
JRAC STANDARDS Short Course Meters
Girls 8 & Under

	XX	X	R	QUA	N
25 Free	18.54	19.88	23.59	28.14	
25 Back	22.43	24.05	27.60	32.75	
25 Breast	24.60	26.70	29.95	35.36	
25 Fly	21.37	23.44	27.63	33.78	

Girls 9-10

	XX	X	R	QUA	N
50 Free	35.24	37.26	42.67	47.93	
50 Back	41.10	44.04	50.68	58.47	
50 Breast	46.96	50.02	55.86	1:02.71	
50 Fly	40.02	43.59	50.59	59.32	
100 IM	1:28.76	1:35.77	1:52.75	1:52.75	

Girls 11-12

	XX	X	R	QUA	N
50 Free	31.50	33.00	36.86	40.33	
50 Back	36.26	38.66	44.09	49.60	
50 Breast	41.55	44.30	48.99	53.49	
50 Fly	34.96	37.29	42.94	49.54	
100 IM	1:18.15	1:23.50	1:36.58	1:36.58	

Girls 13-14

	XX	X	R	QUA	N
50 Free	30.07	31.24	33.75	35.66	
100 Free	1:05.61	1:08.46	1:19.35	1:19.35	
50 Back	34.67	36.31	40.78	45.00	
50 Breast	39.41	42.67	44.97	48.16	
100 Breast	1:26.55	1:31.66	1:40.00	1:40.00	
50 Fly	33.02	34.83	38.70	43.43	
100 IM	1:14.08	1:18.35	1:31.03	1:31.03	

Girls 15-18

	XX	X	R	QUA	N
50 Free	29.54	30.66	32.42	34.22	
100 Free	1:05.13	1:08.26	1:10.96	1:10.96	
50 Back	34.24	35.91	39.12	43.11	
50 Breast	39.30	41.74	43.81	45.94	
100 Breast	1:25.41	1:30.66	1:34.41	1:34.41	
50 Fly	32.29	34.18	37.03	41.35	
100 IM	1:13.35	1:17.84	1:26.91	1:26.91	

Boys 8 & Under

	XX	X	R	QUA	N
25 Free	18.51	19.59	23.07	28.29	
25 Back	22.30	24.16	27.50	33.32	
25 Breast	25.79	27.57	29.69	35.02	

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25 Fly	22.00	24.08	27.41	33.48
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Boys 9-10

	XX	X	R	QUA	N
50 Free	35.31	37.61	43.07	47.12	
50 Back	41.33	45.02	52.37	59.14	
50 Breast	48.27	51.33	56.20	1:02.68	
50 Fly	41.75	46.24	51.89	1:00.22	
100 IM	1:30.83	1:38.07	1:52.14	1:52.14	

Boys 11-12

	XX	X	R	QUA	N
50 Free	31.31	33.42	37.01	41.33	
50 Back	36.49	39.82	45.43	52.53	
50 Breast	41.99	45.14	49.84	56.11	
50 Fly	35.03	38.71	44.44	52.28	
100 IM	1:18.93	1:26.17	1:37.84	1:37.84	

Boys 13-14

	XX	X	R	QUA	N
50 Free	27.98	29.72	31.78	34.73	
100 Free	1:01.88	1:07.50	1:19.56	1:19.56	
50 Back	32.80	35.63	39.87	44.99	
50 Breast	37.86	40.52	43.60	47.28	
100 Breast	1:22.78	1:29.73	1:47.49	1:47.49	
50 Fly	30.99	34.20	37.60	42.76	
100 IM	1:10.24	1:17.17	1:27.47	1:27.47	

Boys 15-18

	XX	X	R	QUA	N
50 Free	26.52	27.57	29.04	31.15	
100 Free	58.59	1:02.51	1:03.60	1:03.60	
50 Back	30.78	32.95	36.40	41.50	
50 Breast	35.06	37.14	39.45	43.18	
100 Breast	1:17.67	1:23.65	1:33.30	1:33.30	
50 Fly	29.08	30.58	33.31	37.71	
100 IM	1:06.63	1:10.71	1:18.96	1:18.96	
