

SWIMMING

Backstroke: 50-, 100-, 200-Yard. Breaststroke: 50-, 100-, 200-Yard. Butterfly: 50-, 100-, 200-Yard. Freestyle: 50-, 100-, 200-, 500-Yard. Individual Medley: 100-, 200-, 400-Yard (Four Strokes) Mixed 200 Freestyle & Mixed Medley Relay

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2021 NSGA qualifying games will qualify for the 2022 National Senior Games.

ENTRY REGULATIONS

1. At the 2022 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.
2. Swimmers may enter a maximum of six events, including bonus events.
3. 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
4. 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.
5. Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suits must conform to United States Masters Swimming Rule 102, 12-Swimwear for Pool Competition.
6. Mixed relays consist of two males and two female swimmers. Swimmers may enter one 200 yard mixed medley relay and one 200 yard mixed freestyle relay. Captains of relays may pre-register teams during online registration. Deck entries for relays will also be accepted at the meet. Relay packets for deck entries 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.

FORMAT

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. All swimmers in the 500-yard freestyle and the 400-yard IM will be required to check-in at the venue.
4. Relay entry packets will be available at the venue starting the first day of competition.
5. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. This competition will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write, email or call:

United States Masters Swimming, Inc.
1751 Mound Street, Suite 201
Sarasota, FL 34236
(941) 256-8767 or (800) 550-7946
www.usms.org/rules

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: The appropriate stroke is required.
 - e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.

- 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.

SWIMMING MINIMUM PERFORMANCE STANDARDS

Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500-yard time by 1.15526 to get 400 meter MPS.

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	:46.86
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	1:43.30
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	4:32.18
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

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

2023 NSG Rulebook

National Senior Games Association



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

SWIMMING MINIMUM PERFORMANCE STANDARDS (continued)

400-Yard Individual Medley

Men		Women (No MPS Available – 2021)	
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	8:28.96	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 :32.34	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 3:02.03	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 No MPS	50-54 No MPS
55-59 No MPS	55-59 No MPS
60-64 No MPS	60-64 No MPS
65-69 No MPS	65-69 No MPS
70-74 No MPS	70-74 No MPS
75-79 No MPS	75-79 No MPS
80-84 No MPS	80-84 No MPS
85-89 No MPS	85-89 No MPS
90+ No MPS	90+ No MPS

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
75-79 :36.80	75-79 :47.49
80-84 :41.40	80-84 :56.16
85-89 1:05.77	85-89 1:08.67
90+ 1:34.95	90+ 2:30.20

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 1:26.30	75-79 1:50.00
80-84 1:35.70	80-84 2:07.48
85-89 2:59.50	85-89 2:48.60
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 16:46.00	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 STROKES
Bonus events must be of same stroke and lesser distance	
Backstroke 200	Backstroke 50, 100
Backstroke 100	Backstroke 50
Breaststroke 200	Breaststroke 50, 100
Breaststroke 100	Breaststroke 50
Butterfly 100	Butterfly 50
Butterfly 200	Butterfly 50, 100
Freestyle 500	Freestyle 50, 100, 200
Freestyle 200	Freestyle 50, 100
Freestyle 100	Freestyle 50
Individual Medley 200	Individual Medley 100
Individual Medley 400	Individual Medley 100, 200