

TUSS2024 STANDARDS USS AAAA Short Course Meters**Female 10 & Under**

	AAAA	AAA	AA	A	BB	B
50 Free	31.29	32.69	34.09	35.49	39.79	43.99
100 Free	1:08.29	1:11.89	1:15.39	1:18.99	1:29.69	1:40.29
200 Free	2:30.39	2:38.59	2:46.79	2:54.99	3:19.49	3:43.99
400 Free	5:16.49	5:31.59	5:46.69	6:01.69	6:46.89	7:32.19
50 Back	36.09	37.99	39.99	41.89	47.79	53.69
100 Back	1:17.99	1:22.29	1:26.59	1:30.89	1:43.89	1:56.89
50 Breast	40.79	42.99	45.09	47.29	53.79	1:00.29
100 Breast	1:28.69	1:33.59	1:38.49	1:43.39	1:58.19	2:12.89
50 Fly	34.59	36.69	38.79	40.89	47.19	53.49
100 Fly	1:18.29	1:23.89	1:29.49	1:35.19	1:52.09	2:08.89
100 IM	1:18.39	1:22.49	1:26.59	1:30.69	1:42.99	1:55.19
200 IM	2:48.19	2:56.79	3:05.29	3:13.89	3:39.59	4:05.39
200 Free Relay	2:13.99	2:20.29	2:26.69	2:33.09	2:52.19	3:11.39
200 Medley Relay	2:30.79	2:37.99	2:45.19	2:52.39	3:13.89	3:35.49

Female 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	28.49	29.79	31.09	32.39	34.99	37.59
100 Free	1:01.89	1:04.89	1:07.79	1:10.69	1:16.59	1:22.49
200 Free	2:14.69	2:21.09	2:27.59	2:33.99	2:46.79	2:59.59
400 Free	4:46.79	5:00.39	5:14.09	5:27.69	5:54.99	6:22.29
800 Free	9:52.39	10:20.59	10:48.79	11:16.99	12:13.49	13:09.89
1500 Free	18:43.79	19:37.29	20:30.79	21:24.29	23:11.29	24:58.39
50 Back	32.09	33.59	35.19	36.69	39.79	42.79
100 Back	1:09.29	1:13.09	1:16.89	1:20.59	1:28.19	1:35.69
200 Back	2:28.79	2:35.79	2:42.89	2:49.99	3:04.19	3:18.29
50 Breast	36.49	38.19	39.89	41.69	45.19	48.59
100 Breast	1:18.99	1:22.99	1:26.89	1:30.79	1:38.69	1:46.59
200 Breast	2:50.49	2:58.59	3:06.69	3:14.89	3:31.09	3:47.29
50 Fly	30.59	31.99	33.49	34.89	37.79	40.79
100 Fly	1:08.29	1:12.09	1:15.79	1:19.59	1:27.19	1:34.79
200 Fly	2:31.99	2:39.19	2:46.49	2:53.69	3:08.19	3:22.59
100 IM	1:10.59	1:13.99	1:17.39	1:20.69	1:27.49	1:34.19
200 IM	2:32.39	2:39.59	2:46.89	2:54.19	3:08.69	3:23.19
400 IM	5:24.59	5:40.09	5:55.59	6:10.99	6:41.89	7:12.79
200 Free Relay	1:59.99	2:05.69	2:11.39	2:17.09	2:28.49	2:39.89
400 Free Relay	4:23.69	4:36.19	4:48.79	5:01.29	5:26.39	5:51.59
200 Medley Relay	2:13.59	2:19.89	2:26.29	2:32.69	2:45.39	2:58.09
400 Medley Relay	4:52.99	5:06.89	5:20.89	5:34.79	6:02.69	6:30.59

Female 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	26.99	28.29	29.49	30.79	33.39	35.99
100 Free	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
200 Free	2:07.29	2:13.39	2:19.49	2:25.49	2:37.69	2:49.79
400 Free	4:30.59	4:43.39	4:56.29	5:09.19	5:34.99	6:00.69
800 Free	9:18.49	9:45.09	10:11.69	10:38.29	11:31.49	12:24.69
1500 Free	17:40.79	18:31.29	19:21.79	20:12.29	21:53.29	23:34.29
50 Back	29.99	31.49	32.89	34.29	37.19	39.99

TUSS2024 STANDARDS USS AAAA Short Course Meters

100	Back	1:03.79	1:06.79	1:09.79	1:12.89	1:18.89	1:24.99
200	Back	2:17.89	2:24.49	2:30.99	2:37.59	2:50.69	3:03.89
50	Breast	34.89	36.49	38.19	39.89	43.19	46.49
100	Breast	1:13.49	1:16.99	1:20.49	1:23.99	1:30.99	1:37.99
200	Breast	2:38.29	2:45.89	2:53.39	3:00.89	3:15.99	3:31.09
50	Fly	29.69	31.09	32.49	33.89	36.79	39.59
100	Fly	1:03.69	1:06.69	1:09.69	1:12.79	1:18.79	1:24.89
200	Fly	2:21.89	2:28.59	2:35.39	2:42.19	2:55.69	3:09.19
200	IM	2:22.39	2:29.09	2:35.89	2:42.69	2:56.19	3:09.79
400	IM	5:03.09	5:17.59	5:31.99	5:46.39	6:15.29	6:44.19
200	Free Relay	1:52.99	1:58.39	2:03.69	2:09.09	2:19.89	2:30.59
400	Free Relay	4:06.39	4:18.09	4:29.79	4:41.59	5:04.99	5:28.49
800	Free Relay	8:57.99	9:23.59	9:49.19	10:14.89	11:06.09	11:57.29
200	Medley Relay	2:04.19	2:10.09	2:15.99	2:21.89	2:33.79	2:45.59
400	Medley Relay	4:30.99	4:43.89	4:56.79	5:09.69	5:35.49	6:01.29

Female 15-16

	AAAA	AAA	AA	A	BB	B
50	Free	26.39	27.59	28.89	30.09	35.09
100	Free	56.99	59.69	1:02.39	1:05.09	1:15.99
200	Free	2:03.49	2:09.39	2:15.29	2:21.19	2:44.69
400	Free	4:23.19	4:35.69	4:48.19	5:00.79	5:50.89
800	Free	9:06.59	9:32.69	9:58.69	10:24.69	12:08.79
1500	Free	17:20.69	18:10.19	18:59.79	19:49.29	23:07.49
100	Back	1:01.99	1:04.89	1:07.79	1:10.79	1:22.59
200	Back	2:14.49	2:20.89	2:27.29	2:33.69	2:59.29
100	Breast	1:11.19	1:14.59	1:17.99	1:21.39	1:34.99
200	Breast	2:34.19	2:41.49	2:48.79	2:56.19	3:25.49
100	Fly	1:01.59	1:04.59	1:07.49	1:10.39	1:22.19
200	Fly	2:17.39	2:23.99	2:30.49	2:37.09	3:03.19
200	IM	2:17.69	2:24.29	2:30.79	2:37.39	3:03.59
400	IM	4:54.19	5:08.19	5:22.29	5:36.29	6:32.29
200	Free Relay	1:52.09	1:57.39	2:02.79	2:08.09	2:29.39
400	Free Relay	4:04.39	4:15.99	4:27.69	4:39.29	5:25.89
800	Free Relay	8:56.89	9:22.49	9:47.99	10:13.59	11:55.79
200	Medley Relay	2:02.69	2:08.59	2:14.39	2:20.29	2:43.59
400	Medley Relay	4:27.89	4:40.69	4:53.39	5:06.19	5:57.19

Female 17-18

	AAAA	AAA	AA	A	BB	B
50	Free	25.99	27.19	28.49	29.69	34.69
100	Free	56.39	59.09	1:01.79	1:04.49	1:15.19
200	Free	2:01.99	2:07.79	2:13.59	2:19.39	2:42.69
400	Free	4:20.19	4:32.59	4:44.99	4:57.39	5:46.89
800	Free	9:02.09	9:27.89	9:53.69	10:19.59	12:02.79
1500	Free	16:59.29	17:47.79	18:36.39	19:24.89	22:38.99
100	Back	1:00.79	1:03.69	1:06.59	1:09.49	1:21.09
200	Back	2:11.59	2:17.79	2:24.09	2:30.39	2:55.39
100	Breast	1:10.29	1:13.69	1:16.99	1:20.39	1:33.69
200	Breast	2:33.09	2:40.39	2:47.59	2:54.89	3:24.09
100	Fly	1:00.99	1:03.89	1:06.79	1:09.69	1:21.29
200	Fly	2:14.89	2:21.29	2:27.69	2:34.19	2:59.89
200	IM	2:15.59	2:21.99	2:28.49	2:34.89	3:00.69

TUSS2024 STANDARDS USS AAAA Short Course Meters

400 IM	4:50.59	5:04.49	5:18.29	5:32.09	5:59.79	6:27.49
200 Free Relay	1:51.59	1:56.89	2:02.29	2:07.59	2:18.19	2:28.79
400 Free Relay	3:59.89	4:11.39	4:22.79	4:34.19	4:57.09	5:19.89
800 Free Relay	8:43.99	9:08.99	9:33.99	9:58.89	10:48.79	11:38.69
200 Medley Relay	2:01.69	2:07.49	2:13.29	2:19.09	2:30.69	2:42.29
400 Medley Relay	4:25.39	4:38.09	4:50.69	5:03.39	5:28.59	5:53.89

Male 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	30.39	31.69	32.99	34.29	38.19	42.19
100 Free	1:07.09	1:10.39	1:13.79	1:17.09	1:27.19	1:37.19
200 Free	2:26.59	2:33.59	2:40.59	2:47.49	3:08.49	3:29.39
400 Free	5:08.89	5:23.59	5:38.29	5:52.99	6:37.09	7:21.19
50 Back	35.59	37.59	39.59	41.49	47.39	53.39
100 Back	1:16.29	1:20.09	1:23.99	1:27.89	1:39.59	1:51.19
50 Breast	40.19	42.29	44.39	46.49	52.79	58.99
100 Breast	1:26.99	1:31.39	1:35.69	1:40.09	1:53.09	2:06.09
50 Fly	33.99	35.99	37.89	39.79	45.59	51.39
100 Fly	1:17.09	1:22.49	1:27.79	1:33.19	1:49.29	2:05.49
100 IM	1:17.09	1:20.79	1:24.39	1:28.09	1:39.09	1:50.09
200 IM	2:46.69	2:55.09	3:03.39	3:11.69	3:36.59	4:01.59
200 Free Relay	2:12.79	2:19.09	2:25.39	2:31.69	2:50.69	3:09.69
200 Medley Relay	2:29.59	2:36.69	2:43.79	2:50.89	3:12.29	3:33.69

Male 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	27.19	28.49	29.79	31.09	33.69	36.29
100 Free	59.19	1:02.09	1:04.89	1:07.69	1:13.29	1:18.99
200 Free	2:09.29	2:15.49	2:21.59	2:27.79	2:40.09	2:52.39
400 Free	4:35.59	4:48.69	5:01.79	5:14.99	5:41.19	6:07.49
800 Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.89	12:53.09
1500 Free	18:14.19	19:06.29	19:58.39	20:50.49	22:34.69	24:18.89
50 Back	31.19	32.79	34.49	36.09	39.29	42.59
100 Back	1:05.79	1:09.39	1:12.89	1:16.49	1:23.69	1:30.79
200 Back	2:23.29	2:30.09	2:36.89	2:43.69	2:57.39	3:10.99
50 Breast	34.89	36.69	38.59	40.49	44.29	48.09
100 Breast	1:14.99	1:18.89	1:22.79	1:26.69	1:34.49	1:42.29
200 Breast	2:42.79	2:50.59	2:58.29	3:06.09	3:21.59	3:37.09
50 Fly	29.59	31.19	32.79	34.49	37.69	40.99
100 Fly	1:05.29	1:08.99	1:12.79	1:16.49	1:24.09	1:31.59
200 Fly	2:26.29	2:33.29	2:40.29	2:47.19	3:01.19	3:15.09
100 IM	1:07.49	1:10.69	1:13.99	1:17.29	1:23.89	1:30.49
200 IM	2:25.99	2:33.39	2:40.89	2:48.29	3:03.19	3:18.09
400 IM	5:12.49	5:27.39	5:42.29	5:57.19	6:26.89	6:56.69
200 Free Relay	1:55.29	2:00.79	2:06.29	2:11.79	2:22.79	2:33.69
400 Free Relay	4:14.19	4:26.29	4:38.39	4:50.49	5:14.69	5:38.99
200 Medley Relay	2:07.79	2:13.79	2:19.89	2:25.99	2:38.19	2:50.29
400 Medley Relay	4:41.59	4:54.99	5:08.39	5:21.79	5:48.59	6:15.39

Male 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	24.79	25.89	27.09	28.29	30.69	32.99

TUSS2024 STANDARDS USS AAAA Short Course Meters

100	Free	53.89	56.39	58.99	1:01.49	1:06.69	1:11.79
200	Free	1:58.09	2:03.69	2:09.39	2:14.99	2:26.19	2:37.49
400	Free	4:13.19	4:25.19	4:37.29	4:49.29	5:13.39	5:37.49
800	Free	8:43.69	9:08.59	9:33.59	9:58.49	10:48.39	11:38.19
1500	Free	16:41.19	17:28.79	18:16.49	19:04.19	20:39.49	22:14.89
50	Back	27.89	29.19	30.59	31.89	34.59	37.19
100	Back	59.09	1:01.89	1:04.69	1:07.49	1:13.09	1:18.79
200	Back	2:08.19	2:14.29	2:20.39	2:26.49	2:38.69	2:50.99
50	Breast	31.99	33.49	34.99	36.49	39.59	42.59
100	Breast	1:06.79	1:09.89	1:13.09	1:16.29	1:22.59	1:28.99
200	Breast	2:24.89	2:31.79	2:38.69	2:45.59	2:59.39	3:13.19
50	Fly	27.49	28.79	30.09	31.39	33.99	36.59
100	Fly	58.39	1:01.19	1:03.99	1:06.79	1:12.29	1:17.89
200	Fly	2:09.99	2:16.19	2:22.39	2:28.49	2:40.89	2:53.29
200	IM	2:10.89	2:17.09	2:23.39	2:29.59	2:42.09	2:54.49
400	IM	4:39.89	4:53.19	5:06.49	5:19.89	5:46.49	6:13.19
200	Free Relay	1:43.59	1:48.49	1:53.39	1:58.39	2:08.19	2:18.09
400	Free Relay	3:46.39	3:57.19	4:07.89	4:18.69	4:40.29	5:01.79
800	Free Relay	8:20.89	8:44.69	9:08.59	9:32.39	10:20.09	11:07.79
200	Medley Relay	1:54.59	1:59.99	2:05.49	2:10.89	2:21.79	2:32.69
400	Medley Relay	4:07.99	4:19.89	4:31.69	4:43.49	5:07.09	5:30.69

Male 15-16

	AAAA	AAA	AA	A	BB	B
50	Free	23.39	24.59	25.69	26.79	31.19
100	Free	51.39	53.89	56.29	58.79	1:08.49
200	Free	1:52.79	1:58.09	2:03.49	2:08.89	2:30.29
400	Free	4:01.79	4:13.29	4:24.79	4:36.29	5:22.39
800	Free	8:26.49	8:50.59	9:14.79	9:38.89	11:15.29
1500	Free	15:59.19	16:44.89	17:30.49	18:16.19	21:18.89
100	Back	55.99	58.59	1:01.29	1:03.99	1:14.59
200	Back	2:02.39	2:08.19	2:13.99	2:19.79	2:43.09
100	Breast	1:03.69	1:06.79	1:09.79	1:12.79	1:24.99
200	Breast	2:18.49	2:25.09	2:31.69	2:38.29	3:04.59
100	Fly	55.69	58.39	1:00.99	1:03.69	1:14.29
200	Fly	2:04.49	2:10.39	2:16.39	2:22.29	2:45.99
200	IM	2:05.09	2:11.09	2:16.99	2:22.99	2:46.79
400	IM	4:26.99	4:39.69	4:52.39	5:05.19	5:55.99
200	Free Relay	1:40.99	1:45.79	1:50.59	1:55.39	2:14.59
400	Free Relay	3:42.79	3:53.39	4:03.99	4:14.59	4:57.09
800	Free Relay	8:14.79	8:38.39	9:01.89	9:25.49	10:59.69
200	Medley Relay	1:51.19	1:56.49	2:01.79	2:07.09	2:28.29
400	Medley Relay	4:03.79	4:15.39	4:27.09	4:38.69	5:25.09

Male 17-18

	AAAA	AAA	AA	A	BB	B
50	Free	22.79	23.89	24.99	26.09	30.39
100	Free	49.99	52.39	54.79	57.19	1:06.69
200	Free	1:50.69	1:55.99	2:01.29	2:06.49	2:27.59
400	Free	3:58.39	4:09.69	4:21.09	4:32.39	5:17.79
800	Free	8:18.89	8:42.69	9:06.39	9:30.19	11:05.19
1500	Free	15:46.09	16:31.09	17:16.19	18:01.19	21:01.39
100	Back	54.09	56.59	59.19	1:01.79	1:12.09

TUSS2024 STANDARDS USS AAAA Short Course Meters

200	Back	1:59.29	2:04.89	2:10.59	2:16.29	2:27.59	2:38.99
100	Breast	1:01.89	1:04.89	1:07.79	1:10.69	1:16.59	1:22.49
200	Breast	2:14.49	2:20.89	2:27.29	2:33.69	2:46.49	2:59.29
100	Fly	54.19	56.79	59.39	1:01.99	1:07.09	1:12.29
200	Fly	2:01.39	2:07.09	2:12.89	2:18.69	2:30.19	2:41.79
200	IM	2:02.19	2:07.99	2:13.79	2:19.59	2:31.29	2:42.89
400	IM	4:22.99	4:35.49	4:48.09	5:00.59	5:25.59	5:50.69
200	Free Relay	1:35.79	1:40.29	1:44.89	1:49.49	1:58.59	2:07.69
400	Free Relay	3:30.29	3:40.39	3:50.39	4:00.39	4:20.39	4:40.39
800	Free Relay	7:47.39	8:09.59	8:31.89	8:54.09	9:38.59	10:23.09
200	Medley Relay	1:44.59	1:49.59	1:54.59	1:59.59	2:09.49	2:19.49
400	Medley Relay	3:49.39	4:00.39	4:11.29	4:22.19	4:44.09	5:05.89

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
50 Back	31.89	33.49	34.99	36.49	39.49	42.59
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

TUSS2024 STANDARDS USS AAAA Long Course Meters

50 Breast	35.89	37.59	39.29	40.99	44.39	47.79
100 Breast	1:16.79	1:20.39	1:24.09	1:27.69	1:34.99	1:42.39
200 Breast	2:45.29	2:53.09	3:00.99	3:08.89	3:24.59	3:40.29
50 Fly	29.99	31.39	32.79	34.29	37.09	39.99
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

TUSS2024 STANDARDS USS AAAA Long Course Meters

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
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	2:30.59	2:38.29	2:45.99	2:53.69	3:08.99	3:24.39
400 IM	5:28.39	5:44.09	5:59.69	6:15.39	6:46.59	7:17.89
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

TUSS2024 STANDARDS USS AAAA Long Course Meters

1500 Free	17:18.49	18:07.89	18:57.39	19:46.79	21:25.69	23:04.59
50 Back	29.69	31.09	32.49	33.89	36.69	39.49
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
50 Breast	32.99	34.59	36.19	37.69	40.89	43.99
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
50 Fly	27.99	29.29	30.59	31.89	34.59	37.29
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

TUSS2024 STANDARDS USS AAAA Long Course Meters

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
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