

# SWIMMING

## Oklahoma Senior Games - Oklahoma Masters Swim Meet

**Sunday, September 13, 2020**

**Entry Deadline: August 30, 2020**

Westwood Family Aquatic Center  
2400 Westport Drive  
Norman, OK 73069

Recognition number: **270-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](http://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](mailto:jcampb10@tampabay.rr.com)**

**[www.floridalmsc.org](http://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**

Kent Nicholson

(405) 706-9562

**[kentn@norman.k12.ok.us](mailto:kentn@norman.k12.ok.us)**

**2020 is a year in which to qualify for NSGA competition in  
Fort Lauderdale, Florida November 5 – 18, 2021.**

**Oklahoma is hosting senior games, so athletes who qualify this year (2020) PLUS because of the virus, those who qualified in 2018 can register in the Priority Registration Period. The Open Registration Period, which follows, will accommodate athletes age 50+ who were unable to attend or qualify at a state senior games in 2020. The number of registrants may be limited. For more information about national competition go to: [NSGA.com](http://NSGA.com)**

1. All first, second, third and fourth place winners in each event, gender and age group qualify to compete in the 2021 National Senior Games.
2. Athletes must qualify in each event in which they wish to compete in the 2021 National Senior Games.
3. Doubles partners who qualify together are not required to play together at the 2021 National Senior Games.
4. The age division for competition for doubles and mixed doubles teams will be determined by the younger age of the two partners on December 31, 2021.
5. All doubles teams made up of one in-state and one out-of-state athlete will be designated as an out-of-state team. The NSGA definition of an athlete's state of residence is that state in which the athlete resides at least six months of the year.
6. Oklahoma is an "Open" state. This means Oklahoma Senior Games allows participation by out-of-state athletes.
7. 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 2021 National Senior Games. Oklahoma would then qualify eight athletes or athlete teams for the national senior games in that event, gender and age division.
8. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
9. At the 2019 National Senior Games, 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.
10. Swimmers may enter a maximum of six events, including bonus events.
11. 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.
12. 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.
13. 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.
14. 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, 2019 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 2021 National Senior Games if your time was the 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
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### 200-Yard Individual Medley

Men	Women
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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 1:34.35	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	7:22.03	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	11:58.67	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 1:35.40	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
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#### 100-Yard Freestyle

Men	Women
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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

#### Men

50-54 2:26.01
55-59 2:27.20
60-64 2:30.23
65-69 2:43.10
70-74 3:05.24
75-79 3:18.25
80-84 3:52.68
85-89 6:27.40
90+ 7:25.00

#### Women

50-54 2:46.10
55-59 2:46.10
60-64 3:01.70
65-69 3:09.66
70-74 3:30.74
75-79 4:15.78
80-84 4:40.74
85-89 7:19.83
90+ 11:02.40

### 500-Yard Freestyle

#### Men

50-54 6:57.40
55-59 7:15.30
60-64 7:15.30
65-69 7:15.30
70-74 8:18.70
75-79 9:50.50
80-84 11:50.90
85-89 16:46.0
90+ 16:46.00

#### Women

50-54 7:32.20
55-59 7:33.32
60-64 8:07.23
65-69 8: 59.03
70-74 8:59.66
75-79 10:59.80
80-84 14:52.08
85-89 26:55.30
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