



2025 TYR Senior Metropolitan Summer Championships

July 10-13, 2025

Nassau County Aquatic Center
Hosted by Metropolitan Swimming
Sanction # 250702 and 250751-TT

Metro reserves the right to adjust the meet information and format.
Please make sure to check the Metro website and with the coaches for updates.

Entry Deadline is **6:00 PM June 30, 2025**

Entry Corrections Deadline is **12:00 PM July 5, 2025**

New Qualifying Deadline is **6:00 PM July 7, 2025**

New qualifying times, swum after the deadline, will be accepted until Monday, **July 7, 2025**, 6:00 PM, only first-time qualifying times will be accepted, no time updates will be accepted.

Updated Information will be available: <https://www.gomotionapp.com/team/mrlsc/page/senior-mets>

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SESSION SCHEDULE

THURSDAY	Timed Finals	4:00 PM Warmup	5:30 PM Start
FRIDAY + SATURDAY	Prelims	7:30 AM Warmup	9:00 AM Start
	Finals	4:30 PM Warmup	5:30 PM Start
SUNDAY	Prelims	7:30 AM, Warmup	9:00 AM Start
	Distance	TBA	TBA
	Finals	4:00 PM Warmup	5:00 PM Start

EVENT ORDER

W	THURSDAY	M	W	SUNDAY	M
1	800 Freestyle	2	29	200 Backstroke	30
3	800 Freestyle Relay	4	31	200 Breaststroke	32
			33	100 Freestyle	34
			35	200 Butterfly	36
W	FRIDAY	M	W	SUNDAY DISTANCE	M
5	200 Free Relay	6	27	1500 Freestyle	28
7	100 Breaststroke	8			
9	200 Freestyle	10			
11	100 Butterfly	12			
13	400 Individual Medley	14			
15	200 Medley Relay	16			
W	SATURDAY	M	W	SUNDAY FINALS	M
17	200 Individual Medley	18	27	1500 Freestyle (Fastest Heat)	28
19	50 Freestyle	20	29	200 Backstroke	30
21	100 Backstroke	22	31	200 Breaststroke	32
23	400 Freestyle	24	33	100 Freestyle	34
25	400 Medley Relay	26	35	200 Butterfly	36
			37	400 Freestyle Relay	38



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GENERAL INFORMATION

Questions

For all meet related questions

entries@metroswimming.org

Meet Referee

Allen Wone

ssc.allenwone@gmail.com

Administrative Referee

Jeff Chu

entries@metroswimming.org

Meet Director

Diana Ross, Kate Hallex, and
Kimberly Wyer-Ferraris

seniorchair@metroswimming.org

Metropolitan Swimming Senior Co-Chairs

Kate Hallex and Diana Ross

seniorchair@metroswimming.org

Facility

Nassau County Aquatic Center

[Merrick Avenue, East Meadow, NY 11554](#)

10 x 50m lanes, minimum depth 2 meters. Colorado Timing System, with 10-lane scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Ample free parking is available. Patrons must not park in areas indicated for Nassau County Staff.

Meeting Schedule

Technical Meeting

8:00 PM

July 9, 2025

Officials Meeting

Following Technical Meeting

July 9, 2025

Zoom Registration: <https://zoom.us/meeting/register/xyN2OZfNTTu8vBuCc0qyAQ>

Officials

Officials wishing to volunteer should sign up by **July 05, 2025**.

Officials Signup: <https://forms.gle/ucCmqjBZiMjmYUqx7>

The Meet is open to all USA Swimming certified officials

A request will be submitted for this meet to be a National Certification Qualifying Meet (OQM) under the National Officials Certification Program.

Requests for evaluation must be received by **July 01, 2025**.



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Any officials requesting national evaluation should apply using the Officials Signup link above, noting the request for evaluation.

Details of the certification program can be found on the USA Swimming Website. Any questions regarding this OQM should be emailed to Jennifer Bancroft, officialschair@metroswimming.org

Volunteer Assignments

All teams will be given at least one timing and/or other volunteer assignment regardless of number of entries. Additional assignments will be allocated based on the size of your entry. The Meet Director will consider team sizes for each session to fairly allocate assignments. All assignments must be filled for the entirety of the session. Teams that fail to fulfill assignments will face a penalty of \$150 per instance at the discretion of the Meet Director.

Teams that begin an assignment but fail to remain in their assignment for the duration of the session will be fined \$125 per instance. Timers must check-in 1 (one) hour prior to the session start and must be present at the Timers' Meeting 30 minutes before session start. Meet Marshalls must be ready on deck before warm-ups begin. Fines will be invoiced from the Metro Office.

Admissions

Admission is free.

~~Spectator seating may be limited dependent upon facility guidelines at the time of the event. All Admissions must be bought online, and proof of purchase will be needed to be allowed into the spectator stands. You will not be able to purchase tickets at the door. Failure to buy online will result in denied entry.~~

Thursday

~~Admission: \$1.00 per person per session~~

Friday, Saturday, Sunday Prelims/Finals

~~Adult Admission: \$10.00 per person per session, Child Admission: \$3.00 per person per session~~

~~**All Sessions Pass: \$50.00 — Includes Finals**~~



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ENTERING THE MEET

Meet Entries

1. A swimmer may enter any event for which they have met the qualifying standard but may participate in no more than six (6) individual events during the meet.
2. If a swimmer exceeds their maximum daily or meet allowance of events and is not properly scratched, then the first (6) events listed for that swimmer are the events that they will be seeded in and they will be scratched from all remaining events.
3. A swimmer may not swim more than three (3) individual events on any one day. Time Trials count towards an athlete's number of individual events. Once a swimmer is seeded in an event, it counts as an event for that day.
4. A swimmer may swim in any number of relay events during the meet, and relay swims will not count towards their individual event total.
5. All entries must be submitted via the OME by June 30, 2025. This is the only accepted way to enter this meet, with the exception of new swims achieved after the meet deadline.
6. Your entry file should be supplemented by an entries per athlete report, emailed to entries@metroswimming.org to establish the number of Metro meets swum.
7. Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before you finalize your OME entry. Once you submit via OME and check out you will not be able to make changes. you can only add new entries

Eligibility

1. All swimmers must be registered for 2025 with Metropolitan Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
2. In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.). Attendance at a meet as a relay-only swimmer does not count as one of the 3 Metro Meets requirements. Historical Metro swimmers are exempt as indicated

Qualifying Period

Times must have been achieved between May 1, 2024 and the meet entry deadline.

New Qualifying Swims

For swimmers qualifying for the first time between June 30 and July 7, 2025, coaches must submit information on new entries no later than 6:00 PM on July 7, 2025 to entries@metroswimming.org Please provide the swimmer's name, USA Swimming ID (if not already in the meet), event and time swum, the meet the time was achieved at and the date. Times updates will NOT be accepted.

Corrections

A preliminary psych sheet will be posted on the Metro website Tuesday, July 1, by noon. Coaches have until Saturday, July 5, noon, to submit corrections by email to entries@metroswimming.org Corrections include missed or mis-entered events. Corrections will be charged \$30 per instance.

Fees

Individual Entry: \$12 per event, Swimmer Surcharge: \$12 per athlete, Relay Entry: \$12 per relay entered

Number of Events

A swimmer may not swim more than three (3) individual events on any one day. Time Trials count towards an athlete's number of individual events. Once a swimmer is seeded in an event, it counts as an event for that day.

Bonus Events

No Bonus Events are being offered.

DEI

Metro may waive entry fees and facility surcharge for registered outreach swimmers. Coaches should contact Eddie Oyola - ddei@metroswimming.org and identify registered swimmers whom they wish to consider for waiver of fees when submitting meet entries.

Disability Swimmers

Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete or the athlete's coach is also responsible for notifying the Meet Referee of any disability prior to the



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in Metro Policies 202.2.

3. Entry times must equal or better the qualifying standards. Long Course Meters (LCM) times will be the conforming standard and will be seeded faster than SCY and SCM times. Entry times may not be converted.

5. Relays may be entered with composite times.

6. Relay-only swimmers must be entered before the meet deadline, **June 30, 2025**, to be eligible to swim.

7. Swimmers entered with unprovable times will not be seeded.

8. In compliance with USA Swimming regulations, all adult athletes (those who are 18 or older) participating in the meet must have up-to-date Athlete Protection Training (APT) in order to compete. Swimmers who turn 18 during the meet, need to have completed the APT in order to continue competing, even if their age for the meet is still considered to be 17.

competition so that all appropriate accommodations can be made. Qualification standards for this meet will be the USA Swimming Para Sectional Times Standards



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CHAMPIONSHIP PROCEDURES

Rules

1. The 2025 USA Swimming Rules and Regulations will apply.
2. The USA Swimming Code of Conduct is in effect for the duration of the meet.
3. The overhead start procedure may be used at the discretion of the Meet Referee and if such starts comply with the state, local, and facility guidelines in effect at the beginning of the competition.
4. Head Coaches will be asked to provide a cell number for contact in case a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches if a swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.
5. In all timed final events (800m Free and 1500m Free) and in all prelim events, after the events have been either positively checked or seeded, any swimmer who fails to compete in an individual event in which they are entered and from which they have not been scratched properly will be barred from all further individual and relay events of that day. Note: It is not possible to DFS in a positive check-in event. 6. A swimmer who receives a NO SHOW penalty shall not be seeded in any Individual events on succeeding days without having first positively checked-in at the Admin table.
7. C and D finals are limited to swimmers 18 and under
8. A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event, that they may not intend to compete, and further must declare their final intention within 30 minutes following their last preliminary event.
9. If a swimmer fails to follow this procedure, they will be barred from further competition for the remainder of the meet, except as noted in Rules 207.11.6.A to F. In addition, if a swimmer fails to follow this procedure for the last session of the meet, their club will be fined \$150.00 for each instance.
10. Any swimmer qualifying for a D, C, B, or A final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph 207.11.6E. In all finals' heats, a declared false start under 101.1.3E or deliberate delay of meet under

Seeding

Thursday: Timed finals, swimmers and relays must provide their own timers and counters

Women's and Men's 800 Meter Free

- Positive Check-in required
- May be limited to 40 Women and 40 Men Swimmers

- Swum fastest to slowest

- Alternating Women and Men

Deadline for POSITIVE CHECK-IN is Thursday 4:45 PM

800 LCM Free Relay

- Check-in required
- Swum fastest to slowest
- The 2 fastest relays of each gender will swim first, followed by alternating Women and Men every heat.

Deadline for CHECK-IN is Thursday 5:00 PM

Friday, Saturday, Sunday: Prelim/Final Events
SCRATCH DEADLINE for Prelims is at 6:30 PM the day prior

Sunday Distance Event Timed finals, swimmers must provide their own timers and counters Women's and Men's 1500 LCM Free

- Positive Check-in required
- May be limited to 40 Women and 40 Men Swimmers
- Swum slowest to fastest
- Alternating Women and Men
- The fastest heat of the Women and the fastest heat of the Men will swim at finals

Deadline for POSITIVE CHECK-IN is Saturday 6:30 PM

Friday, Saturday and Sunday Relays

Timed finals

- All relays must check-in by the corresponding deadline (6:30 pm the day prior)
- Relay swimmers' names are due 30 minutes before the expected end of the individual events in the session the relays will swim in.
- Relay swimmers' names are due 30 minutes before the start of the session.

Time Trials

Time Trials may be offered at the discretion of the Meet Referee if time permits:

- Conducted at the end of Prelims each day including Thursday's Timed Finals Session.



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101.1.5 is not permitted and will be regarded as a failure to compete.

11. It is the coaches' responsibility to check and make sure their athletes are properly scratched out of finals and that they have not been moved into the final session. Coaches should not leave the competition deck until their swimmers' events are closed.

Membership Requirements

All swimmers must be registered for 2025 with Metropolitan Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

2. In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.). Attendance at a meet as a relay-only swimmer does not count as one of the 3 Metro Meets requirements. Historical Metro swimmers are exempt as indicated in Metro Policies 202.2.

SWIMS - Proof of Times

All times must be provable in the SWIMS database.

Entering Official Times

1. Verification of times for all events is required. OME pulls the times from SWIMS.
2. Coaches entering athletes with custom times, or times not yet in SWIMS, must be prepared to provide the meet results for the unproven times.
3. Any proof of time must be submitted prior to the Scratch Deadline for the session in which the event is being swum.
4. The proof of times must include the name and USA-Swimming ID of the athlete as well as the meet, event, and time swum.
5. High School, College, YMCA and similar non-USA Swimming meets swims must be officially authorized by USA Swimming.

Responsibility Clause

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined \$150; no

- Limited to 30 minutes.
- Sign-up at the Resolution Table, sign-up times will be announced each session.
- Swimmers are allowed two (2) time trials over the course of the meet.
- Cost, due at the time of entry in cash \$15 per entry \$20 per distance event entry (800 and 1500) \$20 per relay entry

Note: Time trials count towards a swimmer's total daily individual events

Format

- Coaches and swimmers shall have the responsibility to familiarize themselves with the current USA Swimming Rules and Regulations.
- There will be preliminaries and finals in all individual events except the 800m Free and the 1500m Free. These distance events are swum as timed finals.
- All relays are swum as timed finals with the top 16 swimming at finals, with the exception of the 800 Free relays on Thursday.
- All finals will be swum in 8 lanes. Prelims and the distance events may be swum in 8 or 10 lanes, at the discretion of the Meet Referee.
- The event order for the final sessions will be:
 - D - Bonus Final – 8 swimmers - limited to swimmers 18 & under (offered for 50's & 100's only)
 - C - Bonus Final – 8 swimmers - limited to swimmers 18 & under
 - B - Consolation Final – 8 swimmers
 - A - Championship Final – 8 swimmers

Scratch Procedure

Head Coaches will be asked to provide a cell number for contact in case a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches if a swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open. 5. In all timed final events (800m Free and 1500m Free) and in all prelim events, after the events have been either positively checked or seeded, any swimmer who fails to compete in an individual event in which they are entered and from which they have not been scratched properly will be barred from all further individual and relay events of that day. Note: It is not possible to DFS in a positive check-in event. 6. A



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further entries will be accepted from the club until the fine is paid. All swimmers, coaches, and officials must be properly registered with USA Swimming for 2025.

Registration

OME will be used for meet entry.

Check-In

Positive Check-In events will be done at the Resolution Desk.

Warmup and Safety

Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. All athlete members must be under the supervision of a USA Swimming member coach during warm-ups, competition and warm-downs. Only athletes entered in this meet may use the warm-up lanes. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for supervision. Coaches must notify the Meet Director of any different coaching assignments. Warmup lanes are open on a first come, first served basis. Clubs may share lanes with other clubs. No diving will be permitted, except in the designated sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. Designated sprint and pace lanes will open the last 30 minutes of general warm-up. Entry into the pool is feet first only, except for the designated sprint lanes. No equipment will be allowed in the competition pool at any time.

All swimmers must wear footwear upon leaving the pool area. Marshals will be present throughout warmups and competition and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. 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 member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Only swimmers, coaches with current USA Swimming certification credentials, volunteers, timers and officials will be allowed on deck.

swimmer who receives a NO SHOW penalty shall not be seeded in any Individual events on succeeding days without having first positively checked-in at the Admin table

Ready Room

The location of the ready room will be announced at the Technical Meeting.

Meet Jury

For consideration of all other protests lodged at the meet, the Meet Referee may appoint a meet jury. The jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.

Meet Scoring

All events will be scored to 16 places.

Points for Individual events are:

- D Bonus Final – for 50 Free and 100 events only – non-scoring
- C Bonus Final – non-scoring
- B Consolation Final – 9, 7, 6, 5, 4, 3, 2, 1
- A Championship Final – 20, 17, 16, 15, 14, 13, 12, 11 Points will be doubled for relays.

Only two relay teams per club may score.

The C and D finals are limited to swimmers 18 and under – swimmers 19 and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches.

Results

Posed on Meet Mobile (Unofficial) and on the Metropolitan Swimming website.

Awards

Medals for the first 8 places in individual events and top 3 relays. The location and times for a formal awards presentation of the top 3 individual and relay finishers will be announced at the Technical Meeting. A full sequencing of events and awards will be published with the heat sheet for each final's session. Awards will be given to the top individual male and female high point winners, as well as the top 3 scoring teams for Women's, Men's, and Combined team scores at the conclusion of the meet.

Photography

Photographers are required to complete a [photography registration form](#).



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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 mandatory reporting of violations.

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 833-5US-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. 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 age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend the event, swimmers must designate a supervising coach. Arriving with a fellow LSC club/coach is preferred, however if a swimmer arrives without a coach, he/ she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

During the entire meet, use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks, while athletes are in vulnerable positions, and are not permitted in changing areas, rest rooms or locker rooms.



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Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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.

All athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership via the USA Swimming App. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course. Upon acceptance of their entries, the participant waives all claims against Nassau County Aquatic Center, Nassau County, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and Metropolitan Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



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TIME STANDARDS

Eligibility period: from May 1, 2024 to meet entry deadline

WOMEN				MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
25.19	27.99	28.79	50 FREE	26.19	25.39	22.79
54.69	1:00.79	1:02.29	100 FREE	55.69	54.89	49.49
1:58.29	2:11.29	2:14.49	200 FREE	2:03.89	2:00.69	1:48.69
5:15.99	4:36.99	4:42.99	400/500 FREE	4:22.79	4:16.79	4:52.99
10:59.99	9:36.99	9:49.99	800/1000 FREE	9:04.49	8:51.69	10:09.99
18:40.99	18:38.99	19:02.99	1500/1650 FREE	17:40.79	17:16.79	17:19.99
1:00.69	1:07.39	1:08.59	100 BACK	1:03.39	1:02.19	55.99
2:11.49	2:25.99	2:28.39	200 BACK	2:17.79	2:15.39	2:01.99
1:10.29	1:18.09	1:20.09	100 BREAST	1:12.49	1:10.49	1:03.49
2:31.99	2:48.68	2:52.69	200 BREAST	2:38.69	2:34.29	2:18.99
59.99	1:06.79	1:07.79	100 FLY	1:01.99	1:00.59	54.59
2:15.99	2:30.99	2:33.79	200 FLY	2:20.49	2:17.69	2:03.99
2:11.99	2:26.49	2:30.49	200 IM	2:17.99	2:14.79	2:01.39
4:41.99	5:12.99	5:21.89	400 IM	4:57.19	4:40.79	4:21.99

WOMEN			RELAYS	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
--	--	--	200 FREE	--	--	--
3:45.79	4:11.69	4:17.29	400 FREE	3:50.59	3:44.19	3:21.89
8:05.39	8:58.79	9:11.59	800 FREE	8:23.89	8:11.09	7:22.39
--	--	--	200 MEDLEY	--	--	--
4:12.29	4:40.09	4:46.49	400 MEDLEY	4:18.39	4:11.99	3:46.99

Eligibility for the 800 or 1500 qualifies an athlete for both.

Eligibility for the 200 Freestyle Relay will be determined by the 400 Freestyle Relay Time Standards

Eligibility for the 200 Medley Relay will be determined by the 400 Medley Relay Time Standards

