



# SENIOR VICE-CHAIR REPORT HOD – Fall 2021



**VISION:** To inspire excellence through innovation and leadership

**MISSION:** To promote and achieve excellence in performance through education, innovation, service and committed leadership.

## USAS Convention – Highlights from the virtual convention:

- 2020 Toyota U.S. Open to be held November 12-14, 2020 at multiple locations. [Click Here](#) for details.
- 2020 18&U Winter Championships will be a virtual event coordinated by each LSC. We are working on having a central location for qualified athletes to attend. More details are still coming in on this event. [Click Here](#) for meet details. [Click Here](#) for time standards.
- Futures 2021 locations were not discussed yet.
- Summer Nationals/Jr. Nationals were not discussed yet.
- Olympic Trials are still set for June 13-20, 2021 in Omaha, NE. Standards remain as posted through Dec. 31, 2020 and then will be reevaluated.
- Speedo Champion Series information is included in Coach Michael Lawrence report.
- TYR Pro Series will hopefully return in 2021. Current locations still on schedule are:be making 5 stops this season. See locations and qualifications below. Meets will be capped at 650 athletes.

DATE	LOCATION	OME OPENS	STANDARDS
Jan. 13-16, 2021	Knoxville, TN	TBD	TBD
March 3-6, 2021	San Antonio, TX	TBD	TBD
April 8-11,2021	Mission Viejo, CA	TBD	TBD
May 12-15, 2021	Indianapolis, IN	TBD	TBD

- Club Excellence rankings for 2021 will remain in place from the previous year. Clubs who would qualify for a higher level (Bronze to Silver) will be moved if applicable. There is no application needed for clubs this year. Funds for this program this year will be distributed to the teams with 18&U athletes currently ranked in the Top 40 in an internal heat sheet for the 2021 Trials.

2021 SC Senior Championships – The meet is currently TBD. We do have a host and tentative meet dates of March 4-7, 2021 at the FMC Natatorium.

Time Standards – Illinois Swimming Senior Motivational Times for the short course season have been attached. We have also attached motivational standards for the long course season as well.

National Event Travel Support Program –The National Travel Support Program is currently on hold due to IDPH and state travel restrictions regarding youth sports. When it resumes in this 2020-21 swim calendar year, we will be following the same format and breakdown as the 2019-20 competition year.

Submitted by:  
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# 2021 SENIOR CHAMPIONSHIPS

## MOTIVATIONAL TIME STANDARDS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	27.49	24.79	<b>50 Freestyle</b>	22.39	24.89	26.09
1:01.59	59.29	53.39	<b>100 Freestyle</b>	48.39	53.69	55.69
2:13.39	2:09.59	1:56.79	<b>200 Freestyle</b>	1:47.09	1:58.89	2:04.09
4:45.89	4:32.99	5:11.99	<b>400/500 Freestyle</b>	4:51.49	4:15.09	4:22.19
9:56.99	9:41.89	10:56.99	<b>800/1000 Freestyle</b>	10:16.99	8:59.89	9:15.99
18:55.39	18:37.89	18:31.19	<b>1500/1650 Freestyle</b>	17:28.99	17:35.29	17:59.29
1:09.59	1:06.29	59.69	<b>100 Backstroke</b>	55.29	1:01.39	1:04.29
2:31.29	2:24.59	2:10.29	<b>200 Backstroke</b>	2:02.09	2:15.49	2:20.99
1:20.99	1:16.49	1:08.89	<b>100 Breaststroke</b>	1:01.99	1:08.79	1:12.99
2:57.09	2:48.29	2:31.59	<b>200 Breaststroke</b>	2:18.29	2:33.49	2:42.99
1:08.59	1:05.89	59.39	<b>100 Butterfly</b>	54.29	1:00.29	1:02.19
2:32.09	2:29.79	2:14.99	<b>200 Butterfly</b>	2:04.69	2:18.39	2:22.99
2:33.09	2:26.59	2:12.09	<b>200 Individual Medley</b>	2:00.59	2:13.89	2:20.99
5:30.59	5:17.89	4:46.39	<b>400 Individual Medley</b>	4:24.89	4:53.99	5:07.99
4:18.99	4:04.09	3:39.89	<b>400 Free Relay</b>	3:19.09	3:40.99	3:55.29
9:18.69	8:52.79	7:59.99	<b>800 Free Relay</b>	7:22.79	8:11.49	8:46.29
4:50.09	4:26.69	4:00.29	<b>400 Medley Relay</b>	3:38.19	4:02.19	4:21.79

## 2021 WINTER REGIONAL CHAMPIONSHIPS

### MOTIVATIONAL TIME STANDARDS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
31.69	30.29	27.39	<b>50 Freestyle</b>	24.59	27.29	28.79
1:08.19	1:05.49	59.09	<b>100 Freestyle</b>	53.49	59.39	1:01.89
2:29.49	2:23.39	2:09.19	<b>200 Freestyle</b>	1:57.79	2:10.79	2:17.69
5:17.19	5:01.69	5:44.99	<b>400/500 Freestyle</b>	5:21.79	4:41.49	4:52.49
10:57.79	10:40.09	12:02.69	<b>800/1000 Freestyle</b>	11:26.39	10:05.59	10:19.29
20:53.99	20:34.69	20:27.39	<b>1500/1650 Freestyle</b>	19:23.49	19:30.39	19:59.89
1:17.59	1:13.59	1:06.29	<b>100 Backstroke</b>	1:01.29	1:07.99	1:12.29
2:49.39	2:39.79	2:23.99	<b>200 Backstroke</b>	2:14.69	2:29.49	2:38.29
1:30.29	1:25.09	1:16.69	<b>100 Breaststroke</b>	1:08.79	1:16.39	1:22.79
3:16.29	3:05.59	2:47.19	<b>200 Breaststroke</b>	2:32.09	2:48.79	3:01.49
1:15.99	1:13.09	1:05.89	<b>100 Butterfly</b>	1:00.19	1:06.79	1:09.29
2:51.79	2:45.99	2:29.59	<b>200 Butterfly</b>	2:17.89	2:33.09	2:41.09
2:49.89	2:41.19	2:25.29	<b>200 Individual Medley</b>	2:13.29	2:27.89	2:35.99
6:06.89	5:51.29	5:16.59	<b>400 Individual Medley</b>	4:52.49	5:24.59	5:41.49

\*Qualification period will be 2/1/2019 to entry deadline



# 2021 SENIOR CHAMPIONSHIPS

## MOTIVATIONAL TIME STANDARDS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	27.49	24.79	50 Freestyle	22.39	24.89	26.09
1:01.99	59.49	53.59	100 Freestyle	48.59	53.89	56.29
2:14.59	2:09.59	1:56.79	200 Freestyle	1:47.09	1:58.89	2:04.99
4:46.29	4:32.99	5:11.99	400/500 Freestyle	4:51.89	4:15.39	4:27.09
9:56.99	9:41.89	10:56.99	800/1000 Freestyle	10:16.99	8:59.89	9:15.99
18:57.99	18:37.89	18:31.19	1500/1650 Freestyle	17:31.69	17:37.99	18:14.29
1:10.09	1:06.69	1:00.09	100 Backstroke	55.59	1:01.69	1:05.49
2:32.79	2:25.29	2:10.89	200 Backstroke	2:02.49	2:15.99	2:25.09
1:20.99	1:16.59	1:08.99	100 Breaststroke	1:01.99	1:08.79	1:13.29
2:58.59	2:48.49	2:31.79	200 Breaststroke	2:18.29	2:33.49	2:46.09
1:08.59	1:06.19	59.59	100 Butterfly	54.49	1:00.49	1:02.19
2:38.99	2:30.39	2:15.49	200 Butterfly	2:05.99	2:19.79	2:28.99
2:34.49	2:26.59	2:12.09	200 Individual Medley	2:01.49	2:14.89	2:22.39
5:31.39	5:17.89	4:46.39	400 Individual Medley	4:24.89	4:53.99	5:10.99
4:18.99	4:04.09	3:39.89	400 Free Relay	3:19.09	3:40.99	3:55.29
9:18.69	8:52.79	7:59.99	800 Free Relay	7:22.79	8:11.49	8:46.29
4:50.09	4:26.69	4:00.29	400 Medley Relay	3:38.19	4:02.19	4:21.79

## 2021 SUMMER REGIONAL CHAMPIONSHIPS

### MOTIVATIONAL TIME STANDARDS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
31.69	30.29	27.39	50 Freestyle	24.59	27.29	28.79
1:08.19	1:05.49	59.09	100 Freestyle	53.49	59.39	1:01.89
2:29.49	2:23.39	2:09.19	200 Freestyle	1:57.79	2:10.79	2:17.69
5:17.19	5:01.69	5:44.99	400/500 Freestyle	5:21.79	4:41.49	4:52.49
10:57.79	10:40.09	12:02.69	800/1000 Freestyle	11:26.39	10:05.59	10:19.29
20:53.99	20:34.69	20:27.39	1500/1650 Freestyle	19:23.49	19:30.39	19:59.89
1:17.59	1:13.59	1:06.29	100 Backstroke	1:01.29	1:07.99	1:12.29
2:49.39	2:39.79	2:23.99	200 Backstroke	2:14.69	2:29.49	2:38.29
1:30.29	1:25.09	1:16.69	100 Breaststroke	1:08.79	1:16.39	1:22.79
3:16.29	3:05.59	2:47.19	200 Breaststroke	2:32.09	2:48.79	3:01.49
1:15.99	1:13.09	1:05.89	100 Butterfly	1:00.19	1:06.79	1:09.29
2:51.79	2:45.99	2:29.59	200 Butterfly	2:17.89	2:33.09	2:41.09
2:49.89	2:41.19	2:25.29	200 Individual Medley	2:13.29	2:27.89	2:35.99
6:06.89	5:51.29	5:16.59	400 Individual Medley	4:52.49	5:24.59	5:41.49

\*Qualification period will be 2/1/2019 to entry deadline