

JOLIET Y JETS SWIM TEAM  
www.jetsyswimteam.org

**CHAMP12 STANDARDS Championship Standards Yards**

<b>Female 8 &amp; Under</b>							
	<b>YSC</b>	<b>YLC</b>	<b>SRST</b>	<b>AGST</b>	<b>YST</b>	<b>REG</b>	<b>YDIS</b>
25 Free					16.69		21.19
50 Free				30.19	37.59	33.19	48.79
100 Free				1:07.39		1:14.09	
200 Free				2:28.19		2:42.09	
500 Free				6:28.29		8:30.49	
25 Back					20.49		26.09
50 Back				35.89		39.49	
100 Back				1:17.09		1:24.79	
25 Breast					22.99		36.99
50 Breast				40.09		44.09	
100 Breast				1:27.79		1:36.59	
25 Fly					18.89		28.59
50 Fly				34.09		37.49	
100 Fly				1:19.99		1:27.99	
100 IM				1:17.29	1:36.49	1:24.99	1:59.99
200 IM				2:47.29		3:03.99	
100 Free Relay					1:18.29		
200 Free Relay				2:08.49			
100 Medley Relay					1:30.19		
200 Medley Relay				2:25.19			

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**CHAMP12 STANDARDS Championship Standards Yards**

**Female 9-10**

	YSC	YLC	SRST	AGST	YST	REG	YDIS
50 Free				30.19	31.59	33.19	38.89
100 Free				1:07.39	1:10.39	1:14.09	1:27.29
200 Free				2:28.19		2:42.09	
500 Free				6:28.29		8:30.49	
50 Back				35.89	37.19	39.49	49.99
100 Back				1:17.09		1:24.79	
50 Breast				40.09	41.99	44.09	50.59
100 Breast				1:27.79		1:36.59	
50 Fly				34.09	35.99	37.49	51.09
100 Fly				1:19.99		1:27.99	
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				2:08.49	2:17.69		
200 Medley Relay				2:25.19	2:36.29		

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**CHAMP12 STANDARDS Championship Standards Yards**

**Female 11-12**

	YSC	YLC	SRST	AGST	YST	REG	YDIS
50 Free	24.99	24.99	25.29	27.19	28.39	29.99	34.19
100 Free	53.99	53.99	54.79	59.19	1:02.59	1:05.09	1:12.39
200 Free	1:56.19	1:56.19	1:58.79	2:09.49	2:18.09	2:22.39	2:59.99
500 Free	5:10.99	5:10.99	5:17.49	5:47.89		6:22.69	
1000 Free	10:30.99	10:30.99	11:14.59			12:34.29	
1650 Free	17:34.99	17:34.99	18:49.99			21:02.99	
50 Back				31.59	33.19	34.79	41.69
100 Back	1:00.19	1:00.19	1:02.29	1:07.49		1:14.19	
200 Back	2:09.49	2:09.49	2:14.49	2:24.39		3:03.29	
50 Breast				35.29	36.99	38.79	42.99
100 Breast	1:08.99	1:08.99	1:11.29	1:16.99		1:24.69	
200 Breast	2:28.99	2:28.99	2:35.49	2:45.59		3:27.29	
50 Fly				29.99	31.59	32.99	36.99
100 Fly	59.59	59.59	1:01.59	1:07.39		1:14.09	
200 Fly	2:12.69	2:12.69	2:20.29	2:34.59		3:06.29	
100 IM				1:08.09		1:14.89	
200 IM	2:11.89	2:11.89	2:14.19	2:26.29	2:36.79	2:40.89	3:25.39
400 IM	4:38.99	4:38.99	4:50.19			6:34.39	
200 Free Relay	1:40.99	1:40.99			2:01.49		
400 Free Relay	3:37.99	3:37.99	3:44.59	4:07.49			
800 Free Relay	7:48.99	7:48.99	8:08.89				
200 Medley Relay	1:52.89	1:52.89			2:16.59		
400 Medley Relay	4:03.59	4:03.59	4:07.49	4:37.99			

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**CHAMP12 STANDARDS Championship Standards Yards**

**Female 13-14**

	<b>YSC</b>	<b>YLC</b>	<b>SRST</b>	<b>AGST</b>	<b>YST</b>	<b>REG</b>	<b>YDIS</b>
50 Free	24.99	24.99	25.29	25.89	26.89	28.49	19:19.19
100 Free	53.99	53.99	54.79	56.19	59.59	1:01.79	19:19.19
200 Free	1:56.19	1:56.19	1:58.79	2:01.39	2:11.79	2:13.49	19:19.19
500 Free	5:10.99	5:10.99	5:17.49	5:27.19	5:55.59	5:59.89	19:19.19
1000 Free	10:30.99	10:30.99	11:14.59	11:25.69		12:34.29	
1650 Free	17:34.99	17:34.99	18:49.99	19:08.19		21:02.99	
50 Back							
100 Back	1:00.19	1:00.19	1:02.29	1:03.49	1:07.69	1:09.79	19:19.19
200 Back	2:09.49	2:09.49	2:14.49	2:17.69		2:31.49	
50 Breast							
100 Breast	1:08.99	1:08.99	1:11.29	1:12.49	1:17.49	1:19.69	19:19.19
200 Breast	2:28.99	2:28.99	2:35.49	2:37.99		2:53.79	
50 Fly							
100 Fly	59.59	59.59	1:01.59	1:02.99	1:08.49	1:09.29	19:19.19
200 Fly	2:12.69	2:12.69	2:20.29	2:23.69		2:38.09	
200 IM	2:11.89	2:11.89	2:14.19	2:18.39	2:29.69	2:32.19	19:19.19
400 IM	4:38.99	4:38.99	4:50.19	4:55.79		5:25.39	
200 Free Relay	1:40.99	1:40.99			1:56.39		19:19.19
400 Free Relay	3:37.99	3:37.99	3:44.59	3:50.79			
800 Free Relay	7:48.99	7:48.99	8:08.89	8:24.79			
200 Medley Relay	1:52.89	1:52.89			2:12.99		19:19.19
400 Medley Relay	4:03.59	4:03.59	4:07.49	4:16.89			

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**CHAMP12 STANDARDS Championship Standards Yards**

**Female 15-18**

	YSC	YLC	SRST	AGST	YST	REG	YDIS
50 Free	24.99	24.99	25.29		26.29	27.79	19:19.19
100 Free	53.99	53.99	54.79		57.49	1:00.29	19:19.19
200 Free	1:56.19	1:56.19	1:58.79		2:06.89	2:10.69	19:19.19
500 Free	5:10.99	5:10.99	5:17.49		5:43.99	5:49.19	19:19.19
1000 Free	10:30.99	10:30.99	11:14.59			12:22.09	
1650 Free	17:34.99	17:34.99	18:49.99			20:42.99	
50 Back							
100 Back	1:00.19	1:00.19	1:02.29		1:06.29	1:08.49	19:19.19
200 Back	2:09.49	2:09.49	2:14.49			2:27.89	
50 Breast							
100 Breast	1:08.99	1:08.99	1:11.29		1:15.49	1:18.39	19:19.19
200 Breast	2:28.99	2:28.99	2:35.49			2:50.99	
50 Fly							
100 Fly	59.59	59.59	1:01.59		1:04.79	1:07.79	19:19.19
200 Fly	2:12.69	2:12.69	2:20.29			2:34.29	
200 IM	2:11.89	2:11.89	2:14.19		2:25.19	2:27.59	19:19.19
400 IM	4:38.99	4:38.99	4:50.19			5:19.19	
200 Free Relay	1:40.99	1:40.99			1:53.79		19:19.19
400 Free Relay	3:37.99	3:37.99	3:44.59				
800 Free Relay	7:48.99	7:48.99	8:08.89				
200 Medley Relay	1:52.89	1:52.89			2:08.19		19:19.19
400 Medley Relay	4:03.59	4:03.59	4:07.49				

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**CHAMP12 STANDARDS Championship Standards Yards**

**Female Open**

	YSC	YLC	SRST	AGST	YST	REG	YDIS
50 Free	24.99	24.99	25.29		26.29	27.79	19:19.19
100 Free	53.99	53.99	54.79		57.49	1:00.29	19:19.19
200 Free	1:56.19	1:56.19	1:58.79		2:06.89	2:10.69	19:19.19
500 Free	5:10.99	5:10.99	5:17.49		5:43.99	5:49.19	19:19.19
1000 Free	10:30.99	10:30.99	11:14.59			12:22.09	
1650 Free	17:34.99	17:34.99	18:49.99			20:42.99	
50 Back							
100 Back	1:00.19	1:00.19	1:02.29		1:06.29	1:08.49	19:19.19
200 Back	2:09.49	2:09.49	2:14.49			2:27.89	
50 Breast							
100 Breast	1:08.99	1:08.99	1:11.29		1:15.49	1:18.39	19:19.19
200 Breast	2:28.99	2:28.99	2:35.49			2:50.99	
50 Fly							
100 Fly	59.59	59.59	1:01.59		1:04.79	1:07.79	19:19.19
200 Fly	2:12.69	2:12.69	2:20.29			2:34.29	
100 IM							
200 IM	2:11.89	2:11.89	2:14.19		2:25.19	2:27.59	19:19.19
400 IM	4:38.99	4:38.99	4:50.19			5:19.19	
200 Free Relay	1:40.99	1:40.99			1:53.79		19:19.19
400 Free Relay	3:37.99	3:37.99	3:44.59				
800 Free Relay	7:48.99	7:48.99	8:08.89				
200 Medley Relay	1:52.89	1:52.89			2:08.19		19:19.19
400 Medley Relay	4:03.59	4:03.59	4:07.49				

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**CHAMP12 STANDARDS Championship Standards Yards**

**Male 8 & Under**

	YSC	YLC	SRST	AGST	YST	REG	YDIS
25 Free					16.79		19.39
50 Free				30.19	37.39	33.19	48.49
100 Free				1:06.59		1:13.29	
200 Free				2:27.79		2:42.59	
500 Free				6:28.29		8:25.49	
25 Back					20.69		24.99
50 Back				35.99		39.59	
100 Back				1:17.79		1:25.59	
25 Breast					23.59		39.99
50 Breast				41.09		45.19	
100 Breast				1:30.59		1:39.69	
25 Fly					19.79		39.99
50 Fly				34.29		37.69	
100 Fly				1:21.49		1:29.59	
100 IM				1:17.99	1:37.99	1:25.79	1:59.99
200 IM				2:49.69		3:06.69	
100 Free Relay					1:21.19		
200 Free Relay				2:10.59			
100 Medley Relay					1:40.29		
200 Medley Relay				2:28.29			

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**CHAMP12 STANDARDS Championship Standards Yards**

**Male 9-10**

	YSC	YLC	SRST	AGST	YST	REG	YDIS
50 Free				30.19	31.99	33.19	36.09
100 Free				1:06.59	1:10.69	1:13.29	1:30.89
200 Free				2:27.79		2:42.59	
500 Free				6:28.29		8:25.49	
50 Back				35.99	37.89	39.59	45.19
100 Back				1:17.79		1:25.59	
50 Breast				41.09	43.69	45.19	56.99
100 Breast				1:30.59		1:39.69	
50 Fly				34.29	37.09	37.69	56.99
100 Fly				1:21.49		1:29.59	
100 IM				1:17.99	1:22.69	1:25.79	1:45.99
200 IM				2:49.69		3:06.69	
200 Free Relay				2:10.59	2:27.09		
200 Medley Relay				2:28.29	2:48.79		

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**CHAMP12 STANDARDS Championship Standards Yards**

**Male 11-12**

	YSC	YLC	SRST	AGST	YST	REG	YDIS
50 Free	22.39	22.39	22.69	26.89	28.39	29.59	35.39
100 Free	48.79	48.79	49.29	58.79	1:02.89	1:04.69	1:18.59
200 Free	1:46.29	1:46.29	1:48.59	2:09.29	2:19.09	2:22.19	3:19.99
500 Free	4:47.99	4:47.99	4:57.09	5:49.79		6:24.79	
1000 Free	9:51.99	9:51.99	10:39.99			12:14.99	
1650 Free	16:35.19	16:35.19	17:51.99			20:30.09	
50 Back				31.49	33.79	34.59	43.99
100 Back	55.19	55.19	57.19	1:07.79		1:14.59	
200 Back	1:58.69	1:58.69	2:05.89	2:27.59		2:59.39	
50 Breast				35.69	37.99	39.29	50.59
100 Breast	1:01.99	1:01.99	1:04.69	1:18.19		1:25.99	
200 Breast	2:15.49	2:15.49	2:24.29	2:53.19		3:21.79	
50 Fly				29.99	31.89	32.99	59.99
100 Fly	53.99	53.99	55.29	1:08.09		1:14.89	
200 Fly	2:01.19	2:01.19	2:09.59	2:45.89		3:04.69	
100 IM				1:08.59		1:15.49	
200 IM	1:59.69	1:59.69	2:03.69	2:28.09	2:41.59	2:42.89	3:29.99
400 IM	4:17.99	4:17.99	4:32.29			6:27.29	
200 Free Relay	1:30.59	1:30.59			2:07.79		
400 Free Relay	3:16.99	3:16.99	3:23.09	4:12.99			
800 Free Relay	7:09.99	7:09.99	7:31.49				
200 Medley Relay	1:41.59	1:41.59			2:25.09		
400 Medley Relay	3:39.99	3:39.99	3:44.19	4:44.99			

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**CHAMP12 STANDARDS Championship Standards Yards**

**Male 13-14**

	<b>YSC</b>	<b>YLC</b>	<b>SRST</b>	<b>AGST</b>	<b>YST</b>	<b>REG</b>	<b>YDIS</b>
50 Free	22.39	22.39	22.69	24.19	25.69	26.59	19:19.19
100 Free	48.79	48.79	49.29	52.79	56.99	58.09	19:19.19
200 Free	1:46.29	1:46.29	1:48.59	1:55.49	2:05.99	2:06.99	19:19.19
500 Free	4:47.99	4:47.99	4:57.09	5:15.29	5:47.99	5:46.79	19:19.19
1000 Free	9:51.99	9:51.99	10:39.99	11:08.19		12:14.99	
1650 Free	16:35.19	16:35.19	17:51.99	18:38.29		20:30.09	
50 Back							
100 Back	55.19	55.19	57.19	1:00.59	1:06.49	1:06.69	19:19.19
200 Back	1:58.69	1:58.69	2:05.89	2:12.59		2:25.89	
50 Breast							
100 Breast	1:01.99	1:01.99	1:04.69	1:09.09	1:13.49	1:15.99	19:19.19
200 Breast	2:15.49	2:15.49	2:24.29	2:31.69		2:46.89	
50 Fly							
100 Fly	53.99	53.99	55.29	59.59	1:05.09	1:05.59	19:19.19
200 Fly	2:01.19	2:01.19	2:09.59	2:18.09		2:31.89	
200 IM	1:59.69	1:59.69	2:03.69	2:11.89	2:23.99	2:25.09	19:19.19
400 IM	4:17.99	4:17.99	4:32.29	4:45.79		5:14.39	
200 Free Relay	1:30.59	1:30.59			1:56.99		19:19.19
400 Free Relay	3:16.99	3:16.99	3:23.09	3:41.49			
800 Free Relay	7:09.99	7:09.99	7:31.49	8:09.19			
200 Medley Relay	1:41.59	1:41.59			2:13.39		19:19.19
400 Medley Relay	3:39.99	3:39.99	3:44.19	4:06.69			

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**CHAMP12 STANDARDS Championship Standards Yards**

**Male 15-18**

	<b>YSC</b>	<b>YLC</b>	<b>SRST</b>	<b>AGST</b>	<b>YST</b>	<b>REG</b>	<b>YDIS</b>
50 Free	22.39	22.39	22.69		23.69	24.99	19:19.19
100 Free	48.79	48.79	49.29		51.99	54.19	19:19.19
200 Free	1:46.29	1:46.29	1:48.59		1:57.09	1:59.49	19:19.19
500 Free	4:47.99	4:47.99	4:57.09		5:22.59	5:26.79	19:19.19
1000 Free	9:51.99	9:51.99	10:39.99			11:56.09	
1650 Free	16:35.19	16:35.19	17:51.99			19:39.19	
50 Back							
100 Back	55.19	55.19	57.19		1:00.29	1:02.89	19:19.19
200 Back	1:58.69	1:58.69	2:05.89			2:18.49	
50 Breast							
100 Breast	1:01.99	1:01.99	1:04.69		1:07.99	1:11.19	19:19.19
200 Breast	2:15.49	2:15.49	2:24.29			2:38.69	
50 Fly							
100 Fly	53.99	53.99	55.29		58.79	1:00.79	19:19.19
200 Fly	2:01.19	2:01.19	2:09.59			2:22.59	
200 IM	1:59.69	1:59.69	2:03.69		2:12.49	2:16.09	19:19.19
400 IM	4:17.99	4:17.99	4:32.29			4:59.49	
200 Free Relay	1:30.59	1:30.59			1:44.99		19:19.19
400 Free Relay	3:16.99	3:16.99	3:23.09				
800 Free Relay	7:09.99	7:09.99	7:31.49				
200 Medley Relay	1:41.59	1:41.59			1:55.59		19:19.19
400 Medley Relay	3:39.99	3:39.99	3:44.19				

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**CHAMP12 STANDARDS Championship Standards Yards**

**Male Open**

	YSC	YLC	SRST	AGST	YST	REG	YDIS
50 Free	22.39	22.39	22.69		23.69	24.99	19:19.19
100 Free	48.79	48.79	49.29		51.99	54.19	19:19.19
200 Free	1:46.29	1:46.29	1:48.59		1:57.09	1:59.49	19:19.19
500 Free	4:47.99	4:47.99	4:57.09		5:22.59	5:26.79	19:19.19
1000 Free	9:51.99	9:51.99	10:39.99			11:56.09	
1650 Free	16:35.19	16:35.19	17:51.99			19:39.19	
50 Back							
100 Back	55.19	55.19	57.19		1:00.29	1:02.89	19:19.19
200 Back	1:58.69	1:58.69	2:05.89			2:18.49	
50 Breast							
100 Breast	1:01.99	1:01.99	1:04.69		1:07.99	1:11.19	19:19.19
200 Breast	2:15.49	2:15.49	2:24.29			2:38.69	
50 Fly							
100 Fly	53.99	53.99	55.29		58.79	1:00.79	19:19.19
200 Fly	2:01.19	2:01.19	2:09.59			2:22.59	
100 IM							
200 IM	1:59.69	1:59.69	2:03.69		2:12.49	2:16.09	19:19.19
400 IM	4:17.99	4:17.99	4:32.29			4:59.49	
200 Free Relay	1:30.59	1:30.59			1:44.99		19:19.19
400 Free Relay	3:16.99	3:16.99	3:23.09				
800 Free Relay	7:09.99	7:09.99	7:31.49				
200 Medley Relay	1:41.59	1:41.59			1:55.59		19:19.19
400 Medley Relay	3:39.99	3:39.99	3:44.19				