

AAA SWIMMING

Advanced Age Group CONTRACT & STANDARDS

“I want to be able to look back and say, ‘I’ve done everything I can, and I was successful.’ I don’t want to look back and say I should have done this or that.” - Michael Phelps

Hanford TNT Group Standards

<https://www.youtube.com/watch?v=IxT6sfZyai0&feature=youtu.be>

(Please watch to Understand Our Team Motto! #allin)

1. The GOAL of this group is to attend local meets AND strive to make qualifying cuts for travel meets.
2. Swimmers must know all four strokes and perform them legally; attempt diving, and flip turns.
3. Swimmers must have minimum of 3 specific Advanced Group time standards to be in this group (see under Gold Group Standards)
4. Swimmers will attend 1 meet a month to remain in this group.
5. Swimmers will maintain 80% attendance a month to remain in this group.
6. If the swimmer drops below 80% attendance a month or does not attend required meets a month, they will be on probation for the next month.
 - a. If 80% attendance and meet requirement is achieved, probation will be lifted. If not again, a meeting with the age group coach, head coach, swimmer, and parent will be held to assess moving down to Gold Group. Adjustments
7. Swimmers will commit to a year long seasonal duration, attending Short Course and Long Course Junior Olympic Meets.
 - a. In addition, swimmers will strive to attend at least one travel meet (i.e. San Diego).
8. Swimmers will receive a break following each Junior Olympics competition and for Christmas.
 - a. 1 week break in March, 2 week break in August, 1 week break in December
9. Swimmers will train 2-2 ½ hours / 5 days a week with 30 minutes of dryland 2-3 days a week.
10. Swimmers will come dressed in a t-shirt, shorts/leggings, and tennis shoes (no sandals or crocs) each day involved with dryland only.
 - a. May wear sandals on other days
 - b. Swimmers will need to have the following gear: swim suit, goggles, swim cap, gear mesh-bag for: fins, snorkel, paddles, buoy (preferable ankle buoy), and kickboard.
11. Swimmers will complete on average 3,000-5,500 yards each practice and arrive with positive attitudes, ready to learn, and grow as an athlete in this group.
12. If attitudes and work ethic become a distraction/continuous disruption to the overall group goal, that swimmer will be removed from that group.

Hanford TNT Advanced Age Group Time Standards

Girls

Boys

11-12	11-12	10	10	Event	10	10	11-12	11-12
LC	SC	LC	SC		SC	LC	SC	LC
34.90	30.70	38.40	33.90	50 Free	34.10	38.10	30.80	34.40
1:15.60	1:06.70	1:24.40	1:14.70	100 Free	1:14.70	1:24.80	1:06.20	1:15.10
2:42.90	2:24.10	3:02.70	2:42.00	200 Free	2:48.60	3:02.40	2:24.60	2:43.60
5:47.30	6:24.60			500 Free			6:29.80	5:46.60
41.60	36.20	46.40	40.50	50 back	40.70	47.40	36.60	42.00
1:29.40	1:17.90	1:41.00	1:28.60	100 back	1:30.80	1:41.70	1:20.50	1:30.70
46.00	40.80	51.40	45.60	50 breast	46.80	52.70	41.00	45.60
1:40.00	1:28.90	1:52.20	1:40.00	100 breast	1:42.00	1:54.20	1:29.00	1:40.10
38.40	34.30	43.60	38.80	50 fly	40.90	44.70	34.50	39.20
1:27.30	1:16.10	1:40.50	1:29.30	100 fly	1:38.60	1:52.80	1:18.20	1:28.10
			1:26.60	100 IM	1:27.90			
3:07.90	2:46.20	3:30.20	3:06.50	200 IM	3:12.60	3:31.20	2:46.50	3:08.20

SCY

SCM

LCM

13-18

SCY

SCM

LCM

Girls			13-14	Boys		
28.59	31.29	32.29	50 free	27.29	30.29	31.09
1:02.09	1:08.99	1:10.59	100 free	1:00.69	1:07.09	1:09.19
2:15.19	2:30.09	2:33.29	200 free	2:10.99	2:24.39	2:29.69
6:10.19	5:21.69	5:35.39	400m/500y free	5:57.89	5:13.19	5:19.49
13:01.79	11:24.19	11:41.99	800m/1000y free	12:23.89	10:51.09	11:13.99
21:43.19	21:35.69	22:23.09	1500m/1650y free	20:43.19	20:35.99	21:27.39
1:11.69	1:19.09	1:23.49	100 back	1:06.89	1:13.89	1:18.29
2:35.39	2:51.69	2:59.39	200 back	2:25.89	2:41.19	2:49.69
1:22.19	1:29.79	1:34.29	100 breast	1:15.59	1:23.49	1:28.09
2:58.29	3:16.99	3:25.59	200 breast	2:45.59	3:02.99	3:11.59
1:11.39	1:18.89	1:19.49	100 fly	1:06.39	1:13.29	1:15.49
2:37.89	2:54.49	2:59.49	200 fly	2:26.99	2:42.49	2:49.19
2:37.89	2:54.69	2:57.19	200 IM	2:28.59	2:44.19	2:51.99
5:39.69	6:15.39	6:27.59	400 IM	5:17.39	5:50.69	6:04.69
Girls			15-18	Boys		
28.99	32.39	32.99	50 free	26.29	29.49	30.19
1:00.89	1:06.99	1:08.89	100 free	57.59	1:03.99	1:05.99
2:17.79	2:33.29	2:35.89	200 free	2:06.29	2:19.99	2:24.39
6:12.09	5:25.59	5:34.69	400m/500y free	5:45.99	5:02.79	5:09.89
12:49.99	11:13.89	11:28.39	800m/1000y free	11:57.79	10:28.19	10:50.39
21:26.19	21:18.69	22:02.19	1500m/1650y free	20:02.89	19:55.89	20:33.99
1:10.09	1:17.39	1:21.99	100 back	1:03.49	1:10.19	1:14.69
2:32.39	2:48.29	2:55.59	200 back	2:19.19	2:33.79	2:41.39
1:20.69	1:29.19	1:32.49	100 breast	1:12.09	1:19.59	1:23.49
2:54.69	3:13.09	3:20.79	200 breast	2:36.59	2:53.09	3:02.49
1:09.99	1:17.29	1:19.49	100 fly	1:03.39	1:10.09	1:11.79
2:34.89	2:50.39	2:54.79	200 fly	2:20.59	2:35.39	2:40.39
2:36.19	2:52.49	2:59.69	200 IM	2:21.79	2:36.69	2:43.99
5:31.99	6:06.19	6:18.79	400 IM	5:05.59	5:37.69	5:47.29

Hanford TNT Meet Schedule

2022 Short Course Schedule

Date	Meet	Location	Group	Notes
August 27	Intersquad Meet	Hanford	ALL	Shourt Course
Sep 10-11	Hanford Fall Classic	Hanford	ALL	Short Course
Sep 24-25	Clovis Fall Classic	Clovis	ALL	Short Course
Oct 8	ABC age group meet	Yosemite	ALL	Short Course
Oct 22-23	ABC age group meet	Merced	ALL	Short Course
Oct 22-23	PUMA Meet	San Luis	ALL	Short Course
Nov 5	ABC Age Group meet	Hanford	ALL	Short Course
Nov 19-20	Fresno Dolphin	Fresno	ALL	Short Course
Dec 3-4	TNT Winterfest	Tulare	ALL	Short Course
Dec 17-19	Winter Age Group	San Diego	QLFY	Short Course

2023 MEET SCHEDULE

Date	Meet	Location	Group	Notes
Jan 7	ABC SCY Meet	Clovis	ALL	Short Course
Jan 28-29	B/C Championships	Visalia	ALL	Short Course
Feb 17-19	CCS Short Course JOs	Clovis	QLFY	Short course
March 11	ABC SCY meet	Hanford?	All	Short Course
March 24-27	SWAGR	Clovis	QLFY	Short Course
April 7-10	Far Westerns	Morgan Hill	QLFY	Short Course
April 9-10	LCM ABC meet	TNT Tulare	ALL	Long course
April 29-30	LCM ABC meet	Hanford?	ALL	Long Course
May 26-28	LCM AB meet	Clovis	ALL	Long Course
June 10	Intersquad??	Hanford	All	Short Course
June 17-19	June Age Group Champs	Ventura	QLFY	Long course
June 17-19	LCM Ab Modified age group	Fresno	ALL	Long Course
July 1-3	Firecracker Meet	San Luis	ALL	Long Course
July 16-17	Long course BC Champs	Merced	All	Long Course
July 21-24	LC junior olympics	Clovis	QLFY	Long course
July 26-30	Far Westerns	TBD	QLFY	Long Course
Aug 3-6	Western Zone Age group	Idaho	QLFY	Long Course

Specific Meet Time Standards Resources

Junior Olympics

Central California Swimming Age-Group Championship Time Standards

November 2022 - August 2024

8 and Under			Events	8 and under		
Girls				Boys		
SCY	SCM	LCM		SCY	SCM	LCM
40.49	46.69	47.69	50 Free	40.49	46.69	47.69
1:36.39	1:47.99	1:48.79	100 Free	1:36.39	1:47.99	1:48.79
49.49	54.19	57.19	50 Back	49.49	54.19	57.19
56.79	1:01.89	1:04.19	50 Brst	56.79	1:01.89	1:04.19
52.69	58.89	59.69	50 Fly	52.69	58.89	59.69
1:47.89	1:58.69	N/A	100 IM	1:47.89	1:58.69	N/A
10 and Under			Events	10 and under		
Girls				Boys		
SCY	SCM	LCM		SCY	SCM	LCM
35.19	38.89	39.89	50 Free	34.49	38.09	39.49
1:19.99	1:28.39	1:31.19	100 Free	1:18.79	1:26.99	1:30.19
2:57.19	3:15.99	3:20.99	200 Free	2:47.99	3:05.69	3:12.09
7:34.89	6:38.59	6:51.09	500 Free	7:26.99	6:31.19	6:44.49
41.89	46.29	48.89	50 Back	42.29	46.79	49.19
1:30.69	1:40.19	1:45.99	100 Back	1:29.29	1:39.09	1:43.09
47.49	52.49	53.99	50 Brst	46.59	51.39	53.29
1:44.99	1:55.99	1:59.79	100 Brst	1:41.69	1:52.59	1:55.99
41.79	46.19	47.09	50 Fly	40.09	44.79	45.99
1:39.09	1:49.49	1:52.99	100 Fly	1:37.09	1:48.29	1:50.79
1:31.69	1:41.29	N/A	100 IM	1:28.89	1:38.79	N/A
3:15.59	3:36.19	3:43.19	200 IM	3:13.19	3:33.49	3:40.79
11 - 12			Events	11 - 12		
Girls				Boys		
SCY	SCM	LCM		SCY	SCM	LCM
31.29	34.69	35.69	50 Free	30.29	33.39	34.69
1:08.29	1:15.49	1:18.09	100 Free	1:05.89	1:12.89	1:15.49
2:28.99	2:45.39	2:49.19	200 Free	2:23.49	2:39.79	2:44.89
6:26.29	5:38.29	5:45.89	500 Free	6:15.89	5:28.99	5:38.29
13:19.99	11:40.09	12:04.29	1000 Free	13:05.89	11:27.89	11:53.19
22:25.69	22:17.89	23:12.39	1650 Free	21:56.79	21:49.19	22:43.39
35.39	39.29	40.79	50 Back	34.99	38.99	40.39
1:18.09	1:26.69	1:30.99	100 Back	1:15.69	1:23.69	1:27.99
2:43.99	3:01.29	3:09.89	200 Back	2:39.69	5:57.19	3:05.19
39.99	44.19	45.49	50 Brst	39.49	43.69	45.19
1:27.19	1:36.59	1:40.89	100 Brst	1:24.49	1:34.39	1:38.39
3:06.59	3:28.39	3:35.99	200 Brst	3:00.19	3:19.99	3:28.69
33.89	37.69	38.29	50 Fly	34.19	37.79	38.59
1:17.59	1:26.49	1:28.49	100 Fly	1:16.09	1:24.49	1:26.29
2:47.19	3:05.59	3:10.19	200 Fly	2:40.79	3:01.19	3:06.19
1:18.09	1:26.59	N/A	100 IM	1:14.99	1:22.89	N/A
2:47.29	3:05.39	3:11.39	200 IM	2:43.99	3:01.49	3:08.49
5:46.09	6:22.39	6:36.09	400 IM	5:36.09	6:11.39	6:27.29

Central California Swimming Age-Group Championship Time Standards

13 - 14			Events	13 - 14		
Girls				Boys		
SCY	SCM	LCM		SCY	SCM	LCM
30.19	33.49	34.49	50 Free	27.79	30.79	31.99
1:05.49	1:12.69	1:14.79	100 Free	1:00.89	1:07.29	1:09.89
2:21.29	2:37.19	2:41.79	200 Free	2:12.59	2:26.69	2:32.29
6:07.39	5:22.79	5:30.39	500 Free	5:48.29	5:04.79	5:14.39
12:38.39	11:03.69	11:20.99	1000 Free	12:01.59	10:31.56	10:53.79
21:04.09	20:56.89	21:42.89	1650 Free	20:05.89	19:58.99	20:48.79
1:11.19	1:19.19	1:23.59	100 Back	1:06.39	1:13.89	1:17.89
2:34.89	2:51.69	2:58.69	200 Back	2:25.09	2:41.19	2:49.09
1:21.69	1:30.99	1:34.79	100 Brst	1:15.49	1:23.49	1:28.09
2:57.29	3:16.99	3:23.99	200 Brst	2:43.99	3:02.99	3:10.79
1:10.89	1:18.89	1:20.39	100 Fly	1:06.09	1:13.29	1:15.49
2:36.89	2:54.49	2:59.19	200 Fly	2:26.89	2:42.49	2:47.99
2:37.59	2:55.89	3:01.79	200 IM	2:26.89	2:44.19	2:51.39
5:27.49	6:04.19	6:14.39	400 IM	5:07.59	5:40.19	5:53.79
15 - 18			Events	15 - 18		
Girls				Boys		
SCY	SCM	LCM		SCY	SCM	LCM
29.49	32.89	33.79	50 Free	26.39	29.59	30.19
1:03.99	1:11.39	1:13.49	100 Free	57.89	1:04.49	1:06.89
2:18.69	2:33.79	2:38.29	200 Free	2:06.79	2:20.89	2:26.09
6:00.89	5:15.89	5:22.99	500 Free	5:33.79	4:53.79	5:00.59
12:26.89	10:53.69	11:07.79	1000 Free	11:36.29	10:09.39	10:30.59
21:47.69	20:40.39	21:22.59	1650 Free	19:26.89	19:20.09	19:56.99
1:09.39	1:17.39	1:21.09	100 Back	1:03.19	1:10.19	1:14.39
2:31.39	2:48.39	2:54.99	200 Back	2:17.49	2:33.79	2:41.39
1:19.39	1:29.19	1:32.39	100 Brst	1:11.09	1:19.59	1:23.49
2:52.79	3:13.09	3:20.49	200 Brst	2:36.19	2:53.09	3:01.39
1:09.39	1:17.29	1:19.29	100 Fly	1:02.69	1:10.09	1:11.79
2:33.49	5:51.09	2:53.99	200 Fly	2:20.49	2:35.39	2:39.99
2:34.89	2:52.59	2:58.19	200 IM	2:20.89	2:36.69	2:43.99
5:20.59	5:55.89	6:07.49	400 IM	4:54.59	5:27.59	5:36.89
Girls		LCM	15&O JO "de-qual"	Boys		
SCY				SCY	LCM	
24.79		27.49	50 free	22.79	26.19	
53.39		59.29	100 free	50.09	57.89	
1:56.59		2:09.79	200 free	1:49.69	2:06.49	
5:12.79		4:32.79	400 free	4:57.79	4:28.19	
10:51.99		9:29.09	800 free	10:21.19	9:22.59	
18:18.19		18:16.19	1500 free	17:20.99	17:48.09	
1:01.89		1:01.89	100 back	54.79	1:04.49	
2:12.19		2:26.79	200 back	1:58.99	2:19.59	
1:10.39		1:18.19	100 breast	1:01.59	1:12.19	
2:32.49		2:47.29	200 breast	2:15.59	2:36.99	
59.39		1:06.09	100 fly	54.29	1:01.49	
2:13.09		2:27.79	200 fly	2:01.59	2:21.99	
2:13.19		2:27.79	200 IM	2:01.99	2:19.59	
4:41.89		5:12.89	400 IM	4:22.79	4:56.79	



San Diego-Imperial Swimming 2021 Winter Age Group Championship

December 18 – 20, 2021



Warm Up 7:00 AM			Session 1 - Saturday December 18		Session Start 8:30 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
7	1:31.30	1:20.40	13 – 14 100 Y Breast	Prelim	1:17.50	1:28.10	8
9	1:31.90	1:21.00	15 – 18 100 Y Breast	Prelim	1:11.40	1:21.50	10
15	2:26.80	2:09.40	13 – 14 200 Y Free	Prelim	2:05.50	2:22.60	16
17	2:24.00	2:06.70	15 – 18 200 Y Free	Prelim	1:55.00	2:11.00	18
23	1:15.60	1:06.80	13 – 14 100 Y Fly	Prelim	1:06.20	1:14.90	24
25	1:16.20	1:07.40	15 – 18 100 Y Fly	Prelim	1:01.30	1:09.50	26
31	2:47.60	2:28.10	13 – 14 200 Y IM	Prelim	2:23.90	2:43.00	32
33	2:45.60	2:26.20	15 – 18 200 Y IM	Prelim	2:11.30	2:29.40	34
35	10:48.00	12:06.00	13 & Over 1000 Y Free	TF	11:33.00	10:19.00	36

Warm Up 8:30 AM			Session 2 - Saturday December 18		Session Start 9:30 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
1	3:04.40	2:44.00	12 & Under 200 Y Back	TF	2:51.40	3:12.70	2
3	51.40	45.60	10 & Under 50 Y Breast	Prelim	46.80	52.70	4
5	46.00	40.50	11 - 12 50 Y Breast	Prelim	41.00	46.50	6
11	1:24.40	1:14.70	10 & Under 100 Y Free	Prelim	1:14.70	1:24.60	12
13	1:12.40	1:03.80	11 - 12 100 Y Free	Prelim	1:04.00	1:12.60	14
19	43.30	38.40	10 & Under 50 Y Fly	Prelim	40.80	45.70	20
21	37.20	32.90	11 - 12 50 Y Fly	Prelim	33.80	38.20	22
27	3:30.20	3:06.50	10 & Under 200 Y IM	Prelim	3:10.00	3:31.20	28
29	2:58.80	2:38.20	11 - 12 200 Y IM	Prelim	2:42.90	3:04.00	30
37	--	--	10 & Under 200 Y Medley Relay	TF	--	--	38
39	--	--	11 - 12 200 Y Medley Relay	TF	--	--	40

GIRLS		Session 3 - Saturday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
3	Top 8	10 & Under 50 Y Breast	Finals	Top 8	4
5	Top 16	11 – 12 50 Y Breast	Finals	Top 16	6
7	Top 16	13 – 14 100 Y Breast	Finals	Top 16	8
9	Top 16	15 – 18 100 Y Breast	Finals	Top 16	10
11	Top 8	10 & Under 100 Y Free	Finals	Top 8	12
13	Top 16	11 – 12 100 Y Free	Finals	Top 16	14
15	Top 16	13 – 14 200 Y Free	Finals	Top 16	16
17	Top 16	15 – 18 200 Y Free	Finals	Top 16	18
19	Top 8	10 & Under 50 Y Fly	Finals	Top 8	20
21	Top 16	11 - 12 50 Y Fly	Finals	Top 16	22
23	Top 16	13 – 14 100 Y Fly	Finals	Top 16	24
25	Top 16	15 – 18 100 Y Fly	Finals	Top 16	26
27	Top 8	10 & Under 200 Y IM	Finals	Top 8	28
29	Top 16	11 - 12 200 Y IM	Finals	Top 16	30
31	Top 16	13 - 14 200 Y IM	Finals	Top 16	32
33	Top 16	15 – 18 200 Y IM	Finals	Top 16	34
41	--	13 – 14 200 Y Medley Relay	TF	--	42
43	--	15 – 18 200 Y Medley Relay	TF	--	44



San Diego-Imperial Swimming 2021 Winter Age Group Championship

December 18 – 20, 2021



Warm Up 7:00 AM			Session 4 - Sunday December 19		Session Start 8:30 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
47	5:59.40	5:18.00	13 – 14 400 Y IM	Prelim	5:16.90	5:58.20	48
49	6:03.80	5:22.00	15 – 18 400 Y IM	Prelim	5:01.20	5:40.70	50
51	31.90	28.00	13 – 14 50 Y Free	Prelim	26.90	30.50	52
53	30.90	27.10	15 – 18 50 Y Free	Prelim	24.80	28.40	54
59	3:17.10	2:54.00	13 – 14 200 Y Breast	Prelim	2:49.30	3:11.90	60
61	3:23.20	2:59.80	15 – 18 200 Y Breast	Prelim	2:41.20	3:02.90	62
67	1:18.10	1:09.30	13 – 14 100 Y Back	Prelim	1:08.70	1:17.50	68
69	1:14.70	1:06.20	15 – 18 100 Y Back	Prelim	1:02.60	1:10.80	70
75	5:10.30	5:47.70	13 – 14 500 Y Free	Prelim	5:45.20	5:08.10	76
77	5:08.00	5:45.10	15 – 18 500 Y Free	Prelim	5:11.60	4:38.10	78

Warm Up 8:30 AM			Session 5 - Sunday December 19		Session Start 9:30 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
45	3:05.00	2:44.10	12 & Under 200 Y Fly	TF	2:47.40	3:07.20	46
55	1:52.20	1:40.00	10 & Under 100 Y Breast	Prelim	1:42.00	1:54.20	56
57	1:35.50	1:24.20	11 - 12 100 Y Breast	Prelim	1:28.60	1:40.10	58
63	45.60	40.50	10 & Under 50 Y Back	Prelim	40.70	45.80	64
65	39.10	34.70	11 - 12 50 Y Back	Prelim	35.00	39.50	66
71	3:02.70	2:42.00	10 & Under 200 Y Free	Prelim	2:48.60	3:02.40	72
73	2:38.80	2:20.20	11 - 12 200 Y Free	Prelim	2:19.50	2:38.10	74
79		1:26.40	10 & Under 100 Y IM	Prelim	1:27.90		80
81	6:21.90	5:38.30	11 – 12 400 Y IM	TF	5:44.90	6:29.20	82
83	--		10 & Under 400 Y Free Relay	TF	--		84
85	--		11 - 12 400 Y Free Relay	TF	--		86

GIRLS		Session 6 - Sunday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
47	Top 8	13-14 400 Y IM	Finals	Top 8	48
49	Top 8	15-18 400 Y IM	Finals	Top 8	50
51	Top 16	13 – 14 50 Y Free	Finals	Top 16	52
53	Top 16	15 – 18 50 Y Free	Finals	Top 16	54
55	Top 8	10 & Under 100 Y Breast	Finals	Top 8	56
57	Top 16	11 – 12 100 Y Breast	Finals	Top 16	58
59	Top 16	13 – 14 200 Y Breast	Finals	Top 16	60
61	Top 16	15 - 18 200 Y Breast	Finals	Top 16	62
63	Top 8	10 & Under 50 Y Back	Finals	Top 8	64
65	Top 16	11 – 12 50 Y Back	Finals	Top 16	66
67	Top 16	13 – 14 100 Y Back	Finals	Top 16	68
69	Top 16	15 - 18 100 Y Back	Finals	Top 16	70
71	Top 8	10 & Under 200 Y Free	Finals	Top 8	72
73	Top 16	11 – 12 200 Y Free	Finals	Top 16	74
75	Top 8	13-14 500 Y FREE	Finals	Top 8	76
77	Top 8	15-18 500 Y FREE	Finals	Top 8	78
79	Top 8	10 & Under 100 Y IM	Final	Top 8	80
87	--	13 – 14 400 Y Free Relay	TF	--	88
89	--	15 - 18 400 Y Free Relay	TF	--	90



San Diego-Imperial Swimming 2021 Winter Age Group Championship

December 18 – 20, 2021



Warm Up 7:00 AM			Session 7 - Monday December 20		Session Start 8:30 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
97	3:00.00	2:39.60	13 – 14 200 Y Fly	Prelim	2:31.00	2:50.00	98
99	2:56.00	2:35.60	15 - 18 200 Y Fly	Prelim	2:21.80	2:39.80	100
105	1:07.10	59.00	13 – 14 100 Y Free	Prelim	57.00	1:04.90	106
107	1:06.00	58.00	15 - 18 100 Y Free	Prelim	53.00	1:00.50	108
113	2:51.20	2:29.80	13 – 14 200 Y Back	Prelim	2:33.20	2:52.90	114
115	2:48.70	2:35.60	15 - 18 200 Y Back	Prelim	2:20.60	2:38.90	116
117	20:24.80	20:00.00	13 & Over 1650 Y Free	TF	19:00.00	19:32.80	118

Warm Up 8:30 AM			Session 8 - Monday December 20		Session Start 9:30 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
91	3:29.40	3:05.00	12 & Under 200 Y Breast	TF	3:06.70	3:31.20	92
93	1:39.60	1:28.60	10 & Under 100 Y Back	Prelim	1:30.80	1:41.70	94
95	1:24.10	1:14.70	11 - 12 100 Y Back	Prelim	1:17.70	1:27.50	96
101	38.40	33.90	10 & Under 50 Y Free	Prelim	34.10	38.10	102
103	33.40	29.40	11 - 12 50 Y Free	Prelim	29.80	33.90	104
109	1:40.50	1:29.30	10 & Under 100 Y Fly	Prelim	1:38.60	1:50.90	110
111	1:24.80	1:15.10	11 - 12 100 Y Fly	Prelim	1:17.10	1:27.00	112
119	5:32.50	6:12.50	11 – 12 500 Y Free	TF	6:22.50	5:41.40	120
121	--	--	10 & Under 200 Y Free Relay	TF	--	--	122
123	--	--	11 – 12 200 Y Free Relay	TF	--	--	124

GIRLS		Session 9 - Monday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
93	Top 8	10 & Under 100 Y Back	Finals	Top 8	94
95	Top 16	11 – 12 100 Y Back	Finals	Top 16	96
97	Top 16	13 - 14 200 Y Fly	Finals	Top 16	98
99	Top 16	15 - 18 200 Y Fly	Finals	Top 16	100
101	Top 8	10 & Under 50 Y Free	Finals	Top 8	102
103	Top 16	11 – 12 50 Y Free	Finals	Top 16	104
105	Top 16	13 - 14 100 Y Free	Finals	Top 16	106
107	Top 16	15 - 18 100 Y Free	Finals	Top 16	108
109	Top 8	10 & Under 100 Y Fly	Finals	Top 8	110
111	Top 16	11 – 12 100 Y Fly	Finals	Top 16	112
113	Top 16	13 - 14 200 Y Back	Finals	Top 16	114
115	Top 16	15 - 18 200 Y Back	Finals	Top 16	116
125	--	13 - 14 200 Y Free Relay	TF	--	126
127	--	15 - 18 200 Y Free Relay	TF	--	128



Athlete goals:

Name: _____

<u>Event</u>	<u>Current Time</u>	<u>Goal Time</u>

Short Term Goals

<u>Goal</u>	<u>Time Frame</u>
<u>Example:</u> 3-4 underwater kicks off each wall in steamline; no breath first two strokes off each wall	September 1st (2-4 week periods)

Long Term Goals

<u>Goal</u>	<u>Time Frame</u>
<u>Example:</u> Make San Diego time standards	December 1st (8-12+ week periods)

Acknowledgement

I _____ have been notified of the above information and agree to follow all expectations and information that has been listed.

Athlete Signature _____

Parent Signature _____

Cell Phone _____ **Date** _____