

## **Age Group Chairman Report - October 7-8, 2006**

### **I. Southern Zone All Star Meet**

- A) 2006 Southern Zone Meet Report – SES finished 2<sup>nd</sup> overall, won three of six age group high point awards. A full meet report is attached (**AGR-1**).
- B) 2007 Southern Zone Meet
  - 1) Meet will be held July 31-August 4 at the University of Houston Natatorium in Houston, Texas. This is an 8 lane facility which was used to host this meet in 2005. Chase starts will be utilized.
  - 2) Matt Webber of BSL will be Head Coach. Brett Tannhauser of PACK will be one assistant coach. We are currently filling the remainder of the staff (3 additional coaches). If you would like to be considered for a Zone Coaching position, send an e-mail to [bhaddad@swimnac.com](mailto:bhaddad@swimnac.com).
  - 3) The meet will institute awards for Disability Swimmers based on classification & performance.
  - 4) Awards for events will be given after the following event has been completed. This will help with concerns about warm-down time for swimmers.
  - 5) The Southern Zone Meet Committee will look at perhaps changing the order of events after the completion of the 2007 Meet in Houston.
- C) 2008 Southern Zone Meet

Meet will be held at Georgia Tech. The pool is a 10 lane facility that was used to host the meet in 2006. Dates are still to be determined. Meet will either be July 29-August 2 or August 5-9. The Zone Meet Committee strongly recommends the July 29-August 2 date.
- D) SES Selection Process – After reviewing the use of Hy-Tek's Power Points as a possible substitute for our current selection process, I have come to the conclusion that until Hy-Tek adds tenths and hundredths of a point to their scoring system, it would be a bad idea to make the change. The point totals are rounded in many instances and that would put Southeastern Swimming in a situation of having more confusing tiebreakers in the selection process. If and when Hy-Tek implements these changes to their Power Points program, I will present data using both systems for the Technical Planning Committee to view.

### **II. 2006 USA Swimming Convention Notes**

A proposal to add 10 & Under 400 Freestyle and 400 Medley Relays to the list of recommended events in the USA Swimming rulebook was soundly defeated. No other major issues that relate specifically to Age Group.

### **III. Coaching Education**

- A) The 2006 ASCA World Clinic was held September 6-10 in Washington D.C. You can order CD's of the talks from the 2006 World Clinic as well as many previous World Clinics at the ASCA website ([www.swimmingcoach.org](http://www.swimmingcoach.org)). Please let me know if any age group coaches attended the World Clinic.
- B) The 2007 ASCA World Clinic will be held September 5-9 in San Diego, California.
- C) The 2006 Eastern States Clinic will be held October 19-22 in Cherry Hill, New Jersey. Bob Bowman, Richard Quick, Sean Hutchinson are among featured speakers. Michael Phelps and Kaitlin Sandeno will also be at the clinic. Info can be found at [www.swimmingcoach.org](http://www.swimmingcoach.org).
- D) The 2006 FINIS Eastern Age Group Coaches Conference will be held November 10-12 in Raleigh, North Carolina. This program is designed for Age Group Coaches and will feature Mike Lewellyn of Kansas City Blazers.
- E) USA Swimming offers several online coaching clinics that typically last about 1 hour (they usually start around 11:00 a.m. to 1:00 p.m.). Check the USA Swimming website for details.

### **IV. USA Swimming IM Xtreme Program**

- A) USA Swimming has made several upgrades that will benefit coaches in viewing and comparing their swimmers' IM Xtreme results.

- B) Coaches can view detailed results of each swimmer as well as track where they rank nationally, in the Southern Zone, and in the Southeastern Swimming LSC. This can be done through the coach's My USA Swimming Page.
- C) A report of Southeastern Swimming Age Group athletes' results is attached (**AGR-2**).
- V. **USA Swimming Virtual Club Championships**
  - A) This is a program instituted by USA Swimming as a means of measuring results of each team in the United States.
  - B) A report of Southeastern Swimming Age Group teams' results is attached (**AGR-3**).
- VI. **SES Age Group Representation in USA Swimming Top 16 Lists** – Attached Report (**AGR-4 – if viewing online, this report is in another file**)
- VII. **Age Group Time Standards**
  - A) 2006-2007 NAG Reportable Time Standards:  
(<http://www.usaswimming.org/USASWeb/Rainbow/Documents/63e6b576-5289-4dc6-9bd1-fc166bb6e7db/06-07%20NRT%20Standards.pdf>)
  - B) 2005-2008 BB-AAAA Time Standards:  
(<http://www.usaswimming.org/USASWeb/Rainbow/Documents/b6f5e251-9707-4d80-92c8-c86992c20e00/2008MotivationalTimes-Top16.pdf>)
  - C) Southeastern Swimming 8 & Under Time Standards attached (**AGR-5**) - I would like to review this and submit a report at the next meeting to develop more realistic Time Standards in this category.
  - D) Sample Motivational Time Standards attached (**AGR-6 – if viewing online, this report is in another file**)

# **(AGR-1) 2006 Southern Zone Meet Report**

<u>Team Scores:</u>	<u>Combined</u>	<u>Girls</u>	<u>Boys</u>
1) Florida Gold Coast	1067	540	527
2) Southeastern Swimming	993	471	522
3) Georgia Swimming	735	414	321

## **Age Group Team Champions**

11-12 Girls – Florida Gold Coast (SES 6<sup>th</sup>)

11-12 Boys – Florida Gold Coast (SES 4<sup>th</sup>)

13-14 Girls – Southeastern Swimming

13-14 Boys – Southeastern Swimming

15-18 Girls – Florida Gold Coast (SES 3<sup>rd</sup>)

15-18 Boys – Southeastern Swimming

## **Meet Highlights:**

- Lauren Harrington qualified for the ConocoPhillips National Championships in the 100 meter Butterfly (1:02.48).
- Our 13-14 Girls 200 meter Medley Relay (Laurel Chaney, Megan Goss, Lauren Harrington, Rainey White) set a new USA Swimming National All-Star Relay Record (2:01.75).
- Lauren Harrington broke the Southeastern Swimming LSC Record in 13-14 Girls 100 meter Butterfly (1:02.48 – old record 1:02.55).
- Michael Sheppard broke the Southeastern Swimming LSC Record in 13-14 Boys 200 meter Backstroke (2:10.98 – old record 2:13.00).
- Lauren Harrington broke the Southern Zone Meet Records in the following events:
  - 100 meter Butterfly (1:02.48 - old record 1:03.28)
  - 100 meter Backstroke (1:05.99 – old record 1:06.05)
  - 200 meter Backstroke (2:21.62 – old record 2:22.60)
- Our 13-14 Girls 200 meter Medley Relay (Laurel Chaney, Megan Goss, Lauren Harrington, Rainey White) broke the Southern Zone 13-14 Girls 200 meter Medley Relay Record (2:01.75 – old record 2:02.77).
- Alex Ward swam to the Top Time in the USA for 13-14 Boys 100 meter Butterfly (58.04).
- The following swimmers qualified for Junior Nationals:
  - Lauren Harrington – 50 Free, 100 Back, 200 Back, 100 Fly
  - Deirdre Jones – 50 Free
  - Michael Sheppard – 200 Back
  - Alex Ward – 100 Fly
  - Kyle Owens – 200 Free, 100 Back, 400 IM
  - Cameron Higdon – 400 Free
  - Reese Shirey – 100 Back
  - Daniel Armstrong – 200 Back
- Southeastern Swimming had six swimmers make the Final (10) in the 15-18 Girls 100 meter Freestyle.
- **2006 Southern Zone Event Champions:**
  - Angelica Chapman (11-12 Girls) – 50 Fly
  - Lauren Harrington (13-14 Girls) – 50 Free, 100 Free, 100 Back, 200 Back, 100 Fly
  - Christine Anderson (15-18 Girls) – 200 IM
  - George Wong (13-14 Boys) – 50 Free, 100 Free
  - Michael Sheppard (13-14 Boys) – 200 Back
  - Alex Ward (13-14 Boys) – 100 Fly, 200 Fly
  - Woody Joye (13-14 Boys) – 200 IM
  - Kyle Owens (15-18 Boys) – 400 IM
  - 13-14 Girls 200 Free Relay (Harrington, Chaney, Watson, White)
  - 13-14 Girls 200 Medley Relay (Chaney, Goss, Harrington, White)
  - 13-14 Boys 200 Free Relay (Wong, Joye, Ward, Hodgson)
  - 13-14 Boys 200 Medley Relay (Sheppard, Wong, Ward, Hodgson)

**2006 Southeastern Swimming Zone All Star Team Representation:**

Nashville Aquatic Club	9
Pilot Aquatic Club Knoxville	8
Memphis Tiger Swimming	6
Birmingham Swim League	3
Greater Pensacola Aquatic Club	3
Scenic City Aquatic Club	3
Hoover Blue Thunder	2
Madison Swim Association	2
Memphis Thunder Aquatic Club	2
Sheffield Swim Team	2
Auburn Aquatics	1
Baldwin Mobile Aquatic Club	1
Barracuda Swim Club	1
Blount Area Swim Team	1
Collierville Swimming	1 (Disability Swimmer)
Crimson Tide Aquatics	1
Germantown Swim Team	1
Magic City Aquatic League	1
Montgomery YMCA Barracudas	1

**2006 Southeastern Swimming Zone All Star Team Captains:**

Claire Donahue - BLST  
Chris Housden - NAC  
Harrison Hart - GST

## **(AGR-2) USA-S IMXtreme Program - SES Age Group Report**

### **2006 Long Course Meters**

<b>Age Group</b>	<b># of SES in USA Top 50</b>	<b>LSC Champion</b>	<b>Team</b>	<b>Points</b>
9&U Girls	2	Kristen Myers	SCAC	3737
9&U Boys	1	Chandler Espy	H.S.A.	3742
10 Girls	1	Taylor Roswall	BASA	3801
10 Boys	0	Scott Taylor	MVA	3520
11 Girls	2	Zoe Macfarlane	GPAC	3596
11 Boys	1	Pace Clark	GST	3571
12 Girls	3	Angelica Chapman	HBT	3762
12 Boys	2	Dylan Rasnick	PACK	3628
13 Girls	0	Emmie Michaels	MTS	3772
13 Boys	1	Sean Ryan	SCAC	4358
14 Girls	1	Brooke Watson	MTS	4099
14 Boys	3	Woody Joye	MYB	4527

### **2005-2006 Short Course Yards**

<b>Age Group</b>	<b># of SES in USA Top 50</b>	<b>LSC Champion</b>	<b>Team</b>	<b>Points</b>
9&U Girls	0	Paige Scheriger	XCEL	3195
9&U Boys	0	Eli Leskinen	XCEL	2990
10 Girls	1	Taylor Roswall	BASA	3594
10 Boys	0	Chandler Hinson	H.S.A.	3454
11 Girls	1	Taylor Melton	MTS	3710
11 Boys	1	Raymond Burch	GPAC	3795
12 Girls	1	Angelica Chapman	HBT	3691
12 Boys	0	Maclin Davis	MTS	3327
13 Girls	1	Lauren Harrington	MTS	4439
13 Boys	1	Michael Sheppard	MTAC	4689
14 Girls	1	Deirdre Jones	NAC	4256
14 Boys	1	Michael Sheppard	MTAC	4238

**(AGR-3) USA-S Virtual Club Championships Program**  
**2006 Long Course Meters - Full Team Rankings**

National Rank	VCC Rank	Team Score	Team Name
20	1	202,978	Nashville Aquatic Club
31	2	185,895	Pilot Aquatic Club - Knoxville
103	3	132,746	Birmingham Swim League
116	4	127,354	Excel Aquatics
161	5	111,909	Memphis Tiger Swim Club
297	6	84,752	Greater Pensacola Aquatic Club
299	7	84,560	Huntsville Swim Association
410	8	67,995	Baylor Swim Club
414	9	67,268	Memphis Thunder Aquatic Club
415	10	67,254	Scenic City Aquatic Club
432	11	65,502	City of Mobile Swim Association
468	12	61,057	Germantown Center Swim Team
548	13	54,244	Montgomery YMCA Barracudas
564	14	53,004	Hoover Blue Thunder
626	15	47,749	Crimson Tide Aquatic
644	16	46,284	Auburn Aquatics
693	17	42,301	Bartlett Extreme Swim Team
699	18	42,198	Club Makos
702	19	42,086	Barracuda Swim Club
759	20	38,042	Blount Area Swim Team
775	21	37,389	Bluewater Barracudas Swim Team
805	22	35,591	Sevier Aquatics Club
847	23	33,309	Madison Swimming Association
876	24	32,236	TNT Swimming, Inc
920	25	30,454	Baldwin Mobile Aquatic Club
1022	26	25,430	Middle Tennessee Swim Club
1036	27	25,055	Auburn University Swim Team
1097	28	22,092	Magic City Aquatic League
1160	29	20,122	Sheffield Swim Team
1191	30	19,037	Bristol Area Swim Association
1201	31	18,874	Maverick Aquatics
1235	32	17,818	Atomic City Aquatic Club
1277	33	16,778	Union University Swim Club
1281	34	16,706	Collierville Swimming
1292	35	16,225	Panama City Swim Team
1332	36	15,142	Emerald Coast Swimming
1357	37	14,316	Murfreesboro Aquatic Club
1445	38	11,956	Phase One Smyrna Team
1478	39	11,162	Tullahoma Swim Club
1495	40	10,725	Greater Trussville Aquatic Club

1710	41	6,616	Prattville Swim League of the YMCA
1729	42	6,216	Anniston Ymca Tiger Sharks
1817	43	4,872	Aqua Jets Aquatic Club
1827	44	4,741	Decatur Aquatic Club
1851	45	4,458	Mountain Valley Aquatics
1927	46	3,322	Gulf Shores Swim Team
1937	47	3,218	Southern Tn Aquatics Team
1948	48	3,043	Scottsboro Swim Association
1965	49	2,789	Florence Alabama Swim Team
1996	50	2,450	Tennessee Aquatics
2080	51	1,570	University Of Alabama
2127	52	1,113	Mobile Bay Aquatics
2145	53	782	Pensacola Navy Youth Swim Team

### Highest Point Totals by Age Group (within SES LSC) - 2006 LCM

Age Group	Highest Total	Points
11 Girls	BSL	9090
11 Boys	PACK	9257
12 Girls	MTS	9894
12 Boys	GPAC	8428
13 Girls	NAC	15635
13 Boys	PACK	11562
14 Girls	NAC	17867
14 Boys	NAC	17661

### 2005-2006 Short Course Yards – Full Team Rankings

National Rank	VCC Rank	Team Score	Team Name
20	1	198,914	Nashville Aquatic Club
29	2	190,911	Pilot Aquatic Club - Knoxville
97	3	152,098	Excel Aquatics
100	4	150,906	Memphis Tiger Swim Club
121	5	141,504	Birmingham Swim League
227	6	113,760	Baylor Swim Club
251	7	109,658	Scenic City Aquatic Club
320	8	97,940	Huntsville Swim Association
343	9	93,318	Greater Pensacola Aquatic Club
410	10	85,880	City of Mobile Swim Association
453	11	80,780	Madison Swimming Association
478	12	77,735	Montgomery YMCA Barracudas
524	13	73,158	Memphis Thunder Aquatic Club
567	14	68,924	Hoover Blue Thunder
573	15	68,251	Auburn Aquatics
574	16	68,155	Germantown Center Swim Team
579	17	67,770	Blount Area Swim Team
627	18	62,783	Barracuda Swim Club

654	19	59,870	Club Makos
679	20	57,530	Crimson Tide Aquatic
833	21	47,704	Sevier Aquatics Club
912	22	43,549	Bartlett Extreme Swim Team
952	23	41,984	Panama City Swim Team
990	24	40,205	Bluewater Barracudas Swim Team
1035	25	38,263	Baldwin Mobile Aquatic Club
1045	26	37,874	Atomic City Aquatic Club
1184	27	30,692	Maverick Aquatics
1189	28	30,509	Middle Tennessee Swim Club
1196	29	30,303	Murfreesboro Aquatic Club
1226	30	28,914	Sheffield Swim Team
1258	31	28,201	Union University Swim Club
1280	32	27,333	TNT Swimming, Inc
1311	33	25,760	Magic City Aquatic League
1375	34	23,680	Dothan Dolphins Swim Team
1418	35	22,472	Cleveland Aqua Tigers
1430	36	22,176	Prattville Swim League of the YMCA
1451	37	21,351	Collierville Swimming
1527	38	19,475	Emerald Coast Swimming
1554	39	18,833	Bristol Area Swim Association
1562	40	18,365	Auburn University Swim Team
1577	41	17,892	Anniston Ymca Tiger Sharks
1596	42	17,464	Phase One Smyrna Team
1649	43	16,057	Tulahoma Swim Club
1712	44	14,205	Jefferson City Swim Club
1744	45	13,510	Winchester Swim Team
1751	46	13,377	Scottsboro Swim Association
1893	47	10,344	Jasper Swim Team
1894	48	10,332	Athens-McMinn YMCA Sea Dragons
1932	49	9,502	Greater Trussville Aquatic Club
1952	50	9,130	University Of Alabama
1978	51	8,664	Sylacauga Cyclones Aquatic Team
1992	52	8,357	Chattanooga Swimming
1995	53	8,312	Mountain Valley Aquatics
2013	54	7,841	Decatur Aquatic Club
2039	55	7,175	Mobile Bay Aquatics
2075	56	6,651	Pensacola Navy Youth Swim Team
2164	57	5,078	Wiregrass Aquatics Club
2175	58	4,821	Birmingham Park And Recreation
2178	59	4,788	Talladega Dolphins Swim Team
2200	60	4,377	Southern Tn Aquatics Team



2212	61	4,199	Florence Alabama Swim Team
2280	62	2,959	Seals Swim Club
2287	63	2,793	Gulf Shores Swim Team
2395	64	1,161	Aqua Jets Aquatic Club
2396	65	1,139	Seastars Aquatics Swim Team
2434	66	331	Madison Titans Swim Team
2445	67	173	Greene County Swim

**Highest Point Totals by Age Group (within SES LSC) - 2005-2006 SCY**

Age Group	Highest Total	Points
11 Girls	PACK	9954
11 Boys	PACK	8856
12 Girls	BAY	10367
12 Boys	CMSA	9556
13 Girls	NAC	16479
13 Boys	NAC	15659
14 Girls	NAC	18537
14 Boys	NAC	15415

**(AGR-4)****Southeastern Swimming Age Group Representation in USA  
Swimming Top 16 List  
Short Course Yards (2004-2005 & 2005-2006)****2005-2006 SCY Individual Events Preview List (as of September 27, 2006) - 14  
Total Swims in Top 16 (9 swimmers)**

Age Group	Swims in Top 16	Description
10&U Girls	0	None
10&U Boys	3	<u>A. Goss (NAC)</u> - 50 Breast (3), 100 Breast (2), 100 IM (15)
11-12 Girls	4	<u>M. Molnar (AUB)</u> - 50 Breast (15), 100 Breast (13) <u>L. Harrington (MTS)</u> - 50 Fly (4) <u>L. Janowicz (XCEL)</u> - 200 Fly (12)
11-12 Boys	0	None
13-14 Girls	4	<u>A. Lusk (BAY)</u> - 200 Breast (15) <u>R. White (HBT)</u> - 100 Fly (13) <u>L. Harrington (MTS)</u> - 100 Fly (14) <u>K. Higdon (PACK)</u> - 200 Fly (15)
13-14 Boys	3	<u>T.J. Leon (CMSA)</u> - 50 Free (1), 100 Free (4) <u>M. Sheppard (MTAC)</u> - 200 Back (13)

**2004-2005 SCY Individual Events - 48 Total Swims in Top 16 (16 swimmers)**

Age Group	Swims in Top 16	Description
10&U Girls	1	<u>T. Melton (MTS)</u> - 500 Free (15)
10&U Boys	1	<u>P. Clark (GST)</u> - 100 Back (14)
11-12 Girls	28	<u>L. Harrington (MTS)</u> - 50 Free (6), 100 Free (12), 50 Back (8), 200 Back (4), 50 Fly (1), 100 Fly (2), 200 Fly (12) <u>S. Denninghoff (HBT)</u> - 100 Free (9), 200 Free (4), 1000 Free (10), 1650 Free (16), 50 Back (3), 100 Back (4), 200 Back (8) <u>C. Sutton (HBT &amp; UN)</u> - 100 Free (11), 200 Free (1), 500 Free (1), 1000 Free (1), 1650 Free (1), 200 Back (6), 200 Fly (7), 200 IM (9), 400 IM (8) <u>C. Reeves (ROSC)</u> - 50 Breast (6), 100 Breast (11) <u>A. Lusk (BAY)</u> - 50 Breast (15), 100 Breast (10) <u>K. Higdon (BLST)</u> - 100 Fly (4)
11-12 Boys	7	<u>A. Ward (PACK)</u> - 50 Back (10), 100 Back (14), 50 Fly (12), 100 Fly (16), 100 IM (8) <u>M. Sheppard (MTAC)</u> - 100 Back (14), 200 Back (6)
13-14 Girls	8	<u>K. Groome (UN)</u> - 500 Free (10), 400 IM (9) <u>S. Knight (MYB)</u> - 100 Back (16) <u>C. Burgan (PACK)</u> - 100 Breast (11), 200 Breast (9), 200 IM (11) <u>L. Johnson (MYB)</u> - 100 Breast (14), 200 Breast (15)
13-14 Boys	3	<u>C. Housden (NAC)</u> - 100 Fly (11), 200 IM (11) <u>A.J. Tipton (BLST)</u> - 100 Fly (15)

**(AGR-4)****Southeastern Swimming Age Group Representation in USA  
Swimming Top 16 List  
Long Course Meters (2005 & 2006)**

**2006 LCM Individual Events Preview List (as of September 27, 2006) - 35 Total Swims in Top 16 (16 swimmers)**

Age Group	Swims in Top 16	Description
10&U Girls	3	<u>C. Page (GPAC)</u> - 50 Back (15), 100 Back (11) <u>T. Roswall (BASA)</u> - 50 Fly (14)
10&U Boys	2	<u>A. Goss (NAC)</u> - 50 Breast (4), 100 Breast (2)
11-12 Girls	5	<u>J. Darby (UN)</u> - 50 Free (10), 100 Back (14) <u>A. Chapman (HBT)</u> - 50 Back (11), 50 Fly (4), 100 Fly (6)
11-12 Boys	1	<u>M. Zuppa (SCAC)</u> - 50 Fly (16)
13-14 Girls	8	<u>L. Harrington (MTS)</u> - 50 Free (10), 100 Back (12), 200 Back (13), 100 Fly (5) <u>C. Reeves (NAC)</u> - 100 Breast (6) <u>A. Lusk (BAY)</u> - 100 Breast (12), 200 Breast (5) <u>R. White (HBT)</u> - 100 Fly (14)
13-14 Boys	16	<u>T.J. Leon (CMSA)</u> - 50 Free (5), 100 Free (4), 100 Fly (10) <u>G. Wong (MSA)</u> - 100 Free (12), 100 Breast (7) <u>W. Joye (MYB)</u> - 200 Free (12), 400 Free (10), 1500 Free (14), 200 Back (16), 200 IM (15) <u>M. Sheppard (MTAC)</u> - 100 Back (4), 200 Back (3) <u>A. Ward (PACK)</u> - 100 Fly (1), 200 Fly (4) <u>D. Hodgson (NAC)</u> - 100 Fly (6), 200 Fly (6)

**2005 LCM Individual Events - 26 Total Swims in Top 16 (11 swimmers)**

Age Group	Swims in Top 16	Description
10&U Girls	0	None
10&U Boys	1	<u>K. Simpson (BMAC)</u> - 100 Back (15)
11-12 Girls	9	<u>L. Harrington (MTS)</u> - 50 Free (1), 100 Free (2), 50 Back (5), 100 Back (6), 200 Back (4), 50 Fly (1), 100 Fly (1) <u>M. Molnar (AUB)</u> - 50 Breast (4), 100 Breast (9)
11-12 Boys	8	<u>G. Wong (UN)</u> - 50 Free (2), 100 Free (3), 200 Free (13), 50 Breast (16), 100 Breast (7), 200 IM (9) <u>C. Lovelace (NAC)</u> - 200 Breast (16) <u>H. Baker (PACK)</u> - 100 Fly (9)
13-14 Girls	2	<u>S. Knight (MYB)</u> - 100 Back (10) <u>L. Johnson (MYB)</u> - 100 Breast (5)
13-14 Boys	6	<u>K. Owens (BSC)</u> - 200 Free (5), 400 Free (14), 400 IM (11) <u>R. Shirey (SST)</u> - 100 Back (8), 100 Fly (9) <u>B. Morris (H.S.A.)</u> - 100 Breast (14)

## **(AGR-5) Southeastern Swimming 8 & Under Time Standards**

### **Current Time Standards - 8 & Under Short Course Yards**

<b>"B"</b>	<b>"A"</b>		<b>"A"</b>	<b>"B"</b>
21.6	18.0	<b>25 Free</b>	17.6	21.1
48.0	40.0	<b>50 Free</b>	39.8	47.7
1:35.0	1:24.0	<b>100 Free</b>	1:23.6	1:34.6
27.2	22.7	<b>25 Back</b>	21.9	26.2
59.2	49.4	<b>50 Back</b>	47.8	57.3
27.2	22.7	<b>25 Fly</b>	21.9	26.2
59.2	49.4	<b>50 Fly</b>	47.8	57.3
28.2	23.5	<b>25 Breast</b>	23.1	27.7
1:01.2	51.0	<b>50 Breast</b>	50.2	1:00.2
1:53.0	1:42.0	<b>100 IM</b>	1:39.8	1:50.0

### **Current Time Standards - 8 & Under Long Course Meters**

<b>"B"</b>	<b>"A"</b>		<b>"A"</b>	<b>"B"</b>
52.0	44.0	<b>50 Free</b>	43.0	52.3
1:41.6	1:32.4	<b>100 Free</b>	1:31.9	1:41.0
1:05.1	54.3	<b>50 Back</b>	52.5	1:03.0
1:05.1	54.3	<b>50 Fly</b>	52.5	1:03.0
1:07.3	56.1	<b>50 Breast</b>	55.2	1:06.2

The following is a sample of the Age Group Motivational Time Standards used by Nashville Aquatic Club for the 2006-2007 Short Course Yards Swim Season. The basis for all "stepping stones" is the Southeastern Championship Meet. All standards below the Southeastern Championships Time Standard (Blue, White, Red) are based on a percentage slower than the SES standard. All standards above the Southeastern Championships Time Standard (Bronze, Silver, Gold) are derived from a similar three year formula of results from the Southeastern Championship Meet. The "Travel" Time Standard is a standard that NAC uses to determine which swimmers will attend Regional competition (i.e. Sectionals, American Short Course Championships, etc....). Birmingham Swim League also employs a similar form of "stepping stones," rising to and beyond the Southeastern Championships Time Standard.

The following is a specific breakdown of how each standard is created. Much like the Southeastern Championships Time Standard, these standards will never get slower (NOTE: This formula has used times back to the 2002 SES Championships, so it will not be exactly reflective of the last three years).

**Gold** - Three (3) year average of first place time in FINALS at Southeastern Championships ("What it Takes to Win")

**Silver** - Three (3) year average of eighth place time in PRELIMS at the Southeastern Championships ("What it Takes to Make Finals")

**Bronze** - Three (3) year average of sixteenth place time at the Southeastern Championships ("We've Made the Meet, Now Set New Goals as we Strive to Make Finals")

**SES** - Southeastern Championships Time Standard - Three (3) year average of the thirty-second place time at the Southeastern Championships

**Red** - Percentage Slower than SES Standard (all 50's 8%, all 100's 7%, all 200's 6%, 400's&500's 5%, 1000 4%, 1650 3%)

**White** - Percentage Slower than Red Standard (all 50's 8%, all 100's 7%, all 200's 6%, 400's&500's 5%, 1000 4%, 1650 3%)

**Blue** - Percentage Slower than White Standard (all 50's 8%, all 100's 7%, all 200's 6%, 400's&500's 5%, 1000 4%, 1650 3%)

All times are rounded up to have a 9 in the one-hundredth column as we do with the Southeastern Championships Time Standard (Example: a three year average of 30.36 would have a time standard of 30.39).

**NAC 2006-2007 SHORT COURSE SEASON MOTIVATIONAL TIMES****10&U GIRLS**

<b>EVENT</b>	<b>BLUE</b>	<b>WHITE</b>	<b>RED</b>	<b>SES</b>	<b>BRONZE</b>	<b>SILVER</b>
<b>50 FREE</b>	40.69	37.69	34.89	32.29	31.19	30.29
<b>100 FREE</b>	1:26.89	1:21.19	1:15.89	1:10.89	1:08.19	1:05.89
<b>200 FREE</b>	3:06.89	2:56.29	2:46.39	2:36.89	2:30.89	2:25.39
<b>500 FREE</b>	7:53.69	7:31.19	7:09.69	6:49.19	6:39.69	6:25.89
<b>50 BACK</b>	47.99	44.49	41.19	38.09	36.69	35.29
<b>100 BACK</b>	1:39.79	1:33.19	1:27.09	1:21.39	1:18.39	1:15.19
<b>50 BREAST</b>	54.19	50.19	46.49	42.99	41.19	39.79
<b>100 BREAST</b>	1:55.39	1:47.89	1:40.79	1:34.19	1:29.99	1:27.39
<b>50 FLY</b>	46.39	42.99	39.79	36.79	34.99	33.59
<b>100 FLY</b>	1:46.69	1:39.79	1:33.19	1:27.09	1:21.79	1:18.69
<b>100 IM</b>	1:39.59	1:33.09	1:26.99	1:21.29	1:18.19	1:15.59
<b>200 IM</b>	3:32.49	3:20.49	3:09.09	2:58.39	2:50.69	2:44.89

**10&U BOYS**

<b>EVENT</b>	<b>BLUE</b>	<b>WHITE</b>	<b>RED</b>	<b>SES</b>	<b>BRONZE</b>	<b>SILVER</b>
<b>50 FREE</b>	40.89	37.79	34.99	32.39	30.99	29.99
<b>100 FREE</b>	1:28.39	1:22.59	1:17.19	1:12.09	1:08.49	1:05.39
<b>200 FREE</b>	3:08.59	2:57.89	2:47.79	2:38.29	2:31.89	2:24.49
<b>500 FREE</b>	8:00.09	7:37.29	7:15.49	6:54.69	6:36.39	6:20.39
<b>50 BACK</b>	48.39	44.79	41.49	38.39	36.49	34.89
<b>100 BACK</b>	1:41.99	1:35.29	1:29.09	1:23.19	1:18.79	1:15.09
<b>50 BREAST</b>	55.99	51.79	47.99	44.39	42.29	40.79
<b>100 BREAST</b>	2:00.59	1:52.69	1:45.29	1:38.39	1:31.79	1:27.89
<b>50 FLY</b>	47.39	43.89	40.69	37.59	34.89	33.69
<b>100 FLY</b>	1:51.59	1:44.29	1:37.49	1:31.09	1:22.39	1:16.79
<b>100 IM</b>	1:40.69	1:34.19	1:27.99	1:22.19	1:18.49	1:15.39
<b>200 IM</b>	3:35.49	3:23.29	3:11.79	3:00.89	2:52.09	2:42.49

**NAC 2006-2007 SHORT COURSE SEASON MOTIVATIONAL TIMES****11-12 GIRLS**

<b>EVENT</b>	<b>BLUE</b>	<b>WHITE</b>	<b>RED</b>	<b>SES</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
<b>50 FREE</b>	35.89	33.29	30.79	28.49	27.79	26.79	25.29
<b>100 FREE</b>	1:15.99	1:10.99	1:06.39	1:01.99	59.29	57.99	54.39
<b>200 FREE</b>	2:41.39	2:32.29	2:23.69	2:15.49	2:09.89	2:06.49	1:57.79
<b>500 FREE</b>	6:55.09	6:35.29	6:16.49	5:58.49	5:44.59	5:32.69	5:14.39
<b>1000 FREE</b>	13:58.89	13:26.59	12:55.59	12:25.69	12:04.39	11:39.09	10:56.19
<b>50 BACK</b>	40.69	38.09	35.59	33.19	32.29	30.99	28.19
<b>100 BACK</b>	1:29.69	1:23.09	1:16.89	1:11.19	1:08.59	1:05.69	1:00.69
<b>50 BREAST</b>	46.19	43.19	40.39	37.69	36.49	34.69	31.69
<b>100 BREAST</b>	1:43.49	1:35.79	1:28.69	1:22.09	1:19.29	1:15.99	1:09.39
<b>50 FLY</b>	38.89	36.29	33.99	31.69	30.69	29.59	26.79
<b>100 FLY</b>	1:28.69	1:22.89	1:17.49	1:12.39	1:08.49	1:05.89	58.89
<b>100 IM</b>	1:25.59	1:20.69	1:16.19	1:11.79	1:08.79	1:06.79	1:02.49
<b>200 IM</b>	3:00.99	2:50.69	2:41.09	2:31.89	2:28.79	2:23.69	2:14.29

**11-12 BOYS**

<b>EVENT</b>	<b>BLUE</b>	<b>WHITE</b>	<b>RED</b>	<b>SES</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
<b>50 FREE</b>	36.29	33.59	31.09	28.79	27.39	26.59	24.29
<b>100 FREE</b>	1:17.09	1:12.09	1:07.29	1:02.89	1:00.09	58.19	51.99
<b>200 FREE</b>	2:45.79	2:36.39	2:27.59	2:19.19	2:12.79	2:07.59	1:55.49
<b>500 FREE</b>	7:12.29	6:51.69	6:32.09	6:13.39	5:50.99	5:36.99	5:12.39
<b>1000 FREE</b>	14:56.89	14:22.39	13:49.19	13:17.29	12:28.79	11:54.49	10:56.19
<b>50 BACK</b>	41.89	39.19	36.59	34.19	32.39	31.09	28.29
<b>100 BACK</b>	1:32.49	1:25.69	1:19.29	1:13.39	1:09.59	1:06.99	59.69
<b>50 BREAST</b>	47.69	44.59	41.69	38.89	36.69	34.69	32.09
<b>100 BREAST</b>	1:48.99	1:40.89	1:33.49	1:26.49	1:19.99	1:15.99	1:10.99
<b>50 FLY</b>	39.99	37.39	34.89	32.59	30.59	29.19	26.69
<b>100 FLY</b>	1:31.29	1:25.29	1:19.79	1:14.49	1:09.09	1:05.89	58.99
<b>100 IM</b>	1:26.99	1:22.09	1:17.39	1:12.99	1:09.39	1:06.79	1:00.29
<b>200 IM</b>	3:06.79	2:56.19	2:46.29	2:36.79	2:31.19	2:23.69	2:14.09

## NAC 2006-2007 SHORT COURSE SEASON MOTIVATIONAL TIMES

### 13-14 GIRLS

EVENT	BLUE	WHITE	RED	SES	BRONZE	SILVER	GOLD	TRAVEL
50 FREE	33.79	31.29	28.99	26.79	26.09	25.59	24.29	24.29
100 FREE	1:11.19	1:06.59	1:02.19	58.09	56.49	55.09	52.49	52.69
200 FREE	2:28.89	2:20.49	2:12.49	2:04.99	2:00.99	1:58.39	1:52.39	1:53.49
500 FREE	6:33.39	6:14.69	5:56.79	5:39.79	5:24.39	5:17.79	5:00.19	5:00.29
1000 FREE	12:54.49	12:24.69	11:56.09	11:28.49	11:13.69	10:57.19	10:14.29	10:14.79
1650 FREE	21:52.99	21:14.69	20:37.59	20:01.49	19:16.59	18:34.39	17:22.49	17:09.69
100 BACK	1:21.89	1:16.49	1:11.49	1:06.79	1:03.79	1:01.99	58.39	58.79
200 BACK	2:50.39	2:40.69	2:31.59	2:22.99	2:16.69	2:13.79	2:07.19	2:05.29
100 BREAST	1:32.19	1:26.09	1:20.49	1:15.19	1:11.79	1:10.29	1:05.39	1:06.39
200 BREAST	3:14.79	3:03.79	2:53.39	2:43.49	2:36.29	2:32.49	2:20.29	2:22.29
100 FLY	1:20.49	1:15.29	1:10.29	1:05.69	1:03.29	1:01.39	58.29	58.19
200 FLY	2:58.09	2:47.99	2:38.49	2:29.49	2:22.99	2:18.19	2:09.69	2:07.39
200 IM	2:49.49	2:39.89	2:30.89	2:22.29	2:17.89	2:15.69	2:08.19	2:08.49
400 IM	5:53.49	5:36.59	5:20.59	5:05.29	4:53.29	4:45.79	4:30.69	4:32.59

## NAC 2006-2007 SHORT COURSE SEASON MOTIVATIONAL TIMES

### 13-14 BOYS

EVENT	BLUE	WHITE	RED	SES	BRONZE	SILVER	GOLD
50 FREE	32.39	29.99	27.79	25.69	24.59	23.89	22.29
100 FREE	1:08.29	1:03.79	59.59	55.69	53.49	51.79	48.39
200 FREE	2:23.69	2:15.49	2:07.89	2:00.59	1:55.99	1:52.99	1:45.69
500 FREE	6:22.19	6:03.99	5:46.59	5:30.09	5:14.39	5:06.19	4:48.29
1000 FREE	12:34.79	12:05.79	11:37.89	11:10.99	11:06.49	10:30.69	9:52.69
1650 FREE	21:28.89	20:51.39	20:14.89	19:39.49	19:05.59	17:56.29	16:41.69
100 BACK	1:19.19	1:13.99	1:09.19	1:04.59	1:01.29	59.19	54.69
200 BACK	2:47.69	2:38.19	2:29.29	2:20.79	2:12.69	2:07.39	1:57.59
100 BREAST	1:30.69	1:24.79	1:19.19	1:13.99	1:10.19	1:07.79	1:01.39
200 BREAST	3:15.29	3:04.19	2:53.79	2:43.89	2:35.29	2:28.59	2:15.69
100 FLY	1:17.79	1:12.69	1:07.99	1:03.49	1:00.79	58.09	52.99
200 FLY	3:04.19	2:53.79	2:43.89	2:34.59	2:19.19	2:11.49	1:58.09
200 IM	2:44.99	2:35.69	2:26.89	2:18.49	2:12.59	2:08.89	1:57.89
400 IM	5:49.39	5:32.79	5:16.89	5:01.79	4:45.59	4:35.59	4:14.89