

SWIMMING

Oklahoma Senior Games - Oklahoma Masters Swim Meet

Sunday, September 12

Entry Deadline: August 29

Westwood Family Aquatic Center
2400 Westport Drive
Norman, OK 73069

Recognition number: 271-R001

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 a maximum of six individual events.
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

For Sanctions Contact: Joan Campbell

FL LMSC Senior Games Liaison

802 Old Mill Pond Road

Palm Harbor, Florida 34683

Tel: 727-938-7181

jcampb10@tampabay.rr.com

www.floridalmsc.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 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 suites must conform to USMS Swimming Rule 102, 12-Swimwear for Pool Competition.

STATE DIRECTOR

Josh Holman

Aquatics Supervisor/Special Events

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2021 is a year in which to qualify for NSGA competition in

Fort Lauderdale, Florida, May 10-23, 2022.

Athletes who HAVE qualified in the Oklahoma Senior Games in 2018 and/or 2020 are already qualified and are welcome to compete in Oklahoma again in 2021.

Please go to:

<https://nsga.com/wp-content/uploads/2021/01/2022QualificationUpdate011221.pdf>

for adjusted qualification information for nationals.

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 2022 National Senior Games.
2. Athletes must qualify in each event in which they wish to compete in the 2022 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 2022 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 a 2018, 2020 or 2021 Oklahoma Senior Games will qualify for the 2022 National Senior Games.
6. 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.
7. Swimmers may enter a maximum of six events, including bonus events.
8. 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. Swimmers who qualify in the 400-yard and 200-yard individual medley may select the 200-yard and the 100-yard individual medley as a bonus event.
10. Swimmers must provide their own suits, caps, goggles, towels, etc. All swimsuits must conform to United States Masters Swimming Rule 102, 12-Swimwear for Pool Competition.
11. 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, 2022 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 2022 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

Men	Women
50-54 :34.45	50-54 :41.40
55-59 :35.33	55-59 :41.40
60-64 :36.33	60-64 :41.69
65-69 :38.73	65-69 :44.31
70-74 :42.03	70-74 :49.82
75-79 :50.10	75-79 :59.81
80-84 53.16	80-84 1:04.26
85-89 1:13.76	85-89 1:34.90
90+ 1:50.80	90+ 2:25.20

100- Yard Backstroke

Men	Women
50-54 1:19.19	50-54 1:33.00
55-59 1:20.03	55-59 1:33.00
60-64 1:20.03	60-64 1:33.00
65-69 1:24.38	65-69 1:39.57
70-74 1:29.90	70-74 1:46.40
75-79 1:53.48	75-79 2:16.10
80-84 2:01.77	80-84 2:19.62
85-89 3:33.40	85-89 4:17.20
90+ 4:25.20	90+ 5:45.90

200-Yard Backstroke

Men	Women
50-54 2:56.02	50-54 3:07.60
55-59 2:59.32	55-59 3:07.60
60-64 3:01.05	60-64 3:31.86
65-69 3:17.69	65-69 3:38.34
70-74 3:47.61	70-74 3:57.69
75-79 4:12.90	75-79 4:52.00
80-84 4:35.70	80-84 5:24.37
85-89 10:35.90	85-89 10:44.80
90+ 10:35.90	90+ 10:44.80

50-Yard Breaststroke

Men	Women
50-54 :36.50	50-54 :46.86
55-59 :36.90	55-59 :46.86
60-64 :37.80	60-64 :45.89
65-69 :40.11	65-69 :49.59
70-74 :41.73	70-74 :57.42
75-79 :50.24	75-79 1:03.86
80-84 :58.60	80-84 1:18.94
85-89 1:18.12	85-89 2:28.70
90+ 1:36.20	90+ 3:29.90

100-Yard Breaststroke

Men	Women
50-54 1:22.70	50-54 1:43.30
55-59 1:22.70	55-59 1:43.30
60-64 1:22.90	60-64 1:45.70
65-69 1:27.42	65-69 1:55.02
70-74 1:36.22	70-74 2:11.31
75-79 1:51.23	75-79 2:36.75
80-84 2:13.31	80-84 2:45.00
85-89 4:26.04	85-89 5:45.90
90+ 5:29.50	90+ 5:45.90

200-Yard Breaststroke

Men	Women
50-54 3:08.40	50-54 3:52.79
55-59 3:09.80	55-59 3:52.79
60-64 3:14.94	60-64 3:52.79
65-69 3:31.31	65-69 4:17.69
70-74 3:45.49	70-74 4:44.41
75-79 4:18.58	75-79 5:43.59
80-84 6:05.62	80-84 6: 48.78
85-89 12:03.60	85-89 12:47.90
90+ 12:03.60	90+ 12:47.90

100-Yard Individual Medley

Men	Women
50-54 1:13.21	50-54 1:26.70
55-59 1:16.00	55-59 1:26.70
60-64 1:16.13	60-64 1:33.75
65-69 1:18.32	65-69 1:43.15
70-74 1:34.55	70-74 1:51.81

200-Yard Individual Medley

Men	Women
50-54 2:54.40	50-54 3:08.99
55-59 2:54.80	55-59 3:12.15
60-64 2:57.22	60-64 3:38.91
65-69 3:15.15	65-69 4:26.41
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

Men	Women
50-54 :30.07	50-54 :37.65
55-59 :32.34	55-59 :38.41
60-64 :31.39	60-64 :42.26
65-69 :34.51	65-69 :47.31
70-74 :37.96	70-74 :54.82
75-79 :49.80	75-79 1:07.54
80-84 1:25.86	80-84 1:30.00
85-89 2:03.77	85-89 3:18.20
90+ 2:18.90	90+ 3:18.20

100-Yard Butterfly

Men	Women
50-54 1:23.70	50-54 1:27.05
55-59 1:25.68	55-59 1:37.60
60-64 1:25.68	60-64 1:56.14
65-69 1:25.68	65-69 2:38.31
70-74 1:43.31	70-74 2:55.90
75-79 3:22.20	75-79 4:33.80
80-84 5:18.00	80-84 5:18.00
85-89 6:11.00	85-89 6:11.00
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

Men	Women
50-54 :27.51	50-54 :33.08
55-59 :28.80	55-59 :34.19
60-64 :29.08	60-64 :34.39
65-69 :30.43	65-69 :37.05
70-74 :33.22	70-74 :41.40

100-Yard Freestyle

Men	Women
50-54 1:03.00	50-54 1:13.70
55-59 1:03.43	55-59 1:16.40
60-64 1:06.00	60-64 1:17.85
65-69 1:08.25	65-69 1:22.82
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

Men	Women
50-54 2:26.01	50-54 2:46.10
55-59 2:27.20	55-59 2:46.10
60-64 2:30.23	60-64 3:01.70
65-69 2:43.10	65-69 3:09.66
70-74 3:05.24	70-74 3:30.74
75-79 3:18.25	75-79 4:15.78
80-84 3:52.68	80-84 4:40.74
85-89 6:27.40	85-89 7:19.83
90+ 7:25.00	90+ 11:02.40

500-Yard Freestyle

Men	Women
50-54 6:57.40	50-54 7:32.20
55-59 7:15.30	55-59 7:33.32
60-64 7:15.30	60-64 8:07.23
65-69 7:15.30	65-69 8: 59.03
70-74 8:18.70	70-74 8:59.66
75-79 9:50.50	75-79 10:59.80
80-84 11:50.90	80-84 14:52.08
85-89 16:46.0	85-89 26:55.30
90+ 16:46.00	90+ 26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

Bonus Events

QUALIFIED STROKE

Bonus events must be of the same stroke and lesser distance

Backstroke 200
 Backstroke 100
 Breaststroke 200
 Breaststroke 100
 Butterfly 200
 Butterfly 100
 Freestyle 500
 Freestyle 200
 Freestyle 100
 Individual Medley 400
 Individual Medley 200

BONUS STROKES

Backstroke 50, 100
 Backstroke 50
 Breaststroke 50, 100
 Breaststroke 50
 Butterfly 50, 100
 Butterfly 50
 Freestyle 50, 100, 200
 Freestyle 50, 100
 Freestyle 50
 Individual Medley 100, 200
 Individual Medley 100