



2005-2008 USA Swimming Motivational Time Standards

Long Course Meters

Female 10 & Under

		AAAA	AAA	AA	A	BB	B
50	Free	32.19	33.59	35.09	36.49	40.89	45.29
100	Free	1:10.79	1:14.49	1:18.19	1:21.89	1:32.99	1:43.99
200	Free	2:33.69	2:41.99	2:50.39	2:58.69	3:23.79	3:48.89
400	Free	5:23.39	5:38.79	5:54.29	6:09.69	6:55.79	7:42.09
50	Back	37.59	39.59	41.69	43.69	49.89	55.99
100	Back	1:21.69	1:26.29	1:30.79	1:35.29	1:48.89	2:02.49
50	Breast	41.59	43.89	46.09	48.29	54.89	1:01.59
100	Breast	1:31.79	1:36.89	1:41.99	1:47.09	2:02.39	2:17.69
50	Fly	35.59	37.79	39.89	42.09	48.59	55.09
100	Fly	1:21.19	1:26.99	1:32.89	1:38.69	1:56.19	2:13.69
200	IM	2:53.99	3:02.89	3:11.79	3:20.59	3:47.29	4:13.89

Female 11-12

		AAAA	AAA	AA	A	BB	B
50	Free	29.69	30.99	32.39	33.69	36.39	39.19
100	Free	1:04.79	1:07.89	1:10.99	1:14.09	1:20.19	1:26.39
200	Free	2:19.29	2:25.89	2:32.49	2:39.19	2:52.39	3:05.69
400	Free	4:50.79	5:04.69	5:18.49	5:32.39	6:00.09	6:27.79
800	Free	10:09.39	10:38.39	11:07.49	11:36.49	12:34.49	13:32.49
1500	Free	19:35.89	20:31.79	21:27.79	22:23.79	24:15.79	26:07.79
50	Back	34.29	35.89	37.59	39.19	42.49	45.69
100	Back	1:14.19	1:18.19	1:22.29	1:26.29	1:34.39	1:42.39
200	Back	2:38.09	2:45.69	2:53.19	3:00.69	3:15.79	3:30.79
50	Breast	36.89	38.59	40.39	42.09	45.59	49.09
100	Breast	1:21.59	1:25.59	1:29.69	1:33.79	1:41.89	1:49.99
200	Breast	2:58.19	3:06.69	3:15.19	3:23.69	3:40.59	3:57.59
50	Fly	32.09	33.59	35.09	36.59	39.69	42.69
100	Fly	1:11.09	1:14.99	1:18.99	1:22.89	1:30.79	1:38.69
200	Fly	2:39.79	2:47.39	2:54.99	3:02.59	3:17.79	3:33.09
200	IM	2:37.69	2:45.19	2:52.69	3:00.19	3:15.19	3:30.19
400	IM	5:39.09	5:55.29	6:11.39	6:27.59	6:59.79	7:32.09

Female 13-14

		AAAA	AAA	AA	A	BB	B
50	Free	28.69	30.09	31.39	32.79	35.49	38.19
100	Free	1:02.19	1:05.09	1:08.09	1:11.09	1:16.99	1:22.89
200	Free	2:13.49	2:19.89	2:26.19	2:32.59	2:45.29	2:57.99
400	Free	4:37.09	4:50.29	5:03.49	5:16.59	5:42.99	6:09.39
800	Free	9:26.99	9:53.99	10:20.99	10:47.99	11:41.99	12:35.99
1500	Free	18:04.79	18:56.49	19:48.09	20:39.79	22:23.09	24:06.39
100	Back	1:10.09	1:13.49	1:16.79	1:20.09	1:26.79	1:33.49
200	Back	2:29.99	2:37.19	2:44.29	2:51.39	3:05.69	3:19.99
100	Breast	1:17.99	1:21.69	1:25.39	1:29.09	1:36.59	1:43.99
200	Breast	2:47.99	2:55.99	3:03.99	3:11.99	3:27.99	3:43.99
100	Fly	1:07.59	1:10.79	1:14.09	1:17.29	1:23.69	1:30.19
200	Fly	2:28.29	2:35.39	2:42.39	2:49.49	3:03.59	3:19.69
200	IM	2:30.89	2:37.99	2:45.19	2:52.39	3:06.79	3:21.09
400	IM	5:16.99	5:32.09	5:47.19	6:02.29	6:32.49	7:02.69

Female 15-16

		AAAA	AAA	AA	A	BB	B
50	Free	28.29	29.59	30.89	32.29	34.99	37.69
100	Free	1:00.89	1:03.79	1:06.69	1:09.59	1:15.29	1:21.09
200	Free	2:10.79	2:16.99	2:23.19	2:29.39	2:41.89	2:54.29
400	Free	4:33.19	4:46.19	4:59.19	5:12.19	5:38.19	6:04.19
800	Free	9:21.69	9:48.39	10:15.19	10:41.89	11:35.39	12:28.89
1500	Free	17:54.79	18:45.99	19:37.19	20:28.39	22:10.69	23:53.09
100	Back	1:08.49	1:11.79	1:14.99	1:18.29	1:24.79	1:31.29
200	Back	2:26.39	2:33.39	2:40.29	2:47.29	3:01.29	3:15.19
100	Breast	1:16.79	1:20.39	1:24.09	1:27.69	1:34.99	1:42.29
200	Breast	2:44.89	2:52.79	3:00.59	3:08.49	3:24.19	3:39.89
100	Fly	1:06.39	1:09.49	1:12.69	1:15.89	1:22.19	1:28.49
200	Fly	2:24.09	2:30.99	2:37.79	2:44.69	2:58.39	3:12.09
200	IM	2:27.09	2:34.09	2:41.09	2:48.09	3:02.09	3:16.09
400	IM	5:11.99	5:26.79	5:41.69	5:56.59	6:26.29	6:55.99

Female 17-18

		AAAA	AAA	AA	A	BB	B
50	Free	28.19	29.49	30.79	32.19	34.89	37.49
100	Free	1:00.59	1:03.39	1:06.29	1:09.19	1:14.99	1:20.69
200	Free	2:09.59	2:15.79	2:21.99	2:28.09	2:40.49	2:52.79
400	Free	4:30.69	4:43.59	4:56.49	5:09.39	5:35.19	6:00.99
800	Free	9:14.69	9:41.09	10:07.59	10:33.99	11:26.79	12:19.59
1500	Free	17:44.89	18:35.59	19:26.39	20:17.09	21:58.49	23:39.89
100	Back	1:08.09	1:11.29	1:14.59	1:17.79	1:24.29	1:30.79
200	Back	2:25.49	2:32.39	2:39.39	2:46.29	3:00.09	3:13.99
100	Breast	1:16.59	1:20.29	1:23.89	1:27.59	1:34.89	1:42.19
200	Breast	2:44.99	2:52.89	3:00.79	3:08.59	3:24.29	3:39.99
100	Fly	1:05.79	1:08.99	1:12.09	1:15.19	1:21.49	1:27.79

200	Fly	2:22.09	2:28.89	2:35.59	2:42.39	2:55.89	3:09.49
200	IM	2:27.19	2:34.19	2:41.19	2:48.29	3:02.29	3:16.29
400	IM	5:10.79	5:25.59	5:40.39	5:55.19	6:24.79	6:54.39

Male 10 & Under

		AAAA	AAA	AA	A	BB	B
50	Free	32.09	33.49	34.79	36.19	40.39	44.49
100	Free	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09	1:41.59
200	Free	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49
400	Free	5:20.99	5:36.29	5:51.49	6:06.79	6:52.69	7:38.49
50	Back	37.89	39.99	42.09	44.19	50.49	56.79
100	Back	1:21.29	1:25.39	1:29.49	1:33.69	1:46.09	1:58.49
50	Breast	41.99	44.09	46.29	48.49	55.09	1:01.59
100	Breast	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79	2:13.59
50	Fly	35.09	36.99	38.99	40.99	46.89	52.89
100	Fly	1:20.39	1:25.99	1:31.59	1:37.19	1:53.99	2:10.79
200	IM	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69

Male 11-12

		AAAA	AAA	AA	A	BB	B
50	Free	28.79	30.19	31.59	32.99	35.69	38.39
100	Free	1:02.59	1:05.59	1:08.59	1:11.59	1:17.49	1:23.49
200	Free	2:16.29	2:22.69	2:29.19	2:35.69	2:48.69	3:01.69
400	Free	4:48.09	5:01.79	5:15.49	5:29.19	5:56.59	6:24.09
800	Free	10:11.89	10:41.09	11:10.19	11:39.29	12:37.59	13:35.89
1500	Free	19:39.39	20:35.59	21:31.69	22:27.89	24:20.19	26:12.49
50	Back	33.49	35.29	36.99	38.79	42.29	45.79
100	Back	1:11.89	1:15.79	1:19.69	1:23.59	1:31.39	1:39.29
200	Back	2:37.79	2:45.29	2:52.79	3:00.29	3:15.29	3:30.29
50	Breast	36.99	38.99	41.09	43.09	47.09	51.09
100	Breast	1:20.99	1:25.19	1:29.39	1:33.59	1:41.99	1:50.49
200	Breast	2:56.09	3:04.49	3:12.79	3:21.19	3:37.99	3:54.69
50	Fly	31.39	33.09	34.79	36.59	39.99	43.49
100	Fly	1:09.99	1:13.99	1:18.09	1:22.09	1:30.19	1:38.19
200	Fly	2:38.29	2:45.79	2:53.29	3:00.89	3:15.89	3:30.99
200	IM	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89	3:29.59
400	IM	5:36.29	5:52.29	6:08.29	6:24.29	6:56.29	7:28.29

Male 13-14

		AAAA	AAA	AA	A	BB	B
50	Free	26.79	28.09	29.39	30.59	33.19	35.69
100	Free	58.29	1:01.09	1:03.89	1:06.59	1:12.19	1:17.69
200	Free	2:06.89	2:12.89	2:18.99	2:24.99	2:37.09	2:49.19
400	Free	4:27.39	4:40.19	4:52.89	5:05.59	5:31.09	5:56.49
800	Free	9:12.39	9:38.69	10:04.99	10:31.29	11:23.99	12:16.59
1500	Free	17:41.49	18:32.09	19:22.59	20:13.09	21:54.19	23:35.29
100	Back	1:05.69	1:08.79	1:11.89	1:15.09	1:21.29	1:27.59

200	Back	2:21.39	2:28.19	2:34.89	2:41.59	2:55.09	3:08.59
100	Breast	1:13.09	1:16.59	1:20.09	1:23.59	1:30.49	1:37.49
200	Breast	2:39.59	2:47.19	2:54.79	3:02.39	3:17.59	3:32.79
100	Fly	1:02.99	1:05.99	1:08.99	1:11.99	1:17.99	1:23.99
200	Fly	2:19.99	2:26.59	2:33.29	2:39.89	2:53.29	3:06.59
200	IM	2:22.49	2:29.19	2:35.99	2:42.79	2:56.39	3:09.89
400	IM	5:02.89	5:17.39	5:31.79	5:46.19	6:15.09	6:43.89

Male 15-16

		AAAA	AAA	AA	A	BB	B
50	Free	25.69	26.89	28.09	29.39	31.79	34.19
100	Free	56.09	58.79	1:01.39	1:04.09	1:09.39	1:14.79
200	Free	2:01.59	2:07.39	2:13.19	2:18.99	2:30.49	2:42.09
400	Free	4:16.69	4:28.89	4:41.09	4:53.29	5:17.79	5:42.19
800	Free	8:49.09	9:14.29	9:39.39	10:04.59	10:54.99	11:45.39
1500	Free	16:57.59	17:46.09	18:34.49	19:22.99	20:59.89	22:36.79
100	Back	1:02.69	1:05.69	1:08.69	1:11.69	1:17.59	1:23.59
200	Back	2:14.99	2:21.49	2:27.89	2:34.29	2:47.19	2:59.99
100	Breast	1:10.49	1:13.89	1:17.19	1:20.59	1:27.29	1:33.99
200	Breast	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79	3:23.29
100	Fly	1:00.39	1:03.29	1:06.19	1:09.09	1:14.79	1:20.59
200	Fly	2:13.19	2:19.49	2:25.89	2:32.19	2:44.89	2:57.59
200	IM	2:17.49	2:23.99	2:30.59	2:37.09	2:50.19	3:03.29
400	IM	4:48.69	5:02.49	5:16.19	5:29.99	5:57.49	6:24.99

Male 17-18

		AAAA	AAA	AA	A	BB	B
50	Free	25.09	26.29	27.49	28.69	31.09	33.49
100	Free	54.89	57.49	1:00.09	1:02.69	1:07.99	1:13.19
200	Free	1:59.29	2:04.99	2:10.59	2:16.29	2:27.69	2:38.99
400	Free	4:12.29	4:24.39	4:36.39	4:48.39	5:12.39	5:36.39
800	Free	8:44.19	9:09.19	9:34.09	9:59.09	10:48.99	11:38.89
1500	Free	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79	22:10.89
100	Back	1:01.49	1:04.39	1:07.29	1:10.29	1:16.09	1:21.99
200	Back	2:12.19	2:18.49	2:24.79	2:31.09	2:43.69	2:56.29
100	Breast	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
200	Breast	2:29.09	2:36.19	2:43.29	2:50.39	3:04.59	3:18.79
100	Fly	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
200	Fly	2:10.89	2:17.09	2:23.29	2:29.49	2:41.99	2:54.49
200	IM	2:13.69	2:20.09	2:26.49	2:32.79	2:45.59	2:58.29
400	IM	4:44.79	4:58.39	5:11.99	5:25.49	5:52.59	6:19.79