

GRAL 2010 TIME STANDARDS

GIRLS											BOYS												
MITES (8 - Under)											MITES (8 - Under)												
Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.		Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.			
		y						y					y						y				
M	2:27.8 0	2:17.8 0	2:10.1 5	2:02.4 9	100	IM	2:13.1 0	2:04.1 4	1:57.2 5	1:50.3 5	Y	M	2:50.0 0	2:32.4 4	2:18.0 4	2:03.2 1	100	IM	2:33.2 0	2:17.3 3	2:04.3 6	1:51.0 0	Y
E	27.90	26.99	26.07	24.75	25	Back	25.10	24.32	23.49	22.30	A	E	29.10	27.61	26.37	24.91	25	Back	26.20	24.87	23.76	22.44	A
T	31.70	29.99	28.85	27.50	25	Breas t	28.60	27.02	25.99	24.77	R	T	34.20	31.95	29.99	28.32	25	Breas t	30.80	28.78	27.02	25.51	R
E	31.70	28.74	27.03	24.93	25	Fly	28.60	25.89	24.35	22.46	D	E	33.30	31.13	28.55	25.73	25	Fly	30.00	28.05	25.72	23.18	D
R	23.30	22.43	21.54	20.46	25	Free	21.00	20.21	19.41	18.44	S	R	23.50	22.12	21.15	19.67	25	Free	21.20	19.93	19.05	17.72	S
S	55.50	52.41	50.15	47.44	50	Free	50.00	47.22	45.18	42.74		S	56.80	52.96	49.98	45.30	50	Free	51.10	47.71	45.02	40.81	
MIDGETS (9 - 10)											MIDGETS (9 - 10)												
Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.		Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.			
		y						y					y						y				
M	1:55.2 0	1:48.6 3	1:43.9 7	1:36.7 2	100	IM	1:43.8 0	1:37.8 7	1:33.6 6	1:27.1 4	Y	M	2:00.0 0	1:52.0 0	1:47.0 0	1:41.9 7	100	IM	1:48.1 0	1:40.9 0	1:36.4 0	1:31.8 6	Y
E	52.50	49.60	47.78	45.27	50	Back	47.30	44.69	43.05	40.78	A	E	53.80	50.84	48.90	45.47	50	Back	48.40	45.80	44.05	40.97	A
T	57.20	54.42	52.75	50.34	50	Breas t	51.50	49.03	47.52	45.35	R	T	59.10	56.57	54.99	52.04	50	Breas t	53.20	50.97	49.54	46.88	R
E	55.80	51.78	48.72	45.50	50	Fly	50.30	46.65	43.89	40.99	D	E	58.70	54.70	51.91	47.32	50	Fly	52.90	49.28	46.77	42.63	D
R	44.50	41.97	40.59	38.58	50	Free	40.10	37.81	36.56	34.75	S	R	43.80	41.85	40.49	38.60	50	Free	39.50	37.71	36.48	34.77	S
S	1:42.2 0	1:36.7 6	1:32.8 7	1:27.0 5	100	Free	1:32.1 0	1:27.1 7	1:23.6 7	1:18.43		S	1:43.5 0	1:37.7 1	1:32.9 3	1:27.7 0	100	Free	1:33.3 0	1:28.0 3	1:23.7 2	1:19.01	
JUNIORS (11 - 12)											JUNIORS (11 - 12)												
Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.		Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.			
		y						y					y						y				
M	1:37.5 0	1:33.7 4	1:29.5 5	1:23.6 3	100	IM	1:27.9 0	1:24.4 5	1:20.6 8	1:15.3 4	Y	M	1:44.4 0	1:38.4 1	1:33.5 8	1:27.1 3	100	IM	1:34.0 0	1:28.6 6	1:24.3	1:18.5 0	Y
E	45.00	42.79	41.17	38.94	50	Back	40.60	38.55	37.09	35.08	A	E	48.30	45.33	43.16	40.08	50	Back	43.50	40.84	38.88	36.11	A
T	49.50	47.65	45.96	43.81	50	Breas t	44.60	42.93	41.41	39.47	R	T	53.10	49.93	48.18	45.20	50	Breas t	47.80	44.98	43.41	40.72	R
E	45.00	42.28	40.54	37.93	50	Fly	40.50	38.09	36.53	34.17	D	E	50.20	45.57	43.01	40.21	50	Fly	45.20	41.06	38.75	36.22	D
R	37.40	36.20	34.92	33.35	50	Free	33.70	32.61	31.46	30.05	S	R	38.90	37.19	35.75	33.98	50	Free	35.10	33.50	32.21	30.61	S
S	1:27.2 0	1:22.5 0	1:19.3 8	1:13.8 6	100	Free	1:18.5 0	1:14.3 2	1:11.5 2	1:06.54		S	1:30.6 0	1:25.2 9	1:21.7 2	1:16.5 9	100	Free	1:21.7 0	1:16.8 4	1:13.6 2	1:09.00	

INTERMEDIATES (13 - 14)										INTERMEDIATES (13 - 14)													
Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.	Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.				
		y						y				y						y					
M	1:34.0 0	1:28.2 7	1:25.4 0	1:20.1 5	100	IM	1:24.7 0	1:19.5 2	1:16.9 3	1:12.2 1	Y	M	1:35.7 0	1:25.8 1	1:21.7 8	1:17.6 8	100	IM	1:26.3 0	1:17.3 0	1:13.6 8	1:09.9 8	Y
E	44.70	41.07	39.73	37.39	50	Back	40.30	37.00	35.79	33.69	A	E	46.70	40.73	38.64	36.34	50	Back	42.10	36.70	34.81	32.74	A
T	1:41.9 0	1:31.8 2	1:27.4 3	1:20.7 9	100	Back	1:31.8 0	1:22.7 2	1:18.7 6	1:12.7 9	R	T	1:47.4 0	1:32.6 9	1:26.9 0	1:20.0 3	100	Back	1:36.8 0	1:23.5 0	1:18.2 9	1:12.1 0	R
E	49.20	46.00	44.28	41.98	50	Breas t	44.30	41.44	39.89	37.82	D	E	48.90	44.20	42.37	40.27	50	Breas t	44.00	39.82	38.17	36.28	D
R	1:48.9 0	1:41.0 5	1:36.9 7	1:31.2 6	100	Breas t	1:38.1 0	1:31.0 4	1:27.3 6	1:22.2 1	S	R	1:52.8 0	1:38.8 7	1:33.3 6	1:28.1 6	100	Breas t	1:41.7 0	1:29.0 7	1:24.1 1	1:19.4 3	S
S	45.40	40.18	38.13	35.90	50	Fly	40.90	36.20	34.35	32.34		S	49.50	39.25	36.93	34.29	50	Fly	44.60	35.36	33.27	30.89	
	1:50.3 0	1:36.2 7	1:31.4 2	1:22.6 3	100	Fly	1:39.4 3	1:26.7 3	1:22.3 6	1:14.44			2:00.0 0	1:37.7 4	1:29.4 7	1:21.1 4	100	Fly	1:48.1 0	1:28.0 5	1:20.6 1	1:13.10	
	36.00	34.34	33.44	32.02	50	Free	32.50	30.94	30.12	28.85			35.10	32.29	31.26	30.02	50	Free	31.60	29.09	28.16	27.04	
	1:23.6 0	1:18.0 0	1:15.1 6	1:10.6 6	100	Free	1:15.3 0	1:10.2 7	1:07.7 1	1:03.66			1:25.0 0	1:15.1 9	1:11.8 9	1:07.4 3	100	Free	1:16.6 0	1:07.7 4	1:04.7 7	1:00.75	
SENIORS (15 - 18)										SENIORS (15 - 18)													
Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.	Adv.	J. V.	Varsit	S.V.			Adv.	J. V.	Varsit	S.V.				
		y						y				y						y					
M	1:29.7 0	1:25.5 0	1:22.4 4	1:17.7 4	100	IM	1:20.8 0	1:17.0 3	1:14.2 7	1:10.0 4	Y	M	1:22.5 0	1:17.5 2	1:14.4 4	1:09.5 9	100	IM	1:14.4 0	1:09.8 4	1:07.0 6	1:02.6 9	Y
E	42.10	39.87	38.25	36.61	50	Back	38.00	35.92	34.46	32.98	A	E	39.80	36.55	34.76	32.49	50	Back	35.90	32.93	31.32	29.27	A
T	1:33.4 0	1:28.4 7	1:24.8 6	1:19.7 6	100	Back	1:24.2 0	1:19.7 0	1:16.4 5	1:11.8 6	R	T	1:30.6 0	1:21.7 4	1:17.8 6	1:10.3 2	100	Back	1:21.7 0	1:13.6 4	1:10.1 4	1:03.3 5	R
E	46.70	44.44	43.00	41.34	50	Breas t	42.10	40.03	38.74	37.24	D	E	41.90	40.12	38.49	36.24	50	Breas t	37.70	36.14	34.68	32.65	D
R	1:44.6 0	1:37.3 1	1:33.4 8	1:25.6 1	100	Breas t	1:34.2 0	1:27.6 7	1:24.2 2	1:17.1 3	S	R	1:36.2 0	1:29.6 0	1:25.9 2	1:18.8 5	100	Breas t	1:26.7 0	1:20.7 2	1:17.4 1	1:11.0 4	S
S	40.60	38.25	36.70	34.69	50	Fly	36.60	34.46	33.07	31.26		S	36.00	33.62	32.17	30.31	50	Fly	32.40	30.29	28.98	27.30	
	1:39.5 0	1:30.5 8	1:25.6 7	1:19.0 1	100	Fly	1:29.7 0	1:21.6 0	1:17.1 8	1:11.18			1:31.6 0	1:22.1 1	1:16.8 6	1:10.3 9	100	Fly	1:22.5 0	1:13.9 7	1:09.2 4	1:03.41	
	34.40	33.22	32.30	31.17	50	Free	31.00	29.93	29.10	28.08			30.20	29.20	28.27	27.29	50	Free	27.20	26.31	25.47	24.59	
	1:19.5 0	1:14.9 6	1:12.0 7	1:08.5 9	100	Free	1:11.6 0	1:07.5 3	1:04.9 3	1:01.79			1:11.8 0	1:07.5 8	1:04.6 6	1:00.8 9	100	Free	1:04.7 0	1:10.8 9	58.26	54.85	