



2005-2008 USA Swimming Motivational Time Standards

Short Course Yards

Female 10 & Under

		AAAA	AAA	AA	A	BB	B
50	Free	28.49	29.79	31.09	32.39	36.19	40.09
100	Free	1:02.59	1:05.79	1:09.09	1:12.29	1:22.09	1:31.89
200	Free	2:14.39	2:21.79	2:29.09	2:36.39	2:58.29	3:20.19
500	Free	5:57.39	6:14.39	6:31.39	6:48.39	7:39.49	8:30.49
50	Back	32.79	34.59	36.39	38.19	43.49	48.89
100	Back	1:10.49	1:14.39	1:18.29	1:22.19	1:33.99	1:45.69
50	Breast	36.29	38.19	40.09	41.99	47.79	53.59
100	Breast	1:19.99	1:24.49	1:28.89	1:33.39	1:46.69	1:59.99
50	Fly	31.49	33.39	35.29	37.29	42.99	48.79
100	Fly	1:11.29	1:16.49	1:21.59	1:26.69	1:42.09	1:57.49
100	IM	1:11.89	1:15.69	1:19.39	1:23.19	1:34.39	1:45.69
200	IM	2:32.69	2:40.39	2:48.19	2:55.99	3:19.39	3:42.69

Female 11-12

		AAAA	AAA	AA	A	BB	B
50	Free	26.19	27.39	28.59	29.79	32.19	34.59
100	Free	55.19	57.79	1:00.49	1:03.09	1:08.29	1:13.59
200	Free	2:02.59	2:08.49	2:14.29	2:20.19	2:31.79	2:43.49
500	Free	5:23.09	5:38.49	5:53.89	6:09.29	6:40.09	7:10.79
1000	Free	11:16.29	11:48.49	12:20.79	12:52.99	13:57.39	15:01.79
1650	Free	18:58.99	19:53.19	20:47.49	21:41.69	23:30.19	25:18.59
50	Back	29.99	31.39	32.79	34.29	37.09	39.99
100	Back	1:04.39	1:07.89	1:11.39	1:14.89	1:21.89	1:28.89
200	Back	2:17.49	2:23.99	2:30.59	2:37.09	2:50.19	3:03.29
50	Breast	33.19	34.79	36.39	37.99	41.09	44.29
100	Breast	1:11.49	1:15.09	1:18.59	1:22.19	1:29.29	1:36.39
200	Breast	2:35.49	2:42.89	2:50.29	2:57.69	3:12.49	3:27.29
50	Fly	28.59	29.89	31.29	32.69	35.39	38.09
100	Fly	1:03.09	1:06.59	1:10.09	1:13.59	1:20.59	1:27.59
200	Fly	2:19.79	2:26.39	2:33.09	2:39.69	2:52.99	3:06.29
100	IM	1:04.89	1:07.99	1:11.09	1:14.09	1:20.29	1:26.49
200	IM	2:18.79	2:25.39	2:31.99	2:38.59	2:51.79	3:04.99

400	IM	4:55.79	5:09.89	5:23.99	5:38.09	6:06.19	6:34.39
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Female 13-14

		AAAA	AAA	AA	A	BB	B
50	Free	25.09	26.29	27.49	28.69	30.99	33.39
100	Free	54.49	57.09	59.59	1:02.19	1:07.39	1:12.59
200	Free	1:57.49	2:02.99	2:08.59	2:14.19	2:25.39	2:36.59
500	Free	5:08.79	5:23.49	5:38.29	5:52.99	6:22.39	6:51.79
1000	Free	10:36.69	11:06.99	11:37.29	12:07.59	13:08.29	14:08.89
1650	Free	17:40.69	18:31.19	19:21.69	20:12.19	21:53.19	23:34.19
100	Back	1:00.09	1:02.99	1:05.89	1:08.69	1:14.39	1:20.19
200	Back	2:08.89	2:14.99	2:21.19	2:27.29	2:39.59	2:51.79
100	Breast	1:08.29	1:11.49	1:14.79	1:17.99	1:24.49	1:30.99
200	Breast	2:26.99	2:33.99	2:40.99	2:47.99	3:01.99	3:15.99
100	Fly	59.59	1:02.39	1:05.29	1:08.09	1:13.79	1:19.39
200	Fly	2:10.09	2:16.29	2:22.39	2:28.59	2:40.99	2:53.39
200	IM	2:12.39	2:18.69	2:24.99	2:31.29	2:43.89	2:56.89
400	IM	4:39.69	4:52.99	5:06.29	5:19.59	5:46.19	6:12.89

Female 15-16

		AAAA	AAA	AA	A	BB	B
50	Free	24.69	25.89	26.99	28.19	30.49	32.89
100	Free	53.49	55.99	58.59	1:01.09	1:06.19	1:11.29
200	Free	1:54.99	2:00.49	2:05.99	2:11.49	2:22.39	2:33.39
500	Free	5:04.79	5:19.29	5:33.79	5:48.39	6:17.39	6:46.39
1000	Free	10:26.39	10:56.19	11:25.99	11:55.89	12:55.49	13:55.19
1650	Free	17:29.09	18:18.99	19:08.99	19:58.89	21:38.89	23:18.79
100	Back	59.19	1:02.09	1:04.89	1:07.69	1:13.29	1:18.99
200	Back	2:07.59	2:13.69	2:19.79	2:25.89	2:37.99	2:50.19
100	Breast	1:06.79	1:09.99	1:13.19	1:16.39	1:22.69	1:29.09
200	Breast	2:24.09	2:30.89	2:37.79	2:44.69	2:58.39	3:12.09
100	Fly	58.49	1:01.29	1:04.09	1:06.89	1:12.39	1:17.99
200	Fly	2:08.29	2:14.39	2:20.49	2:26.59	2:38.79	2:50.99
200	IM	2:09.79	2:15.99	2:22.19	2:28.39	2:40.69	2:53.09
400	IM	4:34.89	4:47.89	5:00.99	5:14.09	5:40.29	6:06.49

Female 17-18

		AAAA	AAA	AA	A	BB	B
50	Free	24.59	25.79	26.99	28.19	30.49	32.79
100	Free	53.19	55.69	58.19	1:00.79	1:05.79	1:10.89
200	Free	1:54.29	1:59.69	2:05.09	2:10.59	2:21.49	2:32.29
500	Free	5:02.89	5:17.29	5:31.79	5:46.19	6:14.99	6:43.89
1000	Free	10:24.39	10:54.19	11:23.89	11:53.59	12:53.09	13:52.59
1650	Free	17:19.69	18:09.19	18:58.69	19:48.19	21:27.19	23:06.19
100	Back	58.59	1:01.39	1:04.19	1:06.99	1:12.59	1:18.19
200	Back	2:05.89	2:11.89	2:17.89	2:23.89	2:35.89	2:47.89
100	Breast	1:06.79	1:09.99	1:13.19	1:16.39	1:22.69	1:29.09

200	Breast	2:24.19	2:31.09	2:37.99	2:44.79	2:58.59	3:12.29
100	Fly	57.79	1:00.49	1:03.29	1:05.99	1:11.49	1:16.99
200	Fly	2:06.19	2:12.19	2:18.19	2:24.19	2:36.19	2:48.19
200	IM	2:08.59	2:14.69	2:20.89	2:26.99	2:39.19	2:51.49
400	IM	4:33.29	4:46.29	4:59.29	5:12.29	5:38.29	6:04.39

Male 10 & Under

		AAAA	AAA	AA	A	BB	B
50	Free	28.29	29.49	30.69	31.89	35.59	39.19
100	Free	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19
200	Free	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89
500	Free	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79
50	Back	32.89	34.69	36.59	38.39	43.89	49.29
100	Back	1:10.79	1:14.39	1:18.09	1:21.69	1:32.49	1:43.29
50	Breast	36.69	38.59	40.59	42.49	48.19	53.89
100	Breast	1:20.59	1:24.69	1:28.69	1:32.69	1:44.79	1:56.79
50	Fly	31.29	33.09	34.89	36.69	41.99	47.29
100	Fly	1:10.89	1:15.89	1:20.79	1:25.69	1:40.59	1:55.39
100	IM	1:11.09	1:14.49	1:17.89	1:21.29	1:31.39	1:41.59
200	IM	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89

Male 11-12

		AAAA	AAA	AA	A	BB	B
50	Free	25.09	26.19	27.39	28.59	30.99	33.39
100	Free	54.99	57.59	1:00.19	1:02.89	1:08.09	1:13.29
200	Free	1:59.49	2:05.19	2:10.89	2:16.59	2:27.99	2:39.39
500	Free	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49
1000	Free	11:12.79	11:44.89	12:16.89	12:49.89	13:52.99	14:57.09
1650	Free	18:53.89	19:47.89	20:41.89	21:35.89	23:23.89	25:11.89
50	Back	29.19	30.69	32.19	33.69	36.79	39.79
100	Back	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79
200	Back	2:14.59	2:20.99	2:27.39	2:33.79	2:46.59	2:59.39
50	Breast	32.29	34.09	35.79	37.59	41.09	44.59
100	Breast	1:10.09	1:13.79	1:17.39	1:21.09	1:28.39	1:35.69
200	Breast	2:31.39	2:38.59	2:45.79	2:52.99	3:07.39	3:21.79
50	Fly	27.79	29.39	30.89	32.39	35.49	38.59
100	Fly	1:01.49	1:05.09	1:08.59	1:12.19	1:19.29	1:26.39
200	Fly	2:18.49	2:25.09	2:31.69	2:38.29	2:51.49	3:04.69
100	IM	1:02.99	1:05.99	1:09.09	1:12.19	1:18.29	1:24.39
200	IM	2:15.19	2:22.09	2:28.99	2:35.89	2:49.69	3:03.49
400	IM	4:50.49	5:04.29	5:18.09	5:31.99	5:59.59	6:27.29

Male 13-14

		AAAA	AAA	AA	A	BB	B
50	Free	23.29	24.39	25.49	26.59	28.79	31.09
100	Free	50.79	53.19	55.59	57.99	1:02.89	1:07.69
200	Free	1:50.09	1:55.39	2:00.59	2:05.79	2:16.29	2:26.79

500	Free	4:56.99	5:11.09	5:25.29	5:39.39	6:07.69	6:35.99
1000	Free	10:13.79	10:43.09	11:12.29	11:41.49	12:39.99	13:38.39
1650	Free	17:03.29	17:51.99	18:40.79	19:29.49	21:06.99	22:44.39
100	Back	56.79	59.49	1:02.19	1:04.89	1:10.29	1:15.69
200	Back	2:02.09	2:07.89	2:13.69	2:19.49	2:31.09	2:42.79
100	Breast	1:03.29	1:06.29	1:09.29	1:12.29	1:18.39	1:24.39
200	Breast	2:16.79	2:23.29	2:29.79	2:36.29	2:49.39	3:02.39
100	Fly	55.49	58.09	1:00.79	1:03.39	1:08.69	1:13.99
200	Fly	2:03.19	2:09.09	2:14.99	2:20.79	2:32.59	2:44.29
200	IM	2:04.09	2:09.99	2:15.89	2:21.89	2:33.69	2:45.49
400	IM	4:24.59	4:37.19	4:49.79	5:02.39	5:27.59	5:52.79

Male 15-16

		AAAA	AAA	AA	A	BB	B
50	Free	22.19	23.29	24.29	25.39	27.49	29.59
100	Free	48.49	50.79	53.09	55.39	59.99	1:04.59
200	Free	1:45.69	1:50.69	1:55.79	2:00.79	2:10.89	2:20.89
500	Free	4:44.59	4:58.19	5:11.69	5:25.29	5:52.29	6:19.39
1000	Free	9:48.19	10:16.19	10:44.19	11:12.19	12:08.19	13:04.19
1650	Free	16:26.99	17:13.99	18:00.99	18:47.99	20:21.89	21:55.89
100	Back	53.69	56.19	58.79	1:01.29	1:06.39	1:11.49
200	Back	1:56.09	2:01.59	2:07.09	2:12.69	2:23.69	2:34.79
100	Breast	1:00.59	1:03.39	1:06.29	1:09.19	1:14.99	1:20.69
200	Breast	2:11.39	2:17.59	2:23.89	2:30.09	2:42.59	2:55.09
100	Fly	52.99	55.49	57.99	1:00.49	1:05.59	1:10.59
200	Fly	1:57.59	2:03.19	2:08.79	2:14.39	2:25.59	2:36.79
200	IM	1:58.69	2:04.39	2:09.99	2:15.69	2:26.99	2:38.29
400	IM	4:12.99	4:24.99	4:37.09	4:49.09	5:13.19	5:37.29

Male 17-18

		AAAA	AAA	AA	A	BB	B
50	Free	21.79	22.79	23.79	24.89	26.89	28.99
100	Free	47.59	49.79	52.09	54.29	58.89	1:03.39
200	Free	1:43.49	1:48.49	1:53.39	1:58.29	2:08.19	2:17.99
500	Free	4:37.99	4:51.19	5:04.49	5:17.69	5:44.19	6:10.59
1000	Free	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19	12:54.49
1650	Free	16:08.79	16:54.89	17:41.09	18:27.19	19:59.39	21:31.69
100	Back	52.49	54.99	57.49	59.99	1:04.99	1:09.99
200	Back	1:52.99	1:58.29	2:03.69	2:09.09	2:19.89	2:30.59
100	Breast	59.09	1:01.89	1:04.79	1:07.59	1:13.19	1:18.79
200	Breast	2:09.19	2:15.29	2:21.49	2:27.59	2:39.89	2:52.19
100	Fly	51.79	54.19	56.69	59.09	1:04.09	1:08.99
200	Fly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39	2:31.19
200	IM	1:55.99	2:01.49	2:06.99	2:12.49	2:23.59	2:34.59
400	IM	4:07.69	4:19.49	4:31.29	4:43.09	5:06.69	5:30.29