

2025 SENIOR CHAMPS FORMAT NOTES, WEATHER PLAN & PRE-SCRATCH TIMELINES

Senior Champs Format Notes

- Running 10 lanes prelims and finals.
- All preliminary events are swum Fast to Slow.
- 15-16 Top 20
- Open Top 30 (C Finals Reserved for 18&Under)
- 50s from Scoreboard End
- 100s + from Flag End
- 200 Relays are in Prelims.
- 400 Relays are at Finals.
- Your relay only swimmers must be listed in your entry file in order to swim in a relay.
- Reminder – if not on the OME file you won't gain deck access! Fix this prior to the meet.
- **400 Medley and 400 Free Relays will swim Fast to Slow.**
- Two Heats of Women followed by two Heats of Men. Then alternating until completion

Distance Events

Thursday 800s

- Will run combined ages Fast to Slow.
- Fastest Heat of Women followed by Fastest Heat of Men until completion.
- Must provide a counter for prelims.
- There will be no break before the relays on Thursday.
- 800 Relays will have the two Fastest Heats of Women Followed by the two Fastest Heats of Men.
- Then Alternating heats Fast to Slow until completion.

Friday 400 IM

- will swim as Fast to Slow combined ages with two circle seeded heats until completion.
- Women Outdoors, Men Indoors for Prelims.
- Must provide a timer for Prelims.
- They will be split apart 2 heats of 15-16 and 3 heats of Open for Finals, Indoors.

Saturday 400 Free

- will swim as Fast to Slow combined ages with two circle seeded heats until completion.
- Women Indoors, Men Outdoors for Prelims.
- Must provide a timer for Prelims.
- They will be split apart 2 heats of 15-16 and 3 heats of Open for Finals, Indoors.

Sunday 1500s

- Swimming combined ages.
- Fastest 10 positive checked in swimmers at evening finals.
- All other finals swimming Fast to Slow.
- Women Indoors, Men Outdoors (was flipped for 2024 meet).
- Must provide a timer and counter from prelims.



Weather Contingency Plans:

In the event of inclement weather and the outdoor pool should close:

Thursday 800s –

- 5mins after every 2 heats.
- 15min on course warm up for relays.

Friday 400 Ims

- 4 Heats of Women swimming fast to slow followed by 4 Heats of Men swimming fast to slow.
- All remaining heats will swim one heat of Women and one heat of Men until completion.
- 5min on course warm up every 4 heats.

400 Frees

- 4 Heats of Women swimming fast to slow followed by 4 Heats of Men swimming fast to slow.
- All remaining heats will swim one heat of women and one heat of Men until completion.
- 5min on course warm up every 4 heats

1500s

- Alternating Heats of Women / Men until completion.
- 5min on course warm up every 2 heats

Weather at Finals –

- 5min on course after every Men's OPEN event.

Session: 1 Thursday

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 15-16 800 Freestyle	31	4 u	04:30 PM	_____
Finals	2 Men 15-16 800 Freestyle	33	4 u		_____
Finals	3 Women Senior 800 Freestyle	25	3 u		_____
Finals	4 Men Senior 800 Freestyle	17	2 u		_____
<i>6 heats of women's 800, 5 heats of men – fast to slow, alternating women/men</i>					
Finals	5 Women Senior 800 Freestyle Relay	27	3	relay starts approx.: 6:25PM	_____
Finals	6 Men Senior 800 Freestyle Relay	27	3 u		_____
<i>Relays will be fastest two heats of women, fastest two heats of men, then alternating fast to slow</i>					
Swimmers Counts for Warm-ups: 106		=====	=====		
Entry / Heat Totals:		160	19		
Estimated Finish Time				07:29 PM	_____

Session: 2 Friday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Women Senior 200 Freestyle Relay	42	5 u	08:30 AM	_____
Finals	8 Men Senior 200 Freestyle Relay	48	5 u	08:42 AM	_____
Prelims	9 Women 15-16 200 Freestyle	68	7 u	08:53 AM	_____
Prelims	10 Men 15-16 200 Freestyle	77	8 u	09:11 AM	_____
Prelims	11 Women Senior 200 Freestyle	81	9 u	09:31 AM	_____
Prelims	12 Men Senior 200 Freestyle	52	6 u	09:55 AM	_____
Prelims	13 Women 15-16 200 Breaststroke	44	5 u	10:10 AM	_____
Prelims	14 Men 15-16 200 Breaststroke	49	5 u	10:26 AM	_____
Prelims	15 Women Senior 200 Breaststroke	32	4 u	10:42 AM	_____
Prelims	16 Men Senior 200 Breaststroke	43	5 u	10:55 AM	_____
Prelims	17 Women 15-16 100 Butterfly	70	7 u	11:11 AM	_____
Prelims	18 Men 15-16 100 Butterfly	73	8 u	11:22 AM	_____
Prelims	19 Women Senior 100 Butterfly	83	9 u	11:33 AM	_____
Prelims	20 Men Senior 100 Butterfly	76	8 u	11:47 AM	_____
Prelims	21 Women 15-16 50 Breaststroke	59	6 u	11:58 AM	_____
Prelims	22 Men 15-16 50 Breaststroke	58	6 u	12:04 PM	_____
Prelims	23 Women Senior 50 Breaststroke	55	6 u	12:09 PM	_____
Prelims	24 Men Senior 50 Breaststroke	61	7 u	12:15 PM	_____

Break: 10 Minutes – Split to two pools (ages swim combined in prelims fast to slow)

SWIMMERS SUPPLY OWN TIMER FOR PRELIMS 400 IMs

Prelims	25 Women 15-16 400 IM OUTDOOR POOL	26	start	12:30 PM	_____
Prelims	27 Women Senior 400 IM OUTDOOR POOL	15	(approx. 5 heats)		_____
Prelims	26 Men 15-16 400 IM INDOOR POOL	36	start	12:30 PM	_____
Prelims	28 Men Senior 400 IM INDOOR POOL	20	(approx. 6 heats)		_____

Swimmers Counts for Warm-ups: 690 =====

Entry / Heat Totals: 1,168 127

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Women 15-16 200 Freestyle	20	2 u	05:00 PM	_____
Finals	10 Men 15-16 200 Freestyle	20	2 u	05:06 PM	_____
Finals	11 Women Senior 200 Freestyle	30	3 u	05:12 PM	_____
Finals	12 Men Senior 200 Freestyle	30	3 u	05:21 PM	_____
Finals	13 Women 15-16 200 Breaststroke	20	2 u	05:29 PM	_____
Finals	14 Men 15-16 200 Breaststroke	20	2 u	05:36 PM	_____
Finals	15 Women Senior 200 Breaststroke	30	3 u	05:43 PM	_____
Finals	16 Men Senior 200 Breaststroke	30	3 u	05:54 PM	_____
Finals	17 Women 15-16 100 Butterfly	20	2 u	06:04 PM	_____
Finals	18 Men 15-16 100 Butterfly	20	2 u	06:07 PM	_____
Finals	19 Women Senior 100 Butterfly	30	3 u	06:11 PM	_____
Finals	20 Men Senior 100 Butterfly	30	3 u	06:16 PM	_____
Finals	21 Women 15-16 50 Breaststroke	20	2 u	06:21 PM	_____
Finals	22 Men 15-16 50 Breaststroke	20	2 u	06:24 PM	_____
Finals	23 Women Senior 50 Breaststroke	30	3 u	06:27 PM	_____
Finals	24 Men Senior 50 Breaststroke	30	3 u	06:31 PM	_____
Finals	25 Women 15-16 400 IM	20	2 u	06:35 PM	_____
Finals	26 Men 15-16 400 IM	20	2 u	06:47 PM	_____
Finals	27 Women Senior 400 IM	15	3 u	06:58 PM	_____
Finals	28 Men Senior 400 IM	20	3 u	07:17 PM	_____
Finals	29 Women Senior 400 Medley Relay	41	5 u	07:34 PM	_____
Finals	30 Men Senior 400 Medley Relay	45	5 u	08:03 PM	_____
Swimmers Counts for Warm-ups: 352		=====	=====		
Entry / Heat Totals:		561	60		
Finish Time				08:29 PM	_____

Session: 4 Saturday Prelims
Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	31 Women Senior 200 Medley Relay	46	5 u	08:30 AM	_____
Finals	32 Men Senior 200 Medley Relay	48	5 u	08:44 AM	_____
Prelims	33 Women 15-16 50 Freestyle	93	10 u	08:57 AM	_____
Prelims	34 Men 15-16 50 Freestyle	116	12 u	09:05 AM	_____
Prelims	35 Women Senior 50 Freestyle	113	12 u	09:15 AM	_____
Prelims	36 Men Senior 50 Freestyle	100	10 u	09:25 AM	_____
Prelims	37 Women 15-16 200 IM	65	7 u	09:33 AM	_____
Prelims	38 Men 15-16 200 IM	69	7 u	09:54 AM	_____
Prelims	39 Women Senior 200 IM	64	7 u	10:13 AM	_____
Prelims	40 Men Senior 200 IM	48	5 u	10:35 AM	_____
Prelims	41 Women 15-16 100 Backstroke	52	6 u	10:49 AM	_____
Prelims	42 Men 15-16 100 Backstroke	69	7 u	10:59 AM	_____
Prelims	43 Women Senior 100 Backstroke	54	6 u	11:12 AM	_____
Prelims	44 Men Senior 100 Backstroke	57	6 u	11:23 AM	_____
Prelims	45 Women 15-16 50 Butterfly	89	9 u	11:33 AM	_____
Prelims	46 Men 15-16 50 Butterfly	85	9 u	11:41 AM	_____
Prelims	47 Women Senior 50 Butterfly	106	11 u	11:48 AM	_____
Prelims	48 Men Senior 50 Butterfly	89	9 u	11:58 AM	_____

Break: 10 Minutes – Split to two pools (ages swim combined in prelims fast to slow)

SWIMMERS SUPPLY OWN TIMER FOR PRELIMS 400 Free

Prelims	49 Women 15-16 400 Freestyle INDOOR POOL	45	start	12:15 PM	_____
Prelims	51 Women Senior 400 Freestyle INDOOR POOL	47	(approx 10 heats)		_____
Prelims	50 Men 15-16 400 Freestyle OUTDOOR POOL	40	start	12:15 PM	_____
Prelims	52 Men Senior 400 Freestyle OUTDOOR POOL	33	(approx. 10 heats)		_____

Swimmers Counts for Warm-ups: 759 =====

Entry / Heat Totals: 1,528 163

Session: 5 Saturday Finals
Day of Meet: 3 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	33 Women 15-16 50 Freestyle	20	2 u	05:00 PM	_____
Finals	34 Men 15-16 50 Freestyle	20	2 u	05:02 PM	_____
Finals	35 Women Senior 50 Freestyle	30	3 u	05:04 PM	_____
Finals	36 Men Senior 50 Freestyle	30	3 u	05:07 PM	_____
Finals	37 Women 15-16 200 IM	20	2 u	05:10 PM	_____
Finals	38 Men 15-16 200 IM	20	2 u	05:16 PM	_____
Finals	39 Women Senior 200 IM	30	3 u	05:21 PM	_____
Finals	40 Men Senior 200 IM	30	3 u	05:30 PM	_____
Finals	41 Women 15-16 100 Backstroke	20	2 u	05:39 PM	_____
Finals	42 Men 15-16 100 Backstroke	20	2 u	05:42 PM	_____
Finals	43 Women Senior 100 Backstroke	30	3 u	05:46 PM	_____
Finals	44 Men Senior 100 Backstroke	30	3 u	05:52 PM	_____
Finals	45 Women 15-16 50 Butterfly	20	2 u	05:57 PM	_____
Finals	46 Men 15-16 50 Butterfly	20	2 u	05:59 PM	_____
Finals	47 Women Senior 50 Butterfly	30	3 u	06:01 PM	_____
Finals	48 Men Senior 50 Butterfly	30	3 u	06:04 PM	_____
Finals	49 Women 15-16 400 Freestyle	20	2 u	06:07 PM	_____
Finals	50 Men 15-16 400 Freestyle	20	2 u	06:17 PM	_____
Finals	51 Women Senior 400 Freestyle	30	3 u	06:27 PM	_____
Finals	52 Men Senior 400 Freestyle	30	3 u	06:42 PM	_____
Finals	53 Women Senior 400 Freestyle Relay	43	5 u	06:56 PM	_____
Finals	54 Men Senior 400 Freestyle Relay	49	5 u	07:20 PM	_____
Swimmers Counts for Warm-ups: 343		=====	=====		
Entry / Heat Totals:		592	60		
Finish Time				07:42 PM	_____

Session: 6 Sunday Prelims
Day of Meet: 4 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	55 Women 15-16 50 Backstroke	54	6 u 08:30 AM		_____
Prelims	56 Men 15-16 50 Backstroke	60	6 u 08:37 AM		_____
Prelims	57 Women Senior 50 Backstroke	58	6 u 08:44 AM		_____
Prelims	58 Men Senior 50 Backstroke	44	5 u 08:51 AM		_____
Prelims	59 Women 15-16 200 Butterfly	28	3 u 08:57 AM		_____
Prelims	60 Men 15-16 200 Butterfly	38	4 u 09:06 AM		_____
Prelims	61 Women Senior 200 Butterfly	33	4 u 09:17 AM		_____
Prelims	62 Men Senior 200 Butterfly	40	4 u 09:29 AM		_____
Prelims	63 Women 15-16 100 Freestyle	95	10 u 09:40 AM		_____
Prelims	64 Men 15-16 100 Freestyle	119	12 u 09:54 AM		_____
Prelims	65 Women Senior 100 Freestyle	82	9 u 10:10 AM		_____
Prelims	66 Men Senior 100 Freestyle	85	9 u 10:23 AM		_____
Prelims	67 Women 15-16 100 Breaststroke	55	6 u 10:35 AM		_____
Prelims	68 Men 15-16 100 Breaststroke	60	6 u 10:45 AM		_____
Prelims	69 Women Senior 100 Breaststroke	54	6 u 10:55 AM		_____
Prelims	70 Men Senior 100 Breaststroke	56	6 u 11:05 AM		_____
Prelims	71 Women 15-16 200 Backstroke	35	4 u 11:15 AM		_____
Prelims	72 Men 15-16 200 Backstroke	54	6 u 11:27 AM		_____
Prelims	73 Women Senior 200 Backstroke	39	4 u 11:45 AM		_____
Prelims	74 Men Senior 200 Backstroke	45	5 u 11:58 AM		_____

Break: 10 Minutes – Split to two pools (ages swim combined in morning fast to slow)
SWIMMERS SUPPLY OWN TIMER FOR PRELIMS 1500 Free

Finals	75 Women 15-16 1500 Freestyle INDOOR POOL	19	start @	12:20 PM	_____
Finals-S	77 Women Senior 1500 Freestyle INDOOR POOL	7	(approx. 3 heats)		_____
Finals	76 Men 15-16 1500 Freestyle OUTDOOR POOL	25	start@	12:20 PM	_____
Finals-S	78 Men Senior 1500 Freestyle OUTDOOR POOL	3	(approx. 4 heats)		_____

Swimmers Counts for Warm-ups: 715 ==== =====

Entry / Heat Totals: 1,188 129

Session: 7 Sunday Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	77 Women Senior 1500 Freestyle	10	1 u 04:30 PM		_____
Finals-1	78 Men Senior 1500 Freestyle	10	1 u 04:50 PM		_____
Finals	55 Women 15-16 50 Backstroke	20	2 u 05:09 PM		_____
Finals	56 Men 15-16 50 Backstroke	20	2 u 05:11 PM		_____
Finals	57 Women Senior 50 Backstroke	30	3 u 05:14 PM		_____
Finals	58 Men Senior 50 Backstroke	30	3 u 05:18 PM		_____
Finals	59 Women 15-16 200 Butterfly	20	2 u 05:21 PM		_____
Finals	60 Men 15-16 200 Butterfly	20	2 u 05:27 PM		_____
Finals	61 Women Senior 200 Butterfly	30	3 u 05:33 PM		_____
Finals	62 Men Senior 200 Butterfly	30	3 u 05:42 PM		_____
Finals	63 Women 15-16 100 Freestyle	20	2 u 05:50 PM		_____
Finals	64 Men 15-16 100 Freestyle	20	2 u 05:53 PM		_____
Finals	65 Women Senior 100 Freestyle	30	3 u 05:56 PM		_____
Finals	66 Men Senior 100 Freestyle	30	3 u 06:00 PM		_____
Finals	67 Women 15-16 100 Breaststroke	20	2 u 06:05 PM		_____
Finals	68 Men 15-16 100 Breaststroke	20	2 u 06:08 PM		_____
Finals	69 Women Senior 100 Breaststroke	30	3 u 06:12 PM		_____
Finals	70 Men Senior 100 Breaststroke	30	3 u 06:17 PM		_____
Finals	71 Women 15-16 200 Backstroke	20	2 u 06:22 PM		_____
Finals	72 Men 15-16 200 Backstroke	20	2 u 06:29 PM		_____
Finals	73 Women Senior 200 Backstroke	30	3 u 06:35 PM		_____
Finals	74 Men Senior 200 Backstroke	30	3 u 06:44 PM		_____
Swimmers Counts for Warm-ups: 401		=====	=====		
Entry / Heat Totals:		520	52		
Finish Time				06:53 PM	_____