

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	28.55	28.27	29.14	29.68	29.49	30.18	30.57	32.33	34.37	38.12	41.79	46.99	56.91
100 Free	1:02.41	1:02.53	1:04.63	1:05.19	1:04.40	1:06.40	1:07.35	1:11.72	1:17.87	1:26.37	1:36.89	1:47.91	2:06.41
200 Free	2:12.84	2:12.26	2:16.25	2:18.47	2:17.58	2:19.14	2:22.67	2:31.51	2:45.58	3:02.66	3:26.02	3:50.41	4:37.50
500 Free	6:00.70	5:57.31	6:11.91	6:17.84	6:14.76	6:14.18	6:24.36	6:43.99	7:21.61	8:13.26	9:05.10	10:15.40	12:34.87
1000 Free	13:08.39	12:48.33	13:04.08	13:19.76	13:12.06	12:57.38	13:22.36	14:07.36	15:21.84	17:10.28	19:57.06	23:54.94	29:14.44
1650 Free	22:48.65	21:17.86	22:43.20	22:16.46	22:23.09	22:05.23	22:28.45	24:43.47	26:09.12	30:26.76	36:42.92	38:41.70	47:46.99
50 Back	32.93	33.40	33.84	34.79	34.65	35.51	36.42	38.90	41.80	47.96	52.11	57.98	1:08.28
100 Back	1:11.11	1:12.53	1:13.85	1:15.74	1:15.77	1:16.59	1:19.07	1:24.87	1:31.51	1:43.83	1:56.18	2:09.47	2:29.41
200 Back	2:32.61	2:33.21	2:35.16	2:40.33	2:39.26	2:40.27	2:46.07	2:53.70	3:10.23	3:34.67	4:02.36	4:35.00	5:47.83
50 Breast	37.56	37.32	37.65	38.43	38.77	39.58	40.72	42.99	45.18	50.26	56.69	1:09.12	1:18.29
100 Breast	1:21.52	1:20.08	1:21.60	1:23.79	1:24.69	1:27.35	1:29.40	1:35.15	1:40.57	1:53.60	2:06.18	2:36.91	3:01.14
200 Breast	2:55.22	2:49.65	2:54.43	3:01.16	3:03.01	3:06.28	3:08.70	3:20.71	3:39.21	4:03.14	4:29.34	5:11.15	6:41.08
50 Fly	30.80	30.71	31.94	32.49	32.61	33.02	33.70	35.94	39.14	44.53	54.91	1:05.40	1:36.03
100 Fly	1:09.58	1:07.96	1:12.15	1:14.13	1:13.07	1:14.85	1:17.28	1:23.50	1:33.43	1:53.30	2:16.19	3:23.70	3:21.86
200 Fly	2:39.67	2:32.54	2:45.30	2:57.87	2:47.40	2:47.47	3:01.75	3:22.26	3:47.09	4:13.77	5:09.85	6:54.99	NO TIME
100 IM	1:11.32	1:10.47	1:13.59	1:13.55	1:14.83	1:16.90	1:19.52	1:22.98	1:29.32	1:40.17	1:54.43	2:15.45	2:36.35
200 IM	2:30.56	2:30.27	2:35.58	2:37.29	2:39.48	2:40.90	2:46.99	2:55.82	3:14.29	3:34.16	4:12.91	5:18.27	5:58.18
400 IM	5:31.50	5:26.53	5:44.07	5:47.93	5:45.10	5:46.26	6:00.72	6:37.77	7:10.64	8:04.62	11:22.36	10:58.00	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	24.70	24.19	25.07	25.22	25.71	26.03	26.71	27.35	28.62	30.03	33.09	35.27	40.79
100 Free	54.95	53.62	55.03	56.12	56.84	57.20	59.10	1:00.70	1:03.61	1:07.51	1:15.81	1:22.50	1:32.68
200 Free	2:00.24	1:57.18	2:00.18	2:00.53	2:02.28	2:02.96	2:07.52	2:10.86	2:17.09	2:28.20	2:46.34	3:03.29	3:36.85
500 Free	5:36.46	5:26.71	5:29.08	5:37.14	5:39.90	5:36.76	5:49.60	6:00.14	6:19.54	6:48.71	7:47.26	8:31.64	10:27.04
1000 Free	12:48.22	12:03.14	12:02.32	11:55.08	12:04.00	11:50.77	12:17.65	12:45.30	13:19.81	14:27.68	16:32.82	18:38.42	23:02.29
1650 Free	21:44.36	20:41.11	20:20.04	20:30.30	20:25.85	20:18.66	20:50.62	21:22.01	22:29.24	24:37.39	28:51.32	33:19.24	39:20.55
50 Back	29.05	28.57	29.79	30.06	30.15	30.66	31.73	32.76	34.52	37.10	40.78	45.08	53.30
100 Back	1:02.89	1:02.82	1:04.81	1:05.02	1:05.62	1:07.24	1:08.86	1:10.68	1:15.40	1:23.85	1:30.85	1:42.00	1:54.76
200 Back	2:19.40	2:16.58	2:18.98	2:17.05	2:20.29	2:21.74	2:26.24	2:30.64	2:40.36	2:57.16	3:21.11	3:40.81	4:40.03
50 Breast	31.61	31.03	32.18	32.13	32.55	33.33	34.26	34.98	37.56	39.04	44.03	48.73	56.37
100 Breast	1:10.02	1:08.06	1:11.24	1:10.87	1:12.27	1:12.39	1:15.54	1:17.68	1:23.10	1:29.01	1:42.11	1:53.35	2:04.20
200 Breast	2:32.65	2:27.68	2:34.18	2:34.01	2:34.71	2:38.82	2:43.31	2:48.94	3:00.86	3:11.96	3:42.14	4:11.81	5:20.64
50 Fly	27.11	26.52	27.39	27.92	27.95	28.25	29.27	30.10	31.43	33.00	38.11	45.45	1:01.08
100 Fly	1:00.85	59.29	1:00.72	1:02.92	1:03.39	1:02.92	1:05.89	1:07.80	1:12.23	1:19.45	1:40.04	2:01.85	3:21.17
200 Fly	2:21.54	2:19.85	2:18.52	2:21.46	2:22.86	2:23.91	2:29.85	2:36.01	3:02.81	3:25.58	3:48.23	7:44.12	NO TIME
100 IM	1:02.34	1:01.21	1:03.18	1:04.10	1:04.72	1:05.82	1:08.45	1:10.84	1:14.27	1:19.19	1:29.75	1:39.89	1:55.43
200 IM	2:15.64	2:14.03	2:15.81	2:18.49	2:19.30	2:20.51	2:25.25	2:30.11	2:39.85	2:53.70	3:18.83	3:57.06	5:20.43
400 IM	5:00.54	4:59.27	4:55.39	5:04.77	5:02.80	5:01.18	5:17.64	5:30.85	5:59.44	6:38.95	7:44.67	9:34.54	10:42.95

Formula: Three year average of Top Ten 10th place time + conversion factor (15% for 50s & 100s; 10% for 200+)