

YMCA STANDARDS Yards**Female 6 & Under**

	AAAA	AAA	AA	A	BB	B
25 Free	18.70	20.29	25.57	27.31	28.43	31.50
50 Free	40.00	45.00	52.45	55.00	1:06.68	1:11.56
25 Back	20.33	24.22	27.62	29.09	31.33	34.46
50 Back	44.69	49.65	55.17	1:01.30	1:08.11	1:15.68
25 Breast	21.43	23.82	26.46	29.40	32.67	36.30
25 Fly	20.44	22.71	25.34	28.04	31.16	34.62
100 IM	1:18.68	1:27.79	1:37.55	1:48.38	2:00.43	2:13.81
100 Free Relay				1:00.00		2:00.00

Female 7-8

	AAAA	AAA	AA	A	BB	B
25 Free	17.24	18.30	19.14	20.45	21.66	22.75
50 Free	35.00	38.90	42.79	45.13	49.33	55.47
25 Back	16.47	20.81	21.70	22.95	24.55	25.31
50 Back	39.12	41.92	45.27	48.85	54.61	59.80
25 Breast	18.67	23.28	25.29	26.58	28.18	29.87
25 Fly	16.75	20.00	21.00	22.05	24.60	26.11
100 IM	1:20.00	1:26.28	1:35.87	1:46.51	1:58.36	2:11.51
100 Free Relay				1:00.00		2:00.00

Female 9-10

	AAAA	AAA	AA	A	BB	B
50 Free	28.89	30.19	31.39	35.19	38.89	40.89
100 Free	1:04.19	1:07.29	1:10.49	1:19.99	1:29.59	1:34.67
50 Back	34.46	36.28	38.06	43.53	48.96	51.85
50 Breast	39.88	42.00	44.11	50.40	56.68	1:00.04
50 Fly	35.61	38.01	40.36	47.56	54.72	58.54
100 IM	1:15.55	1:19.24	1:22.89	1:33.88	1:44.88	1:50.74
200 Free Relay				1:00.00		2:00.00

Female 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	26.79	27.89	29.09	31.49	33.79	35.19
100 Free	57.79	1:00.49	1:03.09	1:08.29	1:13.59	1:16.75
200 Free	2:06.69	2:12.39	2:18.19	2:29.69	2:41.19	2:48.09
50 Back	31.24	32.83	34.46	37.68	40.89	42.82
50 Breast	35.28	36.96	38.59	41.95	45.31	47.31
50 Fly	31.82	33.26	34.60	37.63	40.84	42.65
100 IM	1:08.16	1:11.28	1:14.35	1:20.54	1:26.73	1:30.45
200 IM	2:21.99	2:28.49	2:34.89	2:47.79	3:00.69	3:08.43
200 Free Relay				1:00.00		2:00.00

Female 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	25.69	26.79	27.99	30.29	32.69	34.09
100 Free	55.69	58.19	1:00.69	1:05.79	1:10.79	1:13.81
200 Free	2:00.39	2:05.79	2:11.29	2:22.19	2:33.19	2:39.75

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50 Back	29.08	30.43	31.77	34.41	37.05	38.64
100 Back	1:00.59	1:03.39	1:06.19	1:11.69	1:17.19	1:20.51
50 Breast	33.45	34.99	36.48	39.55	42.57	44.40
100 Breast	1:09.69	1:12.89	1:15.99	1:22.39	1:28.69	1:32.49
50 Fly	29.04	30.33	31.68	34.27	36.91	38.48
100 Fly	1:00.49	1:03.19	1:05.99	1:11.39	1:16.89	1:20.17
100 IM	1:04.65	1:07.63	1:10.56	1:16.41	1:22.32	1:25.85
200 IM	2:14.69	2:20.89	2:26.99	2:39.19	2:51.49	2:58.85
200 Free Relay				1:00.00		

Female 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	25.19	26.39	27.49	29.79	32.09	33.47
100 Free	54.69	57.19	59.59	1:04.59	1:09.59	1:12.57
200 Free	1:57.79	2:03.09	2:08.49	2:19.19	2:29.89	2:36.31
50 Back	28.46	29.76	31.05	33.64	36.19	37.73
100 Back	59.29	1:01.99	1:04.69	1:10.09	1:15.39	1:18.61
50 Breast	32.78	34.27	35.76	38.73	41.71	43.49
100 Breast	1:08.29	1:11.39	1:14.49	1:20.69	1:26.89	1:30.61
50 Fly	28.41	29.71	31.00	33.60	36.19	37.74
100 Fly	59.19	1:01.89	1:04.59	1:09.99	1:15.39	1:18.63
100 IM	1:03.40	1:06.33	1:09.21	1:14.97	1:20.73	1:24.20
200 IM	2:12.09	2:18.19	2:24.19	2:36.19	2:48.19	2:55.41

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	24.69	25.89	26.99	29.19	31.49	32.85
100 Free	53.19	55.99	58.49	1:03.29	1:08.19	1:11.19
200 Free	1:56.79	2:02.09	2:07.39	2:17.99	2:28.59	2:34.95
50 Back	28.08	29.37	30.62	33.16	35.76	37.29
100 Back	58.49	1:01.19	1:03.79	1:09.09	1:14.49	1:17.69
50 Breast	32.40	33.88	35.32	38.30	42.23	42.99
100 Breast	1:07.49	1:10.59	1:13.59	1:19.79	1:25.89	1:29.57
50 Fly	27.98	29.23	30.52	33.07	35.61	37.14
100 Fly	58.29	1:00.89	1:03.59	1:08.89	1:14.19	1:17.37
100 IM	1:02.49	1:05.32	1:08.16	1:13.82	1:19.53	1:22.94
200 IM	2:10.19	2:16.09	2:21.99	2:33.79	2:45.69	2:52.79

Male 6 & Under

	AAAA	AAA	AA	A	BB	B
25 Free	18.70	20.29	25.57	27.31	28.43	31.50
50 Free	40.00	45.00	52.45	55.00	1:06.68	1:11.56
25 Back	20.33	24.22	27.62	29.09	31.33	34.46
50 Back	44.69	49.65	55.17	1:01.30	1:08.11	1:15.68
25 Breast	21.43	23.82	26.46	29.40	32.67	36.30
25 Fly	20.44	22.71	25.34	28.04	31.16	34.62
100 IM	1:18.68	1:27.79	1:37.55	1:48.38	2:00.43	2:13.81

YMCA STANDARDS Yards

Male 7-8

	AAAA	AAA	AA	A	BB	B
25 Free	17.24	18.30	19.14	20.45	21.66	22.75
50 Free	35.00	38.90	42.79	45.13	49.33	55.47
25 Back	16.47	20.81	21.70	22.95	24.55	25.31
50 Back	39.12	41.92	45.27	48.85	54.61	59.80
25 Breast	18.67	23.28	25.29	26.58	28.18	29.87
25 Fly	16.75	20.00	21.00	22.05	24.60	26.11
100 IM	1:20.00	1:26.28	1:35.87	1:46.51	1:58.36	2:11.51

Male 9-10

	AAAA	AAA	AA	A	BB	B
50 Free	28.59	29.79	30.99	34.49	38.09	39.99
100 Free	1:03.69	1:06.69	1:09.69	1:18.79	1:27.79	1:32.61
50 Back	34.65	36.33	38.01	43.05	48.09	50.78
50 Breast	39.55	41.42	43.29	48.91	54.52	57.52
50 Fly	35.47	37.77	40.08	47.04	53.95	57.64
100 IM	1:14.97	1:18.52	1:22.08	1:32.73	1:43.44	1:49.13

Male 11-12

	AAAA	AAA	AA	A	BB	B
50 Free	25.59	26.79	27.89	30.29	32.59	33.99
100 Free	55.79	58.29	1:00.89	1:05.89	1:10.99	1:14.03
200 Free	2:02.39	2:07.89	2:13.49	2:24.59	2:35.69	2:42.35
50 Back	30.14	31.72	33.26	36.38	39.45	41.31
50 Breast	34.22	35.95	37.63	41.04	44.40	46.43
50 Fly	30.14	31.77	33.40	36.72	39.98	41.95
100 IM	1:06.00	1:09.21	1:12.43	1:18.81	1:25.24	1:29.09
200 IM	2:17.49	2:24.19	2:30.89	2:44.19	2:57.59	3:05.61

Male 13-14

	AAAA	AAA	AA	A	BB	B
50 Free	23.59	24.69	25.69	27.89	29.99	31.27
100 Free	51.59	53.89	56.29	1:00.89	1:05.59	1:08.39
200 Free	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99	2:29.11
50 Back	27.16	28.41	29.66	32.11	34.60	36.09
100 Back	56.59	59.19	1:01.79	1:06.89	1:12.09	1:15.19
50 Breast	30.72	32.11	33.50	36.28	39.07	40.74
100 Breast	1:03.99	1:06.89	1:09.79	1:15.59	1:21.39	1:24.87
50 Fly	26.92	28.17	29.42	31.87	34.32	35.79
100 Fly	56.09	58.69	1:01.29	1:06.39	1:11.49	1:14.57
100 IM	1:00.33	1:03.07	1:05.85	1:11.32	1:16.80	1:20.09
200 IM	2:05.69	2:11.39	2:17.19	2:28.59	2:39.99	2:46.85

Male 15-16

	AAAA	AAA	AA	A	BB	B
50 Free	22.69	23.69	24.79	26.79	28.89	30.13
100 Free	49.39	51.69	53.89	58.39	1:02.89	1:05.59
200 Free	1:47.89	1:52.79	1:57.69	2:07.49	2:17.29	2:23.17

YMCA STANDARDS Yards

50 Back	25.82	26.97	28.12	30.48	32.83	34.23
100 Back	53.79	56.19	58.59	1:03.49	1:08.39	1:11.31
50 Breast	29.28	30.62	31.92	34.60	37.24	38.84
100 Breast	1:00.99	1:03.79	1:06.49	1:12.09	1:17.59	1:20.91
50 Fly	25.77	26.92	28.12	30.43	32.78	34.18
100 Fly	53.69	56.09	58.59	1:03.39	1:08.29	1:11.21
100 IM	57.60	1:00.24	1:02.83	1:08.06	1:13.29	1:16.43
200 IM	1:59.99	2:05.49	2:10.89	2:21.79	2:32.69	2:39.23

Male 17-18

	AAAA	AAA	AA	A	BB	B
50 Free	21.99	22.99	23.99	25.99	27.99	29.19
100 Free	48.29	50.39	52.59	56.99	1:01.39	1:04.01
200 Free	1:45.79	1:50.59	1:55.39	2:05.09	2:14.69	2:20.47
50 Back	25.00	26.11	27.26	29.52	31.82	33.18
100 Back	52.09	54.39	56.79	1:01.49	1:06.29	1:09.13
50 Breast	28.60	29.95	31.24	33.84	36.43	37.99
100 Breast	59.59	1:02.39	1:05.09	1:10.49	1:15.89	1:19.15
50 Fly	24.86	25.96	27.12	29.37	31.63	32.98
100 Fly	51.79	54.09	56.49	1:01.19	1:05.89	1:08.71
100 IM	56.64	59.18	1:01.77	1:06.91	1:12.04	1:15.12
200 IM	1:57.99	2:03.29	2:08.69	2:19.39	2:30.09	2:36.51
