

2026 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	28.81	28.18	28.76	29.16	29.24	30.28	30.93	31.63	32.22	33.69	37.03	42.52	53.25
100 Free	1:04.07	1:01.36	1:03.50	1:04.22	1:04.48	1:06.24	1:08.67	1:09.54	1:11.40	1:14.77	1:24.00	1:36.30	1:58.98
200 Free	2:15.75	2:10.81	2:15.14	2:17.44	2:19.57	2:21.47	2:25.82	2:26.42	2:28.27	2:40.72	2:59.65	3:27.97	4:36.04
500 Free	6:20.02	6:01.63	6:07.91	6:11.63	6:13.77	6:21.84	6:31.95	6:31.55	6:37.02	7:10.76	8:07.52	9:12.63	12:08.99
1000 Free	14:25.47	13:00.41	13:00.79	13:04.92	13:02.67	13:40.78	13:48.14	13:34.89	13:49.70	15:12.62	16:57.17	19:51.54	29:25.71
1650 Free	24:30.06	21:56.24	22:15.28	22:14.28	22:07.83	23:27.51	23:29.23	23:01.39	23:55.62	25:22.44	28:41.19	33:05.54	47:03.85
50 Back	33.30	32.19	33.14	33.83	33.89	35.69	35.98	37.03	38.48	41.35	44.95	53.58	1:03.87
100 Back	1:12.64	1:09.82	1:12.46	1:14.04	1:14.16	1:17.82	1:18.48	1:19.96	1:23.64	1:28.79	1:38.40	1:55.88	2:19.23
200 Back	2:35.57	2:29.87	2:34.48	2:38.44	2:38.04	2:44.85	2:46.98	2:49.39	2:55.63	3:07.16	3:26.29	4:04.49	4:51.99
50 Breast	37.14	36.55	38.16	38.49	37.36	38.76	39.76	41.45	42.75	45.96	50.01	59.99	1:14.61
100 Breast	1:21.27	1:19.05	1:22.60	1:23.96	1:22.32	1:25.15	1:27.83	1:33.01	1:34.97	1:42.75	1:51.78	2:16.60	2:50.13
200 Breast	2:58.41	2:48.88	2:59.71	2:59.05	2:55.75	3:00.51	3:07.01	3:15.29	3:21.74	3:40.52	4:00.65	4:48.85	7:02.42
50 Fly	30.97	30.33	31.10	31.27	31.92	32.97	34.12	34.71	35.53	37.62	44.30	55.86	1:20.60
100 Fly	1:08.93	1:08.02	1:09.99	1:11.42	1:12.81	1:14.96	1:20.23	1:21.07	1:23.51	1:33.26	1:58.48	3:01.77	2:48.08
200 Fly	2:48.57	2:36.39	2:44.30	2:42.61	2:48.91	3:15.88	3:08.48	3:08.29	3:17.00	3:51.61	4:48.24	5:44.86	9:22.58
100 IM	1:11.39	1:10.08	1:12.17	1:13.27	1:13.85	1:15.47	1:18.78	1:20.52	1:22.98	1:28.55	1:38.94	1:58.18	2:43.22
200 IM	2:33.34	2:30.01	2:36.01	2:35.46	2:36.43	2:40.70	2:48.37	2:50.98	2:56.83	3:16.40	3:43.26	4:22.60	6:55.70
400 IM	5:45.52	5:31.94	5:49.36	5:48.02	5:40.78	6:03.78	6:08.94	6:09.85	6:24.92	7:08.51	8:23.46	10:02.70	14:45.43

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	24.36	23.94	24.39	24.95	25.43	26.30	26.63	27.21	27.88	29.04	30.82	33.31	38.13
100 Free	53.96	53.00	53.87	55.02	56.96	58.20	59.13	1:00.19	1:01.81	1:04.94	1:08.88	1:15.85	1:30.84
200 Free	1:57.67	1:56.06	1:56.68	1:58.60	2:01.96	2:05.97	2:08.74	2:08.70	2:15.49	2:19.31	2:30.71	2:46.82	3:23.69
500 Free	5:30.93	5:24.30	5:26.94	5:42.72	5:39.30	5:46.51	5:56.30	5:56.02	6:13.42	6:22.09	6:53.92	7:58.21	10:05.09
1000 Free	12:30.89	11:46.63	11:51.54	12:21.55	12:17.12	12:21.43	12:30.90	12:28.30	13:00.27	13:30.71	14:27.41	16:48.28	22:05.54
1650 Free	22:27.53	20:09.13	20:20.75	21:29.17	20:35.99	21:01.95	21:22.40	20:54.69	21:55.51	22:41.92	24:46.12	28:30.72	37:52.49
50 Back	28.13	27.27	27.98	28.70	30.10	30.72	31.08	32.56	33.57	34.96	37.79	42.39	49.48
100 Back	1:01.80	59.77	1:01.81	1:04.21	1:06.55	1:07.46	1:08.20	1:10.02	1:13.32	1:15.90	1:23.66	1:35.29	1:54.82
200 Back	2:17.95	2:12.26	2:15.67	2:22.18	2:24.80	2:23.78	2:27.61	2:28.79	2:35.21	2:39.80	2:56.34	3:23.84	4:09.09
50 Breast	31.01	30.16	30.88	31.85	32.15	32.70	33.81	34.88	36.04	37.42	41.44	44.49	52.42
100 Breast	1:07.83	1:06.12	1:08.00	1:10.12	1:11.03	1:11.38	1:15.39	1:17.18	1:19.96	1:23.17	1:33.82	1:41.48	2:05.15
200 Breast	2:29.40	2:23.59	2:30.10	2:33.69	2:35.36	2:35.18	2:44.61	2:48.17	2:56.53	3:01.19	3:25.07	3:35.03	4:34.87
50 Fly	26.30	25.76	26.38	27.17	27.51	28.61	28.58	29.97	30.61	32.20	34.48	38.48	50.68
100 Fly	58.84	57.46	59.11	1:01.42	1:02.04	1:03.91	1:04.42	1:07.43	1:10.70	1:15.60	1:23.81	1:46.31	2:42.28
200 Fly	2:16.51	2:11.07	2:16.76	2:24.47	2:21.25	2:30.40	2:35.38	2:42.73	2:55.68	3:11.42	3:37.20	4:26.40	11:24.49
100 IM	1:01.35	59.41	1:00.91	1:02.33	1:04.37	1:05.69	1:06.81	1:09.41	1:11.70	1:15.22	1:22.72	1:30.87	1:50.35
200 IM	2:12.47	2:09.41	2:13.33	2:14.48	2:20.34	2:21.14	2:25.57	2:28.86	2:34.96	2:42.61	2:59.11	3:26.55	5:06.35
400 IM	4:58.48	4:53.16	4:59.34	5:18.33	5:08.17	5:15.85	5:23.84	5:27.43	5:47.98	5:58.76	7:01.81	7:48.86	12:50.02

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