



2025 IES SHORT COURSE CHAMPIONSHIPS

February 28 - March 2, 2025

Hosted by Vandal Aquatic Club
University of Idaho Swim Center
1030 S. Rayburn Drive, Moscow, Idaho

Held Under the Sanction of Inland Empire Swimming, Inc, and USA Swimming, Inc.

Sanction # IE-25-1584 *** Time Trials Sanction # IE-25-1585

Websites: www.ieswim.org

Entries OPEN: Wednesday, January 29, 2025 * 12:01 AM PST — Entries CLOSE: Wednesday, February 19, 2025 * 11:59 PM PST

Sanction

This meet has been sanctioned by Inland Empire Swimming, Inc. and current USA Swimming rules and Inland Empire Swimming Policies & Procedures will apply. All athletes must be currently registered as Premium, Outreach, or Individual Season members for 2025 with USA Swimming. Inland Empire Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Inland Empire Swimming, Inc., all meet officials, UI Swim Center, and Vandal Aquatic Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

Meet Referee

Bobbi Bamer

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Admin Referee

Keith Lambert

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Meet Director

Jody Broyles

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MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
Coaches Meetings	General Meeting via ZOOM * Wednesday, February 26th @ 7:30 pm	
Officials Meetings	One hour before the start of each session * Location TBA	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Friday	Staggered Warm-Ups starting @ 7:30 am (est) Competition: TBA	Warm-Up: TBA based on timeline Competition: TBA based on timeline
Saturday & Sunday	Staggered Warm-Ups starting @ 7:30 am (est) Competition: TBA	Warm-Up: TBA based on timeline Competition: TBA based on timeline

Facility — University of Idaho

Indoor 8-lane, 25-yard pool for Prelims and Finals. The depth of the competition pool is 6' at start end and 14' at turn end. Daktronics Timing System with 8-lane scoreboard, Spectrum starting blocks, and Spectrum backstroke ledges. HY-TEK Meet Manager 8.0 Software will be used for this meet. Continuous warm-up/warm-down will be available in a separate 4-lane course. Facilities are accessible for swimmers with disabilities.

*The host will ensure the required course dimensions.

Eligibility

This meet is open to all athletes who:

1. **Are ages 19 and under as of the first day of competition, and are currently registered as Inland Empire Swimming as Premium, Outreach, or Individual Season athlete members.** Athletes registered as FLEX are not allowed to compete at this event. There will be no on-deck USA Swimming registration.
2. **Are currently registered as USA Swimming Premium, Outreach, or Individual Season athlete members, and are currently rostered members of an NCAA/NAIA swimming program within the IES LSC.** Athletes who meet these requirements are exempt from the age limit stated in Eligibility, item #1, above. These athletes will be allowed to compete in Preliminary heats of individual events and in timed final events, but may not swim in Finals heats of individual events or fastest heat of timed final events, may not swim on relays, and are not eligible to score.
3. **Qualifying Time Standards.** Swimmers must have achieved a USA Swimming National Age Group "BB" time standard in an individual event in their respective age group, except as noted below. [USA Swimming National Age Group Motivational Times](#)
 - **12&U Age Group Events.** Athletes must meet the USA Swimming National 11-12 age group "B" time standard for the 50 Free, 100 Free, 200 Free, the 50 and 100 of all stroke events (Back, Breast, Fly), the 100 IM, and the 200 IM.
 - Note: 11-12 athletes must meet the 11-12 age group "BB" time standard in order to swim the 500 Free & 1000 Free.
 - **11-14 200 Backstroke, 200 Breaststroke, 200 Butterfly, and 400 Individual Medley.** Athletes must meet the USA Swimming National 13-14 age group "BB" time standard.
 - **13-19 50 Backstroke, 50 Breaststroke, and 50 Butterfly (includes NCAA/NAIA athletes).** Athletes must have the qualifying time for the corresponding 100 of stroke for the specified age group, eg. 13-14 Girls 50 Backstroke qualifying time will be the 13-14 Girls 100 Backstroke qualifying time, 13-14 Boys 50 Backstroke qualifying time will be the 13-14 Boys 100 Backstroke qualifying time, etc.
****The entry time for the 50's event will be their qualifying 100 time in the corresponding 100's event.**
 - **15-19 Age Group Events (includes NCAA/NAIA athletes).**
 - Athletes must meet the USA Swimming National 15-16 age group "B" time standard for the 50 Free, 100 Free, 200 Free, the 100 of all strokes (Back, Breast, Fly), and 200 IM.
 - Athletes must meet the USA Swimming National "BB" time standard for their age group for the 200's of stroke (Backstroke, Breaststroke, Butterfly), 400 IM, 500 Free, and 1000 Free.
4. **Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions.** Athletes may enter using SCY, SCM, or LCM qualifying times. Converted times will not be accepted. NT or Custom Time entries will not be accepted for any athlete, regardless of age. There is no qualifying period for times achievement.
5. **Entry times must meet the proven times requirements listed below.** It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times meet these proven times requirements. Meet Management reserves the right to request proof of times documentation at any point.

Proof of Times

- **SWIMS:** If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Individual Times Search), it is considered a proven official time.
 - **Official Meet Results:** If a time for a swimmer is listed in the official meet results of a USA Swimming sanctioned, approved, or observed competition, it is considered a proven official time.
 - Meet Mobile is NOT accepted as verification for a proven official time.
6. **Athletes with a disability are welcome and encouraged to compete in this meet.** Athletes with disabilities are exempt from the age limit stated in Eligibility #1, above. The athlete's coach (or the athlete) is responsible for notifying the Meet Referee and the Meet Director prior to the competition with respect to any accommodations needed by the athlete. Athletes with disabilities may also participate in Time Trials (if available) on the same basis.

ENTRY LIMITS

- **Individual Entries:** Athletes are limited to a maximum of three (3) individual events per day, including Time Trials (if offered). Athletes are limited to a maximum of eight (8) individual events total for the meet, not including Time Trials (if offered). There are NO bonus swims at this meet.
- **Relay Entries:** Athletes may swim a maximum of one (1) relay per day on Saturday and Sunday. *Teams may enter any number of relays per event, but only the top two relays per team per event are eligible to score.*

ENTRY FEES

- IES Championship Athlete Surcharge - \$45.00 per athlete
- Individual Events - \$7.00 per entry
- Relay Events - \$16.00 per entry
 - Entry fees are to be submitted at the Clerk of Course upon arrival to the meet on Friday evening or Saturday morning.
 - Make checks payable to Vandal Aquatic Club.

SUBMITTING ENTRIES

Entries **OPEN**: Wednesday, January 29, 2025 * 12:01 am ** Entries **CLOSE**: Wednesday, February 19, 2025 * 11:59 pm

Submit entries via email to Tia Pollick — swimofficemom@gmail.com

- Include the following files & PDF attachments when submitting entries: 1) Zipped entry file from Team Manager or Team Unify, 2) PDF copy of individual entries, 3) PDF copy of relay entries, and 4) PDF copy of entry fees due.
- All teams will receive an emailed confirmation of entries and entry fees due no later than Monday, February 24, 2025.
 1. A Meet Manager entry file will be used for this meet and will be distributed to all IES Head Coaches and team leaders, in addition to being posted on the IES website under this event.
 2. Entries may be submitted using Short Course Yards (SCY), Short Course Meters (SCM), or Long Course Meter (LCM)
 3. **NO TIME (NT) ENTRIES WILL NOT BE ACCEPTED. ALL ENTRIES MUST BE SUBMITTED WITH AN ENTRY TIME.**
 4. All entry modifications including the update of entry times must be made before the entry deadline.
 5. **Use the “ENFORCE QUALIFYING TIMES” feature in Team Manager & Team Unify**
 6. Ages, birthdates, and USA Swimming registration numbers must be included with all entries.
 7. With submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming per requirements stated in this meet announcement under ELIGIBILITY, above.

MEET FORMAT — INDIVIDUAL EVENTS

- **Events 200Y or less**
 - Preliminary Heats will be seeded as combined age groups by gender and swum FASTEST TO SLOWEST. Top 3 heats will be circle-seeded, with the fastest athlete in heat 1.
 - Finals Heats will be broken out by individual age groups.
 - 12&U / 13-14 age groups — One championship heat of up to eight (8) athletes per event
 - 15-19 age group — Two heats of up to sixteen (16) athletes per event. One championship heat (A) and one bonus heat (B) will be swum SLOWEST TO FASTEST.
 - 200 Butterfly, 200 Breaststroke, and 200 Backstroke — Events will be broken out into age groups: 11-14 (one heat) / 15-19 (two heats, as noted above).
- **500 Freestyle, 400 Individual Medley, and 1000 Freestyle**
 - Timed finals events, deck-seeded as combined 11&O age groups and gender, and swum FASTEST TO SLOWEST.
 - Positive Check-in is required by the stated deadline in order to be seeded into the event. Athletes who fail to check in will not be seeded. ***Positive check-in deadline is the start of Prelim session each day.**
 - 500 Freestyle & 400 Individual Medley — The fastest heat will be swum during the Finals session. All other heats will be swum during Prelims.
 - Entries for these events may be limited by the Meet Referee, based on the timeline.
- **Order of seeding** — Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM).
- The Meet Referee, in accordance with USA Swimming Rules, reserves the right to adjust heats and/or events based on the timeline or other needs, as deemed necessary

MEET FORMAT – RELAY EVENTS

- All Relay events will be timed finals events, swum in PRELIMS, FASTEST TO SLOWEST.
- Order of seeding will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM).
- Relay Names — Changes to previously submitted relay names will be made on the provided Relay Cards found in the coaches packets. If changes are made, Relay Cards with correct names and order should be given to the Admin Office or the lane timers at the time of the event.
- The Meet Referee, in accordance with USA Swimming Rules, reserves the right to adjust heats and/or events based on the timeline or other needs, as deemed necessary

MEET FORMAT – FINALS

- **There will be NO Finals Ready Room at this event.** Athletes will not be paraded to the blocks. Athletes are to report to their lane, and the championship heats will be announced behind the blocks.
- Awards for 14&U events will be presented during the Awards Breaks during the Finals Session on Saturday and Sunday. Awards for 15-19 events and all Relays will be given to coaches.

SCORING

- Scoring will be on an 8-place basis:
 - **Individual events:** 9-7-6-5-4-3-2-1 **Relays:** 18-14-12-10-8-6-4-2
- Scores for Individual events will count towards both individual high point and team awards; Scores for relay events will count towards team awards only.
- Scoring for the 11-14 Events of 200 Backstroke, 200 Breaststroke, 200 Butterfly, and 400 Individual Medley will be based on the 11-12 / 13-14 Age Groups.
- Scoring for 500 Freestyles and the 1000 Freestyles will be based on 11-12 / 13-14 / 15-19 Age Groups.

AWARDS

- **Medals:** Top eight (8) individual places per individual event & top three (3) relay places per relay event
- **Individual High Point Awards:** Top-scoring Girl and Top-scoring Boy in each of the following Age Groups: 12&U / 13-14 / 15-19 (Calculated using scores for individual events only)
- **Team Awards:** Top three (3) scoring teams (Calculated using scores for both individual and relay events)
- **Team Spirit Award:** Presented during Sunday's preliminary session. One coach and one athlete from each participating team may vote. Ballots are due by the end of Saturday finals.

TIME TRIALS

- Time Trials will be conducted on a time-available basis at the discretion of the Meet Referee.
- Time Trials will be held under a separate sanction of Inland Empire Swimming, Inc.
- Athletes must be entered in the meet and have paid the meet entry fees in order to participate in Time Trials (if offered).
- Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) individual events per day.
- Time Trials (if available) will be deck-entered at the Admin Office. Time Trial entries will close when the maximum allowable time has been reached, or one hour before the end of the Saturday/Sunday preliminary session, whichever comes first.
- Athletes are responsible to provide their own timers.
- **Time Trial Entry Fee: \$10.00 per individual event**

REGISTRATION & TEAM CHECK-IN

All athletes, coaches, and officials participating in this competition must be currently registered for 2025 with USA Swimming. ALL coaches must sign in and present current USA Swimming coaching credentials to receive their meet-specific credential and be on deck at this event. All coaches must provide their current credentials upon request to the Meet Referee at any time.

- Coaches — Meet credentials will be presented at Clerk of Course upon verification of current USA Swimming registration.
- Athletes — Meet credentials will be in team packets and distributed by coaches.
- Officials — Meet credentials will be distributed by Team Lead at their first Officials meeting.

WARM-UP PROCEDURES

IES Meet Warm-up and Safety Guidelines will be posted at the facility and will be enforced. A copy of these guidelines will be emailed to attending coaches and will be posted on the website listed on p. 1 of the announcement. Updates on warm-up procedures and time management will be distributed as soon as they are available following the close of entries.

MEET TIMELINE

- **On-site Coaches Meetings MAY be added to the schedule;** details will be confirmed following the close of entries.
- **Warm-ups** will be planned to stagger by age groups, based on entry numbers, beginning at approximately 7:30 am, with a minimum of 30 minutes per group, in accordance with IES Policies & Procedures 5.7.3.D.(2).
- **Finals** start times will be dependent on estimated competition timelines, with a minimum of 90 minutes between the end of the last individual preliminary event and the start of Finals competition, in accordance with IES Policies & Procedures 5.7.6.B

SCRATCH PROCEDURES

The IES scratch procedures and no-show rules will be used at this meet. These rules are described in the current IES Policies & Procedures Section 5.7.12

- Preliminary heats of individual events and all timed final events will be pre-seeded (with the exception of the 500 Freestyle, 1000 Freestyle, and the 400 Individual Medley). Scratching from these heats and events is not required. Athletes/teams not reporting for or competing in these heats and events will not be penalized.
- 500 Freestyle, 1000 Freestyle & 400 Individual Medley: These events will be deck-seeded. Athletes who have positively checked in, and fail to scratch prior to the check-in deadline, and do not compete in the event, will result in a fine of \$5.00 to the swimmer, except as noted in "Exceptions for Failure to Compete," IES Policies & Procedures Section 5.7.12.D. Fine payable to host team at the Admin Office.

- Athletes will have 30 minutes after the announcement of Finals event qualifiers to declare their intention to scratch from Finals events and must declare their final intention to scratch or swim within 30 minutes of their last individual Preliminary event of that session. Head coaches or their designee will report to the Admin Referee to declare their athlete's intention to scratch Finals events.
- **Any qualifying swimmer who does not declare an intention to scratch a Finals event and fails to compete in that Finals event will be barred from competition for the remainder of the meet.**

TIMERS

Each team entering athletes in the meet will be expected to provide timers, per IES Championship Meet requirements, and will be assigned lane timing responsibilities relative to the number of athletes entered.

- Details on timer sign-ups will be posted to the IES website as soon as they are available — www.ieswim.org
- 500 Freestyle / 1000 Freestyle — Athletes/teams are responsible for providing their own timers and a person to count. Lap counting devices will be provided.
- 400 IM — Athletes/teams are responsible for providing timers.

OFFICIALS

- **Officials' Meetings will be one hour before the start of each day's sessions.** All certified officials are welcome and encouraged to attend and work this meet.
- **If you will be attending this meet, please complete the online Application to Officiate [Application Link](#) with your availability ASAP, no later than February 10, 2025.**
- The uniform for this meet will be:
 - Prelims: White polo shirt, blue pants/skirts/shorts, white deck-friendly shoes and white socks.
 - Finals: White polo shirt, blue long pants/skirts, white deck-friendly shoes and white socks.
- Each team entering athletes in the meet will be expected to provide a minimum number of officials, per IES Championship Meet requirements. Additional information regarding minimum officials requirements will be sent to teams following the close of entries.
- **This meet has been designated as a training meet for National Officials Certification.** Officials wishing to obtain or renew this level of certification should complete the online Application to Officiate listed above, no later than February 10, 2025. Questions regarding National Officials Certification should be directed to the Meet Referee, Bobi Bamer.

Key Meet Officials:

Meet Referee	Bobi Bamer	bobi_bamer@msn.com
Admin Referee	Keith Lambert	ktlambert707@gmail.com
Assistant Admin Referee	Tia Pollick	
Team Lead CJ	TBD	
Team Lead SR	TBD	
National Evaluator	TBD	

HOSPITALITY

A Hospitality Room will be provided by for coaches and officials only. Athletes are not permitted in the Hospitality room.

HOTEL

Best Western Plus University Inn. A guest room block and special rates are being held under the event name of IES Championship Meet.

www.uinnmoscow.com — Prior to January 27, please visit website ([click here for Resevation link](#)) or call 208-882-0550 x 0 and mention the IES Meet. When using the link, please confirm your arrival and departure dates at the top of the first page. If the link is showing no availability, if you are unable to book your required room type, or you are calling after January 27, please call the hotel directly.

VENDOR

Meet Apparel will be available to purchase, provided by T-Walla Walla.

Swim Gear will be available to purchase, provided by Blue Water Swim.

MISCELLANEOUS INFORMATION

- Final meet results will be posted on the IES website: www.ieswim.org
- Information on the following details will be posted to the IES website as soon as it is available. www.ieswim.org
 - IES Records Awards
 - Senior Recognition
 - IES Senior High School Scholarship Award
- For Moscow, Idaho visitor's information, please visit <https://visitmoscowid.com/>

2025 IES SHORT COURSE CHAMPIONSHIPS — ORDER OF EVENTS

Girls	FRIDAY — PRELIMS	Boys
1	12&U 200 Individual Medley	2
3	13&O 200 Individual Medley	4
5	12&U 50 Backstroke	6
7	13&O 50 Backstroke	8
9	11&O 200 Butterfly	10
11	12&U 100 Breaststroke	12
13	13&O 100 Breaststroke	14
15	12&U 50 Freestyle	16
17	13&O 50 Freestyle	18
19	11&O 500 Freestyle	20

Girls	FRIDAY — FINALS	Boys
1	12&U 200 Individual Medley	2
3	13-14 200 Individual Medley	4
	15-19 200 Individual Medley	
5	12&U 50 Backstroke	6
7	13-14 50 Backstroke	8
	15-19 50 Backstroke	
9	11-14 200 Butterfly	10
	15-19 200 Butterfly	
11	12&U 100 Breaststroke	12
13	13-14 100 Breaststroke	14
	15-19 100 Breaststroke	
15	12&U 50 Freestyle	16
17	13-14 50 Freestyle	18
	15-19 50 Freestyle	
	* 14&U AWARDS BREAK *	
19	11-19 500 Freestyle (<i>fastest heat</i>)	20

Girls	SATURDAY — PRELIMS	Boys
21	19&U 200 Medley Relay	22
23	14&U 200 Medley Relay	24
25	12&U 200 Medley Relay	26
27	11&O 200 Breaststroke	28
29	12&U 100 Backstroke	30
31	13&O 100 Backstroke	32
33	12&U 200 Freestyle	34
35	13&O 200 Freestyle	36
37	12&U 100 Butterfly	38
39	13&O 100 Butterfly	40
41	12&U 50 Breaststroke	42
43	13&O 50 Breaststroke	44
45	11&O 400 Individual Medley	46

Girls	SATURDAY — FINALS	Boys
27	11-14 200 Breaststroke	28
	15-19 200 Breaststroke	
29	12&U 100 Backstroke	30
31	13-14 100 Backstroke	32
	15-19 100 Backstroke	
33	12&U 200 Freestyle	34
35	13-14 200 Freestyle	36
	15-19 200 Freestyle	
37	12&U 100 Butterfly	38
39	13-14 100 Butterfly	40
	15-19 100 Butterfly	
41	12&U 50 Breaststroke	42
43	13-14 50 Breaststroke	44
	15-19 50 Breaststroke	
	* 14&U AWARDS BREAK *	
45	11-19 400 Individual Medley (<i>fastest heat</i>)	46

Girls	SUNDAY — PRELIMS	Boys
47	12&U 100 Individual Medley	48
49	19&U 200 Freestyle Relay	50
51	14&U 200 Freestyle Relay	52
53	12&U 200 Freestyle Relay	54
55	11&O 200 Backstroke	56
57	12&U 50 Butterfly	58
59	13&O 50 Butterfly	60
61	12&U 100 Freestyle	62
63	13&O 100 Freestyle	64
65	11&O 1000 Freestyle	66

Girls	SUNDAY — FINALS	Boys
47	12&U 100 Individual Medley	48
55	11-14 200 Backstroke	56
	15-19 200 Backstroke	
57	12&U 50 Butterfly	58
59	13-14 50 Butterfly	60
	15-19 50 Butterfly	
61	12&U 100 Freestyle	62
63	13-14 100 Freestyle	64
	15-19 100 Freestyle	
	* 14&U AWARDS*	
	* HIGH POINT & TEAM AWARDS *	

2025 IES SC CHAMPS – TIMES STANDARDS

	GIRLS			BOYS			
	LCM	SCM	SCY	SCY	SCM	LCM	
12 & UNDER	38.49	37.59	33.99	50 FREE	32.79	36.29	37.39
	1:25.59	1:22.49	1:14.69	100 FREE	1:11.49	1:18.99	1:22.09
	3:06.39	2:59.59	2:42.59	200 FREE	2:35.99	2:52.39	2:59.19
	6:04.79	5:54.99	6:45.69	500 FREE	6:29.99	5:41.19	5:53.89
	12:42.89	12:13.49	13:58.19	1000 FREE	13:40.39	11:57.89	12:22.99
	44.79	42.79	38.79	50 BACK	38.49	42.59	44.49
	1:40.59	1:35.69	1:26.59	100 BACK	1:22.19	1:30.79	1:37.19
	2:59.49	2:50.69	2:34.49	200 BACK	2:23.69	2:38.69	2:48.79
	49.79	48.59	43.99	50 BREAST	43.49	48.09	49.79
	1:50.39	1:46.59	1:36.49	100 BREAST	1:32.59	1:42.29	1:47.79
	3:24.59	3:15.99	2:57.39	200 BREAST	2:42.39	2:59.39	3:08.29
	41.79	40.79	36.89	50 FLY	37.09	40.99	41.99
	1:38.29	1:34.79	1:25.79	100 FLY	1:22.89	1:31.59	1:35.09
	3:01.69	2:55.69	2:38.99	200 FLY	2:25.59	2:40.89	2:46.79
	N/A	1:34.19	1:25.19	100 IM	1:21.89	1:30.49	N/A
	3:30.59	3:23.19	3:03.89	200 IM	2:59.29	3:18.09	3:24.39
6:28.19	6:15.29	5:39.69	400 IM	5:13.59	5:46.49	6:02.79	
13 - 14	34.59	33.39	30.19	50 FREE	27.69	30.69	31.79
	1:15.39	1:12.89	1:05.89	100 FREE	1:00:29	1:06.69	1:09.79
	2:42.79	2:37.69	2:22.69	200 FREE	2:12:29	2:26.19	2:32.29
	5:41.79	5:34.99	6:22.79	500 FREE	5:58:19	5:13.39	5:23.49
	11:50.79	11:31.49	13:10.29	1000 FREE	12:20.99	10:48.39	11:09.19
	1:23.29	1:18.89	1:11.39	50 BACK	1:06:19	1:13.09	1:17.69
	1:23.29	1:18.89	1:11.39	100 BACK	1:06:19	1:13.09	1:17.69
	2:59.49	2:50.69	2:34.49	200 BACK	2:23.69	2:38.69	2:48.79
	1:34.99	1:30.99	1:22.29	50 BREAST	1:14.79	1:22.59	1:27.09
	1:34.99	1:30.99	1:22.29	100 BREAST	1:14.79	1:22.59	1:27.09
	3:24.59	3:15.99	2:57.39	200 BREAST	2:42.39	2:59.39	3:08.29
	1:20.99	1:18.79	1:11.29	50 FLY	1:05.49	1:12.29	1:14.59
	1:20.99	1:18.79	1:11.29	100 FLY	1:05.49	1:12.29	1:14.59
	3:01.69	2:55.69	2:38.99	200 FLY	2:25.59	2:40.89	2:46.79
	3:03.09	2:56.19	2:39.49	200 IM	2:26.69	2:42.09	2:49.79
	6:28.19	6:15.29	5:39.69	400 IM	5:13.59	5:46.49	6:02.79
15 - 19	36.09	35.09	31.79	50 FREE	28.29	31.19	32.89
	1:18.39	1:15.99	1:08.79	100 FREE	1:01.99	1:08.49	1:11.79
	2:49.19	2:44.69	2:28.99	200 FREE	2:15.99	2:30.29	2:36.59
	5:29.89	5:25.79	6:12.39	500 FREE	5:42.09	4:59.39	5:10.19
	11:25.09	11:16.79	12:53.49	1000 FREE	11:56.69	10:27.09	10:44.39
	1:26.89	1:22.59	1:14.69	50 BACK	1:07.49	1:14.59	1:19.39
	1:26.89	1:22.59	1:14.69	100 BACK	1:07.49	1:14.59	1:19.39
	2:53.39	2:46.49	2:30.59	200 BACK	2:17.09	2:31.49	2:39.99
	1:38.59	1:34.99	1:25.89	50 BREAST	1:16.89	1:24.99	1:29.49
	1:38.59	1:34.99	1:25.89	100 BREAST	1:16.89	1:24.99	1:29.49
	3:17.29	3:10.89	2:52.69	200 BREAST	2:35.19	2:51.39	3:00.59
	1:24.29	1:22.19	1:14.39	50 FLY	1:07.19	1:14.29	1:16.79
	1:24.29	1:22.19	1:14.39	100 FLY	1:07.19	1:14.29	1:16.79
	2:54.39	2:50.09	2:33.99	200 FLY	2:19.49	2:34.19	2:39.49
	3:11.19	3:03.59	2:46.19	200 IM	2:30.89	2:46.79	2:56.19
	6:15.79	6:04.29	5:29.69	400 IM	4:59.19	5:30.59	5:47.99

Rules

- Current USA Swimming rules will govern this meet. Current Inland Empire Swimming Policies & Procedures will be in effect.
- 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.
- All athletes, coaches, and officials participating in this meet must be currently registered Premium, Outreach, or Individual Season members for 2025 with USA Swimming.
- The age of the swimmer will be his/her age as of the first day of the meet.
- All athletes ages 18 & older must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
- 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 the backstroke ledge. When unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- All swimmers entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make these arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear.
- It shall be the swimmers' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the Coaches Meetings.
- Athletes and coaches are responsible for being familiar with this meet's scratch rules and check-in procedures, as stated in the current IES Policies & Procedures Section 5.7.12.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- **Per IES Policies & Procedures, photography and the use of electronic devices including cell phones are not allowed behind the starting blocks.**
- 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.
- Deck changes are prohibited.
- Medical supervision will be available to all athletes participating in the meet, and to spectators in attendance. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. AEDs are located on the guard stands and at the First Aid Station on deck near the Scoreboard.

Restrictions

- **ONLY USA SWIMMING-CERTIFIED ATHLETES, COACHES, OFFICIALS & DESIGNATED MEET VOLUNTEERS ARE PERMITTED ON DECK IN THE POOL AREA.**
- NO Tobacco products of any kind OR alcoholic beverages are allowed in the swimming venue.
- NO glass containers are allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Animals are NOT allowed inside the facility at any time, with the exception of service animals.
- **Memorial Gym is adjacent to the Swim Center and WILL be available for teams and athletes for the duration of the meet. NO COOLERS, CHAIRS, SPREAD BLANKETS, ETC ARE ALLOWED ON THE POOL DECK OR IN THE MEMORIAL GYM HALLWAYS.**

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet, IF approved in advance by meet management. **Per IES Policies & Procedures, photographers and videographers are not allowed in the area immediately behind the starting blocks.**

Safe Sport

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

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 in this competition.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party.

A report to the U.S. Center for SafeSport may be made via telephone at 833-SUS-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before February 28, 2025 who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.

Times achieved by an athlete who turns age 18 on or before February 28, 2025, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.