



2024-2028 SD LC State Qualifying Times -- Girls

8 & Under	SCY	LCM	SCM
25 Free	21.59	NA	23.89
50 Free	48.59	55.29	53.79
100 Free	1:45.49	2:00.89	1:56.59
200 Free	3:45.79	4:17.19	4:09.39
25 Back	25.99	NA	28.69
50 Back	58.49	1:07.09	1:04.59
100 Back	2:02.19	2:20.59	2:15.09
25 Breast	29.29	NA	32.29
50 Breast	1:05.79	1:14.99	1:12.69
100 Breast	2:18.99	2:41.09	2:33.69
25 Fly	25.69	NA	28.39
50 Fly	57.69	1:04.99	1:03.79
100 Fly	2:11.89	2:30.09	2:25.79
100 IM	2:01.19	NA	2:13.89
200 IM	4:08.49	4:46.19	4:34.49

9-10	SCY	LCM	SCM
50 Free	35.99	40.89	39.79
100 Free	1:21.09	1:32.99	1:29.69
200 Free	3:00.59	3:25.69	3:19.49
400/500 Free	7:45.09	7:01.69	6:46.89
50 Back	43.29	49.69	47.79
100 Back	1:33.99	1:48.09	1:43.89
50 Breast	48.69	55.49	53.79
100 Breast	1:46.89	2:03.89	1:58.19
50 Fly	42.69	48.09	47.19
100 Fly	1:41.39	1:55.39	1:52.09
100 IM	1:33.19	NA	1:42.99
200 IM	3:18.79	3:48.89	3:39.59

11-12	SCY	LCM	SCM
50 Free	31.69	35.89	34.99
100 Free	1:09.39	1:19.49	1:16.59
200 Free	2:30.89	2:53.09	2:46.79
400/500 Free	6:45.69	6:04.79	5:54.99
800/1000 Free	13:58.19	12:42.89	12:13.49
50 Back	35.99	41.59	39.79
100 Back	1:19.79	1:32.69	1:28.19
50 Breast	40.89	46.19	45.19
100 Breast	1:29.29	1:42.19	1:38.69
50 Fly	34.29	38.79	37.79
100 Fly	1:18.89	1:30.49	1:27.19
100 IM	1:19.09	NA	1:27.49
200 IM	2:50.69	3:15.59	3:08.69

13-14	SCY	LCM	SCM
50 Free	30.19	34.59	33.39
100 Free	1:05.89	1:15.39	1:12.89
200 Free	2:22.69	2:42.79	2:37.69
400/500 Free	6:22.79	5:41.79	5:34.99
800/1000 Free	13:10.29	11:50.79	11:31.49
1500/1650 Free	22:01.19	22:43.49	21:53.29
50 Back	33.69	39.49	37.19
100 Back	1:11.39	1:23.29	1:18.89
200 Back	2:34.49	2:59.49	2:50.69
50 Breast	39.09	44.39	43.19
100 Breast	1:22.29	1:34.99	1:30.99
200 Breast	2:57.39	3:24.59	3:15.99
50 Fly	33.29	37.09	36.79
100 Fly	1:11.29	1:20.99	1:18.79
200 Fly	2:38.99	3:01.69	2:55.69
100 IM	1:13.39	1:24.29	1:21.09
200 IM	2:39.49	3:03.09	2:56.19
400 IM	5:39.69	6:28.19	6:15.29

15-16	SCY	LCM	SCM
50 Free	29.49	33.49	32.59
100 Free	1:03.79	1:12.79	1:10.49
200 Free	2:18.39	2:37.09	2:32.89
400/500 Free	6:12.39	5:29.89	5:25.79
800/1000 Free	12:53.49	11:25.09	11:16.79
1500/1650 Free	21:36.19	21:52.49	21:28.39
100 Back	1:09.39	1:20.69	1:16.69
200 Back	2:30.59	2:53.39	2:46.49
100 Breast	1:19.79	1:31.59	1:28.19
200 Breast	2:52.69	3:17.29	3:10.89
100 Fly	1:09.09	1:18.29	1:16.29
200 Fly	2:33.99	2:54.39	2:50.09
100 IM	1:10.99	1:21.69	1:18.49
200 IM	2:34.29	2:57.49	2:50.49
400 IM	5:29.69	6:15.79	6:04.29

17-19	SCY	LCM	SCM
50 Free	29.09	33.29	32.19
100 Free	1:03.19	1:12.19	1:09.89
200 Free	2:16.69	2:35.69	2:31.09
400/500 Free	6:08.19	5:28.19	5:22.19
800/1000 Free	12:47.09	11:18.19	11:11.19
1500/1650 Free	21:09.59	21:40.79	21:01.99
100 Back	1:08.09	1:19.79	1:15.29
200 Back	2:27.39	2:52.49	2:42.89
100 Breast	1:18.79	1:30.49	1:27.09
200 Breast	2:51.49	3:14.99	3:09.49
100 Fly	1:08.29	1:17.69	1:15.49
200 Fly	2:31.19	2:51.39	2:46.99
100 IM	1:09.89	1:20.89	1:17.19
200 IM	2:31.89	2:55.79	2:47.79
400 IM	5:25.59	6:11.69	5:59.79

2024-2028 SD LC State Qualifying Times -- Boys

8 & Under	SCY	LCM	SCM
25 Free	22.99	NA	25.39
50 Free	51.59	59.29	56.99
100 Free	1:54.39	2:11.29	2:06.39
200 Free	3:56.89	4:30.89	4:21.79
25 Back	28.99	NA	32.09
50 Back	1:05.19	1:14.79	1:12.09
100 Back	2:10.89	2:31.69	2:24.59
25 Breast	32.09	NA	35.39
50 Breast	1:12.09	1:22.29	1:19.69
100 Breast	2:28.39	2:52.79	2:43.99
25 Fly	27.89	NA	30.89
50 Fly	1:02.79	1:10.59	1:09.39
100 Fly	2:27.59	2:48.39	2:43.19
100 IM	2:09.59	NA	2:23.19
200 IM	4:33.29	5:11.89	5:01.99

9-10	SCY	LCM	SCM
50 Free	38.19	43.89	42.19
100 Free	1:27.99	1:40.99	1:37.19
200 Free	3:09.49	3:36.69	3:29.39
400/500 Free	8:24.29	7:38.29	7:21.19
50 Back	48.29	55.39	53.39
100 Back	1:40.69	1:56.69	1:51.19
50 Breast	53.39	0.000705	58.99
100 Breast	1:54.09	2:12.89	2:06.09
50 Fly	46.49	52.29	51.39
100 Fly	1:53.49	2:09.49	2:05.49
100 IM	1:39.69	NA	1:50.09
200 IM	3:38.59	4:09.49	4:01.59

11-12	SCY	LCM	SCM
50 Free	32.79	37.39	36.29
100 Free	1:11.49	1:22.09	1:18.99
200 Free	2:35.99	2:59.19	2:52.39
400/500 Free	6:59.89	6:21.09	6:07.49
800/1000 Free	14:43.49	13:20.19	12:53.09
50 Back	38.49	44.49	42.59
100 Back	1:22.19	1:37.19	1:30.79
50 Breast	43.49	49.79	48.09
100 Breast	1:32.59	1:47.79	1:42.29
50 Fly	37.09	41.99	40.99
100 Fly	1:22.89	1:35.09	1:31.59
100 IM	1:21.89	NA	1:30.49
200 IM	2:59.29	3:24.39	3:18.09

13-14	SCY	LCM	SCM
50 Free	29.89	34.29	32.99
100 Free	1:04.99	1:15.09	1:11.79
200 Free	2:22.49	2:43.99	2:37.49
400/500 Free	6:25.69	5:48.39	5:37.49
800/1000 Free	13:17.99	12:00.59	11:38.19
1500/1650 Free	22:22.89	23:04.59	22:14.89
50 Back	33.69	39.49	37.19
100 Back	1:11.29	1:23.69	1:18.79
200 Back	2:34.69	3:01.79	2:50.99
50 Breast	38.59	43.99	42.59
100 Breast	1:20.49	1:33.79	1:28.99
200 Breast	2:54.89	3:22.79	3:13.19
50 Fly	33.19	37.29	36.59
100 Fly	1:10.49	1:20.29	1:17.89
200 Fly	2:36.79	2:59.69	2:53.29
100 IM	1:12.69	1:24.19	1:20.29
200 IM	2:37.99	3:02.89	2:54.49
400 IM	5:37.69	6:30.69	6:13.19

15-16	SCY	LCM	SCM
50 Free	28.29	32.89	31.19
100 Free	1:01.99	1:11.79	1:08.49
200 Free	2:15.99	2:36.59	2:30.29
400/500 Free	6:08.39	5:34.09	5:22.39
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1500/1650 Free	21:26.59	22:08.29	21:18.89
100 Back	1:07.49	1:19.39	1:14.59
200 Back	2:27.59	2:52.29	2:43.09
100 Breast	1:16.89	1:29.49	1:24.99
200 Breast	2:47.09	3:14.49	3:04.59
100 Fly	1:07.19	1:16.79	1:14.29
200 Fly	2:30.19	2:51.69	2:45.99
100 IM	1:09.49	1:21.09	1:16.79
200 IM	2:30.89	2:56.19	2:46.79
400 IM	5:22.19	6:14.69	5:55.99

17-19	SCY	LCM	SCM
50 Free	27.59	31.89	30.39
100 Free	1:00.29	1:09.89	1:06.69
200 Free	2:13.59	2:32.89	2:27.59
400/500 Free	6:03.19	5:26.49	5:17.79
800/1000 Free	12:40.19	11:17.89	11:05.19
1500/1650 Free	21:08.99	21:45.79	21:01.39
100 Back	1:05.19	1:17.49	1:12.09
200 Back	2:23.89	2:49.19	2:38.99
100 Breast	1:14.69	1:26.69	1:22.49
200 Breast	2:42.29	3:09.19	2:59.29
100 Fly	1:05.39	1:14.59	1:12.29
200 Fly	2:26.39	2:46.99	2:41.79
100 IM	1:07.79	1:19.09	1:14.99
200 IM	2:27.39	2:51.89	2:42.89
400 IM	5:17.39	6:07.59	5:50.69

←Long Course State Qualifying Times!

Swimmers must have achieved this time in the last year to qualify for A State Championships

Paula’s Ponderings
Cheerleader or Critic?

Coach Paula Gordon
White 1+2, Blue 2+3 Coach
Dryland Coach

In 2008, I had the opportunity to hear Olympian Matt Biondi ([Matt Biondi - Wikipedia](#)), three time Olympian, International Swimming and Olympic Hall of Famer speak to the National Team and Olympic parents. He talked about all the people Olympians must report to after a swim, such as the coaches, the media, drug testing, race analysis and more.

Matt Biondi asked parents
not to be someone
swimmers had to report to
after their race

He also said something that gave me pause-They know better than anyone how they swam. They know the minute they touch the wall. They just need someone to be there for them, good or bad.



Matt Biondi’s message hit home for me as a parent.

I coached my own three kids, mostly as an assistant but a few years as head coach. Were they reporting to me or was I there for them?

I didn’t enjoy that situation very much. Me and my loud whistling had a very hard time just being a coach... My race feedback wasn’t always what a mom should say. Somewhere in the crowd was their dad, and he was great at just being there for them. At home, we rarely talked about swimming.

**At home,
I was just their mom.**

I recently heard someone say that when we are trying to help our spouse, friend or family eat better and exercise, when we criticize what they are doing, they lose a cheerleader.

You can’t be both, this choice between Cheerleader or Critic reminded me of the Matt Biondi message. You can be their cheerleader or you can be their coach.

You can’t be both.

Summer Swim Season is almost half-way done!

Check your schedule and make sure you are on top of our Swim Meet schedule. All Meets with the exception of the Spring League Championship are Long Course Meters

[Schedule can be found here](#)

SIoux FALLS SWIM TEAM			
SUMMER SWIM MEET SCHEDULE			
MEET DATE	NAME OF MEET	DEADLINE	GROUPS INVITED
MAY 28TH	SPRING LEAGUE CHAMPIONSHIPS	MAY 21ST	SPRING LEAGUE, RED 1, WHITE 1
JUNE 6-8	BROOKINGS OUTDOOR MEET	MAY 21	ALL GROUPS (SPRING LEAGUE CHECK W/ COACH)
JUN 20-22	WAUKEE (DES MOINES)	APRIL 30	BLUE 2/3, B1, W3, R3
JUNE 27-29	SFST SANFORD INVITE	JUNE 4	ALL GROUPS
JULY 10-13	SPEEDO SECTIONALS (ROCHESTER, MN)	JUNE 11	QUALIFIERS ONLY
JULY 11-13	B STATE CHAMPS (PIERRE, SD)	JUNE 30	NON-STATE QUALIFIERS SWIMMERS W/ 3 OR LESS STATE TIMES
JULY 18-20	A STATE CHAMPS (ABERDEEN,SD)	JULY 2	ALL STATE QUALIFIERS
JULY 30-AUG 2	USA SWIMMING SUMMER JUNIORS	JULY 20	QUALIFIERS ONLY
JULY 31-AUG 3	14 AND UNDER ZONES (ROCHESTER, MN)	JULY 20	
HOME	AWAY		

Grown Up Swimming

Want to relive your swimming days?

Or try out the sport in a fun exciting way?

Who said only the kids can have fun in the pool?

Summer-league swimming—for grown-ups!

Meet structure

25 Freestyle	200 Freestyle Relay
25 Butterfly	200 Medley Relay
25 Backstroke	*All relays are mixed gender!
25 Breaststroke	
100 IM	

What do I do with my kids? They can't stay at home

Good! They'll be timing the meet 😊

GROWN-UP SWIMMING™

SIoux FALLS

CONTACT

MATT@GROWNUPSWIMMING.COM

Are you interested in trying competitive swimming for yourself? Or want to get back in the pool for fun!

Grown Up Swim League is an effort to allow our Parent population (and other adults) to participate in competitive swimming this summer!

In addition to the events listed, we will host a Long Course Meet, Mixed Generational Relays (meaning you can swim with your kids) and other Fun Events!

If you would be interested in participating in this new league, please reach out to Coach Matt!



South Dakota Swimming has added the 50's of Stroke for our 13-14 age group at our State Meet
This includes the Butterfly, Backstroke, and Breaststroke

South Dakota swimming has also added the 800 Meter/1000 yard race for our 11-12 age group

The same 50's were also added to the Olympics for 2028!

University of South Dakota had opened their new Indoor 50 Meter Pool this summer!

The 50 Meter pool is only the 2nd indoor 50 Meter pool in the state, with the 1st being Midco Aquatic Center

Look out for our schedule where your swimmer might have the opportunity to compete in this new space!





Sioux Falls Swim Team is the First Swim Club in the State of South Dakota to be recognized as a Safe Sport Club!

Information about Safe Sport provided by USA Swimming:

USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting.

Thank you to all our parents and kids that helped us achieve this Goal!



WORLD RECORD

KATIE LEDECKY
800 FREESTYLE • 8:04.12

@usaswimming

Best time in 9(!!!) years!
Consistence & Belief.

Katie Ledecky is at another level of swimming, but learning that our sport might not give you best times every season.

Learning to be consistent in practices, and believing in your process allows for success to happen in time



Thank you, swim team moms!

You taxi the kids to endless practices, feed hungry swimmers, juggle schedules, and still show up to cheer the loudest

Your support goes beyond your own child—you lift up the whole team with your energy, encouragement, and care.

We see all that you do, and we're so grateful!

QUESTION ANSWER

Here to answer questions about your child's swimming



If you have any questions that you would want answered, please use this link to submit your question:

<https://www.gomotionapp.com/team/czsdfs/page/faq/faq-portal>

You must be logged into our website to access the link to ask your questions

Question 1:

On the summer schedule it says there are practices in the morning and at night.

Is my child expected to make all of the practices? 7 practices per week???

If you are apart of our Blue 2/3 group – Yes!

Everyone else – NO!

We do not want your child swimming in more practices because we open up more swimming practices in the summer. We offer morning and afternoon practice options to help accommodate work/camp/general summer schedules for the busy parents and swimmers.

When looking at the summer schedule, look at which practices would help your schedule and attend those! Our mornings are preferable to our swimmers who are looking to compete at our Summer A champs, so they get experience swimming in longer pools.

Question 2:

What is the difference between B championships and A championships?

Which should my child attend?

Make sure you are talking with the coaches about what is appropriate for your child.

As a general rule of thumb, if your child has 3 South Dakota State Qualifying times (see pg 1) then they should plan on swimming at the A State Championships.

Your child must have swam that event and time in the last calendar year in order to qualify (check out yards AND LCM times).

Question 3:

My child's summer schedule is sporadic and I can't commit to a single timeframe, do I let the coaches know when my child will be swimming their practices?

We do want your child to communicate with their coaches about when they will and won't be at practices. If your child is planning on missing an extended time of practice, you can contact Coach Kyle or Coach Matt so we are aware of their absence.

If summer activities and other things come up, don't worry about contacting the coach!

Thanks to our Sponsors!

