

2023 USMS Spring National Qualifying Times (SCY)

WOMEN

Note: NO TIME for all events in the 85+ age groups. See FAQs.

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	30.31	30.06	30.06	31.42	30.96	31.63	32.09	32.12	34.10	35.94	40.56	47.88	56.33
100 Free	1:06.90	1:06.22	1:06.47	1:09.26	1:10.38	1:10.98	1:10.87	1:12.20	1:15.79	1:22.50	1:32.75	1:49.36	2:14.41
200 Free	2:30.07	2:37.92	2:25.66	2:30.23	2:34.01	2:33.07	2:32.63	2:29.78	2:40.28	2:57.16	3:24.52	4:32.73	4:34.26
500 Free	6:25.86	6:23.19	6:35.11	6:38.85	7:22.18	7:06.95	7:01.99	6:49.11	7:09.99	8:06.80	9:10.66	11:15.40	12:28.20
1000 Free	16:31.63	14:04.72	13:48.26	14:03.80	15:25.62	14:09.83	15:50.97	14:29.18	16:32.16	17:22.59	19:35.24	23:24.56	NO TIME
1650 Free	23:52.46	24:47.51	23:05.37	25:23.64	24:05.57	25:13.27	23:56.37	24:28.75	29:52.44	29:57.83	33:33.54	45:28.27	NO TIME
50 Back	37.85	36.52	36.63	37.67	38.43	38.70	38.95	38.54	41.41	43.88	51.13	57.22	1:07.29
100 Back	1:28.29	1:13.77	1:19.70	1:23.21	1:30.60	1:25.91	1:24.16	1:24.96	1:31.71	1:35.81	1:51.35	2:08.62	2:34.58
200 Back	NO TIME	2:39.76	2:40.00	2:58.63	3:02.37	3:39.74	3:11.60	2:57.07	3:10.23	3:35.73	4:01.43	4:33.00	5:39.31
50 Breast	40.41	39.91	40.23	41.52	41.04	41.41	44.80	43.67	47.13	49.31	55.47	1:07.70	1:16.00
100 Breast	1:28.72	1:25.17	1:30.39	1:30.34	1:35.40	1:32.62	1:39.22	1:37.85	1:44.06	1:54.64	2:25.18	2:41.36	3:09.00
200 Breast	3:16.47	3:08.12	3:09.76	3:09.37	3:19.99	3:14.43	3:22.05	3:26.22	4:33.78	3:48.58	4:25.65	5:57.08	5:32.65
50 Fly	33.11	32.92	32.57	34.52	34.14	35.12	36.80	36.11	39.29	42.83	54.33	1:04.70	1:15.94
100 Fly	1:25.20	1:10.93	1:14.00	1:27.18	1:24.56	1:40.25	1:26.40	1:37.68	1:40.52	2:04.51	2:07.94	2:55.29	NO TIME
200 Fly	3:02.06	3:07.20	2:52.76	3:05.36	2:59.53	3:36.62	3:23.41	3:24.02	3:39.40	4:29.28	4:50.70	5:30.37	NO TIME
100 IM	1:17.73	1:16.57	1:16.16	1:20.10	1:18.92	1:20.95	1:24.85	1:23.75	1:30.21	1:36.73	1:52.89	2:10.74	2:48.66
200 IM	2:42.54	2:49.58	2:43.37	3:00.29	2:53.54	2:56.12	2:55.40	3:01.87	3:16.61	3:43.82	3:55.83	5:04.69	6:43.08
400 IM	6:01.61	5:51.29	5:39.39	5:56.75	6:47.44	6:34.31	6:36.20	6:33.84	7:01.72	8:26.40	8:50.55	10:13.79	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	25.48	25.38	25.77	26.42	26.47	27.29	27.23	28.03	28.68	30.23	32.43	37.24	43.12
100 Free	56.60	56.59	56.63	59.83	58.95	1:01.05	1:00.59	1:02.50	1:04.99	1:08.90	1:12.63	1:28.32	1:47.74
200 Free	2:08.11	2:05.30	2:05.42	2:14.96	2:08.40	2:14.56	2:11.21	2:15.39	2:21.20	2:28.27	2:46.20	3:26.57	4:01.67
500 Free	6:11.61	5:59.69	6:50.19	6:34.91	5:55.77	6:10.64	6:05.54	6:14.76	6:28.98	6:57.19	7:53.96	8:38.35	11:32.43
1000 Free	12:39.31	14:50.36	13:29.84	13:59.96	12:51.69	12:44.96	13:57.99	13:23.01	16:02.87	15:22.11	17:21.28	19:52.56	26:55.13
1650 Free	22:26.66	26:23.31	23:07.38	25:37.99	21:39.01	21:53.86	23:21.20	25:10.69	24:31.09	25:37.72	28:45.94	35:46.69	NO TIME
50 Back	32.08	30.07	31.22	34.54	31.78	33.44	33.14	34.11	35.52	39.59	40.33	49.11	56.97
100 Back	1:07.03	1:05.69	1:12.95	1:08.43	1:14.53	1:08.38	1:14.32	1:17.30	1:16.52	1:27.09	1:31.03	1:53.60	2:03.04
200 Back	2:29.88	2:24.01	2:41.77	2:31.55	2:33.76	2:38.39	2:44.78	2:43.92	2:43.97	3:03.80	3:34.07	4:11.43	4:37.35
50 Breast	33.76	32.52	35.35	34.54	34.34	34.47	35.80	37.23	37.47	40.22	43.68	50.21	55.63
100 Breast	1:13.86	1:14.70	1:15.28	1:15.06	1:15.70	1:16.63	1:19.40	1:26.04	1:23.90	1:28.48	1:42.01	1:58.76	2:13.41
200 Breast	2:59.57	2:37.02	3:09.27	3:13.02	2:43.53	2:50.25	3:03.84	2:53.93	3:08.76	3:17.65	4:12.71	3:59.77	5:25.75
50 Fly	28.31	28.18	28.36	29.63	28.44	29.79	29.92	30.59	31.75	33.32	36.89	44.19	1:08.73
100 Fly	1:03.11	1:03.02	1:04.47	1:08.94	1:04.23	1:08.59	1:07.76	1:10.26	1:15.24	1:28.73	1:43.31	2:14.81	2:52.57
200 Fly	2:32.65	2:25.59	2:38.39	2:46.89	2:29.23	3:00.12	2:39.81	3:27.67	3:23.36	3:23.56	3:54.28	7:13.94	NO TIME
100 IM	1:05.68	1:04.22	1:07.34	1:08.14	1:08.53	1:08.38	1:10.47	1:12.32	1:15.21	1:20.29	1:30.23	1:52.44	2:05.80
200 IM	2:19.58	2:17.11	2:34.98	2:26.16	2:33.13	2:32.01	2:34.80	2:36.83	2:42.69	2:59.76	3:22.70	3:54.55	6:14.32
400 IM	5:47.12	5:13.10	5:19.24	5:29.66	5:37.71	5:33.13	6:07.21	5:45.81	6:06.12	6:31.24	7:35.06	9:03.01	11:57.85

Formula: Three year average of Top Ten 10th place time + conversion factor (15% for 50s & 100s; 10% for 200+). If there are no 10th place times in at least two of the previous three years, use fifth place + 20% for 50s & 100s and fifth place + 15% for 200+ and longer. If there are no fifth-place times in at least two of the previous three years, there is no time standard for that event.