

GASL Time Standards

Adopted: May 2025

Girls Events

Event			Yards		Meters	
Age Group	Distance	Stroke	Gold	Silver	Gold	Silver
Girls 6 & Under	25	Backstroke	00:30.26	00:39.33	00:33.59	00:43.66
Girls 6 & Under	25	Freestyle	00:27.15	00:36.27	00:30.13	00:40.26
Girls 7-8	25	Backstroke	00:24.89	00:30.39	00:27.63	00:33.73
Girls 7-8	25	Freestyle	00:20.53	00:25.74	00:22.78	00:28.57
Girls 8 & Under	25	Breaststroke	00:27.13	00:33.27	00:30.11	00:36.93
Girls 8 & Under	25	Butterfly	00:23.03	00:30.01	00:25.57	00:33.31
Girls 9-10	25	Backstroke	00:21.19	00:25.19	00:23.53	00:27.97
Girls 9-10	25	Breaststroke	00:22.73	00:27.37	00:25.23	00:30.39
Girls 9-10	25	Butterfly	00:19.00	00:24.80	00:21.09	00:27.52
Girls 9-10	50	Freestyle	00:38.04	00:46.55	00:42.22	00:51.67
Girls 10 & Under	100	Individual Medley	01:32.20	01:51.02	01:42.34	02:03.23
Girls 11-12	50	Backstroke	00:39.49	00:49.03	00:43.84	00:54.43
Girls 11-12	50	Breaststroke	00:44.14	00:52.74	00:49.00	00:58.54
Girls 11-12	50	Butterfly	00:37.19	00:47.16	00:41.28	00:52.34
Girls 11-12	50	Freestyle	00:32.96	00:38.43	00:36.58	00:42.66
Girls 11-12	100	Individual Medley	01:20.64	01:35.40	01:29.51	01:45.90
Girls 13-14	50	Backstroke	00:35.54	00:42.70	00:39.45	00:47.39
Girls 13-14	50	Breaststroke	00:40.33	00:46.54	00:44.76	00:51.65
Girls 13-14	50	Butterfly	00:33.58	00:39.82	00:37.27	00:44.21
Girls 13-14	50	Freestyle	00:30.31	00:34.33	00:33.64	00:38.11
Girls 13-14	100	Individual Medley	01:13.78	01:27.81	01:21.89	01:37.46
Women 15-18	50	Backstroke	00:32.84		00:36.46	
Women 15-18	50	Breaststroke	00:37.27		00:41.37	
Women 15-18	50	Butterfly	00:30.70		00:34.07	
Women 15-18	50	Freestyle	00:28.21		00:31.32	
Women 15-18	100	Individual Medley	01:09.75		01:17.42	

GASL Time Standards

Adopted: May 2025

Boys Events

Event			Yards		Meters	
Age Group	Distance	Stroke	Gold	Silver	Gold	Silver
Boys 6 & Under	25	Backstroke	00:30.32	00:40.40	00:33.66	00:44.85
Boys 6 & Under	25	Freestyle	00:25.63	00:33.95	00:28.45	00:37.69
Boys 7-8	25	Backstroke	00:24.60	00:30.46	00:27.31	00:33.81
Boys 7-8	25	Freestyle	00:19.41	00:24.75	00:21.54	00:27.47
Boys 8 & Under	25	Breaststroke	00:26.46	00:32.70	00:29.38	00:36.29
Boys 8 & Under	25	Butterfly	00:22.91	00:29.54	00:25.43	00:32.79
Boys 9-10	25	Backstroke	00:21.23	00:25.46	00:23.57	00:28.26
Boys 9-10	25	Breaststroke	00:22.85	00:27.50	00:25.36	00:30.52
Boys 9-10	25	Butterfly	00:19.00	00:25.00	00:21.09	00:27.75
Boys 9-10	50	Freestyle	00:37.51	00:45.77	00:41.64	00:50.80
Boys 10 & Under	100	Individual Medley	01:32.01	01:50.53	01:42.13	02:02.69
Boys 11-12	50	Backstroke	00:39.59	00:49.50	00:43.95	00:54.94
Boys 11-12	50	Breaststroke	00:43.20	00:52.67	00:47.96	00:58.46
Boys 11-12	50	Butterfly	00:35.60	00:47.50	00:39.52	00:52.73
Boys 11-12	50	Freestyle	00:32.28	00:38.18	00:35.83	00:42.38
Boys 11-12	100	Individual Medley	01:19.52	01:34.84	01:28.27	01:45.28
Boys 13-14	50	Backstroke	00:33.97	00:41.63	00:37.70	00:46.20
Boys 13-14	50	Breaststroke	00:36.78	00:43.74	00:40.82	00:48.55
Boys 13-14	50	Butterfly	00:29.86	00:38.21	00:33.14	00:42.41
Boys 13-14	50	Freestyle	00:27.34	00:32.35	00:30.35	00:35.90
Boys 13-14	100	Individual Medley	01:06.68	01:21.78	01:14.01	01:30.77
Men 15-18	50	Backstroke	00:28.71		00:31.87	
Men 15-18	50	Breaststroke	00:31.84		00:35.34	
Men 15-18	50	Butterfly	00:26.72		00:29.66	
Men 15-18	50	Freestyle	00:24.60		00:27.30	
Men 15-18	100	Individual Medley	00:59.65		01:06.22	