

2016 Gold and Silver Time Standards

| | In Yards | | In Meters | | | In Yards | | In Meters | |
|-----------------------|-----------|-------------|-----------|-------------|-----------------------|-----------|-------------|-----------|-------------|
| | Gold Std. | Silver Std. | Gold Std. | Silver Std. | | Gold Std. | Silver Std. | Gold Std. | Silver Std. |
| Girls | | | | | Boys | | | | |
| 6 & Under | | | | | 6 & Under | | | | |
| 25 Free | 24.32 | 32.49 | 27.00 | 36.06 | 25 Free | 25.22 | 36.20 | 27.99 | 40.18 |
| 25 Back | 28.82 | 38.99 | 31.99 | 43.28 | 25 Back | 32.00 | 36.00 | 35.52 | 39.96 |
| 7 - 8 | | | | | 7 - 8 | | | | |
| 25 Free | 18.19 | 22.56 | 20.19 | 25.04 | 25 Free | 18.28 | 21.59 | 20.29 | 23.96 |
| 25 Back | 22.96 | 27.93 | 25.49 | 31.00 | 25 Back | 23.14 | 26.69 | 25.69 | 29.63 |
| 8 & Under | | | | | 8 & Under | | | | |
| 25 Breast | 25.67 | 31.09 | 28.49 | 34.51 | 25 Breast | 26.50 | 31.50 | 29.42 | 34.97 |
| 25 Fly | 25.00 | 31.59 | 27.75 | 35.06 | 25 Fly | 23.68 | 27.69 | 26.28 | 30.74 |
| 9 - 10 | | | | | 9 - 10 | | | | |
| 50 Free | 36.03 | 43.42 | 39.99 | 48.20 | 50 Free | 35.91 | 43.95 | 39.86 | 48.78 |
| 25 Back | 20.71 | 23.78 | 22.99 | 26.40 | 25 Back | 20.44 | 26.69 | 22.69 | 29.63 |
| 25 Breast | 21.61 | 25.49 | 23.99 | 28.29 | 25 Breast | 23.50 | 26.50 | 26.09 | 29.42 |
| 25 Fly | 18.50 | 23.00 | 20.54 | 25.53 | 25 Fly | 18.70 | 23.59 | 20.76 | 26.18 |
| 10 & Under | | | | | 10 & Under | | | | |
| 100 IM | 1:30.50 | 1:42.00 | 1:40.45 | 1:53.22 | 100 IM | 1:30.98 | 1:46.00 | 1:40.99 | 1:57.67 |
| 11 - 12 | | | | | 11 - 12 | | | | |
| 50 Free | 31.25 | 39.58 | 34.69 | 43.93 | 50 Free | 32.42 | 38.59 | 35.99 | 42.83 |
| 50 Back | 39.50 | 48.00 | 43.85 | 53.28 | 50 Back | 41.00 | 48.50 | 45.51 | 53.84 |
| 50 Breast | 43.68 | 51.20 | 48.48 | 56.83 | 50 Breast | 45.76 | 52.30 | 50.79 | 58.05 |
| 50 Fly | 38.50 | 46.00 | 42.74 | 51.06 | 50 Fly | 38.80 | 48.80 | 43.07 | 54.17 |
| 100 IM | 1:19.00 | 1:37.00 | 1:27.69 | 1:47.67 | 100 IM | 1:25.00 | 1:35.99 | 1:34.35 | 1:46.55 |
| 13 - 14 | | | | | 13 - 14 | | | | |
| 50 Free | 30.89 | 35.00 | 34.29 | 38.85 | 50 Free | 28.67 | 35.59 | 31.82 | 39.50 |
| 50 Back | 38.73 | 45.49 | 42.99 | 50.49 | 50 Back | 35.58 | 43.99 | 39.49 | 48.83 |
| 50 Breast | 40.98 | 48.99 | 45.49 | 54.38 | 50 Breast | 38.64 | 41.99 | 42.89 | 46.61 |
| 50 Fly | 38.00 | 46.99 | 42.18 | 52.16 | 50 Fly | 32.24 | 39.99 | 35.79 | 44.39 |
| 100 IM | 1:19.00 | 1:37.00 | 1:27.69 | 1:47.67 | 100 IM | 1:15.23 | 1:32.44 | 1:23.51 | 1:42.61 |
| 15 - 18 | | | | | 15 - 18 | | | | |
| 50 Free | 29.50 | | 32.75 | | 50 Free | 26.60 | | 29.53 | |
| 50 Back | 36.50 | | 40.52 | | 50 Back | 33.20 | | 36.85 | |
| 50 Breast | 40.08 | | 44.49 | | 50 Breast | 36.03 | | 39.99 | |
| 50 Fly | 32.21 | | 35.75 | | 50 Fly | 28.50 | | 31.64 | |
| 100 IM | 1:14.00 | | 1:22.14 | | 100 IM | 1:09.00 | | 1:16.59 | |

multiply meter times by .9009 to convert to yards

multiply yard times by 1.11 to convert to meters