

QUAL STANDARDS National Yards

Female 8 & Under

	NAT	AREA	DIST	SNAT
25 Free		16.59	19.05	
50 Free		37.69	44.55	
25 Back		20.39	24.55	
25 Breast		22.79	27.05	
25 Fly		18.69	25.05	
100 IM		1:36.69	1:55.55	
100 Free Relay		1:18.09		
100 Medley Relay		1:29.09		

Female 9-10

	NAT	AREA	DIST	SNAT
50 Free		31.59	35.55	
100 Free		1:10.29	1:22.05	
50 Back		36.99	42.55	
50 Breast		41.89	48.05	
50 Fly		35.89	43.05	
100 IM		1:20.29	1:31.55	
200 Free Relay		2:18.09		
200 Medley Relay		2:35.49		

Female 11-12

	NAT	AREA	DIST	SNAT
50 Free		28.39	31.55	
100 Free		1:02.59	1:10.55	
200 Free		2:18.09	2:40.05	
50 Back		33.09	37.05	
50 Breast		36.89	42.05	
50 Fly		31.59	37.55	
200 IM		2:37.19	2:58.55	
200 Free Relay		2:01.39		
200 Medley Relay		2:16.99		

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Female 12-18

	NAT	AREA	DIST	SNAT
400 Free Relay	3:40.39			3:43.45
800 Free Relay	7:57.19			8:01.85
400 Medley Relay	4:05.49			4:09.70

Female 13-14

	NAT	AREA	DIST	SNAT
50 Free	25.19	26.89	29.55	25.38
100 Free	54.59	59.69	1:05.05	55.10
200 Free	1:57.29	2:12.09	2:29.55	1:58.69
500 Free	5:11.79	5:55.99	6:50.05	5:14.63
1000 Free	10:35.59			10:41.27
1650 Free	17:41.79			17:55.36
100 Back	1:01.19	1:08.59	1:17.55	1:02.18
200 Back	2:11.89			2:13.82
100 Breast	1:09.59	1:17.49	1:27.55	1:10.26
200 Breast	2:30.19			2:32.48
100 Fly	1:00.29	1:08.39	1:20.05	1:01.01
200 Fly	2:13.99			2:15.96
200 IM	2:12.99	2:30.29	2:52.05	2:14.47
400 IM	4:42.59			4:44.85
200 Free Relay	1:41.99	1:56.59		1:43.16
200 Medley Relay	1:53.59	2:13.29		1:55.25

Female 15 & Over

	NAT	AREA	DIST	SNAT
50 Free	25.19	26.29	28.55	25.38
100 Free	54.59	57.49	1:03.55	55.10
200 Free	1:57.29	2:06.89	2:27.05	1:58.69
500 Free	5:11.79	5:43.59	6:45.05	5:14.63
1000 Free	10:35.59			10:41.27
1650 Free	17:41.79			17:55.36
100 Back	1:01.19	1:06.39	1:15.05	1:02.18
200 Back	2:11.89			2:13.82
100 Breast	1:09.59	1:15.69	1:25.05	1:10.26

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200 Breast	2:30.19			2:32.48
100 Fly	1:00.29	1:04.79	1:16.55	1:01.01
200 Fly	2:13.99			2:15.96
200 IM	2:12.99	2:24.59	2:48.05	2:14.47
400 IM	4:42.59			4:44.85
200 Free Relay	1:41.99	1:53.79		1:43.16
200 Medley Relay	1:53.59	2:09.99		1:55.25



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Male 8 & Under

	NAT	AREA	DIST	SNAT
25 Free		16.89	19.05	
50 Free		37.79	44.55	
25 Back		20.79	24.05	
25 Breast		23.69	27.05	
25 Fly		19.89	24.55	
100 IM		1:39.49	1:50.05	
100 Free Relay		1:22.29		
100 Medley Relay		1:41.39		

Male 9-10

	NAT	AREA	DIST	SNAT
50 Free		31.99	35.55	
100 Free		1:11.29	1:23.05	
50 Back		37.79	43.55	
50 Breast		43.59	48.55	
50 Fly		37.09	44.55	
100 IM		1:23.19	1:35.55	
200 Free Relay		2:27.59		
200 Medley Relay		2:48.69		

Male 11-12

	NAT	AREA	DIST	SNAT
50 Free		28.49	31.55	
100 Free		1:03.09	1:11.55	
200 Free		2:19.79	2:43.55	
50 Back		33.99	38.55	
50 Breast		38.09	42.55	
50 Fly		32.09	38.05	
200 IM		2:41.79	3:01.55	
200 Free Relay		2:09.19		
200 Medley Relay		2:25.59		

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Male 12-18

	NAT	AREA	DIST	SNAT
400 Free Relay	3:18.79			3:21.63
800 Free Relay	7:13.59			7:22.47

Male 13-14

	NAT	AREA	DIST	SNAT
50 Free	22.49	25.79	28.05	22.73
100 Free	49.19	56.89	1:05.05	49.78
200 Free		2:07.09	2:27.05	
500 Free	4:50.29	5:49.49	6:45.05	4:52.86
1000 Free	9:59.29			10:05.24
1650 Free	16:35.19			16:52.18
100 Back	55.89	1:06.59	1:16.55	56.66
200 Back	2:00.29			2:02.79
100 Breast	1:02.79	1:13.79	1:23.05	1:03.65
200 Breast	2:17.29			2:19.96
100 Fly	54.19	1:05.89	1:17.05	54.91
200 Fly	2:01.99			2:04.44
200 IM	1:59.69	2:24.59	2:44.05	2:01.31
400 IM	4:21.29			4:22.76
200 Free Relay	1:30.99	1:57.59		1:32.32
200 Medley Relay	1:41.89	2:12.39		1:44.01

Male 15 & Over

	NAT	AREA	DIST	SNAT
50 Free	22.49	23.69	26.55	22.73
100 Free	49.19	51.99	57.55	9.78
200 Free	1:46.69	1:56.89	2:17.05	1:48.16
500 Free	4:50.29	5:20.19	6:19.05	4:52.86
1000 Free	9:59.29			10:05.24
1650 Free	16:35.19			16:52.18
100 Back	55.89	1:00.39	1:10.55	56.66
200 Back	2:00.29			2:02.79
100 Breast	1:02.79	1:08.09	1:17.05	1:03.65
200 Breast	2:17.29			2:19.96

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100 Fly	54.19	58.79	1:09.55	54.91
200 Fly	2:01.99			2:04.44
200 IM	1:59.69	2:12.49	2:34.55	2:01.31
400 IM	4:21.29			4:22.76
200 Free Relay	1:30.99	1:45.69		1:32.32
200 Medley Relay	1:41.89	1:56.09		1:44.01
