
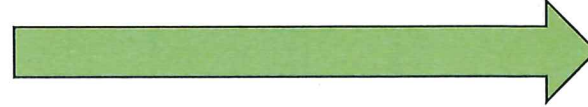
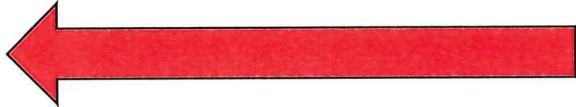
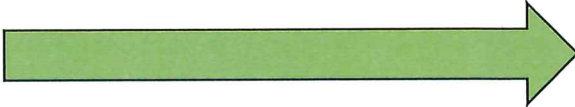


Men's 400M Seed Times

		Average	
Men 18 – 24	01:15.1	01:00.6	00:51.9
Men 25 – 29	01:36.6	01:04.5	00:52.4
Men 30 – 34	01:46.1	01:06.4	00:54.1
Men 35 – 39	01:39.3	01:08.2	00:55.8
Men 40 – 44	01:28.3	01:11.4	00:56.8
Men 45 – 49	02:03.3	01:15.2	00:56.3
Men 50 – 54	02:13.0	01:19.2	00:58.1
Men 55 – 59	02:09.7	01:22.3	01:03.9
Men 60 – 64	02:05.3	01:24.6	01:11.5
Men 65+	03:05.1	01:25.3	01:07.9

Women's 400M Seed Times

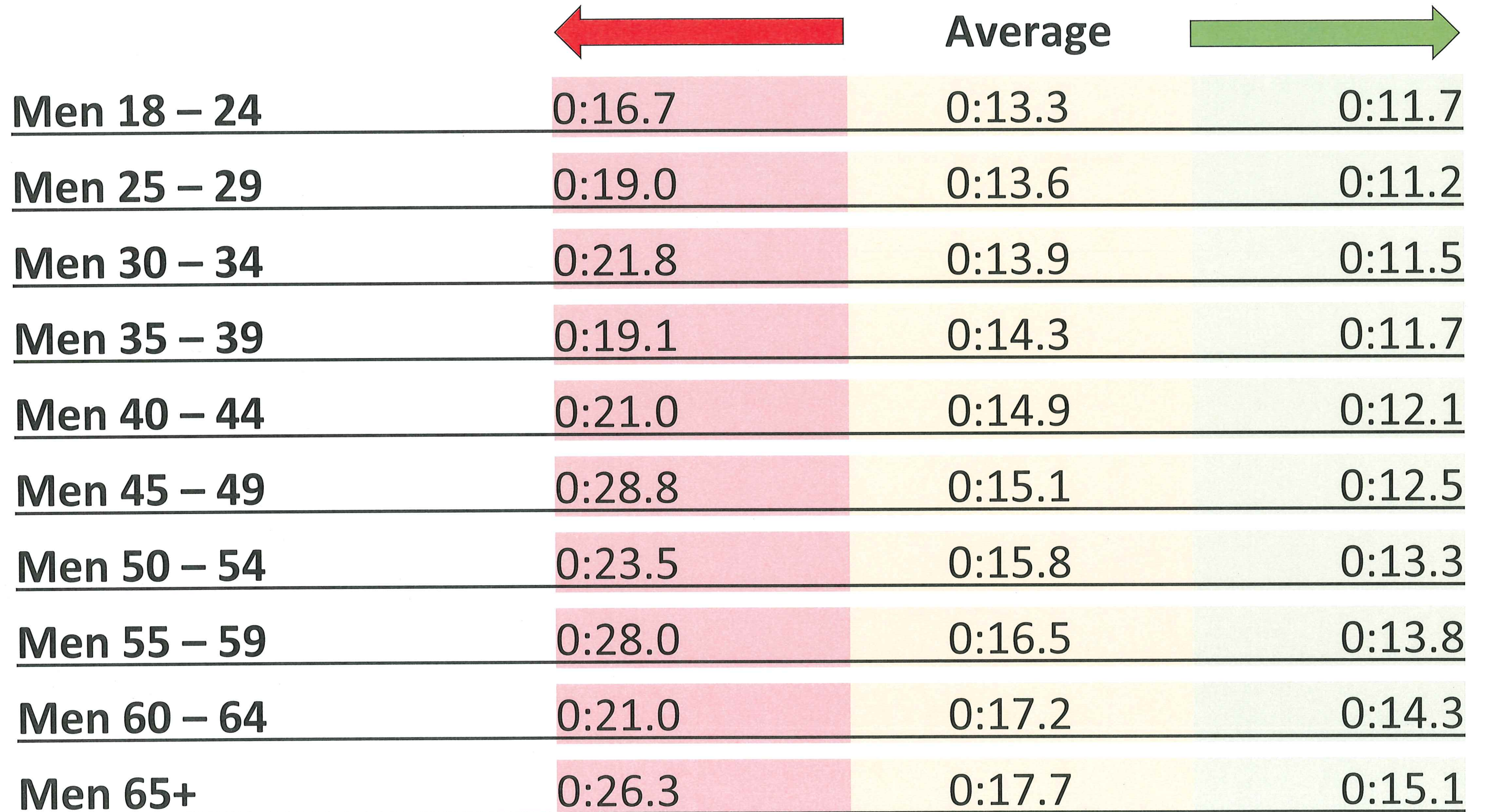
		Average	
<u>Women 18 – 24</u>	02:02.5	01:17.1	01:05.1
<u>Women 25 – 29</u>	02:08.2	01:22.8	01:00.9
<u>Women 30 – 34</u>	02:26.6	01:24.2	01:07.8
<u>Women 35 – 39</u>	02:24.1	01:28.7	01:04.7
<u>Women 40 – 44</u>	02:42.0	01:35.8	01:09.8
<u>Women 45 – 49</u>	02:15.0	01:38.5	01:11.2
<u>Women 50 – 54</u>	03:01.2	01:48.2	01:22.5
<u>Women 55 – 59</u>	03:14.5	01:56.6	01:18.5
<u>Women 60 – 64</u>	02:49.1	01:52.9	01:32.4
<u>Women 65+</u>	03:05.6	02:16.1	01:37.8


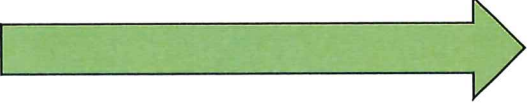
4x400M Relay Seed Times



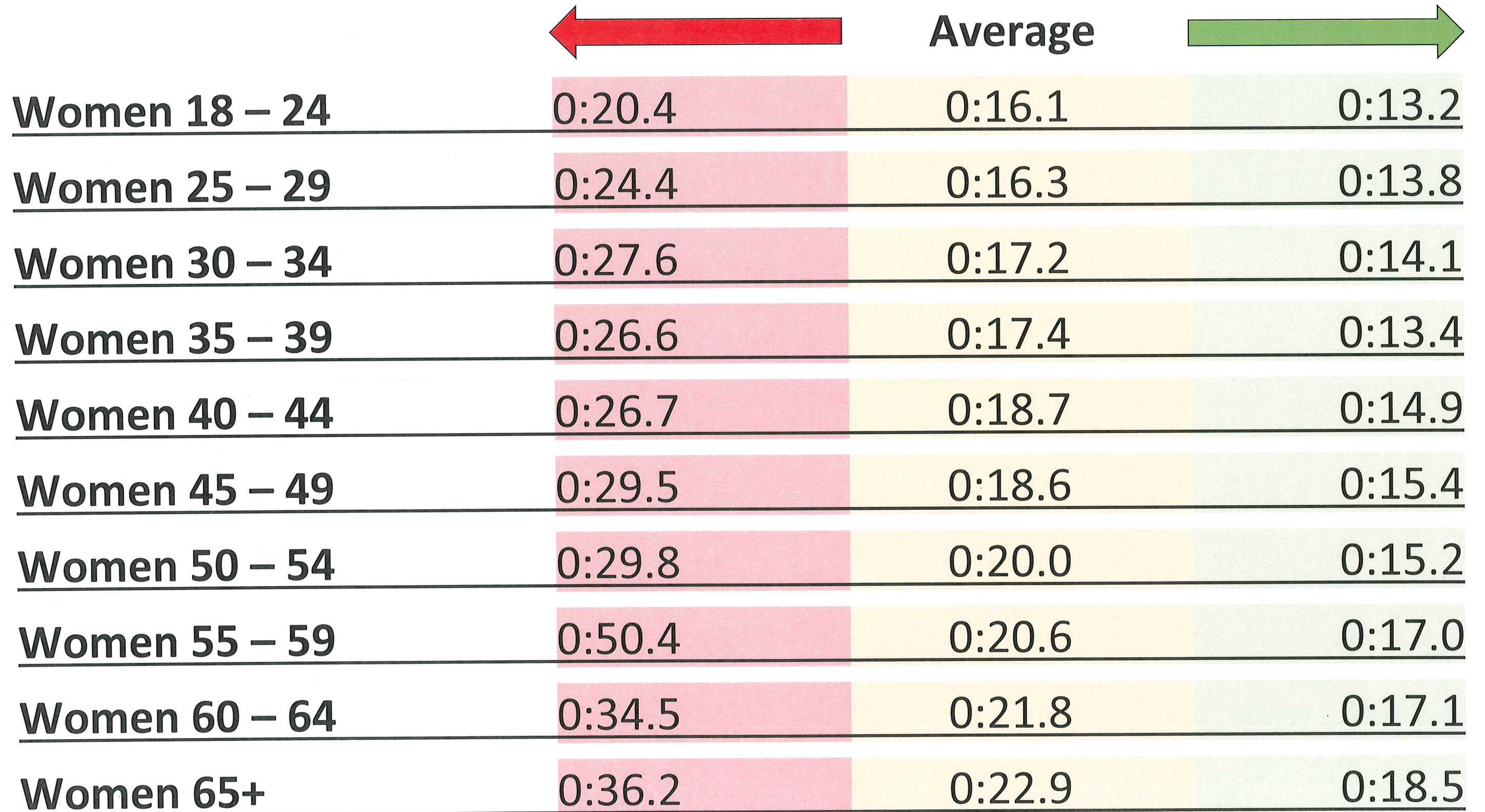
07:05.4 | 05:18.2 | 05:08.2 | 04:25.2 | 04:04.1

Men's 100M Seed Times



		Average	
Men 18 – 24	0:16.7	0:13.3	0:11.7
Men 25 – 29	0:19.0	0:13.6	0:11.2
Men 30 – 34	0:21.8	0:13.9	0:11.5
Men 35 – 39	0:19.1	0:14.3	0:11.7
Men 40 – 44	0:21.0	0:14.9	0:12.1
Men 45 – 49	0:28.8	0:15.1	0:12.5
Men 50 – 54	0:23.5	0:15.8	0:13.3
Men 55 – 59	0:28.0	0:16.5	0:13.8
Men 60 – 64	0:21.0	0:17.2	0:14.3
Men 65+	0:26.3	0:17.7	0:15.1

Women's 100M Seed Times



Distance Medley Relay Seed Times



11:49.5 | 10:32.1 | 09:40.5 | 08:57.2 | 07:51.6

Sprint Medley Relay Seed Times



02:43.0 | 02:12.2 | 02:02.5 | 01:57.5 | 01:43.8