

Below are Adaptive Sports USA 2020 Junior Nationals Swimming Time Standards. There are A standards and B standards.

### **Long Course**

An athlete MUST hit at minimum one (1) A standard to compete in long course.

- 1 A standard time allows not more than 3 events in Long Course
- 2 A standard times allow not more than 5 events in Long Course
- 3 or more A standards may swim all in Long Course

### **Short Course**

B standards will be used for qualifying to swim short course.

### **Junior Nationals**

- Athletes may enter in up to seven (7) events and two (2) relays. This is a total of long course and short course events.
- Junior athletes have from August 1, 2019 until the Adaptive Sports USA Junior Nationals registration deadline to meet the qualifying standards. These can be met at the following: Adaptive Sports USA, USA Swimming, High School, NCAA, or US World Para Swimming competitions. **To convert the times for yards to meters multiply the time by a factor of 1.093.**





Adaptive Sports USA  
2020 Junior Nationals A Swimming Qualifying Standards  
Men

SC YARD	Class	M/W	CAN-AM	U20/23	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/23	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/23	U17	U14	U7/11
50 Fly	S14	M	0:34.43	0:36.15	0:39.59	0:41.32	0:43.04	50 Fly	S14	M	0:38.22	0:40.13	0:43.95	0:45.86	00:47.78	50 Fly	S14	M	0:39.00	0:40.95	0:44.85	0:46.80	00:48.75
100 Fly	S5	M	2:27.74	2:35.13	2:49.90	2:57.29	3:04.67	100 Fly	S5	M	2:44.00	2:52.20	3:08.60	3:16.80	03:25.00	100 Fly	S5	M	2:44.00	2:52.20	3:08.60	3:16.80	03:25.00
100 Fly	S6	M	1:58.01	2:03.91	2:15.71	2:21.61	2:27.51	100 Fly	S6	M	2:11.00	2:17.55	2:30.65	2:37.20	02:43.75	100 Fly	S6	M	2:11.00	2:17.55	2:30.65	2:37.20	02:43.75
100 Fly	S7	M	1:40.16	1:45.17	1:55.18	2:00.19	2:05.20	100 Fly	S7	M	1:51.18	1:56.74	2:07.86	2:13.42	02:18.98	100 Fly	S7	M	1:49.00	1:54.45	2:05.35	2:10.80	02:16.25
100 Fly	S8	M	1:36.02	1:40.82	1:50.42	1:55.22	2:00.02	100 Fly	S8	M	1:46.59	1:51.92	2:02.58	2:07.91	02:13.24	100 Fly	S8	M	1:44.50	1:49.72	2:00.17	2:05.40	02:10.63
100 Fly	S9	M	1:20.86	1:24.90	1:32.99	1:37.03	1:41.07	100 Fly	S9	M	1:29.76	1:34.25	1:43.22	1:47.71	01:52.20	100 Fly	S9	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
100 Fly	S10	M	1:15.35	1:19.12	1:26.65	1:30.42	1:34.19	100 Fly	S10	M	1:23.64	1:27.82	1:36.19	1:40.37	01:44.55	100 Fly	S10	M	1:22.00	1:26.10	1:34.30	1:38.40	01:42.50
100 Fly	S11	M	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Fly	S11	M	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Fly	S11	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Fly	S12	M	1:22.54	1:26.67	1:34.92	1:39.05	1:43.17	100 Fly	S12	M	1:31.63	1:36.21	1:45.37	1:49.96	01:54.54	100 Fly	S12	M	1:33.50	1:38.17	1:47.52	1:52.20	01:56.87
100 Fly	S13	M	1:17.69	1:21.57	1:29.34	1:33.23	1:37.11	100 Fly	S13	M	1:26.24	1:30.55	1:39.18	1:43.49	01:47.80	100 Fly	S13	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
100 Fly	S14	M	1:17.69	1:21.57	1:29.34	1:33.23	1:37.11	100 Fly	S14	M	1:26.24	1:30.55	1:39.18	1:43.49	01:47.80	100 Fly	S14	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
150 IM	SM1	M	5:56.75	6:14.59	6:50.26	7:08.10	7:25.94	150 IM	SM1	M	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00	150 IM	SM1	M	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00
150 IM	SM2	M	5:33.56	5:50.24	6:23.59	6:40.27	6:56.95	150 IM	SM2	M	6:10.26	6:28.77	7:05.80	7:24.31	07:42.83	150 IM	SM2	M	6:03.00	6:21.15	6:57.45	7:15.60	07:33.75
150 IM	SM3	M	5:03.24	5:18.40	5:48.73	6:03.89	6:19.05	150 IM	SM3	M	5:36.60	5:53.43	6:27.09	6:43.92	07:00.75	150 IM	SM3	M	5:30.00	0:00.00	6:19.50	6:36.00	06:52.50
150 IM	SM4	M	4:02.52	4:14.65	4:38.90	4:51.02	5:03.15	150 IM	SM4	M	4:29.28	4:42.74	5:09.67	5:23.14	05:36.60	150 IM	SM4	M	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00
200 IM	SM4	M	5:28.05	5:44.45	6:17.26	6:33.66	6:50.06	200 IM	SM4	M	6:04.14	6:22.35	6:58.76	7:16.97	07:35.18	200 IM	SM4	M	5:57.00	6:14.85	6:50.55	7:08.40	07:26.25
200 IM	SM5	M	2:27.74	2:35.13	2:49.90	2:57.29	3:04.67	200 IM	SM5	M	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50	200 IM	SM5	M	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
200 IM	SM6	M	3:57.83	4:09.72	4:33.50	4:45.40	4:57.29	200 IM	SM6	M	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00	200 IM	SM6	M	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00
200 IM	SM7	M	3:32.27	3:42.88	4:04.11	4:14.72	4:25.34	200 IM	SM7	M	3:55.62	4:07.40	4:30.96	4:42.74	04:54.52	200 IM	SM7	M	3:51.00	4:02.55	4:25.65	4:37.20	04:48.75
200 IM	SM8	M	3:22.16	3:32.27	3:52.48	4:02.59	4:12.70	200 IM	SM8	M	3:44.40	3:55.62	4:18.06	4:29.28	04:40.50	200 IM	SM8	M	3:40.00	3:51.00	4:13.00	4:24.00	04:35.00
200 IM	SM9	M	3:01.94	3:11.04	3:29.23	3:38.33	3:47.43	200 IM	SM9	M	3:21.96	3:32.06	3:52.25	4:02.35	04:12.45	200 IM	SM9	M	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50
200 IM	SM10	M	2:51.83	3:00.42	3:17.60	3:26.20	3:34.79	200 IM	SM10	M	3:10.74	3:20.28	3:39.35	3:48.89	03:58.43	200 IM	SM10	M	3:07.00	3:16.35	3:35.05	3:44.40	03:53.75
200 IM	SM11	M	3:33.65	3:44.33	4:05.70	4:16.38	4:27.06	200 IM	SM11	M	3:57.16	4:09.02	4:32.73	4:44.59	04:56.45	200 IM	SM11	M	4:02.00	4:14.10	4:38.30	4:50.40	05:02.50
200 IM	SM12	M	3:14.23	3:23.94	3:43.36	3:53.08	4:02.79	200 IM	SM12	M	3:35.60	3:46.38	4:07.94	4:18.72	04:29.50	200 IM	SM12	M	3:40.00	3:51.00	4:13.00	4:24.00	04:35.00
200 IM	SM13	M	2:54.81	3:03.55	3:21.03	3:29.77	3:38.51	200 IM	SM13	M	3:14.04	3:23.74	3:43.15	3:52.85	04:02.55	200 IM	SM13	M	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50
200 IM	SM14	M	2:54.81	3:03.55	3:21.03	3:29.77	3:38.51	200 IM	SM14	M	2:54.81	3:03.55	3:21.03	3:29.77	03:38.51	200 IM	SM14	M	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50





Adaptive Sports USA  
2020 Junior Nationals A Swimming Qualifying Standards  
Women

SC YARD	Class	M/W	CAN-AM	U20/23	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/23	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/23	U17	U14	U7/11
<b>50 Fly</b>	S14	Women	0:49.00	0:51.45	0:56.35	0:58.80	1:01.25	<b>50 Fly</b>	S14	Women	0:54.39	0:57.11	1:02.55	1:05.27	01:07.99	<b>50 Fly</b>	S14	Women	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37
<b>100 Fly</b>	S5	Women	3:22.70	3:32.84	3:53.11	4:03.24	4:13.38	<b>100 Fly</b>	S5	Women	3:45.00	3:56.25	4:18.75	4:30.00	04:41.25	<b>100 Fly</b>	S5	Women	3:45.00	3:56.25	4:18.75	4:30.00	04:41.25
<b>100 Fly</b>	S6	Women	2:37.65	2:45.53	3:01.30	3:09.18	3:17.06	<b>100 Fly</b>	S6	Women	2:55.00	3:03.75	3:21.25	3:30.00	03:38.75	<b>100 Fly</b>	S6	Women	2:55.00	3:03.75	3:21.25	3:30.00	03:38.75
<b>100 Fly</b>	S7	Women	2:00.95	2:07.00	2:19.09	2:25.14	2:31.19	<b>100 Fly</b>	S7	Women	2:14.26	2:20.97	2:34.40	2:41.11	02:47.82	<b>100 Fly</b>	S7	Women	2:17.00	2:23.85	2:37.55	2:44.40	02:51.25
<b>100 Fly</b>	S8	Women	1:56.54	2:02.37	2:14.02	2:19.85	2:25.67	<b>100 Fly</b>	S8	Women	2:09.36	2:15.83	2:28.76	2:35.23	02:41.70	<b>100 Fly</b>	S8	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
<b>100 Fly</b>	S9	Women	1:46.82	1:52.16	2:02.84	2:08.18	2:13.52	<b>100 Fly</b>	S9	Women	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	<b>100 Fly</b>	S9	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
<b>100 Fly</b>	S10	Women	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	<b>100 Fly</b>	S10	Women	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	<b>100 Fly</b>	S10	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
<b>100 Fly</b>	S11	Women	1:56.54	2:02.37	2:14.02	2:19.85	2:25.67	<b>100 Fly</b>	S11	Women	2:09.36	2:15.83	2:28.76	2:35.23	02:41.70	<b>100 Fly</b>	S11	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
<b>100 Fly</b>	S12	Women	1:54.20	1:59.91	2:11.33	2:17.04	2:22.75	<b>100 Fly</b>	S12	Women	2:06.77	2:13.11	2:25.79	2:32.12	02:38.46	<b>100 Fly</b>	S12	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
<b>100 Fly</b>	S13	Women	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	<b>100 Fly</b>	S13	Women	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	<b>100 Fly</b>	S13	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
<b>100 Fly</b>	S14	Women	1:46.83	1:52.17	2:02.85	2:08.20	2:13.54	<b>100 Fly</b>	S14	Women	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	<b>100 Fly</b>	S14	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
<b>150 IM</b>	SM1	Women	6:34.21	6:53.92	7:33.34	7:53.05	8:12.76	<b>150 IM</b>	SM1	Women	7:17.58	7:39.46	8:23.22	8:45.10	09:06.98	<b>150 IM</b>	SM1	Women	7:09.00	7:30.45	8:13.35	8:34.80	08:56.25
<b>150 IM</b>	SM2	Women	6:19.05	6:38.00	7:15.91	7:34.86	7:53.81	<b>150 IM</b>	SM2	Women	7:00.75	7:21.79	8:03.86	8:24.90	08:45.94	<b>150 IM</b>	SM2	Women	6:52.50	7:13.13	7:54.37	8:15.00	08:35.62
<b>150 IM</b>	SM3	Women	6:03.89	6:22.08	6:58.47	7:16.67	7:34.86	<b>150 IM</b>	SM3	Women	6:43.92	7:04.12	7:44.51	8:04.70	08:24.90	<b>150 IM</b>	SM3	Women	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00
<b>150 IM</b>	SM4	Women	5:03.24	5:18.40	5:48.73	6:03.89	6:19.05	<b>150 IM</b>	SM4	Women	5:36.60	5:53.43	6:27.09	6:43.92	07:00.75	<b>150 IM</b>	SM4	Women	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
<b>200 IM</b>	SM4	Women	6:59.02	7:19.97	8:01.87	8:22.82	8:43.77	<b>200 IM</b>	SM4	Women	7:45.12	8:08.38	8:54.89	9:18.14	09:41.40	<b>200 IM</b>	SM4	Women	7:36.00	7:58.80	8:44.40	9:07.20	09:30.00
<b>200 IM</b>	SM5	Women	5:56.75	6:14.59	6:50.26	7:08.10	7:25.94	<b>200 IM</b>	SM5	Women	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00	<b>200 IM</b>	SM5	Women	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00
<b>200 IM</b>	SM6	Women	4:57.29	5:12.15	5:41.88	5:56.75	6:11.61	<b>200 IM</b>	SM6	Women	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50	<b>200 IM</b>	SM6	Women	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
<b>200 IM</b>	SM7	Women	4:12.50	4:25.13	4:50.37	5:03.00	5:15.62	<b>200 IM</b>	SM7	Women	4:40.28	4:54.29	5:22.32	5:36.34	05:50.35	<b>200 IM</b>	SM7	Women	4:46.00	5:00.30	5:28.90	5:43.20	05:57.50
<b>200 IM</b>	SM8	Women	3:53.08	4:04.73	4:28.04	4:39.70	4:51.35	<b>200 IM</b>	SM8	Women	4:18.72	4:31.66	4:57.53	5:10.46	05:23.40	<b>200 IM</b>	SM8	Women	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00
<b>200 IM</b>	SM9	Women	3:14.23	3:23.94	3:43.36	3:53.08	4:02.79	<b>200 IM</b>	SM9	Women	3:35.60	3:46.38	4:07.94	4:18.72	04:29.50	<b>200 IM</b>	SM9	Women	3:40.00	3:51.00	4:13.00	4:24.00	04:35.00
<b>200 IM</b>	SM10	Women	3:04.52	3:13.75	3:32.20	3:41.42	3:50.65	<b>200 IM</b>	SM10	Women	3:24.82	3:35.06	3:55.54	4:05.78	04:16.03	<b>200 IM</b>	SM10	Women	3:29.00	3:39.45	4:00.35	4:10.80	04:21.25
<b>200 IM</b>	SM11	Women	3:53.08	4:04.73	4:28.04	4:39.70	4:51.35	<b>200 IM</b>	SM11	Women	4:18.72	4:31.66	4:57.53	5:10.46	05:23.40	<b>200 IM</b>	SM11	Women	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00
<b>200 IM</b>	SM12	Women	3:48.42	3:59.84	4:22.68	4:34.10	4:45.52	<b>200 IM</b>	SM12	Women	4:13.55	4:26.23	4:51.58	5:04.26	05:16.94	<b>200 IM</b>	SM12	Women	4:13.00	4:25.65	4:50.95	5:03.60	05:16.25
<b>200 IM</b>	SM13	Women	3:23.94	3:34.14	3:54.53	4:04.73	4:14.92	<b>200 IM</b>	SM13	Women	3:46.38	3:57.70	4:20.34	4:31.66	04:42.97	<b>200 IM</b>	SM13	Women	3:51.00	4:02.55	4:25.65	4:37.20	04:48.75
<b>200 IM</b>	SM14	Women	3:14.23	3:23.94	3:43.36	3:53.08	4:02.79	<b>200 IM</b>	SM14	Women	3:35.60	3:46.38	4:07.94	4:18.72	04:29.50	<b>200 IM</b>	SM14	Women	3:40.00	3:51.00	4:13.00	4:24.00	04:35.00

**Junior Nationals Qualifying B Standards S1-S5 (Free & Back)**

Class/Age Group	25 Free Y	25 Free M	50 Free Y	50 Free M	100 Free Y	100 Free M	200 Free Y	200 Free M	500 Free Y	400 Free M	25 Back Y	25 Back M	50 Back Y	50 Back M	100 Back Y	100 Back M	
1/U7/11	M	2:30	2:44	5:00	5:28	X	X	X	X	X	X	2:30	2:44	5:30	6:02	X	X
	F	2:45	3:01	5:15	5:45	X	X	X	X	X	X	2:45	3:01	5:45	6:18	X	X
1/U14	M	2:30	2:44	5:00	5:28	X	X	X	X	X	X	2:30	2:44	5:15	5:45	X	X
	F	2:45	3:01	5:15	5:45	X	X	X	X	X	X	2:45	3:01	5:30	6:02	X	X
1/U17	M	X	X	4:45	5:12	7:00	7:40	11:00	13:02	X	X	X	X	5:00	5:28	8:30	9:18
	F	X	X	5:00	5:28	7:30	8:12	11:30	12:35	X	X	X	X	5:15	5:45	9:00	9:51
1/U20/23	M	X	X	4:45	5:12	7:00	7:40	11:00	13:02	X	X	X	X	4:45	5:12	8:30	9:18
	F	X	X	5:00	5:28	7:30	8:12	11:30	12:35	X	X	X	X	5:00	5:28	9:00	9:51
2/U7/11	M	2:15	2:28	4:45	5:12	X	X	X	X	X	X	2:30	2:44	4:15	4:39	X	X
	F	2:30	2:44	5:00	5:28	X	X	X	X	X	X	2:45	3:01	4:30	4:56	X	X
2/U14	M	2:15	2:28	4:45	5:12	X	X	X	X	X	X	2:30	2:44	4:00	4:23	X	X
	F	2:30	2:44	5:00	5:28	X	X	X	X	X	X	2:45	3:01	4:15	4:39	X	X
2/U17	M	X	X	4:30	4:56	5:30	6:02	10:30	11:29	X	X	X	X	3:45	4:06	6:30	7:07
	F	X	X	4:45	5:12	6:00	6:34	11:00	13:02	X	X	X	X	4:00	4:23	7:00	7:40
2/U20/23	M	X	X	4:30	4:56	5:15	5:45	10:15	11:13	X	X	X	X	3:30	3:50	6:30	7:07
	F	X	X	4:45	5:12	5:45	6:18	10:45	11:45	X	X	X	X	3:45	4:06	7:00	7:40
3/U7/11	M	2:00	2:12	4:00	4:23	X	X	X	X	X	X	2:30	2:44	3:30	3:50	X	X
	F	2:15	2:28	4:15	4:39	X	X	X	X	X	X	2:45	3:01	3:45	4:06	X	X
3/U14	M	2:00	2:12	4:00	4:23	X	X	X	X	X	X	2:15	2:28	3:15	3:34	X	X
	F	2:15	2:28	4:15	4:39	X	X	X	X	X	X	2:30	2:44	3:30	3:50	X	X
3/U17	M	X	X	3:45	4:06	5:00	5:28	8:45	9:34	X	X	X	X	3:00	3:17	5:30	6:02
	F	X	X	4:00	4:23	5:30	6:02	9:15	10:07	X	X	X	X	3:15	3:34	6:00	6:34
3/U20/23	M	X	X	3:45	4:06	4:45	5:12	8:15	9:01	X	X	X	X	2:45	3:01	5:30	6:02
	F	X	X	4:00	4:23	5:15	5:45	8:45	9:34	X	X	X	X	3:00	3:17	6:00	6:34
4/U7/11	M	1:45	1:55	3:30	3:50	X	X	X	X	X	X	2:30	2:44	3:15	3:34	X	X
	F	2:00	2:12	3:45	4:06	X	X	X	X	X	X	2:45	3:01	3:30	3:50	X	X
4/U14	M	1:45	1:55	3:30	3:50	X	X	X	X	X	X	2:15	2:28	3:00	3:17	X	X
	F	2:00	2:12	3:45	4:06	X	X	X	X	X	X	2:30	2:44	3:15	3:34	X	X
4/U17	M	X	X	3:15	3:34	4:45	5:12	8:15	9:01	X	X	X	X	2:45	3:01	4:45	5:12
	F	X	X	3:30	3:50	5:15	5:45	8:45	9:34	X	X	X	X	3:00	3:17	5:15	5:45
4/U20/23	M	X	X	3:00	3:17	4:30	4:56	7:45	8:29	X	X	X	X	2:30	2:44	4:45	5:12
	F	X	X	3:15	3:34	5:00	5:28	8:15	9:01	X	X	X	X	2:45	3:01	5:15	5:45
5/U7/11	M	1:45	1:55	3:00	3:17	X	X	X	X	X	X	2:15	2:28	2:30	2:44	X	X
	F	2:00	2:12	3:15	3:34	X	X	X	X	X	X	2:30	2:44	2:45	3:01	X	X



Adaptive Sports USA Junior Nationals – Swimming B Standards

5/U14	M	1:30	1:39	3:00	3:17	4:30	4:56	7:15	7:56	X	X	2:00	2:12	2:30	2:44	4:45	5:12
	F	1:45	1:55	3:15	3:34	5:00	5:28	7:45	8:29	X	X	2:15	2:28	2:45	3:01	5:15	5:45
5/U17	M	X	X	2:45	3:01	4:15	4:39	7:00	7:40	X	X	X	X	2:15	2:28	4:30	4:56
	F	X	X	3:00	3:17	4:45	5:12	7:30	8:12	X	X	X	X	2:30	2:44	5:00	5:28
5/U20/23	M	X	X	2:30	2:44	4:00	4:23	7:00	7:40	X	X	X	X	2:15	2:28	4:15	4:39
	F	X	X	2:45	3:01	4:30	4:56	7:30	8:12	X	X	X	X	2:30	2:44	4:45	5:12

*Junior Nationals Qualifying Standards S6-S10 (Free & Back)*

Class		25 Free Y	25 Free M	50 Free Y	50 Free M	100 Free Y	100 Free M	200 Free Y	200 Free M	500 Free Y	400 Free M	25 Back Y	25 Back M	50 Back Y	50 Back M	100 Back Y	100 Back M
6/U7/11	M	1:30	1:39	2:45	3:01	X	X	X	X	X	X	1:45	1:55	2:30	2:44	X	X
	F	1:45	1:55	3:00	3:17	X	X	X	X	X	X	2:00	2:12	2:45	3:01	X	X
6/U14	M	1:30	1:39	2:45	3:01	4:00	4:23	6:00	6:34	X	X	1:45	1:55	2:30	2:44	4:00	4:23
	F	1:45	1:55	3:00	3:17	4:30	4:56	6:30	7:07	X	X	2:00	2:12	2:45	3:01	4:30	4:56
6/U17	M	X	X	2:30	2:44	3:45	4:06	5:45	6:18	11:30	10:31	X	X	2:15	2:28	4:00	4:23
	F	X	X	2:45	3:01	4:15	4:39	6:15	6:50	12:00	10:59	X	X	2:30	2:44	4:30	4:56
6/U20/23	M	X	X	2:15	2:28	3:30	3:50	5:30	6:02	11:30	10:31	X	X	2:00	2:12	3:45	4:06
	F	X	X	2:30	2:44	4:00	4:23	6:00	6:34	12:00	10:59	X	X	2:15	2:28	4:15	4:39
7/U7/11	M	1:30	1:39	2:45	3:01	X	X	X	X	X	X	1:30	1:39	2:30	2:44	X	X
	F	1:45	1:55	3:00	3:17	X	X	X	X	X	X	1:45	1:55	2:45	3:01	X	X
7/U14	M	1:30	1:39	2:45	3:01	3:30	3:50	5:30	6:02	X	X	1:30	1:39	2:15	2:28	3:45	4:06
	F	1:45	1:55	3:00	3:17	4:00	4:23	6:00	6:34	X	X	1:45	1:55	2:30	2:44	4:15	4:39
7/U17	M	X	X	2:30	2:44	3:15	3:34	5:15	5:45	10:30	9:37	X	X	2:00	2:12	3:45	4:06
	F	X	X	2:45	3:01	3:45	4:06	5:45	6:18	11:00	10:04	X	X	2:15	2:28	4:15	4:39
7/U20/23	M	X	X	2:15	2:28	3:00	3:17	5:00	5:28	10:30	9:37	X	X	1:45	1:55	3:30	3:50
	F	X	X	2:30	2:44	3:30	3:50	5:30	6:02	11:00	10:04	X	X	2:00	2:12	4:00	4:23
8/U7/11	M	1:15	1:22	2:15	2:28	X	X	X	X	X	X	1:15	1:22	1:45	1:55	X	X
	F	1:30	1:39	2:30	2:44	X	X	X	X	X	X	1:30	1:39	2:00	2:12	X	X
8/U14	M	1:15	1:22	2:15	2:28	3:15	3:34	5:15	5:45	X	X	1:15	1:22	2:00	2:12	3:30	3:50
	F	1:30	1:39	2:30	2:44	3:45	4:06	5:45	6:18	X	X	1:30	1:39	2:15	2:28	4:00	4:23
8/U17	M	X	X	2:00	2:12	3:00	3:17	5:00	5:28	10:15	9:23	X	X	1:45	1:55	3:30	3:50
	F	X	X	2:15	2:28	3:30	3:50	5:30	6:02	10:45	9:50	X	X	2:00	2:12	4:00	4:23
8/U20/23	M	X	X	1:45	1:55	2:45	3:01	4:45	5:12	10:15	9:23	X	X	1:45	1:55	3:15	3:34
	F	X	X	2:00	2:12	3:15	3:34	5:15	5:45	10:45	9:50	X	X	2:00	2:12	3:45	4:06
9/U7/11	M	1:15	1:22	2:15	2:28	X	X	X	X	X	X	1:00	1:06	2:00	2:12	X	X
	F	1:30	1:39	2:30	2:44	X	X	X	X	X	X	1:15	1:22	2:15	2:28	X	X
9/U14	M	1:15	1:22	2:00	2:12	3:00	3:17	5:00	5:28	X	X	1:00	1:06	1:45	1:55	3:15	3:34
	F	1:30	1:39	2:15	2:28	3:30	3:50	5:30	6:02	X	X	1:15	1:22	2:00	2:12	3:45	4:06

Adaptive Sports USA Junior Nationals – Swimming B Standards

9/U17	M	X	X	1:45	1:55	2:45	3:01	4:45	6:02	9:30	8:42	X	X	1:30	1:39	3:15	3:34
	F	X	X	2:00	2:12	3:15	3:34	5:15	5:45	10:00	9:09	X	X	1:45	1:55	3:45	4:06
9/U20/23	M	X	X	1:30	1:39	2:30	2:44	4:30	4:56	9:30	8:42	X	X	1:30	1:39	3:00	3:17
	F	X	X	1:45	1:55	3:00	3:17	5:00	5:28	10:00	9:09	X	X	1:45	1:55	3:30	3:50
10/U7/11	M	1:00	1:06	2:00	2:12	X	X	X	X	X	X	1:00	1:06	2:00	2:12	X	X
	F	1:15	1:22	2:15	2:28	X	X	X	X	X	X	1:15	1:22	2:15	2:28	X	X
10/U14	M	1:00	1:06	1:45	1:55	2:45	3:01	5:00	5:28	X	X	1:00	1:06	1:45	1:55	3:00	3:17
	F	1:15	1:22	2:00	2:12	3:15	3:34	5:15	5:45	X	X	1:15	1:22	2:00	2:12	3:30	3:50
10/U17	M	X	X	1:30	1:39	2:30	2:44	4:45	5:12	9:15	8:28	X	X	1:30	1:39	3:00	3:17
	F	X	X	1:45	1:55	3:00	3:17	5:15	5:45	9:45	8:55	X	X	1:45	1:55	3:30	3:50
10/U20/23	M	X	X	1:15	1:22	2:15	2:28	4:30	4:53	9:15	8:28	X	X	1:30	1:39	2:45	3:01
	F	X	X	1:30	1:39	2:45	3:01	5:00	5:28	9:45	8:55	X	X	1:45	1:55	3:15	3:34

*Junior Nationals Qualifying Standards S11-S14 (Free & Back)*

Class		25 Free Y	25 Free M	50 Free Y	50 Free M	100 Free Y	100 Free M	200 Free Y	200 Free M	500 Free Y	400 Free M	25 Back Y	25 Back M	50 Back Y	50 Back M	100 Back Y	100 Back M
11/U7/11	M	1:15	1:22	2:15	2:28	X	X	X	X	X	X	1:00	1:06	2:00	2:12	X	X
	F	1:30	1:39	2:30	2:44	X	X	X	X	X	X	1:15	1:22	2:15	2:28	X	X
11/U14	M	1:15	1:22	2:00	2:12	3:00	3:17	5:00	5:28	X	X	1:00	1:06	1:45	1:55	3:15	3:34
	F	1:30	1:39	2:15	2:28	3:30	3:50	5:30	6:02	X	X	1:15	1:22	2:00	2:12	3:45	4:06
11/U17	M	X	X	1:45	1:55	2:45	3:01	4:45	5:12	9:30	8:42	X	X	1:30	1:39	3:15	3:34
	F	X	X	2:00	2:12	3:15	3:34	5:15	5:45	10:00	9:09	X	X	1:45	1:55	3:45	4:06
11/U20/23	M	X	X	1:30	1:39	2:30	2:44	4:30	4:56	9:30	8:42	X	X	1:30	1:39	3:00	3:17
	F	X	X	1:45	1:55	3:00	3:17	5:00	5:28	10:00	9:09	X	X	1:45	1:55	3:30	3:50
12/13/14 U7/11	M	1:00	1:06	2:00	2:12	X	X	X	X	X	X	1:00	1:06	2:00	2:12	X	X
	F	1:15	1:22	2:15	2:28	X	X	X	X	X	X	1:15	1:22	2:15	2:28	X	X
12/13/14 U14	M	1:00	1:06	1:45	1:55	2:45	3:01	5:00	5:28	X	X	1:00	1:06	1:45	1:55	3:00	3:17
	F	1:15	1:22	2:00	2:12	3:15	3:34	5:15	5:45	X	X	1:15	1:22	2:00	2:12	3:30	3:50
12/13/14 U17	M	X	X	1:30	1:39	2:30	2:44	4:45	5:12	9:15	8:28	X	X	1:30	1:39	3:00	3:17
	F	X	X	1:45	1:55	3:00	3:17	5:15	5:45	9:45	8:55	X	X	1:45	1:55	3:30	3:50
12/13/14 U20/23	M	X	X	1:15	1:22	2:15	2:28	4:30	4:56	9:15	8:28	X	X	1:30	1:39	2:45	3:01
	F	X	X	1:30	1:39	2:45	3:01	5:00	5:28	9:45	8:55	X	X	1:45	1:55	3:15	3:34

Revised 01/2019

*Junior Nationals Qualifying Standards SB/S1–SB/S5 (Breast & Fly)*

Class	25 Breast Y	25 Breast M	50 Breast Y	50 Breast M	100 Breast Y	100 Breast M	25 Fly Y	25 Fly M	50 Fly Y	50 Fly M	100 Fly Y	100 Fly M
1/U7/11 M F	2:45 3:00	3:01 3:17	X X	X X	X X	X X	X X	X X	X X	X X	X X	X X
1/U14 M F	2:45 3:00	3:01 3:17	X X	X X	X X	X X	3:00 3:15	3:17 3:34	X X	X X	X X	X X
1/U17 M F	2:30 2:45	2:44 3:01	4:30 4:45	4:56 5:12	X X	X X	3:00 3:15	3:17 3:34	5:00 5:15	5:28 5:45	X X	X X
1/U20/23 M F	2:30 2:45	2:44 3:01	4:30 4:45	4:56 5:12	X X	X X	3:00 3:15	3:17 3:34	5:00 5:15	5:28 5:45	X X	X X
2/U7/11 M F	2:45 3:00	3:01 3:17	X X	X X	X X	X X	X X	X X	X X	X X	X X	X X
2/U14 M F	2:45 3:00	3:01 3:17	X X	X X	X X	X X	3:00 3:15	3:17 3:34	X X	X X	X X	X X
2/U17 M F	2:30 2:45	2:44 3:01	4:15 4:30	4:39 4:56	X X	X X	2:45 3:00	3:01 3:17	4:45 5:00	5:12 5:28	X X	X X
2/U20/23 M F	2:30 2:45	2:44 3:01	4:15 4:30	4:39 4:56	X X	X X	2:45 3:00	3:01 3:17	4:45 5:00	5:12 5:28	X X	X X
3/U7/11 M F	2:30 2:45	2:44 3:01	X X	X X	X X	X X	X X	X X	X X	X X	X X	X X
3/U14 M F	2:30 2:45	2:44 3:01	4:00 4:15	4:23 4:39	X X	X X	2:45 3:00	3:01 3:17	X X	X X	X X	X X
3/U17 M F	2:15 2:30	2:28 2:44	3:45 4:00	4:06 4:23	5:15 5:45	5:45 6:18	2:30 2:45	2:44 3:01	4:30 4:45	4:56 5:28	X X	X X
3/U20/23 M F	2:15 2:30	2:28 2:44	3:30 3:45	3:50 4:06	5:15 5:45	5:45 6:18	2:30 2:45	2:44 3:01	4:15 4:30	4:39 4:56	X X	X X
4/U7/11 M F	2:30 2:45	2:44 3:01	X X	X X	X X	X X	X X	X X	X X	X X	X X	X X
4/U14 M F	2:15 2:30	2:28 2:44	3:45 4:00	4:06 4:23	X X	X X	2:30 2:45	2:44 3:01	X X	X X	X X	X X
4/U17 M F	X X	X X	3:30 3:45	3:50 4:06	5:00 5:30	5:28 6:02	2:15 2:30	2:28 2:44	4:00 4:15	4:23 4:39	X X	X X
4/U20/23 M F	X X	X X	3:15 3:30	3:34 3:50	5:00 5:30	5:28 6:02	2:00 2:15	2:12 2:28	4:00 4:15	4:23 4:39	X X	X X

Adaptive Sports USA Junior Nationals – Swimming B Standards

5/U7/11 M F	2:15	2:28	X	X	X	X	2:15	2:28	X	X	X	X
	2:30	2:44	X	X	X	X	2:30	2:44	X	X	X	X
5/U14 M F	2:00	2:12	3:30	3:50	X	X	2:00	2:12	3:30	3:50	X	X
	2:15	2:28	3:45	4:06	X	X	2:15	2:28	3:45	4:06	X	X
5/U17 M F	X	X	3:15	3:34	5:00	5:28	1:45	1:55	3:30	3:50	4:00	4:23
	X	X	3:30	3:50	5:30	6:02	2:00	2:12	3:45	4:06	4:30	4:56
5/U20/23 M F	X	X	3:15	3:34	4:45	5:12	1:30	1:39	3:30	3:50	4:00	4:23
	X	X	3:30	3:50	5:15	5:45	1:45	1:55	3:45	4:06	4:30	4:56

*Junior Nationals Qualifying Standards SB/S6-SB/S10 (Breast & Fly)*

Class/Age Group	25 Breast	25 Breast	50 Breast	50 Breast	100 Breast	100 Breast	25 Fly	25 Fly	50 Fly	50 Fly	100 Fly	100 Fly
	Y	M	Y	M	Y	M	Y	M	Y	M	Y	M
6/U7/11 M F	2:15	2:28	X	X	X	X	2:00	2:12	X	X	X	X
	2:30	2:44	X	X	X	X	2:15	2:28	X	X	X	X
6/U14 M F	2:00	2:12	3:15	3:34	X	X	2:00	2:12	3:30	3:50	X	X
	2:15	2:28	3:30	3:50	X	X	2:15	2:28	3:45	4:06	X	X
6/U17 M F	X	X	3:15	3:34	5:00	5:28	X	X	3:30	3:50	3:45	4:06
	X	X	3:30	3:50	5:30	6:02	X	X	3:45	4:06	4:15	4:39
6/U20/23 M F	X	X	3:00	3:17	4:45	5:12	X	X	2:45	3:01	3:45	4:06
	X	X	3:15	3:34	5:15	5:45	X	X	3:00	3:17	4:15	4:39
7/U7/11 M F	2:15	2:28	X	X	X	X	1:45	1:55	X	X	X	X
	2:30	2:44	X	X	X	X	2:00	2:12	X	X	X	X
7/U14 M F	2:00	2:12	3:15	3:34	X	X	1:45	1:55	3:15	3:34	X	X
	2:15	2:28	3:30	3:50	X	X	2:00	2:12	3:30	3:50	X	X
7/U17 M F	X	X	3:00	3:17	4:45	5:12	X	X	2:45	3:01	3:30	3:50
	X	X	3:15	3:34	5:15	5:45	X	X	3:00	3:17	4:00	4:23
7/U20/23 M F	X	X	2:45	3:01	4:30	4:56	X	X	2:30	2:44	3:30	3:50
	X	X	3:00	3:17	5:00	5:28	X	X	2:45	3:01	4:00	4:23
8/U7/11 M F	2:00	2:12	X	X	X	X	1:45	1:55	X	X	X	X
	2:15	2:28	X	X	X	X	2:00	2:12	X	X	X	X
8/U14 M F	1:45	1:55	3:00	3:17	X	X	1:30	1:39	3:00	3:17	X	X
	2:00	2:12	3:15	3:34	X	X	1:45	1:55	3:15	3:34	X	X
8/U17 M F	X	X	2:45	3:01	4:30	4:56	X	X	2:30	2:44	3:15	3:34
	X	X	3:00	3:17	5:00	5:28	X	X	2:45	3:01	3:45	4:06
8/U20/23 M F	X	X	2:30	2:44	4:15	4:39	X	X	2:30	2:44	3:15	3:34
	X	X	2:45	3:01	4:45	5:12	X	X	2:45	3:01	3:45	4:06
9/U7/11 M F	1:45	1:55	X	X	X	X	1:30	1:39	X	X	X	X
	2:00	2:12	X	X	X	X	1:45	1:55	X	X	X	X

Adaptive Sports USA Junior Nationals – Swimming B Standards

9/U14	M	1:30	1:39	2:45	3:01	X	X	1:30	1:39	2:45	3:01	X	X
	F	1:45	1:55	3:00	3:17	X	X	1:45	1:55	3:00	3:17	X	X
9/U17	M	X	X	2:30	2:44	4:15	4:39	X	X	2:15	2:28	3:00	3:17
	F	X	X	2:45	3:01	4:45	5:12	X	X	2:30	2:44	3:30	3:50
9/U20/23	M	X	X	2:15	2:28	4:00	4:23	X	X	2:15	2:28	3:00	3:17
	F	X	X	2:30	2:44	4:30	4:56	X	X	2:30	2:44	3:30	3:50
10/U7/11	M	X	X	X	X	X	X	1:30	1:39	X	X	X	X
	F	X	X	X	X	X	X	1:45	1:55	X	X	X	X
10/U14	M	X	X	X	X	X	X	1:15	1:22	2:30	2:44	X	X
	F	X	X	X	X	X	X	1:30	1:39	2:45	3:01	X	X
10/U17	M	X	X	X	X	X	X	X	X	2:15	2:28	2:45	3:01
	F	X	X	X	X	X	X	X	X	2:30	2:44	3:15	3:34
10/U2023	M	X	X	X	X	X	X	X	X	2:00	2:12	2:45	3:01
	F	X	X	X	X	X	X	X	X	2:15	2:28	3:15	3:34

*Junior Nationals Qualifying Standards SB/S11-SB/S13 (Breast & Fly)*

Class	25 Breast	25 Breast	50 Breast	50 Breast	100 Breast	100 Breast	25 Fly	25 Fly	50 Fly	50 Fly	100 Fly	100 Fly	
	Y	M	Y	M	Y	M	Y	M	Y	M	Y	M	
11/U7/11	M	2:00	2:12	X	X	X	X	1:30	1:39	X	X	X	X
	F	2:15	2:28	X	X	X	X	1:45	1:55	X	X	X	X
11/U14	M	1:45	1:55	3:00	3:17	X	X	1:30	1:39	2:15	2:28	X	X
	F	2:00	2:12	3:15	3:34	X	X	1:45	1:55	2:30	2:44	X	X
11/U17	M	X	X	2:45	3:01	4:30	4:56	X	X	2:15	2:28	3:00	3:17
	F	X	X	3:00	3:17	5:00	5:28	X	X	2:30	2:44	3:30	3:50
11/U20/23	M	X	X	2:30	2:44	4:15	4:39	X	X	2:00	2:12	3:00	3:17
	F	X	X	2:45	3:01	4:45	5:12	X	X	2:15	2:28	3:30	3:50
12/13/14 U7/11	M	1:45	1:55	X	X	X	X	1:30	1:39	X	X	X	X
	F	2:00	2:12	X	X	X	X	1:45	1:55	X	X	X	X
12/13/14 U14	M	1:30	1:39	2:45	3:01	X	X	1:15	1:22	2:00	2:12	X	X
	F	1:45	1:55	3:00	3:17	X	X	1:30	1:39	2:15	2:28	X	X
12/13/14 U17	M	X	X	2:30	2:44	4:15	4:39	X	X	2:00	2:12	2:45	3:01
	F	X	X	2:45	3:01	4:45	5:12	X	X	2:15	2:28	3:15	3:34
12/13/14 U20/23	M	X	X	2:15	2:28	4:00	4:23	X	X	1:45	1:55	2:45	3:01
	F	X	X	2:30	2:44	4:30	4:56	X	X	2:00	2:12	3:15	3:34

**Junior Qualifying Standards SM1–SM5 (IM)**

Class		IM 3x25	IM 3x25	IM 3x50	IM 3x50	IM 4x25	IM 4x25	IM 4x50	IM 4x50
		Y	M	Y	M	Y	M	Y	M
1/U7/11	M	6:30	7:07	X	X	X	X	X	X
	F	6:45	7:23	X	X	X	X	X	X
1/U14	M	5:45	6:18	X	X	X	X	X	X
	F	6:00	6:34	X	X	X	X	X	X
1/U17	M	5:30	6:02	8:30	9:18	X	X	X	X
	F	5:45	6:18	9:00	9:51	X	X	X	X
1/U20/23	M	5:15	5:45	8:30	9:18	5:00	5:28	X	X
	F	5:30	6:02	9:00	9:51	5:30	6:02	X	X
2/U7/11	M	6:00	6:34	X	X	X	X	X	X
	F	6:15	6:50	X	X	X	X	X	X
2/U14	M	5:45	6:18	X	X	X	X	X	X
	F	6:00	6:34	X	X	X	X	X	X
2/U17	M	5:30	6:02	8:00	8:45	X	X	X	X
	F	5:45	6:18	8:30	9:18	X	X	X	X
2/U20/23	M	5:15	5:45	8:00	8:45	4:45	5:12	X	X
	F	5:30	6:02	8:30	9:18	5:15	5:45	X	X
3/U7/11	M	5:30	6:02	X	X	X	X	X	X
	F	5:45	6:18	X	X	X	X	X	X
3/U14	M	5:15	5:45	X	X	X	X	X	X
	F	5:30	6:02	X	X	X	X	X	X
3/U17	M	5:00	5:28	7:00	7:40	5:00	5:28	8:00	8:45
	F	5:15	5:45	7:30	8:12	5:30	6:02	8:30	9:18
3/U2023	M	4:45	5:12	7:00	7:40	5:00	5:28	8:00	8:45
	F	5:00	5:28	7:30	8:12	5:30	6:02	8:30	9:18
4/U7/11	M	5:30	6:02	X	X	5:00	5:28	X	X
	F	5:45	6:18	X	X	5:30	6:02	X	X
4/U14	M	5:15	5:45	X	X	4:45	5:12	X	X
	F	5:30	6:02	X	X	5:15	5:45	X	X
4/U17	M	5:00	5:28	6:00	6:34	4:45	5:12	7:30	8:12
	F	5:15	5:45	6:30	7:07	5:15	5:45	8:00	8:45
4/U20/23	M	4:45	5:12	6:00	6:34	4:45	5:12	7:30	8:12
	F	5:00	5:28	6:30	7:07	5:15	5:45	8:00	8:45
5/U7/11	M	X	X	X	X	5:00	5:28	X	X
	F	X	X	X	X	5:30	6:02	X	X
5/U14	M	X	X	X	X	5:00	5:28	X	X
	F	X	X	X	X	5:30	6:02	X	X
5/U17	M	X	X	X	X	X	X	7:00	7:40
	F	X	X	X	X	X	X	7:30	8:12
5/U20/23	M	X	X	X	X	X	X	7:00	7:40
	F	X	X	X	X	X	X	7:30	8:12
6/U7/11	M	X	X	X	X	5:00	5:28	X	X
	F	X	X	X	X	5:15	5:45	X	X
6/U14	M	X	X	X	X	4:45	5:12	X	X
	F	X	X	X	X	5:00	5:28	X	X
6/U17	M	X	X	X	X	X	X	6:30	7:07
	F	X	X	X	X	X	X	7:00	7:40
6/U20/23	M	X	X	X	X	X	X	6:30	7:07
	F	X	X	X	X	X	X	7:00	7:40

Adaptive Sports USA Junior Nationals – Swimming B Standards

7/U7/11	M	X	X	X	X	5:00	5:28	X	X
	F	X	X	X	X	5:15	5:45	X	X
7/U14	M	X	X	X	X	4:30	4:56	X	X
	F	X	X	X	X	4:45	5:12	X	X
7/U17	M	X	X	X	X	4:15	4:39	6:00	6:34
	F	X	X	X	X	4:30	4:56	6:30	7:07
7/U20/23	M	X	X	X	X	X	X	6:00	6:34
	F	X	X	X	X	X	X	6:30	7:07
8/U7/11	M	X	X	X	X	5:00	5:28	X	X
	F	X	X	X	X	5:15	5:45	X	X
8/U14	M	X	X	X	X	4:15	4:39	X	X
	F	X	X	X	X	4:30	4:56	X	X
8/U17	M	X	X	X	X	4:00	4:23	5:30	6:02
	F	X	X	X	X	4:15	4:39	6:00	6:34
8/U20/23	M	X	X	X	X	X	X	5:30	6:02
	F	X	X	X	X	X	X	6:00	6:34
9/U7/11	M	X	X	X	X	4:45	5:12	X	X
	F	X	X	X	X	5:00	5:28	X	X
9/U14	M	X	X	X	X	4:00	4:23	X	X
	F	X	X	X	X	4:15	4:39	X	X
9/U17	M	X	X	X	X	3:30	3:50	5:00	5:28
	F	X	X	X	X	3:45	4:06	5:30	6:02
9/U20/23	M	X	X	X	X	X	X	5:00	5:28
	F	X	X	X	X	X	X	5:30	6:02
10/U7/11	M	X	X	X	X	4:45	5:12	X	X
	F	X	X	X	X	5:00	5:28	X	X
10/U14	M	X	X	X	X	3:45	4:06	X	X
	F	X	X	X	X	4:00	4:23	X	X
10/U17	M	X	X	X	X	3:15	3:34	4:30	4:56
	F	X	X	X	X	3:30	3:50	5:00	5:28
10/ U20/23	M	X	X	X	X	X	X	4:30	4:56
	F	X	X	X	X	X	X	5:00	5:28
11/U7/11	M	X	X	X	X	4:45	5:12	X	X
	F	X	X	X	X	5:00	5:28	X	X
11/U14	M	X	X	X	X	4:00	5:12	X	X
	F	X	X	X	X	4:15	5:28	X	X
11/U17	M	X	X	X	X	3:30	3:50	5:00	5:28
	F	X	X	X	X	3:45	4:06	5:30	6:02
11/U20/23	M	X	X	X	X	X	X	5:00	5:28
	F	X	X	X	X	X	X	5:30	6:02
12/13/14	M	X	X	X	X	4:45	5:12	X	X
U7/11	F	X	X	X	X	5:00	5:28	X	X
12/13/14	M	X	X	X	X	3:45	4:06	X	X
U14	F	X	X	X	X	4:00	4:23	X	X
12/13/14	M	X	X	X	X	3:15	3:34	4:30	4:56
U17	F	X	X	X	X	3:30	3:50	5:00	5:28
12/13/14	M	X	X	X	X	X	X	4:30	4:56
U20/23	F	X	X	X	X	X	X	5:00	5:28