# TYR INTERNATIONAL JUNIOR CUP

## St. Petersburg, FL | March 26-30, 2019

**North Shore Aquatic Complex**
901 North Shore Drive NE | St. Petersburg, FL 33701

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| **SANCTION:** | Approval by Florida Swimming of USA Swimming: #A-4671 "In granting this sanction, it is understood and agreed that Florida Swimming/USA Swimming shall be free and held harmless from any liabilities or claims from damages by reason of injuries to anyone during the conduct of this event." |
| **CONDITION OF SANCTION:** | The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a member coach, must be certified by a member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. |
| **CAMERA ZONE:** | Meet management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side course of a pool, team gathering areas, concession area, and turn-end of competition course when not in use as a "start end." Meet management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas. |
| **IMAGE AUTHORIZATION:** | All participants agree to be filmed and photographed by the official photographer (s) and networks (s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses , and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. |
| **TYPE OF MEET:** | All Finals sessions will be run in LONG COURSE METERS format. All preliminary sessions will be run in SHORT COURSE YARDS format. Two eight-lane SCY courses may be used for prelims and one ten-lane course will be set up for evening finals. There will be six finals heats. There will be a Bonus, Consolation Final, and a |

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| | Championship Final for both 16 & Under and Senior categories for all events 200 and below. For events 400 and above, we will only have a Consolation and Championship Final. There will be a 25 yard/25 meter pool for constant warm up. |
| **SCHEDULE:** | ***Tuesday (Timed Finals Sessions)***<br>Meet Warm Up ……2:30-3:50PM<br>Meet Start ……..4:00PM<br><br>***Preliminaries (Wed, Thurs, Fri, Sat)***<br>General Warm Up ……6:00-7:50AM<br>Specific Warm Up …….7:50-8:20AM<br>Meet Start……8:30AM<br><br>***Finals – Wed, Thurs, Fri***<br>General Warm Up ……..3:30-4:30PM<br>Specific Warm Up ……..4:30-5:30PM<br>Meet Start …….. 5:00PM<br><br>***Finals – Saturday***<br>General Warm Up ……..2:30-3:30PM<br>Specific Warm Up……3:30-3:50PM<br>Meet Start…….. 4:00PM |
| **LOCATION:** | North Shore Aquatic Complex<br>901 North Shore Drive NE<br>St. Petersburg, FL 33701<br><br>*Facility: (727) 893-7727* |
| **POOL & FACILITY SPECS:** | The North Short Aquatic Complex is host to a certified 50 meter outdoor pool with a maximum of 10 long course racing lanes. Non-turbulent lane lines will be used. Constant warm down lanes are available in the additional outdoor 25 meter pool. |
| **TIMING SYSTEM:** | A Colorado timing system, touch pads, backstroke wedges, and a new large digital scoreboard will be used as well as manual back up watches. |
| **ELIGIBILITY:** | Must be a 2019 USA Swimming, YMCA, AAU, and/or a FINA registered athlete. The Senior category will be open to all swimmers of any age who have the qualifying time standards to compete. An Athlete must be at least 12 years of age, and not older than 21 years of age on the first day of the meet. ***Any student who represents, or has at any time represented a collegiate swim program in any level of competitive swimming, shall be ineligible to participate***. |
| **SEEDING:** | **ALL ENTRIES ARE TO BE SUBMITTED IN SCY FORMAT**<br><br>Submit entry times according to the time swum – **DO NOT SUBMIT CONVERTED TIMES.** Non-conforming meter times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. All yard times, even if they are bonus event times, will be seeded for prelims slowest to fastest. Prelims will be seeded combined 16 & Under and Senior. Finals qualifiers will be seeded according to the event entered in 16 & Under or Senior. For example, a 16 & Under aged swimmer who enters a Senior event and qualifies for Finals must compete in the Senior category for that event. Events 3 & 5, the Women's 1500 Freestyle and events, 4 & 6, |

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| | Men's 800 Freestyle will be swum on Tuesday as a Timed Finals event, alternating heats of women and men, fastest to slowest. Relays: Positive check in required.<br><br>Relays will be swum Timed Finals. Senior 200 Medley/Freestyle relays will take place Tuesday *evening*. ALL 16 & U relays will be swum at the end of the prelim sessions each day. The additional heats swum after the 16 & Under relays in the prelim sessions. 16 & Under swimmers may compete in Senior relays in addition to the 16 & Under relays. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. **TWO RELAYS PER CLUB MAXIMUM.** |
| **RULES:** | Current USA Swimming Technical Rules will govern. (safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.) No parents will be allowed on the pool deck unless they have 2019 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, they MUST go directly to the meet Referee to receive a deck pass and/or a coaching assignment. Age as of the first day of the meet (March 26, 2019) will determine the swimmer's age for competition. Times must have been achieved between January 1, 2017 – March 10, 2019. |
| **ISCA ATHLETE MEMBERSHIP:** | ISCA Athlete membership is $45.00/per swimmer including relay only swimmers. |
| **AWARDS** | ***INDIVIDUAL***: Custom Medals 1st through 10th<br>***RELAYS***: Custom Medals 1st through 3rd |
| **INDIVIDUAL HIGH POINT:** | 16 & Under Men's & Women's<br>Senior Men's & Women's |
| **TEAM AWARDS:** | • TOP COMBINED TEAM<br>• TOP MEN'S TEAM<br>• TOP WOMEN'S TEAM<br>• TOP FEMALE PERFORMANCE AWARD<br>• TOP MALE PERFORMANCE AWARD |
| **SCORING:** | Scores points include the Top 10 Places for 16 & Under swimmers, and Top 10 places for Senior aged swimmers.<br><br>Points 11-9-8-7-6-5-4-3-2-1, with double points for relays. |
| **WARM-UP:** | Enclosed warm-up schedule will be used.<br><br>Warm-up will be 60 minutes guaranteed prior to the start of each session. |
| **SCRATCHES:** | Scratches prior to seed of preliminary heats shall be made by properly filling out/depositing a scratch card in the scratch box located at the Clerk of Course/Admin Referee table. **Scratch deadlines for Tuesday's events is 3:30pm, Wednesday's events must be by Tuesday evening at 6:00pm.** For Thursday's events, you must scratch by Wednesday at 6:00pm. Friday's events you must scratch by Thursday at 6:00pm. Saturday's events must be scratched by Friday at 6:00pm.<br><br>**Finals**: Any swimmer who competed in a preliminary heat and qualifies for finals |

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| | must swim the event during finals unless the swimmer announces his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. Any swimmer not reporting to a final event in which the results were posted for his/her swim will be **barred from competition in their next individual event in the meet**. PLUS a $50.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee. |
| **POSITIVE CHECK IN:** | Check-in with the clerk of course will be at the Admin table. The Women's 1500 Free and Men's 800 Free check in and the Senior 200 Medley and 200 Free relays must be done by the end of the coaches meeting on Tuesday, March 26. All relays must be checked by the start of finals the previous day. Example: Wednesday's relays need to be checked in by the start of Tuesday evening. |
| **ENTRY LIMIT:** | **Swimmers may enter ALL the events which they qualify for, however, they may only compete in a total of (3) – three individual events per day and a total of (8) – eight for the entire meet. If events are not scratched by the deadline, they will automatically be dropped at the point of over entry.**<br><br>*BONUS EVENTS*<br><br>For 1 or 2 "A" Qualifying Times — You Earn 3 Bonus Events<br>For 3 or More "A" Qualifying Times — You Earn 2 Bonus Events<br>For 1 or 2 "B" Qualifying Times — You Earn 2 Bonus Events<br><br>Bonus events must be entered with a time as NT will not be accepted. Bonus entries in the 500/400 FR, 400IM, 800 and 1500 FR must have a qualifying time in one of those events. |
| **TIME TRIALS:** | Time Trials may be offered Wednesday, Thursday and Friday upon conclusion of the prelim sessions. All Time Trial sessions will be held in SCY ONLY. Cost per event is $15.00. Sign up will be at the administrative table each morning. Must be completed by 10:30am. If the athlete is not already entered in the meet, surcharges apply. |
| **ENTRY FEES:** | ***REGULAR FEES***<br>Fee per individual event ..... $6.10<br>Fee per Relay Event ..... $8.00<br><br>***LATE ENTRY FEES***<br>Late Fee per Individual Event ..... $15.00<br>Late Fee per Relay Event .....$20.00<br>Facility Surcharge per swimmer .....$15.00 |
| **ENTRY DEADLINE:** | **All entries must be received by midnight, Tuesday, March 12, 2019.** Late entry/deck entry must be submitted by deadline the evening prior to event (s) contested. |
| **OME PROCEDURE:**<br><br>**(PLEASE READ CAREFULLY)** | *ON-LINE MEET ENTRY (OME)* – Entries will be processed using the USA Swimming On-Line Meet Entry (OME) ONLY. Access this entry system from the USA Swimming website at: http://www.usaswimming.org/ome. Coaches must register for an (free) account to utilize the system. Log in and select "Enter Team. (OME is not an |

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| | eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.)<br><br>• OME OPENS: 12:01AM EST MONDAY, February 9, 2019<br>• OME CLOSES: 11:59PM EST TUESDAY, March 12, 2019<br><br>**ONLINE PAYMENT IS NOT PERMITTED FOR THIS MEET**<br>*OME Help:* Eva Gronke (727-644-5925) eva@fastswimresults.com<br>Jamie Lewis (719-866-3581) jlewis@usaswimming.org<br><br>*INDIVIDUAL ENTRIES:* Entries should use a time in the national database that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an "Override Time" for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. 16 & Under aged swimmers may enter 16 & Under and Senior events, bearing in mind that they are bound to that age category if they qualify for Finals in that event.<br><br>*OME RELAY ENTRY PROCEDURES:* ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. A team may enter no more than 2 relays in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event.<br><br>*TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:* Teams may enter athletes with an unattached or unregistered status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link. Unregistered swimmers must provide proof of registration prior to the swimmers first event.<br><br>*INDIVIDUAL UNATTACHED ATHLETES*: Unattached athletes that are not awaiting attachment to any team must enter individually. Access to the OME system at the address http://usaswimming.org/ome - long in and select "Enter Individual." On deck registrations will not be accepted.<br><br>*PLEASE MAKE CHECK PAYABLE TO: "ISCA"*<br><br>****Do not mail checks. Payment submitted at REGISTRATION TABLE only.**<br><br>Entry Chairman:<br><br>*ISCA (International Swim Coaches Association)*<br>*c/o Eva Gronke*<br>*3534 Chessington Drive*<br>*Land O Lakes, FL 34638* |
| **ENTRY FORMS:** | If you do not have access to OME, entries may be submitted on the enclosed entry forms (please print legibly). Please note that there is an additional $50 fee for entries submitted on entry forms. Any events with NT will not be accepted. Relay only swimmer must be listed. All entries must be sent to Entry Chairman. DO NOT sent to the pool. |

<table>
<tr><td><u>FOREIGN ATHLETES</u></td><td>Foreign athletes are welcome to attend. They must be a member with FINA or USA Swimming registration. Entries for foreign teams must be submitted through HY-TEK MEET MANAGER, COMMLINK, or contact Doug Fonder at (540)397-0505.</td></tr>
<tr><td><u>OFFICIALS:</u></td><td>Head Referee Tony Uselis (twuselis@gmail.com)<br>Admin Referee/Official Eva Gronke (eva@fastswimresults.com)<br>Meet Director Doug Fonder(dougfonder@gmail.com)</td></tr>
<tr><td><u>COACH DECK PASSES:</u></td><td>Deck passes for USA Swimming registered coaches are available for $15 each. Please indicate number of coach passes requested and include with final entry payment. Number of deck passes allowed for each team in dependent on the number of qualified athletes.<br><br>
<table>
<tr><th># of Swimmers</th><th># of Deck Passes</th></tr>
<tr><td>1-4</td><td>1</td></tr>
<tr><td>5-9</td><td>2</td></tr>
<tr><td>10-16</td><td>4</td></tr>
<tr><td>17-21</td><td>5</td></tr>
<tr><td>22-30</td><td>6</td></tr>
<tr><td>31-40</td><td>7</td></tr>
<tr><td>41-50</td><td>8</td></tr>
<tr><td>50+</td><td>10</td></tr>
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</td></tr>
<tr><td><u>ADMISSIONS:</u></td><td>$60 All Sessions – meet program and heat sheets<br>$50 – 4 days – meet program and heat sheets<br>$35 – 3 days – heat sheet<br>$25 – 2 days – heat sheet<br>$15 – 1 day – heat sheet<br><br><u>*Includes Prelims and Finals*</u></td></tr>
<tr><td><u>COACHES / OFFICIALS:</u></td><td>Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2019 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming approved/sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer (s) during warm-up and competition. There will be a coaches meeting Tuesday, March 26 at 12:pm Noon at North Shore Aquatic Complex.</td></tr>
<tr><td><u>MEET VOLUNTEERS:</u></td><td>As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.</td></tr>
<tr><td><u>TEAM REPRESENTATIVE:</u></td><td>Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.</td></tr>
<tr><td><u>INFORMATION:</u></td><td><u>Meet Director</u><br>Doug Fonder<br><br><u>Meet Referee</u><br>Tony Uselis<br>Cell: 727-742-0523<br>twuselis@gmail.com<br><br><u>ISCA Contact</u><br>Doug Fonder<br>Cell: 540-397-0505<br>dougfonder@gmail.com</td></tr>
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| | **Admin Official** Eva Gronke<br>**Head Starter** John Stanley<br>**Stroke/Turn** Steve Wolf<br><br>**Entry Chairman**<br>Eva Gronke<br>3534 Chessington Drive<br>Land O Lakes, FL 34638<br>eva@fastswimresults.com |
| **NOTE:** | ****Events/heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee. **** |

# WARM-UP SCHEDULE:

**First ½ hour will be warm-up as follows:**

Lane 1 pace 50 & 100 circle swimming
Lane 2 push off 25s one way only
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 swim & pulling, push off
Lane 9 push off 25s, one way only
Lane 10 pace 50 & 100 circle swimming

**Last hour of warm-ups will be as follows:**

Lane 1 pace 50 & 100 circle swimming
Lane 2 racing starts 25s one length
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 racing starts 25s one length
Lane 9 racing starts 25s one length
Lane 10 pace 50 & 100 circle swimming

**NO EQUIPMENT TO BE USED DURINGWARM-UP**

**NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET**

**Swimmers must enter the water feet first with at least one hand on the pool deck.**

## JUNIOR NATIONAL CHAMPIONSHIP CUP
## MARCH 26-30, 2019

| WOMEN | Tuesday 3/26/19 | MEN |
|---|---|---|
| 1 | Senior 200 Medley Relay | 2 |
| 3 | 16&U Women 1500 Freestyle | |
| | 16&U Men 800 Freestyle | 4 |
| 5 | Senior Women 1500Freestyle | |
| | Senior Men 800 Freestyle | 6 |
| 7 | Senior 200 Freestyle Relay | 8 |

| WOMEN | Wednesday 3/27/19 | MEN |
|---|---|---|
| 9 | 16&U 200 IM | 10 |
| 11 | Senior 200 IM | 12 |
| 13 | 16&U 100 Backstroke | 14 |
| 15 | Senior 100 Backstroke | 16 |
| 17 | 16&U 100 Breaststroke | 18 |
| 19 | Senior 100 Breaststroke | 20 |
| 21 | 16&U 50 Butterfly | 22 |
| 23 | Senior 50 Butterfly | 24 |
| 25 | *16&U 200 Medley Relay* | 26 |
| 27 | *Senior 800 Freestyle Relay* | 28 |

| WOMEN | Thursday 3/28/19 | MEN |
|---|---|---|
| 29 | 16&U 50 Breaststroke | 30 |
| 31 | Senior 50 Breaststroke | 32 |
| 33 | 16&U 200 Backstroke | 34 |
| 35 | Senior 200 Backstroke | 36 |
| 37 | 16&U 50 Freestyle | 38 |
| 39 | Senior 50 Freestyle | 40 |
| 41 | 16&U 500 Freestyle | 42 |
| 43 | Senior 500 Freestyle | 44 |
| 45 | *16&U 200 Freestyle Relay* | 46 |
| 91 | Senior 400 Mixed Medley | |

| WOMEN | Friday 3/29/19 | MEN |
|---|---|---|
| 47 | 16&U 400 IM | 48 |
| 49 | Senior 400 IM | 50 |
| 51 | 16&U 100 Butterfly | 52 |
| 53 | Senior 100 Butterfly | 54 |
| 55 | 16&U 50 Backstroke | 56 |
| 57 | Senior 50 Backstroke | 58 |
| 59 | 16&U 200 Freestyle | 60 |
| 61 | Senior 200 Freestyle | 62 |
| 63 | *16&U 400 Medley Relay* | 64 |
| 65 | *Senior 400 Medley Relay* | 66 |

| WOMEN | Saturday 3/30/19 | Men |
|---|---|---|
| 67 | 16&U Women 800 Freestyle | |
| | 16&U Men 1500 Freestyle | 68 |
| 69 | Senior Women 800 Freestyle | |
| | Senior Men 1500 Freestyle | 70 |
| 71 | 16&U 100 Freestyle | 72 |
| 73 | Senior 100 Freestyle | 74 |
| 75 | 16&U 200 Butterfly | 76 |
| 77 | Senior 200 Butterfly | 78 |
| 79 | 16 &U 200 Breaststroke | 80 |
| 81 | Senior 200 Breaststroke | 82 |
| 83 | *16 &U 400 Freestyle Relay* | 84 |
| 85 | *Senior 400 Freestyle Relay* | 86 |

* All 16 & Under and 21st & Over seeded Senior Relay Events will be swum as timed finals at the end of Prelims. *

**ISCA**

# TYR INTERNATIONAL JUNIOR CUP

## MARCH 26 - 30, 2019

## "A" Time Standards

| | WOMEN | | | | MEN | |
|---|---|---|---|---|---|---|
| LCM | SCM | SCY | EVENT | SCY | SCM | LCM |
| 27.79 | 27.29 | 24.49 | 50 Freestyle | 21.79 | 24.39 | 24.99 |
| 59.69 | 59.39 | 52.79 | 100 Freestyle | 47.59 | 52.89 | 54.49 |
| 2:09.29 | 2:06.59 | 1:54.29 | 200 Freestyle | 1:43.79 | 1:54.99 | 1:58.59 |
| 4:29.19 | 4:21.89 | 5:01.99 | 500 Freestyle | 4:40.09 | 4:05.89 | 4:11.19 |
| 9:04.69 | 8:52.79 | 10:14.99 | 1000 Freestyle | 9:39.69 | 8:21.29 | 8:38.49 |
| 17:31.79 | 17:02.69 | 17:15.99 | 1650 Freestyle | 16:15.69 | 16:03.19 | 16:40.69 |
| 100 Back Qualifying/Entry Times | | | 50 Backstroke | 100 Back Qualifying/Entry Times | | |
| 1.07.09 | 1.05.09 | 58.59 | 100 Backstroke | 53.19 | 59.09 | 1:02.19 |
| 2:24.39 | 2:20.59 | 2:06.59 | 200 Backstroke | 1:54.99 | 2:07.79 | 2:12.29 |
| 100 Breast Qualifying/Entry Times | | | 50 Breaststroke | 100 Breast Qualifying/Entry Times | | |
| 1:16.09 | 1:14.49 | 1:06.99 | 100 Breaststroke | 59.99 | 1:06.59 | 1:09.29 |
| 2:43.19 | 2:41.09 | 2:24.89 | 200 Breastroke | 2:09.99 | 2:24.29 | 2:29.79 |
| 100 Fly Qualifying/Entry Times | | | 50 Butterfly | 100 Fly Qualifying/Entry Times | | |
| 1:05.59 | 1:04.69 | 58.19 | 100 Butterfly | 52.29 | 58.29 | 59.59 |
| 2:23.29 | 2:21.89 | 2:07.69 | 200 Butterfly | 1:55.49 | 2:08.69 | 2:11.79 |
| 200 I.M. Qualifying/Entry Times | | | 100 individuai Mediey | 200 I.M. Qualifying/Entry Times | | |
| 2:27.99 | 2:24.09 | 2:09.79 | 200 Individual Medley | 1:57.39 | 2:10.39 | 2:15.39 |
| 5:09.29 | 5.00.69 | 4:30.89 | 400 Individual Medley | 4:08.99 | 4:36.59 | 4:47.89 |
| 400 FR Relay Qualifying/Entry Times | | | | 400 FR Relay Qualifying/Entry Times | | |
| 4:01.99 | 3:57.79 | 3:33.89 | 400 Freestyle Relay | 3:13.79 | 3:35.29 | 3:40.99 |
| 8:43.49 | 8:32.69 | 7:42.79 | 800 Freestyle Relay | 7:06.79 | 7:52.89 | 8:07.79 |
| 400 MED Relay Qualifying/Entry Times | | | | 400 MED Relay Qualifying/Entry Times | | |
| 4:38.89 | 4:26.29 | 3:59.89 | 400 Medley Relay | 3:37.29 | 4:01.39 | 4:11.19 |
| | | 4:09.59 | *400 Mixed Relay | 4:09.59 | | |

*Two Boys & two Girls, any order

**QUALIFYING PERIOD: January 1, 2017 through March 11, 2019**
**ENTRY TIMES FOR 50's FLY/BACK/BREAST: MUST BE CORRELATING**
**100 STROKE QUALIFYING TIME**
**A BONUS EVENTS: MAKE 1-2 CUTS, 3 BONUS EVENTS, 3 CUTS OR MORE - 2 BONUS EVENTS**

**ISCA**

# TYR INTERNATIONAL JUNIOR CUP

## MARCH 26 - 30, 2019

## "B" Time Standards

| | WOMEN | | | | MEN | |
|---|---|---|---|---|---|---|
| LCM | | SCY | EVENT | SCY | | LCM |
| 28.29 | | 24.79 | 50 Freestyle | 22.39 | | 25.49 |
| 1.00.69 | | 53.09 | 100 Freestyle | 48.49 | | 55.49 |
| 2.11.09 | | 1.55.19 | 200 Freestyle | 1.46.29 | | 2.01.29 |
| 4.37.69 | | 5.08.79 | 500 Freestyle | 4.47.39 | | 4.17.59 |
| 9.34.99 | | 10.39.79 | 1000 Freestyle | 10.02.49 | | 9.06.39 |
| 18.16.79 | | 17.54.39 | 1650 Freestyle | 16.43.99 | | 17.21.99 |
| 100 Back Qualifying/Entry Times | | | 50 Backstroke | 100 Back Qualifying/Entry Times | | |
| 1.07.89 | | 59.29 | 100 Backstroke | 54.49 | | 1.03.19 |
| 2.26.99 | | 2.09.09 | 200 Backstroke | 1.58.59 | | 2.14.79 |
| 100 Breast Qualifying/Entry Times | | | 50 Breaststroke | 100 Breast Qualifying/Entry Times | | |
| 1.17.89 | | 1.08.19 | 100 Breaststroke | 1.01.49 | | 1.09.69 |
| 2.49.39 | | 2.29.39 | 200 Breastroke | 2.14.99 | | 2.32.59 |
| 100 Fly Qualifying/Entry Times | | | 50 Butterfly | 100 Fly Qualifying/Entry Times | | |
| 1.06.49 | | 58.59 | 100 Butterfly | 53.29 | | 1.00.29 |
| 2.29.09 | | 2.12.09 | 200 Butterfly | 2.01.19 | | 2.16.29 |
| 200 I.M. Qualifying/Entry Times | | | 100 Individual Medley | 200 I.M. Qualifying/Entry Times | | |
| 2.28.69 | | 2.10.99 | 200 Individual Medley | 1.59.39 | | 2.16.19 |
| 5.20.49 | | 4.38.39 | 400 Individual Medley | 4.15.09 | | 4.49.89 |

**QUALIFYING PERIOD: January 1, 2017 through March 11, 2019**
**ENTRY TIMES FOR 50's FLY/BACK/BREAST: MUST BE CORRELATING**
**100 STROKE QUALIFYING TIME**
**B BONUS EVENTS: MAKE 1-2 CUTS, 2 BONUS EVENTS**