

## USMS National Qualifying Times

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

<b>EVENT</b>	<b>18-24</b>	<b>25-29</b>	<b>30-34</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>
<b>50 Free</b>	32.71	31.91	32.43	32.86	32.61	33.90	34.30	35.58	37.03	39.54	44.30	52.17	1:02.01
<b>100 Free</b>	1:13.36	1:11.14	1:11.89	1:12.79	1:13.80	1:16.03	1:16.47	1:18.74	1:24.36	1:32.05	1:44.88	2:03.70	2:25.24
<b>200 Free</b>	2:40.18	2:38.99	2:40.75	2:40.41	2:46.75	2:46.56	2:48.39	2:52.70	3:05.15	3:21.65	3:56.78	4:23.15	5:14.05
<b>400 Free</b>	5:45.09	5:41.35	5:43.11	5:49.42	6:01.63	5:54.20	5:56.37	6:07.61	6:25.79	7:07.98	8:18.51	9:19.64	11:49.93
<b>800 Free</b>	12:54.44	11:57.39	12:03.66	12:12.92	12:43.61	12:40.47	12:14.66	12:37.07	13:26.70	14:49.69	17:37.23	20:10.57	NO TIME
<b>1500 Free</b>	26:02.47	24:24.82	23:31.67	24:26.71	25:03.75	24:12.37	23:39.64	24:15.79	26:06.83	29:02.42	34:10.30	41:02.72	52:36.40
<b>50 Back</b>	39.89	38.45	38.71	40.01	40.80	40.94	40.84	42.94	45.21	50.87	58.02	1:07.00	1:20.14
<b>100 Back</b>	1:28.28	1:24.07	1:25.51	1:27.02	1:30.40	1:27.75	1:29.49	1:33.36	1:39.37	1:53.23	2:10.33	2:31.30	3:06.97
<b>200 Back</b>	3:13.07	3:11.19	3:12.71	3:12.97	3:14.83	3:16.34	3:14.19	3:23.78	3:35.53	4:05.79	4:48.00	5:07.96	7:00.54
<b>50 Breast</b>	43.69	42.08	43.50	43.22	44.19	46.13	45.63	47.21	49.34	53.60	1:00.56	1:11.87	1:29.40
<b>100 Breast</b>	1:36.47	1:32.95	1:35.60	1:34.95	1:35.45	1:41.99	1:41.33	1:46.47	1:50.08	2:01.28	2:17.33	2:46.81	4:33.31
<b>200 Breast</b>	3:36.78	3:28.94	3:40.26	3:33.59	3:43.05	3:43.07	3:45.49	3:55.83	4:07.87	4:34.37	5:04.19	6:14.34	NO TIME
<b>50 Fly</b>	35.34	34.51	35.70	35.57	36.63	37.44	37.47	39.20	41.09	46.18	57.54	1:11.28	1:35.65
<b>100 Fly</b>	1:19.15	1:18.40	1:21.65	1:21.42	1:25.86	1:27.65	1:26.99	1:33.04	1:40.66	1:57.91	2:34.87	4:00.29	NO TIME
<b>200 Fly</b>	3:23.87	3:19.39	3:21.68	3:30.40	4:05.98	3:48.86	3:25.79	3:44.04	4:16.36	4:48.87	5:44.25	NO TIME	NO TIME
<b>200 IM</b>	3:05.20	2:58.03	3:04.07	3:06.13	3:12.40	3:17.15	3:12.50	3:23.89	3:38.75	4:02.32	4:53.23	5:43.40	6:51.72
<b>400 IM</b>	7:23.49	6:46.87	7:26.66	6:57.44	7:28.52	7:15.59	7:02.72	7:23.14	7:57.79	8:48.62	12:04.01	NO TIME	NO TIME

**MEN**

<b>EVENT</b>	<b>18-24</b>	<b>25-29</b>	<b>30-34</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>
<b>50 Free</b>	28.66	27.64	28.53	29.46	29.40	29.80	30.41	30.84	31.33	33.41	35.12	38.96	42.48
<b>100 Free</b>	1:03.82	1:02.37	1:02.36	1:06.05	1:05.62	1:06.24	1:07.60	1:09.02	1:09.85	1:15.99	1:21.50	1:32.00	1:43.79
<b>200 Free</b>	2:24.26	2:24.07	2:26.13	2:30.73	2:29.39	2:29.38	2:32.88	2:35.56	2:41.07	2:48.74	3:06.97	3:31.68	4:04.89
<b>400 Free</b>	5:20.63	5:16.46	5:13.16	5:26.73	5:21.00	5:17.40	5:26.73	5:35.27	5:46.35	6:06.61	6:43.72	7:42.76	8:38.79
<b>800 Free</b>	11:34.57	11:38.41	11:26.72	11:31.27	11:12.80	11:10.47	11:34.90	11:38.82	12:08.24	12:44.32	14:43.93	17:17.20	18:47.25
<b>1500 Free</b>	24:22.78	22:54.85	22:39.40	22:08.93	22:03.17	21:34.51	22:47.10	22:34.91	23:17.95	24:58.88	29:35.50	34:03.99	41:16.07
<b>50 Back</b>	35.02	33.38	34.72	35.09	35.94	35.87	36.24	37.15	38.11	41.62	45.43	51.22	54.98
<b>100 Back</b>	1:16.02	1:13.76	1:15.67	1:18.82	1:18.86	1:19.07	1:19.01	1:21.78	1:24.79	1:32.28	1:44.43	1:56.68	2:08.32
<b>200 Back</b>	2:55.15	2:53.18	2:58.29	2:56.54	2:55.42	2:52.12	2:54.74	2:59.70	3:10.06	3:19.43	3:54.32	4:23.97	4:49.70
<b>50 Breast</b>	36.90	36.55	35.00	37.79	37.03	37.91	38.48	38.85	41.07	43.21	47.83	54.41	1:00.37
<b>100 Breast</b>	1:20.76	1:18.32	1:18.53	1:25.39	1:22.16	1:25.13	1:27.10	1:27.13	1:32.84	1:38.28	1:47.99	2:07.23	2:19.49
<b>200 Breast</b>	3:13.08	3:14.41	3:04.89	3:15.01	3:08.76	3:15.21	3:12.36	3:19.84	3:33.01	3:44.66	4:08.94	4:59.97	5:29.23
<b>50 Fly</b>	31.28	29.92	30.50	31.66	31.89	31.87	32.36	33.66	34.02	36.31	38.20	54.16	58.44
<b>100 Fly</b>	1:09.95	1:07.59	1:08.82	1:11.96	1:14.16	1:13.76	1:14.01	1:18.04	1:20.40	1:28.76	1:51.40	2:21.15	2:50.78
<b>200 Fly</b>	2:41.99	2:55.80	2:56.62	2:57.82	3:07.58	2:55.00	3:01.38	3:06.61	3:27.76	3:44.14	4:40.20	5:48.65	NO TIME
<b>200 IM</b>	2:46.90	2:44.45	2:40.59	2:49.83	2:49.68	2:48.90	2:50.52	2:55.76	3:05.70	3:18.77	3:45.30	4:38.16	4:57.73
<b>400 IM</b>	6:13.00	6:07.49	5:54.29	6:27.69	6:13.88	6:08.97	6:25.63	6:32.26	6:55.38	7:23.01	8:40.18	12:57.30	12:59.02

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