

# Colonial Heights Swim & Yacht Club (SYC)

## Handbook 2023

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SYC – 2023 Season  
**Calendar of Events and Meets**

<u>Beginning Monday, May 15, 2023:</u>		<b>Monday thru Thursday</b>	
Pre-team*: <b>(4 and older that can't swim the length of pool)</b>		5:15 - 5:45 pm	
Ages 8 and under		5:45 - 6:15 pm	
Ages 9 - 12		6:15 - 7:15 pm	
Ages 13 and over		7:15 - 8:15 pm	
<u>Beginning Monday, June 19:</u>	<b>Monday - Wednesday</b>	<b>Thursday</b>	<b>Fun Friday</b>
Pre-team*:	8:00 - 8:30 am	8:00 - 8:30 am	9:00 - 10:00 am
	5:15 - 5:45 pm		
<b>(4 and older that can't swim the length of the pool)</b>			
Ages 8 and under	8:30 - 9:15 am	8:30 - 9:15 am	9:00 - 10:00 am
Or	5:45 - 6:15 pm		
Ages 9 - 12	9:15 - 10:15 am	9:15 - 10:00 am	9:00 - 10:00 am
Or	6:15 - 7:15 pm		
Ages 13 and over	9:15 - 10:15 am	9:15 - 10:00 am	9:00 - 10:00 am
Or	7:15 - 8:15 pm		
June 8 (Tue)	Swim meet SYC vs. CRA @ CRA		warm-ups 6:00 pm meet starts 6:30 pm
June 13 (Tue)	Swim meet SYC vs. Wood-Dale @ SYC		warm-ups 5:45 pm meet starts 6:30 pm
June 22 (Thu)	Swim meet SYC vs Southbend @ SYC		warm-ups 5:45 pm meet starts 6:30 pm
June 29 (Thu)	Swim meet SYC vs Stoney Glen @ SG		warm-ups 6:00 pm meet starts 6:30 pm
July 6 (Thu)	Swim meet SYC vs. Battlefield @ BP		warm-ups 6:00 pm meet starts 6:30 pm
July 13 (Thu)	Swim meet SYC vs Rivers Bend @ SYC		warm-ups 5:45 pm meet starts 6:30 pm
July 20 (Thu)	Pre-Champs Ice Cream Social – SYC Pavilion		7:30 p.m.
July 21 (Fri)	Championship meet @ Battlefield Park 11 and over swimmers		warm-ups TBD meet starts 5:30 pm
July 22	Championship meet @ Battlefield Park 10 and under swimmers		warm ups TBD meet starts 8:30 am
Aug 3 (Thu)	Team awards social – location TBD Team swimming at SYC following awards until 11 p.m.		6:30 p.m.

### Swimmers' Eligibility

Swimmers eligible for the swim team must show ability and confidence in the water with a willingness to learn.

Pre-team: Children may try out with the approval of the coaching staff. New children will have a two-week trial period, after which the coaching staff will evaluate their performance. At that time, it is up to the coaching staff to decide if the swimmer may continue on the team. If the coaching staff determines that the child is not ready for the team, full refunds will be issued.

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### 2023 Fees/Expenses

#### Registration:

Members:	\$90	1 <sup>st</sup> child in family
	\$70	each additional child in family
Non-members:	\$125	1 <sup>st</sup> child in family
	\$90	each additional child in family

Each swimmer receives one SYC latex swim cap with their registration and a team tee shirt. Replacement latex caps may be purchased for \$5.00 each and are available on a first come/first serve basis. Silicon caps are available for purchase for \$15 and are on a first come/first serve basis.

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### VERY IMPORTANT

PLEASE LABEL ALL SWIMWEAR WITH YOUR NAME – SUITS, SHIRTS, CAPS- EVERYTHING!

THE LINING OF THE SUITS ARE EASILY MARKED WITH A PERMANENT MARKER

Remember to care for your suit by rinsing in cool water after each use. DO NOT use soap or let the suit stay wet overnight in your swim bag. Lycra will disintegrate if not properly cared for. Rinse your cap also. When it is dry, a little baby powder may keep it from sticking.

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## WHAT MAKES A SUCCESSFUL SYC SWIM TEAM MEMBER?

Southside Swim League: Provides structure and support for dual swim meet  
Competition and championship meet for the 6 teams  
in the league  
Provides training for officials  
Evaluates current procedures and updates as necessary

Parents: Get the swimmers to practice regularly  
Reinforce skills outside of practice  
Encourage swimmers to do their best  
Set a good example of sportsmanship  
Support the coaches; never criticize them in public; if there  
is a problem, consult privately with the coach(es)  
Keep a record of swimmers' times

Coaches: Encourage swimmers to do their best  
Set individual expectations  
Organize appropriate practice sessions  
Plan meet strategy  
Teach correct swim techniques  
Offer constructive criticism as needed  
Keep accurate team records

Swimmers: Attend practice regularly  
Practice on his/her own time as needed  
Be enthusiastic  
Set and work toward personal goals  
Demonstrate good sportsmanship  
Participate in meets  
Support the SYC team

## SPORTSMANSHIP GUIDELINES

### Swimmers:

- Treat opponents with respect; shake hands if appropriate
- Respect judgment of meet officials; abide by the rules of the meet and display appropriate behavior
- Cooperate with officials, coaches, and fellow swimmers at all meets
- Accept seriously the responsibility and privilege of representing the SYC Swim Team; display positive public behavior at all times
- Live up to the high standard of sportsmanship established by the SYC Swim Team
- Remember to have fun, but not at the expense of others. Other teams are not “the enemy”; they are fellow competitors

### Parents and other fans:

- Respect the decisions made by swim officials and coaches
- Be an exemplary role model by positively supporting the team in every manner possible, including content of cheers and signs
- Respect the fans, coaches, and swimmers of all teams in the league
- Be a fan, not a fanatic

### Swim Officials:

- Accept role in an unassuming manner. Over-officiating is not acceptable.
- Maintain confidence and poise.
- Know rules thoroughly and abide by them.
- Never exhibit emotions or argue with swimmers or coaches when enforcing rules.

## BEFORE THE MEET

Beginning Monday, May 15, 2023:

Pre-team\*: **(4 and older that can't swim the length of pool)**

Ages 8 and under

Ages 9 - 12

Ages 13 and over

**Monday thru Thursday**

5:15 - 5:45 pm

5:45 - 6:15 pm

6:15 - 7:15 pm

7:15 - 8:15 pm

Beginning Monday, June 19:

Pre-team\*:

**Monday - Wednesday**

8:00 - 8:30 am

5:15 - 5:45 pm

**Thursday**

8:00 - 8:30 am

**Fun Friday**

9:00 - 10:00 am

**(4 and older that can't swim the length of the pool)**

Ages 8 and under

Or

8:30 - 9:15 am

5:45 - 6:15 pm

8:30 - 9:15 am

9:00 - 10:00 am

Ages 9 - 12

Or

9:15 - 10:15 am

6:15 - 7:15 pm

9:15 - 10:00 am

9:00 - 10:00 am

Ages 13 and over

Or

9:15 - 10:15 am

7:15 - 8:15 pm

9:15 - 10:00 am

9:00 - 10:00 am

\*Pre-team members are those swimmers 8 and under that are unable to swim the length of the pool (25 meters). These swimmers will work with coaches on a probationary period the first **two weeks** of practice to assess how quickly they can acclimate to the team. If it is determined that they are not ready to learn to swim, parents will be notified by the coach at the end of the two-week period.

We hold practice even if it is raining. Practice will be suspended/canceled only for lightning and/or thunder. We will make every effort to send out a notification through the Remind app. If you aren't sure if you should attend, call the pool (526-3578). Be sure your swimmer(s) know what procedures they need to follow; i.e. call you, ride with a friend, etc. in the event we have a weather cancellation. A coach will stay until all the children have left but please, out of consideration to our coaches, please be as prompt as possible.

**IT IS YOUR RESPONSIBILITY TO LET THE COACH KNOW WHEN YOU WILL NOT BE ABLE TO ATTEND A SWIM MEET.** They need to know who will be at each meet in order to plan their strategy. Please make the coaches aware of vacation plans as soon as possible. Especially let them know if you will be arriving back in town the day of a meet and plan to swim.

Set goals and work toward them each week.

Eat high carbohydrates before the meet - allow a couple of hours before the start time. Eat pasta and fruit; don't drink milk or carbonated drinks; go easy on the sweets.

On the day of the meet, stay out of the sun as much as possible. Take a nap (the meet may run late). The coaches strongly urge the swimmers to avoid being at the pool past practice on meet days.

## ARRIVAL AT THE MEET/ DURING THE MEET

Be on time for warm-ups. The coaches will remind you of warm up times at practice.

Bring: at least 2 towels per swimmer

Team cap – this is a must for girls especially and each swimmers is given one

**Year round/winter league caps may not be worn.**

Suits – one piece for girls/jammer for boys; no zippers, buckles or ties on girls'

Sweats – tops and bottoms – it can get cool in the evening

Flip flops/foot wear

Folding chairs to ensure you have adequate seating for the meet

Permanent marker – for writing event numbers on your hand

Goggles – make sure they fit snugly and an extra pair is a good idea!!

Check in and obtain your event number, heat and lane, which will be posted by age groups.

**Wear a cap.** Make sure your goggles are broken in and are tight.

If a swimmer becomes ill during the meet, see the coach. If for any reason a swimmer must leave before the meet is over, see the coach. This is important – even if you have finished your scheduled events, the coaches need to know in case you are needed for a relay.

We use Timer Sheets, therefore, no swimmers will receive a time card. They will find out their heat and lane assignments for each event by checking the meet programs posted during warm ups. When called to report, they will go to the staging area behind the blocks.

Staging: This area will be adjacent to the blocks. As events are completed, one to two heats will be sent behind the blocks. Please encourage your swimmers to report behind the blocks in ample time so they are not rushed stepping up or miss the event altogether.

Mites will be called to a central meeting location for staging. Mite runners will organize and deliver the mites to their lane monitors who, in turn, will ensure the right swimmer is in the right lane and heat.

Swimmers may at some time be entered in events they do not like to swim. If you have questions about your events, see your coach.

If lightning is reported, leave the deck area immediately. You may take shelter in a building or car, **but don't leave unless it is announced that the meet has been postponed to another day.** We usually wait 30 minutes after the last sighting of lightning before continuing the meet. Meets delayed more than 1 hour will be rescheduled. Swimmers will be notified. We are using the Remind app to keep you abreast of developments during the delay and info on the postponement, if it occurs. Events completed before the postponement will be official. The rescheduled meet will begin where the first meet left off.

Get your times from the timer upon exiting the pool after each event. Report them to your parent or guardian.

Have a great time. Meets should be lots and lots of fun.



## AFTER THE MEET

Clean up around your area – especially be good visitors at away meets.

Compare your times with your goals and evaluate what you may need to improve.

## SWIMMER'S EAR A PROBLEM FOR YOU?

Purchase an over-the-counter treatment at the drug store and use faithfully!

There are some home remedies that some parents use – check around.

There is never a clear answer why some swimmers seem to be more prone to swimmer's ear – or why some seasons are worse than others.

## JOB DUTIES AVAILABLE FOR PARENTS

Computer Operator: Enters times into the computer program, which determines the swimmer standings. **Requires training.** Works at table away from poolside. In charge at home meets/assists at away meets.

Concessions: Helps with the shopping, stocking, cooking and selling of food at the team's concession stand at home meets.

Head Timer: Coordinates timers for all meets. In addition, runs "backup" stop watches in the event of a problem with a stop watch at a lane.

Hospitality: Serves water to workers. Answers questions and/or provides help as needed. Works home meets only.

Lane Monitor: Is assigned a specific lane during mite events and is responsible for ensuring that the children are in the right heat of their events. Work both home and away meets.

Mite parent: Requires you to organize and delivery a group of 8 year and under swimmers to the appropriate starting block on time and in the correct lane. Work both home and away meets.

Ribbons: Works at a table near scoring table. Applies computer generated labels to appropriate ribbons and sorts ribbons by team. Usually at least one person from each team shares duties.

Runner: Gathers all Timer Sheets from timers, scan cards from scan judges and any disqualification slips from referee after each event is completed and takes them to the scoring table. Requires a great deal of walking. Works home meets only.

Scan Judge: Calls the order of the swimmers as they finish each heat. The call of the two sets of Scan Judges actually is the official call unless the two sets of judges do not agree; then scorers use time cards. This is a very important job. Each team provides one set of Scan Judges per half. Requires sitting. Works away and home meets.

Scorer: Works at table adjacent to Computer Operator. Checks times and ensures that times and scan judge placement match. Also checks for accurate completion of DQ (disqualification) cards. Forwards sheets to Computer Operator.

Staging Area Coordinator: Responsible for keeping swimmers, as they report to behind the blocks and staging area, organized by heat and lane. Moves swimmers from staging area to behind the blocks as heats are called.

Starter: Announces event, calls swimmers to blocks, and starts each heat. Also makes announcements during meet and calls swimmers to clerk of course. **Requires training.** Works home meets only.

Strokes & Turns Judge: Observes swimmers in the water and watches for illegal starts, strokes, and finishes. This job takes **training and experience**. Is at times “high stress” and takes a person with a good eye for swimming. Requires standing. Works home and away meets.

Timer: Responsible for proper operation of stopwatch to time each heat for assigned lane. Must also ask the name of each swimmer to confirm they match the Time Sheets. Concentration necessary. Fun way to interact with swimmers. Works home and away meets. Three timers needed per lane. Requires large amount of standing.

## SCORING/TIERING/RIBBONS

### Dual meets:

Ribbons for dual meets will be awarded for 1<sup>st</sup> through 6<sup>th</sup> place for each of the four levels of competition.

The levels are Gold, Blue, Red and White (Gold being the fastest).

If a swimmer enters a meet at the White level, but swims a red time at the meet, the swimmer will receive the points and ribbon for the White Level for that meet. However, at the next meet, the swimmer must be entered at the Red Level.

Scoring points are awarded to the team as follows:

Tier:	Gold	Blue	Red	White	Relay
1 <sup>st</sup> place each level:	11	9	7	5	36
2 <sup>nd</sup> place each level:	6	5	4	3	20
3 <sup>rd</sup> place each level:	4	3	2	1	12

Heat winner ribbons will be awarded to 10 and under swimmers at all meets.

### Championships:

Awards are given for the top 8 finishers in each individual event and points awarded for the top 6 places. Awards and points are awarded for the top 8 finishers in each relay event. Events for swimmers 10 & under are awarded through 16 places for individual events.

1 <sup>st</sup> – 3 <sup>rd</sup> places	All ages	Medals
4 <sup>th</sup> – 8 <sup>th</sup> places	11 & older	Ribbons
4 <sup>th</sup> – 16 <sup>th</sup> places	10 & under	Ribbons

Scoring will be as follows for individual events:

Tier	Gold	Blue	Red	White	Relays
1 <sup>st</sup>	16	13	10	7	52
2 <sup>nd</sup>	12	10	8	5	40
3 <sup>rd</sup>	9	8	7	4	32
4 <sup>th</sup>	7	6	5	3	24
5 <sup>th</sup>	5	4	3	2	16
6 <sup>th</sup>	4	3	2	1	12
7 <sup>th</sup>	-	-	-	-	8
8 <sup>th</sup>	-	-	-	-	4

Please note relay #28 is at the end of the championship meet rather than in the middle

## DIRECTIONS TO SSL POOLS

(All directions are from SYC – mileage shown is distance after direction is taken)

### **Battlefield Park (BPSC)**

3108 Homestead Drive

732-9493

	Mileage
Turn LEFT on CONDUIT RD.	0.8
Turn RIGHT onto TEMPLE AVE/Rt. 144.	0.3
Take I-95 S.	1.8
Take the US-460-BR/COUNTY DR exit	0.2
Keep RIGHT at the fork in the ramp.	0.1
Turn LEFT onto GRAHAM RD.	0.1
Turn RIGHT onto US-301/S CRATER RD.	0.7
Turn RIGHT onto E SOUTH BLVD.	1.1
Turn LEFT onto JOHNSON RD.	0.8
Turn LEFT onto HOMESTEAD DR.	0.1
Entrance to parking lot is on left.	

### **Rivers Bend (RB)**

12300 Rivers Bend Blvd.

530-0189

	Mileage
Turn LEFT on CONDUIT RD.	0.8
Turn RIGHT onto TEMPLE AVE/Rt. 144.	0.3
Turn LEFT onto I-95.	0.1
Keep LEFT onto I-95 NORTH.	7.0
Take the Rt. 10 EAST exit	0.4
Merge onto Rt. 10 E/W HUNDRED RD.	2.6
Turn LEFT onto RIVERS BEND BLVD.	0.3
Turn Left onto HOGANS ALLEY	

### **South Bend Swim Team (SB)**

701 Greyledge Boulevard, Chester

Turn left onto Conduit Rd	0.8 mi
Turn right onto Temple Ave	174 ft
Merge onto I-95 N via the ramp to Richmond	6.7 mi
Take exit 61A for VA-10 E toward Hopewell	0.4 mi
Turn right onto VA-10 E/W Hundred Rd	2.9 mi
Turn right onto Bermuda Orchard Ln	0.9 mi
Turn right onto Greyledge Blvd	449 ft
Pool is on left.	

**Stoney Glen (SGST)**

Oak Hollow Sports Club  
4900 Stoney Creek Parkway  
720-2778

	Mileage
Turn LEFT onto CONDUIT RD.	0.3
Turn RIGHT onto E ELLERSLIE AVE.	1.2
Turn RIGHT onto US-1/301/BOULEVARD.	0.8
US-1/301/BOULEVARD becomes JEFFERSON DAVIS HWY/US-301.	0.2
Turn LEFT onto HARROWGATE RD.	3.0
Turn LEFT onto STONEY CREEK PKWY.	0.4
Pool is on left hand side of road.	

**Wood-Dale Swim Club (WD)**

3409 Norfolk Street, Hopewell  
458-6376

	Mileage
Turn LEFT onto CONDUIT RD.	0.8
Turn LEFT onto TEMPLE AVE Rt. 144	3.1
Turn LEFT onto Rt. 36	1.3
Turn LEFT onto ASHLAND ST.	0.1
Turn RIGHT onto SMITHFIELD ST.	0.1
Turn RIGHT onto ROLFE LN.	0.0
Turn LEFT onto NORFOLK ST	0.0
Pool is on left.	

**Chester Rec (CRA)**

11740 Chester Rd Chester VA 23831  
(804) 748-4397

	Mileage
Take CONDUIT RD. to Temple Ave	3.1
Take I-95 N to VA-10/West Hundred Road Exit 61	7
Turn right onto Chester Road	0.6
Turn left onto Chester Station Drive	
Destination will be on the right	

## SYC Boys Record Times

25 Free	6 & Under	Camden Royster	19.94	07/16
25 Free	8 & Under	Camden Royster	17.75	06/18
50 Free	9-10	Austin Galyen	33.84	07/17
50 Free	11-12	Joey Finn	28.40	08/96
50 Free	13-14	Joey Finn	26.70	08/98
50 Free	15-18	Chris Cromer	25.13	06/08
25 Breast	8 & Under	Brian Bryant	22.58	07/88
50 Breast	9-10	Wes Estes	45.00	07/78
50 Breast	11-12	Austin Galyen	38.12	07/19
50 Breast	13-14	Austin Galyen	33.71	07/21
50 Breast	15-18	Chris Cromer	31.43	07/07
100 IM	10 & Under	Brian Polo	1:27.08	07/05
100 IM	11-12	Camden Royster	1:14.25	07/22
100 IM	13-14	Brian Polo	1:07.21	07/09
100 IM	15-18	Parker Stevens	1:01.37	07/18
25 Back	6 & Under	Camden Royster	24.99	06/16
25 Back	8 & Under	Camden Royster	22.69	06/18
50 Back	9 -10	Brian Polo	40.80	07/05
50 Back	11-12	Thad Pingel	34.05	07/87
50 Back	13-14	Brian Polo	31.65	07/09
50 Back	15-18	Parker Stevens	27.66	07/18
25 Fly	8 & Under	Nathan Hassick	20.99	07/07
50 Fly	9-10	Nathan Hassick	39.90	06/09
50 Fly	11-12	Joey Finn	33.53	07/96
50 Fly	13-14	Joey Finn	29.91	08/98
50 Fly	15-18	Chris Cromer	26.79	06/08

## SYC Mixed Relay Record Times

100 Mixed Medley Relay	07/92	8 & Under	1:27.81	J. Autrey, G. Gustafson, C. Mitchell, J. Finn
200 Mixed Medley Relay	07/09	10 & Under	2:47.85	K. Montpetit, P. Farmer, N. Hassick, E. Koegl
200 Mixed Medley Relay	07/22	11-12	2:22.71	L. Eley, C. Royster, G. George, S. Gust
200 Mixed Medley Relay	06/21	13-14	2:12.07	G. Martinez, A. Galyen, M. Royster, A. Freds
200 Mixed Medley Relay	07/12	15-18	1:59.06	A. Zoldork, B. Polo, A. Richey, A. Crist

## SYC Girls Record Times

25 Free	6 & Under	Evelyn Neece	19.25	07/22
25 Free	8 & Under	Kylie Green	16.87	07/09
50 Free	10 & Under	Emily Koegl	32.75	06/09
50 Free	11-12	Sydney Hall	30.51	07/15
50 Free	13-14	Abigail Richey	28.38	07/11
50 Free	15-16	Abigail Richey	27.75	07/13
50 Free	17-18	Peyton Farmer	27.62	07/18
25 Breast	8 & Under	Sydney Hall	22.78	07/11
50 Breast	10 & Under	Sydney Hall	42.67	08/13
50 Breast	11-12	Sydney Hall	37.88	07/15
50 Breast	13-14	Sydney Hall	35.72	06/17
50 Breast	15-16	Sydney Hall	34.32	07/19
50 Breast	17-18	Sydney Hall	34.78	07/21
100 IM	10 & Under	Emily Koegl	1:24.19	07/09
100 IM	11-12	Emily Koegl	1:15.35	07/11
100 IM	13-14	Emily Koegl	1:10.59	08/13
100 IM	15-16	Abigail Richey	1:08.72	08/13
100 IM	17-18	Abigail Richey	1:08.63	07/15
25 Back	6 & Under	Brielle Royster	24.64	07/19
25 Back	8 & Under	Kylie Green	21.13	06/09
50 Back	10 & Under	Emily Koegl	39.40	06/09
50 Back	11-12	Peyton Farmer	35.28	06/12
50 Back	13-14	Emily Koegl	32.69	08/13
50 Back	15-16	Peyton Farmer	33.25	07/15
50 Back	17-18	Peyton Farmer	32.84	06/18
25 Fly	8 & Under	Kylie Green	19.86	06/09
50 Fly	10 & Under	Sydney Hall	39.17	07/13
50 Fly	11-12	Emily Koegl	32.44	07/11
50 Fly	13-14	Abigail Richey	32.16	06/11
50 Fly	15-16	Abigail Richey	30.44	07/13
50 Fly	17-18	Emily Koegl	30.81	07/16

## SYC Free Relay Record Times

100 Mixed Free Relay	07/09	8 & Under	1:17.57	G. Taylor, C. Hill, J. Turley, K. Green
100 Mixed Free Relay	06/08	10 & Under	2:27.29	K. Boyd, N. Hassick, E. Koegl, E. Warro
200 Mixed Free Relay	07/97	11-12	2:08.44	J. Vinson, A. Jones, K. Skalak, J. Finn
200 Mixed Free Relay	06/09	13-14	2:01.09	M. Green, D. Jackson, A. Montpetit, B. Polo
200 Mixed Free Relay	07/12	15-18	1:48.59	B. Polo, A. Richey A. Crist, A. Zoldork



Southside Swim League  
Dual Meet Event Schedule

Event #	Mixed Relay		Event #
1	8 & Under	100 M/Y	
2	10 & Under	200 M/Y	
3	11 – 12	200 M/Y	
4	13 - 14	200 M/Y	
5	15 – 18	200 M/Y	
Girls	Freestyle		Boys
6	6 & Under	25 M/Y	7
8	7 – 8	25 M/Y	9
10	9 – 10	50 M/Y	11
12	11 – 12	50 M/Y	13
14	13 – 14	50 M/Y	15
16	15 – 18	50 M/Y	17
	Breaststroke		
18	8 & Under	25 M/Y	19
20	9 – 10	50 M/Y	21
22	11 – 12	50 M/Y	23
24	13 – 14	50 M/Y	25
26	15 – 18	50 M/Y	27
	Mixed Free Relay		
28	8 & Under	100 M/Y	
	Individual Medley		
30	10 & Under	100 M/Y	31
32	11 – 12	100 M/Y	33
34	13 – 14	100 M/Y	35
36	15 – 18	100 M/Y	37
	Backstroke		
38	6 & Under	25 M/Y	39
40	7 – 8	25 M/Y	41
42	9 – 10	50 M/Y	43
44	11 – 12	50 M/Y	45
46	13 – 14	50 M/Y	47
48	15 – 18	50 M/Y	49
	Butterfly		
50	8 & Under	25 M/Y	51
52	9 – 10	50 M/Y	53
54	11 – 12	50 M/Y	55
56	13 – 14	50 M/Y	57
58	15 – 18	50 M/Y	59
	Mixed Free Relay		
60	10 & Under	200 M/Y	
61	11 – 12	200 M/Y	
62	13 - 14	200 M/Y	
63	15 – 18	200 M/Y	

**Appendix B**  
**2023 Time Standards - Meters**

	Girls				Boys		
	Gold	Blue	Red		Gold	Blue	Red
<b>6&amp;U</b>							
Free	29	37	49		29	36	50
Back	32	39	49		33	40	50
<b>8&amp;U</b>							
Free	22	26	32		21	25	32
Back	27	31	38		26	31	37
Breast	29	33	42		27	31	38
Fly	26	32	40		26	30	40
<b>10&amp;U</b>							
IM	1:44	1:59	2:16		1:40	1:55	2:11
<b>9-10</b>							
Free	41	46	54		40	46	56
Back	50	58	1:07		49	59	1:10
Breast	53	1:00	1:10		53	1:00	1:11
Fly	49	58	1:08		43	56	1:10
<b>11-12</b>							
Free	34	39	45		34	39	46
Back	41	49	57		42	51	1:00
Breast	45	52	1:00		46	52	1:00
Fly	39	46	56		39	46	57
IM	1:27	1:41	1:58		1:28	1:42	1:55
<b>13-14</b>							
Free	32	36	40		30	33	38
Back	38	44	51		38	44	51
Breast	43	47	54		41	46	52
Fly	35	42	49		34	39	48
IM	1:21	1:33	1:46		1:19	1:29	1:40
<b>15-18</b>							
Free	31	35	39		27	29	32
Back	37	43	49		33	37	42
Breast	41	46	51		36	41	45
Fly	34	40	46		31	33	37
IM	1:18	1:29	1:41		1:09	1:17	1:27

**Appendix B continued  
2023 Time Standards - Yards**

	Girls				Boys		
	Gold	Blue	Red		Gold	Blue	Red
<b>6&amp;U</b>							
Free	26.13	33.33	44.14		26.13	32.43	45.05
Back	28.83	35.14	44.14		29.73	36.04	45.05
<b>8&amp;U</b>							
Free	19.82	23.42	28.83		18.92	22.52	28.83
Back	24.32	27.93	34.23		23.42	27.93	33.33
Breast	26.13	29.73	37.84		24.32	27.93	34.23
Fly	23.42	28.83	36.04		23.42	27.03	36.04
<b>10&amp;U</b>							
IM	1:33.69	1:47.21	2:02.52		1:30.09	1:43.60	1:58.02
<b>9-10</b>							
Free	36.94	41.44	48.65		36.04	41.44	50.45
Back	45.05	52.25	1:00.36		44.14	53.15	1:03.06
Breast	47.75	54.05	1:03.06		47.75	54.05	1:03.96
Fly	44.14	52.25	1:01.26		38.74	50.45	1:03.06
<b>11-12</b>							
Free	30.63	35.14	40.54		30.63	35.14	41.44
Back	36.94	44.14	51.35		37.84	45.95	54.05
Breast	40.54	46.85	54.05		41.44	46.85	54.05
Fly	35.14	41.44	50.45		35.14	41.44	51.35
IM	1:18.38	1:30.99	1:46.31		1:19.28	1:31.89	1:43.60
<b>13-14</b>							
Free	28.83	32.43	36.04		27.03	29.73	34.23
Back	34.23	39.64	45.95		34.23	39.64	45.95
Breast	38.74	42.34	48.65		36.94	41.44	46.85
Fly	31.53	37.84	44.14		30.63	35.14	43.24
IM	1:12.97	1:23.78	1:35.50		1:11.17	1:20.18	1:30.09
<b>15-18</b>							
Free	27.93	31.53	35.14		24.32	26.13	28.83
Back	33.33	38.74	44.14		29.73	33.33	37.84
Breast	36.94	41.44	45.95		32.43	36.94	40.54
Fly	30.63	36.04	41.44		27.93	29.73	33.33
IM	1:10.27	1:20.18	1:30.99		1:02.16	1:09.37	1:18.38

**APPENDIX D**  
**SOUTHSIDE LEAGUE RECORDS**  
**METERS - FEMALES**  
(As of July 22, 2022) End of Championships

6 & U	25	Free	19.25	7/22/2022	SYC	Evelyn Neece
	25	Back	24.21	7/24/1993	TBY	C. Bell
7-8	25	Free	16.24	7/21/1990	CCP	Jamie Andrews
	25	Back	19.22	7/26/2014	RIVER	Reily Moore
8 & U	25	Breast	21.91	6/7/1990	CCP	Jamie Andrews
	25	Fly	17.47	6/26/2014	RIVER	Reily Moore
9-10	50	Free	31.30	6/10/1992	CCP	Jamie Andrews
	50	Back	37.71	6/11/2015	RIVER	Reily Moore
	50	Breast	40.35	7/2/2008	SGST	Gabrielle Fleming
	50	Fly	34.81	6/30/2016	RIVER	Reily Moore
10 & U	100	IM	1:18.15	6/4/1981	SH	Karen Burgess
11-12	50	Free	28.79	6/15/2017	RB	Hannah Gibb
	50	Back	32.52	7/02/2018	RB	Reily Moore
	50	Breast	36.47	7/28/2017	SH	Riley Bridgman
	50	Fly	31.83	6/29/2017	RB	Hannah Gibb
	100	IM	1:11.81	7/15/1994	CCP	Jamie Andrews
13-14	50	Free	27.84	6/16/2022	SB	Gracie Hedrick
	50	Back	32.02	6/16/2022	SB	Gracie Hedrick
	50	Breast	35.53	6/07/2018	SH	Riley Bridgman
	50	Fly	30.76	7/22/2022	SB	Gracie Hedrick
	100	IM	1:09.68	6/13/2019	SH	Allison Dodd
15-16	50	Free	27.56	7/12/2018	RB	Kelsey Peel
	50	Back	32.03	6/28/2018	RB	Kelsey Peel
	50	Breast	34.32	7/2/2019	SYC	Sydney Hall
	50	Fly	30.44	7/25/2013	SYC	Abigail Richey
	100	IM	1:08.72	8/2/2013	SYC	Abigail Richey
17-18	50	Free	27.34	6/8/2002	SH	Emily Guschke
	50	Back	31.43	6/17/2010	BP	Kallie Golden
	50	Breast	36.17	7/5/2007	RIVER	Erika Lupacchino
	50	Fly	30.29	6/18/2015	SH	Elizabeth Magnusson
	100	IM	1:07.57	6/18/2015	SH	Elizabeth Magnusson

SOUTHSIDE LEAGUE RECORDS  
METERS - MALES  
(As of July 22, 2022) End of Championships

6 & U	25	Free	19.11	7/28/1984	BP	T. Dowdy
	25	Back	24.37	7/24/2015	WD	Braden Livesay
7-8	25	Free	16.15	7/26/1986	BP	T. Dowdy
	25	Back	19.54	7/6/2017	WD	Braden Livesay
8 & U	25	Breast	21.70	7/22/1976	SH	Chris Tipton
	25	Fly	18.28	7/16/2015	RB	Demetrius Walker
9-10	50	Free	31.53	7/19/2012	BP	Parker Collins
	50	Back	37.59	7/5/2012	BP	Parker Collins
	50	Breast	42.29	7/6/1978	SH	Steve Correia
	50	Fly	35.09	7/19/2012	BP	Parker Collins
10 & U	100	IM	1:21.40	6/10/1976	SH	Mark Rutledge
11-12	50	Free	27.73	7/19/2007	SGST	Cameron Johnston
	50	Back	32.90	6/11/2011	RB	Jacob Johnson
	50	Breast	35.67	8/2/1996	CSA	Gregory Kwon
	50	Fly	31.41	6/25/1992	WP	J. Frye
	100	IM	1:10.59	7/2/1992	WP	J. Frye
13-14	50	Free	25.41	6/30/2022	BP	Ryan Smith
	50	Back	29.24	8/2/2013	RB	Jacob Johnson
	50	Breast	31.89	7/16/2009	SGST	Cameron Johnston
	50	Fly	27.84	7/7/2022	BP	Ryan Smith
	100	IM	1:03.04	7/16/2009	SGST	Cameron Johnston
15-16	50	Free	24.93	6/11/2015	RB	Jacob Johnson
	50	Back	28.13	7/9/2015	RB	Jacob Johnson
	50	Breast	31.98	7/12/2018	RB	Max Trias
	50	Fly	27.00	6/11/2011	RB	Joey Lupacchino
	100	IM	1:01.78	6/11/2015	RB	Jacob Johnson
17-18	50	Free	24.30	7/27/2012	SGST	Cameron Johnston
	50	Back	27.75	7/14/2016	RB	Jacob Johnson
	50	Breast	30.67	7/25/2013	RB	Joey Lupacchino
	50	Fly	26.59	8/2/2013	RB	Joey Lupacchino
	100	IM	1:00.19	8/2/2013	RB	Joey Lupacchino

SOUTHSIDE SWIM LEAGUE RECORDS  
METERS - MIXED  
(As of July 22, 2022) End of Championships

8 & U	100	Free Relay	1:14.09	8/3/1996	CSA	A. Maclauchlan, S. Salmon, E. Redfearn, K. Watson
	100	Medley Relay	1:25.18	7/2/1996	CSA	S. Kim, S. Salmon, K. Watson, A. Maclauchlan
9-10	200	Free Relay	2:21.71	7/16/2015	RB	G. Estes, S. Parrott, H. Gibb, R. Moore
	200	Medley Relay	2:42.34	7/7/2016	RB	R. Moore, A. Trias, D. Walker, C. Steinbraker
11-12	200	Free Relay	2:05.41	7/16/2015	RB	T. Branch, S. Salmon, C. Johnson, K. Peel
	200	Medley Relay	2:18.41	7/1/1999	PSA	B. Pinkston, R. Florek, A. Robertson, J. Kissel
13-14	200	Free Relay	1:53.37	6/18/2015	RB	A. Harrison, K. Gray, M. Golovan, M. Trias
	200	Medley Relay	2:06.77	6/11/2015	RB	K. Gray, M. Trias, A. Harrison, M. Golovan
15-18	200	Free Relay	1:45.83	7/24/2015	RB	J. Walker, C. Kanney, A. Rose, J. Johnson
	200	Medley Relay	1:58.85	7/14/2016	RB	J. Johnson, J. Walker, K. Gray, A. Harrison

SOUTHSIDE SWIM LEAGUE (SSL) RECORDS  
YARDS - FEMALES  
(As of July 22, 2022) End of Championships

6 & U	25	Free	18.47	7/25/2013	BP	Langley Curry
	25	Back	22.50	6/27/2019	RB	Brielle Royster
7-8	25	Free	15.31	6/28/2018	SGST	Cadey Carden
	25	Back	18.43	6/12/2014	RB	Reily Moore
8 & U	25	Breast	21.16	7/18/2013	SGST	Allison Dodd
	25	Fly	16.57	6/12/2014	RB	Reily Moore
9-10	50	Free	29.47	7/19/2002	RB	Mary Howsman
	50	Back	33.69	7/5/2012	WD	Kaysea Ramsey
	50	Breast	37.09	7/17/2008	SGST	Gabrielle Fleming
	50	Fly	31.76	7/19/2001	RB	Mary Howsman
10 & U	100	IM	1:12.69	6/30/2015	SGST	Allison Dodd
11-12	50	Free	26.20	7/6/2017	RB	Hannah Gibb
	50	Back	29.57	6/21/2018	RB	Reily Moore
	50	Breast	33.38	6/22/2017	SGST	Allison Dodd
	50	Fly	28.53	7/6/2017	RB	Hannah Gibb
	100	IM	1:07.57	7/6/2017	SGST	Allison Dodd
13-14	50	Free	24.97	7/10/2003	RB	Kaitlin Potts
	50	Back	29.09	7/6/2017	RB	Kelsey Peel
	50	Breast	31.69	7/2/2019	SH	Riley Bridgman
	50	Fly	27.22	6/2/2022	SB	Gracie Hedrick
	100	IM	1:03.05	6/2/2022	SB	Gracie Hedrick
15-16	50	Free	25.40	7/2/2019	RB	Kelsey Peel
	50	Back	28.69	7/2/2019	RB	Kelsey Peel
	50	Breast	30.96	6/27/2019	SYC	Sydney Hall
	50	Fly	27.12	6/12/2014	SH	Elizabeth Magnusson
	100	IM	1:01.66	6/17/2013	SYC	Abigail Richey
17-18	50	Free	25.07	7/16/2001	SH	Emily Guschke
	50	Back	28.68	7/05/2018	SYC	Peyton Farmer
	50	Breast	32.44	7/12/2007	RB	Erika Luppachino
	50	Fly	27.72	7/05/2018	SYC	Peyton Farmer
	100	IM	1:02.57	6/6/2015	SYC	Abigail Richey

SOUTHSIDE SWIM LEAGUE (SSL) RECORDS  
YARDS - MALES  
(As of July 22, 2022) End of Championships

6 & U	25	Free	18.70	7/14/2016	SYC	Camden Royster
	25	Back	23.59	7/14/2016	SYC	Camden Royster
7-8	25	Free	15.34	6/28/2018	SGST	Cameron Sterling
	25	Back	17.91	7/10/2003	RB	Joey Lupacchino
8 & U	25	Breast	21.66	6/19/2014	SGST	Matthew McGovern
	25	Fly	16.65	6/30/2015	RB	Demetrius Walker
9-10	50	Free	28.66	6/28/2012	BP	Parker Collins
	50	Back	34.28	7/18/2013	RB	Christopher Johnson
	50	Breast	40.47	6/18/2016	SGST	Matthew McGovern
	50	Fly	33.26	6/28/2012	BP	Parker Collins
10 & U	100	IM	1:16.07	7/2/2019	RB	Mason Coyner
11-12	50	Free	24.82	6/28/2007	SGST	Cameron Johnston
	50	Back	30.68	7/12/2007	SGST	Cameron Johnston
	50	Breast	32.27	7/12/2007	SGST	Cameron Johnston
	50	Fly	27.77	7/12/2007	SGST	Cameron Johnston
	100	IM	1:01.40	6/28/2007	SGST	Cameron Johnston
13-14	50	Free	22.32	7/9/2009	SGST	Cameron Johnston
	50	Back	27.09	7/2/2009	SGST	Cameron Johnston
	50	Breast	28.32	7/9/2009	SGST	Cameron Johnston
	50	Fly	25.26	7/14/2005	JPCC	Miles Maximini
	100	IM	56.32	7/14/2022	BP	Ryan Smith
15-16	50	Free	22.40	7/7/2022	SGST	Matthew McGovern
	50	Back	24.71	6/30/2015	RB	Jacob Johnson
	50	Breast	28.90	7/9/2009	SGST	Evan Nicely
	50	Fly	24.64	7/20/2006	SYC	Chris Cromer
	100	IM	56.91	7/15/2010	SGST	Evan Nicely
17-18	50	Free	21.93	6/28/2012	SGST	Cameron Johnston
	50	Back	24.22	7/6/2017	RB	Jacob Johnson
	50	Breast	26.91	6/21/2012	SGST	Cameron Johnston
	50	Fly	23.87	7/6/2017	RB	Jacob Johnson
	100	IM	54.31	6/21/2012	SGST	Cameron Johnston



SOUTHSIDE SWIM LEAGUE (SSL) RECORDS  
YARDS - MIXED  
(As of July 22, 2022) End of Championships

8 & U	100	Free Relay	1:07.56	6/30/2015	RB	T. Burkey, M. Steinbraker, D. Walker, H. Coyner
	100	Medley Relay	1:18.00	7/18/2013	SGST	A. Driskell, A. Dodd, F. Geisz, M. McGovern
9-10	200	Free Relay	2:10.15	7/18/2013	RB	B. Williams, S. Salmon, K. Peel, C. Johnson
	200	Medley Relay	2:27.76	6/30/2015	RB	S. Parrott, G. Estes, R. Moore, H. Gibb
11-12	200	Free Relay	1:51.85	7/6/2017	RB	S. Parrott, J. Cameron, R. Moore, H. Gibb
	200	Medley Relay	2:05.26	6/22/2017	SGST	E. Harris, Allison Dodd, F. Geisz, Matthew McGovern
13-14	200	Free Relay	1:41.81	7/18/2013	RB	A. Rose, C. Kanney, J. Walker, J. Johnson
	200	Medley Relay	1:54.12	6/30/2015	RB	K. Gray, A. Harrison, M. Trias, D. Van Gundy
15-18	200	Free Relay	1:35.84	7/2/2019	RB	A. Harrison, W. Burkey, K. Peel, C. Johnson
	200	Medley Relay	1:46.15	7/6/2017	RB	J. Johnson, M. Trias, K. Gray, J. Walker

## Southside Swim League (SSL) Strokes and Turns

### Breast Stroke

The body shall be kept on the breast.

The arms shall move simultaneously and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast.

The elbows shall be under the water, except for the last stroke at the finish.

The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn.

The swimmers' head shall break the surface of the water at least once during each complete cycle.

A complete cycle is one arm stroke and one leg kick, in that order.

The swimmer is permitted to perform one complete cycle under water at the start and after each turn.

At the start and at each turn, the head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Movements of the legs shall be simultaneous.

The feet must be turned outward during the propulsive part of the kick.

The scissors, flutter or downward butterfly kick is not permitted.

The touch shall be made with both hands simultaneously.

The shoulders must be past vertical toward the breast when the swimmer leaves the wall.

### Butterfly

The swimmer is permitted one or more leg kicks.

Only one arm pull underwater is permitted, which must bring the swimmer to the surface.

Both arms must be brought over the water and pulled back simultaneously.

Movements of the legs and feet must be simultaneous.

The position of the legs or feet shall not alternate in relation to each other.

A flutter, or scissors or breaststroke kicking movement is not permitted.

The touch at the turn and the finish shall be made with both hands simultaneously and the body shall be on the breast.

The shoulders must be at or past vertical towards the breast when the swimmer leaves the wall.

The swimmer may be completely submerged for a distance of not more than 15 meters at the start and each turn.

### Backstroke

The feet, including the toes, shall be placed under the surface of the water.

Standing in or on the gutter and curling the toes over the lip of the gutter is not permitted.

During the turn, some part of the swimmer must touch the wall.

During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn.

During the turn, there shall be no kick or arm pull that is independent of the continuous turning action.

The swimmer must be on the back upon leaving the wall.

At the finish the swimmer must touch the wall on his back.

### Individual Medley

Intermediate turns within each stroke shall conform to the turn rules for that stroke.

The turns when changing from one stroke to another shall conform to the finish rules for the strokes just completed.

Order of strokes: butterfly, back, breast, and free.

### General Disqualification

During a freestyle race, a swimmer may stand on the bottom of the pool, however, the swimmer must not walk or spring from the bottom.

Standing on the bottom of the pool during any other stroke shall result in disqualification.

Grasping lane lines to assist forward motion is not permitted.

# Common Stroke Violations

- **FREESTYLE**
  - Missed touch at turn.
  - Walking on bottom of pool.
  - Grasping and pulling on lane lines or wall.
- **BREASTSTROKE**
  - Flutter kick at the start.
  - Kicking before first pull. Always 1 pull followed by 1 kick.
  - Multiple pulls underwater at the start.
  - Multiple pulls without a matching leg kick. 1 pull, 1 kick.
  - Pulling past hips.
  - One hand or non simultaneous touch at turn/finish.
  - At finish not starting last stroke from the breast.
  - Both feet not pointing outward during kick.
- **BACKSTROKE**
  - Non continuous turning action. Turning on the breast and not immediately doing the pull, or after the arm pull not immediate turning. Gliding or taking additional kicks/pulls to get swimmer closer to the wall.
  - Turning towards the breast at the finish before touching the wall.
- **BUTTERFLY**
  - One hand or non-simultaneous touch at turn/finish.
  - Underwater recovery at the finish. Pushing the arms forward under the water to make the touch.
  - Arms recovery not over the water. Does an extra underwater pull.
  - Flutter kick at the start/turn.

*Not intended to list each and every stroke violation.*