

**SILVER STREAKS**  
**CALENDAR FOR 2014-2015 SEASON**

**SEPTEMBER**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
	1	2	3	4	5	6	6
7	8	9	10	11	12	13	13
14	15	16	17	18	19	20	20
21	22	23	24	25	26	27	27
28	29	30					

**OCTOBER**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
			1	2	3	4	4
5	6	7	8	9	10		
	13	14	15	16	17	18	18
19	20	21	22	23	24	25	25
26	27	28	29	30	31		

**NOVEMBER**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
						1	1
2	3	4	5	6	7	8	8
9	10	11	12	13	14	15	15
16	17	18	19	20	21	22	22
23	24	25	26	27	28	29 ?	29 ?
30							

**DECEMBER**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
	1	2	3	4	5	6	6
7	8	9	10	11	12	13	13
14	15	16	17	18	19	20	20
21	22	23	24	25	26	27 ?	27
28	29	30	31				

**JANUARY**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
				1	2	3	3
4	5	6	7	8	9	10	10
11	12	13	14	15	16	17	17
18	19	20	21	22	23	24	24
25	26	27	28	29	30	31	31

 TDYCC 7:30-9:30 PM everyone. Young 7:30--9PM

 TDYCC 7:30-9:30 AM small group orig. 2nd sat

 TDYCC EVERYONE: 12:30-2:30PM

 NO PRACTICE

 Probable meet, CHECK IF THERE IS PRACTICE

 Picnic, team meeting, parties, luncheon,

 lollipop day, captains practice

 Championship Meets with qualifying times. Rest have practice

 Championship Meets with qualifying times.

 TDYCC dryland bring sneakers, etc.

**FEBRUARY**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
1	2	3	4	5	6	7	7
8	9	10	11	12	13	14	14
15	16	17	18	19	20	21	21
22	23 ?	24	25	26	27	28	28

**MARCH**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
1	2	3	4	5	6	7	7
8	9	10	11	12	13	14	14
15	16	17	18	19	20	21	21
22	23	24	25	26	27	28	28
29	30	31					

**APRIL**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
			1	2	3	4	4
5	6	7	8	9	10	11	11
12	13	14	15	16	17	18	18
19	20	21	22	23	24	25	25
26	27	28	29	30			

**MAY**


SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
					1	2	2
3	4	5	6	7	8	9	9
10	11	12	13	14	15	16	16
17	18	19	20	21	22	23	23
24	25	26	27	28	29	30	30
31							

**JUNE**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
	1	2	3	4	5	6	6
7	8	9	10	11	12	13	13
14	15	16	17	18	19	20	20
21	22	23	24	25	26	27	27
28	29	30					

**JULY**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
			1	2	3	4	4
5	6	7	8	9	10	11	11
12	13	14	15	16	17	18	18
19	20	21	22	23	24	25	25
26	27	28	29	30			

 Chemka pool Hastings 9-11 AM

 Chemka pool Hastings 6-8 PM

## METROPOLITAN SWIMMING MEET SCHEDULE SILVER STREAKS SWIM CLUB-----2015 SEASON

<u>DATE</u>	<u>HOST</u>	<u>WHERE</u>	<u>WHO SWIMS</u>
Sept. 6	<b>FIRST PAYMENT DUE BEFORE PRACTICE. CONTRACT ALSO DUE BEFORE FIRST PRACTICE FOR RETURNING SWIMMERS</b>		
Sept. 27	Mandatory House of Delegates Meeting 10AM	At Lehman College	Coach Don and Athletes Rep. Aaron Wong
Sept. 28	Picnic and Team Meeting 11:30am	Ridge Road Park Pavilion 1	Swimmers, Parents, Siblings, Friendly dogs
Oct. 11-12	FAST Hispanic Heritage Swim Meet	Theodore D. Young CC	Everyone with skills swims this meet as first meet of season--4 sessions-we are in the meet
Nov. 7-9	NYSA Fall Classic	Felix Festa Middle School	Experienced distance swimmers
Nov. 8-9	FAST 4rd Annual TDY Invitational	TDYCC	Those not in the NYSA meet
Nov 15	<b>SECOND PAYMENT DUE FOR ALL SWIMMERS ON THE 3 OR 5 PAYMENT PLAN.</b>		
Nov. 14-16	Viking Aquatic Club--Viking Classic	Valley Central HS Montgomery N'	Distance Friday, reg. on Sat. and Sunl. Experienced on Fri. Rest 1-2 days-we are in
Dec. 5-7	Newburgh Blue and Gold	Newburgh Free Academy	all swimmers not in MIT
Dec 12-14	MIT Invitational	MIT--Massachusetts	Very fast cut-off times. Those qualified will go
Dec. 20	Chain Yonkel Day and HOLIDAY PARTY	beginning at 12 noon in pool	team picture . We are in the meet for 3 days
		Chaim Yonkel events in pool. Party following at 2:30pm in Lounge.	
Jan 10-11	SC Long Distance Challenge	TDYCC	4 sessions. Everyone will swim
Jan 14	<b>THIRD PAYMENT DUE FOR ALL SWIMMERS ON THE 5 PAYMENT PLAN.</b>		
Jan 16-18	Nu-Finmen-31th Annual MLK Jr. Classi	Nassau Aquatic Center	Fri distance, sat. and sun reg. age group. GOOD MEET. Almost everyone swims something.
Jan 23-25	Hawks Trials and Finals	Valley Central HS Montgomery N'	Everyone swims something. Faster swimmers consider staying over because of finals.
Jan 31-F1	FAST Black Legends Meet	TDYCC	Everyone swim both days.
Feb 14	<b>THIRD PAYMENT DUE FOR ALL SWIMMERS ON THE 3 PAYMENT PLAN.</b>		
Feb. 15-17	ZONE TEAM QUALIFIER	Lehman College	T/Finals ONLY THOSE WITH CUT-OFF TIMES. 11-18 T/F; 10&u F only
feb 19-22	SENIOR METS	Lehman College	Prelims/Finals ONLY THOSE WITH CUT-OFF TIMES. Almost nobody goes.
Feb 27-M1	SILVER CHAMPIONSHIPS NORTH	Felix Festa	Those who hit the cut-off times will go No practice for others.
Mar 6-8	NSSC TRIAL/FINALS	SALEM STATE UNIVERSITY, MA	Those who are the fastest. There are cut-off times
Mar 7-8	8 AND UNDER CHAMPIONSHIPS	Felix Festa	We will see if we will go
Mar 15	<b>FOURTH PAYMENT DUE FOR ALL SWIMMERS ON THE 5 PAYMENT PLAN.</b>		
Mar 13-15	JUNIOR OLYMPICS	Nassau Aquatic Center	Those qualified will go. Prelims and finals... Also relays(swim once)
Mar. 13-15	15-18 AGE GROUP TEAM CHALLENGE	Nassau Aquatic Center with JO'S	
Mar 20-22	METRO BRONZE CHAMP NORTH	Minisink Valley HS	Times must be slower than SILVER times. No 8 and under permitted.
Mar. 26-28	EASTERN ZONE AGE GROUP CHAMPIONSHIPS IN WEBSTER (ROCHESTER)		QUALIFY FROM ZONE QUALS
April 25	BLUE AND WHITE INTRASQUAD MEET WITH RELAYS.		Team divided into 2 groups that race against each other. A BLUE and a WHITE team
Mar 14	<b>FIFTH PAYMENT DUE FOR ALL SWIMMERS ON THE 5 PAYMENT PLAN.</b>		
June 6	41ST ANNUAL SILVER STREAKS LUNCHEON	at Hastings Rec.	Required event. Everyone invited...kids, parents, grandparents, siblings..
TBA	White Water Rafting	Amazing family and team fun.	
TBA	Away meet for all levels of swimming ability. Meet will not require an airplane and will be a 3 day meet missing 1 day of school.		

# SILVER STREAKS SWIM CLUB

## equipment order form--Checks to GAY SILVERMAN

Swimmer's Name:	Total for order: \$
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CHECKS PAYABLE TO: GAY SILVERMAN and returned no later than Sept. 27th, 2014. EARLY IS BETTER We have a meet on October 11th. Remember, swimmers MUST wear warm shirts and pants on deck at meets. Swimmers MUST wear Silver Streaks logo on deck at meets. NO OTHER LOGOS.

	how many	Total
<b>REQUIRED ITEM:</b> EVERYONE must purchase at least one of each of the following items. If you already have a latex cap buy another because it is not going to make the season. You must use caps at practice and MUST use TEAM cap at meets.		
<b>FEMALE TEAM SUIT:</b> 22      24      26      28      30      32      34	\$35.00	
<b>MALE TEAM SUIT BRIEF:</b> 20      22      24      26      28      30      32	\$18.00	
<b>MALE TEAM SUIT JAMMER:</b> 22      24      26      28      30      32      34      36	\$25.00	
<b>SILICONE SILVER CAP</b>	\$12.00	
<b>LATEX CAP</b>	\$3.00	
<b>WINDBREAKER JACKETS WITH WHITE LINING, POCKETS IN FRON AND 1/2 ZIPPER. MUST WEAR AT MEETS</b>	\$29.00	
size:      CL      S      M      L      XL      XXL (add \$2.00)		
<b>SWIM FINS:</b> BOYS SHOE SIZE      GIRLS SHOE SIZE	\$26.00	
<b>HAND PADDLES</b> SMALL      MEDIUM      LARGE	\$15.00	
<b>MESH EQUIPMENT BAG</b>	\$10.00	
<b>PRACTICE SUITS</b>		
Girls      22      24      26      28      30      32      34	\$35.00	
Boys-BRIEF      22      24      26      28      30      32      34      36	\$18.00	
Boys Jammer      22      24      26      28      30      32      34      36	\$25.00	
<b>PRACTICE LYCRA CAP</b>	\$5.00	
<b>SWIMMING BAG</b>		
Navy with white team logo and name on bags. Pockets and all kinds of good features. No waterproof pocket to rip. Bag is waterproof. NAME TO APPEAR ON BAG if they will do it:	\$45.00	
<b>SWEATSHIRTS</b>		
Navy hooded--front pockets, white print on front and back--they run small and shrink	\$31.00	
size:      CL      S      M      L      XL      XXL (add \$1.00)		
<b>SWEATPANTS</b>		
Navy with white lettering down leg--these run large	\$18.00	
size:      CL      S      M      L      XL		
<b>T SHIRTS</b>		
For Parents and Swimmers alike---Navy with white lettering	\$10.00	
size:      CL      S      M      L      XL      XXL (add \$1.00)		
<b>LONG SLEEVED NAVY T-SHIRT</b> .... Same as short T-Shirt but with long sleeves..GOOD FOR MEETS when not too cold		
For Parents and Swimmers alike---Navy with white lettering	\$18.00	
size:      CL      S      M      L      XL      XXL (add \$1.00)		

**Metro Swimming**

**2015 Age Group Championships Time Standards**

**Short Course**

Eligibility period: from **January 1, 2014** to the meet entry deadline - **standards updated 08/25/2014**

BRONZE not faster than					BRONZE not faster than					
SILVER		JO		ZONE Q.	EVENT	ZONE Q.	JO	SILVER		
GIRLS 10 & UNDER					BOYS 10 & UNDER					
35.20	32.10-	35.19	32.09	31.09	<b>50 Free</b>	30.99	31.99	32.00-	35.19	35.20
1:18.50	1:11.00	1:18.49	1:10.99	1:08.09	<b>100 Free</b>	1:08.99	<b>1:10.59</b>	<b>1:10.60</b>	1:18.49	1:18.50
2:49.60	2:32.00-	2:49.59	2:31.99	2:28.99	<b>200 Free</b>	2:27.99	2:31.99	2:32.00-	2:49.59	2:49.60
7:05.00	6:45.00-	7:04.99	6:44.99	6:30.49	<b>500 Free</b>	6:27.99	6:44.99	6:45.00-	7:05.99	7:06.00
42.90	37.50-	42.89	37.49	36.49	<b>50 Back</b>	36.69	37.49	37.50-	42.89	42.90
1:37.10	1:21.00	1:37.09	1:20.99	1:17.99	<b>100 Back</b>	1:18.59	1:22.19	1:22.20-	1:37.09	1:37.10
48.60	43.00-	48.59	42.99	41.99	<b>50 Breast</b>	42.09	43.49	43.50-	48.59	48.60
1:48.40	1:33.00-	1:48.39	1:32.99	1:31.99	<b>100 Breast</b>	1:33.99	1:34.59	1:34.60-	1:48.39	1:48.40
43.90	36.00-	43.89	35.99	34.79	<b>50 Fly</b>	34.99	35.99	36.00-	43.89	43.90
1:38.00	1:26.00	1:37.99	1:25.99	1:21.99	<b>100 Fly</b>	1:21.99	<b>1:25.59</b>	<b>1:25.60</b>	1:37.99	1:38.00
1:28.60	1:21.00-	1:28.59	1:20.99	1:17.99	<b>100 IM</b>	1:17.49	<b>1:19.99</b>	<b>1:20.00</b>	1:28.59	1:28.60
3:14.00	2:52.00-	3:13.99	2:51.99	2:48.99	<b>200 IM</b>	2:45.99	2:51.99	2:52.00-	3:13.99	3:14.00
GIRLS 11-12					BOYS 11-12					
31.00	28.50-	30.99	28.49	27.99	<b>50 Free</b>	27.69	28.29	28.30-	31.49	31.50
1:08.40	<b>1:01.20-</b>	1:08.39	<b>1:01.19</b>	1:00.29	<b>100 Free</b>	59.59	1:01.59	1:01.60	1:09.59	1:09.60
2:25.90	<b>2:13.00-</b>	2:25.89	<b>2:12.99</b>	2:11.99	<b>200 Free</b>	2:11.69	2:14.99	2:15.00	2:28.89	2:28.90
6:20.80	<b>5:59.00-</b>	6:20.79	<b>5:58.99</b>	5:57.99	<b>500 Free</b>	5:55.99	6:01.99	6:02.00-	6:31.99	6:32.00
38.00	<b>32.50-</b>	37.99	<b>32.49</b>	<b>32.29</b>	<b>50 Back</b>	32.49	<b>32.99</b>	<b>33.00-</b>	41.19	41.20
1:22.00	<b>1:09.70-</b>	1:21.99	<b>1:09.69</b>	<b>1:09.19</b>	<b>100 Back</b>	1:08.79	<b>1:10.69</b>	<b>1:10.70-</b>	1:23.79	1:23.80
2:56.00	<b>2:31.00-</b>	2:55.99	<b>2:30.99</b>	<b>2:29.59</b>	<b>200 Back</b>	2:31.99	<b>2:34.99</b>	<b>2:35.00-</b>	2:57.99	2:58.00
42.80	37.20-	42.79	37.19	36.59	<b>50 Breast</b>	37.09	37.59	37.60-	42.79	42.80
1:31.60	<b>1:19.20-</b>	1:31.59	<b>1:19.19</b>	<b>1:18.59</b>	<b>100 Breast</b>	1:20.99	1:21.59	1:21.60-	1:29.89	1:29.90
3:16.00	<b>2:54.00-</b>	3:15.99	<b>2:53.99</b>	2:50.59	<b>200 Breast</b>	2:54.99	2:59.99	3:00.00-	3:17.99	3:18.00
35.70	<b>31.40-</b>	35.69	<b>31.09</b>	<b>30.59</b>	<b>50 Fly</b>	30.59	<b>31.09</b>	<b>31.10-</b>	38.69	38.70
1:26.20	<b>1:11.00-</b>	1:26.19	<b>1:10.99</b>	1:08.99	<b>100 Fly</b>	1:09.49	1:12.59	1:12.60	1:26.99	1:27.00
2:56.00	2:40.00-	2:55.99	2:39.99	2:37.99	<b>200 Fly</b>	2:36.99	2:39.99	2:40.00-	2:57.99	2:58.00
1:18.70	<b>1:10.50-</b>	1:18.69	<b>1:10.49</b>	<b>1:09.99</b>	<b>100 IM</b>	1:09.99	1:11.99	1:12.00	1:20.59	1:20.60
2:48.10	<b>2:29.50-</b>	2:48.09	<b>2:29.49</b>	<b>2:27.99</b>	<b>200 IM</b>	2:28.59	2:30.49	2:30.50	2:55.09	2:55.10
5:51.00	<b>5:25.00-</b>	5:50.99	<b>5:24.99</b>	---	<b>400 IM</b>	---	5:27.99	5:28.00-	5:55.99	5:56.00
GIRLS 13-14					BOYS 13-14					
28.80	26.70	28.79	26.69	26.69	<b>50 Free</b>	24.69	24.99	25.00-	26.79	26.80
1:03.10	58.00	1:03.09	57.99	57.99	<b>100 Free</b>	53.99	53.99	54.00-	59.59	59.60
2:17.00	<b>2:05.70-</b>	2:16.99	<b>2:05.69</b>	<b>2:05.69</b>	<b>200 Free</b>	<b>1:58.49</b>	<b>1:58.49</b>	<b>1:58.50-</b>	2:18.09	2:18.10
5:50.60	5:36.00-	5:50.59	5:35.99	5:31.99	<b>500 Free</b>	5:21.99	5:21.99	5:22.00-	5:50.99	5:51.00
---	---	---	11:19.99	11:09.99	<b>1000 Free</b>	10:45.99	---	---	---	---
---	---	---	---	19:09.99	<b>1650 Free</b>	18:19.99	18:19.99	---	---	---
1:15.30	1:06.60-	1:15.29	1:06.59	1:05.99	<b>100 Back</b>	1:02.49	<b>1:02.49</b>	<b>1:02.50-</b>	1:16.49	1:16.50
2:43.00	<b>2:21.60-</b>	2:42.99	<b>2:21.59</b>	2:21.49	<b>200 Back</b>	<b>2:15.29</b>	<b>2:15.29</b>	<b>2:15.30-</b>	2:35.49	2:35.50
1:23.80	1:16.50-	1:23.79	1:16.49	1:15.49	<b>100 Breast</b>	1:10.99	1:10.99	1:11.00-	1:21.49	1:21.50
2:57.00	2:43.00-	2:56.99	2:42.99	2:40.59	<b>200 Breast</b>	2:35.19	2:35.19	2:35.20-	2:53.99	2:54.00
1:11.60	1:05.70-	1:11.59	1:05.69	1:05.29	<b>100 Fly</b>	1:01.19	1:01.59	1:01.60-	1:11.99	1:12.00
2:36.60	2:31.00-	2:36.59	2:30.99	2:25.79	<b>200 Fly</b>	2:19.99	<b>2:19.99</b>	<b>2:20.00-</b>	2:32.59	2:32.60
2:41.80	<b>2:22.50-</b>	2:41.79	<b>2:22.49</b>	2:21.99	<b>200 IM</b>	2:13.99	2:13.99	2:14.00-	2:32.99	2:33.00
5:26.00	5:07.00-	5:25.99	5:06.99	4:59.99	<b>400 IM</b>	4:45.99	4:45.99	4:46.00-	5:09.79	5:09.80
GIRLS 15-18					BOYS 15-18					
					<b>AG-TC</b>					
28.30	26.60-	28.29	<b>27.49</b>	26.29	<b>50 Free</b>	23.49	<b>24.79</b>	23.80	25.19	25.20
1:01.10	57.80-	1:01.09	<b>58.89</b>	57.19	<b>100 Free</b>	51.29	<b>53.49</b>	52.00	54.49	54.50
2:10.60	2:04.50-	2:10.59	<b>2:09.19</b>	2:02.49	<b>200 Free</b>	1:53.49	1:57.99	1:54.00-	1:57.99	1:58.00
5:40.00	5:31.00-	5:39.99	5:39.99	5:27.99	<b>500 Free</b>	5:09.99	5:17.99	5:11.00-	5:17.99	5:18.00
---	---	---	11:09.99	11:09.99	<b>1000 Free</b>	10:45.99	---	---	---	---
---	---	---	---	19:09.99	<b>1650 Free</b>	18:03.49	18:03.49	---	---	---
1:10.10	1:05.50-	1:10.09	<b>1:06.99</b>	1:05.49	<b>100 Back</b>	59.49	<b>1:01.59</b>	1:00.00	1:03.89	1:03.90
2:29.30	2:21.00-	2:29.29	<b>2:24.99</b>	2:20.99	<b>200 Back</b>	2:09.99	<b>2:13.99</b>	2:11.00	2:16.89	2:16.90
1:20.90	1:15.20-	1:20.89	<b>1:18.99</b>	1:13.99	<b>100 Breast</b>	1:06.49	<b>1:09.99</b>	1:06.50	1:10.89	1:10.90
2:51.00	2:43.00-	2:50.99	<b>2:46.99</b>	2:37.89	<b>200 Breast</b>	2:29.99	<b>2:31.99</b>	2:30.10	2:36.79	2:36.80
1:09.60	1:05.00-	1:09.59	<b>1:08.59</b>	1:04.49	<b>100 Fly</b>	57.19	<b>59.99</b>	58.00	1:02.59	1:02.60
2:34.00	2:30.00-	2:33.99	<b>2:31.99</b>	2:24.99	<b>200 Fly</b>	2:12.49	<b>2:19.99</b>	2:12.50	2:24.99	2:25.00
2:30.00	2:20.00-	2:29.99	<b>2:26.99</b>	2:19.99	<b>200 IM</b>	2:07.99	<b>2:14.99</b>	2:08.00	2:27.79	2:27.80
5:23.30	5:05.00-	5:23.29	<b>5:13.99</b>	4:59.99	<b>400 IM</b>	4:41.99	4:45.89	4:42.00	4:45.89	4:45.90

## 2015 WINTER SENIOR METS - SHORT COURSE

LCM	SCM	SCY		SCY	SCM	LCM
29.49	28.49	25.69	<b>50 Free</b>	<b>23.09</b>	<b>25.89</b>	<b>26.59</b>
1:03.99	1:01.99	55.89	<b>100 Free</b>	50.19	55.69	58.19
2:17.29	2:13.09	1:59.99	<b>200 Free</b>	1:49.99	2:01.99	2:07.19
4:43.29	4:33.99	5:14.99	<b>500 Free</b>	4:56.99	4:18.29	4:28.79
9:45.79	9:30.79	10:55.99	<b>1000 Free</b>	<b>10:19.99</b>	<b>8:57.79</b>	<b>9:16.09</b>
<b>18:49.99</b>	<b>18:18.79</b>	<b>18:32.99</b>	<b>1650 Free</b>	<b>17:39.99</b>	<b>17:26.39</b>	<b>18:07.19</b>
<b>1:10.69</b>	<b>1:08.59</b>	<b>1:01.69</b>	<b>100 Back</b>	56.99	1:03.19	1:08.29
<b>2:32.29</b>	<b>2:28.39</b>	<b>2:13.49</b>	<b>200 Back</b>	2:03.99	2:17.59	2:26.09
<b>1:21.49</b>	<b>1:19.79</b>	<b>1:11.69</b>	<b>100 Breast</b>	1:04.49	1:11.59	1:15.39
2:57.69	2:53.29	2:35.99	<b>200 Breast</b>	2:22.99	2:38.79	2:46.69
1:10.69	1:08.79	1:01.99	<b>100 Fly</b>	55.19	1:01.19	1:03.59
2:37.79	2:34.29	2:18.99	<b>200 Fly</b>	2:05.99	2:19.79	2:25.49
2:36.89	2:30.99	2:15.99	<b>200 IM</b>	2:03.99	2:17.59	2:24.69
5:28.19	5:19.29	4:47.49	<b>400 IM</b>	4:25.99	4:55.29	5:07.49
4:32.69	4:26.29	3:59.99	<b>400 Free Relay</b>	3:35.99	3:59.49	4:08.19
9:47.59	9:37.19	8:39.99	<b>800 Free Relay</b>	7:59.99	8:52.49	9:07.49
5:07.59	5:00.89	4:30.99	<b>400 Medley Relay</b>	3:59.99	4:26.29	4:37.49

Eligibility period: from January 1, 2014 to the meet entry deadline

**Only 2 relays per team will be accepted (A and B relays only)**

## 2013-2016 National Age Group Motivational Times

8/17/2012

## Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
<b>10 &amp; Under Girls</b>						<b>10 &amp; Under Boys</b>						
39.49*	35.69*	31.89*	30.59*	29.29*	28.09*	50 Y Free	27.79*	28.99*	30.19*	31.39*	34.99*	38.49*
1:30.69*	1:21.09*	1:11.39*	1:08.19*	1:04.99*	1:01.79*	100 Y Free	1:01.09*	1:04.09*	1:07.19*	1:10.19*	1:19.39*	1:28.49*
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.39*	2:18.69*	2:24.99*	2:31.29*	2:50.19*	3:09.09*
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:51.99*	6:08.79*	6:25.49*	6:42.29*	7:32.59*	8:22.79*
48.59*	43.29*	37.99*	36.19*	34.39*	32.69*	50 Y Back	32.39*	34.19*	35.99*	37.79*	43.19*	48.59*
1:45.09*	1:33.49*	1:21.79*	1:17.89*	1:13.99*	1:10.09*	100 Y Back	1:09.59*	1:13.19*	1:16.69*	1:20.29*	1:30.89*	1:41.59*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.19*	38.09*	39.99*	41.89*	47.49*	53.19*
1:59.39*	1:46.19*	1:32.89*	1:28.49*	1:24.09*	1:19.69*	100 Y Breast	1:19.49*	1:23.39*	1:27.39*	1:31.39*	1:43.19*	1:55.09*
47.99*	42.39*	36.69*	34.79*	32.89*	30.99*	50 Y Fly	30.89*	32.69*	34.39*	36.19*	41.39*	46.69*
1:55.49*	1:40.39*	1:25.29*	1:20.19*	1:15.19*	1:10.19*	100 Y Fly	1:10.09*	1:14.99*	1:19.89*	1:24.79*	1:39.39*	1:54.09*
1:44.29*	1:33.19*	1:22.09*	1:18.39*	1:14.69*	1:10.99*	100 Y IM	1:10.49*	1:13.79*	1:17.19*	1:20.49*	1:30.59*	1:40.69*
3:40.39*	3:17.29*	2:54.19*	2:46.49*	2:38.79*	2:31.09*	200 Y IM	2:31.79*	2:39.29*	2:46.89*	2:54.49*	3:17.19*	3:39.89*
<b>11-12 Girls</b>						<b>11-12 Boys</b>						
34.09*	31.69*	29.39*	28.19*	26.99*	25.79*	50 Y Free	24.79*	25.99*	27.19*	28.39*	30.69*	33.09*
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	54.19*	56.69*	59.29*	1:01.89*	1:06.99*	1:12.19*
2:41.19*	2:29.69*	2:18.19*	2:12.39*	2:06.69*	2:00.89*	200 Y Free	1:57.89*	2:03.49*	2:09.19*	2:14.79*	2:25.99*	2:37.19*
7:10.39*	6:39.69*	6:08.89*	5:53.59*	5:38.19*	5:22.79*	500 Y Free	5:17.29*	5:32.39*	5:47.49*	6:02.59*	6:32.79*	7:02.99*
14:48.09*	13:44.69*	12:41.19*	12:09.49*	11:37.79*	11:06.09*	1000 Y Free	10:55.49*	11:26.69*	11:57.89*	12:29.09*	13:31.49*	14:33.89*
25:01.49*	23:14.19*	21:26.99*	20:33.39*	19:39.69*	18:46.09*	1650 Y Free	18:33.29*	19:26.29*	20:19.29*	21:12.29*	22:58.29*	24:44.29*
38.79*	36.09*	33.29*	31.89*	30.49*	29.09*	50 Y Back	28.59*	30.09*	31.59*	33.09*	36.09*	38.99*
1:26.29*	1:19.49*	1:12.69*	1:09.29*	1:05.89*	1:02.49*	100 Y Back	1:00.89*	1:04.19*	1:07.49*	1:10.79*	1:17.49*	1:24.09*
2:59.49*	2:46.69*	2:33.79*	2:27.39*	2:20.99*	2:14.59*	200 Y Back	2:11.49*	2:17.79*	2:23.99*	2:30.29*	2:42.79*	2:55.29*
43.69*	40.59*	37.49*	35.89*	34.29*	32.79*	50 Y Breast	31.69*	33.39*	35.19*	36.89*	40.29*	43.79*
1:35.79*	1:28.69*	1:21.69*	1:18.09*	1:14.59*	1:10.99*	100 Y Breast	1:08.59*	1:12.19*	1:15.79*	1:19.39*	1:26.49*	1:33.69*
3:25.89*	3:11.19*	2:56.49*	2:49.09*	2:41.79*	2:34.39*	200 Y Breast	2:28.29*	2:35.29*	2:42.39*	2:49.39*	3:03.49*	3:17.69*
37.29*	34.59*	31.89*	30.59*	29.29*	27.99*	50 Y Fly	27.19*	28.69*	30.19*	31.69*	34.69*	37.69*
1:26.29*	1:19.39*	1:12.49*	1:08.99*	1:05.59*	1:02.09*	100 Y Fly	1:00.19*	1:03.69*	1:07.09*	1:10.59*	1:17.59*	1:24.49*
3:02.39*	2:49.39*	2:36.39*	2:29.79*	2:23.29*	2:16.79*	200 Y Fly	2:13.59*	2:19.89*	2:26.29*	2:32.69*	2:45.39*	2:58.09*
1:25.59*	1:19.49*	1:13.29*	1:10.29*	1:07.19*	1:04.19*	100 Y IM	1:01.99*	1:05.09*	1:08.09*	1:11.09*	1:17.19*	1:23.19*
3:02.49*	2:49.49*	2:36.39*	2:29.89*	2:23.39*	2:16.89*	200 Y IM	2:13.89*	2:20.69*	2:27.59*	2:34.39*	2:47.99*	3:01.69*
6:29.49*	6:01.69*	5:33.89*	5:19.99*	5:06.09*	4:52.19*	400 Y IM	4:45.09*	4:58.69*	5:12.19*	5:25.79*	5:52.99*	6:20.09*
<b>13-14 Girls</b>						<b>13-14 Boys</b>						
32.89*	30.49*	28.19*	26.99*	25.79*	24.69*	50 Y Free	22.79*	23.89*	24.89*	25.99*	28.19*	30.39*
1:11.39*	1:06.29*	1:01.19*	58.69*	56.09*	53.59*	100 Y Free	49.79*	52.09*	54.49*	56.89*	1:01.59*	1:06.29*
2:34.19*	2:23.19*	2:12.09*	2:06.59*	2:01.09*	1:55.59*	200 Y Free	1:48.39*	1:53.59*	1:58.69*	2:03.89*	2:14.19*	2:24.49*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	500 Y Free	4:52.09*	5:05.99*	5:19.99*	5:33.89*	6:01.69*	6:29.49*
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	1000 Y Free	10:03.89*	10:32.69*	11:01.39*	11:30.19*	12:27.69*	13:25.19*
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Free	16:51.29	17:39.39	18:27.59	19:15.69	20:51.99	22:28.29
1:18.29*	1:12.69*	1:07.09*	1:04.29*	1:01.49*	58.69*	100 Y Back	55.19*	57.79*	1:00.39*	1:03.09*	1:08.29*	1:13.59*
2:48.39*	2:36.29*	2:24.29*	2:18.29*	2:12.29*	2:06.29*	200 Y Back	1:58.79*	2:04.49*	2:10.09*	2:15.79*	2:27.09*	2:38.39*
1:29.89*	1:23.49*	1:17.09*	1:13.79*	1:10.59*	1:07.39*	100 Y Breast	1:01.99*	1:04.89*	1:07.89*	1:10.79*	1:16.69*	1:22.59*
3:14.59	3:00.69	2:46.79	2:39.79	2:32.89	2:25.89	200 Y Breast	2:15.59*	2:22.09*	2:28.49*	2:34.99*	2:47.89*	3:00.79*
1:17.69*	1:12.19*	1:06.59*	1:03.89*	1:01.09*	58.29*	100 Y Fly	54.19*	56.79*	59.29*	1:01.89*	1:07.09*	1:12.19*
2:52.39*	2:40.09*	2:27.79*	2:21.69*	2:15.49*	2:09.29*	200 Y Fly	2:00.79*	2:06.59*	2:12.29*	2:18.09*	2:29.59*	2:41.09*
2:53.89*	2:41.49*	2:29.09*	2:22.79*	2:16.59*	2:10.39*	200 Y IM	2:01.99*	2:07.79*	2:13.69*	2:19.49*	2:31.09*	2:42.69*
6:08.49*	5:42.19*	5:15.89*	5:02.69*	4:49.59*	4:36.39*	400 Y IM	4:18.69*	4:31.09*	4:43.39*	4:55.69*	5:20.29*	5:44.99*
<b>15-16 Girls</b>						<b>15-16 Boys</b>						
32.29*	29.99*	27.69*	26.59*	25.39*	24.29*	50 Y Free	21.69*	22.79*	23.79*	24.79*	26.89*	28.99*
1:09.99*	1:04.99*	59.99*	57.49*	54.99*	52.49*	100 Y Free	47.49*	49.69*	51.99*	54.19*	58.69*	1:03.29*
2:31.49*	2:20.69*	2:09.89*	2:04.39*	1:58.99*	1:53.59*	200 Y Free	1:44.09*	1:48.99*	1:53.99*	1:58.89*	2:08.79*	2:18.69*
6:41.99*	6:13.29*	5:44.59*	5:30.29*	5:15.89*	5:01.49*	500 Y Free	4:41.59*	4:54.99*	5:08.39*	5:21.79*	5:48.59*	6:15.49*
13:51.99*	12:52.59*	11:53.09*	11:23.39*	10:53.69*	10:23.99*	1000 Y Free	9:42.79*	10:10.59*	10:38.29*	11:06.09*	12:01.59*	12:57.09*
23:06.29*	21:27.19*	19:48.19*	18:58.69*	18:09.19*	17:19.69*	1650 Y Free	16:19.99*	17:06.69*	17:53.29*	18:39.99*	20:13.29*	21:46.69*
1:16.29*	1:10.79*	1:05.39*	1:02.69*	59.89*	57.19*	100 Y Back	52.29*	54.79*	57.29*	59.79*	1:04.69*	1:09.69*
2:45.49*	2:33.59*	2:21.79*	2:15.89*	2:09.99*	2:04.09*	200 Y Back	1:53.69*	1:59.09*	2:04.49*	2:09.89*	2:20.69*	2:31.59*
1:27.49*	1:21.19*	1:14.99*	1:11.89*	1:08.79*	1:05.59*	100 Y Breast	59.39*	1:02.19*	1:05.09*	1:07.89*	1:13.59*	1:19.19*
3:09.99	2:56.39	2:42.79	2:35.99	2:29.29	2:22.49	200 Y Breast	2:09.59*	2:15.79*	2:21.99*	2:28.09*	2:40.49*	2:52.79*
1:16.19*	1:10.69*	1:05.29*	1:02.59*	59.89*	57.09*	100 Y Fly	51.59*	53.99*	56.49*	58.99*	1:03.89*	1:08.79*
2:46.79*	2:34.89*	2:22.99*	2:16.99*	2:10.99*	2:05.09*	200 Y Fly	1:54.99*	2:00.39*	2:05.89*	2:11.39*	2:22.29*	2:33.29*
2:49.49*	2:37.39*	2:25.29*	2:19.29*	2:13.19*	2:07.19*	200 Y IM	1:55.69*	2:01.29*	2:06.79*	2:12.29*	2:23.29*	2:34.29*
5:58.49*	5:32.89*	5:07.29*	4:54.49*	4:41.69*	4:28.89*	400 Y IM	4:09.29*	4:21.09*	4:32.99*	4:44.89*	5:08.59*	5:32.29*
<b>17-18 Girls</b>						<b>17-18 Boys</b>						
31.99*	29.69*	27.49*	26.29*	25.19*	23.99*	50 Y Free	21.29*	22.29*	23.29*	24.29*	26.29*	28.29*
1:09.39*	1:04.49*	59.49*	56.99*	54.49*	52.09*	100 Y Free	46.39*	48.69*	50.89*	53.09*	57.49*	1:01.89*
2:29.89*	2:19.19*	2:08.49*	2:03.09*	1:57.79*	1:52.39*	200 Y Free	1:41.99*	1:46.89*	1:51.69*	1:56.59*	2:06.29*	2:15.99*
6:39.39*	6:10.89*	5:42.29*	5:28.09*	5:13.79*	4:59.59*	500 Y Free	4:36.19*	4:49.39*	5:02.49*	5:15.69*	5:41.99*	6:08.29*
13:46.19*	12:47.19*	11:48.19*	11:18.69*	10:49.19*	10:19.69*	1000 Y Free	9:38.79*	10:06.39*	10:33.99*	11:01.49*	11:56.59*	12:51.79*
23:01.09*	21:22.49*	19:43.79*	18:54.49*	18:05.19*	17:15.89*	1650 Y Free	16:06.19*	16:52.19*	17:38.19*	18:24.19*	19:56.29*	21:28.29*
1:15.29*	1:09.99*	1:04.59*	1:01.89*	59.19*	56.49*	100 Y Back	50.79*	53.19*	55.69*	58.09*	1:02.89*	1:07.69*
2:42.59*	2:30.99*	2:19.39*	2:13.59*	2:07.79*	2:01.99*	200 Y Back	1:50.59*	1:55.79*	2:01.09*	2:06.29*	2:16.89*	2:27.39*
1:25.89*	1:19.79*	1:13.59*	1:10.59*	1:07.49*	1:04.39*	100 Y Breast	57.99*	1:00.79*	1:03.59*	1:06.29*	1:11.79*	1:17.39*
3:06.89*	2:53.49*	2:40.19*	2:33.49*	2:26.79*	2:20.19*	200 Y Breast	2:05.39*	2:11.29*	2:17.29*	2:23.29*	2:35.19*	2:47.09*
1:14.99*	1:09.59*	1:04.29*	1:01.59*	58.89*	56.19*	100 Y Fly	50.49*	52.89*	55.29*	57.69*	1:02.49*	1:07.29*
2:45.89*	2:34.09*	2:22.19*	2:16.29*	2:10.39*	2:04.39*	200 Y Fly	1:52.69*	1:57.99*	2:03.39*	2:08.69*	2:19.49*	2:30.19*
2:47.29*												







## THE TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN

These helpful hints are primarily directed to the new families in swimming. They are not new. They get the point across, no matter how over-used or riddled with clichés they may be. The feelings of a young athlete are very much affected by what goes on away from the pool. It is recommended that each parent re-read these hints every time the feeling surfaces that your child is not doing as well as the family expects.

1. Make sure your child knows that—win or lose, scared or heroic—you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
3. Be helpful but don't coach your child on his way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach him to enjoy the thrill of competition, to be "out there trying," to be working to improve his skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at time, and you were not always heroic. Don't pressure your child because of your pride. **Note:** Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive free-spirit out there in that swimsuit who needs a lot of understanding, especially when his world turns bad. If he is comfortable with you—win or lose—he is on his way to maximum achievement and enjoyment
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitude of your child with other members of the team, at least within his hearing.
8. Get to know the coach so that you can be assured that her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under her supervision.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and realize that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us can and will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

**Note:** Being the parent of an athletic child is tough. But it makes it all worthwhile when you hear your child say: "my parents really helped and I am lucky to have them."

How Not to Ruin a Swimming Prodigy  
Todd Schmitz Has Guided Swimming Phenom Missy Franklin Since She Was 7;  
By MATTHEW FUTTERMAN

Nothing about the aquatic credentials of Todd Schmitz hinted at future glory: After swimming for Metropolitan State College in Denver, he started coaching the 8-and-under group at a Colorado youth club in 2002.

But his very first "Starfish" class featured a 7-year-old newcomer named Missy Franklin. Yes, that Missy Franklin. Now the 17-year-old world champion in the 200-meter backstroke, Missy the Missile is a likely medal contender in several events at this summer's London Games.

And beside her on the Olympic deck will be Schmitz, head coach of a youth club so makeshift that it has no pool. Its practices shift between rented lanes at five Denver-area facilities, with Schmitz lugging club equipment in the bed of his GMC Sierra pickup.

That a world champion swims among these migrants is something Schmitz shrugs off as good fortune. "The train was going by, I jumped on and I'm enjoying the ride," says Schmitz, a 33-year-old native North Dakotan. But better-pedigreed coaches don't dare call Schmitz lucky. So often do children seemingly destined for aquatic greatness quit or fall short that Franklin's trajectory has earned her coach a large measure of respect. "It's hard to argue with his success," said Greg Troy, University of Florida head coach and a head coach of the 2012 U.S. Olympic swim team.

Perhaps the biggest supporters of Schmitz are Franklin's parents. In an era when many parents turn their lives upside down in quixotic, high-dollar pursuit of their offspring's athletic glory, the Franklins have left the nation's premier teenage swimmer in the lanes of a club that costs about \$2 an hour, far less than a baby sitter, and that welcomes every kid regardless of ability.

It isn't as though Franklin's parents—her father an executive, her mother a physician—couldn't afford to place their daughter in costly elite program. "Why would we?" said Dick Franklin, Missy's father, a director with the renewable energy organization Cleantech Open. "We have a kid who is happy and who keeps swimming faster." For a young and aspiring Olympian, arguably no choice is more important than picking a coach. For years, Franklin's parents have been urged to move their child to California, Texas or Florida to train with coaches whose swimmers have won enough Olympic hardware to fill a vault. The Franklins decline to identify the sources of such pressure, in part because they say it is well meaning.

The Franklins believe they already happened upon the ideal coach for their daughter. Schmitz, who earns a salary of about \$70,000 a year, arrives at the pool around 5 each morning and during the school year leaves most evenings at 7. His work ethic and passion for coaching were apparent when he swam at Metro State, where after practice he hung around to write down that day's routine and ask about the philosophy behind it. "That's rare," said Andy Lehner, ex-coach of Metro State's now-defunct swim team. "Most kids after practice are pretty focused on what their next meal is going to be."

As a coach, however, Schmitz stands out for a devotion to rest and play. No less important than his swimmers' splits is whether they are having fun inside and outside the natatorium. At practice, if the kids seem spent, he'll end the workout midway through and start a game of water polo. "He's a fun loving kid, he laughs with them, he plays loud music," said D.A. Franklin, Missy's mother.

Schmitz's swimmers also go through a structured dry land practice twice a week that focuses on building core strength and athleticism. "Looking at a black line all day, every day gets awfully dull," he said. Even when it comes to improving form—something other coaches regard as a strict science—Schmitz believes in the art of play. Sometimes, in fact, he orders his charges into the deep end for a session of vertical kicking, with the aim of lifting their torsos out of the water.

"A lot of this is about simply playing around in the water," he said. "That's what kids do naturally, and the play engages the mind and gives the swimmer the tools to figure out the right way to move their body." Before joining the Colorado Stars, Schmitz tended bar, waited tables and ran a lawn-mowing business. A business major, he became a junior executive with a national restaurant chain.

But corporate success was less appealing to him than a career beside the pool, and a year after college he accepted a full-time job as the under-8 coach of the Colorado Stars, a club with about 130 young swimmers. Schmitz's dad, Orell, an attorney in Bismarck, said he wasn't surprised when Todd quit his corporate job to coach full-time. "It was obvious when he was dealing with kids how excited he was about it," says the elder Schmitz. "It became real apparent that this was where he was getting his joy."

When Missy first joined the Starfish, the Stars' youngest group, Schmitz says her strokes were hardly Olympian, and she didn't care much for practice. When the workout board called for 50-yard sprints, Missy sometimes sat out one for each one she swam.

But from the outset she took pleasure in reaching the wall first. At age 12 she broke three national age group records in one meet. As she moved from the Starfish group to the adolescent division of the Colorado Stars, Schmitz followed her, with the club's board promoting him to head coach in 2008.

Many coaches with a prodigy in their stable would choose to increase her workouts to test her potential. But in the view of Schmitz, the biggest danger for Franklin and for all his swimmers is burnout. So even as Franklin broke record after record, Schmitz treated her like everyone else her age in his elite group. That was the equivalent of owning a Ferrari and driving the speed limit.

This meant that Franklin would swim two hours a day, five or six days a week, with an average of roughly 4,000-5,000 yards per day—less than half the yardage logged by top college swimmers. In the summer, he doesn't hold Saturday morning practices, giving Franklin and all of his other swimmers a weekend-long break from the pool.

"The last thing I want to do is for them to get to the end of the summer and feel like all they've done is swim," he said.

Even in the run-up to the Olympic trials, Franklin usually takes off two days a week. One recent week, Schmitz told Franklin to skip practice to get ready for her boyfriend's prom. Working with Schmitz, Franklin says she has come to believe that balance is as important to her success as stroke improvement.

This approach differs radically from the high-mileage, high-intensity philosophy of Michael Phelps's coach, Bob Bowman. "My way doesn't have to be the way for everybody," said Bowman, calling Schmitz's strategy "perfectly fine."

Unlike Phelps, who went professional as a teenager, Franklin has eschewed sponsorship offers in order to swim in college after she graduates from high school next year. Colleges eager to conscript Franklin could offer Schmitz a coaching job—a recruiting strategy that is not unprecedented in cases involving a huge star.

But Schmitz says the Stars club is big-time enough. His dream is to gain funding sufficient to build the club a pool. That way, he said, he wouldn't have to haul his digital clock with the extension cord out of his truck to every practice.