

2024 AAU Junior Olympic Qualifying Standards

Use times since 8/1/22

Girls		Event	Boys	
Meters	Yards	9-10	Yards	Meters
48.89	42.53	9-10 50 Back	41.90	49.19
53.99	47.34	9-10 50 Breast	45.98	53.29
47.09	41.15	9-10 50 Fly	40.24	45.99
39.89	35.14	9-10 50 Free	34.35	39.49
1:45.99	1:32.52	9-10 100 Back	1:28.14	1:43.09
1:59.79	1:45.41	9-10 100 Breast	1:40.44	1:55.99
1:52.99	1:40.22	9-10 100 Fly	1:37.27	1:50.79
1:31.19	1:20.61	9-10 100 Free	1:18.73	1:30.19
2:56.29	2:35.84	9-10 200 Free	2:29.44	2:50.79
3:17.09	2:52.84	9-10 200 IM	2:49.40	3:15.39

Girls		Event	Boys	
Meters	Yards	11-12	Yards	Meters
40.79	35.48	11-12 50 Back	34.41	40.39
45.49	39.89	11-12 50 Breast	38.99	45.19
38.29	33.46	11-12 50 Fly	33.76	38.59
35.69	31.44	11-12 50 Free	30.18	34.69
1:30.99	1:19.43	11-12 100 Back	1:15.23	1:27.99
1:40.89	1:28.78	11-12 100 Breast	1:25.20	1:38.39
1:28.49	1:18.49	11-12 100 Fly	1:15.79	1:26.29
1:18.09	1:09.03	11-12 100 Free	1:05.90	1:15.49
2:36.19	2:18.07	11-12 200 Free	2:13.16	2:32.19
5:29.09	6:05.94	11-12 400 Free	5:58.90	5:21.89
2:56.59	2:34.86	11-12 200 IM	2:30.15	2:53.19

Girls		Event	Boys	
Meters	Yards	13-14	Yards	Meters
34.49	30.38	13-14 50 Free	27.83	31.99
1:23.59	1:12.97	13-14 100 Back	1:06.59	1:17.89
1:34.79	1:23.41	13-14 100 Breast	1:16.28	1:28.09
1:20.39	1:11.30	13-14 100 Fly	1:06.28	1:15.49
1:14.79	1:06.11	13-14 100 Free	1:01.01	1:09.89
2:44.89	2:24.60	13-14 200 Back	2:15.64	2:36.09
3:08.29	2:47.20	13-14 200 Breast	2:32.84	2:56.09
2:45.49	2:27.45	13-14 200 Fly	2:15.85	2:35.09
2:29.39	2:12.06	13-14 200 Free	2:03.01	2:20.59
5:14.39	5:49.60	13-14 400 Free	5:33.59	4:59.19
20:39.79	20:21.19	13-14 1500 Free	19:18.68	19:48.39
2:47.79	2:27.15	13-14 200 IM	2:17.23	2:38.29
5:56.19	5:12.02	13-14 400 IM	4:51.15	5:36.59

Girls		Event	Boys	
Meters	Yards	15-18	Yards	Meters
33.79	29.76	15-18 50 Free	26.26	30.19
1:21.09	1:10.79	15-18 100 Back	1:03.60	1:14.39
1:32.39	1:21.30	15-18 100 Breast	1:12.30	1:23.49
1:19.29	1:10.33	15-18 100 Fly	1:03.03	1:11.79
1:13.49	1:04.96	15-18 100 Free	58.39	1:06.89
2:41.49	2:21.62	15-18 200 Back	2:09.38	2:28.89
3:05.09	2:44.35	15-18 200 Breast	2:25.38	2:47.49
2:40.59	2:23.08	15-18 200 Fly	2:09.37	2:27.69
2:26.19	2:09.23	15-18 200 Free	1:58.02	2:14.89
5:07.29	5:41.70	15-18 400 Free	5:18.99	4:46.09
20:20.49	20:02.18	15-18 1500 Free	18:30.61	18:59.09
2:44.49	2:24.25	15-18 200 IM	2:11.25	2:31.39
5:49.69	5:06.32	15-18 400 IM	4:37.31	5:20.59