

## USMS National Qualifying Times: 2019 USMS Summer Nationals (LCM)

### WOMEN

*(Note: NO TIME for all events in the 85+ age groups.)*

EVENT	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
50 Free	33.46	32.15	32.65	33.51	33.27	34.14	34.42	35.08	36.38	39.23	41.86	51.35	58.45
100 Free	1:15.27	1:11.73	1:11.97	1:14.21	1:14.41	1:17.10	1:15.91	1:18.24	1:22.24	1:30.55	1:40.33	1:59.80	2:17.86
200 Free	2:48.87	2:39.44	2:41.77	2:45.09	2:45.83	2:51.93	2:47.93	2:51.44	3:01.52	3:19.26	3:42.67	4:21.52	5:04.37
400 Free	5:51.29	5:45.24	5:38.03	5:50.33	5:47.20	6:04.72	5:52.78	6:01.79	6:23.42	6:59.78	7:57.85	9:05.40	11:46.29
800 Free	12:52.90	12:16.50	11:31.54	12:16.40	12:11.33	12:31.30	12:03.76	12:32.59	13:22.86	14:36.13	16:17.11	19:50.97	NO TIME
1500 Free	27:08.17	24:20.72	23:31.44	24:43.72	24:02.98	24:59.74	23:23.27	24:29.27	25:39.64	27:58.66	34:20.93	39:40.11	51:23.68
50 Back	40.33	38.26	39.17	39.91	40.10	40.83	40.25	42.23	43.50	48.41	54.67	1:06.05	1:15.37
100 Back	1:30.66	1:24.56	1:25.60	1:29.48	1:28.93	1:30.17	1:29.11	1:33.28	1:37.07	1:45.36	2:01.17	2:27.88	2:48.38
200 Back	3:13.87	3:03.05	3:07.01	3:16.26	3:15.02	3:19.06	3:14.23	3:25.39	3:34.28	4:00.13	4:30.55	5:05.15	6:33.43
50 Breast	45.69	42.19	41.81	43.88	44.79	45.34	45.88	47.27	49.41	53.06	56.77	1:10.97	1:27.66
100 Breast	1:41.46	1:33.12	1:32.71	1:37.28	1:38.46	1:40.80	1:41.94	1:46.61	1:47.86	2:02.39	2:06.63	2:53.35	4:08.47
200 Breast	3:58.53	3:27.33	3:36.62	3:38.50	3:37.56	3:40.53	3:43.19	3:51.94	3:59.61	4:35.89	4:59.92	6:07.53	NO TIME
50 Fly	36.83	34.62	35.79	35.71	36.24	38.26	37.33	38.65	40.20	44.08	52.93	1:10.07	1:41.98
100 Fly	1:25.91	1:18.64	1:21.43	1:23.08	1:26.35	1:29.04	1:27.65	1:34.61	1:40.00	1:54.88	2:18.48	2:47.11	NO TIME
200 Fly	NO TIME	3:31.66	3:21.15	4:52.04	4:21.14	3:55.93	3:37.97	3:45.78	4:19.39	4:52.35	5:52.13	8:57.41	NO TIME
200 IM	3:10.33	2:57.54	3:03.52	3:06.74	3:12.33	3:21.55	3:12.19	3:23.76	3:29.65	4:09.24	4:36.70	6:18.22	NO TIME
400 IM	7:19.62	6:41.93	7:08.72	7:08.27	6:59.09	7:27.11	6:58.65	7:26.15	7:56.98	8:55.89	9:50.54	NO TIME	NO TIME

### MEN

EVENT	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
50 Free	28.47	27.81	28.60	29.11	29.47	29.86	30.08	30.96	31.08	32.69	35.04	38.51	42.64
100 Free	1:04.00	1:01.54	1:03.07	1:05.73	1:05.76	1:06.85	1:06.65	1:09.31	1:09.64	1:15.41	1:20.06	1:28.98	1:45.86
200 Free	2:28.58	2:23.01	2:25.73	2:28.68	2:29.92	2:31.22	2:28.51	2:35.58	2:40.01	2:50.01	3:00.76	3:24.03	4:09.22
400 Free	5:30.91	5:14.91	5:25.90	5:25.41	5:23.56	5:20.29	5:20.44	5:40.17	5:42.07	6:08.04	6:33.43	7:36.59	9:08.35
800 Free	12:23.56	11:15.63	11:58.52	11:27.16	11:27.00	11:31.47	11:20.13	11:59.36	11:58.97	13:03.48	13:55.66	16:59.19	19:51.69
1500 Free	24:10.13	22:50.88	23:24.38	22:04.72	22:25.76	22:40.71	22:12.65	22:58.90	23:14.53	25:06.73	28:46.64	33:09.68	43:49.79
50 Back	35.40	33.17	35.58	35.86	36.11	36.38	36.01	37.22	38.18	41.23	44.18	50.93	55.87
100 Back	1:17.75	1:12.53	1:17.53	1:19.35	1:19.48	1:19.56	1:17.76	1:21.64	1:24.89	1:31.15	1:38.31	1:55.11	2:14.55
200 Back	3:07.12	2:50.43	3:01.10	3:01.83	2:56.93	2:57.74	2:51.14	3:01.13	3:08.08	3:19.38	3:42.73	4:19.92	5:08.10
50 Breast	37.11	35.07	36.56	37.16	37.90	37.68	39.17	39.04	40.92	43.80	48.22	53.48	58.49
100 Breast	1:23.09	1:18.56	1:19.83	1:24.69	1:25.79	1:23.34	1:26.83	1:28.42	1:32.81	1:39.77	1:50.89	2:05.98	2:18.66
200 Breast	3:18.62	3:09.14	3:07.73	3:15.61	3:13.69	3:14.36	3:15.78	3:20.08	3:33.35	3:48.15	4:11.78	4:40.37	5:15.16
50 Fly	31.07	30.00	30.79	31.45	31.90	32.30	32.19	33.60	33.77	35.88	38.44	50.01	1:01.98
100 Fly	1:11.32	1:06.85	1:11.22	1:11.92	1:13.47	1:15.54	1:13.20	1:19.03	1:20.78	1:27.47	1:47.00	2:22.29	3:00.88
200 Fly	2:58.10	2:48.13	3:20.08	2:51.13	3:10.63	3:06.96	2:58.48	3:10.16	3:17.00	3:41.82	4:40.79	5:53.30	NO TIME
200 IM	2:43.32	2:41.92	2:47.36	2:52.53	2:51.43	2:51.00	2:50.50	2:58.73	3:03.70	3:20.25	3:38.78	4:27.04	5:16.18
400 IM	6:50.10	6:09.56	6:45.12	6:25.18	6:29.33	6:28.41	6:23.00	6:48.09	6:43.41	7:31.63	8:29.57	10:49.68	12:50.51

**Formula: Three year average of Top Ten 5th place time + conversion factor (1.15)**