

**USA SWIMMING 2024-2028  
MOTIVATIONAL STANDARDS  
B TIMES (YARDS)**

<b>GIRLS</b>	<b>EVENT BY AGE GROUP</b>	<b>BOYS</b>
<b>11-12 YO</b>		
0:33.99	50 FREE	0:32.79
0:38.79	50 BACK	0:38.49
0:43.99	50 BREAST	0:43.49
0:36.89	50 FLY	0:37.09
<b>13-14 YO</b>		
0:32.49	50 FREE	0:29.89
1:10.99	100 FREE	1:04.99
2:33.59	200 FREE	2:22.49
6:52.19	500 FREE	6:25.69
1:16.89	100 BACK	1:11.29
1:28.69	100 BREAST	1:20.49
1:16.79	100 FLY	1:10.49
<b>15-16 YO</b>		
0:31.79	50 FREE	0:28.29
1:08.79	100 FREE	1:01.99
2:28.99	200 FREE	2:15.99
6:40.99	500 FREE	6:08.39
1:14.69	100 BACK	1:07.49
1:25.89	100 BREAST	1:16.89
1:14.39	100 FLY	1:07.19
<b>17-18 YO</b>		
0:31.39	50 FREE	0:27.59
1:08.09	100 FREE	1:00.29
2:27.19	200 FREE	2:13.59
6:36.49	500 FREE	6:03.19
1:13.39	100 BACK	1:05.19
1:24.79	100 BREAST	1:14.69
1:13.59	100 FLY	1:05.39

For more USA Swimming Time Standards, visit

<https://swimswam.com/wp-content/uploads/securepdfs/2024/09/2028-motivational-standards-age-group.pdf>