

# 2017 South Texas BB Championship—North Meet Information



12.14.2016

- Meet:** 2017 South Texas BB Short Course Championships—North  
Hosted by Tigershark Swim Team  
Held under the sanction of USA Swimming.  
Team Alignments: AQTX, ASC, ATAC, CCSS, COTA, CPS, FHD, FISH, GOLD, HEAT, LCA, LSAC, MSTR, NAMS, NTRO, RUSH, TST, TWST, TXLA, WHAC, WLOO, WWW
- Dates:** February 10-12, 2017
- Sanction Number:** STA-17-10
- Venue:** Roy and Jean Potts Belton Swim Center on the Belton High School campus  
600 Lake Road  
Belton, TX 76513  
Pool: (254) 215-2443; pool office: (254) 215-2444
- 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 (2017-2020 USA Swimming National Motivational BB times; see pages 8-13) through age 18.
- Facility:** Indoor, 8-lane, 25-yard pool with a Daktronics Timing System and Hy-Tek Meet Manager software. The facility has a separate 3-lane 25-yard pool with depths of 3 feet 6 inches to 4 feet 9 inches, which will be available for continuous warm-up and cool-down. Spectator seating will be limited to the bleachers. Entrances and exits must remain clear of chairs and other obstructions per Belton Fire Marshall. Ample parking is available in front of the swim center and the adjacent student parking lot. Please do not park in the bus loop behind the high school. Dressing rooms have limited space. A reasonably priced concession will be available.
- The competition course has not been certified in accordance with 104.2.2C(4).
- The minimum water depth, measured in accordance with Article 103.2.3, is six feet zero inches at the start end and the turn end is five feet zero 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), Tigershark Swim Team, Belton ISD, 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. All swimmers must be registered as athletes for 2017 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2017 USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations. 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, unless otherwise noted. Preliminary events will be seeded by time and gender, age combined, according to the Order of Events on page 7, except as noted. Events may be combined at the discretion of the Meet Referee.

All preliminary events will swim 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, swimming slowest to fastest by age group. Finals heats will swim in oldest to youngest age group order (15-18, 13-14, 11-12, 10 & Under).

The 1650 Free, 400 IM, and 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 5:45 PM**.

For events 29 & 30 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 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 (2017) 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 proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

## **Unaccompanied**

**Swimmers:** Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

## **Qualifying**

**Times:** The qualifying time standards for all individual events are the traditional dual-age group 2017-2020 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 2017-2020 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 deadlines. There are no qualifying times for relay events.

If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted. Seeding 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 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 February 10, 2017.

## **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 2017-2020 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 Saturday and Sunday, time permitting, starting 15 minutes after the conclusion of preliminaries. If offered, time trial entries will close at **10:15 AM** on the day of the event. After the final meet entry deadline has passed, a notice will be sent out to the teams confirming the availability of time trials each day.

Time trial entrants who are not already entered in the meet must present their current USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app (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, which might include combining events by stroke, distance, and/or gender. For this reason, swimmers are not guaranteed rest between time trial events.

Swimmers must be registered with one of the teams listed in the "Team Alignments" section on page 1 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 \$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, 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 2016 USA-S Rules and Regulations.

Swimmers who have achieved the 2017-2020 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, **Monday, January 30, 2017 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 6, 2017, by 6:00 PM** and is dependent on 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 2017-2020 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:** \$8.50 per individual event and \$17.00 per relay event – includes the STSI splash fee

Email entries to Jessica Myers, [jessica.myers@bisd.net](mailto:jessica.myers@bisd.net). If you don't receive an e-mail confirmation, your entries were not received.

Checks made payable to **BISD** and mailed to:

Belton High School  
Attn: Jessica Myers  
600 Lake Road  
Belton, Texas 76513

Entry fees must be received by February 10<sup>th</sup>, 2017. 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.

## Deck (late)

### Entries:

Deck entries will be accepted at \$17.00 per individual event and \$34.00 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 USA Swimming ID card or proof of membership using the USA Swimming Deck Pass app (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 proof-of-time before a deck entry will be accepted.

## 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 will be disqualified from their next individual prelims event. For a no show in a finals event (any swimmer who qualifies for a final and does not scratch and then fails to compete in the finals heat), the penalty is \$50 per event and disqualification from the swimmer's next individual prelims event. When the no-show is on Sunday or if the

athlete has no remaining individual events, the fine is \$100 per event. 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:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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. Awards will not be mailed.

**Scoring:**

<b>A Finals Place ⇒</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Ind. event points</b>	20	17	16	15	14	13	12	11
<b>B Finals Place ⇒</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Ind. event points</b>	9	7	6	5	4	3	2	1

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

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

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

Name Jessica Myers  
Email  
jessica.myers@bisd.net  
Phone 214-236-2515

### Meet Referee

Name Bob Lang  
Email  
dogmatic.lang@gmail.com  
Phone 214-755-7981

### Admin Official

Name Ann Lang  
Email  
annlang12@gmail.com  
Phone 214-350-4112

### Entries Chair

Name Jessica Myers  
Email  
jessica.myers@bisd.net  
Phone 214-236-2515

**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 2017 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	6:00 PM**
Clear competition pool	6:25 PM
Coaches meeting	6:25 PM
Sessions begin	6:30 PM

Check-in time for the 1650 freestyle, the 10 & Under 500 freestyle, and the 400 individual medley is Friday by **5:45 PM**.

#### Saturday Preliminaries:

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

#### Saturday Finals:

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

#### Sunday Preliminaries:

Warm-ups begin	7:00 AM**
Clear competition pool	8:50 AM
Sessions begin	9:00 AM

#### Sunday Finals:

Warm-ups begin	3:00 PM**
Clear competition pool	3:45 PM
National Anthem	3:57 PM
Sessions begin	4:00 PM**

\*\*Subject to change depending on meet size. Any changes will be communicated to teams by February 7. Check-in time for the 11-18 500 freestyle is **9:45 AM** on the morning of the event. If additional coach meetings are required, the 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.

## Warm-up

### Procedures:

The South Texas Swimming Safety Guidelines and Warm-up Procedures on page 14 will be in effect at this meet. The facility has a separate 3-lane 25-yard pool with depths of 3 feet 6 inches to 4 feet 9 inches, which will be available for continuous warm-up and cool-down. Warm-up times and lane assignments for each team will be posted on the STSI website by February 7 along with 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.

## 2017 STSI Short Course BB Championships—North Order of Events



Women's Event #	Friday February 10, 2017	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 February 11, 2017	Men's Event #	Women's Event #	Sunday February 12, 2017	Men's Event #
7	12 & Under 100 IM (a)	8	31	12 & Under 50 Fly (a)	32
9	18 & Under 50 Free (b)	10	33	18 & Under 100 Free (b)	34
11	18 & Under 100 Fly (b)	12	35	11-18 200 Fly (c)	36
13	11-18 200 Breaststroke (c)	14	37	18 & Under 100 Breaststroke (b)	38
15	18 & Under 200 Free (b)	16	39	11-18 200 Backstroke (c)	40
17	18 & Under 100 Backstroke (b)	18	41	18 & Under 18 200 IM (b)	42
19	12 & Under 50 Breaststroke (a)	20	43	12 & Under 50 Backstroke (a)	44
21	15-18 400 Free Relay	22	45	15-18 400 Medley Relay	46
23	13-14 400 Free Relay	24	47	13-14 400 Medley Relay	48
25	11-12 200 Free Relay	26	49	11-12 200 Medley Relay	50
27	10 & Under 200 Free Relay	28	51	10 & Under 200 Medley Relay	52
29	<b>11-18 Girls 500 Free **</b>	*	*	<b>11-18 Boys 500 Free **</b>	30

(a) In FINALS, this event will swim oldest to youngest and slowest to fastest, with two heats of each age group (11-12 B and A finals (heats 1 and 2); 10&U B and A finals (heats 3 and 4)).

(b) In FINALS, this event will swim oldest to youngest and slowest to fastest, with two heats of each age group (15-18 B and A finals (heats 1 and 2); 13-14 B and A finals (heats 3 and 4); 11-12 B and A finals (heats 5 and 6); and 10 & U B and A finals (heats 7 and 8)).

(c) In FINALS, this event will swim oldest to youngest and slowest to fastest, with two heats of each age group (15-18 B and A finals (heats 1 and 2); 13-14 B and A finals (heats 3 and 4); and 11-12 B and A finals (heats 5 and 6)).

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. Check-in time for the Friday distance events (1650 Freestyle, 400 Individual Medley, 10 & Under 500 Freestyle) is **5:45 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 29 & 30 (11-18 500 Freestyle) is **9:45 AM** on the day of the event. The girl's Event #29 will compete on Saturday and the boy's Event #30 will swim on Sunday.

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

## 2017-2020 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
38.89	35.19	31.39	50 Free	30.99	34.49	38.09
1:29.59	1:19.99	1:10.49	100 Free	1:09.69	1:18.79	1:27.79
3:19.19	2:57.39	2:35.59	200 Free	2:29.39	2:47.99	3:06.69
8:26.09	7:35.49	6:44.89	500 Free	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	50 Back	37.09	42.39	47.69
1:41.99	1:30.69	1:19.29	100 Back	1:19.19	1:29.69	1:40.19
53.29	47.49	41.79	50 Breast	40.99	46.59	52.09
1:58.09	1:44.99	1:31.89	100 Breast	1:30.19	1:41.89	1:53.59
47.39	41.79	36.19	50 Fly	35.39	40.49	45.69
1:53.99	1:39.09	1:24.09	100 Fly	1:23.49	1:37.99	1:52.39
1:42.59	1:31.69	1:20.79	100 IM	1:19.49	1:29.39	1:39.39
3:38.49	3:15.59	2:52.69	200 IM	2:50.99	3:13.19	3:35.49
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
33.79	31.49	29.09	50 Free	27.89	30.29	32.59
1:13.59	1:08.29	1:03.09	100 Free	1:00.89	1:05.89	1:10.99
2:41.19	2:29.69	2:18.19	200 Free	2:13.49	2:24.59	2:35.69
7:09.09	6:38.39	6:07.79	500 Free	5:57.69	6:27.49	6:57.29
24:53.99	23:07.29	21:20.59	1650 Free	20:52.99	22:37.49	24:21.89
38.29	35.59	32.89	50 Back	32.29	35.29	38.19
1:25.19	1:18.49	1:11.79	100 Back	1:09.29	1:15.79	1:22.19
2:56.59	2:43.99	2:31.39	200 Back	2:27.99	2:40.29	2:52.69
43.09	39.99	36.89	50 Breast	36.19	39.59	42.89
1:34.39	1:27.39	1:20.39	100 Breast	1:18.39	1:25.49	1:32.49
3:23.09	3:08.59	2:54.09	200 Breast	2:47.09	3:00.99	3:14.89
36.69	34.09	31.49	50 Fly	31.19	34.19	37.09
1:25.09	1:18.29	1:11.49	100 Fly	1:09.59	1:16.49	1:23.29
3:00.89	2:47.89	2:34.99	200 Fly	2:31.39	2:43.99	2:56.59
1:24.39	1:18.39	1:12.29	100 IM	1:09.09	1:14.99	1:20.89
3:00.69	2:47.79	2:34.89	200 IM	2:30.89	2:44.19	2:57.59
<b>6:05.79*</b>	<b>5:39.69*</b>	<b>5:13.59*</b>	400 IM	<b>4:52.99*</b>	<b>5:17.39*</b>	<b>5:41.79*</b>

Revised 10/21/16

Time standards current from USA Swimming website document dated 9/30/16

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



## 2017-2020 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
32.69	30.29	27.99	50 Free	25.69	27.89	29.99
1:10.79	1:05.79	1:00.69	100 Free	56.29	1:00.89	1:05.59
2:33.19	2:22.19	2:11.29	200 Free	2:02.59	2:12.79	2:22.99
6:49.39	6:20.09	5:50.89	500 Free	5:31.39	5:58.99	6:26.59
23:23.49	21:43.19	20:02.99	1650 Free	19:07.59	20:43.19	22:18.89
1:17.19	1:11.69	1:06.19	100 Back	1:01.79	1:06.89	1:12.09
2:47.29	2:35.39	2:23.39	200 Back	2:14.69	2:25.89	2:37.09
1:28.69	1:22.39	1:15.99	100 Breast	1:09.79	1:15.59	1:21.39
3:11.99	2:58.29	2:44.59	200 Breast	2:32.89	2:45.59	2:58.39
1:16.89	1:11.39	1:05.99	100 Fly	1:01.29	1:06.39	1:11.49
2:50.09	2:37.89	2:25.79	200 Fly	2:15.69	2:26.99	2:38.29
2:51.49	2:39.19	2:26.99	200 IM	2:17.19	2:28.59	2:39.99
6:05.79	5:39.69	5:13.59	400 IM	4:52.99	5:17.39	5:41.79

  

15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.09	29.79	27.49	50 Free	24.79	26.79	28.89
1:09.59	1:04.59	59.59	100 Free	53.89	58.39	1:02.89
2:29.89	2:19.19	2:08.49	200 Free	1:57.69	2:07.49	2:17.29
6:40.69	6:12.09	5:43.49	500 Free	5:19.39	5:45.99	6:12.59
23:05.19	21:26.19	19:47.29	1650 Free	18:30.39	20:02.89	21:35.39
1:15.39	1:10.09	1:04.69	100 Back	58.59	1:03.49	1:08.39
2:44.09	2:32.39	2:20.69	200 Back	2:08.49	2:19.19	2:29.89
1:26.89	1:20.69	1:14.49	100 Breast	1:06.49	1:12.09	1:17.59
3:08.19	2:54.69	2:41.29	200 Breast	2:24.59	2:36.59	2:48.69
1:15.39	1:09.99	1:04.59	100 Fly	58.59	1:03.39	1:08.29
2:46.79	2:34.89	2:22.89	200 Fly	2:09.79	2:20.59	2:31.39
2:48.19	2:36.19	2:24.19	200 IM	2:10.89	2:21.79	2:32.69
5:57.59	5:31.99	5:06.49	400 IM	4:42.09	5:05.59	5:29.09

Revised 10/21/16

Time standards current from USA Swimming website document dated 9/30/16

## 2017-2020 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
42.99	38.89	34.69	50 Free	34.19	38.09	41.99
1:38.99	1:28.39	1:17.89	100 Free	1:16.99	1:26.99	1:36.99
3:40.09	3:15.99	2:51.89	200 Free	2:44.99	3:05.69	3:26.29
7:22.89	6:38.59	5:54.29	400 Free	5:47.79	6:31.19	7:14.69
51.99	46.29	40.59	50 Back	40.99	46.79	52.69
1:52.69	1:40.19	1:27.69	100 Back	1:27.49	1:39.09	1:50.69
58.89	52.49	46.19	50 Breast	45.29	51.39	57.59
2:10.49	1:55.99	1:41.49	100 Breast	1:39.59	1:52.59	2:05.59
52.39	46.19	39.99	50 Fly	39.09	44.79	50.49
2:05.99	1:49.49	1:32.99	100 Fly	1:32.29	1:48.29	2:04.19
1:53.39	1:41.29	1:29.19	100 IM	1:27.89	1:38.79	1:49.79
4:01.49	3:36.19	3:10.79	200 IM	3:08.89	3:33.49	3:58.09

  

11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.29	34.69	32.19	50 Free	30.89	33.39	35.99
1:21.29	1:15.49	1:09.69	100 Free	1:07.29	1:12.89	1:18.49
2:58.09	2:45.39	2:32.69	200 Free	2:27.49	2:39.79	2:52.09
6:15.49	5:48.69	5:21.89	400 Free	5:12.99	5:39.09	6:05.19
24:45.29	22:59.19	21:13.09	1500 Free	20:45.69	22:29.59	24:13.39
42.39	39.29	36.29	50 Back	35.69	38.99	42.19
1:34.19	1:26.69	1:19.29	100 Back	1:16.59	1:23.69	1:30.89
3:15.19	3:01.29	2:47.29	200 Back	2:43.49	2:57.19	3:10.79
47.59	44.19	40.79	50 Breast	39.99	43.69	47.39
1:44.29	1:36.59	1:28.89	100 Breast	1:26.59	1:34.39	1:42.29
3:44.49	3:28.39	3:12.39	200 Breast	3:04.59	3:19.99	3:35.39
40.59	37.69	34.79	50 Fly	34.49	37.79	40.99
1:33.99	1:26.49	1:18.99	100 Fly	1:16.89	1:24.49	1:32.09
3:19.79	3:05.59	2:51.29	200 Fly	2:47.29	3:01.19	3:15.19
1:33.19	1:26.59	1:19.89	100 IM	1:16.39	1:22.89	1:29.39
3:19.69	3:05.39	2:51.19	200 IM	2:46.69	3:01.49	3:16.19
<b>6:44.19*</b>	<b>6:15.39*</b>	<b>5:46.49*</b>	400 IM	<b>5:23.79*</b>	<b>5:50.69*</b>	<b>6:17.69*</b>

Revised 10/21/16

Time standards current from USA Swimming website document dated 9/30/16

\* 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.

## 2017-2020 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
36.09	33.49	30.89	50 Free	28.39	30.79	33.19
1:18.29	1:12.69	1:07.09	100 Free	1:02.19	1:07.29	1:12.49
2:49.29	2:37.19	2:25.09	200 Free	2:15.39	2:26.69	2:37.99
5:58.29	5:32.69	5:07.09	400 Free	4:49.99	5:14.19	5:38.29
23:15.29	21:35.69	19:55.99	1500 Free	19:00.89	20:35.99	22:11.09
1:25.29	1:19.19	1:13.09	100 Back	1:08.19	1:13.89	1:19.59
3:04.89	2:51.69	2:38.49	200 Back	2:28.79	2:41.19	2:53.59
1:37.99	1:30.99	1:23.99	100 Breast	1:17.09	1:23.49	1:29.89
3:32.19	3:16.99	3:01.89	200 Breast	2:48.89	3:02.99	3:17.09
1:24.99	1:18.89	1:12.89	100 Fly	1:07.69	1:13.29	1:18.89
3:07.89	2:54.49	2:41.09	200 Fly	2:29.99	2:42.49	2:54.99
3:09.49	2:55.89	2:42.39	200 IM	2:31.59	2:44.19	2:56.79
6:44.19	6:15.39	5:46.49	400 IM	5:23.79	5:50.69	6:17.69

  

15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
35.39	32.89	30.39	50 Free	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	100 Free	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	200 Free	2:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	400 Free	4:39.49	5:02.79	5:26.09
22:57.09	21:18.69	19:40.39	1500 Free	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	100 Back	1:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	200 Back	2:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	100 Breast	1:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	200 Breast	2:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	100 Fly	1:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	200 Fly	2:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	200 IM	2:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	400 IM	5:11.69	5:37.69	6:03.59

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Time standards current from USA Swimming website document dated 9/30/16

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.

## 2017-2020 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
44.09	39.89	35.59	50 Free	35.49	39.49	43.59
1:42.39	1:31.49	1:20.59	100 Free	1:19.89	1:30.29	1:40.69
3:45.79	3:20.99	2:56.29	200 Free	2:50.79	3:12.09	3:33.49
7:36.79	6:51.09	6:05.39	400 Free	5:59.59	6:44.59	7:29.49
54.89	48.89	42.89	50 Back	42.99	49.19	55.29
1:59.19	1:45.99	1:32.69	100 Back	1:31.49	1:43.59	1:55.69
1:00.49	53.99	47.49	50 Breast	46.99	53.29	59.69
2:16.69	2:01.49	1:46.29	100 Breast	1:44.19	1:57.69	2:11.29
53.59	47.29	40.99	50 Fly	40.19	45.99	51.79
2:09.99	1:52.99	1:35.99	100 Fly	1:34.99	1:51.39	2:07.79
4:09.39	3:43.19	3:17.09	200 IM	3:15.39	3:40.79	4:06.19
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
38.49	35.79	33.19	50 Free	32.09	34.69	37.39
1:24.49	1:18.49	1:12.49	100 Free	1:09.89	1:15.69	1:21.49
3:03.49	2:50.39	2:37.29	200 Free	2:32.49	2:45.19	2:57.89
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	21:37.39	23:25.49	25:13.59
44.29	41.19	37.99	50 Back	37.49	40.89	44.19
1:38.89	1:31.09	1:23.29	100 Back	1:21.49	1:29.09	1:36.79
3:24.79	3:10.19	2:55.59	200 Back	2:52.19	3:06.49	3:20.79
48.99	45.49	41.99	50 Breast	41.59	45.39	49.29
1:49.49	1:41.39	1:33.39	100 Breast	1:30.39	1:38.49	1:46.69
3:52.69	3:36.09	3:19.49	200 Breast	3:12.59	3:28.69	3:44.69
41.29	38.29	35.39	50 Fly	35.29	38.69	41.99
1:36.19	1:28.49	1:20.79	100 Fly	1:18.59	1:26.29	1:33.99
3:24.89	3:10.19	2:55.59	200 Fly	2:53.19	3:07.69	3:22.09
3:26.29	3:11.49	2:56.79	200 IM	2:53.89	3:09.29	3:24.69
<b>6:57.39*</b>	<b>6:27.59*</b>	<b>5:57.79*</b>	400 IM	<b>5:36.59*</b>	<b>6:04.69*</b>	<b>6:32.69*</b>

Revised 10/21/16

Time standards current from USA Swimming website document dated 9/30/16

\* 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.

## 2017-2020 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
37.29	34.59	31.99	50 Free	29.49	31.99	34.39
1:21.19	1:15.39	1:09.59	100 Free	1:04.59	1:09.99	1:15.39
2:55.09	2:42.59	2:30.09	200 Free	2:20.59	2:32.29	2:44.09
6:07.19	5:40.89	5:14.69	400 Free	4:59.19	5:24.09	5:49.09
24:06.39	22:23.09	20:39.79	1500 Free	19:48.39	21:27.39	23:06.49
1:29.99	1:23.59	1:17.09	100 Back	1:12.29	1:18.29	1:24.39
3:13.19	2:59.39	2:45.59	200 Back	2:36.59	2:49.69	3:02.69
1:42.29	1:34.99	1:27.69	100 Breast	1:21.29	1:28.09	1:34.89
3:41.39	3:25.59	3:09.79	200 Breast	2:56.79	3:11.59	3:26.29
1:27.29	1:21.09	1:14.79	100 Fly	1:09.69	1:15.49	1:21.29
3:13.29	2:59.49	2:45.69	200 Fly	2:36.19	2:49.19	3:02.19
3:17.39	3:03.39	2:49.19	200 IM	2:38.79	2:51.99	3:05.29
6:57.39	6:27.59	5:57.79	400 IM	5:36.59	6:04.69	6:32.69

  

15 - 18 Girls			Event	15 - 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.39	33.79	31.19	50 Free	27.89	30.19	32.59
1:19.29	1:13.59	1:07.99	100 Free	1:01.89	1:07.09	1:12.29
2:50.89	2:38.69	2:26.49	200 Free	2:14.89	2:26.09	2:37.39
5:58.49	5:32.89	5:07.29	400 Free	4:46.09	5:09.89	5:33.69
23:43.89	22:02.19	20:20.49	1500 Free	18:59.09	20:33.99	22:08.99
1:28.29	1:21.99	1:15.69	100 Back	1:08.89	1:14.69	1:20.39
3:09.09	2:55.59	2:42.09	200 Back	2:28.89	2:41.39	2:53.79
1:39.59	1:32.49	1:25.39	100 Breast	1:16.99	1:23.49	1:29.89
3:36.29	3:20.79	3:05.39	200 Breast	2:48.39	3:02.49	3:16.49
1:25.59	1:19.49	1:13.39	100 Fly	1:06.29	1:11.79	1:17.39
3:08.19	2:54.79	2:41.39	200 Fly	2:27.99	2:40.39	2:52.69
3:13.49	2:59.69	2:45.89	200 IM	2:31.39	2:43.99	2:56.59
6:47.89	6:18.79	5:49.69	400 IM	5:20.59	5:47.29	6:14.09

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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 shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and 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 and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. 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.**