



JBARRACUDAS HANDBOOK



CONTACTS:

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JBARRACUDAS TEAM MISSION STATEMENT

The JBarracudas Swim Team is built upon the commitment, support, and participation of coaches, swimmers, parents/guardians, and the community at large. We are especially committed to child protection while sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life. Our vision is to develop and maintain a program that will produce elite swimmers to represent our team at all levels of competition. JBarracudas is an Aquatic organization that prepares athletes for National-level performance and for individual goals and success. Our objective is to provide an atmosphere that inspires swimmers to achieve their maximum potential through strong work ethic, discipline, self-motivation, and positive self-esteem. We promote an environment where everyone feels safe, supported, and encouraged by one another as a cohesive team. Through the JBarracudas Swim Team, we hope to instill a lifelong love of swimming through enjoyment and personal growth.

JBARRACUDAS MOTTO

DREAM BIG. SWIM STRONG. BECOME UNSTOPPABLE.

We are excited to welcome you to our team. We are more than a team; we are family here! In this handbook, you can find all necessary information about our team including but not limited to: how we operate, team communications, and swim meet details.

WELCOME TO JBARRACUDAS FAMILY!

TEAM REGISTRATION

Step 1 – Evaluation

1. We offer swim evaluations every **Monday through Friday from 3:30 PM - 5:00 PM**. If you would like to have your child participate, please reserve a time and date through an email response to our Senior Coach lidial@lfjcc.org or Head Coach sergiik@lfjcc.org that includes your name, your swimmer's name(s), the date and time you'd like to reserve, as well as the best email address and phone number to contact you.
2. For the evaluation, your child will need to come prepared with a swimsuit, cap, goggles, towel, and water bottle.
3. Upon arrival, you can park in the front lot located off of Executive Drive and enter through our main doors. Let the Guest Services team member at the front know you are on-site for a swim evaluation and they will direct you to the pool to meet the JBST Coaching Staff.
4. Requirements for Evaluation: At least 5 years old and can complete a 25 Freestyle, 25 Backstroke, and 25 Breaststroke.

Step 2 - LFJCC Family Membership:

1. Review the LFJCC membership benefits, categories and monthly rate including access to the outdoor options at the Qualcomm Sports, Fitness, and Aquatics Complex.

Your family is required to sign up as a Family I, or Family II for the benefits to apply to your children. If your child is age 13 or older, they may sign up individually as a Teen/ Young Adult.

2. Complete the membership form at <https://www.lfjcc.org/membership/>

MEMBERSHIP RATES			
MEMBERSHIP TYPE	DESCRIPTION	MONTHLY	REGISTRATION
Teen/Young	Ages 13-30	\$51	\$70
Adult* Individual	Ages 31-64	\$88	\$130
Couple	Two adults same household	\$159	\$130
Family I* **	One adult and children under 22	\$99	\$130
Family II* **	Two adults and children under 22	\$171	\$130
Senior	Ages 65+	\$51	\$70
Senior Couple	Ages 65+	\$97	\$130
Corporate	Contact Mary Cotner 858.362.1178 for more details		

*Individuals ages 13-14 must complete a certification in order to use the Fitness Center.

**Family I or Family II membership type is required if the benefits apply to children (i.e. Nierman Preschool, Camp Jaycee, JBarracudas, JCompany).

Student, public servant, military, and Jewish communal professional discounts available with ID.

Memberships are billed monthly until notification of cancellation is received. Members wishing to terminate must submit a 30-day written notice before the 1st of the month, return all membership cards, and complete an exit survey. Memberships may be paused for a maximum of three months per year.

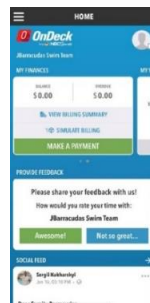
Membership pauses require a 30-day notice. Membership rates include an added security fee.

Step 3 - JBarracudas Team Registration:

1. Complete the JBarracudas Team registration \$10.
2. If you registered with the JBarracudas swim team, you only need to pay the registration fee for JBarracudas. The registration fee from JCC will be waived in this case
3. You will receive an email with registration links from our team.
4. During this phase of the registration process, please make sure that you select the correct group in which your swimmer has been placed in following their evaluation.

Step 4 – Team Unify Account Registration:

Once you have completed the team evaluation, you will get the link from our team, to create your Team Unify account and place your child in their assigned group (After you have finished your registration, please provide all your personal information on your profile). This way you will receive all team communication and important updates! We highly recommend installing the OnDeck app on your phone. It will help manage all sign-ups for swim meets quickly and conveniently.



Step 5 - USA Swimming Registration:

Regardless of the competitive level and group placement, all swimmers **MUST** be a member of the national organization called USA Swimming. Please complete the registration process by using our team specific link. You get registration link with our Welcome Letter. Price \$85

How do I register someone who is brand new to USA Swimming?

-Log into your parent account at hub.usaswimming.org. Navigate to your club's Online Member Registration link. If you have not received your club's registration link, please reach out to your club directly. At the top of the registration page, you'll see a section for Renewals.

-Scroll down past the Renewals section until you get to the Create New Memberships section. The box on the right is for new members. Click "Add a New Member."

-On the next page, you will be asked who the membership is for. If you are registering your child, click the top box. If you are registering yourself, click the bottom box. You will now proceed through the registration forms.

-On the first form labeled About Member, make sure you are filling in the information for the person who the membership is for. If you are registering your child, this will be their info. If you are registering yourself, this will be your info.

-On the Contact form, be sure to fill in the information of the member's main contact. If you are registering your child, fill in your own information and select Parent (or other applicable title) in the 'Relationship to Member' dropdown box.

-The Membership form is where you will select which membership(s) you are going to purchase for the person who is being registered. If you are unsure which membership(s) you need, please reach out to your club.

-Complete the Ethnicity and Gender forms by selecting the ethnicity and competition category for the person who is being registered.

-Click the red "No" toggle buttons to change them to "Yes" for each of the legal acknowledgements. Enter your signature.

-You will now see a Member Summary with all of the information you have entered. Please review the information to make sure it is correct. To register a second member, click the blue "Add Another Member" button. To complete the registration for just the single member you've entered information for, click "Check Out." You will be taken to your Shopping Cart. Review the items, and click "Check Out" in the bottom right corner. Enter your payment information and click "Pay" to complete your registration purchase.

TIPS FOR RENEWING AND REGISTERING FOR 2024

- Expired seasonal memberships are not showing in OMR unless the person uses the Add a New Member option in the lower right.

-Parents are not required to register. The add a new member button will ask them to register a child or themselves. They do not need to worry if they show in "the grid." This is mostly an issue right now for new parents that aren't going to the Add a New Member button. They are hitting Add Family Member, not having an ID, then getting a little lost. They click around the screen and think they just need to register. Almost all issues are quickly resolved with the link above, so they know where to go. If we can get that out to clubs, I think it will help.

-If someone is changing from an athlete to a non-athlete role, and they don't yet have a 2024 membership, they will use the Add a New Member option. For example, a 2023 Athlete cannot renew, or Add New Role (using that button) to a non-athlete. They need the Add a New Member option to create that membership. A 2024 Athlete can use the Add New Role because they have the existing 2024.

PRACTICE INFORMATION

NOVICE - Practice: Mon to Fri 3:30 PM to 4:15 PM. Necessary Equipment: Goggles, Fins, Swimsuit, Towel, Sneakers, and Water Bottle. This group is for swimmers who are looking to commit 2 practice per week. Price: \$120/month.

PRE-COMPETITIVE (WHITE, BLUE, RED)- Practice: Mon to Fri 4:00 PM to 4:45 PM.

Necessary Equipment: Goggles, Fins, Swimsuit, Towel, Sneakers, and Water Bottle. This group is for swimmers who are looking to commit to 2 or 3 practice per week. Price: \$120/month.

JUNIOR BARRACUDAS (WHITE, BLUE, RED)- Practice: Mon to Fri 4:30 PM to 5:30PM.

Necessary Equipment: Goggles, Fins, Swim Paddles, Swimsuit, Towel, Sneakers, and Water Bottle. This group is for swimmers who are looking to commit to 3 or 4 practice per week. Price: \$140/month.

BARRACUDAS WHITE - Practice: Mon to Thurs 4:45 PM to 6:30 PM, Fri 4:30 PM to 5:45 PM, Tues and Thurs Morning Practice 6:00 AM to 7:00 AM. Necessary Equipment: Goggles, Fins, Swim Paddles, Snorkel, Swimsuit, Towel, Dry land equipment, and Water Bottle. This group is for swimmers who are looking to commit to 4 or 5 practice per week. Price: \$160/month

BARRACUDAS BLUE - Practice: Mon to Thurs 4:45 PM to 6:30 PM, Fri 4:30 PM to 5:45 PM, Tue and Thurs Morning Practice 6:00 AM to 7:00 AM. Necessary Equipment: Goggles, Fins, Swim Paddles, Snorkel, Swimsuit, Towel, Dry land equipment, and Water Bottle. This group is for swimmers who are looking to commit to 5 to 6 practice per week. Price: \$160/month

BARRACUDAS RED - Practice: Mon to Thurs 4:45 PM to 6:30 PM, Fri 4:30 PM to 5:45 PM, Tue and Thurs Morning Practice 6:00 AM to 7:00 AM. Necessary Equipment: Goggles, Short Fins, Swim Paddles, Snorkel, Swimsuit, Towel, Dry land equipment, and Water Bottle. This group is for swimmers who are looking to commit to 6 practice per week + Dryland Price: \$160/month

BARRACUDAS SENIORS - Practice: Mon to Thurs 4:45 PM to 6:30 PM, Fri 4:30 PM to 5:45 PM, Tue and Thurs Morning Practice 6:00 AM to 7:00 AM. Necessary Equipment: Goggles, Short Fins, Swim Paddles, Snorkel, Swimsuit, Towel, Dry land equipment, and Water Bottle. This group is for swimmers who are looking to commit to 7 practice per week + Dryland. Price: \$160/month

Note: If your swimmer changes groups, a new price and schedule will be applied.

GROUP TIME STANDARDS

NOVICE		
GIRLS	25 YARD FREESTYLE	BOYS
	25 YARD BACKSTROKE	
	25 YARD BREASTROKE	
	25 YARD BUTTERFLY	

*Notes: Goals of Comfortable swimming 100s of Freestyle and IM, and 50 of breast and fly, bk, successful introduction to the swimming team environment, moving into Pre Comp.

PRE - COMP					
WHITE		BLUE		RED	
DISTANCE	TIME	DISTANCE	TIME	DISTANCE	TIME
50 FREE	55.29	50 FREE	50.67	50 FREE	47.13
100 IM	2:23:15	100 IM	2:16.87	100 IM	2:10:51
3 SWIM MEET IN SEASON		3 SWIM MEET IN SEASON		3 SWIM MEET IN SEASON	

*Notes: Goals of this group include becoming proficient in turns, open turns, dives, and finishes. We are working to build endurance and refine stroke technique within this group in order to progress to Junior Barracudas. Swimmers should have to start to understand USA Swimming technical rules for each stroke and start to compete.

JUNIORS BARRACUDAS					
GIRLS					
WHITE		BLUE		RED	
DISTANCE	TIME	DISTANCE	TIME	DISTANCE	TIME
50 FREE	45.67	50 FREE	41.33	50 FREE	37.51
100 FREE	1:29.41	100 FREE	1:26.74	100 FREE	1:23.19
100 IM	1:49:23	100 IM	1:41:10	100 IM	1:38:00
3 SWIM MEET IN SEASON		3 SWIM MEET IN SEASON		3 SWIM MEET IN SEASON	
BOYS					
DISTANCE	TIME	DISTANCE	TIME	DISTANCE	TIME
50 FREE	45.67	50 FREE	41.33	50 FREE	37.51
100 FREE	1:29.41	100 FREE	1:26.74	100 FREE	1:23.19
100 IM	1:49:23	100 IM	1:41:10	100 IM	1:38:00
3 SWIM MEET IN SEASON		3 SWIM MEET IN SEASON		3 SWIM MEET IN SEASON	

*Notes: Goals of this group is to gain a better understanding of USA Swimming technical rules for each stroke while continuing to build endurance and improve swimmers' technique. Swimmers should be looking to attain 'B' and 'BB' time standards to progress to Barracudas.

White – To attend White Group swimmer must demonstrate all four strokes development. Striving for B/C Meets and A/BB Meets.

Blue – To attend Blue Group swimmer must demonstrate stroke efficacy to further improve and develop all four competitive strokes. Also emphasizes proper starts, turns and finishes. Striving for B/C and A/BB meets. Must be able to complete 500 Freestyle nonstop.

Red – To attend Red Group swimmer must demonstrate stroke efficacy to further improve and develop all four competitive strokes. Also emphasizes proper starts, turns and finishes. Striving for B/C and A/BB meets. Must be able to complete 1000 Freestyle nonstop.

BARRACUDAS GROUPS						
GIRLS						
WHITE			BLUE		RED	
DISTANCE	12&U	13&O	12&U	13&O	12&U	13&O
50 FREE	35.51	34.47	32.51	31.79	29.59	28.39
100 FREE	1:18.65	1:15.11	1:10.59	1:08.89	1:05.59	1:03.39
200 IM	3:15.49	3:13.59	2:49.79	2:46.79	2:39.99	2:31.69
PRIMARY	B min	B min	BB min	BB min	BB min	BB min
4 SWIM MEET IN THE SEASON + LONG COURSE REQUIRED						
BOYS						
WHITE			BLUE		RED	
DISTANCE	12&U	13&O	12&U	13&O	12&U	13&O
50 FREE	35.34	34.59	32.51	30.29	29.59	28.39
100 FREE	1:18.79	1:15.11	1:10.59	1:07.89	1:05.59	1:02.39
200 IM	3:15.49	3:13.19	2:49.79	2:43.99	2:39.99	2:31.69
PRIMARY	B min	B min	BB min	BB min	BB min	BB min
4 SWIM MEET IN THE SEASON + LONG COURSE REQUIRED						

White Group – To attend White Group swimmer must demonstrate development of all four strokes. Striving for Age Group Championships, WAG meet and Far Westerns. Must be able to complete 6*100 on 2 min interval, turns and push offs with proper streamline.

Blue Group – To attend Blue Group swimmer must demonstrate stroke efficacy to further improve and develop all four competitive strokes. Emphasizes proper starts, turns and finishes. Striving for Age Group Championships, WAG meet and Far Westerns. Must be able to complete 6 *100 on 1:40 min interval. Minimum 2-3 underwater kicks from each wall.

Red Group - Top Age Group, must demonstrate advanced technical skills for all strokes, IM oriented, display's strong leadership skills, goal oriented, coachable. Minimum 3-4 underwater Dolphin Kicks at each wall. Striving for Far Western, Zone, Futures Meet. Must be able to complete 6*100 on 1:25 min interval.

BARRACUDAS SENIORS		
GIRLS	DISTANCE	BOYS
27.5	50 FREE	26.5
59.99	100 FREE	57.99
2.25.89	200 IM	2.15.99
5.39.99	500 FREE	5.22.99
BB min	PRIMARY	BB min
4 SWIM MEET IN THE SEASON + LONG COURSE REQUIRED		

*Notes, to attend senior group swimmer should be minimum 14 years old (Freshman in High School). This group is striving for Sectional, National, Olympic Trials, AA cuts, CIF and CIF State Qualifiers. Most demonstrate advanced technical skills in all four strokes, 6-7 underwater dolphin kicks at each wall, body alignment and flow, displays work ethics during challenging sets, practices consistently, positive attitude, encouraging teammates.

Swimmer must attend all practices every day as well as dry-land and strength training sessions.

Swimmer should be able swim consistently at 1:10' and faster intervals for boys and at 1:15' and faster intervals for girls.

These swimmers contribute to the greater team through support of our age-group program, mentoring younger teammates at team building events and clinics throughout the season.

NOTE:

To be considered for a group switch, the swimmer should meet all time standards, demonstrate proficiency in all technique requirements, maintain the designated interval set, and receive coach approval based on mental, age, and behavioral readiness.

*Time standards might be changed based on JBarracudas team progression and USA Swimming Time Standard changes.

ATHLETE EXPECTATIONS

- Be respectful to coaches, lifeguards, teammates, and competitors.
- Remember that the team's best interest comes first.
- Be a good team member, always cheer for your teammates, support your teammates, and help if you can for whom you can help.
- Come to as many practices as possible with a positive attitude ready to do your best.
- Swimmer must have a water bottle every practice.
- Clean up the deck after practice. Equipment should be returned to its proper place and in order.
- Swimmers should attend practice with proper swim wear, goggles, swim cap, and a towel.
- Be open to help your coaches and to volunteer at swim meets.
- Be coachable and willing to listen to and implement feedback.
- Trust the coaches to make the best decision when deciding who swims in which events/relays. If you are the anchor in the relay, there is a reason why.
- Always have a goal in mind for what you want to accomplish during practice, meet, and the season.
- If you are participating in a long-distance event, please ensure you arrange for a counter. The team provides counters, and it is the athlete's responsibility to organize their presence at the swim meet.
- Both your coaches and your teammates expect you to give a full effort every day. If you do anything half-heartedly you are wasting your time and ours. Your team is working hard for you please return the favor!
- Kindness: No poking, prodding, touching, hitting, splashing, name calling, etc.
- Showing up 15 minutes early is on time; this ensures you can change and stretch before warm-up.

CHAIN OF COMMAND

If you have any questions, comments or concerns, please address your issues in the following order.

Contact your coach first!

-If issue is not addressed in the manner in which you had hoped, please contact our **Head Coach Sergii Kukharskyi** – sergiik@lfjcc.org or our **Senior Coach Liddy Liao** - lidial@lfjcc.org

-If issue is not addressed in the manner in which you had hoped, or if questions go unanswered, please contact our **Senior Director of Security & Safety - Sports, Fitness & Aquatics Spencer Lynch** - spencerl@lfjcc.org

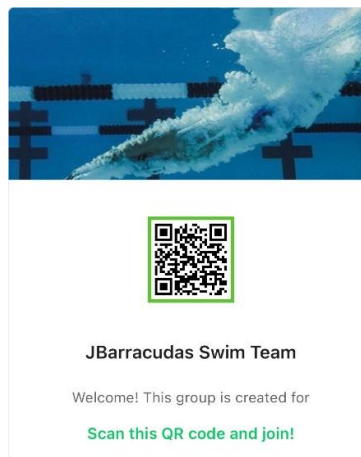
COMMUNICATION

Coaches / Parents Communicational tools.

BAND App (iOS, Android & desktop computer) All parents are highly encouraged to install this app. Invitation for JBarracudas families will be sent via e-mail to each parent. When registering please indicate your name and your swimmer name. Picture would be preferable as well.

Follow us on Instagram - [@jbarracudas_swim_team](https://www.instagram.com/jbarracudas_swim_team)

Check our team web site - <https://www.gomotionapp.com/team/lfjccst/page/home>



TEAM AND FACILITY RULES

- Swimmers are required to bring their membership cards to every practice.
- Swimmers are prohibited from using the back door at the pool area that leads to the playground. To access the playground, they must walk around.
- Swimmers under the age of 13 are not permitted to use the hot tub, even with a parent. This is NOT allowed, no exceptions.
- During dryland practice, swimmers must wear proper athletic shoes and attire. The following items are not allowed: jeans, flip flops, slippers, or parkas.
- If a swimmer is participating in the swim meet, parents are expected to volunteer. It's only a one – shift commitment and entails a straightforward task.
- Follow facility rules and guidance while using locker rooms, shower, etc.
- JCC Memberships and Barracudas fee are billed monthly until notification of cancelation is received. JCC Members wishing to terminate must submit a 30- day written notice before 1st of the month. JCC Memberships may be paused for a maximum of three months per year. Membership pauses require a 30-day notice. Barracudas fee can't be paused only canceled.

SWIM MEETS

It is important to understand these time standards as they are used to qualify for different meets and especially are useful if your swimmer is considering on attending a Championship Meet towards the end of the season. When looking at the times in the chart, your swimmer will need to have a time that is equal to or faster than the time listed in order to have that qualifying time. For example, if my swimmer was an 11-year old boy, he would need to have a time of 32.59 or faster in the 50 Freestyle in order to have the 'B' time standard. However, as soon as he achieves a 30.29 or faster, he would have a 'BB' time standard. Therefore, in order to obtain a certain time standard, you would need to have the minimum time listed or a faster time for that specific event. In regards to the swim meets, you may notice certain meets being listed as a B/C meet or A/BB meet. The first letter indicates the fastest time that you may have in order to compete at the meet while the second letter indicates the minimum time or slowest time that your swimmer needs in order to qualify. These are strictly the boundaries for the meet. Also we have invitational Championship Meets with their own qualification times. When information about swim meets are posted there will always be posted time requirements for this meet.

HOW TO PREPARE FOR SWIM MEETS

To be ready for swim meet you might consider getting:

- All team members **MUST** come for meet warm-up on time and be with the team.
- A few folding chairs.
- Warm clothes for winter meets (Extra pants, hoodies, towels, Swim Parka, socks).
- Healthy snack and water/ Electrolyte water.
- Swimmer should be registered before the meet has started, registration tables open before warmups begin and are usually located on the deck.
- We highly recommend installing the **Meet Mobile app**, where you can track every swim meet, see your swimmer's heat and lane before the event, and view your athlete's results, placement, and splits after.

TYPE OF SWIM MEETS

NTS (No Time Standard) and B/C TIMES MEETS - These swim meets are open to everyone with no time requirements. They typically last two to three days.

BB/A TIMES MEETS -These meets are exclusively for swimmers who have achieved BB or A times. Typically, they last two to three days.

AGE GROUP CHAMPIONSHIP - Junior Olympics (in the past) - these meets occur twice a year. The first is typically around March for short courses, and the second is usually held in July or August for long courses. It spans three days and has specific time standards; swimmers must qualify. Additionally, this meet includes finals, with the top 16 swimmers qualifying for the night session.

WAG (Winter Age Championship) - The next level up is a three-day meet held once a year in December. It features higher time standards, and like the previous meet, it includes finals. The top 16 swimmers qualify for the night session.

ALL STARS MEET - This meet against the Arizona team typically occurs once a year, the first weekend in January. The location alternates between Arizona and San Diego every other year. It is an invitational event, and swimmers are required to apply by the end of December. The selection process involves choosing the top 8 swimmers from each age group.

FAR WESTERNS - Invitational 3-day meet with higher level of swim standards. Athletes from across the United States, Mexico and Canada travel to the San Francisco bay area to compete in the prestigious Spring short-course and Summer long-course age group championship meets.

ZONE SWIM MEET - This is the highest meet that age group swimmers can qualify for. Qualification to the zone championships requires swimmers to achieve ‘AAA’ time standards. Athletes in Age group III and Senior group will typically have goals of swimming at this meet. Swimmers who qualify here travel with the rest of the athletes from the district to compete together as the Alaska All Star team. Each district fills their roster with all their qualifiers and then competes against the other districts. This is a very fun and prestigious meet for age group swimmers. Senior Zones have similar qualifying standards but are open to all age athletes 19 years and younger.

SPEEDO SECTIONAL CHAMPIONSHIP MEET - Sectional Championship meets are the first tier of National level meets with this one being regional level. This meet has one-time standard per event and is not broken down by age, so regardless of their age swimmers can qualify for this meet if they meet the time standard. This meet is held twice a year, in the summer it is held in long course and in the spring it is held as short course. Qualifying for this meet and higher meets takes considerable dedication and diligent work. Athletes who qualify for this meet will typically qualify for Finals at the high school state championship meet.

FUTURES - The Futures Championships is held at three locations throughout the country all held on the same weekend. Each site is assigned to a specific portion of the country and only USA Swimming members may compete. This meet is designed to be a bridging gap for swimmers who are close to their Junior National time but are faster than their Sectional time. To qualify, swimmers must have swum their qualifying time in a certified pool. Time standards for this meet are specific to this series.

JUNIOR NATIONALS – Junior Nationals are held once each season. This is the National championship meet for athletes 18 and younger. Once again these qualifying standards are not broken down by age but rather there is one standard per event and athletes regardless of age can qualify for this meet. Summer long course time standards are faster than winter short course time standards. This is a very prestigious meet for all that qualify and attend. Clubs from the entire nation compete at this meet over the course of a week’s time. Qualifying for this meet takes considerable dedication and focus consistently over the course of many

seasons of training. Qualifying for this meet requires the time to swim in a certified USA Swimming pool.

OLYMPIC TRIALS - This is the top meet held in the United States. Athletes compete here to qualify for the USA Swimming Olympic Team. Olympic trials are held once every four years to fill the Olympic roster. Qualifying times for this meet are the fastest qualifying standards in the country. Athletes compete here with their club against the rest of the country. Swimmers who qualify to compete here have fully dedicated years of hard work in the pool and outside of it.

*you can find attached files with time standards for A/B/BB times, Age Championship, Fa Western, Zone

PARENT VOLUNTEERS

Parents, it is important to realize that without your help, our swim meets and team events will not work. We need you! Parent volunteers are essential for our JBarracudas Swim team. **If your child is participating in a swim meet, parents MUST take at least one volunteer shift per day when their child competes.** Before each swim meet, our staff will attach a Volunteer sign-up sheet on our team Website. Below are the types of volunteers that are needed for most swim meets:

LANE TIMER - Typically this position requires the most volunteers, and is the simplest position. Each line at the swim meet requires 2 timers per lane to ensure accounting of time. Timers use stopwatches and automatic buttons to record times for the swimmers participating in the meet.

THE HEAD TIMER - is responsible for organizing and briefing the Lane Timers on their duties before the meet. They are in charge of the Lane Timers throughout the event. The Head Timer is tasked with starting two stopwatches at each event and ensuring they are passed to another timer in the event one of them fails to start on time. Needed only if our team is hosting meets.

RUNNER - Collection of lineup sheets and “run” it to the area where lineup should be posted. Once results are printed, you are required to “run” them to the area where result sheets are posted. Needed only if our team is hosting meets.

ANNOUNCER - Announces first, second and final calls for each event. Works closely with the starter to keep the meet running smoothly. The announcer will need to anticipate flow based on the number of swimmers, the stroke, the number of lengths to be swam, and the age of the swimmers. Needed only if our team is hosting meets.

AWARDS - Places labels on ribbons/medals; sorts and files ribbons into the team file folder. Needed only if our team is hosting meets.

CHECKING IN SWIMMERS - 1-2 hours' duty at the beginning of the meet. Register swimmers for the meet. Needed only if our team is hosting meets.

DECK MARSHALL - Location: on deck, bathrooms and hallway; Duties include: Monitoring the pool area during warm ups for safety, clearing lanes for sprint warm ups and monitoring the bathrooms for improper conduct. You will basically “police” the pool deck (only allowing authorized personnel on the deck), the bathrooms and the hallway to ensure safety of the swimmers. Needed only if our team is hosting meets.

HOSPITALITY - Duties include: stocking the Hospitality Room (located down on the deck to the left of the office) with food and drink for the coaches and officials and walking around the deck with refreshments for the working officials, coaches' computer and timing system crews and timers. Needed only if our team is hosting meets.

OFFICIALS - YOU MUST BE AMS CERTIFIED TO HOLD THIS POSITION. If you are interested in learning how to become an official, please talk to our head of officials Terry Barker, tbarker58@yahoo.com. Officials getting reimbursed for all certification and registrations fee, also they.

As coaches we ask that you adhere to one simple policy: Let the coaches do the coaching, at all swim meets. Your role as a parent is best filled by being an encouragement to your athlete. Please leave criticism and race feedback to the coaches. We will ask that each swimmer come and talk to us before and immediately after each race for feedback. Any additional or differing feedback from parents can confuse your athlete about how they should swim, or what they need to be working on.

HOW TO AVOID DQs DURING SWIM MEET

Most swimmers get disqualified at some point in their swimming career.

To help swimmers understand why they may be disqualified, here is a list of the most common reasons for disqualifications:

DIVE FROM BLOCK:

After the starter has said "take your marks" swimmers must remain absolutely still on the block or in the water, until the starting signal has sounded.

If any swimmer starts before the starting signal has been given or is moving when the starting signal is given it shall be a false start and the swimmer will be disqualified.

There is no second chance or verbal warning from the starter. You will be disqualified on the first false start.

DURING THE RACE:

A swimmer may not walk during a race. Swimmer may, only in a Freestyle race or a Freestyle leg of a Medley race, stand for the purpose of resting. In all events a swimmer when turning must make physical contact with the wall, not the floor. Swimmers must not pull on the lane ropes – touching the rope is ok if unintentional. After completing the race swimmers must remain in the water in their own lane until authorized by the Referee. If time pads are being used, swimmers must not climb out over them, but progress under the lane rope(s) and exit at the side of the pool. Swimmers must ensure they do not impede any swimmer in a race (as may occur in a relay) as this will be a disqualification.

BUTTERFLY:

Both arms must be brought forward together and brought backward simultaneously throughout the race. There should be air between the arms and the water surface throughout the race. All up and down movements of the legs and feet must be simultaneous.

At each turn and at the finish of the race, you must touch with both hands at the same time. Swimmers can be completely submerged for a distance up to 15 meters after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

BACKSTROKE

Feet or toes must not curl over the gutter at the start.

The swimmer must surface at or before 15m at the start of the race and at every turn. By the 15m point the swimmer's head must have broken the surface. After this point some part of the body must break the surface throughout the race until the next turn or finish.

The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from the horizontal. The position of the head is not relevant.

Gliding, kicking or pulling into a turn is not permitted EXCEPT a continuous single or continuous simultaneous double arm pull may be used to initiate the turn. When executing a turn there must be a touch of the wall with some part of the swimmer's body (ideally both feet to push off from the wall).

Swimmers must have returned to their backs upon leaving the wall. Do not get into habit of pushing off on your side.

Upon the finish of the race the swimmer must touch the wall while still on the back. The body may be submerged at the touch.

BREASTROKE

After the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

A single downward dolphin kick is permitted followed by one breaststroke leg kick while totally underwater. At each turn and at the finish of the race, the touch should be made with both hands simultaneously. You must touch with both hands.

All arm and leg movements must be simultaneous and on the same horizontal plane.

The hands shall be pushed forward together from the breast, on, under or over the water.

The elbows must be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish.

The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

The feet must be turned outwards during the propulsive part of the kick.

No alternating, scissor or butterfly kicking is permitted.

Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

FREESTYLE

Freestyle means that the swimmer may swim any style, but generally it is front crawl. However, in Individual Medley or Medley Relay events, Freestyle means any style other than Backstroke, Breaststroke or Butterfly.

Swimmers must touch the wall at every turn with some part of the body (ideally with both feet) and with one hand at the finish of the race.

The swimmer must surface at or before 15m at the start and every turn.

Swimmers will be disqualified if they take or step/walk on the bottom of the pool, although they can stop and stand still if necessary.

INDIVIDUAL MEDLEY

Order of swimming – butterfly, backstroke, breaststroke, freestyle.

Make sure you use the correct finish for each stroke i.e., fly – 2 handed touch, backstroke – on the back, breaststroke – 2 handed touch.

Do not turn onto the front when performing a backstroke to breaststroke turn, must touch on back and then rotate over onto front.

RELAY

The rules of each stroke as set out above still apply.

The incoming swimmer must touch the wall before the outgoing swimmer's feet have left the block. There may be movement on the block, but the feet must not leave before the touch.

Medley Relay must be in the correct stroke order – Backstroke, Breaststroke, Butterfly, Freestyle.



SWIMMER'S CODE OF CONDUCT

By signing the bottom of this form, I _____ agree to follow this Swimmer's Code of Conduct while participating on the JBarracudas Swim Team.

- I will work hard in practice to improve my skills and times in all strokes.
- I will be a team swimmer and get along with my teammates.
- I will learn and display teamwork and sportsmanship.
- I will be ready to listen and swim when I arrive at my practices and meets.
- I will learn the rules and work hard to swim by them.
- I will respect my coach, my teammates, my opponents, my parents and spectators.
- I will pay attention and listen to my coach.
- I will not strike, push, threaten to strike, or otherwise physically or verbally intimidate a teammate, opponent, or spectator before, during or after a meet or practice.
- I will not use rough tactics during the course of a meet or practice.
- I will not engage in an abusive, verbal attack upon any official or individual in or out the pool.
- I will not use trash talk, profane, obscene or vulgar language, under any circumstances, in or out of the pool.
- I will not engage in unsportsmanlike conduct such as throwing equipment or any other forceful action at any time.
- I will follow the rules of the JBST Anti-Bullying Policy.
- I will only use electronic media (texting, Facebook, Twitter, TikTok) for positive communication.
- I will always accept and abide by the decision of an official or my coach.
- I will not use tobacco products, consume alcoholic beverages and/or drugs, except for the appropriate use of over-the-counter or prescribed medications.
- I will abide by the rules of the JBST and LFJCC and respect all LFJCC property at all times.
- I will treat other swimmers, coaches, officials and spectators with respect regardless of race, sex, religion, creed or ability.
- I commit to following all team expectations and rules as described in this handbook.

And most important, I will swim for fun!



PARENTS' CODE OF CONDUCT

By signing the bottom of this form, I (we) _____ agree to follow this Parents' Code of Conduct while my (our) child(ren) is participating with the JBarracudas Swim Team.

- My child(ren) is involved in organized sports for his or her enjoyment. I will not force my child(ren) to participate in swimming but support his or her decision to swim and help to make it fun.
- I will place the emotional and physical well-being of my child(ren) ahead of my personal desire to win.
- I will not embarrass my child(ren) by yelling at swimmers, coaches, or officials. All children will benefit by my example of showing a positive attitude toward swimming and all of its participants.
- I will emphasize skill development and practice sessions and how they benefit my athlete.
- I will do my best to know and study the rules of swimming and support the officials in and out of the pool. Criticism only hurts the sport and well-being of all the swimmers.
- I acknowledge the significance of volunteers and volunteer officials in the development of my child and the sport. I am committed to participating as a volunteer every time my child swims at a swim meet.
- I will respect and support the decisions of the coaches and officials.
- I will not make negative remarks or gestures to any swimmers, coaches, officials or spectators.
- I will bring my issues or concerns to the Coaches attention quickly and not gossip or let problems fester.
- I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches and officials at every meet.
- I will remember that swimming is for the child(ren) and not the parents. Swimming is for FUN!
- I will ensure that my child(ren) treats other swimmers, coaches, officials and spectators with respect regardless of race, sex, religion, creed or ability.
- I will bring my child(ren) to the meets and practices regularly and on time.
- I commit to following all team expectations and rules as described in this Handbook.



SAN DIEGO-IMPERIAL SWIMMING



2024 Age Group Championship Time Standards (updated 1/22/24)

GIRLS			BOYS		
LCM	SCY	10 & UNDER	SCY	LCM	
39.89	35.19	50 FREE	34.49	39.49	
1:31.19	1:19.99	100 FREE	1:18.79	1:30.19	
3:20.99	3:01.19	200 FREE	2:55.99	3:12.09	
48.89	42.39	50 BACK	42.79	49.19	
1:45.99	1:33.69	100 BACK	1:32.29	1:43.09	
53.99	47.49	50 BREAST	48.09	53.29	
1:59.79	1:44.99	100 BREAST	1:44.09	1:55.99	
47.09	42.29	50 FLY	41.99	45.99	
1:52.99	1:40.59	100 FLY	1:40.09	1:50.79	
	1:31.69	100 IM	1:30.39		
3:43.19	3:19.59	200 IM	3:21.19	3:40.79	

LCM	SCY	11 & 12	SCY	LCM	
35.69	31.29	50 FREE	30.79	34.69	
1:18.09	1:08.29	100 FREE	1:08.89	1:15.49	
2:49.19	2:28.99	200 FREE	2:31.49	2:44.89	
5:56.49	6:38.19	400M/500Y FREE	6:39.49	5:48.69	
40.79	35.39	50 BACK	36.49	40.39	
1:30.99	1:18.09	100 BACK	1:18.69	1:27.99	
3:09.89	2:43.99	200 BACK	2:39.69	3:05.19	
45.49	39.99	50 BREAST	40.99	45.19	
1:40.89	1:27.19	100 BREAST	1:29.49	1:38.39	
3:35.99	3:06.59	200 BREAST	3:00.19	3:28.69	
38.29	34.39	50 FLY	35.69	38.59	
1:28.49	1:19.09	100 FLY	1:19.09	1:26.29	
3:10.19	2:47.19	200 FLY	2:40.79	3:06.19	
	1:18.09	100 IM	1:17.99		
3:11.39	2:47.29	200 IM	2:47.99	3:08.49	
6:48.29	5:56.79	400 IM	5:46.39	6:39.19	

LCM	SCY	13 & 14	SCY	LCM	
31.79	27.89	50 FREE	26.19	29.49	
1:08.99	1:00.49	100 FREE	57.79	1:04.49	
2:29.39	2:18.39	200 FREE	2:06.59	2:20.59	
5:14.39	6:01.59	400M/500Y FREE	5:37.39	4:59.19	
10:47.99	12:23.19	800M/1000Y FREE	11:34.79	10:24.99	
20:39.79	20:34.29	1500M/1650Y FREE	20:03.99	20:07.69	
1:17.29	1:09.39	100 BACK	1:05.49	1:15.09	
2:47.99	2:35.39	200 BACK	2:28.99	2:43.99	
1:27.59	1:21.09	100 BREAST	1:16.99	1:25.79	
3:11.39	2:56.79	200 BREAST	2:44.59	3:07.19	
1:14.39	1:08.49	100 FLY	1:07.19	1:12.49	
2:55.49	2:42.49	200 FLY	2:30.99	2:49.19	
2:47.79	2:33.49	200 IM	2:26.39	2:37.69	
5:56.19	5:29.69	400 IM	5:11.99	5:48.99	

LCM	SCY	15 - 18	SCY	LCM	
31.19	27.19	50 FREE	24.39	27.89	
1:07.89	58.99	100 FREE	53.49	1:01.89	
2:26.19	2:08.09	200 FREE	1:56.99	2:14.89	
5:07.29	5:43.39	400M/500Y FREE	5:17.69	4:46.09	
10:35.39	11:50.79	800M/1000Y FREE	11:02.59	10:00.09	
20:20.49	19:47.29	1500M/1650Y FREE	18:30.39	19:04.99	
1:15.19	1:05.69	100 BACK	59.99	1:10.09	
2:45.09	2:22.19	200 BACK	2:12.59	2:32.59	
1:26.29	1:14.89	100 BREAST	1:08.99	1:18.99	
3:07.79	2:42.99	200 BREAST	2:31.09	2:53.99	
1:12.19	1:03.99	100 FLY	57.89	1:04.69	
2:50.49	2:25.99	200 FLY	2:20.29	2:40.09	
2:44.49	2:22.99	200 IM	2:10.09	2:28.89	
5:47.29	5:07.99	400 IM	4:45.09	5:16.59	

SAN DIEGO IMPERIAL WAG MEET TIME STANDARD

GIRLS		Session 1		BOYS	
LCM	SCY	Event	Format	SCY	LCM
1:31.30	1:20.40	13 – 14 100 Y Breast	Prelim	1:17.50	1:28.10
1:31.90	1:21.00	15 – 18 100 Y Breast	Prelim	1:11.40	1:21.50
2:26.80	2:09.40	13 – 14 200 Y Free	Prelim	2:05.50	2:22.60
2:24.00	2:06.70	15 – 18 200 Y Free	Prelim	1:55.00	2:11.00
1:15.60	1:06.80	13 – 14 100 Y Fly	Prelim	1:06.20	1:14.90
1:16.20	1:07.40	15 – 18 100 Y Fly	Prelim	1:01.30	1:09.50
2:47.60	2:28.10	13 – 14 200 Y IM	Prelim	2:23.90	2:43.00
2:45.60	2:26.20	15 – 18 200 Y IM	Prelim	2:11.30	2:29.40
10:48.00	12:06.00	13 & Over 1000 Y Free	TF	11:33.00	10:19.00

GIRLS		Session 2		BOYS	
LCM	SCY	Event	Format	SCY	LCM
3:04.40	2:44.00	12 & Under 200 Y Back	TF	2:51.40	3:12.70
51.4	45.6	10 & Under 50 Y Breast	Prelim	46.8	52.7
46.0	40.5	11 - 12 50 Y Breast	Prelim	41.0	46.5
1:24.40	1:14.70	10 & Under 100 Y Free	Prelim	1:14.70	1:24.60
1:12.40	1:03.80	11 - 12 100 Y Free	Prelim	1:04.00	1:12.60
43.3	38.4	10 & Under 50 Fly	Prelim	40.8	45.7
37.2	32.9	11 - 12 50 Y Fly	Prelim	33.8	38.2
3:30.20	3:06.50	10 & Under 200 Y IM	Prelim	3:10.00	3:31.20
2:58.80	2:38.20	11 - 12 200 Y IM	Prelim	2:42.90	3:04.00
--		10 & U200 Y Medley Relay	TF	--	
--		11 - 12 200 Y Medley Relay	TF	--	

GIRLS		Session 4		BOYS	
LCM	SCY	Event	Format	SCY	LCM
5:59.40	5:18.00	13 – 14 400 Y IM	Prelim	5:16.90	5:58.20
6:03.80	5:22.00	15 – 18 400 Y IM	Prelim	5:01.20	5:40.70
31.9	28	13 – 14 50 Y Free	Prelim	26.9	30.5
30.9	27.1	15 – 18 50 Y Free	Prelim	24.8	28.4
3:17.10	2:54.00	13 – 14 200 Y Breast	Prelim	2:49.30	3:11.90
3:23.20	2:59.80	15 – 18 200 Y Breast	Prelim	2:41.20	3:02.90
1:18.10	1:09.30	13 – 14 100 Y Back	Prelim	1:08.70	1:17.50
1:14.70	1:06.20	15 – 18 100 Y Back	Prelim	1:02.60	1:10.80
5:10.30	5:47.70	13 – 14 500 Y Free	Prelim	5:45.20	5:08.10
5:08.00	5:45.10	15 – 18 500 Y Free	Prelim	5:11.60	4:38.10

GIRLS		Session 5		BOYS	
LCM	SCY	Event	Format	SCY	LCM
3:05.00	2:44.10	12 & Under 200 Y Fly	TF	2:47.40	3:07.20
1:52.20	1:40.00	10 & Under 100 Y Breast	Prelim	1:42.00	1:54.20
1:35.50	1:24.20	11 - 12 100 Y Breast	Prelim	1:28.60	1:40.10
45.6	40.5	10 & Under 50 Y Back	Prelim	40.7	45.8
39.1	34.7	11 - 12 50 Y Back	Prelim	35	39.5
3:02.70	2:42.00	10 & Under 200 Y Free	Prelim	2:48.60	3:02.40
2:38.80	2:20.20	11 - 12 200 Y Free	Prelim	2:19.50	2:38.10
	1:26.40	10 & Under 100 Y IM	Prelim	1:27.90	
6:21.90	5:38.30	11 – 12 400 Y IM	TF	5:44.90	6:29.20
--		10 & U 400 Y Free Relay	TF	--	
--		11 - 12 400 Y Free Relay	TF	--	

GIRLS		Session 7		BOYS	
LCM	SCY	Event	Format	SCY	LCM
3:00.00	2:39.60	13 – 14 200 Y Fly	Prelim	2:31.00	2:50.00
2:56.00	2:35.60	15 - 18 200 Y Fly	Prelim	2:21.80	2:39.80
1:07.10	59	13 – 14 100 Y Free	Prelim	57	1:04.90
1:06.00	58	15 - 18 100 Y Free	Prelim	53	1:00.50
2:51.20	2:29.80	13 – 14 200 Y Back	Prelim	2:33.20	2:52.90
2:48.70	2:35.60	15 - 18 200 Y Back	Prelim	2:20.60	2:38.90
20:24.80	20:00.00	13 & Over 1650 Y Free	TF	19:00.00	19:32.80

GIRLS		Session 8		BOYS	
LCM	SCY	Event	Format	SCY	LCM
3:29.40	3:05.00	12 & Under 200 Y Breast	TF	3:06.70	3:31.20
1:39.60	1:28.60	10 & Under 100 Y Back	Prelim	1:30.80	1:41.70
1:24.10	1:14.70	11 - 12 100 Y Back	Prelim	1:17.70	1:27.50
38.4	33.9	10 & Under 50 Y Free	Prelim	34.1	38.1
33.4	29.4	11 - 12 50 Y Free	Prelim	29.8	33.9
1:40.50	1:29.30	10 & Under 100 Y Fly	Prelim	1:38.60	1:50.90
1:24.80	1:15.10	11 - 12 100 Y Fly	Prelim	1:17.10	1:27.00
5:32.50	6:12.50	11 – 12 500 Y Free	TF	6:22.50	5:41.40
--		10 & U 200 Y Free Relay	TF	--	
--		11 – 12 200 Y Free Relay	TF	--	

2024 Spring Far Western Time Standards (scv - lcm - scm)

Updated 8/25/23

Girls			
10 & Under			
Event	SCV	LCM	SCM
50 FR	30.59	34.79	33.99
100 FR	1:08.09	1:17.59	1:15.99
200 FR	2:29.49	2:52.79	2:48.59
400/500 FR	6:25.69	5:44.59	5:38.19
800/1000 FR			
1500/1650 FR			
50 BK	35.49	40.49	38.99
100 BK	1:17.09	1:26.79	1:25.59
200 BK			
50 BR	40.29	45.89	44.39
100 BR	1:28.99	1:41.19	1:39.19
200 BR			
50 FL	33.99	38.49	37.79
100 FL	1:20.49	1:30.29	1:28.89
200 FL			
100 IM	1:17.09		1:23.89
200 IM	2:47.99	3:09.69	3:06.49
400 IM			
11 - 12			
Event	SCV	LCM	SCM
50 FR	26.79	30.99	29.79
100 FR	59.09	1:08.59	1:06.99
200 FR	2:08.49	2:27.59	2:24.39
400/500 FR	5:41.89	5:05.79	4:59.39
800/1000 FR	11:42.69	10:38.89	10:26.09
1500/1650 FR	20:14.59	20:38.89	20:14.89
50 BK	31.09	35.49	34.39
100 BK	1:07.49	1:17.09	1:15.29
200 BK	2:26.79	2:46.19	2:39.19
50 BR	34.99	39.49	38.49
100 BR	1:15.89	1:27.39	1:24.19
200 BR	2:45.89	3:08.99	3:03.29
50 FL	29.49	33.69	32.79
100 FL	1:05.89	1:16.09	1:13.19
200 FL	2:28.09	2:49.59	2:43.49
100 IM	1:07.59		1:14.89
200 IM	2:25.09	2:48.79	2:43.29
400 IM	5:10.29	5:56.69	5:50.29
13 - 14			
Event	SCV	LCM	SCM
50 FR	25.49	29.59	28.79
100 FR	55.39	1:03.09	1:01.49
200 FR	2:00.19	2:18.09	2:14.19
400/500 FR	5:23.09	4:51.39	4:39.89
800/1000 FR	11:11.19	10:01.69	9:48.89
1500/1650 FR	18:43.59	19:06.09	18:42.09
50 BK	1:01.79	1:11.69	1:10.29
100 BK	2:14.29	2:32.79	2:30.39
200 BK			
50 BR	1:11.39	1:22.69	1:20.59
100 BR	2:35.39	3:00.49	2:56.49
200 BR			
50 FL	1:09.69	1:20.89	1:18.89
100 FL	2:31.59	2:56.69	2:52.69
200 FL			
100 IM	1:00.49	1:09.29	1:07.89
200 IM	2:15.79	2:32.19	2:29.39
400 IM	2:13.69	2:32.89	2:29.99
500 IM	4:45.49	5:29.99	5:18.59
15 - 16			
Event	SCV	LCM	SCM
50 FR	25.19	29.19	28.39
100 FR	54.99	1:02.69	1:01.09
200 FR	1:59.09	2:16.99	2:13.09
400/500 FR	5:18.79	4:44.59	4:38.19
800/1000 FR	10:59.89	9:55.59	9:42.79
1500/1650 FR	18:37.89	19:01.69	18:37.69
50 BK	1:00.89	1:10.79	1:09.59
100 BK	2:11.59	2:30.49	2:28.09
200 BK			
50 BR	1:09.69	1:20.89	1:18.89
100 BR	2:31.59	2:56.69	2:52.69
200 BR			
50 FL	1:00.49	1:09.29	1:07.89
100 FL	2:15.79	2:32.19	2:29.39
200 FL			
100 IM	2:13.69	2:32.89	2:29.99
200 IM	4:45.49	5:29.99	5:18.59
17 - 18			
Event	SCV	LCM	SCM
50 FR	22.79	26.29	25.49
100 FR	50.09	57.19	55.59
200 FR	1:48.89	2:05.69	2:02.49
400/500 FR	4:55.99	4:26.99	4:20.59
800/1000 FR	10:17.39	9:22.09	9:09.29
1500/1650 FR	17:09.19	17:35.79	17:11.79
50 BK	55.19	1:04.59	1:03.39
100 BK	2:00.59	2:20.59	2:18.19
200 BK			
50 BR	54.99	1:02.49	1:01.09
100 BR	2:03.29	2:19.49	2:16.69
200 BR			
50 FL	54.99	1:02.49	1:01.09
100 FL	2:03.29	2:19.49	2:16.69
200 FL			
100 IM	2:03.09	2:21.29	2:18.09
200 IM	4:25.59	5:09.79	5:03.39
400 IM			

Boys

10 & Under			
Event	SCV	LCM	SCM
50 FR	30.19	34.39	33.59
100 FR	1:07.59	1:17.09	1:15.49
200 FR	2:26.99	2:46.39	2:43.19
400/500 FR	6:26.79	5:45.69	5:39.29
800/1000 FR			
1500/1650 FR			
50 BK	35.79	40.79	39.29
100 BK	1:17.09	1:26.79	1:25.59
200 BK			
50 BR	39.99	45.59	44.09
100 BR	1:26.99	1:39.19	1:37.19
200 BR			
50 FL	33.99	38.49	37.79
100 FL	1:20.49	1:30.29	1:28.89
200 FL			
100 IM	1:16.89		1:23.69
200 IM	2:47.99	3:09.69	3:06.49
400 IM			
11 - 12			
Event	SCV	LCM	SCM
50 FR	26.19	30.39	29.19
100 FR	57.29	1:06.19	1:04.59
200 FR	2:06.69	2:23.89	2:21.09
400/500 FR	5:36.69	5:00.49	4:54.09
800/1000 FR	11:39.09	10:27.69	10:14.89
1500/1650 FR	19:30.69	20:10.89	19:46.89
50 BK	30.59	34.59	33.99
100 BK	1:05.89	1:16.59	1:12.79
200 BK	2:20.79	2:41.19	2:38.79
50 BR	34.29	38.89	37.89
100 BR	1:14.49	1:24.49	1:22.49
200 BR	2:39.89	3:04.59	2:58.59
50 FL	28.89	32.99	32.29
100 FL	1:04.99	1:14.39	1:12.69
200 FL	2:25.09	2:42.29	2:37.99
100 IM	1:06.09		1:13.39
200 IM	2:24.09	2:46.19	2:40.29
400 IM	5:03.39	5:43.19	5:36.79
13 - 14			
Event	SCV	LCM	SCM
50 FR	23.79	27.29	26.49
100 FR	51.69	59.79	58.19
200 FR	1:52.69	2:10.09	2:06.19
400/500 FR	5:04.99	4:37.99	4:31.59
800/1000 FR	10:39.49	9:40.49	9:27.69
1500/1650 FR	17:47.29	18:24.39	18:00.39
50 BK			
100 BK	59.09	1:07.99	1:05.49
200 BK	2:07.29	2:27.09	2:24.69
50 BR	1:05.49	1:14.69	1:11.29
100 BR	2:25.09	2:49.99	2:45.99
200 BR			
50 FL	57.79	1:05.59	1:04.19
100 FL	2:07.99	2:25.89	2:23.09
200 FL			
100 IM	2:07.49	2:26.69	2:23.49
200 IM	4:33.89	5:18.59	5:11.29
15 - 16			
Event	SCV	LCM	SCM
50 FR	22.79	26.29	25.49
100 FR	50.09	57.19	55.59
200 FR	1:48.89	2:05.69	2:02.49
400/500 FR	4:55.99	4:26.99	4:20.59
800/1000 FR	10:17.39	9:22.09	9:09.29
1500/1650 FR	17:09.19	17:35.79	17:11.79
50 BK	55.19	1:04.59	1:03.39
100 BK	2:00.59	2:20.59	2:18.19
200 BK			
50 BR	54.99	1:02.49	1:01.09
100 BR	2:03.29	2:19.49	2:16.69
200 BR			
50 FL	54.99	1:02.49	1:01.09
100 FL	2:03.29	2:19.49	2:16.69
200 FL			
100 IM	2:03.09	2:21.29	2:18.09
200 IM	4:25.59	5:09.79	5:03.39
400 IM			
17 - 18			
Event	SCV	LCM	SCM
50 FR	22.79	26.29	25.49
100 FR	50.09	57.19	55.59
200 FR	1:48.89	2:05.69	2:02.49
400/500 FR	4:55.99	4:26.99	4:20.59
800/1000 FR	10:17.39	9:22.09	9:09.29
1500/1650 FR	17:09.19	17:35.79	17:11.79
50 BK	55.19	1:04.59	1:03.39
100 BK	2:00.59	2:20.59	2:18.19
200 BK			
50 BR	54.99	1:02.49	1:01.09
100 BR	2:03.29	2:19.49	2:16.69
200 BR			
50 FL	54.99	1:02.49	1:01.09
100 FL	2:03.29	2:19.49	2:16.69
200 FL			
100 IM	2:03.09	2:21.29	2:18.09
200 IM	4:25.59	5:09.79	5:03.39
400 IM			