



8/29/2024 1:21:39 AM

Short Course Meters

10 & under Girls						Event	10 & under Boys					
43.99 *	39.79 *	35.49 *	34.09 *	32.69 *	31.29 *	50 FR SCM	30.39 *	31.69 *	32.99 *	34.29 *	38.19 *	42.19 *
1:40.29 *	1:29.69 *	1:18.99 *	1:15.39 *	1:11.89 *	1:08.29 *	100 FR SCM	1:07.09 *	1:10.39 *	1:13.79 *	1:17.09 *	1:27.19 *	1:37.19 *
3:43.99 *	3:19.49 *	2:54.99 *	2:46.79 *	2:38.59 *	2:30.39 *	200 FR SCM	2:26.59 *	2:33.59 *	2:40.59 *	2:47.49 *	3:08.49 *	3:29.39 *
7:32.19 *	6:46.89 *	6:01.69 *	5:46.69 *	5:31.59 *	5:16.49 *	400 FR SCM	5:08.89 *	5:23.59 *	5:38.29 *	5:52.99 *	6:37.09 *	7:21.19 *
53.69 *	47.79 *	41.89 *	39.99 *	37.99 *	36.09 *	50 BK SCM	35.59 *	37.59 *	39.59 *	41.49 *	47.39 *	53.39 *
1:56.89 *	1:43.89 *	1:30.89 *	1:26.59 *	1:22.29 *	1:17.99 *	100 BK SCM	1:16.29 *	1:20.09 *	1:23.99 *	1:27.89 *	1:39.59 *	1:51.19 *
1:00.29 *	53.79 *	47.29 *	45.09 *	42.99 *	40.79 *	50 BR SCM	40.19 *	42.29 *	44.39 *	46.49 *	52.79 *	58.99 *
2:12.89 *	1:58.19 *	1:43.39 *	1:38.49 *	1:33.59 *	1:28.69 *	100 BR SCM	1:26.99 *	1:31.39 *	1:35.69 *	1:40.09 *	1:53.09 *	2:06.09 *
53.49 *	47.19 *	40.89 *	38.79 *	36.69 *	34.59 *	50 FL SCM	33.99 *	35.99 *	37.89 *	39.79 *	45.59 *	51.39 *
2:08.89 *	1:52.09 *	1:35.19 *	1:29.49 *	1:23.89 *	1:18.29 *	100 FL SCM	1:17.09 *	1:22.49 *	1:27.79 *	1:33.19 *	1:49.29 *	2:05.49 *
1:55.19 *	1:42.99 *	1:30.69 *	1:26.59 *	1:22.49 *	1:18.39 *	100 IM SCM	1:17.09 *	1:20.79 *	1:24.39 *	1:28.09 *	1:39.09 *	1:50.09 *
4:05.39 *	3:39.59 *	3:13.89 *	3:05.29 *	2:56.79 *	2:48.19 *	200 IM SCM	2:46.69 *	2:55.09 *	3:03.39 *	3:11.69 *	3:36.59 *	4:01.59 *
3:11.39 *	2:52.19 *	2:33.09 *	2:26.69 *	2:20.29 *	2:13.99 *	200 FR-R SCM	2:12.79 *	2:19.09 *	2:25.39 *	2:31.69 *	2:50.69 *	3:09.69 *
3:35.49 *	3:13.89 *	2:52.39 *	2:45.19 *	2:37.99 *	2:30.79 *	200 MED-R SCM	2:29.59 *	2:36.69 *	2:43.79 *	2:50.89 *	3:12.29 *	3:33.69 *

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
11-12 Girls						Event	11-12 Boys					
37.59 *	34.99 *	32.39 *	31.09 *	29.79 *	28.49 *	50 FR SCM	27.19 *	28.49 *	29.79 *	31.09 *	33.69 *	36.29 *
1:22.49 *	1:16.59 *	1:10.69 *	1:07.79 *	1:04.89 *	1:01.89 *	100 FR SCM	59.19 *	1:02.09 *	1:04.89 *	1:07.69 *	1:13.29 *	1:18.99 *
2:59.59 *	2:46.79 *	2:33.99 *	2:27.59 *	2:21.09 *	2:14.69 *	200 FR SCM	2:09.29 *	2:15.49 *	2:21.59 *	2:27.79 *	2:40.09 *	2:52.39 *
6:22.29 *	5:54.99 *	5:27.69 *	5:14.09 *	5:00.39 *	4:46.79 *	400 FR SCM	4:35.59 *	4:48.69 *	5:01.79 *	5:14.99 *	5:41.19 *	6:07.49 *
13:09.89 *	12:13.49 *	11:16.99 *	10:48.79 *	10:20.59 *	9:52.39 *	800 FR SCM	9:39.79 *	10:07.39 *	10:34.99 *	11:02.59 *	11:57.89 *	12:53.09 *
24:58.39 *	23:11.29 *	21:24.29 *	20:30.79 *	19:37.29 *	18:43.79 *	1500 FR SCM	18:14.19 *	19:06.29 *	19:58.39 *	20:50.49 *	22:34.69 *	24:18.89 *
42.79 *	39.79 *	36.69 *	35.19 *	33.59 *	32.09 *	50 BK SCM	31.19 *	32.79 *	34.49 *	36.09 *	39.29 *	42.59 *
1:35.69 *	1:28.19 *	1:20.59 *	1:16.89 *	1:13.09 *	1:09.29 *	100 BK SCM	1:05.79	1:09.39	1:12.89 *	1:16.49 *	1:23.69	1:30.79 *
3:18.29 *	3:04.19 *	2:49.99 *	2:42.89 *	2:35.79 *	2:28.79 *	200 BK SCM	2:23.29 *	2:30.09 *	2:36.89 *	2:43.69 *	2:57.39 *	3:10.99 *
48.59 *	45.19 *	41.69 *	39.89 *	38.19 *	36.49 *	50 BR SCM	34.89 *	36.69 *	38.59 *	40.49 *	44.29 *	48.09 *
1:46.59 *	1:38.69 *	1:30.79 *	1:26.89 *	1:22.99 *	1:18.99 *	100 BR SCM	1:14.99 *	1:18.89 *	1:22.79 *	1:26.69 *	1:34.49 *	1:42.29
3:47.29 *	3:31.09 *	3:14.89 *	3:06.69 *	2:58.59 *	2:50.49 *	200 BR SCM	2:42.79 *	2:50.59 *	2:58.29 *	3:06.09 *	3:21.59 *	3:37.09 *
40.79 *	37.79 *	34.89 *	33.49 *	31.99 *	30.59 *	50 FL SCM	29.59	31.19	32.79	34.49	37.69 *	40.99
1:34.79 *	1:27.19 *	1:19.59 *	1:15.79 *	1:12.09 *	1:08.29 *	100 FL SCM	1:05.29 *	1:08.99 *	1:12.79 *	1:16.49 *	1:24.09 *	1:31.59 *
3:22.59 *	3:08.19 *	2:53.69 *	2:46.49 *	2:39.19 *	2:31.99 *	200 FL SCM	2:26.29 *	2:33.29	2:40.29	2:47.19 *	3:01.19	3:15.09 *
1:34.19 *	1:27.49 *	1:20.69 *	1:17.39 *	1:13.99 *	1:10.59 *	100 IM SCM	1:07.49 *	1:10.69 *	1:13.99 *	1:17.29 *	1:23.89 *	1:30.49 *
3:23.19 *	3:08.69 *	2:54.19 *	2:46.89 *	2:39.59 *	2:32.39 *	200 IM SCM	2:25.99 *	2:33.39 *	2:40.89 *	2:48.29 *	3:03.19 *	3:18.09 *
7:12.79 *	6:41.89 *	6:10.99 *	5:55.59 *	5:40.09 *	5:24.59 *	400 IM SCM	5:12.49 *	5:27.39 *	5:42.29 *	5:57.19 *	6:26.89 *	6:56.69 *
2:39.89 *	2:28.49 *	2:17.09 *	2:11.39 *	2:05.69 *	1:59.99 *	200 FR-R SCM	1:55.29 *	2:00.79 *	2:06.29 *	2:11.79 *	2:22.79 *	2:33.69 *
5:51.59 *	5:26.39 *	5:01.29 *	4:48.79 *	4:36.19 *	4:23.69 *	400 FR-R SCM	4:14.19 *	4:26.29 *	4:38.39 *	4:50.49 *	5:14.69 *	5:38.99 *
2:58.09 *	2:45.39 *	2:32.69 *	2:26.29 *	2:19.89 *	2:13.59 *	200 MED-R SCM	2:07.79 *	2:13.79 *	2:19.89 *	2:25.99 *	2:38.19 *	2:50.29 *
6:30.59 *	6:02.69 *	5:34.79 *	5:20.89 *	5:06.89 *	4:52.99 *	400 MED-R SCM	4:41.59 *	4:54.99 *	5:08.39 *	5:21.79 *	5:48.59 *	6:15.39 *
13-14 Girls						Event	13-14 Boys					
35.99 *	33.39 *	30.79 *	29.49 *	28.29 *	26.99 *	50 FR SCM	24.79 *	25.89 *	27.09 *	28.29 *	30.69 *	32.99 *
1:18.49 *	1:12.89 *	1:07.29 *	1:04.49 *	1:01.69 *	58.89 *	100 FR SCM	53.89 *	56.39 *	58.99 *	1:01.49 *	1:06.69 *	1:11.79 *
2:49.79 *	2:37.69 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 FR SCM	1:58.09 *	2:03.69 *	2:09.39 *	2:14.99 *	2:26.19 *	2:37.49 *
6:00.69 *	5:34.99 *	5:09.19 *	4:56.29 *	4:43.39 *	4:30.59 *	400 FR SCM	4:13.19 *	4:25.19 *	4:37.29 *	4:49.29 *	5:13.39 *	5:37.49 *
12:24.69 *	11:31.49 *	10:38.29 *	10:11.69 *	9:45.09 *	9:18.49 *	800 FR SCM	8:43.69 *	9:08.59 *	9:33.59 *	9:58.49 *	10:48.39 *	11:38.19 *
23:34.29 *	21:53.29 *	20:12.29 *	19:21.79 *	18:31.29 *	17:40.79 *	1500 FR SCM	16:41.19 *	17:28.79 *	18:16.49 *	19:04.19 *	20:39.49 *	22:14.89 *
1:24.99 *	1:18.89 *	1:12.89 *	1:09.79 *	1:06.79 *	1:03.79 *	100 BK SCM	59.09 *	1:01.89 *	1:04.69 *	1:07.49 *	1:13.09 *	1:18.79 *
3:03.89 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.49 *	2:17.89 *	200 BK SCM	2:08.19 *	2:14.29 *	2:20.39 *	2:26.49 *	2:38.69 *	2:50.99 *
1:37.99	1:30.99	1:23.99	1:20.49	1:16.99	1:13.49	100 BR SCM	1:06.79 *	1:09.89 *	1:13.09 *	1:16.29 *	1:22.59 *	1:28.99 *
3:31.09 *	3:15.99 *	3:00.89 *	2:53.39 *	2:45.89 *	2:38.29 *	200 BR SCM	2:24.89 *	2:31.79 *	2:38.69 *	2:45.59 *	2:59.39 *	3:13.19 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.69 *	1:06.69 *	1:03.69 *	100 FL SCM	58.39 *	1:01.19 *	1:03.99 *	1:06.79 *	1:12.29 *	1:17.89 *
3:09.19 *	2:55.69 *	2:42.19 *	2:35.39 *	2:28.59 *	2:21.89 *	200 FL SCM	2:09.99 *	2:16.19 *	2:22.39 *	2:28.49 *	2:40.89 *	2:53.29 *
3:09.79 *	2:56.19 *	2:42.69 *	2:35.89 *	2:29.09 *	2:22.39 *	200 IM SCM	2:10.89 *	2:17.09 *	2:23.39 *	2:29.59 *	2:42.09 *	2:54.49 *
6:44.19	6:15.29 *	5:46.39 *	5:31.99	5:17.59	5:03.09 *	400 IM SCM	4:39.89 *	4:53.19 *	5:06.49 *	5:19.89 *	5:46.49 *	6:13.19 *
2:30.59 *	2:19.89 *	2:09.09 *	2:03.69 *	1:58.39 *	1:52.99 *	200 FR-R SCM	1:43.59 *	1:48.49 *	1:53.39 *	1:58.39 *	2:08.19 *	2:18.09 *
5:28.49 *	5:04.99 *	4:41.59 *	4:29.79 *	4:18.09 *	4:06.39 *	400 FR-R SCM	3:46.39 *	3:57.19 *	4:07.89 *	4:18.69 *	4:40.29 *	5:01.79 *
11:57.29 *	11:06.09 *	10:14.89 *	9:49.19 *	9:23.59 *	8:57.99 *	800 FR-R SCM	8:20.89 *	8:44.69 *	9:08.59 *	9:32.39 *	10:20.09 *	11:07.79 *
2:45.59 *	2:33.79 *	2:21.89 *	2:15.99 *	2:10.09 *	2:04.19 *	200 MED-R SCM	1:54.59 *	1:59.99 *	2:05.49 *	2:10.89 *	2:21.79 *	2:32.69 *
6:01.29 *	5:35.49 *	5:09.69 *	4:56.79 *	4:43.89 *	4:30.99 *	400 MED-R SCM	4:07.99 *	4:19.89 *	4:31.69 *	4:43.49 *	5:07.09 *	5:30.69 *

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
15-16 Girls						Event	15-16 Boys					
35.09 *	32.59 *	30.09 *	28.89 *	27.59 *	26.39 *	50 FR SCM	23.39 *	24.59 *	25.69 *	26.79 *	28.99 *	31.19 *
1:15.99 *	1:10.49 *	1:05.09 *	1:02.39 *	59.69 *	56.99 *	100 FR SCM	51.39 *	53.89 *	56.29 *	58.79 *	1:03.69 *	1:08.49 *
2:44.69 *	2:32.89 *	2:21.19 *	2:15.29 *	2:09.39 *	2:03.49 *	200 FR SCM	1:52.79 *	1:58.09 *	2:03.49 *	2:08.89 *	2:19.59 *	2:30.29 *
5:50.89 *	5:25.79 *	5:00.79 *	4:48.19 *	4:35.69 *	4:23.19 *	400 FR SCM	4:01.79 *	4:13.29 *	4:24.79 *	4:36.29 *	4:59.39 *	5:22.39 *
12:08.79 *	11:16.79 *	10:24.69 *	9:58.69 *	9:32.69 *	9:06.59 *	800 FR SCM	8:26.49 *	8:50.59 *	9:14.79 *	9:38.89 *	10:27.09 *	11:15.29 *
23:07.49 *	21:28.39 *	19:49.29 *	18:59.79 *	18:10.19 *	17:20.69 *	1500 FR SCM	15:59.19 *	16:44.89 *	17:30.49 *	18:16.19 *	19:47.59 *	21:18.89 *
1:22.59 *	1:16.69 *	1:10.79 *	1:07.79 *	1:04.89 *	1:01.99 *	100 BK SCM	55.99 *	58.59 *	1:01.29 *	1:03.99 *	1:09.29 *	1:14.59 *
2:59.29 *	2:46.49 *	2:33.69 *	2:27.29 *	2:20.89 *	2:14.49 *	200 BK SCM	2:02.39 *	2:08.19 *	2:13.99 *	2:19.79 *	2:31.49 *	2:43.09 *
1:34.99 *	1:28.19 *	1:21.39 *	1:17.99 *	1:14.59 *	1:11.19 *	100 BR SCM	1:03.69 *	1:06.79 *	1:09.79 *	1:12.79 *	1:18.89 *	1:24.99 *
3:25.49 *	3:10.89 *	2:56.19 *	2:48.79 *	2:41.49 *	2:34.19 *	200 BR SCM	2:18.49 *	2:25.09 *	2:31.69 *	2:38.29 *	2:51.39 *	3:04.59 *
1:22.19 *	1:16.29 *	1:10.39 *	1:07.49 *	1:04.59 *	1:01.59 *	100 FL SCM	55.69 *	58.39 *	1:00.99 *	1:03.69 *	1:08.99 *	1:14.29 *
3:03.19 *	2:50.09 *	2:37.09 *	2:30.49 *	2:23.99 *	2:17.39 *	200 FL SCM	2:04.49 *	2:10.39 *	2:16.39 *	2:22.29 *	2:34.19 *	2:45.99 *
3:03.59 *	2:50.49 *	2:37.39 *	2:30.79 *	2:24.29 *	2:17.69 *	200 IM SCM	2:05.09 *	2:11.09 *	2:16.99 *	2:22.99 *	2:34.89 *	2:46.79 *
6:32.29 *	6:04.29 *	5:36.29 *	5:22.29 *	5:08.19 *	4:54.19 *	400 IM SCM	4:26.99 *	4:39.69 *	4:52.39 *	5:05.19 *	5:30.59 *	5:55.99 *
2:29.39 *	2:18.79 *	2:08.09 *	2:02.79 *	1:57.39 *	1:52.09 *	200 FR-R SCM	1:40.99 *	1:45.79 *	1:50.59 *	1:55.39 *	2:04.99 *	2:14.59 *
5:25.89 *	5:02.59 *	4:39.29 *	4:27.69 *	4:15.99 *	4:04.39 *	400 FR-R SCM	3:42.79 *	3:53.39 *	4:03.99 *	4:14.59 *	4:35.79 *	4:57.09 *
11:55.79 *	11:04.69 *	10:13.59 *	9:47.99 *	9:22.49 *	8:56.89 *	800 FR-R SCM	8:14.79 *	8:38.39 *	9:01.89 *	9:25.49 *	10:12.59 *	10:59.69 *
2:43.59 *	2:31.99 *	2:20.29 *	2:14.39 *	2:08.59 *	2:02.69 *	200 MED-R SCM	1:51.19 *	1:56.49 *	2:01.79 *	2:07.09 *	2:17.69 *	2:28.29 *
5:57.19 *	5:31.69 *	5:06.19 *	4:53.39 *	4:40.69 *	4:27.89 *	400 MED-R SCM	4:03.79 *	4:15.39 *	4:27.09 *	4:38.69 *	5:01.89 *	5:25.09 *
17-18 Girls						Event	17-18 Boys					
34.69 *	32.19 *	29.69 *	28.49 *	27.19 *	25.99 *	50 FR SCM	22.79 *	23.89 *	24.99 *	26.09 *	28.29 *	30.39 *
1:15.19 *	1:09.89 *	1:04.49 *	1:01.79 *	59.09 *	56.39 *	100 FR SCM	49.99 *	52.39 *	54.79 *	57.19 *	1:01.89 *	1:06.69 *
2:42.69 *	2:31.09 *	2:19.39 *	2:13.59 *	2:07.79 *	2:01.99 *	200 FR SCM	1:50.69 *	1:55.99 *	2:01.29 *	2:06.49 *	2:17.09 *	2:27.59 *
5:46.89 *	5:22.19 *	4:57.39 *	4:44.99 *	4:32.59 *	4:20.19 *	400 FR SCM	3:58.39 *	4:09.69 *	4:21.09 *	4:32.39 *	4:55.09 *	5:17.79 *
12:02.79 *	11:11.19 *	10:19.59 *	9:53.69 *	9:27.89 *	9:02.09 *	800 FR SCM	8:18.89 *	8:42.69 *	9:06.39 *	9:30.19 *	10:17.69 *	11:05.19 *
22:38.99 *	21:01.99 *	19:24.89 *	18:36.39 *	17:47.79 *	16:59.29 *	1500 FR SCM	15:46.09 *	16:31.09 *	17:16.19 *	18:01.19 *	19:31.29 *	21:01.39 *
1:21.09 *	1:15.29 *	1:09.49 *	1:06.59 *	1:03.69 *	1:00.79 *	100 BK SCM	54.09 *	56.59 *	59.19 *	1:01.79 *	1:06.89 *	1:12.09 *
2:55.39 *	2:42.89 *	2:30.39 *	2:24.09 *	2:17.79 *	2:11.59 *	200 BK SCM	1:59.29 *	2:04.89 *	2:10.59 *	2:16.29 *	2:27.59 *	2:38.99 *
1:33.69 *	1:27.09 *	1:20.39 *	1:16.99 *	1:13.69 *	1:10.29 *	100 BR SCM	1:01.89 *	1:04.89 *	1:07.79 *	1:10.69 *	1:16.59 *	1:22.49 *
3:24.09 *	3:09.49 *	2:54.89 *	2:47.59 *	2:40.39 *	2:33.09 *	200 BR SCM	2:14.49 *	2:20.89 *	2:27.29 *	2:33.69 *	2:46.49 *	2:59.29 *
1:21.29 *	1:15.49 *	1:09.69 *	1:06.79 *	1:03.89 *	1:00.99 *	100 FL SCM	54.19 *	56.79 *	59.39 *	1:01.99 *	1:07.09 *	1:12.29 *
2:59.89 *	2:46.99 *	2:34.19 *	2:27.69 *	2:21.29 *	2:14.89 *	200 FL SCM	2:01.39 *	2:07.09 *	2:12.89 *	2:18.69 *	2:30.19 *	2:41.79 *
3:00.69 *	2:47.79 *	2:34.89 *	2:28.49 *	2:21.99 *	2:15.59 *	200 IM SCM	2:02.19 *	2:07.99 *	2:13.79 *	2:19.59 *	2:31.29 *	2:42.89 *
6:27.49 *	5:59.79 *	5:32.09 *	5:18.29 *	5:04.49 *	4:50.59 *	400 IM SCM	4:22.99 *	4:35.49 *	4:48.09 *	5:00.59 *	5:25.59 *	5:50.69 *
2:28.79 *	2:18.19 *	2:07.59 *	2:02.29 *	1:56.89 *	1:51.59 *	200 FR-R SCM	1:35.79 *	1:40.29 *	1:44.89 *	1:49.49 *	1:58.59 *	2:07.69 *
5:19.89 *	4:57.09 *	4:34.19 *	4:22.79 *	4:11.39 *	3:59.89 *	400 FR-R SCM	3:30.29 *	3:40.39 *	3:50.39 *	4:00.39 *	4:20.39 *	4:40.39 *
11:38.69 *	10:48.79 *	9:58.89 *	9:33.99 *	9:08.99 *	8:43.99 *	800 FR-R SCM	7:47.39 *	8:09.59 *	8:31.89 *	8:54.09 *	9:38.59 *	10:23.09 *
2:42.29 *	2:30.69 *	2:19.09 *	2:13.29 *	2:07.49 *	2:01.69 *	200 MED-R SCM	1:44.59 *	1:49.59 *	1:54.59 *	1:59.59 *	2:09.49 *	2:19.49 *
5:53.89 *	5:28.59 *	5:03.39 *	4:50.69 *	4:38.09 *	4:25.39 *	400 MED-R SCM	3:49.39 *	4:00.39 *	4:11.29 *	4:22.19 *	4:44.09 *	5:05.89 *