
CAL2024 STANDARDS CAL Standards 2023-2024 Yards
Girls 6 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Free	26.75	31.67	37.90	
25 Back	29.67	34.38	40.43	

Girls 7-8

	GOLD	SLVR	QUAL	BRNZ
25 Free	20.17	23.36	27.10	
25 Back	24.29	27.39	31.10	

Girls 8 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Breast	27.36	31.63	36.56	
25 Fly	23.52	27.85	32.07	

Girls 9-10

	GOLD	SLVR	QUAL	BRNZ
50 Free	36.19	41.82	47.16	
50 Back	43.89	50.86	56.26	
50 Breast	48.24	55.31	1:02.31	
50 Fly	41.13	49.41	56.10	

Girls 10 & Under

	GOLD	SLVR	QUAL	BRNZ
100 IM	1:27.46	1:37.61	1:47.44	

Girls 11-12

	GOLD	SLVR	QUAL	BRNZ
50 Free	30.91	34.94	38.47	
50 Back	37.12	42.59	47.56	
50 Breast	41.44	46.96	51.88	
50 Fly	33.44	39.40	45.47	
100 IM	1:15.57	1:26.24	1:34.04	

Girls 13-14

	GOLD	SLVR	QUAL	BRNZ
50 Free	28.47	31.18	33.86	
50 Back	33.39	37.38	41.86	
50 Breast	37.78	42.12	46.19	
50 Fly	31.02	34.89	39.78	
100 IM	1:09.03	1:17.73	1:25.45	

Girls 15-18

	GOLD	SLVR	QUAL	BRNZ
50 Free	27.19	29.56	31.45	
50 Back	31.80	35.31	38.08	
50 Breast	36.23	40.00	43.32	

CAL2024 STANDARDS CAL Standards 2023-2024 Yards

50 Fly	29.23	32.72	35.66
100 IM	1:06.52	1:15.08	1:20.52

Boys 6 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Free	26.15	32.17	39.48	
25 Back	29.74	36.02	43.99	

Boys 7-8

	GOLD	SLVR	QUAL	BRNZ
25 Free	19.22	22.69	26.52	
25 Back	24.06	27.63	31.84	

Boys 8 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Breast	26.14	29.43	33.48	
25 Fly	22.97	27.56	32.45	

Boys 9-10

	GOLD	SLVR	QUAL	BRNZ
50 Free	36.42	40.70	46.24	
50 Back	45.12	50.64	57.63	
50 Breast	48.79	55.19	1:02.00	
50 Fly	41.63	49.33	57.62	

Boys 10 & Under

	GOLD	SLVR	QUAL	BRNZ
100 IM	1:27.52	1:39.36	1:49.00	

Boys 11-12

	GOLD	SLVR	QUAL	BRNZ
50 Free	30.50	34.22	37.46	
50 Back	36.92	42.55	47.87	
50 Breast	41.76	47.22	52.01	
50 Fly	33.47	39.67	45.07	
100 IM	1:13.93	1:25.55	1:33.81	

Boys 13-14

	GOLD	SLVR	QUAL	BRNZ
50 Free	26.52	28.97	31.61	
50 Back	31.69	35.99	40.02	
50 Breast	35.10	39.71	44.21	
50 Fly	28.43	32.48	36.60	
100 IM	1:06.04	1:14.09	1:22.22	

Boys 15-18

	GOLD	SLVR	QUAL	BRNZ
50 Free	23.65	25.51	27.41	

CAL2024 STANDARDS CAL Standards 2023-2024 Yards

50	Back	27.50	30.72	34.06
50	Breast	31.15	34.40	37.51
50	Fly	25.80	28.10	30.99
100	IM	58.22	1:05.00	1:09.90

CAL2024 STANDARDS Gold Short Course Meters**Girls 6 & Under**

	GOLD	SLVR	QUAL	BRNZ
25 Free	29.69	35.16	42.07	
25 Back	32.94	38.16	44.88	

Girls 7-8

	GOLD	SLVR	QUAL	BRNZ
25 Free	22.39	25.93	30.08	
25 Back	26.96	30.40	34.52	

Girls 8 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Breast	30.37	35.11	40.58	
25 Fly	26.10	30.92	35.60	

Girls 9-10

	GOLD	SLVR	QUAL	BRNZ
50 Free	40.17	46.42	52.34	
50 Back	48.71	56.45	1:02.45	
50 Breast	53.55	1:01.39	1:09.17	
50 Fly	45.65	54.85	1:02.27	

Girls 10 & Under

	GOLD	SLVR	QUAL	BRNZ
100 IM	1:37.08	1:48.35	1:59.26	

Girls 11-12

	GOLD	SLVR	QUAL	BRNZ
50 Free	34.31	38.78	42.70	
50 Back	41.20	47.27	52.80	
50 Breast	45.99	52.13	57.59	
50 Fly	37.12	43.73	50.47	
100 IM	1:23.88	1:35.73	1:44.38	

Girls 13-14

	GOLD	SLVR	QUAL	BRNZ
50 Free	31.60	34.61	37.58	
50 Back	37.07	41.50	46.46	
50 Breast	41.94	46.75	51.27	
50 Fly	34.43	38.72	44.16	
100 IM	1:16.62	1:26.28	1:34.85	

Girls 15-18

	GOLD	SLVR	QUAL	BRNZ
50 Free	30.18	32.81	34.91	
50 Back	35.30	39.19	42.27	
50 Breast	40.22	44.40	48.09	

CAL2024 STANDARDS Gold Short Course Meters

50 Fly	32.45	36.32	39.59
100 IM	1:13.84	1:23.34	1:29.37

Boys 6 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Free	29.03	35.71	43.83	
25 Back	33.01	39.99	48.83	

Boys 7-8

	GOLD	SLVR	QUAL	BRNZ
25 Free	21.33	25.18	29.43	
25 Back	26.71	30.67	35.34	

Boys 8 & Under

	GOLD	SLVR	QUAL	BRNZ
25 Breast	29.02	32.67	37.16	
25 Fly	25.50	30.60	36.02	

Boys 9-10

	GOLD	SLVR	QUAL	BRNZ
50 Free	40.43	45.17	51.33	
50 Back	50.09	56.21	1:03.97	
50 Breast	54.16	1:01.26	1:08.82	
50 Fly	46.21	54.76	1:03.95	

Boys 10 & Under

	GOLD	SLVR	QUAL	BRNZ
100 IM	1:37.14	1:50.29	2:00.99	

Boys 11-12

	GOLD	SLVR	QUAL	BRNZ
50 Free	33.85	37.98	41.58	
50 Back	40.98	47.23	53.14	
50 Breast	46.35	52.41	57.73	
50 Fly	37.16	44.04	50.03	
100 IM	1:22.06	1:34.96	1:44.13	

Boys 13-14

	GOLD	SLVR	QUAL	BRNZ
50 Free	29.44	32.15	35.09	
50 Back	35.18	39.95	44.42	
50 Breast	38.96	44.08	49.07	
50 Fly	31.56	36.06	40.63	
100 IM	1:13.30	1:22.24	1:31.26	

Boys 15-18

	GOLD	SLVR	QUAL	BRNZ
50 Free	26.25	28.31	30.43	

CAL2024 STANDARDS Gold Short Course Meters

50	Back	30.53	34.10	37.81
50	Breast	34.58	38.19	41.63
50	Fly	28.64	31.19	34.40
100	IM	1:04.62	1:12.15	1:17.59