

# Arizona Swimming 2025 Short Course Regional Championships

Hosted by

**Scottsdale Aquatic Club**

**February 21- 23, 2025**

Held under the sanction of USA Swimming

Sanctioned by: Arizona Swimming, Inc.

Sanction Number: AZ25-57R2

**Liability:** In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., and City of Scottsdale, and Scottsdale Aquatic Club, and all meet officials shall be held harmless from any and all liabilities of claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

**Hosted by:** Scottsdale Aquatic Club

**Meet Director:** Courtney Werner ([sacaquaticclub@gmail.com](mailto:sacaquaticclub@gmail.com))

**Meet Referee:** Chris Mamola ([cmamola@yahoo.com](mailto:cmamola@yahoo.com))

**Meet Location:** Cactus Aquatic Center, 7202 E Cactus Rd, Scottsdale, AZ 85260

**Course:** Eight lane, outdoor, 25-yard, heated pool, semi-automatic start & timing. 10 lanes of Warm up will be available during the competition.

**Eligibility:**

1. Open to any current USA Swimming registered athlete aged 18 years or younger who is a member of, or an unattached swimmer training with, AFT, BEAR, FAST, FSS, GCA, HEAT, JSC, LPST, MMR, PVSC, RAYS, RPC, SAC, SCCS, SMAN, SVTT, TCC, TJCC
2. This is a Time Standard Meet. Swimmers must have equaled or bettered the Arizona Regional (B) qualifying time standard but be slower than the Arizona Age Group State (A) or Senior qualifying time to enter an event.
3. 12 and under Bonus events: a swimmer may add bonus events in any stroke/IM, in which they already have a qualifying time, as long as they have a legal time in the bonus event. For example, if the swimmer has a Regional time in any distance of a stroke, the swimmer may swim any event up to 200 freestyle/stroke and 400 IM in which they already have a legal time. For example, if the swimmer has the regional time in the 50 breaststroke he/she may swim any breaststroke event in which they have a legal time. NT will not be accepted.

## Rules Governing Sanctioned Meets

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules.
3. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participating in the conduct of this competition.
4. Any swimmer entered in the meet must 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
5. The competition course has been certified in accordance with 104.2.2C(4) as to pool length.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet 6 inches at the start end and 6 feet, 6 inches at the turn end.
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
11. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition.
13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition.
14. Meet Marshals shall wear their identifying attire, as provided by the club.

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15. Swimmers with disabilities are welcome. The swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and the requested accommodation. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

16. 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) any time athletes, coaches, officials and/or spectators are present.

17. The following medical supervision will be available to athletes participating in the meet: lifeguards and AED .

### Meet Rules:

1. Individual events for 12 & Under swimmers are pre-seeded, timed final events. They are functionally seeded for Friday evening's events but separated into 10 & Under and 11-12 for scoring and awards. 13-14 and 15-18 individual events are prelims/finals events, except where noted below. They are functionally seeded for prelims with the three fastest heats being circle seeded, but will be separated into 13-14 and 15-18 for finals.
2. The top 16 swimmers each in the 13-14 age group and the 15-18 age group will return for finals, except for those events noted below as Timed Final events.
3. 13-14 and 15-18 Swimmers are limited to 3 individual events per day (including time trials) and 8 total individual events for the meet (excluding time trials). 12 & Under swimmers are limited to 3 individual events per day and 9 total individual events for the meet.
4. **Individual Events 200 yards and shorter:** (All athletes must pre-enter all events.) All individual events 200 yards and shorter are pre-seeded for the preliminaries for ages 13-18 and the timed finals for ages 12 and Under, so athletes do not check-in to compete. There is no penalty for failure to compete (no show); however, no shows count toward the daily and meet limits on events.
5. **Distance Events:** All athletes must pre-enter all events.
  - a) **All individual events 400 yards and longer** will require positive check-in with the Clerk of Course to compete. Check-in deadlines are:

- **13-18 400 Individual Medley/11-18 1000 Freestyle:** 30 minutes after the start of warm-up for Session I
- **13-18 500 Freestyle:** one hour after the start of competition for Session II
- **11-12 400 Individual Medley:** 30 minutes after the start of warm-up for Session III
- **12 & Under 500 Freestyle:** one hour after the start of competition for Session III
- **13-18 1650 Freestyle:** one hour after the start of competition for Session V
- **11-12 1650 Freestyle:** one hour after the start of competition for Session VI

\*Swimmers will be able to check in to all of their events on the first day of competition.

- b) **Timing and Lap Counting:** Swimmers in the 500, 1000, and 1650 Freestyle are responsible for providing their own personnel for lap counting (1). Swimmers in the 500 Freestyle and 1650 Freestyle are responsible for providing their own personnel for timing (2) in Sessions II, IV, V and VI. Swimmers in the 1000 Freestyle heats seeded in heats that are after the 50 Butterfly are responsible for providing their own personnel for timing in Session I.
- c) **Events #1-#2 (13-18 400 Individual Medleys)** are timed final events swum in Session I. These events will be swum fastest to slowest, but they will not alternate girls and boys heats. The 13-14 and 15-18 400 IM are seeded together but scored separately.
- d) **Events #5-#6 (11-18 1000 Freestyle)** are timed final events swum in Session I. The 11-12, 13-14, and 15-18 1000 Freestyle are seeded together but scored separately. Swimmers in these events must provide their own personnel to count laps. Heats are swum fastest to slowest, alternating girls and boys. Heats are run interlaced with other events, so swimmers in the 1000 Freestyle do not need to provide timers, except that those who are seeded in the heats that are after the 50 Butterfly must provide two timers.
- e) **Events #23-#24 (13-18 500 Freestyle)** are timed final events. Swimmers must provide their own timers (2) in prelims and personnel to count laps. These events will be swum fastest to slowest, alternating girls and boys. The fastest heat of 13-14 and 15-18 500 Freestyle swims in finals Session IV. All other heats swim in Session II.
- f) **Events #29-#30 (11-12 400 Individual Medleys)** are timed final events swum in Session III. These events will be swum fastest to slowest, but they will not alternate girls and boys heats.

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- g) **Events #51-#52 (12 & Under 500 Freestyle)** are timed finals events swum during Session III. These events will be swum fastest to slowest, alternating girls and boys. The 10 & Under and 11-12 500 Freestyles are seeded together but scored separately. Athletes are responsible for providing their own timers (2) and lap counting personnel.
  - h) **Events #67-#68 (13-18 1650 Freestyle)** are timed finals events swum in Session V. These events will be swum fastest to slowest, alternating girls and boys. The 13-14 and 15-18 1650 Freestyles are seeded together but scored separately. Athletes are responsible for providing their own timers (2) and lap counting personnel.
  - i) **Events #91-#92 (11-12 1650 Freestyle)** are timed finals events swum in Session VI. These events will be swum fastest to slowest, alternating girls and boys. Athletes are responsible for providing their own timers (2) and lap counting personnel.
- 6. Entry times not achieved in Short Course Yards shall be noted as LC (Long Course Meters) or SCM (Short Course Meters). No converted times may be used. Seeding order for this meet will be Short Course Yards, Long Course Meters, Short Course Meters.
  - 7. All **Relays** are timed final events and require positive check-in. Relays must be entered along with individual entries by the meet entry deadline. There is no limit to the number of relays a team may enter; however, only the fastest two will be scored. Relay swimmers must be entered in the meet. Each team may enter 2 girl relay-only swimmers and 2 boy relay-only swimmers per age group. Such relay only swimmers must be included as “Relay Only” swimmers with the team entry to be eligible to swim. Swimmers but be slower than the Arizona Age Group State (A) or Senior qualifying time to swim that stroke/distance on the relay. Swimmers may only compete in one age group in relays of the same stroke/distance.
  - 8. **Positive Check-in** Events (applies to swimmers of all ages): There is no penalty for athletes who do not check in for a timed final positive check-in event; they will simply be scratched from the event and may not compete. Failure to compete (no show) in a positive check-in event for which the athlete has checked in will result in being barred from the next individual event in which the athlete is entered and the club of the athlete or if unattached, the athlete, will be assessed a \$30 charge payable to Arizona Swimming prior to the conclusion of the meet.
  - 9. The **Arizona Age Group Scratch Rule** will be in effect for the 13-14 and 15-18 age groups. Any athlete qualifying for a consolation final or championship final competition in an individual event who fails to compete (no show) (“Failure to Compete”) in a final race shall be barred from the rest of that session’s events, including that session’s relays, and disqualified from their next individual event in the competition, whether that event be a timed final event or a preliminary event.
  - 10. **Time trials** may, at the discretion of the Meet Referee, be offered after the conclusion of Sessions I, III and VI. Time Trials do not count against the limit on individual events for the meet but do count towards the limit of individual events per day. Swimmers must be entered in an individual event in the meet in order to be eligible to participate in Time Trials. The USA Swimming protocol will be used for time trial event order. If time trials are offered, the 1000 and 1650 Freestyle will only be offered on one day. The deadline for time trial entries will be decided by the Meet Referee and posted with the Clerk of Course.

### Sessions:

Session I	Friday	2/21/25	Warm-ups: 3:00 PM	Start: 4:00 PM
Session II	Saturday	2/22/25	Warm-ups: 7:30 AM	Start: 8:30 AM
Session III	Saturday	2/22/25	Warm-ups: Upon conclusion of Session II, but not before 11:00 AM Start: 60 minutes after the conclusion of Session II but not before 12:00 noon	
Session IV	Saturday	2/22/25	Warm-ups: Upon conclusion of Session III, but not before 4:00PM Start: 60 minutes after the conclusion of Session III, but not before 5:00PM	
Session V	Sunday	2/23/25	Warm-ups: 7:30 AM	Start: 8:30 AM
Session VI	Sunday	2/23/25	Warm-ups: Upon conclusion of Session V, but not before 11:00 AM Start: 60 minutes after the conclusion of Session V, but not before 12:00 noon	
Session VII	Sunday	2/23/25	Warm-ups: Upon conclusion of Session VI, but not before 4:00PM Start: 60 minutes after the conclusion of Session VI, but not before 5:00PM	

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**Entries:** All entries must be submitted via email in Hy-Tek format unless other arrangements have been made with the meet director. Email entries to Courtney Werner (sacaquaticclub@gmail.com)  
Meet entries are due Thursday, February 13, 2025.

### **Athletes with**

#### **Disabilities:**

Athletes with disabilities are welcome to attend this meet. When submitting entries, coaches are required to inform the meet director with advance notice in writing by the meet entry deadline regarding any special accommodations. Any Entry of a Swimmer that falls within P1, P2, or P3 specifications, and qualifies under the corresponding Arizona Swimming Para Time Standards must be entered by overriding the time standard in the team entry file. Please include with the Team entry email a completed Para Athlete Meet Accommodation form for official use.

#### **Late entries:**

New qualifying standards achieved by an athlete between the specified meet entry deadline and the Monday prior to the start of the meet will only be accepted via email. These entries must be received no later than 12:00 noon on the Tuesday prior to the start of the meet. New qualifying standards may not be used to improve seed times of a previously submitted entry. Relay entries will not be accepted after the normal entry deadline.

**If a swimmer is eligible for an event as of the meet entry deadline they are permitted to swim that event in the meet. The late entry provision addresses qualifying times made after the regular meet entry deadline. Swimmers who are eligible as of the entry deadline are NOT required to scratch an event if they make an AZSI A time after the meet entry deadline .**

**Entry Fees:** \$8.00 LSC surcharge  
\$6.50 per Timed Final individual event (12 and Under)  
\$8.50 per Prelim/Final and Timed Final individual event (13-18)  
\$16.00 per relay  
\$16.00 per individual time trial event

Entry fees are due by the start of the start of Session I and must be paid by one team check.

Please write checks payable to Scottsdale Aquatic Club.

<b>Awards:</b>	Individual events:	Medals 1 <sup>st</sup> through 3 <sup>rd</sup> place Ribbons 4 <sup>th</sup> through 8 <sup>th</sup> place
	Relay events:	Medals 1 <sup>st</sup> place
	Team Awards:	First and Second place Combined

Regional virtual champions will be awarded after the conclusion of all 3 meets with distinctive awards for the first-place finisher in each individual event.

**Scoring:** Individual Events: 9-7-6-5-4-3-2-1  
Relays: 18-14-12-10-8-6-4-2 (Teams may only score top two (2) relay teams in each relay event)

**Additional Information: Please see the supplemental information guide for information about concessions, vendors, hotels, parking and more!**

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### Session I – Friday Evening Timed Finals

Warm up: 3:00 PM Meet Start: 4:00 PM

Girls	Event	Boys
1	13-18 400 Individual Medley	2
3	12 & Under 50 Freestyle	4
5	*11-18 1000 Freestyle (Fastest heat of girls)	-
7	12 & Under 50 Backstroke	8
-	*11-18 1000 Freestyle (Fastest heat of boys)	6
9	12 & Under 50 Breaststroke	10
5	*11-18 1000 Freestyle (Second Fastest heat of girls)	-
11	12 & Under 50 Butterfly	12
-	*11-18 1000 Freestyle (Second Fastest heat of boys**)	6
5	*11-18 1000 Freestyle (Remaining heats**)	6

Events 1 and 2 will be swum fastest to slowest but will NOT alternate.

\*Events of 12 & Under 50's alternate with heats of 11-18 1000 Freestyles, starting with Event 5 followed by Heat 1 of Event 7, then Event 8 followed by Heat 1 of Event 6 and repeat until all 12 & Under 50's and 11-18 1000's are complete. Any extra heats of 11-18 1000's after alternating has been utilized will swim consecutively. 11-18 1000's will be seeded fastest to slowest alternating girls' and boys' heats.

\*\*For heats of the 1000 Freestyle swum after the 50 Butterfly, athletes are responsible for providing their own timers (2).

Refer to meet rules #5 & #8 in regards to positive check in.

### Session II – Saturday Morning Prelims

Warm up: 7:30 AM Meet Start: 8:30 AM

Girls	Event	Boys
13	13-18 100 Freestyle	14
15	13-18 200 Backstroke	16
17	13-18 100 Breaststroke	18
19	13-18 200 Butterfly	20
21	13-18 200 Individual Medley	22
25	14 & Under 200 Freestyle Relay	26
27	18 & Under 200 Freestyle Relay	28
23	13-18 500 Freestyle (Timed Finals)* (Fastest heat of 13-14 and 15-18 swim in finals)	24

\*Refer to meet rules #5 & #8 in regards to positive check in.  
There will be a 10-minute break between event 22 and event 25.

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### Session III – Saturday Afternoon Timed Finals

Warm up: Upon Conclusion of Session II, but not before 11:00 AM

Meet Start: 60 Minutes following the conclusion of Session II, but not before 12:00 noon

Girls	Event	Boys
29	11-12 400 Individual Medley	30
31	11-12 100 Freestyle	32
33	10 & Under 100 Freestyle	34
35	11-12 100 Individual Medley	36
37	10 & Under 200 Individual Medley	38
39	11-12 200 Backstroke	40
41	11-12 100 Breaststroke	42
43	10 & Under 100 Breaststroke	44
45	11-12 200 Butterfly	46
47	10 & Under 200 Freestyle Relay	48
49	12 & Under 200 Freestyle Relay	50
51	12 & Under 500 Freestyle*	52

11-12 400 IM will swim fastest to slowest but will NOT alternate.

\*12 & Under 500 Freestyles will be seeded fastest to slowest alternating heats of girls and boys.  
Athletes are responsible for providing their own timers (2) and lap counting personnel.

Refer to meet rules #5 & #8 in regards to positive check in.

### Session IV – Saturday Evening Finals

Warm up: Upon the conclusion of Session III, but not before 4:00 PM

Meet Start: 60 minutes after the conclusion of Session III, but not before 5:00 PM

Girls	Event	Boys
13	13-18 100 Freestyle	14
15	13-18 200 Backstroke	16
17	13-18 100 Breaststroke	18
19	13-18 200 Butterfly	20
21	13-18 200 Individual Medley	22
23	13-18 500 Freestyle (Fastest heat of 13-14 & 15-18)*	24

\*Order of heats will run as followed:

1. Fastest heat of 13-14 Girls
2. Fastest heat of 15-18 Girls
3. Fastest heat of 13-14 Boys
4. Fastest heat of 15-18 Boys

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### Session V-Sunday Morning Prelims

Warm up: 7:30 PM Meet Start: 8:30 PM

Girls	Event	Boys
53	13-18 200 Freestyle	54
55	13-18 100 Backstroke	56
57	13-18 200 Breaststroke	58
59	13-18 100 Butterfly	60
61	13-18 50 Freestyle	62
63	14 & Under 200 Medley Relay	64
65	18 & Under 200 Medley Relay	66
67	13-18 1650 Freestyle (Timed Finals)*	68

There will be a 10-minute break between events 62 and 63

\*Events 67 and 68 will be seeded fastest to slowest and will alternate heats of girls and boys.

\*Swimmers are required to provide their own timers (2) and lap counter personnel.

Refer to rules #5 and #8 for positive check in.

### Session VI – Sunday Afternoon Timed Finals

Warm up: Upon Conclusion of Session V, but not before 11:00 AM

Meet Start: 60 Minutes after the conclusion of Session V, but not before 12:00 Noon

Girls	Event	Boys
69	11-12 200 Freestyle	70
71	10 & Under 200 Freestyle	72
73	11-12 100 Backstroke	74
75	10 & Under 100 Backstroke	76
77	11-12 200 Individual Medley	78
79	10 & Under 100 Individual Medley	80
81	11-12 100 Butterfly	82
83	10 & Under 100 Butterfly	84
85	11-12 200 Breaststroke	86
87	10 & Under 200 Medley Relay	88
89	12 & Under 200 Medley Relay	90
91	11-12 1650 Freestyle*	92

\*1650 Freestyles will be seeded fastest to slowest, alternating heats of girls and boys.

Athletes are responsible for providing their own timers (2) and lap counting personnel

Refer to meet rules #5 & #8 in regards to positive check in.

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### Session VII –Sunday Evening Finals

Warm up: Upon the conclusion of Session VI, but not before 4:00 PM

Meet Start: 60 minutes after the conclusion of Session VI, but not before 5:00 PM

Girls	Event	Boys
53	13-18 200 Freestyle	54
55	13-18 100 Backstroke	56
57	13-18 200 Breaststroke	58
59	13-18 100 Butterfly	60
61	13-18 50 Freestyle	62