

CENTRAL ARKANSAS SWIM LEAGUE (CASL) YARD 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