

MAC Parent Meeting

Overview of Competitive Swimming

USA Swimming

- 300,000 members
- 2,800 clubs
- 59 LSCs- ours is NTS
- Non-profit, volunteer based
- www.usaswimming.org
- Time standards, resources
- SWIMS- your child's times

North Texas Swimming

- www.ntswwim.org
- Calendar of meets
- Levels B/C, BB, A, TAGS, Zones, Sectionals, Senior Circuit
- Divisions for BB & B/C
- Advancing to next level
- Meet information
- Signing up for meets
- Late entries- USA card, SWIMS, cost

Long Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
10 & Under Girls						10 & Under Boys						
45.09*	40.79*	36.39*	34.99*	33.49*	32.09*	50 M Free	31.99*	33.29*	34.69*	36.09*	40.19*	44.29*
1:43.99	1:32.99	1:21.89	1:18.19	1:14.49	1:10.79	100 M Free	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09	1:41.59
3:48.59*	3:23.59*	2:58.49*	2:50.19*	2:41.89*	2:33.49*	200 M Free	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49
7:37.29*	6:51.59*	6:05.89*	5:50.59*	5:35.39*	5:20.19*	400 M Free	5:20.99	5:36.29	5:51.49	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	41.69	39.59	37.59	50 M Back	37.59*	39.69*	41.79*	43.89*	50.09*	56.39*
2:02.39*	1:48.89	1:35.29	1:30.69*	1:26.19*	1:21.69*	100 M Back	1:20.89*	1:25.09*	1:29.19*	1:33.29*	1:45.69*	1:58.09*
1:01.59	54.89	48.29	46.09	43.89	41.59	50 M Breast	41.99	44.09	46.29	48.49	55.09	1:01.59
2:17.49*	2:02.29*	1:46.99*	1:41.89*	1:36.79*	1:31.69*	100 M Breast	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	39.89	37.69*	35.59	50 M Fly	35.09	36.99	38.99	40.99	46.89	52.89
2:12.59*	1:55.19*	1:37.89*	1:32.09*	1:26.29*	1:20.49*	100 M Fly	1:19.79*	1:25.29*	1:30.89*	1:36.49*	1:53.19*	2:09.79*
4:12.99*	3:46.49*	3:19.89*	3:11.09*	3:02.19*	2:53.39*	200 M IM	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69
11-12 Girls						11-12 Boys						
39.19	36.39	33.69	32.39	30.99	29.69	50 M Free	28.49*	29.79*	31.19*	32.59*	35.29*	37.99*
1:25.79*	1:19.59*	1:13.49*	1:10.49*	1:07.39*	1:04.29*	100 M Free	1:02.49*	1:05.49*	1:08.49*	1:11.39*	1:17.39*	1:23.29*
3:03.89*	2:50.79*	2:37.69*	2:31.09*	2:24.49*	2:17.99*	200 M Free	2:15.59*	2:21.99*	2:28.49*	2:34.89*	2:47.79*	3:00.69*
6:27.79	6:00.09	5:32.39	5:18.49	5:04.69	4:50.79	400 M Free	4:46.29*	4:59.89*	5:13.49*	5:27.09*	5:54.39*	6:21.69*
13:31.69*	12:33.69*	11:35.69*	11:06.69*	10:37.69*	10:08.79*	800 M Free	10:04.69*	10:33.39*	11:02.19*	11:30.99*	12:28.59*	13:26.19*
26:04.19*	24:12.39*	22:20.69*	21:24.89*	20:28.99*	19:33.09*	1500 M Free	19:27.39*	20:22.99*	21:18.59*	22:14.19*	24:05.29*	25:56.49*
45.49*	42.29*	38.99*	37.39*	35.79*	34.19*	50 M Back	33.49	35.19*	36.99	38.69*	42.19*	45.69*
1:38.89*	1:31.09*	1:23.29*	1:19.39*	1:15.49*	1:11.59*	100 M Back	1:11.79*	1:15.69*	1:19.69*	1:23.59*	1:31.39*	1:39.19*
3:30.29*	3:15.29*	3:00.19*	2:52.69*	2:45.19*	2:37.69*	200 M Back	2:34.29*	2:41.69*	2:48.99*	2:56.39*	3:11.09*	3:25.79*
49.09	45.59	42.09	40.39	38.59	36.89	50 M Breast	36.99	38.99	41.09	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	1:29.69	1:25.59	1:21.59	100 M Breast	1:19.99*	1:24.19*	1:28.29*	1:32.49*	1:40.89*	1:49.19*
3:57.59	3:40.59	3:23.69	3:15.19	3:06.69	2:58.19	200 M Breast	2:55.69*	3:03.99*	3:12.39*	3:20.79*	3:37.49*	3:54.19*
42.39*	39.39*	36.29*	34.79*	33.29*	31.79*	50 M Fly	30.99*	32.69*	34.49*	36.19*	39.59*	42.99*
1:38.69	1:30.79	1:22.89	1:18.99	1:14.99	1:11.09	100 M Fly	1:09.49*	1:13.49*	1:17.49*	1:21.49*	1:29.49*	1:37.49*
3:29.09*	3:14.19*	2:59.29*	2:51.79*	2:44.29*	2:36.89*	200 M Fly	2:36.19*	2:43.69*	2:51.09*	2:58.49*	3:13.39*	3:28.29*
3:29.69*	3:14.79*	2:59.79*	2:52.29*	2:44.79*	2:37.29*	200 M IM	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89	3:29.59
7:27.89*	6:55.89*	6:23.99*	6:07.99*	5:51.99*	5:35.99*	400 M IM	5:32.59*	5:48.49*	6:04.29*	6:20.19*	6:51.79*	7:23.49*
13-14 Girls						13-14 Boys						
37.89*	35.19*	32.49*	31.09*	29.79*	28.39*	50 M Free	26.49*	27.79*	29.09*	30.29*	32.79*	35.39*
1:22.09*	1:16.19*	1:10.39*	1:07.39*	1:04.49*	1:01.59*	100 M Free	57.79*	1:00.49*	1:03.29*	1:05.99*	1:11.49*	1:16.99*
2:57.09*	2:44.39*	2:31.79*	2:25.39*	2:19.09*	2:12.79*	200 M Free	2:05.39*	2:11.29*	2:17.29*	2:23.29*	2:35.19*	2:47.09*
6:09.39	5:42.99	5:16.59	5:03.49	4:50.29	4:37.09	400 M Free	4:24.99*	4:37.59*	4:50.19*	5:02.79*	5:27.99*	5:53.29*
12:55.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:10.69*	9:36.89*	10:03.19*	10:29.39*	11:21.79*	12:14.29*
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:26.19*	18:16.09*	19:05.89*	19:55.69*	21:35.29*	23:14.99*
1:30.79*	1:24.29*	1:17.79*	1:14.59*	1:11.39*	1:08.09*	100 M Back	1:05.09*	1:08.19*	1:11.39*	1:14.49*	1:20.59*	1:26.89*
3:15.29*	3:01.29*	2:47.39*	2:40.39*	2:33.49*	2:26.49*	200 M Back	2:20.59*	2:27.29*	2:33.99*	2:40.69*	2:54.09*	3:07.49*
1:43.89*	1:36.39*	1:28.99*	1:25.29*	1:21.59*	1:17.89*	100 M Breast	1:11.19*	1:14.59*	1:17.89*	1:21.29*	1:28.09*	1:34.89*
3:43.99	3:27.99	3:11.99	3:03.99	2:55.99	2:47.99	200 M Breast	2:39.29*	2:46.89*	2:54.39*	3:01.99*	3:17.19*	3:32.39*
1:29.19*	1:22.89*	1:16.49*	1:13.29*	1:10.09*	1:06.89*	100 M Fly	1:02.19*	1:05.09*	1:08.09*	1:11.09*	1:16.99*	1:22.89*
3:16.29*	3:02.29*	2:48.29*	2:41.29*	2:34.19*	2:27.19*	200 M Fly	2:18.89*	2:25.49*	2:32.19*	2:38.79*	2:51.99*	3:05.19*
3:19.99*	3:05.69*	2:51.49*	2:44.29*	2:37.19*	2:29.99*	200 M IM	2:22.09*	2:28.89*	2:35.69*	2:42.39*	2:55.99*	3:09.49*
7:01.19*	6:31.09*	6:00.99*	5:45.99*	5:30.99*	5:15.89*	400 M IM	5:01.39*	5:15.79*	5:30.09*	5:44.49*	6:13.19*	6:41.89*
15-16 Girls						15-16 Boys						
37.09*	34.49*	31.79*	30.49*	29.19*	27.79*	50 M Free	25.19*	26.39*	27.59*	28.79*	31.19*	33.59*
1:20.09*	1:14.39*	1:08.59*	1:05.79*	1:02.89*	1:00.09*	100 M Free	55.19*	57.89*	1:00.49*	1:03.09*	1:08.39*	1:13.59*
2:51.79*	2:39.49*	2:27.19*	2:21.09*	2:14.99*	2:08.79*	200 M Free	1:59.99*	2:05.79*	2:11.49*	2:17.19*	2:28.59*	2:39.99*
6:00.39*	5:34.69*	5:08.89*	4:55.99*	4:43.19*	4:30.29*	400 M Free	4:13.99*	4:26.09*	4:38.09*	4:50.19*	5:14.39*	5:38.59*
12:23.29*	11:30.19*	10:37.09*	10:10.59*	9:44.09*	9:17.49*	800 M Free	8:46.69*	9:11.79*	9:36.89*	10:01.89*	10:52.09*	11:42.19*
23:53.09	22:10.69	20:28.39	19:37.19	18:45.99	17:54.79	1500 M Free	16:49.19*	17:37.29*	18:25.29*	19:13.39*	20:49.49*	22:25.59*
1:28.99*	1:22.69*	1:16.29*	1:13.09*	1:09.89*	1:06.79*	100 M Back	1:01.79*	1:04.79*	1:07.69*	1:10.59*	1:16.49*	1:22.39*
3:11.69*	2:57.99*	2:44.29*	2:37.49*	2:30.69*	2:23.79*	200 M Back	2:12.39*	2:18.69*	2:24.99*	2:31.29*	2:43.89*	2:56.49*
1:41.09*	1:33.89*	1:26.69*	1:23.09*	1:19.49*	1:15.79*	100 M Breast	1:09.79*	1:13.09*	1:16.39*	1:19.69*	1:26.39*	1:32.99*
3:36.59*	3:21.19*	3:05.69*	2:57.99*	2:50.19*	2:42.49*	200 M Breast	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79	3:23.29
1:26.59*	1:20.39*	1:14.19*	1:11.19*	1:08.09*	1:04.99*	100 M Fly	59.29*	1:02.09*	1:04.89*	1:07.69*	1:13.39*	1:18.99*
3:09.69*	2:56.19*	2:42.69*	2:35.89*	2:29.09*	2:22.29*	200 M Fly	2:11.79*	2:18.09*	2:24.29*	2:30.59*	2:43.19*	2:55.69*
3:15.19*	3:01.19*	2:47.29*	2:40.29*	2:33.39*	2:26.39*	200 M IM	2:16.39*	2:22.89*	2:29.39*	2:35.89*	2:48.89*	3:01.79*
6:48.99*	6:19.79*	5:50.59*	5:35.99*	5:21.39*	5:06.79*	400 M IM	4:46.19*	4:59.89*	5:13.49*	5:27.09*	5:54.39*	6:21.59*
17-18 Girls						17-18 Boys						
36.79*	34.09*	31.49*	30.19*	28.89*	27.59*	50 M Free	24.49*	25.69*	26.79*	27.99*	30.29*	32.59*
1:19.79*	1:14.09*	1:08.39*	1:05.59*	1:02.69*	99.89*	100 M Free	54.09*	56.59*	59.19*	1:01.79*	1:06.89*	1:12.09*
2:51.09*	2:38.89*	2:26.69*	2:20.59*	2:14.39*	2:08.29*	200 M Free	1:57.99*	2:03.59*	2:09.19*	2:14.79*	2:26.09*	2:37.29*
6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Free	4:11.29*	4:23.29*	4:35.19*	4:47.19*	5:11.09*	5:34.99*
12:19.59	11:26.79	10:33.99	10:07.59	9:41.09	9:14.69	800 M Free	8:44.19	9:09.19	9:34.09	9:59.09	10:48.99	11:38.89
23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 M Free	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79	22:10.89
1:29.49*	1:23.09*	1:16.69*	1:13.49*	1:10.39*	1:07.19*	100 M Back	1:00.49*	1:03.39*	1:06.29*	1:09.19*	1:14.89*	1:20.69*
3:11.89*	2:58.19*	2:44.49*	2:37.69*	2:30.79*	2:23.99*	200 M Back	2:12.19	2:18.49	2:24.79	2:30.99*	2:43.59*	2:56.19*
1:39.59*	1:32.49*	1:25.29*	1:21.79*	1:18.19*	1:14.69*	100 M Breast	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
3:36.19*	3:20.79*	3:05.29*	2:57.59*	2:49.89*	2:42.19*	200 M Breast	2:28.79*	2:35.89*	2:42.99*	2:50.09*	3:04.19*	3:18.39*
1:25.59*	1:19.49*	1:13.39*	1:10.29*	1:07.29*	1:04.19*	100 M Fly	58.29*	1:01.09*	1:03.89*	1:06.59*	1:12.19*	1:17.69*
3:08.49*	2:55.09*	2:41.59*	2:34.89*	2:28.09*	2:21.39*	200 M Fly	2:08.29*	2:14.39*	2:20.49*	2:26.69*	2:38.89*	2:51.09*
3:13.49*	2:59.69*	2:45.89*	2:38.99*	2:31.99*	2:25.09*	200 M IM	2:12.39*	2:18.69*	2:24.99*	2:31.29*	2:43.89*	2:56.49*
6:50.69*	6:21.29*	5:51.99*	5:37.29*	5:22.69*	5							

Hosting Meets

- Great facility
- Close to home
- Source of income
- Co-hosting w/ MARS
- 2011 meets- lots of volunteers required
- 30 volunteers plus officials needed PER SESSION, 5 sessions = 150 positions
- System used by others- points, financial penalties

Getting Involved- No Certification

- **Safety Marshall-** watch for hazards such as running, diving in warm-up pool, answer questions, monitor locker rooms, keep parents off deck
- **Lane Timers-** stopwatch, button, record times- easy but critical- are used to get official times
- **Head Timer-** back up, get relief timers, train new timers
- **Runner-** collect and distribute paperwork from control room to various places- results, awards room labels, heat & lane assignments, collect lane timer sheets

Getting Involved- No Certification

- **Clerk of Course-** process late entries- check USA registration cards, SWIMS, collect money for late entries & heat sheets, busy before & during warm-up
- **Hospitality-** meals for coaches and officials, drinks & snacks for timers, requires planning menu, purchasing food, gathering donations, preparing food, cleaning up
- **Awards room-** put labels on ribbons, sort into bins, distribute to parents and swimmers

Getting Involved- certified jobs

- **Computer Operator-** swim meet software
- **Daktronics-** electronic timing, touchpads, scoreboard
- **Meet Director-** coordinates volunteers, some pre and post meet paperwork
- **Officials-** observe swims, check to see if USA swimming rules are being followed by athletes- stroke & turn, relay take off, etc.
- September clinics for all 4

Questions

- Contacting me
- Shawn McKinley
- mckinlan@sbcglobal.net
- May not know answer, but will get it
- Sign-up sheets- clerk of course, officials, safety marshalls, timers, head timer, hospitality, runner, awards room, computer operator, Daktronics, Meet Director