



2023 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.aaujrogames.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