

USA-Swimming/NTSC Developmental Standards

Long Course Meters 2009-2012

Event		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals
Girls	50 Free	:32.09	:33.49	:34.99	:36.39	:40.79	:45.09	:49.49	:53.89	:58.19	:35.19	:38.69
	100 Free	1:10.79	1:14.49	1:18.19	1:21.89	1:32.99	1:43.99	1:55.09	2:06.19	2:17.19	1:19.19	1:27.09
	200 Free	2:33.49	2:41.89	2:50.19	2:58.49	3:23.59	3:48.59	4:13.59	4:38.69	5:03.69	2:53.59	3:10.99
	400 Free	5:20.19	5:35.39	5:50.59	6:05.89	6:51.59	7:37.29	8:23.09	9:08.79	9:54.49		7:42.09
	50 Back	:37.59	:39.59	:41.69	:43.69	:49.89	:55.99	1:02.09	1:08.19	1:14.39	:42.49	:46.79
	100 Back	1:21.69	1:26.19	1:30.69	1:35.29	1:48.89	2:02.39	2:15.99	2:29.59	2:43.19	1:31.79	1:40.99
	50 Breast	:41.59	:43.89	:46.09	:48.29	:54.89	1:01.59	1:08.19	1:14.89	1:21.49	:47.99	:52.79
	100 Breast	1:31.69	1:36.79	1:41.89	1:46.99	2:02.29	2:17.49	2:32.79	2:47.99	3:03.29	1:44.39	1:54.79
	50 Fly	:35.59	:37.69	:39.89	:42.09	:48.59	:55.09	1:01.59	1:08.09	1:14.59	:40.49	:44.49
	100 Fly	1:20.49	1:26.29	1:32.09	1:37.89	1:55.19	2:12.59	2:29.99	2:47.29	3:04.69	1:37.59	1:47.39
200 IM	2:53.39	3:02.19	3:11.09	3:19.89	3:46.49	4:12.99	4:39.49	5:05.99	5:32.59	3:14.49	3:33.89	
Boys	50 Free	:31.99	:33.29	:34.69	:36.09	:40.19	:44.29	:48.49	:52.59	:56.69	:35.89	:39.49
	100 Free	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09	1:41.59	1:52.09	2:02.59	2:13.09	1:19.89	1:27.89
	200 Free	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49	3:57.09	4:18.69	4:40.19	2:56.79	3:14.49
	400 Free	5:20.99	5:36.29	5:51.49	6:06.79	6:52.69	7:38.49	8:24.39	9:10.19	9:56.09		7:38.49
	50 Back	:37.59	:39.69	:41.79	:43.89	:50.09	:56.39	1:02.59	1:08.89	1:15.19	:43.29	:47.59
	100 Back	1:20.89	1:25.09	1:29.19	1:33.29	1:45.69	1:58.09	2:10.49	2:22.79	2:35.19	1:33.69	1:43.09
	50 Breast	:41.99	:44.09	:46.29	:48.49	:55.09	1:01.59	1:08.19	1:14.69	1:21.29	:49.69	:54.69
	100 Breast	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79	2:13.59	2:27.39	2:41.19	2:54.99	1:48.89	1:59.79
	50 Fly	:35.09	:36.99	:38.99	:40.99	:46.89	:52.89	:58.79	1:04.79	1:10.69	:42.09	:46.29
	100 Fly	1:19.79	1:25.29	1:30.89	1:36.49	1:53.19	2:09.79	2:26.49	2:43.19	2:59.89	1:42.99	1:53.29
200 IM	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69	4:36.59	5:02.49	5:28.39	3:23.49	3:43.89	
Girls	50 Free	:29.69	:30.99	:32.39	:33.69	:36.39	:39.19	:41.89	:44.59	:47.29	:31.59	:34.79
	100 Free	1:04.29	1:07.39	1:10.49	1:13.49	1:19.59	1:25.79	1:31.89	1:37.99	1:44.09	1:08.99	1:15.89
	200 Free	2:17.99	2:24.49	2:31.09	2:37.69	2:50.79	3:03.89	3:17.09	3:30.19	3:43.29	2:31.19	2:46.29
	400 Free	4:50.79	5:04.69	5:18.49	5:32.39	6:00.09	6:27.79	6:55.49	7:23.19	7:50.89	5:19.99	5:51.99
	800 Free	10:08.79	10:37.69	11:06.69	11:35.69	12:33.69	13:31.69	14:29.59	15:27.59	16:25.59		
	1500 Free	19:33.09	20:28.99	21:24.89	22:20.69	24:12.39	26:04.19	27:55.89	29:47.59	31:39.29		
	50 Back	:34.19	:35.79	:37.39	:38.99	:42.29	:45.49	:48.79	:51.99	:55.29	:37.29	:40.99
	100 Back	1:11.59	1:15.49	1:19.39	1:23.29	1:31.09	1:38.89	1:46.59	1:54.39	2:02.19	1:20.69	1:28.79
	200 Back	2:37.69	2:45.19	2:52.69	3:00.19	3:15.29	3:30.29	3:45.29	4:00.29	4:15.29		3:30.79
	50 Breast	:36.89	:38.59	:40.39	:42.09	:45.59	:49.09	:52.59	:56.09	:59.69	:41.49	:45.59
100 Breast	1:21.59	1:25.59	1:29.69	1:33.79	1:41.89	1:49.99	1:58.19	2:06.29	2:14.39	131.09	1:40.19	
200 Breast	2:58.19	3:06.69	3:15.19	3:23.69	3:40.59	3:57.59	4:14.59	4:31.49	4:48.49		3:57.59	
50 Fly	:31.79	:33.29	:34.79	:36.29	:39.39	:42.39	:45.39	:48.39	:51.49	:34.79	:38.29	
100 Fly	1:11.09	1:14.99	1:18.99	1:22.89	1:30.79	1:38.69	1:46.59	1:54.49	2:02.29	120.49	1:28.49	
200 Fly	2:36.89	2:44.29	2:51.79	2:59.29	3:14.19	3:29.09	3:44.09	3:58.99	4:13.89		3:33.09	
200 IM	2:37.29	2:44.79	2:52.29	2:59.79	3:14.79	3:29.69	3:44.69	3:59.69	4:14.69	2:51.99	3:09.19	
400 IM	5:35.99	5:51.99	6:07.99	6:23.99	6:55.89	7:27.89	7:59.99	8:31.89	9:03.89		7:32.09	
Boys	50 Free	:28.49	:29.79	:31.19	:32.59	:35.29	:37.99	:40.69	:43.39	:46.09	:31.49	:34.69
	100 Free	1:02.49	1:05.49	1:08.49	1:11.39	1:17.39	1:23.29	1:29.29	1:35.19	1:41.19	1:09.39	1:16.29
	200 Free	2:15.59	2:21.99	2:28.49	2:34.89	2:47.79	3:00.69	3:13.59	3:26.49	3:39.49	2:31.89	2:47.09
	400 Free	4:46.29	4:59.89	5:13.49	5:27.09	5:54.39	6:21.69	6:48.89	7:16.19	7:43.39	5:24.19	5:56.59
	800 Free	10:04.69	10:33.39	11:02.19	11:30.99	12:28.59	13:26.19	14:23.79	15:21.29	16:18.89		
	1500 Free	19:27.39	20:22.99	21:18.59	22:14.19	24:05.29	25:56.49	27:47.69	29:38.89	31:30.09		
	50 Back	:33.49	:35.19	:36.99	:38.69	:42.19	:45.69	:49.19	:52.69	:56.19	:37.69	:41.49
	100 Back	1:11.79	1:15.69	1:19.69	1:23.59	1:31.39	1:39.19	1:46.99	1:54.79	2:02.59	1:21.69	1:29.89
	200 Back	2:34.29	2:41.69	2:48.99	2:56.39	3:11.09	3:25.79	3:40.49	3:55.19	4:09.89		3:30.29
	50 Breast	:36.99	:38.99	:41.09	:43.09	:47.09	:51.09	:55.09	:59.19	1:03.19	:42.59	:46.89
100 Breast	1:19.99	1:24.19	1:28.29	1:32.49	1:40.89	1:49.19	1:57.49	2:05.89	2:14.19	1:34.09	1:43.49	
200 Breast	2:55.69	3:03.99	3:12.39	3:20.79	3:37.49	3:54.19	4:10.89	4:27.69	4:44.39		3:54.69	
50 Fly	:30.99	:32.69	:34.49	:36.19	:39.59	:42.99	:46.49	:49.89	:53.39	:35.39	:38.89	
100 Fly	1:09.49	1:13.49	1:17.49	1:21.49	1:29.49	1:37.49	1:45.49	1:53.59	2:01.59	1:22.59	1:30.89	
200 Fly	2:36.19	2:43.69	2:51.09	2:58.49	3:13.39	3:28.29	3:43.19	3:57.99	4:12.89		3:30.99	
200 IM	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89	3:29.59	3:45.39	4:01.09	4:16.89	2:53.19	3:10.49	
400 IM	5:32.59	5:48.49	6:04.29	6:20.19	6:51.79	7:23.49	7:55.19	8:26.89	8:58.49		7:28.29	

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Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals		
13-14 Girls	50 Free	:28.39	:29.79	:31.09	:32.49	:35.19	:37.89	:40.59	:43.29	:45.99	:29.99	:32.99	
	100 Free	1:01.59	1:04.49	1:07.39	1:10.39	1:16.19	1:22.09	1:27.89	1:33.79	1:39.69	1:05.19	1:11.69	
	200 Free	2:12.79	2:19.09	2:25.39	2:31.79	2:44.39	2:57.09	3:09.69	3:22.29	3:34.99	2:21.79	2:35.99	
	400 Free	4:37.09	4:50.29	5:03.49	5:16.59	5:42.99	6:09.39	6:35.79	7:02.19	7:28.59	4:59.99	5:29.99	
	800 Free	9:26.99	9:53.99	10:20.99	10:47.99	11:41.99	12:35.99	13:29.99	14:23.99	15:17.99	10:23.79		
	1500 Free	18:04.79	18:56.49	19:48.09	20:39.79	22:23.09	24:06.39	25:49.69	27:32.99	29:16.29	19:44.99		
	100 Back	1:08.09	1:11.39	1:14.59	1:17.79	1:24.29	1:30.79	1:37.29	1:43.79	1:50.29	1:15.79	1:23.39	
	200 Back	2:26.49	2:33.49	2:40.39	2:47.39	3:01.29	3:15.29	3:29.19	3:43.19	3:57.09	2:42.99	2:59.29	
	100 Breast	1:17.89	1:21.59	1:25.29	1:28.99	1:36.39	1:43.89	1:51.29	1:58.69	2:06.09	1:25.79	1:34.39	
	200 Breast	2:47.99	2:55.99	3:03.99	3:11.99	3:27.99	3:43.99	3:59.99	4:15.99	4:31.99	3:04.49	3:22.99	
13-14 Boys	100 Fly	1:06.89	1:10.09	1:13.29	1:16.49	1:22.89	1:29.19	1:35.59	1:41.99	1:48.29	1:13.99	1:21.39	
	200 Fly	2:27.19	2:34.19	2:41.29	2:48.29	3:02.29	3:16.29	3:30.29	3:44.29	3:58.39	2:49.49	3:06.49	
	200 IM	2:29.99	2:37.19	2:44.29	2:51.49	3:05.69	3:19.99	3:34.29	3:48.59	4:02.89	2:41.29	2:57.39	
	400 IM	5:15.89	5:30.99	5:45.99	6:00.99	6:31.09	7:01.19	7:31.29	8:01.39	8:31.49	5:44.79	6:19.29	
	50 Free	:26.49	:27.79	:29.09	:30.29	:32.79	:35.39	:37.89	:40.39	:42.89	:28.39	:31.19	
	100 Free	:57.79	1:00.49	1:03.29	1:05.99	1:11.49	1:16.99	1:22.49	1:27.99	1:33.49	1:01.99	1:08.19	
	200 Free	2:05.39	2:11.29	1:77.29	2:23.29	2:35.19	2:47.09	2:59.09	3:10.99	3:22.89	2:16.59	2:30.29	
	400 Free	4:24.99	4:37.59	4:50.19	5:02.79	5:27.99	5:53.29	6:18.49	6:43.69	7:08.99	4:51.99	5:21.19	
	800 Free	9:10.69	9:36.89	10:03.19	10:29.39	11:21.79	12:14.29	13:06.69	13:59.19	14:51.59	10:11.99		
	1500 Free	17:26.19	18:16.09	19:05.89	19:55.69	21:35.29	23:14.99	24:54.59	26:34.29	28:13.89	19:21.99		
15-16 Girls	100 Back	1:05.09	1:08.19	1:11.39	1:14.49	1:20.59	1:26.89	1:32.99	1:39.29	1:45.49	1:13.29	1:20.59	
	200 Back	2:20.59	2:27.29	2:33.99	2:40.69	2:54.09	3:07.49	3:20.89	3:34.29	3:47.59	2:37.69	2:53.49	
	100 Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89	1:41.69	1:48.39	1:55.19	1:23.89	1:32.29	
	200 Breast	2:39.29	2:46.89	2:54.39	3:01.99	3:17.19	3:32.39	3:47.49	4:02.69	4:17.89	3:03.19	3:21.49	
	100 Fly	1:02.19	1:05.09	1:08.09	1:11.09	1:16.99	1:22.89	1:28.79	1:34.69	1:40.69	1:11.09	1:18.19	
	200 Fly	2:18.89	2:25.49	2:32.19	2:38.79	2:51.99	3:05.19	3:18.39	3:31.69	3:44.89	2:47.19	3:03.89	
	200 IM	2:22.09	2:28.89	2:35.69	2:42.39	2:55.99	3:09.49	3:22.99	3:36.59	3:50.09	2:35.39	2:50.89	
	400 IM	5:01.39	5:15.79	5:30.09	5:44.49	6:13.19	6:41.89	7:10.59	7:39.29	8:07.99	5:35.29	6:08.79	
	15-16 Boys	50 Free	:27.79	:29.19	:30.49	:31.79	:34.49	:37.09	:39.79	:42.39	:45.09	:29.29	:32.19
		100 Free	1:00.09	1:02.89	1:05.79	1:08.59	1:14.39	1:20.09	1:25.79	1:31.49	1:37.19	1:03.89	1:10.29
200 Free		2:08.79	2:14.99	2:21.09	2:27.19	2:39.49	2:51.79	3:03.99	3:16.29	3:28.59	2:17.99	2:31.79	
400 Free		4:30.29	4:43.19	4:55.99	5:08.89	5:34.69	6:00.39	6:26.09	6:51.89	7:17.59	4:52.29	5:21.49	
800 Free		9:17.49	9:44.09	10:10.59	10:37.09	11:30.19	12:23.29	13:16.39	14:09.49	15:02.59	10:08.09	11:08.89	
1500 Free		17:54.79	18:45.99	19:37.19	20:28.39	22:10.69	23:53.09	25:35.39	27:17.79	29:00.19	19:16.99	21:29.19	
100 Back		1:06.79	1:09.89	1:13.09	1:16.29	1:22.69	1:28.99	1:35.39	1:41.69	1:48.09	1:13.19	1:20.49	
200 Back		2:23.79	2:30.69	2:37.49	2:44.29	2:57.99	3:11.69	3:25.39	3:39.09	3:52.79	2:39.69	2:55.69	
100 Breast		1:15.79	1:19.49	1:23.09	1:26.69	1:33.89	1:41.09	1:48.29	1:55.59	2:02.79	1:23.49	1:31.79	
200 Breast		2:42.49	2:50.19	2:57.99	3:05.69	3:21.19	3:36.59	3:52.09	4:07.59	4:23.09	3:02.29	3:20.49	
15-16 Boys	100 Fly	1:04.99	1:08.09	1:11.19	1:14.19	1:20.39	1:26.59	1:32.79	1:38.99	1:45.19	1:11.49	1:18.59	
	200 Fly	2:22.29	2:29.09	2:35.89	2:42.69	2:56.19	3:09.69	3:23.29	3:36.89	3:50.39	2:39.99	2:55.99	
	200 IM	2:26.39	2:33.39	2:40.29	2:47.29	3:01.19	3:15.19	3:29.09	3:43.09	3:56.99	2:38.09	2:53.89	
	400 IM	5:06.79	5:21.39	5:35.99	5:50.59	6:19.79	6:48.99	7:18.19	7:47.49	8:16.69	5:38.79	6:12.69	
	50 Free	:25.19	:26.39	:27.59	:28.79	:31.19	:33.59	:35.99	:38.39	:40.79	:26.69	:29.39	
	100 Free	:55.19	:57.89	1:00.49	1:03.09	1:08.39	1:13.59	1:18.89	1:24.09	1:29.39	:57.59	1:03.39	
	200 Free	1:59.99	2:05.79	2:11.49	2:17.19	2:28.59	2:39.99	2:51.49	3:02.89	3:14.29	2:08.79	2:21.69	
	400 Free	4:13.99	4:26.09	4:38.09	4:50.19	5:14.39	5:38.59	6:02.79	6:26.99	6:51.19	4:33.89	5:01.29	
	800 Free	8:46.69	9:11.79	9:36.89	10:01.89	10:52.09	11:42.19	12:32.39	13:22.59	14:12.69	9:26.79	10:23.49	
	1500 Free	16:49.19	17:37.29	18:25.29	19:13.39	20:49.49	22:25.59	24:01.69	25:37.79	27:13.89	18:15.99	20:09.99	
15-16 Boys	100 Back	1:01.79	1:04.79	1:07.69	1:10.59	1:16.49	1:22.39	1:28.29	1:34.19	1:40.09	1:08.59	1:15.49	
	200 Back	2:12.39	2:18.69	2:24.99	2:31.29	2:43.89	2:56.49	3:09.09	3:21.69	3:34.29	2:31.09	2:46.19	
	100 Breast	1:09.79	1:13.09	1:16.39	1:19.69	1:26.39	1:32.99	1:39.69	1:46.29	1:52.89	1:16.59	1:24.29	
	200 Breast	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79	3:23.29	3:37.79	3:52.29	4:06.89	2:50.09	3:07.09	
	100 Fly	:59.29	1:02.09	1:04.89	1:07.69	1:13.39	1:18.99	1:24.69	1:30.29	1:35.89	1:04.89	1:11.39	
	200 Fly	2:11.79	2:18.09	2:24.29	2:30.59	2:43.19	2:55.69	3:08.29	3:20.79	3:33.39	2:33.89	2:49.29	
	200 IM	2:16.39	2:22.89	2:29.39	2:35.89	2:48.89	3:01.79	3:14.79	3:27.79	3:40.79	2:27.69	2:42.49	
	400 IM	4:46.19	4:59.89	5:13.49	5:27.09	5:54.39	6:21.59	6:48.89	7:16.09	7:43.39	5:16.19	5:47.79	

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Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals	
Girls	50 Free	:27.59	:28.89	:30.19	:31.49	:34.09	:36.79	:39.39	:41.99	:44.59	:29.29	:32.19
	100 Free	:59.89	1:02.69	1:05.59	1:08.39	1:14.09	1:19.79	1:25.49	1:31.19	1:36.89	1:03.89	1:10.29
	200 Free	2:08.29	2:14.39	2:20.59	2:26.69	2:38.89	2:51.09	3:03.29	3:15.49	3:27.79	2:17.99	2:31.79
	400 Free	4:30.69	4:43.59	4:56.49	5:09.39	5:35.19	6:00.99	6:26.69	6:52.49	7:18.29	4:52.29	5:21.49
	800 Free	9:14.69	9:41.09	10:07.59	10:33.99	11:26.79	12:19.59	13:12.39	14:05.29	14:58.09	10:08.09	11:08.89
	1500 Free	17:44.89	18:35.59	19:26.39	20:17.09	21:58.49	23:39.89	25:21.29	27:02.69	28:44.19	19:16.99	21:29.19
	100 Back	1:07.19	1:10.39	1:13.49	1:16.69	1:23.09	1:29.49	1:35.89	1:42.29	1:48.69	1:13.19	1:20.49
	200 Back	2:23.99	2:30.79	2:37.69	2:44.49	2:58.19	3:11.89	3:25.59	3:39.29	3:53.09	2:39.69	2:55.69
	100 Breast	1:14.69	1:18.19	1:21.79	1:25.29	1:32.49	1:39.59	1:46.69	1:53.79	2:00.89	1:23.49	1:31.79
	200 Breast	2:42.19	2:49.89	2:57.59	3:05.29	3:20.79	3:36.19	3:51.69	4:07.09	4:22.49	3:02.29	3:20.49
	100 Fly	1:04.19	1:07.29	1:10.29	1:13.39	1:19.49	1:25.59	1:31.69	1:37.79	1:43.89	1:11.49	1:18.59
	200 Fly	2:21.39	2:28.09	2:34.89	2:41.59	2:55.09	3:08.49	3:21.99	3:35.49	3:48.89	2:39.99	2:55.99
Boys	200 IM	2:25.09	2:31.99	2:38.99	2:45.89	2:59.69	3:13.49	3:27.29	3:41.09	3:54.99	2:38.09	2:53.89
	400 IM	5:07.99	5:22.69	5:37.29	5:51.99	6:21.29	6:50.69	7:19.99	7:49.29	8:18.69	5:38.79	6:12.69
	50 Free	:24.49	:25.69	:26.79	:27.99	:30.29	:32.59	:34.99	:37.29	:39.59	:26.69	:29.39
	100 Free	:54.09	:56.59	:59.19	1:01.79	1:06.89	1:12.09	1:17.19	1:22.39	1:27.49	:57.59	1:03.39
	200 Free	1:57.99	2:03.59	2:09.19	2:14.79	2:26.09	2:37.29	2:48.49	2:59.79	3:10.99	2:08.79	2:21.69
	400 Free	4:11.29	4:23.29	4:35.19	4:47.19	5:11.09	5:34.99	5:58.99	6:22.89	6:46.79	4:33.89	5:01.29
	800 Free	8:44.19	9:09.19	9:34.09	9:59.09	10:48.99	11:38.89	12:28.79	13:18.79	14:08.69	9:26.79	10:23.49
	1500 Free	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79	22:10.89	23:45.99	25:20.99	26:56.09	18:15.99	20:09.99
	100 Back	1:00.49	1:03.39	1:06.29	1:09.19	1:14.89	1:20.69	1:26.39	1:32.19	1:37.99	1:08.59	1:15.49
	200 Back	2:12.19	2:18.49	2:24.79	2:30.99	2:43.59	2:56.19	3:08.79	3:21.39	3:33.99	2:31.09	2:46.19
	100 Breast	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49	1:37.99	1:44.59	1:51.09	1:16.59	1:24.29
	200 Breast	2:28.79	2:35.89	2:42.99	2:50.09	3:04.19	3:18.39	3:32.59	3:46.69	4:00.89	2:50.09	3:07.09
100 Fly	:58.29	1:01.09	1:03.89	1:06.59	1:12.19	1:17.69	1:23.29	1:28.79	1:34.39	1:04.89	1:11.39	
200 Fly	2:08.29	2:14.39	2:20.49	2:26.69	2:38.89	2:51.09	3:03.29	3:15.49	3:27.69	2:33.89	2:49.29	
200 IM	2:12.39	2:18.69	2:24.99	2:31.29	2:43.89	2:56.49	3:09.09	3:21.69	3:34.29	2:27.69	2:42.49	
400 IM	4:41.59	4:54.99	5:08.39	5:21.79	5:48.69	6:15.49	6:42.29	7:09.09	7:35.89	5:16.19	5:47.79	