

# USC Training & Competition Guide Fall/Winter 2017-2018

## Contents

- 1- Training Groups
- 4 – Practice Schedule
- 5 – Meet Schedule
- 5 – Championship Meets
- 7 – IMR/IMX Challenge
- 8 – Time Standards

## Training Groups

### Beginner Group

#### Who

Younger athletes (~11 & under) new to the sport and still developing basic skills and a proficiency in all four strokes.

#### Requirements

Swimmers must be able to swim 2 laps of the pool continuously in two different stroke disciplines (likely freestyle and backstroke).

#### Expectations

- Beginners should attend 2-3 practices a week
- Beginner athletes should attend at least 2 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Beginner swimmers should attempt the IMR challenge in order to encourage meet participation and development in all four strokes.
- Those who qualify will be expected to compete in the Lake Erie Age Group Championship.

#### Training Focus

Practices will be primarily instructional, focus on stroke instruction, meet prep, and basic practice skills (understanding how to read a clock and understand workout lingo)

#### Equipment

None needed. Kickboards and fins will be provided.

### Intermediate Group

#### Who

Age group athletes (~13 & under) who know all four strokes and are ready both physically and mentally for basic conditioning, but also still require some stroke and skill development.

#### Requirements

Swimmers must know all four strokes (though may still need some work) and be prepared to do basic endurance training and sprint work.

#### Expectations

- Swimmers should attend 3-4 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Swimmers should complete the IMX challenge for their age group in order to encourage meet participation and well-rounded development.
- Those who qualify will be expected to compete in the Lake Erie Age Group Championship.

#### Training Focus

Practices will still be heavily instructional, but intermediate swimmers will be introduced to basic conditioning. They will develop basic strength and aerobic capacity needed to maintain technique over longer distances, as well as some sprint swimming.

#### Equipment

None needed. Kickboards and fins will be provided.

## **Advanced Group**

#### Who

Age group athletes (~14 & under) who have a solid foundation in all four strokes and are ready to be introduced to higher intensity endurance training. This group will also include middle school and high school athletes who are ready for harder training but still require stroke and skill development.

#### Requirements

Swimmers must know all four strokes, have demonstrated consistent training habits, have achieved multiple 11-12 NAG A Times, and be mentally ready for a greater commitment to the sport.

#### Expectations

- Swimmers should attend 4-5 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Swimmers should complete the IMX challenge for their age group in order to encourage meet participation and well-rounded development.
- Those who qualify will be expected to compete in Lake Erie Age Group Championship and should strive to qualify for the Lake Erie Zone Team. High School athletes will be expected to compete in the Lake Erie Senior Championships.

#### Training Focus

Advanced swimmers will have a greater emphasis placed on basic conditioning and will be introduced to high intensity endurance training used more predominantly in the senior group. Advanced swimmers will still focus on technical development and perfecting race skills.

#### Equipment

Swimmers will be asked to purchase their own snorkel. Fins, paddles, and kickboards will be provided at the pool, though you may purchase your own.

## **Senior Group**

### **Who**

Older athletes (14 & over) who are experienced swimmers with a strong technical foundation and are ready for the training and commitment needed to strive for success at the highest levels of the sport.

### **Requirements**

Swimmers must have a strong technical foundation in all four strokes, have demonstrated consistent training habits previously, have achieved multiple 15-16 NAG A times, and have goals to compete in regional meets beyond the Lake Erie Senior Championships, including Central Zone Sectionals, NCSA Junior Nationals, and beyond.

### **Expectations**

- Swimmers should attend 5-6 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- All athletes will be expected to swim at Lake Erie Senior Championships.
- Athletes should have goals to qualify and compete in regional meets beyond Lake Erie Swimming, starting with Central Zone Sectionals up to US Nationals.

### **Training Focus**

Athletes in this group will focus on developing the fitness levels needed to compete at the highest levels of the sport, including basic aerobic capacity and endurance, anaerobic power and endurance, and sprint training. We will focus on perfecting technique and race execution. Senior athletes will have morning workouts and weight lifting opportunities available to them.

### **Equipment**

Swimmers will be asked to purchase their own snorkel. Fins, paddles, and kickboards will be provided at the pool, though you may purchase your own.

# Practice Schedule

Euclid: Pre & Post High School Season (Sept 4 – Nov 2 & Feb 26 – Apr 3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	Senior (Lifting) 5:45 – 7:00		Senior (Lifting) 5:45 – 7:00		Senior 5:45 – 7:00	<i>Practice at US only</i>
<b>PM</b>	ADV & SR 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	ADV & SR 4:00 – 6:00 PM Beginner 6:00 – 7:00 PM Intermediate 6:00 – 7:30 PM	

Euclid: During High School Season (Nov 3 – Feb 24)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	Senior (Lifting) 5:45 – 7:00		Senior (Lifting) 5:45 – 7:00		Senior 5:45 – 7:00	All Groups 8:00 – 10:00 AM
<b>PM</b>	ADV & SR 5:00 – 7:00 PM Beginner* 5:30 – 6:30 PM Intermediate* 5:30 – 7:00 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM ADV & SR 7:00 – 9:00 PM	ADV & SR 5:00 – 7:00 PM Beginner* 5:30 – 6:30 PM Intermediate* 5:30 – 7:00 PM	Beginner 5:30 – 6:30 PM Intermediate 5:30 – 7:00 PM ADV & SR 7:00 – 9:00 PM	ADV & SR 5:00 – 7:00 PM Beginner* 5:30 – 6:30 PM Intermediate* 5:30 – 7:00 PM	

*\*On M/W/F, practices for the Beginner and Intermediate group will be held in the community pool*

University School: Pre & Post High School Season (Sept 4 – Nov 2 & Feb 26 – Apr 3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	<i>Practice for Sr group at Euclid</i>		<i>Practice for Sr group at Euclid</i>		<i>Practice for Sr group at Euclid</i>	All Groups 7:00 – 9:00 AM
<b>PM</b>	ADV & SR 4:00 – 6:00 PM Beginner 4:15 – 5:15 PM Intermediate 4:30 – 6:00 PM	ADV & SR 4:00 – 6:00 PM Beginner 4:15 – 5:15 PM Intermediate 4:30 – 6:00 PM	ADV & SR 4:00 – 6:00 PM Beginner 4:15 – 5:15 PM Intermediate 4:30 – 6:00 PM	ADV & SR 4:00 – 6:00 PM Beginner 4:15 – 5:15 PM Intermediate 4:30 – 6:00 PM	ADV & SR 4:00 – 6:00 PM Beginner 4:15 – 5:15 PM Intermediate 4:30 – 6:00 PM	

University School: During High School Season (Nov 3 – Feb 24)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>	<i>Practice for Sr group at Euclid</i>		<i>Practice for Sr group at Euclid</i>		<i>Practice for Sr group at Euclid</i>	All Groups Time TBD
<b>PM</b>	Beginner 6:00 – 7:00 PM ADV & INT 6:00 – 7:30 PM	Beginner 6:00 – 7:00 PM ADV & INT 6:00 – 7:30 PM	Beginner 6:00 – 7:00 PM ADV & INT 6:00 – 7:30 PM	Beginner 6:00 – 7:00 PM ADV & INT 6:00 – 7:30 PM	Beginner 6:00 – 7:00 PM ADV & INT 6:00 – 7:30 PM	

## Meet Schedule

Date	Meet	Location	Qual Times	Beg	Int	Adv	SR
OCT 7-8	CCS Age Group & Open	Canton McKinley	-	X	X	X	X
OCT 14	Peg Neal Pentathlon	Lakewood HS	-	X	X	X	
OCT 15	Mile Meet	Akron (Firestone)	-		X	X	X
NOV 4-5	Kelly Kinney Memorial	Strongsville Rec	TBD	X	X	X	X
NOV 12	Fall Breakout	Solon HS	Slower than NAG B	X	X		
NOV 17-19	Mark Braun Fall Classic	SPIRE, Geneva	13+: NAG A 12-: NAG BB		X	X	X
DEC 1-3	Shaker Shark Invitational	Cleveland State	NAG B	X	X	X	
DEC 17	Candy Cane Classic	Sandusky		X	X	X	
JAN 6-7	New Year's Stretch	Rocky River HS	Slower than NAG B	X	X		
JAN 13-14	Jim Scullion Showdown	Lakewood HS	NAG B		X	X	
JAN 28	Turn Up The HEAT	Cleveland State		X	X	X	
FEB 11	Last Chance	SPIRE, Geneva		X	X	X	
FEB 18	LESI 8 & Under Champs	SPIRE, Geneva		X			
FEB 25	LESI Regional Age Group Champs	Solon HS	Slower than NAG A	X	X	X	
MAR 2-4	LESI Senior Champs	Univ of Akron				X	X
MAR 9-11	LESI Age Group Champs	Cleveland State	11+: NAG A 10-: NAG BB	X	X	X	
MAR 13-17	NCSA Spring Junior Nationals	Orlando, FL	NCSA				X
MAR 29 – APR 1	Central Zone Section 3 Champs	Univ of Akron	CZ3 Sectionals				X

## Overview of Championship Meets

### Lake Erie Championships

Lake Erie Swimming, Inc. (LESI) is the USA Swimming affiliated Local Swim Committee (LSC) serving the following counties in Northeast Ohio: Ashland, Ashtabula, Crawford, Cuyahoga, Erie, Geauga, Huron, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawas and Wayne. LESI hosts multiple championship meets that are separated by age and ability.

#### Lake Erie 8 & Under Championships (Feb 18)

This is the championship meet for all 8 & Under athletes within LESI. There are no time standards for this meet. For most of our 8 & Unders, this will be their final meet. Some of our more seasoned youngsters may also qualify for the Lake Erie Age Group Championship Meet.

### **Lake Erie Regional Age Group Championships (Feb 25)**

This is a developmental championship meet for LESI age group athletes. Athletes may enter any event for which they have not yet achieved the qualifying time for the district wide championship meet (see below). There are multiple regional age group championships hosted throughout the LESI region (we go to Solon). This is the final chance for swimmers to qualify for the district wide age group championship meet.

### **Lake Erie Age Group Championships (Mar 9-11)**

This is the LESI championship for all athletes between the ages of 8 and 14. Swimmers must qualify for this meet by achieving a qualifying time throughout the season (NAG BB for 10 & Unders, NAG A for 11 & Overs). This will be the final meet of the season for our Age Group Athletes, though our more advanced age group swimmers may swim at Lake Erie Senior Championships by achieving a AAA for the 15-16 age group in a given event.

### **Lake Erie Senior Championships (Mar 10-12)**

This is the LESI for all athletes over the age of 14. This meet, which takes place right after high school season, will be the final meet of the season for most of our older athletes who have not achieved a qualifying time for an elite championship meet.

## **Elite Level Meets**

More advanced swimmers will have the opportunity to qualify to elite level meets that include more LSC's than just LESI, from meets encompassing the entire Midwest region of the United States to national level meets.

### **Central Zone Championships (aka "Zones", Summer 2018)**

This is the championship meet for age group athletes throughout the entire Central Zone, which includes swimmers from all over the Midwestern United States. This meet takes place every summer, usually in August. To qualify, swimmers must achieve a AAA time in any given event for their age group. At this meet, swimmers will not represent USC, but will rather join their fellow local athletes to represent team "Lake Erie".

### **Central Zone Speedo Championship Series (aka "Sectionals", Mar 29-Apr 1)**

This is an elite level championship meet for all senior swimmers from Indiana, Michigan, and Ohio, and features many regional teams who travel in for this meet. This meet typically includes division I collegiate athletes and National level qualifiers. To qualify, swimmers must achieve a "Sectional Cut".

### **NCSA Junior Nationals (Mar 13-17)**

This is a national championship meet for athletes 18 & under hosted by the National Club Swimming Association. This meet includes swimmers from all over the country and routinely features future Olympians and US National Team Members. To qualify swimmers must achieve NCSA qualifying times.

### **USA Swimming Jr. National Championships (Summer 2018)**

This is the official national championships for all athletes 18 & Under in the United States. This is the final stepping stone to competing at the United States National Championships and qualifying for the United States Olympic trials. To qualify swimmers must achieve a "Jr Nats" qualifying time.

### **USA Swimming National Championships (Summer 2017)**

This is the national championship meet for all of swimming in the United States. This meet serves as the Olympic Trials during Olympic years. To qualify a swimmer must achieve a "Nationals" qualifying time. It doesn't get much faster than this.

# IMR & IMX Challenge

The IM challenges are an incentive program sponsored by USA Swimming in order to encourage athletes to swim events of every stroke discipline and longer distances in order to develop well rounded swimmers and encourage meet participation. Each swimmer who completes all of the events on the IMR and IMX challenge checklists (outlined below) will get a certificate at the end of the year with their rank within USA swimming to celebrate the accomplishment.

## IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, is the the line-up by age groups.

*10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM*

*11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM*

*13-18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM*

Once you've swum each event at least once at an official meet, you can log-in to your USA Swimming Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.

## IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

*10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM*

*11-12: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM*

*13-18: 500 Free, 200 Back, 200 Breast, 200 Fly, 400 IM*

## HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek.

## HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

# Age Group Time Standards

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	Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
<b>10 &amp; Under Girls</b>												
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*
<b>11-12 Girls</b>												
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	97.79	95.19	100 Y Free	93.29*	95.79*	98.29*	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	99.59*	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	99.39*	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*
<b>13-14 Girls</b>												
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*	98.19*	95.69*	93.09*	100 Y Free	91.19*	93.59*	95.89*	98.29*	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*	97.89*	100 Y Back	94.09*	96.59*	99.19*	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*	97.69*	100 Y Fly	93.59*	96.09*	98.69*	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*
<b>15-16 Girls</b>												
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*	99.59*	97.19*	94.69*	92.19*	100 Y Free	90.19*	92.39*	94.59*	96.79*	98.99*	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*	99.29*	96.59*	100 Y Back	91.29*	93.79*	96.19*	98.59*	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	98.19*	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*	99.19*	96.49*	100 Y Fly	91.19*	93.69*	96.09*	98.59*	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*
<b>17-18 Girls</b>												
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*	98.49*	95.99*	93.59*	91.19*	100 Y Free	89.09*	91.29*	93.49*	95.69*	97.89*	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*	98.49*	95.89*	100 Y Back	94.69*	97.09*	99.49*	1:01.89*	1:04.29*	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	96.89*	99.59*	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*	98.29*	95.59*	100 Y Fly	93.39*	95.79*	98.09*	1:00.49*	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*
2:45.69*	2:33.79*	2:21.99*	2:16.09*	2:10.19*	2:04.29*	200 Y IM	1:52.59*	1:57.99*	2:03.29*	2:08.69*	2:19.39*	2:30.09*
5:52.89*	5:27.69*	5:02.49*	4:49.89*	4:37.29*	4:24.69*	400 Y IM	4:00.69*	4:12.19*	4:23.69*	4:35.09*	4:57.99*	5:20.99*



## Senior Group Time Standards

### Women

### Men

US Nats	US JRs	NCSA	Sectional		Sectional	NCSA	US JRs	US Nats
00:22.49	00:22.89	00:24.19	00:24.99	<b>50 FR</b>	00:22.39	00:21.69	00:20.59	00:19.89
00:49.09	00:49.89	00:52.39	00:54.19	<b>100 FR</b>	00:48.59	00:47.09	00:44.59	00:43.39
01:46.49	01:47.79	01:52.99	01:56.69	<b>200 FR</b>	01:45.89	01:43.09	01:38.79	01:36.09
04:44.99	04:49.09	04:59.99	05:08.99	<b>500 FR</b>	04:46.39	04:39.59	04:29.29	04:20.29
09:49.99	09:58.79	10:15.99	10:38.29	<b>1000 FR</b>	09:57.99	09:39.79	09:15.19	09:07.49
16:21.89	16:35.89	17:12.89	17:49.89	<b>1650 FR</b>	16:43.89	16:13.69	15:37.49	15:15.59
00:53.69	00:54.69	00:57.99	01:00.79	<b>100 BK</b>	00:55.39	00:52.89	00:49.89	00:47.19
01:56.39	01:58.09	02:05.99	02:10.59	<b>200 BK</b>	01:58.79	01:54.79	01:48.39	01:45.49
01:01.29	01:03.09	01:06.39	01:08.59	<b>100 BR</b>	01:01.59	00:59.49	00:55.99	00:53.89
02:12.89	02:15.89	02:23.29	02:27.69	<b>200 BR</b>	02:13.79	02:09.79	02:01.59	01:59.19
00:53.29	00:54.19	00:57.29	00:59.49	<b>100 FL</b>	00:53.29	00:51.69	00:49.19	00:47.59
01:58.49	01:59.59	02:06.39	02:11.19	<b>200 FL</b>	01:59.29	01:54.89	01:48.29	01:45.69
01:58.99	02:00.99	02:07.99	02:11.89	<b>200 IM</b>	01:59.39	01:56.29	01:49.29	01:45.79
04:13.89	04:15.59	04:29.99	04:37.69	<b>400 IM</b>	04:16.99	04:08.09	03:53.49	03:47.99