

50 Yard Backstroke Seed Times

Slower

Average

Faster

Men 18-24	<u>1:00</u>	<u>:34</u>	<u>:25</u>
Men 25-29	<u>1:10</u>	<u>:40</u>	<u>:25</u>
Men 30-34	<u>1:12</u>	<u>:42</u>	<u>:26</u>
Men 35-39	<u>1:12</u>	<u>:42</u>	<u>:28</u>
Men 40-44	<u>1:13</u>	<u>:43</u>	<u>:29</u>
Men 45-49	<u>1:13</u>	<u>:43</u>	<u>:30</u>
Men 50-54	<u>1:15</u>	<u>:44</u>	<u>:30</u>
Men 55-59	<u>1:20</u>	<u>:47</u>	<u>:31</u>
Men 60-64	<u>1:25</u>	<u>:52</u>	<u>:32</u>
Men 65+	<u>1:30</u>	<u>:55</u>	<u>:36</u>

50 Yard Freestyle Seed Times

Slower

Average

Faster

Men 18-24	<u>:41</u>	<u>:28</u>	<u>:22</u>
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Men 25-29	<u>:45</u>	<u>:30</u>	<u>:22</u>
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Men 30-34	<u>:53</u>	<u>:31</u>	<u>:23</u>
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Men 35-39	<u>:53</u>	<u>:32</u>	<u>:23</u>
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Men 40-44	<u>:55</u>	<u>:34</u>	<u>:24</u>
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Men 45-49	<u>:55</u>	<u>:34</u>	<u>:25</u>
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Men 50-54	<u>1:00</u>	<u>:36</u>	<u>:25</u>
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Men 55-59	<u>1:05</u>	<u>:38</u>	<u>:25</u>
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Men 60-64	<u>1:10</u>	<u>:40</u>	<u>:26</u>
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Men 65+	<u>1:15</u>	<u>:43</u>	<u>:31</u>
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50 Yard Backstroke Seed Times

	Slower	Average	Faster
Women 18-24	<u>1:06</u>	<u>:37</u>	<u>:29</u>
Women 25-29	<u>1:23</u>	<u>:43</u>	<u>:29</u>
Women 30-34	<u>1:24</u>	<u>:44</u>	<u>:30</u>
Women 35-39	<u>1:25</u>	<u>:45</u>	<u>:30</u>
Women 40-44	<u>1:26</u>	<u>:53</u>	<u>:31</u>
Women 45-49	<u>1:35</u>	<u>:54</u>	<u>:35</u>
Women 50-54	<u>1:36</u>	<u>:56</u>	<u>:36</u>
Women 55-59	<u>1:40</u>	<u>:58</u>	<u>:38</u>
Women 60-64	<u>1:45</u>	<u>1:02</u>	<u>:45</u>
Women 65+	<u>1:51</u>	<u>1:03</u>	<u>:46</u>

50 Yard Freestyle Seed Times

	Slower	Average	Faster
Women 18-24	<u>1:12</u>	<u>:31</u>	<u>:27</u>
Women 25-29	<u>1:15</u>	<u>:34</u>	<u>:27</u>
Women 30-34	<u>1:20</u>	<u>:37</u>	<u>:28</u>
Women 35-39	<u>1:30</u>	<u>:40</u>	<u>:28</u>
Women 40-44	<u>1:40</u>	<u>:40</u>	<u>:29</u>
Women 45-49	<u>1:45</u>	<u>:44</u>	<u>:31</u>
Women 50-54	<u>1:46</u>	<u>:44</u>	<u>:32</u>
Women 55-59	<u>1:46</u>	<u>:45</u>	<u>:32</u>
Women 60-64	<u>1:47</u>	<u>:47</u>	<u>:34</u>
Women 65+	<u>1:50</u>	<u>:50</u>	<u>:35</u>

Men 100 Yard IM Seed Times

	Slower	Average	Faster
Men 18-24	<u>1:55</u>	<u>1:14</u>	<u>1:00</u>
Men 25-29	<u>2:05</u>	<u>1:15</u>	<u>1:00</u>
Men 30-34	<u>2:10</u>	<u>1:24</u>	<u>1:00</u>
Men 35-39	<u>2:10</u>	<u>1:28</u>	<u>1:01</u>
Men 40-44	<u>2:25</u>	<u>1:33</u>	<u>1:03</u>
Men 45-49	<u>2:45</u>	<u>1:35</u>	<u>1:04</u>
Men 50-54	<u>2:47</u>	<u>1:40</u>	<u>1:05</u>
Men 55-59	<u>2:50</u>	<u>1:42</u>	<u>1:05</u>
Men 60-64	<u>3:00</u>	<u>1:48</u>	<u>1:10</u>
Men 65+	<u>3:10</u>	<u>1:50</u>	<u>1:20</u>

Men 100 Yard Freestyle Seed Times

	Slower	Average	Faster
Men 18-24	<u>1:20</u>	<u>:55</u>	<u>:44</u>
Men 25-29	<u>1:40</u>	<u>1:00</u>	<u>:44</u>
Men 30-34	<u>1:50</u>	<u>1:06</u>	<u>:45</u>
Men 35-39	<u>1:52</u>	<u>1:07</u>	<u>:46</u>
Men 40-44	<u>1:53</u>	<u>1:08</u>	<u>:48</u>
Men 45-49	<u>1:55</u>	<u>1:10</u>	<u>:49</u>
Men 50-54	<u>2:00</u>	<u>1:12</u>	<u>:50</u>
Men 55-59	<u>2:08</u>	<u>1:16</u>	<u>:51</u>
Men 60-64	<u>2:20</u>	<u>1:26</u>	<u>:53</u>
Men 65+	<u>2:25</u>	<u>1:28</u>	<u>1:02</u>

Women 100 Yard IM Seed Times

	Slower	Average	Faster
Women 18-24	<u>2:00</u>	<u>1:22</u>	<u>1:04</u>
Women 25-29	<u>2:09</u>	<u>1:24</u>	<u>1:05</u>
Women 30-34	<u>2:30</u>	<u>1:32</u>	<u>1:10</u>
Women 35-39	<u>2:45</u>	<u>1:37</u>	<u>1:06</u>
Women 40-44	<u>3:00</u>	<u>1:41</u>	<u>1:16</u>
Women 45-49	<u>3:30</u>	<u>1:45</u>	<u>1:20</u>
Women 50-54	<u>3:35</u>	<u>1:50</u>	<u>1:25</u>
Women 55-59	<u>3:40</u>	<u>1:55</u>	<u>1:30</u>
Women 60-64	<u>3:45</u>	<u>2:05</u>	<u>1:36</u>
Women 65+	<u>3:50</u>	<u>2:10</u>	<u>1:40</u>

Women 100 Yard Freestyle Seed Times

	Slower	Average	Faster
Women 18-24	<u>2:20</u>	<u>1:00</u>	<u>:51</u>
Women 25-29	<u>2:24</u>	<u>1:08</u>	<u>:52</u>
Women 30-34	<u>2:30</u>	<u>1:14</u>	<u>:53</u>
Women 35-39	<u>2:40</u>	<u>1:26</u>	<u>:54</u>
Women 40-44	<u>2:50</u>	<u>1:28</u>	<u>:55</u>
Women 45-49	<u>3:00</u>	<u>1:29</u>	<u>:57</u>
Women 50-54	<u>3:10</u>	<u>1:30</u>	<u>:59</u>
Women 55-59	<u>3:20</u>	<u>1:31</u>	<u>1:00</u>
Women 60-64	<u>3:22</u>	<u>1:40</u>	<u>1:06</u>
Women 65+	<u>3:25</u>	<u>1:47</u>	<u>1:09</u>

Men 50 Yard Breaststroke Seed Times

	Slower	Average	Faster
Men 18-24	<u>:52</u>	<u>:37</u>	<u>:32</u>
Men 25-29	<u>:53</u>	<u>:38</u>	<u>:33</u>
Men 30-34	<u>1:10</u>	<u>:40</u>	<u>:33</u>
Men 35-39	<u>1:10</u>	<u>:40</u>	<u>:34</u>
Men 40-44	<u>1:14</u>	<u>:41</u>	<u>:34</u>
Men 45-49	<u>1:16</u>	<u>:43</u>	<u>:34</u>
Men 50-54	<u>1:20</u>	<u>:45</u>	<u>:35</u>
Men 55-59	<u>1:25</u>	<u>:49</u>	<u>:35</u>
Men 60-64	<u>1:30</u>	<u>:51</u>	<u>:37</u>
Men 65+	<u>1:35</u>	<u>:53</u>	<u>:41</u>

Men 50 Yard Butterfly Seed Times

	Slower	Average	Faster
Men 18-24	<u>1:00</u>	<u>:31</u>	<u>:24</u>
Men 25-29	<u>1:10</u>	<u>:31</u>	<u>:25</u>
Men 30-34	<u>1:12</u>	<u>:34</u>	<u>:27</u>
Men 35-39	<u>1:16</u>	<u>:35</u>	<u>:27</u>
Men 40-44	<u>1:20</u>	<u>:36</u>	<u>:30</u>
Men 45-49	<u>1:26</u>	<u>:36</u>	<u>:30</u>
Men 50-54	<u>1:30</u>	<u>:38</u>	<u>:32</u>
Men 55-59	<u>1:35</u>	<u>:44</u>	<u>:32</u>
Men 60-64	<u>1:40</u>	<u>:50</u>	<u>:34</u>
Men 65+	<u>1:45</u>	<u>:54</u>	<u>:36</u>

Women 50 Yard Breaststroke Seed Times

	Slower	Average	Faster
Women 18-24	<u>1:10</u>	<u>:42</u>	<u>:35</u>
Women 25-29	<u>1:16</u>	<u>:45</u>	<u>:35</u>
Women 30-34	<u>1:18</u>	<u>:48</u>	<u>:37</u>
Women 35-39	<u>1:35</u>	<u>:54</u>	<u>:37</u>
Women 40-44	<u>1:44</u>	<u>:56</u>	<u>:38</u>
Women 45-49	<u>1:55</u>	<u>:58</u>	<u>:40</u>
Women 50-54	<u>1:58</u>	<u>1:00</u>	<u>:41</u>
Women 55-59	<u>1:59</u>	<u>1:00</u>	<u>:42</u>
Women 60-64	<u>2:00</u>	<u>1:01</u>	<u>:48</u>
Women 65+	<u>2:05</u>	<u>1:05</u>	<u>:50</u>

Women 50 Yard Butterfly Seed Times

	Slower	Average	Faster
Women 18-24	<u>1:18</u>	<u>:34</u>	<u>:29</u>
Women 25-29	<u>1:20</u>	<u>:36</u>	<u>:29</u>
Women 30-34	<u>1:35</u>	<u>:40</u>	<u>:30</u>
Women 35-39	<u>1:35</u>	<u>:42</u>	<u>:30</u>
Women 40-44	<u>1:40</u>	<u>:44</u>	<u>:32</u>
Women 45-49	<u>1:45</u>	<u>:50</u>	<u>:34</u>
Women 50-54	<u>1:50</u>	<u>:55</u>	<u>:36</u>
Women 55-59	<u>1:50</u>	<u>:58</u>	<u>:37</u>
Women 60-64	<u>1:56</u>	<u>1:02</u>	<u>:43</u>
Women 65+	<u>2:00</u>	<u>1:07</u>	<u>:45</u>

Relay Seed Times

200 Yard Free

Slower

3:26

Average

2:20

Faster

1:40

200 Yard Medley

Slower

3:25

Average

2:27

Faster

1:49