



2021 TYR Pro Swim Series January 14-17 (Thu-Sun), 2021

San Antonio, TX

Participation by USA Swimming invitation only

Richmond, VA

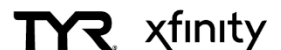
Entries open at 10:00 a.m. Mountain Time Tuesday, December 15, 2020.
The entry deadline is 11:59 p.m. Mountain Time on Friday, December 18, 2020 or
sooner if the entry cap is reached.

Irvine, CA

Entries open at 10:00 a.m. Mountain Time Tuesday, December 15, 2020.
The entry deadline is 11:59 p.m. Mountain Time on Friday, December 18, 2020 or
sooner if the entry cap is reached.

These events may be capped at approximately 100 Women and 100 Men

These events are sanctioned by USA Swimming





2021 TYR Pro Swim Series January Series Information

- Please note that information in this document may be modified to meet current local, state, and federal protocols, including event postponement or cancellation.
- All swimmers, coaches, and team staff must be **2021** Premium or Outreach members of USA Swimming, be current in all required certifications and trainings, **and must be eligible to represent the U.S. in international competition.** Foreign athletes, whether USA Swimming members or not, are not allowed to compete in the January TYR Pro Swim Series.
- Participation in the San Antonio, TX site will be by USA Swimming invitation only. For the Richmond and Irvine sites, entries will open through USA Swimming's Online Meet Entry system (OME) at 10:00 a.m. Mountain Time Tuesday, December 15, 2020, and the entry deadline will be 11:59 p.m. Friday, December 18, 2020 or sooner if the entry cap is reached.
- All individuals attending the January TYR Pro Swim Series events must undergo and submit a negative COVID-19 PCR test within 72 hours prior to arriving to the event. This includes athletes, coaches, officials, staff, volunteers, pool staff, TV staff, etc. Any individual not meeting this requirement cannot be involved in the event. Any individual flying or driving more than four hours to the event site must arrive by 10:00 p.m. Monday, January 11. All athletes and coaches must be tested for COVID-19 onsite at the venue on Wednesday, January 13. Additional information on testing protocols will be distributed at a later date. Additionally, masks and social distancing will be enforced at each site.
- Everyone must undergo and pass COVID-19 thermal and questionnaire screenings prior to entering the venue each day and submit these via a screening app to USA Swimming.
- The qualification period is December 18, 2018 through December 18, 2020.
- At USA Swimming's discretion, sessions may be conducted in separate Women's and Men's flights. More information will be distributed prior to the Event.

COVID-19

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND THE LOCAL SWIMMING COMMITTEE (LSC) AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Every club planning to attend this competition must develop a "Return to Competition" plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or your LSC.

SAFE SPORT:

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

SANCTION

These meets are sanctioned by USA Swimming. If an athlete establishes a Paralympic or USMS record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.

RULES

Unless otherwise noted herein, these meets shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach,

and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

TECHNICAL RULES

There will be no in-person technical meetings for these competitions, however there may be a virtual technical meeting. Details will be sent to each coach. Coaches are encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document and posted on the event website.

FORMAT

These meets will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. At USA Swimming's discretion, sessions may be conducted in separate Women's and Men's flights, with 90 minutes between flights to allow for venue cleaning and athlete warm-ups. More information will be distributed prior to the Event.

These meets will be limited to two Finals heats per event. The top two heats of swimmers from preliminaries will advance to an A and B heat in the Finals, where the B heat will swim first followed by the A heat.

**DISTANCE
FREESTYLE**

The 800 and 1500 freestyle events will swim as Timed Finals. Positive check-in is required prior to the scratch deadlines to compete in the distance events. The distance freestyle events on Day 1 will swim fastest to slowest. On day 4, all but the fastest seeded heat in each gender of the distance freestyle events will swim fastest to slowest at the end of the morning session, with the fastest seeded heat in each gender swimming in event order during the Finals session.

BONUS EVENTS

Any swimmer who has one or more qualifying standards in individual events may enter up to two bonus events in each meet, provided they have achieved the published Bonus Standards.

ENTRY LIMIT

Each swimmer may participate in a maximum of seven individual events per meet, with no more than three individual events per day.

ENTRY FEES

Individual Events	\$20 per event
Coach Credential (limit of one per team)	\$20 per coach
COVID-19 Facility Fee	\$25 per person

LATE ENTRIES

If the entry cap has not been reached, any team or athlete missing the entry deadline will be permitted to enter through the Late Entry process, subject to the following requirements:

- Late entries must be submitted through the Online Meet Entry system (OME);
- These entries must be received no later than 11:59pm Mountain Time on Sunday prior to the beginning of the meet.
- The team or athlete must pay a one-time processing fee of \$150.00 and pay entry fees of \$40 per event.

SEEDING

Events shall be seeded in order of LCM, LCM Bonus, SCY Bonus.

RELAYS

There will be no relays at these meets.

PRIZE MONEY

There will be no prize money for the 2021 TYR Pro Swim Series

SCRATCHES

Scratches and positive check-in for Day 1 events must be e-mailed to the Administrative Referee no later than 3:00 p.m. on Day 1. All subsequent day's events scratches are due 30 minutes after the start of the previous Final's session. There is no penalty for failing to compete in a preliminary or timed final heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three-event/day and seven-event/meet limit. A swimmer qualifying for an A or B Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Meet Referee.

CREDENTIALS

Each participating team may receive one coach deck credentials for the meet (fees and membership criteria applies). Teams must submit their coaches for credentialing to USA Swimming with their entries. Athletes entered in the meet will receive a deck pass credential as part of their entry fee. The replacement fee for a lost credential is \$100, payable to the event host.

TIME TRIALS	Time Trials will not be conducted at these events.
BROADCAST STATEMENT	Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.
IMAGE AUTHORIZATION	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
SWIMMERS WITH DISABILITIES	Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.
SAFETY	Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance USA Swimming safety procedures.
SPECTATORS	Spectators will not be allowed at this event.
LIABILITY	USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.
DOPING CONTROL	<p>The 2021 TYR Pro Swim Series events are subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In- Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit usada.org/athletes/antidoping101/ for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 21 days.</p> <p><u>What substances are banned?</u> Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." Read the Summary of Modifications for 2021</p> <p><u>What about medication?</u> Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's Global DRO service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.</p> <p>It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit USADA's Supplement 411 resource. <u>Therapeutic Use Exemptions?</u></p>

Per USADA: "In some situations, an athlete may have an illnesses or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)."
NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

Doping Control rule for athletes previously eligible for out of competition drug testing: Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of- competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Master's and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



San Antonio, TX January 14-17 (Thu-Sun), 2021

IMPORTANT NOTES

- Participation in the San Antonio, TX site will be by invitation only from USA Swimming. Normal fees will apply.
- All athletes, coaches, and team staff will stay in a designated hotel, will receive food vouchers, and must adhere to strict quarantine rules while in San Antonio.

ENTRIES

Upon invitation, entries for San Antonio must be emailed directly to Macie McNichols (mmcnichols@usaswimming.org) no later than Tuesday, January 5, 2021 at 10:00am Mountain Time. Note earlier entry deadline for other sites.

HOST

Alamo Area Aquatic Association-North East

SCHEDULE

Monday:	Practice schedule will be assigned by USA Swimming
Tuesday:	Practice schedule will be assigned by USA Swimming
Wednesday:	Practice schedule will be assigned by USA Swimming
Thursday:	Timed finals for the distance Freestyle events will begin at 5:00pm.
Fri-Sun Prelims:	9:00am
Fri-Sun Finals:	6:00pm (Finals will be limited to an A heat and a B heat for each event)

The venue will be available for practice 7:00am – until one hour after the conclusion of the evening session Thursday through Sunday.

HOTELS

All participants must submit their arrival/departure info to USA Swimming and stay in the designated hotel(s).

EVENT PERSONNEL

Referee:	Amy Hoppenrath	ahoppenrath@gmail.com
Admin Referee:	Lisa Olack	olack.lisa@gmail.com
Meet Directors:	David L. Johnson,	djohns1@neisd.net

ABOUT THE VENUE

Bill Walker Pool

- Myrtha Ten (10) Lane 50 meter competition course
- Four (4) Lane 25 yard warm-down course
- 7.0 ft. wide lanes ranging in depth from (8.4 ft. at start end to 5.0 ft.)
- 6.0 inch anti-wave lane lines
- Myrtha starting blocks
- Full Omega timing system will be used for this event
- Strobe on each starting block
- Competition will be streaming

Josh Davis Natatorium

- Ten lane 25 meter course by 8 lane 25 yard course



Richmond, VA January 14-17 (Thu-Sun), 2021

ENTRIES

Entries can be made through USA Swimming's Online Meet Entry System (usaswimming.org/ome) beginning Tuesday, December 15, 2020 at 10:00am Mountain Time. **The entry deadline for all participants is 11:59pm Mountain Time on Friday, December 18, 2020 or sooner if the entry cap is reached.** There will be no refunds once entries are accepted.

Any U.S. National Team or National Junior Team members, and those swimmers invited to participate in the San Antonio site, but who prefer to attend the Richmond event must submit their entries to Macie McNichols (mmcnichols@usaswimming.org) no later than 11:59 p.m. Mountain Time on Monday, December 14, 2020, or risk not being admitted to the event. Normal fees will apply.

HOST

Swim RVA and Visit Richmond

SCHEDULE

Monday:	Practice schedule will be assigned by USA Swimming
Tuesday:	Practice schedule will be assigned by USA Swimming
Wednesday:	Practice schedule will be assigned by USA Swimming
Thursday:	Timed finals for the distance Freestyle events will begin at 5:00pm.
Fri-Sun Prelims:	9:00am
Fri-Sun Finals:	7:00pm (Finals will be limited to an A heat and a B heat for each event)

The venue will be available for practice 7:00am – until one hour after the conclusion of the evening session Thursday through Sunday.

HOTELS

Hotel information coming soon.

EVENT PERSONNEL

Referee:	Trish Martin	pksmartin13@gmail.com
Admin Referee	Jamie Cahn	jemcahn@comcast.net
Meet Directors:	Adam Kennedy	adam.kennedy@swimrichmond.org
	Brad Burton	brad.burton@swimrichmond.org

ABOUT THE VENUE

SwimRVA's flagship facility, Collegiate School Aquatics Center (CSAC), is home to the 50 meter Myrtha pool that facility was used for the 2008 US Olympic Trials in Omaha, Nebraska. The 50-meter competition pool will be in an 8 lane format with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum bulkhead to bulkhead. Equipment supporting the competition pool consists of non-turbulent Competitor lane markers, new Myrtha Track Start Blocks with Omega tops and Backstroke wedges, and Omega automatic and semi-automatic timing. Other amenities include an indoor 6 lane 25 yard pool for continuous warm-up, cool-down, hospitality, a swim shop, athlete lounge, and elevated spectator seating for over 700 with access to wireless internet. The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).



Irvine, CA
January 14-17 (Thu-Sun), 2021

ENTRIES

Entries can be made through USA Swimming's Online Meet Entry System (usaswimming.org/ome) beginning Tuesday, December 15, 2020 at 10:00am Mountain Time. **The entry deadline for all participants is 11:59pm Mountain Time on Friday, December 18, 2020 or sooner if the entry cap is reached.** There will be no refunds once entries are accepted.

Any U.S. National Team or National Junior Team members, and those swimmers invited to participate in the San Antonio site, but who prefer to attend the Irvine event must submit their entries to Macie McNichols (mmcnichols@usaswimming.org) no later than 11:59 p.m. Mountain Time on Monday, December 14, 2020, or risk not being admitted to the event. Normal fees will apply.

HOST

Irvine Novaquatics and Southern California Swimming

SCHEDULE

Monday:	Practice schedule will be assigned by USA Swimming
Tuesday:	Practice schedule will be assigned by USA Swimming
Wednesday:	Practice schedule will be assigned by USA Swimming
Thursday:	Timed finals for the distance Freestyle events will begin at 5:00pm.
Fri-Sun Prelims:	9:00am
Fri-Sun Finals:	4:00pm (Finals will be limited to an A heat and a B heat for each event)

The venue will be available for practice 7:00am – until one hour after the conclusion of the evening session Thursday through Sunday.

HOTELS

Hotel information coming soon.

EVENT PERSONNEL

Referee:	Robert Broyles	robertbroyles9@gmail.com
Admin Referee	Scott Powell	spowell11@comcast.net
Meet Directors:	Kim Hoesterey	khoest@aol.com

ABOUT THE VENUE

William Woollett Jr. Aquatics Center was completed as a major renovation of the original Heritage park Aquatics Complex – site of the 1980 USA National Championships and the 1990 Junior Nationals West Championships. The newly renovated center was completed in September of 2004. The center is an outdoors facility consisting of one constant depth (7 feet) competition pool (50 meter by 25 yard) and variable depth warm-up pool (50 meter x 25 yard). In addition, a 25 yard x 25 meter teaching pool is available for additional warm down space. Restrooms and outdoor showers are available on site. No locker room facilities available.



**2021 TYR Pro Swim Series
January 14-17**

WOMEN'S EVENT #	EVENT ORDER	MEN'S EVENT #
	Thursday, January 14*	
1	800m Freestyle	2
	Friday, January 15**	
3	200m Freestyle	4
5	100m Breaststroke	6
7	100m Butterfly	8
9	400m Individual Medley	10
	Saturday, January 16**	
11	200m Butterfly	12
13	50m Freestyle	14
15	200m Breaststroke	16
17	100m Backstroke	18
19	400m Freestyle	20
	Sunday, January 17**	
21	1500m Freestyle [^]	22
23	200m Individual Medley	24
25	200m Backstroke	26
27	100m Freestyle	28

*Thursday sessions begin at 5:00 p.m. These events will be swum fastest to slowest as a timed final session.

**San Antonio - Prelims 9:00 a.m. (with 90 minute break between W & M flights), Finals 6:00 p.m.
 Richmond - Prelims 9:00 a.m. (with 90 minute break between W & M flights), Finals 7:00 p.m.
 Irvine - Prelims 9:00 a.m. (with 90 minute break between W & M flights), Finals 4:00 p.m.

[^]Preliminary heats for events 21 and 22 will be swum fastest to slowest after event 28 (i.e. these heats will be the last events swum on Sunday morning). The fastest 8 seeded athletes in each gender will swim in the Finals session.



TIME STANDARDS 2020-21

PRO SWIM SERIES

TYR PRO SWIM SERIES



CHAMPIONSHIP SERIES ★★★★★

WOMEN	EVENT	MEN
LCM		LCM
25.99	50 FR	23.19
56.29	100 FR	50.49
2:01.69	200 FR	1:50.79
4:16.89	400 FR	3:57.29
8:48.09	800 FR	8:12.99
16:49.19	1500 FR	15:44.89
1:02.69	100 BK	56.59
2:14.69	200 BK	2:02.99
1:10.99	100 BR	1:03.29
2:33.29	200 BR	2:17.89
1:00.69	100 FL	54.19
2:14.59	200 FL	2:01.19
2:17.39	200 IM	2:04.09
4:51.79	400 IM	4:25.99

BONUS

WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
26.89	23.39	50 Freestyle	20.79	24.29
58.19	50.69	100 Freestyle	45.39	52.89
2:04.99	1:49.29	200 Freestyle	1:39.39	1:55.69
4:23.79	4:53.09	500 Freestyle	4:30.49	4:05.29
9:06.69	10:06.79	1000 Freestyle	9:25.49	8:33.79
17:25.59	16:51.29	1650 Freestyle	15:46.99	16:14.99
1:04.79	55.39	100 Backstroke	49.99	58.89
2:19.59	2:00.19	200 Backstroke	1:49.49	2:08.49
1:13.79	1:03.19	100 Breaststroke	56.59	1:06.59
2:38.59	2:18.29	200 Breaststroke	2:03.79	2:24.99
1:02.69	55.09	100 Butterfly	49.59	57.09
2:18.99	2:02.09	200 Butterfly	1:50.79	2:06.89
2:22.09	2:02.69	200 Individual Medley	1:50.69	2:09.79
5:00.99	4:22.39	400 Individual Medley	3:58.79	4:36.99