

## SWIMMING

### EVENTS/EVENT CODES

50-yard Backstroke	SW036
100-yard Backstroke	SW037
200-yard Backstroke	SW038
50-yard Breaststroke	SW039
100-yard Breaststroke	SW040
200-yard Breaststroke	SW049
50-yard Butterfly	SW041
100-yard Butterfly	SW042
50-yard Freestyle	SW043
100-yard Freestyle	SW044
200-yard Freestyle	SW045
200-yard Freestyle Relay	On-site Only
500-yard Freestyle	SW046
100-yard Individual Medley	SW048
200-yard Individual Medley	SW047
200-yard Individual Medley Relay	On-site Only



### DATE

Saturday, December 1 – Sunday, December 2

### SITE

Gandy Pool  
404 Imperial Boulevard  
Lakeland, FL 33803

### SCHEDULE

#### Saturday, December 1

9 a.m.	Check-in and Warm-ups begin
9 a.m. – Noon	On-site Registration for the 200-yard Freestyle Relay
10 a.m.	Competition begins
	200-yard Freestyle
	50-yard Backstroke
	100-yard Breaststroke
	100-yard Butterfly
	100-yard Individual Medley
	50-yard Breaststroke
	500-yard Freestyle
	200-yard Freestyle Relay

#### Sunday, December 2

9 a.m.	Check-in and Warm-ups begin
9 a.m. – Noon	On-site Registration for the 200-yard IM Relay
10 a.m.	Competition begins
	200-yard Breaststroke
	50-yard Freestyle
	100-yard Backstroke
	50-yard Butterfly
	200-yard Individual Medley
	100-yard Freestyle
	200-yard Backstroke
	200-yard Individual Relay Medley

## STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify for one Swimming event are eligible for all Swimming events. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

### ENTRY REQUIREMENTS

1. Swimming entry fee is \$20 for the first event and \$3 for each additional event Florida residents. Entry fee is \$25 for the first event and \$5 for each additional event for non-residents. Entry fee includes an event t-shirt (athletes competing in multiple sports will only receive one t-shirt). T-shirts will be distributed on-site at designated competition check-in time. A short survey will be required to be completed at check-in. This survey can be found online at [www.flasports.com](http://www.flasports.com), and can be completed in advance and brought to check-in.
2. Relay events are open to all athletes registered for swimming and are not subject to additional entry fees. Relay teams may only register on-site during designated time above.
3. All entries must be **received by November 12, 2012 or register online by November 16, 2012** at [www.flasports.com](http://www.flasports.com). Late entries may be accepted at the discretion of the Event Director. Athletes registering after November 16, 2012 will not be guaranteed a t-shirt.
4. Entry forms, waiver of liability and entry fee should be made payable to the Florida Sports Foundation (FSF). Save a stamp and beat the deadline! Register online at [www.flasports.com](http://www.flasports.com).
5. Swimmers must note their qualifying time from their Local Senior Games in the section labeled “Other” on the individual entry form. Entries will not be accepted without a qualifying time for each event. Non-residents who have not competed at a Local Senior Games should enter their best time this season in this section.
6. Swimmers may enter a maximum of six events, not including relays.
7. 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. Events will be held in a 25-yard heated pool. Warm-up lanes will be provided.
4. Fourth place ribbons will be awarded in addition to Gold, Silver and Bronze medals for Florida residents. Gold, Silver and Bronze medals will be awarded to top overall athletes if non-residents are in contention for medals.

### SPORT RULES

1. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. 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: Appropriate stroke is required. After the start and after each turn, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
  - 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. Individual 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.
2. Relay age divisions will be determined by the age of the youngest team member as of December 31, 2012.
3. All swimsuits must conform with USMS Code of Regulations and Rules of Competition.

### NATIONAL SENIOR GAMES 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 the 2012 Florida Senior Games State Championships will qualify for the 2013 Summer National Senior Games.
2. Relays are not qualifying events for the 2013 Summer National Senior Games.
3. At the 2013 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. Athletes who qualify in the 200-yard individual medley may select only the 100-yard individual medley as a bonus event. Swimmers must swim in their qualified events at the 2013 Summer National Senior Games in order to pick a bonus event from that stroke.

### SWIMMING MINIMUM PERFORMANCE STANDARDS

#### Based on Short Course Yards

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	:36.33	55-59	:43.30	55-59	1:27.20	55-59	1:33.00
60-64	:37.30	60-64	:49.41	60-64	1:27.20	60-64	1:49.24
65-69	:42.30	65-69	:49.41	65-69	1:31.70	65-69	1:49.24
70-74	:45.20	70-74	:55.20	70-74	1:43.85	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	:53.16	80-84	1:08.85	80-84	2:01.77	80-84	2:35.13
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	3:21.40	55-59	:37.70	55-59	:47.40
60-64	3:00.30	60-64	3:59.20	60-64	:37.80	60-64	:51.10
65-69	3:26.30	65-69	4:20.80	65-69	:44.20	65-69	:55.10
70-74	3:52.17	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	:51.80	75-79	1:09.80
80-84	4:35.75	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	1:58.70	60-64	3:17.60	60-64	4:31.47
65-69	1:37.20	65-69	2:01.20	65-69	3:39.40	65-69	4:32.90
70-74	1:44.20	70-74	2:12.20	70-74	3:55.30	70-74	4:44.41
75-79	1:57.90	75-79	2:39.00	75-79	4:18.58	75-79	5:43.59
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

## SWIMMING MINIMUM PERFORMANCE STANDARDS

(continued)

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	3:08.99
55-59	1:16.00	55-59	1:34.00	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	1:24.80	65-69	1:52.30	65-69	3:36.83	65-69	4:27.00
70-74	1:39.10	70-74	2:00.10	70-74	3:42.80	70-74	4:34.47
75-79	1:48.90	75-79	2:25.40	75-79	4:10.90	75-79	5:15.30
80-84	2:17.70	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

50-Yard Butterfly				100-Yard Butterfly			
Men		Women		Men		Women	
50-54	:30.90	50-54	:37.65	50-54	1:33.00	50-54	1:27.05
55-59	:32.40	55-59	:39.10	55-59	1:35.20	55-59	1:42.49
60-64	:33.80	60-64	:46.50	60-64	1:35.20	60-64	2:38.70
65-69	:37.04	65-69	:53.92	65-69	1:51.33	65-69	2:55.90
70-74	:42.20	70-74	:58.60	70-74	1:51.33	70-74	2:56.30
75-79	:49.80	75-79	1:13.60	75-79	3:22.60	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	2:03.70	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

50-Yard Freestyle				100-Yard Freestyle			
Men		Women		Men		Women	
50-54	:28.50	50-54	:34.20	50-54	1:04.20	50-54	1:13.70
55-59	:28.80	55-59	:34.80	55-59	1:06.00	55-59	1:16.90
60-64	:29.50	60-64	:36.90	60-64	1:06.00	60-64	1:26.50
65-69	:31.80	65-69	:40.60	65-69	1:12.10	65-69	1:33.30
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	:59.90	80-84	1:35.70	80-84	2:23.10
85-89	1:21.20	85-89	1:16.30	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

200-Yard Freestyle				500-Yard Freestyle			
Men		Women		Men		Women	
50-54	2:27.20	50-54	2:46.10	50-54	7:15.30	50-54	7:32.20
55-59	2:27.20	55-59	2:53.70	55-59	7:15.30	55-59	7:58.10
60-64	2:33.60	60-64	3:08.21	60-64	7:15.30	60-64	8:24.90
65-69	2:57.30	65-69	3:30.00	65-69	8:09.30	65-69	9:47.50
70-74	3:11.59	70-74	3:48.90	70-74	8:18.70	70-74	10:48.10
75-79	3:36.20	75-79	4:15.20	75-79	9:50.50	75-79	11:03.30
80-84	3:52.68	80-84	5:25.90	80-84	11:50.90	80-84	15:05.10
85-89	6:27.40	85-89	8:08.70	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

### FSF STAFF CONTACT

Jared Fleet

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**STATE DIRECTOR**

Diane Dimonaco

(863) 646-7424 or [diane.dimonaco@lakelandelectric.com](mailto:diane.dimonaco@lakelandelectric.com)**VENUE DIRECTIONS**

From I-4: Take Exit 32/US 98/Florida Avenue South. Continue Straight on Florida Avenue South for approximately 5.7 miles. Turn Right on Imperial Boulevard and continue for .2 of a mile. Gandy Pool will be on the Left. Parking is not permitted along Imperial Boulevard. Overflow parking is available in the Wal-mart shopping Center.