

2025 Midlakes League Championship Time Standards				
	Yards			Meters
8&U	Girls	Boys		
100 Medley Relay	1:50.00	1:55.00		2:02.10 2:07.70
25 Free	19.50	20.10		21.65 22.31
50 Free	48.40	52.50		53.72 58.28
25 Back	23.70	25.00		26.31 27.75
25 Breast	27.50	28.80		30.53 31.97
25 Fly	24.50	26.40		27.20 29.30
100 Free Relay	1:40.00	1:55.50		1:51.00 2:08.20
	Yards			Meters
9-10	Girls	Boys		
100 Medley Relay	1:24.00	1:28.50		1:33.20 1:38.20
100 IM	1:34.30	1:37.30		1:44.67 1:48.00
25 Free	17.00	17.10		18.87 18.98
50 Free	36.00	36.80		39.96 40.85
50 Back	43.00	45.20		47.73 50.17
50 Breast	47.20	50.40		52.39 55.94
25 Fly	18.30	19.60		20.31 21.76
200 Free Relay	2:45.00	2:50.00		3:03.20 3:08.70
	Yards			Meters
11-12	Girls	Boys		
200 Medley Relay	2:33.50	2:45.00		2:50.40 3:03.20
100 IM	1:21.10	1:21.10		1:30.02 1:30.02
50 Free	31.80	31.00		35.30 34.41
100 Free	1:12.10	1:12.30		1:20.03 1:20.25
50 Back	37.60	38.90		41.74 43.18
50 Breast	42.10	43.00		46.73 47.73
50 Fly	35.80	36.90		39.74 40.96
200 Free Relay	2:21.00	2:26.00		2:36.50 2:42.10
	Yards			Meters
13-14	Girls	Boys		
200 Medley Relay	2:28.00	2:21.00		2:44.30 2:36.50
100 IM	1:17.10	1:11.40		1:25.58 1:19.25
50 Free	29.80	27.30		33.08 30.30
100 Free	1:07.40	1:03.40		1:14.81 1:10.37
50 Back	36.20	33.80		40.18 37.52
50 Breast	39.60	36.70		43.96 40.74
50 Fly	32.80	31.80		36.41 35.30
200 Free Relay	2:05.00	2:00.00		2:18.80 2:13.20
				Meters
15&O	Girls	Boys		
200 Medley Relay	2:18.00	2:03.00		2:33.20 2:16.50
100 IM	1:11.40	1:03.60		1:19.25 1:10.60
50 Free	28.00	24.70		31.08 27.42
100 Free	1:02.60	55.10		1:09.49 1:01.16
50 Back	33.20	30.10		36.85 33.41
50 Breast	38.00	32.80		42.18 36.41
50 Fly	30.80	27.20		34.19 30.19
200 Free Relay	2:07.00	1:47.50		2:21.00 1:59.30