

TUSS STANDARDS USS AAAA Yards

Women 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	27.69	28.89	30.19	31.39	35.19	38.89
100 Free	1:00.99	1:04.19	1:07.29	1:10.49	1:19.99	1:29.59
200 Free	2:13.69	2:20.99	2:28.29	2:35.59	2:57.39	3:19.19
500 Free	5:54.29	6:11.09	6:27.99	6:44.89	7:35.49	8:26.09
50 Back	31.59	33.29	34.99	36.69	41.89	46.99
100 Back	1:07.99	1:11.79	1:15.59	1:19.29	1:30.69	1:41.99
50 Breast	35.99	37.99	39.89	41.79	47.49	53.29
100 Breast	1:18.79	1:23.09	1:27.49	1:31.89	1:44.99	1:58.09
50 Fly	30.59	32.49	34.39	36.19	41.79	47.39
100 Fly	1:09.19	1:14.19	1:19.19	1:24.09	1:39.09	1:53.99
100 IM	1:09.79	1:13.49	1:17.09	1:20.79	1:31.69	1:42.59
200 IM	2:29.79	2:37.39	2:45.09	2:52.69	3:15.59	3:38.49

Women 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	25.59	26.79	27.89	29.09	31.49	33.79
100 Free	55.19	57.79	1:00.49	1:03.09	1:08.29	1:13.59
200 Free	2:00.89	2:06.69	2:12.39	2:18.19	2:29.69	2:41.19
500 Free	5:21.79	5:37.09	5:52.49	6:07.79	6:38.39	7:09.09
1000 Free	11:06.09	11:37.79	12:09.49	12:41.19	13:44.69	14:48.09
1650 Free	18:40.49	19:33.89	20:27.19	21:20.59	23:07.29	24:53.99
50 Back	28.79	30.09	31.49	32.89	35.59	38.29
100 Back	1:01.69	1:05.09	1:08.39	1:11.79	1:18.49	1:25.19
200 Back	2:12.49	2:18.79	2:25.09	2:31.39	2:43.99	2:56.59
50 Breast	32.29	33.89	35.39	36.89	39.99	43.09
100 Breast	1:09.99	1:13.49	1:16.99	1:20.39	1:27.39	1:34.39
200 Breast	2:32.39	2:39.59	2:46.89	2:54.09	3:08.59	3:23.09
50 Fly	27.59	28.89	30.19	31.49	34.09	36.69
100 Fly	1:01.29	1:04.69	1:08.09	1:11.49	1:18.29	1:25.09
200 Fly	2:15.69	2:22.09	2:28.59	2:34.99	2:47.89	3:00.89
100 IM	1:03.29	1:06.29	1:09.29	1:12.29	1:18.39	1:24.39
200 IM	2:15.59	2:21.99	2:28.49	2:34.89	2:47.79	3:00.69
400 IM	4:48.19	5:01.89	5:15.59	5:29.29	5:56.79	6:24.19

Women 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	24.49	25.69	26.79	27.99	30.29	32.69
100 Free	53.09	55.69	58.19	1:00.69	1:05.79	1:10.79
200 Free	1:54.89	2:00.39	2:05.79	2:11.29	2:22.19	2:33.19
500 Free	5:06.99	5:21.69	5:36.29	5:50.89	6:20.09	6:49.39
1000 Free	10:31.49	11:01.59	11:31.59	12:01.69	13:01.79	14:01.99
1650 Free	17:32.59	18:22.79	19:12.89	20:02.99	21:43.19	23:23.49
100 Back	57.89	1:00.59	1:03.39	1:06.19	1:11.69	1:17.19
200 Back	2:05.49	2:11.49	2:17.39	2:23.39	2:35.39	2:47.29
100 Breast	1:06.49	1:09.69	1:12.89	1:15.99	1:22.39	1:28.69
200 Breast	2:23.99	2:30.89	2:37.69	2:44.59	2:58.29	3:11.99
100 Fly	57.69	1:00.49	1:03.19	1:05.99	1:11.39	1:16.89
200 Fly	2:07.59	2:13.59	2:19.69	2:25.79	2:37.89	2:50.09
200 IM	2:08.59	2:14.69	2:20.89	2:26.99	2:39.19	2:51.49

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400 IM 4:34.39 4:47.39 5:00.49 5:13.59 5:39.69 6:05.79

Women 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	24.09	25.19	26.39	27.49	29.79	32.09
100 Free	52.19	54.69	57.19	59.59	1:04.59	1:09.59
200 Free	1:52.39	1:57.79	2:03.09	2:08.49	2:19.19	2:29.89
500 Free	5:00.49	5:14.79	5:29.09	5:43.49	6:12.09	6:40.69
1000 Free	10:21.89	10:51.59	11:21.19	11:50.79	12:49.99	13:49.19
1650 Free	17:18.89	18:08.39	18:57.79	19:47.29	21:26.19	23:05.19
100 Back	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.39
200 Back	2:03.09	2:08.99	2:14.79	2:20.69	2:32.39	2:44.09
100 Breast	1:05.19	1:08.29	1:11.39	1:14.49	1:20.69	1:26.89
200 Breast	2:21.09	2:27.89	2:34.59	2:41.29	2:54.69	3:08.19
100 Fly	56.49	59.19	1:01.89	1:04.59	1:09.99	1:15.39
200 Fly	2:05.09	2:10.99	2:16.99	2:22.99	2:34.89	2:46.79
200 IM	2:06.09	2:12.09	2:18.19	2:24.19	2:36.19	2:48.19
400 IM	4:28.19	4:40.99	4:53.69	5:06.49	5:31.99	5:57.59

Women 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	23.59	24.69	25.89	26.99	29.19	31.49
100 Free	51.19	53.59	55.99	58.49	1:03.29	1:08.19
200 Free	1:51.49	1:56.79	2:02.09	2:07.39	2:17.99	2:28.59
500 Free	4:59.39	5:13.59	5:27.89	5:42.09	6:10.59	6:39.09
1000 Free	10:19.69	10:49.19	11:18.69	11:48.19	12:47.19	13:46.19
1650 Free	17:13.79	18:02.99	18:52.19	19:41.39	21:19.89	22:58.29
100 Back	55.89	58.49	1:01.19	1:03.79	1:09.09	1:14.49
200 Back	2:00.89	2:06.69	2:12.49	2:18.19	2:29.69	2:41.19
100 Breast	1:04.39	1:07.49	1:10.59	1:13.59	1:19.79	1:25.89
200 Breast	2:18.69	2:25.29	2:31.89	2:38.49	2:51.79	3:04.99
100 Fly	55.59	58.29	1:00.89	1:03.59	1:08.89	1:14.19
200 Fly	2:03.29	2:09.19	2:14.99	2:20.89	2:32.59	2:44.39
200 IM	2:04.29	2:10.19	2:16.09	2:21.99	2:33.79	2:45.69
400 IM	4:24.69	4:37.29	4:49.89	5:02.49	5:27.69	5:52.89

Men 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	27.39	28.59	29.79	30.99	34.49	38.09
100 Free	1:00.59	1:03.69	1:06.69	1:09.69	1:18.79	1:27.79
200 Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
500 Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
50 Back	31.79	33.59	35.29	37.09	42.39	47.69
100 Back	1:08.69	1:12.19	1:15.69	1:19.19	1:29.69	1:40.19
50 Breast	35.49	37.29	39.19	40.99	46.59	52.09
100 Breast	1:18.39	1:22.39	1:26.29	1:30.19	1:41.89	1:53.59
50 Fly	30.29	31.99	33.69	35.39	40.49	45.69
100 Fly	1:09.09	1:13.89	1:18.69	1:23.49	1:37.99	1:52.39
100 IM	1:09.59	1:12.89	1:16.19	1:19.49	1:29.39	1:39.39
200 IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49

TUSS STANDARDS USS AAAA Yards

Men 11-12						
	AAAA	AAA	AA	A	BB	B
50 Free	24.49	25.59	26.79	27.89	30.29	32.59
100 Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
200 Free	1:56.79	2:02.39	2:07.89	2:13.49	2:24.59	2:35.69
500 Free	5:12.99	5:27.89	5:42.79	5:57.69	6:27.49	6:57.29
1000 Free	10:54.39	11:25.59	11:56.79	12:27.89	13:30.19	14:32.59
1650 Free	18:16.39	19:08.59	20:00.79	20:52.99	23:37.49	24:21.89
50 Back	27.99	29.39	30.89	32.29	35.29	38.19
100 Back	59.59	1:02.79	1:06.09	1:09.29	1:15.79	1:22.19
200 Back	2:09.49	2:15.69	2:21.79	2:27.99	2:40.29	2:52.69
50 Breast	31.09	32.79	34.49	36.19	39.59	42.89
100 Breast	1:07.79	1:11.29	1:14.89	1:18.39	1:25.49	1:32.49
200 Breast	2:26.19	2:33.19	2:40.09	2:47.09	3:00.99	3:14.89
50 Fly	26.79	28.19	29.69	31.19	34.19	37.09
100 Fly	59.39	1:02.79	1:06.19	1:09.59	1:16.49	1:23.29
200 Fly	2:12.49	2:18.79	2:25.09	2:31.39	2:43.99	2:56.59
100 IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
200 IM	2:10.89	2:17.49	2:24.19	2:30.89	2:44.19	2:57.59
400 IM	4:39.79	4:53.19	5:06.49	5:19.79	5:46.39	6:13.09

Men 13-14						
	AAAA	AAA	AA	A	BB	B
50 Free	22.49	23.59	24.69	25.69	27.89	29.99
100 Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59
200 Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
500 Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59
1000 Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
1650 Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
100 Back	54.09	56.59	59.19	1:01.79	1:06.89	1:12.09
200 Back	1:57.79	2:03.49	2:09.09	2:14.69	2:25.89	2:37.09
100 Breast	1:01.09	1:03.99	1:06.89	1:09.79	1:15.59	1:21.39
200 Breast	2:13.79	2:20.09	2:26.49	2:32.89	2:45.59	2:58.39
100 Fly	53.59	56.09	58.69	1:01.29	1:06.39	1:11.49
200 Fly	1:58.79	2:04.39	2:10.09	2:15.69	2:26.99	2:38.29
200 IM	1:59.99	2:05.69	2:11.39	2:17.19	2:28.59	2:39.99
400 IM	4:16.39	4:28.59	4:40.79	4:52.99	5:17.39	5:41.79

Men 15-16						
	AAAA	AAA	AA	A	BB	B
50 Free	21.69	22.69	23.69	24.79	26.79	28.89
100 Free	47.19	49.39	51.69	53.89	58.39	1:02.89
200 Free	1:42.99	1:47.89	1:52.79	1:57.69	2:07.49	2:17.29
500 Free	4:39.49	4:52.79	5:06.09	5:19.39	5:45.99	6:12.59
1000 Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.79	12:52.99
1650 Free	16:11.59	16:57.79	17:44.09	18:30.39	20:02.89	21:35.39
100 Back	51.29	53.79	56.19	58.59	1:03.49	1:08.39
200 Back	1:52.39	1:57.79	2:03.09	2:08.49	2:19.19	2:29.89
100 Breast	58.19	1:00.99	1:03.79	1:06.49	1:12.09	1:17.59
200 Breast	2:06.49	2:12.59	2:18.59	2:24.59	2:36.59	2:48.69
100 Fly	51.19	53.69	56.09	58.59	1:03.39	1:08.29
200 Fly	1:53.59	1:58.99	2:04.39	2:09.79	2:20.59	2:31.39

TUSS STANDARDS USS AAAA Yards

200 IM	1:54.59	1:59.99	2:05.49	2:10.89	2:21.79	2:32.69
400 IM	4:06.79	4:18.59	4:30.29	4:42.09	5:05.59	5:29.09

Men 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	20.99	21.99	22.99	23.99	25.99	27.99
100 Free	46.09	48.29	50.39	52.59	56.99	1:01.39
200 Free	1:40.99	1:45.79	1:50.59	1:55.39	2:05.09	2:14.69
500 Free	4:34.29	4:47.39	5:00.39	5:13.49	5:39.59	6:05.69
1000 Free	9:35.59	10:02.99	10:30.39	10:57.89	11:52.69	12:47.49
1650 Free	15:54.89	16:40.39	17:25.89	18:11.29	19:42.29	21:13.19
100 Back	49.69	52.09	54.39	56.79	1:01.49	1:06.29
200 Back	1:49.69	1:54.89	2:00.09	2:05.29	2:15.79	2:26.19
100 Breast	56.89	59.59	1:02.39	1:05.09	1:10.49	1:15.89
200 Breast	2:04.19	2:10.09	2:15.99	2:21.89	2:33.79	2:45.59
100 Fly	49.39	51.79	54.09	56.49	1:01.19	1:05.89
200 Fly	1:51.39	1:56.69	2:02.09	2:07.39	2:17.99	2:28.59
200 IM	1:52.59	1:57.99	2:03.29	2:08.69	2:19.39	2:30.09
400 IM	4:00.69	4:12.19	4:23.69	4:35.09	4:57.99	5:20.99