

# South Texas B Championships Meet Information

Date posted: 11/17/13



- Meet:**
- 2014 South Texas B Short Course Championships
  - Hosted by Alamo Area Aquatic Association
  - Held under the Sanction of USA Swimming.
- Dates:**
- Saturday and Sunday, January 11 and 12, 2014
- Sanction Number:**
- STA-14-05
- Venue:**
- San Antonio Natatorium
  - 1430 W. Cesar Chavez Blvd
  - San Antonio, Texas, 78207
  - 210-207-3299
  - (2 blocks south of Colorado and Commerce streets)
- Eligibility:**
- This meet is open to all swimmers who are currently registered with South Texas Swimming, and who have achieved the qualifying time standards (2013 – 2016) USA Swimming National Motivational B times; see pages 7-12) through age 18.
- Facility:**
- Eight 25 yard lanes. The minimum water depth, measured in accordance with Article 103.2.3, is five feet six inches at the start end and four feet six inches at the turn end. The course has not been professionally certified IAW 104.2.2C (4). Eight lane adjacent pool available for warm ups and warm downs. All automatic Daktronics starting and timing system. Meet Manager 5.0 will be used. Limited deck seating of approximately 500 thus, lawn chairs are recommended. Concessions will be offered and team banners may not be displayed in the facility.
- Liability:**
- In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Alamo Area Aquatics Association, the San Antonio Natatorium, the City of San Antonio, 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 2013 USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply.
  - All swimmers must be registered for 2014 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 five and six, 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 400 IM and 500 Free events will be age combined, alternating female and male heats, and will swim fastest to slowest.
    - The 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 400 IM and 500 Free events, and provide their own lap counters for the 500 Free event.

## USA Swimming

- Registration:**
- All swimmers, coaches, and officials participating in this competition must be currently (2014) registered with USA Swimming. All should also be prepared to present their USA Swimming ID Card (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) 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 (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). 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 to 18 events will be the 15 and 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.  
•Qualifying times must be achieved prior to the first or second entry deadlines.  
•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:

•Proof 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 Saturday, January 11, 2014.

## Entry

**Restrictions:** •An individual swimmer may enter a maximum of five (5) individual events on Saturday (Sessions 1 & 2), and a maximum of five (5) individual events 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.

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

**Relays:** •There are no relays offered for this meet.

## Deadlines:

•There are two entry deadlines for this meet.  
•The first deadline is 11 days prior to the start date of the meet, Tuesday, December 31.  
    •The first entry deadline is for athletes who have achieved qualifying times prior to this date.  
    •This deadline is required to verify swimmers and times in the SWIMS database and correct errors.  
•Final entry deadline is Monday, January 6, 2014 by 12-noon and is dependent on the availability of potential qualifying meets one week in advance of the meet.  
    •Only swimmers who have achieved a qualifying time after the first entry deadline may enter using the second entry deadline.  
    •Teams may use the second entry deadline to update swimmer times if necessary.  
•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 – includes the STSI splash fee
- Checks made payable to San Antonio Nadadores.
- Entry fees must be received by Thursday, January 9th by 6:00 PM payable to SA Nadadores and delivered to Don Walker at the San Antonio Natatorium 1430 W. Cesar Chavez Blvd, San Antonio, Texas, 78207.
- 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 \$16.00 per individual 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 2014 USA Swimming registration card (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) 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 13 will be in effect at this meet.
- South Pool will be available for warm-ups throughout the meet. The Diving well will be closed for the entire meet.
- Warm-up times and lane assignments for each team will be posted on the STSI Web site along with the psych sheet by January 8th.
- 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 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 San Antonio Natatorium, 210-207-3299 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.
- Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

**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
- 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

**Management****•Meet Director**

•Don Walker  
•210-861-0789  
•[Dmw15479@aol.com](mailto:Dmw15479@aol.com)

**•Meet Referee**

•Didi Byerly  
•361-548-0879  
•[Didibyerly@aol.com](mailto:Didibyerly@aol.com)

**•Entries Chair**

•Angella Woodard  
•210-408-7946  
•[admin@stswim.org](mailto:admin@stswim.org)

**•Administrative Official**

•Angella Woodard  
•210-408-7946  
•[admin@stswim.org](mailto:admin@stswim.org)

**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 2014 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee with your certification level and availability so she 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:****•Sessions 1 and 3:**

•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

•Check-in time for the 400 IM (Session One) is 9:30 AM. Check-in time for 500 Free (Session Two) is 6:00 PM.

•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 Free and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 500 Free must provide their own lap counters.



**2014 STSI Short Course B Championships  
Order of Events**



**SESSION 1  
Saturday, January 11, 8:30 AM**

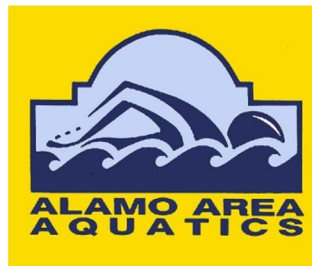
<u>Women's Event</u>	<u>Event</u>	<u>Men's Event</u>
1	11-12 100 IM	2
3	10 & Under 100 IM	4
5	11-18 200 Free	6
7	10 & Under 200 Free	8
9	15-18 100 Back	10
11	13-14 100 Back	12
13	11-12 100 Back	14
15	10 & Under 100 Back	16
17	15-18 50 Free	18
19	13-14 50 Free	20
21	11-12 50 Free	22
23	10 & Under 50 Free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

\*\* Positive check-in for the 400 IM is required by 9:30 AM.  
\*\* Swimmers in the 400 IM must provide their own backup timers.

**SESSION 2  
Saturday, January 11, 5:00 PM**

<u>Women's Event</u>	<u>Event</u>	<u>Men's Event</u>
27	11-12 50 Breast	28
29	10 & Under 50 Breast	30
31	15-18 100 Free	32
33	13-14 100 Free	34
35	11-12 100 Free	36
37	10 & Under 100 Free	38
39	11-18 200 Breast	40
41	15-18 100 Fly	42
43	13-14 100 Fly	44
45	11-12 100 Fly	46
47	10 & Under 100 Fly	48
49	11-18 500 Free **	50
51	10 & Under 500 Free **	52

\*\* Positive check-in for the 500 Free is required by 6:00 PM.  
\*\* Swimmers in the 500 Free must provide their own backup timers and lap counter.



**SESSION 3**  
**Sunday, January 12, 8:30 AM**

<u>Women's Event</u>	<u>Event</u>	<u>Men's Event</u>
53	11-12 50 Fly	54
55	10 & Under 50 Fly	56
57	11-18 200 Back	58
59	15-18 100 Breast	60
61	13-14 100 Breast	62
63	11-12 100 Breast	64
65	10 & Under 100 Breast	66
67	11-18 200 IM	68
69	10 & Under 200 IM	70
71	11-18 200 Fly	72
73	10 & Under 50 Back	74
75	11-12 50 Back	76

**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

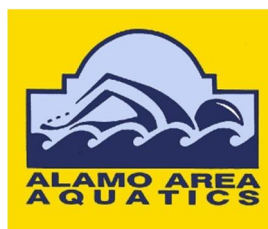
### Short Course Yards

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.



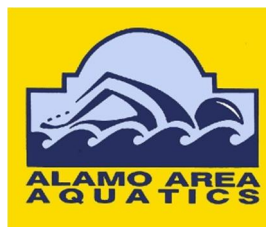
## 2013 – 2016 National Motivational Time Standards

### Long Course Meters

10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
44.99	40.69	36.29	50 Free	35.69	39.69	43.79
1:43.09	1:32.19	1:21.19	100 Free	1:20.39	1:30.89	1:41.29
3:48.49	3:23.39	2:58.39	200 Free	2:51.89	3:13.29	3:34.79
7:37.29	6:51.59	6:05.89	400 Free	5:59.59	6:44.59	7:29.49
55.69	49.59	43.49	50 Back	43.29	49.49	55.69
2:01.89	1:48.39	1:34.79	100 Back	1:31.69	1:43.89	1:56.09
1:01.29	54.69	48.09	50 Breast	48.19	54.69	1:01.19
2:16.89	2:01.69	1:46.49	100 Breast	1:44.69	1:58.39	2:11.99
54.39	47.89	41.49	50 Fly	40.89	46.79	52.79
2:11.19	1:53.99	1:36.79	100 Fly	1:36.09	1:52.79	2:09.39
4:10.09	3:43.89	3:17.59	200 IM	3:16.89	3:42.49	4:08.09
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
38.69	35.99	33.39	50 Free	32.49	35.09	37.79
1:24.99	1:18.99	1:12.89	100 Free	1:10.49	1:16.29	1:22.19
3:03.79	2:50.69	2:37.59	200 Free	2:33.39	2:46.19	2:58.99
6:23.89	5:56.49	5:29.09	400 Free	5:21.89	5:48.69	6:15.49
25:45.79	23:55.39	22:04.99	1500 Free	21:46.39	23:35.29	25:24.09
44.89	41.69	38.49	50 Back	37.99	41.49	44.89
1:38.89	1:31.09	1:23.29	100 Back	1:22.39	1:30.09	1:37.79
3:27.69	3:12.89	2:57.99	200 Back	2:53.79	3:08.29	3:22.79
49.09	45.59	42.09	50 Breast	41.99	45.99	49.89
1:49.99	1:41.89	1:33.79	100 Breast	1:31.69	1:39.99	1:48.29
3:54.59	3:37.89	3:21.09	200 Breast	3:17.09	3:33.59	3:49.99
41.79	38.79	35.79	50 Fly	35.89	39.29	42.69
1:37.49	1:29.69	1:21.89	100 Fly	1:20.39	1:28.29	1:36.19
3:29.09	3:14.19	2:59.29	200 Fly	2:53.59	3:08.09	3:22.49
3:28.39	3:13.49	2:58.59	200 IM	2:55.89	3:11.39	3:26.99
<b>7:00.49*</b>	<b>6:30.39*</b>	<b>6:00.39</b>	400 IM	<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	<b>50 Free</b>	29.49	31.99	34.39
1:21.29	1:15.49	1:09.69	<b>100 Free</b>	1:05.29	1:10.79	1:16.19
2:55.19	2:42.69	2:30.19	<b>200 Free</b>	2:21.99	2:33.79	2:45.69
6:07.39	5:41.19	5:14.89	<b>400 Free</b>	5:02.69	5:27.89	5:53.19
24:06.39	22:23.09	20:39.79	<b>1500 Free</b>	19:55.69	21:35.29	23:14.99
1:30.09	1:23.69	1:17.19	<b>100 Back</b>	1:12.89	1:18.99	1:24.99
3:13.19	2:59.39	2:45.59	<b>200 Back</b>	2:36.79	2:49.89	3:02.99
1:42.89	1:35.49	1:28.19	<b>100 Breast</b>	1:21.29	1:28.09	1:34.89
3:42.59	3:26.69	3:10.79	<b>200 Breast</b>	2:59.49	3:14.49	3:29.49
1:28.09	1:21.79	1:15.49	<b>100 Fly</b>	1:10.39	1:16.29	1:22.19
3:13.29	2:59.49	2:45.69	<b>200 Fly</b>	2:36.59	2:49.59	3:02.59
3:19.49	3:05.29	2:50.99	<b>200 IM</b>	2:40.39	2:53.69	3:07.09
7:00.49	6:30.39	6:00.39	<b>400 IM</b>	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	<b>50 Free</b>	27.89	30.19	32.59
1:19.79	1:14.09	1:08.39	<b>100 Free</b>	1:02.19	1:07.39	1:12.59
2:51.79	2:39.49	2:27.19	<b>200 Free</b>	2:16.49	2:27.89	2:39.19
6:00.39	5:34.69	5:08.89	<b>400 Free</b>	4:48.69	5:12.79	5:36.79
23:51.99	22:09.69	20:27.39	<b>1500 Free</b>	19:07.79	20:43.39	22:18.99
1:28.69	1:22.29	1:15.99	<b>100 Back</b>	1:09.69	1:15.49	1:21.29
3:09.29	2:55.79	2:42.29	<b>200 Back</b>	2:28.89	2:41.39	2:53.79
1:41.09	1:33.89	1:26.69	<b>100 Breast</b>	1:18.89	1:25.49	1:31.99
3:36.59	3:21.19	3:05.69	<b>200 Breast</b>	2:49.99	3:04.09	3:18.29
1:26.09	1:19.99	1:13.89	<b>100 Fly</b>	1:07.09	1:12.69	1:18.19
3:09.39	2:55.89	2:42.29	<b>200 Fly</b>	2:29.09	2:41.49	2:53.89
3:14.19	3:00.29	2:46.39	<b>200 IM</b>	2:32.79	2:45.49	2:58.19
6:47.89	6:18.79	5:49.69	<b>400 IM</b>	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 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 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.**