

Standard Name	50FR	100FR	200FR	400FR	800FR	1500FR	50BK	100BK	200BK	50BR	100BR	200BR	50FL	100FL	200FL	200IM	400IM	400FR-R	800FR-R	400MD-R
13 Regionals	31.99	1:10.39	2:36.09	5:44.49	12:09.89	20:41.49		1:23.69	3:04.29		1:37.29	3:29.69		1:23.49	3:06.89	2:59.89	6:39.19			
14 Regionals	31.79	1:09.19	2:31.59	5:21.79	10:57.99	21:03.39		1:18.69	2:49.89		1:30.59	3:18.29		1:16.89	2:55.79	2:51.79	6:07.09			
13 State	29.89	1:05.09	2:21.79	4:59.79	10:45.69	20:39.49		1:13.29	2:39.49		1:25.99	3:05.49		1:12.29	2:45.39	2:40.09	5:49.79	4:22.19	9:34.19	4:56.39
14 State	29.19	1:03.39	2:18.39	4:52.49	9:58.19	19:01.59		1:12.09	2:35.19		1:22.99	3:00.09		1:10.29	2:39.79	2:37.19	5:33.69	4:22.19	9:34.19	4:56.39
Open Water Standards (* = Birthday as of 12/31/2025)	State	13-14's 5:40.89 (400)	11:41.99 (800)	22:23.09 (1500)	13-14 Zones	5:15.49 (400)	10:56.09 (800)	20:58.59 (1500)	Junior	5K (158U*)	9:30.51 (800)	18:12.21 (1500)	Nationals	7.5K (16-17*)	9:19.33 (800)	17:50.79 (1500)	Nationals	10K (198Under*)	9:03.49 (800)	17:20.49 (1500)
Senior Regionals	31.69	1:08.19	2:29.49	5:17.19	10:57.79	20:53.99		1:17.59	2:49.39		1:30.29	3:16.29		1:15.99	2:51.79	2:49.89	6:06.89	10K	8:54.49 (800)	17:06.69 (1500)
Senior State	28.59	1:01.99	2:14.59	4:46.29	9:56.99	18:57.99		1:10.09	2:32.79		1:20.99	2:58.59		1:08.59	2:38.99	2:34.49	5:31.39	4:18.99	9:18.69	4:50.09
Summer Sectional	28.09	1:00.69	2:10.99	4:36.29	9:29.99	18:19.99		1:08.89	2:26.99		1:17.49	2:48.79		1:05.89	2:29.99	2:28.99	5:19.09	4:14.09	9:14.09	4:44.99
Summer Sectional-Bonus	28.49	1:01.29	2:12.09	4:38.39	9:33.39	18:21.49		1:09.99	2:30.39		1:19.49	2:51.79		1:07.59	2:30.89	2:30.29	5:20.39			
15-16 A Times (MAC LC)	30.89	1:07.19	2:25.09	5:04.49	10:32.39	20:11.59	---	1:14.49	2:40.09	---	1:24.49	3:02.09	---	1:12.29	2:40.99	2:43.89	5:46.89	USA SWIMMING		
13-14 CZ Zone	29.29	1:03.79	2:17.79	4:49.19	10:01.49	19:13.69	33.49	1:10.49	2:31.89	37.59	1:20.39	2:53.09	31.39	1:08.59	2:33.79	2:34.89	5:28.39			
Spring Cup-18&Under Only	23.89	51.89	1:52.29	5:02.59	10:20.49	17:14.39		57.09	2:04.19		1:05.49	2:22.69		56.59	2:05.39	2:06.39	4:30.69			
Futures-18&Under	27.39	59.29	2:07.79	4:28.79	9:13.79	17:40.19		1:06.79	2:23.99		1:15.99	2:43.39		1:04.69	2:21.89	2:26.19	5:07.29	4:04.29	8:40.89	4:33.79
Futures-19&Over	26.59	57.59	2:04.29	4:21.39	8:58.69	17:11.29		1:04.39	2:18.29		1:13.29	2:38.29		1:02.39	2:16.99	2:20.99	4:57.29			
W-Juniors	26.89	58.19	2:04.99	4:26.69	9:06.79	17:26.79		1:04.79	2:19.59		1:13.79	2:38.59		1:02.69	2:18.39	2:22.09	5:00.29	3:58.09	8:35.09	4:24.19
W-Juniors Bonus	27.39	59.29	2:07.79	4:28.79	9:13.79	17:40.19		1:06.79	2:23.99		1:15.99	2:43.39		1:04.69	2:21.89	2:26.19	5:07.29			
S-Juniors	26.59	57.69	2:04.99	4:23.59	9:06.79	17:26.79		1:04.29	2:19.29		1:13.29	2:38.59		1:02.49	2:18.39	2:21.29	5:00.29	3:55.69	8:29.99	4:21.49
S-Juniors Bonus	26.89	58.19	2:04.99	4:26.69	9:06.79	17:26.79		1:04.79	2:19.59		1:13.79	2:38.59		1:02.69	2:18.39	2:22.09	5:00.29			
W-US OPEN	26.19	56.79	2:03.09	4:20.29	8:56.79	17:07.99		1:03.29	2:16.99		1:11.79	2:35.49		1:01.39	2:16.49	2:19.09	4:56.09	COHO		
W-US OPEN-18&Under Bonus	26.59	57.69	2:04.99	4:23.59	9:06.79	17:26.79		1:04.29	2:19.29		1:13.29	2:38.59		1:02.49	2:18.39	2:21.29	5:00.29			
S-Nationals-18&Under 24	22.79	49.69	1:47.39	4:48.09	9:56.79	16:32.59		54.49	1:57.69		1:02.79	2:15.49		53.99	1:59.39	2:00.59	4:15.19			
S-Nationals-19&Over 24	22.29	48.89	1:45.89	4:43.79	9:48.09	16:18.09		53.29	1:55.39		1:00.69	2:11.69		52.99	1:57.79	1:58.29	4:12.09			

Standard Name	50FR	100FR	200FR	500FR	1000FR	1650FR	50BK	100BK	200BK	50BR	100BR	200BR	50FL	100FL	200FL	200IM	400IM	400FR-R	800FR-R	400MD-R
13 Regionals	30.89	1:07.79	2:32.59	5:34.19	11:37.69	22:16.19		1:21.09	2:56.19		1:30.29	3:18.09		1:18.09	2:55.49	2:54.39	6:17.69			
14 Regionals	30.39	1:06.39	2:25.09	5:11.19	10:46.89	20:42.09		1:18.19	2:46.59		1:24.59	3:11.89		1:13.89	2:50.19	2:46.39	6:00.29			
13 State	28.19	1:01.69	2:16.49	4:50.49	10:17.19	19:41.99		1:11.49	2:35.89		1:19.89	2:55.29		1:08.79	2:38.19	2:34.59	5:34.59	4:13.39	9:23.29	4:48.29
14 State	27.39	59.59	2:11.19	4:40.79	9:48.09	18:45.29		1:09.69	2:29.89		1:18.09	2:51.39		1:06.59	2:34.59	2:27.89	5:19.99	4:13.39	9:23.29	4:48.29
Open Water Standards (* = Birthday as of 12/31/2025)	State	13-14's 5:24.09 (400)	11:13.99 (800)	19:46.79 (1500)	13-14 Zones	4:58.39 (400)	10:17.69 (800)	19:46.79 (1500)	Junior	5K (158U*)	9:00.59 (800)	17:16.82 (1500)	Nationals	7.5K (16-17*)	8:40.69 (800)	16:38.99 (1500)	Nationals	10K (198Under*)	8:26.50 (800)	16:09.59 (1500)
Senior Regionals	28.79	1:01.89	2:17.69	4:52.49	10:19.29	19:59.89		1:12.29	2:38.29		1:22.79	3:01.49		1:09.29	2:41.09	2:35.99	5:41.49	10K	8:21.49 (800)	15:59.99 (1500)
Senior State	26.09	56.29	2:04.99	4:27.09	9:15.99	18:14.29		1:05.49	2:25.09		1:13.29	2:46.09		1:02.19	2:28.99	2:22.39	5:10.99	3:55.29	8:46.29	4:21.79
Summer Sectionals	25.29	54.79	2:00.49	4:16.99	8:59.99	17:19.99		1:03.09	2:18.09		1:11.99	2:37.99		59.79	2:17.89	2:17.19	4:56.99	3:51.29	8:29.69	4:21.59
Summer Sectional Bonus	25.69	56.09	2:02.49	4:18.19	9:02.79	17:24.99		1:03.89	2:18.79		1:12.29	2:38.79		1:00.99	2:18.49	2:18.39	4:57.89			
15-16 A Times (MAC LC)	28.19	1:01.49	2:14.29	4:46.39	9:54.79	18:58.49	---	1:07.99	2:27.69	---	1:16.69	2:46.69	---	1:05.79	2:27.19	2:30.99	5:21.19	USA SWIMMING		
13-14 CZ Zone	26.89	58.99	2:08.89	4:33.79	9:26.19	18:07.89	31.09	1:05.79	2:22.79	34.59	1:13.69	2:39.39	29.29	1:03.09	2:21.19	2:23.69	5:06.99			
Spring Cup-18&Under Only	21.29	46.39	1:41.59	4:37.09	9:34.29	16:05.49		51.49	1:52.79		57.99	2:07.99		50.59	1:53.69	1:53.89	4:06.99			
Futures-18&Under	24.59	53.59	1:57.79	4:09.99	8:40.69	16:38.99		1:00.59	2:11.89		1:08.19	2:29.09		57.99	2:10.19	2:12.79	4:42.39	3:40.89	8:00.49	4:05.89
Futures-19&Over	23.79	51.99	1:54.09	4:02.79	8:23.09	16:05.09		58.19	2:06.99		1:05.29	2:22.89		55.99	2:05.09	2:08.19	4:33.09			
W-Juniors	24.09	52.59	1:55.29	4:04.99	8:28.19	16:14.79		58.79	2:08.29		1:05.89	2:24.09		56.49	2:06.39	2:09.29	4:35.89	3:35.79	7:52.39	6:58.69
W-Juniors Bonus	24.59	53.59	1:57.79	4:09.99	8:40.69	16:38.99		1:00.59	2:11.89		1:08.19	2:29.09		57.99	2:10.19	2:12.79	4:42.39			
S-Juniors	23.79	51.99	1:54.09	4:02.49	8:23.09	16:05.09		58.19	2:06.99		1:05.19	2:22.59		55.89	2:05.09	2:07.99	4:33.09	3:33.59	7:47.69	3:56.29
S-Juniors Bonus	24.09	52.59	1:55.29	4:05.29	8:28.19	16:14.79		58.79	2:08.29		1:05.99	2:24.39		56.59	2:06.39	2:09.49	4:35.89			
W-US OPEN	23.29	50.89	1:51.99	3:59.09	8:15.39	15:51.39		56.89	2:04.59		1:03.69	2:19.39		54.69	2:02.99	2:05.49	4:28.89	COHO		
W-US OPEN-18&Under Bonus	23.79	51.99	1:54.09	4:02.49	8:23.09	16:05.09		58.19	2:06.99		1:05.19	2:22.59		55.89	2:05.09	2:07.99	4:33.09			
S-Nationals-18&Under 24	20.39	44.39	1:38.09	4:27.69	9:13.19	15:34.19		48.89	1:47.09		55.29	2:00.99		48.39	1:47.89	1:48.89	3:52.69			
S-Nationals-19&Over 24	19.79	43.99	1:35.59	4:19.39	9:04.99	15:10.09		46.79	1:44.39		53.39	1:57.69		47.19	1:45.09	1:45.19	3:46.99			

April 2025-July 2025 Regular Season Meet Information

Meet Name	Dates of Meet	Location of Meet
WEST LC Season Opener	April 26-27, 2025	Pleasant Prairie, Wisconsin
BDSC May Mania	May 9-11, 2025	Pleasant Prairie, Wisconsin
MAC Summer Invite	May 16-18, 2025	Madison, Wisconsin
SWAT May-Hem	May 17-18, 2025	Pleasant Prairie, Wisconsin
LFSC SwimFest	May 31-June 1, 2025	Pleasant Prairie, Wisconsin
FAST Summer Jam	June 6-8, 2025	Fishers, Indiana
HSC Midsummer Classic	June 13-15, 2025	Hinsdale, IL
COHO Summer Classic	June 20-22, 2025	Deerfield, Illinois
MMSC Last Dance Chance	July 11-13, 2025	Pleasant Prairie, Wisconsin
MMSC Winter Invite	January 17-19, 2025	Pleasant Prairie, Wisconsin

June 2025-August 2025 Championship Season Meet Information

Meet Name	Dates of Meet	Location of Meet
USA Swimming National Championships	June 3-7, 2025	Indianapolis, Indiana
USA Swimming OW Zone Camp	June 12th, 2025	Pleasant Prairie, Wisconsin
USA Swimming OW Zone Meet	June 13th, 2025	Pleasant Prairie, Wisconsin
USA Swimming Sectional Championships	July 10-13, 2025	Minneapolis, Minnesota
Illinois Regional Championships	July 18-20, 2025	Highland Park, Illinois
USA Swimming Futures Championships	July 23-26, 2025	Madison, Wisconsin
Illinois 11-14 Championships	July 24-27, 2025	Westmont, Illinois
USA Swimming Junior Nationals	July 30-August 3, 2025	Irvine, CA
Illinois Swimming Senior Championships	July 31-August 3, 2025	TBD
Illinois Swimming 10&Under Championships	August 2-3, 2025	Lincolnshire, Illinois
Illinois Swimming Open Water Championships	5-Aug-25	Manteno, Illinois
USA Swimming 14U Zone Championships	August 7-10, 2025	Holland, Michigan