

Why should my swimmer participate?

For some of our swimmers (and their families) competitive swimming is a fun and rewarding experience. Setting goals and working hard to exceed them fosters self-esteem and strengthens self-motivation. USA Swim meets provide the opportunity for additional goal setting and provide tools to further track the progress of a swimmer's development. For our most competitive swimmers, USA swim meets provide the opportunity to progress on to district, state, zone and national competitions.

USA meets provide an opportunity to compete against swimmers at your level, and that makes the competition more fun for everyone. Some families start out swimming one USA meet per session to get a feel for it and see if their swimmer enjoys participating.

Sign me up! How do I get started?

First, register with USA swimming by contacting our USA Swim parent, Stacie

Holcombe at: hcalvin@AOL.com

Once you sign up you will begin to receive e-mails noting sign-up deadlines for participating in an upcoming meet. Our USA meet entry parent will coordinate our team's entry and take care of entering seed times for all participating swimmers.

Have more questions?

Contact Stacie Holcombe at:

hcalvin@AOL.com or any of our swim coaches or Board members.

Current 2011 Time Standards

Female		10 & Under	Male	
B	A		A	B
38.79	33.79	50 Freestyle	33.29	38.19
1:28.99	1:15.89	100 Freestyle	1:14.19	1:29.99
3:11.99	2:46.99	200 Freestyle	2:44.99	3:11.29
9:06.19	7:44.89	500 Freestyle	7:42.99	8:58.59
46.99	41.09	50 Backstroke	40.29	46.49
1:44.49	1:30.49	100 Backstroke	1:28.99	1:43.99
51.59	44.99	50 Breaststroke	45.49	51.69
1:54.99	1:37.99	100 Breaststroke	1:38.89	1:51.99
48.99	40.09	50 Butterfly	39.99	50.49
1:52.99	1:34.99	100 Butterfly	1:32.99	1:52.99
1:39.49	1:26.49	100 Individual Medley	1:24.99	1:39.99
3:40.99	3:11.99	200 Individual Medley	3:11.99	3:44.19

Female		11-12	Male	
B	A		A	B
34.09	29.99	50 Freestyle	29.99	34.29
1:16.79	1:05.99	100 Freestyle	1:05.99	1:16.99
2:48.99	2:23.39	200 Freestyle	2:22.99	2:48.99
7:25.59	6:19.99	500 Freestyle	6:17.99	7:21.99
40.99	36.29	50 Backstroke	36.29	42.19
1:30.49	1:18.99	100 Backstroke	1:18.29	1:32.99
3:22.29	2:55.89	200 Backstroke	2:55.09	3:32.99
45.49	39.69	50 Breaststroke	39.39	46.19
1:38.99	1:25.49	100 Breaststroke	1:26.19	1:40.99
3:41.09	3:11.89	200 Breaststroke	3:12.89	3:45.79
40.49	33.99	50 Butterfly	34.09	41.99
1:35.99	1:18.49	100 Butterfly	1:19.09	1:38.99
3:33.29	2:56.29	200 Butterfly	2:56.89	3:40.69
1:26.99	1:15.99	100 Individual Medley	1:16.49	1:27.99
3:09.99	2:44.49	200 Individual Medley	2:44.69	3:11.99
6:49.69	6:06.59	400 Individual Medley	6:07.09	7:09.99

Female		13-14	Male	
B	A		A	B
32.59	28.19	50 Freestyle	27.09	30.49
1:09.99	1:01.69	100 Freestyle	59.09	1:06.99
2:35.99	2:16.09	200 Freestyle	2:09.99	2:27.99
6:49.99	6:13.99	500 Freestyle	5:54.99	6:34.99
14:59.99	13:09.99	1000 Freestyle	12:39.99	13:59.99
25:59.99	22:34.99	1650 Freestyle	21:19.99	23:44.99
1:24.99	1:13.49	100 Backstroke	1:12.49	1:20.99
3:05.99	2:40.99	200 Backstroke	2:33.99	2:59.99
1:34.49	1:21.99	100 Breaststroke	1:18.49	1:27.99
3:22.49	2:56.99	200 Breaststroke	2:52.99	3:11.99
1:24.49	1:11.99	100 Butterfly	1:08.99	1:22.99
3:22.99	2:44.99	200 Butterfly	2:39.99	3:09.99
3:00.99	2:34.99	200 Individual Medley	2:29.99	2:53.49
6:31.99	5:36.99	400 Individual Medley	5:21.99	6:19.99

C Time Standard is anything less than B times.

Official Standards are posted at:

www.MISwim.org

YPSILANTI OTTERS

USA SWIMMING PROGRAM



What do you do when competing in a monthly dual meet is not enough to satisfy your competitive drive? You can add USA Swim meets to your competition calendar!

In addition to the SMSL dual meets and Championships, our club offers its swimmers the opportunity to compete in USA swimming meets.

Otters encourages confident swimmers age 8 and up who enjoy the swim meet experience, and who have the goal of improving their performance in the pool, to add USA Swimming to their schedule. Swimmers who plan on continuing their competitive swimming in high school should seriously consider participating.

What is USA Swimming?

Ypsilanti Otters is affiliated with two swimming organizations: the Southern Michigan Swim League (SMSL) and USA Swimming. USA Swimming is part of a large organization that governs competitive swimming in the United States. USA Swimming sets rules for meets, establishes safety procedures, sets criteria for achievement levels, administers USA national teams such as the Olympic, Pan American and Pan Pacific teams, and promotes competitive swimming through research, education, and marketing.

To compete at a sanctioned USA swimming meet, swimmers **must** be registered with USA Swimming. However, anyone can join USA Swimming – whether they swim the meets or not.

How does it work?

USA meets are multi-team events, much like our SMSL Championships. During the swim season there will be several USA meets held throughout the state on any given weekend. Otters will typically target several meets and build coaching costs into the budget to ensure a coach is at the meet with our swimmers. Targeted USA Swimming meets will be listed on the Otters Calendar. These meets are within driving distance of our home area, but can be farther than usual.

(Note: Once registered with USA Swimming, a swimmer may enter any USA meet but Otter coaches will be provided only at targeted USA meets.)

At USA meets the competition is divided not only between age groupings but also between skill levels. Typical meets divide swimmers into three progressive skill levels, or time standards, (C-slowest to A-fastest). Swimmers will compete only against others in their time standard until they achieve the minimum time for the next standard. After that they compete against the higher level, and so on.

After each USA meet your event time will be officially recorded and you will use that time (or your fastest official time for each event) when entering your next meet. If you are fast enough to move up to the next level, then you compete against that level. You cannot go backward (it wouldn't be fair!).

For older swimmers the USA meet results are used to determine qualification for our State Junior Olympics and State Championships.

USA meets will place a swimmer in the age group that corresponds to his/her age **on the day** the meet starts!

How long is it?

A typical USA meet covers 3 days, with long distance events occurring on Friday evenings and other events held on Saturday and Sunday, on either a morning or afternoon session. Swimmers can choose which meets, days, and events they wish to participate in, usually with a 4 event per day maximum.

How much does it cost?

If you want to participate in USA Swimming meets an additional **annual** membership is required.

As of August 2010, the annual membership fee to join USA Swimming **\$55.00**. This fee is paid directly to the USA Swimming organization. USA Registration forms are on our Otters website or at the USA Swimming website. This membership provides your swimmer with some additional insurance coverage, an opportunity to compete in first-rate weekend swimming events through out Michigan, as well as a free subscription to *Splash!*, the membership newsletter.

In addition to the annual registration fee, there are meet specific fees that are charged by the meet's host club. Typical fees per swim meet are:

- Swimmer Meet Entry Fee (about \$1.00)
- Individual Event Fees (about \$3.00/event)
- Relay Fees (paid for by Otters!)

Most times additional entrance fees are collected for spectators.