

BOZEMAN BARRACUDA SWIM CLUB
hosts the
2023 Montana Long Course State Championships
Big Sky! Big Dreams! Big Success!
July 20-23, 2023 in Bozeman, Montana

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2325

<https://www.teamunify.com/team/mtbbst/page/montana-long-course-state-meet>

Location	Bozeman Swim Center located on the west side of Bozeman High School at 1211 West Main Street. The elevation of the facility is 4793 feet. Overnight parking or camping is not permitted in the high school parking lot.		
Pool	One 8-lane, 50-meter regulation indoor long course pool will be used for warm up and competition. Pool is equipped with Kiefer non-turbulent lane lines and Spectrum Xelerator starting blocks. The pool is 9-feet deep at the start end and 3.5 feet deep at the turn end. An Automatic Colorado Timing System will be used with touch pads at both ends and two manual timers or three manual times. Display will be on an 8-line LED score- board. No separate warm-up and cool-down facility is available. Therefore, the provision of a warm-up/cool-down lane and/or 10-minute warm-up breaks will be inserted into the meet schedule at the discretion of the meet referee. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1		
Meet Staff	MEET DIRECTORS:	Karen O'Connor, Christina McColley	meetdirector@bozemanbarracudas.org
	MEET REFEREE:	Eric Belasco	eric.belasco@gmail.com
	MEET REGISTRARS:	Jackie Flikkema, Sara Gram	meetregistrar@bozemanbarracudas.org
	ADMIN OFFICIAL:	Matt Hubbard	
Meet Format	The 2023 Long Course State Championship will be conducted by age group and events as listed on the Schedule of Events. On Thursday there will be a timed final session for the 11-21 year old 800 meter freestyle. On Friday, Saturday and Sunday the meet will be a split-session meet with 8 & Under and 10 & Under races occurring in a mid-day session between the 11 & Over preliminaries and distance finals in the morning and finals in the afternoon/evening. Additionally, any time trials will be held after preliminaries for the 11-21 year old swimmers and prior to the 10+Under session, or as otherwise determined appropriate by the Meet Referee. Over-the-top starts will be used during preliminary competition and/or timed final competition, where appropriate. In preliminaries, swimmers in the backstroke and relays should clear the pool immediately upon completion of the race. Swimmers in all other races should remain in the pool motionless next to the end wall and the lane lines until the next race is started. Swimmers shall not hang on the lane lines. All 8&U and 10&U events will be swum as a timed finals session scheduled between preliminaries and finals for 11–21-year-old swimmers each day as shown in the schedule of events. Awards for 8 & U and 10 & U events will be given each day during breaks between events in the timed finals sessions when deemed appropriate by meet management and the Meet Referee. They will have their own separate warm-up that will start immediately after the conclusion of the 11–21-year-old 400 Free on Friday, 400 IM on Saturday, and 1500 Free on Sunday. The 11-21 age groups will swim all events combined during preliminaries except distance races but will swim separately during finals and be scored and awarded separately as described in the "Age Groups" Section. Exception: the 15-16 and 17-21 finals will be swum combined into two heats but scored separately by age group. Empty lanes in the finals of 15-21 events will be filled with non-scoring swimmers from the respective age group with more than eight swimmers qualified for the finals heat. These finals will only be seeded by time without respect to qualified or non-scoring swimmer's age group. The non-scoring swimmers will not receive points for their swims even if they finish before a qualified swimmer. The non- scoring swimmer's times shall be shown with an X in front of the seed time and in the final results for the swims. The 800 Freestyle, 400 Freestyle, the 400 IM, and the 1500 Freestyle will be timed finals swum during preliminaries. These events will be seeded and swum alternating heats between 11-21 girls and 11-21 boys, fastest to slowest. The 9-10 400 freestyle will be seeded and swum alternating between girls and boys, fastest to slowest during the 10 & under timed finals session. Each swimmer entered in the 800 Free, 400 Free, 400 IM and 1500 Free must provide two timers. Swimmers entered in the 800 Free and 1500 Free must also provide their own counter.		

Safety

An inherent risk of exposure to COVID - 19 exists in any public place where people are present. COVID- 19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming Inc, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID -19 while participating in a USA swimming/USMS sanctioned event. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/USMS sanctioned event, you may be exposing yourself to and /or increasing your risk of contracting or spreading COVID -19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID- 19 and forever release and hold harmless Bozeman Swimming Club, USA Swimming and the Montana Swimming LSC and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property loss, or any other loss, including but not limited to claims of negligence and give up any claims you may have to see damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

In applying for this sanctioned meet, the Bozeman Barracuda Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana and Gallatin County.

The Montana Swimming safety guidelines are in effect for this meet and will be enforced. For circle swimming during warm-ups and cool-downs, swimmers must enter the pool using a three-point entry. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. A safety marshal will be on deck.

An AED is available behind the front desk in the Swim Center lobby. Another backup AED is available in the Lifeguards office. Lifeguards will be on duty during the meet. Emergency medical services can be activated by a phone call.

All swimmers 18 and over must complete Athlete Protection Training prior to competing in the meet. The training can be accessed at www.usaswimming.org/apt. Any athlete 18 or older who has not completed the Athlete Protection Training prior to the first day of competition will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete 18 or older who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Racing Starts

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Rules

This meet will be conducted in accordance with the current USA Swimming and Montana Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

The 400 Free, 800 Free, 1500 Free and 400 IM will be swum fastest to slowest. There will be a positive check in. Swimmers in these events are responsible for providing two timers. Swimmers in the 800 Free and 1500 Free should provide their own lap counter.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changing is not appropriate and is absolutely prohibited. Swimmers may change into and out of swimsuits in appropriate men's or women's locker rooms or in the changing tents provided on deck and in camping area.

No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue.

The USA Swimming Code of Conduct, MAAPP 2.0 athlete protection provisions and Safe Sport provisions will be enforced.

Swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet.

All swimmers entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to arrange for coach supervision prior to the start of warmups and to notify the Meet Referee.

All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear. 12 and under athletes may NOT compete wearing a tech suit.

This meet may be covered by the media, including photographs, video, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Operation of a drone, or any flying apparatus, is prohibited over the venue (pools, athlete/ coach areas, and spectator areas) any time athletes, coaches, officials and /or spectators are present.

No area of the building should be considered secure. Bozeman Barracuda Swim Club or the Bozeman Swim Center are not responsible for the loss or damage of any items.

An AED is available behind the front desk in the Swim Center lobby. Another backup AED is available in the Lifeguard office. Lifeguards are on duty for the meet. Emergency medical services can be activated by a phone call.

Eligibility All swimmers must be currently registered athlete members of USA Swimming Inc. and Montana Swimming with a seasonal, outreach, or year-round premium USA Swimming membership to enter. Swimmers with flex memberships must upgrade their membership to a seasonal or year-round premium membership to enter this meet. Teams entering swimmers who are not currently registered USA Swimming athlete members may be fined \$25 per swimmer by the Montana Swimming Registration Chair.

Meet registration will be verified by the meet registrar prior to the meet to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Centralized Disciplinary Database, USA Swimming's list of Individuals suspended or ineligible for membership, and as of meet entry deadline date all adult members (defined by SafeSport Code for Olympic and Paralympic Movement as 18 years and Over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

Qualifying Entry Times The 2021-2024 Montana Swimming qualifying time standards will be used for this meet. See "Attachment A" for qualifying time standards.

The entry qualifying period is May 15, 2022, through the entry deadline.

Age as of the first day of the meet (July 20, 2023) shall determine the age group in which the swimmer must compete.

No time (NT) entries will not be accepted for any event.

Altitude-adjusted times will be accepted. OME will automatically complete this process for you.

8 and under (8&U) athletes must enter one (1) individual event with a state-qualifying time and then may enter up to a maximum of five (5) bonus events for a total of six (6) individual events for the meet. Bonus events must be entered with a provable time in any course achieved during the qualifying time period.

Swimmers 10 and under (10&U) through age 21 must enter at least one individual event with a BB time or faster achieved in any course between qualifying period and the entry deadline and then may enter any other event with a B time or faster (see distance event exception) up to a maximum of seven (7) individual events except relay only swimmers.

Distance event exception: Swimmers must enter the 400 Free, 800 Free, and 1500 Free with a BB time or faster in any course achieved between qualifying period and the entry deadline. No swimmer may enter these events with a B bonus time.

Swimmers who qualified in either the 800 Free or 1500 Free automatically qualify for the opposite event. If a swimmer does not have an established qualifying time for the opposite event, the swimmer shall be entered with the established "BB" time in the same course as the qualifying time in the opposite event. Any swimmer who enters the 800/1500 Freestyle may enter at their fastest time or at the BB time standards. This opposite event will not be designated a bonus swim for seeding purposes.

A BB qualifying time in 100 yard/meter distance of the backstroke, breaststroke, or butterfly automatically qualifies for the 50 yard/meter event of the same stroke in the same course. The entry time will be the Montana Swimming Qualifying time for that course. Designate the swim as a bonus swim in the Online Meet (OME) entry file indicating that the 50 event is the bonus swim for the 100 qualifying swim if the swimmer does not have a qualifying time in the 50 event.

Only times achieved in a USA Swimming sanctioned or approved meets or at a USA Swimming Sanctioned time trial or swims requested to be observed under the authorization of USA Swimming rules at other meets (such as MHSA High School State Swimming Championships) can be used to qualify for this state meet. Times earned at a non-sanctioned time trial cannot be used to enter this meet. All individual entry times must be proven through the USA Swimming SWIMS database.

Any time that is flagged in OME as not meeting the qualifying time standards will require further proof of time for entry. Swimmers with times that are not proven will be scratched from the event.

Entry Limits Each swimmer aged 10&U through age 21 may compete in a maximum of **seven (7)** individual events for the entire meet including time trials with a maximum of three (3) individual events and one (1) relay per day.

8&U swimmers may compete in a maximum of **six (6)** individual events with a maximum of three (3) individual events and one (1) relay per day.

There will be no minimum waiting period between events. Please consider this when entering swimmers in consecutive events.

Swimmers with Disabilities	All Montana Swimming currently registered disabled athletes, as described in the USA Swimming Rules and Regulations Article 105, who have achieved the LSC Para qualifying times may compete at this meet. Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. The LSC Para time standards for P1, P2, and P3 athletes are included in this meet announcement. If an athlete needs assistance to enter the meet using the Para time standards, please contact the meet registrar for guidance on how to enter the meet via OME. An exception may be granted by the meet referee to include a disability athlete who may not qualify using these LSC Para time standards but has shown significant improvement over the course of the season and has the approval of the swimmer's coach and the MT Swimming DDEI Chair. Swimmers with a disability or their coaches are required to provide advance notice in writing to the Meet Referee and Meet Director to arrange for any needed accommodations including personal assistants required and/or registered service animals by the meet entry date. It is at the discretion of the Meet Referee to determine whether the needed accommodations can be met by the meet resources. Failure to provide advance notice may limit the ability to accommodate all requests.
Entry Format	Entries are to be submitted using USA Swimming OME (online meet entry) under the 'Coaches & Team Leaders' tab of the USA Swimming website or go to www.usaswimming.org/ome This method is to be used by all teams and unattached swimmers. Entries may be submitted in long course meters, short course yards, or short course meters. DO NOT CONVERT TIMES. Converted times will not be accepted. Before checking out (i.e., completing your online entry), double-check the meet entry fee data to be sure you have entered the correct number of swimmers and splashes. OME will not automatically update your entry times as new results are entered into SWIMS. Should you wish your entry to reflect any updated times, you must return to your entry after you have checked out to do so. You have until the entry deadline (July 12, 2023) to update times in OME. You can also add events to your entry, but you cannot delete events after you have checked out. Absolutely No text messages or telephone calls will be accepted for entries, entry changes, proof of time, entry reports, warm-up times, meet start times, or other meet-entry requests. Email documentation is required for communication of these official entry requests. All swimmers must be pre-registered for the meet by the entry deadline through OME. No deck entries are allowed except for time trials.
Entry Verification	Verification of entry will be provided by a confirmation email from USA Swimming's OME system. Consider bringing a copy with you to the meet in case of problems with entries.
Entry Deadline	In accordance with Montana Swimming Regulations, team entries must be received via OME no later than 11:59 pm, Wednesday, July 12, 2023 .
Entry Fees	The 2023 Montana Championship meet fees: A surcharge of \$35.00 per athlete plus \$5.00 per individual event. The relay fee for each relay is \$10.00. \$10 Flat fee for Outreach Athletes.
Late Entries	The late entry deadline is 10:00 pm Mountain Time on Saturday, July 15, 2023. Late entry fees: A surcharge of \$40.00 per athlete plus \$10.00 per individual event. The relay fee for each relay is \$20.00. \$10 Flat fee for Outreach Athletes. All new qualifying meet entries achieved between 12:01 am July 12, 2023, and the late entry deadline must be received by no later than 10:00 pm, Saturday, July 15, 2023. The late entry fee does not apply to first-time qualifying swims achieved between the entry deadline and the late entry deadline. Late entries may not be used to improve the seed time for a previously submitted entry. No addition of swimmers, added events, relays, or changes will be allowed after the late entry deadline. NO EXCEPTIONS. Late entry fees will be \$40 per swimmer surcharge, \$10 per event, and \$20 per relay. Contact the meet registrar for how to submit new qualifying entries and late entries.
Entry Payment	Please make checks payable to "Montana Swimming". No entries will be accepted without payment of fees. There will be no refunds. Payments must be made through the swimmer's club with a team check. Unattached swimmers may make direct payments. Please include a printed copy of your entries with your payment. Mail Payments to: Montana Swimming, Attn: Tracy Flikkema 150 Keystone Dr Belgrade MT 59714 Entries must be made through the swimmer's club with a <u>team</u> check. Checks can be turned in at the meet if not mailed prior to July 18, 2023. Unattached swimmers may submit entries by email.
Age Groups	Age groups for this meet are: 8 &U, 10 & U, 11-12, 13-14, 15-16, and 17-21. Swimmers 8&U must choose either the 8& U or 10 & U age group for the entire meet (Relay exception: 8&U may compete on the 10&U relays regardless of which age group they choose to swim in individual events). All combined events will be scored and awarded separately by age group. Age on July 20, 2023, shall determine the swimmer's age group for the meet.

Relays

10 & Under relays will be swum during the 10 and under session as timed final events.

8 & Under swimmers may swim the 10 and Under relay events regardless of which age group they choose to swim in individual events at the meet.

Relays for swimmers ages 11-21 will be swum at the end of finals each day. The 15–21-year-old swimmers will swim as a single age group for the relays.

Swimmers/ teams who fail to report for a relay event will be scratched without penalty.

Relay times may be established by adding the individual times of the four swimmers involved. **Relays must be entered with a time and swimmer's names.** The full name of those entered in a relay plus alternates must be entered in OME and on relay cards submitted at the meet.

Relay-only swimmers do not have to be qualified and entered in an individual event but must pay the meet surcharge fee. Please enter relay-only swimmers in OME.

Relay cards for the 10 and Under relays must be completed and placed in the relay card box at the timing table (preferred method) or turned in to the Meet Referee by no later than the end of the 10 and Under warmup session each day of the meet for that day's relay events. Relay cards for the 11-21 relays must be completed and placed in the relay card box at the timing table (preferred method) or turned in to the Meet Referee by no later than the start of the finals events for the 11-21-year-old's each day of the meet for that day's relay events.

Relay swimmers must swim the race in the order the swimmers are listed on the relay card given to the lane timer.

Relay scores will be added to the overall team scores. Only one (1) relay from each team per age group and gender per event will be eligible to score points and be eligible for awards. Teams may enter an unlimited number of relays per event if so desired.

Seeding

Seeding will be performed in accordance with USA Swimming rules based on entry data submitted. Seeding is L-Y-S. All qualifying conforming times will be seeded first followed by qualifying non-conforming times. Conforming bonus times will be seeded next followed by non-conforming bonus times. After arranging the times as listed, the event will be seeded in the normal fashion. "No time" entries will not be accepted.

All events except for the 400 Free, 800 Free, 1500 Free and 400 IM will be pre-seeded. The meet referee will have the authority to re- seed or combine any events if deemed appropriate.

Positive Check-in

Positive check-in will be required for all distance events. Positive check-in deadline is 20 minutes before the end of the warm-up session for the event that day. 800 Free (Thursday); 11-21 400 Free (Friday); 400 IM (Saturday); 9-10 400 Free (Saturday); 1500 Free (Sunday). Those not checking in will be automatically scratched.

Scratches

USA Swimming Championship scratch procedures will be in effect for this meet. Exceptions for failure to compete are listed below. The meet referee will make the final decision. Swimmers and coaches are responsible for being familiar with this meet's scratch rules and check-in procedures.

Preliminary scratch deadline and procedure: The scratch deadline is 15 minutes prior to the start of the first preliminary race each day. Scratches shall be reported on the scratch sheet (preferred method) at the timing table or may be given to the Meet Referee by the deadline. Scratches after the deadline will be penalized.

A swimmer may also scratch from a preliminary event with a declared false start by reporting to the Meet Referee prior to the start of the race and declaring their intent to not compete. A declared false start will be charged as a disqualification (DFS). Note – a declared false start may not be used to scratch from a finals event.

Preliminary scratch penalties: Any swimmer who fails to compete in a preliminary heat in which they are entered and have not been correctly scratched (see exceptions for failure to compete) will be barred from all further individual and relay events that day including any final swims not previously qualified for prior to the no show event. Additionally, the swimmer must report to the Meet Referee their intention to compete in any individual events on succeeding days.

Timed Finals Events: There is no penalty for failing to scratch from any timed finals event including relays.

Finals scratch deadline: All swimmers wishing to scratch from a final for which a preliminary event has been swum must declare their intention to scratch within thirty (30) minutes of the preliminary event results being announced or posted. First and second alternates shall be announced along with the final qualifiers. Swimmers should report to the administrative referee, meet referee or designee to scratch or declare an intent to scratch. Swimmers declaring an intent to scratch must scratch by no later than thirty (30) minutes after his/her last individual preliminary event that session. Swimmers who declare an intent to scratch but fail to return to scratch from the finals event will be seeded into the finals event.

Alternates should be on deck for each final event in case of an undeclared scratch. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s).

Finals scratch penalties: Any swimmer qualifying for any individual finals race that does not properly scratch and finals to compete in that event will be barred from all further individual and relay competition(s) for the remainder of the meet except as noted under

the exceptions for failure to compete. In addition, fifty (50) points will be subtracted from the team score if a swimmer fails to report the scratch from finals in the correct manner, except as listed below for Exceptions from Failure to Compete.

Exceptions for Failure to Compete: No penalty shall apply for failure to scratch or compete in an individual event in preliminaries or finals if the Meet Referee is notified in the event of a quick-onset illness, injury, or circumstance beyond the swimmer's control. The Meet Referee will make the final decision.

Alternates will not be penalized for failure to show in the case of an undeclared scratch. Swimmers who scratch into finals (non-qualifying swimmers) will not be penalized if they are unable to compete in the designated finals.

Scoring Individual scoring: 9-7-6-5-4-3-2-1. Relay scoring: 18-14-12-10-8-6-4-2. Only the highest-scoring relay per team from each age group and gender in each event will be eligible for points. Scoring will be based on an 8-lane pool.

Awards Individual medals will be awarded for 1st thru 8th place and ribbons for 9th through 16th place. For events swum in preliminaries and finals, 9th through 16th place will be awarded based on preliminary times while 1st through 8th will be awarded based on finals times.

Relays will be awarded 1st through 3rd place.

Medal ceremonies for individual events for 10 & under swimmers will take place at appropriate times during each 10 & Under Session. If swimmers are not able to accept their awards at those ceremonies, or if the ceremonies are delayed, they will receive their awards from their coach at the conclusion of the meet.

Swimmers aged 11 through 21 years old may pick up their medals from their coach at the conclusion of the meet.

High point team will be awarded to the team accumulating the highest number of points (individual and relay points combined). This team will be awarded the traveling long course state championship trophy.

Men's and women's high point teams will be awarded to the men's and women's teams with the greatest number of combined men's and women's individual and relay points. These teams will receive the traveling long course men's and women's championship trophies.

Traveling Spirit Award will be given to the team demonstrating the best overall team participation, team spirit, and conduct during the meet. The meet director, coaches, and officials will vote for the award.

Results Meet results will be posted at the meet as well as on Meet Mobile. Following the meet, results will be posted on the meet website and the Montana Swimming website at: www.mtswimming.com.

Warm Ups There will be a published warm-up schedule for all swimmers and coaches attending the meet. Warm-up times will be published upon receipt of all meet entries. Warm-ups for events on Thursday (Session 1) will not start prior to 3:30pm.

Meet management reserves the right to change general warm-up times and general meet-start times according to the number of entries or other appropriate logistical considerations. Warm up assignments will be emailed on or before Wednesday, July 19, 2023 and also posted on www.bozemanbarracudas.org. A safety marshal will ensure that all teams, coaches, and swimmers follow all warm-up procedures.

Officials/Timers As required by the rules and regulations of MT Swimming, each club will be assigned timing lanes based on their total number of swimmers in that session.

To the extent possible, all teams are asked to provide certified meet officials. Officials desiring an assigned position at this meet must complete the request form attached to this contract and return it to the Meet Referee no later than **Tuesday, July 5, 2022**. All officials officiating must be USA Swimming currently certified official for a minimum of one year in the position they wish to work at the meet to be eligible to officiate at this meet. Officials not meeting this requirement are invited to attend all the pre-meet meetings but may not officiate during the meet. All officials shall wear a white short-sleeve polo t-shirt for all sessions. Men may wear either navy-blue slacks or navy-blue shorts for prelims and navy-blue slacks for finals. Women may wear a navy-blue skirt, skort, shorts, capris, or slacks for prelims and a navy-blue skirt/ skort or slacks for finals. White shoes and white socks shall be worn. Officials requesting assigned positions (deck referee, admin referee, starter, or chief judge) must work all sessions.

All officials on deck must show their current USA Swimming official registration/membership credential on their mobile device to the meet referee or designee to be on deck. A mandatory official's briefing will be held during the morning warm-up session prior to the start of preliminaries, prior to the start of the 10&U session, and prior to the start of finals each day. The time of the mandatory officials' briefing prior to finals will be announced each day. Officials should attend all meetings.

Officials training will not be allowed at this championship meet.

Coaches All persons acting in any coaching capacity on deck must be currently registered coach members of USA Swimming. All coaches on deck must show their current USA Swimming coach registration/membership credential on their mobile device to the meet referee or designee to be on deck.

The first coaches' meeting will be held on Thursday. A second coaches meeting will be held on Friday before prelim warm-ups and again before the 10 & under warm-ups. Other meetings may be held at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

Protests All protests are required to be given to the Meet Referee.

Clerk of Course There will be no Clerk of Course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks during preliminaries and during 10 & under-timed finals.

During 11 and Over Finals, swimmers will be lined up according to their lane assignment one heat before their race and will then walk out together at the beginning of their race.

Zones Meeting There will be a zones team meeting on Saturday after prelims. The time and location will be announced.

2023 Senior Zones is July 25-29, 2023 in Clovis, CA.

2023 Age Group Zones is August 2 - 5, 2023 in Boise, ID.

Laura Parvey-Connors is the Montana Swimming Zones Coordinator.

Senior Recognition Graduating high school swimmers will be recognized at the beginning of prelims on Saturday. Please email a brief statement for each swimmer, no longer than 1/8 page in length stating the swimmer's name, high school, MT Swimming team, brief college or career plans, and any future swimming plans to Montana LSC Athlete Representative Analise Belasco (analise.belasco@gmail.com) no later than Sunday, July 16, 2023.

Announcements: Senior recognition will take place at the beginning of the Preliminaries on Saturday.

Phillip 66 2023 Volunteer of the Year will be announced at the beginning of the finals session on Saturday.

MT Swimming 2023 Male and Female Athletes of the Year will be announced at the beginning of the finals session on Saturday.

MT Swimming 2023 Male and Female Sportsmen of the Year will be announced at the beginning of the finals session on Saturday.

Team Spirit Award will be voted on both Friday and Saturday by one coach from each team, the officials, and the meet director. The winning team will be announced during Sunday Finals.

Head Coach and Assistant Coach of the Year will be elected via ballot vote by one coach from each coaching staff. Nominations are to be submitted to the Coaches Rep (Jessica Marshall and Caty Flikkema) by Sunday, July 16. Winners are to be announced Sunday at the start of the Finals Session. Awards will be presented at the 2024 SC State Championships.

Time Trials Time Trials will be offered on a time and demand available basis at the Meet Referee's discretion at the conclusion of the preliminary competition on Saturday and Sunday of the meet. Only swimmers entered in at least one individual event may enter. Swimmers may compete in a maximum of seven (7) individual events including time trials with no more than three (3) individual events per day. Qualified swimmers may enter seven individual events but must properly scratch from one event to compete in one time trial event. All time trials will be deck entered. If proof of time is required, the swimmer's team will provide any necessary proof. The swimmer may also provide proof of time if available. The coach, swimmer, or parent/ guardian may enter the swimmer into the time trials. The time trial entry fee is \$3.00 per event payable to Montana Swimming. Further information regarding the time trials will be announced during the meet.

Spirit Banners Banners and flags may be hung in the pool area. Duct tape cannot be used to adhere things to the walls, however painters tape or scotch tape are allowed. No helium balloons are allowed in the facility. Artificial noisemakers will be allowed only at the meet referee's discretion and may be removed by the meet referee or safety marshal. No laser pointers are allowed.

Hospitality A hospitality room is open to all coaches and meet officials. Coffee, breakfast, lunch and snacks will be provided.

Concessions Concessions will be available for purchase and will be located in the lobby.

Swim Shop There will be a swim shop table available to purchase goggles, caps, etc.

Meet Apparel Personalized 2023 Montana Swimming Long Course Championships clothing will be available from Fine Designs.

Live Stream The meet will be live-streamed. Check the Montana Swimming website for information.

Spectators Spectators may be seated in the spectator areas on the bleachers on the pool deck. No spectators will be allowed along the west wall in the coaches seating area. Only meet management, officials, and coaches may be in the coach seating area except athletes who are talking briefly with their coaches and then leave the area. Only swimmers, coaches and meet volunteers are allowed behind the blocks and in the coach seating area.

Spectators, coaches, and officials may use the portable toilets outside the west side of the facility. The restrooms in the men's and women's locker rooms are for athlete use only.

There will be an adjacent area available for swimmers to set up chairs/camp. No chairs/camp set up inside of the swim center.

Spectators will be expected to refrain from any behavior and or gestures that are rude and unsportsmanlike directed towards Board Members, Coaches, Officials, Athletes and Volunteers. Failure to comply will result in removal from the Meet and Facility for the duration of the meet. This is a one strike and you are out! The Meet Director, Meet Referee and the Safe Sport Chair will work together on any issues brought to their attention.

Meet Programs Meet Programs will be available for purchase.

Entry Fee Summary and Waiver/Release Form

Complete and email this form to: meetregistrar@bozemanbarracudas.org

Mail entry fees made out to Montana Swimming:

Tracy Flikkema

150 Keystone Drive, Belgrade MT 59714

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Swimmer Surcharge		\$35.00	
Individual Entries		\$5.00 / swimmer event	
Relay Entries		\$10.00	
Outreach Athletes		Flat Fee \$10	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. Swimmer and coach registration will be verified. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Montana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Bozeman Barracuda Swim Club, Bozeman Swim Center, Montana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the above named coaches will be in attendance. These coaches are current in all the requirements set forth by USA Swimming; Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid and CPR.

SIGNATURE (Coach or Club Representative)

CLUB

Date

2023 Montana Long Course State Championship - Schedule of Events

Session: 1 Thursday 11 and Over Distance Timed Finals			
Day of Meet: 1 Starts at 5 PM			
	Event		
1	11-21 800 Freestyle	2	

Session: 2 Friday 11 and Over Preliminaries			Session: 6 Saturday 11 and Over Preliminaries			Session: 10 Sunday 11 and Over Preliminaries		
Day of Meet: 2 Starts at 8 AM			Day of Meet: 3 Starts at 8 AM			Day of Meet: 4 Starts at 8 AM		
Girl s	Event	Boy s	Girl s	Event	Boy s	Girl s	Event	Boy s
3	11-21 200 Butterfly	4	31	11-21 200 Backstroke	32	63	11-21 200 Breaststroke	64
5	11-21 50 Backstroke	6	33	11-21 200 Freestyle	34	65	11-21 50 Butterfly	66
7	11-21 100 Breaststroke	8	35	11-21 50 Breaststroke	36	67	11-21 100 Freestyle	68
9	11-21 200 IM	10	37	11-21 100 Butterfly	38	69	11-21 100 Backstroke	70
11	11-21 50 Freestyle	12						
13	11-21 400 Freestyle	14	39	11-21 400 IM	40	71	11-21 1500 Freestyle	72

Session: 4 Friday 10 and Under Timed Finals			Session: 8 Saturday 10 and Under Timed Finals			Session: 12 Sunday 10 and Under Timed Finals		
Day of Meet: 2 Starts immediately following the Prelims Session			Day of Meet: 3 2 Starts immediately following the Prelims Session			Day of Meet: 2 Starts immediately following the Prelims Session		
Girl s	Event	Boy s	Girl s	Event	Boy s	Girl s	Event	Boy s
15	10 & Under 50 Backstroke	16	41	8 & Under 100 Freestyle	42	73	8 & Under 100 Backstroke	74
17	10 & Under 200 Freestyle	18	43	10 & Under 50 Freestyle	44	75	10 & Under 50 Butterfly	76
19	10 & Under 100 Breaststroke	20	45	8 & Under 50 Breaststroke	46	77	8 & Under 50 Freestyle	78
21	10 & Under 200 IM	22	47	10 & Under 50 Breaststroke	48	79	10 & Under 100 Freestyle	80
23	10 & Under 400 Freestyle Relay	24	49	8 & Under 50 Butterfly	50	81	8 & Under 50 Backstroke	82
			51	10 & Under 100 Butterfly	52	83	10 & Under 100 Backstroke	84
			53	10 & Under 200 Medley Relay	54	85	10 & Under 200 Freestyle Relay	86
			55	9-10 400 Freestyle	56			

Finals will be swum in the same order as prelims plus the following relays swum at the end of finals. All relays are timed finals.

Session: 5 Friday 11 and Over Finals			Session: 9 Saturday 11 and Over Finals			Session: 13 Sunday 11 and Over Finals		
Day of Meet: 2			Day of Meet: 3			Day of Meet: 4		
Girl s	Event	Boy s	Girl s	Event	Boy s	Girl s	Event	Boy s
25	11-12 400 Freestyle Relay	26	57	11-12 200 Medley Relay	58	87	11-12 200 Freestyle Relay	88
27	13-14 400 Freestyle Relay	28	59	13-14 200 Medley Relay	60	89	13-14 200 Freestyle Relay	90
29	15-21 400 Freestyle Relay	30	61	15-21 200 Medley Relay	62	91	15-21 200 Freestyle Relay	92

Events 1,2,13,14,39,40,55,56, 71 and 72 will be swum fastest to slowest

Announcements:

Senior recognition will take place at the beginning of the Preliminaries on Saturday.
Zones meeting will occur at the end of preliminaries on Saturday
Phillip 66 2023 Volunteer of the Year will be announced at the beginning of the finals session on Saturday.
MT Swimming 2023 Male and Female Athletes of the Year will be announced at the beginning of the finals session on Saturday.
MT Swimming 2023 Male and Female Sportsmen of the Year will be announced at the beginning of the finals session on Saturday.
Team Spirit Award The winning team will be announced during Sunday Finals.
Head Coach and Assistant Coach of the Year Winners are to be announced Sunday at the start of the Finals Session.



Officials Request for Assigned Position

Meet: 2023 Montana Long Course State Championship July 20-23, 2023
Submit Application by July 5, 2022 to eric.belasco@gmail.com

Please consider me to work in the following assignment at the above meet

Name: _____ **LSC:** _____ **USA S Reg #** _____

Email: _____ **Phone:** _____

Mailing Address: _____

Polo Shirt Size (shirts not guaranteed): _____ **Men's size or** _____ **Women's size** _____

Available to work all sessions: _____; **or only the following sessions:** _____

	Level	LSC/N2/N3	Years●months
		(Choose each position)	Level
Current Certifications: Stroke & Turn Judge:		☐	
Chief Judge:		☐	
Starter:		☐	
Deck Referee:		☐	
Administrative Referee:		☐	
Administrative Official:		☐	

Requested Positions: (You must work all sessions at the meet for a position of Referee, Administrative Referee, Starter, or Chief Judge.)

Stroke & Turn Judge:	☐
Chief Judge:	☐
Starter:	☐
Deck Referee:	☐
Administrative Referee:	☐
Administrative Official:	☐

Your Request: ☐ **sorry, you were not selected.**

Selected for the following position - ☐ **S&T** ☐ **CJ** ☐ **Starter** ☐ **Deck Ref** ☐ **Ad Ref** ☐ **AO**

_____, Meet Referee. Date: _____

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

Long Course Meters

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						
44.09	39.89	35.59	34.19	32.79	31.39	50 M Free	31.39	32.79	34.09	35.49	39.49	43.59
1:41.99 *	1:31.19 *	1:20.29 *	1:16.69 *	1:13.09 *	1:09.39 *	100 M Free	1:09.49	1:12.89 *	1:16.39 *	1:19.79 *	1:30.19 *	1:40.59 *
3:45.79	3:20.99	2:56.29	2:48.09	2:39.79	2:31.59	200 M Free	2:29.49	2:36.59	2:43.69	2:50.79	3:12.09	3:33.49
7:36.79	6:51.09	6:05.39	5:50.19	5:34.99	5:19.79	400 M Free	5:14.59 *	5:29.59 *	5:44.49 *	5:59.49 *	6:44.49 *	7:29.39 *
54.89	48.89	42.89	40.89	38.89	36.89	50 M Back	36.89	38.89	40.99	42.99	49.19	55.29
1:59.19	1:45.99	1:32.89	1:28.29	1:23.89	1:19.49	100 M Back	1:18.89 *	1:22.89 *	1:26.99 *	1:30.99 *	1:43.09 *	1:55.09 *
1:00.49	53.99	47.49	45.29	43.09	40.89	50 M Breast	40.59	42.69	44.89	46.99	53.29	59.69
2:14.79 *	1:59.79 *	1:44.89 *	1:39.89 *	1:34.89 *	1:29.89 *	100 M Breast	1:29.29 *	1:33.79 *	1:38.19 *	1:42.69 *	1:55.99 *	2:09.39 *
53.39 *	47.09 *	40.79 *	38.69 *	36.59 *	34.49 *	50 M Fly	34.39	36.29	38.19	40.19	45.99	51.79
2:09.99	1:52.99	1:35.99	1:30.29	1:24.59	1:18.89	100 M Fly	1:18.09 *	1:23.59 *	1:28.99 *	1:34.49 *	1:50.79 *	2:07.09 *
4:09.39	3:43.19	3:17.09	3:08.29	2:59.59	2:50.89	200 M IM	2:49.89	2:58.39	3:06.89	3:15.39	3:40.79	4:06.19
11-12 Girls						11-12 Boys						
38.39 *	35.69 *	32.99 *	31.69 *	30.39 *	29.09 *	50 M Free	27.99 *	29.29 *	30.69 *	31.99 *	34.69	37.29 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 M Free	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:02.29 *	2:49.19 *	2:36.19 *	2:29.69 *	2:23.19 *	2:16.69 *	200 M Free	2:13.19 *	2:19.49 *	2:25.79 *	2:32.19 *	2:44.89 *	2:57.49 *
6:23.89	5:56.49	5:29.09	5:15.39	5:01.69	4:47.99	400 M Free	4:41.59	4:55.09	5:08.49	5:21.89	5:48.69	6:15.49
13:24.09 *	12:26.69 *	11:29.29 *	11:00.59 *	10:31.79 *	10:03.09 *	800 M Free	9:53.79	10:22.09	10:50.39	11:18.59	12:15.19	13:11.69
25:45.79	23:55.39	22:04.99	21:09.79	20:14.59	19:19.39	1500 M Free	18:55.19	19:49.19	20:43.29	21:37.39	23:25.49	25:13.59
43.99 *	40.79 *	37.69 *	36.09 *	34.49 *	32.99 *	50 M Back	31.99 *	33.69 *	35.39 *	36.99 *	40.39 *	43.69 *
1:38.69 *	1:30.99 *	1:23.19 *	1:19.29 *	1:15.39 *	1:11.49 *	100 M Back	1:09.19 *	1:12.99 *	1:16.69 *	1:20.49 *	1:27.99 *	1:35.49 *
3:24.49 *	3:09.89 *	2:55.29 *	2:47.99 *	2:40.69 *	2:33.39 *	200 M Back	2:29.59 *	2:36.69 *	2:43.79 *	2:50.99 *	3:05.19 *	3:19.49 *
48.99	45.49	41.99	40.19	38.49	36.69	50 M Breast	35.49 *	37.49 *	39.39 *	41.29 *	45.19 *	48.99 *
1:48.89 *	1:40.89 *	1:32.79 *	1:28.79 *	1:24.79 *	1:20.79 *	100 M Breast	1:18.09 *	1:22.19 *	1:26.19 *	1:30.29 *	1:38.39 *	1:46.59 *
3:52.59 *	3:35.99 *	3:19.39 *	3:11.09 *	3:02.79 *	2:54.49 *	200 M Breast	2:48.49	2:56.59	3:04.59	3:12.59	3:28.69	3:44.69
41.29	38.29	35.39	33.89	32.39 *	30.99	50 M Fly	30.19 *	31.89 *	33.59 *	35.19 *	38.59 *	41.89 *
1:36.19	1:28.49	1:20.79	1:16.99	1:13.09 *	1:09.29	100 M Fly	1:06.99	1:10.89	1:14.69	1:18.59	1:26.29	1:33.99
3:24.89	3:10.19	2:55.59	2:48.29	2:40.99	2:33.69	200 M Fly	2:30.39 *	2:37.49 *	2:44.69 *	2:51.89 *	3:06.19 *	3:20.49 *
3:26.09 *	3:11.39 *	2:56.59 *	2:49.29 *	2:41.89 *	2:34.59 *	200 M IM	2:30.19 *	2:37.79 *	2:45.49 *	2:53.19 *	3:08.49 *	3:23.79 *
7:19.69	6:48.29	6:16.89	6:01.19	5:45.49	5:29.79	400 M IM	5:22.39 *	5:37.79 *	5:53.09 *	6:08.49 *	6:39.19 *	7:09.89 *
13-14 Girls						13-14 Boys						
37.09 *	34.49 *	31.79 *	30.49 *	29.19 *	27.89 *	50 M Free	25.79	27.09	28.29	29.49	31.99	34.39
1:20.49 *	1:14.79 *	1:08.99 *	1:06.19 *	1:03.29 *	1:00.39 *	100 M Free	56.49 *	59.09 *	1:01.79 *	1:04.49 *	1:09.89 *	1:15.29 *
2:54.29 *	2:41.79 *	2:29.39 *	2:23.19 *	2:16.89 *	2:10.69 *	200 M Free	2:03.09	2:08.89	2:14.79	2:20.59	2:32.29	2:44.09
6:06.79 *	5:40.59 *	5:14.39 *	5:01.29 *	4:48.19 *	4:35.09 *	400 M Free	4:21.79	4:34.29	4:46.69	4:59.19	5:24.09	5:49.09
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:04.39	9:30.29	9:56.29	10:22.19	11:13.99	12:05.89
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:19.89	18:09.39	18:58.89	19:48.39	21:27.39	23:06.49
1:29.99	1:23.59	1:17.09	1:13.89	1:10.69	1:07.49	100 M Back	1:02.89 *	1:05.89 *	1:08.89 *	1:11.89 *	1:17.89 *	1:23.89 *
3:12.39 *	2:58.69 *	2:44.89 *	2:38.09 *	2:31.19 *	2:24.29 *	200 M Back	2:16.59 *	2:23.09 *	2:29.59 *	2:36.09 *	2:49.09 *	3:02.09 *
1:42.09 *	1:34.79 *	1:27.49 *	1:23.89 *	1:20.19 *	1:16.59 *	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:39.69 *	3:23.99 *	3:08.29 *	3:00.49 *	2:52.59 *	2:44.79 *	200 M Breast	2:34.09 *	2:41.39 *	2:48.79 *	2:56.09 *	3:10.79 *	3:25.49 *
1:26.59 *	1:20.39 *	1:14.29 *	1:11.19 *	1:08.09 *	1:04.99 *	100 M Fly	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29
3:12.99 *	2:59.19 *	2:45.49 *	2:38.59 *	2:31.69 *	2:24.79 *	200 M Fly	2:15.69 *	2:22.19 *	2:28.59 *	2:35.09 *	2:47.99 *	3:00.89 *
3:15.79 *	3:01.79 *	2:47.79 *	2:40.79 *	2:33.89 *	2:26.89 *	200 M IM	2:18.49 *	2:25.09 *	2:31.69 *	2:38.29 *	2:51.39 *	3:04.59 *
6:55.49 *	6:25.89 *	5:56.19 *	5:41.29 *	5:26.49 *	5:11.69 *	400 M IM	4:54.59	5:06.59	5:22.59	5:36.59	6:04.69	6:32.69
15-16 Girls						15-16 Boys						
36.39	33.79	31.19	29.89	28.59	27.29	50 M Free	24.39	25.59	26.79	27.89	30.19	32.59
1:19.19 *	1:13.49 *	1:07.89 *	1:04.99 *	1:02.19 *	59.39 *	100 M Free	53.99 *	56.59 *	59.19 *	1:01.69 *	1:06.89 *	1:11.99 *
2:50.49 *	2:38.29 *	2:26.19 *	2:20.09 *	2:13.99 *	2:07.89 *	200 M Free	1:57.99	2:03.69	2:09.29	2:14.89	2:26.09	2:37.39
5:58.49	5:32.89	5:07.29	4:54.49	4:41.69	4:28.89	400 M Free	4:10.29	4:22.19	4:34.19	4:46.09	5:09.89	5:33.69
12:21.29	11:28.39	10:35.39	10:08.99	9:42.49	9:15.99	800 M Free	8:45.09 *	9:10.09 *	9:35.09 *	10:00.09 *	10:50.09 *	11:40.09 *
23:43.89	22:02.19	20:20.49	19:29.59	18:38.79	17:47.89	1500 M Free	16:36.69	17:24.19	18:11.69	18:59.09	20:33.99	22:08.99
1:27.29 *	1:21.09 *	1:14.89 *	1:11.79 *	1:08.59 *	1:05.49 *	100 M Back	1:00.89 *	1:02.99 *	1:05.89 *	1:08.69 *	1:14.39 *	1:20.19 *
3:08.39 *	2:54.99 *	2:41.49 *	2:34.79 *	2:28.09 *	2:21.29 *	200 M Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79
1:39.49 *	1:32.39 *	1:25.29 *	1:21.69 *	1:18.19	1:14.59 *	100 M Breast	1:07.39	1:10.59	1:13.79	1:16.99	1:23.49	1:29.89
3:35.89 *	3:20.49 *	3:05.09 *	2:57.39 *	2:49.59 *	2:41.89 *	200 M Breast	2:26.49 *	2:33.49 *	2:40.49 *	2:47.49 *	3:01.39 *	3:15.39 *
1:25.39 *	1:19.29 *	1:13.19 *	1:10.09 *	1:07.09 *	1:03.99 *	100 M Fly	57.99	1:00.79	1:03.59	1:06.29	1:11.79	1:17.39
3:07.29 *	2:53.99 *	2:40.59 *	2:33.89 *	2:27.19 *	2:20.49 *	200 M Fly	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29 *
3:11.89 *	2:58.19 *	2:44.49 *	2:37.59 *	2:30.79 *	2:23.89 *	200 M IM	2:12.49	2:18.79	2:25.09	2:31.39	2:43.99	2:56.59
6:47.89	6:18.79	5:49.69	5:35.09	5:20.49	5:05.99	400 M IM	4:40.59	4:53.89	5:07.29	5:20.59	5:47.29	6:14.09
17-18 Girls						17-18 Boys						
36.19	33.59	30.99	29.69	28.39	27.09	50 M Free	24.29 *	25.49	26.59 *	27.79	30.09	32.39 *
1:18.59	1:12.99	1:07.39	1:04.59	1:01.79	58.99	100 M Free	52.69 *	55.19 *	57.69 *	1:00.19 *	1:05.29 *	1:10.29 *
2:49.59	2:37.49	2:25.39	2:19.29	2:13.19	2:07.19	200 M Free	1:55.99 *	2:01.49 *	2:06.99 *	2:12.49 *	2:23.59 *	2:34.59 *
5:57.09 *	5:31.59 *	5:06.09 *	4:53.39 *	4:40.59 *	4:27.89 *	400 M Free	4:06.89 *	4:18.69 *	4:30.39 *	4:42.19 *	5:05.69 *	5:29.19 *
12:16.89 *	11:24.29 *	10:31.59 *	10:05.29 *	9:38.99 *	9:12.69 *	800 M Free	8:34.59	8:59.09	9:23.59	9:48.09	10:37.09	11:26.09
23:30.39 *	21:49.59 *	20:08.89 *	19:18.49 *	18:28.19 *	17:37.79 *	1500 M Free	16:25.99 *	17:12.99 *	17:59.89 *	18:46.89 *	20:20.79 *	21:54.69 *
1:26.59 *	1:20.39 *	1:14.19 *	1:11.09 *	1:08.09 *	1:04.99 *	100 M Back	58.99 *	1:01.79 *	1:04.59 *	1:07.39 *	1:12.99 *	1:18.59 *
3:06.89 *	2:53.59 *	2:40.19 *	2:33.49 *	2:26.89 *	2:20.19 *	200 M Back	2:07.89 *	2:13.99 *	2:20.09 *	2:26.19 *	2:38.39 *	2:50.59 *
1:38.69 *	1:31.69 *	1:24.59 *	1:21.09 *	1:17.59 *	1:14.09 *	100 M Breast	1:05.99 *	1:09.09 *	1:12.29 *	1:15.39 *	1:21.69 *	1:27.99 *
3:33.09	3:17.89	3:02.69	2:55.09	2:47.49	2:39.89	200 M Breast	2:23.69 *	2:30.59 *	2:37.39 *	2:44.19 *	2:57.89 *	3:11.59 *
1:24.29 *	1:18.29 *	1:12.19 *	1:09.19 *	1:06.19 *	1:03.19 *	100 M Fly	56.59 *	59.29 *	1:01.99 *	1:04.69 *	1:10.09 *	1:15.49 *
3:06.79 *	2:53.39 *	2:40.09 *	2:33.39 *	2:26.69 *	2:20.09 *	200 M Fly	2:06.29 *	2:12.39 *	2:18.39 *	2:24.39 *	2:36.39 *	2:48.39 *
3:10.69	2:56.99	2:43.39	2:36.59	2:29.79	2:22.99	200 M IM	2:10.29 *	2:16.49 *	2:22.69 *	2:28.89 *	2:41.29 *	2:53.69 *
6:45.19	6:16.29	5:47.29	5:32.89	5:18.39	5:03.89	400 M IM	4:37.09 *	4:50.19 *	5:03.39 *	5:16.59 *	5:42.99 *	6:09.39 *

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

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
3:18.99 *	2:57.19 *	2:35.39 *	2:28.19 *	2:20.89 *	2:13.69 *	200 Y Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
8:25.39 *	7:34.89 *	6:44.29 *	6:27.49 *	6:10.59 *	5:53.79 *	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	31.69 *	33.49 *	35.19 *	36.99 *	42.29 *	47.49 *
1:41.99	1:30.69	1:19.29	1:15.59	1:11.79	1:07.99	100 Y Back	1:08.39 *	1:11.89 *	1:15.39 *	1:18.79 *	1:29.29 *	1:39.79 *
53.19 *	47.49	41.69 *	39.79 *	37.89 *	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	1:18.29 *	1:22.19 *	1:26.09 *	1:29.99 *	1:41.69 *	1:53.39 *
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	1:08.49 *	1:13.19 *	1:17.99 *	1:22.79 *	1:37.09 *	1:51.39 *
1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	100 Y IM	1:09.09 *	1:12.39 *	1:15.69 *	1:18.99 *	1:28.89 *	1:38.79 *
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					
33.59 *	31.29 *	28.99 *	27.79 *	26.59 *	25.49 *	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	55.19	100 Y Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
2:40.39 *	2:28.99 *	2:17.49 *	2:11.79 *	2:05.99 *	2:00.29 *	200 Y Free	1:55.89 *	2:01.39 *	2:06.99 *	2:12.49 *	2:23.49 *	2:34.59 *
7:08.79 *	6:38.19 *	6:07.59 *	5:52.19 *	5:36.89 *	5:21.59 *	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
38.09 *	35.39 *	32.69 *	31.29 *	29.99 *	28.59 *	50 Y Back	27.79 *	29.29 *	30.69 *	32.09 *	34.99 *	37.89 *
1:24.79 *	1:18.09 *	1:11.39 *	1:08.09 *	1:04.69 *	1:01.39 *	100 Y Back	59.49 *	1:02.79	1:05.99 *	1:09.19 *	1:15.69 *	1:22.19 *
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	200 Y Back	2:08.99 *	2:15.19 *	2:21.29 *	2:27.39 *	2:39.69 *	2:51.99 *
42.99 *	39.99	36.89	35.39	33.79 *	32.29	50 Y Breast	31.09	32.69 *	34.39 *	36.09 *	39.49 *	42.89
1:34.09 *	1:27.19 *	1:20.19 *	1:16.69 *	1:13.19 *	1:09.79 *	100 Y Breast	1:06.99 *	1:10.49 *	1:13.99 *	1:17.49 *	1:24.49 *	1:31.39 *
3:20.89 *	3:06.59 *	2:52.19 *	2:45.09 *	2:37.89 *	2:30.69 *	200 Y Breast	2:25.59 *	2:32.49 *	2:39.39 *	2:46.39 *	3:00.19 *	3:14.09 *
36.49 *	33.89 *	31.29 *	29.99 *	28.69 *	27.39 *	50 Y Fly	26.79	28.19	29.69	31.19	34.19	37.09
1:24.39 *	1:17.59 *	1:10.89 *	1:07.49 *	1:04.19 *	1:00.79 *	100 Y Fly	58.99 *	1:02.39 *	1:05.89 *	1:09.29 *	1:16.09 *	1:22.89 *
2:59.99 *	2:47.19 *	2:34.29 *	2:27.89 *	2:21.39 *	2:14.99 *	200 Y Fly	2:09.89 *	2:16.09 *	2:22.19 *	2:28.39 *	2:40.79 *	2:53.19 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
3:00.19 *	2:47.29 *	2:34.49 *	2:27.99 *	2:21.59 *	2:15.19 *	200 Y IM	2:10.69 *	2:17.29 *	2:23.99 *	2:30.69 *	2:43.99 *	2:57.29 *
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					
32.59 *	30.19 *	27.89 *	26.79	25.59 *	24.39 *	50 Y Free	22.49	23.49 *	24.59 *	25.69	27.79 *	29.89 *
1:10.59 *	1:05.49 *	1:00.49 *	97.99 *	55.49 *	52.89 *	100 Y Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59
2:32.09 *	2:21.29 *	2:10.39 *	2:04.99 *	1:59.49 *	1:54.09 *	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
6:47.79 *	6:18.69 *	5:49.59 *	5:34.99 *	5:20.39 *	5:05.89 *	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
1:16.69 *	1:11.19 *	1:05.69 *	1:02.99 *	1:00.19 *	97.49 *	100 Y Back	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:46.79 *	2:34.89 *	2:22.99 *	2:17.09 *	2:11.09 *	2:05.09 *	200 Y Back	1:57.19 *	2:02.79 *	2:08.39 *	2:13.99 *	2:25.09 *	2:36.29 *
1:27.99 *	1:21.69 *	1:15.39 *	1:12.29 *	1:09.09 *	1:05.99 *	100 Y Breast	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:10.89 *	2:57.29 *	2:43.69 *	2:36.79 *	2:29.99 *	2:23.19 *	200 Y Breast	2:12.49 *	2:18.79 *	2:25.09 *	2:31.39 *	2:43.99 *	2:56.59 *
1:16.39 *	1:10.89 *	1:05.49 *	1:02.69 *	99.99 *	97.29 *	100 Y Fly	53.39 *	55.89 *	58.49 *	1:00.99 *	1:06.09 *	1:11.19 *
2:48.99 *	2:36.89 *	2:24.89 *	2:18.79 *	2:12.79 *	2:06.79 *	200 Y Fly	1:58.69 *	2:04.29 *	2:09.99 *	2:15.59 *	2:26.89 *	2:38.19 *
2:49.79 *	2:37.59 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09 *	2:28.49 *	2:39.99
6:03.59 *	5:37.59 *	5:11.69 *	4:58.69 *	4:45.69 *	4:32.69 *	400 Y IM	4:16.09 *	4:28.29 *	4:40.49 *	4:52.69 *	5:17.09 *	5:41.49 *
15-16 Girls							15-16 Boys					
31.79 *	29.49 *	27.19 *	26.09 *	24.99 *	23.79 *	50 Y Free	21.29 *	22.29 *	23.29 *	24.39 *	26.39 *	28.39 *
1:08.89 *	1:03.99 *	98.99 *	95.99 *	93.09 *	90.19 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.69 *	2:08.09 *	2:02.69 *	1:57.39 *	1:52.09 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:40.59 *	6:11.99 *	5:43.39 *	5:29.09 *	5:14.79 *	5:00.49 *	500 Y Free	4:37.99 *	4:51.19 *	5:04.39 *	5:17.69 *	5:44.09 *	6:10.59 *
13:48.19	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
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	98.69 *	95.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *	1:08.09 *
2:42.99 *	2:31.39 *	2:19.69 *	2:13.89 *	2:08.09 *	2:02.29 *	200 Y Back	1:50.99 *	1:56.29 *	2:01.59 *	2:06.89 *	2:17.49 *	2:27.99 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *	100 Y Breast	57.39 *	1:00.19 *	1:02.89 *	1:05.59 *	1:11.09 *	1:16.49 *
3:05.99 *	2:52.79 *	2:39.49 *	2:32.79 *	2:26.19 *	2:19.49 *	200 Y Breast	2:06.19 *	2:12.19 *	2:18.19 *	2:24.19 *	2:36.19 *	2:48.19 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	98.69 *	95.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:45.29 *	2:33.49 *	2:21.69 *	2:15.79 *	2:09.89 *	2:03.99 *	200 Y Fly	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
2:46.79 *	2:34.89 *	2:22.99 *	2:16.99 *	2:10.99 *	2:05.09 *	200 Y IM	1:53.79 *	1:59.19 *	2:04.69 *	2:10.09 *	2:20.89 *	2:31.69 *
5:55.89 *	5:30.49 *	5:04.99 *	4:52.29 *	4:39.59 *	4:26.89 *	400 Y IM	4:05.29 *	4:16.99 *	4:28.59 *	4:40.29 *	5:03.69 *	5:26.99 *
17-18 Girls							17-18 Boys					
31.39 *	29.09 *	26.89 *	25.79 *	24.59 *	23.49 *	50 Y Free	20.89 *	21.89 *	22.89 *	23.89 *	25.89 *	27.89 *
1:08.19	1:03.29	98.49	95.99	93.59	91.19	100 Y Free	45.79 *	47.99 *	50.09 *	52.29 *	56.69 *	1:00.99 *
2:28.49 *	2:17.89 *	2:07.29 *	2:01.99 *	1:56.69 *	1:51.39 *	200 Y Free	1:39.79 *	1:44.59 *	1:49.29 *	1:54.09 *	2:03.59 *	2:13.09 *
6:35.69 *	6:07.39 *	5:39.19 *	5:24.99 *	5:10.89 *	4:56.79 *	500 Y Free	4:31.59 *	4:44.59 *	4:57.49 *	5:10.39 *	5:36.29 *	6:02.19 *
13:46.19	12:47.19	11:48.19	11:18.89	10:49.19	10:19.69	1000 Y Free	9:32.59 *	9:59.79 *	10:27.09 *	10:54.39 *	11:48.89 *	12:43.39 *
22:48.49 *	21:10.69 *	19:32.99 *	18:44.09 *	17:55.19 *	17:06.39 *	1650 Y Free	15:51.49 *	16:36.79 *	17:22.09 *	18:07.39 *	19:37.99 *	21:08.59 *
1:13.69 *	1:08.49 *	1:03.19 *	1:00.59 *	97.89 *	95.29 *	100 Y Back	49.69	51.99 *	54.39	56.69 *	1:01.49	1:06.19 *
2:39.79 *	2:28.39 *	2:16.99 *	2:11.29 *	2:05.59 *	1:59.89 *	200 Y Back	1:48.69 *	1:53.89 *	1:58.99 *	2:04.19 *	2:14.59 *	2:24.89 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.79 *	1:06.69 *	1:03.69 *	100 Y Breast	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
3:03.79 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.39 *	2:17.89 *	200 Y Breast	2:02.49 *	2:08.29 *	2:14.19 *	2:19.99 *	2:31.69 *	2:43.29 *
1:13.59 *	1:08.29 *	1:03.09 *	1:00.49 *	97.79 *	95.19 *	100 Y Fly	49.39	51.79	54.09	56.49	1:01.19	1:05.89
2:43.49 *	2:31.89 *	2:20.19 *	2:14.29 *	2:08.49 *	2:02.69 *	200 Y Fly	1:50.59 *	1:55.89 *	2:01.19 *	2:06.39 *	2:16.99 *	2:27.49 *
2:44.39 *	2:32.69 *	2:20.89 *	2:15.09 *	2:09.19 *	2:03.29 *	200 Y IM	1:50.79 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.69 *
5:51.19 *	5:26.09 *	5:00.99 *	4:48.49 *	4:35.89 *	4:23.39 *	400 Y IM	3:59.89 *	4:11.29 *	4:22.69 *	4:34.19 *	4:56.99 *	5:19.89 *

**Montana Swimming Age Group
2021-2024 State Short & Long Course Championship Meets
8 & Under Qualifying Times**

GIRLS

Event	SC Yards	SC Meters	LC Meters
25 Freestyle	21.39	23.64	
50 Freestyle	46.67	51.59	52.91
25 Backstroke	25.84	28.59	
50 Backstroke	56.39	1:02.39	1:05.87
25 Breaststroke	29.25*	32.38	
50 Breaststroke	1:03.83*	1:10.67	1:12.59
25 Butterfly	26.06	28.81	
50 Butterfly	56.87	1:02.87	1:04.31
100 IM	2:03.11	2:16.07	
**100 free (Long Course ONLY)	1:47.51	1:58.78	2:02.39*
**100 Back (Long Course ONLY)	2:02.39	2:15.23	2:23.03

BOYS

Event	SC Yards	SC Meters	LC Meters
25 Freestyle	20.95	23.09	
50 Freestyle	45.71	50.39	52.31
25 Backstroke	26.12*	28.98	
50 Backstroke	56.99*	1:03.23	1:06.35
25 Breaststroke	28.65	31.67	
50 Breaststroke	1:02.51	1:09.11	1:11.63
25 Butterfly	25.13	27.77	
50 Butterfly	54.83	1:00.59	1:02.15
100 IM	1:58.55*	2:11.75	
**100 free (Long Course ONLY)	1:45.35	1:56.39	2:00.71*
**100 Back (Long Course ONLY)	1:59.75*	2:12.83	2:18.11*

**13 – 21-year-old Qualifying Times for the
2021-2024 MT Swimming Age Group State Championship Meets
50 Back, 50 Breast, 50 Butterfly**

GIRLS			BOYS			
LCM	SCM	YARD	EVENT	YARD	SCM	LCM
37.69*	36.29	32.69*	50 Back	32.09*	35.69	36.99*
41.99	40.79	36.89	50 Breast	36.09*	39.99	41.29*
35.39	34.79	31.29*	50 Fly	31.19	34.49	35.19*

The above times are the "BB" qualifying time standards for each event for swimmers in the 13-14, 15-16, and 17-21 age groups for the Montana Swimming State Age Group Long course and Long Course Championship meets. All qualifying times must be swum in the correct time period for the meet entered. Times were adjusted in October 2021 and are the current 11-12-year-old "A" TUSS time standards.

** The 8 and under 100 free and 100 back are ONLY swum during the Long Course State Championship Meet, not during the Long course State Championships.

*Adjusted times from 2017-2020 standards.

Para 1 LSC Motivational Time Standards

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls									Boys							
	10 & UP1		11-12 P1		13-14 P1		15 & OP1		P1	10 & UP1		11-12 P1		13-14 P1		15 & OP1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM		
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69	
1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59	
5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89	
3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39	
7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59	

Para 2 LSC Motivational Time Standards

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys								
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59		50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19		100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79		200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39		400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09		50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69		100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99		200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39		
2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19		
		5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59		
1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39		
2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39		
5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09		

Para 3 LSC Motivational Time Standards

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys							
	10 & U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89	
1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59	
		3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39	
3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59	
		8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39	