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				8 and under		
Girls			Events	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				10 and under		
Girls			Events	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				11 - 12		
Girls			Events	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				13 - 14		
Girls			Events	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				15 - 18		
Girls			Events	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			15&O JO “de-qual”	Boys		
SCY		LCM		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 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:_____

Event	Current Time	Goal Time

Short Term Goals

Goal	Time Frame
Example: 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

Goal	Time Frame
Example: 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 _____