



2025 New Mexico Swimming Short Course State Championships March 6, 2025 - March 9, 2025

SANCTION

Held under sanction of USA Swimming, Inc. (USA-S) and New Mexico Swimming Inc. (NMSI).

- Meet Sanction # NMS25C03B
- Time Trial Sanction # NMS25TT03C

Key Meet Personnel	
Meet Director	Meet Entry Chair
Name: Jeremiah Stanton / Raquel Alonzo Email: Jeremiah.Stanton1@gmail.com Phone: 505-463-9339	Name: Jeremiah Stanton Email: Jeremiah.Stanton1@gmail.com Phone: 505-463-9339
Meet Referee	Administrative Official
Name: Debbie Schmidt Email: schmidtfive@gmail.com	Name: Jeanette Skow Email: pipperskow@me.com

HOST: MAKO Aquatics Club and New Mexico Swimming, Inc.

**Facility: West Mesa Aquatics Center
6705 Fortuna Rd NW, Albuquerque NM 87121**

FACILITY DESCRIPTION

The pool is 8 lanes by 25 yards, equipped with non-turbulent lane lines and Colorado Timing System with an 8-lane scoreboard. Facility altitude is measured as 5125ft. The competition course has not been certified in accordance with 104.2.2.C(4). The pool also contains contiguous dressing rooms. Usage of any tobacco products or alcoholic beverages is not allowed in any area that swimmers frequent. No glass will be allowed on deck. A continuous coach and officials' hospitality will be available for the duration of the meet. The indoor leisure pool and outdoor pool are off limits to all swimmers, parents & spectators at all times. Spectator bathrooms will be the single-family bathroom at the turn end of the pool or the bathrooms through the causeway.

VENDORS

- GoTime Athletics will be selling a selection of apparel with the Official 2025 SC State Meet Logo. Families can pre-purchase gear prior to the start of the meet and pick them up at the meet. They will also have a selection of tech suits, swim training gear, swimsuits, and swim apparel. [GoTimeAthletics.org](https://www.GoTimeAthletics.org)



CONCESSIONS

Concessions will be available.

HOSPITALITY

Hospitality will be available for Coaches and Officials in the West Mesa Classroom

ENTRIES

Deadlines

Day	Date	Time	Specific Deadline
Saturday	February 1, 2025	12:01AM	Entries Open
Monday	February 24, 2025	11:59PM	Entry Deadline

- **Entries for this meet will be submitted via USA Swimming Online Meet Entry (OME).** With the submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming.
- **All Entries must be paid for by check in person or via mail.** Please make a check for all fees due made payable to **GoTime Fitness**

Send Payments To

GoTime Fitness
1210 Confection Ct
Rio Rancho, NM 87124

- E-mail confirmation will be sent when entries are received and processed. Please bring a hard copy of entries and access to all communication to the meet in case of any entry problems.
- If entering an individual time not yet in SWIMS, ensure that any missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have submitted them. All entry modifications must be made before the entry deadline.
- If you have trouble using OME, please contact Macie McNichols at USA Swimming: mmcnichols@usaswimming.org * (719) 866-3506
- If you have an **entry question**, please email **Meet Entries Chair Jeremiah Stanton @ jeremiah.stanton1@gmail.com**

There will be a \$200.00 fine to any club for late entries accepted by the Meet Referee/Meet Committee, regardless of excuse, payable to New Mexico Swimming, Inc.

Fees



- Individual events: \$6.00 per event
- Relay events: \$12.00 per event
- Time Trial: \$10.00 per event
- NMSI surcharge: \$7.00 (per swimmer, including relay-only swimmers)
- Pool usage fee: \$20.00 (per swimmer, including relay-only swimmers)

In accordance with NMSI Rules and Regulations, individual event entry fees and surcharges will be waived for all swimmers who have previously achieved Junior National level (**defined as qualifying for Level 3 or higher meets per Section 11.5 of the NMSI Rules and Regulations**) or better who have met the 7 qualifying swims requirement or are Outreach Swimmers.

Times Verification

All entry times will be verified in SWIMS. Swimmers entering an event with a faster time than shown in SWIMS must submit an Official Verification Form for that event.

Entry Limits

- Swimmers may enter all qualified events. **Note Scratch Deadlines.**
- Swimmers may compete in up to seven (7) individual events during the meet, excluding time trials.
- Swimmers may compete in up to three (3) individual events per day, including time trials.
- Swimmers may compete in up to one (1) relay per session.

USA Swimming Scratch Rules

- The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet.
- USA Swimming Rule 207.11.6 in the Current Rule Book.
- The Scratch Box will be located in the Administration Area.

Relay Entries

- All relay entries and entry fees must be submitted with a team's individual entries.
- No individual swimmer names are required on the relay entries at the time of electronic entry; however, all potential relay team swimmers must be declared to be eligible to swim on a relay for that team.
- Relay teams may not swim unattached.
- Relay-only swimmers are permitted at this meet. Relay only swimmers must be entered in the meet through OME.
- The number of relay teams allowed for each team shall be determined by the number of swimmers for that team qualified in individual events in their age group for this meet (*i.e.*, one to four swimmers entitles the team to one relay, five to eight swimmers entitles the team to two relay teams, nine to twelve swimmers entitles the team to three teams, etc.).
- Only two relay teams per team may score, per NMS Rules and Regulations.
- Positive check-in will be required in accordance with check-in procedures: first and last names of competing swimmers, their ages, and their order of swim are to be declared at



- positive check-in.
- Swimmers and order may be changed on the relay cards up to the time of the swim at the blocks.
- Swimmers who fail to show up for a relay event will not be penalized.

Altitude

Entry times may be altitude adjusted to equivalent sea-level times according to the following USA-S table.

ALTITUDE ADJUSTMENT (SECONDS)			
Distance (m or yd.)	3000-4250 ft.	4251-6500 ft.	Above 6500 ft.
200	0.50	1.20	1.60
400/500	2.50	5.00	7.00
800 Free Relay	2.00	4.80	6.40
800/1000	5.00	10.00	15.00
1500/1650	11.00	23.00	32.50

NMSI does not recognize any other altitude adjustments. To adjust a time to its sea-level equivalent, subtract the appropriate adjustment time from the time achieved at altitude.

EVENTS

- This is a preliminary/finals meet in Short Course format. The fastest 8 qualifiers of the 10 and Under, 11-12, 13-14, and 15 and Over age groups from the preliminary heats will advance to a single A final.
EXCEPTIONS: The fastest 12 qualifiers of the 15 and Over age group from the preliminary heats for the 50 freestyle, 50 backstroke, 50 breaststroke, and 50 butterfly will comprise the super final heat (top 4 swimmers) and the B final heat (next 8 fastest swimmers). If there are 8 or fewer swimmers in these 15 and Over finals events, there will be only 1 final heat.
- All Relays will be timed finals.
- The 400 IM and 500/1000/1650 freestyle events will be timed finals. The Top 8 seeded 13 and Over swimmers in the 400 IM, 500 free, and 1000 free will swim in the Finals Session.
- Split Requests
 - Swimmers that would like an initial distance split must notify the meet referee prior to commencement of the event and must provide 2 additional timers (4 total) with two timers recording the split time. Swimmers must complete the entered event's distance in compliance with applicable rules.



Check-In

- Positive check-in (declaration) is required for all Relays, 400 IM, and 500, 1000 and 1650 yard freestyle events.
- Check-in sheets will be posted for individual distance events.
- Relay declaration sheets will be distributed to coaches with entered relay teams.
- Coaches are required to declare their relays and swimmers by submitting these sheets to the meet's Clerk of Course prior to the check-in deadlines.
- Only positively declared swimmers and relay teams will be seeded.

POSITIVE CHECK-IN DEADLINES		
Event Day	Event	Deadline
Thursday	11-12 500 Free 13 & over 1650 Free	Thursday, 3:45 pm
Friday	500 Free	Thursday, 5 pm
Saturday	11 & Over 400 IM	Friday, 5:30 pm
Sunday	13 & Over 1000 Free	Saturday, 5:30 pm

RELAY CARD DEADLINES	
Event	Deadline
Thursday PM Relays	Thursday, 3:45 pm
Friday PM Relays	End of Friday Prelims
Saturday AM Relays	Friday, 5:30 pm
Saturday PM Relays	End of Saturday Prelims
Sunday AM Relays	Saturday, 5:30 pm
Sunday PM Relays	End of Sunday Prelims

Event Seeding

- All events will be seeded following the deadlines of the CHECK-IN and SCRATCH procedures.
- Heats of all individual events 400 yards or longer will be swum fastest to slowest and alternate between female heats and male heats. The last heat may be combined female and male in order to save time.
- Entries will be seeded by yards, then by short course meters, then long course meters.
- 12 and Under events will be combined in prelims and then separated into 10 and Under Top 8 for finals and 11-12 Top 8 for finals.
- All 13 and Over events will be combined in prelims and then separated into 13-14 Top 8 for finals and 15 and Over Top 8 for finals, except for the 15 and Over 50 freestyle, 50 backstroke, 50 breaststroke, and 50 butterfly where the Super Final will include the Top 4 qualifiers and the B final will be the 5-12th place qualifiers.
- Circle seeding will be used to determine the heat and lane assignment for each preliminary heat entry and will be swum slowest to fastest.



- Finals heats will be swum slowest to fastest.
- Lanes: Preliminary events will use 8 lanes for competition. Finals events will use 8 lanes for competition and 4 lanes for Super Final.
- 13 and Over functionally seeded timed final events: 1650 Free, 1000 Free, 500 Free, and 400 IM.
- **Swimmers in events 400 yards or longer are responsible for furnishing their own lap counters and 2 timers. Timer Exception: Timed finals during finals session.**
- Partial heats may be combined, female and male. The Meet Referee may waive, pursuant to USA-S Rule 102.7.2, the requirement that there be one empty lane between such combined events.
- A timeline will be published for guidance only.

Scratch Procedures - Preliminaries

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in the current USA Swimming Rule 207.11.6 in the Current Rule Book.

Scratches can be done in person or via our Virtual Clerk of Course

PRELIMINARIES - SCRATCH DEADLINES	
Events	Deadline
All Friday Prelims	Thursday at 5:00pm
All Saturday Prelims	Friday at 5:30pm
All Sunday Prelims	Saturday at 5:30pm

Events	Deadline
All Finals Events – Scratch	30minutes after prelim results are announced
All Finals Events – Declare Intent to Scratch	30 minutes after prelim results are announced to declare your intent to scratch; must return within 30 minutes following last individual prelim event of that day to complete the scratch (failure to return will keep swimmer in the finals event)

Scratches - Finals

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in the current USA Swimming Rule 207.11.6 in the Current Rule Book.



Scoring

- Individual Events: 8 places (9, 7, 6, 5, 4, 3, 2, 1) for Super Final events, the Super Final heat 1st-4th places (9, 7, 6, 5) and the B final heat 5th-8th places (4, 3, 2, 1)
- Relay Events: 8 places (18, 14, 12, 10, 8, 6, 4, 2)
- Points earned in one age group cannot be counted toward individual scoring in another age group.

Awards

- Individual Events: 1-8th custom medals
- Relay Events: 1-8th ribbons
- Individual High Point: 1st, 2nd, and 3rd place awards for each gender in 10 and Under, 11-12, 13-14, 15 & Over.
- Team: 1st, 2nd, and 3rd place awards
- Team Spirit: Selected based on team spirit including enthusiasm, sportsmanship and cooperation. During each session Officials, Coaches and Spectators will randomly be chosen to vote. Final votes will be tallied to determine the winner.

TIME TRIALS

Time trials will be offered Friday and Saturday to athletes entered in the meet immediately after the prelims session if time allows. Event order will be determined by the Meet Referee. Events may be combined by distance. Registration and payment for time trials are due by 11am Friday and Saturday. Time trials for events 400 and over will occur only in available empty lanes of that event and will be due by the positive check-in deadline for that event.

GENERAL MEET INFORMATION

Eligibility

- Open to 2025 NMS-registered swimmers who have achieved the attached qualifying times in a USA-S sanctioned, approved, or observed meets since **January 1, 2024**.
- Swimmers' age as of **Thursday, March 6, 2025** determines age for the meet.
- The New Mexico Swimming Spring Finale Meet is not a qualifying meet.

BONUS EVENTS

- Bonus swims will be permitted for swimmers **with at least one qualifying time**, subject to the following limitations:
 - Bonus swims are for events 200 yards and below.
 - Bonus swims must be entered with an official time (NT is not allowed).
 - One qualifying time permits up to three bonus swims.
 - Two qualifying times permits up to two bonus swims.
 - Three qualifying times permits up to one bonus swim.
 - Four or more qualifying times permits zero bonus swims.



Warm-Up

- Two warm-up sessions (A & B) for Sessions 2, 4 & 6.
- Warm-ups Sessions are assigned on a rotating basis. Lane assignments will be e-mailed out ahead of time. The last 15 minutes at the end of the warm-up session will be open for dive starts and one-way swimming.
- There will be a continuous warm down on the south side of the pool.
- All swimmers must be supervised by a coach member of USA-S during warm-ups.
- Unattached swimmers must have a currently certified coach to supervise them during warm-up, or request that the Deck Referee assign them to such a coach.
- Swimmers must enter the pool with a 3-point entry on the right side of the lane.
- The first 30 minutes of sessions 3,5, and 7 are designated for 12 and under swimmers only. The remaining time is open for all ages.

WARM-UP SESSION START TIMES			
Session	Warm-Up A	Warm-Up B	Session Start
1	3:30 pm – 4:15 pm	--	4:30pm
2	7:30 am – 8:15 am	8:15 am – 9:00	9:15 am
3	3:30 pm – 4:45 pm	--	5:00 pm
4	7:30 am – 8:15 am	8:15 am – 9:00	9:15 am
5	3:30 pm – 4:45 pm	--	5:00 pm
6	7:30 am – 8:15 am	8:15 am – 9:00	9:15 am
7	2:30 pm – 3:45 pm	--	4:00 pm

Coaches

- Refer to section 501.7 of the USA-S Rules and Regulations dealing with USA-S requirements for coach registration.
- Coaches must display their current USA-S registration card at all times during the meet or be able to verify using the USA Swimming App.
- Only coaches with current registration are allowed on deck or to coach.
- NMS Rules & Reg. 2.3.1.3 specifically states: "Coach Certification at Championship Meets: Coaches must have valid current certifications in order to act as a coach at NM Swimming Championship Meets. Deck Validation of Safety Credentials (Section 2.3.1.2) does not apply.

Coaches' Meetings

A coaches' meeting will be held at 8:00PM on Wednesday, March 5th via Zoom.

Each team must have one certified coach present at this meeting.

Volunteer Workers

This is a New Mexico Swimming hosted event and in accordance with New Mexico Swimming Inc. Policy and Procedures, each team is required to provide volunteer workers, including officials. Assignments are based on the number of swimmers entered in the meet. Worker lists will be formulated by the Volunteer Coordinator and will be sent out after all entries are received but no later than the Tuesday before the meet.



MEDICAL SUPERVISION

Medical supervision will be provided to athletes participating in the competition. Lifeguards trained in CPR/AED and First Aid will be onsite to provide aid as needed.

DISCLAIMER

In granting this approval, it is understood and agreed that USA Swimming, Inc. (USA-S), New Mexico Swimming (NMSI), MAKO Aquatics Club (MAKO), West Mesa Aquatic Center, City of Albuquerque, and all meet sponsors and meet officials shall be held free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event, which includes warm-up sessions. Damage to the facility, when proved, will cause the offending swimmer if unattached or the offending swimmer's club if attached to be held accountable for repairs.

Minor Athlete Abuse Prevention Policy (MAAPP):

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet and application portions of the meet facility.

MEET RULES AND RESTRICTIONS

Swimwear

Swimwear must conform to the rules specified in the USA Swimming Rulebook 102.8 SWIMWEAR.

Racing Dive Certification

Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.

Deck Changing

Deck Changing is strictly prohibited.

Shaving

Shaving is not permitted in the facility, including showers and locker rooms.

Drones

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 spectators are present.

Closed Deck

Only athletes, coaches, officials, and assigned meet volunteers are permitted behind the starting blocks.



Prohibited

- Tobacco products of any kind, including e-cigarettes, and vape
- Alcoholic beverages
- Glass containers
- With the exception of service animals, animals of any kind are not permitted in the facility.

SAFE SPORT

Starting Area

Spectators are not allowed behind the blocks at any time during the meet. It is reserved for swimmers, officials, coaches, and timers only. Timers and other volunteers may not use any recording devices, including cell phones, in this area.

Recording Devices:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms, or behind the blocks. Flash photography is not allowed at the start of any event.

Unaccompanied Swimmers

All unaccompanied swimmers must warm up with a USA Swimming member coach. Contact the meet director for assistance if needed.

Disabled Swimmers

Disabled swimmers are welcome. The swimmer (or swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistance or equipment required.

OFFICIALS

Volunteer Officials are always welcome and encouraged. Officials please contact the Meet Referee if you would like to officiate.



SCHEDULE OF EVENTS

Thursday, March 6, 2025

Session 1		
Thursday		
3:30p	General Warm-Up - Commences	
	Officials Meeting	
3:45p	Positive Check-In Deadline for 11-12 500 Free and 1650 Free (including time trials)	
	Thursday PM Relay Cards Due	
4:00p	Warm-Up - Racing Starts Commence	
4:15p	Warm-Up Concludes /Competition Pool Closed	
4:30p	Session Starts	
5:00p	Deadline to scratch Friday Preliminaries	
	Positive Check-In Deadline for 13&Over 500 Free	
Event	Description	Event
1	11-14 800 Free Relay	2
3	11&Over 800 Free Relay	4
5 Minute Break		
5	11-12 500 Free	6
7	13&Over 1650 Free	8

Thursday Notes

- Swimmers must provide their own timers for all Thursday events including relays.
- Swimmers in individual events 500-yards and longer are responsible for furnishing their own lap counters and 2 timers.
- Events #5-8 will be run fastest to slowest, alternating heats of girls and boys. The last heat may be combined female and male in order to save time.



Friday, March 7, 2025

Session 2		
Friday (AM)		
7:30a	Warm-Up (A) - Commences	
8:00a	Warm-Up (A) - Racing Starts Commence	
8:15a	Officials Meeting	
	Warm-Up (A) - Concludes	
	Warm-Up (B) - Commences	
8:45a	Warm-Up (B) - Racing Starts Commence	
9:00a	Warm-Up (B) - Concludes	
9:15a	Session Starts	
End of Session	Deadline for Friday PM Relay Cards	
Event	Description	Event
9	12&Under 50 Back (Prelim)	10
11	13&Over 50 Back (Prelim)	12
13	13&Over 200 IM (Prelim)	14
15	12&Under 200 IM (Prelim)	16
17	13&Over 50 Free (Prelim)	18
19	12&Under 50 Free (Prelim)	20
10 Minute Break		
21	12&Under 100 Breast (Prelim)	22
23	13&Over 100 Breast (Prelim)	24
25	11-12 100 Fly (Prelim)	26
27	13&Over 100 Fly (Prelim)	28
10 Minute Break		
29	13&Over 500 Free (Timed Final)	30

Session 3		
Friday (PM)		
3:30p	12&Under Warm-Up Commences	
4:00p	General Warm-Up Commences	
	Officials Meeting	
4:30p	Warm-Up - Racing Starts Commence	
4:45p	Warm-Up - Concludes	
5:00p	Session Starts	
5:30p	Deadline to scratch Saturday Preliminaries	
	Positive Check-In Deadline for 400IM	
	Deadline for Saturday AM Relay Cards	
Event	Description	Event
31	10&Under 200 Medley Relay (TF)	32
33	12&Under 200 Medley Relay (TF)	34
35	14&Under 200 Medley Relay (TF)	36
37	Open 200 Medley Relay (TF)	38
9	12&Under 50 Back (Final)	10
11	13&Over 50 Back (Final)	12
13	13&Over 200 IM (Final)	14
15	12&Under 200 IM (Final)	16
17	13&Over 50 Free (Final)	18
19	12&Under 50 Free (Final)	20
29	13&Over 500 Free (TF)	30
21	12&Under 100 Breast (Final)	22
23	13&Over 100 Breast (Final)	24
25	11-12 100 Fly (Final)	26
27	13&Over 100 Fly (Final)	28

Friday Notes

- 12 & Under and 13 & Over Events - Age groups will be combined during Preliminaries, and then separated into 10 & Under, 11-12, 13-14, 15 & Over in Finals, and 15 & Over Super Finals for 50 Back and 50 Free. Swimmers in events 400-yards or longer are responsible for furnishing their own lap counters and 2 timers.
- Events #29-30 will be run fastest to slowest, alternating heats of girls and boys. The last heat may be combined female and male in order to save time.
- Top 8 13&Over 500 Free will be run in finals after the Boys 11-12 50 Free.



Saturday March 8, 2025

Session 4		
Saturday(AM)		
7:30am	Warm-Up (A) - Commences	
8:00am	Warm-Up (A) - Racing Starts Commence	
8:15am	Officials Meeting	
	Warm-Up (A) - Concludes	
	Warm-Up (B) - Commences	
8:45am	Warm-Up (B) - Racing Starts Commence	
9:00am	Warm-Up (B) - Concludes	
9:15am	Session Starts	
End of Session	Deadline for Saturday PM Relay Cards	
Event	Description	Event
39	12&Under 400 Med. Relay (Timed Final)	40
41	14&Under 400 Med. Relay (Timed Final)	42
43	Open 400 Med. Relay (Timed Final)	44
10 Minute Break		
45	12&Under 50 Fly (Prelim)	46
47	13&Over 50 Fly (Prelim)	48
49	13&Over 200 Breast (Prelim)	50
51	11-12 200 Breast (Prelim)	52
53	13&Over 100 Back (Prelim)	54
55	12&Under 100 Back (Prelim)	56
10 Minute Break		
57	12&Under 200 Free (Prelim)	58
59	13&Over 200 Free (Prelim)	60
10 Minute Break		
61	11-12 400 IM (Timed Final)	62
63	13&Over 400 IM (Timed Final)	64

Session 5		
Saturday(PM)		
3:30p	12&Under Warm-Up Commences	
4:00p	General Warm-Up Commences	
	Officials Meeting	
4:30p	Warm-Up - Racing Starts Commence	
4:45p	Warm-Up - Concludes	
5:00p	Session Starts	
5:30p	Deadline to scratch Sunday Preliminaries	
	Positive Check-in Deadline for 1000 Free	
	Deadline for Saturday AM Relay Cards	
Event	Description	Event
65	10&Under 200 Free Relay (TFF)	66
67	12&Under 200 Free Relay (TF)	68
69	14&Under 200 Free Relay (TF)	70
71	Open 200 Free Relay (TF)	72
45	12&Under 50 Fly (Final)	46
47	13&Over 50 Fly (Final)	48
49	13&Over 200 Breast (Final)	50
51	11-12 200 Breast (Final)	52
53	13&Over 100 Back (Final)	54
55	12&Under 100 Back (Final)	56
63	Top 8 13&Over 400 IM (Timed Final)	64
57	12&Under 200 Free (Final)	58
59	13&Over 200 Free (Final)	60

Saturday Notes

- 12 & Under and 13 & Over Events - Age groups will be combined during Preliminaries, and then separated into 10 & Under, 11-12, 13-14, 15 & Over in Finals, and 15 & Over Super Finals for 50 Fly. Swimmers in individual events 400-yards or longer are responsible for furnishing 2 timers.
Exception - Finals Session
- 400 IM will be run fastest to slowest, alternating girls and boys. The last heat may be combined female and male in order to save time.
- Top 8 in 13&Over 400 IM will be run in finals after the Boys 11-12 100 Backstroke.



Sunday, March 9, 2025

Session 6		
Sunday(AM)		
7:30am	Warm-Up (A) - Commences	
8:00am	Warm-Up (A) - Racing Starts Commence	
8:15am	Officials Meeting	
	Warm- Up (A) - Concludes	
	Warm-Up (B) - Commences	
8:45am	Warm-Up (B) - Racing Starts Commence	
9:00am	Warm-Up (B) - Concludes	
9:15am	Session Starts	
End of Session	Deadline for Sunday PM Relay Cards	
Event	Description	Event
73	12&Under 400 Free Relay (TF)	74
75	14&Under 400 Free Relay (TF)	76
77	Open 400 Free Relay (TF)	78
10 Minute Break		
79	13&Over 100 IM (Prelim)	80
81	12&Under 100 IM (Prelim)	82
83	13&Over 200 Back (Prelim)	84
85	11-12 200 Back (Prelim)	86
10 Minute Break		
87	12&Under 50 Breast (Prelim)	88
89	13&Over 50 Breast (Prelim)	90
91	13&Over 200 Fly (Prelim)	92
93	10&Under 100 Fly (Prelim)	94
95	11-12 200 Fly (Prelim)	96
97	13&Over 100 Free (Prelim)	98
99	12&Under 100 Free (Prelim)	100
10 Minute Break		
101	13&Over 1000 Free (Timed Final)	102

Sunday Notes

- 12 & Under and 13 & Over Events - Age groups will be combined during Preliminaries, and then separated into 10 & Under, 11-12, 13-14, 15 & Over in Finals, and 15 & Over Super Finals for 50 Breast. Swimmers in individual events 400-yards or longer are responsible for furnishing their own lap counters and 2 timers. Exception - Finals Session
- 1000 Freestyle events will be run fastest to slowest, alternating girls and boys. The last heat may be combined female and male in order to save time.
- Top 8 in 13&Over 1000 Free will be run in finals after the Boys 11-12 200 Backstroke.

Session 7		
Sunday(PM)		
2:30p	12&Under Warm-Up Commences	
3:00p	General Warm-Up Commences	
	Officials Meeting	
3:30p	Warm-Up - Racing Starts Commence	
3:45p	Warm-Up - Concludes	
4:00p	Session Starts	
Event	Description	Event
103	10&U 200 Mixed Medley Relay (TF)	****
104	12&U 200 Mixed Medley Relay (TF)	****
105	14&U 200 Mixed Medley Relay (TF)	****
106	Open 200 Mixed Medley Relay (TF)	****
79	13&Over 100 IM (Final)	80
81	12&Under 100 IM (Final)	82
83	13&Over 200 Back (Final)	84
85	11-12 200 Back (Final)	86
101	Top 8 13&Over 1000 Free (TF)	102
87	12&Under 50 Breast (Final)	88
89	13&Over 50 Breast (Final)	90
91	13&Over 200 Fly (Final)	92
93	10&Under 100 Fly (Final)	94
95	11-12 200 Fly (Final)	96
97	13&Over 100 Free (Final)	98
99	12&Under 100 Free (Final)	100



2025 New Mexico Swimming State Time Standards

Female			Event/Age Group	Male		
LCM	SCY	SCM		LCM	SCY	SCM
00:40.89	00:35.99	00:39.79	50 Freestyle / 10 & Under	00:39.79	00:34.59	00:38.19
01:32.99	01:21.09	01:29.69	100 Freestyle / 10 & Under	01:30.59	01:18.89	01:27.19
03:25.69	03:00.59	03:19.49	200 Freestyle / 10 & Under	03:14.99	02:50.59	03:08.49
07:01.69	07:45.09	06:46.89	400/500 Freestyle / 10 & Under	06:52.49	07:33.79	06:37.09
00:49.69	00:43.29	00:47.79	50 Backstroke / 10 & Under	00:49.29	00:42.89	00:47.39
01:48.09	01:33.99	01:43.89	100 Backstroke / 10 & Under	01:44.49	01:30.09	01:39.59
00:55.49	00:48.69	00:53.79	50 Breaststroke / 10 & Under	00:54.39	00:47.69	00:52.79
02:03.89	01:46.89	01:58.19	100 Breaststroke / 10 & Under	01:59.19	01:42.29	01:53.09
00:48.09	00:42.69	00:47.19	50 Butterfly / 10 & Under	00:46.39	00:41.29	00:45.59
01:55.39	01:41.39	01:52.09	100 Butterfly / 10 & Under	01:52.89	01:38.99	01:49.29
N/A	01:33.19	01:42.99	100 Individual Medley / 10 & Under	N/A	01:29.69	01:39.09
03:48.89	03:18.79	03:39.59	200 Individual Medley / 10 & Under	03:43.69	03:15.99	03:36.59

LCM	SCY	SCM	Event/Age Group	LCM	SCY	SCM
00:35.89	00:31.69	00:34.99	50 Freestyle / 11-12	00:34.79	00:30.49	00:33.69
01:19.49	01:09.39	01:16.59	100 Freestyle / 11-12	01:16.19	01:06.39	01:13.29
02:53.09	02:30.89	02:46.79	200 Freestyle / 11-12	02:46.39	02:24.89	02:40.09
06:04.79	06:45.69	05:54.99	400/500 Freestyle / 11-12	05:53.89	06:29.99	05:41.19
00:41.59	00:35.99	00:39.79	50 Backstroke / 11-12	00:41.09	00:35.59	00:39.29
01:32.69	01:19.79	01:28.19	100 Backstroke / 11-12	01:29.59	01:15.69	01:23.69
03:13.29	02:46.69	03:04.19	200 Backstroke / 11-12	03:08.49	02:40.49	02:57.39
00:46.19	00:40.89	00:45.19	50 Breaststroke / 11-12	00:45.89	00:40.09	00:44.29
01:42.19	01:29.29	01:38.69	100 Breaststroke / 11-12	01:39.59	01:25.49	01:34.49
03:39.89	03:10.99	03:31.09	200 Breaststroke / 11-12	03:31.59	03:02.39	03:21.59
00:38.79	00:34.29	00:37.79	50 Butterfly / 11-12	00:38.69	00:34.19	00:37.69
01:30.49	01:18.89	01:27.19	100 Butterfly / 11-12	01:27.29	01:16.09	01:24.09
03:15.99	02:50.29	03:08.19	200 Butterfly / 11-12	03:10.19	02:43.99	03:01.19
N/A	01:19.09	01:27.49	100 Individual Medley / 11-12	N/A	01:15.89	01:23.89
03:15.59	02:50.69	03:08.69	200 Individual Medley / 11-12	03:08.99	02:45.79	03:03.19
06:56.79	06:03.69	06:41.89	400 Individual Medley / 11-12	06:46.59	05:50.09	06:26.89



<u>LCM</u>	<u>SCY</u>	<u>SCM</u>	<u>Event/Age Group</u>	<u>LCM</u>	<u>SCY</u>	<u>SCM</u>
:33.59	:29.29	00:32.39	50 Freestyle / 13-14	:30.89	:26.89	:29.79
01:13.99	01:03.99	01:10.79	100 Freestyle / 13-14	01:07.79	:58.49	01:04.69
02:37.99	02:18.49	02:32.99	200 Freestyle / 13-14	02:27.79	02:08.39	02:21.89
05:41.79	06:11.39	05:24.99	400/500 Freestyle / 13-14	05:13.79	05:47.49	05:03.99
11:50.79	13:10.29	11:31.49	800/1000 Freestyle / 13-14	11:09.19	12:20.99	10:48.39
22:43.49	22:01.19	21:53.29	1500/1650 Freestyle / 13-14	21:25.69	20:46.99	20:39.49
:38.39	:32.69	:36.09	50 Backstroke / 13-14	:35.59	:30.39	:33.59
01:20.79	01:09.29	01:16.52	100 Backstroke / 13-14	01:15.39	01:04.29	01:10.99
02:59.49	02:34.49	02:50.69	200 Backstroke / 13-14	02:48.79	02:23.69	02:38.69
:43.09	:37.99	:41.89	50 Breaststroke / 13-14	:39.69	:34.79	:38.49
01:32.19	01:19.89	01:28.29	100 Breaststroke / 13-14	01:24.49	01:12.59	01:20.19
03:24.59	02:57.39	03:15.99	200 Breaststroke / 13-14	03:08.29	02:42.39	02:59.39
:35.99	:32.29	:35.69	50 Butterfly / 13-14	:33.59	:29.89	:32.99
01:18.59	01:09.19	01:16.49	100 Butterfly / 13-14	01:12.39	01:03.59	01:10.19
03:01.69	02:38.99	02:55.69	200 Butterfly / 13-14	02:46.79	02:25.59	02:40.89
N/A	01:09.99	01:17.49	100 Individual Medley / 13-14	N/A	01:03.99	01:09.89
02:57.69	02:34.79	02:50.99	200 Individual Medley / 13-14	02:44.79	02:22.29	02:37.29
06:28.19	05:39.69	06:15.29	400 Individual Medley / 13-14	06:02.79	05:13.59	05:46.49

<u>LCM</u>	<u>SCY</u>	<u>SCM</u>	<u>Event/Age Group</u>	<u>LCM</u>	<u>SCY</u>	<u>SCM</u>
00:32.19	00:28.39	:31.39	50 Freestyle / 15 & Over	00:29.39	:25.29	00:27.89
01:09.99	01:01.39	01:07.79	100 Freestyle / 15 & Over	01:04.09	00:55.39	01:01.49
02:31.09	02:13.09	02:27.09	200 Freestyle / 15 & Over	02:19.89	02:01.49	02:14.29
05:17.19	05:58.09	05:13.29	400/500 Freestyle / 15 & Over	04:58.29	05:28.99	04:47.89
11:25.09	12:53.49	11:16.79	800/1000 Freestyle / 15 & Over	10:44.39	11:56.69	10:27.09
21:52.49	21:36.19	21:28.39	1500/1650 Freestyle / 15 & Over	20:33.39	19:54.69	19:47.59
:36.49	:31.39	:34.59	50 Backstroke / 15 & Over	:33.19	:28.29	:31.29
01:17.59	01:06.79	01:13.79	100 Backstroke / 15 & Over	01:10.89	01:00.29	01:06.69
02:53.39	02:30.59	02:46.49	200 Backstroke / 15 & Over	02:39.99	02:17.09	02:31.49
:40.39	:35.19	:38.89	50 Breaststroke / 15 & Over	:36.29	:31.19	:34.49
01:28.09	01:16.79	01:24.79	100 Breaststroke / 15 & Over	01:19.89	01:08.69	01:15.89
03:17.29	02:52.69	03:10.89	200 Breaststroke / 15 & Over	03:00.59	02:35.19	02:51.39
:34.19	:30.09	:33.29	50 Butterfly / 15 & Over	:31.09	:27.19	:30.09
01:15.29	01:06.49	01:13.39	100 Butterfly / 15 & Over	01:08.59	00:59.99	01:06.39
02:54.39	02:33.99	02:50.09	200 Butterfly / 15 & Over	02:39.49	02:19.49	02:34.19
N/A	01:06.69	01:13.69	100 Individual Medley / 15 & Over	N/A	:59.39	01:05.69
02:50.69	02:28.39	02:43.99	200 Individual Medley / 15 & Over	02:37.29	02:14.79	02:28.99
06:15.79	05:29.69	06:04.29	400 Individual Medley / 15 & Over	05:47.99	04:59.19	05:30.59