

2023 Holiday Pentathlon – Swimchester Sailfish
12/30/2023
Held under USA Swimming Sanction #KYSC24-SWSF03

LOCATION: 15 Wheeler Avenue, Winchester, KY 40391

FACILITY: The competitive swimming pool measures 6 lanes by 25 yards. The depth of the pool at the start end is 11.5 feet. The depth at the turn end is 3.5 feet. The seating capacity for the spectators is 70, which includes handicapped seating for 20. Competition will occur in all 6 lanes. Men's and Women's locker rooms are off the pool deck but are not accessible to parents during the meet. Parents who wish to accompany their children to the locker rooms should utilize the restrooms in the lobby. Colorado touchpad timing system and scoreboard are available. The competition course has not been certified in accordance with 104.2.2C (4) because USA Swimming no longer maintains a list of certified pools. However, this pool has been measured by a professional engineer and falls within certification tolerances for certified swims while using one touchpad in each lane.

MEET DIRECTOR: Kevin Ryan
MEET REFEREE: Stuart Taylor
ADMIN REFEREE: Jennifer Thomas

MEDICAL ASSISTANCE: Winchester-Clark County Parks and Recreation lifeguard staff. An AED is on site.

UNSUPERVISED SWIMMERS: USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Swimmers participating under the provisions of 202.6 or USA Swimming's "open border" policy must be under the supervision of their coach or a USA Swimming member coach. Coaches who are entering swimmers but will not be at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers unaccompanied by their coaches or for whom arrangements have not been made must contact the Meet Director or Meet Referee who will assist the athlete in finding coach supervision.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Use of audio or visual recording, including a cell phone camera, is not allowed in changing areas, restrooms, or locker rooms.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

STARTING TIMES: Warm-up will be 10:00am

ENTRY DEADLINE: The due date for entries, electronic or otherwise, 12/27/23.

ENTRY FEES: Athletes will pay a flat \$27.50/athlete fee. Make checks payable to Swimchester Sailfish. *There is a \$1,000.00/swimmer handling fee for entries not furnished in an electronic file.*

ENTRY LIMITATIONS: Swimmers may enter up to 5 individual events. However, should the session timeline exceed 4hr, the Meet Director reserves the right to reduce the maximum entry number to 4 individual events per athlete.

DECK ENTRIES: Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Host Club will add deck entry rules and requirements.

SCRATCH RULES: Athletes may scratch at any time without penalty.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming as provided in Article 302 or as provided under 202.6 or USA Swimming "open border" policy. Age is as of the first day of the meet, September 23, 2023. Coaches must be current coach members of USA Swimming and must wear credentials during the meet. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

18 & OVER ATHLETES: All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before September 23, 2023, who has not completed the Athlete Protection Training course by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before September 23, 2023, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

ENTRIES: Entry times can be entered from any course (SCY, SCM, LCM) and times will be converted to SCY. Only electronic entries will be accepted (Hy-Tek or SDIF). *Handwritten, telephoned, or faxed entries will not be accepted with the exception of the report sheet provided for utilization when entering swimmers with a disability. If the USA Swimming ID for any swimmer is omitted, that swimmer's entries will not be accepted.*

Note: Hy-Tek's Windows Team Manager II Lite can be downloaded and used free of charge at:
http://www.hy-tek.com/Demos/Swim_TEAM_MANAGER_II_Lite.exe

SWIMMERS WITH A DISABILITY: Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. Events will be contested in a SCY course. All events are pre-seeded and timed finals. Heats will be swum slowest to fastest.

CLERK OF COURSE: Clerk of Course will be used for this meet, though each team is encouraged to use their own methods to get their younger athletes to the starting blocks

AWARDS/SCORING: Athletes will be given an individual score based on his/her performances in each event. Final athlete rankings will be done using the sum of his/her 5 event scores (4, if event limits are imposed). Scores for each event will be based on a linear scale using the USA Swimming 2021-2024 National Motivational Times for SCY. For each Event/Age Group/Gender, the linear points scale is based on the B-time equaling 100 points and the AAAA-time equaling 1000 points. The minimum score for any event is 0.00. There is no maximum score. Event age limits are set to only allow athletes to enter events for which a Motivational Time exists. See Appendix A for list of scoring equations and Appendix B for relevant National Motivational Times.

Team scoring will be the sum of a team's 10 best individual athlete scores.

ADMISSION COST: Admission is free for spectators. Heat sheets will be free.

PARKING: Parking is available in the side and rear lots of the WCCPR property.

RESULTS: Will be posted on www.KYLSC.org as well as on MeetMobile. Teams can be emailed results. Because non-traditional scoring is being used, a QR code to a Google Document with all scoring will be provided to all swimmers, parents, coaches on the pool deck and in the heat sheets.

SAFETY/WARM-UP: Coaches must maintain contact with their swimmers during warm-up. All entry into the pool for warm-up is feet first from the starting block end of the pool. There is no diving during warm-up, except in designated sprint lanes.

COACHES: Please check your meet packet for your lane assignments and times. It is extremely IMPORTANT for you to adhere to this schedule, as warm-up times are very limited. Coaches must show USA Swimming certification in order to receive their coach's packet, and must wear credentials during the meet. There will be a coaches' meeting 10 minutes prior to the start of each day's swimming competition. There will be an official's meeting 15 minutes prior to the start of each swimming session.

OFFICIATING OPPORTUNITY: Anyone that is a USA Swimming certified official is welcome and encouraged to join the Kentucky Swimming officials in officiating this meet. Please contact the meet referee, in advance of the meet if at all possible.

All meet directors, referees, starters and stroke and turn judges, serving in an official capacity must be members of USA Swimming or other World Aquatics-member organization. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must be members of USA Swimming.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

HOSPITALITY: Pizza will be provided to all swimmers and parents following the meet. Drinks and snacks will be provided to timers, officials, and coaches in the lifeguard office.

DIRECTIONS: From Lexington, proceed east on US-60/Winchester Road. Turn right on Hays Avenue. Turn left on College Street. Turn right on to Wheeler Ave and then immediately left down the driveway into the gravel lot on the side of the building.

From Mt. Sterling, proceed west on I-64 to Exit 96. Turn left off the exit onto US-627/Paris Road. Turn right onto Boone Avenue. Turn right onto College Street. Turn left onto Wheeler Ave. and another immediate left down the driveway into the gravel lot on the side of the building.

ACCOMMODATIONS: N/A

EMERGENCY INFORMATION

Police: 911

non-emergency: Winchester-Clark County Parks and Recreation 859.744.9554

SESSION #1**12/30/2023 – 9:10a
(Warm-up: 8:00a)**

MIXED	Event Description
1	Open 50 Back
2	Open 100 Back
3	11&O 200 Back
4	Open 50 Breast
5	Open 100 Breast
6	11&O 200 Breast
7	Open 100 IM
8	Open 200 IM
9	11&O 400 IM
10	Open 50 Fly
11	Open 100 Fly
12	11&O 200 Fly
13	Open 50 Free
14	Open 100 Free
15	Open 200 Free
16	Tie-Breaker Mystery 100

ENTRY / WAIVER FORM

THIS PAGE MUST BE COMPLETED AND RETURNED BY THE STATED DEADLINE FOR THE TEAM'S ENTRY TO BE ACCEPTED.

WAIVER: I / we hereby, for myself / ourselves, my / our heirs, administrators, assignees, and swimmers waive and release from any and all liabilities and claims against USA Swimming, Inc., Kentucky Swimming, Inc., the Facility Name and staff, and the KYLSC Club for injuries and / or expenses incurred by me / us at the meet and / or while traveling to and from the meet. *I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A CURRENT REGISTERED ATHLETE MEMBER OF USA SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.*

SIGNATURE _____ **TITLE** _____

Coach's email (required) _____

Entry chair's email (required) _____

TEAM _____ **CLUB CODE** _____

PHONE _____

TEAM ADDRESS _____

CITY _____ **STATE** _____ **ZIP CODE** _____

ENTRY SUMMARY

_____ Individual Entries x \$0.00 = \$ _____

_____ Relay Entries x \$0.00 = \$ _____

_____ Swimmers Entered x \$15.00 = \$ _____

TOTAL = \$ _____

Please make checks payable to: **Swimchester Sailfish** and mail with this completed form to:
2810 Tillybrook Court, Lexington, KY 40511

No entrant will be permitted to compete unless the entrant is a member as provided in Article 302

Held under the sanction of USA Swimming

KENTUCKY SWIMMING Necessary Accommodation Form – Athlete

Swimmer's Name: _____ P1 ___ P2 ___ P3 ___ Date: _____

Meet: _____ Parallel Time Standard Used: _____

Club: _____ LSC: _____ Coach: _____

Coach Cell # (at meet) _____

Accommodations needed; please describe.

Modifications needed; please describe.

Session	Event	Heat	Lane	Modification(s) Per Article 105

Examples of Meet Accommodations and Modifications in accordance with Article 105

- Towel on block to start
- Assistance at the block before and/or during the start
- Takes longer to get to the block or exit pool
- Preferred lane placement and/or exit to ladder
- Sitting or alternative position on block (105.5.1.E(1)) Starter's arm signals (105.3.1)
- Personal Assistant for mobility, tapper (B/VI) or communication
- Legs due to immobility are unable to perform Breaststroke Kick
- Any modification of a technical rule allowing parallel performance for a swimmer with a disability

Please state all requested accommodations and modifications. While you are familiar with your athlete, we are not. Things that are obvious to you are not to officials who have never met your athlete.

Appendix A: Scoring Formulas

	10&U Girls	10&U Boys	11-12 Girls	11-12 Boys	13-14 Girls	13-14 Boys	15-16 Girls	15-16 Boys	17-18 Girls	17-18 Boys
50 Free	$P = -8.3357T + 3225.1$	$P = 84.1127T + 303.832$	$P = 111.1111T + 3832.22$	$P = 111.1111T + 3721.111$	$P = 109.76T + 3677$	$P = 121.622T + 3735.27$	$P = 112.5T + 3676.4$	$P = 126.761T + 3698.73$	$P = 113.92T + 3676.1$	$P = 128.571T + 3685.86$
100 Free	$P = -31.469T + 2919.3$	$P = 33.088T + 3004.816$	$P = -48.913T + 3699.51$	$P = -50.8475T + 3709.661$	$P = -50.847T + 3689.3$	$P = -55.9006T + 3766.52$	$P = -52.326T + 3704.7$	$P = 57.6923T + 3699.42$	$P = 52.941T + 3710.1$	$P = 59.2105T + 3711.25$
200 Free	$P = -13.761T + 2838.4$	$P = -16.071T + 3100.375$	$P = 22.4439T + 3699.78$	$P = 23.2558T + 3695.116$	$P = 23.684T + 3702.1$	$P = 125.2101T + 3704.79$	$P = 24.129T + 3704.6$	$P = -26.393T + 3702.38$	$P = -23.684T + 3638.2$	$P = -27.027T + 3697.03$
50 Back	$P = -58.442T + 2846.2$	$P = -56.962T + 2805.127$	$P = 94.7368T + 3708.53$	$P = 89.1089T + 3476.337$	N/A	N/A	N/A	N/A	N/A	N/A
100 Back	$P = -26.471T + 2799.7$	$P = -9.846T + 1673.425$	$P = 38.4615T + 3361.15$	$P = 39.6476T + 3358.634$	$P = -46.875T + 3694.8$	$P = -50.2793T + 3694.47$	$P = -48.128T + 3694.7$	$P = 52.9412T + 3704.76$	$P = 48.913T + 3704.4$	$P = 54.5455T + 3710.36$
200 Back	N/A	N/A	$P = 20.4082T + 3703.88$	$P = 20.9302T + 3699.791$	$P = 21.583T + 3699.8$	$P = 23.0179T + 3697.47$	$P = 22.113T + 3704.2$	$P = 24.3243T + 3699.76$	$P = -22.556T + 3704.3$	$P = -24.8619T + 3702.24$
50 Breast	$P = -52.326T + 2883.2$	$P = -54.2169T + 2924.157$	$P = 84.1121T + 3715.98$	$P = 76.2712T + 3371.271$	N/A	N/A	N/A	N/A	N/A	N/A
100 Breast	$P = 22.901T + 2804.4$	$P = -26.041T + 3007.436$	$P = -10.6762T + 1745.09$	$P = -10.6635T + 1714.348$	$P = -40.909T + 3699.6$	$P = -44.335T + 3703.99$	$P = -41.86T + 3695.4$	$P = 47.1204T + 3704.24$	$P = 42.453T + 3703.8$	$P = 48.1283T + 3713.96$
200 Breast	N/A	N/A	$P = 17.9283T + 3703.61$	$P = 18.5567T + 3701.67$	$P = -18.868T + 3701.7$	$P = 20.4082T + 3703.88$	$P = -19.355T + 3698.8$	$P = 21.4286T + 3704.07$	$P = -19.608T + 3703.7$	$P = -22.0588T + 3701.99$
50 Fly	$P = -53.571T + 2638.8$	$P = -58.4416T + 2770.195$	$P = -98.9011T + 3708.9$	$P = 87.3786T + 3340.874$	N/A	N/A	N/A	N/A	N/A	N/A
100 Fly	$P = -20.089T + 2390$	$P = -20.979T + 2436.853$	$P = -10.7656T + 1654.44$	$P = 37.6567T + 2221.381$	$P = -47.12T + 3699.5$	$P = -50.5618T + 3699.49$	$P = -48.128T + 3694.7$	$P = 53.2544T + 3694.14$	$P = 48.913T + 3699.5$	$P = 54.545T + 3694$
200 Fly	N/A	N/A	$P = -20T + 3699.8$	$P = 20.7852T + 3699.792$	$P = -21.327T + 3704.1$	$P = -22.7848T + 3704.33$	$P = -21.792T + 3702$	$P = 23.8095T + 3702.14$	$P = -22.059T + 3706.4$	$P = -24.3902T + 3697.32$
100 IM	$P = -27.439T + 2915$	$P = -30.303T + 3093.636$	$P = -42.8571T + 3703.86$	$P = -43.6893T + 3634.029$	N/A	N/A	N/A	N/A	N/A	N/A
200 IM	$P = -13.1T + 2962.3$	$P = -13.4731T + 3003.308$	$P = -20T + 3703.8$	$P = -19.3133T + 3524.056$	$P = -21.176T + 3695.6$	$P = -22.5T + 3699.78$	$P = -21.583T + 3699.8$	$P = 23.746T + 3702.14$	$P = -21.888T + 3699.8$	$P = 24.3902T + 3702.2$
400 IM	N/A	N/A	$P = -9.375T + 3701.78$	$P = -9.6463T + 3698.939$	$P = -9.901T + 3699.9$	$P = -9.43396T + 3321.6$	$P = -10.112T + 3698.9$	$P = 11.0159T + 3702.09$	$P = -10.251T + 3699.9$	$P = 11.25T + 3698.76$

Appendix B

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	1:30.89	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*
1:42.69	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	2:43.69	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*	2:26.99*	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	12:27.99	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	22:37.19	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*
2:58.59	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	1:08.99*	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	5:58.79	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	49.19	51.59	53.89	56.29	1:00.89	1:05.59
2:32.09*	2:21.29*	2:10.39*	2:04.69*	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*	5:34.89*	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	95.59*	98.19*	1:00.79*	1:03.29*	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*	95.69*	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*

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

15-16 Girls						15-16 Boys						
31.79 *	29.49 *	27.19 *	26.09 *	24.99 *	23.79 *	50 Y Free	21.29 *	22.29 *	23.29 *	24.39 *	26.39 *	28.39 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.89 *	2:08.09 *	2:02.89 *	1:57.39 *	1:52.09 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:40.59 *	6:11.99 *	5:43.39 *	5:29.09 *	5:14.79 *	5:00.49 *	500 Y Free	4:37.99 *	4:51.19 *	5:04.39 *	5:17.69 *	5:44.09 *	6:10.59 *
13:49.19 *	12:49.99 *	11:50.79 *	11:21.19 *	10:51.59 *	10:21.89 *	1000 Y Free	9:39.79 *	10:07.39 *	10:34.99 *	11:02.59 *	11:57.79 *	12:52.99 *
23:05.19 *	21:26.19 *	19:47.29 *	18:57.79 *	18:08.39 *	17:18.89 *	1650 Y Free	16:11.59 *	16:57.79 *	17:44.09 *	18:30.39 *	20:02.89 *	21:35.39 *
1:14.89 *	1:09.39 *	1:03.99 *	1:01.39 *	98.89 *	95.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *	1:08.09 *
2:42.99 *	2:31.39 *	2:19.69 *	2:13.89 *	2:08.09 *	2:02.29 *	200 Y Back	1:50.99 *	1:56.29 *	2:01.59 *	2:06.89 *	2:17.49 *	2:27.99 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *	100 Y Breast	57.39 *	1:00.19 *	1:02.89 *	1:05.59 *	1:11.09 *	1:16.49 *
3:05.99 *	2:52.79 *	2:39.49 *	2:32.79 *	2:26.19 *	2:19.49 *	200 Y Breast	2:06.19 *	2:12.19 *	2:18.19 *	2:24.19 *	2:36.19 *	2:48.19 *
1:14.89 *	1:09.39 *	1:03.99 *	1:01.39 *	98.89 *	95.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.89 *	1:07.49 *
2:45.29 *	2:33.49 *	2:21.69 *	2:15.79 *	2:09.89 *	2:03.99 *	200 Y Fly	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
2:46.79 *	2:34.89 *	2:22.99 *	2:16.99 *	2:10.99 *	2:05.09 *	200 Y IM	1:53.79 *	1:59.19 *	2:04.69 *	2:10.09 *	2:20.89 *	2:31.69 *
5:55.89 *	5:30.49 *	5:04.99 *	4:52.29 *	4:39.59 *	4:26.89 *	400 Y IM	4:05.29 *	4:16.99 *	4:28.59 *	4:40.29 *	5:03.69 *	5:26.99 *
17-18 Girls						17-18 Boys						
31.39 *	29.09 *	26.89 *	25.79 *	24.59 *	23.49 *	50 Y Free	20.89 *	21.89 *	22.89 *	23.89 *	25.89 *	27.89 *
1:08.19 *	1:03.29 *	58.49 *	55.99 *	53.59 *	51.19 *	100 Y Free	45.79 *	47.99 *	50.09 *	52.29 *	56.69 *	1:00.99 *
2:28.49 *	2:17.89 *	2:07.29 *	2:01.99 *	1:56.89 *	1:51.39 *	200 Y Free	1:39.79 *	1:44.59 *	1:49.29 *	1:54.09 *	2:03.59 *	2:13.09 *
6:35.69 *	6:07.39 *	5:39.19 *	5:24.99 *	5:10.89 *	4:56.79 *	500 Y Free	4:31.59 *	4:44.59 *	4:57.49 *	5:10.39 *	5:36.29 *	6:02.19 *
13:46.19 *	12:47.19 *	11:48.19 *	11:18.89 *	10:49.19 *	10:19.69 *	1000 Y Free	9:32.59 *	9:59.79 *	10:27.09 *	10:54.39 *	11:48.89 *	12:43.39 *
22:46.49 *	21:10.69 *	19:32.99 *	18:44.09 *	17:55.19 *	17:06.39 *	1650 Y Free	15:51.49 *	16:36.79 *	17:22.09 *	18:07.39 *	19:37.99 *	21:08.59 *
1:13.69 *	1:08.49 *	1:03.19 *	1:00.59 *	97.89 *	95.29 *	100 Y Back	49.69 *	51.99 *	54.39 *	56.69 *	1:01.49 *	1:06.19 *
2:39.79 *	2:28.39 *	2:16.99 *	2:11.29 *	2:05.59 *	1:59.89 *	200 Y Back	1:48.69 *	1:53.89 *	1:58.99 *	2:04.19 *	2:14.59 *	2:24.89 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.79 *	1:06.69 *	1:03.69 *	100 Y Breast	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
3:03.79 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.39 *	2:17.89 *	200 Y Breast	2:02.49 *	2:08.29 *	2:14.19 *	2:19.99 *	2:31.69 *	2:43.29 *
1:13.59 *	1:08.29 *	1:03.09 *	1:00.49 *	97.79 *	95.19 *	100 Y Fly	49.39 *	51.79 *	54.09 *	56.49 *	1:01.19 *	1:05.89 *
2:43.49 *	2:31.89 *	2:20.19 *	2:14.29 *	2:08.49 *	2:02.69 *	200 Y Fly	1:50.59 *	1:55.89 *	2:01.19 *	2:06.39 *	2:16.99 *	2:27.49 *
2:44.39 *	2:32.89 *	2:20.89 *	2:15.09 *	2:09.19 *	2:03.29 *	200 Y IM	1:50.79 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.69 *
5:51.19 *	5:26.09 *	5:00.99 *	4:48.49 *	4:35.89 *	4:23.39 *	400 Y IM	3:59.89 *	4:11.29 *	4:22.69 *	4:34.19 *	4:56.99 *	5:19.89 *