

National Qualifying Times: 2021 USMS Short Course National Championship

Times from the past three (3) years will be accepted for NQTs. See [FAQs](#).

WOMEN

EVENT	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
50 Free	28.66	28.27	28.99	29.31	29.73	30.26	30.54	31.44	32.98	35.33	39.12	47.69	54.01
100 Free	1:02.35	1:01.84	1:02.96	1:04.96	1:05.67	1:06.81	1:07.17	1:09.18	1:13.09	1:19.05	1:29.50	1:45.91	2:08.66
200 Free	2:13.66	2:12.09	2:15.37	2:18.29	2:18.38	2:21.01	2:20.98	2:27.17	2:34.55	2:50.03	3:12.39	3:45.82	4:33.78
500 Free	6:08.58	6:00.04	6:06.74	6:13.52	6:13.84	6:21.66	6:21.03	6:36.11	6:55.80	7:35.08	8:43.06	10:13.63	12:21.22
1000 Free	13:44.25	12:47.68	13:21.05	13:14.01	13:04.43	13:19.04	13:23.98	13:49.76	14:31.18	15:50.46	18:20.23	23:02.62	24:23.03
1650 Free	23:15.46	21:51.67	22:00.08	22:20.71	22:26.50	22:37.92	22:10.15	23:08.07	24:38.07	27:19.51	31:52.14	45:49.20	46:13.43
50 Back	32.48	32.63	33.79	33.72	35.26	35.06	35.92	36.80	39.46	42.98	49.47	57.13	1:08.10
100 Back	1:11.16	1:10.02	1:13.06	1:15.25	1:16.33	1:15.97	1:18.48	1:20.29	1:26.60	1:35.66	1:49.92	2:05.46	2:30.35
200 Back	2:29.51	2:29.20	2:36.24	2:38.14	2:43.34	2:44.13	2:43.94	2:48.28	3:02.59	3:16.38	3:47.74	4:19.89	5:31.41
50 Breast	36.84	36.05	37.76	38.31	38.68	39.43	40.19	41.80	43.38	47.01	51.89	1:03.43	1:17.43
100 Breast	1:20.33	1:18.43	1:22.62	1:23.03	1:25.60	1:26.41	1:28.69	1:32.18	1:36.24	1:46.56	1:58.38	2:21.89	2:53.14
200 Breast	2:57.01	2:44.27	2:57.07	2:56.30	2:58.73	3:03.78	3:06.50	3:13.67	3:26.71	3:49.05	4:19.13	5:17.72	5:48.80
50 Fly	30.50	30.48	31.40	31.72	32.74	33.09	33.68	34.83	36.80	41.04	48.33	1:05.17	1:39.65
100 Fly	1:08.96	1:07.42	1:10.29	1:12.49	1:13.94	1:14.85	1:18.73	1:21.42	1:29.34	1:47.74	2:15.31	2:49.46	4:08.81
200 Fly	2:42.62	2:31.88	2:44.59	2:47.02	3:00.65	2:55.73	3:01.16	3:05.09	3:35.67	4:23.31	7:18.30	8:26.79	NO TIME
100 IM	1:11.71	1:10.03	1:13.07	1:13.81	1:15.54	1:15.99	1:17.71	1:20.43	1:24.12	1:33.52	1:46.70	2:11.39	2:49.64
200 IM	2:32.87	2:27.73	2:35.78	2:36.65	2:38.88	2:41.92	2:46.50	2:50.90	3:02.24	3:24.11	4:00.67	5:00.34	5:32.62
400 IM	5:45.93	5:23.72	5:40.01	5:42.22	5:58.40	5:54.79	6:03.13	6:15.34	6:48.98	7:40.78	9:01.52	11:55.12	NO TIME

MEN

EVENT	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
50 Free	24.43	24.06	24.68	25.16	25.75	26.15	26.37	27.05	27.90	29.39	31.49	35.69	39.69
100 Free	54.29	53.77	54.47	55.56	56.92	57.73	58.62	1:00.59	1:02.21	1:05.61	1:11.32	1:20.76	1:34.46
200 Free	1:56.57	1:54.86	1:59.61	2:00.82	2:01.43	2:05.46	2:05.65	2:09.99	2:13.66	2:22.46	2:35.59	3:01.40	3:39.32
500 Free	5:29.58	5:21.40	5:31.22	5:38.80	5:33.65	5:48.61	5:45.51	6:02.08	6:07.27	6:40.03	7:17.63	8:34.68	10:09.21
1000 Free	12:10.80	11:56.62	12:18.43	12:05.88	11:51.78	12:22.87	12:18.12	12:38.66	12:50.69	14:13.98	15:09.33	19:00.45	24:56.87
1650 Free	21:28.56	20:32.66	20:54.76	20:19.12	20:29.12	20:46.81	20:51.09	21:27.19	21:58.97	24:03.82	26:24.65	32:15.24	38:37.46
50 Back	28.24	27.38	28.43	29.67	30.18	30.58	31.09	32.27	33.60	35.81	39.14	44.74	49.29
100 Back	1:01.92	1:00.27	1:03.92	1:05.60	1:05.55	1:06.91	1:07.61	1:10.97	1:13.01	1:18.82	1:27.45	1:40.34	1:56.28
200 Back	2:17.60	2:12.00	2:20.54	2:23.22	2:20.26	2:23.56	2:22.35	2:30.45	2:33.33	2:46.02	3:07.74	3:38.78	4:12.89
50 Breast	31.36	30.48	31.51	32.08	32.19	32.81	34.26	34.37	35.92	39.09	41.52	47.69	53.24
100 Breast	1:08.35	1:06.65	1:08.98	1:10.49	1:10.98	1:12.12	1:14.23	1:16.59	1:19.89	1:26.99	1:34.61	1:51.94	2:10.44
200 Breast	2:33.75	2:25.09	2:31.89	2:32.97	2:32.21	2:36.67	2:38.23	2:47.55	2:51.72	3:09.19	3:21.70	4:05.81	5:01.43
50 Fly	26.71	26.25	26.86	27.41	27.94	28.60	28.81	29.95	30.82	31.99	35.26	42.55	57.29
100 Fly	59.16	58.08	59.77	1:01.16	1:02.75	1:04.40	1:04.35	1:08.03	1:10.27	1:16.17	1:33.72	1:59.08	4:02.35
200 Fly	2:16.29	2:14.28	2:22.04	2:20.51	2:22.13	2:31.05	2:31.62	2:37.40	2:41.87	3:14.36	3:48.67	8:05.21	NO TIME
100 IM	1:01.59	1:00.80	1:02.20	1:03.05	1:04.52	1:05.42	1:06.61	1:09.64	1:11.81	1:17.09	1:24.94	1:37.61	1:59.57
200 IM	2:13.88	2:10.03	2:15.42	2:16.66	2:18.16	2:20.04	2:21.96	2:29.33	2:33.88	2:46.89	3:05.14	3:45.12	5:11.36
400 IM	5:01.40	4:50.65	5:00.94	5:07.06	5:05.06	5:18.75	5:13.82	5:29.44	5:38.87	6:20.92	7:01.56	9:18.90	11:09.73

Formula: Three year average of Top Ten 10th place time + conversion factor (15% for 50s & 100s; 10% for 200+)

Due to COVID-19, nearly all meets in 2020 were canceled. Times from 2017-19 were used to calculate the NQTs

Note: NO TIME for all events in the 85+ age groups.