



PRESS START

UPDATED AS OF APRIL 25, 2025

NEW MEXICO SWIMMING
2025 WESTERN ZONE AGE GROUP CHAMPIONSHIPS
AUGUST 6-9, 2025

Hosted by:
Elk Grove Aquatic Club
Elk Grove Aquatic Center
9701 Big Horn Blvd
Elk Grove, CA 95758



PURPOSE OF THE NEW MEXICO AGE GROUP ZONE TEAM

1. To provide a team travel experience for age-group swimmers to participate in a meet at a higher level of competition in preparation for competition with their club teams at National level meets.
2. This experience prepares young athletes for upper-level competition by giving them an opportunity to:
 - a. Travel and compete away from home
 - b. Meet and compete with unknown and faster athletes
 - c. Work with new and unfamiliar coaches
 - d. Compete at new and unfamiliar facilities
3. To develop future leaders of New Mexico Swimming and role models for their home clubs.
4. To motivate athletes and increase confidence through experiencing a higher level of competition.



HOW TO MAKE THE NEW MEXICO WESTERN ZONE AGE GROUP TEAM

TIME STANDARDS:

Age Group Zones is a AAA time standard qualification for automatic admission to the team. However, we will be evaluating each submitted application for the NM Age Zones for times, age bracket openings and overall eligibility.

Make sure to submit any 14 & under swimmer for consideration (age of as Aug 6, 2025)!

COACHES & CHAPERONES

Chaperone applications are open NOW and all applications will be considered if received **by June 15, 2025 at 11:55pm**, and will be selected no later than June 20, 2025. *(If there is a large number of swimmers selected after Long Course State Championship for the AG Zones team, there is an opportunity to add additional chaperones as needed.)*

Chaperones assist with managing the logistics, food and snack logistics, driving the vans, and maintain the overall schedule and supervision of the swimmers. Details on chaperone requirements, as per USA Swimming, will be posted on the NM Swimming website or emailed out. Coaches and parents are welcome to apply.



Mike McCluhan –
Head Coach



Micah Lawson –
Assistant Coach, 13/14



Stephen Duckett –
Assistant Coach, 11/12



Ashley Patterson –
Assistant Coach, 10&Unders

WHAT IS THE COST & WHAT DOES IT INCLUDE?

The UPDATED cost for 2025 AG Zones, per swimmer, is **\$600 plus airfare (to be paid by the swimmer)**

The fee includes the following:

- Ground transportation by passenger vans throughout the meet
- All food and snacks during the duration of the trip
- Hotel lodging for all swimmers (must stay with the team)
- Meet entry fees
- Zone after-party
- Team gear and embroidery etc...

Payment is required by **June 30, 2025**

Payment will be made **ONLINE** only by ACH, Debit or credit card. To avoid processing fees, please follow the instructions in the payment portal.



Outreach Swimmers: In addition to the portion of the Age Group Zones trip, which is paid for by NMS, all registered outreach swimmers who qualify for the Age Group Zones and choose to participate, will have all travel related expenses arranged and paid through the NM Age Group Zones budget.



HOW TO MAKE YOUR PAYMENT ONLINE



Payment is required by **June 30, 2025**

Payment will be made **ONLINE** only by ACH, Debit or credit card. To avoid processing fees, please follow the instructions in the payment portal.

HOW TO APPLY?

Deadline for this year's application submission is **June 10th, 2025 at 11:55pm.**

The online application will be located at the New Mexico Swimming LSC website:

[New Mexico Swimming - Zones Application \(gomotionapp.com\)](https://gomotionapp.com)

You will need to fill out all parts of the application online, including your swimmer's **USA Swimming ID#**. You will be informed of your acceptance to the Zones Team on or before **June 15th**.

New times from long course meets can be used in the team evaluation process if necessary. Additional applicants who meet the criteria during the NMS Long Course State Championship will be evaluated and considered for the AG Zones Team.



****PLEASE NOTE: You will be creating a new profile for your swimmer on the New Mexico Swimming LSC site as part of the application process. Please let us know if you have any issues with the account creation.***

Upon acceptance to the team, you will need to fill out the related waivers and code of conducts in the New Mexico Swimming portal.

TRAVELING TO ELK GROVE VIA SACRAMENTO

The team will be departing on Tuesday, August 5, 2025, and returning on Sunday, August 10, 2025.

Team Travel – Swimmers are responsible for the cost of their airfare with the team. All athletes 11 & over are **required** to travel to and from the meet and during the meet with the Zone Team. 10 & under athletes have **OPTIONAL** team travel or parental/guardian travel. Parental/guardian travel would also include staying with the parent/guardian in the same hotel room and parent/guardian provided transport to and from the pool.

For those swimmers doing team travel as an unaccompanied minor, you will need to link your confirmation number to one of the coaches' or chaperones' confirmation numbers. We will provide this very soon...

****Parents who are traveling with their swimmer may check-out their swimmer after the team party on the last night of competition. This is to accommodate other family travel plans, etc... Please let us know in advance if you will using this option.***



NEW MEXICO
SWIMMING

Southwest 

TEAM FLIGHTS TO/FROM SACRAMENTO

FROM ALBUQUERQUE:

Southwest Airlines

Tuesday, August 5

ABQ to SMF (via PHX)

#958/4102

Leaves 10:25am, Arrives 3:10pm

Back-up Option (Overflow flight)

Tuesday, August 5

ABQ to SMF (via SAN)

#794/2190

Leaves 10:25am, Arrives 3:10pm

FROM SACRAMENTO:

Southwest Airlines

Sunday, August 10

SMF to ABQ (via LAX)

#3410/3612

Leaves 8:50am, Arrives 2:05pm



TEAM FLIGHTS TO/FROM SACRAMENTO

FROM EL PASO:

Southwest Airlines

Tuesday, August 5

ELP to SMF (via PHX)

#149/4102

Leaves 8:50am, Arrives 3:10pm

FROM SACRAMENTO:

Southwest Airlines

Sunday, August 10

SMF to ELP (via LAX)

#3410/2917

Leaves 8:50am, Arrives 3:25pm

NEW MEXICO SWIMMING



HOTEL LODGING & ROOM RATES

TownPlace Suites by Marriott – Elk Grove

9320 E. Stockton Blvd., Elk Grove, CA 95624

Parents are responsible for securing their own lodging.

- 3 to 4 swimmers to a room – same sex and same age bracket
- Chaperones or coaches on the same floor as swimmers
- NM Swimming will book the rooms for all swimmers on team travel.
- 10 & Unders have the **OPTION** to stay with parent/guardian in a parent/guardian provided hotel room (must include parent/guardian provided transportation to and from the pool) **OR** they can travel and stay with the team in rooms with other 10 & Under swimmers, transportation in Elk Grove with the team and team meals. These options will be included on the application process. We will honor the option selected; **however, changes CANNOT be made to accommodation and transportation once in Elk Grove.**

As of April 25, THE HOTEL IS CURRENTLY FULL – IF YOU CHOOSE NOT TO USE A ROOM YOU HAVE PRE-BOOKED, PLEASE LET US KNOW SO WE CAN USE IT FOR OTHER SWIMMERS & CHAPERONES. THANK YOU!

CODE OF CONDUCTION AND CELL PHONE USAGE

Cell Phone Usage:

Cell phone usage is a privilege. If athletes are found to be inappropriate in any way their parents will be notified, and their phone will be confiscated for the rest of the meet. We will lean on the parents to discuss good electronic communication behavior. This includes any type of cyber bullying on social media or group chats.



Code of Conduct:

A Code of Conduct agreement will be required for the swimmers and for the parents to sign. Conduct of the swimmers is of the utmost importance on a travel meet, as the swimmer is not only representing themselves, but also the LSC and the state of New Mexico. Breaking the Code of Conduct could result in the swimmer not participating in team events or being sent home at the cost of the parent. Please note Code of Conduct is in effect from the time the swimmer is selected for the team and pertains to any activity that could reflect poorly on New Mexico Swimming or the swimmers.

We are delighted to announce that New Mexico Swimming and the 2025 Age Group Zones team has partnered with TYR as our brand sponsor!

Zone Qualifiers receive for Zones Travel (items are subject to change):

- 40% discount on any tech suit – orders will be placed via NMS to receive the discount
- One(1) TYR/Team New Mexico warm up set
- One(1) TYR/Team New Mexico backpack
- One(1) TYR training suit all Team New Mexico practices
- One(1) Pair of TYR shoes
- TYR/Team New Mexico branded caps for competition and Team New Mexico practices

Additional TYR branded shirts will also be provided as the assigned uniform for Team New Mexico at Western AG Zones.

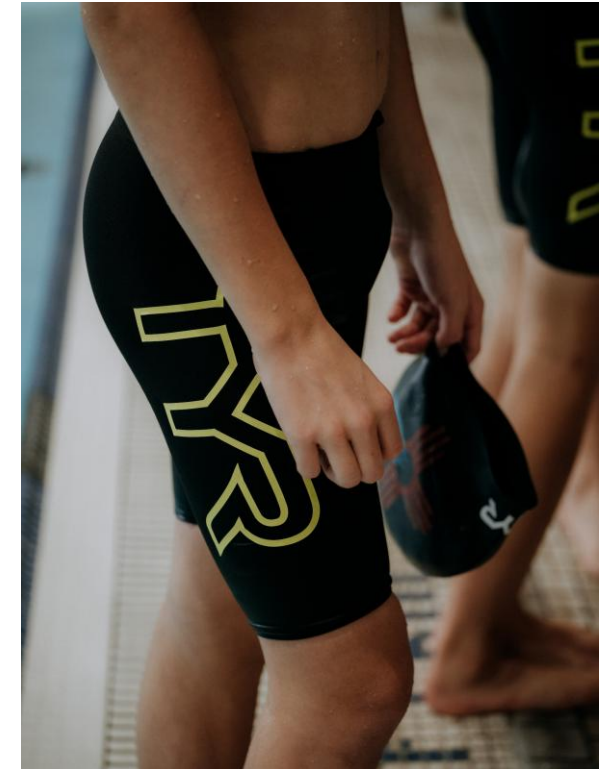
Parents and Fans of Team New Mexico will be able to purchase logo gear through a TYR/New Mexico store portal. Please go to:

<http://teams.tyr.com>
Access code: 15065

Parents will go there and need the access code to create their accounts. This is fan gear only and nothing for the AG Zones Team will need to be purchase through this

WE ARE #TEAMTYR

TYR



What swimsuit does my swimmer have to wear?

Swimmers may wear any suit they would like provided that it meets USA Swimming guidelines and as long as it doesn't identify a specific team other than Team New Mexico. We strongly encourage the TYR competition suits as they are our team brand partner, but we will accept other suits worn by swimmers. USA Swimming has enacted a Tech Suit rule for 12 & Under that must be adhered to for TYR suits or other brands.



Swimmers at Western AG Zones are part of Team New Mexico, so no club team gear should be brought to the meet. Team New Mexico gear will be distributed to the swimmers prior to the trip, where practical. Team New Mexico items will be required to be worn for the duration of the trip. Some of the Team New Mexico gear may need to be fitted to each swimmer, it is the parents' responsibility to make the time to meet with our AG co-chairs, at the designated times and locations (TBA). Your swimmer will receive their gear, in the size you order, so being properly fitted is highly recommended. We will not be able to order new gear at the last minute if what you order does not fit.

TIME STANDARDS
FOR AGE GROUP
ZONES –
10 & UNDER



B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
		10 & under Girls				Event			10 & under Boys			
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 FR SCY	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	100 FR SCY	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.89 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	200 FR SCY	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	500 FR SCY	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	50 BK SCY	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	100 BK SCY	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	50 BR SCY	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	100 BR SCY	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	50 FL SCY	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	100 FL SCY	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	100 IM SCY	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	200 IM SCY	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
1:44.09 *	1:32.99 *	1:21.89 *	1:18.19 *	1:14.49 *	1:10.79 *	100 FR LCM	1:09.79 *	1:13.19 *	1:16.69 *	1:20.19 *	1:30.59 *	1:40.99 *
3:50.99 *	3:25.69 *	3:00.39 *	2:51.99 *	2:43.49 *	2:35.09 *	200 FR LCM	2:31.69 *	2:38.89 *	2:46.09 *	2:53.39 *	3:14.99 *	3:36.69 *
7:48.59 *	7:01.69 *	6:14.89 *	5:59.29 *	5:43.69 *	5:27.99 *	400 FR LCM	5:20.79 *	5:36.09 *	5:51.39 *	6:06.59 *	6:52.49 *	7:38.29 *
55.79 *	49.69 *	43.59 *	41.59 *	39.49 *	37.49 *	50 BK LCM	36.99 *	38.99 *	41.09 *	43.09 *	49.29 *	55.39 *
2:01.59 *	1:48.09 *	1:34.59 *	1:30.09 *	1:25.59 *	1:21.09 *	100 BK LCM	1:19.99 *	1:24.09 *	1:28.19 *	1:32.29 *	1:44.49 *	1:56.69 *
1:02.19 *	55.49 *	48.79 *	46.49 *	44.29 *	42.09 *	50 BR LCM	41.49 *	43.59 *	45.79 *	47.89 *	54.39 *	1:00.89 *
2:19.39 *	2:03.89 *	1:48.39 *	1:43.29 *	1:38.09 *	1:32.99 *	100 BR LCM	1:31.69 *	1:36.29 *	1:40.89 *	1:45.49 *	1:59.19 *	2:12.89 *
54.49 *	48.09 *	41.59 *	39.49 *	37.29 *	35.19 *	50 FL LCM	34.69 *	36.59 *	38.59 *	40.59 *	46.39 *	52.29 *
2:12.79 *	1:55.39 *	1:37.99 *	1:32.19 *	1:26.39 *	1:20.59 *	100 FL LCM	1:19.59 *	1:25.09 *	1:30.69 *	1:36.19 *	1:52.89 *	2:09.49 *
4:15.69 *	3:48.89 *	3:22.09 *	3:13.09 *	3:04.19 *	2:55.29 *	200 IM LCM	2:52.19 *	3:00.79 *	3:09.39 *	3:17.89 *	3:43.69 *	4:09.49 *

TIME STANDARDS
FOR AGE GROUP
ZONES — 11 & 12



B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
		11-12 Girls				Event			11-12 Boys			
33.99 *	31.69 *	29.29 *	28.09 *	26.99 *	25.79 *	50 FR SCY	24.59 *	25.79 *	26.99 *	28.09 *	30.49 *	32.79 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 FR SCY	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:42.59 *	2:30.89 *	2:19.29 *	2:13.49 *	2:07.69 *	2:01.89 *	200 FR SCY	1:56.99 *	2:02.59 *	2:08.19 *	2:13.69 *	2:24.89 *	2:35.99 *
7:16.89 *	6:45.69 *	6:14.49 *	5:58.89 *	5:43.29 *	5:27.69 *	500 FR SCY	5:14.99 *	5:29.99 *	5:44.99 *	5:59.99 *	6:29.99 *	6:59.89 *
15:02.69 *	13:58.19 *	12:53.79 *	12:21.49 *	11:49.29 *	11:16.99 *	1000 FR SCY	11:02.59 *	11:34.19 *	12:05.79 *	12:37.29 *	13:40.39 *	14:43.49 *
25:07.39 *	23:19.69 *	21:32.09 *	20:38.19 *	19:44.39 *	18:50.59 *	1650 FR SCY	18:20.79 *	19:13.19 *	20:05.59 *	20:58.09 *	22:42.89 *	24:27.69 *
38.79 *	35.99 *	33.19 *	31.79 *	30.49 *	29.09 *	50 BK SCY	28.19 *	29.69 *	31.19 *	32.69 *	35.59 *	38.49 *
1:26.59 *	1:19.79 *	1:12.99 *	1:09.59 *	1:06.19 *	1:02.69 *	100 BK SCY	59.49	1:02.79	1:05.99	1:09.29 *	1:15.69	1:22.19
2:59.49 *	2:46.69 *	2:33.89 *	2:27.49 *	2:20.99 *	2:14.59 *	200 BK SCY	2:09.69 *	2:15.89 *	2:21.99 *	2:28.19 *	2:40.49 *	2:52.89 *
43.99 *	40.89 *	37.69 *	36.19 *	34.59 *	32.99 *	50 BR SCY	31.49 *	33.29 *	34.99 *	36.69 *	40.09 *	43.49 *
1:36.49 *	1:29.29 *	1:22.19 *	1:18.59 *	1:15.09 *	1:11.49 *	100 BR SCY	1:07.79 *	1:11.39 *	1:14.89 *	1:18.39 *	1:25.49 *	1:32.59 *
3:25.69 *	3:10.99 *	2:56.29 *	2:48.99 *	2:41.69 *	2:34.29 *	200 BR SCY	2:27.29 *	2:34.39 *	2:41.39 *	2:48.39 *	3:02.39 *	3:16.39 *
36.89 *	34.29 *	31.59 *	30.29 *	28.99 *	27.69 *	50 FL SCY	26.69 *	28.19	29.69	31.19	34.19	37.09
1:25.79 *	1:18.89 *	1:12.09 *	1:08.59 *	1:05.19 *	1:01.79 *	100 FL SCY	59.09 *	1:02.49 *	1:05.89	1:09.29	1:16.09	1:22.89
3:03.39 *	2:50.29 *	2:37.19 *	2:30.59 *	2:24.09 *	2:17.59 *	200 FL SCY	2:12.39 *	2:18.69 *	2:24.99 *	2:31.39 *	2:43.99 *	2:56.59 *
1:25.19 *	1:19.09 *	1:13.09 *	1:09.99 *	1:06.99 *	1:03.89 *	100 IM SCY	1:01.09 *	1:03.99 *	1:06.99 *	1:09.99 *	1:15.89 *	1:21.89 *
3:03.89 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.49 *	2:17.89 *	200 IM SCY	2:12.09 *	2:18.79 *	2:25.59 *	2:32.29 *	2:45.79 *	2:59.29 *
6:31.69 *	6:03.69 *	5:35.79 *	5:21.79 *	5:07.79 *	4:53.79 *	400 IM SCY	4:42.79 *	4:56.29 *	5:09.79 *	5:23.19 *	5:50.09 *	6:17.09 *
2:24.79 *	2:14.39 *	2:04.09 *	1:58.89 *	1:53.79 *	1:48.59 *	200 FR-R SCY	1:44.39 *	1:49.29 *	1:54.29 *	1:59.29 *	2:09.19 *	2:19.09 *
5:18.09 *	4:55.39 *	4:32.69 *	4:21.29 *	4:09.99 *	3:58.59 *	400 FR-R SCY	3:50.09 *	4:00.99 *	4:11.99 *	4:22.89 *	4:44.79 *	5:06.79 *
38.49 *	35.89 *	33.19 *	31.89 *	30.49 *	29.19 *	50 FR LCM	28.09 *	29.39 *	30.69	32.09 *	34.79 *	37.39 *
1:25.59 *	1:19.49 *	1:13.39 *	1:10.29 *	1:07.19 *	1:04.19 *	100 FR LCM	1:01.59 *	1:04.49 *	1:07.49 *	1:10.39 *	1:16.19 *	1:22.09 *
3:06.39 *	2:53.09 *	2:39.79 *	2:33.09 *	2:26.49 *	2:19.79 *	200 FR LCM	2:14.39 *	2:20.79 *	2:27.19 *	2:33.59 *	2:46.39 *	2:59.19 *
6:32.89 *	6:04.79 *	5:36.79 *	5:22.79 *	5:08.69 *	4:54.69 *	400 FR LCM	4:45.89 *	4:59.49 *	5:13.09 *	5:26.69 *	5:53.89 *	6:21.09 *
13:41.59 *	12:42.89 *	11:44.19 *	11:14.89 *	10:45.49 *	10:16.19 *	800 FR LCM	10:00.09 *	10:28.69 *	10:57.29 *	11:25.89 *	12:22.99 *	13:20.19 *
26:06.89 *	24:14.99 *	22:22.99 *	21:27.09 *	20:31.09 *	19:35.19 *	1500 FR LCM	19:23.89 *	20:19.29 *	21:14.69 *	22:10.19 *	24:00.99 *	25:51.79 *
44.79 *	41.59 *	38.39 *	36.79 *	35.19 *	33.59 *	50 BK LCM	32.59 *	34.29 *	35.99 *	37.69 *	41.09 *	44.49 *
1:40.59 *	1:32.69 *	1:24.79 *	1:20.79 *	1:16.89 *	1:12.89 *	100 BK LCM	1:10.39 *	1:14.29 *	1:18.09 *	1:21.89 *	1:29.59 *	1:37.19 *
3:28.09 *	3:13.29 *	2:58.39 *	2:50.99 *	2:43.49 *	2:36.09 *	200 BK LCM	2:32.19 *	2:39.49 *	2:46.69 *	2:53.99 *	3:08.49 *	3:22.99 *
49.79 *	46.19 *	42.69 *	40.89 *	39.09 *	37.39 *	50 BR LCM	36.09 *	38.09 *	39.99 *	41.99 *	45.89 *	49.79 *
1:50.39 *	1:42.19 *	1:33.99 *	1:29.99 *	1:25.89 *	1:21.79 *	100 BR LCM	1:18.99 *	1:23.09 *	1:27.19 *	1:31.29 *	1:39.59 *	1:47.79 *
3:56.79 *	3:39.89 *	3:22.99 *	3:14.49 *	3:06.09 *	2:57.59 *	200 BR LCM	2:50.99 *	2:59.09 *	3:07.19 *	3:15.39 *	3:31.59 *	3:47.89 *
41.79 *	38.79 *	35.79 *	34.29 *	32.89 *	31.39 *	50 FL LCM	30.29 *	31.99 *	33.59	35.29 *	38.69 *	41.99 *
1:38.29 *	1:30.49 *	1:22.59 *	1:18.69 *	1:14.79 *	1:10.79 *	100 FL LCM	1:07.79 *	1:11.69 *	1:15.59 *	1:19.49 *	1:27.29 *	1:35.09 *
3:31.09 *	3:15.99 *	3:00.89 *	2:53.39 *	2:45.89 *	2:38.29 *	200 FL LCM	2:33.59 *	2:40.89 *	2:48.29 *	2:55.59 *	3:10.19 *	3:24.79 *
3:30.59 *	3:15.59 *	3:00.59 *	2:52.99 *	2:45.49 *	2:37.99 *	200 IM LCM	2:30.59 *	2:38.29 *	2:45.99 *	2:53.69 *	3:08.99 *	3:24.39 *
7:28.89 *	6:56.79 *	6:24.79 *	6:08.69 *	5:52.69 *	5:36.69 *	400 IM LCM	5:28.39 *	5:44.09 *	5:59.69 *	6:15.39 *	6:46.59 *	7:17.89 *

TIME STANDARDS FOR AGE GROUP ZONES —13-14



B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
		13-14 Girls				Event			13-14 Boys			
32.49 *	30.19	27.89	26.69 *	25.59	24.39	50 FR SCY	22.39 *	23.49	24.59	25.59 *	27.69 *	29.89
1:10.99 *	1:05.89 *	1:00.89 *	58.29 *	55.79 *	53.29 *	100 FR SCY	48.69 *	51.09 *	53.39 *	55.69 *	1:00.29 *	1:04.99 *
2:33.59 *	2:22.69 *	2:11.69 *	2:06.19 *	2:00.69 *	1:55.29 *	200 FR SCY	1:46.89 *	1:51.99 *	1:57.09 *	2:02.19 *	2:12.29 *	2:22.49 *
6:52.19 *	6:22.79 *	5:53.39 *	5:38.59 *	5:23.89 *	5:09.19 *	500 FR SCY	4:49.29 *	5:03.09 *	5:16.89 *	5:30.59 *	5:58.19 *	6:25.69 *
14:11.09 *	13:10.29 *	12:09.49 *	11:39.09 *	11:08.69 *	10:38.29 *	1000 FR SCY	9:58.49 *	10:26.99 *	10:55.49 *	11:23.99 *	12:20.99 *	13:17.99 *
23:42.89 *	22:01.19 *	20:19.59 *	19:28.79 *	18:37.99 *	17:47.19 *	1650 FR SCY	16:47.19 *	17:35.19 *	18:23.09 *	19:11.09 *	20:46.99 *	22:22.89 *
36.19 *	33.69 *	31.09 *	29.79 *	28.49 *	27.19 *	50 BK SCY	25.29 *	26.49 *	27.69 *	28.89 *	31.29 *	33.69 *
1:16.89 *	1:11.39 *	1:05.89 *	1:03.19 *	1:00.49 *	57.69 *	100 BK SCY	53.49 *	55.99 *	58.59 *	1:01.09 *	1:06.19 *	1:11.29 *
2:46.39 *	2:34.49 *	2:22.59 *	2:16.69 *	2:10.69 *	2:04.79 *	200 BK SCY	1:55.99 *	2:01.59 *	2:07.09 *	2:12.59 *	2:23.69 *	2:34.69 *
42.09 *	39.09 *	36.09 *	34.59 *	33.09 *	31.59 *	50 BR SCY	28.89 *	30.29 *	31.69 *	33.09 *	35.79 *	38.59 *
1:28.69 *	1:22.29 *	1:15.99 *	1:12.89 *	1:09.69 *	1:06.49 *	100 BR SCY	1:00.39 *	1:03.29 *	1:06.19 *	1:08.99 *	1:14.79 *	1:20.49 *
3:10.99 *	2:57.39 *	2:43.79 *	2:36.89 *	2:30.09 *	2:23.29 *	200 BR SCY	2:11.19 *	2:17.39 *	2:23.59 *	2:29.89 *	2:42.39 *	2:54.89 *
35.79 *	33.29 *	30.69 *	29.39 *	28.19 *	26.89 *	50 FL SCY	24.89 *	26.09 *	27.19 *	28.39 *	30.79 *	33.19 *
1:16.79 *	1:11.29 *	1:05.89 *	1:03.09 *	1:00.39 *	57.59 *	100 FL SCY	52.89 *	55.39 *	57.89 *	1:00.39 *	1:05.49 *	1:10.49 *
2:51.19 *	2:38.99 *	2:26.69 *	2:20.59 *	2:14.49 *	2:08.39 *	200 FL SCY	1:57.59 *	2:03.19 *	2:08.79 *	2:14.39 *	2:25.59 *	2:36.79 *
2:51.79 *	2:39.49 *	2:27.19 *	2:21.09 *	2:14.99 *	2:08.79 *	200 IM SCY	1:58.49 *	2:04.09 *	2:09.79 *	2:15.39 *	2:26.69 *	2:37.99 *
6:05.79 *	5:39.69 *	5:13.49 *	5:00.49 *	4:47.39 *	4:34.29 *	400 IM SCY	4:13.29 *	4:25.39 *	4:37.39 *	4:49.49 *	5:13.59 *	5:37.69 *
37.19 *	34.59 *	31.89 *	30.59 *	29.29 *	27.89	50 FR LCM	25.69 *	26.89 *	28.19 *	29.39 *	31.79 *	34.29 *
1:21.19 *	1:15.39 *	1:09.59 *	1:06.69 *	1:03.79 *	1:00.89 *	100 FR LCM	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
2:55.29 *	2:42.79 *	2:30.29 *	2:23.99 *	2:17.79 *	2:11.49 *	200 FR LCM	2:02.99 *	2:08.89	2:14.69 *	2:20.59	2:32.29	2:43.99 *
6:08.09 *	5:41.79 *	5:15.49 *	5:02.39 *	4:49.19 *	4:36.09 *	400 FR LCM	4:21.29 *	4:33.79 *	4:46.19 *	4:58.69 *	5:23.49 *	5:48.39 *
12:45.49 *	11:50.79 *	10:56.09 *	10:28.79 *	10:01.49 *	9:34.09 *	800 FR LCM	9:00.49 *	9:26.19 *	9:51.99 *	10:17.69 *	11:09.19 *	12:00.59 *
24:28.39 *	22:43.49 *	20:58.59 *	20:06.19 *	19:13.69 *	18:21.29 *	1500 FR LCM	17:18.49 *	18:07.89 *	18:57.39 *	19:46.79 *	21:25.69 *	23:04.59 *
42.59 *	39.49 *	36.49 *	34.99 *	33.49 *	31.89 *	50 BK LCM	29.69 *	31.09 *	32.49 *	33.89 *	36.69 *	39.49 *
1:29.69 *	1:23.29 *	1:16.89 *	1:13.69 *	1:10.49 *	1:07.29 *	100 BK LCM	1:02.79 *	1:05.79 *	1:08.69 *	1:11.69 *	1:17.69 *	1:23.69 *
3:13.29 *	2:59.49 *	2:45.69 *	2:38.79 *	2:31.89 *	2:24.99 *	200 BK LCM	2:16.29 *	2:22.79 *	2:29.29 *	2:35.79 *	2:48.79 *	3:01.79 *
47.79 *	44.39 *	40.99 *	39.29 *	37.59 *	35.89 *	50 BR LCM	32.99 *	34.59 *	36.19 *	37.69 *	40.89 *	43.99 *
1:42.39 *	1:34.99 *	1:27.69 *	1:24.09 *	1:20.39 *	1:16.79 *	100 BR LCM	1:10.29 *	1:13.69 *	1:16.99 *	1:20.39 *	1:27.09 *	1:33.79 *
3:40.29 *	3:24.59 *	3:08.89 *	3:00.99 *	2:53.09 *	2:45.29 *	200 BR LCM	2:32.09 *	2:39.39 *	2:46.59 *	2:53.79 *	3:08.29 *	3:22.79 *
39.99 *	37.09 *	34.29 *	32.79 *	31.39 *	29.99 *	50 FL LCM	27.99 *	29.29 *	30.59 *	31.89 *	34.59 *	37.29 *
1:27.19 *	1:20.99 *	1:14.79 *	1:11.69 *	1:08.59 *	1:05.39 *	100 FL LCM	1:00.29 *	1:03.09 *	1:05.99 *	1:08.89 *	1:14.59 *	1:20.29 *
3:15.69 *	3:01.69 *	2:47.79 *	2:40.79 *	2:33.79 *	2:26.79 *	200 FL LCM	2:14.79 *	2:21.19 *	2:27.59 *	2:33.99 *	2:46.79 *	2:59.69 *
3:17.19 *	3:03.09 *	2:48.99 *	2:41.99 *	2:34.89 *	2:27.89 *	200 IM LCM	2:17.19 *	2:23.69 *	2:30.19 *	2:36.69 *	2:49.79 *	3:02.89 *
6:57.99 *	6:28.19 *	5:58.29 *	5:43.39 *	5:28.39 *	5:13.49 *	400 IM LCM	4:52.99 *	5:06.99 *	5:20.89 *	5:34.89 *	6:02.79 *	6:30.69 *



IMPORTANT DATES TO NOTE

Applications open online –
April 1st, 2025

Deadline for applying for the
team - **June 10th, 2025 at
11:55pm.**

Deadline for applying for
Chaperone positions -
June 15th, 2025 at 11:55pm,

Deadline to pay deposit to
participate on the team -
June 30, 2025

Travel dates for Western Age
Group Zone Championship 2025
– **August 5-10, 2025**



DO YOU HAVE ANY OTHER
QUESTIONS?

Nikki Cruz – Age Group Zones Chair

agegroupchair@nmswimming.org

972-903-6013 cell

Mike McCluhan – Head Coach

reaz111@hotmail.com

505-386-6101 cell

Micah Lawson – 13/14 Asst Coach

micahlawson2000@gmail.com

505-681-3489 cell

Stephen Duckett – 11/12 Asst Coach

snduckett@hotmail.com

505-401-0851 cell

Ashley Patterson – 10 & Under Coach

ashley@beastswim.com

505-803-7548 cell