



2025 NMS State Coaches Meeting



State Numbers Overview

- 373 Individual State Qualifiers this year
 - 72 10 and Unders, 70 11-12, 76 13-14, 155 15+
- 456 Total Athletes in meet with relay only athletes included
- 14 Teams attending

The numbers of swimmers qualifying are slightly lower than last year while the total athletes are 2 swimmers higher. We have 1 less team attending this year. This is the first year we are having 10 and unders in prelims.



Coach Check In

You must sign in to get a wristband and heat sheet

- These wristbands will be used for the entire meet. Don't lose them
- Make sure Jeanette has your contact info in case we need to contact your team
- Team Entry Checks must be given the first session that your team is competing in to avoid removal of team



MAPP Rules Will Be Followed

- Designated athlete restrooms are at the shallow end of the Olympic Pool.
- Parents, Coaches, and all adults must use the restrooms that are at the front entrance of the Aquatic Center.
- If parents need to help swimmers, they can use the family restroom.
- No parents or cameras allowed behind the block
- No deck changes allowed

Warm Ups

2025 NMS Short Course State Championships Warmup Assignments

WARM-UP SESSION START TIMES			
Session	Warm-Up 1	Warm-Up 2	Session Start
1	3:30 pm – 4:15 pm 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

- Two warm-up sessions (A & B) for Sessions 2, 4 & 6.
 - Warmup Group A will be early Warmup on Friday and Sunday, Warmup Group B will be early Warmup on Saturday.
 - There will be no lane assignments for 11 and over Swimmers during each Warmup Group, lanes will be open warmup.
 - 10 and Unders will be assigned the 1st 3 lanes of the Warm up Pool
- Warm-ups Sessions are assigned on a rotating basis. The last 15 minutes at the end of warm-up session will be open for dive starts and one-way swimming.
- The pool is open for warm-up and cool-down during all breaks.
- 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.



Reminder about Timers

- Timers from your team will be needed for all events swam on Thursday including relays.
- Timers from your team will be needed for all individual events over 400 yards
- Timers from your team will be needed for all time trial events that a swimmer from your team signs up for.
- Please make sure you have your volunteers ready to go for the worker assignments that were sent out. It delays the meet when we have to try to hunt down workers to run the meet.



DQs

We will be handing out DQ Slips



Timeline

This is the first time we are having 10 and unders in prelims for SC State. The timeline is long!

- We will run fly over starts and try to move things quickly
 - With that said please make sure your athletes are at their races
- We will follow the breaks outlined in the timeline



National Scratch Rules

We will be following the National Scratch Rules. Please make sure you are aware of the scratch deadlines. We start seeding the heat sheet immediately after that closes.

- If a swimmer misses a race in prelims, they are taken out of the subsequent events for that day including relays.
- If a swimmer misses a race in finals, they are taken out of the meet entirely.
- If a swimmer positive checks in for an event and then misses it, it will be treated as missing a prelims event.
- There are no penalties for missing relay events.



Positive Check Ins

- Positive check ins can be done at the AR table
 - You can also email Jeanette for positive check ins
- Make sure you are aware of the deadlines.
 - They are due the session before and are in line with the scratch deadlines.
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Relay Cards

- Relay Card Submission Deadlines will be different
- Relay Cards will be due the session before
- OME does not transfer relay swimmer names over so you will have to write names for all relays.
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Time Trials

- Due to the long prelims timeline, we will not have time trials on Saturday or Sunday.
- Sign ups close at 11am
- It is \$10 per time trial