

JOLIET JETS Y SWIM TEAM
 www.jetsyswimteam.org

JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Female 8 & Under

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
25 Free								
50 Free					33.99		37.39	
100 Free					1:14.79		1:22.29	
200 Free					2:44.49		3:00.99	
400 Free							7:26.79	
500 Free							7:26.79	
25 Back								
50 Back					39.89		43.89	
100 Back					1:26.09		1:34.69	
25 Breast								
50 Breast					44.89		49.39	
100 Breast					1:38.69		1:48.59	
25 Fly								
50 Fly					38.29		42.09	
100 Fly					1:29.59		1:38.59	
100 IM					1:25.79		1:34.39	
200 IM					3:05.69		3:24.29	
100 Free Relay								
200 Free Relay					2:23.89			
100 Medley Relay								
200 Medley Relay					2:42.09			

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Female 9-10

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free					33.99		37.39	
100 Free					1:14.79		1:22.29	
200 Free					2:44.49		3:00.99	
400 Free							7:26.79	
500 Free							7:26.79	
50 Back					39.89		43.89	
100 Back					1:26.09		1:34.69	
50 Breast					44.89		49.39	
100 Breast					1:38.69		1:48.59	
50 Fly					38.29		42.09	
100 Fly					1:29.59		1:38.59	
100 IM					1:25.79		1:34.39	
200 IM					3:05.69		3:24.29	
200 Free Relay					2:23.89			
200 Medley Relay					2:42.09			

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters**Female 11-12**

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	28.11	28.32	28.49	28.29	30.29		33.29	
100 Free	1:00.92	1:01.49	1:00.59	1:01.19	1:05.89		1:12.49	
200 Free	2:10.90	2:12.47	2:11.99	2:13.29	2:24.49		2:38.89	
400 Free	4:32.78	4:35.26	4:37.69	4:40.99	5:06.49		5:37.09	
500 Free	4:32.78	4:35.26	4:37.69	4:40.99	5:06.49		5:37.09	
800 Free	9:16.07	9:21.03	9:33.49	9:50.29			10:49.29	
1500 Free	17:38.61	17:52.14	18:23.09	18:43.79			20:52.69	
50 Back					35.19		38.69	
100 Back	1:08.29	1:09.39	1:08.79	1:09.79	1:15.89		1:23.49	
200 Back	2:27.19	2:29.35	2:29.29	2:31.79			3:22.49	
50 Breast					39.19		43.09	
100 Breast	1:17.66	1:18.41	1:19.19	1:19.19	1:25.49		1:33.99	
200 Breast	2:47.62	2:50.18	2:51.09	2:53.09			3:49.09	
50 Fly					33.59		36.99	
100 Fly	1:07.28	1:08.09	1:07.59	1:08.59	1:15.79		1:23.39	
200 Fly	2:29.54	2:31.73	2:28.39	2:34.99			3:25.89	
100 IM					1:15.99		1:23.59	
200 IM	2:28.42	2:30.08	2:30.29	2:31.29	2:43.69		3:00.09	
400 IM	5:15.39	5:17.91	5:19.29	5:23.19			7:15.79	
200 Free Relay	1:53.82	1:55.13						
400 Free Relay	4:05.97	4:09.38	4:17.39	4:11.29	4:34.69			
800 Free Relay	8:52.57	8:57.77	9:16.69	9:07.19				
200 Medley Relay	2:06.77	2:08.62						
400 Medley Relay	4:33.98	4:38.68	4:45.09	4:37.49	5:09.29			

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters**Female 13-14**

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	28.11	28.32	28.49	28.29	28.89		31.79	
100 Free	1:00.92	1:01.49	1:00.59	1:01.19	1:02.59		1:08.89	
200 Free	2:10.90	2:12.47	2:11.99	2:13.29	2:15.59		2:29.19	
400 Free	4:32.78	4:35.26	4:37.69	4:40.99	4:47.19		5:15.59	
500 Free	4:32.78	4:35.26	4:37.69	4:40.99	4:47.19		5:15.59	
800 Free	9:16.07	9:21.03	9:33.49	9:50.29	9:59.99		10:49.29	
1500 Free	17:38.61	17:52.14	18:23.09	18:43.79	19:15.39		20:52.69	
50 Back								
100 Back	1:08.29	1:09.39	1:08.79	1:09.79	1:11.29		1:18.39	
200 Back	2:27.19	2:29.35	2:29.29	2:31.79	2:34.39		2:49.79	
50 Breast								
100 Breast	1:17.66	1:18.41	1:19.19	1:19.19	1:20.99		1:29.09	
200 Breast	2:47.62	2:50.18	2:51.09	2:53.09	2:55.99		3:13.59	
50 Fly								
100 Fly	1:07.28	1:08.09	1:07.59	1:08.59	1:10.49		1:17.49	
200 Fly	2:29.54	2:31.73	2:28.39	2:34.99	2:40.99		2:57.09	
200 IM	2:28.42	2:30.08	2:30.29	2:31.29	2:34.49		2:49.89	
400 IM	5:15.39	5:17.91	5:19.29	5:23.19	5:28.39		6:01.09	
200 Free Relay	1:53.82	1:55.13						
400 Free Relay	4:05.97	4:09.38	4:17.39	4:11.29	4:16.19			
800 Free Relay	8:52.57	8:57.77	9:16.69	9:07.19	9:20.29			
200 Medley Relay	2:06.77	2:08.62						
400 Medley Relay	4:33.98	4:38.68	4:45.09	4:37.49	4:45.19			

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Female 15-18

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	28.11	28.32	28.49	28.29			31.09	
100 Free	1:00.92	1:01.49	1:00.59	1:01.19			1:07.29	
200 Free	2:10.90	2:12.47	2:11.99	2:13.29			2:26.59	
400 Free	4:32.78	4:35.26	4:37.69	4:40.99			5:09.09	
500 Free	4:32.78	4:35.26	4:37.69	4:40.99			5:09.09	
800 Free	9:16.07	9:21.03	9:33.49	9:50.29			10:49.29	
1500 Free	17:38.61	17:52.14	18:23.09	18:43.79			20:52.69	
50 Back								
100 Back	1:08.29	1:09.39	1:08.79	1:09.79			1:16.79	
200 Back	2:27.19	2:29.35	2:29.29	2:31.79			2:46.99	
50 Breast								
100 Breast	1:17.66	1:18.41	1:19.19	1:19.19			1:27.09	
200 Breast	2:47.62	2:50.18	2:51.09	2:53.09			3:10.39	
50 Fly								
100 Fly	1:07.28	1:08.09	1:07.59	1:08.59			1:15.49	
200 Fly	2:29.54	2:31.73	2:28.39	2:34.99			2:50.49	
200 IM	2:28.42	2:30.08	2:30.29	2:31.29			2:46.39	
400 IM	5:15.39	5:17.91	5:19.29	5:23.19			5:55.49	
200 Free Relay	1:53.82	1:55.13						
400 Free Relay	4:05.97	4:09.38	4:17.39	4:11.29				
800 Free Relay	8:52.57	8:57.77	9:16.69	9:07.19				
200 Medley Relay	2:06.77	2:08.62						
400 Medley Relay	4:33.98	4:38.68	4:45.09	4:37.49				

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters**Female Open**

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	28.11	28.32	28.49	28.29			31.09	
100 Free	1:00.92	1:01.49	1:00.59	1:01.19			1:07.29	
200 Free	2:10.90	2:12.47	2:11.99	2:13.29			2:26.59	
400 Free	4:32.78	4:35.26	4:37.69	4:40.99			5:09.09	
500 Free	4:32.78	4:35.26	4:37.69	4:40.99			5:09.09	
800 Free	9:16.07	9:21.03	9:33.49	9:50.29			10:49.29	
1500 Free	17:38.61	17:52.14	18:23.09	18:43.79			20:52.69	
50 Back								
100 Back	1:08.29	1:09.39	1:08.79	1:09.79			1:16.79	
200 Back	2:27.19	2:29.35	2:29.29	2:31.79			2:46.99	
50 Breast								
100 Breast	1:17.66	1:18.41	1:19.19	1:19.19			1:27.09	
200 Breast	2:47.62	2:50.18	2:51.09	2:53.09			3:10.39	
50 Fly								
100 Fly	1:07.28	1:08.09	1:07.59	1:08.59			1:15.49	
200 Fly	2:29.54	2:31.73	2:28.39	2:34.99			2:50.49	
100 IM								
200 IM	2:28.42	2:30.08	2:30.29	2:31.29			2:46.39	
400 IM	5:15.39	5:17.91	5:19.29	5:23.19			5:55.49	
200 Free Relay	1:53.82	1:55.13						
400 Free Relay	4:05.97	4:09.38	4:17.39	4:11.29				
800 Free Relay	8:52.57	8:57.77	9:16.69	9:07.19				
200 Medley Relay	2:06.77	2:08.62						
400 Medley Relay	4:33.98	4:38.68	4:45.09	4:37.49				

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Male 8 & Under

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
25 Free								
50 Free					33.89		37.29	
100 Free					1:15.19		1:22.69	
200 Free					2:47.19		3:03.89	
400 Free							7:22.69	
500 Free							7:22.69	
25 Back								
50 Back					39.99		43.99	
100 Back					1:27.09		1:35.79	
25 Breast								
50 Breast					45.69		50.29	
100 Breast					1:41.19		1:51.29	
25 Fly								
50 Fly					38.59		42.49	
100 Fly					1:31.49		1:40.59	
100 IM					1:26.99		1:35.69	
200 IM					3:09.49		3:28.39	
100 Free Relay								
200 Free Relay					2:24.99			
100 Medley Relay								
200 Medley Relay					2:44.59			

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Male 9-10

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free					33.89		37.29	
100 Free					1:15.19		1:22.69	
200 Free					2:47.19		3:03.89	
400 Free							7:22.69	
500 Free							7:22.69	
50 Back					39.99		43.99	
100 Back					1:27.09		1:35.79	
50 Breast					45.69		50.29	
100 Breast					1:41.19		1:51.29	
50 Fly					38.59		42.49	
100 Fly					1:31.49		1:40.59	
100 IM					1:26.99		1:35.69	
200 IM					3:09.49		3:28.39	
200 Free Relay					2:24.99			
200 Medley Relay					2:44.59			

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Male 11-12								
	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.10	25.10	25.29	25.39	29.89		32.89	
100 Free	54.89	54.89	54.89	55.39	1:05.29		1:11.79	
200 Free	1:59.07	2:00.71	2:00.49	2:02.79	2:23.49		2:37.79	
400 Free	4:13.97	4:16.22	4:16.69	4:21.69	5:06.19		5:36.79	
500 Free	4:13.97	4:16.22	4:16.69	4:21.69	5:06.19		5:36.79	
800 Free	8:44.31	8:49.51	8:57.29	9:10.59			10:26.59	
1500 Free	16:32.21	16:49.15	17:09.09	17:43.99			20:05.09	
50 Back					35.29		39.79	
100 Back	1:02.37	1:03.23	1:02.69	1:03.79	1:15.79		1:23.39	
200 Back	2:14.25	2:17.04	2:15.19	2:20.69			3:18.29	
50 Breast					39.59		43.59	
100 Breast	1:10.07	1:11.04	1:10.09	1:12.69	1:26.79		1:35.49	
200 Breast	2:33.22	2:36.20	2:34.39	2:41.39			3:42.99	
50 Fly					33.59		36.99	
100 Fly	1:00.47	1:01.28	1:00.19	1:02.59	1:16.49		1:24.09	
200 Fly	2:16.14	2:18.88	2:13.39	2:25.59			3:24.09	
100 IM					1:16.09		1:23.69	
200 IM	2:13.58	2:15.39	2:16.29	2:18.99	2:44.39		3:00.79	
400 IM	4:50.16	4:53.25	4:51.19	5:06.09			7:07.99	
200 Free Relay	1:41.55	1:43.03						
400 Free Relay	3:41.86	3:45.03	3:47.19	3:50.29	4:40.79			
800 Free Relay	8:03.91	8:13.83	8:21.69	8:28.99				
200 Medley Relay	1:53.71	1:56.07						
400 Medley Relay	4:07.64	4:12.13	4:15.99	4:15.19	5:16.29			

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Male 13-14

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.10	25.10	25.29	25.39	26.99		29.69	
100 Free	54.89	54.89	54.89	55.39	58.79		1:04.69	
200 Free	1:59.07	2:00.71	2:00.49	2:02.79	2:08.79		2:21.69	
400 Free	4:13.97	4:16.22	4:16.69	4:21.69	4:37.29		5:04.99	
500 Free	4:13.97	4:16.22	4:16.69	4:21.69	4:37.29		5:04.99	
800 Free	8:44.31	8:49.51	8:57.29	9:10.59	9:44.69		10:26.59	
1500 Free	16:32.21	16:49.15	17:09.09	17:43.99	18:44.99		20:05.09	
50 Back								
100 Back	1:02.37	1:03.23	1:02.69	1:03.79	1:07.99		1:14.79	
200 Back	2:14.25	2:17.04	2:15.19	2:20.69	2:28.69		2:43.59	
50 Breast								
100 Breast	1:10.07	1:11.04	1:10.09	1:12.69	1:17.59		1:25.39	
200 Breast	2:33.22	2:36.20	2:34.39	2:41.39	2:50.09		3:07.09	
50 Fly								
100 Fly	1:00.47	1:01.28	1:00.19	1:02.59	1:06.99		1:13.69	
200 Fly	2:16.14	2:18.88	2:13.39	2:25.59	2:35.19		2:50.69	
200 IM	2:13.58	2:15.39	2:16.29	2:18.99	2:27.59		2:42.39	
400 IM	4:50.16	4:53.25	4:51.19	5:06.09	5:18.79		5:50.69	
200 Free Relay	1:41.55	1:43.03						
400 Free Relay	3:41.86	3:45.03	3:47.19	3:50.29	4:05.89			
800 Free Relay	8:03.91	8:13.83	8:21.69	8:28.99	9:03.59			
200 Medley Relay	1:53.71	1:56.07						
400 Medley Relay	4:07.64	4:12.13	4:15.99	4:15.19	4:34.29			

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Male 15-18

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.10	25.10	25.29	25.39			27.89	
100 Free	54.89	54.89	54.89	55.39			1:00.89	
200 Free	1:59.07	2:00.71	2:00.49	2:02.79			2:15.09	
400 Free	4:13.97	4:16.22	4:16.69	4:21.69			4:47.89	
500 Free	4:13.97	4:16.22	4:16.69	4:21.69			4:47.89	
800 Free	8:44.31	8:49.51	8:57.29	9:10.59			10:26.59	
1500 Free	16:32.21	16:49.15	17:09.09	17:43.99			20:05.09	
50 Back								
100 Back	1:02.37	1:03.23	1:02.69	1:03.79			1:10.19	
200 Back	2:14.25	2:17.04	2:15.19	2:20.69			2:34.79	
50 Breast								
100 Breast	1:10.07	1:11.04	1:10.09	1:12.69			1:19.99	
200 Breast	2:33.22	2:36.20	2:34.39	2:41.39			2:57.49	
50 Fly								
100 Fly	1:00.47	1:01.28	1:00.19	1:02.59			1:08.89	
200 Fly	2:16.14	2:18.88	2:13.39	2:25.59			2:40.19	
200 IM	2:13.58	2:15.39	2:16.29	2:18.99			2:32.89	
400 IM	4:50.16	4:53.25	4:51.19	5:06.09			5:36.69	
200 Free Relay	1:41.55	1:43.03						
400 Free Relay	3:41.86	3:45.03	3:47.19	3:50.29				
800 Free Relay	8:03.91	8:13.83	8:21.69	8:28.99				
200 Medley Relay	1:53.71	1:56.07						
400 Medley Relay	4:07.64	4:12.13	4:15.99	4:15.19				

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JETS10 STANDARDS 2010 JETS Champ Cuts Short Course Meters

Male Open

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.10	25.10	25.29	25.39			27.89	
100 Free	54.89	54.89	54.89	55.39			1:00.89	
200 Free	1:59.07	2:00.71	2:00.49	2:02.79			2:15.09	
400 Free	4:13.97	4:16.22	4:16.69	4:21.69			4:47.89	
500 Free	4:13.97	4:16.22	4:16.69	4:21.69			4:47.89	
800 Free	8:44.31	8:49.51	8:57.29	9:10.59			10:26.59	
1500 Free	16:32.21	16:49.15	17:09.09	17:43.99			20:05.09	
50 Back								
100 Back	1:02.37	1:03.23	1:02.69	1:03.79			1:10.19	
200 Back	2:14.25	2:17.04	2:15.19	2:20.69			2:34.79	
50 Breast								
100 Breast	1:10.07	1:11.04	1:10.09	1:12.69			1:19.99	
200 Breast	2:33.22	2:36.20	2:34.39	2:41.39			2:57.49	
50 Fly								
100 Fly	1:00.47	1:01.28	1:00.19	1:02.59			1:08.89	
200 Fly	2:16.14	2:18.88	2:13.39	2:25.59			2:40.19	
100 IM								
200 IM	2:13.58	2:15.39	2:16.29	2:18.99			2:32.89	
400 IM	4:50.16	4:53.25	4:51.19	5:06.09			5:36.69	
200 Free Relay	1:41.55	1:43.03						
400 Free Relay	3:41.86	3:45.03	3:47.19	3:50.29				
800 Free Relay	8:03.91	8:13.83	8:21.69	8:28.99				
200 Medley Relay	1:53.71	1:56.07						
400 Medley Relay	4:07.64	4:12.13	4:15.99	4:15.19				