



Georgia Swimming will increase opportunity, recognition, and growth in competitive swimming. We believe that swimming provides life-changing experiences for young people.

2021 Georgia Short Course Senior State Championships
Hosted by SwimAtlanta
December 3-5 2021

HOST	SwimAtlanta – (SA)
SANCTION:	Held under the sanction of USA Swimming, issued by Georgia Swimming Inc., Sanction #: GA21-156 (Rev3) Time Trial Sanction #: GA21-157 Article 202.4.3: Granted sanctions are non-transferrable to other organizations or clubs. Any such transferred sanction shall be void and the Sanction Committee shall deny any further sanctions to the organization or club violating this provision.
ATTESTATION:	In applying for this sanctioned event, the Host, SwimAtlanta agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Georgia LSC, the State of Georgia, and local jurisdiction.
MAAPP: Minor Athlete Abuse Prevention Policy Effective June 23, 2019	<ul style="list-style-type: none"> • A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming’s Minor Athlete Abuse Prevention Policy (“MAAPP”). • All USA Swimming members including athletes 18 and older and adults who interact with minor athletes at swim meets are expected to comply with the MAAPP policy. • All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers are expected to understand and comply with MAAPP. • As the host club, you are responsible for ensuring that these individuals know about and comply with MAAPP.
ELIGIBILITY FOR TIME RECOGNITION TO SWIMS DATABASE	Times achieved by an athlete member at a sanctioned competition who is 18 years of age (+30-day grace period) who have not completed the Athlete Protection Training OR (whose APT training had expired) by the date of the swim, WILL NOT be uploaded to the SWIMS database.
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and SwimAtlanta shall be free and held harmless from any liabilities or claims for damages or illnesses arising by reason of injuries or illnesses to anyone during the conduct of the event.
REPORT DISCRIMINATION: D, E, & I = Reference / Informational Section	The Georgia LSC believes that there is no place for discrimination in the sport of swimming. If you believe you are the victim of discrimination, you are encouraged to report the incident to USA-Swimming’s Associate Counsel & Director of Safe Sport, Abigail Howard (ahoward@usaswimming.org or 719-866-3529). Please provide a complete description of the incident as well as a way to contact you and/or other parties involved. For more information refer to gaswimming.org/diversity Gaswim.org <u>Georgia Swimming LSC: D, E, & I (teamunify.com)</u>
MEET DIRECTOR:	Wil Bayer (404-545-1323) & Chris Davis Jr. (404-421-1771)
MEET REFEREE:	Ed Saltzman swimsalt@bellsouth.net
STARTER:	Doug Kintz
STROKE AND TURN:	Astrid De Leon

ADMIN OFFICIAL:	Cheryl Loprinzo cheryl.loprinzo@comcast.net																														
SAFETY DIRECTOR:	Wil Bayer & Chris Davis Jr.																														
FACILITY:	<p>Georgia Tech Aquatic Center 750 Ferst Drive NW Atlanta, GA 30332 404-385-7529</p> <p>The meet will take place in the Georgia Tech Natatorium, a 25Y x 10 lane competition pool. The pool depth at the start and turn end is nine feet. An eight lane 25 yd warm-up/down pool will be available throughout the course of the meet. An Omega timing system and scoreboard will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming & Georgia Swimming.</p>																														
SCHEDULE:	<table> <tr> <td>Session 1</td> <td>Prelims</td> <td>Friday, December 3</td> <td>Warmup: 9:00am</td> <td>Start: 10:30am</td> </tr> <tr> <td>Session 3</td> <td>Prelims</td> <td>Saturday, December 4</td> <td>Warmup: 9:00am</td> <td>Start: 10:30am</td> </tr> <tr> <td>Session 5</td> <td>Prelims</td> <td>Sunday, December 5</td> <td>Warmup: 9:00am</td> <td>Start 10:30am</td> </tr> <tr> <td>Session 2</td> <td>Finals</td> <td>Friday, December 3</td> <td>Warmup: 5:00pm</td> <td>Start: 6:00pm</td> </tr> <tr> <td>Session 4</td> <td>Finals</td> <td>Saturday, December 4</td> <td>Warmup: 5:00pm</td> <td>Start: 6:00pm</td> </tr> <tr> <td>Session 6</td> <td>Finals</td> <td>Sunday, December 5</td> <td>Warmup: 5:00pm</td> <td>Start: 6:00pm</td> </tr> </table>	Session 1	Prelims	Friday, December 3	Warmup: 9:00am	Start: 10:30am	Session 3	Prelims	Saturday, December 4	Warmup: 9:00am	Start: 10:30am	Session 5	Prelims	Sunday, December 5	Warmup: 9:00am	Start 10:30am	Session 2	Finals	Friday, December 3	Warmup: 5:00pm	Start: 6:00pm	Session 4	Finals	Saturday, December 4	Warmup: 5:00pm	Start: 6:00pm	Session 6	Finals	Sunday, December 5	Warmup: 5:00pm	Start: 6:00pm
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ELIGIBILITY:	<p>Open to all swimmers registered with Georgia Swimming who have achieved the required qualifying time standard for an event entered each day since July 1, 2020 (see “Qualifying times” at end of meet information. Swimmers who have achieved the 1650 Free qualifying standard may enter the 1000 free and vice-versa.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. On-deck athlete registrations will not be accepted during the meet.</p>																														
SWIMMER(S) with DISABILITIES:	<p>All swimmer(s) with disabilities must meet the USA-Swimming Para-Motivational Time Standards (below) in every event they wish to participate in the meet.</p> <p>Coaches with swimmer(s) with disabilities competing must notify the Meet Referee prior to the meet.</p> <p>The Meet Referee may elect to have these athlete’s swim the 50’s during the 100 able-body 100 events, 100’s during the 200 events, and 200’s during the 400/500 events, based on entry times.</p>																														
MEET FORMAT:	<ul style="list-style-type: none"> • All individual events will be conducted on a Preliminary and Final basis with the exception of the 1000/1650 Freestyle, which will be conducted as a timed final event. • The 1000 and 1650 freestyle will both be offered. Swimmers can choose to enter either one but not both. Heats will be swum fastest to slowest with one fastest heat each of women then men and then as mixed events but scored separately. All heats will be conducted at the end of Sunday’s Prelims. Two courses will be used – one for the 1650, and one for the 1000 (Note: if one event is completed well before the other then two courses may be used to complete the unfinished event). *Note – Positive check-in deadline for the 1000 and 1650 Freestyle is 9:30 AM on Sunday. • The 400 IM and 500 Freestyle preliminary heats will be seeded as follows: fastest two heats, circle seeded swum slowest to fastest followed by remaining heats swum fastest to slowest. Two courses will be used – one for women and one for men. *Note – Positive check—in deadline is 9:30am for 400IM and 9:30am for 500 free. • There may be a 10-minute break in prelims each day before the start of that day’s distance event (400 IM, 500 Free, 1000/1650 Free). • Championship, Consolation, and two Bonus heats (four heats in all) will be swum in 																														

	<p>all prelim/final events. Ten lanes will be used for all finals heats.</p> <ul style="list-style-type: none"> • The order of the final’s heats will be D-C-B-A. • *Note – Those swimmers named as First and Second Alternate in each prelim/final event must stand by the starter at the beginning of the event for which they are named if they wish to swim. <i>Alternates be placed in ANY vacant lane and swim exhibition.</i> <p>Relay Events</p> <ul style="list-style-type: none"> • All Relays will be conducted as Timed Final events. • Each team is limited to two entries of each gender for all 200 and 400 relays, and one entry per gender for the 800 free relay. • All 200 Free and 200 Medley Relays will be swum at the beginning of the Prelims sessions on Friday and Saturday, respectively. These events will be pre-seeded, and there is no positive check-in required. • All 800 Free relays will be swum at the end of the final’s session on Friday. Positive check-in required by 5:20 PM on Friday. • The 400 Freestyle relays will be swum at the end of the Finals session on Saturday. Positive check-in required by 5:20 PM on Saturday. • The 400 Medley relays will be swum at the end of the preliminary events on Sunday (prior to the distance events). Positive check-in required by 9:30 AM on Sunday. • Relay cards for any teams not having already designating the 4 swimmers in the original entry (or changed thereafter) must be submitted by the end of warm-up for the session in which they are contested. <p>In order to maintain a reasonable timeline and to regulate the continuity of the meet the Meet Director, in consultation with the Meet Management Committee (Meet Director, Senior Committee Chair, Meet Referee and Coach) reserves the right to make the final decisions on the following: Diver over starts; rest breaks; scheduling of Time Trial; other issues that affect the management, versus the conduct, of the meet.</p>
ENTRY FEES:	<ul style="list-style-type: none"> • Individual Event Entry Fee: \$12.00 • Late Entry Fee: \$24.00 (only swimmers already entered in events that session) • Time Trial Fee: \$24.00 (attempting Futures cut or faster) • Relay Entry Fee: \$24.00 • Relay Late Entry Fee: \$48.00 • Swimmer Facility Surcharge: \$21.00
ENTRIES:	<p>Swimmers will be limited to competing in three (3) individual events per day plus relays. Any swimmer who competes in more than their daily limit will be disqualified from the last event(s) of that day. Swimmers who have qualified for an event in any preliminary session may swim one bonus event in the 50, 100 or 200y events in that session. Bonus events count towards daily event limit and must be designated as such on the entry.</p> <p>Each team will be limited to two (2) relay team entries per event, except for the 800 Free Relays which will be limited to one entry per team.</p>
SEEDING	<p>All events will be seeded slow to fast except 800 Free relay which will be fast to slow and the distance individual events (400 up) which have specific seeding formats (above in “Meet Format” section.)</p> <p>All events will be pre-seeded, with the exception of the 400 IM, 400 Free, 500/1000/1650 Free, 400 Medley Relay, 400 Free Relay, and 800 Free Relay. These events will require a positive check-in at the Clerk of Course according to the times shown under “Check-in.”</p> <p>Any swimmers entered with “SCM,” or “LCM” qualifying time will be seeded below all swimmers with qualifying SCY times (YSL order). Bonus times will be seeded below</p>

	<p>qualified times in the same order.</p> <p>Any swimmer entering the 1000 or 1650 Free based on their qualifying time in the other distance should be entered at the SCY time standard.</p>
<p>TIME TRIALS:</p>	<p>Time trials will be offered to those swimmers making an attempt to achieve sectional or above qualifying times. \$24 per ind. Event, \$48 per relay event.</p> <p>Swimmers must be entered in the meet in at least one individual event.</p> <p>Swimmers will be limited to no more than three-time trials for the meet, and each time trial will count against the three individual event limit per day for the day it is swum.</p> <p>Time Trial events may be combined.</p> <p>Swimmers intending to time trial after prelims must register with the Clerk of Course no later than 11 AM each day. Swimmers wishing to time trial after any final's session should see the referee before the end of the affected finals session. All fees must be paid when the intention is filed. Cost is \$24 per time trial.</p> <p>Time Trials will be scheduled and conducted following the prelims each day and/or other convenient times as determined by the meet committee and shall be swum in the order listed under the meet program as follows:</p> <ul style="list-style-type: none"> ○ Friday: Friday Events/Saturday Events/Sunday Events ○ Saturday: Saturday Events/Sunday Events/Friday Events ○ Sunday: Sunday Events/Friday Events/Saturday Events <p>Time Trial check-in closes at 11AM. Additions after deadline are at the discretion of the Meet Referee.</p>
<p>CHECK IN CLERK of COURSE</p>	<p>In order to be seeded into the deck-seeded events, swimmers and relay teams must check-in with the Clerk of Course by the times shown below.</p> <p>Friday</p> <ul style="list-style-type: none"> ● 9:30 AM for the 400 IM and late entries ○ 10:00 AM for time trials held after prelims. See meet referee with requests for time trials after finals. ○ 5:20pm for the 800 Free Relay <p>Saturday</p> <ul style="list-style-type: none"> ○ 9:30 AM for the 500 Free and late entries ○ 10:00 AM for time trials held after prelims. See meet referee with requests for time trials after finals. ○ 5:20 PM for the 400 Free Relays (All conducted in Finals) <p>Sunday</p> <ul style="list-style-type: none"> ○ 9:30 AM for the 400 Medley Relays. ○ 9:30 AM for 1000 Free and 1650 Free ○ 10:00 AM for time trials held after prelims. See meet referee with requests for time trials after finals.
<p>ENTRY SUBMISSION:</p>	<p>Friday, November 26 at 6:00 pm.</p> <p>Swimmers entered in the meet that are only competing as members of relay teams must be entered with all other participants for the purpose of verifying USA Swimming registration. Their names and USA Swimming registration numbers should be submitted on the hard copy as relay-only swimmers.</p> <p>A completed and signed 'Entry Summary and Liability Release Form' and a signed copy of the entries must be received before the entries are considered complete. Swimmers and Teams cannot participate until their entries are complete.</p> <p>Email entries should include an attachment representing the Hy-Tek Entry File; an attachment in Word or PDF format of those same Hy-Tek entries.</p> <p>Submit Email entries to Cheryl Loprinzo (cheryl.lopinzo@comcast.net)</p>

	<p>Checks/waivers and hard copies of meet entries should be mailed to:</p> <p>SwimAtlanta – Megan Davis Senior State Championships 5059 Post Road Cumming, GA 30040</p> <p>*please sign signature waiver for all overnight deliveries.</p>
<p>LATE ENTRIES:</p>	<p>On site late entries will be permitted only if open lanes are available and will be seeded with the Qualifying Time for that event. No additional heats will be created. In deck-seeded events the original entries will be seeded, and late entries placed in empty lanes resulting from that seeding. Late entry fees will be doubled for individual and relay events. <u>Coaches late entering swimmers on site who were not previously entered and cleared by the registration chair must have proof of USAS registration for each late entering swimmer (Deck Pass acceptable).</u> Late entries will be accepted up until 30 minutes prior to the start of the affected session.</p>
<p>PROOF OF TIMES:</p>	<p>Swimmers who enter this state championship meet must have achieved a time equal to or faster than the qualifying standard for each event entered since July 1st, 2020 through Friday, Nov. 26th, 2021. The final results for each event will be reviewed by the designated Representative appointed by the LSC Chair to determine each swimmer’s eligibility for this meet. If a swimmer fails to achieve the qualifying standard at this meet and cannot prove that he/she achieved the qualifying standard before the entry deadline, then Georgia Swimming, Inc. will invoke a fine of \$50.00 against the team of said swimmer, or against the swimmer if unattached, for each non-qualifying time, INCLUDING ANY BONUS SWIMS THAT SESSION. The SWIMS database will be the sole source document used to verify proof of time for this meet. Failure to pay as prescribed by Georgia Swimming Rules and Regulations 7.2, Inc. will result in the barring of said team/individual from participating in any meets until such time as the fine is paid in full. Make checks payable to “Georgia Swimming.” Proof of times is not required for relays.</p>
<p>RULES:</p>	<p>Tech Suit Restriction for 12-and-Under Swimmers: <i>This rule does not make exceptions for Championship competitions.</i></p> <p>https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers</p> <p>Meet shall be conducted in accordance with USA Swimming Rules and Regulations, Current Edition and as modified by Georgia Swimming</p> <p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms.</p> <p>Any swimmer entered in the meet, must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p> <p>Deck changes are prohibited. (Defined as changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes). Swimmers participating in deck changing could be subject to removal from further competition in the meet.</p> <p>On deck registrations will not be permitted during this event.</p>

	<p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches' areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and /or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair, Program & Events Committee Chair, or designee.</p> <p>Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.</p> <p>A swimmer must start and finish the race in the same lane.</p> <p>Deck Pass is acceptable proof of USA Swimming membership.</p> <p>Swimmers participating under the provisions of 202.9 or USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in deciding for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</p>
COACHES:	<p>Coaches will be required to sign in and show their USA Swimming coaches registration card or DECK PASS for verification that all certifications are current. Contact information for One (1) coach from each team MUST be submitted during check-in.</p>
COACHES MEETING:	<p>A meeting for coaches will be announced after entries are received. The meeting may take place via Zoom prior to the meet. An in-person coaches meeting may occur Friday, December 3rd at 8:45am for in-person discussion for those requiring clarification.</p>
OFFICIALS:	<p>SA welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting sixty minutes prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.</p> <p>Officials or apprentices requesting certain positions may contact the Meet Referee as early as possible prior to the met.</p> <p>FINALS: Official's uniform will consist of a white collared polo shirt, navy long pants or skirts, white shoes/socks.</p> <p>This meet will be designated as an Officials Qualifying Meet (OQM) for officials seeking N2/N3 certifications or re-certifications. Officials who desire and are eligible to be evaluated for advancement or re-certification should indicate such in the application to officiate or alert the meet referee at the venue.</p> <p>The application to officiate can be found: https://www.eSurveysPro.com/Survey.aspx?id=cf3617d7-20a0-4122-a5b1-a87ebcb46683</p> <p>Applications for an assigned position must be received by November 15, 2021. Deck officials are always welcome, simply fill-out the online application or please contact the Meet Referee – Ed Saltzman swimsalt@bellsouth.net</p>

MEET JURY:	The Meet Jury shall be established during the coaching meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, Coaches (x2), and athlete member. This committee will resolve disputed infractions or items directly associated the competition
AWARDS:	No individual awards will be given. The three highest scoring teams will be recognized but no award will be given. Outstanding Swimmer Recognition – The male and female swimmer who scores the most individual points will be recognized as the “Outstanding Female Swimmer” and “Outstanding Male Swimmer”
SCORING:	<ul style="list-style-type: none"> • Individual and Relay events will be scored to 20 places. Swimmers and relays that do not achieve the meet qualifying time in an event cannot score points in that event. • Individual Events: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1 • Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2
CONCESSIONS:	There will be no concessions offered at this meet.
GEORGIA WARM-UP POLICY:	The Georgia Swimming approved warm-up guidelines will be followed for this meet. Warm-up lane assignments will be posted at the pool. USA Swimming Certified Coaches must supervise in the vicinity of all warm-up activities. <i>This rule does not make exceptions for Championship competitions: No equipment including, but not limited to buoys, snorkels, kick boards, fins or elastic bands are NOT allowed during ANY warmup or warm-down before, or during competition.</i> Refer www.gaofficials.org/documents > Sanctions
GEORGIA SCRATCH RULE:	Refer www.gaofficials.org/documents > Sanctions
COVID STATEMENT:	McAuley Aquatic Center will allow spectators at this venue. Unvaccinated coaches, officials, volunteers, and spectators MUST wear a mask at all times. Unvaccinated swimmers MUST wear a mask at all times if they are not actively competing in an event.

Order of Events

Women's	Friday	Men's
1	200 Free Relay (am)	2
3	200 Free	4
5	100 Breast	6
7	100 Fly	8
9	50 Back	10
11	400 IM*	12
13	800 Free Relay (pm)**	14
	Saturday	
15	200 Medley Relay (am)	16
17	100 IM	18
19	200 Fly	20
21	50 Free	22
23	200 Breast	24
25	100 Back	26
27	500 Free*	28
29	400 Free Relay (pm)	30
	Sunday	
31	200 IM	32
33	50 Fly	34
35	200 Back	36
37	50 Breast	38
39	100 Free	40
41	400 Medley Relay (am)	42
43	1000 Free***	44
45	1650 Free***	46

*Preliminaries for the 400 IM and 500 Free will be run with the top two heats first, slowest to fastest, and the remaining heats run fastest to slowest. Two courses will be used – one for women and one for men.

** 800 Free Relay Check In By 9:30 AM. One Entry Per Team.

***All heats of the 1000/1650 Free will be swum during prelims fastest to slowest. Two courses will be used – one for the 1650 and one for the 1000. **Check in for the 1000/1650 Free will be Sunday at 9:20 am.**

Note: There may be a 10-minute break each day during prelims before the start of that day's distance event (400 IM, 500 Free, 1000/1650 Free)

2021 Georgia Short Course Senior State Championships
December 3rd - 5th 2021

Team Name _____ Team abbreviation _____

Team Address _____

City _____ State _____ Zip _____

Head Coach _____

Phone _____ Home _____ E-mail _____

For entry problems call or e-mail _____

All coaches from your team present at the meet, must be listed

- | | |
|----------------|----------------|
| 1. Coach _____ | 2. Coach _____ |
| 3. Coach _____ | 4. Coach _____ |
| 5. Coach _____ | 6. Coach _____ |

Individual Event Entry Fee:	\$12.00 x (number of athletes)	= _____
Relay Event Entry Fee:	\$24.00 x (number of athletes)	= _____
Time Trial Event Entry Fee:	\$24.00 x (number of athletes)	= _____
Athlete Facility Surcharge Fee:	\$21.00 x (number of athletes)	= _____
TOTAL		= _____

Submit one check payable to: *SwimAtlanta*

Email Hy-tek entry file to Cheryl.loprinzo@comcast.net

Mail hard copy of entries, check and waiver to:

SwimAtlanta – Megan Davis
 SENIOR STATE CHAMPIONSHIPS
 5059 POST ROAD
 CUMMING, GA 30040

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

In granting this sanction it is understood and agreed that USA Swimming, Georgia LCS, and **SwimAtlanta** shall be free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

 Signature/Title

 Date



2021 SENIOR SCY WINTER CHAMPIONSHIP

QUALIFYING TIMES

December 3-5, 2021 - Atlanta, GA



GIRLS	SHORT COURSE YARDS		BOYS
25.89	50	Free	23.19
56.09	100	Free	50.69
02:00.09	200	Free	01:49.49
05:19.69	500	Free	04:54.59
11:15.49	1000	Free	10:09.19
18:49.09	1650	Free	17:19.29
29.99	50	Back	28.29
01:02.69	100	Back	57.69
02:13.99	200	Back	02:04.49
34.89	50	Breast	30.89
01:15.09	100	Breast	01:06.69
02:39.09	200	Breast	02:24.19
27.89	50	Fly	25.19
01:02.09	100	Fly	55.99
02:22.59	200	Fly	02:05.19
01:06.29	100	IM	01:00.99
02:16.79	200	IM	02:05.39
04:47.89	400	IM	04:23.99
LONG COURSE METERS			
29.59	50	Free	26.59
01:03.89	100	Free	57.89
02:16.59	200	Free	02:04.79
04:45.39	400	Free	04:22.99
10:02.89	800	Free	09:03.79
18:10.49	1500	Free	17:40.09
34.19	50	Back	32.09
01:10.79	100	Back	01:05.29
02:31.19	200	Back	02:20.59
39.99	50	Breast	35.59
01:25.39	100	Breast	01:16.09
03:00.59	200	Breast	02:44.09
31.79	50	Fly	28.89
01:10.39	100	Fly	01:03.59
02:36.69	200	Fly	02:21.79
02:35.89	200	IM	02:22.39
05:28.99	400	IM	04:59.49
SHORT COURSE METERS	SHORT COURSE METERS		
28.79	50	Free	25.79
01:02.29	100	Free	56.29
02:13.39	200	Free	02:01.59
04:38.99	400	Free	04:16.59
09:50.09	800	Free	09:08.69
17:46.49	1500	Free	17:16.09
33.29	50	Back	31.49
01:09.59	100	Back	01:04.09
02:28.79	200	Back	02:18.19
38.79	50	Breast	34.29
01:23.39	100	Breast	01:14.09
02:56.59	200	Breast	02:40.09
30.99	50	Fly	27.99
01:08.99	100	Fly	01:02.19
02:38.89	200	Fly	02:18.99
01:13.59	100	IM	01:07.79
02:32.69	200	IM	02:19.19
05:21.89	400	IM	04:53.09

Para 1 LSC Motivational Time Standards					
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	GIRLS		P1	BOYS	
	15 & O P1			15 & O P1	
	SCY	LCM	SCY	LCM	
	1:24.89	1:24.89	50 FR	1:18.29	1:18.29
2:58.09	2:58.09	100 FR	2:56.69	2:56.69	
7:06.49	7:06.49	200 FR	4:50.90	4:50.89	
1:40.39	1:40.39	50 BK	1:05.39	1:05.39	
3:04.59	3:04.59	100 BK	2:22.69	2:22.69	
1:32.99	1:32.99	50 BR	1:10.59	1:10.59	
4:25.19	4:25.19	100 BR	3:24.89	3:24.89	
2:29.49	2:29.49	50 FL	2:12.39	2:12.39	
6:10.49	6:10.49	150 IM	5:54.59	5:54.59	
Para 2 LSC Motivational Time Standards					
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair-bound with high functioning	15 & O P2		P2	15 & O P2	
	SCY	LCM		SCY	LCM
	46.19	48.59	50 FR	42.59	44.79
	1:42.79	1:48.19	100 FR	1:33.79	1:38.79
	3:31.69	3:42.79	200 FR	3:18.49	3:28.89
	8:37.49	7:02.39	400/500 FR	8:20.79	6:48.79
	56.09	59.09	50 BK	48.09	50.69
	2:09.89	2:16.69	100 BK	2:00.39	2:06.79
	4:27.89	4:41.99	200 BK	3:46.09	3:57.99
	58.69	1:01.69	50 BR	54.49	57.39
	2:09.99	2:16.79	100 BR	2:00.89	2:07.19
	4:44.69	4:59.59	200 BR	4:20.89	4:34.59
	56.59	59.49	50 FL	43.99	46.39
2:25.39	2:32.99	100 FL	2:18.09	2:25.39	
4:29.59	4:43.69	200 IM	4:06.19	4:19.09	
Para 3 LSC Motivational Time Standards					
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	15 & O P3		P3	15 & O P2	
	SCY	LCM		SCY	LCM
	35.79	39.69	50 FR	31.39	34.79
	1:16.39	1:24.79	100 FR	1:08.09	1:15.69
	3:08.09	3:28.99	200 FR	2:35.79	2:53.09
	7:08.19	6:16.39	400/500 FR	6:43.49	5:54.69
	16:18.49	13:52.79	800/1000 FR	15:54.69	13:32.49
	29:37.99	27:46.39	1500/1650 FR	29:31.53	27:40.29
	43.39	48.19	50 BK	35.89	39.89
	1:31.49	1:41.59	100 BK	1:15.69	1:24.09
	3:39.59	4:03.89	200 BK	3:01.59	3:21.79
	46.09	51.19	50 BR	39.29	43.59
	1:37.19	1:47.99	100 BR	1:27.19	1:36.79
	3:53.29	4:19.19	200 BR	2:56.09	3:31.89
	39.19	43.49	50 FL	31.49	37.89
1:22.59	1:31.69	100 FL	1:06.09	1:19.59	
3:18.09	3:40.09	200 FL	2:47.39	3:21.39	
3:19.39	3:34.79	200 IM	2:32.49	3:03.59	
7:41.39	8:26.99	400 IM	6:40.09	7:13.39	

COVID 19:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.