



SWIMMING

Freestyle – 50, 100, 200, 500 / Butterfly -50, 100, 200 / Breaststroke – 50, 100, 200 /
Backstroke – 50, 100, 200 / Intermediate Medley – 50, 100, 200, 400 / RELAY

- DATE & TIME** Sunday, August 18, 2024
Pool doors open 10:00 am. You may enter pool to warm up 10:30 am. Meet begins 11:00 am. **Evansville is CENTRAL TIME ZONE.**
- LOCATION** Will be at the NEW Deaconess Aquatic Center in Evansville, IN.
24 Don Mattingly Way
Evansville, IN 47710
- REGISTRATION** Register by Aug 11th.
Maximum of ten events can be entered from list below.
- POOL INFORMATION** Electronic Touch pads used. This event will be in YARDS. Entrance and exit to the pool is by ladder. This is a competition pool.

- | | |
|--|---|
| <input type="checkbox"/> 200 Ind. Medley | <input type="checkbox"/> 500 Freestyle |
| <input type="checkbox"/> 100 Freestyle | <input type="checkbox"/> 100 Ind. Medley |
| <input type="checkbox"/> 50 Butterfly | <input type="checkbox"/> 100 Backstroke |
| <input type="checkbox"/> 200 Backstroke | <input type="checkbox"/> 200 Freestyle |
| <input type="checkbox"/> 50 Breaststroke | <input type="checkbox"/> 200 Breaststroke |
| <input type="checkbox"/> 200 Butterfly | <input type="checkbox"/> 100 Butterfly |
| <input type="checkbox"/> 50 Freestyle | <input type="checkbox"/> 400 Ind. Medley |
| <input type="checkbox"/> 50 Backstroke | <input type="checkbox"/> NEW 400 RELAY |
| <input type="checkbox"/> 100 Breaststroke /BREAK | |

Swimming events listed in order from left column down then right.

GENERAL INFORMATION

The following age divisions will apply to both men and women and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Age divisions for competition will be determined by the age of the athlete as of December 31, 2024. No onsite registration is allowed. The top four finishers in age, gender, and division will advance to the National Senior Games to be held July 24 – Aug 3, 2025 in Des Moines, Iowa.

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T-SHIRT Can be picked up at Swimming Event if athlete has not already received shirt from previous events participated in 2023.

MEDALS

Medals are given to 1st (Gold), 2nd (Silver), 3rd (Bronze) in each age group. The Indiana State Games allows and encourages athletes from out of state to participate. The definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year.

RULES

See NSGA rules that apply.

COORDINATOR

Coordinator will be responsible for all event issues that arise. Coordinator will record scores on result sheets and award medals.

QUESTIONS

Contact IndianaStateGames@gmail.com or call 812-297-9568 text or please leave a message.

NATIONAL SENIOR GAMES SPORT RULES

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+ 1 0:44.80

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 1:43.30
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
60-64 1:16.13	60-64 1:33.75
65-69 1:18.32	65-69 1:43.15

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	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 (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	: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	3:02.03	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

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	: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	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