

TUSS2024 STANDARDS USS AAAA Yards

Female 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	28.29	29.59	30.89	32.09	35.99	39.79
100 Free	1:01.79	1:04.99	1:08.29	1:11.49	1:21.09	1:30.79
200 Free	2:16.19	2:23.59	2:30.99	2:38.39	3:00.59	3:22.79
500 Free	6:01.69	6:18.99	6:36.19	6:53.39	7:45.09	8:36.69
50 Back	32.59	34.39	36.19	37.99	43.29	48.59
100 Back	1:10.59	1:14.49	1:18.39	1:22.29	1:33.99	1:45.79
50 Breast	36.89	38.89	40.89	42.79	48.69	54.59
100 Breast	1:20.19	1:24.69	1:29.09	1:33.59	1:46.89	2:00.29
50 Fly	31.29	33.19	35.09	36.99	42.69	48.39
100 Fly	1:10.89	1:15.99	1:20.99	1:26.09	1:41.39	1:56.69
100 IM	1:10.99	1:14.69	1:18.39	1:22.09	1:33.19	1:44.29
200 IM	2:32.19	2:39.99	2:47.69	2:55.49	3:18.79	3:42.09
200 Free Relay	2:01.19	2:06.99	2:12.79	2:18.59	2:35.89	2:53.19
200 Medley Relay	2:16.49	2:22.99	2:29.49	2:35.99	2:55.49	3:14.99

Female 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	25.79	26.99	28.09	29.29	31.69	33.99
100 Free	55.99	58.69	1:01.39	1:03.99	1:09.39	1:14.69
200 Free	2:01.89	2:07.69	2:13.49	2:19.29	2:30.89	2:42.59
500 Free	5:27.69	5:43.29	5:58.89	6:14.49	6:45.69	7:16.89
1000 Free	11:16.99	11:49.29	12:21.49	12:53.79	13:58.19	15:02.69
1650 Free	18:50.59	19:44.39	20:38.19	21:32.09	23:19.69	25:07.39
50 Back	29.09	30.49	31.79	33.19	35.99	38.79
100 Back	1:02.69	1:06.19	1:09.59	1:12.99	1:19.79	1:26.59
200 Back	2:14.59	2:20.99	2:27.49	2:33.89	2:46.69	2:59.49
50 Breast	32.99	34.59	36.19	37.69	40.89	43.99
100 Breast	1:11.49	1:15.09	1:18.59	1:22.19	1:29.29	1:36.49
200 Breast	2:34.29	2:41.69	2:48.99	2:56.29	3:10.99	3:25.69
50 Fly	27.69	28.99	30.29	31.59	34.29	36.89
100 Fly	1:01.79	1:05.19	1:08.59	1:12.09	1:18.89	1:25.79
200 Fly	2:17.59	2:24.09	2:30.59	2:37.19	2:50.29	3:03.39
100 IM	1:03.89	1:06.99	1:09.99	1:13.09	1:19.09	1:25.19
200 IM	2:17.89	2:24.49	2:30.99	2:37.59	2:50.69	3:03.89
400 IM	4:53.79	5:07.79	5:21.79	5:35.79	6:03.69	6:31.69
200 Free Relay	1:48.59	1:53.79	1:58.89	2:04.09	2:14.39	2:24.79
400 Free Relay	3:58.59	4:09.99	4:21.29	4:32.69	4:55.39	5:18.09
200 Medley Relay	2:00.89	2:06.69	2:12.39	2:18.19	2:29.69	2:41.19
400 Medley Relay	4:25.09	4:37.79	4:50.39	5:02.99	5:28.29	5:53.49

Female 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	24.39	25.59	26.69	27.89	30.19	32.49
100 Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
200 Free	1:55.29	2:00.69	2:06.19	2:11.69	2:22.69	2:33.59
500 Free	5:09.19	5:23.89	5:38.59	5:53.39	6:22.79	6:52.19
1000 Free	10:38.29	11:08.69	11:39.09	12:09.49	13:10.29	14:11.09
1650 Free	17:47.19	18:37.99	19:28.79	20:19.59	22:01.19	23:42.89
100 Back	57.69	1:00.49	1:03.19	1:05.89	1:11.39	1:16.89

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200 Back	2:04.79	2:10.69	2:16.69	2:22.59	2:34.49	2:46.39
100 Breast	1:06.49	1:09.69	1:12.89	1:15.99	1:22.29	1:28.69
200 Breast	2:23.29	2:30.09	2:36.89	2:43.79	2:57.39	3:10.99
100 Fly	57.59	1:00.39	1:03.09	1:05.89	1:11.29	1:16.79
200 Fly	2:08.39	2:14.49	2:20.59	2:26.69	2:38.99	2:51.19
200 IM	2:08.79	2:14.99	2:21.09	2:27.19	2:39.49	2:51.79
400 IM	4:34.29	4:47.39	5:00.49	5:13.49	5:39.69	6:05.79
200 Free Relay	1:42.29	1:47.09	1:51.99	1:56.89	2:06.59	2:16.29
400 Free Relay	3:42.99	3:53.59	4:04.19	4:14.79	4:35.99	4:57.29
800 Free Relay	8:06.89	8:30.09	8:53.29	9:16.39	10:02.79	10:49.19
200 Medley Relay	1:52.39	1:57.79	2:03.09	2:08.49	2:19.19	2:29.89
400 Medley Relay	4:05.19	4:16.89	4:28.59	4:40.19	5:03.59	5:26.89

Female 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	23.89	24.99	26.09	27.29	29.49	31.79
100 Free	51.59	53.99	56.49	58.89	1:03.79	1:08.79
200 Free	1:51.79	1:57.09	2:02.39	2:07.69	2:18.39	2:28.99
500 Free	5:00.79	5:15.09	5:29.39	5:43.69	6:12.39	6:40.99
1000 Free	10:24.69	10:54.49	11:24.19	11:53.99	12:53.49	13:52.89
1650 Free	17:26.89	18:16.79	19:06.69	19:56.49	21:36.19	23:15.89
100 Back	56.09	58.69	1:01.39	1:04.09	1:09.39	1:14.69
200 Back	2:01.69	2:07.49	2:13.29	2:19.09	2:30.59	2:42.19
100 Breast	1:04.49	1:07.49	1:10.59	1:13.69	1:19.79	1:25.89
200 Breast	2:19.49	2:26.19	2:32.79	2:39.39	2:52.69	3:05.99
100 Fly	55.79	58.39	1:01.09	1:03.79	1:09.09	1:14.39
200 Fly	2:04.39	2:10.29	2:16.19	2:22.09	2:33.99	2:45.79
200 IM	2:04.59	2:10.59	2:16.49	2:22.39	2:34.29	2:46.19
400 IM	4:26.29	4:38.99	4:51.59	5:04.29	5:29.69	5:54.99
200 Free Relay	1:41.39	1:46.29	1:51.09	1:55.89	2:05.59	2:15.19
400 Free Relay	3:41.19	3:51.69	4:02.29	4:12.79	4:33.79	4:54.89
800 Free Relay	8:05.89	8:28.99	8:52.19	9:15.29	10:01.59	10:47.79
200 Medley Relay	1:51.09	1:56.39	2:01.69	2:06.99	2:17.49	2:28.09
400 Medley Relay	4:02.49	4:13.99	4:25.59	4:37.09	5:00.19	5:23.29

Female 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	23.49	24.69	25.79	26.89	29.09	31.39
100 Free	51.09	53.49	55.89	58.39	1:03.19	1:08.09
200 Free	1:50.39	1:55.69	2:00.89	2:06.19	2:16.69	2:27.19
500 Free	4:57.39	5:11.59	5:25.69	5:39.89	6:08.19	6:36.49
1000 Free	10:19.59	10:49.09	11:18.59	11:48.09	12:47.09	13:46.09
1650 Free	17:05.39	17:54.29	18:43.09	19:31.89	21:09.59	22:47.19
100 Back	54.99	57.69	1:00.29	1:02.89	1:08.09	1:13.39
200 Back	1:59.09	2:04.79	2:10.39	2:16.09	2:27.39	2:38.79
100 Breast	1:03.59	1:06.69	1:09.69	1:12.69	1:18.79	1:24.79
200 Breast	2:18.49	2:25.09	2:31.69	2:38.29	2:51.49	3:04.69
100 Fly	55.19	57.79	1:00.39	1:03.09	1:08.29	1:13.59
200 Fly	2:02.09	2:07.89	2:13.69	2:19.49	2:31.19	2:42.79
200 IM	2:02.69	2:08.49	2:14.39	2:20.19	2:31.89	2:43.59
400 IM	4:22.99	4:35.49	4:47.99	5:00.59	5:25.59	5:50.69
200 Free Relay	1:40.99	1:45.79	1:50.59	1:55.39	2:05.09	2:14.69
400 Free Relay	3:37.19	3:47.49	3:57.79	4:08.19	4:28.79	4:49.49

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800 Free Relay	7:54.29	8:16.79	8:39.39	9:01.99	9:47.19	10:32.29
200 Medley Relay	1:50.19	1:55.39	2:00.69	2:05.89	2:16.39	2:26.89
400 Medley Relay	4:00.19	4:11.69	4:23.09	4:34.49	4:57.39	5:20.29

Male 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	27.49	28.69	29.89	31.09	34.59	38.19
100 Free	1:00.69	1:03.79	1:06.79	1:09.79	1:18.89	1:27.99
200 Free	2:12.69	2:18.99	2:25.29	2:31.59	2:50.59	3:09.49
500 Free	5:52.99	6:09.79	6:26.59	6:43.39	7:33.79	8:24.29
50 Back	32.19	33.99	35.79	37.59	42.89	48.29
100 Back	1:08.99	1:12.49	1:16.09	1:19.59	1:30.09	1:40.69
50 Breast	36.39	38.29	40.19	42.09	47.69	53.39
100 Breast	1:18.79	1:22.69	1:26.59	1:30.59	1:42.29	1:54.09
50 Fly	30.79	32.59	34.29	35.99	41.29	46.49
100 Fly	1:09.79	1:14.59	1:19.49	1:24.39	1:38.99	1:53.49
100 IM	1:09.79	1:13.09	1:16.39	1:19.69	1:29.69	1:39.69
200 IM	2:30.89	2:38.39	2:45.89	2:53.49	3:15.99	3:38.59
200 Free Relay	2:00.19	2:05.89	2:11.59	2:17.29	2:34.49	2:51.69
200 Medley Relay	2:15.39	2:21.79	2:28.29	2:34.69	2:53.99	3:13.39

Male 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	24.59	25.79	26.99	28.09	30.49	32.79
100 Free	53.59	56.19	58.69	1:01.29	1:06.39	1:11.49
200 Free	1:56.99	2:02.59	2:08.19	2:13.69	2:24.89	2:35.99
500 Free	5:14.99	5:29.99	5:44.99	5:59.99	6:29.99	6:59.89
1000 Free	11:02.59	11:34.19	12:05.79	12:37.29	13:40.39	14:43.49
1650 Free	18:20.79	19:13.19	20:05.59	20:58.09	22:42.89	24:27.69
50 Back	28.19	29.69	31.19	32.69	35.59	38.49
100 Back	59.49	1:02.79	1:05.99	1:09.29	1:15.69	1:22.19
200 Back	2:09.69	2:15.89	2:21.99	2:28.19	2:40.49	2:52.89
50 Breast	31.49	33.29	34.99	36.69	40.09	43.49
100 Breast	1:07.79	1:11.39	1:14.89	1:18.39	1:25.49	1:32.59
200 Breast	2:27.29	2:34.39	2:41.39	2:48.39	3:02.39	3:16.39
50 Fly	26.69	28.19	29.69	31.19	34.19	37.09
100 Fly	59.09	1:02.49	1:05.89	1:09.29	1:16.09	1:22.89
200 Fly	2:12.39	2:18.69	2:24.99	2:31.39	2:43.99	2:56.59
100 IM	1:01.09	1:03.99	1:06.99	1:09.99	1:15.89	1:21.89
200 IM	2:12.09	2:18.79	2:25.59	2:32.29	2:45.79	2:59.29
400 IM	4:42.79	4:56.29	5:09.79	5:23.19	5:50.09	6:17.09
200 Free Relay	1:44.39	1:49.29	1:54.29	1:59.29	2:09.19	2:19.09
400 Free Relay	3:50.09	4:00.99	4:11.99	4:22.89	4:44.79	5:06.79
200 Medley Relay	1:55.59	2:01.09	2:06.59	2:12.09	2:23.09	2:34.09
400 Medley Relay	4:14.79	4:26.99	4:39.09	4:51.19	5:15.49	5:39.79

Male 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	22.39	23.49	24.59	25.59	27.69	29.89
100 Free	48.69	51.09	53.39	55.69	1:00.29	1:04.99
200 Free	1:46.89	1:51.99	1:57.09	2:02.19	2:12.29	2:22.49
500 Free	4:49.29	5:03.09	5:16.89	5:30.59	5:58.19	6:25.69

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1000 Free	9:58.49	10:26.99	10:55.49	11:23.99	12:20.99	13:17.99
1650 Free	16:47.19	17:35.19	18:23.09	19:11.09	20:46.99	22:22.89
100 Back	53.49	55.99	58.59	1:01.09	1:06.19	1:11.29
200 Back	1:55.99	2:01.59	2:07.09	2:12.59	2:23.69	2:34.69
100 Breast	1:00.39	1:03.29	1:06.19	1:08.99	1:14.79	1:20.49
200 Breast	2:11.19	2:17.39	2:23.59	2:29.89	2:42.39	2:54.89
100 Fly	52.89	55.39	57.89	1:00.39	1:05.49	1:10.49
200 Fly	1:57.59	2:03.19	2:08.79	2:14.39	2:25.59	2:36.79
200 IM	1:58.49	2:04.09	2:09.79	2:15.39	2:26.69	2:37.99
400 IM	4:13.29	4:25.39	4:37.39	4:49.49	5:13.59	5:37.69
200 Free Relay	1:33.69	1:38.19	1:42.59	1:47.09	1:55.99	2:04.89
400 Free Relay	3:24.89	3:34.59	3:44.39	3:54.19	4:13.69	4:33.19
800 Free Relay	7:33.29	7:54.89	8:16.39	8:37.99	9:21.19	10:04.39
200 Medley Relay	1:43.69	1:48.59	1:53.59	1:58.49	2:08.39	2:18.19
400 Medley Relay	3:44.49	3:55.19	4:05.89	4:16.49	4:37.89	4:59.29

Male 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	21.19	22.19	23.19	24.19	26.29	28.29
100 Free	46.49	48.79	50.99	53.19	57.59	1:01.99
200 Free	1:41.99	1:46.89	1:51.79	1:56.59	2:06.29	2:15.99
500 Free	4:36.29	4:49.49	5:02.69	5:15.79	5:42.09	6:08.39
1000 Free	9:38.89	10:06.39	10:33.99	11:01.59	11:56.69	12:51.79
1650 Free	16:04.99	16:50.89	17:36.89	18:22.79	19:54.69	21:26.59
100 Back	50.69	53.09	55.49	57.89	1:02.69	1:07.49
200 Back	1:50.69	1:55.99	2:01.29	2:06.59	2:17.09	2:27.59
100 Breast	57.69	1:00.39	1:03.19	1:05.89	1:11.39	1:16.89
200 Breast	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19	2:47.09
100 Fly	50.39	52.79	55.19	57.59	1:02.39	1:07.19
200 Fly	1:52.69	1:58.09	2:03.39	2:08.79	2:19.49	2:30.19
200 IM	1:53.19	1:58.59	2:03.99	2:09.39	2:20.19	2:30.89
400 IM	4:01.59	4:13.19	4:24.69	4:36.19	4:59.19	5:22.19
200 Free Relay	1:31.39	1:35.69	1:40.09	1:44.39	1:53.09	2:01.79
400 Free Relay	3:21.59	3:31.19	3:40.79	3:50.39	4:09.59	4:28.79
800 Free Relay	7:27.79	7:49.09	8:10.39	8:31.79	9:14.39	9:57.09
200 Medley Relay	1:40.69	1:45.49	1:50.19	1:54.99	2:04.59	2:14.19
400 Medley Relay	3:40.69	3:51.19	4:01.69	4:12.19	4:33.19	4:54.19

Male 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	20.69	21.69	22.59	23.59	25.59	27.59
100 Free	45.29	47.39	49.59	51.69	55.99	1:00.29
200 Free	1:40.19	1:44.99	1:49.69	1:54.49	2:03.99	2:13.59
500 Free	4:32.39	4:45.39	4:58.39	5:11.39	5:37.29	6:03.19
1000 Free	9:30.19	9:57.29	10:24.49	10:51.59	11:45.89	12:40.19
1650 Free	15:51.79	16:37.09	17:22.39	18:07.69	19:38.39	21:08.99
100 Back	48.89	51.29	53.59	55.89	1:00.59	1:05.19
200 Back	1:47.89	1:53.09	1:58.19	2:03.29	2:13.59	2:23.89
100 Breast	55.99	58.69	1:01.39	1:03.99	1:09.39	1:14.69
200 Breast	2:01.69	2:07.49	2:13.29	2:19.09	2:30.69	2:42.29
100 Fly	49.09	51.39	53.69	56.09	1:00.79	1:05.39
200 Fly	1:49.79	1:55.09	2:00.29	2:05.49	2:15.99	2:26.39
200 IM	1:50.59	1:55.89	2:01.09	2:06.39	2:16.89	2:27.39

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400 IM	3:57.99	4:09.39	4:20.69	4:31.99	4:54.69	5:17.39
200 Free Relay	1:26.69	1:30.79	1:34.89	1:39.09	1:47.29	1:55.59
400 Free Relay	3:10.39	3:19.39	3:28.49	3:37.49	3:55.69	4:13.79
800 Free Relay	7:02.99	7:23.09	7:43.19	8:03.39	8:43.69	9:23.89
200 Medley Relay	1:34.69	1:39.19	1:43.69	1:48.19	1:57.19	2:06.29
400 Medley Relay	3:27.59	3:37.49	3:47.39	3:57.29	4:17.09	4:36.79