



# **2025 Illinois Swimming Senior Championships**

**- Sponsored by Speedo -  
July 31-August 3, 2025**

**Host**

**Illinois Swimming**

**Location**

**FMC Natatorium  
Westmont, IL**

**Entry Deadline**

**Monday, July 28, 2025 @ 1:00 PM (CST)**



# 2025 Illinois Swimming Senior 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.
- Per MAAPP, all athletes 18 years of age and older must have completed Athlete Protection Training prior to the entry deadline (Monday, July 28, 2025).
- The qualification period for this meet is July 1, 2023 through the entry deadline (Monday, July 28, 2025).
- **2025 Summer Regional Championship event winners in an individual Open event are awarded entry into the 2025 Senior Championships in that event regardless of whether or not they achieved the qualifying standard.**
- Enter the 2025 Illinois Swimming Senior Championships via USA Swimming OME 3.0.
- All Individual Events with the exception of the 800 Free & 1500 Free will be swum as prelims and finals.
- Finals will be conducted with Bonus (9), Consolation (9), and Championship (9) Finals heats (C, B, A, Finals). The Bonus "C" final heat will be restricted to 16&U athletes only.
- **The 50 Butterfly, 50 Breaststroke, and 50 Backstroke events must be entered with the athlete's 100 qualifying time in that stroke.**
- All relays will be conducted as timed finals.
- The 400 and 800 relay events will be swum with the fastest heat competing at the conclusion of the evening session. All other relays will compete at the conclusion of the preliminary session. The order of the relays shall be Women's 2<sup>nd</sup> fastest heat, Men's 2<sup>nd</sup> fastest heat, Women's 3<sup>rd</sup> fastest heat, Men's 3<sup>rd</sup> fastest heat, Etc.
- All 200 relays will be conducted in morning session only.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- Swimmers with an 800/1000 Free qualifying time may enter the 1500 Freestyle event; swimmers with a 1500/1650 Freestyle qualifying time may enter the 800 Freestyle event. Swimmers must enter at the Short Course Yard (SCY) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- All Custom Entry Times must be pre-proven with the Illinois Swimming office prior to the scratch deadline for Thursday's events.
- Time Trials may be conducted at the discretion of the Meet Referee for swimmers entered in the meet.
- There will be positive check-in for the 800 Freestyle, 1500 Freestyle, and all relay events. Entries for these events that are not checked in prior to the appropriate deadline for that event or scratched will automatically be down-seeded.
- The scratch deadline for Thursday 800 Freestyles shall be 15 minutes after the conclusion of the technical meeting. The check-in/scratch deadline for all subsequent day's events is 30 minutes after the start of the previous evening's finals.
- **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

Pam Lowenthal

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(847) 824-1596

### Meet Referee

Brian Schaezner

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(402) 2023-7813

### Admin Referee

Amanda Schleede

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(773) 851-2783

### OME/Entry Questions

Pam Lowenthal

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(847) 824-1596

### Email Scratch Contact

Amanda Schleede

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### Sanction:

Senior Championships: ILL25-0708

Time Trial: ILL25-0709

### Host:

Illinois Swimming – [www.ilswim.org](http://www.ilswim.org)

# 2025 Illinois Swimming Senior Championships

**Location:** FMC Natatorium – 275 Plaza Drive, Westmont, IL 60559

**Facility:** Nine (9) lane, 50 meter competition pool will be used with Myrtha starting blocks. The competition course is no shallower than 8'. Lanes are separated by 6" Competitor lane lines. The timing system and touchpads are produced by Swiss Timing – Omega, with a 42' x 12.5' LED Videoboard for results. There is a separate area of the pool that will be designated for warm up/cool down. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. The touchpads will be Swiss Timing – Omega touchpads. The competition course has been certified in accordance with 104.2.2C(4) certification is on file with USA Swimming.

| Meet Schedule: | Prelims         |              | Finals          |              |
|----------------|-----------------|--------------|-----------------|--------------|
|                | <u>Warm-ups</u> | <u>Start</u> | <u>Warm-ups</u> | <u>Start</u> |
| Thursday       |                 |              | 4:00 PM         | 5:30 PM      |
| Friday         | 6:30 AM         | 8:30 AM      | 4:00 PM         | 5:30 PM      |
| Saturday       | 6:30 AM         | 8:30 AM      | 4:00 PM         | 5:30 PM      |
| Sunday         | 6:30 AM         | 8:30 AM      | 4:00 PM         | 5:00 PM      |

**Rules:** This meet is sanctioned by USA Swimming and Illinois Swimming, Inc. All USA Swimming and ISI 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.

**Eligibility:** All swimmers must be current members in good standing of USA Swimming and Illinois Swimming

**Qualifying Times:** 2025 Summer Senior Championship Time Standards are included. Only those swimmers who have achieved a qualifying standard between July 1, 2023, and July 28, 2025, @ 1:00 PM or finished in first place at the 2025 Summer Regional Championships in an Open event 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 15, 2025, (12:01AM CST) and must be completed by Monday, July 28, 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 seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials.

All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.

**\*\*NEW\*\*** 2025 Summer Regional Championship individual events winners in an Open event that did not achieve the qualifying standard will be awarded entry into the 2025 Senior Championships. For entry in OME, these athletes will enter at the slowest non-conforming qualifying standard 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 Thursday 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

# 2025 Illinois Swimming Senior Championships

Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet

**Individual Events:** All individual events except the 800 Freestyle and 1500 Freestyle will be conducted on a preliminaries and finals basis. At the discretion of the Meet Referee, the Senior Committee, and the Program Operations Vice-Chair, individual events in the preliminary sessions may be conducted in flights with a minimum of the fastest seven (7) heats in all events 200 meters or less and a minimum of the fastest five (5) heats in all events over 200 meters in the "A" flight, and all remaining heats in the "B" flight. "A" flights will be concluded each morning prior to beginning the "B" flight. The "B" flight will be swum fastest to slowest.

The 50 Butterfly, 50 Breaststroke, and 50 Backstroke events must be entered with the athlete's 100 qualifying time in that stroke.

Finals for individual will be the top 28 athletes competing in Bonus (9), Consolation (9), and Championship (9) Finals heats (C, B, A, Finals). The Bonus "C" final will be restricted to 16&U athletes only.

Swimmers in the Championship Final must report to the ready room area prior to the start of the Championship Final **of the previous event**. Bonus and Consolation finalists will report directly to their assigned starting block.

**Distance Events:** The 800 and 1500 Freestyle will be conducted as timed final events. The 800 Freestyle is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men heats. Each swimmer must provide their own timer and counter.

The fastest seeded heat of the women's and men's 1500 Freestyle are swum as the first event of finals on the same day as all other heats for the event. All heats will be seeded and swum slowest to fastest, alternating women's and men's events. The events will be scheduled so that the second fastest heat of Men's 1500 Freestyle will finish at the start of that evening's final warm-up. Swimmers who choose to swim in the prelim session of the 1500 Freestyle should enter at the lowest non-conforming qualifying time for that event (SCY). Each swimmer must provide their own timer and counter.

**Distance Bonus Events:** Swimmers with an 800/1000 Freestyle qualifying time may enter the 1500 Freestyle event; swimmers with a 1500/1650 Freestyle qualifying time may enter the 800 Freestyle event. Swimmers must enter at the Short Course Yards (SCY) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

**Swimmers with Disabilities:** This meet will be open to all disabled athletes age 15 and over as of July 31, 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 seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day, including time trials. 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.

# 2025 Illinois Swimming Senior Championships

## Relay Events:

All relay events will be conducted as timed final events. 400 and 800 relays will be swum with the fastest seeded heat swum in the evening session. All remaining heats will swim at the conclusion of that day's preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. The 200 relays will be swum at the beginning of the morning session going slowest to fastest, with all women's heats swimming and then all men's heats.

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. All teams desiring to swim in the AM must enter at the lowest non-conforming qualifying time (LCM). Teams may only enter A & B relays in this competition.

200 Medley Relay and 200 Free Relay will be entered and seeded using the 400 relay qualifying times.

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.

## Seeding:

Events shall be seeded in order of LCM, equivalent SCY, equivalent SCM, non-conforming LCM (distance events), non-conforming SCY (distance events).

## Check-In:

Positive check-in required for the 800 Freestyle, 1500 Freestyle, and all relay events. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded.

***Check-in must be submitted by email to the Administrative Referee prior to the scratch deadline.***

## Scratches:

ISI Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made via email to the Administrative Referee. Check-in and scratch deadlines are as follows:

- Day 1 scratches close 15 minutes after the conclusion of the technical meeting.
- All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals.

***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 Wednesday, July 30, 2025 at 7:00 PM. 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. The Meet Referee and Meet Director will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be provided no later than 48 hours prior to the start of the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or their designees).

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**Breaks:** The pool may be open at the discretion of the Meet Referee during breaks in competition.

**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 | 17 | 18 |
| INDIVIDUAL EVENT SCORING |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 22                       | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 10 | 8  | 7  | 6  | 5  | 4  | 3  | 2  | 1  |
| RELAY EVENT SCORING      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 44                       | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 20 | 16 | 14 | 12 | 10 | 8  | 6  | 4  | 2  |

**Awards:** The Carolyn Lambert Award will be presented at the Illinois Swimming Awards Banquet to the overall team champion. Additionally, team awards will be given to the top three combined teams and the top women's and men's team. Awards will be given to the top 9 finishers in individual events and the top three finishers in relay events. Individual performance awards (male and female) will be given to athletes for Outstanding Performance of the Meet, Meet High Point Award, and Top 9 Distance Awards.

**Meet Results:** Meet results will be available on the Illinois Swimming website ([www.ilswim.org](http://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. A list of lane assignments for each team will be posted at least 48 hours prior to the meet. Swimmers in the 800 and 1500 Freestyle must provide their own timer and counter.

**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. This meet has been designated as an Officials Qualifying Meet, pending approval. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should request an evaluation at the time of meet sign-up, noting the position and level requested. Meet sign-ups will be sent via email and available online several weeks prior to the meet. There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests.

**Time Trials:** Time Trials may be conducted at the discretion of the Meet Referee for swimmers entered in at least one individual event or swimmers competing on at least one relay. Time Trials shall be counted in the daily maximum number of individual events swum but shall not count in the meet limit of events swum. Fee is \$15.00 per event and is payable to host club at time of entry. Each swimmer must provide their own timer and lap counter for time trial events.

**Sign-Up (Entry) Deadline is 11:00 AM on Friday, Saturday, and Sunday.**

**Admissions:** Thursday PM: \$5.00  
Friday-Sunday: \$10.00 per day  
Heat Sheets: \$5.00 per session

**Parking:** Parking is located at the facility, across the street, and on the street for free.

# 2025 Illinois Swimming Senior Championships

## **Concessions and Vendors:**

Concessions will be available for purchase at the venue. Elsmore Swim Shop and Northwest Designs will be on site for vending at the event.

## **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, FMC Natatorium, the Village of Westmont, 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. All athletes 18 years of age and older must have completed Athlete Protection Training prior to the start of the first event of the meet.

# 2025 Illinois Swimming Senior Championships

| Event Order                                     |                       |         |
|-------------------------------------------------|-----------------------|---------|
| Event #                                         |                       | Event # |
| Day 1                                           |                       |         |
| 1                                               | 800 Freestyle         | 2       |
| Day 2                                           |                       |         |
| 3                                               | 100 Breaststroke      | 4       |
| <i>Awards Break – 800 Free &amp; 100 Breast</i> |                       |         |
| 5                                               | 50 Backstroke         | 6       |
| 7                                               | 200 Freestyle         | 8       |
| <i>Awards Break</i>                             |                       |         |
| 9                                               | 100 Butterfly         | 10      |
| 11                                              | 400 Individual Medley | 12      |
| <i>Awards Break</i>                             |                       |         |
| 13                                              | 800 Freestyle Relay** | 14      |
| <i>Awards Break</i>                             |                       |         |
| Day 3                                           |                       |         |
| 15                                              | 200 Free Relay        | 16      |
| 17                                              | 200 Individual Medley | 18      |
| 19                                              | 50 Freestyle          | 20      |
| <i>Awards Break</i>                             |                       |         |
| 21                                              | 200 Breaststroke      | 22      |
| 23                                              | 50 Butterfly          | 24      |
| <i>Awards Break</i>                             |                       |         |
| 25                                              | 100 Backstroke        | 26      |
| 27                                              | 400 Freestyle         | 28      |
| <i>Awards Break</i>                             |                       |         |
| 29                                              | 400 Medley Relay**    | 30      |
| <i>Awards Break</i>                             |                       |         |
| Day 4                                           |                       |         |
| 31                                              | 1500 Freestyle*       | 32      |
| 33                                              | 200 Medley Relay      | 34      |
| <i>Awards Break</i>                             |                       |         |
| 35                                              | 200 Backstroke        | 36      |
| 37                                              | 50 Breaststroke       | 38      |
| <i>Awards Break</i>                             |                       |         |
| 39                                              | 100 Freestyle         | 40      |
| 41                                              | 200 Butterfly         | 42      |
| <i>Awards Break</i>                             |                       |         |
| 43                                              | 400 Freestyle Relay** | 44      |



# **2025 Illinois Swimming Senior Championships**

*Relay Awards, Individual Performance Awards, Team Awards*

\*The 1500 Freestyle will be swum so that the 2<sup>nd</sup> fastest heat of the Men's event concludes 60 minutes prior to the start of finals.

\*\*These relays will be swum at the conclusion of prelims, with the fastest heat swum at the conclusion of finals.

In prelims, there will be a minimum of a ten (10) minute break prior to the start of the 400 & 800 relay events. There will also be a minimum of a ten (10) minute break at the conclusion of the 200 relay events in the AM session.



# 2025 SENIOR CHAMPIONSHIPS

July 31-August 3, 2025

| WOMEN    |          |          | EVENT                 | MEN      |          |          |
|----------|----------|----------|-----------------------|----------|----------|----------|
| LCM      | SCM      | SCY      |                       | SCY      | SCM      | LCM      |
| 28.59    | 27.49    | 24.79    | 50 Freestyle          | 22.39    | 24.89    | 26.09    |
| 1:01.99  | 59.49    | 53.59    | 100 Freestyle         | 48.59    | 53.89    | 56.29    |
| 2:14.59  | 2:09.59  | 1:56.79  | 200 Freestyle         | 1:47.09  | 1:58.89  | 2:04.99  |
| 4:46.29  | 4:32.99  | 5:11.99  | 400/500 Freestyle     | 4:51.89  | 4:15.39  | 4:27.09  |
| 9:56.99  | 9:41.89  | 10:56.99 | 800/1000 Freestyle    | 10:16.99 | 8:59.89  | 9:15.99  |
| 18:57.99 | 18:37.89 | 18:31.19 | 1500/1650 Freestyle   | 17:31.69 | 17:37.99 | 18:14.29 |
| 1:10.09  | 1:06.69  | 1:00.09  | 100 Backstroke        | 55.59    | 1:01.69  | 1:05.49  |
| 2:32.79  | 2:25.29  | 2:10.89  | 200 Backstroke        | 2:02.49  | 2:15.99  | 2:25.09  |
| 1:20.99  | 1:16.59  | 1:08.99  | 100 Breaststroke      | 1:01.99  | 1:08.79  | 1:13.29  |
| 2:58.59  | 2:48.49  | 2:31.79  | 200 Breaststroke      | 2:18.29  | 2:33.49  | 2:46.09  |
| 1:08.59  | 1:06.19  | 59.59    | 100 Butterfly         | 54.49    | 1:00.49  | 1:02.19  |
| 2:38.99  | 2:30.39  | 2:15.49  | 200 Butterfly         | 2:05.99  | 2:19.79  | 2:28.99  |
| 2:34.49  | 2:26.59  | 2:12.09  | 200 Individual Medley | 2:01.49  | 2:14.89  | 2:22.39  |
| 5:31.39  | 5:17.89  | 4:46.39  | 400 Individual Medley | 4:24.89  | 4:53.99  | 5:10.99  |
| 4:18.99  | 4:04.09  | 3:39.89  | 400 Free Relay        | 3:19.09  | 3:40.99  | 3:55.29  |
| 9:18.69  | 8:52.79  | 7:59.99  | 800 Free Relay        | 7:22.79  | 8:11.49  | 8:46.29  |
| 4:50.09  | 4:26.69  | 4:00.29  | 400 Medley Relay      | 3:38.19  | 4:02.19  | 4:21.79  |

## 2025 SUMMER REGIONAL CHAMPIONSHIPS

July 18-20, 2025

| WOMEN    |          |          | EVENT                 | MEN      |          |          |
|----------|----------|----------|-----------------------|----------|----------|----------|
| LCM      | SCM      | SCY      |                       | SCY      | SCM      | LCM      |
| 31.69    | 30.29    | 27.39    | 50 Freestyle          | 24.59    | 27.29    | 28.79    |
| 1:08.19  | 1:05.49  | 59.09    | 100 Freestyle         | 53.49    | 59.39    | 1:01.89  |
| 2:29.49  | 2:23.39  | 2:09.19  | 200 Freestyle         | 1:57.79  | 2:10.79  | 2:17.69  |
| 5:17.19  | 5:01.69  | 5:44.99  | 400/500 Freestyle     | 5:21.79  | 4:41.49  | 4:52.49  |
| 10:57.79 | 10:40.09 | 12:02.69 | 800/1000 Freestyle    | 11:26.39 | 10:05.59 | 10:19.29 |
| 20:53.99 | 20:34.69 | 20:27.39 | 1500/1650 Freestyle   | 19:23.49 | 19:30.39 | 19:59.89 |
| 1:17.59  | 1:13.59  | 1:06.29  | 100 Backstroke        | 1:01.29  | 1:07.99  | 1:12.29  |
| 2:49.39  | 2:39.79  | 2:23.99  | 200 Backstroke        | 2:14.69  | 2:29.49  | 2:38.29  |
| 1:30.29  | 1:25.09  | 1:16.69  | 100 Breaststroke      | 1:08.79  | 1:16.39  | 1:22.79  |
| 3:16.29  | 3:05.59  | 2:47.19  | 200 Breaststroke      | 2:32.09  | 2:48.79  | 3:01.49  |
| 1:15.99  | 1:13.09  | 1:05.89  | 100 Butterfly         | 1:00.19  | 1:06.79  | 1:09.29  |
| 2:51.79  | 2:45.99  | 2:29.59  | 200 Butterfly         | 2:17.89  | 2:33.09  | 2:41.09  |
| 2:49.89  | 2:41.19  | 2:25.29  | 200 Individual Medley | 2:13.29  | 2:27.89  | 2:35.99  |
| 6:06.89  | 5:51.29  | 5:16.59  | 400 Individual Medley | 4:52.49  | 5:24.59  | 5:41.49  |

\*Qualification period will be 7/1/2023 to the entry deadline

| Para 1 LSC Motivational Time Standards                                                                                           |           |         |          |          |          |          |           |          |                  |           |         |          |          |          |          |           |          |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|----------|----------|----------|-----------|----------|------------------|-----------|---------|----------|----------|----------|----------|-----------|----------|
|                                                                                                                                  | Girls     |         |          |          |          |          |           |          |                  | Boys      |         |          |          |          |          |           |          |
| P1 - non-ambulatory (wheelchair bound): limited use of all four extremities                                                      | 10 & U P1 |         | 11-12 P1 |          | 13-14 P1 |          | 15 & O P1 |          | P1               | 10 & U P1 |         | 11-12 P1 |          | 13-14 P1 |          | 15 & O P1 |          |
|                                                                                                                                  | SCY       | LCM     | SCY      | LCM      | SCY      | LCM      | SCY       | LCM      |                  | SCY       | LCM     | SCY      | LCM      | SCY      | LCM      | SCY       | LCM      |
|                                                                                                                                  | 1:44.49   | 1:44.49 | 1:34.69  | 1:34.69  | 1:26.19  | 1:26.19  | 1:24.89   | 1:24.89  | 50 FR            | 1:39.29   | 1:39.29 | 1:30.29  | 1:30.29  | 1:21.29  | 1:21.29  | 1:18.29   | 1:18.29  |
|                                                                                                                                  | 3:39.19   | 3:39.19 | 3:18.59  | 3:18.59  | 3:00.79  | 3:00.79  | 2:58.09   | 2:58.09  | 100 FR           | 3:44.19   | 3:44.19 | 3:23.79  | 3:23.79  | 3:03.49  | 3:03.49  | 2:56.69   | 2:56.69  |
|                                                                                                                                  | 8:44.89   | 8:44.89 | 7:55.69  | 7:55.69  | 7:12.99  | 7:12.99  | 7:06.49   | 7:06.49  | 200 FR           | 6:09.09   | 6:09.09 | 5:35.59  | 5:35.59  | 5:01.99  | 5:01.99  | 4:50.90   | 4:50.89  |
|                                                                                                                                  | 2:03.59   | 2:03.59 | 1:51.99  | 1:51.99  | 1:41.99  | 1:41.99  | 1:40.39   | 1:40.39  | 50 BK            | 1:22.89   | 1:22.89 | 1:15.39  | 1:15.39  | 1:07.89  | 1:07.89  | 1:05.39   | 1:05.39  |
|                                                                                                                                  | 3:47.19   | 3:47.19 | 3:25.89  | 3:25.89  | 3:07.49  | 3:07.49  | 3:04.59   | 3:04.59  | 100 BK           | 3:01.19   | 3:01.19 | 2:44.69  | 2:44.69  | 2:28.19  | 2:28.19  | 2:22.69   | 2:22.69  |
|                                                                                                                                  | 1:54.39   | 1:54.39 | 1:43.63  | 1:43.63  | 1:34.39  | 1:34.39  | 1:32.99   | 1:32.99  | 50 BR            | 1:29.59   | 1:29.59 | 1:21.49  | 1:21.49  | 1:13.29  | 1:13.29  | 1:10.59   | 1:10.59  |
|                                                                                                                                  | 5:26.29   | 5:26.29 | 4:55.69  | 4:55.69  | 4:29.19  | 4:29.19  | 4:25.19   | 4:25.19  | 100 BR           | 4:19.99   | 4:19.99 | 3:56.39  | 3:56.39  | 3:32.69  | 3:32.69  | 3:24.89   | 3:24.89  |
|                                                                                                                                  | 3:03.89   | 3:03.89 | 2:46.69  | 2:46.69  | 2:31.79  | 2:31.79  | 2:29.49   | 2:29.49  | 50 FL            | 2:48.09   | 2:48.09 | 2:32.79  | 2:32.79  | 2:17.49  | 2:17.49  | 2:12.39   | 2:12.39  |
|                                                                                                                                  | 7:35.89   | 7:35.89 | 6:53.15  | 6:53.15  | 6:16.19  | 6:16.19  | 6:10.49   | 6:10.49  | 150 IM           | 7:30.09   | 7:30.09 | 6:49.19  | 6:49.19  | 6:08.19  | 6:08.19  | 5:54.59   | 5:54.59  |
| Para 2 LSC Motivational Time Standards                                                                                           |           |         |          |          |          |          |           |          |                  |           |         |          |          |          |          |           |          |
|                                                                                                                                  | Girls     |         |          |          |          |          |           |          |                  | Boys      |         |          |          |          |          |           |          |
| P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body. | 10 & U P2 |         | 11-12 P2 |          | 13-14 P2 |          | 15 & O P2 |          | P2               | 10 & U P2 |         | 11-12 P2 |          | 13-14 P2 |          | 15 & O P2 |          |
|                                                                                                                                  | SCY       | LCM     | SCY      | LCM      | SCY      | LCM      | SCY       | LCM      |                  | SCY       | LCM     | SCY      | LCM      | SCY      | LCM      | SCY       | LCM      |
|                                                                                                                                  | 56.89     | 59.79   | 51.49    | 54.19    | 46.89    | 49.39    | 46.19     | 48.59    | 50 FR            | 53.99     | 56.79   | 49.09    | 51.69    | 44.19    | 46.49    | 42.59     | 44.79    |
|                                                                                                                                  | 2:06.59   | 2:13.19 | 1:54.69  | 2:00.69  | 1:44.39  | 1:49.89  | 1:42.79   | 1:48.19  | 100 FR           | 1:59.09   | 2:05.29 | 1:48.29  | 1:53.99  | 1:37.39  | 1:42.59  | 1:33.79   | 1:38.79  |
|                                                                                                                                  | 4:20.49   | 4:34.19 | 3:56.09  | 4:08.49  | 3:34.89  | 3:46.29  | 3:31.69   | 3:42.79  | 200 FR           | 4:11.89   | 4:25.09 | 3:48.49  | 4:00.99  | 3:26.09  | 3:36.89  | 3:18.49   | 3:28.89  |
|                                                                                                                                  |           |         | 9:37.09  | 7:51.09  | 8:45.39  | 7:08.89  | 8:37.49   | 7:02.39  | 400/<br>500 FR   |           |         | 9:37.89  | 7:51.69  | 8:40.09  | 7:04.49  | 8:20.79   | 6:48.79  |
|                                                                                                                                  | 1:09.09   | 1:12.69 | 1:02.59  | 1:05.89  | 56.99    | 59.99    | 56.09     | 59.09    | 50 BK            | 1:01.09   | 1:04.29 | 55.49    | 58.39    | 49.99    | 52.59    | 48.09     | 50.69    |
|                                                                                                                                  | 2:39.79   | 2:48.19 | 2:24.79  | 2:32.49  | 2:11.89  | 2:18.79  | 2:09.89   | 2:16.69  | 100 BK           | 2:32.79   | 2:40.89 | 2:18.89  | 2:26.29  | 2:05.09  | 2:11.59  | 2:00.39   | 2:06.79  |
|                                                                                                                                  |           |         | 4:58.79  | 5:14.49  | 4:31.99  | 4:46.29  | 4:27.89   | 4:41.99  | 200 BK           |           |         | 4:20.89  | 4:34.59  | 3:54.79  | 4:07.09  | 3:46.09   | 3:57.99  |
|                                                                                                                                  | 1:12.09   | 1:15.89 | 1:05.49  | 1:08.89  | 59.59    | 1:02.69  | 58.69     | 1:01.69  | 50 BR            | 1:09.19   | 1:12.79 | 1:02.89  | 1:06.19  | 56.59    | 59.59    | 54.49     | 57.39    |
|                                                                                                                                  | 2:39.99   | 2:48.39 | 2:24.99  | 2:32.59  | 2:11.99  | 2:18.89  | 2:09.99   | 2:16.79  | 100 BR           | 2:33.39   | 2:41.49 | 2:19.49  | 2:26.79  | 2:05.49  | 2:12.09  | 2:00.89   | 2:07.19  |
|                                                                                                                                  |           |         | 5:17.19  | 5:34.19  | 4:24.89  | 4:38.79  | 4:44.69   | 4:59.59  | 200 BR           |           |         | 5:00.99  | 5:16.79  | 4:30.89  | 4:45.09  | 4:20.89   | 4:34.59  |
|                                                                                                                                  | 1:09.59   | 1:13.19 | 1:03.09  | 1:06.39  | 57.39    | 1:00.39  | 56.59     | 59.49    | 50 FL            | 55.89     | 58.79   | 50.79    | 53.49    | 45.69    | 48.09    | 43.99     | 46.39    |
|                                                                                                                                  | 2:58.89   | 3:08.29 | 2:42.09  | 2:50.59  | 2:27.59  | 2:35.29  | 2:25.39   | 2:32.99  | 100 FL           | 2:55.29   | 3:04.49 | 2:39.39  | 2:47.79  | 2:23.39  | 2:30.99  | 2:18.09   | 2:25.39  |
|                                                                                                                                  | 5:31.79   | 5:49.19 | 5:00.59  | 5:16.39  | 4:33.69  | 4:48.09  | 4:29.59   | 4:43.69  | 200 IM           | 5:12.39   | 5:28.89 | 4:43.99  | 4:58.99  | 4:15.59  | 4:29.09  | 4:06.19   | 4:19.09  |
| Para 3 LSC Motivational Time Standards                                                                                           |           |         |          |          |          |          |           |          |                  |           |         |          |          |          |          |           |          |
|                                                                                                                                  | Girls     |         |          |          |          |          |           |          |                  | Boys      |         |          |          |          |          |           |          |
| P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.          | 10 & U P3 |         | 11-12 P3 |          | 13-14 P3 |          | 15 & O P3 |          | P3               | 10 U P3   |         | 11-12 P3 |          | 13-14 P3 |          | 15 & O P3 |          |
|                                                                                                                                  | SCY       | LCM     | SCY      | LCM      | SCY      | LCM      | SCY       | LCM      |                  | SCY       | LCM     | SCY      | LCM      | SCY      | LCM      | SCY       | LCM      |
|                                                                                                                                  | 44.09     | 48.89   | 39.89    | 44.29    | 36.39    | 40.39    | 35.79     | 39.69    | 50 FR            | 39.79     | 44.19   | 36.19    | 40.19    | 32.59    | 36.19    | 31.39     | 34.79    |
|                                                                                                                                  | 1:33.89   | 1:44.29 | 1:25.09  | 1:34.49  | 1:17.49  | 1:26.09  | 1:16.39   | 1:24.79  | 100 FR           | 1:26.49   | 1:36.09 | 1:18.59  | 1:27.29  | 1:10.79  | 1:18.59  | 1:08.09   | 1:15.69  |
|                                                                                                                                  | 3:51.49   | 4:17.19 | 3:29.79  | 3:53.09  | 3:10.99  | 3:32.19  | 3:08.09   | 3:28.99  | 200 FR           | 3:17.69   | 3:39.59 | 2:59.69  | 3:19.69  | 2:41.69  | 2:59.59  | 2:35.79   | 2:53.09  |
|                                                                                                                                  | 8:46.89   | 7:43.19 | 7:57.59  | 6:59.79  | 7:14.79  | 6:22.19  | 7:08.19   | 6:16.39  | 400/<br>500 FR   | 8:31.99   | 7:30.09 | 7:45.49  | 6:49.19  | 6:58.99  | 6:08.29  | 6:43.49   | 5:54.69  |
|                                                                                                                                  |           |         | 18:00.49 | 15:19.59 | 16:32.09 | 14:04.39 | 16:18.49  | 13:52.79 | 800/<br>1000 FR  |           |         | 18:21.59 | 15:37.49 | 16:31.39 | 14:03.69 | 15:54.69  | 13:32.49 |
|                                                                                                                                  |           |         | 32:31.69 | 30:29.19 | 30:01.09 | 28:08.19 | 29:37.99  | 27:46.39 | 1500/<br>1650 FR |           |         | 34:04.19 | 31:55.79 | 30:39.71 | 28:44.19 | 29:31.53  | 27:40.29 |
|                                                                                                                                  | 53.39     | 59.29   | 48.39    | 53.69    | 44.09    | 48.99    | 43.39     | 48.19    | 50 BK            | 45.59     | 50.69   | 41.49    | 46.09    | 37.29    | 41.49    | 35.89     | 39.89    |
|                                                                                                                                  | 1:52.49   | 2:04.99 | 1:41.99  | 1:53.29  | 1:32.89  | 1:43.19  | 1:31.49   | 1:41.59  | 100 BK           | 1:36.09   | 1:46.79 | 1:27.39  | 1:37.09  | 1:18.59  | 1:27.39  | 1:15.69   | 1:24.09  |
|                                                                                                                                  |           |         | 4:04.79  | 4:31.89  | 3:42.99  | 4:07.69  | 3:39.59   | 4:03.89  | 200 BK           |           |         | 3:29.49  | 3:52.79  | 3:08.59  | 3:29.49  | 3:01.59   | 3:21.79  |
|                                                                                                                                  | 56.79     | 1:03.09 | 51.49    | 57.19    | 46.79    | 51.99    | 46.09     | 51.19    | 50 BR            | 49.79     | 55.29   | 45.29    | 50.29    | 40.79    | 45.29    | 39.29     | 43.59    |
|                                                                                                                                  | 1:59.69   | 2:12.99 | 1:48.49  | 2:00.49  | 1:38.69  | 1:49.69  | 1:37.19   | 1:47.99  | 100 BR           | 1:50.59   | 2:02.89 | 1:20.49  | 1:51.69  | 1:30.49  | 1:40.49  | 1:27.19   | 1:36.79  |
|                                                                                                                                  |           |         | 4:20.29  | 4:49.19  | 3:56.99  | 4:23.29  | 3:53.29   | 4:19.19  | 200 BR           |           |         | 3:40.09  | 4:04.49  | 3:18.09  | 3:40.09  | 2:56.09   | 3:31.89  |
|                                                                                                                                  | 48.29     | 53.59   | 43.69    | 48.49    | 39.79    | 44.19    | 39.19     | 43.49    | 50 FL            | 43.29     | 48.09   | 39.29    | 43.69    | 35.39    | 39.29    | 31.49     | 37.89    |
|                                                                                                                                  | 1:41.69   | 1:52.89 | 1:32.09  | 1:42.29  | 1:23.89  | 1:33.19  | 1:22.59   | 1:31.69  | 100 FL           | 1:30.89   | 1:40.99 | 1:22.79  | 1:31.99  | 1:14.39  | 1:22.59  | 1:06.09   | 1:19.59  |
|                                                                                                                                  |           |         | 3:40.99  | 4:05.49  | 3:21.39  | 3:43.69  | 3:18.09   | 3:40.09  | 200 FL           |           |         | 3:29.19  | 3:52.39  | 3:08.29  | 3:29.19  | 2:47.39   | 3:21.39  |
|                                                                                                                                  | 3:57.99   | 4:24.39 | 3:35.69  | 3:59.59  | 3:16.29  | 3:38.09  | 3:19.39   | 3:34.79  | 200 IM           | 3:29.69   | 3:52.99 | 3:10.69  | 3:31.79  | 2:51.59  | 3:10.69  | 2:32.49   | 3:03.59  |
|                                                                                                                                  |           |         | 8:34.59  | 9:25.49  | 7:48.39  | 8:34.69  | 7:41.39   | 8:26.99  | 400 IM           |           |         | 7:46.79  | 8:20.09  | 6:56.79  | 7:30.09  | 6:40.09   | 7:13.39  |