

## SWIMMING MINIMUM PERFORMANCE STANDARDS

### Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500-yard time by 1.15526 to get 400 meter MPS.

#### 50- Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	:35.33	55-59	:41.40
60-64	:36.33	60-64	:41.69
65-69	:38.73	65-69	:44.31
70-74	:42.03	70-74	:49.82
75-79	:50.10	75-79	:59.81
80-84	:53.16	80-84	1:04.26
85-89	1:13.76	85-89	1:34.90
90+	1:50.80	90+	2:25.20

#### 100- Yard Backstroke

Men		Women	
50-54	1:19.19	50-54	1:33.00
55-59	1:20.03	55-59	1:33.00
60-64	1:20.03	60-64	1:33.00
65-69	1:24.38	65-69	1:39.57
70-74	1:29.90	70-74	1:46.40
75-79	1:53.48	75-79	2:16.10
80-84	2:01.77	80-84	2:19.62
85-89	3:33.40	85-89	4:17.20
90+	4:25.20	90+	5:45.90

#### 200-Yard Backstroke

Men		Women	
50-54	2:56.02	50-54	3:07.60
55-59	2:59.32	55-59	3:07.60
60-64	3:01.05	60-64	3:31.86
65-69	3:17.69	65-69	3:38.34
70-74	3:47.61	70-74	3:57.69
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:24.37
85-89	10:35.90	85-89	10:44.80
90+	10:35.90	90+	10:44.80

#### 50-Yard Breaststroke

Men		Women	
50-54	:36.50	50-54	:46.86
55-59	:36.90	55-59	:46.86
60-64	:37.80	60-64	:45.89
65-69	:40.11	65-69	:49.59
70-74	:41.73	70-74	:57.42
75-79	:50.24	75-79	1:03.86
80-84	:58.60	80-84	1:18.94
85-89	1:18.12	85-89	2:28.70
90+	1:36.20	90+	3:29.90

#### 100-Yard Breaststroke

Men		Women	
50-54	1:22.70	50-54	1:43.30
55-59	1:22.70	55-59	1:43.30
60-64	1:22.90	60-64	1:43.30
65-69	1:27.42	65-69	1:55.02
70-74	1:36.22	70-74	2:11.31
75-79	1:51.23	75-79	2:36.75
80-84	2:13.31	80-84	2:45.00
85-89	4:26.04	85-89	5:45.90
90+	5:29.50	90+	5:45.90

#### 200-Yard Breaststroke

Men		Women	
50-54	3:08.40	50-54	3:52.79
55-59	3:09.80	55-59	3:52.79
60-64	3:14.94	60-64	3:52.79
65-69	3:31.31	65-69	4:17.69
70-74	3:45.49	70-74	4:32.18
75-79	4:18.58	75-79	5:43.59
80-84	6:05.62	80-84	6:48.78
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

#### 100-Yard Individual Medley

Men		Women	
50-54	1:13.21	50-54	1:26.70
55-59	1:16.00	55-59	1:26.70
60-64	1:16.13	60-64	1:33.75
65-69	1:18.32	65-69	1:43.15
70-74	1:34.55	70-74	1:51.81
75-79	1:48.90	75-79	2:25.40
80-84	2:17.30	80-84	2:54.50
85-89	4:16.60	85-89	5:25.60
90+	4:16.60	90+	5:25.60

#### 200-Yard Individual Medley

Men		Women	
50-54	2:54.40	50-54	3:08.99
55-59	2:54.80	55-59	3:12.15
60-64	2:57.22	60-64	3:38.91
65-69	3:15.15	65-69	4:26.41
70-74	3:39.79	70-74	4:34.47
75-79	4:10.90	75-79	5:15.30
80-84	7:57.00	80-84	8:52.60
85-89	9:30.10	85-89	12:02.80
90+	9:30.10	90+	12:02.80