

Central Arkansas Swim League (CASL) Yard Time Standards (Effective 2023)															
	Freestyle			Backstroke			Breast Stroke			Butterfly			Individual Medley		
	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum
Boys 6 & Under	28.93	25.90	21.90	35.00	30.26	25.17	43.53	36.03	30.73	33.84	31.87	23.44	2:24.23	2:21.46	2:14.66
Girls 6 & Under	31.47	27.76	23.37	36.23	32.66	27.64	43.58	38.26	34.14	40.97	36.75	29.77	2:47.60	2:36.34	2:30.65
Boys 7-8	21.83	20.01	17.03	26.64	24.21	21.59	30.14	27.92	23.45	28.48	25.89	20.00	2:07.56	1:59.97	1:42.90
Girls 7-8	21.73	20.37	16.98	26.07	24.25	20.84	30.34	27.51	24.58	28.16	24.86	19.69	2:05.01	1:55.94	1:38.28
Boys 9-10	40.08	36.46	32.78	47.99	44.68	38.39	52.41	48.96	44.91	49.26	44.16	38.58	1:45.83	1:35.97	1:24.40
Girls 9-10	39.47	37.27	33.18	48.83	45.06	39.56	54.08	51.28	47.64	50.64	46.72	39.27	1:46.68	1:38.92	1:30.58
Boys 11-12	34.90	32.66	29.06	41.30	38.38	34.14	47.13	43.34	38.47	41.82	38.20	33.17	1:30.96	1:23.82	1:13.94
Girls 11-12	35.68	33.18	30.31	41.91	3.95	35.17	49.27	45.73	41.46	42.33	38.66	34.51	1:32.59	1:25.83	1:19.90
Boys 13-14	31.07	28.77	25.76	37.32	34.08	29.08	41.38	38.42	33.47	35.86	32.32	27.89	1:19.88	1:14.51	1:04.00
Girls 13-14	35.68	31.49	29.02	39.11	36.37	32.08	44.80	42.13	38.39	38.43	34.72	30.83	1:26.31	1:20.21	1:12.36
Boys 15-18	27.87	26.33	24.81	33.24	30.79	27.24	37.90	35.18	31.76	31.14	28.90	26.60	1:13.21	1:07.40	1:01.39
Girls 15-18	32.24	30.13	27.42	37.65	35.13	30.97	44.06	40.70	35.42	36.83	32.83	30.05	1:22.70	1:17.48	1:09.96
Central Arkansas Swim League (CASL) Meter Time Standards (Effective 2023)															
	Freestyle			Backstroke			Breast Stroke			Butterfly			Individual Medley		
	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum
Boys 6 & Under	32.11	28.75	24.31	38.85	33.59	27.94	48.32	39.99	34.11	37.56	35.38	26.02	2:40.10	2:37.02	2:29.47
Girls 6 & Under	34.93	30.81	25.94	40.22	36.25	30.68	48.37	42.47	37.90	45.48	40.79	33.04	3:06.04	2:53.54	2:47.22
Boys 7-8	24.23	22.21	18.90	29.57	26.87	23.96	33.46	30.99	26.03	31.61	28.74	22.20	2:21.59	2:13.17	1:54.22
Girls 7-8	24.12	22.61	18.85	28.94	26.92	23.13	33.68	30.54	27.28	31.26	27.59	21.86	2:18.76	2:08.69	1:49.09
Boys 9-10	44.49	40.47	36.39	53.27	49.59	42.61	58.18	54.35	49.85	54.68	49.02	42.82	1:57.47	1:46.53	1:33.68
Girls 9-10	43.81	41.37	36.83	54.20	50.02	43.91	60.03	56.92	52.88	56.21	51.86	43.59	1:58.41	1:49.80	1:40.54
Boys 11-12	38.74	36.25	32.26	45.84	42.60	37.90	52.31	48.11	42.70	46.42	42.40	36.82	1:40.97	1:33.04	1:22.07
Girls 11-12	39.60	36.83	33.64	46.52	4.38	39.04	54.69	50.76	46.02	46.99	42.91	38.31	1:42.77	1:35.27	1:28.69
Boys 13-14	34.49	31.93	28.59	41.43	37.83	32.28	45.93	42.65	37.15	39.80	35.88	30.96	1:28.67	1:22.71	1:11.04
Girls 13-14	39.60	34.95	32.21	43.41	40.37	35.61	49.73	46.76	42.61	42.66	38.54	34.22	1:35.80	1:29.03	1:20.32
Boys 15-18	30.94	29.23	27.54	36.90	34.18	30.24	42.07	39.05	35.25	34.57	32.08	29.53	1:21.26	1:14.81	1:08.14
Girls 15-18	35.79	33.44	30.44	41.79	38.99	34.38	48.91	45.18	39.32	40.88	36.44	33.36	1:31.80	1:26.00	1:17.66