

SILVER GROUP criteria to move up from other groups starting April 1st, 2020.

- #1. Swimmer must have swum (3) Time Standards listed below. (11 Year Olds must have swum (4) Time Standards) No more than one 50. One of those three events must be a 100 of strokes (fly, back or breast) 100 IM, 200 IM or 200 free.
- #2. Swimmer must commit to the practice/meet attendance expectations of each level.
- #3. ARENA is our official team sponsor and does many special things for AAAA as a competitive swimming program. Swimmers are expected to compete in Arena team suits and caps throughout the season.

Silver 1 (11&Under)				EVENTS	Silver 2 (11&Under)				
Girls		Boys			Girls		Boys		
SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY
33.19	38.00	32.99	37.00	50 Free	37.19	41.89	36.49		
1:14.49	1:23.00	1:13.69	1:22.00	100 Free	123.99	1:35.49	1:22.79	1:34.29	
2:43.59	3:04.00	2:37.39	2:57.00	200 Free	3:05.39	3:28.99	2:55.99	3:20.09	
07:04.9	06:25.0	06:57.4	06:19.0	400/500 Fr	07:55.5	07:11.1	07:47.0	07:04.6	
-	-	-	-	800/1000 Fr	-	-	-	-	
-	-	-	-	1500/1650Fr	-	-	-	-	
38.69	45.00	39.09	45.00	50 Back	43.89	50.89	44.39	51.19	
1:23.29	1:37.00	1:23.19	1:34.00	100 Back	1:34.69	1:49.99	1:33.69	1:47.59	
2:58.59	3:26.79	2:54.69	3:22.79	200 Back	-	-	-	-	
43.79	50.00	42.99	50.00	50 Breast	49.49	55.99	48.59	55.29	
1:35.89	1:49.00	1:34.19	1:47.00	100 Breast	1:48.99	2:05.49	1:45.89	2:01.69	
3:25.09	3:54.69	3:16.89	3:46.69	200 Breast	-	-	-	-	
38.19	43.00	37.39	42.00	50 Fly	43.79	49.29	42.49	47.99	
1:28.09	1:39.00	1:27.49	1:39.00	100 Fly	1:43.09	1:56.99	1:41.99	1:55.39	
3:02.89	3:26.89	2:58.59	3:24.09	200 Fly	-	-	-	-	
1:24.79	-	1:23.49	-	100 IM	1:35.69	-	1:33.39	-	
3:00.69	3:25.00	2:58.99	3:24.00	200 IM	3:23.59	3:51.19	3:21.19	3:48.79	
-	-	-	-	400 IM	-	-	-	-	



GOLD GROUP criteria to move up from other groups starting April 1st, 2020.

- #1. Swimmer must have swum (3) Time Standards listed below.
One of those three events must be a 200 of strokes (fly, back or breast) 200 IM, 400 IM or 500 free.
- #2. Swimmer must commit to the practice/meet attendance expectations of each level.
- #3. ARENA is our official team sponsor and does many special things for AAAA as a competitive swimming program.
Swimmers are expected to compete in Arena team suits and caps throughout the season.

Gold 1 (12-14)								EVENTS	Gold 2 (12-14)							
Girls				Boys					Girls				Boys			
SCY	SCY 12	LCM	LCM 12	SCY	SCY 12	LCM	LCM 12		SCY	SCY 12	LCM	LCM 12	SCY	SCY 12	LCM	LCM 12
29.99	30.09	33.99	34.19	28.69	29.89	32.49	33.09	50 Free	32.29	33.49	36.59	37.79	30.89	32.29	34.99	36.69
01:04.7	01:07.0	01:13.6	01:16.5	01:02.3	01:03.9	01:10.6	01:13.9	100 Free	01:09.8	01:12.3	01:19.4	01:22.5	01:06.9	01:09.9	01:16.0	01:19.7
02:19.3	02:25.2	02:38.1	02:45.3	02:14.6	02:21.0	02:32.6	02:40.5	200 Free	02:30.2	02:37.7	02:50.6	02:56.4	02:24.8	02:32.6	02:44.3	02:53.2
06:20.9	06:27.8	05:30.7	05:45.1	06:01.4	06:17.7	05:23.2	05:35.9	400/500 Fr	06:40.1	06:50.4	05:56.9	06:13.5	06:29.0	06:40.5	05:48.1	06:00.5
12:41.7	13:10.2	11:20.0	11:50.6	12:26.7	13:01.0	11:00.2	11:46.0	800/1000 Fr	13:41.8	14:01.7	12:13.1	12:48.2	13:23.9	13:52.2	12:02.0	12:37.2
21:09.0	22:16.0	21:39.8	22:31.0	20:46.6	22:01.0	21:18.4	22:01.4	1500/1650Fr	22:49.2	23:30.3	23:23.1	23:53.2	22:22.2	23:15.2	22:57.4	23:39.5
-	34.89	-	39.99	-	34.99	-	39.49	50 Back	-	37.59	-	43.19	-	37.29	-	42.19
01:10.2	01:15.8	01:21.1	01:27.3	01:07.8	01:14.0	01:18.3	01:25.5	100 Back	01:15.7	01:22.5	01:27.6	01:35.1	01:12.9	01:19.8	01:24.3	01:33.1
02:31.4	02:39.4	02:53.6	03:03.6	02:26.7	02:36.0	02:48.6	03:00.2	200 Back	02:43.4	02:52.0	03:07.4	03:18.2	02:37.9	02:48.3	03:01.7	03:14.5
-	38.89	-	43.99	-	38.19	-	43.59	50 Breast	-	41.99	-	47.49	-	41.59	-	47.39
01:20.0	01:24.4	01:31.7	01:37.4	01:15.8	01:22.4	01:27.3	01:34.4	100 Breast	01:26.4	01:31.4	01:39.0	01:45.4	01:21.6	01:29.5	01:34.1	01:42.5
02:52.6	03:02.1	03:17.8	03:27.5	02:44.9	02:55.1	03:08.8	03:20.6	200 Breast	03:06.3	03:16.6	03:33.6	03:44.1	02:57.6	03:09.0	03:23.6	03:36.7
-	33.49	-	37.39	-	33.19	-	37.29	50 Fly	-	36.09	-	40.49	-	36.19	-	40.69
01:10.0	01:15.5	01:18.8	01:24.8	01:07.3	01:13.6	01:15.7	01:22.6	100 Fly	01:15.4	01:22.3	01:25.1	01:32.5	01:12.4	01:20.5	01:21.5	01:30.3
02:33.8	02:43.0	02:53.7	03:03.6	02:27.7	02:39.4	02:48.2	03:01.2	200 Fly	02:45.9	02:55.9	03:07.5	03:18.2	02:39.0	02:52.0	03:01.2	03:15.7
-	01:16.3	-	-	-	01:13.1	-	-	100 IM	-	01:22.4	-	-	-	01:19.0	-	-
02:35.0	02:42.9	02:57.2	03:04.8	02:29.2	02:38.9	02:50.8	03:01.9	200 IM	02:47.2	02:55.8	03:11.4	03:19.5	02:40.6	02:52.2	03:04.0	03:17.3
05:29.6	05:45.3	06:13.8	06:34.9	05:17.0	05:43.8	06:00.6	06:18.7	400 IM	05:55.7	06:09.8	06:43.6	06:57.3	05:41.4	05:58.4	06:28.7	06:34.4



Gold 3/Silver 3 Group criteria to move up from other groups starting April 1st, 2020.

- #1. Swimmer must have swum (3) Time Standards listed below.
One of those three events must be a 100 of stroke (Silver 3), 200 of stroke (Gold 3) (fly, back or breast) 200 IM, 400 IM or 500 free.
- #2. Swimmer must commit to the practice/meet attendance expectations of each level.
- #3. ARENA is our official team sponsor and does many special things for AAAA as a competitive swimming program.
Swimmers are expected to compete in Arena team suits and caps throughout the season.

Silver 3 (11&Under)				EVENTS	Gold 3 (12-14)			
Girls		Boys			Girls		Boys	
SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
40.89	46.09	40.09	45.59	50 Free	35.79	40.49	35.29	40.39
01:33.6	01:46.4	01:31.8	01:44.7	100 Free	01:17.6	01:28.5	01:17.0	01:27.5
03:27.2	03:53.8	03:14.7	03:41.5	200 Free	02:49.2	03:11.5	02:47.7	03:09.9
08:56.1	07:56.8	08:36.7	07:59.5	400/500 Fr	07:29.1	06:39.9	07:27.3	06:39.5
-	-	-	-	800/1000 Fr	15:28.1	13:58.8	15:32.6	13:59.7
-	-	-	-	1500/1650Fr	25:59.99	26:45.8	26:00.9	26:52.6
48.99	56.89	49.69	57.29	50 Back	40.29	46.29	40.19	47.19
01:46.0	02:03.2	01:44.2	01:59.7	100 Back	01:29.2	01:42.9	01:28.2	01:42.8
-	-	-	-	200 Back	03:04.6	03:32.8	03:04.7	03:32.8
55.29	01:02.5	54.09	01:01.7	50 Breast	45.09	50.99	45.89	52.29
02:02.1	02:20.7	01:57.6	02:15.3	100 Breast	01:38.4	01:53.5	01:38.5	01:52.7
-	-	-	-	200 Breast	03:31.1	04:00.7	03:26.9	03:56.7
49.39	55.59	47.69	53.79	50 Fly	38.69	43.29	40.09	44.99
01:58.0	02:14.0	01:56.4	02:11.8	100 Fly	01:29.1	01:40.2	01:29.3	01:40.0
-	-	-	-	200 Fly	03:08.9	03:32.9	03:08.6	03:34.1
01:46.6	-	01:43.4	-	100 IM	01:28.4	-	01:26.9	-
03:46.5	04:17.4	03:43.5	04:14.2	200 IM	03:08.7	03:34.3	03:09.6	03:36.7
-	-	-	-	400 IM	06:40.2	07:35.7	06:37.1	07:34.2



Senior 2 Group criteria to move up from other groups starting April 1st, 2020.

- #1. Swimmer must have swum (3) Time Standards listed below. At least 1 of those standards must be a 200 of stroke, 200 IM, 400 IM or 500 Free
- #2. Swimmer must commit to the practice/meet attendance expectations of each level.
- #3. ARENA is our official team sponsor and does many special things for AAAA as a competitive swimming program. Swimmers are expected to compete in Arena team suits and caps throughout the season.

<i>Senior 2</i>				<i>EVENTS</i>
<i>Girls</i>		<i>Boys</i>		
<i>SCY</i>	<i>LCM</i>	<i>SCY</i>	<i>LCM</i>	
32.09	36.39	28.89	32.59	50 Free
1:09.59	1:19.29	1:02.89	1:12.29	100 Free
2:29.89	2:50.89	2:17.29	2:37.39	200 Free
6:40.69	5:58.49	6:12.59	5:33.69	400/500 Fr
13:14.19	12:21.29	12:52.99	11:40.49	800/1000 Fr
23:05.19	23:43.89	21:35.39	22:08.99	1500/1650 Fr
-	-	-	-	50 Back
1:15.39	1:28.29	1:08.39	1:20.39	100 Back
2:44.09	3:09.09	2:29.89	2:53.79	200 Back
-	-	-	-	50 Breast
1:26.89	1:39.59	1:17.59	1:29.89	100 Breast
3:08.19	3:36.29	2:48.69	3:16.49	200 Breast
-	-	-	-	50 Fly
1:15.39	1:25.59	1:08.29	1:17.39	100 Fly
2:46.79	3:08.19	2:31.39	2:52.69	200 Fly
-	-	-	-	100 IM
2:48.19	3:13.49	2:32.69	2:56.59	200 IM
5:57.59	6:47.89	5:29.09	6:14.09	400 IM



Pre-National criteria to move up from other groups starting April 1st, 2020.

- #1. Swimmer must have swum (4) National Motivational 'A' qualifying times listed below. (10 year olds upon coach approval only)
 One of those four events must be a 200 of strokes (fly, back or breast) 200 IM, 400 IM or 500 free.
 The 'A' National Motivational Time Standards are below.



EVENT:	11/12 'A' (Boys)			13/14 'A' (Girls)	
	MEN:	SCY	LCM	SCY	LCM
50 Free		29.09	32.09	27.99	31.99
100 Free		1:03.09	1:09.89	1:00.69	1:09.59
200 Free		2:13.49	2:32.49	2:11.29	2:30.09
400/500 Free		5:57.69	5:21.89	5:50.89	5:14.69
800/1000 Free		12:27.89	11:18.59	12:01.69	10:47.99
1500/1650 Free		20:52.99	21:37.39	20:02.99	20:39.79
50 Back		32.29	37.49	-	-
100 Back		1:09.29	1:21.49	1:06.19	1:17.09
200 Back		2:27.99	2:52.19	2:23.39	2:45.59
50 Breast		36.19	41.59	-	-
100 Breast		1:18.39	1:30.39	1:15.99	1:27.69
200 Breast		2:47.09	3:12.59	2:44.59	3:09.79
50 Fly		31.19	35.29	-	-
100 Fly		1:09.59	1:18.59	1:05.99	1:14.79
200 Fly		2:31.39	2:53.19	2:25.79	2:45.69
100 IM		1:09.09	-	-	-
200 IM		2:30.89	2:53.89	2:26.99	2:49.19
400 IM		5:19.79	6:08.69	5:13.59	5:57.79

EVENT:	11/12 'A' (Girls)		13/14 'A' (Girls)		
	Women:	SCY	LCM	SCY	LCM
50 Free		29.09	33.19	27.99	31.99
100 Free		1:03.09	1:12.49	1:00.69	1:09.59
200 Free		2:18.19	2:37.29	2:11.29	2:30.09
400/500 Free		6:07.79	5:29.09	5:50.89	5:14.69
800/1000 Free		12:41.19	11:31.51	12:01.69	10:47.99
1500/1650 Free		21:20.59	22:04.99	20:02.99	20:39.79
50 Back		32.89	37.99	-	-
100 Back		1:11.79	1:23.29	1:06.19	1:17.09
200 Back		2:31.39	2:55.59	2:23.39	2:45.59
50 Breast		36.89	41.49	-	-
100 Breast		1:20.39	1:33.39	1:15.99	1:27.69
200 Breast		2:54.09	3:19.49	2:44.59	3:09.79
50 Fly		31.49	35.39	-	-
100 Fly		1:11.49	1:20.79	1:05.99	1:14.79
200 Fly		2:34.99	2:55.59	2:25.79	2:45.69
100 IM		1:12.29	-	-	-
200 IM		2:34.89	2:56.79	2:26.99	2:49.19
400 IM		5:29.29	6:16.89	5:13.59	5:57.79



#2. The 5 "A's"

- ATTITUDE:** A little thing that makes a BIG difference.
- ABILITY LEVEL:** Proficiency with technique and strokes and a capacity to train at a high level consistently.
- ATTENDANCE:** 85% during season.
- ADDITION TO TEAM:** Do your interactions add positively to the group and AAAA team.
- ACCOUNTABILITY:** Win and Lose with class and dignity. Learn from both successes and failures.

Coaches involved must agree that you must have all 5 "A's" in order to be considered to move to the Pre-National Team.



- #3. ARENA is our official team sponsor and does many special things for AAAA as a competitive swimming program. You are expected to compete using ARENA suits. Should you chose to not wear a team ARENA suit during the season you will forfeit your South Texas Swimming LSC travel reimbursement money for Futures, Juniors, Pro Series, Nationals, Olympic Trials.

SENIOR 1 criteria to move up from other groups starting April 1st, 2020.

- #1. Swimmer must have swum (4) 15/18 National Motivational 'A' qualifying times.
Two of those four events must be a 200 of strokes (fly, back or breast) 200 IM, 400 IM or 500 free.
The 'A' National Motivational Time Standards are below.

<u>EVENT:</u>	<u>MEN:</u>	<u>SCY</u>	<u>LCM</u>	<u>EVENT:</u>	<u>WOMEN:</u>	<u>SCY</u>	<u>LCM</u>
50 Free		24.79	27.89	50 Free		27.49	31.19
100 Free		52.89	1:01.89	100 Free		59.59	1:07.99
200 Free		1:57.69	2:14.89	200 Free		2:08.49	2:26.49
400/500 Free		5:19.39	4:46.09	400/500 Free		5:43.49	5:07.29
800/1000 Free		11:02.59	10:00.39	800/1000 Free		11:50.79	10:35.39
1500/1650 Free		18:30.39	18:59.09	1500/1650 Free		19:47.29	20:20.49
100 Back		58.59	1:08.89	100 Back		1:04.69	1:15.49
200 Back		2:08.49	2:28.89	200 Back		2:20.69	2:42.09
100 Breast		1:06.49	1:16.99	100 Breast		1:14.49	1:25.39
200 Breast		2:24.59	2:48.39	200 Breast		2:41.29	3:05.39
100 Fly		58.59	1:06.29	100 Fly		1:04.59	1:13.39
200 Fly		2:09.79	2:27.99	200 Fly		2:22.89	2:41.39
200 IM		2:10.89	2:31.39	200 IM		2:24.19	2:45.89
400 IM		4:42.09	5:20.59	400 IM		5:06.49	5:49.69

#2. The 5 "A's"

- ATTITUDE:** A little thing that makes a BIG difference.
ABILITY LEVEL: Proficiency with technique and strokes and a capacity to train at a high level consistently.
ATTENDANCE: 90% during season.
ADDITION TO TEAM: Do your interactions add positively to the group and AAAA team.
ACCOUNTABILITY: Win and Lose with class and dignity. Learn from both successes and failures.

Coaches involved must agree that you must have all 5 "A's" in order to be considered to move to the Senior 1 Team.

- #3. ARENA is our official team sponsor and does many special things for AAAA as a competitive swimming program. You are expected to compete using ARENA suits. Should you chose to not wear a team ARENA suit during the season you will forfeit your South Texas Swimming LSC travel reimbursement money for Futures, Juniors, Pro Series, Nationals, Olympic Trials.



NATIONAL TEAM criteria to move up from other groups starting April 1st, 2020.

- #1. Swimmer must have swum (4) Sectional Standard qualifying times.
Two of those four events must be a 200 of strokes (fly, back or breast) 200 IM, 400 IM or 500 free.
The Sectional Time Standards are below.

<u>EVENT:</u>	<u>MEN:</u>	<u>SCY</u>	<u>LCM</u>	<u>EVENT:</u>	<u>WOMEN:</u>	<u>SCY</u>	<u>LCM</u>
50 Free		22.29	25.49	50 Free		24.99	28.49
100 Free		48.19	55.49	100 Free		53.49	1.01.39
200 Free		1.44.99	2.01.69	200 Free		1.55.19	2.12.59
400/500 Free		4.45.79	4.21.69	400/500 Free		5.09.29	4.39.69
800/1000 Free		9.49.49	8.59.49	800/1000 Free		10.31.39	9.30.49
1500/1650 Free		16.34.19	17.05.59	1500/1650 Free		17.58.99	18.23.29
100 Back		53.89	1.04.29	100 Back		59.49	1.10.99
200 Back		1.55.89	2.20.29	200 Back		2.07.69	2.32.79
100 Breast		1.01.59	1.12.69	100 Breast		1.09.49	1.20.89
200 Breast		2.13.59	2.40.59	200 Breast		2.29.59	2.54.79
100 Fly		53.09	1.01.09	100 Fly		58.79	1.07.99
200 Fly		1.58.09	2.20.19	200 Fly		2.11.89	2.34.79
200 IM		1.58.39	2.19.09	200 IM		2.11.49	2.32.89
400 IM		4.11.19	4.56.79	400 IM		4.39.29	5.22.89

- #2. **The 5 "A's"**
- ATTITUDE:** A little thing that makes a BIG difference.
 - ABILITY LEVEL:** Proficiency with technique and strokes and a capacity to train at a high level consistently.
 - ATTENDANCE:** 95% during season.
 - ADDITION TO TEAM:** Do your interactions add positively to the group and AAAA team.
 - ACCOUNTABILITY:** Win and Lose with class and dignity. Learn from both successes and failures.

Coaches involved must agree that you must have all 5 "A's" in order to be considered to move to National Team.

- #3. **ARENA** is our official team sponsor and does many special things for AAAA as a competitive swimming program. You are expected to compete using **ARENA** suits. Should you chose to not wear a team **ARENA** suit during the season you will forfeit your South Texas Swimming LSC travel reimbursement money for Futures, Juniors, Pro Series, Nationals, Olympic Trials.

