

How to Check for Motivational Cuts and Additional Info

Have you ever noticed swimmers celebrating TAGS cuts or seen “BB time standard achieved” next to their results and wondered what it meant? The sport of swimming uses “cuts” or “time standard” to help categorize swimmers by time and help them advance to faster meets. As a team RACE uses these times to help determine what practice group your swimmer belongs in and what meets to encourage your swimmer to sign up for. Having an idea of what cuts your swimmer has will also help you to determine what meets to sign up for. If you are interested in learning more, here is a list with ways you can check for cuts.

How to Check for Cuts:

Go to USA swimming and search for your swimmer and their best times. Go to "times" then individual time search" once there enter your swimmers information and it should show all of your swimmers times for each event.

(Link: <https://www.usaswimming.org/times/individual-times-search>) Also listed next to the times is the time standard they have achieved in each event.

Compare your swimmers times to the USA Swimming motivational age group time standards (link: <https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2024/2021-2024-national-age-group-motivational-times.pdf>). Make sure when looking through this one you scroll to the right course, we're currently in Long Course

a. You can find your athletes official times listed under our website/app or go to USA Swimming's website following the process above. Do not use MeetMobile times as these are unofficial and although it's rare they are sometimes wrong.

3. Swimmetry, an app designed to help you keep track of your progress. This app has your swimmers current time achieved and what they need to drop to achieve the next time standard.

Additional Info:

if your swimmer achieves a short course cut this cut also counts for long course and vice versa. For example if your swimmers gets the BB time in the 50 free short course they can swim the 50 free at a long course meet as well even without having the 50 free long course time.