



## USA Swimming Motivational Times

### Time Standards:

Individual time standards are based on the age group and speed of the swimmer in each event. Every swimmer starts as a “C” swimmer with their age and time in each event further classifying them into one of the following categories: B, BB, A, AA, AAA, AAAA. For example “B” being the beginner level and “AAAA” being the elite level swimmer. It is also common for a swimmer to have multiple time standards based on their ability in a variety events. For instance, my child may have an “A” time standard in the 50 freestyle and a “BB” time standard in the 100 breaststroke. A list of the current time standards can be found at: [USA Swimming Time Standards](#). Time standards are updated every two years.

*Why are motivational times a good thing?* 1) Motivational times are just that; for motivation and goals. There is no value or merit placed on any swimmer on our program based on this system. Each swimmer may compete and swim for their own reasons but some need steps to help them reach their goal time in a particular event. 2) At some swim meets it is important for swimmers to be separated both for speed and swimmer development in the sport. How fun would it be for new swimmers to compete against the most experienced of swimmers in Houston at every meet; on either end of the spectrum?

### Time Standards & Swim Meets:

- Some swim meets offered during the year require that swimmers have a specific time standard in events before signing up for the meet. These meets are denoted on the meet schedule as “Qualifying Times”. Some examples include; Elite meets, Texas Age Group Swimming – TAGS, Speedo Sectionals.
- Some meet are denoted on the meet schedule as “Cut off Times”. This means that a swimmer may be overqualified in some meets if they have too many fast times and cannot go to a meet. Some examples are 9-14 Gulf Champs II (13-14 age swimmers with 3 or more “Cut Off Times” may not be able to attend 9-14 Champs meets but may be required to attend the 15 & older Champs III meets).

In most cases when we set up a meet in [ambushswim.com](#) we have set these requirements up and it will show an error when trying to enter and event in the inappropriate meet. If in doubt contact your coach for advice. [Coach contact page](#)