000 Free</b>	17:22.64	18:14.77	19:06.90	19:59.04	20:51.17	22:35.43	24:19.70
48:56.58	45:26.82	41:57.07	40:12.19	38:27.31	36:42.43	34:57.55 <sup>b</sup>	<b>1650 Free</b>	29:47.94	31:17.34	32:46.73	34:16.13	35:45.53	38:44.32	41:43.12
1:09.29	1:04.34	59.39	56.92	54.44	51.97	49.49	<b>50 Back</b>	39.70	41.68	43.67	45.65	47.64	51.61	55.58
2:35.62	2:24.51	2:13.39	2:07.83	2:02.28	1:56.72	1:51.16	<b>100 Back</b>	1:29.20	1:33.66	1:38.12	1:42.58	1:47.04	1:55.96	2:04.88
5:54.11	5:28.81	5:03.52	4:50.87	4:38.23	4:25.58	4:12.93	<b>200 Back</b>	3:22.87	3:33.02	3:43.16	3:53.30	4:03.45	4:23.74	4:44.02
1:22.82	1:16.91	1:10.99	1:08.03	1:05.08	1:02.12	59.16	<b>50 Breast</b>	42.61	44.74	46.87	49.00	51.13	55.39	59.65
3:07.02	2:53.66	2:40.30	2:33.62	2:26.94	2:20.26	2:13.58	<b>100 Breast</b>	1:38.84	1:43.79	1:48.73	1:53.67	1:58.61	2:08.50	2:18.38
6:32.69	6:04.64	5:36.59	5:22.57	5:08.54	4:54.52	4:40.49	<b>200 Breast</b>	3:48.92	4:00.37	4:11.81	4:23.26	4:34.70	4:57.60	5:20.49
1:20.53	1:14.78	1:09.02	1:06.15	1:03.27	1:00.40	57.52	<b>50 Fly</b>	39.35	41.32	43.29	45.26	47.22	51.16	55.09
3:57.96	3:40.96	3:23.96	3:15.47	3:06.97	2:58.47	2:49.97 <sup>b</sup>	<b>100 Fly</b>	1:48.53	1:53.96	1:59.38	2:04.81	2:10.24	2:21.09	2:31.94
9:06.31	8:27.28	7:48.26	7:28.75	7:09.24	6:49.73	6:30.22 <sup>d</sup>	<b>200 Fly</b>	6:46.31 <sup>b</sup>	7:06.62	7:26.94	7:47.25	8:07.57	8:48.20	9:28.83
2:40.37	2:28.91	2:17.46	2:11.73	2:06.00	2:00.28	1:54.55	<b>100 IM</b>	1:27.19	1:31.55	1:35.91	1:40.27	1:44.63	1:53.35	2:02.07
6:24.36	5:56.91	5:29.45	5:15.72	5:02.00	4:48.27	4:34.54	<b>200 IM</b>	3:35.46	3:46.23	3:57.01	4:07.78	4:18.55	4:40.10	5:01.64
14:34.54	13:32.07	12:29.60	11:58.37	11:27.14	10:55.90	10:24.67 <sup>d</sup>	<b>400 IM</b>	9:11.52	9:39.10	10:06.68	10:34.25	11:01.83	11:56.98	12:52.13

### 75-79 Men

## 2016 Masters Motivational Times - SCY

*Revision 01 Jan 2016  
by Swimosaur*

### 80-84 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
1:11.24	1:06.15	1:01.06	58.52	55.98	53.43	50.89	<b>50 Free</b>	35.48	37.25	39.02	40.80	42.57	46.12	49.67
2:41.00	2:29.50	2:18.00	2:12.25	2:06.50	2:00.75	1:55.00	<b>100 Free</b>	1:23.17	1:27.33	1:31.49	1:35.65	1:39.81	1:48.13	1:56.44
5:58.37	5:32.77	5:07.18	4:54.38	4:41.58	4:28.78	4:15.98	<b>200 Free</b>	3:13.93	3:23.63	3:33.32	3:43.02	3:52.72	4:12.11	4:31.50
16:13.14	15:03.63	13:54.12	13:19.37	12:44.61	12:09.86	11:35.10	<b>500 Free</b>	9:13.42	9:41.09	10:08.76	10:36.43	11:04.10	11:59.45	12:54.79
31:06.61	28:53.28	26:39.95	25:33.29	24:26.62	23:19.96	22:13.29 <sup>d</sup>	<b>1000 Free</b>	19:57.65	20:57.54	21:57.42	22:57.30	23:57.18	25:56.95	27:56.71
59:34.72	55:19.38	51:04.04	48:56.37	46:48.71	44:41.04	42:33.37 <sup>d</sup>	<b>1650 Free</b>	41:27.94 <sup>b</sup>	43:32.34	45:36.74	47:41.14	49:45.53	53:54.33	58:03.12
1:24.03	1:18.03	1:12.03	1:09.03	1:06.03	1:03.02	1:00.02	<b>50 Back</b>	45.47	47.74	50.01	52.29	54.56	59.11	1:03.65
3:10.97	2:57.33	2:43.69	2:36.87	2:30.05	2:23.23	2:16.41	<b>100 Back</b>	1:42.70	1:47.83	1:52.97	1:58.10	2:03.24	2:13.51	2:23.78
7:14.51	6:43.47	6:12.44	5:56.92	5:41.40	5:25.88	5:10.36	<b>200 Back</b>	4:01.68	4:13.76	4:25.84	4:37.93	4:50.01	5:14.18	5:38.35
1:35.91	1:29.06	1:22.21	1:18.78	1:15.36	1:11.93	1:08.51	<b>50 Breast</b>	47.33	49.70	52.06	54.43	56.80	1:01.53	1:06.26
3:55.17	3:38.37	3:21.58	3:13.18	3:04.78	2:56.38	2:47.98	<b>100 Breast</b>	1:54.52	2:00.24	2:05.97	2:11.69	2:17.42	2:28.87	2:40.32
8:10.24	7:35.22	7:00.20	6:42.69	6:25.19	6:07.68	5:50.17 <sup>d</sup>	<b>200 Breast</b>	4:31.74	4:45.32	4:58.91	5:12.50	5:26.08	5:53.26	6:20.43
1:55.51	1:47.26	1:39.01	1:34.88	1:30.76	1:26.63	1:22.51	<b>50 Fly</b>	51.95	54.55	57.15	59.75	1:02.34	1:07.54	1:12.73
4:31.73	4:12.32	3:52.91	3:43.21	3:33.50	3:23.80	3:14.09 <sup>c</sup>	<b>100 Fly</b>	2:12.43 <sup>c</sup>	2:19.05	2:25.67	2:32.29	2:38.92	2:52.16	3:05.40
NT	NT	NT	NT	NT	NT	NT	<b>200 Fly</b>	NT	NT	NT	NT	NT	NT	NT
3:22.25	3:07.81	2:53.36	2:46.14	2:38.91	2:31.69	2:24.47	<b>100 IM</b>	1:42.99	1:48.14	1:53.29	1:58.44	2:03.59	2:13.89	2:24.19
7:39.53	7:06.71	6:33.89	6:17.47	6:01.06	5:44.65	5:28.24 <sup>c</sup>	<b>200 IM</b>	4:52.87	5:07.51	5:22.15	5:36.80	5:51.44	6:20.73	6:50.01
NT	NT	NT	NT	NT	NT	NT	<b>400 IM</b>	10:24.24 <sup>c</sup>	10:55.46	11:26.67	11:57.88	12:29.09	13:31.52	14:33.94

### 80-84 Men

### 85-89 Women

B	BB	A	AA	AAA	AAAA	X		X	AAAA	AAA	AA	A	BB	B
1:36.92	1:29.99	1:23.07	1:19.61	1:16.15	1:12.69	1:09.23	<b>50 Free</b>	47.83	50.22	52.61	55.00	57.39	1:02.17	1:06.96
3:37.93	3:22.37	3:06.80	2:59.02	2:51.23	2:43.45	2:35.67	<b>100 Free</b>	1:51.79	1:57.38	2:02.97	2:08.56	2:14.15	2:25.33	2:36.51
10:21.09	9:36.72	8:52.36	8:30.18	8:08.00	7:45.82	7:23.63	<b>200 Free</b>	4:48.12	5:02.53	5:16.93	5:31.34	5:45.74	6:14.56	6:43.37
20:21.25	18:54.02	17:26.78	16:43.17	15:59.55	15:15.94	14:32.32 <sup>c</sup>	<b>500 Free</b>	16:32.17	17:21.77	18:11.38	19:00.99	19:50.60	21:29.82	23:09.03
NT	NT	NT	NT	NT	NT	NT	<b>1000 Free</b>	NT	NT	NT	NT	NT	NT	NT
NT	NT	NT	NT	NT	NT	NT	<b>1650 Free</b>	NT	NT	NT	NT	NT	NT	NT
1:50.59	1:42.69	1:34.79	1:30.84	1:26.89	1:22.94	1:18.99	<b>50 Back</b>	1:13.45	1:17.13	1:20.80	1:24.47	1:28.14	1:35.49	1:42.83
3:42.75	3:26.84	3:10.93	3:02.97	2:55.02	2:47.06	2:39.11 <sup>c</sup>	<b>100 Back</b>	2:38.86	2:46.80	2:54.75	3:02.69	3:10.63	3:26.52	3:42.40
NT	NT	NT	NT	NT	NT	NT	<b>200 Back</b>	7:22.32 <sup>b</sup>	7:44.43	8:06.55	8:28.66	8:50.78	9:35.01	10:19.24
2:21.93	2:11.79	2:01.65	1:56.59	1:51.52	1:46.45	1:41.38 <sup>c</sup>	<b>50 Breast</b>	1:09.33	1:12.80	1:16.26	1:19.73	1:23.20	1:30.13	1:37.06
4:23.56	4:04.74	3:45.91	3:36.50	3:27.09	3:17.67	3:08.26 <sup>c</sup>	<b>100 Breast</b>	3:04.26	3:13.48	3:22.69	3:31.90	3:41.12	3:59.54	4:17.97
NT	NT	NT	NT	NT	NT	NT	<b>200 Breast</b>	6:21.87 <sup>c</sup>	6:40.97	7:00.06	7:19.16	7:38.25	8:16.44	8:54.62
NT	NT	NT	NT	NT	NT	NT	<b>50 Fly</b>	1:20.51 <sup>c</sup>	1:24.54	1:28.56	1:32.59	1:36.61	1:44.66	1:52.71
NT	NT	NT	NT	NT	NT	NT	<b>100 Fly</b>	NT	NT	NT	NT	NT	NT	NT
NT	NT	NT	NT	NT	NT	NT	<b>200 Fly</b>	NT	NT	NT	NT	NT	NT	NT
5:24.11	5:00.96	4:37.81	4:26.24	4:14.66	4:03.08	3:51.51 <sup>d</sup>	<b>100 IM</b>	2:13.53 <sup>c</sup>	2:20.20	2:26.88	2:33.56	2:40.23	2:53.58	3:06.94
NT	NT	NT	NT	NT	NT	NT	<b>200 IM</b>	NT	NT	NT	NT	NT	NT	NT
NT	NT	NT	NT	NT	NT	NT	<b>400 IM</b>	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 10<sup>th</sup> place times.

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

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

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

(D) average of two 5<sup>th</sup> 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 10<sup>th</sup> 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.”