

## 2025 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
22.16	18.69	17.49	24.60	20.75	19.41	<b>25 Free</b>	20.11	18.39	17.19	22.32	20.41	19.08
25.73	23.29	20.49	28.56	25.85	22.74	<b>25 Back</b>	25.35	23.09	20.19	28.14	25.63	22.41
31.16	22.19	19.39	34.59	24.63	21.52	<b>25 Fly</b>	29.08	22.19	19.39	32.28	24.63	21.52
33.10	24.99	23.29	36.74	27.74	25.85	<b>25 Breast</b>	32.93	25.49	23.09	36.55	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
39.38	35.99	32.09	43.71	39.95	35.62	<b>50 Free</b>	36.78	34.59	31.09	40.83	38.39	34.51
47.97	43.29	37.99	53.25	48.05	42.17	<b>50 Back</b>	46.85	42.89	37.59	52.00	47.61	41.72
54.16	42.69	36.99	1:00.12	47.39	41.06	<b>50 Fly</b>	49.30	41.29	35.99	54.72	45.83	39.95
55.53	48.69	42.79	1:01.64	54.05	47.50	<b>50 Breast</b>	50.90	47.69	42.09	56.50	52.94	46.72
1:44.94	1:33.19	1:22.09	1:56.48	1:43.44	1:31.12	<b>100 IM</b>	1:40.84	1:29.69	1:19.69	1:51.93	1:39.56	1:28.46
11-12 Girls						11-12 Boys						
Yards			Meters				Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue		Qual	Gold	Blue	Qual	Gold	Blue
34.20	31.69	29.29	37.96	35.18	32.51	<b>50 Free</b>	32.75	30.49	28.09	36.35	33.84	31.18
41.63	35.99	33.19	46.21	39.95	36.84	<b>50 Back</b>	41.05	35.59	32.69	45.57	39.50	36.29
40.54	34.29	31.59	45.00	38.06	35.06	<b>50 Fly</b>	42.66	34.19	31.19	47.35	37.95	34.62
46.82	40.89	37.69	51.97	45.39	41.84	<b>50 Breast</b>	46.74	40.09	36.69	51.88	44.50	40.73
1:28.54	1:19.09	1:13.09	1:38.28	1:27.79	1:21.13	<b>100 IM</b>	1:31.54	1:15.89	1:09.99	1:41.61	1:24.24	1:17.69
13-14 Girls						13-14 Boys						
Yards			Meters				Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue		Qual	Gold	Blue	Qual	Gold	Blue
31.59	30.19	27.89	35.06	33.51	30.96	<b>50 Free</b>	28.64	27.69	25.59	31.79	30.74	28.40
1:14.77	1:05.89	1:00.89	1:22.99	1:13.14	1:07.59	<b>100 Free</b>	1:06.01	1:00.29	55.69	1:13.27	1:06.92	1:01.82
39.03	33.69	31.09	43.32	37.40	34.51	<b>50 Back</b>	35.27	31.29	28.89	39.15	34.73	32.07
38.75	33.29	30.69	43.01	36.95	34.07	<b>50 Fly</b>	33.12	30.79	28.39	36.76	34.18	31.51
44.71	39.09	36.09	49.63	43.39	40.06	<b>50 Breast</b>	39.79	35.79	33.09	44.17	39.73	36.73
1:25.92	1:14.96	1:09.18	1:35.37	1:23.21	1:16.79	<b>100 IM</b>	1:16.99	1:08.94	1:03.63	1:25.46	1:16.52	1:10.63
15 & Over Girls						15 & Over Boys						
Yards			Meters				Yards			Meters		
Qual	Gold	Blue	Qual	Gold	Blue		Qual	Gold	Blue	Qual	Gold	Blue
30.68	29.49	27.29	34.05	32.73	30.29	<b>50 Free</b>	26.86	26.29	24.19	29.81	29.18	26.85
1:05.96	1:03.79	58.89	1:13.22	1:10.81	1:05.37	<b>100 Free</b>	1:00.70	57.59	53.19	1:07.38	1:03.92	59.04
35.40	32.61	30.12	39.29	36.20	33.43	<b>50 Back</b>	30.76	29.46	27.21	34.14	32.70	30.20
33.36	32.47	29.98	37.03	36.04	33.28	<b>50 Fly</b>	30.09	29.32	27.07	33.40	32.55	30.05
40.60	37.50	34.63	45.07	41.63	38.44	<b>50 Breast</b>	34.39	33.55	30.97	38.17	37.24	34.38
1:17.63	1:12.52	1:06.92	1:26.17	1:20.50	1:14.28	<b>100 IM</b>	1:07.94	1:05.89	1:00.81	1:15.41	1:13.14	1:07.50

1 - Gold and Blue times derived from new USA Swimming Motivational Times

2 - Qualifying times derived from top 36 fastest times from previous season