

USMS National Qualifying Times: 2024 USMS Summer Nationals (LCM)

(Note: NO TIME for all events in the 85+ age groups.) [NQT 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	34.06	32.99	33.03	33.49	33.83	34.75	35.28	35.75	36.67	38.00	42.30	46.92	1:00.28
100 Free	1:14.53	1:13.37	1:12.79	1:14.82	1:15.36	1:17.12	1:18.72	1:18.90	1:21.65	1:25.08	1:37.81	1:48.13	2:08.43
200 Free	2:42.70	2:44.75	2:42.42	2:47.13	2:55.33	2:52.34	2:50.99	2:54.09	3:01.52	3:08.56	3:32.77	4:09.27	4:59.76
400 Free	5:54.69	5:52.60	5:51.05	6:01.59	6:02.17	6:10.77	6:10.60	6:05.99	6:17.89	6:30.10	7:39.31	8:41.39	10:29.14
800 Free	14:13.31	13:05.83	12:49.75	12:44.12	13:19.06	12:49.16	12:58.77	12:39.30	13:05.45	13:43.06	15:55.36	19:09.39	NO TIME
1500 Free	29:23.53	27:42.25	24:57.20	24:46.36	25:17.09	25:49.33	26:07.98	24:42.19	25:13.16	27:48.95	31:36.74	37:29.50	NO TIME
50 Back	39.84	40.34	40.44	40.03	40.73	42.20	40.86	41.73	44.40	46.56	53.50	58.66	1:18.11
100 Back	1:29.42	1:27.65	1:28.02	1:29.07	1:31.56	1:35.38	1:30.59	1:32.16	1:37.79	1:43.70	1:57.81	2:13.96	2:32.63
200 Back	3:26.02	3:23.62	3:23.40	3:33.92	3:25.55	3:32.05	3:16.68	3:21.62	3:31.45	3:48.27	4:22.22	4:55.20	5:45.98
50 Breast	45.98	43.78	44.33	43.67	45.68	45.20	46.78	47.60	49.93	52.41	58.48	1:05.75	1:18.79
100 Breast	1:39.94	1:38.18	1:39.20	1:38.53	1:40.52	1:41.02	1:43.98	1:46.22	1:50.83	2:00.39	2:13.90	2:30.86	2:56.32
200 Breast	3:53.50	3:43.05	3:45.91	3:54.62	3:48.99	3:42.06	3:52.47	3:51.93	4:07.01	4:29.63	5:05.25	6:09.64	7:55.52
50 Fly	36.31	36.38	35.52	36.06	36.09	38.44	38.63	38.96	40.58	41.89	55.12	1:05.61	1:21.83
100 Fly	1:23.04	1:28.02	1:27.35	1:22.39	1:28.59	1:40.50	1:37.70	1:35.50	1:37.78	1:43.07	2:28.07	4:29.43	3:56.94
200 Fly	NO TIME	NO TIME	NO TIME	3:26.92	3:41.63	4:41.87	3:40.26	3:46.52	4:06.81	4:43.44	6:10.37	NO TIME	NO TIME
200 IM	3:06.19	3:11.85	3:11.16	3:23.12	3:16.25	3:21.56	3:20.84	3:22.04	3:37.59	3:49.29	4:48.23	5:02.21	7:10.65
400 IM	7:23.54	7:48.45	6:51.72	7:44.74	7:10.92	7:48.98	7:41.63	7:27.98	7:33.10	8:44.90	10:49.09	NO TIME	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	28.95	28.15	28.11	29.23	29.63	30.45	30.86	30.98	31.91	32.32	35.17	38.42	42.90
100 Free	1:04.87	1:03.29	1:02.67	1:05.19	1:06.65	1:07.74	1:09.07	1:09.50	1:12.32	1:12.97	1:20.38	1:26.92	1:41.80
200 Free	2:35.51	2:23.41	2:25.73	2:28.05	2:35.10	2:36.07	2:35.70	2:37.65	2:43.28	2:46.78	2:58.60	3:19.25	3:55.55
400 Free	5:42.34	5:10.66	5:21.68	5:27.59	5:34.03	5:36.14	5:35.52	5:37.69	5:47.83	5:53.13	6:24.53	7:08.75	9:12.68
800 Free	11:56.55	11:07.67	13:18.78	11:57.30	12:00.28	11:57.11	11:46.94	11:49.02	12:08.20	12:18.34	13:34.72	15:33.83	21:13.11
1500 Free	25:42.24	21:56.17	23:22.44	24:26.75	24:06.08	23:00.49	23:29.82	23:27.73	23:31.78	24:24.35	26:50.86	31:19.66	46:04.17
50 Back	35.51	34.09	34.01	35.65	35.55	35.23	36.49	37.42	39.61	40.04	43.26	50.72	58.92
100 Back	1:17.35	1:15.82	1:15.56	1:21.48	1:18.57	1:20.16	1:20.37	1:20.71	1:27.00	1:28.67	1:35.91	1:55.40	2:16.42
200 Back	3:01.60	2:54.24	2:50.76	3:42.20	3:23.26	3:01.21	2:58.84	2:59.91	3:11.88	3:14.40	3:31.37	4:13.50	5:25.98
50 Breast	37.47	36.44	36.28	37.51	38.02	38.23	39.13	41.04	41.21	42.04	47.18	50.63	59.03
100 Breast	1:23.28	1:21.10	1:22.66	1:22.55	1:26.91	1:24.83	1:28.27	1:31.34	1:34.48	1:36.96	1:47.78	1:58.52	2:11.69
200 Breast	3:16.65	3:13.10	3:07.23	3:13.68	3:21.36	3:11.40	3:20.89	3:31.73	3:34.61	3:44.17	4:10.15	4:36.10	5:07.37
50 Fly	31.48	30.58	30.57	31.90	31.70	32.92	32.66	33.29	34.60	35.52	38.58	46.82	1:10.94
100 Fly	1:10.25	1:08.56	1:10.05	1:14.13	1:11.61	1:18.66	1:15.70	1:17.60	1:22.04	1:27.01	1:40.13	2:11.35	NO TIME
200 Fly	3:05.95	2:42.50	3:05.66	3:03.89	3:18.59	3:25.17	3:16.83	3:13.14	3:26.00	3:40.47	4:27.18	5:49.99	NO TIME
200 IM	2:52.26	2:48.23	2:47.49	2:51.38	2:56.00	2:54.60	2:56.00	3:04.14	3:08.91	3:10.20	3:34.92	4:03.62	6:08.65
400 IM	7:00.74	6:13.46	6:24.38	7:35.90	7:25.86	6:26.25	6:38.06	6:41.83	7:05.25	7:11.81	8:21.44	10:37.79	NO TIME

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