

San Clemente Aquatics Swim Team

THE DEEP DIVE QUARTERLY NEWSLETTER



Welcome to our Newsletter!

We strive to update you on coach and swimmer news.

Enjoy!

Sincerely,
Sarah Schneider,
BOD Chief Editor
Please submit news ideas to:

sarahwschneider
@yahoo.com.

SCAT is competing again... and FAST!!!!

We are back! After almost a year without competition, and with pandemic conditions easing a bit, San Clemente Aquatics finds ways to compete for all of our swimmers.

The return to competition has been fantastic! From College NCAA swimming, to High School's competing, and now club intra squads and dual meets, many programs are finding ways to return to competition.

1

Coach Updates from our swim groups: Senior 2, Gold, Silver I & 2, Bronze and Senior 1/FitPrep. Hear what our coaches are saying about practices!

2

In the News! We will update you on our calendar of events including some dates for sanctioned swim meets! Read our parent report from Yuma, Arizona!

3

Meet our Senior Swimmers! We feature 4 who recently competed in Texas! We leave you with some motivational swim times from College and High School.



Selfie with Coach Sandy Kos

FUN FACT: This team hat was knitted by Mrs. Conroy in 1974 for a VERY young SCAT swimmer, Sandy Kos. And she still wears it on deck as a coach 46 years later!!!!

San Clemente Aquatics has been working hard behind the scenes to foster a return to competition for as many athletes as possible. This hard work is finally coming to fruition. We are finding more local opportunities to compete. It was such a pleasure to see so many families attend the **Dual Meet hosted by Aquazot on March 20th**. Their strict COVID protocols were very impressive. They set up cones to “stage” swimmers outside of the pool area in the parking lot. This alleviated a lot of chaos and stress for our younger swimmers in lining up for their races and allowed for proper social distancing on deck. We had around 100 swimmers racing!

It was also fun and a great learning experience for our Silver, Gold and Senior 1 kids to compete in their first **Intrasquad Meet on Friday, March 26th**. Please be on the lookout for more competitions as we move into Spring. Please save the following dates for sanctioned meets at our home pool on **April 25th and May 9th**.



If you value your child’s experience on our team, we ask you to please recommend our program to your friends in helping our team grow. This allows us to keep offering superb programming into the future for many years to come.

Lastly, if you haven’t already, please follow us on social media: Facebook @SCASwim and Instagram #sanclementeaquatics

Sincerely,

San Clemente Aquatics Board of Directors

Super Seven competed in Austin, Texas March 12-14th! (pictured on page one)

Charlie Bowman had 100% best times! Made finals in all 5 of his events, earned *4 new team records and 4 new Sectional Time Standards in the 100 Breast Short & Long Course and 200 IM Short & Long Course!

Maya Gallimore had 33% best times! Made finals in all 6 of her events and earned *4 new team records.

Layla Lloyd had 50% best times and made finals in 2 of her 5 events!

Timo Paisley had 75% best times! Made finals in all 3 of his events, earned *4 new team records and 1 new Sectional Time Standard in the 1500-meter Freestyle!

Maddie Phillips had 77% best times! Made finals in 6 of her 7 events and earned *10 new team records.

Noah Sech had 89% best times! Made finals in 4 of 5 of his events and earned 2 new Sectional Time Standards in the 400 Freestyle and 400-meter IM!

Harrison Shupe had 87.5% best times! Made finals in 3 of 5 events and earned *4 new team records.



Senior 2 Group Update

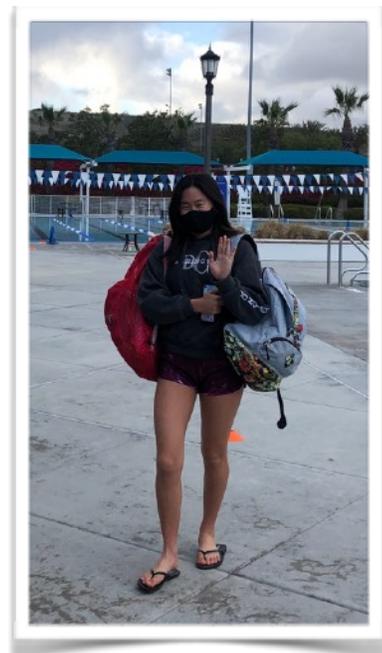
by Coach Jason York



The Senior Group continues to be productive and moving in the right direction. They are consistent with their attendance and their effort and as competitions begin to resume, they are starting to realize their improvements.

On March 20th, we had 13 swimmers from the Senior Group compete in a dual meet versus AZOT swim team. They swam in the third session, their warm-up was less than ideal, the water was warm, their events came quickly, and they were already tired from a demanding week of training. Never one to make excuses, the group managed to step on the diving blocks and race to the best of their abilities, earning many personal best times.

The standout was **Jaqueline Gruber** who competed in the second session as part of the 13–14-year-old girls division. Jaqueline won three of 4 events, placed 4th in her other event and had significant drops in all her races. The 13-year-old standout is quickly approaching Sectional Time Standards and has an incredibly bright future. I am very excited for her!



Also competing in the meet was **Halia Fleming, Nathaniel Fong, Maya Gallimore, Layla Lloyd, Kate Loo, Wyatt Miller, Timo Paisley, Maddie Phillips, Zach Roeber, Noah Sech, Harrison Shupe, and Megan Toal**. Below is a brief recap for each of the swimmers:

Halia Fleming – 200 IM – 4th place and a new best time, 100 Free 4th place finish, 100 Back new best time and a 6th place finish, and 200 Free 5th place finish.



Nathaniel Fong – 200 IM 5th place finish and a new best time, 100 Free 5th place finish, and 50 Free with a 6th place finish and a drop of .70.

Maya Gallimore – Coming off a travel meet to Texas, won the 100 Free, was second in the 100 Back, and came back to win the 50 Free.

Layla Lloyd – Also coming off a travel meet to Texas, Layla finished 3rd in the 100 Free with a drop of .38, finished 9th in the 100 Back with a new best time, and finished 4th in the 200 Free.

Kate Loo – Kate had a strong showing, winning the 200 IM with a drop of .85 seconds, winning the 200 Fly with a drop of 1.25 seconds, and finishing 3rd in the 200 Free.

Wyatt Miller – Finished 3rd in the 100 Free, 2nd in the 100 Back, and 5th in the 200 Free.



Senior 2 Group Update

by Coach Jason York



Timo Paisley – Also part of the contingency that traveled to Texas and had an outstanding showing. Timo finished 2nd in the 100 Free, finished 1st in the 100 Back with a drop of 2.81 seconds, finished 1st in the 200 Free, and finished up with a second-place finish in the 50 Free with a drop of 1.17 seconds.

Maddie Phillips – Also part of the contingency who traveled to Texas and had an outstanding showing, finished 4th in the 200 Fly with a new best time, finished 3rd in the 100 Back, and won the 200 Free.

Zach Roeber – Zach earned the Ironman award for this meet with his efforts. Zach finished 3rd in the 100 Back, with a new best time, finished 4th in the 200 Free, 2nd in the 400 IM, and 5th in the 50 Free with a drop of .58 seconds. Zach embraced the challenge of racing the 200 Free, 400 IM, and the 50 Free, back-to-back to back, all within 10 minutes of each other. That is NOT any easy task!

Noah Sech – Another swimmer coming off the Texas travel meet finished 3rd in the 200 Fly with a 1.51 second drop, 2nd in the 200 Free, and 4th in the 50 Free with a drop of .20 seconds. Harrison Shupe – Another swimmer coming off the

trip to Texas, Harrison dropped 5.21 seconds in the 200 IM good for a 4th place finish, finished 3rd in the 200 Free, and finished 3rd in the 50 Free.

Megan Toal – Welcome back Megan! Megan has recently returned to the pool from a serious ankle injury suffered playing soccer. Megan is definitely back in the mix racing against a deep and talented group of girls. She finished 5th in the 200 IM, 5th in the 100 Free, 7th in the 100 Back, and 5th in the 50 Free, all close to her best times.



I would like to reiterate I am proud of the effort this group has put forth. I have extremely high goals for the Senior Group. In the coming months we will review our goals, evolve our goals, and begin to look outside of just the workouts and into all aspects of our lives that impact our swimming performance. Swimmers need to hold themselves accountable to what they say their goals are. They need to take ownership of their own swimming careers including all factors that influence it. We will learn how to train to perform as opposed to simply train to train. We must be a student of the sport and dive into the details of what makes us better.

At the end of the day, I will cherish those swimmers who simply do the best they can. I will celebrate those who reach their potential. I will leave the senior group swimmers with a parting thought:

“Do you hold yourself accountable to your dream when nobody is looking?” — Jason York



Gold Group Update

by Coach Julie de Fabrique



What can I say about the rowdy, but fun GOLD GROUP! Coach Dorian and I are so excited to see these guys race the upcoming months! The kids have been growing, swimming faster, and their friendships keep building. I am so proud of these kids. With having no meets to get motivated for, they have come in and worked hard! With little to no complaining, they are pushing each other by cheering each other on. It truly shows how close they really are to each other.

First of all, I want to welcome our newest Gold Group members! We have **Andy Schneider** and **Collin Ellsworth**, both moved up from our Silver 1 group. **Justin Newman** fell right into place from our Silver 2 group. Lastly, our latest new swimmer comes from Northern California, **Tanner Kaneda**. Welcome Tanner to San Clemente! Each one of these guys has fit right into the mix and they are doing so well in the group!

As we have moved into 2021, not only have we continued with technique, but we have increased our awareness of Distance Per Stroke and importance of underwater kicks. We also have had a repeat of some test sets where kids have seen their progress. Whether it has been a 500 for time, 1000 for time, or 10x100's on the fastest they can hold, pretty much everyone has seen a drop in something.

Some of these drops have been so significant, we need to celebrate! **Addie Thomas** dropped 1 minute and 19 seconds off her 1000 time from December a couple of weeks ago. **Aiden Root** also took off 1 minute and **Reece Shevel** took off :40 seconds.

In our 10x100's set, most of the kids tried faster intervals that they have never tried before last week. If they didn't move into a faster interval, most of them made all 10 on the interval they did last time! Some stand outs are: **Andy Schneider**, **Macs Lloyd**, **Gemma Morgan** making all 10 on 1:30, but holding under 1:20's on most of them! They are ready to move on to 1:25.

Lily Rasic and **Addie Thomas** are ready to join the girls on the 1:20 range from 1:25. Our 1:15 group grew to 6 swimmers and our 1:10 group grew from 2 kids who tried it last time, to 5! Most of those kids made at least half of the set and we had 1 swimmer make 9 on the 1:10.





Gold Group Update

by Coach Julie de Fabrique



Another top workout that stands out in my mind was when we did a backstroke day. **Miles Baren** and **Allie Cooper** in the outer lanes, stood out by swimming faster than everyone else that day. They were on fire taking the lead on a series of 75's backstroke. On Saturday Race day where **Kael Becker** dove in and swam a 57:70 in the 100 Free at



the end of practice. I think all his teammates were super shocked when we read off his time!

I know I can't mention everyone in here, but I would love too! All of the kids have had an exciting swim in practice that I would love to recognize. We try to celebrate with either hero swims or a shout out at the end of practice.



Lastly we are going to have the 1st ever "Paper Plate Award" ceremony. This is where 6 kids were picked based on Leadership, Sportsmanship, and Dedication to working together to make awards for the rest of the group. They collectively came up with the awards and designed them a few weeks back. The kids who were named to work on this were: **Mitch Anderson, Kael Becker, Ava Calvin, Lucas Munoz, Neva Phillips, and Addison Thomas.** Next time we will have a new set of kids to collaborate and design the awards.



Silver 1 Group Update

by Coach Dorian Johnson



Let me start by saying how honored I am to be your coach. Being able to show up everyday to the smiling, energetic faces of these kids is truly a blessing. The amount of hardwork and dedication they put in the pool inspires everyone who sees it. I constantly have lap swimmers, with little to no affiliation to the team, come up to me and make remarks of how disciplined, enthusiastic, and hardworking these swimmers are. I couldn't be more proud.

We have spent the last few months honing in our technique and ability with all our strokes. Starting from the very basics and working our way to the more advanced parts of our strokes, each swimmer has demonstrated a deep understanding of all four strokes and what it takes to be proficient. The best example of this is **Max McKee**. He has struggled since day 1 with his breaststroke kick, but recently he's come around and not only made his kick legal, but made it fast and powerful.



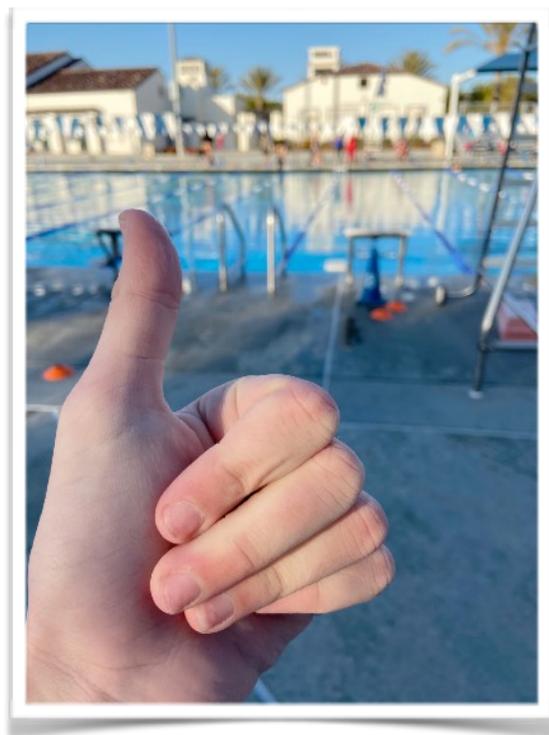
Another example would be the incredible **Sailor Lloyd**. Despite being on the younger side of our group, Sailor has exceeded all expectations with her butterfly. She demonstrates great technique, and has a speed unmatched by most.

On top of all the technique work and the drills, these swimmers put in some work with our “work-hard Wednesdays.”



Silver 1 Group Update

by Coach Dorian Johnson



For example, on 3/8, we raced 20x25s best average, meaning each and everyone is race-pace. All swimmers worked hard and had some mighty impressive times. We also did a 500 Free for time in practice. This was to introduce the swimmers to longer, more endurance based sets. While everyone did amazing, a standout would be **Bode Lloyd**, who put up an incredible time of 7 minutes and 4 seconds. The 500 is not an easy swim, but these tough cookies put up some incredible times and amazing efforts all around. Shortly after this, we did a series of 20 x 25s “Best Average” where the swimmers try to have the best possible average in their times. Some notable averages would be **Reed Miller** with a 20 second average on Freestyle, **Emma Erickson** with 19 seconds, **Aidan Adams** with 18 seconds, and **Bella Bauer** with an impressive 21 seconds. Once again, I am continually impressed by everyone’s hard work and dedication.

Lastly, I want to mention the swim meet we had on the 3/20. I expected some great swims going into it, but I was fully blown away with how incredible everyone swam. Across the board, everyone swam with great technique and awesome speed. In nearly every race we had best times, and swimmers continued to demonstrate their technique in the pool. **Maddyn Ortiz** had an amazing net drop of 42.67 seconds across her 4 races. Several swimmers swam for the first time, and many of us achieved Red times, with several swimmers getting blue times as well. And crazy as he is, **Bode Lloyd** continues to amaze us; in all three of his races Bode swam Spring JO times. Well done indeed Bode!

Thank you for being the amazing parents that you are and supporting and encouraging your swimmers progress. Thank you for being my awesome group of swimmers that continue to be a light and encouragement to everyone around them.

Be warm and well fed,
Coach Dorian



Silver 2 Group Update

by Coach Julie de Fabrique



This is one of the most polite well mannered bunch of kids! These kids always impress me by how they show up, sit so well in the stands on the blue markers, and go line up at the edge of the pool without me even having to say a word! They are so great! The group has several new swimmers that have added so much to our group since January! From the Silver 1 Group, we have **Adrian Brodowski**, **Mya Host**, and **Victoria Piwonka** who moved up. **Vivi Quade** and **Matthew Nye** hopped right in at the beginning of January. Both of them never have been on a swim team before and now look like they have been on a team for years!

We have worked on so much technique that the ship is turning around! I see so much improvement with these kids underwater kicks, pull downs, back to breast turns, and freestyle! One day we put fins on and only worked on 50's where they had to get 6 kicks off every wall on both ends of the pool. The kids did amazingly well and I would say you all are "making your parents proud!" With doing that set, I see swimmers making adjustments and doing underwater kicks on their own. One of those swimmers is **Victoria Piwonka**, I see her focus on this off every wall. Whether it be 50's or 100's, they are grasping the work outs, reading the clocks, and learning what all the swim nerd technical terms are. One Friday, Coach Dorian taught the kids how to do broken 100's. This is where the kids stopped for 10 seconds at each wall. Then they add up their time and usually they will get a best time at the end! It is a great way to race, and everyone stepped up to do it. The coaches had fun watching their reactions to how fast they swam.

With the lane assignments where they are right now we have several boys who love to race every day when they come in! **Josh** and **Zach Greene**, our group twins, are always pushing the effort level! In the mix with those two are **Matthew Nye**, **Merek Maziarz**, and **Maddon Sorenson**. Speaking of twins, but they aren't twins... **Brooke Blanchard** and **Vivi Quade** just about look like twins with their matching suits, caps, and goggles. Plus, they have been picking it up, improving, and impressing us coaches for being so new on the team.

In the middle of the pool, I have been watching **Averi Carter**, **Declan Keenan**, and **Luke Mckee** really focus on their technique and improve on their strokes, turns, and breaststroke. They ask questions, and are making adjustments. It is fun to see. On the other side of the pool, Coach Sandy, Coach Dorian, and I love listening to **Mya Host**, **Claire** and **Lily Ferretti**, **Clementine Heal**, and **Amelia Winkler** all chit chat amongst each other. I know there are some other girls and boys I haven't mentioned, in the mix, as I'll get them in next time!

Lastly, one of the favorite things that this group loves to do is get rewarded! Just ask your swimmer tonight what "chair drill" is. I believe this is their favorite drill out of all. A new drill that came into the "reward" list is to swim with 1 leg up in the air.





Bronze Group Update

by Coach Jason York



Congratulations to all our Bronze Group Swimmers. Did you know there are seven different Bronze Groups as part of San Clemente Aquatics? Here are a few more statistics for you. There are currently 60 swimmers spread throughout the 7 Bronze Groups. Of the 60 swimmers that make up our Bronze Group/s, 16 of them competed in the dual meet this past weekend!

Great job to the following Bronze Group athletes who faced their fears, bravely stepped up to the diving blocks, managed their anxieties, and ultimately loved the experience: **Mackenzie Walseth, Calvin Markham, Lexie Hawfield, Maeve Collins, Blake Harmon, Donovan Kramer, Alana Kramer, Eliana Lurker, Ava DiGiovanni, Logan Schneider, Ollie Tatala, Maverick Whisner,**

Landon Monroe, Charlotte Somers, Pierce LeFranc, and Stone York. As a Bronze Group coach, along with Coach Indy, we are both thrilled by their participation and their performance!





Bronze Group Update

by Coach Jason York



As the air heats up, we will be working on more skills. Plenty of dives and turns, and we will also be adding a conditioning component to each practice. Technique development will always be the cornerstone of all our groups, especially at the developmental level, but the better conditioned the swimmer is, the easier it is to master the technique.

What a great few months it has been, and summer is just around the corner. I can't wait to see how good our team is in a few years when all our Bronze Group swimmers graduate to the next level! There is room for more swimmers, even with the Covid restrictions, so if you feel your swimmer is learning a lot and having fun, please spread the word. Your referral is the best "Thank You" our coaches and team could receive!

Keep up the great work. Swimming is a lifelong activity and typically, the better you get at it, the more you enjoy it.





Senior 1/Fitprep Group Update

by Coach Sandy Kos



Zeke Rose and Kyle Desrosiers pictured

The winter season has waned, the sun is shining longer into the day. The reemergence of aquatic activities are presenting itself as COVID-19 restrictions are lifted.

Four Fitness Prep swimmers were accepted into Open Water Lifeguard Training with the City of San Clemente. We wish the best of competitive results to **Oliver Garcia, Zeke Rose, Devlin Rowe, and Kyle Desrosiers**. Usually we'll find 40 high school

and college students competing for a training spot. The first event is a 1000 yd swim in 55 degree water "Brrr", the field is down selected to compete in a 400 yd run, 400 yard swim, 400 run. Again, the field is further down selected through an oral interview. Congrats Boys!

High School Swimming Season is in full swing with swim meets starting on the last day in March. Our boys will compete in Division 2 CIF, while the Girls will continue to compete in Division 1. The Fitness Prep group typically sees a group of kids taking a hiatus into summer. We look forward to their return.

Through the past few months we have concentrated on conditioning and our fitness levels achieved are recognized as a benefit and much appreciated by our local high school coaching teams.

Ending with our best news is the start up of swim meets through USA swimming, A Saturday of dedicated competitive swimming against the AquaZots was fun to watch. As we need to heft **MIGHTY CONGRATULATIONS** for personal best times set by **Monnika De Gree, Cam Bibeau, Alix Llyod, Anthony Rasic, and Aidan Siemieniec**.

*Mark your
Calendar!!*



*We are ready
Spring!!*

San Clemente Aquatics 2021 Dates to Remember

<p>Thursday, April 15th</p>	<p>Dine Out and Support our Team! We will be offering dine outs every third Thursday of the month! This is a yummy way to support our club as we receive a portion of the sales. We are excited to offer Chick-Fil-A on Thursday, April 15th. Be on the lookout for a reminder email.</p>
<p>Friday, April 23rd</p>	<p>\$5 dollar donor dayz. This is our new fundraiser for 2021! Please help your team, every little bit counts. See team email reminders for more details. This will be a recurring event every fourth Friday of the month.</p>
<p>Sunday, April 25th</p>	<p>Sanctioned Intra-Squad Swim Meet. At Vista Hermosa pool in the morning. This will have the feel of a “real” swim meet with touch pads, timers and announcer with support for new swimmers. All levels encouraged to attend. ** tentative</p>
<p>Sunday, May 9th</p>	<p>Sanctioned Intra-Squad Swim Meet. At Vista Hermosa pool in the morning. This will have the feel of a “real” swim meet with touch pads, timers and announcer with support for new swimmers. All levels encouraged to attend. ** tentative</p>

SCAT Swim Meet Report (Yuma, AZ)

20-21 SOUTHWEST TERRITORIAL SPRING CLASSIC

SCAT Parent Yann de Fabrique reporting from Yuma Arizona, March 19th-21st, 2021:

We trekked 238 miles East & took the “3:10 to Yuma,” we had some fun dinners and enjoyed stories of a parent with his mysterious white shoes - but, best of all, the kids swam AMAZING.

The team of five swimmers was small but mighty with 25 A-Final performances amounting to 31 out of 33 best times. These heroes collected 11 Gold, 5 Silver and 2 Bronze medals with all five participants standing on the podium along with a one-two punch by Zoe and Neva in the 100 Backstroke. The individual performances are as follows:

Zoe de Fabrique - 8 Gold and 1 Bronze - all best times;

Devon Stoner - 2 Gold and 1 Silver - sweeping the 100 and 200 Breastrokes;

Lana Gallimore - 1 Gold and 2 Silver - impressive starts and turns;

Neva Phillips - 1 Silver and 1 Bronze - kept her races close and exciting;

Sebastien de Fabrique - 1 Silver - generated a massive fan club from Las Vegas Swim Club.

All in all, Yuma Aquatics hosted a fantastic meet and were gracious hosts while welcoming San Clemente Aquatics as VIP’s. It was great seeing our kids swim a meet after a one year hiatus due to COVID and we look forward to seeing more great results this Spring and Summer as restrictions loosen up and meets become more readily available.

CONGRATULATIONS on a great weekend Zoe, Devon, Lana, Neva and Sebastien - you all made us very proud.



All 4 recently competed in Austin Texas!



DEEP DIVE: Meet our Swimmers

Featuring Four Fierce SCAT Athletes



Charlie Bowman '23

Oceanside High School

- Favorite class? **Math**
- Fastest race? **200 IM 1:56.70**
- Favorite Movie? **Surf's Up**
- Go-to Meal? **Pop-tarts**
- Most Admired Athlete? **Caeleb Dressel**
- What inspires you to swim? **"Knowing that I can always improve from the last time I raced."**



Noah Sech '23

San Clemente High School

- Favorite class? **AP Language**
- Fastest race? **500 free 4:44.20**
- Favorite Movie? **Goodfellas**
- Go-to Meal? **Bean and Cheese Burrito from Pedro's**
- Most Admired Athlete? **Jordan Wilimovsky (performance based on hard work, not talent)**
- What inspires you to swim? **"You feel good after a hard swim."**

All 4 recently competed in Austin Texas!



DEEP DIVE: Meet our Swimmers

Featuring Four Fierce SCAT Athletes



Layla Lloyd
'22

Harrison Shupe
'23

San Clemente High School

- Favorite class? **AP Calculus**
- Fastest race? **1000 free 10:36.52**
- Favorite Movie? **Lemonade Mouth**
- Go-to Meal? **Grilled Cheese**
- Most Admired Athlete? **Maya Dirado - outside smoke**
- What inspires you to swim?
"Satisfaction of beating your own time and winning."

San Clemente High School

- Favorite class? **None**
- Fastest race? **200 Fly LC 2:14.48**
- Favorite Movie? **Lord of the Rings**
- Go-to Meal? **Chicken Tacos w/ Avocado**
- Most Admired Athlete? **Charlie Bowman!**
- What inspires you to swim? **"To reach my goals and feel good."**



Motivation! Swim Times from College and CIFSS D 1 High School

OMG So Fast!!
Better keep practicing!

NCAA Schools with the Most Sub-19 50 Yard Free's

- Auburn - 7
- California - 5
- Texas - 4
- Florida - 4
- NC State - 3
- Alabama - 3
- Indiana - 3
- USC - 2
- Minnesota - 2
- Stanford - 2
- Michigan - 1
- Arizona - 1
- Yale - 1
- Virginia - 1
- Georgia - 1
- Harvard - 1
- Cincinnati - 1
- Tennessee - 1
- Missouri - 1
- LSU - 1
- William & Mary - 1
- Drury - 1
- Virginia Tech - 1

Source: SwimSwam March, 2021

CIFSS Division 1: BOYS Time Standards

Event	Automatic	Consideration
200 Medley Relay	1:34.85	1:43.34
200 Freestyle	1:41.66	1:45.89
200 IM	1:53.53	1:59.82
50 Freestyle	:21.22	:22.31
100 Butterfly	:50.28	:53.83
100 Freestyle	:46.82	:48.57
500 Freestyle	4:35.98	4:54.26
200 Free Relay	1:26.63	1:31.72
100 Backstroke	:51.59	:55.24
100 Breaststroke	:57.92	1:01.24
400 Free Relay	3:09.19	3:19.13

CIFSS Division 1: GIRLS Time Standards

Event	Automatic	Consideration
200 Medley Relay	1:48.16	1:57.79
200 Freestyle	1:51.91	1:58.92
200 IM	2:05.21	2:14.48
50 Freestyle	:24.22	:25.24
100 Butterfly	:55.84	1:00.60
100 Freestyle	:52.17	:54.45
500 Freestyle	5:02.00	5:20.91
200 Free Relay	1:38.35	1:45.02
100 Backstroke	:56.60	1:01.59
100 Breaststroke	1:05.21	1:10.31
400 Free Relay	3:33.89	3:50.37