



2024 AAU Junior Olympic Games Swimming National Championships Qualifying Time Standards



Time standards are the USA Swimming long course "A" time standard for all 200M, 400M and 1500M events and "BB" time standards for events under 200M. Please see the event entry packet at www.aajrogames.org for complete information on qualifying.

Event	Qualifying Time	Qualifying Time
8 & UNDER	GIRLS	BOYS
8 & Under 50 Meter Freestyle	NA	NA
8 & Under 50 Meter Butterfly	NA	NA
8 & Under 50 Meter Breaststroke	NA	NA
8 & Under 50 Meter Backstroke	NA	NA
8 & Under 200 Meter Mixed Free Relay	NA	NA
8 & Under 200 Meter Club Free Relay	NA	NA
9 - 10	GIRLS	BOYS
9-10 50 Meter Backstroke	48.89	49.19
9-10 50 Meter Breaststroke	53.99	53.29
9-10 50 Meter Butterfly	47.09	45.99
9-10 50 Meter Freestyle	39.89	39.49
9-10 100 Meter Backstroke	1:45.99	1:43.09
9-10 100 Meter Breaststroke	1:59.79	1:55.99
9-10 100 Meter Butterfly	1:52.99	1:50.79
9-10 100 Meter Freestyle	1:31.19	1:30.19
9-10 200 Meter Freestyle	2:56.29	2:50.79
9-10 200 Meter Individual Medley	3:17.09	3:15.39
9-10 200 Meter Club Free Relay	NA	NA
9-10 200 Meter Club Medley Relay	NA	NA
9-10 200 Meter Mixed Free Relay	NA	NA
11 - 12	GIRLS	BOYS
11-12 50 Meter Backstroke	40.79	40.39
11-12 50 Meter Breaststroke	45.49	45.19
11-12 50 Meter Butterfly	38.29	38.59
11-12 50 Meter Freestyle	35.69	34.69
11-12 100 Meter Backstroke	1:30.99	1:27.99
11-12 100 Meter Breaststroke	1:40.89	1:38.39
11-12 100 Meter Butterfly	1:28.49	1:26.29
11-12 100 Meter Freestyle	1:18.09	1:15.49
11-12 200 Meter Freestyle	2:36.19	2:32.19
11-12 200 Meter Individual Medley	2:56.59	2:53.19
11-12 200 Meter Club Free Relay	NA	NA
11-12 200 Meter Club Medley Relay	NA	NA
11-12 200 Meter Mixed Free Relay	NA	NA
11-12 400 Meter Freestyle	5:29.09	5:21.89
11-12 400 Meter Club Free Relay	NA	NA
11-12 400 Meter Club Medley Relay	NA	NA
11-12 400 Meter Mxed Free Relay	NA	NA

13 - 14	GIRLS	BOYS
13-14 50 Meter Freestyle	34.49	31.99
13-14 100 Meter Backstroke	1:23.59	1:17.89
13-14 100 Meter Breaststroke	1:34.79	1:28.09
13-14 100 Meter Butterfly	1:20.39	1:15.49
13-14 100 Meter Freestyle	1:14.79	1:09.89
13-14 200 Meter Backstroke	2:44.89	2:36.09
13-14 200 Meter Breaststroke	3:08.29	2:56.09
13-14 200 Meter Butterfly	2:45.49	2:35.09
13-14 200 Meter Freestyle	2:29.39	2:20.59
13-14 200 Meter Individual Medley	2:47.79	2:38.29
13-14 200 Meter Club Free Relay	NA	NA
13-14 200 Meter Club Medley Relay	NA	NA
13-14 200 Meter Mixed Free Relay	NA	NA
13-14 400 Meter Club Free Relay	NA	NA
13-14 400 Meter Club Medley Relay	NA	NA
13-14 400 Meter Freestyle	5:14.39	4:59.19
13-14 400 Meter Individual Medley	5:56.19	5:36.59
13-14 400 Meter Mixed Free Relay	NA	NA
13-14 1500 Meter Freestyle	20:39.79	19:48.39
15 - 18	GIRLS	BOYS
15-18 50 Meter Freestyle	33.79	30.19
15-18 100 Meter Backstroke	1:21.09	1:14.39
15-18 100 Meter Breaststroke	1:32.39	1:23.49
15-18 100 Meter Butterfly	1:19.29	1:11.79
15-18 100 Meter Freestyle	1:13.49	1:06.89
15-18 1500 Meter Freestyle	20:20.49	18:59.09
15-18 200 Meter Backstroke	2:41.49	2:28.89
15-18 200 Meter Breaststroke	3:05.09	2:47.49
15-18 200 Meter Butterfly	2:40.59	2:27.69
15-18 200 Meter Freestyle	2:26.19	2:14.89
15-18 200 Meter Individual Medley	2:44.49	2:31.39
15-18 200 Meter Club Free Relay	NA	NA
15-18 200 Meter Club Medley Relay	NA	NA
15-18 200 Meter Mixed Free Relay	NA	NA
15-18 400 Meter Freestyle	5:07.29	4:46.09
15-18 400 Meter Individual Medley	5:49.69	5:20.59
15-18 400 Meter Club Free Relay	NA	NA
15-18 400 Meter Mixed Free Relay	NA	NA

NA = Not Applicable