

# **USC Training & Competition Guide**

**Fall/Winter 2018-2019**



## **Contents**

- 1 - Training Groups**
- 3 - Practice Schedule**
- 4 - Meet Schedule**
- 5 - Championship Meets**
- 6 - IMR/IMX Challenge**
- 7 - Time Standards**

# Training Groups

## Beginner Group

### *Who*

Younger athletes (~11 & under) new to the sport and still developing basic skills and a proficiency in all four strokes.

### *Requirements*

Swimmers must be able to swim 2 laps of the pool continuously in two different stroke disciplines (likely freestyle and backstroke).

### *Expectations*

- Beginners should attend 2-3 practices a week
- Beginner athletes should attend at least 3 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Beginner swimmers should attempt the IMR challenge in order to encourage meet participation and development in all four strokes.
- Those who qualify will be expected to compete in the Lake Erie Age Group Championship. All 8 & Under swimmers should compete in the Lake Erie 8 & Under Championship.

### *Training Focus*

Practices will be primarily instructional, focus on stroke instruction, meet prep, and basic practice skills (understanding how to read a clock and understand workout lingo)

### *Equipment*

None needed. Kickboards and fins will be provided.

## Intermediate Group

### *Who*

Age group athletes (~13 & under) who know all four strokes and are ready both physically and mentally for basic conditioning, but also still require some stroke and skill development.

### *Requirements*

Swimmers must know all four strokes (though may still need some work) and be prepared to do basic endurance training and sprint work.

### *Expectations*

- Swimmers should attend 3-4 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Swimmers should complete the IMX challenge for their age group in order to encourage meet participation and well-rounded development.
- Those who qualify will be expected to compete in the Lake Erie Age Group Championship. All Intermediate swimmers will be expected to compete at the Lake Erie Regional Championship.

### *Training Focus*

Practices will still be heavily instructional, but intermediate swimmers will be introduced to basic conditioning. They will develop basic strength and aerobic capacity needed to maintain technique over longer distances, as well as some sprint swimming.

### ***Equipment***

None needed. Kickboards and fins will be provided.

## **Advanced Group**

### ***Who***

Age group athletes (~14 & under) who have a solid foundation in all four strokes and are ready to be introduced to higher intensity endurance training. This group will also include middle school and high school athletes who are ready for harder training but still require stroke and skill development.

### ***Requirements***

Swimmers must know all four strokes, have demonstrated consistent training habits, have achieved multiple 11-12 NAG A Times, and be mentally ready for a greater commitment to the sport.

### ***Expectations***

- Swimmers should attend 4-5 practices per week
- Swimmers should attend at least 5 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Swimmers should complete the IMX challenge for their age group in order to encourage meet participation and well-rounded development.
- Those who qualify will be expected to compete in Lake Erie Age Group Championship and should strive to qualify for the Lake Erie Zone Team. High School athletes will be expected to compete in the Lake Erie Senior Championships.

### ***Training Focus***

Advanced swimmers will have a greater emphasis placed on basic conditioning and will be introduced to high intensity endurance training used more predominantly in the senior group. Advanced swimmers will still focus on technical development and perfecting race skills.

### ***Equipment***

Swimmers will be asked to purchase their own snorkel. Fins, paddles, and kickboards will be provided at the pool, though you may purchase your own.

## **Senior Group**

### ***Who***

Older athletes (14 & over) who are experienced swimmers with a strong technical foundation and are ready for the training and commitment needed to strive for success at the highest levels of the sport.

### ***Requirements***

Swimmers must have a strong technical foundation in all four strokes, have demonstrated consistent training habits previously, have achieved multiple 15-16 NAG A times, and have goals to compete in regional meets beyond the Lake Erie Senior Championships, including Central Zone Sectionals, NCSA Junior Nationals, and beyond.

### ***Expectations***

- Swimmers should attend 5-6 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- All athletes will be expected to swim at Lake Erie Senior Championships.

- Athletes should have goals to qualify and compete in regional meets beyond Lake Erie Swimming, starting with Central Zone Sectionals up to US Nationals.

**Training Focus**

Athletes in this group will focus on developing the fitness levels needed to compete at the highest levels of the sport, including basic aerobic capacity and endurance, anaerobic power and endurance, and sprint training. We will focus on perfecting technique and race execution. Senior athletes will have morning workouts and weight lifting opportunities available to them.

**Equipment**

Swimmers will be asked to purchase their own snorkel. Fins, paddles, and kickboards will be provided at the pool, though you may purchase your own.

## Practice Schedule

***Euclid: Pre & Post High School Season (Sept 4-Nov 2 & Feb 26-Apr 3)***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	Senior (Lifting) 5:45 – 7:00		Senior (Lifting) 5:45 – 7:00		Senior (Swim) 5:45 – 7:00	<i>Practice at US only</i>
<b>PM</b>	ADV & SR 5:30 – 7:30 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM	ADV & SR 5:30 – 7:30 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 6:30 PM	ADV & SR 5:30 – 7:30 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM	ADV & SR 5:30 – 7:30 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 6:30 PM	ADV & SR 5:30 – 7:30 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM	

***Euclid: During High School Season (Nov 3-Feb 24)***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	Senior (Lifting) 5:45 – 7:00		Senior (Lifting) 5:45 – 7:00		Senior (Swim) 5:45 – 7:00	All Groups 8:00 – 10:00 AM
<b>PM</b>	ADV & SR 5:00 – 7:00 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM	ADV & SR 5:00 – 7:00 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM	ADV & SR 5:00 – 7:00 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM	ADV & SR 5:00 – 7:00 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM	ADV & SR 5:00 – 7:00 PM Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM	

***University School: Pre & Post High School Season (Sept 4-Nov 2 & Feb 26 – Apr 3)***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	<i>Practice for Sr group at Euclid</i>		<i>Practice for Sr group at Euclid</i>		<i>Practice for Sr group at Euclid</i>	All Groups 7:00 – 9:00 AM
<b>PM</b>	ADV & SR 3:30 – 5:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 3:30 – 5:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 3:30 – 5:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 3:30 – 5:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 3:30 – 5:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	

**University School: During High School Season (Nov 3 – Feb 24)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	Practice for Sr group at Euclid		Practice for Sr group at Euclid		Practice for Sr group at Euclid	All Groups at Euclid
<b>PM</b>	ADV & SR 6:00 – 7:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 6:00 – 7:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 6:00 – 7:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 6:00 – 7:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 6:00 – 7:30 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	

## Meet Schedule

Date	Meet	Location	Qual Times	Beg	Int	Adv	SR
OCT 7	Tri Meet vs. CFYN, GO	University School	-	X	X	X	X
OCT 13-14	CCS Age Group & Open	Canton McKinley HS	-	X	X	X	X
OCT 20	Peg Neal Pentathlon	Lakewood HS	-	X	X	X	
OCT 27	Mile Meet	Twinsburg Rec	-		X	X	X
NOV 3-4	Kelly Kinney Memorial	Strongsville Rec	-	X	X	X	X
NOV 11	Fall Breakout	Solon HS	Slower than NAG B	X	X	X	
NOV 16-18	Mark Braun Fall Classic	SPIRE, Geneva	13+: NAG A 12-: NAG BB		X	X	X
NOV 31 – DEC 2	Shaker Shark Invitational	Cleveland State	NAG B	X	X	X	
DEC 15	Tri Meet vs. SHSH, TBD	University School	-	X	X	X	
JAN 5	Tri Meet vs. SHSH, TBD	University School	-	X	X	X	
JAN 12-13	New Year’s Stretch	Rocky River HS	Slower than NAG B	X	X	X	
JAN 19-20	Jim Scullion Showdown	Lakewood HS	NAG B		X	X	
JAN 27	Turn Up The HEAT	Cleveland State	-	X	X	X	
FEB 10	Last Chance	SPIRE, Geneva	-	X	X	X	
FEB 19	LESI 8 & Under Champs	Lakewood HS	-	X			
FEB 25	LESI Regional Age Group Champs	Youngstown State	Slower than NAG A	X	X	X	
MAR 8-10	LESI Age Group Champs	Cleveland State	NAG A	X	X	X	
MAR 9-11	LESI Senior Champs	Univ of Akron	NAG B			X	X
MAR 13-17	NCSA Age Group Championship	Orlando, FL	NCSA		X	X	
TBD	Central Zone Section 3 Champs	TBD	CZ3 Sectionals				X

## Overview of Championship Meets

### Lake Erie Championships

Lake Erie Swimming, Inc. (LESI) is the USA Swimming affiliated Local Swim Committee (LSC) serving the following counties in Northeast Ohio: Ashland, Ashtabula, Crawford, Cuyahoga, Erie, Geauga, Huron, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawas and Wayne. LESI hosts multiple championship meets that are separated by age and ability.

#### *Lake Erie 8 & Under Championships*

This is the championship meet for all 8 & Under athletes within LESI. There are no time standards for this meet. For most of our 8 & Unders, this will be their final meet. Some of our more seasoned youngsters may also qualify for the Lake Erie Age Group Championship Meet.

#### *Lake Erie Regional Age Group Championships*

This is a developmental championship meet for LESI age group athletes. Athletes may enter any event for which they have not yet achieved the qualifying time for the district wide championship meet (see below). There are multiple regional age group championships hosted throughout the LESI region (we go to *Youngstown*). *This is the final chance for swimmers to qualify for the district wide age group* championship meet.

#### *Lake Erie Age Group Championships*

This is the LESI championship for all athletes between the ages of 8 and 14. Swimmers must qualify for this meet by achieving a qualifying time throughout the season (NAG BB for 10 & Unders, NAG A for 11 & Overs). This will be the final meet of the season for our Age Group Athletes, though our more advanced age group swimmers may swim at Lake Erie Senior Championships by achieving a AAA for the 15-16 age group in a given event, or the NCSA National Age Group Championship by achieving those qualifying times.

#### *Lake Erie Senior Championships*

This is the LESI championship for all athletes over the age of 14. This meet, which takes place right after high school season, will be the final meet of the season for most of our older athletes who have not achieved a qualifying time for the Sectional championship meet.

### Elite Level Meets

More advanced swimmers will have the opportunity to qualify to elite level meets that include more LSC's than just LESI, from meets encompassing the entire Midwest region of the United States to national level meets.

#### *Central Zone Championships (aka "Zones", Summer)*

This is the championship meet for age group athletes throughout the entire Central Zone, which includes swimmers from all over the Midwestern United States. This meet takes place every summer, usually in August. To qualify, swimmers must achieve a AAA time in any given event for their age group. At this meet, swimmers will not represent USC, but will rather join their fellow local athletes to represent team "Lake Erie". Swimmers may qualify during the Fall/Winter season in short course yards, even though the meet is in August and is conducted in long course meters.

### ***Central Zone Speedo Championship Series (aka “Sectionals”, Spring & Summer)***

This is an elite level championship meet for all senior swimmers from Indiana, Michigan, and Ohio, and features many regional teams who travel in for this meet. This meet typically includes division I collegiate athletes and National level qualifiers. To qualify, swimmers must achieve a “Sectional Cut”. This meet occurs in the Spring after high school season as well as over the summer. Swimmers may qualify for either meet during the Fall/Winter season.

### ***NCSA Junior Nationals***

This is a national championship meet for athletes 18 & under hosted by the National Club Swimming Association. This meet includes swimmers from all over the country and routinely features future Olympians and US National Team Members. To qualify swimmers must achieve NCSA qualifying times. This meet occurs during the spring (after high school season) and at the end of the summer.

### ***USA Swimming Jr. National Championships (Winter & Summer)***

This is the official national championships for all athletes 18 & Under in the United States. This is the final stepping stone to competing at the United States National Championships and qualifying for the United States Olympic trials. To qualify swimmers must achieve a “Jr Nats” qualifying time.

### ***USA Swimming National Championships (Winter & Summer)***

This is the national championship meet for all of swimming in the United States. This meet is replaced with the Olympic Trials during summer Olympic years. To qualify a swimmer must achieve a “Nationals” qualifying time. It doesn’t get much faster than this.

## **IMR & IMX Challenge**

The IM challenges are an incentive program sponsored by USA Swimming in order to encourage athletes to swim events of every stroke discipline and longer distances in order to develop well rounded swimmers and encourage meet participation. Each swimmer who completes all of the events on the IMR and IMX challenge checklists (outlined below) will get a certificate at the end of the year with their rank within USA swimming to celebrate the accomplishment.

### ***IM READY (IMR)***

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, is the the line-up by age groups.

***10 & Under:*** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

***11-12:*** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

***13-18:*** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your USA Swimming Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.

## ***IM XTREME (IMX)***

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

**10 & Under:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**11-12:** 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**13-18:** 500 Free, 200 Back, 200 Breast, 200 Fly, 400 IM

## ***HOW DO I SCORE POINTS?***

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek.

## ***HOW DO I PARTICIPATE?***

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

# **Time Standards**

## **Age Group Time Standards**

### ***Girls 10 & Under***

	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NCSA 9 &amp; U</b>	<b>NCSA 10 YO</b>
<b>50 Free</b>	38.89	35.19	31.39	30.19	28.89	27.69	30.59	29.29
<b>100 Free</b>	1:29.59	1:19.99	1:10.49	1:07.29	1:04.19	1:00.99	1:08.19	1:04.99
<b>200 Free</b>	3:19.19	2:57.39	2:35.59	2:28.29	2:20.99	2:13.69	2:29.09	2:21.79
<b>500 Free</b>	8:26.09	7:35.49	6:44.89	6:27.99	6:11.09	5:54.29	6:31.39	6:14.39
<b>50 Back</b>	46.99	41.89	36.69	34.99	33.29	31.59	36.19	34.39
<b>100 Back</b>	1:41.99	1:30.69	1:19.29	1:15.59	1:11.79	1:07.99	1:17.89	1:13.99
<b>50 Breast</b>	53.29	47.49	41.79	39.89	37.99	35.99	40.09	38.19
<b>100 Breast</b>	1:58.09	1:44.99	1:31.89	1:27.49	1:23.09	1:18.79	1:27.99	1:23.69
<b>50 Fly</b>	47.39	41.79	36.19	34.39	32.49	30.59	34.79	32.89
<b>100 Fly</b>	1:53.99	1:39.09	1:24.09	1:19.19	1:13.49	1:09.79	1:20.19	1:15.19
<b>100 IM</b>	1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	1:17.69	1:13.99
<b>200 IM</b>	3:38.49	3:15.59	2:52.69	2:45.09	2:37.39	2:29.79	2:46.49	2:38.79



### Girls 11-12

	B	BB	A	AA	AAA	AAAA	NCSA 11 YO	NCSA 12 YO
50 Free	33.79	31.49	29.09	27.89	26.79	25.59	28.19	26.99
100 Free	1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	1:00.49	57.79
200 Free	2:41.19	2:29.69	2:18.19	2:12.39	2:06.69	2:00.89	2:12.39	2:06.69
500 Free	7:09.09	6:38.39	6:07.79	5:52.49	5:37.09	5:21.79	5:52.59	5:37.29
1000 Free	14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	-	-
1650 Free	24:53.99	23:07.29	21:20.59	20:27.19	19:33.89	18:40.49	-	-
50 Back	38.29	35.59	32.59	31.49	30.09	28.79	31.89	30.49
100 Back	1:25.19	1:18.49	1:11.79	1:08.39	1:05.09	1:01.69	1:09.29	1:05.89
200 Back	2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	2:27.39	2:20.99
50 Breast	43.09	39.99	36.89	35.39	33.89	32.29	35.89	34.29
100 Breast	1:34.39	1:27.39	1:20.39	1:16.99	1:13.49	1:09.99	1:18.09	1:14.59
200 Breast	3:23.09	3:08.59	2:54.09	2:46.89	2:39.59	2:32.39	2:49.09	2:41.69
50 Fly	36.69	34.09	31.49	30.19	28.89	27.59	30.59	29.29
100 Fly	1:25.09	1:18.29	1:11.49	1:08.09	1:04.69	1:01.29	1:08.99	1:05.59
200 Fly	3:00.89	2:47.89	2:34.99	2:28.59	2:22.09	2:15.69	2:29.79	2:23.29
100 IM	1:24.39	1:18.39	1:12.29	1:09.29	1:06.29	1:03.29	1:10.09	1:06.99
200 IM	3:00.69	2:47.79	2:34.89	2:28.49	2:21.99	2:15.59	2:29.89	2:23.39
400 IM	6:24.19	5:56.79	5:29.29	5:15.59	5:01.89	4:48.19	5:19.19	5:05.29

### Girls 13-14

	B	BB	A	AA	AAA	AAAA	NCSA 13 YO	NCSA 14 YO
50 Free	32.69	30.29	27.99	26.79	25.69	24.49	26.99	25.79
100 Free	1:10.79	1:05.79	1:00.69	58.19	55.69	53.09	58.69	56.09
200 Free	2:33.19	2:22.19	2:11.29	2:05.79	2:00.39	1:54.89	2:06.49	2:00.99
500 Free	6:49.39	6:20.09	5:50.89	5:36.29	5:21.69	5:06.99	5:38.29	5:23.49
1000 Free	14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.31	11:37.29	11:06.99
1650 Free	23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	19:21.69	18:31.19
100 Back	1:17.19	1:11.69	1:06.19	1:03.29	1:00.59	57.89	1:04.29	1:01.49
200 Back	2:47.29	2:35.39	2:23.39	2:17.39	2:11.49	2:05.49	2:18.29	2:12.29
100 Breast	1:28.69	1:22.39	1:15.99	1:12.89	1:09.69	1:06.49	1:13.49	1:10.29
200 Breast	3:11.99	2:58.29	2:44.59	2:37.69	2:30.89	2:23.99	2:39.39	2:32.39
100 Fly	1:16.89	1:11.39	1:05.99	1:03.19	1:00.49	57.59	1:03.89	1:01.09
200 Fly	2:50.09	2:37.89	2:25.79	2:19.69	2:13.59	2:07.59	2:21.69	2:15.49
200 IM	2:51.49	2:39.19	2:26.99	2:20.89	2:14.69	2:08.59	2:22.29	2:16.09
400 IM	6:05.79	5:39.69	5:13.59	5:00.49	4:47.39	4:34.39	5:02.69	4:49.59

### Boys 10 & Under

	B	BB	A	AA	AAA	AAAA	NCSA 9 & U	NCSA 10 YO
50 Free	38.09	34.49	30.99	29.79	28.59	27.39	30.19	28.99
100 Free	1:27.79	1:18.79	1:09.69	1:06.69	1:03.69	1:00.59	1:07.19	1:04.09
200 Free	3:06.69	2:47.99	2:29.39	2:23.09	2:16.89	2:10.69	2:24.99	2:24.99
500 Free	8:16.69	7:26.99	6:37.39	6:20.79	6:04.19	5:47.69	6:25.49	6:25.49
50 Back	47.69	42.39	37.09	35.29	33.59	31.79	35.99	35.99
100 Back	1:40.19	1:29.69	1:19.19	1:15.69	1:12.19	1:08.69	1:16.59	1:16.59
50 Breast	52.09	46.59	40.99	39.19	37.29	35.49	39.99	39.99
100 Breast	1:53.59	1:41.89	1:30.19	1:26.29	1:22.39	1:18.39	1:26.29	1:26.29
50 Fly	45.69	40.49	35.39	33.69	31.99	30.29	34.39	34.39
100 Fly	1:52.39	1:37.99	1:23.49	1:18.69	1:13.89	1:09.09	1:19.89	1:19.89
100 IM	1:39.39	1:29.39	1:19.49	1:16.19	1:12.89	1:09.59	1:16.99	1:16.99
200 IM	3:35.49	3:13.19	2:50.99	2:43.59	2:36.19	2:28.69	2:46.19	2:46.19

### Boys 11-12

	B	BB	A	AA	AAA	AAAA	NCSA 11 YO	NCSA 12 YO
50 Free	32.59	30.29	27.89	26.79	25.59	24.49	27.19	25.99
100 Free	1:10.99	1:05.89	1:00.89	58.29	55.79	53.29	59.29	56.69
200 Free	2:35.69	2:24.59	2:13.49	2:07.89	2:02.39	1:56.79	2:09.19	2:03.49
500 Free	6:57.29	6:27.49	5:57.69	5:42.79	5:27.89	5:12.99	5:47.49	5:32.39
1000 Free	14:32.59	13:30.19	12:27.89	11:56.79	11:25.59	10:54.39	-	-
1650 Free	24:21.89	22:37.49	20:52.99	20:00.79	19:08.59	18:16.39	-	-
50 Back	38.19	35.29	32.29	30.89	29.39	27.99	31.59	30.09
100 Back	1:22.19	1:15.79	1:09.29	1:06.09	1:02.79	59.59	1:07.49	1:04.19
200 Back	2:52.69	2:40.29	2:27.99	2:21.79	2:15.69	2:09.49	2:23.99	2:17.79
50 Breast	42.89	39.59	36.19	34.49	32.79	31.09	35.19	33.39
100 Breast	1:32.49	1:25.49	1:18.39	1:14.89	1:11.29	1:07.79	1:15.79	1:12.19
200 Breast	3:14.89	3:00.99	2:47.09	2:40.09	2:33.19	2:26.19	2:42.39	2:35.29
50 Fly	37.09	34.19	31.19	29.69	28.19	26.79	30.19	28.69
100 Fly	1:23.29	1:16.49	1:09.59	1:06.19	1:02.79	59.39	1:07.09	1:03.69
200 Fly	2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	2:26.29	2:19.89
100 IM	1:20.89	1:14.99	1:09.09	1:06.19	1:03.29	1:00.29	1:08.09	1:05.09
200 IM	2:57.59	2:44.19	2:30.89	2:24.19	2:17.49	2:10.89	2:26.99	2:20.19
400 IM	6:13.09	5:46.39	5:19.79	5:06.49	4:53.19	4:39.79	5:12.19	4:58.69

## Boys 13-14

	B	BB	A	AA	AAA	AAAA	NCSA 13 YO	NCSA 14 YO
50 Free	29.99	27.89	25.69	24.69	23.59	22.49	24.89	23.89
100 Free	1:05.59	1:00.89	56.29	53.89	51.59	49.19	54.49	52.09
200 Free	2:22.99	2:12.79	2:02.59	1:57.49	1:52.39	1:47.29	1:58.69	1:53.59
500 Free	6:26.59	5:58.99	5:31.39	5:17.59	5:03.79	4:49.99	5:19.99	5:05.99
1000 Free	13:21.19	12:23.89	11:26.69	10:58.09	10:29.49	10:00.89	11:01.39	10:32.69
1650 Free	22:18.89	20:43.19	19:07.59	18:19.79	17:31.99	16:44.19	18:27.59	17:39.39
100 Back	1:12.09	1:06.89	1:01.79	59.19	56.59	54.09	1:00.39	57.79
200 Back	2:37.09	2:25.89	2:14.69	2:09.09	2:03.49	1:57.79	2:10.09	2:04.49
100 Breast	1:21.39	1:15.59	1:09.79	1:06.89	1:03.99	1:01.09	1:07.89	1:04.89
200 Breast	2:58.39	2:45.59	2:32.89	2:26.49	2:20.09	2:13.79	2:28.29	2:21.79
100 Fly	1:11.49	1:06.39	1:01.29	58.69	56.09	53.59	59.29	56.79
200 Fly	2:38.29	2:26.99	2:15.69	2:10.09	2:04.39	1:58.79	2:11.69	2:05.99
200 IM	2:39.99	2:28.59	2:17.19	2:11.39	2:05.69	1:59.99	2:12.99	2:07.19
400 IM	5:41.79	5:17.39	4:52.99	4:40.79	4:28.59	4:16.39	4:43.39	4:31.09

## Senior Group Time Standards

### Women's Time standards

	Sectionals	NCSA Nationals	US Winter JRs	US Winter Nationals	US Summer JRs	US Summer Nationals
50 FR	24.99	24.39	23.49	22.89	22.79	22.29
100 FR	54.19	52.39	50.89	49.89	49.69	48.89
200 FR	1:56.69	1:53.19	1:49.69	1:47.79	1:47.39	1:45.89
500 FR	5:08.99	4:59.99	4:53.09	4:49.09	4:48.09	4:43.79
1000 FR	10:38.29	10:15.99	10:03.59	9:58.79	9:56.79	9:48.09
1650 FR	17:49.89	17:12.89	16:46.19	16:35.89	16:32.59	16:18.09
100 BK	1:00.79	57.99	56.09	54.69	54.49	53.29
200 BK	2:10.59	2:05.99	2:01.29	1:58.09	1:57.69	1:55.39
100 BR	1:08.59	1:06.39	1:03.69	1:03.09	1:02.89	1:00.69
200 BR	2:27.69	2:23.29	2:19.79	2:15.89	2:15.49	2:11.69
100 FL	59.49	57.29	55.79	54.19	53.99	52.99
200 FL	2:11.19	2:06.39	2:02.69	1:59.59	1:59.39	1:57.79
200 IM	2:11.89	2:07.99	2:03.09	2:00.99	2:00.59	1:58.29
400 IM	4:37.69	4:29.99	4:23.29	4:15.59	4:15.19	4:12.09

*Men's Time standards*

	Sectionals	NCSA Nationals	US Winter JRs	US Winter Nationals	US Summer JRs	US Summer Nationals
50 FR	22.39	21.69	20.89	20.59	20.49	19.79
100 FR	48.59	47.09	45.39	44.59	44.39	43.09
200 FR	1:45.89	1:43.09	1:39.79	1:38.79	1:38.39	1:35.59
500 FR	4:46.39	4:39.59	4:31.49	4:28.89	4:28.29	4:19.39
1000 FR	9:57.99	9:39.79	9:25.49	9:15.19	9:13.19	9:04.99
1650 FR	16:43.89	16:13.69	15:46.99	15:34.89	15:34.19	15:10.09
100 BK	55.39	52.89	50.79	49.89	49.69	46.79
200 BK	1:58.79	1:54.79	1:50.59	1:48.39	1:47.99	1:44.79
100 BR	1:01.59	59.49	57.39	55.99	55.79	53.29
200 BR	2:13.79	2:09.79	2:05.69	2:01.59	2:01.19	1:58.29
100 FL	53.29	51.69	49.89	49.19	48.99	47.29
200 FL	1:59.29	1:54.89	1:52.09	1:48.29	1:47.89	1:45.09
200 IM	1:59.39	1:56.29	1:51.49	1:49.29	1:48.89	1:45.19
400 IM	4:16.99	4:08.89	4:00.19	3:53.49	3:52.69	3:46.99