

# 2009 GRAL Time Standards

Mite Girls 8 & Under							Mite Boys 8 & Under										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	2:27.78	2:14.44	2:02.79	100 IM	2:13.14	2:01.12	1:50.62	Y	M	2:50.00	2:30.46	2:10.77	100 IM	2:33.15	2:15.55	1:57.81	Y
E	0:27.92	0:26.72	0:25.47	25 Back	0:25.15	0:24.07	0:22.95	A	E	0:29.10	0:27.43	0:25.54	25 Back	0:26.22	0:24.71	0:23.01	A
T	0:31.70	0:30.00	0:28.05	25 Breast	0:28.56	0:27.03	0:25.27	R	T	0:34.20	0:32.09	0:29.65	25 Breast	0:30.81	0:28.91	0:26.71	R
E	0:31.72	0:28.72	0:25.87	25 Fly	0:28.58	0:25.87	0:23.31	D	E	0:33.33	0:30.37	0:26.93	25 Fly	0:30.03	0:27.36	0:24.26	D
R	0:23.32	0:22.24	0:20.87	25 Free	0:21.01	0:20.04	0:18.80	S	R	0:23.53	0:21.92	0:20.43	25 Free	0:21.20	0:19.75	0:18.41	S
S	0:55.50	0:52.03	0:48.15	50 Free	0:50.00	0:46.87	0:43.38		S	0:56.76	0:52.80	0:47.37	50 Free	0:51.14	0:47.57	0:42.68	
Midget Girls, 9-10							Midget Boys, 9-10										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	1:55.20	1:50.17	1:41.70	100 IM	1:43.78	1:39.25	1:31.62	Y	M	2:00.00	1:52.13	1:44.91	100 IM	1:48.11	1:41.02	1:34.51	Y
E	0:52.47	0:49.95	0:46.84	50 Back	0:47.27	0:45.00	0:42.20	A	E	0:53.77	0:51.14	0:46.88	50 Back	0:48.44	0:46.07	0:42.23	A
T	0:57.20	0:54.60	0:52.50	50 Breast	0:51.53	0:49.19	0:47.30	R	T	0:59.06	0:56.43	0:53.59	50 Breast	0:53.21	0:50.84	0:48.28	R
E	0:55.84	0:52.89	0:48.11	50 Fly	0:50.31	0:47.65	0:43.34	D	E	0:58.75	0:54.50	0:48.70	50 Fly	0:52.93	0:49.10	0:43.87	D
R	0:44.50	0:42.46	0:39.91	50 Free	0:40.09	0:38.25	0:35.95	S	R	0:43.85	0:41.72	0:39.40	50 Free	0:39.50	0:37.59	0:35.50	S
S	1:42.19	1:37.72	1:29.87	100 Free	1:32.06	1:28.04	1:20.96		S	1:43.53	1:38.07	1:30.86	100 Free	1:33.27	1:28.35	1:21.86	
Junior Girls, 11-12							Junior Boys, 11-12										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	1:37.53	1:33.59	1:26.51	100 IM	1:27.86	1:24.32	1:17.94	Y	M	1:44.37	1:37.77	1:29.32	100 IM	1:34.03	1:28.08	1:20.47	Y
E	0:45.03	0:42.72	0:40.16	50 Back	0:40.57	0:38.49	0:36.18	A	E	0:48.28	0:45.41	0:41.65	50 Back	0:43.50	0:40.91	0:37.52	A
T	0:49.51	0:47.47	0:44.81	50 Breast	0:44.60	0:42.77	0:40.37	R	T	0:53.09	0:49.94	0:47.60	50 Breast	0:47.83	0:44.99	0:42.88	R
E	0:45.00	0:41.84	0:39.43	50 Fly	0:40.54	0:37.69	0:35.52	D	E	0:50.16	0:45.63	0:41.84	50 Fly	0:45.19	0:41.11	0:37.69	D
R	0:37.44	0:36.16	0:34.47	50 Free	0:33.73	0:32.58	0:31.05	S	R	0:38.93	0:37.15	0:34.72	50 Free	0:35.07	0:33.47	0:31.28	S
S	1:27.17	1:22.31	1:15.69	100 Free	1:18.53	1:14.15	1:08.19		S	1:30.65	1:26.06	1:18.53	100 Free	1:21.67	1:17.53	1:10.75	
Intermediate Girls, 13-14							Intermediate Boys, 13-14										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	1:34.04	1:30.35	1:24.22	100 IM	1:24.72	1:21.40	1:15.87	Y	M	1:35.75	1:28.72	1:22.06	100 IM	1:26.26	1:19.93	1:13.93	Y
E	0:44.74	0:41.60	0:39.68	50 Back	0:40.31	0:37.48	0:35.75	A	E	0:46.69	0:41.97	0:38.59	50 Back	0:42.06	0:37.81	0:34.77	A
T	1:41.90	1:34.06	1:25.85	100 Back	1:31.80	1:24.74	1:17.34	R	T	1:47.40	1:36.85	1:27.56	100 Back	1:36.76	1:27.25	1:18.88	R
E	0:49.18	0:46.52	0:44.00	50 Breast	0:44.31	0:41.91	0:39.64	D	E	0:48.88	0:45.79	0:42.72	50 Breast	0:44.04	0:41.25	0:38.49	D
R	1:48.88	1:43.37	1:36.54	100 Breast	1:38.09	1:33.13	1:26.97	S	R	1:52.84	1:42.22	1:33.85	100 Breast	1:41.66	1:32.09	1:24.55	S
S	0:45.40	0:41.43	0:37.91	50 Fly	0:40.90	0:37.32	0:34.15		S	0:49.54	0:42.95	0:37.93	50 Fly	0:44.63	0:38.69	0:34.17	
	1:50.31	1:38.79	1:30.91	100 Fly	1:39.38	1:29.00	1:21.90			2:00.00	1:49.38	1:28.94	100 Fly	1:48.11	1:38.54	1:20.13	
	0:36.03	0:34.69	0:33.31	50 Free	0:32.46	0:31.25	0:30.01			0:35.09	0:33.19	0:31.28	50 Free	0:31.61	0:29.90	0:28.18	
	1:23.56	1:19.37	1:14.45	100 Free	1:15.28	1:11.50	1:07.07			1:25.00	1:17.63	1:12.15	100 Free	1:16.58	1:09.94	1:05.00	
Senior Girls, 15-18							Senior Boys 15-18										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	1:29.68	1:26.13	1:20.93	100 IM	1:20.79	1:17.59	1:12.91	Y	M	1:22.54	1:17.15	1:12.59	100 IM	1:14.36	1:09.50	1:05.40	Y
E	0:42.14	0:40.24	0:37.81	50 Back	0:37.96	0:36.25	0:34.06	A	E	0:39.79	0:37.36	0:34.39	50 Back	0:35.85	0:33.66	0:30.98	A
T	1:33.42	1:28.69	1:22.15	100 Back	1:24.16	1:19.90	1:14.01	R	T	1:30.65	1:23.22	1:15.79	100 Back	1:21.67	1:14.97	1:08.28	R
E	0:46.75	0:44.53	0:42.20	50 Breast	0:42.12	0:40.12	0:38.02	D	E	0:41.87	0:39.65	0:37.77	50 Breast	0:37.72	0:35.72	0:34.03	D
R	1:44.56	1:39.49	1:31.52	100 Breast	1:34.20	1:29.63	1:22.45	S	R	1:36.25	1:30.50	1:24.31	100 Breast	1:26.71	1:21.53	1:15.95	S
S	0:40.59	0:38.33	0:36.21	50 Fly	0:36.57	0:34.53	0:32.62		S	0:35.98	0:34.10	0:31.69	50 Fly	0:32.41	0:30.72	0:28.55	
	1:39.54	1:32.34	1:22.55	100 Fly	1:29.68	1:23.19	1:14.37			1:31.61	1:21.97	1:13.81	100 Fly	1:22.53	1:13.85	1:06.50	
	0:34.44	0:33.42	0:31.96	50 Free	0:31.03	0:30.11	0:28.79			0:30.18	0:29.38	0:27.96	50 Free	0:27.19	0:26.47	0:25.19	
	1:19.50	1:16.28	1:11.07	100 Free	1:11.62	1:08.72	1:04.03			1:11.82	1:07.85	1:03.34	100 Free	1:04.70	1:01.13	0:57.06	

**NEW IN 2009:** Swimmers must achieve a J.V. or Varsity Time in order to qualify for Champs.