USA Swimming 2024-2028 Motivational Standards

10/10/2025 1:02:42 AM

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
		10 & under Girls				**Event**			**10 & under Boys**			
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	**50 FR SCY**	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	**100 FR SCY**	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.89 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	**200 FR SCY**	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	**500 FR SCY**	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	**50 BK SCY**	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	**100 BK SCY**	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	**50 BR SCY**	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	**100 BR SCY**	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	**50 FL SCY**	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	**100 FL SCY**	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	**100 IM SCY**	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	**200 IM SCY**	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
2:53.19 *	2:35.89 *	2:18.59 *	2:12.79 *	2:06.99 *	2:01.19 *	**200 FR-R SCY**	2:00.19 *	2:05.89 *	2:11.59 *	2:17.29 *	2:34.49 *	2:51.69 *
3:14.99 *	2:55.49 *	2:35.99 *	2:29.49 *	2:22.99 *	2:16.49 *	**200 MED-R SCY**	2:15.39 *	2:21.79 *	2:28.29 *	2:34.69 *	2:53.99 *	3:13.39 *
		11-12 Girls				**Event**			**11-12 Boys**			
33.99 *	31.69 *	29.29 *	28.09 *	26.99 *	25.79 *	**50 FR SCY**	24.59 *	25.79 *	26.99 *	28.09 *	30.49 *	32.79 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	**100 FR SCY**	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:42.59 *	2:30.89 *	2:19.29 *	2:13.49 *	2:07.69 *	2:01.89 *	**200 FR SCY**	1:56.99 *	2:02.59 *	2:08.19 *	2:13.69 *	2:24.89 *	2:35.99 *
7:16.89 *	6:45.69 *	6:14.49 *	5:58.89 *	5:43.29 *	5:27.69 *	**500 FR SCY**	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 *	**1000 FR SCY**	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 *	**1650 FR SCY**	18:20.79 *	19:13.19 *	20:05.59 *	20:58.09 *	22:42.89 *	24:27.69 *
38.79 *	35.99 *	33.19 *	31.79 *	30.49 *	29.09 *	**50 BK SCY**	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 *	**100 BK SCY**	59.49	1:02.79	1:05.99	1:09.29 *	1:15.69	1:22.19
2:59.49 *	2:46.69 *	2:33.89 *	2:27.49 *	2:20.99 *	2:14.59 *	**200 BK SCY**	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 *	**50 BR SCY**	31.49 *	33.29 *	34.99 *	36.69 *	40.09 *	43.49 *
1:36.49 *	1:29.29 *	1:22.19 *	1:18.59 *	1:15.09 *	1:11.49 *	**100 BR SCY**	1:07.79 *	1:11.39 *	1:14.89 *	1:18.39 *	1:25.49 *	1:32.59 *
3:25.69 *	3:10.99 *	2:56.29 *	2:48.99 *	2:41.69 *	2:34.29 *	**200 BR SCY**	2:27.29 *	2:34.39 *	2:41.39 *	2:48.39 *	3:02.39 *	3:16.39 *
36.89 *	34.29 *	31.59 *	30.29 *	28.99 *	27.69 *	**50 FL SCY**	26.69 *	28.19	29.69	31.19	34.19	37.09
1:25.79 *	1:18.89 *	1:12.09 *	1:08.59 *	1:05.19 *	1:01.79 *	**100 FL SCY**	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 *	**200 FL SCY**	2:12.39 *	2:18.69 *	2:24.99 *	2:31.39 *	2:43.99 *	2:56.59 *
1:25.19 *	1:19.09 *	1:13.09 *	1:09.99 *	1:06.99 *	1:03.89 *	**100 IM SCY**	1:01.09 *	1:03.99 *	1:06.99 *	1:09.99 *	1:15.89 *	1:21.89 *
3:03.89 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.49 *	2:17.89 *	**200 IM SCY**	2:12.09 *	2:18.79 *	2:25.59 *	2:32.29 *	2:45.79 *	2:59.29 *
6:31.69 *	6:03.69 *	5:35.79 *	5:21.79 *	5:07.79 *	4:53.79 *	**400 IM SCY**	4:42.79 *	4:56.29 *	5:09.79 *	5:23.19 *	5:50.09 *	6:17.09 *
2:24.79 *	2:14.39 *	2:04.09 *	1:58.89 *	1:53.79 *	1:48.59 *	**200 FR-R SCY**	1:44.39 *	1:49.29 *	1:54.29 *	1:59.29 *	2:09.19 *	2:19.09 *
5:18.09 *	4:55.39 *	4:32.69 *	4:21.29 *	4:09.99 *	3:58.59 *	**400 FR-R SCY**	3:50.09 *	4:00.99 *	4:11.99 *	4:22.89 *	4:44.79 *	5:06.79 *
2:41.19 *	2:29.69 *	2:18.19 *	2:12.39 *	2:06.69 *	2:00.89 *	**200 MED-R SCY**	1:55.59 *	2:01.09 *	2:06.59 *	2:12.09 *	2:23.09 *	2:34.09 *
5:53.49 *	5:28.29 *	5:02.99 *	4:50.39 *	4:37.79 *	4:25.09 *	**400 MED-R SCY**	4:14.79 *	4:26.99 *	4:39.09 *	4:51.19 *	5:15.49 *	5:39.79 *