



VIRGINIA GATORS OF HARRISONBURG

TEAM HANDBOOK

WWW.HARRISONBURGGATORS.COM

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OUR VISION AND VALUES

The Virginia Gators of Harrisonburg (also known as Valley Area Swim Team – VAST) offers fun opportunities for educational, social and emotional development, and the chance to learn the values of hard work, dedication, self-discipline, integrity, and good sportsmanship. Virginia Gators is a year-round swim team offering instruction, training, and competitive opportunities for young people from ages 5-18. Children of all abilities are welcome to join and improve their swimming skills and compete at all levels.

We are a non-profit organization registered as a USA Swimming team. We feature a competitive year-round program and also serve the community with stroke development clinics and High School Swimming preparation clinics.

We believe that all athletes deserve to participate in sports, free from any form of emotional, physical, and sexual misconduct, and we strive to achieve inclusive excellence.

OUR MISSION

To prepare the youth of our community for success in swimming and in life while creating confident, competent, and problem-solving adults.

OUR VISION

To teach, inspire, and enable our swimmers to achieve personal excellence in life and in swimming.

CORE VALUES

Grit – purpose, passion, toughness, resilience, and perseverance

Integrity – leadership, accountability, honesty, and respect

Attitude – confidence, enthusiasm, competitive greatness, and pride

Commitment – passion, effort, and discipline

Learning – deliberate, growth mindset, and mindful

OUR COACHES

The Virginia Gators of Harrisonburg is led by a group of dedicated coaches who provide professional instruction to swimmers in a competitive and safe environment so they can grow and improve as athletes and achieve their goals. Each coach is USA Swimming registered and certified and have gone through background checks, USA Swimming SafeSport and Coaches Safety Training, and CPR/First Aid certifications.

Please be respectful of our coaches while they are on deck with our swimmers. During typical practices, parents are not allowed on the pool deck.

Scot Budde | Head Coach | Senior and Pre-Senior Programs

Kevin Gorby | Head Age Group Coach | Junior Development & Age Group Development Programs

Haley Saunders | Assistant Coach | Pre-Senior Program

Louis Johnson | Assistant Coach | Age Group Developmental Program

Carla Regginello | Clinic Coach

If you would like to contact a member of our coaching staff, please feel free to reach out to our head coach, Scot Budde at scotalan@yahoo.com. For immediate concerns or questions related to fees, policy issues, or safety, please contact Jolanthe Erb, the Director of Operations, at hburggators@gmail.com.

OUR STAFF & BOARD OF DIRECTORS

Virginia Gators of Harrisonburg currently employs a Director of Operations, [Jolanthe Erb](#), who is responsible for the team's day-to-day operations, including registration, team communication, billing, and parent orientation.

The team is governed by a parent-elected Board of Directors. The positions on the board include president, vice-president, secretary, treasurer, board members, and the head coach. The current Board of Directors officers are [listed on the team website](#). Board meetings are held monthly.

COMPETITIVE GROUPS & PLACEMENT

The Virginia Gators of Harrisonburg offers several different practice groups based on swimmer's experience in both swimming skills and competition.

Age Group Development Program (up to age 10) – Swimmers in this group have a basic understanding of the four competitive strokes. Refinement and continued development of swimming skills are the main objective of this group. All of the swimmer's other activities, such as soccer, baseball, dance, etc. are encouraged. Swimming satisfaction, fun, stroke technique, and beginning competition are emphasized. (3 to 5 practices weekly)

Junior Development Program (ages 10-13) – Swimmers in this group have some competitive swimming experience and can swim all four competitive strokes legally. The focus of this group is to improve the swimmer's stroke, skills, conditioning, and endurance. (4 to 5 practices weekly)

Pre-Senior Program (ages 10-14) – Swimmers in this group have a moderate level of competitive swimming experience. This group is designed to transition swimmers from Junior Development to Senior swimming through an increased volume and intensity of training. The focus is to improve cardiovascular fitness, refine stroke skills, and gain competitive experience. (5 to 6 practices weekly)

Senior Program (ages 13+) – Swimmers in this group have a high level of competitive swimming experience. Dry land training, endurance, conditioning, and stroke refinement continue to be emphasized. In addition, race strategy, competitive skills, goal setting, and an understanding of time standards are emphasized. (5 to 8 practices weekly)

GROUP PLACEMENT

Coaches will place swimmers into groups based on each swimmer's ability. Group placement focuses on what will best benefit the swimmer and coaches will match a swimmer to a group that will help the swimmer continue to develop to his/her full potential.

If a swimmer is eligible to be moved to another group, the coach will discuss with a parent beforehand. Please speak to a coach with questions or concerns regarding your swimmer's placement.

PROGRAM DURATION

Virginia Gators of Harrisonburg offers an 11-month program (short course and long course) for competitive swimmers from September 1 – July 29. An option for a 7-month program (short course only) is also available from September 1 – March 31.

SHORT COURSE PROGRAM

Our 7-month program operates from September – March, the typical duration of the short course season. All program groups (Age Group Development, Junior Development, Pre-Senior, and Senior) are included in the season. Practice frequency and locations depend on the program level and pool availability. Short Course season typically ends in March. All swimmers are welcome to join the Long Course season as well, although there is an additional fee for the four-month Long Course season.

YEAR-ROUND PROGRAM

Our 11-month program operates from September – July and includes both the Short Course season as well as the Long Course season. All program groups are included in this season as well. Practice for Long Course season will begin at an indoor facility and, as weather permits, moves to an outdoor Long Course pool. This program ends with the Long Course season, typically late July. Long Course fees are included in the 11-month program. Additional swimmers may join during the Long Course season if space allows, and monthly fees will be charged for new swimmers.

Swimmers can elect to swim in either program or both. It is not mandatory to swim both short course and long course, and it is not a requirement to compete at swim meets.

All programs receive a short break during the month of August. This break has been factored into calculations of monthly and annual dues.

PRACTICES AND CANCELLATIONS

Swimmers are encouraged to attend as many practices as their program offers, but we understand that families may have other commitments during the week. There are no penalties for not attending, but we encourage participation as much as possible.

- Age Group Development – 3 to 5 practices weekly
- Junior Development – 4 to 5 practices weekly
- Pre-Senior – 5 to 6 practices weekly
- Senior – 5 to 8 practices weekly (designed for attending ALL practices, but not mandatory; sophomores and above include 2 weekday morning practices).

Our team is a guest at the facilities we use for practices. As such, **we must follow any and all facility policies**. We have worked hard to cultivate relationships with these facilities over the years and appreciate both swimmer and parent cooperation.

During practices, please do not approach the coaches on deck unless there is an emergency. If the facility allows, parents may sit in the viewing area. Any concerns or questions should be discussed after practice or via email.

PRACTICE CANCELLATION DUE TO WEATHER

At times, we have to cancel practices due to weather conditions. Our team uses several different pools for practice in the Harrisonburg area, and we are required to follow their closures for weather. If any last-minute practice changes need to be made, we will send out an email to impacted groups, share updates in our [private Facebook group](#), and send out a text (please see the section on setting up SMS messaging in your account). We do not make up practices for weather-related cancellations.

OTHER PRACTICE CANCELLATIONS / ADJUSTMENTS

Our team will observe major holidays and also the schedule of the facilities we use. Any cancellations will be noted on our team calendar and if a last-minute cancellation or adjustment occurs due to coach illness or other unseen event, we will let the impacted practice groups know as soon as possible via email, FB, and text.

PROGRAM CANCELLATION & PRACTICE CHANGES

Virginia Gators of Harrisonburg reserves the right to cancel any program for which there are not enough swimmers to make the program financially viable. Members will be notified and either given a choice of an alternate location or refunded program fees. Virginia Gators, Harrisonburg reserves the right to change times and locations of practices as necessitated by the facilities, weather and other unforeseen situations.

TRAINING EQUIPMENT & TEAM GEAR

TEAM SUIT, CAP, AND SHIRT

Swimmers will receive a new suit, team cap, and team shirt when they join the team (included in registration costs). Suits will be sized on deck at the beginning of the season to ensure the best fit for your swimmer. Additional caps are available for \$15. Please contact [Jolanthe Erb](#) regarding any needed team gear.

PRACTICE SUITS & TECH SUITS

Swimmers are encouraged to wear their team suit (provided at registration) and cap during practices. Some swimmers prefer to wear a different cap, or no cap, for practices, but the Gators cap must be worn during meets.

Tech suits may only be worn by swimmers 13 and older per USA Swimming guidelines. Coach Scot recommends swimmers save the use of their tech suits for focal meets (championship and meets trying to qualify for championships). You can read more in our June 2021 newsletter [HERE](#).

TRAINING EQUIPMENT

Swimmers should bring training equipment with them to all practices. Specific items/lists can be found on our website under each program group and also in our [SwimOutlet storefront](#). Our [TYR storefront](#) offers a 25% discount to families. We will put together a group order at the beginning of the season to help families save on shipping. Please check with [Jolanthe Erb](#) regarding any needed team equipment, as we may have it on hand for you.

- Age Group & Junior Development: kickboard, pull buoy, fins, & mesh bag
- Pre-Senior & Senior: kickboard, pull buoy, fins, paddles, snorkel, & mesh bag

Also recommended: Goggles (Speedo Vanquishers have a Jr and Adult size)

VIRGINIA GATORS TEAM STORE

Team apparel is available through our store with Commonwealth Promotional. Team caps are provided at registration. These caps are required to be worn at all competitions. If you need additional caps, please contact hburggators@gmail.com as we may have a cap available immediately. Spare caps are brought to meets as well.

FEES, PAYMENT OPTIONS, DISCOUNTS, AND REFUNDS

REGISTRATION FEES

Each swimmer will pay a non-refundable registration fee that is due at registration and before any swimmer may begin practice. This fee is payable only one time each swim season and includes the USA Swimming registration fee. Fees may vary from season to season and no discounts will be applied to this fee.

PAYMENT PLANS

The year-round cost of each program group may be paid either in a single one-time payment or divided into monthly payments. Registration fees are paid separately from program fees. Current program fees are available for viewing [HERE](#).

- 1. Single Payment:** A single payment will be charged up front at registration and includes a 10% discount on year-round program fees. Families with more than one swimmer may also take advantage of an additional swimmer discount of 10% on the lower priced programs. No discounts will be applied to registration fees. If a swimmer chooses to withdraw from the program prior to the season's end, any fees reimbursed will be calculated based on the FULL monthly fees and not discounted rates.
- 2. Monthly billing:** Families will be charged all program fees on a monthly basis via our secured automated electronic billing system on the 1st of each month. Registration fees will be paid prior to swimmer joining the team, regardless of when swimmer joins the team. Families of multiple swimmers will be eligible for discounts as mentioned below.

FAMILY DISCOUNT PLAN

Our team offers a family discount plan where the swimmer in the highest-level program is charged the full fee. The second will receive a 10% discount on monthly dues and each additional swimmer in the family is entitled to a 20% discount on their dues.

MEET FEES

Fees for meets are a separate charge from monthly swimming fees. Swimmers are only charged for meets for which they register during the course of the season.

- Meet fees include those charged by the host club for each swimmer in the meet and general event fees. Meet fees will be charged on/by the 1st of the month after the meet occurs.
- Swimmers will be charged for the meets for which they are registered at the registration deadline, even if they do not swim or are unable to attend, since we must pay the host team for all events prior to the meet date.

- Meet travel fees are currently waived but may be added again in the future. These are a per swimmer or family fee that help in covering coach travel fees to meets.

PAYMENT OPTIONS

Virginia Gators of Harrisonburg require that every member sign up for the secured automated electronic billing system via Team Unify to pay all ongoing bills. Options include pay by credit/debit card or setup an automatic withdrawal from your bank account. Your payment will be automatically processed on the 1st day of every month. Payment for the full program or the first month must be received before swimmer begins practice. Thereafter payment for the outstanding balance on account is due on the 1st of each month. Please settle financial obligations promptly.

Account balances 60 days past due will result in suspension of your swimmer(s) until the account is settled. A \$10 late fee will be assessed if payment not received by the 21st of the month. All accounts 120 days past due will be sent to collection agency. Should the collections actions on your account become necessary, you will be responsible for all costs associated with collections actions including, but not limited to, court costs and/or legal fees. All funds owed to Virginia Gators, Harrisonburg from previous swim season must be paid in full before the swimmer is allowed to participate in the new swim season.

EARLY TERMINATION

Early contract termination is allowed by notifying the head coach or the Director of Operations before the 1st of the next billing month. There is no early contract termination fee for all approved reasons for withdrawal, so we ask that if you choose to leave the team that documentation be provided as to a reason. Any reasonable request will be reviewed and honored by the board. We are trying to maintain maximum flexibility in our financial management, but we cannot allow swimmers to excessively leave and return without a documented reason.

If your swimmer opts to leave mid-season, the team reserves the right to fill the spot in the practice group. Returning to practices at a later point in the season may not be an option if all group spots have been filled.

REFUNDS

Dues and fees are billed on a monthly basis. There will be no partial refunds offered for a swimmer or group who needs to stop practicing for any reason or if an individual swimmer leaves the team in the middle of the month. Fees have been set at a reasonable level with monthly billing to accommodate this policy. Families who have chosen the lump sum option for payment and choosing to withdraw from the program early will be reimbursed with rates calculated based on the FULL monthly fees and not discounted rates from the lump sum option.

TEAM COMMUNICATION

Our team requests that all registered guardians **provide at least one email address as well as a valid SMS/text number**. The majority of team communication will be via email, but SMS messages are used for last-minute practice cancellations or other important information (meet/event updates).

In addition to email and text communications, we also utilize a [private Facebook group](#), open only to parent/guardians and family members. Membership in the group is not required, but it is a great place to get in touch with other families and make connections in addition to staying on top of current information.

During meet weekends, we create a text thread for all attending parent/guardians to provide up-to-date information on warm-up times and any other relevant meet information. This text thread is created outside our TeamUnify system, so if you need to change or add a number, please contact Jolanthe Erb at hburggators@gmail.com. We ask that you please be considerate and respectful of those on the text thread when communicating.

If you have any questions or concerns regarding your swimmer or if you need assistance in any way, please reach out to us at hburggators@gmail.com. We realize there is a lot of information to process and for those new to competitive swimming may have quite a few questions as they begin.

TEAM NEWS AND EVENTS

Event updates are published on our team website after each meet and provide information such as meet achievements and other fun information. We also share a monthly/bi-monthly newsletter, and other important team news. This information is posted on the main page of our website www.harrisonburggators.com and is also sent via email.

In an effort to cut down on excess emails to your inbox, only those attending meets will receive information regarding meet entries.

GATORS WEBSITE AND TEAMUNIFY

All team information can be found on our TeamUnify website: www.harrisonburggators.com. The site has up-to-date news, meet information and results, facility and practice schedules, time standards, and other helps. Your account, created at registration, can only be viewed by you and the administrative staff. Your information is not shared elsewhere. Please take a few minutes to look over the website menu to view resources, and feel free to ask if you have any questions or cannot find something.

MEET PARTICIPATION AND ENTRIES

PARTICIPATION IN MEETS

Meet participation is not required but encouraged. Swimmers in the Age Group Development and Junior Development Programs are welcome to attend meets (especially local meets). We encourage all of our Pre-Senior and Senior Program swimmers to participate in meets, both local and travel. Meets are typically within a 2-hour distance from Harrisonburg.

MEET ENTRIES

Meet announcements are posted on the Gators website under the “Meets” tab. Entry deadlines are typically Tuesdays by 5pm, allowing our coaches the opportunity to review meet entries with swimmers.

When registration for a meet is open, an email will be sent to families with information on how to register. The meet announcement includes information about the date(s), location, order of events, entry limits, and other relevant information. All meets are different, so please be sure to read carefully and feel free to reach out to your swimmer’s coach if you aren’t sure about meet entries.

All registrations for meets are done using the TEAMUNIFY system, our team website. This is the same account that you used to register for the team at www.vastswimming.org.

Once you have logged into the system, you will need to “declare” your swimmer(s) for the meet – YES (swimming) or NO (not swimming). After you have declared for the meet, the meet events for which your swimmer is qualified will automatically pop up. Click on the events you would like to swim. **Remember to hit save or your entry will not be saved in the system.** If your swimmer is not qualified for a meet, you do not need to indicate they are not attending.

Once entries are in the system the coaches will review them and either approve or reject them. If a swimmer’s events are “rejected” the coach will select another event for the swimmer. The day after the entry deadline an Entry Report will be posted in the “Meets” page on TEAM UNIFY. Once entries are submitted to the host team NO changes or additions can be made. Check the Entry Report as soon as it is available to make sure that your swimmer is in the correct events.

A few days prior to the meet, we will share a psych sheet that lists each swimmer’s events. Please double check the sheet and report any errors. If you find an error, please contact **Coach Scot** as soon as possible. If you have any questions about meet entries or need assistance in the process, please contact **Jolanthe Erb**.

VOLUNTEER OPPORTUNITIES

OFFICIALS

For meets that our team participates in, we are asked to provide officials and timers. Some of the positions on deck require special certification, and we are more than happy to walk parents/guardians through the process to help with Stroke & Turn, computers, and more. Please contact hburggators@gmail.com for more information. Paul Deeble is our current officials' chair.

Certification for some on-deck positions is required but is fully reimbursed through the team.

- Stroke & Turn Judge (additional certifications of Starter, Chief Judge, and Referee)
- Timing Equipment and Computer Operator

PARENT VOLUNTEER

Throughout the swim season, there will be multiple opportunities to volunteer with the team: working at a meet as a timer, helping with community service projects, team social events, and more.

Typically, each team participating in a meet is required to provide timing volunteers. If your child is swimming in the meet, you will receive a request to help out on deck (timing on deck is one of the best ways to see your child swim up close!). We will send out a sign-up form with available slots and **your volunteer time is requested if your child is participating in a meet.**

FUNDRAISING

Throughout the season, our team participates in a variety of fundraisers. Monies raised are put toward swimmer scholarships, team equipment, and future team improvements. Participation is not mandated in these fundraisers but strongly encouraged. We realize not every fundraiser is a fit for families but appreciate every bit of participation.

SEASONAL PROGRAMS

- Attraction Guides – a coupon book for businesses in the Valley (fall)
- Butterbraids – a frozen pastry sale (November)
- Great Community Give – annual community giving day (spring)
- Greenhouse vouchers – sale of gift certificates to Overlook Produce (spring)

YEAR-ROUND PROGRAMS

- [Scrip](#) – digital gift cards purchased through an app. A percentage of each digital gift card is applied as credit to your team account (year-round)
- [Amazon Smile](#) – shop through our team link and we receive a percentage of sales (year-round)
- [Swim Outlet](#) – purchase suits, goggles, and more using [our team link](#) and we receive a percentage of sales (year-round)
- Team Gear – shirts, sweatshirts, etc... where team receives a portion of sales
- [Kroger Community Rewards](#) – link your account to our team (year-round)
- Also: in restaurant fundraisers such as Chipotle

SWIMMING APPS

The fastest way to receive information on swimmer times is via two different apps: the FREE Parent OnDeck app and Meet Mobile.

ONDECK

Download on [iTunes](#) or [Android](#)

The OnDeck app ties into our team website (hosted by TeamUnify) and offers some helpful features for families:

Meet Results – Each swimmer’s USA Swimming meet history is available for any meet that was participated in. Meet results are updated as soon as meets are uploaded.

Best Times – View your swimmer’s best times in all events. A conversion tool also allows you to switch course length.

Time Standards – View local and national time standards based on distance, stroke, and course. It will also show how close your swimmer is to making specific cuts by stroke.

Account/Swimmer Management—OnDeck syncs with TeamUnify and contains all of your swimmer’s information, so you can quickly edit contact information or any other need info.

MEETMOBILE

Download via [iTunes](#) and [Android](#)

Another helpful app to track (almost) up-to-date meet information is MEETMOBILE. Most meets we participate in sync the meet swim events and times to MeetMobile, allowing families to track lane assignments, view heat sheets, psych sheets, and more.

SWIMMER CODE OF CONDUCT

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior that contributes to creating a safe, supportive environment for all members. It is a privilege to represent the Virginia Gators, therefore each swimmer is expected to adhere to certain rules in order to participate on the team. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior or physical contact will be faced with consequences.
- I will not leave the pool area during practice sessions without the coach's permission.
- I will show respect for all facilities (including locker rooms) and personal property used during practices, competitions, and team activities.
- I will refrain from foul language, fighting, violence, and behavior deemed dishonest, offensive, or illegal.
- I will not possess or use alcohol, illegal drugs, tobacco, or weapons on Virginia Gator premises or at team events and meets.
- I will not make any visual or audio recordings in locker rooms, behind the starting blocks, or other areas where swimmers expect privacy.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of the rules outlined in USA Swimming's Code of Conduct.
- If I witness any swimmer, coach or other adults associated with Virginia Gators violating any of the above rules, I will report the violation to another coach or a club board member. I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by the coaches and the Virginia Gators Board of Directors, which could result in censure, probation, fine, or loss of membership.

PARENT CODE OF CONDUCT

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation in the Virginia Gators fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- I will set the right example for our swimmers by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will get involved by volunteering, observing practices, cheering at meets, checking team emails, and supporting my child's progress as a swimmer.
- I will refrain from coaching my child from the stands during practices or meets.
- I will strive to get my child to practices and meets on time.
- I will inform the coach of any illness or injury that will impact my child's ability to participate in practice or swim meets.
- I will respect the integrity of the USA Swimming officials at meets. I understand the above expectations and that my failure to adhere to them may result in disciplinary action by the coach and the Virginia Gators Board of Directors, which could result in censure, probation, fine, or loss of membership.

USA SWIMMING

The Virginia Gators is a member of USA Swimming and requires each swimmer to be a registered member of USA Swimming. This membership allows swimmers to participate in USA Swimming meets, provides USA Swimming insurance coverage, and more.

Your swimmer's registration fee is a part of the annual registration fee, and our team pays USA Swimming through our Local Swimming Committee (LSC) which is Virginia Swimming. The annual USA Swimming registration fee is \$85 per swimmer.

Learn more about USA Swimming here: www.usaswimming.org.

SAFE SPORT

Team Safe Sport Coordinator: Aaron Hewitt - lah27703@gmail.com

USA Swimming is committed to fostering a fun, healthy, and safe environment for all its members, and in 2010, it formally implemented a comprehensive Safe Sport program to respond to and prevent instances of abuse and misconduct within the sport of swimming. Since then, USA Swimming Safe Sport has worked tirelessly to educate members, put policies in place, and empower LSCs and clubs to create the best possible environments for all members.

Virginia Gators of Harrisonburg fully endorses and supports USA Swimming's Safe Sport and Safety programs by helping to provide these resources for our members.

[USA Swimming Safe Sport Home Page](#)

[USA Swimming Best Practices Guidelines](#)

[USA Swimming Code of Conduct](#)

Additional Virginia Gator Policies:

- [Virginia Gators Minor Athlete Abuse Prevention \(MAAP\) Policy](#)
- [Virginia Gators Athlete Code of Conduct](#)
- [Virginia Gators Parent Code of Conduct](#)
- [Plan to Address Bullying](#)
- [Photography Policy](#)

To deal with a Safe Sport Concern, contact USA Swimming at 719-866-4578.

To make a report:

- Contact US Center for Safe Sport 720-524-5640
- Use the [online reporting form](#)

To find more information go to the [US Center for Safe Sport](#) page.

TIME STANDARDS

Time standards are a motivational tool used to help swimmers gauge their progress, as well as define “cuts” required for some meets in order to register. Links for time standards are below and updated times can be found on our website [HERE](#).

USA Swimming Motivational time standards are provided both in age groups and single age groups. Several Age Group or Senior meets will require a specific motivational time standard while other qualifying meets will have set their own qualifying times.

- [USA Swimming Age Group Motivational Time Standard](#)
- [USA Swimming Single Age Group Motivational Time Standard](#)

If you forgot your swimmer’s best time(s) or time standard(s) check it [here](#)!

QUALIFYING MEET STANDARDS

- **Pittsburgh Christmas Invite:** Must meet Age Group "A-time" in the events under 200 yds. and "AA-time" for events 200 yds. and over to be qualified to enter the meet.
- **Elite Showcase Classic, FL:** Must meet Single Age Group "AA-time" for odd ages (9, 11, 13yo) and Single Age Group "AAA-time" for even ages (10, 12, 14yo).
- **Virginia Senior State Championships** Qualifying Times - click [here](#).
- **Virginia Age Group State Championships** Qualifying Times - click [here](#).