

2024 Texas Senior Circuit Meet #2

Hosted by Texas A&M University

3 Days, Prelim/Final LCM

May 23-25, 2024

Gulf Sanction#: xxx



FACILITY

- **Student Recreation Center Natatorium**
187 Corrington Drive
College Station, TX 77843
- Indoor 50 meter course, eight lanes, depth 7-9 feet. Separate diving well, 8 lanes, 25 meters. Lane lines are non-turbulent.
- Daktronics timing system, color scoreboard.
- Directions and facility information can be found here: <http://recsports.tamu.edu/facilities/>
- Natatorium host of:
 - 2013, 2018, 2023 SEC Championships
 - 2010 USA AT&T National Diving Championships
 - 2009 Women's and Men's NCAA Championships
 - 2005, 2007, 2010 Big 12 Championships
 - 2004 Women's NCAA Championships
 - 2001 Men's NCAA Championships
 - 1998 US Open and World Cup

HEAD COACH: Jay Holmes – Men's Head Coach

MEET SCHEDULE

Wednesday, May 22		Warm-up 2pm – 8pm 50m course only
Thursday, May 23	Prelims Warm-up 7:45-9:15am Start 9:30am	Finals Warm-Up 4:00pm – 5:45pm Start 6:00pm
Friday, May 24	Prelims Warm-up 7:45-9:15am Start 9:30am	Finals Warm-Up 4:00pm – 5:45pm Start 6:00pm
Saturday, May 25	Prelims Warm-up 7:45-9:15am Start 9:30am	Finals Warm-Up 4:30pm – 5:45pm Start 6:00pm

MEET AND ADMINISTRATIVE PERSONNEL

Meet Referee:	Ron Zolno	rzolno@gmail.com	512.775.8113
Admin Official:	Nicole Christensen	ncr@creativewaters.net	
Meet Director:	Alex Dawson	adawson@athletics.tamu.edu	979.458.3302
Safety Marshal:	Andrew Jarosz		

See attached safety guidelines and warm up procedures.

FORMAT

This is a three-day prelim/final event with bonus, consolation, and championship finals.

The maximum number of individual events per day is three (3). Relay swimmers must be entered in an individual event that meets proof of time criteria.

The women's 800 and the men's 1500 will be timed final events. The fastest heat of each event will be swum in event order in Finals. All other heats will be swum slowest to fastest alternating women 800/men 1500 such that the second-fastest seeded heat will end at 4:30pm. All competitors in these two events must provide two timers and one lap counter for their swim.

SEEDING

For events 200 meters and below, seeding will occur after the scratch deadline the evening before. Individual events will be championship seeded for every heat for every event 200 meters and below and swum slowest to fastest. Every individual heat 200 meters and below will have a seeded swimmer in it.

Events 400 meters and above will be deck-seeded requiring a positive check-in by 9:00am on the day of the event at the clerk of course. Relays must also check-in (see **RELAYS**). The 400 IM and 400 Free will swim: 2 circle seeded heats women, 2 circle seeded heats men, then alternating women-men fastest to slowest.

The women's 800 and the men's 1500 will be timed final events. The fastest heat of each event will be swum in event order in Finals. All other heats will be swum slowest to fastest alternating women 800/men 1500 such that the second-fastest seeded heat will end at 4:30pm. All competitors in these two events must provide two timers and one lap counter for their swim.

Preliminary sessions will be seeded the evening before. Please scratch by 6:00pm any event you will not swim the next day. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers. Please help us eliminate empty lanes. All deck entries for the next day's events received before 6:00pm will be seeded.

In Finals, we will swim women's heats slowest to fastest (C, B, A) then the men's heats in the same fashion. The top 24 swimmers in each event will swim in finals, excluding timed finals.

CHECK-IN

Positive check-in is required for the 400 Free, 800 Free, 1500 Free and 400 IM.

Swimmers in the 400 free or 400 IM must check in by 9:00am on the day of the event.

Swimmers in the 800/1500 free must check in by 6:00pm on Friday. Swimmers in this event must also indicate if they intend to swim in the afternoon or during finals. The eight fastest that declare a preference to swim in the evening will swim in the finals session.

SCRATCHES

For preliminary events, please scratch by 6:00pm any event you will not swim the next day. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers. Please help us eliminate empty lanes.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals or any other bonus finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00 (payable to Texas A&M Athletics). Thirty minutes after the announcement no further scratches shall be accepted. The existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

Alternately, a swimmer may make a declaration of intent to scratch within 30 minutes of the announcement of the preliminary event results, with final decision to scratch or not scratch being reported to the scratch official within 30 minutes of the completion of the swimmer's last individual preliminary event of the session. A swimmer declaring their intention to scratch and failing to return to the scratch official to make final resolution on the intent to scratch will result in the swimmer being seeded into the respective final heat. This rule also applies to alternates announced for each of the individual events.

RELAYS

The top three heats of relays will swim during finals, slowest to fastest. Remaining heats will swim during prelims, fastest to slowest. Relay swimmers must be qualified and entered in an individual event.

Please scratch by 6:00pm any relay you will not swim the following day. Relay cards for evening relays are due at the beginning of the evening session. Cards not received by the deadline will be considered scratches.

The Meet Director and Meet Referee reserve the right to change relay schedule.

OFFICIALS

All attending officials must be registered with USA Swimming, their respective LSCs for 2021-2022 and have a current credentials acknowledged by USA Swimming. Please email the Meet Referee, Ron Zolno, at rzolno@gmail.com for appropriate planning purposes. The uniform will be white polo shirts over khaki pants, skirts or shorts. The wearing of name tags is strongly encouraged. All officials must attend a mandatory meeting one hour before each session.

TIMERS

A limited number of non-participants may volunteer as backup timers during the competition. Specific details about volunteer sign-up will be sent directly to participating teams.

ENTRY INFORMATION

Qualifying times are based on the Sectional standards found at <http://www.texasseniorcircuitswimming.org>.

Swimmers who have one or more LC Sectional Standard (attached) can swim any number of additional events in which they own a bonus standard. To swim the 800/1500 swimmers must have the Sectional cut in either the 400 Free or the 800/1500. A female having the 1500 cut is qualified to swim the 800. A male having the 800 cut is qualified to swim the 1500.

Enter events using a real long course time. Do not enter at the cut-off or with a NT. If the qualifying time for an event was achieved in short course, please enter using a best long course time and send a qualified proof with your entry.

50s of stroke must be entered with 100 times. Standards for the 50s of stroke are determined by 100 standards.

All swimmers with a disability must meet the LSC Parallel Time Standards according to their performance group (P1, P2, P3) in every event they wish to participate in the meet. Coaches with swimmers with a disability competing must notify the Entry Chair with their entry and the Meet Referee prior to the meet.

Coaches may use the Necessary Accommodation Form to satisfy this requirement.

Deadline: All entries must be received on or before **Thursday, May 16th at 11:59pm**. No phone or fax entries will be accepted. Late entries will require proof of time and will only be accepted on deck.

Email entries: All teams with 10 or more swimmers **MUST** submit their entries using Hy-Tek Team Manager software. Teams with more than 10 athletes using paper entries must include a \$25 fee with their entries. Send entries to Alex Dawson at adawson@athletics.tamu.edu. Please include a proof of times report or SWIMS reports/scans with your entries. If you need to mail your proof of time, include them with your entry fees. For overnight mail please indicate that a signature is NOT required.

OVERNIGHT

Alex Dawson
TAMU Athletics
756 Houston Street
College Station, TX 77843
Phone (979) 458-3302

OTHER

Alex Dawson
Texas A&M Swimming & Diving
TAMU 1228
College Station, TX 778423

FEES

Entry fees must accompany entries. Make entry checks payable to: **Texas A&M Athletics**

- \$20.00 per individual event
- \$40.00 for each relay event

PROOF OF TIME

Proof of time is required to accompany entries. Official reports from a team's Hy-Tek program will be accepted as proof of time provided it lists date and meet the time was achieved. Valid scans/printouts from SWIMS will also be accepted. Proof of time will be enforced. If proof of time is not included with entry, that swimmer or the swimmer's event in question will not be entered in the meet and will have to be entered (and paid) as a deck entry. Deck entries will need to supply proof of time at time of deck entry.

Relay swimmers must be entered in an individual event that meets proof of time criteria.

ON-DECK ENTRIES & TIME TRIALS

Late entries will be accepted each day for those events swum up to 45 minutes before the start of the meet. You may enter the meet on deck in the following manner:

- Swimmers must pay late entry fee of \$20 for individual events and \$40 for relay events.
- Late entries will close at 8:45 am each morning.
- Swimmers must be qualified to swim the event entered and must supply proof of time
- Swimmers must supply completed entry forms entered at best time.

Deck entries received by 6:00pm the day before will be seeded normally. Entries received after this time will be added into open lanes.

Time trials will be offered (Sanction # xxx) after the Thursday preliminary session and Friday preliminary session. Entries can be made at the clerk of course at the cost of \$20 per individual event and \$40 per relay event. Entries must be received by the clerk of course by 11:00 am on the day of the event. The swimmer must be entered in the meet and provide their own timers and counters.

Time trial order of events: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 800 free (men and women) and 1500 free (men and women).

SCORING

This meet will not be scored.

AWARDS

There will be no individual awards.

RULES AND SANCTIONS

The 2024 USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On-deck USA Swimming membership registration will not be permitted.

UNACCOMPANIED SWIMMERS

Any swimmers 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.

POOL MEASUREMENT:

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Course measurements will be verified each session in accordance with Gulf Swimming Rules. 202.3.6 The water depth of the competition course is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

DECK CHANGING PROHIBITION

Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

DRONES

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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

MAAPP POLICY

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SWIMMERS ELIGIBLE

All USA Swimming registered teams and swimmers. We welcome international athletes wishing to be invited to compete.

SWIMMERS WITH DISABILITIES

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However coaches/swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve the Gulf Swimming equipment (remote strobe).

MEDICAL SUPERVISION

During the meet a lifeguard will be present to provide any necessary medical supervision and treatment for athletes participating in the meet. An AED device will be available onsite. Additional medical personnel are present in the Student Rec Center during all operating hours.

MEET RESULTS

Results will be posted on: Texas A&M Athletic web page: www.12thMan.com
Gulf Swimming web page: www.gulfswimming.org

Live results will be provided on 12thMan.com and on meet mobile.

POOL DECK RESTRICTION

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf sanctioned swim meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by registered personnel, please do so, it is for your safety.

See attached safety guidelines and warm-up procedures.

AUDIO/VIDEO RECORDING DEVICES

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

LIABILITY

Gulf Swimming and Texas A&M University accepts no responsibility or liability for injuries sustained by any individual, athlete or spectator, while traveling to and from, while participating in or viewing the meet.

USA Swimming / Gulf Swimming Disclaimer

Texas A&M has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in the (insert team name here) event, you voluntarily assume all risks related to exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND GULF SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

(*A club, geographically isolated within their LSC, may be granted the opportunity to compete in an adjacent LSC with permission from both the club's LSC and the adjacent LSC.)

ORDER OF EVENTS

Thursday, May 23

Prelims: Warm-up 7:45 a.m. *Finals:* Warm-up 4:00 p.m.
Meet starts 9:30 a.m. Meet starts 6:00 p.m.

Women #	Event	Men #
1	50 Fly	2
3	200 Back	4
5	100 Free	6
7	200 Breast	8
9	*400 Free	10
11	400 FR ¹	12

Friday, May 24

Prelims: Warm-up 7:45 a.m. *Finals:* Warm-up 4:00 p.m.
Meet starts 9:30 a.m. Meet starts 6:00 p.m.

13	100 Fly	14
15	100 Breast	16
17	200 Free	18
19	50 Back	20
21	*400 IM	22
23	400 MR ¹	24

Saturday, May 25

Prelims: Warm-up 7:45 a.m. *Finals:* Warm-up 4:30 p.m.
Meet starts 9:30 a.m. Meet starts 6:00 p.m.

25	50 Breast	26
27	200 Fly	28
29	100 Back	30
31	**800 Free	--
32	200 IM	33
--	**1500 Free	34
35	50 Free	36

*400 Free & IM swim 2 circle seeded women, 2 circle seeded men. Then alternate women/men fastest to slow.

** 800/1500 Freestyle – top seeded heat swims in finals. All others alternate women/men slowest to fastest so as to end at 4:30 pm.

¹ The final three heats of each relay will be swum as timed finals at the end of each Finals session, with any additional heats swum in event order during prelims. All relays will be swum slowest to fastest in event order.

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. NO DIVING OR RACING STARTS allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. NO SPRINTING OR PACE WORK allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. RACING STARTS ONLY, either from blocks or from backstroke starts.
 - 2. Lanes are ONE WAY ONLY.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are OFF LIMITS.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.

TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:

- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- Don't hang on the lane lines.
- There will be NO SHAVING within the Student Recreational Complex. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- NO LAWN CHAIRS are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for nonemergencies is prohibited. Team Banners must not exceed 5' X 8' and will be hung by event staff. No handmade signs are allowed in the facility.
- No pets allowed in the Rec Center complex or on the pool deck

TIME STANDARDS

2024 TSC Men	Sectional Standards		Sectional Bonus Standards	
Event	SCY	LCM	SCY	LCM
50 FREE	:22.09	:25.29	:22.49	:25.79
100 FREE	:47.79	:54.99	:48.59	:55.99
200 FREE	1:43.99	2:00.49	1:45.39	2:02.59
400/500 FREE	4:42.99	4:19.09	4:43.89	4:21.99
800/1000 FREE	9:43.59	8:54.09	9:48.09	8:58.49
1500/1650 FREE	16:24.39	16:56.49	16:33.59	17:11.49
100 BACK	:53.49	1:03.69	:54.09	1:04.69
200 BACK	1:54.89	2:17.79	1:56.19	2:20.49
100 BREAST	1:00.99	1:11.99	1:01.69	1:13.09
200 BREAST	2:12.29	2:37.49	2:13.79	2:39.99
100 FLY	:52.69	1:00.49	:53.39	1:01.59
200 FLY	1:56.99	2:17.39	1:58.69	2:20.19
200 I.M.	1:57.29	2:17.69	1:58.79	2:19.69
400 I.M.	4:11.19	4:53.89	4:14.89	4:58.29

2024 TSC Women	Sectional Standards		Sectional Bonus Standards	
Event	SCY	LCM	SCY	LCM
50 FREE	:24.79	:28.29	:25.49	:28.89
100 FREE	:53.09	1:00.79	:53.99	1:01.59
200 FREE	1:54.09	2:11.29	1:55.79	2:12.39
400/500 FREE	5:06.19	4:36.89	5:09.39	4:39.59
800/1000 FREE	10:28.79	9:27.39	10:35.89	9:31.49
1500/1650 FREE	17:48.29	18:12.29	17:58.19	18:25.19
100 BACK	:58.99	1:09.79	1:00.49	1:11.19
200 BACK	2:07.19	2:30.29	2:09.29	2:33.39
100 BREAST	1:08.79	1:20.09	1:09.69	1:21.19
200 BREAST	2:28.09	2:53.09	2:31.39	2:55.49
100 FLY	:58.29	1:07.39	:59.69	1:08.59
200 FLY	2:10.59	2:31.29	2:13.69	2:33.89
200 I.M.	2:10.19	2:31.39	2:13.09	2:32.89
400 I.M.	4:36.49	5:19.69	4:41.99	5:23.19

* Times in bold are changed from 2023

Swimmers who have one or more LC Sectional Standard can swim any number of additional events in which they own a bonus standard. To swim the 800/1500 swimmers must have the Sectional cut in either the 400 Free or the 800/1500. A female having the 1500 cut is qualified to swim the 800. A male having the 800 cut is qualified to swim the 1500.

Parallel Time Standards for Swimmers With A Disability - Sectionals									
Para 1	Women					Men			
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Sectional		Bonus		P1	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	1:18.39	1:18.39	1:21.59	1:21.59	50 FR	1:12.29	1:12.29	1:15.29	1:15.29
	2:44.39	2:44.39	1:51.19	1:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89
	6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69
	1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79
	2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29
	1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:05.19	1:05.19	1:07.89	1:07.89
	4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:16.99	3:16.99
	2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29
5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99	
Parallel Time Standards for Swimmers With A Disability - Sectionals									
Para 2	Women					Men			
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Sectional		Bonus		P2	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	42.69	44.89	44.49	46.79	50 FR	39.29	41.39	40.89	43.09
	1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99
	3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89
	7:57.69	6:29.89	8:17.49	6:46.09	400/ 500 FR	7:42.39	6:17.39	8:01.59	6:33.09
	51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69
	1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89
	4:07.29	4:20.29	4:17.69	4:31.19	200 BK	3:28.79	3:39.69	3:37.39	3:48.79
	54.09	56.89	56.39	59.29	50 BR	50.29	52.99	52.39	55.19
	1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	2:02.39
	4:22.79	4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99
	52.19	54.89	54.39	57.19	50 FL	40.69	42.79	42.39	44.59
	2:14.19	2:21.19	2:19.79	2:27.09	100 FL	2:07.49	2:14.19	2:12.79	2:19.79
4:08.79	4:21.89	4:19.19	4:32.79	200 IM	3:49.19	3:59.19	3:56.69	4:09.19	
Parallel Time Standards for Swimmers With A Disability - Sectionals									
Para 3	Women					Men			
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Sectional		Bonus		P3	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	33.09	36.69	34.39	38.19	50 FR	28.89	32.19	30.09	33.49
	1:10.39	1:18.19	1:13.39	1:21.49	100 FR	1:02.89	1:09.89	1:05.49	1:12.79
	2:53.69	3:12.89	3:00.89	3:20.99	200 FR	2:23.79	2:39.79	2:29.79	2:46.39
	6:35.19	5:47.39	6:51.69	6:01.89	400/ 500 FR	6:12.49	5:27.39	6:27.89	5:40.99
	15:10.39	12:54.79	15:44.49	13:23.79	800/ 1000 FR	14:41.29	12:29.99	15:17.89	13:01.19
	27:41.99	25:57.69	28:40.09	26:52.09	1500/ 1650 FR	27:15.29	25:32.59	28:23.49	26:36.49
	40.09	44.49	42.19	46.79	50 BK	33.19	36.89	34.59	38.39
	1:24.49	1:33.79	1:27.99	1:37.69	100 BK	1:09.89	1:17.69	1:12.79	1:20.89
	3:22.59	3:45.09	3:32.79	3:56.39	200 BK	2:47.59	3:06.19	2:54.59	3:13.99
	40.49	44.99	42.59	47.29	50 BR	36.19	40.29	37.79	41.89
	1:29.79	1:39.69	1:33.49	1:43.89	100 BR	1:20.49	1:29.39	1:23.79	1:33.09
	3:16.29	3:38.39	3:26.39	3:49.29	200 BR	2:56.09	3:15.59	3:03.39	3:23.79
	36.39	40.39	38.29	42.49	50 FL	31.49	34.99	32.79	36.39
	1:16.29	1:24.69	1:19.39	1:28.19	100 FL	1:06.09	1:13.49	1:08.89	1:16.49
3:12.89	3:34.29	3:22.49	3:44.99	200 FL	2:47.39	3:05.89	2:44.29	3:13.69	
2:58.49	3:18.29	3:05.99	3:26.59	200 IM	2:32.49	2:49.49	2:38.89	2:56.49	
7:01.19	7:47.99	7:22.29	8:11.39	400 IM	6:06.79	6:40.09	6:56.79	6:56.79	