

# SWIM MEET PROGRESSION

## Age Group Swim Meet Progression

The Regular and Championship Meet season in USA Swimming can seem complicated and this document is intended to help you and your swimmers navigate the Invitational and Championship Meet system. If you have any questions, please let your coach know!

### **SEASONS**

September 1 to April 1 is the SHORT COURSE SEASON. Swim meets are held in 25-yard pools. April 1 to September 1 is the LONG COURSE SEASON. Swim meets are held in 50-meter pools. Both seasons have adequate number of Invitational Meets and Championship Meets offered. QUALIFYING TIME STANDARDS vary for each meet and links to the time standards are included. Time Standards are also posted on the TST website under Team Information. For most Invitationals, no qualifying times are needed. For all Championship meets, qualifying times are needed. Qualifying times are achieved by attending Invitational Meets and achieving sanctioned times dedicated to your swimmer. Meet Information is provided for each meet with all details.

### ***SHORT COURSE SEASON - SEPT 1 THROUGH APRIL 1***

Age Group Swimmers will attend Invitationals and Intrasquads or Duals throughout the entire year. At these regular meets they may qualify for a championship meet. You cannot qualify for a championship meet unless you attend meets throughout the season. TST qualified swimmers are expected to attend all Championship meets.

### **MID-SEASON CHAMPIONSHIPS:**

EARLY DECEMBER

**Winter Qualifier** [Qualifying Times](#)

This is the first meet that most swimmers will qualify for.

MID DECEMBER

**Midwestern Winter Classic** [Qualifying Times \("A" times\)](#)

More advanced swimmers will qualify for this meet. The qualifying time for this meet is an "A" time standard in the USA Swimming Motivational Time Standards.

MID JANARUY

**All STARS** (Top 5 14 and under swimmers in Missouri Valley Swimming for each event, swimmers apply for meet and are chosen by the MO Valley All Stars head coach.) Advanced age group swimmers will qualify for this meet.

### **END OF SEASON CHAMPIONSHIPS**

LATE FEBRUARY

**District Championships** [Qualifying Time](#) (formerly Division 2 time)  
Many newer swimmers will qualify for this meet.

MID MARCH

**LSC Championship Meet** [Qualifying Time](#) (formerly Division 1 Time)  
More advanced swimmers will qualify for this meet. This meet is the main championship meet for Missouri Valley. Not all events are offered for all ages, check qualifying times for more details.

## ***LONG COURSE SEASON - APRIL 1 THROUGH SEPTEMBER 1***

There are no mid-season Championship meets in the summer.

MID JULY

**District Championships** [Qualifying Times](#)  
Many newer swimmers will qualify for this meet.

EARLY AUGUST

**LSC Championship Meet** [Qualifying Times](#)  
More advanced swimmers will qualify for this meet. This meet is the main championship meet for Missouri Valley.

MID AUGUST

**Central Section 14 and Under ZONES** [Qualifying Times](#) ("AAA" Time)  
Very advanced age group swimmers will qualify for this meet. This is the fastest meet an age group swimmers can qualify for. The qualifying time for Zones is a "AAA" time in the USA Swimming Motivational Time Standards.

# Senior Level Swim Meet Progression

Each club has its own definition of what a senior swimmer is, but generally, senior swimming requires more commitment and dedication to the sport. This step up usually occurs around the time a swimmer is 13 or 14, but may come earlier or later, depending on the club and the individual swimmer.

At this point, a swimmer has pretty much decided to make swimming his/her sole athletic focus. Practices and competitions become a little more serious, and if a swimmer is fast enough, a whole new level of competitive opportunities arise, including the Speedo Champions Series, USA Swimming Grand Prix meets, the Speedo Junior National Championships, and the ConocoPhillips USA Swimming National Championships. As swimmers mature, the goals become a little bigger and they move into senior level swimming. At this level swimmers still refine skills, but training becomes more serious and is designed by professional coaches to get athletes to peak performance when they are physically and mentally prepared to do so. Athletes are still part of the USA Swimming club system, but may also compete for a high school or college team depending on their ages.

## ELITE LEVEL SWIMMING

Some athletes have the talent, dedication, and commitment to reach the elite levels of the sport. They compete at national and international level competitions and strive to make a national team to represent their country in the Olympics or other international competitions. Elite swimmers in the United States come out of the USA Swimming club system.

## **MID-SEASON CHAMPIONSHIPS:**

### EARLY DECEMBER

#### **Winter Qualifier [Qualifying Times](#)**

This is the first meet that most swimmers will qualify for.

### MID DECEMBER

#### **Midwestern Winter Classic [Qualifying Times](#) ("A" Time)**

More advanced swimmers will qualify for this meet. The qualifying time for this meet is a "A" time standard in the USA Swimming Motivational Time Standards.

MID DECEMBER

**Short Course Junior Nationals [Qualifying Times](#)**

VERY advanced swimmers will qualify for this meet. This is SHORT COURSE Juniors which has different (slower) time standards than the Long Course Summer Junior Nationals (See below). Swimmers must be 18 and under.

**END OF SEASON CHAMPIONSHIPS**

LATE FEBRUARY

**Districts Championship Meet [Qualifying Times](#)**

Many newer swimmers will qualify for this meet.

EARLY MARCH

**Speedo Championship Series Central Section Region VIII [Qualifying Times](#)**

Advanced senior swimmers will qualify for this meet. This meet is covers multiple LSCs including Oklahoma, Missouri, Nebraska and Kansas. There are no age groups for this meet, only time standards.

MID MARCH

**LSC Championship Meet [Qualifying Times](#)**

More advanced swimmers will qualify for this meet. This meet is the main championship meet for Missouri Valley. Not all events are offered for all ages, check qualifying times for more details.

***LONG COURSE SEASON APRIL 1 - SEPTEMBER 1***

There are no mid-season Championship meets in the summer.

MID JULY

**Districts Championship Meet [Qualifying Times](#)**

Many newer swimmers will qualify for this meet.

MID JULY

**Speedo Championship Series Central Section Region VIII [Qualifying Times](#)**

Advanced senior swimmers will qualify for this meet. This meet is covers multiple LSCs including Oklahoma, Missouri, Nebraska and Kansas. There are no age groups for this meet, only time standards.

EARLY AUGUST

**LSC Championship Meet [Qualifying Times](#)**

More advanced swimmers will qualify for this meet. This meet is the main championship meet for Missouri Valley. Not all events are offered for all ages, check qualifying times for more details.

MID AUGUST

**Central Section Senior Zones [Qualifying Times](#) ("AAA Times)**

Advanced senior swimmers will qualify for this meet. The qualifying time for Zones is a "AAA" time in the USA Swimming Motivational Time Standards.

MID AUGUST

**Junior Nationals [Qualifying times](#)**

Very advanced swimmers will qualify for this meet. Swimmers must be 18 and under.

**ADVANCED SENIOR MEETS:** These meet vary from year to year. Meets can include Olympic Trials (every four years), World Championship Trials, Senior Nationals, Grand Prix's and US Open. These meets are the fastest meets any swimmer can qualify for in the United States.