

# NASHVILLE SWIM LEAGUE

## City Meet Open Category "BB" Time Standards

*If, prior to June 1st, an NSL Swimmer has achieved a time better than the below standards in a given event, or closest event with a time standard, the swimmer **must** swim open for that stroke / event at the NSL City Meet Championship*

*Results from the following should be considered when evaluating qualifying times:  
Any sanctioned USA Swimming meet (times reported to USA Swimming database),  
or, High School or Middle School Championship Meets*

*For the purposes of the NSL City Meet Championship, a swimmer's competition age is determined as of June 1st*

AGE: 11/12	GIRLS			BOYS		
Event / Standard	SCY	SCM	LCM	SCY	SCM	LCM
50 Freestyle	31.69	34.99	35.89	30.49	33.69	34.79
50 Backstroke	35.99	39.79	41.59	35.59	39.29	41.09
50 Breaststroke	40.89	45.19	46.19	40.09	44.29	45.89
50 Butterfly	34.29	37.79	38.79	34.19	37.69	38.69
100 Individual Medley	01:19.09	01:27.49	*03:15.59	01:15.89	01:23.89	*03:08.99
*Time Based off of LCM 200 IM BB Time						

AGE: 13/14	GIRLS			BOYS		
Event / Standard	SCY	SCM	LCM	SCY	SCM	LCM
50 Freestyle	30.19	33.39	34.59	27.69	30.69	31.79
100 Backstroke	01:11.39	01:18.89	01:23.29	01:06.19	01:13.09	01:17.69
100 Breaststroke	01:22.29	01:30.99	01:34.99	01:14.79	01:22.59	01:27.09
100 Butterfly	01:11.29	01:18.79	01:20.99	01:05.49	01:12.29	01:14.59
200 Individual Medley	02:39.49	02:56.19	03:03.09	02:26.69	02:42.09	02:49.79

AGE: 15 & UP	GIRLS			BOYS		
Event / Standard	SCY	SCM	LCM	SCY	SCM	LCM
50 Freestyle	29.09	32.19	33.29	25.59	28.29	29.59
100 Backstroke	01:08.09	01:15.29	01:19.79	01:00.59	01:06.89	01:11.99
100 Breaststroke	01:18.79	01:27.09	01:30.49	01:09.39	01:16.59	01:20.59
100 Butterfly	01:08.29	01:15.49	01:17.69	01:00.79	01:07.09	01:09.29
200 Individual Medley	02:31.89	02:47.79	02:55.79	02:16.89	02:31.29	02:39.59

*Updated Based On USA Swimming 2024-2028 National Age Group Motivational Times*