

## USMS National Qualifying Times: 2023 USMS Summer Nationals (LCM)

### WOMEN

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

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	35.07	34.38	34.17	34.79	35.11	36.34	36.32	36.96	38.13	39.43	44.76	49.51	1:03.25
100 Free	1:16.58	1:16.97	1:15.59	1:17.82	1:17.44	1:20.60	1:21.74	1:21.75	1:25.85	2:08.15	1:41.56	1:53.53	NO TIME
200 Free	2:44.13	2:45.98	2:45.49	2:51.60	2:56.70	2:54.41	2:51.91	2:56.08	3:03.55	3:59.13	3:36.63	4:17.81	NO TIME
400 Free	5:58.52	5:53.60	5:53.68	6:09.24	6:08.76	6:17.45	6:11.85	6:10.13	6:19.43	6:34.35	7:44.88	8:59.21	NO TIME
800 Free	14:50.33	13:20.98	13:08.00	12:55.76	13:43.34	12:43.17	13:11.56	12:43.08	13:12.47	13:59.95	15:55.75	20:15.61	NO TIME
1500 Free	29:23.53	28:56.05	25:20.37	25:20.41	NO TIME	26:18.52	26:23.08	25:14.56	25:36.46	28:40.77	32:16.86	38:46.58	NO TIME
50 Back	41.77	42.66	42.77	41.72	41.44	44.07	42.30	43.04	46.08	49.19	55.34	1:01.18	1:25.29
100 Back	1:34.36	1:31.87	1:32.77	1:33.69	1:34.92	1:39.88	1:33.18	1:35.78	1:41.17	1:45.66	2:05.32	2:16.83	NO TIME
200 Back	3:20.29	3:31.20	3:26.66	3:45.33	3:28.44	3:34.32	3:17.72	3:22.24	3:31.46	3:50.29	4:29.20	4:53.04	NO TIME
50 Breast	48.85	46.21	46.33	45.47	47.73	46.65	48.87	49.16	52.07	1:00.45	1:02.19	1:09.83	NO TIME
100 Breast	1:44.29	1:42.37	1:44.14	1:41.56	1:44.34	1:46.02	1:49.38	1:50.36	1:55.46	2:07.47	2:21.48	2:39.96	NO TIME
200 Breast	4:01.09	3:50.84	3:56.19	4:02.59	3:52.97	3:45.63	3:54.11	3:54.35	4:07.78	4:31.77	5:07.82	6:34.63	NO TIME
50 Fly	37.79	38.35	36.85	37.50	37.13	39.75	40.02	40.54	42.05	43.33	55.27	1:09.94	NO TIME
100 Fly	1:25.94	1:35.78	1:32.05	1:26.67	1:29.68	1:40.91	1:46.93	1:39.25	1:42.01	1:46.98	2:31.16	5:38.34	NO TIME
200 Fly	NO TIME	NO TIME	NO TIME	3:23.03	NO TIME	4:45.61	NO TIME	3:46.28	4:11.94	4:43.44	NO TIME	NO TIME	NO TIME
200 IM	3:05.41	3:13.11	3:17.30	3:31.01	3:19.50	3:22.39	3:20.49	3:22.86	3:41.53	3:46.42	4:56.90	5:04.37	NO TIME
400 IM	NO TIME	NO TIME	NO TIME	8:06.27	NO TIME	7:37.90	7:50.21	7:33.03	7:32.28	8:46.13	10:38.32	NO TIME	NO TIME
<b>MEN</b>													
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	30.06	31.62	30.66	31.43	33.03	35.28	31.72	36.51	34.62	35.18	36.39	40.07	45.58
100 Free	1:06.91	1:05.49	1:08.97	1:11.55	1:13.72	1:21.52	1:10.97	1:23.96	1:18.43	1:19.72	1:23.06	1:30.78	1:48.93
200 Free	2:38.42	2:32.42	2:35.65	2:37.04	2:39.50	2:37.67	2:36.68	3:15.76	2:43.70	2:47.63	3:00.76	3:25.70	4:03.00
400 Free	5:52.77	5:11.17	5:25.73	5:46.32	5:35.33	5:40.21	6:10.26	5:57.35	6:15.37	5:54.30	6:31.18	7:14.03	9:12.82
800 Free	NO TIME	10:59.40	13:54.42	12:04.42	11:55.72	12:12.71	13:35.24	11:48.62	12:13.34	12:22.46	13:56.30	16:00.15	22:03.74
1500 Free	NO TIME	21:58.23	NO TIME	24:57.52	24:33.01	23:12.27	23:38.15	23:28.18	23:33.39	24:55.25	27:17.51	32:45.98	NO TIME
50 Back	37.17	35.77	37.75	36.96	41.53	36.28	49.11	48.70	44.13	46.91	45.14	53.89	1:03.28
100 Back	1:21.07	1:19.65	1:23.73	1:23.10	1:22.98	1:22.47	1:22.15	1:23.64	1:51.84	1:32.64	1:39.29	2:01.44	2:27.38
200 Back	3:03.90	2:54.99	2:50.82	3:50.01	3:34.35	3:02.34	3:23.05	3:01.23	4:02.87	3:15.15	3:31.04	4:21.80	5:44.16
50 Breast	39.23	38.08	41.89	38.66	42.87	39.93	48.54	44.44	45.26	48.37	49.96	51.74	1:02.95
100 Breast	1:26.78	1:25.19	1:25.68	1:44.19	1:29.80	1:39.29	1:31.62	1:38.61	1:48.80	1:49.33	1:53.70	2:00.92	2:20.68
200 Breast	3:24.03	3:16.95	3:07.24	3:14.70	3:22.88	3:40.55	3:21.14	3:38.68	3:55.35	3:48.72	4:18.82	4:42.60	NO TIME
50 Fly	32.59	33.32	34.09	35.26	36.79	36.18	43.93	36.45	43.20	41.44	40.41	51.29	1:20.48
100 Fly	1:11.53	1:13.05	1:13.14	1:17.80	1:14.09	1:37.94	1:18.55	1:19.92	1:25.42	1:31.08	1:47.10	2:15.58	NO TIME
200 Fly	NO TIME	NO TIME	3:05.77	NO TIME	3:25.68	3:31.07	3:04.47	3:11.50	3:27.81	3:44.89	4:27.03	NO TIME	NO TIME
200 IM	2:54.05	2:51.28	3:00.81	2:50.13	2:58.76	3:05.79	3:24.17	3:03.93	3:09.38	3:31.84	3:37.73	4:08.60	6:54.17
400 IM	7:00.74	6:13.73	6:10.96	7:56.43	7:51.69	6:22.44	6:34.59	6:39.12	7:03.46	7:20.02	8:21.48	10:22.96	NO TIME

**Formula: Three year average of Top Ten 5th place time + conversion factor (1.15), + 3% 50s and 100s**