

YMCA STANDARDS Short Course Meters**Female 6 & Under**

	AAAA	AAA	AA	A	BB	B
25 Free	20.76	22.52	28.38	30.31	31.56	34.97
50 Free	44.40	49.95	58.22	1:02.15	1:14.01	1:19.43
25 Back	22.57	26.88	30.66	32.29	34.78	38.25
50 Back	49.61	55.11	1:01.24	1:08.04	1:15.60	1:24.00
25 Breast	23.79	26.44	29.37	32.63	36.26	40.29
25 Fly	22.69	25.21	28.02	31.12	34.59	38.43
100 IM	1:27.33	1:37.45	1:48.28	2:00.28	2:13.68	2:28.53
100 Free Relay				1:00.00		2:00.00

Female 7-8

	AAAA	AAA	AA	A	BB	B
25 Free	19.14	20.31	21.25	22.70	24.04	25.25
50 Free	38.85	43.18	47.50	50.09	54.76	1:01.57
25 Back	18.28	23.10	24.09	25.47	27.25	28.09
50 Back	43.42	46.53	50.25	54.22	1:00.62	1:06.38
25 Breast	20.72	25.84	28.07	29.50	31.28	33.16
25 Fly	18.59	22.20	23.31	24.48	27.31	28.98
100 IM	1:28.80	1:35.77	1:46.58	1:58.23	2:11.38	2:25.98
100 Free Relay				1:00.00		2:00.00

Female 9-10

	AAAA	AAA	AA	A	BB	B
50 Free	32.07	33.51	34.84	39.06	43.17	45.39
100 Free	1:11.25	1:14.69	1:18.24	1:28.79	1:39.44	1:45.08
50 Back	38.25	40.27	42.25	48.32	54.34	57.56
50 Breast	44.27	46.61	48.96	55.94	1:02.92	1:06.65
50 Fly	39.53	42.19	44.80	52.80	1:00.73	1:04.97
100 IM	1:23.86	1:27.96	1:32.01	1:44.21	1:56.41	2:02.92
200 Free Relay				1:00.00		2:00.00

Female 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	29.74	30.96	32.29	34.95	37.51	39.06
100 Free	1:04.15	1:07.14	1:10.03	1:15.80	1:21.68	1:25.19
200 Free	2:20.63	2:26.95	2:33.39	2:46.16	2:58.92	3:06.58
50 Back	34.68	36.44	38.25	41.82	45.39	47.53
50 Breast	39.16	41.02	42.83	46.56	50.29	52.52
50 Fly	35.52	36.92	38.41	41.77	45.34	47.34
100 IM	1:15.65	1:19.12	1:22.53	1:29.40	1:36.27	1:40.40
200 IM	2:37.61	2:44.82	2:51.93	3:06.25	3:20.57	3:29.16
200 Free Relay				1:00.00		2:00.00

Female 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	28.52	29.74	31.07	33.62	36.29	37.84
100 Free	1:01.82	1:04.59	1:07.37	1:13.03	1:18.58	1:21.93
200 Free	2:57.32	2:50.04	2:37.83	2:25.73	2:19.63	2:13.63

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50 Back	32.28	33.77	35.27	38.20	41.13	42.90
100 Back	1:07.25	1:10.36	1:13.47	1:19.58	1:25.68	1:29.37
50 Breast	37.13	38.84	40.49	43.90	47.25	49.28
100 Breast	1:17.36	1:20.91	1:24.35	1:31.45	1:38.45	1:42.66
50 Fly	32.23	33.67	35.16	38.04	40.97	42.71
100 Fly	1:07.14	1:10.14	1:13.25	1:19.24	1:25.35	1:28.99
100 IM	1:11.76	1:15.07	1:18.32	1:24.82	1:31.37	1:35.29
200 IM	2:29.51	2:36.39	2:43.16	2:56.70	3:10.35	3:18.52
200 Free Relay				1:00.00		2:00.00

Female 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	37.15	35.62	33.07	30.51	29.29	27.96
100 Free	1:00.71	1:03.48	1:06.14	1:11.69	1:17.24	1:20.55
200 Free	2:10.75	2:16.63	2:22.62	2:34.50	2:46.38	2:53.50
50 Back	31.59	33.03	34.47	37.34	40.17	41.88
100 Back	1:05.81	1:08.81	1:11.81	1:17.80	1:23.68	1:27.26
50 Breast	36.38	38.04	39.69	42.99	46.29	48.28
100 Breast	1:15.80	1:19.24	1:22.68	1:29.57	1:36.45	1:40.58
50 Fly	31.54	32.97	34.41	37.29	40.17	41.89
100 Fly	1:05.70	1:08.70	1:11.69	1:17.69	1:23.68	1:27.28
100 IM	1:10.38	1:13.63	1:16.82	1:23.22	1:29.61	1:33.46
200 IM	2:26.62	2:33.39	2:40.05	2:53.37	3:06.69	3:14.71

Female 15-18

	AAAA	AAA	AA	A	BB	B
200 Free Relay				1:00.00		2:00.00

Female 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	27.41	28.74	29.96	32.40	34.95	36.46
100 Free	50.04	1:02.15	1:04.92	1:10.25	1:15.69	1:19.02
200 Free	2:09.64	2:15.52	2:21.40	2:33.17	2:44.93	2:51.99
50 Back	31.16	32.60	33.99	36.81	39.69	41.39
100 Back	1:04.92	1:07.92	1:10.81	1:16.69	1:22.68	1:26.24
50 Breast	35.96	37.61	39.21	42.51	45.76	47.72
100 Breast	1:14.91	1:18.35	1:21.68	1:28.57	1:35.34	1:39.42
50 Fly	31.06	42.44	33.68	36.70	39.53	41.22
100 Fly	1:04.70	1:07.59	1:10.58	1:16.47	1:22.35	1:25.88
100 IM	1:09.37	1:12.51	1:15.65	1:21.94	1:28.28	1:32.06
200 IM	2:24.51	2:31.06	2:37.61	2:50.71	3:03.92	3:11.80

Male 6 & Under

	AAAA	AAA	AA	A	BB	B
25 Free	20.76	22.52	28.38	30.31	31.56	34.97
50 Free	44.40	49.95	58.22	1:02.15	1:14.01	1:19.43
25 Back	22.57	26.88	30.66	32.29	34.78	38.25
50 Back	49.61	55.11	1:01.24	1:08.04	1:15.60	1:24.00
25 Breast	23.79	26.44	29.37	32.63	36.26	40.29
25 Fly	22.69	25.21	28.02	31.12	34.59	38.43
100 IM	1:27.33	1:37.45	1:48.28	2:00.28	2:13.68	2:28.53

YMCA STANDARDS Short Course Meters**Male 7-8**

	AAAA	AAA	AA	A	BB	B
25 Free	19.14	20.31	21.25	22.70	24.04	25.25
50 Free	38.85	43.18	47.50	50.09	54.76	1:01.57
25 Back	18.28	23.10	24.09	25.47	27.25	28.09
50 Back	43.42	46.53	50.25	54.22	1:00.62	1:06.38
25 Breast	20.72	25.84	28.07	29.50	31.28	33.16
25 Fly	18.59	22.20	23.31	24.48	27.31	28.98
100 IM	1:28.80	1:35.77	1:46.58	1:58.23	2:11.38	2:28.53

Male 9-10

	AAAA	AAA	AA	A	BB	B
50 Free	31.73	33.07	34.40	38.28	42.28	33.39
100 Free	1:10.70	1:14.03	1:17.36	1:27.46	1:37.45	1:42.80
50 Back	38.46	40.33	42.19	47.79	53.38	56.36
50 Breast	43.90	45.98	48.05	54.29	1:00.52	1:03.85
50 Fly	39.37	41.93	44.48	52.21	59.88	1:03.98
100 IM	1:23.22	1:27.16	1:31.10	1:42.93	1:54.81	2:01.13

Male 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	28.40	29.74	30.96	33.62	36.17	37.73
100 Free	1:01.19	1:04.70	1:07.59	1:13.14	1:18.80	1:22.17
200 Free	2:15.85	2:21.96	2:28.17	2:40.49	2:52.82	3:00.21
50 Back	33.45	35.21	36.92	40.38	43.79	45.86
50 Breast	37.98	39.90	41.77	45.55	49.28	51.54
50 Fly	33.45	35.27	37.08	40.75	44.38	46.56
100 IM	1:13.25	1:16.82	1:20.39	1:27.48	1:34.62	1:38.89
200 IM	2:32.61	2:40.05	2:47.49	3:02.25	3:17.12	3:26.03

Male 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	26.18	27.41	28.52	30.96	33.29	34.71
100 Free	57.26	59.82	1:02.48	1:07.59	1:12.80	1:15.91
200 Free	2:04.75	2:10.41	2:16.07	2:27.40	2:38.72	2:45.51
50 Back	30.15	31.54	32.92	35.64	38.41	40.06
100 Back	1:02.81	1:05.70	1:08.59	1:14.25	1:20.02	1:23.46
50 Breast	34.09	35.64	37.18	40.27	43.36	45.22
100 Breast	1:11.03	1:14.25	1:17.47	1:23.90	1:30.34	1:34.21
50 Fly	29.88	31.27	32.66	35.37	38.09	39.73
100 Fly	1:02.26	1:05.15	1:08.03	1:13.69	1:19.35	1:22.77
100 IM	1:06.97	1:10.00	1:13.09	1:19.17	1:25.24	1:28.90
200 IM	2:19.52	2:25.84	2:32.28	2:44.93	2:57.59	3:05.20

Male 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	25.19	26.30	27.52	29.74	32.07	33.44
100 Free	54.82	57.38	59.82	1:04.81	1:09.81	1:12.80
200 Free	1:59.76	2:05.20	2:10.64	2:21.51	2:32.39	2:38.92

YMCA STANDARDS Short Course Meters

50 Back	28.66	29.94	31.22	33.83	36.44	37.99
100 Back	59.71	1:02.37	1:05.03	1:10.47	1:15.91	1:19.15
50 Breast	32.50	33.99	35.43	38.41	41.34	43.11
100 Breast	1:07.70	1:10.81	1:13.80	1:20.02	1:26.12	1:29.81
50 Fly	28.61	29.88	31.22	33.77	36.38	37.94
100 Fly	59.60	1:02.26	1:05.03	1:10.36	1:15.80	1:19.04
100 IM	1:03.93	1:06.86	1:09.74	1:15.55	1:21.35	1:24.84
200 IM	2:13.19	2:19.29	2:25.29	2:37.39	2:49.49	2:56.75

Male 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	24.41	25.52	26.63	28.85	31.07	32.40
100 Free	53.60	55.93	58.37	1:03.26	1:08.14	1:11.05
200 Free	1:57.43	2:02.75	2:08.08	2:18.85	2:29.51	2:35.92
50 Back	27.75	28.98	30.26	32.76	35.32	36.83
100 Back	57.82	1:00.37	1:03.04	1:08.25	1:13.58	1:16.73
50 Breast	31.75	33.24	34.68	37.56	40.43	42.17
100 Breast	1:06.14	1:09.25	1:12.25	1:18.24	1:24.24	1:27.86
50 Fly	27.59	28.82	30.10	32.60	35.11	36.61
100 Fly	57.49	1:00.04	1:02.70	1:07.92	1:13.14	1:16.27
100 IM	1:02.87	1:05.69	1:08.57	1:14.27	1:19.97	1:23.39
200 IM	2:10.97	2:16.85	2:22.85	2:34.72	2:46.60	2:53.73
