

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	27.99	1:01.19	2:12.09	6:02.79	13:33.29	22:32.69		1:10.59	2:31.19		1:21.99	2:57.19		1:11.49	2:43.69	2:31.59	5:43.19			
14 Regionals	27.79	1:00.29	2:10.89	5:53.59	12:03.59	20:44.49		1:06.89	2:25.79		1:17.19	2:50.39		1:06.89	2:32.69	2:28.79	5:19.99			
13 State	25.99	56.09	2:03.89	5:30.49	11:12.99	19:12.69		1:02.99	2:15.09		1:13.69	2:38.49		1:02.09	2:22.49	2:19.79	4:58.39	3:49.29	8:20.89	4:14.89
14 State	25.49	55.29	1:59.69	5:22.69	10:57.79	18:49.19		1:01.29	2:13.29		1:10.89	2:34.79		1:01.19	2:18.79	2:16.79	4:50.89	3:49.29	8:20.89	4:14.89
Open Water Standards (*Birthdays as of 12/31/2025)	State	13-14's Seniors	6:20.09 (500) 6:12.09 (500)	13:01.79 (1000) 12:49.99 (1000)	21:43.19 (1650) 21:36.19 (1650)	13-14 Zones Senior Zones	5:53.39 (500) 5:43.69 (500)	12:09.49 (1000) 11:53.99 (1000)	20:19.59 (1650) 19:56.49 (1650)	Junior Nationals	5K (15&U*) 7.5K (16-17*)	10:26.49 (1000) 10:20.49 (1000)	17:24.73 (1650) 17:14.39 (1650)	Nationals	10K (19&Under*) 5K	10:03.59 (1000) 10:03.59 (1000)	16:46.19 (1650) 16:46.19 (1650)			
Senior Regionals	27.39	59.09	2:09.19	5:44.99	12:02.69	20:27.39		1:06.29	2:23.99		1:16.69	2:47.19		1:05.89	2:29.59	2:25.29	5:16.59			
Senior State	24.79	53.39	1:56.79	5:11.99	10:56.99	18:31.19		59.69	2:10.29		1:08.89	2:31.59		59.39	2:14.99	2:12.09	4:46.39	3:39.89	7:59.99	4:00.29
IHSA State	24.41	52.95	1:56.01	5:13.38				58.60			1:07.25			58.38		2:10.58				
Winter Sectional	25.29	54.49	1:57.89	5:14.99	10:48.39	18:16.49		1:00.49	2:11.49		1:09.49	2:30.99		59.59	2:13.09	2:12.99	4:43.99	3:45.89	8:09.39	4:07.69
Summer Sectional	24.49	53.09	1:53.79	5:05.09	10:29.99	17:39.99		58.99	2:07.19		1:06.89	2:24.69		58.19	2:09.99	2:09.29	4:34.99			
15-16 Circle City	29.49	1:03.79	2:18.39	6:12.39	---	22:01.19	---	1:09.39	2:30.59	---	1:19.79	2:52.69	---	1:09.09	2:33.99	2:34.29	5:29.69			
14U ISCA	27.99	58.29	2:00.89	5:23.99	---	18:39.89	31.39	1:03.39	2:11.89	36.09	1:12.89	2:30.09	30.89	1:03.19	2:14.69	2:15.59	4:47.69			
13-14 CZ Zone	25.59	55.79	2:00.69	5:23.89	11:08.69	18:37.99	28.49	1:00.49	2:10.69	33.09	1:09.69	2:30.09	28.19	1:00.39	2:14.49	2:14.99	4:47.39			
Senior ISCA	24.59	53.09	1:53.79	5:05.09	10:30.79	17:25.69	29.00	58.99	2:07.19	33.00	1:07.19	2:24.39	29.00	58.19	2:09.09	2:09.29	4:33.39			
Futures-18&Under	23.89	51.89	1:52.29	5:02.59	10:20.49	17:14.39	26.29	57.09	2:04.19	29.79	1:05.49	2:22.69	25.69	56.59	2:05.39	2:06.39	4:30.69			
Futures-19&Over	22.99	49.99	1:48.19	4:49.99	10:04.69	16:50.99	25.19	54.39	1:58.19	28.79	1:02.39	2:15.39	24.69	54.09	2:00.49	2:01.09	4:18.79			
W-Juniors Bonus	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			
W-Juniors	23.29	50.39	1:49.09	4:53.59	10:11.49	17:02.19		55.09	1:59.39		1:03.09	2:17.19		54.69	2:01.69	2:02.19	4:21.69	3:27.49	7:32.79	3:47.79
W-US OPEN-18&Under B	22.99	49.99	1:48.29	4:50.09	10:04.99	16:51.49	25.09	54.39	1:58.29	28.79	1:02.49	2:15.59	24.99	54.19	2:00.59	2:01.19	4:18.99			
W-US OPEN-19&Over	22.49	48.99	1:45.99	4:44.49	9:53.19	16:24.29	24.39	52.99	1:55.39	27.99	1:00.79	2:11.99	24.09	52.79	1:57.49	1:58.39	4:13.69			
S-Jr.Nationals-18&Under 26	22.99	49.99	1:48.19	4:49.99	10:04.69	16:50.99	25.19	54.39	1:58.19	28.79	1:02.39	2:15.39	24.69	54.09	2:00.49	2:01.09	4:18.79			
S-Nationals-19&Over 26	22.19	48.49	1:44.99	4:41.99	9:45.79	16:10.39	23.99	52.29	1:54.09	27.39	59.99	2:10.39	23.79	52.19	1:56.09	1:57.09	4:11.39			



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	26.39	57.89	2:07.99	5:55.29	12:45.99	21:28.39		1:08.29	2:27.09		1:18.29	2:49.89		1:08.49	2:33.49	2:26.29	5:27.59			
14 Regionals	26.29	56.99	2:04.99	5:35.19	11:35.89	20:10.99		1:05.69	2:21.19		1:14.19	2:40.89		1:03.69	2:25.89	2:22.79	5:07.19			
13 State	24.89	54.29	1:59.19	5:17.09	10:56.39	18:39.79		1:01.09	2:11.29		1:09.29	2:28.59		1:00.49	2:15.79	2:12.69	4:45.49	3:36.69	8:01.59	4:02.69
14 State	23.89	51.79	1:53.19	5:07.59	10:32.59	18:18.29		59.09	2:08.29		1:06.09	2:25.29		57.89	2:12.59	2:08.79	4:39.19	3:36.69	8:01.59	4:02.69
Open Water Standards (*Birthdays as of 12/31/2025)	State	13-14's Seniors	5:58.99 (500) 5:44.09 (500)	12:23.89 (1000) 11:57.79 (1000)	20:43.19 (1650) 20:02.89 (1650)	13-14 Zones Senior Zones	5:31.39 (500) 5:17.69 (500)	11:26.89 (1000) 11:02.59 (1000)	19:07.59 (1650) 18:30.39 (1650)	Junior Nationals	5K (15&U*) 7.5K (16-17*)	9:42.99 (1000) 9:34.29 (1000)	16:24.39 (1650) 16:05.49 (1650)	Nationals	10K (19&Under*) 5K	9:20.74 (1000) 9:20.74 (1000)	15:44.24 (1650) 15:44.24 (1650)			
Senior Regionals	24.59	53.49	1:57.79	5:21.79	11:26.39	19:23.49		1:01.29	2:14.69		1:08.79	2:32.09		1:00.19	2:17.89	2:13.29	4:52.49			
Senior State	22.29	48.29	1:47.09	4:51.49	10:16.99	17:28.99		55.19	2:02.09		1:01.89	2:18.29		54.19	2:04.69	2:00.59	4:24.89	3:19.09	7:22.79	3:38.19
IHSA State	21.73	47.54	1:44.59	4:47.23				52.94			59.26			51.92		1:57.40				
Winter Sectionals	22.59	48.99	1:47.49	4:52.89	10:08.49	17:03.29		56.09	2:01.39		1:03.59	2:18.59		53.99	2:02.79	2:00.99	4:23.99	3:24.09	7:31.79	3:45.99
Summer Sectional	21.69	47.39	1:43.79	4:42.79	9:49.99	16:39.99		53.39	1:58.49		1:00.99	2:14.99		52.09	1:59.19	1:57.09	4:14.99			
15-16 Circle City	26.29	57.59	2:06.29	5:42.09	---	20:46.99	---	1:02.69	2:17.09	---	1:11.39	2:35.19	---	1:02.39	2:19.49	2:20.19	4:59.19			
14U ISCA	25.59	53.49	1:51.99	5:03.29	---	17:35.49	28.89	58.59	2:01.99	33.09	1:06.19	2:17.79	28.39	57.89	2:03.29	2:04.09	4:25.39			
13-14 CZ Zone	23.49	51.09	1:51.99	5:03.09	10:26.99	17:35.19	26.49	55.99	2:01.59	30.29	1:03.29	2:17.39	26.09	55.39	2:03.19	2:04.09	4:25.39			
Senior ISCA	22.19	48.49	1:46.29	4:42.79	9:50.49	16:30.49	26.00	53.39	1:54.89	30.00	1:00.49	2:09.69	26.00	53.09	1:57.59	1:58.79	4:14.09			
Futures-18&Under	21.29	46.39	1:41.59	4:37.09	9:34.29	16:05.49	23.69	51.49	1:52.79	26.29	57.99	2:07.99	22.89	50.59	1:53.69	1:53.89	4:06.99			
Futures-19&Over	20.39	44.39	1:37.59	4:25.59	9:13.19	15:31.39	22.49	48.59	1:46.49	25.29	54.99	2:00.39	21.99	48.19	1:47.89	1:48.49	3:52.69			
W-Juniors Bonus	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			
W-Juniors	20.49	44.89	1:38.39	4:28.79	9:22.69	15:40.39		49.19	1:47.79		55.49	2:01.59		48.69	1:49.09	1:49.59	3:56.49	3:05.79	6:49.59	3:23.39
W-US OPEN-18&Under B	20.39	44.39	1:37.89	4:25.99	9:13.19	15:33.19	22.49	48.79	1:46.79	25.39	55.09	2:00.59	22.19	48.29	1:47.89	1:48.79	3:52.69			
W-US OPEN-19&Over	19.69	43.09	1:34.99	4:19.89	9:04.79	15:07.99	21.49	46.99	1:43.29	24.39	53.29	1:56.39	21.19	46.69	1:44.79	1:45.39	3:47.69			
S-Jr.Nationals-18&Under 26	20.39	44.39	1:37.59	4:25.59	9:13.19	15:31.39	22.49	48.59	1:46.49	25.29	54.99	2:00.39	21.99	48.19	1:47.89	1:48.49	3:52.69			
S-Nationals-19&Over 26	19.39	42.49	1:33.69	4:17.19	8:58.39	14:54.09	21.09	46.19	1:41.69	23.89	52.49	1:54.59	20.89	45.99	1:43.39	1:43.89	3:45.19			



September 2025-April 2026 Regular Season Meet Information		
Meet Name	Dates of Meet	Location of Meet
HPAC Sprint Fest	September 27-28, 2025	Highland Park, Illinois
MMSIC Invite	October 18-19, 2025	Pleasant Prairie, Wisconsin
MAC Winter Invite	November 7-9, 2025	Pleasant Prairie, Wisconsin
SWAQ Triple Crown	November 14-16, 2025	Skokie, Illinois
WEST Arena Mid-Season Showdown	November 21-23, 2025	Waukesha, Wisconsin
COHO Winter Classic	December 6-7, 2025	Deerfield, Illinois
COHO Winter Break Battle	December 20-21, 2025	Deerfield, Illinois
SWAT Grand Prix	January 9-11, 2026	Pleasant Prairie, Wisconsin
BSC-IL P/F	January 16-18, 2026	Barrington, Illinois
BSC-IN Circle City Classic	January 23-25, 2026	Indianapolis, IN
Winter North Shore Suburban Splash	February 6-8, 2026	Lincolnshire, Illinois
BDSIC Swim Your Heart Out	February 13-15, 2026	Pleasant Prairie, Wisconsin
COHO Last Chance Meet or Fuel the Fire COHO Site	February 20-22, 2026	Deerfield, Illinois

September 2025-April 2026 Championship Season Meet Information		
Meet Name	Dates of Meet	Location of Meet
IHSA Girls Sectional Championships	November 8, 2025	TBD
IHSA Girls State Championships	November 14-15, 2025	Westmont, Illinois
U.S. Open Championships	December 3-6, 2025	Austin, Texas
Winter Junior National Championships	December 10-13, 2025	Austin, Texas
TYR Pro Series	January 7-10, 2026	TBD
IHSA Boys Sectional Championships	February 21, 2026	TBD
IHSA Boys State Championships	February 27-28, 2026	Westmont, Illinois
Illinois Regional Championships	February 27-March 1, 2026	TBD
TYR Pro Series	March 4-7, 2026	TBD
Illinois Senior Championships	March 5-8, 2026	Chicago, Illinois
10&Under Illinois Age Group Championships	March 7-8, 2026	TBD
USA Swimming Sectional Championships	March 12-15, 2026	West Fargo, ND
11-14 Illinois Age Group Championships	March 12-15, 2026	Pleasant Prairie, WI
ISCA International Senior Cup Championships	March 24-28, 2026	St. Petersburg, FL
ISCA East Coast Elite Age Group Championships	April 1-4, 2026	St. Petersburg, FL