

USMS National Qualifying Times: 2025 USMS Summer Nationals (LCM)

WOMEN

Note: NO TIME for al 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	33.47	32.32	32.79	33.01	33.53	33.81	34.94	36.08	36.04	37.91	40.61	45.51	58.45
100 Free	1:13.91	1:10.91	1:12.87	1:13.81	1:14.59	1:15.70	1:17.88	1:19.97	1:20.39	1:24.14	1:34.78	1:46.41	2:11.09
200 Free	2:44.17	2:41.67	2:43.70	2:44.03	2:50.04	2:49.48	2:50.89	2:54.62	2:56.93	3:05.50	3:23.39	4:00.93	5:05.52
400 Free	5:54.75	5:47.60	5:52.49	5:49.02	5:54.52	6:01.71	6:10.46	6:06.95	6:10.12	6:29.06	7:25.71	8:34.06	10:37.25
800 Free	13:09.94	12:24.66	12:33.40	12:20.88	12:33.50	12:32.08	12:46.54	12:42.97	12:48.90	13:36.06	15:27.34	18:30.21	24:08.29
1500 Free	26:47.35	27:03.09	24:46.70	23:51.31	24:54.05	25:13.60	25:32.67	24:30.02	24:26.62	26:55.88	30:01.34	35:09.10	NO TIME
50 Back	39.73	39.22	39.43	40.04	40.43	41.33	40.69	41.24	43.20	45.99	51.26	57.71	1:10.52
100 Back	1:28.31	1:26.84	1:27.06	1:28.73	1:28.91	1:33.70	1:30.57	1:31.48	1:35.47	1:43.25	1:52.69	2:10.51	2:38.75
200 Back	3:24.36	3:15.60	3:15.42	3:14.52	3:21.23	3:25.95	3:16.82	3:19.54	3:28.45	3:46.17	4:02.39	4:53.43	5:51.98
50 Breast	44.24	43.39	44.38	43.21	44.62	43.76	46.51	48.10	49.51	51.51	55.31	1:07.29	1:26.15
100 Breast	1:38.71	1:36.62	1:37.51	1:37.78	1:39.31	1:39.19	1:42.27	1:48.17	1:48.28	1:58.17	2:06.96	2:27.07	3:15.43
200 Breast	3:47.02	3:35.11	3:39.84	3:44.25	3:46.22	3:37.96	3:47.88	3:53.41	4:02.80	4:25.16	4:53.44	5:33.36	7:55.52
50 Fly	35.95	35.18	35.47	35.62	35.61	37.25	38.41	39.47	39.41	41.76	52.10	1:02.32	1:24.44
100 Fly	1:21.85	1:22.67	1:22.83	1:20.65	1:26.46	1:35.72	1:29.38	1:36.64	1:34.24	1:42.89	2:11.72	3:39.47	3:49.39
200 Fly	3:56.57	3:20.44	4:04.67	3:23.07	3:39.79	4:41.34	3:43.31	3:44.09	3:52.11	4:37.72	6:10.37	NO TIME	NO TIME
200 IM	3:06.58	3:07.79	3:05.86	3:10.58	3:11.71	3:19.41	3:17.14	3:21.06	3:27.80	3:48.63	4:17.14	5:01.74	7:14.10
400 IM	7:17.06	7:27.11	7:04.79	6:59.10	7:06.24	7:46.41	7:25.48	7:26.44	7:24.60	8:33.40	9:59.65	11:39.22	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	28.65	27.86	28.08	29.14	29.35	30.41	30.64	30.95	31.74	32.74	34.83	37.76	41.56
100 Free	1:04.01	1:02.24	1:02.90	1:04.73	1:06.26	1:07.51	1:08.66	1:09.28	1:12.22	1:14.08	1:19.81	1:24.31	1:41.22
200 Free	2:29.91	2:21.24	2:26.40	2:25.32	2:31.33	2:34.71	2:37.24	2:37.86	2:42.40	2:47.66	2:57.45	3:13.30	3:59.40
400 Free	5:21.80	5:10.28	5:17.46	5:23.41	5:29.45	5:32.93	5:37.47	5:39.53	5:47.78	5:50.28	6:18.88	7:01.64	9:30.15
800 Free	11:37.23	11:14.44	11:58.71	11:36.36	11:59.77	11:40.76	11:51.23	11:48.19	12:11.44	12:22.69	13:18.25	14:59.92	20:36.78
1500 Free	25:41.00	21:53.67	23:14.97	23:28.35	23:34.65	22:56.47	23:23.40	23:07.39	23:38.22	24:05.36	26:13.59	29:38.00	46:04.17
50 Back	34.85	32.91	33.50	34.66	35.42	36.11	36.74	37.69	39.18	39.48	42.51	47.63	56.99
100 Back	1:16.56	1:13.68	1:15.91	1:19.01	1:18.58	1:20.78	1:21.50	1:20.95	1:26.63	1:26.96	1:34.55	1:50.84	2:08.54
200 Back	3:02.91	2:49.74	2:49.28	3:08.43	2:59.92	3:00.80	3:01.45	3:04.09	3:12.99	3:11.72	3:31.11	4:02.90	5:06.80
50 Breast	36.48	35.19	36.00	37.06	38.19	38.76	38.51	40.83	40.80	42.21	46.02	50.86	57.88
100 Breast	1:22.81	1:18.28	1:22.26	1:22.71	1:25.88	1:27.98	1:26.75	1:32.31	1:34.02	1:37.26	1:46.06	1:56.54	2:09.67
200 Breast	3:23.50	3:07.09	3:07.46	3:10.14	3:18.30	3:16.19	3:19.39	3:30.65	3:33.32	3:38.64	4:09.72	4:26.36	5:11.18
50 Fly	31.04	30.11	30.56	31.19	31.41	32.99	32.48	33.44	33.99	35.88	38.56	42.90	1:09.43
100 Fly	1:09.89	1:07.66	1:09.43	1:12.38	1:10.69	1:15.72	1:15.34	1:17.24	1:21.22	1:24.99	1:40.39	2:06.93	2:42.00
200 Fly	3:10.04	2:44.79	2:59.20	3:15.29	3:13.62	3:13.87	3:19.51	3:15.30	3:22.64	3:36.82	4:30.35	5:29.02	NO TIME
200 IM	2:48.36	2:41.43	2:48.54	2:51.23	2:51.88	2:58.26	2:56.08	3:03.96	3:08.87	3:09.04	3:32.59	3:55.70	5:41.89
400 IM	6:45.22	6:11.73	6:24.10	6:35.64	6:26.96	6:35.72	6:46.57	6:40.72	7:08.19	7:06.31	8:12.53	9:56.67	NO TIME

Formula: Three year average of Top Ten 5th place time + conversion factor (1.15)