

TUSS2024 STANDARDS USS AAAA Long Course Meters

Female 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	32.19	33.69	35.09	36.59	40.89	45.29
100 Free	1:10.79	1:14.49	1:18.19	1:21.89	1:32.99	1:44.09
200 Free	2:35.09	2:43.49	2:51.99	3:00.39	3:25.69	3:50.99
400 Free	5:27.99	5:43.69	5:59.29	6:14.89	7:01.69	7:48.59
50 Back	37.49	39.49	41.59	43.59	49.69	55.79
100 Back	1:21.09	1:25.59	1:30.09	1:34.59	1:48.09	2:01.59
50 Breast	42.09	44.29	46.49	48.79	55.49	1:02.19
100 Breast	1:32.99	1:38.09	1:43.29	1:48.39	2:03.89	2:19.39
50 Fly	35.19	37.29	39.49	41.59	48.09	54.49
100 Fly	1:20.59	1:26.39	1:32.19	1:37.99	1:55.39	2:12.79
200 IM	2:55.29	3:04.19	3:13.09	3:22.09	3:48.89	4:15.69
200 Free Relay	2:18.29	2:24.79	2:31.39	2:37.99	2:57.79	3:17.49
200 Medley Relay	2:36.49	2:43.99	2:51.39	2:58.89	3:21.19	3:43.59

Female 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	29.19	30.49	31.89	33.19	35.89	38.49
100 Free	1:04.19	1:07.19	1:10.29	1:13.39	1:19.49	1:25.59
200 Free	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
400 Free	4:54.69	5:08.69	5:22.79	5:36.79	6:04.79	6:32.89
800 Free	10:16.19	10:45.49	11:14.89	11:44.19	12:42.89	13:41.59
1500 Free	19:35.19	20:31.09	21:27.09	22:22.99	24:14.99	26:06.89
50 Back	33.59	35.19	36.79	38.39	41.59	44.79
100 Back	1:12.89	1:16.89	1:20.79	1:24.79	1:32.69	1:40.59
200 Back	2:36.09	2:43.49	2:50.99	2:58.39	3:13.29	3:28.09
50 Breast	37.39	39.09	40.89	42.69	46.19	49.79
100 Breast	1:21.79	1:25.89	1:29.99	1:33.99	1:42.19	1:50.39
200 Breast	2:57.59	3:06.09	3:14.49	3:22.99	3:39.89	3:56.79
50 Fly	31.39	32.89	34.29	35.79	38.79	41.79
100 Fly	1:10.79	1:14.79	1:18.69	1:22.59	1:30.49	1:38.29
200 Fly	2:38.29	2:45.89	2:53.39	3:00.89	3:15.99	3:31.09
200 IM	2:37.99	2:45.49	2:52.99	3:00.59	3:15.59	3:30.59
400 IM	5:36.69	5:52.69	6:08.69	6:24.79	6:56.79	7:28.89
200 Free Relay	2:03.29	2:09.09	2:14.99	2:20.89	2:32.59	2:44.29
400 Free Relay	4:32.79	4:45.79	4:58.79	5:11.79	5:37.69	6:03.69
200 Medley Relay	2:18.19	2:24.69	2:31.29	2:37.89	2:50.99	3:04.19
400 Medley Relay	5:06.59	5:21.19	5:35.79	5:50.39	6:19.59	6:48.79

Female 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	27.89	29.29	30.59	31.89	34.59	37.19
100 Free	1:00.89	1:03.79	1:06.69	1:09.59	1:15.39	1:21.19
200 Free	2:11.49	2:17.79	2:23.99	2:30.29	2:42.79	2:55.29
400 Free	4:36.09	4:49.19	5:02.39	5:15.49	5:41.79	6:08.09
800 Free	9:34.09	10:01.49	10:28.79	10:56.09	11:50.79	12:45.49
1500 Free	18:21.29	19:13.69	20:06.19	20:58.59	22:43.49	24:28.39
100 Back	1:07.29	1:10.49	1:13.69	1:16.89	1:23.29	1:29.69
200 Back	2:24.99	2:31.89	2:38.79	2:45.69	2:59.49	3:13.29
100 Breast	1:16.79	1:20.39	1:24.09	1:27.69	1:34.99	1:42.39

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200 Breast	2:45.29	2:53.09	3:00.99	3:08.89	3:24.59	3:40.29
100 Fly	1:05.39	1:08.59	1:11.69	1:14.79	1:20.99	1:27.19
200 Fly	2:26.79	2:33.79	2:40.79	2:47.79	3:01.69	3:15.69
200 IM	2:27.89	2:34.89	2:41.99	2:48.99	3:03.09	3:17.19
400 IM	5:13.49	5:28.39	5:43.39	5:58.29	6:28.19	6:57.99
200 Free Relay	1:56.69	2:02.19	2:07.79	2:13.29	2:24.39	2:35.59
400 Free Relay	4:15.69	4:27.79	4:39.99	4:52.19	5:16.49	5:40.89
800 Free Relay	9:21.19	9:47.89	10:14.59	10:41.39	11:34.79	12:28.29
200 Medley Relay	2:09.99	2:16.19	2:22.39	2:28.49	2:40.89	2:53.29
400 Medley Relay	4:43.79	4:57.29	5:10.79	5:24.29	5:51.39	6:18.39

Female 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	27.09	28.29	29.59	30.89	33.49	36.09
100 Free	58.79	1:01.59	1:04.39	1:07.19	1:12.79	1:18.39
200 Free	2:06.89	2:12.99	2:18.99	2:25.09	2:37.09	2:49.19
400 Free	4:26.39	4:39.09	4:51.79	5:04.49	5:29.89	5:55.19
800 Free	9:13.29	9:39.69	10:05.99	10:32.39	11:25.09	12:17.79
1500 Free	17:40.09	18:30.59	19:21.09	20:11.59	21:52.49	23:33.49
100 Back	1:05.19	1:08.29	1:11.39	1:14.49	1:20.69	1:26.89
200 Back	2:20.09	2:26.79	2:33.39	2:40.09	2:53.39	3:06.79
100 Breast	1:13.99	1:17.49	1:20.99	1:24.49	1:31.59	1:38.59
200 Breast	2:39.39	2:46.99	2:54.49	3:02.09	3:17.29	3:32.49
100 Fly	1:03.29	1:06.29	1:09.29	1:12.29	1:18.29	1:24.29
200 Fly	2:20.89	2:27.59	2:34.29	2:40.99	2:54.39	3:07.79
200 IM	2:23.39	2:30.19	2:36.99	2:43.89	2:57.49	3:11.19
400 IM	5:03.59	5:17.99	5:32.49	5:46.89	6:15.79	6:44.69
200 Free Relay	1:57.39	2:02.99	2:08.59	2:14.19	2:25.39	2:36.49
400 Free Relay	4:15.89	4:27.99	4:40.19	4:52.39	5:16.79	5:41.09
800 Free Relay	9:19.09	9:45.69	10:12.29	10:38.89	11:32.19	12:25.39
200 Medley Relay	2:10.49	2:16.69	2:22.89	2:29.09	2:41.49	2:53.99
400 Medley Relay	4:40.79	4:54.19	5:07.59	5:20.89	5:47.69	6:14.39

Female 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	26.89	28.19	29.49	30.69	33.29	35.89
100 Free	58.29	1:01.09	1:03.89	1:06.59	1:12.19	1:17.69
200 Free	2:05.79	2:11.69	2:17.69	2:23.69	2:35.69	2:47.69
400 Free	4:25.09	4:37.69	4:50.29	5:02.99	5:28.19	5:53.39
800 Free	9:07.79	9:33.79	9:59.89	10:25.99	11:18.19	12:10.29
1500 Free	17:30.69	18:20.69	19:10.79	20:00.79	21:40.79	23:20.89
100 Back	1:04.49	1:07.49	1:10.59	1:13.69	1:19.79	1:25.89
200 Back	2:19.29	2:25.99	2:32.59	2:39.19	2:52.49	3:05.79
100 Breast	1:13.09	1:16.59	1:20.09	1:23.59	1:30.49	1:37.49
200 Breast	2:37.49	2:44.99	2:52.49	2:59.99	3:14.99	3:29.89
100 Fly	1:02.69	1:05.69	1:08.69	1:11.69	1:17.69	1:23.59
200 Fly	2:18.39	2:24.99	2:31.59	2:38.19	2:51.39	3:04.49
200 IM	2:21.99	2:28.79	2:35.49	2:42.29	2:55.79	3:09.29
400 IM	5:00.29	5:14.49	5:28.79	5:43.09	6:11.69	6:40.29
200 Free Relay	1:55.59	2:01.19	2:06.69	2:12.19	2:23.19	2:34.19
400 Free Relay	4:10.59	4:22.59	4:34.49	4:46.39	5:10.29	5:34.19
800 Free Relay	9:11.89	9:38.19	10:04.39	10:30.69	11:23.29	12:15.79
200 Medley Relay	2:08.49	2:14.69	2:20.79	2:26.89	2:39.09	2:51.39

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400 Medley Relay 4:38.19 4:51.39 5:04.69 5:17.89 5:44.39 6:10.89

Male 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	31.59	32.99	34.39	35.69	39.79	43.89
100 Free	1:09.79	1:13.19	1:16.69	1:20.19	1:30.59	1:40.99
200 Free	2:31.69	2:38.89	2:46.09	2:53.39	3:14.99	3:36.69
400 Free	5:20.79	5:36.09	5:51.39	6:06.59	6:52.49	7:38.29
50 Back	36.99	38.99	41.09	43.09	49.29	55.39
100 Back	1:19.99	1:24.09	1:28.19	1:32.29	1:44.49	1:56.69
50 Breast	41.49	43.59	45.79	47.89	54.39	1:00.89
100 Breast	1:31.69	1:36.29	1:40.89	1:45.49	1:59.19	2:12.89
50 Fly	34.69	36.59	38.59	40.59	46.39	52.29
100 Fly	1:19.59	1:25.09	1:30.69	1:36.19	1:52.89	2:09.49
200 IM	2:52.19	3:00.79	3:09.39	3:17.89	3:43.69	4:09.49
200 Free Relay	2:17.19	2:23.69	2:30.19	2:36.79	2:56.39	3:15.89
200 Medley Relay	2:37.59	2:45.09	2:52.59	3:00.09	3:22.59	3:45.09

Male 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	28.09	29.39	30.69	32.09	34.79	37.39
100 Free	1:01.59	1:04.49	1:07.49	1:10.39	1:16.19	1:22.09
200 Free	2:14.39	2:20.79	2:27.19	2:33.59	2:46.39	2:59.19
400 Free	4:45.89	4:59.49	5:13.09	5:26.69	5:53.89	6:21.09
800 Free	10:00.09	10:28.69	10:57.29	11:25.89	12:22.99	13:20.19
1500 Free	19:23.89	20:19.29	21:14.69	22:10.19	24:00.99	25:51.79
50 Back	32.59	34.29	35.99	37.69	41.09	44.49
100 Back	1:10.39	1:14.29	1:18.09	1:21.89	1:29.59	1:37.19
200 Back	2:32.19	2:39.49	2:46.69	2:53.99	3:08.49	3:22.99
50 Breast	36.09	38.09	39.99	41.99	45.89	49.79
100 Breast	1:18.99	1:23.09	1:27.19	1:31.29	1:39.59	1:47.79
200 Breast	2:50.99	2:59.09	3:07.19	3:15.39	3:31.59	3:47.89
50 Fly	30.29	31.99	33.59	35.29	38.69	41.99
100 Fly	1:07.79	1:11.69	1:15.59	1:19.49	1:27.29	1:35.09
200 Fly	2:33.59	2:40.89	2:48.29	2:55.59	3:10.19	3:24.79
200 IM	5:28.39	5:44.09	5:59.69	6:15.39	6:46.59	7:17.89
400 IM						
200 Free Relay	2:00.19	2:05.89	2:11.59	2:17.39	2:28.79	2:40.19
400 Free Relay	4:26.79	4:39.49	4:52.19	5:04.89	5:30.29	5:55.69
200 Medley Relay	2:14.79	2:21.29	2:27.69	2:34.09	2:46.89	2:59.79
400 Medley Relay	4:59.69	5:13.99	5:28.19	5:42.49	6:10.99	6:39.59

Male 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	25.69	26.89	28.19	29.39	31.79	34.29
100 Free	56.39	58.99	1:01.69	1:04.39	1:09.79	1:15.09
200 Free	2:02.99	2:08.89	2:14.69	2:20.59	2:32.29	2:43.99
400 Free	4:21.29	4:33.79	4:46.19	4:58.69	5:23.49	5:48.39
800 Free	9:00.49	9:26.19	9:51.99	10:17.69	11:09.19	12:00.59
1500 Free	17:18.49	18:07.89	18:57.39	19:46.79	21:25.69	23:04.59
100 Back	1:02.79	1:05.79	1:08.69	1:11.69	1:17.69	1:23.69
200 Back	2:16.29	2:22.79	2:29.29	2:35.79	2:48.79	3:01.79

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100 Breast	1:10.29	1:13.69	1:16.99	1:20.39	1:27.09	1:33.79
200 Breast	2:32.09	2:39.39	2:46.59	2:53.79	3:08.29	3:22.79
100 Fly	1:00.29	1:03.09	1:05.99	1:08.89	1:14.59	1:20.29
200 Fly	2:14.79	2:21.19	2:27.59	2:33.99	2:46.79	2:59.69
200 IM	2:17.19	2:23.69	2:30.19	2:36.69	2:49.79	3:02.89
400 IM	4:52.99	5:06.99	5:20.89	5:34.89	6:02.79	6:30.69
200 Free Relay	1:47.69	1:52.79	1:57.89	2:03.09	2:13.29	2:23.59
400 Free Relay	3:56.49	4:07.69	4:18.99	4:30.19	4:52.79	5:15.29
800 Free Relay	8:42.99	9:07.89	9:32.79	9:57.69	10:47.49	11:37.29
200 Medley Relay	1:59.19	2:04.89	2:10.59	2:16.29	2:27.59	2:38.99
400 Medley Relay	4:21.79	4:34.29	4:46.79	4:59.19	5:24.09	5:49.09

Male 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	24.69	25.89	26.99	28.19	30.59	32.89
100 Free	53.79	56.39	58.99	1:01.49	1:06.69	1:11.79
200 Free	1:57.49	2:03.09	2:08.69	2:14.29	2:25.39	2:36.59
400 Free	4:10.59	4:22.49	4:34.39	4:46.39	5:10.19	5:34.09
800 Free	8:40.49	9:05.29	9:29.99	9:54.79	10:44.39	11:33.99
1500 Free	16:36.19	17:23.59	18:11.09	18:58.49	20:33.39	22:08.29
100 Back	59.49	1:02.39	1:05.19	1:07.99	1:13.69	1:19.39
200 Back	2:09.19	2:15.39	2:21.49	2:27.69	2:39.99	2:52.29
100 Breast	1:07.09	1:10.29	1:13.49	1:16.69	1:23.09	1:29.49
200 Breast	2:25.89	2:32.79	2:39.79	2:46.69	3:00.59	3:14.49
100 Fly	57.59	1:00.29	1:03.09	1:05.79	1:11.29	1:16.79
200 Fly	2:08.79	2:14.89	2:21.09	2:27.19	2:39.49	2:51.69
200 IM	2:12.09	2:18.39	2:24.69	2:30.99	2:43.59	2:56.19
400 IM	4:41.09	4:54.39	5:07.79	5:21.19	5:47.99	6:14.69
200 Free Relay	1:44.89	1:49.89	1:54.89	1:59.89	2:09.89	2:19.89
400 Free Relay	3:49.89	4:00.89	4:11.79	4:22.79	4:44.69	5:06.49
800 Free Relay	8:32.59	8:56.99	9:21.39	9:45.79	10:34.69	11:23.49
200 Medley Relay	1:56.29	2:01.89	2:07.39	2:12.89	2:23.99	2:35.09
400 Medley Relay	4:15.89	4:28.09	4:40.19	4:52.39	5:16.79	5:41.19

Male 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	23.99	25.09	26.19	27.39	29.59	31.89
100 Free	52.39	54.89	57.39	59.89	1:04.89	1:09.89
200 Free	1:54.69	2:00.09	2:05.59	2:11.09	2:21.99	2:32.89
400 Free	4:04.89	4:16.49	4:28.19	4:39.79	5:03.09	5:26.49
800 Free	8:28.49	8:52.69	9:16.89	9:41.09	10:29.49	11:17.89
1500 Free	16:19.39	17:05.99	17:52.59	18:39.29	20:12.49	21:45.79
100 Back	58.19	1:00.89	1:03.69	1:06.49	1:11.99	1:17.49
200 Back	2:06.89	2:12.89	2:18.99	2:24.99	2:37.09	2:49.19
100 Breast	1:05.09	1:08.19	1:11.29	1:14.39	1:20.59	1:26.69
200 Breast	2:21.89	2:28.59	2:35.39	2:42.19	2:55.69	3:09.19
100 Fly	55.99	58.69	1:01.29	1:03.99	1:09.29	1:14.59
200 Fly	2:05.29	2:11.29	2:17.19	2:23.19	2:35.09	2:46.99
200 IM	2:08.99	2:15.09	2:21.19	2:27.39	2:39.59	2:51.89
400 IM	4:35.69	4:48.79	5:01.89	5:15.09	5:41.29	6:07.59
200 Free Relay	1:40.99	1:45.79	1:50.59	1:55.39	2:04.99	2:14.59
400 Free Relay	3:40.49	3:50.99	4:01.49	4:11.99	4:32.99	4:53.99
800 Free Relay	8:10.89	8:34.19	8:57.59	9:20.99	10:07.69	10:54.49

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200 Medley Relay	1:51.39	1:56.69	2:01.99	2:07.29	2:17.89	2:28.49
400 Medley Relay	4:02.89	4:14.49	4:26.09	4:37.59	5:00.79	5:23.89

