

2023 GRAL Time Standards

GIRLS

8 & Under										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	3:32.52	2:31.86	2:18.56	2:01.36	100 IM	3:11.46	2:16.81	2:04.83	1:49.33	
	29.37	27.75	26.22	24.33	25 Back	26.46	25.00	23.62	21.92	
	36.65	33.31	31.30	28.78	25 Breast	33.02	30.01	28.20	25.93	
	34.75	30.59	27.84	25.30	25 Fly	31.30	27.56	25.08	22.79	
	25.32	23.58	22.07	20.15	25 Free	22.81	21.25	19.89	18.15	
	59.83	56.15	51.17	47.13	50 Free	53.90	50.58	46.10	42.46	

9 - 10										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:56.75	1:48.94	1:43.52	1:36.87	100 IM	1:45.18	1:38.14	1:33.26	1:27.27	
	51.47	48.91	46.70	43.09	50 Back	46.37	44.07	42.07	38.82	
	58.30	55.01	53.20	50.72	50 Breast	52.52	49.56	47.92	45.69	
	57.11	52.46	49.46	44.39	50 Fly	51.45	47.26	44.56	39.99	
	44.38	42.26	39.95	37.68	50 Free	39.98	38.08	35.99	33.95	
	1:42.38	1:36.67	1:31.47	1:26.36	100 Free	1:32.24	1:27.09	1:22.41	1:17.80	

11 - 12										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:40.14	1:34.15	1:28.31	1:22.29	100 IM	1:30.21	1:24.82	1:19.56	1:14.13	
	45.06	42.69	40.76	37.83	50 Back	40.60	38.46	36.72	34.08	
	51.26	48.56	45.82	43.25	50 Breast	46.18	43.75	41.28	38.97	
	45.94	42.22	39.77	36.17	50 Fly	41.38	38.04	35.83	32.58	
	37.90	35.78	34.45	32.78	50 Free	34.14	32.23	31.03	29.53	
	1:27.75	1:21.52	1:17.68	1:12.33	100 Free	1:19.05	1:13.44	1:09.98	1:05.16	

13 - 14										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:32.57	1:28.18	1:22.56	1:16.24	100 IM	1:23.40	1:19.44	1:14.38	1:08.69	
	43.14	41.10	38.37	35.75	50 Back	38.87	37.03	34.56	32.21	
	1:37.30	1:30.29	1:24.71	1:16.97	100 Back	1:27.66	1:21.34	1:16.32	1:09.34	
	48.30	46.15	44.41	41.61	50 Breast	43.51	41.58	40.01	37.48	
	1:47.20	1:40.61	1:36.15	1:28.19	100 Breast	1:36.58	1:30.64	1:26.62	1:19.45	
	42.26	39.44	36.64	34.26	50 Fly	38.07	35.53	33.01	30.86	
	1:51.15	1:39.13	1:26.31	1:17.25	100 Fly	1:40.13	1:29.31	1:17.76	1:09.60	
	35.41	33.77	32.51	30.72	50 Free	31.90	30.42	29.29	27.67	
	1:20.58	1:17.16	1:11.66	1:06.89	100 Free	1:12.59	1:09.51	1:04.56	1:00.26	

15 - 18										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:26.84	1:22.23	1:19.14	1:14.55	100 IM	1:18.24	1:14.08	1:11.30	1:07.16	
	39.95	38.61	36.37	34.59	50 Back	35.99	34.78	32.76	31.16	
	1:28.48	1:24.71	1:19.24	1:15.08	100 Back	1:19.71	1:16.31	1:11.39	1:07.64	
	46.16	44.25	42.10	40.17	50 Breast	41.58	39.86	37.92	36.19	
	1:43.96	1:37.84	1:33.05	1:26.83	100 Breast	1:33.65	1:28.14	1:23.83	1:18.23	
	38.77	37.28	34.81	32.78	50 Fly	34.93	33.58	31.36	29.53	
	1:36.75	1:29.73	1:21.32	1:15.11	100 Fly	1:27.16	1:20.83	1:13.26	1:07.67	
	33.22	32.24	31.32	30.15	50 Free	29.93	29.05	28.21	27.17	
	1:15.14	1:12.75	1:09.76	1:05.50	100 Free	1:07.70	1:05.54	1:02.85	59.01	

BOYS

8 & Under										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	3:19.77	3:01.14	2:23.54	2:07.00	100 IM	2:59.97	2:43.19	2:09.31	1:54.41	
	29.83	27.85	26.79	25.04	25 Back	26.87	25.09	24.14	22.56	
	37.98	34.15	31.57	28.01	25 Breast	34.22	30.76	28.44	25.23	
	37.46	32.84	29.82	26.68	25 Fly	33.75	29.59	26.86	24.04	
	24.95	23.42	21.93	20.55	25 Free	22.47	21.10	19.76	18.52	
	58.90	53.94	51.39	47.55	50 Free	53.06	48.59	46.29	42.84	

9 - 10										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	2:04.75	1:54.82	1:45.12	1:39.77	100 IM	1:52.39	1:43.44	1:34.71	1:29.88	
	54.44	51.17	47.94	45.76	50 Back	49.04	46.10	43.19	41.22	
	1:01.94	57.27	54.46	51.78	50 Breast	55.80	51.60	49.06	46.65	
	1:04.31	57.20	50.34	47.39	50 Fly	57.94	51.53	45.35	42.69	
	44.51	41.96	40.69	38.35	50 Free	40.10	37.80	36.66	34.55	
	1:45.01	1:37.65	1:32.97	1:27.80	100 Free	1:34.60	1:27.98	1:23.76	1:19.10	

11 - 12										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:42.78	1:34.97	1:27.97	1:20.97	100 IM	1:32.59	1:25.56	1:19.26	1:12.95	
	46.76	43.29	40.98	37.53	50 Back	42.13	39.00	36.92	33.81	
	52.48	48.30	45.94	42.97	50 Breast	47.28	43.51	41.39	38.71	
	49.75	43.73	40.08	35.89	50 Fly	44.82	39.40	36.11	32.33	
	37.85	35.39	33.71	32.00	50 Free	34.10	31.88	30.37	28.83	
	1:27.73	1:21.00	1:16.17	1:10.17	100 Free	1:19.04	1:12.98	1:08.62	1:03.22	

13 - 14										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:30.25	1:25.74	1:20.57	1:14.66	100 IM	1:21.30	1:17.24	1:12.59	1:07.26	
	42.76	40.05	37.61	34.90	50 Back	38.52	36.08	33.89	31.44	
	1:39.24	1:30.20	1:23.56	1:17.52	100 Back	1:29.40	1:21.26	1:15.28	1:09.84	
	46.10	43.78	41.64	38.91	50 Breast	41.53	39.44	37.51	35.05	
	1:44.02	1:38.58	1:33.15	1:26.19	100 Breast	1:33.71	1:28.81	1:23.92	1:17.65	
	41.54	37.88	35.60	32.14	50 Fly	37.42	34.12	32.07	28.96	
	1:54.63	1:36.68	1:25.24	1:14.59	100 Fly	1:43.27	1:27.10	1:16.79	1:07.20	
	33.04	31.71	30.40	29.04	50 Free	29.77	28.56	27.39	26.17	
	1:16.97	1:12.62	1:09.20	1:04.05	100 Free	1:09.34	1:05.42	1:02.34	57.70	

15 - 18										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:16.98	1:14.30	1:09.67	1:06.03	100 IM	1:09.35	1:06.94	1:02.76	59.48	
	36.05	34.46	32.68	30.94	50 Back	32.47	31.05	29.44	27.88	
	1:21.82	1:16.47	1:12.01	1:07.51	100 Back	1:13.71	1:08.89	1:04.87	1:00.82	
	40.17	38.26	36.66	34.62	50 Breast	36.19	34.47	33.03	31.19	
	1:30.57	1:26.01	1:22.29	1:15.51	100 Breast	1:21.60	1:17.49	1:14.14	1:08.02	
	32.50	31.25	29.92	28.48	50 Fly	29.28	28.15	26.95	25.66	
	1:27.19	1:19.36	1:09.86	1:04.93	100 Fly	1:18.55	1:11.49	1:02.94	58.49	
	28.69	28.10	27.31	26.18	50 Free	25.85	25.32	24.60	23.59	
	1:06.27	1:03.80	1:00.30	57.75	100 Free	59.70	57.48	54.32	52.03	