

2024 RMAL Time Standards

8 & Under Girls							8 & Under Boys					
Yards			Meters				Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	
22.18	18.69	17.49	24.62	20.75	19.41	25 Free	20.92	18.39	17.19	23.22	20.41	19.08
26.00	23.29	20.49	28.86	25.85	22.74	25 Back	26.06	23.09	20.19	28.93	25.63	22.41
30.22	22.19	19.39	33.54	24.63	21.52	25 Fly	31.26	22.19	19.39	34.70	24.63	21.52
32.26	24.99	23.29	35.81	27.74	25.85	25 Breast	30.71	25.49	23.09	34.09	28.29	25.63
10 & Under Girls							10 & Under Boys					
Yards			Meters				Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	
37.90	35.19	31.39	42.07	39.06	34.84	50 Free	38.11	34.49	30.99	42.30	38.28	34.40
46.96	41.89	36.69	52.13	46.50	40.73	50 Back	47.68	42.29	36.99	52.92	46.94	41.06
50.45	41.79	36.19	56.00	46.39	40.17	50 Fly	52.87	40.49	35.39	58.69	44.94	39.28
55.34	47.49	41.69	1:01.43	52.71	46.28	50 Breast	54.89	46.59	40.99	1:00.93	51.71	45.50
1:44.73	1:31.69	1:20.79	1:56.25	1:41.78	1:29.68	100 IM	1:45.70	1:28.89	1:18.99	1:57.33	1:38.67	1:27.68
11-12 Girls							11-12 Boys					
Yards			Meters				Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	
33.65	31.29	28.99	37.35	34.73	32.18	50 Free	32.20	30.29	27.89	35.74	33.62	30.96
41.34	35.39	32.69	45.89	39.28	36.29	50 Back	41.09	34.99	32.09	45.61	38.84	35.62
41.93	33.89	31.29	46.54	37.62	34.73	50 Fly	40.64	34.19	31.19	45.11	37.95	34.62
47.95	39.99	36.89	53.22	44.39	40.95	50 Breast	44.86	39.49	36.09	49.79	43.83	40.06
1:30.92	1:18.09	1:12.09	1:40.92	1:26.68	1:20.02	100 IM	1:25.62	1:14.99	1:09.09	1:35.04	1:23.24	1:16.69
13-14 Girls							13-14 Boys					
Yards			Meters				Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	
31.83	30.19	27.89	35.33	33.51	30.96	50 Free	28.89	27.79	25.69	32.07	30.85	28.52
1:11.07	1:05.49	1:00.49	1:18.89	1:12.69	1:07.14	100 Free	1:05.85	1:00.89	56.29	1:13.09	1:07.59	1:02.48
38.84	33.46	30.87	43.11	37.14	34.27	50 Back	36.09	31.20	28.81	40.06	34.63	31.98
36.54	33.32	30.78	40.56	36.99	34.17	50 Fly	33.24	31.06	28.67	36.90	34.48	31.82
43.13	38.39	35.43	47.87	42.61	39.33	50 Breast	39.45	35.48	32.75	43.79	39.38	36.35
1:21.83	1:14.07	1:08.38	1:30.83	1:22.22	1:15.9	100 IM	1:14.20	1:09.79	1:04.44	1:22.36	1:17.47	1:11.53
15 & Over Girls							15 & Over Boys					
Yards			Meters				Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	Qual	Gold	Blue	
30.79	29.49	27.19	34.18	32.73	30.18	50 Free	27.39	26.39	24.39	30.40	29.29	27.07
1:06.89	1:03.99	58.99	1:14.25	1:11.03	1:05.48	100 Free	1:00.39	57.89	53.49	1:07.03	1:04.26	59.37
35.19	31.92	29.44	39.06	35.43	32.68	50 Back	30.32	29.07	26.86	33.66	32.27	29.81
33.36	31.92	29.44	37.03	35.43	32.68	50 Fly	30.05	28.84	26.63	33.36	32.01	29.56
39.48	36.66	33.85	43.82	40.69	37.57	50 Breast	35.31	32.70	30.17	39.19	36.30	33.49
1:15.73	1:11.25	1:06.70	1:24.06	1:19.09	1:14.04	100 IM	1:08.78	1:04.81	59.85	1:16.35	1:11.94	1:06.43