

## USA Swimming 2024-2028 Parallel Time Standards

10/29/24

P1 - non-ambulatory (wheelchair user): limited use of all four extremities.

| 10&under Girls |          | SCY      |          |          |          | P1    |          |          |          | SCY      |          |          |  | 10&under Boys |  |
|----------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|---------------|--|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 01:55.39       | 01:44.39 | 01:37.29 | 01:33.69 | 01:29.69 | 01:25.79 | 50FR  | 01:21.29 | 01:24.89 | 01:28.39 | 01:31.99 | 01:36.89 | 01:46.99 |  |               |  |
| 04:21.59       | 03:53.69 | 03:25.99 | 03:16.79 | 03:07.29 | 02:58.09 | 100FR | 02:58.39 | 03:07.49 | 03:16.29 | 03:25.09 | 03:41.79 | 04:07.39 |  |               |  |
| 09:32.69       | 08:29.99 | 07:46.99 | 07:25.09 | 07:03.29 | 06:41.49 | 200FR | 05:20.79 | 05:36.09 | 05:51.29 | 06:06.49 | 06:52.39 | 07:38.09 |  |               |  |
| 02:15.19       | 02:00.49 | 01:50.49 | 01:45.29 | 01:40.09 | 01:34.79 | 50BK  | 01:14.19 | 01:18.29 | 01:22.49 | 01:26.59 | 01:38.79 | 01:51.19 |  |               |  |
| 04:30.59       | 04:00.39 | 03:34.59 | 03:24.49 | 03:14.29 | 03:04.09 | 100BK | 02:40.09 | 02:48.19 | 02:56.49 | 03:04.59 | 03:28.99 | 03:53.59 |  |               |  |
| 02:19.19       | 02:04.19 | 01:49.19 | 01:44.29 | 01:39.19 | 01:34.09 | 50BR  | 01:23.09 | 01:27.49 | 01:31.79 | 01:36.09 | 01:48.89 | 02:01.89 |  |               |  |
| 06:53.29       | 06:07.29 | 05:21.59 | 05:06.09 | 04:50.99 | 04:35.59 | 100BR | 03:33.39 | 03:43.89 | 03:54.49 | 04:05.29 | 04:18.19 | 04:47.99 |  |               |  |
| 02:36.09       | 02:17.69 | 01:59.29 | 01:53.19 | 01:47.09 | 01:40.99 | 50FL  | 01:49.79 | 01:56.19 | 02:02.29 | 02:08.39 | 02:16.29 | 02:33.49 |  |               |  |
| 04:18.19       | 03:50.69 | 03:23.29 | 03:14.09 | 03:04.89 | 02:55.79 | 75IM  | 03:01.59 | 03:10.19 | 03:18.79 | 03:27.39 | 03:53.39 | 04:19.39 |  |               |  |
| 05:51.69       | 05:14.29 | 04:36.79 | 04:24.39 | 04:11.89 | 03:59.39 | 100IM | 04:02.59 | 04:14.09 | 04:25.49 | 04:36.99 | 05:11.79 | 05:46.49 |  |               |  |
| 08:45.59       | 07:50.39 | 07:15.09 | 06:55.79 | 06:36.69 | 06:17.29 | 150IM | 06:00.99 | 06:18.99 | 06:36.89 | 06:55.09 | 07:26.59 | 08:18.09 |  |               |  |
| 11:55.79       | 10:40.69 | 09:41.79 | 09:15.99 | 08:50.39 | 07:47.19 | 200IM | 07:39.29 | 08:02.09 | 08:24.89 | 08:47.99 | 09:56.49 | 11:05.29 |  |               |  |

| 11-12 Girls |          | SCY      |          |          |          | P1    |          |          |          | SCY      |          | 11-12 Boys |  |
|-------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B          |  |
| 01:38.59    | 01:31.89 | 01:28.79 | 01:25.19 | 01:21.79 | 01:18.19 | 50FR  | 01:12.79 | 01:16.29 | 01:19.89 | 01:23.09 | 01:25.39 | 01:31.89   |  |
| 03:35.29    | 03:19.99 | 03:04.39 | 02:56.89 | 02:49.19 | 02:41.39 | 100FR | 02:37.49 | 02:45.19 | 02:52.49 | 03:00.09 | 03:09.99 | 03:24.59   |  |
| 07:43.19    | 07:09.89 | 06:54.09 | 06:36.89 | 06:19.59 | 06:02.39 | 200FR | 04:42.89 | 04:56.39 | 05:09.89 | 05:23.19 | 05:50.29 | 06:17.09   |  |
| 01:49.89    | 01:41.99 | 01:39.89 | 01:35.69 | 01:31.79 | 01:27.59 | 50BK  | 01:04.99 | 01:08.39 | 01:11.89 | 01:15.29 | 01:21.99 | 01:28.69   |  |
| 03:45.79    | 03:28.09 | 03:24.99 | 03:15.49 | 03:05.89 | 02:56.09 | 100BK | 02:17.99 | 02:25.69 | 02:33.09 | 02:40.79 | 02:55.59 | 03:10.69   |  |
| 01:52.19    | 01:44.29 | 01:36.09 | 01:32.29 | 01:28.19 | 01:24.19 | 50BR  | 01:11.89 | 01:15.99 | 01:19.89 | 01:23.79 | 01:31.59 | 01:39.29   |  |
| 05:31.59    | 05:06.79 | 04:42.39 | 04:30.09 | 04:17.99 | 04:05.69 | 100BR | 03:09.79 | 03:19.89 | 03:29.69 | 03:39.49 | 03:45.59 | 04:04.39   |  |
| 02:04.19    | 01:55.39 | 01:50.79 | 01:46.19 | 01:41.69 | 01:37.09 | 50FL  | 01:40.79 | 01:46.49 | 01:52.19 | 01:57.79 | 01:52.89 | 02:02.49   |  |
| 03:30.89    | 03:15.79 | 03:00.99 | 02:53.29 | 02:45.89 | 02:38.19 | 75IM  | 02:38.99 | 02:46.49 | 02:54.39 | 03:02.19 | 03:17.49 | 03:33.09   |  |
| 04:47.29    | 04:26.69 | 04:06.49 | 03:55.99 | 03:45.89 | 03:35.49 | 100IM | 03:32.39 | 03:42.49 | 03:52.89 | 04:03.29 | 04:23.79 | 04:44.69   |  |
| 07:15.19    | 06:43.99 | 06:30.69 | 06:14.39 | 05:58.19 | 05:41.89 | 150IM | 05:25.09 | 05:41.59 | 05:58.29 | 06:14.79 | 06:47.99 | 07:21.19   |  |
| 09:52.69    | 09:10.19 | 08:42.49 | 08:20.59 | 07:58.99 | 07:37.19 | 200IM | 06:41.99 | 07:02.39 | 07:23.09 | 07:43.49 | 08:24.59 | 09:05.69   |  |

| 13-14 Girls |          | SCY      |          |          |          | P1    |          |          |          | SCY      |          | 13-14 Boys |  |
|-------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B          |  |
| 01:34.19    | 01:27.59 | 01:24.59 | 01:20.89 | 01:17.59 | 01:13.99 | 50FR  | 01:07.39 | 01:10.69 | 01:13.99 | 01:17.09 | 01:19.69 | 01:26.09   |  |
| 03:15.29    | 03:01.29 | 02:55.49 | 02:47.99 | 02:40.79 | 02:33.59 | 100FR | 02:25.59 | 02:32.79 | 02:39.69 | 02:46.49 | 02:55.69 | 03:09.39   |  |
| 07:17.59    | 06:46.59 | 06:31.49 | 06:15.19 | 05:58.79 | 05:42.79 | 200FR | 04:18.49 | 04:30.79 | 04:43.09 | 04:55.39 | 05:19.89 | 05:44.49   |  |
| 01:43.49    | 01:36.29 | 01:33.59 | 01:29.69 | 01:25.79 | 01:21.89 | 50BK  | 00:58.29 | 01:00.99 | 01:03.79 | 01:06.59 | 01:12.09 | 01:17.59   |  |
| 03:32.09    | 03:16.99 | 03:10.09 | 03:02.29 | 02:54.49 | 02:46.39 | 100BK | 02:04.09 | 02:09.89 | 02:15.89 | 02:21.49 | 02:33.59 | 02:45.39   |  |
| 01:47.39    | 01:39.69 | 01:32.09 | 01:28.19 | 01:24.39 | 01:20.59 | 50BR  | 01:12.59 | 01:16.09 | 01:19.59 | 01:23.09 | 01:29.89 | 01:36.99   |  |
| 05:04.79    | 04:42.79 | 04:21.19 | 04:10.49 | 03:59.49 | 03:48.49 | 100BR | 02:57.39 | 03:05.89 | 03:14.39 | 03:22.69 | 03:25.99 | 03:41.69   |  |
| 02:00.49    | 01:52.09 | 01:47.59 | 01:43.09 | 01:38.89 | 01:34.29 | 50FL  | 01:36.69 | 01:41.29 | 01:45.59 | 01:50.29 | 01:41.69 | 01:49.59   |  |
| 03:30.89    | 03:15.79 | 03:00.99 | 02:53.29 | 02:45.89 | 02:38.19 | 75IM  | 02:01.09 | 02:06.89 | 02:12.69 | 02:18.39 | 02:29.99 | 02:41.49   |  |
| 04:47.29    | 04:26.69 | 04:06.49 | 03:55.99 | 03:45.89 | 03:35.49 | 100IM | 02:41.79 | 02:49.49 | 02:57.19 | 03:04.89 | 03:20.29 | 03:35.69   |  |
| 06:46.59    | 06:17.49 | 06:04.89 | 05:49.79 | 05:34.69 | 05:19.29 | 150IM | 04:56.99 | 05:10.99 | 05:25.29 | 05:39.39 | 06:07.69 | 06:35.99   |  |
| 08:47.39    | 08:09.59 | 07:54.39 | 07:34.79 | 07:15.09 | 06:55.09 | 200IM | 06:00.69 | 06:17.69 | 06:34.99 | 06:52.09 | 07:26.49 | 08:00.89   |  |

| 15-16 Girls |          | SCY      |          |          |          | P1    |          |          |          | SCY      |          |          |  | 15-16 Boys |  |
|-------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 01:32.19    | 01:25.49 | 01:22.79 | 01:19.09 | 01:15.79 | 01:12.49 | 50FR  | 01:03.79 | 01:06.79 | 01:09.79 | 01:12.79 | 01:15.69 | 01:21.49 |  |            |  |
| 03:18.89    | 03:03.89 | 02:57.39 | 02:50.19 | 02:42.69 | 02:35.49 | 100FR | 02:20.19 | 02:27.19 | 02:33.79 | 02:40.39 | 02:49.29 | 03:02.19 |  |            |  |
| 07:22.89    | 06:51.39 | 06:25.99 | 06:09.89 | 05:53.89 | 05:37.89 | 200FR | 04:06.59 | 04:18.49 | 04:30.29 | 04:41.89 | 05:05.29 | 05:28.79 |  |            |  |
| 01:40.29    | 01:33.19 | 01:29.89 | 01:26.09 | 01:22.29 | 01:18.69 | 50BK  | 00:54.59 | 00:57.19 | 00:59.79 | 01:02.39 | 01:07.49 | 01:12.69 |  |            |  |
| 03:25.99    | 03:11.39 | 03:04.79 | 02:57.09 | 02:49.29 | 02:41.79 | 100BK | 01:57.59 | 02:03.19 | 02:08.69 | 02:14.29 | 02:25.39 | 02:36.59 |  |            |  |
| 01:40.69    | 01:33.49 | 01:26.39 | 01:22.79 | 01:19.19 | 01:15.59 | 50BR  | 01:01.69 | 01:04.59 | 01:07.59 | 01:10.49 | 01:14.09 | 01:19.79 |  |            |  |
| 04:55.19    | 04:34.19 | 04:13.19 | 04:02.59 | 03:51.89 | 03:41.59 | 100BR | 02:52.09 | 03:00.19 | 03:08.49 | 03:16.59 | 03:19.89 | 03:35.29 |  |            |  |
| 01:53.49    | 01:45.39 | 01:41.39 | 01:37.09 | 01:32.89 | 01:28.69 | 50FL  | 01:29.69 | 01:33.99 | 01:38.29 | 01:42.59 | 01:33.19 | 01:40.39 |  |            |  |
| 03:04.39    | 02:51.19 | 02:37.99 | 02:31.49 | 02:24.89 | 02:18.29 | 75IM  | 01:55.59 | 02:01.19 | 02:06.69 | 02:12.19 | 02:23.19 | 02:34.19 |  |            |  |
| 04:11.09    | 03:53.19 | 03:35.19 | 03:26.29 | 03:17.39 | 03:08.29 | 100IM | 02:34.39 | 02:41.79 | 02:49.19 | 02:56.59 | 03:11.29 | 03:25.89 |  |            |  |
| 06:33.29    | 06:05.09 | 05:52.99 | 05:38.39 | 05:23.79 | 05:08.89 | 150IM | 04:46.29 | 04:59.99 | 05:13.59 | 05:27.29 | 05:54.59 | 06:21.59 |  |            |  |
| 08:55.69    | 08:17.29 | 07:38.99 | 07:19.99 | 07:00.89 | 06:41.59 | 200IM | 05:44.49 | 06:00.99 | 06:17.39 | 06:33.79 | 07:06.69 | 07:39.29 |  |            |  |

## USA Swimming 2024-2028 Parallel Time Standards

10/29/24

| 17-18 Girls |          |          |          |          |          | SCY   |          |          |          | P1       |          |          |  | SCY |  |  |  | 17-18 Boys |  |
|-------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|-----|--|--|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |     |  |  |  |            |  |
| 01:30.99    | 01:24.39 | 01:21.49 | 01:18.19 | 01:14.89 | 01:11.19 | 50FR  | 01:02.29 | 01:05.29 | 01:07.99 | 01:10.99 | 01:13.69 | 01:19.49 |  |     |  |  |  |            |  |
| 03:16.19    | 03:02.09 | 02:55.89 | 02:48.39 | 02:41.19 | 02:33.99 | 100FR | 02:16.59 | 02:22.89 | 02:29.59 | 02:35.89 | 02:44.59 | 02:57.19 |  |     |  |  |  |            |  |
| 07:17.59    | 06:46.39 | 06:21.39 | 06:05.39 | 05:49.69 | 05:33.69 | 200FR | 04:02.29 | 04:13.89 | 04:25.19 | 04:36.79 | 04:59.79 | 05:22.99 |  |     |  |  |  |            |  |
| 01:38.39    | 01:31.29 | 01:28.09 | 01:24.39 | 01:20.79 | 01:16.99 | 50BK  | 00:52.89 | 00:55.49 | 00:57.99 | 01:00.49 | 01:05.69 | 01:10.49 |  |     |  |  |  |            |  |
| 03:22.49    | 03:07.79 | 03:01.39 | 02:53.89 | 02:46.39 | 02:38.59 | 100BK | 01:53.39 | 01:58.99 | 02:04.29 | 02:09.69 | 02:21.49 | 02:31.19 |  |     |  |  |  |            |  |
| 01:39.69    | 01:32.59 | 01:25.49 | 01:21.89 | 01:18.39 | 01:14.79 | 50BR  | 00:59.89 | 01:02.69 | 01:05.59 | 01:08.39 | 01:11.99 | 01:17.49 |  |     |  |  |  |            |  |
| 04:51.39    | 04:30.79 | 04:09.79 | 03:59.49 | 03:49.19 | 03:38.49 | 100BR | 02:47.09 | 02:55.09 | 03:03.19 | 03:10.89 | 03:14.29 | 03:29.09 |  |     |  |  |  |            |  |
| 01:51.89    | 01:43.89 | 01:39.89 | 01:35.69 | 01:31.49 | 01:27.39 | 50FL  | 01:27.39 | 01:31.59 | 01:35.69 | 01:39.89 | 01:30.79 | 01:37.69 |  |     |  |  |  |            |  |
| 03:01.79    | 02:48.79 | 02:35.79 | 02:29.39 | 02:22.79 | 02:16.39 | 75IM  | 01:53.39 | 01:58.89 | 02:04.19 | 02:09.59 | 02:20.39 | 02:31.19 |  |     |  |  |  |            |  |
| 04:07.59    | 03:49.89 | 03:32.19 | 03:23.39 | 03:14.49 | 03:05.69 | 100IM | 02:31.49 | 02:38.79 | 02:45.89 | 02:53.19 | 03:07.59 | 03:21.99 |  |     |  |  |  |            |  |
| 06:27.19    | 05:59.49 | 05:47.59 | 05:33.19 | 05:18.59 | 05:04.19 | 150IM | 04:39.69 | 04:53.09 | 05:06.29 | 05:19.69 | 05:46.19 | 06:12.79 |  |     |  |  |  |            |  |
| 08:47.29    | 08:09.59 | 07:31.89 | 07:13.19 | 06:54.19 | 06:35.49 | 200IM | 05:36.59 | 05:52.69 | 06:08.59 | 06:24.69 | 06:56.69 | 07:28.59 |  |     |  |  |  |            |  |

| 10&under Girls |          | SCM      |          |          |          | P1    |          |          |          | SCM      |          |          |  | 10&under Boys |  |
|----------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|---------------|--|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 02:07.59       | 01:55.39 | 01:47.59 | 01:43.39 | 01:39.09 | 01:34.89 | 50FR  | 01:29.89 | 01:33.69 | 01:37.59 | 01:41.39 | 01:46.99 | 01:58.19 |  |               |  |
| 04:48.99       | 04:18.49 | 03:47.59 | 03:37.29 | 03:27.19 | 03:16.79 | 100FR | 03:17.19 | 03:26.89 | 03:36.89 | 03:46.59 | 04:05.09 | 04:33.19 |  |               |  |
| 10:32.59       | 09:23.39 | 08:35.89 | 08:11.69 | 07:47.59 | 07:23.39 | 200FR | 05:54.39 | 06:11.29 | 06:28.29 | 06:44.89 | 07:35.69 | 08:26.19 |  |               |  |
| 02:29.39       | 02:12.99 | 02:01.89 | 01:56.39 | 01:50.49 | 01:44.99 | 50BK  | 01:21.99 | 01:26.59 | 01:31.19 | 01:35.59 | 01:49.19 | 02:02.99 |  |               |  |
| 04:58.99       | 04:25.69 | 03:57.09 | 03:45.79 | 03:34.59 | 03:23.39 | 100BK | 02:56.99 | 03:05.79 | 03:14.79 | 03:23.89 | 03:50.99 | 04:17.89 |  |               |  |
| 02:33.79       | 02:17.19 | 02:00.59 | 01:54.99 | 01:49.69 | 01:44.09 | 50BR  | 01:31.79 | 01:36.59 | 01:41.39 | 01:46.19 | 02:00.59 | 02:14.69 |  |               |  |
| 07:36.59       | 06:46.09 | 05:55.29 | 05:38.39 | 05:21.59 | 05:04.79 | 100BR | 03:55.59 | 04:07.49 | 04:19.09 | 04:30.99 | 04:45.49 | 05:18.29 |  |               |  |
| 02:52.49       | 02:32.19 | 02:11.89 | 02:05.09 | 01:58.39 | 01:51.59 | 50FL  | 02:01.19 | 02:08.39 | 02:15.09 | 02:21.89 | 02:30.49 | 02:49.69 |  |               |  |
| 04:45.19       | 04:14.99 | 03:44.49 | 03:34.39 | 03:24.29 | 03:14.09 | 75IM  | 03:20.59 | 03:30.29 | 03:39.59 | 03:49.19 | 04:17.89 | 04:46.49 |  |               |  |
| 06:28.39       | 05:47.29 | 05:05.79 | 04:51.99 | 04:38.19 | 04:24.39 | 100IM | 04:27.99 | 04:40.79 | 04:53.29 | 05:06.19 | 05:44.39 | 06:22.69 |  |               |  |
| 09:40.69       | 08:39.69 | 08:00.69 | 07:39.39 | 07:18.29 | 06:56.99 | 150IM | 06:38.79 | 06:58.89 | 07:18.79 | 07:38.59 | 08:13.49 | 09:10.49 |  |               |  |
| 12:33.29       | 11:14.09 | 09:55.19 | 09:28.79 | 09:02.69 | 08:36.29 | 200IM | 08:27.29 | 08:52.89 | 09:18.19 | 09:43.39 | 10:59.19 | 12:15.29 |  |               |  |

| 11-12 Girls |          | SCM      |          |          |          | P1    |          |          |          | SCM      |          |          |  | 11-12 Boys |  |
|-------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 01:48.99    | 01:41.49 | 01:38.19 | 01:34.29 | 01:30.29 | 01:26.39 | 50FR  | 01:20.39 | 01:24.29 | 01:28.09 | 01:31.99 | 01:34.39 | 01:41.69 |  |            |  |
| 03:57.69    | 03:40.69 | 03:23.69 | 03:15.39 | 03:06.99 | 02:58.39 | 100FR | 03:55.29 | 03:02.49 | 03:10.69 | 03:18.99 | 03:29.79 | 03:46.09 |  |            |  |
| 08:31.69    | 07:55.19 | 07:37.79 | 07:18.79 | 06:59.49 | 06:40.39 | 200FR | 05:12.59 | 05:27.59 | 05:42.29 | 05:57.29 | 06:27.09 | 06:56.79 |  |            |  |
| 02:01.29    | 01:52.79 | 01:50.49 | 01:45.99 | 01:41.09 | 01:36.59 | 50BK  | 01:11.89 | 01:15.59 | 01:19.49 | 01:23.19 | 01:30.49 | 01:38.09 |  |            |  |
| 04:09.59    | 03:49.99 | 03:46.39 | 03:35.99 | 03:25.29 | 03:14.59 | 100BK | 02:32.59 | 02:40.99 | 02:49.09 | 02:57.49 | 03:14.09 | 03:30.59 |  |            |  |
| 02:03.89    | 01:55.29 | 01:46.29 | 01:41.79 | 01:37.39 | 01:33.09 | 50BR  | 01:19.69 | 01:23.79 | 01:28.09 | 01:32.49 | 01:41.19 | 01:49.79 |  |            |  |
| 06:06.29    | 05:39.09 | 05:11.99 | 04:58.59 | 04:45.19 | 04:31.39 | 100BR | 03:29.99 | 03:40.89 | 03:51.79 | 04:02.69 | 04:09.39 | 04:29.89 |  |            |  |
| 02:17.29    | 02:07.19 | 02:02.29 | 01:57.39 | 01:52.19 | 01:47.29 | 50FL  | 01:51.79 | 01:57.79 | 02:03.89 | 02:10.29 | 02:04.49 | 02:15.39 |  |            |  |
| 03:53.19    | 03:36.59 | 03:19.79 | 03:11.59 | 03:03.19 | 02:54.79 | 75IM  | 02:55.69 | 03:03.99 | 03:12.59 | 03:21.09 | 03:38.29 | 03:55.49 |  |            |  |
| 05:17.59    | 04:54.99 | 04:32.09 | 04:20.99 | 04:09.49 | 03:58.09 | 100IM | 03:54.59 | 04:05.69 | 04:17.19 | 04:28.69 | 04:51.59 | 05:14.59 |  |            |  |
| 08:00.89    | 07:26.49 | 07:11.89 | 06:53.79 | 06:35.69 | 06:17.79 | 150IM | 05:59.29 | 06:17.49 | 06:35.89 | 06:54.09 | 07:30.79 | 08:07.49 |  |            |  |
| 10:54.89    | 10:08.19 | 09:37.49 | 09:13.29 | 08:49.09 | 08:25.19 | 200IM | 07:24.29 | 07:46.89 | 08:09.69 | 08:32.19 | 09:17.59 | 10:02.89 |  |            |  |

| 13-14 Girls |          | SCM      |          |          |          | P1    |          |          |          | SCM      |          |          |  | 13-14 Boys |  |
|-------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 01:44.39    | 01:36.79 | 01:33.39 | 01:29.39 | 01:25.79 | 01:21.79 | 50FR  | 01:14.59 | 01:17.99 | 01:21.59 | 01:25.19 | 01:28.39 | 01:34.99 |  |            |  |
| 03:35.89    | 03:20.49 | 03:13.89 | 03:05.89 | 02:57.79 | 02:49.69 | 100FR | 02:41.19 | 02:48.59 | 02:56.39 | 03:03.89 | 03:14.29 | 03:29.19 |  |            |  |
| 08:03.69    | 07:29.29 | 07:12.49 | 06:54.69 | 06:36.59 | 06:18.39 | 200FR | 04:45.49 | 04:59.09 | 05:12.79 | 05:26.39 | 05:53.49 | 06:20.79 |  |            |  |
| 01:54.29    | 01:46.29 | 01:43.29 | 01:38.99 | 01:34.79 | 01:30.29 | 50BK  | 01:04.29 | 01:07.29 | 01:10.49 | 01:13.49 | 01:19.69 | 01:25.69 |  |            |  |
| 03:54.49    | 03:37.59 | 03:30.19 | 03:21.29 | 03:12.59 | 03:03.99 | 100BK | 02:17.09 | 02:23.59 | 02:30.09 | 02:36.59 | 02:49.59 | 03:02.79 |  |            |  |
| 01:58.59    | 01:50.19 | 01:41.79 | 01:37.39 | 01:33.09 | 01:28.99 | 50BR  | 01:20.39 | 01:24.09 | 01:27.89 | 01:31.69 | 01:39.49 | 01:46.99 |  |            |  |
| 05:36.69    | 05:12.69 | 04:48.59 | 04:36.59 | 04:24.59 | 04:12.49 | 100BR | 03:16.19 | 03:25.29 | 03:34.69 | 03:44.09 | 03:47.39 | 04:05.09 |  |            |  |
| 02:13.29    | 02:03.79 | 01:58.79 | 01:53.89 | 01:48.99 | 01:44.09 | 50FL  | 01:46.79 | 01:51.79 | 01:56.89 | 02:01.89 | 01:52.29 | 02:00.79 |  |            |  |
| 03:30.19    | 03:15.19 | 03:00.19 | 02:52.69 | 02:45.19 | 02:37.69 | 75IM  | 02:13.79 | 02:20.19 | 02:26.59 | 02:32.99 | 02:45.69 | 02:58.39 |  |            |  |
| 04:46.29    | 04:25.89 | 04:05.39 | 03:55.19 | 03:44.99 | 03:34.79 | 100IM | 02:58.79 | 03:07.19 | 03:15.79 | 03:48.79 | 04:07.89 | 04:26.89 |  |            |  |
| 07:29.19    | 06:56.99 | 06:43.39 | 06:26.49 | 06:09.59 | 05:52.99 | 150IM | 05:28.09 | 05:43.59 | 05:59.39 | 06:14.89 | 06:46.29 | 07:17.29 |  |            |  |
| 09:42.59    | 09:00.89 | 08:44.39 | 08:22.49 | 08:00.59 | 07:38.99 | 200IM | 06:38.39 | 06:57.29 | 07:16.39 | 07:35.29 | 08:13.29 | 08:51.09 |  |            |  |

## USA Swimming 2024-2028 Parallel Time Standards

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| 15-16 Girls |          | SCM      |          |          |          | P1           |          | SCM      |          |          |  | 15-16 Boys |          |
|-------------|----------|----------|----------|----------|----------|--------------|----------|----------|----------|----------|--|------------|----------|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event        | AAAA     | AAA      | AA       | A        |  | BB         | B        |
| 01:41.79    | 01:34.49 | 01:31.19 | 01:27.59 | 01:23.69 | 01:19.99 | <b>50FR</b>  | 01:10.39 | 01:13.99 | 01:17.39 | 01:20.69 |  | 01:23.49   | 01:29.79 |
| 03:38.99    | 03:23.19 | 03:16.09 | 03:07.99 | 02:59.89 | 02:51.69 | <b>100FR</b> | 02:34.99 | 02:42.49 | 02:49.79 | 02:57.29 |  | 03:08.09   | 03:21.29 |
| 08:09.59    | 07:34.49 | 07:06.79 | 06:48.89 | 06:31.09 | 06:13.29 | <b>200FR</b> | 04:32.69 | 04:45.49 | 04:58.59 | 05:11.59 |  | 05:37.49   | 06:03.39 |
| 01:50.89    | 01:42.99 | 01:39.29 | 01:35.09 | 01:30.99 | 01:26.89 | <b>50BK</b>  | 01:00.29 | 01:03.09 | 01:05.99 | 01:08.89 |  | 01:14.59   | 01:20.29 |
| 03:47.79    | 03:31.59 | 03:24.19 | 03:15.49 | 03:07.19 | 02:58.79 | <b>100BK</b> | 02:09.89 | 02:15.89 | 02:22.19 | 02:28.49 |  | 02:40.79   | 02:52.99 |
| 01:51.29    | 01:43.39 | 01:35.39 | 01:31.39 | 01:27.39 | 01:23.49 | <b>50BR</b>  | 01:08.09 | 01:11.39 | 01:14.59 | 01:17.89 |  | 01:21.89   | 01:28.19 |
| 05:26.39    | 05:03.09 | 04:39.69 | 04:27.99 | 04:16.29 | 04:04.59 | <b>100BR</b> | 03:09.99 | 03:19.29 | 03:28.19 | 03:37.19 |  | 03:40.89   | 03:57.89 |
| 02:05.39    | 01:56.39 | 01:51.99 | 01:47.29 | 01:42.69 | 01:37.99 | <b>50FL</b>  | 01:39.19 | 01:43.89 | 01:48.59 | 01:53.39 |  | 01:42.99   | 01:50.89 |
| 03:27.99    | 03:13.49 | 02:58.89 | 02:51.59 | 02:44.39 | 02:37.09 | <b>75IM</b>  | 02:07.79 | 02:13.89 | 02:19.89 | 02:26.09 |  | 02:38.19   | 02:50.39 |
| 04:43.29    | 04:23.49 | 04:03.69 | 03:53.69 | 03:43.79 | 03:33.89 | <b>100IM</b> | 02:50.69 | 02:58.79 | 03:06.89 | 03:38.49 |  | 03:56.69   | 04:14.89 |
| 07:14.49    | 06:43.49 | 06:30.19 | 06:13.89 | 05:57.69 | 05:41.39 | <b>150IM</b> | 05:16.39 | 05:31.59 | 05:46.49 | 06:01.69 |  | 06:31.79   | 07:01.79 |
| 09:51.79    | 09:09.49 | 08:27.29 | 08:05.99 | 07:45.09 | 07:23.79 | <b>200IM</b> | 06:20.69 | 06:38.99 | 06:56.99 | 07:15.19 |  | 07:51.39   | 08:27.59 |

| 17-18 Girls |          | SCM      |          |          |          | P1           |          | SCM      |          |          |  | 17-18 Boys |          |
|-------------|----------|----------|----------|----------|----------|--------------|----------|----------|----------|----------|--|------------|----------|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event        | AAAA     | AAA      | AA       | A        |  | BB         | B        |
| 01:40.59    | 01:33.39 | 01:29.99 | 01:26.39 | 01:22.49 | 01:18.79 | <b>50FR</b>  | 01:08.59 | 01:11.89 | 01:15.19 | 01:18.59 |  | 01:21.49   | 01:27.49 |
| 03:36.69    | 03:21.39 | 03:14.29 | 03:06.19 | 02:57.99 | 02:49.89 | <b>100FR</b> | 02:30.79 | 02:37.99 | 02:45.19 | 02:52.49 |  | 03:01.89   | 03:15.99 |
| 08:03.69    | 07:29.19 | 07:01.29 | 06:43.79 | 06:26.29 | 06:08.69 | <b>200FR</b> | 04:27.59 | 04:40.49 | 04:53.29 | 05:05.79 |  | 05:31.49   | 05:56.79 |
| 01:48.69    | 01:40.89 | 01:37.29 | 01:33.19 | 01:29.19 | 01:25.09 | <b>50BK</b>  | 00:58.49 | 01:01.19 | 01:03.99 | 01:06.79 |  | 01:12.39   | 01:17.99 |
| 03:43.69    | 03:27.69 | 03:20.39 | 03:12.09 | 03:03.69 | 02:55.29 | <b>100BK</b> | 02:05.49 | 02:11.29 | 02:17.29 | 02:23.39 |  | 02:35.19   | 02:47.19 |
| 01:50.19    | 01:42.29 | 01:34.49 | 01:30.49 | 01:26.59 | 01:22.69 | <b>50BR</b>  | 01:06.19 | 01:09.39 | 01:12.49 | 01:15.59 |  | 01:19.49   | 01:25.59 |
| 05:21.89    | 04:59.29 | 04:36.29 | 04:24.59 | 04:13.19 | 04:01.59 | <b>100BR</b> | 03:04.69 | 03:13.59 | 03:22.19 | 03:30.89 |  | 03:34.39   | 03:50.99 |
| 02:03.59    | 01:54.79 | 01:50.39 | 01:45.79 | 01:41.19 | 01:36.59 | <b>50FL</b>  | 01:36.59 | 01:41.19 | 01:45.79 | 01:50.39 |  | 01:40.29   | 01:47.99 |
| 03:25.09    | 03:10.79 | 02:56.39 | 02:49.29 | 02:42.09 | 02:34.99 | <b>75IM</b>  | 02:05.39 | 02:11.29 | 02:17.29 | 02:23.19 |  | 02:35.19   | 02:47.09 |
| 04:39.39    | 04:19.79 | 04:00.29 | 03:50.59 | 03:40.79 | 03:31.09 | <b>100IM</b> | 02:47.39 | 02:55.39 | 03:03.39 | 03:34.29 |  | 03:52.09   | 04:09.99 |
| 07:07.59    | 06:37.09 | 06:23.99 | 06:08.19 | 05:51.99 | 05:36.19 | <b>150IM</b> | 05:09.09 | 05:23.69 | 05:38.39 | 05:53.09 |  | 06:22.69   | 06:51.99 |
| 09:42.39    | 09:00.79 | 08:19.29 | 07:58.59 | 07:37.69 | 07:17.09 | <b>200IM</b> | 06:11.89 | 06:29.59 | 06:47.19 | 07:04.89 |  | 07:40.49   | 08:15.79 |

| 10&under Girls |          | LCM      |          |          |          | P1           |          | LCM      |          |          |  | 10&under Boys |          |
|----------------|----------|----------|----------|----------|----------|--------------|----------|----------|----------|----------|--|---------------|----------|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event        | AAAA     | AAA      | AA       | A        |  | BB            | B        |
| 01:59.39       | 01:47.79 | 01:36.49 | 01:32.49 | 01:28.79 | 01:24.89 | <b>50FR</b>  | 01:24.39 | 01:28.09 | 01:31.79 | 01:35.29 |  | 01:44.19      | 01:54.89 |
| 04:32.69       | 04:03.59 | 03:34.59 | 03:24.89 | 03:15.19 | 03:05.49 | <b>100FR</b> | 03:01.89 | 03:10.79 | 03:19.89 | 03:28.99 |  | 03:51.49      | 04:18.09 |
| 09:32.29       | 08:29.59 | 07:49.29 | 07:27.39 | 07:05.29 | 06:43.39 | <b>200FR</b> | 06:06.79 | 06:24.19 | 06:41.59 | 06:59.19 |  | 07:51.39      | 08:43.89 |
| 02:21.19       | 02:05.69 | 01:50.29 | 01:45.19 | 01:39.89 | 01:34.89 | <b>50BK</b>  | 01:25.19 | 01:29.79 | 01:34.69 | 01:39.29 |  | 01:53.49      | 02:07.59 |
| 05:04.89       | 04:31.09 | 03:57.19 | 03:45.89 | 03:34.69 | 03:23.39 | <b>100BK</b> | 03:05.59 | 03:15.09 | 03:24.59 | 03:34.09 |  | 04:02.39      | 04:30.69 |
| 02:38.59       | 02:21.49 | 02:04.49 | 01:58.59 | 01:52.99 | 01:47.39 | <b>50BR</b>  | 01:34.79 | 01:39.59 | 01:44.59 | 01:49.39 |  | 02:04.19      | 02:18.99 |
| 07:58.99       | 07:05.69 | 06:12.49 | 05:54.89 | 05:37.09 | 05:19.49 | <b>100BR</b> | 03:30.39 | 03:40.99 | 03:51.49 | 04:02.09 |  | 04:33.49      | 05:04.89 |
| 02:55.79       | 02:35.09 | 02:19.99 | 02:12.89 | 02:05.49 | 01:58.49 | <b>50FL</b>  | 01:54.59 | 02:00.79 | 02:07.39 | 02:13.99 |  | 02:33.19      | 02:52.69 |
| 09:36.29       | 08:35.89 | 07:35.49 | 07:15.19 | 06:55.09 | 06:35.09 | <b>150IM</b> | 06:32.39 | 06:51.89 | 07:11.49 | 07:30.89 |  | 08:29.69      | 09:28.49 |
| 13:04.89       | 11:42.59 | 10:20.39 | 09:52.69 | 09:25.39 | 08:58.09 | <b>200IM</b> | 08:44.09 | 09:10.29 | 09:36.39 | 10:02.29 |  | 11:20.79      | 12:39.29 |

| 11-12 Girls |          | LCM      |          |          |          | P1           |          | LCM      |          |          |  | 11-12 Boys |          |
|-------------|----------|----------|----------|----------|----------|--------------|----------|----------|----------|----------|--|------------|----------|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event        | AAAA     | AAA      | AA       | A        |  | BB         | B        |
| 01:41.49    | 01:34.59 | 01:27.49 | 01:24.09 | 01:20.39 | 01:16.99 | <b>50FR</b>  | 01:13.59 | 01:16.99 | 01:20.39 | 01:23.99 |  | 01:31.09   | 01:37.89 |
| 03:44.19    | 03:28.29 | 03:12.29 | 03:04.19 | 02:55.99 | 02:48.19 | <b>100FR</b> | 02:45.29 | 02:53.09 | 03:01.09 | 03:08.89 |  | 03:18.59   | 03:33.99 |
| 08:27.89    | 07:51.69 | 07:35.29 | 07:16.19 | 06:57.39 | 06:38.29 | <b>200FR</b> | 05:24.89 | 05:40.39 | 05:55.89 | 06:11.29 |  | 06:42.29   | 07:13.19 |
| 01:53.29    | 01:45.19 | 01:40.99 | 01:36.79 | 01:32.59 | 01:28.39 | <b>50BK</b>  | 01:15.09 | 01:18.99 | 01:22.89 | 01:26.79 |  | 01:34.69   | 01:42.49 |
| 04:12.29    | 03:52.49 | 03:32.59 | 03:22.59 | 03:12.79 | 03:02.79 | <b>100BK</b> | 02:43.29 | 02:52.29 | 03:01.19 | 03:09.99 |  | 03:27.79   | 03:45.49 |
| 02:06.99    | 01:57.79 | 01:48.89 | 01:44.29 | 01:39.69 | 01:35.39 | <b>50BR</b>  | 01:22.39 | 01:26.99 | 01:31.29 | 01:35.89 |  | 01:44.79   | 01:53.69 |
| 06:19.29    | 05:51.19 | 05:22.99 | 05:09.19 | 04:55.19 | 04:41.09 | <b>100BR</b> | 03:12.19 | 03:22.09 | 03:32.09 | 03:42.09 |  | 03:55.39   | 04:14.79 |
| 02:20.69    | 02:10.59 | 02:05.49 | 02:00.19 | 01:55.29 | 01:50.09 | <b>50FL</b>  | 01:41.59 | 01:47.29 | 01:52.69 | 01:58.39 |  | 02:09.79   | 02:20.89 |
| 07:54.59    | 07:20.79 | 06:46.99 | 06:29.89 | 06:12.99 | 05:56.09 | <b>150IM</b> | 05:43.09 | 06:00.69 | 06:18.19 | 06:35.79 |  | 07:10.59   | 07:45.69 |
| 10:46.49    | 10:00.39 | 09:14.39 | 08:50.99 | 08:27.99 | 08:04.99 | <b>200IM</b> | 07:38.29 | 08:01.79 | 08:25.19 | 08:48.59 |  | 09:35.19   | 10:22.09 |

# USA Swimming 2024-2028 Parallel Time Standards

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| 13-14 Girls |          | LCM      |          |          |          | P1    |          |          | LCM      |          |          | 13-14 Boys |  |
|-------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B          |  |
| 01:38.09    | 01:31.19 | 01:24.09 | 01:20.69 | 01:17.19 | 01:13.49 | 50FR  | 01:07.29 | 01:10.39 | 01:13.79 | 01:16.99 | 01:23.19 | 01:29.79   |  |
| 03:32.69    | 03:17.49 | 03:02.29 | 02:54.69 | 02:47.09 | 02:39.49 | 100FR | 02:29.89 | 02:36.79 | 02:43.99 | 02:51.19 | 03:05.49 | 03:19.59   |  |
| 07:18.59    | 06:47.29 | 06:34.69 | 06:18.09 | 06:01.89 | 05:45.29 | 200FR | 04:57.39 | 05:11.59 | 05:25.69 | 05:39.89 | 06:08.19 | 06:36.49   |  |
| 01:47.79    | 01:39.89 | 01:32.29 | 01:28.49 | 01:24.79 | 01:20.69 | 50BK  | 01:08.39 | 01:11.59 | 01:14.89 | 01:18.09 | 01:24.49 | 01:30.99   |  |
| 03:44.89    | 03:28.89 | 03:12.79 | 03:04.79 | 02:56.79 | 02:48.79 | 100BK | 02:25.69 | 02:32.59 | 02:39.39 | 02:46.29 | 03:00.19 | 03:14.09   |  |
| 02:01.89    | 01:53.19 | 01:44.59 | 01:40.19 | 01:35.89 | 01:31.59 | 50BR  | 01:15.39 | 01:18.99 | 01:22.69 | 01:26.09 | 01:33.39 | 01:40.49   |  |
| 05:51.79    | 05:26.39 | 05:01.29 | 04:48.99 | 04:36.29 | 04:23.89 | 100BR | 02:54.19 | 03:02.59 | 03:10.79 | 03:19.29 | 03:29.89 | 03:45.99   |  |
| 02:14.59    | 02:04.89 | 02:00.19 | 01:54.99 | 01:50.09 | 01:45.19 | 50FL  | 01:36.09 | 01:40.59 | 01:45.09 | 01:49.49 | 01:58.79 | 02:08.09   |  |
| 07:24.39    | 06:52.69 | 06:20.89 | 06:05.09 | 05:49.09 | 05:33.29 | 150IM | 05:12.59 | 05:27.39 | 05:42.19 | 05:56.99 | 06:26.89 | 06:56.69   |  |
| 10:05.29    | 09:21.99 | 08:38.79 | 08:17.29 | 07:55.49 | 07:33.99 | 200IM | 06:57.59 | 07:17.29 | 07:37.09 | 07:56.89 | 08:36.79 | 09:16.59   |  |

| 15-16 Girls |          | LCM      |          |          |          | P1    |          |          |          | LCM      |          |          |  | 15-16 Boys |  |
|-------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 01:35.19    | 01:28.29 | 01:21.49 | 01:17.99 | 01:14.59 | 01:11.39 | 50FR  | 01:04.69 | 01:07.79 | 01:10.69 | 01:13.79 | 01:20.09 | 01:26.09 |  |            |  |
| 03:25.39    | 03:10.69 | 02:55.99 | 02:48.69 | 02:41.39 | 02:33.99 | 100FR | 02:24.39 | 02:31.29 | 02:38.29 | 02:44.99 | 02:58.99 | 03:12.69 |  |            |  |
| 07:20.09    | 06:48.69 | 06:35.39 | 06:18.79 | 06:02.39 | 05:45.79 | 200FR | 04:44.09 | 04:57.59 | 05:11.19 | 05:24.69 | 05:51.49 | 06:18.59 |  |            |  |
| 01:42.79    | 01:35.39 | 01:32.49 | 01:28.59 | 01:24.79 | 01:20.99 | 50BK  | 01:03.89 | 01:06.89 | 01:09.89 | 01:12.99 | 01:19.09 | 01:25.19 |  |            |  |
| 03:37.89    | 03:22.39 | 03:12.39 | 03:04.39 | 02:56.39 | 02:48.39 | 100BK | 02:17.99 | 02:24.69 | 02:31.19 | 02:37.69 | 02:50.99 | 03:04.19 |  |            |  |
| 01:55.29    | 01:47.09 | 01:38.79 | 01:34.69 | 01:30.59 | 01:26.49 | 50BR  | 01:09.69 | 01:12.99 | 01:16.29 | 01:19.59 | 01:26.19 | 01:32.89 |  |            |  |
| 05:38.79    | 05:14.69 | 04:50.29 | 04:38.29 | 04:26.29 | 04:14.29 | 100BR | 02:43.19 | 02:50.99 | 02:58.79 | 03:06.59 | 03:16.39 | 03:31.49 |  |            |  |
| 02:03.19    | 01:54.49 | 01:50.29 | 01:45.69 | 01:41.09 | 01:36.49 | 50FL  | 01:30.89 | 01:35.09 | 01:39.49 | 01:43.79 | 01:52.49 | 02:01.09 |  |            |  |
| 07:10.89    | 06:39.99 | 06:09.39 | 05:53.79 | 05:38.49 | 05:23.19 | 150IM | 05:00.99 | 05:15.29 | 05:29.69 | 05:44.09 | 06:12.79 | 06:41.49 |  |            |  |
| 09:46.89    | 09:04.89 | 08:23.09 | 08:01.89 | 07:41.09 | 07:20.19 | 200IM | 06:41.99 | 07:01.19 | 07:20.39 | 07:39.59 | 08:17.89 | 08:56.29 |  |            |  |

| 17-18 Girls |          | LCM      |          |          |          | P1           | LCM      |          |          |          | 15-16 Boys |          |
|-------------|----------|----------|----------|----------|----------|--------------|----------|----------|----------|----------|------------|----------|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event        | AAAA     | AAA      | AA       | A        | BB         | B        |
| 01:34.59    | 01:27.79 | 01:20.89 | 01:17.79 | 01:14.29 | 01:10.89 | <b>50FR</b>  | 01:04.69 | 01:07.79 | 01:10.69 | 01:13.79 | 01:20.09   | 01:26.09 |
| 03:23.59    | 03:09.09 | 02:54.49 | 02:47.39 | 02:40.09 | 02:32.69 | <b>100FR</b> | 02:24.39 | 02:31.29 | 02:38.29 | 02:44.99 | 02:58.99   | 03:12.69 |
| 06:55.49    | 06:25.69 | 05:55.99 | 05:41.09 | 05:26.29 | 05:11.69 | <b>200FR</b> | 04:44.09 | 04:57.59 | 05:11.19 | 05:24.69 | 05:51.49   | 06:18.59 |
| 01:41.89    | 01:34.59 | 01:27.39 | 01:23.69 | 01:20.09 | 01:16.49 | <b>50BK</b>  | 01:03.89 | 01:06.89 | 01:09.89 | 01:12.99 | 01:19.09   | 01:25.19 |
| 03:35.39    | 03:20.09 | 03:04.79 | 02:56.99 | 02:49.29 | 02:41.69 | <b>100BK</b> | 02:17.99 | 02:24.69 | 02:31.19 | 02:37.69 | 02:50.99   | 03:04.19 |
| 01:53.99    | 01:45.79 | 01:37.69 | 01:33.59 | 01:29.59 | 01:25.49 | <b>50BR</b>  | 01:09.69 | 01:12.99 | 01:16.29 | 01:19.59 | 01:26.19   | 01:32.89 |
| 05:34.99    | 05:10.99 | 04:47.19 | 04:35.19 | 04:23.19 | 04:11.19 | <b>100BR</b> | 02:43.19 | 02:50.99 | 02:58.79 | 03:06.59 | 03:16.39   | 03:31.49 |
| 01:45.79    | 01:38.29 | 01:30.69 | 01:26.89 | 01:23.09 | 01:19.39 | <b>50FL</b>  | 01:30.89 | 01:35.09 | 01:39.49 | 01:43.79 | 01:52.49   | 02:01.09 |
| 07:06.59    | 06:36.19 | 06:05.79 | 05:50.49 | 05:35.39 | 05:19.99 | <b>150IM</b> | 05:00.99 | 05:15.29 | 05:29.69 | 05:44.09 | 06:12.79   | 06:41.49 |
| 09:41.09    | 08:59.59 | 08:18.19 | 07:57.29 | 07:36.79 | 07:15.89 | <b>200IM</b> | 06:41.99 | 07:01.19 | 07:20.39 | 07:39.59 | 08:17.89   | 08:56.29 |

# USA Swimming 2024-2028 Parallel Time Standards

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P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair user with high functioning upper body.

| 10&under Girls |          | SCY      |          |          |          | P2    |          |          |          | SCY      |          |          |  | 10&under Boys |  |
|----------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|---------------|--|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 01:03.49       | 00:57.39 | 00:52.19 | 00:50.19 | 00:48.09 | 00:45.99 | 50FR  | 00:42.09 | 00:43.89 | 00:45.69 | 00:47.59 | 00:51.89 | 00:57.29 |  |               |  |
| 02:30.29       | 02:14.19 | 02:00.49 | 01:55.09 | 01:49.59 | 01:44.19 | 100FR | 01:36.09 | 01:41.09 | 01:45.79 | 01:50.59 | 02:00.39 | 02:14.29 |  |               |  |
| 04:55.99       | 04:23.59 | 04:02.69 | 03:51.39 | 03:40.09 | 03:28.69 | 200FR | 03:21.39 | 03:30.89 | 03:40.49 | 03:50.09 | 04:18.89 | 04:47.59 |  |               |  |
| 11:24.39       | 10:15.99 | 09:34.89 | 09:10.99 | 08:47.09 | 08:22.99 | 500FR | 08:31.49 | 08:55.79 | 09:20.09 | 09:44.49 | 10:57.49 | 12:10.69 |  |               |  |
| 01:15.79       | 01:07.49 | 01:01.59 | 00:58.59 | 00:55.69 | 00:52.79 | 50BK  | 00:48.29 | 00:50.99 | 00:53.69 | 00:56.39 | 01:01.29 | 01:08.99 |  |               |  |
| 03:16.79       | 02:54.89 | 02:33.09 | 02:25.89 | 02:18.59 | 02:11.39 | 100BK | 02:20.59 | 02:27.79 | 02:35.09 | 02:42.19 | 02:54.89 | 03:15.49 |  |               |  |
| 01:37.69       | 01:27.09 | 01:16.59 | 01:13.19 | 01:09.59 | 01:05.99 | 50BR  | 01:01.19 | 01:04.39 | 01:07.59 | 01:10.79 | 01:20.19 | 01:29.79 |  |               |  |
| 03:22.19       | 02:59.69 | 02:40.49 | 02:32.69 | 02:25.19 | 02:17.49 | 100BR | 02:09.29 | 02:15.69 | 02:22.09 | 02:28.59 | 02:47.79 | 03:07.19 |  |               |  |
| 01:34.99       | 01:23.79 | 01:12.69 | 01:08.89 | 01:05.19 | 01:01.49 | 50FL  | 00:42.89 | 00:45.39 | 00:47.79 | 00:50.09 | 00:56.39 | 01:03.49 |  |               |  |
| 03:59.99       | 03:28.49 | 02:57.09 | 02:46.59 | 02:36.29 | 02:25.79 | 100FL | 02:18.09 | 02:27.59 | 02:37.29 | 02:46.89 | 03:06.49 | 03:33.79 |  |               |  |
| 03:03.19       | 02:43.69 | 02:24.19 | 02:17.69 | 02:11.19 | 02:04.69 | 100IM | 01:54.19 | 01:59.59 | 02:04.99 | 02:10.39 | 02:20.09 | 02:35.69 |  |               |  |
| 06:05.79       | 05:27.49 | 04:54.69 | 04:41.59 | 04:28.69 | 04:15.59 | 200IM | 04:02.19 | 04:14.19 | 04:26.19 | 04:38.39 | 05:00.09 | 05:34.69 |  |               |  |

| 11-12 Girls |          | SCY      |          |          |          | P2     |          |          |          | SCY      |          |          |  | 11-12 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:54.19    | 00:50.59 | 00:47.59 | 00:45.69 | 00:43.89 | 00:41.89 | 50FR   | 00:37.59 | 00:39.49 | 00:41.29 | 00:42.99 | 00:45.79 | 00:49.19 |  |            |  |
| 02:05.89    | 01:56.99 | 01:47.89 | 01:43.49 | 01:38.89 | 01:34.39 | 100FR  | 01:24.89 | 01:28.99 | 01:32.99 | 01:37.09 | 01:43.19 | 01:51.19 |  |            |  |
| 04:20.99    | 04:02.29 | 03:43.59 | 03:34.29 | 03:24.99 | 03:15.69 | 200FR  | 02:57.59 | 03:06.09 | 03:14.49 | 03:22.89 | 03:39.89 | 03:56.69 |  |            |  |
| 09:55.99    | 09:13.49 | 08:45.79 | 08:23.89 | 08:01.99 | 07:40.09 | 500FR  | 07:36.39 | 07:58.09 | 08:19.89 | 08:41.59 | 09:25.09 | 10:08.39 |  |            |  |
| 22:14.89    | 20:39.59 | 19:04.29 | 18:16.59 | 17:28.89 | 16:41.19 | 1000FR | 16:09.29 | 16:55.49 | 17:41.69 | 18:27.79 | 20:00.09 | 21:32.39 |  |            |  |
| 40:43.79    | 37:49.19 | 34:54.79 | 33:27.39 | 32:00.19 | 30:32.99 | 1650FR | 27:30.69 | 28:49.29 | 30:07.89 | 31:26.59 | 34:03.69 | 36:40.89 |  |            |  |
| 01:02.29    | 00:57.79 | 00:55.79 | 00:53.39 | 00:51.29 | 00:48.89 | 50BK   | 00:44.29 | 00:46.69 | 00:48.99 | 00:51.39 | 00:53.39 | 00:57.79 |  |            |  |
| 02:41.09    | 02:28.49 | 02:15.79 | 02:09.49 | 02:03.19 | 01:56.69 | 100BK  | 01:55.49 | 02:01.89 | 02:08.09 | 02:14.49 | 02:26.99 | 02:39.59 |  |            |  |
| 05:20.99    | 04:58.09 | 04:35.19 | 04:23.79 | 04:12.19 | 04:00.69 | 200BK  | 03:22.49 | 03:32.19 | 03:41.69 | 03:51.39 | 04:10.59 | 04:29.99 |  |            |  |
| 01:18.69    | 01:13.19 | 01:07.39 | 01:04.79 | 01:01.89 | 00:58.99 | 50BR   | 00:52.99 | 00:55.99 | 00:58.89 | 01:01.69 | 01:07.39 | 01:13.09 |  |            |  |
| 02:50.29    | 02:37.59 | 02:31.99 | 02:25.29 | 02:18.79 | 02:12.19 | 100BR  | 01:51.19 | 01:57.09 | 02:02.89 | 02:08.59 | 02:20.29 | 02:31.89 |  |            |  |
| 06:42.19    | 06:13.49 | 05:44.69 | 05:30.49 | 05:16.19 | 05:01.69 | 200BR  | 04:34.39 | 04:47.69 | 05:00.69 | 05:13.69 | 05:39.79 | 06:05.89 |  |            |  |
| 01:12.49    | 01:07.39 | 01:02.09 | 00:59.49 | 00:56.99 | 00:54.39 | 50FL   | 00:39.39 | 00:41.59 | 00:43.79 | 00:45.99 | 00:48.09 | 00:52.19 |  |            |  |
| 02:56.49    | 02:42.29 | 02:28.29 | 02:21.09 | 02:14.09 | 02:07.09 | 100FL  | 02:00.29 | 02:07.19 | 02:14.09 | 02:20.99 | 02:27.69 | 02:40.89 |  |            |  |
| 02:29.69    | 02:18.99 | 02:08.39 | 02:02.99 | 01:57.69 | 01:52.29 | 100IM  | 01:42.69 | 01:47.59 | 01:52.69 | 01:57.69 | 02:01.89 | 02:11.59 |  |            |  |
| 05:02.89    | 04:41.19 | 04:27.19 | 04:15.99 | 04:04.99 | 03:53.79 | 200IM  | 03:37.79 | 03:48.89 | 04:00.09 | 04:11.09 | 04:21.19 | 04:42.39 |  |            |  |

| 13-14 Girls |          | SCY      |          |          |          | P2     |          |          |          | SCY      |          |          |  | 13-14 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:51.79    | 00:48.19 | 00:45.29 | 00:43.39 | 00:41.59 | 00:39.69 | 50FR   | 00:35.19 | 00:36.99 | 00:38.69 | 00:40.29 | 00:42.79 | 00:46.19 |  |            |  |
| 01:48.79    | 01:40.99 | 01:35.19 | 01:31.09 | 01:27.19 | 01:23.29 | 100FR  | 01:19.29 | 01:23.19 | 01:26.89 | 01:30.69 | 01:35.49 | 01:42.99 |  |            |  |
| 03:44.19    | 03:28.29 | 03:16.09 | 03:07.89 | 02:59.69 | 02:51.69 | 200FR  | 02:45.29 | 02:53.19 | 03:01.09 | 03:08.99 | 03:14.99 | 03:30.09 |  |            |  |
| 09:05.99    | 08:26.99 | 07:57.49 | 07:37.49 | 07:17.59 | 06:57.79 | 500FR  | 06:59.19 | 07:19.19 | 07:39.19 | 07:58.99 | 08:14.29 | 08:52.19 |  |            |  |
| 20:58.59    | 19:28.69 | 17:58.79 | 17:13.89 | 16:28.89 | 15:43.99 | 1000FR | 14:35.49 | 15:17.19 | 15:58.89 | 16:40.59 | 18:03.99 | 19:27.29 |  |            |  |
| 38:26.89    | 35:41.99 | 32:57.29 | 31:34.89 | 30:12.59 | 28:50.19 | 1650FR | 25:10.39 | 26:22.29 | 27:34.19 | 28:46.09 | 31:09.89 | 33:33.69 |  |            |  |
| 00:56.39    | 00:52.59 | 00:50.89 | 00:48.69 | 00:46.59 | 00:44.49 | 50BK   | 00:39.79 | 00:41.69 | 00:43.49 | 00:45.39 | 00:46.99 | 00:50.59 |  |            |  |
| 02:23.09    | 02:12.89 | 02:02.59 | 01:57.59 | 01:52.59 | 01:47.39 | 100BK  | 01:43.89 | 01:48.69 | 01:53.79 | 01:58.39 | 02:08.49 | 02:18.39 |  |            |  |
| 04:57.59    | 04:36.29 | 04:14.99 | 04:04.49 | 03:53.79 | 03:43.19 | 200BK  | 03:06.59 | 03:15.59 | 03:24.39 | 03:33.29 | 03:44.39 | 04:01.59 |  |            |  |
| 01:15.29    | 01:09.89 | 01:04.59 | 01:01.89 | 00:59.19 | 00:56.49 | 50BR   | 00:48.59 | 00:50.99 | 00:53.29 | 00:55.69 | 01:00.19 | 01:04.89 |  |            |  |
| 02:29.09    | 02:18.29 | 02:07.79 | 02:02.49 | 01:57.19 | 01:51.79 | 100BR  | 01:42.09 | 01:46.99 | 01:51.89 | 01:56.59 | 02:02.69 | 02:12.09 |  |            |  |
| 06:13.49    | 05:46.89 | 05:20.29 | 05:06.79 | 04:53.49 | 04:40.19 | 200BR  | 04:04.39 | 04:15.99 | 04:27.49 | 04:39.29 | 05:02.59 | 05:25.79 |  |            |  |
| 01:01.09    | 00:56.89 | 00:52.39 | 00:50.19 | 00:48.19 | 00:45.89 | 50FL   | 00:36.69 | 00:38.49 | 00:40.09 | 00:41.89 | 00:43.29 | 00:46.69 |  |            |  |
| 02:37.99    | 02:26.69 | 02:15.59 | 02:09.79 | 02:04.29 | 01:58.49 | 100FL  | 01:54.59 | 01:59.99 | 02:05.39 | 02:10.89 | 02:15.69 | 02:26.09 |  |            |  |
| 02:29.69    | 02:18.99 | 02:08.39 | 02:02.99 | 01:57.69 | 01:52.29 | 100IM  | 01:31.59 | 01:35.89 | 01:40.29 | 01:44.69 | 01:48.49 | 01:56.89 |  |            |  |
| 04:42.99    | 04:22.69 | 04:09.49 | 03:59.19 | 03:48.89 | 03:38.39 | 200IM  | 03:24.09 | 03:33.79 | 03:43.59 | 03:53.19 | 04:01.89 | 04:20.49 |  |            |  |

## USA Swimming 2024-2028 Parallel Time Standards

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| 15-16 Girls |          | SCY      |          |          |          | P2     |          |          |          | SCY      |          |          |  | 15-16 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:50.69    | 00:47.09 | 00:44.39 | 00:42.39 | 00:40.59 | 00:38.89 | 50FR   | 00:33.99 | 00:35.59 | 00:37.19 | 00:38.79 | 00:37.59 | 00:40.49 |  |            |  |
| 01:46.79    | 01:38.69 | 01:33.89 | 01:29.99 | 01:26.09 | 01:22.19 | 100FR  | 01:14.29 | 01:17.99 | 01:21.49 | 01:24.99 | 01:23.69 | 01:30.09 |  |            |  |
| 03:39.59    | 03:23.99 | 03:13.79 | 03:05.79 | 02:57.79 | 02:49.69 | 200FR  | 02:37.69 | 02:45.29 | 02:52.89 | 03:00.29 | 03:02.49 | 03:16.59 |  |            |  |
| 08:56.39    | 08:18.19 | 07:53.49 | 07:33.79 | 07:14.09 | 06:54.39 | 500FR  | 06:47.99 | 07:07.39 | 07:26.89 | 07:46.29 | 07:52.09 | 08:28.39 |  |            |  |
| 20:31.69    | 19:03.89 | 17:35.89 | 16:51.79 | 16:07.89 | 15:23.79 | 1000FR | 14:06.79 | 14:47.09 | 15:27.39 | 16:07.79 | 17:28.39 | 18:48.99 |  |            |  |
| 37:43.09    | 35:01.39 | 32:19.79 | 30:59.09 | 29:38.19 | 28:17.29 | 1650FR | 24:07.09 | 25:15.89 | 26:24.89 | 27:33.69 | 31:21.09 | 33:45.79 |  |            |  |
| 00:57.39    | 00:53.29 | 00:51.49 | 00:49.39 | 00:47.19 | 00:45.09 | 50BK   | 00:38.29 | 00:40.09 | 00:41.89 | 00:43.69 | 00:41.89 | 00:45.09 |  |            |  |
| 02:18.99    | 02:09.09 | 01:59.29 | 01:54.19 | 01:49.19 | 01:44.39 | 100BK  | 01:45.29 | 01:50.29 | 01:55.29 | 02:00.29 | 02:01.69 | 02:10.99 |  |            |  |
| 04:50.09    | 04:29.29 | 04:08.79 | 03:58.39 | 03:47.99 | 03:37.59 | 200BK  | 03:06.69 | 03:15.59 | 03:24.59 | 03:33.49 | 03:34.09 | 03:50.49 |  |            |  |
| 01:10.59    | 01:05.59 | 01:00.59 | 00:57.99 | 00:55.49 | 00:52.99 | 50BR   | 00:44.09 | 00:46.19 | 00:48.29 | 00:50.39 | 00:54.59 | 00:58.79 |  |            |  |
| 02:24.39    | 02:14.09 | 02:03.89 | 01:58.69 | 01:53.49 | 01:48.39 | 100BR  | 01:39.39 | 01:43.99 | 01:48.89 | 01:53.49 | 01:57.09 | 02:06.19 |  |            |  |
| 06:03.69    | 05:37.69 | 05:11.69 | 04:58.79 | 04:45.89 | 04:32.79 | 200BR  | 03:53.39 | 04:04.59 | 04:15.79 | 04:26.79 | 04:49.09 | 05:11.29 |  |            |  |
| 00:58.19    | 00:53.99 | 00:51.39 | 00:49.19 | 00:47.09 | 00:44.89 | 50FL   | 00:34.89 | 00:36.59 | 00:38.19 | 00:39.89 | 00:38.59 | 00:41.49 |  |            |  |
| 02:32.99    | 02:22.09 | 02:12.49 | 02:06.89 | 02:01.29 | 01:55.89 | 100FL  | 01:48.19 | 01:53.39 | 01:58.59 | 02:03.69 | 01:57.59 | 02:06.59 |  |            |  |
| 02:10.89    | 02:01.49 | 01:52.09 | 01:47.49 | 01:42.79 | 01:38.09 | 100IM  | 01:27.39 | 01:31.59 | 01:35.79 | 01:39.89 | 01:32.49 | 01:39.59 |  |            |  |
| 04:36.39    | 04:16.59 | 04:03.69 | 03:53.59 | 03:43.49 | 03:33.19 | 200IM  | 03:14.99 | 03:24.29 | 03:33.59 | 03:42.89 | 03:26.39 | 03:42.19 |  |            |  |

| 17-18 Girls |          | SCY      |          |          |          | P2     |          |          |          | SCY      |          |          |  | 17-18 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:50.09    | 00:46.39 | 00:43.69 | 00:41.89 | 00:40.19 | 00:38.19 | 50FR   | 00:33.19 | 00:34.79 | 00:36.19 | 00:37.79 | 00:36.59 | 00:39.49 |  |            |  |
| 01:45.39    | 01:37.79 | 01:33.09 | 01:29.09 | 01:25.29 | 01:21.39 | 100FR  | 01:12.39 | 01:15.79 | 01:19.29 | 01:22.59 | 01:21.39 | 01:27.59 |  |            |  |
| 03:36.99    | 03:21.49 | 03:11.59 | 03:03.49 | 02:55.59 | 02:47.59 | 200FR  | 02:34.99 | 02:42.39 | 02:49.69 | 02:57.09 | 02:59.19 | 03:13.09 |  |            |  |
| 08:50.39    | 08:12.59 | 07:48.19 | 07:28.69 | 07:09.19 | 06:49.69 | 500FR  | 06:42.19 | 07:01.39 | 07:20.59 | 07:39.79 | 07:45.39 | 08:21.19 |  |            |  |
| 20:21.69    | 18:54.39 | 17:27.19 | 16:43.49 | 15:59.89 | 15:16.29 | 1000FR | 13:54.09 | 14:33.79 | 15:13.49 | 15:53.19 | 17:12.59 | 18:31.99 |  |            |  |
| 36:56.49    | 34:18.29 | 31:39.89 | 30:20.79 | 29:01.69 | 27:42.39 | 1650FR | 23:47.29 | 24:55.19 | 26:03.09 | 27:11.09 | 30:55.39 | 33:18.09 |  |            |  |
| 00:56.29    | 00:52.19 | 00:50.49 | 00:48.39 | 00:46.29 | 00:44.19 | 50BK   | 00:37.09 | 00:38.89 | 00:40.59 | 00:42.39 | 00:40.79 | 00:43.79 |  |            |  |
| 02:16.59    | 02:06.69 | 01:56.99 | 01:52.19 | 01:47.39 | 01:42.29 | 100BK  | 01:41.59 | 01:46.59 | 01:51.29 | 01:56.09 | 01:58.39 | 02:06.59 |  |            |  |
| 04:43.99    | 04:23.59 | 04:03.39 | 03:53.19 | 03:43.19 | 03:32.99 | 200BK  | 03:01.99 | 03:10.69 | 03:19.29 | 03:27.89 | 03:28.59 | 03:44.69 |  |            |  |
| 01:09.89    | 01:04.99 | 00:59.99 | 00:57.49 | 00:54.99 | 00:52.49 | 50BR   | 00:42.79 | 00:44.89 | 00:46.89 | 00:48.89 | 00:52.99 | 00:57.09 |  |            |  |
| 02:22.49    | 02:12.39 | 02:02.19 | 01:57.19 | 01:52.09 | 01:46.89 | 100BR  | 01:36.49 | 01:41.09 | 01:45.79 | 01:50.19 | 01:53.89 | 02:02.49 |  |            |  |
| 06:01.19    | 05:35.39 | 05:09.59 | 04:56.59 | 04:43.69 | 04:30.79 | 200BR  | 03:46.69 | 03:57.49 | 04:08.29 | 04:19.19 | 04:40.79 | 05:02.39 |  |            |  |
| 00:57.29    | 00:53.19 | 00:50.59 | 00:48.49 | 00:46.39 | 00:44.29 | 50FL   | 00:33.99 | 00:35.59 | 00:37.19 | 00:38.79 | 00:37.59 | 00:40.39 |  |            |  |
| 02:31.39    | 02:20.49 | 02:11.09 | 02:05.49 | 02:00.09 | 01:54.69 | 100FL  | 01:45.49 | 01:50.39 | 01:55.29 | 02:00.49 | 01:54.59 | 02:03.19 |  |            |  |
| 02:08.99    | 01:59.79 | 01:50.59 | 01:45.99 | 01:41.39 | 01:36.79 | 100IM  | 01:25.79 | 01:29.89 | 01:33.89 | 01:37.99 | 01:30.79 | 01:37.69 |  |            |  |
| 04:32.09    | 04:12.69 | 03:59.89 | 03:49.99 | 03:39.89 | 03:29.99 | 200IM  | 03:10.49 | 03:19.59 | 03:28.59 | 03:37.69 | 03:21.59 | 03:36.99 |  |            |  |

| 10&under Girls |          | SCM      |          |          |          | P2    |          |          |          | SCM      |          |          |  | 10&under Boys |  |
|----------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|---------------|--|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 01:10.19       | 01:03.49 | 00:57.69 | 00:55.39 | 00:53.09 | 00:50.89 | 50FR  | 00:46.49 | 00:48.49 | 00:50.49 | 00:52.49 | 00:57.29 | 01:03.29 |  |               |  |
| 02:45.99       | 02:28.39 | 02:13.19 | 02:07.09 | 02:01.19 | 01:55.09 | 100FR | 01:46.29 | 01:51.49 | 01:56.89 | 02:02.09 | 02:12.99 | 02:28.29 |  |               |  |
| 05:26.89       | 04:51.19 | 04:28.19 | 04:15.59 | 04:03.09 | 03:50.49 | 200FR | 03:42.49 | 03:53.09 | 04:03.69 | 04:14.19 | 04:45.99 | 05:17.69 |  |               |  |
| 09:58.89       | 08:58.89 | 08:22.99 | 08:02.19 | 07:41.19 | 07:20.19 | 400FR | 07:27.59 | 07:48.89 | 08:10.19 | 08:31.49 | 09:35.29 | 10:39.19 |  |               |  |
| 01:23.69       | 01:14.49 | 01:07.89 | 01:04.79 | 01:01.59 | 00:58.49 | 50BK  | 00:53.39 | 00:56.39 | 00:59.39 | 01:02.29 | 01:07.69 | 01:16.29 |  |               |  |
| 03:37.49       | 03:13.29 | 02:49.09 | 02:41.09 | 02:33.09 | 02:25.09 | 100BK | 02:35.49 | 02:43.29 | 02:51.19 | 02:59.19 | 03:13.29 | 03:35.79 |  |               |  |
| 01:47.89       | 01:36.19 | 01:24.59 | 01:20.69 | 01:16.89 | 01:12.99 | 50BR  | 01:07.59 | 01:11.09 | 01:14.69 | 01:18.19 | 01:28.79 | 01:39.19 |  |               |  |
| 03:43.29       | 03:18.59 | 02:57.29 | 02:48.89 | 02:40.49 | 02:32.09 | 100BR | 02:22.69 | 02:29.89 | 02:36.99 | 02:44.19 | 03:05.49 | 03:26.79 |  |               |  |
| 01:44.99       | 01:32.69 | 01:20.29 | 01:16.19 | 01:12.09 | 01:07.89 | 50FL  | 00:47.39 | 00:50.09 | 00:52.79 | 00:55.39 | 01:02.29 | 01:10.19 |  |               |  |
| 04:25.09       | 03:50.49 | 03:15.79 | 03:04.09 | 02:52.59 | 02:40.99 | 100FL | 02:32.49 | 02:43.19 | 02:53.69 | 03:04.39 | 03:25.89 | 03:56.39 |  |               |  |
| 03:22.39       | 03:00.99 | 02:39.29 | 02:32.09 | 02:24.89 | 02:17.69 | 100IM | 02:06.19 | 02:12.19 | 02:18.09 | 02:24.19 | 02:34.69 | 02:51.89 |  |               |  |
| 06:44.19       | 06:01.69 | 05:25.59 | 05:11.19 | 04:56.89 | 04:42.49 | 200IM | 04:27.49 | 04:40.99 | 04:54.29 | 05:07.59 | 05:31.59 | 06:09.89 |  |               |  |

## USA Swimming 2024-2028 Parallel Time Standards

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| 11-12 Girls |          | SCM      |          |          |          | P2     |          |          |          | SCM      |          |          |  | 11-12 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:59.99    | 00:55.79 | 00:52.69 | 00:50.49 | 00:48.39 | 00:46.29 | 50FR   | 00:41.59 | 00:43.59 | 00:45.59 | 00:47.59 | 00:50.59 | 00:54.49 |  |            |  |
| 02:19.09    | 02:09.09 | 01:59.19 | 01:54.29 | 01:49.39 | 01:44.29 | 100FR  | 05:28.99 | 01:38.39 | 01:42.79 | 01:47.19 | 01:53.99 | 02:02.79 |  |            |  |
| 04:48.29    | 04:27.79 | 04:07.19 | 03:56.99 | 03:46.49 | 03:36.29 | 200FR  | 03:16.19 | 03:25.59 | 03:34.89 | 03:44.29 | 04:02.89 | 04:21.59 |  |            |  |
| 08:41.59    | 08:04.29 | 07:40.09 | 07:20.99 | 07:01.79 | 06:42.69 | 400FR  | 06:39.29 | 06:58.29 | 07:17.29 | 07:36.39 | 08:14.39 | 08:52.49 |  |            |  |
| 19:28.09    | 18:04.69 | 16:41.19 | 15:59.49 | 15:17.79 | 14:36.09 | 800FR  | 00:00.09 | 00:00.09 | 00:00.09 | 00:00.09 | 00:00.09 | 00:00.09 |  |            |  |
| 40:29.19    | 37:35.59 | 34:42.09 | 33:15.39 | 31:48.69 | 30:21.89 | 1500FR | 00:00.09 | 00:00.09 | 00:00.09 | 00:00.09 | 00:00.09 | 00:00.09 |  |            |  |
| 01:08.69    | 01:03.89 | 01:01.69 | 00:59.09 | 00:56.49 | 00:53.89 | 50BK   | 00:48.99 | 00:51.59 | 00:54.19 | 00:56.69 | 00:58.99 | 01:03.89 |  |            |  |
| 02:58.09    | 02:44.09 | 02:29.99 | 02:23.09 | 02:15.99 | 02:08.89 | 100BK  | 02:07.69 | 02:14.69 | 02:21.49 | 02:28.49 | 02:42.49 | 02:56.29 |  |            |  |
| 05:54.59    | 05:29.39 | 05:03.99 | 04:51.29 | 04:38.59 | 04:26.09 | 200BK  | 03:43.79 | 03:54.39 | 04:04.99 | 04:15.59 | 04:36.99 | 04:58.19 |  |            |  |
| 01:26.89    | 01:20.89 | 01:14.59 | 01:11.39 | 01:08.29 | 01:05.29 | 50BR   | 00:58.69 | 01:01.69 | 01:04.89 | 01:08.09 | 01:14.49 | 01:20.89 |  |            |  |
| 03:08.09    | 02:54.19 | 02:47.89 | 02:40.69 | 02:33.39 | 02:26.09 | 100BR  | 02:02.99 | 02:09.39 | 02:15.79 | 02:22.19 | 02:34.99 | 02:47.79 |  |            |  |
| 07:24.49    | 06:52.79 | 06:21.09 | 06:05.09 | 05:49.19 | 05:33.39 | 200BR  | 05:03.29 | 05:17.79 | 05:32.19 | 05:46.69 | 06:15.59 | 06:44.39 |  |            |  |
| 01:20.09    | 01:14.19 | 01:08.49 | 01:05.79 | 01:02.79 | 01:00.09 | 50FL   | 00:43.69 | 00:45.99 | 00:48.39 | 00:50.89 | 00:52.99 | 00:57.69 |  |            |  |
| 03:14.99    | 02:59.29 | 02:43.69 | 02:35.89 | 02:28.29 | 02:20.49 | 100FL  | 02:12.89 | 02:20.39 | 02:28.09 | 02:35.59 | 02:43.19 | 02:57.69 |  |            |  |
| 02:45.49    | 02:33.69 | 02:21.79 | 02:15.99 | 02:09.99 | 02:03.99 | 100IM  | 01:53.49 | 01:58.89 | 02:04.39 | 02:09.99 | 02:14.79 | 02:25.39 |  |            |  |
| 05:34.69    | 05:10.79 | 04:55.29 | 04:42.89 | 04:30.59 | 04:18.39 | 200IM  | 04:00.69 | 04:12.89 | 04:25.29 | 04:37.49 | 04:48.59 | 05:12.09 |  |            |  |

| 13-14 Girls |          | SCM      |          |          |          | P2     |          |          |          | SCM      |          |          |  | 13-14 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:57.39    | 00:53.29 | 00:50.09 | 00:47.89 | 00:45.99 | 00:43.89 | 50FR   | 00:38.99 | 00:40.69 | 00:42.59 | 00:44.49 | 00:47.39 | 00:50.99 |  |            |  |
| 02:00.29    | 01:51.69 | 01:45.19 | 01:40.79 | 01:36.39 | 01:32.09 | 100FR  | 01:27.69 | 01:31.79 | 01:35.99 | 01:40.09 | 01:45.59 | 01:53.69 |  |            |  |
| 04:07.79    | 03:50.19 | 03:36.59 | 03:27.69 | 03:18.59 | 03:09.49 | 200FR  | 03:02.59 | 03:11.29 | 03:20.09 | 03:28.79 | 03:35.49 | 03:52.19 |  |            |  |
| 07:57.79    | 07:23.69 | 06:57.69 | 06:40.29 | 06:22.89 | 06:05.59 | 400FR  | 06:06.89 | 06:24.29 | 06:41.79 | 06:59.19 | 07:12.49 | 07:45.69 |  |            |  |
| 18:21.29    | 17:02.59 | 15:43.89 | 15:04.59 | 14:25.29 | 13:45.89 | 800FR  | 12:46.09 | 13:22.49 | 13:59.09 | 14:35.49 | 15:48.49 | 17:01.39 |  |            |  |
| 38:12.89    | 35:29.19 | 32:45.39 | 31:23.59 | 30:01.69 | 28:39.79 | 1500FR | 25:01.39 | 26:12.69 | 27:24.29 | 28:35.79 | 30:58.69 | 33:21.69 |  |            |  |
| 01:02.39    | 00:57.99 | 00:56.09 | 00:53.79 | 00:51.49 | 00:49.09 | 50BK   | 00:43.89 | 00:45.89 | 00:48.09 | 00:50.09 | 00:51.89 | 00:55.79 |  |            |  |
| 02:38.09    | 02:26.79 | 02:15.59 | 02:09.89 | 02:04.29 | 01:58.69 | 100BK  | 01:54.69 | 02:00.19 | 02:05.59 | 02:10.99 | 02:21.89 | 02:32.99 |  |            |  |
| 05:28.89    | 05:05.29 | 04:41.79 | 04:29.99 | 04:18.39 | 04:06.59 | 200BK  | 03:26.19 | 03:35.99 | 03:45.79 | 03:55.59 | 04:07.79 | 04:26.99 |  |            |  |
| 01:23.19    | 01:17.29 | 01:11.39 | 01:08.29 | 01:05.29 | 01:02.39 | 50BR   | 00:53.79 | 00:56.29 | 00:58.89 | 01:01.39 | 01:06.59 | 01:11.59 |  |            |  |
| 02:44.69    | 02:32.89 | 02:21.19 | 02:15.29 | 02:09.39 | 02:03.49 | 100BR  | 01:52.89 | 01:58.09 | 02:03.49 | 02:08.89 | 02:15.49 | 02:25.99 |  |            |  |
| 06:52.79    | 06:23.29 | 05:53.69 | 05:39.09 | 05:24.39 | 05:09.59 | 200BR  | 04:29.99 | 04:42.79 | 04:55.69 | 05:08.49 | 05:34.19 | 05:59.89 |  |            |  |
| 01:07.59    | 01:02.79 | 00:57.89 | 00:55.49 | 00:53.09 | 00:50.69 | 50FL   | 00:40.59 | 00:42.49 | 00:44.39 | 00:46.29 | 00:47.79 | 00:51.49 |  |            |  |
| 02:54.59    | 02:42.09 | 02:29.69 | 02:23.39 | 02:17.19 | 02:10.99 | 100FL  | 02:06.49 | 02:12.59 | 02:18.69 | 02:24.69 | 02:29.79 | 02:41.39 |  |            |  |
| 02:29.19    | 02:18.49 | 02:07.89 | 02:02.59 | 01:57.19 | 01:51.89 | 100IM  | 01:41.19 | 01:45.99 | 01:50.79 | 01:55.59 | 01:59.89 | 02:09.09 |  |            |  |
| 05:12.59    | 04:50.19 | 04:35.79 | 04:24.29 | 04:12.79 | 04:01.39 | 200IM  | 03:45.49 | 03:56.19 | 04:06.99 | 04:17.69 | 04:27.29 | 04:47.69 |  |            |  |

| 15-16 Girls |          | SCM      |          |          |          | P2     |          |          |          | SCM      |          |          |  | 15-16 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:55.99    | 00:51.99 | 00:48.89 | 00:46.99 | 00:44.89 | 00:42.89 | 50FR   | 00:37.49 | 00:39.39 | 00:41.19 | 00:42.89 | 00:41.49 | 00:44.59 |  |            |  |
| 01:57.59    | 01:49.09 | 01:43.69 | 01:39.39 | 01:35.09 | 01:30.79 | 100FR  | 01:22.19 | 01:26.19 | 01:29.99 | 01:33.99 | 01:32.99 | 01:39.49 |  |            |  |
| 04:02.79    | 03:45.39 | 03:34.29 | 03:25.39 | 03:16.39 | 03:07.49 | 200FR  | 02:54.39 | 03:02.59 | 03:10.99 | 03:19.29 | 03:21.79 | 03:37.19 |  |            |  |
| 07:49.39    | 07:15.89 | 06:54.39 | 06:36.99 | 06:19.79 | 06:02.59 | 400FR  | 05:56.99 | 06:13.99 | 06:30.99 | 06:47.99 | 06:53.09 | 07:24.89 |  |            |  |
| 17:57.79    | 16:40.89 | 15:23.79 | 14:45.39 | 14:06.89 | 13:28.29 | 800FR  | 12:20.89 | 12:56.19 | 13:31.59 | 14:06.79 | 15:17.29 | 16:27.89 |  |            |  |
| 37:29.49    | 34:48.79 | 32:08.09 | 30:47.89 | 29:27.49 | 28:07.19 | 1500FR | 23:58.39 | 25:06.89 | 26:15.29 | 27:23.79 | 31:09.89 | 33:33.69 |  |            |  |
| 01:03.39    | 00:58.89 | 00:56.89 | 00:54.49 | 00:52.19 | 00:49.79 | 50BK   | 00:42.29 | 00:44.19 | 00:46.29 | 00:48.29 | 00:46.29 | 00:49.79 |  |            |  |
| 02:33.69    | 02:22.69 | 02:11.69 | 02:06.19 | 02:00.79 | 01:55.39 | 100BK  | 01:56.29 | 02:01.69 | 02:07.29 | 02:12.89 | 02:14.49 | 02:24.79 |  |            |  |
| 05:20.59    | 04:57.79 | 04:34.89 | 04:23.39 | 04:11.99 | 04:00.49 | 200BK  | 03:26.39 | 03:36.19 | 03:45.99 | 03:55.79 | 03:56.59 | 04:14.69 |  |            |  |
| 01:18.09    | 01:12.49 | 01:06.89 | 01:04.09 | 01:01.29 | 00:58.59 | 50BR   | 00:48.69 | 00:51.09 | 00:53.39 | 00:55.69 | 01:00.29 | 01:04.89 |  |            |  |
| 02:39.69    | 02:28.19 | 02:16.79 | 02:11.09 | 02:05.39 | 01:59.69 | 100BR  | 01:49.69 | 01:55.09 | 02:00.19 | 02:05.39 | 02:09.39 | 02:19.39 |  |            |  |
| 06:41.79    | 06:13.29 | 05:44.59 | 05:30.09 | 05:15.79 | 05:01.49 | 200BR  | 04:17.99 | 04:30.29 | 04:42.59 | 04:54.89 | 05:19.29 | 05:43.89 |  |            |  |
| 01:04.29    | 00:59.69 | 00:56.69 | 00:54.39 | 00:51.99 | 00:49.59 | 50FL   | 00:38.59 | 00:40.39 | 00:42.19 | 00:44.09 | 00:42.59 | 00:45.89 |  |            |  |
| 02:49.09    | 02:36.89 | 02:26.19 | 02:20.19 | 02:14.19 | 02:07.99 | 100FL  | 01:59.59 | 02:05.39 | 02:10.99 | 02:16.79 | 02:09.99 | 02:19.99 |  |            |  |
| 02:27.59    | 02:17.29 | 02:06.99 | 02:01.79 | 01:56.59 | 01:51.49 | 100IM  | 01:36.59 | 01:41.19 | 01:45.79 | 01:50.39 | 01:42.19 | 01:50.09 |  |            |  |
| 05:05.39    | 04:43.59 | 04:29.39 | 04:18.09 | 04:06.89 | 03:55.59 | 200IM  | 03:35.49 | 03:45.79 | 03:55.99 | 04:06.29 | 03:48.09 | 04:05.59 |  |            |  |

## USA Swimming 2024-2028 Parallel Time Standards

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| 17-18 Girls |          | SCM      |          |          |          | P2     |          |          |          | SCM      |          |          |  | 17-18 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:55.29    | 00:51.39 | 00:48.29 | 00:46.29 | 00:44.19 | 00:42.29 | 50FR   | 00:36.49 | 00:38.29 | 00:39.99 | 00:41.79 | 00:40.49 | 00:43.49 |  |            |  |
| 01:56.39    | 01:48.19 | 01:42.79 | 01:38.49 | 01:34.19 | 01:29.89 | 100FR  | 01:19.89 | 01:23.79 | 01:27.59 | 01:31.39 | 01:29.99 | 01:36.89 |  |            |  |
| 03:59.79    | 03:42.69 | 03:31.59 | 03:22.79 | 03:13.99 | 03:05.19 | 200FR  | 02:51.19 | 02:59.39 | 03:07.59 | 03:15.59 | 03:18.09 | 03:33.29 |  |            |  |
| 07:44.09    | 07:10.99 | 06:49.69 | 06:32.59 | 06:15.49 | 05:58.39 | 400FR  | 05:51.99 | 06:08.69 | 06:25.49 | 06:42.19 | 06:47.19 | 07:18.49 |  |            |  |
| 17:48.89    | 16:32.59 | 15:16.29 | 14:37.99 | 13:59.79 | 13:21.69 | 800FR  | 12:09.79 | 12:44.59 | 13:19.29 | 13:54.09 | 15:03.59 | 16:13.09 |  |            |  |
| 36:43.29    | 34:05.99 | 31:28.59 | 30:09.89 | 28:51.19 | 27:32.49 | 1500FR | 23:38.69 | 24:46.19 | 25:53.79 | 27:01.29 | 30:44.19 | 33:06.09 |  |            |  |
| 01:02.19    | 00:57.69 | 00:55.79 | 00:53.39 | 00:51.09 | 00:48.79 | 50BK   | 00:40.99 | 00:42.89 | 00:44.89 | 00:46.79 | 00:44.89 | 00:48.39 |  |            |  |
| 02:30.89    | 02:20.09 | 02:09.29 | 02:03.89 | 01:58.49 | 01:53.09 | 100BK  | 01:52.39 | 01:57.59 | 02:02.99 | 02:08.39 | 02:09.89 | 02:19.99 |  |            |  |
| 05:13.69    | 04:51.29 | 04:28.99 | 04:17.69 | 04:06.39 | 03:55.29 | 200BK  | 03:21.19 | 03:30.59 | 03:40.29 | 03:49.89 | 03:50.49 | 04:08.29 |  |            |  |
| 01:17.29    | 01:11.79 | 01:06.29 | 01:03.49 | 01:00.79 | 00:57.99 | 50BR   | 00:47.29 | 00:49.59 | 00:51.79 | 00:54.09 | 00:58.59 | 01:03.09 |  |            |  |
| 02:37.49    | 02:26.39 | 02:15.09 | 02:09.39 | 02:03.89 | 01:58.19 | 100BR  | 01:46.59 | 01:51.79 | 01:56.79 | 02:01.79 | 02:05.69 | 02:15.29 |  |            |  |
| 06:39.09    | 06:10.59 | 05:41.99 | 05:27.69 | 05:13.69 | 04:59.39 | 200BR  | 04:10.59 | 04:22.49 | 04:34.39 | 04:46.29 | 05:10.19 | 05:33.99 |  |            |  |
| 01:03.29    | 00:58.79 | 00:55.89 | 00:53.59 | 00:51.29 | 00:48.89 | 50FL   | 00:37.59 | 00:39.29 | 00:41.09 | 00:42.89 | 00:41.49 | 00:44.69 |  |            |  |
| 02:47.19    | 02:35.29 | 02:24.79 | 02:18.79 | 02:12.69 | 02:06.69 | 100FL  | 01:56.39 | 02:01.99 | 02:07.59 | 02:13.19 | 02:06.39 | 02:16.19 |  |            |  |
| 02:25.59    | 02:15.39 | 02:05.19 | 02:00.19 | 01:55.09 | 01:49.99 | 100IM  | 01:34.79 | 01:39.29 | 01:43.79 | 01:48.29 | 01:40.29 | 01:47.99 |  |            |  |
| 05:00.59    | 04:39.09 | 04:25.09 | 04:14.09 | 04:02.99 | 03:52.09 | 200IM  | 03:30.49 | 03:40.49 | 03:50.49 | 04:00.49 | 03:42.79 | 03:59.79 |  |            |  |

| 10&under Girls |          | LCM      |          |          |          | P2    |          |          |          | LCM      |          |          |  | 10&under Boys |  |
|----------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|---------------|--|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 01:08.79       | 01:02.09 | 00:55.59 | 00:53.29 | 00:51.19 | 00:48.89 | 50FR  | 00:45.19 | 00:47.19 | 00:49.19 | 00:50.99 | 00:56.89 | 01:02.79 |  |               |  |
| 02:39.49       | 02:22.49 | 02:05.49 | 01:59.79 | 01:54.19 | 01:48.49 | 100FR | 01:41.39 | 01:46.39 | 01:51.39 | 01:56.49 | 02:11.59 | 02:26.69 |  |               |  |
| 05:37.09       | 05:00.19 | 04:23.29 | 04:10.99 | 03:58.59 | 03:46.39 | 200FR | 03:39.19 | 03:49.59 | 04:00.09 | 04:10.59 | 04:41.79 | 05:13.19 |  |               |  |
| 10:20.69       | 09:18.59 | 08:16.59 | 07:55.89 | 07:35.19 | 07:14.49 | 400FR | 07:22.69 | 07:43.79 | 08:04.89 | 08:25.89 | 09:29.19 | 10:32.39 |  |               |  |
| 01:24.49       | 01:15.19 | 01:05.99 | 01:02.99 | 00:59.79 | 00:56.79 | 50BK  | 00:52.89 | 00:55.69 | 00:58.69 | 01:01.59 | 01:10.39 | 01:19.09 |  |               |  |
| 03:46.19       | 03:21.09 | 02:55.99 | 02:47.59 | 02:39.29 | 02:30.89 | 100BK | 02:35.29 | 02:43.29 | 02:51.19 | 02:59.19 | 03:22.79 | 03:46.49 |  |               |  |
| 01:51.19       | 01:39.29 | 01:27.29 | 01:23.19 | 01:19.19 | 01:15.29 | 50BR  | 01:09.79 | 01:13.29 | 01:16.99 | 01:20.49 | 01:31.49 | 01:42.39 |  |               |  |
| 03:54.29       | 03:28.19 | 03:02.19 | 02:53.59 | 02:44.89 | 02:36.29 | 100BR | 02:30.39 | 02:37.99 | 02:45.49 | 02:53.09 | 03:15.49 | 03:37.99 |  |               |  |
| 01:32.99       | 01:22.09 | 01:10.99 | 01:07.39 | 01:03.69 | 01:00.09 | 50FL  | 00:47.39 | 00:49.99 | 00:52.69 | 00:55.39 | 01:03.39 | 01:11.39 |  |               |  |
| 04:33.09       | 03:57.29 | 03:21.49 | 03:09.59 | 02:57.69 | 02:45.79 | 100FL | 02:29.99 | 02:40.29 | 02:50.89 | 03:01.19 | 03:32.69 | 04:03.89 |  |               |  |
| 06:48.89       | 06:06.09 | 05:23.19 | 05:08.79 | 04:54.59 | 04:40.39 | 200IM | 04:21.09 | 04:34.19 | 04:52.79 | 05:00.09 | 05:32.59 | 06:10.99 |  |               |  |

| 11-12 Girls |          | LCM      |          |          |          | P2     |          |          |          | LCM      |          |          |  | 11-12 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:58.49    | 00:54.49 | 00:50.39 | 00:48.49 | 00:46.29 | 00:44.39 | 50FR   | 00:40.19 | 00:41.99 | 00:43.89 | 00:45.89 | 00:49.79 | 00:53.49 |  |            |  |
| 02:11.19    | 02:01.79 | 01:52.49 | 01:47.69 | 01:42.99 | 01:38.39 | 100FR  | 01:29.49 | 01:33.69 | 01:38.09 | 01:42.29 | 01:50.69 | 01:59.29 |  |            |  |
| 04:31.99    | 04:12.59 | 03:53.19 | 03:43.49 | 03:33.79 | 03:23.99 | 200FR  | 03:14.19 | 03:23.49 | 03:32.69 | 03:41.99 | 04:00.49 | 04:18.99 |  |            |  |
| 08:40.39    | 08:03.19 | 07:26.09 | 07:07.59 | 06:48.89 | 06:30.29 | 400FR  | 06:34.49 | 06:53.29 | 07:11.99 | 07:30.79 | 08:08.29 | 08:45.89 |  |            |  |
| 20:14.99    | 18:48.19 | 17:21.39 | 16:38.09 | 15:54.59 | 15:11.29 | 800FR  | 14:37.89 | 15:19.69 | 16:01.49 | 16:43.39 | 18:06.89 | 19:30.59 |  |            |  |
| 42:20.29    | 39:18.89 | 36:17.29 | 34:46.69 | 33:15.89 | 31:45.29 | 1500FR | 29:05.29 | 30:28.39 | 31:51.49 | 33:14.69 | 36:00.79 | 38:46.99 |  |            |  |
| 01:07.79    | 01:02.99 | 00:59.29 | 00:56.79 | 00:54.39 | 00:51.89 | 50BK   | 00:46.59 | 00:48.99 | 00:51.39 | 00:53.89 | 00:58.69 | 01:03.59 |  |            |  |
| 03:07.19    | 02:52.49 | 02:37.79 | 02:30.29 | 02:23.09 | 02:15.59 | 100BK  | 02:16.69 | 02:24.19 | 02:31.59 | 02:38.99 | 02:53.89 | 03:08.69 |  |            |  |
| 06:12.09    | 05:45.69 | 05:18.99 | 05:05.79 | 04:52.39 | 04:39.19 | 200BK  | 03:57.69 | 04:09.09 | 04:20.29 | 04:31.69 | 04:54.29 | 05:16.99 |  |            |  |
| 01:29.09    | 01:22.59 | 01:16.39 | 01:13.19 | 01:09.89 | 01:06.89 | 50BR   | 01:00.69 | 01:04.09 | 01:07.29 | 01:10.59 | 01:17.19 | 01:23.69 |  |            |  |
| 03:05.49    | 02:51.79 | 02:37.99 | 02:31.29 | 02:24.39 | 02:17.49 | 100BR  | 02:09.59 | 02:16.29 | 02:22.99 | 02:29.79 | 02:43.39 | 02:56.79 |  |            |  |
| 07:42.99    | 07:09.99 | 06:36.99 | 06:20.29 | 06:03.89 | 05:47.29 | 200BR  | 05:18.59 | 05:33.69 | 05:48.69 | 06:03.99 | 06:34.19 | 07:04.59 |  |            |  |
| 01:11.39    | 01:06.29 | 01:01.09 | 00:58.59 | 00:56.19 | 00:53.59 | 50FL   | 00:41.39 | 00:43.69 | 00:45.89 | 00:48.19 | 00:52.89 | 00:57.39 |  |            |  |
| 03:22.19    | 03:06.09 | 02:49.89 | 02:41.89 | 02:33.79 | 02:25.59 | 100FL  | 02:07.69 | 02:15.09 | 02:22.39 | 02:29.79 | 02:44.49 | 02:59.19 |  |            |  |
| 05:36.79    | 05:12.79 | 04:48.79 | 04:36.69 | 04:24.69 | 04:12.69 | 200IM  | 03:59.49 | 04:11.69 | 04:23.89 | 04:36.19 | 04:46.59 | 05:09.89 |  |            |  |

## USA Swimming 2024-2028 Parallel Time Standards

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| 13-14 Girls |          | LCM      |          |          |          | P2     |          |          |          | LCM      |          |          |  | 13-14 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:56.49    | 00:52.59 | 00:48.49 | 00:46.49 | 00:44.49 | 00:42.39 | 50FR   | 00:37.49 | 00:39.19 | 00:41.09 | 00:42.89 | 00:45.49 | 00:48.99 |  |            |  |
| 02:04.39    | 01:55.49 | 01:46.69 | 01:42.19 | 01:37.79 | 01:33.29 | 100FR  | 01:21.99 | 01:25.69 | 01:29.69 | 01:33.59 | 01:41.39 | 01:49.09 |  |            |  |
| 04:15.89    | 03:57.59 | 03:39.39 | 03:30.19 | 03:21.09 | 03:11.89 | 200FR  | 02:57.79 | 03:06.29 | 03:14.69 | 03:23.19 | 03:40.09 | 03:56.99 |  |            |  |
| 08:07.59    | 07:32.69 | 06:57.89 | 06:40.49 | 06:23.09 | 06:05.69 | 400FR  | 06:00.59 | 06:17.79 | 06:34.89 | 06:52.19 | 07:26.39 | 08:00.79 |  |            |  |
| 18:51.99    | 17:31.19 | 16:10.29 | 15:29.89 | 14:49.49 | 14:08.99 | 800FR  | 13:10.69 | 13:48.29 | 14:25.99 | 15:03.59 | 16:18.89 | 17:34.09 |  |            |  |
| 39:40.59    | 36:50.49 | 34:00.49 | 32:35.49 | 31:10.39 | 29:45.49 | 1500FR | 25:57.29 | 27:11.39 | 28:25.59 | 29:39.69 | 32:07.99 | 34:36.29 |  |            |  |
| 01:04.49    | 00:59.79 | 00:55.29 | 00:52.99 | 00:50.69 | 00:48.29 | 50BK   | 00:42.39 | 00:44.39 | 00:46.39 | 00:48.39 | 00:52.39 | 00:56.39 |  |            |  |
| 02:46.89    | 02:34.99 | 02:23.09 | 02:17.09 | 02:11.19 | 02:05.19 | 100BK  | 02:01.89 | 02:07.69 | 02:13.39 | 02:19.19 | 02:30.79 | 02:42.49 |  |            |  |
| 05:45.69    | 05:20.99 | 04:56.29 | 04:43.99 | 04:31.59 | 04:19.29 | 200BK  | 03:32.79 | 03:42.99 | 03:53.09 | 04:03.29 | 04:23.59 | 04:43.89 |  |            |  |
| 01:25.49    | 01:19.39 | 01:13.29 | 01:10.29 | 01:07.29 | 01:04.19 | 50BR   | 00:55.49 | 00:58.19 | 01:00.89 | 01:03.39 | 01:08.79 | 01:13.99 |  |            |  |
| 02:52.09    | 02:39.69 | 02:27.39 | 02:21.39 | 02:15.09 | 02:09.09 | 100BR  | 01:55.29 | 02:00.89 | 02:06.29 | 02:11.89 | 02:22.89 | 02:33.89 |  |            |  |
| 07:10.79    | 06:40.09 | 06:09.39 | 05:53.89 | 05:38.49 | 05:23.19 | 200BR  | 04:43.39 | 04:56.99 | 05:10.39 | 05:23.79 | 05:50.79 | 06:17.79 |  |            |  |
| 01:08.29    | 01:03.39 | 00:58.59 | 00:55.99 | 00:53.59 | 00:51.19 | 50FL   | 00:38.99 | 00:40.79 | 00:42.59 | 00:44.39 | 00:47.29 | 00:50.89 |  |            |  |
| 02:59.29    | 02:46.59 | 02:33.79 | 02:27.49 | 02:21.09 | 02:14.49 | 100FL  | 02:00.39 | 02:05.99 | 02:11.79 | 02:17.59 | 02:24.79 | 02:35.79 |  |            |  |
| 05:15.39    | 04:52.79 | 04:30.29 | 04:19.09 | 04:07.69 | 03:56.49 | 200IM  | 03:34.09 | 03:44.29 | 03:54.39 | 04:04.49 | 04:14.99 | 04:34.69 |  |            |  |

| 15-16 Girls |          | LCM      |          |          |          | P2     |          |          |          | LCM      |          |          |  | 15-16 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:54.79    | 00:50.89 | 00:46.89 | 00:44.99 | 00:42.99 | 00:41.19 | 50FR   | 00:37.09 | 00:38.89 | 00:40.49 | 00:42.29 | 00:44.59 | 00:47.99 |  |            |  |
| 02:00.09    | 01:51.59 | 01:42.99 | 01:38.69 | 01:34.39 | 01:30.09 | 100FR  | 01:18.19 | 01:21.99 | 01:25.69 | 01:29.39 | 01:36.89 | 01:44.29 |  |            |  |
| 04:06.99    | 03:49.29 | 03:31.79 | 03:22.89 | 03:14.09 | 03:05.19 | 200FR  | 02:49.79 | 02:57.89 | 03:05.99 | 03:14.09 | 03:30.09 | 03:46.29 |  |            |  |
| 07:50.49    | 07:16.99 | 06:43.29 | 06:26.49 | 06:09.69 | 05:52.89 | 400FR  | 05:45.79 | 06:02.19 | 06:18.69 | 06:35.19 | 07:07.99 | 07:40.99 |  |            |  |
| 18:11.09    | 16:53.19 | 15:35.19 | 14:56.19 | 14:17.29 | 13:38.29 | 800FR  | 12:41.39 | 13:17.69 | 13:53.79 | 14:30.09 | 15:42.69 | 16:55.19 |  |            |  |
| 38:11.59    | 35:27.89 | 32:44.29 | 31:22.39 | 30:00.49 | 28:38.69 | 1500FR | 24:53.89 | 26:04.89 | 27:16.19 | 28:27.19 | 30:49.49 | 33:11.79 |  |            |  |
| 01:01.49    | 00:57.09 | 00:53.79 | 00:51.49 | 00:49.29 | 00:47.09 | 50BK   | 00:40.39 | 00:42.39 | 00:44.29 | 00:46.19 | 00:49.09 | 00:52.79 |  |            |  |
| 02:41.69    | 02:30.09 | 02:18.59 | 02:12.79 | 02:07.09 | 02:01.29 | 100BK  | 01:55.49 | 02:01.09 | 02:06.59 | 02:11.99 | 02:23.09 | 02:34.09 |  |            |  |
| 05:34.09    | 05:10.09 | 04:46.29 | 04:34.29 | 04:22.49 | 04:10.49 | 200BK  | 03:21.79 | 03:31.39 | 03:40.99 | 03:50.59 | 04:09.79 | 04:28.99 |  |            |  |
| 01:20.89    | 01:15.09 | 01:09.29 | 01:06.39 | 01:03.59 | 01:00.69 | 50BR   | 00:51.29 | 00:53.69 | 00:56.19 | 00:58.59 | 01:03.49 | 01:08.39 |  |            |  |
| 02:45.69    | 02:33.99 | 02:21.99 | 02:16.09 | 02:10.29 | 02:04.39 | 100BR  | 01:50.09 | 01:55.29 | 02:00.59 | 02:05.79 | 02:16.29 | 02:26.79 |  |            |  |
| 06:55.49    | 06:25.79 | 05:56.09 | 05:41.19 | 05:26.59 | 05:11.69 | 200BR  | 04:31.79 | 04:44.69 | 04:57.69 | 05:10.59 | 05:36.49 | 06:02.29 |  |            |  |
| 01:05.19    | 01:00.59 | 00:55.99 | 00:53.59 | 00:51.29 | 00:48.99 | 50FL   | 00:36.99 | 00:38.79 | 00:40.59 | 00:42.29 | 00:44.49 | 00:47.89 |  |            |  |
| 02:53.39    | 02:40.99 | 02:28.69 | 02:22.49 | 02:16.39 | 02:10.19 | 100FL  | 01:54.99 | 02:00.39 | 02:05.99 | 02:11.39 | 02:18.39 | 02:28.99 |  |            |  |
| 05:05.79    | 04:43.89 | 04:22.09 | 04:11.09 | 04:00.19 | 03:49.29 | 200IM  | 03:26.19 | 03:35.99 | 03:45.79 | 03:55.59 | 04:05.69 | 04:24.59 |  |            |  |

| 17-18 Girls |          | LCM      |          |          |          | P2     |          |          |          | LCM      |          |          |  | 17-18 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:54.49    | 00:50.59 | 00:46.59 | 00:44.79 | 00:42.79 | 00:40.89 | 50FR   | 00:35.99 | 00:37.69 | 00:39.29 | 00:41.09 | 00:43.19 | 00:46.49 |  |            |  |
| 01:59.09    | 01:50.59 | 01:42.09 | 01:37.89 | 01:33.59 | 01:29.29 | 100FR  | 01:16.19 | 01:19.79 | 01:23.39 | 01:26.99 | 01:34.29 | 01:41.59 |  |            |  |
| 04:04.79    | 03:47.29 | 03:29.69 | 03:20.99 | 03:12.19 | 03:03.59 | 200FR  | 02:45.79 | 02:53.59 | 03:01.49 | 03:09.49 | 03:25.19 | 03:40.99 |  |            |  |
| 07:48.09    | 07:14.69 | 06:41.29 | 06:24.49 | 06:07.79 | 05:51.09 | 400FR  | 05:37.89 | 05:53.99 | 06:10.09 | 06:26.09 | 06:58.29 | 07:30.49 |  |            |  |
| 17:59.99    | 16:42.99 | 15:25.79 | 14:47.19 | 14:08.59 | 13:30.09 | 800FR  | 12:23.89 | 12:59.29 | 13:34.69 | 14:10.09 | 15:20.89 | 16:31.69 |  |            |  |
| 37:51.19    | 35:08.89 | 32:26.79 | 31:05.69 | 29:44.49 | 28:23.39 | 1500FR | 24:28.69 | 25:38.49 | 26:48.39 | 27:58.39 | 30:18.19 | 32:38.09 |  |            |  |
| 01:00.99    | 00:56.59 | 00:52.29 | 00:50.09 | 00:47.89 | 00:45.79 | 50BK   | 00:39.59 | 00:41.49 | 00:43.39 | 00:45.19 | 00:47.99 | 00:51.69 |  |            |  |
| 02:39.79    | 02:28.49 | 02:17.09 | 02:11.39 | 02:05.59 | 01:59.99 | 100BK  | 01:52.99 | 01:58.19 | 02:03.69 | 02:09.09 | 02:19.79 | 02:30.39 |  |            |  |
| 05:32.29    | 05:08.49 | 04:44.69 | 04:32.89 | 04:21.09 | 04:09.09 | 200BK  | 03:18.19 | 03:27.49 | 03:37.09 | 03:46.39 | 04:05.29 | 04:24.19 |  |            |  |
| 01:19.89    | 01:14.19 | 01:08.49 | 01:05.69 | 01:02.79 | 00:59.99 | 50BR   | 00:49.79 | 00:52.19 | 00:54.59 | 00:56.99 | 01:01.69 | 01:06.39 |  |            |  |
| 02:43.89    | 02:32.09 | 02:20.49 | 02:14.59 | 02:08.69 | 02:02.89 | 100BR  | 01:46.79 | 01:51.89 | 01:56.99 | 02:02.09 | 02:12.19 | 02:22.19 |  |            |  |
| 06:50.39    | 06:21.29 | 05:51.99 | 05:37.29 | 05:22.69 | 05:07.99 | 200BR  | 04:24.39 | 04:36.79 | 04:49.49 | 05:02.19 | 05:27.29 | 05:52.49 |  |            |  |
| 01:04.39    | 00:59.79 | 00:55.19 | 00:52.89 | 00:50.59 | 00:48.29 | 50FL   | 00:35.99 | 00:37.69 | 00:39.39 | 00:41.09 | 00:43.29 | 00:46.59 |  |            |  |
| 02:51.89    | 02:39.79 | 02:27.49 | 02:21.29 | 02:15.09 | 02:08.99 | 100FL  | 01:51.79 | 01:57.19 | 02:02.39 | 02:07.79 | 02:14.49 | 02:24.79 |  |            |  |
| 05:02.69    | 04:41.19 | 04:19.59 | 04:08.69 | 03:57.99 | 03:47.09 | 200IM  | 03:21.29 | 03:30.79 | 03:40.39 | 03:49.99 | 03:59.69 | 04:18.09 |  |            |  |

## USA Swimming 2024-2028 Parallel Time Standards

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P3 - single limb deficiencies, visual impairments, and intellectual impairments, ambulatory without significant assistance

| 10&under Girls |          | SCY      |          |          |          | P3    |          |          |          | SCY      |          |          |  | 10&under Boys |  |
|----------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|---------------|--|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 00:49.69       | 00:44.99 | 00:40.89 | 00:39.39 | 00:37.69 | 00:36.09 | 50FR  | 00:34.39 | 00:35.89 | 00:37.39 | 00:38.89 | 00:43.29 | 00:47.79 |  |               |  |
| 02:06.49       | 01:52.99 | 01:39.59 | 01:35.09 | 01:30.49 | 01:26.09 | 100FR | 01:14.59 | 01:18.39 | 01:21.99 | 01:25.69 | 01:36.89 | 01:48.09 |  |               |  |
| 05:08.79       | 04:34.99 | 04:01.19 | 03:49.89 | 03:38.69 | 03:27.39 | 200FR | 02:50.79 | 02:58.89 | 03:06.99 | 03:15.09 | 03:39.59 | 04:03.89 |  |               |  |
| 10:50.99       | 09:45.99 | 08:40.89 | 08:19.19 | 07:57.49 | 07:35.69 | 500FR | 07:12.09 | 07:32.69 | 07:53.19 | 08:13.79 | 09:15.49 | 10:17.29 |  |               |  |
| 01:07.69       | 01:00.29 | 00:52.89 | 00:50.39 | 00:47.89 | 00:45.39 | 50BK  | 00:41.69 | 00:44.09 | 00:46.39 | 00:48.69 | 00:55.59 | 01:02.59 |  |               |  |
| 02:22.19       | 02:06.39 | 01:50.59 | 01:45.39 | 01:40.19 | 01:34.89 | 100BK | 01:28.39 | 01:32.89 | 01:37.49 | 01:41.99 | 01:55.49 | 02:09.09 |  |               |  |
| 01:14.89       | 01:06.79 | 00:58.69 | 00:56.09 | 00:53.29 | 00:50.59 | 50BR  | 00:50.39 | 00:53.09 | 00:55.69 | 00:58.29 | 01:06.09 | 01:13.99 |  |               |  |
| 02:45.99       | 02:27.49 | 02:09.09 | 02:02.89 | 01:56.89 | 01:50.69 | 100BR | 01:46.89 | 01:52.19 | 01:57.49 | 02:02.89 | 02:18.79 | 02:34.79 |  |               |  |
| 01:08.99       | 01:00.79 | 00:52.69 | 00:49.99 | 00:47.29 | 00:44.59 | 50FL  | 00:38.29 | 00:40.49 | 00:42.59 | 00:44.79 | 00:51.29 | 00:57.79 |  |               |  |
| 02:41.39       | 02:20.19 | 01:59.09 | 01:51.99 | 01:45.09 | 01:37.99 | 100FL | 01:27.09 | 01:33.09 | 01:39.19 | 01:45.29 | 02:03.59 | 02:21.59 |  |               |  |
| 02:24.79       | 02:09.39 | 01:53.99 | 01:48.79 | 01:43.69 | 01:38.59 | 100IM | 01:28.29 | 01:32.49 | 01:36.59 | 01:40.79 | 01:53.49 | 02:06.09 |  |               |  |
| 04:40.69       | 04:11.19 | 03:41.79 | 03:31.89 | 03:22.19 | 03:12.29 | 200IM | 03:07.19 | 03:16.49 | 03:25.79 | 03:35.19 | 04:03.09 | 04:31.09 |  |               |  |

| 11-12 Girls |          | SCY      |          |          |          | P3     |          |          |          | SCY      |          |          |  | 11-12 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:42.49    | 00:39.59 | 00:37.39 | 00:35.79 | 00:34.39 | 00:32.89 | 50FR   | 00:30.79 | 00:32.29 | 00:33.79 | 00:35.19 | 00:38.19 | 00:40.99 |  |            |  |
| 01:44.09    | 01:36.69 | 01:29.19 | 01:25.49 | 01:21.79 | 01:17.99 | 100FR  | 01:05.79 | 01:08.99 | 01:12.09 | 01:15.29 | 01:21.59 | 01:27.79 |  |            |  |
| 04:07.59    | 03:49.79 | 03:32.09 | 03:23.29 | 03:14.49 | 03:05.59 | 200FR  | 02:30.59 | 02:37.79 | 02:44.99 | 02:52.09 | 03:06.49 | 03:20.79 |  |            |  |
| 09:10.49    | 08:31.19 | 07:51.89 | 07:32.19 | 07:12.59 | 06:52.89 | 500FR  | 06:25.59 | 06:43.89 | 07:02.29 | 07:20.69 | 07:57.39 | 08:33.99 |  |            |  |
| 22:18.89    | 20:43.19 | 19:07.69 | 18:19.79 | 17:31.99 | 16:44.09 | 1000FR | 15:04.19 | 15:47.29 | 16:30.49 | 17:13.39 | 17:46.19 | 19:08.19 |  |            |  |
| 35:27.99    | 32:55.99 | 30:24.09 | 29:07.99 | 27:52.09 | 26:36.09 | 1650FR | 26:14.19 | 27:29.19 | 28:44.09 | 29:59.19 | 31:00.49 | 33:23.49 |  |            |  |
| 00:53.99    | 00:50.19 | 00:46.29 | 00:44.29 | 00:42.49 | 00:40.49 | 50BK   | 00:36.59 | 00:38.49 | 00:40.39 | 00:42.39 | 00:46.09 | 00:49.89 |  |            |  |
| 01:56.39    | 01:47.29 | 01:38.09 | 01:33.59 | 01:28.99 | 01:24.29 | 100BK  | 01:16.29 | 01:20.49 | 01:24.59 | 01:28.79 | 01:36.99 | 01:45.39 |  |            |  |
| 04:52.59    | 04:31.69 | 04:10.89 | 04:00.39 | 03:49.79 | 03:39.39 | 200BK  | 02:58.59 | 03:07.09 | 03:15.49 | 03:24.09 | 03:40.99 | 03:58.09 |  |            |  |
| 01:00.29    | 00:56.09 | 00:51.69 | 00:49.59 | 00:47.39 | 00:45.29 | 50BR   | 00:43.59 | 00:46.09 | 00:48.49 | 00:50.79 | 00:55.49 | 01:00.19 |  |            |  |
| 02:13.09    | 02:03.19 | 01:53.39 | 01:48.49 | 01:43.59 | 01:38.69 | 100BR  | 01:31.99 | 01:36.89 | 01:41.59 | 01:46.39 | 01:55.99 | 02:05.59 |  |            |  |
| 05:20.39    | 04:57.49 | 04:34.59 | 04:23.29 | 04:11.89 | 04:00.39 | 200BR  | 03:55.39 | 04:06.69 | 04:17.89 | 04:29.09 | 04:51.49 | 05:13.79 |  |            |  |
| 00:52.59    | 00:48.89 | 00:44.99 | 00:43.19 | 00:41.29 | 00:39.49 | 50FL   | 00:33.19 | 00:35.09 | 00:36.89 | 00:38.79 | 00:42.49 | 00:46.09 |  |            |  |
| 01:58.59    | 01:49.09 | 01:39.69 | 01:34.89 | 01:30.19 | 01:25.49 | 100FL  | 01:13.79 | 01:17.99 | 01:22.29 | 01:26.49 | 01:34.99 | 01:43.49 |  |            |  |
| 04:38.59    | 04:18.69 | 03:58.79 | 03:48.79 | 03:38.89 | 03:29.09 | 200FL  | 03:38.09 | 03:48.49 | 03:58.89 | 04:09.39 | 04:30.19 | 04:50.89 |  |            |  |
| 01:58.29    | 01:49.79 | 01:41.49 | 01:37.19 | 01:32.99 | 01:28.69 | 100IM  | 01:17.29 | 01:20.99 | 01:24.79 | 01:28.49 | 01:35.99 | 01:43.59 |  |            |  |
| 03:52.39    | 03:35.69 | 03:19.19 | 03:10.79 | 03:02.59 | 02:54.29 | 200IM  | 02:43.79 | 02:52.19 | 03:00.59 | 03:08.89 | 03:25.59 | 03:42.39 |  |            |  |
| 10:45.39    | 09:59.29 | 09:13.29 | 08:50.19 | 08:27.19 | 08:04.09 | 400IM  | 06:36.89 | 06:55.89 | 07:14.79 | 07:33.59 | 08:11.39 | 08:49.29 |  |            |  |

| 13-14 Girls |          | SCY      |          |          |          | P3     |          |          |          | SCY      |          |          |  | 13-14 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:40.59    | 00:37.69 | 00:35.59 | 00:33.99 | 00:32.59 | 00:31.09 | 50FR   | 00:27.99 | 00:29.39 | 00:30.79 | 00:31.99 | 00:34.69 | 00:37.39 |  |            |  |
| 01:29.89    | 01:23.49 | 01:17.09 | 01:13.79 | 01:10.69 | 01:07.49 | 100FR  | 00:59.79 | 01:02.79 | 01:05.59 | 01:08.39 | 01:14.09 | 01:19.79 |  |            |  |
| 03:32.59    | 03:17.59 | 03:02.29 | 02:54.69 | 02:47.09 | 02:39.59 | 200FR  | 02:17.59 | 02:24.19 | 02:30.69 | 02:37.29 | 02:50.29 | 03:03.39 |  |            |  |
| 08:39.39    | 08:02.29 | 07:25.29 | 07:06.59 | 06:48.09 | 06:29.59 | 500FR  | 05:54.09 | 06:10.99 | 06:27.89 | 06:44.69 | 07:18.49 | 07:52.09 |  |            |  |
| 21:02.39    | 19:32.19 | 18:01.99 | 17:16.89 | 16:31.79 | 15:46.69 | 1000FR | 13:36.69 | 14:15.59 | 14:54.49 | 15:33.39 | 16:02.99 | 17:17.09 |  |            |  |
| 33:28.79    | 31:05.19 | 28:41.79 | 27:30.09 | 26:18.29 | 25:06.59 | 1650FR | 24:00.39 | 25:08.99 | 26:17.49 | 27:26.19 | 28:22.29 | 30:33.19 |  |            |  |
| 00:50.39    | 00:46.89 | 00:43.29 | 00:41.49 | 00:39.69 | 00:37.89 | 50BK   | 00:32.79 | 00:34.39 | 00:35.89 | 00:37.49 | 00:40.59 | 00:43.69 |  |            |  |
| 01:43.39    | 01:35.99 | 01:28.59 | 01:24.99 | 01:21.39 | 01:17.59 | 100BK  | 01:08.59 | 01:11.79 | 01:15.09 | 01:18.19 | 01:24.89 | 01:31.39 |  |            |  |
| 04:31.19    | 04:11.89 | 03:52.49 | 03:42.79 | 03:33.09 | 03:23.49 | 200BK  | 02:39.69 | 02:47.39 | 02:54.99 | 03:02.59 | 03:17.89 | 03:32.99 |  |            |  |
| 00:57.69    | 00:53.59 | 00:49.49 | 00:47.39 | 00:45.39 | 00:43.29 | 50BR   | 00:39.99 | 00:41.99 | 00:43.89 | 00:45.89 | 00:49.59 | 00:53.49 |  |            |  |
| 02:02.39    | 01:53.59 | 01:44.89 | 01:40.59 | 01:36.19 | 01:31.79 | 100BR  | 01:21.99 | 01:25.89 | 01:29.79 | 01:33.59 | 01:41.49 | 01:49.19 |  |            |  |
| 04:57.49    | 04:36.39 | 04:15.19 | 04:04.39 | 03:53.79 | 03:43.19 | 200BR  | 03:29.69 | 03:39.59 | 03:49.49 | 03:59.49 | 04:19.49 | 04:39.49 |  |            |  |
| 00:50.99    | 00:47.49 | 00:43.79 | 00:41.89 | 00:40.19 | 00:38.29 | 50FL   | 00:30.99 | 00:32.49 | 00:33.79 | 00:35.29 | 00:38.29 | 00:41.29 |  |            |  |
| 01:46.19    | 01:38.59 | 01:31.19 | 01:27.29 | 01:23.49 | 01:19.69 | 100FL  | 01:05.99 | 01:09.19 | 01:12.29 | 01:15.39 | 01:21.79 | 01:27.99 |  |            |  |
| 04:20.09    | 04:01.59 | 03:42.89 | 03:33.59 | 03:24.39 | 03:15.09 | 200FL  | 03:13.79 | 03:22.99 | 03:32.19 | 03:41.39 | 03:59.89 | 04:18.29 |  |            |  |
| 01:58.29    | 01:49.79 | 01:41.49 | 01:37.19 | 01:32.99 | 01:28.69 | 100IM  | 01:05.99 | 01:09.09 | 01:12.19 | 01:15.39 | 01:21.59 | 01:27.89 |  |            |  |
| 03:37.09    | 03:21.59 | 03:05.99 | 02:58.29 | 02:50.59 | 02:42.79 | 200IM  | 02:26.99 | 02:33.89 | 02:40.99 | 02:47.89 | 03:01.99 | 03:15.99 |  |            |  |
| 10:02.69    | 09:19.69 | 08:36.49 | 08:15.09 | 07:53.49 | 07:31.99 | 400IM  | 05:55.49 | 06:12.49 | 06:29.29 | 06:46.29 | 07:20.09 | 07:53.99 |  |            |  |

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| 15-16 Girls |          | SCY      |          |          |          | P3     |          |          |          | SCY      |          |          |  | 15-16 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:39.69    | 00:36.89 | 00:34.79 | 00:33.29 | 00:31.89 | 00:30.49 | 50FR   | 00:27.09 | 00:28.29 | 00:29.59 | 00:30.89 | 00:32.89 | 00:35.39 |  |            |  |
| 01:27.39    | 01:20.79 | 01:14.59 | 01:11.59 | 01:08.39 | 01:05.39 | 100FR  | 00:57.69 | 01:00.59 | 01:03.29 | 01:05.99 | 01:10.79 | 01:16.19 |  |            |  |
| 03:26.29    | 03:11.59 | 02:56.79 | 02:49.39 | 02:42.09 | 02:34.79 | 200FR  | 02:11.29 | 02:17.59 | 02:23.89 | 02:30.09 | 02:42.59 | 02:55.09 |  |            |  |
| 08:25.19    | 07:49.19 | 07:13.09 | 06:54.99 | 06:36.99 | 06:18.99 | 500FR  | 05:38.19 | 05:54.39 | 06:10.49 | 06:26.59 | 06:58.79 | 07:30.89 |  |            |  |
| 20:35.39    | 19:07.29 | 17:38.99 | 16:54.79 | 16:10.79 | 15:26.59 | 1000FR | 13:09.99 | 13:47.49 | 14:25.19 | 15:02.79 | 15:31.49 | 16:43.09 |  |            |  |
| 32:50.59    | 30:29.89 | 28:09.09 | 26:58.79 | 25:48.39 | 24:37.99 | 1650FR | 22:59.99 | 24:05.69 | 25:11.49 | 26:17.09 | 27:10.89 | 29:16.29 |  |            |  |
| 00:48.89    | 00:45.39 | 00:41.89 | 00:40.19 | 00:38.39 | 00:36.69 | 50BK   | 00:30.69 | 00:32.19 | 00:33.59 | 00:35.09 | 00:37.99 | 00:40.89 |  |            |  |
| 01:40.39    | 01:33.29 | 01:26.19 | 01:22.49 | 01:18.89 | 01:15.39 | 100BK  | 01:04.99 | 01:08.09 | 01:11.09 | 01:14.19 | 01:20.39 | 01:26.49 |  |            |  |
| 04:24.39    | 04:05.49 | 03:46.69 | 03:37.29 | 03:27.79 | 03:18.39 | 200BK  | 02:32.39 | 02:39.69 | 02:46.99 | 02:54.29 | 03:08.79 | 03:23.19 |  |            |  |
| 00:54.09    | 00:50.29 | 00:46.39 | 00:44.49 | 00:42.59 | 00:40.59 | 50BR   | 00:36.29 | 00:37.99 | 00:39.79 | 00:41.49 | 00:44.99 | 00:48.39 |  |            |  |
| 01:58.49    | 01:50.09 | 01:41.69 | 01:37.39 | 01:33.09 | 01:28.99 | 100BR  | 01:18.29 | 01:21.99 | 01:25.69 | 01:29.39 | 01:36.89 | 01:44.29 |  |            |  |
| 04:49.69    | 04:28.99 | 04:08.29 | 03:57.99 | 03:47.79 | 03:37.29 | 200BR  | 03:20.19 | 03:29.79 | 03:39.39 | 03:48.79 | 04:07.99 | 04:26.99 |  |            |  |
| 00:48.09    | 00:44.59 | 00:41.19 | 00:39.49 | 00:37.79 | 00:36.09 | 50FL   | 00:28.39 | 00:29.69 | 00:31.09 | 00:32.39 | 00:35.09 | 00:37.79 |  |            |  |
| 01:42.89    | 01:35.59 | 01:28.19 | 01:24.49 | 01:20.79 | 01:17.19 | 100FL  | 01:02.89 | 01:05.89 | 01:08.89 | 01:11.89 | 01:17.89 | 01:23.89 |  |            |  |
| 04:11.89    | 03:53.99 | 03:35.89 | 03:26.89 | 03:17.99 | 03:08.99 | 200FL  | 03:05.69 | 03:14.59 | 03:23.29 | 03:32.19 | 03:49.79 | 04:07.49 |  |            |  |
| 01:43.39    | 01:35.99 | 01:28.59 | 01:24.89 | 01:21.29 | 01:17.59 | 100IM  | 01:02.99 | 01:05.99 | 01:08.99 | 01:11.99 | 01:17.99 | 01:23.89 |  |            |  |
| 03:29.99    | 03:14.99 | 02:59.99 | 02:52.49 | 02:45.09 | 02:37.49 | 200IM  | 02:20.39 | 02:27.09 | 02:33.79 | 02:40.49 | 02:53.89 | 03:07.19 |  |            |  |
| 09:44.89    | 09:03.19 | 08:21.39 | 08:00.49 | 07:39.69 | 07:18.79 | 400IM  | 05:39.09 | 05:55.39 | 06:11.49 | 06:27.69 | 06:59.89 | 07:32.19 |  |            |  |

| 17-18 Girls |          | SCY      |          |          |          | P3     |          |          |          | SCY      |          |          |  | 17-18 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:39.19    | 00:36.39 | 00:34.29 | 00:32.89 | 00:31.49 | 00:29.99 | 50FR   | 00:26.39 | 00:27.69 | 00:28.89 | 00:30.09 | 00:31.99 | 00:34.49 |  |            |  |
| 01:26.19    | 01:19.99 | 01:13.99 | 01:10.79 | 01:07.79 | 01:04.69 | 100FR  | 00:56.19 | 00:58.79 | 01:01.49 | 01:04.09 | 01:08.79 | 01:14.09 |  |            |  |
| 03:23.79    | 03:09.19 | 02:54.69 | 02:47.39 | 02:40.19 | 02:32.79 | 200FR  | 02:08.99 | 02:15.19 | 02:21.19 | 02:27.39 | 02:39.59 | 02:51.99 |  |            |  |
| 08:19.59    | 07:43.89 | 07:08.29 | 06:50.39 | 06:32.59 | 06:14.69 | 500FR  | 05:33.39 | 05:49.39 | 06:05.29 | 06:21.19 | 06:52.89 | 07:24.59 |  |            |  |
| 20:25.29    | 18:57.79 | 17:30.29 | 16:46.49 | 16:02.69 | 15:18.99 | 1000FR | 12:58.09 | 13:35.09 | 14:12.19 | 14:49.19 | 15:17.39 | 16:27.99 |  |            |  |
| 32:10.09    | 29:52.29 | 27:34.39 | 26:25.49 | 25:16.59 | 24:07.59 | 1650FR | 22:41.19 | 23:45.89 | 24:50.69 | 25:55.49 | 26:48.59 | 28:52.29 |  |            |  |
| 00:47.99    | 00:44.49 | 00:41.09 | 00:39.39 | 00:37.69 | 00:35.99 | 50BK   | 00:29.79 | 00:31.19 | 00:32.59 | 00:33.99 | 00:36.99 | 00:39.69 |  |            |  |
| 01:38.69    | 01:31.59 | 01:24.59 | 01:21.09 | 01:17.59 | 01:13.89 | 100BK  | 01:02.69 | 01:05.79 | 01:08.69 | 01:11.69 | 01:18.19 | 01:23.59 |  |            |  |
| 04:18.79    | 04:00.29 | 03:41.89 | 03:32.59 | 03:23.39 | 03:14.09 | 200BK  | 02:28.59 | 02:35.69 | 02:42.79 | 02:49.79 | 03:03.99 | 03:18.09 |  |            |  |
| 00:53.59    | 00:49.79 | 00:45.99 | 00:44.09 | 00:42.19 | 00:40.19 | 50BR   | 00:35.29 | 00:36.99 | 00:38.69 | 00:40.29 | 00:43.69 | 00:46.99 |  |            |  |
| 01:56.99    | 01:48.69 | 01:40.29 | 01:36.19 | 01:31.99 | 01:27.79 | 100BR  | 01:15.99 | 01:19.59 | 01:23.29 | 01:26.79 | 01:34.19 | 01:41.29 |  |            |  |
| 04:47.69    | 04:27.19 | 04:06.59 | 03:56.29 | 03:45.99 | 03:35.79 | 200BR  | 03:14.49 | 03:23.69 | 03:32.99 | 03:42.29 | 04:00.79 | 04:19.29 |  |            |  |
| 00:47.39    | 00:43.99 | 00:40.59 | 00:38.89 | 00:37.19 | 00:35.49 | 50FL   | 00:27.59 | 00:28.89 | 00:30.19 | 00:31.59 | 00:34.19 | 00:36.79 |  |            |  |
| 01:41.79    | 01:34.49 | 01:27.29 | 01:23.49 | 01:19.89 | 01:16.29 | 100FL  | 01:01.29 | 01:04.19 | 01:06.99 | 01:09.99 | 01:15.89 | 01:21.59 |  |            |  |
| 04:07.29    | 03:49.69 | 03:31.99 | 03:23.09 | 03:14.29 | 03:05.49 | 200FL  | 03:00.89 | 03:09.59 | 03:18.19 | 03:26.79 | 03:44.09 | 04:01.19 |  |            |  |
| 01:41.99    | 01:34.69 | 01:27.39 | 01:23.79 | 01:20.09 | 01:16.49 | 100IM  | 01:01.79 | 01:04.69 | 01:07.59 | 01:10.59 | 01:16.49 | 01:22.29 |  |            |  |
| 03:26.79    | 03:11.99 | 02:57.19 | 02:49.89 | 02:42.39 | 02:35.09 | 200IM  | 02:17.19 | 02:23.79 | 02:30.19 | 02:36.79 | 02:49.79 | 03:02.79 |  |            |  |
| 09:37.79    | 08:56.49 | 08:15.29 | 07:54.49 | 07:33.89 | 07:13.29 | 400IM  | 05:34.09 | 05:49.99 | 06:05.89 | 06:21.79 | 06:53.59 | 07:25.49 |  |            |  |

| 10&under Girls |          | SCM      |          |          |          | P3    |          |          |          | SCM      |          |          |  | 10&under Boys |  |
|----------------|----------|----------|----------|----------|----------|-------|----------|----------|----------|----------|----------|----------|--|---------------|--|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 00:54.99       | 00:49.69 | 00:45.19 | 00:43.49 | 00:41.69 | 00:39.89 | 50FR  | 00:37.99 | 00:39.69 | 00:41.29 | 00:42.89 | 00:47.79 | 00:52.79 |  |               |  |
| 02:19.69       | 02:04.89 | 01:49.99 | 01:44.99 | 01:40.19 | 01:35.09 | 100FR | 01:22.39 | 01:26.49 | 01:30.59 | 01:34.69 | 01:47.09 | 01:59.39 |  |               |  |
| 05:41.09       | 05:03.79 | 04:26.49 | 04:13.99 | 04:01.49 | 03:48.99 | 200FR | 03:08.69 | 03:17.69 | 03:26.69 | 03:35.59 | 04:02.59 | 04:29.49 |  |               |  |
| 09:29.79       | 08:32.69 | 07:35.69 | 07:16.79 | 06:57.79 | 06:38.79 | 400FR | 06:18.09 | 06:36.09 | 06:54.09 | 07:12.09 | 08:06.09 | 09:00.09 |  |               |  |
| 01:14.79       | 01:06.59 | 00:58.39 | 00:55.69 | 00:52.89 | 00:50.29 | 50BK  | 00:46.09 | 00:48.69 | 00:51.29 | 00:53.79 | 01:01.39 | 01:09.19 |  |               |  |
| 02:37.09       | 02:19.69 | 02:02.19 | 01:56.39 | 01:50.59 | 01:44.89 | 100BK | 01:37.79 | 01:42.69 | 01:47.69 | 01:52.69 | 02:07.59 | 02:22.49 |  |               |  |
| 01:22.69       | 01:13.79 | 01:04.89 | 01:01.79 | 00:58.99 | 00:55.89 | 50BR  | 00:55.69 | 00:58.59 | 01:01.49 | 01:04.39 | 01:13.09 | 01:21.69 |  |               |  |
| 03:03.39       | 02:43.09 | 02:22.69 | 02:15.89 | 02:09.09 | 02:02.39 | 100BR | 01:57.99 | 02:03.99 | 02:09.79 | 02:15.79 | 02:33.39 | 02:51.09 |  |               |  |
| 01:16.19       | 01:07.19 | 00:58.29 | 00:55.29 | 00:52.29 | 00:49.29 | 50FL  | 00:42.29 | 00:44.79 | 00:47.09 | 00:49.49 | 00:56.69 | 01:03.89 |  |               |  |
| 02:58.19       | 02:34.99 | 02:11.59 | 02:03.79 | 01:55.99 | 01:48.29 | 100FL | 01:36.19 | 01:42.99 | 01:49.59 | 01:56.29 | 02:16.39 | 02:36.59 |  |               |  |
| 02:39.89       | 02:22.99 | 02:05.89 | 02:00.19 | 01:54.49 | 01:48.79 | 100IM | 01:37.49 | 01:42.19 | 01:46.79 | 01:51.39 | 02:05.29 | 02:19.19 |  |               |  |
| 05:10.09       | 04:37.49 | 04:04.99 | 03:54.19 | 03:43.39 | 03:32.59 | 200IM | 03:26.79 | 03:37.19 | 03:47.49 | 03:57.79 | 04:28.59 | 04:59.59 |  |               |  |

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| 11-12 Girls |          | SCM      |          |          |          | P3     |          |          |          | SCM      |          |          |  | 11-12 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:46.99    | 00:43.69 | 00:41.29 | 00:39.59 | 00:37.99 | 00:36.29 | 50FR   | 00:33.99 | 00:35.69 | 00:37.29 | 00:38.89 | 00:42.19 | 00:45.39 |  |            |  |
| 01:54.89    | 01:46.69 | 01:38.49 | 01:34.39 | 01:30.39 | 01:26.19 | 100FR  | 55:03.49 | 01:16.29 | 01:19.69 | 01:23.19 | 01:29.99 | 01:36.99 |  |            |  |
| 04:33.49    | 04:13.99 | 03:54.49 | 03:44.79 | 03:34.89 | 03:25.09 | 200FR  | 02:46.39 | 02:54.39 | 03:02.29 | 03:10.29 | 03:26.09 | 03:41.89 |  |            |  |
| 08:01.69    | 07:27.29 | 06:52.89 | 06:35.79 | 06:18.49 | 06:01.39 | 400FR  | 05:37.39 | 05:53.39 | 06:09.39 | 06:25.59 | 06:57.69 | 07:29.79 |  |            |  |
| 19:31.59    | 18:07.89 | 16:44.09 | 16:02.29 | 15:20.49 | 14:38.69 | 800FR  | 13:11.19 | 13:48.89 | 14:26.49 | 15:04.19 | 15:32.99 | 16:44.79 |  |            |  |
| 35:15.29    | 32:44.09 | 30:13.09 | 28:57.59 | 27:41.99 | 26:26.49 | 1500FR | 26:04.79 | 27:19.29 | 28:33.79 | 29:48.29 | 30:49.29 | 33:11.49 |  |            |  |
| 00:59.59    | 00:55.39 | 00:51.09 | 00:48.99 | 00:46.79 | 00:44.69 | 50BK   | 00:40.39 | 00:42.49 | 00:44.69 | 00:46.79 | 00:50.89 | 00:55.19 |  |            |  |
| 02:08.59    | 01:58.59 | 01:48.29 | 01:43.39 | 01:38.29 | 01:33.19 | 100BK  | 01:24.29 | 01:28.99 | 01:33.39 | 01:38.09 | 01:47.29 | 01:56.39 |  |            |  |
| 05:23.19    | 05:00.19 | 04:37.09 | 04:25.49 | 04:13.99 | 04:02.49 | 200BK  | 03:17.29 | 03:26.69 | 03:35.99 | 03:45.39 | 04:04.19 | 04:22.99 |  |            |  |
| 01:06.59    | 01:01.99 | 00:57.19 | 00:54.69 | 00:52.39 | 00:50.09 | 50BR   | 00:48.29 | 00:50.79 | 00:53.49 | 00:56.09 | 01:01.39 | 01:06.59 |  |            |  |
| 02:27.09    | 02:16.19 | 02:05.29 | 01:59.89 | 01:54.49 | 01:48.99 | 100BR  | 01:41.79 | 01:46.99 | 01:52.29 | 01:57.59 | 02:08.19 | 02:18.79 |  |            |  |
| 05:54.09    | 05:28.79 | 05:03.59 | 04:50.79 | 04:38.19 | 04:25.59 | 200BR  | 04:20.09 | 04:32.59 | 04:44.89 | 04:57.39 | 05:22.09 | 05:46.89 |  |            |  |
| 00:58.09    | 00:53.89 | 00:49.69 | 00:47.69 | 00:45.59 | 00:43.59 | 50FL   | 00:36.79 | 00:38.79 | 00:40.79 | 00:42.89 | 00:46.89 | 00:50.99 |  |            |  |
| 02:11.09    | 02:00.59 | 01:50.09 | 01:44.79 | 01:39.69 | 01:34.49 | 100FL  | 01:21.49 | 01:26.09 | 01:30.89 | 01:35.49 | 01:44.99 | 01:54.29 |  |            |  |
| 05:07.79    | 04:45.89 | 04:23.89 | 04:12.99 | 04:01.89 | 03:50.89 | 200FL  | 04:00.99 | 04:12.59 | 04:24.09 | 04:35.49 | 04:58.49 | 05:21.39 |  |            |  |
| 02:10.79    | 02:01.49 | 01:51.99 | 01:47.49 | 01:42.69 | 01:37.99 | 100IM  | 01:25.39 | 01:29.39 | 01:33.59 | 01:37.79 | 01:46.09 | 01:54.49 |  |            |  |
| 04:16.79    | 03:58.49 | 03:40.09 | 03:30.89 | 03:21.69 | 03:12.59 | 200IM  | 03:01.09 | 03:10.29 | 03:19.59 | 03:28.69 | 03:47.19 | 04:05.69 |  |            |  |
| 11:53.09    | 11:02.19 | 10:11.29 | 09:45.89 | 09:20.39 | 08:54.79 | 400IM  | 07:18.59 | 07:39.49 | 08:00.39 | 08:21.29 | 09:02.99 | 09:44.79 |  |            |  |

| 13-14 Girls |          | SCM      |          |          |          | P3     |          |          |          | SCM      |          |          |  | 13-14 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:44.99    | 00:41.69 | 00:39.29 | 00:37.59 | 00:36.09 | 00:34.39 | 50FR   | 00:30.99 | 00:32.39 | 00:33.89 | 00:35.39 | 00:38.39 | 00:41.29 |  |            |  |
| 01:39.39    | 01:32.29 | 01:25.19 | 01:21.69 | 01:18.09 | 01:14.59 | 100FR  | 01:06.19 | 01:09.29 | 01:12.49 | 01:15.49 | 01:21.89 | 01:28.19 |  |            |  |
| 03:54.99    | 03:38.29 | 03:21.39 | 03:13.09 | 03:04.69 | 02:56.19 | 200FR  | 02:31.99 | 02:39.19 | 02:46.59 | 02:53.79 | 03:08.19 | 03:22.69 |  |            |  |
| 07:34.49    | 07:02.09 | 06:29.59 | 06:13.29 | 05:57.09 | 05:40.99 | 400FR  | 05:09.89 | 05:24.59 | 05:39.39 | 05:54.09 | 06:23.59 | 06:53.09 |  |            |  |
| 18:24.49    | 17:05.59 | 15:46.69 | 15:07.29 | 14:27.79 | 13:48.39 | 800FR  | 11:54.69 | 12:28.69 | 13:02.79 | 13:36.69 | 14:02.69 | 15:07.39 |  |            |  |
| 33:16.59    | 30:53.99 | 28:31.49 | 27:20.19 | 26:08.89 | 24:57.59 | 1500FR | 23:51.79 | 24:59.89 | 26:08.09 | 27:16.29 | 28:11.99 | 30:22.19 |  |            |  |
| 00:55.69    | 00:51.79 | 00:47.79 | 00:45.79 | 00:43.89 | 00:41.79 | 50BK   | 00:36.19 | 00:37.79 | 00:39.69 | 00:41.29 | 00:44.79 | 00:48.19 |  |            |  |
| 01:54.29    | 01:46.09 | 01:37.99 | 01:33.79 | 01:29.79 | 01:25.79 | 100BK  | 01:15.79 | 01:19.29 | 01:22.89 | 01:26.49 | 01:33.69 | 01:40.99 |  |            |  |
| 04:59.79    | 04:38.19 | 04:16.89 | 04:06.09 | 03:55.49 | 03:44.79 | 200BK  | 02:56.49 | 03:04.89 | 03:13.29 | 03:21.69 | 03:38.49 | 03:55.39 |  |            |  |
| 01:03.79    | 00:59.19 | 00:54.69 | 00:52.39 | 00:50.09 | 00:47.89 | 50BR   | 00:44.29 | 00:46.39 | 00:48.49 | 00:50.59 | 00:54.89 | 00:58.99 |  |            |  |
| 02:15.19    | 02:05.59 | 01:55.89 | 01:51.09 | 01:46.19 | 01:41.39 | 100BR  | 01:30.59 | 01:34.79 | 01:39.19 | 01:43.49 | 01:52.09 | 02:00.69 |  |            |  |
| 05:28.79    | 05:05.29 | 04:41.79 | 04:30.09 | 04:18.39 | 04:06.59 | 200BR  | 03:51.49 | 04:02.59 | 04:13.59 | 04:24.59 | 04:46.69 | 05:08.69 |  |            |  |
| 00:56.39    | 00:52.39 | 00:48.29 | 00:46.29 | 00:44.29 | 00:42.29 | 50FL   | 00:34.19 | 00:35.79 | 00:37.39 | 00:38.99 | 00:42.29 | 00:45.49 |  |            |  |
| 01:57.39    | 01:48.99 | 01:40.69 | 01:36.39 | 01:32.19 | 01:28.09 | 100FL  | 01:12.89 | 01:16.39 | 01:19.89 | 01:23.39 | 01:30.19 | 01:37.19 |  |            |  |
| 04:47.39    | 04:26.89 | 04:06.39 | 03:56.09 | 03:45.79 | 03:35.59 | 200FL  | 03:34.19 | 03:44.39 | 03:54.59 | 04:04.69 | 04:25.09 | 04:45.49 |  |            |  |
| 01:57.89    | 01:49.49 | 01:41.09 | 01:36.89 | 01:32.59 | 01:28.39 | 100IM  | 01:12.89 | 01:16.29 | 01:19.79 | 01:23.29 | 01:30.19 | 01:37.09 |  |            |  |
| 03:59.89    | 03:42.69 | 03:25.59 | 03:16.99 | 03:08.39 | 02:59.99 | 200IM  | 02:42.39 | 02:49.99 | 02:57.89 | 03:05.49 | 03:20.99 | 03:36.39 |  |            |  |
| 11:05.99    | 10:18.39 | 09:30.69 | 09:06.99 | 08:43.29 | 08:19.39 | 400IM  | 06:32.89 | 06:51.49 | 07:10.19 | 07:28.99 | 08:06.29 | 08:43.79 |  |            |  |

# USA Swimming 2024-2028 Parallel Time Standards

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| 15-16 Girls |          | SCM      |          |          |          | P3     |          |          |          | SCM      |          |          |  | 15-16 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:43.89    | 00:40.69 | 00:38.39 | 00:36.79 | 00:35.19 | 00:33.69 | 50FR   | 00:29.89 | 00:31.39 | 00:32.79 | 00:34.19 | 00:36.29 | 00:38.99 |  |            |  |
| 01:36.19    | 01:29.29 | 01:22.39 | 01:18.99 | 01:15.59 | 01:12.19 | 100FR  | 01:03.79 | 01:06.89 | 01:09.79 | 01:12.89 | 01:18.59 | 01:24.09 |  |            |  |
| 03:47.99    | 03:31.69 | 03:15.49 | 03:07.29 | 02:59.09 | 02:50.99 | 200FR  | 02:25.19 | 02:31.99 | 02:38.99 | 02:45.89 | 02:59.69 | 03:13.49 |  |            |  |
| 07:22.09    | 06:50.49 | 06:18.99 | 06:03.09 | 05:47.39 | 05:31.59 | 400FR  | 04:55.99 | 05:10.09 | 05:24.09 | 05:38.19 | 06:06.49 | 06:34.59 |  |            |  |
| 18:00.99    | 16:43.79 | 15:26.59 | 14:47.99 | 14:09.39 | 13:30.69 | 800FR  | 11:31.19 | 12:04.09 | 12:37.09 | 13:09.99 | 13:34.99 | 14:37.69 |  |            |  |
| 32:38.79    | 30:18.89 | 27:58.99 | 26:49.09 | 25:39.09 | 24:29.19 | 1500FR | 22:51.69 | 23:57.09 | 25:02.29 | 26:07.69 | 27:01.19 | 29:05.79 |  |            |  |
| 00:53.99    | 00:50.19 | 00:46.29 | 00:44.39 | 00:42.49 | 00:40.59 | 50BK   | 00:33.89 | 00:35.49 | 00:37.09 | 00:38.79 | 00:41.99 | 00:45.19 |  |            |  |
| 01:50.99    | 01:43.09 | 01:35.19 | 01:31.09 | 01:27.29 | 01:23.39 | 100BK  | 01:11.79 | 01:15.09 | 01:18.59 | 01:21.99 | 01:28.79 | 01:35.59 |  |            |  |
| 04:52.29    | 04:31.39 | 04:10.49 | 04:00.09 | 03:49.69 | 03:39.19 | 200BK  | 02:48.49 | 02:56.49 | 03:04.49 | 03:12.49 | 03:28.59 | 03:44.59 |  |            |  |
| 00:59.79    | 00:55.59 | 00:51.29 | 00:49.19 | 00:46.99 | 00:44.89 | 50BR   | 00:40.09 | 00:42.09 | 00:43.99 | 00:45.89 | 00:49.69 | 00:53.49 |  |            |  |
| 02:11.09    | 02:01.69 | 01:52.29 | 01:47.59 | 01:42.89 | 01:38.19 | 100BR  | 01:26.39 | 01:30.59 | 01:34.69 | 01:38.79 | 01:46.99 | 01:55.29 |  |            |  |
| 05:20.09    | 04:57.39 | 04:34.49 | 04:22.99 | 04:11.59 | 04:00.19 | 200BR  | 03:41.29 | 03:51.89 | 04:02.39 | 04:12.89 | 04:33.89 | 04:54.99 |  |            |  |
| 00:53.09    | 00:49.29 | 00:45.49 | 00:43.59 | 00:41.69 | 00:39.79 | 50FL   | 00:31.29 | 00:32.79 | 00:34.29 | 00:35.79 | 00:38.79 | 00:41.79 |  |            |  |
| 01:53.69    | 01:45.49 | 01:37.39 | 01:33.29 | 01:29.29 | 01:25.19 | 100FL  | 01:09.49 | 01:12.89 | 01:16.09 | 01:19.49 | 01:26.09 | 01:32.69 |  |            |  |
| 04:38.29    | 04:18.39 | 03:58.69 | 03:48.69 | 03:38.79 | 03:28.79 | 200FL  | 03:25.09 | 03:34.79 | 03:44.69 | 03:54.39 | 04:13.99 | 04:33.49 |  |            |  |
| 01:56.59    | 01:48.49 | 01:40.29 | 01:36.19 | 01:32.19 | 01:28.09 | 100IM  | 01:09.59 | 01:12.89 | 01:16.19 | 01:19.49 | 01:26.09 | 01:32.79 |  |            |  |
| 03:51.99    | 03:35.49 | 03:18.89 | 03:10.59 | 03:02.39 | 02:53.99 | 200IM  | 02:35.19 | 02:42.59 | 02:49.89 | 02:57.39 | 03:12.09 | 03:26.89 |  |            |  |
| 10:46.39    | 10:00.19 | 09:14.09 | 08:50.99 | 08:27.79 | 08:04.69 | 400IM  | 06:14.69 | 06:32.59 | 06:50.39 | 07:08.39 | 07:43.99 | 08:19.69 |  |            |  |

| 17-18 Girls |          | SCM      |          |          |          | P3     |          |          |          | SCM      |          |          |  | 17-18 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:43.39    | 00:40.19 | 00:37.89 | 00:36.29 | 00:34.69 | 00:33.09 | 50FR   | 00:29.09 | 00:30.49 | 00:31.89 | 00:33.29 | 00:35.39 | 00:37.99 |  |            |  |
| 01:35.19    | 01:28.49 | 01:21.69 | 01:18.29 | 01:14.89 | 01:11.39 | 100FR  | 01:01.99 | 01:04.99 | 01:07.99 | 01:10.99 | 01:15.99 | 01:21.89 |  |            |  |
| 03:45.19    | 03:29.19 | 03:12.99 | 03:04.89 | 02:56.89 | 02:48.89 | 200FR  | 02:22.49 | 02:29.29 | 02:36.19 | 02:42.79 | 02:56.49 | 03:09.99 |  |            |  |
| 07:17.09    | 06:45.99 | 06:14.69 | 05:59.09 | 05:43.49 | 05:27.89 | 400FR  | 04:51.79 | 05:05.69 | 05:19.59 | 05:33.39 | 06:01.19 | 06:28.99 |  |            |  |
| 17:52.09    | 16:35.49 | 15:18.99 | 14:40.59 | 14:02.29 | 13:24.09 | 800FR  | 11:20.79 | 11:53.29 | 12:25.59 | 12:58.09 | 13:22.79 | 14:24.49 |  |            |  |
| 31:58.49    | 29:41.59 | 27:24.49 | 26:16.09 | 25:07.49 | 23:58.99 | 1500FR | 22:32.99 | 23:37.39 | 24:41.89 | 25:46.19 | 26:38.89 | 28:41.89 |  |            |  |
| 00:52.99    | 00:49.19 | 00:45.39 | 00:43.49 | 00:41.59 | 00:39.69 | 50BK   | 00:32.89 | 00:34.49 | 00:35.99 | 00:37.59 | 00:40.69 | 00:43.89 |  |            |  |
| 01:48.99    | 01:41.19 | 01:33.39 | 01:29.49 | 01:25.59 | 01:21.69 | 100BK  | 01:09.39 | 01:12.59 | 01:15.89 | 01:19.19 | 01:25.79 | 01:32.39 |  |            |  |
| 04:45.89    | 04:25.49 | 04:05.19 | 03:54.89 | 03:44.59 | 03:34.49 | 200BK  | 02:44.29 | 02:51.99 | 02:59.79 | 03:07.69 | 03:23.19 | 03:38.89 |  |            |  |
| 00:59.19    | 00:54.99 | 00:50.79 | 00:48.69 | 00:46.59 | 00:44.39 | 50BR   | 00:38.99 | 00:40.89 | 00:42.69 | 00:44.49 | 00:48.19 | 00:51.89 |  |            |  |
| 02:09.29    | 02:00.19 | 01:50.89 | 01:46.19 | 01:41.69 | 01:36.99 | 100BR  | 01:23.99 | 01:28.09 | 01:31.99 | 01:35.89 | 01:43.89 | 01:51.89 |  |            |  |
| 05:17.89    | 04:55.19 | 04:32.49 | 04:21.09 | 04:09.89 | 03:58.49 | 200BR  | 03:34.89 | 03:45.09 | 03:55.39 | 04:05.59 | 04:25.99 | 04:46.49 |  |            |  |
| 00:52.29    | 00:48.59 | 00:44.89 | 00:42.99 | 00:41.09 | 00:39.29 | 50FL   | 00:30.49 | 00:31.99 | 00:33.39 | 00:34.89 | 00:37.79 | 00:40.69 |  |            |  |
| 01:52.39    | 01:44.39 | 01:36.39 | 01:32.39 | 01:28.39 | 01:24.39 | 100FL  | 01:07.69 | 01:10.89 | 01:14.09 | 01:17.39 | 01:23.79 | 01:30.19 |  |            |  |
| 04:33.29    | 04:13.69 | 03:54.29 | 03:44.39 | 03:34.69 | 03:24.99 | 200FL  | 03:19.99 | 03:29.39 | 03:38.99 | 03:48.49 | 04:07.49 | 04:26.59 |  |            |  |
| 01:54.99    | 01:46.99 | 01:38.99 | 01:34.99 | 01:30.89 | 01:26.89 | 100IM  | 01:08.19 | 01:11.49 | 01:14.69 | 01:17.99 | 01:24.49 | 01:30.99 |  |            |  |
| 03:48.39    | 03:32.09 | 03:15.79 | 03:07.69 | 02:59.49 | 02:51.39 | 200IM  | 02:31.59 | 02:38.79 | 02:45.99 | 02:53.09 | 03:07.69 | 03:21.99 |  |            |  |
| 10:38.49    | 09:52.79 | 09:07.19 | 08:44.49 | 08:21.69 | 07:58.79 | 400IM  | 06:09.09 | 06:26.69 | 06:44.39 | 07:01.89 | 07:36.99 | 08:12.19 |  |            |  |

## USA Swimming 2024-2028 Parallel Time Standards

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| 10&under Girls |          | LCM      |          |          |          | P3     |          |          |          | LCM      |          |          |  | 10&under Boys |  |
|----------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|---------------|--|
| B              | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 00:56.59       | 00:51.09 | 00:45.69 | 00:43.89 | 00:42.09 | 00:40.19 | 50FR   | 00:39.49 | 00:41.29 | 00:42.99 | 00:44.69 | 00:49.79 | 00:54.89 |  |               |  |
| 02:11.79       | 01:57.79 | 01:43.69 | 01:38.99 | 01:34.29 | 01:29.69 | 100FR  | 01:25.69 | 01:29.89 | 01:34.19 | 01:38.49 | 01:51.29 | 02:03.99 |  |               |  |
| 05:19.79       | 04:44.69 | 04:09.69 | 03:58.09 | 03:46.29 | 03:34.69 | 200FR  | 03:15.29 | 03:24.49 | 03:33.79 | 03:43.19 | 04:10.99 | 04:38.89 |  |               |  |
| 09:50.39       | 08:51.29 | 07:52.39 | 07:32.69 | 07:13.09 | 06:53.29 | 400FR  | 06:32.69 | 06:51.39 | 07:10.09 | 07:28.69 | 08:24.89 | 09:20.99 |  |               |  |
| 01:17.69       | 01:09.19 | 01:00.69 | 00:57.89 | 00:54.99 | 00:52.19 | 50BK   | 00:47.89 | 00:50.49 | 00:53.29 | 00:55.79 | 01:03.89 | 01:11.79 |  |               |  |
| 02:43.39       | 02:25.29 | 02:07.19 | 02:01.09 | 01:55.09 | 01:48.99 | 100BK  | 01:42.49 | 01:47.79 | 01:52.99 | 01:58.29 | 02:13.89 | 02:29.59 |  |               |  |
| 01:25.29       | 01:16.09 | 01:06.89 | 01:03.79 | 01:00.69 | 00:57.69 | 50BR   | 00:57.49 | 01:00.39 | 01:03.39 | 01:06.29 | 01:15.29 | 01:24.29 |  |               |  |
| 03:12.29       | 02:50.89 | 02:29.59 | 02:22.49 | 02:15.39 | 02:08.29 | 100BR  | 02:04.39 | 02:10.59 | 02:16.89 | 02:23.09 | 02:41.69 | 03:00.29 |  |               |  |
| 01:17.59       | 01:08.49 | 00:59.29 | 00:56.29 | 00:53.09 | 00:50.19 | 50FL   | 00:43.09 | 00:45.49 | 00:47.99 | 00:50.49 | 00:57.69 | 01:04.99 |  |               |  |
| 03:03.59       | 02:39.59 | 02:15.49 | 02:07.49 | 01:59.49 | 01:51.49 | 100FL  | 01:39.29 | 01:46.19 | 01:53.19 | 02:00.09 | 02:20.89 | 02:41.59 |  |               |  |
| 05:23.09       | 04:49.29 | 04:15.39 | 04:03.99 | 03:52.79 | 03:41.49 | 200IM  | 03:33.59 | 03:44.19 | 03:54.89 | 04:05.39 | 04:37.39 | 05:09.39 |  |               |  |
|                |          |          |          |          |          |        |          |          |          |          |          |          |  |               |  |
| 11-12 Girls    |          | LCM      |          |          |          | P3     |          |          |          | LCM      |          |          |  | 11-12 Boys    |  |
| B              | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 00:48.09       | 00:44.89 | 00:41.49 | 00:39.89 | 00:38.09 | 00:36.49 | 50FR   | 00:35.19 | 00:36.79 | 00:38.39 | 00:40.19 | 00:43.49 | 00:46.79 |  |               |  |
| 01:48.39       | 01:40.69 | 01:32.99 | 01:28.99 | 01:25.09 | 01:21.29 | 100FR  | 01:15.69 | 01:19.19 | 01:22.89 | 01:26.49 | 01:33.59 |          |  |               |  |
| 04:17.99       | 03:59.59 | 03:41.19 | 03:31.89 | 03:22.79 | 03:13.49 | 200FR  | 02:52.99 | 03:01.19 | 03:09.49 | 03:17.69 | 03:34.19 | 03:50.69 |  |               |  |
| 08:14.99       | 07:39.59 | 07:04.39 | 06:46.69 | 06:28.99 | 06:11.29 | 400FR  | 05:49.99 | 06:06.59 | 06:23.29 | 06:39.89 | 07:13.19 | 07:46.49 |  |               |  |
| 20:18.59       | 18:51.49 | 17:24.49 | 16:40.99 | 15:57.39 | 15:13.99 | 800FR  | 12:59.89 | 13:37.09 | 14:14.29 | 14:51.39 | 16:05.59 | 17:19.99 |  |               |  |
| 36:51.99       | 34:14.09 | 31:35.99 | 30:16.99 | 28:57.99 | 27:39.09 | 1500FR | 25:13.19 | 26:25.19 | 27:37.19 | 28:49.39 | 31:13.39 | 33:37.49 |  |               |  |
| 01:02.39       | 00:57.89 | 00:53.49 | 00:51.29 | 00:48.99 | 00:46.79 | 50BK   | 00:42.19 | 00:44.49 | 00:46.69 | 00:48.89 | 00:53.29 | 00:57.69 |  |               |  |
| 02:15.19       | 02:04.59 | 01:53.99 | 01:48.59 | 01:43.39 | 01:37.99 | 100BK  | 01:30.19 | 01:35.19 | 01:40.09 | 01:44.99 | 01:54.79 | 02:04.59 |  |               |  |
| 05:39.19       | 05:15.09 | 04:50.79 | 04:38.69 | 04:26.49 | 04:14.39 | 200BK  | 03:29.59 | 03:39.59 | 03:49.49 | 03:59.59 | 04:19.49 | 04:39.49 |  |               |  |
| 01:08.29       | 01:03.29 | 00:58.49 | 00:56.09 | 00:53.59 | 00:51.29 | 50BR   | 00:49.99 | 00:52.79 | 00:55.39 | 00:58.19 | 01:03.59 | 01:08.99 |  |               |  |
| 02:32.29       | 02:20.99 | 02:09.69 | 02:04.19 | 01:58.49 | 01:52.89 | 100BR  | 01:47.19 | 01:52.69 | 01:58.29 | 02:03.89 | 02:15.09 | 02:26.19 |  |               |  |
| 06:08.89       | 05:42.49 | 05:16.19 | 05:02.99 | 04:49.89 | 04:36.69 | 200BR  | 04:33.19 | 04:46.19 | 04:59.09 | 05:12.19 | 05:38.09 | 06:04.09 |  |               |  |
| 00:59.59       | 00:55.29 | 00:50.99 | 00:48.89 | 00:46.89 | 00:44.69 | 50FL   | 00:37.69 | 00:39.79 | 00:41.79 | 00:43.89 | 00:48.09 | 00:52.19 |  |               |  |
| 02:15.89       | 02:05.09 | 01:54.19 | 01:48.79 | 01:43.39 | 01:37.89 | 100FL  | 01:24.59 | 01:29.49 | 01:34.39 | 01:39.19 | 01:48.99 | 01:58.69 |  |               |  |
| 05:20.69       | 04:57.79 | 04:34.79 | 04:23.39 | 04:12.09 | 04:00.49 | 200FL  | 04:13.09 | 04:25.09 | 04:37.29 | 04:49.29 | 05:13.29 | 05:37.39 |  |               |  |
| 04:26.09       | 04:07.19 | 03:48.19 | 03:38.59 | 03:29.19 | 03:19.69 | 200IM  | 03:06.79 | 03:16.29 | 03:25.89 | 03:35.39 | 03:54.39 | 04:13.49 |  |               |  |
| 12:19.59       | 11:26.69 | 10:33.99 | 10:07.49 | 09:41.09 | 09:14.79 | 400IM  | 07:40.89 | 08:02.99 | 08:24.79 | 08:46.89 | 09:30.69 | 10:14.59 |  |               |  |
|                |          |          |          |          |          |        |          |          |          |          |          |          |  |               |  |
| 13-14 Girls    |          | LCM      |          |          |          | P3     |          |          |          | LCM      |          |          |  | 13-14 Boys    |  |
| B              | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |               |  |
| 00:46.49       | 00:43.19 | 00:39.89 | 00:38.19 | 00:36.59 | 00:34.89 | 50FR   | 00:32.19 | 00:33.69 | 00:35.29 | 00:36.79 | 00:39.79 | 00:42.89 |  |               |  |
| 01:42.79       | 01:35.49 | 01:28.09 | 01:24.49 | 01:20.79 | 01:17.09 | 100FR  | 01:09.29 | 01:12.49 | 01:15.79 | 01:19.09 | 01:25.69 | 01:32.19 |  |               |  |
| 04:02.69       | 03:45.39 | 03:28.09 | 03:19.29 | 03:10.79 | 03:01.99 | 200FR  | 02:38.29 | 02:45.89 | 02:53.39 | 03:00.99 | 03:15.99 | 03:31.09 |  |               |  |
| 07:43.79       | 07:10.69 | 06:37.49 | 06:20.99 | 06:04.39 | 05:47.89 | 400FR  | 05:19.89 | 05:35.19 | 05:50.29 | 06:05.59 | 06:35.99 | 07:06.49 |  |               |  |
| 18:55.39       | 17:34.29 | 16:13.09 | 15:32.59 | 14:52.19 | 14:11.49 | 800FR  | 11:42.49 | 12:15.89 | 12:49.39 | 13:22.79 | 14:29.69 | 15:36.49 |  |               |  |
| 34:32.99       | 32:04.89 | 29:36.79 | 28:22.79 | 27:08.69 | 25:54.79 | 1500FR | 22:30.09 | 23:34.39 | 24:38.69 | 25:42.89 | 27:51.49 | 30:00.09 |  |               |  |
| 00:59.29       | 00:54.99 | 00:50.79 | 00:48.79 | 00:46.69 | 00:44.39 | 50BK   | 00:38.49 | 00:40.29 | 00:42.09 | 00:43.89 | 00:47.59 | 00:51.19 |  |               |  |
| 02:00.59       | 01:51.99 | 01:43.39 | 01:39.09 | 01:34.79 | 01:30.49 | 100BK  | 01:20.49 | 01:24.29 | 01:28.09 | 01:31.89 | 01:39.59 | 01:47.29 |  |               |  |
| 05:15.09       | 04:52.59 | 04:30.09 | 04:18.79 | 04:07.59 | 03:56.39 | 200BK  | 03:07.69 | 03:16.59 | 03:25.59 | 03:34.49 | 03:52.39 | 04:10.29 |  |               |  |
| 01:05.49       | 01:00.89 | 00:56.19 | 00:53.89 | 00:51.59 | 00:49.19 | 50BR   | 00:45.69 | 00:47.89 | 00:50.09 | 00:52.19 | 00:56.69 | 01:00.89 |  |               |  |
| 02:21.29       | 02:11.09 | 02:00.99 | 01:55.99 | 01:50.89 | 01:45.99 | 100BR  | 01:35.39 | 01:39.99 | 01:44.49 | 01:49.09 | 01:58.19 | 02:07.19 |  |               |  |
| 05:43.19       | 05:18.69 | 04:54.29 | 04:41.99 | 04:29.59 | 04:17.49 | 200BR  | 04:02.99 | 04:14.69 | 04:26.19 | 04:37.69 | 05:00.89 | 05:23.99 |  |               |  |
| 00:56.99       | 00:52.89 | 00:48.89 | 00:46.69 | 00:44.69 | 00:42.79 | 50FL   | 00:34.79 | 00:36.39 | 00:37.99 | 00:39.69 | 00:42.99 | 00:46.39 |  |               |  |
| 02:00.59       | 01:51.99 | 01:43.39 | 01:39.19 | 01:34.89 | 01:30.39 | 100FL  | 01:15.29 | 01:18.79 | 01:22.39 | 01:25.99 | 01:33.09 | 01:40.19 |  |               |  |
| 04:57.29       | 04:36.09 | 04:14.89 | 04:04.29 | 03:53.69 | 03:42.99 | 200FL  | 03:42.09 | 03:52.59 | 04:03.19 | 04:13.69 | 04:34.79 | 04:56.09 |  |               |  |
| 04:09.19       | 03:51.39 | 03:33.59 | 03:24.69 | 03:15.79 | 03:06.89 | 200IM  | 02:50.19 | 02:58.19 | 03:06.29 | 03:14.39 | 03:30.59 | 03:46.79 |  |               |  |
| 11:28.69       | 10:39.59 | 09:50.39 | 09:25.79 | 09:01.09 | 08:36.49 | 400IM  | 06:51.19 | 07:10.89 | 07:30.39 | 07:49.99 | 08:29.19 | 09:08.39 |  |               |  |

## USA Swimming 2024-2028 Parallel Time Standards

10/29/24

| 15-16 Girls |          | LCM      |          |          |          | P3     |          |          |          | LCM      |          |          |  | 15-16 Boys |  |
|-------------|----------|----------|----------|----------|----------|--------|----------|----------|----------|----------|----------|----------|--|------------|--|
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:45.09    | 00:41.89 | 00:38.59 | 00:36.99 | 00:35.39 | 00:33.89 | 50FR   | 00:30.89 | 00:32.39 | 00:33.79 | 00:35.29 | 00:38.29 | 00:41.19 |  |            |  |
| 01:39.29    | 01:32.19 | 01:25.09 | 01:21.59 | 01:17.99 | 01:14.49 | 100FR  | 01:06.09 | 01:09.29 | 01:12.49 | 01:15.49 | 01:21.89 | 01:28.19 |  |            |  |
| 03:54.19    | 03:37.49 | 03:20.89 | 03:12.39 | 03:04.09 | 02:55.69 | 200FR  | 02:31.29 | 02:38.49 | 02:45.69 | 02:52.89 | 03:07.19 | 03:21.59 |  |            |  |
| 07:27.49    | 06:55.69 | 06:23.69 | 06:07.69 | 05:51.69 | 05:35.69 | 400FR  | 05:06.79 | 05:21.29 | 05:35.89 | 05:50.59 | 06:19.69 | 06:48.99 |  |            |  |
| 18:14.29    | 16:56.09 | 15:37.99 | 14:58.79 | 14:19.79 | 13:40.69 | 800FR  | 11:16.49 | 11:48.69 | 12:20.79 | 12:52.99 | 13:57.49 | 15:01.99 |  |            |  |
| 33:15.49    | 30:52.89 | 28:30.49 | 27:19.19 | 26:07.89 | 24:56.59 | 1500FR | 21:35.09 | 22:36.79 | 23:38.49 | 24:40.09 | 26:43.49 | 28:46.89 |  |            |  |
| 00:56.59    | 00:52.49 | 00:48.49 | 00:46.49 | 00:44.49 | 00:42.49 | 50BK   | 00:35.89 | 00:37.69 | 00:39.39 | 00:41.09 | 00:44.49 | 00:47.89 |  |            |  |
| 01:56.79    | 01:48.49 | 01:40.19 | 01:35.99 | 01:31.79 | 01:27.69 | 100BK  | 01:16.29 | 01:19.99 | 01:23.59 | 01:27.19 | 01:34.49 | 01:41.79 |  |            |  |
| 05:04.49    | 04:42.59 | 04:20.99 | 04:09.99 | 03:59.29 | 03:48.39 | 200BK  | 02:57.89 | 03:06.39 | 03:14.79 | 03:23.39 | 03:40.29 | 03:57.19 |  |            |  |
| 01:01.99    | 00:57.59 | 00:53.09 | 00:50.89 | 00:48.69 | 00:46.49 | 50BR   | 00:42.29 | 00:44.29 | 00:46.29 | 00:48.29 | 00:52.29 | 00:56.29 |  |            |  |
| 02:15.99    | 02:06.39 | 01:56.59 | 01:51.79 | 01:46.89 | 01:42.09 | 100BR  | 01:30.99 | 01:35.39 | 01:39.69 | 01:44.09 | 01:52.69 | 02:01.39 |  |            |  |
| 05:30.99    | 05:07.29 | 04:43.69 | 04:31.79 | 04:20.09 | 04:08.29 | 200BR  | 03:53.09 | 04:04.19 | 04:15.29 | 04:26.39 | 04:48.59 | 05:10.79 |  |            |  |
| 00:54.39    | 00:50.59 | 00:46.69 | 00:44.79 | 00:42.79 | 00:40.89 | 50FL   | 00:32.39 | 00:33.89 | 00:35.49 | 00:36.99 | 00:40.09 | 00:43.19 |  |            |  |
| 01:56.59    | 01:48.29 | 01:39.99 | 01:35.79 | 01:31.69 | 01:27.49 | 100FL  | 01:11.89 | 01:15.29 | 01:18.79 | 01:22.09 | 01:28.99 | 01:35.89 |  |            |  |
| 04:45.29    | 04:24.99 | 04:04.59 | 03:54.39 | 03:44.29 | 03:34.09 | 200FL  | 03:32.19 | 03:42.29 | 03:52.49 | 04:02.49 | 04:22.79 | 04:42.89 |  |            |  |
| 04:01.59    | 03:44.29 | 03:27.09 | 03:18.39 | 03:09.79 | 03:01.19 | 200IM  | 02:43.79 | 02:51.69 | 02:59.49 | 03:07.29 | 03:22.89 | 03:38.49 |  |            |  |
| 11:06.79    | 10:19.19 | 09:31.59 | 09:07.79 | 08:43.99 | 08:20.19 | 400IM  | 06:34.49 | 06:53.19 | 07:11.99 | 07:30.79 | 08:08.39 | 08:45.89 |  |            |  |
|             |          |          |          |          |          |        |          |          |          |          |          |          |  |            |  |
| 17-18 Girls |          | LCM      |          |          |          | P3     |          |          |          | LCM      |          |          |  | 17-18 Boys |  |
| B           | BB       | A        | AA       | AAA      | AAAA     | Event  | AAAA     | AAA      | AA       | A        | BB       | B        |  |            |  |
| 00:44.89    | 00:41.59 | 00:38.39 | 00:36.89 | 00:35.19 | 00:33.59 | 50FR   | 00:29.99 | 00:31.39 | 00:32.79 | 00:34.29 | 00:36.99 | 00:39.89 |  |            |  |
| 01:38.39    | 01:31.39 | 01:24.29 | 01:20.89 | 01:17.39 | 01:13.79 | 100FR  | 01:04.39 | 01:07.39 | 01:10.49 | 01:13.59 | 01:19.69 | 01:25.89 |  |            |  |
| 03:52.09    | 03:35.49 | 03:18.89 | 03:10.59 | 03:02.29 | 02:54.19 | 200FR  | 02:27.69 | 02:34.59 | 02:41.69 | 02:48.79 | 03:02.79 | 03:16.79 |  |            |  |
| 07:25.29    | 06:53.49 | 06:21.79 | 06:05.79 | 05:49.89 | 05:33.99 | 400FR  | 04:59.79 | 05:13.99 | 05:28.29 | 05:42.49 | 06:10.99 | 06:39.69 |  |            |  |
| 18:03.19    | 16:45.89 | 15:28.49 | 14:49.79 | 14:11.09 | 13:32.49 | 800FR  | 11:00.89 | 11:32.29 | 12:03.79 | 12:35.19 | 13:38.09 | 14:40.99 |  |            |  |
| 32:57.69    | 30:36.39 | 28:15.19 | 27:04.59 | 25:53.89 | 24:43.29 | 1500FR | 21:13.29 | 22:13.89 | 23:14.49 | 24:15.19 | 26:16.29 | 28:17.59 |  |            |  |
| 00:56.09    | 00:52.09 | 00:48.09 | 00:46.09 | 00:44.09 | 00:42.09 | 50BK   | 00:35.19 | 00:36.89 | 00:38.59 | 00:40.19 | 00:43.59 | 00:46.89 |  |            |  |
| 01:55.49    | 01:47.29 | 01:39.09 | 01:34.89 | 01:30.69 | 01:26.69 | 100BK  | 01:14.59 | 01:18.09 | 01:21.69 | 01:25.19 | 01:32.29 | 01:39.29 |  |            |  |
| 05:02.89    | 04:41.19 | 04:19.49 | 04:08.69 | 03:57.99 | 03:47.09 | 200BK  | 02:54.69 | 03:02.99 | 03:11.39 | 03:19.59 | 03:36.29 | 03:52.99 |  |            |  |
| 01:01.29    | 00:56.89 | 00:52.49 | 00:50.39 | 00:48.19 | 00:45.99 | 50BR   | 00:41.09 | 00:42.99 | 00:44.99 | 00:46.89 | 00:50.79 | 00:54.69 |  |            |  |
| 02:14.49    | 02:04.89 | 01:55.39 | 01:50.49 | 01:45.69 | 01:40.89 | 100BR  | 01:28.29 | 01:32.49 | 01:36.69 | 01:40.89 | 01:49.29 | 01:57.59 |  |            |  |
| 05:26.99    | 05:03.79 | 04:40.39 | 04:28.69 | 04:16.99 | 04:05.39 | 200BR  | 03:46.69 | 03:57.49 | 04:08.29 | 04:19.19 | 04:40.69 | 05:02.29 |  |            |  |
| 00:53.69    | 00:49.89 | 00:46.09 | 00:44.19 | 00:42.19 | 00:40.29 | 50FL   | 00:31.49 | 00:32.99 | 00:34.49 | 00:35.99 | 00:38.99 | 00:41.99 |  |            |  |
| 01:55.59    | 01:47.39 | 01:39.19 | 01:34.99 | 01:30.89 | 01:26.69 | 100FL  | 01:09.89 | 01:13.29 | 01:16.49 | 01:19.89 | 01:26.49 | 01:33.09 |  |            |  |
| 04:40.29    | 04:20.39 | 04:00.39 | 03:50.29 | 03:40.29 | 03:30.29 | 200FL  | 03:26.39 | 03:36.29 | 03:45.99 | 03:55.89 | 04:15.49 | 04:35.09 |  |            |  |
| 03:59.19    | 03:42.19 | 03:25.09 | 03:16.49 | 03:08.09 | 02:59.49 | 200IM  | 02:39.99 | 02:47.59 | 02:55.09 | 03:02.79 | 03:17.89 | 03:33.19 |  |            |  |
| 10:59.59    | 10:12.39 | 09:25.29 | 09:01.79 | 08:38.19 | 08:14.79 | 400IM  | 06:26.99 | 06:45.29 | 07:03.69 | 07:22.29 | 07:58.99 | 08:35.89 |  |            |  |