

## 2021-2024 RMAL Time Standards

### 8 & Under Girls

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
20.69	18.69	17.49	22.97	20.75	19.41
24.69	23.29	20.49	27.41	25.85	22.74
24.19	22.19	19.39	26.85	24.63	21.52
27.89	24.99	23.29	30.96	27.74	25.85

**25 Free**  
**25 Back**  
**25 Fly**  
**25 Breast**

### 8 & Under Boys

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
20.69	18.39	17.19	22.97	20.41	19.08
24.49	23.09	20.19	27.18	25.63	22.41
24.29	22.19	19.39	26.96	24.63	21.52
27.89	25.49	23.09	30.96	28.29	25.63

### 10 & Under Girls

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
37.89	35.19	31.39	42.06	39.06	34.84
45.99	41.89	36.69	51.05	46.50	40.73
46.39	41.79	36.19	51.49	46.39	40.17
52.19	47.49	41.69	57.93	52.71	46.28
1:40.59	1:31.69	1:20.79	1:51.65	1:41.78	1:29.68

**50 Free**  
**50 Back**  
**50 Fly**  
**50 Breast**  
**100 IM**

### 10 & Under Boys

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
37.09	34.49	30.99	41.17	38.28	34.40
46.49	42.29	36.99	51.60	46.94	41.06
44.69	40.49	35.39	49.61	44.94	39.28
52.09	46.59	40.99	57.82	51.71	45.50
1:36.79	1:28.89	1:18.99	1:47.44	1:38.67	1:27.68

### 11-12 Girls

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
32.59	31.29	28.99	36.17	34.73	32.18
37.09	35.39	32.69	41.17	39.28	36.29
35.49	33.89	31.29	39.39	37.62	34.73
41.99	39.99	36.89	46.61	44.39	40.95
1:22.09	1:18.09	1:12.09	1:31.12	1:26.68	1:20.02

**50 Free**  
**50 Back**  
**50 Fly**  
**50 Breast**  
**100 IM**

### 11-12 Boys

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
31.59	30.29	27.89	35.06	33.62	30.96
36.89	34.99	32.09	40.95	38.84	35.62
36.09	34.19	31.19	40.06	37.95	34.62
41.89	39.49	36.09	46.50	43.83	40.06
1:18.89	1:14.99	1:09.09	1:27.57	1:23.24	1:16.69

### 13-14 Girls

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
31.59	30.19	27.89	35.06	33.51	30.96
1:08.59	1:05.49	1:00.49	1:16.13	1:12.69	1:07.14
35.04	33.46	30.87	38.89	37.14	34.27
34.90	33.32	30.78	38.74	36.99	34.17
40.36	38.39	35.43	44.80	42.61	39.33
1:17.81	1:14.07	1:08.38	1:26.37	1:22.22	1:15.9

**50 Free**  
**100 Free**  
**50 Back**  
**50 Fly**  
**50 Breast**  
**100 IM**

### 13-14 Boys

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
28.89	27.79	25.69	32.07	30.85	28.52
1:03.59	1:00.89	56.29	1:10.58	1:07.59	1:02.48
32.60	31.20	28.81	36.19	34.63	31.98
32.46	31.06	28.67	36.03	34.48	31.82
37.21	35.48	32.75	41.30	39.38	36.35
1:14.20	1:09.79	1:04.44	1:22.36	1:17.47	1:11.53

### 15 & Over Girls

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
30.79	29.49	27.19	34.18	32.73	30.18
1:06.89	1:03.99	58.99	1:14.25	1:11.03	1:05.48
33.36	31.92	29.44	37.03	35.43	32.68
33.36	31.92	29.44	37.03	35.43	32.68
38.51	36.66	33.85	42.75	40.69	37.57
1:15.73	1:11.25	1:06.70	1:24.06	1:19.09	1:14.04

**50 Free**  
**100 Free**  
**50 Back**  
**50 Fly**  
**50 Breast**  
**100 IM**

### 15 & Over Boys

Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue
27.39	26.39	24.39	30.40	29.29	27.07
1:00.39	57.89	53.49	1:07.03	1:04.26	59.37
30.32	29.07	26.86	33.66	32.27	29.81
30.05	28.84	26.63	33.36	32.01	29.56
34.19	32.70	30.17	37.95	36.30	33.49
1:08.78	1:04.81	59.85	1:16.35	1:11.94	1:06.43