

2025 AZ Swimming Regional Championships
Hosted by Scottsdale Aquatic Club
February 21-23, 2025

Thank you to all the swimmers, families, and teams for your participation in the 2025 AZ Swimming Regional Championships at SAC. Important reminders are listed below and you can visit the [Regional Championship landing page](#) on the SAC website to review all of the meet documents and information. The landing page is also linked on the SAC homepage by clicking on the Regional Championship logo.

Meet Announcements/Reminders:

Friday Timed Final Session:

- Deadline for positive check-in is 3:30pm for the 13-18 400 IM and 11-18 1000 free events on Friday evening.
- The 13-18 400 IM will be swum fastest to slowest. All heats of girls will be swum first, followed by all heats of boys.
- Events of 12&U 50s will alternate with heats of 11-18 1000 Free, starting with Event 5 followed by Heat 1 of Event 7. The timeline for Friday evening outlines the order of events.
- The 1000 free will be swum fastest to slowest, alternating heats of girls and boys.
- Swimmers in the 1000 free will need to provide their own lap counter. Timers will be provided.

Friday Order of Events:

This is a new meet format for many swimmers participating in the Regional Championships. Please read through the order of events carefully and make sure your swimmer is aware of when they swim. The posted timeline outlines this as well.

- Event 1: 13-18 Girls 400 IM (fastest to slowest, all heats)
- Event 2: 13-18 Boys 400 IM (fastest to slowest, all heats)
- Event 3: 12&U Girls 50 Free
- Event 4: 12&U Boys 50 Free
- Event 5: 11-18 Girls 1000 Free – Fastest Heat of Girls
- Event 7: 12&U Girls 50 Back
- Event 8: 12&U Boys 50 Back
- Event 6: 11-18 Boys 1000 Free – Fastest Heat of Boys
- Event 9: 12&U 50 Girls Breast
- Event 10: 12&U Boys 50 Breast
- Event 5: 11-18 Girls 1000 Free – Second Fastest Heat of Girls
- Event 11: 12&U Girls 50 Fly
- Event 12: 12&U Boys 50 Fly

Saturday & Sunday Warm-up/Start Times:

- 13-18 Prelim Sessions: Warm-up at 7:30am; Meet Start at 8:30am
 - Deadline for positive check-in for the 13-18 500 free is 9:30am on Saturday.
 - Deadline for positive check-in for the 13-18 1650 free is 9:30am on Sunday.
- 12&U Timed Final Sessions: Warm-up at 11:45am; Meet Start at 12:45pm
 - Deadline for positive check-in for the 11-12 400 IM is 1:15pm on Saturday
 - Deadline for positive check-in for the 12&U 500 free is 1:45pm on Saturday
 - Deadline for positive check-in for the 11-12 1650 free is 1:45pm on Sunday.
- 13-18 Final Sessions: Warm-up at 4:00pm; Meet Start at 5:00pm

Finals Sessions for 13-14 & 15-18 Swimmers

- The top 16 swimmers in the 13-14 age group and the top 16 swimmers in the 15-18 age group will return for finals, except for those events designated as timed finals events (400 IM, 500 free, 1000 free, and 1650 free).
- Swimmers will have 30 minutes to scratch following the announcement of preliminary results. The Arizona Age Group Scratch Rule will be in effect for these age groups.

Regional Championship Event Apparel:

- Ski Pro will be selling event apparel throughout the weekend. Items can be pre-ordered through their [Regional ordering webpage](#) and picked up at the meet as well.
- The pre-order deadline is 5:30pm on Thursday, February 20th.

Team & Family Area Set-up Times:

- Swimmers, coaches, and spectators may access the pool deck starting at 2:30pm on Friday, and 7:00am on Saturday and Sunday.
- Families/spectators may set up chairs and/or tents throughout the remaining portions of the pool deck. Family tents may remain on the deck throughout the meet. Please lower tents before leaving the pool after each session.

Heat Sheets:

- Heat sheets for the meet will be available at the Clerk of Course (near the scoreboard). The cost is \$5 for the 13-18 sessions and \$5 for the 12&U sessions, including Friday. Small bills are appreciated.

Concessions:

- Concessions will be available throughout the meet. The concession area will be located near the shallow end of the pool, near the lifeguard office.

Parking:

- In addition to the parking lots on either side of the Cactus Park, there will be overflow parking available in the large field adjacent to the park. Please follow the signs at the entrance of the facility.
- An off duty police officer will be on site to assist with the parking area.

Ski Pro:

- Ski Pro will be at the meet and will have all equipment, suits, parkas, etc. They will also have Regional Championship apparel available to purchase.