

JOLIET JETS Y SWIM TEAM
 www.jetsyswimteam.org

JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Female 8 & Under

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
25 Free								
50 Free					35.19		38.69	
100 Free					1:18.79		1:26.69	
200 Free					2:52.49		3:09.89	
400 Free							7:42.09	
500 Free							7:42.09	
25 Back								
50 Back					42.09		46.29	
100 Back					1:31.39		1:40.49	
25 Breast								
50 Breast					47.39		52.09	
100 Breast					1:43.99		1:54.39	
25 Fly								
50 Fly					40.29		44.29	
100 Fly					1:36.89		1:46.59	
200 IM					3:14.49		3:33.89	
100 Free Relay								
200 Free Relay					2:30.99			
200 Medley Relay					2:51.49			

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Female 9-10

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free					35.19		38.69	
100 Free					1:18.79		1:26.69	
200 Free					2:52.49		3:09.89	
400 Free							7:42.09	
500 Free							7:42.09	
50 Back					42.09		46.29	
100 Back					1:31.39		1:40.49	
50 Breast					47.39		52.09	
100 Breast					1:43.99		1:54.39	
50 Fly					40.29		44.29	
100 Fly					1:36.89		1:46.59	
200 IM					3:14.49		3:33.89	
200 Free Relay					2:30.99			
200 Medley Relay					2:51.49			

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Female 11-12

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	28.62	29.29	28.89	29.29	31.49		34.59	
100 Free	1:02.03	1:03.79	1:02.49	1:03.89	1:08.69		1:15.59	
200 Free	2:12.53	2:17.29	2:14.99	2:17.49	2:30.49		2:45.49	
400 Free	4:38.38	4:45.99	4:45.79	4:50.69	5:19.49		5:51.39	
500 Free	4:38.38	4:45.99	4:45.79	4:50.69	5:19.49		5:51.39	
800 Free	9:27.07	9:46.89	9:49.39	10:08.09			11:08.89	
1500 Free	18:03.45	18:44.99	18:50.69	19:16.99			21:29.19	
50 Back					37.09		40.79	
100 Back	1:09.14	1:12.49	1:11.99	1:13.19	1:19.99		1:27.99	
200 Back	2:29.02	2:35.59	2:34.79	2:39.69			3:30.79	
50 Breast					41.49		45.59	
100 Breast	1:19.98	1:22.29	1:21.49	1:23.49	1:30.99		1:40.09	
200 Breast	2:50.67	2:58.49	2:54.89	3:00.99			3:57.59	
50 Fly					34.69		38.19	
100 Fly	1:07.74	1:10.19	1:09.29	1:11.49	1:20.19		1:28.19	
200 Fly	2:30.55	2:37.19	2:32.89	2:39.99			3:33.09	
200 IM	2:31.12	2:36.19	2:34.49	2:38.09	2:51.39		3:08.49	
400 IM	5:19.31	5:26.99	5:29.29	5:38.79			7:32.09	
200 Free Relay	1:55.89	1:59.89						
400 Free Relay	4:10.44	4:20.89	4:21.89	4:23.99	4:49.39			
800 Free Relay	8:59.19	9:14.99	9:25.99	9:29.99				
200 Medley Relay	2:08.93	2:14.59						
400 Medley Relay	4:38.64	4:52.99	4:52.99	4:55.99	5:25.89			

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Female 13-14

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	28.62	29.29	28.89	29.29	29.99		32.99	
100 Free	1:02.03	1:03.79	1:02.49	1:03.89	1:05.09		1:11.59	
200 Free	2:12.53	2:17.29	2:14.99	2:17.49	2:21.59		2:35.79	
400 Free	4:38.38	4:45.99	4:45.79	4:50.69	4:59.99		5:29.99	
500 Free	4:38.38	4:45.99	4:45.79	4:50.69	4:59.99		5:29.99	
800 Free	9:27.07	9:46.89	9:49.39	10:08.09	10:23.79		11:08.89	
1500 Free	18:03.45	18:44.99	18:50.69	19:16.99	19:44.99		21:29.19	
50 Back								
100 Back	1:09.14	1:12.49	1:11.99	1:13.19	1:15.59		1:23.19	
200 Back	2:29.02	2:35.59	2:34.79	2:39.69	2:42.69		2:58.99	
50 Breast								
100 Breast	1:19.98	1:22.29	1:21.49	1:23.49	1:25.69		1:34.29	
200 Breast	2:50.67	2:58.49	2:54.89	3:00.99	3:04.19		3:22.59	
50 Fly								
100 Fly	1:07.74	1:10.19	1:09.29	1:11.49	1:13.89		1:21.29	
200 Fly	2:30.55	2:37.19	2:32.89	2:39.99	2:49.19		3:06.09	
200 IM	2:31.12	2:36.19	2:34.49	2:38.09	2:41.29		2:57.39	
400 IM	5:19.31	5:26.99	5:29.29	5:38.79	5:44.29		6:18.69	
200 Free Relay	1:55.89	1:59.89						
400 Free Relay	4:10.44	4:20.89	4:21.89	4:23.99	4:29.09			
800 Free Relay	8:59.19	9:14.99	9:25.99	9:29.99	9:46.89			
200 Medley Relay	2:08.93	2:14.59						
400 Medley Relay	4:38.64	4:52.99	4:52.99	4:55.99	5:02.79			

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Female 15-18

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	28.62	29.29	28.89	29.29			32.19	
100 Free	1:02.03	1:03.79	1:02.49	1:03.89			1:10.29	
200 Free	2:12.53	2:17.29	2:14.99	2:17.49			2:31.19	
400 Free	4:38.38	4:45.99	4:45.79	4:50.69			5:19.79	
500 Free	4:38.38	4:45.99	4:45.79	4:50.69			5:19.79	
800 Free	9:27.07	9:46.89	9:49.39	10:08.09			11:08.89	
1500 Free	18:03.45	18:44.99	18:50.69	19:16.99			21:29.19	
50 Back								
100 Back	1:09.14	1:12.49	1:11.99	1:13.19			1:20.49	
200 Back	2:29.02	2:35.59	2:34.79	2:39.69			2:55.69	
50 Breast								
100 Breast	1:19.98	1:22.29	1:21.49	1:23.49			1:31.79	
200 Breast	2:50.67	2:58.49	2:54.89	3:00.99			3:19.09	
50 Fly								
100 Fly	1:07.74	1:10.19	1:09.29	1:11.49			1:18.59	
200 Fly	2:30.55	2:37.19	2:32.89	2:39.99			2:55.99	
200 IM	2:31.12	2:36.19	2:34.49	2:38.09			2:53.89	
400 IM	5:19.31	5:26.99	5:29.29	5:38.79			6:12.69	
200 Free Relay	1:55.89	1:59.89						
400 Free Relay	4:10.44	4:20.89	4:21.89	4:23.99				
800 Free Relay	8:59.19	9:14.99	9:25.99	9:29.99				
200 Medley Relay	2:08.93	2:14.59						
400 Medley Relay	4:38.64	4:52.99	4:52.99	4:55.99				

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Female Open

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	28.62	29.29	28.89	29.29			32.19	
100 Free	1:02.03	1:03.79	1:02.49	1:03.89			1:10.29	
200 Free	2:12.53	2:17.29	2:14.99	2:17.49			2:31.19	
400 Free	4:38.38	4:45.99	4:45.79	4:50.69			5:19.79	
500 Free	4:38.38	4:45.99	4:45.79	4:50.69			5:19.79	
800 Free	9:27.07	9:46.89	9:49.39	10:08.09			11:08.89	
1500 Free	18:03.45	18:44.99	18:50.69	19:16.99			21:29.19	
50 Back								
100 Back	1:09.14	1:12.49	1:11.99	1:13.19			1:20.49	
200 Back	2:29.02	2:35.59	2:34.79	2:39.69			2:55.69	
50 Breast								
100 Breast	1:19.98	1:22.29	1:21.49	1:23.49			1:31.79	
200 Breast	2:50.67	2:58.49	2:54.89	3:00.99			3:19.09	
50 Fly								
100 Fly	1:07.74	1:10.19	1:09.29	1:11.49			1:18.59	
200 Fly	2:30.55	2:37.19	2:32.89	2:39.99			2:55.99	
200 IM	2:31.12	2:36.19	2:34.49	2:38.09			2:53.89	
400 IM	5:19.31	5:26.99	5:29.29	5:38.79			6:12.69	
200 Free Relay	1:55.89	1:59.89						
400 Free Relay	4:10.44	4:20.89	4:21.89	4:23.99				
800 Free Relay	8:59.19	9:14.99	9:25.99	9:29.99				
200 Medley Relay	2:08.93	2:14.59						
400 Medley Relay	4:38.64	4:52.99	4:52.99	4:55.99				

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Male 8 & Under

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
25 Free								
50 Free					35.59		39.19	
100 Free					1:19.49		1:27.39	
200 Free					2:56.09		3:13.69	
400 Free							7:38.49	
500 Free							7:38.49	
25 Back								
50 Back					42.79		47.09	
100 Back					1:33.09		1:42.39	
25 Breast								
50 Breast					49.49		54.39	
100 Breast					1:48.59		1:59.49	
25 Fly								
50 Fly					41.59		45.79	
100 Fly					1:41.29		1:51.39	
200 IM					3:22.49		3:42.79	
100 Free Relay								
200 Free Relay					2:36.79			
200 Medley Relay					3:00.19			

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Male 9-10

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free					35.59		39.19	
100 Free					1:19.49		1:27.39	
200 Free					2:56.09		3:13.69	
400 Free							7:38.49	
500 Free							7:38.49	
50 Back					42.79		47.09	
100 Back					1:33.09		1:42.39	
50 Breast					49.49		54.39	
100 Breast					1:48.59		1:59.49	
50 Fly					41.59		45.79	
100 Fly					1:41.29		1:51.39	
200 IM					3:22.49		3:42.79	
200 Free Relay					2:36.79			
200 Medley Relay					3:00.19			

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Male 11-12								
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	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.85	26.69	26.09	26.69	31.49		34.59	
100 Free	56.54	58.59	56.59	57.59	1:09.09		1:15.99	
200 Free	2:01.93	2:06.99	2:03.99	2:08.19	2:31.19		2:46.29	
400 Free	4:22.70	4:29.69	4:24.79	4:33.89	5:24.19		5:56.59	
500 Free	4:22.70	4:29.69	4:24.79	4:33.89	5:24.19		5:56.59	
800 Free	8:56.99	9:12.99	9:12.09	9:26.79			10:23.49	
1500 Free	17:00.70	17:52.99	17:41.79	18:15.99			20:09.99	
50 Back					37.49		41.19	
100 Back	1:04.24	1:06.89	1:05.09	1:08.59	1:21.29		1:29.39	
200 Back	2:18.26	2:26.89	2:20.39	2:31.09			3:30.29	
50 Breast					42.59		46.89	
100 Breast	1:12.58	1:15.59	1:12.39	1:16.59	1:34.09		1:43.49	
200 Breast	2:38.71	2:47.99	2:38.79	2:50.09			3:54.69	
50 Fly					34.99		38.49	
100 Fly	1:01.23	1:03.69	1:01.99	1:04.89	1:21.79		1:29.99	
200 Fly	2:18.62	2:26.99	2:18.49	2:33.89			3:30.99	
200 IM	2:18.36	2:23.99	2:21.69	2:27.69	2:52.79		3:10.09	
400 IM	4:58.83	5:08.39	5:00.99	5:16.19			7:28.29	
200 Free Relay	1:44.58	1:49.19						
400 Free Relay	3:48.49	3:58.29	3:55.29	3:58.59	5:00.29			
800 Free Relay	8:15.53	8:45.99	8:36.79	8:54.79				
200 Medley Relay	1:56.71	2:03.99						
400 Medley Relay	4:14.16	4:27.99	4:23.89	4:33.89	5:43.59			

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Male 13-14								
	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.85	26.69	26.09	26.69	28.29		31.09	
100 Free	56.54	58.59	56.59	57.59	1:01.79		1:07.99	
200 Free	2:01.93	2:06.99	2:03.99	2:08.19	2:16.19		2:29.79	
400 Free	4:22.70	4:29.69	4:24.79	4:33.89	4:51.19		5:20.29	
500 Free	4:22.70	4:29.69	4:24.79	4:33.89	4:51.19		5:20.29	
800 Free	8:56.99	9:12.99	9:12.09	9:26.79	10:11.99		10:23.49	
1500 Free	17:00.70	17:52.99	17:41.79	18:15.99	19:21.99		20:09.99	
50 Back								
100 Back	1:04.24	1:06.89	1:05.09	1:08.59	1:12.59		1:19.89	
200 Back	2:18.26	2:26.89	2:20.39	2:31.09	2:37.29		2:52.99	
50 Breast								
100 Breast	1:12.58	1:15.59	1:12.39	1:16.59	1:23.59		1:31.99	
200 Breast	2:38.71	2:47.99	2:38.79	2:50.09	3:02.69		3:20.99	
50 Fly								
100 Fly	1:01.23	1:03.69	1:01.99	1:04.89	1:10.69		1:17.79	
200 Fly	2:18.62	2:26.99	2:18.49	2:33.89	2:45.69		3:02.29	
200 IM	2:18.36	2:23.99	2:21.69	2:27.69	2:34.99		2:50.49	
400 IM	4:58.83	5:08.39	5:00.99	5:16.19	5:33.79		6:07.19	
200 Free Relay	1:44.58	1:49.19						
400 Free Relay	3:48.49	3:58.29	3:55.29	3:58.59	4:20.69			
800 Free Relay	8:15.53	8:45.99	8:36.79	8:54.79	9:32.29			
200 Medley Relay	1:56.71	2:03.99						
400 Medley Relay	4:14.16	4:27.99	4:23.89	4:33.89	5:00.79			

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JETS10 STANDARDS 2010 JETS Champ Cuts Long Course Meters

Male 15-18

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.85	26.69	26.09	26.69			29.39	
100 Free	56.54	58.59	56.59	57.59			1:03.39	
200 Free	2:01.93	2:06.99	2:03.99	2:08.19			2:20.99	
400 Free	4:22.70	4:29.69	4:24.79	4:33.89			5:01.29	
500 Free	4:22.70	4:29.69	4:24.79	4:33.89			5:01.29	
800 Free	8:56.99	9:12.99	9:12.09	9:26.79			10:23.49	
1500 Free	17:00.70	17:52.99	17:41.79	18:15.99			20:09.99	
50 Back								
100 Back	1:04.24	1:06.89	1:05.09	1:08.59			1:15.49	
200 Back	2:18.26	2:26.89	2:20.39	2:31.09			2:46.19	
50 Breast								
100 Breast	1:12.58	1:15.59	1:12.39	1:16.59			1:24.29	
200 Breast	2:38.71	2:47.99	2:38.79	2:50.09			3:07.09	
50 Fly								
100 Fly	1:01.23	1:03.69	1:01.99	1:04.89			1:11.39	
200 Fly	2:18.62	2:26.99	2:18.49	2:33.89			2:49.29	
200 IM	2:18.36	2:23.99	2:21.69	2:27.69			2:42.49	
400 IM	4:58.83	5:08.39	5:00.99	5:16.19			5:47.79	
200 Free Relay	1:44.58	1:49.19						
400 Free Relay	3:48.49	3:58.29	3:55.29	3:58.59				
800 Free Relay	8:15.53	8:45.99	8:36.79	8:54.79				
200 Medley Relay	1:56.71	2:03.99						
400 Medley Relay	4:14.16	4:27.99	4:23.89	4:33.89				

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Male Open								
	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.85	26.69	26.09	26.69			29.39	
100 Free	56.54	58.59	56.59	57.59			1:03.39	
200 Free	2:01.93	2:06.99	2:03.99	2:08.19			2:20.99	
400 Free	4:22.70	4:29.69	4:24.79	4:33.89			5:01.29	
500 Free	4:22.70	4:29.69	4:24.79	4:33.89			5:01.29	
800 Free	8:56.99	9:12.99	9:12.09	9:26.79			10:23.49	
1500 Free	17:00.70	17:52.99	17:41.79	18:15.99			20:09.99	
50 Back								
100 Back	1:04.24	1:06.89	1:05.09	1:08.59			1:15.49	
200 Back	2:18.26	2:26.89	2:20.39	2:31.09			2:46.19	
50 Breast								
100 Breast	1:12.58	1:15.59	1:12.39	1:16.59			1:24.29	
200 Breast	2:38.71	2:47.99	2:38.79	2:50.09			3:07.09	
50 Fly								
100 Fly	1:01.23	1:03.69	1:01.99	1:04.89			1:11.39	
200 Fly	2:18.62	2:26.99	2:18.49	2:33.89			2:49.29	
200 IM	2:18.36	2:23.99	2:21.69	2:27.69			2:42.49	
400 IM	4:58.83	5:08.39	5:00.99	5:16.19			5:47.79	
200 Free Relay	1:44.58	1:49.19						
400 Free Relay	3:48.49	3:58.29	3:55.29	3:58.59				
800 Free Relay	8:15.53	8:45.99	8:36.79	8:54.79				
200 Medley Relay	1:56.71	2:03.99						
400 Medley Relay	4:14.16	4:27.99	4:23.89	4:33.89				