

## **What are National Age Group Motivational Time Standards?**

The letters refer to the time standards that are used to place swimmers in terms of how fast they swim. As you become a better swimmer your times will improve and you'll find yourself shifting from one standard to another.

### **B TIMES**

The "B" time standard is usually the one you'll reach first. It is a measure of time and competence in the performance of that stroke. Achieving a 'B' time at a swim meet indicates a correct execution of complicated stroke technique. A 'B' time represents a level equal to 68% of the National Top 16 Reportable Time.

### **BB TIMES**

It is a very big step when you achieve a "BB" time. In addition to the correct performance of a particular stroke, you have also achieved a speed only a limited percentage of swimmers can perform. Like "B" times, each age group has its own list of "BB" times. A 'BB' time represents a level equal to 75% of the National Top 16 Reportable Time.

### **A TIMES**

An 'A' time represents a level equal to 84% of the National Top 16 Reportable Time.

### **AA TIMES**

There is a much smaller gap between "AA" and "A" as compared to the wide one between "B" and "A". You often need an "AA" time to compete in a Trials and Finals format meet. An 'AA' time represents a level equal to 89% of the National Top 16 Reportable Time.

### **AAA TIMES**

A 'AAA' time represents a level equal to 93% of the National Top 16 Reportable Time.

### **AAAA TIMES**

These are the highest levels in the National Age Group Times progressions. A 'AAAA' time represents a level equal to 97% of the National Top 16 Reportable Time.

### **NATIONAL REPORTABLE TIMES (NRT TIMES)**

A NRT represents a level that a swimmer must surpass in order to submit their names for consideration on the annual Top 16 list. The annual rankings (short course and long course) are published in Swimming World magazine and each qualifier receives a certificate of recognition from USAS. Swimmers earning a NRT Time are in the Top 1% of American Age Group swimmers.