

## RD Parent Meeting 10/3

### October Schedule

- Practice the week of October 9<sup>th</sup>
  - Minis have practice Monday and Wednesday. We do not have practice on Tuesday, Thursday and Friday.
  - Moorhead High School Practice, October 13<sup>th</sup>
    - We have a Moorhead High School practice listed but still waiting on confirmation if we can use the pool. Once I know I will let you know.
  - Team Event: KingsPinz
    - We will do an hour of bowling. Bowling is paid for. Food, arcade and other amenities are not paid for while we are there. If your athlete wishes to do other activities they need to wait till after bowling.
    - Parents are responsible for transportation and pick up for athletes. Athletes need to be dropped off by 6:40PM and picked up at 8PM.
  - Fun Meet
    - Meet is intended for athletes to know how a meet is run.
    - Not an official meet. Times can not be used to qualify for other meets.
    - Prizes for 1-3<sup>rd</sup> in all heats
    - Everyone will get to leave with a bag of goodies
    - Officials will be notifying coaches of possible DQ's
    - We need help & jobs are posted for the fun meet. We have...
      - Coin Giver
      - Timer
      - Prizes
    - Meet each day is \$5.
    - You need to sign up in a web browser or computer. NOT APP.
    - Events that each group will be swimming...

<b>Gold will compete in:</b>		<b>Silver and Bronze will compete in:</b>	<b>Advanced Minis will compete in:</b>	<b>Beginner Minis will compete in:</b>
<u>Monday</u>	<u>Tuesday</u>			
100 Free	50 Free	• 50 Free	• 50 Free	• 25 Free
100 Fly	50 Fly	• 50 Butterfly	• 50 Fly	• 25 Fly
100 Back	50 Back	• 50 Backstroke	• 50 Backstroke	• 25 Backstroke
100 Beast	50 Breast	• 50 Breaststroke	• 50 Breaststroke	• 25 Breaststroke
100 IM	200 IM	• 100 IM		

### Swim Meets

- We have our first meet available to sign up for.
- Rules for signing up or meets...
  - I send out an email asking for changes/adds/removes with a deadline
  - After the deadline your athlete is in the meet and no refund is given. No exceptions as we are still billed by the host team of your entries.
  - ALWAYS check entry list to ensure your athlete is in the meet or NOT in the meet.
  - There are no late adds after the change/add/remove deadline, or there is a late fee if accepted.
- Ask group coaches if you are unsure what you should sign them up for. We do not sign your athletes up as we want them to enjoy what they are swimming.
- If you want us to pick events please put that in the notes when declaring if they are attending or not.

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- Meet schedule is always subject to change. We get meet information late from teams sometimes. We base our calendar off of the previous years.
- To sign up your athletes for meets
  - In the App
    - Events & Jobs
      - Events & Meet Entries
        - Click on meet for information about prices and other information
        - Click entries to add athlete and events
  - Website Browser
    - Meets/Events
      - Attend/Decline
        - Click on select events you want them to swim.
      - Click on meet for information about prices and other information
- Meet prices are all dependent on the meet host
  - Range is \$40-\$100
    - Some are flat fees
    - Some are by entry base
      - Per athlete
      - Per Splash (each race)
- Meet bills are billed right before meets or right after depending on the set up
  - You can go in and pay right away when fee is posted
    - If not it will come out on the 1<sup>st</sup> of the month.
- Relays
  - If you do NOT want to be in a relay please write that in the notes when entering your child in the meet.
  - If you want to be in relays please put that in notes as well
  - Coaches decide relays.
- MRC is our most popular end of the season meet. This is the meet we have a team hotel and team dinner.

## Time Standards

- Some meets have time standards that need to be achieved to attend the meet. Usually, the meets are LSC championship meets.
- There are other National Level meets that have their own time standards.
- These meets are listed as "NEED QUALIFYING TIMES"
- These qualifying times are set either by host team or LSC.
- We have our Championship meets listed which require qualifying times
  - Bronze Meet
    - And Bronze time or slower
  - MRC
    - 50/100: Bronze time
    - 200+: Silver Times
  - 11-14 State
    - CH times
  - 10 and Under State
    - CH times

### RD Parent Meeting 10/3

- Senior State
  - CH times
- Single Age Group State
  - Own time Standards set by LSC
- We run eligibility reports for these meets. You can also go in and see what they qualify in when signing them up.
- Your athlete's age is decided on the first day of the meet. For example...
  - If the meet is on March 1<sup>st</sup> and my birthday is on March 1<sup>st</sup> and I am 12 now but will be 13 on March 1<sup>st</sup> I am 13. Which means for MRC I will need to achieve 13-14 time standards to go to the meet
  - If the meet is on March 1<sup>st</sup> and my birthday is on March 2<sup>nd</sup> and I am 12 now but will be 13 on March 2<sup>nd</sup> I am 12 at the meet. Which means for MRC I will need to achieve 11-12 time standards to go to the meet.

MINNESOTA SWIMMING 2023-2024 TIME STANDARDS  
SHORT COURSE YARDS

Effective: 10/1/23

Adopted: 9/19/23

BRNZ	SLVR	GOLD	CH	ZONE	Event	ZONE	CH	GOLD	SLVR	BRNZ	
Girls 8 & Under					Boys 8 & Under						
:59.69	:51.39	:45.29	*:41.19	:28.89	50 Free	:28.59	*:41.29	:45.39	:51.59	:59.79	
2:17.79	1:58.79	1:44.59	*1:35.09	1:04.19	100 Free	1:03.69	*1:34.59	1:43.99	1:58.19	2:17.09	
1:09.49	:59.89	:52.69	:47.89	:33.29	50 Back	:33.49	*:48.79	:53.69	1:00.99	1:10.79	
1:21.49	1:10.19	1:01.79	*:56.19	:37.89	50 Breast	:37.29	*:58.29	1:04.19	1:12.89	1:24.49	
1:17.39	1:06.69	:58.69	*:53.39	:32.49	50 Fly	:31.99	*:55.99	1:01.59	1:09.99	1:20.19	
2:38.19	2:16.39	1:59.99	*1:49.09		100 IM		*1:51.59	2:02.79	2:19.49	2:41.89	
Girls 10 & Under/Girls 9-10					Boys 10 & Under/Boys 9-10						
:47.29	:40.79	:35.89	*:32.69	:28.89	50 Free	:28.59	*:33.29	:36.59	:41.59	:48.19	
1:44.99	1:30.59	1:19.69	*1:12.49	1:04.19	100 Free	1:03.69	*1:15.09	1:22.59	1:33.79	1:48.79	
3:47.79	3:16.39	2:52.79	*2:37.09	2:20.89	200 Free	2:16.89	*2:46.49	3:03.09	3:28.09	4:01.39	
10:12.59	8:48.09	7:44.79	*7:02.49	6:10.59	500 Free	6:04.19	*7:10.09	7:53.09	8:57.59	10:23.59	
:55.29	:47.59	:41.89	*:38.09	:33.29	50 Back	:33.49	*:39.89	:43.89	:49.89	:57.89	
1:58.49	1:42.19	1:29.89	*1:21.79	1:11.79	100 Back	1:11.89	*1:25.09	1:33.59	1:46.29	2:03.29	
1:06.79	:57.59	:50.69	:46.09	:37.89	50 Breast	:37.29	*:47.09	:51.79	:58.89	1:08.29	
2:17.29	1:58.39	1:44.19	1:34.69	1:23.09	100 Breast	1:22.19	*1:39.29	1:49.29	2:04.09	2:23.99	
:54.49	:46.99	:41.39	*:37.59	:32.49	50 Fly	:31.99	*:40.19	:44.29	:50.29	:58.29	
2:09.89	1:51.99	1:38.59	*1:29.59	1:14.19	100 Fly	1:13.19	*1:36.89	1:46.59	2:01.09	2:20.49	
2:00.29	1:43.69	1:31.29	*1:22.99		100 IM		*1:24.59	1:32.99	1:45.69	2:02.59	
4:20.89	3:44.89	3:17.89	*2:59.89	2:37.39	200 IM	2:36.19	*3:11.49	3:30.69	3:59.39	4:37.69	
Girls 11-12					Boys 11-12						
:40.59	:34.99	:30.79	*:27.99	:26.59	50 Free	:25.59	*:28.49	:31.39	:35.59	:41.29	
1:28.49	1:16.29	1:07.09	*1:00.99	:57.79	100 Free	:55.79	*1:01.89	1:07.99	1:17.29	1:29.69	
3:17.39	2:50.19	2:29.69	2:16.09	2:05.99	200 Free	2:01.39	*2:18.19	2:31.99	2:52.79	3:20.39	
8:45.39	7:32.89	6:38.59	*6:02.29	5:36.89	500 Free	5:27.89	*6:10.99	6:48.09	7:43.79	8:57.89	
17:57.99	15:48.29	13:37.79	*12:23.39	11:37.79	1000 Free	11:25.59	*12:53.69	14:11.09	16:07.09	18:41.79	
30:15.39	26:04.99	22:57.19	20:51.99	19:33.89	1650 Free	19:08.59	*21:39.29	23:49.19	27:04.09	31:23.99	
:47.29	:40.79	:35.89	*:32.69	:29.99	50 Back	:29.29	*:33.89	:37.29	:42.29	:49.09	
1:40.89	1:26.99	1:16.59	*1:09.59	1:04.69	100 Back	1:02.79	*1:11.89	1:18.99	1:29.79	1:44.19	
3:38.29	3:08.19	2:45.59	2:30.59	2:18.79	200 Back	2:15.19	2:35.09	2:50.59	3:13.79	3:44.79	
:53.59	:46.29	:40.69	*:36.99	:33.79	50 Breast	:32.69	*:38.19	:41.99	:47.79	:55.39	
1:55.69	1:39.79	1:27.79	*1:19.79	1:13.19	100 Breast	1:10.49	*1:22.69	1:30.89	1:43.29	1:59.79	
4:10.79	3:36.29	3:10.29	2:52.99	2:37.89	200 Breast	2:32.49	*2:58.29	3:16.09	3:42.89	4:18.49	
:45.39	:39.19	:34.49	*:31.39	:28.69	50 Fly	:28.19	*:32.89	:36.09	:41.09	:47.59	
1:43.89	1:29.59	1:18.79	*1:11.69	1:04.19	100 Fly	1:02.39	*1:13.09	1:20.39	1:31.29	1:45.89	
4:02.69	3:29.19	3:04.09	*2:47.39	2:21.39	200 Fly	2:16.09	*2:47.99	3:04.79	3:29.99	4:03.59	
1:42.29	1:28.19	1:17.59	1:10.59		100 IM		*1:11.89	1:18.99	1:29.79	1:44.19	
3:39.59	3:09.29	2:46.59	*2:31.39	2:21.59	200 IM	2:17.29	*2:36.99	2:52.69	3:16.19	3:47.59	
7:52.79	6:47.59	5:58.69	5:26.09	5:01.89	400 IM	4:53.19	*5:31.99	6:05.19	6:54.99	8:01.39	
Girls 13-14					Boys 13-14						
:37.89	:32.69	:28.79	:26.19	:25.59	50 Free	:23.49	:24.99	:27.49	:31.19	:36.19	
1:22.49	1:11.09	1:02.59	:56.89	:55.49	100 Free	:51.59	:54.29	:59.69	1:07.89	1:18.69	
2:58.19	2:33.69	2:15.19	2:02.89	1:59.49	200 Free	1:52.39	1:59.29	2:11.29	2:29.19	2:52.99	
7:55.89	6:50.29	6:00.99	5:28.19	5:20.39	500 Free	5:03.79	5:24.59	5:57.09	6:45.79	7:50.69	
16:13.59	13:59.39	12:18.59	11:11.49	11:01.59	1000 Free	10:29.49	10:59.39	12:05.39	13:44.29	15:56.09	
27:27.99	23:40.69	20:50.19	*18:56.59	18:22.79	1650 Free	17:31.99	18:47.49	20:40.19	23:29.39	27:14.79	
1:32.39	1:19.69	1:10.09	*1:03.79	1:00.19	100 Back	:56.19	*1:02.79	1:08.99	1:18.39	1:30.99	
3:18.79	2:51.39	2:30.79	*2:17.09	2:11.09	200 Back	2:02.79	*2:15.99	2:29.59	2:49.99	3:17.19	
1:47.39	1:32.59	1:21.49	*1:14.09	1:09.09	100 Breast	1:03.89	*1:11.49	1:18.59	1:29.29	1:43.59	
3:51.69	3:19.79	2:55.79	*2:39.79	2:29.99	200 Breast	2:18.79	*2:36.49	2:52.09	3:15.59	3:46.89	
1:32.29	1:19.59	1:09.99	*1:03.69	:59.99	100 Fly	:55.89	*1:01.99	1:08.09	1:17.39	1:29.79	
3:30.79	3:01.69	2:39.89	*2:25.39	2:12.79	200 Fly	2:04.29	*2:26.19	2:40.79	3:02.69	3:31.99	
1:35.39	1:22.19	1:12.39	*1:05.79		100 IM		1:03.39	1:09.69	1:19.19	1:31.79	
3:21.39	2:53.59	2:32.79	*2:18.89	2:13.39	200 IM	2:05.69	*2:15.49	2:28.99	2:49.29	3:16.39	
7:10.19	6:10.79	5:26.29	*4:56.69	4:45.69	400 IM	4:28.29	4:54.29	5:23.69	6:07.79	7:06.69	
Girls 15-16/Girls 17 & Over/Senior					BONUS		Boys 15-16/Boys 17 & Over/Senior				
:36.59	:31.49	:27.79	:25.19	:25.69	50 Free	:23.39	:22.89	:25.19	:28.69	:33.19	
1:17.99	1:07.29	:59.19	:53.79	:54.89	100 Free	:50.09	:49.09	:53.99	1:01.39	1:11.19	
2:47.19	2:24.19	2:06.89	1:55.29	1:57.59	200 Free	1:48.59	1:46.39	1:57.09	2:12.99	2:54.29	
7:29.69	6:27.69	5:41.09	5:10.09		500 Free		4:50.29	5:19.39	6:02.89	7:00.99	
15:47.19	13:36.49	11:58.59	10:53.19		1000 Free		10:15.19	11:16.79	12:48.99	14:52.09	
26:47.39	23:05.69	20:19.39	18:28.49		1650 Free		17:30.39	19:15.49	21:52.99	25:23.09	
1:28.09	1:15.89	1:06.79	1:00.69	1:02.99	100 Back	:57.49	:56.29	1:01.99	1:10.39	1:21.69	
3:10.59	2:44.29	2:24.59	2:11.39	2:14.09	200 Back	2:05.69	2:03.19	2:15.59	2:33.99	2:58.69	
1:41.49	1:27.49	1:16.99	1:09.99	1:11.39	100 Breast	1:04.69	1:03.39	1:09.79	1:19.29	1:31.99	
3:40.69	3:10.29	2:47.49	2:32.19	2:35.29	200 Breast	2:21.69	2:18.89	2:32.79	2:53.69	3:21.39	
1:26.59	1:14.69	1:05.69	:59.69	1:00.89	100 Fly	:55.69	:54.59	1:00.09	1:08.29	1:19.19	
3:16.69	2:49.49	2:29.19	2:15.59	2:18.39	200 Fly	2:07.59	2:05.09	2:17.59	2:36.39	3:01.39	
1:31.19	1:18.69	1:09.19	1:02.89	1:04.19	100 IM	:59.79	:58.59	1:04.49	1:13.29	1:24.99	
3:10.09	2:43.89	2:24.19	2:11.09	2:13.79	200 IM	2:02.09	1:59.69	2:11.69	2:29.69	2:33.59	
6:50.09	5:53.49	5:11.09	4:42.79		400 IM		4:24.19	4:50.69	5:30.29	6:23.09	

CH times are for MNSI State Meets. BRONZE, SILVER, and GOLD Standards are for other MNSI championship meets like MRC and MAC

ZONE times are the 2021-2024 "AAA" National Age Group (NAG) Time Standard. Bonus times are for Senior State Meet

\* CH time standards were limited by the allowed change. Allowed change is 1% slower or faster for 14 & under and 1% faster and no slower for Senior.

all other MNSI (non zone) standards are dependent on CHAMP

\*\*See Senior Time Standards for Futures and Junior National Cuts and Bonus Cuts for Winter and Summer\*\*

\*\*See USA Swimming Website for NAG Time Standards\*\*