# South Texas BB Championships Meet Information

**November 13, 2014**

**Meet:** **2015 South Texas BB Short Course Championships—South**
**Hosted by Streamline Aquatics**
**Held under the sanction of USA Swimming.**
**Team Alignments:** AAAA, BAS, CBA, CCAA, CLAN, CLUB, DRD, HAT, HOT, HSC, LTF, MM, MSC, SAS, SASA, SWTJ, TEAM, WAVE

**Dates:** January 23-25, 2015

**Sanction Number:** **STA-15-06**

**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.

**The meet hotel is the Drury Inn and Suites Airport. See information further down in this announcement for special rates using the Group Number. Hotel reservation deadline is January 8, 2015.**

**Eligibility:** This meet is open to all swimmers, who are currently registered with South Texas Swimming and the above indicated teams, and who have achieved the qualifying time standards (2013 – 2016 USA Swimming National Motivational BB times; see pages 9-14) through age 18.

**Facility:** This meet will be conducted in one 11 lane, 25 yard pool, with 8 lanes for competition and 2 lanes for warm up and warm down. We will use Hy-Tek Meet Manager software and Daktronics timing system. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet 0 inches at the start end and the turn end is 4 feet 2 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls. 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.

**Food Drive:** SASA, in conjunction with the South Texas Swimming Athlete Representatives, will be conducting a food drive for donation to the local food bank. All teams and athletes are encouraged to participate by bringing items of canned food for donation. Additional details will be provided prior to the meet.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Streamline Aquatics, the University of the Incarnate Word, 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 current USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
- All swimmers must be registered for 2015 with USA Swimming <u>by the first or second entry deadline</u>.
  - Athletes who fail to meet this requirement will not be allowed to compete.

**Format:**
- Championship Format: preliminaries and finals

•A and B finals for all individual events, unless otherwise noted.
•Preliminary events will be seeded by time and gender according to the Order of Events on page 8, except as noted.
•Age groups of identical events *may* be combined in the preliminary sessions at the discretion of the Meet Referee.
•All preliminary events will be swum fastest to slowest, except as noted. The three fastest heats of each preliminary event, except for timed finals events, will be championship seeded.
•All finals events will be contested in the specified age groups in the finals sessions.
•The 1650 Free, 400 IM, and 10 & Under 500 Free events will be contested as timed finals only, age combined, alternating female and male heats, and will swim fastest to slowest.
•The 1650 Free, 400 IM, and 10 & Under 500 Free will be seeded on deck. Check-in for these events is required on Friday by **4:15 PM**.
•For events 61 & 62 only (girls and boys 11-18 500 Free), positive check-in is required by **9:45 AM** on the morning of the event. Swimmers must indicate when checking in whether they want to swim in prelims or finals. The fastest 8 swimmers who elected to do so at check-in will swim in finals. The meet host will notify the fastest 8 swimmers that they will be swimming in finals after the positive check-in deadline.
•Swimmers must provide their own backup timers for the 500 Free, 1650 Free, and 400 IM events, and provide their own lap counters for the 500 and 1650 Free events.
•All relay events will be timed finals and will swim in the preliminary sessions only.
•There will be a 10-minute break after the relay events.
•There will be a 10-minute break after the 1650 Free and the 10 & Under 500 Free events on Friday.
•Meet Management reserves the right to alter meet operations based on the number of participants.

**USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2015) registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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. South Texas Swimming does not allow on-deck USA Swimming registrations.

**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 BB 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 A 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 deadline.
•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 for preliminary heats 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 on January 23, 2015.

**Entry Restrictions:**

•An individual swimmer may enter a maximum of three (3) individual and one (1) relay event per day.
•Swimmers who have achieved the 2013 – 2016 USA Swimming National Motivational A time standard or faster in any course may not swim those individual events in the STSI BB Championship Meet.
•Neither may they swim that stroke and distance on any relay team.

**Time Trials:**

•Time trials will be conducted on Friday, Saturday, and Sunday, time permitting, starting 15 minutes after the conclusion of preliminaries. Time Trial entries will close at **6:00 PM on Friday and at 10:15 AM on Saturday and Sunday.** After final entries are received, a notice will be sent out to the teams prior to the meet confirming the availability of time trials each day.

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•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 (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) 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:**

•All relays are timed finals and will be contested only in the preliminary sessions. 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 **9:45 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 **9:45 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 2014 USA-S Rules and Regulations.
•Swimmers who have achieved the 2013 – 2016 USA Swimming National Motivational A 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, **6:00 PM, Monday, January 12, 2015**.
•The first entry deadline is for athletes who have achieved qualifying times prior to this date. If possible, please enter relay teams at the first deadline.
•This deadline is required to verify swimmers and times in the SWIMS database and correct errors.
•The final entry deadline is **Monday, January 19, 2015, by noon** and is dependent of the availability of potential qualifying meets one week in advance of the meet.
•*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.
•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 A 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:** •$8.25 per individual event and $16.00 per relay event – includes the STSI splash fee
•Checks made payable to Streamline Aquatics

Meet Director
SASA North "BB" Champs
14514 Majestic Prince
San Antonio, TX 78248-1133

•Email entry files to: admin@stswim.org
•*Please also include a* ***list of all coaches and officials*** *who will be attending the meet, so that we may properly plan for hospitality.*
•Entry fees must be received by **Wednesday, January 21, 2015**.
•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 $30.00 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 2015 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 15 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 posted on the STSI Web site along with the psych sheet.
•There will be two warm-up session for finals. Teams will be notified of warm-up assignments.
•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. As top qualifiers scratch, other swimmers become eligible for finals. So if a swimmer does NOT want to swim in finals, they must scratch their name on the list with the Administrative Official no matter how far down the list their name appears. The athletes swimming in finals will be posted as soon as possible after the 30 minute scratch period.
•***Swimmers who qualify for finals and elect NOT to compete in finals must scratch or declare INTENT to scratch with the Administrative Official within 30 minutes of the announcement.***

•Swimmers who declare an intent to scratch will 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 swimmer *will compete* in the finals event.
•Any swimmer who qualifies for a final and does not scratch and then fails to compete in the finals heat will be disqualified from further participation in the meet.
    •Does not apply to alternates
    •Illness and injury may be excused by the Meet Referee
•In the event the no show is during finals on Sunday, the swimmer will also be fined $100.
    •A swimmer who fails to compete in a finals event on Sunday will also be barred from competition in subsequent South Texas Swimming sanctioned meets until any such fines are paid to South Texas Swimming.
•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
•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:** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**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. There is an elevator located next to the stairs on the east side of the building.
•Should special accommodations need to be made for a spectator to remain on deck for the course of the meet, please contact the Meet Director, admin@stswim.org to make arrangements.
•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 is 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 |
| •Relay Events: first through third place | Ribbons |
| •Team Awards: first through third place | Banners |

•There will be no awards presentation.
•Clubs must pick-up awards during the meet from the awards desk area.

**Scoring:**

| A Finals Place ⇒ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|---|
| **Ind. event points** | 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| **B Finals Place ⇒** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** |
| **Ind. event points** | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

All individual events have A & B finals, with the following exceptions. The 400 IM, 500 Free, and 1650 Free are timed finals only.

| Relay Place ⇒ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|---|
| **Relay points** | 40 | 34 | 32 | 30 | 28 | 26 | 24 | 22 |
| **Relay Place ⇒** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** |
| **Relay points** | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

All relay events will swim in the prelims sessions only and will be conducted as timed finals. Only two relay teams per event per club will score.

**Meet Management:**

| | | | |
|---|---|---|---|
| **Meet Director:** | Angella Woodard | 210-479-0881 | admin@stswim.org |
| **Meet Referee:** | Ray Pearce | 210-326-7332 | poolsbyray@aol.com |
| **Entries Chair:** | Angella Woodard | 210-479-0881 | admin@stswim.org |
| **Admin Official:** | Angella Woodard | 210-479-0881 | admin@stswim.org |
| **Head Coach:** | Phillip Davis | 210-805-3078 | 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 2015 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 he can plan accordingly. The uniform will be white polo shirts over khaki pants, skirts, or shorts for prelims and navy blue shirts/blouses over khaki pants or skirts for finals. 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:**

**Friday, timed-finals:**

| | |
|---|---|
| Warm-ups begin | 4:00 PM** |
| Clear competition pool | 5:20 PM |
| Coaches meeting | 5:20 PM |
| Sessions begin | 5:30 PM |

•Check-in times for the 1650 freestyle, the 10 & Under 500 freestyle, and the 400 individual medley is Friday by **4:15 PM**.

**Subject to revision depending upon the number of entries received.

| Saturday Preliminaries: | | Finals: | |
|---|---|---|---|
| Warm-ups begin | 7:00 AM** | Warm-ups begin | 4:00 PM |
| Clear competition pool | 8:50 AM | Clear competition pool | 4:45 PM |
| Coaches' meeting | 8:50 AM | National Anthem | 4:57 PM |
| Sessions begin | 9:00 AM | Sessions begin | 5:00 PM |

| Sunday Preliminaries: | | Finals: | |
|---|---|---|---|
| Warm-ups begin | 7:00 AM** | Warm-ups begin | 3:00 PM** |
| Clear competition pool | 8:50 AM | Clear competition pool | 3:45 PM |
| | | National Anthem | 3:57 PM |
| Sessions begin | 9:00 AM | Sessions begin | 4:00 PM** |

•Check-in time for the 11-18 500 freestyle is **9:45** AM on the morning of the event.

•If additional coaches meetings are required, the meet host and meet referee will announce the meeting times.

**Subject to revision depending upon the number of entries received.

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

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 23 and 24, 2015.

***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 **$79.99 (single/double) or $89.99 (triple/quad)**.

**Preferred reservation method:** Reserve online by going to www.druryhotels.com and entering group number **2227827.**

Reservations may also be made by calling **1-800-325-0720** and refer to the group name **South Texas BB Champs** and group number **2227827.**

**CUT-OFF DATE:** Reservations, either call in or via rooming lists, received after **Thursday, January 8, 2015** will be provided on a space-available basis at prevailing rates.

# 2015 STSI Short Course BB Championships
## Order of Events

| Women's Event # | Friday January 23, 2015 | Men's Event# |
|---|---|---|
| 1 | 11-18 1650 Free | 2 |
| 3 | 10 & Under 500 Free | 4 |
| 5 | 12-18 400 IM * | 6 |

| Women's Event # | Saturday January 24, 2015 | Men's Event # | Women's Event # | Sunday January 25, 2015 | Men's Event # |
|---|---|---|---|---|---|
| 7 | 11-12 100 IM | 8 | 63 | 11-12 50 Fly | 64 |
| 9 | 10 & Under 100 IM | 10 | 65 | 10 & Under 50 Fly | 66 |
| 11 | 15-18 50 Free | 12 | 67 | 15-18 100 Free | 68 |
| 13 | 13-14 50 Free | 14 | 69 | 13-14 100 Free | 70 |
| 15 | 11-12 50 Free | 16 | 71 | 11-12 100 Free | 72 |
| 17 | 10 & Under 50 Free | 18 | 73 | 10 & Under 100 Free | 74 |
| 19 | 15-18 100 Fly | 20 | 75 | 15-18 200 Fly | 76 |
| 21 | 13-14 100 Fly | 22 | 77 | 13-14 200 Fly | 78 |
| 23 | 11-12 100 Fly | 24 | 79 | 11-12 200 Fly | 80 |
| 25 | 10 & Under 100 Fly | 26 | 81 | 15-18 100 Breaststroke | 82 |
| 27 | 15-18 200 Breaststroke | 28 | 83 | 13-14 100 Breaststroke | 84 |
| 29 | 13-14 200 Breaststroke | 30 | 85 | 11-12 100 Breaststroke | 86 |
| 31 | 11-12 200 Breaststroke | 32 | 87 | 10 & Under 100 Breaststroke | 88 |
| 33 | 15-18 200 Free | 34 | 89 | 15-18 200 Backstroke | 90 |
| 35 | 13-14 200 Free | 36 | 91 | 13-14 200 Backstroke | 92 |
| 37 | 11-12 200 Free | 38 | 93 | 11-12 200 Backstroke | 94 |
| 39 | 10 & Under 200 Free | 40 | 95 | 15-18 200 IM | 96 |
| 41 | 15-18 100 Backstroke | 42 | 97 | 13-14 200 IM | 98 |
| 43 | 13-14 100 Backstroke | 44 | 99 | 11-12 200 IM | 100 |
| 45 | 11-12 100 Backstroke | 46 | 101 | 10 & Under 200 IM | 102 |
| 47 | 10 & Under 100 Backstroke | 48 | 103 | 11-12 50 Backstroke | 104 |
| 49 | 11-12 50 Breaststroke | 50 | 105 | 10 & Under 50 Backstroke | 106 |
| 51 | 10 & Under 50 Breaststroke | 52 | 107 | 15-18 400 Medley Relay | 108 |
| 53 | 15-18 400 Free Relay | 54 | 109 | 13-14 400 Medley Relay | 110 |
| 55 | 13-14 400 Free Relay | 56 | 111 | 11-12 200 Medley Relay | 112 |
| 57 | 11-12 200 Free Relay | 58 | 113 | 10 & Under 200 Medley Relay | 114 |
| 59 | 10 & Under 200 Free Relay | 60 | * | **11-18 Boys 500 Free **** | 62 |
| 61 | **11-18 Girls 500 Free **** | * | | | |

- The 1650 Freestyle, 400 Individual Medley, and 10 & Under 500 Freestyle on Friday will be contested as timed finals, age combined, alternating male and female and swum *fastest to slowest*. These events require positive check-in and will be deck seeded. There will be a 10-minute break after the 1650 Freestyle and the 10 & Under 500 Freestyle events on Friday night.
- Check-in time for the Friday distance events (1650 Freestyle, 400 Individual Medley, 10 & Under 500 Freestyle) is **4:15 PM.**
- Swimmers must provide their own backup timers for the 1650 Freestyle, 400 Individual Medley, and 500 Freestyle events, and provide their own lap counters for the 500 and 1650 Freestyle events.
- There will be a 10-minute break after the relay events.

* The qualifying time standard for the 12-14 400 IM is 13-14 time standard for each gender.
** Check-in time for Events 61 & 62 (11-18 500 Freestyle) is **9:45** AM on the day of the event. The girl's Event #61 will compete on Saturday and the boy's Event #62 will swim on Sunday. The fastest heat of swimmers electing to do so when checking in will swim in finals and all other swimmers will swim in prelims.
Note: The time standard for 15-18 events is the 15-16 time standard for each gender.

| 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 |
| **6:08.49*** | **5:42.19*** | **5:15.89*** | **400 IM** | **4:55.69*** | **5:20.29*** | **5:44.99*** |

* 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 | | | | | | |
| 13 and 14 Girls | | | Event | 13 and 14 Boys | | |
| B Min | BB Min | A Min | | A Min | BB Min | B Min |
| 32.89 | 30.49 | 28.19 | 50 Free | 25.99 | 28.19 | 30.39 |
| 1:11.39 | 1:06.29 | 1:01.19 | 100 Free | 56.89 | 1:01.59 | 1:06.29 |
| 2:33.89 | 2:22.89 | 2:11.99 | 200 Free | 2:03.89 | 2:14.19 | 2:24.49 |
| 6:51.79 | 6:22.39 | 5:52.99 | 500 Free | 5:33.89 | 6:01.69 | 6:29.49 |
| 23:34.19 | 21:53.19 | 20:12.19 | 1650 Free | 19:15.69 | 20:51.99 | 22:28.29 |
| 1:18.29 | 1:12.69 | 1:07.09 | 100 Back | 1:03.09 | 1:08.29 | 1:13.59 |
| 2:48.39 | 2:36.29 | 2:24.29 | 200 Back | 2:15.79 | 2:27.09 | 2:38.39 |
| 1:29.39 | 1:22.99 | 1:16.59 | 100 Breast | 1:10.79 | 1:16.69 | 1:22.59 |
| 3:13.99 | 3:00.19 | 2:46.29 | 200 Breast | 2:34.69 | 2:47.59 | 3:00.49 |
| 1:17.69 | 1:12.19 | 1:06.59 | 100 Fly | 1:01.89 | 1:07.09 | 1:12.19 |
| 2:52.39 | 2:40.09 | 2:27.79 | 200 Fly | 2:17.49 | 2:28.89 | 2:40.39 |
| 2:53.19 | 2:40.79 | 2:28.49 | 200 IM | 2:18.79 | 2:30.29 | 2:41.89 |
| 6:08.49 | 5:42.19 | 5:15.89 | 400 IM | 4:55.69 | 5:20.29 | 5:44.99 |
| 15 - 18 Girls | | | Event | 15 - 18 Boys | | |
| B Min | BB Min | A Min | | A Min | BB Min | B Min |
| 32.39 | 29.99 | 27.69 | 50 Free | 24.79 | 26.89 | 28.99 |
| 1:09.99 | 1:04.99 | 59.99 | 100 Free | 54.19 | 58.69 | 1:03.29 |
| 2:30.79 | 2:19.99 | 2:09.29 | 200 Free | 1:58.59 | 2:08.39 | 2:18.29 |
| 6:41.29 | 6:12.69 | 5:43.99 | 500 Free | 5:21.19 | 5:47.89 | 6:14.69 |
| 23:06.29 | 21:27.19 | 19:48.19 | 1650 Free | 18:39.99 | 20:13.29 | 21:46.69 |
| 1:16.29 | 1:10.79 | 1:05.39 | 100 Back | 59.79 | 1:04.69 | 1:09.69 |
| 2:44.79 | 2:32.99 | 2:21.19 | 200 Back | 2:09.89 | 2:20.69 | 2:31.59 |
| 1:28.29 | 1:21.99 | 1:15.69 | 100 Breast | 1:07.89 | 1:13.59 | 1:19.19 |
| 3:09.99 | 2:56.39 | 2:42.79 | 200 Breast | 2:28.09 | 2:40.49 | 2:52.79 |
| 1:16.19 | 1:10.69 | 1:05.29 | 100 Fly | 58.99 | 1:03.89 | 1:08.79 |
| 2:46.79 | 2:34.89 | 2:22.99 | 200 Fly | 2:11.39 | 2:22.29 | 2:33.29 |
| 2:48.89 | 2:36.79 | 2:24.79 | 200 IM | 2:12.29 | 2:23.29 | 2:34.29 |
| 5:58.49 | 5:32.89 | 5:07.29 | 400 IM | 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 |
| **6:47.19*** | **6:18.09*** | **5:48.99*** | 400 IM | **5:26.69*** | **5:53.99*** | **6:21.19*** |

* 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

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

| 15 - 18 Girls | | | Event | 15 - 18 Boys | | |
|---|---|---|---|---|---|---|
| B Min | BB Min | A Min | | A Min | BB Min | B Min |
| 35.69 | 33.19 | 30.59 | 50 Free | 27.39 | 29.69 | 31.99 |
| 1:17.29 | 1:11.79 | 1:06.29 | 100 Free | 59.89 | 1:04.89 | 1:09.89 |
| 2:46.59 | 2:34.69 | 2:22.79 | 200 Free | 2:10.99 | 2:21.89 | 2:32.79 |
| 5:51.19 | 5:26.19 | 5:01.09 | 400 Free | 4:41.09 | 5:04.49 | 5:27.89 |
| 22:58.19 | 21:19.79 | 19:41.29 | 1500 Free | 18:33.49 | 20:06.29 | 21:39.09 |
| 1:24.29 | 1:18.29 | 1:12.19 | 100 Back | 1:05.99 | 1:11.49 | 1:16.99 |
| 3:02.09 | 2:49.09 | 2:36.09 | 200 Back | 2:23.59 | 2:35.49 | 2:47.49 |
| 1:37.59 | 1:30.59 | 1:23.59 | 100 Breast | 1:14.99 | 1:21.29 | 1:27.49 |
| 3:29.89 | 3:14.89 | 2:59.89 | 200 Breast | 2:43.69 | 2:57.29 | 3:10.89 |
| 1:24.19 | 1:18.19 | 1:12.09 | 100 Fly | 1:05.09 | 1:10.59 | 1:15.99 |
| 3:04.29 | 2:51.09 | 2:37.99 | 200 Fly | 2:25.19 | 2:37.29 | 2:49.39 |
| 3:06.59 | 2:53.29 | 2:39.99 | 200 IM | 2:26.19 | 2:38.29 | 2:50.49 |
| 6:36.09 | 6:07.89 | 5:39.59 | 400 IM | 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 |
| **7:00.49*** | **6:30.39*** | **6:00.39** | 400 IM | **5:40.39*** | **6:08.79*** | **6:37.09*** |

* 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 **(Prelims)**

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 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).
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. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a 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.***