

USMS National Qualifying Times

WOMEN*(Note: NO TIME for all events in the 85+ age groups.)*

EVENT	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
50 Free	32.66	32.22	32.73	32.91	33.02	34.22	34.36	36.13	37.49	39.95	45.92	51.60	1:01.93
100 Free	1:12.43	1:11.20	1:11.96	1:13.29	1:15.07	1:15.52	1:16.83	1:19.54	1:24.70	1:32.74	1:46.60	2:00.59	2:24.86
200 Free	2:38.30	2:39.24	2:42.02	2:41.50	2:46.04	2:44.20	2:47.39	2:54.39	3:05.27	3:25.28	4:02.51	4:23.04	5:13.65
400 Free	5:40.65	5:35.79	5:46.68	5:53.18	6:03.32	5:48.81	5:54.94	6:10.88	6:28.44	7:13.07	8:30.19	9:29.51	12:29.33
800 Free	12:44.43	11:44.62	12:20.86	12:31.81	12:36.82	12:32.89	12:14.46	12:50.28	13:32.46	15:00.46	18:07.98	19:59.61	NO TIME
1500 Free	25:38.35	23:39.24	24:16.81	24:09.67	25:12.18	24:15.56	23:43.96	25:03.13	26:41.29	29:29.00	34:13.88	38:43.22	NO TIME
50 Back	39.48	37.88	39.50	40.52	40.51	40.53	41.45	43.64	46.09	51.30	57.68	1:04.30	1:18.25
100 Back	1:28.61	1:23.37	1:26.00	1:27.45	1:28.51	1:26.84	1:30.32	1:34.89	1:40.73	1:54.01	2:10.23	2:22.29	3:03.35
200 Back	3:13.73	3:10.33	3:13.93	3:16.24	3:10.03	3:10.57	3:15.80	3:25.74	3:36.88	4:05.68	4:46.37	5:03.10	6:39.71
50 Breast	43.39	42.58	44.33	43.98	44.49	46.07	46.03	47.27	49.60	54.43	1:04.14	1:09.59	1:24.90
100 Breast	1:34.08	1:33.33	1:36.58	1:36.21	1:35.63	1:40.91	1:41.52	1:45.75	1:51.96	2:00.42	2:29.28	2:37.21	3:41.59
200 Breast	3:30.45	3:26.06	3:33.18	3:32.59	3:42.90	3:40.07	3:46.06	3:56.13	4:09.18	4:34.63	5:22.58	5:42.09	NO TIME
50 Fly	35.13	34.50	35.44	35.73	36.72	36.82	37.49	39.36	41.78	46.57	59.26	1:10.81	1:38.34
100 Fly	1:19.53	1:17.49	1:21.86	1:23.85	1:26.59	1:25.04	1:27.20	1:32.59	1:45.00	1:57.69	2:38.61	3:42.61	NO TIME
200 Fly	3:07.82	3:17.89	3:17.10	3:39.77	3:59.04	3:30.63	3:27.44	3:42.97	4:06.65	4:30.51	6:06.33	NO TIME	NO TIME
200 IM	3:03.94	2:59.91	3:08.10	3:05.61	3:11.23	3:15.12	3:14.67	3:23.01	3:42.00	4:04.87	4:51.40	5:20.92	7:11.07
400 IM	7:11.66	6:44.13	7:00.95	7:09.06	7:36.29	7:00.48	7:03.54	7:26.04	8:03.38	8:57.48	12:27.40	NO TIME	NO TIME

MEN

EVENT	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
50 Free	28.83	27.93	28.55	29.25	29.31	29.63	30.47	30.73	31.42	33.67	34.90	39.13	41.61
100 Free	1:03.90	1:02.41	1:02.98	1:05.67	1:05.51	1:06.05	1:07.89	1:08.67	1:09.96	1:16.04	1:20.88	1:32.95	1:42.69
200 Free	2:25.70	2:23.09	2:26.27	2:28.81	2:27.05	2:28.27	2:33.31	2:34.69	2:42.57	2:48.16	3:09.39	3:36.68	4:00.73
400 Free	5:18.07	5:18.99	5:11.28	5:27.32	5:17.67	5:19.83	5:25.89	5:31.67	5:48.27	6:03.86	6:50.76	7:49.64	8:32.23
800 Free	11:30.72	11:43.25	11:27.37	11:34.98	11:11.22	11:07.75	11:31.12	11:30.07	12:04.51	12:39.72	14:52.29	17:08.08	18:37.45
1500 Free	24:24.84	23:41.11	22:32.50	22:29.59	22:04.61	21:33.67	22:33.94	22:30.41	23:24.38	25:19.38	28:40.87	34:15.30	39:40.25
50 Back	34.58	33.70	34.63	34.37	36.08	36.00	36.39	37.13	38.51	42.19	45.47	51.59	55.38
100 Back	1:14.57	1:16.46	1:16.98	1:17.36	1:18.56	1:18.50	1:19.46	1:21.69	1:25.03	1:33.66	1:44.84	1:56.41	2:06.88
200 Back	2:50.92	3:02.61	2:55.20	2:54.44	2:54.91	2:50.77	2:54.44	2:59.12	3:10.66	3:23.67	3:50.45	4:26.02	4:46.07
50 Breast	36.89	36.76	35.80	37.66	36.98	38.41	38.64	39.20	41.36	44.14	47.18	54.72	59.70
100 Breast	1:21.40	1:20.43	1:21.81	1:25.37	1:22.78	1:26.17	1:27.59	1:28.22	1:35.34	1:41.44	1:47.00	2:05.67	2:18.37
200 Breast	3:15.96	3:05.36	3:08.69	3:15.65	3:10.51	3:15.48	3:11.69	3:20.64	3:36.84	3:46.42	4:02.27	4:57.09	5:28.51
50 Fly	31.07	30.07	30.57	31.56	31.81	31.86	32.35	33.52	34.45	36.51	38.74	52.22	58.11
100 Fly	1:09.51	1:08.46	1:09.25	1:12.45	1:13.79	1:12.70	1:14.57	1:16.79	1:21.97	1:29.61	1:48.38	2:17.32	3:00.67
200 Fly	2:41.65	3:31.86	2:54.02	3:06.38	2:59.48	2:53.73	3:04.49	3:08.41	3:29.05	3:52.98	4:33.05	6:34.22	NO TIME
200 IM	2:47.93	2:43.47	2:42.03	2:50.28	2:50.22	2:49.45	2:50.57	2:55.59	3:08.78	3:19.57	3:44.15	4:38.87	5:10.06
400 IM	6:02.96	6:17.87	6:01.07	6:28.08	6:12.55	6:05.27	6:21.53	6:26.63	7:09.75	7:42.92	8:31.67	13:14.75	13:28.75

*Formula: Three year average of Top Ten 5th place time + conversion factor**Conversion factor: 1.15*