



# South Texas Swimming, Inc.

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# Championship Meets

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## Prolog

Like many, if not most, Local Swim Committees (LSCs); South Texas Swimming, Inc. (STSI) has evolved its season ending competitions into what amounts to a very hybrid mix of pseudo Championships and higher level qualifying meets that have rarely led to the identification of an actual "Champion" in any event at any age group in any category. Not infrequently, this has had the apparently unintentional effect of not allowing slower, "C" Level swimmers any chance of having a meaningful season ending competition.

There were, many years ago, some reasonably valid reasons for initiating and actually fostering the development of such a scheme as the present one in STSI. Two of those reasons were the small size of the LSC and geography. The latter still exists today and will continue to do so, but the former has long since been eclipsed by population growth and demographic dynamics. Today (2010) the South Texas LSC is on a par with both North Texas (NT) and the Gulf (GU) in terms of the number of registered athletes. Consequently, one of the principle reasons for the poorly understood and patchwork craziness of the present LSC "Championships" hasn't been valid in any way for several years.

That does not mean, however, as some have proposed; STSI should simply mirror or copy what either NT or the GU does as regards season ending competition. Quite the contrary, STSI should and must develop and implement its own championship scheme in order to properly reflect the true nature of the LSC. In addition, in most respects neither the NT or GU schemes meet the definition of a championship. They are, in many ways, just as chaotic, ill defined and unrewarding as those in STSI and even the most cursory of inquiries suggests many of their coaches do not seem particularly pleased with their respective situations.

By definition, the intent of a Championship Season is to identify and honor the finest swimmers in all age groups and at more than one level of performance. Such is most surely not the case in STSI and hasn't been for a number of years. That certainly then must be viewed, although it clearly is not by many people, as not being in the best interests of the swimming program or of the athletes.

As we are now well into the 21st century, it does seem appropriate that there should be some serious, legitimate attempts to rectify this situation and move on to develop a comprehensive program that will be more meaningful, deliberate and fair. It also seems that adoption and implementation of a scheme of season ending competition based on the National Traditional Age Group Motivational Time Standards (NAGMTS) would provide an excellent foundation from which to start. Having stated that, however, there are some principled, paramount and inescapable facts that must first be acknowledged, accepted and effectively dealt with to make it all work.

1. A true championship competition cannot have under-qualified swimmers participating, i.e., all entering swimmers must at some time (not necessarily specified) have achieved at least the minimum time standard for each and every event they choose to enter.

To ignore this bed-rock requirement is to cheapen the competition and guarantee many meets will be unnecessarily long and drawn out to absolutely no advantage to anyone. Entry into TAGS, Senior / Junior Nationals and the Olympic Trials require time standard qualification and no one would ever even suggest it be otherwise. Why should an STSI Championship be any less stringent?

2. Neither can a true championship competition have over-qualified swimmers participating, i.e., no entering swimmers who may have already achieved the applicable time in any event be allowed enter such events.

Again, to ignore this core principle is to cheapen and confuse the intent of the meet itself, plus possibly keeping so far unqualified swimmers from another opportunity to qualify for the next level. For that reason alone, it is grossly unfair.

Unless and until STSI is willing to recognize and accept these principles and allow them to guide their actions accordingly; there is little point in proceeding with any sort of proposal to modify the present season ending competition in this LSC, as the failure of this or any similar proposal is virtually predetermined.

Changes to organizations, large and small, are almost always difficult and radical changes, such as what is being proposed here are all the more so. Organizationally, STSI is a relatively small institution, but its structure is complex and its internal dynamics are almost byzantine in some areas. However, that does not mean it must forever be immune to meaningful change, but it does virtually guarantee efforts to effect important changes will be quite difficult. In some cases the adoption of change will even be painful and will require maturity, insight, wisdom, dedication, determination, perseverance, understanding and - most of all - patience.

No proposal to modernize the present end-of-season competition in STSI can even be seriously considered unless the parties involved are totally committed to the notion that a minimum of two years will be required to "shake" the new system down, fine tune and finally to institutionalize it.

## I. Definitions:

- A. Champion: 1. The holder of first place or the winner of first prize in a contest, especially in sports. 2. Holding first place or prize. 3. Exceeding all others. (Webster II New Riverside Universal Dictionary, Copyright 1984).
- B. Championship: 1. The position or title of a champion. 2. A competition or series of competitions held to determine a winner. (Webster II New Riverside Universal Dictionary, Copyright 1984).
- C. Championship Meet: A swimming competition characterized by trial heats (preliminaries) from which the fastest athletes qualify to compete in the finals or championship heats. (2010 USA Swimming Rules and Regulations).

## II. Introduction

At the October 10, 2009 Annual Meeting of South Texas Swimming, Inc. (STSI), the House of Delegates (HoD) approved in principle a proposal to reform the present system of Championship meets in the Local Swim Committee (LSC). To that end, the Technical Plans Chair (TPC) was charged with evaluating the present system and then developing a revised scheme employing only the National Group Motivational Time Standards (NAGMTS), which are updated by USA Swimming on a quadrennial basis.

In actuality there has been no real system of Championship meets in STSI for more than 30 years and perhaps never. Instead, until recently there have been a series of just two meets, both with qualification to the South Texas Age Group Championships (STAGS) and / or the Texas Age Group Championships (TAGS) as essentially the only goal. Over the past 30 years these two meets have been "called" a number of things, the most prevalent being Junior Olympics (JOs) and the South Texas Age Group Championships (STAGS). In addition there have generally been a number of "Last Chance" meets conducted to allow for possible achievement of times to enter STAGS. The Senior Championships are a relative new comer to the scene.

Very early in this decade, as the LSC began to grow, now numbering more than 5,000 swimmers; the STAGS Meets became unmanageable size-wise and were subsequently restricted to 14 and under swimmers with a third meet established (Senior Championships) for the 15 to 18 age groups. Even more recently, simply because of the number of swimmers, STAGS has become a 12 and under competition and Seniors 14 and over.

The JOs, STAGS and Seniors can in no legitimate way be referred to as Championship Meets inasmuch as the fastest swimmers in the LSC in any category do not necessarily participate. On the other hand, it is not uncommon to have swimmers who have already achieved TAGS qualifying times participate in STAGS and Seniors.

The JO meets essentially attract those swimmers who have failed to achieve STAGS times and since there are no minimum qualifying times, they have tended to be long, drawn out affairs with no clear Champions (by definition) determined. In a larger sense, the JOs have served no real purpose other than to provide a semblance of a season ending experience for swimmers with times slower than STAGS. However, the value of that experience must be carefully weighed against the reality of seven, eight or even nine hour meets, none of which can be viewed in a positive manner especially when related to coaches, parents and especially 12 and under athletes.

The proposal to revise the present scheme, or lack thereof, is being initiated to establish season culminating meets beginning with the "B" level NAGMTS and progressing through "BB" and finally to "A," the latter to become the top level in the LSC; but only very roughly equivalent to the present-day STAGS and Senior Championships combined.

Similar systems are in place in several other LSC's where this sort of plan has been in successful operation for many years, although their foundations may not be precisely based on the NAGMTS.

Such a system has several advantages to athletes, coaches and parents, among them:

- A. The times are developed, maintained and published by USA Swimming, and are derived from very large numbers of National age group statistics. Over time these have proven to be quite useful and the only variant they do not seem to completely address is LSC-specific gender demography.
- B. LSC time standards would not have to be re-developed and / or revised every year.
- C. The times are completely stable for four years at a time.
- D. Athletes, parents and coaches will know with certainty what the times are, where they originated, where they may be found and can be confident they will remain unchanged for four-year periods.

There are a number of questions and major considerations in initiating actions to institute such a system in STSI, primarily because it represents a truly radical departure from present policies and practices, plus the somewhat unique demography and geography of STSI. In addition, STSI has a long history (at least 30 years) of being very provincial as regards significant changes of most any sort.

It is the purpose of this presentation to address some of those matters and perhaps establish some sort of “road-map” along which STSI might proceed should it actually be serious about this idea.

### III. Assumptions made and Conditions Established:

- A. STSI will implement a NAGMTS-based Championship Meet system beginning with the 2010 – 2011 season, both short and long course.
- B. These meets will completely replace the present JOs, STAGS and Senior Championships.
- C. The scheme will be based exclusively on the USA Swimming NAGMTS.
  - 1. The lowest tier will be National “B”
    - a. It is recognized such an arrangement offers no LSC-wide championship competition for “C” level, i.e., slower than “B;” swimmers, which is intentional.
    - b. Over the last several years, experience has clearly shown such competitions are best managed on a Regional or local rather than an LSC-wide basis, e.g., The Alamo Area Aquatic Association (AAAA) conducts a “C” Championship near the end of each season every year.
      - 1) These meets provide a year / season-ending experience for swimmers at that level without requiring parents to drive any great distance or tolerate long, drawn out meets.
      - 2) Well defined and institutionalized regions have existed in SITI for a number of years, i.e., Capitol, Coastal, Valley, Alamo
    - c. The current STSI Junior Olympics (JOs) have upper (maximum) cut-offs at approximately the NAGMTS “B” level (STAGS), but no lower cut-offs at all.
    - d. This practice can be absolutely relied on to result in long, crowded, slow meets due to the presence of many “C” and even novice-level swimmers.
      - 1) For example, the 2010 STSI Short Course JOs-South, conducted at the San Antonio Natatorium March 5 through 7, 2010 had nearly 500 entries, many with no times (NT).
      - 2) Consequently, the Saturday session (March 6th) was estimated by Meet Manager to last 9 hours, 40 minutes and the Sunday session (March 7th) 8 hours, 50 minutes.
        - a) The actual times were 9 hours, 10 minutes and 8 hours, 25 minutes respectively. Both ridiculously, unnecessarily and unacceptably long.
      - 3) It is unreasonable to expect swimmers (especially 12 and unders), parents, coaches and officials to be on deck more than five hours per session let alone nine.
        - a) This is very likely one of the more important and primary reasons often cited for many 12 and unders quitting the program and perhaps opting for soccer where a game rarely lasts longer than 90 minutes.
    - e. It is then becomes indelibly clear that the “B” level Championship meets must absolutely have lower as well as upper cut-offs, i.e., in order to enter the “B” Championships, swimmers must have achieved the NAGMTS “B” time for every event entered but also must have not ever swum at the “BB” level or faster. To do otherwise would make a mockery of the “Championship” meme.
      - 1) Under this proposal, swimmers who have not achieved a “B” time are, by definition, “C” level swimmers. Season-ending meets for these swimmers have been previously addressed.
  - 2. The intermediate tier will be National “BB”
  - 3. The top tier will be National “A”
- D. The three meets will be optimally spaced two weeks apart (three meets over a total of four weeks).
  - 1. However, if it is deemed more appropriate to schedule the “A” Championship after TAGS, and I personally think it should be; then only the “B” and “BB” need to take place two weeks apart.

- E. There will be more than one meet necessary at the “B” and “BB” levels, obviously depending on the numbers of swimmers expected to qualify for each (please see § IV).
1. The entry deadline for the “B” Championships will normally be 11 days prior to the start date of the meet(s). However, when the circumstances of the Meet Calendar warrant doing so, there may be a secondary entry deadline established only for newly qualifying swimmers at 6:00 PM on the Monday preceding the scheduled start date of the meet.
  2. The entry deadline for the “BB” Championships will normally be 12-noon of the Tuesday immediately following the “B” Championships. However, when the circumstances of the LSC Meet Calendar warrant doing so, there may be a secondary entry deadline established only for newly qualifying swimmers on the Monday preceding the scheduled start date of the “BB” Meet.
  3. The entry deadline for the “A” Championships will normally be 12-noon of the Tuesday immediately following the “BB” Championships. However, when the circumstances of the LSC Meet Calendar warrant doing so, there may be a secondary entry deadline established only for newly qualifying swimmers on the Monday preceding the scheduled start date of the “A” Meet.
- F. Every athlete must qualify for every event in all three tiers.
1. “Bonus” entries will not be permitted, i.e., entering swimmers must have achieved the qualifying time for every event entered.
  2. All entry qualifying times must be provable via SWIMS.
    - a. Straight-forward and effective mechanisms must be put in place to allow and then manage challenges to entry times, including appropriate penalties for swimmers proven to have entered or attempted to enter fraudulently.
  3. Strict, consistent and clearly understood policies and procedures must be established and put in place to properly and fairly manage swimmers who may enter with non-conforming times.
    - a. The most obvious option is to require swimmers with non-conforming times to enter “at the cut,” but this approach makes proving a non-conforming time via SWIMS impossible.
    - b. A perhaps more workable scheme is to enter with the non-conforming time, annotated to the Entries Chair, proved if necessary and then converted as required to ensure proper seeding.
- G. Swimmers may enter only the Championship meet(s) and events for which they have qualifying times and may not “swim down,” i.e., swimmers with “BB,” “A” or “TAGS” times may not enter their qualified events in the “B,” “BB” or “A” meets respectively.

RESTRICTIONS	“B” CHAMPIONSHIPS	“BB” CHAMPIONSHIPS	“A” CHAMPIONSHIPS
Minimum time required (Equal to or faster than):	NAGMTS “B”	NAGMTS “BB”	NAGMTS “A”
Maximum time permitted (Slower than)	NAGMTS “BB”	NAGMTS “A”	TAGS

1. Re-stated in another way: There are minimum AND maximum times imposed for all three Championship meets.
- H. All three Championship meets will be formatted as preliminaries and finals with both a Championship and Consolation heat in finals, scored to 16 places.
1. By definition, timed final competition cannot be legitimately referred to as a Championship.
  2. Nevertheless, in the interest of time, consideration should probably be given to formatting events longer than 400-meters / 500-yards as timed final competition.
- I. Swimmers can be expected to qualify at more than one level, perhaps even all three, at the same time.
- J. Swimmers who have ever achieved a Sectional Time Standard during the qualifying period in an event may not participate in that specific individual event nor that stroke and distance on a relay at any of the STSI Championship meets.
- K. Swimmers who may achieve one or more TAGS Qualifying Times in the current season may not enter their TAGS Qualified events in any one of the STSI Championship Meets.

1. Exhibition swims will not be permitted in any of the Championship meets (please also see §III.I. just above).
- L. A determination must be made as early as possible as to exactly when these meets will be conducted in relation to TAGS. This is, of course, is entirely dependent on what the Texas Swimming Association (TSA) does regarding the scheduling of the TAGS Meets. 2011 SC TAGS will be March 10 – 13 and the 2011 LC TAGS will be July 20 -24.
1. Since the TAGS Time Standards are, in very general terms, at the “AA,” “AAA,” and even “AAAA” level; they are therefore significantly faster than the “B,” “BB” and “A” NAGMTS; and any one of these meets may logically, but perhaps not terribly realistically, be considered to be a TAGS Qualifier.
  2. The “A” Championships will be held prior to TAGS in Short Course and after TAGS in Long Course.
- M. The preliminary sessions of these meets will be seeded and swum in the traditional USA Swimming age groups, i.e., 10 and under, 11 and 12, 13 and 14 and 15 through 18, with two heats advancing to the finals.
- N. The finals sessions will also be swum in traditional age groups and effective, even draconian sanctions must be put in place for those qualifiers who do not scratch and subsequently fail to appear for competition in the finals.
1. The 15 – 16 and 17 – 18 age groups might be combined into a single 15 – 18 group because statistically it is likely there will be an insufficient number of swimmers to make up two heats in some of these older single age groups, especially in the long course season. The single ages could then easily be split out for scoring and Results Posting by Meet Manager after the event(s) are complete.
  2. The “B” and “BB” meets will not be scored.
  3. The “A” meets (the LSC Championships = STAGS) will be scored to 16 places.
- O. Relays are not addressed in this presentation, but will require some serious thought as regards both age grouping, included events and scoring in the “A” Championships.
- P. Orders of Events have also not been addressed, but it seems logical and reasonable that all three meets should be the same. Otherwise, qualification to the next level would not be straight-forward and therefore easily misunderstood.
1. It would, of course, be possible even reasonable to have one or two fewer events such as the 1650/1500/1000/800 freestyles offered in the “B” level meet, but that immediately makes qualification to the “BB” and “A” meets less than straight-forward.
    - a. At age-group level, a reasonably strong case can be made for omitting the 1000-yard and 800-meter freestyles.
- Q. No attempt has been made to even suggest over how many days these meets should (or should not) extend. That will, of course, be primarily dictated by the Order of Events. In that regard, it is necessary to keep constantly in mind that swimmers may enter a maximum of only three individual events per day in a championship (preliminary / final) formatted meet.
1. It may also perhaps be expedient to limit the total number of events any individual swimmer may enter over the entire course of a meet, while still enforcing the maximum of three events per day as required by Rule.
    - a. This has been the policy at STAGS for the last few years.
- R. Under the sort of scheme outlined above, the matter of offering Time Trials at any of the meets must necessarily be considered and addressed.
1. From a purely statistical standpoint, time trials when offered as a part of most any meet, but especially a Championship meet, are generally not worth the time and effort necessary to conduct them.
  2. There is ample, local, LSC and National hard data to support this as fact.
    - a. An analysis of eight time trial results from around the LSC, reveals that only about 4.6% of time trial competitors achieve a qualifying time for an upper level meet, e.g., STAGS or TAGS.
    - b. On the other hand some 31% do improve what is assumed to be their best time.

3. Nevertheless, there will most likely always be a demand for time trials at Championship meets and it would be prudent to plan accordingly.

#### IV. Numbers and Projections:

As a direct result of excellent cooperation from the USA Swimming Staff, a good deal of data have been obtained, which has allowed some reasonable but surely still “iffy” estimates of how large each of the three proposed Championship meets might be. The data available probably do, in my opinion, represent “worst case” conditions.

These data are primarily based on two years of experience extracted from the USA Swimming National SWIMS Database. They tabulate the number of STSI swimmers who achieved “B,” “BB,” and “A” times over the two year period. They do not address in any way how many in each category might actually choose to enter any one of the Championship meets. The raw data for ONLY the 2008 – 2009 seasons are presented on the following page.

Number of STSI Swimmers with B, BB and A Times 2008 – 2009 Short and Long Course Seasons Combined						
Girls				Boys		
B	BB	A	Age Group	B	BB	A
450	269	104	10 and Under	214	146	63
340	274	169	11 and 12	211	182	125
283	277	173	13 and 14	170	174	150
143	213	170	15 and 16	120	193	178
42	90	90	17 and 18	54	110	119
1257	1123	810	Totals	769	804	635

The most striking feature of these data, and considering certain current registration information, is the fact that the number of girls in all age groups, except 17 and 18; at the “B,” “BB,” and “A” levels, has increased quite steadily at an average rate of about 8.7% per year. However, until 2007 the number of boys in all age groups was declining at an average rate of about 7.6% per year.

Beginning in 2007 the decline in the male census began to slow and now, in 2010, it has nearly ceased and there is mounting nationwide evidence to suggest the so-called “gender gap” is narrowing at a slow but steady rate.

As of 1 May 2010 there were only slightly less than 500 more girls than boys in STSI. The trend has become unmistakable. This entire phenomenon is, in my opinion, not completely understood, but is also apparent in other LSCs and in USA Swimming itself. It has been apparent in High School competition over the last two years.

The various projections that follow DO NOT attempt to consider these demographic shifts primarily because overall registrations are increasing at a fairly steady rate every year and it seems assured the gender gap will soon close.

As the table above makes quite clear, two and three years ago the gender disparity (gap) in STSI was quite evident. On average there were about 20% more girls than boys with “B,” “BB,” or “A” times. In the upper age groups the skew was “sometimes” more pronounced, as high as 36% in the 16 and 17 age group. However, the trend towards relative parity is today (2010) unmistakable and the gap can probably be almost, but perhaps not totally, ignored. There definitely appears to be strong evidence to suggest these disparities are rapidly disappearing. An in-depth empirical analysis of these figures is difficult and beyond the scope of this presentation for several reasons, among them the fact that swimmers often have qualifying times at two and even all three levels simultaneously and the demographic changes are dynamic.

Analysis of similar data from other LSCs suggests that there generally are a significant number of swimmers with Championship qualifying times who do not actually participate in Championship meets. On a percentage basis, that relationship appears to be strongly and directly related to the level of competition, i. e., the higher the level of competition, the higher the percentage of participation.

In STSI, there is very limited available and / or reliable data regarding the percentages of athletes actually participating in JOs, STAGS and the Senior Championships. In addition, what data are available are open to serious question because STAGS and Senior Championship participation figures are seriously and negatively influenced by the presence of TAGS Qualified swimmers and until recently a complete absence of qualifying time standards for the Senior Championships.

Utilizing a fairly simple, straight-forward scheme of analysis, an evaluation of similar data from other LSCs has made it possible to develop some reasonable and minimally educated guesses regarding projected participation figures for STSI at each of the proposed Championships meets. After a first year of actual competition utilizing this format, considerably more accurate figures could be obtained. It will, in my opinion, take a minimum of two years of rigorous implementation before really reliable data would become available.

It must be clearly emphasized that these numbers are entirely legitimate, but are nevertheless very generalized in nature. However, in the near total absence of reliable LSC-specific hard data, there seems to be little choice at this proposal's inception.

Further, any disparity between the numbers of girls and boys is essentially unavoidable and utilizing the NAGMTS as the basis for the Championship meets will not permit any effective avenues to soften this problem. It would appear to simply be an aberration (not restricted to STSI) that is slowly but steadily resolving itself and in the meantime will probably have to be accepted and tolerated. It is not; however, sufficient reason to abandon or "adjust" the project and a case can probably be made for the possibility of attracting more boys into the sport with a viable, realistic, well-understood and basically honest Championship meet progression program.

The estimated and projected participation numbers for the 2010 – 2011, long and short course combined, are presented below. These numbers have been derived from data manipulations already alluded to, plus some consideration of the current census estimates of 10 through 19 (single decade) year olds in Bexar, Harris and Hayes Counties in Texas, which are among the ten most densely populated counties in the state.

Total Estimated Participation Numbers for the STSI Championship Meets									
Level ▶▶▶▶	B			BB			A		
Age Group	Girls	Boys	Both	Girls	Boys	Both	Girls	Boys	Both
10 and Under	360	171	531	216	116	332	89	54	143
11 and 12	271	169	440	219	146	365	147	85	232
13 and 14	226	136	362	222	139	361	150	100	250
15 and 16	143	96	239	170	154	324	146	148	294
17 and 18	33	43	76	76	95	171	78	87	165
	Total		1648	Total		1229	Total		1165

There are several imperative caveats necessary when evaluating the numbers presented above:

- A. Every single number above is an almost pure "estimate" based on much less than 100% reliable data from other LSCs, which may have only a passing relevance to STSI. But, it is my considered opinion that is the extent to which any reliable and / or replicated data is currently available to establish the baselines for STSI.
- B. The development of these estimates required that they be based to at least some degree on personal experiences and anecdotal evidence as regards how many of what level swimmers who have achieved the qualifying time or times actually enter and then participate in Championship meets.
- C. Since the data presented above are for the short and long course seasons combined, some further reduction and refinement of the numbers is necessary.
- D. There are some fairly reliable data available, which clearly suggest that on average about 28% fewer swimmers participate in long course JOs, STAGS and Senior Championships than in the comparable short course meets. The reasons for this are not immediately apparent, but some likely causes are:
  1. A much shorter season
  2. Summer league participation
  3. Family vacations
  4. Waning, seasonal athlete interest

E. A further refinement of the data by season is as follows:

Estimated Participation Numbers for the STSI 2010 - 2011 Short Course Championship Meets									
Level ▶▶▶▶	B			BB			A		
Age Group	Girls	Boys	Both	Girls	Boys	Both	Girls	Boys	Both
10 and Under	259	123	382	156	84	240	64	39	103
11 and 12	195	122	317	158	105	263	106	61	167
13 and 14	163	98	261	160	100	260	108	72	180
15 and 16	103	69	172	122	111	233	105	107	212
17 and 18	24	31	55	55	68	123	56	63	119
Assuming 350 as the upper limit of optimal meet size, this might require:	Total		1187	Total		1119	Total		781
	Four meets with ~295			Three meets with ~375			Two meets with ~ 390		

F. The four proposed “B” level short course meets are well within the 350 optimum and are roughly equivalent to the present JOs. However, it is important to keep in mind every swimmer will have had to achieve a provable “B” qualifying time to even enter the meets, which will completely weed-out very slow competitors. This fact alone will speed the meets up considerably. For that reason it might be possible and reasonable to consider three meets at ~425 swimmers each:

G. Three B Meets will be held.

1. NORTH:

a. AG, AQTX, CPS, FISH, FHD, HCAT, HEAT, NTRO, PFST, SB, TASC,

2. CENTRAL:

a. AES, AMSC, COTA, CCSS, GOLD, HOT, HSC, KST, LCA, LSAC, MM, NAMS, SAS, SASA, TXLA, TEAM, WAVE, WFLY, WWW

3. SOUTH:

a. AAAA, BAS, BEAT, CBA, CCAA, CISD, CLAN, CLUB, DRD, HAT, MSC, SWTJ

H. The three proposed “BB” level short course meets are roughly equivalent to the present STAGS and are well within the 350 limit, which is generally and often considered to be the upper limit of “optimum.” However, the same logic may be applied as in paragraph F. above, i.e., there will be no slow swimmers competing and there will be no swimmers in events with TAGS Qualifying times. These numbers therefore seem reasonable. Just two meets would each probably have unacceptably high numbers. Three BB Meets will be held in Short Course and two BB Meets will be held in Long Course.

1. **SHORT COURSE:**

a. NORTH:

1) AG, AQTX, CPS, FISH, FHD, HEAT, HCAT, NTRO, PFST, SB, TASC,

b. CENTRAL:

1) AES, AMSC, COTA, CCSS, GOLD, HOT, HSC, KST, LCA, LSAC, MM, NAMS, SAS, SASA, TXLA, TEAM, WAVE, WFLY, WWW

c. SOUTH:

1) AAAA, BAS, BEAT, CBA, CCAA, CISD, CLAN, CLUB, DRD, HAT, MSC, SWTJ

2. **LONG COURSE:**

a. NORTH:

1) AAAA, AG, AQTX, FHD, HCAT, HEAT, LSAC, PFST, SB, TASC

b. SOUTH:

1) AES, AMSC, BAS, BEAT, CBA, CCAA, CCSS, CISD, CLAN, CLUB, COTA, CPS, DRD, GOLD, FISH, HAT, HOT, HSC, KST, LCA, MM, MSC, NAMS, NTRO, SAS, SASA, SWTJ, TXLA, TEAM, WAVE, WFLY, WWW.

H. The two proposed “A” meets will be the premier STSI Championship meets and have no equivalent in the present scheme of things. They do appear to have rather large numbers of swimmers, as 350 is generally and often considered to be the upper limit of “optimum.” However, the same logic may be applied as in paragraphs F. and G. above, i.e., there will be no slow swimmers competing and there will be no swimmers in events with TAGS Qualifying times. These numbers therefore seem reasonable. Two A meets will be held in Short Course and one will be held in Long Course.

Estimated Participation Numbers for the STSI 2011 Long Course Championship Meets									
Level ▶▶▶▶	B			BB			A		
Age Group	Girls	Boys	Both	Girls	Boys	Both	Girls	Boys	Both
10 and Under	187	89	276	111	61	172	46	28	74
11 and 12	141	88	229	114	76	190	77	44	121
13 and 14	117	74	191	115	72	187	78	52	130
15 and 16	74	50	124	88	80	168	77	77	154
17 and 18	17	22	39	40	49	89	40	46	86
Assuming 350 as the upper limit of optimal meet size, this might require:	Total		859	Total		806	Total		565
	Three meets with ~285			Three meets with ~270			Two meets with ~280		

I. The three proposed “B” level long course meets are well within the 350 optimum in size and are roughly equivalent to the present JOs. However, it is important to keep in mind every swimmer will have had to achieve a “B” qualifying time to even enter the meets, which will completely weed-out very slow competitors. This fact alone will speed the meets up considerably.

J. The three proposed “BB” level short course meets are roughly equivalent to the present STAGS and are acceptably close the 350 limit, which is generally and often considered to be the upper limit of “optimum.” However, the same logic may be applied as in paragraph I. above, i.e., there will be no slow swimmers competing and there will be no swimmers in events with TAGS Qualifying times. These numbers therefore seem reasonable. Two meets at ~400 might possibly be considered, but it seems obvious, all things considered; that three meets are more reasonable.

K. The two proposed “A” level long course meets will be the premier STSI Championship meets and have no equivalent in the present scheme of things. They do appear to have rather large numbers of swimmers, as 350 is generally and often considered to be the upper limit of “optimum.” However, the same logic may be applied as in paragraphs I. and J. above, i.e., there will be no slow swimmers competing and there will be no swimmers in events with TAGS Qualifying times. These numbers seem therefore reasonable. However, a single meet at ~565 should be considered and would most likely be venue-dependent.

L. The rather obvious question which must then be addressed is: How can the STSI short and long course top tier Championship swimmers be determined when there may very well have to be two separate meets divided in some way to make each manageable? Some possible solutions are:

1. Separate meets for boys and girls. However, this approach introduces other difficulties, including a significant disparity in gender numbers and the requirement for two coaches at two different meets on the same weekend. No resolution to these difficulties is immediately apparent.

2. Require bids on the short course meets to be submitted only from venues with twin-pool capabilities.
3. Merge the two meets in Meet Manager after both are concluded and determine each event's Champions. The obvious problem here is that no one will know who the champions are for hours and perhaps days after the meets. This would probably be an unacceptable arrangement for all concerned.
4. Conduct a single "A" Championship meet with perhaps as many as 800 short course and 600 long course swimmers and simply deal with the large numbers. This size meet has been dealt with in the past and it is done with TAGS on a more or less routine basis. It is, in the main, perhaps unsatisfactory; but if the meet were extended to four or four-and-one-half days and "fly-over" and "chase" starts were rigidly applied where practical and safe; it is certainly doable and definitely worthy of serious consideration, especially for short course meets conducted in a two-pool facility.
  - a. The fact that no swimmers with times slower than the NAGMTS "A" would be competing, strongly suggests larger numbers could be effectively and efficiently managed.

## V. Some Conclusions and Caveats:

Revising and reformatting the Championship meets in STSI is a formidable task, fraught with numerous obstacles and pitfalls, some of which have been touched on earlier in this document. It is, however, in my opinion; a definitely worthwhile and long overdue project. It should, again in my opinion, be promptly pursued with diligence and determination.

From my own experience over more than a few years, I believe the most difficult obstacles standing in the way of actually developing and implementing a revised Championship system of meets in this LSC can be summed up as follows:

- A. The educational process that will be an absolute necessity to convince the LSC, especially coaches and some parents, such a radical change is both necessary and desirable. STSI has a long history of parochialism, which has caused it to, at times, become virtually frozen by inertia. I have had the opportunity over a fairly long period of time to see this phenomenon up close and in person.

Effective educational efforts must begin at once to address this matter if there is to be any real hope of progress in instituting a new and certainly better system of Championship meets in the LSC.

I do not believe a "stepped" or "piecemeal" approach is desirable, appropriate or ultimately worthwhile.

- B. Overcoming the domain and personal vested interests of coaches. This is a well-known, real and most difficult matter to effectively address and bring about meaningful change. While most all coaches publicly espouse unqualified support for ALL of the athletes, when it comes right down to agreeing to anything that might negatively affect one or more of THEIR swimmers, e. g., a time standard that might keep one or more swimmers out of a Championship meet, it sometimes quickly becomes a lot more about MY swimmers than it is about ALL of the swimmers. Parents are in no way immune to this problem.

Again, I have had several opportunities to see this phenomenon up close and in person, and can attest as to how difficult it can be to overcome. For the most part I have never believed this sort of thing was done consciously, but rather as a simple defense mechanism coaches develop and personally institute in order to, in a sense, "protect" THEIR swimmers and; by extension; their entire team. There can be, at least in my mind, no question that parents can and often do play a smaller but nevertheless important part in this matter.

After all of that has been said, this MUST nevertheless be overcome if the LSC is really serious about progressing towards a significant, truly meaningful revision of the Championship meet scheme in STSI is to be made.

- C. The temptation to cheapen the "B," "BB" and "A" Championship meets by allowing "all events" (bonus) entry by swimmers who may have achieved one or more qualifying times, but not all. Allowing under-qualified swimmers is perhaps even more detrimental than allowing those who are over-qualified, which has been previously addressed. To subscribe to that notion is to also guarantee significant, unwarranted and virtually unmanageable increases in the size of the meets.

It is essential to the ultimate success of this project that an absolute requirement for time standard qualification for every swimmer in every event at all three levels be strictly adhered to, perhaps even to the point of instituting draconian penalties for those who choose to ignore it.

This particular element of the proposal may very well not be appreciated by more than a few coaches and probably some parents. However, the definition of "Championship," clearly dictates that under- and over-qualified swimmers cannot be permitted to participate if the respective meet is to be meaningful in the Championship sense. The integrity of the completion IS important, especially to the athletes, and tampering with it should not even be considered.

D. Time Standards:

1. There is good reason to believe that time standards themselves are perhaps the most key element in any attempt to develop a new scheme of Championship Meets in STSI. They most certainly have been major impediments in even the recent past.
2. There is ample evidence in STSI, as well as in most other LSCs, to suggest the imposition of time standards is fraught with a number of problems, some obvious and others less so.
3. My own experience over the last several years, but especially since 2001, has made it quite clear the temptingly simple expedient of using some relatively random place from the previous year's, or even the previous three to five year's results as a basis for establishing qualifying times is essentially without significant statistical or practical merit.
4. Regardless of what "place" is chosen in any particular event, there are other factors that are not considered and almost always result in outcomes that are often less than desirable and perhaps unfair.
  - a. Those "factors" include, but most certainly are not limited to: demographic changes, gender shifts, registration variances (more swimmers), and perhaps most important of all: The athletes are swimming faster every year.
    - 1) Why any LSC would consciously and deliberately choose not avail itself of USA Swimming Age Group Time Standards Data to establish end-of-season competition is beyond my capability to understand.
5. The utilization of the NAGMTS quickly and efficiently mitigates virtually all of these potential difficulties and several others as well. They are based on a very large cohort and revised on a quadrennial basis. It has always seemed wasteful of time and energy for STSI to have to develop revised time standards every year. When coaches undertake this task it obviously takes them away from their primary duties, which some respects might even be considered to be counter-productive.

While it will no doubt be tempting to co-opt anyone and everyone who might show some interest in the actual implementation of a new Championship system for STSI, it is imperative that such a temptation be strongly and effectively resisted. It is axiomatic in the planning world: The more people involved in even a moderately sized project, the less likely anything really significant will ever get done, i. e., "too many cooks very often spoil the soup." Ideally a three person task group would be sufficient, but in this case I would recommend more, but certainly no more than five. And among those five should be at least one non-coach. Coaches are busy folks who are not paid to be administrators, planners or number crunchers. In my opinion, most coaches do not normally have the time actually necessary to assist in the final development and implementation of a project on the scale and with the complexities of the one in question. It will also be useful and probably instructive to seek out and obtain the perspectives and inputs from administrators, officials and perhaps even well-experienced athletes. In my own experience, parents do not qualify as useful resources, primarily because most cannot completely put aside their personal interests in their children.

I believe the project at hand is noble, long overdue, badly needed and worth whatever efforts and sacrifices might be necessary to see it successfully attained. My confidence level in the numbers presented is, at best, no more than 90%; but could be expected to rise into the high 90s after at least two years of implementation.

I am well aware of the fact that opinions, proposals, ideas, suggestions, etc., which could or might lead any LSC in a different, perhaps better direction than is currently being followed but come from other than coaches, are very often viewed as being essentially illegitimate and as such are not infrequently dismissed out of hand. I can personally attest to the validity and truth of that statement. However, hardly anyone can legitimately disagree with the notion that diversity of thought, opinion, analytical approaches, etc. are, in my mind, essential to finding solutions to complex problems.

From another, somewhat darker perspective, informal, but fairly detailed discussions with a number of STSI individuals, most of them coaches, who are highly regarded in the LSC; leads to the obvious and unavoidable conclusion that any proposal such as this is likely to be doomed to failure from the very start. Some of the reasons for this are obvious, and others less so. Attitudinal opposition has been previously alluded to and presents what may very well be several insurmountable obstacles to adoption and implementation of meaningful change. Stated in another way: There are clearly many well-respected "movers and shakers" in STSI who will be (in a sense may already be) adamantly opposed to any project such as this and who can be expected to employ a variety of defeatist and / or obstructionist arguments, not all either legitimate or factual, to prevent adoption of the kinds of changes this proposal champions.

In addition to, and closely related to the paragraphs just above, there is also good reason in my mind to believe the political and institutional will of STSI is or will be seriously lacking for any proposal such as this to actually be adopted, much less effectively implemented. In other words, I seriously doubt the LSC has the fortitude and determination (“guts”, if you will) to force the changes that are called for. I am, however, very pleased to have been proven completely wrong.

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2009 – 2012 National Motivational Time Standards						
Short Course Yards						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.79	35.99	32.19	50 Free	31.59	35.19	38.89
1:31.29	1:21.59	1:11.89	100 Free	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	200 Free	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	500 Free	6:44.59	7:35.19	8:25.79
48.79	43.49	38.09	50 Back	38.29	43.69	49.19
1:45.69	1:33.99	1:22.19	100 Back	1:21.29	1:32.09	1:42.89
53.59	47.79	41.99	50 Breast	42.19	47.89	53.59
1:59.99	1:46.69	1:33.39	100 Breast	1:31.39	1:43.69	1:55.69
48.79	42.99	37.29	50 Fly	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	100 Fly	1:25.59	1:40.39	1:55.19
1:44.99	1:33.79	1:22.59	100 I-M	1:21.09	1:3.19	1:41.29
3:42.69	3:19.39	2:55.99	200 I-M	2:55.29	3:18.09	3:40.89

<b>2009 – 2012 National Motivational Time Standards</b>						
<b>Short Course Yards</b>						
<b>11 and 12 Girls</b>			<b>Event</b>	<b>11 and 12 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
34.29	31.89	29.49	<b>50 Free</b>	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	<b>100 Free</b>	1:02.69	1:07.89	1:13.09
2:43.19	2:31.49	2:19.89	<b>200 Free</b>	2:16.19	2:27.49	2:38.89
7:10.79	6:40.09	6:09.29	<b>500 Free</b>	6:04.69	6:35.09	7:05.49
15:00.29	13:55.99	12:51.69	<b>1000 Free</b>	12:42.89	13:46.49	14:50.09
23:16.19	23:27.89	21:39.59	<b>1650 Free</b>	21:23.59	23:10.49	24:57.49
39.59	36.79	33.89	<b>50 Back</b>	33.49	36.49	39.49
1:27.99	1:21.09	1:14.19	<b>100 Back</b>	1:12.29	1:19.09	1:25.79
3:01.89	2:48.89	2:35.89	<b>200 Back</b>	2:32.89	2:45.59	2:58.39
44.09	40.89	37.79	<b>50 Breast</b>	37.29	40.79	44.29
1:36.39	1:29.29	1:22.19	<b>100 Breast</b>	1:20.49	1:27.79	1:35.09
3:26.39	3:11.69	2:56.89	<b>200 Breast</b>	2:52.89	3:07.29	3:21.69
37.79	35.09	32.39	<b>50 Fly</b>	32.09	35.19	38.19
1:27.19	1:20.19	1:13.19	<b>100 Fly</b>	1:11.69	1:18.69	1:25.79
3:04.99	2:51.79	2:38.59	<b>200 Fly</b>	2:25.29	2:48.29	3:01.19
1:26.19	1:20.09	1:13.99	<b>100 I-M</b>	1:11.49	1:17.59	1:23.69
3:03.79	2:50.69	2:37.59	<b>200 I-M</b>	2:35.59	2:49.39	3:03.09
6:32.19	6:04.19	5:36.09	<b>400 I-M</b>	5:28.89	5:56.29	6:23.69
<b>2009 – 2012 National Motivational Time Standards</b>						
<b>Short Course Yards</b>						
<b>13 and 14 Girls</b>			<b>Event</b>	<b>13 and 14 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
33.39	30.99	28.69	<b>50 Free</b>	26.29	28.49	30.69
1:12.49	1:07.39	1:02.19	<b>100 Free</b>	57.39	1:02.19	1:06.99
2:36.09	2:24.99	2:08.19	<b>200 Free</b>	2:05.29	2:15.69	2:26.09
6:51.79	6:22.39	5:52.99	<b>500 Free</b>	5:35.19	6:03.19	6:31.09
14:08.89	13:08.29	12:07.59	<b>1000 Free</b>	11:36.39	12:34.39	13:32.49
23:34.19	21:53.19	20:12.19	<b>1650 Free</b>	19:15.69	20:51.99	22:28.29
1:19.89	1:14.19	1:08.49	<b>100 Back</b>	1:04.19	1:09.59	1:14.89
2:51.79	2:39.59	2:27.29	<b>200 Back</b>	2:18.19	2:29.79	2:41.29
1:30.59	1:24.09	1:17.59	<b>100 Breast</b>	1:12.09	1:18.09	1:24.09
3:14.59	3:00.69	2:46.79	<b>200 Breast</b>	2:36.29	2:49.39	3:02.39
1:19.09	1:13.49	1:07.79	<b>100 Fly</b>	1:02.89	1:08.09	1:13.29
2:53.39	2:40.99	2:28.59	<b>200 Fly</b>	2:20.29	2:31.99	2:43.69
2:55.49	2:42.99	2:30.49	<b>200 I-M</b>	2:20.29	2:31.99	2:43.69
6:10.79	5:44.29	5:17.79	<b>400 I-M</b>	5:00.49	5:25.49	5:50.59

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
15 and 16 Girls			Event	15 and 16 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.69	30.39	26.89	50 Free	25.29	27.39	29.49
1:10.89	1:05.79	1:00.79	100 Free	55.19	59.79	1:04.39
2:32.09	2:21.19	2:10.39	200 Free	2:00.09	2:10.09	2:20.09
6:45.29	6:16.29	5:47.39	500 Free	5:24.29	5:51.29	6:18.39
13:55.19	12:55.49	11:55.89	1000 Free	11:12.19	12:08.19	13:03.19
23:18.79	21:38.89	19:58.89	1650 Free	18:47.99	20:21.89	21:55.89
1:17.69	1:12.09	1:06.59	100 Back	1:01.09	1:06.19	1:11.29
2:47.89	2:35.89	2:23.89	200 Back	2:12.39	2:23.39	2:34.39
1:28.29	1:21.99	1:15.69	100 Breast	1:08.89	1:14.69	1:20.39
3:09.99	2:56.39	2:42.79	200 Breast	2:30.09	2:42.59	2:55.09
1:17.39	1:11.79	1:06.29	100 Fly	1:00.09	1:05.09	1:10.09
2:48.59	2:36.49	2:24.49	200 Fly	2:13.39	2:24.49	2:35.59
2:51.49	2:39.29	2:26.99	200 I-M	2:15.09	2:26.39	2:37.69
6:01.49	5:35.69	5:09.89	400 I-M	4:47.79	5:11.79	5:35.79
2009 – 2012 National Motivational Time Standards						
Short Course Yards						
17 and 18 Girls			Event	17 and 18 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.39	30.09	27.79	50 Free	24.49	26.59	28.59
1:09.89	1:04.89	59.89	100 Free	53.59	58.09	1:02.59
2:30.99	2:20.29	2:09.49	200 Free	1:58.09	2:07.89	2:17.69
6:42.39	6:13.69	5:44.99	500 Free	5:17.69	5:44.196	6:10.59
13:52.59	12:53.09	11:52.59	1000 Free	11:03.89	11:59.19	12:54.49
23:06.19	21:27.19	19:48.19	1650 Free	18:27.19	19:59.39	21:31.69
1:17.19	1:11.69	1:06.19	100 Back	59.19	1:04.19	1:09.09
2:47.29	2:35.39	2:23.39	200 Back	2:09.09	2:19.89	2:30.59
1:27.79	1:21.49	1:15.29	100 Breast	1:07.59	1:13.19	1:18.79
3:09.29	2:55.79	2:42.19	200 Breast	2:27.09	2:39.29	2:51.59
1:16.39	1:10.99	1:05.49	100 Fly	58.69	1:03.59	1:08.39
2:46.49	2:34.59	2:22.69	200 Fly	2:09.59	2:20.39	2:31.19
2:49.49	2:37.39	2:25.29	200 I-M	2:11.69	2:22.59	2:33.59
6:01.29	5:35.49	5:09.69	400 I-M	4:42.39	5:05.99	5:29.49

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
45.09	40.79	36.39	50 Free	36.09	40.19	44.29
1:43.99	1:32.99	1:21.89	100 Free	1:20.59	1:31.09	1:41.59
3:48.59	3:23.59	2:58.49	200 Free	2:52.39	3:13.99	3:35.49
7:37.29	6:51.59	6:05.89	400 Free	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	50 Back	43.89	50.09	56.39
2:02.39	1:48.89	1:35.29	100 Back	1:33.29	1:45.69	1:58.09
1:01.59	54.89	48.29	50 Breast	48.49	55.09	1:01.59
2:17.49	2:02.29	1:46.99	100 Breast	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	50 Fly	40.99	46.89	52.89
2:12.59	1:55.19	1:37.89	100 Fly	1:36.49	1:53.19	2:09.79
4:12.99	3:46.49	3:19.89	200 I-M	3:18.89	3:44.79	4:10.69
2009 – 2012 National Motivational Time Standards						
Long Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.19	36.39	32.39	50 Free	32.59	35.29	37.99
1:25.79	1:19.59	1:13.49	100 Free	1:11.39	1:17.39	1:23.29
3:03.89	2:50.79	2:37.69	200 Free	2:34.89	2:47.79	3:00.69
6:27.79	6:00.09	5:32.39	400 Free	5:27.09	5:54.39	6:21.69
13:31.69	12:33.69	11:35.69	800 Free	11:30.99	12:28.59	13:26.19
26:04.19	24:12.39	22:20.69	1500 Free	22:14.19	24:05.29	25:56.49
45.49	42.29	38.99	50 Back	36.69	42.19	45.69
1:38.89	1:31.09	1:23.29	100 Back	1:23.59	1:31.39	1:39.19
3:30.29	3:15.29	3:00.19	200 Back	2:56.39	3:11.09	3:25.79
49.09	45.59	42.09	50 Breast	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	100 Breast	1:32.49	1:40.89	1:49.19
3:57.59	3:40.59	3:23.69	200 Breast	3:20.79	3:37.49	3:54.19
42.39	39.39	36.29	50 Fly	36.19	39.59	42.99
1:38.69	1:30.79	1:22.89	100 Fly	1:21.49	1:29.49	1:37.49
3:29.09	3:14.19	2:59.29	200 Fly	2:58.49	3:13.39	3:28.29
3:29.69	3:14.79	2:59.79	200 I-M	2:58.09	3:13.89	3:29.59
7:27.89	6:55.89	6:23.99	400 I-M	6:20.19	6:51.79	7:23.49

<b>2009 – 2012 National Motivational Time Standards</b>						
<b>Long Course Meters</b>						
<b>13 and 14 Girls</b>			<b>Event</b>	<b>13 and 14 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
37.89	35.19	32.49	<b>50 Free</b>	30.29	32.79	35.39
1:22.09	1:16.19	1:10.39	<b>100 Free</b>	1:05.99	1:11.49	1:16.99
2:57.09	2:44.39	2:31.79	<b>200 Free</b>	2:23.29	2:35.19	2:47.09
6:09.39	5:42.99	5:16.59	<b>400 Free</b>	5:02.79	5:27.99	5:53.29
12:35.99	11:41.99	10:47.99	<b>800 Free</b>	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	<b>1500 Free</b>	19:55.89	21:35.29	23:14.99
1:30.79	1:24.29	1:17.79	<b>100 Back</b>	1:14.49	1:20.59	1:26.89
3:15.29	3:01.29	2:47.39	<b>200 Back</b>	2:40.69	2:54.09	3:07.49
1:43.89	1:36.39	1:29.99	<b>100 Breast</b>	1:21.29	1:28.09	1:34.89
3:43.99	3:27.99	3:11.99	<b>200 Breast</b>	3:01.99	3:17.19	3:32.39
1:29.19	1:22.89	1:16.49	<b>100 Fly</b>	1:11.09	1:16.99	1:22.89
3:16.29	3:02.29	2:48.29	<b>200 Fly</b>	2:38.79	2:51.99	3:05.19
3:19.99	3:05.69	2:51.49	<b>200 I-M</b>	2:42.39	2:55.99	3:09.49
7:01.19	6:31.09	6:00.99	<b>400 I-M</b>	5:44.49	6:13.19	6:41.89
<b>2009 – 2012 National Motivational Time Standards</b>						
<b>Long Course Meters</b>						
<b>15 – 16 Girls</b>			<b>Event</b>	<b>15 – 16 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
37.09	34.49	31.79	<b>50 Free</b>	28.79	31.19	33.59
1:20.09	1:14.39	1:08.59	<b>100 Free</b>	1:03.09	1:08.39	1:13.59
2:51.79	2:39.49	2:27.19	<b>200 Free</b>	2:17.19	2:28.59	2:39.99
6:00.39	5:34.69	5:08.89	<b>400 Free</b>	4:50.19	5:14.39	5:38.59
12:23.29	11:30.19	10:37.09	<b>800 Free</b>	10:01.89	10:52.09	11:42.19
23:53.09	22:10.69	20:28.39	<b>1500 Free</b>	19:13.39	20:49.49	22:25.59
1:28.99	1:22.69	1:16.29	<b>100 Back</b>	1:10.59	1:16.49	1:22.39
3:11.69	2:57.99	2:44.29	<b>200 Back</b>	2:31.29	2:43.89	2:56.49
1:41.09	1:33.89	1:26.69	<b>100 Breast</b>	1:19.69	1:26.39	1:32.99
3:36.59	3:21.19	3:05.69	<b>200 Breast</b>	2:54.29	3:08.79	3:23.29
1:26.59	1:20.39	1:14.19	<b>100 Fly</b>	1:07.69	1:13.39	1:19.99
3:09.69	2:56.19	2:42.69	<b>200 Fly</b>	2:30.59	2:43.19	2:55.69
3:15.19	3:01.19	2:47.29	<b>200 I-M</b>	2:35.89	2:48.89	3:01.79
6:48.99	6:19.79	5:50.59	<b>400 I-M</b>	5:27.09	5:54.39	6:21.59

<b>2009 – 2012 National Motivational Time Standards</b>						
<b>Long Course Meters</b>						
<b>17 – 18 Girls</b>			<b>Event</b>	<b>17 – 18 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
36.79	34.09	31.49	<b>50 Free</b>	27.99	30.29	32.59
1:19.79	1:14.09	1:08.39	<b>100 Free</b>	1:01.79	1:06.89	1:12.09
2:51.09	2:38.89	2:26.69	<b>200 Free</b>	2:14.79	2:26.09	2:37.29
6:00.99	5:35.19	5:09.39	<b>400 Free</b>	4:47.19	5:11.09	5:34.99
12:19.59	1:26.79	10:33.99	<b>800 Free</b>	9:59.09	10:48.99	11:38.89
23:33.89	21:58.49	20:17.09	<b>1500 Free</b>	19:00.79	20:35.79	22:10.89
1:29.49	1:23.09	1:16.69	<b>100 Back</b>	1:09.19	1:14.89	1:20.69
3:11.89	2:58.19	2:44.49	<b>200 Back</b>	2:30.99	2:43.59	2:56.19
1:39.59	1:32.49	1:25.29	<b>100 Breast</b>	1:18.39	1:24.99	1:31.49
3:36.19	3:20.79	3:05.29	<b>200 Breast</b>	2:50.09	3:04.19	3:18.39
1:25.59	1:19.49	1:13.39	<b>100 Fly</b>	1:06.59	1:12.19	1:17.69
3:08.49	2:55.09	2:41.59	<b>200 Fly</b>	2:26.69	2:38.89	2:51.09
3:13.49	2:59.69	2:45.89	<b>200 I-M</b>	2:31.29	2:43.89	2:56.49
6:50.69	6:21.29	5:51.99	<b>400 I-M</b>	5:21.79	5:48.69	6:15.49

<b>2009 – 2012 National Motivational Time Standards</b>						
<b>Short Course Meters</b>						
<b>10 and under Girls</b>			<b>Event</b>	<b>10 and under Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
43.99	39.79	34.09	<b>50 Free</b>	34.89	38.89	42.89
1:40.89	1:30.19	1:19.49	<b>100 Free</b>	1:18.19	1:28.29	1:38.49
3:41.19	3:16.99	2:52.79	<b>200 Free</b>	2:47.89	3:08.89	3:29.79
7:26.79	6:42.09	5:57.39	<b>400 Free</b>	5:54.09	6:38.39	7:22.69
53.89	47.99	42.09	<b>50 Back</b>	42.29	48.29	54.29
1:56.79	1:43.79	1:30.89	<b>100 Back</b>	1:29.79	1:41.69	1:53.69
59.19	52.79	46.49	<b>50 Breast</b>	46.69	52.99	59.29
2:12.59	1:57.89	1:43.19	<b>100 Breast</b>	1:41.39	1:54.59	2:07.79
53.89	47.49	41.19	<b>50 Fly</b>	40.49	46.39	52.19
2:09.79	1:52.79	1:35.79	<b>100 Fly</b>	1:34.59	1:50.89	2:07.29
1:55.99	1:43.59	1:31.29	<b>100 I-M</b>	1:29.59	1:40.69	1:51.89
4:06.09	3:40.29	3:14.49	<b>200 I-M</b>	3:13.69	3:38.89	4:04.09

<b>2009 – 2012 National Motivational Time Standards</b>						
<b>Short Course Meters</b>						
<b>11 and 12 Girls</b>			<b>Event</b>	<b>11 and 12 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
37.89	35.19	32.59	<b>50 Free</b>	31.59	34.29	36.89
1:21.29	1:15.49	1:09.69	<b>100 Free</b>	1:09.19	1:14.99	1:20.79
3:00.29	2:47.39	2:34.59	<b>200 Free</b>	2:30.49	2:42.99	2:55.59
6:17.09	5:50.09	5:23.19	<b>400 Free</b>	5:19.19	5:45.79	6:12.39
13:07.89	12:11.59	11:15.39	<b>800 Free</b>	11:07.69	12:03.29	12:58.89
25:07.39	23:19.69	21:32.09	<b>1500 Free</b>	21:16.09	23:02.49	24:48.79
43.69	40.59	37.49	<b>50 Back</b>	36.99	40.29	43.69
1:37.29	1:29.59	1:21.99	<b>100 Back</b>	1:19.89	1:27.39	1:34.79
3:20.99	3:06.69	2:52.29	<b>200 Back</b>	2:48.89	3:02.99	3:17.09
48.69	45.19	41.69	<b>50 Breast</b>	41.19	45.09	48.89
1:46.59	1:38.69	1:30.79	<b>100 Breast</b>	1:28.99	1:36.99	1:44.99
3:48.09	3:31.79	3:15.49	<b>200 Breast</b>	3:10.99	3:26.89	3:42.79
41.79	38.79	35.79	<b>50 Fly</b>	35.49	38.89	42.29
1:36.29	1:28.59	1:20.89	<b>100 Fly</b>	1:19.19	1:26.99	1:34.79
3:24.39	3:09.79	2:55.19	<b>200 Fly</b>	2:51.59	3:05.89	3:20.19
1:35.39	1:28.59	1:21.69	<b>100 I-M</b>	1:18.99	1:25.69	1:32.39
3:23.09	3:08.59	2:54.09	<b>200 I-M</b>	2:51.89	3:07.09	3:22.29
7:13.29	6:42.39	6:11.39	<b>400 I-M</b>	6:03.39	6:33.69	7:03.99

<b>2009 – 2012 National Motivational Time Standards</b>						
<b>Short Course Meters</b>						
<b>13 and 14 Girls</b>			<b>Event</b>	<b>13 and 14 Boys</b>		
<b>B Min</b>	<b>BB Min</b>	<b>A Min</b>		<b>A Min</b>	<b>BB Min</b>	<b>B Min</b>
36.89	34.29	31.69	<b>50 Free</b>	29.09	31.49	33.89
1:20.19	1:14.39	1:08.69	<b>100 Free</b>	1:03.49	1:08.79	1:13.99
2:52.49	2:40.19	2:27.89	<b>200 Free</b>	2:18.39	2:29.89	2:41.49
6:00.39	5:34.59	5:08.89	<b>400 Free</b>	4:53.39	5:17.79	5:42.29
12:22.89	1:29.89	10:36.79	<b>800 Free</b>	10:09.49	11:00.29	11:50.99
23:25.99	21:45.59	20:05.09	<b>1500 Free</b>	19:08.99	20:44.69	22:20.49
1:28.29	1:21.99	1:15.69	<b>100 Back</b>	1:10.99	1:16.89	1:22.79
3:09.89	2:56.29	2:42.79	<b>200 Back</b>	2:32.79	2:45.49	2:58.19
1:40.09	1:32.89	1:25.79	<b>100 Breast</b>	1:19.59	1:26.29	1:23.89
3:34.99	3:19.69	3:04.29	<b>200 Breast</b>	2:52.69	3:07.09	3:21.49
1:27.39	1:21.19	1:14.89	<b>100 Fly</b>	1:09.49	1:15.29	1:20.99
3:11.59	2:57.89	2:44.19	<b>200 Fly</b>	2:34.99	2:47.89	3:00.79
3:13.99	3:00.09	2:46.29	<b>200 I-M</b>	2:34.99	2:47.89	3:00.79
6:49.69	6:20.39	5:51.19	<b>400 I-M</b>	5:31.99	5:59.69	6:27.39

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
15 – 16 Girls			Event	15 – 16 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.09	33.59	30.99	50 Free	27.99	30.29	32.59
1:18.29	1:12.69	1:07.09	100 Free	1:00.99	1:06.09	1:11.19
2:47.99	2:35.99	2:23.99	200 Free	2:12.69	2:23.69	2:34.79
5:54.69	5:29.39	5:03.99	400 Free	4:43.79	5:07.49	5:31.09
12:10.89	11:18.69	10:26.49	800 Free	9:48.29	10:37.29	11:26.29
23:10.59	21:31.29	19:51.19	1500 Free	18:41.39	20:14.79	21:48.29
1:25.79	1:19.69	1:13.59	100 Back	1:07.49	1:13.19	1:18.79
3:05.49	2:52.19	2:38.99	200 Back	2:26.29	2:38.39	2:50.59
1:37.59	1:30.59	1:23.59	100 Breast	1:16.09	1:22.49	1:28.79
3:29.89	3:14.89	2:59.89	200 Breast	2:45.89	2:59.69	3:13.49
1:25.49	1:19.39	1:13.29	100 Fly	1:06.39	1L11.99	1:17.49
3:06.19	2:52.89	2:39.59	200 Fly	2:27.39	2:39.69	2:51.99
3:09.49	2:55.99	2:42.49	200 I-M	2:29.29	2:41.79	2:54.19
6:39.49	6:10.99	5:42.39	400 I-M	5:18.09	5:44.59	6:11.09

  

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
17 – 18 Girls			Event	17 – 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
35.79	33.19	30.69	50 Free	27.09	29.29	31.59
1:17.19	1:11.69	1:06.19	100 Free	59.29	1:04.19	1:09.09
2:46.89	2:34.99	2:23.09	200 Free	2:10.49	2:21.29	2:32.19
5:52.19	5:27.09	5:01.89	400 Free	4:37.99	5:01.19	5:24.39
12:08.59	11:16.59	10:24.49	800 Free	9:40.99	10:29.39	11:17.79
22:58.19	21:19.69	19:41.29	1500 Free	18:20.69	19:52.49	21:24.19
1:25.29	1:19.19	1:13.09	100 Back	1:05.49	1:10.89	1:16.39
3:04.89	2:51.69	2:38.49	200 Back	2:22.59	2:34.49	2:46.39
1:36.99	1:30.09	1:23.19	100 Breast	1:14.69	1:20.89	1:27.09
3:29.19	3:14.19	2:59.29	200 Breast	2:42.49	2:55.99	3:09.59
1:24.39	1:18.39	1:12.39	100 Fly	1:04.79	1:10.19	1:15.59
3:03.89	2:50.79	2:37.69	200 Fly	2:23.19	2:35.19	2:47.09
3:07.29	2:53.99	2:40.59	200 I-M	2:25.49	2:37.59	2:49.69
6:39.19	6:10.69	5:42.19	400 I-M	5:12.09	5:38.09	6:04.09