



Age Group Committee Members - Jon Cabel (SCST) Chair, Will Barker (HEAT), Kelly Brown (GA), Alessio DeRossi (WILD), Nancy Hooper (TIDE), Kendra Joachim (SCT) Athlete Member, Laurel Liberty (LFSC), Jeremy Meserole (ACAD), Michael Romero (CATS) Athlete Member, Joey Waldorf (LYON) and Sean Yetter (SCST) Athlete Member.

2020 Duel in the Pool: Illinois Swimming looked forward to defending the title of Team Champions against Team Indiana and Gulf Swimming this past May. After selecting the Team Illinois roster it would have taken a great effort by both LSC's to defeat Team Illinois. To commemorate the achievement of our athletes. Illinois Swimming sent each athlete and their coach a Team Illinois 2020 Duel in the Pool T-Shirt.

Illinois, Indiana and Gulf Swimming plan on talking about the possibilities of a 2022 Duel in the Pool after the January 1st, 2021.

2020-2021 Motivational Time Standards: Motivational Time Standards are posted. These standards are the same as last year's standards.

2021 Winter Regional Championships: TBD

2021 SCY Age Group Championships: TBD

2020 Summer Regional Championships: No Bids

2020 LCM Age Group Championship: No Bids

Camps: TBD

Zones: TBD

Tech Suit Restriction for 12 and Under Swimmers: Tech suit restrictions, proposed by the Age Group Development Committee, went into effect for 12 and Under swimmers September 1st, 2020. Swimmers and Coaches can find a complete lists of the suits that will be restricted for athletes 12 and Under and a list of tech suits that will be allowed for athletes 12 and Under on the USA Swimming [website](#).



2021 AGE GROUP STANDARDS

MOTIVATIONAL TIME STANDARDS

GIRLS						BOYS						
LCM		SCM		SCY		10 & Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
34.79	38.79	33.39	37.19	30.09	33.59	50 Free	30.19	33.69	33.49	37.29	34.89	38.89
1:17.59	1:26.39	1:14.59	1:22.99	1:07.19	1:14.89	100 Free	1:06.59	1:14.29	1:13.89	1:22.29	1:18.29	1:27.09
2:49.89	3:08.89	2:44.49	3:02.99	2:28.19	2:44.09	200 Free	2:27.79	2:44.59	2:44.09	3:02.49	2:51.89	3:11.09
5:49.29	6:50.59	5:39.79	6:39.49	6:28.29	7:40.59	400/500 Free	6:28.29	7:44.69	5:39.79	6:47.99	5:49.29	6:56.79
40.79	45.59	39.49	43.99	35.59	39.69	50 Back	35.79	39.89	39.69	44.19	41.59	46.29
1:29.29	1:39.29	1:25.49	1:34.99	1:16.99	1:25.69	100 Back	1:17.79	1:26.29	1:25.99	1:35.69	1:29.29	1:39.39
46.89	52.09	44.49	49.39	40.09	44.59	50 Breast	41.09	45.49	45.39	50.39	48.49	53.89
1:42.89	1:54.19	1:37.49	1:48.19	1:27.79	1:37.59	100 Breast	1:29.89	1:40.09	1:39.89	1:50.99	1:44.79	1:56.49
38.79	43.19	37.79	42.09	34.09	37.99	50 Fly	34.29	37.99	37.79	42.09	39.79	44.29
1:34.29	1:44.69	1:28.79	1:38.69	1:19.99	1:28.99	100 Fly	1:21.49	1:29.89	1:29.69	1:39.69	1:37.99	1:48.79
		1:25.79	1:35.39	1:17.79	1:25.99	100 IM	1:17.79	1:26.59	1:26.39	1:39.99		
3:13.89	3:35.29	3:05.69	3:26.29	2:47.29	3:05.99	200 IM	2:49.69	3:07.09	3:06.59	3:27.49	3:11.39	3:33.19
2:30.29		2:22.59		2:08.49		200 Fr Relay	2:10.59		2:24.99		2:35.59	
2:50.99		2:41.19		2:25.19		200 Med Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11 & 12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
30.69	34.49	29.59	33.49	26.99	30.19	50 Free	26.59	30.09	28.99	33.39	30.09	34.69
1:06.99	1:14.49	1:04.79	1:12.29	58.29	1:05.09	100 Free	57.89	1:05.69	1:03.89	1:12.79	1:06.39	1:16.49
2:25.49	2:44.89	2:19.89	2:39.49	2:08.19	2:23.79	200 Free	2:08.19	2:23.89	2:19.49	2:39.49	2:24.99	2:46.99
5:09.29	5:45.19	4:57.39	5:30.79	5:42.19	6:18.59	400/500 Free	5:43.59	6:18.29	4:57.49	5:30.59	5:09.39	5:51.29
11:12.79	12:30.89	10:59.99	12:14.19	11:48.99	13:04.49	800/1000 Free	11:56.29	13:08.69	11:01.89	12:15.59	11:14.69	12:46.09
20:45.49	23:10.09	20:17.99	22:39.19	20:10.79	22:19.59	1500/1650 Free	20:00.79	22:02.09	20:07.99	22:35.59	20:43.29	23:31.69
35.49	39.49	34.49	38.19	30.99	34.39	50 Back	31.09	34.99	34.59	38.89	35.89	41.29
1:16.59	1:26.59	1:13.49	1:22.89	1:06.19	1:14.79	100 Back	1:06.89	1:15.49	1:14.79	1:23.69	1:17.79	1:28.99
2:42.49	2:56.09	2:37.79	2:51.59	2:21.39	2:36.39	200 Back	2:23.69	2:39.59	2:39.19	2:54.59	2:43.89	2:59.79
40.29	45.99	38.79	43.39	34.49	39.09	50 Breast	34.79	39.69	38.49	44.09	39.99	46.89
1:27.39	1:40.09	1:24.09	1:34.49	1:15.59	1:25.19	100 Breast	1:15.69	1:25.89	1:24.79	1:35.39	1:28.09	1:41.99
3:02.39	3:22.39	2:59.19	3:19.89	2:42.19	3:01.69	200 Breast	2:47.29	3:11.29	3:05.59	3:30.19	3:08.79	3:38.09
33.39	38.19	32.19	37.09	29.39	33.49	50 Fly	29.69	33.39	32.59	36.99	33.69	38.59
1:15.59	1:26.99	1:12.69	1:21.99	1:05.89	1:14.79	100 Fly	1:06.99	1:15.59	1:14.09	1:23.69	1:16.19	1:29.09
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:08.29	200 Fly	2:37.89	3:06.69	3:01.09	3:24.09	3:03.29	3:30.99
		1:15.19	1:26.29	1:07.39	1:14.89	100 IM	1:07.19	1:15.89	1:14.69	1:24.19		
2:45.79	3:06.99	2:39.49	2:59.79	2:24.99	2:41.99	200 IM	2:25.59	2:43.29	2:40.59	2:58.59	2:46.79	3:09.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
4:40.89		4:30.09		4:03.69		400 Fr Relay	4:07.29		4:34.99		4:45.99	
5:19.69		5:07.39		4:34.79		400 Med Relay	4:41.79		5:15.29		5:30.39	
LCM		SCM		SCY		13 & 14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
29.19	31.79	28.19	30.79	25.49	27.79	50 Free	23.89	26.29	26.49	29.19	27.39	30.39
1:03.39	1:09.19	1:01.39	1:06.99	55.29	1:00.29	100 Free	51.79	56.99	57.99	1:03.79	59.59	1:06.39
2:18.39	2:31.59	2:13.19	2:25.29	1:59.69	2:10.89	200 Free	1:53.19	2:04.99	2:06.29	2:18.99	2:11.19	2:25.09
4:52.49	5:21.79	4:41.29	5:09.49	5:22.69	5:53.59	400/500 Free	5:07.59	5:35.19	4:32.29	4:59.59	4:40.79	5:11.19
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:01.59	21:03.39	18:45.59	20:41.49	18:49.19	20:44.49	1500/1650 Free	18:18.29	20:10.99	18:28.39	20:20.09	18:45.29	20:42.09
1:12.09	1:18.69	1:09.59	1:14.59	1:01.29	1:06.89	100 Back	59.69	1:05.69	1:04.79	1:11.49	1:09.69	1:18.19
2:35.19	2:49.89	2:29.89	2:42.69	2:13.29	2:25.79	200 Back	2:08.29	2:21.19	2:24.39	2:36.69	2:29.89	2:46.59
1:22.99	1:30.59	1:19.59	1:26.79	1:10.89	1:17.19	100 Breast	1:06.69	1:14.19	1:14.49	1:22.19	1:18.09	1:24.59
3:00.09	3:18.29	2:53.39	3:09.59	2:34.79	2:50.39	200 Breast	2:25.29	2:40.89	2:43.39	2:59.79	2:51.39	3:11.89
1:10.29	1:16.89	1:08.19	1:14.49	1:01.19	1:06.89	100 Fly	57.89	1:03.69	1:03.99	1:10.49	1:06.59	1:13.89
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.59	2:25.89	2:29.39	2:42.39	2:34.59	2:50.19
2:37.19	2:51.79	2:31.49	2:45.39	2:16.79	2:28.79	200 IM	2:08.79	2:22.79	2:23.09	2:37.49	2:27.89	2:46.39
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.19	5:07.19	5:14.89	5:46.39	5:19.99	6:00.29
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med Relay	4:02.69		4:32.89		4:48.29	