

## USMS National Qualifying Times: 2021 USMS Long Course Nationals

*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	33.33	32.71	32.60	33.74	33.86	34.44	34.52	35.14	36.33	39.02	41.86	51.64	57.22
100 Free	1:14.44	1:12.40	1:11.74	1:15.27	1:15.04	1:17.20	1:15.72	1:17.53	1:21.37	1:28.54	1:38.28	1:59.68	2:17.53
200 Free	2:49.42	2:41.49	2:42.19	2:45.89	2:44.29	2:52.25	2:48.61	2:51.82	3:00.63	3:17.70	3:39.44	4:22.71	5:03.34
400 Free	5:53.48	5:46.68	5:37.12	5:50.55	5:43.21	6:05.86	5:56.07	6:03.45	6:21.49	6:55.70	7:46.44	9:11.05	11:32.43
800 Free	12:39.72	12:17.88	11:47.87	12:18.83	12:06.56	12:25.35	12:11.25	12:35.06	13:17.67	14:16.62	16:10.45	19:44.65	23:11.51
1500 Free	27:30.90	24:04.16	24:09.30	24:21.62	23:54.95	25:20.87	23:28.18	24:50.30	25:40.36	27:33.63	33:45.41	37:27.19	44:25.59
50 Back	39.41	38.65	39.17	40.70	40.41	40.49	40.51	42.08	43.09	47.24	53.49	1:03.43	1:11.99
100 Back	1:30.27	1:26.89	1:24.96	1:32.33	1:29.21	1:30.59	1:29.23	1:33.44	1:38.02	1:42.79	1:59.18	2:19.61	2:44.78
200 Back	3:10.48	3:05.73	3:05.86	3:19.44	3:16.93	3:17.52	3:11.74	3:24.52	3:33.41	3:51.65	4:22.47	5:03.30	6:08.07
50 Breast	45.41	42.42	42.55	44.30	45.22	44.51	46.01	46.82	49.24	52.57	57.66	1:09.86	1:19.38
100 Breast	1:42.40	1:32.25	1:33.35	1:38.83	1:39.01	1:37.63	1:42.54	1:45.70	1:48.77	1:59.88	2:09.11	2:49.92	3:02.21
200 Breast	4:03.61	3:28.87	3:33.26	3:37.74	3:34.87	3:35.24	3:43.00	3:50.64	4:01.45	4:29.53	5:05.60	5:50.26	6:01.42
50 Fly	36.46	34.78	35.63	36.01	36.70	37.72	37.63	38.47	40.35	42.94	52.73	1:12.29	NO TIME
100 Fly	1:25.17	1:19.61	1:22.19	1:24.10	1:26.32	1:26.03	1:28.40	1:33.78	1:42.15	1:54.40	2:20.99	2:50.54	NO TIME
200 Fly	NO TIME	3:39.40	3:17.32	4:54.26	4:20.03	3:37.99	3:40.06	3:42.27	4:11.34	4:39.01	6:05.78	8:05.17	NO TIME
200 IM	3:07.33	3:00.48	3:04.94	3:09.10	3:11.18	3:18.20	3:15.22	3:23.53	3:32.36	4:02.10	4:39.02	5:51.93	NO TIME
400 IM	7:23.93	6:44.93	6:39.32	7:09.48	7:07.64	7:12.19	6:58.83	7:23.75	8:01.45	8:53.38	10:30.96	11:20.73	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	28.62	28.09	28.71	28.72	29.52	29.65	30.06	31.04	31.27	32.61	34.93	38.13	42.63
100 Free	1:03.90	1:01.64	1:03.38	1:04.14	1:06.32	1:07.41	1:06.82	1:08.34	1:09.85	1:14.19	1:18.72	1:28.41	1:45.72
200 Free	2:31.70	2:22.81	2:24.95	2:26.88	2:29.50	2:30.91	2:28.93	2:35.98	2:39.52	2:49.86	2:59.37	3:26.82	4:11.16
400 Free	5:40.53	5:11.24	5:26.20	5:23.64	5:22.25	5:21.24	5:19.33	5:38.25	5:41.69	6:03.33	6:29.13	7:34.22	8:59.83
800 Free	12:55.49	11:07.39	12:01.74	11:31.94	11:39.59	11:25.86	11:19.09	12:04.09	12:05.72	12:50.33	13:40.37	16:57.22	19:41.47
1500 Free	31:18.34	22:29.94	23:38.32	22:01.01	22:33.27	22:49.57	22:07.81	23:01.52	23:33.78	24:53.81	27:57.40	33:46.17	41:55.89
50 Back	35.08	33.48	35.62	34.81	35.96	36.41	35.91	37.23	38.34	40.82	43.38	50.45	55.82
100 Back	1:17.18	1:13.55	1:17.95	1:18.95	1:19.49	1:19.24	1:17.87	1:21.61	1:24.94	1:29.98	1:36.02	1:52.26	2:15.20
200 Back	3:06.99	2:51.68	2:59.16	3:03.34	2:58.27	2:57.17	2:51.03	3:00.46	3:05.38	3:19.67	3:33.34	4:21.30	5:14.21
50 Breast	37.12	34.94	36.49	36.98	38.51	37.17	39.03	39.09	40.36	43.46	46.76	52.19	58.37
100 Breast	1:23.34	1:19.55	1:19.79	1:24.48	1:27.39	1:23.41	1:27.20	1:29.08	1:32.23	1:39.47	1:49.57	2:05.88	2:20.00
200 Breast	3:18.63	3:06.91	3:07.99	3:15.36	3:16.96	3:15.63	3:17.27	3:23.24	3:30.78	3:49.76	4:03.98	4:44.52	5:20.26
50 Fly	30.96	30.08	30.58	30.92	31.78	32.19	32.03	33.26	34.01	35.78	38.34	46.10	1:04.63
100 Fly	1:11.21	1:07.55	1:10.90	1:11.10	1:12.80	1:14.83	1:13.44	1:17.81	1:20.79	1:28.31	1:39.06	2:14.23	3:03.40
200 Fly	3:13.99	2:43.73	3:12.48	3:00.93	3:09.50	3:08.41	3:00.48	3:14.64	3:12.21	3:38.14	4:25.06	5:59.67	NO TIME
200 IM	2:46.95	2:40.60	2:47.80	2:50.64	2:51.68	2:50.97	2:49.66	3:00.47	3:02.85	3:21.00	3:36.93	4:22.68	5:41.71
400 IM	6:45.02	6:08.59	7:00.51	6:23.79	6:28.28	6:30.18	6:19.23	6:49.24	6:35.88	7:32.53	8:03.59	10:57.64	NO TIME

**Formula: Three year average of Top Ten 5th place time + conversion factor (1.15)**

**Due to COVID-19, nearly all meets in 2020 were canceled. Times from 2017-2019 were used to calculate the NQTs.**

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