



2025 Illinois Swimming Summer Age Group Championships

**- Sponsored by Speedo -
July 24-27, 2025**

Host

Hinsdale Swim Club

Location

**FMC Natatorium
Westmont, IL**

Entry Deadline

Monday, July 21, 2025 @ 1:00 PM (CST)



2025 Illinois Swimming Summer Age Group Championships

Important Meet Items:

- Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming prior to the entry deadline.
- The qualification period for this meet begins on July 1, 2023.
- Entries for the 2025 Illinois Swimming Summer Age Group Championships begin Wednesday, June 18, 2025 and must be submitted by Monday, July 21, 2025 at 1:00pm (CDT).
- All Individual Events will be swum as prelims and finals with the exception of the following events: 11-12 400 Free, 11-12 800 Free, 13-14 400 Free, 13-14 800 Free, 13-14 1500 Free, and the 13-14 400 IM with the final heat being swum with finals for all events except the 13-14 1500 Free (all heats will be swum in prelims). Finals will be the top 18 athletes competing in Consolation Final (9) and Championship Final (9) in all other events.
- **The 13-14 50 Butterfly, 13-14 50 Breaststroke, and 13-14 50 Backstroke events must be entered with the athlete’s 100 qualifying time in that stroke.**
- The 13-14 800 free relay, 400 free relay and 800 medley relay, and 11-12 400 medley relay and 400 free relays will be conducted as timed finals with the fastest heat competing at the conclusion of the evening session. All remaining heats will swim at that day’s preliminary session. All 200 Medley Relays and 200 Free Relays will be swum as timed final with all heats swum in the prelims. The 11-12 and 13-14 200 Free Relay and 200 Medley Relay will qualify and be seeded with the corresponding 400 times.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- 11-12 swimmers with a 1500/1650 qualifying time may swim the 800 Free event. 13-14 swimmers with an 800/1000 Free qualifying time may enter the 1500/1650 Free event, 13-14 swimmers with a 1500/1650 Free qualifying time may enter the 800/1000 Free event. Swimmers must enter at the Short Course Yards (SCY) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- All Custom Entry Times must be pre-proven with the Illinois Swimming office prior to the scratch deadline for Thursday’s events.
- There will be positive check-in for the 11-12 800 Free, 13-14 800 Free, and 13-14 1500 Free. Entries for these events that are not checked in, or scratched, prior to the appropriate deadline will automatically be down-seeded.
- The scratch deadline for Thursday events shall be 15 minutes after the technical meeting. The check-in/scratch deadline for all subsequent day’s events is 30 minutes after the start of the previous evening’s finals.
- **Swimmers’ and Coaches’ Responsibility** – It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Coaches Meeting.

Meet Director

Morgan Wind
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Meet Referee

Tim Lehman
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(815) 370-6780

Admin Referee

Amanda Schleede
isiagegroups@gmail.com
(773) 851-2783

OME/Entry Questions

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Email Scratch Contact

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Sanction: Summer Age Group Championships: ILL25-0707

Host: Hinsdale Swim Club - www.hinsdaleswimming.org

Location: FMC Natatorium - 275 Plaza Drive, Westmont, IL 60559

2025 Illinois Swimming Summer Age Group Championships

Facility: Nine (9) lane, 50 meter competition pool will be used with Myrtha starting blocks. The competition course is no shallower than 8'. Lanes are separated by 6" Competitor lane lines. The timing system and touchpads are produced by Swiss Timing – Omega, with a 42' x 12.5' LED Videoboard for results. There is a separate area of the pool that will be designated for warm up/cool down. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. The touchpads will be Swiss Timing – Omega touchpads. The competition course has been certified in accordance with 104.2.2C(4) certification is on file with USA Swimming.

Meet Schedule:	Prelims		Finals	
	<u>Warm-ups</u>	<u>Start</u>	<u>Warm-ups</u>	<u>Start</u>
Thursday	7:00 AM	9:00 AM	3:30 PM	5:00 PM
Friday	7:00 AM	9:00 AM	3:30 PM	5:00 PM
Saturday	7:00 AM	9:00 AM	3:30 PM	5:00 PM
Sunday	7:00 AM	9:00 AM	3:30 PM	5:00 PM

Rules: This meet is sanctioned by USA Swimming and Illinois Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. 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.

Eligibility: All swimmers must be current members of USA Swimming and Illinois Swimming prior to the entry deadline.

Qualifying Times: The qualification period for this meet begins on July 1, 2023. Age Group Championship Time Standards are included. Entry times may be submitted in long course meters, short course yards, or short course meters.

Entries: All entries will be submitted thru OME. Entries may be submitted online beginning June 18, 2025 (12:01AM CST) and must be completed by Monday, July 21, 2025 at 1:00 pm CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.8.11.

A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials. All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline.

****NEW**** 2025 Summer Regional Championship individual events winners in 12&U or 14&U events that did not achieve the qualifying standard will be awarded entry into the 2025 Summer Age Group Championships, provided they are eligible to compete in that age group. For entry in OME, these athletes will enter at the slowest non-conforming qualifying standard (LCM) as an override time and should list "Regional Champion" as the meet name with the corresponding date of achievement.

IMPORTANT: All custom entry times must be pre-proven prior to the Thursday event scratch deadline.

Entry Fees: Individual Events: \$10.00 per entry
Relay Events: \$20.00 per entry – limited A & B relays only per team.
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.

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Swimmers with Disabilities:

This meet will be open to all disabled athletes age 15 and over as of July 31, 2025. A swimmer may enter any number of individual events in which he / she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day, including time trials. All swimmers with disabilities will be swum as finals events during prelims. Awards will be presented based upon the choice provided in the submission form.

Entries will be submitted manually through the Illinois Swimming AWD Necessary Accommodation Form. The form must be completed prior to the entry deadline. [CLICK HERE FOR ENTRY SUBMISSION](#). Once submitted, the form is received by the IL Swimming Office, IL Officials Chair, the Community Engagement Chair and submitting coach / individual for their records. The submission will be manually entered by the Administrative Referee, per the events and times indicated on the submitted form. The submitting coach / individual will be contacted if there are any questions regarding the entries.

Events:

1. All 11-12 individual events except the 400 Free and 800 Free are preliminary/final events with consolation and championship final heats. The 400 Free and 800 Free are timed final events with the fastest seeded heat swum in the finals session. All remaining heats of the 400 Free will be swum slowest to fastest in the morning preliminary session.
2. The fastest seeded heat of the 11-12 Girls & Boys 800 Free will be swum in the finals session. All remaining heats will be swum in the preliminary session: the second fastest seeded girl's heat will swim first and second fastest seeded men's heat will swim second. The third fastest seeded girl's heat will swim third; the third fastest seeded boy's heat will swim fourth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timer and counter.
3. All 13-14 individual events except the 400 Free, 800 Free, 1500 free and 400 IM are preliminary/final events with consolation and championship final heats. The 13-14 50 Butterfly, 13-14 50 Breaststroke, and 13-14 50 Backstroke events must be entered with the athlete's 100 qualifying time in that stroke. The 400 Free, 800 Free, 1500 Free and 400 IM are timed final events. The fastest seeded heat of the 400 Free, 800 Free and 400 IM will swim in the finals session. All remaining heats of the 400 Free, and 400 IM will be swum slowest to fastest in the morning preliminary session. All heats of the 1500 Free will be swum in the preliminary session.
4. The fastest seeded heat of the 13-14 Girls & Boys 800 Free will swim in the finals session. All remaining heats of the 800 will be swum in the preliminary session: the second fastest seeded girl's heat will swim first and second fastest seeded men's heat will swim second. The third fastest seeded girl's heat will swim third; the third fastest seeded boy's heat will swim fourth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timer and counter.
5. All 1500 free heats will be swum in the preliminary session. They will be swum in the following manor until all heats are swum with no heats of 1500 in finals: the fastest seeded girl's heat will swim first and the fastest seeded men's heat will swim second, The second fastest seeded girl's heat will swim third and second fastest seeded men's heat will swim fourth. The third fastest seeded girl's heat will swim fifth; the third fastest seeded boy's heat will swim sixth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timer and counter.
6. Finals will be the top 18 athletes competing in Consolation Final (9) and Championship Final (9). Swimmers in the Championship Finals must report to the ready area on deck and check in with the ready room official prior to the start of the Championship Final **of the previous event**. Consolation Finalists must report to the Deck Referee behind the starting blocks prior to the Championship final of the final heat.

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- Distance Bonus Events:** 11-12 Swimmers with a 1500/1650 Free qualifying time may swim the 800 Free event. 13-14 Swimmers with a 1500/1650 Free qualifying time may enter the 800 Free event. 13-14 Swimmers with an 800/1000 Free qualifying time may swim the 1500 Free event. Swimmers must enter at the Short Course Yards (SCY) non-conforming time in which they do not have the qualifying standard.
- Relay Events:** The 11-12 400 Free Relay and 400 Medley Relay, and 13-14 400 Free Relay, 800 Free Relay and 400 Medley Relay events will be conducted as timed final events with the fastest seeded heat swum in the evening session. All remaining heats will swim during that day's preliminary session. All 11-12 and 13-14 200 Medley Relay and 200 Free Relay events will be swum timed finals during the preliminary session. There will be a warmup break prior to the first individual event conducted on that day.
- Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline. All teams desiring to swim in the AM should enter at the lowest non-conforming qualifying time (LCM). Teams may only enter A & B relays in this competition.
- 200 Medley Relay and 200 Free Relay will be entered and seeded using the 400 relay qualifying times.
- Each coach shall pick up relay entry forms from the Clerk of Course on which they shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim by informing the timers.
- Seeding:** Events shall be seeded in order of LCM, equivalent SCM, equivalent SCY, non-conforming LCM (distance events), non-conforming SCY (distance events).
- Check-In:** Positive check-in required for the 11-12 800 Freestyle, 13-14 800 Freestyle and 13-14 1500 Freestyle. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded.
- Check-in must be submitted by email to the Administrative Referee prior to the scratch deadline.***
- Scratches:** Illinois Swimming Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course. Check-in and scratch deadlines are as follows:
- Day 1 scratches close 15 minutes after the conclusion of the technical meeting.
 - All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals.
- Scratches must be submitted by email to the Administrative Referee prior to the scratch deadline.***
- Coaches Meeting:** There will be a virtual (Zoom-based) technical meeting on Wednesday, July 23, 2025 at 6:00pm. Details will be sent to each coach. Coaches are encouraged to check the Illinois Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.
- Warm-up:** Illinois Swimming warm-up and safety procedures will be in effect. The Meet Referee and Meet Director will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be provided no later than 48 hours prior to the start of the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees).

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Meet Jury: The Meet Referee and the Program Operations Vice-Chair shall appoint a Meet Jury composed of at least one coach, an athlete, and one other person in attendance.

SCORING BY PLACE																	
1	2	3	6	5	6	7	8	9	10	11	12	13	14	15	16	17	18
INDIVIDUAL EVENT SCORING																	
22	19	18	17	16	15	14	13	12	10	8	7	6	5	4	3	2	1
RELAY EVENT SCORING																	
44	38	36	34	32	30	28	26	24	20	16	14	12	10	8	6	4	2

Awards: The Don Drumm Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams. Top Three individual high point awards will be awarded to female and male swimmers in each age group category; 11-12, 13-14. Awards will be given to the top 9 finishers in individual events.

Meet Results: Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.

Deck Access: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if coach does not comply or card is no longer valid/current.

Timers: Each team with swimmers in the meet may be asked to provide timers.

Officials: Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to Rachel Lin at lan_rachel_lin@yahoo.com. A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session. This meet has been designated as an Officials Qualifying Meet, pending approval. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should request an evaluation at the time of meet sign-up, noting the position and level requested. Meet sign-ups will be sent via email and available online several weeks prior to the meet. There will be opportunities at the meet to be evaluated for N2- & some N3-level positions. However, there may not be enough resources to accommodate all such requests

Admissions: Thursday-Sunday: \$10.00 per day
Heat Sheets: \$5.00 per session.

Parking: Parking is located around the facility and outer lots for free.

Concessions and Vendors: Concessions will be available for purchase at the venue. Elsmore Swim Shop and Northwest Designs will be on site for swimwear and accessories.

Hotels: Hotel information can be found on the Illinois Swimming website www.ilswim.org.

Image Authorization: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.

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Conduct: All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. 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.

Liability: In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Indiana Swimming, Illinois Swimming, Inc., Hinsdale Swim Club (host club), FMC Natatorium, the Village of Westmont, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MAAPP: All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, 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.

Day 1				Day 2				Day 3				Day 4			
Prelim Session				Prelim Session				Prelim Session				Prelim Session			
3	11-12 200 Freestyle Relay	4		23	13-14 200 Freestyle Relay			45	13-14 200 Medley Relay	46		65	11-12 400 Medley Relay	66	
5	13-14 800 Freestyle Relay				13-14 800 Freestyle Relay	24			**Warm-up Break**			67	13-14 400 Medley Relay	68	
	13-14 200 Freestyle Relay	6		25	11-12 200 Medley Relay	26		47	13-14 200 Freestyle	48			**Warm-up Break**		
	Warm-up Break				**Warm-up Break**			49	11-12 200 Breaststroke	50		69	11-12 100 Butterfly	70	
7	11-12 100 Freestyle	8		27	13-14 100 Breaststroke	28		51	13-14 100 Butterfly	52		71	13-14 50 Backstroke	72	
9	13-14 100 Freestyle	10		29	11-12 50 Breaststroke	30		53	11-12 50 Butterfly	54		73	11-12 200 Backstroke	74	
11	11-12 50 Backstroke	12		31	13-14 50 Butterfly	32		55	13-14 50 Breaststroke	56		75	13-14 200 IM	76	
13	13-14 200 Butterfly	14		33	11-12 200 Freestyle	34		57	11-12 200 IM	58		77	11-12 50 Freestyle	78	
15	11-12 100 Breaststroke	16		35	13-14 400 Freestyle	36		59	13-14 400 IM	60		79	13-14 50 Freestyle	80	
17	13-14 100 Backstroke	18		37	11-12 100 Backstroke	38			**Warm-up Break**				**30 Minute Break**		
19	11-12 400 Freestyle	20		39	13-14 200 Backstroke	40		61	11-12 400 Freestyle Relay	62		81	13-14 1500 Freestyle	82	
21	13-14 200 Breaststroke	22		41	11-12 200 Butterfly	42		63	13-14 400 Freestyle Relay	64					
	30 Minute Break								**30 Minute Break**						
1	13-14 800 Freestyle	2						43	11-12 800 Freestyle	44					
Finals Session				Finals Session				Finals Session				Finals Session			
1	13-14 800 Freestyle	2		27	13-14 100 Breaststroke	28		43	11-12 800 Free	44		69	11-12 100 Butterfly	70	
	AWARDS			29	11-12 50 Breaststroke	30		47	13-14 200 Freestyle	48		71	13-14 50 Backstroke	72	
7	11-12 100 Freestyle	8			**AWARDS**				**AWARDS**				**AWARDS**		
9	13-14 100 Freestyle	10		31	13-14 50 Butterfly	32		49	11-12 200 Breaststroke	50		73	11-12 200 Backstroke	74	
	AWARDS			33	11-12 200 Freestyle	34		51	13-14 100 Butterfly	52		75	13-14 200 IM	76	
11	11-12 50 Backstroke	12			**AWARDS**				**AWARDS**				**AWARDS**		
13	13-14 200 Butterfly	14		35	13-14 400 Freestyle	36		53	11-12 50 Butterfly	54		77	11-12 50 Freestyle	78	
	AWARDS			37	11-12 100 Backstroke	38		55	13-14 50 Breaststroke	56		79	13-14 50 Freestyle	80	
15	11-12 100 Breaststroke	16			**AWARDS**				**AWARDS**				**AWARDS**		
17	13-14 100 Backstroke	18		39	13-14 200 Backstroke	40		57	11-12 200 IM	58		65	11-12 400 Medley Relay	66	
	AWARDS			41	11-12 200 Butterfly	42		59	13-14 400 IM	60		67	13-14 400 Medley Relay	68	
19	11-12 400 Freestyle	20			**AWARDS**				**AWARDS**				**AWARDS**		
21	13-14 200 Breaststroke	22			13-14 800 Freestyle Relay	24		61	11-12 400 Freestyle Relay	62					
	AWARDS				**AWARDS**			63	13-14 400 Freestyle Relay	64					
5	13-14 800 Freestyle Relay								**AWARDS**						
	AWARDS														



AGE GROUP SWIMMING

2025 CHAMPIONSHIP TIME STANDARDS

GIRLS

BOYS

LCM		SCM		SCY		10 and Under	SCY		SCM		LCM	
10	9&U	10	9&U	10	9&U		9&U	10	9&U	10	9&U	10
:35.59	:38.89	:33.39	:38.39	:30.89	:34.89	50 Free	:33.29	:30.89	:36.69	:33.99	:36.79	:35.49
1:20.29	1:27.19	1:15.99	1:25.29	1:09.09	1:18.39	100 free	1:14.19	1:09.09	1:21.69	1:15.99	1:23.39	1:19.79
2:56.29	3:14.59	2:49.89	2:59.29	2:34.39	2:42.99	200 Free	2:37.19	2:29.39	3:01.99	2:44.39	3:05.79	2:51.89
6:05.39	7:02.19	5:54.29	6:26.89	6:40.79	7:22.49	400/500 Free	7:18.09	6:37.39	6:23.19	5:49.49	6:53.09	5:59.49
:42.19	:45.69	:39.49	:44.69	:36.29	:40.59	50 Back	:38.59	:36.49	:42.49	:40.19	:43.39	:42.99
1:32.19	1:39.59	1:26.99	1:31.39	1:19.09	1:23.99	100 Back	1:22.79	1:18.79	1:30.09	1:26.69	1:33.99	1:30.99
:47.49	:51.79	:44.99	:49.89	:41.59	:45.29	50 Breast	:45.29	:41.09	:49.89	:45.39	:52.29	:48.49
1:44.89	1:52.09	1:40.49	1:45.59	1:31.29	1:36.89	100 Breast	1:36.19	1:29.99	1:45.89	1:39.89	1:55.69	1:44.79
:40.79	:45.49	:37.89	:43.69	:35.09	:39.69	50 Fly	:37.29	:35.39	:41.09	:38.99	:43.69	:40.19
1:35.99	1:55.79	1:32.49	1:46.89	1:24.09	1:38.09	100 Fly	1:28.69	1:22.79	1:36.59	1:31.09	1:50.49	1:37.99
		1:27.49	1:37.79	1:19.49	1:28.89	100 IM	1:23.09	1:18.99	1:31.39	1:26.89		
3:13.89	3:36.19	3:09.99	3:21.49	2:52.69	3:03.09	200 IM	2:59.39	2:50.99	3:18.39	3:08.89	3:33.89	3:15.39
2:30.79		2:22.59		2:10.99		200 Fr Relay	2:10.59		2:24.99		2:35.59	
2:55.89		2:41.19		2:32.39		200 Med Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11&12	SCY		SCM		LCM	
12	11	12	11	12	11		11	12	11	12	11	12
:30.89	:32.89	:29.79	:31.09	:27.09	:29.09	50 Free	:28.79	:26.69	:31.69	:29.39	:32.29	:30.69
1:07.19	1:13.29	1:04.79	1:10.19	:58.89	1:03.79	100 Free	1:02.49	:58.09	1:09.79	1:03.89	1:11.59	1:07.69
2:27.59	2:37.89	2:19.89	2:28.29	2:09.49	2:15.69	200 Free	2:15.89	2:08.79	2:28.29	2:21.69	2:35.89	2:28.79
5:12.09	5:35.79	5:00.29	5:18.49	5:45.59	6:04.09	400/500 Free	6:01.69	5:44.89	5:16.39	5:09.99	5:29.99	5:15.19
11:26.69	11:53.29	11:13.69	11:21.69	12:08.69	12:55.79	800/1000 Free	12:51.09	12:11.89	11:15.19	11:05.59	11:35.49	11:18.59
21:15.09	22:30.79	20:47.09	21:56.99	20:56.39	21:58.39	1500/1650 Free	21:47.79	20:47.49	21:46.49	21:01.39	22:30.79	21:37.39
:36.59	:38.49	:34.49	:36.79	:31.29	:33.39	50 Back	:33.09	:31.29	:36.39	:34.49	:38.39	:36.49
1:18.19	1:22.69	1:13.69	1:19.59	1:06.99	1:12.29	100 Back	1:10.79	1:06.99	1:17.89	1:13.69	1:23.59	1:18.49
2:49.99	3:01.19	2:39.89	2:48.99	2:25.29	2:33.69	200 Back	2:32.09	2:25.69	2:47.29	2:40.29	2:58.19	2:50.99
:41.19	:42.99	:38.99	:41.19	:35.39	:37.39	50 Breast	:37.09	:35.49	:40.79	:39.09	:42.89	:41.29
1:30.49	1:34.49	1:24.49	1:29.99	1:16.79	1:21.79	100 Breast	1:19.79	1:16.89	1:27.79	1:24.59	1:34.79	1:30.29
3:14.19	3:23.99	3:02.29	3:14.59	2:45.69	2:56.89	200 Breast	2:51.99	2:47.29	3:06.19	3:04.09	3:23.39	3:12.59
:33.79	:35.89	:32.69	:35.19	:29.69	:31.99	50 Fly	:31.79	:29.69	:34.99	:32.69	:35.69	:33.99
1:18.39	1:22.69	1:13.69	1:18.79	1:06.99	1:11.59	100 Fly	1:10.89	1:06.99	1:17.99	1:14.09	1:22.19	1:18.09
2:55.59	3:06.39	2:51.59	2:55.59	2:34.59	2:41.39	200 Fly	2:39.69	2:37.89	2:55.69	2:53.69	3:01.79	3:03.29
		1:15.19	1:19.09	1:08.19	1:12.79	100 IM	1:11.59	1:07.99	1:18.79	1:14.79		
2:49.29	3:00.99	2:41.19	2:47.49	2:26.49	2:32.19	200 IM	2:33.09	2:25.69	2:48.49	2:40.59	2:58.89	2:49.79
4:40.89		4:30.09		4:09.19		400 Fr Relay	4:07.99		4:34.99		4:45.99	
5:19.69		5:07.39		4:42.19		400 Med Relay	4:42.59		5:15.29		5:30.39	
LCM		SCM		SCY		13&14	SCY		SCM		LCM	
14	13	14	13	14	13		13	14	13	14	13	14
:29.19	:29.89	:28.19	:28.99	:25.49	:26.29	50 Free	:24.89	:23.89	:27.39	:26.49	:28.19	:27.39
1:03.39	1:05.09	1:01.39	1:02.89	:55.29	:57.09	100 Free	:54.29	:51.79	:59.79	:57.99	1:01.69	:59.59
2:18.39	2:21.79	2:13.19	2:15.29	1:59.69	2:03.89	200 Free	1:59.19	1:53.19	2:11.19	2:06.29	2:16.49	2:11.19
4:52.49	4:59.79	4:41.29	4:48.79	5:22.69	5:30.49	400/500 Free	5:17.09	5:07.59	4:37.19	4:32.29	4:50.49	4:40.79
9:58.19	10:45.69	9:47.79	10:01.69	10:57.79	11:28.39	800/1000 Free	11:06.49	10:32.59	9:43.19	9:37.69	10:17.19	9:48.09
19:01.59	20:39.49	18:45.59	19:45.59	18:49.19	19:26.29	1500/1650 Free	18:59.69	18:18.29	18:36.99	18:28.39	19:41.99	18:45.29
1:12.09	1:13.29	1:09.59	1:10.39	1:01.29	1:03.99	100 Back	1:01.09	:59.69	1:06.29	1:04.79	1:11.49	1:09.69
2:35.19	2:39.49	2:26.69	2:29.89	2:13.29	2:15.09	200 Back	2:11.29	2:08.29	2:24.39	2:22.49	2:35.89	2:29.89
1:22.99	1:25.99	1:19.59	1:21.19	1:10.89	1:14.69	100 Breast	1:09.29	1:06.69	1:12.29	1:14.49	1:19.89	1:18.09
3:00.09	3:05.49	2:53.39	2:55.39	2:34.79	2:38.49	200 Breast	2:28.59	2:25.29	2:43.49	2:43.39	2:55.29	2:51.39
1:10.29	1:12.29	1:08.19	1:08.29	1:01.19	1:02.09	100 Fly	1:00.49	:57.89	1:05.59	1:03.99	1:08.79	1:06.59
2:39.79	2:45.39	2:33.69	2:34.79	2:18.79	2:22.49	200 Fly	2:15.79	2:12.59	2:29.39	2:28.39	2:38.19	2:34.59
2:37.19	2:40.09	2:31.49	2:33.59	2:16.79	2:21.39	200 IM	2:12.69	2:08.79	2:23.99	2:23.09	2:34.59	2:27.89
5:33.69	5:49.79	5:20.89	5:28.29	4:50.89	4:58.39	400 IM	4:45.49	4:39.19	5:14.89	5:14.09	5:34.09	5:19.99
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med Relay	4:02.69		4:32.89		4:48.29	

Para 1 LSC Motivational Time Standards																	
	Girls									Boys							
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59
Para 2 LSC Motivational Time Standards																	
	Girls									Boys							
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09
Para 3 LSC Motivational Time Standards																	
	Girls									Boys							
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39