

USC Training and Meet Info

Fall/Winter 2016 – 2017

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Training Groups

Beginner Group

Who

Younger age group athletes (~11 & under) who are new to the sport and still developing proficiency in all four strokes and their basic racing skills.

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 3 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 IMX challenge in order to encourage meet participation and development in all four strokes.
- Swimmers will be expected to compete in the Lake Erie 8 & Under Championship meet or the Local Regional Championship Meet, with the goal of qualifying for the Lake Erie Age Group Championship.

Training Focus

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

Test Sets

Beginner swimmers will occasionally perform “GOLF” 50s of every stroke in order to assess technical development.

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 technical development) and be prepared to do basic endurance straining 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.
- Swimmers will be expected to compete in the Local Regional Championship Meet, with the goal of qualifying for the Lake Erie Age Group Championship and the Lake Erie Zone Team

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.

Test Sets

- GOLF 50's to assess technical development
- Benchmark 100's kick to assess basic conditioning

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 5 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.
- Age group athletes 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.

Test Sets

- GOLF 50's to assess technical development
- Benchmark 100's kick and Benchmark 100's Swim in order to assess basic conditioning
- Pulse Count 100's in order to assess anaerobic capacity and VO2 max

Senior Group

Who

Older athletes (15 & 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. This group will also include elite age group athletes who are ready both mentally and physically to train at a high level.

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
- High school swimmers should attend at least 2 meets before the high school season begins, including the Mark Braun Fall Classic. Age group athletes in this group should swim at least 5 meets throughout the season, including the Mark Braun Fall Classic.
- 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.

Test Sets

- GOLF 50's and 100's to assess technical development
- Benchmark 100's kick and Benchmark 100's Swim in order to assess basic conditioning
- Pulse Count 100's and 200's in order to assess anaerobic capacity and VO2 max
- Power Racks to assess and develop and asses in water power

Practice Schedule

Euclid: Pre & Post High School

Sep 6th – Nov 5th / Feb 27th – March 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Senior 5:45 – 7:00		Senior 5:45 – 7:00		Senior Group 5:45 – 7:00	All 8:00 – 10:00
PM	Adv & Sr 3:45-5:45 Beginner 5:45 – 6:45 Intermediate 5:45 – 7:15	Adv & Sr 3:45-5:45 Beginner 5:45 – 6:45 Intermediate 5:45 – 7:15	Adv & Sr 3:45-5:45 Beginner 5:45 – 6:45 Intermediate 5:45 – 7:15	Adv & Sr 3:45-5:45 Beginner 5:45 – 6:45 Intermediate 5:45 – 7:15	Adv & Sr 3:45-5:45 Beginner 5:45 – 6:45 Intermediate 5:45 – 7:15	

Euclid: During High School Season

Nov 8th – Feb 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Senior 5:45 – 7:00		Senior 5:45 – 7:00		Senior Group 5:45 – 7:00	All* 8:00 – 10:00
PM	Beginner 5:00 – 6:00 Intermediate 5:00 – 6:30 Adv & Sr 6:30 – 8:30	Beginner 5:00 – 6:00 Intermediate 5:00 – 6:30 Adv & Sr 6:30 – 8:30	Beginner 5:00 – 6:00 Intermediate 5:00 – 6:30 Adv & Sr 6:30 – 8:30	Beginner 5:00 – 6:00 Intermediate 5:00 – 6:30 Adv & Sr 6:30 – 8:30	Beginner 5:00 – 6:00 Intermediate 5:00 – 6:30 Adv & Sr 6:30 – 8:30	

**Practices may be restricted to Advanced and Senior Swimmers Only due to capacity constraints*

University School: Pre & Post High School Only

Sep 6th – Nov 5th / Feb 27th – March 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						All 8:00 – 10:00
PM	Adv & Sr 6:30 – 8:30 Beginner 4:15 – 5:15 Intermediate 4:15 – 5:45	Adv & Sr 6:30 – 8:30 Beginner 4:15 – 5:15 Intermediate 4:15 – 5:45	Adv & Sr 6:30 – 8:30 Beginner 4:15 – 5:15 Intermediate 4:15 – 5:45	Adv & Sr 6:30 – 8:30 Beginner 4:15 – 5:15 Intermediate 4:15 – 5:45	Adv & Sr 6:30 – 8:30 Beginner 4:15 – 5:15 Intermediate 4:15 – 5:45	

Meet Schedule

DATE	MEET	LOCATION	QUAL TIMES	P/F	DEV	AG	SR
OCT 1	Intersquad Meet	Euclid HS	-	-		X	X
OCT 8-9	CCS Age Group & Open	Canton	-	-		X	X
OCT 15	Peg Neal Pentathlon	Lakewood	-	-		X	
OCT 23	Freestyle Frenzy	Solon	-	-		X	
NOV 5-6	Splash Out Cancer Meet	Strongsville Rec	-	-		X	X
NOV 12	Mile/500 Fr/400 IM Meet	Solon	-	-		X	X
NOV 13	Fall Breakout Meet	Solon	Slower than B	P/F		X	
NOV 18-20	Mark Braun Fall Classic	Geneva	Faster than BB/A	P/F	X	X	X
DEC 2-4	Shaker Shark Invite	Cleveland	Faster than B	-		X	
DEC 18	Candy Cane Classic	Sandusky	-	-		X	
JAN 7-8	New Year's Stretch	Rocky River	Slower than B	-	X	X	
JAN 14-15	Jim Scullion AG Showdown	Lakewood	Faster than B	P/F		X	
JAN 29	Turn Up the Heat	Cleveland	-	-		X	
FEB 12	Last Chance Meet	Geneva	-	-		X	
FEB 19	LE 8 & Under Champs	Twinsburg	-	-		X	
FEB 26	LE Regional AG Champs	Solon	Slower than A	-		X	
MAR 3-5	LE Sr Champs	Akron	TBD	P/F			X
MAR 10-12	LE AG Champs	Cleveland	TBD	P/F		X	
MAR 14-18	NCSA Junior Nationals	Orlando, FL	NCSA	P/F			X
MAR 30-APR 2	CZ Sectionals	Indianapolis, IN	Sectionals	P/F			X

DEV = Developmental Meet. In order to enter events in these meets, swimmers must have NOT YET achieved the cut times listed. These meets are great for newer and younger swimmers, and a great chance to swim "off-events"
P/F – Denotes a prelims/finals meet. Swimmers will swim in qualifying heats in the morning with the top qualifiers returning for finals in an evening session.

AG = Age Group Meet. These meets are appropriate for all age group swimmers who qualify.

SR = Senior Meet. These are the meets that are recommended for the senior group.

Highlighted Meet = Team Focus Meet. We are picking a meet each season (fall/winter/spring) this year to serve as a "seasonal championship" (it is a long season, we need some excitement every few months). We will be pushing for large attendance (including parents cheering loudly in their maroon and gold!) and will plan a team dinner or event around these meets. Please prioritize these meets in planning your meet schedule for this season.

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 19)

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 26)

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 10-12)

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 (typically BB or A). 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. Swimmers must qualify for this meet by achieving a qualifying time throughout the season (typically BB or A). This meet, which takes place right after high school season, will be the final meet of the season for 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 2017)

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 30 – Apr 2)

This is an elite level championship meet for all senior swimmers from Indiana, Michigan, and Ohio. This meet typically includes division I collegiate athletes from Ohio State, Indiana University, and more. To qualify, swimmers must achieve a "Sectional Cut".

NCSA Junior Nationals (Mar 14 – 19)

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 2017)

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.

Time Standards

Senior Group Time Standards

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

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		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	97.79	95.19	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*	98.19*	95.69*	93.09*	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*	97.89*	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*	97.69*	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*	99.59*	97.19*	94.69*	92.19*	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*	99.29*	96.59*	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*	99.19*	96.49*	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*	98.49*	95.99*	93.59*	91.19*	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*	98.49*	95.89*	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*	98.29*	95.59*	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					

IMR & IMX Challenge

We strongly encourage all age group athletes to participate in the IMR and IMX challenges. 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. Coaches will track and share everyone's progress toward the IMR and IMX challenges throughout the season.

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, 200 IM, 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.