

	CENTRAL ARKANSAS SWIM LEAGUE (CASL) <i>YARD</i> TIME STANDARDS (Effective 2013)														
	Freestyle			Backstroke			Breaststroke			Butterfly			Individual Medley		
	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum
6 & U Boys	29.41	25.80	22.19	37.35	31.44	25.53	39.84	35.89	31.94	38.05	32.23	26.41	2:50.69	2:31.69	2:12.69
6 & U Girls	30.20	25.59	20.98	37.59	32.03	26.47	38.70	35.07	31.44	39.06	32.62	26.18	2:51.75	2:31.72	2:11.69
7-8 Boys	22.45	20.26	18.07	26.84	23.84	20.84	30.23	25.91	21.59	30.50	27.40	24.30	2:09.78	1:58.25	1:46.72
7-8 Girls	22.37	19.86	17.35	26.60	23.79	20.98	30.68	26.37	22.06	30.83	26.04	21.25	2:10.32	1:54.67	1:39.02
9-10 Boys	41.54	37.22	32.90	50.96	45.67	40.38	54.90	50.89	46.88	54.26	45.53	36.80	1:53.48	1:37.39	1:21.30
9-10 Girls	41.00	38.30	35.60	51.19	46.09	40.99	56.21	49.83	43.45	54.52	47.04	39.56	1:52.57	1:33.36	1:14.15
11-12 Boys	36.55	33.39	30.23	44.46	39.57	34.68	50.01	44.93	39.85	44.46	38.38	32.30	1:37.75	1:28.83	1:19.91
11-12 Girls	36.72	33.07	29.42	44.72	40.78	36.84	50.67	45.08	39.49	44.33	39.05	33.77	1:38.81	1:26.06	1:13.31
13-14 Boys	33.56	30.64	27.72	40.52	37.07	33.62	44.83	40.86	36.89	39.14	34.58	30.02	1:27.52	1:21.23	1:14.94
13-14 Girls	34.71	31.68	28.65	40.45	36.88	33.31	45.66	42.74	39.82	39.24	34.39	29.54	1:28.85	1:21.96	1:15.07
15-18 Boys	30.62	28.00	25.38	39.26	34.55	29.84	42.21	36.93	31.65	37.56	32.87	28.18	1:22.58	1:15.01	1:07.44
15-18 Girls	33.95	30.92	27.89	39.90	37.31	34.72	45.30	41.61	37.92	39.57	33.40	27.23	1:28.81	1:21.11	1:13.41

	CENTRAL ARKANSAS SWIM LEAGUE (CASL) <i>METER</i> TIME STANDARDS (Effective 2013)														
	Freestyle			Backstroke			Breaststroke			Butterfly			Individual Medley		
	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum
6 & U Boys	32.65	28.64	24.63	41.46	34.90	28.34	44.22	39.84	35.46	42.24	35.78	29.32	3:09.47	2:48.38	2:27.29
6 & U Girls	33.52	28.40	23.28	41.72	35.55	29.38	42.96	38.93	34.90	43.36	36.21	29.06	3:10.64	2:48.30	2:25.96
7-8 Boys	24.92	22.49	20.06	29.79	26.46	23.13	33.56	28.76	23.96	33.86	30.41	26.96	2:24.06	2:11.26	1:58.46
7-8 Girls	24.83	22.04	19.25	29.53	26.41	23.29	34.05	29.27	24.49	34.22	28.90	23.58	2:24.66	2:07.28	1:49.09
9-10 Boys	46.11	41.31	36.51	56.57	50.69	44.81	1:00.94	56.49	52.04	1:00.23	50.54	40.85	2:05.96	1:48.10	1:30.24
9-10 Girls	45.51	42.51	39.51	56.82	51.16	45.50	1:02.39	55.31	48.23	1:00.52	52.21	43.90	2:04.95	1:43.63	1:21.38
11-12 Boys	40.57	37.06	33.55	49.35	43.92	38.49	55.51	49.87	44.23	49.35	42.60	35.85	1:48.50	1:38.60	1:28.70
11-12 Girls	40.76	36.71	32.66	49.64	45.27	40.90	56.24	50.04	43.84	49.21	43.35	37.49	1:49.68	1:35.53	1:21.38
13-14 Boys	37.25	34.01	30.77	44.98	41.15	37.32	49.76	45.35	40.94	43.45	38.38	33.31	1:37.15	1:30.17	1:23.19
13-14 Girls	38.53	35.16	31.79	44.90	40.94	36.98	50.68	47.44	44.20	43.56	38.17	32.78	1:38.62	1:30.98	1:23.34
15-18 Boys	33.99	31.08	28.17	43.58	38.35	33.12	46.85	40.99	35.13	41.69	36.49	31.29	1:31.66	1:23.26	1:14.86
15-18 Girls	37.68	34.32	30.96	44.29	41.41	38.53	50.28	46.19	42.10	43.92	37.07	30.22	1:38.58	1:30.03	1:21.48