

## SWIM LENOIR

## TUSS STANDARDS USS AAAA Yards

## Women 10 &amp; Under

	AAAA	AAA	AA	A	BB	B
50 Free	28.29	29.59	30.89	32.19	35.99	39.79
100 Free	1:02.19	1:05.39	1:08.69	1:11.89	1:21.59	1:31.29
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	38.09	43.49	48.79
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	1:11.49	1:15.19	1:18.89	1:22.59	1:33.79	1:44.99
200 IM	2:32.69	2:40.39	2:48.19	2:55.99	3:19.39	3:42.69

## Women 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	25.99	27.09	28.29	29.49	31.89	34.29
100 Free	55.19	57.79	1:00.49	1:03.09	1:08.29	1:13.59
200 Free	2:02.39	2:08.19	2:14.09	2:19.89	2:31.49	2:43.19
500 Free	5:23.09	5:38.49	5:53.89	6:09.29	6:40.09	7:10.79
1000 Free	11:15.19	11:47.39	12:19.49	12:51.69	13:55.99	15:00.29
1650 Free	18:57.19	19:51.29	20:45.49	21:39.59	23:27.89	25:16.19
50 Back	29.69	31.09	32.49	33.89	36.79	39.59
100 Back	1:03.79	1:07.29	1:10.69	1:14.19	1:21.09	1:27.99
200 Back	2:16.49	2:22.99	2:29.39	2:35.89	2:48.89	3:01.89
50 Breast	33.09	34.59	36.19	37.79	40.89	44.09
100 Breast	1:11.49	1:15.09	1:18.59	1:22.19	1:29.29	1:36.39
200 Breast	2:34.79	2:42.19	2:49.59	2:56.89	3:11.69	3:26.39
50 Fly	28.39	29.69	31.09	32.39	35.09	37.79
100 Fly	1:02.79	1:06.29	1:09.79	1:13.19	1:20.19	1:27.19
200 Fly	2:18.79	2:25.39	2:31.99	2:38.59	2:51.79	3:04.99
100 IM	1:04.69	1:07.79	1:10.89	1:13.99	1:20.09	1:26.29
200 IM	2:17.89	2:24.39	2:30.99	2:37.59	2:50.69	3:03.79
400 IM	4:54.09	5:08.09	5:22.09	5:36.09	6:04.19	6:32.19

## Women 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	25.09	26.29	27.49	28.69	30.99	33.39
100 Free	54.39	56.99	59.59	1:02.19	1:07.39	1:12.49
200 Free	1:57.09	2:02.69	2:08.19	2:13.79	2:24.99	2:36.09
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	59.89	1:02.79	1:05.59	1:08.49	1:14.19	1:19.89
200 Back	2:08.89	2:14.99	2:21.19	2:27.29	2:39.59	2:51.79
100 Breast	1:07.89	1:11.19	1:14.39	1:17.59	1:24.09	1:30.59
200 Breast	2:25.89	2:32.89	2:39.79	2:46.79	3:00.69	3:14.59
100 Fly	59.39	1:02.19	1:04.99	1:07.79	1:13.49	1:19.09
200 Fly	2:10.09	2:16.29	2:22.39	2:28.59	2:40.99	2:53.39

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200 IM	2:11.69	2:17.89	2:24.19	2:30.49	2:42.99	2:55.49
400 IM	4:38.09	4:51.29	5:04.59	5:17.79	5:44.29	6:10.79

**Women 15-16**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	24.49	25.69	26.89	27.99	30.39	32.69
100 Free	53.19	55.69	58.19	1:00.79	1:05.79	1:10.89
200 Free	1:54.09	1:59.49	2:04.89	2:10.39	2:21.19	2:32.09
500 Free	5:03.99	5:18.49	5:32.89	5:47.39	6:16.29	6:45.29
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	58.29	1:00.99	1:03.79	1:06.59	1:12.09	1:17.69
200 Back	2:05.89	2:11.89	2:17.89	2:23.89	2:35.89	2:47.89
100 Breast	1:06.19	1:09.39	1:12.49	1:15.69	1:21.99	1:28.29
200 Breast	2:22.49	2:29.29	2:35.99	2:42.79	2:56.39	3:09.99
100 Fly	57.99	1:00.79	1:03.59	1:06.29	1:11.79	1:17.39
200 Fly	2:06.39	2:12.39	2:18.49	2:24.49	2:36.49	2:48.59
200 IM	2:08.69	2:14.79	2:20.89	2:26.99	2:39.29	2:51.49
400 IM	4:31.19	4:44.09	4:56.99	5:09.89	5:35.69	6:01.49

**Women 17-18**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	24.29	25.49	26.59	27.79	30.09	32.39
100 Free	52.39	54.89	57.39	59.89	1:04.89	1:09.89
200 Free	1:53.29	1:58.69	2:04.09	2:09.49	2:20.29	2:30.99
500 Free	5:01.79	5:16.19	5:30.59	5:44.99	6:13.69	6:42.39
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	57.89	1:00.59	1:03.39	1:06.19	1:11.69	1:17.19
200 Back	2:05.49	2:11.49	2:17.39	2:23.39	2:35.39	2:47.29
100 Breast	1:05.89	1:08.99	1:12.09	1:15.29	1:21.49	1:27.79
200 Breast	2:21.99	2:28.69	2:35.49	2:42.29	2:55.79	3:09.29
100 Fly	57.29	59.99	1:02.79	1:05.49	1:10.99	1:16.39
200 Fly	2:04.89	2:10.79	2:16.69	2:22.69	2:34.59	2:46.49
200 IM	2:07.19	2:13.19	2:19.29	2:25.29	2:37.39	2:49.49
400 IM	4:30.99	4:43.89	4:56.79	5:09.69	5:35.49	6:01.29

**Men 10 & Under**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	27.99	29.19	30.39	31.59	35.19	38.89
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	32.79	34.59	36.49	38.29	43.69	49.19
100 Back	1:10.49	1:14.09	1:17.69	1:21.29	1:32.09	1:42.89
50 Breast	36.49	38.39	40.29	42.19	47.89	53.59
100 Breast	1:19.79	1:23.79	1:27.79	1:31.79	1:43.69	1:55.69
50 Fly	31.29	33.09	34.89	36.69	41.99	47.29
100 Fly	1:10.79	1:15.69	1:20.59	1:25.59	1:40.39	1:55.19
100 IM	1:10.89	1:14.29	1:17.69	1:21.09	1:31.19	1:41.29
200 IM	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89

## SWIM LENOIR

## TUSS STANDARDS USS AAAA Yards

## Men 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	25.09	26.19	27.39	28.59	30.99	33.39
100 Free	54.79	57.39	59.99	1:02.69	1:07.89	1:13.09
200 Free	1:59.19	2:04.89	2:10.49	2:16.19	2:27.49	2:38.89
500 Free	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49
1000 Free	11:07.59	11:39.29	12:11.09	12:42.89	13:46.49	14:50.09
1650 Free	18:43.09	19:36.59	20:30.09	21:23.59	23:10.49	24:57.49
50 Back	28.99	30.49	31.99	33.49	36.49	39.49
100 Back	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79
200 Back	2:13.79	2:20.19	2:26.49	2:32.89	2:45.59	2:58.39
50 Breast	32.09	33.79	35.59	37.29	40.79	44.29
100 Breast	1:09.69	1:13.29	1:16.89	1:20.49	1:27.79	1:35.09
200 Breast	2:31.29	2:38.49	2:45.69	2:52.89	3:07.29	3:21.69
50 Fly	27.59	29.09	30.59	32.09	35.19	38.19
100 Fly	1:01.09	1:04.59	1:08.19	1:11.69	1:18.69	1:25.79
200 Fly	2:15.89	2:22.39	2:28.79	2:35.29	2:48.29	3:01.19
100 IM	1:02.39	1:05.39	1:08.49	1:11.49	1:17.59	1:23.69
200 IM	2:14.99	2:21.79	2:28.69	2:35.59	2:49.39	3:03.09
400 IM	4:47.79	5:01.49	5:15.19	5:28.89	5:56.29	6:23.69

## Men 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	22.99	24.09	25.19	26.29	28.49	30.69
100 Free	50.29	52.69	55.09	57.39	1:02.19	1:06.99
200 Free	1:49.59	1:54.79	1:59.99	2:05.29	2:15.69	2:26.09
500 Free	4:53.29	5:07.29	5:21.29	5:35.19	6:03.19	6:31.09
1000 Free	10:09.39	10:38.39	11:07.39	11:36.39	12:34.39	13:32.49
1650 Free	16:51.29	17:39.39	18:27.59	19:15.69	20:51.99	22:28.29
100 Back	56.19	58.89	1:01.49	1:04.19	1:09.59	1:14.89
200 Back	2:00.99	2:06.69	2:12.49	2:18.19	2:29.79	2:41.29
100 Breast	1:03.09	1:06.09	1:09.09	1:12.09	1:18.09	1:24.09
200 Breast	2:16.79	2:23.29	2:29.79	2:36.29	2:49.39	3:02.39
100 Fly	54.99	57.59	1:00.29	1:02.89	1:08.09	1:13.29
200 Fly	2:02.79	2:08.59	2:14.39	2:20.29	2:31.99	2:43.69
200 IM	2:02.79	2:08.59	2:14.39	2:20.29	2:31.99	2:43.69
400 IM	4:22.89	4:35.49	4:47.99	5:00.49	5:25.49	5:50.59

## Men 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	22.19	23.19	24.29	25.29	27.39	29.49
100 Free	48.29	50.59	52.89	55.19	59.79	1:04.39
200 Free	1:45.09	1:50.09	1:55.09	2:00.09	2:10.09	2:20.09
500 Free	4:43.79	4:57.29	5:10.79	5:24.29	5:51.29	6:18.39
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	53.49	55.99	58.59	1:01.09	1:06.19	1:11.29
200 Back	1:55.79	2:01.29	2:06.79	2:12.39	2:23.39	2:34.39
100 Breast	1:00.29	1:03.19	1:05.99	1:08.89	1:14.69	1:20.39
200 Breast	2:11.39	2:17.59	2:23.89	2:30.09	2:42.59	2:55.09

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**TUSS STANDARDS USS AAAA Yards**

100 Fly	52.59	55.09	57.59	1:00.09	1:05.09	1:10.09
200 Fly	1:56.69	2:02.29	2:07.79	2:13.39	2:24.49	2:35.59
200 IM	1:58.29	2:03.89	2:09.49	2:15.09	2:26.39	2:37.69
400 IM	4:11.89	4:23.89	4:35.79	4:47.79	5:11.79	5:35.79

**Men 17-18**

	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>	<b>B</b>
50 Free	21.49	22.49	23.49	24.49	26.59	28.59
100 Free	46.89	49.19	51.39	53.59	58.09	1:02.59
200 Free	1:43.29	1:48.19	1:53.19	1:58.09	2:07.89	2:17.69
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	51.79	54.29	56.79	59.19	1:04.19	1:09.09
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	2:08.69	2:14.79	2:20.89	2:27.09	2:39.29	2:51.59
100 Fly	51.29	53.79	56.19	58.69	1:03.59	1:08.39
200 Fly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39	2:31.19
200 IM	1:55.19	2:00.69	2:06.19	2:11.69	2:22.59	2:33.59
400 IM	4:07.09	4:18.89	4:30.69	4:42.39	5:05.99	5:29.49