

2024 USMS Motivational Times  
Short Course Yards

18-24 Women						18-24 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:39.83	00:36.98	00:34.14	00:32.71	00:31.29	00:29.87	50 Free	00:25.12	00:26.32	00:27.51	00:28.71	00:31.10	00:33.49
01:27.05	01:20.84	01:14.62	01:11.51	01:08.40	01:05.29	100 Free	00:55.82	00:58.48	01:01.14	01:03.79	01:09.11	01:14.43
03:13.99	03:00.13	02:46.27	02:39.35	02:32.42	02:25.49	200 Free	02:06.65	02:12.68	02:18.71	02:24.74	02:36.80	02:48.87
08:17.05	07:41.55	07:06.05	06:48.29	06:30.54	06:12.79	500 Free	06:03.39	06:20.69	06:38.00	06:55.30	07:29.91	08:04.52
19:07.25	17:45.31	16:23.36	15:42.39	15:01.41	14:20.44	1000 Free	13:17.03	13:54.98	14:32.94	15:10.89	16:26.80	17:42.71
32:55.13	30:34.05	28:12.97	27:02.43	25:51.89	24:41.35	1650 Free	21:48.40	22:50.70	23:53.01	24:55.31	26:59.92	29:04.53
00:49.43	00:45.90	00:42.37	00:40.60	00:38.84	00:37.07	50 Back	00:31.21	00:32.70	00:34.18	00:35.67	00:38.64	00:41.61
01:53.61	01:45.50	01:37.38	01:33.33	01:29.27	01:25.21	100 Back	01:05.42	01:08.54	01:11.65	01:14.77	01:21.00	01:27.23
03:27.69	03:12.86	02:58.02	02:50.61	02:43.19	02:35.77	200 Back	02:21.60	02:28.34	02:35.09	02:41.83	02:55.31	03:08.80
00:52.40	00:48.66	00:44.91	00:43.04	00:41.17	00:39.30	50 Breast	00:33.08	00:34.66	00:36.23	00:37.81	00:40.96	00:44.11
01:53.83	01:45.70	01:37.57	01:33.50	01:29.44	01:25.37	100 Breast	01:12.64	01:16.10	01:19.56	01:23.02	01:29.94	01:36.85
04:12.55	03:54.51	03:36.47	03:27.45	03:18.43	03:09.41	200 Breast	02:31.26	02:38.46	02:45.67	02:52.87	03:07.27	03:21.68
00:43.07	00:39.99	00:36.91	00:35.38	00:33.84	00:32.30	50 Fly	00:27.70	00:29.02	00:30.34	00:31.66	00:34.30	00:36.93
01:38.75	01:31.69	01:24.64	01:21.11	01:17.59	01:14.06	100 Fly	01:01.67	01:04.61	01:07.54	01:10.48	01:16.35	01:22.23
04:30.43	04:11.11	03:51.79	03:42.14	03:32.48	03:22.82	200 Fly	02:19.85	02:26.51	02:33.17	02:39.83	02:53.15	03:06.47
01:40.89	01:33.69	01:26.48	01:22.88	01:19.27	01:15.67	100 IM	01:04.50	01:07.57	01:10.64	01:13.71	01:19.86	01:26.00
03:29.19	03:14.24	02:59.30	02:51.83	02:44.36	02:36.89	200 IM	02:15.08	02:21.51	02:27.94	02:34.38	02:47.24	03:00.11
07:42.57	07:09.53	06:36.49	06:19.97	06:03.45	05:46.93	400 IM	05:15.05	05:30.05	05:45.05	06:00.06	06:30.06	07:00.07

25-29 Women						25-29 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:39.36	00:36.55	00:33.74	00:32.33	00:30.93	00:29.52	50 Free	00:24.93	00:26.12	00:27.30	00:28.49	00:30.87	00:33.24
01:26.49	01:20.32	01:14.14	01:11.05	01:07.96	01:04.87	100 Free	00:55.66	00:58.31	01:00.96	01:03.61	01:08.91	01:14.21
03:26.17	03:11.45	02:56.72	02:49.36	02:41.99	02:34.63	200 Free	02:02.31	02:08.13	02:13.96	02:19.78	02:31.43	02:43.08
08:15.63	07:40.22	07:04.82	06:47.12	06:29.42	06:11.72	500 Free	05:49.64	06:06.29	06:22.94	06:39.59	07:12.89	07:46.19
18:06.15	16:48.56	15:30.98	14:52.19	14:13.40	13:34.61	1000 Free	11:38.05	12:11.29	12:44.53	13:17.77	14:24.25	15:30.73
31:31.41	29:16.31	27:01.21	25:53.66	24:46.11	23:38.56	1650 Free	20:12.11	21:09.83	22:07.55	23:05.27	25:00.71	26:56.15
00:47.55	00:44.15	00:40.75	00:39.06	00:37.36	00:35.66	50 Back	00:29.69	00:31.10	00:32.52	00:33.93	00:36.76	00:39.59
01:34.57	01:27.82	01:21.06	01:17.69	01:14.31	01:10.93	100 Back	01:03.58	01:06.61	01:09.64	01:12.66	01:18.72	01:24.77
03:20.64	03:06.31	02:51.98	02:44.81	02:37.65	02:30.48	200 Back	02:11.02	02:17.26	02:23.50	02:29.74	02:42.22	02:54.69
00:51.80	00:48.10	00:44.40	00:42.55	00:40.70	00:38.85	50 Breast	00:32.20	00:33.73	00:35.27	00:36.80	00:39.87	00:42.93
01:48.11	01:40.38	01:32.66	01:28.80	01:24.94	01:21.08	100 Breast	01:13.67	01:17.18	01:20.69	01:24.19	01:31.21	01:38.23
03:55.67	03:38.83	03:22.00	03:13.58	03:05.17	02:56.75	200 Breast	02:28.50	02:35.57	02:42.64	02:49.71	03:03.86	03:18.00
00:42.91	00:39.84	00:36.78	00:35.24	00:33.71	00:32.18	50 Fly	00:27.73	00:29.05	00:30.37	00:31.69	00:34.33	00:36.97
01:31.17	01:24.66	01:18.15	01:14.89	01:11.64	01:08.38	100 Fly	01:01.06	01:03.97	01:06.88	01:09.78	01:15.60	01:21.41
03:48.37	03:32.06	03:15.75	03:07.59	02:59.44	02:51.28	200 Fly	02:12.01	02:18.30	02:24.58	02:30.87	02:43.44	02:56.01
01:39.03	01:31.95	01:24.88	01:21.34	01:17.81	01:14.27	100 IM	01:02.50	01:05.48	01:08.45	01:11.43	01:17.38	01:23.33
03:42.39	03:26.50	03:10.62	03:02.67	02:54.73	02:46.79	200 IM	02:10.83	02:17.06	02:23.29	02:29.52	02:41.98	02:54.44
07:32.21	06:59.91	06:27.61	06:11.46	05:55.31	05:39.16	400 IM	04:59.64	05:13.91	05:28.18	05:42.45	06:10.98	06:39.52

30-34 Women						30-34 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:39.77	00:36.93	00:34.09	00:32.67	00:31.25	00:29.83	50 Free	00:25.36	00:26.57	00:27.78	00:28.98	00:31.40	00:33.81
01:27.31	01:21.07	01:14.83	01:11.72	01:08.60	01:05.48	100 Free	00:55.64	00:58.29	00:58.60	01:03.59	01:08.89	01:14.19
03:09.20	02:55.69	02:42.17	02:35.41	02:28.66	02:21.90	200 Free	02:02.25	02:08.07	02:13.89	02:19.71	02:31.36	02:43.00
08:32.35	07:55.75	07:19.15	07:00.86	06:42.56	06:24.26	500 Free	06:37.97	06:56.92	07:15.87	07:34.82	08:12.72	08:50.63
17:07.97	15:54.55	14:41.12	14:04.41	13:27.69	12:50.98	1000 Free	12:01.98	12:36.36	13:10.74	13:45.12	14:53.88	16:02.64
29:16.59	27:11.12	25:05.65	24:02.91	23:00.18	21:57.44	1650 Free	20:23.26	21:21.51	22:19.76	23:18.01	25:14.51	27:11.01
00:48.01	00:44.58	00:41.15	00:39.44	00:37.72	00:36.01	50 Back	00:30.22	00:31.66	00:33.10	00:34.54	00:37.42	00:40.29
01:44.44	01:36.98	01:29.52	01:25.79	01:22.06	01:18.33	100 Back	01:10.17	01:13.62	01:16.96	01:20.31	01:27.00	01:33.69
03:22.73	03:08.25	02:53.77	02:46.53	02:39.29	02:32.05	200 Back	02:14.10	02:20.49	02:26.87	02:33.26	02:46.03	02:58.80
00:53.29	00:49.49	00:45.68	00:43.78	00:41.87	00:39.97	50 Breast	00:34.34	00:35.98	00:37.61	00:39.25	00:42.52	00:45.79
01:58.11	01:49.67	01:41.23	01:37.02	01:32.80	01:28.58	100 Breast	01:13.44	01:16.94	01:20.43	01:23.93	01:30.93	01:37.92
04:07.71	03:50.01	03:32.32	03:23.47	03:14.63	03:05.78	200 Breast	02:59.63	03:08.18	03:16.74	03:25.29	03:42.40	03:59.51
00:42.87	00:39.80	00:36.74	00:35.21	00:33.68	00:32.15	50 Fly	00:27.66	00:28.98	00:30.29	00:31.61	00:34.25	00:36.88
01:33.15	01:26.49	01:19.84	01:16.51	01:13.19	01:09.86	100 Fly	01:02.61	01:05.59	01:08.57	01:11.55	01:17.52	01:23.48
03:35.28	03:19.90	03:04.53	02:56.84	02:49.15	02:41.46	200 Fly	02:20.51	02:27.20	02:33.89	02:40.58	02:53.96	03:07.35
01:40.69	01:33.50	01:26.31	01:22.71	01:19.12	01:15.52	100 IM	01:05.37	01:08.48	01:11.60	01:14.71	01:20.93	01:27.16
03:36.43	03:20.97	03:05.51	02:57.78	02:50.05	02:42.32	200 IM	02:29.44	02:36.56	02:43.67	02:50.79	03:05.02	03:19.25
07:39.11	07:06.31	06:33.52	06:17.12	06:00.73	05:44.33	400 IM	05:07.73	05:22.38	05:37.04	05:51.69	06:21.00	06:50.31

2024 USMS Motivational Times  
Short Course Yards

35-39 Women						35-39 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:41.40	00:38.44	00:35.49	00:34.01	00:32.53	00:31.05	50 Free	00:26.02	00:27.26	00:28.50	00:29.74	00:32.22	00:34.69
01:31.25	01:24.74	01:18.22	01:14.96	01:11.70	01:08.44	100 Free	00:58.64	01:01.43	01:04.22	01:07.02	01:12.60	01:18.19
03:16.39	03:02.36	02:48.33	02:41.32	02:34.30	02:27.29	200 Free	02:12.29	02:18.59	02:24.89	02:31.19	02:43.79	02:56.39
08:43.67	08:06.26	07:28.86	07:10.15	06:51.45	06:32.75	500 Free	06:36.97	06:55.87	07:14.78	07:33.68	08:11.49	08:49.29
17:34.31	16:19.00	15:03.69	14:26.04	13:48.38	13:10.73	1000 Free	12:41.60	13:17.87	13:54.13	14:30.40	15:42.93	16:55.47
32:49.77	30:29.08	28:08.38	26:58.03	25:47.68	24:37.33	1650 Free	21:38.18	22:40.00	23:41.82	24:43.63	26:47.27	28:50.91
00:49.31	00:45.78	00:42.26	00:40.50	00:38.74	00:36.98	50 Back	00:33.81	00:35.42	00:37.03	00:38.64	00:41.86	00:45.08
01:47.27	01:39.60	01:31.94	01:28.11	01:24.28	01:20.45	100 Back	01:06.88	01:10.06	01:13.25	01:16.43	01:22.80	01:29.17
03:32.55	03:17.36	03:02.18	02:54.59	02:47.00	02:39.41	200 Back	02:24.64	02:31.53	02:38.42	02:45.30	02:59.08	03:12.85
00:54.92	00:51.00	00:47.07	00:45.11	00:43.15	00:41.19	50 Breast	00:34.00	00:35.62	00:37.24	00:38.86	00:42.10	00:45.33
01:59.53	01:51.00	01:42.46	01:38.19	01:33.92	01:29.65	100 Breast	01:13.32	01:16.81	01:20.30	01:23.79	01:30.78	01:37.76
04:01.13	03:43.91	03:26.69	03:18.07	03:09.46	03:00.85	200 Breast	03:05.51	03:14.34	03:23.18	03:32.01	03:49.68	04:07.35
00:45.79	00:42.52	00:39.25	00:37.61	00:35.98	00:34.34	50 Fly	00:29.22	00:30.61	00:32.00	00:33.39	00:36.18	00:38.96
01:54.16	01:46.01	01:37.85	01:33.77	01:29.70	01:25.62	100 Fly	01:07.78	01:11.01	01:14.24	01:17.46	01:23.92	01:30.37
03:44.77	03:28.72	03:12.66	03:04.64	02:56.61	02:48.58	200 Fly	02:23.27	02:30.09	02:36.91	02:43.74	02:57.38	03:11.03
01:45.59	01:38.04	01:30.50	01:26.73	01:22.96	01:19.19	100 IM	01:06.28	01:09.44	01:12.59	01:15.75	01:22.06	01:28.37
03:55.24	03:38.44	03:21.63	03:13.23	03:04.83	02:56.43	200 IM	02:22.36	02:29.14	02:35.92	02:42.70	02:56.26	03:09.81
07:45.43	07:12.18	06:38.94	06:22.31	06:05.69	05:49.07	400 IM	05:16.76	05:31.84	05:46.93	06:02.01	06:32.18	07:02.35

40-44 Women						40-44 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:40.68	00:37.77	00:34.87	00:33.42	00:31.96	00:30.51	50 Free	00:26.12	00:27.36	00:28.61	00:29.85	00:32.34	00:34.83
01:31.25	01:24.74	01:18.22	01:14.96	01:11.70	01:08.44	100 Free	00:58.42	01:01.20	01:03.98	01:06.77	01:12.33	01:17.89
03:19.36	03:05.12	02:50.88	02:43.76	02:36.64	02:29.52	200 Free	02:07.50	02:13.57	02:19.64	02:25.71	02:37.86	02:50.00
09:24.35	08:44.04	08:03.73	07:43.57	07:23.42	07:03.26	500 Free	05:55.34	06:12.26	06:29.18	06:46.10	07:19.94	07:53.79
17:45.05	16:28.98	15:12.90	14:34.87	13:56.83	13:18.79	1000 Free	12:19.10	12:54.30	13:29.49	14:04.69	15:15.08	16:25.47
30:18.84	28:08.92	25:59.01	24:54.05	23:49.09	22:44.13	1650 Free	20:48.35	21:47.80	22:47.24	23:46.69	25:45.58	27:44.47
00:49.67	00:46.12	00:42.57	00:40.80	00:39.02	00:37.25	50 Back	00:31.40	00:32.90	00:34.39	00:35.89	00:38.88	00:41.87
01:55.89	01:47.62	01:39.34	01:35.20	01:31.06	01:26.92	100 Back	01:13.87	01:17.39	01:20.91	01:24.42	01:31.46	01:38.49
03:29.60	03:14.63	02:59.66	02:52.17	02:44.69	02:37.20	200 Back	02:25.71	02:32.65	02:39.59	02:46.53	03:00.40	03:14.28
00:53.29	00:49.49	00:45.68	00:43.78	00:41.87	00:39.97	50 Breast	00:33.45	00:35.04	00:36.64	00:38.23	00:41.41	00:44.60
02:04.05	01:55.19	01:46.33	01:41.90	01:37.47	01:33.04	100 Breast	01:13.85	01:17.37	01:20.88	01:24.40	01:31.43	01:38.47
03:56.99	03:40.06	03:23.13	03:14.67	03:06.20	02:57.74	200 Breast	02:35.53	02:42.94	02:50.34	02:57.75	03:12.56	03:27.37
00:44.53	00:41.35	00:38.17	00:36.58	00:34.99	00:33.40	50 Fly	00:28.39	00:29.74	00:31.09	00:32.45	00:35.15	00:37.85
01:46.15	01:38.56	01:30.98	01:27.19	01:23.40	01:19.61	100 Fly	01:03.51	01:06.53	01:09.56	01:12.58	01:18.63	01:24.68
03:44.85	03:28.79	03:12.73	03:04.70	02:56.67	02:48.64	200 Fly	02:22.48	02:29.26	02:36.05	02:42.83	02:56.40	03:09.97
01:44.07	01:36.63	01:29.20	01:25.48	01:21.77	01:18.05	100 IM	01:07.90	01:11.13	01:14.37	01:17.60	01:24.07	01:30.53
03:31.39	03:16.29	03:01.19	02:53.64	02:46.09	02:38.54	200 IM	02:31.29	02:38.49	02:45.70	02:52.90	03:07.31	03:21.72
07:41.80	07:08.81	06:35.83	06:19.34	06:02.84	05:46.35	400 IM	05:31.12	05:46.89	06:02.66	06:18.42	06:49.96	07:21.49

45-49 Women						45-49 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:41.68	00:38.70	00:35.73	00:34.24	00:32.75	00:31.26	50 Free	00:27.54	00:28.85	00:30.16	00:31.47	00:34.10	00:36.72
01:32.19	01:25.60	01:19.02	01:15.72	01:12.43	01:09.14	100 Free	01:00.31	01:03.18	01:06.05	01:08.93	01:14.67	01:20.41
03:19.97	03:05.69	02:51.41	02:44.26	02:37.12	02:29.98	200 Free	02:13.32	02:19.67	02:26.02	02:32.37	02:45.06	02:57.76
09:13.69	08:34.14	07:54.59	07:34.82	07:15.04	06:55.27	500 Free	06:06.63	06:24.09	06:41.55	06:59.01	07:33.92	08:08.84
18:10.27	16:52.39	15:34.51	14:55.58	14:16.64	13:37.70	1000 Free	12:16.76	12:51.84	13:26.93	14:02.01	15:12.18	16:22.35
31:38.28	29:22.69	27:07.10	25:59.30	24:51.51	23:43.71	1650 Free	20:58.39	21:58.31	22:58.24	23:58.16	25:58.01	27:57.85
00:51.03	00:47.38	00:43.74	00:41.91	00:40.09	00:38.27	50 Back	00:32.98	00:34.55	00:36.12	00:37.69	00:40.83	00:43.97
01:52.52	01:44.48	01:36.45	01:32.43	01:28.41	01:24.39	100 Back	01:06.77	01:09.95	01:13.13	01:16.31	01:22.67	01:29.03
04:42.59	04:22.40	04:02.22	03:52.12	03:42.03	03:31.94	200 Back	02:25.29	02:32.21	02:39.13	02:46.05	02:59.88	03:13.72
00:53.75	00:49.91	00:46.07	00:44.15	00:42.23	00:40.31	50 Breast	00:33.96	00:35.58	00:37.19	00:38.81	00:42.05	00:45.28
01:59.53	01:51.00	01:42.46	01:38.19	01:33.92	01:29.65	100 Breast	01:14.84	01:18.40	01:21.97	01:25.53	01:32.66	01:39.79
04:03.57	03:46.18	03:28.78	03:20.08	03:11.38	03:02.68	200 Breast	02:42.28	02:50.01	02:57.74	03:05.46	03:20.92	03:36.37
00:45.87	00:42.59	00:39.31	00:37.68	00:36.04	00:34.40	50 Fly	00:29.63	00:31.04	00:32.45	00:33.86	00:36.68	00:39.51
02:09.04	01:59.82	01:50.61	01:46.00	01:41.39	01:36.78	100 Fly	01:07.64	01:10.86	01:14.08	01:17.30	01:23.74	01:30.19
04:31.89	04:12.47	03:53.05	03:43.34	03:33.63	03:23.92	200 Fly	02:34.22	02:41.56	02:48.91	02:56.25	03:10.94	03:25.63
01:45.77	01:38.22	01:30.66	01:26.89	01:23.11	01:19.33	100 IM	01:07.68	01:10.90	01:14.13	01:17.35	01:23.79	01:30.24
03:47.56	03:31.31	03:15.05	03:06.92	02:58.80	02:50.67	200 IM	02:29.01	02:36.11	02:43.20	02:50.30	03:04.49	03:18.68
08:11.08	07:36.00	07:00.93	06:43.39	06:25.85	06:08.31	400 IM	05:12.10	05:26.96	05:41.82	05:56.69	06:26.41	06:56.13

2024 USMS Motivational Times  
Short Course Yards

50-54 Women						50-54 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:42.23	00:39.21	00:36.19	00:34.69	00:33.18	00:31.67	50 Free	00:27.00	00:28.29	00:29.57	00:30.86	00:33.43	00:36.00
01:33.00	01:26.36	01:19.71	01:16.39	01:13.07	01:09.75	100 Free	01:00.19	01:03.06	01:05.92	01:08.79	01:14.52	01:20.25
03:20.68	03:06.35	02:52.01	02:44.84	02:37.68	02:30.51	200 Free	02:11.02	02:17.26	02:23.50	02:29.74	02:42.22	02:54.69
09:06.53	08:27.50	07:48.46	07:28.94	07:09.42	06:49.90	500 Free	06:02.73	06:20.00	06:37.28	06:54.55	07:29.09	08:03.64
20:28.40	19:00.66	17:32.91	16:49.04	16:05.17	15:21.30	1000 Free	13:32.91	14:11.62	14:50.33	15:29.04	16:46.46	18:03.88
30:31.68	28:20.85	26:10.01	25:04.59	23:59.18	22:53.76	1650 Free	22:47.69	23:52.82	24:57.95	26:03.07	28:13.33	30:23.59
00:50.71	00:47.08	00:43.46	00:41.65	00:39.84	00:38.03	50 Back	00:32.53	00:34.08	00:35.63	00:37.18	00:40.28	00:43.37
01:49.32	01:41.51	01:33.70	01:29.80	01:25.89	01:21.99	100 Back	01:13.42	01:16.92	01:20.41	01:23.91	01:30.90	01:37.89
04:09.44	03:51.62	03:33.81	03:24.90	03:15.99	03:07.08	200 Back	02:39.71	02:47.32	02:54.92	03:02.53	03:17.74	03:32.95
00:58.17	00:54.02	00:49.86	00:47.79	00:45.71	00:43.63	50 Breast	00:35.62	00:37.32	00:39.01	00:40.71	00:44.10	00:47.49
02:08.87	01:59.66	01:50.46	01:45.85	01:41.25	01:36.65	100 Breast	01:18.01	01:21.72	01:25.44	01:29.15	01:36.58	01:44.01
04:12.49	03:54.46	03:36.42	03:27.41	03:18.39	03:09.37	200 Breast	03:01.09	03:09.71	03:18.34	03:26.96	03:44.21	04:01.45
00:48.00	00:44.57	00:41.14	00:39.43	00:37.71	00:36.00	50 Fly	00:29.38	00:30.78	00:32.18	00:33.58	00:36.38	00:39.17
01:51.21	01:43.27	01:35.33	01:31.35	01:27.38	01:23.41	100 Fly	01:06.73	01:09.91	01:13.09	01:16.26	01:22.62	01:28.97
04:07.47	03:49.79	03:32.11	03:23.28	03:14.44	03:05.60	200 Fly	02:37.22	02:44.71	02:52.19	02:59.68	03:14.65	03:29.63
01:51.83	01:43.84	01:35.85	01:31.86	01:27.86	01:23.87	100 IM	01:09.68	01:13.00	01:16.32	01:19.63	01:26.27	01:32.91
03:50.01	03:33.58	03:17.15	03:08.94	03:00.72	02:52.51	200 IM	02:33.35	02:40.65	02:47.95	02:55.26	03:09.86	03:24.47
08:04.25	07:29.66	06:55.07	06:37.78	06:20.48	06:03.19	400 IM	06:03.99	06:21.32	06:38.66	06:55.99	07:30.65	08:05.32

55-59 Women						55-59 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:42.63	00:39.58	00:36.54	00:35.01	00:33.49	00:31.97	50 Free	00:27.86	00:29.19	00:30.51	00:31.84	00:34.49	00:37.15
01:34.59	01:27.83	01:21.07	01:17.70	01:14.32	01:10.94	100 Free	01:01.81	01:04.75	01:07.70	01:10.64	01:16.53	01:22.41
03:18.20	03:04.04	02:49.89	02:42.81	02:35.73	02:28.65	200 Free	02:12.30	02:18.60	02:24.90	02:31.20	02:43.80	02:56.40
08:56.89	08:18.54	07:40.19	07:21.02	07:01.84	06:42.67	500 Free	06:04.84	06:22.21	06:39.59	06:56.96	07:31.71	08:06.45
18:40.25	17:20.24	16:00.22	15:20.21	14:40.20	14:00.19	1000 Free	12:50.63	13:27.33	14:04.02	14:40.72	15:54.11	17:07.51
32:12.76	29:54.71	27:36.65	26:27.62	25:18.60	24:09.57	1650 Free	24:23.32	25:33.00	26:42.68	27:52.37	30:11.73	32:31.09
00:50.71	00:47.08	00:43.46	00:41.65	00:39.84	00:38.03	50 Back	00:33.75	00:35.36	00:36.96	00:38.57	00:41.79	00:45.00
01:51.11	01:43.17	01:35.23	01:31.27	01:27.30	01:23.33	100 Back	01:15.72	01:19.33	01:22.93	01:26.54	01:33.75	01:40.96
03:52.31	03:35.71	03:19.12	03:10.82	03:02.53	02:54.23	200 Back	02:39.43	02:47.02	02:54.61	03:02.21	03:17.39	03:32.57
00:57.45	00:53.35	00:49.25	00:47.19	00:45.14	00:43.09	50 Breast	00:36.86	00:38.62	00:40.37	00:42.13	00:45.64	00:49.15
02:10.00	02:00.71	01:51.43	01:46.79	01:42.14	01:37.50	100 Breast	01:23.64	01:27.62	01:31.61	01:35.59	01:43.55	01:51.52
04:32.09	04:12.66	03:53.22	03:43.51	03:33.79	03:24.07	200 Breast	02:46.05	02:53.96	03:01.86	03:09.77	03:25.59	03:41.40
00:47.47	00:44.08	00:40.69	00:38.99	00:37.30	00:35.60	50 Fly	00:30.52	00:31.97	00:33.43	00:34.88	00:37.79	00:40.69
02:08.09	01:58.94	01:49.79	01:45.22	01:40.64	01:36.07	100 Fly	01:09.67	01:12.99	01:16.31	01:19.62	01:26.26	01:32.89
04:23.01	04:04.23	03:45.44	03:36.05	03:26.65	03:17.26	200 Fly	03:22.21	03:31.84	03:41.47	03:51.10	04:10.36	04:29.61
01:50.00	01:42.14	01:34.29	01:30.36	01:26.43	01:22.50	100 IM	01:09.12	01:12.41	01:15.70	01:18.99	01:25.58	01:32.16
03:59.99	03:42.84	03:25.70	03:17.13	03:08.56	02:59.99	200 IM	02:34.09	02:41.43	02:48.77	02:56.10	03:10.78	03:25.45
08:20.28	07:44.55	07:08.81	06:50.94	06:33.08	06:15.21	400 IM	05:24.58	05:40.04	05:55.49	06:10.95	06:41.86	07:12.77

60-64 Women						60-64 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:44.67	00:41.48	00:38.29	00:36.69	00:35.10	00:33.50	50 Free	00:27.98	00:29.31	00:30.64	00:31.98	00:34.64	00:37.31
01:38.95	01:31.88	01:24.81	01:21.28	01:17.74	01:14.21	100 Free	01:03.52	01:06.54	01:09.57	01:12.59	01:18.64	01:24.69
03:27.40	03:12.59	02:57.77	02:50.36	02:42.96	02:35.55	200 Free	02:18.79	02:25.40	02:32.01	02:38.62	02:51.84	03:05.05
09:18.55	08:38.65	07:58.75	07:38.81	07:18.86	06:58.91	500 Free	06:22.09	06:40.28	06:58.48	07:16.67	07:53.06	08:29.45
21:23.88	19:52.17	18:20.47	17:34.62	16:48.76	16:02.91	1000 Free	15:40.82	16:25.62	17:10.42	17:55.22	19:24.82	20:54.43
38:57.16	36:10.22	33:23.28	31:59.81	30:36.34	29:12.87	1650 Free	23:39.47	24:47.06	25:54.66	27:02.25	29:17.44	31:32.63
00:54.20	00:50.33	00:46.46	00:44.52	00:42.59	00:40.65	50 Back	00:34.74	00:36.39	00:38.05	00:39.70	00:43.01	00:46.32
01:52.59	01:44.54	01:36.50	01:32.48	01:28.46	01:24.44	100 Back	01:16.26	01:19.89	01:23.52	01:27.15	01:34.42	01:41.68
04:08.24	03:50.51	03:32.78	03:23.91	03:15.05	03:06.18	200 Back	02:39.38	02:46.97	02:54.56	03:02.15	03:17.33	03:32.51
01:01.83	00:57.41	00:52.99	00:50.79	00:48.58	00:46.37	50 Breast	00:36.82	00:38.57	00:40.33	00:42.08	00:45.59	00:49.09
02:16.32	02:06.58	01:56.85	01:51.98	01:47.11	01:42.24	100 Breast	01:22.36	01:26.28	01:30.20	01:34.13	01:41.97	01:49.81
05:50.97	05:25.90	05:00.83	04:48.30	04:35.76	04:23.23	200 Breast	03:05.17	03:13.99	03:22.81	03:31.62	03:49.26	04:06.89
00:51.15	00:47.49	00:43.84	00:42.01	00:40.19	00:38.36	50 Fly	00:31.32	00:32.81	00:34.30	00:35.79	00:38.78	00:41.76
02:05.56	01:56.59	01:47.62	01:43.14	01:38.65	01:34.17	100 Fly	01:13.32	01:16.81	01:20.30	01:23.79	01:30.78	01:37.76
04:24.87	04:05.95	03:47.03	03:37.57	03:28.11	03:18.65	200 Fly	03:14.79	03:24.07	03:33.34	03:42.62	04:01.17	04:19.72
01:57.93	01:49.51	01:41.09	01:36.87	01:32.66	01:28.45	100 IM	01:14.02	01:17.54	01:21.07	01:24.59	01:31.64	01:38.69
04:11.92	03:53.93	03:35.93	03:26.93	03:17.94	03:08.94	200 IM	02:39.99	02:47.61	02:55.23	03:02.85	03:18.08	03:33.32
08:32.19	07:55.60	07:19.02	07:00.72	06:42.43	06:24.14	400 IM	05:56.63	06:13.61	06:30.59	06:47.58	07:21.54	07:55.51

2024 USMS Motivational Times  
Short Course Yards

65-69 Women						65-69 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:47.21	00:43.84	00:40.47	00:38.78	00:37.10	00:35.41	50 Free	00:29.78	00:31.20	00:32.62	00:34.03	00:36.87	00:39.71
01:47.55	01:39.86	01:32.18	01:28.34	01:24.50	01:20.66	100 Free	01:07.52	01:10.74	01:13.95	01:17.17	01:23.60	01:30.03
03:50.07	03:33.63	03:17.20	03:08.98	03:00.77	02:52.55	200 Free	02:25.54	02:32.47	02:39.40	02:46.33	03:00.19	03:14.05
10:27.29	09:42.49	08:57.68	08:35.28	08:12.87	07:50.47	500 Free	06:44.99	07:04.28	07:23.56	07:42.85	08:21.42	08:59.99
20:38.44	19:09.98	17:41.52	16:57.29	16:13.06	15:28.83	1000 Free	14:36.84	15:18.59	16:00.35	16:42.10	18:05.61	19:29.12
34:16.24	31:49.37	29:22.49	28:09.05	26:55.62	25:42.18	1650 Free	24:34.62	25:44.84	26:55.06	28:05.28	30:25.72	32:46.16
00:58.20	00:54.04	00:49.89	00:47.81	00:45.73	00:43.65	50 Back	00:38.50	00:40.33	00:42.17	00:44.00	00:47.67	00:51.33
02:05.36	01:56.41	01:47.45	01:42.97	01:38.50	01:34.02	100 Back	01:24.33	01:28.35	01:32.36	01:36.38	01:44.41	01:52.44
04:32.75	04:13.26	03:53.78	03:44.04	03:34.30	03:24.56	200 Back	02:56.29	03:04.68	03:13.08	03:21.47	03:38.26	03:55.05
01:04.48	00:59.87	00:55.27	00:52.97	00:50.66	00:48.36	50 Breast	00:39.57	00:41.45	00:43.34	00:45.22	00:48.99	00:52.76
02:29.92	02:19.21	02:08.50	02:03.15	01:57.79	01:52.44	100 Breast	01:26.43	01:30.55	01:34.66	01:38.78	01:47.01	01:55.24
04:51.53	04:30.71	04:09.89	03:59.47	03:49.06	03:38.65	200 Breast	03:11.95	03:21.09	03:30.23	03:39.37	03:57.65	04:15.93
00:55.67	00:51.69	00:47.71	00:45.73	00:43.74	00:41.75	50 Fly	00:32.66	00:34.22	00:35.77	00:37.33	00:40.44	00:43.55
02:36.48	02:25.30	02:14.13	02:08.54	02:02.95	01:57.36	100 Fly	01:26.70	01:30.83	01:34.96	01:39.09	01:47.34	01:55.60
05:19.48	04:56.66	04:33.84	04:22.43	04:11.02	03:59.61	200 Fly	03:10.66	03:19.74	03:28.82	03:37.90	03:56.06	04:14.21
02:05.00	01:56.07	01:47.14	01:42.68	01:38.21	01:33.75	100 IM	01:19.02	01:22.78	01:26.55	01:30.31	01:37.83	01:45.36
04:53.51	04:32.54	04:11.58	04:01.09	03:50.61	03:40.13	200 IM	02:54.70	03:03.02	03:11.34	03:19.66	03:36.30	03:52.93
10:49.51	10:03.11	09:16.72	08:53.52	08:30.33	08:07.13	400 IM	06:03.83	06:21.16	06:38.48	06:55.81	07:30.46	08:05.11

70-74 Women						70-74 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:52.41	00:48.67	00:44.93	00:43.05	00:41.18	00:39.31	50 Free	00:32.08	00:33.61	00:35.14	00:36.66	00:39.72	00:42.77
01:59.08	01:50.57	01:42.07	01:37.82	01:33.56	01:29.31	100 Free	01:11.83	01:15.25	01:18.67	01:22.09	01:28.93	01:35.77
04:22.11	04:03.38	03:44.66	03:35.30	03:25.94	03:16.58	200 Free	02:41.70	02:49.40	02:57.10	03:04.80	03:20.20	03:35.60
11:55.87	11:04.73	10:13.60	09:48.03	09:22.47	08:56.90	500 Free	07:30.26	07:51.70	08:13.14	08:34.58	09:17.46	10:00.35
23:43.07	22:01.42	20:19.77	19:28.95	18:38.12	17:47.30	1000 Free	15:43.66	16:28.60	17:13.53	17:58.47	19:28.34	20:58.21
39:57.93	37:06.65	34:15.37	32:49.73	31:24.09	29:58.45	1650 Free	25:12.51	26:24.53	27:36.56	28:48.58	31:12.63	33:36.68
01:06.01	01:01.30	00:56.58	00:54.23	00:51.87	00:49.51	50 Back	00:39.44	00:41.32	00:43.20	00:45.07	00:48.83	00:52.59
02:23.77	02:13.50	02:03.23	01:58.10	01:52.96	01:47.83	100 Back	01:28.98	01:33.22	01:37.45	01:41.69	01:50.17	01:58.64
05:04.56	04:42.81	04:21.05	04:10.17	03:59.30	03:48.42	200 Back	03:23.65	03:33.35	03:43.05	03:52.74	04:12.14	04:31.53
01:10.08	01:05.07	01:00.07	00:57.57	00:55.06	00:52.56	50 Breast	00:42.95	00:45.00	00:47.04	00:49.09	00:53.18	00:57.27
03:04.00	02:50.86	02:37.71	02:31.14	02:24.57	02:18.00	100 Breast	01:40.11	01:44.88	01:49.64	01:54.41	02:03.95	02:13.48
05:28.27	05:04.82	04:41.37	04:29.65	04:17.92	04:06.20	200 Breast	04:05.17	04:16.84	04:28.52	04:40.19	05:03.54	05:26.89
01:09.84	01:04.85	00:59.86	00:57.37	00:54.87	00:52.38	50 Fly	00:36.00	00:37.71	00:39.43	00:41.14	00:44.57	00:48.00
02:38.00	02:26.71	02:15.43	02:09.79	02:04.14	01:58.50	100 Fly	01:38.93	01:43.64	01:48.35	01:53.06	02:02.48	02:11.91
06:15.19	05:48.39	05:21.59	05:08.19	04:54.79	04:41.39	200 Fly	03:33.32	03:43.48	03:53.64	04:03.79	04:24.11	04:44.43
02:24.99	02:14.63	02:04.27	01:59.10	01:53.92	01:48.74	100 IM	01:28.16	01:32.36	01:36.56	01:40.75	01:49.15	01:57.55
05:03.05	04:41.41	04:19.76	04:08.94	03:58.11	03:47.29	200 IM	03:14.16	03:23.41	03:32.65	03:41.90	04:00.39	04:18.88
11:26.41	10:37.38	09:48.35	09:23.84	08:59.32	08:34.81	400 IM	07:02.25	07:22.36	07:42.46	08:02.57	08:42.79	09:23.00

75-79 Women						75-79 Men						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
00:58.17	00:54.02	00:49.86	00:47.79	00:45.71	00:43.63	50 Free	00:35.95	00:37.66	00:39.37	00:41.09	00:44.51	00:47.93
02:11.81	02:02.40	01:52.98	01:48.28	01:43.57	01:38.86	100 Free	01:23.35	01:27.32	01:31.29	01:35.26	01:43.20	01:51.13
05:46.39	05:21.64	04:56.90	04:44.53	04:32.16	04:19.79	200 Free	03:20.23	03:29.76	03:39.30	03:48.83	04:07.90	04:26.97
12:49.17	11:54.23	10:59.29	10:31.82	10:04.35	09:36.88	500 Free	07:56.53	08:19.22	08:41.91	09:04.61	09:49.99	10:35.37
27:30.28	25:32.40	23:34.53	22:35.59	21:36.65	20:37.71	1000 Free	17:15.89	18:05.22	18:54.55	19:43.87	21:22.53	23:01.19
48:27.80	45:00.10	41:32.40	39:48.55	38:04.70	36:20.85	1650 Free	30:09.06	31:35.21	33:01.35	34:27.50	37:19.79	40:12.08
01:10.47	01:05.43	01:00.40	00:57.88	00:55.37	00:52.85	50 Back	00:48.47	00:50.78	00:53.09	00:55.39	01:00.01	01:04.63
02:33.27	02:22.32	02:11.37	02:05.90	02:00.42	01:54.95	100 Back	01:51.27	01:56.57	02:01.87	02:07.17	02:17.76	02:28.36
05:21.68	04:58.70	04:35.73	04:24.24	04:12.75	04:01.26	200 Back	04:04.07	04:15.69	04:27.31	04:38.94	05:02.18	05:25.43
01:22.68	01:16.77	01:10.87	01:07.92	01:04.96	01:02.01	50 Breast	00:48.49	00:50.80	00:53.11	00:55.42	01:00.04	01:04.65
03:14.73	03:00.82	02:46.91	02:39.96	02:33.00	02:26.05	100 Breast	01:53.38	01:58.78	02:04.18	02:09.58	02:20.38	02:31.17
07:03.37	06:33.13	06:02.89	05:47.77	05:32.65	05:17.53	200 Breast	03:41.12	03:51.65	04:02.18	04:12.71	04:33.77	04:54.83
01:17.35	01:11.82	01:06.30	01:03.53	01:00.77	00:58.01	50 Fly	00:40.72	00:42.66	00:44.60	00:46.54	00:50.42	00:54.29
04:16.95	03:58.59	03:40.24	03:31.06	03:21.89	03:12.71	100 Fly	01:48.73	01:53.91	01:59.09	02:04.26	02:14.62	02:24.97
08:05.92	07:31.21	06:56.50	06:39.15	06:21.79	06:04.44	200 Fly	04:46.74	05:00.39	05:14.05	05:27.70	05:55.01	06:22.32
02:38.77	02:27.43	02:16.09	02:10.42	02:04.75	01:59.08	100 IM	01:49.12	01:54.32	01:59.51	02:04.71	02:15.10	02:25.49
05:52.48	05:27.30	05:02.13	04:49.54	04:36.95	04:24.36	200 IM	03:29.89	03:39.88	03:49.88	03:59.87	04:19.86	04:39.85
12:45.07	11:50.42	10:55.77	10:28.45	10:01.12	09:33.80	400 IM	08:03.16	08:26.17	08:49.18	09:12.18	09:58.20	10:44.21

2024 USMS Motivational Times  
Short Course Yards

80-84 Women						Event	80-84 Men					
B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
01:10.65	01:05.61	01:00.56	00:58.04	00:55.51	00:52.99	<b>50 Free</b>	00:42.09	00:44.09	00:46.10	00:48.10	00:52.11	00:56.12
02:48.32	02:36.30	02:24.27	02:18.26	02:12.25	02:06.24	<b>100 Free</b>	01:42.17	01:47.04	01:51.90	01:56.77	02:06.50	02:16.23
05:53.43	05:28.18	05:02.94	04:50.31	04:37.69	04:25.07	<b>200 Free</b>	03:51.75	04:02.79	04:13.82	04:24.86	04:46.93	05:09.00
16:00.80	14:52.17	13:43.54	13:09.23	12:34.91	12:00.60	<b>500 Free</b>	10:12.44	10:41.60	11:10.77	11:39.93	12:38.26	13:36.59
31:31.80	29:16.67	27:01.54	25:53.98	24:46.41	23:38.85	<b>1000 Free</b>	22:50.50	23:55.76	25:01.02	26:06.29	28:16.81	30:27.33
02:59.15	58:29.21	53:59.27	51:44.30	49:29.33	47:14.36	<b>1650 Free</b>	42:17.10	44:17.91	46:18.73	48:19.54	52:21.17	56:22.80
01:22.32	01:16.44	01:10.56	01:07.62	01:04.68	01:01.74	<b>50 Back</b>	00:57.60	01:00.34	01:03.09	01:05.83	01:11.31	01:16.80
03:12.85	02:59.08	02:45.30	02:38.42	02:31.53	02:24.64	<b>100 Back</b>	02:03.07	02:08.93	02:14.79	02:20.65	02:32.37	02:44.09
06:39.95	06:11.38	05:42.81	05:28.53	05:14.24	04:59.96	<b>200 Back</b>	04:18.08	04:30.37	04:42.66	04:54.95	05:19.53	05:44.11
01:38.87	01:31.80	01:24.74	01:21.21	01:17.68	01:14.15	<b>50 Breast</b>	00:54.15	00:56.73	00:59.31	01:01.89	01:07.04	01:12.20
04:11.52	03:53.55	03:35.59	03:26.61	03:17.62	03:08.64	<b>100 Breast</b>	02:05.17	02:11.13	02:17.09	02:23.05	02:34.97	02:46.89
10:05.01	09:21.80	08:38.58	08:16.98	07:55.37	07:33.76	<b>200 Breast</b>	04:48.27	05:02.00	05:15.72	05:29.45	05:56.91	06:24.36
01:50.28	01:42.40	01:34.53	01:30.59	01:26.65	01:22.71	<b>50 Fly</b>	00:54.70	00:57.30	00:59.91	01:02.51	01:07.72	01:12.93
03:52.80	03:36.17	03:19.54	03:11.23	03:02.91	02:54.60	<b>100 Fly</b>	02:37.68	02:45.19	02:52.70	03:00.21	03:15.22	03:30.24
NO TIME	NO TIME	NO TIME	NO TIME	NO TIME	NO TIME	<b>200 Fly</b>	NO TIME	NO TIME	NO TIME	NO TIME	NO TIME	NO TIME
03:39.91	03:24.20	03:08.49	03:00.64	02:52.78	02:44.93	<b>100 IM</b>	02:00.76	02:06.51	02:12.26	02:18.01	02:29.51	02:41.01
08:05.11	07:30.46	06:55.81	06:38.48	06:21.16	06:03.83	<b>200 IM</b>	05:46.96	06:03.48	06:20.00	06:36.53	07:09.57	07:42.61
NO TIME	NO TIME	NO TIME	NO TIME	NO TIME	NO TIME	<b>400 IM</b>	12:45.43	13:21.88	13:58.33	14:34.78	15:47.68	17:00.57

Methodology: AAAA time is the published USMS National Qualifying time for 2024.

Time is Converted to a Seed time, and then back to lower standards using a formula published by Jim Patterson in 2012.

Adjustment for all ages is +5% from Seed Time for all ages.

Original Document: <https://cdn.swimswam.com/wp-content/uploads/2016/11/Setting-Time-Standards-2012.pdf>