

POST-SEASON MOTIVATIONAL TIMES // 2023 RESULTS

GIRLS						EVENT	BOYS					
CENTRALS		DISTRICTS			STATES		STATES	DISTRICTS			CENTRALS	
16th	1st	Q	16th	1st	Q	Q	1st	16th	Q	1st	16th	
2:06.78	1:47.68	1:52.41	1:50.39	1:45.65	1:50.21	MEDLEY RELAY	1:38.10	1:33.07	1:40.77	1:42.42	1:33.22	1:53.33
2:08.64	1:51.09	2:01.14	1:56.88	1:48.74	1:56.43	200 FREE	1:44.60	1:38.92	1:46.56	1:51.61	1:40.10	1:55.47
2:20.85	2:02.37	2:17.31	2:10.75	2:00.64	2:09.92	200 IM	1:57.53	1:50.23	2:01.14	2:07.11	1:49.59	2:11.73
26.01	23.52	25.75	24.84	22.79	24.58	50 FREE	21.75	20.44	21.91	22.62	20.24	23.15
1:04.70	55.19	1:01.71	59.25	52.72	58.93	100 FLY	52.17	49.02	52.71	54.96	49.35	56.60
58.59	51.26	56.00	53.25	49.17	53.17	100 FREE	47.71	44.72	48.38	50.37	44.81	50.71
5:41.38	4:56.70	5:26.33	5:12.29	4:52.31	5:12.33	500 FREE	4:47.30	4:31.10	4:53.45	5:06.95	4:32.50	5:51.61
1:49.88	1:37.59	1:42.31	1:40.37	1:33.27	1:40.00	200 FREE RELAY	1:28.09	1:25.44	1:30.16	1:32.33	1:24.22	1:37.99
1:03.53	54.77	1:02.91	59.29	54.65	58.86	100 BACK	52.93	50.13	53.93	57.52	50.00	58.21
1:15.17	1:04.23	1:10.78	1:07.57	1:03.12	1:07.07	100 BREAST	58.87	55.74	59.62	1:03.49	54.04	1:05.40
4:21.30	3:32.33	3:45.73	3:40.39	3:24.75	3:39.35	400 FREE RELAY	3:15.53	3:05.38	3:18.20	3:23.99	3:06.82	3:54.23

"Q" denotes the time that qualified swimmers for the meet