

2018 GRAL Time Standards

GIRLS

8 & Under										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	2:47.35	2:16.82	2:07.12	1:57.05	100 IM	2:30.77	2:03.26	1:54.52	1:45.45	
	28.30	26.24	24.86	23.16	25 Back	25.50	23.64	22.39	20.86	
	33.65	30.13	28.74	26.94	25 Breast	30.31	27.15	25.89	24.27	
	32.79	28.01	25.45	23.17	25 Fly	29.54	25.23	22.92	20.87	
	24.41	22.11	21.09	19.77	25 Free	21.99	19.92	19.00	17.81	
	57.65	51.48	48.59	45.08	50 Free	51.93	46.38	43.77	40.61	

9 - 10										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:52.60	1:43.40	1:37.80	1:32.85	100 IM	1:41.44	1:33.15	1:28.11	1:23.65	
	51.03	46.18	44.22	42.04	50 Back	45.98	41.60	39.84	37.87	
	57.49	53.41	51.07	48.81	50 Breast	51.80	48.11	46.01	43.97	
	54.55	47.94	45.21	42.01	50 Fly	49.14	43.19	40.73	37.85	
	43.47	39.65	38.24	36.51	50 Free	39.16	35.72	34.45	32.89	
	1:40.97	1:31.70	1:27.24	1:21.63	100 Free	1:30.96	1:22.61	1:18.59	1:13.54	

11 - 12										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:36.69	1:27.78	1:24.38	1:20.10	100 IM	1:27.11	1:19.08	1:16.02	1:12.17	
	44.07	40.11	38.87	37.09	50 Back	39.70	36.14	35.02	33.42	
	49.41	46.14	44.35	41.89	50 Breast	44.51	41.56	39.95	37.74	
	44.19	39.83	37.81	35.54	50 Fly	39.81	35.88	34.06	32.02	
	37.14	34.52	33.53	31.97	50 Free	33.46	31.10	30.20	28.80	
	1:25.30	1:17.81	1:14.66	1:11.25	100 Free	1:16.84	1:10.10	1:07.26	1:04.19	

13 - 14										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:28.48	1:26.00	1:22.00	1:17.33	100 IM	1:19.71	1:17.48	1:13.87	1:09.66	
	40.63	39.40	37.60	35.57	50 Back	36.61	35.49	33.87	32.05	
	1:30.93	1:27.22	1:22.79	1:17.83	100 Back	1:21.92	1:18.58	1:14.59	1:10.11	
	46.85	45.34	43.47	41.12	50 Breast	42.21	40.85	39.16	37.05	
	1:42.59	1:38.99	1:34.64	1:28.12	100 Breast	1:32.42	1:29.18	1:25.26	1:19.38	
	39.72	38.01	35.88	33.94	50 Fly	35.79	34.24	32.32	30.57	
	1:38.32	1:31.90	1:24.78	1:18.77	100 Fly	1:28.57	1:22.79	1:16.38	1:10.96	
34.14	33.27	32.13	30.86	50 Free	30.76	29.98	28.94	27.80		
1:17.49	1:15.29	1:12.21	1:07.94	100 Free	1:09.81	1:07.83	1:05.05	1:01.20		

15 - 18										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:24.10	1:21.61	1:17.80	1:13.79	100 IM	1:15.76	1:13.53	1:10.09	1:06.48	
	38.46	37.34	35.84	34.38	50 Back	34.65	33.64	32.29	30.97	
	1:26.01	1:23.58	1:19.18	1:14.25	100 Back	1:17.48	1:15.29	1:11.34	1:06.89	
	44.27	43.15	41.57	39.52	50 Breast	39.89	38.87	37.45	35.60	
	1:37.45	1:33.69	1:30.08	1:25.56	100 Breast	1:27.79	1:24.41	1:21.15	1:17.08	
	37.14	35.80	34.24	32.86	50 Fly	33.46	32.26	30.85	29.61	
	1:30.30	1:25.34	1:19.55	1:12.66	100 Fly	1:21.35	1:16.88	1:11.66	1:05.46	
	32.56	31.83	31.07	29.96	50 Free	29.33	28.67	27.99	26.99	
1:13.20	1:10.43	1:08.32	1:04.58	100 Free	1:05.95	1:03.45	1:01.55	58.18		

BOYS

8 & Under										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	2:36.82	2:21.72	2:06.61	1:56.39	100 IM	2:21.28	2:07.68	1:54.06	1:44.86	
	28.96	26.51	25.49	23.81	25 Back	26.09	23.88	22.97	21.45	
	35.35	30.34	28.76	26.78	25 Breast	31.85	27.33	25.91	24.13	
	35.49	28.87	26.68	23.22	25 Fly	31.97	26.01	24.04	20.92	
	23.77	21.56	20.49	19.36	25 Free	21.41	19.42	18.46	17.44	
	55.68	50.05	46.97	43.49	50 Free	50.17	45.09	42.31	39.18	

9 - 10										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:56.49	1:45.29	1:39.59	1:33.24	100 IM	1:44.95	1:34.85	1:29.72	1:24.00	
	52.48	47.75	45.23	42.44	50 Back	47.28	43.02	40.74	38.23	
	58.63	54.65	51.67	49.43	50 Breast	52.82	49.24	46.55	44.53	
	58.41	50.79	46.96	42.82	50 Fly	52.62	45.76	42.31	38.57	
	43.07	39.98	38.43	36.33	50 Free	38.80	36.02	34.62	32.73	
	1:40.49	1:31.60	1:27.97	1:21.04	100 Free	1:30.53	1:22.52	1:19.25	1:13.01	

11 - 12										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:40.22	1:30.20	1:25.82	1:20.35	100 IM	1:30.29	1:21.26	1:17.31	1:12.39	
	45.63	41.19	39.41	37.37	50 Back	41.11	37.11	35.50	33.67	
	51.31	46.84	45.11	42.67	50 Breast	46.23	42.20	40.64	38.44	
	47.07	41.44	39.02	36.14	50 Fly	42.41	37.33	35.15	32.56	
	37.68	34.55	33.40	31.89	50 Free	33.95	31.13	30.09	28.73	
	1:26.88	1:18.83	1:14.86	1:10.58	100 Free	1:18.27	1:11.02	1:07.44	1:03.59	

13 - 14										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:22.05	1:18.90	1:15.84	1:11.67	100 IM	1:13.92	1:11.08	1:08.32	1:04.57	
	38.29	36.72	34.95	33.65	50 Back	34.49	33.08	31.49	30.32	
	1:26.93	1:22.40	1:18.50	1:13.48	100 Back	1:18.32	1:14.24	1:10.72	1:06.20	
	42.69	41.45	39.52	37.87	50 Breast	38.46	37.35	35.60	34.11	
	1:35.21	1:30.81	1:26.97	1:22.93	100 Breast	1:25.77	1:21.81	1:18.35	1:14.71	
	36.44	34.99	33.22	31.82	50 Fly	32.83	31.52	29.92	28.67	
	1:31.46	1:23.15	1:18.15	1:12.15	100 Fly	1:22.39	1:14.91	1:10.41	1:05.00	
31.26	30.33	29.58	28.40	50 Free	28.17	27.33	26.65	25.58		
1:11.56	1:09.34	1:06.48	1:03.02	100 Free	1:04.47	1:02.47	59.89	56.78		

15 - 18										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:15.94	1:13.27	1:10.04	1:06.76	100 IM	1:08.41	1:06.01	1:03.10	1:00.14	
	35.53	33.82	32.46	30.88	50 Back	32.01	30.47	29.24	27.82	
	1:19.82	1:15.96	1:12.06	1:07.97	100 Back	1:11.91	1:08.43	1:04.92	1:01.24	
	39.14	37.95	36.79	34.98	50 Breast	35.26	34.19	33.15	31.51	
	1:27.62	1:24.13	1:21.10	1:16.59	100 Breast	1:18.94	1:15.79	1:13.06	1:09.00	
	32.45	31.42	30.13	29.15	50 Fly	29.23	28.31	27.14	26.26	
	1:18.38	1:13.96	1:09.65	1:05.11	100 Fly	1:10.61	1:06.63	1:02.75	58.66	
	28.56	28.01	27.32	26.55	50 Free	25.73	25.24	24.61	23.92	
1:05.63	1:03.00	1:00.62	58.48	100 Free	59.13	56.75	54.62	52.68		