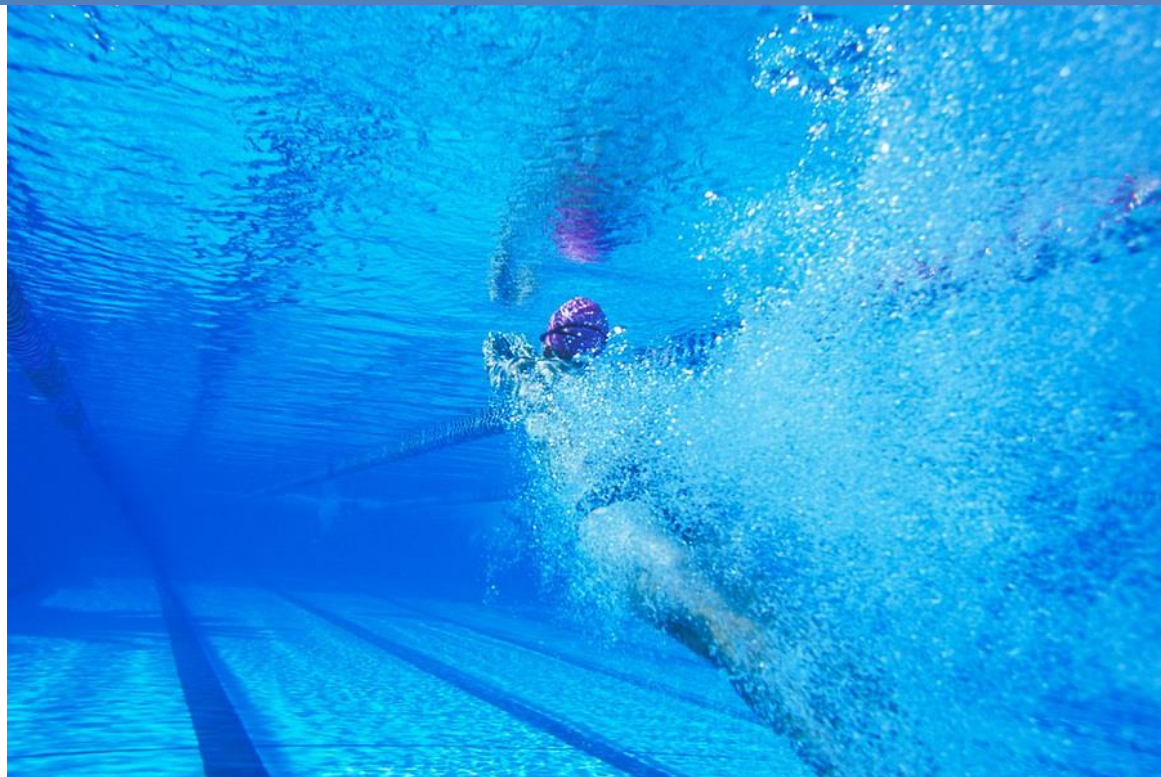




CAYMAN ISLANDS AQUATIC SPORTS ASSOCIATION

Shooting Stars Program Supplement to the CIASA Strategic Plan APPENDIX L



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INTRODUCTION

In late 2012 Cayman Islands Aquatic Sports Association (CIASA) developed a Strategic Plan designed to move swimming forward through 2020. The purpose and objective of the CIASA Strategic Plan was to set out the most advantageous and positive direction for Cayman Islands Aquatic Sports, with clear and identified objectives for swimming at all levels.

The Shooting Stars Program was designed to be an inspirational and awards program for athletes age 10 to 14.

SHOOTING STARS PROGRAM

BORN 2007

GIRLS

BOYS

1 Star	2 Star	3 Star	4 Stars	5 Stars	EVENT	5 Stars	4 Stars	3 Stars	2 Stars	1 Star
33.29	32.96	32.63	32.28	31.32	50m Free	31.31	32.11	32.86	33.01	33.28
1:14.91	1:14.30	1:12.91	1:11.13	1:08.85	100m Free	1:09.91	1:11.50	1:12.82	1:13.88	1:14.39
2:38.40	2:37.65	2:35.09	2:32.84	2:26.75	200m Free	2:29.64	2:32.65	2:35.07	2:36.27	2:37.84
5:35.31	5:32.85	5:25.84	5:21.42	5:07.74	400m Free	5:18.58	5:25.23	5:28.04	5:31.65	5:37.19
38.62	38.35	37.88	37.31	36.51	50m Back	36.81	37.47	38.28	38.64	38.96
1:23.48	1:22.92	1:21.79	1:20.21	1:17.48	100m Back	1:19.34	1:21.29	1:24.12	1:25.25	1:25.69
2:53.86	2:52.26	2:51.04	2:49.06	2:42.53	200m Back	2:41.71	2:48.50	2:51.64	2:54.95	2:56.19
44.43	43.93	43.54	42.67	41.78	50m Breast	41.78	43.60	44.66	45.15	45.58
1:37.65	1:36.32	1:35.34	1:32.67	1:30.74	100m Breast	1:32.52	1:36.04	1:38.59	1:39.87	1:40.90
3:24.18	3:22.03	3:19.44	3:14.83	3:07.33	200m Breast	3:12.45	3:18.56	3:22.19	3:25.46	3:27.69
38.05	37.75	37.13	36.31	35.22	50m Fly	34.83	36.76	37.56	37.85	38.23
1:29.31	1:28.31	1:26.85	1:24.26	1:19.23	100m Fly	1:22.01	1:26.03	1:27.92	1:30.64	1:32.89
3:16.10	3:13.02	3:09.68	2:59.36	2:54.25	200m Fly	2:50.31	3:05.79	3:11.75	3:17.35	3:23.12
3:00.74	2:58.89	2:57.31	2:52.40	2:48.22	200m IM	2:47.18	2:52.51	2:57.61	2:59.64	3:01.46
6:28.89	6:24.70	6:18.17	6:06.92	5:51.39	400m IM	5:57.57	6:08.22	6:21.80	6:30.34	6:39.88

- Times are for 25m pool

BORN 2006

GIRLS

BOYS

1 Star	2 Star	3 Star	4 Stars	5 Stars	EVENT	5 Stars	4 Stars	3 Stars	2 Stars	1 Star
31.36	31.22	30.98	30.58	29.79	50m Free	29.14	30.02	30.77	31.08	31.39
1:08.29	1:07.33	1:06.85	1:06.37	1:05.16	100m Free	1:03.69	1:06.43	1:07.30	1:07.91	1:08.52
2:26.69	2:25.30	2:23.74	2:21.59	2:17.56	200m Free	2:16.72	2:20.93	2:23.25	2:24.71	2:26.29
5:09.63	5:07.08	5:05.04	4:57.47	4:50.35	400m Free	4:46.15	4:55.71	5:02.61	5:05.45	5:08.38
35.90	35.65	34.95	34.39	33.01	50m Back	34.04	35.07	35.89	36.23	36.65
1:16.91	1:16.22	1:15.23	1:14.28	1:11.30	100m Back	1:11.95	1:14.71	1:16.64	1:17.31	1:17.87
2:42.23	2:41.62	2:40.18	2:37.82	2:31.40	200m Back	2:32.34	2:37.01	2:40.60	2:42.92	2:44.14
41.18	40.93	40.36	39.68	38.98	50m Breast	38.11	39.85	41.47	41.97	42.46
1:28.53	1:28.06	1:26.26	1:24.65	1:21.56	100m Breast	1:22.75	1:26.93	1:29.45	1:30.51	1:31.69
3:07.53	3:06.16	3:03.98	2:59.36	2:54.73	200m Breast	2:59.17	3:06.13	3:09.87	3:11.01	3:13.21
35.26	34.68	34.36	33.81	33.21	50m Fly	33.29	34.32	34.73	35.19	35.65
1:18.70	1:17.76	1:16.31	1:14.84	1:13.66	100m Fly	1:13.69	1:15.29	1:18.64	1:19.86	1:20.57
2:56.32	2:53.54	2:48.27	2:45.14	2:39.62	200m Fly	2:41.59	2:48.65	2:53.59	2:55.96	2:59.57
2:45.15	2:43.52	2:42.38	2:40.57	2:36.59	200m IM	2:34.46	2:42.02	2:45.44	2:47.60	2:48.75
5:55.24	5:52.13	5:46.13	5:38.29	5:29.10	400m IM	5:30.13	5:41.61	5:52.01	5:55.47	5:59.69

- Times are for 25m pool

BORN 2005

GIRLS

BOYS

1 Star	2 Star	3 Star	4 Stars	5 Stars	EVENT	5 Stars	4 Stars	3 Stars	2 Stars	1 Star
30.03	29.75	29.46	29.02	28.49	50m Free	27.92	28.65	28.96	29.30	29.58
1:04.07	1:03.39	1:02.97	1:02.14	1:01.21	100m Free	1:00.93	1:01.65	1:02.97	1:03.61	1:04.28
2:17.03	2:16.05	2:15.07	2:13.82	2:11.04	200m Free	2:08.93	2:13.76	2:15.36	2:16.50	2:18.10
4:48.99	4:47.75	4:44.89	4:41.53	4:35.61	400m Free	4:33.55	4:43.74	4:47.04	4:48.73	4:51.27
34.42	34.18	33.97	33.25	31.86	50m Back	32.55	32.99	33.68	33.96	34.34
1:12.40	1:11.63	1:10.77	1:09.04	1:06.33	100m Back	1:08.55	1:10.14	1:11.71	1:12.23	1:12.99
2:33.46	2:31.35	2:29.93	2:27.61	2:22.30	200m Back	2:25.28	2:27.69	2:30.23	2:31.85	2:33.46
38.75	38.44	38.02	37.16	36.41	50m Breast	36.00	37.02	37.83	38.48	38.84
1:23.60	1:21.99	1:20.89	1:19.64	1:17.70	100m Breast	1:18.27	1:20.39	1:22.24	1:23.81	1:24.34
2:55.70	2:54.79	2:53.03	2:50.07	2:44.01	200m Breast	2:49.28	2:53.40	2:55.83	2:58.14	3:00.01
33.25	32.87	32.60	32.13	30.83	50m Fly	31.43	31.95	32.27	32.56	33.07
1:12.96	1:12.64	1:11.26	1:09.35	1:07.35	100m Fly	1:08.43	1:10.41	1:12.30	1:13.12	1:13.89
2:42.27	2:39.01	2:36.89	2:31.44	2:29.17	200m Fly	2:30.20	2:37.41	2:40.91	2:42.92	2:45.34
2:35.62	2:34.72	2:33.42	2:31.92	2:27.29	200m IM	2:31.05	2:32.51	2:34.19	2:36.34	2:37.32
5:30.12	5:28.16	5:24.37	5:19.09	5:09.51	400m IM	5:11.06	5:17.64	5:27.45	5:31.73	5:34.75

- Times are for 25m pool

BORN 2004

GIRLS

BOYS

1 Star	2 Star	3 Star	4 Stars	5 Stars	EVENT	5 Stars	4 Stars	3 Stars	2 Stars	1 Star
29.04	28.95	28.80	28.57	28.16	50m Free	26.37	27.10	27.37	27.57	27.72
1:02.13	1:01.93	1:01.41	1:00.94	59.85	100m Free	56.61	58.07	58.50	59.19	59.50
2:13.73	2:13.04	2:12.36	2:11.07	2:09.55	200m Free	2:02.92	2:05.92	2:06.67	2:08.10	2:09.17
4:41.23	4:39.71	4:37.19	4:33.58	4:30.28	400m Free	4:19.36	4:24.63	4:28.05	4:30.30	4:32.11
32.92	32.44	32.18	31.86	31.34	50m Back	29.39	30.66	31.24	31.72	31.90
1:09.21	1:08.71	1:07.89	1:06.98	1:06.35	100m Back	1:02.61	1:04.45	1:05.84	1:06.97	1:07.69
2:28.39	2:27.31	2:25.36	2:23.78	2:19.22	200m Back	2:14.97	2:17.77	2:21.18	2:23.26	2:24.39
37.46	37.15	36.82	36.40	35.94	50m Breast	33.34	34.28	35.40	35.85	36.27
1:20.03	1:19.09	1:18.53	1:16.26	1:15.09	100m Breast	1:10.20	1:13.35	1:15.22	1:16.20	1:16.97
2:51.27	2:49.65	2:48.11	2:45.84	2:40.15	200m Breast	2:33.74	2:39.15	2:42.11	2:44.75	2:46.95
32.02	31.87	31.66	31.14	30.35	50m Fly	29.12	29.50	30.33	30.66	30.88
1:10.17	1:09.87	1:08.67	1:07.82	1:05.89	100m Fly	1:02.27	1:03.94	1:05.16	1:06.84	1:07.52
2:35.32	2:33.44	2:31.68	2:29.13	2:23.59	200m Fly	2:18.65	2:22.09	2:26.78	2:29.56	2:32.11
2:31.75	2:30.85	2:29.99	2:27.72	2:23.20	200m IM	2:18.24	2:21.71	2:23.19	2:25.36	2:26.41
5:30.12	5:28.16	5:24.37	5:19.09	5:09.51	400m IM	4:50.50	4:58.56	5:01.50	5:05.04	5:11.29

- Times are for 25m pool

BORN 2003

GIRLS

BOYS

1 Star	2 Star	3 Star	4 Stars	5 Stars	EVENT	5 Stars	4 Stars	3 Stars	2 Stars	1 Star
28.26	28.06	27.91	27.59	26.87	50m Free	24.85	25.57	25.93	26.24	26.39
1:00.38	1:00.02	59.66	59.31	57.66	100m Free	53.44	54.83	55.99	56.67	56.93
2:09.87	2:09.17	2:08.29	2:06.27	2:04.67	200m Free	1:56.56	1:59.91	2:01.56	2:02.72	2:03.52
4:33.63	4:31.33	4:29.18	4:26.31	4:20.56	400m Free	4:11.07	4:15.09	4:17.16	4:19.33	4:21.46
32.00	31.64	31.24	30.82	30.08	50m Back	27.68	28.75	29.49	29.98	30.38
1:07.20	1:06.38	1:05.88	1:04.81	1:03.76	100m Back	59.66	1:01.09	1:02.64	1:03.53	1:04.12
2:22.90	2:21.88	2:21.00	2:18.65	2:16.34	200m Back	2:06.94	2:12.04	2:14.73	2:16.46	2:17.60
36.39	36.18	35.74	35.21	34.75	50m Breast	32.21	32.97	33.66	34.04	34.25
1:17.41	1:16.86	1:16.31	1:15.18	1:13.40	100m Breast	1:08.74	1:10.74	1:11.96	1:12.79	1:13.40
2:47.49	2:45.94	2:43.77	2:40.45	2:37.94	200m Breast	2:30.31	2:32.33	2:34.24	2:37.44	2:38.96
30.96	30.82	30.56	30.16	29.56	50m Fly	27.04	27.80	28.36	28.80	29.06
1:07.59	1:06.82	1:06.22	1:05.27	1:03.83	100m Fly	59.87	1:00.77	1:01.75	1:02.68	1:03.62
2:28.44	2:26.85	2:25.37	2:24.37	2:18.18	200m Fly	2:14.45	2:16.16	2:17.92	2:20.74	2:22.41
2:27.80	2:26.85	2:25.61	2:25.40	2:18.90	200m IM	2:13.00	2:15.50	2:18.20	2:19.32	2:20.12
5:15.17	5:12.12	5:07.69	5:03.46	4:52.30	400m IM	4:46.63	4:49.45	4:52.06	4:54.31	4:58.70

- Times are for 25m pool