



2025 AAU Junior Olympic Games Swimming National Championships Qualifying Time Standards



Time standards are the USA Swimming long course "A" time standard for all 200M, 400M and 1500M events and "BB" time standards for events under 200M. Please see the event entry packet at www.aaujrogames.org for complete information on qualifying.

Event	Qualifying Time	Qualifying Time
9 & Under	GIRLS	BOYS
50 Meter Freestyle	42.59	42.49
100 Meter Freestyle	1:36.59	1:36.79
200 Meter Freestyle	3:33.49	3:28.49
50 Meter Backstroke	51.59	52.59
100 Meter Backstroke	1:52.59	1:51.49
50 Meter Breaststroke	57.59	57.99
100 Meter Breaststroke	2:08.69	2:07.39
50 Meter Butterfly	51.39	51.99
100 Meter Butterfly	2:00.29	2:00.39
200 Meter Individual Medley	3:29.99	3:31.49
10 Year Old	GIRLS	BOYS
50 Meter Freestyle	40.99	39.79
100 Meter Freestyle	1:33.09	1:30.69
200 Meter Freestyle	3:00.39	2:53.69
50 Meter Backstroke	46.69	49.29
100 Meter Backstroke	1:48.49	1:44.49
50 Meter Breaststroke	55.49	54.39
100 Meter Breaststroke	2:03.99	1:59.39
50 Meter Butterfly	48.09	46.39
100 Meter Butterfly	1:55.89	1:52.89
200 Meter Individual Medley	3:22.39	3:18.29
11 Year Old	GIRLS	BOYS
50 Meter Freestyle	37.59	37.09
100 Meter Freestyle	1:22.79	1:21.49
200 Meter Freestyle	2:45.39	2:42.69
400 Meter Freestyle	5:50.29	5:44.39
50 Meter Backstroke	43.49	43.99
100 Meter Backstroke	1:37.49	1:36.49
50 Meter Breaststroke	48.59	49.19
100 Meter Breaststroke	1:47.29	1:48.19
50 Meter Butterfly	40.49	41.59
100 Meter Butterfly	1:35.09	1:34.99
200 Meter Individual Medley	2:56.59	2:53.19

12 Year Old	GIRLS	BOYS
50 Meter Freestyle	35.99	34.79
100 Meter Freestyle	1:19.59	1:16.19
200 Meter Freestyle	2:40.09	2:33.59
400 Meter Freestyle	5:36.79	5:26.69
50 Meter Backstroke	41.69	41.19
100 Meter Backstroke	1:32.69	1:29.59
50 Meter Breaststroke	46.19	45.89
100 Meter Breaststroke	1:42.19	1:39.59
50 Meter Butterfly	38.79	38.69
100 Meter Butterfly	1:30.59	1:27.29
200 Meter Individual Medley	3:00.69	2:54.19
13 Year Old	GIRLS	BOYS
50 Meter Freestyle	35.39	33.09
100 Meter Freestyle	1:16.89	1:12.59
200 Meter Freestyle	2:34.69	2:25.69
400 Meter Freestyle	5:24.99	5:08.49
1500 Meter Freestyle	21:33.39	20:33.39
100 Meter Backstroke	1:25.99	1:21.09
200 Meter Backstroke	2:51.19	2:42.69
100 Meter Breaststroke	1:37.29	1:30.29
200 Meter Breaststroke	3:13.49	3:02.89
100 Meter Butterfly	1:23.49	1:118.09
200 Meter Butterfly	2:52.59	2:41.99
200 Meter Individual Medley	2:53.49	2:43.19
400 Meter Individual Medley	6:08.49	5:48.59
14 Year Old	GIRLS	BOYS
50 Meter Freestyle	34.69	31.79
100 Meter Freestyle	1:15.39	1:09.79
200 Meter Freestyle	2:30.39	2:20.59
400 Meter Freestyle	5:16.19	4:59.89
1500 Meter Freestyle	21:02.19	19:52.59
100 Meter Backstroke	1:23.59	1:17.69
200 Meter Backstroke	2:46.29	2:35.69
100 Meter Breaststroke	1:35.09	1:27.29
200 Meter Breaststroke	3:09.29	2:54.79
100 Meter Butterfly	1:21.19	1:14.59
200 Meter Butterfly	2:48.69	2:34.39
200 Meter Individual Medley	2:49.19	2:36.89
400 Meter Individual Medley	5:58.69	5:35.89

15 Year Old	GIRLS	BOYS
50 Meter Freestyle	34.19	31.79
100 Meter Freestyle	1:13.79	1:09.79
200 Meter Freestyle	2:27.79	2:20.59
400 Meter Freestyle	5:11.09	4:59.89
1500 Meter Freestyle	20:27.49	19:52.59
100 Meter Backstroke	1:21.99	1:17.69
200 Meter Backstroke	2:42.79	2:35.99
100 Meter Breaststroke	1:32.99	1:27.29
200 Meter Breaststroke	3:05.79	2:54.79
100 Meter Butterfly	1:19.59	1:14.59
200 Meter Butterfly	2:43.59	2:34.39
200 Meter Individual Medley	2:46.69	2:36.89
400 Meter Individual Medley	5:54.89	5:35.49
16 Year Old	GIRLS	BOYS
50 Meter Freestyle	33.79	30.59
100 Meter Freestyle	1:12.89	1:06.69
200 Meter Freestyle	2:25.29	2:14.79
400 Meter Freestyle	5:07.59	4:47.59
1500 Meter Freestyle	20:21.69	19:07.19
100 Meter Backstroke	1:21.19	1:13.79
200 Meter Backstroke	2:40.99	2:27.69
100 Meter Breaststroke	1:32.09	1:23.49
200 Meter Breaststroke	3:02.39	2:47.49
100 Meter Butterfly	1:18.39	1:11.49
200 Meter Butterfly	2:41.29	2:27.69
200 Meter Individual Medley	2:44.39	2:31.29
400 Meter Individual Medley	5:49.69	5:22.39
17 Year Old	GIRLS	BOYS
50 Meter Freestyle	33.59	30.19
100 Meter Freestyle	1:12.69	1:05.69
200 Meter Freestyle	2:25.19	2:13.29
400 Meter Freestyle	5:06.69	4:44.29
1500 Meter Freestyle	20:11.89	18:53.59
100 Meter Backstroke	1:20.89	1:13.09
200 Meter Backstroke	2:41.69	2:27.09
100 Meter Breaststroke	1:31.29	1:21.79
200 Meter Breaststroke	3:02.59	2:44.69
100 Meter Butterfly	1:18.29	1:10.59
200 Meter Butterfly	2:39.89	2:25.39
200 Meter Individual Medley	2:43.59	2:28.59
400 Meter Individual Medley	5:46.99	5:18.99

18 Year Old	GIRLS	BOYS
50 Meter Freestyle	33.49	29.69
100 Meter Freestyle	1:12.59	1:05.19
200 Meter Freestyle	2:25.09	2:11.59
400 Meter Freestyle	5:06.09	4:40.69
1500 Meter Freestyle	20:14.69	18:44.69
100 Meter Backstroke	1:20.39	1:12.59
200 Meter Backstroke	2:41.19	2:25.89
100 Meter Breaststroke	1:31.29	1:20.89
200 Meter Breaststroke	2:41.19	2:43.29
100 Meter Butterfly	1:18.19	1:09.69
200 Meter Butterfly	2:39.69	2:23.89
200 Meter Individual Medley	2:42.99	2:28.09
400 Meter Individual Medley	5:48.29	5:17.99