
JRAC STANDARDS Short Course Meters

Girls 8 & Under

	XX	X	R	QUA	N
25 Free	18.39	19.89	23.80	28.49	
25 Back	22.41	24.21	28.22	33.53	
25 Breast	25.43	27.08	30.94	36.28	
25 Fly	21.42	23.66	28.28	34.68	

Girls 9-10

	XX	X	R	QUA	N
50 Free	36.12	38.15	43.15	49.02	
50 Back	42.74	45.45	51.64	59.81	
50 Breast	47.87	51.29	55.75	1:03.01	
50 Fly	41.88	46.24	52.21	1:00.99	
100 IM	1:31.61	1:38.42	1:55.00	1:55.00	

Girls 11-12

	XX	X	R	QUA	N
50 Free	32.26	34.17	37.82	41.23	
50 Back	38.03	40.18	45.57	51.84	
50 Breast	42.33	44.96	49.42	54.59	
50 Fly	36.49	39.12	44.80	51.03	
100 IM	1:20.88	1:26.48	1:38.88	1:38.88	

Girls 13-14

	XX	X	R	QUA	N
50 Free			34.00	37.74	
100 Free	1:08.48	1:12.70	1:21.91	1:21.91	
50 Back	36.10	38.46	42.22	46.49	
50 Breast			45.30	50.92	
100 Breast	1:27.44	1:35.15	1:42.20	1:42.20	
50 Fly	34.40	36.84	40.49	45.14	
100 IM	1:17.17	1:22.26	1:33.08	1:33.08	

Girls 15-18

	XX	X	R	QUA	N
50 Free			33.41	36.47	
100 Free	1:06.15	1:09.30	1:15.50	1:15.50	
50 Back	34.87	36.58	39.90	44.27	
50 Breast			43.92	49.05	
100 Breast	1:25.29	1:30.52	1:37.75	1:37.75	
50 Fly	33.06	34.44	37.69	41.93	
100 IM	1:15.20	1:18.69	1:28.46	1:28.46	

Boys 8 & Under

	XX	X	R	QUA	N
25 Free	18.45	19.78	23.50	28.50	
25 Back	22.47	24.54	28.43	34.46	

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25 Breast	25.46	27.70	30.39	35.89
25 Fly	21.93	24.52	28.68	35.42

Boys 9-10

	XX	X	R	QUA	N
50 Free	35.78	38.32	43.27	48.31	
50 Back	42.05	46.23	53.14	1:00.96	
50 Breast	48.74	52.07	57.71	1:03.66	
50 Fly	41.71	47.34	53.40	1:01.98	
100 IM	1:31.21	1:40.60	1:55.00	1:55.00	

Boys 11-12

	XX	X	R	QUA	N
50 Free	31.82	34.01	37.44	41.06	
50 Back	37.48	41.02	46.44	52.04	
50 Breast	42.52	46.15	50.37	55.89	
50 Fly	36.15	40.65	44.55	53.58	
100 IM	1:20.69	1:28.47	1:40.37	1:40.37	

Boys 13-14

	XX	X	R	QUA	N
50 Free			31.83	36.16	
100 Free	1:03.36	1:08.36	1:14.72	1:14.72	
50 Back	33.40	36.95	41.09	46.27	
50 Breast			42.51	49.50	
100 Breast	1:23.68	1:30.55	1:38.22	1:38.22	
50 Fly	31.56	34.62	38.95	45.03	
100 IM	1:12.46	1:18.94	1:29.48	1:29.48	

Boys 15-18

	XX	X	R	QUA	N
50 Free			29.78	34.15	
100 Free	58.14	1:01.56	1:07.43	1:07.43	
50 Back	30.84	32.78	36.80	42.21	
50 Breast			40.20	45.73	
100 Breast	1:17.27	1:21.70	1:26.47	1:26.47	
50 Fly	29.06	30.42	33.44	38.29	
100 IM	1:06.52	1:10.82	1:19.01	1:19.01	
