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|  | **South Texas Age Group (STAGS) Championship—Long Course**  **Meet Information**  **Revised June 28, 2015** | STbanner |

**Meet: 2015 South Texas Age Group (STAGS) Championship—Long Course**

**Hosted by Coastal Bend Allstars (CBA)**

**Held under the sanction of USA Swimming.**

**Dates:** July 9-12, 2015

**Sanction**

**Number:** STA-15-49

**Venue:** Corpus Christi Independent School District Natatorium

3202 Cabaniss Parkway

Corpus Christi, TX 78415

(361) 878-2333

From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.

From US 77 North, turn right on FM665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.

**Eligibility:** This meet is open to all swimmers through age 18 who are currently registered with South Texas Swimming, and who have achieved the qualifying time standards (2013 – 2016 USA Swimming National Motivational A times or faster; see pages 10-15).

**Facility:** Indoor 8 lanes, 50-meter competition pool with a 4-lane 25-yard warm-up/cool-down pool. A Daktronics Timing System and Hy-tek Meet Manager Software will be utilized. Seating is available for over 975. Dressing and locker rooms are available on-site. The Natatorium is on CCISD property. No tobacco or alcohol is allowed on CCISD property including the parking lot. A Concession Stand will be provided. Visitors are asked to secure all personal belongings in their vehicles.

The competition course has not been certified in accordance with 104.2.2.C. (3) & (4). The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet 0 inches at the start end and the turn end is 14 feet 6 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Coastal Bend Allstars (CBA), City of Corpus Christi and its employees, CCISD Natatorium, 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. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer’s club, if attached, to be held accountable for repairs.

**Sanction:** This meet has been sanctioned by South Texas Swimming and current USA Swimming rules and any relevant sections of the South Texas Policies & Procedures Manual will apply. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

**Format:** •Championship Format: preliminaries and finals

•A and B finals for all individual events except as noted:

•Timed finals only for the 12-14 400 IM, 10 & Under 400 Free, 800 Free, and 1500 Free.

•A final only for the 400 Free (11-12, 13-14, and 15-18) and the 400 IM (15-18).

•All relays will be timed finals and will swim in the preliminary sessions only.

•Preliminary events will be seeded by time and gender according to the Order of Events on pages 9-10 except as noted. Positive check-in is required for all distance events (400 meters and longer).

•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 12-14 400 IM, 10 & Under 400 Free, 800 Free, and 1500 Free events will be contested as timed finals only, age combined, alternating female and male heats, and will swim fastest to slowest.

•Swimmers in the 1500 Free can request an 800 split time. Swimmers must notify the Meet Referee in advance to request an 800 split and they must complete the 1500 Free distance. In addition, swimmers must provide three backup timers (total) if they are requesting an 800 split time.

•Swimmers must provide their own backup timers and lap counters for the 800 Free and 1500 Free events. Swimmers in the 400 IM and 400 Free events must provide their own backup timers.

•There will be a 10-minute break afterthe relay events.

•The meet administration reserves the right to run chase starts (male events and female events starting at different ends of the pool) and/or flyover starts once the entries have been received. Announcements regarding how the meet will be run will be made in the heat sheets as well as during the coaches meeting.

**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 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. All unaccompanied swimmers will be temporarily assigned to a registered USA coach for warm up, warm down and competition purposes in order to comply with USA Swimming Rule 202.5.2.

**Qualifying**

**Times:** •The qualifying time standards for all individual events are the traditional dual-age group 2013 – 2016 USA Swimming National Motivational A or faster times. The qualifying time standard for the 15-18 events will be the 15-16 standard for each gender.

•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 (SCY or SCM), 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: long course meters, short course meters, short course yards (LSY). Swimmers with short course meters or short course yards times will be seeded last.

**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, the Website address where the results are posted OR a hard copy of the 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 July 9, 2015.

**Entry**

**Restrictions:** •An individual swimmer may enter a maximum of three individual events and one relay event per day.

**Time Trials:** •Time trials will be conducted if time permits. Time trials (if held) will be conducted within 30 minutes of the conclusion of each prelim session. Once the meet entries are received by the meet host, the host will then determine if time permits. If time trials are held, swimmer may enter events during the course of the meet, up to the established cut off time for time trials.

•Swimmers must be registered with South Texas Swimming 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 (three individual events per day) 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 $15.00 Relay events $20.00

**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 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 sheets must be turned in to the Meet Director or designee with final relay swimmers by 6:30pm the night before the event is scheduled. If a relay sheet 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 2015 USA-S Rules and Regulations.

•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 **Monday, June 29, 2015 by 9:00pm.**

•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.

•Final entry deadline is **Monday, July 6, 2015 by noon** and is dependent of the availability of potential qualifying meets one week in advance of the start date, July 9, 2015.

•*July 6 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.

**Entry**

**Requirements:** •All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements.

•Teams with fewer than five swimmers may send an email to the Entries Chair with the team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and the swimmer's events by number, description, and entry time.

•When submitting files to the Entries Chair, please include the name, email address, and phone number of the person submitting the entries. If you do not receive an email confirmation, your entries were not received.

•Please contact Entries Chair, Allen Schlimper at 361-537-4080 if you have an entry question. E-mail entries to: entriesforCBA@gmail.com

•Entries will open **on June 1, 2015.**

•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

•Please, rename the files to clearly identify the meet sanction number, your club code, and the file.

Example STA-15-30\_CBA\_Entries.zip

STA-15-30\_CBA\_Meet\_Entry\_Report

STA-15-30\_CBA\_Meet\_Entry\_Fee\_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 shall be done via Hy-Tek file and 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:** •$10.00 per individual event and $20.00 per relay event – includes the STSI splash fee

•Checks made payable to CBA and sent to: Allen Schlimper

14109 Riverway Dr.

Corpus Christi, TX 78410

•Entry fees must be received by July 8, 2015 by 6:00 pm.

•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 $20.00 per individual event and $40.00 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 16 will be in effect at this meet.

•The small instructional pool will be available for warm-ups throughout the meet.

•Warm-up times and lane assignments for each team will be posted in the Natatorium, on the CBA website at CBAswimming.com and on the South Texas Swimming website at www.stsim.org, as well as the psych sheet.

•There will be a single warm-up session for finals.

•Warm-ups MUST be under the direct supervision of a coach at all times.

**Scratch**

**Rules:** •There is no penalty for failing to scratch from a *pre-seeded* preliminary event.

•The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat.

•*ALL* qualifiers have 30 minutes in which to scratch if they do not desire to compete in finals. (Note: A “qualifier” includes the top 16 finishers **and** all other finishers in the event, regardless of place.) 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.

•**S*wimmers 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 400 Free, 800 Free, 1500 Free, or 400 IM events 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 Allen Schlimper at 361-537-4080 CBAMeetDirector@gmail.comin advance of this event with the name and age of any member on your team who needs assistance to enter the building. The facility 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: The400 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 800 Free, 1500 Free, 10 & Under 400 Free, and 12-14 400 IM are timed finals only. There are A & B finals for each individual event, except for the 400 IM (15-18) and the 400 Free (11-12, 13-14, and 15-18), which will have an A final only.

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| **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 Meet Referee**

Allen Schlimper Pat Nelson

361-537-4080 361-991-5687

[CBAMeetDirector@gmail.com](mailto:CBAMeetDirector@gmail.com) [patrick.a.nelson@sbcglobal.net](mailto:patrick.a.nelson@sbcglobal.net)

**Admin Official Entries Chair**

Raychel Laya Allen Schlimper

361-739-0290 361-537-4080

[meetdirector@ccaquaticfb.com](mailto:meetdirector@ccaquaticfb.com) [EntriesForCBA@gmail.com](mailto:EntriesForCBA@gmail.com)

**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.

This meet will be a National Qualifying Meet for Officials. Officials who are interested in being evaluated need to submit a completed application to the Meet Referee by June 29, 2015. Applications for evaluation can be obtained from the South Texas Swimming website. The USA Swimming evaluator is Jason Johnson. Officials may apply to be evaluated for the following: stroke and turn (N2, N3), Chief Judge (N2, N3 Initial), Starter (N2), Deck Referee (N2)

**Daily**

**Schedule: Thursday, 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 time for the 800 Free, 1500 Free, 10 & Under 400 Free, and 12-14 400 IM is Thursday by 4:45 PM.

**Preliminaries: \*Finals: (Friday and Saturday):**

Warm-ups begin between 6:30 and 7:00 AM Warm-ups begin 4:00 PM

Clear competition pool 8:15 AM Clear competition pool 4:45 PM

Coaches’ meeting (Sat only) 8:20 AM National Anthem 4:57 PM

Sessions begin 8:30 AM Sessions begin 5:00 PM

•Check-in time for the 400 IM and 400 Free events on Friday and for the 400 Free events on Saturday is by 9:30 AM on the day of the event.

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

**\*The Finals session on Sunday will begin one hour earlier UNLESS the number of entries does not permit the earlier start time.**

**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, in their designated area, and ready to swim within 30 seconds of being called.

**Timers:** Each participating team is required to provide backup timers in proportion to the number of swimmers entered in the meet.

Swimmers competing in the 400 IM, 400, 800 and 1500 Free events must provide their own backup timers and lap counters.

**Meet Updates/**

**Results:** When provided by the meet host, the estimated starting and ending times for each session, the psych sheet, and other meet information will be posted to the South Texas Swimming website ([www.stswim.org](http://www.stswim.org)) approximately two days prior to the meet’s start date. Meet results, when provided by the meet host, will be linked to the South Texas Swimming website.

**2015 STSI Long Course STAGS Championship**

**Order of Events**

|  |  |  |
| --- | --- | --- |
| **Women’s**  **Event #** | **Thursday**  **July 9, 2015** | **Men’s**  **Event#** |
| 1 | 12-14 400 IM \* + | 2 |
| 3 | 10 & Under 400 Free \* | 4 |
| 5 | 11-18 800 Free \* | 6 |
| 7 | 11-18 1500 Free \* ++ | 8 |

\* The 12-14 400 IM, 10 & Under 400 Free, 800 Free, and 1500 Free events 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.

\* Check-in time for all events on Thursday is 4:45 PM.

+The qualifying time standard for the 12-14 400 IM is 13-14 time standard for each gender.

++ Swimmers in the 1500 Free can request an 800 split time. Swimmers must notify the Meet Referee in advance to request an 800 split and they must complete the 1500 Free distance. In addition, swimmers must provide **three** backup timers if they are requesting an 800 split time.

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| **Women’s**  **Event #** | **Friday**  **July 10, 2015** | **Men’s**  **Event #** | **Women’s**  **Event #** | **Saturday**  **July 11, 2015** | **Men’s**  **Event #** |
| 9 | 10 & Under 200 Free Relay | 10 | 47 | 10 & Under 200 Medley Relay | 48 |
| 11 | 11-12 200 Free Relay | 12 | 49 | 11-12 200 Medley Relay | 50 |
| 13 | 13-14 400 Medley Relay | 14 | 51 | 13-14 400 Free Relay | 52 |
| 15 | 15-18 400 Medley Relay | 16 | 53 | 15-18 400 Free Relay | 54 |
| **10-minute break** | | | **10-minute break** | | |
| 17 | 11-12 50 Fly | 18 | 55 | 11-12 50 Breaststroke | 56 |
| 19 | 10 & Under 50 Fly | 20 | 57 | 10 & Under 50 Breaststroke | 58 |
| 21 | 15-18 100 Free | 22 | 59 | 15-18 200 Free | 60 |
| 23 | 13-14 100 Free | 24 | 61 | 13-14 200 Free | 62 |
| 25 | 11-12 100 Free | 26 | 63 | 11-12 200 Free | 64 |
| 27 | 10 & Under 100 Free | 28 | 65 | 10 & Under 200 Free | 66 |
| 29 | 15-18 200 Backstroke | 30 | 67 | 15-18 100 Backstroke | 68 |
| 31 | 13-14 200 Backstroke | 32 | 69 | 13-14 100 Backstroke | 70 |
| 33 | 11-12 200 Backstroke | 34 | 71 | 11-12 100 Backstroke | 72 |
| 35 | 15-18 100 Breaststroke | 36 | 73 | 10 & Under 100 Backstroke | 74 |
| 37 | 13-14 100 Breaststroke | 38 | 75 | 15-18 200 Fly | 76 |
| 39 | 11-12 100 Breaststroke | 40 | 77 | 13-14 200 Fly | 78 |
| 41 | 10 & Under 100 Breaststroke | 42 | 79 | 11-12 200 Fly | 80 |
| 43 | 15-18 400 IM \* | 44 | 81 | 15-18 400 Free \* | 82 |
| 45 | 11-12 400 Free \* | 46 | 83 | 13-14 400 Free \* | 84 |

--There will be a 10-minute break after the relay events.

--Relay events will be conducted as timed finals only in the preliminary sessions.

--There are A & B finals for each individual event, except for the 400 IM (15-18) and the 400 Free (11-12, 13-14, and 15-18), which will have an A final only.

--The time standard for 15-18 events is the 15-16 time standard for each gender.

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

\* The 400 IM and 400 Free events on Friday require positive check-in by 9:30 AM on Friday and will be deck seeded.

\* The 400 Free events on Saturday require positive check-in by 9:30 AM on Saturday and will be deck seeded.





**2015 STSI Long Course STAGS Championship**

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| --- | --- | --- |
| **Women’s**  **Event #** | **Sunday**  **July 12, 2015** | **Men’s**  **Event #** |
| 85 | 10 & Under 400 Free Relay | 86 |
| 87 | 11-12 400 Free Relay | 88 |
| 89 | 13-14 200 Free Relay | 90 |
| 91 | 15-18 200 Free Relay | 92 |
| **10-minute break** | | |
| 93 | 11-12 50 Backstroke | 94 |
| 95 | 10 & Under 50 Backstroke | 96 |
| 97 | 15-18 100 Fly | 98 |
| 99 | 13-14 100 Fly | 100 |
| 101 | 11-12 100 Fly | 102 |
| 103 | 10 & Under 100 Fly | 104 |
| 105 | 15-18 200 Breaststroke | 106 |
| 107 | 13-14 200 Breaststroke | 108 |
| 109 | 11-12 200 Breaststroke | 110 |
| 111 | 15-18 50 Free | 112 |
| 113 | 13-14 50 Free | 114 |
| 115 | 11-12 50 Free | 116 |
| 117 | 10 & Under 50 Free | 118 |
| 119 | 15-18 200 IM | 120 |
| 121 | 13-14 200 IM | 122 |
| 123 | 11-12 200 IM | 124 |
| 125 | 10 & Under 200 IM | 126 |

--Relay events will be conducted as timed finals only in the preliminary sessions.

--There will be a 10-minute break after the relay events.

--The time standard for 15-18 events is the 15-16 time standard for each gender.

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| **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.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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.

NOTE: If entering with a non-conforming time (SCM or SCY), 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** | | | | | | |
| **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.

NOTE: If entering with a non-conforming time (SCM or SCY), 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** | | | | | | |
| **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 SCY), 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 SCY), 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.***

**STSI Safety Guidelines and Warm-up Procedures last Revised 9/30/2013**