

TUSS STANDARDS USS AAAA Yards

Women 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	27.69	28.89	30.19	31.39	35.19	38.89
100 Free	1:00.99	1:04.19	1:07.29	1:10.49	1:19.99	1:29.59
200 Free	2:13.59	2:20.89	2:28.19	2:35.39	2:57.19	3:18.99
500 Free	5:53.79	6:10.59	6:27.49	6:44.29	7:34.89	8:25.39
50 Back	31.59	33.29	34.99	36.69	41.89	46.99
100 Back	1:07.99	1:11.79	1:15.59	1:19.29	1:30.69	1:41.99
50 Breast	35.99	37.89	39.79	41.69	47.49	53.19
100 Breast	1:18.79	1:23.09	1:27.49	1:31.89	1:44.99	1:58.09
50 Fly	30.59	32.49	34.39	36.19	41.79	47.39
100 Fly	1:09.19	1:14.19	1:19.19	1:24.09	1:39.09	1:53.99
100 IM	1:09.79	1:13.49	1:17.09	1:20.79	1:31.69	1:42.59
200 IM	2:29.79	2:37.39	2:45.09	2:52.69	3:15.59	3:38.49

Women 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	25.49	26.59	27.79	28.99	31.29	33.59
100 Free	55.19	57.79	1:00.49	1:03.09	1:08.29	1:13.59
200 Free	2:00.29	2:05.99	2:11.79	2:17.49	2:28.99	2:40.39
500 Free	5:21.59	5:36.89	5:52.19	6:07.59	6:38.19	7:08.79
1000 Free	11:06.09	11:37.79	12:09.49	12:41.19	13:44.69	14:48.09
1650 Free	18:40.49	19:33.89	20:27.19	21:20.59	23:07.29	24:53.99
50 Back	28.59	29.99	31.29	32.69	35.39	38.09
100 Back	1:01.39	1:04.69	1:08.09	1:11.39	1:18.09	1:24.79
200 Back	2:12.49	2:18.79	2:25.09	2:31.39	2:43.99	2:56.59
50 Breast	32.29	33.79	35.39	36.89	39.99	42.99
100 Breast	1:09.79	1:13.19	1:16.69	1:20.19	1:27.19	1:34.09
200 Breast	2:30.69	2:37.89	2:45.09	2:52.19	3:06.59	3:20.89
50 Fly	27.39	28.69	29.99	31.29	33.89	36.49
100 Fly	1:00.79	1:04.19	1:07.49	1:10.89	1:17.59	1:24.39
200 Fly	2:14.99	2:21.39	2:27.89	2:34.29	2:47.19	2:59.99
100 IM	1:03.09	1:06.09	1:09.09	1:12.09	1:18.09	1:24.09
200 IM	2:15.19	2:21.59	2:27.99	2:34.49	2:47.29	3:00.19
400 IM	4:48.19	5:01.89	5:15.59	5:29.29	5:56.79	6:24.19

Women 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	24.39	25.59	26.79	27.89	30.19	32.59
100 Free	52.89	55.49	57.99	1:00.49	1:05.49	1:10.59
200 Free	1:54.09	1:59.49	2:04.99	2:10.39	2:21.29	2:32.09
500 Free	5:05.89	5:20.39	5:34.99	5:49.59	6:18.69	6:47.79
1000 Free	10:31.49	11:01.59	11:31.59	12:01.69	13:01.79	14:01.99
1650 Free	17:32.59	18:22.79	19:12.89	20:02.99	21:43.19	23:23.49
100 Back	57.49	1:00.19	1:02.99	1:05.69	1:11.19	1:16.69
200 Back	2:05.09	2:11.09	2:17.09	2:22.99	2:34.89	2:46.79
100 Breast	1:05.99	1:09.09	1:12.29	1:15.39	1:21.69	1:27.99
200 Breast	2:23.19	2:29.99	2:36.79	2:43.69	2:57.29	3:10.89
100 Fly	57.29	59.99	1:02.69	1:05.49	1:10.89	1:16.39
200 Fly	2:06.79	2:12.79	2:18.79	2:24.89	2:36.89	2:48.99
200 IM	2:07.29	2:13.39	2:19.49	2:25.49	2:37.59	2:49.79

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400 IM 4:32.69 4:45.69 4:58.69 5:11.69 5:37.59 6:03.59

Women 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	23.79	24.99	26.09	27.19	29.49	31.79
100 Free	51.69	54.09	56.59	58.99	1:03.99	1:08.89
200 Free	1:52.09	1:57.39	2:02.69	2:08.09	2:18.69	2:29.39
500 Free	5:00.49	5:14.79	5:29.09	5:43.39	6:11.99	6:40.59
1000 Free	10:21.89	10:51.59	11:21.19	11:50.79	12:49.99	13:49.19
1650 Free	17:18.89	18:08.39	18:57.79	19:47.29	21:26.19	23:05.19
100 Back	55.99	58.69	1:01.39	1:03.99	1:09.39	1:14.69
200 Back	2:02.29	2:08.09	2:13.89	2:19.69	2:31.39	2:42.99
100 Breast	1:04.39	1:07.49	1:10.49	1:13.59	1:19.69	1:25.89
200 Breast	2:19.49	2:26.19	2:32.79	2:39.49	2:52.79	3:05.99
100 Fly	55.99	58.69	1:01.39	1:03.99	1:09.39	1:14.69
200 Fly	2:03.99	2:09.89	2:15.79	2:21.69	2:33.49	2:45.29
200 IM	2:05.09	2:10.99	2:16.99	2:22.99	2:34.89	2:46.79
400 IM	4:26.89	4:39.59	4:52.29	5:04.99	5:30.49	5:55.89

Women 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	23.49	24.59	25.79	26.89	29.09	31.39
100 Free	51.19	53.59	55.99	58.49	1:03.29	1:08.19
200 Free	1:51.39	1:56.69	2:01.99	2:07.29	2:17.89	2:28.49
500 Free	4:56.79	5:10.89	5:24.99	5:39.19	6:07.39	6:35.69
1000 Free	10:19.69	10:49.19	11:18.69	11:48.19	12:47.19	13:46.19
1650 Free	17:06.39	17:55.19	18:44.09	19:32.99	21:10.69	22:48.49
100 Back	55.29	57.89	1:00.59	1:03.19	1:08.49	1:13.69
200 Back	1:59.89	2:05.59	2:11.29	2:16.99	2:28.39	2:39.79
100 Breast	1:03.69	1:06.69	1:09.79	1:12.79	1:18.79	1:24.89
200 Breast	2:17.89	2:24.39	2:30.99	2:37.59	2:50.69	3:03.79
100 Fly	55.19	57.79	1:00.49	1:03.09	1:08.29	1:13.59
200 Fly	2:02.69	2:08.49	2:14.29	2:20.19	2:31.89	2:43.49
200 IM	2:03.29	2:09.19	2:15.09	2:20.89	2:32.69	2:44.39
400 IM	4:23.39	4:35.89	4:48.49	5:00.99	5:26.09	5:51.19

Men 10 & Under

	AAAA	AAA	AA	A	BB	B
50 Free	27.39	28.59	29.79	30.99	34.49	38.09
100 Free	1:00.59	1:03.69	1:06.69	1:09.69	1:18.79	1:27.79
200 Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
500 Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
50 Back	31.69	33.49	35.19	36.99	42.29	47.49
100 Back	1:08.39	1:11.89	1:15.39	1:18.79	1:29.29	1:39.79
50 Breast	35.49	37.29	39.19	40.99	46.59	52.09
100 Breast	1:18.29	1:22.19	1:26.09	1:29.99	1:41.69	1:53.39
50 Fly	30.29	31.99	33.69	35.39	40.49	45.69
100 Fly	1:08.49	1:13.19	1:17.99	1:22.79	1:37.09	1:51.39
100 IM	1:09.09	1:12.39	1:15.69	1:18.99	1:28.89	1:38.79
200 IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49

TUSS STANDARDS USS AAAA Yards

Men 11-12							
	AAAA	AAA	AA	A	BB	B	
50 Free	24.49	25.59	26.79	27.89	30.29	32.59	
100 Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99	
200 Free	1:55.89	2:01.39	2:06.99	2:12.49	2:23.49	2:34.59	
500 Free	5:12.99	5:27.89	5:42.79	5:57.69	6:27.49	6:57.29	
1000 Free	10:54.39	11:25.59	11:56.79	12:27.89	13:30.19	14:32.59	
1650 Free	18:16.39	19:08.59	20:00.79	20:52.99	22:37.49	24:21.89	
50 Back	27.79	29.29	30.69	32.09	34.99	37.89	
100 Back	59.49	1:02.79	1:05.99	1:09.19	1:15.69	1:22.19	
200 Back	2:08.99	2:15.19	2:21.29	2:27.39	2:39.69	2:51.99	
50 Breast	31.09	32.69	34.39	36.09	39.49	42.89	
100 Breast	1:06.99	1:10.49	1:13.99	1:17.49	1:24.49	1:31.39	
200 Breast	2:25.59	2:32.49	2:39.39	2:46.39	3:00.19	3:14.09	
50 Fly	26.79	28.19	29.69	31.19	34.19	37.09	
100 Fly	58.99	1:02.39	1:05.89	1:09.29	1:16.09	1:22.89	
200 Fly	2:09.89	2:16.09	2:22.19	2:28.39	2:40.79	2:53.19	
100 IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89	
200 IM	2:10.69	2:17.29	2:23.99	2:30.69	2:43.99	2:57.29	
400 IM	4:39.79	4:53.19	5:06.49	5:19.79	5:46.39	6:13.09	

Men 13-14							
	AAAA	AAA	AA	A	BB	B	
50 Free	22.49	23.49	24.59	25.69	27.79	29.89	
100 Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59	
200 Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99	
500 Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59	
1000 Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19	
1650 Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89	
100 Back	53.59	56.19	58.69	1:01.29	1:06.39	1:11.49	
200 Back	1:57.19	2:02.79	2:08.39	2:13.99	2:25.09	2:36.29	
100 Breast	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29	
200 Breast	2:12.49	2:18.79	2:25.09	2:31.39	2:43.99	2:56.59	
100 Fly	53.39	55.89	58.49	1:00.99	1:06.09	1:11.19	
200 Fly	1:58.69	2:04.29	2:09.99	2:15.59	2:26.89	2:38.19	
200 IM	1:59.99	2:05.69	2:11.39	2:17.09	2:28.49	2:39.99	
400 IM	4:16.09	4:28.29	4:40.49	4:52.69	5:17.09	5:41.49	

Men 15-16							
	AAAA	AAA	AA	A	BB	B	
50 Free	21.29	22.29	23.29	24.39	26.39	28.39	
100 Free	46.79	48.99	51.19	53.49	57.89	1:02.39	
200 Free	1:42.39	1:47.29	1:52.09	1:56.99	2:06.79	2:16.49	
500 Free	4:37.99	4:51.19	5:04.39	5:17.69	5:44.09	6:10.59	
1000 Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.79	12:52.99	
1650 Free	16:11.59	16:57.79	17:44.09	18:30.39	20:02.89	21:35.39	
100 Back	51.09	53.49	55.99	58.39	1:03.19	1:08.09	
200 Back	1:50.99	1:56.29	2:01.59	2:06.89	2:17.49	2:27.99	
100 Breast	57.39	1:00.19	1:02.89	1:05.59	1:11.09	1:16.49	
200 Breast	2:06.19	2:12.19	2:18.19	2:24.19	2:36.19	2:48.19	
100 Fly	50.59	53.09	55.49	57.89	1:02.69	1:07.49	
200 Fly	1:53.49	1:58.89	2:04.29	2:09.69	2:20.49	2:31.29	

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200 IM	1:53.79	1:59.19	2:04.69	2:10.09	2:20.89	2:31.69
400 IM	4:05.29	4:16.99	4:28.59	4:40.29	5:03.69	5:26.99

Men 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	20.89	21.89	22.89	23.89	25.89	27.89
100 Free	45.79	47.99	50.09	52.29	56.69	1:00.99
200 Free	1:39.79	1:44.59	1:49.29	1:54.09	2:03.59	2:13.09
500 Free	4:31.59	4:44.59	4:57.49	5:10.39	5:36.29	6:02.19
1000 Free	9:32.59	9:59.79	10:27.09	10:54.39	11:48.89	12:43.39
1650 Free	15:51.49	16:36.79	17:22.09	18:07.39	19:37.99	21:08.59
100 Back	49.69	51.99	54.39	56.69	1:01.49	1:06.19
200 Back	1:48.69	1:53.89	1:58.99	2:04.19	2:14.59	2:24.89
100 Breast	56.39	58.99	1:01.69	1:04.39	1:09.79	1:15.09
200 Breast	2:02.49	2:08.29	2:14.19	2:19.99	2:31.69	2:43.29
100 Fly	49.39	51.79	54.09	56.49	1:01.19	1:05.89
200 Fly	1:50.59	1:55.89	2:01.19	2:06.39	2:16.99	2:27.49
200 IM	1:50.79	1:55.99	2:01.29	2:06.59	2:17.09	2:27.69
400 IM	3:59.89	4:11.29	4:22.69	4:34.19	4:56.99	5:19.89