

SWIMMING

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

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.

ENTRY REGULATIONS

1. At the 2011 Summer 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 provide times from the last twelve months for their selected bonus events.
2. Athletes who qualify in the 200-yard individual medley may select only the 100-yard individual medley as a bonus event.
3. Swimmers must swim in their qualified events at the 2011 Summer National Senior Games in order to pick a bonus event from that stroke.
4. Swimmers may enter a maximum of six events, including bonus events.
5. The 500-yard freestyle and the 200-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them.
6. Swimmers must provide their own suits, caps, goggles, towels, etc.

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 1st through 8th 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.
P. O. Box 185
Londonderry, NH 03053-0185
(800) 550-7946
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

Based on Short Course Yards - Conversion
Metric Times: Multiply by 0.893 to get yardage times.
Yardage Times: Multiply by 1.118 to get metric times.

50-Yard Backstroke				100-Yard Backstroke			
Men		Women		Men		Women	
50-54	:36.20	50-54	:41.40	50-54	1:27.20	50-54	1:33.00
55-59	:36.80	55-59	:43.30	55-59	1:27.20**	55-59	1:34.80
60-64	:37.30	60-64	:49.50	60-64	1:27.20**	60-64	1:50.40
65-69	:42.30	65-69	:52.00	65-69	1:31.70	65-69	1:57.50
70-74	:47.70	70-74	:55.20	70-74	1:44.80	70-74	2:05.80
75-79	:50.10	75-79	1:00.10	75-79	1:54.70	75-79	2:15.70
80-84	:55.40	80-84	1:14.30	80-84	2:12.70	80-84	2:36.40
85-89	1:31.40	85-89	1:34.90	85-89	3:33.40	85-89	4:17.20
90+	1:50.80	90+	2:25.17*	90+	4:25.20	90+	5:45.90

200-Yard Backstroke				50-Yard Breaststroke			
Men		Women		Men		Women	
50-54	3:09.90	50-54	3:07.60	50-54	:36.50	50-54	:47.40
55-59	3:00.30	55-59	3:29.80	55-59	:37.70	55-59	:47.40**
60-64	3:00.30**	60-64	3:59.20	60-64	:37.80	60-64	:53.00
65-69	3:26.30	65-69	4:20.80	65-69	:44.20	65-69	:55.10
70-74	3:53.90	70-74	4:46.20	70-74	:46.10	70-74	1:00.00
75-79	4:12.90	75-79	4:52.00	75-79	:54.80	75-79	1:09.80
80-84	4:58.80	80-84	5:31.20	80-84	:58.60	80-84	1:19.70
85-89	10:35.90	85-89	10:44.80	85-89	1:26.80	85-89	2:28.70
90+	10:35.90	90+	10:44.80	90+	1:36.20	90+	3:29.90

100-Yard Breaststroke				200-Yard Breaststroke			
Men		Women		Men		Women	
50-54	1:22.70	50-54	1:43.40	50-54	3:08.40	50-54	3:59.70
55-59	1:22.70**	55-59	1:40.70	55-59	3:09.80	55-59	3:59.70**
60-64	1:28.60	60-64	2:02.80	60-64	3:17.60	60-64	4:32.60
65-69	1:37.20	65-69	2:03.50	65-69	3:39.40	65-69	4:32.90
70-74	1:44.20	70-74	2:15.70	70-74	3:55.30	70-74	5:00.60
75-79	2:04.40	75-79	2:39.00	75-79	4:43.80	75-79	5:53.00
80-84	2:21.20	80-84	2:45.00	80-84	6:13.00	80-84	7:34.20
85-89	4:56.60	85-89	5:45.90	85-89	12:03.60	85-89	12:47.90
90+	5:29.50	90+	5:45.90	90+	12:03.60	90+	12:47.90

100-Yard Individual Medley				200-Yard Individual Medley			
Men		Women		Men		Women	
50-54	1:16.00	50-54	1:26.70	50-54	2:54.40	50-54	3:10.40
55-59	1:16.00**	55-59	1:36.00	55-59	2:57.70	55-59	3:33.50
60-64	1:21.80	60-64	1:44.60	60-64	3:02.30	60-64	4:12.40
65-69	1:29.40	65-69	1:52.30	65-69	3:40.10	65-69	4:27.00
70-74	1:39.10	70-74	2:04.60	70-74	3:42.80	70-74	4:40.90
75-79	1:52.30	75-79	2:25.40	75-79	4:10.90	75-79	5:15.30
80-84	2:32.60*	80-84	2:54.50	80-84	7:57.00*	80-84	8:52.60
85-89	4:16.60	85-89	5:25.60	85-89	9:29.70	85-89	12:02.80
90+	4:16.60	90+	5:25.60	90+	9:29.70	90+	12:02.80

SWIMMING MINIMUM PERFORMANCE STANDARDS

(continued)

50-Yard Butterfly			
Men		Women	
50-54	:30.90	50-54	:37.70
55-59	:32.40	55-59	:39.10
60-64	:33.80	60-64	:47.50
65-69	:40.60	65-69	:54.20
70-74	:42.20	70-74	:58.60
75-79	:55.30	75-79	1:13.60
80-84	1:46.00	80-84	1:30.00
85-89	2:03.70	85-89	3:18.20
90+	2:18.90	90+	3:18.20

100-Yard Butterfly			
Men		Women	
50-54	1:33.00***	50-54	1:30.00
55-59	1:35.20	55-59	1:47.20*
60-64	1:40.10	60-64	2:55.90
65-69	1:51.33*	65-69	2:55.90**
70-74	1:51.33**	70-74	2:58.80*
75-79	3:44.70	75-79	4:33.80
80-84	5:18.00	80-84	5:18.00
85-89	6:11.00	85-89	6:11.00
90+	6:11.00	90+	6:11.00

50-Yard Freestyle			
Men		Women	
50-54	:28.50	50-54	:34.20
55-59	:28.80	55-59	:34.80
60-64	:29.50	60-64	:41.00
65-69	:31.80	65-69	:42.30
70-74	:34.40	70-74	:44.00
75-79	:36.80	75-79	:48.10
80-84	:41.50	80-84	1:01.20
85-89	1:21.20*	85-89	1:16.30
90+	1:45.50	90+	2:30.20

100-Yard Freestyle			
Men		Women	
50-54	1:04.20	50-54	1:16.20
55-59	1:06.00	55-59	1:16.90
60-64	1:06.00**	60-64	1:33.10
65-69	1:15.10	65-69	1:33.30
70-74	1:19.70	70-74	1:44.20
75-79	1:26.30	75-79	1:54.80
80-84	1:43.70	80-84	2:23.10
85-89	2:59.50*	85-89	2:48.60
90+	3:43.50	90+	4:39.10

200-Yard Freestyle			
Men		Women	
50-54	2:27.20	50-54	2:46.10
55-59	2:27.20**	55-59	2:53.70
60-64	2:33.60	60-64	3:19.00
65-69	2:57.30	65-69	3:30.00
70-74	3:13.60	70-74	3:48.90
75-79	3:36.20	75-79	4:15.20
80-84	4:06.40	80-84	6:02.10
85-89	6:27.40	85-89	8:08.70
90+	7:25.00	90+	11:02.40

500-Yard Freestyle			
Men		Women	
50-54	7:15.30	50-54	7:32.20
55-59	7:15.30**	55-59	8:50.80
60-64	7:15.30**	60-64	9:20.60
65-69	8:11.10	65-69	9:47.50
70-74	8:18.70	70-74	10:55.30
75-79	9:50.50	75-79	11:22.60
80-84	12:06.70	80-84	15:47.20
85-89	16:46.00	85-89	26:55.30
90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

*Original calculation was greater than 10% increase permitted. New MPS is exactly 10% greater than 2009 MPS.

**Original MPS and/or original calculations were more difficult than a younger age group. New MPS is equal to the MPS of the younger age group.

***This is not a change, but a correction to the rulebook.