



2025 IES JUNIOR CHAMPIONSHIPS

February 14 – 16, 2025

Hosted by Manta Ray Aquatics
Tony St. Onge Pool of Dreams
803 Sharon Avenue E, Moses Lake WA

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

Sanction # IE-25-1581 *** Time Trials Sanction # IE-25-1582

Websites: www.ieswim.org

Entries OPEN: Wednesday, January 22, 2025* 12:01 AM PST — Entries CLOSE: Wednesday, February 5, 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. Athletes registered as FLEX are not allowed to compete in this meet. 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, Moses Lake School District, and Moses Lake Manta Rays 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

Nichole Proszek
nicholeproszek@gmail.com
509-475-8653

Admin Referee

Kathryn Teske
kteske@comcast.net
509-879-5192

Meet Director

Steve Washburn
washburnscw@gmail.com
509-350-0197

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
Coaches Meetings	General Meeting via ZOOM * Wednesday, February 12 th @ 7:30 pm	
Officials Meetings	One hour before the start of each session * Location TBA	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Friday	* All events are Timed Finals	Warm Up #1 — 3:30-4:00 pm 500 Freestyle Competition — 4:15 pm Warm Up #2 — TBD based on Timeline Competition — TBD based on Timeline
Saturday	Staggered Warm Ups by Age Group — 7:30 am (est) Competition — 8:30am	Warm Ups — TBD based on Timeline Competition — TBD based on Timeline
Sunday	Staggered Warm Ups by Age Group — 7:30 am (est) Competition — 8:30am	Warm Ups — TBD based on Timeline Competition — TBD based on Timeline

FACILITY – Tony St. Onge Pool of Dreams, Moses Lake High School

Course: Indoor, 25-yard, 8-lane pool with turbulence control racing lane lines. The pool depth is 12' at the start end & 3.5' at the turn end. All 8 lanes will be used for competition. All races including the 25-yard races will begin from the starting block end of the pool. The pool meets USA Swimming water depth and starting block height requirements. The host will ensure the required course dimensions. HY-TEK Meet Manager 8.0 Software will be used for this meet.

ELIGIBILITY

This meet is open to all athletes who:

1. **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 ages 14 & under as of February 14, 2025, the first day of competition.**
3. **Individual athletes and all relays must be entered with an entry time.** NT entries will not be accepted. Athletes and relays must be entered using a “best estimate” of entry time, if competing in an event for the first time.
4. **There are NO relay-only athletes allowed at this meet.** Athletes must be entered in at least one individual event in order to swim on a relay.
5. **Qualifying Time Standards.** There are NO qualifying time standards for this meet, but an entry time is required.
6. **De-Qualifying Time Standards.** Any athlete who has achieved a USA Swimming National Age Group “BB” time standard in an individual event shall not enter that event in this meet. [LINK to USA Swimming 2024-2028 National Age Group Motivational Time Standards](#)
7. **Athletes who have achieved a USA Swimming National Age Group “BB” time standard in an individual event will** be allowed to compete in relays in the corresponding leg of that event ONLY IF the athlete is also entered in at least one individual event in the meet.
8. **There is NO qualifying time period for entries for this meet.**
9. **Proof of entry times is NOT required for this meet.**
10. **Athletes with a disability are welcome and encouraged to compete in this meet.** 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 offered) on the same basis.

ENTRY LIMITS

- **Individual Entries:** Athletes are limited to a maximum of two (2) individual events on Friday, and three (3) individual events per day on Saturday and Sunday. Athletes are limited to a maximum of eight (8) individual events total for the meet. 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 Manta Rays.

SUBMITTING ENTRIES

Entries OPEN: Wednesday, January 22, 2025 * 12:01 AM PST — Entries CLOSE: Wednesday, February 5, 2025 * 11:59 PM PST

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 10, 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. Hand-entered (estimated) times WILL be accepted.
 5. All entry modifications including the update of entry times must be made before the entry deadline.
 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

- **8&U and 9-10 Events** — All events will be timed final events and will be swum in PRELIMS, fastest to slowest.
- **11&O Events — 50's & 100's events**
 - Preliminary Heats of 11-12 and 13-14 Individual Events will be seeded as combined 11-14 age groups by gender and swum fastest to slowest.
 - Championship Heats will be broken out by individual age groups for Finals (11-12 / 13-14). One championship heat of up to eight (8) athletes per event for each age group.
- **14&U Events — 500 Freestyle, 200 Individual Medley, 200 Freestyle, 200 Butterfly, 200 Breaststroke, 200 Backstroke**
 - Timed final events, seeded as combined 14&U age groups by gender, swum fastest to slowest.
 - **500 Freestyle** — Positive check in is required by the start of Friday warm ups in order to be seeded into the event. Athletes who fail to check in will not be seeded.
- 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, swum 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 shall be given to 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

- A staging area will be offered during Finals at this event. Athletes in the championship heats will be paraded and announced behind the blocks.

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
- Individual events, including 14&U Timed Final events, will be scored by age groups: 8&U / 9-10 / 11-12 / 13-14
- Scoring for Individual events will count towards both individual high point and team awards.
- Scoring for Relay events will count towards team awards only.

AWARDS

- **Medals:** Top eight (8) individual and top three (3) relay places.
- **Individual High Point Award:** Top-scoring girl and top-scoring boy in each Age Group: 8&U / 9-10 / 11-12 / 13-14. (Calculated using scores of individual events only)
- **Team Awards:** Top three (3) scoring teams (Calculated using scores of both individual and relay events)
- **Team Spirit Award:** Presented during Sunday's Prelims 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 do not count towards the maximum entry limit for the meet.
- 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 USA Swimming credentials to the Meet Referee, upon request.

- 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, with a minimum of 30 minutes per group, in accordance with IES Policies & Procedures 5.7.3.D.(2).
- **Finals** start times (warm-ups & Competition) 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
- **Saturday morning, specifically:** Every attempt will be made to stagger warm-up times on Saturday morning so that teams traveling the greatest distance will have the latest warm-up time, IF POSSIBLE. This effort acknowledges that many families will be traveling to the event on Saturday morning. However, final warm-up assignments will be determined by athlete entry numbers.

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 are pre-seeded. 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.
- 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 Office 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

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 with your availability ASAP, and by January 17, 2025.** [LINK to Officials Application](#)
- 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.

Key Meet Officials:

Meet Referee	Nichole Proszek	nicholeproszek@gmail.com
Admin Referee	Kathryn Teske	kteske@comcast.net
Team Lead CJ	Nicole Preston	nic.preston@gmail.com
Team Lead Starter	TBD	
National Evaluator	Keith Lambert	ktlamber707@gmail.com

MISCELLANEOUS INFORMATION

- General meet information will be posted at www.ieswim.org. This information will also be distributed via email to Head Coaches and/or team contacts prior to and during the meet.
- Heat Sheets will be provided for coaches and officials.
- Meet Mobile will be used if possible as an alternative source of UNOFFICIAL information.
- Final meet results will be distributed via email to Head Coaches and/or team contacts following the conclusion of the meet, and will also be posted on the IES website, under Events > Past Meets & Events. www.ieswim.org

CONCESSIONS

Concessions will be available on-site through the host team, Manta Ray Aquatic.

HOSPITALITY

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

HOTELS

Ten Pin Inn & Suites — (509) 764-7500
Inn at Moses Lake — (509) 766-7000
Lakeshore Inn — (509) 765-9201
Ramada Inn — (509) 766-1000
Best Western — (509) 765-9211
Quality Inn — (509) 765-8886
Wingate — (509) 766-2000

Comfort Suites — (509) 765-3731
Holiday Inn Express — (509) 766-8000
SureStay Plus — (509) 765-9317
Econolodge — (509) 765-8631
Travelodge — (509) 760-1737
Motel 6 — (509) 766-0260
Fairfield Inn — (509) 765-0500

VENDORS

- **Meet Apparel:** Fine Designs will be onsite offering meet-specific apparel for purchase.

ORDER OF EVENTS

Girls	FRIDAY — TIMED FINALS	Boys
1	14&U 500 Freestyle	2
3	14&U 200 Individual Medley	4
5	14&U 200 Freestyle	6
7	14&U 200 Butterfly	8

Girls	SATURDAY — PRELIMS	Boys
9	14&U 200 Medley Relay	10
11	12&U 200 Medley Relay	12
13	10&U 200 Medley Relay	14
15	8&U 100 Medley Relay	16
	** 10 MIN RELAY BREAK **	
17	8&U 25 Freestyle	18
19	9-10 50 Freestyle	20
21	11-14 50 Freestyle	22
	** AWARDS BREAK - EVENTS 9-16 **	
23	8&U 50 Backstroke	24
25	9-10 100 Backstroke	26
27	11-14 100 Backstroke	28
29	8&U 100 Freestyle	30
	** AWARDS BREAK - EVENTS 17-20 / 23-26 **	
31	8&U 50 Butterfly	32
33	9-10 100 Butterfly	34
35	11-14 100 Butterfly	36
	** AWARDS BREAK - EVENTS 29-34 **	
37	8&U 25 Breaststroke	38
39	9-10 50 Breaststroke	40
41	11-14 50 Breaststroke	42
	** AWARDS BREAK - EVENTS 37-40 **	
43	14&U 200 Breaststroke	44
	** AWARDS - EVENTS 43-44 **	

Girls	SATURDAY — FINALS	Boys
21	11-12 50 Freestyle	22
	13-14 50 Freestyle	
27	11-12 100 Backstroke	28
	13-14 100 Backstroke	
35	11-12 100 Butterfly	36
	13-14 100 Butterfly	
41	11-12 50 Breaststroke	42
	13-14 50 Breaststroke	

Girls	SUNDAY — PRELIMS	Boys
45	14&U 200 Freestyle Relay	46
47	12&U 200 Freestyle Relay	48
49	10&U 200 Freestyle Relay	50
51	8&U 100 Freestyle Relay	52
	**10 MIN RELAY BREAK **	
53	8&U 25 Butterfly	54
55	9-10 50 Butterfly	56
57	11-14 50 Butterfly	58
	** AWARDS BREAK - EVENTS 45-52 **	
59	8&U 50 Freestyle	60
61	9-10 100 Freestyle	62
63	11-14 100 Freestyle	64
65	8&U 25 Backstroke	66
67	9-10 50 Backstroke	68
69	11-14 50 Backstroke	70
	** AWARDS BREAK - EVENTS 53-56 / 59-62 **	
71	14&U 200 Backstroke	72
73	8&U 50 Breaststroke	74
75	9-10 100 Breaststroke	76
77	11-14 100 Breaststroke	78
	** AWARDS BREAK - EVENTS 65-68 / 71-72 **	
79	8&U 100 Individual Medley	80
81	9-10 100 Individual Medley	82
83	11-12 100 Individual Medley	84
	** AWARDS - EVENTS 73-76 / 79-82 **	

Girls	SUNDAY — FINALS	Boys
57	11-12 50 Butterfly	58
	13-14 50 Butterfly	
63	11-12 100 Freestyle	64
	13-14 100 Freestyle	
69	11-12 50 Backstroke	70
	13-14 50 Backstroke	
77	11-12 100 Breaststroke	78
	13-14 100 Breaststroke	
83	11-12 100 Individual Medley	84

AWARD PRESENTATIONS

FRIDAY EVENTS — Given to coaches

10&U EVENTS — Presented during AWARD BREAKS during Prelim Session.

RELAY EVENTS — Presented during AWARD BREAKS during Prelim Session.

11-14 EVENTS — Presented during Finals Session.

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.
- 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.
- Photography and the use of electronic devices 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.

Restrictions

- **ONLY USA SWIMMING-CERTIFIED ATHLETES, COACHES, OFFICIALS & DESIGNATED MEET PERSONNEL/VOLUNTEERS ARE PERMITTED IN THE "DECK AREA" IN THE COMPETITION POOL AREA. Spectators are not allowed inside the DECK AREA. The DECK AREA will be a 3 foot wide area around the edge of the pool and the ENTIRE area behind the Starting Blocks and behind the Coaches/Teams Table area.**
- Shaving is not permitted anywhere in the facility.
- Animals are NOT allowed inside the facility at any time, with the exception of service animals.
- NO tobacco products of any kind OR alcoholic beverages allowed in the facility.
- NO FOOD OR GLASS ITEMS ALLOWED ON THE POOL DECK.

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. **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.