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**TUSST16 STANDARDS USS Top 16 Long Course Meters**


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**Girls 10 & Under**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	31.09	32.19	33.59	35.09	36.49	40.89
100 Free	1:08.19	1:10.79	1:14.49	1:18.19	1:21.89	1:32.99
200 Free	2:27.69	2:33.69	2:41.99	2:50.39	2:58.69	3:23.79
400 Free	5:13.69	5:23.39	5:38.79	5:54.29	6:09.69	6:55.79
50 Back	36.19	37.59	39.59	41.69	43.69	49.89
100 Back	1:18.19	1:21.69	1:26.29	1:30.79	1:35.29	1:48.89
50 Breast	40.09	41.59	43.89	46.09	48.29	54.89
100 Breast	1:27.89	1:31.79	1:36.89	1:41.99	1:47.09	2:02.39
50 Fly	33.99	35.59	37.79	39.89	42.09	48.59
100 Fly	1:16.59	1:21.19	1:26.99	1:32.89	1:38.69	1:56.19
200 IM	2:47.29	2:53.99	3:02.89	3:11.79	3:20.59	3:47.29
200 Free Relay	2:16.39					
200 Medley Relay	2:34.19					

**Girls 11-12**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	28.49	29.69	30.99	32.39	33.69	36.39
100 Free	1:01.99	1:04.79	1:07.89	1:10.99	1:14.09	1:20.19
200 Free	2:13.79	2:19.29	2:25.89	2:32.49	2:39.19	2:52.39
400 Free	4:41.49	4:50.79	5:04.69	5:18.49	5:32.39	6:00.09
800 Free	9:50.49	10:09.39	10:38.39	11:07.49	11:36.49	12:34.49
1500 Free	18:53.09	19:35.89	20:31.79	21:27.79	22:23.79	24:15.79
50 Back	32.99	34.29	35.89	37.59	39.19	42.49
100 Back	1:10.79	1:14.19	1:18.19	1:22.29	1:26.29	1:34.39
200 Back	2:33.99	2:38.09	2:45.69	2:53.19	3:00.69	3:15.79
50 Breast	36.19	36.89	38.59	40.39	42.09	45.59
100 Breast	1:18.99	1:21.59	1:25.59	1:29.69	1:33.79	1:41.89
200 Breast	2:52.59	2:58.19	3:06.69	3:15.19	3:23.69	3:40.59
50 Fly	30.79	32.09	33.59	35.09	36.59	39.69
100 Fly	1:08.49	1:11.09	1:14.99	1:18.99	1:22.89	1:30.79
200 Fly	2:35.39	2:39.79	2:47.39	2:54.99	3:02.59	3:17.79
200 IM	2:31.79	2:37.69	2:45.19	2:52.69	3:00.19	3:15.19
400 IM	5:25.19	5:39.09	5:55.29	6:11.39	6:27.59	6:59.79
200 Free Relay	2:01.69					
400 Free Relay	4:27.19					
200 Medley Relay	2:16.39					
400 Medley Relay	5:00.69					

**Girls 13-14**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	27.49	28.69	30.09	31.39	32.79	35.49
100 Free	59.49	1:02.19	1:05.09	1:08.09	1:11.09	1:16.99
200 Free	2:08.19	2:13.49	2:19.89	2:26.19	2:32.59	2:45.29
400 Free	4:27.79	4:37.09	4:50.29	5:03.49	5:16.59	5:42.99
800 Free	9:11.09	9:26.99	9:53.99	10:20.99	10:47.99	11:41.99
1500 Free	17:38.09	18:04.79	18:56.49	19:48.09	20:39.79	22:23.09
100 Back	1:07.19	1:10.09	1:13.49	1:16.79	1:20.09	1:26.79

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**Girls 13-14**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
200 Back	2:24.19	2:29.99	2:37.19	2:44.29	2:51.39	3:05.69
100 Breast	1:15.19	1:17.99	1:21.69	1:25.39	1:29.09	1:36.59
200 Breast	2:41.89	2:47.99	2:55.99	3:03.99	3:11.99	3:27.99
100 Fly	1:04.99	1:07.59	1:10.79	1:14.09	1:17.29	1:23.69
200 Fly	2:23.09	2:28.29	2:35.39	2:42.39	2:49.49	3:03.59
200 IM	2:25.19	2:30.89	2:37.99	2:45.19	2:52.39	3:06.79
400 IM	5:05.49	5:16.99	5:32.09	5:47.19	6:02.29	6:32.49
200 Free Relay	1:57.09					
400 Free Relay	4:13.89					
800 Free Relay	9:10.59					
200 Medley Relay	2:10.59					
400 Medley Relay	4:43.49					

**Girls 15-16**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	27.09	28.29	29.59	30.89	32.29	34.99
100 Free	58.39	1:00.89	1:03.79	1:06.69	1:09.59	1:15.29
200 Free	2:05.69	2:10.79	2:16.99	2:23.19	2:29.39	2:41.89
400 Free	4:22.39	4:33.19	4:46.19	4:59.19	5:12.19	5:38.19
800 Free	8:58.59	9:21.69	9:48.39	10:15.19	10:41.89	11:35.39
1500 Free	17:13.99	17:54.79	18:45.99	19:37.19	20:28.39	22:10.69
100 Back	1:05.69	1:08.49	1:11.79	1:14.99	1:18.29	1:24.79
200 Back	2:20.49	2:26.39	2:33.39	2:40.29	2:47.29	3:01.29
100 Breast	1:13.99	1:16.79	1:20.39	1:24.09	1:27.69	1:34.99
200 Breast	2:39.19	2:44.89	2:52.79	3:00.59	3:08.49	3:24.19
100 Fly	1:03.69	1:06.39	1:09.49	1:12.69	1:15.89	1:22.19
200 Fly	2:19.39	2:24.09	2:30.99	2:37.79	2:44.69	2:58.39
200 IM	2:22.69	2:27.09	2:34.09	2:41.09	2:48.09	3:02.09
400 IM	5:00.29	5:11.99	5:26.79	5:41.69	5:56.59	6:26.29

**Girls 15-18**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
200 Free Relay	1:52.29					
400 Free Relay	3:57.99					
800 Free Relay	8:36.19					
200 Medley Relay	2:04.69					
400 Medley Relay	4:25.69					

**Girls 17-18**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	27.09	28.19	29.49	30.79	32.19	34.89
100 Free	58.29	1:00.59	1:03.39	1:06.29	1:09.19	1:14.99
200 Free	2:04.99	2:09.59	2:15.79	2:21.99	2:28.09	2:40.49
400 Free	4:21.29	4:30.69	4:43.59	4:56.49	5:09.39	5:35.19
800 Free	8:56.69	9:14.69	9:41.09	10:07.59	10:33.99	11:26.79
1500 Free	17:09.99	17:44.89	18:35.59	19:26.39	20:17.09	21:58.49
100 Back	1:05.59	1:08.09	1:11.29	1:14.59	1:17.79	1:24.29

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**Girls 17-18**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
200 Back	2:20.09	2:25.49	2:32.39	2:39.39	2:46.29	3:00.09
100 Breast	1:13.89	1:16.59	1:20.29	1:23.89	1:27.59	1:34.89
200 Breast	2:38.99	2:44.99	2:52.89	3:00.79	3:08.59	3:24.29
100 Fly	1:02.99	1:05.79	1:08.99	1:12.09	1:15.19	1:21.49
200 Fly	2:17.89	2:22.09	2:28.89	2:35.59	2:42.39	2:55.89
200 IM	2:21.79	2:27.19	2:34.19	2:41.19	2:48.29	3:02.29
400 IM	4:57.99	5:10.79	5:25.59	5:40.39	5:55.19	6:24.79

**Boys 10 & Under**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	30.99	32.09	33.49	34.79	36.19	40.39
100 Free	1:07.99	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09
200 Free	2:27.29	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99
400 Free	5:10.29	5:20.99	5:36.29	5:51.49	6:06.79	6:52.69
50 Back	36.39	37.89	39.99	42.09	44.19	50.49
100 Back	1:18.59	1:21.29	1:25.39	1:29.49	1:33.69	1:46.09
50 Breast	40.79	41.99	44.09	46.29	48.49	55.09
100 Breast	1:29.69	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79
50 Fly	33.99	35.09	36.99	38.99	40.99	46.89
100 Fly	1:16.39	1:20.39	1:25.99	1:31.59	1:37.19	1:53.99
200 IM	2:47.29	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79
200 Free Relay	2:16.59					
200 Medley Relay	2:35.29					

**Boys 11-12**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	27.69	28.79	30.19	31.59	32.99	35.69
100 Free	1:00.29	1:02.59	1:05.59	1:08.59	1:11.59	1:17.49
200 Free	2:12.29	2:16.29	2:22.69	2:29.19	2:35.69	2:48.69
400 Free	4:36.79	4:48.09	5:01.79	5:15.49	5:29.19	5:56.59
800 Free	9:51.09	10:11.89	10:41.09	11:10.19	11:39.29	12:37.59
1500 Free	18:59.99	19:39.39	20:35.59	21:31.69	22:27.89	24:20.19
50 Back	32.19	33.49	35.29	36.99	38.79	42.29
100 Back	1:08.99	1:11.89	1:15.79	1:19.69	1:23.59	1:31.39
200 Back	2:32.59	2:37.79	2:45.29	2:52.79	3:00.29	3:15.29
50 Breast	35.59	36.99	38.99	41.09	43.09	47.09
100 Breast	1:18.09	1:20.99	1:25.19	1:29.39	1:33.59	1:41.99
200 Breast	2:53.79	2:56.09	3:04.49	3:12.79	3:21.19	3:37.99
50 Fly	29.99	31.39	33.09	34.79	36.59	39.99
100 Fly	1:07.19	1:09.99	1:13.99	1:18.09	1:22.09	1:30.19
200 Fly	2:32.49	2:38.29	2:45.79	2:53.29	3:00.89	3:15.89
200 IM	2:29.79	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89
400 IM	5:26.09	5:36.29	5:52.29	6:08.29	6:24.29	6:56.29
200 Free Relay	2:00.29					
400 Free Relay	4:27.39					
200 Medley Relay	2:15.99					
400 Medley Relay	5:02.59					

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**TUSST16 STANDARDS USS Top 16 Long Course Meters**


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**Boys 13-14**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	25.69	26.79	28.09	29.39	30.59	33.19
100 Free	55.99	58.29	1:01.09	1:03.89	1:06.59	1:12.19
200 Free	2:01.59	2:06.89	2:12.89	2:18.99	2:24.99	2:37.09
400 Free	4:17.09	4:27.39	4:40.19	4:52.89	5:05.59	5:31.09
800 Free	8:53.19	9:12.39	9:38.69	10:04.99	10:31.29	11:23.99
1500 Free	16:58.19	17:41.49	18:32.09	19:22.59	20:13.09	21:54.19
100 Back	1:03.29	1:05.69	1:08.79	1:11.89	1:15.09	1:21.29
200 Back	2:16.39	2:21.39	2:28.19	2:34.89	2:41.59	2:55.09
100 Breast	1:11.39	1:13.09	1:16.59	1:20.09	1:23.59	1:30.49
200 Breast	2:34.29	2:39.59	2:47.19	2:54.79	3:02.39	3:17.59
100 Fly	1:01.69	1:02.99	1:05.99	1:08.99	1:11.99	1:17.99
200 Fly	2:14.79	2:19.99	2:26.59	2:33.29	2:39.89	2:53.29
200 IM	2:16.89	2:22.49	2:29.19	2:35.99	2:42.79	2:56.39
400 IM	4:51.09	5:02.89	5:17.39	5:31.79	5:46.19	6:15.09
200 Free Relay	1:49.29					
400 Free Relay	3:58.89					
800 Free Relay	8:50.09					
200 Medley Relay	2:01.99					
400 Medley Relay	4:27.59					

**Boys 15-16**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	24.79	25.69	26.89	28.09	29.39	31.79
100 Free	53.99	56.09	58.79	1:01.39	1:04.09	1:09.39
200 Free	1:56.49	2:01.59	2:07.39	2:13.19	2:18.99	2:30.49
400 Free	4:06.69	4:16.69	4:28.89	4:41.09	4:53.29	5:17.79
800 Free	8:30.69	8:49.09	9:14.29	9:39.39	10:04.59	10:54.99
1500 Free	16:19.99	16:57.59	17:46.09	18:34.49	19:22.99	20:59.89
100 Back	1:00.09	1:02.69	1:05.69	1:08.69	1:11.69	1:17.59
200 Back	2:09.89	2:14.99	2:21.49	2:27.89	2:34.29	2:47.19
100 Breast	1:08.39	1:10.49	1:13.89	1:17.19	1:20.59	1:27.29
200 Breast	2:27.69	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79
100 Fly	57.99	1:00.39	1:03.29	1:06.19	1:09.09	1:14.79
200 Fly	2:08.99	2:13.19	2:19.49	2:25.89	2:32.19	2:44.89
200 IM	2:12.09	2:17.49	2:23.99	2:30.59	2:37.09	2:50.19
400 IM	4:39.09	4:48.69	5:02.49	5:16.19	5:29.99	5:57.49

**Boys 15-18**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
200 Free Relay	1:39.89					
400 Free Relay	3:38.09					
800 Free Relay	7:57.69					
200 Medley Relay	1:52.19					
400 Medley Relay	4:02.79					

**Boys 17-18**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
50 Free	24.19	25.09	26.29	27.49	28.69	31.09

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**Boys 17-18**

	<b>T16</b>	<b>AAAA</b>	<b>AAA</b>	<b>AA</b>	<b>A</b>	<b>BB</b>
100 Free	52.69	54.89	57.49	1:00.09	1:02.69	1:07.99
200 Free	1:54.59	1:59.29	2:04.99	2:10.59	2:16.29	2:27.69
400 Free	4:02.99	4:12.29	4:24.39	4:36.39	4:48.39	5:12.39
800 Free	8:25.19	8:44.19	9:09.19	9:34.09	9:59.09	10:48.99
1500 Free	16:07.99	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79
100 Back	58.99	1:01.49	1:04.39	1:07.29	1:10.29	1:16.09
200 Back	2:07.49	2:12.19	2:18.49	2:24.79	2:31.09	2:43.69
100 Breast	1:06.09	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99
200 Breast	2:23.49	2:29.09	2:36.19	2:43.29	2:50.39	3:04.59
100 Fly	56.69	58.89	1:01.69	1:04.49	1:07.29	1:12.89
200 Fly	2:05.99	2:10.89	2:17.09	2:23.29	2:29.49	2:41.99
200 IM	2:08.99	2:13.69	2:20.09	2:26.49	2:32.79	2:45.59
400 IM	4:34.19	4:44.79	4:58.39	5:11.99	5:25.49	5:52.59

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