



Swim Neptune presents
Holiday Swim Festival
December 4-7, 2025 Sanction: AZ26-37R
Held under sanction of USA Swimming, Inc.



- Liability:** It is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Swim Neptune LLC, Arizona State University, and all agents and meet officials shall be held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.
- Hosted By:** Swim Neptune, LLC
- Location:** Arizona State University, Mona Plummer Aquatics Center 601 S College Ave, Tempe, AZ 85287
- Meet Referee:** Teri Rose
- Meet Director:** Joe Zemaitis/Samantha Kramer holidayswimfestival@gmail.com
- Course:** Outdoor, 4-25 yard, 8 lane heated pools, two for competition and two for continuous warm up/warm down. Daktronics and Colorado Starting system, electronic timing. Arizona Swimming warm-up/warm down procedures will be posted and enforced.
- Eligibility:**
1. Open to any USA Swimming registered swimmer holding a current USA Swimming registration card as of the entry deadline
 2. Open to foreign athletes formally invited by USA Swimming.
 - 3.. This is a time-standard meet. **Swimmers must have equaled or bettered the qualifying time in order to swim that event.** Proof of time may be required on deck. Failure to provide proof will result in a \$25.00 fine per event.
 4. Swimmers may enter either an age classified event or senior events, but not both. This excludes relay events.

AZ Rules

Rules Governing Sanctioned Meets

1. Age on the first day of competition will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
3. Swimming competitions shall be conducted in conformance with USA Swimming Technical Rules
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. 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 not 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 7 feet, 0 inches at the start end and 7 feet, 0 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 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 behind the blocks.
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 202.6 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 respectfully, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AzSI issued Picture Id's to the Meet Referee.
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. If requested, Arizona Coaches must present their AzSI issued Picture Id's to the Clerk of Course.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshal's shall wear their identifying vests.
15. Swimmers with a disability are welcome. The Swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. 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. 17. The following medical supervision will be available to athletes participating in this meet: First Aid, Lifeguards, AED

- Rules:**
1. Swimmers are limited to 3 individual events per day, inclusive of time trials.
 2. The meet will be capped at 1200 swimmers. The latest team to enter and bring the entry over 1200 will be the last team accepted and the entries will close.
 3. Swimmers must enter with a valid qualifying time. Entry times which are not achieved in short course yards shall be noted by the appropriate course. No converted times may be used. Seeding order for this meet will be: 1. Short course yards; 2. Long course meters (L); 3. Short course meters (S). NT is not accepted.
 4. Time trials will be offered subject to time availability and a three event per day limitation. Only swimmers who are pre-entered in the meet may enter time trials. The order of events for time trials will be posted at the meet

5. The Senior and Arizona Age-Group Scratch Rules as stated in the Arizona Swimming Guide rules and regulations will be enforced for all swimmers. Swimmers must indicate their intention to scratch finals within 30 minutes after results have been announced. Any age group swimmer qualifying for a Championship final race who fails to compete (no show) shall be barred and disqualified from the rest of that evening's events, not allowed in that evening's relays, and disqualified from their next individual event in the preliminaries. Any senior swimmer qualifying for a Championship final race who fails to compete (no show) shall be barred from further competition for the remainder of the meet. Alternatively, the penalties above can be waived once a fine of \$200 is received by the Clerk of Course. A swimmer who checks in for and is seeded into a timed final event who fails to compete (no show) shall be barred from their next individual event. In addition to the penalties listed above, a failure to compete (no show) will be assessed a \$20 fine on Fri/Sat and a \$50 fine on Sunday assessed to the club.

6. **All age group and senior relays must be submitted with the team individual entries by the entry deadline.** No Deck entries will be allowed. Coaches will be able to pick up relay cards from the clerk of course the day that the event is to be swum. Relays will be swum as timed finals events during the Finals sessions. There is no limit to the number of relays a team may enter but only 2 relays per team will score in each relay event. Relay only swimmers must be pre-entered with the entry submission and are subject to the meet surcharge.

7. **No propane heaters or space heaters allowed on pool deck or on pool premises.**

8. Tents must be spaced 3 feet apart and may not be tied together. Tents may only be placed on the south side of the pool and in the top row of the grandstands. All tents/ canopies set up and left overnight are at the team's/ owner's risk.

Entry/Seeding RULES:

1. **The 10&Under 500 free, 11-12 & 13-14 1650 free are deck seeded timed final events.** These events will be swum fastest to slowest, alternating girls and boys. Swimmers, or their coaches, must check in with the clerk of course no later than 30 minutes prior to the scheduled start of competition to be seeded. Swimmers must provide their own timers (2) and personnel to count laps.
2. **The 11-12 & 13-14 400 IM and 11-12 & 13-14 500 Free are deck seeded timed final events.** These events will be swum Fastest to Slowest at the end of finals. The top 16 11-12 and top 16 13-14 swimmers will swim in finals in event order. Swimmers or their coaches must check in with the clerk of course by 9:00 AM on the date of the event to be seeded in the events. Swimmers must provide their own timers (2) during prelims and personnel to count laps during both prelims and finals.
3. **All other age group individual events** are pre-seeded, preliminary-final events with Championship finals with the top 16 returning for finals. A heat followed by B heat.
4. **13-14 Girls will swim in the Senior Pool for all sessions**
5. Swimmers may not enter more than Ten (10) individual events for the meet, and no more than three (3) individual events per day, inclusive of time trials.
6. **Swimmers must have a valid time to enter the 50 and 100 yard events but it does not need to meet a qualifying standard. NT entries will not be accepted.**
7. **RULES – Senior Swimmers:**
 1. **The Senior 1650 Free is a deck seeded timed final event.** This event will be swum fastest to slowest alternating men and women. Swimmers must check in with the clerk of course no later than 30 minutes prior to the scheduled start of competition. Swimmers must provide their own timers (2) and personnel to count laps.
 2. **The Senior 400 IM and 500 Free are deck seeded timed final events.** These events are scheduled to be swum Fastest to Slowest at the end of prelims. The top 16 swimmers will swim in finals in event order. Pending timeline, all heats of 400 IM and/or 500 Free **may** be swum in finals. Full schedule will be posted once timelines are finalized. Swimmers, or their coaches, must check in with the clerk of course by 9:00 AM on the date of the event to be seeded in the events. Swimmers must provide their own timers (2) during prelims and personnel to count laps during both prelims and finals.
 3. **All other Senior individual events** are pre-seeded, preliminary-final events with events 100 and shorter plus 200 Free and 200 IM as A-B-C finals in that order and all other events A-B in that order.
 4. **All events 50/100 yards can be entered with no time standard. Swimmer must be entered at their best time. NT (No Time) is not acceptable.**

SCORING:

Age Group Events: Individual points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay points: double the individual points. Only two (2) relays per team per event will be scored.

Senior Events: Individual Points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay points: double the individual points. Only two (2) relays per team per event will be scored.

ENTRIES: Individual entries MUST be submitted electronically. **A PDF entry report must be submitted with the electronic entry file and should include proof of time.**

All entries must be RECEIVED by Thursday, November 20, 2025, regardless of postmark date.
NEW qualifying swims (no update of times) will be submitted via google form by November 24, 12:00 PM

Entry fees must be received by no later than Noon Friday December 5th.
 Teams must pay with one team check. Late entries will NOT be accepted.

Deliver entries to: holidayswimfestival@gmail.com

Fees: Individual Entries (AZ Teams): \$8.50 Relays: \$17.00 Time Trials \$20.00

Individual Entries (non-AZ Teams): \$17.00 Relays: \$30.00 Time Trials \$20.00

Surcharge: \$10.00 (including relay only swimmers)

Make checks payable to: **Swim Neptune**. Entry fees are not refundable.

Swim Neptune 12621 N Tatum Blvd #208 Phoenix, AZ 85032

AWARDS:

Age Group Events: Medals for 1st–8th places, Ribbons for 1st-3rd places in relay events. High point awards for the top 3 point scorers in each age group, girls and boys (10 &U, 11-12, 13-14).

Senior Events: Medals for 1st - 3rd places in individual events. High point awards for the top 3 point scorers, women and men.

Team Awards: Team awards for the top 3 teams (Age Group and Senior scores combined)

PROOF OF TIME: It will be the swimmer's responsibility to provide proof of adequate prior performance if entering an event in which there is a time standard.

TIMING: Timing assignments will be made based on the number of participants from each team in each session.

OFFICIALS: Out-of-State officials are welcome to work Arizona meets. Please contact the Meet Referee prior to the meet. It is being requested that this be a National Certification/ Recertification (N2 and N3 Stroke and Turn, N2 Starter and N2 Deck Referee) meet, Officials interested in National Certification/ Recertification should submit an application to the Meet Referee at or before session I.

PARKING/HOST HOTEL/ADDITIONAL INFORMATION: www.holidayswimfestival.com

2025 Schedule of Events

* Swum in Finals Only

** Swum in Prelims Only

Session 1 Thursday, December 4, 2025				
Timed Finals - Warm-Up 4:30 pm, Start 5:15 PM				
W	Time	Event	Time	M
1	19:15.19	Senior 1650 Free	17:30.99	2
3	19:29.59	13-14 1650 Free		

Session 2 Thursday, December 4, 2025				
Timed Finals - Warm-Up 4:30 pm, Start 5:15 PM				
W	Time	Event	Time	M
101	7:02.19	10 & U 500 Free	7:09.29	102
103	21:59.69	11-12 1650 Free	22:05.49	104
		13-14 1650 Free	18:55.49	105

Session 3 Friday, December 5, 2025				
Prelims - Warm-Up 7:45 am, Start 8:45 am				
W	Time	Event	Time	M
4*	NTS	Senior 200 Free Relay	NTS	5*
6*	NTS	13-14 200 Free Relay	NTS	
7	2:04.09	Senior 200 Free	1:53.99	8
9	2:08.09	13-14 200 Free		
10	NTS	Senior 100 Breast	NTS	11
12	NTS	13-14 100 Breast		
13	2:23.99	Senior 200 Back	2:13.29	14
15	2:27.99	13-14 200 Back		
16	NTS	Senior 50 Free	NTS	17
18	NTS	13-14 50 Free		
19	4:48.99	Senior 400 IM	4:26.99	20
21*	5:05.59	13-14 400 IM		
22	NTS	Senior 400 Medley Relay	NTS	23
*24	NTS	13-14 400 Medley Relay		

Session 4 Friday, December 5, 2025				
Prelims - Warm-Up 7:45 am, Start 8:45 am				
W	Time	Event	Time	M
	NTS	13-14 200 Free Relay	NTS	106*
107*	NTS	11-12 200 Free Relay	NTS	108*
109*	NTS	10 & U 200 Free Relay	NTS	110*
		13-14 200 Free	2:05.19	111
112	2:19.19	11-12 200 Free	2:22.39	113
114	2:48.39	10 & U 200 Free	2:55.09	115
		13-14 100 Breast	NTS	116
117	NTS	11-12 100 Breast	NTS	118
119	NTS	10 & U 100 Breast	NTS	120
		13-14 200 Back	2:20.99	121
122	2:37.69	11-12 200 Back	2:45.59	123
		13-14 50 Free	NTS	124
125	NTS	11-12 50 Free	NTS	126
127	NTS	10 & U 50 Free	NTS	128
		13-14 400 IM	5:02.99	129*
130	5:40.69*	11-12 400 IM	5:55.09	131*
	NTS	13-14 400 Medley Relay	NTS	132*
133*	NTS	12 & U 400 Medley Relay	NTS	134*

Friday Finals	4:30 Warm Up	5:15 Start
Saturday Finals	4:30 Warm Up	5:15 Start
Sunday Finals	3:00 Warm Up	3:45 Start

Session 7 Saturday, December 6, 2025				
Prelims - Warm-Up 7:45 am, Start 8:45 am				
W	Time	Event	Time	M
25*	NTS	200 Medley Relay	NTS	26*
27*	NTS	13-14 200 Medley Relay		
28	NTS	Senior 100 Back	NTS	29
30	NTS	13-14 100 Back		
31	2:41.49	Senior 200 Breast	2:25.49	32
33	2:45.99	13-14 200 Breast		
34	NTS	Senior 100 Fly	NTS	35
36	NTS	13-14 100 Fly		
37	NTS	Senior 50 Breast	NTS	38
39	NTS	13-14 50 Breast		
40	5:20.99	Senior 500 Free	4:57.09	41
42	5:34.99	13-14 500 Free		
43*	NTS	Senior 400 Free Relay	NTS	44*
45*	NTS	13-14 400 Free Relay		

Friday Finals	4:30 Warm Up	5:15 Start
Saturday Finals	4:30 Warm Up	5:15 Start
Sunday Finals	3:00 Warm Up	3:45 Start

Session 8 Saturday, December 6, 2025				
Prelims - Warm-Up 7:45 am, Start 8:45 am				
W	Time	Event	Time	M
		13-14 200 Medley Relay	NTS	135*
136*	NTS	11-12 200 Medley Relay	NTS	137*
138*	NTS	10 & U 200 Medley Relay	NTS	139*
		13-14 100 Back	NTS	140
141	NTS	11-12 100 Back	NTS	142
143	NTS	10 & U 100 Back	NTS	144
		13-14 200 Breast	2:39.69	145
146	2:57.99	11-12 200 Breast	3:01.39	147
		13-14 100 Fly	NTS	148
149	NTS	11-12 100 Fly	NTS	150
151	NTS	10 & U 100 Fly	NTS	152
		13-14 50 Breast	NTS	153
154	NTS	11-12 50 Breast	NTS	155
156	NTS	10 & U 50 Breast	NTS	157
158	NTS	11-12 100 IM	NTS	159
160	NTS	10 & U 100 IM	NTS	161
		13-14 500 Free	5:18.99	162*
163*	5:59.99	11-12 500 Free	6:05.99	164*
	NTS	13-14 400 Free Relay	NTS	165*
166*	NTS	12 & U 400 Free Relay	NTS	167*

Session 11 Sunday, December 7, 2025				
Prelims - Warm-Up 7:15 am, Start 8:45 am				
W	Time	Event	Time	M
46	NTS	Senior 50 Fly	NTS	47
48	NTS	13-14 50 Fly		
49	2:22.59	Senior 200 IM	2:11.69	50
51	2:26.39	13-14 200 IM		
52	NTS	Senior 100 Free	NTS	53
54	NTS	13-14 100 Free		
55	2:23.99	Senior 200 Fly	2:11.29	56
57	2:27.99	13-14 200 Fly		
58	NTS	Senior 50 Back	NTS	59
60	NTS	13-14 50 Back		
Friday Finals		4:30 Warm Up	5:15 Start	
Saturday Finals		4:30 Warm Up	5:15 Start	
Sunday Finals		3:00 Warm Up	3:45 Start	

Session 12 Sunday, December 7, 2025				
Prelims - Warm-Up 7:15 am, Start 8:45 am				
W	Time	Event	Time	M
		13-14 50 Fly	NTS	168
169	NTS	11-12 50 Fly	NTS	170
171	NTS	10 & U 50 Fly	NTS	172
		13-14 200 IM	2:19.39	173
174	2:35.29	11-12 200 IM	2:39.59	175
176	2:58.69	10 & U 200 IM	3:07.59	177
		13-14 100 Free	NTS	178
179	NTS	11-12 100 Free	NTS	180
181	NTS	10 & U 100 Free	NTS	182
		13-14 200 Fly	2:27.29	183
184	2:49.39	11-12 200 Fly	2:58.99	185
		13-14 50 Back	NTS	186
187	NTS	11-12 50 Back	NTS	188
189	NTS	10 & U 50 Back	NTS	190

LCM & SCM Time Standards

Long Course Meters/LCM Bonus Short Course Meters/SCM Bonus								
Senior	13-14	11-12	10&U GIRLS		10&UBOYS	11-12	13-14	Senior
2:20.89/2:23.89 2:13.39/2:15.69	2:20.89/2:22.89 2:13.49/2:15.69	2:33.39 2:26.69	3:00.69 2:53.19	200 Free	3:08.99 2:59.99	2:39.69 2:31.09	2:17.99/2:19.99 2:10.29/2:12.49	2:10.79/2:12.79 2:02.29/2:04.59
4:54.99 4:36.49	4:58.99 4:48.79	5:22.99 5:14.99	6:10.69 6:00.59	400 Free	6:19.99 6:06.89	5:28.99 5:20.19	4:49.99 4:39.19	4:30.99 4:15.59
19:57.99 19:22.19	20:45.89 19:36.59	22:29.79 22:07.59	XXXXXXXX	1500 Free	XXXXXXXX	22:45.89 22:13.39	20:35.29 19:02.29	18:42.79 17:37.29
2:42.29/2:44.29 2:34.19/2:36.19	2:43.29 2:35.29	3:01.99 2:52.39	XXXXXXXX	200 Back	XXXXXXXX	3:09.09 3:00.39	2:43.89 2:34.19	2:29.89/2:31.89 2:22.49/2:24.49
3:03.69/3:05.69 2:54.09/2:56.59	3:05.79 2:56.09	3:22.09 3:14.59	XXXXXXXX	200 Breast	XXXXXXXX	3:33.49 3:25.99	3:09.49 2:54.59	2:45.99/2:47.99 2:36.39/2:39.09
2:41.29/2:43.29 2:34.19/2:36.49	2:45.69 2:41.79	3:10.89 3:02.99	XXXXXXXX	200 Fly	XXXXXXXX	3:16.89 3:08.99	2:46.99 2:41.09	2:25.99/2:27.99 2:19.49/2:21.59
2:37.49/2:39.49 2:32.59/2:35.89	2:41.89/2:43.89 2:33.49/2:35.69	2:56.59 2:49.79	3:21.59 3:14.29	200 IM	3:33.99 3:23.99	3:02.89 2:54.49	2:37.89/2:39.89 2:30.29/2:32.39	2:29.89/2:30.89 2:20.69/2:23.49
5:39.99 5:16.09	5:49.89 5:34.19	6:25.89 6:12.59	XXXXXXXX	400 IM	XXXXXXXX	6:45.99 6:28.29	5:45.39 5:31.29	5:21.99 4:51.99