

USA SWIMMING 2024-2028 Motivational Standards



Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & under Girls						Event	10 & under Boys					
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Back Y	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 Back Y	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 Breast Y	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 Breast Y	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 Fly Y	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 Fly Y	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 Y	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 Y	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 Free-R Y	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 Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Back Y	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 Back Y	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 Back Y	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 Breast Y	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 Breast Y	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 Breast Y	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 Fly Y	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 Fly Y	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 Fly Y	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 Y	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 Y	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 Y	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 Free-R Y	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 Free-R Y	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 Y	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 Y	4:14.79 *	4:26.99 *	4:39.09 *	4:51.19 *	5:15.49 *	5:39.79 *
13-14 Girls						Event	13-14 Boys					
32.49 *	30.19	27.89	26.69 *	25.59	24.39	50 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	16:47.19 *	17:35.19 *	18:23.09 *	19:11.09 *	20:46.99 *	22:22.89 *
1:16.89 *	1:11.39 *	1:05.89 *	1:03.19 *	1:00.49 *	57.69 *	100 Back Y	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 Back Y	1:55.99 *	2:01.59 *	2:07.09 *	2:12.59 *	2:23.69 *	2:34.69 *
1:28.69 *	1:22.29 *	1:15.99 *	1:12.89 *	1:09.69 *	1:06.49 *	100 Breast Y	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 Breast Y	2:11.19 *	2:17.39 *	2:23.59 *	2:29.89 *	2:42.39 *	2:54.89 *
1:16.79 *	1:11.29 *	1:05.89 *	1:03.09 *	1:00.39 *	57.59 *	100 Fly Y	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 Fly Y	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 Y	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 Y	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 Free-R Y	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 Free-R Y	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 Free-R Y	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 Y	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 Y	3:44.49 *	3:55.19 *	4:05.89 *	4:16.49 *	4:37.89 *	4:59.29 *

USA SWIMMING 2024-2028 Motivational Standards



Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
15-16 Girls						Event	15-16 Boys					
31.79	29.49	27.29 *	26.09	24.99	23.89 *	50 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Back Y	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 Back Y	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 Breast Y	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 Breast Y	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 Fly Y	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 Fly Y	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 Y	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 Y	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 Free-R Y	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 Free-R Y	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 Free-R Y	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 Y	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 Y	3:40.69 *	3:51.19 *	4:01.69 *	4:12.19 *	4:33.19 *	4:54.19 *
17-18 Girls						Event	17-18 Boys					
31.39	29.09	26.89	25.79	24.69 *	23.49	50 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Free Y	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 Back Y	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 Back Y	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 Breast Y	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 Breast Y	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 Fly Y	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 Fly Y	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 Y	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 Y	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 Free-R Y	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 Free-R Y	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 Free-R Y	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 Y	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 Y	3:27.59 *	3:37.49 *	3:47.39 *	3:57.29 *	4:17.09 *	4:36.79 *