

New Parent Packet

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Welcome to the Neptune Swim Team!

As a new swim parent, while watching your swimmer at practice, you will probably start hearing people talking about swim meets, heat sheets, Districts, Champs, 'A' times... It can get a little overwhelming, especially if you are completely new to swimming and have absolutely no idea what they are talking about!

The purpose of this guide is to answer some of the questions you may have (even if you don't know it yet!), and to act as a reference guide as your swimmers' journey progresses. Please ask any questions that come up.

Meets

Short Course - 25 yard pools (SCY, Short Course Yards) - September thru April

Long Course - 50 meter pools (LCM, Long Course Meters) - April thru August

There are numerous meets held throughout the season working up to the championship meets at the end of the season. You choose what meets to attend, you are not required to attend all the meets! They will have varying locations, some in Wichita, others in other cities like Tulsa, Kansas City, Columbia, and many others. Meets are typically held on weekends but do frequently start on Friday evening. Be aware of start times for each part of the meet (known as sessions). Typically swimmers under age 13 compete first thing in the morning, frequently starting around 6:45am.

Some meets are open to all swimmers while other meets have qualifying times. A qualifying time your swimmer must have prior to the meet in order to participate in that meet/event. These details are clearly stated in the meet information. There are several different types of qualifying standards such as the host club using their own, Missouri Valley qualifying times, A or BB times, etc.

It is worth taking camping/stadium chairs to the meets to have something to sit on with some comfort. Frequently the team visits facilities so feel free to ask parents that already have experience with the facility to know what is best to bring. It is a good idea to take plenty of healthy snacks and drinks as options to buy food at the meet are limited. Don't forget some cash, most meets only take cash for heat sheets and snacks. Sharpie (to write events/heat/lane info on your swimmer arm/leg) and highlighters (to use on heat sheet), and a pen/pencil are a good idea to have with you as well.

Meet Format (typical)

Meets are split into multiple sessions (appendix A), usually by age group, 12 and under and 13 and over. Usually 12 and under swim first followed by 13 and over group. Most meets are considered as Timed Finals meaning your swimmer will swim each event one time during the meet.

Your swimmer should arrive 30 minutes before warm up time and check in with the coaches. At some meets there will be multiple warmup sessions. It can be a good idea to show up prior to the first session to get a seat and parking space.

After check in and prior to warm up swim the team will do some stretching. Once the meet starts, you just need to help your swimmer know which event, heat, and lane they are in. A few minutes prior to each of your swimmers events, they need to report to the coaches for last minute instructions. They should also report to the coaches directly after their swim for immediate feedback.

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Meet Information (appendix C)

The meet information file is where all information about a meet is distributed. This file is frequently attached to the event on the team website but might also be emailed out by the coaches. Coaches do their best to send out relevant information such as warmup schedules but it is your job to make sure you know when to arrive for your swimmers sessions.

Meets - Entering

Entering a meet is done on the Team Website (sometimes referred to as Team Unify) or the accompanying mobile app, OnDeck. In general, it is recommended to let the coaches choose what events to enter the swimmer in. If you have any conditions for the entries, there is a comments field that can be used. IE, "attending saturday only", "would like to swim 50 free".

You NEED to declare your swimmers intent to attend or not to attend each meet. This signals to the coaches that you are aware of the meet and have made a decision on attendance.

For meets with qualifying times. If you are unsure if your swimmer will qualify, enter them anyway. If they don't the system will flag this for the coaches and they can let you know.

Meets - Fees

If you commit to attending a meet you are responsible for the meet fees! The team has to prepay the hosting club for these events so if something comes up and your swimmer is not able to attend, you are still responsible for the fees. Some meets have a flat fee like the Chisholm Trail meets, around \$5. Others have entrance fees and a cost per event your swimmer is in. A weekend meet can often cost around \$45 per swimmer.

Fees can be paid through the YMCA front desk or through the YMCA online payment system. Fees need to be paid PRIOR to the meet. Swimmers will not be entered into meets if their account has past due meet fees.

Heat Sheets (appendix B)

Heat sheets are a document that contains the detailed schedule for the meet. This includes every event, every heat, every lane, and every swimmer. You might know what event your swimmer has entered but without the heat sheet, you will not know which heat and lane they are in.

Heat sheets cost anywhere from \$2 to \$20 (the higher level the meet typically means the more cost).

Many parents use a highlighter to highlight their swimmers events/heat/lane. Using a sharpie, it can be very beneficial to the swimmer to document this information on the swimmers arm or thigh. (hint: spray sunscreen is helpful for removing the sharpie later). Here is an example of the typical format used in writing this on the swimmer:

E	H	L	
12	3	2	50 Free
16	8	6	100 BK
24	1	8	50 Fly

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Meet Etiquette

At some point your swimmer will get DQ'd (disqualified) for an event. There are a lot of stroke specific rules that must be followed such as two hands must touch the wall together on breast stroke and fly. At the time of the DQ, you may not know what the reason for the ruling is. Any queries you have must be directed to the coaches who will tell you the reason. If there are questions they have a proper chain of command to follow to question any ruling. You must NOT talk to the meet officials!

Championship Meets (appendix D)

As your swimmer attends meets, they will be getting experience and earning times for their events. One of the first typical goals for swimmers is to qualify for Districts and Missouri Valley Championships. These have specific qualifying times that must be met in order to compete.

The format for these meets is slightly different. These meets are considered as Prelim/Finals meets. Your swimmer will swim their event in the morning during prelims and then a specified number of swimmers (in the meet information) will advance to the finals session swam in the afternoon/evening.

As your swimmer moves up the championship hierarchy they will run into additional changes and rules. One example is if your swimmer qualifies for an event in MV Champs, they are not allowed to swim that event at Districts since they are too fast. They can still attend Districts, just not allowed to swim the events they are over-qualified for.

'A' Times (appendix E)

You will probably hear about swimmers trying to achieve their 'A' times. They are referring to the National Age Group Motivational Time Standards. These are split into Short Course and Long Course and are divided into standard age groups by gender: 10 and under, 11-12yrs, 13-14yrs, 15-16yrs, and 17-18yrs.

Tech Suits

Some swimmers will be wearing tech suits at meets. These are very expensive suits made with hydrophobic fabric, with the intention of allowing your swimmer to glide through the water without the water being absorbed by the suit and providing compression at the same time. These suits are incredibly tight, can take 30+ minutes to get into, are supposed to make your swimmer faster (10ths or 100ths of a second) and cost a lot.

Neptunes rules state that these are allowed to be worn only at championship meets (or with coach approval for very specific reason at any other meet). These are NOT a requirement, they are a choice.

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Websites / Apps

There are several websites/apps that will help with communication, event entries and many other things.

Website: The team website (<http://wyn-swim.com/>), frequently referred to as Team Unify is where you will find information about upcoming meets to attend, to declare your swimmers intent to attend those meets or not, see results for swim meets and other things.

OnDeck: This an app that mirrors the teams website. Most all functions that can be performed on the website can also be done via the OnDeck app.

BAND: In addition to Email, this is the primary communication tool for the team. To join the WYN group, you will need a code. Since the code is only good for a short time, please reach out to one of the coaches or the PAC (parent committee) leadership and they can provide one.

MeetMobile: This app can be very useful if your swimmer is participating in meets. It provides real time results and placings from anywhere. This app does have a small subscription fee, most people see it as worth it.

Volunteers and Officials

Remember that meets for our swimmers CAN NOT occur without volunteers. If you have already attended a meet, you have probably been approached to be a timer. This is a great way to begin to help run meets. In fact, this is how many officials get started. Officials are a necessary part of every type of competition. Please consider moving to the next level and become an official. Here is a list of the officiating positions:

Stroke and turn judges

Computer operator

Starter

Referee

If any of the jobs interest you, please reach out to a coach, leader of the PAC or another official.

Swimmers Ear Prevention

Many swimmers carry a small dropper bottle (not glass) with them and apply 5 to 10 drops in each ear after every time they swim. I am not aware of any swimmer getting swimmers ear when using this remedy regularly.

A mixture of 1 part white vinegar to 1 part rubbing alcohol helps promote drying and prevent the growth of bacteria and fungi that can cause swimmer's ear.

(<https://newsnetwork.mayoclinic.org/discussion/home-remedies-suffering-from-swimmers-ear/>)

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10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC Former Director of Club Services, USA Swimming
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

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VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team.

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

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Admission	Certain swim meets charge for spectators to view the meets. These are usually the larger more prestigious meets. Sometimes the meet program (heat sheet) is included in the price of admission.
Age Group	Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. Some LSCs have divided the swimmers into more convenient divisions specific to their situations: (i.e.) 8-under, 13-Over, 15-Over, Junior, Senior.
Alternate	In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalist are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moments notice.
Anchor	The final swimmer in a relay.
Beep	The starting sound from an electronic, computerized timing system.
Blocks	The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
Bonus Heat	The heat held during the finals session of a Prelims/Finals meet, that is slower than the swimmers participating in Big Finals. The Bonus Heat may refer to Consolation Finals or an extra heat in addition to Consolation finals.
Breaststroke	One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M.
Bull Pen	The staging area where swimmers wait to receive their lane and heat assignments for a swimming event. Area is usually away from the pool and has rows of chairs for the swimmers to sit. The Clerk of the Course is in charge of the Bull Pen.
Butterfly	One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M.
Button	The timing system stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There are usually 1 or 2 buttons per lane. It is the timers responsibility to push the button as the swimmer finishes the race.
Cap	The latex or lycra covering worn on the head of swimmers. The colors and team logos adorning these caps are limitless. National Caps, award caps, plain practice caps, etc.

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Championship Finals	The top 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals.
Check-In	The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check in, the swimmer or coach must mark their name on a list posted by the meet host.
Check-Out	The parents job at the motel. This is listed here to remind parents to request "Late Check Out" times if offered at no charge by the motel. This makes the last day of the meet a little less hectic.
Circle Seeding	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (1e) Lane 4 in the final 3 heats. See rule book for exact method for seeding depending on the lanes in the pool.
Clerk Of Course	See bull pen
Clinic	A scheduled meeting for the purpose of instruction. (1e) Officials clinic, Coaches clinic.
Consolation Finals	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
Course	Designated distance (length of pool) for swimming competition. (1e) Long Course = 50 meters / Short Course = 25 yards or 25 meters.
Deck	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA Swimming member may be on the deck during a swim competition.
Deck Entries	Accepting entries into swimming events after entry deadline, typically on the first day or later day of a meet.
Deck Seeding	Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.
Distance	How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
Disqualified (DQ)	A swimmers performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.

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Dive	Entering the water head first. Diving is not allowed during warmups except at the designated time, in specific lanes that are monitored by the swimmers coach.
Dryland	The exercises and various strength programs swimmers do out of the water.
Entry Fees	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
Entry Limit	Each meet will usually have a limit of total swimmers they can accept, or a time limit they can not exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
Electronic Timing	Timing system operated on DC current (battery). The timing system usually has touchpads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers.
Event	A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.
Exhibition	Swimmer entered as an exhibition swimmer will show an X next to their time in the heat sheet and cannot earn points or a ribbon, even if finishing first. The swimmer gets to swim, and gets an official time for the event, but the swim doesn't count for the purposes of the competition.
False Start	When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
Fastest to Slowest	A seeding method where the fastest seeded swimmers participate in the first heats followed by the next fastest and so on.
Fees	Money paid by swimmers for services. (le) Practice fees, registration fee, USA-S membership fee, etc.
FINA	The international, rules making organization, for the sport of swimming.
Finals	The final race of each event. See "Consolation Finals", "Timed Finals", etc.
Final Results	The printed copy of the results of each race of a swim meet.
Fins	Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
Format	The order of events and type of swim meet being conducted.

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Freestyle	One of the 4 competitive racing strokes. Freestyle (nicknamed Free) is swam as the fourth stroke in the Medley Relay and fourth stroke in the I.M.
Heats	A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of the event are completed.
Heat Winner	A ribbon/coupon/item given to the winner of a single heat at a swim meet.
Heat Sheet	The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.
High Point	An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the meet information.
Horn	A sounding device used in place of a gun.
IM	Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swam of each stroke.
Insurance	USA Swimming offers "accident insurance coverage" which is automatic when swimmer, coach, official, pays their USA-S membership fee. Many restrictions apply, so check with your club for detailed information.
Interval	A specific elapsed time for swimming or rest used during swim practice.
Lane	The specific area in which a swimmer is assigned to swim. (ie) Lane 1 or Lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are typically numbered from Right (lane 1) to Left (Lane 6).
Lane Lines	Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
Lap	One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
Lap Counter	The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.
Length	The extent of the competitive course from end to end. See lap.

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Long Course	A 50 meter pool.
LSC	Local Swim Committee. The local level administrative division of the corporation (USA-S) with supervisory responsibilities within certain geographic boundaries designated by the Corporation.
Marshall	The adult(s) (official) who control the crowd and swimmer flow at a swim meet.
Medals	Awards given to the swimmers at meets. They vary in size and design and method of presentation.
Meet	A series of events held in one program.
Meet Director	The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
Meters	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
Mile	The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.
Natatorium	A building constructed for the purpose of housing a swimming pool and related equipment.
Non-Conforming Time	A short course time submitted to qualify for a long course meet, or vice versa.
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.
Officials	The certified, adult volunteers, who operate the many facets of a swim competition.
OT	Official Time. The swimmers event time recorded to one hundredth of a second (.01).
Parka	Large 3/4 length fur lined coats worn by swimmers. Usually are in team colors with logo or team name.
Pace Clock	The electronic clocks or large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warmups or swim practice.
Plunger	See button

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Positive Check In	The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer or coach must mark their name on a list posted by the meet host.
Prelims	Session of a Prelims/Finals meet in which the qualification heats are conducted.
Prelims-Finals	Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 6 or 8 (Championship Heat) swimmers, and the next fastest 6 or 8 swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.
Pre-seeded	A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the meet heat sheet or posted meet program.
Psyche Sheet	An entry sheet showing all swimmers entered into each individual event. Sometimes referred to as a "Heat Sheet" or meet program. However, a "heat sheet" would include what heat and lane they are swimming in.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer.
Referee	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
Relays	A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. 2.) Freestyle relay - Each swimmer swims freestyle.
Ribbons	Awards in a variety of sizes, styles, and colors, given at swim meets.
Scratch	To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events or have monetary fines.
Seed	Assign the swimmers heats and lanes according to their submitted or preliminary times.
Seeding	Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
Session	Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.

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Short Course	A 25 yard or 25 meter pool.
Simultaneously	A term used in the rules of butterfly and breaststroke, meaning at the same time.
Split	A portion of an event, shorter than the total distance, that is timed. (ie) A swimmers first 50 time is taken as the swimmer swims the 100 race.
Start	The beginning of a race.
Starter	The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
Stand-up	The command given by the Starter or Referee to release the swimmers from their starting position.
Step-Down	The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
Stroke	There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, Freestyle.
Stroke Judge	The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.
Submitted Time	Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
Swim-off	In a Prelims/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or an alternate, otherwise ties stand.
Taper	The resting phase of a senior swimmer at the end of the season before the championship meet.
Timed Finals	Competition in which only heats are swum and final placings are determined by the those times.
Time Standard	A time set by a meet or LSC or USA-S (etc) that a swimmer must achieve for qualification or recognition.
Timer	The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.

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Time Trial	An event or series of events where a swimmer may achieve or better a required time standard.
Touch Pad	The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.
Transfer	The act of leaving one club or LSC and going to another. Usually 120 days of unattached competition is required before swimmer can represent another USA-S club.
Unattached	An athlete member who competes, but does not represent a club or team. (abbr. UN)
Unofficial Time	The time displayed on a read out board, available in mobile app like MeetMobile or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
USA-S ID Number	A 16 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first 6 parts are numbers of swimmers birthdate: Day/Month/Year using zeros as place holders. The next three spaces are the first three letters of the athletes legal first name. The next letter is the middle initial, followed by the first four letters of the swimmers last name. For example: USA-S ID# for swimmer Suzanne Eileen Nelson and born Aug.27, 1976 = 082776SUZENELS.
Warm-down	The recovery swimming a swimmer does after a race when pool space is available.
Warm-up	The practice and "loosing" up session a swimmer does before the meet or their event is swum.
Watch	The hand held device used by timers and coaches for timing a swimmers races and taking splits.
Whistle	The sound a starter/referee makes to signal for quiet before they give the command to start the race.
Yards	The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.

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Wichita Northwest YMCA

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Neptunes Y Dual 2021 - 3/6/2021

Session Report

Session: 2 12 and Over

Day of Meet: 1 Starts at 03:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	13	Mixed 13 & Over 200 IM	12	2	03:00 PM	_____
Finals	14	Mixed 13 & Over 100 Backstroke	11	2	03:08 PM	_____
		Break: 5 Minutes:				
Finals	15	Mixed 13 & Over 50 Freestyle	32	6	03:19 PM	_____
		Break: 5 Minutes:				
Finals	16	Mixed 13 & Over 200 Breaststroke	3	1	03:33 PM	_____
		Break: 5 Minutes:				
Finals	17	Mixed 13 & Over 100 Freestyle	28	5	03:42 PM	_____
		Break: 5 Minutes:				
Finals	18	Mixed 13 & Over 400 IM	0	0	03:58 PM	_____
Finals	19	Mixed 13 & Over 100 Breaststroke	25	5	03:58 PM	_____
Finals	20	Mixed 13 & Over 200 Freestyle	3	1	04:11 PM	_____
Finals	21	Mixed 13 & Over 100 Butterfly	17	3	04:14 PM	_____
Finals	22	Mixed 13 & Over 200 Backstroke	7	2	04:22 PM	_____
Finals	23	Mixed 13 & Over 500 Freestyle	8	2	04:30 PM	_____
		Swimmers Counts for Warm-ups: 39	=====	=====		
		Entry / Heat Totals:	146	29		
		Finish Time			04:44 PM	_____

New Parent Packet

Event Number

Event Name

Neptunes 2021 Intrasquad - 9/25/2021
Meet Program - Saturday

Page 1

Event 3 Girls 13-14 50 Yard Freestyle					Heat 2 of 2 Finals				
Lane	Name	Age	Team	See	Time	1			
Heat 1 of 3 Finals						2			
1						3			
2						4			
3						5			
4						6			
5									
6									
Heat 2 of 3 Finals									
1									
2									
3									
4									
5									
6									
Heat 3 of 3 Finals									
1									
2									
3									
4									
5									
6									
Event 4 Boys 13-14 50 Yard Freestyle					Event 6 Boys 15 & Over 50 Yard Freestyle				
Lane	Name	Age	Team	Seed Time	Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals					Heat 1 of 2 Finals				
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
Heat 2 of 2 Finals					Heat 2 of 2 Finals				
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
Event 5 Girls 15 & Over 50 Yard Freestyle					Event 7 Girls 12 & Under 100 Yard Backstroke				
Lane	Name	Age	Team	Seed Time	Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals					Heat 1 of 1 Finals				
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
Heat 2 of 2 Finals					Event 8 Boys 12 & Under 100 Yard Backstroke				
1					Lane	Name	Age	Team	Seed Time
2					Heat 1 of 2 Finals				
3					1				
4					2				
5					3				
6					4				
Heat 1 of 2 Finals					5				
1					6				
2					Heat 2 of 2 Finals				
3					1				
4					2				
5					3				
6					4				
Heat 2 of 2 Finals					5				
1					6				
2									
3									
4									
5									
6									

Heat Number

Meet Name
(Useful for finding meet in MeetMobile)

Lane Numbers

New Parent Packet

Neptunes Intrasquad 2021 September 25, 2021

- Host:** YMCA Neptunes
- Dates:** September 25, 2021
- Sanction:** Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming Inc.
Sanction Number MV-20-21
- Location:** Dr. Jim Farha Andover YMCA
1115 E US HWY 54
Andover, KS 67002
Phone - 316-733-9622
Email – wyn.swimming@gmail.com
- Course:** 25-yard, six lane indoor pool with non-turbulent lane lines. Colorado Timing System with touch pads and horn start. Additional lane is available for warm-up/warm-down.
- Rules:** 2021 United States Swimming Rules and Regulations and 2021 Missouri Valley Swimming Rules will govern the meet. Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect. The Missouri Valley Swimming Scratch Rule will apply.

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 the water. 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.

Deck changes are prohibited.

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

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

New Parent Packet

General:	It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Starting Times:	<u>Saturday</u> Warmups: 11:00 AM Meet Start: 12:30 PM
Eligibility:	Swimmers must be 2021 members of USA Swimming. The swimmer's age as of Saturday, September 25, 2021, determines their age for the meet. Exhibition swims will not be allowed.
Scoring and Results:	Individual Scoring: 9, 7, 6, 5, 4, 3, 2, 1. Results will be separated into 8 and under, 9-10, 11-12, 13-14, 15 & over
Awards:	No awards will be issued for this meet
Deck Entries	An athlete may be deck entered into an event provided that 1. They are a USA Swimming-registered athlete (must be able to prove USA Swimming registration) 2. They or their club are already entered into the meet 3. They have not exceeded the maximum entry limit for the day/meet. 4. No additional heats are added as a result of the deck entry. Deck entries are made to the Clerk of Course, and payment is due at the time of deck entry submission. Deck entries for each session close 45 minutes prior to the start of the session and will be accepted in the order received to the extent that open lanes are available.
Scratches:	Scratches are due 45 minutes prior to the start of the session.
Seeding:	All events will be pre-seeded. Events will be swum Fastest to Slowest.
Coach Membership:	Each coach must be able to prove to the satisfaction of the referee that (s)he holds a current USA Swimming Coach Membership, and that all certifications exist to be on deck at the meet.
Officials:	A current 2021 USA Swimming membership is required for all working officials. Officials also must be current with all certifications and background check requirements.
Entries:	Entries must be submitted using actual best short course yards times using Hy-Tek Team Manager compatible files. "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. Swimmers may swim a total of five (5) individual events. Deck entries will be accepted in the order received to the extent that open lanes are available. Adds and scratches will close 45 minutes prior to the start of the session. Email entries to: wyn.swimming@gmail.com

New Parent Packet

- Payment:** Make meet entry checks payable to “YMCA Neptunes”. Send checks and entries to: NA – No payment necessary
- Entry Deadline:** **Entries must be received no later than Sunday, September 19, 2021.**
- Seeding:** All events will be pre-seeded.
- Warm-Ups:** Warm-Up lanes will be assigned. Warm-Ups will be split if necessary and teams will be advised of their warm-up times. Coaches will be notified by email of your team’s warm-up times and lane assignments.
- Safety Guidelines:** Participating teams will be assigned to specific lanes for the warm-up period based on number of participants.
- Swimmers without a coach at the meet must check in with the Referee and will be assigned to a coach during the warm-up portion of the meet.
- The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane.
- If coaches in a lane cannot agree on a warm-up procedure, the session referee should be consulted and shall define that lane’s procedure. The decision of the session referee will be final.
- Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer’s events for the session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up.
- Swimmers may perform racing starts as determined by the coaches monitoring warm-ups for that lane. Backstroke swimmers shall ensure that they are not starting at the time that a swimmer is on the blocks. Swimmers shall not step onto the starting blocks if a backstroke swimmer is waiting to start.
- Coaches shall continually supervise their swimmers during all warm-up sessions. Swimmers or coaches not following the prescribed warm-up procedures or directions of marshals or USA Swimming officials may be barred from the use of the warm-up area.
- When using the side lanes for warming up or down during the meet, swimmers shall not perform racing starts and must circle swim.
- Warm-up areas are for the use of USA Swimming registered swimmers only and are not to be used as a cooling off area by spectators. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not permitted.

- Covid Information:** We have taken enhanced health and safety measures – for athletes, officials, personnel, and spectators, according to USA Swimming guidelines, and consultation and guidelines from Sedgwick County. You must follow all posted instructions of the facility. 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 guests with underlying medical conditions are especially vulnerable. By attending and participating in the Andover Y Dual, you voluntarily assume all risks related to exposure to COVID-19. 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.

New Parent Packet

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 child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming 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 USA SWIMMING AND [THE 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 LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY 1 COVID-19 Information (cont'd) Facility CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Meet Director:	Abby Baden
Meet Referee:	Mike Wallace
Admin Official:	Adam Tripp
Coach:	Nathan Jensen, Abby Baden

New Parent Packet

EVENTS

Warm-Ups begin @ 11:00 AM - Meet @ 12:30 PM

Women	Event	Men
1	12 and under 50 Freestyle	2
3	13-14 50 Freestyle	4
5	15 and over 50 Freestyle	6
7	12 and under 100 Backstroke	8
9	13 and over 100 Backstroke	10
11	12 and under 100 Individual Medley	12
13	13 and over 100 Individual Medley	14
15	12 and under 50 Breaststroke	16
17	13 and over 50 Breaststroke	18
19	12 and under 50 Freestyle Shootout Round 1	20
21	13-14 50 Freestyle Shootout Round 1	22
23	15 and over 50 Freestyle Shootout Round 1	24
25	12 and under 100 Breaststroke	26
27	13 and over 100 Breaststroke	28
29	12 and under 50 Butterfly	30
31	13 and over 50 Butterfly	32
33	12 and under 50 Freestyle Shootout Round 2	34
35	13-14 50 Freestyle Shootout Round 2	36
37	15 and over 50 Freestyle Shootout Round 2	38
39	12 and under 100 Freestyle	40
41	13 and over 100 Freestyle	42
43	12 and under 50 Backstroke	44
45	13 and over 50 Backstroke	46
47	12 and under 50 Freestyle Shootout Round 3	48
49	13-14 50 Freestyle Shootout Round 3	50
51	15 and over 50 Freestyle Shootout Round 3	52
53	12 and under 100 Butterfly	54
55	13 and over 100 Butterfly	56

New Parent Packet

MISSOURI VALLEY SHORT COURSE CHAMPS TIME STANDARDS														SCV Champs 2023	
Girls							Boys								
LCM		SCM		SCY			10 & Under	SCY			SCM		LCM		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
43.09	38.19	42.29	36.99	38.09	35.29	33.69	50 Free	33.99	35.69	38.79	37.69	43.09	38.49	43.89	
01:39.69	01:25.79	01:38.09	01:24.19	01:28.39	01:19.59	01:15.89	100 Free	01:16.29	01:20.09	01:28.19	01:24.59	01:37.89	01:26.19	01:39.49	
03:25.89	03:10.79	03:22.69	03:07.59	03:02.59	02:57.39	02:48.99	200 Free	02:49.89	02:57.29	03:02.99	03:07.39	03:23.19	03:10.59	03:26.39	
06:00.69	05:41.49	05:53.59	05:35.09	06:44.09	06:41.79	06:22.69	400/500 Free	06:27.29	06:46.59	06:39.19	05:39.19	05:49.29	05:45.59	05:56.29	
52.69	45.59	52.09	44.99	46.89	42.59	40.59	50 Back	40.99	42.99	46.29	45.49	51.39	46.09	51.99	
01:59.19	01:38.59	01:57.99	01:37.59	01:46.29	01:32.39	01:27.99	100 Back	01:28.99	01:33.39	01:48.19	01:38.69	02:00.19	01:39.89	02:01.39	
01:00.39	51.89	59.39	50.89	53.49	48.09	45.89	50 Breast	46.59	48.89	54.49	51.69	01:00.49	52.69	01:00.49	
02:12.99	01:53.39	02:10.09	01:51.39	01:57.99	01:45.39	01:40.39	100 Breast	01:41.79	01:46.79	02:00.49	01:52.99	02:13.69	01:54.99	02:15.69	
54.69	44.79	54.09	44.09	48.69	41.69	39.79	50 Fly	42.09	44.19	48.79	46.69	54.19	47.39	54.89	
02:14.79	01:50.79	01:59.49	01:49.39	01:47.69	01:43.49	01:38.59	100 Fly	01:42.39	01:47.49	01:48.59	01:53.59	02:00.59	01:54.99	02:10.69	
		01:45.39	01:36.89	01:34.99	01:31.59	01:27.29	100 IM	01:27.89	01:32.19	01:34.99	01:37.49	01:45.39			
03:40.59	03:39.39	03:37.39	03:36.19	03:19.79	03:24.49	03:14.79	200 IM	03:14.39	03:24.09	03:20.49	03:35.69	03:42.49	03:38.89	03:54.69	
						02:21.09	200 Free Relay	02:22.69							
						05:18.29	400 Free Relay	05:20.29							
						02:47.59	200 Medley Relay	02:51.69							
LCM		SCM		SCY			11-12	SCY			SCM		LCM		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
38.19	33.09	37.39	32.29	33.59	30.49	29.09	50 Free	29.69	31.09	33.59	32.89	37.19	33.69	37.99	
01:22.89	01:12.99	01:21.39	01:11.39	01:13.29	01:07.59	01:04.39	100 Free	01:04.09	01:07.29	01:13.19	01:11.09	01:21.29	01:12.69	01:22.89	
02:49.19	02:39.99	02:45.99	02:36.79	02:29.59	02:28.29	02:21.29	200 Free	02:22.49	02:29.59	02:28.69	02:38.09	02:45.09	02:41.29	02:48.29	
06:00.69	05:41.49	05:53.59	05:35.09	06:44.09	06:41.79	06:22.69	400/500 Free	06:27.29	06:46.59	06:39.19	05:39.19	05:49.29	05:45.59	05:56.29	
12:07.19	11:04.99	15:04.39	10:52.19	13:34.79		12:25.19	800/1000 Free	11:44.69		12:25.89	10:16.09	13:47.99	10:28.89	11:05.69	
22:31.99	21:04.99	24:31.29	20:40.99	22:05.49		20:40.19	1500/1650 Free	19:39.49		20:20.59	19:38.99	22:34.89	20:02.99	20:45.09	
44.39	38.29	43.79	37.69	39.49	35.69	33.99	50 Back	34.99	36.69	41.09	38.79	45.59	39.39	46.19	
01:34.89	01:23.49	01:33.69	01:22.29	01:24.39	01:17.89	01:14.19	100 Back	01:15.99	01:19.79	01:30.29	01:24.29	01:40.19	01:25.49	01:41.39	
	03:03.19		03:00.79		02:50.99	02:42.89	200 Back	03:03.09	03:12.19		03:23.19		03:25.59		
49.69	43.79	48.69	42.79	43.79	40.49	38.59	50 Breast	39.49	41.39	44.39	43.79	49.29	44.79	53.29	
01:47.89	01:34.39	01:45.89	01:32.39	01:35.39	01:27.39	01:23.29	100 Breast	01:26.89	01:31.19	01:36.29	01:36.39	01:46.89	01:38.39	01:48.89	
	03:34.09		03:30.09		03:18.69	03:09.29	200 Breast	03:24.29	03:34.49		03:04.59		03:50.69		
42.19	37.09	41.39	36.39	37.39	34.39	32.79	50 Fly	32.09	33.69	38.79	35.59	43.09	36.29	43.79	
01:41.19	01:26.49	01:39.79	01:25.09	01:29.89	01:20.49	01:16.69	100 Fly	01:17.99	01:21.89	01:29.99	01:26.49	01:39.89	01:27.89	01:41.29	
	03:45.29		03:42.49		03:30.49	03:20.49	200 Fly	02:59.89	03:08.79		03:19.59		03:22.39		
		01:29.59	01:21.29	01:20.69	01:16.89	01:13.29	100 IM	01:15.79	01:19.49	01:19.59	01:24.09	01:28.39			
03:11.89	03:02.09	03:08.69	02:58.89	02:49.99	02:49.19	02:41.19	200 IM	02:44.99	02:53.19	02:50.69	03:03.09	03:09.49	03:06.29	03:12.69	
						02:01.89	200 Free Relay	02:04.29							
						04:30.29	400 Free Relay	04:29.09							
						02:16.19	200 Medley Relay	02:22.79							
						05:13.29	400 Medley Relay	05:20.09							
LCM		SCM		SCY			13-14	SCY			SCM		LCM		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
36.19	30.49	35.39	29.69	31.89	28.09	26.79	50 Free	25.69	26.89	29.09	28.49	32.29	29.29	33.09	
01:15.29	01:06.79	01:13.69	01:05.19	01:06.39	01:01.69	00:58.79	100 Free	56.39	59.19	01:03.59	01:02.59	01:10.59	01:04.19	01:12.19	
02:41.29	02:27.59	02:38.09	02:24.39	02:22.39	02:16.59	02:10.09	200 Free	02:02.89	02:09.89	02:11.59	02:16.39	02:26.09	02:19.59	02:29.29	
05:39.19	05:17.19	05:22.79	05:10.79	06:19.99	06:16.09	05:55.39	400/500 Free	05:41.19	05:38.19	06:05.69	04:58.09	05:14.39	05:04.49	05:26.39	
12:07.19	11:04.99	15:04.39	10:52.19	13:34.79		12:25.19	800/1000 Free	11:44.69		12:25.89	10:16.09	13:47.99	10:28.89	11:05.69	
22:31.99	21:04.99	24:31.29	20:40.99	22:05.49		20:40.19	1500/1650 Free	19:39.49		20:20.59	19:38.99	22:34.89	20:02.99	20:45.09	
01:27.49	01:14.39	01:26.29	01:13.19	01:17.79	01:09.29	01:05.99	100 Back	01:05.09	01:08.29	01:16.19	01:12.19	01:24.59	01:13.39	01:25.79	
03:08.59	02:42.19	03:06.09	02:39.79	02:47.69	02:31.19	02:23.99	200 Back	02:23.79	02:30.89	02:40.19	02:39.59	02:57.89	02:41.99	03:00.29	
01:41.59	01:29.19	01:39.59	01:27.19	01:29.69	01:22.49	01:18.59	100 Breast	01:14.59	01:19.29	01:25.49	01:22.79	01:34.89	01:24.79	01:36.89	
03:37.09	03:12.79	03:33.09	03:08.79	03:11.99	02:58.59	02:50.09	200 Breast	02:45.89	02:54.09	02:54.69	03:04.09	03:13.89	03:08.09	03:17.89	
01:30.39	01:14.69	01:28.99	01:13.29	01:20.19	01:09.39	01:06.09	100 Fly	01:02.09	01:05.19	01:17.09	01:08.89	01:25.59	01:10.29	01:26.99	
03:13.59	03:06.79	03:10.79	03:03.99	02:51.89	02:53.99	02:45.79	200 Fly	02:35.79	02:43.49	02:42.59	02:52.89	03:00.39	02:55.69	03:03.19	
03:03.89	02:48.99	03:00.69	02:45.79	02:42.79	02:36.79	02:29.39	200 IM	02:22.49	02:29.59	02:29.59	02:38.09	02:45.99	02:41.29	02:49.19	
06:39.19	06:03.79	06:32.79	05:57.39	05:53.89	05:38.09	05:21.99	400 IM	05:09.59	05:24.99	05:30.59	05:43.59	06:06.89	05:49.99	06:13.29	
						01:52.29	200 Free Relay	01:47.49							
						04:06.69	400 Free Relay	03:56.69							
						09:06.29	800 Free Relay	08:39.49							
						04:42.79	200 Medley Relay	04:31.89							
						04:42.79	400 Medley Relay	04:31.89							
LCM		SCM		SCY			OPEN	SCY			SCM		LCM		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
36.89	30.09	36.09	29.29	32.49	27.79	26.39	50 Free	23.39	24.59	28.99	25.99	32.19	26.79	32.99	
01:19.29	01:05.49	01:17.69	01:03.89	01:09.99	01:01.39	57.59	100 Free	50.99	53.49	01:02.89	56.59	01:09.79	58.19	01:11.39	
02:38.69	02:23.19	02:35.69	02:19.99	02:20.09	02:12.29	02:06.09	200 Free	01:52.49	01:58.19	02:07.19	02:04.89	02:21.09	02:08.09	02:24.29	
05:34.19	05:05.09	05:27.59	04:58.69	06:14.39	05:58.69	05:41.79	400/500 Free	05:19.89	05:34.99	05:35.69	04:39.09	04:53.69	04:45.49	04:59.59	
11:19.09	10:34.39	11:05.79	10:21.59	12:40.89		11:50.79	800/1000 Free	10:59.99		11:54.89	09:36.29	10:25.49	09:48.99	10:37.99	
21:54.59	20:10.99	21:36.59	19:46.99	21:28.79		19:47.29	1500/1650 Free	18:30.99		20:01.99	18:29.19	20:09.19	18:53.19	20:26.09	
01:31.49	01:13.49	01:30.29	01:12.29	01:21.39	01:08.29	01:05.09	100 Back	58.19	01:00.99	01:10					

New Parent Packet

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	1:32.69	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	5:08.59	5:22.59	5:36.59	6:04.69	6:32.69

New Parent Packet

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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	1:00.09 *	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 *

New Parent Packet

2021-2024 National Age Group Motivational Times

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Short 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					
42.99	38.89	34.69	33.29	31.89	30.59	50 M Free	30.29	31.59	32.89	34.19	38.09	41.99
1:38.99	1:28.39	1:17.89	1:14.39	1:10.89	1:07.39	100 M Free	1:06.99	1:10.29	1:13.69	1:16.99	1:26.99	1:36.99
3:40.09	3:15.99	2:51.89	2:43.89	2:35.79	2:27.79	200 M Free	2:24.39	2:31.29	2:38.19	2:44.99	3:05.69	3:26.29
7:22.89	6:38.59	5:54.29	5:39.59	5:24.79	5:10.09	400 M Free	5:04.29	5:18.79	5:33.29	5:47.79	6:31.19	7:14.69
51.99	46.29	40.59	38.69	36.79	34.89	50 M Back	35.09	37.09	38.99	40.99	46.79	52.69
1:52.69	1:40.19	1:27.69	1:23.49	1:19.29	1:15.19	100 M Back	1:15.89	1:19.79	1:23.59	1:27.49	1:39.09	1:50.69
58.89	52.49	46.19	44.09	41.89	39.79	50 M Breast	39.19	41.19	43.29	45.29	51.39	57.59
2:10.49	1:55.99	1:41.49	1:36.69	1:31.89	1:26.99	100 M Breast	1:26.69	1:30.99	1:35.29	1:39.59	1:52.59	2:05.59
52.39	46.19	39.99	37.99	35.89	33.79	50 M Fly	33.49	35.29	37.19	39.09	44.79	50.49
2:05.99	1:49.49	1:32.99	1:27.49	1:21.99	1:16.49	100 M Fly	1:16.29	1:21.69	1:26.99	1:32.29	1:48.29	2:04.19
1:53.39	1:41.29	1:29.19	1:25.19	1:21.19	1:17.19	100 M IM	1:16.89	1:20.49	1:24.19	1:27.89	1:38.79	1:49.79
4:01.49	3:36.19	3:10.79	3:02.39	2:53.99	2:45.49	200 M IM	2:44.29	2:52.49	3:00.69	3:08.89	3:33.49	3:58.09
11-12 Girls							11-12 Boys					
37.29	34.69	32.19	30.89	29.59	28.29	50 M Free	26.99	28.29	29.59	30.89	33.39	35.99
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
2:58.09	2:45.39	2:32.69	2:26.29	2:19.99	2:13.59	200 M Free	2:09.09	2:15.19	2:21.29	2:27.49	2:39.79	2:52.09
6:15.49	5:48.69	5:21.89	5:08.49	4:55.09	4:41.69	400 M Free	4:33.89	4:46.89	4:59.99	5:12.99	5:39.09	6:05.19
12:57.19	12:01.69	11:06.19	10:38.49	10:10.69	9:42.89	800 M Free	9:32.69	9:59.99	10:27.29	10:54.59	11:49.09	12:43.59
24:45.29	22:59.19	21:13.09	20:20.09	19:26.99	18:33.99	1500 M Free	18:09.99	19:01.89	19:53.79	20:45.69	22:29.59	24:13.39
42.39	39.29	36.29	34.79	33.29	31.79	50 M Back	30.89	32.49	34.09	35.69	38.99	42.19
1:34.19	1:26.69	1:19.29	1:15.59	1:11.89	1:08.19	100 M Back	1:05.79	1:09.39	1:12.99	1:16.59	1:23.69	1:30.89
3:15.19	3:01.29	2:47.29	2:40.29	2:33.39	2:26.39	200 M Back	2:23.09	2:29.89	2:36.69	2:43.49	2:57.19	3:10.79
47.59	44.19	40.79	39.09	37.39	35.69	50 M Breast	34.39	36.19	38.09	39.99	43.69	47.39
1:44.29	1:36.59	1:28.89	1:24.99	1:21.19	1:17.29	100 M Breast	1:14.89	1:18.79	1:22.69	1:26.59	1:34.39	1:42.29
3:44.49	3:28.39	3:12.39	3:04.39	2:56.39	2:48.39	200 M Breast	2:41.59	2:49.29	2:56.99	3:04.59	3:19.99	3:35.39
40.59	37.69	34.79	33.39	31.89	30.49	50 M Fly	29.59	31.19	32.79	34.49	37.79	40.99
1:33.99	1:26.49	1:18.99	1:15.19	1:11.49	1:07.69	100 M Fly	1:05.59	1:09.39	1:13.19	1:16.89	1:24.49	1:32.09
3:19.79	3:05.59	2:51.29	2:44.19	2:36.99	2:29.89	200 M Fly	2:26.39	2:33.29	2:40.29	2:47.29	3:01.19	3:15.19
1:33.19	1:26.59	1:19.89	1:16.59	1:13.29	1:09.89	100 M IM	1:06.69	1:09.89	1:13.19	1:16.39	1:22.89	1:29.39
3:19.69	3:05.39	2:51.19	2:43.99	2:36.89	2:29.79	200 M IM	2:24.59	2:31.99	2:39.39	2:46.69	3:01.49	3:16.19
7:04.49	6:34.19	6:03.89	5:48.69	5:33.59	5:18.39	400 M IM	5:09.19	5:23.89	5:38.69	5:53.39	6:22.79	6:52.29
13-14 Girls							13-14 Boys					
36.09	33.49	30.89	29.59	28.39	27.09	50 M Free	24.89	26.09	27.29	28.39	30.79	33.19
1:18.29	1:12.69	1:07.09	1:04.29	1:01.49	58.69	100 M Free	54.39	56.99	59.59	1:02.19	1:07.29	1:12.49
2:49.29	2:37.19	2:25.09	2:18.99	2:12.99	2:06.99	200 M Free	1:58.49	2:04.19	2:09.79	2:15.39	2:26.69	2:37.99
5:58.29	5:32.69	5:07.09	4:54.29	4:41.49	4:28.69	400 M Free	4:13.79	4:25.89	4:37.89	4:49.99	5:14.19	5:38.29
12:16.89	11:24.19	10:31.59	10:05.29	9:38.99	9:12.69	800 M Free	8:45.89	9:10.89	9:35.99	10:00.99	10:51.09	11:41.09
23:15.29	21:35.69	19:55.99	19:06.19	18:16.29	17:26.49	1500 M Free	16:38.29	17:25.89	18:13.39	19:00.89	20:35.99	22:11.09
1:25.29	1:19.19	1:13.09	1:10.09	1:06.99	1:03.99	100 M Back	59.69	1:02.59	1:05.39	1:08.19	1:13.89	1:19.59
3:04.89	2:51.69	2:38.49	2:31.89	2:25.29	2:18.69	200 M Back	2:10.19	2:16.39	2:22.59	2:28.79	2:41.19	2:53.59
1:37.99	1:30.99	1:23.99	1:20.49	1:16.99	1:13.49	100 M Breast	1:07.49	1:10.69	1:13.89	1:17.09	1:23.49	1:29.89
3:32.19	3:16.99	3:01.89	2:54.29	2:46.69	2:39.09	200 M Breast	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09
1:24.99	1:18.89	1:12.89	1:09.79	1:06.79	1:03.79	100 M Fly	59.19	1:01.99	1:04.89	1:07.69	1:13.29	1:18.89
3:07.89	2:54.49	2:41.09	2:34.39	2:27.69	2:20.99	200 M Fly	2:11.19	2:17.49	2:23.69	2:29.99	2:42.49	2:54.99
3:09.49	2:55.89	2:42.39	2:35.59	2:28.89	2:22.09	200 M IM	2:12.59	2:18.89	2:25.19	2:31.59	2:44.19	2:56.79
6:44.19	6:15.39	5:46.49	5:31.99	5:17.59	5:03.19	400 M IM	4:43.29	4:56.79	5:10.29	5:23.79	5:50.69	6:17.69

New Parent Packet

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15-16 Girls						15-16 Boys						
35.39	32.89	30.39	29.09	27.89	26.59	50 M Free	23.89	25.09	26.19	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	1:03.19	1:00.39	57.69	100 M Free	52.09	54.59	57.09	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	2:16.09	2:10.09	2:04.19	200 M Free	1:53.79	1:59.29	2:04.69	2:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	4:48.09	4:35.49	4:22.99	400 M Free	4:04.59	4:16.19	4:27.89	4:39.49	5:02.79	5:26.09
12:05.69	11:13.89	10:22.09	9:56.09	9:30.19	9:04.29	800 M Free	8:27.39	8:51.59	9:15.69	9:39.89	10:28.19	11:16.49
22:57.09	21:18.69	19:40.39	18:51.19	18:01.99	17:12.79	1500 M Free	16:05.89	16:51.89	17:37.89	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	1:08.49	1:05.49	1:02.49	100 M Back	56.69	59.39	1:02.09	1:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	2:28.99	2:22.49	2:15.99	200 M Back	2:04.19	2:10.09	2:15.99	2:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	1:18.89	1:15.49	1:12.09	100 M Breast	1:04.29	1:07.39	1:10.49	1:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	2:50.79	2:43.39	2:35.99	200 M Breast	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	1:08.39	1:05.39	1:02.49	100 M Fly	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	2:31.39	2:24.79	2:18.19	200 M Fly	2:05.49	2:11.49	2:17.49	2:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	2:32.69	2:25.99	2:19.39	200 M IM	2:06.59	2:12.59	2:18.69	2:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	5:24.59	5:10.49	4:56.39	400 M IM	4:32.69	4:45.69	4:58.69	5:11.69	5:37.69	6:03.59
17-18 Girls						17-18 Boys						
34.79	32.29	29.79	28.59	27.29	26.09	50 M Free	23.19	24.29	25.39	26.49	28.69	30.89
1:15.29	1:09.99	1:04.59	1:01.89	59.19	56.49	100 M Free	50.89	53.29	55.69	58.19	1:02.99	1:07.79
2:44.19	2:32.49	2:20.79	2:14.89	2:08.99	2:03.19	200 M Free	1:51.59	1:56.89	2:02.19	2:07.59	2:18.19	2:28.79
5:49.29	5:24.39	4:59.39	4:46.89	4:34.49	4:21.99	400 M Free	4:00.09	4:11.49	4:22.89	4:34.29	4:57.19	5:20.09
12:03.09	11:11.39	10:19.79	9:53.89	9:28.09	9:02.29	800 M Free	8:23.79	8:47.79	9:11.69	9:35.69	10:23.69	11:11.69
22:50.29	21:12.39	19:34.59	18:45.59	17:56.69	17:07.69	1500 M Free	15:49.39	16:34.59	17:19.79	18:04.99	19:35.39	21:05.79
1:22.29	1:16.39	1:10.49	1:07.59	1:04.69	1:01.69	100 M Back	54.89	57.49	1:00.09	1:02.79	1:07.99	1:13.19
2:58.19	2:45.39	2:32.69	2:26.39	2:19.99	2:13.59	200 M Back	2:01.19	2:06.89	2:12.69	2:18.49	2:29.99	2:41.49
1:34.89	1:28.09	1:21.29	1:17.99	1:14.59	1:11.19	100 M Breast	1:02.89	1:05.89	1:08.89	1:11.89	1:17.89	1:23.89
3:24.39	3:09.79	2:55.19	2:47.89	2:40.59	2:33.29	200 M Breast	2:17.19	2:23.79	2:30.29	2:36.79	2:49.89	3:02.99
1:21.99	1:16.09	1:10.29	1:07.29	1:04.39	1:01.49	100 M Fly	54.59	57.19	59.79	1:02.39	1:07.59	1:12.79
3:01.59	2:48.69	2:35.69	2:29.19	2:22.69	2:16.19	200 M Fly	2:03.09	2:08.99	2:14.89	2:20.69	2:32.39	2:44.19
3:02.99	2:49.99	2:36.89	2:30.39	2:23.79	2:17.29	200 M IM	2:04.39	2:10.39	2:16.29	2:22.19	2:33.99	2:45.89
6:29.99	6:02.09	5:34.29	5:20.29	5:06.39	4:52.49	400 M IM	4:25.99	4:38.69	4:51.29	5:03.99	5:29.29	5:54.69

New Parent Packet

2021-2024 National Age Group Motivational Times

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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 *	2:13.59 *	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	57.79	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 *	57.99 *	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 *	57.49 *	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 *	59.99 *	57.29 *	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 *

New Parent Packet

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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 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *
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 *
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 *
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
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
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *
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 *
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 *
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 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.69 *
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 *
2:46.79 *	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 *
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 *
1:08.19	1:03.29	58.49	55.99	53.59	51.19	100 Y Free	45.79 *	47.99 *	50.09 *	52.29 *	56.69 *
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 *
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 *
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:32.59 *	9:59.79 *	10:27.09 *	10:54.39 *	11:48.89 *
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 *
1:13.69 *	1:08.49 *	1:03.19 *	1:00.59 *	57.89 *	55.29 *	100 Y Back	49.69	51.99 *	54.39	56.69 *	1:01.49
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 *
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 *
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 *
1:13.59 *	1:08.29 *	1:03.09 *	1:00.49 *	57.79 *	55.19 *	100 Y Fly	49.39	51.79	54.09	56.49	1:01.19
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 *
2:44.39 *	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 *
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 *											