



**Team Handbook
2019-2020**

TABLE OF CONTENTS

Contact information	3
President's message	4
Coach's Corner	5
Basic Pool Rules	6
European Forces Swim League (EFSL)	7
Team Membership	8
Team Suit and Gear	9
Meet Structure	10
Meets - What To Expect	12
Important Information	14
Social Events	16
Awards Program	17
Meet Schedule	20
Qualification Times Girls	21
Qualification Times Boys	22

CONTENT INFORMATION

Executive Committee

President	orcasm.swimteam.president@gmail.com
Vice President	orcasm.swimteam.vp@gmail.com
Treasurer	orcasm.swimteam.treasurer@gmail.com
Secretary	orcasm.swimteam.secretary@gmail.com
Meet Director	orcasm.swimteam.meetdirector@gmail.com

Coaching Staff

Head Coach	Guy Boudrias
Assistance Coach	Peter Wetzel
	Kathleen deBeer
Volunteer Coaches	Enessa Kleiger
	Ina Wester

For privacy reasons, the coaching staff contact information will no longer be published in this handbook. Contact with coaches can be arranged by sending an e-mail to the President or Vice-President.

JFC HQ BRUNSSUM POOL

Rimburgerweg 30 (Bldg H-605)
6445PA Brunssum, NLD
Phone +31 (0)45-526-3172

PRESIDENT'S MESSAGE

On behalf of the Executive Committee (EC), it is my pleasure to welcome everyone to the ORCAS Swim Team! We are looking forward to another great season. If you are new to the team this year, please know that we are delighted you have joined us.

This handbook is full of helpful information about the team, to include: contact information, practice times, fees and rules, membership information, parent-volunteer and support requirements, information for swimmers, and more.

Our EC and Coaches welcome your comments and suggestions concerning any aspect of the team's operation. Please feel free to come see any of your Executive Committee members at the pool or to send an email.

President ORCAS Swim Team

COACH'S CORNER

Parents are reminded of a few policies related to swim practices:

If you would like to speak to the head coach please do so before or preferably after practice.

Please do not interfere with, or distract, coaches or swimmers during practice.

If you would like to stay on the pool deck during practice, we ask that you please remain at the end of the pool near the small splash pool or in the entrance.

If you need to miss a practice or a meet, please notify the head coach.

Swimmers should know their individual times and qualifying times. Qualification times can be found on the last page of this handbook and are posted on the EFSL website.

(<https://www.teamunify.com/team/efsl/page/home>)

Fall Season: August to February (competitive season)

Spring Season: March to June (stroke technique and conditioning)

Practice times

Age

11 & Under

12-19

Days

Tues, Wed, Thurs

Tues, Thurs

Wed

Time

18:45-19:45

19:45-20:45

19:45-21:15

AFNORTH School Breaks Practice Times

All ages

Tues, Wed Thurs

18:45-20:15

Extra practices at Eindhoven pool (5 € fee per swimmer/practice)

Sat 7 Sept / 13:30	Sat 23 Nov / 14:15
Sat 28 Sept / 14:00	Sat 8 Feb / 14:00
Sat 19 Oct / 12:00	Sat 15 Feb / 15:30
Sat 9 Nov / 14:00	Sun 23 Feb / 14:00

BASIC POOL RULES

- Rule #1 on the ORCAS Swim Team is that everyone has fun. In order for everyone to have the most fun, we have to stay safe. Please take a minute to review the following rules and observe them when you are at the pool and/or when we are a visiting team at another pool. Questions or concerns can be directed to the lifeguards, pool manager, Executive Committee and/or coaches.
- All swimmers must be registered members of the team before entering the water.
- No outside shoes on the pool deck
- Please use the foot shower to rinse your feet before you enter the pool.
- No running or horseplay on deck.
- No dunking.
- No spitting or spouting.
- Drinks or water in plastic bottles, or aluminum cans, are permitted on the deck, but no glass containers are allowed.
- No smoking, alcohol, or drugs!
- Swimmers must assist with setup and teardown of equipment at practices. Parents must assist with setup/teardown at meets.
- Swimmers must be on deck at start time for practices; at warm-up times for meets!
- Follow all posted pool rules.

EUROPEAN FORCES SWIM LEAGUE (EFSL)

The European Forces Swim League (EFSL) is an outgrowth of Forces teams throughout Europe. As it to be expected, the objectives and philosophy are different with each team and may vary with new coaches, or change when coaches change. However, all have the common interests of providing of providing a program of competitive swimming on the local level and a healthy environment in which our children can grow emotionally and physically. For more information on the EFSL. Please visit their website at <https://www.teamunify.com/team/efsl/page/home>.

The Fall Competitive Season normally begins in August with the AFNORTH school year and culminates with the EFSL Championship Meet at the end of February. Swimmer must reach qualifying times to be able to participate in CHAMPS. For swimmers not attending CHAMPS, the season ends at Divisionals which is at the beginning of February.

TEAM MEMBERSHIP

Who we are

The Orcas Swim Team was founded by Lt Col Ted Dempsey, USAF, in 1987. We have been a proud member of the EFSL ever since.

The purpose of our club is to plan, organize, and provide a competitive swim team while promoting personal and team pride that models good sportsmanship within a cooperative spirit. A further purpose is to conduct recreational and social activities to enhance contact and build relationships with other military and civilian swim clubs in the surrounding area.

Who can join?

All children aged 6 to 19 of government civilian, contractor, or military personnel supporting the NATO mission at Geilenkirchen AB, JFC HQ Brunssum, or Schinnen Army Garisson, or students at a DoD school are eligible.

By EFSL rules, the Orcas may also contain a limited number of host country children, who are not otherwise eligible. Please e-mail an executive Board member if you have questions about eligibility.

Registration for the season

Swimmers must be able to swim a minimum of 50 meters in a recognized competitive stroke. **Note: Registration must be turned in before swimmers will be permitted to enter the water with the team for the respective season, which also includes tryouts.** This requirement will be strictly enforced—all registration forms must be completed before swimmers will be allowed to enter the water.

Expectations

Swimmers not able to attend a swim meet are to ensure the coaching staff is made aware by the Tuesday prior to the meet. In addition those swimmers wishing to participate in the EFSL Championships must attend a minimum of 4 meets including Divisionals.

TEAM SUIT AND SWIM GEAR

Swimming is both an individual and team sport. One way to build identification, unity and esprit-de-corps is by wearing the team suit and apparel at swim meets. Swimmers should adhere to the team dress code for swim wear as listed below, unless exempted by the head coach. Swimmers should also be encouraged to wear their Orcas t-shirt to school on the Friday before every meet.

GO ORCAS!

Swim caps help with the speed in the water and swimmer identification. They are also required at many pools for sanitary reasons, and at certain meets (Divisionals and CHAMPS). Swimmers should ensure that they have at least two swim caps (primary and backup) that conform to the team dress code for wear at meets.

Team official colors: black and white

Team official suit: white on black speedo or jammers
(boys) and one-piece (girls)

In all cases, suits must conform with current USA Swimming and EFSL rules. See <https://www.teamunify.com/team/efsl/page/home> for current rules concerning suit design and speed suits (i.e. fast skins).

Team official swim cap: black with Orcas logo (provided)
black with EFSL Qualifier - as permitted

Team official apparel: black t-shirt with Orcas logo (provided)
other items available for purchase

Required swim gear:
swimsuit
swim cap
goggles

MEET STRUCTURE

Point Structure. Points are awarded based on the age and gender of the swimmers with only the top swimmers from each team being eligible to receive points based on their placement and the number of teams competing in the meet. For instance, should the meet only allow for the top two swimmers from each team to count toward overall points and the Orcas have the top three swimmers on the 10 year old girl's 50m freestyle and the SHAPE Seals would have the 4th and 5th place swimmers, the top two Orcas swimmers would receive the top two points, the 3rd Orcas swimmer would still finish 3rd and her time would count towards qualification, but she would not receive any points as the Orcas team has "maxed out" their points for 3rd and 4th place. This is an EFSL rule to avoid "staking" of individual events. With this in mind, the coaches must balance the desires of the individual swimmers with the desire to achieve the maximum points possible for the team as each meet is a team competition.

Meet format. In most cases, the swim meets will take one of two forms, either it will be the normal meet shell or the Pentathlon meet shell.

Normal Shell. During the normal shell, the swimmers will be allowed to swim in up to 3 individual events as chosen by the Head Coach and participate in up to two relays. As mentioned above, the individual events are at the discretion of the coaches, however, swimmers are encouraged to discuss their wishes with the coaching staff. The coaches alone will decide on who will swim the relays. The Normal Shell consists of approximately 40 events and depending on the size of the other teams can take from 4 to 6 hours to complete.

Normal Shell with Long Distance Event. In preparation for the Long Distance Champs some of the Normal Shell's will be adjusted to allow for the running of the Long Distance races. In these cases, due to the extra time required, the relays are normally cancelled, however, please be warned that these swim meets are normally quite long. These will only take place prior to the LD Champs in November. The coaching staff will determine if the swimmers are capable of completing the long distance events.

Pentathlon Shell. The "Pentathlon" is not a stand-alone meet, per se, but a format that may be conducted at, or for, a meet. The Pentathlon meet allows those swimmers whom the coaches think are ready to swim in 5 individual events in a meet. This allows the swimmer more opportunity to improve their times. During these meets, there are normally no relays. The events are listed in the table below. EFSL also tracks the individual times in the 5 events and recognizes the top six combined scores, by age, across the EFSL with special certificates at the EFSL Champs.

≤ 12	50 FR	50 BK	50 BR	50 FL	100 IM
≥ 13	100 FR	100 BK	100 BR	100 FL	200 IM

Divisons. The EFSL is divided into Geographical Divisions. The Orcas swim in the Benelux Division alongside the NATO Marlins, the European School of Brussels (ESB) Octopus, the SHAPE Seals, the Lakenheath Baracudas and the Eifel Sharks. As a culmination of the competitive season and in preparation for the EFSL Champs, all divisions have their Divisionals Championships in early February. This event is hosted on a rotational basis. The team with the most points at this meet is declared the Divisional Champion. At the conclusion of the Divisional Meet, the competitive swim season is over and those not qualified for Short Distance (SD) Champs will cease swimming with the team until the spring technique season.

CHAMPS. EFSL sponsors two league wide championship competitions each year. These meets are considered as individual meets and swimmers must qualify in accordance with EFSL minimum times. In addition, swimmers must attend a minimum of 4 meets throughout the season with one of those being the Divisional Championship. The Long Distance Champs is held in November of each year with swimmers entered into LD events as identified in the Qualifying time section of this handbook. The Short Distance Champs is held in February and those who are competing will be provided with an additional 2-3 weeks of training in preparation for Champs. There is an additional fee associated with participation in Champs and parents are expected to pay the splash fee. This fee goes toward the rental of the 50m pools.

EFSL competition follows USA Swimming rules with some modifications. The typical meet offers four strokes for swimmers (free, back, breast and butterfly), the individual medley (IM), and both free and medley relays. Swimmers are limited to three individual and two relay events per meet. However, there is no limit to the number of swimmers a team can enter in any of the events.

There will normally be a 15 to 20 minute team warm-up prior to the start of all meets.

EFSL also has optional events (i.e. long distance) that may be added to the end of the meet, which can give swimmers the opportunity to practice and get times.

The pool deck areas are usually quite modest, becoming very crowded and noisy during the meet. Each participating team is given a designated area of the pool deck. The hosting teams do a great job of rounding up swimmers for each of the events, but parents should be prepared to help keep their swimmers on time for the events.

Parents should be aware that most pools in Europe are very warm, so even if it is cold outside, they should bring shorts and a lightweight top to wear in the pool area. Wearing street shoes in a European pool is a big "no-no". Be sure to bring pool shoes to wear while in the pool area. Seating is usually a problem, bring portable chairs that won't damage the pool deck surface.

Parents need to help volunteer at the meets (home and away). Although some of the positions require special training (which we can provide), most do not.

Finally, the Orcas are expected to leave the swimming pool building as neat as we found it. It is our responsibility to clean up after ourselves following a meet.

How points are scored at a meet

Points are scored for the overall team winner and for individual swimmers awards, based on the finishing place of each swimmer. However, there is a limit (by EFSL) of how many points a team may score in any given event.

Sometimes a swimmer will commit a rules violation or will not execute a stroke/turn technique properly, and will be disqualified (DQ'd) from the event. In this case, no points will be awarded to the swimmer, regardless of the finishing place. While this can be upsetting to the swimmer and/or parent, if you have a concern or issue, talk to the coach. Please do not talk to the stroke and turn official. If there is a problem, the coach has 30 minutes to protest to the referee. Please remember that it is a learning experience for all.

Team captain role & responsibilities

Selected by Head Coach

Responsibilities

- Attend all practices and meets
- Assist with younger swimmers
- Assist coaches as requested
- Help maintain discipline and team spirit on deck
- Encourage teammates to cheer for individual swimmers
- Ride team bus to/from away meets when bus is provided, assisting coaches, building team spirit, and ensuring nothing (personal items, equipment, trash, etc.) is left on the buses or at the pool
- Organize counters during long distance events
- Prepare superlative awards for the Annual Awards Banquet

IMPORTANT INFORMATION

Volunteer Information (Fall Competitive Season)

The team needs your help! In addition to the various committee positions, it also takes approximately 37 volunteers to run an average size swim meet. We also need volunteers for special events. Given the size of our team, that means that virtually every adult needs to be doing something. If not, either critical tasks will not get done or someone will be forced to shoulder a disproportionate share of the work. A sign-up sheet for meets will be posted at the pool on the bulletin board.

Based upon lessons learned from previous seasons, as well as from other teams in the EFSL, the Executive Committee has implemented a volunteer program, which requires that every family contribute a fair and equitable amount of time. Each family is responsible and required to perform at least 40 hours of volunteer time during the Fall Competitive Season. A **200 € deposit** must be paid, per family, at the beginning of the Fall Competitive Season. This deposit will be refunded when the volunteer hours are completed (no later than the end of the Fall Competitive Season).

It is the responsibility of each family to have their volunteer hours submitted to the volunteer coordinator.

Swimmer Drop-off and Pick-up

Swimmers should be dropped off at the pool with enough time to be dressed and out on the deck by practice start time, or warm-up time for meets.

At least one parent must stay on post if the swimmer does not have a JFC HQ Brunssum approved entry card.

Parents must pick-up swimmers after practice and/or meets on time including those with their own ID cards - this is a safety issue. Coaches or EC members must stay with unattended children and repeated infractions will result in the parent being expected to remain at the pool during practices and/or meets.

Swim meet sign-up

Sign-up sheets will be posted or emailed for volunteer workers (timers, stroke and turn judges, concessions, etc.) and food donations for the concession's booth. Please sign up!

Swimmers - physically fit

Parents are responsible for ensuring that their swimmers are fit to swim and must identify and medical issues on the registration form. Children should have a proper sports physical (if possible); this is highly encouraged by the EFSL and may soon become a league requirement.

Splash fees

Parents are responsible for payment "splash fees" for each event that their swimmers enter at the EFSL CHAMPS competitions.

SOCIAL EVENTS AND FUNDRAISING

****** We need volunteers to help make these events run! ******

If you would like to chair, co-chair, or help with the planning and execution, please let a member of the Executive Committee know. Thank you!

Social Events

Scheduled Event

Annual Awards Banquet

Optional Events

Pasta nights
Christmas Holiday Party
Others, as announced

Fundraising Events

Swim Meet Food Concessions

Each family must bring a food item valued at 10€ or donate 10€ for all home meets (this does not count towards volunteer hour requirements). An email sign-up will be sent in the weeks prior to the meets by the concessions team.

Other Fundraising Options

Basket raffle
BBQ
Car Wash
Swim-a-thon

AWARDS PROGRAM

Members of the Orcas are of various ages up to and including 19 years. The needs, capabilities, and performances of this wide spectrum of swimmers requires that the Awards Program (AP) be comprehensive. This AP is structured to provide swimmers with an incentive to progress over the course of the season and to form the focal point of the Annual Awards Banquet.

Performance Awards: Recognize a swimmer's performance in the pool

- Place ribbons
- Shooting Star
- Team Point Medallions
- High Point Awards
- Most Improved Swimmer Awards
- Overall Outstanding Swimmer Awards

Achievement Awards: Recognize a combination of individual and team achievements during the swimming season

- President's Awards
- Coach's Awards
- Team Captain Awards
- Team Championship Awards

Special Award

- Volunteer of the Year

Place Ribbons

Dual and Multi-team meets. The 1st through 5th place winners in each individual competitive event will be awarded EFSL standard ribbons (only for the 1st and 2nd place relay teams will be awarded ribbons).

All ribbons will be presented in the same manner by the coaches during the week following the swim meet in which the ribbons were won.

Shooting Star

A paper award given to the swimmer who improved most (in addition of all his/her individual strokes) during a meet.

Team Point Medallions

Team points are earned by finishing within the first 5 places in meet events. Swimmers receive medallions based upon their total points earned: Gold, Silver, or Bronze. The number of points required for each level varies slightly from year to year, based upon the number of available meets.

High Point Awards

These awards are based on the total number of individual points earned by the swimmers who place in EFSL meets. Individual points are earned by meet placement, practice, participation, and meet participation. Presented to the boy and girl in each age group and to the boy and girl who earned the most points overall.

Most Improved Swimmer Awards

This award will be based upon progression through time standards established by the Orcas, awarding points for each accomplishment and determining winners by total point improvement. Awarded to a boy and girl in each age group and to overall most improved boy and girl on the entire team.

Outstanding Swimmer Awards (age group)

These awards go to the boy and girl in each age group based on a swimmer's contribution to the team as defined by the coaches, the Orcas Executive Committee, and on the performance of the swimmer as compared to the established swimming standards.

Overall Outstanding Swimmer Awards

These awards go to the overall boy and girl swimmer based on their contribution to the team as defined by the coaches, the Orcas Executive Committee, and on the performance of the swimmer as compared to the established swimming standards.

Achievement Awards

President's Award

Presented to deserving swimmers who have, in the judgment of the President contributed to the team through their determination, attitude, sportsmanship, dedication and leadership in personifying the Orcas Swimmer.

Coach's Awards

Presented based upon the judgment of the coaches, for a swimmer's contribution to the team. Attitude, attendance, sportsmanship, and team spirit are key factors considered.

Team Captain Awards

These awards may be presented by the President of the Orcas to the co-captains of the swim team at the Annual Awards Banquet. Each co-captain may receive a trophy/plate for their leadership during the swim season.

Team Championship Awards

When the Orcas win the EFSL Championship, each Orcas swimmer will receive a Championship pin, presented by the coaches at the Annual Awards Banquet.

Special Award

Volunteer of the Year

Presented to the parent who, in the opinion of the Executive Committee has made substantial contributions to the Orcas.

MEET SCHEDULE (2019-2020)

The Orcas will be participating in 16 meets during the 2019-2020 Season. These meets are:

Date	Host Team/Location
14 September	SHAPE Seals
21 September	Lakenheath Barracudas
5 October	Home Meet
12 October	SHAPE Seals
13 October	Nato Marlins (Brussel)
26 October	Wiesbaden Wahoos
2 November	Home Meet
17 November	Nato Marlins (Brussels)
29 Nov-1 Dec	Long Distance CHAMPS/Brugge
7 December	Home Meet
14 December	Stuttgart
11 January	Home Meet
18 January	SHAPE Seals
26 January	ESB (Brussels)
1 February	Divisionals/Maastricht
29 February-1 March	Short Course Champs/Eindhoven

European Forces Swim League (EFSL)

(as of 16 OCT 2017)
Qualification for events are determined solely by achieving or exceeding published Short Course (SC) times and Long Course (LC) times presented here are representative equivalents. Qualification achieved at a LC event based on these representative times are tentative pending official conversion to a SC equivalent time by the EFSL Statistician and updated standings are released.

2017-20 Individual Champs Qual Times

(Short Course – 25 Meter Pool)

Girls		50 FR	100 FR	200 FR		100 IM	200 IM	50 BK	50 BR	50 FL
8 & Under	QT	49.00	1:54.69	4:24.99		2:04.70	4:37.19	59.55	1:06.32	1:01.79
	Pull Up	52.95	2:05.39	4:52.19		2:16.09	4:59.99	1:05.45	1:12.72	1:07.85
9 Years	QT	42.12	1:40.59	3:54.59		1:52.44	4:03.79	53.67	59.19	56.45
	Pull Up	46.72	1:51.89	4:18.79		2:04.64	4:32.29	59.57	1:05.59	58.97
10 Years	QT	38.89	1:28.39	3:15.99		1:41.29	3:36.19	46.29	52.49	46.19
	Pull Up	42.99	1:38.99	3:40.09		1:53.39	4:03.49	51.99	58.89	52.39
11 Years	QT	36.87	1:22.29	3:06.49		1:33.79	3:23.19	44.08	48.19	41.29
	Pull Up	39.47	1:29.59	3:23.19		1:40.49	3:42.59	47.18	53.69	47.89
12 Years	QT	34.69	1:15.49	2:45.39		1:26.59	3:05.39	39.29	44.19	37.69
	Pull Up	37.29	1:21.29	2:58.09		1:33.19	3:25.69	42.99	47.59	42.59
Girls		50 FR	100 FR	200 FR	400 FR		200 IM	100 BK	100 BR	100 FL
13-14 Years	QT	33.49	1:12.69	2:37.19	5:32.69		2:55.89	1:19.19	1:30.99	1:18.89
	Pull Up	36.09	1:18.29	2:49.29	5:58.29		3:09.49	1:25.29	1:37.99	1:26.56
15-16 Years	QT	32.89	1:11.39	2:33.79	5:25.59		2:52.59	1:17.39	1:29.19	1:17.29
	Pull Up	35.39	1:16.89	2:45.59	5:55.69		3:05.79	1:25.39	1:38.09	1:25.79
17-19 Years	QT	32.29	1:09.99	2:32.49	5:24.39		2:49.99	1:16.39	1:28.09	1:16.09
	Pull Up	34.79	1:15.29	2:44.19	5:52.29		3:02.99	1:22.29	1:35.89	1:23.99

(as of 16 OCT 2017)
Qualification for events are determined solely by achieving or exceeding published Short Course (SC) times and Long Course (LC) times presented here are representative equivalents. Qualification achieved at a LC event based on these representative times are tentative pending official conversion to a SC equivalent time by the EFSL Statistician and updated standings are released.

2017-20 Individual Champs Qual Times

(Long Course – 50 Meter Pool)

Girls		50 FR	100 FR	200 FR		100 IM	200 IM	50 BK	50 BR	50 FL
8 & Under	QT	49.98	1:56.98	4:30.29		n/a	4:42.73	1:00.74	1:07.65	1:03.03
	Pull Up	54.01	2:07.90	4:58.03		n/a	5:05.99	1:06.76	1:14.17	1:09.21
9 Years	QT	42.96	1:42.60	3:59.28		n/a	4:08.67	54.74	1:00.37	57.58
	Pull Up	47.65	1:54.13	4:23.97		n/a	4:37.74	1:00.76	1:06.90	1:00.15
10 Years	QT	39.67	1:30.16	3:19.91		n/a	3:40.51	47.22	53.54	47.11
	Pull Up	43.85	1:40.97	3:44.49		n/a	4:08.36	53.03	1:00.07	53.44
11 Years	QT	37.61	1:23.94	3:10.22		n/a	3:27.25	44.96	49.15	42.12
	Pull Up	40.26	1:31.38	3:27.25		n/a	3:47.04	48.12	54.76	48.85
12 Years	QT	35.38	1:17.00	2:48.70		n/a	3:09.10	40.08	45.07	38.44
	Pull Up	38.04	1:22.92	4:02.85		n/a	3:29.80	43.85	48.54	43.44
Girls		50 FR	100 FR	200 FR	400 FR		200 IM	100 BK	100 BR	100 FL
13-14 Years	QT	34.16	1:14.14	2:40.33	5:39.34		2:59.41	1:20.77	1:32.81	1:20.47
	Pull Up	36.81	1:19.86	2:52.68	6:05.46		3:13.28	1:27.00	1:39.95	1:28.29
15-16 Years	QT	33.55	1:12.82	2:36.87	5:32.10		2:56.04	1:18.94	1:30.97	1:18.84
	Pull Up	36.10	1:18.43	2:48.90	6:02.80		3:09.51	1:27.10	1:40.05	1:27.51
17-19 Years	QT	32.94	1:11.39	2:35.54	5:30.88		2:53.39	1:17.92	1:29.85	1:17.61
	Pull Up	35.49	1:16.80	2:47.47	5:59.34		3:06.65	1:23.94	1:37.81	1:25.67

European Forces Swim League (EFSL)

(as of 16 OCT 2017)
Qualification for events are determined solely by achieving or exceeding published Short Course (SC) times and Long Course (LC) times presented here are representative equivalents. Qualification achieved at a LC event based on these representative times are tentative pending official conversion to a SC equivalent time by the EFSL Statistician and updated standings are released.

European Forces Swim League (EFSL)

(as of 16 OCT 2017)
Qualification for events are determined solely by achieving or exceeding published Short Course (SC) times and Long Course (LC) times presented here are representative equivalents. Qualification achieved at a LC event based on these representative times are tentative pending official conversion to a SC equivalent time by the EFSL Statistician and updated standings are released.

2017-20 Individual Champs Qual Times

(Short Course – 25 Meter Pool)

Boys		50 FR	100 FR	200 FR		100 IM	200 IM	50 BK	50 BR	50 FL
8 & Under	QT	47.83	1:51.49	4:03.59		2:03.69	4:36.69	59.55	1:07.09	59.39
	Pull Up	51.35	2:04.52	4:49.09		2:15.79	4:57.39	1:05.45	1:11.89	1:07.19
9 Years	QT	41.42	1:37.89	3:45.69		1:51.39	4:03.09	53.67	58.79	51.59
	Pull Up	46.42	1:50.99	4:17.03		2:03.49	4:38.19	59.57	1:05.09	58.67
10 Years	QT	38.09	1:26.99	3:05.69		1:38.79	3:33.49	46.79	51.39	44.79
	Pull Up	41.99	1:36.99	3:36.29		1:49.79	4:01.09	52.69	57.59	51.49
11 Years	QT	36.69	1:19.69	3:02.39		1:32.39	3:21.09	43.19	48.49	41.79
	Pull Up	39.47	1:27.39	3:19.79		1:40.09	3:40.19	46.99	53.29	47.09
12 Years	QT	33.39	1:12.89	2:39.79		1:22.89	3:01.49	38.99	43.69	37.79
	Pull Up	36.99	1:19.99	2:55.09		1:31.39	3:22.19	42.69	47.49	41.99
Boys		50 FR	100 FR	200 FR	400 FR		200 IM	100 BK	100 BR	100 FL
13-14 Years	QT	30.79	1:07.29	2:26.69	5:14.19		2:44.19	1:13.89	1:23.49	1:13.29
	Pull Up	33.19	1:12.49	2:41.99	5:54.29		2:59.79	1:23.59	1:31.89	1:22.89
15-16 Years	QT	29.59	1:04.49	2:20.89	5:02.79		2:36.69	1:10.19	1:19.59	1:10.09
	Pull Up	31.89	1:09.49	2:34.79	5:49.09		2:55.79	1:20.59	1:29.79	1:21.49
17-19 Years	QT	28.69	1:02.99	2:18.19	4:57.19		2:33.99	1:07.99	1:17.89	1:07.59
	Pull Up	32.89	1:11.79	2:40.79	5:29.09		2:57.89	1:18.19	1:30.89	1:19.79

European Forces Swim League (EFSL)

(as of 16 OCT 2017)
Qualification for events are determined solely by achieving or exceeding published Short Course (SC) times and Long Course (LC) times presented here are representative equivalents. Qualification achieved at a LC event based on these representative times are tentative pending official conversion to a SC equivalent time by the EFSL Statistician and updated standings are released.

2017-20 Individual Champs Qual Times

(Long Course – 50 Meter Pool)

Boys		50 FR	100 FR	200 FR		100 IM	200 IM	50 BK	50 BR	50 FL
8 & Under	QT	48.79	1:53.72	4:08.46		n/a	4:42.22	1:00.74	1:08.43	1:00.58
	Pull Up	52.38	2:07.01	4:54.87		n/a	5:03.34	1:06.76	1:13.33	1:08.53
9 Years	QT	42.25	1:39.85	3:50.20		n/a	4:07.95	54.74	59.97	52.62
	Pull Up	47.35	1:53.21	4:22.17		n/a	4:43.75	1:00.76	1:06.39	59.84
10 Years	QT	38.85	1:28.73	3:09.40		n/a	3:37.76	47.73	52.42	45.69
	Pull Up	42.83	1:38.93	3:40.62		n/a	4:05.91	53.74	58.74	52.52
11 Years	QT	37.42	1:21.28	3:06.04		n/a	3:25.11	44.05	49.46	42.63
	Pull Up	40.26	1:29.14	3:23.79		n/a	3:44.59	47.93	54.36	48.03
12 Years	QT	34.06	1:14.35	2:42.99		n/a	3:05.12	39.77	44.56	38.55
	Pull Up	37.73	1:21.59	2:58.59		n/a	3:26.23	43.54	48.44	42.83
Boys		50 FR	100 FR	200 FR	400 FR		200 IM	100 BK	100 BR	100 FL
13-14 Years	QT	31.41	1:08.64	2:29.62	5:20.47		2:47.47	1:15.37	1:25.16	1:14.76
	Pull Up	33.85	1:13.94	2:45.23	6:01.38		3:03.39	1:25.26	1:33.73	1:24.55
15-16 Years	QT	30.18	1:05.78	2:23.71	5:08.85		2:39.82	1:11.59	1:21.18	1:11.49
	Pull Up	32.53	1:10.88	2:37.89	5:56.07		2:59.31	1:22.20	1:31.59	1:23.12
17-19 Years	QT	29.26	1:04.25	2:20.95	5:03.13		2:37.07	1:09.35	1:19.45	1:08.94
	Pull Up	33.55	1:13.23	2:44.01	5:35.67		3:01.45	1:19.75	1:32.71	1:21.39

F	<p><u>Swim Apparel, Gear and Training Resources</u></p> <p>Rob's sports 2 shops (Maastricht and Eindhoven) https://www.robsport.nl/</p>
Y	<p>Rob's sports shop will put the team logo on your swimsuit at no extra cost. The shop also has an extensive line of swimming gear.</p>
I	<p>Decathlon Kerkrade and Huckelhoven You will also be able to find swim gear at any of the Decathlons in the area.</p>