

JRAC STANDARDS – Meters

MITE GIRLS (8 years of age & under)

		XX	X	R (novice cutoff)	ChampQualifying
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

MIDGET GIRLS (9-10 years of age)

		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:31.61	1:38.42	1:55.00	1:55.00
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

JUNIOR GIRLS (11-12 years of age)

		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:20.88	1:26.48	1:38.88	1:38.88
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

INTERMEDIATE GIRLS (13-14 years of age)

		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:17.17	1:22.26	1:33.08	1:33.08
50	Free	30.82	32.72	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	39.35	42.82	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

SENIOR GIRLS (15-18 years of age)

		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:15.20	1:18.69	1:28.46	1:28.46
50	Free	29.77	31.19	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	38.38	40.73	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

*Conversion - Multiply yard time by 1.105 and round to two decimal places

JRAC STANDARDS – Meters

MITE BOYS (8 years of age & under)					
		XX	X	R (novice cutoff)	ChampQualifying
25	Free	18.45	19.78	23.50	28.50
25	Back	22.47	24.54	28.43	34.46
25	Breast	25.46	27.70	30.39	35.89
25	Fly	21.93	24.52	28.68	35.42

MIDGET BOYS (9-10 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:31.21	1:40.60	1:55.00	1:55.00
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

JUNIOR BOYS (11-12 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:20.69	1:28.47	1:40.37	1:40.37
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

INTERMEDIATE BOYS (13-14 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:12.46	1:18.94	1:29.48	1:29.48
50	Free	28.51	30.76	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	37.66	40.75	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

SENIOR BOYS (15-18 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:06.52	1:10.82	1:19.01	1:19.01
50	Free	26.16	27.70	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	34.77	36.77	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

*Conversion - Multiply yard time by 1.105 and round to two decimal places.

JRAC STANDARDS – Yards

MITE GIRLS (8 years of age & under)

		XX	X	R (novice cutoff)	ChampQualifying
25	Free	16.64	18.00	21.54	25.78
25	Back	20.28	21.91	25.54	30.34
25	Breast	23.01	24.51	28.00	32.83
25	Fly	19.38	21.41	25.59	31.38

MIDGET GIRLS (9-10 years of age)

		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:22.90	1:29.07	1:44.07	1:44.07
50	Free	32.69	34.52	39.05	44.36
50	Back	38.68	41.13	46.73	54.13
50	Breast	43.32	46.42	50.45	57.02
50	Fly	37.90	41.85	47.25	55.19

JUNIOR GIRLS (11-12 years of age)

		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:13.19	1:18.26	1:29.48	1:29.48
50	Free	29.19	30.92	34.23	37.31
50	Back	34.42	36.36	41.24	46.91
50	Breast	38.31	40.69	44.72	49.40
50	Fly	33.02	35.40	40.54	46.18

INTERMEDIATE GIRLS (13-14 years of age)

		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:09.84	1:14.44	1:24.24	1:24.24
50	Free	27.89	29.61	30.77	34.15
100	Free	1:01.97	1:05.79	1:14.13	1:14.13
50	Back	32.67	34.81	38.21	42.07
50	Breast	35.61	38.75	41.00	46.08
100	Breast	1:19.13	1:26.11	1:32.49	1:32.49
50	Fly	31.13	33.34	36.64	40.85

SENIOR GIRLS (15-18 years of age)

		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:08.05	1:11.21	1:20.05	1:20.05
50	Free	26.94	28.22	30.24	33.00
100	Free	59.86	1:02.71	1:08.33	1:08.33
50	Back	31.56	33.10	36.11	40.06
50	Breast	34.74	36.86	39.75	44.39
100	Breast	1:17.19	1:21.92	1:28.46	1:28.46
50	Fly	29.92	31.17	34.11	37.95

*Conversion - Multiply yard time by 1.105 and round to two decimal places.

JRAC STANDARDS – Yards

MITE BOYS (8 years of age & under)					
		XX	X	R (novice cutoff)	ChampQualifying
25	Free	16.70	17.90	21.27	25.79
25	Back	20.33	22.21	25.73	31.19
25	Breast	23.04	25.07	27.50	32.48
25	Fly	19.85	22.19	25.95	32.05

MIDGET BOYS (9-10 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:22.54	1:31.04	1:44.07	1:44.07
50	Free	32.38	34.68	39.16	43.72
50	Back	38.05	41.84	48.09	55.17
50	Breast	44.11	47.12	52.23	57.61
50	Fly	37.75	42.84	48.33	56.09

JUNIOR BOYS (11-12 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:13.02	1:20.06	1:30.83	1:30.83
50	Free	28.80	30.78	33.88	37.16
50	Back	33.92	37.12	42.03	47.10
50	Breast	38.48	41.76	45.58	50.58
50	Fly	32.71	36.79	41.22	48.49

INTERMEDIATE BOYS (13-14 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:05.57	1:11.44	1:20.98	1:20.98
50	Free	25.80	27.84	28.81	32.72
100	Free	57.34	1:01.86	1:07.62	1:07.62
50	Back	30.23	33.44	37.19	41.87
50	Breast	34.08	36.88	38.47	44.80
100	Breast	1:15.73	1:21.95	1:28.89	1:28.89
50	Fly	28.56	31.33	35.25	40.75

SENIOR BOYS (15-18 years of age)					
		XX	X	R (novice cutoff)	ChampQualifying
100	IM	1:00.20	1:04.09	1:11.50	1:11.50
50	Free	23.68	25.07	26.95	30.90
100	Free	52.62	55.71	1:01.02	1:01.02
50	Back	27.91	29.67	33.30	38.20
50	Breast	31.47	33.27	36.38	41.38
100	Breast	1:09.93	1:13.94	1:18.25	1:18.25
50	Fly	26.30	27.53	30.26	34.65

*Conversion - Multiply yard time by 1.105 and round to two decimal places.