
TUSS STANDARDS USS AAAA Long Course Meters

Women 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	31.39	32.79	34.19	35.59	39.89	44.09
100 Free	1:09.69	1:13.29	1:16.99	1:20.59	1:31.49	1:42.39
200 Free	2:31.59	2:39.79	2:48.09	2:56.29	3:20.99	3:45.79
400 Free	5:19.79	5:34.99	5:50.19	6:05.39	6:51.09	7:36.79
50 Back	36.89	38.89	40.89	42.89	48.89	54.89
100 Back	1:19.49	1:23.89	1:28.29	1:32.69	1:45.99	1:59.19
50 Breast	40.89	43.09	45.29	47.49	53.99	1:00.49
100 Breast	1:31.19	1:36.19	1:41.29	1:46.29	2:01.49	2:16.69
50 Fly	34.59	36.69	38.89	40.99	47.29	53.59
100 Fly	1:18.89	1:24.59	1:30.29	1:35.99	1:52.99	2:09.99
200 IM	2:50.89	2:59.59	3:08.29	3:17.09	3:43.19	4:09.39

Women 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	29.19	30.49	31.79	33.19	35.79	38.49
100 Free	1:03.39	1:06.39	1:09.39	1:12.49	1:18.49	1:24.49
200 Free	2:17.69	2:24.19	2:30.79	2:37.29	2:50.39	3:03.49
400 Free	4:47.99	5:01.69	5:15.39	5:29.09	5:56.49	6:23.89
800 Free	10:05.09	10:33.99	11:02.79	11:31.59	12:29.19	13:26.79
1500 Free	19:19.39	20:14.59	21:09.79	22:04.99	23:55.39	25:45.79
50 Back	33.29	34.79	36.39	37.99	41.19	44.29
100 Back	1:11.59	1:15.49	1:19.39	1:23.29	1:31.09	1:38.89
200 Back	2:33.59	2:40.89	2:48.19	2:55.59	3:10.19	3:24.79
50 Breast	36.69	38.49	40.19	41.99	45.49	48.99
100 Breast	1:21.19	1:25.29	1:29.29	1:33.39	1:41.39	1:49.49
200 Breast	2:54.49	3:02.79	3:11.19	3:19.49	3:36.09	3:52.69
50 Fly	30.99	32.49	33.89	35.39	38.29	41.29
100 Fly	1:09.29	1:13.19	1:16.99	1:20.79	1:28.49	1:36.19
200 Fly	2:33.69	2:40.99	2:48.29	2:55.59	3:10.19	3:24.89
200 IM	2:34.69	2:42.09	2:49.39	2:56.79	3:11.49	3:26.29
400 IM	5:29.79	5:45.49	6:01.19	6:16.89	6:48.29	7:19.69

Women 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	27.99	29.29	30.69	31.99	34.59	37.29
100 Free	1:00.89	1:03.79	1:06.69	1:09.59	1:15.39	1:21.19
200 Free	2:11.39	2:17.59	2:23.89	2:30.09	2:42.59	2:55.09
400 Free	4:35.39	4:48.49	5:01.59	5:14.69	5:40.89	6:07.19
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	1:07.49	1:10.69	1:13.89	1:17.09	1:23.59	1:29.99
200 Back	2:24.89	2:31.79	2:38.69	2:45.59	2:59.39	3:13.19
100 Breast	1:16.69	1:20.39	1:23.99	1:27.69	1:34.99	1:42.29
200 Breast	2:46.09	2:53.99	3:01.89	3:09.79	3:25.59	3:41.39
100 Fly	1:05.49	1:08.59	1:11.69	1:14.79	1:21.09	1:27.29
200 Fly	2:24.99	2:31.89	2:38.79	2:45.69	2:59.49	3:13.29
200 IM	2:28.09	2:35.19	2:42.19	2:49.19	3:03.39	3:17.39
400 IM	5:13.09	5:27.99	5:42.89	5:57.79	6:27.59	6:57.39

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Women 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	27.29	28.59	29.89	31.19	33.79	36.39
100 Free	59.49	1:02.29	1:05.09	1:07.99	1:13.59	1:19.29
200 Free	2:08.19	2:14.29	2:20.39	2:26.49	2:38.69	2:50.89
400 Free	4:28.89	4:41.69	4:54.49	5:07.29	5:32.89	5:58.49
800 Free	9:15.99	9:42.49	10:08.99	10:35.39	11:28.39	12:21.29
1500 Free	17:47.89	18:38.79	19:29.59	20:20.49	22:02.19	23:43.89
100 Back	1:06.19	1:09.39	1:12.49	1:15.69	1:21.99	1:28.29
200 Back	2:21.79	2:28.59	2:35.29	2:42.09	2:55.59	3:09.09
100 Breast	1:14.69	1:18.19	1:21.79	1:25.39	1:32.49	1:39.59
200 Breast	2:42.19	2:49.89	2:57.69	3:05.39	3:20.79	3:36.29
100 Fly	1:04.19	1:07.29	1:10.29	1:13.39	1:19.49	1:25.59
200 Fly	2:21.19	2:27.89	2:34.59	2:41.39	2:54.79	3:08.19
200 IM	2:25.09	2:32.09	2:38.99	2:45.89	2:59.69	3:13.49
400 IM	5:05.99	5:20.49	5:35.09	5:49.69	6:18.79	6:47.89

Women 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	27.09	28.39	29.69	30.99	33.59	36.19
100 Free	58.99	1:01.79	1:04.59	1:07.39	1:12.99	1:18.59
200 Free	2:07.19	2:13.19	2:19.29	2:25.39	2:37.49	2:49.59
400 Free	4:28.89	4:41.69	4:54.49	5:07.29	5:32.89	5:58.40
800 Free	9:13.59	9:39.99	10:06.29	10:32.69	11:25.39	12:18.09
1500 Free	17:43.89	18:34.49	19:25.19	20:15.89	21:57.19	23:38.49
100 Back	1:05.69	1:08.79	1:11.89	1:14.99	1:21.29	1:27.49
200 Back	2:21.09	2:27.79	2:34.49	2:41.19	2:54.59	3:08.09
100 Breast	1:14.69	1:18.19	1:21.79	1:25.29	1:32.49	1:39.59
200 Breast	2:39.89	2:47.49	2:55.09	3:02.69	3:17.89	3:33.09
100 Fly	1:03.49	1:06.49	1:09.49	1:12.49	1:18.59	1:24.59
200 Fly	2:20.89	2:27.59	2:34.29	2:41.09	2:54.49	3:07.89
200 IM	2:22.99	2:29.79	2:36.59	2:43.39	2:56.99	3:10.69
400 IM	5:03.89	5:18.39	5:32.89	5:47.29	6:16.29	6:45.19

Men 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	31.39	32.79	34.09	35.49	39.49	43.59
100 Free	1:09.49	1:12.99	1:16.49	1:19.89	1:30.29	1:40.69
200 Free	2:29.49	2:36.59	2:43.69	2:50.79	3:12.09	3:33.49
400 Free	5:14.69	5:29.69	5:44.59	5:59.59	6:44.59	7:29.49
50 Back	36.89	38.89	40.99	42.99	49.19	55.29
100 Back	1:19.29	1:23.39	1:27.39	1:31.49	1:43.59	1:55.69
50 Breast	40.59	42.69	44.89	46.99	53.29	59.69
100 Breast	1:30.59	1:35.09	1:39.59	1:44.19	1:57.69	2:11.29
50 Fly	34.39	36.29	38.19	40.19	45.99	51.79
100 Fly	1:18.49	1:23.99	1:29.49	1:34.99	1:51.39	2:07.79
200 IM	2:49.89	2:58.39	3:06.89	3:15.39	3:40.79	4:06.19

Men 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	28.09	29.39	30.69	32.09	34.69	37.39

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100 Free	1:01.09	1:03.99	1:06.99	1:09.89	1:15.69	1:21.49
200 Free	2:13.49	2:19.79	2:26.19	2:32.49	2:45.19	2:57.89
400 Free	4:41.59	4:55.09	5:08.49	5:21.89	5:48.69	6:15.49
800 Free	9:53.79	10:22.09	10:50.39	11:18.59	12:15.19	13:11.69
1500 Free	18:55.19	19:49.19	20:43.29	21:37.39	23:25.49	25:13.59
50 Back	32.39	34.09	35.79	37.49	40.89	44.19
100 Back	1:10.09	1:13.89	1:17.69	1:21.49	1:29.09	1:36.79
200 Back	2:30.59	2:37.79	2:44.99	2:52.19	3:06.49	3:20.79
50 Breast	35.69	37.69	39.59	41.59	45.39	49.29
100 Breast	1:18.19	1:22.19	1:26.29	1:30.39	1:38.49	1:46.69
200 Breast	2:48.49	2:56.59	3:04.59	3:12.59	3:28.69	3:44.69
50 Fly	30.29	31.99	33.69	35.29	38.69	41.99
100 Fly	1:06.99	1:10.89	1:14.69	1:18.59	1:26.29	1:33.99
200 Fly	2:31.59	2:38.79	2:45.99	2:53.19	3:07.69	3:22.09
200 IM	2:30.79	2:38.49	2:46.19	2:53.89	3:09.29	3:24.69
400 IM	5:22.59	5:37.99	5:53.39	6:08.69	6:39.39	7:10.19

Men 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	25.79	27.09	28.29	29.49	31.99	34.39
100 Free	56.59	59.29	1:01.99	1:04.59	1:09.99	1:15.39
200 Free	2:03.09	2:08.89	2:14.79	2:20.59	2:32.29	2:44.09
400 Free	4:21.79	4:34.29	4:46.69	4:59.19	5:24.09	5:49.09
800 Free	9:04.39	9:30.29	9:56.29	10:22.19	11:13.99	12:05.89
1500 Free	17:19.89	18:09.39	18:58.89	19:48.39	21:27.39	23:06.49
100 Back	1:03.29	1:06.29	1:09.29	1:12.29	1:18.29	1:24.39
200 Back	2:16.99	2:23.59	2:30.09	2:36.59	2:49.69	3:02.69
100 Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
200 Breast	2:34.69	2:42.09	2:49.49	2:56.79	3:11.59	3:26.29
100 Fly	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29
200 Fly	2:16.69	2:23.19	2:29.69	2:36.19	2:49.19	3:02.19
200 IM	2:18.99	2:25.59	2:32.19	2:38.79	2:51.99	3:05.29
400 IM	4:54.59	5:08.59	5:22.59	5:36.59	6:04.69	6:32.69

Men 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	24.39	25.59	26.79	27.89	30.19	32.59
100 Free	54.19	56.79	59.39	1:01.89	1:07.09	1:12.29
200 Free	1:57.99	2:03.69	2:09.29	2:14.89	2:26.09	2:37.39
400 Free	4:10.29	4:22.19	4:34.19	4:46.09	5:09.89	5:33.69
800 Free	8:45.39	9:10.39	9:35.39	10:00.39	10:50.39	11:40.49
1500 Free	16:36.69	17:24.19	18:11.69	18:59.09	20:33.99	22:08.99
100 Back	1:00.29	1:03.19	1:06.09	1:08.89	1:14.69	1:20.39
200 Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79
100 Breast	1:07.39	1:10.59	1:13.79	1:16.99	1:23.49	1:29.89
200 Breast	2:27.39	2:34.39	2:41.39	2:48.39	3:02.49	3:16.49
100 Fly	57.99	1:00.79	1:03.59	1:06.29	1:11.79	1:17.39
200 Fly	2:09.49	2:15.69	2:21.89	2:27.99	2:40.39	2:52.69
200 IM	2:12.49	2:18.79	2:25.09	2:31.39	2:43.99	2:56.59
400 IM	4:40.59	4:53.89	5:07.29	5:20.59	5:47.29	6:14.09

TUSS STANDARDS USS AAAA Long Course Meters**Men 17-18**

	AAAA	AAA	AA	A	BB	B
50 Free	24.39	25.49	26.69	27.79	30.09	32.49
100 Free	53.29	55.89	58.39	1:00.99	1:05.99	1:11.09
200 Free	1:56.99	2:02.59	2:08.19	2:13.69	2:24.89	2:35.99
400 Free	4:08.89	4:20.79	4:32.59	4:44.49	5:08.19	5:31.89
800 Free	8:34.59	8:59.09	9:23.59	9:48.09	10:37.09	11:26.09
1500 Free	16:27.19	17:14.19	18:01.19	18:48.19	20:22.19	21:56.19
100 Back	59.29	1:02.09	1:04.89	1:07.69	1:13.39	1:18.99
200 Back	2:08.29	2:14.39	2:20.49	2:26.59	2:38.79	2:50.99
100 Breast	1:06.39	1:09.59	1:12.69	1:15.89	1:22.19	1:28.49
200 Breast	2:25.09	2:31.99	2:38.89	2:45.79	2:59.59	3:13.39
100 Fly	57.09	59.79	1:02.49	1:05.29	1:10.69	1:16.09
200 Fly	2:07.19	2:31.29	2:19.29	2:25.39	2:37.49	2:49.59
200 IM	2:10.59	2:16.79	2:22.99	2:29.19	2:41.69	2:54.09
400 IM	4:37.69	4:50.89	5:04.09	5:17.29	5:43.79	6:10.19
