

Time Standards

What Are USA Swimming Time Standards?

USA Swimming uses time standards to classify swimmers based on performance. As swimmers progress and improve their times, they move from one level to the next. These standards help track development and determine eligibility for specific meets.

B TIMES

The first level swimmers typically achieve. A 'B' time indicates competent technique and execution. It reflects performance at approximately **68%** of the National Top 16 standard.

BB TIMES

A step up in both speed and skill. A 'BB' time represents about **75%** of the National Top 16 Reportable Time.

A TIMES

Swimmers who reach 'A' times are demonstrating strong, competitive speed. These times represent **84%** of the National Top 16 standard.

AA TIMES

Often required for Trials and Finals-format meets. These times reflect **89%** of the National Top 16 benchmark.

AAA TIMES

This level is approaching elite age-group performance, at **93%** of the National Top 16 standard.

AAAA TIMES

The highest level in the age-group progression, representing **97%** of the National Top 16 Time. Very few swimmers achieve this level.

National Reportable Times (NRT)

NRTs are the minimum required for a swimmer to be considered for the **Top 16 National Rankings**. They represent the **top 1% of swimmers** in the country. Those achieving NRTs receive a certificate from USA Swimming and are listed in **Swimming World Magazine**.

Championship Time Standards & Meet Pathway

Sierra Nevada Junior Olympic (JO) Championships

The premier LSC-level meet for age group swimmers. Swimmers must meet specific qualifying times to compete.

 [Sierra Nevada JO Standards](#)


SWAGR (South-West Age Group Regional Championships)

A step above JOs, SWAGR includes faster qualifying cuts and pulls swimmers from multiple western LSCs.

 [SWAGR Time Standards](#)

Far Western Championships

A top-tier regional meet for elite age-group swimmers in the western U.S. Offered in both Short Course (SCY) and Long Course (LCM) formats.

 [Far Western Time Standards](#)

USA Swimming Sectionals

High-level meets for swimmers who have surpassed the Far Western level. Typically ages 13+. Often a swimmer's first major national-level meet.

 [Sectional Time Standards](#)

USA Swimming Futures Championships

Designed for athletes who have outgrown Sectionals but are not yet at Junior Nationals.

 [Futures Time Standards](#)

USA Swimming Junior National Championships

The top age-group national-level meet in the U.S. Qualifying is extremely competitive. Two versions: **Winter Juniors** (SCY) and **Summer Juniors** (LCM).

 Junior Nationals Standards

Time Standards Progression Chart

Time Standard	% of National Top 16	Used For
B	68%	Early development meets
BB	75%	Local invitationals / LSC Champs
A	84%	Regional qualifiers
AA	89%	Trials & Finals meets / SWAGR
AAA	93%	Far Westerns / Top-level regional meets
AAAA	97%	Sectionals / Futures consideration
NRT	Top 1% in the U.S.	Junior Nationals / National Recognition