



# South Texas "BB" Championships South Site Meet Information



Posted 12/29/11

- Meet:** •2012 South Texas "BB" Short Course Championships – South Site
- Dates:** •January 27th, 28th and 29th, 2012
- Sanction Number:** •ST-12-08
- Venue:** •Josh Davis Natatorium  
•Blossom Athletic Center (Also known as North East Stadium)  
•Jones-Maltsberger Road at Starcrest / Bitters  
•San Antonio, TX 78217  
•210-491-6132.
- Facility:** •Eight FINA-width (2.75-meters) lanes  
•0.75-meter buffers outside lanes one and eight  
•2.25-meter minimum depth  
•DAKTRONICS automatic starting and timing  
•Full scoreboard with heat and event display  
•Heat and event board operates in the adjacent Walker warm-up / cool down pool (16 lanes)  
•Off-deck seating for 1500 spectators  
•Concessions and swim shop in the lobby  
•Spectators and non-participating athletes are **not** allowed on deck at any time for any reason
- Pool Certification:** •This pool has been certified in accordance with USA Swimming Rule 104.2.2(C)
- Eligibility:** •This meet is open to all swimmers through age 18 who are currently registered with South Texas Swimming and have achieved the "BB" qualifying standards
- Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the North East Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.
- Cell phone Restrictions:** •The presence and / or use of cell phones, and / or any other equipment capable of producing audio recordings, photographic or video images in locker rooms, rest rooms or changing areas is strictly and specifically prohibited at all times  
•There are no exceptions to this prohibition  
•Violators are subject to disqualification from the meet, disbarment from the facility and arrest
- Sanction:** •This meet is sanctioned by South Texas Swimming and the 2011 USA Swimming Rules apply  
•All swimmers must be registered for 2012 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, except as may otherwise be noted  
•Preliminary events may be seeded by time and gender according to the Order of Events on page six (6)  
•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  
•Fly-over starts will be utilized ONLY in the preliminary sessions and where appropriate and safe.  
•Exceptions: Friday PM events, all relays, backstroke events, 500-yard freestyle  
•All events will be swum fastest to slowest unless otherwise noted in the Orders of Events  
•The 1650-yard freestyle, 400-yard individual medley and the 500-yard freestyle will be contested as timed finals, age combined, alternating male and female and swum fastest to slowest  
•Seeded on deck.  
•Information regarding check-in times for the distance events (1650 free, 400 I-M and 500 free (10 & under Friday, 11-18 Saturday/Sunday) may be found in the Order of Events on page six (6)  
•Swimmers must provide their own backup timers and lap counters for these events  
•There will be a 10 Minute break after the 1650-yard and 500-yard freestyles

- All relays will be contested as timed finals in the preliminary sessions only
- Relay only swimmers are not permitted
- For events 400-yards or longer, a positive check-in is required on the day of the race. The events will be seeded on-deck after the close of check-in.
- Please refer to the Order of Events on pages six (6) for additional information
- Ten minute break after the relays in the preliminary sessions

**Rules:** •The 2011 USA Swimming Rules and Regulations and any relevant portions of the STSI Policies and Procedures Manual 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 "BB"

•Swimmers may not have achieved the 2009 – 2012 USA Swimming National Motivational "A" time standard or faster for any event entered.

•Qualifying times must be achieved prior to the entry deadline

•If entering with a non-conforming time i.e., SCM or LCM, 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 to 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 proofs of time are the responsibility of the entering teams, not the meet Host

•Entries without 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 the 2009 – 2012 USA Swimming National Motivational "A" time standard in any individual event offered at this meet may not swim those individual events in the STSI BB Championship Meet

- Neither may they swim that stroke and distance on any relay team

**Time Trials:** •Time trials will not be conducted

### Relay

**Entries:** •All relays are timed finals and will be contested only in the preliminary sessions.

•Relay cards are due to the Meet Director or designee on the day of the event and at a time determined by the Meet Host and announced at the coaches' meeting.

•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

•Composite relay times used for proof must have the same four swimmers entered on the entry form and be eligible in the same age group

•Unlimited number of relays per team (A, B, C, etc) but only two relays per team (A and B) may 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 prior to the designated by the Meet Referee

- 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 (year) USA-S Rules and Regulations

•Swimmers who may have achieved the 2009 – 2012 USA Swimming National Motivational A time standard or faster may not swim that stroke and distance on any relay team.

•Relay only swimmers are not permitted

## Entry

### Deadlines:

- There are two entry deadlines for this meet
- The first is Monday, January 16, 2012
- 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 any errors
- Final entry deadline is Tuesday, January 24, 2012
  - 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
- Any swimmer that has exceeded the maximum time standard (USA Swimming National Motivational A) must inform the meet host by the second deadline so the athlete can be taken out of that event.

## Entry

### Requirements:

- 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:

- FEE: \$7.75 per individual event and \$15.50 per relay event – includes the STSI splash fees
- Checks made payable to: NEAT
- Entry fees must be received by 5:00 PM Wednesday, January 25, 2012
- 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
- If you do not receive an e-mail confirmation, your entries were not received

## Deck (late)

### Entries:

- Deck entries will be accepted at \$15.50 per individual event and \$31.00 per relay event
- 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 – There are No exceptions to this policy!
  - 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 seven (7) will be in effect at this meet
- The adjacent Walker pool (16 lanes) will be available for warm-ups and cool-downs throughout the meet
- Warm-up times and lane assignments for each team will be posted on the STSI and AAAA Websites along with the Psych Sheet
- There will be a late warm-up session on Thursday evening and multiple warm-up sessions Friday, Saturday and Sunday mornings
- There will be a single warm-up session for finals
- Team 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 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 INTENT to scratch with the Official Scorer within 30 minutes of the announcement
- Swimmers who declare 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 and does not scratch then fails to appear for the finals heat 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 offending swimmer will be fined \$100.00
  - Fined swimmers will be barred from competition in South Texas until any such fines are paid
- Swimmers who fail to appear for the 1650-yard freestyle, after checking-in, will be fined \$100.00 and banned from further participation in the meet
  - Illness and injury may be excused by the Meet Referee

**Special****Needs:**

- Please notify the Josh Davis Natatorium (210-491-6132) 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 the 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:**

- Awards will be given in the following age groups: 10 and under, 11 and 12, 13 and 14 and 15 through 18
- 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
  - Teams must pick-up awards during the meet from the awards desk area
- Note: The 400-yard I-M will be awarded as a 12 through 14 event.

**Scoring:**

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

**Meet Management:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>•<b>Meet Director</b></li> <li>•David L Johnson</li> <li>•12002 Jones-Maltsberger</li> <li>•San Antonio, TX 78216</li> <li>•210-491-6132</li> <li>•FAX: 210-491-6133</li> <li>•djohns1@neisd.net</li> </ul> | <ul style="list-style-type: none"> <li>•<b>Entries Chair</b></li> <li>•Bill Spurgeon</li> <li>•12002 Jones-Maltsberger</li> <li>•San Antonio, TX 78216</li> <li>•210-491-6132</li> <li>•FAX: 210-491-6133</li> <li>•wspurg@neisd.net</li> </ul> |
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- Meet Referee**
- Frank Swigon
- 25203 Baneberry
- San Antonio, TX 78258
- 210-497-1096
- fswigon@yahoo.com

- Administrative Referee**
- Denny Ryther
- 30011 Cibolo Run
- Fair Oaks Ranch, TX 78015
- 210-301-0631
- dryther@gvtc.com

**Officials**

**Please Make**

**Special Note:**

- All officials must be currently (2012) certified / registered with USA-S and their local LSC
- The Meet Referee will make all deck assignments two or three days BEFORE the meet  
Therefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their intentions and availability NOT LATER than 6:00 PM, Wednesday, January 25, 2012
- Please specify the sessions for which you will be available
- Please submit your information to: fswigon@yahoo.com
- You WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline
- Uniforms for officials will be as follows:
  - Preliminaries: white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS or FLIP FLOPS PLEASE)
  - Finals: navy blue shirts/blouses over white pants or skirts (NO SHORTS, JEANS or FLIP FLOPS PLEASE)
- Please report to the Meet Referee at 5:00 PM Friday, 7:55 AM for preliminaries and 4:30 PM for finals to receive your assignments.

**Daily**

**Schedule:**

- Friday** (timed finals):
  - Warm-ups begin at 4:00 PM
  - Positive check-ins by 4:30 PM
  - Clear competition pool at 5:20 PM
  - Session begins at 5:30 PM
- Preliminaries** (Saturday and Sunday):
  - Warm-ups begin 7:00 AM
  - Clear competition pool 8:20 AM
  - Coaches' meeting (Sat only) 8:20 AM
  - Sessions begin 8:30 AM
- Finals** (Saturday and Sunday):
  - Warm-ups begin 4:00 PM
  - Clear competition pool 4:45 PM
  - National Anthem 4:57 PM
  - Sessions begin 5:00 PM
- Check-in times for the 1650-yard freestyle, the 500-yard freestyle and the 400-yard individual are noted in the Order of Events on page six (6).

**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 will be required to provide back-up timers in proportion to the number of their swimmers entered in the meet
- Swimmers competing in the 500 / 1650-yard freestyle and 400-yard individual medley events must provide their own back-up timers and / or lap counters





## 2012 STSI Short Course BB Championships Order of Events



Women's Event #	Friday January 27th	Men's Event#
<b>Positive check-in by 4:30 PM</b>		
1	11-18 1650 Free	2
<b>Ten minute break!</b>		
3	10 & Under 500 Free	4
<b>Ten minute break!</b>		
5	12-18 400 IM	6



Women's Event #	Saturday January 28th	Men's Event #	Women's Event #	Sunday January 29th	Men's Event #
7	11-12 100 IM	8	63	11-12 50 Fly	64
9	10 & Under 100 IM	10	65	10 & Under 50 Fly	66
11	15-18 50 Free	12	67	15-18 100 Free	68
13	13-14 50 Free	14	69	13-14 100 Free	70
15	11-12 50 Free	16	71	11-12 100 Free	72
17	10 & Under 50 Free	18	73	10 & Under 100 Free	74
19	15-18 100 Fly	20	75	15-18 200 Fly	76
21	13-14 100 Fly	22	77	13-14 200 Fly	78
23	11-12 100 Fly	24	79	11-12 200 Fly	80
25	10 & Under 100 Fly	26	81	15-18 100 Breaststroke	82
27	15-18 200 Breaststroke	28	83	13-14 100 Breaststroke	84
29	13-14 200 Breaststroke	30	85	11-12 100 Breaststroke	86
31	11-12 200 Breaststroke	32	87	10 & Under 100 Breaststroke	88
33	15-18 200 Free	34	89	15-18 200 Backstroke	90
35	13-14 200 Free	36	91	13-14 200 Backstroke	92
37	11-12 200 Free	38	93	11-12 200 Backstroke	94
39	10 & Under 200 Free	40	95	15-18 200 IM	96
41	15-18 100 Backstroke	42	97	13-14 200 IM	98
43	13-14 100 Backstroke	44	99	11-12 200 IM	100
45	11-12 100 Backstroke	46	101	10 & Under 200 IM	102
47	10 & Under 100 Backstroke	48	103	11-12 50 Backstroke	104
49	11-12 50 Breaststroke	50	105	10 & Under 50 Backstroke	106
51	10 & Under 50 Breaststroke	52	107	15-18 400 Medley Relay	108
53	15-18 400 Free Relay	54	109	13-14 400 Medley Relay	110
55	13-14 400 Free Relay	56	111	11-12 200 Medley Relay	112
57	11-12 200 Free Relay	58	113	10 & Under 200 Medley Relay	114
59	10 & Under 200 Free Relay	60	<b>Ten minute break in preliminaries only!</b>		
<b>Ten minute break in preliminaries only!</b>			*	*11-18 Boys 500 Free	62
61	*11-18 Girls 500 Free	*			

•1650-yard freestyle, 400-yard individual medley and 500-yard freestyle events will be contested as Timed Finals, age combined, alternating male and female (Friday events) and swum *fastest to slowest*.

•Seeded on deck.

•For events of 400-yards or more, positive check-in is required on the day of the race. The events will be seeded after the close of check-in.

•Check-in times for the 500-yard freestyle events on Saturday and Sunday will be determined by the Meet Host once all entries have been received and announced at the Saturday coaches' meeting.

•Swimmers must provide their own backup timers and lap counters for these events

•There will be a ten minute break after the 1650-yard freestyle and after the 500-yard freestyle.

\*The 11 through 18 500-yard freestyle events will be contested on separate days. The girl's event (#61) will swim on Saturday and the boy's event (#62) will swim on Sunday. Both events will be timed finals, swum *fastest to slowest* with the fastest seeded heat electing to swim (age combined) in finals.

# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

#### I. Assigned warm-up Procedures.

- 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.

##### 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!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kickboards, pull buoys or hand paddles may be used.

#### III. 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. Marshals must be members of United States Swimming.
  3. Marshals will 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.
  4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
  5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and 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."
  6. 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.
  7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they 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 backstroke waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. 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.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins or kickboards may be used at any time during general, specific or between warm-ups 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						
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
<del>15:00.29</del>	<del>13:55.99</del>	<del>12:51.69</del>	<del>1000 Free</del>	<del>12:42.89</del>	<del>13:46.49</del>	<del>14:50.09</del>
23:16.19	25:16.19	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
1:26.39	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
1:26.19	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	*5:44.29	*5:36.09	*400 I-M	*5:28.89	*5:56.29	*6:23.69

\*12 year olds must have achieved the 13 and 14 BB Standard to swim the 400 I-M



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
<del>14:08.89</del>	<del>13:08.29</del>	<del>12:07.59</del>	<del>1000 Free</del>	<del>11:36.39</del>	<del>12:34.39</del>	<del>13:32.49</del>
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	26.89	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
<del>13:55.19</del>	<del>12:55.49</del>	<del>11:55.89</del>	<del>1000 Free</del>	<del>11:12.19</del>	<del>12:08.19</del>	<del>13:04.19</del>
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