

2016 South Texas Age Group (STAGS) Championship—Short Course Meet Information

Posted 11/15/15



- Meet:** 2016 South Texas Age Group (STAGS) Championship—Short Course
Hosted by Coastal Bend Allstars
Held under the sanction of USA Swimming.
- Dates:** Friday through Sunday, February 12-14, 2016
- Sanction Number:** STA-16-08
- Eligibility:** This meet is open to all swimmers who are currently registered with South Texas Swimming and have achieved the qualifying time standards (2013 – 2016 USA Swimming National Motivational A or faster times; see pages 9-14) through age 18.
- Venue:** Corpus Christi Independent School District Natatorium
3202 Cabaniss Parkway
Corpus Christi, TX 78415
(361) 826-1728/3460
- 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
- Facility:** Indoor 8 lane 25-yard and a 6-lane 25-yard competition pools are available for competition 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.
- Sanction:** This meet is sanctioned by South Texas Swimming and current USA Swimming Rules and Regulations and any relevant portions of the STSI Policies & Procedures Manual 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 2016 with USA Swimming by the meet start date. Athletes who fail to meet this requirement will not be allowed to compete.
- Format:** Championship Format: preliminaries and finals. Prelim events will be contested in two pools: one for girls and one for boys. 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 pages 7 and 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 500 Free events will be seeded on deck. Check-in for these events is required by 9:30 on the morning of the event. The 1650 Free 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. For the 10 & Under 500 Free and the 1650 Free, swimmers must indicate whether they want to swim in prelims or finals. The fastest 8 swimmers in each event 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.

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 (2016) 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 A times or faster. 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 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: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database. In cases where a claimed time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the Meet Referee, will be an acceptable proof of time. Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed meet. All proofs 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 February 12, 2016.

Entry

Restrictions: An individual swimmer may enter a maximum of three (3) individual and one (1) relay event per day.

Time Trials: Time trials will be conducted on Friday, Saturday, and Sunday at the discretion of the meet management (time permitting). Time Trials will start no later than 30 minutes after the conclusion of the last event. The time trial deadline will be posted at the clerk of course.

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. The meet host will schedule time trials in the most efficient way possible without consideration of how many time trial events a single swimmer enters.

Swimmers must be registered with South Texas Swimming to participate in time trials. 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 \$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 cards must be turned in to the Admin Official/Referee or designee with final relay swimmers by 9:00 AM on Friday and by 6:30 PM on Friday and Saturday night (for Saturday and Sunday's relays respectively). If a relay card is not turned in, the relay will be scratched. 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 entry deadline is **Monday, February 1, 2016 by 6:00 pm**. 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, February 8, 2016, by noon** and is dependent of the availability of potential qualifying meets one week in advance of the start. *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.

Entry

Requirements:

All entries for the first deadline will be done through USA Swimming's online meet entry (OME) at www.usaswimming.org/OME. OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (you can add additional entries until the entry deadline). If you have trouble using OME, please contact Josh Fowler with USA Swimming at 719-866-3581. If you have an entry question, please contact Entries Chair, Deana Erdner (contact information listed in the meet information).

Entries will open in OME **on January 1, 2016**. A PDF copy of the entry file with proof of times (by swimmer) shall be sent via email to the entries chair as well as the name, email address, and phone number of the person preparing the entries in case clarification is needed. 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

A Hy-Tek file will be available on South Texas Swimming website (www.stswim.org) for entries submitted after the first deadline. Final entries shall be done via Hy-Tek file, sent to the entry chair, and are only required if there is a change in the team's preliminary individual entries or relays are being added. The final entries must indicate, by swimmer, the change that was made to the preliminary entry.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report when notified.

Entry Fees: \$10.00 per individual event and \$20.00 per relay event—includes the STSI splash fee

Checks made payable to Coastal Bend All Stars (CBA). Please mail entries and fees to:

Deana Erdner
516 E Avenue C
Port Aransas, TX 78373

Entry fees must be received by Tuesday February 9, 2016. 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 2016 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. A designated area of the pool will be available for warm-ups throughout the meet. Warm-up times and lane assignments for each team will be posted on the STSI website along with the psych sheet. Warm-up times and lane assignments for each team will be posted in the Natatorium, on the South Texas Swimming website at www.stswim.org, and e-mailed to the coaches. 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.

Scratches may be accomplished by a coach, swimmer, or parent, but they must use the STSI Scratch from Finals form and **it must be signed by the swimmer's coach.** No verbal scratches or scratches made without the official Scratch form and the signature of the swimmer's coach will be accepted.

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.

Swimmers who fail to compete in a positive check-in event after positive check-in or 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 on that day. Swimmers may pay a fine of \$50 at the meet, payable to South Texas Swimming, to compete in subsequent days of the meet and must positively check in for the remainder of the meet with meet administration. In the event the swimmer has no additional events in the meet or the missed event occurs on Sunday, the swimmer will be fined \$100. Illness and injury may be excused by the Meet Referee and this policy does not apply to alternates.

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.

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:**

Deck changes are prohibited.

**Special
Needs:**

Please notify the Meet Director in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The host staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility. In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

Awards:

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

*Note: The 400 IM will be awarded as follows: 12-14 and 15-18

Individual events: first through third place: Medals
Individual events: fourth through eighth place: Ribbons
Relay Events: first through third place: Ribbons
Team Awards: first through third place: Banners

Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).

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 10 & Under 500 Free and the 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

Gabriel Lopez
301-247-3279
cbameetdirector@gmail.com

Meet Referee

Lorna Anaya
870-814-2890
stasactions@anayamedical.com

Entries Chair

Deana Erdner
361-244-7065
cbaentries@gmail.com

Admin Official

Tanya Norwood
612-840-3717
tmnorwood@grandecom.net

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 2016 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.

Officials

Certification: 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 February 1, 2016. Applications for evaluation can be obtained from the South Texas Swimming website. The USA Swimming evaluators are listed below. Officials may apply to be evaluated for the following:

	S&T		Chief Judge				Starter			Deck Ref				Admin Ref				
	N2	N3	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F	N2	N3I	N3R	N3F
Meet Evaluations	X	X	X	X	X	X	X				X	X	X		X			
Evaluators (with evaluation authority – may only be applied to positions and levels approved for the meet)																		
Lorna Anaya	X	X	X				X				X							
Kathleen Scandary	X	X	X	X	X	X	X				X	X	X		X			
Robert Scandary	X	X	X				X				X							

Daily

Schedule:

Preliminaries:

Warm-ups begin 7:00 AM
Clear competition pool 8:50 AM
Coaches' meeting (Fri. only) 8:50 AM
Sessions begin 9:00 AM

Finals* (Friday and Saturday):

Warm-ups begin 4:00 PM
Clear competition pool 4:45 PM
National Anthem 4:57 PM
Sessions begin 5:00 PM

***Finals on Sunday only will start one hour earlier**

Check-in times for distance events (400 IM, 500 Free, and 1650 Free) is by 9:30 AM on the morning of the event. If additional coach meetings are required, the meet host and meet referee will announce the meeting times.

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 in the alternates area, properly attired, and ready to swim when 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.



2016 STSI Short Course STAGS Championship Order of Events



Women's Event #	Friday February 12, 2016	Men's Event #
1	11-12 50 Back	2
3	10 & Under 50 Back	4
5	15-18 200 Fly	6
7	13-14 200 Fly	8
9	11-12 200 Fly	10
11	10 & Under 100 Breast	12
13	15-18 100 Breast	14
15	13-14 100 Breast	16
17	11-12 100 Breast	18
19	10 & Under 200 Free	20
21	15-18 200 Free	22
23	13-14 200 Free	24
25	11-12 200 Free	26
27	15-18 200 Free Relay	28
29	13-14 200 Free Relay	30
31	11-12 400 Free Relay	32
33	10 & Under 400 Free Relay	34
10-minute break		
35	15-18 400 IM	36
37	12-14 400 IM *	38

- There will be a 10-minute break after the relay events.
 - Swimmers in the 400 IM must provide their own backup timers.
 - All relay events are timed final events only and will swim in prelims.
 - Check-in time for the distance events (1650 Free, 400 IM, and 500 Free) is by 9:30 on the morning of the event.
- * The qualifying time standard for the 12-14 400 IM is 13-14 time standard for each gender.

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



2016 STSI Short Course STAGS Championships Order of Events



Women's Event #	Saturday February 13, 2016	Men's Event #	Women's Event #	Sunday February 14, 2016	Men's Event #
39	11-12 100 Back	40	85	11-12 50 Breast	86
41	10 & Under 100 Back	42	87	10 & Under 50 Breast	88
43	13-14 100 Back	44	89	15-18 200 Back	90
45	15-18 100 Back	46	91	13-14 200 Back	92
47	11-12 50 Fly	48	93	11-12 200 Back	94
49	10 & Under 50 Fly	50	95	10 & Under 100 Fly	96
51	15-18 200 Breast	52	97	15-18 100 Fly	98
53	13-14 200 Breast	54	99	13-14 100 Fly	100
55	11-12 200 Breast	56	101	11-12 100 Fly	102
57	10 & Under 100 Free	58	103	10 & Under 200 IM	104
59	15-18 100 Free	60	105	15-18 200 IM	106
61	11-12 100 Free	62	107	13-14 200 IM	108
63	13-14 100 Free	64	109	11-12 200 IM	110
65	10 & Under 100 IM	66	111	10 & Under 50 Free	112
67	11-12 100 IM	68	113	15-18 50 Free	114
69	15-18 400 Free Relay	70	115	13-14 50 Free	116
71	13-14 400 Free Relay	72	117	11-12 50 Free	118
73	11-12 200 Free Relay	74	119	15-18 400 Medley Relay	120
75	10 & Under 200 Free Relay	76	121	13-14 400 Medley Relay	122
10-minute break			123	11-12 200 Medley Relay	124
77	15-18 500 Free	78	125	10 & Under 200 Medley Relay	126
79	13-14 500 Free	80	10-minute break		
81	11-12 500 Free	82	127	11-18 1650 Free **	128
83	10 & Under 500 Free **	84			

- There will be a 10-minute break after the relay events.
- Check-in time for the distance events (1650 Free, 400 IM, and 500 Free) is by 9:30 on the morning of the event.
- Swimmers must provide their own backup timers for the 1650 Free, 400 IM, and 500 Free events, and provide their own lap counters for the 500 and 1650 Free events.
- All relay events are timed final events only and will swim in prelims.

** The 10 & Under 500 Free (events 83 & 84) 1650 Free (events 127 & 128) will be contested as timed finals. These events require positive check-in by 9:30 on the day of the event and will be deck seeded. For the 10 & Under 500 Free and the 1650 Free, 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 backstroke waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.