

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	3:30.99	70-74	3:57.69
75-79	3:47.61	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	:49.58
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

SWIMMING MINIMUM PERFORMANCE STANDARDS

(continued)

400-Yard Individual Medley

Men		Women (No MPS Available)	
50-54	7:22.08	50-54	No MPS
55-59	7:22.08	55-59	No MPS
60-64	7:38.06	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 (No MPS Available)	
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