
CAL2019 STANDARDS CAL Standards 2019-2020 Short Course Meters
Women 6 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Free	28.79	34.78	42.36	
25 Back	31.43	37.23	45.86	

Women 7-8

	GOLD	SLVR	QUAL	BRNZ
25 Free	20.78	23.99	27.59	
25 Back	25.50	28.35	31.86	

Women 8 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Breast	28.56	32.76	37.14	
25 Fly	24.57	29.57	34.33	

Women 9-10

	GOLD	SLVR	QUAL	BRNZ
50 Free	40.12	44.90	49.87	
50 Back	48.29	54.97	1:00.91	
50 Breast	53.88	59.46	1:06.29	
50 Fly	45.14	54.02	1:02.00	

Women 10 & Under

	GOLD	SLVR	QUAL	BRNZ
100 IM	1:37.41	1:49.13	1:58.63	

Women 11-12

	GOLD	SLVR	QUAL	BRNZ
50 Free	34.42	38.50	42.11	
50 Back	40.50	46.67	52.14	
50 Breast	45.94	51.32	56.07	
50 Fly	37.71	44.30	50.96	
100 IM	1:24.71	1:34.84	1:46.84	

Women 13-14

	GOLD	SLVR	QUAL	BRNZ
50 Free	31.62	35.08	37.41	
50 Back	37.19	41.99	45.89	
50 Breast	42.51	46.71	51.01	
50 Fly	34.52	39.26	43.85	
100 IM	1:17.79	1:27.62	1:35.71	

Women 15-18

	GOLD	SLVR	QUAL	BRNZ
50 Free	30.60	33.37	35.59	
50 Back	35.09	39.72	43.13	
50 Breast	39.58	44.73	48.48	

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50 Fly	33.16	36.89	40.84
100 IM	1:14.00	1:24.45	1:31.04

Men 6 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Free	27.74	33.68	42.47	
25 Back	31.68	37.20	47.23	

Men 7-8

	GOLD	SLVR	QUAL	BRNZ
25 Free	20.54	22.92	27.36	
25 Back	25.71	28.77	32.81	

Men 8 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Breast	28.25	32.10	37.07	
25 Fly	25.67	29.64	34.70	

Men 9-10

	GOLD	SLVR	QUAL	BRNZ
50 Free	40.04	44.74	50.34	
50 Back	49.65	56.08	1:03.47	
50 Breast	51.53	1:01.12	1:08.90	
50 Fly	47.63	56.29	1:03.91	

Men 10 & Under

	GOLD	SLVR	QUAL	BRNZ
100 IM	1:38.48	1:51.43	2:01.93	

Men 11-12

	GOLD	SLVR	QUAL	BRNZ
50 Free	34.16	37.88	41.78	
50 Back	40.35	47.70	53.70	
50 Breast	45.53	52.08	57.88	
50 Fly	37.63	45.62	52.98	
100 IM	1:24.20	1:34.22	1:44.23	

Men 13-14

	GOLD	SLVR	QUAL	BRNZ
50 Free	28.53	32.17	34.79	
50 Back	33.79	39.95	44.42	
50 Breast	37.94	42.95	47.52	
50 Fly	31.32	36.35	40.75	
100 IM	1:09.65	1:21.03	1:29.49	

Men 15-18

	GOLD	SLVR	QUAL	BRNZ
50 Free	26.62	28.71	30.76	

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50	Back	31.04	35.28	39.02
50	Breast	35.56	38.93	42.28
50	Fly	28.48	31.51	34.31
100	IM	1:05.62	1:14.09	1:19.72
