

# Life Time Johns Creek Swim Team



## Our Team & Contact Information

Head Coach - Danielle Chaney  
Phone Number: (678) 983-0623  
Email Address: dchaney@lt.life

Assistant Coach - Kait Carmichael  
Email Address: kcarmichael@lt.life

Aquatics Manager - Cary Tieng  
Email Address: ctieng@lt.life

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## TEAM JOHNS CREEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
USA Competitive Swim Team						
<b>SENIOR 1</b>	4:00 - 5:45 PM	6:00 - 7:30 AM* 4:00 - 5:45 PM	4:00 - 5:45 PM	4:00 - 5:45 PM	4:00 - 5:45 PM	8:00 - 9:00 AM
<b>SENIOR 2 / GOLD</b>	5:45 - 7:15 PM	5:45 - 7:15 PM	5:45 - 7:15 PM	5:45 - 7:15 PM	5:45 - 7:15 PM	
<b>BRONZE</b>	7:15 - 8:00 PM	7:15 - 8:00 PM		7:15 - 8:00 PM	7:15 - 8:00 PM	
<b>SILVER</b>		8:00 - 9:15 PM	7:15 - 8:15 PM		8:00 - 9:15 PM	9:00 - 10:00 AM
<b>BRONZE 2</b>	8:00 - 9:15 PM		8:15 - 9:15 PM	8:00 - 9:15 PM		9:00 - 10:00 AM
Pre-Competitive Swim Team						
<b>DEVELOPMENTAL 1</b>	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM		
<b>DEVELOPMENTAL 2</b>	6:15 - 7:15 PM	6:15 - 7:15 PM	6:15 - 7:15 PM	6:15 - 7:15 PM		

## Next Steps

- **Get registered in the Aquatics Office!**
  - You will be registered in our MMS system for the team. This is the system that will draft your team dues every month as well as any meet fees. This is the same system that drafts your membership dues.
  - Your swim team dues will draft on the 1st of each month.
  - Just a reminder that as with most things at Life Time, we require a 30-day cancellation notice. So if for example you plan on going on vacation for a month on December 1st, make sure that you let the office know by November 1st so that you won't be charged the following month.
  - Once you put your cancellation notice in, your swimmer will be able to attend practice for 30 days past the notification.
- **Get an account set up on Sports Engine!** (formerly Team Unify)
  - This is the platform that we use to communicate with you via email and where you will sign up for meets and events.
  - Coach Danielle will have to set this account up for you, so please email Coach Danielle ([dchaney@lt.life](mailto:dchaney@lt.life)) with the following information:
    - Parent name, address, phone number, email address
    - Swimmer name, birthday, gender, email address if they're old enough and want to receive team emails, and USA Swimming ID if you are a transfer from another team.
    - The team your swimmer is joining (Senior 1, Senior 2, Gold, Silver, Bronze)
  - You will then receive an email from Team Unify / Sports Engine with a request to set your password. If you don't or it goes to spam, just go the following website: <https://www.gomotionapp.com/team/galtfa/page/home> ), put in your email address, and click 'forgot password' to set it.
- **Register with USA Swimming!**
  - All of our competitive athletes must be registered with USA Swimming, both in order to compete and for liability reasons.
  - Please go to the following site to register for USA Swimming with our team: [omr.usaswimming.org/omr/welcome/EDD243E5BAE830](http://omr.usaswimming.org/omr/welcome/EDD243E5BAE830)
  - You will create a parent account with USA Swimming and THEN register your athlete under your parent account.
  - The fee is \$89 and is an annual fee that every athlete must pay to compete in sanctioned swim meets across the country. There is an additional \$40 fee that Life Time charges on the back end that will cover club registration and administrative fees we must pay.
  - The expectation for our team is that any swimmers that join our program see the results of their hard work in the pool by participating in meets. We have meets monthly, and though we know that sometimes you may not be able to attend, the kids that get the most out of this sport are the ones that compete, and we expect that absences from meets should be an exception.

## Pricing

Bronze	\$135/month
Bronze 2	\$145/month
Silver	\$155/month
Gold	\$175/month
Senior 1 & 2	\$195/month

## All Things Equipment and Apparel

### • Equipment and Apparel!

- You can buy the equipment either by logging on to Team Unify and clicking our Equipment tab or by ordering them off Amazon or Swim Outlet!
- For the club team, we regularly use long fins, snorkels, and buoys. Once swimmers are at the Gold level or higher, we also use paddles.
  - **Long fins** - should be sized to the swimmers' shoe size. If fins are too small, they'll rub on their ankles and cause blisters. If they're too big, they won't stay on. When in doubt, we have a variety of sizes in practice and a swimmer can see which ones fit them best.
  - **Buoys** – The adult size and the kid size doesn't make too much of a difference. IF you have a very little one, get the kid size but if your child is 11/12 and above, an adult one will work just fine.
  - **Paddles** – I very strongly recommend the Finis ones seen below with the thumb holes. There are some paddles out there that are much bigger than the hands and have holes, and I just think that puts undue pressure on the shoulder and are hard to take off and put on. These are easy to take off and put on and will actually come off if you're not pulling correctly, which is an avenue of feedback we appreciate.
  - **Snorkels** – These are speedo brand and don't have a purge valve. I'm not partial to the brand, but they don't need a purge valve and just need a secure strap to the head. You don't want a lot of moving parts, it needs to be able to stay still.
  - **Nose clip** – Some older kids prefer to swim backstroke with a nose clip. It helps them manage their air better and they don't have to worry about getting water up their nose. That is a preference and completely optional.



- **CAPS** - Every USA-registered swimmer gets a team latex cap, but you should also have another one just in case one rips / have a practice cap!
  - There are two styles of caps: Latex and Silicone. Latex is thinner but usually secures a little bit better (it also can pull hair, so some kids don't like them because of that). Silicone is softer and a little thicker but can often slide up the forehead / head if hair is recently conditioned or if it's too small for a swimmer's head. Kids use both, so it's mostly a preference!
  - *Note: for girls with long hair, I recommend a long hair silicone cap!*
- **SUITS** - Any training suit is fine to wear at practice. (*Training/practice suits are one piece and on the tighter side to reduce drag*)
  - *Note: I would order practice suits online (Swim Outlet, Speedo, TYR) or at a swim training-specific place. Most generic suits at stores will not last long in a training environment and aren't made of the right material.*
- **GOGGLES** - Make sure you have a comfortable pair of goggles. Speedo Vanquishers are the ones I always recommend to people, but really any racing / practice goggle is fine! I recommend having one pair that's mirrored (has a tint on the goggle) and one that's not so that you have one to wear when we're outside and doing backstroke in the sun and one where if it's darker you can still see.

# New to Swimming?

- **THE WHY**

- In the sport of swimming our goal is simple: to swim FAST! (or fast-ER than our competition!)
- This sport is all about times. We are given an opportunity to “drop” time in every meet we go to!
- We do this in many ways, but generally by training better or executing better. We either challenged our bodies in practice enough to better handle the demands of the race or we improved our technique or skills.

- **THE STROKES**

- Swimming is a sport that is comprised of 4 different swim styles: Freestyle (front crawl), Backstroke, Breaststroke (the “frog” stroke), and Butterfly (think Phelps).
- There is also an event call the IM (Individual Medley), which contains all strokes. These distances are 100, 200, and 400, which as you can guess, contain 1 x 25 of each stroke, 1 x 50 of each stroke, or 1 x 100 of each stroke, respectively. The order is Butterfly, Backstroke, Breaststroke, Freestyle.

- **RELAYS**

- Relays consist of 4 swimmers, which can be either 4 x 50, 4 x 100, or 4 x 200 Relays. They are either Freestyle Relays (everyone swims freestyle) or Medley Relays (each person does a different stroke). The order for Medley Relays is backstroke, breaststroke, butterfly, freestyle.

- **DISTANCES**

- In competition (for the most part), Freestyle is swum in the following distances: 50, 100, 200, 500 (400 LCM), 1000 (800 LCM), 1650 (the mile, or 1500 LCM). All other strokes are only swum in distances of 50, 100, and 200.
- Swimmers compete in varying distances of every stroke. A 25 is one length of the pool (because a pool is usually 25 yards or meters long), a 50 is two lengths, a 100 is 4 lengths, etc.
  - *Exception: in a long course meters pool, one length is a 50 because it is 50 meters long.*
- The United States most frequently competes in short course yards, but some big meets, national and international meets, and Olympic trials/ the Olympics are held in long course meters.

- **LONG COURSE VS. SHORT COURSE SEASON**

- You may often hear people talk about “seasons” in swimming, referring to long course and short course seasons. Swimming is a year-round sport, but we do have two distinct seasons.
  - Short Course (SCY) – Season runs from August to March, we compete in 25 yard pools (think your average summer league pool).
  - Long Course (LCM) – Season runs from April to July, we compete in 50 meter pools (think Olympic-sized).

- **CATEGORIES OF COMPETITION**

- Swimmers compete with others of their same gender and age unless the event is “mixed” in which case boys and girls can compete together or the event is “open” in which case athletes of all ages can compete in the same event.

- **RULES**

- Each stroke of course has rules and regulations, so an athlete can be disqualified for a myriad of things. All rules can be found here: [2024 USA Swimming Rulebook](#).

- **MEETS / MEET SCHEDULE**

- We usually compete in meets once a month. These meets will take place at local sanctioned swimming facilities.
- It is not mandatory to attend every meet, but it is hugely encouraged. Athletes need to be able to see the results of their hard work in practice. Meet attendance is also considered heavily in move-up decisions.

- **WHAT IS A TAPER?**

- Taper is what we call a period of deload and rest after a cycle of hard work. We do tapers before big meets in hopes that the rest will give athletes a supercompensation (the ability to handle stress better being fully recovered).

- **DO MY TIMES COUNT?**

- Our athletes are registered with USA Swimming, the national governing body of swimming. They have various rules for whether or not times can count as official at a given meet. Any meet that we go to as a team is sanctioned, therefore times will count.
- High School meets – many high school regular season meets are not sanctioned (meaning they have not gone through the process to get the pool approved and measured and/or don't have the correct number of staff and officials to accurately officiate the meet) and those times do not count.
  - Championship meets for high school are usually sanctioned, and those times will count. They will just need your USA ID to transfer the times over. If they don't have it, it should still show up on your USA account, it may just not show up for Life Time. These times can still be used as qualifying times for year-round meets as long as they're on your USA swimming account.
- Summer league – summer league meets are not sanctioned and times are not official unless it is a championship meet that meets the sanction standards of USA Swimming.

- **WHAT IS A SPLIT?**

- A split is the time for a portion of the race. For example, in a 100 the first split would be the time for the first 50 and the second split would be the time for the second 50. Races will generally only have splits every 50 yards or meters. A 200 would have 4 x 50 splits or 2 x 100 splits, etc.

## Let's Talk Practice Prep

**MAKE-UPS:** All practices are open for all teams, meaning no teams have to choose days. If you miss a practice, we don't do make-ups. However, if you do miss a practice, you can ask Coach Danielle to attend a lower level group on a day your group does not have practice. Please make sure to get permission before attending.

**FOOD-FUELED:** Make sure athletes have snacks stuffed in their bag for if they get hungry between school and practice or even after practice. Our swimmers' bodies are using food as the energy they need to successfully complete a practice. They should not be overly full (try not eating a lot of food RIGHT before practice) and they should not feel hungry either.

- As a general rule / guide, athletes need carbs and healthy fats for energy and protein for recovery.
- Everything in moderation of course, we want our athletes to have a healthy, well-rounded relationship with food.
- If swimmers are feeling cold or sluggish at practice or are not performing at the level they should be, they may need to be eating more. I've found many athletes over the years that have upped their food intake and have benefitted enormously in performance from that increase in food.
- Don't try new foods before meets, you want your body to act as predictably as it can when you want the best results.
- Notice what foods you like that make you feel strong and capable in the pool during practice and work those into your pre-meet nutrition.

**HYDRATION:** Make sure athletes are properly hydrated. Water throughout the day is a great step, but during practice it's a great idea to have a sports drink to replenish electrolytes and other nutrients used and lost in exercise.

**SLEEP:** Sleep consistency is important. One night of bad sleep won't hurt your performance overall, but many days or weeks of less than ideal sleep can definitely affect you both in and out of the pool.



## Practice Etiquette (*Swimmers' Edition*)

### **LOOK BACK BEFORE STARTING IN BACKSTROKE:**

Believe it or not, not everyone is always paying attention. When we're doing backstroke sets in practice you should always check behind you before leaving the wall that way you don't hit anyone head-first. In practice, we don't do meet backstroke starts unless our lane is clear and we are going one direction. In practice we sink under and streamline to push off underwater off the wall.

### **BE KIND, HUMBLE, AND SUPPORTIVE:**

This goes for anyone anywhere, not just during practice. There should be no negative comments toward our teammates. Your teammates are the people that make you better, and we should always be encouraging, even when trying to hold our teammates accountable. We should be respectful and kind always, and everyone on our team should feel like they are welcome and that they belong. Golden rule is big here. Similarly, when you're successful you should be humble. This doesn't mean you can't celebrate your success, and I would hope that your teammates would also celebrate with you, just not celebrating at the cost of making others feel bad by bragging or bringing them down about their times. Remember that your teammates are the people pushing you to perform your best every day in practice. They helped get you there.

**FASTER GOES FIRST:** If you are the fastest person in your lane, you should be going first. This is not a scenario where you should be humble and go later because you don't want to show that you know you're fast. It simply helps the flow of practice if you go first. That said, please do not switch orders in the middle of a set unless it is easy to do and is permanent for the rest of the set. If you switch orders often someone gets less rest and it gets chaotic, something we try to avoid.

**COME PREPARED:** Bring your equipment every day and make sure you grab all your equipment when you leave. I recommend writing your name in Sharpie on your equipment so no one can be confused about whose is whose.

### **DO NOT DIVE IF PEOPLE ARE SWIMMING:**

Once practice has started, you should get in the water feet first. It is never okay to dive in when swimmers are coming into the wall.

**CIRCLE SWIM:** At any point in time you should be swimming on your right side of the lane. This helps us not crash into each other. It's important that you stay to the right of the line on the bottom of the pool and not in the middle.

### **BE READY TO WARM UP ON TIME:**

Arrive early to practice and be ready to go at practice start time. Sometimes Coach Danielle runs over time, but you should always be ready to swim as soon as the group before you is done. If you come in late for whatever reason, you should be hustling to get in the water.

**STOPPING FOR ANY REASON:** If you must stop for any reason, do your absolute best to do it at a wall and hop out so that your lane continues to swim and doesn't stop as well. Remember that unless it is an absolute emergency, your priority is to finish the set first. That said, if you do get out and then are ready to get back in, remember that you just got a nice break to recover and you have a lot of energy that your teammates don't have because they were swimming! Please do not hop back in right behind someone and then touch their feet or push off ahead of someone so close to them that they can't do their turn because you waited too long to get back in. The swimmers swimming should continue uninterrupted, and you should find the least inconvenient way to get back in.

**DON'T BE A SHEEP:** Know your set and your interval. Don't rely on other people to show you when to leave the wall or what stroke to do. Listen to instructions, leave on time, and do what you know to do.

**WE GIVE OUR BEST ALWAYS:** No matter what kind of day it is, you should give the best that you have and you should never do anything you wouldn't do in a meet. Even if you don't feel your best or you're last by a mile in a relay.

### **HAVE YOUR WATER AT THE WALL:**

You should not have to get out unnecessarily to get your water from your bag. Always bring it to the wall for easy access.

**RESTROOM BREAKS:** You are allowed to use the restroom during practice, but your priority should always be to finish the set and then go during a rest break. Of course if it's an emergency, you'll be allowed to go.

### **WHAT IF SOMEONE IN FRONT OF ME STOPS / GETS OUT:**

We should always keep our eyes open for if our teammate needs immediate emergency help. But, unless there is cause for concern, you should keep swimming. If a teammate gets out in front of you, you are not responsible for going on their interval / in their place. You should stay with your heat/group that way you get the rest you were supposed to get unless it makes more sense for you to go first and it's convenient (ie there's lots of rest and we're racing).

### **CONSISTENCY IS KEY:**

Consistency is the quickest way to both get faster and earn respect on the team. Swimming is a sport that revolves around giving your best effort and challenging your body in new ways every day. And, there is no one more deserving of respect in a practice than a hard worker. Your teammates do and will recognize consistency and hard work over anything else.

### **DROP ONE SECOND BEFORE YOUR INTERVAL:**

When we are doing a set on an interval, you should drop under water 1 second before your interval because it will take you 1 second to drop down before you push off right on time. Make sure you're pushing off similarly to an open turn.

## Meet Etiquette and Best Practices (*Swimmers' Edition*)

**ARRIVE EARLY:** Early is on time and on time is late when it comes to warmups. Make sure you have time to find a seat, get your suit on, and get to chill before warmups start. It's important to be relaxed on race day.

**CHEER ON YOUR TEAMMATES:** While you're waiting for your events, watch your teammates and cheer them on! Everyone does better when they have support. As an additional benefit, it's great for you to watch others swim so you can learn about your own swimming, too!

**TALK TO YOUR COACHES:** You should always talk to your coach before and after your races for tips and feedback.

**PICK UP ALL TRASH:** There should be no trash left behind for coaches to pick up at the end of the session.

**CAN I LEAVE WHEN I'M DONE?** Yes, once you finish your events you can leave. Make sure you say bye to a coach and make sure you're not needed for anything else.

**ENTER THE WARM UP POOLS FEET-FIRST:** For safety reasons, we always enter the warm up pool feet first. No diving unless it's time to practice dives and coaches are controlling the dive practice.

**WARM UP / COOL DOWN:** You should be warmed up by 8-10 minutes before your event and you should cool down as soon as you finish your race.

*Note: the warmup pool is NOT for playing or standing around.*

**TAKE CARE OF YOUR RESPONSIBILITIES:** At a given meet, your responsibilities may include: signing in for distance events, checking results for finals placements, making sure you don't miss your race and that you're behind the block on time, etc.

**STAY WARM AND SNACK BETWEEN EVENTS:** You are racing as fast as you can and using energy to do so. Make sure you're snacking a little between events to refuel. You want your body to stay warm as well. Bring warm clothes and socks to wear.

**WHISTLES:** There will be 3 long whistles which mean to be ready with goggles on behind the block, followed by one long whistle which means to get on the block. Then they will say take your mark and the loud beep will go off.

For backstroke, they will do the three whistles, one long whistle to get in the water, one more long whistle for you to place your feet, then they'll say take your mark and the beep will go off.

**IF YOU MISS AN EVENT:** If you miss an event, for most meets you can just walk over to the officials on the side of the pool near the starter and tell them you missed your event. If there is an open lane, they will get you in. At championship meets, however, if you miss an event not only can you not swim it, but you may be penalized.

**CHAOTIC WARM UP POOLS:** Sometimes warmups can get chaotic. Just make sure you stay on your side of the lane and don't stop unnecessarily. People can pass you on your left if it is safe to do so, and you can do the same (only when it's safe to do so).

## Tips and Notes (*Swim Parents' Edition*)

### LET ME BE THEIR BIGGEST CRITIC

Our team is generally very good at this, but this is the most important thing to me in the swimmer-parent sports relationship. You know your kid best. Some kids need a push from home and some kids are already hard on themselves. Some kids like to talk out their races and some kids just want a listening ear and a hug. You can make that judgment when you talk to them about their practices/meets, however please let me be your swimmers' biggest critic. Meaning that when they finish a race and it doesn't go well, a lot of them are smart enough to know or guess what didn't go well, but then they're going to hear it from me and I don't want them to dread hearing about it from you as a third blow to how they already felt.

That said, every kid reacts differently and it's always a work in progress to figure out how they like to be talked to (or not), but I've personally found that two approaches are my most successful.

- Letting them tell me about their experience and then adding my thoughts in when they're done
- Asking questions so that they can reflect on their experience and learn from it. This allows them to both take ownership of their swimming and also know that they do not have to be scared of what I'm going to say or how I'm going to react because I'm letting them control the conversation first before I join in.

Inevitably there will be some days that I don't recognize things that you see, and please feel free to tell them those things in a constructive manner. But, I'm just trying to preserve your relationship with your kid when big feelings come into play because I hear the "I'm scared my parents will be mad at me" speech pretty frequently (fully understanding that it can often be misinterpreted)!

## YOU BE THEIR BIGGEST CHEERLEADER

On the more positive side of that coin, know your swimmer's goals and be EXCITED for and with them if and when they achieve them! Not all good things in swimming have to be time-related, even though it often seems that way. If a swimmer has been working on doing 3 underwaters off the walls and they do it wonderfully in a meet, that's something to be celebrated, too! If it's their first time doing a 100, that's great no matter how it goes! Maybe they had a bad race and they shook it off when normally they wallow in it and let it ruin their day. The goal is improvement and improvement comes in all forms, look for the silver linings.

## THE IMPORTANCE OF DEVELOPMENT AND HEALTHY GOAL SETTING:

Your swimmer will not be able to drop time every meet. There are times, especially when they're younger that it may seem that way as they begin conditioning and correcting technique, which in some ways can make the transition more difficult for them as they get older when it requires challenging the body in a different way and resting to be in peak form.

Training is very individual, as each athlete may respond differently to various training challenges. That's why I try to remind swimmers that every day of practice is an opportunity to learn about how your body performs best. This relates to food, sleep, hydration, overtraining, general stress, among other things. Learn to recognize what days felt great and what days felt not so great and with trial and error you'll be able to perfect a pre-meet routine that you know works for you so that you can set yourself up for the best chance of success.

Kids will develop differently and learn to manage their energy differently. Each athlete is a puzzle, and they will develop at different times, so for example some kids will hit puberty earlier than others and maybe get much faster much quicker than some athletes that haven't hit puberty and are working just as hard in practice. For girls, some may go through what we call a plateau (when they don't drop time, just hang around their best times) around when they get their period simply because the body is using its energy for other things. Often swimming is a game of discipline and patience during those times, and that's can be extremely difficult for an athlete to handle, but it's important to reiterate that their time will come. Similarly, there are certain mobilities and flexibilities that will serve as an advantage for certain athletes. The point being that there are a lot of things that go into athletic performance, and each athlete will be different. Please feel free to talk to me any time that you have questions about your swimmer.

## EXPECTATIONS

An example of one thing I find pretty often is that sometimes parents will give swimmers goal times. Let's say an athlete has a 35 second 50 freestyle. I'll often hear a parent say "you need to go a 1:10 in your 100 freestyle" or "you need to go a 2:20 in your 200 freestyle". The more experience you get with swimming as a sport, the more you'll learn and see that the second half of the race should and will be a little slower than the front half. (Firstly because of the dive, and secondly because of fatigue). The expectation that a longer event will be a multiple of a shorter event is simply not realistic. Similarly, a lot of parents will immediately start looking to the state cuts as a measure of success for their athletes. State cuts are great, but state cuts are decided based on it being the top small percentage of athletes in Georgia Swimming and should not be used as the only measure of success. The age group cuts also reward early development in swimmers.

## CHOOSING EVENTS

For meets, you may choose certain events for your child and I may change them. There are certain events that not everyone should do or that may be difficult to finish for a given athlete. Those events are: 100 Fly, 200 Fly, 500 Freestyle, and 400 IM. If you see that I've changed these events for your athlete, it's because I believe your athlete is not ready to swim that event and it could be a bad experience for them to struggle through it. Swimming is a tough sport, and it is not in my coaching philosophy to put a kid in an event that they are not prepared for or could be a bad experience for them. Swimming can have a high burnout rate when athletes are young, so it's important that they learn to love the sport and that I take steps to promote their longevity within the sport.

## SWIMMING IS HARD

Swimming is a sport that is very repetitive and difficult every day. If you haven't swam before, it can be deceiving how difficult it is to train at the level that even our youngest swimmers train at. It challenges the body in new ways every day, pushes athletes to find their limits, and through recovery the body will learn that it needs to adapt to handle the challenges, and therefore allow a swimmer to swim faster or endure/tolerate more load. One of the best phrases I've found to remember during these times is "You will not always be motivated, but you must be disciplined.". The reward in swimming as a sport is progress and goal-achievement, but also in my life and in my career, I've found few things that have bonded kids more than the reward of hard work together and showing up for each other every day. Great, lifelong relationships are built here, and swimming builds character in a way many other activities cannot.



## Life Time Rules & Policies

- **LAP POOL**
  - Outside of practice, a swimmer must be 12 years old or older to swim in the lap pool. A swimmer that is 12-15 must be accompanied by an adult.
- **SPAS (Hot Tubs)**
  - A swimmer must be 12 years old or older to get in the hot tub. A swimmer that is 12-15 must be accompanied by an adult.
- **LEISURE POOL**
  - Swimmers are only allowed in the leisure pool when there is a lifeguard on duty.
- **OUTDOOR POOL DECK**
  - Swimmers can go out on the outdoor pool deck to the green turf area during other practice times (if they're waiting before or after practice). Once all practices are over, no one should be outside. Outdoor spas follow the same rule as indoor spas.
- **LOCKER ROOMS**
  - Please be respectful of all Life Time members and staff, place any towels in the respective bins when you're done with them, and do not play with things like conditioner or shaving cream.

## Move-Up Requirements

Move-up requirements and decisions are always at the discretion of the coach. In order to move up in a group, a swimmer must have achieved 3 of the time standards listed for the group.

\*\*\*Attendance, technique, coachability, team investment, and meet participation can also affect move-ups and are factors that are considered at the discretion of the coach.

**SENIOR 1** - Must be within the 1st-20th-ranked high schoolers on the team by USA Swimming Power Points

**SENIOR 2** - Must be within the 21st-50th ranked high schoolers on the team by USA Swimming Power Points

### SILVER AND GOLD TIME STANDARDS

GIRLS				EVENT			BOYS			
SILVER 10u	SILVER 11/12	SILVER 13/14	GOLD	DISTANCE	STROKE	COURSE	GOLD	SILVER 13/14	SILVER 11/12	SILVER 10u
3:00	2:45	2:33	2:30	200	FREE	SCY	2:20	2:26	2:39	2:55
8:00	7:25	7:15	6:55	500	FREE	SCY	6:43	7:00	7:20	7:59
1:23	1:20	1:18	1:17	100	BACK	SCY	1:14	1:16	1:20	1:22
1:48	1:37	1:30	1:29	100	BREAST	SCY	1:19	1:28	1:34	1:48
1:45	1:36	1:30	1:22	100	FLY	SCY	1:16	1:20	1:30	1:45
3:12	3:05	2:58	2:52	200	IM	SCY	2:39	2:50	3:08	3:12

### NEW BRONZE TEAM TIME STANDARDS

GIRLS			EVENTS			BOYS		
10 & Under	11-12	13-14	DISTANCE	STROKE	COURSE	13-14	11-12	10 & Under
55	48	40	50	FREE	SCM	37	48	55
1:00	55	50	50	BACK	SCM	47	55	1:00
1:05	57	55	50	BREAST	SCM	52	57	1:05
1:05	1:00	55	50	FLY	SCM	52	1:00	1:05
2:08	1:59	1:49	100	IM	SCM	1:49	1:59	2:08

## How to Register for Meets

### SPORTS ENGINE 101

Once your site coach has entered you and your swimmer into Team Unify / Sports Engine, you should receive an email requiring you to confirm your email address. Once you confirm your email address, you will be directed to a confirmation page.

If you have not been invited to create a password for your account, go to <https://www.gomotionapp.com/team/galtfa/page/home> and click “Sign In” and then “Forgot Password”. It will send a password reset email to your email and you can create your account password from there.

Your login information will be your email address (the one you received the Team Unify / Sports Engine email from) and the password that you created. Once you are logged in, you should be on the home page.

### WHAT’S SPORTS ENGINE?

Sports Engine is our way of communicating with you through email and also the site we use for you to sign your swimmer(s) up for meets.

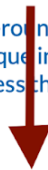
### HOW DO I SIGN UP FOR A MEET?

The next step is to click on the “Events” tab in the top bar.



## Life Time Georgia

Our team is a year-round competitive USA Swimming team offering high quality, professional coaching and technique instruction for all ages and abilities. The goal of our team is to promote a lifetime of wellness through the sport of swimming in a safe and supportive environment.



Once you’ve clicked the “Events” tab, you should see a list of upcoming swim meets and events. Make sure you read the details to see if they apply to you. For example, some may say “must have qualifying times to attend” and would not apply to the whole team.

Scroll down to the one you would like to attend. If you would like to look at the meet information document, click on the link for “MEET INFORMATION” under the event title. This document will show you the order of events, warm up times, and what events are offered, as well as the address and location of the meet and other details.

Once you’ve read the document and decide to compete, it’s time to commit your swimmer. Click on the “Attend/Decline” or “Edit Commitment” button in the top right hand corner of that screen, or simply go back to the previous screen and click “Attend/Decline” or “Edit Commitment”. *(It will say “Edit Commitment” if you’ve already made a commitment one way or the other and want to change it. If you’ve done nothing with the meet previously, it will still just say “Attend/ Decline”).*

Hello, Danielle Chaney

Business Publisher

USAS Safe Sport

Product Updates

Social Feed

My Account

Org Tools

Classes

Practice Management

Events & Competition

Videos

Business Tools

Org Resources

View team website...

Team Events

Athlete Signup

Committed Athletes

Undeclared

Declined

Fall Series #1 - Pentathlon

Sep 30, 2023

My Account:

Chaney, Danielle  
(678) 983-0623  
[Change Account](#) (Admin Only)

Registration Deadline:

09/18/2023

Meet Name:

[GA 2023 Pentathlon](#)

Location:

GAC Lilburn, GA 30047, USA

Course:

YO

Meet Type:

Start Date:

09/30/2023

End Date:

09/30/2023

Age Up Date:

09/30/2023

Use Date Since:

01/01/1970

Enforce entry based on [Qualify Times]: No

Restrict entry [Best Time] to same [Meet Type]: No

Event Declaration Setting: **Commit by Event** [Edit](#)

Maximum Event Entry Limitations [View](#)

Allow Course Conversion for Relays: No

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: No

View/Edit All Meet Events

Go Back to Event Home Page

Click on Member Name to declare for this Event:

Member Name	Member Commitment	Coach Approved	Last Updated
<a href="#">Danielle Chaney</a> *Active	Undeclared		

Click the drop-down menu and choose to commit or decline your swimmer for the meet. You will choose “Yes, please sign up \_\_\_\_\_ for the event” if you wish for your swimmer to compete. In the open box below that, you may write any notes for the coaches such as days/sessions they are available to compete in if it’s a multiple day meet or which events you would prefer them to swim if possible, but you don’t have to. (Remember the coaches have the final say in events).

The screenshot shows the 'Team Events' page for 'Fall Series #1 - Pentathlon (Sep 30, 2023)'. On the left is a sidebar with a user profile 'Hello, Danielle Chaney' and links for 'Business Publisher', 'USAS Safe Sport', 'Product Updates', 'Social Feed', 'My Account', and 'Org Tools'. The main content area has a header 'Team Events' and a section for the event. It includes a 'Member Athlete' field with 'Danielle Chaney', a 'Declaration' dropdown menu with options 'Yes, please sign [Danielle] up for this event' and 'No, thanks, [Danielle] will NOT attend this event', and a 'Notes' text area with the text 'Danielle can only compete on Saturday.' A 'Save Changes' button is at the bottom right.

Once you commit your swimmer, scroll down on the page to see the events available for your swimmer. You will see a list of events, organized by day and session. The blue bar at the top of each section tells you what Day and Session these events are for, which will be helpful to compare with the warm-up and start times in the meet document for planning purposes.

The right side of the bar tells you how many “IE” (individual events) a swimmer can enter for that session, how many “RE” (relay events) they can enter, and how many “Comb” or combined events (total number of events) they are allowed to be entered into for the session. Most times you just need to worry about IE (individual events). And the entry file will usually not let you pick more events than allowed.

## Team Events

Meet Name: [GA 2023 Pentathlon](#) Location: **GAC Lilburn, GA 30047, USA** Course: **YO** Meet Type:

Start Date: **09/30/2023** End Date: **09/30/2023** Age Up Date: **09/30/2023** Use Date Since: **01/01/1970**

Enforce entry based on [Qualify Times]: **No** Restrict entry [Best Time] to same [Meet Type]: **No**

Event Declaration Setting: **Commit by Event** [Edit](#) Maximum Event Entry Limitations [View](#)

Allow Course Conversion for Relays: **No**

If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: **No**

Committed Sessions: **None** Athlete Qualifying Age: **30** Gender: **Female**

### Important Notes:

1. Please pick the individual events below that the Athlete wants to attend and enter [Entry Time]. Please enter **NT** if no Entry Time is available.
2. Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
4. Please enter [Entry Time] in this format: **mm:ss.hh**.
5. [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.
6. Only **Admin** can customize [Entry Time] and set [Bonus] fields.

### Day 1 Session 1

Max Entries this Session **IE = 5 | Rel = 0 | Comb = 5**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1B	G	15 & Over 100 Back	
<input type="checkbox"/>	<a href="#">1:06.56Y</a>	<a href="#">1:06.56Y</a>	<input type="checkbox"/>	<input type="checkbox"/>		3B	G	15 & Over 100 Fly	
<input type="checkbox"/>	<a href="#">56.97Y</a>	<a href="#">56.97Y</a>	<input type="checkbox"/>	<input type="checkbox"/>		5B	G	15 & Over 100 Free	
<input type="checkbox"/>	<a href="#">1:16.78Y</a>	<a href="#">1:16.78Y</a>	<input type="checkbox"/>	<input type="checkbox"/>		7B	G	15 & Over 100 Breast	
<input type="checkbox"/>	<a href="#">1:06.61Y</a>	<a href="#">1:06.61Y</a>	<input type="checkbox"/>	<input type="checkbox"/>		9B	G	15 & Over 100 Medley	

[Save Changes](#)

From here, you compare your personal schedule and the meet document information to figure out what sessions you should enter your swimmer into and pick their events! The example above only has one session to choose from, but most meets have multiple. To pick the events, you go to the left-hand column and check the boxes. The ones you enter your swimmer into will turn yellow. "NT" just means "No Time", meaning your swimmer does not yet have a time for that event. The times that appear if there are times should be your swimmer's fastest short course times.

Committed Sessions: **None** Athlete Qualifying Age: **30** Gender: **Female**

### Important Notes:

1. Please pick the individual events below that the Athlete wants to attend and enter [Entry Time]. Please enter **NT** if no Entry Time is available.
2. Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
4. Please enter [Entry Time] in this format: **mm:ss.hh**.
5. [Bonus] is not a standard option; send Entry Report to the meet host in addition to the SD3 file.
6. Only **Admin** can customize [Entry Time] and set [Bonus] fields.

### Day 1 Session 1

Max Entries this Session **IE = 5 | Rel = 0 | Comb = 5**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
<input type="checkbox"/>	NT	NT	<input type="checkbox"/>	<input type="checkbox"/>		1B	G	15 & Over 100 Back	
<input checked="" type="checkbox"/>	<a href="#">1:06.56Y</a>	<a href="#">1:06.56Y</a>	<input type="checkbox"/>	<input type="checkbox"/>		3B	G	15 & Over 100 Fly	
<input checked="" type="checkbox"/>	<a href="#">56.97Y</a>	<a href="#">56.97Y</a>	<input type="checkbox"/>	<input type="checkbox"/>		5B	G	15 & Over 100 Free	
<input checked="" type="checkbox"/>	<a href="#">1:16.78Y</a>	<a href="#">1:16.78Y</a>	<input type="checkbox"/>	<input type="checkbox"/>		7B	G	15 & Over 100 Breast	
<input checked="" type="checkbox"/>	<a href="#">1:06.61Y</a>	<a href="#">1:06.61Y</a>	<input type="checkbox"/>	<input type="checkbox"/>		9B	G	15 & Over 100 Medley	

[Save Changes](#)



When you finish selecting, you click "Save Changes" at the bottom right-hand corner and you're done!  
 You will then be redirected back to the pre-commitment page, where all the events you chose and your commitment status will be listed next to your swimmer's name. This is where you can then repeat the process if you have multiple swimmers. Coaches will later go in and approve the events and make any changes they feel necessary.

Fall Series #1 - Pentathlon Sep 30, 2023			
My Account: <b>Chaney, Danielle</b> (678) 983-0623 <a href="#">Q Change Account</a> (Admin Only)		Registration Deadline: <b>09/18/2023</b>	
Meet Name: <a href="#">GA 2023 Pentathlon</a>	Location: <b>GAC Lilburn, GA 30047, USA</b>	Course: <b>YO</b>	Meet Type:
Start Date: <b>09/30/2023</b>	End Date: <b>09/30/2023</b>	Age Up Date: <b>09/30/2023</b>	Use Date Since: <b>01/01/1970</b>
Enforce entry based on [Qualify Times]: <b>No</b>		Restrict entry [Best Time] to same [Meet Type]: <b>No</b>	
Event Declaration Setting: <b>Commit by Event</b> » <a href="#">Edit</a>		Maximum Event Entry Limitations » <a href="#">View</a>	
Allow Course Conversion for Relays: <b>No</b>			
If Athlete qualifies for non-conforming course, default [Entry Time] to the mini. [Qualify Time]: <b>No</b>			
<a href="#">View/Edit All Meet Events</a>		<a href="#">Go Back to Event Home Page</a>	
<b>Click on Member Name to declare for this Event:</b>			
Member Name	Member Commitment	Coach Approved	Last Updated
<a href="#">Danielle Chaney</a> *Active	✓ Committed	# 3B (d1/s1): G 15 & Over 100 Fly (1:06.56Y) # 5B (d1/s1): G 15 & Over 100 Free (56.97Y) # 7B (d1/s1): G 15 & Over 100 Breast (1:16.78Y) # 9B (d1/s1): G 15 & Over 100 Medley (1:06.61Y)	09/11/23 10:06 AM

Once you've checked over your entries, if you have any additional questions, please contact your head site coach!

# Understanding Meet Information Documents

When you register for meets on Team Unify, you have a few things to consider:

- Make sure to read the meet information document attached to the event (there will be a hyperlinked meet information if it is available under the meet title on Team Unify / Sports Engine).

*(sample Meet Information page)*

<b>FACILITY:</b>	UGA's Gabrielsen Natatorium 330 River Road, Athens, GA 30602 706.542.5060 This facility's competition pool is an 8 lane, 25-yard pool Colorado timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc. The pool depth at the start ends equals 8.5 and turn end depth equals 8.5.
<b>MEDICAL SUPERVISION:</b>	A full staff of lifeguards with rescue equipment, backboards and AEDs devices are on staff for every meet. UGA Campus police, who are trained in CPR and first aid are also present. The UGA Health Center is in a building adjacent to the facility and the EMS response times in Clarke County are well below the national average. - RULE 202.4.11
<b>SCHEDULE:</b>	Friday: All Age Groups Warm up: 5:15 pm Start: 5:45 pm Saturday: All Age Groups Warm up: 11:00 am Start: 12:15 pm Sunday: All Age Groups Warm up: 9:00 am Start: 10:15 am
<b>MEET FORMAT:</b>	<ul style="list-style-type: none"> <li>• This will be a timed final SCY meet with 8 lanes used for competition</li> <li>• No Time Trials will be offered.</li> <li>• Where noted, 11 &amp; Over Swimmers may choose either a 50 or 200 of the strokes.</li> <li>• All events will be Pre-Seeded except for the 1000/1650 Free, which will be swum fast to slow; and the 500 Free, which will be swum slow to fast.</li> </ul>
<b>ENTRY FEES:</b>	<ul style="list-style-type: none"> <li>• Individual Events: \$7.50</li> <li>• Swimmer Surcharge: \$15.00</li> <li>• \$3.00 Ga travel surcharge applies to all Georgia LSC registered swimmers</li> <li>• \$6.00 GA travel surcharge applies to all non-Georgia LSC registered swimmers.</li> </ul>
<b>ELIGIBILITY:</b>	<b>OPEN</b> to all USA-registered swimmers. The meet will be capped at 600 athletes. This meet will be conducted as defined above. All 2023 swimmers registered with USA Swimming and/or their respective FINA Federation, in good standing with their local national federation, will be allowed to compete. All foreign delegations must submit documentation from their federation indicating athletes, coaches, and team support are members in good standing of their FINA affiliated federation. "Host Club" will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member in as provided in Article 302.
<b>ENTRIES:</b>	Swimmers may swim a maximum of (4) individual events per day. Deck entries can be made with the clerk of course up to 30 minutes before the start of the session.
<b>CHECK IN:</b> <b>CLERK of COURSE:</b>	Deck entries can be made with the clerk of course up to 30 minutes before the start of the session. In order to be seeded into the 100 and 1650 Free swimmers must check in by 5:30 pm Friday. In order to be seeded into the 400 IM, swimmers must check in by the end of the session Saturday. Those who do not make the top 32 (if entries are limited) will have the option of being seeded in an alternate event for the Sunday session.
<b>ENTRY SUBMISSION:</b>	<b>Entries must be received on or before December 30<sup>th</sup>, 2023 by 6:00 pm</b>

Where the meet is being held.

When warmups start and when the meet starts.

Details about how the meet will run.

How your entry fees are being calculated.

Max entries per day or per session limits.

Which events are positive check-in and those deadlines.

<b>FACILITY</b>	This will tell you where the meet is being held with the address and facility details.
<b>SCHEDULE</b>	This will tell you what day(s) and time(s) each session will be held. There will usually be a warmup time and a meet start time. You should plan to arrive at the facility 15 minutes before the warmup time.
<b>MEET FORMAT</b>	This will usually give you information about: <ul style="list-style-type: none"> <li>• Prelims / Finals or Timed Finals</li> <li>• Whether the events will run fastest to slowest or slowest to fastest</li> <li>• How many warm up / warm down lanes will be offered</li> </ul>
<b>ENTRY FEES</b>	This outlines the various fees you have to pay to participate in a meet. <ul style="list-style-type: none"> <li>○ Individual Event Fee, Late Entry Fees / Deck Entry Fees, Relay Fees</li> <li>Facility Surcharges, Time Trials, LSC Travel Reimbursement Fees</li> </ul>
<b>CHECK-IN / CLERK OF COURSE</b>	This is where the meet information outlines if a swimmer needs to do a "positive check-in" for an event. This is used for distance events only (500/1000/1650 FR and 400 IM) and swimmers must go initial by their names at the table or scratch through their name if they do not intend on swimming the distance event.
<b>AWARDS / SCORING</b>	This is what details if any awards will be given out or if there will be scoring for the meet.

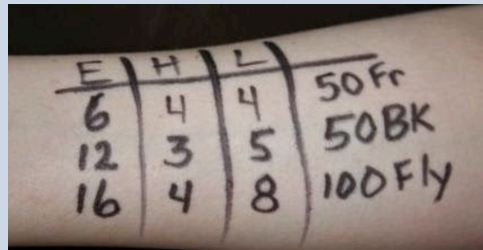
## MEET FORMAT DETAILS

### HEAT SHEETS VS. PSYCH SHEETS

PSYCH sheets will have everyone listed in order from fastest to slowest so that athletes know what place they're seeded going into the meet. Psych sheets do not give you a heat and lane.

HEAT sheets will show each swimmer's heat and lane under each event for the meet. This is the document that you'll use to know where/when your swimmer is competing at the meet.

Each swimmer should know what event, heat, and lane they are swimming during a meet. Some kids even write it on their arms in sharpie so they'll remember.



The EVENT number is what dictates the Gender, Distance, and Stroke. The HEAT number shows which "group" your swimmer will be competing with. The LANE number shows which lane your swimmer will be swimming in.

### EVENT / HEAT / LANE

The event number and gender, distance, and stroke designation.

Heat designation. Shows you the heat your swimmer is in and how many heats there are total.

Your swimmer's name and lane number.

#### #32 Boys 13 & Over 100 Yard Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>				
1	Schueneman, Lia	13	ABSC	NT
2	Schueneman, Lui	14	ABSC	NT
3	Macaraeg Santia	13	LIFE	1:32.76
4	Holtzclaw, Eli	14	WRA	1:28.96
5	Wallace, Jaxson	16	ABSC	1:31.32
6	Lackey, Tylar	13	PAC	1:41.62
7	Sprinkle, Alex	13	DAQ	NT
<b>Heat 2 of 5 Finals</b>				
1	Rutledge, Luke	16	ABSC	1:25.07
2	Price, Grady	14	ABSC	1:18.25
3	Punjani, Aayan P	15	PAC	1:15.65
4	McLeroy, Will	14	ABSC	1:15.03
5	Horst, Noah	14	LIFE	1:15.09
6	Richardson, Jayc	14	MAAC	1:16.28
7	Ravi, Aarnav	13	LIFE	1:24.49
8	Thang, Van	14	ABSC	1:28.24
<b>Heat 3 of 5 Finals</b>				
1	McCracken-Diaz,	13	ABSC	1:09.97
2	Payne, Kingston	14	MAAC	1:08.51
3	Larkin, Matthew	14	DAQ	1:07.76
4	Karumbaiah, Vid	13	ABSC	1:07.28
5	Zhurauski, Robe	13	LIFE	1:07.57
6	Karumbaiah, Nal	14	ABSC	1:08.50
7	Austin-Bowen, E	14	ABSC	1:08.55
8	Galambos, Hayde	16	LIFE	1:13.16

Seed time is a swimmer's best time prior to the meet.

<p><b>PRELIMS / FINALS</b></p>	<ul style="list-style-type: none"> <li>• Timed Finals means the athlete will only swim the event one time. Most of our meets are timed finals.</li> <li>• Prelims/Finals means that there will be a session in the morning where the kids will swim and then it will say that the top however many kids will make it back to finals and come back in the evening to compete again for overall points. <ul style="list-style-type: none"> <li>○ <i>For example, sometimes it will say Top 20 in each age group make it back for finals. That means after the event is swum in the morning, the kids that are first through 20<sup>th</sup> place will come back in the evening to swim the same event again and compete for the final place / points.</i></li> </ul> </li> <li>• That said, if for whatever reason your child cannot make it back for finals, they must go to the Clerk of Course (a table usually set up on the side that a coach can point them to) within 30 minutes of the results from each event are posted and tell them they are going to scratch. The clerk of course will scratch their name off the posted list and they'll get a "receipt" saying they scratched. You should do this no matter what place you are, even if you're not the Top number that make it back to finals that way you don't get pulled in to finals after scratches.</li> <li>• <b>IMPORTANT:</b> If your swimmer makes it back to finals at a prelim/final meet, the expectation is that they swim at finals. It is an honor to make it back to finals and a great competitive opportunity to get a best time and gain experience for what big meets in the future look like.</li> </ul>
<p><b>MEET FEES EXPLAINED</b></p>	<p>Life Time pays this to the host, and then your account will be charged the week after the meet. Unfortunately, because we have to request the check from Life Time the week before the meet, if your child misses the event we still payed for it and therefore still have to charge you.</p> <ul style="list-style-type: none"> <li>• Individual Event Fee <ul style="list-style-type: none"> <li>○ Each event your child swims in will cost a flat amount (\$5-\$6). At meets at bigger facilities (Tech, UGA) the fees per event are usually higher (\$12-\$13).</li> </ul> </li> <li>• Late Entry Fees / Deck Entry Fees <ul style="list-style-type: none"> <li>○ A deck entry can be done in the event that your child didn't sign up for an event before the deadline. This can only be done if there is an open lane in the slowest heat of the event. Your swimmer can also not swim more than the allotted number of events. This fee is usually double the regular entry fee.</li> </ul> </li> <li>• Relay Fees <ul style="list-style-type: none"> <li>○ Only if the meet includes relays. The fee will be divided in 4, for each person on the relay.</li> </ul> </li> <li>• Facility Surcharges <ul style="list-style-type: none"> <li>○ Some of the bigger meets also charge a flat fee per swimmer as a facility surcharge (usually \$15 for Tech / UGA).</li> </ul> </li> <li>• Time Trials <ul style="list-style-type: none"> <li>○ Only certain meets allow these, but these are for if a swimmer is trying to get a certain time standard, they can swim the event by themselves at the end of a session. These usually cost double the regular event</li> </ul> </li> </ul>

	<p>fee and count against the full day maximum number of events also.</p> <ul style="list-style-type: none"> <li>• LSC Travel Reimbursement Fee <ul style="list-style-type: none"> <li>○ There is an additional \$3 fee per athlete that comes down from the Georgia LSC that helps bolster the LSC's budget for giving reimbursements for national meet-qualifiers.</li> </ul> </li> <li>• Life Time Fee <ul style="list-style-type: none"> <li>○ Life Time also generally adds a surcharge of \$2 per event to use for team equipment, events, and various reimbursements it has to pay out.</li> </ul> </li> </ul>
<b>POSITIVE CHECK-IN / CLERK OF COURSE</b>	<p>This is where the meet information outlines if a swimmer needs to do a "positive check-in" for an event.</p> <ul style="list-style-type: none"> <li>• For distance events such as 400 IM or the 500, 1000, or 1650 Freestyle, they often need to go to the clerk of course (a table on deck that coaches can point out) to circle the number next to their name on the psych sheet and initial stating that they are going to swim that event.</li> <li>• If they do not plan on swimming it, they would need to cross out their name on the list.</li> <li>• After the check-in period is over, the swimmers that checked in will then be seeded and that heat sheet will be posted in the middle of the meet. That's why you may not see those events on the heat sheet at first or you may just see the psych sheet on there.</li> </ul>
<b>DECK ENTRIES</b>	<ul style="list-style-type: none"> <li>• If by chance you forgot to sign up for the meet before the deadline, an option is doing a deck entry.</li> <li>• This means you would look at the heat sheets prior to see if there are any open lanes in the events your swimmer would like to swim. If there are no open lanes, you cannot do a deck entry. They will not create another event for you.</li> <li>• If there is an open lane, you will need to go to the Clerk of Course table during warm up with your swimmer's USA ID and information pulled up on the USA Swimming app and bring a check or cash to pay for the events on the spot.</li> <li>• There is always the risk that the open spot could be taken by someone else when you get to the meet, so I recommend getting there early. (It doesn't happen often, but the risk is always there).</li> <li>• <i>Note: Deck Entry individual event fees are often double the fees for registering ahead of time and these fees are listed in the meet information document for reference.</i></li> </ul>
<b>ABBREVIATIONS</b>	<ul style="list-style-type: none"> <li>• SCY = Short Course Yards (25 yard pool)</li> <li>• LCM = Long Course Meters (50 meter pool)</li> <li>• SCM = Short Course Meters (25 meter pool, like Life Time)</li> <li>• DQ = Disqualification</li> <li>• * = Tie for a certain place</li> <li>• X = Exhibition (a swim that cannot score points)</li> <li>• DNS = Did Not Swim</li> <li>• DNF = Did Not Finish</li> <li>• DFS = Declared false start</li> <li>• NT = No time (<i>first time swimming an event</i>)</li> </ul>



<b>DISQUALIFICATIONS</b>	<ul style="list-style-type: none"> <li>• In the event of a disqualification, coaches are the only people allowed to talk to the meet referees.</li> <li>• Video evidence is not admissible, and most disqualifications are not able to be overturned.</li> <li>• For false start disqualifications, two judges must independently verify the false start for it to be confirmed.</li> <li>• Just a reminder that a false start is not only starting early but can also be twitching on the block after the “take your mark” command.</li> </ul>
<b>TECH SUITS</b>	<ul style="list-style-type: none"> <li>• Tech suits are suits with bonded or meshed seams that are very expensive that are used primarily for championship-level meets.</li> <li>• Tech suits are not allowed in any meet for athletes 12 &amp; under. However, there are approved racing suits for 12 &amp; unders on the market, you just have to do your research. Some people will call them 12 &amp; under tech suits, but as a reminder if they have bonded or meshed seams, they are not allowed for 12 &amp; unders.</li> <li>• <a href="#">Information about tech suits for 12 &amp; unders</a></li> <li>• 13 &amp; overs are allowed to wear them at any meet, however they are usually only prime for a certain number of wears, so you’d want to reserve them for championship meets or when your athlete is going for a time standard they’re close to.</li> </ul>
<b>CATEGORIES OF COMPETITION</b>	<ul style="list-style-type: none"> <li>• Age Group – Refers to swimmers aged 14 &amp; Under</li> <li>• Senior – Refers to swimmers aged 15-18</li> <li>• Open – Refers to swimmers of any age</li> <li>• Mixed – Refers to any event where men and women will compete in the same event.</li> </ul>

## IMPORTANT APPS



**MEET MOBILE** – This app requires a subscription, but this is where you can see and follow all the meet results in as close to real time as possible without being at the meet (you can also follow it at the meet). This app gives you places, times, shows drops or adds, will give you event information for your swimmer like their event, heat, or lane.



**ON DECK** – This free app is linked to your Sports Engine account. You can access your and your swimmer’s profile for the team, find their best times and quick information like USA ID, check attendance, as well as register for meets.



**USA SWIMMING** – This app is how you can access your USA Swimming ID for proof of registration and manage your USA Swimming account.

## MEET PREP / MEET DAY

- Coach Danielle will send out the psych sheet and meet fees to the swimmers that are committed to the meet on Team Unify as soon as she receives them from the host.
- Once she receives the heat sheets from the host (this can vary from the Wednesday before the meet to the Friday before the meet), she will send out both the heat sheets and her streamlined and easy-to-read version of the meet information with any updates for the meet.
- At any point, you can also take it upon yourself to check for meet updates from the meet host. Each meet host has a website (Swim Atlanta, Gwinnett Aquatics, Athens Bulldogs, etc) and they often post updates there as well.
- Nutrition is important the week before, but especially important the 2 days before a meet. Your athlete should not be trying new foods and should be eating what's comfortable and what makes them feel strong and energetic.

### **MEET-DAY CHECKLIST (for parents):**

- Send the heat sheet with your child with their events highlighted. That way they can follow the meet and know when to get behind the blocks.
- Write their events (Event, Heat, Lane) on their arm in sharpie so that they can remember easily.
- Pack the following: multiple towels, multiple suits (just in case), goggles, caps, a sharpie for writing events down, and clothes to change into or to stay warm with during the meet. Also pack something to drink to stay hydrated (sports drinks are great) and snacks to stay fueled between events.
- Make sure kids eat breakfast (in some form! Some kids prefer a smoothie in the morning because food is a lot on their stomachs and that's okay!)
- If you need to purchase parking (Tech), make sure you've done so online before to avoid a stressful meet day experience.
- Show up 15 minutes before warm-ups start so that your swimmer has time to settle down and change if necessary / listen to any updates from their coach.

### **MEET-DAY CHECKLIST (for athletes):**

- Make sure you have everything you need for the day (as listed above). If it's a long meet, sometimes you might even want to bring homework / games.
- Make sure you eat something! Your body needs to pull its energy to race from somewhere.
- Be on deck 10-15 minutes before warmups start.
- Make sure you positive check-in if you're doing the 500/1000/1650 Freestyle or the 400 IM and make sure you have someone to count/time for you (if applicable)!
- Don't go missing from the deck / team area without letting a coach know, that way we know where to find you if we need you!
- Make sure you are warmed up at least 8-10 minutes before you race and that you cool down immediately following your race. Remember that when you get out of the warmup pool you need to be warmer than when you got in. Practice skills that you want your body to remember when it gets to the race. Do NOT play or sit around for fun in the warmup pool. Ask your coach if you have questions about this.
- Support / cheer on your teammates! They (and you) will always do better when they are supported and encouraged.
- Stay warm in-between events. You lose most of your body heat through your feet and your head, so prepare to keep yourself warm (wear SOCKS)!
- Make sure you pay attention and double check the events on the scoreboard, it is your responsibility to get to the block on time!

## LEVELS OF COMPETITION AND TIME STANDARDS

In the world of swimming, there are many measures of success, such as executing a skill well or better, dropping time, or making cuts for various levels of competition. Here are the levels of competition for Georgia, starting with the slowest time standards to the fastest:

- Regular Season Meets (open to everyone, no time standards)
- Peach State Championships (similar to the old JO-cuts)
- Age Group State (14 & under swimmers that make state cuts)
- Age Group Sectionals (14 & under swimmers that make sectional cuts (sectionals is a travel meet and is for the southeast region of states)
- Senior State (Swimmers of any age that make Senior State cuts)
- Senior Sectionals (Swimmers of any age that make Senior Sectional cuts)
- Futures (Swimmers of any age that make Futures cuts (there are different cuts for 18 & unders and 19 & ups)
- Junior Nationals (Swimmers 18 & under that make Junior Nationals cuts)
- Senior Nationals (Swimmers of any age that make Senior Nationals cuts)
- Olympic Trials (Swimmers of any age that make Olympic Trials cuts)

Each of these meets have time standards. I have listed the cuts for all up through Junior Nationals on the following pages. Note: These time standards can and often do change annually.

### PEACH STATE CHAMPIONSHIPS TIME STANDARDS

Georgia Swimming Peach Champs Time Standards 2024-2025						
GIRLS			SCY	BOYS		
10-U	11-12	13-14	EVENT	13-14	11-12	10-U
35.49	30.59	27.49	50 Free	26.99	30.89	35.89
118.29	106.49	100.29	100 Free	58.49	105.29	118.59
251.49	224.99	210.69	200 Free	204.39	223.49	252.49
739.99	633.59	552.49	400/500 Fr	540.39	633.59	740.99
--	--	--	800/1000	--	--	--
--	--	--	1500/1650	--	--	--
41.39	35.59	--	50 Back	--	34.69	42.09
132.09	116.89	108.39	100 Back	104.69	116.49	132.89
--	251.29	232.79	200 Back	224.29	246.49	--
47.09	40.79	--	50 Breast	--	42.49	46.99
146.19	128.69	118.79	100 Breast	116.59	131.09	145.49
--	324.29	254.59	200 Breast	246.29	324.09	--
40.29	34.29	--	50 Fly	--	34.69	39.39
135.19	118.19	108.69	100 Fly	106.49	115.99	133.19
--	304.59	236.69	200 Fly	232.29	325.29	--
130.39	118.19	108.99	100 IM	107.39	116.19	129.19
319.29	248.69	229.79	200 IM	225.69	243.89	317.39
--	--	--	400 IM	--	--	--

## AGE GROUP STATE CHAMPIONSHIPS TIME STANDARDS

### Georgia Swimming 11-14 State Champs Time Standards 2024-2025

GIRLS		SCY	BOYS	
11-12	13-14	EVENT	13-14	11-12
28.99	26.39	50 Free	24.59	28.49
103.49	57.79	100 Free	53.99	102.19
218.59	205.69	200 Free	158.99	216.29
615.39	538.69	400/500 Fr	526.29	614.79
1315.99	1148.79	800/1000	1119.99	1305.29
2216.49	1946.99	1500/1650	1911.99	2217.99
33.49	--	50 Back	--	33.09
112.99	105.59	100 Back	101.59	111.99
242.79	225.99	200 Back	215.29	238.29
37.89	--	50 Breast	--	36.69
123.59	115.39	100 Breast	110.19	122.19
306.29	246.69	200 Breast	238.19	305.89
32.39	--	50 Fly	--	31.39
114.09	105.59	100 Fly	100.59	111.79
251.39	228.59	200 Fly	217.49	246.09
114.59	106.49	100 IM	101.49	111.79
240.59	223.59	200 IM	213.89	236.09
550.19	511.19	400 IM	453.39	542.89

## SENIOR STATE TIME STANDARDS

 <b>2023 Senior Winter State Qualifying Times</b>						
Women				Men		
SCY	SCM	LCM	Events	SCY	SCM	LCM
00:25.89	00:28.39	00:29.19	<b>50 Free</b>	00:23.19	00:25.39	00:26.19
00:56.09	01:01.79	01:03.39	<b>100 Free</b>	00:50.69	00:54.79	00:56.39
02:00.09	02:12.79	02:15.99	<b>200 Free</b>	01:49.49	02:01.49	02:04.69
05:24.99	04:47.19	04:52.89	<b>400/500 Free</b>	05:03.79	04:25.89	04:34.29
11:21.99	09:56.09	10:08.89	<b>800/100 Free</b>	10:29.49	09:10.89	09:30.29
18:57.99	18:51.19	19:29.59	<b>1500/1650 Free</b>	17:31.99	17:25.89	18:09.39
			<b>50 Back</b>			
01:02.69	01:10.79	01:11.99	<b>100 Back</b>	00:57.69	01:04.59	01:05.79
02:13.99	02:32.09	02:34.49	<b>200 Back</b>	02:04.49	02:21.59	02:23.99
			<b>50 Breast</b>			
01:13.89	01:21.29	01:25.29	<b>100 Breast</b>	01:03.99	01:10.69	01:14.59
02:37.99	02:54.29	03:00.99	<b>200 Breast</b>	02:24.19	02:41.79	02:45.79
			<b>50 Fly</b>			
01:02.09	01:07.79	01:09.19	<b>100 Fly</b>	00:55.39	01:00.99	01:02.39
02:22.59	02:35.79	02:38.59	<b>200 Fly</b>	02:05.19	02:20.29	02:23.09
01:04.99	01:12.19		<b>100 IM</b>	00:57.99	01:04.99	
02:16.79	02:32.89	02:36.09	<b>200 IM</b>	02:05.39	02:18.99	02:22.19
04:53.69	05:24.59	05:35.09	<b>400 IM</b>	04:30.29	04:58.69	05:07.29

## FUTURES TIME STANDARDS

<b>WOMEN</b>		<b>18 &amp; U</b>	<b>MEN</b>	
<b>SCY</b>	<b>LCM</b>		<b>LCM</b>	<b>SCY</b>
23.89	27.39	50 FR	24.59	21.29
51.89	59.29	100 FR	53.59	46.39
1:52.29	2:07.79	200 FR	1:57.79	1:41.59
5:02.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
57.09	1:06.79	100 BK	1:00.59	51.49
2:04.19	2:23.99	200 BK	2:11.89	1:52.79
1:05.49	1:15.99	100 BR	1:08.19	57.99
2:22.69	2:43.39	200 BR	2:29.09	2:07.99
56.59	1:04.69	100 FL	57.99	50.59
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:06.39	2:26.19	200 IM	2:12.79	1:53.89
4:30.69	5:07.29	400 IM	4:42.39	4:06.99

## JUNIOR NATIONALS TIME STANDARDS

<b>WOMEN</b>			<b>MEN</b>	
<b>SCY</b>	<b>LCM</b>	<b>BONUS</b>	<b>LCM</b>	<b>SCY</b>
23.39	26.89	50 FR	24.29	20.79
50.69	58.19	100 FR	52.89	45.39
1:49.29	2:04.99	200 FR	1:55.69	1:39.39
4:53.09	4:23.79	400/500 FR	4:05.29	4:30.49
10:06.79	9:06.69	800/1000 FR	8:33.79	9:25.49
16:51.29	17:25.59	1500/1650 FR	16:14.99	15:46.99
55.39	1:04.79	100 BK	58.89	49.99
2:00.19	2:19.59	200 BK	2:08.49	1:49.49
1:03.19	1:13.79	100 BR	1:06.59	56.59
2:18.29	2:38.59	200 BR	2:24.99	2:03.79
55.09	1:02.69	100 FL	57.09	49.59
2:02.09	2:18.99	200 FL	2:06.89	1:50.79
2:02.69	2:22.09	200 IM	2:09.79	1:50.69
4:22.39	5:00.99	400 IM	4:36.99	3:58.79



Another measure of success that I'd like to also highlight is the **Motivational Time Standards**. These are time standards that are not related to state cuts but highlight the times that a swimmer should be striving to achieve and progress through by comparing their times to the times of kids their age and sex within the event. For motivational Time Standards, the lowest cut is a B time, then BB, A, AA, AAA, AAAA. With AAAA being the top 2% in the nation for a given age group, sex, and event.

Standard	Percentile	Explanation
AAAA	98	This standard means your swimmer is ranked in the top 2% of swimmers in their age-group, sex category, and event.
AAA	94	This standard means your swimmer is ranked in the top 6% of swimmers in their age-group, sex category, and event.
AA	92	This standard means your swimmer is ranked in the top 8% of swimmers in their age-group, sex category, and event.
A	85	This standard means your swimmer is ranked in the top 15% of swimmers in their age-group, sex category, and event.
BB	65	This standard means your swimmer is ranked in the top 35% of swimmers in their age-group, sex category, and event.
B	45	This standard means your swimmer is ranked in the top 55% of swimmers in their age-group, sex category, and event.

In addition, USA Swimming has implemented something called Power Points. Power Points are a numerical way of representing the quality of performances across strokes, distances and events, as well as between age groups. The power point scale ranges from 1 to 1100 points. The higher the points, the stronger you are in that event.

You can calculate your power points by going to this Power Point Calculator:  
<https://www.usaswimming.org/times/popular-resources/power-point-calculator>

### **MOTIVATIONAL TIME STANDARDS BY AGE**

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
10 & under Girls						Event	10 & under Boys					
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 FR SCY	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	100 FR SCY	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.89 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	200 FR SCY	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	500 FR SCY	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	50 BK SCY	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	100 BK SCY	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	50 BR SCY	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	100 BR SCY	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	50 FL SCY	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	100 FL SCY	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	100 IM SCY	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	200 IM SCY	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *

11-12 Girls						Event	11-12 Boys					
33.99 *	31.69 *	29.29 *	28.09 *	26.99 *	25.79 *	50 FR SCY	24.59 *	25.79 *	26.99 *	28.09 *	30.49 *	32.79 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 FR SCY	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:42.59 *	2:30.89 *	2:19.29 *	2:13.49 *	2:07.69 *	2:01.89 *	200 FR SCY	1:56.99 *	2:02.59 *	2:08.19 *	2:13.69 *	2:24.89 *	2:35.99 *
7:16.89 *	6:45.69 *	6:14.49 *	5:58.89 *	5:43.29 *	5:27.69 *	500 FR SCY	5:14.99 *	5:29.99 *	5:44.99 *	5:59.99 *	6:29.99 *	6:59.89 *
15:02.69 *	13:58.19 *	12:53.79 *	12:21.49 *	11:49.29 *	11:16.99 *	1000 FR SCY	11:02.59 *	11:34.19 *	12:05.79 *	12:37.29 *	13:40.39 *	14:43.49 *
25:07.39 *	23:19.69 *	21:32.09 *	20:38.19 *	19:44.39 *	18:50.59 *	1650 FR SCY	18:20.79 *	19:13.19 *	20:05.59 *	20:58.09 *	22:42.89 *	24:27.69 *
38.79 *	35.99 *	33.19 *	31.79 *	30.49 *	29.09 *	50 BK SCY	28.19 *	29.69 *	31.19 *	32.69 *	35.59 *	38.49 *
1:26.59 *	1:19.79 *	1:12.99 *	1:09.59 *	1:06.19 *	1:02.69 *	100 BK SCY	59.49	1:02.79	1:05.99	1:09.29 *	1:15.69	1:22.19
2:59.49 *	2:46.69 *	2:33.89 *	2:27.49 *	2:20.99 *	2:14.59 *	200 BK SCY	2:09.69 *	2:15.89 *	2:21.99 *	2:28.19 *	2:40.49 *	2:52.89 *
43.99 *	40.89 *	37.69 *	36.19 *	34.59 *	32.99 *	50 BR SCY	31.49 *	33.29 *	34.99 *	36.69 *	40.09 *	43.49 *
1:36.49 *	1:29.29 *	1:22.19 *	1:18.59 *	1:15.09 *	1:11.49 *	100 BR SCY	1:07.79 *	1:11.39 *	1:14.89 *	1:18.39 *	1:25.49 *	1:32.59 *
3:25.69 *	3:10.99 *	2:56.29 *	2:48.99 *	2:41.69 *	2:34.29 *	200 BR SCY	2:27.29 *	2:34.39 *	2:41.39 *	2:48.39 *	3:02.39 *	3:16.39 *
36.89 *	34.29 *	31.59 *	30.29 *	28.99 *	27.69 *	50 FL SCY	26.69 *	28.19	29.69	31.19	34.19	37.09
1:25.79 *	1:18.89 *	1:12.09 *	1:08.59 *	1:05.19 *	1:01.79 *	100 FL SCY	59.09 *	1:02.49 *	1:05.89	1:09.29	1:16.09	1:22.89
3:03.39 *	2:50.29 *	2:37.19 *	2:30.59 *	2:24.09 *	2:17.59 *	200 FL SCY	2:12.39 *	2:18.69 *	2:24.99 *	2:31.39 *	2:43.99 *	2:56.59 *
1:25.19 *	1:19.09 *	1:13.09 *	1:09.99 *	1:06.99 *	1:03.89 *	100 IM SCY	1:01.09 *	1:03.99 *	1:06.99 *	1:09.99 *	1:15.89 *	1:21.89 *
3:03.89 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.49 *	2:17.89 *	200 IM SCY	2:12.09 *	2:18.79 *	2:25.59 *	2:32.29 *	2:45.79 *	2:59.29 *
6:31.69 *	6:03.69 *	5:35.79 *	5:21.79 *	5:07.79 *	4:53.79 *	400 IM SCY	4:42.79 *	4:56.29 *	5:09.79 *	5:23.19 *	5:50.09 *	6:17.09 *

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
13-14 Girls						Event	13-14 Boys					
32.49 *	30.19	27.89	26.69 *	25.59	24.39	50 FR SCY	22.39 *	23.49	24.59	25.59 *	27.69 *	29.89
1:10.99 *	1:05.89 *	1:00.89 *	58.29 *	55.79 *	53.29 *	100 FR SCY	48.69 *	51.09 *	53.39 *	55.69 *	1:00.29 *	1:04.99 *
2:33.59 *	2:22.69 *	2:11.69 *	2:06.19 *	2:00.69 *	1:55.29 *	200 FR SCY	1:46.89 *	1:51.99 *	1:57.09 *	2:02.19 *	2:12.29 *	2:22.49 *
6:52.19 *	6:22.79 *	5:53.39 *	5:38.59 *	5:23.89 *	5:09.19 *	500 FR SCY	4:49.29 *	5:03.09 *	5:16.89 *	5:30.59 *	5:58.19 *	6:25.69 *
14:11.09 *	13:10.29 *	12:09.49 *	11:39.09 *	11:08.69 *	10:38.29 *	1000 FR SCY	9:58.49 *	10:26.99 *	10:55.49 *	11:23.99 *	12:20.99 *	13:17.99 *
23:42.89 *	22:01.19 *	20:19.59 *	19:28.79 *	18:37.99 *	17:47.19 *	1650 FR SCY	16:47.19 *	17:35.19 *	18:23.09 *	19:11.09 *	20:46.99 *	22:22.89 *
1:16.89 *	1:11.39 *	1:05.89 *	1:03.19 *	1:00.49 *	57.69 *	100 BK SCY	53.49 *	55.99 *	58.59 *	1:01.09 *	1:06.19 *	1:11.29 *
2:46.39 *	2:34.49 *	2:22.59 *	2:16.69 *	2:10.69 *	2:04.79 *	200 BK SCY	1:55.99 *	2:01.59 *	2:07.09 *	2:12.59 *	2:23.69 *	2:34.69 *
1:28.69 *	1:22.29 *	1:15.99 *	1:12.89 *	1:09.69 *	1:06.49 *	100 BR SCY	1:00.39 *	1:03.29 *	1:06.19 *	1:08.99 *	1:14.79 *	1:20.49 *
3:10.99 *	2:57.39 *	2:43.79 *	2:36.89 *	2:30.09 *	2:23.29 *	200 BR SCY	2:11.19 *	2:17.39 *	2:23.59 *	2:29.89 *	2:42.39 *	2:54.89 *
1:16.79 *	1:11.29 *	1:05.89 *	1:03.09 *	1:00.39 *	57.59 *	100 FL SCY	52.89 *	55.39 *	57.89 *	1:00.39 *	1:05.49 *	1:10.49 *
2:51.19 *	2:38.99 *	2:26.69 *	2:20.59 *	2:14.49 *	2:08.39 *	200 FL SCY	1:57.59 *	2:03.19 *	2:08.79 *	2:14.39 *	2:25.59 *	2:36.79 *
2:51.79 *	2:39.49 *	2:27.19 *	2:21.09 *	2:14.99 *	2:08.79 *	200 IM SCY	1:58.49 *	2:04.09 *	2:09.79 *	2:15.39 *	2:26.69 *	2:37.99 *
6:05.79 *	5:39.69 *	5:13.49 *	5:00.49 *	4:47.39 *	4:34.29 *	400 IM SCY	4:13.29 *	4:25.39 *	4:37.39 *	4:49.49 *	5:13.59 *	5:37.69 *

15-16 Girls						Event	15-16 Boys					
31.79	29.49	27.29 *	26.09	24.99	23.89 *	50 FR SCY	21.19 *	22.19 *	23.19 *	24.19 *	26.29 *	28.29 *
1:08.79 *	1:03.79 *	58.89 *	56.49 *	53.99 *	51.59 *	100 FR SCY	46.49 *	48.79 *	50.99 *	53.19 *	57.59 *	1:01.99 *
2:28.99 *	2:18.39 *	2:07.69 *	2:02.39 *	1:57.09 *	1:51.79 *	200 FR SCY	1:41.99 *	1:46.89 *	1:51.79 *	1:56.59 *	2:06.29 *	2:15.99 *
6:40.99 *	6:12.39 *	5:43.69 *	5:29.39 *	5:15.09 *	5:00.79 *	500 FR SCY	4:36.29 *	4:49.49 *	5:02.69 *	5:15.79 *	5:42.09 *	6:08.39 *
13:52.89 *	12:53.49 *	11:53.99 *	11:24.19 *	10:54.49 *	10:24.69 *	1000 FR SCY	9:38.89 *	10:06.39 *	10:33.99 *	11:01.59 *	11:56.69 *	12:51.79 *
23:15.89 *	21:36.19 *	19:56.49 *	19:06.69 *	18:16.79 *	17:26.89 *	1650 FR SCY	16:04.99 *	16:50.89 *	17:36.89 *	18:22.79 *	19:54.69 *	21:26.59 *
1:14.69	1:09.39	1:04.09 *	1:01.39	58.69	56.09 *	100 BK SCY	50.69 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:42.19 *	2:30.59 *	2:19.09 *	2:13.29 *	2:07.49 *	2:01.69 *	200 BK SCY	1:50.69 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.59 *
1:25.89	1:19.79 *	1:13.69 *	1:10.59 *	1:07.49	1:04.49 *	100 BR SCY	57.69 *	1:00.39 *	1:03.19 *	1:05.89 *	1:11.39 *	1:16.89 *
3:05.99	2:52.69 *	2:39.39 *	2:32.79	2:26.19	2:19.49	200 BR SCY	2:05.29 *	2:11.29 *	2:17.29 *	2:23.19 *	2:35.19 *	2:47.09 *
1:14.39 *	1:09.09 *	1:03.79 *	1:01.09 *	58.39 *	55.79 *	100 FL SCY	50.39 *	52.79 *	55.19 *	57.59 *	1:02.39 *	1:07.19 *
2:45.79 *	2:33.99 *	2:22.09 *	2:16.19 *	2:10.29 *	2:04.39 *	200 FL SCY	1:52.69 *	1:58.09 *	2:03.39 *	2:08.79 *	2:19.49 *	2:30.19 *
2:46.19 *	2:34.29 *	2:22.39 *	2:16.49 *	2:10.59 *	2:04.59 *	200 IM SCY	1:53.19 *	1:58.59 *	2:03.99 *	2:09.39 *	2:20.19 *	2:30.89 *
5:54.99 *	5:29.69 *	5:04.29 *	4:51.59 *	4:38.99 *	4:26.29 *	400 IM SCY	4:01.59 *	4:13.19 *	4:24.69 *	4:36.19 *	4:59.19 *	5:22.19 *

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
17-18 Girls						Event	17-18 Boys					
31.39	29.09	26.89	25.79	24.69 *	23.49	50 FR SCY	20.69 *	21.69 *	22.59 *	23.59 *	25.59 *	27.59 *
1:08.09 *	1:03.19 *	58.39 *	55.89 *	53.49 *	51.09 *	100 FR SCY	45.29 *	47.39 *	49.59 *	51.69 *	55.99 *	1:00.29 *
2:27.19 *	2:16.69 *	2:06.19 *	2:00.89 *	1:55.69 *	1:50.39 *	200 FR SCY	1:40.19 *	1:44.99 *	1:49.69 *	1:54.49 *	2:03.99 *	2:13.59 *
6:36.49 *	6:08.19 *	5:39.89 *	5:25.69 *	5:11.59 *	4:57.39 *	500 FR SCY	4:32.39 *	4:45.39 *	4:58.39 *	5:11.39 *	5:37.29 *	6:03.19 *
13:46.09 *	12:47.09 *	11:48.09 *	11:18.59 *	10:49.09 *	10:19.59 *	1000 FR SCY	9:30.19 *	9:57.29 *	10:24.49 *	10:51.59 *	11:45.89 *	12:40.19 *
22:47.19 *	21:09.59 *	19:31.89 *	18:43.09 *	17:54.29 *	17:05.39 *	1650 FR SCY	15:51.79 *	16:37.09 *	17:22.39 *	18:07.69 *	19:38.39 *	21:08.99 *
1:13.39 *	1:08.09 *	1:02.89 *	1:00.29 *	57.69 *	54.99 *	100 BK SCY	48.89 *	51.29 *	53.59 *	55.89 *	1:00.59 *	1:05.19 *
2:38.79 *	2:27.39 *	2:16.09 *	2:10.39 *	2:04.79 *	1:59.09 *	200 BK SCY	1:47.89 *	1:53.09 *	1:58.19 *	2:03.29 *	2:13.59 *	2:23.89 *
1:24.79 *	1:18.79	1:12.69 *	1:09.69 *	1:06.69	1:03.59 *	100 BR SCY	55.99 *	58.69 *	1:01.39 *	1:03.99 *	1:09.39 *	1:14.69 *
3:04.69 *	2:51.49 *	2:38.29 *	2:31.69 *	2:25.09 *	2:18.49 *	200 BR SCY	2:01.69 *	2:07.49 *	2:13.29 *	2:19.09 *	2:30.69 *	2:42.29 *
1:13.59	1:08.29	1:03.09	1:00.39 *	57.79	55.19	100 FL SCY	49.09 *	51.39 *	53.69 *	56.09 *	1:00.79 *	1:05.39 *
2:42.79 *	2:31.19 *	2:19.49 *	2:13.69 *	2:07.89 *	2:02.09 *	200 FL SCY	1:49.79 *	1:55.09 *	2:00.29 *	2:05.49 *	2:15.99 *	2:26.39 *
2:43.59 *	2:31.89 *	2:20.19 *	2:14.39 *	2:08.49 *	2:02.69 *	200 IM SCY	1:50.59 *	1:55.89 *	2:01.09 *	2:06.39 *	2:16.89 *	2:27.39 *
5:50.69 *	5:25.59 *	5:00.59 *	4:47.99 *	4:35.49 *	4:22.99 *	400 IM SCY	3:57.99 *	4:09.39 *	4:20.69 *	4:31.99 *	4:54.69 *	5:17.39 *