

2023-24 YMCA STATE TIME STANDARDS

GIRLS				EVENT	BOYS			
9-10	11-12	13-14	15-18		9-10	11-12	13-14	15-18
33.29	29.49	28.09	27.59	50 free	34.09	30.09	27.09	26.09
1:14.99	1:05.89	1:01.69	1:00.69	100 free	1:18.09	1:08.19	59.99	57.09
2:48.09	2:22.39	2:17.09	2:14.09	200 free	2:53.69	2:30.19	2:10.99	2:04.99
7:40.89	6:40.99	6:30.99	6:20.99	500 free	7:50.99	6:50.99	6:10.99	5:40.99
-----	-----	12:39.99	12:39.99	1,000 free	-----	-----	12:09.99	12:09.99
-----	-----	19:59.99	19:59.99	1,650 free	-----	-----	19:29.99	19:29.99
40.49	35.59	-----	-----	50 back	41.19	36.59	-----	-----
1:28.99	1:15.49	1:13.49	1:12.49	100 back	1:31.29	1:19.19	1:12.49	1:10.49
-----	2:46.09	2:38.99	2:35.99	200 back	-----	3:07.59	2:36.69	2:30.69
45.09	39.49	-----	-----	50 breast	47.59	41.49	-----	-----
1:41.79	1:26.69	1:21.99	1:20.99	100 breast	1:43.29	1:31.09	1:18.49	1:16.49
-----	3:09.09	2:55.99	2:52.99	200 breast	-----	3:23.79	2:50.79	2:44.79
39.49	33.99	-----	-----	50 fly	42.19	35.79	-----	-----
1:39.99	1:21.99	1:11.99	1:10.99	100 fly	1:39.59	1:25.69	1:08.99	1:06.99
-----	3:10.59	2:47.99	2:44.99	200 fly	-----	3:21.99	2:42.99	2:36.99
1:25.59	1:15.29	-----	-----	100 IM	1:29.99	1:19.29	-----	-----
3:14.09	2:45.59	2:36.99	2:33.99	200 IM	3:22.69	2:53.69	2:30.99	2:24.99
-----	6:15.89	5:28.89	5:22.89	400 IM	-----	6:26.89	5:27.09	5:14.09
2:21.99	2:02.99	1:57.99	-----	200 free relay	2:24.99	2:04.99	1:51.99	-----
-----	-----	-----	4:16.99	400 free relay	-----	-----	-----	3:50.99
2:38.99	2:17.99	2:11.99	2:10.99	200 medley relay	2:41.99	2:21.99	2:05.99	1:57.99