



NSSC

Swim Meet Criteria

Practice Meets

Your swimmer must have a legal freestyle, backstroke and racing start in order to compete at the practice meets.

Hosted Local Meets

For meets at St. John's Prep, Gordon College, Springfield College, and the Beede Center, your swimmer must be able to swim all 4 strokes legally as well have legal racing starts and turns for each stroke.

Hosted College Locations

For meets at MIT, Boston College, Colby College, and Phillips Academy, your swimmer must be able to compete in 200's in all strokes and the 500 freestyle.

Travel/Championship Meets

For Silvers, Age Group Championship, Sectionals, Futures and Jr. National meets, your swimmer must have made the qualifying times for these meets in order to attend. Cut times for these meets can be found here → [NE Time Standards](#), [Sectionals](#), [Futures and Above](#)

For Travel meets that do not require time standards, ie: Tampa travel trip and July Colby travel trip. These meets are invitation only. In order to earn an invitation to these meets, your swimmer must be completing their practice requirements, excelling at practice with great effort and attitude, as well as be excelling in school.