

National Qualifying Times: 2022 USMS Spring National Championship (SCY)

Times from the past three (3) years will be accepted for NQTs. See [FAQs](#).

WOMEN

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	30.23	30.01	30.03	31.31	31.00	31.51	32.02	32.28	34.26	36.02	40.64	49.93	56.05
100 Free	1:07.00	1:06.21	1:06.24	1:09.16	1:10.71	1:11.01	1:10.49	1:12.25	1:16.20	1:22.91	1:32.78	1:50.91	2:08.67
200 Free	2:30.33	2:36.51	2:26.31	2:29.84	2:33.24	2:33.58	2:31.74	2:29.95	2:42.70	2:59.34	3:26.80	4:32.43	4:35.01
500 Free	6:23.53	6:12.38	6:37.03	6:36.80	7:22.49	7:09.89	6:59.85	6:48.69	7:16.48	8:08.69	9:13.87	11:11.27	12:09.20
1000 Free	16:22.22	13:30.91	14:11.67	13:51.08	15:04.96	14:09.71	15:49.48	14:33.51	16:47.53	17:16.93	19:27.56	23:59.94	NO TIME
1650 Free	23:42.51	23:08.56	23:06.61	24:54.61	23:33.05	24:43.71	23:21.35	24:24.05	30:00.71	30:16.11	33:48.75	45:51.09	NO TIME
50 Back	37.83	36.66	36.77	37.47	38.79	38.16	38.99	38.72	41.47	43.66	51.64	59.45	1:07.97
100 Back	1:27.53	1:13.22	1:20.45	1:23.07	1:30.82	1:24.43	1:25.03	1:24.72	1:32.20	1:37.82	1:53.45	2:14.60	2:28.68
200 Back	NO TIME	2:39.46	2:42.56	2:58.57	3:04.06	3:37.56	3:11.55	2:56.73	3:11.08	3:36.70	4:07.31	4:43.47	5:36.63
50 Breast	39.86	39.43	40.15	41.32	40.91	41.76	44.30	43.62	47.01	49.84	55.68	1:07.70	1:14.46
100 Breast	1:28.11	1:22.73	1:29.75	1:30.29	1:35.32	1:32.96	1:38.45	1:37.15	1:43.14	1:56.36	2:24.80	2:36.78	2:47.68
200 Breast	3:15.39	2:58.83	3:05.15	3:06.48	3:18.88	3:14.53	3:17.86	3:26.78	4:34.81	3:54.88	4:26.54	5:36.60	5:41.92
50 Fly	32.82	32.90	32.73	34.41	34.33	34.94	36.67	36.24	39.54	42.88	54.13	1:06.38	1:22.31
100 Fly	1:24.49	1:10.85	1:14.04	1:26.67	1:24.22	1:39.88	1:26.60	1:38.24	1:41.50	2:07.70	2:08.57	2:53.10	NO TIME
200 Fly	2:56.77	2:52.17	2:49.80	3:01.52	3:02.61	3:18.30	3:21.03	3:18.40	3:43.87	4:35.67	4:55.09	5:23.90	NO TIME
100 IM	1:17.56	1:16.45	1:16.80	1:19.57	1:18.78	1:21.14	1:24.64	1:23.96	1:30.05	1:37.54	1:52.65	2:16.52	2:44.88
200 IM	2:42.26	2:47.35	2:43.45	2:59.10	2:52.49	2:55.07	2:54.47	3:01.17	3:16.35	3:43.50	4:01.57	5:21.38	6:16.79
400 IM	5:59.66	5:43.55	5:44.86	5:54.16	6:45.85	6:29.49	6:37.31	6:28.00	7:13.15	8:32.79	9:02.07	10:10.03	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	25.47	25.33	25.81	26.38	26.40	27.17	27.23	27.91	28.64	30.20	32.61	37.39	43.00
100 Free	56.47	56.63	56.69	59.41	58.87	1:00.61	1:00.82	1:02.67	1:04.80	1:08.73	1:13.38	1:28.08	1:48.05
200 Free	2:06.53	2:05.76	2:05.70	2:13.40	2:07.51	2:14.61	2:11.92	2:15.81	2:20.33	2:28.28	2:48.09	3:29.36	4:01.51
500 Free	6:05.64	6:00.41	6:49.23	6:28.73	5:54.73	6:12.45	6:05.59	6:17.67	6:27.60	6:58.17	7:56.23	8:51.18	11:19.49
1000 Free	12:24.92	14:55.63	13:44.42	13:45.14	12:40.88	12:55.26	13:58.61	13:30.66	16:08.02	15:28.88	17:21.62	20:06.24	27:58.32
1650 Free	22:49.76	25:57.41	23:29.53	25:03.12	21:26.05	21:53.07	23:28.21	25:24.76	24:29.89	25:54.86	28:45.72	36:00.53	NO TIME
50 Back	32.01	29.91	31.27	33.96	31.81	33.32	33.25	34.37	35.47	39.54	40.63	49.40	54.95
100 Back	1:07.00	1:05.99	1:14.72	1:07.75	1:14.27	1:08.26	1:14.06	1:18.39	1:16.38	1:27.39	1:32.08	1:55.82	1:59.68
200 Back	2:25.88	2:23.39	2:48.77	2:29.99	2:30.62	2:36.24	2:41.35	2:45.64	2:44.57	3:04.06	3:36.80	4:11.01	4:33.58
50 Breast	33.37	32.25	35.16	34.49	34.28	34.59	35.96	37.19	37.51	40.52	43.73	50.42	54.47
100 Breast	1:13.06	1:14.19	1:15.10	1:15.14	1:15.51	1:16.99	1:19.42	1:26.13	1:23.90	1:29.21	1:42.06	2:00.15	2:16.19
200 Breast	2:57.42	2:32.86	3:07.60	3:12.29	2:40.13	2:51.73	3:01.42	2:56.41	3:06.63	3:20.26	4:10.10	4:03.83	5:35.40
50 Fly	28.20	28.14	28.42	29.49	28.53	29.85	29.88	30.46	31.91	33.22	37.20	43.20	1:08.29
100 Fly	1:02.80	1:02.89	1:05.05	1:08.81	1:04.39	1:08.45	1:07.35	1:10.55	1:15.56	1:28.61	1:46.56	2:18.97	2:49.82
200 Fly	2:28.68	2:25.66	2:38.46	2:47.77	2:29.61	2:58.17	2:38.25	3:28.50	3:23.64	3:29.17	4:08.45	7:42.49	NO TIME
100 IM	1:05.44	1:04.51	1:07.41	1:08.10	1:08.29	1:08.49	1:10.43	1:12.62	1:15.20	1:20.73	1:31.08	1:52.52	2:00.34
200 IM	2:16.94	2:15.25	2:36.08	2:26.37	2:31.77	2:31.94	2:33.15	2:38.93	2:41.65	2:59.32	3:24.94	3:57.53	6:06.39
400 IM	5:29.41	5:08.21	5:15.95	5:25.01	5:35.56	5:38.06	6:04.91	5:49.33	6:04.84	6:36.80	7:33.37	8:55.96	12:46.19

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

(Note: NO TIME for all events in the 85+ age groups.)