

2016 GRAL TIME STANDARDS

GIRLS

BOYS

8 & Under											
				Adv	JV	Varsity	SV				
M E T E R S	2:31.77	2:12.38	2:04.36	1:57.55	100 IM	2:16.73	1:59.26	1:52.04	1:45.90	Y A R D S	
	27.85	25.97	25.12	23.68	25 Back	25.09	23.40	22.63	21.34		
	32.80	29.81	28.62	27.00	25 Breast	29.55	26.85	25.79	24.32		
	31.10	27.34	25.56	23.48	25 Fly	28.02	24.63	23.02	21.15		
	23.68	21.82	20.90	19.64	25 Free	21.33	19.66	18.83	17.69		
	55.76	50.14	48.01	45.19	50 Free	50.24	45.17	43.25	40.71		

8 & Under											
				Adv	JV	Varsity	SV				
M E T E R S	2:25.87	2:14.58	2:05.08	1:56.81	100 IM	2:11.42	2:01.24	1:52.68	1:45.23	Y A R D S	
	28.44	26.02	24.90	23.61	25 Back	25.62	23.44	22.43	21.27		
	33.73	30.28	28.52	26.87	25 Breast	30.39	27.28	25.69	24.20		
	33.62	28.53	26.18	23.43	25 Fly	30.29	25.71	23.59	21.11		
	23.06	21.06	20.12	19.14	25 Free	20.77	18.98	18.13	17.24		
	54.45	48.68	45.95	43.19	50 Free	49.05	43.85	41.40	38.91		

9-10											
				Adv	JV	Varsity	SV				
M E T E R S	1:50.33	1:42.77	1:38.83	1:33.70	100 IM	1:39.39	1:32.59	1:29.03	1:24.42	Y A R D S	
	50.06	46.53	44.76	42.81	50 Back	45.10	41.92	40.32	38.56		
	56.62	52.99	51.18	48.83	50 Breast	51.01	47.74	46.11	43.99		
	53.53	48.89	46.07	43.40	50 Fly	48.22	44.05	41.51	39.10		
	42.90	39.84	38.62	36.97	50 Free	38.65	35.89	34.79	33.30		
	1:38.09	1:31.50	1:28.28	1:23.11	100 Free	1:28.37	1:22.44	1:19.53	1:14.87		

9-10											
				Adv	JV	Varsity	SV				
M E T E R S	1:54.34	1:44.63	1:39.75	1:33.77	100 IM	1:43.01	1:34.26	1:29.87	1:24.47	Y A R D S	
	51.78	47.52	45.05	42.88	50 Back	46.65	42.81	40.59	38.63		
	58.10	54.29	52.08	49.31	50 Breast	52.35	48.91	46.92	44.42		
	55.60	49.70	46.98	43.94	50 Fly	50.09	44.77	42.32	39.59		
	42.95	40.11	38.46	36.35	50 Free	38.69	36.14	34.65	32.75		
	1:39.33	1:32.84	1:27.90	1:21.77	100 Free	1:29.49	1:23.64	1:19.19	1:13.67		

11-12											
				Adv	JV	Varsity	SV				
M E T E R S	1:36.19	1:28.93	1:25.43	1:21.13	100 IM	1:26.65	1:20.12	1:16.96	1:13.09	Y A R D S	
	44.41	41.04	39.50	37.55	50 Back	40.01	36.98	35.58	33.83		
	49.10	46.10	44.45	42.64	50 Breast	44.23	41.53	40.04	38.41		
	44.05	39.96	38.30	36.25	50 Fly	39.69	36.00	34.51	32.66		
	36.95	35.02	33.87	32.38	50 Free	33.29	31.55	30.51	29.17		
	1:24.62	1:18.86	1:15.71	1:11.60	100 Free	1:16.23	1:11.04	1:08.21	1:04.51		

11-12											
				Adv	JV	Varsity	SV				
M E T E R S	1:37.33	1:28.85	1:25.58	1:20.46	100 IM	1:27.68	1:20.04	1:17.10	1:12.49	Y A R D S	
	44.84	40.73	39.18	37.13	50 Back	40.40	36.69	35.30	33.45		
	50.00	46.52	44.67	42.82	50 Breast	45.04	41.91	40.24	38.57		
	45.28	40.55	38.71	35.76	50 Fly	40.79	36.53	34.87	32.21		
	37.05	34.30	33.40	31.50	50 Free	33.38	30.90	30.09	28.38		
	1:24.84	1:17.88	1:15.05	1:10.24	100 Free	1:16.44	1:10.16	1:07.61	1:03.28		

13-14											
				Adv	JV	Varsity	SV				
M E T E R S	1:27.87	1:25.03	1:21.54	1:16.55	100 IM	1:19.16	1:16.60	1:13.46	1:08.97	Y A R D S	
	40.56	39.18	37.78	36.03	50 Back	36.54	35.30	34.03	32.46		
	1:30.52	1:27.04	1:22.73	1:17.18	100 Back	1:21.55	1:18.41	1:14.53	1:09.53		
	46.12	44.83	43.15	41.36	50 Breast	41.55	40.39	38.87	37.26		
	1:41.31	1:38.27	1:33.92	1:28.59	100 Breast	1:31.27	1:28.53	1:24.61	1:19.81		
	39.58	38.04	36.06	34.08	50 Fly	35.66	34.27	32.49	30.70		
	1:38.17	1:32.06	1:25.20	1:17.39	100 Fly	1:28.44	1:22.94	1:16.76	1:09.72		
	33.96	33.22	32.36	31.11	50 Free	30.60	29.93	29.15	28.03		
1:17.15	1:14.57	1:11.84	1:07.84	100 Free	1:09.50	1:07.18	1:04.72	1:01.12			

13-14											
				Adv	JV	Varsity	SV				
M E T E R S	1:26.51	1:22.89	1:18.78	1:13.59	100 IM	1:17.94	1:14.68	1:10.97	1:06.30	Y A R D S	
	40.87	38.93	36.71	34.52	50 Back	36.82	35.07	33.07	31.10		
	1:30.75	1:26.51	1:20.95	1:15.43	100 Back	1:21.75	1:17.94	1:12.93	1:07.95		
	44.56	43.01	41.18	38.99	50 Breast	40.15	38.74	37.10	35.13		
	1:39.89	1:35.34	1:31.19	1:25.67	100 Breast	1:29.99	1:25.89	1:22.15	1:17.18		
	39.07	37.18	34.80	32.66	50 Fly	35.20	33.50	31.35	29.42		
	1:38.23	1:30.66	1:23.94	1:15.13	100 Fly	1:28.50	1:21.68	1:15.62	1:07.68		
	33.56	31.27	30.11	28.91	50 Free	30.23	28.17	27.12	26.04		
1:14.53	1:12.05	1:09.23	1:04.52	100 Free	1:07.15	1:04.91	1:02.37	58.12			

15-18											
				Adv	JV	Varsity	SV				
M E T E R S	1:26.13	1:23.38	1:20.88	1:16.49	100 IM	1:17.59	1:15.11	1:12.86	1:08.91	Y A R D S	
	39.47	38.35	36.90	35.30	50 Back	35.56	34.55	33.24	31.80		
	1:28.19	1:25.13	1:21.25	1:15.61	100 Back	1:19.45	1:16.69	1:13.20	1:08.12		
	45.08	44.10	42.71	40.97	50 Breast	40.62	39.73	38.48	36.91		
	1:39.37	1:36.46	1:32.71	1:28.59	100 Breast	1:29.52	1:26.90	1:23.53	1:19.81		
	37.83	36.64	35.49	33.76	50 Fly	34.08	33.01	31.98	30.41		
	1:31.50	1:27.82	1:23.52	1:14.58	100 Fly	1:22.43	1:19.11	1:15.25	1:07.19		
	33.00	32.43	31.62	30.79	50 Free	29.73	29.21	28.49	27.74		
	1:14.58	1:12.76	1:10.47	1:06.56	100 Free	1:07.19	1:05.55	1:03.49	59.96		

15-18											
				Adv	JV	Varsity	SV				
M E T E R S	1:17.83	1:14.98	1:11.62	1:08.19	100 IM	1:10.11	1:07.55	1:04.52	1:01.43	Y A R D S	
	36.61	35.04	33.67	31.53	50 Back	32.98	31.56	30.33	28.41		
	1:22.59	1:19.12	1:15.34	1:09.14	100 Back	1:14.41	1:11.28	1:07.87	1:02.29		
	40.56	39.12	37.92	36.32	50 Breast	36.54	35.24	34.16	32.72		
	1:30.04	1:27.05	1:23.92	1:19.19	100 Breast	1:21.12	1:18.42	1:15.60	1:11.35		
	33.68	32.42	31.01	29.61	50 Fly	30.34	29.21	27.94	26.68		
	1:20.67	1:16.92	1:11.92	1:06.54	100 Fly	1:12.67	1:09.29	1:04.79	59.94		
	29.00	28.41	27.79	26.86	50 Free	26.12	25.59	25.04	24.20		
	1:07.21	1:05.18	1:01.77	59.52	100 Free	1:00.55	58.72	55.65	53.62		