

**Jefferson Shelby Swim Council Rules
Maximum Time Standards For Eligibility
(AAAA RULE)**

Per Section 7 (B):

Any swimmer, age 13 years or older, whose best competitive time, obtained at any age, in an individual stroke or individual medley event in any competition with automatic timing, equals or betters the times in this Appendix E shall be ineligible to compete in the JSSC competitive program in the stroke for which his/her time equals or betters the times for those events listed below.

GIRLS			Meters		BOYS		
SCM	LCM	SCY	Yards	Stroke	SCY	LCM	SCM
27.69	28.69	25.09	50	Freestyle	23.29	26.79	25.69
1:00.19	1:02.19	54.49	100	Freestyle	50.79	58.29	56.09
2:09.79	2:13.49	1:57.49	200	Freestyle	1:50.09	2:06.89	2:01.69
4:30.29	4:37.09	5:08.79	400/500	Freestyle	4:56.99	4:27.39	4:19.89
9:17.19	9:26.99	10:36.69	800/1000	Freestyle	10:13.79	9:12.39	8:57.19
17:34.49	18:04.79	17:40.69	1500/1650	Freestyle	17:03.29	17:41.49	16:57.39
32.19	32.79	28.99	50	Backstroke	27.09	30.69	30.09
1:06.39	1:10.09	1:00.09	100	Backstroke	56.79	1:05.69	1:02.69
2:22.39	2:29.99	2:08.89	200	Backstroke	2:02.09	2:21.39	2:14.89
35.59	36.59	32.09	50	Breaststroke	29.39	33.59	32.59
1:15.49	1:17.99	1:08.29	100	Breaststroke	1:03.29	1:13.09	1:09.89
2:42.49	2:47.99	2:26.99	200	Breaststroke	2:16.79	2:39.59	2:31.19
30.19	30.89	27.19	50	Butterfly	25.59	29.09	28.39
1:05.79	1:07.59	59.59	100	Butterfly	55.49	1:02.99	1:01.29
2:23.69	2:28.29	2:10.09	200	Butterfly	2:03.19	2:19.99	2:16.19
1:09.69	NA	1:02.79	100	Ind Medley	58.39	NA	1:04.89
2:26.29	2:30.89	2:12.39	200	Ind Medley	2:04.09	2:22.49	2:17.19
5:08.99	5:16.99	4:39.69	400	Ind Medley	4:24.59	5:02.89	4:52.39

* JCSC "AAAA" Time Standards are taken from the US Swimming 2004 13-14 "AAAA" Time Standards

** Time standards for Non-US Swimming events are derived from fasted, last-known JSSC Time Standard

LCM = Long Course Meters (50 meter length)

SCM = Short Course Meters (25 Meter length)

SCY = Short Course Yards (25 Yard length)