

2017-2020 National Motivational Time Standards						
Short Course Yards						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
38.89	35.19	31.39	50 Free	30.99	34.49	38.09
1:29.59	1:19.99	1:10.49	100 Free	1:09.69	1:18.79	1:27.79
3:19.19	2:57.39	2:35.59	200 Free	2:29.39	2:47.99	3:06.69
8:26.09	7:35.49	6:44.89	500 Free	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	50 Back	37.09	42.39	47.69
1:41.99	1:30.69	1:19.29	100 Back	1:19.19	1:29.69	1:40.19
53.29	47.49	41.79	50 Breast	40.99	46.59	52.09
1:58.09	1:44.99	1:31.89	100 Breast	1:30.19	1:41.89	1:53.59
47.39	41.79	36.19	50 Fly	35.39	40.49	45.69
1:53.99	1:39.09	1:24.09	100 Fly	1:23.49	1:37.99	1:52.39
1:42.59	1:31.69	1:20.79	100 IM	1:19.49	1:29.39	1:39.39
3:38.49	3:15.59	2:52.69	200 IM	2:50.99	3:13.19	3:35.49
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
33.79	31.49	29.09	50 Free	27.89	30.29	32.59
1:13.59	1:08.29	1:03.09	100 Free	1:00.89	1:05.89	1:10.99
2:41.19	2:29.69	2:18.19	200 Free	2:13.49	2:24.59	2:35.69
7:09.09	6:38.39	6:07.79	500 Free	5:57.69	6:27.49	6:57.29
24:53.99	23:07.29	21:20.59	1650 Free	20:52.99	22:37.49	24:21.89
38.29	35.59	32.89	50 Back	32.29	35.29	38.19
1:25.19	1:18.49	1:11.79	100 Back	1:09.29	1:15.79	1:22.19
2:56.59	2:43.99	2:31.39	200 Back	2:27.99	2:40.29	2:52.69
43.09	39.99	36.89	50 Breast	36.19	39.59	42.89
1:34.39	1:27.39	1:20.39	100 Breast	1:18.39	1:25.49	1:32.49
3:23.09	3:08.59	2:54.09	200 Breast	2:47.09	3:00.99	3:14.89
36.69	34.09	31.49	50 Fly	31.19	34.19	37.09
1:25.09	1:18.29	1:11.49	100 Fly	1:09.59	1:16.49	1:23.29
3:00.89	2:47.89	2:34.99	200 Fly	2:31.39	2:43.99	2:56.59
1:24.39	1:18.39	1:12.29	100 IM	1:09.09	1:14.99	1:20.89
3:00.69	2:47.79	2:34.89	200 IM	2:30.89	2:44.19	2:57.59
6:05.79*	5:39.69*	5:13.59*	400 IM	4:52.99*	5:17.39*	5:41.79*

Revised 10/21/16

Time standards current from USA Swimming website document dated 9/30/16

* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

2017-2020 National Motivational Time Standards

Short Course Yards

13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.69	30.29	27.99	50 Free	25.69	27.89	29.99
1:10.79	1:05.79	1:00.69	100 Free	56.29	1:00.89	1:05.59
2:33.19	2:22.19	2:11.29	200 Free	2:02.59	2:12.79	2:22.99
6:49.39	6:20.09	5:50.89	500 Free	5:31.39	5:58.99	6:26.59
23:23.49	21:43.19	20:02.99	1650 Free	19:07.59	20:43.19	22:18.89
1:17.19	1:11.69	1:06.19	100 Back	1:01.79	1:06.89	1:12.09
2:47.29	2:35.39	2:23.39	200 Back	2:14.69	2:25.89	2:37.09
1:28.69	1:22.39	1:15.99	100 Breast	1:09.79	1:15.59	1:21.39
3:11.99	2:58.29	2:44.59	200 Breast	2:32.89	2:45.59	2:58.39
1:16.89	1:11.39	1:05.99	100 Fly	1:01.29	1:06.39	1:11.49
2:50.09	2:37.89	2:25.79	200 Fly	2:15.69	2:26.99	2:38.29
2:51.49	2:39.19	2:26.99	200 IM	2:17.19	2:28.59	2:39.99
6:05.79	5:39.69	5:13.59	400 IM	4:52.99	5:17.39	5:41.79
15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.09	29.79	27.49	50 Free	24.79	26.79	28.89
1:09.59	1:04.59	59.59	100 Free	53.89	58.39	1:02.89
2:29.89	2:19.19	2:08.49	200 Free	1:57.69	2:07.49	2:17.29
6:40.69	6:12.09	5:43.49	500 Free	5:19.39	5:45.99	6:12.59
23:05.19	21:26.19	19:47.29	1650 Free	18:30.39	20:02.89	21:35.39
1:15.39	1:10.09	1:04.69	100 Back	58.59	1:03.49	1:08.39
2:44.09	2:32.39	2:20.69	200 Back	2:08.49	2:19.19	2:29.89
1:26.89	1:20.69	1:14.49	100 Breast	1:06.49	1:12.09	1:17.59
3:08.19	2:54.69	2:41.29	200 Breast	2:24.59	2:36.59	2:48.69
1:15.39	1:09.99	1:04.59	100 Fly	58.59	1:03.39	1:08.29
2:46.79	2:34.89	2:22.89	200 Fly	2:09.79	2:20.59	2:31.39
2:48.19	2:36.19	2:24.19	200 IM	2:10.89	2:21.79	2:32.69
5:57.59	5:31.99	5:06.49	400 IM	4:42.09	5:05.59	5:29.09

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Short Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
42.99	38.89	34.69	50 Free	34.19	38.09	41.99
1:38.99	1:28.39	1:17.89	100 Free	1:16.99	1:26.99	1:36.99
3:40.09	3:15.99	2:51.89	200 Free	2:44.99	3:05.69	3:26.29
7:22.89	6:38.59	5:54.29	400 Free	5:47.79	6:31.19	7:14.69
51.99	46.29	40.59	50 Back	40.99	46.79	52.69
1:52.69	1:40.19	1:27.69	100 Back	1:27.49	1:39.09	1:50.69
58.89	52.49	46.19	50 Breast	45.29	51.39	57.59
2:10.49	1:55.99	1:41.49	100 Breast	1:39.59	1:52.59	2:05.59
52.39	46.19	39.99	50 Fly	39.09	44.79	50.49
2:05.99	1:49.49	1:32.99	100 Fly	1:32.29	1:48.29	2:04.19
1:53.39	1:41.29	1:29.19	100 IM	1:27.89	1:38.79	1:49.79
4:01.49	3:36.19	3:10.79	200 IM	3:08.89	3:33.49	3:58.09
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.29	34.69	32.19	50 Free	30.89	33.39	35.99
1:21.29	1:15.49	1:09.69	100 Free	1:07.29	1:12.89	1:18.49
2:58.09	2:45.39	2:32.69	200 Free	2:27.49	2:39.79	2:52.09
6:15.49	5:48.69	5:21.89	400 Free	5:12.99	5:39.09	6:05.19
24:45.29	22:59.19	21:13.09	1500 Free	20:45.69	22:29.59	24:13.39
42.39	39.29	36.29	50 Back	35.69	38.99	42.19
1:34.19	1:26.69	1:19.29	100 Back	1:16.59	1:23.69	1:30.89
3:15.19	3:01.29	2:47.29	200 Back	2:43.49	2:57.19	3:10.79
47.59	44.19	40.79	50 Breast	39.99	43.69	47.39
1:44.29	1:36.59	1:28.89	100 Breast	1:26.59	1:34.39	1:42.29
3:44.49	3:28.39	3:12.39	200 Breast	3:04.59	3:19.99	3:35.39
40.59	37.69	34.79	50 Fly	34.49	37.79	40.99
1:33.99	1:26.49	1:18.99	100 Fly	1:16.89	1:24.49	1:32.09
3:19.79	3:05.59	2:51.29	200 Fly	2:47.29	3:01.19	3:15.19
1:33.19	1:26.59	1:19.89	100 IM	1:16.39	1:22.89	1:29.39
3:19.69	3:05.39	2:51.19	200 IM	2:46.69	3:01.49	3:16.19
6:44.19*	6:15.39*	5:46.49*	400 IM	5:23.79*	5:50.69*	6:17.69*

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2017-2020 National Motivational Time Standards

Short Course Meters

13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.09	33.49	30.89	50 Free	28.39	30.79	33.19
1:18.29	1:12.69	1:07.09	100 Free	1:02.19	1:07.29	1:12.49
2:49.29	2:37.19	2:25.09	200 Free	2:15.39	2:26.69	2:37.99
5:58.29	5:32.69	5:07.09	400 Free	4:49.99	5:14.19	5:38.29
23:15.29	21:35.69	19:55.99	1500 Free	19:00.89	20:35.99	22:11.09
1:25.29	1:19.19	1:13.09	100 Back	1:08.19	1:13.89	1:19.59
3:04.89	2:51.69	2:38.49	200 Back	2:28.79	2:41.19	2:53.59
1:37.99	1:30.99	1:23.99	100 Breast	1:17.09	1:23.49	1:29.89
3:32.19	3:16.99	3:01.89	200 Breast	2:48.89	3:02.99	3:17.09
1:24.99	1:18.89	1:12.89	100 Fly	1:07.69	1:13.29	1:18.89
3:07.89	2:54.49	2:41.09	200 Fly	2:29.99	2:42.49	2:54.99
3:09.49	2:55.89	2:42.39	200 IM	2:31.59	2:44.19	2:56.79
6:44.19	6:15.39	5:46.49	400 IM	5:23.79	5:50.69	6:17.69
15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
35.39	32.89	30.39	50 Free	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	100 Free	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	200 Free	2:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	400 Free	4:39.49	5:02.79	5:26.09
22:57.09	21:18.69	19:40.39	1500 Free	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	100 Back	1:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	200 Back	2:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	100 Breast	1:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	200 Breast	2:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	100 Fly	1:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	200 Fly	2:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	200 IM	2:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	400 IM	5:11.69	5:37.69	6:03.59

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2017-2020 National Motivational Time Standards						
Long Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
44.09	39.89	35.59	50 Free	35.49	39.49	43.59
1:42.39	1:31.49	1:20.59	100 Free	1:19.89	1:30.29	1:40.69
3:45.79	3:20.99	2:56.29	200 Free	2:50.79	3:12.09	3:33.49
7:36.79	6:51.09	6:05.39	400 Free	5:59.59	6:44.59	7:29.49
54.89	48.89	42.89	50 Back	42.99	49.19	55.29
1:59.19	1:45.99	1:32.69	100 Back	1:31.49	1:43.59	1:55.69
1:00.49	53.99	47.49	50 Breast	46.99	53.29	59.69
2:16.69	2:01.49	1:46.29	100 Breast	1:44.19	1:57.69	2:11.29
53.59	47.29	40.99	50 Fly	40.19	45.99	51.79
2:09.99	1:52.99	1:35.99	100 Fly	1:34.99	1:51.39	2:07.79
4:09.39	3:43.19	3:17.09	200 IM	3:15.39	3:40.79	4:06.19
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
38.49	35.79	33.19	50 Free	32.09	34.69	37.39
1:24.49	1:18.49	1:12.49	100 Free	1:09.89	1:15.69	1:21.49
3:03.49	2:50.39	2:37.29	200 Free	2:32.49	2:45.19	2:57.89
6:23.89	5:56.49	5:29.09	400 Free	5:21.89	5:48.69	6:15.49
25:45.79	23:55.39	22:04.99	1500 Free	21:37.39	23:25.49	25:13.59
44.29	41.19	37.99	50 Back	37.49	40.89	44.19
1:38.89	1:31.09	1:23.29	100 Back	1:21.49	1:29.09	1:36.79
3:24.79	3:10.19	2:55.59	200 Back	2:52.19	3:06.49	3:20.79
48.99	45.49	41.99	50 Breast	41.59	45.39	49.29
1:49.49	1:41.39	1:33.39	100 Breast	1:30.39	1:38.49	1:46.69
3:52.69	3:36.09	3:19.49	200 Breast	3:12.59	3:28.69	3:44.69
41.29	38.29	35.39	50 Fly	35.29	38.69	41.99
1:36.19	1:28.49	1:20.79	100 Fly	1:18.59	1:26.29	1:33.99
3:24.89	3:10.19	2:55.59	200 Fly	2:53.19	3:07.69	3:22.09
3:26.29	3:11.49	2:56.79	200 IM	2:53.89	3:09.29	3:24.69
6:57.39*	6:27.59*	5:57.79*	400 IM	5:36.59*	6:04.69*	6:32.69*

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Long Course Meters

13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.29	34.59	31.99	50 Free	29.49	31.99	34.39
1:21.19	1:15.39	1:09.59	100 Free	1:04.59	1:09.99	1:15.39
2:55.09	2:42.59	2:30.09	200 Free	2:20.59	2:32.29	2:44.09
6:07.19	5:40.89	5:14.69	400 Free	4:59.19	5:24.09	5:49.09
24:06.39	22:23.09	20:39.79	1500 Free	19:48.39	21:27.39	23:06.49
1:29.99	1:23.59	1:17.09	100 Back	1:12.29	1:18.29	1:24.39
3:13.19	2:59.39	2:45.59	200 Back	2:36.59	2:49.69	3:02.69
1:42.29	1:34.99	1:27.69	100 Breast	1:21.29	1:28.09	1:34.89
3:41.39	3:25.59	3:09.79	200 Breast	2:56.79	3:11.59	3:26.29
1:27.29	1:21.09	1:14.79	100 Fly	1:09.69	1:15.49	1:21.29
3:13.29	2:59.49	2:45.69	200 Fly	2:36.19	2:49.19	3:02.19
3:17.39	3:03.39	2:49.19	200 IM	2:38.79	2:51.99	3:05.29
6:57.39	6:27.59	5:57.79	400 IM	5:36.59	6:04.69	6:32.69
15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.39	33.79	31.19	50 Free	27.89	30.19	32.59
1:19.29	1:13.59	1:07.99	100 Free	1:01.89	1:07.09	1:12.29
2:50.89	2:38.69	2:26.49	200 Free	2:14.89	2:26.09	2:37.39
5:58.49	5:32.89	5:07.29	400 Free	4:46.09	5:09.89	5:33.69
23:43.89	22:02.19	20:20.49	1500 Free	18:59.09	20:33.99	22:08.99
1:28.29	1:21.99	1:15.69	100 Back	1:08.89	1:14.69	1:20.39
3:09.09	2:55.59	2:42.09	200 Back	2:28.89	2:41.39	2:53.79
1:39.59	1:32.49	1:25.39	100 Breast	1:16.99	1:23.49	1:29.89
3:36.29	3:20.79	3:05.39	200 Breast	2:48.39	3:02.49	3:16.49
1:25.59	1:19.49	1:13.39	100 Fly	1:06.29	1:11.79	1:17.39
3:08.19	2:54.79	2:41.39	200 Fly	2:27.99	2:40.39	2:52.69
3:13.49	2:59.69	2:45.89	200 IM	2:31.39	2:43.99	2:56.59
6:47.89	6:18.79	5:49.69	400 IM	5:20.59	5:47.29	6:14.09

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