

**2024 USMS Spring National Championship NQTs (SCY) Note:
NO TIME for all events in the 85+ age groups. 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	29.87	29.52	29.83	31.05	30.51	31.26	31.67	31.97	33.50	35.41	39.31	43.63	52.99
100 Free	1:05.29	1:04.87	1:05.48	1:08.29	1:08.44	1:09.14	1:09.75	1:10.94	1:14.21	1:20.66	1:29.31	1:38.86	2:06.24
200 Free	2:25.49	2:34.63	2:21.90	2:27.29	2:29.52	2:29.98	2:30.51	2:28.65	2:35.55	2:52.55	3:16.58	4:19.79	4:25.07
500 Free	6:12.79	6:11.72	6:24.26	6:32.75	7:03.26	6:55.27	6:49.90	6:42.67	6:58.91	7:50.47	8:56.90	9:36.88	12:00.60
1000 Free	14:20.44	13:34.61	12:50.98	13:10.73	13:18.79	13:37.70	15:21.30	14:00.19	16:02.91	15:28.83	17:47.30	20:37.71	23:38.85
1650 Free	24:41.35	23:38.56	21:57.44	24:37.33	22:44.13	23:43.71	22:53.76	24:09.57	29:12.87	25:42.18	29:58.45	36:20.85	47:14.36
50 Back	37.07	35.66	36.01	36.98	37.25	38.27	38.03	38.03	40.65	43.65	49.51	52.85	1:01.74
100 Back	1:25.21	1:10.93	1:18.33	1:20.45	1:26.92	1:24.39	1:21.99	1:23.33	1:24.44	1:34.02	1:47.83	1:54.95	2:24.64
200 Back	2:35.77	2:30.48	2:32.05	2:39.41	2:37.20	3:31.94	3:07.08	2:54.23	3:06.18	3:24.56	3:48.42	4:01.26	4:59.96
50 Breast	39.30	38.85	39.97	41.19	39.97	40.31	43.63	43.09	46.37	48.36	52.56	1:02.01	1:14.15
100 Breast	1:25.37	1:21.08	1:28.58	1:29.65	1:33.04	1:29.65	1:36.65	1:37.50	1:42.24	1:52.44	2:18.00	2:26.05	3:08.64
200 Breast	3:09.41	2:56.75	3:05.78	3:00.85	2:57.74	3:02.68	3:09.37	3:24.07	4:23.23	3:38.65	4:06.20	5:17.53	7:33.76
50 Fly	32.30	32.18	32.15	34.34	33.40	34.40	36.00	35.60	38.36	41.75	52.38	58.01	1:22.71
100 Fly	1:14.06	1:08.38	1:09.86	1:25.62	1:19.61	1:36.78	1:23.41	1:36.07	1:34.17	1:57.36	1:58.50	3:12.71	2:54.60
200 Fly	3:22.82	2:51.28	2:41.46	2:48.58	2:48.64	3:23.92	3:05.60	3:17.26	3:18.65	3:59.61	4:41.39	6:04.44	NO TIME
100 IM	1:15.67	1:14.27	1:15.52	1:19.19	1:18.05	1:19.33	1:23.87	1:22.50	1:28.45	1:33.75	1:48.74	1:59.08	2:44.93
200 IM	2:36.89	2:46.79	2:42.32	2:56.43	2:38.54	2:50.67	2:52.51	2:59.99	3:08.94	3:40.13	3:47.29	4:24.36	6:03.83
400 IM	5:46.93	5:39.16	5:44.33	5:49.07	5:46.35	6:08.31	6:03.19	6:15.21	6:24.14	8:07.13	8:34.81	9:33.80	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	25.12	24.93	25.36	26.02	26.12	27.54	27.00	27.86	27.98	29.78	32.08	35.95	42.09
100 Free	55.82	55.66	55.64	58.64	58.42	1:00.31	1:00.19	1:01.81	1:03.52	1:07.52	1:11.83	1:23.35	1:42.17
200 Free	2:06.65	2:02.31	2:02.25	2:12.29	2:07.50	2:13.32	2:11.02	2:12.30	2:18.79	2:25.54	2:41.70	3:20.23	3:51.75
500 Free	6:03.39	5:49.64	6:37.97	6:26.38	5:55.34	6:06.63	6:02.73	6:04.84	6:22.09	6:44.99	7:30.26	7:56.53	10:12.44
1000 Free	13:17.03	11:38.05	12:01.98	12:41.60	12:19.10	12:16.76	13:32.91	12:50.63	15:40.82	14:36.84	15:43.66	17:15.89	22:50.50
1650 Free	21:48.40	20:12.11	20:23.26	21:38.18	20:48.35	20:58.39	22:47.69	24:23.32	23:39.47	24:34.62	25:12.51	30:09.06	42:17.10
50 Back	31.21	29.69	30.22	33.81	31.40	32.98	32.53	33.75	34.74	38.50	39.44	48.47	57.60
100 Back	1:05.42	1:03.58	1:10.27	1:06.88	1:13.87	1:06.77	1:13.42	1:15.72	1:16.26	1:24.33	1:28.98	1:51.27	2:03.07
200 Back	2:21.60	2:11.02	2:14.10	2:24.64	2:25.71	2:25.29	2:39.71	2:39.43	2:39.38	2:56.29	3:23.65	4:04.07	4:18.08
50 Breast	33.08	32.20	34.34	34.00	33.45	33.96	35.62	36.86	36.82	39.57	42.95	48.49	54.15
100 Breast	1:12.64	1:13.67	1:13.44	1:13.32	1:13.85	1:14.84	1:18.01	1:23.64	1:22.36	1:26.43	1:40.11	1:53.38	2:05.17
200 Breast	2:31.26	2:28.50	2:59.63	3:05.51	2:35.53	2:42.28	3:01.09	2:46.05	3:05.17	3:11.95	4:05.17	3:41.12	4:48.27
50 Fly	27.70	27.73	27.66	29.22	28.39	29.63	29.38	30.52	31.32	32.66	36.00	40.72	54.70
100 Fly	1:01.67	1:01.06	1:02.61	1:07.78	1:03.51	1:07.64	1:06.73	1:09.67	1:13.32	1:26.70	1:38.93	1:48.73	2:37.68
200 Fly	2:19.85	2:12.01	2:20.51	2:23.27	2:22.48	2:34.22	2:37.22	3:22.21	3:14.79	3:10.66	3:33.32	4:46.74	NO TIME
100 IM	1:04.50	1:02.50	1:05.37	1:06.28	1:07.90	1:07.68	1:09.68	1:09.12	1:14.02	1:19.02	1:28.16	1:49.12	2:00.76
200 IM	2:15.08	2:10.83	2:29.44	2:22.36	2:31.29	2:29.01	2:33.35	2:34.09	2:39.99	2:54.70	3:14.16	3:29.89	5:46.96
400 IM	5:15.05	4:59.64	5:07.73	5:16.76	5:31.12	5:12.10	6:03.99	5:24.58	5:56.63	6:03.83	7:02.25	8:03.16	12:45.43

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