

Addendum to Blanket Waiver for Bylaw 17.02.1.1 - posted 4/30/15

DIII SAs who achieve times within 1-2% of the 2015 Senior National Cut (indicated below) are permitted to continue training with coach for the period of time after the conclusion of the DIII Swimming and Diving Championships

2015 Senior National Cuts *

(March 20) thru May 8, 2016:

WOMEN	SCY	1%	2%	LCM	1%	2%
50 Freestyle	22.49		22.94	26.19		26.71
100 Freestyle	49.09		50.07	56.59		57.72
200 Freestyle	1:46.49	1:47.55		2:02.39	2:03.61	
400/500 Freestyle	4:44.99	4:47.84		4:17.99	4:20.57	
800/1000 Freestyle	9:49.99	9:55.89		8:49.99	8:55.29	
1500/1650 Freestyle	16:21.89	16:31.71		16:52.99	17:03.12	
100 Backstroke	53.69		54.76	1:03.39		1:04.66
200 Backstroke	1:56.39	1:57.55		2:16.59	2:17.96	
100 Breaststroke	1:01.29		1:02.52	1:11.59		1:13.02
200 Breaststroke	2:12.89	2:14.22		2:34.99	2:36.54	
100 Butterfly	53.29		54.36	1:01.19		1:02.41
200 Butterfly	1:58.49	1:59.67		2:15.29	2:16.64	
200 Individual Medley	1:58.99	2:00.18		2:18.69	2:20.08	
400 Individual Medley	4:13.89	4:16.43		4:54.99	4:57.94	

MEN	SCY	1%	2%	LCM	1%	2%
50 Freestyle	19.89		20.29	23.29		23.76
100 Freestyle	43.39		44.26	50.79		51.81
200 Freestyle	1:36.09	1:37.05		1:51.89	1:53.01	
400/500 Freestyle	4:20.29	4:22.89		3:58.69	4:01.08	
800/1000 Freestyle	9:07.49	9:12.96		8:15.49	8:20.44	
1500/1650 Freestyle	15:15.59	15:24.75		15:49.99	15:59.49	
100 Backstroke	47.19		48.13	57.19		58.33
200 Backstroke	1:45.49	1:46.54		2:03.99	2:05.23	
100 Breaststroke	53.89		54.97	1:03.89		1:05.17
200 Breaststroke	1:59.19	2:00.38		2:18.99	2:20.38	
100 Butterfly	47.59		48.54	54.79		55.89
200 Butterfly	1:45.69	1:46.75		2:02.29	2:03.51	
200 Individual Medley	1:45.79	1:46.85		2:05.29	2:06.54	
400 Individual Medley	3:47.99	3:50.27		4:27.99	4:30.67	

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http://www.usaswimming.org/Rainbow/Documents/e400e232-098a-4967-b848-5279336baf36/15_summersrs.pdf

2016 Olympic Trial Cuts !

DIII SAs who achieve OT cut on or prior to May 8, 2016 are permitted to train with college coach through 2016 Olympic Trials:

	WOMEN	MEN
	LCM	LCM
50 Freestyle	26.19	23.29
100 Freestyle	56.49	50.69
200 Freestyle	2:02.39	1:51.89
400/500 Freestyle	4:17.99	3:58.69
800/1000 Freestyle	8:49.99	
1500/1650 Freestyle		15:49.99
100 Backstroke	1:03.39	57.19
200 Backstroke	2:16.59	2:03.79
100 Breaststroke	1:11.49	1:03.69
200 Breaststroke	2:34.99	2:18.39
100 Butterfly	1:01.19	54.79
200 Butterfly	2:14.99	2:01.99
200 Individual Medley	2:18.69	2:05.09
400 Individual Medley	4:54.99	4:27.49

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http://www.usaswimming.org/_Rainbow/Documents/45272d69-b6df-4896-9d0c-8b703312df2d/TrialsQualifyingTimes.pdf