



2021 Illinois Swimming Senior Championships

- Sponsored by Speedo -
July 29-August 1, 2021

Host

Academy Bullets Swim Club

Location

**FMC Natatorium
Westmont, IL**

Entry Deadline

Thursday, July 15, 2021 @ 1:00 PM (CST)



2021 Illinois Swimming Senior Championships

Important Meet Items:

- This meet follows all USA Swimming and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming.
- Per MAAPP, all athletes 18 years of age and older must have completed Athlete Protection Training.
- The qualification period for this meet begins on July 1, 2019.
- Entries for the 2021 Illinois Swimming Senior Championships begin Monday, June 14, 2021 and must be submitted by Thursday, July 15, 2021 at 1:00pm (CDT).
- New Qualifying Swims may be entered thru OME beginning July 15, 2021 until July 26, 2021 at 1:00pm (CDT).
- **NEW FOR THIS MEET ONLY:** Swimmers with one (1) individual qualifying time may swim 3 bonus events. Swimmers with two (2) individual qualifying times may swim 2 bonus events. Swimmers with three (3) individual qualifying times may swim 1 bonus event. Swimmers with four (4) or more individual qualifying times will not be allowed to swim bonus events. See Bonus Entries section for complete details and restrictions.
- All Individual Events with the exception of the 800 Free & 1500 Free will be swum as prelims and finals. Finals will be the top 27 athletes competing in Bonus (9), Consolation (9), and Championship (9) Finals heats (C, B, A, Finals).
- All relays will be conducted as timed finals at the conclusion of the preliminary sessions.
- **There will be no relay only swimmers for this competition.**
- Swimmers with an 800 Free qualifying time may enter the 1500 Free event; swimmers with a 1500 Free qualifying time may enter the 800 Free event. Swimmers must enter at the Short Course Yards (SCY) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- All Custom Entry Times must be pre-proven with the Illinois Swimming office prior to the scratch deadline for Thursday's events.
- Time Trials may be conducted at the discretion of the Meet Referee for swimmers entered in the meet.
- There will be positive check-in for the 800 Freestyle, 1500 Freestyle, and all relay events. Entries for these events that are not checked in or scratched prior to the appropriate deadline for that event will automatically be down-seeded.
- The scratch deadline for Thursday events shall be 15 minutes after the technical meeting. The check-in/scratch deadline for all subsequent day's events is 30 minutes after the start of the previous evening's finals.
- **Swimmers' and Coaches' Responsibility** – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Coaches Meeting.

Meet Director

Bill Schalz
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Meet Referee

Brett Cumberland
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Admin Referee

Scott Penland
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(309) 826-3061

OME/Entry Questions

Pam Lowenthal
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Email Scratch Contact

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(309) 826-3061

Sanction: Senior Championships: ILL21-0702 Time Trial: ILL21-0703

Host: Academy Bullets Swim Club – www.academybullets.com

IDPH Compliance: All participants including athletes will need to have their COVID waiver form signed and be on file with IL swimming before they can participate. Coaches, officials, and volunteers will sign COVID waivers at the event. Individuals that do not meet this requirement will be excluded from the meet. Due to Covid-19, the use of and restrictions at the facility are subject to Illinois Department of Health Protocols, county and city/village protocols, as well as FMC Natatorium rules and policies.

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Disclaimer:

We have taken enhanced health and safety measures for all participants and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individual with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, ILLINOIS SWIMMING, THE ACADEMY BULLETS SWIM CLUB AND RIVERSIDE BROOKFIELD HIGH SCHOOL AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Location:

FMC Natatorium - 275 Plaza Drive, Westmont, IL 60559

Facility:

Nine (9) lane, 50 meter competition pool will be used with Myrtha starting blocks. The competition course is no shallower than 8'. Lanes are separated by 6" Competitor lane lines. The timing system and touchpads are produced by Swiss Timing – Omega, with a 42' x 12.5' LED Videoboard for results. There is a separate area of the pool that will be designated for warm up/cool down. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. The touchpads will be Swiss Timing – Omega touchpads. The competition course has been certified in accordance with 104.2.2C(4) certification is on file with USA Swimming.

Meet Schedule:

	Prelims		Finals	
	<u>Warm-ups</u>	<u>Start</u>	<u>Warm-ups</u>	<u>Start</u>
Thursday	6:30am	8:30am	4:00pm	5:30pm
Friday	6:30am	8:30am	4:00pm	5:30pm
Saturday	6:30am	8:30am	4:00pm	5:30pm
Sunday	6:30am	8:30am	3:30pm	5:00pm

Rules:

This meet is sanctioned by USA Swimming and Illinois Swimming, Inc. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Eligibility:

All swimmers must be current members of USA Swimming and Illinois Swimming. Registration forms may be obtained from the ISI office, 847-824-1596, 1400 E. Touhy Suite 410, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org

Qualifying Times:

The qualification period for this meet begins on July 1, 2019. 2021 Long Course Championship Time Standards are included. Entry times may be submitted in long course meters, short course yards, or short course meters.

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- Entries:** All entries will be submitted thru OME and the USA Swimming web site. Entries may be submitted on-line beginning June 14, 2021 (12:01AM CDT) and must be completed by Thursday, July 15, 2021 at 1:00 pm CDT. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.8.11.
- A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials. **There will be no relay only swimmers in this competition.**
- IMPORTANT: All custom entry times must be pre-proven prior to the Thursday event scratch deadline.
- Bonus Entries:** Swimmers entering and competing in at least 1 individual event are permitted to swim 3 Bonus Events at the meet; provided they have achieved an Illinois Swimming Regional Championship qualifying time in that Bonus Event. Swimmers entered and competing in 2 events may swim 2 Bonus Events. Swimmers entered and competing in 3 events may swim 1 Bonus Event. Swimmers entering 4 or more individual events are not permitted to swim a Bonus Event. The 400 Freestyle, 800 Freestyle, 1500 Freestyle, and 400 IM may not be swum as a Bonus Event.
- New Qualifying Swims:** Swimmers achieving the qualifying standard for the first time from Thursday, July 15, 2021 through Sunday, July 25, 2021 may enter OME under the title "2021 IL Swimming LC Senior Championships: New Qualifying Swims" which will open on July 15, 2021 at 2:00pm CDT. These entries must be submitted by 1:00pm CDT on Monday, July 26, 2021 and can not be used to improve the seed time of a prior entry. Bonus events for new qualifiers must be entered by override using any proven time from the meet's qualifying period. Normal entry fees apply.
- Entry Fees:** Individual: \$90 per athlete (includes all individual entry fees, facility surcharge, and ISI surcharge). Relay Events: \$16.00 per entry – limited A&B relays only per team.
- Individual Events:** All individual events except the 800 Free and 1500 Free will be conducted on a preliminaries and finals basis. At the discretion of the Meet Referee, the Senior Committee, and the Program Operations Vice-Chair, individual events in the preliminary sessions may be conducted in flights with a minimum of the fastest seven (7) heats in all events 200m or less and a minimum of the fastest five (5) heats in all 400m events in the "A" flight, and all remaining heats in the "B" flight. "A" flights will be concluded each morning prior to beginning the "B" flight. The "B" flight will be swum fastest to slowest. The top 27 athletes from preliminaries will advance to the Bonus (9), Consolation (9), and Championship (9) Finals heats (C, B, A, Finals). Swimmers in the Championship Finals must report to the ready room area and check in with the ready room official prior to the start of the Championship Final **of the previous event**. Consolation and Bonus Finalists must report to the Deck Referee behind the starting blocks prior to the Championship final of the previous event.
- Swimmers with Disabilities:** This meet will be open to all disabled athletes age 15 or older as of July 29, 2021. A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials. This entry will be done manually through the Illinois Swimming Disability Chair. All entries must be submitted by the initial entry deadline. Coaches should contact the Illinois Swimming Disability Chair at disability@ilswim.org for more information and entry procedures.

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- Distance Events:** The 800 and 1500 Free will be conducted as timed final events. Each swimmer must provide his/her own timer. The fastest seeded heat of the women's and men's 800 Free and 1500 Free are swum in finals on the same day as all other heats for the event. All remaining heats of the 800 Free and 1500 Free will swim at the conclusion of the preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. Swimmers who choose to swim in the prelim session of the 800 Free and 1500 Free should enter at the lowest non-conforming qualifying time for that event (SCY).
- Distance Bonus Events:** Swimmers with an 800 Free qualifying time may enter the 1500 Free event; swimmers with a 1500 Free qualifying time may enter the 800 Free event. Swimmers must enter at the Short Course Yards (SCY) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- Relay Events:** All relay events will be conducted as timed final events in the preliminary session: the second fastest seeded women's heat will swim first, and the fastest seeded women's heat will swim second. The second fastest seeded men's heat will swim third, and the fastest seeded men's heat will swim fourth. The third fastest seeded women's heat will swim fifth; the third fastest seeded men's heat will swim sixth, continuing in this fashion until all heats are swum.
- Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. There will be no relay only swimmers in this competition. All teams desiring to down-seed their relay should enter at the lowest non-conforming qualifying time (SCY). Teams may only enter A&B relays in this competition.
- Each coach shall pick up relay entry forms from the Clerk of Course on which they shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim by informing the timers.
- Seeding:** Events shall be seeded in order of LCM, equivalent SCM, equivalent SCY, non-conforming LCM (distance events), non-conforming SCY (distance events).
- Check-In:** Positive check-in required for the 800 Freestyle, 1500 Freestyle, and all relay events. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded.
- Check-in must be submitted by email to the Administrative Referee prior to the scratch deadline.***
- Scratches:** ISI Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course. Check-in and scratch deadlines are as follows:
- Day 1 scratches close 15 minutes after the conclusion of the technical meeting.
 - All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals.
- Scratches must be submitted by email to the Administrative Referee prior to the scratch deadline.***
- Coaches Meeting:** There will be a virtual (Zoom-based) technical meeting the evening prior to Day 1 events at 6:00pm. Details will be sent to each coach. Coaches are encouraged to check the Illinois Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.

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Warm-up:	ISI warm-up and safety procedures will be in effect. The Meet Referee and Meet Director will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be provided no later than 48 hours prior to the start of the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees).
Breaks:	The pool may be open at the discretion of the Meet Referee during breaks in competition.
Eligibility Jury:	The Meet Director and the Program Operations Vice-Chair shall appoint an Eligibility Jury composed of at least one coach, the Registration/Membership Coordinator and one other person in attendance.
Technical Jury:	The Senior Vice Chair and the Meet Director shall appoint a Technical Jury composed of at least one coach, one athlete and at least one, but not more than three other persons.
Scoring:	Scoring will be 27 places: 35-31-30-29-28-27-26-25-24-22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1. Relays will be double the above points.
Awards:	The Carolyn Lambert Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams and the top women's and men's team. Awards will be given to the top 9 finishers in individual events and the top three finishers in relay events. Individual performance awards (male and female) will be given to athletes for Outstanding Performance of the Meet, Meet High Point Award and Top 9 Distance Awards.
Meet Results:	Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.
Deck Access:	Current USA Swimming membership is required for coaches and working officials to be on deck. All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet. Clubs will be issued deck passes to those coaches listed on the submitted team entry. Deck passes will be available based on the number of individual qualifiers. No additional deck passes will be available for purchase. • 1-3 swimmers = 1 deck pass • 4-10 swimmers = 2 deck passes • 11-20 swimmers = 3 deck passes • 21+ swimmers = 4 deck passes
Timers:	Each team with swimmers in the meet may be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet. A club timer coordinator with phone number and email address must be listed on your Team Summary and Release Form that is submitted with your entry. Swimmers in the 1500 Free must provide their own timer and counter.
Officials:	Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to Brett Cumberland at bdcumberland@comcast.net . A mandatory briefing for all officials working the meet will be scheduled the week of the meet (likely on Tuesday evening). Those officials chosen for the meet will receive an invite for the call. This meet has been designated as an Officials Qualifying Meet, pending approval. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should request an evaluation at the time of meet sign-up, noting the position and level requested. Meet sign-ups will be sent via email and available online prior to the meet. There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests.

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Time Trials:	Time Trials may be conducted at the discretion of the Meet Referee for swimmers entered in at least one individual event. Time Trials shall be counted in the daily maximum number of individual events swum, but shall not count in the meet limit of events swum. Fee is \$10.00 per event and is payable to host club at time of entry, which can be done at the Clerk of Course table. Each swimmer must provide their own timer and lap counter for time trial events.
Sign-Up (Entry) Deadline for Time Trials is 10:00am each day.	
Admissions:	No spectators will be allowed at this event. The meet will be live via a livestream link.
Parking:	Parking is located around the facility and outer lots for free.
Concessions and Vendors:	Concessions will not be available for purchase at the venue. Elsmore will be on site for vending at the event.
Hotels:	Hotel information can be found on the Illinois Swimming website www.ilswim.org .
Conduct:	All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any individual from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Image Authorization:	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
Liability:	In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Academy Bullets Swim Club (host club), the FMC Natatorium, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
MAAPP:	All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All athletes 18 years of age and older must have completed Athlete Protection Training.

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Event Order		
Event #		Event #
Day 1		
1	100 Freestyle	2
3	200 Breaststroke	4
	Awards Break	
5	200 Butterfly	6
7	800 Freestyle*	8
	Awards Break	
Day 2		
9	200 Freestyle	10
11	400 Individual Medley	12
	Awards Break	
13	100 Backstroke	14
	10 Minute Break (Awards)	
15	400 Freestyle Relay**	16
Day 3		
17	200 Backstroke	18
19	400 Freestyle	20
	Awards Break	
21	100 Breaststroke	22
23	100 Butterfly	24
	10 Minute Break (Awards)	
25	800 Freestyle Relay**	26
Day 4		
27	200 Individual Medley	
29	1500 Freestyle*	
30	50 Freestyle	31
	1500 Freestyle*	32
	10 Minute Break (Awards)	
33	400 Medley Relay**	34
	Individual Performance Awards, Team Awards	

*The 800 Free & 1500 Free will be swum at the conclusion of prelims, with the fastest heat swum during finals.

**All relays will be swum in the prelim session.

In prelims, there will be a minimum of a ten (10) minute break prior to the start of the 1500 Free and the relay events.



2021 SENIOR CHAMPIONSHIPS

MOTIVATIONAL TIME STANDARDS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	27.49	24.79	50 Freestyle	22.39	24.89	26.09
1:01.99	59.49	53.59	100 Freestyle	48.59	53.89	56.29
2:14.59	2:09.59	1:56.79	200 Freestyle	1:47.09	1:58.89	2:04.99
4:46.29	4:32.99	5:11.99	400/500 Freestyle	4:51.89	4:15.39	4:27.09
9:56.99	9:41.89	10:56.99	800/1000 Freestyle	10:16.99	8:59.89	9:15.99
18:57.99	18:37.89	18:31.19	1500/1650 Freestyle	17:31.69	17:37.99	18:14.29
1:10.09	1:06.69	1:00.09	100 Backstroke	55.59	1:01.69	1:05.49
2:32.79	2:25.29	2:10.89	200 Backstroke	2:02.49	2:15.99	2:25.09
1:20.99	1:16.59	1:08.99	100 Breaststroke	1:01.99	1:08.79	1:13.29
2:58.59	2:48.49	2:31.79	200 Breaststroke	2:18.29	2:33.49	2:46.09
1:08.59	1:06.19	59.59	100 Butterfly	54.49	1:00.49	1:02.19
2:38.99	2:30.39	2:15.49	200 Butterfly	2:05.99	2:19.79	2:28.99
2:34.49	2:26.59	2:12.09	200 Individual Medley	2:01.49	2:14.89	2:22.39
5:31.39	5:17.89	4:46.39	400 Individual Medley	4:24.89	4:53.99	5:10.99
4:18.99	4:04.09	3:39.89	400 Free Relay	3:19.09	3:40.99	3:55.29
9:18.69	8:52.79	7:59.99	800 Free Relay	7:22.79	8:11.49	8:46.29
4:50.09	4:26.69	4:00.29	400 Medley Relay	3:38.19	4:02.19	4:21.79

2021 SUMMER REGIONAL CHAMPIONSHIPS

MOTIVATIONAL TIME STANDARDS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
31.69	30.29	27.39	50 Freestyle	24.59	27.29	28.79
1:08.19	1:05.49	59.09	100 Freestyle	53.49	59.39	1:01.89
2:29.49	2:23.39	2:09.19	200 Freestyle	1:57.79	2:10.79	2:17.69
5:17.19	5:01.69	5:44.99	400/500 Freestyle	5:21.79	4:41.49	4:52.49
10:57.79	10:40.09	12:02.69	800/1000 Freestyle	11:26.39	10:05.59	10:19.29
20:53.99	20:34.69	20:27.39	1500/1650 Freestyle	19:23.49	19:30.39	19:59.89
1:17.59	1:13.59	1:06.29	100 Backstroke	1:01.29	1:07.99	1:12.29
2:49.39	2:39.79	2:23.99	200 Backstroke	2:14.69	2:29.49	2:38.29
1:30.29	1:25.09	1:16.69	100 Breaststroke	1:08.79	1:16.39	1:22.79
3:16.29	3:05.59	2:47.19	200 Breaststroke	2:32.09	2:48.79	3:01.49
1:15.99	1:13.09	1:05.89	100 Butterfly	1:00.19	1:06.79	1:09.29
2:51.79	2:45.99	2:29.59	200 Butterfly	2:17.89	2:33.09	2:41.09
2:49.89	2:41.19	2:25.29	200 Individual Medley	2:13.29	2:27.89	2:35.99
6:06.89	5:51.29	5:16.59	400 Individual Medley	4:52.49	5:24.59	5:41.49

**Qualification period will be 7/1/2019 to the entry deadline*

Para 1 LSC Motivational Time Standards																	
	Girls									Boys							
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59
Para 2 LSC Motivational Time Standards																	
	Girls									Boys							
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09
Para 3 LSC Motivational Time Standards																	
	Girls									Boys							
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39