

TUSS STANDARDS USS AAAA Yards**Girls 10 & Under**

| | AAAA | AAA | AA | A | BB | B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free | 28.49 | 29.79 | 31.09 | 32.39 | 36.19 | 40.09 |
| 100 Free | 1:02.59 | 1:05.79 | 1:09.09 | 1:12.29 | 1:22.09 | 1:31.89 |
| 200 Free | 2:14.39 | 2:21.79 | 2:29.09 | 2:36.39 | 2:58.29 | 3:20.19 |
| 500 Free | 5:57.39 | 6:14.39 | 6:31.39 | 6:48.39 | 7:39.49 | 8:30.49 |
| 50 Back | 32.79 | 34.59 | 36.39 | 38.19 | 43.49 | 48.89 |
| 100 Back | 1:10.49 | 1:14.39 | 1:18.29 | 1:22.19 | 1:33.99 | 1:45.69 |
| 50 Breast | 36.29 | 38.19 | 40.09 | 41.99 | 47.79 | 53.59 |
| 100 Breast | 1:19.99 | 1:24.49 | 1:28.89 | 1:33.39 | 1:46.69 | 1:59.99 |
| 50 Fly | 31.49 | 33.39 | 35.29 | 37.29 | 42.99 | 48.79 |
| 100 Fly | 1:11.29 | 1:16.49 | 1:21.59 | 1:26.69 | 1:42.09 | 1:57.49 |
| 100 IM | 1:11.89 | 1:15.69 | 1:19.39 | 1:23.19 | 1:34.39 | 1:45.69 |
| 200 IM | 2:32.69 | 2:40.39 | 2:48.19 | 2:55.99 | 3:19.39 | 3:42.69 |

Girls 11-12

| | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|
| 50 Free | 26.19 | 27.39 | 28.59 | 29.79 | 32.19 | 34.59 |
| 100 Free | 55.19 | 57.79 | 1:00.49 | 1:03.09 | 1:08.29 | 1:13.59 |
| 200 Free | 2:02.59 | 2:08.49 | 2:14.29 | 2:20.19 | 2:31.79 | 2:43.49 |
| 500 Free | 5:23.09 | 5:38.49 | 5:53.89 | 6:09.29 | 6:40.09 | 7:10.79 |
| 1000 Free | 11:16.29 | 11:48.49 | 12:20.79 | 12:52.99 | 13:57.39 | 15:01.79 |
| 1650 Free | 18:58.99 | 19:53.19 | 20:47.49 | 21:41.69 | 23:30.19 | 25:18.59 |
| 50 Back | 29.99 | 31.39 | 32.79 | 34.29 | 37.09 | 39.99 |
| 100 Back | 1:04.39 | 1:07.89 | 1:11.39 | 1:14.89 | 1:21.89 | 1:28.89 |
| 200 Back | 2:17.49 | 2:23.99 | 2:30.59 | 2:37.09 | 2:50.19 | 3:03.29 |
| 50 Breast | 33.19 | 34.79 | 36.39 | 37.99 | 41.09 | 44.29 |
| 100 Breast | 1:11.49 | 1:15.09 | 1:18.59 | 1:22.19 | 1:29.29 | 1:36.39 |
| 200 Breast | 2:35.49 | 2:42.89 | 2:50.29 | 2:57.69 | 3:12.49 | 3:27.29 |
| 50 Fly | 28.59 | 29.89 | 31.29 | 32.69 | 35.39 | 38.09 |
| 100 Fly | 1:03.09 | 1:06.59 | 1:10.09 | 1:13.59 | 1:20.59 | 1:27.59 |
| 200 Fly | 2:19.79 | 2:26.39 | 2:33.09 | 2:39.69 | 2:52.99 | 3:06.29 |
| 100 IM | 1:04.89 | 1:07.99 | 1:11.09 | 1:14.09 | 1:20.29 | 1:26.49 |
| 200 IM | 2:18.79 | 2:25.39 | 2:31.99 | 2:38.59 | 2:51.79 | 3:04.99 |
| 400 IM | 4:55.79 | 5:09.89 | 5:23.99 | 5:38.09 | 6:06.19 | 6:34.39 |

Girls 13-14

| | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|
| 50 Free | 25.09 | 26.29 | 27.49 | 28.69 | 30.99 | 33.39 |
| 100 Free | 54.49 | 57.09 | 59.59 | 1:02.19 | 1:07.39 | 1:12.59 |
| 200 Free | 1:57.49 | 2:02.99 | 2:08.59 | 2:14.19 | 2:25.39 | 2:36.59 |
| 500 Free | 5:08.79 | 5:23.49 | 5:38.29 | 5:52.99 | 6:22.39 | 6:51.79 |
| 1000 Free | 10:36.69 | 11:06.99 | 11:37.29 | 12:07.59 | 13:08.29 | 14:08.89 |
| 1650 Free | 17:40.69 | 18:31.19 | 19:21.69 | 20:12.19 | 21:53.19 | 23:34.19 |
| 100 Back | 1:00.09 | 1:02.99 | 1:05.89 | 1:08.69 | 1:14.39 | 1:20.19 |
| 200 Back | 2:08.89 | 2:14.99 | 2:21.19 | 2:27.29 | 2:39.59 | 2:51.79 |
| 100 Breast | 1:08.29 | 1:11.49 | 1:14.79 | 1:17.99 | 1:24.49 | 1:30.99 |
| 200 Breast | 2:26.99 | 2:33.99 | 2:40.99 | 2:47.99 | 3:01.99 | 3:15.99 |
| 100 Fly | 59.59 | 1:02.39 | 1:05.29 | 1:08.09 | 1:13.79 | 1:19.39 |
| 200 Fly | 2:10.09 | 2:16.29 | 2:22.39 | 2:28.59 | 2:40.99 | 2:53.39 |
| 200 IM | 2:12.39 | 2:18.69 | 2:24.99 | 2:31.29 | 2:43.89 | 2:56.89 |
| 400 IM | 4:39.69 | 4:52.99 | 5:06.29 | 5:19.59 | 5:46.19 | 6:12.89 |

TUSS STANDARDS USS AAAA Yards**Girls 15-16**

| | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|
| 50 Free | 24.69 | 25.89 | 26.99 | 28.19 | 30.49 | 32.89 |
| 100 Free | 53.49 | 55.99 | 58.59 | 1:01.09 | 1:06.19 | 1:11.29 |
| 200 Free | 1:54.99 | 2:00.49 | 2:05.99 | 2:11.49 | 2:22.39 | 2:33.39 |
| 500 Free | 5:04.79 | 5:19.29 | 5:33.79 | 5:48.39 | 6:17.39 | 6:46.39 |
| 1000 Free | 10:26.39 | 10:56.19 | 11:25.99 | 11:55.89 | 12:55.49 | 13:55.19 |
| 1650 Free | 17:29.09 | 18:18.99 | 19:08.99 | 19:58.89 | 21:38.89 | 23:18.79 |
| 100 Back | 59.19 | 1:02.09 | 1:04.89 | 1:07.69 | 1:13.29 | 1:18.99 |
| 200 Back | 2:07.59 | 2:13.69 | 2:19.79 | 2:25.89 | 2:37.99 | 2:50.19 |
| 100 Breast | 1:06.79 | 1:09.99 | 1:13.19 | 1:16.39 | 1:22.69 | 1:29.09 |
| 200 Breast | 2:24.09 | 2:30.89 | 2:37.79 | 2:44.69 | 2:58.39 | 3:12.09 |
| 100 Fly | 58.49 | 1:01.29 | 1:04.09 | 1:06.89 | 1:12.39 | 1:17.99 |
| 200 Fly | 2:08.29 | 2:14.39 | 2:20.49 | 2:26.59 | 2:38.79 | 2:50.99 |
| 200 IM | 2:09.79 | 2:15.99 | 2:22.19 | 2:28.39 | 2:40.69 | 2:53.09 |
| 400 IM | 4:34.89 | 4:47.89 | 5:00.99 | 5:14.09 | 5:40.29 | 6:06.49 |

Girls 17-18

| | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|
| 50 Free | 24.59 | 25.79 | 26.99 | 28.19 | 30.49 | 32.79 |
| 100 Free | 53.19 | 55.69 | 58.19 | 1:00.79 | 1:05.79 | 1:10.89 |
| 200 Free | 1:54.29 | 1:59.69 | 2:05.09 | 2:10.59 | 2:21.49 | 2:32.29 |
| 500 Free | 5:02.89 | 5:17.29 | 5:31.79 | 5:46.19 | 6:14.99 | 6:43.89 |
| 1000 Free | 10:24.39 | 10:54.19 | 11:23.89 | 11:53.59 | 12:53.09 | 13:52.59 |
| 1650 Free | 17:19.69 | 18:09.19 | 18:58.69 | 19:48.19 | 21:27.19 | 23:06.19 |
| 100 Back | 58.59 | 1:01.39 | 1:04.19 | 1:06.99 | 1:12.59 | 1:18.19 |
| 200 Back | 2:05.89 | 2:11.89 | 2:17.89 | 2:23.89 | 2:35.89 | 2:47.89 |
| 100 Breast | 1:06.79 | 1:09.99 | 1:13.19 | 1:16.39 | 1:22.69 | 1:29.09 |
| 200 Breast | 2:24.19 | 2:31.09 | 2:37.99 | 2:44.79 | 2:58.59 | 3:12.29 |
| 100 Fly | 57.79 | 1:00.49 | 1:03.29 | 1:05.99 | 1:11.49 | 1:16.99 |
| 200 Fly | 2:06.19 | 2:12.19 | 2:18.19 | 2:24.19 | 2:36.19 | 2:48.19 |
| 200 IM | 2:08.59 | 2:14.69 | 2:20.89 | 2:26.99 | 2:39.19 | 2:51.49 |
| 400 IM | 4:33.29 | 4:46.29 | 4:59.29 | 5:12.29 | 5:38.29 | 6:04.39 |

Boys 10 & Under

| | | | | | | |
|------------|---------|---------|---------|---------|---------|---------|
| 50 Free | 28.29 | 29.49 | 30.69 | 31.89 | 35.59 | 39.19 |
| 100 Free | 1:01.49 | 1:04.59 | 1:07.69 | 1:10.79 | 1:19.99 | 1:29.19 |
| 200 Free | 2:12.89 | 2:19.29 | 2:25.59 | 2:31.89 | 2:50.89 | 3:09.89 |
| 500 Free | 5:54.09 | 6:10.89 | 6:27.79 | 6:44.59 | 7:35.19 | 8:25.79 |
| 50 Back | 32.89 | 34.69 | 36.59 | 38.39 | 43.89 | 49.29 |
| 100 Back | 1:10.79 | 1:14.39 | 1:18.09 | 1:21.69 | 1:32.49 | 1:43.29 |
| 50 Breast | 36.69 | 38.59 | 40.59 | 42.49 | 48.19 | 53.89 |
| 100 Breast | 1:20.59 | 1:24.69 | 1:28.69 | 1:32.69 | 1:44.79 | 1:56.79 |
| 50 Fly | 31.29 | 33.09 | 34.89 | 36.69 | 41.99 | 47.29 |
| 100 Fly | 1:10.89 | 1:15.89 | 1:20.79 | 1:25.69 | 1:40.59 | 1:55.39 |
| 100 IM | 1:11.09 | 1:14.49 | 1:17.89 | 1:21.29 | 1:31.39 | 1:41.59 |
| 200 IM | 2:32.49 | 2:40.09 | 2:47.69 | 2:55.29 | 3:18.09 | 3:40.89 |

Boys 11-12

| | | | | | | |
|----------|-------|-------|---------|---------|---------|---------|
| 50 Free | 25.09 | 26.19 | 27.39 | 28.59 | 30.99 | 33.39 |
| 100 Free | 54.99 | 57.59 | 1:00.19 | 1:02.89 | 1:08.09 | 1:13.29 |

TUSS STANDARDS USS AAAA Yards

| | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|
| 200 Free | 1:59.49 | 2:05.19 | 2:10.89 | 2:16.59 | 2:27.99 | 2:39.39 |
| 500 Free | 5:19.09 | 5:34.29 | 5:49.49 | 6:04.69 | 6:35.09 | 7:05.49 |
| 1000 Free | 11:12.79 | 11:44.89 | 12:16.89 | 12:49.89 | 13:52.99 | 14:57.09 |
| 1650 Free | 18:53.89 | 19:47.89 | 20:41.89 | 21:35.89 | 23:23.89 | 25:11.89 |
| 50 Back | 29.19 | 30.69 | 32.19 | 33.69 | 36.79 | 39.79 |
| 100 Back | 1:02.19 | 1:05.59 | 1:08.89 | 1:12.29 | 1:19.09 | 1:25.79 |
| 200 Back | 2:14.59 | 2:20.99 | 2:27.39 | 2:33.79 | 2:46.59 | 2:59.39 |
| 50 Breast | 32.29 | 34.09 | 35.79 | 37.59 | 41.09 | 44.59 |
| 100 Breast | 1:10.09 | 1:13.79 | 1:17.39 | 1:21.09 | 1:28.39 | 1:35.69 |
| 200 Breast | 2:31.39 | 2:38.59 | 2:45.79 | 2:52.99 | 3:07.39 | 3:21.79 |
| 50 Fly | 27.79 | 29.39 | 30.89 | 32.39 | 35.49 | 38.59 |
| 100 Fly | 1:01.49 | 1:05.09 | 1:08.59 | 1:12.19 | 1:19.29 | 1:26.39 |
| 200 Fly | 2:18.49 | 2:25.09 | 2:31.69 | 2:38.29 | 2:51.49 | 3:04.69 |
| 100 IM | 1:02.99 | 1:05.99 | 1:09.09 | 1:12.19 | 1:18.29 | 1:24.39 |
| 200 IM | 2:15.19 | 2:22.09 | 2:28.99 | 2:35.89 | 2:49.69 | 3:03.49 |
| 400 IM | 4:50.49 | 5:04.29 | 5:18.09 | 5:31.99 | 5:59.59 | 6:27.29 |

Boys 13-14

| | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|
| 50 Free | 23.29 | 24.39 | 25.49 | 26.59 | 28.79 | 31.09 |
| 100 Free | 50.79 | 53.19 | 55.59 | 57.99 | 1:02.89 | 1:07.69 |
| 200 Free | 1:50.09 | 1:55.39 | 2:00.59 | 2:05.79 | 2:16.29 | 2:26.79 |
| 500 Free | 4:56.99 | 5:11.09 | 5:25.29 | 5:39.39 | 6:07.69 | 6:35.99 |
| 1000 Free | 10:13.79 | 10:43.09 | 11:12.29 | 11:41.49 | 12:39.99 | 13:38.39 |
| 1650 Free | 17:03.29 | 17:51.99 | 18:40.79 | 19:29.49 | 21:06.99 | 22:44.39 |
| 100 Back | 56.79 | 59.49 | 1:02.19 | 1:04.89 | 1:10.29 | 1:15.69 |
| 200 Back | 2:02.09 | 2:07.89 | 2:13.69 | 2:19.49 | 2:31.09 | 2:42.79 |
| 100 Breast | 1:03.29 | 1:06.29 | 1:09.29 | 1:12.29 | 1:18.39 | 1:24.39 |
| 200 Breast | 2:16.79 | 2:23.29 | 2:29.79 | 2:36.29 | 2:49.39 | 3:02.39 |
| 100 Fly | 55.49 | 58.09 | 1:00.79 | 1:03.39 | 1:08.69 | 1:13.99 |
| 200 Fly | 2:03.19 | 2:09.09 | 2:14.99 | 2:20.79 | 2:32.59 | 2:44.29 |
| 200 IM | 2:04.09 | 2:09.99 | 2:15.89 | 2:21.89 | 2:33.69 | 2:45.49 |
| 400 IM | 4:24.59 | 4:37.19 | 4:49.79 | 5:02.39 | 5:27.59 | 5:52.79 |

Boys 15-16

| | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|
| 50 Free | 22.19 | 23.29 | 24.29 | 25.39 | 27.49 | 29.59 |
| 100 Free | 48.49 | 50.79 | 53.09 | 55.39 | 59.99 | 1:04.59 |
| 200 Free | 1:45.69 | 1:50.69 | 1:55.79 | 2:00.79 | 2:10.89 | 2:20.89 |
| 500 Free | 4:44.59 | 4:58.19 | 5:11.69 | 5:25.29 | 5:52.29 | 6:19.39 |
| 1000 Free | 9:48.19 | 10:16.19 | 10:44.19 | 11:12.19 | 12:08.19 | 13:04.19 |
| 1650 Free | 16:26.99 | 17:13.99 | 18:00.99 | 18:47.99 | 20:21.89 | 21:55.89 |
| 100 Back | 53.69 | 56.19 | 58.79 | 1:01.29 | 1:06.39 | 1:11.49 |
| 200 Back | 1:56.09 | 2:01.59 | 2:07.09 | 2:12.69 | 2:23.69 | 2:34.79 |
| 100 Breast | 1:00.59 | 1:03.39 | 1:06.29 | 1:09.19 | 1:14.99 | 1:20.69 |
| 200 Breast | 2:11.39 | 2:17.59 | 2:23.89 | 2:30.09 | 2:42.59 | 2:55.09 |
| 100 Fly | 52.99 | 55.49 | 57.99 | 1:00.49 | 1:05.59 | 1:10.59 |
| 200 Fly | 1:57.59 | 2:03.19 | 2:08.79 | 2:14.39 | 2:25.59 | 2:36.79 |
| 200 IM | 1:58.69 | 2:04.39 | 2:09.99 | 2:15.69 | 2:26.99 | 2:38.29 |
| 400 IM | 4:12.99 | 4:24.99 | 4:37.09 | 4:49.09 | 5:13.19 | 5:37.29 |

Boys 17-18

| | | | | | | |
|---------|-------|-------|-------|-------|-------|-------|
| 50 Free | 21.79 | 22.79 | 23.79 | 24.89 | 26.89 | 28.99 |
|---------|-------|-------|-------|-------|-------|-------|

TUSS STANDARDS USS AAAA Yards

| | | | | | | |
|------------|----------|----------|----------|----------|----------|----------|
| 100 Free | 47.59 | 49.79 | 52.09 | 54.29 | 58.89 | 1:03.39 |
| 200 Free | 1:43.49 | 1:48.49 | 1:53.39 | 1:58.29 | 2:08.19 | 2:17.99 |
| 500 Free | 4:37.99 | 4:51.19 | 5:04.49 | 5:17.69 | 5:44.19 | 6:10.59 |
| 1000 Free | 9:40.89 | 10:08.49 | 10:36.19 | 11:03.89 | 11:59.19 | 12:54.49 |
| 1650 Free | 16:08.79 | 16:54.89 | 17:41.09 | 18:27.19 | 19:59.39 | 21:31.69 |
| 100 Back | 52.49 | 54.99 | 57.49 | 59.99 | 1:04.99 | 1:09.99 |
| 200 Back | 1:52.99 | 1:58.29 | 2:03.69 | 2:09.09 | 2:19.89 | 2:30.59 |
| 100 Breast | 59.09 | 1:01.89 | 1:04.79 | 1:07.59 | 1:13.19 | 1:18.79 |
| 200 Breast | 2:09.19 | 2:15.29 | 2:21.49 | 2:27.59 | 2:39.89 | 2:52.19 |
| 100 Fly | 51.79 | 54.19 | 56.69 | 59.09 | 1:04.09 | 1:08.99 |
| 200 Fly | 1:53.39 | 1:58.79 | 2:04.19 | 2:09.59 | 2:20.39 | 2:31.19 |
| 200 IM | 1:55.99 | 2:01.49 | 2:06.99 | 2:12.49 | 2:23.59 | 2:34.59 |
| 400 IM | 4:07.69 | 4:19.49 | 4:31.29 | 4:43.09 | 5:06.69 | 5:30.29 |