

CREATING MOTIVATIONAL TIME STANDARDS

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1. The seed times are the fastest historical 16th place in the Top 16. You'll need to take the 16th places from the Top 16s for 2004, 2005, 2006, 2007 (I'm assuming 2008 is not done yet) and compare to what's on the list that I'm providing. You'll use the fast time of the 5 for your new seed time. Obviously, if the seed time didn't change, neither will the motivational times.
2. SCM motivational times are based on SCY seed times. Thus you use the multiplicative Adjustment factor to adjust the SCY seed times to an equivalent SCM seed time. For most events that is 1.05, but some are less than 1 which also incorporates the differences in distances, i.e. 400/500 free, 800/1000 free, 1500/1650 free. For the SCY and LCM events, you'll see that the adjustment is 1.
3. The Factor is the percentage of the seed time you use to create the motivational times. As you can see, they are all over the place for 10&Unders. For 11-12s, they standardize more toward 5% but there are some other factors. for 13 and over, they all are 5%
4. To calculate the motivational times for 10 & Unders use the following:
 1. AAAA = Seed Time + (Seed Time * Adjustment * Factor / 100)
 2. AAA = Seed Time + (Seed Time * Adjustment * 2 * Factor / 100)
 3. AA = Seed Time + (Seed Time * Adjustment * 3 * Factor / 100)
 4. A = Seed Time + (Seed Time * Adjustment * 4 * Factor / 100)
 5. BB = Seed Time + (Seed Time * Adjustment * 7 * Factor / 100)
 6. B = Seed Time + (Seed Time * Adjustment * 10 * Factor / 100)
5. For all other age groups use the following:
 1. AAAA = Seed Time + (Seed Time * Adjustment * Factor / 100)
 2. AAA = Seed Time + (Seed Time * Adjustment * 2 * Factor / 100)
 3. AA = Seed Time + (Seed Time * Adjustment * 3 * Factor / 100)
 4. A = Seed Time + (Seed Time * Adjustment * 4 * Factor / 100)
 5. BB = Seed Time + (Seed Time * Adjustment * 6 * Factor / 100)
 6. B = Seed Time + (Seed Time * Adjustment * 8 * Factor / 100)
6. You will note that for the 10 & Unders, there is a 3 times increase in the interval from A to BB to B whereas for all other age groups it is just a 2 times increase.

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
10 & Under	Girls	SCM	50	Free	4.75	1.105	27.15	27.15
10 & Under	Girls	SCM	100	Free	5.5	1.105	59.25	59.25
10 & Under	Girls	SCM	200	Free	5.75	1.105	2:07.09	127.09
10 & Under	Girls	SCM	400	Free	5	0.87516	5:40.31	340.31
10 & Under	Girls	SCM	50	Back	5.75	1.105	30.99	30.99
10 & Under	Girls	SCM	100	Back	5.875	1.105	1:06.54	66.54
10 & Under	Girls	SCM	50	Breast	5.625	1.105	34.28	34.28
10 & Under	Girls	SCM	100	Breast	5.875	1.105	1:15.56	75.56
10 & Under	Girls	SCM	50	Fly	6.5	1.105	29.53	29.53
10 & Under	Girls	SCM	100	Fly	7.75	1.105	1:06.17	66.17
10 & Under	Girls	SCM	100	IM	5.5	1.105	1:08.14	68.14
10 & Under	Girls	SCM	200	IM	5.375	1.105	2:24.83	144.83
10 & Under	Girls	SCY	50	Free	4.75	1	27.15	27.15
10 & Under	Girls	SCY	100	Free	5.5	1	59.25	59.25
10 & Under	Girls	SCY	200	Free	5.75	1	2:07.09	127.09
10 & Under	Girls	SCY	500	Free	5	1	5:40.31	340.31
10 & Under	Girls	SCY	50	Back	5.75	1	30.99	30.99
10 & Under	Girls	SCY	100	Back	5.875	1	1:06.54	66.54
10 & Under	Girls	SCY	50	Breast	5.625	1	34.28	34.28
10 & Under	Girls	SCY	100	Breast	5.875	1	1:15.56	75.56
10 & Under	Girls	SCY	50	Fly	6.5	1	29.53	29.53
10 & Under	Girls	SCY	100	Fly	7.75	1	1:06.17	66.17
10 & Under	Girls	SCY	100	IM	5.5	1	1:08.14	68.14
10 & Under	Girls	SCY	200	IM	5.375	1	2:24.83	144.83
10 & Under	Girls	LCM	50	Free	4.75	1	30.65	30.65
10 & Under	Girls	LCM	100	Free	5.5	1	1:07.08	67.08
10 & Under	Girls	LCM	200	Free	5.75	1	2:25.27	145.27
10 & Under	Girls	LCM	400	Free	5	1	5:08.00	308
10 & Under	Girls	LCM	50	Back	5.75	1	35.51	35.51
10 & Under	Girls	LCM	100	Back	5.875	1	1:17.15	77.15
10 & Under	Girls	LCM	50	Breast	5.625	1	39.38	39.38
10 & Under	Girls	LCM	100	Breast	5.875	1	1:26.68	86.68
10 & Under	Girls	LCM	50	Fly	6.5	1	33.38	33.38

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
10 & Under	Girls	LCM	100	Fly	7.75	1	1:15.32	75.32
10 & Under	Girls	LCM	200	IM	5.375	1	2:45.10	165.1
10 & Under	Boys	SCM	50	Free	4.5	1.105	27.00	27
10 & Under	Boys	SCM	100	Free	5.25	1.105	58.43	58.43
10 & Under	Boys	SCM	200	Free	5	1.105	2:06.57	126.57
10 & Under	Boys	SCM	400	Free	5	0.87516	5:37.16	337.16
10 & Under	Boys	SCM	50	Back	5.875	1.105	31.05	31.05
10 & Under	Boys	SCM	100	Back	5.375	1.105	1:07.17	67.17
10 & Under	Boys	SCM	50	Breast	5.5	1.105	34.77	34.77
10 & Under	Boys	SCM	100	Breast	5.25	1.105	1:16.57	76.57
10 & Under	Boys	SCM	50	Fly	6	1.105	29.52	29.52
10 & Under	Boys	SCM	100	Fly	7.5	1.105	1:05.92	65.92
10 & Under	Boys	SCM	100	IM	5	1.105	1:07.70	67.7
10 & Under	Boys	SCM	200	IM	5.25	1.105	2:24.85	144.85
10 & Under	Boys	SCY	50	Free	4.5	1	27.00	27
10 & Under	Boys	SCY	100	Free	5.25	1	58.43	58.43
10 & Under	Boys	SCY	200	Free	5	1	2:06.57	126.57
10 & Under	Boys	SCY	500	Free	5	1	5:37.16	337.16
10 & Under	Boys	SCY	50	Back	5.875	1	31.05	31.05
10 & Under	Boys	SCY	100	Back	5.375	1	1:07.17	67.17
10 & Under	Boys	SCY	50	Breast	5.5	1	34.77	34.77
10 & Under	Boys	SCY	100	Breast	5.25	1	1:16.57	76.57
10 & Under	Boys	SCY	50	Fly	6	1	29.52	29.52
10 & Under	Boys	SCY	100	Fly	7.5	1	1:05.92	65.92
10 & Under	Boys	SCY	100	IM	5	1	1:07.70	67.7
10 & Under	Boys	SCY	200	IM	5.25	1	2:24.85	144.85
10 & Under	Boys	LCM	50	Free	4.5	1	30.65	30.65
10 & Under	Boys	LCM	100	Free	5.25	1	1:06.61	66.61
10 & Under	Boys	LCM	200	Free	5	1	2:23.66	143.66
10 & Under	Boys	LCM	400	Free	5	1	5:05.64	305.64
10 & Under	Boys	LCM	50	Back	5.875	1	35.72	35.72
10 & Under	Boys	LCM	100	Back	5.375	1	1:17.07	77.07
10 & Under	Boys	LCM	50	Breast	5.5	1	39.72	39.72

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
10 & Under	Boys	LCM	100	Breast	5.25	1	1:27.59	87.59
10 & Under	Boys	LCM	50	Fly	6	1	33.02	33.02
10 & Under	Boys	LCM	100	Fly	7.5	1	1:14.72	74.72
10 & Under	Boys	LCM	200	IM	5.25	1	2:44.36	164.36
11-12	Girls	SCM	50	Free	4.8	1.105	24.94	24.94
11-12	Girls	SCM	100	Free	5	1.105	52.53	52.53
11-12	Girls	SCM	200	Free	5	1.105	1:56.76	116.76
11-12	Girls	SCM	400	Free	5	0.87516	5:07.71	307.71
11-12	Girls	SCM	800	Free	5	0.87516	10:44.09	644.09
11-12	Girls	SCM	1500	Free	5	0.99418	18:04.71	1084.71
11-12	Girls	SCM	50	Back	5	1.105	28.52	28.52
11-12	Girls	SCM	100	Back	5.75	1.105	1:00.88	60.88
11-12	Girls	SCM	200	Back	5	1.105	2:10.89	130.89
11-12	Girls	SCM	50	Breast	5	1.105	31.61	31.61
11-12	Girls	SCM	100	Breast	5.25	1.105	1:07.88	67.88
11-12	Girls	SCM	200	Breast	5	1.105	2:28.03	148.03
11-12	Girls	SCM	50	Fly	5	1.105	27.18	27.18
11-12	Girls	SCM	100	Fly	5.875	1.105	59.56	59.56
11-12	Girls	SCM	200	Fly	5	1.105	2:13.05	133.05
11-12	Girls	SCM	100	IM	5	1.105	1:01.75	61.75
11-12	Girls	SCM	200	IM	5	1.105	2:12.10	132.1
11-12	Girls	SCM	400	IM	5	1.105	4:41.68	281.68
11-12	Girls	SCY	50	Free	4.8	1	24.94	24.94
11-12	Girls	SCY	100	Free	5	1	52.53	52.53
11-12	Girls	SCY	200	Free	5	1	1:56.76	116.76
11-12	Girls	SCY	500	Free	5	1	5:07.71	307.71
11-12	Girls	SCY	1000	Free	5	1	10:44.09	644.09
11-12	Girls	SCY	1650	Free	5	1	18:04.71	1084.71
11-12	Girls	SCY	50	Back	5	1	28.52	28.52
11-12	Girls	SCY	100	Back	5.75	1	1:00.88	60.88
11-12	Girls	SCY	200	Back	5	1	2:10.89	130.89
11-12	Girls	SCY	50	Breast	5	1	31.61	31.61
11-12	Girls	SCY	100	Breast	5.25	1	1:07.88	67.88

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
11-12	Girls	SCY	200	Breast	5	1	2:28.03	148.03
11-12	Girls	SCY	50	Fly	5	1	27.18	27.18
11-12	Girls	SCY	100	Fly	5.875	1	59.56	59.56
11-12	Girls	SCY	200	Fly	5	1	2:13.05	133.05
11-12	Girls	SCY	100	IM	5	1	1:01.75	61.75
11-12	Girls	SCY	200	IM	5	1	2:12.10	132.1
11-12	Girls	SCY	400	IM	5	1	4:41.68	281.68
11-12	Girls	LCM	50	Free	4.8	1	28.26	28.26
11-12	Girls	LCM	100	Free	5	1	1:01.67	61.67
11-12	Girls	LCM	200	Free	5	1	2:12.60	132.6
11-12	Girls	LCM	400	Free	5	1	4:36.93	276.93
11-12	Girls	LCM	800	Free	5	1	9:40.35	580.35
11-12	Girls	LCM	1500	Free	5	1	18:39.81	1119.81
11-12	Girls	LCM	50	Back	5	1	32.62	32.62
11-12	Girls	LCM	100	Back	5.75	1	1:10.13	70.13
11-12	Girls	LCM	200	Back	5	1	2:30.56	150.56
11-12	Girls	LCM	50	Breast	5	1	35.07	35.07
11-12	Girls	LCM	100	Breast	5.25	1	1:17.44	77.44
11-12	Girls	LCM	200	Breast	5	1	2:49.67	169.67
11-12	Girls	LCM	50	Fly	5	1	30.48	30.48
11-12	Girls	LCM	100	Fly	5.875	1	1:07.09	67.09
11-12	Girls	LCM	200	Fly	5	1	2:32.15	152.15
11-12	Girls	LCM	200	IM	5	1	2:30.11	150.11
11-12	Girls	LCM	400	IM	5	1	5:22.92	322.92
11-12	Boys	SCM	50	Free	5	1.105	23.81	23.81
11-12	Boys	SCM	100	Free	5	1.105	52.34	52.34
11-12	Boys	SCM	200	Free	5	1.105	1:53.79	113.79
11-12	Boys	SCM	400	Free	5	0.87516	5:03.88	303.88
11-12	Boys	SCM	800	Free	5	0.87516	10:40.73	640.73
11-12	Boys	SCM	1500	Free	5	0.99418	17:59.88	1079.88
11-12	Boys	SCM	50	Back	5.5	1.105	27.62	27.62
11-12	Boys	SCM	100	Back	5.75	1.105	58.75	58.75
11-12	Boys	SCM	200	Back	5	1.105	2:08.14	128.14

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
11-12	Boys	SCM	50	Breast	5.75	1.105	30.52	30.52
11-12	Boys	SCM	100	Breast	5.5	1.105	1:06.41	66.41
11-12	Boys	SCM	200	Breast	5	1.105	2:24.10	144.1
11-12	Boys	SCM	50	Fly	5.875	1.105	26.22	26.22
11-12	Boys	SCM	100	Fly	6.125	1.105	57.94	57.94
11-12	Boys	SCM	200	Fly	5	1.105	2:11.88	131.88
11-12	Boys	SCM	100	IM	5.125	1.105	59.84	59.84
11-12	Boys	SCM	200	IM	5.375	1.105	2:08.28	128.28
11-12	Boys	SCM	400	IM	5	1.105	4:36.60	276.6
11-12	Boys	SCY	50	Free	5	1	23.81	23.81
11-12	Boys	SCY	100	Free	5	1	52.34	52.34
11-12	Boys	SCY	200	Free	5	1	1:53.79	113.79
11-12	Boys	SCY	500	Free	5	1	5:03.88	303.88
11-12	Boys	SCY	1000	Free	5	1	10:40.73	640.73
11-12	Boys	SCY	1650	Free	5	1	17:59.88	1079.88
11-12	Boys	SCY	50	Back	5.5	1	27.62	27.62
11-12	Boys	SCY	100	Back	5.75	1	58.75	58.75
11-12	Boys	SCY	200	Back	5	1	2:08.14	128.14
11-12	Boys	SCY	50	Breast	5.75	1	30.52	30.52
11-12	Boys	SCY	100	Breast	5.5	1	1:06.41	66.41
11-12	Boys	SCY	200	Breast	5	1	2:24.10	144.1
11-12	Boys	SCY	50	Fly	5.875	1	26.22	26.22
11-12	Boys	SCY	100	Fly	6.125	1	57.94	57.94
11-12	Boys	SCY	200	Fly	5	1	2:11.88	131.88
11-12	Boys	SCY	100	IM	5.125	1	59.84	59.84
11-12	Boys	SCY	200	IM	5.375	1	2:08.28	128.28
11-12	Boys	SCY	400	IM	5	1	4:36.60	276.6
11-12	Boys	LCM	50	Free	5	1	27.42	27.42
11-12	Boys	LCM	100	Free	5	1	59.59	59.59
11-12	Boys	LCM	200	Free	5	1	2:09.72	129.72
11-12	Boys	LCM	400	Free	5	1	4:34.30	274.3
11-12	Boys	LCM	800	Free	5	1	9:42.75	582.75
11-12	Boys	LCM	1500	Free	5	1	18:43.19	1123.19

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
11-12	Boys	LCM	50	Back	5.5	1	31.74	31.74
11-12	Boys	LCM	100	Back	5.75	1	1:07.95	67.95
11-12	Boys	LCM	200	Back	5	1	2:30.21	150.21
11-12	Boys	LCM	50	Breast	5.75	1	34.97	34.97
11-12	Boys	LCM	100	Breast	5.5	1	1:16.69	76.69
11-12	Boys	LCM	200	Breast	5	1	2:47.64	167.64
11-12	Boys	LCM	50	Fly	5.875	1	29.57	29.57
11-12	Boys	LCM	100	Fly	6.125	1	1:05.90	65.9
11-12	Boys	LCM	200	Fly	5	1	2:30.69	150.69
11-12	Boys	LCM	200	IM	5.375	1	2:26.56	146.56
11-12	Boys	LCM	400	IM	5	1	5:20.21	320.21
13-14	Girls	SCM	50	Free	5	1.105	23.84	23.84
13-14	Girls	SCM	100	Free	5	1.105	51.82	51.82
13-14	Girls	SCM	200	Free	5	1.105	1:51.81	111.81
13-14	Girls	SCM	400	Free	5	0.87516	4:54.09	294.09
13-14	Girls	SCM	800	Free	5	0.87516	10:06.33	606.33
13-14	Girls	SCM	1500	Free	5	0.99418	16:50.11	1010.11
13-14	Girls	SCM	100	Back	5	1.105	57.22	57.22
13-14	Girls	SCM	200	Back	5	1.105	2:02.70	122.7
13-14	Girls	SCM	100	Breast	5	1.105	1:04.99	64.99
13-14	Girls	SCM	200	Breast	5	1.105	2:19.99	139.99
13-14	Girls	SCM	100	Fly	5	1.105	56.70	56.7
13-14	Girls	SCM	200	Fly	5	1.105	2:03.82	123.82
13-14	Girls	SCM	200	IM	5	1.105	2:06.03	126.03
13-14	Girls	SCM	400	IM	5	1.105	4:26.30	266.3
13-14	Girls	SCY	50	Free	5	1	23.84	23.84
13-14	Girls	SCY	100	Free	5	1	51.82	51.82
13-14	Girls	SCY	200	Free	5	1	1:51.81	111.81
13-14	Girls	SCY	500	Free	5	1	4:54.09	294.09
13-14	Girls	SCY	1000	Free	5	1	10:06.33	606.33
13-14	Girls	SCY	1650	Free	5	1	16:50.11	1010.11
13-14	Girls	SCY	100	Back	5	1	57.22	57.22
13-14	Girls	SCY	200	Back	5	1	2:02.70	122.7

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
13-14	Girls	SCY	100	Breast	5	1	1:04.99	64.99
13-14	Girls	SCY	200	Breast	5	1	2:19.99	139.99
13-14	Girls	SCY	100	Fly	5	1	56.70	56.7
13-14	Girls	SCY	200	Fly	5	1	2:03.82	123.82
13-14	Girls	SCY	200	IM	5	1	2:06.03	126.03
13-14	Girls	SCY	400	IM	5	1	4:26.30	266.3
13-14	Girls	LCM	50	Free	5	1	27.28	27.28
13-14	Girls	LCM	100	Free	5	1	59.18	59.18
13-14	Girls	LCM	200	Free	5	1	2:07.13	127.13
13-14	Girls	LCM	400	Free	5	1	4:23.83	263.83
13-14	Girls	LCM	800	Free	5	1	8:59.94	539.94
13-14	Girls	LCM	1500	Free	5	1	17:13.12	1033.12
13-14	Girls	LCM	100	Back	5	1	1:06.75	66.75
13-14	Girls	LCM	200	Back	5	1	2:22.83	142.83
13-14	Girls	LCM	100	Breast	5	1	1:14.24	74.24
13-14	Girls	LCM	200	Breast	5	1	2:39.97	159.97
13-14	Girls	LCM	100	Fly	5	1	1:04.36	64.36
13-14	Girls	LCM	200	Fly	5	1	2:21.21	141.21
13-14	Girls	LCM	200	IM	5	1	2:23.62	143.62
13-14	Girls	LCM	400	IM	5	1	5:01.86	301.86
13-14	Boys	SCM	50	Free	5	1.105	22.15	22.15
13-14	Boys	SCM	100	Free	5	1.105	48.33	48.33
13-14	Boys	SCM	200	Free	5	1.105	1:44.82	104.82
13-14	Boys	SCM	400	Free	5	0.87516	4:42.79	282.79
13-14	Boys	SCM	800	Free	5	0.87516	9:44.55	584.55
13-14	Boys	SCM	1500	Free	5	0.99418	16:14.54	974.54
13-14	Boys	SCM	100	Back	5	1.105	54.03	54.03
13-14	Boys	SCM	200	Back	5	1.105	1:56.23	116.23
13-14	Boys	SCM	100	Breast	5	1.105	1:00.24	60.24
13-14	Boys	SCM	200	Breast	5	1.105	2:10.24	130.24
13-14	Boys	SCM	100	Fly	5	1.105	52.80	52.8
13-14	Boys	SCM	200	Fly	5	1.105	1:57.33	117.33
13-14	Boys	SCM	200	IM	5	1.105	1:58.17	118.17

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
13-14	Boys	SCM	400	IM	5	1.105	4:11.99	251.99
13-14	Boys	SCY	50	Free	5		22.15	22.15
13-14	Boys	SCY	100	Free	5		48.33	48.33
13-14	Boys	SCY	200	Free	5		1:44.82	104.82
13-14	Boys	SCY	500	Free	5		4:42.79	282.79
13-14	Boys	SCY	1000	Free	5		9:44.55	584.55
13-14	Boys	SCY	1650	Free	5		16:14.54	974.54
13-14	Boys	SCY	100	Back	5		54.03	54.03
13-14	Boys	SCY	200	Back	5		1:56.23	116.23
13-14	Boys	SCY	100	Breast	5		1:00.24	60.24
13-14	Boys	SCY	200	Breast	5		2:10.24	130.24
13-14	Boys	SCY	100	Fly	5		52.80	52.8
13-14	Boys	SCY	200	Fly	5		1:57.33	117.33
13-14	Boys	SCY	200	IM	5		1:58.17	118.17
13-14	Boys	SCY	400	IM	5		4:11.99	251.99
13-14	Boys	LCM	50	Free	5		25.48	25.48
13-14	Boys	LCM	100	Free	5		55.49	55.49
13-14	Boys	LCM	200	Free	5		2:00.79	120.79
13-14	Boys	LCM	400	Free	5		4:14.64	254.64
13-14	Boys	LCM	800	Free	5		8:46.08	526.08
13-14	Boys	LCM	1500	Free	5		16:50.91	1010.91
13-14	Boys	LCM	100	Back	5		1:02.52	62.52
13-14	Boys	LCM	200	Back	5		2:14.66	134.66
13-14	Boys	LCM	100	Breast	5		1:09.59	69.59
13-14	Boys	LCM	200	Breast	5		2:31.99	151.99
13-14	Boys	LCM	100	Fly	5		59.94	59.94
13-14	Boys	LCM	200	Fly	5		2:13.24	133.24
13-14	Boys	LCM	200	IM	5		2:15.62	135.62
13-14	Boys	LCM	400	IM	5		4:48.47	288.47
15-16	Girls	SCM	50	Free	5	1.105	23.46	23.46
15-16	Girls	SCM	100	Free	5	1.105	50.87	50.87
15-16	Girls	SCM	200	Free	5	1.105	1:49.52	109.52
15-16	Girls	SCM	400	Free	5	0.87516	4:50.26	290.26

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
15-16	Girls	SCM	800	Free	5	0.87516	9:56.52	596.52
15-16	Girls	SCM	1500	Free	5	0.99418	16:39.08	999.08
15-16	Girls	SCM	100	Back	5	1.105	56.37	56.37
15-16	Girls	SCM	200	Back	5	1.105	2:01.52	121.52
15-16	Girls	SCM	100	Breast	5	1.105	1:03.60	63.6
15-16	Girls	SCM	200	Breast	5	1.105	2:17.18	137.18
15-16	Girls	SCM	100	Fly	5	1.105	55.67	55.67
15-16	Girls	SCM	200	Fly	5	1.105	2:02.13	122.13
15-16	Girls	SCM	200	IM	5	1.105	2:03.59	123.59
15-16	Girls	SCM	400	IM	5	1.105	4:21.72	261.72
15-16	Girls	SCY	50	Free	5	1	23.46	23.46
15-16	Girls	SCY	100	Free	5	1	50.87	50.87
15-16	Girls	SCY	200	Free	5	1	1:49.52	109.52
15-16	Girls	SCY	500	Free	5	1	4:50.26	290.26
15-16	Girls	SCY	1000	Free	5	1	9:56.52	596.52
15-16	Girls	SCY	1650	Free	5	1	16:39.08	999.08
15-16	Girls	SCY	100	Back	5	1	56.37	56.37
15-16	Girls	SCY	200	Back	5	1	2:01.52	121.52
15-16	Girls	SCY	100	Breast	5	1	1:03.60	63.6
15-16	Girls	SCY	200	Breast	5	1	2:17.18	137.18
15-16	Girls	SCY	100	Fly	5	1	55.67	55.67
15-16	Girls	SCY	200	Fly	5	1	2:02.13	122.13
15-16	Girls	SCY	200	IM	5	1	2:03.59	123.59
15-16	Girls	SCY	400	IM	5	1	4:21.72	261.72
15-16	Girls	LCM	50	Free	5	1	26.86	26.86
15-16	Girls	LCM	100	Free	5	1	57.92	57.92
15-16	Girls	LCM	200	Free	5	1	2:04.49	124.49
15-16	Girls	LCM	400	Free	5	1	4:20.12	260.12
15-16	Girls	LCM	800	Free	5	1	8:54.87	534.87
15-16	Girls	LCM	1500	Free	5	1	17:03.60	1023.6
15-16	Girls	LCM	100	Back	5	1	1:05.21	65.21
15-16	Girls	LCM	200	Back	5	1	2:19.39	139.39
15-16	Girls	LCM	100	Breast	5	1	1:13.06	73.06

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
15-16	Girls	LCM	200	Breast	5	1	2:37.04	157.04
15-16	Girls	LCM	100	Fly	5	1	1:03.18	63.18
15-16	Girls	LCM	200	Fly	5	1	2:17.19	137.19
15-16	Girls	LCM	200	IM	5	1	2:20.00	140
15-16	Girls	LCM	400	IM	5	1	4:57.09	297.09
15-16	Boys	SCM	50	Free	5	1.105	21.10	21.1
15-16	Boys	SCM	100	Free	5	1.105	46.12	46.12
15-16	Boys	SCM	200	Free	5	1.105	1:40.63	100.63
15-16	Boys	SCM	400	Free	5	0.87516	4:31.00	271
15-16	Boys	SCM	800	Free	5	0.87516	9:20.10	560.1
15-16	Boys	SCM	1500	Free	5	0.99418	15:39.92	939.92
15-16	Boys	SCM	100	Back	5	1.105	51.06	51.06
15-16	Boys	SCM	200	Back	5	1.105	1:50.52	110.52
15-16	Boys	SCM	100	Breast	5	1.105	57.62	57.62
15-16	Boys	SCM	200	Breast	5	1.105	2:05.06	125.06
15-16	Boys	SCM	100	Fly	5	1.105	50.41	50.41
15-16	Boys	SCM	200	Fly	5	1.105	1:51.98	111.98
15-16	Boys	SCM	200	IM	5	1.105	1:53.04	113.04
15-16	Boys	SCM	400	IM	5	1.105	4:00.88	240.88
15-16	Boys	SCY	50	Free	5	1	21.10	21.1
15-16	Boys	SCY	100	Free	5	1	46.12	46.12
15-16	Boys	SCY	200	Free	5	1	1:40.63	100.63
15-16	Boys	SCY	500	Free	5	1	4:31.00	271
15-16	Boys	SCY	1000	Free	5	1	9:20.10	560.1
15-16	Boys	SCY	1650	Free	5	1	15:39.92	939.92
15-16	Boys	SCY	100	Back	5	1	51.06	51.06
15-16	Boys	SCY	200	Back	5	1	1:50.52	110.52
15-16	Boys	SCY	100	Breast	5	1	57.62	57.62
15-16	Boys	SCY	200	Breast	5	1	2:05.06	125.06
15-16	Boys	SCY	100	Fly	5	1	50.41	50.41
15-16	Boys	SCY	200	Fly	5	1	1:51.98	111.98
15-16	Boys	SCY	200	IM	5	1	1:53.04	113.04
15-16	Boys	SCY	400	IM	5	1	4:00.88	240.88

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
15-16	Boys	LCM	50	Free	5	1	24.42	24.42
15-16	Boys	LCM	100	Free	5	1	53.37	53.37
15-16	Boys	LCM	200	Free	5	1	1:55.76	115.76
15-16	Boys	LCM	400	Free	5	1	4:04.40	244.4
15-16	Boys	LCM	800	Free	5	1	8:23.82	503.82
15-16	Boys	LCM	1500	Free	5	1	16:09.11	969.11
15-16	Boys	LCM	100	Back	5	1	59.67	59.67
15-16	Boys	LCM	200	Back	5	1	2:08.56	128.56
15-16	Boys	LCM	100	Breast	5	1	1:07.12	67.12
15-16	Boys	LCM	200	Breast	5	1	2:25.17	145.17
15-16	Boys	LCM	100	Fly	5	1	57.51	57.51
15-16	Boys	LCM	200	Fly	5	1	2:06.80	126.8
15-16	Boys	LCM	200	IM	5	1	2:10.88	130.88
15-16	Boys	LCM	400	IM	5	1	4:34.94	274.94
17-18	Girls	SCM	50	Free	5	1.105	23.42	23.42
17-18	Girls	SCM	100	Free	5	1.105	50.59	50.59
17-18	Girls	SCM	200	Free	5	1.105	1:48.77	108.77
17-18	Girls	SCM	400	Free	5	0.87516	4:48.44	288.44
17-18	Girls	SCM	800	Free	5	0.87516	9:54.65	594.65
17-18	Girls	SCM	1500	Free	5	0.99418	16:30.12	990.12
17-18	Girls	SCM	100	Back	5	1.105	55.79	55.79
17-18	Girls	SCM	200	Back	5	1.105	1:59.89	119.89
17-18	Girls	SCM	100	Breast	5	1.105	1:03.61	63.61
17-18	Girls	SCM	200	Breast	5	1.105	2:17.32	137.32
17-18	Girls	SCM	100	Fly	5	1.105	54.96	54.96
17-18	Girls	SCM	200	Fly	5	1.105	2:00.14	120.14
17-18	Girls	SCM	200	IM	5	1.105	2:02.44	122.44
17-18	Girls	SCM	400	IM	5	1.105	4:20.23	260.23
17-18	Girls	SCY	50	Free	5	1	23.42	23.42
17-18	Girls	SCY	100	Free	5	1	50.59	50.59
17-18	Girls	SCY	200	Free	5	1	1:48.77	108.77
17-18	Girls	SCY	500	Free	5	1	4:48.44	288.44
17-18	Girls	SCY	1000	Free	5	1	9:54.65	594.65

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
17-18	Girls	SCY	1650	Free	5	1	16:30.12	990.12
17-18	Girls	SCY	100	Back	5	1	55.79	55.79
17-18	Girls	SCY	200	Back	5	1	1:59.89	119.89
17-18	Girls	SCY	100	Breast	5	1	1:03.61	63.61
17-18	Girls	SCY	200	Breast	5	1	2:17.32	137.32
17-18	Girls	SCY	100	Fly	5	1	54.96	54.96
17-18	Girls	SCY	200	Fly	5	1	2:00.14	120.14
17-18	Girls	SCY	200	IM	5	1	2:02.44	122.44
17-18	Girls	SCY	400	IM	5	1	4:20.23	260.23
17-18	Girls	LCM	50	Free	5	1	26.78	26.78
17-18	Girls	LCM	100	Free	5	1	57.63	57.63
17-18	Girls	LCM	200	Free	5	1	2:03.41	123.41
17-18	Girls	LCM	400	Free	5	1	4:17.80	257.8
17-18	Girls	LCM	800	Free	5	1	8:48.27	528.27
17-18	Girls	LCM	1500	Free	5	1	16:54.18	1014.18
17-18	Girls	LCM	100	Back	5	1	1:04.81	64.81
17-18	Girls	LCM	200	Back	5	1	2:18.53	138.53
17-18	Girls	LCM	100	Breast	5	1	1:12.94	72.94
17-18	Girls	LCM	200	Breast	5	1	2:37.14	157.14
17-18	Girls	LCM	100	Fly	5	1	1:02.66	62.66
17-18	Girls	LCM	200	Fly	5	1	2:15.29	135.29
17-18	Girls	LCM	200	IM	5	1	2:20.17	140.17
17-18	Girls	LCM	400	IM	5	1	4:55.94	295.94
17-18	Boys	SCM	50	Free	5	1.105	20.69	20.69
17-18	Boys	SCM	100	Free	5	1.105	45.25	45.25
17-18	Boys	SCM	200	Free	5	1.105	1:38.55	98.55
17-18	Boys	SCM	400	Free	5	0.87516	4:24.71	264.71
17-18	Boys	SCM	800	Free	5	0.87516	9:13.17	553.17
17-18	Boys	SCM	1500	Free	5	0.99418	15:22.61	922.61
17-18	Boys	SCM	100	Back	5	1.105	49.96	49.96
17-18	Boys	SCM	200	Back	5	1.105	1:47.54	107.54
17-18	Boys	SCM	100	Breast	5	1.105	56.27	56.27
17-18	Boys	SCM	200	Breast	5	1.105	2:02.96	122.96

AgeGroup	Gender	Course	Distance	Stroke	Factor	Adjustment	Seed Time	Seed Time In Secs
17-18	Boys	SCM	100	Fly	5	1.105	49.25	49.25
17-18	Boys	SCM	200	Fly	5	1.105	1:47.98	107.98
17-18	Boys	SCM	200	IM	5	1.105	1:50.39	110.39
17-18	Boys	SCM	400	IM	5	1.105	3:55.90	235.9
17-18	Boys	SCY	50	Free	5	1	20.69	20.69
17-18	Boys	SCY	100	Free	5	1	45.25	45.25
17-18	Boys	SCY	200	Free	5	1	1:38.55	98.55
17-18	Boys	SCY	500	Free	5	1	4:24.71	264.71
17-18	Boys	SCY	1000	Free	5	1	9:13.17	553.17
17-18	Boys	SCY	1650	Free	5	1	15:22.61	922.61
17-18	Boys	SCY	100	Back	5	1	49.96	49.96
17-18	Boys	SCY	200	Back	5	1	1:47.54	107.54
17-18	Boys	SCY	100	Breast	5	1	56.27	56.27
17-18	Boys	SCY	200	Breast	5	1	2:02.96	122.96
17-18	Boys	SCY	100	Fly	5	1	49.25	49.25
17-18	Boys	SCY	200	Fly	5	1	1:47.98	107.98
17-18	Boys	SCY	200	IM	5	1	1:50.39	110.39
17-18	Boys	SCY	400	IM	5	1	3:55.90	235.9
17-18	Boys	LCM	50	Free	5	1	23.89	23.89
17-18	Boys	LCM	100	Free	5	1	52.24	52.24
17-18	Boys	LCM	200	Free	5	1	1:53.55	113.55
17-18	Boys	LCM	400	Free	5	1	4:00.28	240.28
17-18	Boys	LCM	800	Free	5	1	8:19.20	499.2
17-18	Boys	LCM	1500	Free	5	1	15:50.61	950.61
17-18	Boys	LCM	100	Back	5	1	58.52	58.52
17-18	Boys	LCM	200	Back	5	1	2:05.89	125.89
17-18	Boys	LCM	100	Breast	5	1	1:05.32	65.32
17-18	Boys	LCM	200	Breast	5	1	2:21.95	141.95
17-18	Boys	LCM	100	Fly	5	1	56.04	56.04
17-18	Boys	LCM	200	Fly	5	1	2:04.58	124.58
17-18	Boys	LCM	200	IM	5	1	2:07.31	127.31
17-18	Boys	LCM	400	IM	5	1	4:31.22	271.22