

## SWIMMING

**Backstroke: 50-, 100-, 200-Yard. Breaststroke: 50-, 100-, 200-Yard. Butterfly: 50-, 100-, 200-Yard. Freestyle: 50-, 100-, 200-, 500-Yard. Individual Medley: 100-, 200-, 400-Yard (Four Strokes)**

### QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2016 NSGA qualifying games will qualify for the 2017 National Senior Games.

### ENTRY REGULATIONS

1. At the 2017 National Senior Games, swimmers will be eligible to swim two bonus events. Bonus events may only be in the same stroke an athlete qualified in and can only be of a lesser distance, not greater. Athletes must enter seed times, from yards competition, for their selected bonus events. Seed times must be entered in minutes, seconds and hundreds of seconds (00:00.00). Seed times for each bonus events must be achieved during the last twelve months prior to the registration deadline.
2. Swimmers may enter a maximum of six events, including bonus events.
3. Swimmers must qualify and enter the event at the 2017 National Senior Games in order to enter a bonus event of lesser distance from that stroke.
4. The 500-yard freestyle, 200-yard butterfly, 200-yard and 400-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them
5. Swimmers who qualify in the 400-yard and 200-yard individual medley may select the 200-yard and the 100-yard individual medley as a bonus event.
6. Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suits must conform to United States Masters Swimming Rule 102, 12 Swimwear for Pool Competition.

### FORMAT

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. All swimmers in the 500-yard freestyle will be required to check-in at the venue.
4. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place for each event within each age division.

### SPORT RULES

1. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write or call:

United States Masters Swimming, Inc.  
655 North Tamiami Trail  
Sarasota, FL 34236  
(941) 256-8767 or (800) 550-7946  
[www.usms.org](http://www.usms.org)

2. The major points of the rules include:
  - a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
  - b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
  - c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
  - d) Breaststroke: The appropriate stroke is required.
  - e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly
  - f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
  - g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.
  - h) General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

## SWIMMING MINIMUM PERFORMANCE STANDARDS

### Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500 yard time by 1.15526 to get 400 meter MPS.

### 50- Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	:36.33	55-59	:41.40
60-64	:36.33	60-64	:42.42
65-69	:42.30	65-69	:48.55
70-74	:45.20	70-74	:50.60
75-79	:50.10	75-79	1:00.10
80-84	53.16	80-84	1:04.26
85-89	1:23.48	85-89	1:34.90
90+	1:50.80	90+	2:25.20

### 100- Yard Backstroke

Men		Women	
50-54	1:19.19	50-54	1:33.00
55-59	1:26.33	55-59	1:33.00
60-64	1:26.33	60-64	1:40.75
65-69	1:26.33	65-69	1:49.24
70-74	1:43.85	70-74	1:53.22
75-79	1:54.44	75-79	2:16.10
80-84	2:01.77	80-84	2:19.62
85-89	3:33.40	85-89	4:17.20
90+	4:25.20	90+	5:45.90

### 200-Yard Backstroke

Men		Women	
50-54	2:56.02	50-54	3:07.60
55-59	3:09.90	55-59	3:07.60
60-64	3:09.90	60-64	3:59.20
65-69	3:26.30	65-69	4:21.20
70-74	3:52.17	70-74	4:21.36
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:24.37
85-89	10:35.90	85-89	10:44.80
90+	10:35.90	90+	10:44.80

### 50-Yard Breaststroke

Men		Women	
50-54	:36.50	50-54	:46.86
55-59	:36.90	55-59	:47.40
60-64	:37.80	60-64	:47.61
65-69	:40.11	65-69	:55.10
70-74	:45.29	70-74	:57.42
75-79	:51.60	75-79	1:09.80
80-84	:58.60	80-84	1:19.70
85-89	1:26.80	85-89	2:28.70
90+	1:36.20	90+	3:29.90

### 100-Yard Breaststroke

Men		Women	
50-54	1:22.70	50-54	1:43.30
55-59	1:22.70	55-59	1:43.30
60-64	1:26.70	60-64	1:45.70
65-69	1:27.42	65-69	2:01.20
70-74	1:44.20	70-74	2:12.20
75-79	1:52.95	75-79	2:39.00
80-84	2:21.20	80-84	2:45.00
85-89	4:56.60	85-89	5:45.90
90+	5:29.50	90+	5:45.90

### 200-Yard Breaststroke

Men		Women	
50-54	3:08.40	50-54	3:52.79
55-59	3:09.80	55-59	3:52.79
60-64	3:14.94	60-64	3:52.79
65-69	3:31.31	65-69	4:32.18
70-74	3:53.72	70-74	4:44.41
75-79	4:18.58	75-79	5:43.59
80-84	6:13.00	80-84	7:34.20
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

### 100-Yard Individual Medley

Men		Women	
50-54	1:13.21	50-54	1:26.70
55-59	1:16.00	55-59	1:26.70
60-64	1:18.32	60-64	1:34.14
65-69	1:18.32	65-69	1:52.30
70-74	1:38.02	70-74	2:00.10
75-79	1:48.90	75-79	2:25.40
80-84	2:17.30	80-84	2:54.50
85-89	4:16.60	85-89	5:25.60
90+	4:16.60	90+	5:25.60

### 200-Yard Individual Medley

Men		Women	
50-54	2:54.40	50-54	3:08.99
55-59	2:54.80	55-59	3:12.15
60-64	2:58.28	60-64	3:40.85
65-69	3:15.15	65-69	4:26.41
70-74	3:42.80	70-74	4:34.47
75-79	4:10.90	75-79	5:15.30
80-84	7:57.00	80-84	8:52.60
85-89	9:30.10	85-89	12:02.80
90+	9:30.10	90+	12:02.80

**SWIMMING MINIMUM PERFORMANCE STANDARDS (continued)**

<b>50-Yard Butterfly</b>				<b>100-Yard Butterfly</b>			
<b>Men</b>		<b>Women</b>		<b>Men</b>		<b>Women</b>	
50-54	:30.07	50-54	:37.65	50-54	1:23.70	50-54	1:27.05
55-59	:32.40	55-59	<b>:38.41</b>	55-59	1:35.20	55-59	<b>1:37.60</b>
60-64	:33.70	60-64	:42.75	60-64	1:35.20	60-64	<b>2:19.16</b>
65-69	<b>:34.95</b>	65-69	<b>:52.57</b>	65-69	<b>1:43.48</b>	65-69	2:55.90
70-74	:38.97	70-74	:58.60	70-74	1:51.33	70-74	2:55.90
75-79	:49.80	75-79	1:13.60	75-79	3:22.20	75-79	4:33.80
80-84	1:35.40	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.77	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

<b>50-Yard Freestyle</b>				<b>100-Yard Freestyle</b>			
<b>Men</b>		<b>Women</b>		<b>Men</b>		<b>Women</b>	
50-54	:27.51	50-54	:33.08	50-54	1:03.00	50-54	1:13.70
55-59	:28.80	55-59	<b>:34.39</b>	55-59	1:06.00	55-59	1:16.40
60-64	:29.08	60-64	<b>:34.39</b>	60-64	1:06.00	60-64	1:17.85
65-69	<b>:30.43</b>	65-69	:40.60	65-69	<b>1:09.95</b>	65-69	<b>1:31.78</b>
70-74	:34.40	70-74	:41.40	70-74	1:17.30	70-74	1:36.60
75-79	:36.80	75-79	:48.10	75-79	1:26.30	75-79	1:50.00
80-84	:41.40	80-84	<b>:56.16</b>	80-84	1:35.70	80-84	<b>2:07.48</b>
85-89	1:21.20	85-89	1:08.67	85-89	2:59.50	85-89	2:48.60
90+	1:34.95	90+	2:30.20	90+	3:43.50	90+	4:39.10

<b>200-Yard Freestyle</b>				<b>500-Yard Freestyle</b>			
<b>Men</b>		<b>Women</b>		<b>Men</b>		<b>Women</b>	
50-54	<b>2:26.01</b>	50-54	2:46.10	50-54	<b>6:57.40</b>	50-54	7:32.20
55-59	2:27.20	55-59	2:46.10	55-59	7:15.30	55-59	7:57.70
60-64	2:30.23	60-64	3:01.70	60-64	7:15.30	60-64	8:07.23
65-69	<b>2:45.02</b>	65-69	<b>3:26.63</b>	65-69	<b>7:37.77</b>	65-69	<b>9:36.00</b>
70-74	3:06.39	70-74	3:45.84	70-74	8:18.70	70-74	10:14.88
75-79	3:19.52	75-79	4:15.78	75-79	9:50.50	75-79	11:03.30
80-84	3:52.68	80-84	4:53.31	80-84	11:50.90	80-84	<b>14:52.08</b>
85-89	6:27.40	85-89	7:19.83	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

**MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS**

**Bonus Events**

Qualified Stroke You may select no more than two bonus events. Must be of same stroke and of lesser distance	Bonus Strokes (Maximum of two selections)										
	Backstroke 100	Backstroke 50	Breaststroke 100	Breaststroke 50	Butterfly 50	Butterfly 100	Freestyle 200	Freestyle 100	Freestyle 50	IM 100	IM 200
Backstroke 200	Y	Y									
Backstroke 100		Y									
Breaststroke 200			Y	Y							
Breaststroke 100				Y							
Butterfly 100					Y						
Butterfly 200					Y	Y					
Freestyle 500							Y	Y	Y		
Freestyle 200								Y	Y		
Freestyle 100									Y		
Individual Medley 200										Y	
Individual Medley 400										Y	Y