

# AZ DOLPHINS NEWSLETTER

SEPT. 2025

## Upcoming Meets

### Neptune Herculean Invite

Sept. 5-7  
Skyline High School  
845 S Crismon Rd  
Mesa, AZ 85228  
Reg Deadline: Passed



### JSC Sprintacular

Oct. 11-12  
Martin Pear Aquatic Center  
12701 N Scottsdale Rd  
Scottsdale, Arizona 85254  
Reg Deadline: 9/25



### SAC Swimtember Invite

Sept. 26-28  
Cactus Aquatic Center  
7202 E Cactus Rd  
Scottsdale, AZ 85260  
Reg Deadline: 9/13



# NEW AZ TIME STANDARDS

New cuts have just been announced for this season. Please review the cuts below and save [THIS LINK](#)

## Arizona Swimming Qualifying Time Standards 2025-2026

WOMEN 10-U	Short Course Yards		Long Course Meters		Short Course Meters	
	State	Regional	State	Regional	State	Regional
50 Free	32.69	39.09	36.69	46.99	35.89	46.19
100 Free	1:14.09	1:33.39	1:23.49	1:49.59	1:21.89	1:47.29
200 Free	2:44.99	3:30.19	3:05.39	3:46.29	3:02.59	3:42.89
400/500 Free	7:20.89	8:56.09	6:33.49	7:25.89	6:25.89	7:19.19
50 Back	38.69	49.09	43.49	59.09	43.09	57.99
100 Back	1:26.29	1:48.19	1:37.09	2:06.39	1:35.59	2:02.19
50 Breast	45.29	55.19	51.39	1:06.89	50.39	1:04.99
100 Breast	1:39.99	2:04.69	1:53.09	2:21.59	1:50.49	2:19.49
50 Fly	37.49	48.49	42.29	58.29	41.39	55.89
100 Fly	1:33.09	2:01.29	1:43.89	2:04.19	1:42.99	2:08.79
100 IM	1:27.79	1:48.59	x	x	1:37.09	2:04.29
200 IM	3:07.09	3:51.39	3:31.09	4:12.29	3:26.69	4:05.59

MEN 10-U	Short Course Yards		Long Course Meters		Short Course Meters	
	State	Regional	State	Regional	State	Regional
50 Free	33.09	38.49	37.19	46.69	36.59	45.79
100 Free	1:16.09	1:32.89	1:25.79	1:49.49	1:23.99	1:47.89
200 Free	2:45.49	3:18.49	3:06.59	3:43.29	3:03.09	3:42.59
400/500 Free	7:30.09	8:47.89	6:41.59	7:00.89	6:33.79	6:53.89
50 Back	40.29	49.09	45.39	59.49	44.59	57.59
100 Back	1:30.59	1:46.49	1:41.89	2:04.49	1:40.19	2:05.69
50 Breast	47.29	54.79	53.59	1:07.19	52.29	1:06.09
100 Breast	1:42.39	1:59.37	1:55.79	2:21.99	1:53.19	2:21.59
50 Fly	39.29	47.19	44.29	59.19	43.59	55.99
100 Fly	1:37.19	1:59.79	1:49.39	2:06.49	1:47.49	2:03.39
100 IM	1:29.59	1:45.39	x	x	1:39.09	2:04.69
200 IM	3:11.19	3:49.79	3:35.69	4:04.39	3:31.39	4:03.59

WOMEN 11-12	Short Course Yards		Long Course Meters		Short Course Meters	
	State	Regional	State	Regional	State	Regional
50 Free	28.09	34.09	31.99	38.19	31.19	37.69
100 Free	1:01.99	1:13.59	1:09.89	1:25.49	1:08.79	1:22.79
200 Free	2:16.09	2:46.09	2:34.39	3:11.29	2:30.99	3:04.09
400/500 Free	6:05.09	7:22.19	5:25.79	6:23.39	5:17.39	6:19.39
800/1000 Free	12:57.79	15:14.69	11:34.19	13:29.59	11:25.89	13:17.89
1500/1650 Free	22:20.79	25:31.49	22:47.09	25:54.89	22:12.49	25:11.99
50 Back	33.09	38.79	37.39	46.99	36.79	44.79
100 Back	1:11.89	1:27.19	1:21.09	1:42.19	1:19.49	1:37.79
200 Back	2:35.89	3:03.09	2:55.39	3:13.99	2:52.99	3:15.79
50 Breast	37.69	43.69	42.79	51.99	41.89	50.79
100 Breast	1:23.39	1:37.69	1:33.79	1:54.59	1:32.19	1:50.69
200 Breast	2:57.19	3:31.99	3:20.79	3:43.79	3:16.59	3:48.69
50 Fly	31.69	37.29	35.89	43.59	35.19	41.59
100 Fly	1:12.19	1:27.19	1:21.59	1:40.89	1:19.79	1:37.59
200 Fly	2:54.49	3:07.89	3:16.39	3:31.19	3:13.49	3:28.39
100 IM	1:12.89	1:26.19	x	x	1:20.59	1:35.59
200 IM	2:35.79	3:07.99	2:56.29	3:33.19	2:53.09	3:26.89
400 IM	5:43.69	6:40.09	6:27.69	7:16.29	6:21.39	7:04.69

MEN 11-12	Short Course Yards		Long Course Meters		Short Course Meters	
	State	Regional	State	Regional	State	Regional
50 Free	29.29	33.09	32.59	37.89	32.59	36.49
100 Free	1:03.49	1:12.89	1:11.99	1:24.79	1:10.59	1:24.19
200 Free	2:20.69	2:40.29	2:39.39	3:03.49	2:35.39	3:00.29
400/500 Free	6:15.29	7:15.69	5:35.09	6:23.19	5:27.39	6:16.49
800/1000 Free	13:18.29	15:00.09	11:52.49	12:21.49	11:45.49	12:12.99
1500/1650 Free	23:00.69	25:28.29	23:28.29	23:50.59	22:52.69	23:25.89
50 Back	34.69	38.99	39.19	47.19	38.39	45.99
100 Back	1:15.19	1:25.79	1:24.69	1:42.79	1:23.19	1:35.29
200 Back	2:46.19	2:57.09	3:06.99	3:13.89	3:01.69	3:16.59
50 Breast	38.99	43.79	44.09	53.19	43.29	51.39
100 Breast	1:26.59	1:35.49	1:38.29	1:56.89	1:36.19	1:45.99
200 Breast	3:06.09	3:23.69	3:30.69	3:41.49	3:26.59	3:46.09
50 Fly	32.09	38.09	36.39	44.49	35.69	43.79
100 Fly	1:14.79	1:27.09	1:24.49	1:39.79	1:22.69	1:38.39
200 Fly	2:50.49	3:03.39	3:14.89	3:54.79	3:08.19	3:23.49
100 IM	1:15.49	1:24.09	x	x	1:24.39	1:33.29
200 IM	2:40.09	3:06.39	3:00.99	3:28.89	2:57.69	3:25.39
400 IM	6:08.19	6:27.69	6:32.99	6:52.89	6:21.49	6:46.39

WOMEN 13-14	Short Course Yards		Long Course Meters		Short Course Meters	
	State	Regional	State	Regional	State	Regional
50 Free	26.59	32.89	30.19	37.39	29.39	36.59
100 Free	56.99	1:11.39	1:04.49	1:20.89	1:02.69	1:19.29
200 Free	2:03.39	2:33.89	2:19.59	2:54.09	2:16.59	2:50.89
400/500 Free	5:27.49	6:51.79	4:54.49	6:07.59	4:44.09	6:01.19
800/1000 Free	11:36.59	14:08.89	10:21.79	12:37.69	10:04.19	12:24.89
1500/1650 Free	19:40.09	23:34.19	20:03.69	24:02.49	19:24.99	23:38.49
50 Back	30.59	36.09	35.09	36.09	33.89	40.09
100 Back	1:06.39	1:18.29	1:16.09	1:28.19	1:13.39	1:26.99
200 Back	2:21.09	2:48.39	2:40.89	3:09.39	2:35.99	3:06.99
50 Breast	34.49	41.39	39.19	46.49	38.19	45.99
100 Breast	1:14.69	1:29.79	1:24.89	1:41.69	1:22.59	1:39.69
200 Breast	2:40.99	3:13.99	3:02.69	3:39.39	2:57.89	3:35.39
50 Fly	28.59	34.59	32.39	39.09	31.59	38.49
100 Fly	1:04.09	1:17.69	1:12.79	1:27.69	1:10.89	1:26.29
200 Fly	2:25.49	2:52.39	2:44.09	3:13.99	2:41.69	3:11.19
200 IM	2:19.89	2:53.19	2:39.59	3:14.89	2:34.59	3:12.09
400 IM	4:58.19	6:08.49	5:37.39	6:43.39	5:30.99	6:32.09

MEN 13-14	Short Course Yards		Long Course Meters		Short Course Meters	
	State	Regional	State	Regional	State	Regional
50 Free	25.59	30.39	28.99	34.59	28.49	33.79
100 Free	55.09	1:06.29	1:03.69	1:15.19	1:01.29	1:13.59
200 Free	1:59.89	2:24.49	2:15.39	2:43.59	2:12.89	2:40.39
400/500 Free	5:22.09	6:29.49	4:48.89	5:47.69	4:42.79	5:41.29
800/1000 Free	11:44.89	13:25.19	10:32.19	11:58.69	10:20.39	11:45.89
1500/1650 Free	19:28.99	22:28.29	19:58.99	22:55.29	19:51.49	22:31.29
50 Back	30.89	34.89	35.49	39.29	34.09	38.69
100 Back	1:05.09	1:13.59	1:14.89	1:22.89	1:11.99	1:21.69
200 Back	2:19.99	2:38.39	2:38.29	2:58.29	2:34.69	2:55.89
50 Breast	33.89	38.49	39.19	43.69	37.49	42.79
100 Breast	1:12.69	1:22.59	1:23.99	1:33.69	1:20.39	1:31.69
200 Breast	2:36.99	3:00.49	3:00.89	3:24.39	2:53.49	3:20.39
50 Fly	28.59	32.59	32.49	36.89	31.79	36.19
100 Fly	1:03.19	1:12.19	1:11.99	1:21.59	1:10.39	1:20.19
200 Fly	2:25.99	2:40.39	2:46.69	3:00.69	2:42.69	2:57.89
200 IM	2:17.49	2:41.89	2:37.19	3:02.89	2:31.99	2:59.69
400 IM	4:57.09	5:44.99	5:43.39	6:29.39	5:30.69	6:22.99

WOMEN SENIOR	Short Course Yards		Long Course Meters		Short Course Meters	
	State	Regional	State	Regional	State	Regional
50 Free	25.49	32.29	29.59	36.69	28.29	36.09
100 Free	55.89	1:09.99	1:03.69	1:19.19	1:02.19	1:17.89
200 Free	2:00.99	2:30.79	2:18.19	2:50.89	2:14.59	2:47.39
400/500 Free	5:25.49	6:41.29	4:52.79	6:00.89	4:42.29	5:48.09
800/1000 Free	11:20.79	13:51.09	10:02.49	12:15.49	9:50.49	12:00.89
1500/1650 Free	19:39.09	23:06.29	19:57.09	23:27.49	19:23.99	22:48.49
50 Back	29.59	35.19	34.89	40.29	32.89	39.09
100 Back	1:04.19	1:16.29	1:15.69	1:27.39	1:11.29	1:24.79
200 Back	2:18.29	2:44.79	2:39.89	3:07.99	2:33.69	3:03.09
50 Breast	33.79	40.79	38.99	46.29	37.59	45.29
100 Breast	1:13.29	1:28.29	1:24.39	1:40.39	1:21.49	1:38.19
200 Breast	2:36.49	3:09.99	3:01.29	3:33.99	2:54.09	3:31.29
50 Fly	27.99	33.99	31.89	38.29	31.09	37.69
100 Fly	1:02.79	1:16.19	1:11.59	1:25.89	1:09.79	1:24.69
200 Fly	2:22.59	2:46.79	2:40.09	3:07.19	2:38.49	3:05.39
200 IM	2:17.19	2:48.89	2:38.79	3:12.59	2:32.29	3:07.49
400 IM	4:53.09	6:08.49	5:34.59	6:39.29	5:25.39	6:27.99

MEN SENIOR	Short Course Yards		Long Course Meters		Short Course Meters	
	State	Regional	State	Regional	State	Regional
50 Free	23.39	28.99	26.69	33.39	26.19	32.49
100 Free	50.39	1:03.29	58.09	1:12.49	55.89	1:10.39
200 Free	1:51.19	2:18.29	2:09.89	2:38.09	2:03.39	2:33.29
400/500 Free	5:04.49	6:14.69	4:33.09	5:36.09	4:29.29	5:28.99
800/1000 Free	10:35.09	12:56.99	9:29.59	11:36.89	9:54.69	11:13.89
1500/1650 Free	19:09.49	21:46.69	19:32.09	22:20.19	19:08.09	21:29.99
50 Back	28.39	32.99	33.19	38.69	31.59	36.69
100 Back	59.99	1:09.69	1:09.99	1:21.59	1:06.59	1:17.49
200 Back	2:13.19	2:31.59	2:32.29	2:54.49	2:27.89	2:48.29
50 Breast	30.19	36.99	36.49	42.69	35.79	41.09
100 Breast	1:04.69	1:19.19	1:18.29	1:31.49	1:16.79	1:27.99
200 Breast	2:27.09	2:52.79	2:49.39	3:19.09	2:43.19	3:11.79
50 Fly	25.39	31.09	29.39	35.49	28.19	34.69
100 Fly	56.19	1:08.79	1:05.09	1:18.59	1:02.39	1:16.69
200 Fly	2:09.89	2:33.29	2:28.29	2:54.99	2:24.19	2:50.79
200 IM	2:05.89	2:34.29	2:27.89	2:57.99	2:19.69	2:51.49
400 IM	4:31.29	5:31.39	5:13.69	6:23.19	5:01.19	6:08.19



# GET TO KNOW

## Coach Dan Morse

### What do you love about coaching?

*The reason I love coaching is I enjoy helping people both in and out of the pool. Helping someone reach their goals and grow as a person is one of the most rewarding experiences we can have.*

### Favorite stroke and event?

*My favorite stroke outside of freestyle is backstroke and my favorite event is the 400/500 Free.*

### Favorite place you've traveled?

*Costa Brava in Spain*

### What new hobby or skill would you like to learn?

*Would love to learn to play guitar or drums.....unfortunately I have absolutely no musical talent.*

### What is something on your bucket list?

*Visiting the Shire in New Zealand (I am a big Lord of the Rings nerd).*

### Early bird or night owl?

*Early bird.....but also a big time coffee consumer to help those early mornings.*

### If you could be any animal, what would it be and why?

*An Orca because they're the coolest animal on the planet.*



### What is your favorite food/cuisine/snack?

*I am from Rhode Island so any kind of seafood, Chowdah (New England clam chowder) and clamcakes are our thing and they're amazing!*

What is something you're looking forward to?

*Getting married this February to my Fiancée, Maddi!*

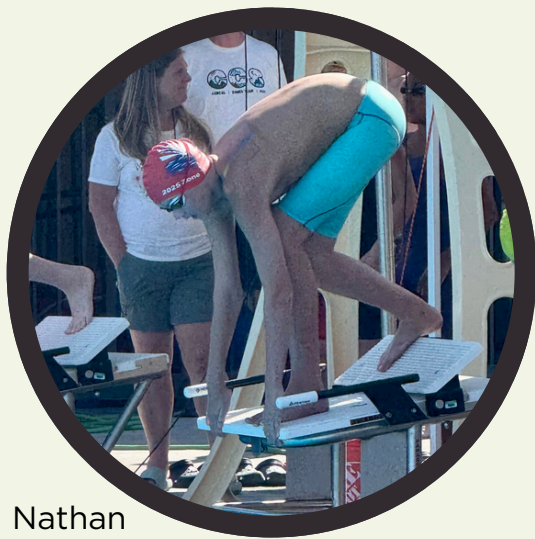




# AGE GROUP WESTERN ZONES

Elk Grove, CA

Five of our AZ Dolphins were selected to represent Arizona Swimming this August at the AG Western Zones Championship!



Nathan

Participants:  
Nathan Kastanes  
Thomas McCormick  
Samuel Nagy  
Oliver Saagim  
Layla Stein



Thomas



Sammy

1<sup>st</sup>: Boys 12U 200 Fr Relay

1<sup>st</sup>: Boys 12U 200 Medley Relay



Oliver

1<sup>st</sup>: Boys 12U 200 Fr Relay

New Cut: 200 Back - 13/14 A



Layla

2<sup>nd</sup>: Mixed 12U 200 Fr Relay

3<sup>rd</sup>: Girls 11-12 100 Free, 11-12 200 Free

# IMPORTANT LINKS

[East Valley Sports Team  
Store](#)

25% off for AZ Dolphins

[AZ Dolphins Team  
Store](#)

(Hoodies, Shirts & Team Merch)

[USA Swimming Time  
Standards](#)

[Arizona Swimming  
State “A”  
& Regional “B” Cuts](#)

[Senior Zones Cuts](#)

**Fun Swim Fact:** The world’s oldest swimmer is Japan’s 100-year-old Mieko Nagaoka, and she also emerged to set her record in 2015; becoming the first centenarian and the oldest woman to complete the 1500-meter freestyle swim. Interestingly, she first started swimming at 80 years old to recover from a knee injury.