



Thank you for considering the Aces Swim Club for your child. I would like to let you know that our practices are held at various locations, including Heritage High School, Goodson Rec Center, Schlessman YMCA, Cherokee Trail High School, Smoky Hill High School, Wheatlands YMCA, and our Long Course pool at Lowry in the summer. Below is more detailed information about our team, requirements, and Rookie/Tryout Camp Week for each group.

General Team Information:

We are a year-round COMPETITIVE USA Swimming team. We typically hold practices from September until late July or early August. Our short course season (practices and meets swim in 25-yard pools) runs from September until late March with the finale:

- The Colorado Short Course State Meet for the 14 under-age groups at the end of February.
- Far Westerns for upper-level 14&unders and non-Sectional qualified high school swimmers.
- Sectionals in mid-March for the high school swimmers.

We continue through the summer with our long course season. Long Course season (most practices and all meets are in 50-meter pools) runs from March until the end of July with the finale:

- The Long Course State Meet for the 14&under, age groups.
- Senior Zones/Futures/Junior Nationals/Senior Nationals/Olympic Trials for the high school swimmers.

The following pages of information will explain the requirements and tryout/camp information.

10 & Under Requirements

Some of the basic requirements would be that your swimmer be able to swim the four competitive strokes Butterfly, Backstroke, Breaststroke, and Freestyle. We would need them to be able to complete each stroke without stopping:

- **For 8 & Under** - swim a 25 of the four strokes without stopping. Practice commitment 2-3 times a week, and swim one meet a month.
- **For 10 & Under** - swim a 50 of the four strokes without stopping. Practice commitment 3-4 times a week, and one meet a month.

10 & Under – Rookie/Tryout Camp:

Tentative times for the 2025 Rookie Week – subject to change

This year, we will have TWO opportunities to participate in the Rookie/Tryout Camp.

The first camp will be held at the **North Pool at The Homestead in the Willows.**

July 15th, 16th, and 17th, 2025 from 10:30-11:30 am

The North Pool is located at
6767 E Easter Ave - Centennial, CO – 80112

The second camp will be held at the **Cherry Creek Vista pool.**

July 22nd, 23rd, and 24th, 2025 from 9:30-10:30 am

The Cherry Creek Vista Pool is located at
11350 E Orchard Road, Greenwood Village, CO 80111

We will also have a couple of make-up days. Please email Barbie Barker at Barbie1@acesswimclub.com if you would like to do a tryout after the Rookie Week has been completed.

If you are interested in swimming on the team before the fall, please send an email to Barbie Barker at Barbie1@acesswimclub.com.

We will be holding a Rookie Camp for all new 10 & Under swimmers who would like to swim for the team. The Rookie/Tryout Camp will be held at the Homestead – North Pool and the Cherry Creek Vista Pool. **This is a tryout/camp, not all swimmers will make the team!!** We highly encourage swimmers to be there every day (3 times) during the Rookie/Camp week.

After the Rookie/Tryout Camp week has concluded, the coaching staff will evaluate each swimmer and decide if they are ready to move into the competitive world of swimming. The ACES Swim Club has limited space on our rosters, and, if they are not quite ready, we will give them some other alternatives and place them on a waiting list for the future. We will notify each swimmer via email of the status.

Every swimmer MUST register for the Rookie/Tryout Camp. [REGISTER HERE](#) before coming to the pool. This is not a registration for the team. It is solely for our coaches to have as much knowledge of each swimmer as possible before the week begins. There is a section available to include their previous teams and any times from previous meets that they have swum in, be it, a summer club meet or a USA Swimming meet, or any other type of meet.

Please remember to register for Rookie/Tryout Camp before you come to the pool. If you have any questions, please contact Barbie Barker at Barbie1@acesswimclub.com.

West side Groups

- Jacks – Tim Byers - tjbyers@dcsdk12.org
- Jacks – Kim Garcia - garciaka1@gmail.com
- Jokers – Barbie Barker - Barbie1@acesswimclub.com

East side Groups

- Jacks – Morgan Edwards – morgan@acesswimclub.com
- Jokers – Kim Meeks - k2t3meeks@gmail.com

ACES Swim Club 2025/2026 Dues Schedule

*****TENTATIVE*** Subject to change*****

Fee structure for the 2025/2026 season

Annual Membership - one-time annual registration fee - \$250 per family

Annual USA Swimming Membership - you will register through the USA Swimming website.

Monthly Swimming Dues - based on practice group, see breakdown below

Practice group monthly dues

Jokers - \$150

Jacks - \$175

2025 CSI Age Group State Championship Time Standards
February 26-March 2, 2025

Women			10&Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:38.59	0:37.79	0:33.99	50 Free	0:38.09	0:37.29	0:33.59
1:24.89	1:23.29	1:15.09	100 Free	1:25.59	1:23.99	1:15.59
3:09.69	3:06.49	2:47.99	200 Free	3:11.79	3:08.59	2:49.89
0:44.59	0:43.99	0:39.59	50 Back	0:44.99	0:44.39	0:39.99
1:36.49	1:35.29	1:25.89	100 Back	1:38.99	1:37.79	1:28.09
0:51.79	0:50.79	0:45.69	50 Breast	0:52.69	0:51.69	0:46.49
1:51.99	1:49.99	1:39.09	100 Breast	1:54.59	1:52.59	1:41.39
0:44.49	0:43.79	0:39.39	50 Fly	0:44.79	0:44.09	0:39.69
1:47.79	1:46.39	1:35.79	100 Fly	1:51.29	1:49.89	1:38.99
	1:35.09	1:25.69	100 IM		1:36.79	1:27.29
3:35.89	3:32.69	3:11.59	200 IM	3:37.99	3:34.79	3:13.49
3:08.89	3:04.89	2:48.69	200 Med Rel	3:19.79	3:15.29	2:58.59
2:41.99	2:37.99	2:24.09	200 Fr Rel	2:45.99	2:41.99	2:29.99

11-12 + 12 & Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.49	0:31.69	0:28.49	50 Free	0:32.49	0:31.69	0:28.49
1:11.59	1:09.99	1:02.99	100 Free	1:12.09	1:10.49	1:03.49
2:37.99	2:34.79	2:19.49	200 Free	2:39.09	2:35.89	2:20.39
5:41.99	5:35.59	6:23.19	400/500 Free	5:46.19	5:39.79	6:27.79
0:37.89	0:37.29	0:33.59	50 Back	0:38.59	0:37.99	0:34.19
1:21.29	1:20.09	1:12.09	100 Back	1:23.19	1:21.99	1:13.79
2:59.99	2:57.59	2:39.99	200 Back	3:03.79	3:01.39	2:43.39
0:43.29	0:42.29	0:38.09	50 Breast	0:43.79	0:42.79	0:38.49
1:33.79	1:31.79	1:22.69	100 Breast	1:35.69	1:33.69	1:24.39
3:26.89	3:22.89	3:02.79	200 Breast	3:31.09	3:27.09	3:06.49
0:35.89	0:35.19	0:31.69	50 Fly	0:36.49	0:35.79	0:32.19
1:23.19	1:21.79	1:13.69	100 Fly	1:25.29	1:23.89	1:15.59
3:25.69	3:22.89	3:02.79	200 Fly	3:38.09	3:35.29	3:13.89
	1:20.79	1:12.79	100 IM		1:22.49	1:14.29
2:58.29	2:55.09	2:37.69	200 IM	3:01.59	2:58.39	2:40.69
6:38.49	6:32.09	5:53.19	400 IM	6:58.79	6:52.39	6:11.49
2:39.49	2:34.59	2:19.19	200 Med Rel	2:45.59	2:41.49	2:25.59
2:16.09	2:11.89	2:00.09	200 Fr Rel	2:21.29	2:16.99	2:03.99

13-14 + 14 & Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.79	0:28.99	0:26.19	50 Free	0:28.49	0:27.69	0:24.89
1:04.79	1:03.19	0:56.89	100 Free	1:01.59	0:59.99	0:53.99
2:21.19	2:17.99	2:04.29	200 Free	2:17.39	2:14.19	2:00.89
5:04.39	4:57.99	5:41.09	400/500 Free	4:57.09	4:50.69	5:32.79
21:01.69	20:37.69	20:30.29	1500/1650 Free	20:46.29	20:22.29	20:14.99
1:12.89	1:11.69	1:04.59	100 Back	1:10.89	1:09.69	1:02.79
2:39.69	2:37.29	2:21.69	200 Back	2:35.79	2:33.39	2:18.19
1:25.39	1:23.39	1:15.09	100 Breast	1:20.39	1:18.39	1:10.59
3:04.89	3:00.89	2:42.89	200 Breast	2:57.99	2:53.99	2:36.69
1:13.29	1:11.89	1:04.79	100 Fly	1:10.79	1:09.39	1:02.49
2:53.39	2:50.59	2:33.69	200 Fly	2:46.19	2:43.39	2:27.19
2:40.19	2:36.99	2:21.39	200 IM	2:35.19	2:31.99	2:16.89
5:47.29	5:40.89	5:07.09	400 IM	5:44.29	5:37.89	5:04.39
5:19.69	5:13.29	4:42.29	400 Med Rel	5:18.99	5:12.99	4:42.49
4:36.89	4:30.49	4:01.99	400 Fr Rel	4:32.49	4:24.99	3:59.99



2025 CSI Age Group State Championship Time Standards
February 28-March 2, 2025

Women			10&Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:38.59	0:37.79	0:33.99	50 Free	0:38.09	0:37.29	0:33.59
1:24.89	1:23.29	1:15.09	100 Free	1:25.59	1:23.99	1:15.59
3:09.69	3:06.49	2:47.99	200 Free	3:11.79	3:08.59	2:49.89
0:44.59	0:43.99	0:39.59	50 Back	0:44.99	0:44.39	0:39.99
1:36.49	1:35.29	1:25.89	100 Back	1:38.99	1:37.79	1:28.09
0:51.79	0:50.79	0:45.69	50 Breast	0:52.69	0:51.69	0:46.49
1:51.99	1:49.99	1:39.09	100 Breast	1:54.59	1:52.59	1:41.39
0:44.49	0:43.79	0:39.39	50 Fly	0:44.79	0:44.09	0:39.69
1:47.79	1:46.39	1:35.79	100 Fly	1:51.29	1:49.89	1:38.99
	1:35.09	1:25.69	100 IM		1:36.79	1:27.29
3:35.89	3:32.69	3:11.59	200 IM	3:37.99	3:34.79	3:13.49
3:08.89	3:04.89	2:48.69	200 Med Rel	3:19.79	3:15.29	2:58.59
2:41.99	2:37.99	2:24.09	200 Fr Rel	2:45.99	2:41.99	2:29.99

11-12 + 12 & Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.49	0:31.69	0:28.49	50 Free	0:32.49	0:31.69	0:28.49
1:11.59	1:09.99	1:02.99	100 Free	1:12.09	1:10.49	1:03.49
2:37.99	2:34.79	2:19.49	200 Free	2:39.09	2:35.89	2:20.39
5:41.99	5:35.59	6:23.19	400/500 Free	5:46.19	5:39.79	6:27.79
0:37.89	0:37.29	0:33.59	50 Back	0:38.59	0:37.99	0:34.19
1:21.29	1:20.09	1:12.09	100 Back	1:23.19	1:21.99	1:13.79
2:59.99	2:57.59	2:39.99	200 Back	3:03.79	3:01.39	2:43.39
0:43.29	0:42.29	0:38.09	50 Breast	0:43.79	0:42.79	0:38.49
1:33.79	1:31.79	1:22.69	100 Breast	1:35.69	1:33.69	1:24.39
3:26.89	3:22.89	3:02.79	200 Breast	3:31.09	3:27.09	3:06.49
0:35.89	0:35.19	0:31.69	50 Fly	0:36.49	0:35.79	0:32.19
1:23.19	1:21.79	1:13.69	100 Fly	1:25.29	1:23.89	1:15.59
3:25.69	3:22.89	3:02.79	200 Fly	3:38.09	3:35.29	3:13.89
	1:20.79	1:12.79	100 IM		1:22.49	1:14.29
2:58.29	2:55.09	2:37.69	200 IM	3:01.59	2:58.39	2:40.69
6:38.49	6:32.09	5:53.19	400 IM	6:58.79	6:52.39	6:11.49
2:39.49	2:34.59	2:19.19	200 Med Rel	2:45.59	2:41.49	2:25.59
2:16.09	2:11.89	2:00.09	200 Fr Rel	2:21.29	2:16.99	2:03.99

13-14 + 14 & Under

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.79	0:28.99	0:26.19	50 Free	0:28.49	0:27.69	0:24.89
1:04.79	1:03.19	0:56.89	100 Free	1:01.59	0:59.99	0:53.99
2:21.19	2:17.99	2:04.29	200 Free	2:17.39	2:14.19	2:00.89
5:04.39	4:57.99	5:41.09	400/500 Free	4:57.09	4:50.69	5:32.79
21:01.69	20:37.69	20:30.29	1500/1650 Free	20:46.29	20:22.29	20:14.99
1:12.89	1:11.69	1:04.59	100 Back	1:10.89	1:09.69	1:02.79
2:39.69	2:37.29	2:21.69	200 Back	2:35.79	2:33.39	2:18.19
1:25.39	1:23.39	1:15.09	100 Breast	1:20.39	1:18.39	1:10.59
3:04.89	3:00.89	2:42.89	200 Breast	2:57.99	2:53.99	2:36.69
1:13.29	1:11.89	1:04.79	100 Fly	1:10.79	1:09.39	1:02.49
2:53.39	2:50.59	2:33.69	200 Fly	2:46.19	2:43.39	2:27.19
2:40.19	2:36.99	2:21.39	200 IM	2:35.19	2:31.99	2:16.89
5:47.29	5:40.89	5:07.09	400 IM	5:44.29	5:37.89	5:04.39
5:19.69	5:13.29	4:42.29	400 Med Rel	5:18.99	5:12.99	4:42.49
4:36.89	4:30.49	4:01.99	400 Fr Rel	4:32.49	4:24.99	3:59.99



2024 CSI Long Course Age Group State Championship Time Standards
EPIC
July 26-28, 2024

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:41.99	0:41.19	0:37.19	50 Free	0:43.69	0:42.89	0:38.69
1:35.39	1:33.79	1:24.49	100 Free	1:38.69	1:37.09	1:27.49
3:27.49	3:24.29	3:04.09	200 Free	3:38.99	3:35.79	3:14.49
0:49.69	0:49.09	0:44.29	50 Back	0:52.09	0:51.49	0:46.39
1:48.19	1:46.99	1:36.39	100 Back	1:52.89	1:51.69	1:40.69
0:57.69	0:56.69	0:51.09	50 Breast	1:00.49	0:59.49	0:53.59
2:04.89	2:02.89	1:50.79	100 Breast	2:14.89	2:12.89	1:59.79
0:49.69	0:48.99	0:44.19	50 Fly	0:53.49	0:52.79	0:47.59
2:08.69	2:07.29	1:54.69	100 Fly	2:23.89	2:22.49	2:08.39
3:51.89	3:48.69	3:26.09	200 IM	4:04.49	4:01.29	3:37.39
3:30.89	3:28.89	3:10.69	200 Med Rel	3:41.79	3:39.29	3:20.59
3:03.99	3:01.99	2:46.09	200 Fr Rel	3:07.99	3:05.99	2:51.99

12 & Under						
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.79	0:32.99	0:29.79	50 Free	0:34.69	0:33.89	0:30.59
1:14.69	1:13.09	1:05.89	100 Free	1:17.29	1:15.69	1:08.19
2:44.49	2:41.29	2:25.39	200 Free	2:50.89	2:47.69	2:31.09
5:56.49	5:50.09	6:39.49	400/500 Free	6:19.69	6:13.29	7:05.49
0:39.49	0:38.89	0:35.09	50 Back	0:41.29	0:40.69	0:36.69
1:25.49	1:24.29	1:15.99	100 Back	1:29.49	1:28.29	1:19.59
3:12.29	3:09.89	2:51.09	200 Back	3:21.29	3:18.89	2:59.19
0:44.89	0:43.89	0:39.59	50 Breast	0:47.89	0:46.89	0:42.29
1:40.09	1:38.09	1:28.39	100 Breast	1:44.89	1:42.89	1:32.69
3:37.69	3:33.69	3:12.59	200 Breast	3:46.09	3:42.09	3:20.09
0:37.59	0:36.89	0:33.29	50 Fly	0:39.99	0:39.29	0:35.39
1:30.49	1:29.09	1:20.29	100 Fly	1:38.89	1:37.49	1:27.89
3:33.79	3:30.99	3:10.09	200 Fly	3:43.29	3:40.49	3:18.69
3:05.69	3:02.49	2:44.49	200 IM	3:15.09	3:11.89	2:52.89
6:57.19	6:50.79	6:10.09	400 IM	7:14.69	7:08.29	6:25.89
2:45.49	2:40.59	2:25.19	200 Med Rel	2:51.59	2:48.49	2:31.59
2:22.09	2:18.89	2:06.09	200 Fr Rel	2:27.29	2:23.99	2:09.99