

# H.S.A. Motivational Time Sheet

## Long Course Meters

10 & under

Girls

Boys

white	red	blue	SE Cut	bronze	silver	gold		gold	silver	bronze	SE Cut	blue	red	white
43.19	41.19	39.49	38.09	34.66	33.27	31.15	<b>50 FR</b>	29.71	33.30	35.26	38.99	40.49	42.39	46.39
1:35.09	1:30.79	1:26.99	1:25.89	1:17.53	1:13.48	1:08.38	<b>100 FR</b>	1:04.72	1:15.75	1:20.16	1:27.39	1:29.49	1:33.49	1:41.19
3:38.79	3:21.19	3:09.59	3:08.79	2:50.18	2:37.83	2:27.04	<b>200 FR</b>	2:23.08	2:43.57	2:50.25	3:08.29	3:18.09	3:28.09	3:34.99
7:25.89	7:12.89	6:57.89	6:55.79	5:54.94	5:36.04	5:11.54	<b>400 FR</b>	5:12.12	5:52.57	6:26.89	6:52.69	7:07.99	7:22.69	7:30.69
49.79	47.59	45.59	45.49	41.25	39.53	36.56	<b>50 BA</b>	34.81	39.62	41.68	46.99	49.09	51.59	56.09
1:53.29	1:45.59	1:41.59	1:40.39	1:29.99	1:26.05	1:18.59	<b>100 BA</b>	1:16.12	1:25.47	1:31.27	1:40.99	1:43.49	1:50.79	2:02.99
57.79	55.49	53.39	51.69	47.51	44.55	39.65	<b>50 BR</b>	41.47	46.34	49.43	54.89	55.19	57.49	1:01.69
2:05.69	1:58.69	1:54.69	1:52.09	1:43.37	1:37.94	1:26.19	<b>100 BR</b>	1:30.05	1:42.01	1:49.42	1:57.99	1:58.29	2:05.09	2:15.99
51.19	48.29	45.59	44.29	39.45	37.49	33.04	<b>50 FY</b>	33.49	38.09	40.40	46.19	47.09	50.09	55.49
2:06.09	2:03.09	1:52.59	1:46.49	1:36.62	1:28.52	1:15.96	<b>100 FY</b>	1:13.54	1:27.80	1:34.90	1:50.79	1:55.79	2:01.79	2:05.89
4:01.29	3:52.09	3:44.09	3:35.49	3:11.14	3:03.04	2:44.79	<b>200 IM</b>	2:42.36	3:07.39	3:17.25	3:43.19	3:50.19	3:56.19	4:10.69
				2:38.02	2:30.68	2:13.75	<b>200 F.R.</b>	2:12.23	2:33.67					
				2:59.34	2:47.67	2:32.60	<b>200 M.R.</b>	2:29.06	2:53.21					

11-12's

Girls

Boys

white	red	blue	SE Cut	bronze	silver	gold		gold	silver	bronze	SE Cut	blue	red	white
35.09	34.29	33.49	33.19	30.97	30.34	28.85	<b>50 FR</b>	27.73	29.80	30.74	33.29	33.89	34.89	36.69
1:17.49	1:15.29	1:13.39	1:12.09	1:08.65	1:06.42	1:02.14	<b>100 FR</b>	59.91	1:05.25	1:08.01	1:13.89	1:14.49	1:16.89	1:21.39
2:52.09	2:44.19	2:39.89	2:38.09	2:28.35	2:23.64	2:15.01	<b>200 FR</b>	2:10.68	2:21.61	2:27.70	2:41.29	2:42.89	2:51.09	3:04.89
6:05.39	5:45.29	5:32.79	5:30.59	5:17.85	5:01.11	4:43.14	<b>400 FR</b>	4:37.33	4:59.48	5:11.23	5:41.39	5:43.19	6:00.29	6:05.29
12:14.39	12:04.39	11:54.39	5:30.59	11:00.00	10:49.30	9:51.50	<b>800 FR</b>	9:49.60	10:39.89	10:58.87	5:41.39	11:19.19	11:39.19	11:53.19
42.79	41.49	40.29	39.49	36.42	34.94	33.34	<b>50 BA</b>	32.29	34.49	36.24	40.59	40.89	42.29	44.99
1:34.69	1:30.09	1:27.59	1:25.69	1:19.13	1:16.62	1:11.24	<b>100 BA</b>	1:08.79	1:14.87	1:19.47	1:26.89	1:29.09	1:34.09	1:42.19
50.29	47.79	46.29	44.99	40.71	39.39	37.11	<b>50 BR</b>	36.07	39.93	42.19	46.59	47.99	50.99	55.29
1:47.09	1:41.89	1:38.99	1:38.29	1:29.56	1:26.50	1:20.83	<b>100 BR</b>	1:17.15	1:29.16	1:34.04	1:40.89	1:42.29	1:48.09	1:56.39
39.99	38.49	37.29	36.79	33.98	32.63	30.71	<b>50 FY</b>	29.78	32.60	34.63	37.99	39.59	42.69	47.99
1:42.19	1:33.79	1:28.29	1:25.89	1:19.32	1:15.07	1:09.48	<b>100 FY</b>	1:05.87	1:14.76	1:20.11	1:28.09	1:32.29	1:37.99	1:41.69
3:13.89	3:05.79	3:01.39	2:57.79	2:49.73	2:42.49	2:33.09	<b>200 IM</b>	2:28.68	2:42.26	2:50.29	3:02.19	3:04.19	3:12.99	3:25.89
				2:23.74	2:07.77	2:00.41	<b>200 F.R.</b>	1:56.37	2:17.52					
				2:42.32	2:25.52	2:14.75	<b>200 M.R.</b>	2:10.63	2:34.72					

## 13-14's

Girls							Boys							
white	red	blue	SE Cut	bronze	silver	gold		gold	silver	bronze	SE Cut	blue	red	white
31.99	31.39	30.79	30.59	29.62	28.96	27.93	<b>50 FR</b>	25.47	27.22	27.94	29.49	29.89	30.59	31.79
1:09.79	1:08.49	1:06.99	1:06.39	1:04.55	1:03.09	59.49	<b>100 FR</b>	55.61	58.74	1:00.67	1:03.79	1:05.79	1:07.39	1:10.29
2:33.59	2:30.29	2:27.19	2:23.59	2:18.83	2:15.43	2:08.38	<b>200 FR</b>	2:01.56	2:08.00	2:12.21	2:18.89	2:22.59	2:25.99	2:32.49
5:25.29	5:14.09	5:08.29	5:03.89	4:52.61	4:46.79	4:30.85	<b>400 FR</b>	4:17.22	4:33.84	4:42.18	5:05.09	5:11.09	5:18.99	5:28.89
10:31.29	10:21.19	10:10.89	10:07.79	10:05.00	10:04.38	9:17.23	<b>800 FR</b>	8:54.61	9:30.94	9:45.00	9:59.59	10:05.89	10:23.49	10:52.79
21:41.59	20:47.49	20:10.89	19:53.19	19:45.00	19:12.83	17:45.26	<b>1500 FR</b>	16:54.38	18:40.25	18:45.00	18:51.19	18:55.79	19:16.19	19:50.89
1:23.79	1:21.79	1:19.89	1:18.19	1:14.16	1:11.55	1:06.47	<b>100 BA</b>	1:03.52	1:07.82	1:10.43	1:15.59	1:16.99	1:19.19	1:23.09
2:59.79	2:53.69	2:50.39	2:48.19	2:39.02	2:33.54	2:23.26	<b>200 BA</b>	2:16.78	2:26.36	2:32.40	2:43.79	2:44.49	2:51.19	3:01.49
1:34.69	1:32.29	1:30.09	1:28.79	1:25.54	1:22.18	1:16.89	<b>100 BR</b>	1:09.18	1:16.33	1:20.90	1:26.09	1:27.19	1:29.69	1:34.39
3:35.99	3:24.49	3:16.69	3:11.59	3:02.59	2:58.42	2:45.60	<b>200 BR</b>	2:31.67	2:47.33	2:58.43	3:07.29	3:07.79	3:15.99	3:28.49
1:20.59	1:18.29	1:16.09	1:15.49	1:12.07	1:10.06	1:05.38	<b>100 FY</b>	59.80	1:04.97	1:07.78	1:13.39	1:15.29	1:19.69	1:26.79
3:09.69	2:58.39	2:51.19	2:50.89	2:47.13	2:38.46	2:23.05	<b>200 FY</b>	2:16.60	2:30.36	2:35.71	2:44.99	2:48.69	2:53.59	2:59.29
2:54.29	2:50.69	2:47.39	2:45.29	2:38.89	2:34.61	2:26.41	<b>200 IM</b>	2:16.28	2:25.44	2:29.60	2:42.39	2:45.19	2:51.99	3:02.49
6:17.99	6:03.19	5:53.39	5:52.59	5:36.94	5:26.79	5:10.50	<b>400 IM</b>	4:52.73	5:10.47	5:22.69	5:54.99	6:01.69	6:09.69	6:15.69
					4:24.82	4:10.28	<b>400 F.R.</b>	3:56.13	4:15.96					
					4:58.46	4:43.49	<b>400 M.R.</b>	4:19.36	4:51.49					

## Senior

Girls							Boys									
white	red	blue	15-16 SE	SE Cut	bronze	silver	gold		gold	silver	bronze	SE Cut	15-16 SE	blue	red	white
32.59	31.29	30.49	29.99	29.99	28.38	28.04	26.82	<b>50 FR</b>	23.85	25.08	25.36	26.89	27.49	27.99	28.39	29.19
1:10.59	1:08.29	1:06.99	1:05.09	1:05.09	1:01.63	1:00.83	57.96	<b>100 FR</b>	52.51	54.51	55.45	58.79	1:00.29	1:01.29	1:02.39	1:04.39
2:26.29	2:21.89	2:19.59	2:18.39	2:18.19	2:12.46	2:10.28	2:04.96	<b>200 FR</b>	1:53.40	1:58.98	2:01.71	2:10.09	2:10.89	2:13.39	2:15.99	2:20.69
5:27.69	5:12.09	5:02.49	4:57.99	4:55.39	4:41.91	4:36.79	4:24.32	<b>400 FR</b>	4:05.11	4:13.79	4:21.93	4:40.39	4:40.59	4:52.29	5:00.99	5:05.99
10:27.49	10:11.39	10:01.69	9:57.49	9:46.39	9:45.00	9:40.60	9:08.64	<b>800 FR</b>	8:32.82	8:59.03	9:14.93	9:31.19	9:31.19	9:36.49	9:53.09	10:18.69
19:35.79	19:16.39	18:58.49	18:53.29	18:53.29	18:45.00	18:39.74	17:51.18	<b>1500 FR</b>	16:24.92	17:19.24	17:54.83	18:17.39	18:17.39	18:21.99	18:52.09	19:41.29
1:23.19	1:20.09	1:18.29	1:16.59	1:16.59	1:10.07	1:08.41	1:05.22	<b>100 BA</b>	57.80	1:01.30	1:03.57	1:09.59	1:10.89	1:11.09	1:12.79	1:15.79
2:52.89	2:47.39	2:44.29	2:42.59	2:42.59	2:31.50	2:27.98	2:20.25	<b>200 BA</b>	2:04.49	2:15.11	2:19.69	2:29.29	2:32.49	2:33.19	2:38.49	2:46.49
1:38.59	1:33.29	1:29.49	1:28.69	1:28.69	1:20.88	1:18.89	1:13.75	<b>100 BR</b>	1:05.17	1:10.31	1:13.17	1:19.69	1:21.89	1:22.19	1:25.69	1:30.99
3:23.69	3:16.39	3:13.99	3:11.59	3:11.59	2:56.17	2:49.24	2:39.02	<b>200 BR</b>	2:22.43	2:34.25	2:43.46	2:57.39	3:01.29	3:01.39	3:10.69	3:15.69
1:19.29	1:15.99	1:14.09	1:12.89	1:12.49	1:07.58	1:06.23	1:03.07	<b>100 FY</b>	55.86	58.82	1:00.24	1:05.79	1:07.49	1:08.79	1:11.79	1:16.69
3:05.59	3:00.29	2:52.29	2:50.19	2:50.19	2:33.60	2:28.48	2:19.39	<b>200 FY</b>	2:02.37	2:13.31	2:17.90	2:37.89	2:40.59	2:43.79	2:48.79	2:55.79
2:53.89	2:46.79	2:42.09	2:40.59	2:40.59	2:32.11	2:28.88	2:21.43	<b>200 IM</b>	2:06.43	2:15.20	2:19.45	2:27.99	2:30.79	2:31.09	2:34.09	2:38.99
6:02.79	5:52.89	5:49.69	5:43.79	5:43.79	5:22.31	5:16.32	5:01.50	<b>400 IM</b>	4:32.92	4:51.30	4:58.21	5:16.69	5:20.99	5:26.09	5:27.19	5:38.39
					4:19.52	4:09.61	3:57.96	<b>400 F.R.</b>	3:34.34	3:46.83	3:57.34					
					4:51.16	4:41.41	4:25.25	<b>400 M.R.</b>	3:53.78	4:12.99	4:24.95					