

USAS National Age Group Motivational Time Standards Transition Procedures

Beginning January 1, 2022, meets that use BRW language in their meet forms will no longer be sanctioned by SCS. The move from BRW time standards to USA Swimming National Age Group Motivational Time Standards was approved by the SCS Board in Spring 2021.

BRW Meets have been a staple of our LSC Meets. The changeover to using USA Swimming Motivational Times may cause some confusion amongst coaches, athletes, and parents. Below is a guide on how to implement the USA Motivational Time Standards in your meet forms and a way to present to your coaches and membership. **This new language must be used in all meet forms that are hosted after January 1, 2022.**

Time Standard Comparison

Girls 11-12 (SCY)						
Event	White	B	Red	BB	Blue	A
50 Free	33.51	33.59	33.50	31.29	30.70	28.99
100 Free	1:12.71	1:13.59	1:12.70	1:08.29	1:06.70	1:03.09
200 Free	2:37.21	2:40.39	2:37.20	2:28.99	2:24.10	2:17.49
500 Free	6:59.51	7:08.79	6:59.50	6:38.19	6:24.60	6:07.59
1000 Free	N/A	14:48.09	N/A	13:44.69	12:58.60	12:41.19
1650 Free	N/A	24:53.99	N/A	23:07.29	21:32.10	21:20.59
50 Back	39.61	38.09	39.6	35.39	36.20	32.69
100 Back	1:25.21	1:24.79	1:25.20	1:18.09	1:17.90	1:11.39
200 Back	3:01.40	2:56.59	3:01.40	2:43.99	2:46.20	2:31.39
50 Breast	44.51	42.99	44.50	39.99	40.80	36.89
100 Breast	1:37.01	1:34.09	1:37.00	1:27.19	1:28.90	1:20.19
200 Breast	3:25.91	3:20.89	3:25.90	3:06.59	3:08.80	2:52.19
50 Fly	37.41	36.49	37.40	33.89	34.30	31.29
100 Fly	1:23.01	1:24.39	1:23.00	1:17.59	1:16.10	1:10.89
200 Fly	2:58.11	2:59.99	2:58.10	2:47.19	2:43.20	2:34.29
100 IM	1:24.71	1:24.09	1:24.70	1:18.09	1:17.70	1:12.09
200 IM	3:01.31	3:00.19	3:01.30	2:47.29	2:46.20	2:34.49
400 IM	N/A	6:24.19	N/A	5:56.79	5:48.20	5:29.29

Awards

Transitioning from BRW to USA Swimming Motivational times will also affect how we award athletes at these meets. Examples of how to implement the new time standards with your ribbons or medals:

- BRW award levels
 - *Previously: "Blue, Red, & White 1st-8th place ribbons. No awards for Senior Events and relays."*
 - **New system: "A, BB, and B 1st-8th place ribbons. No awards for Senior Events and relays."**
- How to award swimmers not meeting the B-time standard
 - *Previously: "White 1st-8th place ribbons. No awards for Senior Events and relays."*
 - **New system: Swimmers not meeting the B standard can earn a 1st-8th place award under the C category. An example of an ABC Meet similar to the one listed above, "A, B, and C 1st-8th place ribbons. No awards for Senior Events and relays."**

Setting Time Standards for Meets

When selecting a minimum time standard for a longer event such as a 10&Under 200 Freestyle at an ABC Meet, you can use the B standard. The same approach can be used for BB, A, AA, etc.

For swimmers who have a NT or do not meet the B Standard, there can be a Subsequent 'C' category that is not a time standard. The C category is a catch all to allow for placing and awards for these swimmers who do not yet meet the B standard. The category encompasses all times 0.01 and lower than the B time standard. Meets with this category can be referred to as either an A,B,C Meet (the ideal format due to its simplicity), a BB,B,C Meet, or a BB & Under Meet.

8-Under Time Standards

The USA Swimming Motivational Time Standards do not include specific standards for 8-U athletes, the youngest age group is 10-Under. Therefore, SCS will continue using the previously established BRW times for 8-U but retitle them A-B to remain consistent with the other age groups. See the chart below for reference. These times will be reevaluated by the Age Group Committee every 4 years at the end of the Olympic Quad-cycle (the same timeframe as the USA Swimming Motivational Time Standards).

Re-titled 8-Under Time Standards - Short Course Yards				
Girls		Event	Boys	
B (red)	A (blue)		A (blue)	B (red)
21.70	18.10	25 Free	17.60	21.10
48.60	40.50	50 Free	39.40	47.30
1:46.10	1:28.40	100 Free	1:25.00	1:42.00
26.60	22.20	25 Back	21.60	25.90
57.80	48.10	50 Back	46.80	56.30
28.80	24.00	25 Breast	23.30	28.00
1:02.80	52.30	50 Breast	51.00	1:01.20
25.60	21.30	25 Fly	21.30	25.60
55.60	46.30	50 Fly	47.00	56.40
2:01.40	1:41.20	100 IM	1:38.50	1:58.20

Re-titled 8-Under Time Standards - Long Course Meters				
Girls		Event	Boys	
B (red)	A (blue)		A (blue)	B (red)
54.70	45.60	50 Free	44.40	53.30
1:59.20	1:39.30	100 Free	1:35.50	1:54.60
1:05.30	54.40	50 Back	53.20	1:03.80
1:10.30	58.60	50 Breast	57.10	1:08.50
1:02.40	52.00	50 Fly	52.70	1:03.20

Re-titled 8-Under Time Standards - Short Course Meters				
Girls		Event	Boys	
B (red)	A (blue)		A (blue)	B (red)
53.90	44.80	50 Free	43.60	52.50
1:57.60	1:37.70	100 Free	1:33.90	1:53.00
1:04.70	53.80	50 Back	52.60	1:03.20
1:09.30	57.60	50 Breast	56.10	1:07.50
1:01.70	51.30	50 Fly	52.00	1:02.50
2:14.80	1:52.40	100 IM	1:49.40	2:11.20

Updated SoCal Swim Guide Language

Non-Conforming Times:

I. Yard Times for Meter Meets / Meter Times for Yard Meets:

Simply stated, a swimmer must enter a A/BB/B meet at his/her best achieved level. A swimmer who is A in yards (but not in meters) must enter a meter meet in the A division with his/her best yard time. Likewise, a swimmer who is A in meters (but not in yards) must enter a yard meet in the A division with his/her best yard time. After meet entry closes, meet administration will convert times for seeding purposes only. Likewise for the BB division.

Example 1:

John Smith achieves an A time in the 100 yard freestyle (his 100 meter time is a BB time). He must enter his next long course meter meet with his YARD A time. At the meet John might:

- swim an A meter time; now enters meter meet with his A meter time.
- swim a BB meter time; continues to enter meter meet with his A yard time.

Example 2:

Susie Jones swims the 100 meter backstroke at Summer Junior Olympics. In the fall, Susie enters the 100 yard backstroke at a short course meet. Her previous yard best was an A time but not a JO time. She must enter with her best long course time.

II. Swimming “up” a distance in ability level:

A swimmer may swim “up” only one distance (i.e. 100 to 200 free, but not 100 to 500 free) AND this rule only operates “up”, NOT “down” (i.e. not 100 to 50 back). Swimmer may swim “up” if, and only if, the event is not offered at his ability level.

Example 1:

Jim Jones, 12 years old, has an A time in the 200 yard freestyle (say, 2:11.25) but has never swum the 500 yard freestyle in competition. A meet is coming up which offers only an A 500 yard freestyle. Jim may enter at ‘A minimum’ (5:57.69). At the meet, Jim might:

- a. swim an A time (say, 5:59.76). He then continues at the A level, OR
- b. swim a BB time (say, 6:24.55). Now he may enter a BB level 500 free – or if no BB is offered, he may again use his A 200 time to qualify for A 500

Example 2:

Jane Smith, 13 years old, has an A time in the 200 meter freestyle (say, 2:23.77) but only a BB time (say, 1:10.50) in the 100 meter freestyle. She may NOT enter an A 100 freestyle by reason of her A 200 freestyle.

IMPORTANT NOTE: Swimming “up” is NOT acceptable in proof-of-time meets. For proof-of-time, swimmer must achieve standard in proper distance of stroke.

Rules for Age Group Swimming

Procedures for Age Group Ability Levels

‘A’ Competition

1. Eligibility: Registered swimmers 5 years and older who have equaled or bettered the listed minimum time standards for the A ability level.
 - a. Swimmers 9 years and older who have equaled or bettered the A minimum time standard in three different strokes (freestyle, backstroke, butterfly, breaststroke, or individual medley) but are BB in other strokes, may swim all their events at the A level

IF, AND ONLY IF, the event for which the swimmer is BB is not offered at the same meet. Swimmer must enter at A minimum.

- b. Swimmers 7 or 8 years old who have equaled or bettered A minimum time standard in three different events but are BB in other events may enter all their events in the A division as in above.
- c. For a 7/8 swimmer to enter the 7-10 events in A Division, he/she must:
 - i. Meet the 7-10 A time standard for the event, or,
 - ii. Hold 7-10 A times in three different strokes.
- d. Swimmers from BB and B ability levels are eligible to compete on A level relays.

A swimmer must enter his/her best recorded time in A meets.

BB Competition

1. Eligibility: Registered swimmers 5 years and older who have bettered the listed minimum time standards for the BB ability level. See Part Two, VII, "Entry Times." a. Swimmers 9 years and older who have equaled or bettered the BB minimum time standard in three different strokes (freestyle, backstroke, butterfly, breaststroke, or individual medley) but are B in other strokes, may swim all their events at the BB level IF, AND ONLY IF, the event for which the swimmer is B is not offered at the same meet. Swimmer must enter at BB minimum.

- Swimmers 7 or 8 years old who have equaled or bettered the BB minimum time standard in three different events but are B in other events may enter all their events in the BB Division.
- For a 7/8 swimmer to enter the 7-10 events in the BB Division, he/she must:
 - (1) Meet the 7-10 time standard for the event, or,
 - (2) Hold 7-10 BB times in three different strokes.
 - (3) BB Age Groups: See Part One II.C.5., "Classes of Competition."
- Swimmers from BB and B ability levels are eligible to compete on A level relays.
- If a swimmer in the B Division betters a time standard in a short distance not usually offered in the BB Division, he/she may enter the next longer distance at the minimum time standard in that stroke in the BB Division.

2. Relays

- Swimmers from BB and B ability levels are eligible to compete on BB level relays.
- A swimmer who betters the BB maximum time standard (in yards or meters) in any given stroke may not swim that stroke in BB Division relays.
- Swimmers from the BB ability level are eligible to compete at the BB level and above on relays in their respective strokes at any distance.

E. B Competition

1. Eligibility: Registered swimmers 5 years and older who, in any competition, have not bettered the listed maximum B time standard in any event in the B Division.

- A swimmer who has equaled or exceeded the BB minimum time standard in a 50 yard/meter or longer event shall not compete in a 25 yard/meter event of that stroke in the B Division.
 - A swimmer who betters the B maximum time standard in any given stroke may not swim that stroke in relays in the B Division.
 - NOTE: 5/6 year old swimmers may only be classified as B swimmers when offered as a separate age group.
 - Committees may elect NOT to offer B events in older (13 & Up) age groups in which case swimmers may enter the 50, 100 and 200 freestyle, 200 individual medley, 100 back, 100 breaststroke, and 100 butterfly in the BB Division regardless of previous achieved time.
2. Special Procedures
- Swimmers should enter their best recorded time. Swimmers who have not swum the event in competition should enter a “no time” (NT).
 - There are no minimum time standards in the B Division. The listed time standards are maximums.

NOTE: The oldest Age Group in Committee competition shall include “& Over” at the A, BB and B ability levels.