

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	32.76	32.20	32.73	33.33	33.48	34.42	34.27	35.94	37.79	40.44	45.81	50.24	1:01.83
100 Free	1:11.64	1:10.95	1:11.86	1:14.14	1:14.85	1:14.80	1:16.76	1:20.61	1:25.17	1:34.38	1:46.16	1:55.17	2:24.36
200 Free	2:38.38	2:39.45	2:42.81	2:42.75	2:45.03	2:43.02	2:48.05	2:54.57	3:04.89	3:30.98	4:01.63	4:24.22	5:17.19
400 Free	5:42.63	5:31.16	5:45.28	5:48.66	5:58.41	5:49.13	5:54.32	6:10.99	6:26.27	7:21.90	8:30.95	9:24.24	12:22.27
800 Free	12:25.28	11:40.92	12:36.87	12:24.86	12:31.08	12:19.57	12:14.74	12:56.01	13:28.83	15:05.56	17:57.47	19:58.07	NO TIME
1500 Free	24:07.62	23:11.25	24:26.59	24:00.89	25:04.15	23:52.95	24:03.30	25:19.16	26:34.78	30:33.69	33:55.34	37:53.81	NO TIME
50 Back	39.87	37.94	39.24	40.89	39.78	40.09	41.39	43.72	47.21	52.24	56.29	1:02.57	1:19.06
100 Back	1:27.32	1:23.07	1:23.88	1:29.35	1:27.07	1:26.27	1:30.77	1:35.36	1:42.68	1:55.74	2:05.38	2:18.82	3:01.90
200 Back	3:14.07	3:07.95	3:09.44	3:14.71	3:08.30	3:07.97	3:16.48	3:27.74	3:40.54	4:07.93	4:37.35	4:57.88	6:33.77
50 Breast	43.12	42.30	43.19	44.06	43.53	45.80	46.11	47.69	49.73	54.69	1:03.24	1:11.11	1:23.88
100 Breast	1:34.17	1:33.15	1:35.17	1:37.37	1:35.10	1:40.58	1:41.91	1:46.41	1:53.03	2:01.00	2:25.58	2:38.43	3:38.04
200 Breast	3:33.66	3:22.44	3:32.64	3:32.31	3:40.15	3:39.76	3:47.24	3:58.00	4:07.08	4:41.34	5:25.94	5:53.39	NO TIME
50 Fly	34.96	34.96	35.15	36.39	37.03	36.51	37.10	39.34	42.07	46.64	59.41	1:10.16	1:40.45
100 Fly	1:19.04	1:17.18	1:22.78	1:24.93	1:24.50	1:24.42	1:27.15	1:31.00	1:44.84	1:59.52	2:29.57	3:24.23	NO TIME
200 Fly	3:03.09	3:14.91	3:25.54	3:45.48	3:43.87	3:28.59	3:30.71	3:40.42	4:14.31	4:30.17	6:13.72	NO TIME	NO TIME
200 IM	3:02.57	2:59.13	3:04.49	3:05.46	3:07.52	3:12.68	3:16.88	3:25.09	3:41.80	4:08.47	4:48.04	5:28.15	7:12.56
400 IM	6:59.19	6:40.75	6:56.05	7:06.28	7:08.39	6:52.48	7:06.44	7:32.42	7:59.26	8:59.14	10:38.52	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	29.13	27.75	28.13	28.89	29.35	29.47	30.27	30.64	31.67	33.66	35.39	38.91	42.27
100 Free	1:03.99	1:01.34	1:02.36	1:04.91	1:05.32	1:05.86	1:07.37	1:08.43	1:10.64	1:15.75	1:22.28	1:32.87	1:44.70
200 Free	2:28.15	2:20.98	2:26.15	2:27.25	2:26.34	2:27.04	2:33.49	2:33.14	2:43.37	2:49.80	3:11.13	3:35.42	4:02.28
400 Free	5:18.33	5:14.69	5:09.83	5:26.57	5:15.99	5:19.32	5:26.50	5:31.45	5:48.09	6:06.09	6:58.89	7:50.56	8:56.60
800 Free	11:46.74	11:38.44	11:24.52	11:31.84	11:05.96	11:09.92	11:28.19	11:28.41	12:07.76	12:49.58	15:05.21	16:20.09	19:31.51
1500 Free	23:48.21	24:03.19	22:38.43	22:30.01	21:55.09	21:24.18	22:25.32	22:42.10	23:30.76	26:08.76	28:37.30	32:14.19	41:09.53
50 Back	34.92	34.08	34.25	34.38	35.37	36.22	36.88	37.54	38.69	42.59	46.33	52.14	55.29
100 Back	1:14.40	1:16.11	1:15.02	1:17.50	1:17.32	1:17.98	1:20.18	1:21.81	1:26.37	1:34.23	1:46.28	2:00.26	2:10.50
200 Back	2:49.98	3:03.36	2:53.49	2:53.68	2:53.16	2:49.72	2:58.22	2:59.07	3:12.26	3:23.40	3:46.98	4:28.17	4:44.41
50 Breast	37.13	36.36	36.31	36.81	36.46	38.39	38.57	39.68	41.55	44.67	48.33	55.08	58.35
100 Breast	1:20.65	1:19.11	1:22.24	1:24.57	1:23.01	1:24.59	1:27.17	1:29.77	1:34.97	1:42.40	1:48.98	2:05.12	2:17.64
200 Breast	3:10.85	2:55.87	3:10.23	3:16.17	3:12.23	3:13.34	3:13.01	3:22.89	3:35.57	3:48.11	4:00.68	4:49.60	5:13.38
50 Fly	30.79	29.92	30.77	31.77	31.59	31.53	32.30	33.24	34.39	36.47	40.14	51.92	1:00.82
100 Fly	1:09.74	1:08.41	1:09.34	1:13.59	1:13.37	1:11.78	1:14.72	1:16.75	1:21.92	1:29.23	1:54.06	2:18.15	2:57.95
200 Fly	2:45.35	3:45.60	2:51.52	3:07.12	2:52.13	2:50.52	3:02.82	3:06.58	3:33.50	3:54.83	4:28.46	6:16.98	NO TIME
200 IM	2:47.62	2:41.20	2:43.37	2:49.58	2:49.18	2:46.62	2:53.24	2:56.00	3:11.01	3:21.81	3:41.19	4:32.93	5:17.98
400 IM	6:12.29	6:10.94	5:59.13	6:20.71	6:09.75	6:02.96	6:21.13	6:27.17	7:10.97	7:42.32	8:40.75	12:21.32	13:28.75

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