



2025 UT HAST Janet Oles LC Classic

Hosted by
Hilltop Aquatics Swim Team
Held under the sanction of USA Swimming

Sanction#: UT25-36
Thurs. - Saturday
May 8 - 10, 2025

In granting this sanction it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Utah Swimming LSC, HAST club and AFFC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Location:	American Fork Fitness Center 454 North Center American Fork, UT 84003 Emergency calls the day(s) of the meet: 801-763-3084		
Session Dates and Times:	Session	Warm Up	Meet Starts
Thursday, May 8, 2025 - Session 1			3:00 pm
Friday, May 9, 2025 - Session 2			4:00 pm
Saturday, May 10, 2025 - Session 3			8:30 am
Facility:	Pool Specifications: 50-meter pool with six (6) lanes Start End Water Depth: 7 feet @ 1 meter from wall; 6.5 to 7 feet @ 5 meters from wall Turn End Water Depth: 3.5 feet @ 1 meter from wall; 4 feet @ 5 meters from the wall OUTDOOR POOL Timing: Daktronics Timing System & pads with a horn start, with Message Center Scoreboard The host will ensure the required course dimensions. Lifeguards will be on duty throughout the meet. AED devices are located in guard room and several places in the facility.		
Meet Director:	DaNene Adamson	801-763-3084 x-5695	HAST@hilltopaquatics.org
Meet Referee: Deck Referee:	Jordan Gilbert Rachael Haney	801-326-9077 801-830-2570	thegilbertohana@gmail.com rachael.haney@gmail.com
Meet Starter:	Melissa George	801-541-9060	mgeorge4@gmail.com
Meet Admin. Official:	Karre Nevarrez	801-368-8410	nevarezk@gmail.com
Eligibility:	<ul style="list-style-type: none">This meet is open to all swimmers affiliated with HAST, CHAT, PCS, UV Rays who are currently 2025 registered USA Swimming athletes. Additional team(s) will be invited if deck capacity allows. Please request.No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Swimmer's age on the first day of the meet determines age group for the entire competition.Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.		

	<ul style="list-style-type: none"> All 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.
Deck Registration:	No deck registration will be accepted; swimmers must be registered members of USA Swimming at time of entry.
Entry Limits, Fees, and Deadlines:	<ul style="list-style-type: none"> The meet will be limited to the number of swimmers dictated by the timeline constraints. <i>Teams submitting additional entries after their 1st entries are received and accepted into the meet, might not get their additional entries accepted, depending on the timeline.</i> Individual swimmers may enter no more than SEVEN (7) events total. Entries limited to ONE (1) event on Thursday, and up to THREE (3) events ea. day on Friday and on Saturday. MEET ENTRY QUALIFICATIONS: <ul style="list-style-type: none"> A swimmer's best time must be equal or exceed the National "B" time in any event they wish to swim. Refer to the USA Swimming 2024-28 LC National Motivational B times below. NTs are NOT accepted. <ul style="list-style-type: none"> HAST reserves the right to enter their swimmers with a NT upon coach's approval. Surcharge per participating swimmer: \$19.00 Individual Event entry: \$9.00 All fees SHOULD accompany entries but can be turned in upon check-in the first day of the meet with prior approval of the meet director. All fees are non-refundable, even in the event of inclement weather. Please make one team check payable to: AFFC/HAST. <p>Invited team entries need to be submitted beginning Thursday, April 17, 2025 @ 12:00 noon.</p> <ul style="list-style-type: none"> All entries and fees must be received (in the hands of the below designated person) on or before FRIDAY, APRIL 25th at noon, or until the meet is full. Email entries to: HAST@hilltopaquatics.org DaNene Adamson c/o AF Fitness Center 454 North Center American Fork, UT 84003
Entry Rules:	<ul style="list-style-type: none"> Please submit all entries by email using Hy-tek software or using the entry form available at the Utah Swimming website. Teams entering via e-mail must supply a hard copy with verification of times. Said person will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers. Teams using the official entry form must make sure that each form is signed, and time verification is included on each entry. Entries will not be accepted without time verification and one uniform entry sheet signed by the person responsible for entry submission. Entries are not considered confirmed until the team entry representative receives official confirmation from the meet entry contact. If the team entry representative does not receive an email confirmation regarding your entries within 24 hours of the entry deadline, please contact the meet entry contact immediately. A printed copy of submitted entries will be used to resolve any entry issues. <i>Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet, the submitter, whether the swimmer, coach, parent, or team representative certifies that the swimmer is a currently registered member of USA Swimming and that all times stated in the entry are true and correct. (UTSI Rules and Regulations 1.3 and 1.4) The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to verification via the SWIMS database. A fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time submitted. It is understood that an automatic call before the review section may be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.</i> It is preferred that entries are submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. <ul style="list-style-type: none"> Event seeding will be in the following order: conforming LCM, non-conforming SCY, non-conforming SCM
Meet Format, Check-in, and Scratches	<ul style="list-style-type: none"> Scratches are due to the Clerk of Course on deck at 3:00 p.m. (Thurs. & Friday), and Saturday at 7:30 a.m. -- BEFORE warmups begin. Coaches, please help us run a timely meet, by bringing your scratches by the deadline.

	<ul style="list-style-type: none"> Check-In & Format: <ul style="list-style-type: none"> SESSION 1: <ul style="list-style-type: none"> POSITIVE CHECK-IN by 3:15 p.m. Swimmers MUST PROVIDE OWN TIMERS & counters. The 400 IM will be swum slowest to fastest. The 1500 Free will be swam fastest to slowest. Depending on timeline, heats may be limited. SESSION 2 & 3: <ul style="list-style-type: none"> Positive Check-in for the 400 Free, by time announced at meet. The Mixed 400 Free will be swam fastest to slowest. Depending on timeline, heats may be limited. Swimmers MUST PROVIDE OWN TIMERS Negative Check-in for the other events. Positive check-in MAY BE required in the event of weather-related issues. POSTIVE Check-in announced at the session, if needed. <i>The 400's & 1500 events could be limited to only TWO+ (2) heats depending on the timeline. In this case the fastest 16+ entries will be accepted into the meet.</i> NO SHOWS: <ul style="list-style-type: none"> If a swimmer No-Shows in 2 or more consecutive events, they will be automatically scratched from the rest of their events <u>in the meet</u>. However, a swimmer that has been a NS scratch, may be added back in upon positive check-in at the Clerk of Course ½ hr. before the session starts, <u>only if</u> there is an empty lane to place them in. This meet will run as timed finals. Events can be combined, without a lane in between and can swim two to a lane at the referee's discretion. If a swimmer misses their event, at the discretion of the Referee, said swimmer may be placed in an open lane in the same event.
Warm-up:	<p>USA Swimming and Utah Swimming warm-up procedures will be enforced throughout the meet, UTSI RR 1.9. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist unaccompanied swimmers make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.3 During the last 15 minutes of warm-up, lanes 2, 4 and 6 will be opened for diving starts in the competition pool. All lanes will be open for warmup to all swimmers. The meet Referee may make changes at any time as determined to be in the best interest of the athletes and the conduct of the meet.
Dive Certification:	<p>"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." 202.4.11D</p>
Restrictions	<ul style="list-style-type: none"> Changes on deck are prohibited. 202.4.11I Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. 202.4.11H 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. 202.4.11J
Concussion:	<p>Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. UTSI P&P 303</p>
Adaptive Swimming	<p>Adaptive swimming: In accordance with USA Swimming rule 202.4.14 & Article 105.1, UTSI P&P 151 the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.</p>
Deck Access:	<p>Deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck. Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5</p>
Athlete Protection:	<ul style="list-style-type: none"> All coaches and officials must show proof that they are certified to be on deck at check in. We ask that all spectators use the locker rooms in the facility. Random locker room checks will be performed as per MAAPP governs. Volunteers/Coaches/Officials must use the Family restroom, <u>located by the guard room</u>. We ask to enter/exit the locker rooms from the entrance nearest the pool doors.

Severe Weather Plan:	<ul style="list-style-type: none"> In the event of severe weather, facility staff and/or the meet referee may deem it necessary to suspend the meet and clear the deck. If this becomes necessary, all will be required to clear the deck immediately and take cover either inside the facility or automobiles. In the case of lightning, the deck will remain clear until 30 minutes after the last lightning is seen by a designated staff member. If conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee may cancel or postpone it. 102.7.4 Should it become necessary to unexpectedly clear the deck, information & updates will be sent out via text and/or email to those who have previously signed up for TEXT GROUP.
Severe Weather TEXT GROUP Info:	<ul style="list-style-type: none"> We would like ALL COACHES & OFFICIALS to sign up for this text group, PRIOR TO (preferably) or on the first day of the meet if severe weather is likely to be in the forecast. To receive information during the meet via text, after the unexpected clearing of the deck, sign up through the following website prior to the meet. An email, name and number of the phone where text messages may be received are all that is required to sign up. The group is free, however standard messaging rates may apply depending on personal phone service. <p style="text-align: center;">https://groupme.com/join_group/12167017/E28LN5</p> <ul style="list-style-type: none"> FYI: The name of the group is "HAST Janet Oles LC Classic 2025" ANYONE IS WELCOME TO JOIN THIS GROUP. PLEASE PASS ALONG TO YOUR PARENTS if Severe Weather is a possibility.
Awards:	<ul style="list-style-type: none"> Ribbons will be awarded 1st through 12th place in each age group and event for boys & girls in "A", "BB", 'B' divisions. Awards will be given by age groups: 10 & under, 11-12, 13-14. 15 & older swimmers will not be awarded. In the event of inclement weather an unfinished event(s) WILL NOT be awarded.
Results:	<ul style="list-style-type: none"> Results will be e-mailed after the completion of the meet and will also be available on the HAST website: www.hilltopaquatics.org Final Results will be available on the Utah Swimming web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results may not be mailed.
Officials:	Officials helping at this meet will be given a gift card for their participation at each session of this meet. We appreciate all their help at this meet!! When submitting your team entries, please include in your Team Information, the names and phone numbers of the officials from your team that will be available to officiate, AND the sessions that they will be available.
Hospitality:	There will be food and drinks available at all sessions for officials and coaches.
Concessions:	Concessions will be available during the meet.
Timers:	Teams that have 10 or more swimmers competing from their team will be responsible to provide TWO (2) timers at the meet. Teams with 9 or less swimmers may be asked to provide one timer, each session, if needed. Your lane assignment will be posted the first day of the meet. Timers are expected to check in 15 minutes prior to the start of each session. Thank you for your help!!
Facility Use:	The hot tub and all other Fitness Center facilities other than the locker rooms, restrooms and reception area are off limits to everyone except paying Fitness Center participants. The shallow end of the pool is ONLY open to paying Fitness Center participants with wristbands.
Parking:	Free parking is available next to the building, and in the lower parking lot of the facility.
Web Site:	For meet info, please visit the Utah Swimming web site at: http://www.swimutah.com



A swimmer's best time MUST equal or exceed a 'B' time to enter an event

NT's are not accepted

Mixed events are both mixed for gender & age group

HAST Janet Oles LC Classic - SESSION #1	
Thursday, May 8th Warm-up @ 3:00 pm - Start @ 4:00 pm	
Event	Event Description
1	**^11 & over Mixed 400 IM (swam slowest to fastest)
2	**^11 & over Mixed 1500 Free (swam <u>fastest</u> to slowest)
	^^ Swimmers must provide own timers and counters

HAST Janet Oles LC Classic - SESSION #2	
Friday, May 9th Warm-up @ 3:00 pm - Start @ 4:00 pm	
Event	Event Description
3	Open Mixed 100 Back
4	Open Mixed 50 Breaststroke
5	Open Mixed 200 IM
6	Open Mixed 100 Fly
7	11 & over Mixed 200 Breaststroke
8	Open Mixed 50 Free
9	**^ Open Mixed 400 Free (swam <u>fastest</u> to slowest)
	^^ Swimmers must provide own timers

HAST Janet Oles LC Classic - SESSION #3	
Saturday, May 10th Warm-up @ 7:30 am - Start @ 8:30 am	
Event	Event Description
10	Open Mixed 200 Free
11	Open Mixed 50 Fly
12	11 & over Mixed 200 Back
13	Open Mixed 100 Breast
14	Open Mixed 50 Back
15	11 & over Mixed 200 Fly
16	Open Mixed 100 Free

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
10 & under Girls												
45.29 *	40.89 *	36.59 *	35.09 *	33.69 *	32.19 *	50 FR LCM	31.59 *	32.99 *	34.39 *	35.69 *	39.79 *	43.89 *
1:44.09 *	1:32.99 *	1:21.89 *	1:18.19 *	1:14.49 *	1:10.79 *	100 FR LCM	1:09.79 *	1:13.19 *	1:16.69 *	1:20.19 *	1:30.59 *	1:40.99 *
3:50.99 *	3:25.69 *	3:00.39 *	2:51.99 *	2:43.49 *	2:35.09 *	200 FR LCM	2:31.69 *	2:38.89 *	2:46.09 *	2:53.39 *	3:14.99 *	3:36.69 *
7:48.59 *	7:01.69 *	6:14.89 *	5:59.29 *	5:43.69 *	5:27.99 *	400 FR LCM	5:20.79 *	5:36.09 *	5:51.39 *	6:06.59 *	6:52.49 *	7:38.29 *
55.79 *	49.69 *	43.59 *	41.59 *	39.49 *	37.49 *	50 BK LCM	36.99 *	38.99 *	41.09 *	43.09 *	49.29 *	55.39 *
2:01.59 *	1:48.09 *	1:34.59 *	1:30.09 *	1:25.59 *	1:21.09 *	100 BK LCM	1:19.99 *	1:24.09 *	1:28.19 *	1:32.29 *	1:44.49 *	1:56.69 *
1:02.19 *	55.49 *	48.79 *	46.49 *	44.29 *	42.09 *	50 BR LCM	41.49 *	43.59 *	45.79 *	47.89 *	54.39 *	1:00.89 *
2:19.39 *	2:03.89 *	1:48.39 *	1:43.29 *	1:38.09 *	1:32.99 *	100 BR LCM	1:31.69 *	1:36.29 *	1:40.89 *	1:45.49 *	1:59.19 *	2:12.89 *
54.49 *	48.09 *	41.59 *	39.49 *	37.29 *	35.19 *	50 FL LCM	34.69 *	36.59 *	38.59 *	40.59 *	46.39 *	52.29 *
2:12.79 *	1:55.39 *	1:37.99 *	1:32.19 *	1:26.39 *	1:20.59 *	100 FL LCM	1:19.59 *	1:25.09 *	1:30.69 *	1:36.19 *	1:52.89 *	2:09.49 *
4:15.69 *	3:48.89 *	3:22.09 *	3:13.09 *	3:04.19 *	2:55.29 *	200 IM LCM	2:52.19 *	3:00.79 *	3:09.39 *	3:17.89 *	3:43.69 *	4:09.49 *
3:17.49 *	2:57.79 *	2:37.99 *	2:31.39 *	2:24.79 *	2:18.29 *	200 FR-R LCM	2:17.19 *	2:23.69 *	2:30.19 *	2:36.79 *	2:56.39 *	3:15.89 *
3:43.59 *	3:21.19 *	2:58.89 *	2:51.39 *	2:43.99 *	2:36.49 *	200 MED-R LCM	2:37.59 *	2:45.09 *	2:52.59 *	3:00.09 *	3:22.59 *	3:45.09 *
11-12 Girls												
38.49 *	35.89 *	33.19 *	31.89 *	30.49 *	29.19 *	50 FR LCM	28.09 *	29.39 *	30.69	32.09 *	34.79 *	37.39 *
1:25.59 *	1:19.49 *	1:13.39 *	1:10.29 *	1:07.19 *	1:04.19 *	100 FR LCM	1:01.59 *	1:04.49 *	1:07.49 *	1:10.39 *	1:16.19 *	1:22.09 *
3:06.39 *	2:53.09 *	2:39.79 *	2:33.09 *	2:26.49 *	2:19.79 *	200 FR LCM	2:14.39 *	2:20.79 *	2:27.19 *	2:33.59 *	2:46.39 *	2:59.19 *
6:32.89 *	6:04.79 *	5:36.79 *	5:22.79 *	5:08.69 *	4:54.69 *	400 FR LCM	4:45.89 *	4:59.49 *	5:13.09 *	5:26.69 *	5:53.89 *	6:21.09 *
13:41.59 *	12:42.89 *	11:44.19 *	11:14.89 *	10:45.49 *	10:16.19 *	800 FR LCM	10:00.09 *	10:28.69 *	10:57.29 *	11:25.89 *	12:22.99 *	13:20.19 *
26:06.89 *	24:14.99 *	22:22.99 *	21:27.09 *	20:31.09 *	19:35.19 *	1500 FR LCM	19:23.89 *	20:19.29 *	21:14.69 *	22:10.19 *	24:00.99 *	25:51.79 *
44.79 *	41.59 *	38.39 *	36.79 *	35.19 *	33.59 *	50 BK LCM	32.59 *	34.29 *	35.99 *	37.69 *	41.09 *	44.49 *
1:40.59 *	1:32.69 *	1:24.79 *	1:20.79 *	1:16.89 *	1:12.89 *	100 BK LCM	1:10.39 *	1:14.29 *	1:18.09 *	1:21.89 *	1:29.59 *	1:37.19 *
3:28.09 *	3:13.29 *	2:58.39 *	2:50.99 *	2:43.49 *	2:36.09 *	200 BK LCM	2:32.19 *	2:39.49 *	2:46.69 *	2:53.99 *	3:08.49 *	3:22.99 *
49.79 *	46.19 *	42.69 *	40.89 *	39.09 *	37.39 *	50 BR LCM	36.09 *	38.09 *	39.99 *	41.99 *	45.89 *	49.79 *
1:50.39 *	1:42.19 *	1:33.99 *	1:29.99 *	1:25.89 *	1:21.79 *	100 BR LCM	1:18.99 *	1:23.09 *	1:27.19 *	1:31.29 *	1:39.59 *	1:47.79 *
3:56.79 *	3:39.89 *	3:22.99 *	3:14.49 *	3:06.09 *	2:57.59 *	200 BR LCM	2:50.99 *	2:59.09 *	3:07.19 *	3:15.39 *	3:31.59 *	3:47.89 *
41.79 *	38.79 *	35.79 *	34.29 *	32.89 *	31.39 *	50 FL LCM	30.29 *	31.99 *	33.59	35.29 *	38.69 *	41.99 *
1:38.29 *	1:30.49 *	1:22.59 *	1:18.69 *	1:14.79 *	1:10.79 *	100 FL LCM	1:07.79 *	1:11.69 *	1:15.59 *	1:19.49 *	1:27.29 *	1:35.09 *
3:31.09 *	3:15.99 *	3:00.89 *	2:53.39 *	2:45.89 *	2:38.29 *	200 IM LCM	2:33.59 *	2:40.89 *	2:48.29 *	2:55.59 *	3:10.19 *	3:24.79 *
3:30.59 *	3:15.59 *	3:00.59 *	2:52.99 *	2:45.49 *	2:37.99 *	200 FR-R LCM	2:30.59 *	2:38.29 *	2:45.99 *	2:53.69 *	3:08.99 *	3:24.39 *
7:28.89 *	6:56.79 *	6:24.79 *	6:08.69 *	5:52.69 *	5:36.69 *	400 IM LCM	5:28.39 *	5:44.09 *	5:59.69 *	6:15.39 *	6:46.59 *	7:17.89 *
2:44.29 *	2:32.59 *	2:20.89 *	2:14.99 *	2:09.09 *	2:03.29 *	200 MED-R LCM	2:00.19 *	2:05.89 *	2:11.59 *	2:17.39 *	2:28.79 *	2:40.19 *
6:03.69 *	5:37.69 *	5:11.79 *	4:58.79 *	4:45.79 *	4:32.79 *	400 MED-R LCM	4:26.79 *	4:39.49 *	4:52.19 *	5:04.89 *	5:30.29 *	5:55.69 *
3:04.19 *	2:50.99 *	2:37.89 *	2:31.29 *	2:24.69 *	2:18.19 *	200 MED-R LCM	2:14.79 *	2:21.29 *	2:27.69 *	2:34.09 *	2:46.89 *	2:59.79 *
6:48.79 *	6:19.59 *	5:50.39 *	5:35.79 *	5:21.19 *	5:06.59 *	400 MED-R LCM	4:59.69 *	5:13.99 *	5:28.19 *	5:42.49 *	6:10.99 *	6:39.59 *

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
13-14 Girls												
13-14 Boys												
37.19 *	34.59 *	31.89 *	30.59 *	29.29 *	27.89	50 FR LCM	25.69 *	26.89 *	28.19 *	29.39 *	31.79 *	34.29 *
1:21.19 *	1:15.39 *	1:09.59 *	1:06.69 *	1:03.79 *	1:00.89 *	100 FR LCM	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
2:55.29 *	2:42.79 *	2:30.29 *	2:23.99 *	2:17.79 *	2:11.49 *	200 FR LCM	2:02.99 *	2:08.89	2:14.69 *	2:20.59	2:32.29	2:43.99 *
6:08.09 *	5:41.79 *	5:15.49 *	5:02.39 *	4:49.19 *	4:36.09 *	400 FR LCM	4:21.29 *	4:33.79 *	4:46.19 *	4:58.69 *	5:23.49 *	5:48.39 *
12:45.49 *	11:50.79 *	10:56.09 *	10:28.79 *	10:01.49 *	9:34.09 *	800 FR LCM	9:00.49 *	9:26.19 *	9:51.99 *	10:17.69 *	11:09.19 *	12:00.59 *
24:28.39 *	22:43.49 *	20:58.59 *	20:06.19 *	19:13.69 *	18:21.29 *	1500 FR LCM	17:18.49 *	18:07.89 *	18:57.39 *	19:46.79 *	21:25.69 *	23:04.59 *
1:29.69 *	1:23.29 *	1:16.89 *	1:13.69 *	1:10.49 *	1:07.29 *	100 BK LCM	1:02.79 *	1:05.79 *	1:08.69 *	1:11.69 *	1:17.69 *	1:23.69 *
3:13.29 *	2:59.49 *	2:45.69 *	2:38.79 *	2:31.89 *	2:24.99 *	200 BK LCM	2:16.29 *	2:22.79 *	2:29.29 *	2:35.79 *	2:48.79 *	3:01.79 *
1:42.39 *	1:34.99 *	1:27.69 *	1:24.09 *	1:20.39 *	1:16.79 *	100 BR LCM	1:10.29 *	1:13.69 *	1:16.99 *	1:20.39 *	1:27.09 *	1:33.79 *
3:40.29 *	3:24.59 *	3:08.89 *	3:00.99 *	2:53.09 *	2:45.29 *	200 BR LCM	2:32.09 *	2:39.39 *	2:46.59 *	2:53.79 *	3:08.29 *	3:22.79 *
1:27.19 *	1:20.99 *	1:14.79 *	1:11.69 *	1:08.59 *	1:05.39 *	100 FL LCM	1:00.29 *	1:03.09 *	1:05.99 *	1:08.89 *	1:14.59 *	1:20.29 *
3:15.69 *	3:01.69 *	2:47.79 *	2:40.79 *	2:33.79 *	2:26.79 *	200 FL LCM	2:14.79 *	2:21.19 *	2:27.59 *	2:33.99 *	2:46.79 *	2:59.69 *
3:17.19 *	3:03.09 *	2:48.99 *	2:41.99 *	2:34.89 *	2:27.89 *	200 IM LCM	2:17.19 *	2:23.69 *	2:30.19 *	2:36.69 *	2:49.79 *	3:02.89 *
6:57.99 *	6:28.19 *	5:58.29 *	5:43.39 *	5:28.39 *	5:13.49 *	400 IM LCM	4:52.99 *	5:06.99 *	5:20.89 *	5:34.89 *	6:02.79 *	6:30.69 *
2:35.59 *	2:24.39 *	2:13.29 *	2:07.79 *	2:02.19 *	1:56.69 *	200 FR-R LCM	1:47.69 *	1:52.79 *	1:57.89 *	2:03.09 *	2:13.29 *	2:23.59 *
5:40.89 *	5:16.49 *	4:52.19 *	4:39.99 *	4:27.79 *	4:15.69 *	400 FR-R LCM	3:56.49 *	4:07.69 *	4:18.99 *	4:30.19 *	4:52.79 *	5:15.29 *
12:28.29 *	11:34.79 *	10:41.39 *	10:14.59 *	9:47.89 *	9:21.19 *	800 FR-R LCM	8:42.99 *	9:07.89 *	9:32.79 *	9:57.69 *	10:47.49 *	11:37.29 *
2:53.29 *	2:40.89 *	2:28.49 *	2:22.39 *	2:16.19 *	2:09.99 *	200 MED-R LCM	1:59.19 *	2:04.89 *	2:10.59 *	2:16.29 *	2:27.59 *	2:38.99 *
6:18.39 *	5:51.39 *	5:24.29 *	5:10.79 *	4:57.29 *	4:43.79 *	400 MED-R LCM	4:21.79 *	4:34.29 *	4:46.79 *	4:59.19 *	5:24.09 *	5:49.09 *
15-16 Girls												
15-16 Boys												
36.09 *	33.49 *	30.89 *	29.59 *	28.29 *	27.09 *	50 FR LCM	24.69 *	25.89 *	26.99 *	28.19 *	30.59 *	32.89 *
1:18.39 *	1:12.79 *	1:07.19 *	1:04.39 *	1:01.59 *	58.79 *	100 FR LCM	53.79 *	56.39 *	58.99 *	1:01.49 *	1:06.69 *	1:11.79 *
2:49.19 *	2:37.09 *	2:25.09 *	2:18.99 *	2:12.99 *	2:06.89 *	200 FR LCM	1:57.49 *	2:03.09 *	2:08.69 *	2:14.29 *	2:25.39 *	2:36.59 *
5:55.19 *	5:29.89 *	5:04.49 *	4:51.79 *	4:39.09 *	4:26.39 *	400 FR LCM	4:10.59 *	4:22.49 *	4:34.39 *	4:46.39 *	5:10.19 *	5:34.09 *
12:17.79 *	11:25.09 *	10:32.39 *	10:05.99 *	9:39.69 *	9:13.29 *	800 FR LCM	8:40.49 *	9:05.29 *	9:29.99 *	9:54.79 *	10:44.39 *	11:33.99 *
23:33.49 *	21:52.49 *	20:11.59 *	19:21.09 *	18:30.59 *	17:40.09 *	1500 FR LCM	16:36.19 *	17:23.59 *	18:11.09 *	18:58.49 *	20:33.39 *	22:08.29 *
1:26.89 *	1:20.69 *	1:14.49 *	1:11.39 *	1:08.29 *	1:05.19 *	100 BK LCM	59.49 *	1:02.39 *	1:05.19 *	1:07.99 *	1:13.69 *	1:19.39 *
3:06.79 *	2:53.39 *	2:40.09 *	2:33.39 *	2:26.79 *	2:20.09 *	200 BK LCM	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29 *
1:38.59 *	1:31.59 *	1:24.49 *	1:20.99 *	1:17.49 *	1:13.99 *	100 BR LCM	1:07.09 *	1:10.29 *	1:13.49 *	1:16.69 *	1:23.09 *	1:29.49 *
3:32.49 *	3:17.29 *	3:02.09 *	2:54.49 *	2:46.99 *	2:39.39 *	200 BR LCM	2:25.89 *	2:32.79 *	2:39.79 *	2:46.69 *	3:00.59 *	3:14.49 *
1:24.29 *	1:18.29 *	1:12.29 *	1:09.29 *	1:06.29 *	1:03.29 *	100 FL LCM	57.59 *	1:00.29 *	1:03.09 *	1:05.79 *	1:11.29 *	1:16.79 *
3:07.79 *	2:54.39 *	2:40.99 *	2:34.29 *	2:27.59 *	2:20.89 *	200 FL LCM	2:08.79 *	2:14.89 *	2:21.09 *	2:27.19 *	2:39.49 *	2:51.69 *
3:11.19 *	2:57.49 *	2:43.89 *	2:36.99 *	2:30.19 *	2:23.39 *	200 IM LCM	2:12.09 *	2:18.39 *	2:24.69 *	2:30.99 *	2:43.59 *	2:56.19 *
6:44.69 *	6:15.79 *	5:46.89 *	5:32.49 *	5:17.99 *	5:03.59 *	400 IM LCM	4:41.09 *	4:54.39 *	5:07.79 *	5:21.19 *	5:47.99 *	6:14.69 *
2:36.49 *	2:25.39 *	2:14.19 *	2:08.59 *	2:02.99 *	1:57.39 *	200 FR-R LCM	1:44.89 *	1:49.89 *	1:54.89 *	1:59.89 *	2:09.89 *	2:19.89 *
5:41.09 *	5:16.79 *	4:52.39 *	4:40.19 *	4:27.99 *	4:15.89 *	400 FR-R LCM	3:49.89 *	4:00.89 *	4:11.79 *	4:22.79 *	4:44.69 *	5:06.49 *
12:25.39 *	11:32.19 *	10:38.89 *	10:12.29 *	9:45.69 *	9:19.09 *	800 FR-R LCM	8:32.59 *	8:56.99 *	9:21.39 *	9:45.79 *	10:34.69 *	11:23.49 *
2:53.99 *	2:41.49 *	2:29.09 *	2:22.89 *	2:16.69 *	2:10.49 *	200 MED-R LCM	1:56.29 *	2:01.89 *	2:07.39 *	2:12.89 *	2:23.99 *	2:35.09 *
6:14.39 *	5:47.69 *	5:20.89 *	5:07.59 *	4:54.19 *	4:40.79 *	400 MED-R LCM	4:15.89 *	4:28.09 *	4:40.19 *	4:52.39 *	5:16.79 *	5:41.19 *

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
17-18 Girls						Event	17-18 Boys					
35.89 *	33.29 *	30.69 *	29.49 *	28.19 *	26.89 *	50 FR LCM	23.99 *	25.09 *	26.19 *	27.39 *	29.59 *	31.89 *
1:17.69 *	1:12.19 *	1:06.59 *	1:03.89 *	1:01.09 *	58.29 *	100 FR LCM	52.39 *	54.89 *	57.39 *	59.89 *	1:04.89 *	1:09.89 *
2:47.69 *	2:35.69 *	2:23.69 *	2:17.69 *	2:11.69 *	2:05.79 *	200 FR LCM	1:54.69 *	2:00.09 *	2:05.59 *	2:11.09 *	2:21.99 *	2:32.89 *
5:53.39 *	5:28.19 *	5:02.99 *	4:50.29 *	4:37.69 *	4:25.09 *	400 FR LCM	4:04.89 *	4:16.49 *	4:28.19 *	4:39.79 *	5:03.09 *	5:26.49 *
12:10.29 *	11:18.19 *	10:25.99 *	9:59.89 *	9:33.79 *	9:07.79 *	800 FR LCM	8:28.49 *	8:52.69 *	9:16.89 *	9:41.09 *	10:29.49 *	11:17.89 *
23:20.89 *	21:40.79 *	20:00.79 *	19:10.79 *	18:20.69 *	17:30.69 *	1500 FR LCM	16:19.39 *	17:05.99 *	17:52.59 *	18:39.29 *	20:12.49 *	21:45.79 *
1:25.89 *	1:19.79 *	1:13.69 *	1:10.59 *	1:07.49 *	1:04.49 *	100 BK LCM	58.19 *	1:00.89 *	1:03.69 *	1:06.49 *	1:11.99 *	1:17.49 *
3:05.79 *	2:52.49 *	2:39.19 *	2:32.59 *	2:25.99 *	2:19.29 *	200 BK LCM	2:06.89 *	2:12.89 *	2:18.99 *	2:24.99 *	2:37.09 *	2:49.19 *
1:37.49 *	1:30.49 *	1:23.59 *	1:20.09 *	1:16.59 *	1:13.09 *	100 BR LCM	1:05.09 *	1:08.19 *	1:11.29 *	1:14.39 *	1:20.59 *	1:26.69 *
3:29.89 *	3:14.99 *	2:59.99 *	2:52.49 *	2:44.99 *	2:37.49 *	200 BR LCM	2:21.89 *	2:28.59 *	2:35.39 *	2:42.19 *	2:55.69 *	3:09.19 *
1:23.59 *	1:17.69 *	1:11.69 *	1:08.69 *	1:05.69 *	1:02.69 *	100 FL LCM	55.99 *	58.69 *	1:01.29 *	1:03.99 *	1:09.29 *	1:14.59 *
3:04.49 *	2:51.39 *	2:38.19 *	2:31.59 *	2:24.99 *	2:18.39 *	200 FL LCM	2:05.29 *	2:11.29 *	2:17.19 *	2:23.19 *	2:35.09 *	2:46.99 *
3:09.29 *	2:55.79 *	2:42.29 *	2:35.49 *	2:28.79 *	2:21.99 *	200 IM LCM	2:08.99 *	2:15.09 *	2:21.19 *	2:27.39 *	2:39.59 *	2:51.89 *
6:40.29 *	6:11.69 *	5:43.09 *	5:28.79 *	5:14.49 *	5:00.29 *	400 IM LCM	4:35.69 *	4:48.79 *	5:01.89 *	5:15.09 *	5:41.29 *	6:07.59 *
2:34.19 *	2:23.19 *	2:12.19 *	2:06.69 *	2:01.19 *	1:55.59 *	200 FR-R LCM	1:40.99 *	1:45.79 *	1:50.59 *	1:55.39 *	2:04.99 *	2:14.59 *
5:34.19 *	5:10.29 *	4:46.39 *	4:34.49 *	4:22.59 *	4:10.59 *	400 FR-R LCM	3:40.49 *	3:50.99 *	4:01.49 *	4:11.99 *	4:32.99 *	4:53.99 *
12:15.79 *	11:23.29 *	10:30.69 *	10:04.39 *	9:38.19 *	9:11.89 *	800 FR-R LCM	8:10.89 *	8:34.19 *	8:57.59 *	9:20.99 *	10:07.69 *	10:54.49 *
2:51.39 *	2:39.09 *	2:26.89 *	2:20.79 *	2:14.69 *	2:08.49 *	200 MED-R LCM	1:51.39 *	1:56.69 *	2:01.99 *	2:07.29 *	2:17.89 *	2:28.49 *
6:10.89 *	5:44.39 *	5:17.89 *	5:04.69 *	4:51.39 *	4:38.19 *	400 MED-R LCM	4:02.89 *	4:14.49 *	4:26.09 *	4:37.59 *	5:00.79 *	5:23.89 *