

Cuts/Time Standards Tutorial

Our team is very lucky to be affiliated with both YMCA Swimming and USA Swimming. This dual affiliation provides many more meet opportunities for our swimmers, particularly during championship season (February through April).

However, this dual affiliation also adds some complexity to understanding cuts and time qualifications. At the most basic level, a “cut” is a time that must be achieved to swim in a particular meet. The cuts differ between US Swimming and YMCA Swimming, and are explained below:

YMCA Swimming Cuts

First, there are NO time cut requirements for the YMCA 8 & Under State Championships. All swimmers who have competed in three YMCA swim meet sessions can swim at the State Championship Meet. **It is the expectation of the coaching staff that all 8 and under swimmers attend this meet.** Each day of a swim meet counts as a session, so if you swim on a Saturday and Sunday at a YMCA Meet, you have already been in 2 of the 3 required sessions.

For those 9 & Up, there are time requirements. On the Farmington Stingrays website, under the Swimmer Info tab, there is a Qualifying Times subtab. On that page are links to all of the cuts discussed in this note. The cuts for the YMCA State Meet are listed there. Also listed on that page are the Zone Meet cuts (which is a regional meet), and the National Meet cuts (which, of course, is a national meet). Those cuts are faster than the State Meet cuts. However, even if your swimmer has not achieved a State Meet cut, there are still Championship Season Meets your swimmer can, and should, attend. The Clusters Meet is a meet for swim teams in a specific region in the state (i.e. it is a smaller meet than the State Meet). This meet has no time requirements. Finally, if your swimmer does not achieve a State Meet cut at the Clusters Meet, there is the YMCA Districts Meet. Note: If your swimmer has a State Meet cut, they may not swim at the Districts Meet, as they are to swim at the State Meet. Finally, to swim in ANY of these meets, the 3 YMCA Swim Meet session requirement must be satisfied prior to Clusters.

US Swimming Cuts

US Swimming has different time standards than YMCA Swimming. The US Championship Season meets are as follows:

US Districts: This is for swimmers who have not achieved a Junior Olympics cut. Unlike the Y District Meet, you are able to swim in any event in which you do not have a JO Cut, even though you may have a JO Cut in other events. (For example, if your swimmer has a JO Cut in the 50 Back, but not the 100 Back, they may swim the

100 Back at US Districts in an attempt to obtain a JO Cut. They may NOT, however, swim the 50 Back at Districts, as they already have a JO Cut in that event.)

US Junior Olympics: This is for swimmers who have achieved a Junior Olympics cut (also known as a Q1 cut), but not a US State Meet Cut. Again, unlike the Y District Meet, you are able to swim in any event in which you do not have a State Cut, even though you may have a State Cut in other events. (For example, if your swimmer has a State Cut in the 50 Back, but only a JO Cut in the 100 Back, they may swim the 100 Back at JOs in an attempt to obtain a State Cut. They may NOT, however, swim the 50 Back at JOs, as they already have a State Cut in that event.)

US State Meet: This is for swimmers who have achieved a State Meet cut (also known as a US “A” Cut).

Please note: Our team competes in the YMCA Zone and National meet, so the US State Meet is the final US Meet on our meet calendar.

Relationship between US and YMCA Cuts

For some swimmers, you may be caught between having achieved a YMCA Cut, but not a US Cut. This can lead to some difficult decisions in which meets to compete in. **If you have any questions regarding cuts or which meet(s) you should be attending, please contact Coach Rich. He is the one that will let you know what meet to sign up for if you fall into this “in-between” category.**

“Indy” Cuts

Finally, although not a “Championship” Meet, our team competes annually in the Circle City Classic in Indianapolis, Indiana. This meet has a “BB+” qualifying cut, which is slower than the US State Cut (or an “A” Cut), but faster than a US “B” Cut. You may here parents discussing “Indy” cuts at meets. These cuts are available on our website in the Circle City Meet Information packet. **The coaches hope that every swimmer who has achieved an INDY will make every effort to go to the meet. It is a great experience for all swimmers and parents.**

When is the swim season over?

Below is a chart to help you with the end of the short course winter season:

<u>Last meet</u>	<u>Last Practice</u>
8 & U Y States, Y Districts, Y States, (US) BC Districts	Friday, February 22
Junior Olympics	Friday, March 1
12 & Under States	Friday, March 8
Y Zones/13 & Over States	Thursday, March 14
Y Nationals	Friday, March 29