

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B                | BB         | A          | AA         | AAA        | AAAA       |               | AAAA            | AAA        | AA         | A          | BB         | B          |
|------------------|------------|------------|------------|------------|------------|---------------|-----------------|------------|------------|------------|------------|------------|
| 10 & under Girls |            |            |            |            |            | Event         | 10 & under Boys |            |            |            |            |            |
| 39.79 *          | 35.99 *    | 32.09 *    | 30.89 *    | 29.59 *    | 28.29 *    | 50 FR SCY     | 27.49 *         | 28.69 *    | 29.89 *    | 31.09 *    | 34.59 *    | 38.19 *    |
| 1:30.79 *        | 1:21.09 *  | 1:11.49 *  | 1:08.29 *  | 1:04.99 *  | 1:01.79 *  | 100 FR SCY    | 1:00.69 *       | 1:03.79 *  | 1:06.79 *  | 1:09.79 *  | 1:18.89 *  | 1:27.99 *  |
| 3:22.79 *        | 3:00.59 *  | 2:38.39 *  | 2:30.99 *  | 2:23.59 *  | 2:16.19 *  | 200 FR SCY    | 2:12.69 *       | 2:18.99 *  | 2:25.29 *  | 2:31.59 *  | 2:50.59 *  | 3:09.49 *  |
| 8:36.69 *        | 7:45.09 *  | 6:53.39 *  | 6:36.19 *  | 6:18.99 *  | 6:01.69 *  | 500 FR SCY    | 5:52.99 *       | 6:09.79 *  | 6:26.59 *  | 6:43.39 *  | 7:33.79 *  | 8:24.29 *  |
| 48.59 *          | 43.29 *    | 37.99 *    | 36.19 *    | 34.39 *    | 32.59 *    | 50 BK SCY     | 32.19 *         | 33.99 *    | 35.79 *    | 37.59 *    | 42.89 *    | 48.29 *    |
| 1:45.79 *        | 1:33.99 *  | 1:22.29 *  | 1:18.39 *  | 1:14.49 *  | 1:10.59 *  | 100 BK SCY    | 1:08.99 *       | 1:12.49 *  | 1:16.09 *  | 1:19.59 *  | 1:30.09 *  | 1:40.69 *  |
| 54.59 *          | 48.69 *    | 42.79 *    | 40.89 *    | 38.89 *    | 36.89 *    | 50 BR SCY     | 36.39 *         | 38.29 *    | 40.19 *    | 42.09 *    | 47.69 *    | 53.39 *    |
| 2:00.29 *        | 1:46.89 *  | 1:33.59 *  | 1:29.09 *  | 1:24.69 *  | 1:20.19 *  | 100 BR SCY    | 1:18.79 *       | 1:22.69 *  | 1:26.59 *  | 1:30.59 *  | 1:42.29 *  | 1:54.09 *  |
| 48.39 *          | 42.69 *    | 36.99 *    | 35.09 *    | 33.19 *    | 31.29 *    | 50 FL SCY     | 30.79 *         | 32.59 *    | 34.29 *    | 35.99 *    | 41.29 *    | 46.49 *    |
| 1:56.69 *        | 1:41.39 *  | 1:26.09 *  | 1:20.99 *  | 1:15.99 *  | 1:10.89 *  | 100 FL SCY    | 1:09.79 *       | 1:14.59 *  | 1:19.49 *  | 1:24.39 *  | 1:38.99 *  | 1:53.49 *  |
| 1:44.29 *        | 1:33.19 *  | 1:22.09 *  | 1:18.39 *  | 1:14.69 *  | 1:10.99 *  | 100 IM SCY    | 1:09.79 *       | 1:13.09 *  | 1:16.39 *  | 1:19.69 *  | 1:29.69 *  | 1:39.69 *  |
| 3:42.09 *        | 3:18.79 *  | 2:55.49 *  | 2:47.69 *  | 2:39.99 *  | 2:32.19 *  | 200 IM SCY    | 2:30.89 *       | 2:38.39 *  | 2:45.89 *  | 2:53.49 *  | 3:15.99 *  | 3:38.59 *  |
| 2:53.19 *        | 2:35.89 *  | 2:18.59 *  | 2:12.79 *  | 2:06.99 *  | 2:01.19 *  | 200 FR-R SCY  | 2:00.19 *       | 2:05.89 *  | 2:11.59 *  | 2:17.29 *  | 2:34.49 *  | 2:51.69 *  |
| 3:14.99 *        | 2:55.49 *  | 2:35.99 *  | 2:29.49 *  | 2:22.99 *  | 2:16.49 *  | 200 MED-R SCY | 2:15.39 *       | 2:21.79 *  | 2:28.29 *  | 2:34.69 *  | 2:53.99 *  | 3:13.39 *  |
| 11-12 Girls      |            |            |            |            |            | Event         | 11-12 Boys      |            |            |            |            |            |
| 33.99 *          | 31.69 *    | 29.29 *    | 28.09 *    | 26.99 *    | 25.79 *    | 50 FR SCY     | 24.59 *         | 25.79 *    | 26.99 *    | 28.09 *    | 30.49 *    | 32.79 *    |
| 1:14.69 *        | 1:09.39 *  | 1:03.99 *  | 1:01.39 *  | 58.69 *    | 55.99 *    | 100 FR SCY    | 53.59 *         | 56.19 *    | 58.69 *    | 1:01.29 *  | 1:06.39 *  | 1:11.49 *  |
| 2:42.59 *        | 2:30.89 *  | 2:19.29 *  | 2:13.49 *  | 2:07.69 *  | 2:01.89 *  | 200 FR SCY    | 1:56.99 *       | 2:02.59 *  | 2:08.19 *  | 2:13.69 *  | 2:24.89 *  | 2:35.99 *  |
| 7:16.89 *        | 6:45.69 *  | 6:14.49 *  | 5:58.89 *  | 5:43.29 *  | 5:27.69 *  | 500 FR SCY    | 5:14.99 *       | 5:29.99 *  | 5:44.99 *  | 5:59.99 *  | 6:29.99 *  | 6:59.89 *  |
| 15:02.69 *       | 13:58.19 * | 12:53.79 * | 12:21.49 * | 11:49.29 * | 11:16.99 * | 1000 FR SCY   | 11:02.59 *      | 11:34.19 * | 12:05.79 * | 12:37.29 * | 13:40.39 * | 14:43.49 * |
| 25:07.39 *       | 23:19.69 * | 21:32.09 * | 20:38.19 * | 19:44.39 * | 18:50.59 * | 1650 FR SCY   | 18:20.79 *      | 19:13.19 * | 20:05.59 * | 20:58.09 * | 22:42.89 * | 24:27.69 * |
| 38.79 *          | 35.99 *    | 33.19 *    | 31.79 *    | 30.49 *    | 29.09 *    | 50 BK SCY     | 28.19 *         | 29.69 *    | 31.19 *    | 32.69 *    | 35.59 *    | 38.49 *    |
| 1:26.59 *        | 1:19.79 *  | 1:12.99 *  | 1:09.59 *  | 1:06.19 *  | 1:02.69 *  | 100 BK SCY    | 59.49           | 1:02.79    | 1:05.99    | 1:09.29 *  | 1:15.69    | 1:22.19    |
| 2:59.49 *        | 2:46.69 *  | 2:33.89 *  | 2:27.49 *  | 2:20.99 *  | 2:14.59 *  | 200 BK SCY    | 2:09.69 *       | 2:15.89 *  | 2:21.99 *  | 2:28.19 *  | 2:40.49 *  | 2:52.89 *  |
| 43.99 *          | 40.89 *    | 37.69 *    | 36.19 *    | 34.59 *    | 32.99 *    | 50 BR SCY     | 31.49 *         | 33.29 *    | 34.99 *    | 36.69 *    | 40.09 *    | 43.49 *    |
| 1:36.49 *        | 1:29.29 *  | 1:22.19 *  | 1:18.59 *  | 1:15.09 *  | 1:11.49 *  | 100 BR SCY    | 1:07.79 *       | 1:11.39 *  | 1:14.89 *  | 1:18.39 *  | 1:25.49 *  | 1:32.59 *  |
| 3:25.69 *        | 3:10.99 *  | 2:56.29 *  | 2:48.99 *  | 2:41.69 *  | 2:34.29 *  | 200 BR SCY    | 2:27.29 *       | 2:34.39 *  | 2:41.39 *  | 2:48.39 *  | 3:02.39 *  | 3:16.39 *  |
| 36.89 *          | 34.29 *    | 31.59 *    | 30.29 *    | 28.99 *    | 27.69 *    | 50 FL SCY     | 26.69 *         | 28.19      | 29.69      | 31.19      | 34.19      | 37.09      |
| 1:25.79 *        | 1:18.89 *  | 1:12.09 *  | 1:08.59 *  | 1:05.19 *  | 1:01.79 *  | 100 FL SCY    | 59.09 *         | 1:02.49 *  | 1:05.89    | 1:09.29    | 1:16.09    | 1:22.89    |
| 3:03.39 *        | 2:50.29 *  | 2:37.19 *  | 2:30.59 *  | 2:24.09 *  | 2:17.59 *  | 200 FL SCY    | 2:12.39 *       | 2:18.69 *  | 2:24.99 *  | 2:31.39 *  | 2:43.99 *  | 2:56.59 *  |
| 1:25.19 *        | 1:19.09 *  | 1:13.09 *  | 1:09.99 *  | 1:06.99 *  | 1:03.89 *  | 100 IM SCY    | 1:01.09 *       | 1:03.99 *  | 1:06.99 *  | 1:09.99 *  | 1:15.89 *  | 1:21.89 *  |
| 3:03.89 *        | 2:50.69 *  | 2:37.59 *  | 2:30.99 *  | 2:24.49 *  | 2:17.89 *  | 200 IM SCY    | 2:12.09 *       | 2:18.79 *  | 2:25.59 *  | 2:32.29 *  | 2:45.79 *  | 2:59.29 *  |
| 6:31.69 *        | 6:03.69 *  | 5:35.79 *  | 5:21.79 *  | 5:07.79 *  | 4:53.79 *  | 400 IM SCY    | 4:42.79 *       | 4:56.29 *  | 5:09.79 *  | 5:23.19 *  | 5:50.09 *  | 6:17.09 *  |
| 2:24.79 *        | 2:14.39 *  | 2:04.09 *  | 1:58.89 *  | 1:53.79 *  | 1:48.59 *  | 200 FR-R SCY  | 1:44.39 *       | 1:49.29 *  | 1:54.29 *  | 1:59.29 *  | 2:09.19 *  | 2:19.09 *  |
| 5:18.09 *        | 4:55.39 *  | 4:32.69 *  | 4:21.29 *  | 4:09.99 *  | 3:58.59 *  | 400 FR-R SCY  | 3:50.09 *       | 4:00.99 *  | 4:11.99 *  | 4:22.89 *  | 4:44.79 *  | 5:06.79 *  |
| 2:41.19 *        | 2:29.69 *  | 2:18.19 *  | 2:12.39 *  | 2:06.69 *  | 2:00.89 *  | 200 MED-R SCY | 1:55.59 *       | 2:01.09 *  | 2:06.59 *  | 2:12.09 *  | 2:23.09 *  | 2:34.09 *  |
| 5:53.49 *        | 5:28.29 *  | 5:02.99 *  | 4:50.39 *  | 4:37.79 *  | 4:25.09 *  | 400 MED-R SCY | 4:14.79 *       | 4:26.99 *  | 4:39.09 *  | 4:51.19 *  | 5:15.49 *  | 5:39.79 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B           | BB         | A          | AA         | AAA        | AAAA       |               | AAAA       | AAA        | AA         | A          | BB         | B          |
|-------------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------|------------|------------|
| 13-14 Girls |            |            |            |            |            | Event         | 13-14 Boys |            |            |            |            |            |
| 32.49 *     | 30.19      | 27.89      | 26.69 *    | 25.59      | 24.39      | 50 FR SCY     | 22.39 *    | 23.49      | 24.59      | 25.59 *    | 27.69 *    | 29.89      |
| 1:10.99 *   | 1:05.89 *  | 1:00.89 *  | 58.29 *    | 55.79 *    | 53.29 *    | 100 FR SCY    | 48.69 *    | 51.09 *    | 53.39 *    | 55.69 *    | 1:00.29 *  | 1:04.99 *  |
| 2:33.59 *   | 2:22.69 *  | 2:11.69 *  | 2:06.19 *  | 2:00.69 *  | 1:55.29 *  | 200 FR SCY    | 1:46.89 *  | 1:51.99 *  | 1:57.09 *  | 2:02.19 *  | 2:12.29 *  | 2:22.49 *  |
| 6:52.19 *   | 6:22.79 *  | 5:53.39 *  | 5:38.59 *  | 5:23.89 *  | 5:09.19 *  | 500 FR SCY    | 4:49.29 *  | 5:03.09 *  | 5:16.89 *  | 5:30.59 *  | 5:58.19 *  | 6:25.69 *  |
| 14:11.09 *  | 13:10.29 * | 12:09.49 * | 11:39.09 * | 11:08.69 * | 10:38.29 * | 1000 FR SCY   | 9:58.49 *  | 10:26.99 * | 10:55.49 * | 11:23.99 * | 12:20.99 * | 13:17.99 * |
| 23:42.89 *  | 22:01.19 * | 20:19.59 * | 19:28.79 * | 18:37.99 * | 17:47.19 * | 1650 FR SCY   | 16:47.19 * | 17:35.19 * | 18:23.09 * | 19:11.09 * | 20:46.99 * | 22:22.89 * |
| 36.19 *     | 33.69 *    | 31.09 *    | 29.79 *    | 28.49 *    | 27.19 *    | 50 BK SCY     | 25.29 *    | 26.49 *    | 27.69 *    | 28.89 *    | 31.29 *    | 33.69 *    |
| 1:16.89 *   | 1:11.39 *  | 1:05.89 *  | 1:03.19 *  | 1:00.49 *  | 57.69 *    | 100 BK SCY    | 53.49 *    | 55.99 *    | 58.59 *    | 1:01.09 *  | 1:06.19 *  | 1:11.29 *  |
| 2:46.39 *   | 2:34.49 *  | 2:22.59 *  | 2:16.69 *  | 2:10.69 *  | 2:04.79 *  | 200 BK SCY    | 1:55.99 *  | 2:01.59 *  | 2:07.09 *  | 2:12.59 *  | 2:23.69 *  | 2:34.69 *  |
| 42.09 *     | 39.09 *    | 36.09 *    | 34.59 *    | 33.09 *    | 31.59 *    | 50 BR SCY     | 28.89 *    | 30.29 *    | 31.69 *    | 33.09 *    | 35.79 *    | 38.59 *    |
| 1:28.69 *   | 1:22.29 *  | 1:15.99 *  | 1:12.89 *  | 1:09.69 *  | 1:06.49 *  | 100 BR SCY    | 1:00.39 *  | 1:03.29 *  | 1:06.19 *  | 1:08.99 *  | 1:14.79 *  | 1:20.49 *  |
| 3:10.99 *   | 2:57.39 *  | 2:43.79 *  | 2:36.89 *  | 2:30.09 *  | 2:23.29 *  | 200 BR SCY    | 2:11.19 *  | 2:17.39 *  | 2:23.59 *  | 2:29.89 *  | 2:42.39 *  | 2:54.89 *  |
| 35.79 *     | 33.29 *    | 30.69 *    | 29.39 *    | 28.19 *    | 26.89 *    | 50 FL SCY     | 24.89 *    | 26.09 *    | 27.19 *    | 28.39 *    | 30.79 *    | 33.19 *    |
| 1:16.79 *   | 1:11.29 *  | 1:05.89 *  | 1:03.09 *  | 1:00.39 *  | 57.59 *    | 100 FL SCY    | 52.89 *    | 55.39 *    | 57.89 *    | 1:00.39 *  | 1:05.49 *  | 1:10.49 *  |
| 2:51.19 *   | 2:38.99 *  | 2:26.69 *  | 2:20.59 *  | 2:14.49 *  | 2:08.39 *  | 200 FL SCY    | 1:57.59 *  | 2:03.19 *  | 2:08.79 *  | 2:14.39 *  | 2:25.59 *  | 2:36.79 *  |
| 2:51.79 *   | 2:39.49 *  | 2:27.19 *  | 2:21.09 *  | 2:14.99 *  | 2:08.79 *  | 200 IM SCY    | 1:58.49 *  | 2:04.09 *  | 2:09.79 *  | 2:15.39 *  | 2:26.69 *  | 2:37.99 *  |
| 6:05.79 *   | 5:39.69 *  | 5:13.49 *  | 5:00.49 *  | 4:47.39 *  | 4:34.29 *  | 400 IM SCY    | 4:13.29 *  | 4:25.39 *  | 4:37.39 *  | 4:49.49 *  | 5:13.59 *  | 5:37.69 *  |
| 2:16.29 *   | 2:06.59 *  | 1:56.89 *  | 1:51.99 *  | 1:47.09 *  | 1:42.29 *  | 200 FR-R SCY  | 1:33.69 *  | 1:38.19 *  | 1:42.59 *  | 1:47.09 *  | 1:55.99 *  | 2:04.89 *  |
| 4:57.29 *   | 4:35.99 *  | 4:14.79 *  | 4:04.19 *  | 3:53.59 *  | 3:42.99 *  | 400 FR-R SCY  | 3:24.89 *  | 3:34.59 *  | 3:44.39 *  | 3:54.19 *  | 4:13.69 *  | 4:33.19 *  |
| 10:49.19 *  | 10:02.79 * | 9:16.39 *  | 8:53.29 *  | 8:30.09 *  | 8:06.89 *  | 800 FR-R SCY  | 7:33.29 *  | 7:54.89 *  | 8:16.39 *  | 8:37.99 *  | 9:21.19 *  | 10:04.39 * |
| 2:29.89 *   | 2:19.19 *  | 2:08.49 *  | 2:03.09 *  | 1:57.79 *  | 1:52.39 *  | 200 MED-R SCY | 1:43.69 *  | 1:48.59 *  | 1:53.59 *  | 1:58.49 *  | 2:08.39 *  | 2:18.19 *  |
| 5:26.89 *   | 5:03.59 *  | 4:40.19 *  | 4:28.59 *  | 4:16.89 *  | 4:05.19 *  | 400 MED-R SCY | 3:44.49 *  | 3:55.19 *  | 4:05.89 *  | 4:16.49 *  | 4:37.89 *  | 4:59.29 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B           | BB         | A          | AA         | AAA        | AAAA       |               | AAAA       | AAA        | AA         | A          | BB         | B          |
|-------------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------|------------|------------|
| 15-16 Girls |            |            |            |            |            | Event         | 15-16 Boys |            |            |            |            |            |
| 31.79       | 29.49      | 27.29 *    | 26.09      | 24.99      | 23.89 *    | 50 FR SCY     | 21.19 *    | 22.19 *    | 23.19 *    | 24.19 *    | 26.29 *    | 28.29 *    |
| 1:08.79 *   | 1:03.79 *  | 58.89 *    | 56.49 *    | 53.99 *    | 51.59 *    | 100 FR SCY    | 46.49 *    | 48.79 *    | 50.99 *    | 53.19 *    | 57.59 *    | 1:01.99 *  |
| 2:28.99 *   | 2:18.39 *  | 2:07.69 *  | 2:02.39 *  | 1:57.09 *  | 1:51.79 *  | 200 FR SCY    | 1:41.99 *  | 1:46.89 *  | 1:51.79 *  | 1:56.59 *  | 2:06.29 *  | 2:15.99 *  |
| 6:40.99 *   | 6:12.39 *  | 5:43.69 *  | 5:29.39 *  | 5:15.09 *  | 5:00.79 *  | 500 FR SCY    | 4:36.29 *  | 4:49.49 *  | 5:02.69 *  | 5:15.79 *  | 5:42.09 *  | 6:08.39 *  |
| 13:52.89 *  | 12:53.49 * | 11:53.99 * | 11:24.19 * | 10:54.49 * | 10:24.69 * | 1000 FR SCY   | 9:38.89 *  | 10:06.39 * | 10:33.99 * | 11:01.59 * | 11:56.69 * | 12:51.79 * |
| 23:15.89 *  | 21:36.19 * | 19:56.49 * | 19:06.69 * | 18:16.79 * | 17:26.89 * | 1650 FR SCY   | 16:04.99 * | 16:50.89 * | 17:36.89 * | 18:22.79 * | 19:54.69 * | 21:26.59 * |
| 35.29 *     | 32.69 *    | 30.19 *    | 28.99 *    | 27.69 *    | 26.49 *    | 50 BK SCY     | 23.79 *    | 24.99 *    | 26.09 *    | 27.19 *    | 29.49 *    | 31.79 *    |
| 1:14.69     | 1:09.39    | 1:04.09 *  | 1:01.39    | 58.69      | 56.09 *    | 100 BK SCY    | 50.69 *    | 53.09 *    | 55.49 *    | 57.89 *    | 1:02.69 *  | 1:07.49 *  |
| 2:42.19 *   | 2:30.59 *  | 2:19.09 *  | 2:13.29 *  | 2:07.49 *  | 2:01.69 *  | 200 BK SCY    | 1:50.69 *  | 1:55.99 *  | 2:01.29 *  | 2:06.59 *  | 2:17.09 *  | 2:27.59 *  |
| 41.09 *     | 38.19 *    | 35.19 *    | 33.79 *    | 32.29 *    | 30.79 *    | 50 BR SCY     | 27.49 *    | 28.79 *    | 30.09 *    | 31.39 *    | 34.09 *    | 36.69 *    |
| 1:25.89     | 1:19.79 *  | 1:13.69 *  | 1:10.59 *  | 1:07.49    | 1:04.49 *  | 100 BR SCY    | 57.69 *    | 1:00.39 *  | 1:03.19 *  | 1:05.89 *  | 1:11.39 *  | 1:16.89 *  |
| 3:05.99     | 2:52.69 *  | 2:39.39 *  | 2:32.79    | 2:26.19    | 2:19.49    | 200 BR SCY    | 2:05.29 *  | 2:11.29 *  | 2:17.29 *  | 2:23.19 *  | 2:35.19 *  | 2:47.09 *  |
| 34.69 *     | 32.29 *    | 29.79 *    | 28.59 *    | 27.29 *    | 26.09 *    | 50 FL SCY     | 23.69 *    | 24.79 *    | 25.89 *    | 27.09 *    | 29.29 *    | 31.59 *    |
| 1:14.39 *   | 1:09.09 *  | 1:03.79 *  | 1:01.09 *  | 58.39 *    | 55.79 *    | 100 FL SCY    | 50.39 *    | 52.79 *    | 55.19 *    | 57.59 *    | 1:02.39 *  | 1:07.19 *  |
| 2:45.79 *   | 2:33.99 *  | 2:22.09 *  | 2:16.19 *  | 2:10.29 *  | 2:04.39 *  | 200 FL SCY    | 1:52.69 *  | 1:58.09 *  | 2:03.39 *  | 2:08.79 *  | 2:19.49 *  | 2:30.19 *  |
| 2:46.19 *   | 2:34.29 *  | 2:22.39 *  | 2:16.49 *  | 2:10.59 *  | 2:04.59 *  | 200 IM SCY    | 1:53.19 *  | 1:58.59 *  | 2:03.99 *  | 2:09.39 *  | 2:20.19 *  | 2:30.89 *  |
| 5:54.99 *   | 5:29.69 *  | 5:04.29 *  | 4:51.59 *  | 4:38.99 *  | 4:26.29 *  | 400 IM SCY    | 4:01.59 *  | 4:13.19 *  | 4:24.69 *  | 4:36.19 *  | 4:59.19 *  | 5:22.19 *  |
| 2:15.19 *   | 2:05.59 *  | 1:55.89 *  | 1:51.09 *  | 1:46.29 *  | 1:41.39 *  | 200 FR-R SCY  | 1:31.39 *  | 1:35.69 *  | 1:40.09 *  | 1:44.39 *  | 1:53.09 *  | 2:01.79 *  |
| 4:54.89 *   | 4:33.79 *  | 4:12.79 *  | 4:02.29 *  | 3:51.69 *  | 3:41.19 *  | 400 FR-R SCY  | 3:21.59 *  | 3:31.19 *  | 3:40.79 *  | 3:50.39 *  | 4:09.59 *  | 4:28.79 *  |
| 10:47.79 *  | 10:01.59 * | 9:15.29 *  | 8:52.19 *  | 8:28.99 *  | 8:05.89 *  | 800 FR-R SCY  | 7:27.79 *  | 7:49.09 *  | 8:10.39 *  | 8:31.79 *  | 9:14.39 *  | 9:57.09 *  |
| 2:28.09 *   | 2:17.49 *  | 2:06.99 *  | 2:01.69 *  | 1:56.39 *  | 1:51.09 *  | 200 MED-R SCY | 1:40.69 *  | 1:45.49 *  | 1:50.19 *  | 1:54.99 *  | 2:04.59 *  | 2:14.19 *  |
| 5:23.29 *   | 5:00.19 *  | 4:37.09 *  | 4:25.59 *  | 4:13.99 *  | 4:02.49 *  | 400 MED-R SCY | 3:40.69 *  | 3:51.19 *  | 4:01.69 *  | 4:12.19 *  | 4:33.19 *  | 4:54.19 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B                           | BB         | A          | AA         | AAA        | AAAA       |                      | AAAA                       | AAA        | AA         | A          | BB         | B          |
|-----------------------------|------------|------------|------------|------------|------------|----------------------|----------------------------|------------|------------|------------|------------|------------|
| <b>17-18 Girls</b>          |            |            |            |            |            | <b>Event</b>         | <b>17-18 Boys</b>          |            |            |            |            |            |
| 31.39                       | 29.09      | 26.89      | 25.79      | 24.69 *    | 23.49      | <b>50 FR SCY</b>     | 20.69 *                    | 21.69 *    | 22.59 *    | 23.59 *    | 25.59 *    | 27.59 *    |
| 1:08.09 *                   | 1:03.19 *  | 58.39 *    | 55.89 *    | 53.49 *    | 51.09 *    | <b>100 FR SCY</b>    | 45.29 *                    | 47.39 *    | 49.59 *    | 51.69 *    | 55.99 *    | 1:00.29 *  |
| 2:27.19 *                   | 2:16.69 *  | 2:06.19 *  | 2:00.89 *  | 1:55.69 *  | 1:50.39 *  | <b>200 FR SCY</b>    | 1:40.19 *                  | 1:44.99 *  | 1:49.69 *  | 1:54.49 *  | 2:03.99 *  | 2:13.59 *  |
| 6:36.49 *                   | 6:08.19 *  | 5:39.89 *  | 5:25.69 *  | 5:11.59 *  | 4:57.39 *  | <b>500 FR SCY</b>    | 4:32.39 *                  | 4:45.39 *  | 4:58.39 *  | 5:11.39 *  | 5:37.29 *  | 6:03.19 *  |
| 13:46.09 *                  | 12:47.09 * | 11:48.09 * | 11:18.59 * | 10:49.09 * | 10:19.59 * | <b>1000 FR SCY</b>   | 9:30.19 *                  | 9:57.29 *  | 10:24.49 * | 10:51.59 * | 11:45.89 * | 12:40.19 * |
| 22:47.19 *                  | 21:09.59 * | 19:31.89 * | 18:43.09 * | 17:54.29 * | 17:05.39 * | <b>1650 FR SCY</b>   | 15:51.79 *                 | 16:37.09 * | 17:22.39 * | 18:07.69 * | 19:38.39 * | 21:08.99 * |
| 34.59 *                     | 32.19 *    | 29.69 *    | 28.39 *    | 27.19 *    | 25.99 *    | <b>50 BK SCY</b>     | 23.09 *                    | 24.19 *    | 25.29 *    | 26.39 *    | 28.59 *    | 30.79 *    |
| 1:13.39 *                   | 1:08.09 *  | 1:02.89 *  | 1:00.29 *  | 57.69 *    | 54.99 *    | <b>100 BK SCY</b>    | 48.89 *                    | 51.29 *    | 53.59 *    | 55.89 *    | 1:00.59 *  | 1:05.19 *  |
| 2:38.79 *                   | 2:27.39 *  | 2:16.09 *  | 2:10.39 *  | 2:04.79 *  | 1:59.09 *  | <b>200 BK SCY</b>    | 1:47.89 *                  | 1:53.09 *  | 1:58.19 *  | 2:03.29 *  | 2:13.59 *  | 2:23.89 *  |
| 40.39 *                     | 37.49 *    | 34.59 *    | 33.19 *    | 31.69 *    | 30.29 *    | <b>50 BR SCY</b>     | 26.59 *                    | 27.89 *    | 29.09 *    | 30.39 *    | 32.89 *    | 35.39 *    |
| 1:24.79 *                   | 1:18.79    | 1:12.69 *  | 1:09.69 *  | 1:06.69    | 1:03.59 *  | <b>100 BR SCY</b>    | 55.99 *                    | 58.69 *    | 1:01.39 *  | 1:03.99 *  | 1:09.39 *  | 1:14.69 *  |
| 3:04.69 *                   | 2:51.49 *  | 2:38.29 *  | 2:31.69 *  | 2:25.09 *  | 2:18.49 *  | <b>200 BR SCY</b>    | 2:01.69 *                  | 2:07.49 *  | 2:13.29 *  | 2:19.09 *  | 2:30.69 *  | 2:42.29 *  |
| 34.49 *                     | 31.99 *    | 29.59 *    | 28.29 *    | 27.09 *    | 25.89 *    | <b>50 FL SCY</b>     | 22.99 *                    | 23.99 *    | 25.09 *    | 26.19 *    | 28.39 *    | 30.59 *    |
| 1:13.59                     | 1:08.29    | 1:03.09    | 1:00.39 *  | 57.79      | 55.19      | <b>100 FL SCY</b>    | 49.09 *                    | 51.39 *    | 53.69 *    | 56.09 *    | 1:00.79 *  | 1:05.39 *  |
| 2:42.79 *                   | 2:31.19 *  | 2:19.49 *  | 2:13.69 *  | 2:07.89 *  | 2:02.09 *  | <b>200 FL SCY</b>    | 1:49.79 *                  | 1:55.09 *  | 2:00.29 *  | 2:05.49 *  | 2:15.99 *  | 2:26.39 *  |
| 2:43.59 *                   | 2:31.89 *  | 2:20.19 *  | 2:14.39 *  | 2:08.49 *  | 2:02.69 *  | <b>200 IM SCY</b>    | 1:50.59 *                  | 1:55.89 *  | 2:01.09 *  | 2:06.39 *  | 2:16.89 *  | 2:27.39 *  |
| 5:50.69 *                   | 5:25.59 *  | 5:00.59 *  | 4:47.99 *  | 4:35.49 *  | 4:22.99 *  | <b>400 IM SCY</b>    | 3:57.99 *                  | 4:09.39 *  | 4:20.69 *  | 4:31.99 *  | 4:54.69 *  | 5:17.39 *  |
| 2:14.69 *                   | 2:05.09 *  | 1:55.39 *  | 1:50.59 *  | 1:45.79 *  | 1:40.99 *  | <b>200 FR-R SCY</b>  | 1:26.69 *                  | 1:30.79 *  | 1:34.89 *  | 1:39.09 *  | 1:47.29 *  | 1:55.59 *  |
| 4:49.49 *                   | 4:28.79 *  | 4:08.19 *  | 3:57.79 *  | 3:47.49 *  | 3:37.19 *  | <b>400 FR-R SCY</b>  | 3:10.39 *                  | 3:19.39 *  | 3:28.49 *  | 3:37.49 *  | 3:55.69 *  | 4:13.79 *  |
| 10:32.29 *                  | 9:47.19 *  | 9:01.99 *  | 8:39.39 *  | 8:16.79 *  | 7:54.29 *  | <b>800 FR-R SCY</b>  | 7:02.99 *                  | 7:23.09 *  | 7:43.19 *  | 8:03.39 *  | 8:43.69 *  | 9:23.89 *  |
| 2:26.89 *                   | 2:16.39 *  | 2:05.89 *  | 2:00.69 *  | 1:55.39 *  | 1:50.19 *  | <b>200 MED-R SCY</b> | 1:34.69 *                  | 1:39.19 *  | 1:43.69 *  | 1:48.19 *  | 1:57.19 *  | 2:06.29 *  |
| 5:20.29 *                   | 4:57.39 *  | 4:34.49 *  | 4:23.09 *  | 4:11.69 *  | 4:00.19 *  | <b>400 MED-R SCY</b> | 3:27.59 *                  | 3:37.49 *  | 3:47.39 *  | 3:57.29 *  | 4:17.09 *  | 4:36.79 *  |
| <b>10 &amp; under Girls</b> |            |            |            |            |            | <b>Event</b>         | <b>10 &amp; under Boys</b> |            |            |            |            |            |
| 43.99 *                     | 39.79 *    | 35.49 *    | 34.09 *    | 32.69 *    | 31.29 *    | <b>50 FR SCM</b>     | 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 *  | <b>100 FR SCM</b>    | 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 *  | <b>200 FR SCM</b>    | 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 *  | <b>400 FR SCM</b>    | 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 *    | <b>50 BK SCM</b>     | 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 *  | <b>100 BK SCM</b>    | 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 *    | <b>50 BR SCM</b>     | 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 *  | <b>100 BR SCM</b>    | 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 *    | <b>50 FL SCM</b>     | 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 *  | <b>100 FL SCM</b>    | 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 *  | <b>100 IM SCM</b>    | 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 *  | <b>200 IM SCM</b>    | 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 *  | <b>200 FR-R SCM</b>  | 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 *  | <b>200 MED-R SCM</b> | 2:29.59 *                  | 2:36.69 *  | 2:43.79 *  | 2:50.89 *  | 3:12.29 *  | 3:33.69 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 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 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B           | BB         | A          | AA         | AAA        | AAAA       |               | AAAA       | AAA        | AA         | A          | BB         | B          |
|-------------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------|------------|------------|
| 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 * |
| 39.99 *     | 37.19 *    | 34.29 *    | 32.89 *    | 31.49 *    | 29.99 *    | 50 BK SCM     | 27.89 *    | 29.19 *    | 30.59 *    | 31.89 *    | 34.59 *    | 37.19 *    |
| 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 *  |
| 46.49 *     | 43.19 *    | 39.89 *    | 38.19 *    | 36.49 *    | 34.89 *    | 50 BR SCM     | 31.99 *    | 33.49 *    | 34.99 *    | 36.49 *    | 39.59 *    | 42.59 *    |
| 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 *  |
| 39.59 *     | 36.79 *    | 33.89 *    | 32.49 *    | 31.09 *    | 29.69 *    | 50 FL SCM     | 27.49 *    | 28.79 *    | 30.09 *    | 31.39 *    | 33.99 *    | 36.59 *    |
| 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



10/10/2025 1:02:42 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 * |
| 38.89 *     | 36.19 *    | 33.39 *    | 31.99 *    | 30.59 *    | 29.19 *    | 50 BK SCM     | 26.29 *    | 27.59 *    | 28.79 *    | 30.09 *    | 32.59 *    | 35.09 *    |
| 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 *  |
| 45.39 *     | 42.19 *    | 38.89 *    | 37.29 *    | 35.69 *    | 34.09 *    | 50 BR SCM     | 30.39 *    | 31.79 *    | 33.29 *    | 34.69 *    | 37.59 *    | 40.49 *    |
| 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 *  |
| 38.39 *     | 35.59 *    | 32.89 *    | 31.49 *    | 30.19 *    | 28.79 *    | 50 FL SCM     | 26.19 *    | 27.39 *    | 28.59 *    | 29.89 *    | 32.39 *    | 34.89 *    |
| 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 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B                           | BB         | A          | AA         | AAA        | AAAA       |                      | AAAA                       | AAA        | AA         | A          | BB         | B          |
|-----------------------------|------------|------------|------------|------------|------------|----------------------|----------------------------|------------|------------|------------|------------|------------|
| <b>17-18 Girls</b>          |            |            |            |            |            | <b>Event</b>         | <b>17-18 Boys</b>          |            |            |            |            |            |
| 34.69 *                     | 32.19 *    | 29.69 *    | 28.49 *    | 27.19 *    | 25.99 *    | <b>50 FR SCM</b>     | 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 *    | <b>100 FR SCM</b>    | 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 *  | <b>200 FR SCM</b>    | 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 *  | <b>400 FR SCM</b>    | 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 *  | <b>800 FR SCM</b>    | 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 * | <b>1500 FR SCM</b>   | 15:46.09 *                 | 16:31.09 * | 17:16.19 * | 18:01.19 * | 19:31.29 * | 21:01.39 * |
| 38.19 *                     | 35.49 *    | 32.79 *    | 31.39 *    | 30.09 *    | 28.69 *    | <b>50 BK SCM</b>     | 25.49 *                    | 26.69 *    | 27.89 *    | 29.09 *    | 31.59 *    | 33.99 *    |
| 1:21.09 *                   | 1:15.29 *  | 1:09.49 *  | 1:06.59 *  | 1:03.69 *  | 1:00.79 *  | <b>100 BK SCM</b>    | 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 *  | <b>200 BK SCM</b>    | 1:59.29 *                  | 2:04.89 *  | 2:10.59 *  | 2:16.29 *  | 2:27.59 *  | 2:38.99 *  |
| 44.59 *                     | 41.39 *    | 38.29 *    | 36.69 *    | 35.09 *    | 33.49 *    | <b>50 BR SCM</b>     | 29.39 *                    | 30.79 *    | 32.19 *    | 33.59 *    | 36.39 *    | 39.09 *    |
| 1:33.69 *                   | 1:27.09 *  | 1:20.39 *  | 1:16.99 *  | 1:13.69 *  | 1:10.29 *  | <b>100 BR SCM</b>    | 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 *  | <b>200 BR SCM</b>    | 2:14.49 *                  | 2:20.89 *  | 2:27.29 *  | 2:33.69 *  | 2:46.49 *  | 2:59.29 *  |
| 38.09 *                     | 35.39 *    | 32.59 *    | 31.29 *    | 29.89 *    | 28.59 *    | <b>50 FL SCM</b>     | 25.39 *                    | 26.59 *    | 27.79 *    | 28.99 *    | 31.39 *    | 33.79 *    |
| 1:21.29 *                   | 1:15.49 *  | 1:09.69 *  | 1:06.79 *  | 1:03.89 *  | 1:00.99 *  | <b>100 FL SCM</b>    | 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 *  | <b>200 FL SCM</b>    | 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 *  | <b>200 IM SCM</b>    | 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 *  | <b>400 IM SCM</b>    | 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 *  | <b>200 FR-R SCM</b>  | 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 *  | <b>400 FR-R SCM</b>  | 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 *  | <b>800 FR-R SCM</b>  | 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 *  | <b>200 MED-R SCM</b> | 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 *  | <b>400 MED-R SCM</b> | 3:49.39 *                  | 4:00.39 *  | 4:11.29 *  | 4:22.19 *  | 4:44.09 *  | 5:05.89 *  |
| <b>10 &amp; under Girls</b> |            |            |            |            |            | <b>Event</b>         | <b>10 &amp; under Boys</b> |            |            |            |            |            |
| 45.29 *                     | 40.89 *    | 36.59 *    | 35.09 *    | 33.69 *    | 32.19 *    | <b>50 FR LCM</b>     | 31.59 *                    | 32.99 *    | 34.39 *    | 35.69 *    | 39.79 *    | 43.89 *    |
| 1:44.09 *                   | 1:32.99 *  | 1:21.89 *  | 1:18.19 *  | 1:14.49 *  | 1:10.79 *  | <b>100 FR LCM</b>    | 1:09.79 *                  | 1:13.19 *  | 1:16.69 *  | 1:20.19 *  | 1:30.59 *  | 1:40.99 *  |
| 3:50.99 *                   | 3:25.69 *  | 3:00.39 *  | 2:51.99 *  | 2:43.49 *  | 2:35.09 *  | <b>200 FR LCM</b>    | 2:31.69 *                  | 2:38.89 *  | 2:46.09 *  | 2:53.39 *  | 3:14.99 *  | 3:36.69 *  |
| 7:48.59 *                   | 7:01.69 *  | 6:14.89 *  | 5:59.29 *  | 5:43.69 *  | 5:27.99 *  | <b>400 FR LCM</b>    | 5:20.79 *                  | 5:36.09 *  | 5:51.39 *  | 6:06.59 *  | 6:52.49 *  | 7:38.29 *  |
| 55.79 *                     | 49.69 *    | 43.59 *    | 41.59 *    | 39.49 *    | 37.49 *    | <b>50 BK LCM</b>     | 36.99 *                    | 38.99 *    | 41.09 *    | 43.09 *    | 49.29 *    | 55.39 *    |
| 2:01.59 *                   | 1:48.09 *  | 1:34.59 *  | 1:30.09 *  | 1:25.59 *  | 1:21.09 *  | <b>100 BK LCM</b>    | 1:19.99 *                  | 1:24.09 *  | 1:28.19 *  | 1:32.29 *  | 1:44.49 *  | 1:56.69 *  |
| 1:02.19 *                   | 55.49 *    | 48.79 *    | 46.49 *    | 44.29 *    | 42.09 *    | <b>50 BR LCM</b>     | 41.49 *                    | 43.59 *    | 45.79 *    | 47.89 *    | 54.39 *    | 1:00.89 *  |
| 2:19.39 *                   | 2:03.89 *  | 1:48.39 *  | 1:43.29 *  | 1:38.09 *  | 1:32.99 *  | <b>100 BR LCM</b>    | 1:31.69 *                  | 1:36.29 *  | 1:40.89 *  | 1:45.49 *  | 1:59.19 *  | 2:12.89 *  |
| 54.49 *                     | 48.09 *    | 41.59 *    | 39.49 *    | 37.29 *    | 35.19 *    | <b>50 FL LCM</b>     | 34.69 *                    | 36.59 *    | 38.59 *    | 40.59 *    | 46.39 *    | 52.29 *    |
| 2:12.79 *                   | 1:55.39 *  | 1:37.99 *  | 1:32.19 *  | 1:26.39 *  | 1:20.59 *  | <b>100 FL LCM</b>    | 1:19.59 *                  | 1:25.09 *  | 1:30.69 *  | 1:36.19 *  | 1:52.89 *  | 2:09.49 *  |
| 4:15.69 *                   | 3:48.89 *  | 3:22.09 *  | 3:13.09 *  | 3:04.19 *  | 2:55.29 *  | <b>200 IM LCM</b>    | 2:52.19 *                  | 3:00.79 *  | 3:09.39 *  | 3:17.89 *  | 3:43.69 *  | 4:09.49 *  |
| 3:17.49 *                   | 2:57.79 *  | 2:37.99 *  | 2:31.39 *  | 2:24.79 *  | 2:18.29 *  | <b>200 FR-R LCM</b>  | 2:17.19 *                  | 2:23.69 *  | 2:30.19 *  | 2:36.79 *  | 2:56.39 *  | 3:15.89 *  |
| 3:43.59 *                   | 3:21.19 *  | 2:58.89 *  | 2:51.39 *  | 2:43.99 *  | 2:36.49 *  | <b>200 MED-R LCM</b> | 2:37.59 *                  | 2:45.09 *  | 2:52.59 *  | 3:00.09 *  | 3:22.59 *  | 3:45.09 *  |



# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B           | BB         | A          | AA         | AAA        | AAAA       |               | AAAA       | AAA        | AA         | A          | BB         | B          |
|-------------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------|------------|------------|
| 11-12 Girls |            |            |            |            |            | Event         | 11-12 Boys |            |            |            |            |            |
| 38.49 *     | 35.89 *    | 33.19 *    | 31.89 *    | 30.49 *    | 29.19 *    | 50 FR LCM     | 28.09 *    | 29.39 *    | 30.69      | 32.09 *    | 34.79 *    | 37.39 *    |
| 1:25.59 *   | 1:19.49 *  | 1:13.39 *  | 1:10.29 *  | 1:07.19 *  | 1:04.19 *  | 100 FR LCM    | 1:01.59 *  | 1:04.49 *  | 1:07.49 *  | 1:10.39 *  | 1:16.19 *  | 1:22.09 *  |
| 3:06.39 *   | 2:53.09 *  | 2:39.79 *  | 2:33.09 *  | 2:26.49 *  | 2:19.79 *  | 200 FR LCM    | 2:14.39 *  | 2:20.79 *  | 2:27.19 *  | 2:33.59 *  | 2:46.39 *  | 2:59.19 *  |
| 6:32.89 *   | 6:04.79 *  | 5:36.79 *  | 5:22.79 *  | 5:08.69 *  | 4:54.69 *  | 400 FR LCM    | 4:45.89 *  | 4:59.49 *  | 5:13.09 *  | 5:26.69 *  | 5:53.89 *  | 6:21.09 *  |
| 13:41.59 *  | 12:42.89 * | 11:44.19 * | 11:14.89 * | 10:45.49 * | 10:16.19 * | 800 FR LCM    | 10:00.09 * | 10:28.69 * | 10:57.29 * | 11:25.89 * | 12:22.99 * | 13:20.19 * |
| 26:06.89 *  | 24:14.99 * | 22:22.99 * | 21:27.09 * | 20:31.09 * | 19:35.19 * | 1500 FR LCM   | 19:23.89 * | 20:19.29 * | 21:14.69 * | 22:10.19 * | 24:00.99 * | 25:51.79 * |
| 44.79 *     | 41.59 *    | 38.39 *    | 36.79 *    | 35.19 *    | 33.59 *    | 50 BK LCM     | 32.59 *    | 34.29 *    | 35.99 *    | 37.69 *    | 41.09 *    | 44.49 *    |
| 1:40.59 *   | 1:32.69 *  | 1:24.79 *  | 1:20.79 *  | 1:16.89 *  | 1:12.89 *  | 100 BK LCM    | 1:10.39 *  | 1:14.29 *  | 1:18.09 *  | 1:21.89 *  | 1:29.59 *  | 1:37.19 *  |
| 3:28.09 *   | 3:13.29 *  | 2:58.39 *  | 2:50.99 *  | 2:43.49 *  | 2:36.09 *  | 200 BK LCM    | 2:32.19 *  | 2:39.49 *  | 2:46.69 *  | 2:53.99 *  | 3:08.49 *  | 3:22.99 *  |
| 49.79 *     | 46.19 *    | 42.69 *    | 40.89 *    | 39.09 *    | 37.39 *    | 50 BR LCM     | 36.09 *    | 38.09 *    | 39.99 *    | 41.99 *    | 45.89 *    | 49.79 *    |
| 1:50.39 *   | 1:42.19 *  | 1:33.99 *  | 1:29.99 *  | 1:25.89 *  | 1:21.79 *  | 100 BR LCM    | 1:18.99 *  | 1:23.09 *  | 1:27.19 *  | 1:31.29 *  | 1:39.59 *  | 1:47.79 *  |
| 3:56.79 *   | 3:39.89 *  | 3:22.99 *  | 3:14.49 *  | 3:06.09 *  | 2:57.59 *  | 200 BR LCM    | 2:50.99 *  | 2:59.09 *  | 3:07.19 *  | 3:15.39 *  | 3:31.59 *  | 3:47.89 *  |
| 41.79 *     | 38.79 *    | 35.79 *    | 34.29 *    | 32.89 *    | 31.39 *    | 50 FL LCM     | 30.29 *    | 31.99 *    | 33.59      | 35.29 *    | 38.69 *    | 41.99 *    |
| 1:38.29 *   | 1:30.49 *  | 1:22.59 *  | 1:18.69 *  | 1:14.79 *  | 1:10.79 *  | 100 FL LCM    | 1:07.79 *  | 1:11.69 *  | 1:15.59 *  | 1:19.49 *  | 1:27.29 *  | 1:35.09 *  |
| 3:31.09 *   | 3:15.99 *  | 3:00.89 *  | 2:53.39 *  | 2:45.89 *  | 2:38.29 *  | 200 FL LCM    | 2:33.59 *  | 2:40.89 *  | 2:48.29 *  | 2:55.59 *  | 3:10.19 *  | 3:24.79 *  |
| 3:30.59 *   | 3:15.59 *  | 3:00.59 *  | 2:52.99 *  | 2:45.49 *  | 2:37.99 *  | 200 IM LCM    | 2:30.59 *  | 2:38.29 *  | 2:45.99 *  | 2:53.69 *  | 3:08.99 *  | 3:24.39 *  |
| 7:28.89 *   | 6:56.79 *  | 6:24.79 *  | 6:08.69 *  | 5:52.69 *  | 5:36.69 *  | 400 IM LCM    | 5:28.39 *  | 5:44.09 *  | 5:59.69 *  | 6:15.39 *  | 6:46.59 *  | 7:17.89 *  |
| 2:44.29 *   | 2:32.59 *  | 2:20.89 *  | 2:14.99 *  | 2:09.09 *  | 2:03.29 *  | 200 FR-R LCM  | 2:00.19 *  | 2:05.89 *  | 2:11.59 *  | 2:17.39 *  | 2:28.79 *  | 2:40.19 *  |
| 6:03.69 *   | 5:37.69 *  | 5:11.79 *  | 4:58.79 *  | 4:45.79 *  | 4:32.79 *  | 400 FR-R LCM  | 4:26.79 *  | 4:39.49 *  | 4:52.19 *  | 5:04.89 *  | 5:30.29 *  | 5:55.69 *  |
| 3:04.19 *   | 2:50.99 *  | 2:37.89 *  | 2:31.29 *  | 2:24.69 *  | 2:18.19 *  | 200 MED-R LCM | 2:14.79 *  | 2:21.29 *  | 2:27.69 *  | 2:34.09 *  | 2:46.89 *  | 2:59.79 *  |
| 6:48.79 *   | 6:19.59 *  | 5:50.39 *  | 5:35.79 *  | 5:21.19 *  | 5:06.59 *  | 400 MED-R LCM | 4:59.69 *  | 5:13.99 *  | 5:28.19 *  | 5:42.49 *  | 6:10.99 *  | 6:39.59 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B           | BB         | A          | AA         | AAA        | AAAA       |               | AAAA       | AAA        | AA         | A          | BB         | B          |
|-------------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------|------------|------------|
| 13-14 Girls |            |            |            |            |            | Event         | 13-14 Boys |            |            |            |            |            |
| 37.19 *     | 34.59 *    | 31.89 *    | 30.59 *    | 29.29 *    | 27.89      | 50 FR LCM     | 25.69 *    | 26.89 *    | 28.19 *    | 29.39 *    | 31.79 *    | 34.29 *    |
| 1:21.19 *   | 1:15.39 *  | 1:09.59 *  | 1:06.69 *  | 1:03.79 *  | 1:00.89 *  | 100 FR LCM    | 56.39 *    | 58.99 *    | 1:01.69 *  | 1:04.39 *  | 1:09.79 *  | 1:15.09 *  |
| 2:55.29 *   | 2:42.79 *  | 2:30.29 *  | 2:23.99 *  | 2:17.79 *  | 2:11.49 *  | 200 FR LCM    | 2:02.99 *  | 2:08.89    | 2:14.69 *  | 2:20.59    | 2:32.29    | 2:43.99 *  |
| 6:08.09 *   | 5:41.79 *  | 5:15.49 *  | 5:02.39 *  | 4:49.19 *  | 4:36.09 *  | 400 FR LCM    | 4:21.29 *  | 4:33.79 *  | 4:46.19 *  | 4:58.69 *  | 5:23.49 *  | 5:48.39 *  |
| 12:45.49 *  | 11:50.79 * | 10:56.09 * | 10:28.79 * | 10:01.49 * | 9:34.09 *  | 800 FR LCM    | 9:00.49 *  | 9:26.19 *  | 9:51.99 *  | 10:17.69 * | 11:09.19 * | 12:00.59 * |
| 24:28.39 *  | 22:43.49 * | 20:58.59 * | 20:06.19 * | 19:13.69 * | 18:21.29 * | 1500 FR LCM   | 17:18.49 * | 18:07.89 * | 18:57.39 * | 19:46.79 * | 21:25.69 * | 23:04.59 * |
| 42.59 *     | 39.49 *    | 36.49 *    | 34.99 *    | 33.49 *    | 31.89 *    | 50 BK LCM     | 29.69 *    | 31.09 *    | 32.49 *    | 33.89 *    | 36.69 *    | 39.49 *    |
| 1:29.69 *   | 1:23.29 *  | 1:16.89 *  | 1:13.69 *  | 1:10.49 *  | 1:07.29 *  | 100 BK LCM    | 1:02.79 *  | 1:05.79 *  | 1:08.69 *  | 1:11.69 *  | 1:17.69 *  | 1:23.69 *  |
| 3:13.29 *   | 2:59.49 *  | 2:45.69 *  | 2:38.79 *  | 2:31.89 *  | 2:24.99 *  | 200 BK LCM    | 2:16.29 *  | 2:22.79 *  | 2:29.29 *  | 2:35.79 *  | 2:48.79 *  | 3:01.79 *  |
| 47.79 *     | 44.39 *    | 40.99 *    | 39.29 *    | 37.59 *    | 35.89 *    | 50 BR LCM     | 32.99 *    | 34.59 *    | 36.19 *    | 37.69 *    | 40.89 *    | 43.99 *    |
| 1:42.39 *   | 1:34.99 *  | 1:27.69 *  | 1:24.09 *  | 1:20.39 *  | 1:16.79 *  | 100 BR LCM    | 1:10.29 *  | 1:13.69 *  | 1:16.99 *  | 1:20.39 *  | 1:27.09 *  | 1:33.79 *  |
| 3:40.29 *   | 3:24.59 *  | 3:08.89 *  | 3:00.99 *  | 2:53.09 *  | 2:45.29 *  | 200 BR LCM    | 2:32.09 *  | 2:39.39 *  | 2:46.59 *  | 2:53.79 *  | 3:08.29 *  | 3:22.79 *  |
| 39.99 *     | 37.09 *    | 34.29 *    | 32.79 *    | 31.39 *    | 29.99 *    | 50 FL LCM     | 27.99 *    | 29.29 *    | 30.59 *    | 31.89 *    | 34.59 *    | 37.29 *    |
| 1:27.19 *   | 1:20.99 *  | 1:14.79 *  | 1:11.69 *  | 1:08.59 *  | 1:05.39 *  | 100 FL LCM    | 1:00.29 *  | 1:03.09 *  | 1:05.99 *  | 1:08.89 *  | 1:14.59 *  | 1:20.29 *  |
| 3:15.69 *   | 3:01.69 *  | 2:47.79 *  | 2:40.79 *  | 2:33.79 *  | 2:26.79 *  | 200 FL LCM    | 2:14.79 *  | 2:21.19 *  | 2:27.59 *  | 2:33.99 *  | 2:46.79 *  | 2:59.69 *  |
| 3:17.19 *   | 3:03.09 *  | 2:48.99 *  | 2:41.99 *  | 2:34.89 *  | 2:27.89 *  | 200 IM LCM    | 2:17.19 *  | 2:23.69 *  | 2:30.19 *  | 2:36.69 *  | 2:49.79 *  | 3:02.89 *  |
| 6:57.99 *   | 6:28.19 *  | 5:58.29 *  | 5:43.39 *  | 5:28.39 *  | 5:13.49 *  | 400 IM LCM    | 4:52.99 *  | 5:06.99 *  | 5:20.89 *  | 5:34.89 *  | 6:02.79 *  | 6:30.69 *  |
| 2:35.59 *   | 2:24.39 *  | 2:13.29 *  | 2:07.79 *  | 2:02.19 *  | 1:56.69 *  | 200 FR-R LCM  | 1:47.69 *  | 1:52.79 *  | 1:57.89 *  | 2:03.09 *  | 2:13.29 *  | 2:23.59 *  |
| 5:40.89 *   | 5:16.49 *  | 4:52.19 *  | 4:39.99 *  | 4:27.79 *  | 4:15.69 *  | 400 FR-R LCM  | 3:56.49 *  | 4:07.69 *  | 4:18.99 *  | 4:30.19 *  | 4:52.79 *  | 5:15.29 *  |
| 12:28.29 *  | 11:34.79 * | 10:41.39 * | 10:14.59 * | 9:47.89 *  | 9:21.19 *  | 800 FR-R LCM  | 8:42.99 *  | 9:07.89 *  | 9:32.79 *  | 9:57.69 *  | 10:47.49 * | 11:37.29 * |
| 2:53.29 *   | 2:40.89 *  | 2:28.49 *  | 2:22.39 *  | 2:16.19 *  | 2:09.99 *  | 200 MED-R LCM | 1:59.19 *  | 2:04.89 *  | 2:10.59 *  | 2:16.29 *  | 2:27.59 *  | 2:38.99 *  |
| 6:18.39 *   | 5:51.39 *  | 5:24.29 *  | 5:10.79 *  | 4:57.29 *  | 4:43.79 *  | 400 MED-R LCM | 4:21.79 *  | 4:34.29 *  | 4:46.79 *  | 4:59.19 *  | 5:24.09 *  | 5:49.09 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B           | BB         | A          | AA         | AAA        | AAAA       |               | AAAA       | AAA        | AA         | A          | BB         | B          |
|-------------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------|------------|------------|
| 15-16 Girls |            |            |            |            |            | Event         | 15-16 Boys |            |            |            |            |            |
| 36.09 *     | 33.49 *    | 30.89 *    | 29.59 *    | 28.29 *    | 27.09 *    | 50 FR LCM     | 24.69 *    | 25.89 *    | 26.99 *    | 28.19 *    | 30.59 *    | 32.89 *    |
| 1:18.39 *   | 1:12.79 *  | 1:07.19 *  | 1:04.39 *  | 1:01.59 *  | 58.79 *    | 100 FR LCM    | 53.79 *    | 56.39 *    | 58.99 *    | 1:01.49 *  | 1:06.69 *  | 1:11.79 *  |
| 2:49.19 *   | 2:37.09 *  | 2:25.09 *  | 2:18.99 *  | 2:12.99 *  | 2:06.89 *  | 200 FR LCM    | 1:57.49 *  | 2:03.09 *  | 2:08.69 *  | 2:14.29 *  | 2:25.39 *  | 2:36.59 *  |
| 5:55.19 *   | 5:29.89 *  | 5:04.49 *  | 4:51.79 *  | 4:39.09 *  | 4:26.39 *  | 400 FR LCM    | 4:10.59 *  | 4:22.49 *  | 4:34.39 *  | 4:46.39 *  | 5:10.19 *  | 5:34.09 *  |
| 12:17.79 *  | 11:25.09 * | 10:32.39 * | 10:05.99 * | 9:39.69 *  | 9:13.29 *  | 800 FR LCM    | 8:40.49 *  | 9:05.29 *  | 9:29.99 *  | 9:54.79 *  | 10:44.39 * | 11:33.99 * |
| 23:33.49 *  | 21:52.49 * | 20:11.59 * | 19:21.09 * | 18:30.59 * | 17:40.09 * | 1500 FR LCM   | 16:36.19 * | 17:23.59 * | 18:11.09 * | 18:58.49 * | 20:33.39 * | 22:08.29 * |
| 41.19 *     | 38.29 *    | 35.29 *    | 33.89 *    | 32.39 *    | 30.89 *    | 50 BK LCM     | 28.39 *    | 29.69 *    | 31.09 *    | 32.39 *    | 35.09 *    | 37.79 *    |
| 1:26.89 *   | 1:20.69 *  | 1:14.49 *  | 1:11.39 *  | 1:08.29 *  | 1:05.19 *  | 100 BK LCM    | 59.49 *    | 1:02.39 *  | 1:05.19 *  | 1:07.99 *  | 1:13.69 *  | 1:19.39 *  |
| 3:06.79 *   | 2:53.39 *  | 2:40.09 *  | 2:33.39 *  | 2:26.79 *  | 2:20.09 *  | 200 BK LCM    | 2:09.19 *  | 2:15.39 *  | 2:21.49 *  | 2:27.69 *  | 2:39.99 *  | 2:52.29 *  |
| 46.19 *     | 42.89 *    | 39.59 *    | 37.89 *    | 36.29 *    | 34.59 *    | 50 BR LCM     | 31.29 *    | 32.79 *    | 34.29 *    | 35.79 *    | 38.79 *    | 41.79 *    |
| 1:38.59 *   | 1:31.59 *  | 1:24.49 *  | 1:20.99 *  | 1:17.49 *  | 1:13.99 *  | 100 BR LCM    | 1:07.09 *  | 1:10.29 *  | 1:13.49 *  | 1:16.69 *  | 1:23.09 *  | 1:29.49 *  |
| 3:32.49 *   | 3:17.29 *  | 3:02.09 *  | 2:54.49 *  | 2:46.99 *  | 2:39.39 *  | 200 BR LCM    | 2:25.89 *  | 2:32.79 *  | 2:39.79 *  | 2:46.69 *  | 3:00.59 *  | 3:14.49 *  |
| 38.99 *     | 36.19 *    | 33.49 *    | 32.09 *    | 30.69 *    | 29.29 *    | 50 FL LCM     | 26.79 *    | 27.99 *    | 29.29 *    | 30.59 *    | 33.09 *    | 35.69 *    |
| 1:24.29 *   | 1:18.29 *  | 1:12.29 *  | 1:09.29 *  | 1:06.29 *  | 1:03.29 *  | 100 FL LCM    | 57.59 *    | 1:00.29 *  | 1:03.09 *  | 1:05.79 *  | 1:11.29 *  | 1:16.79 *  |
| 3:07.79 *   | 2:54.39 *  | 2:40.99 *  | 2:34.29 *  | 2:27.59 *  | 2:20.89 *  | 200 FL LCM    | 2:08.79 *  | 2:14.89 *  | 2:21.09 *  | 2:27.19 *  | 2:39.49 *  | 2:51.69 *  |
| 3:11.19 *   | 2:57.49 *  | 2:43.89 *  | 2:36.99 *  | 2:30.19 *  | 2:23.39 *  | 200 IM LCM    | 2:12.09 *  | 2:18.39 *  | 2:24.69 *  | 2:30.99 *  | 2:43.59 *  | 2:56.19 *  |
| 6:44.69 *   | 6:15.79 *  | 5:46.89 *  | 5:32.49 *  | 5:17.99 *  | 5:03.59 *  | 400 IM LCM    | 4:41.09 *  | 4:54.39 *  | 5:07.79 *  | 5:21.19 *  | 5:47.99 *  | 6:14.69 *  |
| 2:36.49 *   | 2:25.39 *  | 2:14.19 *  | 2:08.59 *  | 2:02.99 *  | 1:57.39 *  | 200 FR-R LCM  | 1:44.89 *  | 1:49.89 *  | 1:54.89 *  | 1:59.89 *  | 2:09.89 *  | 2:19.89 *  |
| 5:41.09 *   | 5:16.79 *  | 4:52.39 *  | 4:40.19 *  | 4:27.99 *  | 4:15.89 *  | 400 FR-R LCM  | 3:49.89 *  | 4:00.89 *  | 4:11.79 *  | 4:22.79 *  | 4:44.69 *  | 5:06.49 *  |
| 12:25.39 *  | 11:32.19 * | 10:38.89 * | 10:12.29 * | 9:45.69 *  | 9:19.09 *  | 800 FR-R LCM  | 8:32.59 *  | 8:56.99 *  | 9:21.39 *  | 9:45.79 *  | 10:34.69 * | 11:23.49 * |
| 2:53.99 *   | 2:41.49 *  | 2:29.09 *  | 2:22.89 *  | 2:16.69 *  | 2:10.49 *  | 200 MED-R LCM | 1:56.29 *  | 2:01.89 *  | 2:07.39 *  | 2:12.89 *  | 2:23.99 *  | 2:35.09 *  |
| 6:14.39 *   | 5:47.69 *  | 5:20.89 *  | 5:07.59 *  | 4:54.19 *  | 4:40.79 *  | 400 MED-R LCM | 4:15.89 *  | 4:28.09 *  | 4:40.19 *  | 4:52.39 *  | 5:16.79 *  | 5:41.19 *  |

# USA Swimming 2024-2028 Motivational Standards



10/10/2025 1:02:42 AM

| B           | BB         | A          | AA         | AAA        | AAAA       |               | AAAA       | AAA        | AA         | A          | BB         | B          |
|-------------|------------|------------|------------|------------|------------|---------------|------------|------------|------------|------------|------------|------------|
| 17-18 Girls |            |            |            |            |            | Event         | 17-18 Boys |            |            |            |            |            |
| 35.89 *     | 33.29 *    | 30.69 *    | 29.49 *    | 28.19 *    | 26.89 *    | 50 FR LCM     | 23.99 *    | 25.09 *    | 26.19 *    | 27.39 *    | 29.59 *    | 31.89 *    |
| 1:17.69 *   | 1:12.19 *  | 1:06.59 *  | 1:03.89 *  | 1:01.09 *  | 58.29 *    | 100 FR LCM    | 52.39 *    | 54.89 *    | 57.39 *    | 59.89 *    | 1:04.89 *  | 1:09.89 *  |
| 2:47.69 *   | 2:35.69 *  | 2:23.69 *  | 2:17.69 *  | 2:11.69 *  | 2:05.79 *  | 200 FR LCM    | 1:54.69 *  | 2:00.09 *  | 2:05.59 *  | 2:11.09 *  | 2:21.99 *  | 2:32.89 *  |
| 5:53.39 *   | 5:28.19 *  | 5:02.99 *  | 4:50.29 *  | 4:37.69 *  | 4:25.09 *  | 400 FR LCM    | 4:04.89 *  | 4:16.49 *  | 4:28.19 *  | 4:39.79 *  | 5:03.09 *  | 5:26.49 *  |
| 12:10.29 *  | 11:18.19 * | 10:25.99 * | 9:59.89 *  | 9:33.79 *  | 9:07.79 *  | 800 FR LCM    | 8:28.49 *  | 8:52.69 *  | 9:16.89 *  | 9:41.09 *  | 10:29.49 * | 11:17.89 * |
| 23:20.89 *  | 21:40.79 * | 20:00.79 * | 19:10.79 * | 18:20.69 * | 17:30.69 * | 1500 FR LCM   | 16:19.39 * | 17:05.99 * | 17:52.59 * | 18:39.29 * | 20:12.49 * | 21:45.79 * |
| 40.99 *     | 38.09 *    | 35.09 *    | 33.69 *    | 32.19 *    | 30.79 *    | 50 BK LCM     | 27.59 *    | 28.99 *    | 30.29 *    | 31.59 *    | 34.19 *    | 36.79 *    |
| 1:25.89 *   | 1:19.79 *  | 1:13.69 *  | 1:10.59 *  | 1:07.49 *  | 1:04.49 *  | 100 BK LCM    | 58.19 *    | 1:00.89 *  | 1:03.69 *  | 1:06.49 *  | 1:11.99 *  | 1:17.49 *  |
| 3:05.79 *   | 2:52.49 *  | 2:39.19 *  | 2:32.59 *  | 2:25.99 *  | 2:19.29 *  | 200 BK LCM    | 2:06.89 *  | 2:12.89 *  | 2:18.99 *  | 2:24.99 *  | 2:37.09 *  | 2:49.19 *  |
| 45.59 *     | 42.29 *    | 39.09 *    | 37.49 *    | 35.79 *    | 34.19 *    | 50 BR LCM     | 30.29 *    | 31.69 *    | 33.09 *    | 34.59 *    | 37.49 *    | 40.29 *    |
| 1:37.49 *   | 1:30.49 *  | 1:23.59 *  | 1:20.09 *  | 1:16.59 *  | 1:13.09 *  | 100 BR LCM    | 1:05.09 *  | 1:08.19 *  | 1:11.29 *  | 1:14.39 *  | 1:20.59 *  | 1:26.69 *  |
| 3:29.89 *   | 3:14.99 *  | 2:59.99 *  | 2:52.49 *  | 2:44.99 *  | 2:37.49 *  | 200 BR LCM    | 2:21.89 *  | 2:28.59 *  | 2:35.39 *  | 2:42.19 *  | 2:55.69 *  | 3:09.19 *  |
| 38.39 *     | 35.59 *    | 32.89 *    | 31.49 *    | 30.19 *    | 28.79 *    | 50 FL LCM     | 25.99 *    | 27.19 *    | 28.39 *    | 29.69 *    | 32.09 *    | 34.59 *    |
| 1:23.59 *   | 1:17.69 *  | 1:11.69 *  | 1:08.69 *  | 1:05.69 *  | 1:02.69 *  | 100 FL LCM    | 55.99 *    | 58.69 *    | 1:01.29 *  | 1:03.99 *  | 1:09.29 *  | 1:14.59 *  |
| 3:04.49 *   | 2:51.39 *  | 2:38.19 *  | 2:31.59 *  | 2:24.99 *  | 2:18.39 *  | 200 FL LCM    | 2:05.29 *  | 2:11.29 *  | 2:17.19 *  | 2:23.19 *  | 2:35.09 *  | 2:46.99 *  |
| 3:09.29 *   | 2:55.79 *  | 2:42.29 *  | 2:35.49 *  | 2:28.79 *  | 2:21.99 *  | 200 IM LCM    | 2:08.99 *  | 2:15.09 *  | 2:21.19 *  | 2:27.39 *  | 2:39.59 *  | 2:51.89 *  |
| 6:40.29 *   | 6:11.69 *  | 5:43.09 *  | 5:28.79 *  | 5:14.49 *  | 5:00.29 *  | 400 IM LCM    | 4:35.69 *  | 4:48.79 *  | 5:01.89 *  | 5:15.09 *  | 5:41.29 *  | 6:07.59 *  |
| 2:34.19 *   | 2:23.19 *  | 2:12.19 *  | 2:06.69 *  | 2:01.19 *  | 1:55.59 *  | 200 FR-R LCM  | 1:40.99 *  | 1:45.79 *  | 1:50.59 *  | 1:55.39 *  | 2:04.99 *  | 2:14.59 *  |
| 5:34.19 *   | 5:10.29 *  | 4:46.39 *  | 4:34.49 *  | 4:22.59 *  | 4:10.59 *  | 400 FR-R LCM  | 3:40.49 *  | 3:50.99 *  | 4:01.49 *  | 4:11.99 *  | 4:32.99 *  | 4:53.99 *  |
| 12:15.79 *  | 11:23.29 * | 10:30.69 * | 10:04.39 * | 9:38.19 *  | 9:11.89 *  | 800 FR-R LCM  | 8:10.89 *  | 8:34.19 *  | 8:57.59 *  | 9:20.99 *  | 10:07.69 * | 10:54.49 * |
| 2:51.39 *   | 2:39.09 *  | 2:26.89 *  | 2:20.79 *  | 2:14.69 *  | 2:08.49 *  | 200 MED-R LCM | 1:51.39 *  | 1:56.69 *  | 2:01.99 *  | 2:07.29 *  | 2:17.89 *  | 2:28.49 *  |
| 6:10.89 *   | 5:44.39 *  | 5:17.89 *  | 5:04.69 *  | 4:51.39 *  | 4:38.19 *  | 400 MED-R LCM | 4:02.89 *  | 4:14.49 *  | 4:26.09 *  | 4:37.59 *  | 5:00.79 *  | 5:23.89 *  |