

USA SWIMMING 2024-2028 Motivational Standards



Long Course Meters

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
10 & under Girls						Event	10 & under Boys					
45.29 *	40.89 *	36.59 *	35.09 *	33.69 *	32.19 *	50 Free L	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 Free L	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 Free L	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 Free L	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 Back L	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 Back L	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 Breast L	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 Breast L	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 Fly L	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 Fly L	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 L	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 Free-R L	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 L	2:37.59 *	2:45.09 *	2:52.59 *	3:00.09 *	3:22.59 *	3:45.09 *
11-12 Girls						Event	11-12 Boys					
38.49 *	35.89 *	33.19 *	31.89 *	30.49 *	29.19 *	50 Free L	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 Free L	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 Free L	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 Free L	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 Free L	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 Free L	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 Back L	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 Back L	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 Back L	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 Breast L	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 Breast L	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 Breast L	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 Fly L	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 Fly L	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 Fly L	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 L	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 L	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 Free-R L	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 Free-R L	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 L	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 L	4:59.69 *	5:13.99 *	5:28.19 *	5:42.49 *	6:10.99 *	6:39.59 *
13-14 Girls						Event	13-14 Boys					
37.19 *	34.59 *	31.89 *	30.59 *	29.29 *	27.89 *	50 Free L	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 Free L	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 Free L	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 Free L	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 Free L	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 Free L	17:18.49 *	18:07.89 *	18:57.39 *	19:46.79 *	21:25.69 *	23:04.59 *
1:29.69 *	1:23.29 *	1:16.89 *	1:13.69 *	1:10.49 *	1:07.29 *	100 Back L	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 Back L	2:16.29 *	2:22.79 *	2:29.29 *	2:35.79 *	2:48.79 *	3:01.79 *
1:42.39 *	1:34.99 *	1:27.69 *	1:24.09 *	1:20.39 *	1:16.79 *	100 Breast L	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 Breast L	2:32.09 *	2:39.39 *	2:46.59 *	2:53.79 *	3:08.29 *	3:22.79 *
1:27.19 *	1:20.99 *	1:14.79 *	1:11.69 *	1:08.59 *	1:05.39 *	100 Fly L	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 Fly L	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 L	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 L	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 Free-R L	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 Free-R L	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 Free-R L	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 L	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 L	4:21.79 *	4:34.29 *	4:46.79 *	4:59.19 *	5:24.09 *	5:49.09 *

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Long Course Meters

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
15-16 Girls						Event	15-16 Boys					
36.09 *	33.49 *	30.89 *	29.59 *	28.29 *	27.09 *	50 Free L	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 Free L	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 Free L	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 Free L	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 Free L	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 Free L	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 Back L	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 Back L	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 Breast L	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 Breast L	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 Fly L	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 Fly L	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 L	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 L	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 Free-R L	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 Free-R L	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 Free-R L	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 L	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 L	4:15.89 *	4:28.09 *	4:40.19 *	4:52.39 *	5:16.79 *	5:41.19 *
17-18 Girls						Event	17-18 Boys					
35.89 *	33.29 *	30.69 *	29.49 *	28.19 *	26.89 *	50 Free L	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 Free L	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 Free L	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 Free L	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 Free L	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 Free L	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 Back L	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 Back L	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 Breast L	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 Breast L	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 Fly L	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 Fly L	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 L	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 L	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 Free-R L	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 Free-R L	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 Free-R L	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 L	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 L	4:02.89 *	4:14.49 *	4:26.09 *	4:37.59 *	5:00.79 *	5:23.89 *