

2025 GRAL Time Standards

GIRLS

8 & Under										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	2:57.56	2:35.29	2:18.16	2:01.96	100 IM	2:39.96	2:19.90	2:04.47	1:49.88	
	29.77	28.15	26.55	24.61	25 Back	26.82	25.36	23.92	22.17	
	36.42	32.86	30.86	28.52	25 Breast	32.81	29.60	27.80	25.69	
	35.23	30.72	27.76	24.86	25 Fly	31.74	27.67	25.01	22.40	
	25.43	23.83	22.28	20.53	25 Free	22.91	21.47	20.08	18.50	
1:00.02	56.20	51.06	46.56	50 Free	54.07	50.63	46.00	41.94		

9 - 10										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:59.07	1:50.32	1:43.71	1:35.48	100 IM	1:47.27	1:39.39	1:33.44	1:26.02	
	52.67	49.42	46.72	43.39	50 Back	47.45	44.52	42.09	39.09	
	1:00.19	56.46	53.47	50.67	50 Breast	54.22	50.86	48.17	45.65	
	58.32	53.23	49.23	42.82	50 Fly	52.54	47.96	44.35	38.58	
	44.99	42.18	39.88	37.33	50 Free	40.53	38.00	35.93	33.63	
1:44.45	1:36.81	1:31.44	1:24.85	100 Free	1:34.10	1:27.22	1:22.38	1:16.44		

11 - 12										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:40.07	1:35.21	1:29.49	1:22.52	100 IM	1:30.15	1:25.77	1:20.62	1:14.34	
	45.22	42.99	41.02	37.59	50 Back	40.74	38.73	36.96	33.86	
	51.00	48.39	46.21	43.79	50 Breast	45.94	43.59	41.63	39.45	
	46.53	42.38	39.98	36.72	50 Fly	41.92	38.18	36.02	33.08	
	37.85	36.04	34.62	32.66	50 Free	34.10	32.47	31.19	29.42	
1:27.28	1:22.54	1:17.91	1:12.58	100 Free	1:18.63	1:14.36	1:10.19	1:05.39		

13 - 14										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:33.29	1:29.79	1:24.93	1:17.28	100 IM	1:24.05	1:20.89	1:16.51	1:09.62	
	43.18	41.22	38.57	36.14	50 Back	38.90	37.14	34.75	32.56	
	1:38.12	1:31.71	1:26.02	1:18.86	100 Back	1:28.39	1:22.62	1:17.49	1:11.04	
	49.05	46.94	44.58	42.19	50 Breast	44.19	42.29	40.17	38.01	
	1:48.87	1:43.08	1:37.83	1:30.78	100 Breast	1:38.08	1:32.86	1:28.14	1:21.78	
	42.92	40.26	37.42	34.48	50 Fly	38.66	36.27	33.71	31.06	
	1:51.65	1:40.30	1:29.33	1:19.38	100 Fly	1:40.58	1:30.36	1:20.47	1:11.51	
35.61	34.21	32.90	30.98	50 Free	32.08	30.82	29.64	27.91		
1:21.34	1:18.16	1:12.99	1:07.79	100 Free	1:13.28	1:10.41	1:05.76	1:01.07		

15 - 18										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:25.98	1:22.56	1:18.00	1:14.58	100 IM	1:17.46	1:14.38	1:10.27	1:07.19	
	39.72	38.09	36.29	34.21	50 Back	35.79	34.32	32.69	30.82	
	1:29.15	1:24.54	1:19.33	1:14.70	100 Back	1:20.31	1:16.17	1:11.47	1:07.29	
	45.85	44.42	41.89	39.52	50 Breast	41.31	40.02	37.74	35.60	
	1:42.78	1:37.35	1:32.05	1:26.23	100 Breast	1:32.59	1:27.71	1:22.93	1:17.68	
	38.01	36.05	34.23	32.65	50 Fly	34.24	32.48	30.83	29.41	
	1:35.80	1:28.15	1:20.26	1:14.30	100 Fly	1:26.31	1:19.41	1:12.30	1:06.94	
	33.03	32.07	31.01	29.99	50 Free	29.76	28.89	27.94	27.02	
1:15.05	1:12.07	1:09.02	1:04.93	100 Free	1:07.61	1:04.92	1:02.18	58.50		

BOYS

8 & Under										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	3:06.75	2:45.17	2:21.90	2:07.13	100 IM	2:48.24	2:28.80	2:07.83	1:54.53	
	30.29	28.32	26.93	24.79	25 Back	27.29	25.51	24.26	22.33	
	40.39	33.99	31.43	28.54	25 Breast	36.38	30.62	28.31	25.71	
	41.26	33.60	29.51	26.07	25 Fly	37.17	30.27	26.58	23.48	
	25.14	23.04	21.56	20.23	25 Free	22.65	20.76	19.42	18.23	
59.93	54.54	50.92	46.87	50 Free	53.99	49.13	45.87	42.23		

9 - 10										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	2:05.72	1:55.97	1:47.62	1:41.25	100 IM	1:53.26	1:44.48	1:36.96	1:31.22	
	55.24	51.69	48.84	45.84	50 Back	49.77	46.56	44.00	41.29	
	1:02.74	58.64	55.83	52.86	50 Breast	56.53	52.83	50.30	47.62	
	1:06.08	58.19	52.81	47.65	50 Fly	59.53	52.42	47.57	42.92	
	45.13	42.67	40.77	38.48	50 Free	40.65	38.44	36.73	34.67	
1:46.64	1:39.53	1:34.05	1:28.47	100 Free	1:36.07	1:29.67	1:24.73	1:19.70		

11 - 12										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:46.41	1:37.78	1:31.07	1:23.45	100 IM	1:35.86	1:28.09	1:22.05	1:15.18	
	47.76	44.43	41.90	38.34	50 Back	43.02	40.03	37.75	34.54	
	53.62	49.36	47.00	44.16	50 Breast	48.30	44.47	42.34	39.78	
	51.93	45.63	41.76	37.31	50 Fly	46.78	41.11	37.62	33.62	
	38.88	36.74	34.99	32.50	50 Free	35.02	33.10	31.52	29.28	
1:29.42	1:23.73	1:19.53	1:12.58	100 Free	1:20.56	1:15.43	1:11.65	1:05.39		

13 - 14										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:28.21	1:23.00	1:17.97	1:12.59	100 IM	1:19.47	1:14.77	1:10.25	1:05.40	
	41.64	38.87	36.71	33.76	50 Back	37.51	35.02	33.07	30.42	
	1:36.11	1:28.80	1:20.86	1:14.70	100 Back	1:26.59	1:20.00	1:12.84	1:07.30	
	45.31	43.13	40.81	37.71	50 Breast	40.82	38.86	36.76	33.97	
	1:42.69	1:36.57	1:30.71	1:23.82	100 Breast	1:32.52	1:27.00	1:21.72	1:15.51	
	40.00	37.18	34.30	31.43	50 Fly	36.04	33.49	30.90	28.32	
	1:44.37	1:33.86	1:23.16	1:12.06	100 Fly	1:34.03	1:24.56	1:14.92	1:04.92	
32.56	31.22	29.95	28.46	50 Free	29.34	28.12	26.98	25.64		
1:15.12	1:11.35	1:07.11	1:02.80	100 Free	1:07.68	1:04.28	1:00.46	56.57		

15 - 18										
METERS	Adv	JV	Varsity	SV		Adv	JV	Varsity	SV	YARDS
	1:16.69	1:13.34	1:09.81	1:06.12	100 IM	1:09.09	1:06.07	1:02.89	59.56	
	36.21	34.44	32.56	30.89	50 Back	32.62	31.03	29.33	27.83	
	1:21.54	1:16.43	1:11.40	1:07.19	100 Back	1:13.46	1:08.86	1:04.32	1:00.53	
	39.90	38.34	36.60	34.69	50 Breast	35.95	34.54	32.98	31.25	
	1:31.45	1:25.86	1:22.23	1:16.72	100 Breast	1:22.38	1:17.35	1:14.08	1:09.12	
	32.83	31.27	30.05	28.40	50 Fly	29.58	28.17	27.07	25.59	
	1:26.76	1:17.65	1:09.34	1:04.52	100 Fly	1:18.17	1:09.96	1:02.47	58.13	
	28.77	27.96	27.22	26.33	50 Free	25.92	25.19	24.53	23.72	
1:06.50	1:03.53	1:00.50	57.98	100 Free	59.91	57.24	54.50	52.23		