

2025 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	29.02	28.27	28.78	29.54	29.40	30.11	30.85	31.20	32.33	33.81	37.28	43.19	52.67
100 Free	1:03.90	1:01.79	1:03.26	1:04.84	1:04.79	1:05.90	1:08.23	1:08.95	1:11.51	1:14.96	1:24.75	1:38.03	2:02.17
200 Free	2:15.49	2:12.91	2:13.98	2:17.49	2:20.70	2:20.52	2:24.10	2:25.91	2:29.67	2:41.38	3:01.25	3:33.40	4:25.59
500 Free	6:16.26	6:08.34	6:04.83	6:15.07	6:14.07	6:18.76	6:28.17	6:30.95	6:40.17	7:14.10	8:14.55	9:34.82	12:00.37
1000 Free	14:25.74	13:26.07	12:59.01	13:07.63	13:18.12	13:38.37	13:35.18	13:31.84	13:55.19	15:19.06	17:29.00	20:38.67	29:25.71
1650 Free	24:26.19	23:10.17	22:15.47	22:36.93	22:29.80	23:32.58	23:17.39	22:57.71	24:08.16	25:36.27	29:32.39	35:55.50	45:53.46
50 Back	32.94	32.29	33.24	34.22	34.16	36.05	36.08	36.84	38.60	41.90	45.96	53.05	1:02.22
100 Back	1:13.20	1:10.85	1:11.91	1:15.22	1:14.59	1:18.98	1:17.50	1:20.34	1:23.78	1:29.10	1:39.74	1:55.13	2:25.34
200 Back	2:36.45	2:31.14	2:33.38	2:39.23	2:37.45	2:47.64	2:45.77	2:47.98	2:56.39	3:08.22	3:27.57	3:59.57	4:57.92
50 Breast	37.14	36.84	38.28	38.76	38.20	38.68	40.28	41.74	43.12	45.62	50.58	1:00.91	1:14.02
100 Breast	1:21.21	1:20.31	1:22.88	1:23.99	1:23.76	1:25.81	1:28.50	1:33.63	1:35.61	1:42.50	1:53.48	2:21.55	3:01.17
200 Breast	2:56.27	2:54.17	3:04.07	2:59.59	2:56.13	3:01.71	3:08.48	3:13.67	3:23.40	3:39.63	4:05.67	5:07.35	7:15.44
50 Fly	31.17	30.59	30.94	31.92	32.01	32.93	34.17	34.46	36.06	38.28	45.80	57.79	1:20.58
100 Fly	1:09.66	1:08.23	1:09.92	1:12.63	1:13.11	1:15.07	1:18.58	1:20.43	1:24.20	1:34.83	1:58.57	3:05.10	2:51.11
200 Fly	3:12.95	2:46.33	2:43.89	2:45.71	2:51.39	3:25.04	3:05.55	3:13.59	3:19.42	3:56.72	4:50.94	5:48.85	NO TIME
100 IM	1:11.72	1:10.40	1:11.89	1:14.38	1:14.62	1:15.07	1:18.59	1:20.10	1:23.72	1:29.09	1:40.00	1:59.16	2:41.42
200 IM	2:32.49	2:32.65	2:35.18	2:36.85	2:37.70	2:41.86	2:47.60	2:50.80	2:58.01	3:19.50	3:44.82	4:24.95	5:46.64
400 IM	5:44.69	5:38.97	5:44.96	5:48.70	5:45.03	6:07.02	6:05.71	6:12.64	6:25.96	7:10.23	8:32.66	10:02.70	12:06.78

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	24.44	24.05	24.52	25.28	25.63	26.28	26.52	27.13	27.90	29.05	30.98	33.83	39.17
100 Free	54.12	53.26	54.05	55.99	57.37	58.26	58.96	59.94	1:02.03	1:04.96	1:09.25	1:17.00	1:32.84
200 Free	1:58.85	1:55.84	1:57.60	2:00.82	2:03.77	2:06.31	2:06.74	2:08.09	2:16.13	2:20.03	2:29.68	2:50.94	3:29.78
500 Free	5:37.08	5:23.28	5:29.07	5:49.64	5:41.75	5:46.78	5:54.04	5:53.62	6:11.90	6:22.48	6:57.29	8:01.32	10:13.26
1000 Free	12:51.91	11:46.35	11:58.68	12:34.93	12:19.60	12:13.56	12:32.20	12:25.28	12:54.71	13:32.87	14:39.45	17:23.97	22:50.50
1650 Free	22:12.07	20:25.75	20:25.19	22:02.12	20:44.65	21:07.76	21:22.85	20:52.97	21:46.90	22:52.46	24:49.30	29:57.87	42:17.10
50 Back	28.30	27.73	28.10	29.74	30.20	30.70	30.90	32.23	33.64	34.97	38.02	42.93	52.17
100 Back	1:01.66	1:00.22	1:01.49	1:05.65	1:07.00	1:07.11	1:08.45	1:09.49	1:13.34	1:15.79	1:23.88	1:36.11	1:59.21
200 Back	2:19.16	2:11.63	2:15.15	2:24.50	2:25.16	2:24.21	2:27.77	2:27.76	2:34.87	2:40.63	2:56.52	3:28.27	4:10.64
50 Breast	31.56	30.45	30.95	31.93	32.33	32.44	33.99	34.97	35.93	37.65	41.49	44.71	53.59
100 Breast	1:08.86	1:06.68	1:08.18	1:10.12	1:11.75	1:10.95	1:14.81	1:17.10	1:19.84	1:23.28	1:33.45	1:42.24	2:05.03
200 Breast	2:31.77	2:27.80	2:30.99	2:31.24	2:35.90	2:32.45	2:44.99	2:47.37	2:56.55	2:59.96	3:24.12	3:38.57	4:43.59
50 Fly	26.61	26.04	26.53	27.49	27.61	28.46	28.64	30.00	30.57	32.09	34.58	40.04	52.80
100 Fly	59.44	57.94	59.00	1:01.77	1:01.96	1:04.32	1:04.60	1:06.77	1:10.12	1:15.52	1:23.61	1:47.97	2:44.13
200 Fly	2:18.38	2:12.50	2:18.62	2:23.52	2:22.11	2:31.43	2:35.18	2:38.32	2:49.64	3:09.26	3:33.87	4:37.78	8:33.22
100 IM	1:02.14	59.90	1:01.13	1:02.68	1:04.94	1:05.16	1:07.01	1:09.26	1:11.55	1:15.34	1:22.23	1:31.59	1:55.34
200 IM	2:13.76	2:10.65	2:12.41	2:15.38	2:20.39	2:20.60	2:26.08	2:27.20	2:35.26	2:44.01	2:57.73	3:27.77	5:16.07
400 IM	5:07.71	4:58.29	5:06.31	5:17.76	5:11.86	5:15.49	5:24.16	5:24.92	5:44.58	5:58.63	7:01.05	7:55.60	12:31.54

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