

HLA's Guide:



KNOW YOUR REGION

KNOW YOUR TIMES

HEARTLAND AQUATICS

- LOCATED: LINCOLN, NE ESTABLISHED 2000
- PRACTICE LOCATIONS: LPS FACILITIES, LINCOLN PARKS & REC POOLS
- **HLA** BELONGS TO **MIDWESTERN SWIMMING LSC** (LOCAL SWIM COMMITTEE)
- MIDWESTERN SWIMMING IS COMPRISED OF 29 FULL TIME AND SEASONAL CLUB TEAMS
- ALL CLUBS IN MW SWIMMING ARE SANCTIONED UNDER **USA SWIMMING**



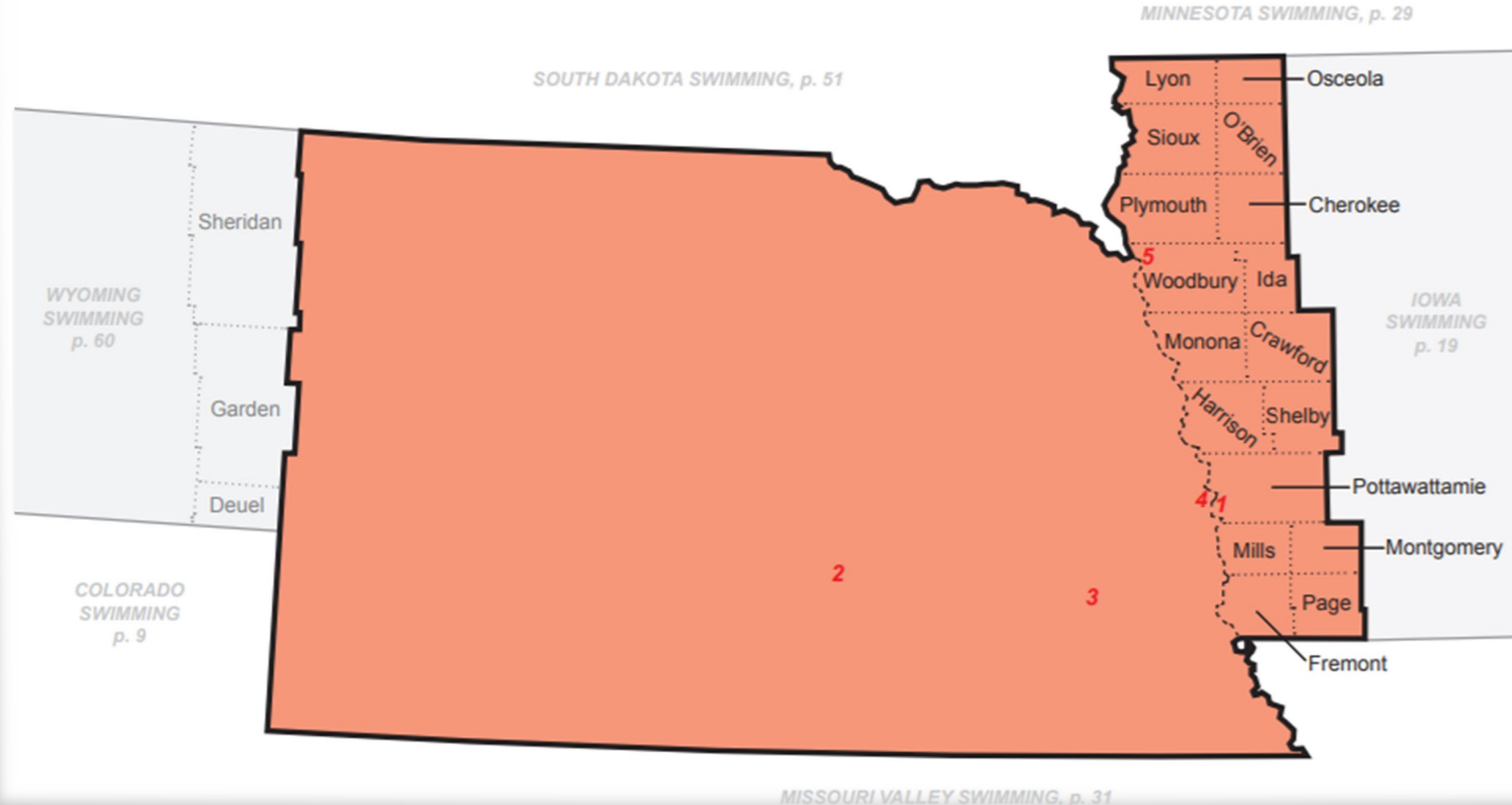
Midwestern Swimming (MW)

Central Zone

That portion of the State of Nebraska east of the counties of Sheridan, Garden and Deuel; and that portion of the State of Iowa west of and including the counties of Osceola, O'Brien, Cherokee, Ida, Crawford, Shelby, Pottawattamie, Montgomery and Page.

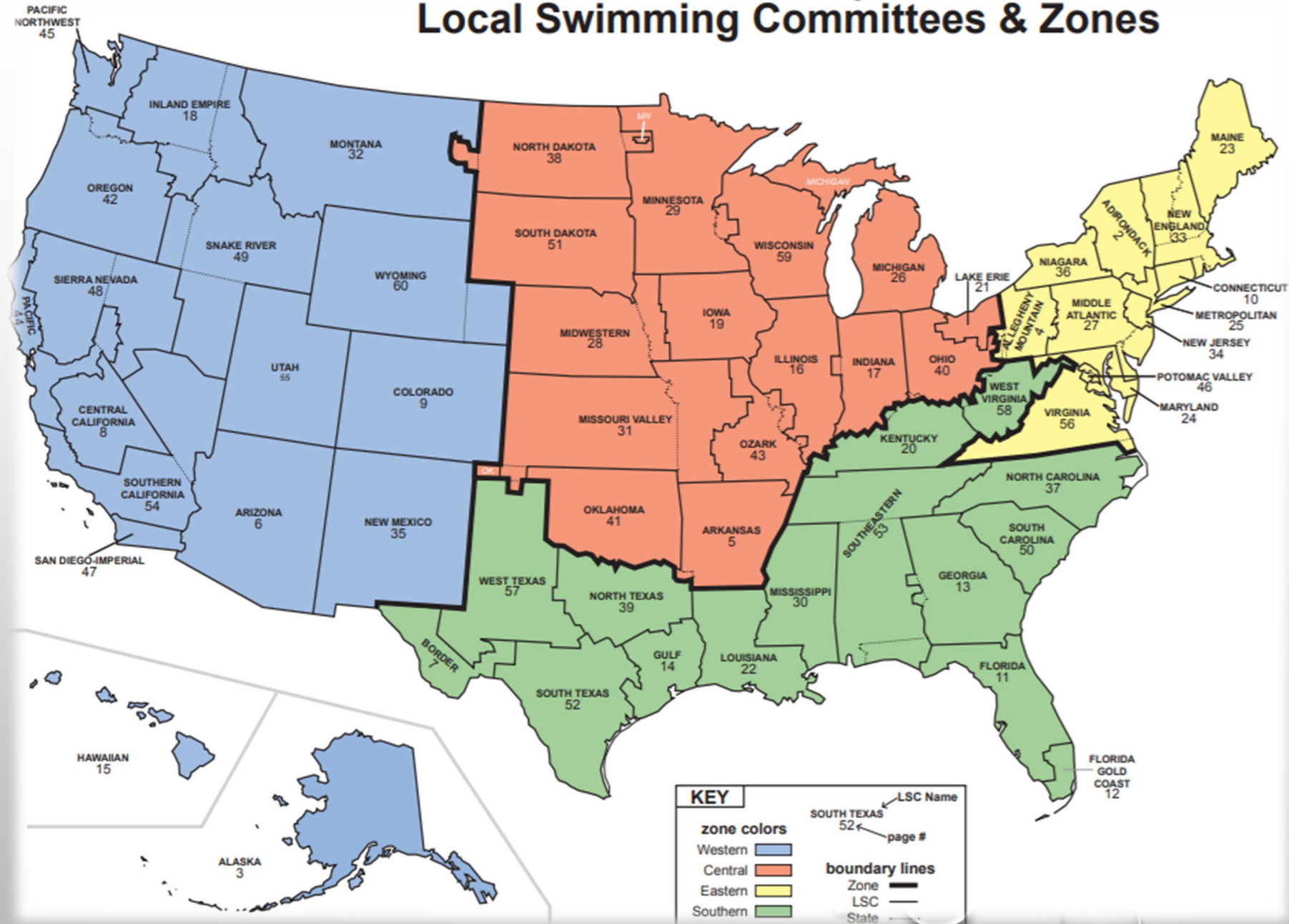
Cities

- 1 – Council Bluffs, Iowa
- 2 – Grand Island, Nebraska
- 3 – Lincoln, Nebraska
- 4 – Omaha, Nebraska
- 5 – Sioux City, Iowa



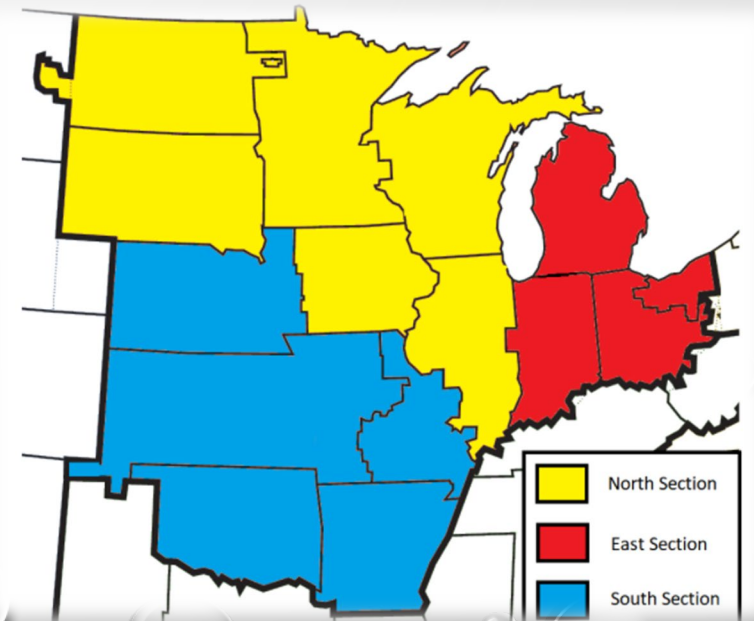
MAP OF MW LSC

Local Swimming Committees & Zones



ZONES?

- MIDWESTERN SWIMMING COMPETES IN THE **CENTRAL ZONE**
- THE CENTRAL ZONE IS COMPRISED OF IOWA, ILLINOIS, MINNESOTA, NORTH DAKOTA, SOUTH DAKOTA, WISCONSIN, INDIANA, LAKE ERIE, MICHIGAN, OHIO, ARKANSAS, MISSOURI VALLEY, MIDWESTERN, OKLAHOMA, OZARK
- MIDWESTERN SWIMMING COMPETES WITH THE **SOUTH SECTION** ALONG WITH ARKANSAS, MV, OKLAHOMA, & OZARK
- SOUTH SECTION IS ALSO REFERRED TO AS **REGION VIII**



POOL DIMENSIONS AND TIME COMPARISON

- THE INTERNATIONAL STANDARD FOR POOL MEASUREMENTS ARE METRIC
 - 50 METER POOLS (LCM) LONG COURSE METER
 - 25 METER POOLS (SCM) SHORT COURSE METER
 - INTERNATIONAL WORLD CHAMPIONSHIPS ALONG WITH THE OLYMPICS ARE HELD IN 50 METER POOLS
- THE UNITED STATES AND A FEW OTHER COUNTRIES PRIMARILY SWIM IN YARD POOLS
 - 25 YARD POOLS (SCY) SHORT COURSE YARDS

Fall-Winter Season=SCY

Late Spring-Summer Season=LCM

HAVE A MINUTE?

- **OBJECTIVE:** SWIM LEGAL STROKES IN THE DESIRED DISTANCE AND SEE HOW LONG THE RACE LASTS.
- **GOAL:** IMPROVE ON YOUR BASE TIME AND SWIM FASTER THE NEXT TIME
- **COMPARE:** STACK UP YOUR TIMES IN COMPARISON TO YOUR CITY, STATE, LSC, ZONE, COUNTRY, WORLD!



LOCAL TIME STANDARDS

- MIDWESTERN LSC HAS ESTABLISHED TIME STANDARDS FOR 8&U, 9-10, 11-12, 13-14, 15&O FOR BOTH GIRLS AND BOYS
- TIMES GRADUALLY GET FASTER AS ATHLETES MATURE AND GET STRONGER IN THE POOL

• EX:

	<u>Girls</u>							
	<u>10 & U</u>	<u>10-U Sec</u>	<u>11-12</u>	<u>11-12 Sec</u>	<u>13-14</u>	<u>13-14 Sec</u>	<u>15 & O/SR</u>	<u>15-0/SR Sec</u>
50 Free	00:32.99=	00:38.89	00:28.69=	00:33.59	00:26.89=	00:30.19	00:25.99=	00:29.49
100 Free	01:13.99=	01:29.59	01:02.79=	01:13.59	00:58.59=	01:05.49	00:56.19=	01:03.99
200 Free	02:45.39=	03:18.99	02:18.89=	02:40.39	02:08.69=	02:21.29	02:03.09=	02:18.69
500 Free			06:21.09=	No B	05:52.09=	No B	05:37.79=	05:43.39
1000 Free			13:17.99=	No B	12:19.39=	No B	12:06.09=	No B
1650 Free			22:27.09=	No B	20:37.49=	No B	20:11.49=	No B
50 Back	00:39.19=	00:46.99	00:33.59=	00:38.09	NTS		NTS	
100 Back	01:25.69=	01:41.99	01:12.39=	01:24.79	01:07.29=	01:11.19	01:04.09=	01:09.39
200 Back			02:38.79=	02:56.59	02:25.69=	02:34.89	02:23.19=	02:31.39
50 Breast	00:44.99=	00:53.19	00:38.19=	00:42.99	NTS		NTS	
100 Breast	01:39.29=	01:58.09	01:23.59=	01:34.09	01:17.39=	01:21.69	01:14.29=	01:19.69
200 Breast			03:03.29=	03:20.89	02:49.79=	02:57.29	02:48.59=	02:52.79
50 Fly	00:38.69=	00:47.39	00:31.69=	00:36.49	NTS		NTS	
100 Fly	01:35.69=	01:53.99	01:14.39=	01:24.39	01:06.79=	01:10.89	01:03.49=	01:09.39
200 Fly			02:47.29=	02:59.99	02:36.89=	02:36.89	02:33.49=	02:33.49
100 IM	01:25.19=	01:42.59	01:12.39=	01:24.09				
200 IM	03:07.49=	03:38.49	02:37.89=	03:00.19	02:26.19=	02:37.59	02:20.49=	02:34.89
400 IM			05:52.19=	No B	05:20.79=	No B	05:19.59=	No B

NATIONAL MOTIVATIONAL TIMES

B, BB, B+, A, AAA WHAT DOES IT ALL MEAN???

- SOME COMPETITIONS REQUIRE MINIMUM ENTRY TIMES.
- EX. (BB+) OR (A TIMES AND UP)
- OTHER COMPETITIONS ALLOW FOR OPEN ENTRIES WHICH HAVE NO TIME STANDARDS TO ENTER. (NTS)

https://www.usaswimming.org/docs/default-source/timesdocuments/records/age-groups-2024-agmts.pdf?_ga=2.183246627.481399995.1644091309-48327797.1640360899

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 *	2:13.59 *	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	97.79	95.19	100 Y Free	93.29	95.79	98.29	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	99.49 *	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	98.99 *	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 *	95.49 *	92.89 *	100 Y Free	89.19	91.59	93.89	96.29	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	93.59 *	96.19 *	98.69 *	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	93.39 *	95.89 *	98.49 *	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 *

SWIM MEET ADVANCEMENT

- **LOCAL LEVEL:** HLA HOSTS GOGGLE GOBBLE (NTS) < LSS CAPITAL CITY CLASSIC (BB+)
 - END OF THE SEASON IS CULMINATED WITH CHAMPIONSHIP MEETS
 - SPRING- AREA CHAMPIONSHIP CHALLENGE (NTS) & MW D1 CHAMPIONSHIPS (MW CUT TIMES)
 - SUMMER- AREA QUALIFIER MEET (NTS) & MW D1 CHAMPIONSHIPS (MW CUT TIMES)
- **REGION:** ALL STARS, ZONES, SECTIONALS
- **NATIONAL:** FUTURES, JUNIOR NATIONALS, SENIOR NATIONALS, PRO-AM, OLYMPIC TRIALS (USA NATIONALS)

FUN FACT:

- 1908 LONDON OLYMPIC GAMES:
 - FIRST TIME ATHLETES COMPETED IN A 100 METER POOL. PRIOR OLYMPICS WERE HELD IN OPEN WATER



Who needs lane ropes?

SWIMMING.—START OF THE 200-METRES BREAST-STROKE FINAL.

Note: Female athletes were not allowed to compete until 1912: Stockholm



ALL THE WAY

WHERE DO YOU SIZE UP? LOCAL, REGIONAL, NATIONAL?

KEEP YOUR SIGHTS SET ON THE (NEXT MEET) IMPROVEMENTS WILL COME. GOALS WILL BE
OBTAINED AND REWRITTEN!

GO OUT THERE, TRAIN HARD, AND COMPETE WITH THE BEST

