

CCAA

Corpus Christi Aquatic Alliance

Meet: 2011 South Texas Long Course B Championships - South

Dates: Friday, July 1st through Sunday July 3rd, 2011

Sanction Number: ST-11-58

Venue: Corpus Christi ISD Natatorium, 3202 Cabaniss Parkway, Corpus Christi, TX. 78415.
Pool Telephone numbers: (361) 878-2333 x114, (361) 878-2334, or (361) 878-2337

Directions: From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.

From US 77 North, turn right on FM 665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.

There is no charge for parking at the natatorium. Swimmers and families are strongly encouraged to remove valuables from their car or ensure that valuables are not visible.

Eligibility: This meet is open to all swimmers who are currently registered with South Texas Swimming, have achieved the qualifying standards through age 18

Facility: All deep 8 lane, 50-meter competition pool. An adjacent 4-lane instructional pool will be utilized for continuous warm-up/warm down. The meet referee reserves the right to do chase starts if the number of entries warrant. A Daktronics timing system and a Hy-tek Meet Manager Software will be utilized. Seating is available for over 975. Dressing and locker rooms are available on-site. The Natatorium is on CCISD property. No tobacco or alcohol is allowed on CCISD property including the parking lot. A Concession Stand will be provided.

Measurement: The 8-lane competition course has been certified in accordance with 104.2.2.C.(3) & (4). If a swimmer expects to, or does break a record, please inform the meet director or referee. In accordance to 104.2.2.C.(4).(c), "Where a moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved".

The water depths of the competition course measured from 1-meter to 5-meters from the start and turn ends of the course are as follows:

Start End: 6 feet Turn End: 14 feet 6 inches

Liability: In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Independent School District (CCISD) and its employees, Corpus Christi Aquatic Alliance (CCAA), and all meet officials and volunteers shall be held free and harmless from any liabilities or claims for damages arising by reason(s) of injuries to anyone during the conduct of the meet.

Cell phone

Restrictions:

- The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms is strictly and specifically prohibited at all times.
- There are no exceptions to this prohibition.
- Violators are subject to disqualification from the meet and disbarment from the facility.

- Sanction:**
- This meet is sanctioned by South Texas Swimming and the 2011 USA Swimming Rules apply
 - All swimmers must be registered for 2011 with USA Swimming by the entry deadline
 - Athletes who fail to meet this requirement will not be allowed to compete
- Format:**
- Championship Format, i. e., preliminaries and finals
 - A and B finals, unless otherwise noted
 - Preliminary events will be seeded by time and gender according to the Championship Order of Events on pages five (5) and six (6). Finals will be seeded by age group, 10 and under, 11-12, 13-14, and 15-18 unless otherwise noted.
 - The Order of Events is somewhat different for Preliminaries and Finals – please review carefully
 - All events will be swum fastest to slowest unless otherwise noted in the Orders of Events
 - 1500 free will be contested as Timed Finals, age combined, alternating male and female and swum fastest to slowest
 - Seeded on deck.
 - The fastest seeded heat will swim only during finals; all other heats will be swum at the end of the Sunday preliminary session
 - 1500 and ten and under 400 swimmers may elect to swim in the AM or PM
 - The eight fastest swimmers electing PM will compete in the finals. Election shall be made at time of entry submission.
 - Check-in times for the 1500 freestyle, 400 freestyle, and 400 IM will be as announced at the coaches meeting by the meet host
 - Swimmers must provide their own backup timers and lap counters for these events
 - All relays will be timed finals in the preliminary sessions only.
 - Relay only swimmers are not permitted
 - For events 400M or longer, positive check-in is required on the day of the race. The events will be seeded after the close of check-in, with the exception of the 8 fastest swimmers who elected to swim the 1500 in the evening and 10 and under 400.
 - Please refer to the Order of Events on pages five (5) and six (6)
 - 10 minute break after the preliminary relays.

- Rules:**
- The 2011 USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply

Unaccompanied

- Swimmers:**
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water
 - It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Qualifying

- Times:**
- The minimum qualifying time standards are 2009 – 2012 USA Swimming National Motivational (Class B).
 - Swimmers must have a “B” time in each entered event; the time in the entered event must be slower than the “BB” time.
 - Qualifying times must be achieved prior to the entry deadline
 - If entering with a non-conforming time i.e., SCM or SCY, the swimmer must enter with the time achieved in the non-conforming course
 - Such entries must be annotated in the entry file at the time of submission for proof-of-time purposes
 - The meet Host will then convert the times to ensure proper seeding
 - The use of the following conversion factors is mandatory, i. e., no others are permitted
 - Yards to meters multiply by 1.11
 - Meters to yards multiply by 0.90

Proof of Time:

- Proofs of time must be submitted with the entries
- All claimed entry times must be traceable via the USA-S SWIMS database
- In cases where a claimed time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the Meet Referee, will be an acceptable proof of time
- Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed meets
- All proof of times are the responsibility of the entering teams, not the meet Host
- Entries without an acceptable proof of time will not be accepted.

Entry

Restrictions:

- An individual swimmer may enter in a maximum of three (3) individual and two (2) relay events per day.
- Swimmers who may have achieved "BB" Motivational times or better may not swim those individual events. Neither may they swim their "BB" qualified strokes and distance on any relay team.

Time Trials:

- Time trials will be conducted daily, if time permits
- Time trial entrants must already be entered into the meet
- Participation in a time trial event does count as one of the daily total allowed
Entries are due by Noon of each day.
- Time trial entry fees: Individual events (\$10.00) Relay events (\$20.00)

Relay Entries:

- All relays are timed finals and will be contested only in the preliminary sessions.
- Relay cards must be turned in with final relay line-up by the following schedule:
 - Friday Relay Cards are due by 7:55 AM on Friday morning
 - Saturday Relay Cards are due on Friday by the end of Preliminaries
 - Sunday Relay Cards are due on Saturday by the end of Preliminaries
- Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition
- Unlimited number of relays per team (A, B, C, etc) but only two relays per team (A and B) will score
- It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session
- Relay cards must be turned in with final relay line-up 30 minutes prior to the start of the session to the Clerk of Course
 - If a relay card is not turned in, it will be assumed the relay is scratched
- Relay teams will not be allowed to participate unless a relay card has been submitted
- The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, of the 2011 USA-S Rules and Regulations
- Relay only swimmers are not permitted

Entry

Deadlines:

- There are two entry deadlines for this meet
- The first deadline is Monday, June 23rd, 2011
- These entries will be for all the athletes achieving qualifying times prior to this date
- This deadline is required to verify swimmers and times in the SWIMS database and correct errors
- Final entry deadline is Monday, June 27th, 2011 at 10pm CDT.
 - This will also be the deadline for relay entries
- Only swimmers who have achieved a qualifying time after the first deadline may enter at this point.

Entry

Requirements:

- There is a shortcoming in the meet manager software that does not detect that a swimmer is slower than the faster qualifying time in each course. As a result, once the team entry chair imports the meet into Team Manager, they must then follow this procedure: (1) go to the meets screen, double click the meet. (2) The Meet maintenance screen will then appear. The team entry chair shall then put a check mark in the boxes that states Enforce Qualifying Times and Swimmer must meet slower than Q time in all courses. (3) Click OK.

All entries must contain the following information:

- The name, email address, and phone number of the person preparing the entries in case clarification is needed
- An attachment of the Hy-Tek Team Manager export file
- An attached Word Document listing the entries (by swimmer) with proofs of time
- An attached Word Document of the meet entry fees report
- If the entry time is not available in SWIMS, proof of time requires all of the following:
 - Name and date of meet
 - Website address where the results are posted OR a hard copy of the results signed by the meet referee
 - Page number where the results may be found
- Final entries are only required if there was a change in a preliminary entry
- The final entries must indicate, by swimmer, the change that was made to the preliminary entry
- Teams with exceptions will be e-mailed notice of same
- Teams and entrants are responsible to check the exception report when notified

Entry

- Procedures:**
- \$7.50 per individual events and \$15.00 per relay event – includes the STSI splash fees of \$1.25 per event
 - Checks made payable to Corpus Christi Aquatic Alliance
- Mail To: CCAA
c/o Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78412
- Entry fees must be received by Wednesday, June 29, 2011 at 5:00 pm CDT
 - If payment is not received on time the affected swimmers will be scratched from the meet
 - Please include the meet entry fee report with your check
 - Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete
 - No paper, phone, or fax entries will be accepted
- Email entries to: meetdirector@ccaquaticfb.com
- If you don't receive an e-mail confirmation, your entries were not received

Deck (late)

- Entries:**
- Deck entries will be accepted a \$15.00 per individual event and \$30.00 per relay
 - Swimmers may deck enter for the current session beginning at the start of warm-ups
 - Deck entries will close 30 minutes prior to the start of each session
 - Swimmers may deck enter for subsequent sessions after deck entries close for the current session
 - No new heats will be created
 - Swimmers not previously entered in the meet must present their USA Swimming registration card at Clerk of Course to deck enter - No exceptions
 - In addition, the swimmer must present a hard copy of the proof-of-time before a deck entry will be accepted

Warm-up

- Procedures:**
- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page eight will be in effect at this meet
 - The instructional pool will be available for warm-ups throughout the meet
 - Warm-up times and lane assignments for each team will be posted on the STSI website along with the psych sheet
 - There will be a multiple warm-up sessions Friday, Saturday, and Sunday mornings
 - There will be a single warm-up session for finals
 - Warm-ups MUST be under the direct supervision of a coach at all times

Scratch

- Rules:**
- There is no penalty for failing to scratch from a pre-seeded preliminary event.
 - The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat
 - ALL swimmers, not just the top 16 qualifiers, have 30 minutes in which to scratch if they do not desire to compete in the finals
 - Swimmers who elect NOT to compete in finals, must scratch or declare an INTENT to scratch with the Official Scorer within 30 minutes of the announcement*
 - Swimmers who declare an *intent* to scratch, then have 15 minutes after the completion of their last individual event of the session to confirm the scratch
 - Following the 15 minute deadline, if scratch confirmation is not received it will be assumed the swimmers will compete in the finals event
 - Check-ins and scratches may be accomplished ONLY by the swimmer's coach.
 - Any swimmer who qualifies for a final, does not scratch and fails to appear for competition will be disqualified from further participation in the meet
 - Does not apply to alternates
 - Illness and injury may be excused by the Meet Referee
 - In the event the no show is on Sunday, the swimmer will be fined \$100
 - Swimmers will be barred from competition in South Texas until any such fines are paid
 - Swimmers who fail to appear for the 1500 freestyle, after checking-in, will be fined \$100 and banned from further participation in the meet
 - Illness and injury may be excused by the Meet Referee

Special Needs:

- Please notify the meet director in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The host staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility.
- In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i. e., Article 105.
- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judges under Article 105.

Awards:

- Individual events: first through third place: Medals
- Individual events: fourth through eighth place: Ribbons
- Relay Events: first through third place: Ribbons
- Team Awards: first through third place: Banners
- There will be no awards presentation
 - Clubs must pick-up awards during the meet from the awards desk area

Scoring:

A Finals ⇒	1	2	3	4	5	6	7	8
Individual events	20	17	16	15	14	13	12	11
Relay events	40	34	32	30	28	26	24	22
B Finals ⇒	9	10	11	12	13	14	15	16
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

Meet

Management: Head Coach

Annette DuVall
 7101 Trapper's Lake
 Corpus Christi, TX 78413
 (361) 946-5815
 amdcpa@stx.rr.com

Meet Referee

Pat Nelson
 5128 Oso Pkwy
 Corpus Christi, TX 78413
 (361) 991-5687
 patrick.a.nelson@sbcglobal.net

Meet Director and Administrative Referee

Raychel Laya
 6606 Clarion Dr.
 Corpus Christi, TX 78412
 (361) 739-0290
 meetdirector@ccaquaticfb.com

Please Make

Special Note:

- All deck officials must be currently 2011 certified / registered with USA-S and their local LSC
- Uniforms for deck officials will be as follows:
 - Preliminaries: white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS PLEASE)
 - Finals: navy blue shirts/blouses over kacki pants or skirts (NO SHORTS OR JEANS, PLEASE)
- Please report to the Meet Referee at (time) for preliminaries and (time for finals to receive your assignments).

Daily

Schedule:

- | | | | |
|------------------------|---------|------------------------|---------|
| •Preliminaries: | | •Finals: | |
| Warm-ups begin | 7:00 AM | Warm-ups begin | 4:00 PM |
| Officials Meeting | 7:30 AM | Officials Meeting | 4:00 PM |
| Clear competition pool | 8:20 AM | Clear competition pool | 4:45 PM |
| Coaches' meeting: | 8:20 AM | National Anthem | 4:57 PM |
| Sessions begin | 8:30 AM | Sessions begin | 5:00 PM |

Alternates:

- Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available
- Immediately is defined as being properly attired, behind the blocks and ready to swim within 30 seconds of being called.

Timers:

- Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet
- Swimmers competing in the 400/1500 freestyle and 400 individual medley events must provide their own back-up timers and / or lap counters.

Swimmer

Photographs: There may be one or more photographers on deck at this meet. In the event photographers are on deck, parents or guardians of swimmers under the age of 18 who do not wish to have photographs of their athletes taken, are required to contact the Meet Director prior to the beginning of competition.



PRELIMINARY Order of Events – Distances are in meters

G#	Friday	B#	G#	Saturday	B#	G#	Sunday	B#
1	11 and 12 200 Butterfly	2	25	12 and Under 100 Butterfly	26	57	11 and 12 50 Breaststroke	58
3	13 to 18 100 Butterfly	4	27	13 to 18 200 Butterfly	28	59	10 and U 100 Backstroke	60
5	18 and under 100 Breaststroke	6	29	11 and 12 100 Backstroke	30	61	11 to 18 200 Backstroke	62
7	18 and Under 200 Freestyle	8	31	12 and U 200 Individual Medley	32	63	12 and U 100 Freestyle	64
9	12 and under 50 Backstroke	10	33	13 to 18 100 Freestyle	34	65	13 to 18 50 Freestyle	66
11	13 to 18 100 Backstroke	12	35	12 and Under 50 Freestyle	36	67	12 and U 50 Butterfly	68
10 Minute BREAK			37	13 to 18 200 Breaststroke	38	69	13 to 18 200 Individual Medley	70
13	13 and 14 800 Freestyle Relay	14	39	10 and U 50 Breaststroke	40	10 Minute BREAK		
15	15 to 18 800 Freestyle Relay	16	41	11 and 12 200 Breaststroke	42	71	10 and U 200 Medley Relay	72
17	11 and 12 400 Freestyle Relay	18	10 Minute BREAK			73	11 and 12 200 Medley Relay	74
10 Minute BREAK			43	10 and U 200 Freestyle Relay	44	75	13 and 14 400 Medley Relay	76
19	11 and 12 400 Individual Medley*	20	45	11 and 12 200 Freestyle Relay	46	77	15 to 18 400 Medley Relay	78
21	13 and 14 400 Individual Medley*	22	47	13 and 14 400 Freestyle Relay	48	10 Minute BREAK		
23	15 to 18 400 Individual Medley*	24	49	15 to 18 400 Freestyle Relay	50	79	10 and U 400 Freestyle*	80
10 Minute BREAK			10 Minute BREAK			81	11-18 1500 Freestyle*	82
			51	11 and 12 400 Freestyle*	52			
			53	13 and 14 400 Freestyle*	54			
			55	15 to 18 400 Freestyle*	56			

- The Distance Events(*) will be contested as Timed Finals and swum, *fastest to slowest*
 - They will be swum in the Preliminary Sessions, following the Relays and a ten (10) minute break
 - The fastest eight (8) swimmers will compete ONLY in the Finals Session.
 - Check-in times on the day of the event will be determined by the Meet Host and announced at the coaches' meeting.

- Finals qualifying 1500 and ten and under 400 swimmers may elect to compete in the Preliminary or Finals session ONLY on Sunday

Age Groups of identical events MAY be combined in the Preliminary Session at the discretion of the Meet Referee

- They will, however be contested in traditional Age Groups in the Finals Sessions
- Relay only swimmers are not permitted

FINALS Order of Events – Distances are in meters

G#	Friday	B#	G#	Saturday	B#	G#	Sunday	B#
1	11 and 12 200 Butterfly	2	25	12 and Under 100 Butterfly	26	57	11 and 12 50 Breaststroke	58
3	13 to 18 100 Butterfly	4	27	13 to 18 200 Butterfly	28	79	10 and U 400 Freestyle*	80
5	18 and under 100 Breaststroke	6	29	11 and 12 100 Backstroke	30	81	11 to 18 1500 Freestyle*	82
7	18 and Under 200 Freestyle	8	31	12 and U 200 Individual Medley	32	59	10 and U 100 Backstroke	60
9	12 and under 50 Backstroke	10	33	13 to 18 100 Freestyle	34	61	11 to 18 200 Backstroke	62
11	13 to 18 100 Backstroke	12	35	12 and Under 50 Freestyle	36	63	12 and U 100 Freestyle	64
19	11 and 12 400 Individual Medley*	20	37	13 to 18 200 Breaststroke	38	65	13 to 18 50 Freestyle	66
21	13 and 14 400 Individual Medley*	22	39	10 and U 50 Breaststroke	40	67	12 and U 50 Butterfly	68
23	15 to 18 400 Individual Medley*	24	41	11 and 12 200 Breaststroke	42	69	13 to 18 200 Individual Medley	70
			51	11 and 12 400 Freestyle*	52			
			53	13 and 14 400 Freestyle*	54			
			55	15 to 18 400 Freestyle*	56			

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Age Groups of identical events MAY be combined in the Preliminary Session at the discretion of the Meet Referee

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SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures (**Preliminaries**).

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures (**Finals**).

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
 - b. Push/Pace Lanes will push off one or two lengths from starting end.
 - c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only! Dive sprints may only be done under the direct supervision of the coach.
 - d. There will be no diving in the general warm-up lanes. Circle swimming only.
 - e. No kick boards, pull buoys, or hand paddles may be used.
3. Safety Guidelines
- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
 - b. The host team will be responsible for the following.
 - 1) A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 - 2) Referees have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
 - 3) The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 - 4) Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area. The following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 - 5) An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 - 6) Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

1. Coaches will ensure that backstrokers are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up unless approved by the Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
45.09	40.79	36.39	50 Free	36.09	40.19	44.29
1:43.99	1:32.99	1:21.89	100 Free	1:20.59	1:31.09	1:41.59
3:48.59	3:23.59	2:58.49	200 Free	2:52.39	3:13.99	3:35.49
7:37.29	6:51.59	6:05.89	400 Free	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	50 Back	43.89	50.09	56.39
2:02.39	1:48.89	1:35.29	100 Back	1:33.29	1:45.69	1:58.09
1:01.59	54.89	48.29	50 Breast	48.49	55.09	1:01.59
2:17.49	2:02.29	1:46.99	100 Breast	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	50 Fly	40.99	46.89	52.89
2:12.59	1:55.19	1:37.89	100 Fly	1:36.49	1:53.19	2:09.79
4:12.99	3:46.49	3:19.89	200 I-M	3:18.89	3:44.79	4:10.69
2009 – 2012 National Motivational Time Standards						
Long Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.19	36.39	32.39	50 Free	32.59	35.29	37.99
1:25.79	1:19.59	1:13.49	100 Free	1:11.39	1:17.39	1:23.29
3:03.89	2:50.79	2:37.69	200 Free	2:34.89	2:47.79	3:00.69
6:27.79	6:00.09	5:32.39	400 Free	5:27.09	5:54.39	6:21.69
13:31.69	12:33.69	11:35.69	800 Free	11:30.99	12:28.59	13:26.19
26:04.19	24:12.39	22:20.69	1500 Free	22:14.19	24:05.29	25:56.49
45.49	42.29	38.99	50 Back	36.69	42.19	45.69
1:38.89	1:31.09	1:23.29	100 Back	1:23.59	1:31.39	1:39.19
3:30.29	3:15.29	3:00.19	200 Back	2:56.39	3:11.09	3:25.79
49.09	45.59	42.09	50 Breast	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	100 Breast	1:32.49	1:40.89	1:49.19
3:57.59	3:40.59	3:23.69	200 Breast	3:20.79	3:37.49	3:54.19
42.39	39.39	36.29	50 Fly	36.19	39.59	42.99
1:38.69	1:30.79	1:22.89	100 Fly	1:21.49	1:29.49	1:37.49
3:29.09	3:14.19	2:59.29	200 Fly	2:58.49	3:13.39	3:28.29
3:29.69	3:14.79	2:59.79	200 I-M	2:58.09	3:13.89	3:29.59
7:27.89	6:55.89	6:23.99	400 I-M	6:20.19	6:51.79	7:23.49

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.89	35.19	32.49	50 Free	30.29	32.79	35.39
1:22.09	1:16.19	1:10.39	100 Free	1:05.99	1:11.49	1:16.99
2:57.09	2:44.39	2:31.79	200 Free	2:23.29	2:35.19	2:47.09
6:09.39	5:42.99	5:16.59	400 Free	5:02.79	5:27.99	5:53.29
12:35.99	11:41.99	10:47.99	800 Free	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	1500 Free	19:55.89	21:35.29	23:14.99
1:30.79	1:24.29	1:17.79	100 Back	1:14.49	1:20.59	1:26.89
3:15.29	3:01.29	2:47.39	200 Back	2:40.69	2:54.09	3:07.49
1:43.89	1:36.39	1:29.99	100 Breast	1:21.29	1:28.09	1:34.89
3:43.99	3:27.99	3:11.99	200 Breast	3:01.99	3:17.19	3:32.39
1:29.19	1:22.89	1:16.49	100 Fly	1:11.09	1:16.99	1:22.89
3:16.29	3:02.29	2:48.29	200 Fly	2:38.79	2:51.99	3:05.19
3:19.99	3:05.69	2:51.49	200 I-M	2:42.39	2:55.99	3:09.49
7:01.19	6:31.09	6:00.99	400 I-M	5:44.49	6:13.19	6:41.89
2009 – 2012 National Motivational Time Standards						
Long Course Meters						
15 – 16 Girls			Event	15 – 16 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.09	34.49	31.79	50 Free	28.79	31.19	33.59
1:20.09	1:14.39	1:08.59	100 Free	1:03.09	1:08.39	1:13.59
2:51.79	2:39.49	2:27.19	200 Free	2:17.19	2:28.59	2:39.99
6:00.39	5:34.69	5:08.89	400 Free	4:50.19	5:14.39	5:38.59
12:23.29	11:30.19	10:37.09	800 Free	10:01.89	10:52.09	11:42.19
23:53.09	22:10.69	20:28.39	1500 Free	19:13.39	20:49.49	22:25.59
1:28.99	1:22.69	1:16.29	100 Back	1:10.59	1:16.49	1:22.39
3:11.69	2:57.99	2:44.29	200 Back	2:31.29	2:43.89	2:56.49
1:41.09	1:33.89	1:26.69	100 Breast	1:19.69	1:26.39	1:32.99
3:36.59	3:21.19	3:05.69	200 Breast	2:54.29	3:08.79	3:23.29
1:26.59	1:20.39	1:14.19	100 Fly	1:07.69	1:13.39	1:19.99
3:09.69	2:56.19	2:42.69	200 Fly	2:30.59	2:43.19	2:55.69
3:15.19	3:01.19	2:47.29	200 I-M	2:35.89	2:48.89	3:01.79
6:48.99	6:19.79	5:50.59	400 I-M	5:27.09	5:54.39	6:21.59

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
17 – 18 Girls			Event	17 – 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.79	34.09	31.49	50 Free	27.99	30.29	32.59
1:19.79	1:14.09	1:08.39	100 Free	1:01.79	1:06.89	1:12.09
2:51.09	2:38.89	2:26.69	200 Free	2:14.79	2:26.09	2:37.29
6:00.99	5:35.19	5:09.39	400 Free	4:47.19	5:11.09	5:34.99
12:19.59	1:26.79	10:33.99	800 Free	9:59.09	10:48.99	11:38.89
23:33.89	21:58.49	20:17.09	1500 Free	19:00.79	20:35.79	22:10.89
1:29.49	1:23.09	1:16.69	100 Back	1:09.19	1:14.89	1:20.69
3:11.89	2:58.19	2:44.49	200 Back	2:30.99	2:43.59	2:56.19
1:39.59	1:32.49	1:25.29	100 Breast	1:18.39	1:24.99	1:31.49
3:36.19	3:20.79	3:05.29	200 Breast	2:50.09	3:04.19	3:18.39
1:25.59	1:19.49	1:13.39	100 Fly	1:06.59	1:12.19	1:17.69
3:08.49	2:55.09	2:41.59	200 Fly	2:26.69	2:38.89	2:51.09
3:13.49	2:59.69	2:45.89	200 I-M	2:31.29	2:43.89	2:56.49
6:50.69	6:21.29	5:51.99	400 I-M	5:21.79	5:48.69	6:15.49

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
43.99	39.79	34.09	50 Free	34.89	38.89	42.89
1:40.89	1:30.19	1:19.49	100 Free	1:18.19	1:28.29	1:38.49
3:41.19	3:16.99	2:52.79	200 Free	2:47.89	3:08.89	3:29.79
7:26.79	6:42.09	5:57.39	400 Free	5:54.09	6:38.39	7:22.69
53.89	47.99	42.09	50 Back	42.29	48.29	54.29
1:56.79	1:43.79	1:30.89	100 Back	1:29.79	1:41.69	1:53.69
59.19	52.79	46.49	50 Breast	46.69	52.99	59.29
2:12.59	1:57.89	1:43.19	100 Breast	1:41.39	1:54.59	2:07.79
53.89	47.49	41.19	50 Fly	40.49	46.39	52.19
2:09.79	1:52.79	1:35.79	100 Fly	1:34.59	1:50.89	2:07.29
1:55.99	1:43.59	1:31.29	100 I-M	1:29.59	1:40.69	1:51.89
4:06.09	3:40.29	3:14.49	200 I-M	3:13.69	3:38.89	4:04.09

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.89	35.19	32.59	50 Free	31.59	34.29	36.89
1:21.29	1:15.49	1:09.69	100 Free	1:09.19	1:14.99	1:20.79
3:00.29	2:47.39	2:34.59	200 Free	2:30.49	2:42.99	2:55.59
6:17.09	5:50.09	5:23.19	400 Free	5:19.19	5:45.79	6:12.39
13:07.89	12:11.59	11:15.39	800 Free	11:07.69	12:03.29	12:58.89
25:07.39	23:19.69	21:32.09	1500 Free	21:16.09	23:02.49	24:48.79
43.69	40.59	37.49	50 Back	36.99	40.29	43.69
1:37.29	1:29.59	1:21.99	100 Back	1:19.89	1:27.39	1:34.79
3:20.99	3:06.69	2:52.29	200 Back	2:48.89	3:02.99	3:17.09
48.69	45.19	41.69	50 Breast	41.19	45.09	48.89
1:46.59	1:38.69	1:30.79	100 Breast	1:28.99	1:36.99	1:44.99
3:48.09	3:31.79	3:15.49	200 Breast	3:10.99	3:26.89	3:42.79
41.79	38.79	35.79	50 Fly	35.49	38.89	42.29
1:36.29	1:28.59	1:20.89	100 Fly	1:19.19	1:26.99	1:34.79
3:24.39	3:09.79	2:55.19	200 Fly	2:51.59	3:05.89	3:20.19
1:35.39	1:28.59	1:21.69	100 I-M	1:18.99	1:25.69	1:32.39
3:23.09	3:08.59	2:54.09	200 I-M	2:51.89	3:07.09	3:22.29
7:13.29	6:42.39	6:11.39	400 I-M	6:03.39	6:33.69	7:03.99

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.89	34.29	31.69	50 Free	29.09	31.49	33.89
1:20.19	1:14.39	1:08.69	100 Free	1:03.49	1:08.79	1:13.99
2:52.49	2:40.19	2:27.89	200 Free	2:18.39	2:29.89	2:41.49
6:00.39	5:34.59	5:08.89	400 Free	4:53.39	5:17.79	5:42.29
12:22.89	1:29.89	10:36.79	800 Free	10:09.49	11:00.29	11:50.99
23:25.99	21:45.59	20:05.09	1500 Free	19:08.99	20:44.69	22:20.49
1:28.29	1:21.99	1:15.69	100 Back	1:10.99	1:16.89	1:22.79
3:09.89	2:56.29	2:42.79	200 Back	2:32.79	2:45.49	2:58.19
1:40.09	1:32.89	1:25.79	100 Breast	1:19.59	1:26.29	1:23.89
3:34.99	3:19.69	3:04.29	200 Breast	2:52.69	3:07.09	3:21.49
1:27.39	1:21.19	1:14.89	100 Fly	1:09.49	1:15.29	1:20.99
3:11.59	2:57.89	2:44.19	200 Fly	2:34.99	2:47.89	3:00.79
3:13.99	3:00.09	2:46.29	200 I-M	2:34.99	2:47.89	3:00.79
6:49.69	6:20.39	5:51.19	400 I-M	5:31.99	5:59.69	6:27.39

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
15 – 16 Girls			Event	15 – 16 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.09	33.59	30.99	50 Free	27.99	30.29	32.59
1:18.29	1:12.69	1:07.09	100 Free	1:00.99	1:06.09	1:11.19
2:47.99	2:35.99	2:23.99	200 Free	2:12.69	2:23.69	2:34.79
5:54.69	5:29.39	5:03.99	400 Free	4:43.79	5:07.49	5:31.09
12:10.89	11:18.69	10:26.49	800 Free	9:48.29	10:37.29	11:26.29
23:10.59	21:31.29	19:51.19	1500 Free	18:41.39	20:14.79	21:48.29
1:25.79	1:19.69	1:13.59	100 Back	1:07.49	1:13.19	1:18.79
3:05.49	2:52.19	2:38.99	200 Back	2:26.29	2:38.39	2:50.59
1:37.59	1:30.59	1:23.59	100 Breast	1:16.09	1:22.49	1:28.79
3:29.89	3:14.89	2:59.89	200 Breast	2:45.89	2:59.69	3:13.49
1:25.49	1:19.39	1:13.29	100 Fly	1:06.39	1:11.99	1:17.49
3:06.19	2:52.89	2:39.59	200 Fly	2:27.39	2:39.69	2:51.99
3:09.49	2:55.99	2:42.49	200 I-M	2:29.29	2:41.79	2:54.19
6:39.49	6:10.99	5:42.39	400 I-M	5:18.09	5:44.59	6:11.09
2009 – 2012 National Motivational Time Standards						
Short Course Meters						
17 – 18 Girls			Event	17 – 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
35.79	33.19	30.69	50 Free	27.09	29.29	31.59
1:17.19	1:11.69	1:06.19	100 Free	59.29	1:04.19	1:09.09
2:46.89	2:34.99	2:23.09	200 Free	2:10.49	2:21.29	2:32.19
5:52.19	5:27.09	5:01.89	400 Free	4:37.99	5:01.19	5:24.39
12:08.59	11:16.59	10:24.49	800 Free	9:40.99	10:29.39	11:17.79
22:58.19	21:19.69	19:41.29	1500 Free	18:20.69	19:52.49	21:24.19
1:25.29	1:19.19	1:13.09	100 Back	1:05.49	1:10.89	1:16.39
3:04.89	2:51.69	2:38.49	200 Back	2:22.59	2:34.49	2:46.39
1:36.99	1:30.09	1:23.19	100 Breast	1:14.69	1:20.89	1:27.09
3:29.19	3:14.19	2:59.29	200 Breast	2:42.49	2:55.99	3:09.59
1:24.39	1:18.39	1:12.39	100 Fly	1:04.79	1:10.19	1:15.59
3:03.89	2:50.79	2:37.69	200 Fly	2:23.19	2:35.19	2:47.09
3:07.29	2:53.99	2:40.59	200 I-M	2:25.49	2:37.59	2:49.69
6:39.19	6:10.69	5:42.19	400 I-M	5:12.09	5:38.09	6:04.09

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.79	35.99	32.19	50 Free	31.59	35.19	38.89
1:31.29	1:21.59	1:11.89	100 Free	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	200 Free	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	500 Free	6:44.59	7:35.19	8:25.79
48.79	43.49	38.09	50 Back	38.29	43.69	49.19
1:45.69	1:33.99	1:22.19	100 Back	1:21.29	1:32.09	1:42.89
53.59	47.79	41.99	50 Breast	42.19	47.89	53.59
1:59.99	1:46.69	1:33.39	100 Breast	1:31.79	1:43.69	1:55.69
48.79	42.99	37.29	50 Fly	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	100 Fly	1:25.59	1:40.39	1:55.19
1:44.99	1:33.79	1:22.59	100 I-M	1:21.09	1:31.19	1:41.29
3:42.69	3:19.39	2:55.99	200 I-M	2:55.29	3:18.09	3:40.89
2009 – 2012 National Motivational Time Standards						
Short Course Yards						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
34.29	31.89	29.49	50 Free	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	100 Free	1:02.69	1:07.89	1:13.09
2:43.19	2:31.49	2:19.89	200 Free	2:16.19	2:27.49	2:38.89
7:10.79	6:40.09	6:09.29	500 Free	6:04.69	6:35.09	7:05.49
15:00.29	13:55.99	12:51.69	1000 Free	12:42.89	13:46.49	14:50.09
25:16.19	23:27.89	21:39.59	1650 Free	21:23.59	23:10.49	24:57.49
39.59	36.79	33.89	50 Back	33.49	36.49	39.49
1:27.99	1:21.09	1:14.19	100 Back	1:12.29	1:19.09	1:25.79
3:01.89	2:48.89	2:35.89	200 Back	2:32.89	2:45.59	2:58.39
44.09	40.89	37.79	50 Breast	37.29	40.79	44.29
1:36.39	1:29.29	1:22.19	100 Breast	1:20.49	1:27.79	1:35.09
3:26.39	3:11.69	2:56.89	200 Breast	2:52.89	3:07.29	3:21.69
37.79	35.09	32.39	50 Fly	32.09	35.19	38.19
1:27.19	1:20.19	1:13.19	100 Fly	1:11.69	1:18.69	1:25.79
3:04.99	2:51.79	2:38.59	200 Fly	2:35.29	2:48.29	3:01.19
1:26.29	1:20.09	1:13.99	100 I-M	1:11.49	1:17.59	1:23.69
3:03.79	2:50.69	2:37.59	200 I-M	2:35.59	2:49.39	3:03.09
6:32.19	6:04.19	5:36.09	400 I-M	5:28.89	5:56.29	6:23.69

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
33.39	30.99	28.69	50 Free	26.29	28.49	30.69
1:12.49	1:07.39	1:02.19	100 Free	57.39	1:02.19	1:06.99
2:36.09	2:24.99	2:13.79	200 Free	2:05.29	2:15.69	2:26.09
6:51.79	6:22.39	5:52.99	500 Free	5:35.19	6:03.19	6:31.09
14:08.89	13:08.29	12:07.59	1000 Free	11:36.39	12:34.39	13:32.49
23:34.19	21:53.19	20:12.19	1650 Free	19:15.69	20:51.99	22:28.29
1:19.89	1:14.19	1:08.49	100 Back	1:04.19	1:09.59	1:14.89
2:51.79	2:39.59	2:27.29	200 Back	2:18.19	2:29.79	2:41.29
1:30.59	1:24.09	1:17.59	100 Breast	1:12.09	1:18.09	1:24.09
3:14.59	3:00.69	2:46.79	200 Breast	2:36.29	2:49.39	3:02.39
1:19.09	1:13.49	1:07.79	100 Fly	1:02.89	1:08.09	1:13.29
2:53.39	2:40.99	2:28.59	200 Fly	2:20.29	2:31.99	2:43.69
2:55.49	2:42.99	2:30.49	200 I-M	2:20.29	2:31.99	2:43.69
6:10.79	5:44.29	5:17.79	400 I-M	5:00.49	5:25.49	5:50.59
2009 – 2012 National Motivational Time Standards						
Short Course Yards						
15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.69	30.39	27.99	50 Free	25.29	27.39	29.49
1:10.89	1:05.79	1:00.79	100 Free	55.19	59.79	1:04.39
2:32.09	2:21.19	2:10.39	200 Free	2:00.09	2:10.09	2:20.09
6:45.29	6:16.29	5:47.39	500 Free	5:24.29	5:51.29	6:18.39
13:55.19	12:55.49	11:55.89	1000 Free	11:12.19	12:08.19	13:04.19
23:18.79	21:38.89	19:58.89	1650 Free	18:47.99	20:21.89	21:55.89
1:17.69	1:12.09	1:06.59	100 Back	1:01.09	1:06.19	1:11.29
2:47.89	2:35.89	2:23.89	200 Back	2:12.39	2:23.39	2:34.39
1:28.29	1:21.99	1:15.69	100 Breast	1:08.89	1:14.69	1:20.39
3:09.99	2:56.39	2:42.79	200 Breast	2:30.09	2:42.59	2:55.09
1:17.39	1:11.79	1:06.29	100 Fly	1:00.09	1:05.09	1:10.09
2:48.59	2:36.49	2:24.49	200 Fly	2:13.39	2:24.49	2:35.59
2:51.49	2:39.29	2:26.99	200 I-M	2:15.09	2:26.39	2:37.69
6:01.49	5:35.69	5:09.89	400 I-M	4:47.79	5:11.79	5:35.79