

2025 Schedule of Events

* Swum in Finals Only

** Swum in Prelims Only

Session 1 Thursday, December 4, 2025				
Timed Finals - Warm-Up 4:30 pm, Start 5:15 PM				
W	Time	Event	Time	M
1	19:15.19	Senior 1650 Free	17:30.99	2
3	19:29.59	13-14 1650 Free		

Session 2 Thursday, December 4, 2025				
Timed Finals - Warm-Up 4:30 pm, Start 5:15 PM				
W	Time	Event	Time	M
101	7:02.19	10 & U 500 Free	7:09.29	102
103	21:59.69	11-12 1650 Free	22:05.49	104
		13-14 1650 Free	18:55.49	105

Session 3 Friday, December 5, 2025				
Prelims - Warm-Up 7:45 am, Start 8:45 am				
W	Time	Event	Time	M
4*	NTS	Senior 200 Free Relay	NTS	5*
6*	NTS	13-14 200 Free Relay	NTS	
7	2:04.09	Senior 200 Free	1:53.99	8
9	2:08.09	13-14 200 Free		
10	NTS	Senior 100 Breast	NTS	11
12	NTS	13-14 100 Breast		
13	2:23.99	Senior 200 Back	2:13.29	14
15	2:27.99	13-14 200 Back		
16	NTS	Senior 50 Free	NTS	17
18	NTS	13-14 50 Free		
19	4:48.99	Senior 400 IM	4:26.99	20
21*	5:05.59	13-14 400 IM		
22	NTS	Senior 400 Medley Relay	NTS	23
*24	NTS	13-14 400 Medley Relay		

Session 4 Friday, December 5, 2025				
Prelims - Warm-Up 7:45 am, Start 8:45 am				
W	Time	Event	Time	M
	NTS	13-14 200 Free Relay	NTS	106*
107*	NTS	11-12 200 Free Relay	NTS	108*
109*	NTS	10 & U 200 Free Relay	NTS	110*
		13-14 200 Free	2:05.19	111
112	2:19.19	11-12 200 Free	2:22.39	113
114	2:48.39	10 & U 200 Free	2:55.09	115
		13-14 100 Breast	NTS	116
117	NTS	11-12 100 Breast	NTS	118
119	NTS	10 & U 100 Breast	NTS	120
		13-14 200 Back	2:20.99	121
122	2:37.69	11-12 200 Back	2:45.59	123
		13-14 50 Free	NTS	124
125	NTS	11-12 50 Free	NTS	126
127	NTS	10 & U 50 Free	NTS	128
		13-14 400 IM	5:02.99	129*
130	5:40.69*	11-12 400 IM	5:55.09	131*
	NTS	13-14 400 Medley Relay	NTS	132*
133*	NTS	12 & U 400 Medley Relay	NTS	134*

Friday Finals	4:30 Warm Up	5:15 Start
Saturday Finals	4:30 Warm Up	5:15 Start
Sunday Finals	3:00 Warm Up	3:45 Start

Session 7 Saturday, December 6, 2025				
Prelims - Warm-Up 7:45 am, Start 8:45 am				
W	Time	Event	Time	M
25*	NTS	200 Medley Relay	NTS	26*
27*	NTS	13-14 200 Medley Relay		
28	NTS	Senior 100 Back	NTS	29
30	NTS	13-14 100 Back		
31	2:41.49	Senior 200 Breast	2:25.49	32
33	2:45.99	13-14 200 Breast		
34	NTS	Senior 100 Fly	NTS	35
36	NTS	13-14 100 Fly		
37	NTS	Senior 50 Breast	NTS	38
39	NTS	13-14 50 Breast		
40	5:20.99	Senior 500 Free	4:57.09	41
42	5:34.99	13-14 500 Free		
43*	NTS	Senior 400 Free Relay	NTS	44*
45*	NTS	13-14 400 Free Relay		

Friday Finals	4:30 Warm Up	5:15 Start
Saturday Finals	4:30 Warm Up	5:15 Start
Sunday Finals	3:00 Warm Up	3:45 Start

Session 8 Saturday, December 6, 2025				
Prelims - Warm-Up 7:45 am, Start 8:45 am				
W	Time	Event	Time	M
		13-14 200 Medley Relay	NTS	135*
136*	NTS	11-12 200 Medley Relay	NTS	137*
138*	NTS	10 & U 200 Medley Relay	NTS	139*
		13-14 100 Back	NTS	140
141	NTS	11-12 100 Back	NTS	142
143	NTS	10 & U 100 Back	NTS	144
		13-14 200 Breast	2:39.69	145
146	2:57.99	11-12 200 Breast	3:01.39	147
		13-14 100 Fly	NTS	148
149	NTS	11-12 100 Fly	NTS	150
151	NTS	10 & U 100 Fly	NTS	152
		13-14 50 Breast	NTS	153
154	NTS	11-12 50 Breast	NTS	155
156	NTS	10 & U 50 Breast	NTS	157
158	NTS	11-12 100 IM	NTS	159
160	NTS	10 & U 100 IM	NTS	161
		13-14 500 Free	5:18.99	162*
163*	5:59.99	11-12 500 Free	6:05.99	164*
	NTS	13-14 400 Free Relay	NTS	165*
166*	NTS	12 & U 400 Free Relay	NTS	167*

Session 11 Sunday, December 7, 2025				
Prelims - Warm-Up 7:15 am, Start 8:45 am				
W	Time	Event	Time	M
46	NTS	Senior 50 Fly	NTS	47
48	NTS	13-14 50 Fly		
49	2:22.59	Senior 200 IM	2:11.69	50
51	2:26.39	13-14 200 IM		
52	NTS	Senior 100 Free	NTS	53
54	NTS	13-14 100 Free		
55	2:23.99	Senior 200 Fly	2:11.29	56
57	2:27.99	13-14 200 Fly		
58	NTS	Senior 50 Back	NTS	59
60	NTS	13-14 50 Back		
Friday Finals		4:30 Warm Up	5:15 Start	
Saturday Finals		4:30 Warm Up	5:15 Start	
Sunday Finals		3:00 Warm Up	3:45 Start	

Session 12 Sunday, December 7, 2025				
Prelims - Warm-Up 7:15 am, Start 8:45 am				
W	Time	Event	Time	M
		13-14 50 Fly	NTS	168
169	NTS	11-12 50 Fly	NTS	170
171	NTS	10 & U 50 Fly	NTS	172
		13-14 200 IM	2:19.39	173
174	2:35.29	11-12 200 IM	2:39.59	175
176	2:58.69	10 & U 200 IM	3:07.59	177
		13-14 100 Free	NTS	178
179	NTS	11-12 100 Free	NTS	180
181	NTS	10 & U 100 Free	NTS	182
		13-14 200 Fly	2:27.29	183
184	2:49.39	11-12 200 Fly	2:58.99	185
		13-14 50 Back	NTS	186
187	NTS	11-12 50 Back	NTS	188
189	NTS	10 & U 50 Back	NTS	190

LCM & SCM Time Standards

Long Course Meters/LCM Bonus Short Course Meters/SCM Bonus								
Senior	13-14	11-12	10&U GIRLS		10&UBOYS	11-12	13-14	Senior
2:20.89/2:23.89 2:13.39/2:15.69	2:20.89/2:22.89 2:13.49/2:15.69	2:33.39 2:26.69	3:00.69 2:53.19	200 Free	3:08.99 2:59.99	2:39.69 2:31.09	2:17.99/2:19.99 2:10.29/2:12.49	2:10.79/2:12.79 2:02.29/2:04.59
4:54.99 4:36.49	4:58.99 4:48.79	5:22.99 5:14.99	6:10.69 6:00.59	400 Free	6:19.99 6:06.89	5:28.99 5:20.19	4:49.99 4:39.19	4:30.99 4:15.59
19:57.99 19:22.19	20:45.89 19:36.59	22:29.79 22:07.59	XXXXXXXX	1500 Free	XXXXXXXX	22:45.89 22:13.39	20:35.29 19:02.29	18:42.79 17:37.29
2:42.29/2:44.29 2:34.19/2:36.19	2:43.29 2:35.29	3:01.99 2:52.39	XXXXXXXX	200 Back	XXXXXXXX	3:09.09 3:00.39	2:43.89 2:34.19	2:29.89/2:31.89 2:22.49/2:24.49
3:03.69/3:05.69 2:54.09/2:56.59	3:05.79 2:56.09	3:22.09 3:14.59	XXXXXXXX	200 Breast	XXXXXXXX	3:33.49 3:25.99	3:09.49 2:54.59	2:45.99/2:47.99 2:36.39/2:39.09
2:41.29/2:43.29 2:34.19/2:36.49	2:45.69 2:41.79	3:10.89 3:02.99	XXXXXXXX	200 Fly	XXXXXXXX	3:16.89 3:08.99	2:46.99 2:41.09	2:25.99/2:27.99 2:19.49/2:21.59
2:37.49/2:39.49 2:32.59/2:35.89	2:41.89/2:43.89 2:33.49/2:35.69	2:56.59 2:49.79	3:21.59 3:14.29	200 IM	3:33.99 3:23.99	3:02.89 2:54.49	2:37.89/2:39.89 2:30.29/2:32.39	2:29.89/2:30.89 2:20.69/2:23.49
5:39.99 5:16.09	5:49.89 5:34.19	6:25.89 6:12.59	XXXXXXXX	400 IM	XXXXXXXX	6:45.99 6:28.29	5:45.39 5:31.29	5:21.99 4:51.99