

# GRAL 2010 TIME STANDARDS

## GIRLS

MITES ( 8 - Under )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	2:27.80	2:17.80	2:10.15	2:02.49	100	IM	2:13.10	2:04.14	1:57.25	1:50.35
E	27.90	26.99	26.07	24.75	25	Back	25.10	24.32	23.49	22.30
T	31.70	29.99	28.85	27.50	25	Breast	28.60	27.02	25.99	24.77
E	31.70	28.74	27.03	24.93	25	Fly	28.60	25.89	24.35	22.46
R	23.30	22.43	21.54	20.46	25	Free	21.00	20.21	19.41	18.44
S	55.50	52.41	50.15	47.44	50	Free	50.00	47.22	45.18	42.74

MIDGETS ( 9 - 10 )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	1:55.20	1:48.63	1:43.97	1:36.72	100	IM	1:43.80	1:37.87	1:33.66	1:27.14
E	52.50	49.60	47.78	45.27	50	Back	47.30	44.69	43.05	40.78
T	57.20	54.42	52.75	50.34	50	Breast	51.50	49.03	47.52	45.35
E	55.80	51.78	48.72	45.50	50	Fly	50.30	46.65	43.89	40.99
R	44.50	41.97	40.59	38.58	50	Free	40.10	37.81	36.56	34.75
S	1:42.20	1:36.76	1:32.87	1:27.05	100	Free	1:32.10	1:27.17	1:23.67	1:18.43

JUNIORS ( 11 - 12 )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	1:37.50	1:33.74	1:29.55	1:23.63	100	IM	1:27.90	1:24.45	1:20.68	1:15.34
E	45.00	42.79	41.17	38.94	50	Back	40.60	38.55	37.09	35.08
T	49.50	47.65	45.96	43.81	50	Breast	44.60	42.93	41.41	39.47
E	45.00	42.28	40.54	37.93	50	Fly	40.50	38.09	36.53	34.17
R	37.40	36.20	34.92	33.35	50	Free	33.70	32.61	31.46	30.05
S	1:27.20	1:22.50	1:19.38	1:13.86	100	Free	1:18.50	1:14.32	1:11.52	1:06.54

INTERMEDIATES ( 13 - 14 )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	1:34.00	1:28.27	1:25.40	1:20.15	100	IM	1:24.70	1:19.52	1:16.93	1:12.21
E	44.70	41.07	39.73	37.39	50	Back	40.30	37.00	35.79	33.69
T	1:41.90	1:31.82	1:27.43	1:20.79	100	Back	1:31.80	1:22.72	1:18.76	1:12.79
E	49.20	46.00	44.28	41.98	50	Breast	44.30	41.44	39.89	37.82
R	1:48.90	1:41.05	1:36.97	1:31.26	100	Breast	1:38.10	1:31.04	1:27.36	1:22.21
S	45.40	40.18	38.13	35.90	50	Fly	40.90	36.20	34.35	32.34
	1:50.30	1:36.27	1:31.42	1:22.63	100	Fly	1:39.4	1:26.73	1:22.36	1:14.44
	36.00	34.34	33.44	32.02	50	Free	32.50	30.94	30.12	28.85
	1:23.60	1:18.00	1:15.16	1:10.66	100	Free	1:15.30	1:10.27	1:07.71	1:03.66

SENIORS ( 15 - 18 )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	1:29.70	1:25.50	1:22.44	1:17.74	100	IM	1:20.80	1:17.03	1:14.27	1:10.04
E	42.10	39.87	38.25	36.61	50	Back	38.00	35.92	34.46	32.98
T	1:33.40	1:28.47	1:24.86	1:19.76	100	Back	1:24.20	1:19.70	1:16.45	1:11.86
E	46.70	44.44	43.00	41.34	50	Breast	42.10	40.03	38.74	37.24
R	1:44.60	1:37.31	1:33.48	1:25.61	100	Breast	1:34.20	1:27.67	1:24.22	1:17.13
S	40.60	38.25	36.70	34.69	50	Fly	36.60	34.46	33.07	31.26
	1:39.50	1:30.58	1:25.67	1:19.01	100	Fly	1:29.70	1:21.60	1:17.18	1:11.18
	34.40	33.22	32.30	31.17	50	Free	31.00	29.93	29.10	28.08
	1:19.50	1:14.96	1:12.07	1:08.59	100	Free	1:11.60	1:07.53	1:04.93	1:01.79

## BOYS

MITES ( 8 - Under )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	2:50.00	2:32.44	2:18.04	2:03.21	100	IM	2:33.20	2:17.33	2:04.36	1:51.00
E	29.10	27.61	26.37	24.91	25	Back	26.20	24.87	23.76	22.44
T	34.20	31.95	29.99	28.32	25	Breast	30.80	28.78	27.02	25.51
E	33.30	31.13	28.55	25.73	25	Fly	30.00	28.05	25.72	23.18
R	23.50	22.12	21.15	19.67	25	Free	21.20	19.93	19.05	17.72
S	56.80	52.96	49.98	45.30	50	Free	51.10	47.71	45.02	40.81

MIDGETS ( 9 - 10 )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	2:00.00	1:52.00	1:47.00	1:41.97	100	IM	1:48.10	1:40.90	1:36.40	1:31.86
E	53.80	50.84	48.90	45.47	50	Back	48.40	45.80	44.05	40.97
T	59.10	56.57	54.99	52.04	50	Breast	53.20	50.97	49.54	46.88
E	58.70	54.70	51.91	47.32	50	Fly	52.90	49.28	46.77	42.63
R	43.80	41.85	40.49	38.60	50	Free	39.50	37.71	36.48	34.77
S	1:43.50	1:37.71	1:32.93	1:27.70	100	Free	1:33.30	1:28.03	1:23.72	1:19.01

JUNIORS ( 11 - 12 )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	1:44.40	1:38.41	1:33.58	1:27.13	100	IM	1:34.00	1:28.66	1:24.3	1:18.50
E	48.30	45.33	43.16	40.08	50	Back	43.50	40.84	38.88	36.11
T	53.10	49.93	48.18	45.20	50	Breast	47.80	44.98	43.41	40.72
E	50.20	45.57	43.01	40.21	50	Fly	45.20	41.06	38.75	36.22
R	38.90	37.19	35.75	33.98	50	Free	35.10	33.50	32.21	30.61
S	1:30.60	1:25.29	1:21.72	1:16.59	100	Free	1:21.70	1:16.84	1:13.62	1:09.00

INTERMEDIATES ( 13 - 14 )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	1:35.70	1:25.81	1:21.78	1:17.68	100	IM	1:26.30	1:17.30	1:13.68	1:09.98
E	46.70	40.73	38.64	36.34	50	Back	42.10	36.70	34.81	32.74
T	1:47.40	1:32.69	1:26.90	1:20.03	100	Back	1:36.80	1:23.50	1:18.29	1:12.10
E	48.90	44.20	42.37	40.27	50	Breast	44.00	39.82	38.17	36.28
R	1:52.80	1:38.87	1:33.36	1:28.16	100	Breast	1:41.70	1:29.07	1:24.11	1:19.43
S	49.50	39.25	36.93	34.29	50	Fly	44.60	35.36	33.27	30.89
	2:00.00	1:37.74	1:29.47	1:21.14	100	Fly	1:48.10	1:28.05	1:20.61	1:13.10
	35.10	32.29	31.26	30.02	50	Free	31.60	29.09	28.16	27.04
	1:25.00	1:15.19	1:11.89	1:07.43	100	Free	1:16.60	1:07.74	1:04.77	1:00.75

SENIORS ( 15 - 18 )										
	Adv.	J. V.	Varsity	S.V.		Adv.	J. V.	Varsity	S.V.	
M	1:22.50	1:17.52	1:14.44	1:09.59	100	IM	1:14.40	1:09.84	1:07.06	1:02.69
E	39.80	36.55	34.76	32.49	50	Back	35.90	32.93	31.32	29.27
T	1:30.60	1:21.74	1:17.86	1:10.32	100	Back	1:21.70	1:13.64	1:10.14	1:03.35
E	41.90	40.12	38.49	36.24	50	Breast	37.70	36.14	34.68	32.65
R	1:36.20	1:29.60	1:25.92	1:18.85	100	Breast	1:26.70	1:20.72	1:17.41	1:11.04
S	36.00	33.62	32.17	30.31	50	Fly	32.40	30.29	28.98	27.30
	1:31.60	1:22.11	1:16.86	1:10.39	100	Fly	1:22.50	1:13.97	1:09.24	1:03.41
	30.20	29.20	28.27	27.29	50	Free	27.20	26.31	25.47	24.59
	1:11.80	1:07.58	1:04.66	1:00.89	100	Free	1:04.70	1:01.89	58.26	54.85