

GULF May LC Meet

May 18-20, 2018

A Long Course Meters Timed Finals Meet

HOSTED BY

Cypress Fairbanks Swim Club



Sanction Number # [GULC 18-004R1](#)

ENTRIES DUE TO TPC Chair (TPC@gulfswimming.org) BY 11:59 PM, FRIDAY, APRIL 27, 2018

- LOCATION:** Fleet Aquatic Center
14654 Spring Cypress Road
Cypress, TX 77429
- DIRECTIONS:** **From 290:** Exit Telge Road and proceed north on Telge road for 3 miles. Turn right heading east onto Spring Cypress Rd. Continue on Spring Cypress Road for .5 miles. FLEET Aquatic Center is located on the left (north) side of Spring Cypress Road. **From I-45 northbound:** Exit 71A for TX 99 W/Grand Pkwy. Proceed westbound on TX 99 (Grand Parkway Toll Road) for 14 miles. Exit Telge Road and head south on Telge Road for 4 miles to Louetta Road. Turn left (east) onto Louetta and continue for .6 miles to Spring Cypress Road. Turn right (southwest) onto Spring Cypress Road and proceed .2 miles to the Fleet Aquatic Center on the right (north) side of Spring Cypress Road. **From 249:** Exit Spring Cypress Road and proceed westbound for 4 miles. FLEET Aquatic Center is located on the right (northside) of Spring Cypress Road, approximately .2 miles east of Louetta Road.
- SPECIAL INSTRUCTIONS:** Parking will be on site. In the instance of inclement weather only, we will be utilizing offsite parking at the local elementary schools for all swimmers. Reserving seats between sessions is not allowed. Certain items, such as coolers and stadium seats are restricted in bleacher seating. See attached "The FLEET Aquatic Center Rules, Regulation, Prohibitions, and deck Access" attachment for specific information.
- MEET STAFF:**
- | | |
|--------------------------|--|
| MEET REFEREE: | Tom Jones, twjones@earthlink.net |
| ADMIN OFFICIAL: | Holger Luebsen (holger@luebsen.com),
Meredith Moore (meredithmtx@gmail.com), Richard Griffin
(richard@griffinsworld.com) |
| MEET DIRECTOR(S): | Karen Eckhart (karen.eckhart@sbcglobal.net), Sonja Griffin |
| SAFETY MARSHAL: | Paula Mulvihill, Miki Tran, Huong Le |
| COACH(ES): | Jim Bocci, Head Coach, Colin Kennedy, Head Age Group Coach |
- POOL:** One ten lane, 50 meter pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.



TIME AND DATE: This is five session, 2 ½ day, timed-finals meet with a PM session on Friday, AM/PM sessions on Saturday and Sunday.

Session 1: Friday PM—May 18, 2018

Age Groups: 11 & Over girls and boys

Warm-up*: 5:00-6:15 pm / Meet Start: 6:30 PM

Session 2: Saturday AM – May 19,

2018 Age Groups: 13 & Over girls and boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – May 19,

2018 Age Groups: 12 & Under girls and boys

Warm-up*: Host team will publish PM session warm-up and start times with warm- up/timing assignments on Gulf webpage.

Session 4: Sunday AM – May 20,

2018 Age Groups: 13 & Over girls and boys Warm-up*: 7:30 – 8:45

am/ Meet Start: 9:00 am

Session 5: Sunday PM – May 20, 2018

Age Groups: 12 & Under girls and boys

Warm-up*: Host team will publish PM session warm-up and start times with warm- up/timing assignments on Gulf webpage.

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, May 14, 2018.



MEET TYPE:

This meet will be run utilizing chase start procedures unless a waiver is received from the Technical Planning Committee Chair.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. Odd heats will start at the **field end** of the pool and even heats will start at the Locker Room end of the pool.

All 400 and 800 meter events will be swum fastest to slowest using chase starts, alternating girls and boys heats, with the exception of the 11-12 400 IM and 800 free and the 10 & U 400 free, which will be swum as mixed events. Girls' heats will start at the **field** end of the pool and the boys' heats will start at the **Locker Room** end of the pool. The mixed events will be swum as chase starts with the odd heats starting at the field end of the pool and the even heats starting at the locker room end of the pool.

All 50's will start at the **Locker Room** end of the pool.



SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will be seeded. All events will be seeded with heats in the order of fastest to slowest.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Friday, April 27, 2018 deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
2. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
3. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. Swimmers that on-deck enter to change their entry time in a deck seeded event,
 - a. must circle-in on the posted circle-in sheets,
 - b. the on-deck entry time will be used for seeding, and
 - c. the on-deck entry fees still apply to these swimmers.
8. Heats will be added, if necessary and if the timeline permits.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – long course meters (L), short course meters (S), or short course yards (Y). Do not convert meter (yard) times to yard (meter) times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., L, S, or Y). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

Cut-off Times: None

Qualifying Times: 12 & Under must have 3 B times or more to enter the meet. 11-12 must have the 2018-2020 A time standard for the 400/500 free to enter the 800 free. 11-12 must have the 2018-2020 A time standard in the 200 IM to enter the 400 IM.

Times Eligibility: Times must be achieved between July 1, 2016 and the entry deadline.



Beyond IMX Rule: Athlete must have a “B” time in the next shortest distance (IMX event), unless otherwise noted, in order to enter the following events:

10 & U – 400 Free

11-12 – 200 Fly/Back/Breast; 400 IM; 800 Free or longer

13-14 – 800 Free or longer

Age: As of May 18, 2018

Number of Events: Swimmers may compete in up to three (3) individual events per day.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

Deadline: Entries must be in the hands of the Technical Planning Chairperson no later than **11:59 PM, FRIDAY, APRIL 27, 2018**. No late entries will be accepted.

Email entries to the Technical Planning Chairperson at:

EMAIL: TPC@GULFSWIMMING.ORG

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. Swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet. All unattached athletes will be assigned a meet location by the TPC Chair upon assignments being announced.

Individual Event Entry Fee (per event): \$6.00

Swimmer Surcharge Fee (per swimmer): \$8.50

Make entry fee checks payable to: Cypress Fairbanks Swim Club

Mail entry fees (**POSTMARKED BY FRIDAY, MAY 11, 2018**) to the address below:

Cypress Fairbanks Swim Club
11659 Jones Rd., PMB #351
Houston, TX 77070

281-455-6175
Karen.eckhart@sbcglobal.net

AWARDS: Individual events: Ribbons 1st-10th place



SCORING: Individual Events: 11-9-8-7-6-5-4-3-2-1
All events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15&Over as applicable.
All mixed events will be swum mixed but scored separating genders.

800/1500 FREE: The 800/1500 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. 11-12 swimmers must have an A time in the 400/500 free to enter the 800 free.

RULES AND SANCTIONS:

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming up/down rule does not apply.

POOL MEASUREMENT:

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

The water depth of the competition course is 5.5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5.5 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Colorado Model 6000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 400/1500 Free and 400 IM must provide 2 timers and a lap counter where applicable

POOL DECK RESTRICTION:

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.



- SPECIAL POOL DECK RESTRICTIONS:** Reserving bleacher seating is not allowed. Spectator Chairs and inflatable mattresses are not allowed on deck. Certain items, such as coolers and stadium seats are restricted on deck. See attached "The FLEET Aquatic Center Rules, Regulation, Prohibitions, and Deck Access" attachment for specific information.
- DECK CHANGES:** Deck Changes are prohibited. Deck Change definition – "changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes".
- AUDIO/VIDEO RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- PROOF OF TIME:** Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Charlie Fry.
- DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior Written approval by the Vice President of Program Operations.
- UNACCOMPANIED SWIMMERS:** Any swimmers 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.
- SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).
- HOSPITALITY:** A hospitality room will be available.
- OFFICIALS:** USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for all sessions will be white golf shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials' briefing one (1) hour before the start of each session.
- MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE under 2018 CFSC GULF MAY LC MEET.



CONCESSIONS: A full line of breakfast and lunch items will be available for purchase at the meet.

MERCHANDISE: D&J Sports will be at the meet selling a complete line of swim gear and apparel.



**FLEET AQUATICS
CENTER (FAC) RULES:**

- NO set-up north of the pool in the parking lot. No tents allowed in this parking area.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the FAC area including the parking lot area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the bleachers and the designated spectator viewing area.
- Spectators are not allowed to enter areas roped off or pass any posted barriers.
- Do not hang on the lane lines in either the FAC or the FLEET FIRST AQUATIC CENTER (FFAC) pool.
- There will be NO SHAVING within the FAC locker rooms. All shaving should be completed prior to arrival at the FAC. Safety marshals will be monitoring the locker rooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the Fleet First Aquatic Center. THE FFAC is a warm-up area. Recreational swimming is prohibited.
- Please be neat. Throw your trash in the trash containers.
- The FAC staff has final authority on all safety matter and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- No pets allowed at the FAC, the FFAC complex or on the pool deck.

ATTACHMENTS: Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Time Standards, and Entry Verification Form



GULF May LC Meet

May 18-20, 2018

A Long Course Meters Timed Finals Meet

HOSTED BY

Cypress Fairbanks Swim Club

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	LCM, SCM, SCY
Qualifying times	12 & Unders must have 3 B times to enter the meet. 11-12 must have A time standard in 400/500 free to enter the 800 free and in the 200 IM to enter the 400 IM
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Yes
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX Rule" applies?	Yes
Times Eligibility	Times must be achieved between July 1, 2016 and the entry deadline.
Fees	Individual – \$6.00 Facility Surcharge – \$8.50* per swimmer
	*Free heat sheets will be available through Meet Mobile (or pdf, or other method).

Girls Event#	Friday PM—May 19, 2018				Boys Event#
	Event Name				
1	13 & Over	400	I.M.*	2	
3	11 -12	400	Free*	4	
5	13 & Over	400	Free*	6	
7	11-12 Mixed	400	I.M.*	8	

All events will be seeded fastest to slowest.

Swimmers must provide their own timers.

*The 400 free and the 400 I.M. will be swum alternating girls and boys heats.

All mixed events will be swum mixed but scored separating genders.

All 13 & Over events will be swim combined but scored separately as 13-14 and 15 & Over.



Girls Event#	Saturday AM – May 20, 2018				Boys Event#
	Event Name				
9	13 & Over	200	Fly	10	
11	13 & Over	50	Free	12	
13	13 & Over	200	Back	14	
15	13 & Over	100	Breast	16	
17	13 & Over	200	Free	18	
19	13 & Over	1500	Free**	--	

Girls Event#	Saturday PM – May 20, 2018				Boys Event#
	Event Name				
21	12 & Under	100	Breast	22	
23	12 & Under	50	Free	24	
25	12 & Under	50	Back	26	
27	12 & Under	200	Free	28	
29	12 & Under	100	Fly	30	
31	11-12	200	Breast	32	
33	10 & Under	200	I.M.	34	
35	11-12	200	I.M.	36	

All events will be seeded fastest to slowest.

**The 1500 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. Heats will be swum fastest to slowest. Swimmers must provide their own timers and lap counters.

All events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15 & Over respectively.



Girls Event#	Sunday AM – May 20, 2018			Boys Event#
	Event Name			
37	13 & Over	100	Fly	38
39	13 & Over	200	Breast	40
41	13 & Over	100	Free	42
43	13 & Over	200	I.M.	44
45	13 & Over	100	Back	46
--	13 & Over	1500	Free*	48

Girls Event#	Sunday PM – May 20, 2018			Boys Event#
	Event Name			
49	11-12	200	Fly	50
51	12 & Under	100	Back	52
53	12&Under	50	Breast	54
55	12&Under	50	Fly	56
57	11-12	200	Back	58
59	12 & Under	100	Free	60
61	11-12 Mixed	800	Free**	62
63	10 & Under Mixed	400	Free**	64

All events will be seeded fastest to slowest.

*The 800/1500 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. Heats will be swum fastest to slowest. Swimmers must provide their own timers and lap counters.

**The 11-12 800 Free and the 10&Under 400 meter Free will be swum mixed gender, alternating odd/even heats. Swimmers must provide their own lap counters, as needed, as well as their own timers.

Swimmers must provide their own timers.

All events will be swum combined but scored separately as 10 & Under, 11-12, 13-14 and 15 & Over respectively.

All mixed events will be swum mixed but scored separating genders.



2017-2020 National Age Group Motivational Times

9/30/2016

Long Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & Under Girls						10 & Under Boys						
44.09*	39.89*	35.59*	34.19*	32.79*	31.39*	50 M Free	31.39*	32.79*	34.09*	35.49*	39.49*	43.59*
1:42.39*	1:31.49*	1:20.59*	1:16.99*	1:13.29*	1:09.69*	100 M Free	1:09.49*	1:12.99*	1:16.49*	1:19.89*	1:30.29*	1:40.69*
3:45.79*	3:20.99*	2:56.29*	2:48.09*	2:39.79*	2:31.59*	200 M Free	2:29.49*	2:36.59*	2:43.69*	2:50.79*	3:12.09*	3:33.49*
7:36.79*	6:51.09*	6:05.39*	5:50.19*	5:34.99*	5:19.79*	400 M Free	5:14.69	5:29.69	5:44.59	5:59.59	6:44.59	7:29.49
54.89*	48.89*	42.89*	40.89*	38.89*	36.89*	50 M Back	36.89*	38.89*	40.99*	42.99*	49.19*	55.29*
1:59.19*	1:45.99*	1:32.69*	1:28.29*	1:23.89*	1:19.49*	100 M Back	1:19.29*	1:23.39*	1:27.39*	1:31.49*	1:43.59*	1:55.69*
1:00.49*	53.99*	47.49*	45.29*	43.09*	40.89*	50 M Breast	40.59*	42.69*	44.89*	46.99*	53.29*	59.69*
2:16.69*	2:01.49*	1:46.29*	1:41.29*	1:36.19*	1:31.19*	100 M Breast	1:30.59*	1:35.09*	1:39.59*	1:44.19*	1:57.69*	2:11.29*
53.59*	47.29*	40.99*	38.89*	36.69*	34.59*	50 M Fly	34.39*	36.29*	38.19*	40.19*	45.99*	51.79*
2:09.99*	1:52.99*	1:35.99*	1:30.29*	1:24.59*	1:18.89*	100 M Fly	1:18.49*	1:23.99*	1:29.49*	1:34.99*	1:51.39*	2:07.79*
4:09.39*	3:43.19*	3:17.09*	3:08.29*	2:59.59*	2:50.89*	200 M IM	2:49.89*	2:58.39*	3:06.89*	3:15.39*	3:40.79*	4:06.19*
11-12 Girls						11-12 Boys						
38.49*	35.79*	33.19*	31.79*	30.49*	29.19*	50 M Free	28.09*	29.39*	30.69*	32.09*	34.69*	37.39*
1:24.49*	1:18.49*	1:12.49*	1:09.39*	1:06.39*	1:03.39*	100 M Free	1:01.09*	1:03.99*	1:06.99*	1:09.89*	1:15.69*	1:21.49*
3:03.49*	2:50.39*	2:37.29*	2:30.79*	2:24.19*	2:17.69*	200 M Free	2:13.49*	2:19.79*	2:26.19*	2:32.49*	2:45.19*	2:57.89*
6:23.89	5:56.49	5:29.09	5:15.39	5:01.69	4:47.99	400 M Free	4:41.59	4:55.09	5:08.49	5:21.89	5:48.69	6:15.49
13:26.79*	12:29.19*	11:31.59*	11:02.79*	10:33.99*	10:05.09*	800 M Free	9:53.79*	10:22.09*	10:50.39*	11:18.59*	12:15.19*	13:11.69*
25:45.79	23:55.39	22:04.99	21:09.79	20:14.59	19:19.39	1500 M Free	18:55.19*	19:49.19*	20:43.29*	21:37.39*	23:25.49*	25:13.59*
44.29*	41.19*	37.99*	36.39*	34.79*	33.29*	50 M Back	32.39*	34.09*	35.79*	37.49*	40.89*	44.19*
1:38.89	1:31.09	1:23.29	1:19.39	1:15.49	1:11.59	100 M Back	1:10.09*	1:13.89*	1:17.69*	1:21.49*	1:29.09*	1:36.79*
3:24.79*	3:10.19*	2:55.59*	2:48.19*	2:40.89*	2:33.59*	200 M Back	2:30.59*	2:37.79*	2:44.99*	2:52.19*	3:06.49*	3:20.79*
48.99*	45.49*	41.99*	40.19*	38.49*	36.69*	50 M Breast	35.69*	37.69*	39.59*	41.59*	45.39*	49.29*
1:49.49*	1:41.39*	1:33.39*	1:29.29*	1:25.29*	1:21.19*	100 M Breast	1:18.19*	1:22.19*	1:26.29*	1:30.39*	1:38.49*	1:46.69*
3:52.69*	3:36.09*	3:19.49*	3:11.19*	3:02.79*	2:54.49*	200 M Breast	2:48.49*	2:56.59*	3:04.59*	3:12.59*	3:28.69*	3:44.69*
41.29*	38.29*	35.39*	33.89*	32.49*	30.99*	50 M Fly	30.29*	31.99*	33.69*	35.29*	38.69*	41.99*
1:36.19*	1:28.49*	1:20.79*	1:16.99*	1:13.19*	1:09.29*	100 M Fly	1:06.99*	1:10.89*	1:14.69*	1:18.59*	1:26.29*	1:33.99*
3:24.89*	3:10.19*	2:55.59*	2:48.29*	2:40.99*	2:33.69*	200 M Fly	2:31.59*	2:38.79*	2:45.99*	2:53.19*	3:07.69*	3:22.09*
3:26.29*	3:11.49*	2:56.79*	2:49.39*	2:42.09*	2:34.69*	200 M IM	2:30.79*	2:38.49*	2:46.19*	2:53.89*	3:09.29*	3:24.69*
7:19.69*	6:48.29*	6:16.89*	6:01.19*	5:45.49*	5:29.79*	400 M IM	5:22.59*	5:37.99*	5:53.39*	6:08.69*	6:39.39*	7:10.19*
13-14 Girls						13-14 Boys						
37.29*	34.59*	31.99*	30.69*	29.29*	27.99*	50 M Free	25.79	27.09	28.29	29.49	31.99	34.39
1:21.19*	1:15.39*	1:09.59*	1:06.69*	1:03.79*	1:00.89*	100 M Free	56.59*	59.29*	1:01.99*	1:04.59*	1:09.99*	1:15.39*
2:55.09*	2:42.59*	2:30.09*	2:23.89	2:17.59*	2:11.39	200 M Free	2:03.09*	2:08.89*	2:14.79*	2:20.59*	2:32.29*	2:44.09*
6:07.19*	5:40.89*	5:14.69*	5:01.59*	4:48.49*	4:35.39*	400 M Free	4:21.79*	4:34.29*	4:46.69*	4:59.19*	5:24.09*	5:49.09*
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:04.39*	9:30.29*	9:56.29*	10:22.19*	11:13.99*	12:05.89*
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:19.89*	18:09.39*	18:58.89*	19:48.39*	21:27.39*	23:06.49*
1:29.99*	1:23.59*	1:17.09*	1:13.89*	1:10.69*	1:07.49*	100 M Back	1:03.29*	1:06.29*	1:09.29*	1:12.29*	1:18.29*	1:24.39*
3:13.19	2:59.39	2:45.59	2:38.69	2:31.79	2:24.89	200 M Back	2:16.99*	2:23.59*	2:30.09*	2:36.59*	2:49.69*	3:02.69*
1:42.29*	1:34.99*	1:27.69*	1:23.99*	1:20.39*	1:16.69*	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:41.39*	3:25.59*	3:09.79*	3:01.89*	2:53.99*	2:46.09*	200 M Breast	2:34.69*	2:42.09*	2:49.49*	2:56.79*	3:11.59*	3:26.29*
1:27.29*	1:21.09*	1:14.79*	1:11.69*	1:08.59*	1:05.49*	100 M Fly	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:13.29	2:59.49	2:45.69	2:38.79	2:31.89	2:24.99	200 M Fly	2:16.69*	2:23.19*	2:29.69*	2:36.19*	2:49.19*	3:02.19*
3:17.39*	3:03.39*	2:49.19*	2:42.19*	2:35.19*	2:28.09*	200 M IM	2:18.99*	2:25.59*	2:32.19*	2:38.79*	2:51.99*	3:05.29*
6:57.39*	6:27.59*	5:57.79*	5:42.89*	5:27.99*	5:13.09*	400 M IM	4:54.59*	5:08.59*	5:22.59*	5:36.59*	6:04.69*	6:32.69*
15-16 Girls						15-16 Boys						
36.39*	33.79*	31.19*	29.89*	28.59*	27.29*	50 M Free	24.39	25.59	26.79	27.89	30.19	32.59
1:19.29*	1:13.59*	1:07.99*	1:05.09*	1:02.29*	59.49*	100 M Free	54.19*	56.79*	59.39*	1:01.89*	1:07.09*	1:12.29*
2:50.89*	2:38.69*	2:26.49*	2:20.39*	2:14.29*	2:08.19*	200 M Free	1:57.99*	2:03.69*	2:09.29*	2:14.89*	2:26.09*	2:37.39*
5:58.49*	5:32.89*	5:07.29*	4:54.49*	4:41.69*	4:28.89*	400 M Free	4:10.29*	4:22.19*	4:34.19*	4:46.09*	5:09.89*	5:33.69*
12:21.29*	11:28.39*	10:35.39*	10:08.99*	9:42.49*	9:15.99*	800 M Free	8:45.39*	9:10.39*	9:35.39*	10:00.39*	10:50.39*	11:40.49*
23:43.89*	22:02.19*	20:20.49*	19:29.59*	18:38.79*	17:47.89*	1500 M Free	16:36.69*	17:24.19*	18:11.69*	18:59.09*	20:33.99*	22:08.99*
1:28.29*	1:21.99*	1:15.69*	1:12.49*	1:09.39*	1:06.19*	100 M Back	1:00.29*	1:03.19*	1:06.09*	1:08.89*	1:14.69*	1:20.39*
3:09.09*	2:55.59*	2:42.09*	2:35.29*	2:28.59*	2:21.79*	200 M Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79
1:39.59*	1:32.49*	1:25.39*	1:21.79*	1:18.19*	1:14.69*	100 M Breast	1:07.39*	1:10.59*	1:13.79*	1:16.99*	1:23.49*	1:29.89*
3:36.29*	3:20.79*	3:05.39*	2:57.69*	2:49.89*	2:42.19*	200 M Breast	2:27.39*	2:34.39*	2:41.39*	2:48.39*	3:02.49*	3:16.49*
1:25.59*	1:19.49*	1:13.39*	1:10.29*	1:07.29*	1:04.19*	100 M Fly	57.99*	1:00.79*	1:03.59*	1:06.29*	1:11.79*	1:17.39*
3:08.19*	2:54.79*	2:41.39*	2:34.59*	2:27.89*	2:21.19*	200 M Fly	2:09.49*	2:15.69*	2:21.89*	2:27.99*	2:40.39*	2:52.69*
3:13.49*	2:59.69*	2:45.89*	2:38.99*	2:32.09*	2:25.09*	200 M IM	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
6:47.89	6:18.79	5:49.69	5:35.09	5:20.49	5:05.99	400 M IM	4:40.59*	4:53.89*	5:07.29*	5:20.59*	5:47.29*	6:14.09*
17-18 Girls						17-18 Boys						
36.19*	33.59*	30.99*	29.69*	28.39*	27.09*	50 M Free	24.39*	25.49*	26.69*	27.79*	30.09*	32.49*
1:18.59*	1:12.99*	1:07.39*	1:04.59*	1:01.79*	58.99*	100 M Free	53.29*	55.89*	58.39*	1:00.99*	1:05.99*	1:11.09*
2:49.59*	2:37.49*	2:25.39*	2:19.29*	2:13.19*	2:07.19*	200 M Free	1:56.99*	2:02.59*	2:08.19*	2:13.69*	2:24.89*	2:35.99*
5:58.49*	5:32.89*	5:07.29*	4:54.49*	4:41.69*	4:28.89*	400 M Free	4:08.89*	4:20.79*	4:32.59*	4:44.49*	5:08.19*	5:31.89*
12:18.09*	11:25.39*	10:32.69*	10:06.29*	9:39.99*	9:13.59*	800 M Free	8:34.59*	8:59.09*	9:23.59*	9:48.09*	10:37.09*	11:26.09*
23:38.49*	21:57.19*	20:15.89*	19:25.19*	18:34.49*	17:43.89*	1500 M Free	16:27.19*	17:14.19*	18:01.19*	18:48.19*	20:22.19*	21:56.19*
1:27.49*	1:21.29*	1:14.99*	1:11.89*	1:08.79*	1:05.69*	100 M Back	59.29*	1:02.09*	1:04.89*	1:07.69*	1:13.39*	1:18.99*
3:08.09*	2:54.59*	2:41.19*	2:34.49*	2:27.79*	2:21.09*	200 M Back	2:08.29*	2:14.39*	2:20.49*	2:26.59*	2:38.79*	2:50.99*
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:06.39*	1:09.59*	1:12.69*	1:15.89*	1:22.19*	1:28.49*
3:33.09*	3:17.89*	3:02.69*	2:55.09*	2:47.49*	2:39.89*	200 M Breast	2:25.09*	2:31.99*	2:38.89*	2:45.79*	2:59.59*	3:13.39*
1:24.59*	1:18.59*	1:12.49*	1:09.49*	1:06.49*	1:03.49*	100 M Fly	57.09*	59.79*	1:02.49*	1:05.29*	1:10.69*	1:16.09*
3:07.89*	2:54.49*	2:41.09*	2:34.29*	2:27.59*	2:20.89*	200 M Fly	2:07.19*	2:13.29*	2:19.29*	2:25.39*	2:37.49*	2:49.59*
3:10.69*	2:56.99*	2:43.39*	2:36.59*	2:29.79*	2:22.99*	200 M IM	2:10.59*	2:16.79*	2:22.99*	2:29.19*	2:41.69*	2:54.09*
6:45.19*	6:16.29*	5:47.29*	5:32.89*	5:18.39*	5:03.89*							

2017-2020 National Age Group Motivational Times

9/30/2016

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & Under Girls						10 & Under Boys						
38.89*	35.19*	31.39*	30.19*	28.89*	27.69*	50 Y Free	27.39*	28.59*	29.79*	30.99*	34.49*	38.09*
1:29.59*	1:19.99*	1:10.49*	1:07.29*	1:04.19*	1:00.99*	100 Y Free	1:00.59*	1:03.69*	1:06.69*	1:09.69*	1:18.79*	1:27.79*
3:19.19*	2:57.39*	2:35.59*	2:28.29*	2:20.99*	2:13.69*	200 Y Free	2:10.69*	2:16.89*	2:23.09*	2:29.39*	2:47.99*	3:06.69*
8:26.09*	7:35.49*	6:44.89*	6:27.99*	6:11.09*	5:54.29*	500 Y Free	5:47.69*	6:04.19*	6:20.79*	6:37.39*	7:26.99*	8:16.69*
46.99*	41.89*	36.69*	34.99*	33.29*	31.59*	50 Y Back	31.79*	33.59*	35.29*	37.09*	42.39*	47.69*
1:41.99*	1:30.69*	1:19.29*	1:15.59*	1:11.79*	1:07.99*	100 Y Back	1:08.69*	1:12.19*	1:15.69*	1:19.19*	1:29.69*	1:40.19*
53.29*	47.49*	41.79*	39.89*	37.99*	35.99*	50 Y Breast	35.49*	37.29*	39.19*	40.99*	46.59*	52.09*
1:58.09*	1:44.99*	1:31.89*	1:27.49*	1:23.09*	1:18.79*	100 Y Breast	1:18.39*	1:22.39*	1:26.29*	1:30.19*	1:41.89*	1:53.59*
47.39*	41.79*	36.19*	34.39*	32.49*	30.59*	50 Y Fly	30.29*	31.99*	33.69*	35.39*	40.49*	45.69*
1:53.99*	1:39.09*	1:24.09*	1:19.19*	1:14.19*	1:09.19*	100 Y Fly	1:09.09*	1:13.89*	1:18.69*	1:23.49*	1:37.99*	1:52.39*
1:42.59*	1:31.69*	1:20.79*	1:17.09*	1:13.49*	1:09.79*	100 Y IM	1:09.59*	1:12.89*	1:16.19*	1:19.49*	1:29.39*	1:39.39*
3:38.49*	3:15.59*	2:52.69*	2:45.09*	2:37.39*	2:29.79*	200 Y IM	2:28.69*	2:36.19*	2:43.59*	2:50.99*	3:13.19*	3:35.49*
11-12 Girls						11-12 Boys						
33.79*	31.49*	29.09*	27.89*	26.79*	25.59*	50 Y Free	24.49*	25.59*	26.79*	27.89*	30.29*	32.59*
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	53.29*	55.79*	58.29*	1:00.89*	1:05.89*	1:10.99*
2:41.19	2:29.69	2:18.19	2:12.39	2:06.69	2:00.89	200 Y Free	1:56.79*	2:02.39*	2:07.89*	2:13.49*	2:24.59*	2:35.69*
7:09.09*	6:38.39*	6:07.79*	5:52.49*	5:37.09*	5:21.79*	500 Y Free	5:12.99*	5:27.89*	5:42.79*	5:57.69*	6:27.49*	6:57.29*
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39*	11:25.59*	11:56.79*	12:27.89*	13:30.19*	14:32.59*
24:53.99*	23:07.29*	21:20.59*	20:27.19*	19:33.89*	18:40.49*	1650 Y Free	18:16.39*	19:08.59*	20:00.79*	20:52.99*	22:37.49*	24:21.89*
38.29*	35.59*	32.89*	31.49*	30.09*	28.79*	50 Y Back	27.99*	29.39*	30.89*	32.29*	35.29*	38.19*
1:25.19*	1:18.49*	1:11.79*	1:08.39*	1:05.09*	1:01.69*	100 Y Back	59.59*	1:02.79*	1:06.09*	1:09.29*	1:15.79*	1:22.19*
2:56.59*	2:43.99*	2:31.39*	2:25.09*	2:18.79*	2:12.49*	200 Y Back	2:09.49*	2:15.69*	2:21.79*	2:27.99*	2:40.29*	2:52.69*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 Y Breast	31.09*	32.79*	34.49*	36.19*	39.59*	42.89*
1:34.39*	1:27.39*	1:20.39*	1:16.99*	1:13.49*	1:09.99*	100 Y Breast	1:07.79*	1:11.29*	1:14.89*	1:18.39*	1:25.49*	1:32.49*
3:23.09*	3:08.59*	2:54.09*	2:46.89*	2:39.59*	2:32.39*	200 Y Breast	2:26.19*	2:33.19*	2:40.09*	2:47.09*	3:00.99*	3:14.89*
36.69*	34.09*	31.49*	30.19*	28.89*	27.59*	50 Y Fly	26.79*	28.19*	29.69*	31.19*	34.19*	37.09*
1:25.09*	1:18.29*	1:11.49*	1:08.09*	1:04.69*	1:01.29*	100 Y Fly	59.39*	1:02.79*	1:06.19*	1:09.59*	1:16.49*	1:23.29*
3:00.89*	2:47.89*	2:34.99*	2:28.59*	2:22.09*	2:15.69*	200 Y Fly	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
1:24.39*	1:18.39*	1:12.29*	1:09.29*	1:06.29*	1:03.29*	100 Y IM	1:00.29*	1:03.29*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.69*	2:47.79*	2:34.89*	2:28.49*	2:21.99*	2:15.59*	200 Y IM	2:10.89*	2:17.49*	2:24.19*	2:30.89*	2:44.19*	2:57.59*
6:24.19*	5:56.79*	5:29.29*	5:15.59*	5:01.89*	4:48.19*	400 Y IM	4:39.79*	4:53.19*	5:06.49*	5:19.79*	5:46.39*	6:13.09*
13-14 Girls						13-14 Boys						
32.69*	30.29*	27.99*	26.79*	25.69*	24.49*	50 Y Free	22.49*	23.59*	24.69*	25.69*	27.89*	29.99*
1:10.79*	1:05.79*	1:00.69*	58.19*	55.69*	53.09*	100 Y Free	49.19*	51.59*	53.89*	56.29*	1:00.89*	1:05.59*
2:33.19*	2:22.19*	2:11.29*	2:05.79*	2:00.39*	1:54.89*	200 Y Free	1:47.29*	1:52.39*	1:57.49*	2:02.59*	2:12.79*	2:22.99*
6:49.39*	6:20.09*	5:50.89*	5:36.29*	5:21.69*	5:06.99*	500 Y Free	4:49.99*	5:03.79*	5:17.59*	5:31.39*	5:58.99*	6:26.59*
14:01.99*	13:01.79*	12:01.69*	11:31.59*	11:01.59*	10:31.49*	1000 Y Free	10:00.89*	10:29.49*	10:58.09*	11:26.69*	12:23.89*	13:21.19*
23:23.49*	21:43.19*	20:02.99*	19:12.89*	18:22.79*	17:32.59*	1650 Y Free	16:44.19*	17:31.99*	18:19.79*	19:07.59*	20:43.19*	22:18.89*
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.59*	57.89*	100 Y Back	54.09*	56.59*	59.19*	1:01.79*	1:06.89*	1:12.09*
2:47.29*	2:35.39*	2:23.39*	2:17.39*	2:11.49*	2:05.49*	200 Y Back	1:57.79*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
1:28.69*	1:22.39*	1:15.99*	1:12.89*	1:09.69*	1:06.49*	100 Y Breast	1:01.09*	1:03.99*	1:06.89*	1:09.79*	1:15.59*	1:21.39*
3:11.99*	2:58.29*	2:44.59*	2:37.69*	2:30.89*	2:23.99*	200 Y Breast	2:13.79*	2:20.09*	2:26.49*	2:32.89*	2:45.59*	2:58.39*
1:16.89*	1:11.39*	1:05.99*	1:03.19*	1:00.49*	57.69*	100 Y Fly	53.59*	56.09*	58.69*	1:01.29*	1:06.39*	1:11.49*
2:50.09*	2:37.89*	2:25.79*	2:19.69*	2:13.59*	2:07.59*	200 Y Fly	1:58.79*	2:04.39*	2:10.09*	2:15.69*	2:26.99*	2:38.29*
2:51.49*	2:39.19*	2:26.99*	2:20.89*	2:14.69*	2:08.59*	200 Y IM	1:59.99*	2:05.69*	2:11.39*	2:17.19*	2:28.59*	2:39.99*
6:05.79*	5:39.69*	5:13.59*	5:00.49*	4:47.39*	4:34.39*	400 Y IM	4:16.39*	4:28.59*	4:40.79*	4:52.99*	5:17.39*	5:41.79*
15-16 Girls						15-16 Boys						
32.09*	29.79*	27.49*	26.39*	25.19*	24.09*	50 Y Free	21.69	22.69*	23.69*	24.79	26.79*	28.89*
1:09.59*	1:04.59*	59.59*	57.19*	54.69*	52.19*	100 Y Free	47.19*	49.39*	51.69*	53.89*	58.39*	1:02.89*
2:29.89*	2:19.19*	2:08.49*	2:03.09*	1:57.79*	1:52.39*	200 Y Free	1:42.99*	1:47.89*	1:52.79*	1:57.69*	2:07.49*	2:17.29*
6:40.69*	6:12.09*	5:43.49*	5:29.09*	5:14.79*	5:00.49*	500 Y Free	4:39.49*	4:52.79*	5:06.09*	5:19.39*	5:45.99*	6:12.59*
13:49.19*	12:49.99*	11:50.79*	11:21.19*	10:51.59*	10:21.89*	1000 Y Free	9:39.79*	10:07.39*	10:34.99*	11:02.59*	11:57.79*	12:52.99*
23:05.19*	21:26.19*	19:47.29*	18:57.79*	18:08.39*	17:18.89*	1650 Y Free	16:11.59*	16:57.79*	17:44.09*	18:30.39*	20:02.89*	21:35.39*
1:15.39*	1:10.09*	1:04.69*	1:01.99*	59.29*	56.59*	100 Y Back	51.29*	53.79*	56.19*	58.59*	1:03.49*	1:08.39*
2:44.09*	2:32.39*	2:20.69*	2:14.79*	2:08.99*	2:03.09*	200 Y Back	1:52.39*	1:57.79*	2:03.09*	2:08.49*	2:19.19*	2:29.89*
1:26.89*	1:20.69*	1:14.49*	1:11.39*	1:08.29*	1:05.19*	100 Y Breast	58.19*	1:00.99*	1:03.79*	1:06.49*	1:12.09*	1:17.59*
3:08.19*	2:54.69*	2:41.29*	2:34.59*	2:27.89*	2:21.09*	200 Y Breast	2:06.49*	2:12.59*	2:18.59*	2:24.59*	2:36.59*	2:48.69*
1:15.39*	1:09.99*	1:04.59*	1:01.89*	59.19*	56.49*	100 Y Fly	51.19*	53.69*	56.09*	58.59*	1:03.39*	1:08.29*
2:46.79	2:34.89	2:22.89*	2:16.99	2:10.99	2:05.09	200 Y Fly	1:53.59*	1:58.99*	2:04.39*	2:09.79*	2:20.59*	2:31.39*
2:48.19*	2:36.19*	2:24.19*	2:18.19*	2:12.09*	2:06.09*	200 Y IM	1:54.59*	1:59.99*	2:05.49*	2:10.89*	2:21.79*	2:32.69*
5:57.59*	5:31.99*	5:06.49*	4:53.69*	4:40.99*	4:28.19*	400 Y IM	4:06.79*	4:18.59*	4:30.29*	4:42.09*	5:05.59*	5:29.09*
17-18 Girls						17-18 Boys						
31.49*	29.19*	26.99*	25.89*	24.69*	23.59*	50 Y Free	20.99*	21.99*	22.99*	23.99*	25.99*	27.99*
1:08.19*	1:03.29*	58.49*	55.99*	53.59*	51.19*	100 Y Free	46.09*	48.29*	50.39*	52.59*	56.99*	1:01.39*
2:28.59*	2:17.99*	2:07.39*	2:02.09*	1:56.79*	1:51.49*	200 Y Free	1:40.99*	1:45.79*	1:50.59*	1:55.39*	2:05.09*	2:14.69*
6:39.09*	6:10.59*	5:42.09*	5:27.89*	5:13.59*	4:59.39*	500 Y Free	4:34.29*	4:47.39*	5:00.39*	5:13.49*	5:39.59*	6:05.69*
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:35.59*	10:02.99*	10:30.39*	10:57.89*	11:52.69*	12:47.49*
22:58.29*	21:19.89*	19:41.39*	18:52.19*	18:02.99*	17:13.79*	1650 Y Free	15:54.89*	16:40.39*	17:25.89*	18:11.29*	19:42.29*	21:13.19*
1:14.49*	1:09.09*	1:03.79*	1:01.19*	58.49*	55.89*	100 Y Back	49.69*	52.09*	54.39*	56.79*	1:01.49*	1:06.29*
2:41.19*	2:29.69*	2:18.19*	2:12.49*	2:06.69*	2:00.89*	200 Y Back	1:49.69*	1:54.89*	2:00.09*	2:05.29*	2:15.79*	2:26.19*
1:25.89	1:19.79	1:13.59	1:10.59	1:07.49	1:04.39	100 Y Breast	56.89*	59.59*	1:02.39*	1:05.09*	1:10.49*	1:15.89*
3:04.99*	2:51.79*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 Y Breast	2:04.19*	2:10.09*	2:15.99*	2:21.89*	2:33.79*	2:45.59*
1:14.19*	1:08.89*	1:03.59*	1:00.89*	58.29*	55.59*	100 Y Fly	49.39*	51.79*	54.09*	56.49*	1:01.19*	1:05.89*
2:44.39*	2:32.59*	2:20.89*	2:14.99*	2:09.19*	2:03.29*	200 Y Fly	1:51.39*	1:56.69*	2:02.09*	2:07.39*	2:17.99*	2:28.59*

2017-2020 National Age Group Motivational Times

9/30/2016

Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & Under Girls						10 & Under Boys						
42.99*	38.89*	34.69*	33.29*	31.89*	30.59*	50 M Free	30.29*	31.59*	32.89*	34.19*	38.09*	41.99*
1:38.99*	1:28.39*	1:17.89*	1:14.39*	1:10.89*	1:07.39*	100 M Free	1:06.99*	1:10.29*	1:13.69*	1:16.99*	1:26.99*	1:36.99*
3:40.09*	3:15.99*	2:51.89*	2:43.89*	2:35.79*	2:27.79*	200 M Free	2:24.39*	2:31.29*	2:38.19*	2:44.99*	3:05.69*	3:26.29*
7:22.89*	6:38.59*	5:54.29*	5:39.59*	5:24.79*	5:10.09*	400 M Free	5:04.29*	5:18.79*	5:33.29*	5:47.79*	6:31.19*	7:14.69*
51.99*	46.29*	40.59*	38.69*	36.79*	34.89*	50 M Back	35.09*	37.09*	38.99*	40.99*	46.79*	52.69*
1:52.69*	1:40.19*	1:27.69*	1:23.49*	1:19.29*	1:15.19*	100 M Back	1:15.89*	1:19.79*	1:23.59*	1:27.49*	1:39.09*	1:50.69*
58.89*	52.49*	46.19*	44.09*	41.89*	39.79*	50 M Breast	39.19*	41.19*	43.29*	45.29*	51.39*	57.59*
2:10.49*	1:55.99*	1:41.49*	1:36.69*	1:31.89*	1:26.99*	100 M Breast	1:26.69	1:30.99*	1:35.29*	1:39.59*	1:52.59*	2:05.59*
52.39*	46.19*	39.99*	37.99*	35.89*	33.79*	50 M Fly	33.49*	35.29*	37.19*	39.09*	44.79*	50.49*
2:05.99*	1:49.49*	1:32.99*	1:27.49*	1:21.99*	1:16.49*	100 M Fly	1:16.29*	1:21.69*	1:26.99*	1:32.29*	1:48.29*	2:04.19*
1:53.39*	1:41.29*	1:29.19*	1:25.19*	1:21.19*	1:17.19*	100 M IM	1:16.89*	1:20.49*	1:24.19*	1:27.89*	1:38.79*	1:49.79*
4:01.49*	3:36.19*	3:10.79*	3:02.39*	2:53.99*	2:45.49*	200 M IM	2:44.29*	2:52.49*	3:00.69*	3:08.89*	3:33.49*	3:58.09*
11-12 Girls						11-12 Boys						
37.29*	34.69*	32.19*	30.89*	29.59*	28.29*	50 M Free	26.99*	28.29*	29.59*	30.89*	33.39*	35.99*
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	58.89*	1:01.69*	1:04.49*	1:07.29*	1:12.89*	1:18.49*
2:58.09	2:45.39	2:32.69	2:26.29	2:19.99	2:13.59	200 M Free	2:09.09*	2:15.19*	2:21.29*	2:27.49*	2:39.79*	2:52.09*
6:15.49*	5:48.69*	5:21.89*	5:08.49*	4:55.09*	4:41.69*	400 M Free	4:33.89*	4:46.89*	4:59.99*	5:12.99*	5:39.09*	6:05.19*
12:57.19	12:01.69	11:06.19	10:38.49	10:10.69	9:42.89	800 M Free	9:32.69*	9:59.99*	10:27.29*	10:54.59*	11:49.09*	12:43.59*
24:45.29*	22:59.19*	21:13.09*	20:20.09*	19:26.99*	18:33.99*	1500 M Free	18:09.99*	19:01.89*	19:53.79*	20:45.69*	22:29.59*	24:13.39*
42.39*	39.29*	36.29*	34.79*	33.29*	31.79*	50 M Back	30.89*	32.49*	34.09*	35.69*	38.99*	42.19*
1:34.19*	1:26.69*	1:19.29*	1:15.59*	1:11.89*	1:08.19*	100 M Back	1:05.79*	1:09.39*	1:12.99*	1:16.59*	1:23.69*	1:30.89*
3:15.19*	3:01.29*	2:47.29*	2:40.29*	2:33.39*	2:26.39*	200 M Back	2:23.09*	2:29.89*	2:36.69*	2:43.49*	2:57.19*	3:10.79*
47.59*	44.19*	40.79*	39.09*	37.39*	35.69*	50 M Breast	34.39*	36.19*	38.09*	39.99*	43.69*	47.39*
1:44.29*	1:36.59*	1:28.89*	1:24.99*	1:21.19*	1:17.29*	100 M Breast	1:14.89*	1:18.79*	1:22.69*	1:26.59*	1:34.39*	1:42.29*
3:44.49*	3:28.39*	3:12.39*	3:04.39*	2:56.39*	2:48.39*	200 M Breast	2:41.59*	2:49.29*	2:56.99*	3:04.59*	3:19.99*	3:35.39*
40.59*	37.69*	34.79*	33.39*	31.89*	30.49*	50 M Fly	29.59*	31.19*	32.79*	34.49*	37.79*	40.99*
1:33.99*	1:26.49*	1:18.99*	1:15.19*	1:11.49*	1:07.69*	100 M Fly	1:05.59*	1:09.39*	1:13.19*	1:16.89*	1:24.49*	1:32.09*
3:19.79*	3:05.59*	2:51.29*	2:44.19*	2:36.99*	2:29.89*	200 M Fly	2:26.39*	2:33.29*	2:40.29*	2:47.29*	3:01.19*	3:15.19*
1:33.19*	1:26.59*	1:19.89*	1:16.59*	1:13.29*	1:09.89*	100 M IM	1:06.69*	1:09.89*	1:13.19*	1:16.39*	1:22.89*	1:29.39*
3:19.69*	3:05.39*	2:51.19*	2:43.99*	2:36.89*	2:29.79*	200 M IM	2:24.59*	2:31.99*	2:39.39*	2:46.69*	3:01.49*	3:16.19*
7:04.49*	6:34.19*	6:03.89*	5:48.69*	5:33.59*	5:18.39*	400 M IM	5:09.19*	5:23.89*	5:38.69*	5:53.39*	6:22.79*	6:52.29*
13-14 Girls						13-14 Boys						
36.09*	33.49*	30.89*	29.59*	28.39*	27.09*	50 M Free	24.89*	26.09*	27.29*	28.39*	30.79*	33.19*
1:18.29*	1:12.69*	1:07.09*	1:04.29*	1:01.49*	58.69*	100 M Free	54.39*	56.99*	59.59*	1:02.19*	1:07.29*	1:12.49*
2:49.29*	2:37.19*	2:25.09*	2:18.99*	2:12.99*	2:06.99*	200 M Free	1:58.49*	2:04.19*	2:09.79*	2:15.39*	2:26.69*	2:37.99*
5:58.29*	5:32.69*	5:07.09*	4:54.29*	4:41.49*	4:28.69*	400 M Free	4:13.79*	4:25.89*	4:37.89*	4:49.99*	5:14.19*	5:38.29*
12:16.89*	11:24.19*	10:31.59*	10:05.29*	9:38.99*	9:12.69*	800 M Free	8:45.89*	9:10.89*	9:35.99*	10:00.99*	10:51.09*	11:41.09*
23:15.29*	21:35.69*	19:55.99*	19:06.19*	18:16.29*	17:26.49*	1500 M Free	16:38.29*	17:25.89*	18:13.39*	19:00.89*	20:35.99*	22:11.09*
1:25.29*	1:19.19*	1:13.09*	1:10.09*	1:06.99*	1:03.99*	100 M Back	59.69*	1:02.59*	1:05.39*	1:08.19*	1:13.89*	1:19.59*
3:04.89*	2:51.69*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 M Back	2:10.19*	2:16.39*	2:22.59*	2:28.79*	2:41.19*	2:53.59*
1:37.99*	1:30.99*	1:23.99*	1:20.49*	1:16.99*	1:13.49*	100 M Breast	1:07.49*	1:10.69*	1:13.89*	1:17.09*	1:23.49*	1:29.89*
3:32.19*	3:16.99*	3:01.89*	2:54.29*	2:46.69*	2:39.09*	200 M Breast	2:27.79*	2:34.89*	2:41.89*	2:48.89*	3:02.99*	3:17.09*
1:24.99*	1:18.89*	1:12.89*	1:09.79*	1:06.79*	1:03.79*	100 M Fly	59.19*	1:01.99*	1:04.89*	1:07.69*	1:13.29*	1:18.89*
3:07.89*	2:54.49*	2:41.09*	2:34.39*	2:27.69*	2:20.99*	200 M Fly	2:11.19*	2:17.49*	2:23.69*	2:29.99*	2:42.49*	2:54.99*
3:09.49*	2:55.89*	2:42.39*	2:35.59*	2:28.89*	2:22.09*	200 M IM	2:12.59*	2:18.89*	2:25.19*	2:31.59*	2:44.19*	2:56.79*
6:44.19*	6:15.39*	5:46.49*	5:31.99*	5:17.59*	5:03.19*	400 M IM	4:43.29*	4:56.79*	5:10.29*	5:23.79*	5:50.69*	6:17.69*
15-16 Girls						15-16 Boys						
35.39*	32.89*	30.39*	29.09*	27.89*	26.59*	50 M Free	23.89*	25.09*	26.19*	27.39	29.59*	31.89*
1:16.89*	1:11.39*	1:05.89*	1:03.19*	1:00.39*	57.69*	100 M Free	52.09*	54.59*	57.09*	59.59*	1:04.49*	1:09.49*
2:45.59*	2:33.79*	2:21.99*	2:16.09*	2:10.09*	2:04.19*	200 M Free	1:53.79*	1:59.29*	2:04.69*	2:10.09*	2:20.89*	2:31.79*
5:50.69*	5:25.59*	5:00.59*	4:48.09*	4:35.49*	4:22.99*	400 M Free	4:04.59*	4:16.19*	4:27.89*	4:39.49*	5:02.79*	5:26.09*
12:05.69*	11:13.89*	10:22.09*	9:56.09*	9:30.19*	9:04.29*	800 M Free	8:27.39*	8:51.59*	9:15.69*	9:39.89*	10:28.19*	11:16.49*
22:57.09*	21:18.69*	19:40.39*	18:51.19*	18:01.99*	17:12.79*	1500 M Free	16:05.89*	16:51.89*	17:37.89*	18:23.89*	19:55.89*	21:27.89*
1:23.39*	1:17.39*	1:11.49*	1:08.49*	1:05.49*	1:02.49*	100 M Back	56.69*	59.39*	1:02.09*	1:04.79*	1:10.19*	1:15.59*
3:01.39*	2:48.39*	2:35.49*	2:28.99*	2:22.49*	2:15.99*	200 M Back	2:04.19*	2:10.09*	2:15.99*	2:21.99*	2:33.79*	2:45.59*
1:36.09*	1:29.19*	1:22.39*	1:18.89*	1:15.49*	1:12.09*	100 M Breast	1:04.29*	1:07.39*	1:10.49*	1:13.49*	1:19.59*	1:25.79*
3:27.89*	3:13.09*	2:58.19*	2:50.79*	2:43.39*	2:35.99*	200 M Breast	2:19.79*	2:26.49*	2:33.09*	2:39.79*	2:53.09*	3:06.39*
1:23.29*	1:17.29*	1:11.39*	1:08.39*	1:05.39*	1:02.49*	100 M Fly	56.59*	59.29*	1:01.99*	1:04.69*	1:10.09*	1:15.49*
3:04.29	2:51.09	2:37.99	2:31.39	2:24.79	2:18.19	200 M Fly	2:05.49*	2:11.49*	2:17.49*	2:23.39*	2:35.39*	2:47.29*
3:05.79*	2:52.59*	2:39.29*	2:32.69*	2:25.99*	2:19.39*	200 M IM	2:06.59*	2:12.59*	2:18.69*	2:24.69*	2:36.69*	2:48.79*
6:35.09*	6:06.89*	5:38.69*	5:24.59*	5:10.49*	4:56.39*	400 M IM	4:32.69*	4:45.69*	4:58.69*	5:11.69*	5:37.69*	6:03.59*
17-18 Girls						17-18 Boys						
34.79*	32.29*	29.79*	28.59*	27.29*	26.09*	50 M Free	23.19*	24.29*	25.39*	26.49*	28.69*	30.89*
1:15.29*	1:09.99*	1:04.59*	1:01.89*	59.19*	56.49*	100 M Free	50.89*	53.29*	55.69*	58.19*	1:02.99*	1:07.79*
2:44.19*	2:32.49*	2:20.79*	2:14.89*	2:08.99*	2:03.19*	200 M Free	1:51.59*	1:56.89*	2:02.19*	2:07.59*	2:18.19*	2:28.79*
5:49.29*	5:24.39*	4:59.39*	4:46.89*	4:34.49*	4:21.99*	400 M Free	4:00.09*	4:11.49*	4:22.89*	4:34.29*	4:57.19*	5:20.09*
12:03.09	11:11.39	10:19.79	9:53.89	9:28.09	9:02.29	800 M Free	8:23.79*	8:47.79*	9:11.69*	9:35.69*	10:23.69*	11:11.69*
22:50.29*	21:12.39*	19:34.59*	18:45.59*	17:56.69*	17:07.69*	1500 M Free	15:49.39*	16:34.59*	17:19.79*	18:04.39*	19:35.39*	21:05.79*
1:22.29*	1:16.39*	1:10.49*	1:07.59*	1:04.69*	1:01.69*	100 M Back	54.89*	57.49*	1:00.09*	1:02.79*	1:07.99*	1:13.19*
2:58.19*	2:45.39*	2:32.69*	2:26.39*	2:19.99*	2:13.59*	200 M Back	2:01.19*	2:06.89*	2:12.69*	2:18.49*	2:29.99*	2:41.49*
1:34.89	1:28.09*	1:21.29*	1:17.99	1:14.59	1:11.19	100 M Breast	1:02.89*	1:05.89*	1:08.89*	1:11.89*	1:17.89*	1:23.89*
3:24.39*	3:09.79*	2:55.19*	2:47.89*	2:40.59*	2:33.29*	200 M Breast	2:17.19*	2:23.79*	2:30.29*	2:36.79*	2:49.89*	3:02.99*
1:21.99*	1:16.09*	1:10.29*	1:07.29*	1:04.39*	1:01.49*	100 M Fly	54.59*	57.19*	59.79*	1:02.39*	1:07.59*	1:12.79*
3:01.59*	2:48.69*	2:35.69*	2:29.19*	2:22.69*	2:16.19*	200 M Fly	2:03.09*	2:08.99*				

ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date



SAFETY GUIDELINES AND WARM-UP PROCEDURES

APPENDIX G

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.



C. Safety Marshals

1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

D. Miscellaneous

1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
6. All diving boards and equipment are **OFF LIMITS.**

E. Pool Rules

1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
2. Glass containers are prohibited.
3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.

