

2022 RMCCSL Time Standards

Girls			State	State (yards)	KC Inv	A Lg	A Lg (yards)	Boys			State	State (Yards)	KC Inv	A Lg	A Lg (yards)
8&Under								8&Under							
2022	25	Free	20.00	18.02	24.50	24.00	21.62	2022	25	Free	20.00	18.02	25.00	24.00	21.62
	50	Free	46.00	41.44	57.00	55.00	49.55		50	Free	46.50	41.89	58.00	55.00	49.55
	100	Free	1:46.00	1:35.50	2:13.00	2:15.00	2:01.62		100	Free	1:47.00	1:36.40	2:13.00	2:20.00	2:06.13
	25	Fly	24.00	21.62	30.50	30.00	27.03		25	Fly	25.50	22.97	32.50	35.00	31.53
	25	Back	24.50	22.07	31.00	31.00	27.93		25	Back	25.00	22.52	32.00	31.00	27.93
	25	Breast	28.00	25.23	33.00	33.00	29.73		25	Breast	28.00	25.23	34.00	35.00	31.53
	100	IM	2:01.00	1:49	2:25.00	2:30.00	2:15.14		100	IM	2:05.00	1:52.61	2:31.00	2:35.00	2:19.64
9-10	50	Free	38.00	34.23	43.50	45.50	40.99	9-10	50	Free	38.50	34.68	44.00	45.50	40.99
2022	100	Free	1:27.00	1:18.38	1:41.00	1:43.00	1:32.79	2022	100	Free	1:27.50	1:18.83	1:48.00	1:43.00	1:32.79
	200	Free	3:15.50	2:56.13	3:55.00	4:05.00	3:40.72		200	Free	3:18.00	2:58.38	3:52.00	4:05.00	3:40.72
	50	Fly	45.00	40.54	57.50	1:08.00	1:01.26		50	Fly	47.00	42.34	59.00	1:12.00	1:04.86
	50	Back	46.00	41.44	56.00	1:00.00	54.05		50	Back	47.00	42.34	58.50	1:03.00	56.76
	50	Breast	51.00	45.95	58.50	1:00.00	54.05		50	Breast	51.50	46.40	1:01.50	1:06.00	59.46
	100	IM	1:40.00	1:30.09	1:59.00	1:55.00	1:43.60		100	IM	1:42.50	1:32.34	1:59.00	2:00.00	1:48.11
11-12	50	Free	33.50	30.18	40.00	40.50	36.49	11-12	50	Free	33.50	31.18	39.50	45.50	40.99
2022	100	Free	1:16.50	1:08.92	1:31.50	1:34.00	1:24.68	2022	100	Free	1:16.50	1:08.92	1:36.00	1:40.00	1:30.09
	200	Free	2:53.00	2:35.86	3:29.00	3:35.00	3:13.69		200	Free	2:55.50	2:38.11	3:29.00	4:00.00	3:36.22
	50	Fly	38.50	34.68	48.50	53.00	47.75		50	Fly	40.00	36.04	50.00	59.50	53.60
	50	Back	41.00	36.94	50.00	56.00	50.45		50	Back	41.50	37.39	51.50	1:03.00	56.76
	50	Breast	44.50	40.09	52.50	52.50	47.30		50	Breast	46.00	41.44	56.00	1:04.50	58.11
	100	IM	1:27.50	1:18.83	1:42.00	1:49.50	1:38.65		100	IM	1:30.00	1:21.08	1:46.00	2:00.00	1:48.11
13-14	50	Free	32.00	28.83	37.50			13-14	50	Free	30.00	27.03	36.00		
2022	100	Free	1:11.00	1:03.96	1:24.50			2022	100	Free	1:08.50	1:01.71	1:23.50		
	200	Free	2:43.50	2:27.30	3:10.00				200	Free	2:41.50	2:25.50	3:06.50		
	400	Free	5:56.00	6:46.05	6:50.00				400	Free	5:50.00	6:39.33	6:40.00		
	100	Fly	1:28.00	1:19.28	1:48.00				100	Fly	1:29.00	1:20.18	1:46.00		
	100	Back	1:24.50	1:16.13	1:36.00				100	Back	1:25.00	1:16.58	1:37.00		
	100	Breast	1:34.50	1:25.14	1:43.00				100	Breast	1:30.00	1:21.08	1:46.00		
	200	IM	3:06.00	2:47.57	3:32.00				200	IM	3:05.00	2:46.67	3:24.00		
15-16	50	Free	32.00	28.83	34.50			15-16	50	Free	29.00	26.13	32.50		
2022	100	Free	1:11.00	1:03.96	1:17.00			2022	100	Free	1:04.00	57.66	1:12.00		
	200	Free	2:40.00	2:24.14	2:54.00				200	Free	2:29.50	2:14.68	2:56.00		
	400	Free	5:50.00	6:39.33	6:35.00				400	Free	5:38.00	6:25.88	6:35.00		
	100	Fly	1:27.00	1:18.38	1:46.00				100	Fly	1:18.00	1:10.27	1:41.00		
	100	Back	1:22.50	1:14.32	1:32.00				100	Back	1:19.00	1:11.17	1:33.00		
	100	Breast	1:34.00	1:24.68	1:44.50				100	Breast	1:26.50	1:17.93	1:41.00		
	200	IM	3:03.00	2:44.86	3:25.00				200	IM	2:51.00	2:34.05	3:24.00		
17-18	50	Free	33.00	29.73	34.50			17-18	50	Free	29.00	26.13	32.50		
2022	100	Free	1:14.00	1:06.67	1:17.00			2022	100	Free	1:04.50	58.11	1:12.00		
	200	Free	2:45.00	2:28.65	2:54.00				200	Free	2:40.00	2:24.14	2:56.00		
	400	Free	5:55.00	6:44.93	6:35.00				400	Free	5:55.00	6:44.93	6:35.00		
	100	Fly	1:33.00	1:23.78	1:46.00				100	Fly	1:30.00	1:21.08	1:41.00		
	100	Back	1:25.50	1:17.03	1:32.00				100	Back	1:26.00	1:17.48	1:33.00		
	100	Breast	1:37.00	1:27.39	1:44.50				100	Breast	1:31.00	1:21.98	1:41.00		
	200	IM	3:09.00	2:50.27	3:25.00				200	IM	3:02.00	2:43.96	3:24.00		