

CONNECTICUT SWIMMING, INC.

2025 LONG COURSE CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP

Wesleyan University Freeman Athletic Building
161 Cross Street, Middletown, CT 06457
July 24-27, 2025

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-49. S. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Contacts			
Meet Director	Ronald Vaughan	SwimCoachRonnie@gmail.com	860-538-3717
Meet Manager	Yolanda Jahan	yoli.jahan1@gmail.com	203-278-6712
Meet Referee	Steve Christensen	steven_christensen@yahoo.com	
Administrative Referee	Margy Sargent	mhsarge@att.net	203-981-0718
Chief AO	Jo Ann McCaffrey	mccaffreyjoann@gmail.com	914-391-5841
Meet Entry Info	Henk Jansen	office@ctswim.org	203-671-2401
Safety Chair	Kyle Shadeck	kshadeck@sccymca.org	
Emergency Phone			860-486-9193

IMPORTANT DATES AND DEADLINES		
Thursday, July 17	8:00 pm	Entry closes
Monday, July 21	11:59 pm	Late qualifiers close
Tuesday, July 22	7:00 pm	Corrections close
Tuesday, July 22	8:30 pm	Coach meeting via Zoom
Thursday, July 24	45 min before start of session	Thursday scratches Due
Thursday, July 24	6:00 pm	Scratches due for Friday events
Friday, July 25	6:00 pm	Scratches due for Saturdays events
Saturday, July 26	6:00 pm	Scratches due for Sundays events
Saturday, July 26	6:30pm	Positive check in for 800 relay (Sun)
Th-Sun, July 24-27	One hour prior to the start	Official's Briefings

Session Schedule

Thursday Distance (1500)	13/14	2:00p	3:00p
Thursday Distance	13/14 Relays & 12/U	5:00p	5:35p
Fri-Sat-Sun Prelims Session 1	11-14	7:00a	8:20a
Fri-Sat-Sun Prelims Session 2	10/U.	1:00p	2:00p
Fri-Sat-Sun Finals	11-14.	4:00p	5:00p

NOTE WELL: All session times are approximate and may change once the initial entry is received.

VENUE INFORMATION

FACILITY: Wesleyan University's Freeman Athletic Center Pool

- The Freeman Center Pool is a 50-meter by 25-yard venue with a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on the premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas, is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism, and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, restrooms, or locker rooms. Failure to comply may result in expulsion from the meet.
- No folding chairs are allowed anywhere in the building.
- Spectators will be limited see "Safe Sport Policies" below for details. Spectators will be allowed to sit in the spectator viewing area ONLY.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and towing.
- [Wesleyan lawn policy](#) will be in effect.
- The deck will be limited to 350 people, including swimmers, officials and volunteers.
- Lifeguards will be on duty.
- Wifi access is available and signal strength is good at best. Meet will NOT be livestreamed.

SAFE SPORT POLICIES:

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition.

1. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.
2. Spectators will be allowed, but seating is limited to 340.
3. To control the number of spectators in the stands, wristbands may be used. i. If used, wristbands will be given to each Team in proportion to Team size.

DISABLED/ELDERLY ACCESS: Handicapped parking and pool deck access are available. If special assistance is required by athletes, coaches, or spectators, please contact the Safety Chair or the Meet Director.

GENERAL MEET INFORMATION

ELIGIBILITY CRITERIA: Clubs and all athletes must be 2025 *CSI-registered members* of USA Swimming. Registration will not be processed at the meet.

1. Have been properly entered before the appropriate deadline contained in either the ENTRY DEADLINE, CORRECTION, or LATE QUALIFIERS sections below
2. To be eligible to compete in individual events, each swimmer **MUST** have achieved the qualifying time for each event entered since January 1, 2024. Swimmers may qualify with times from 25-yard (SCY) or 50-meter (LCM) courses.
3. NTs will NOT be accepted for any bonus events. All bonus events must be entered with reportable times.
4. No meet attendance criteria. As long as the swimmer has achieved the qualifying time within the qualifying period, they may compete.

ADAPTED SWIMMING: Any CSI-registered swimmer with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on ctswim.org and contact office@ctswim.org for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

OUTREACH POLICY: CSI has adopted an outreach policy to enable Outreach athletes to enter this championship meet with their entry fees waived. See the OUTREACH ATHLETES section for more info.

DECK ACCESS: Swimmers on deck must be supervised by a USA Swimming-registered coach. All coaches must present a valid USA Swimming coach Card to the Meet Director before the commencement of any sanctioned swim meet and must have this card with them while on deck. Coaches not affiliated with a CSI-registered club may be on deck only for those sessions in which they are coaching associated unattached swimmers. Only swimmers entered in this meet shall be allowed in the pool during warm-ups/warm-downs. Children not participating in the meet must always be supervised by an adult and are not allowed on the pool deck for any reason. The Meet Director and Referee reserve the right to limit such deck access in the event of overcrowding, inappropriate behavior, or for any other reason. CSI Rules of Conduct will be strictly enforced.

ENTRIES FOR INDIVIDUAL EVENTS

- A psych sheet will NOT be posted until after the correction deadline. An entry list will be posted for teams to check their entry.
- Swimmers may enter any individual event for which they qualify, but may only compete in seven (7) individual events for the meet and a maximum of three (3) individual events per day. Unlimited relays.
- Swimmers meeting the qualification in the 800M/1000Y Freestyle may enter the 1500M/1650Y Freestyle as a bonus, and vice versa. Swimmers **MUST** swim the distance event for which he/she has qualified to enter the bonus distance event. These events must be entered with pre-proven official times **and count towards the bonus ratios**.
- Check the Relay section for Relay-only bonus information.
- Bonus events are allowed using the following ratios. Bonus events **MUST** be 200M or less.
 - Make 1 event – Swim 2 bonus
 - Make 2 events - Swim 1 bonus
 - Make 3 events or more - NO bonus
- Reciprocal Distance Events are included in the Bonus total (ex., a swimmer who qualifies for the 1500 can bonus the 800 and 1 more bonus event, 200 and under)
- Unattached swimmers (UN) must be indicated on the entry. Coaches wishing to change the attachment status of swimmers during the meet should bring such requests, which must be consistent with USA Swimming rules, to the Administrative Referee.
- Improvement in time will be taken until the Late Qualifier deadline.

PROOF OF ENTRY TIMES: All entry times must be pre-proven. The results of any USA Swimming-sanctioned, approved, or observed meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. Proof of time is the responsibility of each coach. By CSI policy (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven shall be fined the sum of \$100.00 per event. The \$100.00 fine must be paid by October 1, 2025, to the Connecticut Swimming Office.

ENTRY DEADLINE: Entries must be received by **8:00 p.m. on July 17th.**

ENTRY SUBMISSION: CSI-member USA Swimming clubs will enter using [Connecticut FAST Online Entries](#) and enter an adapted athlete by contacting office@ctswim.org. CSI-member unattached athletes, not affiliated with a CSI club, should email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If the meet entry software is not available, email office@ctswim.org the athlete's name, USA ID, age, event number, event name, time, and proof of time. See the Proof of Entry Times section for acceptable proof. Manually typed entries are subject to extra fees, and all times done in courses other than a 50-meter course must be marked on the entry form by writing SCY at the entry time. All computer entry files should be coded to indicate the course in which the time was achieved.

FEES: Splash Fee: \$15.00 per individual event, \$24.00 per relay. A \$15.00 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is an additional \$15.00 manual entry fee per swimmer.

PAYMENT: The payment deadline for entries is upon receipt of the final entry. Payment will be collected upon submission of entry by credit card or by a signed check/check request. If paying by check, an image of the signed check/check request must be submitted with the final entry. The check must then be mailed to the address below.

Connecticut Swimming
68 Nichols Ave
Shelton, CT 06484

All checks must be postmarked by July 25. CSI reserves the right to remove the unpaid entries from the meet.

OUTREACH ATHLETES: Entry fees for CSI-registered Outreach Athletes are waived. When submitting the meet entry, the entering club must request, in writing, that the individual entry fees be waived for the Outreach athlete(s) listed on the club's entry. The Entry Chair shall confirm the Outreach status of the athlete(s) using USA Swimming's national registration database. If confirmed, all individual event entry fees shall be waived for that Outreach Athlete(s).

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall:

- Be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a member coach before the meet. Athletes unaccompanied by a member coach will not be permitted on deck. Please contact the Meet Director for assistance.
- Be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted the Meet Director with the entry.

LATE QUALIFIERS: FAST entry will re-open after the initial entry deadline for late qualifiers, deadline **11:59p July 21st**. At this time, the entry will be completely open for anything you want to do with your entry. This includes updates, corrections, etc. Once this deadline has passed, any changes you want will be considered a correction until that deadline passes, and after that, your last opportunity to make changes is a deck entry, see below.

CORRECTIONS: PLEASE NOTE THIS PERIOD STARTS AFTER THE ENTRY HAS BEEN REOPENED FOR LATE QUALIFIERS (SEE ABOVE). Clubs will be given until **7:00p July 22nd** to email corrections to office@ctswim.org. For new swimmers, PLEASE email the swimmer's full name, birth date, event numbers, and times. For swimmers already in the meet, please send their name, new event number, and time. Improvements in seed time will be accepted for prelims/finals events ONLY. Corrections will be accepted by email only. \$15 will be assessed for each correction, scratch, or addition on top of the meet entry fee, where applicable. See examples below:

- A scratch for a single swimmer where a coach will not be in attendance should be submitted ahead of time. For example, Larry is the only swimmer attending a session for his Team, and he is scratching, and this is known ahead of time. This will be done so a coach doesn't have to attend a session just to scratch a swimmer.
- If a relay team is added, the charge will be \$24.00 plus the entry fee. Total for additional relay is \$48.00.
- The only corrections that WILL NOT garner a charge are changes in the attached status.

WARM-UP, SCRATCH, & POSITIVE CHECK-IN PROCEDURES

CHECK-IN/WARM-UP: All clubs must warm up under the supervision of a coach or marshal. Swimmers without a coach

in attendance must report to the office and have a supervisor assigned. Lane assignments for general warm-up will be provided in the coaches' packets and are subject to the discretion of the Meet Referee. No diving will be permitted, except in the assigned lanes during one-way Sprints. Pace lanes will be available during sessions. Due to limited warm-up space, **only swimmers entered in individual events or expected to swim relays in each session may enter the pool in that session's warm-up period.**

SCRATCH PROCEDURES:

- This meet will adhere to the National Championship Scratch Rule as outlined in rule 207.11.6. Scratches from finals must be made directly with the Administrative Referee.
- Scratches are at 6:00 pm the night prior. Thursday events are due 45 minutes before the start of the session
 - We intend to have heat sheets available as coaches walk onto the pool deck in the AM
- Positive check-in is required by **6:30 p.m.** on Saturday for the 800 freestyle events scheduled to be conducted on Sunday. Failure to positively check in by the stated time will result in the swimmer not being seeded into the event.

Upon official announcement of the qualifiers from the preliminary heats of an event, scratch sheets for finals will be posted at the Administrative Referee's table. Swimmers will have 30 minutes to scratch or "declare an intention to scratch" from the finals for the event.

FAILURE TO COMPETE PENALTIES:

Failure to show up for a Preliminary or Timed final event will not result in a penalty. However, a missed event will count as an event entry and be included in both the daily and the meet event limitations. A swimmer qualifying for a consolation or championship final who fails to compete and who has not scratched will be barred from further competition in the meet. A swimmer who fails to appear for a final heat on the last day of the meet shall be fined \$50.00 for each event not swum. Fines must be paid before October 1, 2025. A swimmer shall not be permitted to participate in any further meets sanctioned by CSI until all fines are paid. No Penalty shall apply for Failure to compete in the finals if:

1. The Meet Referee is notified in the event of injury or illness and accepts the proof.
2. A swimmer qualifying for a final heat based on the results of preliminaries notifies the Administrative Referee within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event.
3. The Meet Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

CONDUCT OF COMPETITION

SEEDING: Seeding will be in accordance with USA Swimming rule 102.5. All conforming times (LCM) shall be arranged from fastest to slowest, followed by non-conforming short course meter times (SCY) arranged fastest to slowest. The order of heats shall be swum slowest to fastest, except as otherwise noted (See DISTANCE EVENTS).

INDIVIDUAL EVENTS

- All 10 & under events and all relays will be timed finals.
- With the exception of the 11/12 400M Freestyle, 800M, and 1500M Freestyles (see DISTANCE EVENTS), all 11/12 & 13/14 individual events will be conducted as trials and finals, with the fastest sixteen (16) swimmers returning for consolation and championship final heats in the evening session.

DISTANCE EVENTS

- Thursday/Sunday distance events **MAY** be run in 6 lanes allowing for a warm-up/warm down lane with a buffer if time permits for preliminaries **ONLY**.
- Swimmers competing in Thursday and Sunday distance events (except those swimming in Sunday Finals) must provide a timer, who will be assigned a lane by the Meet Referee or his designee.
- Swimmers meeting the qualification in the 1000Y/800M Freestyle may enter the 1650Y/1500M Freestyle as a bonus, and vice versa. Swimmers **MUST** swim the distance event for which he/she has qualified to enter the bonus distance event. These events must be entered with pre-proven times. *See ENTRIES section.*
- The 13/14 and 400M Freestyle and 400M Individual Medley events will be conducted as preliminaries and finals, with the fastest sixteen (16) swimmers returning for championship final heats in the evening session.
- The 12/U 400M Freestyle and the 13/14 800M and 1500M Freestyle events shall be conducted on a **timed final** basis, swum fastest to slowest, alternating girls and boys. In the 800M, the fastest-seeded heat of women and men shall be conducted as the first event of the finals on Sunday evening. Swimmers must supply their lap counters, if

desired. Except for those swimming Sunday evening finals, swimmers must provide a timer, who will be assigned a lane by the Meet Referee or his designee. The meet program is not the final determinant of seeding. Late entries, corrections or scratches may impact which swimmers will swim in the evening. Seeding will be posted as soon as possible after the scratch deadline.

RELAYS

- All Relays will be swum at Prelims
- List relay names on the scratch sheet. Relay cards will ONLY be used if you wish to change your relay names or order before swimming. Names must be listed in order of swim. Failure to do so will prevent the relay team from competing. Upon reporting to the starting block before the start of the heat in which the team is entered, a completed relay card FOR CHANGES ONLY can be given to the computer table after the start of the heat, no further changes will be permitted. Incomplete or inaccurate relay cards will result in disqualification if discovered after the swim.
- Clubs may enter one relay-only swimmer per age group per gender (11/12 Girls, 11/12 Boys, 13/14 Girls & 13/14 Boys). ONLY ONE per age group per gender, NOT one per day, NOT one per relay, ONE per age group per gender for the entire meet. Swimmers entered in relay events only must be listed on the meet entry with their USA Swimming numbers and ages. Relay Only Swimmers do not get bonus swims
- Clubs may enter up to three relay-only swimmers per age group per gender for the 10/Under session only to fill out an "A" relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.)
- Each club may enter up to three (3) relay teams per relay event, except for the 800 Freestyle Relay, where each club may enter only one (1) relay team per 800 Freestyle Relay event. "No-times" for relay events will not be accepted. Please estimate or use a composite. Each team must provide 1 lane timer for each 800 relay entry. Timers should be ready and in place before the conclusion of the previous heat.
- 800 Freestyle Relays that are not positively checked in will be seeded with NT.
- There will be a SHORT break after relay events that begin the session and another SHORT break before relays that end the session. This break will provide use of the pool for relay warm-ups but will NOT include start or sprint only accommodation. Once the timeline is available, Meet Management will determine the length of the breaks in respect to the timeline

TIME TRIALS: No

BREAKS: The addition of any unpublished breaks in the competition schedule is at the discretion of the Meet Referee. Coaches and swimmers should note that entering and swimming "back-to-back" events, under normal circumstances of meet operation, does not warrant an unscheduled break. - Breaks will be built into the session report, once the timeline becomes official / Meet management staff + AGC will review all breaks and update as needed.

AWARDS & SCORING:

- Events will be scored to 16 places. For individual events, medals will be awarded through 8th place, with ribbons awarded from 9th through 16th place. For relay events, medals will be awarded through 3rd place.
- Individuals and relay teams winning first place will also receive Age Group Champion awards. High point trophies will be awarded to the individual female and male swimmers and the women's, men's, and combined teams who score the most points in the 10 & under, 11/12 & 13/14 categories. Additionally, "Distance" high point trophies will be awarded to the female and male swimmers who score the most points in the following categories:
 - 10/U - 200 Free, 400 Free, and 200 IM
 - 11/12 - 200 Free, 400 Free, and 200 IM
 - 13/14 - 400 Free, 800 Free, 1500 Free, and 400 IM
- CSI will not be able to provide storage or shipment of awards. All clubs must make arrangements to collect their awards before leaving the building on Sunday night.
 - **Scoring Table**
Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-28-14-12-10-8-6-4-2

WORK ASSIGNMENTS: Club entry in this meet constitutes acceptance of the club's responsibility to provide workers as assigned by the Meet Director. All clubs are required to provide workers (e.g., safety coordinators, timers, runners, marshals, officials, etc.) in proportion to the size of their entry. All clubs and unattached groups, regardless of size, may be asked to produce a worker(s) for a session. Each club's work assignments will be posted on ctsim.org as soon as possible after the entry deadline. Clubs who would like to volunteer for specific jobs (computer, announcer, hospitality, office, awards, etc)

should contact the Meet Director by Tuesday before the meet.

Work assignments for finals will be posted as soon as possible following the closing of final scratch. Assignments will be based on the number of swimmers each club has entered in the final and consolation final heats. Workers should appear and sign in at the pool deck office before the beginning of warm-ups and remain through the conclusion of finals.

Work assignments are, unless otherwise stated in the Volunteer Assignment Schedule posted on www.ctswim.org, for the duration of the session, **including relay events**, and it is the responsibility of the club to provide backup if, for any reason a worker is unable to complete the work assignment. Job descriptions will be posted on the CSI website. Unless otherwise stated in the Volunteer Assignment Schedule, workers must appear and sign in at the pool deck office prior to the second session of warm-ups. Connecticut Swimming, Inc. will fine any club that fails to provide its workers or whose workers do not work for the entire session. Fines must be paid before the LC meet bids are due, or offending clubs jeopardize their right to participate in future CSI-sponsored events.

Failure to supply a worker, \$100 per worker per session
Leaving assignment early, \$60 per worker per session
Arriving late for the assignment, \$60 per worker per session

Each club shall submit the name and telephone number of a club liaison responsible for that club's work assignments. If no representative is shown, the club coach shall be responsible for performing the function of the liaison.

OFFICIALS:

Officials interested in officiating can sign up using this [Age Group Official sign-up link](#). The deadline is **Monday before the meet**. Meeting this deadline will ensure these assignments are counted in your club's work assignment. We hope to have this meet approved as an OQM for evaluations with a focus on N2 and N3 Stroke & Turn. You may request a national evaluation using the signup link above. Evaluation requests must be received by July 10, 2025.

MISCELLANEOUS

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, restrooms, or locker rooms.

INCLEMENT WEATHER OR CANCELLATION: In the event of weather delays, events may be cut. Please review [CSI's Inclement Weather Policy](#).

OVERSUBSCRIPTION: In the event of over subscription, the **Age Group** Committee and meet management reserve the right to make adjustments to the meet. These may include, but are not limited to, conducting all events in split sessions.

MEET JURY: The Meet Jury will be determined by the Meet Referee. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone, and that fee is refundable if the protest is upheld.

REFRESHMENTS: Hospitality will be provided for coaches, officials, and computer operators. Water will be distributed on deck to volunteers/timers. Wesleyan may provide concessions.

PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict any photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from

the deck is prohibited by all individuals other than participating Coaches unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the start of a heat.

Additionally, the following “Non-Camera Zones” shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area behind or to the side of the starting blocks at either end of the racing course(s) while they are in use for “race starting purposes” during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

If individuals are properly credentialed, not obstructing movement on the deck, and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials who are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP, and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach’s electronic device

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) at any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

PARKING: Please adhere to any posted prohibitions on parking.

EVENT LINE-UP AND CUTS:

- Lengths of the breaks will be added to the official timeline once entries are received, and breaks will also include optional podium recognition.
- If your swimmer chooses to utilize the warm-up/warm-down opportunity instead of the podium, that's fine; feel free to take pictures of your swimmers on the podium during downtime. All 11-14 Relay Podiums will be announced during warmups at finals that same evening.

			Event Line-up			
	Qualifying Time		(Official Timeline will be posted upon receiving entries)	Qualifying Time		
Girls	SCY	LCM	Thursday Session 1 & 2	LCM	SCY	Boys
1	20:02.49	20:31.99	13/14 1500 Freestyle	19:48.39	19:07.59	2
			30-minute warm-up			
3			13/14 800 Free Relay			4
5	5:58.99	5:27.09	11/12 400 Freestyle	5:25.99	5:55.99	6

7	7:04.29	6:27.09	10/u 400 Freestyle	6:25.69	7:04.19	8
			Friday Session 3 11-14's (Relays at Prelims)			
9	2:34.99	2:56.39	11/12 200 IM	2:55.49	2:34.99	10
11	2:22.49	2:41.59	13/14 200 IM	2:35.39	2:15.99	12
13	32.99	37.39	11/12 50 Backstroke	37.79	32.99	14
			BREAK/AWARDS			
15	57.49	1:05.79	13/14 100 Freestyle	1:03.49	55.99	16
17	1:02.59	1:11.69	11/12 100 Freestyle	1:11.49	1:01.99	18
19	2:43.99	3:09.99	13/14 200 Breaststroke	2:57.99	2:35.79	20
21	2:58.59	3:24.99	11/12 200 Breaststroke	3:28.59	3:00.39	22
			BREAK/AWARDS			
23	5:37.69	5:05.19	13/14 400 Freestyle	4:55.79	5:23.69	24
25	31.19	35.49	11/12 50 Butterfly	36.19	31.69	26
			BREAK/AWARDS			
27			13/14 400 Medley Relay (Prelims)			28
29			11/12 400 Medley Relay (Prelims)			30

			Friday Session 4 10/unders			
31	3:05.99	3:24.79	10/u 200 IM	3:24.79	3:03.79	32
			BREAK/AWARDS			
33	1:23.79	1:34.69	10/u 100 Backstroke	1:35.59	1:24.09	34
			BREAK/AWARDS			
35	43.89	49.49	10/u 50 Breaststroke	51.49	44.59	36
			BREAK/AWARDS			
37	1:12.69	1:21.19	10/u 100 Freestyle	1:21.99	1:12.69	38
			BREAK/AWARDS			
39			10/u 400 Medley Relay			40
			AWARDS			

			Saturday Session 6 11-14's (Relays at Prelims)			
41			13/14 200 Medley Relay			42
43			11/12 200 Medley Relay			44
			Break (Prelim ONLY)			
45	5:10.99	5:52.39	13/14 400 IM	5:44.99	4:53.09	46
			Break (Short)			
47	1:11.29	1:20.49	11/12 100 Backstroke	1:21.79	1:10.99	48
49	1:05.19	1:13.59	13/14 100 Backstroke	1:11.09	1:02.29	50
			BREAK/AWARDS			
51	37.29	42.89	11/12 50 Breaststroke	43.19	36.99	52

53	2:07.09	2:24.59	13/14 200 Freestyle	2:15.39	1:58.99	54
55	2:16.89	2:35.89	11/12 200 Freestyle	2:35.89	2:15.69	56
			BREAK/AWARDS			
57	1:04.99	1:14.09	13/14 100 Butterfly	1:09.99	1:01.49	58
59	1:12.29	1:22.09	11/12 100 Butterfly	1:23.69	1:15.99	60
			BREAK/AWARDS			
61			13/14 200 Freestyle Relay (Prelims)			62
63			11/12 200 Freestyle Relay (Prelims)			64
			Saturday Session 7 10/unders			
65			10/u 200 Medley Relay			66
			BREAK/AWARDS			
67	1:30.59	1:43.09	10/u 100 Butterfly	1:43.69	1:31.49	68
			BREAK/AWARDS			
69	32.29	35.99	10/u 50 Freestyle	36.49	32.49	70
			BREAK/AWARDS			
71	1:35.79	1:49.39	10/u 100 Breaststroke	1:51.39	1:38.39	72
			BREAK/AWARDS			
73			10/u 200 Freestyle Relay			74
			Awards			

			Sunday Session 9 11-14's (PRELIMS)			
75	2:20.99	2:40.09	13/14 200 Backstroke	2:35.79	2:14.79	76
77	2:35.99	2:55.89	11/12 200 Backstroke	2:57.49	2:36.99	78
			BREAK			
79	1:15.49	1:26.99	13/14 100 Breaststroke	1:21.59	1:10.79	80
81	1:21.49	1:32.99	11/12 100 Breaststroke	1:34.49	1:22.49	82
			BREAK			
83	26.79	29.99	13/14 50 Free	28.99	24.99	84
85	28.19	32.39	11/12 50 Free	31.99	27.99	86
			BREAK			

87	2:32.99	2:52.99	13/14 200 Butterfly	2:48.49	2:28.79	88
89	2:52.49	3:05.99	11/12 200 Butterfly	3:17.99	2:59.49	90
			BREAK			
91			13/14 400 Freestyle Relay			92
93			11/12 400 Freestyle Relay			94
			BREAK			
95	12:01.69	10:41.99	13/14 800 Freestyle (Top Heat at Finals)	10:22.19	11:26.69	96
			Sunday Session 10 10/unders			
97	38.29	43.09	10/u 50 Backstroke	44.19	38.49	98
			BREAK/AWARDS			
99	2:44.79	2:57.39	10/u 200 Freestyle	2:58.39	2:41.59	100
			BREAK/AWARDS			
101	37.39	41.99	10/u 50 Butterfly	42.49	38.69	102
			BREAK/AWARDS			
103			10/u 400 Freestyle Relay			104
			AWARDS			

			Sunday Session 11 11-14's FINALS <i>Please note the slight difference between prelims/finals due to event</i> 95 13/14 800 Free			
95			13/14 800 Freestyle (Top Heat)			96
77			11/12 200 Backstroke			78
			BREAK/AWARDS			
75			13/14 200 Backstroke			76
81			11/12 100 Breaststroke			82
79			13/14 100 Breaststroke			80

			<i>BREAK/AWARDS</i>			
85			<i>11/12 50 Free</i>			86
83			<i>13/14 50 Free</i>			84
			<i>BREAK/AWARDS</i>			
89			<i>11/12 200 Butterfly</i>			90
87			<i>13/14 200 Butterfly</i>			88
			<i>AWARDS</i>			

2025 AGE GROUP CHAMPIONSHIP - ADAPTIVE CUTS

Girls 13/14	P3		P2		P1	
EVENTS	SCY	LCM	SCY	LCM	SCY	LCM
50 Free	0:35.63	0:39.89	0:45.54	0:50.98	1:24.39	1:34.47
100 Free	1:16.46	1:27.50	1:37.73	1:51.84	3:01.09	3:27.24
200 Free	2:49.03	3:12.30	3:36.05	4:05.80	6:40.33	7:35.46
500 Free	7:29.13	6:45.90	9:34.07	8:38.82	17:43.72	16:01.35
1000 Fr	15:59.85	14:13.85	20:26.87	18:11.38	37:53.32	33:42.27
1650 Fr	26:39.98	27:18.55	34:05.08	34:54.38	63:09.42	64:40.77
100 Back	1:26.70	1:37.87	1:50.82	2:05.10	3:25.35	3:51.81
200 Back	3:07.52	3:32.92	3:59.68	4:32.15	7:24.12	8:24.28
100 Brst	1:40.40	1:55.70	2:08.33	2:27.88	3:57.79	4:34.02
200 Brst	3:38.11	4:12.69	4:38.78	5:22.98	8:36.57	9:58.47
100 Fly	1:26.44	1:38.54	1:50.48	2:05.95	3:24.72	3:53.38
200 Fly	3:23.48	3:50.08	4:20.08	4:54.08	8:01.92	9:04.92
200 IM	3:09.51	3:34.91	4:02.23	4:34.70	7:28.84	8:29.01
400 IM	12:04.61	13:41.07	8:48.68	9:59.06	16:19.62	18:30.03

11/12

50 Free	0:37.49	0:43.08	0:47.92	0:55.06	1:28.80	1:42.03
100 Free	1:23.24	1:35.35	1:46.40	2:01.87	3:17.16	3:45.82
200 Free	3:02.06	3:27.33	3:52.71	4:25.01	7:11.20	8:11.05
500 Free	7:57.46	7:15.03	10:10.28	9:16.05	18:50.82	17:10.33
50 Back	0:43.88	0:49.73	0:56.08	1:03.56	1:43.92	1:57.78
100 Back	1:34.82	1:47.05	2:01.19	2:16.83	3:44.56	4:13.54
200 Back	3:27.47	3:53.93	4:25.18	4:59.01	8:11.37	9:14.05
50 Brst	0:49.60	0:57.04	1:03.39	1:12.91	1:57.46	2:15.10
100 Brst	1:48.38	2:03.68	2:18.53	2:38.08	4:16.69	4:52.92
200 Brst	3:57.52	4:32.64	5:03.60	5:48.48	9:22.56	10:45.72
50 Fly	0:41.48	0:47.20	0:53.02	1:00.33	1:38.25	1:51.79
100 Fly	1:36.15	1:49.18	2:02.89	2:19.55	3:47.71	4:18.58
200 Fly	3:49.15	4:06.17	4:52.89	5:14.65	9:02.71	9:43.03
100 IM	1:35.35	N/A	2:01.87	N/A	3:45.82	N/A
200 IM	3:26.14	3:54.60	4:23.48	4:59.86	8:08.22	9:15.63

10/Under

50 Free	0:42.95	0:47.87	0:54.89	1:01.18	1:41.71	1:53.37
100 Free	1:36.68	1:47.98	2:03.57	2:18.02	3:48.97	4:15.75
200 Free	3:39.17	3:55.93	4:40.14	5:01.56	8:39.09	9:18.78
500 Free	9:24.31	8:34.83	12:01.29	10:58.05	22:16.51	20:19.33
50 Back	0:50.93	0:57.31	1:05.09	1:13.25	2:00.61	2:15.73
100 Back	1:51.44	2:05.94	2:22.44	2:40.97	4:23.94	4:58.27
50 Brst	0:58.37	1:05.82	1:14.61	1:24.13	2:18.25	2:35.89
100 Brst	2:07.40	2:25.49	2:42.84	3:05.96	5:01.74	5:44.58
50 Fly	0:49.73	0:55.85	1:03.56	1:11.38	1:57.78	2:12.27
100 Fly	2:00.48	2:17.11	2:34.00	2:55.25	4:45.36	5:24.73
100 IM	1:51.71	N/A	2:22.78	N/A	4:24.57	N/A
200 IM	4:07.37	4:32.37	5:16.18	5:48.14	9:45.87	10:45.09

Boys 13/14	P3		P2		P1	
EVENTS	SCY	LCM	SCY	LCM	SCY	LCM
50 Free	0:33.24	0:38.56	0:42.48	0:49.28	1:18.72	1:31.32
100 Free	1:14.47	1:24.44	1:35.18	1:47.93	2:56.37	3:19.99
200 Free	2:38.26	3:00.07	3:22.28	3:50.16	6:14.82	7:06.48
500 Free	7:10.51	6:33.40	9:10.27	8:22.84	16:59.62	15:31.74
1000 Free	15:13.30	13:47.51	19:27.37	17:37.72	36:03.07	32:39.90
1650 Free	25:26.29	26:20.56	32:30.90	33:40.26	60:14.91	62:23.43
100 Back	1:22.85	1:34.55	1:45.89	2:00.85	3:16.21	3:43.93
200 Back	2:59.27	3:27.20	3:49.14	4:24.84	7:04.59	8:10.74
100 Brst	1:34.15	1:48.51	2:00.34	2:18.70	3:42.99	4:17.01
200 Brst	3:27.20	3:56.73	4:24.84	5:02.58	8:10.74	9:20.67
100 Fly	1:21.78	1:33.09	1:44.53	1:58.98	3:13.69	3:40.47
200 Fly	3:17.89	3:44.09	4:12.94	4:46.43	7:48.69	8:50.74
200 IM	3:00.87	3:26.67	3:51.18	4:24.16	7:08.37	8:09.48
400 IM	11:22.90	13:23.83	8:18.25	9:46.48	15:23.23	18:06.72

11/12

50 Free	0:37.23	0:42.55	0:47.58	0:54.38	1:28.17	1:40.77
100 Free	1:22.45	1:35.08	1:45.38	2:01.53	3:15.27	3:45.19
200 Free	3:00.47	3:27.33	3:50.67	4:25.01	7:07.42	8:11.05
500 Free	7:53.47	7:13.57	10:05.18	9:14.18	18:41.37	17:06.87
50 Back	0:43.88	0:50.26	0:56.08	1:04.24	1:43.92	1:59.04
100 Back	1:34.42	1:48.78	2:00.68	2:19.04	3:43.62	4:17.64
200 Back	3:28.80	3:56.06	4:26.88	5:01.73	8:14.52	9:19.09
50 Brst	0:49.20	0:57.44	1:02.88	1:13.42	1:56.52	2:16.05
100 Brst	1:49.71	2:05.67	2:20.23	2:40.63	4:19.84	4:57.64
200 Brst	3:59.92	4:37.42	5:06.66	5:54.60	9:28.23	10:57.06
50 Fly	0:42.15	0:48.13	0:53.87	1:01.52	1:39.82	1:54.00
100 Fly	1:41.07	1:51.31	2:09.18	2:22.27	3:59.37	4:23.62
200 Fly	3:58.72	4:23.33	5:05.13	5:36.58	9:25.39	10:23.67
100 IM	1:35.75	N/A	2:02.38	N/A	3:46.77	N/A
200 IM	3:26.14	3:53.40	4:23.48	4:58.33	8:08.22	9:12.79

10/Under

50 Free	0:43.21	0:48.53	0:55.23	1:02.03	1:42.34	1:54.94
100 Free	1:36.68	1:49.05	2:03.57	2:19.38	3:48.97	4:18.27
200 Free	3:34.91	3:57.26	4:34.70	5:03.26	8:29.01	9:21.93
500 Free	9:24.17	8:32.97	12:01.12	10:55.67	22:16.20	20:14.92
50 Back	0:51.19	0:58.77	1:05.43	1:15.12	2:01.24	2:19.20
100 Back	1:51.84	2:07.13	2:22.95	2:42.50	4:24.88	5:01.11
50 Brst	0:59.30	1:08.48	1:15.80	1:27.53	2:20.46	2:42.19
100 Brst	2:10.86	2:28.15	2:47.26	3:09.36	5:09.93	5:50.88
50 Fly	0:51.46	0:56.51	1:05.77	1:12.23	2:01.87	2:13.84
100 Fly	2:01.68	2:17.91	2:35.53	2:56.27	4:48.19	5:26.62
100 IM	1:52.11	N/A	2:23.29	N/A	4:25.51	N/A
200 IM	4:04.44	4:32.37	5:12.44	5:48.14	9:38.94	10:45.09

