



**2025 Illinois Swimming
Summer 10&U Championships
August 2-3, 2025**

Host

Patriot Aquatic Club

Location

**Stevenson High School
Lincolnshire, IL, 60069**

Entry Deadline

Tuesday, July 29, 2025 @ 1:00 PM (CST)

2025 Illinois Swimming Summer 10&U Championships

Important Meet Items:

- This meet follows all USA Swimming and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming prior to the entry deadline.
- The qualification period for this meet is July 1, 2023, through the entry deadline (Tuesday, July 29, 2025).
- Enter the 2025 Illinois Swimming Winter 10&U Championships online at the new SWIMS 3.0 OME beginning on Wednesday, June 18, 2025, and no later than 1:00pm (CST) Tuesday, July 29, 2025.
- **2025 Summer Regional Championship event winners in a 10&U individual event are awarded entry into the 2025 Summer 10&U Championships in that event regardless of whether or not they achieved the qualifying standard as long as they are still eligible to compete in the 10&U age group.**
- All events will be swum as timed finals.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- All Custom Entry Times must be pre-proven prior to the scratch deadline for Friday's events.
- **Swimmers' and Coaches' Responsibility** – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Technical Meeting.

Meet Director

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Meet Referee

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Admin Referee

Nina Arce
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OME/Entry Questions

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Email Scratch Contact

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Sanction: Summer 10&U Championships: ILL25-0710

Host: Patriot Aquatic Club - www.gomotionapp.com/team/ilpac/page/home

Location: Stevenson High School, 1 Stevenson Dr, Lincolnshire, Illinois, 60069

Facility: Patriot Aquatic Center: One eight (8) lane 50-meter competition pool, each with the CTS Gen7 timing system and an 8-lane scoreboard. Water depth at the start end of the south pool is 14 feet. There is seating for approximately 800 spectators. **The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.**

Meet Schedule:

Saturday

Warm-ups
 11:30am

Warm-ups
 1:00pm

Sunday

Warm-ups
 11:30am

Warm-ups
 1:00pm

Rules:

This meet is sanctioned by USA Swimming and Illinois Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. 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. 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.

2025 Illinois Swimming Summer 10&U Championships

- Eligibility:** All swimmers must be current members in good standing of USA Swimming and Illinois Swimming prior to the entry deadline.
- Qualifying Times:** 2025 Age Group Championship Time Standards are included. Only those swimmers who have achieved a qualifying standard between July 1, 2023, and July 29, 2025 @ 1:00 PM or finished in first place at the 2025 Summer Regional Championships in a 10&U event (provided they are eligible to compete in that age group) are eligible for this meet. Entry times may be submitted in short course yards, long course meters, or short course meters.
- Entries:** All entries will be submitted thru OME and the USA Swimming web site. Entries may be submitted online beginning June 18, 2025, (12:01AM CST) and must be completed by Tuesday, July 29, 2025, at 1:00 PM CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.8.11.
- A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than six (6) individual events during the meet. No swimmer shall be permitted to compete in more than five (5) events per day; four (4) individual and one (1) relay.
- All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.
- **NEW**** 2025 Summer Regional Championship events winners in a 10&U individual event that did not achieve the qualifying standard will be awarded entry into the 2025 Summer 10&U Championships, provided they are eligible to compete in that age group in that event. For entry in OME, these athletes will enter at the slowest non-conforming qualifying standard (LCM) as an override time and should list "Regional Champion" as the meet name with the corresponding date of achievement.
- IMPORTANT: All custom entry times must be pre-proven prior to the Saturday event scratch deadline.
- Entry Fees:** Individual Events: \$10.00 per entry
Relay Events: \$20.00 per entry – limited to A & B relays only per team
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.
- Individual Events:** All individual events will be conducted as timed final events.
- Relay Events:** All relay events will be conducted as timed final events.
- Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline. Teams may only enter A & B relays in this competition.
- Each coach shall be responsible for submitting relay names for tabulation approximately one (1) hour prior to the start of the relays in a manner announced by the Meet Referee at the Technical Meeting. However, relays may be changed up to the time of the swim.

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Swimmers with Disabilities: This meet will be open to all disabled athletes ages 10 and younger as of August 2, 2025. A swimmer may enter any number of individual events in which he / she has met the qualifying standard. A swimmer may swim no more than six (6) individual events during the meet. No swimmer shall be permitted to compete in more than four (4) individual events per day. All swimmers with disabilities will be swum as finals events during prelims. Awards will be presented based upon the choice provided in the submission form.

Entries will be submitted manually through the Illinois Swimming AWD Necessary Accommodation Form. The form must be completed prior to the entry deadline. [CLICK HERE FOR ENTRY SUBMISSION](#). Once submitted, the form is received by the IL Swimming Office, IL Officials Chair, the Community Engagement Chair and submitting coach / individual for their records. The submission will be manually entered by the Administrative Referee, per the events and times indicated on the submitted form. The submitting coach / individual will be contacted if there are any questions regarding the entries.

Seeding: Events shall be seeded in order of LCM, equivalent SCM, equivalent SCY.

Scratches ISI 10&U Championship scratch rules and procedures will be in effect at this meet. Scratches for all events shall be made via email to the Administrative Referee. Scratch deadlines are as follows:

- Day 1 scratches close 15 minutes after the conclusion of the technical meeting.
- Day 2 scratches are due 15 minutes after the conclusion of the Saturday session.

All scratches must be submitted by email to the Administrative Referee prior to the scratch deadline.

Technical Meeting: There will be a virtual (Zoom-based) technical meeting on Friday, August 1, 2025, at 8:30pm. Details will be sent to each coach. Coaches are encouraged to check the Illinois Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.

Warm-up: ISI warm-up and safety procedures will be in effect.

Meet Jury: The Meet Referee and the Program Operations Vice-Chair shall appoint a Meet Jury composed of at least one coach, one athlete, and at least one other USA Swimming member in attendance at the meet.

Scoring:	SCORING BY PLACE															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	INDIVIDUAL EVENT SCORING															
	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
	RELAY EVENT SCORING															
	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Awards: Team awards will be given for the top 3 combined teams. Awards will be given to the top 8 finishers in individual events, and the top 3 finishers in relay events.

Meet Results: Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.

Deck Access: Current USA Swimming membership is required for coaches and working officials to be on deck. All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet. Clubs will be issued deck passes to those coaches listed on the submitted team entry.

Timers: Each team with swimmers in the meet may be asked to provide timers.

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Officials:	Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to the Meet Referee. A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session.
Admissions:	Saturday-Sunday: \$10.00 per day Heat Sheets: \$5.00 per day
Concessions and Vendors:	Concessions will be available for purchase at the venue.
Conduct:	All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. 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.
Image Authorization:	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
Liability:	In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Patriot Aquatic Club (host club), Stevenson High School, District 125, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. 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.
MAAPP:	All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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Event Order		
Event #		Event #
Day 1		
1	10&U 200 Individual Medley	2
3	10&U 100 Freestyle	4
<i>Awards Break</i>		
5	10&U 50 Breaststroke	6
7	10&U 100 Backstroke	8
<i>Awards Break</i>		
9	10&U 50 Butterfly	10
11	10&U 500 Freestyle	12
<i>Awards Break</i>		
13	10&U 200 Freestyle Relay	14
<i>Awards</i>		
Day 2		
15	10&U 200 Freestyle	16
<i>Awards Break</i>		
17	10&U 100 Butterfly	18
19	10&U 50 Backstroke	20
<i>Awards Break</i>		
21	10&U 100 Breaststroke	22
23	10&U 50 Freestyle	24
<i>Awards Break</i>		
25	10&U 200 Medley Relay	26
<i>Awards</i>		



AGE GROUP SWIMMING

2025 CHAMPIONSHIP TIME STANDARDS

GIRLS

BOYS

LCM		SCM		SCY		10 and Under	SCY		SCM		LCM	
10	9&U	10	9&U	10	9&U		9&U	10	9&U	10	9&U	10
:35.59	:38.89	:33.39	:38.39	:30.89	:34.89	50 Free	:33.29	:30.89	:36.69	:33.99	:36.79	:35.49
1:20.29	1:27.19	1:15.99	1:25.29	1:09.09	1:18.39	100 free	1:14.19	1:09.09	1:21.69	1:15.99	1:23.39	1:19.79
2:56.29	3:14.59	2:49.89	2:59.29	2:34.39	2:42.99	200 Free	2:37.19	2:29.39	3:01.99	2:44.39	3:05.79	2:51.89
6:05.39	7:02.19	5:54.29	6:26.89	6:40.79	7:22.49	400/500 Free	7:18.09	6:37.39	6:23.19	5:49.49	6:53.09	5:59.49
:42.19	:45.69	:39.49	:44.69	:36.29	:40.59	50 Back	:38.59	:36.49	:42.49	:40.19	:43.39	:42.99
1:32.19	1:39.59	1:26.99	1:31.39	1:19.09	1:23.99	100 Back	1:22.79	1:18.79	1:30.09	1:26.69	1:33.99	1:30.99
:47.49	:51.79	:44.99	:49.89	:41.59	:45.29	50 Breast	:45.29	:41.09	:49.89	:45.39	:52.29	:48.49
1:44.89	1:52.09	1:40.49	1:45.59	1:31.29	1:36.89	100 Breast	1:36.19	1:29.99	1:45.89	1:39.89	1:55.69	1:44.79
:40.79	:45.49	:37.89	:43.69	:35.09	:39.69	50 Fly	:37.29	:35.39	:41.09	:38.99	:43.69	:40.19
1:35.99	1:55.79	1:32.49	1:46.89	1:24.09	1:38.09	100 Fly	1:28.69	1:22.79	1:36.59	1:31.09	1:50.49	1:37.99
		1:27.49	1:37.79	1:19.49	1:28.89	100 IM	1:23.09	1:18.99	1:31.39	1:26.89		
3:13.89	3:36.19	3:09.99	3:21.49	2:52.69	3:03.09	200 IM	2:59.39	2:50.99	3:18.39	3:08.89	3:33.89	3:15.39
2:30.79		2:22.59		2:10.99		200 Fr Relay	2:10.59		2:24.99		2:35.59	
2:55.89		2:41.19		2:32.39		200 Med Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11&12	SCY		SCM		LCM	
12	11	12	11	12	11		11	12	11	12	11	12
:30.89	:32.89	:29.79	:31.09	:27.09	:29.09	50 Free	:28.79	:26.69	:31.69	:29.39	:32.29	:30.69
1:07.19	1:13.29	1:04.79	1:10.19	:58.89	1:03.79	100 Free	1:02.49	:58.09	1:09.79	1:03.89	1:11.59	1:07.69
2:27.59	2:37.89	2:19.89	2:28.29	2:09.49	2:15.69	200 Free	2:15.89	2:08.79	2:28.29	2:21.69	2:35.89	2:28.79
5:12.09	5:35.79	5:00.29	5:18.49	5:45.59	6:04.09	400/500 Free	6:01.69	5:44.89	5:16.39	5:09.99	5:29.99	5:15.19
11:26.69	11:53.29	11:13.69	11:21.69	12:08.69	12:55.79	800/1000 Free	12:51.09	12:11.89	11:15.19	11:05.59	11:35.49	11:18.59
21:15.09	22:30.79	20:47.09	21:56.99	20:56.39	21:58.39	1500/1650 Free	21:47.79	20:47.49	21:46.49	21:01.39	22:30.79	21:37.39
:36.59	:38.49	:34.49	:36.79	:31.29	:33.39	50 Back	:33.09	:31.29	:36.39	:34.49	:38.39	:36.49
1:18.19	1:22.69	1:13.69	1:19.59	1:06.99	1:12.29	100 Back	1:10.79	1:06.99	1:17.89	1:13.69	1:23.59	1:18.49
2:49.99	3:01.19	2:39.89	2:48.99	2:25.29	2:33.69	200 Back	2:32.09	2:25.69	2:47.29	2:40.29	2:58.19	2:50.99
:41.19	:42.99	:38.99	:41.19	:35.39	:37.39	50 Breast	:37.09	:35.49	:40.79	:39.09	:42.89	:41.29
1:30.49	1:34.49	1:24.49	1:29.99	1:16.79	1:21.79	100 Breast	1:19.79	1:16.89	1:27.79	1:24.59	1:34.79	1:30.29
3:14.19	3:23.99	3:02.29	3:14.59	2:45.69	2:56.89	200 Breast	2:51.99	2:47.29	3:06.19	3:04.09	3:23.39	3:12.59
:33.79	:35.89	:32.69	:35.19	:29.69	:31.99	50 Fly	:31.79	:29.69	:34.99	:32.69	:35.69	:33.99
1:18.39	1:22.69	1:13.69	1:18.79	1:06.99	1:11.59	100 Fly	1:10.89	1:06.99	1:17.99	1:14.09	1:22.19	1:18.09
2:55.59	3:06.39	2:51.59	2:55.59	2:34.59	2:41.39	200 Fly	2:39.69	2:37.89	2:55.69	2:53.69	3:01.79	3:03.29
		1:15.19	1:19.09	1:08.19	1:12.79	100 IM	1:11.59	1:07.99	1:18.79	1:14.79		
2:49.29	3:00.99	2:41.19	2:47.49	2:26.49	2:32.19	200 IM	2:33.09	2:25.69	2:48.49	2:40.59	2:58.89	2:49.79
4:40.89		4:30.09		4:09.19		400 Fr Relay	4:07.99		4:34.99		4:45.99	
5:19.69		5:07.39		4:42.19		400 Med Relay	4:42.59		5:15.29		5:30.39	
LCM		SCM		SCY		13&14	SCY		SCM		LCM	
14	13	14	13	14	13		13	14	13	14	13	14
:29.19	:29.89	:28.19	:28.99	:25.49	:26.29	50 Free	:24.89	:23.89	:27.39	:26.49	:28.19	:27.39
1:03.39	1:05.09	1:01.39	1:02.89	:55.29	:57.09	100 Free	:54.29	:51.79	:59.79	:57.99	1:01.69	:59.59
2:18.39	2:21.79	2:13.19	2:15.29	1:59.69	2:03.89	200 Free	1:59.19	1:53.19	2:11.19	2:06.29	2:16.49	2:11.19
4:52.49	4:59.79	4:41.29	4:48.79	5:22.69	5:30.49	400/500 Free	5:17.09	5:07.59	4:37.19	4:32.29	4:50.49	4:40.79
9:58.19	10:45.69	9:47.79	10:01.69	10:57.79	11:28.39	800/1000 Free	11:06.49	10:32.59	9:43.19	9:37.69	10:17.19	9:48.09
19:01.59	20:39.49	18:45.59	19:45.59	18:49.19	19:26.29	1500/1650 Free	18:59.69	18:18.29	18:36.99	18:28.39	19:41.99	18:45.29
1:12.09	1:13.29	1:09.59	1:10.39	1:01.29	1:03.99	100 Back	1:01.09	:59.69	1:06.29	1:04.79	1:11.49	1:09.69
2:35.19	2:39.49	2:26.69	2:29.89	2:13.29	2:15.09	200 Back	2:11.29	2:08.29	2:24.39	2:22.49	2:35.89	2:29.89
1:22.99	1:25.99	1:19.59	1:21.19	1:10.89	1:14.69	100 Breast	1:09.29	1:06.69	1:12.29	1:14.49	1:19.89	1:18.09
3:00.09	3:05.49	2:53.39	2:55.39	2:34.79	2:38.49	200 Breast	2:28.59	2:25.29	2:43.49	2:43.39	2:55.29	2:51.39
1:10.29	1:12.29	1:08.19	1:08.29	1:01.19	1:02.09	100 Fly	1:00.49	:57.89	1:05.59	1:03.99	1:08.79	1:06.59
2:39.79	2:45.39	2:33.69	2:34.79	2:18.79	2:22.49	200 Fly	2:15.79	2:12.59	2:29.39	2:28.39	2:38.19	2:34.59
2:37.19	2:40.09	2:31.49	2:33.59	2:16.79	2:21.39	200 IM	2:12.69	2:08.79	2:23.99	2:23.09	2:34.59	2:27.89
5:33.69	5:49.79	5:20.89	5:28.29	4:50.89	4:58.39	400 IM	4:45.49	4:39.19	5:14.89	5:14.09	5:34.09	5:19.99
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med Relay	4:02.69		4:32.89		4:48.29	

