



## 2010 CLUB EXCELLENCE PROGRAM REQUIREMENTS

Following are the eligibility, time standard and competition requirements for the 2010 Club Excellence Program. The 2010 rankings will be based on performances from the 2009 swimming year.

### **Athlete Eligibility Requirements**

All athletes listed on the application must meet the following eligibility criteria:

- A. **US citizen athlete**-The athlete must be a U.S. citizen athlete who is eligible to represent the USA in international competition.
- B. **Representation provision**
  1. **18 and under athletes:** The USA Swimming **120 day eligibility requirement** applies to athletes aged 18 and under. If the athlete legally represented your team in competition, the athlete's time can be used toward the Club Excellence Performance criteria. Any time swum while an athlete was unattached may not be used.
  2. **19 and over athletes:** Athletes aged 19 and over are subject to a **10 month eligibility requirement**, meaning that if the athlete transferred to your team and swam a legal time for your team, a period of 10 full months must have passed since the athlete last represented another team. For example, in order to use a time swum on July 1, 2009, the athlete's last representation for another club could not be later than September 1, 2008. **Please note that this eligibility requirement for athletes age 19 and over is very different from the standard 120-day eligibility rule.** This provision is in addition to letter C immediately below.
- C. **Limited eligibility for college age athletes**-The athlete cannot be currently competing with a collegiate program (NCAA, NJCAA or NAIA). NCAA athletes who are training with their home clubs in the summer between school years will not count towards the clubs' totals. Performances from athletes who have not begun their freshman years in college are eligible to score for their clubs (i.e. any HS Seniors who graduated from HS in May/June 2009, and started college in August/September 2009 are eligible to represent your club in the Performance Component using times achieved prior to starting college in 2009).
- D. **Performance Eligibility**-All applicants for the Club Excellence program **must have at least one eligible 18-Under athlete** who meets the criteria for one of the three levels: Gold, Silver, or Bronze. The 2010 application criteria are outlined below. All times listed below must be verifiable with the USA Swimming SWIMS database.

## Gold Medal Club Criteria

In order to be eligible for a Gold Medal ranking, clubs must meet the following time standard and competition requirements. Only the top 16 teams in the performance scoring will earn the Gold Medal designation.

### 1. Time Standard and Competition Requirement:

- Time Standard Requirement: At least one 18-Under athlete must make the Gold Medal Club world ranking time standards in Olympic events (does not include 800 Free for men or 1500 Free for women). The time standards for 2010 are shown below (no change from 2009).

	<b>Gold Medal Time Standards</b>	
Women		Men
LCM		LCM
26.00	50 Free	23.02
56.11	100 Free	50.27
2:01.20	200 Free	1:50.55
4:15.63	400 Free	3:56.12
8:48.13	8/1500 Free	15:45.69
1:02.98	100 Back	56.87
2:15.55	200 Back	2:04.08
1:10.74	100 Breast	1:03.14
2:32.29	200 Breast	2:17.54
1:00.51	100 Fly	54.29
2:13.48	200 Fly	2:01.61
2:17.44	200 IM	2:05.11
4:51.31	400 IM	4:28.15

- Competition Requirement: In addition to one 18/under athlete who meets the Time Standard requirement, at least one 18-Under athlete must have competed in an individual event at the 2009 World Championship Trials/National Championships or 2009 US Open. (This may be the same athlete who made the Gold Medal time standard or a different athlete.)
2. Open Water Component: Placing an 18-Under athlete on the 2009 Open Water World Championship Team makes the club eligible for Gold Medal consideration.

### Silver Medal Club Eligibility Criteria

In order to be eligible for a Silver Medal ranking, clubs must meet the following time standard and competition requirements. Clubs ranking 17 – 100 in the performance scoring will earn the Silver Medal designation.

1. Time Standard and Competition Requirement: At least one 18-Under athlete must qualify for and compete in an individual event at the 2009 World Championship Trials/National Championships, the 2009 US Open, or finish in the top three at the 2009 10K Open Water Nationals.

### Bronze Medal Club Eligibility Criteria

In order to be eligible for a Bronze Medal ranking, clubs must meet the following time standard requirements. Clubs ranking 101-200 in the performance scoring will earn the Bronze Medal designation.

1. Time Standard Requirement: At least one 18-under athlete must achieve a long course time standard for an individual event for the 2009 Long Course Junior Nationals (it is not necessary to compete at the LC Junior Nationals) or place in the top three finishers at the 2009 5K Open Water National Championship.

### Performance Scoring Information

Every club that submits an application will be ranked according to the Performance Scoring component of the program. Scoring is based on the *IPS* "International Point Score" rating system, developed by Nick Thiery at [www.swimnews.com](http://www.swimnews.com). In order to be eligible to score points, athletes must achieve the Performance Time Standards shown in the chart below:

#### 2010 Club Excellence Performance Standards

##### Women

##### Men

<u>18/under</u>	<u>19/over</u>	<u>Events</u>	<u>18/under</u>	<u>19/over</u>
26.63	25.51	50 free	24.37	22.75
58.40	55.96	100 free	53.88	50.29
2:07.13	2:01.81	200 free	1:58.30	1:50.22
4:25.57	4:14.45	400 free	4:10.26	3:53.69
9:05.81	8:42.96	800/1500 free	16:31.80	15:26.16
1:05.53	1:02.79	100 back	59.78	55.82
2:19.40	2:13.56	200 back	2:09.23	2:00.68
1:12.55	1:09.51	100 breast	1:07.70	1:02.63
2:36.21	2:29.67	200 breast	2:25.52	2:15.88
1:02.48	59.86	100 fly	57.60	53.78
2:17.51	2:11.75	200 fly	2:08.28	1:59.79
2:22.66	2:16.69	200 IM	2:11.56	2:02.85
5:00.19	4:47.62	400 IM	4:40.26	4:21.71