

**11-12 Male Zone Selection Point Chart**  
**Based on National Age Group Top 16 Reportable Times - Long Course**

POINTS	50 FR	100 FR	200 FR	400 FR	50 BK	100 BK	50 BR	100 BR	50 FLY	100 FLY	200 IM	POINTS
120	:24.92	:54.26	1:59.06	4:10.55	:28.97	1:02.54	:32.03	1:10.73	:26.99	1:00.47	2:14.81	120
119	:25.06	:54.56	1:59.72	4:11.94	:29.13	1:02.89	:32.21	1:11.12	:27.14	1:00.81	2:15.56	119
118	:25.20	:54.86	2:00.38	4:13.33	:29.29	1:03.24	:32.39	1:11.52	:27.29	1:01.14	2:16.31	118
117	:25.34	:55.17	2:01.05	4:14.73	:29.45	1:03.58	:32.56	1:11.91	:27.44	1:01.48	2:17.06	117
116	:25.47	:55.47	2:01.71	4:16.12	:29.61	1:03.93	:32.74	1:12.30	:27.59	1:01.81	2:17.81	116
115	:25.61	:55.77	2:02.37	4:17.51	:29.78	1:04.28	:32.92	1:12.70	:27.74	1:02.15	2:18.56	115
114	:25.75	:56.07	2:03.03	4:18.90	:29.94	1:04.63	:33.10	1:13.09	:27.89	1:02.49	2:19.30	114
113	:25.89	:56.37	2:03.69	4:20.29	:30.10	1:04.97	:33.28	1:13.48	:28.04	1:02.82	2:20.05	113
112	:26.03	:56.67	2:04.35	4:21.69	:30.26	1:05.32	:33.45	1:13.87	:28.19	1:03.16	2:20.80	112
111	:26.17	:56.97	2:05.01	4:23.08	:30.42	1:05.67	:33.63	1:14.27	:28.34	1:03.49	2:21.55	111
110	:26.31	:57.28	2:05.68	4:24.47	:30.58	1:06.02	:33.81	1:14.66	:28.49	1:03.83	2:22.30	110
109	:26.44	:57.58	2:06.34	4:25.86	:30.74	1:06.36	:33.99	1:15.05	:28.64	1:04.17	2:23.05	109
108	:26.58	:57.88	2:07.00	4:27.25	:30.90	1:06.71	:34.17	1:15.45	:28.79	1:04.50	2:23.80	108
107	:26.72	:58.18	2:07.66	4:28.65	:31.06	1:07.06	:34.34	1:15.84	:28.94	1:04.84	2:24.55	107
106	:26.86	:58.48	2:08.32	4:30.04	:31.22	1:07.41	:34.52	1:16.23	:29.09	1:05.17	2:25.30	106
105	:27.00	:58.78	2:08.98	4:31.43	:31.39	1:07.75	:34.70	1:16.63	:29.24	1:05.51	2:26.05	105
104	:27.14	:59.08	2:09.64	4:32.82	:31.55	1:08.10	:34.88	1:17.02	:29.39	1:05.85	2:26.79	104
103	:27.27	:59.39	2:10.31	4:34.21	:31.71	1:08.45	:35.06	1:17.41	:29.54	1:06.18	2:27.54	103
102	:27.41	:59.69	2:10.97	4:35.61	:31.87	1:08.80	:35.23	1:17.80	:29.69	1:06.52	2:28.29	102
101	:27.55	:59.99	2:11.63	4:37.00	:32.03	1:09.14	:35.41	1:18.20	:29.84	1:06.85	2:29.04	101
100	:27.69	1:00.29	2:12.29	4:38.39	:32.19	1:09.49	:35.59	1:18.59	:29.99	1:07.19	2:29.79	100
99	:27.83	1:00.59	2:12.95	4:39.78	:32.35	1:09.84	:35.77	1:18.98	:30.14	1:07.53	2:30.54	99
98	:27.97	1:00.89	2:13.61	4:41.17	:32.51	1:10.18	:35.95	1:19.38	:30.29	1:07.86	2:31.29	98
97	:28.11	1:01.19	2:14.27	4:42.57	:32.67	1:10.53	:36.12	1:19.77	:30.44	1:08.20	2:32.04	97
96	:28.24	1:01.50	2:14.94	4:43.96	:32.83	1:10.88	:36.30	1:20.16	:30.59	1:08.53	2:32.79	96
95	:28.38	1:01.80	2:15.60	4:45.35	:32.99	1:11.23	:36.48	1:20.55	:30.74	1:08.87	2:33.53	95
94	:28.52	1:02.10	2:16.26	4:46.74	:33.16	1:11.57	:36.66	1:20.95	:30.89	1:09.21	2:34.28	94
93	:28.66	1:02.40	2:16.92	4:48.13	:33.32	1:11.92	:36.84	1:21.34	:31.04	1:09.54	2:35.03	93
92	:28.80	1:02.70	2:17.58	4:49.53	:33.48	1:12.27	:37.01	1:21.73	:31.19	1:09.88	2:35.78	92
91	:28.94	1:03.00	2:18.24	4:50.92	:33.64	1:12.62	:37.19	1:22.13	:31.34	1:10.21	2:36.53	91
90	:29.07	1:03.30	2:18.90	4:52.31	:33.80	1:12.96	:37.37	1:22.52	:31.49	1:10.55	2:37.28	90
89	:29.21	1:03.61	2:19.57	4:53.70	:33.96	1:13.31	:37.55	1:22.91	:31.64	1:10.89	2:38.03	89
88	:29.35	1:03.91	2:20.23	4:55.09	:34.12	1:13.66	:37.73	1:23.31	:31.79	1:11.22	2:38.78	88
87	:29.49	1:04.21	2:20.89	4:56.49	:34.28	1:14.01	:37.90	1:23.70	:31.94	1:11.56	2:39.53	87
86	:29.63	1:04.51	2:21.55	4:57.88	:34.44	1:14.35	:38.08	1:24.09	:32.09	1:11.89	2:40.28	86
85	:29.77	1:04.81	2:22.21	4:59.27	:34.60	1:14.70	:38.26	1:24.48	:32.24	1:12.23	2:41.02	85
84	:29.91	1:05.11	2:22.87	5:00.66	:34.77	1:15.05	:38.44	1:24.88	:32.39	1:12.57	2:41.77	84
83	:30.04	1:05.41	2:23.53	5:02.05	:34.93	1:15.40	:38.62	1:25.27	:32.54	1:12.90	2:42.52	83
82	:30.18	1:05.72	2:24.20	5:03.45	:35.09	1:15.74	:38.79	1:25.66	:32.69	1:13.24	2:43.27	82
81	:30.32	1:06.02	2:24.86	5:04.84	:35.25	1:16.09	:38.97	1:26.06	:32.84	1:13.57	2:44.02	81
80	:30.46	1:06.32	2:25.52	5:06.23	:35.41	1:16.44	:39.15	1:26.45	:32.99	1:13.91	2:44.77	80
79	:30.60	1:06.62	2:26.18	5:07.62	:35.57	1:16.79	:39.33	1:26.84	:33.14	1:14.24	2:45.52	79
78	:30.74	1:06.92	2:26.84	5:09.01	:35.73	1:17.13	:39.50	1:27.23	:33.29	1:14.58	2:46.27	78
77	:30.87	1:07.22	2:27.50	5:10.40	:35.89	1:17.48	:39.68	1:27.63	:33.44	1:14.92	2:47.02	77
76	:31.01	1:07.52	2:28.16	5:11.80	:36.05	1:17.83	:39.86	1:28.02	:33.59	1:15.25	2:47.76	76
75	:31.15	1:07.83	2:28.83	5:13.19	:36.21	1:18.18	:40.04	1:28.41	:33.74	1:15.59	2:48.51	75
74	:31.29	1:08.13	2:29.49	5:14.58	:36.37	1:18.52	:40.22	1:28.81	:33.89	1:15.92	2:49.26	74
73	:31.43	1:08.43	2:30.15	5:15.97	:36.54	1:18.87	:40.39	1:29.20	:34.04	1:16.26	2:50.01	73
72	:31.57	1:08.73	2:30.81	5:17.36	:36.70	1:19.22	:40.57	1:29.59	:34.19	1:16.60	2:50.76	72
71	:31.71	1:09.03	2:31.47	5:18.76	:36.86	1:19.57	:40.75	1:29.99	:34.34	1:16.93	2:51.51	71
70	:31.84	1:09.33	2:32.13	5:20.15	:37.02	1:19.91	:40.93	1:30.38	:34.49	1:17.27	2:52.26	70
69	:31.98	1:09.63	2:32.79	5:21.54	:37.18	1:20.26	:41.11	1:30.77	:34.64	1:17.60	2:53.01	69
68	:32.12	1:09.94	2:33.46	5:22.93	:37.34	1:20.61	:41.28	1:31.16	:34.79	1:17.94	2:53.76	68
67	:32.26	1:10.24	2:34.12	5:24.32	:37.50	1:20.96	:41.46	1:31.56	:34.94	1:18.28	2:54.51	67
66	:32.40	1:10.54	2:34.78	5:25.72	:37.66	1:21.30	:41.64	1:31.95	:35.09	1:18.61	2:55.25	66
65	:32.54	1:10.84	2:35.44	5:27.11	:37.82	1:21.65	:41.82	1:32.34	:35.24	1:18.95	2:56.00	65
64	:32.67	1:11.14	2:36.10	5:28.50	:37.98	1:22.00	:42.00	1:32.74	:35.39	1:19.28	2:56.75	64
63	:32.81	1:11.44	2:36.76	5:29.89	:38.15	1:22.35	:42.17	1:33.13	:35.54	1:19.62	2:57.50	63
62	:32.95	1:11.75	2:37.43	5:31.28	:38.31	1:22.69	:42.35	1:33.52	:35.69	1:19.96	2:58.25	62
61	:33.09	1:12.05	2:38.09	5:32.68	:38.47	1:23.04	:42.53	1:33.92	:35.84	1:20.29	2:59.00	61
60	:33.23	1:12.35	2:38.75	5:34.07	:38.63	1:23.39	:42.71	1:34.31	:35.99	1:20.63	2:59.75	60
59	:33.37	1:12.65	2:39.41	5:35.46	:38.79	1:23.74	:42.89	1:34.70	:36.14	1:20.96	3:00.50	59