

## Boys Motivational Time Standards 2007

### 8 & Under Boys

#### Short Course Yards

	A Min	B Min	C Max
25 Y Freestyle	17.60	21.10	21.11
50 Y Freestyle	39.40	47.30	47.31
100 Y Freestyle	1:25.00	1:42.00	1:42.01
25 Y Backstroke	21.60	25.90	25.91
50 Y Backstroke	46.80	56.30	56.31
25 Y Breaststroke	23.30	28.00	28.01
50 Y Breaststroke	51.00	1:01.20	1:01.21
25 Y Butterfly	21.30	25.60	25.61
50 Y Butterfly	47.00	56.40	56.41
100 Y Individual Medley	1:38.50	1:58.20	1:58.21

#### Long Course Meters

	A Min	B Min	C Max
50 M Freestyle	44.40	53.30	53.31
100 M Freestyle	1:35.50	1:54.60	1:54.61
50 M Backstroke	53.20	1:03.80	1:03.81
50 M Breaststroke	57.10	1:08.50	1:08.51
50 M Butterfly	52.70	1:03.20	

### 9-10 and 10 & Under Boys

#### Short Course Yards

	AA Min	A Min	B Min	C Max
50 Y Freestyle	32.60	34.10	37.20	37.21
100 Y Freestyle	1:10.90	1:14.30	1:21.00	1:21.01
200 Y Freestyle	2:34.50	2:41.80	2:56.50	2:56.51
50 Y Backstroke	38.60	40.40	44.20	44.21
100 Y Backstroke	1:24.60	1:28.70	1:37.00	1:37.01
50 Y Breaststroke	43.60	45.30	49.80	49.81
100 Y Breaststroke	1:36.00	1:40.50	1:49.70	1:49.71
50 Y Butterfly	36.40	38.20	41.60	41.61
100 Y Butterfly	1:25.40	1:29.40	1:37.60	1:37.61
100 Y Individual Medley	1:23.00	1:26.90	1:34.80	1:34.81
200 Y Individual Medley	2:58.08	3:07.40	3:24.50	3:24.51

#### Long Course Meters

	AA Min	A Min	B Min	C Max
50 M Freestyle	36.30	38.10	41.50	41.51
100 M Freestyle	1:20.10	1:23.90	1:31.60	1:31.61
200 M Freestyle	2:54.10	3:02.40	3:19.00	3:19.01
50 M Backstroke	44.20	46.30	50.50	50.51
100 M Backstroke	1:36.60	1:41.30	1:50.50	1:50.51
50 M Breaststroke	49.00	51.40	56.00	56.01
100 M Breaststroke	1:47.70	1:52.90	2:03.10	2:03.11
50 M Butterfly	41.20	43.10	47.00	47.01
100 M Butterfly	1:36.10	1:40.70	1:49.80	1:49.81
200 M Individual Medley	3:21.60	3:31.20	3:50.40	3:50.41

## 11 - 12 Boys

### Short Course Yards

	AA Min	A Min	B Min	C Max
50 Y Freestyle	29.40	30.80	33.60	33.61
100 Y Freestyle	1:03.20	1:06.20	1:12.20	1:12.21
200 Y Freestyle	2:18.10	2:24.60	2:37.80	2:37.81
500 Y Freestyle	6:12.10	6:29.80	7:05.30	7:05.31
1000 Y Freestyle	.	13:09.80	.	.
1650 Y Freestyle	.	21:51.50	.	.
50 Y Backstroke	34.90	36.60	40.00	40.01
100 Y Backstroke	1:16.70	1:20.50	1:28.00	1:28.01
200 Y Backstroke	.	2:51.40	3:07.30	.
50 Y Breaststroke	39.20	41.00	44.80	44.81
100 Y Breaststroke	1:24.90	1:29.00	1:37.10	1:37.11
200 Y Breaststroke	.	3:09.00	3:26.20	3:26.21
50 Y Butterfly	33.00	34.05	37.70	37.71
100 Y Butterfly	1:14.70	1:18.20	1:25.30	1:25.31
200 Y Butterfly	.	2:47.20	3:02.60	3:02.60
100 Y Individual Medley	1:14.10	1:17.70	1:24.70	1:24.71
200 Y Individual Medley	2:38.90	2:46.50	3:01.70	3:01.71
400 Y Individual Medley	.	5:48.90	.	.

### Long Course Meters

	AA Min	A Min	B Min	C Max
50 M Freestyle	32.90	34.40	37.60	37.61
100 M Freestyle	1:11.70	1:15.10	1:22.00	1:22.01
200 M Freestyle	2:36.10	2:43.60	2:58.40	2:58.41
400 M Freestyle	5:30.90	5:46.60	6:18.10	6:18.11
800 M Freestyle	.	11:43.70	.	.
1500 M Freestyle	.	22:10.90	.	.
50 M Backstroke	40.10	42.00	45.80	45.81
100 M Backstroke	1:26.60	1:30.70	1:39.00	1:39.01
200 M Backstroke	.	3:11.80	3:29.40	3:29.41
50 M Breaststroke	43.60	45.60	49.80	49.81
100 M Breaststroke	1:35.60	1:40.10	1:49.20	1:49.21
200 M Breaststroke	.	3:31.20	3:50.40	3:50.41
50 M Butterfly	37.40	39.20	42.70	42.71
100 M Butterfly	1:24.10	1:28.10	1:36.10	1:36.11
200 M Butterfly	.	3:07.20	3:24.20	3:24.21
200 M Individual Medley	2:59.70	3:08.20	3:25.30	3:25.31
400 M Individual Medley	.	6:32.30	.	.

## 13 - 14 Boys

### Short Course Yards

	AA Min	A Min	B Min	C Max
50 Y Freestyle	26.30	27.50	30.00	30.01
100 Y Freestyle	56.90	59.60	1:05.00	1:05.01
200 Y Freestyle	2:05.00	2:10.90	2:22.80	2:22.81
500 Y Freestyle	5:32.70	5:48.60	6:20.30	6:20.31
1000 Y Freestyle	11:49.40	12:23.20	13:30.70	13:30.70
1650 Y Freestyle	19:46.30	20:42.80	22:35.80	22:35.80
100 Y Backstroke	1:08.00	1:11.30	1:18.00	1:18.01

200 Y Backstroke	2:24.00	2:31.00	2:45.10	2:45.11
100 Y Breaststroke	1:15.50	1:19.10	1:26.30	1:26.31
200 Y Breaststroke	2:43.10	2:50.80	3:06.40	3:06.41
100 Y Butterfly	1:04.60	1:07.70	1:13.80	1:13.81
200 Y Butterfly	2:26.40	2:33.30	2:47.30	2:47.31
200 Y Individual Medley	2:22.20	2:29.00	2:42.60	2:42.61
400 Y Individual Medley	5:03.60	5:18.20	5:47.30	5:47.31

### Long Course Meters

	AA Min	A Min	B Min	C Max
50 M Freestyle	28.90	30.20	33.00	33.01
100 M Freestyle	1:04.80	1:07.90	1:14.00	1:14.01
200 M Freestyle	2:21.80	2:28.50	2:42.00	2:42.01
400 M Freestyle	5:01.20	5:15.60	5:44.30	5:44.31
800 M Freestyle	10:31.20	11:01.20	12:01.30	12:01.30
1500 M Freestyle	20:00.30	20:57.40	22:51.70	22:51.70
100 M Backstroke	1:18.40	1:22.10	1:31.60	1:31.61
200 M Backstroke	2:45.40	2:53.30	3:09.20	3:09.21
100 M Breaststroke	1:25.20	1:29.20	1:37.30	1:37.31
200 M Breaststroke	3:06.40	3:15.20	3:33.00	3:33.01
100 M Butterfly	1:13.20	1:16.70	1:36.60	1:23.61
200 M Butterfly	2:45.30	2:53.10	3:08.90	3:08.91
200 M Individual Medley	2:41.30	2:49.00	3:04.30	3:04.31
400 M Individual Medley	5:43.80	6:00.20	6:33.00	6:33.01

### 15 - 16 Boys

### Short Course Yards

	AA Min	A Min	B Min	C Max
50 Y Freestyle	25.30	26:26.50	28.90	28.91
100 Y Freestyle	54.80	57.40	1:02.60	1:02.61
200 Y Freestyle	1:59.20	2:04.80	2:16.20	2:16.21
500 Y Freestyle	5:19.60	5:34.80	6:05.30	6:05.31
1000 Y Freestyle	11:16.60	11:48.80	12:53.30	12:53.30
1650 Y Freestyle	18:50.50	19:44.40	21:32.00	21:32.00
100 Y Backstroke	1:05.00	1:08.20	1:14.50	1:14.51
200 Y Backstroke	2:17.10	2:23.90	2:37.30	2:37.31
100 Y Breaststroke	1:12.30	1:15.80	1:22.70	1:22.71
200 Y Breaststroke	2:35.60	2:43.00	2:57.80	2:57.81
100 Y Butterfly	1:02.20	1:05.10	1:11.00	1:11.01
200 Y Butterfly	2:15.10	2:21.60	2:34.40	2:34.41
200 Y Individual Medley	2:15.30	2:21.70	2:34.70	2:34.71
400 Y Individual Medley	4:47.50	5:01.20	5:28.80	5:28.81

### Long Course Meters

	AA Min	A Min	B Min	C Max
50 M Freestyle	28.50	29.80	32.50	32.51
100 M Freestyle	1:01.50	1:04.50	1:10.30	1:10.31
200 M Freestyle	2:15.30	2:21.80	2:34.70	2:34.71
400 M Freestyle	4:45.60	4:59.20	5:26.40	5:26.41
800 M Freestyle	10:02.00	10:30.60	11:28.00	11:28.00
1500 M Freestyle	19:05.30	19:59.30	21:49.00	21:49.00
100 M Backstroke	1:15.00	1:18.60	1:25.80	1:25.81
200 M Backstroke	2:37.90	2:45.50	3:00.70	3:00.71
100 M Breaststroke	1:21.70	1:25.60	1:33.40	1:33.41
200 M Breaststroke	2:55.40	3:03.70	3:20.40	3:20.41
100 M Butterfly	1:10.60	1:13.90	1:20.60	1:20.61
200 M Butterfly	2:33.00	2:40.30	2:54.80	2:54.81

200 M Individual Medley	2:33.70	2:41.00	2:55.70	2:55.71
400 M Individual Medley	5:26.20	5:41.70	6:12.80	6:12.81

17 - 18 Boys

**Short Course Yards**

	<b>AA Min</b>	<b>A Min</b>	<b>B Min</b>	<b>C Max</b>
50 Y Freestyle	25.30	26.50	28.90	28.91
100 Y Freestyle	54.80	57.40	1:02.60	1:02.61
200 Y Freestyle	2:01.00	2:06.70	2:18.20	2:18.21
500 Y Freestyle	5:19.60	5:34.80	6:05.30	6:05.31
1000 Y Freestyle	11:16.80	11:49.10	12:53.50	12:53.50
1650 Y Freestyle	18:50.50	19:44.40	21:32.00	21:32.00
100 Y Backstroke	1:06.00	1:09.30	1:15.70	1:15.71
200 Y Backstroke	2:17.10	2:23.90	2:37.30	2:37.31
100 Y Breaststroke	1:12.30	1:15.80	1:22.70	1:22.71
200 Y Breaststroke	2:35.60	2:43.00	2:57.80	2:57.81
100 Y Butterfly	1:02.20	1:05.10	1:11.00	1:11.01
200 Y Butterfly	2:15.10	2:21.60	2:34.70	2:34.41
200 Y Individual Medley	2:15.30	2:21.70	2:34.70	2:34.71
400 Y Individual Medley	4:47.50	5:01.20	5:28.80	5:28.81

**Long Course Meters**

	<b>AA Min</b>	<b>A Min</b>	<b>B Min</b>	<b>C Max</b>
50 M Freestyle	28.90	30.20	33.00	33.01
100 M Freestyle	1:02.50	1:05.40	1:11.40	1:11.41
200 M Freestyle	2:15.30	2:21.80	2:34.70	2:34.71
400 M Freestyle	4:49.90	5:03.70	5:31.30	5:31.31
800 M Freestyle	10:10.80	10:39.90	11:38.00	11:38.00
1500 M Freestyle	19:22.60	20:17.90	22:08.60	22:08.60
100 M Backstroke	1:16.20	1:19.80	1:27.10	1:27.11
200 M Backstroke	2:37.90	2:45.50	3:00.70	3:01.00
100 M Breaststroke	1:21.70	1:25.60	1:33.40	1:33.41
200 M Breaststroke	2:55.40	3:03.70	3:20.40	3:20.41
100 M Butterfly	1:10.60	1:13.90	1:20.60	1:20.61
200 M Butterfly	2:33.00	2:40.30	2:54.80	2:54.81
200 M Individual Medley	2:33.70	2:41.00	2:55.70	2:55.71
400 M Individual Medley	5:26.20	5:41.70	6:12.80	6:12.81