



Cumberland Valley Aquatic Club

TEAM HANDBOOK 2019-2020



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MISSION

Cumberland Valley Aquatic Club (CVAC) is a year-round Competitive Swimming Team designed to meet the needs of all levels of aspiring competitive swimmers in the Cumberland Valley School District. Our mission is to develop the strength, skill, and character of our swimmers so that they will be active, healthy, and well-rounded citizens in our community.

In keeping with that mission, we offer CV Elementary, Middle School, and High School students:

- Quality, well designed Training Programs
- Technical Stroke Development and Competitive Instruction
- Opportunity to compete at the Local, Regional and National level
- A Winter Season from September to March
- A Summer Season from April to August
- A safe, positive, nurturing environment with the best interest of student athletes in mind

HISTORY

- 1972 - Cumberland Valley Aquatic Club was founded after Cumberland Valley School District constructed its first pool on the High School Campus. CV Aquatic Director, Ann Dallam writes a Grant Proposal for the PA Department of Education titled "The School, The Pool, and the Community" and CV Aquatics becomes its pilot program. CV also leads the way in forming a local competitive swimming league which is now known as the Central Pennsylvania Aquatic League. Al Wolcott serves as the CVAC's first coach
- 1975 - Jack Weaver, a new incoming teacher at CV coaches the team for the next 13 years and establishes himself as one of the preeminent instructors and coaches in the area
- 1989- Tom Steele
- 1996- Mickey Termin
- 1999 - Chris Clark and Joe Bott
- 2000 - Cumberland Valley embarks on a major renovation of the High School. CV's Aquatics Program has outgrown it's 6 lane 25-yard pool, so the renovation project includes construction of a new state of the art 40-meter pool. The old 25- yard pool is converted into an Auxiliary Gym.
- 2005 - Chris Clark and Erin Bowers
- 2007 - Jeff Kaminski
- 2008 - Jack Weaver returns to CVAC to guide the team for 3 more years before retiring from teaching
- 2012 - Caleb Courage
- 2016 - Rich Alderman
- 2018 - Gus Schnell

COACHING STAFF

- **James (Gus) Schnell, Head Coach**

A former CVAC Swimmer, Co-Captain of the CV High School Swim Team, CV High School Water Polo Player and Bethany College Record Holder. Began Coaching Competitive Swimming in 1990. Experience coaching swimmers of all ages and abilities from beginner swimmers to Olympic Trials Qualifiers. Served as Coach of the Carlisle YMCA for 10 years and developed many who became successful Collegiate Swimmers. The first Varsity Swimming Coach of Trinity High School, Head Coach of PennAquatic USA Swim Team; Assistant Coach at Hartwick and Dickinson Colleges. Served on staffs of several swim camps in upstate New York. An Educated and Lifetime member of the American Swimming Coaches Association and a Certified USA Swimming Coach. Gus lives in Silver Spring Township with wife Corinne and children Reagan and Austin.

- **Molly Nguyen, Assistant Coach**

Excited to begin Coaching the CVAC Mini Team this Season. Started swimming at the age of 5 at the Chambersburg YMCA. Swam competitively for 13 years for the Chambersburg Chargers and was a 5-time YMCA Short Course National qualifier and 4-time AAA High School District qualifier. While at Penn State working on her Psychology Degree, Molly helped to establish and competed on the Penn State Club Swimming Team. Received her Masters of Education in School Counseling. Pursued her combined love for the sport of swimming and working with children by coaching the Mini Sharks Swim Team for 3 years at the Carlisle YMCA and Carlisle Swim Club prior to moving to Hampden Township in 2018 where she resides with her husband Tommy and daughter Sofie.

- **Joselyne Trice, Assistant Coach**

A CVAC and CVHS Swimming Alumnus. Started in the Cumberland Valley Baby Eagles Program at 4 years old, joined CVAC at 5, and a member of the Cumberland Valley High School Teams from 2009-2011. Has been Coaching with CVAC since 2014. Works primarily with Mini and Red Team swimmers. Loves working with the kids, helping them to grow and reach their potential.

- **Eric Laws, Assistant Coach**

Competitive High School Swimmer and multi-sport athlete originally from Toms River, NJ. Earned Lifeguard and Water Safety Instructor credentials early on at the young age of 12! A fondness for teaching fundamentals, Eric works mostly with developing Red Team swimmers. In addition to coaching swimming Eric is involved with Little League Baseball. He lives in Hampden Township with wife Jill and their children - Nadine and Carson.

- **Teresa Bender, Assistant Coach**

Grew up in Missouri and began competitive swimming at the age of 8 with Longview Aquatics. A 4-time Missouri High School State Qualifier in both Swimming and Cross Country. Went to Mansfield University on a Swimming Scholarship where she was a 4-time PSAC Qualifier and School Record Holder. To date, Teresa remains very active - competing in Distance Triathlons, Running Races (including the Boston Marathon), and is a Masters Swimmer. A member of the CV Coaching Staff since 2017 working primarily with 10-12 year olds. A credentialed USA Swimming Coach. Teresa and husband Nate live in Hampden Township with their 2 daughters Addy and Izzy.

- **Jeff Derr, Assistant Coach**

Former accomplished CVAC, CV High School Swimmer and Water Polo Player. Junior Olympic Finalist, High School Team Captain and State Championship Qualifier. At graduation was as high as #2 on the High School Top Ten Board. Continued Swimming in College at the US Merchant Marine Academy where he was All-Metropolitan Conference, Team Captain and Team MVP. 7 years of Head Coaching Experience at Indian Creek and Mechanicsburg Swim Clubs. Assistant coaching stints with Central Dauphin High School and CVAC since 2015. A USA Certified Coach. Has worked with both the Red and White Teams at CV in the past. Now primarily coaches the White Team. Lives in Hampden Township with wife Candi and kids Tava and Greyden.

- **Nick Francis, Assistant Coach**

A former highly successful CVAC, CVHS and Shippensburg University Swimmer. High School State Qualifier and remains a current Varsity Team Record Holder as a member of the 200 Free Relay. Shippensburg University PSAC Conference Finalist. USA Certified Coach. Nick has worked with every Practice Group at CV since 2015. In addition to coaching, he has continued to compete, earning a USA Eastern Zone Sectional Qualifying time this Summer. Nick is an IT Professional, lives in Hampden Township, and enjoys playing Water Polo in his spare time.

PROGRAM STRUCTURE

School District

CVAC is a School District Program, overseen by the Athletic Department, and is an important part of the CV Community Aquatics Program. The Coaching Staff is employed by the School District and Registration Fee are paid to help maintain facilities. We are very fortunate that CV encourages Competitive Swimming and its role in the School Community.

Team Direction

CVAC is coached by an educated and experienced staff employed by the CV School District. All Training, Instruction, Practice and Meet Deck Supervision, Dual Meet Lineup Decisions and Team Direction is the responsibility of the Coaching Staff.

Support

CVAC Parents support the Team in a volunteer capacity by serving on the CVAC Board, running swim meets, chaperoning swimmers, managing swimmer Registration, billing Team fees, managing Team funds, maintaining the records of the club, organizing Apparel sales, and promoting social events for the swimmers.

Practice Groups

For a competitive swim program to succeed, it must begin with children at an early age, encompass, and challenge all who participate and follow a continuous developmental progression. Swimmers should be exposed to the water as soon as possible in order to learn the feel of movement and the fundamentals of swimming. This water sense can only come through continued and constant exposure to the water. Additionally, the swimming program must be a well-planned and well-organized series of developmental stages organized by the coaches and directed with a clear set of objectives. The CVAC Team is divided into 4 Practice Levels:

- Mini Team
- Red Team
- White Team
- Eagle Training Group

Swimmers will be placed by the coaching staff in the appropriate Group based on their age, overall skills, and endurance level. As swimmers develop and are assessed, they will be advised if they are ready to advance to the next Level.

Stages in Student Athlete Life

As CVAC Swimmers near 9th Grade, they will have the opportunity to join the CV High School Swim Team. High School Team Members are welcome and encouraged to continue with the Team, benefiting from year-round training, USA Meets, additional Technical Coaching, Advice and College Placement Help.

**MINI TEAM
(Level 1)**

Starts: November 4, 2019

Practice Times: Monday, Wednesday and Friday 6:00-7:00 pm

General Ages: 6 and Older

This is the first competitive practice group offered by the CVAC Swim Team. Swimmers on the Mini Team will have the opportunity to practice three (3) times per week for 1 hour, learning how to better their stroke technique in all four competitive strokes, streamlining, basic diving techniques in preparation for racing starts, and to learn the rules governing the competitive strokes. When ready, swimmers will participate in the CPAL competitive Meet Schedule.

Practice Mix:

- 90% Instruction
- 10% Training

Swimmers must:

- Be enrolled in School
- Be able to swim one length of Freestyle or Backstroke
- Have the ability to follow instruction for 1 hour.

**RED TEAM
(Level 2)**

Starts: October 14, 2019

Practice Times: Monday, Wednesday, Thursday and Friday 6:00-7:00 pm

General Ages: 8 and Older

Swimmers in this group have the opportunity to practice four (4) times per week for one hour and may include additional basic stretching. Practice attendance is not required for this group, but it is recommended that swimmers attend at least two out of the four practices each week. Red swimmers will continue to learn proper stroke technique of all four competitive strokes, streamlines, racing starts and turns, how to use the pace clock and the rules for competition. Swimmers will compete in CPAL Meets. USA Swimming Registration is optional.

Practice Mix:

- 50% Instruction
- 50% Training

Red swimmers are expected to be able to:

- Swim a continuous 200 yard freestyle.
- Demonstrate the ability to perform 50 Yards of all four competitive strokes with reasonable proficiency
- Demonstrate the ability to perform 100 yards of 2 of the 4 competitive strokes
- Perform a 100 IM with reasonable proficiency
- Be strong enough to handle 1 hour of training
- Be able to focus for 1 hour of continuous learning

WHITE TEAM (Level 3)

Starts: September 30, 2019

Practice Times: Monday-Friday 7:00-8:45 pm

General Ages: 10 and Older

White is designed for team members age 10 and older who can demonstrate a willingness to train and compete in all strokes and distances. Swimmers in this group have the opportunity to practice five (5) times per week. Practices range from one hour thirty minutes up to two hours and will include dryland activities. Practice attendance is not required, but it is recommended that swimmers attend at least four out of the five practices each week. Swimmers learn advanced stroke technique and race strategy. All White Team Swimmers will be registered with USA Swimming. Swimmers will compete in CPAL and USA Swimming Meets including March Championships.

Practice Mix:

- 20% Instruction
- 80% Training

White swimmers are expected to be able to:

- Swim a continuous 1,000 yard free with flip turns and streamlines.
- Swim a legal 200 IM
- Swim a legal 100 of all four competitive strokes.
- Demonstrate a commitment to improving in the sport and consistent practice attendance habits

EAGLE TRAINING GROUP
(Level 4)

Starts: August 26, 2019

Practice Times: Monday-Friday 6:45-8:45, Saturday 8:00-10:00am

General Ages: 12 and Older

Placement in this group requires well developed time management skills and commitment to a rigorous training schedule. The Eagle training group is for student athletes age 12 and older who possess the ability, commitment, motivation, and dedication to pursue Senior Level Qualifying Times. Swimmers will have up to (6) 2 hour practices per week as well as Dry Land Sessions. Training will focus on Performance at High School Championships and/or the USA Post Season Meets.

Practice Mix:

- 10% Instruction
- 90% Training



PRACTICE EXPECTATIONS

Attendance

Ample time is provided at each level of swimming for skill development and conditioning, as well as for the development of team unity and spirit. The Practice length and frequency for each level of the CVAC Program is designed assuming that each swimmer participates in every practice. The coaches recognize, however, that attendance may be restricted by other activities as well as by studies. Nearly any swimmer's schedule can be accommodated if the swimmer or his parents discuss the situation with the coach in advance. Although practice attendance is not mandatory, we strongly encourage each swimmer to attend as many practices as possible in order to meet their potential.

Practice Guidelines

Always be punctual. Arrive at the pool in time to be in the water at the start of the published practice time with the proper equipment. On rare occasions, swimmers may be late. If you have another activity on a regular basis, be sure to advise the coach of your conflict. Plan to stay for the entire practice session. Some of the swimmer's best efforts occur at the end of practice. If you need to leave early, be sure to tell your coach before the practice session. CVAC would like to have every swimmer succeed at the highest possible level. If you have a conflict that makes the usual practice attendance difficult, discuss it with your coach so that he can make an appropriate arrangement. Changes in practice schedules do happen, especially during the winter months. These changes will be announced on the team website and sent via email.

Behavior

Swimmers are expected to treat each other as teammates with a spirit of respect, enthusiasm, and cooperation. Abusive language, lying, stealing or willful destruction of property will not be tolerated. Swimmers may not leave a practice without the coach's permission. Swimmers are expected to follow School rules for locker room behavior and to treat other team members with respect and consideration.

Practice Sub-Groups

Although the Red and White Teams have designated Practice Times, Swimmers within each of these Practices are divided into Sub-Groups according to their developmental needs. Each of these Sub-Groups may have a slightly different technical and training focus. The Coaching Staff will routinely communicate any Practice Adjustments that may affect scheduling.

EQUIPMENT

- **Practice Suit** – It's highly recommended that swimmers not use their Team/Meet suits for practice. Continued use of your competition suits in practice will wear them out over the course of the season. A good practice suit is durable and doesn't necessarily have to be as tight fitting as a Meet Day suit.
- **Team Suit** – Team Suits are available but not required. Contact the CVAC Apparel Coordinator for more information. If you choose not to purchase a Team Suit, please wear appropriate Team Colors (Black or Red) to Meets.
- **Tech Suits** – are defined as “any suit with bonded seams, Kinetic tape, or meshed seams”. These suits are expensive and may cost as much as \$500 per suit versus traditional fabric suits that cost much less. Because of the cost of these suits, MA Swimming bans the use of Tech Suits for swimmers in the 10&Under Age Group. However, swimmers age 11 and older are not restricted. Purchasing these suits for your swimmer is beneficial but is in no way required. If you do decide to purchase a Tech Suit, understand that they do wear quickly and should only be used for select meets.
- **Practice Caps** – Swim Caps are useful, especially for Girls. However, as they age and are used, they can rip and tear. It's highly recommended that swimmers use Non-Team caps at practice. This will help give your Team Caps more life.
- **Team Cap** - All swimmers must wear a CVAC Cap for Meets (for girls, optional for boys). CVAC caps can be purchased for \$5. Contact the CVAC Apparel Coordinator.
- **Goggles** – A necessity. These should be competitive swim goggles. Avoid bringing backyard pool style masks and larger recreational goggles to practice and meets.
- **Water Bottle** – Hydration is important. Even though swimmers are in the water, they will become dehydrated during workouts if they don't continue to drink water. Swimmers should bring a water bottle with them to every practice.

White Team and Eagle Training Group Required Practice Gear

For ordering contact our vendor <https://personalbestswimshop.com/>

- **Fins** [\$23]- Long Fins. Fits according to shoe size. Swimmers may also want to purchase Fin booties to prevent blisters, but these are not required. Do not purchase Snorkeling or Diving Fins.
- **Pull Buoy** [\$13] https://www.arenawaterinstinct.com/en_global/freeflow-pullbuoy.html
- **Paddles** [\$16] https://www.arenawaterinstinct.com/en_global/elite-hand-paddle.html
For the majority of White Team swimmers, Arena Medium Size are best.
- **Kickboard** [\$12] https://www.arenawaterinstinct.com/en_global/kickboard.html The team will provides Kickboards for swimmers use if they don't have their own.
- **Equipment Bag** [\$16] https://www.arenawaterinstinct.com/en_global/001456-team-mesh-sports-bag.html A mesh equipment bag will help swimmers keep their gear together and allow it to dry between workouts.

THE FACILITY

CVAC practices and hosts competitions in the Cumberland Valley Natatorium located in the High School Building adjacent to the Eagle Lobby. We have an 8 lane, 40 yard pool with a moveable bulkhead. This allows us to utilize 13 Practice Lanes as well as train in either Yards or Meters. The facility is equipped with a Colorado 6 automatic timing system with an 8 lane display, Keifer Wave Eater lane lines, and Aquagrip timing pads. CV Natatorium has hosted League, USA, high school, state championship, and collegiate level meets. Deck seating maximum is 500 swimmers. Spectator gallery maximum is 375.

RULES

When using the Facility, please respect and observe the following rules established by the School District:

Pool

- Swimmers may not be on deck without a coach present
- Follow the coach's instructions at all times
- No food or drink (except water bottles) on deck
- No running on deck
- No diving in the shallow end of the pool
- Feet first entry into the pool, and be aware of other swimmers
- Absolutely No Swimming Under the Bulkhead at any time.
- All injuries should be reported to a coach immediately
- If you feel sick, exit the pool...no need to ask permission.
- If you have a special health consideration (injury, illness, or other conditions), please notify a coach
- When talking with friends, keep voices to an indoor level
- If you are ill, do not return to practice until you are fever-free for 24 hours

Locker Rooms

- Turn off showers after use.
- Pick up all trash and deposit in trash cans.
- Lock up your valuables or bring bag to deck
- Please change and leave the locker room promptly after practice
- No hanging out in the hallways between the locker rooms before or after practice.
- No cell phone usage in locker rooms.

Spectator Area

- No food or drink (except water bottles) in the spectator area.
- Do not prop the doors open in the spectator area for any reason.
- Check the lost and found periodically if your child misplaces anything. Towels and clothing can generally be found in stairwell leading up to pool. Goggles/caps/suits may generally be found in pool office, ask a coach.

COMPETITIVE AFFILIATIONS

CVAC is a member USA Swimming (USA), Middle Atlantic Swimming (MA), the Central Pennsylvania Aquatic League (CPAL) and the Capital Area Swim League (CASL). These affiliations allow us to compete locally, regionally and Nationally.

United States Swimming (USA) is the National Governing Body for the sport of swimming in the United States. We are a 400,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through teams, events and education. Membership is comprised of swimmers from the age group level to the Olympic Team, as well as coaches and volunteers. Members can get involved through our more than 2,800 teams across the nation. USA Swimming is also responsible for selecting and training teams for international competition including the Olympic Games and strives to serve the sport through its core objectives including: Build the base, Promote the sport, Achieve competitive success. It has its headquarters in Colorado Springs at the Olympic Training Center and is organized into 56 regional Local Swimming Committees (LSCs), which all follow the same technical rules but are in most ways autonomous.

Middle Atlantic Swimming (MA) is our LSC. USA Swimming meets are usually large with many teams represented. They often run from Friday-Sunday. Each season ends with a series of Championship meets (by Qualifying Time) which are held in March and August. USA Swimming also divides the Country into 4 Zones: Eastern, Southern, Central, and Western. We compete within the Eastern Zone.

Central Pennsylvania Aquatic League (CPAL) is a Wintertime Club Swim League that includes 12 teams within 50 miles of CV. The meet season begins in December and consist of Dual meets between Teams, a Divisional Championship Meet and League All-Star Championship which is held at the end of February. Swimmers must participate in at least 3 Dual Meets in order to compete in the Divisional Championship. PIAA High School Rules govern these meets.

Capital Area Swim League (CASL) meets are very similar to the CPAL but competes in the Summertime. Meets begin in June and conclude with a series of Championship Meets at the end of July.



MEET SCHEDULE

Date	Meet	Affil	Format	Location
10/26-27/19	UDAC RocktoberFest	USA	Invitational	Upper Dublin HS
11/17/19	Arena AquaFest	CPAL	Invitational	CV
12/6-8/19	NLAC Winter Splash	USA	Invitational	Penn State Univ
12/14/19	Lower Paxton Aquatic	CPAL	Dual	CV
12/21/19	Elizabethtown Aquatic	CPAL	Dual	Elizabethtown Coll
12/28/19	Candy Cane Sprint Challenge	CVAC	Intersquad	CV
01/4/20	Ephrata Tidal Waves	CPAL	Dual	Ephrata Rec Center
01/11/20	Palmyra Aquatic	CPAL	Dual	CV
1/12/20	Snowflake Splash	CPAL	Invitational	CV
1/18-19/20	MA Mid-Winter Classic	USA	Trials/Finals	CV
1/18-19/20	NPAC New Year Meet	USA	Invitational	North Penn HS
02/01/20	Lebanon Valley Otters	CPAL	Dual	CV
2/14-16/20	WSY President's Day	USA	Invitational	CV
02/22/20	CPAL (A) Divisional	CPAL	League Champ	CV
02/23/20	CPAL League All-Star	CPAL	League Champ	Palmyra
02/28-1/20	MA Junior Olympics	USA	Trials/Finals	York Y, Central York HS
03/20-22/20	MA Silver Champs	USA	Trials/Finals	Central York HS
03/28-31/19	MA Sr Champs	USA	Trials/Finals	Franklin & Marshall College
4/1-4/20	Eastern Zone Sectionals	USA	Trials/Finals	Webster, NY

*In order to participate in the CPAL Divisional Championship Meet, swimmers must have participated in at least 3 CPAL dual meets.

*The Top 16 Swimmers from the combined results of both the CPAL A and B Divisional Meets Qualify for CPAL All-Stars.

*MA Winter Classic, Bronze, Silver, JO, Sr Champs, Eastern Zones and USA Nationals all have their own Meet Specific Qualifying Times.

MEET FORMATS

Dual Meet – is a meet held between just 2 teams. Each team is able to use half the number of lanes for scoring. Points are awarded by order of finish and the Team with the most overall points wins the Meet. Each event will have 1 heat of swimmers who score. Although if agreed by both teams, more heats may be swum in each for time.

Invitational – These meets are open to many teams. Swimmers choose events and the meet is seeded by time. There may be several heats of swimmers in each event. The events are seeded by time with the fastest swimmers in the Final Heat.

Prelim/Final – Where all swimmers compete in Preliminary Heats or Trials. After all Prelims are concluded, the top swimmers compete again in a Final to establish the official place. This is the standard format for Post Season Championship Meets.

Qualifier – A meet with specific qualifying times which are established and released in advance.

Age Group – These are meets where each swimmer competes within the following age brackets: 8 and Under, 10 and Under, 12 and Under, 14 and Under, 15 and Over

Senior – These are meets where all swimmers compete against each other in Open Competition regardless of age.

MAJOR POST SEASON CHAMPIONSHIP MEETS

CPAL Divisionals

There are 2 Divisions in the CPAL. At the end of the CPAL Dual Meet season, each Division has a Championship Meet held in February. The meet format is Invitational Style by Age Group and all swims are Final. All team members who swim in at least 3 Dual Meets are eligible to swim at Divisional. CVAC swimmers are able to choose which individual events they want to swim at this meet. In addition they may be selected to swim on a Relay.

CPAL All-Stars

At the conclusion of both CPAL Divisional Meets, all results are merged together and the Top 16 swimmers in each event are invited to CPAL All-Stars. The All-Star meet is traditionally held the day after Divisionals.

MA Silver Championships

This is the Middle Atlantic Post Season Championship Meet for USA Swimmers who fall within the Silver Time Standards. Swimmers must be USA Registered and have swum necessary qualifying times. The meet is held over a full weekend and is an Age Group, Trials/Finals Format.

MA Junior Olympics

This is the Middle Atlantic Post Season Championship Meet for USA Swimmers who have met the JO Time Standards for their Age Group. Swimmers must be USA Registered and have swum necessary qualifying times. The meet is held over a full weekend and is an Age Group, Trials/Finals Format.

MA Senior Champs

This is the Middle Atlantic Post Season Championship Meet for USA Swimmers who have met the Meet Qualifying Standards. The meet is held over a full weekend and is Trials/Finals Format. This meet is not organized by Age Groups. All swimmers compete in Open Events.

Eastern Zone Age Group Championships

USA Swimming has grouped it's LSC into 4 Zones (Eastern, Southern, Central, and Western). Each Zone has an Age Group Championship Meet. In order to qualify swimmers must meet the Posted Qualifying Times. The meet is Trials/Finals Format. Swimmers ages 12 and Younger travel to the meet independently with their Family. Swimmers ages 12 and older Travel with Middle Atlantic Swimming as a group and are chaperoned by MA Assigned Coaches.

USA Eastern Zone Sectionals

This is a Senior Trials/Finals USA Swimming Meet for the Eastern Zone. It's held in the Post Season after High School State Championships. The qualifying standard are difficult and swimmers from the entire Eastern Zone Compete.

USA Phillips 66 Senior Nationals

Aside from Division I NCAA Championships, this is the hardest meet to qualify for in the United States. The Qualifying standards are set to allow for the top 1% to compete. It's a Senior Trials/Finals Format. The meet site changes by Bid from year to year.

TEAM COMMUNICATION

Website

<https://www.teamunify.com/team/macvac/page/home>

The CVAC Website called Team Unify is updated continually with information including up to date meet information. In addition, with a member login, swimmers can find their meet results and times. Each swimmer will need to declare if they are attending each Meet. This is done on the website by using the commit button on each meet listed in Events. Parents will also be required to Sign Up for a Meet job when a swimmer is declared for a meet.

Mailbox

File cart located at the bottom of the Pool Balcony Stairwell. Check your family mailbox regularly for ribbons or other communications.

Email

Coaches - cvaccoaches@gmail.com

Board - cvacmeetdirector@gmail.com

USA Coordinators - cvacusaswim@gmail.com

Apparel Coordinators - cvacapparel@gmail.com

Facebook

<https://www.facebook.com/groups/CVACswim/>

This is a closed Group Page. Team Families can be included. Just send a Facebook request to join the group.

Instagram

<https://www.instagram.com/cvaquaticclub/>

Useful Links

Middle Atlantic - www.maswim.org

Eastern Zone - www.easternzoneswimming.org

USA Swimming - www.usaswimming.org

CPAL - www.swimcpal.org

CASL - www.swimcasl.org

PA Swimming - www.paswimming.com

CVHS Swimming - www.cvswwimdive.com

Swim Outlet - www.swimoutlet.com/eagles/

Useful Mobile Apps

On Deck - Mobile App for our Team Website

Deck Pass - Provides results and info for your USA Swimmer

Meet Mobile - Provides real time meet results

COSTS AND FEES

School District Registration Fee (Winter Season)

These Fees are paid at Registration to the School District. The Rate for the highest-level swimmer in the Family is charged first. All additional swimmers in a Family pay the discounted rate for their practice group. All returning CVAC swimmers should assume the same practice Group as previous season unless directed by the Coaching Staff prior to Registration. New Swimmers will be advised of the appropriate Group after Tryouts in September.

Practice Group	First Practice	First Swimmer	Additional Swimmers
Mini Team	Nov 4	\$200	\$200
Red Team	Oct 14	\$300	\$250
White Team	Sep 30	\$350	\$300
Eagle Training Group	Aug 26	\$400	\$350
*High School	Meets Only	\$100	\$100

**Swimmers that practice with the CV High School Swim and/or Water Polo Team with limited ability to practice from Sep-Nov.*

CVAC Team Fee - \$60 Per Family (per Year)

The Team Fee is used to support Team operations including Year End Banquet Costs, Swimmer Team Gift, Ribbons, Awards, etc. This Fee must be paid to the CVAC Board Treasurer before 11/1/2018.

USA Swimming Registration - \$75 Per Swimmer (per Year)

Required for White and Eagle Swimmers. Red Team swimmer registration is optional.

USA Meet Entry Fees are not included in Fees and are the responsibility of Families. Cost per event swum is generally \$5 and are due when Signing Up for a Meet.

Personal Equipment and Apparel costs are not included in Fees.

White and Eagle Groups are required to have their own training equipment. A full set will cost approximately \$60 per swimmer.

Travel Costs are not included and are the responsibility of Families. Some USA Swimming Meets may require overnight accommodation.

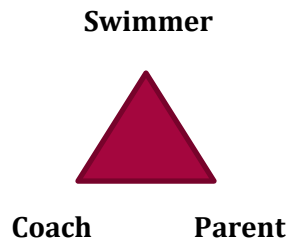
Summer Season School District Registration Fees are separate.

CUMBERLAND VALLEY
CVAC
AQUATIC CLUB



THE SWIMMER, COACH, PARENT RELATIONSHIP

The most fundamental concept in swimming, or in any sport, is the relationship between the coach, parent and athlete. A strong "triangular" relationship produces the best results in the swimmer's development and overall maturity.



The triangle is symbolic of this relationship as the swimmer is at the peak because they are trying to meet their highest chosen potential. Parents and coaches form the base of the triangle because they represent the support needed for the swimmer to reach their highest level. For each swimmer to have a steady experience in swimming, the lines between each point need to be held as true and straight as possible. The triangle collapses when one of the parties fails to fulfill its responsibilities, or when one party attempts, usually with good intentions, to take over the responsibility of the other party.

To have a successful program, there must be complete understanding and cooperation among parents, swimmers and coaches. The progress a swimmer makes depends to a large degree on this triangular relationship. Communications and understanding are the actions that produce success within this triangular relationship-just as in any relationship.

Keeping the Proper Perspective

Parents do a great deal in raising a child, especially through the environment that is created as they grow up. A child is a product of their parent's values, the structure of life they have provided, and the model they have been. Human nature, however, is such that a person may lose some of their ability to remain detached and objective in matters concerning their children. The following guidelines will help parents keep their children's development in the proper perspective.

1. Individuals learn at different rates and respond differently to the various methods of presenting skills (think potty training). Some children obviously take more time to learn than others. These different rates of learning require more patience on the part of the parents and coaches, who must remember that these children's ultimate swimming potential may be as great or greater than the potential of the faster learners / swimmers in their age group.
2. When athletes first try out for the team and later start practicing, it is possible that they may worsen (swim slower) rather than improve. In the case of younger swimmers this is most likely due to the emphasis that is placed on stroke technique. It takes a great deal of the swimmer's attention to master these skills. These new sets of habits, however, are the

basis/building blocks for later and greater improvement. As the swimmer matures, the emphasis of training is on muscular development therefore additional stress is placed on the muscles. The muscles will at first fail to respond adequately to the demand of the additional work, explaining the lack of initial improvement. The muscles will gradually strengthen, and the swimmer's performances will improve. Often older swimmers will only prepare (rest, taper, shave) for two or three meets each year.

3. Plateaus can occur at one time or another in every swimmer's career. Plateaus can occur both in competition and in training. A plateau can happen for several reasons. The more successful athletes are those who are willing to work through this delay in improvement and go on to achieve greater performance and approach their personal potential.

4. All swimmers suffer inconsistencies in performance for a variety of reasons, and there is never a definitive "ONE" reason for a "poor" performance. This can be frustrating for parent, coaches and swimmers alike. Be supportive during these "poor" meets. BE PATIENT. BOTTOM LINE ASSIST THE SWIMMER IN LOVING THE SPORT!

5. Parents must realize that slow development of competitive drive at an early age is normal and perhaps more desirable than precocious or forced early development. It is important that everyone learn to compete and develop some competitive spirit. It is also important for children to learn to adapt to reasonable levels of emotional stress. The small disappointments they must learn to handle as youngsters prepare them for the larger ones that they are certain to experience as adults.

6. The true rewards of sport are gained over time with most coming during the teens and early twenties. For a child to truly benefit from their efforts in swimming, it is necessary to remain involved in the sport during those years. Pressure to perform is one of the primary factors cited by those who have quit the sport at an early age. Most children have the innate desire to please their parents, teachers and coaches and we may inadvertently add to this pressure in our deeds or words in response to those young swimmer's effort. Parent's attitudes and models often dictate those of their children. A child might not be consciously aware of what is taking place while subconsciously absorbing powerful messages about their parents' desires. For example, parent should be enthusiastic about taking their children to practice and meets, participating in fundraising projects and attending meetings. If the parent looks at these as they are a chore so too will the swimmer and that will diminish the fun of swimming.

7. It is the coaches' duty to offer constructive criticism of a swimmer's performance. It is the parent's job to supply love, recognition, and encouragement to help athletes feel good about themselves. It is best for parents to refrain from making stroke corrections or trying to coach their swimmer. When parents interject their opinions about how a swimmer should train or compete, it causes considerable and often insurmountable confusion as to whom they should listen.

8. If parents have any questions about their child's training or team policies, the coach should be contacted. Criticizing the coach in front of the youngster undermines the coach's authority and breaks the swimmer-coach support necessary for maximum success. Parents should behave in such a way as to bring credit to the swimmer, the team, and competitive swimming. Likewise, any disagreement with a meet official should be brought to the attention of the coach and handled by the coach.

9. Parents should be certain that their youngsters swim because they want to swim. People tend to resist anything that they "have to do". Self-motivation is the core stimulus of all successful swimmers. By the same token, deciding to participate in a certain organized sport such as swimming carries with it certain commitments on the part of the athlete. Occasionally, athletes lose sight of these commitments and it then falls to the parent to help them live up/follow through with them. The important thing is a good balance.

10. The roots of the word "competition" can be traced to two Latin words, "com" and "petere", which mean together "they strive." Parents should avoid "playing" their children against their nearest competitors, thereby creating vendettas within the team and swimming community. Close competition provides two great services for the athlete: it brings out the best in the swimmers and shows where improvement is needed.

11. Communication between the coach and the swimmer is very important. A two-way relationship must exist daily at practice and at meets. It is imperative that the coach have the swimmer's full attention at these times. One of the ways that this is accomplished is by encouraging parent not to attend practice or participate in coaching. If the parent is watching practice, there is a possibility that the swimmer's full attention is not on the coach or the exercise being performed. If it is necessary to be at practice, parents should be neutral observers. They should love and support their swimmers, but let the coach do the training and discipline regarding the sport of competitive swimming.

Remember, particularly in the case of younger swimmers, that attitude and behavior of the parents toward the sport has an important effect on the child. In swimming, as in life, nobody can win or succeed all the time; there will always be some disappointments. Youngsters can gain from the experience whether or not they ever win a single race. The important thing is to keep on striving to do better the next time.

The secret is not only to produce great swimmers but, rather, to produce great young people who swim.

Swimmer Guidelines

The swimmer's role is to maximize his or her efforts in the pursuit of peak performance and to be involved productively within the team setting. Swimmers need to determine his/ her personal swimming goals and then work toward those goals.

Athletes have a responsibility to:

- Treat his or her coach with respect at all times, and to use proper communication to address any problems or complaints that they may have.
- Adhere to the coach's rules governing practice sessions, and to focus on the training program.
- Arrive approximately 10-15 minutes prior to practice and meet warm ups in order to be ready at the scheduled workout/warm-up time.
- Take ownership of his or her commitment to swimming at whatever his or her training level may be.
- Support the CVAC Swim Team, fellow swimmers and the coach with encouragement and attendance at swim meets.
- Train and race as hard as he or she is able.
- Exhibit courtesy, respect and consideration for teammates and coaches
- Exhibit self-control and discipline
- Demonstrate a positive attitude
- Show respect for the authority of his/her family and the team they represent
- Put forth an honest effort toward defined goals
- Attend the designated number of practices as determined by the coaching staff
- Listen to instructions attentively and follow all rules
- To arrive to practice on time and do all the required stretching and dry land exercises for their practice groups with appropriate workout apparel
- Participate in drills, relays and all aspects of swim related exercise.
- Exhibit good sportsmanship
- Treat the pool, building, and all equipment with care and respect
- Demonstrate diligence in working toward defined personal and team goals
- Ask questions of their coach when they are not sure of what is expected of them.

Athletes have a right to:

- Be treated with respect and to be free from verbal or physical abuse from another swimmer or coach
- Expect that all practices, both in and out of the water, will be conducted in a safe manner so that the swimmer will not be exposed to injury or unnecessary risk.
- Be encouraged to improve, be congratulated on a good performance, and be critiqued in a constructive manner when improvement in an area is needed.
- Expect practice to be challenging and that, overall, competitive swimming will be rewarding.
- Expect that his or her coach, after being made aware of a limiting physical condition, will not ask the swimmer to perform or train in a manner that the coach knows will be harmful to the swimmer.
- Set his or her own swimming goals with the coach, and to change these goals as situations change.
- Know that his or her coach cares about them as a person as well as a swimmer.

Parent Guidelines

The role of parents is an extension of the parental role in the home. The primary role of the parent is to supply love, recognition and the encouragement necessary to help your young athlete(s) feel good about themselves. One of the most important things a parent can do is to provide strong emotional support for the swimmer. Swimmers' efforts should be encouraged and complimented as much as possible. Parents should provide the necessities of uniforms, caps, goggles, towels, etc., Parents should also invest their time to ensure a quality existence for the program. It is not the parent's role to coach their child. If your child is receiving criticism from both you and the coach, there is no one there to give them the encouragement and support which is vital in the development of a young athlete. The swimmers should feel safe and supported in their relationship with parents. Parents need to work with the coach to develop this strong, triangular relationship between the coach, parent and athlete. If there is confusion in this relationship and parents try to grapple with the issues themselves without guidance from a coach, some parents can jeopardize a good parent child relationship. Parents should establish a dialogue with their child's coach so that they can build this relationship.

Parents have a responsibility to:

- Support your child's efforts and achievements in a positive and loving way at all times.
- Be enthusiastic about your child's involvement in the CVAC Swim Team.
- Help their swimmer to understand and carry out their responsibilities
- Check emails regularly for updates from the coach, especially for Monday newsletter
- Ensure proper rest and nutrition.
- Keep all fees up to date.
- Take all concerns or questions about your child's progress, program or performance directly to the child's coach.
- Avoid behaving in a manner which brings discredit to the child, coach, other parent or swimmer.
- Avoid disrupting practices or meets by interfering with an athlete or interrupting a coach on the pool deck.
- Participate in all team activities including CVAC home meets.
- Volunteer time CVAC (home swim meets, join a committee, become an official)
- Participate in all fundraising activities.
- Educate themselves about the sport of swimming – read magazines, books, attend coaches and goal meetings, and USA Swimming websites, etc.
- Be supportive of the coaching staff. The swimmer-coach relationship needs to be supported by the parents. When problems arise, discuss them with the swimmer's primary coach. If that does not resolve the situation, take the problem to the head coach. Parents should not discuss their complaints about the coaching staff or swim program with the swimmer or other members of the swim team.

Coaches communicate with their swimmers on a daily basis. However, swimmers are young and may not relay valuable information onto the parents. Please ask your swimmer if their coach told them anything important each day. Similarly, parents are encouraged to have their children communicate important information with their coach but should follow up with an email to the coach to ensure they got the information. This will help with communication

getting to parents, swimmers and coaches. Coaches will also communicate with parents through weekly emails (Sunday newsletter) and the team website.

What about a problem with the coach?

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach.

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 2 to 30 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.
3. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

Coach Guidelines:

The primary role of the Coach is to develop a training program that will help each swimmer to reach their stated goals. It is the Coach's responsibility to educate the swimmer and to provide constructive criticism of their performance. Coaches are teachers. Their role is to teach fundamental techniques and racing strategies. They offer feedback and judgment on performances. Coaches encourage risk-taking needed for higher levels of competition. They are responsible for the philosophical administration of the club and the details of practice and meet administration. Coaches have responsibilities for team and swimming matters such as meet schedules, event choices, relay selections, attendance policies, training schedules, team management and discipline.

Coaches have a responsibility to:

- Develop a training program that allows the team, and each swimmer, to achieve their goals.
- Provide stroke instruction to guide each swimmer's technical improvement.
- Determine practice groupings based on the swimmer's age, ability, performances, work ethic and attitude.

- When it is in the best interest of the swimmer the coaches will advance the swimmer in a more challenging training group.
- Select the meets and events that the swimmer should enter.
- Select participants for any relay teams.
- Be responsible for any last-minute instruction, when appropriate; prior to a swimmer's swim in a meet, and to be responsible for all post-performance critique.
- Conduct and supervise warm-ups for swimmers at all meets.
- Establish rules and regulation for the team
- Communicate changes in the practice and meet schedule

The Triangular Relationship in Brief

CVAC's Mission is to develop all levels of swimmers and instill values and life-skills that foster success in all aspects of life. Each person in the CVAC program has the swimmers and the team in mind. We all have the same basic goals for the swimmers. We want them to stay in our unique sport and we want them to develop and mature not only as swimmers but as people. Often goals and missions can be overlooked as they are not immediate and tangible but with solid relationships and communication the swimmers can reach for their dreams.

PARENT PARTICIPATION

Parent involvement is a crucial element of our success as a team. Apart from our coaches, CVAC is volunteer dependent program. Your involvement within the club has many benefits, including but not limited to: meeting other swim parents, learning the ins and outs of the sport of swimming, and enhancing your swimmers experience by showing your support. There are many ways to become involved, some of those are meet related activities and others are non-meet team activities.

Board, Representative and Coordinator Roles

- **Board President** – Leadership of the Parent Board. Works as liaison between the Head Coach and the Parent Body. Organizes Committees
- **Board Vice President** – Assists the President with all duties.
- **Board Secretary** – Records Meeting Minutes and handles Communication with the Team
- **Board Treasurer** – Maintains the Club Finances
- **League Representative** – Represents CVAC at Local League Meetings
- **USA Coordinator** – Assists the Team with Swimmer Registration, Questions and Meet Entries
- **Team Apparel Coordinator** – Assist the Team with organizing T-Shirts, Sweats, Team Suits by working with Vendors, organizing Team Bulk Orders and Distributing Purchases.
- **Volunteer Coordinator** – Makes sure that Meet Volunteers Positions are filled, and jobs are understood.
- **Concession Coordinator** – Oversees Meet Concession Operations, works with Volunteers, Organizes Concession Closet in the Eagle Lobby,
- **Banquet Committee** – A team of parents at the end of each winter season that will work with the parent board to plan the end of season banquet for our swimmers, coaches, and families.

Meet Management Jobs

Meets cannot be held without participation from Parents. It takes approximately 70 volunteers to successfully run a Home Swim Meet. CVAC hosts 2-3 Dual Meets each season and usually hosts at least 1 Post Season Championship Meet. When the Team is Away, some meet jobs are not necessary but CVAC still needs to provide the Host Team with about 33 Volunteers to fulfill jobs. When a swimmer is declared for a Meet, at least 1 family member will be required to Sign Up for a Meet job. Most jobs do not require any technical knowledge. Some however, require some training – which will be offered by the Parent Board.

Jobs that do not require any advanced training, include:

- **Bullpen** - Experience helpful. Help keep the younger swimmers organized so they do not miss events
- **Runner** - Deck Deliver for Officials
- **Awards/Ribbons** – Work at awards table. Places labels on awards and distributes to eligible swimmers.
- **Backup Timer** - Runs an extra watch in case a lane timer misses the start, as a backup
- **Concession Coordinator** - receive concession donations night before and morning of meet, concession set up night before/morning of meet, check in with concession throughout meet and help as needed
- **Concessions** - Work in concessions
- **Finish Judge** - Some experience preferred. Records the order of the finish for each heat
- **Floater** - Fills in where needed at the meet. Requires flexibility. Check in with team representative.
- **Head Timer** - Supervises the timers. Provides timer backup with two stop watches.
- **Timer** - No experience required
- **Meet Clean Up/Tear Down** - Work with the coaches to roll up lanes, remove touchpads and make sure the deck is clean
- **Volunteer Check-in**

The following jobs require some training, but this can be done “on the job” with some advanced notice of the desire to learn:

- **Announcer** - Works with meet manager, head referee, announces names
- **Colorado Timing System Operator** - Runs the Colorado system for the meet
- **Meet Manager/Computer** - Running the computer for the meet

The following jobs require formal training and certification, which we can make available. Please see a coach or board member if you would like to learn more:

- **Meet Official** - Training and experience required
- **Referee** - Must have attended training.
- **Starter** - Must have attended training.
- **Stroke and Turn Judges** - Must have attended annual training session

CHILD PROTECTION CLEARANCES

CVAC is required by law to follow the newly enacted Act 153 regarding volunteer background check requirements. Please follow the instructions below to obtain the necessary clearances which you will need to submit to CVAC. If you have recently obtained your clearances in the past five years, please forward what you have.

Child Abuse History Certification (Act 151)

There is no cost for this clearance

- Click on this link to get started: <https://www.compass.state.pa.us/CWIS>
- Click “Create Individual Account” enter all information. Once you submit your information, you will receive two emails (one with your Keystone ID/user name, the other with your temporary password).
- Sign back on to the website above. Click on “Individual Login” using the temporary password provided. You will be prompted to set a permanent password. It will then prompt you to sign on to your account using your permanent password. You need to keep this user name and password to retrieve your results later! You should receive an email (could take up to 14 days) with instructions on how to retrieve your results.

The PA State Police Request for Criminal Record Check (Act 34)

There is no cost for this clearance

- Click on this link to get started: <https://epatch.state.pa.us>
- Click on “New Record Check” (Volunteers Only)
- On the Personal Information Review page, if everything is correct, click “Proceed”
- On Record Check Request form, enter your personal information, click “Enter This Request”
- At this point, it appears that the information you just entered disappears, however, scroll down the page and you will see “View Queued Record Check Request’s (1)”, under that, click on “Finished”
- On the Record Check Request Review page, click “Submit”
- Once the system has run your check, you need to click on the “Control Number”
- On the Record Check Details page, click “Certification Form”
- You now have your certificate to print to a PDF or print a hard copy

FBI Federal Criminal Background Check w/Fingerprint (Act 114)

There is a \$27 fee with this clearance

- Complete this clearance if you **HAVE** lived outside the state of PA in the past 10 years.
- Click on this link to get started: <https://www.pa.cogentid.com>
- Click on the “Pennsylvania Department of Education”
- Under Registration Information, click “Register Online”
- When asked: Reason Fingerprinted, choose “School Districts”
- Print a copy of your receipt and take along with you to an FBI Fingerprint Location
- (a link is provided on their site for available locations)
- You will receive your results via 1st class mail.

Or

FBI Disclosure Statement

There is no cost for this clearance

- Complete this form if you **HAVE NOT** lived outside the state of PA in the past 10 years.
- Click on this link to get started:
- http://keepkidssafe.pa.gov/cs/groups/webcontent/documents/document/c_160267.pdf
- Print and sign with witness



2019-2020

PARENT BOARD

Myla Groh, President
cvacmeetdirector@gmail.com

Susan Pesavento, Vice President
cvacmeetdirector@gmail.com

Brad Cramer, Treasurer
cvacmeetdirector@gmail.com

Kandi Buckman, Secretary
cvacmeetdirector@gmail.com

LEADERSHIP POSITIONS

Jason Sandhaus, League Representative
jsensandhaus@comcast.net

Thais Boland, USA Coordinator
cvacusaswim@gmail.com

Amy Dennison, USA Coordinator
cvacusaswim@gmail.com

Aimee Hancock, Apparel Coordinator
cvacapparel@gmail.com

Minh Nguyen, Apparel Coordinator
cvacapparel@gmail.com

2017-2020 National Age Group Motivational Times

9/30/2016

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
10 & Under Girls						10 & Under Boys						
38.89*	35.19*	31.39*	30.19*	28.89*	27.69*	50 Y Free	27.39*	28.59*	29.79*	30.99*	34.49*	38.09*
1:29.59*	1:19.99*	1:10.49*	1:07.29*	1:04.19*	1:00.99*	100 Y Free	1:00.59*	1:03.69*	1:06.69*	1:09.69*	1:18.79*	1:27.79*
3:19.19*	2:57.39*	2:35.59*	2:28.29*	2:20.99*	2:13.69*	200 Y Free	2:10.69*	2:16.89*	2:23.09*	2:29.39*	2:47.99*	3:06.69*
8:26.09*	7:35.49*	6:44.89*	6:27.99*	6:11.09*	5:54.29*	500 Y Free	5:47.69*	6:04.19*	6:20.79*	6:37.39*	7:26.99*	8:16.69*
46.99*	41.89*	36.69*	34.99*	33.29*	31.59*	50 Y Back	31.79*	33.59*	35.29*	37.09*	42.39*	47.69*
1:41.99*	1:30.69*	1:19.29*	1:15.59*	1:11.79*	1:07.99*	100 Y Back	1:08.69*	1:12.19*	1:15.69*	1:19.19*	1:29.69*	1:40.19*
53.29*	47.49*	41.79*	39.89*	37.99*	35.99*	50 Y Breast	35.49*	37.29*	39.19*	40.99*	46.59*	52.09*
1:58.09*	1:44.99*	1:31.89*	1:27.49*	1:23.09*	1:18.79*	100 Y Breast	1:18.39*	1:22.39*	1:26.29*	1:30.19*	1:41.89*	1:53.59*
47.39*	41.79*	36.19*	34.39*	32.49*	30.59*	50 Y Fly	30.29*	31.99*	33.69*	35.39*	40.49*	45.69*
1:53.99*	1:39.09*	1:24.09*	1:19.19*	1:14.19*	1:09.19*	100 Y Fly	1:09.09*	1:13.89*	1:18.69*	1:23.49*	1:37.99*	1:52.39*
1:42.59*	1:31.69*	1:20.79*	1:17.09*	1:13.49*	1:09.79*	100 Y IM	1:09.59*	1:12.89*	1:16.19*	1:19.49*	1:29.39*	1:39.39*
3:38.49*	3:15.59*	2:52.69*	2:45.09*	2:37.39*	2:29.79*	200 Y IM	2:28.69*	2:36.19*	2:43.59*	2:50.99*	3:13.19*	3:35.49*
11-12 Girls						11-12 Boys						
33.79*	31.49*	29.09*	27.89*	26.79*	25.59*	50 Y Free	24.49*	25.59*	26.79*	27.89*	30.29*	32.59*
1:13.59*	1:08.29*	1:03.09*	1:00.49*	97.79*	95.19*	100 Y Free	93.29*	95.79*	98.29*	1:00.89*	1:05.89*	1:10.99*
2:41.19*	2:29.69*	2:18.19*	2:12.39*	2:06.69*	2:00.89*	200 Y Free	1:56.79*	2:02.39*	2:07.89*	2:13.49*	2:24.59*	2:35.69*
7:09.09*	6:38.39*	6:07.79*	5:52.49*	5:37.09*	5:21.79*	500 Y Free	5:12.99*	5:27.89*	5:42.79*	5:57.69*	6:27.49*	6:57.29*
14:48.09*	13:44.69*	12:41.19*	12:09.49*	11:37.79*	11:06.09*	1000 Y Free	10:54.39*	11:25.59*	11:56.79*	12:27.89*	13:30.19*	14:32.59*
24:53.99*	23:07.29*	21:20.59*	20:27.19*	19:33.89*	18:40.49*	1650 Y Free	18:16.39*	19:08.59*	20:00.79*	20:52.99*	22:37.49*	24:21.89*
38.29*	35.59*	32.89*	31.49*	30.09*	28.79*	50 Y Back	27.99*	29.39*	30.89*	32.29*	35.29*	38.19*
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2:56.59*	2:43.99*	2:31.39*	2:25.09*	2:18.79*	2:12.49*	200 Y Back	2:09.49*	2:15.69*	2:21.79*	2:27.99*	2:40.29*	2:52.69*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 Y Breast	31.09*	32.79*	34.49*	36.19*	39.59*	42.89*
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3:23.09*	3:08.59*	2:54.09*	2:46.89*	2:39.59*	2:32.39*	200 Y Breast	2:26.19*	2:33.19*	2:40.09*	2:47.09*	3:00.99*	3:14.89*
36.69*	34.09*	31.49*	30.19*	28.89*	27.59*	50 Y Fly	26.79*	28.19*	29.69*	31.19*	34.19*	37.09*
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3:00.89*	2:47.89*	2:34.99*	2:28.59*	2:22.09*	2:15.69*	200 Y Fly	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
1:24.39*	1:18.39*	1:12.29*	1:09.29*	1:06.29*	1:03.29*	100 Y IM	1:00.29*	1:03.29*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.69*	2:47.79*	2:34.89*	2:28.49*	2:21.99*	2:15.59*	200 Y IM	2:10.89*	2:17.49*	2:24.19*	2:30.89*	2:44.19*	2:57.59*
6:24.19*	5:56.79*	5:29.29*	5:15.59*	5:01.89*	4:48.19*	400 Y IM	4:39.79*	4:53.19*	5:06.49*	5:19.79*	5:46.39*	6:13.09*
13-14 Girls						13-14 Boys						
32.69*	30.29*	27.99*	26.79*	25.69*	24.49*	50 Y Free	22.49*	23.59*	24.69*	25.69*	27.89*	29.99*
1:10.79*	1:05.79*	1:00.69*	98.19*	95.69*	93.09*	100 Y Free	91.19*	93.59*	95.89*	98.29*	1:03.89*	1:09.59*
2:33.19*	2:22.19*	2:11.29*	2:05.79*	2:00.39*	1:54.89*	200 Y Free	1:47.29*	1:52.39*	1:57.49*	2:02.59*	2:12.79*	2:22.99*
6:49.39*	6:20.09*	5:50.89*	5:36.29*	5:21.69*	5:06.99*	500 Y Free	4:49.99*	5:03.79*	5:17.59*	5:31.39*	5:58.99*	6:26.59*
14:01.99*	13:01.79*	12:01.69*	11:31.59*	11:01.59*	10:31.49*	1000 Y Free	10:00.89*	10:29.49*	10:58.09*	11:26.69*	12:23.89*	13:21.19*
23:23.49*	21:43.19*	20:02.99*	19:12.89*	18:22.79*	17:32.59*	1650 Y Free	16:44.19*	17:31.99*	18:19.79*	19:07.59*	20:43.19*	22:18.89*
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.59*	97.89*	100 Y Back	94.09*	96.59*	99.19*	1:01.79*	1:06.89*	1:12.09*
2:47.29*	2:35.39*	2:23.39*	2:17.39*	2:11.49*	2:05.49*	200 Y Back	1:57.79*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
1:28.69*	1:22.39*	1:15.99*	1:12.89*	1:09.69*	1:06.49*	100 Y Breast	1:01.09*	1:03.99*	1:06.89*	1:09.79*	1:15.59*	1:21.39*
3:11.99*	2:58.29*	2:44.59*	2:37.69*	2:30.89*	2:23.99*	200 Y Breast	2:13.79*	2:20.09*	2:26.49*	2:32.89*	2:45.59*	2:58.39*
1:16.89*	1:11.39*	1:05.99*	1:03.19*	1:00.49*	97.69*	100 Y Fly	93.59*	96.09*	98.69*	1:01.29*	1:06.39*	1:11.49*
2:50.09*	2:37.89*	2:25.79*	2:19.69*	2:13.59*	2:07.59*	200 Y Fly	1:58.79*	2:04.39*	2:10.09*	2:15.69*	2:26.99*	2:38.29*
2:51.49*	2:39.19*	2:26.99*	2:20.89*	2:14.69*	2:08.59*	200 Y IM	1:59.99*	2:05.69*	2:11.39*	2:17.19*	2:28.59*	2:39.99*
6:05.79*	5:39.69*	5:13.59*	5:00.49*	4:47.39*	4:34.39*	400 Y IM	4:16.39*	4:28.59*	4:40.79*	4:52.99*	5:17.39*	5:41.79*
15-16 Girls						15-16 Boys						
32.09*	29.79*	27.49*	26.39*	25.19*	24.09*	50 Y Free	21.69*	22.69*	23.69*	24.79*	26.79*	28.89*
1:09.59*	1:04.59*	99.59*	97.19*	94.69*	92.19*	100 Y Free	90.19*	92.39*	94.69*	96.99*	99.39*	1:02.89*
2:29.89*	2:19.19*	2:08.49*	2:03.09*	1:57.79*	1:52.39*	200 Y Free	1:42.99*	1:47.89*	1:52.79*	1:57.69*	2:07.49*	2:17.29*
6:40.69*	6:12.09*	5:43.49*	5:29.09*	5:14.79*	5:00.49*	500 Y Free	4:39.49*	4:52.79*	5:06.09*	5:19.39*	5:45.99*	6:12.59*
13:49.19*	12:49.99*	11:50.79*	11:21.19*	10:51.59*	10:21.89*	1000 Y Free	9:39.79*	10:07.39*	10:34.99*	11:02.59*	11:57.79*	12:52.99*
23:05.19*	21:26.19*	19:47.29*	18:57.79*	18:08.39*	17:18.89*	1650 Y Free	16:11.59*	16:57.79*	17:44.09*	18:30.39*	20:02.89*	21:35.39*
1:15.39*	1:10.09*	1:04.69*	1:01.99*	99.29*	96.59*	100 Y Back	91.29*	93.79*	96.19*	98.59*	1:03.49*	1:08.39*
2:44.09*	2:32.39*	2:20.69*	2:14.79*	2:08.99*	2:03.09*	200 Y Back	1:52.39*	1:57.79*	2:03.09*	2:08.49*	2:19.19*	2:29.89*
1:26.89*	1:20.69*	1:14.49*	1:11.39*	1:08.29*	1:05.19*	100 Y Breast	98.19*	1:00.99*	1:03.79*	1:06.49*	1:12.09*	1:17.59*
3:08.19*	2:54.69*	2:41.29*	2:34.59*	2:27.89*	2:21.09*	200 Y Breast	2:06.49*	2:12.59*	2:18.59*	2:24.59*	2:36.59*	2:48.69*
1:15.39*	1:09.99*	1:04.59*	1:01.89*	99.19*	96.49*	100 Y Fly	91.19*	93.69*	96.09*	98.59*	1:03.39*	1:08.29*
2:46.79*	2:34.89*	2:22.89*	2:16.99*	2:10.99*	2:05.09*	200 Y IM	1:53.59*	1:58.99*	2:04.39*	2:09.79*	2:20.59*	2:31.39*
2:48.19*	2:36.19*	2:24.19*	2:18.19*	2:12.09*	2:06.09*	200 Y IM	1:54.59*	1:59.99*	2:05.49*	2:10.89*	2:21.79*	2:32.69*
5:57.59*	5:31.99*	5:06.49*	4:53.69*	4:40.99*	4:28.19*	400 Y IM	4:06.79*	4:18.59*	4:30.29*	4:42.09*	5:05.59*	5:29.09*
17-18 Girls						17-18 Boys						
31.49*	29.19*	26.99*	25.89*	24.69*	23.59*	50 Y Free	20.99*	21.99*	22.99*	23.99*	25.99*	27.99*
1:08.19*	1:03.29*	98.49*	95.99*	93.59*	91.19*	100 Y Free	89.09*	91.29*	93.59*	95.89*	98.19*	1:01.39*
2:28.59*	2:17.99*	2:07.39*	2:02.09*	1:56.79*	1:51.49*	200 Y Free	1:40.99*	1:45.79*	1:50.59*	1:55.39*	2:05.09*	2:14.69*
6:39.09*	6:10.59*	5:42.09*	5:27.89*	5:13.59*	4:59.39*	500 Y Free	4:34.29*	4:47.39*	5:00.39*	5:13.49*	5:39.59*	6:05.69*
13:46.19*	12:47.19*	11:48.19*	11:18.69*	10:49.19*	10:19.69*	1000 Y Free	9:35.59*	10:02.99*	10:30.39*	10:57.89*	11:52.69*	12:47.49*
22:58.29*	21:19.89*	19:41.39*	18:52.19*	18:02.99*	17:13.79*	1650 Y Free	15:54.89*	16:40.39*	17:25.89*	18:11.29*	19:42.29*	21:13.19*
1:14.49*	1:09.09*	1:03.79*	1:01.19*	98.49*	95.89*	100 Y Back	91.69*	94.09*	96.49*	98.89*	1:03.49*	1:08.29*
2:41.19*	2:29.69*	2:18.19*	2:12.49*	2:06.69*	2:00.89*	200 Y Back	1:49.69*	1:54.89*	2:00.09*	2:05.29*	2:15.79*	2:26.19*
1:25.89*	1:19.79*	1:13.59*	1:10.59*	1:07.49*	1:04.39*	100 Y Breast	96.89*	99.29*	1:02.39*	1:05.09*	1:10.49*	1:15.89*
3:04.99*	2:51.79*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 Y Breast	2:04.19*	2:10.09*	2:15.99*	2:21.89*	2:33.79*	2:45.59*
1:14.19*	1:08.89*	1:03.59*	1:00.89*	98.29*	95.59*	100 Y Fly	91.39*	93.79*	96.09*	98.49*	1:03.19*	1:08.59*
2:44.39*	2:32.59*	2:20.89*	2:14.99*	2:09.19*	2:03.29*	200 Y Fly	1:51.39*	1:56.69*	2:02.09*	2:07.39*	2:17.99*	2:28.59*

Middle Atlantic Swimming

2020 SCY SILVER CHAMPS TIME STANDARD RANGES

GIRLS - LCM		GIRLS - SCM		GIRLS - SCY			BOYS - SCY		BOYS - SCM		BOYS - LCM	
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	13-14	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
33.09	29.69	31.69	29.09	28.29	26.09	50 Free	24.49	28.09	27.39	31.49	27.89	32.69
1:11.29	1:03.79	1:09.69	1:02.79	1:02.79	56.39	100 Free	53.09	1:01.49	59.19	1:08.29	1:00.19	1:09.89
2:35.39	2:18.69	2:33.79	2:15.89	2:18.29	2:02.49	200 Free	1:56.29	2:17.89	2:09.19	2:33.19	2:11.89	2:34.79
5:20.09	4:55.59	5:18.49	4:47.59	6:03.99	5:31.29	500 Free	5:17.89	5:59.99	4:43.99	5:14.99	4:36.39	5:16.99
1:21.59	1:12.89	1:19.89	1:10.69	1:11.89	1:03.59	100 Back	1:00.39	1:12.99	1:07.49	1:20.79	1:09.59	1:22.49
2:56.39	2:36.89	2:54.89	2:32.89	2:37.49	2:17.59	200 Back	2:11.99	2:31.99	2:27.09	2:48.79	2:30.99	2:50.39
1:35.39	1:23.09	1:33.79	1:21.29	1:24.39	1:13.09	100 Breast	1:08.39	1:25.99	1:17.39	1:35.49	1:19.09	1:37.49
3:24.69	2:59.99	3:23.19	2:57.69	3:02.99	2:39.69	200 Breast	2:31.69	2:51.99	2:50.09	3:10.99	2:52.19	3:12.59
1:24.99	1:11.89	1:23.99	1:10.79	1:14.99	1:03.69	100 Fly	59.59	1:14.99	1:06.89	1:23.99	1:07.89	1:24.99
3:10.99	2:43.09	3:09.39	2:41.49	2:50.59	2:24.89	200 Fly	2:17.19	2:39.29	2:33.99	2:56.89	2:35.59	2:58.49
200 IM	200 IM	200 IM	200 IM	200 IM	200 IM	100 IM	200 IM	200 IM	200 IM	200 IM	200 IM	200 IM
2:57.39	2:38.49	2:55.99	2:34.29	2:37.99	2:18.99	200 IM	2:11.19	2:36.99	2:26.69	2:54.99	2:30.69	2:56.49
6:16.79	5:43.49	6:15.19	5:33.99	5:37.99	4:59.19	400 IM	4:44.59	5:29.89	5:19.19	6:06.19	5:28.19	6:07.79
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	11-12	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
35.49	30.99	34.69	30.49	31.09	27.29	50 Free	27.29	31.59	30.49	35.09	31.09	37.49
1:15.09	1:08.29	1:13.59	1:07.09	1:06.29	59.99	100 Free	59.99	1:06.99	1:06.59	1:14.29	1:07.79	1:15.99
2:51.09	2:27.99	2:49.49	2:24.99	2:32.49	2:09.89	200 Free	2:10.79	2:32.49	2:24.79	2:49.49	2:27.69	2:51.09
6:05.19	5:12.29	5:58.79	5:03.89	6:49.99	5:49.39	500 Free	5:49.99	6:52.99	5:03.99	6:01.39	5:12.29	6:02.99
41.59	36.59	40.79	35.39	36.59	31.59	50 Back	31.79	37.99	35.29	42.29	36.49	43.09
1:31.59	1:17.79	1:29.89	1:15.49	1:20.99	1:07.39	100 Back	1:08.29	1:22.99	1:16.79	1:31.89	1:18.09	1:33.49
3:11.09	2:48.69	3:09.49	2:44.39	2:50.69	2:26.79	200 Back	2:29.79	2:58.59	2:46.99	3:18.29	2:51.39	3:19.89
48.69	40.59	47.99	39.59	42.99	35.49	50 Breast	35.99	43.59	39.99	48.49	40.99	49.29
1:45.39	1:28.29	1:43.69	1:26.39	1:32.99	1:17.39	100 Breast	1:19.09	1:34.19	1:28.49	1:44.59	1:30.49	1:46.19
3:31.39	3:12.29	3:29.79	3:09.89	3:08.99	2:49.99	200 Breast	2:52.69	3:09.79	3:11.89	3:30.69	3:14.29	3:32.29
40.79	34.69	39.89	33.69	35.69	29.89	50 Fly	29.99	37.99	33.39	42.29	34.39	43.09
1:34.89	1:17.29	1:33.29	1:16.09	1:23.89	1:07.69	100 Fly	1:08.79	1:25.99	1:16.59	1:35.49	1:17.69	1:37.09
3:28.79	3:01.79	3:27.19	2:59.99	3:06.59	2:39.99	200 Fly	2:39.99	3:00.19	2:57.59	3:20.09	2:59.39	3:21.69
NA	NA	1:27.49	1:16.49	1:18.99	1:08.49	100 IM	1:08.69	1:21.89	1:16.29	1:30.89	NA	NA
3:13.39	2:49.99	3:11.99	2:45.59	2:52.99	2:28.09	200 IM	2:28.59	2:54.99	2:45.19	3:14.29	2:49.69	3:15.89
7:07.99	6:07.19	7:06.39	5:57.09	6:24.09	5:20.29	400 IM	5:21.99	6:19.09	5:58.69	7:00.79	6:08.89	7:02.39
Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	10&U	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than	Slower Than	Equal To Faster Than
41.59	35.99	40.79	35.39	36.69	31.59	50 Free	31.29	39.39	34.99	43.79	35.69	44.59
1:34.29	1:18.89	1:32.69	1:17.59	1:23.49	1:09.99	100 Free	1:09.99	1:30.69	1:17.59	1:40.69	1:18.89	1:42.29
3:16.19	2:51.59	3:15.09	2:48.09	2:55.69	2:31.89	200 Free	2:32.39	2:55.39	2:48.69	3:14.69	2:52.19	3:16.29
6:55.99	6:04.09	6:54.39	5:54.29	7:53.49	6:47.99	500 Free	6:48.99	7:51.09	5:54.79	6:52.29	6:04.59	6:53.89
50.79	42.09	49.99	40.79	44.99	36.59	50 Back	36.59	46.79	40.79	51.99	42.09	52.79
1:56.69	1:32.69	1:55.99	1:29.89	1:43.69	1:20.99	100 Back	1:20.99	1:37.99	1:29.89	1:48.79	1:32.69	1:50.39
58.09	48.39	57.29	47.19	51.59	42.59	50 Breast	42.79	53.59	47.39	59.49	48.59	1:00.29
2:13.69	1:44.39	2:12.09	1:41.99	1:58.99	1:31.39	100 Breast	1:32.29	1:56.99	1:42.59	2:09.89	1:44.79	2:11.49
55.19	40.39	54.39	39.29	48.99	35.19	50 Fly	35.19	47.49	39.29	52.79	40.39	53.59
1:52.89	1:35.59	1:51.29	1:34.09	1:40.19	1:23.99	100 Fly	1:24.39	1:48.69	1:33.69	2:00.69	1:35.09	2:02.29
NA	NA	1:57.89	1:28.69	1:46.19	1:19.49	100 IM	1:19.49	1:47.19	1:28.69	1:58.99	NA	NA
3:48.39	3:17.39	3:46.79	3:12.59	3:24.29	2:53.99	200 IM	2:54.99	3:24.79	3:13.49	3:46.49	3:18.29	3:48.99

There are no qualifying time ranges for swimmers 15&O. If a swimmer aged 15&O does not have a Senior Champs cut in an event, they automatically qualify for Silvers in that event provided that they do not enter with an NT.

Middle Atlantic Swimming

2020 SCY JUNIOR OLYMPIC TIME STANDARDS

GIRLS				BOYS		
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.69	29.09	26.09	50 Free	24.49	27.39	27.89
1:03.79	1:02.79	56.39	100 Free	53.09	59.19	1:00.19
2:18.69	2:15.89	2:02.49	200 Free	1:56.29	2:09.19	2:11.89
4:55.59	4:47.59	5:31.29	500 Free	5:17.89	4:43.99	4:36.39
10:15.99	10:02.99	11:36.99	1000 Free	11:15.19	9:52.19	10:03.39
20:04.29	19:30.59	19:45.99	1650 Free	18:55.99	18:45.49	19:17.99
1:12.89	1:10.69	1:03.59	100 Back	1:00.39	1:07.49	1:09.59
2:36.89	2:32.89	2:17.59	200 Back	2:11.99	2:27.09	2:30.99
1:23.09	1:21.29	1:13.09	100 Breast	1:08.39	1:17.39	1:19.09
2:59.99	2:57.69	2:39.69	200 Breast	2:31.69	2:50.09	2:52.19
1:11.89	1:10.79	1:03.69	100 Fly	59.59	1:06.89	1:07.89
2:43.09	2:41.49	2:24.89	200 Fly	2:17.19	2:33.99	2:35.59
200 IM Cut	200 IM Cut	200 IM Cut	100 IM	200 IM Cut	200 IM Cut	200 IM Cut
2:38.49	2:34.29	2:18.99	200 IM	2:11.19	2:26.69	2:30.69
5:43.49	5:33.99	4:59.19	400 IM	4:44.59	5:19.19	5:28.19
LCM	SCM	SCY	11-12	SCY	SCM	LCM
30.99	30.49	27.29	50 Free	27.29	30.49	31.09
1:08.29	1:07.09	59.99	100 Free	59.99	1:06.59	1:07.79
2:27.99	2:24.99	2:09.89	200 Free	2:10.79	2:24.79	2:27.69
5:12.29	5:03.89	5:49.39	500 Free	5:49.99	5:03.99	5:12.29
10:58.39	10:45.89	12:25.99	1000 Free	12:25.99	10:45.89	10:58.39
21:39.69	21:03.99	21:19.99	1650 Free	21:19.99	21:03.99	21:39.69
36.59	35.39	31.59	50 Back	31.79	35.29	36.49
1:17.79	1:15.49	1:07.39	100 Back	1:08.29	1:16.79	1:18.09
2:48.69	2:44.39	2:26.79	200 Back	2:29.79	2:46.99	2:51.39
40.59	39.59	35.49	50 Breast	35.99	39.99	40.99
1:28.29	1:26.39	1:17.39	100 Breast	1:19.09	1:28.49	1:30.49
3:12.29	3:09.89	2:49.99	200 Breast	2:52.69	3:11.89	3:14.29
34.69	33.69	29.89	50 Fly	29.99	33.39	34.39
1:17.29	1:16.09	1:07.69	100 Fly	1:08.79	1:16.59	1:17.69
3:01.79	2:59.99	2:39.99	200 Fly	2:39.99	2:57.59	2:59.39
NA	1:16.49	1:08.49	100 IM	1:08.69	1:16.29	NA
2:49.99	2:45.59	2:28.09	200 IM	2:28.59	2:45.19	2:49.69
6:07.19	5:57.09	5:20.29	400 IM	5:21.99	5:58.69	6:08.89
LCM	SCM	SCY	10&U	SCY	SCM	LCM
35.99	35.39	31.59	50 Free	31.29	34.99	35.69
1:18.89	1:17.59	1:09.99	100 Free	1:09.99	1:17.59	1:18.89
2:51.59	2:48.09	2:31.89	200 Free	2:32.39	2:48.69	2:52.19
6:04.09	5:54.29	6:47.99	500 Free	6:48.99	5:54.79	6:04.59
42.09	40.79	36.59	50 Back	36.59	40.79	42.09
1:32.69	1:29.89	1:20.99	100 Back	1:20.99	1:29.89	1:32.69
48.39	47.19	42.59	50 Breast	42.79	47.39	48.59
1:44.39	1:41.99	1:31.39	100 Breast	1:32.29	1:42.59	1:44.79
40.39	39.29	35.19	50 Fly	35.19	39.29	40.39
1:35.59	1:34.09	1:23.99	100 Fly	1:24.39	1:33.69	1:35.09
NA	1:28.69	1:19.49	100 IM	1:19.49	1:28.69	NA
3:17.39	3:12.59	2:53.99	200 IM	2:54.99	3:13.49	3:18.29

Middle Atlantic Swimming

2020 SCY SENIOR CHAMPS TIME STANDARDS

GIRLS				BOYS		
LCM	SCM	SCY	OPEN	SCY	SCM	LCM
29.19	27.99	25.39	50 Free	22.69	25.09	26.29
1:01.69	59.69	54.89	100 Free	49.49	54.89	57.19
2:15.69	2:11.09	1:58.99	200 Free	1:48.99	1:59.99	2:05.19
4:55.29	4:39.79	5:19.99	500 Free	4:59.99	4:22.69	4:32.79
10:12.59	10:00.59	11:26.39	1000 Free	10:29.99	9:11.29	9:22.29
19:43.19	19:26.99	19:19.99	1650 Free	17:59.99	18:06.49	18:21.59
1:11.59	1:07.59	1:01.09	100 Back	55.99	1:01.29	1:04.69
2:32.89	2:25.49	2:13.09	200 Back	2:03.09	2:16.19	2:23.09
1:20.29	1:16.59	1:09.99	100 Breast	1:04.09	1:10.59	1:15.69
2:52.09	2:46.39	2:33.69	200 Breast	2:21.09	2:35.79	2:46.99
1:08.79	1:06.09	1:00.09	100 Fly	55.09	1:00.49	1:02.19
2:41.79	2:36.69	2:19.99	200 Fly	2:07.09	2:21.59	2:28.49
2:34.79	2:27.39	2:13.99	200 IM	2:03.39	2:17.79	2:25.59
5:28.29	5:21.89	4:49.99	400 IM	4:26.99	4:56.39	5:02.79

