

USA Swimming 2024-2028 Parallel Time Standards

10/29/24

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			

USA Swimming 2024-2028 Parallel Time Standards

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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			

USA Swimming 2024-2028 Parallel Time Standards

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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			

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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			