

# AULEA SWIM CLUB

## Competition Basics

### 1. Aulea's Purpose

Aulea is a group of dedicated individual swimmers and parents building a competitive swim team. The goal is to initially achieve fast enough times at low-level meets in order to participate in higher-level Invitational, State Championship, or Zone and Sectional (Western USA) meets and help Aulea win team points and trophies. Our Beginner group does teach basic swimming and strokes. However, the long term anticipation is these swimmers will turn competitive when they are 8 or 9. Because of the national system structure (see below), Aulea shouldn't be thought of as recreational or after-school care.

### 2. Age Groups

USA Swimming (USA-S) divides swimmers into 5 age groups. Age is determined by the swimmer's age on the first day of a swim meet. The age groups are:

- 10 and under
- 11-12
- 13-14
- 15-16
- 17-18

Generally, the times get tougher and the distances get longer for the older kids. This is built into the national (USA-S), and international (FINA) systems. To keep participating, it is key to be swimming *all strokes and distances* in competition for your age group. It is not good to avoid swimming meets, or least favorite strokes. (No one was born able to swim the butterfly, you get used to it.) Everything should be pursued and specialization can happen at older ages. Also, you should anticipate changes in events as your swimmer moves from one age group to the next. Otherwise, you risk falling behind and dropping out.

### 3. Events

Distances are short for 10 & U, 11-12 groups. Short distance 50's disappear for 13-14 yr olds and longer distances are added (up to a mile). [○ means this event exists for State Championships and for national level meets.]

Stroke & Distance (meters)	10 & U	11-12	13-14	15-16	17-18
Free 50m	○	○	○	○	○
Free 100m	○	○	○	○	○
Free 200m	○	○	○	○	○
Free 400m		added○	○	○	○
Free 800m			added○	○	○
Free 1600m			added○	○	○
Back 50m	○	○	ceases	ceases	ceases
Back 100m	○	○	○	○	○
Back 200m			added○	○	○
Breast 50m	○	○	ceases	ceases	ceases

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Breast 100m	○	○	○	○	○
Breast 200m			added○	○	○
Fly 50m	○	○	ceases	ceases	ceases
Fly 100m	○	○	○	○	○
Fly 200m			added○	○	○
Individual Medley 200m	○	○	○	○	○
Individual Medley 400m			added○	○	○
Relays					
Free 200m	○	○	○	○	○
Free 400m		added○	○	○	○
Medley 200m	○	○	○	○	○
Medley 400m		added○	○	○	○

**A similar structure exists for short course yards' season.**

### 4. Seasons

In Hawaii, long course season starts at the end of December and ends in early June. (Long course uses a 50 meter pool format, which is the accepted international, and Olympic standard.) Short course season (25 yards) starts in early June and ends at the end of December. This is uniquely American and coincides with the national high school and college format. Be aware that outside of Hawaii, long course season starts later (e.g. March) and ends later (August). Zone, Sectional and Jr. Nationals and Sr. Nationals are long course format.

### 5. Time Standards

Print out a copy of the time standards for your swimmers. See Sample. Get one for LCM (long course meters) and SCY (short course yards). These can be found on our website [aulea.org](http://aulea.org) on the left hand side, find the **Time Standards** tab. Keep track of your swimmer's times using the Time Database tab just below the Time Standards tab.

Female							
HI-C+	HI-B	HI-A	HI-AA	Qual	Zone	NRT	10&U
0:51.23	0:51.22	0:47.28	0:43.34	0:39.39	0:33.39	0:31.09	50 Free
		1:42.37	1:33.83	1:25.31	1:12.19	1:08.19	100 Free
		3:46.98	3:28.06	3:09.15	2:38.89	2:27.69	200 Free
1:00.74	1:00.73	0:56.06	0:51.38	0:46.72	0:39.29	0:36.19	50 Back
		2:00.77	1:50.70	1:40.64	1:24.79	1:18.59	100 Back
1:07.97	1:07.96	1:02.72	0:57.49	0:52.26	0:44.29	0:40.09	50 Breast
		2:16.78	2:05.38	1:53.98	1:36.59	1:28.89	100 Breast
0:56.91	0:56.90	0:52.51	0:48.14	0:43.77	0:36.79	0:33.99	50 Fly
		2:02.47	1:52.27	1:42.05	1:24.89	1:16.59	100 Fly
		4:14.30	3:53.10	3:31.91	2:58.39	2:47.29	200 IM

these are from 2007 and are not current

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Male							
10&U	NRT	Zone	Qual	HI-AA	HI-A	HI-B	HI-C+
50 Free	0:30.99	0:33.09	0:39.37	0:43.31	0:47.25	0:51.21	0:51.22
100 Free	1:07.99	1:12.69	1:25.77	1:34.35	1:42.93		
200 Free	2:27.29	2:37.99	3:06.78	3:25.46	3:44.13		
50 Back	0:36.39	0:39.49	0:47.46	0:52.23	0:56.97	1:01.71	1:01.72
100 Back	1:18.59	1:24.99	1:40.17	1:50.19	2:00.20		
50 Breast	0:40.79	0:44.99	0:53.54	0:58.89	1:04.25	1:09.60	1:09.61
100 Breast	1:29.69	1:37.79	1:55.40	2:06.93	2:18.47		
50 Fly	0:33.99	0:36.79	0:43.78	0:48.16	0:52.54	0:56.91	0:56.92
100 Fly	1:16.39	1:24.39	1:41.11	1:51.22	2:01.34		
200 IM	2:47.29	2:59.49	3:32.04	3:53.24	4:14.44		

## 6. Strategy

Try to grab the "low hanging fruit." Figure out which event your swimmer is closest to reaching a time standard in (e.g. 50 breast). Try to reach that one and your swimmer should get a sense of satisfaction. After that, diversify to another stroke and also a longer distance (e.g. 50 back and 100 breast) by consulting with the coach who makes the final decision. A medium term goal should be to get an AA time in some event. This qualifies the swimmer to participate in Invitational meets. This broadens your choice of swim meets you can attend (B/C meets for beginners 3-4x a year, Classified meets for all levels each month, and Invitational meets approx. once a month). With more choices you can attend meets on days that are convenient. The long term goal is to make AA times (or even better "Quals", State Championship qualifying times, or "Zones" or "Sectional" times) in all events before "aging up" to the next age group. Some of the swimmers times may even reach a high standard (AA, Qual or better) for their next age group. Remind the swimmer of incentive awards (towels, jackets, etc..) Aulea gives for certain achievements. (See the Current Member tab on the Aulea website and at the top click Incentives.)

