

2020 GRAL Time Standards

GIRLS

8 & Under									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	2:57.15	2:26.30	2:13.77	2:01.74	100 IM	2:39.59	2:11.80	2:00.51	1:49.67
	28.79	27.33	26.08	24.00	25 Back	25.93	24.62	23.49	21.62
	34.50	31.82	29.95	27.68	25 Breast	31.08	28.66	26.98	24.93
	33.43	30.07	27.88	24.75	25 Fly	30.11	27.09	25.11	22.29
	24.86	23.27	21.97	20.32	25 Free	22.39	20.96	19.79	18.30
	58.95	54.32	51.02	47.15	50 Free	53.10	48.93	45.96	42.47

9 - 10									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	1:56.10	1:48.96	1:42.14	1:35.64	100 IM	1:44.59	1:38.16	1:32.01	1:26.16
	52.44	49.53	46.45	43.14	50 Back	47.24	44.62	41.84	38.86
	58.07	54.97	52.85	50.19	50 Breast	52.31	49.52	47.61	45.21
	57.25	52.08	48.50	43.82	50 Fly	51.57	46.91	43.69	39.47
	44.36	41.96	39.49	37.30	50 Free	39.96	37.80	35.57	33.60
	1:43.18	1:36.01	1:31.11	1:25.30	100 Free	1:32.95	1:26.49	1:22.08	1:16.84

11 - 12									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	1:38.30	1:31.19	1:25.74	1:20.84	100 IM	1:28.55	1:22.15	1:17.24	1:12.82
	44.65	41.73	39.23	37.01	50 Back	40.22	37.59	35.34	33.34
	49.97	47.31	45.45	42.90	50 Breast	45.01	42.62	40.94	38.64
	45.65	41.41	38.76	35.50	50 Fly	41.12	37.30	34.91	31.98
	37.72	35.80	34.07	32.44	50 Free	33.98	32.25	30.69	29.22
	1:27.31	1:21.41	1:16.46	1:11.63	100 Free	1:18.65	1:13.34	1:08.88	1:04.53

13 - 14									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	1:32.06	1:27.88	1:23.80	1:17.63	100 IM	1:22.93	1:19.17	1:15.49	1:09.93
	41.90	40.34	38.17	35.82	50 Back	37.74	36.34	34.38	32.27
	1:35.15	1:29.42	1:24.43	1:18.16	100 Back	1:25.72	1:20.55	1:16.06	1:10.41
	48.03	46.38	44.55	41.82	50 Breast	43.27	41.78	40.13	37.67
	1:46.15	1:41.86	1:36.79	1:29.52	100 Breast	1:35.63	1:31.76	1:27.19	1:20.64
	41.59	39.15	36.45	34.08	50 Fly	37.46	35.27	32.83	30.70
	1:44.32	1:36.30	1:26.01	1:18.76	100 Fly	1:33.98	1:26.75	1:17.48	1:10.95
	34.93	33.70	32.56	31.07	50 Free	31.46	30.36	29.33	27.99
	1:19.68	1:16.75	1:12.37	1:08.21	100 Free	1:11.78	1:09.14	1:05.19	1:01.45

15 - 18									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	1:27.51	1:23.61	1:20.29	1:14.77	100 IM	1:18.83	1:15.32	1:12.33	1:07.36
	40.01	38.27	36.63	34.61	50 Back	36.04	34.47	33.00	31.18
	1:29.32	1:26.03	1:20.77	1:15.76	100 Back	1:20.46	1:17.50	1:12.76	1:08.25
	46.03	44.53	42.62	39.70	50 Breast	41.46	40.11	38.39	35.76
	1:42.74	1:38.70	1:33.00	1:25.73	100 Breast	1:32.55	1:28.91	1:23.78	1:17.23
	38.70	37.09	35.09	33.14	50 Fly	34.86	33.41	31.61	29.85
	1:37.61	1:31.25	1:23.61	1:16.57	100 Fly	1:27.93	1:22.20	1:15.32	1:08.98
	33.29	32.37	31.54	30.22	50 Free	29.99	29.16	28.41	27.22
	1:15.21	1:13.20	1:10.16	1:06.07	100 Free	1:07.75	1:05.94	1:03.20	59.52

BOYS

8 & Under									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	2:49.56	2:37.62	2:13.26	1:59.31	100 IM	2:32.75	2:22.00	2:00.05	1:47.48
	29.16	27.21	25.56	23.99	25 Back	26.27	24.51	23.02	21.61
	35.96	32.45	29.96	26.72	25 Breast	32.39	29.23	26.99	24.07
	35.64	31.24	27.93	24.35	25 Fly	32.10	28.14	25.16	21.93
	24.27	22.49	21.16	19.57	25 Free	21.86	20.26	19.06	17.63
	57.03	52.31	49.19	44.46	50 Free	51.37	47.12	44.31	40.05

9 - 10									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	1:59.01	1:50.24	1:43.88	1:36.39	100 IM	1:47.21	1:39.31	1:33.58	1:26.83
	52.90	50.05	47.29	44.05	50 Back	47.65	45.09	42.60	39.68
	59.90	55.72	53.23	50.33	50 Breast	53.96	50.19	47.95	45.34
	59.05	53.15	49.21	44.25	50 Fly	53.19	47.88	44.33	39.86
	43.08	40.72	39.02	36.92	50 Free	38.81	36.68	35.15	33.26
	1:41.71	1:34.55	1:29.49	1:24.17	100 Free	1:31.63	1:25.18	1:20.62	1:15.82

11 - 12									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	1:43.70	1:36.46	1:30.10	1:22.83	100 IM	1:33.42	1:26.90	1:21.17	1:14.62
	47.29	44.13	41.56	38.24	50 Back	42.60	39.75	37.44	34.45
	52.16	48.92	46.61	43.75	50 Breast	46.99	44.07	41.99	39.41
	50.25	44.98	41.15	36.75	50 Fly	45.27	40.52	37.07	33.10
	37.94	35.97	34.16	32.38	50 Free	34.18	32.40	30.77	29.17
	1:28.56	1:22.86	1:17.94	1:12.04	100 Free	1:19.78	1:14.64	1:10.21	1:04.90

13 - 14									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	1:29.68	1:25.02	1:19.57	1:13.93	100 IM	1:20.79	1:16.59	1:11.68	1:06.60
	41.45	38.94	36.59	34.17	50 Back	37.34	35.08	32.96	30.78
	1:38.64	1:29.91	1:22.92	1:16.45	100 Back	1:28.86	1:21.00	1:14.70	1:08.87
	46.97	44.05	41.85	38.99	50 Breast	42.31	39.68	37.70	35.12
	1:42.85	1:36.69	1:31.76	1:25.46	100 Breast	1:32.65	1:27.10	1:22.66	1:16.99
	40.74	37.65	35.41	32.28	50 Fly	36.70	33.91	31.90	29.08
	1:56.18	1:36.65	1:25.22	1:15.68	100 Fly	1:44.66	1:27.07	1:16.77	1:08.18
	33.03	31.67	30.35	28.94	50 Free	29.75	28.53	27.34	26.07
	1:17.06	1:12.63	1:08.86	1:04.11	100 Free	1:09.42	1:05.43	1:02.03	57.75

15 - 18									
	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV
METERS	1:16.08	1:13.95	1:10.01	1:06.23	100 IM	1:08.54	1:06.62	1:03.07	59.66
	35.33	34.00	32.29	30.90	50 Back	31.82	30.63	29.09	27.83
	1:22.47	1:17.63	1:12.25	1:07.27	100 Back	1:14.29	1:09.93	1:05.09	1:00.60
	40.22	38.42	36.27	34.59	50 Breast	36.23	34.61	32.67	31.16
	1:29.25	1:24.51	1:20.26	1:14.54	100 Breast	1:20.40	1:16.13	1:12.30	1:07.15
	32.54	31.38	29.99	29.00	50 Fly	29.31	28.27	27.01	26.12
	1:22.78	1:16.69	1:10.50	1:05.43	100 Fly	1:14.57	1:09.09	1:03.51	58.94
	28.70	28.00	27.27	26.42	50 Free	25.85	25.22	24.56	23.80
	1:05.34	1:02.83	1:00.41	58.22	100 Free	58.86	56.60	54.42	52.45