



# U.S. OLYMPIC TEAM TRIALS



JUNE 2021  
OMAHA, NE

## OFFICIAL TIME STANDARDS

### WOMEN

### MEN

| WAVE I   | WAVE II  | 2020 OLYMPIC TRIALS   | WAVE II  | WAVE I   |
|----------|----------|-----------------------|----------|----------|
| 25.99    | 25.65    | 50 Freestyle          | 22.71    | 23.19    |
| 56.29    | 55.56    | 100 Freestyle         | 49.74    | 50.49    |
| 2:01.69  | 2:00.24  | 200 Freestyle         | 1:49.65  | 1:50.79  |
| 4:16.89  | 4:13.28  | 400 Freestyle         | 3:54.21  | 3:57.29  |
| 8:48.09  | 8:44.01  | 800 Freestyle         | 8:08.95  | 8:12.99  |
| 16:49.19 | 16:44.60 | 1500 Freestyle        | 15:35.69 | 15:44.89 |
| 1:02.69  | 1:01.49  | 100 Backstroke        | 55.51    | 56.59    |
| 2:14.69  | 2:12.94  | 200 Backstroke        | 2:00.81  | 2:02.99  |
| 1:10.99  | 1:09.55  | 100 Breaststroke      | 1:01.97  | 1:03.29  |
| 2:33.29  | 2:30.49  | 200 Breaststroke      | 2:15.28  | 2:17.89  |
| 1:00.69  | 59.59    | 100 Butterfly         | 53.37    | 54.19    |
| 2:14.59  | 2:12.56  | 200 Butterfly         | 1:59.63  | 2:01.19  |
| 2:17.39  | 2:15.26  | 200 Individual Medley | 2:03.02  | 2:04.09  |
| 4:51.79  | 4:47.72  | 400 Individual Medley | 4:23.24  | 4:25.99  |
|          |          |                       |          |          |

**WAVE I DATES:** JUNE 4-7, 2021

**WAVE II DATES:** JUNE 13-20, 2021

**QUALIFYING PERIOD FOR WAVE I:** NOV. 28, 2018 - MAY 30, 2021

**QUALIFYING PERIOD FOR WAVE II:** NOV. 28, 2018 - MAY 30, 2021