

---

**USAS STANDARDS USAS Motivation Long Course Meters**
**Female 8 & Under**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
25 Free						
50 Free		39.59		45.19		1:29.00
100 Free		1:28.89		1:39.49		2:36.00
25 Back						
50 Back		48.69		53.99		1:40.00
25 Breast						
50 Breast		53.59		57.79		1:51.00
25 Fly						
50 Fly		47.69		55.09		

**Female 10 & Under**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	32.09	33.49	34.99	36.39	40.79	45.09
100 Free	1:10.79	1:14.49	1:18.19	1:21.89	1:32.99	1:43.99
200 Free	2:33.49	2:41.89	2:50.19	2:58.49	3:23.59	3:48.59
400 Free	5:20.19	5:35.39	5:50.59	6:05.89	6:51.59	7:37.29
50 Back	37.59	39.59	41.69	43.69	49.89	55.99
100 Back	1:21.69	1:26.19	1:30.69	1:35.29	1:48.89	2:02.39
50 Breast	41.59	43.89	46.09	48.29	54.89	1:01.59
100 Breast	1:31.69	1:36.79	1:41.89	1:46.99	2:02.29	2:17.49
50 Fly	35.59	37.69	39.89	42.09	48.59	55.09
100 Fly	1:20.49	1:26.29	1:32.09	1:37.89	1:55.19	2:12.59
200 IM	2:53.39	3:02.19	3:11.09	3:19.89	3:46.49	4:12.99

**Female 11-12**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	29.69	30.99	32.39	33.69	36.39	39.19
100 Free	1:04.29	1:07.39	1:10.49	1:13.49	1:19.59	1:25.79
200 Free	2:17.99	2:24.49	2:31.09	2:37.69	2:50.79	3:03.89
400 Free	4:50.79	5:04.69	5:18.49	5:32.39	6:00.09	6:27.79
800 Free	10:08.79	10:37.69	11:06.69	11:35.69	12:33.69	13:31.69
1500 Free	19:33.09	20:28.99	21:24.89	22:20.69	24:12.39	26:04.19
50 Back	34.19	35.79	37.39	38.99	42.29	45.49
100 Back	1:11.59	1:15.49	1:19.39	1:23.29	1:31.09	1:38.89
200 Back	2:37.69	2:45.19	2:52.69	3:00.19	3:15.29	3:30.29
50 Breast	36.89	38.59	40.39	42.09	45.59	49.09
100 Breast	1:21.59	1:25.59	1:29.69	1:33.79	1:41.89	1:49.99
200 Breast	2:58.19	3:06.69	3:15.19	3:23.69	3:40.59	3:57.59
50 Fly	31.79	33.29	34.79	36.29	39.39	42.39
100 Fly	1:11.09	1:14.99	1:18.99	1:22.89	1:30.79	1:38.69
200 Fly	2:36.89	2:44.29	2:51.79	2:59.29	3:14.19	3:29.09
200 IM	2:37.29	2:44.79	2:52.29	2:59.79	3:14.79	3:29.69
400 IM	5:35.99	5:51.99	6:07.99	6:23.99	6:55.89	7:27.89

**Female 13-14**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	28.39	29.79	31.09	32.49	35.19	37.89
100 Free	1:01.59	1:04.49	1:07.39	1:10.39	1:16.19	1:22.09

---

**USAS STANDARDS USAS Motivation Long Course Meters**

200 Free	2:12.79	2:19.09	2:25.39	2:31.79	2:44.39	2:57.09
400 Free	4:37.09	4:50.29	5:03.49	5:16.59	5:42.99	6:09.39
800 Free	9:26.99	9:53.99	10:20.99	10:47.99	11:41.99	12:35.99
1500 Free	18:04.79	18:56.49	19:48.09	20:39.79	22:23.09	24:06.39
100 Back	1:08.09	1:11.39	1:14.59	1:17.79	1:24.29	1:30.79
200 Back	2:26.49	2:33.49	2:40.39	2:47.39	3:01.29	3:15.29
100 Breast	1:17.89	1:21.59	1:25.29	1:28.99	1:36.39	1:43.89
200 Breast	2:47.99	2:55.99	3:03.99	3:11.99	3:27.99	3:43.99
100 Fly	1:06.89	1:10.09	1:13.29	1:16.49	1:22.89	1:29.19
200 Fly	2:27.19	2:34.19	2:41.29	2:48.29	3:02.29	3:16.29
200 IM	2:29.99	2:37.19	2:44.29	2:51.49	3:05.69	3:19.99
400 IM	5:15.89	5:30.99	5:45.99	6:00.99	6:31.09	7:01.19

**Female 15-16**

	AAAA	AAA	AA	A	BB	B
50 Free	27.79	29.19	30.49	31.79	34.49	37.09
100 Free	1:00.09	1:02.89	1:05.79	1:08.59	1:14.39	1:20.09
200 Free	2:08.79	2:14.99	2:21.09	2:27.19	2:39.49	2:51.79
400 Free	4:30.29	4:43.19	4:55.99	5:08.89	5:34.69	6:00.39
800 Free	9:17.49	9:44.09	10:10.59	10:37.09	11:30.19	12:23.29
1500 Free	17:54.79	18:45.99	19:37.19	20:28.39	22:10.69	23:53.09
100 Back	1:06.79	1:09.89	1:13.09	1:16.29	1:22.69	1:28.99
200 Back	2:23.79	2:30.69	2:37.49	2:44.29	2:57.99	3:11.69
100 Breast	1:15.79	1:19.49	1:23.09	1:26.69	1:33.89	1:41.09
200 Breast	2:42.49	2:50.19	2:57.99	3:05.69	3:21.19	3:36.59
100 Fly	1:04.99	1:08.09	1:11.19	1:14.19	1:20.39	1:26.59
200 Fly	2:22.29	2:29.09	2:35.89	2:42.69	2:56.19	3:09.69
200 IM	2:26.39	2:33.39	2:40.29	2:47.29	3:01.19	3:15.19
400 IM	5:06.79	5:21.39	5:35.99	5:50.59	6:19.79	6:48.99

**Female 17-18**

	AAAA	AAA	AA	A	BB	B
50 Free	27.59	28.89	30.19	31.49	34.09	36.79
100 Free	59.89	1:02.69	1:05.59	1:08.39	1:14.09	1:19.79
200 Free	2:08.29	2:14.39	2:20.59	2:26.69	2:38.89	2:51.09
400 Free	4:30.69	4:43.59	4:56.49	5:09.39	5:35.19	6:00.99
800 Free	9:14.69	9:41.09	10:07.59	10:33.99	11:26.79	12:19.59
1500 Free	17:44.89	18:35.59	19:26.39	20:17.09	21:58.49	23:39.89
100 Back	1:07.19	1:10.39	1:13.49	1:16.69	1:23.09	1:29.49
200 Back	2:23.99	2:30.79	2:37.69	2:44.49	2:58.19	3:11.89
100 Breast	1:14.69	1:18.19	1:21.79	1:25.29	1:32.49	1:39.59
200 Breast	2:42.19	2:49.89	2:57.59	3:05.29	3:20.79	3:36.19
100 Fly	1:04.19	1:07.29	1:10.29	1:13.39	1:19.49	1:25.59
200 Fly	2:21.39	2:28.09	2:34.89	2:41.59	2:55.09	3:08.49
200 IM	2:25.09	2:31.99	2:38.99	2:45.89	2:59.69	3:13.49
400 IM	5:07.99	5:22.69	5:37.29	5:51.99	6:21.29	6:50.69

**Male 8 & Under**

	AAAA	AAA	AA	A	BB	B
25 Free						
50 Free		39.99		42.99		1:29.00
100 Free		1:27.89		1:33.49		2:36.00

**USAS STANDARDS USAS Motivation Long Course Meters**

25 Back			
50 Back	47.69	52.89	1:40.00
25 Breast			
50 Breast	53.79	57.29	1:51.00
25 Fly			
50 Fly	47.69	54.49	1:51.00

**Male 10 & Under**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	31.99	33.29	34.69	36.09	40.19	44.29
100 Free	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09	1:41.59
200 Free	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49
400 Free	5:20.99	5:36.29	5:51.49	6:06.79	6:52.69	7:38.49
50 Back	37.59	39.69	41.79	43.89	50.09	56.39
100 Back	1:20.89	1:25.09	1:29.19	1:33.29	1:45.69	1:58.09
50 Breast	41.99	44.09	46.29	48.49	55.09	1:01.59
100 Breast	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79	2:13.59
50 Fly	35.09	36.99	38.99	40.99	46.89	52.89
100 Fly	1:19.79	1:25.29	1:30.89	1:36.49	1:53.19	2:09.79
200 IM	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69

**Male 11-12**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	28.49	29.79	31.19	32.59	35.29	37.99
100 Free	1:02.49	1:05.49	1:08.49	1:11.39	1:17.39	1:23.29
200 Free	2:15.59	2:21.99	2:28.49	2:34.89	2:47.79	3:00.69
400 Free	4:46.29	4:59.89	5:13.49	5:27.09	5:54.39	6:21.69
800 Free	10:04.69	10:33.39	11:02.19	11:30.99	12:28.59	13:26.19
1500 Free	19:27.39	20:22.99	21:18.59	22:14.19	24:05.29	25:56.49
50 Back	33.49	35.19	36.99	38.69	42.19	45.69
100 Back	1:11.79	1:15.69	1:19.69	1:23.59	1:31.39	1:39.19
200 Back	2:34.29	2:41.69	2:48.99	2:56.39	3:11.09	3:25.79
50 Breast	36.99	38.99	41.09	43.09	47.09	51.09
100 Breast	1:19.99	1:24.19	1:28.29	1:32.49	1:40.89	1:49.19
200 Breast	2:55.69	3:03.99	3:12.39	3:20.79	3:37.49	3:54.19
50 Fly	30.99	32.69	34.49	36.19	39.59	42.99
100 Fly	1:09.49	1:13.49	1:17.49	1:21.49	1:29.49	1:37.49
200 Fly	2:36.19	2:43.69	2:51.09	2:58.49	3:13.39	3:28.29
200 IM	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89	3:29.59
400 IM	5:32.59	5:48.49	6:04.29	6:20.19	6:51.79	7:23.49

**Male 13-14**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	26.49	27.79	29.09	30.29	32.79	35.39
100 Free	57.79	1:00.49	1:03.29	1:05.99	1:11.49	1:16.99
200 Free	2:05.39	2:11.29	2:17.29	2:23.29	2:35.19	2:47.09
400 Free	4:24.99	4:37.59	4:50.19	5:02.79	5:27.99	5:53.29
800 Free	9:10.69	9:36.89	10:03.19	10:29.39	11:21.79	12:14.29
1500 Free	17:26.19	18:16.09	19:05.89	19:55.69	21:35.29	23:14.99
100 Back	1:05.09	1:08.19	1:11.39	1:14.49	1:20.59	1:26.89
200 Back	2:20.59	2:27.29	2:33.99	2:40.69	2:54.09	3:07.49
100 Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89

---

**USAS STANDARDS USAS Motivation Long Course Meters**

200 Breast	2:39.29	2:46.89	2:54.39	3:01.99	3:17.19	3:32.39
100 Fly	1:02.19	1:05.09	1:08.09	1:11.09	1:16.99	1:22.89
200 Fly	2:18.89	2:25.49	2:32.19	2:38.79	2:51.99	3:05.19
200 IM	2:22.09	2:28.89	2:35.69	2:42.39	2:55.99	3:09.49
400 IM	5:01.39	5:15.79	5:30.09	5:44.49	6:13.19	6:41.89

---

**Male 15-16**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	25.19	26.39	27.59	28.79	31.19	33.59
100 Free	55.19	57.89	1:00.49	1:03.09	1:08.39	1:13.59
200 Free	1:59.99	2:05.79	2:11.49	2:17.19	2:28.59	2:39.99
400 Free	4:13.99	4:26.09	4:38.09	4:50.19	5:14.39	5:38.59
800 Free	8:46.69	9:11.79	9:36.89	10:01.89	10:52.09	11:42.19
1500 Free	16:49.19	17:37.29	18:25.29	19:13.39	20:49.49	22:25.59
100 Back	1:01.79	1:04.79	1:07.69	1:10.59	1:16.49	1:22.39
200 Back	2:12.39	2:18.69	2:24.99	2:31.29	2:43.89	2:56.49
100 Breast	1:09.79	1:13.09	1:16.39	1:19.69	1:26.39	1:32.99
200 Breast	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79	3:23.29
100 Fly	59.29	1:02.09	1:04.89	1:07.69	1:13.39	1:18.99
200 Fly	2:11.79	2:18.09	2:24.29	2:30.59	2:43.19	2:55.69
200 IM	2:16.39	2:22.89	2:29.39	2:35.89	2:48.89	3:01.79
400 IM	4:46.19	4:59.89	5:13.49	5:27.09	5:54.39	6:21.59

---

**Male 17-18**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	24.49	25.69	26.79	27.99	30.29	32.59
100 Free	54.09	56.59	59.19	1:01.79	1:06.89	1:12.09
200 Free	1:57.99	2:03.59	2:09.19	2:14.79	2:26.09	2:37.29
400 Free	4:11.29	4:23.29	4:35.19	4:47.19	5:11.09	5:34.99
800 Free	8:44.19	9:09.19	9:34.09	9:59.09	10:48.99	11:38.89
1500 Free	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79	22:10.89
100 Back	1:00.49	1:03.39	1:06.29	1:09.19	1:14.89	1:20.69
200 Back	2:12.19	2:18.49	2:24.79	2:30.99	2:43.59	2:56.19
100 Breast	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
200 Breast	2:28.79	2:35.89	2:42.99	2:50.09	3:04.19	3:18.39
100 Fly	58.29	1:01.09	1:03.89	1:06.59	1:12.19	1:17.69
200 Fly	2:08.29	2:14.39	2:20.49	2:26.69	2:38.89	2:51.09
200 IM	2:12.39	2:18.69	2:24.99	2:31.29	2:43.89	2:56.49
400 IM	4:41.59	4:54.99	5:08.39	5:21.79	5:48.69	6:15.49

---