



MOTIVATIONAL TIME STANDARDS

Motivational Swim Times/ Cut

Every four years, USA Swimming establishes “motivational” time standards ranging from B to AAAA times. These standards are intended to motivate swimmers to work their way up from a B time to BB and then to A, AA, AAA, and finally to AAAA.

Please note that certain meets have time or “cut” requirements to attend. Such as BB champs (a BB times is required to swim each event), A Champs (A times are required for swimmers to participate), Zones (AAA times are required in each event), etc.

These motivational times can be found on USA Swimming’s website [here](#).

Please note that there are Long Course Meters, Short Course Meters and Short Course Yards time standards, so make sure you print the right one.

You can also purchase bag tags that have the long course meter and short



MOTIVATIONAL TIME STANDARDS

course yard time standards on them. These can be purchased [here](#).