

SWIMMING MINIMUM PERFORMANCE STANDARDS (continued)

400-Yard Individual Medley

Men		Women (No MPS Available – 2021)	
50-54	7:22.08	50-54	No MPS
55-59	7:22.08	55-59	No MPS
60-64	8:28.96	60-64	No MPS
65-69	8:28.96	65-69	No MPS
70-74	9:57.74	70-74	No MPS
75-79	11:23.13	75-79	No MPS
80-84	11:58.67	80-84	No MPS
85-89	12:12.24	85-89	No MPS
90+	12:12.24	90+	No MPS

50-Yard Butterfly 100-Yard Butterfly

Men		Women		Men		Women	
50-54	:30.07	50-54	:37.65	50-54	1:23.70	50-54	1:27.05
55-59	:32.34	55-59	:38.41	55-59	1:25.68	55-59	1:37.60
60-64	:31.39	60-64	:42.26	60-64	1:25.68	60-64	1:56.14
65-69	:34.51	65-69	:47.31	65-69	1:25.68	65-69	2:38.31
70-74	:37.96	70-74	:54.82	70-74	1:43.31	70-74	2:55.90
75-79	:49.80	75-79	1:07.54	75-79	3:02.03	75-79	4:33.80
80-84	1:25.86	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.77	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

**200-Yard Butterfly
(No MPS Available – 2021)**

Men		Women	
50-54	No MPS	50-54	No MPS
55-59	No MPS	55-59	No MPS
60-64	No MPS	60-64	No MPS
65-69	No MPS	65-69	No MPS
70-74	No MPS	70-74	No MPS
75-79	No MPS	75-79	No MPS
80-84	No MPS	80-84	No MPS
85-89	No MPS	85-89	No MPS
90+	No MPS	90+	No MPS

50-Yard Freestyle 100-Yard Freestyle

Men		Women		Men		Women	
50-54	:27.51	50-54	:33.08	50-54	1:03.00	50-54	1:13.70
55-59	:28.80	55-59	:34.19	55-59	1:03.43	55-59	1:16.40
60-64	:29.08	60-64	:34.39	60-64	1:06.00	60-64	1:17.85
65-69	:30.43	65-69	:37.05	65-69	1:08.25	65-69	1:22.82
70-74	:33.22	70-74	:41.40	70-74	1:10.41	70-74	1:31.70
75-79	:36.80	75-79	:47.49	75-79	1:26.30	75-79	1:50.00
80-84	:41.40	80-84	:56.16	80-84	1:35.70	80-84	2:07.48
85-89	1:05.77	85-89	1:08.67	85-89	2:59.50	85-89	2:48.60
90+	1:34.95	90+	2:30.20	90+	3:43.50	90+	4:39.10

200-Yard Freestyle 500-Yard Freestyle

Men		Women		Men		Women	
50-54	2:26.01	50-54	2:46.10	50-54	6:57.40	50-54	7:32.20
55-59	2:27.20	55-59	2:46.10	55-59	7:15.30	55-59	7:33.32
60-64	2:30.23	60-64	3:01.70	60-64	7:15.30	60-64	8:07.23
65-69	2:43.10	65-69	3:09.66	65-69	7:15.30	65-69	8:59.03
70-74	3:05.24	70-74	3:30.74	70-74	8:18.70	70-74	8:59.66
75-79	3:18.25	75-79	4:15.78	75-79	9:50.50	75-79	10:59.80
80-84	3:52.68	80-84	4:40.74	80-84	11:50.90	80-84	14:52.08
85-89	6:27.40	85-89	7:19.83	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS