



**IOWA SWIMMING, INC.
2025 SHORT COURSE CHAMPIONSHIPS**

February 27th - March 2nd, 2025

Hosted by
Iowa Flyers Swim Club



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{Iowa Flyers Swim Club}

IASI SANCTION IA-25-43 (*r*). Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

RULES Current USA Swimming technical and administrative rules and IASI policies and procedures will govern this meet.

DATES {Thursday, February 27th, 2025 - Sunday March 2nd, 2025}

TIMES	Session	Warm-Up	Competition
1	{Thursday 27th} Afternoon	4:00 pm	5:00 pm
2	{Friday 28th} Prelims	7:30 am	9:00 am
3	{Friday 28th} Finals	4:00 pm	5:00 pm
4	{Saturday 1st} Prelims	7:30 am	9:00 am
5	{Saturday 1st} Finals	4:00 pm	5:00 pm
6	{Sunday 2nd} Prelims	7:30 am	9:00 am
7	{Sunday 2nd} Finals	3:00 pm	4:00 pm

Should warm-up need to be split, clubs will be notified by 6:00 pm on {Tuesday 25th Feb.}.

The pool deck will open 30-minutes prior to warm-ups and will close 30-minutes after the conclusion of the last event each day. Athletes must remove all personal items each day. Items left on the pool deck will be collected and placed in lost and found.

TECHNICAL MEETING Two initial technical meetings will be held covering the same agenda. Coaches attending the {Thursday 27th} afternoon meeting will receive deck credentials for all team coaches and athletes at the meeting. Coaches attending the {Friday} morning meeting must first report to the meet check-in table at the pool deck entrance to receive coach and athlete deck credentials.

{Thursday 27th} at 3:30 pm in {Wet Classroom}
{Friday 28th} at 7:00 am in {Wet Classroom}

Details and information discussed at this meeting will be emailed to all coaches and available from the Meet Referee following the meeting. Coaches are responsible for all information presented and included in this information.

SITE University of Iowa
Campus Recreation and Wellness Center (CRWC)



309 S. Madison Street
Iowa City, IA 52242

FACILITY

{50-meter, 8-lane indoor pool with two moveable bulkheads to accommodate two 25-yard courses, a competition pool, and a warm-up/cool-down area. The host will ensure the required course dimensions.

Competition Pool: The competition pool depth ranges from 8 feet at the start and turn ends to 9 feet in the center. A Daktronics Timing System with touch pads and push button backup system will be utilized. A minimum of one manual stopwatch and one push button will be used on each lane for back-up times. Backstroke flags will be placed fifteen feet from each end of the course. The host will ensure the required course dimensions.

Warm-up Pool: There will be eight 25-yard lanes at the north end of the natatorium for warm-up and cool-down. The diving well will only be used for warm-ups and cool-downs when both the north pool and the south pool are used for competition. Otherwise, the diving well will be closed for meet participants.

Athletes, coaches, meet personnel, and officials will be limited to the natatorium and competitive swimming areas in the facility. Accessing other areas of the building without permission is prohibited. Entry into other areas of the facility could result in expulsion from the meet without entry fees or admission reimbursement.

DECK ACCESS

Only athletes, coaches, meet personnel, and officials are permitted on the pool deck. Team areas will be designated for athletes and coaches. Coaches and athletes must remain behind the ropes alongside the competition pool during competition.

Team Banners & Posters: No hanging of team banners or posters is permitted in the facility.

COACHES

Sign In. Only currently registered USA Swimming member coaches will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current and on file with USA Swimming. The official mobile application of USA Swimming is acceptable proof of membership.

Deck Credentials. Deck credentials must be worn and be visible at all times.

WARM UP

The IASI mandatory warm-up procedure will be followed. The pool will be cleared 10 minutes prior to competition.

The IASI mandatory warm-up procedure will be followed. The pool will be cleared 10 minutes before the start of competition.

A USA Swimming member-coach must supervise all swimmers during warm-up,



competition, and warm-down. Any swimmer without a coach shall report to the Referee before his or her warm-up. The Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made before the start of the meet.

There will be eight 25-yard lanes at the north end of the natatorium for warm-up and cooldown during the finals sessions. Warm-up and cool-down during prelim sessions will be in the eight 25-yard lane Diving Well. Lanes 1-7 will be designated as general warm-up/cooldown, and lane 8 will be designated as a pace lane.

SUPERVISION

All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach shall report to the Meet Referee prior to their warm-up. The Meet Director or Referee may assist the athlete in making arrangements for such supervision, but it is the athlete's responsibility to make such arrangements prior to the start of the meet.

MEDICAL SUPERVISION

The facility will have Lifeguard, AED, and CPR trained staff in case of emergencies that arise during this event.

RACING STARTS

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 a 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.

ENTRY REQUIREMENTS

1. Swimmers must be current IASI registered athletes.
2. All swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either
 - (i) showing the athlete's member card from the USA Swimming mobile app or website, or
 - (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0.

Screenshots of the athlete's member card is NOT acceptable proof of membership. Any swimmer who fails to provide membership no later than 10 minutes prior to warm-ups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.

3. All swimmers must be entered into the meet prior to entering the water or competing in an event. If a swimmer participates in a relay prior to entering the meet, the relay team shall be disqualified, even if proof of registration is



provided after the relay has competed.

ENTRY & SEED TIMES

1. Entry times must meet or exceed the Iowa Q-Time standard and must be submitted in the same length course in which they were achieved. Conforming seed times are Short Course Yards. Short Course Meters and Long Course Meters are non-conforming times and will be seeded after Short Course Yards times. Converted times are not allowed.
2. If an athlete fails to achieve the Iowa Q-time Standard during the preliminary round of an event or in a timed finals event, the athlete will have until 30-minutes after the close of the session in which the swim took place to provide proof of time.
3. If proof of time is not provided within the allotted time, the athlete's club will be assessed a \$100 fine payable to IASI. After the allotted time, clubs may appeal the fine to the Meet Referee by providing proof of time.
4. Acceptable methods for providing proof of time include a copy of final results from Hy-Tek or an equivalent meet management software, results directly from the Meet Mobile app, or directly from the USA Swimming database.
5. Clubs may provide proof of time for some or all athletes at any time prior to the {Wednesday Feb. 26th @ 6:30pm} scratch deadline.
6. Only relays may enter as a "NO TIME" entry.
7. An athlete who has achieved an Iowa Q time standard in either the 800/1000 Free or the 1500/1650 Free may compete in either event or both events even if they have not met the Iowa Q time standard in both events.

BONUS EVENTS

Athletes that have achieved a qualifying standard in one (1) event and are entered in that event, may enter up to three (3) bonus events. Athletes that have achieved qualifying standards in two (2) events and are entered in those events, may enter two (2) bonus events. Athletes that have achieved qualifying standards in three (3) events and are entered in those events, may enter one (1) bonus event.

1. Bonus entries are limited to events of 200 yards or less.
2. Bonus entries must meet the IASI Bonus Time Standard.
3. Clubs must indicate bonus entries on the entry file, or on manual entries.

ENTRY LIMITS

There is no entry limit for individual events. Swimmers may enter as many events as desired, provided a qualifying time in each event has been achieved. Athletes may compete in a maximum of three (3) individual events per day and a maximum of seven (7) individual events for the entire meet. Athletes who are over-entered must scratch any event they do not intend to have counted against the maximum limit before the scratch deadline. Declared False Start and No



Shows count against the swimmer's total number of individual events.

Time Trials count toward the daily event limit.

RELAY ENTRIES There is no relay entry limit per individual athlete. Relay entries do not count towards the individual event entry limits per session, per day or for the meet. An athlete may only swim on one relay team per event.

Provided a team has the appropriate number of qualified athletes in at least one individual event, a team may enter no more than three (3) relay teams per gender, per relay event (designated as A, B, C), except a team may enter no more than two (2) 800 Free relays per gender. Each team may score only two relays in each event.

The number of relays allowed per team, per event is determined as follows (relays per number of qualified athletes entered in at least one individual event within a gender specific age group):

4 or fewer athletes = 1 relay
5-8 athletes = 2 relays
9 or more athletes = 3 relays

ENTRIES Entries Open: Tuesday, {January 28th, 2025} at 12:00 pm (Noon)
Entry Deadline: **Friday** {Friday February 21st, 2025} at 12:00 pm (Noon)

**ENTRY
SUBMISSION**

1. Entries may be submitted by:
 - a. Electronic entry file in a format compatible with Hy-Tek Meet Manager software, or
 - b. Manual entries on the IASI Meet Entry Form (APP-7)
2. If submitting electronic entries, the team must include a copy of the entries and a financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.
3. Send electronic entries by email to iflyentries@gmail.com. Receipt will be confirmed by email. Send all printed materials to the Entry Chair at the address listed below. If sent by rush delivery, indicate no signature required. Neither entries nor entry changes will be accepted by phone or fax.
4. Entries for new qualifying times achieved after the entry deadline must be submitted by 12:00 pm (Noon) on Monday, {February 24th, 2025} via email and will be charged the standard entry fees.

ENTRY FEES	Individual Events	\$10.00 per event
	Relay Events	\$14.00 per relay
	IASI Swimmer Surcharge	\$6.00 per athlete
	Outreach Swimmers	\$5.00 total fee per athlete



Manual Entries

\$2.00 per athlete

Outreach Athletes. Swimmers qualifying as USA Swimming and IASI Outreach Athletes may enter all individual events for \$5.00 total, including the IASI Swimmer Surcharge. Entries must be submitted by the listed entry deadline. To qualify for the reduced entry fee, teams must provide the total number of Outreach Athletes and their individual entries by 12:00 pm (Noon) on Monday, {February 24th}. Names of Outreach Athletes must not be provided to host clubs.

Manual Entries. An additional fee of \$2.00 per athlete will be assessed for:

- a. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
- b. Teams using APP-7 for entries submitted after the first day of the meet, or
- c. For IASI-affiliated unattached athletes who use APP-7 for entry.

Payment Deadline. Entry fees are due 15 minutes before the start of warmups of the first session in which the team is competing. A hard copy of the financial sheet (APP-8) must accompany entry fees.

Payment shall be made by check payable to **Iowa Flyers Swim Club**. The meet host reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable. IASI swimmer surcharge fees will be refunded only if the entire meet is canceled.

LATE ENTRIES

1. Late entry deadline is 6:00 pm on Wednesday, {February 26th, 2025}.
2. Following the deadline, late entries will only be taken on deck. Deck entries must be submitted no later than the scratch deadline of the day prior to the event. Athletes who late enter the meet will be required to provide proof of USA Swimming registration in the Iowa LSC.
3. Late entries in prelim/final events, submitted with proof of time, will be seeded with their entry time. All other late entries will be seeded at the slowest non-conforming qualifying time. If necessary, a zero heat will be created.
4. Late entry fees are:

Individual Events	\$20.00 per event
Relay Events	\$28.00 per relay

PSYCH SHEETS

Psych Sheets will be posted on IFLY's [Hosted Meets \(2025\)](#) tab on the team website by 10:00 pm on Tuesday, {February 25th, 2025}.

ATHLETES WITH DISABILITIES

Athletes with disabilities are encouraged to compete. There are no qualifying time requirements for such athletes.



The information Form for Adapted Competitive Athletes (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The athlete (or athletes' coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules.

SEND ENTRIES TO Send electronic entries by email to the Entry Chair. Receipt will be confirmed by email.

Mail all printed materials to:
Iowa Flyers Swim Club
University of Iowa
E230 CRWC
309 S. Madison St
Iowa City, IA 52242

If sent by rush delivery, indicate no signature required.

ENTRY CHAIR Jackson Leonard
{954-240-3014}
iflyentries@gmail.com

MEET DIRECTOR Jackson Leonard
954-240-3014
jackson-leonard@uiowa.edu

MEET REFEREE {Jason Wenger}
{563-608-9028}
{jwenger74@gmail.com}

ADMIN REFEREE {Doug McCorkle}
{doug.mccorkle@gmail.com}

OFFICIALS {This meet will serve as an Officials Qualifying Meet; [LINK HERE](#)}
Officials must be signed up by **12:00 pm (Noon), Monday, {February 24th, 2025}**, for those sessions to count towards their club's number of required positions as well as to be guaranteed a meet shirt. An official must work at least three (3) sessions to qualify for a meet shirt.

Officials meetings for each session will commence one hour prior to the start of competition for each session.

TIMERS Teams will be informed of the number of timers needed and sessions to be worked by **8:00 pm on Tuesday, {February 25th, 2025}**. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer briefing will be held 25 minutes before the start of the competition for each session.



Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 1000 Freestyle during {Thursday Feb. 27th} afternoon (Session 1) and for each athlete competing in the 1650 Free during {Sunday March 2nd} morning preliminaries (Session 6). Timers will be provided for athletes competing in the 1650 Free during {Sunday March 2nd} finals (Session 7).

LAP COUNTERS Each athlete competing in the 1000 freestyle and 1650 freestyle are responsible for providing their own lap counter, if desired. Lap counting cards will be provided by the host club.

MEET COMMITTEE A meet committee consisting of the Meet Director, Meet Referee, a coach representative, an athlete representative, and a certified official acting at large will be established. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Meet Referee and the decision of the Meet Referee is final.

MEET 1. Heat sheets will be posted IFLY's [Hosted Meets \(2025\)](#) tab on the team website. Heat sheets will also be available for viewing on the Meet Mobile app.

OPERATIONS

2. There will be no athlete check-in required for any preliminary event or timed final event and swimmers shall report directly to the starting blocks.
3. FINA whistle starts and no recall on false starts policy will be used. Flyover starts may be used during all preliminary events and all non-final heats for timed final events.
4. For prelim/final events, the top eight (8) swimmers from prelims will qualify for the Championship (A) Final, with the next eight (8) swimmers qualifying for the Consolation (B) Final, and the next eight (8) fastest 18 & Under swimmers qualifying for the Bonus (C) Final. Should there not be eight (8) 18 & Under swimmers following the scratch period closing, remaining spots will be filled with the next fastest 19 & Over swimmers. For finals, the order of heats is as follows: Bonus Final, Consolation Final, Championship Final.
5. The single fastest heat per gender of the 1650 Free on {Sunday March 2nd} will swim with the evening finals. All remaining heats of the 1650 Free on {Sunday March 2nd} will swim following the preliminary session, swimming fastest to slowest, alternating between women and men. Seeding for both sessions will be listed in the preliminary heat sheet.
6. The 1000 Free and 800 Free Relay will swim fastest to slowest, alternating heats between women and men.
7. For all relays, the top sixteen (16) seeded teams will swim in the evening finals while the remaining teams will swim in the morning preliminary session. All relays will be conducted in a timed final format. At the discretion



of the Referee, teams may down seed relays to the preliminary session, provided the request is made prior to the scratch deadline for the day of the event requested.

8. Entries for the 1650 Free, scheduled to swim during the evening finals may down seed to compete during the morning preliminary heats. Intent to down seed must be submitted by the event scratch deadline via the Scratch Box.
9. Swimmers must check-in for Finals no later than ten (10) minutes before the start of their heat as published in the timeline of the session's events. If needed, a final call to check-in will be made.
10. If names are on entry sheets for relays, those names will be on the relay cards at the meet. All relay cards for each day will be distributed before morning warm-ups. All four (4) full athlete names, ages, and order of swimming must be listed on each card and order should be verified by the coach. For relay events at the beginning of a session, relay cards should be submitted at least thirty (30) minutes before the relay event is scheduled to swim. For relay events at the end of a session, relay cards should be submitted at least sixty (60) minutes before the relay event is scheduled to swim. Submission times are based on the published timeline of the session's events. Relay cards are submitted to the administration table. Any relay that enters the water before a relay card is presented to the administration table will be disqualified. Once recorded by the administration table, teams may change names and/or order of swimmers with the timers prior to the start of the heat.
11. Deck changes are prohibited.
12. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

SCRATCHES

1. Except for the 1000 Free, the Scratch Deadline for an event shall be 5:30 pm of the day prior to the event. For the 1000 Free, the scratch deadline will be 30 minutes prior to the start of the technical meeting.
2. If a swimmer has over-entered events and does not scratch down to the maximum allowable number of entries for a session, day and / or meet, then the swimmer shall be scratched from the session's events for the last chronological event to the earliest until the maximum number of allowed events is achieved.
3. When a swimmer misses an individual event during a preliminary session, that swimmer is disqualified from their next entered individual event. Declared false starts are considered reporting, but will count toward entry limits for the day and the meet. When a swimmer misses an individual event during a finals session, that swimmer is disqualified from the remainder of the meet, including relay events.



4. Re-Entry Procedure. Swimmers are permitted to re-enter the meet immediately for all remaining events by submitting the corresponding non-refundable fee to the Clerk of Course:

Age Category	Prelims	Finals
Senior/Open	\$100	\$200

5. When a swimmer misses an individual event and is not entered to swim another event during the meet, a \$50 fine will be assessed to the swimmer or their club by IASI, unless extenuating circumstances exist for not applying the fine, at the discretion of the Meet Referee.
- 6.. All scratches from finals (Championship, Consolation, & Bonus) must be completed at the scratch table on deck within the prescribed time after the preliminary event.
7. To scratch by phone contact {Jackson Leonard} by phone at {954-240-3014} or by email at {iflyentries@gmail.com}. Scratches by email and phone will only be accepted prior to the {Thursday February 27th} scratch deadline. Emails sent to Coach Jackson's club email will not be considered 'entered'.

After this, all scratches must be completed using the scratch box.

8. Scratches submitted by email will be confirmed via email.

TIME TRIALS

Refer to the Time Trials Invitation (IA-25-44T) issued in conjunction with this meet announcement.

SCORING

Individual Events

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Relay Events

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Only two relays per team, per event, per gender may score points.

AWARDS

Individual Events



1st - 3rd Large Medals
4th - 8th Small Medals

Relay Events

1st - 3rd Large Medals

Para Swimmers. For medals and ribbons, para swimmers will be awarded individually based on classification.

High Point. An award will be presented to the top three (3) male and female athletes.

Team Awards. A team award will be presented to the team champion of each male and female team scoring the most points. A traveling trophy will be awarded to the team with the most combined points.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee. Criteria to use will be included in the coaches' packet.

**AWARDS
PRESENTATION**

Awards for the top three (3) place finishers shall be presented immediately following the completion of the championship heat for prelim / final events or the fastest heat for timed finals events, of each event. Awards shall be presented on the pool deck.

The top three (3) individual high point awards; the team high point awards; and the combined team award will be presented at the end of the awards presentation held at the conclusion of the finals sessions on the last day of the meet.

RESULTS

Electronic results will be provided to all teams participating in the meet. Final results will be posted on the IASI website and on the meet landing page. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.

TICKETS

Thursday passes can be purchased for \$10. Friday, Saturday, and Sunday admissions will be offered as \$20 all session passes or \$10 1- day passes. Tickets can be purchased at the meet in the spectator seating area. Cash only please.

CONCESSIONS

Food Concessions will be available near the spectator seating area and from the "CRWC Power Café" which is located on the first floor of the CRWC.

MERCHANDISE

A3 Performance will be on site and will have a variety of swimwear and accessories available for sale at the meet. T-shirts will be available for pre-order only through Underground Printing. Links to order meet shirts will be shared with coaches.

The host team will offer commemorative "2025 IASI Senior State Short Course



Championship Caps” via PRE-ORDER ONLY. To reserve a cap, please complete [THIS](#) Google Form. Caps are \$20.00 each and **cash only; payment will be collected at the admissions table, where caps can be collected.**

MEET PROGRAMS Heat sheets will be posted on IFLY’s [Hosted Meets \(2025\)](#) tab on the team website. Heat sheets will also be available for viewing on the Meet Mobile app.

PARKING Parking is available in the Recreation Center Lot (Lot 11) one block southeast of the CRWC at an hourly rate. Additional parking is available in the Old Capitol Town Center Garage one block north on Burlington Street as well as various other city parking facilities listed on the meet webpage

CAMERAS **Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.**

NO TOBACCO OR ALCOHOL The use of any tobacco products or the consumption of alcohol is not permitted anywhere in the swimming venue.

IMAGE AUTHORIZATION All participants agree to be filmed and photographed by the official photographer(s) and network(s) of IASI. Participants authorize the use of names, pictures, likenesses, and biographical information before, during, or after the meet to promote competitive swimming. All participants agree not to use awards received in the competition for the purpose of trade or financial gain.

DISCLOSURES It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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 participation in the conduct of this competition.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate at this meet.

Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming Website > Meet Host Resources page <https://www.gomotionapp.com/team/lscis/page/coaches-and-administrators/meet-policy-procedure-documents-and-resources>

EVENT ORDER



Session 1 - {Thursday} Afternoon Timed Finals
{February 27th, 2025}

Warm Up: 4:00 pm		Competition: 5:00 pm
Women's Event #	Event	Men's Event #
1	1000 Freestyle	2
3	800 Freestyle Relay	4

Session 2 -
{Friday} Morning Prelims
{February 28th, 2025}

Warm Up: 7:30 am		Competition: 9:00 am
Women's Event #	Event	Men's Event #
5t	200 Medley Relay (non-top 16)	6t
7p	100 Breaststroke	8p
9p	200 Freestyle	10p
11p	100 Butterfly	12p
13p	400 Individual Medley	14p
15t	200 Freestyle Relay (non-top 16)	16t

Session 3 -
{{Friday} Evening Finals}
{February 28th, 2025}

Warm Up: 4:00 pm		Competition: 5:00 pm
Women's Event #	Event	Men's Event #
5t	200 Medley Relay (top 16)	6t
7f	100 Breaststroke	8f
9f	200 Freestyle	10f
11f	100 Butterfly	12f
13f	400 Individual Medley	14f
15t	200 Freestyle Relay (top 16)	16t

Session 4 -
{Saturday} Morning Prelims
{March 1st, 2025}

Warm-ups: 7:30 am		Competition: 9:00 am
Women's Event #	Event	Men's Event #
17p	50 Freestyle	18p
19p	200 Breaststroke	20p
21p	100 Backstroke	22p
23p	200 Butterfly	24p
25p	500 Freestyle	26p
27t	400 Medley Relay (non-top 16)	28t



Session 5 -
 {Saturday} Evening Finals
 {March 1st, 2025}

Warm-ups: 4:00 pm		Competition: 5:00 pm
Women's Event #	Event	Men's Event #
17f	50 Freestyle	18f
19f	200 Breaststroke	20f
21f	100 Backstroke	22f
23f	200 Butterfly	24f
25f	500 Freestyle	26f
27t	400 Medley Relay (top 16)	28t

Session 6 -
 {Sunday} Morning Prelims
 {March 2nd, 2025}

Warm-ups: 7:30 am		Competition: 9:00 am
Women's Event #	Event	Men's Event #
31p	100 Freestyle	32p
33p	200 Individual Medley	34p
35p	200 Backstroke	36p
37t	400 Freestyle Relay	38t
29t	1650 Freestyle (non-top 8)	30t

Session 7 -
 {Sunday} Evening Finals
 {March 2nd, 2025}

Warm-ups: 3:00 pm		Competition: 4:00 pm
Women's Event #	Event	Men's Event #
29t	1650 Freestyle (top 8)	30t
31f	100 Freestyle	32f
33f	200 Individual Medley	34f
35f	200 Backstroke	36f
37t	400 Freestyle Relay (top 16)	38t



IASI QUALIFYING STANDARDS

LCM	SCM	SCY	EVENT	LCM	SCM	SCY
Women			SENIOR	Men		
30.29	29.49	26.39	50 Freestyle	27.09	26.49	23.59
1:05.79	1:03.89	57.19	100 Freestyle	59.89	57.79	51.79
2:23.19	2:19.09	2:05.39	200 Freestyle	2:12.09	2:07.39	1:54.59
5:04.09	4:57.49	5:39.89	400/500 Freestyle	4:43.19	4:36.59	5:14.39
10:35.39	10:22.09	11:50.79	800/1000 Freestyle	10:00.09	9:39.89	11:02.59
20:20.49	19:40.39	19:47.29	1500/1650 Freestyle	18:59.09	18:23.89	18:30.39
1:14.89	1:11.49	1:03.99	100 Backstroke	1:08.69	1:04.79	58.39
2:44.89	2:38.39	2:22.69	200 Backstroke	2:32.09	2:24.99	2:09.59
1:25.29	1:22.39	1:13.59	100 Breaststroke	1:16.99	1:13.49	1:05.59
3:12.79	3:05.69	2:46.19	200 Breaststroke	2:54.49	2:46.49	2:30.19
1:13.19	1:11.39	1:03.99	100 Butterfly	1:06.29	1:04.69	57.89
2:47.29	2:44.59	2:27.59	200 Butterfly	2:33.89	2:29.39	2:15.09
2:44.49	2:39.29	2:22.99	200 I.M.	2:31.39	2:24.69	2:10.09
5:49.69	5:38.69	5:04.99	400 I.M.	5:20.59	5:11.69	4:40.29

BONUS EVENT QUALIFYING STANDARDS

LCM	SCM	SCY	EVENT	LCM	SCM	SCY
Women			SENIOR	Men		
33.79	32.89	29.49	50 Freestyle	30.19	30.19	26.39
1:13.49	1:11.39	1:03.99	100 Freestyle	1:06.89	1:06.89	57.89
2:38.29	2:33.79	2:18.69	200 Freestyle	2:26.09	2:26.09	2:06.79
1:21.09	1:17.39	1:09.39	100 Backstroke	1:14.39	1:14.39	1:03.19
2:54.99	2:48.39	2:31.39	200 Backstroke	2:41.39	2:41.39	2:17.49
1:32.39	1:29.19	1:19.69	100 Breaststroke	1:23.49	1:23.49	1:11.09
3:20.49	3:13.09	2:52.79	200 Breaststroke	3:01.39	3:01.39	2:36.19
1:19.29	1:17.29	1:09.39	100 Butterfly	1:11.79	1:11.79	1:02.69
2:53.99	2:51.09	2:33.49	200 Butterfly	2:39.99	2:39.99	2:20.49
2:58.19	2:52.59	2:34.89	200 I.M.	2:43.99	2:43.99	2:20.89

