



# South Texas B Championships Central Meet Information



January 12-13, 2013

**Meet:** 2013 South Texas B Short Course Championships  
Hosted by Streamline Aquatics

**Team  
Alignments:**

<b>CCSS</b>	<b>DRD</b>	<b>HSC</b>	<b>MM</b>	<b>SASA</b>	<b>WAVE</b>
<b>COTA</b>	<b>GOLD</b>	<b>LCA</b>	<b>NAMS</b>	<b>TEAM</b>	<b>WFLY</b>
<b>CTAC</b>	<b>HOT</b>	<b>LSAC</b>	<b>SAS</b>	<b>TXLA</b>	<b>WWW</b>

**Dates:** January 12-13, 2013

**Sanction  
Number:** **STA-13-10**

**Venue:** Barshop Natatorium  
4301 Broadway  
San Antonio, TX 78209  
210-805-3078

The pool is located on the West side of campus over the river bridge and on the right.

**From 281 SOUTH** – Turn Left onto Hildebrand, Turn Left at second stop light, Turn left at T. Follow road and merge left over the bridge, and Natatorium is first building on Right.

The meet hotel is the **Drury Inn and Suites Airport**. See information further down in this announcement for special rates. Reservation deadline - **Thursday, December 27, 2012**

**Facility:** This meet will be conducted in one 11 lane pool, 25 yard pool, with 8 lanes for competition and 3 lanes for warm up and warm down. We will use Hy-Tek Meet Manager software and Daktronics timing system. Depth at start end: 13 feet. The course has been professionally surveyed and certified in accordance with 104.2.2C(4)

There will be concessions available downstairs in the Barshop Natatorium. Please help us keep the facility clean.

A large, heated tent will be set up beside the natatorium. Each team will have designated areas in the tent and all spectator and team seating will be in the tent. Spectators and athletes should bring their own chairs. Additional information will be sent out to the participating teams.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), University of the Incarnate Word, Barshop Natatorium, and Streamline Aquatics, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Sanction:**

- This meet is sanctioned by South Texas Swimming and the 2012 USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply.
- All swimmers must be registered for 2013 with USA Swimming by the first or second entry deadline.
- Athletes who fail to meet this requirement will not be allowed to compete.

**Format:**

- Timed finals
- Events will be seeded by age, time, and gender according to the Order of Events on pages 6 & 7, except as noted.
- Age groups of identical events *may* be combined at the discretion of the Meet Referee.
- All events will be swum fastest to slowest.

- The 1650 Free, 400 IM, and 500 Free events will be age combined, alternating female and male heats, and will swim fastest to slowest.
  - The 1650 Free, 400 IM, and 500 Free will be seeded on deck. Check-in for these events is required.
  - Swimmers must provide their own backup timers for the 1650 Free, 400 IM, and 500 Free events, and provide their own lap counters for the 500 and 1650 Free events.
- There will be a 10-minute break after the relay events.

## USA Swimming

**Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2013) registered with USA Swimming. All should also be prepared to present their USA Swimming ID Card as proof of their registration to the Meet Director or designee at any time. Swimmers who **1)** late enter when possible; **2)** need to be late-entered because of clerical errors by the entering team or the meet host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card. Current national and LSC regulations do not allow for exceptions to these policies.

## Unaccompanied

**Swimmers:** Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

## Qualifying

**Times:**

- The qualifying time standards for all individual events are the traditional dual-age group 2013 – 2016 USA Swimming National Motivational B times. The qualifying time standard for the 15-18 events will be the 15-16 standard for each gender.
- Swimmers may **not** enter any event in which they have achieved the 2013 – 2016 USA Swimming National Motivational BB time standard or faster in any course. In addition, they cannot swim that stroke and distance on any relay team.
- Qualifying times must be achieved prior to the first or second entry deadlines.
- There are no qualifying times for relay events.
- If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.
- Seeding shall be in the following order: yards, long course meters, short course meters (YLS).

## Proof of Time:

- Proofs of time must be submitted with the entries.
- All entry times must be verifiable using 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 meet.
- 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.

**Age up Date:** The age of the swimmer will be his/her age January 12, 2013.

## Entry

**Restrictions:**

- An individual swimmer may enter a maximum of five (5) individual events and two (2) relay events on Saturday (Sessions 1 & 2), and a maximum of five (5) individual events and one (1) relay event on Sunday (Session 3).
- Swimmers who have achieved the 2013 – 2016 USA Swimming National Motivational BB time standard or faster in any course may not swim those individual events in the STSI B Championship Meet.
  - Neither may they swim that stroke and distance on any relay team.

## Time Trials:

- Time trials will be conducted on Sunday fifteen minutes after the conclusion of Session 3. Entries for Sunday's time trial will be accepted all day Saturday and will close at 10:00 AM on Sunday.
- Swimmers must be registered with one of the teams listed in the "Team Alignments" section on page 1 to participate in time trials.
- Time trial entrants who are not already entered in the meet must present their current USA Swimming registration card to enter into events. Swimmers may enter up to three time trial events per day if they are not already entered into the meet.
- Participation in a time trial event counts as one of the daily total events allowed for swimmers already entered in the meet.
- A qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet.
- Time trial event results will be published with the final meet results.
- Time trial entry fees: Individual events **\$16.00** Relay events **\$30.00**

## Relay

### Entries:

- There are no qualifying times for relay events.
- Relay cards are due to the Meet Director or designee on the day of the event by 9:30 AM.
- 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.
  - Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events.
  - Unlimited number of relays per event per club (A, B, C, etc.) but only two relays per event per club 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 swimmers by 9:30 AM of the session in which the event is scheduled. 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 102.3.7 of the 2012 USA-S Rules and Regulations.
- Swimmers who have achieved the 2013 – 2016 USA Swimming National Motivational BB time standard or faster in any course may not swim that stroke and distance on any relay team.
- Relay only swimmers are not permitted. All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay.

## Entry

### Deadlines:

- There are two entry deadlines for this meet.
- The first deadline is 11 days prior to the start date of the meet, by **6:00 PM, Friday, January 1, 2013**.
  - The first entry deadline is for athletes who have achieved qualifying times prior to this date. It is encouraged to go ahead and enter relay teams at the first deadline.
  - This deadline is required to verify swimmers and times in the SWIMS database and correct errors.
- Final entry deadline is Monday, **January 7, 2013 by 6:00 PM**.
  - *This will also be the final deadline for all relay entries.*
  - Only swimmers who have achieved a qualifying time *after* the first entry deadline may enter using the second entry deadline.
- After the first meet entry deadline, any swimmer who achieves the 2013 – 2016 USA Swimming National Motivational BB time or faster in any course for a previously entered event must inform the Entries Chair by the second entry 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 or Team Unify export file
  - An attached document listing the entries (by swimmer) with proofs of time
  - An attached 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 is a change in a team's preliminary entries.
  - 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:

- **\$8.00** per individual event and **\$16.00** per relay event – includes the STSI splash fee
- Checks made payable to Streamline Aquatics
  - Meet Director
  - SASA Central "B" Champs
  - 14514 Majestic Prince
  - San Antonio, TX 78248
- Email entry files to: [admin@stswim.org](mailto:admin@stswim.org)
- Entry fees must be received by Wednesday, January 9, 2013.
- 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 will be accepted at **\$16.00** per individual event and **\$25.00** per relay event.
- Swimmers may deck enter for the current session beginning at the start of warm-ups.
- Deck entries will close 45 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 2013 USA Swimming registration card to the 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 14 will be in effect at this meet.
- Lanes 10 and 11 will be available for warm-ups throughout the meet.
- Warm-up times and lane assignments for each team will be emailed to each team and be posted on the STSI Web site along with the psych sheet.
- 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 event.
- Swimmers who fail to compete in the 1650 freestyle, 500 freestyle, or the 400 IM after positive check-in will be fined \$100 (payable to South Texas Swimming) and banned from further participation in the meet.
  - Illness and injury may be excused by the Meet Referee
- Check-ins and scratches may be accomplished ONLY by the swimmer's coach.

## Cell phone

### Restrictions:

The presence or use of cell phones, smart phones, or any other devices capable of producing audio recordings and/or 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.

## Deck

### Changing:

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

## Special

### Needs:

- Please notify the Barshop Natatorium (210-805-3078) 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 judged under Article 105.

## Awards:

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

\*Note: The 400 IM will be awarded as follows: 12-14 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.
- Clubs must pick-up awards during the meet from the awards desk area.

**Scoring:**

<b>Place ⇒</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>Ind. event points</b>	20	17	16	15	14	13	12	11
<b>Place ⇒</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>Ind. event points</b>	9	7	6	5	4	3	2	1

<b>Relay Place ⇒</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>Relay points</b>	40	34	32	30	28	26	24	22
<b>Relay Place ⇒</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>Relay points</b>	18	14	12	10	8	6	4	2

Only two relay teams per event per club will score.

**Meet Management**

- Meet Referee:** Ray Pearce - 210-326-7332 - [poolsbyray@aol.com](mailto:poolsbyray@aol.com)
- Meet Director:** Angella Woodard – 210-479-0881 – [admin@stswim.org](mailto:admin@stswim.org)
- Admin Referee:** Angella Woodard – 210-479-0881 – [admin@stswim.org](mailto:admin@stswim.org)
- Head Coach:** Phillip Davis - 210-805-3078 office - [padavis@uiwtx.edu](mailto:padavis@uiwtx.edu)

**Officials:**

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their local LSC for 2013 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee, Ray Pearce, [poolsbyray@aol.com](mailto:poolsbyray@aol.com), with your certification level and availability so he can plan accordingly. The uniform will be white polo shirts over khaki pants or skirts. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

**Daily Schedule:**

- Session 1:**
  - Warm-ups begin 7:00 AM
  - Clear competition pool 8:20 AM
  - Coaches meeting 8:20 AM
  - Sessions begin 8:30 AM
- Session 2:**
  - Warm-ups begin 4:00 PM
  - Clear competition pool 4:45 PM
  - Sessions begin 5:00 PM
- Session 3:**
  - Warm-ups begin 7:30 AM
  - Clear competition pool 8:50 AM
  - Coaches meeting 9:00 AM

- Check-in time for the 400 IM (Session 1) and the 1650 Free (Session 3) is by 9:45 AM on the day of the event. Check-in time for 500 Free (Session 2) is 5:00 PM on the day of the event.
- If additional coaches meetings are required, the meet host and meet referee will announce the meeting times.

**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 and 1650 freestyle and 400 individual medley events must provide their own back-up timers (two timers). Swimmers competing in the 500 and 1650 freestyle events also must provide their own lap counters.

## Hotel Information



A **block of rooms** has been reserved at the **Drury Inn & Suites San Antonio Airport**, 95 NE Loop 410, San Antonio, TX 78216, 210-308-8100, for the evenings of January 11 and 12, 2013.

### ***Convenient to North Star Mall and only 4 miles from the pool!***

Free Hot Breakfast including Belgian waffles, scrambled eggs, biscuits and gravy, sausage, juice, coffee, and more.  
Free Evening Beverages and Snacks daily from 5:30-7:00 pm. Rotating hot food menu may include items such as hot dogs, chicken strips, egg rolls, charbroiled meatballs, baked potatoes, and more. Drinks are on the house.  
Free Fountain Soda/Fresh Popcorn in the Lobby Daily 3 - 10 p.m.  
Free Covered and Gated Parking.  
Free Wireless High-Speed Internet Access in All Rooms and in Lobby.  
One hour free long distance each day.  
All rooms with Microwaves & Refrigerators.  
The group rate is **\$75.99 to \$79.99**.

**Preferred reservation method:** Reserve online by going to [www.druryhotels.com](http://www.druryhotels.com) and entering group number **2165985**.

Reservations may also be made by calling **1-800-325-0720** and refer to the group name STSI B Champs and group number **2165985**.

**Cut-off date:** Reservations, received after **Thursday, December 27, 2012**, will be provided on a space-available basis at prevailing rates.





**2013 STSI Short Course B Championships Central  
Order of Events**



**SESSION 1  
Saturday, January 12, 2013 - 8:30 AM**

<u>Women's Event</u>	<u>Event</u>	<u>Men's Event</u>
1	11-12 100 IM	2
3	10 & Under 100 IM	4
5	11-18 200 Free	6
7	10 & Under 200 Free	8
9	15-18 100 Back	10
11	13-14 100 Back	12
13	11-12 100 Back	14
15	10 & Under 100 Back	16
17	15-18 50 Free	18
19	13-14 50 Free	20
21	11-12 50 Free	22
23	10 & Under 50 Free	24
25	15-18 200 Free Relay	26
27	13-14 200 Free Relay	28
29	11-12 200 Free Relay	30
31	10 & Under 200 Free Relay *	32
33	12-18 400 IM **	34

\* There is a 10-minute break after the relay events.

\*\* Positive check-in for the 400 IM is required by 9:45 AM.

\*\* Swimmers in the 400 IM must provide their own backup timers.

**SESSION 2  
Saturday, January 12, 2013 - 5:00 PM**

<u>Women's Event</u>	<u>Event</u>	<u>Men's Event</u>
35	11-12 50 Breast	36
37	10 & Under 50 Breast	38
39	15-18 100 Free	40
41	13-14 100 Free	42
43	11-12 100 Free	44
45	10 & Under 100 Free	46
47	11-18 200 Breast	48
49	15-18 100 Fly	50
51	13-14 100 Fly	52
53	11-12 100 Fly	54
55	10 & Under 100 Fly	56
57	15-18 400 Free Relay	58
59	13-14 400 Free Relay	60
61	11-12 400 Free Relay	62
63	10 & Under 400 Free Relay *	64
65	11-18 500 Free **	66
67	10 & Under 500 Free **	68

\* There is a 10-minute break after the relay events.

\*\* Positive check-in for the 500 Free is required by 5:00 PM.

\*\* Swimmers in the 500 Free must provide their own backup timers (2) and lap counter.

**SESSION 3**  
**Sunday, January 13, 2013 - 9:00 AM**

<u>Women's Event</u>	<u>Event</u>	<u>Men's Event</u>
69	11-12 50 Fly	70
71	10 & Under 50 Fly	72
73	11-18 200 Back	74
75	15-18 100 Breast	76
77	13-14 100 Breast	78
79	11-12 100 Breast	80
81	10 & Under 100 Breast	82
83	11-18 200 IM	84
85	10 & Under 200 IM	86
87	11-18 200 Fly	88
89	10 & Under 50 Back	90
91	11-12 50 Back	92
93	15-18 200 Medley Relay	94
95	13-14 200 Medley Relay	96
97	11-12 200 Medley Relay	98
99	10 & Under 200 Medley Relay *	100
101	11-18 1650 Free **	102

\* There is a 10-minute break after the relay events.

\*\* Positive check-in for the 1650 Free is required by 9:45 AM.

\*\* Swimmers in the 1650 Free must provide their own backup timers (2) and lap counter.

**NOTE: If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.**



## 2013 – 2016 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
39.49	35.69	31.89	50 Free	31.39	34.99	38.49
1:30.69	1:21.09	1:11.39	100 Free	1:10.19	1:19.39	1:28.49
3:20.19	2:58.29	2:36.39	200 Free	2:31.29	2:50.19	3:09.09
8:30.49	7:39.49	6:48.39	500 Free	6:42.29	7:32.59	8:22.79
48.59	43.29	37.99	50 Back	37.79	43.19	48.59
1:45.09	1:33.49	1:21.79	100 Back	1:20.09	1:30.79	1:41.39
53.59	47.79	41.99	50 Breast	41.89	47.49	53.19
1:58.79	1:45.59	1:32.39	100 Breast	1:30.19	1:41.99	1:53.69
47.99	42.39	36.69	50 Fly	36.19	41.39	46.69
1:55.49	1:40.39	1:25.29	100 Fly	1:24.79	1:39.39	1:54.09
1:43.39	1:32.39	1:21.39	100 IM	1:20.39	1:30.39	1:40.39
3:40.39	3:17.29	2:54.19	200 IM	2:53.69	3:16.29	3:38.89
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
34.09	31.69	29.39	50 Free	28.39	30.69	33.09
1:13.59	1:08.29	1:03.09	100 Free	1:01.89	1:06.99	1:12.19
2:41.19	2:29.69	2:18.19	200 Free	2:14.79	2:25.99	2:37.19
7:09.29	6:38.59	6:07.99	500 Free	6:02.59	6:32.79	7:02.99
25:01.49	23:14.19	21:26.99	1650 Free	21:11.79	22:57.79	24:43.79
38.79	36.09	33.29	50 Back	33.09	36.09	38.99
1:26.29	1:19.49	1:12.69	100 Back	1:10.79	1:17.49	1:24.09
2:59.49	2:46.69	2:33.79	200 Back	2:30.29	2:42.79	2:55.29
43.69	40.59	37.49	50 Breast	36.89	40.29	43.79
1:35.79	1:28.69	1:21.69	100 Breast	1:19.29	1:26.49	1:33.59
3:25.79	3:11.09	2:56.39	200 Breast	2:49.39	3:03.49	3:17.69
37.29	34.59	31.89	50 Fly	31.69	34.69	37.69
1:26.29	1:19.39	1:12.49	100 Fly	1:10.59	1:17.59	1:24.49
3:02.39	2:49.39	2:36.39	200 Fly	2:32.69	2:45.39	2:58.09
1:25.29	1:19.19	1:13.09	100 IM	1:11.09	1:17.19	1:23.19
3:02.49	2:49.49	2:36.39	200 IM	2:33.79	2:47.39	3:00.99
<b>6:08.49*</b>	<b>5:42.19*</b>	<b>5:15.89*</b>	400 IM	<b>4:55.69*</b>	<b>5:20.29*</b>	<b>5:44.99*</b>

\* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

**2013 – 2016 National Motivational Time Standards**

**Short Course Yards**

<b>13 and 14 Girls</b>			<b>Event</b>	<b>13 and 14 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
32.89	30.49	28.19	<b>50 Free</b>	25.99	28.19	30.39
1:11.39	1:06.29	1:01.19	<b>100 Free</b>	56.89	1:01.59	1:06.29
2:33.89	2:22.89	2:11.99	<b>200 Free</b>	2:03.89	2:14.19	2:24.49
6:51.79	6:22.39	5:52.99	<b>500 Free</b>	5:33.89	6:01.69	6:29.49
23:34.19	21:53.19	20:12.19	<b>1650 Free</b>	19:15.69	20:51.99	22:28.29
1:18.29	1:12.69	1:07.09	<b>100 Back</b>	1:03.09	1:08.29	1:13.59
2:48.39	2:36.29	2:24.29	<b>200 Back</b>	2:15.79	2:27.09	2:38.39
1:29.39	1:22.99	1:16.59	<b>100 Breast</b>	1:10.79	1:16.69	1:22.59
3:13.99	3:00.19	2:46.29	<b>200 Breast</b>	2:34.69	2:47.59	3:00.49
1:17.69	1:12.19	1:06.59	<b>100 Fly</b>	1:01.89	1:07.09	1:12.19
2:52.39	2:40.09	2:27.79	<b>200 Fly</b>	2:17.49	2:28.89	2:40.39
2:53.19	2:40.79	2:28.49	<b>200 IM</b>	2:18.79	2:30.29	2:41.89
6:08.49	5:42.19	5:15.89	<b>400 IM</b>	4:55.69	5:20.29	5:44.99

<b>15 - 18 Girls</b>			<b>Event</b>	<b>15 - 18 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
32.39	29.99	27.69	<b>50 Free</b>	24.79	26.89	28.99
1:09.99	1:04.99	59.99	<b>100 Free</b>	54.19	58.69	1:03.29
2:30.79	2:19.99	2:09.29	<b>200 Free</b>	1:58.59	2:08.39	2:18.29
6:41.29	6:12.69	5:43.99	<b>500 Free</b>	5:21.19	5:47.89	6:14.69
23:06.29	21:27.19	19:48.19	<b>1650 Free</b>	18:39.99	20:13.29	21:46.69
1:16.29	1:10.79	1:05.39	<b>100 Back</b>	59.79	1:04.69	1:09.69
2:44.79	2:32.99	2:21.19	<b>200 Back</b>	2:09.89	2:20.69	2:31.59
1:28.29	1:21.99	1:15.69	<b>100 Breast</b>	1:07.89	1:13.59	1:19.19
3:09.99	2:56.39	2:42.79	<b>200 Breast</b>	2:28.09	2:40.49	2:52.79
1:16.19	1:10.69	1:05.29	<b>100 Fly</b>	58.99	1:03.89	1:08.79
2:46.79	2:34.89	2:22.99	<b>200 Fly</b>	2:11.39	2:22.29	2:33.29
2:48.89	2:36.79	2:24.79	<b>200 IM</b>	2:12.29	2:23.29	2:34.29
5:58.49	5:32.89	5:07.29	<b>400 IM</b>	4:43.99	5:07.69	5:31.39

Revised 11/8/12

Time standards current from USA Swimming Web site document dated 9/18/12.

**2013 – 2016 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
43.59	39.39	35.19	50 Free	34.69	38.59	42.59
1:40.29	1:29.59	1:18.89	100 Free	1:17.59	1:27.69	1:37.79
3:41.19	3:16.99	2:52.79	200 Free	2:47.19	3:08.09	3:28.89
7:26.79	6:42.09	5:57.39	400 Free	5:52.09	6:36.09	7:20.09
53.69	47.79	41.99	50 Back	41.79	47.79	53.69
1:56.19	1:43.29	1:30.39	100 Back	1:28.59	1:40.29	1:51.99
59.19	52.79	46.49	50 Breast	46.29	52.49	58.79
2:11.29	1:56.69	1:42.09	100 Breast	1:39.69	1:52.69	2:05.69
53.09	46.79	40.49	50 Fly	39.99	45.79	51.59
2:07.69	1:50.89	1:34.19	100 Fly	1:33.69	1:49.89	2:06.09
1:54.19	1:42.09	1:29.89	100 IM	1:28.79	1:39.89	1:50.99
4:03.49	3:37.99	3:12.39	200 IM	3:11.99	3:36.99	4:01.89
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.69	35.09	32.49	50 Free	31.29	33.99	36.59
1:21.29	1:15.49	1:09.69	100 Free	1:08.39	1:14.09	1:19.79
2:58.09	2:45.39	2:32.69	200 Free	2:28.89	2:41.29	2:53.69
6:15.69	5:48.89	5:21.99	400 Free	5:17.39	5:43.79	6:10.19
24:52.69	23:06.09	21:19.49	1500 Free	21:04.39	22:49.79	24:35.09
42.89	39.79	36.79	50 Back	36.59	39.79	43.09
1:35.29	1:27.79	1:20.29	100 Back	1:18.29	1:25.59	1:32.89
3:18.29	3:04.19	2:49.99	200 Back	2:46.09	2:59.89	3:13.69
48.29	44.79	41.39	50 Breast	40.79	44.59	48.39
1:45.89	1:37.99	1:30.19	100 Breast	1:27.69	1:35.59	1:43.49
3:47.39	3:31.19	3:14.99	200 Breast	3:07.19	3:22.79	3:38.39
41.19	38.19	35.29	50 Fly	34.99	38.39	41.69
1:35.29	1:27.69	1:20.09	100 Fly	1:17.99	1:25.69	1:33.39
3:21.49	3:07.19	2:52.79	200 Fly	2:48.69	3:02.69	3:16.79
1:34.19	1:27.49	1:20.79	100 IM	1:18.59	1:25.19	1:31.89
3:21.69	3:07.29	2:52.89	200 IM	2:49.89	3:04.99	3:19.99
<b>6:47.19*</b>	<b>6:18.09*</b>	<b>5:48.99*</b>	400 IM	<b>5:26.69*</b>	<b>5:53.99*</b>	<b>6:21.19*</b>

\* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

NOTE: If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

**2013 – 2016 National Motivational Time Standards**

**Short Course Meters**

<b>13 and 14 Girls</b>			<b>Event</b>	<b>13 and 14 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
36.29	33.69	31.09	<b>50 Free</b>	28.79	31.19	33.49
1:18.89	1:13.29	1:07.59	<b>100 Free</b>	1:02.79	1:08.09	1:13.29
2:50.09	2:37.99	2:25.79	<b>200 Free</b>	2:16.89	2:28.29	2:39.69
6:00.39	5:34.59	5:08.89	<b>400 Free</b>	4:52.19	5:16.49	5:40.89
23:25.99	21:45.59	20:05.09	<b>1500 Free</b>	19:08.99	20:44.69	22:20.49
1:26.49	1:20.39	1:14.19	<b>100 Back</b>	1:09.69	1:15.49	1:21.29
3:05.99	2:52.79	2:39.49	<b>200 Back</b>	2:29.99	2:42.49	2:54.99
1:38.79	1:31.69	1:24.69	<b>100 Breast</b>	1:18.29	1:24.79	1:31.29
3:34.39	3:19.09	3:03.79	<b>200 Breast</b>	2:50.99	3:05.19	3:19.39
1:25.89	1:19.79	1:13.59	<b>100 Fly</b>	1:08.39	1:14.09	1:19.79
3:10.49	2:56.89	2:43.29	<b>200 Fly</b>	2:31.89	2:44.49	2:57.19
3:11.39	2:57.69	2:43.99	<b>200 IM</b>	2:33.29	2:46.09	2:58.89
6:47.19	6:18.09	5:48.99	<b>400 IM</b>	5:26.69	5:53.99	6:21.19

  

<b>15 - 18 Girls</b>			<b>Event</b>	<b>15 - 18 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
35.69	33.19	30.59	<b>50 Free</b>	27.39	29.69	31.99
1:17.29	1:11.79	1:06.29	<b>100 Free</b>	59.89	1:04.89	1:09.89
2:46.59	2:34.69	2:22.79	<b>200 Free</b>	2:10.99	2:21.89	2:32.79
5:51.19	5:26.19	5:01.09	<b>400 Free</b>	4:41.09	5:04.49	5:27.89
22:58.19	21:19.79	19:41.29	<b>1500 Free</b>	18:33.49	20:06.29	21:39.09
1:24.29	1:18.29	1:12.19	<b>100 Back</b>	1:05.99	1:11.49	1:16.99
3:02.09	2:49.09	2:36.09	<b>200 Back</b>	2:23.59	2:35.49	2:47.49
1:37.59	1:30.59	1:23.59	<b>100 Breast</b>	1:14.99	1:21.29	1:27.49
3:29.89	3:14.89	2:59.89	<b>200 Breast</b>	2:43.69	2:57.29	3:10.89
1:24.19	1:18.19	1:12.09	<b>100 Fly</b>	1:05.09	1:10.59	1:15.99
3:04.29	2:51.09	2:37.99	<b>200 Fly</b>	2:25.19	2:37.29	2:49.39
3:06.59	2:53.29	2:39.99	<b>200 IM</b>	2:26.19	2:38.29	2:50.49
6:36.09	6:07.89	5:39.59	<b>400 IM</b>	5:13.79	5:39.99	6:06.09

Revised 12/4/12

Time standards current from USA Swimming Web site document dated 9/18/12.

NOTE: If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

**2013 – 2016 National Motivational Time Standards**

**Long Course Meters**

<b>10 and under Girls</b>			<b>Event</b>	<b>10 and under Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
44.99	40.69	36.29	<b>50 Free</b>	35.69	39.69	43.79
1:43.09	1:32.19	1:21.19	<b>100 Free</b>	1:20.39	1:30.89	1:41.29
3:48.49	3:23.39	2:58.39	<b>200 Free</b>	2:51.89	3:13.29	3:34.79
7:37.29	6:51.59	6:05.89	<b>400 Free</b>	5:59.59	6:44.59	7:29.49
55.69	49.59	43.49	<b>50 Back</b>	43.29	49.49	55.69
2:01.89	1:48.39	1:34.79	<b>100 Back</b>	1:31.69	1:43.89	1:56.09
1:01.29	54.69	48.09	<b>50 Breast</b>	48.19	54.69	1:01.19
2:16.89	2:01.69	1:46.49	<b>100 Breast</b>	1:44.69	1:58.39	2:11.99
54.39	47.89	41.49	<b>50 Fly</b>	40.89	46.79	52.79
2:11.19	1:53.99	1:36.79	<b>100 Fly</b>	1:36.09	1:52.79	2:09.39
4:10.09	3:43.89	3:17.59	<b>200 IM</b>	3:16.89	3:42.49	4:08.09
<b>11 and 12 Girls</b>			<b>Event</b>	<b>11 and 12 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
38.69	35.99	33.39	<b>50 Free</b>	32.49	35.09	37.79
1:24.99	1:18.99	1:12.89	<b>100 Free</b>	1:10.49	1:16.29	1:22.19
3:03.79	2:50.69	2:37.59	<b>200 Free</b>	2:33.39	2:46.19	2:58.99
6:23.89	5:56.49	5:29.09	<b>400 Free</b>	5:21.89	5:48.69	6:15.49
25:45.79	23:55.39	22:04.99	<b>1500 Free</b>	21:46.39	23:35.29	25:24.09
44.89	41.69	38.49	<b>50 Back</b>	37.99	41.49	44.89
1:38.89	1:31.09	1:23.29	<b>100 Back</b>	1:22.39	1:30.09	1:37.79
3:27.69	3:12.89	2:57.99	<b>200 Back</b>	2:53.79	3:08.29	3:22.79
49.09	45.59	42.09	<b>50 Breast</b>	41.99	45.99	49.89
1:49.99	1:41.89	1:33.79	<b>100 Breast</b>	1:31.69	1:39.99	1:48.29
3:54.59	3:37.89	3:21.09	<b>200 Breast</b>	3:17.09	3:33.59	3:49.99
41.79	38.79	35.79	<b>50 Fly</b>	35.89	39.29	42.69
1:37.49	1:29.69	1:21.89	<b>100 Fly</b>	1:20.39	1:28.29	1:36.19
3:29.09	3:14.19	2:59.29	<b>200 Fly</b>	2:53.59	3:08.09	3:22.49
3:28.39	3:13.49	2:58.59	<b>200 IM</b>	2:55.89	3:11.39	3:26.99
<b>7:00.49*</b>	<b>6:30.39*</b>	<b>6:00.39</b>	<b>400 IM</b>	<b>5:40.39*</b>	<b>6:08.79*</b>	<b>6:37.09*</b>

\* The 12-year-old time standard for the 400 IM for **championship meets** is the 13-14 time standard.

NOTE: If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

## 2013 – 2016 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
37.59	34.89	32.19	50 Free	29.49	31.99	34.39
1:21.29	1:15.49	1:09.69	100 Free	1:05.29	1:10.79	1:16.19
2:55.19	2:42.69	2:30.19	200 Free	2:21.99	2:33.79	2:45.69
6:07.39	5:41.19	5:14.89	400 Free	5:02.69	5:27.89	5:53.19
24:06.39	22:23.09	20:39.79	1500 Free	19:55.69	21:35.29	23:14.99
1:30.09	1:23.69	1:17.19	100 Back	1:12.89	1:18.99	1:24.99
3:13.19	2:59.39	2:45.59	200 Back	2:36.79	2:49.89	3:02.99
1:42.89	1:35.49	1:28.19	100 Breast	1:21.29	1:28.09	1:34.89
3:42.59	3:26.69	3:10.79	200 Breast	2:59.49	3:14.49	3:29.49
1:28.09	1:21.79	1:15.49	100 Fly	1:10.39	1:16.29	1:22.19
3:13.29	2:59.49	2:45.69	200 Fly	2:36.59	2:49.59	3:02.59
3:19.49	3:05.29	2:50.99	200 IM	2:40.39	2:53.69	3:07.09
7:00.49	6:30.39	6:00.39	400 IM	5:40.39	6:08.79	6:37.09

  

15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.99	34.29	31.69	50 Free	27.89	30.19	32.59
1:19.79	1:14.09	1:08.39	100 Free	1:02.19	1:07.39	1:12.59
2:51.79	2:39.49	2:27.19	200 Free	2:16.49	2:27.89	2:39.19
6:00.39	5:34.69	5:08.89	400 Free	4:48.69	5:12.79	5:36.79
23:51.99	22:09.69	20:27.39	1500 Free	19:07.79	20:43.39	22:18.99
1:28.69	1:22.29	1:15.99	100 Back	1:09.69	1:15.49	1:21.29
3:09.29	2:55.79	2:42.29	200 Back	2:28.89	2:41.39	2:53.79
1:41.09	1:33.89	1:26.69	100 Breast	1:18.89	1:25.49	1:31.99
3:36.59	3:21.19	3:05.69	200 Breast	2:49.99	3:04.09	3:18.29
1:26.09	1:19.99	1:13.89	100 Fly	1:07.09	1:12.69	1:18.19
3:09.39	2:55.89	2:42.29	200 Fly	2:29.09	2:41.49	2:53.89
3:14.19	3:00.29	2:46.39	200 IM	2:32.79	2:45.49	2:58.19
6:47.89	6:18.79	5:49.69	400 IM	5:24.49	5:51.59	6:18.59

Revised 12/4/12

Time standards current from USA Swimming Web site document dated 9/18/12.

NOTE: If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

# 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 half 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 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). Marshals must be members of USA Swimming.
  2. Marshals will have the 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 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."
  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 in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. 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.
- 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 Meet 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.**



