**SWIMMING 2022**

**Oklahoma Senior Games - Oklahoma Masters Swim Meet**

**Sunday, September 11**

**Entry Deadline: August 28**

Westwood Family Aquatic Center

2400 Westport Drive

Norman, OK 73069

Recognition number:  Applied For

**EXTRA SPECIAL**

**For $5 each**, your guests can also swim. They can use the meandering brook (Norman supplies the rafts) when it is not being used for the Water Walking competition, the splash pad, the slides and have an hour swim after the meet. **There is no charge for your guests coming to watch.**

**EVENTS All events are long course**

50, 100, 200-meter Backstroke; 50,100,200-meter Breaststroke; 50, 100, 200-meter Butterfly; 50, 100, 200, 500-meter Freestyle; 100, 200, 400-meter Individual Medley; 200-meter Freestyle Relay; 200-meter Medley Relay. The two relays are not national qualifying events. Teams to be assembled at the meet.

Order of Events: 500 Free, 50 Fly, 100 Back, 200 Breast, 50 Free, 100 IM, 200 Back, 100 Breast, 200 Free, 100 Fly, 200 IM, 50 Breast, 100 Free, 200 Fly, 50 Back, 400 IM, 200-meter Freestyle Relay, 200-meter Medley Relay.

Check in: 12:00 pm

Meet start: 1:00 pm

**ENTRY REGULATIONS**

1. Swimmers may enter any number of events. If you enter many events, be advised there may not be much rest time between events, so choose thoughtfully.

2. Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suites must conform to USMS Swimming Rule 102, 12-Swimwear for Pool Competition.

**FORMAT**

1. All swimming events will be timed finals.

2. Warm-up time will be available.

3. Events will be competed in a 50 Meter outdoor pool.

**SPORT RULES**

**1. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. For a copy of these rules, please visit or contact:**

**U.S. Masters Swimming, Inc.**

**655 North Tamiami Trail**

**Sarasota, FL 34236**

**(941) 256-8767**

**(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 second 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, at any

time prior to the first breaststroke kick, a single butterfly (dolphin) kick is permitted,

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 breaststroke or whip kick may be used

exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at

any time during the race.

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.

3. Relay team age divisions will be determined by the age of the youngest team member as of

December 31 of the competition year.

4. All swim suits must conform to USMS Swimming Rule 102, 12-Swimwear for Pool

Competition.

**STATE DIRECTOR**

Josh Holman

Aquatics Supervisor/Special Events

405-432-3302

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**2022 is the year in which to qualify for NSGA competition in**

**Pittsburgh, Pennsylvania; July 7-18, 2023**

**Please go to:**

<https://nsga.com/howtoqualify/>

**for qualification information for the 2023 National Senior Games Championships**

**For more information about national competition go to: NSGA.com**

1. All first, second, third and fourth place winners in each event, gender and age group qualify to compete in the 2023 National Senior Games.
2. Athletes must qualify in each event in which they wish to compete in the 2023 National Senior Games.
3. Oklahoma is an “Open” state. This means Oklahoma Senior Games allows participation by out-of-state athletes.
4. Swimming allows for four resident qualifiers in each event, gender and age division. Oklahoma qualifies four Oklahoma residents or resident teams in addition to any top four finishing out-of-state athletes or athlete teams. This means that if the top four places are all filled with out-of-state athletes, Oklahoma residents who place in the next four positions qualify for the 2023 National Senior Games. Oklahoma would then qualify eight athletes or athlete teams for the national senior games in that event, gender and age division.
5. All first-, second-, third- and fourth-place winners or athletes meeting this sport’s NSGA minimum performance standards in competition at the 2022 Oklahoma Senior Games will qualify for the 2023 National Senior Games.
6. **At the NSGA Championships**, swimmers will be eligible to swim 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 enter seed times, from yards competition, for their selected bonus events. Seed times must be entered in minutes, seconds and hundreds of seconds (00:00.00). Seed times for each bonus events must be achieved during the last twelve months prior to the registration deadline. See NSGA Rules for information about bonus events.
7. **At the NSGA Championships** swimmers may enter a maximum of six events, including bonus events.
8. **At the NSGA Championships** the 500-yard freestyle, 200-yard butterfly and 400-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them.
9. **At the NSGA Championships** swimmers who qualify in the 400-yard and 200-yard individual medley may select the 200-yard and the100- yard individual medley as a bonus event.
10. **At the NSGA Championships** mixed relays consist of two male and two female swimmers. Swimmers may enter one 200-yard mixed medley relay and one 200-yard mixed freestyle relay. Relays will be entered at the meet (no pre-entry). Relay entry packets will be available at the venue starting the first day of competition. The swimmers on each relay do not have to be from the same state. Age groups for relays will be the same for individual events. (50-54, 55-59, 60-64, 65-69, etc.) with the youngest swimmer’s age as of December 31, 2023 determining the relay’s age group. Awards for relays will be the same as for individual events.

**SWIMMING MINIMUM PERFORMANCE STANDARDS**

**If you did not place as one of the top four in your age group in your event at the Oklahoma Senior Games competition you qualify for participation in the 2023 National Senior Games if your time was the same time or faster than that listed below for your gender and age group.**

**50- Yard Backstroke 100- Yard Backstroke**

**Men Women Men Women**

50-54 :34.45 50-54 :41.40 50-54 1:19.19 50-54 1:33.00

55-59 :35.33 55-59 :41.40 55-59 1:20.03 55-59 1:33.00

60-64 :36.33 60-64 :41.69 60-64 1:20.03 60-64 1:33.00

65-69 :38.73 65-69 :44.31 65-69 1:24.38 65-69 1:39.57

70-74 :42.03 70-74 :49.82 70-74 1:29.90 70-74 1:46.40

75-79 :50.10 75-79 :59.81 75-79 1:53.48 75-79 2:16.10

80-84 53.16 80-84 1:04.26 80-84 2:01.77 80-84 2:19.62

85-89 1:13.76 85-89 1:34.90 85-89 3:33.40 85-89 4:17.20

90+ 1:50.80 90+ 2:25.20 90+ 4:25.20 90+ 5:45.90

**200-Yard Backstroke 50-Yard Breaststroke**

**Men Women Men Women**

50-54 2:56.02 50-54 3:07.60 50-54 :36.50 50-54 :46.86

55-59 2:59.32 55-59 3:07.60 55-59 :36.90 55-59 :46.86

60-64 3:01.05 60-64 3:31.86 60-64 :37.80 60-64 :45.89

65-69 3:17.69 65-69 3:38.34 65-69 :40.11 65-69 :49.59

70-74 3:47.61 70-74 3:57.69 70-74 :41.73 70-74 :57.42

75-79 4:12.90 75-79 4:52.00 75-79 :50.24 75-79 1:03.86

80-84 4:35.70 80-84 5:24.37 80-84 :58.60 80-84 1:18.94

85-89 10:35.90 85-89 10:44.80 85-89 1:18.12 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 1:43.30 50-54 3:08.40 50-54 3:52.79

55-59 1:22.70 55-59 1:43.30 55-59 3:09.80 55-59 3:52.79

60-64 1:22.90 60-64 1:45.70 60-64 3:14.94 60-64 3:52.79

65-69 1:27.42 65-69 1:55.02 65-69 3:31.31 65-69 4:17.69

70-74 1:36.22 70-74 2:11.31 70-74 3:45.49 70-74 4:44.41

75-79 1:51.23 75-79 2:36.75 75-79 4:18.58 75-79 5:43.59

80-84 2:13.31 80-84 2:45.00 80-84 6:05.62 80-84 6: 48.78

85-89 4:26.04 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 1:13.21 50-54 1:26.70 50-54 2:54.40 50-54 3:08.99

55-59 1:16.00 55-59 1:26.70 55-59 2:54.80 55-59 3:12.15

60-64 1:16.13 60-64 1:33.75 60-64 2:57.22 60-64 3:38.91

65-69 1:18.32 65-69 1:43.15 65-69 3:15.15 65-69 4:26.41

70-74 1:34.55 70-74 1:51.81 70-74 3:39.79 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 2:17.30 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 9:30.10 85-89 12:02.80

90+ 4:16.60 90+ 5:25.60 90+ 9:30.10 90+ 12:02.80

**400-Yard Individual Medley**

**Men Women**

50-54 7:22.08 50-54 NO MPS

55-59 7:22.08 55-59 NO MPS

60-64 8:28.96 60-64 NO MPS

65-69 8:38.96 65-69 NO MPS

70-74 9:57.74 70-74 NO MPS

75-79 11:23.13 75-79 NO MPS

80-84 11.56.67 80-84 NO MPS

85-89 12:12.24 85-89 NO MPS

90+ 12:12.24 90+ NO MPS

**50-Yard Butterfly** **100-Yard Butterfly**

**Men Women Men Women**

50-54 :30.07 50-54 :37.65 50-54 1:23.70 50-54 1:27.05

55-59 :32.34 55-59 :38.41 55-59 1:25.68 55-59 1:37.60

60-64 :31.39 60-64 :42.26 60-64 1:25.68 60-64 1:56.14

65-69 :34.51 65-69 :47.31 65-69 1:25.68 65-69 2:38.31

70-74 :37.96 70-74 :54.82 70-74 1:43.31 70-74 2:55.90

75-79 :49.80 75-79 1:07.54 75-79 3:22.20 75-79 4:33.80

80-84 1:25.86 80-84 1:30.00 80-84 5:18.00 80-84 5:18.00

85-89 2:03.77 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

**200-Yard Butterfly**

**(No MPS Available – 2021)**

**Men Women**

50-54

55-59

60-64

65-69

70-74

75-79

80-84

85-89

90+

**50-Yard Freestyle 100-Yard Freestyle**

**Men Women Men Women**

50-54 :27.51 50-54 :33.08 50-54 1:03.00 50-54 1:13.70

55-59 :28.80 55-59 :34.19 55-59 1:03.43 55-59 1:16.40

60-64 :29.08 60-64 :34.39 60-64 1:06.00 60-64 1:17.85

65-69 :30.43 65-69 :37.05 65-69 1:08.25 65-69 1:22.82

70-74 :33.22 70-74 :41.40 70-74 1:10.41 70-74 1:31.70

75-79 :36.80 75-79 :47.49 75-79 1:26.30 75-79 1:50.00

80-84 :41.40 80-84 :56.16 80-84 1:35.70 80-84 2:07.48

85-89 1:05.77 85-89 1:08.67 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 2:26.01 50-54 2:46.10 50-54 6:57.40 50-54 7:32.20

55-59 2:27.20 55-59 2:46.10 55-59 7:15.30 55-59 7:33.32

60-64 2:30.23 60-64 3:01.70 60-64 7:15.30 60-64 8:07.23

65-69 2:43.10 65-69 3:09.66 65-69 7:15.30 65-69 8: 59.03

70-74 3:05.24 70-74 3:30.74 70-74 8:18.70 70-74 8:59.66

75-79 3:18.25 75-79 4:15.78 75-79 9:50.50 75-79 10:59.80

80-84 3:52.68 80-84 4:40.74 80-84 11:50.90 80-84 14:52.08

85-89 6:27.40 85-89 7:19.83 85-89 16:46.0 85-89 26:55.30

90+ 7:25.00 90+ 11:02.40 90+ 16:46.00 90+ 26:55.30

**MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS**

**Bonus Events**

**QUALIFIED STROKE BONUS STROKES**

Bonus events must be of the same stroke

and lesser distance

Backstroke 200 Backstroke 50, 100

Backstroke 100 Backstroke 50

Breaststroke 200 Breaststroke 50, 100

Breaststroke 100 Breaststroke 50

Butterfly 200 Butterfly 50, 100

Butterfly 100 Butterfly 50

Freestyle 500 Freestyle 50, 100, 200

Freestyle 200 Freestyle 50, 100

Freestyle 100 Freestyle 50

Individual Medley 400 Individual Medley 100, 200

Individual Medley 200 Individual Medley 100