

## Swim Parent 101 – Time Standards

This section will go over Time Standards, which are times needed in specific events that swimmers need to swim at or under in order to qualify for a championship meet. With Indiana Swimming there are two levels of championship meets, Divisional and State. There are other meets in Indiana that require time standards in order to enter the meet such as the Mid-States meet in January. There are also more regional/national level meets that require time standards as well such as Speedo Sectionals, Futures all the way up to the Olympic Trials.

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### **About Time Standards**

Typically, in late September/early October, Indiana Swimming releases the time standards for championships for the following year. This includes time standards for both short course (fall/winter season) and long course (summer season). Time standards are released for Age Group (14 and under) and Senior (15 and over). The age group standards are broken out by individual ages. Keep in mind, the age listed for the championship meet is the age the swimmer will be on the first day of that meet. So, if your swimmer is 10 today has a birthday on March 1<sup>st</sup> and the meet starts on March 2<sup>nd</sup>, then the swimmer will need to achieve the time standard for the 11 year olds. However, if the birthday falls on March 3<sup>rd</sup> then the swimmer will need to achieve the 10 year old standards.

All Indiana Swimming related time standards can be found here:

<https://www.inswimming.org/page/swimmers/times>

Time standards for a more national level can be found here:

<https://www.usaswimming.org/times/time-standards>

## Time Standard Sheet

Below is an example of what is shown on the age group time standards sheet. The senior time standard sheet is similar but without the age breakouts since it's for everyone 15 and over.

Girls						Events	Boys					
LCM		SCM		SCY			SCY		SCM		LCM	
State	Divisional	State	Divisional	State	Divisional	11	State	Divisional	State	Divisional	State	Divisional
32.79	39.69	31.79	38.59	28.89	34.89	50 Free	28.59	34.79	31.39	38.39	32.79	39.89
1:11.59	1:27.09	1:08.99	1:24.39	1:02.69	1:16.39	100 Free	1:02.49	1:15.99	1:08.69	1:23.99	1:11.49	1:26.99
2:36.29	3:10.19	2:29.79	3:03.19	2:16.19	2:45.79	200 Free	2:15.49	2:44.99	2:28.99	3:02.29	2:34.99	3:08.69
5:28.79	6:40.19	5:22.09	6:32.09	6:08.09	7:28.09	400M/500Y Free	5:59.09	7:17.09	5:17.49	6:26.49	5:26.19	6:37.09
37.79	45.99	35.79	43.79	32.59	39.69	50 Back	33.09	40.89	36.39	45.19	38.19	47.19
1:23.09	1:43.39	1:17.59	1:37.19	1:10.59	1:27.89	100 Back	1:10.79	1:28.09	1:17.89	1:37.39	1:22.89	1:43.19
42.19	51.39	40.59	49.59	36.89	44.89	50 Breast	37.09	46.19	40.79	51.09	42.59	53.09
1:33.29	1:54.49	1:28.29	1:49.49	1:20.29	1:38.49	100 Breast	1:19.79	1:38.59	1:27.79	1:49.29	1:33.29	1:55.29
35.39	43.09	34.39	42.09	31.29	38.09	50 Fly	31.79	39.69	34.99	43.89	35.79	44.79
1:20.89	1:41.09	1:18.09	1:38.09	1:10.99	1:28.79	100 Fly	1:10.89	1:29.29	1:17.99	1:38.79	1:20.99	1:41.89
2:56.69	3:35.09	2:48.59	3:26.19	2:33.29	3:06.59	200 IM	2:33.79	3:09.39	2:49.19	3:30.69	2:57.29	3:38.29
2:10.09		2:04.49		1:53.09		200 Free Relay	1:56.89		2:07.99		2:15.69	
2:26.89		2:19.19		2:07.09		200 Medley Relay	2:10.29		2:22.59		2:34.89	

The standards are broken out by Girls and Boys with a second breakout by the following:

- **LCM (Long Course Meters)** – Swam during the summer season
- **SCM (Short Course Meters)** – Rarely if ever do we swim in a short course meter pool
- **SCY (Short Course Yards)** – Swam during the fall/winter season

The third breakout is by championship meet type:

- **Divisional** – A regional meet within Indiana. There are 6 to 8 regional sites across Indiana.
- **State** – The state meet that brings all who qualify to a single meet typically in Indianapolis but can be held anywhere in the state.

In the example below the sheet is telling us that in order for an 11 year old Girl to qualify for Divisionals in the 50 yard Freestyle the swimmer would need to swim at or faster than 34.89. Also, for an 11 year old boy to qualify for the 100 yard Freestyle state meet, the swimmer would need to swim at or faster than 1:02.49.

SCY		Events	SCY	
State	Divisional		State	Divisional
28.89	34.89	50 Free	28.59	34.79
1:02.69	1:16.39	100 Free	1:02.49	1:15.99

For any questions about Time Standards, please see your swimmer's coach.