

JOLIET JETS Y SWIM TEAM
 www.jetsyswimteam.org

JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Female 8 & Under

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
25 Free						16.59		21.19
50 Free					30.59	37.59	33.69	48.79
100 Free					1:07.39		1:14.09	
200 Free					2:28.19		2:42.09	
500 Free							8:30.49	
25 Back						20.49		26.09
50 Back					35.89		39.49	
100 Back					1:17.59		1:25.39	
25 Breast						22.89		36.99
50 Breast					40.49		44.59	
100 Breast					1:28.89		1:37.79	
25 Fly						18.79		28.59
50 Fly					34.49		37.89	
100 Fly					1:20.69		1:28.79	
100 IM					1:17.29	1:37.99	1:24.99	1:59.99
200 IM					2:47.29		3:03.99	
100 Free Relay						1:18.59		
200 Free Relay					2:09.59			
100 Medley Relay						1:30.29		
200 Medley Relay					2:25.99			

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Female 9-10

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free					30.59	31.69	33.69	38.89
100 Free					1:07.39	1:10.89	1:14.09	1:27.29
200 Free					2:28.19		2:42.09	
500 Free							8:30.49	
50 Back					35.89	37.29	39.49	49.99
100 Back					1:17.59		1:25.39	
50 Breast					40.49	42.19	44.59	50.59
100 Breast					1:28.89		1:37.79	
50 Fly					34.49	36.19	37.89	51.09
100 Fly					1:20.69		1:28.79	
100 IM					1:17.29	1:20.79	1:24.99	1:41.29
200 IM					2:47.29		3:03.99	
200 Free Relay					2:09.59	2:19.99		
200 Medley Relay					2:25.99	2:36.19		

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Female 11-12

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.19	25.38	25.49	25.49	27.29	28.49	29.99	34.19
100 Free	54.59	55.10	54.89	55.09	59.39	1:02.79	1:05.29	1:12.39
200 Free	1:57.29	1:58.69	1:59.49	2:00.09	2:10.19	2:18.69	2:23.19	2:59.99
500 Free	5:11.79	5:14.63	5:18.09	5:21.19	5:50.29		6:25.29	
1000 Free	10:35.59	10:41.27	10:58.59	11:14.59			12:22.09	
1650 Free	17:41.79	17:55.36	18:26.99	18:51.99			20:45.19	
50 Back					31.69	33.19	34.89	41.69
100 Back	1:01.19	1:02.18	1:02.29	1:02.89	1:08.39		1:15.19	
200 Back	2:11.89	2:13.82	2:14.69	2:16.79			3:03.29	
50 Breast					35.29	36.99	38.79	42.99
100 Breast	1:09.59	1:10.26	1:10.49	1:11.29	1:16.99		1:24.69	
200 Breast	2:30.19	2:32.48	2:32.99	2:35.89			3:27.29	
50 Fly					30.29	31.59	33.29	36.99
100 Fly	1:00.29	1:01.01	1:01.59	1:01.79	1:08.29		1:15.09	
200 Fly	2:13.99	2:15.96	2:15.09	2:20.29			3:06.29	
100 IM					1:08.49		1:15.29	
200 IM	2:12.99	2:14.47	2:15.49	2:16.29	2:27.49	2:37.29	2:42.29	3:25.39
400 IM	4:42.59	4:44.85	4:48.49	4:51.19			6:34.39	
200 Free Relay	1:41.99	1:43.16				2:01.49		
400 Free Relay	3:40.39	3:43.45	3:50.09	3:46.39	4:07.49			
800 Free Relay	7:57.19	8:01.85	8:17.99	8:12.99				
200 Medley Relay	1:53.59	1:55.25				2:16.99		
400 Medley Relay	4:05.49	4:09.70	4:15.79	4:09.99	4:38.69			

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Female 13-14

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.19	25.38	25.49	25.49	25.99	27.09	28.59	
100 Free	54.59	55.10	54.89	55.09	56.39	1:00.09	1:01.99	
200 Free	1:57.29	1:58.69	1:59.49	2:00.09	2:02.19	2:11.69	2:14.39	
500 Free	5:11.79	5:14.63	5:18.09	5:21.19	5:28.29	5:55.69	6:00.79	
1000 Free	10:35.59	10:41.27	10:58.59	11:14.59	11:25.69		12:22.09	
1650 Free	17:41.79	17:55.36	18:26.99	18:51.99	19:08.49		20:45.19	
50 Back								
100 Back	1:01.19	1:02.18	1:02.29	1:02.89	1:04.19	1:08.89	1:10.59	
200 Back	2:11.89	2:13.82	2:14.69	2:16.79	2:19.09		2:32.99	
50 Breast								
100 Breast	1:09.59	1:10.26	1:10.49	1:11.29	1:12.99	1:17.59	1:20.29	
200 Breast	2:30.19	2:32.48	2:32.99	2:35.89	2:38.59		2:54.59	
50 Fly								
100 Fly	1:00.29	1:01.01	1:01.59	1:01.79	1:03.49	1:08.79	1:09.79	
200 Fly	2:13.99	2:15.96	2:15.09	2:20.29	2:24.99		2:39.49	
200 IM	2:12.99	2:14.47	2:15.49	2:16.29	2:19.19	2:29.89	2:33.09	
400 IM	4:42.59	4:44.85	4:48.49	4:51.19	4:55.89		5:25.49	
200 Free Relay	1:41.99	1:43.16				1:57.19		
400 Free Relay	3:40.39	3:43.45	3:50.09	3:46.39	3:50.79			
800 Free Relay	7:57.19	8:01.85	8:17.99	8:12.99	8:24.79			
200 Medley Relay	1:53.59	1:55.25				2:13.59		
400 Medley Relay	4:05.49	4:09.70	4:15.79	4:09.99	4:16.89			

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Female 15-18

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.19	25.38	25.49	25.49		26.39	27.99	
100 Free	54.59	55.10	54.89	55.09		57.79	1:00.59	
200 Free	1:57.29	1:58.69	1:59.49	2:00.09		2:06.89	2:12.09	
500 Free	5:11.79	5:14.63	5:18.09	5:21.19		5:43.19	5:53.29	
1000 Free	10:35.59	10:41.27	10:58.59	11:14.59			12:22.09	
1650 Free	17:41.79	17:55.36	18:26.99	18:51.99			20:45.19	
50 Back								
100 Back	1:01.19	1:02.18	1:02.29	1:02.89		1:06.49	1:09.19	
200 Back	2:11.89	2:13.82	2:14.69	2:16.79			2:30.49	
50 Breast								
100 Breast	1:09.59	1:10.26	1:10.49	1:11.29		1:15.79	1:18.39	
200 Breast	2:30.19	2:32.48	2:32.99	2:35.89			2:51.49	
50 Fly								
100 Fly	1:00.29	1:01.01	1:01.59	1:01.79		1:05.09	1:07.99	
200 Fly	2:13.99	2:15.96	2:15.09	2:20.29			2:34.29	
200 IM	2:12.99	2:14.47	2:15.49	2:16.29		2:24.59	2:29.89	
400 IM	4:42.59	4:44.85	4:48.49	4:51.19			5:20.29	
200 Free Relay	1:41.99	1:43.16				1:53.99		
400 Free Relay	3:40.39	3:43.45	3:50.09	3:46.39				
800 Free Relay	7:57.19	8:01.85	8:17.99	8:12.99				
200 Medley Relay	1:53.59	1:55.25				2:10.09		
400 Medley Relay	4:05.49	4:09.70	4:15.79	4:09.99				

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Female Open

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	25.19	25.38	25.49	25.49		26.39	27.99	
100 Free	54.59	55.10	54.89	55.09		57.79	1:00.59	
200 Free	1:57.29	1:58.69	1:59.49	2:00.09		2:06.89	2:12.09	
500 Free	5:11.79	5:14.63	5:18.09	5:21.19		5:43.19	5:53.29	
1000 Free	10:35.59	10:41.27	10:58.59	11:14.59			12:22.09	
1650 Free	17:41.79	17:55.36	18:26.99	18:51.99			20:45.19	
50 Back								
100 Back	1:01.19	1:02.18	1:02.29	1:02.89		1:06.49	1:09.19	
200 Back	2:11.89	2:13.82	2:14.69	2:16.79			2:30.49	
50 Breast								
100 Breast	1:09.59	1:10.26	1:10.49	1:11.29		1:15.79	1:18.39	
200 Breast	2:30.19	2:32.48	2:32.99	2:35.89			2:51.49	
50 Fly								
100 Fly	1:00.29	1:01.01	1:01.59	1:01.79		1:05.09	1:07.99	
200 Fly	2:13.99	2:15.96	2:15.09	2:20.29			2:34.29	
100 IM								
200 IM	2:12.99	2:14.47	2:15.49	2:16.29		2:24.59	2:29.89	
400 IM	4:42.59	4:44.85	4:48.49	4:51.19			5:20.29	
200 Free Relay	1:41.99	1:43.16				1:53.99		
400 Free Relay	3:40.39	3:43.45	3:50.09	3:46.39				
800 Free Relay	7:57.19	8:01.85	8:17.99	8:12.99				
200 Medley Relay	1:53.59	1:55.25				2:10.09		
400 Medley Relay	4:05.49	4:09.70	4:15.79	4:09.99				

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Male 8 & Under

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
25 Free						16.89		19.39
50 Free					30.49	37.79	33.49	48.49
100 Free					1:07.79		1:14.49	
200 Free					2:30.59		2:45.69	
500 Free							8:25.49	
25 Back						20.89		24.99
50 Back					35.99		39.59	
100 Back					1:18.49		1:26.29	
25 Breast						23.69		39.99
50 Breast					41.19		45.29	
100 Breast					1:31.19		1:40.29	
25 Fly						19.99		39.99
50 Fly					34.79		38.29	
100 Fly					1:22.39		1:30.59	
100 IM					1:18.39	1:41.69	1:26.19	1:59.99
200 IM					2:50.69		3:07.79	
100 Free Relay						1:23.29		
200 Free Relay					2:10.59			
100 Medley Relay						1:42.39		
200 Medley Relay					2:28.29			

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Male 9-10

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free					30.49	32.09	33.49	36.09
100 Free					1:07.79	1:11.99	1:14.49	1:30.89
200 Free					2:30.59		2:45.69	
500 Free							8:25.49	
50 Back					35.99	37.89	39.59	45.19
100 Back					1:18.49		1:26.29	
50 Breast					41.19	43.79	45.29	56.99
100 Breast					1:31.19		1:40.29	
50 Fly					34.79	37.59	38.29	56.99
100 Fly					1:22.39		1:30.59	
100 IM					1:18.39	1:23.99	1:26.19	1:45.99
200 IM					2:50.69		3:07.79	
200 Free Relay					2:10.59	2:28.09		
200 Medley Relay					2:28.29	2:48.29		

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Male 11-12

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	22.49	22.73	22.79	22.89	26.89	28.59	29.59	35.39
100 Free	49.19	49.78	49.59	50.19	58.79	1:03.29	1:04.69	1:18.59
200 Free	1:46.69	1:48.16	1:48.69	1:50.59	2:09.29	2:21.09	2:22.19	3:19.99
500 Free	4:50.29	4:52.86	4:56.39	4:59.09	5:49.79		6:24.79	
1000 Free	9:59.29	10:05.24	10:14.09	10:39.99			11:56.09	
1650 Free	16:35.19	16:52.18	17:12.19	17:51.99			19:58.79	
50 Back					31.79	33.99	34.99	43.99
100 Back	55.89	56.66	56.29	57.49	1:08.29		1:15.09	
200 Back	2:00.29	2:02.79	2:01.69	2:06.79			2:59.39	
50 Breast					35.69	38.19	39.29	50.59
100 Breast	1:02.79	1:03.65	1:03.09	1:05.49	1:18.19		1:25.99	
200 Breast	2:17.29	2:19.96	2:17.59	2:25.39			3:21.79	
50 Fly					30.29	32.09	33.29	59.99
100 Fly	54.19	54.91	55.09	56.39	1:08.89		1:15.79	
200 Fly	2:01.99	2:04.44	2:01.79	2:11.19			3:04.69	
100 IM					1:08.59		1:15.49	
200 IM	1:59.69	2:01.31	2:03.29	2:05.19	2:28.09	2:42.59	2:42.89	3:29.99
400 IM	4:21.29	4:22.76	4:22.99	4:35.79			6:27.29	
200 Free Relay	1:30.99	1:32.32				2:09.49		
400 Free Relay	3:18.79	3:21.63	3:24.39	3:27.49	4:12.99			
800 Free Relay	7:13.59	7:22.47	7:31.29	7:38.59				
200 Medley Relay	1:41.89	1:44.01				2:26.59		
400 Medley Relay	3:41.89	3:45.91	3:49.09	3:49.89	4:44.99			

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Male 13-14

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	22.49	22.73	22.79	22.89	24.29	25.79	26.69	
100 Free	49.19	49.78	49.59	50.19	52.99	56.99	58.29	
200 Free	1:46.69	1:48.16	1:48.69	1:50.59	1:55.99	2:07.29	2:07.59	
500 Free	4:50.29	4:52.86	4:56.39	4:59.09	5:16.89	5:51.19	5:48.59	
1000 Free	9:59.29	10:05.24	10:14.09	10:39.99	11:08.19		11:56.09	
1650 Free	16:35.19	16:52.18	17:12.19	17:51.99	18:38.29		19:58.79	
50 Back								
100 Back	55.89	56.66	56.29	57.49	1:01.29	1:06.49	1:07.39	
200 Back	2:00.29	2:02.79	2:01.69	2:06.79	2:13.99		2:27.39	
50 Breast								
100 Breast	1:02.79	1:03.65	1:03.09	1:05.49	1:09.89	1:14.49	1:16.89	
200 Breast	2:17.29	2:19.96	2:17.59	2:25.39	2:33.19		2:48.49	
50 Fly								
100 Fly	54.19	54.91	55.09	56.39	1:00.39	1:06.39	1:06.39	
200 Fly	2:01.99	2:04.44	2:01.79	2:11.19	2:19.79		2:33.79	
200 IM	1:59.69	2:01.31	2:03.29	2:05.19	2:12.99	2:25.49	2:26.29	
400 IM	4:21.29	4:22.76	4:22.99	4:35.79	4:47.19		5:15.89	
200 Free Relay	1:30.99	1:32.32				1:56.89		
400 Free Relay	3:18.79	3:21.63	3:24.39	3:27.49	3:41.49			
800 Free Relay	7:13.59	7:22.47	7:31.29	7:38.59	8:09.69			
200 Medley Relay	1:41.89	1:44.01				2:12.39		
400 Medley Relay	3:41.89	3:45.91	3:49.09	3:49.89	4:07.09			

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Male 15-18

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	22.49	22.73	22.79	22.89		23.69	25.19	
100 Free	49.19	49.78	49.59	50.19		52.09	55.19	
200 Free	1:46.69	1:48.16	1:48.69	1:50.59		1:56.89	2:01.59	
500 Free	4:50.29	4:52.86	4:56.39	4:59.09		5:21.69	5:28.99	
1000 Free	9:59.29	10:05.24	10:14.09	10:39.99			11:56.09	
1650 Free	16:35.19	16:52.18	17:12.19	17:51.99			19:58.79	
50 Back								
100 Back	55.89	56.66	56.29	57.49		1:00.59	1:03.19	
200 Back	2:00.29	2:02.79	2:01.69	2:06.79			2:19.49	
50 Breast								
100 Breast	1:02.79	1:03.65	1:03.09	1:05.49		1:08.09	1:11.99	
200 Breast	2:17.29	2:19.96	2:17.59	2:25.39			2:39.89	
50 Fly								
100 Fly	54.19	54.91	55.09	56.39		59.19	1:01.99	
200 Fly	2:01.99	2:04.44	2:01.79	2:11.19			2:24.29	
200 IM	1:59.69	2:01.31	2:03.29	2:05.19		2:13.09	2:17.69	
400 IM	4:21.29	4:22.76	4:22.99	4:35.79			5:03.39	
200 Free Relay	1:30.99	1:32.32				1:46.89		
400 Free Relay	3:18.79	3:21.63	3:24.39	3:27.49				
800 Free Relay	7:13.59	7:22.47	7:31.29	7:38.59				
200 Medley Relay	1:41.89	1:44.01				1:56.99		
400 Medley Relay	3:41.89	3:45.91	3:49.09	3:49.89				

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JETS10 STANDARDS 2010 JETS Champ Cuts Yards

Male Open

	YSC	YLC	SECT	SRST	AGST	YST	REG	YDIS
50 Free	22.49	22.73	22.79	22.89		23.69	25.19	
100 Free	49.19	49.78	49.59	50.19		52.09	55.19	
200 Free	1:46.69	1:48.16	1:48.69	1:50.59		1:56.89	2:01.59	
500 Free	4:50.29	4:52.86	4:56.39	4:59.09		5:21.69	5:28.99	
1000 Free	9:59.29	10:05.24	10:14.09	10:39.99			11:56.09	
1650 Free	16:35.19	16:52.18	17:12.19	17:51.99			19:58.79	
50 Back								
100 Back	55.89	56.66	56.29	57.49		1:00.59	1:03.19	
200 Back	2:00.29	2:02.79	2:01.69	2:06.79			2:19.49	
50 Breast								
100 Breast	1:02.79	1:03.65	1:03.09	1:05.49		1:08.09	1:11.99	
200 Breast	2:17.29	2:19.96	2:17.59	2:25.39			2:39.89	
50 Fly								
100 Fly	54.19	54.91	55.09	56.39		59.19	1:01.99	
200 Fly	2:01.99	2:04.44	2:01.79	2:11.19			2:24.29	
100 IM								
200 IM	1:59.69	2:01.31	2:03.29	2:05.19		2:13.09	2:17.69	
400 IM	4:21.29	4:22.76	4:22.99	4:35.79			5:03.39	
200 Free Relay	1:30.99	1:32.32				1:46.89		
400 Free Relay	3:18.79	3:21.63	3:24.39	3:27.49				
800 Free Relay	7:13.59	7:22.47	7:31.29	7:38.59				
200 Medley Relay	1:41.89	1:44.01				1:56.99		
400 Medley Relay	3:41.89	3:45.91	3:49.09	3:49.89				