

USA Swimming 2024-2028 Motivational Standards



10/7/2024 2:19:40 PM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
10 & under Girls						Event	10 & under Boys					
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 FR SCY	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	100 FR SCY	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.89 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	200 FR SCY	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	500 FR SCY	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	50 BK SCY	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	100 BK SCY	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	50 BR SCY	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	100 BR SCY	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	50 FL SCY	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	100 FL SCY	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	100 IM SCY	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	200 IM SCY	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
2:53.19 *	2:35.89 *	2:18.59 *	2:12.79 *	2:06.99 *	2:01.19 *	200 FR-R SCY	2:00.19 *	2:05.89 *	2:11.59 *	2:17.29 *	2:34.49 *	2:51.69 *
3:14.99 *	2:55.49 *	2:35.99 *	2:29.49 *	2:22.99 *	2:16.49 *	200 MED-R SCY	2:15.39 *	2:21.79 *	2:28.29 *	2:34.69 *	2:53.99 *	3:13.39 *
11-12 Girls						Event	11-12 Boys					
33.99 *	31.69 *	29.29 *	28.09 *	26.99 *	25.79 *	50 FR SCY	24.59 *	25.79 *	26.99 *	28.09 *	30.49 *	32.79 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 FR SCY	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:42.59 *	2:30.89 *	2:19.29 *	2:13.49 *	2:07.69 *	2:01.89 *	200 FR SCY	1:56.99 *	2:02.59 *	2:08.19 *	2:13.69 *	2:24.89 *	2:35.99 *
7:16.89 *	6:45.69 *	6:14.49 *	5:58.89 *	5:43.29 *	5:27.69 *	500 FR SCY	5:14.99 *	5:29.99 *	5:44.99 *	5:59.99 *	6:29.99 *	6:59.89 *
15:02.69 *	13:58.19 *	12:53.79 *	12:21.49 *	11:49.29 *	11:16.99 *	1000 FR SCY	11:02.59 *	11:34.19 *	12:05.79 *	12:37.29 *	13:40.39 *	14:43.49 *
25:07.39 *	23:19.69 *	21:32.09 *	20:38.19 *	19:44.39 *	18:50.59 *	1650 FR SCY	18:20.79 *	19:13.19 *	20:05.59 *	20:58.09 *	22:42.89 *	24:27.69 *
38.79 *	35.99 *	33.19 *	31.79 *	30.49 *	29.09 *	50 BK SCY	28.19 *	29.69 *	31.19 *	32.69 *	35.59 *	38.49 *
1:26.59 *	1:19.79 *	1:12.99 *	1:09.59 *	1:06.19 *	1:02.69 *	100 BK SCY	59.49	1:02.79	1:05.99	1:09.29 *	1:15.69	1:22.19
2:59.49 *	2:46.69 *	2:33.89 *	2:27.49 *	2:20.99 *	2:14.59 *	200 BK SCY	2:09.69 *	2:15.89 *	2:21.99 *	2:28.19 *	2:40.49 *	2:52.89 *
43.99 *	40.89 *	37.69 *	36.19 *	34.59 *	32.99 *	50 BR SCY	31.49 *	33.29 *	34.99 *	36.69 *	40.09 *	43.49 *
1:36.49 *	1:29.29 *	1:22.19 *	1:18.59 *	1:15.09 *	1:11.49 *	100 BR SCY	1:07.79 *	1:11.39 *	1:14.89 *	1:18.39 *	1:25.49 *	1:32.59 *
3:25.69 *	3:10.99 *	2:56.29 *	2:48.99 *	2:41.69 *	2:34.29 *	200 BR SCY	2:27.29 *	2:34.39 *	2:41.39 *	2:48.39 *	3:02.39 *	3:16.39 *
36.89 *	34.29 *	31.59 *	30.29 *	28.99 *	27.69 *	50 FL SCY	26.69 *	28.19	29.69	31.19	34.19	37.09
1:25.79 *	1:18.89 *	1:12.09 *	1:08.59 *	1:05.19 *	1:01.79 *	100 FL SCY	59.09 *	1:02.49 *	1:05.89	1:09.29	1:16.09	1:22.89
3:03.39 *	2:50.29 *	2:37.19 *	2:30.59 *	2:24.09 *	2:17.59 *	200 FL SCY	2:12.39 *	2:18.69 *	2:24.99 *	2:31.39 *	2:43.99 *	2:56.59 *
1:25.19 *	1:19.09 *	1:13.09 *	1:09.99 *	1:06.99 *	1:03.89 *	100 IM SCY	1:01.09 *	1:03.99 *	1:06.99 *	1:09.99 *	1:15.89 *	1:21.89 *
3:03.89 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.49 *	2:17.89 *	200 IM SCY	2:12.09 *	2:18.79 *	2:25.59 *	2:32.29 *	2:45.79 *	2:59.29 *
6:31.69 *	6:03.69 *	5:35.79 *	5:21.79 *	5:07.79 *	4:53.79 *	400 IM SCY	4:42.79 *	4:56.29 *	5:09.79 *	5:23.19 *	5:50.09 *	6:17.09 *
2:24.79 *	2:14.39 *	2:04.09 *	1:58.89 *	1:53.79 *	1:48.59 *	200 FR-R SCY	1:44.39 *	1:49.29 *	1:54.29 *	1:59.29 *	2:09.19 *	2:19.09 *
5:18.09 *	4:55.39 *	4:32.69 *	4:21.29 *	4:09.99 *	3:58.59 *	400 FR-R SCY	3:50.09 *	4:00.99 *	4:11.99 *	4:22.89 *	4:44.79 *	5:06.79 *
2:41.19 *	2:29.69 *	2:18.19 *	2:12.39 *	2:06.69 *	2:00.89 *	200 MED-R SCY	1:55.59 *	2:01.09 *	2:06.59 *	2:12.09 *	2:23.09 *	2:34.09 *
5:53.49 *	5:28.29 *	5:02.99 *	4:50.39 *	4:37.79 *	4:25.09 *	400 MED-R SCY	4:14.79 *	4:26.99 *	4:39.09 *	4:51.19 *	5:15.49 *	5:39.79 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
13-14 Girls						Event	13-14 Boys					
32.49 *	30.19	27.89	26.69 *	25.59	24.39	50 FR SCY	22.39 *	23.49	24.59	25.59 *	27.69 *	29.89
1:10.99 *	1:05.89 *	1:00.89 *	58.29 *	55.79 *	53.29 *	100 FR SCY	48.69 *	51.09 *	53.39 *	55.69 *	1:00.29 *	1:04.99 *
2:33.59 *	2:22.69 *	2:11.69 *	2:06.19 *	2:00.69 *	1:55.29 *	200 FR SCY	1:46.89 *	1:51.99 *	1:57.09 *	2:02.19 *	2:12.29 *	2:22.49 *
6:52.19 *	6:22.79 *	5:53.39 *	5:38.59 *	5:23.89 *	5:09.19 *	500 FR SCY	4:49.29 *	5:03.09 *	5:16.89 *	5:30.59 *	5:58.19 *	6:25.69 *
14:11.09 *	13:10.29 *	12:09.49 *	11:39.09 *	11:08.69 *	10:38.29 *	1000 FR SCY	9:58.49 *	10:26.99 *	10:55.49 *	11:23.99 *	12:20.99 *	13:17.99 *
23:42.89 *	22:01.19 *	20:19.59 *	19:28.79 *	18:37.99 *	17:47.19 *	1650 FR SCY	16:47.19 *	17:35.19 *	18:23.09 *	19:11.09 *	20:46.99 *	22:22.89 *
36.19 *	33.69 *	31.09 *	29.79 *	28.49 *	27.19 *	50 BK SCY	25.29 *	26.49 *	27.69 *	28.89 *	31.29 *	33.69 *
1:16.89 *	1:11.39 *	1:05.89 *	1:03.19 *	1:00.49 *	57.69 *	100 BK SCY	53.49 *	55.99 *	58.59 *	1:01.09 *	1:06.19 *	1:11.29 *
2:46.39 *	2:34.49 *	2:22.59 *	2:16.69 *	2:10.69 *	2:04.79 *	200 BK SCY	1:55.99 *	2:01.59 *	2:07.09 *	2:12.59 *	2:23.69 *	2:34.69 *
42.09 *	39.09 *	36.09 *	34.59 *	33.09 *	31.59 *	50 BR SCY	28.89 *	30.29 *	31.69 *	33.09 *	35.79 *	38.59 *
1:28.69 *	1:22.29 *	1:15.99 *	1:12.89 *	1:09.69 *	1:06.49 *	100 BR SCY	1:00.39 *	1:03.29 *	1:06.19 *	1:08.99 *	1:14.79 *	1:20.49 *
3:10.99 *	2:57.39 *	2:43.79 *	2:36.89 *	2:30.09 *	2:23.29 *	200 BR SCY	2:11.19 *	2:17.39 *	2:23.59 *	2:29.89 *	2:42.39 *	2:54.89 *
35.79 *	33.29 *	30.69 *	29.39 *	28.19 *	26.89 *	50 FL SCY	24.89 *	26.09 *	27.19 *	28.39 *	30.79 *	33.19 *
1:16.79 *	1:11.29 *	1:05.89 *	1:03.09 *	1:00.39 *	57.59 *	100 FL SCY	52.89 *	55.39 *	57.89 *	1:00.39 *	1:05.49 *	1:10.49 *
2:51.19 *	2:38.99 *	2:26.69 *	2:20.59 *	2:14.49 *	2:08.39 *	200 FL SCY	1:57.59 *	2:03.19 *	2:08.79 *	2:14.39 *	2:25.59 *	2:36.79 *
2:51.79 *	2:39.49 *	2:27.19 *	2:21.09 *	2:14.99 *	2:08.79 *	200 IM SCY	1:58.49 *	2:04.09 *	2:09.79 *	2:15.39 *	2:26.69 *	2:37.99 *
6:05.79 *	5:39.69 *	5:13.49 *	5:00.49 *	4:47.39 *	4:34.29 *	400 IM SCY	4:13.29 *	4:25.39 *	4:37.39 *	4:49.49 *	5:13.59 *	5:37.69 *
2:16.29 *	2:06.59 *	1:56.89 *	1:51.99 *	1:47.09 *	1:42.29 *	200 FR-R SCY	1:33.69 *	1:38.19 *	1:42.59 *	1:47.09 *	1:55.99 *	2:04.89 *
4:57.29 *	4:35.99 *	4:14.79 *	4:04.19 *	3:53.59 *	3:42.99 *	400 FR-R SCY	3:24.89 *	3:34.59 *	3:44.39 *	3:54.19 *	4:13.69 *	4:33.19 *
10:49.19 *	10:02.79 *	9:16.39 *	8:53.29 *	8:30.09 *	8:06.89 *	800 FR-R SCY	7:33.29 *	7:54.89 *	8:16.39 *	8:37.99 *	9:21.19 *	10:04.39 *
2:29.89 *	2:19.19 *	2:08.49 *	2:03.09 *	1:57.79 *	1:52.39 *	200 MED-R SCY	1:43.69 *	1:48.59 *	1:53.59 *	1:58.49 *	2:08.39 *	2:18.19 *
5:26.89 *	5:03.59 *	4:40.19 *	4:28.59 *	4:16.89 *	4:05.19 *	400 MED-R SCY	3:44.49 *	3:55.19 *	4:05.89 *	4:16.49 *	4:37.89 *	4:59.29 *
15-16 Girls						Event	15-16 Boys					
31.79	29.49	27.29 *	26.09	24.99	23.89 *	50 FR SCY	21.19 *	22.19 *	23.19 *	24.19 *	26.29 *	28.29 *
1:08.79 *	1:03.79 *	58.89 *	56.49 *	53.99 *	51.59 *	100 FR SCY	46.49 *	48.79 *	50.99 *	53.19 *	57.59 *	1:01.99 *
2:28.99 *	2:18.39 *	2:07.69 *	2:02.39 *	1:57.09 *	1:51.79 *	200 FR SCY	1:41.99 *	1:46.89 *	1:51.79 *	1:56.59 *	2:06.29 *	2:15.99 *
6:40.99 *	6:12.39 *	5:43.69 *	5:29.39 *	5:15.09 *	5:00.79 *	500 FR SCY	4:36.29 *	4:49.49 *	5:02.69 *	5:15.79 *	5:42.09 *	6:08.39 *
13:52.89 *	12:53.49 *	11:53.99 *	11:24.19 *	10:54.49 *	10:24.69 *	1000 FR SCY	9:38.89 *	10:06.39 *	10:33.99 *	11:01.59 *	11:56.69 *	12:51.79 *
23:15.89 *	21:36.19 *	19:56.49 *	19:06.69 *	18:16.79 *	17:26.89 *	1650 FR SCY	16:04.99 *	16:50.89 *	17:36.89 *	18:22.79 *	19:54.69 *	21:26.59 *
1:14.69	1:09.39	1:04.09 *	1:01.39	58.69	56.09 *	100 BK SCY	50.69 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:42.19 *	2:30.59 *	2:19.09 *	2:13.29 *	2:07.49 *	2:01.69 *	200 BK SCY	1:50.69 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.59 *
1:25.89	1:19.79 *	1:13.69 *	1:10.59 *	1:07.49	1:04.49 *	100 BR SCY	57.69 *	1:00.39 *	1:03.19 *	1:05.89 *	1:11.39 *	1:16.89 *
3:05.99	2:52.69 *	2:39.39 *	2:32.79	2:26.19	2:19.49	200 BR SCY	2:05.29 *	2:11.29 *	2:17.29 *	2:23.19 *	2:35.19 *	2:47.09 *
1:14.39 *	1:09.09 *	1:03.79 *	1:01.09 *	58.39 *	55.79 *	100 FL SCY	50.39 *	52.79 *	55.19 *	57.59 *	1:02.39 *	1:07.19 *
2:45.79 *	2:33.99 *	2:22.09 *	2:16.19 *	2:10.29 *	2:04.39 *	200 FL SCY	1:52.69 *	1:58.09 *	2:03.39 *	2:08.79 *	2:19.49 *	2:30.19 *
2:46.19 *	2:34.29 *	2:22.39 *	2:16.49 *	2:10.59 *	2:04.59 *	200 IM SCY	1:53.19 *	1:58.59 *	2:03.99 *	2:09.39 *	2:20.19 *	2:30.89 *
5:54.99 *	5:29.69 *	5:04.29 *	4:51.59 *	4:38.99 *	4:26.29 *	400 IM SCY	4:01.59 *	4:13.19 *	4:24.69 *	4:36.19 *	4:59.19 *	5:22.19 *
2:15.19 *	2:05.59 *	1:55.89 *	1:51.09 *	1:46.29 *	1:41.39 *	200 FR-R SCY	1:31.39 *	1:35.69 *	1:40.09 *	1:44.39 *	1:53.09 *	2:01.79 *
4:54.89 *	4:33.79 *	4:12.79 *	4:02.29 *	3:51.69 *	3:41.19 *	400 FR-R SCY	3:21.59 *	3:31.19 *	3:40.79 *	3:50.39 *	4:09.59 *	4:28.79 *
10:47.79 *	10:01.59 *	9:15.29 *	8:52.19 *	8:28.99 *	8:05.89 *	800 FR-R SCY	7:27.79 *	7:49.09 *	8:10.39 *	8:31.79 *	9:14.39 *	9:57.09 *
2:28.09 *	2:17.49 *	2:06.99 *	2:01.69 *	1:56.39 *	1:51.09 *	200 MED-R SCY	1:40.69 *	1:45.49 *	1:50.19 *	1:54.99 *	2:04.59 *	2:14.19 *
5:23.29 *	5:00.19 *	4:37.09 *	4:25.59 *	4:13.99 *	4:02.49 *	400 MED-R SCY	3:40.69 *	3:51.19 *	4:01.69 *	4:12.19 *	4:33.19 *	4:54.19 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
17-18 Girls						Event	17-18 Boys					
31.39	29.09	26.89	25.79	24.69 *	23.49	50 FR SCY	20.69 *	21.69 *	22.59 *	23.59 *	25.59 *	27.59 *
1:08.09 *	1:03.19 *	58.39 *	55.89 *	53.49 *	51.09 *	100 FR SCY	45.29 *	47.39 *	49.59 *	51.69 *	55.99 *	1:00.29 *
2:27.19 *	2:16.69 *	2:06.19 *	2:00.89 *	1:55.69 *	1:50.39 *	200 FR SCY	1:40.19 *	1:44.99 *	1:49.69 *	1:54.49 *	2:03.99 *	2:13.59 *
6:36.49 *	6:08.19 *	5:39.89 *	5:25.69 *	5:11.59 *	4:57.39 *	500 FR SCY	4:32.39 *	4:45.39 *	4:58.39 *	5:11.39 *	5:37.29 *	6:03.19 *
13:46.09 *	12:47.09 *	11:48.09 *	11:18.59 *	10:49.09 *	10:19.59 *	1000 FR SCY	9:30.19 *	9:57.29 *	10:24.49 *	10:51.59 *	11:45.89 *	12:40.19 *
22:47.19 *	21:09.59 *	19:31.89 *	18:43.09 *	17:54.29 *	17:05.39 *	1650 FR SCY	15:51.79 *	16:37.09 *	17:22.39 *	18:07.69 *	19:38.39 *	21:08.99 *
1:13.39 *	1:08.09 *	1:02.89 *	1:00.29 *	57.69 *	54.99 *	100 BK SCY	48.89 *	51.29 *	53.59 *	55.89 *	1:00.59 *	1:05.19 *
2:38.79 *	2:27.39 *	2:16.09 *	2:10.39 *	2:04.79 *	1:59.09 *	200 BK SCY	1:47.89 *	1:53.09 *	1:58.19 *	2:03.29 *	2:13.59 *	2:23.89 *
1:24.79 *	1:18.79	1:12.69 *	1:09.69 *	1:06.69	1:03.59 *	100 BR SCY	55.99 *	58.69 *	1:01.39 *	1:03.99 *	1:09.39 *	1:14.69 *
3:04.69 *	2:51.49 *	2:38.29 *	2:31.69 *	2:25.09 *	2:18.49 *	200 BR SCY	2:01.69 *	2:07.49 *	2:13.29 *	2:19.09 *	2:30.69 *	2:42.29 *
1:13.59	1:08.29	1:03.09	1:00.39 *	57.79	55.19	100 FL SCY	49.09 *	51.39 *	53.69 *	56.09 *	1:00.79 *	1:05.39 *
2:42.79 *	2:31.19 *	2:19.49 *	2:13.69 *	2:07.89 *	2:02.09 *	200 FL SCY	1:49.79 *	1:55.09 *	2:00.29 *	2:05.49 *	2:15.99 *	2:26.39 *
2:43.59 *	2:31.89 *	2:20.19 *	2:14.39 *	2:08.49 *	2:02.69 *	200 IM SCY	1:50.59 *	1:55.89 *	2:01.09 *	2:06.39 *	2:16.89 *	2:27.39 *
5:50.69 *	5:25.59 *	5:00.59 *	4:47.99 *	4:35.49 *	4:22.99 *	400 IM SCY	3:57.99 *	4:09.39 *	4:20.69 *	4:31.99 *	4:54.69 *	5:17.39 *
2:14.69 *	2:05.09 *	1:55.39 *	1:50.59 *	1:45.79 *	1:40.99 *	200 FR-R SCY	1:26.69 *	1:30.79 *	1:34.89 *	1:39.09 *	1:47.29 *	1:55.59 *
4:49.49 *	4:28.79 *	4:08.19 *	3:57.79 *	3:47.49 *	3:37.19 *	400 FR-R SCY	3:10.39 *	3:19.39 *	3:28.49 *	3:37.49 *	3:55.69 *	4:13.79 *
10:32.29 *	9:47.19 *	9:01.99 *	8:39.39 *	8:16.79 *	7:54.29 *	800 FR-R SCY	7:02.99 *	7:23.09 *	7:43.19 *	8:03.39 *	8:43.69 *	9:23.89 *
2:26.89 *	2:16.39 *	2:05.89 *	2:00.69 *	1:55.39 *	1:50.19 *	200 MED-R SCY	1:34.69 *	1:39.19 *	1:43.69 *	1:48.19 *	1:57.19 *	2:06.29 *
5:20.29 *	4:57.39 *	4:34.49 *	4:23.09 *	4:11.69 *	4:00.19 *	400 MED-R SCY	3:27.59 *	3:37.49 *	3:47.39 *	3:57.29 *	4:17.09 *	4:36.79 *
10 & under Girls						Event	10 & under Boys					
43.99 *	39.79 *	35.49 *	34.09 *	32.69 *	31.29 *	50 FR SCM	30.39 *	31.69 *	32.99 *	34.29 *	38.19 *	42.19 *
1:40.29 *	1:29.69 *	1:18.99 *	1:15.39 *	1:11.89 *	1:08.29 *	100 FR SCM	1:07.09 *	1:10.39 *	1:13.79 *	1:17.09 *	1:27.19 *	1:37.19 *
3:43.99 *	3:19.49 *	2:54.99 *	2:46.79 *	2:38.59 *	2:30.39 *	200 FR SCM	2:26.59 *	2:33.59 *	2:40.59 *	2:47.49 *	3:08.49 *	3:29.39 *
7:32.19 *	6:46.89 *	6:01.69 *	5:46.69 *	5:31.59 *	5:16.49 *	400 FR SCM	5:08.89 *	5:23.59 *	5:38.29 *	5:52.99 *	6:37.09 *	7:21.19 *
53.69 *	47.79 *	41.89 *	39.99 *	37.99 *	36.09 *	50 BK SCM	35.59 *	37.59 *	39.59 *	41.49 *	47.39 *	53.39 *
1:56.89 *	1:43.89 *	1:30.89 *	1:26.59 *	1:22.29 *	1:17.99 *	100 BK SCM	1:16.29 *	1:20.09 *	1:23.99 *	1:27.89 *	1:39.59 *	1:51.19 *
1:00.29 *	53.79 *	47.29 *	45.09 *	42.99 *	40.79 *	50 BR SCM	40.19 *	42.29 *	44.39 *	46.49 *	52.79 *	58.99 *
2:12.89 *	1:58.19 *	1:43.39 *	1:38.49 *	1:33.59 *	1:28.69 *	100 BR SCM	1:26.99 *	1:31.39 *	1:35.69 *	1:40.09 *	1:53.09 *	2:06.09 *
53.49 *	47.19 *	40.89 *	38.79 *	36.69 *	34.59 *	50 FL SCM	33.99 *	35.99 *	37.89 *	39.79 *	45.59 *	51.39 *
2:08.89 *	1:52.09 *	1:35.19 *	1:29.49 *	1:23.89 *	1:18.29 *	100 FL SCM	1:17.09 *	1:22.49 *	1:27.79 *	1:33.19 *	1:49.29 *	2:05.49 *
1:55.19 *	1:42.99 *	1:30.69 *	1:26.59 *	1:22.49 *	1:18.39 *	100 IM SCM	1:17.09 *	1:20.79 *	1:24.39 *	1:28.09 *	1:39.09 *	1:50.09 *
4:05.39 *	3:39.59 *	3:13.89 *	3:05.29 *	2:56.79 *	2:48.19 *	200 IM SCM	2:46.69 *	2:55.09 *	3:03.39 *	3:11.69 *	3:36.59 *	4:01.59 *
3:11.39 *	2:52.19 *	2:33.09 *	2:26.69 *	2:20.29 *	2:13.99 *	200 FR-R SCM	2:12.79 *	2:19.09 *	2:25.39 *	2:31.69 *	2:50.69 *	3:09.69 *
3:35.49 *	3:13.89 *	2:52.39 *	2:45.19 *	2:37.99 *	2:30.79 *	200 MED-R SCM	2:29.59 *	2:36.69 *	2:43.79 *	2:50.89 *	3:12.29 *	3:33.69 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
11-12 Girls						Event	11-12 Boys					
37.59 *	34.99 *	32.39 *	31.09 *	29.79 *	28.49 *	50 FR SCM	27.19 *	28.49 *	29.79 *	31.09 *	33.69 *	36.29 *
1:22.49 *	1:16.59 *	1:10.69 *	1:07.79 *	1:04.89 *	1:01.89 *	100 FR SCM	59.19 *	1:02.09 *	1:04.89 *	1:07.69 *	1:13.29 *	1:18.99 *
2:59.59 *	2:46.79 *	2:33.99 *	2:27.59 *	2:21.09 *	2:14.69 *	200 FR SCM	2:09.29 *	2:15.49 *	2:21.59 *	2:27.79 *	2:40.09 *	2:52.39 *
6:22.29 *	5:54.99 *	5:27.69 *	5:14.09 *	5:00.39 *	4:46.79 *	400 FR SCM	4:35.59 *	4:48.69 *	5:01.79 *	5:14.99 *	5:41.19 *	6:07.49 *
13:09.89 *	12:13.49 *	11:16.99 *	10:48.79 *	10:20.59 *	9:52.39 *	800 FR SCM	9:39.79 *	10:07.39 *	10:34.99 *	11:02.59 *	11:57.89 *	12:53.09 *
24:58.39 *	23:11.29 *	21:24.29 *	20:30.79 *	19:37.29 *	18:43.79 *	1500 FR SCM	18:14.19 *	19:06.29 *	19:58.39 *	20:50.49 *	22:34.69 *	24:18.89 *
42.79 *	39.79 *	36.69 *	35.19 *	33.59 *	32.09 *	50 BK SCM	31.19 *	32.79 *	34.49 *	36.09 *	39.29 *	42.59 *
1:35.69 *	1:28.19 *	1:20.59 *	1:16.89 *	1:13.09 *	1:09.29 *	100 BK SCM	1:05.79	1:09.39	1:12.89 *	1:16.49 *	1:23.69	1:30.79 *
3:18.29 *	3:04.19 *	2:49.99 *	2:42.89 *	2:35.79 *	2:28.79 *	200 BK SCM	2:23.29 *	2:30.09 *	2:36.89 *	2:43.69 *	2:57.39 *	3:10.99 *
48.59 *	45.19 *	41.69 *	39.89 *	38.19 *	36.49 *	50 BR SCM	34.89 *	36.69 *	38.59 *	40.49 *	44.29 *	48.09 *
1:46.59 *	1:38.69 *	1:30.79 *	1:26.89 *	1:22.99 *	1:18.99 *	100 BR SCM	1:14.99 *	1:18.89 *	1:22.79 *	1:26.69 *	1:34.49 *	1:42.29
3:47.29 *	3:31.09 *	3:14.89 *	3:06.69 *	2:58.59 *	2:50.49 *	200 BR SCM	2:42.79 *	2:50.59 *	2:58.29 *	3:06.09 *	3:21.59 *	3:37.09 *
40.79 *	37.79 *	34.89 *	33.49 *	31.99 *	30.59 *	50 FL SCM	29.59	31.19	32.79	34.49	37.69 *	40.99
1:34.79 *	1:27.19 *	1:19.59 *	1:15.79 *	1:12.09 *	1:08.29 *	100 FL SCM	1:05.29 *	1:08.99 *	1:12.79 *	1:16.49 *	1:24.09 *	1:31.59 *
3:22.59 *	3:08.19 *	2:53.69 *	2:46.49 *	2:39.19 *	2:31.99 *	200 FL SCM	2:26.29 *	2:33.29	2:40.29	2:47.19 *	3:01.19	3:15.09 *
1:34.19 *	1:27.49 *	1:20.69 *	1:17.39 *	1:13.99 *	1:10.59 *	100 IM SCM	1:07.49 *	1:10.69 *	1:13.99 *	1:17.29 *	1:23.89 *	1:30.49 *
3:23.19 *	3:08.69 *	2:54.19 *	2:46.89 *	2:39.59 *	2:32.39 *	200 IM SCM	2:25.99 *	2:33.39 *	2:40.89 *	2:48.29 *	3:03.19 *	3:18.09 *
7:12.79 *	6:41.89 *	6:10.99 *	5:55.59 *	5:40.09 *	5:24.59 *	400 IM SCM	5:12.49 *	5:27.39 *	5:42.29 *	5:57.19 *	6:26.89 *	6:56.69 *
2:39.89 *	2:28.49 *	2:17.09 *	2:11.39 *	2:05.69 *	1:59.99 *	200 FR-R SCM	1:55.29 *	2:00.79 *	2:06.29 *	2:11.79 *	2:22.79 *	2:33.69 *
5:51.59 *	5:26.39 *	5:01.29 *	4:48.79 *	4:36.19 *	4:23.69 *	400 FR-R SCM	4:14.19 *	4:26.29 *	4:38.39 *	4:50.49 *	5:14.69 *	5:38.99 *
2:58.09 *	2:45.39 *	2:32.69 *	2:26.29 *	2:19.89 *	2:13.59 *	200 MED-R SCM	2:07.79 *	2:13.79 *	2:19.89 *	2:25.99 *	2:38.19 *	2:50.29 *
6:30.59 *	6:02.69 *	5:34.79 *	5:20.89 *	5:06.89 *	4:52.99 *	400 MED-R SCM	4:41.59 *	4:54.99 *	5:08.39 *	5:21.79 *	5:48.59 *	6:15.39 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
13-14 Girls						Event	13-14 Boys					
35.99 *	33.39 *	30.79 *	29.49 *	28.29 *	26.99 *	50 FR SCM	24.79 *	25.89 *	27.09 *	28.29 *	30.69 *	32.99 *
1:18.49 *	1:12.89 *	1:07.29 *	1:04.49 *	1:01.69 *	58.89 *	100 FR SCM	53.89 *	56.39 *	58.99 *	1:01.49 *	1:06.69 *	1:11.79 *
2:49.79 *	2:37.69 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 FR SCM	1:58.09 *	2:03.69 *	2:09.39 *	2:14.99 *	2:26.19 *	2:37.49 *
6:00.69 *	5:34.99 *	5:09.19 *	4:56.29 *	4:43.39 *	4:30.59 *	400 FR SCM	4:13.19 *	4:25.19 *	4:37.29 *	4:49.29 *	5:13.39 *	5:37.49 *
12:24.69 *	11:31.49 *	10:38.29 *	10:11.69 *	9:45.09 *	9:18.49 *	800 FR SCM	8:43.69 *	9:08.59 *	9:33.59 *	9:58.49 *	10:48.39 *	11:38.19 *
23:34.29 *	21:53.29 *	20:12.29 *	19:21.79 *	18:31.29 *	17:40.79 *	1500 FR SCM	16:41.19 *	17:28.79 *	18:16.49 *	19:04.19 *	20:39.49 *	22:14.89 *
39.99 *	37.19 *	34.29 *	32.89 *	31.49 *	29.99 *	50 BK SCM	27.89 *	29.19 *	30.59 *	31.89 *	34.59 *	37.19 *
1:24.99 *	1:18.89 *	1:12.89 *	1:09.79 *	1:06.79 *	1:03.79 *	100 BK SCM	59.09 *	1:01.89 *	1:04.69 *	1:07.49 *	1:13.09 *	1:18.79 *
3:03.89 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.49 *	2:17.89 *	200 BK SCM	2:08.19 *	2:14.29 *	2:20.39 *	2:26.49 *	2:38.69 *	2:50.99 *
46.49 *	43.19 *	39.89 *	38.19 *	36.49 *	34.89 *	50 BR SCM	31.99 *	33.49 *	34.99 *	36.49 *	39.59 *	42.59 *
1:37.99	1:30.99	1:23.99	1:20.49	1:16.99	1:13.49	100 BR SCM	1:06.79 *	1:09.89 *	1:13.09 *	1:16.29 *	1:22.59 *	1:28.99 *
3:31.09 *	3:15.99 *	3:00.89 *	2:53.39 *	2:45.89 *	2:38.29 *	200 BR SCM	2:24.89 *	2:31.79 *	2:38.69 *	2:45.59 *	2:59.39 *	3:13.19 *
39.59 *	36.79 *	33.89 *	32.49 *	31.09 *	29.69 *	50 FL SCM	27.49 *	28.79 *	30.09 *	31.39 *	33.99 *	36.59 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.69 *	1:06.69 *	1:03.69 *	100 FL SCM	58.39 *	1:01.19 *	1:03.99 *	1:06.79 *	1:12.29 *	1:17.89 *
3:09.19 *	2:55.69 *	2:42.19 *	2:35.39 *	2:28.59 *	2:21.89 *	200 FL SCM	2:09.99 *	2:16.19 *	2:22.39 *	2:28.49 *	2:40.89 *	2:53.29 *
3:09.79 *	2:56.19 *	2:42.69 *	2:35.89 *	2:29.09 *	2:22.39 *	200 IM SCM	2:10.89 *	2:17.09 *	2:23.39 *	2:29.59 *	2:42.09 *	2:54.49 *
6:44.19	6:15.29 *	5:46.39 *	5:31.99	5:17.59	5:03.09 *	400 IM SCM	4:39.89 *	4:53.19 *	5:06.49 *	5:19.89 *	5:46.49 *	6:13.19 *
2:30.59 *	2:19.89 *	2:09.09 *	2:03.69 *	1:58.39 *	1:52.99 *	200 FR-R SCM	1:43.59 *	1:48.49 *	1:53.39 *	1:58.39 *	2:08.19 *	2:18.09 *
5:28.49 *	5:04.99 *	4:41.59 *	4:29.79 *	4:18.09 *	4:06.39 *	400 FR-R SCM	3:46.39 *	3:57.19 *	4:07.89 *	4:18.69 *	4:40.29 *	5:01.79 *
11:57.29 *	11:06.09 *	10:14.89 *	9:49.19 *	9:23.59 *	8:57.99 *	800 FR-R SCM	8:20.89 *	8:44.69 *	9:08.59 *	9:32.39 *	10:20.09 *	11:07.79 *
2:45.59 *	2:33.79 *	2:21.89 *	2:15.99 *	2:10.09 *	2:04.19 *	200 MED-R SCM	1:54.59 *	1:59.99 *	2:05.49 *	2:10.89 *	2:21.79 *	2:32.69 *
6:01.29 *	5:35.49 *	5:09.69 *	4:56.79 *	4:43.89 *	4:30.99 *	400 MED-R SCM	4:07.99 *	4:19.89 *	4:31.69 *	4:43.49 *	5:07.09 *	5:30.69 *
15-16 Girls						Event	15-16 Boys					
35.09 *	32.59 *	30.09 *	28.89 *	27.59 *	26.39 *	50 FR SCM	23.39 *	24.59 *	25.69 *	26.79 *	28.99 *	31.19 *
1:15.99 *	1:10.49 *	1:05.09 *	1:02.39 *	59.69 *	56.99 *	100 FR SCM	51.39 *	53.89 *	56.29 *	58.79 *	1:03.69 *	1:08.49 *
2:44.69 *	2:32.89 *	2:21.19 *	2:15.29 *	2:09.39 *	2:03.49 *	200 FR SCM	1:52.79 *	1:58.09 *	2:03.49 *	2:08.89 *	2:19.59 *	2:30.29 *
5:50.89 *	5:25.79 *	5:00.79 *	4:48.19 *	4:35.69 *	4:23.19 *	400 FR SCM	4:01.79 *	4:13.29 *	4:24.79 *	4:36.29 *	4:59.39 *	5:22.39 *
12:08.79 *	11:16.79 *	10:24.69 *	9:58.69 *	9:32.69 *	9:06.59 *	800 FR SCM	8:26.49 *	8:50.59 *	9:14.79 *	9:38.89 *	10:27.09 *	11:15.29 *
23:07.49 *	21:28.39 *	19:49.29 *	18:59.79 *	18:10.19 *	17:20.69 *	1500 FR SCM	15:59.19 *	16:44.89 *	17:30.49 *	18:16.19 *	19:47.59 *	21:18.89 *
1:22.59 *	1:16.69 *	1:10.79 *	1:07.79 *	1:04.89 *	1:01.99 *	100 BK SCM	55.99 *	58.59 *	1:01.29 *	1:03.99 *	1:09.29 *	1:14.59 *
2:59.29 *	2:46.49 *	2:33.69 *	2:27.29 *	2:20.89 *	2:14.49 *	200 BK SCM	2:02.39 *	2:08.19 *	2:13.99 *	2:19.79 *	2:31.49 *	2:43.09 *
1:34.99 *	1:28.19 *	1:21.39 *	1:17.99 *	1:14.59 *	1:11.19 *	100 BR SCM	1:03.69 *	1:06.79 *	1:09.79 *	1:12.79 *	1:18.89 *	1:24.99 *
3:25.49 *	3:10.89 *	2:56.19 *	2:48.79 *	2:41.49 *	2:34.19 *	200 BR SCM	2:18.49 *	2:25.09 *	2:31.69 *	2:38.29 *	2:51.39 *	3:04.59 *
1:22.19 *	1:16.29 *	1:10.39 *	1:07.49 *	1:04.59 *	1:01.59 *	100 FL SCM	55.69 *	58.39 *	1:00.99 *	1:03.69 *	1:08.99 *	1:14.29 *
3:03.19 *	2:50.09 *	2:37.09 *	2:30.49 *	2:23.99 *	2:17.39 *	200 FL SCM	2:04.49 *	2:10.39 *	2:16.39 *	2:22.29 *	2:34.19 *	2:45.99 *
3:03.59 *	2:50.49 *	2:37.39 *	2:30.79 *	2:24.29 *	2:17.69 *	200 IM SCM	2:05.09 *	2:11.09 *	2:16.99 *	2:22.99 *	2:34.89 *	2:46.79 *
6:32.29 *	6:04.29 *	5:36.29 *	5:22.29 *	5:08.19 *	4:54.19 *	400 IM SCM	4:26.99 *	4:39.69 *	4:52.39 *	5:05.19 *	5:30.59 *	5:55.99 *
2:29.39 *	2:18.79 *	2:08.09 *	2:02.79 *	1:57.39 *	1:52.09 *	200 FR-R SCM	1:40.99 *	1:45.79 *	1:50.59 *	1:55.39 *	2:04.99 *	2:14.59 *
5:25.89 *	5:02.59 *	4:39.29 *	4:27.69 *	4:15.99 *	4:04.39 *	400 FR-R SCM	3:42.79 *	3:53.39 *	4:03.99 *	4:14.59 *	4:35.79 *	4:57.09 *
11:55.79 *	11:04.69 *	10:13.59 *	9:47.99 *	9:22.49 *	8:56.89 *	800 FR-R SCM	8:14.79 *	8:38.39 *	9:01.89 *	9:25.49 *	10:12.59 *	10:59.69 *
2:43.59 *	2:31.99 *	2:20.29 *	2:14.39 *	2:08.59 *	2:02.69 *	200 MED-R SCM	1:51.19 *	1:56.49 *	2:01.79 *	2:07.09 *	2:17.69 *	2:28.29 *
5:57.19 *	5:31.69 *	5:06.19 *	4:53.39 *	4:40.69 *	4:27.89 *	400 MED-R SCM	4:03.79 *	4:15.39 *	4:27.09 *	4:38.69 *	5:01.89 *	5:25.09 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
17-18 Girls						Event	17-18 Boys					
34.69 *	32.19 *	29.69 *	28.49 *	27.19 *	25.99 *	50 FR SCM	22.79 *	23.89 *	24.99 *	26.09 *	28.29 *	30.39 *
1:15.19 *	1:09.89 *	1:04.49 *	1:01.79 *	59.09 *	56.39 *	100 FR SCM	49.99 *	52.39 *	54.79 *	57.19 *	1:01.89 *	1:06.69 *
2:42.69 *	2:31.09 *	2:19.39 *	2:13.59 *	2:07.79 *	2:01.99 *	200 FR SCM	1:50.69 *	1:55.99 *	2:01.29 *	2:06.49 *	2:17.09 *	2:27.59 *
5:46.89 *	5:22.19 *	4:57.39 *	4:44.99 *	4:32.59 *	4:20.19 *	400 FR SCM	3:58.39 *	4:09.69 *	4:21.09 *	4:32.39 *	4:55.09 *	5:17.79 *
12:02.79 *	11:11.19 *	10:19.59 *	9:53.69 *	9:27.89 *	9:02.09 *	800 FR SCM	8:18.89 *	8:42.69 *	9:06.39 *	9:30.19 *	10:17.69 *	11:05.19 *
22:38.99 *	21:01.99 *	19:24.89 *	18:36.39 *	17:47.79 *	16:59.29 *	1500 FR SCM	15:46.09 *	16:31.09 *	17:16.19 *	18:01.19 *	19:31.29 *	21:01.39 *
1:21.09 *	1:15.29 *	1:09.49 *	1:06.59 *	1:03.69 *	1:00.79 *	100 BK SCM	54.09 *	56.59 *	59.19 *	1:01.79 *	1:06.89 *	1:12.09 *
2:55.39 *	2:42.89 *	2:30.39 *	2:24.09 *	2:17.79 *	2:11.59 *	200 BK SCM	1:59.29 *	2:04.89 *	2:10.59 *	2:16.29 *	2:27.59 *	2:38.99 *
1:33.69 *	1:27.09 *	1:20.39 *	1:16.99 *	1:13.69 *	1:10.29 *	100 BR SCM	1:01.89 *	1:04.89 *	1:07.79 *	1:10.69 *	1:16.59 *	1:22.49 *
3:24.09 *	3:09.49 *	2:54.89 *	2:47.59 *	2:40.39 *	2:33.09 *	200 BR SCM	2:14.49 *	2:20.89 *	2:27.29 *	2:33.69 *	2:46.49 *	2:59.29 *
1:21.29 *	1:15.49 *	1:09.69 *	1:06.79 *	1:03.89 *	1:00.99 *	100 FL SCM	54.19 *	56.79 *	59.39 *	1:01.99 *	1:07.09 *	1:12.29 *
2:59.89 *	2:46.99 *	2:34.19 *	2:27.69 *	2:21.29 *	2:14.89 *	200 FL SCM	2:01.39 *	2:07.09 *	2:12.89 *	2:18.69 *	2:30.19 *	2:41.79 *
3:00.69 *	2:47.79 *	2:34.89 *	2:28.49 *	2:21.99 *	2:15.59 *	200 IM SCM	2:02.19 *	2:07.99 *	2:13.79 *	2:19.59 *	2:31.29 *	2:42.89 *
6:27.49 *	5:59.79 *	5:32.09 *	5:18.29 *	5:04.49 *	4:50.59 *	400 IM SCM	4:22.99 *	4:35.49 *	4:48.09 *	5:00.59 *	5:25.59 *	5:50.69 *
2:28.79 *	2:18.19 *	2:07.59 *	2:02.29 *	1:56.89 *	1:51.59 *	200 FR-R SCM	1:35.79 *	1:40.29 *	1:44.89 *	1:49.49 *	1:58.59 *	2:07.69 *
5:19.89 *	4:57.09 *	4:34.19 *	4:22.79 *	4:11.39 *	3:59.89 *	400 FR-R SCM	3:30.29 *	3:40.39 *	3:50.39 *	4:00.39 *	4:20.39 *	4:40.39 *
11:38.69 *	10:48.79 *	9:58.89 *	9:33.99 *	9:08.99 *	8:43.99 *	800 FR-R SCM	7:47.39 *	8:09.59 *	8:31.89 *	8:54.09 *	9:38.59 *	10:23.09 *
2:42.29 *	2:30.69 *	2:19.09 *	2:13.29 *	2:07.49 *	2:01.69 *	200 MED-R SCM	1:44.59 *	1:49.59 *	1:54.59 *	1:59.59 *	2:09.49 *	2:19.49 *
5:53.89 *	5:28.59 *	5:03.39 *	4:50.69 *	4:38.09 *	4:25.39 *	400 MED-R SCM	3:49.39 *	4:00.39 *	4:11.29 *	4:22.19 *	4:44.09 *	5:05.89 *
10 & under Girls						Event	10 & under Boys					
45.29 *	40.89 *	36.59 *	35.09 *	33.69 *	32.19 *	50 FR LCM	31.59 *	32.99 *	34.39 *	35.69 *	39.79 *	43.89 *
1:44.09 *	1:32.99 *	1:21.89 *	1:18.19 *	1:14.49 *	1:10.79 *	100 FR LCM	1:09.79 *	1:13.19 *	1:16.69 *	1:20.19 *	1:30.59 *	1:40.99 *
3:50.99 *	3:25.69 *	3:00.39 *	2:51.99 *	2:43.49 *	2:35.09 *	200 FR LCM	2:31.69 *	2:38.89 *	2:46.09 *	2:53.39 *	3:14.99 *	3:36.69 *
7:48.59 *	7:01.69 *	6:14.89 *	5:59.29 *	5:43.69 *	5:27.99 *	400 FR LCM	5:20.79 *	5:36.09 *	5:51.39 *	6:06.59 *	6:52.49 *	7:38.29 *
55.79 *	49.69 *	43.59 *	41.59 *	39.49 *	37.49 *	50 BK LCM	36.99 *	38.99 *	41.09 *	43.09 *	49.29 *	55.39 *
2:01.59 *	1:48.09 *	1:34.59 *	1:30.09 *	1:25.59 *	1:21.09 *	100 BK LCM	1:19.99 *	1:24.09 *	1:28.19 *	1:32.29 *	1:44.49 *	1:56.69 *
1:02.19 *	55.49 *	48.79 *	46.49 *	44.29 *	42.09 *	50 BR LCM	41.49 *	43.59 *	45.79 *	47.89 *	54.39 *	1:00.89 *
2:19.39 *	2:03.89 *	1:48.39 *	1:43.29 *	1:38.09 *	1:32.99 *	100 BR LCM	1:31.69 *	1:36.29 *	1:40.89 *	1:45.49 *	1:59.19 *	2:12.89 *
54.49 *	48.09 *	41.59 *	39.49 *	37.29 *	35.19 *	50 FL LCM	34.69 *	36.59 *	38.59 *	40.59 *	46.39 *	52.29 *
2:12.79 *	1:55.39 *	1:37.99 *	1:32.19 *	1:26.39 *	1:20.59 *	100 FL LCM	1:19.59 *	1:25.09 *	1:30.69 *	1:36.19 *	1:52.89 *	2:09.49 *
4:15.69 *	3:48.89 *	3:22.09 *	3:13.09 *	3:04.19 *	2:55.29 *	200 IM LCM	2:52.19 *	3:00.79 *	3:09.39 *	3:17.89 *	3:43.69 *	4:09.49 *
3:17.49 *	2:57.79 *	2:37.99 *	2:31.39 *	2:24.79 *	2:18.29 *	200 FR-R LCM	2:17.19 *	2:23.69 *	2:30.19 *	2:36.79 *	2:56.39 *	3:15.89 *
3:43.59 *	3:21.19 *	2:58.89 *	2:51.39 *	2:43.99 *	2:36.49 *	200 MED-R LCM	2:37.59 *	2:45.09 *	2:52.59 *	3:00.09 *	3:22.59 *	3:45.09 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
11-12 Girls						Event	11-12 Boys					
38.49 *	35.89 *	33.19 *	31.89 *	30.49 *	29.19 *	50 FR LCM	28.09 *	29.39 *	30.69	32.09 *	34.79 *	37.39 *
1:25.59 *	1:19.49 *	1:13.39 *	1:10.29 *	1:07.19 *	1:04.19 *	100 FR LCM	1:01.59 *	1:04.49 *	1:07.49 *	1:10.39 *	1:16.19 *	1:22.09 *
3:06.39 *	2:53.09 *	2:39.79 *	2:33.09 *	2:26.49 *	2:19.79 *	200 FR LCM	2:14.39 *	2:20.79 *	2:27.19 *	2:33.59 *	2:46.39 *	2:59.19 *
6:32.89 *	6:04.79 *	5:36.79 *	5:22.79 *	5:08.69 *	4:54.69 *	400 FR LCM	4:45.89 *	4:59.49 *	5:13.09 *	5:26.69 *	5:53.89 *	6:21.09 *
13:41.59 *	12:42.89 *	11:44.19 *	11:14.89 *	10:45.49 *	10:16.19 *	800 FR LCM	10:00.09 *	10:28.69 *	10:57.29 *	11:25.89 *	12:22.99 *	13:20.19 *
26:06.89 *	24:14.99 *	22:22.99 *	21:27.09 *	20:31.09 *	19:35.19 *	1500 FR LCM	19:23.89 *	20:19.29 *	21:14.69 *	22:10.19 *	24:00.99 *	25:51.79 *
44.79 *	41.59 *	38.39 *	36.79 *	35.19 *	33.59 *	50 BK LCM	32.59 *	34.29 *	35.99 *	37.69 *	41.09 *	44.49 *
1:40.59 *	1:32.69 *	1:24.79 *	1:20.79 *	1:16.89 *	1:12.89 *	100 BK LCM	1:10.39 *	1:14.29 *	1:18.09 *	1:21.89 *	1:29.59 *	1:37.19 *
3:28.09 *	3:13.29 *	2:58.39 *	2:50.99 *	2:43.49 *	2:36.09 *	200 BK LCM	2:32.19 *	2:39.49 *	2:46.69 *	2:53.99 *	3:08.49 *	3:22.99 *
49.79 *	46.19 *	42.69 *	40.89 *	39.09 *	37.39 *	50 BR LCM	36.09 *	38.09 *	39.99 *	41.99 *	45.89 *	49.79 *
1:50.39 *	1:42.19 *	1:33.99 *	1:29.99 *	1:25.89 *	1:21.79 *	100 BR LCM	1:18.99 *	1:23.09 *	1:27.19 *	1:31.29 *	1:39.59 *	1:47.79 *
3:56.79 *	3:39.89 *	3:22.99 *	3:14.49 *	3:06.09 *	2:57.59 *	200 BR LCM	2:50.99 *	2:59.09 *	3:07.19 *	3:15.39 *	3:31.59 *	3:47.89 *
41.79 *	38.79 *	35.79 *	34.29 *	32.89 *	31.39 *	50 FL LCM	30.29 *	31.99 *	33.59	35.29 *	38.69 *	41.99 *
1:38.29 *	1:30.49 *	1:22.59 *	1:18.69 *	1:14.79 *	1:10.79 *	100 FL LCM	1:07.79 *	1:11.69 *	1:15.59 *	1:19.49 *	1:27.29 *	1:35.09 *
3:31.09 *	3:15.99 *	3:00.89 *	2:53.39 *	2:45.89 *	2:38.29 *	200 FL LCM	2:33.59 *	2:40.89 *	2:48.29 *	2:55.59 *	3:10.19 *	3:24.79 *
3:30.59 *	3:15.59 *	3:00.59 *	2:52.99 *	2:45.49 *	2:37.99 *	200 IM LCM	2:30.59 *	2:38.29 *	2:45.99 *	2:53.69 *	3:08.99 *	3:24.39 *
7:28.89 *	6:56.79 *	6:24.79 *	6:08.69 *	5:52.69 *	5:36.69 *	400 IM LCM	5:28.39 *	5:44.09 *	5:59.69 *	6:15.39 *	6:46.59 *	7:17.89 *
2:44.29 *	2:32.59 *	2:20.89 *	2:14.99 *	2:09.09 *	2:03.29 *	200 FR-R LCM	2:00.19 *	2:05.89 *	2:11.59 *	2:17.39 *	2:28.79 *	2:40.19 *
6:03.69 *	5:37.69 *	5:11.79 *	4:58.79 *	4:45.79 *	4:32.79 *	400 FR-R LCM	4:26.79 *	4:39.49 *	4:52.19 *	5:04.89 *	5:30.29 *	5:55.69 *
3:04.19 *	2:50.99 *	2:37.89 *	2:31.29 *	2:24.69 *	2:18.19 *	200 MED-R LCM	2:14.79 *	2:21.29 *	2:27.69 *	2:34.09 *	2:46.89 *	2:59.79 *
6:48.79 *	6:19.59 *	5:50.39 *	5:35.79 *	5:21.19 *	5:06.59 *	400 MED-R LCM	4:59.69 *	5:13.99 *	5:28.19 *	5:42.49 *	6:10.99 *	6:39.59 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
13-14 Girls						Event	13-14 Boys					
37.19 *	34.59 *	31.89 *	30.59 *	29.29 *	27.89	50 FR LCM	25.69 *	26.89 *	28.19 *	29.39 *	31.79 *	34.29 *
1:21.19 *	1:15.39 *	1:09.59 *	1:06.69 *	1:03.79 *	1:00.89 *	100 FR LCM	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
2:55.29 *	2:42.79 *	2:30.29 *	2:23.99 *	2:17.79 *	2:11.49 *	200 FR LCM	2:02.99 *	2:08.89	2:14.69 *	2:20.59	2:32.29	2:43.99 *
6:08.09 *	5:41.79 *	5:15.49 *	5:02.39 *	4:49.19 *	4:36.09 *	400 FR LCM	4:21.29 *	4:33.79 *	4:46.19 *	4:58.69 *	5:23.49 *	5:48.39 *
12:45.49 *	11:50.79 *	10:56.09 *	10:28.79 *	10:01.49 *	9:34.09 *	800 FR LCM	9:00.49 *	9:26.19 *	9:51.99 *	10:17.69 *	11:09.19 *	12:00.59 *
24:28.39 *	22:43.49 *	20:58.59 *	20:06.19 *	19:13.69 *	18:21.29 *	1500 FR LCM	17:18.49 *	18:07.89 *	18:57.39 *	19:46.79 *	21:25.69 *	23:04.59 *
42.59 *	39.49 *	36.49 *	34.99 *	33.49 *	31.89 *	50 BK LCM	29.69 *	31.09 *	32.49 *	33.89 *	36.69 *	39.49 *
1:29.69 *	1:23.29 *	1:16.89 *	1:13.69 *	1:10.49 *	1:07.29 *	100 BK LCM	1:02.79 *	1:05.79 *	1:08.69 *	1:11.69 *	1:17.69 *	1:23.69 *
3:13.29 *	2:59.49 *	2:45.69 *	2:38.79 *	2:31.89 *	2:24.99 *	200 BK LCM	2:16.29 *	2:22.79 *	2:29.29 *	2:35.79 *	2:48.79 *	3:01.79 *
47.79 *	44.39 *	40.99 *	39.29 *	37.59 *	35.89 *	50 BR LCM	32.99 *	34.59 *	36.19 *	37.69 *	40.89 *	43.99 *
1:42.39 *	1:34.99 *	1:27.69 *	1:24.09 *	1:20.39 *	1:16.79 *	100 BR LCM	1:10.29 *	1:13.69 *	1:16.99 *	1:20.39 *	1:27.09 *	1:33.79 *
3:40.29 *	3:24.59 *	3:08.89 *	3:00.99 *	2:53.09 *	2:45.29 *	200 BR LCM	2:32.09 *	2:39.39 *	2:46.59 *	2:53.79 *	3:08.29 *	3:22.79 *
39.99 *	37.09 *	34.29 *	32.79 *	31.39 *	29.99 *	50 FL LCM	27.99 *	29.29 *	30.59 *	31.89 *	34.59 *	37.29 *
1:27.19 *	1:20.99 *	1:14.79 *	1:11.69 *	1:08.59 *	1:05.39 *	100 FL LCM	1:00.29 *	1:03.09 *	1:05.99 *	1:08.89 *	1:14.59 *	1:20.29 *
3:15.69 *	3:01.69 *	2:47.79 *	2:40.79 *	2:33.79 *	2:26.79 *	200 FL LCM	2:14.79 *	2:21.19 *	2:27.59 *	2:33.99 *	2:46.79 *	2:59.69 *
3:17.19 *	3:03.09 *	2:48.99 *	2:41.99 *	2:34.89 *	2:27.89 *	200 IM LCM	2:17.19 *	2:23.69 *	2:30.19 *	2:36.69 *	2:49.79 *	3:02.89 *
6:57.99 *	6:28.19 *	5:58.29 *	5:43.39 *	5:28.39 *	5:13.49 *	400 IM LCM	4:52.99 *	5:06.99 *	5:20.89 *	5:34.89 *	6:02.79 *	6:30.69 *
2:35.59 *	2:24.39 *	2:13.29 *	2:07.79 *	2:02.19 *	1:56.69 *	200 FR-R LCM	1:47.69 *	1:52.79 *	1:57.89 *	2:03.09 *	2:13.29 *	2:23.59 *
5:40.89 *	5:16.49 *	4:52.19 *	4:39.99 *	4:27.79 *	4:15.69 *	400 FR-R LCM	3:56.49 *	4:07.69 *	4:18.99 *	4:30.19 *	4:52.79 *	5:15.29 *
12:28.29 *	11:34.79 *	10:41.39 *	10:14.59 *	9:47.89 *	9:21.19 *	800 FR-R LCM	8:42.99 *	9:07.89 *	9:32.79 *	9:57.69 *	10:47.49 *	11:37.29 *
2:53.29 *	2:40.89 *	2:28.49 *	2:22.39 *	2:16.19 *	2:09.99 *	200 MED-R LCM	1:59.19 *	2:04.89 *	2:10.59 *	2:16.29 *	2:27.59 *	2:38.99 *
6:18.39 *	5:51.39 *	5:24.29 *	5:10.79 *	4:57.29 *	4:43.79 *	400 MED-R LCM	4:21.79 *	4:34.29 *	4:46.79 *	4:59.19 *	5:24.09 *	5:49.09 *
15-16 Girls						Event	15-16 Boys					
36.09 *	33.49 *	30.89 *	29.59 *	28.29 *	27.09 *	50 FR LCM	24.69 *	25.89 *	26.99 *	28.19 *	30.59 *	32.89 *
1:18.39 *	1:12.79 *	1:07.19 *	1:04.39 *	1:01.59 *	58.79 *	100 FR LCM	53.79 *	56.39 *	58.99 *	1:01.49 *	1:06.69 *	1:11.79 *
2:49.19 *	2:37.09 *	2:25.09 *	2:18.99 *	2:12.99 *	2:06.89 *	200 FR LCM	1:57.49 *	2:03.09 *	2:08.69 *	2:14.29 *	2:25.39 *	2:36.59 *
5:55.19 *	5:29.89 *	5:04.49 *	4:51.79 *	4:39.09 *	4:26.39 *	400 FR LCM	4:10.59 *	4:22.49 *	4:34.39 *	4:46.39 *	5:10.19 *	5:34.09 *
12:17.79 *	11:25.09 *	10:32.39 *	10:05.99 *	9:39.69 *	9:13.29 *	800 FR LCM	8:40.49 *	9:05.29 *	9:29.99 *	9:54.79 *	10:44.39 *	11:33.99 *
23:33.49 *	21:52.49 *	20:11.59 *	19:21.09 *	18:30.59 *	17:40.09 *	1500 FR LCM	16:36.19 *	17:23.59 *	18:11.09 *	18:58.49 *	20:33.39 *	22:08.29 *
1:26.89 *	1:20.69 *	1:14.49 *	1:11.39 *	1:08.29 *	1:05.19 *	100 BK LCM	59.49 *	1:02.39 *	1:05.19 *	1:07.99 *	1:13.69 *	1:19.39 *
3:06.79 *	2:53.39 *	2:40.09 *	2:33.39 *	2:26.79 *	2:20.09 *	200 BK LCM	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29 *
1:38.59 *	1:31.59 *	1:24.49 *	1:20.99 *	1:17.49 *	1:13.99 *	100 BR LCM	1:07.09 *	1:10.29 *	1:13.49 *	1:16.69 *	1:23.09 *	1:29.49 *
3:32.49 *	3:17.29 *	3:02.09 *	2:54.49 *	2:46.99 *	2:39.39 *	200 BR LCM	2:25.89 *	2:32.79 *	2:39.79 *	2:46.69 *	3:00.59 *	3:14.49 *
1:24.29 *	1:18.29 *	1:12.29 *	1:09.29 *	1:06.29 *	1:03.29 *	100 FL LCM	57.59 *	1:00.29 *	1:03.09 *	1:05.79 *	1:11.29 *	1:16.79 *
3:07.79 *	2:54.39 *	2:40.99 *	2:34.29 *	2:27.59 *	2:20.89 *	200 FL LCM	2:08.79 *	2:14.89 *	2:21.09 *	2:27.19 *	2:39.49 *	2:51.69 *
3:11.19 *	2:57.49 *	2:43.89 *	2:36.99 *	2:30.19 *	2:23.39 *	200 IM LCM	2:12.09 *	2:18.39 *	2:24.69 *	2:30.99 *	2:43.59 *	2:56.19 *
6:44.69 *	6:15.79 *	5:46.89 *	5:32.49 *	5:17.99 *	5:03.59 *	400 IM LCM	4:41.09 *	4:54.39 *	5:07.79 *	5:21.19 *	5:47.99 *	6:14.69 *
2:36.49 *	2:25.39 *	2:14.19 *	2:08.59 *	2:02.99 *	1:57.39 *	200 FR-R LCM	1:44.89 *	1:49.89 *	1:54.89 *	1:59.89 *	2:09.89 *	2:19.89 *
5:41.09 *	5:16.79 *	4:52.39 *	4:40.19 *	4:27.99 *	4:15.89 *	400 FR-R LCM	3:49.89 *	4:00.89 *	4:11.79 *	4:22.79 *	4:44.69 *	5:06.49 *
12:25.39 *	11:32.19 *	10:38.89 *	10:12.29 *	9:45.69 *	9:19.09 *	800 FR-R LCM	8:32.59 *	8:56.99 *	9:21.39 *	9:45.79 *	10:34.69 *	11:23.49 *
2:53.99 *	2:41.49 *	2:29.09 *	2:22.89 *	2:16.69 *	2:10.49 *	200 MED-R LCM	1:56.29 *	2:01.89 *	2:07.39 *	2:12.89 *	2:23.99 *	2:35.09 *
6:14.39 *	5:47.69 *	5:20.89 *	5:07.59 *	4:54.19 *	4:40.79 *	400 MED-R LCM	4:15.89 *	4:28.09 *	4:40.19 *	4:52.39 *	5:16.79 *	5:41.19 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
17-18 Girls						Event	17-18 Boys					
35.89 *	33.29 *	30.69 *	29.49 *	28.19 *	26.89 *	50 FR LCM	23.99 *	25.09 *	26.19 *	27.39 *	29.59 *	31.89 *
1:17.69 *	1:12.19 *	1:06.59 *	1:03.89 *	1:01.09 *	58.29 *	100 FR LCM	52.39 *	54.89 *	57.39 *	59.89 *	1:04.89 *	1:09.89 *
2:47.69 *	2:35.69 *	2:23.69 *	2:17.69 *	2:11.69 *	2:05.79 *	200 FR LCM	1:54.69 *	2:00.09 *	2:05.59 *	2:11.09 *	2:21.99 *	2:32.89 *
5:53.39 *	5:28.19 *	5:02.99 *	4:50.29 *	4:37.69 *	4:25.09 *	400 FR LCM	4:04.89 *	4:16.49 *	4:28.19 *	4:39.79 *	5:03.09 *	5:26.49 *
12:10.29 *	11:18.19 *	10:25.99 *	9:59.89 *	9:33.79 *	9:07.79 *	800 FR LCM	8:28.49 *	8:52.69 *	9:16.89 *	9:41.09 *	10:29.49 *	11:17.89 *
23:20.89 *	21:40.79 *	20:00.79 *	19:10.79 *	18:20.69 *	17:30.69 *	1500 FR LCM	16:19.39 *	17:05.99 *	17:52.59 *	18:39.29 *	20:12.49 *	21:45.79 *
1:25.89 *	1:19.79 *	1:13.69 *	1:10.59 *	1:07.49 *	1:04.49 *	100 BK LCM	58.19 *	1:00.89 *	1:03.69 *	1:06.49 *	1:11.99 *	1:17.49 *
3:05.79 *	2:52.49 *	2:39.19 *	2:32.59 *	2:25.99 *	2:19.29 *	200 BK LCM	2:06.89 *	2:12.89 *	2:18.99 *	2:24.99 *	2:37.09 *	2:49.19 *
1:37.49 *	1:30.49 *	1:23.59 *	1:20.09 *	1:16.59 *	1:13.09 *	100 BR LCM	1:05.09 *	1:08.19 *	1:11.29 *	1:14.39 *	1:20.59 *	1:26.69 *
3:29.89 *	3:14.99 *	2:59.99 *	2:52.49 *	2:44.99 *	2:37.49 *	200 BR LCM	2:21.89 *	2:28.59 *	2:35.39 *	2:42.19 *	2:55.69 *	3:09.19 *
1:23.59 *	1:17.69 *	1:11.69 *	1:08.69 *	1:05.69 *	1:02.69 *	100 FL LCM	55.99 *	58.69 *	1:01.29 *	1:03.99 *	1:09.29 *	1:14.59 *
3:04.49 *	2:51.39 *	2:38.19 *	2:31.59 *	2:24.99 *	2:18.39 *	200 FL LCM	2:05.29 *	2:11.29 *	2:17.19 *	2:23.19 *	2:35.09 *	2:46.99 *
3:09.29 *	2:55.79 *	2:42.29 *	2:35.49 *	2:28.79 *	2:21.99 *	200 IM LCM	2:08.99 *	2:15.09 *	2:21.19 *	2:27.39 *	2:39.59 *	2:51.89 *
6:40.29 *	6:11.69 *	5:43.09 *	5:28.79 *	5:14.49 *	5:00.29 *	400 IM LCM	4:35.69 *	4:48.79 *	5:01.89 *	5:15.09 *	5:41.29 *	6:07.59 *
2:34.19 *	2:23.19 *	2:12.19 *	2:06.69 *	2:01.19 *	1:55.59 *	200 FR-R LCM	1:40.99 *	1:45.79 *	1:50.59 *	1:55.39 *	2:04.99 *	2:14.59 *
5:34.19 *	5:10.29 *	4:46.39 *	4:34.49 *	4:22.59 *	4:10.59 *	400 FR-R LCM	3:40.49 *	3:50.99 *	4:01.49 *	4:11.99 *	4:32.99 *	4:53.99 *
12:15.79 *	11:23.29 *	10:30.69 *	10:04.39 *	9:38.19 *	9:11.89 *	800 FR-R LCM	8:10.89 *	8:34.19 *	8:57.59 *	9:20.99 *	10:07.69 *	10:54.49 *
2:51.39 *	2:39.09 *	2:26.89 *	2:20.79 *	2:14.69 *	2:08.49 *	200 MED-R LCM	1:51.39 *	1:56.69 *	2:01.99 *	2:07.29 *	2:17.89 *	2:28.49 *
6:10.89 *	5:44.39 *	5:17.89 *	5:04.69 *	4:51.39 *	4:38.19 *	400 MED-R LCM	4:02.89 *	4:14.49 *	4:26.09 *	4:37.59 *	5:00.79 *	5:23.89 *