

2025 EASTERN ONTARIO REGIONAL CHAMPIONSHIP MEET - SUMMER

MEET INFORMATION

Date Thursday, June 5 - Sunday, June 8, 2025
Hosted by Nepean Kanata Barracudas
Location Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa
Facility Long Course all races. Electronic timing
Pool Format Long Course for all races

Meet Package

The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

Competition Coordinator: Julie Hewitt Level IV jhewittm1@gmail.com,
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Meet Manager: Heidi Wechselberger, meetmanager@swimnkb.com
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Description

Eastern Ontario Championship qualifying meet. Invitational (closed). Age Groups, Male and Female (10 & under, 11-12, 13-14, 15 - 16, 17&Over). Swimmers' age is as of the first day of the meet. Meet management reserves the right to adjust the meet package in order to run a fair meet.

SAFETY & LIABILITY

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management & Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

COMPETITION RULES

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

Dive Starts

As per the Facility Rules for Dive Starts, this competition will be conducted as follows:

- from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from
- From deep end only

Deaf and Hard of Hearing Accommodation:

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

- non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe Light options
 1. **Facility-Provided Strobe Light:** An external strobe light is available at this facility
 2. **Personal Strobe Light:** a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.

Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.

Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS. This competition is sanctioned as an Invitational, however, foreign swimmer/teams entries will not be accepted.

QUALIFYING & ENTRIES

ELIGIBILITY FOR OLYMPIC PROGRAM SWIMMERS

Standards

2024-2025 Eastern Ontario Regional Standards. See Appendix B.

Qualifying

Swimmers must achieve at least one (1) qualifying standard in an Olympic Program event to be eligible to enter the competition.

De-qualifying

Swimmers are de-qualified from swimming a specific event (not meet) if the swimmer has achieved the OSC (Ontario Swimming Championships) qualifying standard in that event as of the first day of the summer Eastern Ontario Regional Championships.

Bonus Swims/Entry Limits

12 & Under swimmers

- A 12 & Under swimmer with one (1) or more qualifying standards in an Olympic Program event may enter a maximum of two (2) individual events per day up to a total maximum of six (6) events.
- A 12 & Under swimmer cannot qualify for the meet with a stroke 50 but can be entered in stroke 50 events following the entry limit rules outlined above.
- To swim the 800 as a bonus event, a swimmer must meet the consideration time (Regional Qualifying Time + 5%). See chart below.
- The 1500 is only offered in the 13&Over sessions. To swim the 1500, a 12 & Under swimmer must meet the 13-year-old 1500 regional qualifying standard for their gender and then may swim the event in the session in which it is offered.

13 & Over swimmers

- A 13 & Over swimmer with one (1) or more qualifying standard in an Olympic Program event may enter a maximum of two (2) individual events per day up to a total maximum of six (6) events following the bonus structure below.
- The 50 FLY, 50BK and/or 50BR can be considered as having met the qualifying standard provided a swimmer has met the qualifying standard in the 100 of the same stroke. Otherwise, they may only be swum as bonus events, which count toward the maximum number of bonus swims.
 - For example, if a swimmer has met the qualifying standard in the 100 BR, they may choose the 50 BR as a qualified event.
- The 800/1500 FR can be considered as having met the qualifying standard provided a swimmer has met the qualifying standard in the opposite event.
 - For example, if a swimmer has met the qualifying standard in the 800 FR, they may choose the 1500FR as a qualified event or vice versa.
- To swim the 800/1500 as a bonus event, a swimmer must meet the consideration time (Regional Qualifying Time + 5%). See chart below.
- Bonus Structure:

If a 13 & Over swimmer has:	They are eligible for:
One (1) Qualifying Standard	three (3) bonus swims
Two (2) Qualifying Standards	two (2) bonus swims
Three (3) Qualifying Standards	one (1) bonus swim
Four (4) or more Qualifying Standards	no bonus swims

All bonus swims must be marked as bonus in the entry file.

2025-2028 Regional Consideration Times - Female																
10&Under	11	12	13	14	15	16	17 & Over	EVENT	17&over	16	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
14:23.55	13:13.91	12:52.27	12:16.04	11:43.26	11:37.48	11:26.15	11:21.85	800 Fr	11:08.21	11:12.33	11:23.54	11:29.20	12:01.32	12:36.81	12:58.04	14:06.29
			23:25.76	23:20.61	22:57.93	22:44.13	22:30.48	1500 Fr	22:03.47	22:16.85	22:30.36	22:52.59	22:57.64			

2025-2028 Regional Consideration Times - Male																
10&Under	11	12	13	14	15	16	17&Over	EVENT	17&Over	16	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
13:31.67	12:26.21	12:05.86	11:45.84	11:10.07	10:50.42	10:43.19	10:37.36	800 Fr	10:24.61	10:30.42	10:37.41	10:56.67	11:31.72	11:51.34	12:11.28	13:15.43
			22:26.79	21:50.83	21:37.76	21:01.17	20:54.36	1500 Fr	20:29.28	20:35.93	21:11.80	21:24.61	21:59.86			

PARALYMPIC PROGRAM SWIMMERS

Standards

2024-2025 Eastern Ontario Regional Standards. See Appendix C

Qualifying

Para Swimmers are eligible to compete in this meet, provided they have achieved the minimum qualifying standard in at least one (1) event. Para Swimmers may choose Bonus Swims outside of the aforementioned events.

There are no separate para events. Para swimmers will be seeded by time in the mainstream events. A para final will only be offered in events where there are 8 or more para swimmers registered in that event. If a para swimmer qualifies for finals within the mainstream program, they are eligible to compete in that final.

Para Bonus Swims

- Swimmers qualifying in one event may enter three additional events.
- Swimmers qualifying in two events may enter two additional events.
- Swimmers qualifying in three or more events may enter one additional event, to a maximum of six individual events.
- 200 events and above cannot be swum as bonus swims.

ALL SWIMMERS

Qualifying period

September 1, 2023 – May 27, 2025

Age Up Date

Ages submitted are to be as of Thursday, June 5, 2025

Entry Submission

- Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff, or per the current directives from Swim Ontario to this end. .
- Meet Management will not accept entries directly via email.
- Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times.
- **Clubs must submit a validation report at time of entry via email to meetmanager@swimnkb.com**
- No NT will be accepted.
- Meet management will use SO's time validation system to ensure that swimmers have achieved the qualifying requirements. Times not found on the Swim Rankings will be returned to coaches for correction or proof.
- Meet management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries
- Meet management will notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition

Relay Entries

- Teams may enter two (2) relays per event.
- All members of the 10 & Under, 11 & 12, 13 & 14, and 15 & Over relay teams must be qualified for and properly entered in the meet
- Exception: Teams may have one 10&Under Relay Only swimmer entered in the meet. This swimmer can swim in any relay age category, in accordance with the following item.
- Each relay team may include up to two (2) swimmers from a younger age category.
- A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.
- Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum.
- Changes will be accepted until 30 minutes before the relay event is scheduled to begin.

Deck Entries

No deck entries will be allowed.

Seeding

All timed final races will be seeded slow to fast unless otherwise noted. All preliminary heats will be seeded by time, slowest to fastest, as per SWII.3.1 with the fastest 3 heats circle seeded regardless of age except for the 400 m events which will be 2 heats circle seeded. See section "Schedule of Events, Additional Event Details."

Conversion

All entries received shall be unconverted. No converted times will be accepted. The host will convert all times to LCM after validation of entries

Deadline **Tuesday, May 27, 2025 (midnight)**

Payment: e-transfer to nkbswimming@gmail.com - please put "Club Name + Regionals" in the message field

Fees: \$90.00 + HST = \$101.70 per swimmer
\$25.00 + HST = \$28.25 per relay team

Changes to entries will not be accepted after Thursday, May 29, 2025. After that time, fees will be calculated. No refunds will be granted for missed swims.

Mixed Gender

An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised

the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted; the results must still be posted separately by gender of swimmers.

SCHEDULE OF SESSIONS

Session #	Date	Age Group	Prelims/ Finals	Warm Up	Start
1	Thursday, June 5	All Ages	Timed Finals	4:00 p.m	5:00 p.m
2	Friday, June 6	13 & over	Prelims	8:00 a.m.	9:00 a.m.
3	Friday, June 6	12 & under	Time Finals	12:30 p.m.	1:15 p.m.
4	Friday, June 6	13 & over	Finals	5:00 p.m.	6:00 p.m.
5	Saturday, June 7	13 & over	Prelims	8:00 a.m.	9:00 a.m.
6	Saturday, June 7	12 & over	Time Finals	12:30 p.m.	1:15 p.m.
7	Saturday, June 7	13 & over	Finals	5:00 p.m.	6:00 p.m.
8	Sunday, June 8	13 & over	Prelims	8:00 a.m.	9:00 a.m.
9	Sunday, June 8	12 & under	Time Finals	12:30 a.m.	1:15 p.m.
10	Sunday, June 8	13 & over	Finals	5:00 p.m.	6:00 p.m.

SCHEDULE OF EVENTS, ADDITIONAL EVENT DETAILS

Schedule of Events

See event list – Appendix A. Meet management, in consultation with Regional Representatives, reserves the right to adjust the schedule of events in consideration of session timelines and facility parameters.

Individual Events - 12 & Under

- All individual events for swimmers 12 & under are timed finals.
- Fastest 8 swimmers by gender and age group (10 & under, 11-12) will swim together in one heat.
- Meet management reserves the right to combine the fastest heats if not full.

Individual Events - 13 & Over

- All individual events for swimmers 13 & Over, except 800 or 1500 Free, will be swum as preliminaries and finals.
- All preliminary heats will be seeded by time, slowest to fastest, as per SW3.1 with the fastest 3 heats circle seeded regardless of age except for the 400 m events which will be 2 heats circle seeded.
- Events with 8 or fewer entries will swim both prelims and finals.
- "A" and "B" finals will be held in events 200 meters or shorter with 18 or more swimmers entered, before scratches. Events with fewer than 18 swimmers entered will have "A" finals only.
- 400's will swim a A final only, regardless of the number of swimmers entered in the event.
- Finals will be broken into the following age groups: 13-14, 15-16, 17 & Over.

Distance Events - All Ages

- 800/1500 FR are timed final events.
- Verified entry times must be submitted for the 800 and 1500 free events. No coach's times will be accepted.
- The 800/1500 Free will be swum by multi-age, mixed gender, seeded fastest to slowest.
- 1500 Free is offered as an event as 14&Under, 15-16, and 17 & Over only. Swimmers younger than 14 years old may race in this event but will be scored as 14 years & under (not broken out by age).

Relays

- All relay events will be swum as timed finals.
For 13 & Over relays, the fastest heat will swim in finals on Friday, Saturday, and Sunday.
- A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.
- Age groups for relay events will be: 10 & under, 11-12, 13-14, 15 & over
- Coaches must have relay cards filled in and returned to the Meet Manager 30 minutes prior to the start of the session.
- Changes will be accepted until 30 minutes before the relay event is scheduled to begin.

Official Time Splits

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the referee prior to commencement of the published event in which the event will take place, however, it is encouraged that the referee be notified 30 minutes prior to the session.

Records:

Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.

CHECK IN & SCRATCHES

12 & Under Sessions

Positive check in for all swimmers is required 30 minutes prior to the start of the 12 & under time final session to ensure the fastest heat of each age group is full. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes. Failure to participate in the fastest heat without meet management's knowledge or consent will result in a \$50.00 + 13% HST (\$6.50) = \$56.50 fine for each offense. Payment is due to Nepean Kanata Barracudas (paid at the meet management office or by e-transfer to nkbswimming@gmail.com). Failure to pay before the next event will exclude the swimmer from any further participation in the meet.

13 & Over Sessions/All Age Sessions

Prelims

- Scratches are to be made at the administration desk 30 minutes prior to the start of each session.
- No scratch penalty shall be imposed for late or day of scratches.

Timed Finals

Positive check in for all swimmers is required 30 minutes prior to the start of the session in which the timed final event occurs. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes.

Finals

- Scratches for finals must be made within 30 minutes after the last non distance event of the prelims session.

All Sessions

Failure to participate in an individual final, leg of a relay final, or in a timed final fastest heat event without meet management's knowledge and consent will result in a \$50.00 + 13% HST (\$6.50) = \$56.50 fine for each offense. Payment is due to Nepean Kanata Barracudas (paid at the meet management office or by e-transfer to nkbswimming@gmail.com). Failure to pay before the next event will exclude the swimmer from any further participation in the meet. A swimmer who fails to scratch from an event in finals but will not swim the rest of the meet will not be penalized.

COACHES' REGISTRATION & MEETING

Coach Registration

Meet management will cross reference the **list of coaches submitted with entries** at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.

Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

Coaches' Meeting

- Date: Thursday, June 5 at 4:15 p.m. during the warmup for session 1.
- Location: 25m pool deck
- If requested, a second coaches meeting will be held during warm-ups of the first 12 & Under session of the competition

SCORING

Scoring

- Top 16 swimmers in individual events and the top 16 relays will score team points.
- Individual event points: 25-22-19-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
- Team relay event points: 50-44-38-34-32-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2

AWARDS

Individual and Relay Awards

Medals for 1st, 2nd, 3rd

Ribbons for 4th - 8th

Receiving Awards

- Medals for 12 & under timed final events will be awarded on deck during each session as results are available.
- Medals for 13 & over finals will be awarded on deck during finals, immediately following each event. Top 3 swimmers are encouraged to go directly to the podium to receive medals following each heat.
- All medals and ribbons are to be picked up by swimmers at the awards table. Awards packages will not be mailed after the meet.

Team Awards

- Overall team award to the team with the highest number of team points.
- Small team award to the team with the highest number of points, and fewer than 75 registered competitive swimmers as of June 5, 2025
- These awards will be presented at the end of the last finals session.

RESULTS

- The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet.
- Live Results/Meet Mobile will be available.
- Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
- Results will be published according to age group and gender (10&Under, 11-12, 13-14, 15-16, 17 & Over)

HOSPITALITY

A selection of food and refreshments will be made available between sessions of the meet for coaches and officials only. Please be considerate that food provided is for those in attendance for consecutive sessions.

APPENDIX A - EVENT SCHEDULE**13 & OVER****Session 1: All Ages, Timed Finals****Thursday, June 5, 2025****Warm Up: 4:00 PM/Start: 5:00 PM**

<i>Mixed</i>	<i>Event</i>	
1	400 Mix Med R(10&U)	
2	400 Mix Med R(11-12)	
3	800 FR - All Ages	
4	1500 FR - All Ages	
5	400 Mix Med R(13-14)	
6	400 Mix Med R(15+)	

Session 2: 13 & Over Prelims**Friday, June 6, 2025****Warm Up: 8:00 AM/Start: 9:00 AM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
7	200 BR	8
9	50 FR	10
11	100 BK	12
13	200 IM	14
15	50 FLY	16
17	400 FR R (13-14)	18
19	400 FR R (15+)	20

Session 4: 13 & Over Finals**Friday, June 6, 2025****Warm Up: 5:00 PM/Start: 6:00 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
7	200 BR	8
9	50 FR	10
11	100 BK	12
13	200 IM	14
15	50 FLY	16
17	400 FR R (13-14)	18
19	400 FR R (15+)	20

Session 5: 13 & Over Prelims**Saturday, June 7, 2025****Warm Up: 8:00 AM/Start: 9:00 AM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
45	400 FR	46
47	50 BK	48
49	100 BR	50
51	200 FLY	52
53	100 FR	54
55	400 Medley R (13-14)	56
57	400 Medley R (15+)	58

Session 7: 13 & Over Finals**Saturday, June 7, 2025****Warm Up: 5:00 PM/Start: 6:00 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
45	400 FR	46
47	50 BK	48
49	100 BR	50
51	200 FLY	52
53	100 FR	54
55	400 Medley R (13-14)	56
57	400 Medley R (15+)	58

Session 8: 13 & Over Prelims**Sunday, June 8, 2025****Warm Up: 8:00 AM/Start: 9:00 AM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
83	100 FLY	84
85	50 BR	86
87	200 FR	88
89	200 BK	90
91	400 IM	92
93	400 Mix FR R (13-14)	n/a
94	400 Mix FR R (15+)	n/a

Session 10: 13 & Over Finals**Sunday, June 8, 2025****Warm Up: 5:00 PM/Start: 6:00 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
83	100 FLY	84
85	50 BR	86
87	200 FR	88
89	200 BK	90
91	400 IM	92
93	400 Mix FR R (13-14)	n/a
94	400 Mix FR R (15+)	n/a

12 & UNDER**Session 1: All Ages, Timed Finals****Thursday, June 5, 2024 - See previous page****Session 3: 12 & Under, Timed Finals****Friday, June 6, 2024 - Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
21	200 BR 10 & under	22
23	200 BR 11-12	24
25	50 FR 10 & under	26
27	50 FR 11-12	28
29	100 BK 10 & under	30
31	100 BK 11-12	32
33	200 IM 10 & under	34
35	200 IM 11-12	36
37	50 FLY 10 & Under	38
39	50 FLY 11-12	40
41	400 Free Relay 10 & under	42
43	400 Free Relay 11-12	44

Session 6: 12 & Under, Timed Finals**Saturday, June 7, 2024 - Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
59	400 FR 10 & under	60
61	400 FR 11-12	62
63	50 BK 10 & under	64
65	50 BK 11-12	66
67	100 BR 10 & under	68
69	100 BR 11-12	70
71	200 FLY 10 & under	72
73	200 FLY 11-12	74
75	100 FR 10 & under	76
77	100 FR 11-12	78
79	400 Medley Relay 10 & under	80
81	400 Medley Relay 11-12	82

Session 9: 12 & Under, Timed Finals**Sunday, June 8, 2024 - Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
95	100 FLY 10 & under	96
97	100 FLY 11-12	98
99	50 BR 10 & under	100
101	50 BR 11-12	102
103	200 FR 10 & under	104
105	200 FR 11-12	106
107	200 BK 10 & under	108
109	200 BK 11-12	110
111	400 IM 10 & under	112
113	400 IM 11-12	114
115	400 Mix Free Relay 10 & under	n/a
116	400 Mix Free Relay 11-12	n/a

APPENDIX B - STANDARDS, OLYMPIC PROGRAM

2025-2028 Regional Standards - Female																
OSC 11 + 24%	OSC + 14%	OSC + 12%	OSC + 10%	OSC + 10%	OSC + 10%	OSC + 10%	OSC + 10%		OSC + 10%	OSC + 10%	OSC + 10%	OSC + 10%	OSC + 10%	OSC + 12%	OSC + 14%	OSC 11 + 24%
10&Under	11	12	13	14	15	16	17 & Over	EVENT	17&Over	16	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
39.72	36.51	34.15	32.53	31.49	31.07	30.81	30.65	50 Fr	30.04	30.19	30.45	30.86	31.88	33.47	35.77	38.91
1:27.88	1:20.79	1:15.36	1:11.19	1:08.89	1:07.66	1:06.53	1:06.22	100 Fr	1:04.89	1:05.20	1:06.30	1:07.51	1:09.76	1:13.85	1:19.17	1:26.12
3:14.18	2:58.52	2:45.20	2:37.32	2:30.11	2:28.53	2:26.71	2:25.59	200 Fr	2:22.68	2:23.78	2:25.56	2:27.11	2:34.17	2:41.90	2:54.94	3:10.29
6:53.97	6:20.59	5:50.88	5:34.91	5:22.24	5:17.59	5:13.95	5:09.17	400 Fr	5:02.99	5:07.67	5:11.24	5:15.80	5:28.21	5:44.16	6:12.97	6:45.69
13:42.43	12:36.10	12:15.49	11:40.99	11:09.77	11:04.27	10:53.48	10:49.38	800 Fr	10:36.39	10:40.31	10:50.99	10:56.38	11:26.97	12:00.78	12:20.99	13:25.99
			22:18.82	22:13.91	21:52.31	21:39.17	21:26.17	1500 Fr	21:00.45	21:13.19	21:26.06	21:47.23	21:52.04			
1:42.82	1:34.53	1:27.43	1:22.97	1:18.72	1:17.24	1:17.66	1:14.78	100 Bk	1:13.29	1:14.15	1:15.69	1:17.15	1:21.31	1:25.67	1:32.64	1:40.76
3:38.96	3:21.30	3:07.14	2:59.02	2:50.54	2:47.51	2:45.05	2:43.83	200 Bk	2:40.55	2:41.75	2:44.16	2:47.13	2:55.44	3:03.39	3:17.27	3:34.57
1:57.34	1:47.88	1:39.61	1:33.91	1:29.87	1:27.89	1:27.01	1:26.13	100 Br	1:24.40	1:25.26	1:26.13	1:28.07	1:32.03	1:37.62	1:45.71	1:54.99
4:09.49	3:49.37	3:34.98	3:24.51	3:16.14	3:14.74	3:13.20	3:11.26	200 Br	3:07.44	3:09.33	3:10.84	3:12.21	3:20.42	3:30.68	3:44.77	4:04.49
1:44.32	1:35.91	1:26.99	1:20.35	1:16.56	1:14.66	1:14.00	1:12.93	100 Fl	1:11.47	1:12.52	1:13.17	1:15.05	1:18.78	1:25.24	1:34.59	1:42.88
4:14.10	3:53.61	3:26.92	3:22.64	2:58.06	2:54.24	2:53.15	2:49.63	200 Fl	2:46.23	2:49.68	2:50.75	2:54.50	3:18.58	3:22.78	3:48.93	4:09.02
								100 IM						1:30.36	1:36.67	1:45.15
3:38.90	3:21.24	3:08.10	2:57.61	2:51.07	2:50.19	2:45.75	2:44.67	200 IM	2:41.37	2:42.44	2:46.78	2:47.65	2:54.06	3:04.34	3:17.21	3:34.51
7:35.87	6:59.11	6:47.68	6:32.66	6:11.91	6:08.78	6:01.39	5:57.68	400 IM	5:50.53	5:54.16	6:01.41	6:04.47	6:24.81	6:39.53	6:50.72	7:26.75

2025-2028 Regional Standards - Male																
OSC 11 + 24%	OSC + 14%	OSC + 12%	OSC + 10%	OSC + 10%	OSC + 10%	OSC + 10%	OSC + 10%		OSC + 10%	OSC + 10%	OSC + 10%	OSC + 10%	OSC + 10%	OSC + 12%	OSC + 14%	OSC 11 + 24%
10&Under	11	12	13	14	15	16	17&Over	EVENT	17&Over	16	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
39.77	36.56	33.64	31.02	29.02	28.25	27.68	27.45	50 Fr	26.91	27.13	27.69	28.44	30.39	32.96	35.82	38.96
1:28.02	1:20.92	1:14.42	1:08.06	1:03.76	1:01.73	1:00.55	59.87	100 Fr	58.67	59.34	1:00.49	1:02.49	1:06.70	1:12.93	1:19.30	1:26.25
3:13.64	2:58.02	2:45.42	2:30.79	2:21.27	2:16.77	2:14.07	2:12.78	200 Fr	2:10.12	2:11.39	2:14.03	2:18.44	2:27.78	2:42.11	2:54.45	3:09.76
6:51.78	6:18.57	5:51.00	5:24.57	5:00.81	4:53.53	4:50.31	4:47.98	400 Fr	4:42.22	4:44.50	4:47.66	4:54.80	5:18.08	5:43.97	6:10.99	6:43.53
12:53.02	11:50.68	11:31.30	11:12.23	10:38.16	10:19.45	10:12.56	10:07.01	800 Fr	9:54.87	10:00.40	10:07.06	10:25.40	10:58.78	11:17.47	11:36.46	12:37.55
			21:22.66	20:48.41	20:35.96	20:01.11	19:54.63	1500 Fr	19:30.74	19:37.08	20:11.24	20:23.44	20:57.01			
1:43.14	1:34.83	1:26.90	1:18.81	1:12.88	1:11.89	1:08.75	1:08.58	100 Bk	1:07.21	1:07.37	1:10.45	1:11.42	1:17.23	1:25.15	1:32.92	1:41.07
3:39.53	3:21.83	3:06.46	2:52.51	2:40.71	2:35.49	2:32.54	2:31.16	200 Bk	2:28.13	2:29.49	2:32.38	2:37.50	2:49.06	3:02.73	3:17.78	3:35.13
1:57.81	1:48.31	1:38.59	1:29.77	1:23.02	1:19.13	1:17.97	1:16.95	100 Br	1:15.41	1:16.41	1:17.55	1:21.36	1:27.97	1:36.61	1:46.13	1:55.44
4:13.63	3:53.18	3:32.13	3:15.73	3:04.53	2:54.06	2:52.71	2:51.91	200 Br	2:48.48	2:49.25	2:50.58	3:00.84	3:11.81	3:27.88	3:48.50	4:08.55
1:45.65	1:37.13	1:27.47	1:17.31	1:11.14	1:08.12	1:06.15	1:05.36	100 Fl	1:04.05	1:04.83	1:06.76	1:09.72	1:15.77	1:25.71	1:35.18	1:43.53
3:53.76	3:34.91	3:29.06	3:07.47	2:45.04	2:38.51	2:31.62	2:30.86	200 Fl	2:27.84	2:28.59	2:35.33	2:41.74	3:03.72	3:24.87	3:30.61	3:49.09
								100 IM						1:30.72	1:38.88	1:47.55
3:40.82	3:23.01	3:06.26	2:30.92	2:39.71	2:35.21	2:31.26	2:28.44	200 IM	2:25.47	2:28.23	2:32.10	2:36.52	2:47.51	3:02.53	3:18.94	3:36.39
7:31.24	6:54.85	6:43.54	6:13.01	5:46.42	5:35.73	5:29.18	5:26.90	400 IM	5:20.37	5:22.60	5:29.02	5:39.49	6:05.54	6:35.46	6:46.55	7:22.21

APPENDIX C - STANDARDS, PARALYMPIC PROGRAM

2024-2025 PARA Female Regional Motivation Standards														
EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	3:13.96	2:13.90	2:13.47	1:18.52	1:14.31	1:02.00	59.3	54.08	49.05	46.66	55.34	50.87	46.46	46.66
100 Free	6:57.77	4:50.94	4:12.39	3:13.96	2:35.68	2:16.85	2:07.99	2:00.13	1:45.95	1:43.59	2:03.87	1:51.68	1:46.17	1:42.39
200 Free		10:26.66	9:00.62	8:04.91	5:50.80									3:42.37
400 Free						9:44.16	9:29.17	8:37.74	8:09.25	7:45.73	9:46.78	10:37.24	8:01.14	
50 Back	3:43.79	3:06.42	2:02.62	1:43.63	1:23.83									
100 Back	7:27.61	5:56.03				2:35.51	2:27.80	2:15.56	2:05.16	1:59.91	2:26.22	2:14.53	1:57.49	2:00.01
50 Breast	4:28.57	2:36.66	1:52.24											
100 Breast				3:57.14	3:15.65	3:00.13	2:52.39	2:31.78	2:18.97		2:45.95	2:30.19	2:17.85	2:18.50
50 Fly			2:21.73	1:59.36	1:32.87	1:09.74	1:06.06							
100 Fly								2:11.16	1:59.30	1:53.55	2:21.73	2:11.33	2:00.01	1:55.83
150 IM		11:56.17	4:27.61	6:06.90										
200 IM					7:41.43	5:35.26	5:31.78	5:01.05	4:27.94	4:16.51	5:12.58	5:08.88	4:18.21	4:18.86
2024-2025 PARA Male Regional Motivation Standards														
EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	02:30.3	2:14.05	1:29.48	1:10.52	59.39	54.57	49.14	46.44	43.21	40.98	46.73	41.67	41.09	40.98
100 Free	5:35.71	4:55.29	3:21.43	2:40.30	2:12.44	1:57.31	1:49.99	1:41.41	1:36.06	1:29.01	1:49.95	1:35.10	1:31.17	1:29.22
200 Free	12:33.48	8:58.56	7:45.62	5:56.51	4:59.08									3:15.17
400 Free						9:15.51	8:27.11	7:47.05	7:19.51	6:59.09	8:51.37	8:22.55	7:21.87	
50 Back	3:05.89	2:02.34	1:36.93	1:26.44	1:09.05									
100 Back	6:25.06	4:22.89				2:19.39	2:10.54	1:57.53	1:48.88	1:43.40	2:09.58	1:53.22	1:45.99	1:43.63
50 Breast	5:43.17	5:25.59	1:32.56											
100 Breast				3:13.97	2:58.57	2:25.34	2:21.99	2:09.37	2:00.60		2:20.38	2:05.02	1:59.30	1:55.14
50 Fly		1:29.52	1:21.32	1:13.12	1:06.65	57.37	53.99							
100 Fly								1:49.04	1:42.02	1:39.91	2:11.64	1:44.07	1:37.90	1:36.32
150 IM	16:54.59	13:55.54	7:44.43	5:11.37										
200 IM					7:41.43	5:04.98	4:41.29	4:08.13	3:56.96	3:43.59	4:38.89	4:40.54	3:47.66	3:41.53

2024-2025 PARA Female Regional Motivation Standards														
EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	3:17.84	2:16.58	2:16.14	1:20.10	1:14.31	1:02.00	59.3	53.01	48.07	45.72	56.44	49.85	45.52	45.72
100 Free	7:06.13	4:56.76	4:17.44	3:17.84	2:35.68	2:16.85	1:07.99	1:17.72	1:43.83	1:41.52	2:06.35	1:49.45	1:44.05	1:40.34
200 Free		10:39.19	9:31.84	8:14.61	5:50.80									3:37.92
400 Free						9:44.16	9:29.17	8:27.39	7:59.47	7:36.42	9:58.52	10:24.49	7:51.52	
50 Back	3:48.27	3:10.15	2:05.08	1:45.70	1:23.83									
100 Back	7:36.57	6:03.15				2:35.51	2:27.80	2:12.85	2:02.66	1:57.51	2:29.15	2:11.84	1:25.14	1:57.61
50 Breast	4:33.95	2:39.78	1:54.49											
100 Breast				4:01.88	3:15.65	3:00.13	2:52.39	2:28.75	2:16.19		2:49.27	2:27.18	2:15.09	2:15.73
50 Fly			2:24.57	2:01.74	1:32.87	1:09.74	1:06.06							
100 Fly								2:08.54	1:56.91	1:51.28	2:24.57	2:08.70	1:57.61	1:53.51
150 IM		12:10.49	7:36.57	6:14.24										
200 IM					7:41.43	5:35.26	5:31.78	4:55.03	4:22.59	4:11.38	5:18.83	5:02.71	4:13.05	4:13.69
2024-2025 PARA Male Regional Motivation Standards														
EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	2:33.31	2:16.73	1:31.26	1:11.93	59.39	54.57	49.14	45.51	42.35	40.16	47.67	40.84	40.27	40.16
100 Free	5:42.42	5:01.19	3:25.46	2:43.50	2:12.44	1:57.31	1:09.99	1:39.39	1:04.14	1:27.23	1:52.15	1:33.20	1:29.34	1:27.44
200 Free	12:48.54		7:54.93	6:03.64	4:59.08									3:11.26
400 Free						9:15.51	8:27.11	7:37.70	7:10.73	6:50.71	9:01.99	8:32.10	7:13.03	
50 Back	3:09.60	2:04.79	1:38.87	1:28.17	1:09.05									
100 Back	6:32.76	4:28.15				2:19.39	2:10.54	1:55.18	1:46.71	1:41.33	2:12.17	1:50.95	1:43.87	1:41.56
50 Breast	5:50.03	5:32.10	1:34.41											
100 Breast				3:17.85	2:58.57	2:25.34	2:21.99	2:06.78	1:58.18		2:23.18	2:02.52	1:56.91	1:52.84
50 Fly		1:31.31	1:22.95	1:14.58	1:06.65	57.37	53.99							
100 Fly								1:46.85	1:39.99	1:37.92	2:14.28	1:41.99	1:35.94	1:34.40
150 IM	17:14.89	14:12.26	7:53.72	5:17.60										
200 IM					7:41.43	5:04.98	4:41.29	4:03.16	3:52.22	3:39.12	4:44.46	4:34.94	3:43.10	3:37.10