

2022-2024 LAL TIME STANDARDS

	25 FREE	50 FREE	25 BACK	25 BREAST	25 FLY	100 IM
8 & UNDER GIRLS	22.80	52.49	28.14	33.54	29.28	2:27.68
8 & UNDER BOYS	21.21	49.30	27.65	30.95	27.94	2:26.74
9-10 GIRLS	18.29	43.10	23.04	25.27	21.23	1:48.72
9-10 BOYS	17.26	39.40	22.82	24.42	20.56	1:47.26

	50 FREE	100 FREE	50 BACK	50 BREAST	50 FLY	100 IM
11-12 GIRLS	35.26	1:20.65	44.08	48.81	41.03	1:33.42
11-12 BOYS	33.40	1:16.38	42.61	46.49	41.67	1:30.09

	50 FREE	100 FREE	50 BACK	100 BACK	50 BREAST	100 BREAST	50 FLY	100 FLY	100 IM
13-14 GIRLS	32.93	1:14.58	39.91	1:31.68	44.95	1:39.92	38.64	1:34.82	1:26.74
13-14 BOYS	29.78	1:08.18	38.57	1:26.83	42.12	1:33.93	35.39	1:26.72	1:21.15
15& UP GIRLS	31.47	1:09.63	36.79	1:23.14	42.26	1:33.77	35.51	1:23.37	1:21.26
15& UP BOYS	27.15	1:00.43	32.96	1:13.38	36.09	1:21.02	30.80	1:09.18	1:10.81