

## SWIM LONG COURSE TIME STANDARDS EXPLAINED

### Time Standards by Percentile

AAAA	98%	This standard means your swimmer is ranked in the top 2% of swimmers their age-group, their same sex, in that stroke and distance.
AAA	94%	This standard means your swimmer is ranked in the top 6% of swimmers their age-group, their same sex, in that stroke and distance.
AA	92%	This standard means your swimmer is ranked in the top 8% of swimmers their age-group, their same sex, in that stroke and distance.
A	85%	This standard means your swimmer is ranked in the top 15% of swimmers their age-group, their same sex, in that stroke and distance.
BB	65%	This standard means your swimmer is ranked in the top 35% of swimmers their age-group, their same sex, in that stroke and distance.
B	45%	This standard means your swimmer is ranked in the top 55% of swimmers their age-group, their same sex, in that stroke and distance.
C		This standard is for all swimmers with times below the "B" standard. Everything from 0.00 up to the "B" standard is a "C" time.
Notes		<p>It is very normal for your swimmer to have different time standards for different strokes. They may even have different standards for the same stroke but different distances.</p> <p>As your swimmer matures their best stroke and distances may change.</p> <p>A swimmer should not specialize until they have completed physical maturation. Swimming all the strokes and all the distances will only improve your swimmers physical and mental development throughout their career.</p>

Bottom line - Time standards are great for goal setting and should be used to motivate your swimmer, but while improvement is desired it should not be required. Be patient and let your athlete improve at their own pace. Never compare your swimmers success to another swimmer. All swimmers are individuals with unique abilities and each will develop at their own rate.