



First off, I would like to thank you for considering the Aces Swim Club for your child. I would like to let you know that our practices are held at various locations including Arapahoe High School, Heritage High School, Goodson Rec Center, Lowry Pool and Cherokee Trail High School to name a few. Due to the COVID pandemic these locations could change. Below is more detailed information about our team, requirements, Rookie/Tryout Camp Week for each individual group.

### **General Team Information:**

We are a year-round **COMPETITIVE** USA Swimming team. We typically hold practices from September until late July or early August. Our short course season (practices and meets are swum in 25-yard pools) runs from September until late March with the finale:

- The Colorado Short Course State Meet for the 14&under, age groups the end of February.
- Far Westerns for upper level 14&unders and non-Sectional qualified high school swimmers.
- Sectionals in mid March for the high school swimmers.

We continue on through the summer with our long course season. Long Course season (most practices and all meets are in 50-meter pools) runs from March until the end of July with the finale:

- The Long Course State Meet for the 14&under, age groups.
- Senior Zones/Futures/Junior Nationals/Senior Nationals/Olympic Trials for the high school swimmers.

**The following pages of information will explain the requirements and tryout/camp information for all groups.**

## **10 & Under Requirements:**

Some of the basic requirements would be that your swimmer be able to swim the four competitive strokes Butterfly, Backstroke, Breaststroke, and Freestyle. We would need them to be able to complete each individual stroke without stopping:

- **For 8 & Under** - swim a 25 of the four strokes without stopping. Practice commitment 2-3 times a week, and swim one meet a month.
- **For 10 & Under** - swim a 50 of the four strokes without stopping. Practice commitment 3-4 times a week, and one meet a month.

## **10 & Under – Rookie/Tryout Camp:**

For 10 and Under swimmers only (all 11 & Over swimmers see more information below) -

**The Rookie/Tryout Camp will be held at the North Pool at The Homestead in the Willows.**

**The dates will be Monday, Tuesday, Wednesday, August 2<sup>nd</sup> 3<sup>rd</sup> and 4<sup>th</sup> from 10:30-11:30am.**

**The North Pool is located at: 6767 E Easter Ave - Centennial, CO - 80112**

We will be holding a Rookie Camp for all new 10 & Under swimmers who would like to swim for the team. The Rookie/Tryout Camp will be held at the Homestead – North Pool. Please note this may, or may not, be your practice pool for the season. **This is a tryout/camp, not all swimmers will make the team!!** We highly encourage swimmers to be there every day (3 times) during the Rookie/Camp week.

After the Rookie/Tryout Camp week has concluded, the coaching staff will evaluate each swimmer and decide if they are ready to move into the competitive world of swimming. The ACES Swim Club has limited space on our rosters, and, if they are not quite ready, we will give them some other alternatives and place them on a waiting list for the future. We will notify each swimmer via email of status.

Every swimmer **MUST** register for the Rookie/Tryout Camp. [REGISTER HERE](#) before coming to the pool. This is not a registration for the team. It is solely for our coaches to have as much knowledge of each swimmer as possible before the week begins. There is a section available to include their previous teams and any times from previous meets that they have swum in, be it, a summer club meet or a USA Swimming meet or any other type of meet.

10 & Under Swimmers please remember to register for Rookie/Tryout Camp before you come to the pool. If you have any questions, please contact Barbie Barker at [Barbie1@accesswimclub.com](mailto:Barbie1@accesswimclub.com).

## **11 & Over Swimmers Requirements**

Must be able to swim a 100 of each stroke without stopping. Practice commitment 3-5 times a week (depending on the group), and one meet a month.

### **All 11 & Over athletes (not in High School) -**

**The Kings Group** - Must have seven (7) 11 & 12 Silver State times, this applies to any 11-14 years old. And attend one (1) meet per month. Must attend three to four (3-4) practices per week.

**The Queens Group** - Must have three (3) 11 & 12 Silver State times. Any 11-14-year old's that don't make the KingFish or King groups may, or may not, be placed in this group due to roster sizes. Must attend three (3) practices or more per week AND attend one (1) meet per month.

**\*\*\*The 2019-20-time standards are at the end of this document. \*\*\*  
Please note these are the 2019-20 standards not 2021-22.**

### **All High School Athletes -**

Athletes in high school have three options pending on experience:

**The Senior Elite Group** for the athletes who want to commit and compete on a state, regional, and national level. Must attend over 90 percent of the offered workouts.

**The Senior Group** for the athletes who want to commit and compete on a state level and aiming for the regional and national level. Must attend over 80 percent of the offered workouts.

**The SeniorPrep** (Must be in high school) is for those who are involved with many activities and just want to swim and prepare for high school swimming.

Please look over the requirements for each group and email the appropriate coach to set up a tryout. Please include times, previous teams you have swum for and any other pertinent information. Below are the emails for each group:

#### West side Groups

- Senior Elite – Tom Byorick - [Tom1@acesswimclub.com](mailto:Tom1@acesswimclub.com)
- Seniors – Christina Kwon - [Christina@acesswimclub.com](mailto:Christina@acesswimclub.com)
- SeniorPrep – Barbie Barker – [Barbie1@acesswimclub.com](mailto:Barbie1@acesswimclub.com)
- Kings – Michelle Thompson - [Michelle@acesswimclub.com](mailto:Michelle@acesswimclub.com)
- Queens – Alicen Fair – [Alicenfair6@gmail.com](mailto:Alicenfair6@gmail.com)
- Jacks – Tim Byers - [tjbyers@dcsdk12.org](mailto:tjbyers@dcsdk12.org)
- Jacks – Kim Garcia - [garciaka1@gmail.com](mailto:garciaka1@gmail.com)
- Jokers – Barbie Barker – [Barbie1@acesswimclub.com](mailto:Barbie1@acesswimclub.com)

#### East side Groups

- Seniors – Kipp Meeks - [Kipp@acesswimclub.com](mailto:Kipp@acesswimclub.com)
- SeniorPrep – Nicole Cole – [cokers@gmail.com](mailto:cokers@gmail.com)
- Kings – TBD
- Queens – TBD
- Jacks – Morgan Edwards – [morgan@acesswimclub.com](mailto:morgan@acesswimclub.com)
- Jokers – Suzanne Tennyson - [suztenn4@gmail.com](mailto:suztenn4@gmail.com)

**2020 CSI Silver State Championship Time Standards**  
**March 6-8, 2020**

Women			10&Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:39.79	0:38.99	0:35.09	50 Free	0:39.99	0:39.19	0:35.29
1:29.59	1:27.99	1:19.19	100 Free	1:30.19	1:28.59	1:19.79
3:21.79	3:18.59	2:58.89	200 Free	3:22.39	3:19.19	2:59.39
0:46.69	0:46.09	0:41.49	50 Back	0:47.89	0:47.29	0:42.59
1:42.39	1:41.19	1:31.09	100 Back	1:46.39	1:45.19	1:34.69
0:53.89	0:52.89	0:47.59	50 Breast	0:56.29	0:55.29	0:49.79
1:58.09	1:56.09	1:44.59	100 Breast	2:02.89	2:00.89	1:48.89
0:46.39	0:45.69	0:41.09	50 Fly	0:47.09	0:46.39	0:41.79
1:57.69	1:56.29	1:44.69	100 Fly	2:10.99	2:09.59	1:56.69
	1:38.79	1:28.99	100 IM		1:41.99	1:31.89
3:42.09	3:38.89	3:17.19	200 IM	3:54.29	3:51.09	3:28.19

**11-12 & 12&Under**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.39	0:32.59	0:29.29	50 Free	0:34.79	0:33.99	0:30.59
1:13.79	1:12.19	1:04.99	100 Free	1:16.59	1:14.99	1:07.49
2:42.89	2:39.69	2:23.79	200 Free	2:52.19	2:48.99	2:32.19
5:47.19	5:47.19	6:36.09	400/500 Free	6:17.79	6:17.79	7:10.39
0:40.19	0:39.59	0:35.59	50 Back	0:41.69	0:41.09	0:36.99
1:23.99	1:22.79	1:14.59	100 Back	1:29.69	1:28.49	1:19.69
0:45.39	0:44.39	0:39.99	50 Breast	0:48.09	0:47.09	0:42.39
1:37.59	1:35.59	1:26.09	100 Breast	1:44.49	1:42.49	1:32.29
0:38.09	0:37.39	0:33.69	50 Fly	0:39.89	0:39.19	0:35.29
1:27.89	1:26.49	1:17.89	100 Fly	1:36.69	1:35.29	1:25.79
	1:23.39	1:15.09	100 IM		1:28.79	1:19.99
3:04.39	3:01.19	2:43.19	200 IM	3:15.69	3:12.49	2:53.39

**13-14**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:31.39	0:30.59	0:27.49	50 Free	0:30.59	0:29.79	0:26.79
1:06.19	1:06.59	0:59.99	100 Free	1:06.99	1:05.39	0:58.89
2:29.59	2:26.39	2:11.89	200 Free	2:28.59	2:25.39	2:10.99
5:26.59	5:20.19	5:59.09	400/500 Free	5:30.59	5:24.19	6:08.29
1:18.19	1:16.99	1:09.29	100 Back	1:19.69	1:18.49	1:10.69
2:46.39	2:43.99	2:27.69	200 Back	2:50.29	2:47.89	2:31.19
1:30.79	1:28.79	1:19.99	100 Breast	1:31.49	1:29.49	1:20.59
3:15.29	3:11.29	2:52.29	200 Breast	3:20.59	3:16.59	2:57.09
1:18.79	1:17.39	1:09.69	100 Fly	1:19.89	1:18.49	1:10.69
3:15.59	3:12.79	2:53.69	200 Fly	3:31.09	3:28.29	3:07.59
2:48.59	2:45.39	2:28.99	200 IM	2:49.69	2:46.49	2:29.99
6:14.19	6:07.79	5:31.29	400 IM	6:37.79	6:31.39	5:52.59

**2020 CSI Age Group State Championship Time Standards**  
**February 28-March 1, 2020**

Women			10&Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:36.19	0:35.39	0:31.89	50 Free	0:36.59	0:35.79	0:32.19
1:21.89	1:20.29	1:12.29	100 Free	1:22.39	1:20.79	1:12.79
2:59.19	2:55.99	2:38.49	200 Free	3:00.19	2:56.99	2:39.39
0:42.29	0:41.69	0:37.49	50 Back	0:43.49	0:42.89	0:38.59
1:31.29	1:30.09	1:21.09	100 Back	1:34.59	1:33.39	1:24.09
0:48.99	0:47.99	0:43.29	50 Breast	0:50.39	0:49.39	0:44.49
1:47.39	1:45.39	1:34.89	100 Breast	1:50.89	1:48.89	1:38.09
0:41.39	0:40.69	0:36.69	50 Fly	0:42.39	0:41.69	0:37.49
1:39.49	1:38.09	1:28.29	100 Fly	1:40.79	1:39.39	1:29.49
	1:31.49	1:22.39	100 IM		1:33.69	1:24.39
3:20.89	3:17.69	2:58.09	200 IM	3:22.99	3:19.79	2:59.99
2:58.89	2:56.89	2:38.69	200 Med Rel	3:09.79	3:07.29	2:48.59
2:31.99	2:29.99	2:14.09	200 Fr Rel	2:35.99	2:33.99	2:19.99

**11-12 & 12&Under**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:31.79	0:30.99	0:27.89	50 Free	0:31.89	0:31.09	0:27.99
1:09.29	1:07.69	1:00.99	100 Free	1:09.89	1:08.29	1:01.49
2:32.99	2:29.79	2:14.89	200 Free	2:34.59	2:31.39	2:16.39
5:25.99	5:19.59	6:05.19	400/500 Free	5:30.09	5:23.69	6:09.79
0:36.69	0:36.09	0:32.49	50 Back	0:37.29	0:36.69	0:32.99
1:18.49	1:17.29	1:09.59	100 Back	1:19.79	1:18.59	1:10.79
2:49.49	2:47.09	2:30.49	200 Back	2:57.19	2:54.79	2:37.39
0:41.69	0:40.69	0:36.59	50 Breast	0:42.69	0:41.69	0:37.49
1:29.39	1:27.39	1:18.69	100 Breast	1:32.39	1:30.39	1:21.39
3:18.09	3:14.09	2:54.79	200 Breast	3:24.39	3:20.39	3:00.49
0:35.09	0:34.39	0:30.99	50 Fly	0:35.29	0:34.59	0:31.09
1:19.89	1:18.49	1:10.69	100 Fly	1:20.89	1:19.49	1:11.59
3:11.29	3:08.49	2:49.79	200 Fly	3:19.79	3:16.99	2:57.39
	1:18.09	1:10.29	100 IM		1:19.19	1:11.29
2:51.59	2:48.39	2:31.69	200 IM	2:53.79	2:50.59	2:33.69
6:17.39	6:10.99	5:34.19	400 IM	6:33.29	6:26.89	5:48.49
2:37.49	2:32.59	2:17.19	200 Med Rel	2:43.59	2:40.49	2:23.59
2:14.09	2:10.89	1:58.09	200 Fr Rel	2:19.29	2:15.99	2:01.99

**13-14**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.49	0:28.69	0:25.89	50 Free	0:28.49	0:27.69	0:24.99
1:03.89	1:02.29	0:56.09	100 Free	1:00.99	0:59.39	0:53.49
2:18.89	2:15.69	2:02.29	200 Free	2:15.19	2:11.99	1:58.89
4:55.59	4:49.19	5:31.19	400/500 Free	4:49.89	4:43.49	5:24.79
20:45.09	20:21.09	19:40.29	1500/1650 Free	20:33.89	20:09.89	19:37.39
1:10.69	1:09.49	1:02.59	100 Back	1:10.19	1:08.99	1:02.09
2:33.09	2:30.69	2:15.69	200 Back	2:32.29	2:29.89	2:14.99
1:22.09	1:20.09	1:12.09	100 Breast	1:19.19	1:17.19	1:09.59
2:58.09	2:54.09	2:36.89	200 Breast	2:55.79	2:51.79	2:34.69
1:10.79	1:09.39	1:02.49	100 Fly	1:08.89	1:07.49	1:00.79
2:42.89	2:40.09	2:24.19	200 Fly	2:39.59	2:36.79	2:21.19
2:35.79	2:32.59	2:17.39	200 IM	2:32.09	2:28.89	2:14.09
5:35.09	5:28.69	4:56.09	400 IM	5:32.09	5:25.69	4:53.39
5:19.69	5:13.29	4:42.29	400 Med Rel	5:18.99	5:12.99	4:42.49
4:36.89	4:30.49	4:01.99	400 Fr Rel	4:32.49	4:24.99	3:59.99

## Qualifying Times for the Senior Group

Swimmers MUST have ONE of these times:

Girls

Boys

LCM	YARDS	Event	YARDS	LCM
29.79	26.79	50 FR	24.09	27.19
1:05.89	57.19	100 FR	52.19	1:00.39
2:22.19	2:03.99	200 FR	1:54.09	2:12.09
5:02.99	5:42.99	500 FR	5:29.99	4:50.99
19:29.99	19:59.99	1650 FR	19:59.99	19:29.99
1:12.29	1:03.99	100 BK	59.99	1:09.49
2:41.99	2:22.39	200 BK	2:15.99	2:34.99
1:27.09	1:15.79	100 BR	1:09.29	1:21.19
3:10.99	2:47.99	200 BR	2:39.99	3:02.39
1:12.99	1:03.99	100 FL	58.99	1:07.09
2:55.99	2:36.99	200 FL	2:32.99	2:51.99
2:42.99	2:22.99	200 IM	2:12.99	2:32.99
5:46.99	5:08.99	400 IM	4:57.39	5:36.09

OR

Swimmers MUST have TWO of these times:

Girls

Boys

LCM	SCM	YARDS	Event	YARDS	SCM	LCM
31.43	30.63	27.60	50 FR	25.50	28.30	29.10
1:09.86	1:08.26	1:01.50	100 FR	55.00	1:01.05	1:02.65
2:35.27	2:32.07	2:17.00	200 FR	2:03.50	2:17.08	2:20.28
5:34.68	6:56.25	6:15.00	500 FR	5:55.00	6:34.05	5:16.83
1:21.12	1:19.92	1:12.00	100 BK	1:04.50	1:11.59	1:12.79
1:31.35	1:29.35	1:20.50	100 BR	1:14.00	1:22.14	1:24.14
1:21.32	1:19.92	1:12.00	100 FL	1:05.00	1:12.15	1:13.55
2:57.46	2:54.27	2:37.00	200 IM	2:24.00	2:39.84	2:43.03

*Swimmers without a qualifying time must swim in the Senior Prep Group until a qualifying time is met. Swimmers may not move up to the Elite group without meeting that group's qualifying times.*

## Qualifying Times for the Elite Group

Girls MUST have ONE of these times:

Event	YARDS	SCM	LCM
50 FR	24.99	27.76	28.44
100 FR	53.71	59.04	1:01.26
200 FR	1:57.42	2:08.14	2:13.95
500 FR	5:18.17	4:34.34	4:48.21
1000 FR	11:02.09	9:37.35	9:54.19
1650 FR	18:42.78	18:30.11	19:17.49
100 BK	59.50	1:06.33	1:09.54
200 BK	2:09.00	2:23.98	2:30.40
100 BR	1:08.46	1:15.15	1:20.46
200 BR	2:30.27	2:44.88	2:56.06
100 FL	58.86	1:04.55	1:06.87
200 FL	2:13.46	2:27.63	2:33.94
200 IM	2:13.01	2:27.05	2:33.39
400 IM	4:44.34	5:12.75	5:26.68

\*200s and above have already been altitude adjusted

Boys MUST have ONE of these times:

OR

Boys MUST have TWO of these times:

Event	YARDS	SCM	LCM	Event	YARDS	SCM	LCM
50 FR	22.41	24.72	25.79	50 FR	23.00	25.74	26.33
100 FR	48.46	53.27	55.89	100 FR	50.50	56.11	57.65
200 FR	1:47.04	1:57.68	2:03.40	200 FR	1:51.00	2:02.99	2:06.41
500 FR	4:54.98	4:15.18	4:28.21	500 FR	5:10.00	4:32.18	4:36.67
1000 FR	10:20.58	9:03.74	9:29.51	100 BK	57.00	1:03.33	1:04.46
1650 FR	17:36.16	17:16.43	18:08.59	100 BR	1:04.00	1:11.04	1:13.04
100 BK	54.42	1:00.66	1:04.26	100 FL	55.00	1:01.83	1:02.45
200 BK	1:59.65	2:13.85	2:21.60	200 IM	2:06.00	2:19.99	2:23.06
100 BR	1:01.53	1:07.35	1:13.70				
200 BR	2:16.39	2:29.00	2:42.08				
100 FL	53.46	59.43	1:00.97				
200 FL	2:03.14	2:15.57	2:20.49				
200 IM	2:01.05	2:13.50	2:20.48				
400 IM	4:23.37	4:50.76	5:05.19				

*Swimmers without qualifying times must swim in either the Senior Group or Senior Prep Group until the qualifying times are met. Reminder: the Senior Group also has qualifying times.*