

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
<b>10 Girls</b>												
39.89 *	36.09 *	32.19 *	30.89 *	29.69 *	28.39 *	<b>50 FR SCY</b>	27.59 *	28.79 *	29.99 *	31.19 *	34.79 *	38.29 *
1:30.89 *	1:21.19 *	1:11.49 *	1:08.29 *	1:05.09 *	1:01.89 *	<b>100 FR SCY</b>	1:01.09 *	1:04.09 *	1:07.19 *	1:10.19 *	1:19.29 *	1:28.49 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	<b>200 FR SCY</b>	2:12.79 *	2:19.09 *	2:25.39 *	2:31.69 *	2:50.69 *	3:09.59 *
8:37.39 *	7:45.69 *	6:53.89 *	6:36.69 *	6:19.39 *	6:02.19 *	<b>500 FR SCY</b>	5:53.19 *	6:09.99 *	6:26.79 *	6:43.59 *	7:34.09 *	8:24.49 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	<b>50 BK SCY</b>	32.39 *	34.19 *	35.99 *	37.79 *	43.09 *	48.49 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	<b>100 BK SCY</b>	1:09.29 *	1:12.79 *	1:16.29 *	1:19.89 *	1:30.49 *	1:41.09 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	<b>50 BR SCY</b>	36.39 *	38.29 *	40.19 *	42.09 *	47.79 *	53.49 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	<b>100 BR SCY</b>	1:19.69 *	1:23.69 *	1:27.69 *	1:31.69 *	1:43.59 *	1:55.49 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	<b>50 FL SCY</b>	30.79 *	32.59 *	34.29 *	36.09 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	<b>100 FL SCY</b>	1:09.99 *	1:14.89 *	1:19.79 *	1:24.59 *	1:39.29 *	1:53.89 *
1:44.99 *	1:33.79 *	1:22.59 *	1:18.89 *	1:15.19 *	1:11.49 *	<b>100 IM SCY</b>	1:09.89 *	1:13.19 *	1:16.49 *	1:19.89 *	1:29.79 *	1:39.79 *
3:42.99 *	3:19.59 *	2:56.19 *	2:48.39 *	2:40.69 *	2:32.89 *	<b>200 IM SCY</b>	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
<b>11 Girls</b>												
						<b>Event</b>						
						<b>50 FR SCY</b>	26.29 *	27.59 *	28.79 *	30.09 *	32.59 *	35.09 *
35.39 *	32.99 *	30.49 *	29.29 *	28.09 *	26.79 *	<b>100 FR SCY</b>	57.09 *	59.79 *	1:02.49	1:05.19	1:10.59	1:16.09 *
1:17.69 *	1:12.19 *	1:06.59 *	1:03.79 *	1:01.09 *	58.29 *	<b>200 FR SCY</b>	2:04.99 *	2:10.89 *	2:16.89 *	2:22.79 *	2:34.69 *	2:46.59 *
2:49.09 *	2:37.09 *	2:24.99 *	2:18.89 *	2:12.89 *	2:06.89 *	<b>500 FR SCY</b>	5:34.69 *	5:50.59 *	6:06.59 *	6:22.49 *	6:54.39 *	7:26.19 *
7:33.99 *	7:01.59 *	6:29.19 *	6:12.99 *	5:56.79 *	5:40.49 *	<b>1000 FR SCY</b>	11:43.99 *	12:17.59 *	12:51.09 *	13:24.59 *	14:31.69 *	15:38.69 *
15:44.49 *	14:36.99 *	13:29.59 *	12:55.79 *	12:22.09 *	11:48.39 *	<b>1650 FR SCY</b>	19:54.09 *	20:50.99 *	21:47.79 *	22:44.69 *	24:38.39 *	26:32.09 *
40.59 *	37.69 *	34.79 *	33.39 *	31.89 *	30.49 *	<b>50 BK SCY</b>	30.19 *	31.79 *	33.39 *	34.89 *	38.09 *	41.19 *
1:30.69 *	1:23.59 *	1:16.39 *	1:12.79 *	1:09.29 *	1:05.69 *	<b>100 BK SCY</b>	1:04.99 *	1:08.59 *	1:12.09 *	1:15.59 *	1:22.69 *	1:29.79 *
3:09.69 *	2:56.19 *	2:42.59 *	2:35.89 *	2:29.09 *	2:22.29 *	<b>200 BK SCY</b>	2:20.69 *	2:27.39 *	2:34.09 *	2:40.79 *	2:54.19 *	3:07.59 *
45.49 *	42.29 *	38.99 *	37.39 *	35.79 *	34.09 *	<b>50 BR SCY</b>	33.99 *	35.79 *	37.69 *	39.49 *	43.19 *	46.89 *
1:40.29 *	1:32.89 *	1:25.49 *	1:21.79 *	1:18.09 *	1:14.39 *	<b>100 BR SCY</b>	1:13.49 *	1:17.29 *	1:21.19 *	1:24.99 *	1:32.59 *	1:40.29 *
3:35.39 *	3:19.99 *	3:04.59 *	2:56.89 *	2:49.19 *	2:41.49 *	<b>200 BR SCY</b>	2:40.69 *	2:48.29 *	2:55.99 *	3:03.59 *	3:18.89 *	3:34.19 *
38.89 *	36.09 *	33.39 *	31.99 *	30.59 *	29.19 *	<b>50 FL SCY</b>	28.89 *	30.49 *	32.09 *	33.69 *	36.89 *	40.09 *
1:30.79 *	1:23.49 *	1:16.29 *	1:12.59 *	1:08.99 *	1:05.39 *	<b>100 FL SCY</b>	1:04.49 *	1:08.19 *	1:11.89 *	1:15.59 *	1:22.99 *	1:30.49 *
3:16.49 *	3:02.39 *	2:48.39 *	2:41.39 *	2:34.39 *	2:27.39 *	<b>200 FL SCY</b>	2:23.79 *	2:30.69 *	2:37.49 *	2:44.39 *	2:58.09 *	3:11.79 *
1:28.69 *	1:22.29 *	1:15.99 *	1:12.79 *	1:09.69 *	1:06.49 *	<b>100 IM SCY</b>	1:05.69 *	1:08.89 *	1:12.09 *	1:15.29 *	1:21.69 *	1:28.09 *
3:12.79 *	2:58.99 *	2:45.19 *	2:38.39 *	2:31.49 *	2:24.59 *	<b>200 IM SCY</b>	2:21.99 *	2:29.29 *	2:36.49 *	2:43.69 *	2:58.19 *	3:12.69 *
6:52.09 *	6:22.69 *	5:53.29 *	5:38.49 *	5:23.79 *	5:09.09 *	<b>400 IM SCY</b>	5:01.19 *	5:15.49 *	5:29.79 *	5:44.19 *	6:12.79 *	6:41.49 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event	AAAA	AAA	AA	A	BB	B
<b>12 Girls</b>													
34.09 *	31.69 *	29.39 *	28.19 *	26.99 *	25.79 *		<b>50 FR SCY</b>	24.59 *	25.79 *	26.99 *	28.09 *	30.49 *	32.79 *
1:14.69 *	1:09.39 *	1:04.09 *	1:01.39 *	58.69 *	56.09 *		<b>100 FR SCY</b>	53.69 *	56.19 *	58.79 *	1:01.29 *	1:06.39 *	1:11.49 *
2:43.39 *	2:31.69 *	2:19.99 *	2:14.19 *	2:08.39 *	2:02.49 *		<b>200 FR SCY</b>	1:56.99 *	2:02.59 *	2:08.19 *	2:13.69 *	2:24.89 *	2:35.99 *
7:17.29 *	6:46.09 *	6:14.89 *	5:59.19 *	5:43.59 *	5:27.99 *		<b>500 FR SCY</b>	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 *		<b>1000 FR SCY</b>	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 *		<b>1650 FR SCY</b>	18:21.49 *	19:13.89 *	20:06.39 *	20:58.79 *	22:43.69 *	24:28.59 *
38.79 *	36.09 *	33.29 *	31.89 *	30.49 *	29.09 *		<b>50 BK SCY</b>	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 *		<b>100 BK SCY</b>	59.49	1:02.79	1:05.99	1:09.29 *	1:15.69	1:22.19
3:00.09 *	2:47.19 *	2:34.39 *	2:27.89 *	2:21.49 *	2:15.09 *		<b>200 BK SCY</b>	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 *		<b>50 BR SCY</b>	31.49 *	33.29 *	34.99 *	36.69 *	40.09 *	43.49 *
1:36.49 *	1:29.39 *	1:22.19 *	1:18.69 *	1:15.09 *	1:11.49 *		<b>100 BR SCY</b>	1:07.79 *	1:11.39 *	1:14.89 *	1:18.39 *	1:25.49 *	1:32.59 *
3:25.89 *	3:11.19 *	2:56.49 *	2:49.09 *	2:41.79 *	2:34.39 *		<b>200 BR SCY</b>	2:27.39 *	2:34.39 *	2:41.39 *	2:48.39 *	3:02.39 *	3:16.49 *
36.99 *	34.29 *	31.69 *	30.39 *	29.09 *	27.79 *		<b>50 FL SCY</b>	26.69 *	28.19	29.69	31.19	34.19	37.09
1:26.09 *	1:19.19 *	1:12.29 *	1:08.89 *	1:05.49 *	1:01.99 *		<b>100 FL SCY</b>	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 *		<b>200 FL SCY</b>	2:12.49 *	2:18.89 *	2:25.19 *	2:31.49 *	2:44.09 *	2:56.69 *
1:25.29 *	1:19.19 *	1:13.09 *	1:10.09 *	1:06.99 *	1:03.99 *		<b>100 IM SCY</b>	1:01.09 *	1:03.99 *	1:06.99 *	1:09.99 *	1:15.89 *	1:21.89 *
3:03.99 *	2:50.79 *	2:37.69 *	2:31.09 *	2:24.59 *	2:17.99 *		<b>200 IM SCY</b>	2:12.09 *	2:18.79 *	2:25.59 *	2:32.29 *	2:45.79 *	2:59.29 *
6:32.29 *	6:04.29 *	5:36.29 *	5:22.29 *	5:08.29 *	4:54.29 *		<b>400 IM SCY</b>	4:43.09 *	4:56.49 *	5:09.99 *	5:23.49 *	5:50.49 *	6:17.39 *
<b>13 Girls</b>													
							<b>Event</b>						<b>13 Boys</b>
33.29	30.89	28.59 *	27.39	26.19	24.99		<b>50 FR SCY</b>	23.29 *	24.39 *	25.59 *	26.69 *	28.89 *	31.09 *
1:12.49 *	1:07.29 *	1:02.09 *	59.59 *	56.99 *	54.39 *		<b>100 FR SCY</b>	50.69 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.59 *
2:37.69 *	2:26.49 *	2:15.19 *	2:09.59 *	2:03.89 *	1:58.29 *		<b>200 FR SCY</b>	1:50.79 *	1:56.09 *	2:01.39 *	2:06.69 *	2:17.19 *	2:27.79 *
7:00.59 *	6:30.59 *	6:00.49 *	5:45.49 *	5:30.49 *	5:15.49 *		<b>500 FR SCY</b>	4:58.99 *	5:13.29 *	5:27.49 *	5:41.69 *	6:10.19 *	6:38.69 *
14:35.79 *	13:33.29 *	12:30.69 *	11:59.39 *	11:28.19 *	10:56.89 *		<b>1000 FR SCY</b>	10:18.69 *	10:48.19 *	11:17.59 *	11:47.09 *	12:45.99 *	13:44.89 *
24:16.79 *	22:32.69 *	20:48.69 *	19:56.69 *	19:04.59 *	18:12.59 *		<b>1650 FR SCY</b>	17:20.59 *	18:10.19 *	18:59.69 *	19:49.29 *	21:28.39 *	23:07.49 *
37.19 *	34.59 *	31.89 *	30.59 *	29.29 *	27.89 *		<b>50 BK SCY</b>	26.59 *	27.89 *	29.09 *	30.39 *	32.89 *	35.39 *
1:19.29 *	1:13.59 *	1:07.99 *	1:05.09 *	1:02.29 *	59.49 *		<b>100 BK SCY</b>	55.79 *	58.49 *	1:01.09 *	1:03.79 *	1:09.09 *	1:14.39 *
2:50.99 *	2:38.79 *	2:26.59 *	2:20.39 *	2:14.29 *	2:08.19 *		<b>200 BK SCY</b>	2:01.59 *	2:07.39 *	2:13.19 *	2:18.99 *	2:30.59 *	2:42.09 *
43.19 *	40.09 *	36.99 *	35.49 *	33.99 *	32.39 *		<b>50 BR SCY</b>	30.39 *	31.79 *	33.29 *	34.69 *	37.59 *	40.49 *
1:30.99 *	1:24.49 *	1:17.99 *	1:14.69 *	1:11.49 *	1:08.19 *		<b>100 BR SCY</b>	1:03.29	1:06.29	1:09.29	1:12.29	1:18.29 *	1:24.29 *
3:15.99 *	3:01.99 *	2:47.99 *	2:40.99 *	2:33.99 *	2:26.99 *		<b>200 BR SCY</b>	2:17.19 *	2:23.79 *	2:30.29 *	2:36.79 *	2:49.89 *	3:02.99 *
36.69 *	34.09 *	31.49 *	30.19 *	28.79 *	27.49 *		<b>50 FL SCY</b>	25.99 *	27.29 *	28.49 *	29.69 *	32.19 *	34.69 *
1:18.89 *	1:13.29 *	1:07.59 *	1:04.79 *	1:01.99 *	59.19 *		<b>100 FL SCY</b>	55.29 *	57.99 *	1:00.59 *	1:03.19 *	1:08.49 *	1:13.79 *
2:56.29 *	2:43.69 *	2:31.09 *	2:24.79 *	2:18.49 *	2:12.19 *		<b>200 FL SCY</b>	2:03.99 *	2:09.89 *	2:15.79 *	2:21.69 *	2:33.49 *	2:45.29 *
2:56.69 *	2:44.09 *	2:31.39 *	2:25.09 *	2:18.79 *	2:12.49 *		<b>200 IM SCY</b>	2:03.49 *	2:09.39 *	2:15.29 *	2:21.19 *	2:32.89 *	2:44.69 *
6:14.09 *	5:47.39 *	5:20.69 *	5:07.29 *	4:53.99 *	4:40.59 *		<b>400 IM SCY</b>	4:24.59 *	4:37.19 *	4:49.79 *	5:02.39 *	5:27.59 *	5:52.79 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event		AAAA	AAA	AA	A	BB	B
<b>14 Girls</b>														
32.69 *	30.39 *	27.99	26.89 *	25.69	24.49		<b>50 FR SCY</b>	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 *		<b>100 FR SCY</b>	48.79 *	51.19 *	53.49 *	55.79 *	1:00.39 *	1:05.09 *	
2:33.79 *	2:22.89 *	2:11.89 *	2:06.39 *	2:00.89 *	1:55.39 *		<b>200 FR SCY</b>	1:46.89 *	1:51.99 *	1:57.09 *	2:02.19 *	2:12.39 *	2:22.59 *	
6:52.29 *	6:22.89 *	5:53.39 *	5:38.69 *	5:23.99 *	5:09.29 *		<b>500 FR SCY</b>	4:49.49 *	5:03.29 *	5:17.09 *	5:30.79	5:58.39 *	6:25.99 *	
14:12.09 *	13:11.19 *	12:10.39 *	11:39.89 *	11:09.49 *	10:39.09 *		<b>1000 FR SCY</b>	10:01.19 *	10:29.79 *	10:58.39 *	11:26.99 *	12:24.29 *	13:21.49 *	
23:45.29 *	22:03.49 *	20:21.69 *	19:30.79 *	18:39.89 *	17:48.99 *		<b>1650 FR SCY</b>	16:47.49 *	17:35.49 *	18:23.49 *	19:11.39 *	20:47.39 *	22:23.29 *	
36.59 *	33.99 *	31.39 *	29.99 *	28.69 *	27.39 *		<b>50 BK SCY</b>	25.29 *	26.49 *	27.69 *	28.89 *	31.29 *	33.69 *	
1:17.19 *	1:11.69 *	1:06.19 *	1:03.39 *	1:00.69 *	57.89 *		<b>100 BK SCY</b>	53.49 *	56.09 *	58.59 *	1:01.19 *	1:06.29 *	1:11.39 *	
2:47.89 *	2:35.89 *	2:23.89 *	2:17.89 *	2:11.89 *	2:05.99 *		<b>200 BK SCY</b>	1:56.39 *	2:01.99 *	2:07.49 *	2:12.99 *	2:24.09 *	2:35.19 *	
42.09 *	39.09 *	36.09 *	34.59 *	33.09 *	31.59 *		<b>50 BR SCY</b>	28.89 *	30.29 *	31.69 *	33.09 *	35.79 *	38.59 *	
1:28.69 *	1:22.39 *	1:16.09 *	1:12.89 *	1:09.69 *	1:06.59 *		<b>100 BR SCY</b>	1:00.49 *	1:03.39 *	1:06.19 *	1:09.09 *	1:14.89 *	1:20.59 *	
3:10.99 *	2:57.39 *	2:43.79 *	2:36.89 *	2:30.09 *	2:23.29 *		<b>200 BR SCY</b>	2:11.49 *	2:17.79 *	2:23.99 *	2:30.29 *	2:42.79 *	2:55.29 *	
35.99 *	33.39 *	30.89 *	29.59 *	28.29 *	26.99 *		<b>50 FL SCY</b>	24.89 *	26.09 *	27.29 *	28.39 *	30.79 *	33.19 *	
1:16.89 *	1:11.39 *	1:05.89 *	1:03.19 *	1:00.39 *	57.69 *		<b>100 FL SCY</b>	52.89 *	55.39 *	57.89 *	1:00.39 *	1:05.49 *	1:10.49 *	
2:51.39 *	2:39.19 *	2:26.89 *	2:20.79 *	2:14.69 *	2:08.59 *		<b>200 FL SCY</b>	1:57.69 *	2:03.29 *	2:08.89 *	2:14.49 *	2:25.69 *	2:36.89 *	
2:52.49 *	2:40.19 *	2:27.89 *	2:21.69 *	2:15.59 *	2:09.39 *		<b>200 IM SCY</b>	1:58.49 *	2:04.09 *	2:09.79 *	2:15.39 *	2:26.69 *	2:37.99 *	
6:06.19 *	5:39.99 *	5:13.89 *	5:00.79 *	4:47.69 *	4:34.59 *		<b>400 IM SCY</b>	4:13.29 *	4:25.39 *	4:37.39 *	4:49.49 *	5:13.59 *	5:37.69 *	
<b>15 Girls</b>														
32.29 *	29.99 *	27.69 *	26.49	25.39 *	24.19		<b>50 FR SCY</b>	21.69 *	22.69 *	23.69 *	24.69 *	26.79 *	28.89 *	
1:10.09 *	1:05.09 *	1:00.09 *	57.59 *	55.09 *	52.59 *		<b>100 FR SCY</b>	47.49 *	49.79 *	51.99 *	54.29 *	58.79 *	1:03.29 *	
2:31.39 *	2:20.49 *	2:09.69 *	2:04.29 *	1:58.89 *	1:53.49 *		<b>200 FR SCY</b>	1:43.79 *	1:48.69 *	1:53.59 *	1:58.59 *	2:08.39 *	2:18.29 *	
6:48.19 *	6:18.99 *	5:49.89 *	5:35.29 *	5:20.69 *	5:06.09 *		<b>500 FR SCY</b>	4:42.29 *	4:55.69 *	5:09.09 *	5:22.59 *	5:49.49 *	6:16.29 *	
13:59.89 *	12:59.89 *	11:59.89 *	11:29.89 *	10:59.89 *	10:29.89 *		<b>1000 FR SCY</b>	9:47.79 *	10:15.79 *	10:43.79 *	11:11.79 *	12:07.69 *	13:03.69 *	
23:40.99 *	21:59.49 *	20:17.99 *	19:27.19 *	18:36.49 *	17:45.69 *		<b>1650 FR SCY</b>	16:20.79 *	17:07.49 *	17:54.19 *	18:40.89 *	20:14.29 *	21:47.69 *	
35.89 *	33.39 *	30.79 *	29.49 *	28.19 *	26.99 *		<b>50 BK SCY</b>	24.49 *	25.69 *	26.89 *	27.99 *	30.29 *	32.69 *	
1:15.89 *	1:10.49 *	1:05.09 *	1:02.39 *	59.69 *	56.99		<b>100 BK SCY</b>	52.09 *	54.59 *	57.09 *	59.59 *	1:04.49 *	1:09.49 *	
2:44.89 *	2:33.09 *	2:21.29 *	2:15.39 *	2:09.49 *	2:03.69 *		<b>200 BK SCY</b>	1:53.89 *	1:59.29 *	2:04.69 *	2:10.09 *	2:20.99 *	2:31.79 *	
41.89 *	38.89 *	35.89 *	34.39 *	32.89 *	31.39 *		<b>50 BR SCY</b>	28.09 *	29.49 *	30.79 *	32.09 *	34.79 *	37.49 *	
1:27.49 *	1:21.19 *	1:14.99 *	1:11.89 *	1:08.69 *	1:05.59 *		<b>100 BR SCY</b>	58.99 *	1:01.79 *	1:04.59 *	1:07.39 *	1:12.99 *	1:18.59 *	
3:08.19 *	2:54.69 *	2:41.29 *	2:34.59 *	2:27.89 *	2:21.19 *		<b>200 BR SCY</b>	2:08.59 *	2:14.79 *	2:20.89 *	2:26.99 *	2:39.19 *	2:51.49 *	
35.29 *	32.79 *	30.29 *	28.99 *	27.79 *	26.49 *		<b>50 FL SCY</b>	24.29 *	25.39 *	26.59 *	27.79 *	30.09 *	32.39 *	
1:15.79 *	1:10.39 *	1:04.99 *	1:02.29 *	59.59 *	56.79 *		<b>100 FL SCY</b>	51.49 *	53.99 *	56.39 *	58.89 *	1:03.79 *	1:08.69 *	
2:48.19 *	2:36.19 *	2:24.19 *	2:18.19 *	2:12.19 *	2:06.19 *		<b>200 FL SCY</b>	1:55.49 *	2:00.99 *	2:06.49 *	2:11.99 *	2:22.99 *	2:33.99 *	
2:48.89 *	2:36.89 *	2:24.79 *	2:18.79 *	2:12.69 *	2:06.69 *		<b>200 IM SCY</b>	1:55.69 *	2:01.19 *	2:06.69 *	2:12.19 *	2:23.19 *	2:34.19 *	
6:02.79 *	5:36.89 *	5:10.99 *	4:57.99 *	4:45.09 *	4:32.09 *		<b>400 IM SCY</b>	4:08.69 *	4:20.49 *	4:32.39 *	4:44.19 *	5:07.89 *	5:31.59 *	

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event	AAAA	AAA	AA	A	BB	B
<b>16 Girls</b>													
31.99 *	29.69 *	27.39	26.29 *	25.09	23.99 *		<b>50 FR SCY</b>	21.39 *	22.39 *	23.39 *	24.39 *	26.39 *	28.49 *
1:09.39 *	1:04.39 *	59.49 *	56.99 *	54.49 *	51.99		<b>100 FR SCY</b>	46.79 *	48.99 *	51.29 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.69 *	2:08.09 *	2:02.69 *	1:57.39 *	1:52.09 *		<b>200 FR SCY</b>	1:42.19 *	1:47.09 *	1:51.99 *	1:56.79 *	2:06.59 *	2:16.29 *
6:42.59 *	6:13.89 *	5:45.09 *	5:30.69 *	5:16.39 *	5:01.99 *		<b>500 FR SCY</b>	4:37.79 *	4:51.09 *	5:04.29 *	5:17.49 *	5:43.99 *	6:10.39 *
13:58.19 *	12:58.39 *	11:58.49 *	11:28.49 *	10:58.59 *	10:28.69 *		<b>1000 FR SCY</b>	9:38.89 *	10:06.39 *	10:33.99 *	11:01.59 *	11:56.69 *	12:51.79 *
23:23.29 *	21:43.09 *	20:02.89 *	19:12.79 *	18:22.59 *	17:32.49 *		<b>1650 FR SCY</b>	16:04.99 *	16:50.89 *	17:36.89 *	18:22.79 *	19:54.69 *	21:26.59 *
35.29 *	32.79 *	30.29 *	28.99 *	27.79 *	26.49 *		<b>50 BK SCY</b>	23.89 *	24.99 *	26.09 *	27.29 *	29.59 *	31.79 *
1:14.99	1:09.59 *	1:04.29	1:01.59	58.89 *	56.29		<b>100 BK SCY</b>	50.79 *	53.29 *	55.69 *	58.09 *	1:02.89 *	1:07.79 *
2:42.49 *	2:30.89 *	2:19.29 *	2:13.49 *	2:07.69 *	2:01.89 *		<b>200 BK SCY</b>	1:51.39 *	1:56.69 *	2:01.99 *	2:07.29 *	2:17.89 *	2:28.49 *
41.29 *	38.39 *	35.39 *	33.89 *	32.49 *	30.99 *		<b>50 BR SCY</b>	27.59 *	28.89 *	30.19 *	31.49 *	34.09 *	36.69 *
1:26.59 *	1:20.39 *	1:14.19 *	1:11.09 *	1:07.99 *	1:04.99 *		<b>100 BR SCY</b>	57.79 *	1:00.49 *	1:03.19 *	1:05.99 *	1:11.49 *	1:16.99 *
3:07.49 *	2:54.09 *	2:40.69 *	2:33.99 *	2:27.29 *	2:20.59 *		<b>200 BR SCY</b>	2:05.29 *	2:11.29 *	2:17.29 *	2:23.19 *	2:35.19 *	2:47.09 *
35.09 *	32.59 *	30.09 *	28.79 *	27.59 *	26.29 *		<b>50 FL SCY</b>	23.79 *	24.99 *	26.09 *	27.19 *	29.49 *	31.79 *
1:14.79 *	1:09.39 *	1:04.09 *	1:01.39 *	58.79 *	56.09 *		<b>100 FL SCY</b>	50.49 *	52.89 *	55.29 *	57.69 *	1:02.49 *	1:07.29 *
2:46.39 *	2:34.49 *	2:22.59 *	2:16.69 *	2:10.69 *	2:04.79 *		<b>200 FL SCY</b>	1:53.09 *	1:58.39 *	2:03.79 *	2:09.19 *	2:19.99 *	2:30.69 *
2:47.29 *	2:35.39 *	2:23.39 *	2:17.39 *	2:11.49 *	2:05.49 *		<b>200 IM SCY</b>	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
5:58.19 *	5:32.59 *	5:06.99 *	4:54.19 *	4:41.49 *	4:28.69 *		<b>400 IM SCY</b>	4:02.99 *	4:14.49 *	4:26.09 *	4:37.69 *	5:00.79 *	5:23.89 *
<b>17 Girls</b>													
							<b>Event</b>						<b>17 Boys</b>
31.79 *	29.49 *	27.19 *	26.09 *	24.99	23.79 *		<b>50 FR SCY</b>	21.09 *	22.09 *	23.09 *	24.09 *	26.09 *	28.09 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *		<b>100 FR SCY</b>	46.09	48.29	50.39 *	52.59 *	56.99 *	1:01.39 *
2:28.89 *	2:18.29 *	2:07.69 *	2:02.29 *	1:56.99 *	1:51.69 *		<b>200 FR SCY</b>	1:41.49 *	1:46.39 *	1:51.19 *	1:55.99 *	2:05.69 *	2:15.39 *
6:41.69 *	6:12.99 *	5:44.29 *	5:29.99 *	5:15.59 *	5:01.29 *		<b>500 FR SCY</b>	4:35.49 *	4:48.59 *	5:01.69 *	5:14.89 *	5:41.09 *	6:07.29 *
13:50.99 *	12:51.69 *	11:52.29 *	11:22.59 *	10:52.89 *	10:23.29 *		<b>1000 FR SCY</b>	9:36.99 *	10:04.49 *	10:31.99 *	10:59.39 *	11:54.39 *	12:49.29 *
23:15.79 *	21:36.09 *	19:56.39 *	19:06.59 *	18:16.69 *	17:26.89 *		<b>1650 FR SCY</b>	16:03.89 *	16:49.79 *	17:35.69 *	18:21.59 *	19:53.39 *	21:25.19 *
35.19 *	32.69 *	30.19 *	28.89 *	27.69 *	26.39 *		<b>50 BK SCY</b>	23.39 *	24.59 *	25.69 *	26.79 *	28.99 *	31.19 *
1:14.49 *	1:09.19 *	1:03.89 *	1:01.19 *	58.49 *	55.89 *		<b>100 BK SCY</b>	50.09 *	52.49 *	54.89 *	57.29 *	1:02.09 *	1:06.79 *
2:41.59 *	2:30.09 *	2:18.49 *	2:12.79 *	2:06.99 *	2:01.19 *		<b>200 BK SCY</b>	1:49.59 *	1:54.79 *	1:59.99 *	2:05.19 *	2:15.69 *	2:26.09 *
40.99 *	38.09 *	35.19 *	33.69 *	32.19 *	30.79 *		<b>50 BR SCY</b>	26.99 *	28.29 *	29.59 *	30.89 *	33.39 *	35.99 *
1:25.59 *	1:19.49 *	1:13.39 *	1:10.29 *	1:07.29 *	1:04.19 *		<b>100 BR SCY</b>	56.69 *	59.39 *	1:02.09 *	1:04.69 *	1:10.09 *	1:15.49 *
3:06.79 *	2:53.49	2:40.09 *	2:33.49	2:26.79	2:20.09 *		<b>200 BR SCY</b>	2:03.19 *	2:09.09 *	2:14.89 *	2:20.79 *	2:32.49 *	2:44.19 *
34.79 *	32.29 *	29.89 *	28.59 *	27.39 *	26.09 *		<b>50 FL SCY</b>	23.39 *	24.49 *	25.59 *	26.69 *	28.99 *	31.19 *
1:14.09 *	1:08.79 *	1:03.49 *	1:00.89 *	58.19 *	55.59 *		<b>100 FL SCY</b>	49.59 *	51.99 *	54.29 *	56.69 *	1:01.39 *	1:06.09 *
2:45.09 *	2:33.29 *	2:21.49 *	2:15.59 *	2:09.69 *	2:03.79 *		<b>200 FL SCY</b>	1:51.59 *	1:56.89 *	2:02.19 *	2:07.49 *	2:18.19 *	2:28.79 *
2:46.19 *	2:34.29 *	2:22.39 *	2:16.49 *	2:10.59 *	2:04.59 *		<b>200 IM SCY</b>	1:52.19 *	1:57.49 *	2:02.89 *	2:08.19 *	2:18.89 *	2:29.59 *
5:54.09 *	5:28.79 *	5:03.49 *	4:50.89 *	4:38.19 *	4:25.59 *		<b>400 IM SCY</b>	4:01.49 *	4:12.99 *	4:24.49 *	4:35.99 *	4:58.99 *	5:21.99 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event		AAAA	AAA	AA	A	BB	B
<b>18 Girls</b>														
31.49 *	29.29	26.99 *	25.89 *	24.79	23.69		<b>50 FR SCY</b>	20.69 *	21.69 *	22.69 *	23.69 *	25.69 *	27.59 *	
1:08.39 *	1:03.49	58.59	56.19 *	53.79 *	51.29		<b>100 FR SCY</b>	45.49 *	47.69 *	49.89 *	51.99 *	56.39 *	1:00.69 *	
2:28.59 *	2:17.99 *	2:07.39 *	2:02.09 *	1:56.79 *	1:51.39 *		<b>200 FR SCY</b>	1:40.59 *	1:45.39 *	1:50.19 *	1:54.89 *	2:04.49 *	2:14.09 *	
6:38.19 *	6:09.69 *	5:41.29 *	5:27.09 *	5:12.89 *	4:58.59 *		<b>500 FR SCY</b>	4:33.59 *	4:46.69 *	4:59.69 *	5:12.69 *	5:38.79 *	6:04.79 *	
13:54.39 *	12:54.79 *	11:55.19 *	11:25.39 *	10:55.59 *	10:25.79 *		<b>1000 FR SCY</b>	9:34.89 *	10:02.29 *	10:29.59 *	10:56.99 *	11:51.79 *	12:46.49 *	
22:55.39 *	21:17.19 *	19:38.89 *	18:49.79 *	18:00.69 *	17:11.59 *		<b>1650 FR SCY</b>	15:58.19 *	16:43.79 *	17:29.39 *	18:14.99 *	19:46.29 *	21:17.49 *	
34.89 *	32.39 *	29.89 *	28.69 *	27.39 *	26.19 *		<b>50 BK SCY</b>	23.19 *	24.29 *	25.39 *	26.49 *	28.69 *	30.89 *	
1:14.39 *	1:09.09 *	1:03.79 *	1:01.09 *	58.49 *	55.79 *		<b>100 BK SCY</b>	49.19 *	51.59 *	53.89 *	56.19 *	1:00.89 *	1:05.59 *	
2:41.79 *	2:30.19 *	2:18.69 *	2:12.89 *	2:07.09 *	2:01.39 *		<b>200 BK SCY</b>	1:48.29 *	1:53.49 *	1:58.59 *	2:03.79 *	2:14.09 *	2:24.39 *	
40.79 *	37.89 *	34.99 *	33.49 *	31.99 *	30.59 *		<b>50 BR SCY</b>	26.69 *	27.99 *	29.29 *	30.59 *	33.09 *	35.59 *	
1:25.19 *	1:19.09 *	1:12.99 *	1:09.99 *	1:06.89 *	1:03.89 *		<b>100 BR SCY</b>	56.19 *	58.89 *	1:01.59 *	1:04.19 *	1:09.59 *	1:14.89 *	
3:04.89 *	2:51.69 *	2:38.49 *	2:31.89 *	2:25.29 *	2:18.69 *		<b>200 BR SCY</b>	2:02.19 *	2:07.99 *	2:13.79 *	2:19.59 *	2:31.29 *	2:42.89 *	
34.89 *	32.39 *	29.89 *	28.69 *	27.39 *	26.19 *		<b>50 FL SCY</b>	23.19 *	24.29 *	25.39 *	26.49 *	28.69 *	30.89 *	
1:13.89 *	1:08.59 *	1:03.29 *	1:00.69 *	57.99 *	55.39 *		<b>100 FL SCY</b>	49.19 *	51.59 *	53.89 *	56.19 *	1:00.89 *	1:05.59 *	
2:43.59 *	2:31.89 *	2:20.19 *	2:14.39 *	2:08.49 *	2:02.69 *		<b>200 FL SCY</b>	1:50.69 *	1:55.89 *	2:01.19 *	2:06.49 *	2:16.99 *	2:27.49 *	
2:46.09 *	2:34.29 *	2:22.39 *	2:16.49 *	2:10.49 *	2:04.59 *		<b>200 IM SCY</b>	1:50.89 *	1:56.19 *	2:01.49 *	2:06.79 *	2:17.29 *	2:27.89 *	
5:53.89 *	5:28.59 *	5:03.39 *	4:50.69 *	4:38.09 *	4:25.39 *		<b>400 IM SCY</b>	3:59.39 *	4:10.79 *	4:22.19 *	4:33.59 *	4:56.39 *	5:19.09 *	
<b>10 Girls</b>														
							<b>Event</b>							<b>10 Boys</b>
44.09 *	39.89 *	35.59 *	34.19 *	32.79 *	31.29 *		<b>50 FR SCM</b>	30.49 *	31.89 *	33.19 *	34.49 *	38.39 *	42.39 *	
1:40.39 *	1:29.69 *	1:18.99 *	1:15.49 *	1:11.89 *	1:08.29 *		<b>100 FR SCM</b>	1:07.49 *	1:10.79 *	1:14.19 *	1:17.59 *	1:27.69 *	1:37.69 *	
3:43.99 *	3:19.49 *	2:54.99 *	2:46.79 *	2:38.59 *	2:30.39 *		<b>200 FR SCM</b>	2:26.69 *	2:33.69 *	2:40.69 *	2:47.59 *	3:08.59 *	3:29.49 *	
7:32.69 *	6:47.49 *	6:02.19 *	5:47.09 *	5:31.99 *	5:16.89 *		<b>400 FR SCM</b>	5:08.99 *	5:23.79 *	5:38.49 *	5:53.19 *	6:37.29 *	7:21.49 *	
53.69 *	47.79 *	41.89 *	39.99 *	37.99 *	36.09 *		<b>50 BK SCM</b>	35.79 *	37.79 *	39.69 *	41.69 *	47.69 *	53.59 *	
1:56.89 *	1:43.89 *	1:30.89 *	1:26.59 *	1:22.29 *	1:17.99 *		<b>100 BK SCM</b>	1:16.49 *	1:20.39 *	1:24.39 *	1:28.29 *	1:39.99 *	1:51.69 *	
1:00.29 *	53.79 *	47.29 *	45.09 *	42.99 *	40.79 *		<b>50 BR SCM</b>	40.29 *	42.39 *	44.49 *	46.49 *	52.79 *	59.09 *	
2:12.89 *	1:58.19 *	1:43.39 *	1:38.49 *	1:33.59 *	1:28.69 *		<b>100 BR SCM</b>	1:28.09 *	1:32.49 *	1:36.89 *	1:41.29 *	1:54.49 *	2:07.59 *	
53.49 *	47.19 *	40.89 *	38.79 *	36.69 *	34.59 *		<b>50 FL SCM</b>	34.09 *	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>	1:17.29 *	1:22.69 *	1:28.09 *	1:33.49 *	1:49.69 *	2:05.89 *	
1:55.99 *	1:43.69 *	1:31.29 *	1:27.19 *	1:23.09 *	1:18.99 *		<b>100 IM SCM</b>	1:17.19 *	1:20.89 *	1:24.59 *	1:28.19 *	1:39.29 *	1:50.29 *	
4:06.39 *	3:40.59 *	3:14.69 *	3:06.09 *	2:57.49 *	2:48.89 *		<b>200 IM SCM</b>	2:46.69 *	2:55.09 *	3:03.39 *	3:11.69 *	3:36.59 *	4:01.59 *	

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event	AAAA	AAA	AA	A	BB	B
<b>11 Girls</b>													
39.09 *	36.39 *	33.69 *	32.39 *	30.99 *	29.69 *		<b>50 FR SCM</b>	29.09 *	30.49 *	31.89 *	33.19 *	35.99 *	38.79 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *		<b>100 FR SCM</b>	1:02.99	1:05.99	1:08.99	1:11.99	1:17.99	1:23.99
3:06.89 *	2:53.49 *	2:40.19 *	2:33.49 *	2:26.89 *	2:20.19 *		<b>200 FR SCM</b>	2:18.09 *	2:24.69 *	2:31.19 *	2:37.79 *	2:50.99 *	3:04.09 *
6:37.29 *	6:08.89 *	5:40.49 *	5:26.39 *	5:12.19 *	4:57.99 *		<b>400 FR SCM</b>	4:52.89 *	5:06.79 *	5:20.69 *	5:34.69 *	6:02.59 *	6:30.49 *
13:46.39 *	12:47.39 *	11:48.39 *	11:18.89 *	10:49.39 *	10:19.79 *		<b>800 FR SCM</b>	10:15.99 *	10:45.39 *	11:14.69 *	11:43.99 *	12:42.69 *	13:41.39 *
26:35.29 *	24:41.39 *	22:47.39 *	21:50.49 *	20:53.49 *	19:56.49 *		<b>1500 FR SCM</b>	19:46.99 *	20:43.49 *	21:39.99 *	22:36.49 *	24:29.49 *	26:22.59 *
44.89 *	41.69 *	38.49 *	36.89 *	35.29 *	33.69 *		<b>50 BK SCM</b>	33.39 *	35.09 *	36.89 *	38.59 *	42.09 *	45.59 *
1:40.19 *	1:32.29 *	1:24.39 *	1:20.49 *	1:16.49 *	1:12.59 *		<b>100 BK SCM</b>	1:11.89 *	1:15.79 *	1:19.69 *	1:23.59 *	1:31.39 *	1:39.19 *
3:29.69 *	3:14.69 *	2:59.69 *	2:52.19 *	2:44.69 *	2:37.29 *		<b>200 BK SCM</b>	2:35.49 *	2:42.89 *	2:50.29 *	2:57.69 *	3:12.49 *	3:27.29 *
50.29 *	46.69 *	43.09 *	41.29 *	39.49 *	37.69 *		<b>50 BR SCM</b>	37.59 *	39.59 *	41.59 *	43.69 *	47.79 *	51.79 *
1:50.79 *	1:42.69 *	1:34.49 *	1:30.39 *	1:26.29 *	1:22.19 *		<b>100 BR SCM</b>	1:21.19 *	1:25.39 *	1:29.69 *	1:33.89 *	1:42.39 *	1:50.79 *
3:57.99 *	3:40.99 *	3:23.99 *	3:15.49 *	3:06.99 *	2:58.49 *		<b>200 BR SCM</b>	2:57.49 *	3:05.99 *	3:14.49 *	3:22.89 *	3:39.79 *	3:56.69 *
42.99 *	39.89 *	36.79 *	35.29 *	33.79 *	32.19 *		<b>50 FL SCM</b>	31.89 *	33.69 *	35.49 *	37.19 *	40.79 *	44.29 *
1:40.29 *	1:32.29 *	1:24.29 *	1:20.29 *	1:16.29 *	1:12.29 *		<b>100 FL SCM</b>	1:11.19 *	1:15.29 *	1:19.39 *	1:23.49 *	1:31.69 *	1:39.99 *
3:37.09 *	3:21.59 *	3:06.09 *	2:58.29 *	2:50.59 *	2:42.79 *		<b>200 FL SCM</b>	2:38.89 *	2:46.49 *	2:54.09 *	3:01.59 *	3:16.79 *	3:31.89 *
1:37.99 *	1:30.99 *	1:23.99 *	1:20.49 *	1:16.99 *	1:13.49 *		<b>100 IM SCM</b>	1:12.49 *	1:16.09 *	1:19.59 *	1:23.19 *	1:30.19 *	1:37.29 *
3:32.99 *	3:17.79 *	3:02.59 *	2:54.99 *	2:47.39 *	2:39.79 *		<b>200 IM SCM</b>	2:36.89 *	2:44.89 *	2:52.89 *	3:00.89 *	3:16.89 *	3:32.89 *
7:35.39 *	7:02.89 *	6:30.39 *	6:14.09 *	5:57.79 *	5:41.59 *		<b>400 IM SCM</b>	5:32.79 *	5:48.59 *	6:04.49 *	6:20.29 *	6:51.99 *	7:23.69 *
<b>12 Girls</b>													
							<b>Event</b>						<b>12 Boys</b>
37.59 *	34.99 *	32.39 *	31.09 *	29.79 *	28.49 *		<b>50 FR SCM</b>	27.19 *	28.49 *	29.79 *	31.09 *	33.69 *	36.29 *
1:22.59 *	1:16.69 *	1:10.79 *	1:07.79 *	1:04.89 *	1:01.89 *		<b>100 FR SCM</b>	59.29 *	1:02.09 *	1:04.89 *	1:07.69 *	1:13.39 *	1:18.99 *
3:00.49 *	2:47.59 *	2:34.69 *	2:28.29 *	2:21.89 *	2:15.39 *		<b>200 FR SCM</b>	2:09.29 *	2:15.49 *	2:21.59 *	2:27.79 *	2:40.09 *	2:52.39 *
6:22.69 *	5:55.29 *	5:27.99 *	5:14.29 *	5:00.69 *	4:46.99 *		<b>400 FR SCM</b>	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 *		<b>800 FR SCM</b>	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 *		<b>1500 FR SCM</b>	18:14.89 *	19:06.99 *	19:59.09 *	20:51.29 *	22:35.49 *	24:19.79 *
42.89 *	39.79 *	36.79 *	35.19 *	33.69 *	32.19 *		<b>50 BK SCM</b>	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 *		<b>100 BK SCM</b>	1:05.79 *	1:09.39 *	1:12.89 *	1:16.49 *	1:23.69 *	1:30.79 *
3:18.99 *	3:04.79 *	2:50.59 *	2:43.49 *	2:36.39 *	2:29.29 *		<b>200 BK SCM</b>	2:23.29 *	2:30.09 *	2:36.89 *	2:43.69 *	2:57.39 *	3:10.99 *
48.59 *	45.19 *	41.69 *	39.99 *	38.19 *	36.49 *		<b>50 BR SCM</b>	34.89 *	36.69 *	38.59 *	40.49 *	44.29 *	48.09 *
1:46.59 *	1:38.69 *	1:30.89 *	1:26.89 *	1:22.99 *	1:18.99 *		<b>100 BR SCM</b>	1:14.99 *	1:18.89 *	1:22.79 *	1:26.69 *	1:34.49 *	1:42.29 *
3:47.49 *	3:31.19 *	3:14.99 *	3:06.89 *	2:58.69 *	2:50.59 *		<b>200 BR SCM</b>	2:42.79 *	2:50.59 *	2:58.29 *	3:06.09 *	3:21.59 *	3:37.09 *
40.89 *	37.99 *	34.99 *	33.59 *	32.09 *	30.69 *		<b>50 FL SCM</b>	29.59	31.19	32.79	34.49	37.69 *	40.99
1:35.09 *	1:27.49 *	1:19.89 *	1:16.09 *	1:12.29 *	1:08.49 *		<b>100 FL SCM</b>	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 *		<b>200 FL SCM</b>	2:26.49 *	2:33.39 *	2:40.39 *	2:47.39 *	3:01.29 *	3:15.29 *
1:34.19 *	1:27.49 *	1:20.79 *	1:17.39 *	1:14.09 *	1:10.69 *		<b>100 IM SCM</b>	1:07.49 *	1:10.69 *	1:13.99 *	1:17.29 *	1:23.89 *	1:30.49 *
3:23.29 *	3:08.79 *	2:54.19 *	2:46.99 *	2:39.69 *	2:32.49 *		<b>200 IM SCM</b>	2:25.99 *	2:33.39 *	2:40.89 *	2:48.29 *	3:03.19 *	3:18.09 *
7:13.49 *	6:42.49 *	6:11.59 *	5:56.09 *	5:40.59 *	5:25.09 *		<b>400 IM SCM</b>	5:12.79 *	5:27.69 *	5:42.59 *	5:57.49 *	6:27.19 *	6:56.99 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
13 Girls						Event	13 Boys					
36.79 *	34.19 *	31.59 *	30.19 *	28.89 *	27.59 *	<b>50 FR SCM</b>	25.79 *	26.99 *	28.19 *	29.49 *	31.89 *	34.39 *
1:20.09 *	1:14.39 *	1:08.69 *	1:05.79 *	1:02.89 *	1:00.09 *	<b>100 FR SCM</b>	55.99 *	58.69 *	1:01.29 *	1:03.99 *	1:09.29 *	1:14.59 *
2:54.29 *	2:41.79 *	2:29.39 *	2:23.19 *	2:16.99 *	2:10.69 *	<b>200 FR SCM</b>	2:02.49 *	2:08.29 *	2:14.09 *	2:19.99 *	2:31.59 *	2:43.29 *
6:07.99 *	5:41.69 *	5:15.49 *	5:02.29 *	4:49.19 *	4:35.99 *	<b>400 FR SCM</b>	4:21.69 *	4:34.09 *	4:46.59 *	4:58.99 *	5:23.99 *	5:48.89 *
12:46.39 *	11:51.59 *	10:56.89 *	10:29.49 *	10:02.19 *	9:34.79 *	<b>800 FR SCM</b>	9:01.39 *	9:27.09 *	9:52.89 *	10:18.69 *	11:10.19 *	12:01.79 *
24:07.99 *	22:24.59 *	20:41.19 *	19:49.49 *	18:57.79 *	18:05.99 *	<b>1500 FR SCM</b>	17:14.39 *	18:03.59 *	18:52.89 *	19:42.09 *	21:20.59 *	22:59.09 *
41.09 *	38.19 *	35.29 *	33.79 *	32.29 *	30.89 *	<b>50 BK SCM</b>	29.39 *	30.79 *	32.19 *	33.59 *	36.39 *	39.09 *
1:27.59 *	1:21.39 *	1:15.09 *	1:11.99 *	1:08.79 *	1:05.69 *	<b>100 BK SCM</b>	1:01.59 *	1:04.59 *	1:07.49 *	1:10.39 *	1:16.29 *	1:22.19 *
3:08.89 *	2:55.39 *	2:41.89 *	2:35.19 *	2:28.39 *	2:21.69 *	<b>200 BK SCM</b>	2:14.39 *	2:20.79 *	2:27.19 *	2:33.59 *	2:46.39 *	2:59.19 *
47.69 *	44.29 *	40.89 *	39.19 *	37.49 *	35.79 *	<b>50 BR SCM</b>	33.59 *	35.19 *	36.79 *	38.39 *	41.59 *	44.69 *
1:40.49 *	1:33.29 *	1:26.19 *	1:22.59 *	1:18.99 *	1:15.39 *	<b>100 BR SCM</b>	1:09.89 *	1:13.19 *	1:16.59 *	1:19.89 *	1:26.49 *	1:33.19 *
3:36.49 *	3:21.09 *	3:05.59 *	2:57.89 *	2:50.09 *	2:42.39 *	<b>200 BR SCM</b>	2:31.59 *	2:38.89 *	2:46.09 *	2:53.29 *	3:07.69 *	3:22.19 *
40.49 *	37.69 *	34.79 *	33.29 *	31.89 *	30.39 *	<b>50 FL SCM</b>	28.79 *	30.09 *	31.49 *	32.89 *	35.59 *	38.29 *
1:27.19 *	1:20.99 *	1:14.69	1:11.59	1:08.49	1:05.39 *	<b>100 FL SCM</b>	1:01.09 *	1:04.09 *	1:06.99 *	1:09.89 *	1:15.69 *	1:21.49 *
3:14.79 *	3:00.89 *	2:46.99 *	2:39.99 *	2:33.09 *	2:26.09 *	<b>200 FL SCM</b>	2:16.99 *	2:23.49 *	2:29.99 *	2:36.49 *	2:49.59 *	3:02.59 *
3:15.19 *	3:01.29 *	2:47.29 *	2:40.39 *	2:33.39 *	2:26.39 *	<b>200 IM SCM</b>	2:16.49 *	2:22.99 *	2:29.49 *	2:35.99 *	2:48.99 *	3:01.99 *
6:53.39 *	6:23.89 *	5:54.39 *	5:39.59 *	5:24.89 *	5:10.09 *	<b>400 IM SCM</b>	4:52.39 *	5:06.29 *	5:20.29 *	5:34.19 *	6:01.99 *	6:29.89 *
14 Girls						Event	14 Boys					
36.09	33.49	30.99 *	29.69 *	28.39	27.09	<b>50 FR SCM</b>	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	<b>100 FR SCM</b>	53.99 *	56.49 *	59.09 *	1:01.69 *	1:06.79 *	1:11.89 *
2:49.99 *	2:37.79 *	2:25.69 *	2:19.59 *	2:13.59 *	2:07.49 *	<b>200 FR SCM</b>	1:58.19 *	2:03.79 *	2:09.39 *	2:14.99 *	2:26.29 *	2:37.49 *
6:00.79 *	5:34.99 *	5:09.29 *	4:56.39 *	4:43.49 *	4:30.59 *	<b>400 FR SCM</b>	4:13.29	4:25.39	4:37.39	4:49.49	5:13.59	5:37.69
12:25.59 *	11:32.29 *	10:39.09 *	10:12.49 *	9:45.79 *	9:19.19 *	<b>800 FR SCM</b>	8:45.99 *	9:11.09 *	9:36.09 *	10:01.19 *	10:51.29 *	11:41.29 *
23:36.69 *	21:55.49 *	20:14.29 *	19:23.69 *	18:33.09 *	17:42.59 *	<b>1500 FR SCM</b>	16:41.49 *	17:29.09 *	18:16.79 *	19:04.49 *	20:39.89 *	22:15.29 *
40.39 *	37.49 *	34.59 *	33.19 *	31.79 *	30.29 *	<b>50 BK SCM</b>	27.89 *	29.19 *	30.59 *	31.89 *	34.59 *	37.19 *
1:25.29 *	1:19.19 *	1:13.09 *	1:10.09 *	1:06.99 *	1:03.99 *	<b>100 BK SCM</b>	59.09 *	1:01.99 *	1:04.79 *	1:07.59 *	1:13.19 *	1:18.79 *
3:05.49 *	2:52.29 *	2:38.99	2:32.39 *	2:25.79 *	2:19.19 *	<b>200 BK SCM</b>	2:08.59 *	2:14.79 *	2:20.89 *	2:26.99 *	2:39.29 *	2:51.49 *
46.49 *	43.19 *	39.89 *	38.19 *	36.59 *	34.89 *	<b>50 BR SCM</b>	31.99 *	33.49 *	34.99 *	36.49 *	39.59 *	42.59 *
1:38.09 *	1:31.09 *	1:24.09 *	1:20.59 *	1:17.09 *	1:13.59 *	<b>100 BR SCM</b>	1:06.79 *	1:09.99 *	1:13.19 *	1:16.39 *	1:22.69 *	1:29.09 *
3:31.09 *	3:15.99 *	3:00.89 *	2:53.39 *	2:45.89 *	2:38.29 *	<b>200 BR SCM</b>	2:25.29 *	2:32.19 *	2:39.09 *	2:46.09 *	2:59.89 *	3:13.69 *
39.79 *	36.89 *	34.09 *	32.69 *	31.29 *	29.89 *	<b>50 FL SCM</b>	27.49 *	28.79 *	30.09 *	31.39 *	33.99 *	36.59 *
1:24.99 *	1:18.89 *	1:12.79 *	1:09.79 *	1:06.79 *	1:03.69 *	<b>100 FL SCM</b>	58.39 *	1:01.19 *	1:03.99 *	1:06.79 *	1:12.29 *	1:17.89 *
3:09.39 *	2:55.89 *	2:42.29 *	2:35.59 *	2:28.79 *	2:22.09 *	<b>200 FL SCM</b>	2:09.99 *	2:16.19 *	2:22.39 *	2:28.59 *	2:40.99 *	2:53.29 *
3:10.69 *	2:57.09 *	2:43.39 *	2:36.59 *	2:29.79 *	2:22.99 *	<b>200 IM SCM</b>	2:10.89 *	2:17.19 *	2:23.39 *	2:29.59 *	2:42.09 *	2:54.59 *
6:44.59 *	6:15.69 *	5:46.79 *	5:32.39 *	5:17.89 *	5:03.49 *	<b>400 IM SCM</b>	4:39.89 *	4:53.19 *	5:06.49 *	5:19.89 *	5:46.49 *	6:13.19 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
<b>15 Girls</b>												
<b>Event</b>												
35.59 *	33.09 *	30.59 *	29.29 *	27.99 *	26.69 *	<b>50 FR SCM</b>	23.89 *	25.09 *	26.19 *	27.29 *	29.59 *	31.89 *
1:17.49 *	1:11.99 *	1:06.39 *	1:03.69 *	1:00.89 *	58.09 *	<b>100 FR SCM</b>	52.49 *	54.99 *	57.49 *	59.99 *	1:04.99 *	1:09.99 *
2:47.19 *	2:35.29 *	2:23.39 *	2:17.39 *	2:11.39 *	2:05.39 *	<b>200 FR SCM</b>	1:54.59 *	2:00.09 *	2:05.59 *	2:10.99 *	2:21.89 *	2:32.79 *
5:57.09 *	5:31.59 *	5:06.09 *	4:53.39 *	4:40.59 *	4:27.89 *	<b>400 FR SCM</b>	4:06.99 *	4:18.69 *	4:30.49 *	4:42.29 *	5:05.79 *	5:29.29 *
12:14.89	11:22.39	10:29.89	10:03.69	9:37.39	9:11.19	<b>800 FR SCM</b>	8:34.29 *	8:58.79 *	9:23.29 *	9:47.79 *	10:36.79 *	11:25.69 *
23:32.39 *	21:51.49 *	20:10.69 *	19:20.19 *	18:29.79 *	17:39.29 *	<b>1500 FR SCM</b>	16:14.89 *	17:01.29 *	17:47.69 *	18:34.09 *	20:06.99 *	21:39.79 *
39.69 *	36.89 *	33.99 *	32.59 *	31.19 *	29.79 *	<b>50 BK SCM</b>	27.09 *	28.39 *	29.69 *	30.99 *	33.49 *	36.09 *
1:23.89 *	1:17.89 *	1:11.89 *	1:08.89 *	1:05.89 *	1:02.89 *	<b>100 BK SCM</b>	57.59 *	1:00.29 *	1:03.09 *	1:05.79 *	1:11.29 *	1:16.79 *
3:02.19 *	2:49.19 *	2:36.19 *	2:29.59 *	2:23.09 *	2:16.59 *	<b>200 BK SCM</b>	2:05.79 *	2:11.79 *	2:17.79 *	2:23.79 *	2:35.79 *	2:47.69 *
46.29 *	42.99 *	39.69 *	37.99 *	36.39 *	34.69 *	<b>50 BR SCM</b>	31.09 *	32.59 *	33.99 *	35.49 *	38.49 *	41.39 *
1:36.69 *	1:29.79 *	1:22.89 *	1:19.39 *	1:15.99	1:12.49 *	<b>100 BR SCM</b>	1:05.09 *	1:08.19 *	1:11.29 *	1:14.39 *	1:20.59 *	1:26.79 *
3:27.89 *	3:13.09 *	2:58.19 *	2:50.79 *	2:43.39 *	2:35.99 *	<b>200 BR SCM</b>	2:22.09 *	2:28.89 *	2:35.69 *	2:42.39 *	2:55.99 *	3:09.49 *
38.99 *	36.19 *	33.39 *	31.99 *	30.69 *	29.29 *	<b>50 FL SCM</b>	26.79 *	28.09 *	29.39 *	30.69 *	33.19 *	35.79 *
1:23.69 *	1:17.79 *	1:11.79 *	1:08.79 *	1:05.79 *	1:02.79 *	<b>100 FL SCM</b>	56.89 *	59.69 *	1:02.39 *	1:05.09 *	1:10.49 *	1:15.89 *
3:05.89 *	2:52.59 *	2:39.29 *	2:32.69 *	2:26.09 *	2:19.39 *	<b>200 FL SCM</b>	2:07.59 *	2:13.69 *	2:19.79 *	2:25.79 *	2:37.99 *	2:50.09 *
3:06.69 *	2:53.29 *	2:39.99 *	2:33.39 *	2:26.69 *	2:19.99 *	<b>200 IM SCM</b>	2:07.79 *	2:13.89 *	2:19.99 *	2:26.09 *	2:38.19 *	2:50.39 *
6:40.89 *	6:12.29 *	5:43.59 *	5:29.29 *	5:14.99 *	5:00.69 *	<b>400 IM SCM</b>	4:34.79 *	4:47.89 *	5:00.99 *	5:13.99 *	5:40.19 *	6:06.39 *
<b>16 Girls</b>												
<b>Event</b>												
35.29 *	32.79 *	30.29 *	28.99 *	27.79 *	26.49 *	<b>50 FR SCM</b>	23.59 *	24.69 *	25.79 *	26.99 *	29.19 *	31.39 *
1:16.59 *	1:11.19 *	1:05.69 *	1:02.99 *	1:00.19 *	57.49 *	<b>100 FR SCM</b>	51.69 *	54.19 *	56.59 *	59.09 *	1:03.99 *	1:08.89 *
2:45.09 *	2:33.29 *	2:21.49 *	2:15.59 *	2:09.69 *	2:03.79 *	<b>200 FR SCM</b>	1:52.99 *	1:58.29 *	2:03.69 *	2:09.09 *	2:19.79 *	2:30.59 *
5:52.29	5:27.19 *	5:01.99	4:49.39	4:36.79	4:24.29 *	<b>400 FR SCM</b>	4:03.09 *	4:14.69 *	4:26.29 *	4:37.79 *	5:00.99 *	5:24.09 *
12:13.39 *	11:21.09 *	10:28.69 *	10:02.49 *	9:36.29 *	9:10.09 *	<b>800 FR SCM</b>	8:26.49 *	8:50.59 *	9:14.79 *	9:38.89 *	10:27.09 *	11:15.29 *
23:14.89 *	21:35.29 *	19:55.69 *	19:05.79 *	18:15.99 *	17:26.19 *	<b>1500 FR SCM</b>	15:59.19 *	16:44.89 *	17:30.49 *	18:16.19 *	19:47.59 *	21:18.89 *
38.99 *	36.29 *	33.49 *	32.09 *	30.69 *	29.29 *	<b>50 BK SCM</b>	26.39 *	27.59 *	28.89 *	30.09 *	32.59 *	35.19 *
1:22.89 *	1:16.89 *	1:10.99 *	1:08.09 *	1:05.09 *	1:02.19 *	<b>100 BK SCM</b>	56.19 *	58.89 *	1:01.49 *	1:04.19 *	1:09.49 *	1:14.89 *
2:59.59 *	2:46.69 *	2:33.89 *	2:27.49 *	2:21.09 *	2:14.69 *	<b>200 BK SCM</b>	2:03.09 *	2:08.89 *	2:14.79 *	2:20.59 *	2:32.29 *	2:44.09 *
45.59 *	42.39 *	39.09 *	37.49 *	35.89 *	34.19 *	<b>50 BR SCM</b>	30.49 *	31.89 *	33.29 *	34.79 *	37.69 *	40.59 *
1:35.69	1:28.79 *	1:21.99 *	1:18.59	1:15.19	1:11.79	<b>100 BR SCM</b>	1:03.79 *	1:06.79 *	1:09.89 *	1:12.89 *	1:18.99 *	1:25.09 *
3:27.09 *	3:12.39 *	2:57.59 *	2:50.19 *	2:42.79 *	2:35.39 *	<b>200 BR SCM</b>	2:18.49 *	2:25.09 *	2:31.69 *	2:38.29 *	2:51.39 *	3:04.59 *
38.69 *	35.99 *	33.19 *	31.79 *	30.39 *	29.09 *	<b>50 FL SCM</b>	26.29 *	27.59 *	28.79 *	30.09 *	32.59 *	35.09 *
1:22.59 *	1:16.69 *	1:10.79 *	1:07.89 *	1:04.89 *	1:01.99 *	<b>100 FL SCM</b>	55.79 *	58.39 *	1:01.09 *	1:03.69 *	1:08.99 *	1:14.29 *
3:03.79 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.49 *	2:17.89 *	<b>200 FL SCM</b>	2:04.89 *	2:10.89 *	2:16.79 *	2:22.79 *	2:34.69 *	2:46.59 *
3:04.89 *	2:51.69 *	2:38.49 *	2:31.89 *	2:25.29 *	2:18.69 *	<b>200 IM SCM</b>	2:05.39 *	2:11.39 *	2:17.29 *	2:23.29 *	2:35.19 *	2:47.19 *
6:35.79 *	6:07.49 *	5:39.29 *	5:25.09 *	5:10.99 *	4:56.89 *	<b>400 IM SCM</b>	4:28.49 *	4:41.19 *	4:53.99 *	5:06.79 *	5:32.39 *	5:57.89 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event	AAAA	AAA	AA	A	BB	B
<b>17 Girls</b>													
35.09 *	32.59 *	30.09 *	28.79 *	27.59 *	26.29 *		<b>50 FR SCM</b>	23.29 *	24.39 *	25.49 *	26.59 *	28.79 *	30.99 *
1:16.09 *	1:10.69 *	1:05.19 *	1:02.49 *	59.79 *	57.09 *		<b>100 FR SCM</b>	50.89 *	53.29 *	55.69 *	58.19 *	1:02.99 *	1:07.79 *
2:44.59 *	2:32.79 *	2:21.09 *	2:15.19 *	2:09.29 *	2:03.39 *		<b>200 FR SCM</b>	1:52.19 *	1:57.49 *	2:02.89 *	2:08.19 *	2:18.89 *	2:29.59 *
5:51.49 *	5:26.39 *	5:01.29 *	4:48.69 *	4:36.19 *	4:23.59 *		<b>400 FR SCM</b>	4:01.09 *	4:12.49 *	4:23.99 *	4:35.49 *	4:58.49 *	5:21.39 *
12:07.09 *	11:15.19 *	10:23.29 *	9:57.29 *	9:31.29 *	9:05.39 *		<b>800 FR SCM</b>	8:24.89 *	8:48.89 *	9:12.99 *	9:36.99 *	10:25.09 *	11:13.19 *
23:07.39 *	21:28.29 *	19:49.19 *	18:59.69 *	18:10.09 *	17:20.59 *		<b>1500 FR SCM</b>	15:58.09 *	16:43.79 *	17:29.39 *	18:14.99 *	19:46.29 *	21:17.49 *
38.89 *	36.09 *	33.39 *	31.99 *	30.59 *	29.19 *		<b>50 BK SCM</b>	25.89 *	27.09 *	28.39 *	29.59 *	32.09 *	34.49 *
1:22.29 *	1:16.39 *	1:10.59 *	1:07.59 *	1:04.69 *	1:01.69 *		<b>100 BK SCM</b>	55.39 *	57.99 *	1:00.69 *	1:03.29 *	1:08.59 *	1:13.79 *
2:58.59 *	2:45.79 *	2:33.09 *	2:26.69 *	2:20.29 *	2:13.99 *		<b>200 BK SCM</b>	2:01.09 *	2:06.89 *	2:12.59 *	2:18.39 *	2:29.89 *	2:41.39 *
45.29 *	42.09 *	38.79 *	37.19 *	35.59 *	33.99 *		<b>50 BR SCM</b>	29.89 *	31.29 *	32.69 *	34.09 *	36.89 *	39.79 *
1:34.59 *	1:27.79 *	1:21.09 *	1:17.69 *	1:14.29 *	1:10.89 *		<b>100 BR SCM</b>	1:02.59 *	1:05.59 *	1:08.59 *	1:11.49 *	1:17.49 *	1:23.49 *
3:26.39 *	3:11.69 *	2:56.89 *	2:49.59 *	2:42.19 *	2:34.79 *		<b>200 BR SCM</b>	2:16.09 *	2:22.59 *	2:29.09 *	2:35.59 *	2:48.49 *	3:01.49 *
38.49 *	35.69 *	32.99 *	31.59 *	30.19 *	28.89 *		<b>50 FL SCM</b>	25.79 *	27.09 *	28.29 *	29.49 *	31.99 *	34.39 *
1:21.89 *	1:15.99 *	1:10.19 *	1:07.29 *	1:04.39 *	1:01.39 *		<b>100 FL SCM</b>	54.79 *	57.39 *	1:00.09 *	1:02.69 *	1:07.89 *	1:13.09 *
3:02.39 *	2:49.39 *	2:36.29 *	2:29.79 *	2:23.29 *	2:16.79 *		<b>200 FL SCM</b>	2:03.29 *	2:09.19 *	2:15.09 *	2:20.89 *	2:32.69 *	2:44.39 *
3:03.59 *	2:50.49 *	2:37.39 *	2:30.79 *	2:24.29 *	2:17.69 *		<b>200 IM SCM</b>	2:03.99 *	2:09.89 *	2:15.79 *	2:21.69 *	2:33.49 *	2:45.29 *
6:31.29 *	6:03.29 *	5:35.39 *	5:21.39 *	5:07.39 *	4:53.49 *		<b>400 IM SCM</b>	4:26.79 *	4:39.49 *	4:52.19 *	5:04.99 *	5:30.39 *	5:55.79 *
<b>18 Girls</b>													
							<b>Event</b>						<b>18 Boys</b>
34.79 *	32.29 *	29.89 *	28.59 *	27.39 *	26.09 *		<b>50 FR SCM</b>	22.89 *	23.99 *	25.09 *	26.19 *	28.29 *	30.49 *
1:15.59 *	1:10.19 *	1:04.79 *	1:02.09 *	59.39 *	56.69 *		<b>100 FR SCM</b>	50.29 *	52.69 *	55.09 *	57.49 *	1:02.29 *	1:07.09 *
2:44.19 *	2:32.49 *	2:20.69 *	2:14.89 *	2:08.99 *	2:03.09 *		<b>200 FR SCM</b>	1:51.09 *	1:56.39 *	2:01.69 *	2:06.99 *	2:17.59 *	2:28.19 *
5:48.39 *	5:23.49 *	4:58.59 *	4:46.19 *	4:33.79 *	4:21.29 *		<b>400 FR SCM</b>	3:59.39 *	4:10.79 *	4:22.19 *	4:33.59 *	4:56.39 *	5:19.19 *
12:10.09 *	11:17.89 *	10:25.79 *	9:59.69 *	9:33.59 *	9:07.59 *		<b>800 FR SCM</b>	8:22.99 *	8:46.99 *	9:10.89 *	9:34.89 *	10:22.79 *	11:10.69 *
22:47.19 *	21:09.49 *	19:31.89 *	18:43.09 *	17:54.19 *	17:05.39 *		<b>1500 FR SCM</b>	15:52.39 *	16:37.79 *	17:23.09 *	18:08.49 *	19:39.19 *	21:09.89 *
38.59 *	35.79 *	33.09 *	31.69 *	30.29 *	28.89 *		<b>50 BK SCM</b>	25.59 *	26.79 *	27.99 *	29.29 *	31.69 *	34.09 *
1:22.19 *	1:16.39 *	1:10.49 *	1:07.59 *	1:04.59 *	1:01.69 *		<b>100 BK SCM</b>	54.39 *	56.99 *	59.59 *	1:02.09 *	1:07.29 *	1:12.49 *
2:58.79 *	2:45.99 *	2:33.19 *	2:26.89 *	2:20.49 *	2:14.09 *		<b>200 BK SCM</b>	1:59.69 *	2:05.39 *	2:11.09 *	2:16.69 *	2:28.09 *	2:39.49 *
44.99 *	41.79 *	38.59 *	36.99 *	35.39 *	33.79 *		<b>50 BR SCM</b>	29.49 *	30.99 *	32.39 *	33.79 *	36.59 *	39.39 *
1:34.09 *	1:27.39 *	1:20.69 *	1:17.29 *	1:13.99 *	1:10.59 *		<b>100 BR SCM</b>	1:02.09 *	1:05.09 *	1:07.99 *	1:10.99 *	1:16.89 *	1:22.79 *
3:24.29 *	3:09.79 *	2:55.19 *	2:47.89 *	2:40.59 *	2:33.29 *		<b>200 BR SCM</b>	2:14.99 *	2:21.39 *	2:27.89 *	2:34.29 *	2:47.09 *	2:59.99 *
38.59 *	35.79 *	33.09 *	31.69 *	30.29 *	28.89 *		<b>50 FL SCM</b>	25.59 *	26.79 *	27.99 *	29.19 *	31.69 *	34.09 *
1:21.59 *	1:15.79 *	1:09.99 *	1:07.09 *	1:04.09 *	1:01.19 *		<b>100 FL SCM</b>	54.39 *	56.99 *	59.59 *	1:02.09 *	1:07.29 *	1:12.49 *
3:00.69 *	2:47.79 *	2:34.89 *	2:28.49 *	2:21.99 *	2:15.59 *		<b>200 FL SCM</b>	2:02.29 *	2:08.09 *	2:13.89 *	2:19.69 *	2:31.39 *	2:42.99 *
3:03.59 *	2:50.49 *	2:37.39 *	2:30.79 *	2:24.19 *	2:17.69 *		<b>200 IM SCM</b>	2:02.59 *	2:08.39 *	2:14.19 *	2:20.09 *	2:31.69 *	2:43.39 *
6:31.09 *	6:03.09 *	5:35.19 *	5:21.19 *	5:07.29 *	4:53.29 *		<b>400 IM SCM</b>	4:24.49 *	4:37.09 *	4:49.69 *	5:02.29 *	5:27.49 *	5:52.59 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
<b>10 Girls</b>												
45.39 *	40.99 *	36.59 *	35.09 *	33.69 *	32.19 *	<b>50 FR LCM</b>	31.69 *	32.99 *	34.39 *	35.69 *	39.79 *	43.89 *
1:44.19 *	1:33.09 *	1:21.99 *	1:18.29 *	1:14.59 *	1:10.89 *	<b>100 FR LCM</b>	1:09.79 *	1:13.29 *	1:16.79 *	1:20.19 *	1:30.69 *	1:41.09 *
3:50.99 *	3:25.69 *	3:00.39 *	2:51.99 *	2:43.49 *	2:35.09 *	<b>200 FR LCM</b>	2:31.99 *	2:39.19 *	2:46.39 *	2:53.69 *	3:15.39 *	3:37.09 *
7:49.09 *	7:02.19 *	6:15.29 *	5:59.69 *	5:43.99 *	5:28.39 *	<b>400 FR LCM</b>	5:21.29 *	5:36.59 *	5:51.89 *	6:07.19 *	6:53.09 *	7:38.99 *
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 *
2:01.99 *	1:48.49 *	1:34.99 *	1:30.39 *	1:25.89 *	1:21.39 *	<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 *
2:19.49 *	2:03.99 *	1:48.49 *	1:43.39 *	1:38.19 *	1:33.09 *	<b>100 BR LCM</b>	1:31.89 *	1:36.49 *	1:41.09 *	1:45.59 *	1:59.39 *	2:13.09 *
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 *
2:13.39 *	1:55.89 *	1:38.49 *	1:32.59 *	1:26.79 *	1:20.99 *	<b>100 FL LCM</b>	1:19.59 *	1:25.19 *	1:30.69 *	1:36.29 *	1:52.89 *	2:09.59 *
4:16.19 *	3:49.29 *	3:22.39 *	3:13.49 *	3:04.49 *	2:55.59 *	<b>200 IM LCM</b>	2:52.49 *	3:01.09 *	3:09.69 *	3:18.29 *	3:44.09 *	4:09.89 *
<b>11 Girls</b>												
						<b>Event</b>						
<b>11 Boys</b>												
40.39 *	37.59 *	34.79 *	33.39 *	31.99 *	30.59 *	<b>50 FR LCM</b>	29.89 *	31.39	32.79	34.19	37.09	39.89
1:29.19 *	1:22.79 *	1:16.49 *	1:13.29 *	1:10.09 *	1:06.89 *	<b>100 FR LCM</b>	1:05.89 *	1:08.99 *	1:12.09 *	1:15.29 *	1:21.49 *	1:27.79 *
3:12.99 *	2:59.19 *	2:45.39 *	2:38.49 *	2:31.69 *	2:24.79 *	<b>200 FR LCM</b>	2:22.39 *	2:29.09 *	2:35.89 *	2:42.69 *	2:56.19 *	3:09.79 *
6:48.69 *	6:19.49 *	5:50.29 *	5:35.79 *	5:21.19 *	5:06.59 *	<b>400 FR LCM</b>	5:01.29 *	5:15.69 *	5:29.99 *	5:44.39 *	6:13.09 *	6:41.79 *
14:28.29 *	13:26.29 *	12:24.29 *	11:53.29 *	11:22.29 *	10:51.19 *	<b>800 FR LCM</b>	10:34.99 *	11:05.29 *	11:35.49 *	12:05.79 *	13:06.19 *	14:06.69 *
27:57.39 *	25:57.59 *	23:57.79 *	22:57.89 *	21:57.99 *	20:57.99 *	<b>1500 FR LCM</b>	20:33.29 *	21:31.99 *	22:30.79 *	23:29.49 *	25:26.89 *	27:24.39 *
46.79 *	43.49 *	40.09 *	38.49 *	36.79 *	35.09 *	<b>50 BK LCM</b>	34.89 *	36.69 *	38.49 *	40.29 *	43.99 *	47.59 *
1:45.79 *	1:37.49 *	1:29.19 *	1:24.99 *	1:20.79 *	1:16.69 *	<b>100 BK LCM</b>	1:15.89 *	1:19.99 *	1:24.09 *	1:28.19 *	1:36.49 *	1:44.69 *
3:40.49 *	3:24.79 *	3:08.99 *	3:01.19 *	2:53.29 *	2:45.39 *	<b>200 BK LCM</b>	2:42.69 *	2:50.49 *	2:58.19 *	3:05.99 *	3:21.49 *	3:36.99 *
52.29 *	48.59 *	44.89 *	42.99 *	41.09 *	39.29 *	<b>50 BR LCM</b>	38.69 *	40.79 *	42.89 *	44.99 *	49.19 *	53.39 *
1:55.89 *	1:47.29 *	1:38.79 *	1:34.49 *	1:30.19 *	1:25.89 *	<b>100 BR LCM</b>	1:25.89 *	1:30.29 *	1:34.79 *	1:39.29 *	1:48.19 *	1:57.19 *
4:08.29 *	3:50.59 *	3:32.79 *	3:23.99 *	3:15.09 *	3:06.19 *	<b>200 BR LCM</b>	3:05.79 *	3:14.59 *	3:23.39 *	3:32.29 *	3:49.99 *	4:07.69 *
43.59 *	40.49 *	37.39 *	35.89 *	34.29 *	32.69 *	<b>50 FL LCM</b>	32.59 *	34.39 *	36.19 *	37.99 *	41.59 *	45.29 *
1:43.39 *	1:35.09 *	1:26.89 *	1:22.69 *	1:18.59 *	1:14.49 *	<b>100 FL LCM</b>	1:13.69 *	1:17.99 *	1:22.19 *	1:26.49 *	1:34.99 *	1:43.49 *
3:46.89 *	3:30.69 *	3:14.49 *	3:06.39 *	2:58.29 *	2:50.19 *	<b>200 FL LCM</b>	2:45.99 *	2:53.89 *	3:01.79 *	3:09.69 *	3:25.49 *	3:41.29 *
3:40.59 *	3:24.89 *	3:09.09 *	3:01.19 *	2:53.29 *	2:45.49 *	<b>200 IM LCM</b>	2:42.59 *	2:50.89 *	2:59.19 *	3:07.49 *	3:24.09 *	3:40.69 *
7:55.89 *	7:21.99 *	6:47.99 *	6:30.99 *	6:13.99 *	5:56.99 *	<b>400 IM LCM</b>	5:49.99 *	6:06.59 *	6:23.29 *	6:39.99 *	7:13.29 *	7:46.59 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event	AAAA	AAA	AA	A	BB	B
<b>12 Girls</b>													
38.69 *	35.99 *	33.39 *	31.99 *	30.69 *	29.29 *		<b>50 FR LCM</b>	28.09 *	29.39 *	30.79 *	32.09 *	34.79 *	37.39 *
1:25.69 *	1:19.59 *	1:13.49 *	1:10.39 *	1:07.29 *	1:04.29 *		<b>100 FR LCM</b>	1:01.59 *	1:04.49 *	1:07.49 *	1:10.39 *	1:16.19 *	1:22.09 *
3:06.79 *	2:53.49 *	2:40.09 *	2:33.49 *	2:26.79 *	2:20.09 *		<b>200 FR LCM</b>	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 *		<b>400 FR LCM</b>	4:45.89 *	4:59.49 *	5:13.09 *	5:26.69 *	5:53.99 *	6:21.19 *
13:42.39 *	12:43.69 *	11:44.89 *	11:15.59 *	10:46.19 *	10:16.79 *		<b>800 FR LCM</b>	10:01.89 *	10:30.59 *	10:59.19 *	11:27.89 *	12:25.19 *	13:22.49 *
26:13.99 *	24:21.59 *	22:29.19 *	21:32.89 *	20:36.69 *	19:40.49 *		<b>1500 FR LCM</b>	19:23.89 *	20:19.29 *	21:14.69 *	22:10.19 *	24:00.99 *	25:51.79 *
44.89 *	41.69 *	38.49 *	36.89 *	35.29 *	33.69 *		<b>50 BK LCM</b>	32.69 *	34.39 *	36.09 *	37.79 *	41.19 *	44.59 *
1:40.59 *	1:32.69 *	1:24.79 *	1:20.79 *	1:16.89 *	1:12.89 *		<b>100 BK LCM</b>	1:10.39 *	1:14.29 *	1:18.09 *	1:21.89 *	1:29.59 *	1:37.19 *
3:28.19 *	3:13.29 *	2:58.39 *	2:50.99 *	2:43.59 *	2:36.09 *		<b>200 BK LCM</b>	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 *		<b>50 BR LCM</b>	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 *		<b>100 BR LCM</b>	1:18.99 *	1:23.09 *	1:27.19 *	1:31.29 *	1:39.59 *	1:47.79 *
3:57.29 *	3:40.29 *	3:23.39 *	3:14.89 *	3:06.39 *	2:57.99 *		<b>200 BR LCM</b>	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 *		<b>50 FL LCM</b>	30.29 *	31.99 *	33.59	35.29 *	38.69 *	41.99 *
1:38.39 *	1:30.59 *	1:22.69 *	1:18.79 *	1:14.79 *	1:10.89 *		<b>100 FL LCM</b>	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 *		<b>200 FL LCM</b>	2:34.09 *	2:41.49 *	2:48.79 *	2:56.09 *	3:10.79 *	3:25.49 *
3:30.79 *	3:15.79 *	3:00.69 *	2:53.19 *	2:45.59 *	2:38.09 *		<b>200 IM LCM</b>	2:31.09 *	2:38.79 *	2:46.49 *	2:54.19 *	3:09.59 *	3:24.99 *
7:28.89 *	6:56.79 *	6:24.79 *	6:08.69 *	5:52.69 *	5:36.69 *		<b>400 IM LCM</b>	5:28.39 *	5:44.09 *	5:59.69 *	6:15.39 *	6:46.59 *	7:17.89 *
<b>13 Girls</b>													
							<b>Event</b>						<b>13 Boys</b>
38.09 *	35.39 *	32.59 *	31.29 *	29.89 *	28.59 *		<b>50 FR LCM</b>	26.79 *	27.99 *	29.29 *	30.59 *	33.09 *	35.69 *
1:22.79 *	1:16.89 *	1:10.99 *	1:07.99 *	1:04.99 *	1:02.09 *		<b>100 FR LCM</b>	58.69 *	1:01.49 *	1:04.29 *	1:07.09 *	1:12.59 *	1:18.19 *
3:00.39 *	2:47.59 *	2:34.69 *	2:28.19 *	2:21.79 *	2:15.29 *		<b>200 FR LCM</b>	2:07.49 *	2:13.59 *	2:19.69 *	2:25.69 *	2:37.89 *	2:49.99 *
6:19.09 *	5:52.09 *	5:24.99 *	5:11.39 *	4:57.89 *	4:44.39 *		<b>400 FR LCM</b>	4:29.99 *	4:42.79 *	4:55.69 *	5:08.49 *	5:34.19 *	5:59.89 *
13:05.99 *	12:09.89 *	11:13.79 *	10:45.69 *	10:17.59 *	9:49.49 *		<b>800 FR LCM</b>	9:23.49	9:50.29	10:17.19	10:43.99	11:37.69 *	12:31.29
25:08.99 *	23:21.19 *	21:33.39 *	20:39.49 *	19:45.59 *	18:51.69 *		<b>1500 FR LCM</b>	17:59.19 *	18:50.59 *	19:41.99 *	20:33.39 *	22:16.19 *	23:58.89 *
43.79 *	40.59 *	37.49 *	35.99 *	34.39 *	32.79 *		<b>50 BK LCM</b>	30.89 *	32.39 *	33.89 *	35.39 *	38.29 *	41.19 *
1:32.59 *	1:25.99 *	1:19.39 *	1:16.09 *	1:12.79 *	1:09.39 *		<b>100 BK LCM</b>	1:05.59 *	1:08.69 *	1:11.79 *	1:14.89 *	1:21.09 *	1:27.39 *
3:19.79 *	3:05.49 *	2:51.19 *	2:44.09 *	2:36.99 *	2:29.79 *		<b>200 BK LCM</b>	2:22.39 *	2:29.09	2:35.89	2:42.69	2:56.19	3:09.79
49.09 *	45.59 *	42.09 *	40.29 *	38.59 *	36.79 *		<b>50 BR LCM</b>	34.49 *	36.09 *	37.69 *	39.39 *	42.59 *	45.89 *
1:44.69 *	1:37.29 *	1:29.79 *	1:25.99 *	1:22.29 *	1:18.59 *		<b>100 BR LCM</b>	1:12.89 *	1:16.39 *	1:19.89 *	1:23.29 *	1:30.29 *	1:37.19 *
3:45.79 *	3:29.69 *	3:13.49 *	3:05.49 *	2:57.39 *	2:49.29 *		<b>200 BR LCM</b>	2:39.99 *	2:47.69 *	2:55.29 *	3:02.89 *	3:18.09 *	3:33.39 *
41.19 *	38.29 *	35.29 *	33.89 *	32.39 *	30.89 *		<b>50 FL LCM</b>	29.29 *	30.69 *	32.09 *	33.49 *	36.29 *	38.99 *
1:29.89 *	1:23.49 *	1:16.99 *	1:13.79 *	1:10.59 *	1:07.39 *		<b>100 FL LCM</b>	1:03.09 *	1:06.09 *	1:09.09 *	1:12.09 *	1:18.09 *	1:24.09 *
3:21.29 *	3:06.89 *	2:52.59 *	2:45.39 *	2:38.19 *	2:30.99 *		<b>200 FL LCM</b>	2:21.69 *	2:28.49 *	2:35.19 *	2:41.99 *	2:55.49 *	3:08.89 *
3:22.39 *	3:07.89 *	2:53.49 *	2:46.19 *	2:38.99 *	2:31.79 *		<b>200 IM LCM</b>	2:22.79	2:29.59	2:36.39	2:43.19	2:56.79	3:10.39
7:09.89 *	6:39.19 *	6:08.49 *	5:53.09 *	5:37.79 *	5:22.39 *		<b>400 IM LCM</b>	5:04.99 *	5:19.59 *	5:34.09 *	5:48.59 *	6:17.69 *	6:46.69 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event	AAAA	AAA	AA	A	BB	B
<b>14 Girls</b>													
37.39 *	34.69 *	31.99	30.69 *	29.39 *	27.99		<b>50 FR LCM</b>	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 *		<b>100 FR LCM</b>	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
2:55.49 *	2:42.99 *	2:30.39 *	2:24.19 *	2:17.89 *	2:11.59 *		<b>200 FR LCM</b>	2:02.99 *	2:08.89 *	2:14.69 *	2:20.59 *	2:32.29 *	2:43.99 *
6:08.89 *	5:42.49 *	5:16.19 *	5:02.99 *	4:49.79 *	4:36.69 *		<b>400 FR LCM</b>	4:22.49 *	4:34.99 *	4:47.49 *	4:59.89 *	5:24.89 *	5:49.89 *
12:46.09 *	11:51.39 *	10:56.69 *	10:29.29 *	10:01.99 *	9:34.59 *		<b>800 FR LCM</b>	9:03.69 *	9:29.59 *	9:55.49 *	10:21.39 *	11:13.09 *	12:04.89 *
24:32.59 *	22:47.39 *	21:02.19 *	20:09.59 *	19:17.09 *	18:24.49 *		<b>1500 FR LCM</b>	17:23.49 *	18:13.19 *	19:02.89 *	19:52.59 *	21:31.99 *	23:11.39 *
42.69 *	39.69 *	36.59 *	35.09 *	33.59 *	31.99 *		<b>50 BK LCM</b>	29.69 *	31.09 *	32.49 *	33.89 *	36.69 *	39.49 *
1:29.99 *	1:23.59 *	1:17.09 *	1:13.89 *	1:10.69 *	1:07.49 *		<b>100 BK LCM</b>	1:02.79 *	1:05.79 *	1:08.69 *	1:11.69 *	1:17.69 *	1:23.69 *
3:13.99 *	3:00.09 *	2:46.29 *	2:39.29 *	2:32.39 *	2:25.49 *		<b>200 BK LCM</b>	2:16.49 *	2:22.99 *	2:29.49 *	2:35.99 *	2:48.99 *	3:01.99 *
47.89 *	44.49 *	41.09 *	39.39 *	37.59 *	35.89 *		<b>50 BR LCM</b>	33.09 *	34.69 *	36.29 *	37.79 *	40.99 *	44.09 *
1:42.39	1:35.09	1:27.79	1:24.19 *	1:20.49	1:16.79		<b>100 BR LCM</b>	1:10.49 *	1:13.89 *	1:17.19 *	1:20.59 *	1:27.29 *	1:33.99 *
3:40.79 *	3:25.09 *	3:09.29 *	3:01.39 *	2:53.49 *	2:45.59 *		<b>200 BR LCM</b>	2:32.99 *	2:40.19 *	2:47.49 *	2:54.79 *	3:09.39 *	3:23.89 *
39.99 *	37.09 *	34.29 *	32.79 *	31.39 *	29.99 *		<b>50 FL LCM</b>	27.99 *	29.29 *	30.59 *	31.99 *	34.59 *	37.29 *
1:27.39 *	1:21.19 *	1:14.99 *	1:11.79 *	1:08.69 *	1:05.59 *		<b>100 FL LCM</b>	1:00.29 *	1:03.09 *	1:05.99 *	1:08.89 *	1:14.59 *	1:20.29 *
3:16.79 *	3:02.79 *	2:48.69 *	2:41.69 *	2:34.59 *	2:27.59 *		<b>200 FL LCM</b>	2:15.09 *	2:21.49 *	2:27.89 *	2:34.39 *	2:47.19 *	3:00.09 *
3:17.39 *	3:03.29 *	2:49.19 *	2:42.09 *	2:35.09 *	2:28.09 *		<b>200 IM LCM</b>	2:17.29 *	2:23.79 *	2:30.29 *	2:36.89 *	2:49.89 *	3:02.99 *
6:58.49 *	6:28.59 *	5:58.69 *	5:43.79 *	5:28.79 *	5:13.89 *		<b>400 IM LCM</b>	4:53.49 *	5:07.49 *	5:21.49 *	5:35.49 *	6:03.39 *	6:31.39 *
<b>15 Girls</b>													
							<b>Event</b>						<b>15 Boys</b>
36.79 *	34.19 *	31.59	30.29	28.99	27.59 *		<b>50 FR LCM</b>	24.99 *	26.19 *	27.39 *	28.59 *	30.99 *	33.29 *
1:19.49 *	1:13.79 *	1:08.19 *	1:05.29 *	1:02.49 *	59.69 *		<b>100 FR LCM</b>	54.49 *	57.09 *	59.69 *	1:02.29 *	1:07.49 *	1:12.69 *
2:52.49	2:40.19 *	2:27.79	2:21.69	2:15.49	2:09.39		<b>200 FR LCM</b>	1:59.99 *	2:05.79 *	2:11.49 *	2:17.19 *	2:28.59 *	2:39.99 *
6:02.89 *	5:36.99 *	5:11.09 *	4:58.09 *	4:45.19	4:32.19 *		<b>400 FR LCM</b>	4:15.59 *	4:27.79 *	4:39.89 *	4:52.09 *	5:16.39 *	5:40.79 *
12:27.79 *	11:34.29 *	10:40.89 *	10:14.19 *	9:47.49 *	9:20.79 *		<b>800 FR LCM</b>	8:48.49 *	9:13.59 *	9:38.79 *	10:03.89 *	10:54.29 *	11:44.59 *
23:51.99 *	22:09.69 *	20:27.49 *	19:36.29 *	18:45.19 *	17:53.99 *		<b>1500 FR LCM</b>	16:59.19 *	17:47.69 *	18:36.29 *	19:24.79 *	21:01.79 *	22:38.89 *
42.29 *	39.29 *	36.29 *	34.79 *	33.29 *	31.79 *		<b>50 BK LCM</b>	28.99 *	30.39 *	31.79 *	33.19 *	35.89 *	38.69 *
1:28.29 *	1:21.99 *	1:15.69 *	1:12.59 *	1:09.39 *	1:06.29 *		<b>100 BK LCM</b>	1:00.89 *	1:03.79 *	1:06.69 *	1:09.59 *	1:15.39 *	1:21.19 *
3:09.89 *	2:56.39 *	2:42.79 *	2:35.99 *	2:29.19 *	2:22.49 *		<b>200 BK LCM</b>	2:12.19 *	2:18.49 *	2:24.79 *	2:31.09 *	2:43.69 *	2:56.19 *
47.09 *	43.69 *	40.29 *	38.69 *	36.99 *	35.29 *		<b>50 BR LCM</b>	31.99 *	33.49 *	34.99 *	36.49 *	39.59 *	42.59 *
1:40.19 *	1:32.99 *	1:25.89 *	1:22.29 *	1:18.69 *	1:15.09 *		<b>100 BR LCM</b>	1:08.59 *	1:11.79 *	1:15.09 *	1:18.39 *	1:24.89 *	1:31.39 *
3:36.79 *	3:21.29 *	3:05.79 *	2:58.09 *	2:50.29 *	2:42.59 *		<b>200 BR LCM</b>	2:29.99 *	2:37.09 *	2:44.19 *	2:51.39 *	3:05.69 *	3:19.89 *
39.79 *	36.99 *	34.09 *	32.69 *	31.29 *	29.89 *		<b>50 FL LCM</b>	27.39 *	28.69 *	29.99 *	31.29 *	33.89 *	36.49 *
1:25.79 *	1:19.59 *	1:13.49 *	1:10.49 *	1:07.39 *	1:04.29 *		<b>100 FL LCM</b>	58.89 *	1:01.69 *	1:04.49 *	1:07.29 *	1:12.89 *	1:18.59
3:10.89	2:57.29 *	2:43.59	2:36.79	2:29.99	2:23.19		<b>200 FL LCM</b>	2:11.79 *	2:17.99	2:24.29 *	2:30.59 *	2:43.09	2:55.69 *
3:14.49 *	3:00.59 *	2:46.69 *	2:39.79 *	2:32.79 *	2:25.89 *		<b>200 IM LCM</b>	2:14.09 *	2:20.49 *	2:26.89 *	2:33.19 *	2:45.99 *	2:58.79 *
6:53.99 *	6:24.39 *	5:54.89 *	5:40.09 *	5:25.29 *	5:10.49 *		<b>400 IM LCM</b>	4:48.19 *	5:01.89 *	5:15.59 *	5:29.29 *	5:56.69 *	6:24.19 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event	AAAA	AAA	AA	A	BB	B
<b>16 Girls</b>													
36.39 *	33.79 *	31.19 *	29.89 *	28.59 *	27.29 *		<b>50 FR LCM</b>	24.79	25.89 *	27.09 *	28.29 *	30.59 *	32.99 *
1:18.49 *	1:12.89 *	1:07.29 *	1:04.49 *	1:01.69 *	58.89 *		<b>100 FR LCM</b>	53.89 *	56.49 *	58.99 *	1:01.59 *	1:06.69 *	1:11.89 *
2:49.49 *	2:37.39 *	2:25.29 *	2:19.29 *	2:13.19 *	2:07.09 *		<b>200 FR LCM</b>	1:57.99 *	2:03.59 *	2:09.19 *	2:14.79 *	2:25.99 *	2:37.29 *
5:58.99 *	5:33.29 *	5:07.69 *	4:54.89 *	4:42.09 *	4:29.29 *		<b>400 FR LCM</b>	4:11.69 *	4:23.69 *	4:35.69 *	4:47.59 *	5:11.59 *	5:35.59 *
12:21.19 *	11:28.29 *	10:35.29 *	10:08.89 *	9:42.39 *	9:15.89 *		<b>800 FR LCM</b>	8:41.69 *	9:06.49 *	9:31.29 *	9:56.19 *	10:45.79 *	11:35.49 *
23:45.29 *	22:03.49 *	20:21.69 *	19:30.79 *	18:39.89 *	17:48.99 *		<b>1500 FR LCM</b>	16:43.79 *	17:31.59 *	18:19.39 *	19:07.19 *	20:42.79 *	22:18.39 *
41.29 *	38.39 *	35.39 *	33.99 *	32.49 *	30.99 *		<b>50 BK LCM</b>	28.39 *	29.79 *	31.09 *	32.49 *	35.19 *	37.89 *
1:27.49 *	1:21.19 *	1:14.99 *	1:11.89 *	1:08.79 *	1:05.59 *		<b>100 BK LCM</b>	59.59 *	1:02.49 *	1:05.29 *	1:08.09 *	1:13.79 *	1:19.49 *
3:07.89 *	2:54.49 *	2:40.99 *	2:34.29 *	2:27.59 *	2:20.89 *		<b>200 BK LCM</b>	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29 *
46.89 *	43.49 *	40.19 *	38.49 *	36.79 *	35.19 *		<b>50 BR LCM</b>	31.49 *	32.89 *	34.39 *	35.89 *	38.89 *	41.89 *
1:39.19 *	1:32.09 *	1:25.09 *	1:21.49 *	1:17.99 *	1:14.39 *		<b>100 BR LCM</b>	1:07.39 *	1:10.59 *	1:13.79 *	1:16.99 *	1:23.49 *	1:29.89 *
3:32.79 *	3:17.59 *	3:02.39 *	2:54.79 *	2:47.19 *	2:39.59 *		<b>200 BR LCM</b>	2:26.49 *	2:33.49 *	2:40.49 *	2:47.49 *	3:01.39 *	3:15.39 *
39.09 *	36.39 *	33.59 *	32.19 *	30.79 *	29.39 *		<b>50 FL LCM</b>	26.89 *	28.19 *	29.49 *	30.79 *	33.29 *	35.89 *
1:24.39 *	1:18.39 *	1:12.39 *	1:09.29 *	1:06.29 *	1:03.29 *		<b>100 FL LCM</b>	57.79 *	1:00.49 *	1:03.19 *	1:05.99 *	1:11.49 *	1:16.99 *
3:08.19 *	2:54.69 *	2:41.29 *	2:34.59 *	2:27.89 *	2:21.09 *		<b>200 FL LCM</b>	2:09.19 *	2:15.39 *	2:21.59 *	2:27.69 *	2:39.99 *	2:52.29 *
3:11.69 *	2:58.09 *	2:44.39 *	2:37.49 *	2:30.69 *	2:23.79 *		<b>200 IM LCM</b>	2:12.39 *	2:18.69 *	2:24.99 *	2:31.29 *	2:43.89 *	2:56.49 *
6:47.99 *	6:18.79 *	5:49.69 *	5:35.09 *	5:20.59 *	5:05.99 *		<b>400 IM LCM</b>	4:42.09 *	4:55.59 *	5:08.99 *	5:22.39 *	5:49.29 *	6:16.19 *
<b>17 Girls</b>													
							<b>Event</b>						<b>17 Boys</b>
36.09 *	33.59 *	30.99 *	29.69 *	28.39 *	27.09 *		<b>50 FR LCM</b>	24.39 *	25.49 *	26.69 *	27.79 *	30.19 *	32.49 *
1:18.29 *	1:12.69 *	1:07.09 *	1:04.29 *	1:01.49 *	58.69 *		<b>100 FR LCM</b>	52.99 *	55.59 *	58.09 *	1:00.59 *	1:05.69 *	1:10.69 *
2:49.39 *	2:37.29 *	2:25.19 *	2:19.19 *	2:13.09 *	2:07.09 *		<b>200 FR LCM</b>	1:56.59 *	2:02.19 *	2:07.69 *	2:13.29 *	2:24.39 *	2:35.49 *
5:57.79 *	5:32.19 *	5:06.69 *	4:53.89 *	4:41.09 *	4:28.29 *		<b>400 FR LCM</b>	4:08.69 *	4:20.59 *	4:32.39 *	4:44.29 *	5:07.89 *	5:31.59 *
12:21.29 *	11:28.39 *	10:35.39 *	10:08.99 *	9:42.49 *	9:15.99 *		<b>800 FR LCM</b>	8:36.89 *	9:01.49 *	9:26.19 *	9:50.79 *	10:39.99 *	11:29.19 *
23:33.89 *	21:52.89 *	20:11.89 *	19:21.39 *	18:30.89 *	17:40.39 *		<b>1500 FR LCM</b>	16:31.89 *	17:19.09 *	18:06.39 *	18:53.59 *	20:27.99 *	22:02.49 *
41.39 *	38.39 *	35.49 *	33.99 *	32.49 *	31.09 *		<b>50 BK LCM</b>	27.99 *	29.39 *	30.69 *	31.99 *	34.69 *	37.39 *
1:27.09 *	1:20.89 *	1:14.59 *	1:11.49 *	1:08.39 *	1:05.29 *		<b>100 BK LCM</b>	59.09 *	1:01.89 *	1:04.69 *	1:07.49 *	1:13.09 *	1:18.69 *
3:08.69 *	2:55.19 *	2:41.69 *	2:34.99 *	2:28.19 *	2:21.49 *		<b>200 BK LCM</b>	2:08.69 *	2:14.79 *	2:20.99 *	2:27.09 *	2:39.29 *	2:51.59 *
46.29 *	42.99 *	39.69 *	37.99 *	36.39 *	34.69 *		<b>50 BR LCM</b>	30.69 *	32.09 *	33.59 *	34.99 *	37.99 *	40.89 *
1:38.29 *	1:31.29 *	1:24.19 *	1:20.69 *	1:17.19 *	1:13.69 *		<b>100 BR LCM</b>	1:06.09 *	1:09.19 *	1:12.39 *	1:15.49 *	1:21.79 *	1:28.09 *
3:33.09 *	3:17.89 *	3:02.59 *	2:54.99 *	2:47.39 *	2:39.79 *		<b>200 BR LCM</b>	2:24.19 *	2:30.99 *	2:37.89 *	2:44.69 *	2:58.49 *	3:12.19 *
38.99 *	36.19 *	33.39 *	31.99 *	30.59 *	29.19 *		<b>50 FL LCM</b>	26.39 *	27.69 *	28.89 *	30.19 *	32.69 *	35.19 *
1:24.29 *	1:18.29 *	1:12.29 *	1:09.29 *	1:06.29 *	1:03.29 *		<b>100 FL LCM</b>	56.99 *	59.69 *	1:02.39 *	1:05.19 *	1:10.59 *	1:15.99 *
3:06.49 *	2:53.19 *	2:39.89 *	2:33.19 *	2:26.49 *	2:19.89 *		<b>200 FL LCM</b>	2:07.19 *	2:13.19 *	2:19.29 *	2:25.39 *	2:37.49 *	2:49.59 *
3:10.79 *	2:57.19 *	2:43.59 *	2:36.69 *	2:29.89 *	2:23.09 *		<b>200 IM LCM</b>	2:09.99 *	2:16.19 *	2:22.39 *	2:28.59 *	2:40.89 *	2:53.29 *
6:44.79 *	6:15.89 *	5:46.99 *	5:32.59 *	5:18.09 *	5:03.59 *		<b>400 IM LCM</b>	4:39.09 *	4:52.39 *	5:05.69 *	5:18.99 *	5:45.59 *	6:12.19 *

# USA Swimming 2024-2028 Single Age Motivational Standards



10/10/2025 12:58:55 AM

B	BB	A	AA	AAA	AAAA		Event		AAAA	AAA	AA	A	BB	B	
18 Girls							Event						18 Boys		
36.09 *	33.49 *	30.99 *	29.69 *	28.39 *	27.09 *		<b>50 FR LCM</b>		23.99 *	25.09 *	26.29 *	27.39 *	29.69 *	31.99 *	
1:18.09 *	1:12.59 *	1:06.99 *	1:04.19 *	1:01.39 *	58.59 *		<b>100 FR LCM</b>		52.69 *	55.19 *	57.69 *	1:00.19 *	1:05.19 *	1:10.19 *	
2:49.29 *	2:37.19 *	2:25.09 *	2:19.09 *	2:12.99 *	2:06.99 *		<b>200 FR LCM</b>		1:55.19 *	2:00.69 *	2:06.19 *	2:11.59 *	2:22.59 *	2:33.59 *	
5:57.09 *	5:31.59 *	5:06.09 *	4:53.39 *	4:40.59 *	4:27.79 *		<b>400 FR LCM</b>		4:05.59 *	4:17.29 *	4:28.99 *	4:40.69 *	5:03.99 *	5:27.39 *	
12:20.19 *	11:27.29 *	10:34.39 *	10:07.99 *	9:41.59 *	9:15.09 *		<b>800 FR LCM</b>		8:34.29 *	8:58.79 *	9:23.29 *	9:47.69 *	10:36.69 *	11:25.69 *	
23:37.19 *	21:55.89 *	20:14.69 *	19:24.09 *	18:33.49 *	17:42.89 *		<b>1500 FR LCM</b>		16:24.09 *	17:10.99 *	17:57.79 *	18:44.69 *	20:18.39 *	21:52.09 *	
41.79 *	38.79 *	35.79 *	34.29 *	32.79 *	31.39 *		<b>50 BK LCM</b>		27.99 *	29.29 *	30.59 *	31.99 *	34.59 *	37.29 *	
1:26.59 *	1:20.39 *	1:14.19 *	1:11.09 *	1:07.99 *	1:04.89 *		<b>100 BK LCM</b>		58.69 *	1:01.39 *	1:04.19 *	1:06.99 *	1:12.59 *	1:18.19 *	
3:08.09 *	2:54.59 *	2:41.19 *	2:34.49 *	2:27.79 *	2:21.09 *		<b>200 BK LCM</b>		2:07.69 *	2:13.79 *	2:19.79 *	2:25.89 *	2:38.09 *	2:50.19 *	
46.19 *	42.89 *	39.59 *	37.99 *	36.29 *	34.69 *		<b>50 BR LCM</b>		30.69 *	32.19 *	33.69 *	35.09 *	37.99 *	40.99 *	
1:38.29 *	1:31.29 *	1:24.29 *	1:20.79 *	1:17.29 *	1:13.69 *		<b>100 BR LCM</b>		1:05.29 *	1:08.39 *	1:11.59 *	1:14.69 *	1:20.89 *	1:27.09 *	
3:34.79 *	3:19.39 *	3:04.09 *	2:56.39 *	2:48.79 *	2:41.09 *		<b>200 BR LCM</b>		2:22.89 *	2:29.69 *	2:36.49 *	2:43.29 *	2:56.89 *	3:10.49 *	
38.79 *	35.99 *	33.19 *	31.89 *	30.49 *	29.09 *		<b>50 FL LCM</b>		26.09 *	27.39 *	28.59 *	29.89 *	32.29 *	34.79 *	
1:24.19 *	1:18.19 *	1:12.19 *	1:09.19 *	1:06.19 *	1:03.09 *		<b>100 FL LCM</b>		56.29 *	58.89 *	1:01.59 *	1:04.29 *	1:09.69 *	1:14.99 *	
3:06.29 *	2:52.99 *	2:39.69 *	2:32.99 *	2:26.39 *	2:19.69 *		<b>200 FL LCM</b>		2:05.89 *	2:11.89 *	2:17.89 *	2:23.89 *	2:35.79 *	2:47.79 *	
3:10.19 *	2:56.59 *	2:42.99 *	2:36.19 *	2:29.49 *	2:22.69 *		<b>200 IM LCM</b>		2:09.59 *	2:15.69 *	2:21.89 *	2:28.09 *	2:40.39 *	2:52.69 *	
6:46.39 *	6:17.29 *	5:48.29 *	5:33.79 *	5:19.29 *	5:04.79 *		<b>400 IM LCM</b>		4:38.29 *	4:51.49 *	5:04.79 *	5:17.99 *	5:44.49 *	6:10.99 *	