



Welcome Back!



SWIMMING GLOSSARY: COACH TALK EDITION

- ✓ FR = Freestyle

✓ BK = Backstroke

✓ BR = Breaststroke

✓ FLY = Butterfly

✓ IM = Individual Medley

✓ K = Kick (with board)

✓ P = Pull (with buoy)

✓ DR = Drill

✓ S = Swim (regular stroke)

✓ @ = “On the...” (interval, ex: @ :45 = leave every 45 sec
- ✓ K = Easy

✓ FAST = Sprint it!

✓ BUILD = Get faster as you go

✓ DESC = Descend (each rep faster than the last)

✓ NEG SPLIT = 2nd half faster than 1st

Example Set:
6x100 FR @1:30, odds = DR/S, evens = DESC

Translation:
6 freestyle 100s leaving every 1:30, odd ones are drill/swim, even ones descend

Make sure you are getting your child’s schedule through our Google Calendars!

Any sudden changes to schedule will be emailed out, Long-term changes will be displayed here (known 1 month in advance)

Fall Competition Schedule

Dates	2025-26 SFST Meet Schedule	Groups	Deadline
Sept. 26	SFST Intrasquad	All Groups	Sept. 17th
Oct. 11	SFST Home Meet	All Groups	
Oct. 17-19	World Aquatics World Cup Meet - Westmont IL	Winter Jrs. Qualifiers	TBD
Oct. 25	SFST Home Meet	All Groups	Oct. 8th
Oct. 31-Nov. 2	IFLY Midwest Challenge	B2/B3 Qualifiers	Sept. 24th
Nov. 15-16	Yankton Meet	Red groups, White Groups, Blue 1, Blue	Oct. 29th
Nov. 21-23	FM Gators IMX & Fall Invite	Red 3, White 2, White 3, Blue 1, Blue 2	Oct. 1/TBD
Dec. 12-14	Vermillion Meet	All Groups	Nov. 26th
Dec. 11-14	USA Swimming Winter Juniors (Austin, TX)	Qualifiers Only	TBD

Winter Competition Schedule

Dates	2025-26 SFST Meet Schedule	Groups	Deadline
Jan. 2	SFST Intrasquad Meet	All Groups	Dec. 29th
Jan. 10-11	Midwest All Stars (Des Moines, IA)	Qualifiers - ask coaches	TBD
Jan. 10-11	Sioux City Meet	Red groups, White	Dec. 17th
Jan. 23-25	SFST Home Meet	All Groups	Jan. 7th
Feb. 6-8	Watertown Meet	Red Groups, White	Jan. 21st
Feb. 13-15	B Championships - Spearfish	Non-State Qu	Feb. 11th
Feb. 20-22	12 & Under State Meet - Aberdeen	All Qualifiers	Feb. 11th
Feb. 26-Mar. 1	13 & Over State Meet - Mitchell	All Qualifiers	Feb. 11th
Mar. 12-15	Sectionals - West Fargo (SCY)	All Qualifiers	TBD
Mar. 25-28	14 & Under NCSA Age Group Champs (Orlando, FL)	All Qualifiers	TBD

Fall League Meets

MEETS:
SEP 17TH (EMBE)
KICKING ONLY

SEP 27TH (MIDCO)
CHAMPIONSHIP PREVIEW

OCT 15TH (EMBE)
RELAY CARNIVAL

OCT 25TH (MIDCO)
FALL LEAGUE CHAMPS

SEASON ENDS
OCT 25TH

SIoux FALLS SWIM TEAM

Established in 2016

Home

About Us

Meets/Events

Daily Schedule

8 SEP, MON

4pm

Blue 3 Midco® Aquatic Cen...

4:15pm

Blue 2 Midco® Aquatic Cen...

4:30pm

White 1B EmBe, 300 W 11t...

5:30pm

Blue 1 Practices Midco® A...

5:30pm

Red 1B EmBe, 300 W 11th S...

5:45pm

Red 2 Midco® Aquatic Cent...

5:45pm

Red 3 Midco® Aquatic Cent...

6:15pm

Fall League 9 and under E...

6:30pm

White 2 Midco® Aquatic Ce...

6:30pm

White 3 Midco® Aquatic Ce...

7pm

White 1A Midco® Aquatic C...

+

Swim time standards are benchmark times set by governing bodies to group swimmers by ability and provide goals for competition. They ensure fair racing by dividing swimmers into categories such as “B,” “BB,” “A,” “AA,” and beyond, with each level representing progressively faster performances. These standards motivate swimmers to improve while giving them milestones to celebrate as they move up.

In South Dakota, time standards play an especially important role in qualifying for the South Dakota State LSC Swim Meet. To be eligible, a swimmer must achieve at least three state qualifying times in their age group events. These times are published each season and are based on age and gender, ensuring fair competition across all brackets.

Once a swimmer earns three qualifying times, they can enter those events at the State Meet—and may also be eligible to swim bonus events depending on the meet rules. This system not only rewards consistency across multiple races but also ensures that swimmers who qualify are well-rounded and competitive at the championship level.

2024-2028 SD SC State Qualifying Times -- Girls

8 & Under	SCY	LCM	SCM
25 Free	23.89	NA	26.39
50 Free	53.79	1:01.19	59.39
100 Free	1:58.09	2:15.39	2:10.39
200 Free	4:13.49	4:48.79	4:39.99
25 Back	29.19	NA	32.29
50 Back	1:05.59	1:15.39	1:12.49
100 Back	2:17.59	2:38.09	2:31.99
25 Breast	32.79	NA	36.19
50 Breast	1:13.69	1:23.99	1:21.39
100 Breast	2:36.39	3:01.29	2:52.79
25 Fly	29.09	NA	32.09
50 Fly	1:05.39	1:13.59	1:12.29
100 Fly	2:31.69	2:52.69	2:47.59
100 IM	2:15.59	NA	2:29.79
200 IM	4:37.69	5:19.69	5:06.79

9-10	SCY	LCM	SCM
50 Free	39.79	45.29	43.99
100 Free	1:30.79	1:44.09	1:40.29
200 Free	3:22.79	3:50.99	3:43.99
400/500 Free	8:36.69	7:48.59	7:32.19
50 Back	48.59	55.79	53.69
100 Back	1:45.79	2:01.59	1:56.89
50 Breast	54.59	1:02.19	1:00.29
100 Breast	2:00.29	2:19.39	2:12.89
50 Fly	48.39	54.49	53.49
100 Fly	1:56.69	2:12.79	2:08.89
100 IM	1:44.29	NA	1:55.19
200 IM	3:42.09	4:15.69	4:05.39

11-12	SCY	LCM	SCM
50 Free	33.99	38.49	37.59
100 Free	1:14.69	1:25.59	1:22.49
200 Free	2:42.59	3:08.39	2:59.59
400/500 Free	7:16.89	6:32.89	6:22.29
50 Back	38.79	44.79	42.79
100 Back	1:26.59	1:40.59	1:35.69
50 Breast	43.99	49.79	48.59
100 Breast	1:36.49	1:50.39	1:46.59
50 Fly	36.89	41.79	40.79
100 Fly	1:25.79	1:38.29	1:34.79
100 IM	1:25.19	NA	1:34.19
200 IM	3:03.89	3:30.59	3:23.19

13-14	SCY	LCM	SCM
50 Free	32.49	37.19	35.99
100 Free	1:10.99	1:21.19	1:18.49
200 Free	2:33.59	2:55.29	2:49.79
400/500 Free	6:52.19	6:08.09	6:00.69
800/1000 Free	14:11.09	12:45.49	12:24.69
1500/1650 Free	23:42.89	24:28.39	23:34.29
100 Back	1:16.89	1:29.69	1:24.99
200 Back	2:46.39	3:13.29	3:03.89
100 Breast	1:28.69	1:42.39	1:37.99
200 Breast	3:10.99	3:40.29	3:31.09
100 Fly	1:16.79	1:27.19	1:24.89
200 Fly	2:51.19	3:15.69	3:09.19
100 IM	1:19.09	NA	1:27.39
200 IM	2:51.79	3:17.19	3:09.79
400 IM	6:05.79	6:57.99	6:44.19

15-16	SCY	LCM	SCM
50 Free	31.79	36.09	35.09
100 Free	1:08.79	1:18.39	1:15.99
200 Free	2:28.99	2:49.19	2:44.69
400/500 Free	6:40.99	5:55.19	5:50.89
800/1000 Free	13:52.89	12:17.79	12:08.79
1500/1650 Free	23:15.89	23:33.49	23:07.49
100 Back	1:14.69	1:26.89	1:22.59
200 Back	2:42.19	3:06.79	2:59.29
100 Breast	1:25.89	1:38.59	1:34.99
200 Breast	3:05.99	3:32.49	3:25.49
100 Fly	1:14.39	1:24.29	1:22.19
200 Fly	2:45.79	3:07.79	3:03.19
100 IM	1:16.49	NA	1:24.49
200 IM	2:46.19	3:11.19	3:03.59
400 IM	5:54.99	6:44.69	6:32.29

17-19	SCY	LCM	SCM
50 Free	31.39	35.89	34.69
100 Free	1:08.09	1:17.69	1:15.19
200 Free	2:27.19	2:47.69	2:42.69
400/500 Free	6:36.49	5:53.39	5:46.89
800/1000 Free	13:46.09	12:10.29	12:02.79
1500/1650 Free	22:47.19	23:20.89	22:38.99
100 Back	1:13.39	1:25.89	1:21.09
200 Back	2:38.79	3:05.79	2:55.39
100 Breast	1:24.79	1:37.49	1:33.69
200 Breast	3:04.69	3:29.89	3:24.09
100 Fly	1:13.59	1:23.59	1:21.29
200 Fly	2:42.79	3:04.49	2:59.89
100 IM	1:15.29	NA	1:23.19
200 IM	2:43.59	3:09.29	3:00.69
400 IM	5:50.69	6:40.29	6:27.49

2024-2028 SD SC State Qualifying Times -- Boys

8 & Under	SCY	LCM	SCM
25 Free	25.39	NA	28.09
50 Free	57.09	1:05.79	1:03.09
100 Free	2:08.19	2:27.09	2:21.29
200 Free	4:25.99	5:04.29	4:53.89
25 Back	32.59	NA	35.99
50 Back	1:13.29	1:23.99	1:20.99
100 Back	2:27.49	2:50.69	2:42.69
25 Breast	35.99	NA	39.79
50 Breast	1:20.89	1:32.19	1:29.39
100 Breast	2:46.99	3:14.49	3:04.39
25 Fly	31.69	NA	34.99
50 Fly	1:11.19	1:20.09	1:18.69
100 Fly	2:49.89	3:13.89	3:07.59
100 IM	2:25.09	NA	2:40.19
200 IM	5:05.39	5:48.39	5:37.49

9-10	SCY	LCM	SCM
50 Free	42.29	48.69	46.69
100 Free	1:38.59	1:53.09	1:48.69
200 Free	3:32.79	4:03.39	3:55.09
400/500 Free	9:20.29	8:29.29	8:10.29
50 Back	54.29	1:02.19	59.99
100 Back	1:53.39	2:11.29	2:05.09
50 Breast	59.89	1:08.29	1:06.19
100 Breast	2:08.39	2:29.59	2:21.79
50 Fly	52.69	59.29	58.29
100 Fly	2:10.69	2:29.09	2:24.29
100 IM	1:51.59	NA	2:03.19
200 IM	4:04.29	4:38.69	4:29.99

11-12	SCY	LCM	SCM
50 Free	35.19	40.09	38.99
100 Free	1:16.99	1:28.39	1:25.09
200 Free	2:48.09	3:12.99	3:05.69
400/500 Free	7:32.19	6:50.49	6:35.79
50 Back	41.49	47.99	45.79
100 Back	1:29.19	1:45.49	1:38.59
50 Breast	46.79	53.69	51.69
100 Breast	1:40.09	1:56.49	1:50.49
50 Fly	39.99	45.29	44.29
100 Fly	1:30.19	1:43.29	1:39.59
100 IM	1:28.29	NA	1:37.49
200 IM	3:13.19	3:40.09	3:33.39

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1500/1650 Free	24:06.29	24:51.19	23:57.59
100 Back	1:16.79	1:30.19	1:24.89
200 Back	2:46.69	3:15.79	3:04.29
100 Breast	1:26.79	1:41.09	1:35.89
200 Breast	3:08.29	3:38.39	3:28.09
100 Fly	1:15.99	1:26.49	1:23.99
200 Fly	2:48.89	3:13.59	3:06.59
100 IM	1:18.29	NA	1:26.49
200 IM	2:50.19	3:16.99	3:07.99
400 IM	6:03.69	7:00.69	6:41.99

15-16	SCY	LCM	SCM
50 Free	30.49	35.49	33.59
100 Free	1:06.89	1:17.39	1:13.89
200 Free	2:26.49	2:48.69	2:41.89
400/500 Free	6:36.69	5:59.79	5:47.29
800/1000 Free	13:51.09	12:27.39	12:07.19
1500/1650 Free	23:05.59	23:50.49	22:57.29
100 Back	1:12.69	1:25.49	1:20.39
200 Back	2:38.99	3:05.59	2:55.69
100 Breast	1:22.79	1:36.39	1:31.59
200 Breast	2:59.99	3:29.49	3:18.69
100 Fly	1:12.39	1:22.69	1:20.09
200 Fly	2:41.69	3:04.89	2:58.79
100 IM	1:14.79	NA	1:22.69
200 IM	2:42.59	3:09.79	2:59.59
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17-19	SCY	LCM	SCM
50 Free	29.79	34.39	32.79
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200 Free	2:23.89	2:44.69	2:38.99
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1500/1650 Free	22:46.59	23:26.29	22:38.39
100 Back	1:10.29	1:23.49	1:17.69
200 Back	2:35.09	3:02.29	2:51.19
100 Breast	1:20.39	1:33.39	1:28.79
200 Breast	2:54.79	3:23.69	3:13.09
100 Fly	1:10.49	1:20.29	1:17.89
200 Fly	2:37.69	2:59.79	2:54.29
100 IM	1:13.09	NA	1:20.79
200 IM	2:38.79	3:05.09	2:55.49
400 IM	5:41.89	6:35.89	6:17.69

PARENT GROUP
INFORMATION MEETINGS
SIOUX FALLS SWIM TEAM

9/10–9/11 Red 1 Groups 6pm

9/16 Red 2&3 5:45pm, White 1 7pm

9/22 White 2&3 6:45pm Blue 2&3 5:30pm

9/29 Blue 1 5:45pm

All Meetings during
practice times and are optional
at your child’s practice site

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

SIoux FALLS

SWIM TEAM

Established in 2016

USA

SAFE SPORT

ESTABLISHED 1978

UNTIL APR 2027

USA

SWIMMING

SOUTH DAKOTA

SWIMMING

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Parent Resources

FAQ

Safe Sport Information

Make up Workouts

General Swim Team Questions:

• Why should my child swim?

- Sioux Falls Swim Team is a youth sports program in Sioux Falls, South Dakota that believes that swimming can benefit your competitive swimmer by...
 - Promoting physical development
 - Develop aerobic endurance and is one of the most beneficial forms of cardiovascular exercise
 - Enhances a child's natural flexibility and promotes muscle development
 - Develops superior coordination
 - Most injury-free of all children's sports
 - Sport to bring children fitness and enjoyment for life
 - Promotes time management and is one of the top academically achieving sports
 - Important safety skill for young children

• Who can answer my questions about the swim team?

- Your questions will be answered by either a swim coach or the board of directors. Please click here and your question will be directed to the right person. You can also contact a coach directly by emailing them.

• What swimming strokes does my child need to know to join the team?

- If your child is between the ages of 6 to 18 and can swim a 25 back and a 25 free without assistance, they should consider a two-week free trial to see if they would want to join the team. Please click here for more information on a two-week free trial where your swimmer will be evaluated by the coaches to place them on the team.

• How do I view my swimmer's times on our website?

- Click on "My Account" and then "My Meet Results". Select "My Results" and modify the search as you wish. Hit the "search" button when you are ready. You should see all of your times or your child's times.

• How do I contact a coach?

- The best way to speak to your child's coach is via email. The email addresses for each coach can be found on our website under the coaches link here. If more information or communication is needed after an email, you child's coach will be happy to set up a time to discuss something in person or over the phone.

• When can I talk to my swimmer's coach?

- If you would like to talk to your swimmer's coach while at practice, if possible, please wait until AFTER practice. Before each swim practice, your child's coach will be busy preparing for practice, putting in lane lines, reviewing the prepared workout, etc. This is usually not a good time for parents to talk to a coach. After practice, however, you may talk with your child's coach in the bleacher area. Please be respectful of your coach's time, and be aware that other parents may be waiting to talk to the coach, too. If you need to have an extended or private conversation with a coach, consider emailing or phoning a coach instead of approaching the coach on his/her way out of practice.

Check out our Website for Frequently Asked Questions!

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

SANFORD

SPORTS

arena

USA

SWIMMING

SAFE SPORT

LEARN MORE

usaswimming.org/protocol

WillowRidge

FINANCIAL SOLUTIONS

CITY OF SIOUX FALLS

PARKS & RECREATION

SwimAmerica

GROWN-UP SWIMMING

EmiBe

Empowering You To Be

SCHEELS

Furniture MART

FirstNationalBank

www.fnbsf.com The First National Bank in Sioux Falls® Member FDIC

CARPET ONE

FLOOR&HOME