

**USMS National Qualifying Times: 2022 USMS Summer Nationals
(LCM) (Note: NO TIME for all events in the 85+ age groups). See FAQs.**

WOMEN

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	34.33	33.69	33.58	34.75	34.88	35.47	35.56	36.19	37.42	40.19	43.12	53.19	58.94
100 Free	1:16.67	1:14.57	1:13.89	1:17.53	1:17.29	1:19.52	1:17.99	1:19.86	1:23.81	1:31.20	1:41.23	2:03.27	2:21.66
200 Free	2:54.50	2:46.33	2:47.06	2:50.87	2:49.22	2:57.42	2:53.67	2:56.97	3:06.05	3:23.63	3:46.02	4:30.59	5:12.44
400 Free	5:53.48	5:46.68	5:37.12	5:50.55	5:43.21	6:05.86	5:56.07	6:03.45	6:21.49	6:55.70	7:46.44	9:11.05	11:32.43
800 Free	12:39.72	12:17.88	11:47.87	12:18.83	12:06.56	12:25.35	12:11.25	12:35.06	13:17.67	14:16.62	16:10.45	19:44.65	23:11.51
1500 Free	27:30.90	24:04.16	24:09.30	24:21.62	23:54.95	25:20.87	23:28.18	24:50.30	25:40.36	27:33.63	33:45.41	37:27.19	44:25.59
50 Back	40.59	39.81	40.35	41.92	41.62	41.70	41.73	43.34	44.38	48.66	55.09	1:05.33	1:14.15
100 Back	1:32.98	1:29.50	1:27.51	1:35.10	1:31.89	1:33.31	1:31.91	1:36.24	1:40.96	1:45.87	2:02.76	2:23.80	2:49.72
200 Back	3:16.19	3:11.30	3:11.44	3:25.42	3:22.84	3:23.45	3:17.49	3:30.66	3:39.81	3:58.60	4:30.34	5:12.40	6:19.11
50 Breast	46.77	43.69	43.83	45.63	46.58	45.85	47.39	48.22	50.72	54.15	59.39	1:11.96	1:21.76
100 Breast	1:45.47	1:35.02	1:36.15	1:41.79	1:41.98	1:40.56	1:45.62	1:48.87	1:52.03	2:03.48	2:12.98	2:55.02	3:07.68
200 Breast	4:10.92	3:35.14	3:39.66	3:44.27	3:41.32	3:41.70	3:49.69	3:57.56	4:08.69	4:37.62	5:14.77	6:00.77	6:12.26
50 Fly	37.55	35.82	36.70	37.09	37.80	38.85	38.76	39.62	41.56	44.23	54.31	1:14.46	NO TIME
100 Fly	1:27.73	1:22.00	1:24.66	1:26.62	1:28.91	1:28.61	1:31.05	1:36.59	1:45.21	1:57.83	2:25.22	2:55.66	NO TIME
200 Fly	NO TIME	3:45.98	3:23.24	5:03.09	4:27.83	3:44.53	3:46.66	3:48.94	4:18.88	4:47.38	6:16.75	8:19.73	NO TIME
200 IM	3:12.95	3:05.89	3:10.49	3:14.77	3:16.92	3:24.15	3:21.08	3:29.64	3:38.73	4:09.36	4:47.39	6:02.49	NO TIME
400 IM	7:23.93	6:44.93	6:39.32	7:09.48	7:07.64	7:12.19	6:58.83	7:23.75	8:01.45	8:53.38	10:30.96	11:20.73	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	29.48	28.93	29.57	29.58	30.41	30.54	30.96	31.97	32.21	33.59	35.98	39.27	43.91
100 Free	1:05.82	1:03.49	1:05.28	1:06.06	1:08.31	1:09.43	1:08.82	1:10.39	1:11.95	1:16.42	1:21.08	1:31.06	1:48.89
200 Free	2:36.25	2:27.09	2:29.30	2:31.29	2:33.99	2:35.44	2:33.40	2:40.66	2:44.31	2:54.96	3:04.75	3:33.02	4:18.69
400 Free	5:40.53	5:11.24	5:26.20	5:23.64	5:22.25	5:21.24	5:19.33	5:38.25	5:41.69	6:03.33	6:29.13	7:34.22	8:59.83
800 Free	12:55.49	11:07.39	12:01.74	11:31.94	11:39.59	11:25.86	11:19.09	12:04.09	12:05.72	12:50.33	13:40.37	16:57.22	19:41.47
1500 Free	31:18.34	22:29.94	23:38.32	22:01.01	22:33.27	22:49.57	22:07.81	23:01.52	23:33.78	24:53.81	27:57.40	33:46.17	41:55.89
50 Back	36.13	34.48	36.69	35.85	37.04	37.50	36.99	38.35	39.49	42.04	44.68	51.96	57.49
100 Back	1:19.50	1:15.76	1:20.29	1:21.32	1:21.87	1:21.62	1:20.21	1:24.06	1:27.49	1:32.68	1:38.90	1:55.63	2:19.26
200 Back	3:12.60	2:56.83	3:04.53	3:08.84	3:03.62	3:02.49	2:56.16	3:05.87	3:10.94	3:25.66	3:39.74	4:29.14	5:23.64
50 Breast	38.23	35.99	37.58	38.09	39.67	38.29	40.20	40.26	41.57	44.76	48.16	53.76	1:00.12
100 Breast	1:25.84	1:21.94	1:22.18	1:27.01	1:30.01	1:25.91	1:29.82	1:31.75	1:35.00	1:42.45	1:52.86	2:09.66	2:24.20
200 Breast	3:24.59	3:12.52	3:13.63	3:21.22	3:22.87	3:21.50	3:23.19	3:29.34	3:37.10	3:56.65	4:11.30	4:53.06	5:29.87
50 Fly	31.89	30.98	31.50	31.85	32.73	33.16	32.99	34.26	35.03	36.85	39.49	47.48	1:06.57
100 Fly	1:13.35	1:09.58	1:13.03	1:13.23	1:14.98	1:17.07	1:15.64	1:20.14	1:23.21	1:30.96	1:42.03	2:18.26	3:08.90
200 Fly	3:19.81	2:48.64	3:18.25	3:06.36	3:15.19	3:14.06	3:05.89	3:20.48	3:17.98	3:44.68	4:33.01	6:10.46	NO TIME
200 IM	2:51.96	2:45.42	2:52.83	2:55.76	2:56.83	2:56.10	2:54.75	3:05.88	3:08.34	3:27.03	3:43.44	4:30.56	5:51.96
400 IM	6:45.02	6:08.59	7:00.51	6:23.79	6:28.28	6:30.18	6:19.23	6:49.24	6:35.88	7:32.53	8:03.59	10:57.64	NO TIME

Formula: 2020 50, 100, 200 NQTs + 3%. Original 400s+