



# South Texas Short Course “A” Championships Meet Information



**Revised and re-posted 01/22/12**

- Meet:** •2012 South Texas Short Course “A” Championships
- Dates:** •February 17, 18 and 19, 2012
- Sanction Number:** •ST-12-16
- Venue:** •NISD Natatorium  
•8400 N Loop 1604 West  
•San Antonio, Texas 78249  
•210-397-7522
- Facility:** •Two eight-lane 25-yard racing courses certified in accordance with USA Swimming Rules  
•Seven feet minimum depth  
•DAKTRONICS automatic starting and timing  
•Concessions and swim shop available  
•Four-lane warm-up / cool down pool between the courses  
•Real Time Results and Meet Mobile will be active from [www.aaaa-sa.org](http://www.aaaa-sa.org)
- Eligibility:** •This meet is open to all swimmers who are currently (2012) registered with South Texas Swimming and have achieved the qualifying standards through age 18
- Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Northside Independent School District (NISD) 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 or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times.  
•There are no exceptions to this policy.  
•Violators are subject to disqualification from the meet, disbarment from the facility and arrest.
- Swimmer Photographs And Videos:** •There may be one or more photographers and / or videographers on deck at this meet.  
•In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups.  
•Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present, are specifically prohibited from making shots during the start phase of any race.
- Sanction:** •This meet is sanctioned by South Texas Swimming and the 2011 USA Swimming Rules and any relevant sections of the STSI Policies and Procedures Manual will 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 noted below.  
•B Finals shall be swum first, then A Finals  
•Only a single heat of the 500-yard freestyle and 400-yard individual medley will advance to the finals session  
•Events of 400-yards and 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  
•Daily positive check-ins by 8:00 AM will be required for events of 400-yards and longer  
•There will be separate check-ins points for boys and for girls  
•Preliminary events may be seeded by time and gender according to the Order of Events on pages five (5) and six (6)  
•Age Groups of identical events *MAY* be combined in the preliminary sessions at the discretion of the Meet Referee

- They will, however be contested in traditional Age Groups in the Finals Sessions
- Events of 200-yards or less will be pre-seeded by the Meet Host and swum fastest to slowest unless otherwise noted in the Orders of Events
- 1650-yard free and 10 and Under 500-yard free will be age combined, contested as timed finals, alternating male and female and swum fastest to slowest
  - The fastest eight swimmers in the 10 and Under 500-yard free (Saturday) and 1650-yard free (Sunday), who elect to swim in finals will be swum at night, all others will be swum at the end of preliminaries of that session
  - Swimmers must provide their own backup timers and lap counters for these events
- All relays will be contested as timed finals in the preliminary sessions only
- Relay only swimmers are not permitted
- 10 minute break after the preliminary relays

**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 "A" Standard  
 •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., use of no others is 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  
 •Relay only swimmers are not permitted

**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) 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 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  
 •Relay only swimmers are not permitted

## Entry

### Deadlines:

- There are two entry deadlines for this meet
- The first deadline is 6:00 PM, Monday, February 6, 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 errors
- Final entry deadline is 6:00 PM, Monday, February 13, 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

## 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

### Fees:

- \$7.75 per individual events and \$15.50 per relay event – includes the STSI splash fees
- Checks made payable to: NISD Aquatics
- Entry fees must be received by 6:00 PM, Wednesday, February 15, 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 don't receive an e-mail confirmation, your entries were not received

## Deck (late)

### Entries:

- Deck entries for the preliminary sessions only will be accepted at \$15.50 per individual event and \$31.00 per relay event.
- Swimmers may deck enter for the current preliminary session beginning at the start of warm-ups
- Deck entries will close 30 minutes prior to the start of each preliminary 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
- 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 late warm-up session on Thursday evening, and split 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 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 for finals 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 \$100.00
  - Swimmers will be barred from competition in South Texas until any such fines are paid
- Swimmers who fail to appear for the 1650 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:**

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the NISD Natatorium (210-397-7522) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The NISD Natatorium 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.
- Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.

**Awards:**

Awards will be given in the following age groups: 10 & Under, 11-12, 13-14, and 15-18

- 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

\*Note: 400 IM will be awarded as a 12-14 event.

- Clubs must pick-up awards during the meet from the awards desk area

**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:**

- Meet Director**
- Robert Laura
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7522
- robertlaura@nisd.net

- Meet Referee**
- Mike Bertirotti
- 18630 Canoe Brook
- San Antonio, TX 78258
- 210-520-2050
- mbertiro@aol.com

- Co-Meet Director**
- Terry Veters
- 7001 Culebra Road
- San Antonio, TX 78238
- 210-397-8985
- terry.veters@nisd.net

- Administrative Referee**
- Regina Prewitt-Campbell
- 14825 Omnicron Drive
- San Antonio, TX 78245
- 210-445-3150
- reginapc2003@hotmail.com

- Entries Chair**
- Peter Hay
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7524
- coachpeteh@gaggle.net

**Officials****Please Make****Special Note:**

- All deck 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, Monday, February 13, 2012
- Please specify the sessions for which you will be available
- Please submit your information to: mbertiro@aol.com
- You WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline
- 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 white pants or skirts (NO SHORTS OR JEANS, PLEASE)
- Please report to the Meet Referee at 8:15 AM for preliminaries and 4:15 PM for finals to receive your assignments.

**Daily****Schedule:**

- |  |         |                            |         |
|--|---------|----------------------------|---------|
| <b>•Preliminaries:</b>   |         | <b>•Finals:</b>            |         |
| •Warm-ups begin at   | 7:00 AM | •Warm-ups begin at         | 4:00 PM |
| •Clear competition pools at  | 8:50 AM | •Clear competition pool at | 4:45 PM |
| •Coaches' meeting at (Fri only)  | 8:50 AM | •National Anthem at        | 4:57 PM |
| •Sessions begin at   | 9:00 AM | •Sessions begin at         | 5:00 PM |
| •Check-in times for ALL preliminary events are required daily not later than 8:00 AM |         |                            |         |

**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 500 / 1650 freestyle and 400 individual medley events must provide their own back-up timers and / or lap counters

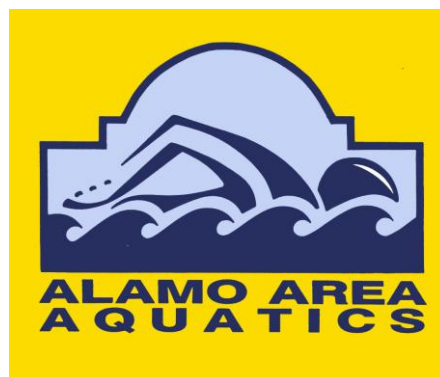
**2012 STSI Short Course "A" Championship Order of Events**  
Distances are in yards

Women's Event #	Friday February 17th	Men's Event #
1	11-12 50 Back	2
3	10 & Under 50 Back	4
5	15-18 200 Fly	6
7	13-14 200 Fly	8
9	11-12 200 Fly	10
11	10 & Under 100 Breast	12
13	15-18 100 Breast	14
15	13-14 100 Breast	16
17	11-12 100 Breast	18
19	10 & Under 200 Free	20
21	15-18 200 Free	22
23	13-14 200 Free	24
25	11-12 200 Free	26
27	15-18 400 I-M	28
29	12-14 400 I-M	30
31	15-18 200 Free Relay	32
33	13-14 200 Free Relay	34
35	11-12 400 Free Relay	36
37	10 & Under 400 Free Relay	38

**2012 STSI Short Course "A" Championship Order of Events, continued**  
Distances are in yards

<b>Women's Event #</b>	<b>Saturday February 18th</b>	<b>Men's Event #</b>	<b>Women's Event #</b>	<b>Sunday February 19th</b>	<b>Men's Event #</b>
39	11-12 100 Back	40	85	11-12 50 Breast	86
41	10 & Under 100 Back	42	87	10 & Under 50 Breast	88
43	13-14 100 Back	44	89	15-18 200 Back	90
45	15-18 100 Back	46	91	13-14 200 Back	92
47	11-12 50 Fly	48	93	11-12 200 Back	94
49	10 & Under 50 Fly	50	95	10 & Under 100 Fly	96
51	15-18 200 Breast	52	97	15-18 100 Fly	98
53	13-14 200 Breast	54	99	13-14 100 Fly	100
55	11-12 200 Breast	56	101	11-12 100 Fly	102
57	10 & Under 100 Free	58	103	10 & Under 200 I-M	104
59	15-18 100 Free	60	103	10 & Under 200 I-M	104
61	11-12 100 Free	62	105	15-18 200 I-M	106
63	13-14 100 Free	64	107	13-14 200 I-M	108
65	10 & Under 100 I-M	66	109	11-12 200 I-M	110
67	11-12 100 I-M	68	111	10 & Under 50 Free	112
69	15-18 500 Free	70	113	15-18 50 Free	114
71	13-14 500 Free	72	115	13-14 50 Free	116
73	11-12 500 Free	74	117	11-12 50 Free	118
75	*10 & Under 500 Free*	76	119	*11-18 1650 Free*	120
77	15-18 400 Free Relay	78	121	15-18 400 Medley Relay	122
79	13-14 400 Free Relay	80	123	13-14 400 Medley Relay	124
81	11-12 200 Free Relay	82	125	11-12 200 Medley Relay	126
83	10 & Under 200 Free Relay	84	127	10 & Under 200 Medley Relay	128

- 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.
- Top eight swimmers in the 10 and Under 500-yard freestyle (Saturday) and 1650 Free (Sunday), who elect to swim in finals, will be seeded at night, all others will be swum at the end of prelims of that session.
  - All finals check-in time will be determined by the Meet Host and announced at the coaches' meeting
- 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



# 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 backstroke 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						
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
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	6:04.19	5:17.79*	400 I-M	5:00.49*	5:56.29	6:23.69

\*12 year olds must have the 13-14 A Standard to swim the 400 IM



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
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	27.79	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
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

