

SWIMMING MINIMUM PERFORMANCE STANDARDS

(based on short-course yards)

Conversion

Metric Times: Multiply by 0.893 to get yardage times.

Yardage Times: Multiply by 1.118 to get metric times.

50-Yard Backstroke				100-Yard Backstroke			
Men		Women		Men		Women	
50-54	:36.20	50-54	:41.40	50-54	1:27.20	50-54	1:33.00
55-59	:37.00	55-59	:43.30	55-59	1:20.10	55-59	1:34.80
60-64	:37.30	60-64	:49.50	60-64	1:23.90	60-64	1:50.40
65-69	:42.30	65-69	:52.00	65-69	1:31.70	65-69	1:57.50
70-74	:47.70	70-74	:55.40	70-74	1:46.00	70-74	2:05.80
75-79	:50.10	75-79	1:00.10	75-79	1:54.70	75-79	2:15.70
80-84	:56.40	80-84	1:14.30	80-84	2:13.30	80-84	2:36.40
85-89	1:31.40	85-89	1:34.90	85-89	3:33.40	85-89	4:17.20
90+	1:50.80	90+	2:41.30	90+	4:25.20	90+	5:45.90

200-Yard Backstroke				50-Yard Breaststroke			
Men		Women		Men		Women	
50-54	3:09.90	50-54	3:38.80	50-54	:36.50	50-54	:47.40
55-59	3:00.30	55-59	3:29.80	55-59	:37.70	55-59	:47.50
60-64	3:04.40	60-64	3:59.20	60-64	:37.80	60-64	:53.00
65-69	3:26.30	65-69	4:20.80	65-69	:44.20	65-69	:55.80
70-74	3:54.80	70-74	4:46.20	70-74	:46.80	70-74	1:01.10
75-79	4:12.90	75-79	4:52.00	75-79	:55.40	75-79	1:09.80
80-84	5:24.00	80-84	5:31.20	80-84	:58.60	80-84	1:19.70
85-89	10:35.90	85-89	10:44.80	85-89	1:26.80	85-89	2:28.70
90+	10:35.90	90+	10:44.80	90+	1:36.20	90+	3:29.90

100-Yard Breaststroke				200-Yard Breaststroke			
Men		Women		Men		Women	
50-54	1:24.20	50-54	1:43.40	50-54	3:08.40	50-54	3:59.70
55-59	1:16.90	55-59	1:50.50	55-59	3:09.80	55-59	4:03.50
60-64	1:28.60	60-64	2:02.80	60-64	3:17.60	60-64	4:32.60
65-69	1:37.20	65-69	2:07.50	65-69	3:39.40	65-69	4:40.00
70-74	1:48.60	70-74	2:18.00	70-74	4:01.10	70-74	5:00.60
75-79	2:04.40	75-79	2:39.00	75-79	4:59.90	75-79	5:53.00
80-84	2:21.20	80-84	2:45.00	80-84	6:13.00	80-84	7:34.20
85-89	4:56.60	85-89	5:45.90	85-89	12:03.60	85-89	12:47.90
90+	5:29.50	90+	5:45.90	90+	12:03.60	90+	12:47.90

100-Yard Individual Medley				200-Yard Individual Medley			
Men		Women		Men		Women	
50-54	1:16.00	50-54	1:28.20	50-54	2:54.40	50-54	3:23.20
55-59	1:11.70	55-59	1:38.00	55-59	2:57.70	55-59	3:48.40
60-64	1:23.00	60-64	1:44.60	60-64	3:02.30	60-64	4:12.40
65-69	1:34.60	65-69	1:55.50	65-69	3:40.10	65-69	4:27.00
70-74	1:39.10	70-74	2:07.60	70-74	3:58.50	70-74	5:00.30
75-79	1:52.30	75-79	2:25.40	75-79	4:10.90	75-79	5:15.30
80-84	2:49.60	80-84	2:54.50	80-84	8:50.00	80-84	8:52.60
85-89	4:16.60	85-89	5:25.60	85-89	9:29.70	85-89	12:02.80
90+	4:16.60	90+	5:25.60	90+	9:29.70	90+	12:02.80

SWIMMING MINIMUM PERFORMANCE STANDARDS

(continued)

50-Yard Butterfly				100-Yard Butterfly			
Men		Women		Men		Women	
50-54	:30.90	50-54	:37.70	50-54	1:33.90	50-54	1:30.00
55-59	:32.40	55-59	:39.90	55-59	1:35.20	55-59	1:59.10
60-64	:33.80	60-64	:50.30	60-64	1:42.50	60-64	2:55.90
65-69	:40.60	65-69	:56.50	65-69	2:03.70	65-69	2:39.90
70-74	:44.50	70-74	1:04.90	70-74	1:53.50	70-74	3:18.70
75-79	:55.30	75-79	1:13.60	75-79	3:44.70	75-79	4:33.80
80-84	1:46.00	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.70	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

50-Yard Freestyle				100-Yard Freestyle			
Men		Women		Men		Women	
50-54	:28.50	50-54	:34.20	50-54	1:04.20	50-54	1:16.20
55-59	:28.80	55-59	:34.80	55-59	1:06.00	55-59	1:16.90
60-64	:29.50	60-64	:41.00	60-64	1:05.40	60-64	1:33.10
65-69	:31.80	65-69	:42.30	65-69	1:15.10	65-69	1:33.30
70-74	:34.40	70-74	:44.00	70-74	1:21.00	70-74	1:44.20
75-79	:37.50	75-79	:48.10	75-79	1:26.30	75-79	1:54.80
80-84	:44.00	80-84	1:01.20	80-84	1:54.60	80-84	2:23.10
85-89	1:30.20	85-89	1:16.30	85-89	3:19.40	85-89	2:48.60
90+	1:45.50	90+	2:30.20	90+	3:43.50	90+	4:39.10

200-Yard Freestyle				500-Yard Freestyle			
Men		Women		Men		Women	
50-54	2:27.20	50-54	2:46.10	50-54	7:15.30	50-54	8:01.70
55-59	2:21.60	55-59	3:59.40	55-59	7:04.90	55-59	8:50.80
60-64	2:36.50	60-64	3:19.00	60-64	7:23.20	60-64	9:25.60
65-69	2:58.10	65-69	3:30.00	65-69	8:11.10	65-69	10:11.40
70-74	3:13.60	70-74	3:48.90	70-74	8:50.80	70-74	10:55.30
75-79	3:37.80	75-79	4:16.10	75-79	9:56.70	75-79	11:22.60
80-84	4:06.40	80-84	6:02.10	80-84	12:06.70	80-84	16:06.70
85-89	6:40.50	85-89	8:08.70	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS