
TUSS STANDARDS USS AAAA Short Course Meters

Women 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	31.29	32.69	34.09	35.49	39.79	43.99
100 Free	1:08.69	1:12.29	1:15.89	1:19.49	1:30.19	1:40.89
200 Free	2:28.59	2:36.59	2:44.69	2:52.79	3:16.99	3:41.19
400 Free	5:12.79	5:27.69	5:42.49	5:57.39	6:42.09	7:26.79
50 Back	36.19	38.19	40.19	42.09	47.99	53.89
100 Back	1:17.89	1:22.19	1:26.49	1:30.89	1:43.79	1:56.79
50 Breast	40.09	42.19	44.29	46.49	52.79	59.19
100 Breast	1:28.39	1:33.39	1:38.29	1:43.19	1:57.89	2:12.59
50 Fly	34.79	36.89	38.99	41.19	47.49	53.89
100 Fly	1:18.79	1:24.49	1:30.19	1:35.79	1:52.79	2:09.79
100 IM	1:18.99	1:23.09	1:27.19	1:31.29	1:43.59	1:55.99
200 IM	2:48.69	2:57.29	3:05.89	3:14.49	3:40.29	4:06.09

Women 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	28.69	29.99	31.29	32.59	35.19	37.89
100 Free	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29
200 Free	2:15.29	2:21.69	2:28.09	2:34.59	2:47.39	3:00.29
400 Free	4:42.79	4:56.29	5:09.69	5:23.19	5:50.09	6:17.09
800 Free	9:50.89	10:19.09	10:47.19	11:15.39	12:11.59	13:07.89
1500 Free	18:50.59	19:44.39	20:38.19	21:32.09	23:19.69	25:07.39
50 Back	32.79	34.39	35.89	37.49	40.59	43.69
100 Back	1:10.49	1:14.29	1:18.09	1:21.99	1:29.59	1:37.29
200 Back	2:30.79	2:37.99	2:45.09	2:52.29	3:06.69	3:20.99
50 Breast	36.49	38.29	39.99	41.69	45.19	48.69
100 Breast	1:18.99	1:22.89	1:26.89	1:30.79	1:38.69	1:46.59
200 Breast	2:51.09	2:59.19	3:07.39	3:15.49	3:31.79	3:48.09
50 Fly	31.39	32.79	34.29	35.79	38.79	41.79
100 Fly	1:09.39	1:13.19	1:17.09	1:20.89	1:28.59	1:36.29
200 Fly	2:33.29	2:40.59	2:47.89	2:55.19	3:09.79	3:24.39
100 IM	1:11.49	1:14.89	1:18.29	1:21.69	1:28.59	1:35.39
200 IM	2:32.29	2:39.59	2:46.79	2:54.09	3:08.59	3:23.09
400 IM	5:24.99	5:40.49	5:55.99	6:11.39	6:42.39	7:13.29

Women 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	27.69	28.99	30.29	31.69	34.29	36.89
100 Free	1:00.09	1:02.99	1:05.79	1:08.69	1:14.39	1:20.19
200 Free	2:09.39	2:15.49	2:21.69	2:27.89	2:40.19	2:52.49
400 Free	4:30.29	4:43.19	4:55.99	5:08.89	5:34.59	6:00.39
800 Free	9:17.19	9:43.69	10:10.29	10:36.79	11:29.89	12:22.89
1500 Free	17:34.49	18:24.69	19:14.89	20:05.09	21:45.59	23:25.99
100 Back	1:06.19	1:09.39	1:12.49	1:15.69	1:21.99	1:28.29
200 Back	2:22.39	2:29.19	2:35.99	2:42.79	2:56.29	3:09.89
100 Breast	1:15.09	1:18.59	1:22.19	1:25.79	1:32.89	1:40.09
200 Breast	2:41.29	2:48.89	2:56.59	3:04.29	3:19.69	3:34.99
100 Fly	1:05.59	1:08.69	1:11.79	1:14.89	1:21.19	1:27.39
200 Fly	2:23.69	2:30.59	2:37.39	2:44.19	2:57.89	3:11.59

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200 IM	2:25.49	2:32.39	2:39.29	2:46.29	3:00.09	3:13.99
400 IM	5:07.29	5:21.89	5:36.49	5:51.19	6:20.39	6:49.69

Women 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	27.09	28.39	29.69	30.99	33.59	36.09
100 Free	58.69	1:01.49	1:04.29	1:07.09	1:12.69	1:18.29
200 Free	2:05.99	2:11.99	2:17.99	2:23.99	2:35.99	2:47.99
400 Free	4:25.99	4:38.69	4:51.39	5:03.99	5:29.39	5:54.69
800 Free	9:08.19	9:34.29	10:00.39	10:26.49	11:18.69	12:10.89
1500 Free	17:22.99	18:12.59	19:02.29	19:51.99	21:31.29	23:10.59
100 Back	1:04.39	1:07.39	1:10.49	1:13.59	1:19.69	1:25.79
200 Back	2:19.09	2:25.69	2:32.39	2:38.99	2:52.19	3:05.49
100 Breast	1:13.19	1:16.69	1:20.09	1:23.59	1:30.59	1:37.59
200 Breast	2:37.39	2:44.89	2:52.39	2:59.89	3:14.89	3:29.89
100 Fly	1:04.09	1:07.19	1:10.19	1:13.29	1:19.39	1:25.49
200 Fly	2:19.69	2:26.29	2:32.99	2:39.59	2:52.89	3:06.19
200 IM	2:22.19	2:28.89	2:35.69	2:42.49	2:55.99	3:09.49
400 IM	4:59.59	5:13.89	5:28.19	5:42.39	6:10.99	6:39.49

Women 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	26.89	28.09	29.39	30.69	33.19	35.79
100 Free	57.89	1:00.69	1:03.39	1:06.19	1:11.69	1:17.19
200 Free	2:05.19	2:11.09	2:17.09	2:23.09	2:34.99	2:46.89
400 Free	4:24.19	4:36.69	4:49.29	5:01.89	5:27.09	5:52.19
800 Free	9:06.49	9:32.49	9:58.49	10:24.49	11:16.59	12:08.59
1500 Free	17:13.59	18:02.79	18:52.09	19:41.29	21:19.69	22:58.19
100 Back	1:03.99	1:06.99	1:10.09	1:13.09	1:19.19	1:25.29
200 Back	2:18.69	2:25.29	2:31.89	2:38.49	2:51.69	3:04.89
100 Breast	1:12.79	1:16.19	1:19.69	1:23.19	1:30.09	1:36.99
200 Breast	2:36.89	2:44.29	2:51.79	2:59.29	3:14.19	3:29.19
100 Fly	1:03.29	1:06.29	1:09.39	1:12.39	1:18.39	1:24.39
200 Fly	2:17.99	2:24.49	2:31.09	2:37.69	2:50.79	3:03.89
200 IM	2:20.49	2:27.19	2:33.89	2:40.59	2:53.99	3:07.29
400 IM	4:59.39	5:13.69	5:27.99	5:42.19	6:10.69	6:39.19

Men 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	30.99	32.29	33.59	34.89	38.89	42.89
100 Free	1:07.99	1:11.39	1:14.79	1:18.19	1:28.29	1:38.49
200 Free	2:26.89	2:33.89	2:40.89	2:47.89	3:08.89	3:29.79
400 Free	5:09.89	5:24.59	5:39.39	5:54.09	6:38.39	7:22.69
50 Back	36.29	38.29	40.29	42.29	48.29	54.29
100 Back	1:17.89	1:21.89	1:25.89	1:29.79	1:41.69	1:53.69
50 Breast	40.39	42.49	44.59	46.69	52.99	59.29
100 Breast	1:28.19	1:32.59	1:36.99	1:41.39	1:54.59	2:07.79
50 Fly	34.59	36.59	38.49	40.49	46.39	52.19
100 Fly	1:18.19	1:23.69	1:29.09	1:34.59	1:50.89	2:07.29
100 IM	1:18.39	1:22.09	1:25.79	1:29.59	1:40.69	1:51.89
200 IM	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89	4:04.09

TUSS STANDARDS USS AAAA Short Course Meters

Men 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	27.69	28.99	30.29	31.59	34.29	36.89
100 Free	1:00.59	1:03.49	1:06.29	1:09.19	1:14.99	1:20.79
200 Free	2:11.69	2:17.99	2:24.19	2:30.49	2:42.99	2:55.59
400 Free	4:39.29	4:52.59	5:05.89	5:19.19	5:45.79	6:12.39
800 Free	9:44.19	10:11.99	10:39.89	11:07.69	12:03.29	12:58.89
1500 Free	18:36.59	19:29.79	20:22.89	21:16.09	23:02.49	24:48.79
50 Back	31.99	33.69	35.29	36.99	40.29	43.69
100 Back	1:08.69	1:12.39	1:16.19	1:19.89	1:27.39	1:34.79
200 Back	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09
50 Breast	35.49	37.39	39.29	41.19	45.09	48.89
100 Breast	1:16.99	1:20.99	1:24.99	1:28.99	1:36.99	1:44.99
200 Breast	2:47.09	2:55.09	3:03.09	3:10.99	3:26.89	3:42.79
50 Fly	30.39	32.09	33.79	35.49	38.89	42.29
100 Fly	1:07.49	1:11.39	1:15.29	1:19.19	1:26.99	1:34.79
200 Fly	2:30.19	2:37.29	2:44.49	2:51.59	3:05.89	3:20.19
100 IM	1:08.89	1:12.29	1:15.69	1:18.99	1:25.69	1:32.39
200 IM	2:29.09	2:36.69	2:44.29	2:51.89	3:07.09	3:22.29
400 IM	5:17.99	5:33.09	5:48.29	6:03.39	6:33.69	7:03.99

Men 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	25.49	26.69	27.89	29.09	31.49	33.89
100 Free	55.49	58.19	1:00.79	1:03.49	1:08.79	1:13.99
200 Free	2:01.09	2:06.89	2:12.59	2:18.39	2:29.89	2:41.49
400 Free	4:16.69	4:28.99	4:41.19	4:53.39	5:17.79	5:42.29
800 Free	8:53.29	9:18.69	9:44.09	10:09.49	11:00.29	11:50.99
1500 Free	16:45.39	17:33.29	18:21.09	19:08.99	20:44.69	22:20.49
100 Back	1:02.09	1:04.99	1:07.99	1:10.99	1:16.89	1:22.79
200 Back	2:13.69	2:19.99	2:26.39	2:32.79	2:45.49	2:58.19
100 Breast	1:09.69	1:12.99	1:16.29	1:19.59	1:26.29	1:32.89
200 Breast	2:31.19	2:38.39	2:45.59	2:52.69	3:07.09	3:21.49
100 Fly	1:00.79	1:03.69	1:06.59	1:09.49	1:15.29	1:20.99
200 Fly	2:15.59	2:22.09	2:28.49	2:34.99	2:47.89	3:00.79
200 IM	2:15.59	2:22.09	2:28.49	2:34.99	2:47.89	3:00.79
400 IM	4:50.49	5:04.39	5:18.19	5:31.99	5:59.69	6:27.39

Men 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	24.49	25.69	26.79	27.99	30.29	32.59
100 Free	53.39	55.99	58.49	1:00.99	1:06.09	1:11.19
200 Free	1:56.09	2:01.59	2:07.19	2:12.69	2:23.69	2:34.79
400 Free	4:08.39	4:20.19	4:31.99	4:43.79	5:07.49	5:31.09
800 Free	8:34.69	8:59.19	9:23.79	9:48.29	10:37.29	11:26.29
1500 Free	16:21.19	17:07.89	17:54.69	18:41.39	20:14.79	21:48.29
100 Back	59.09	1:01.89	1:04.69	1:07.49	1:13.19	1:18.79
200 Back	2:07.99	2:14.09	2:20.19	2:26.29	2:38.39	2:50.59
100 Breast	1:06.59	1:09.79	1:12.99	1:16.09	1:22.49	1:28.79
200 Breast	2:25.19	2:32.09	2:38.99	2:45.89	2:59.69	3:13.49

TUSS STANDARDS USS AAAA Short Course Meters

100 Fly	58.09	1:00.89	1:03.69	1:06.39	1:11.99	1:17.49
200 Fly	2:08.99	2:15.09	2:21.29	2:27.39	2:39.69	2:51.99
200 IM	2:10.69	2:16.89	2:23.09	2:29.29	2:41.79	2:54.19
400 IM	4:38.29	4:51.59	5:04.79	5:18.09	5:44.59	6:11.09

Men 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	23.69	24.79	25.99	27.09	29.29	31.59
100 Free	51.89	54.29	56.79	59.29	1:04.19	1:09.09
200 Free	1:54.19	1:59.59	2:04.99	2:10.49	2:21.29	2:32.19
400 Free	4:03.29	4:14.89	4:26.49	4:37.99	5:01.19	5:24.39
800 Free	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39	11:17.79
1500 Free	16:03.19	16:48.99	17:34.89	18:20.69	19:52.49	21:24.19
100 Back	57.29	59.99	1:02.69	1:05.49	1:10.89	1:16.39
200 Back	2:04.79	2:10.79	2:16.69	2:22.59	2:34.49	2:46.39
100 Breast	1:05.29	1:08.39	1:11.59	1:14.69	1:20.89	1:27.09
200 Breast	2:22.19	2:28.99	2:35.69	2:42.49	2:55.99	3:09.59
100 Fly	56.69	59.39	1:02.09	1:04.79	1:10.19	1:15.59
200 Fly	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19	2:47.09
200 IM	2:07.29	2:13.39	2:19.39	2:25.49	2:37.59	2:49.69
400 IM	4:33.09	4:46.09	4:59.09	5:12.09	5:38.09	6:04.09