
JRAC STANDARDS Yards
Girls 8 & Under

	XX	X	R	QUA	N
25 Free	16.78	17.99	21.35	25.47	
25 Back	20.30	21.76	24.98	29.64	
25 Breast	22.26	24.16	27.10	32.00	
25 Fly	19.34	21.21	25.00	30.57	

Girls 9-10

	XX	X	R	QUA	N
50 Free	31.89	33.72	38.62	43.38	
50 Back	37.19	39.86	45.86	52.91	
50 Breast	42.50	45.27	50.55	56.75	
50 Fly	36.22	39.45	45.78	53.68	
100 IM	1:20.33	1:26.67	1:42.04	1:42.04	

Girls 11-12

	XX	X	R	QUA	N
50 Free	28.51	29.86	33.36	36.50	
50 Back	32.81	34.99	39.90	44.89	
50 Breast	37.60	40.09	44.33	48.41	
50 Fly	31.64	33.75	38.86	44.83	
100 IM	1:10.72	1:15.57	1:27.40	1:27.40	

Girls 13-14

	XX	X	R	QUA	N
50 Free	27.21	28.27	30.54	32.27	
100 Free	59.38	1:01.95	1:11.81	1:11.81	
50 Back	31.38	32.86	36.90	40.72	
50 Breast	35.67	38.62	40.70	43.58	
100 Breast	1:18.33	1:22.95	1:30.50	1:30.50	
50 Fly	29.88	31.52	35.02	39.30	
100 IM	1:07.04	1:10.90	1:22.38	1:22.38	

Girls 15-18

	XX	X	R	QUA	N
50 Free	26.73	27.75	29.34	30.97	
100 Free	58.94	1:01.77	1:04.22	1:04.22	
50 Back	30.99	32.50	35.40	39.01	
50 Breast	35.57	37.77	39.65	41.57	
100 Breast	1:17.29	1:22.05	1:25.44	1:25.44	
50 Fly	29.22	30.93	33.51	37.42	
100 IM	1:06.38	1:10.44	1:18.65	1:18.65	

Boys 8 & Under

	XX	X	R	QUA	N
25 Free	16.75	17.73	20.88	25.60	
25 Back	20.18	21.86	24.89	30.15	
25 Breast	23.34	24.95	26.87	31.69	

JRAC STANDARDS Yards

25 Fly 19.91 21.79 24.81 30.30

Boys 9-10

	XX	X	R	QUA	N
50 Free	31.95	34.04	38.98	42.64	
50 Back	37.40	40.74	47.39	53.52	
50 Breast	43.68	46.45	50.86	56.72	
50 Fly	37.78	41.85	46.96	54.50	
100 IM	1:22.20	1:28.75	1:41.48	1:41.48	

Boys 11-12

	XX	X	R	QUA	N
50 Free	28.33	30.24	33.49	37.40	
50 Back	33.02	36.04	41.11	47.54	
50 Breast	38.00	40.85	45.10	50.78	
50 Fly	31.70	35.03	40.22	47.31	
100 IM	1:11.43	1:17.98	1:28.54	1:28.54	

Boys 13-14

	XX	X	R	QUA	N
50 Free	25.32	26.90	28.76	31.43	
100 Free	56.00	1:01.09	1:12.00	1:12.00	
50 Back	29.68	32.24	36.08	40.71	
50 Breast	34.26	36.67	39.46	42.79	
100 Breast	1:14.91	1:21.20	1:37.28	1:37.28	
50 Fly	28.05	30.95	34.03	38.70	
100 IM	1:03.57	1:09.84	1:19.16	1:19.16	

Boys 15-18

	XX	X	R	QUA	N
50 Free	24.00	24.95	26.28	28.19	
100 Free	53.02	56.57	57.56	57.56	
50 Back	27.86	29.82	32.94	37.56	
50 Breast	31.73	33.61	35.70	39.08	
100 Breast	1:10.29	1:15.70	1:24.43	1:24.43	
50 Fly	26.32	27.67	30.14	34.13	
100 IM	1:00.30	1:03.99	1:11.46	1:11.46	