



2025 Niagara Long Course Championships

July 17-20, 2025

Sanction # NI-2425-059

Hosted by:



MEET DIRECTOR Will Chidsey & Courtney Christ meetdirector@medleyaquatics.com	MEET REFEREE Paul Cary pcary@me.com	ENTRY CHAIR Will Chidsey meetentry@medleyaquatics.com
SANCTION	- Held under the sanction of USA Swimming through Niagara Swimming: NI-2425-059. - In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Syracuse Chargers, Medley Aquatics and Ithaca College shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.	
FACILITY	Ithaca College 953 Danby Rd Ithaca, NY 14850 50-meter pool with 9 lanes, flow through lane lines and a Colorado Timing System VI. Ample team and spectator seating is available. - Lane 9 will be reserved for continuous warm-up and warm-down with double lane lines separating lanes 8 and 9. - The water depth at both the start and turn end is no less than 2.5m at a distance of 1m/5m. - The competition course has not been certified in accordance with 104.2.2C(4). - Swimmers will sit with their teams on the pool deck. - All patrons are asked to park in designated spots only. <i>Illegally parked vehicles, including vehicles in handicapped spots without valid permits, may be towed at the owner's expense.</i>	
HOST SITE	A Hosted Meet Page has been created for this meet. Please visit this site to access the event file, session reports, psych sheets, results, team scores and other meet related updates.	
ENTRY DEADLINE AND PROCEDURES	Regular Entry Deadline: July 9th, 2025 IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Chair. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information. All entries for qualifying swims between September 1st, 2023 and July 9th, 2025 must be submitted through USA Swimming's website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend the meet MUST be included with the entry for the confirmation of coach credentials prior to arriving at the meet. All coaches show proof of current credentials prior to receiving coach's packets or deck credentials.	



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Entry Instructions:

Payment for entries using OME is accepted using club check only. After you complete your online entry, you will be sent confirmation via email. Bring all communications with you to the meet. You can return to your entry to modify entry times through the July 9th, entry deadline. Once you have checked out your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time from a USA sanctioned, observed, or approved meet, may be entered. All swims entered as a custom time must be proven in hard copy prior to the start of the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than long course meters will be treated as “nonconforming” and will be seeded according to USA Swimming procedures. Do not convert times before entering them.

Invoices will be emailed out to each club a few days after the entry deadline.

Questions Regarding OME? Contact: Katie Trace at ktrace@usaswimming.org

Late Entry Provision:

Any team or athlete missing the initial entry deadline of July 9th with times achieved during the entry qualifying period, will be permitted to enter late, subject to the following requirements.

- Hy-Tek entry file must be submitted to the Meet Entry Chair at meetentry@medleyaquatics.com **no later than 4:00 pm ET, Monday, July 14th, 2025.** (Entries must be submitted with PDF proof of time.)
- Team or entrant must pay a one-time processing fee of \$150 plus \$15 per individual event and \$30 per relay event.

Second Entry Period (New Qualifying Swims Only):

- Entries for swimmers achieving new qualifying events between July 9 – 14, 2025 may be submitted by Monday, **July 14th, 2025 by 4:00 pm ET.**
- Updated entry times for previously entered athletes/events will not be accepted after the regular entry deadline except if the athlete achieves a qualifying time in an event previously designated as a bonus event.
- Relays may be added if a team has a swimmer who qualifies during this late qualifying period and his or her entrance to the meet creates a legal relay.
- Hy-Tek entry file must be submitted to the Meet Entry Chair at meetentry@medleyaquatics.com **no later than 4:00 pm ET, Monday, July 14th, 2025.**

SCHEDULE	Date(s)	Session	Session Info	Deck Open/Warm-up start	Event start
	July 17, 2025	1	Thursday Timed Finals	2:45 pm/3:00 pm	5:00 pm
	July 18, 2025	2	Friday 13 & Over Prelims	6:15 am/6:30 am	8:00 am
		3	Friday 11-12 Prelims, 10 & Under Timed Finals	11:30 am	12:30 pm
		4	Friday Finals	3:45 pm/4:00 pm	5:00 pm
	July 19, 2025	5	Saturday 13 & Over Prelims	6:15 am/6:30 am	8:00 am
		6	Saturday 11-12 Prelims, 10 & Under Timed Finals	11:30 am	12:30 pm
		7	Saturday Finals	3:45 pm/4:00 pm	5:00 pm
	July 20, 2025	8	Sunday 13 & Over Prelims	6:15 am/6:30 am	8:00 am
		9	Sunday 11-12 Prelims, 10 & Under Timed Finals	10:40 am	11:40 am
		10	Sunday Distance	Warm up after Session 9, Starts at 2:50pm	
		11	Sunday Finals	4:00 pm	5:00 pm
• Meet Director reserves the right to adjust times/sessions after entries are received. • Sunday Distance fastest heat after positive check in will swim in Finals.					



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ELIGIBILITY	• Open to all Niagara LSC registered USA Swimmers. • The age of the swimmer on the first day of competition determines eligibility. • No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302. • Pursuant to USA Swimming Rules & Regulations Article 203.9.2 - Sixty (60) consecutive days must elapse after a swimmer represents any foreign federation before he/she can represent a USA Swimming club. • Pursuant to USA Swimming Rules & Regulations Article 302.3 FALSE REGISTRATION — If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Niagara Swimming LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.
DISABILITY SWIMMERS	USA Swimming National Disability Committee released motivational time standards to foster and promote the inclusion of nontraditional athletes in their LSC Championships. The motivational times are designed to provide a fair, equitable and structured path for these athletes. Time Standards will be posted on the Niagara Website. The standards are divided up into three “P” groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows: • P1- non-ambulatory (wheelchair bound) - limited use of all four extremities • P2- dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body • P3- single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance If you know of, or are a nontraditional athlete who may be classified in one of the “P” groups, please contact Niagara’s Disability Chair - Courtney Christ (disability@niagaraswim.org). Please submit all disability qualifications and any accommodations needed to Niagara’s Disability Chair for Proof of Time. After they are approved, the entry and accommodations will be submitted to the host via the Disability Chair.
TIMING SYSTEM	• Automatic timing will be used.
RULES	• Current USA Swimming rules shall govern this meet. • 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. • No on-deck USA-S registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, restrooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • 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. 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.



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	• Operation of a drone or any other flying devices 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. • Prepare for dive-over starts. • All swimmers must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. If assistance is needed, please reach out to the Meet Director.
EVENT RULES	1. A prelims/finals championship format will be used for all 11 & Over events except for the 800 freestyle, 1500 freestyle, all relay events, and 11-12 400 freestyle, 11-12 200 Breast, 200 Back, and 200 Butterfly which will be competed as "Timed Finals" 2. All 10 and Under events are Timed Finals. 3. Swimmers may enter and swim no more than 3 individual and 2 relay events per day, and no more than 6 individual events for the meet. These limits include bonus events. 4. Any swimmer achieving the qualifying time for the 800 freestyle is eligible to swim the 1500 freestyle and vis versa. 5. Entry times submitted (including relays) must be provable best times. All times will be proven through SWIMS. Acceptable proof of time can be obtained at a USA Swimming sanctioned meet, an approved meet, or for an observed swim. 6. Entry times must be equal to or faster than the applicable Niagara Championship time standards for the event. The only exception to this rule is for an event formally designated as a bonus event. 7. Qualifying times must be achieved between September 1, 2023, and July 9, 2025 (see Entry Deadline, Second Entry Period section for qualifying swims after July 9, 2025). 8. Per Niagara Swimming policy on Block Party Meets, for a swim to be used as a qualifying time it must have been achieved at an OTS Block Party Meet. Coaches must submit a request to the meet host via email at least one week prior to the entry deadline requesting the verification of the time. The coach must include the swimmer's full name, USAS ID, meet date, event and time. 9. BONUS EVENTS • Swimmers making 1 qualifying time will be permitted to enter 3 bonus events. • Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. • Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. • Swimmers making 4 or more qualifying times will not be permitted to enter bonus events. • Events of 400 yards and greater are not eligible for selection as bonus events. • Bonus events will be subject to over swim fines if not properly designated as bonus events. • Bonus events may be limited depending on meet size after entries are received. This will be determined by the Meet Director, Meet Referee, and Niagara Technical Planning. 10. No late entries after the appropriate deadline or deck entries will be accepted. 11. For 15 & Over 50 Backstroke, 50 Breaststroke, and 50 Butterfly swimmers can qualify to swim using the new time standard or by qualifying for the corresponding 100 stroke event.



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	11. The “Sunday Rule” will apply to the male and female 800 freestyle and all relays competed on Friday, Saturday, and Sunday. • All swimmers entered in the 800 freestyle will be asked to indicate a preference for swimming with preliminaries or finals when positively checking in for the event. The fastest 8 females and males in the 800 freestyle who wish to swim in the evening finals will swim during the finals. All other swimmers will swim during the morning preliminaries.
Ithaca College Athletic and Event Center Rules	1. Young Children must be supervised by an adult. 2. Observers are to stay in designated areas. 3. No glass containers of any kind are to be brought into the pool complex. 4. Parking violations will be subject to fines and/or towing as posted. 5. All emergency exits and walkways must remain clear. 6. All individuals must have a shirt, shoes, and pants on when outside the pool/locker room area. 7. Teams and individuals should not utilize the hallways as a stretching/warm-up area. 8. Ithaca College and the A&E building does not allow pets, this includes emotional support animals.
RELAYS	1. Teams may enter no more than 4 relays per event. 2. A total of 3 relay only swimmers are allowed per event, no matter how many relays a team has entered in the meet. 3. Relay only swimmers may only participate in A and B relays and must be included with a team’s entry file. 4. All 10 & Under and 12 & Under relays will be contested during the afternoon sessions. 5. All 13 & Over 200 medley relay events will use 400 medley relay entry times. 6. Mixed relays must be comprised of two (2) males and two (2) females. 7. NEW THIS YEAR- all relays must be positively checked in to be seeded with the exclusion of the 800 Freestyle Relay on Thursday. 8. Any 13 & Over relay that wishes to swim with preliminaries during the morning session on Friday or Saturday may do so. ALL relays MUST indicate a preference for swimming with preliminaries or with finals, “Sunday Rule”. The preliminaries / finals preference must be declared by 6pm the evening before the day the relay is to be competed. The fastest 8 female and male relays that wish to swim during the evening finals will swim during the evening finals. All other relays will swim during the morning preliminaries. All relays on Sunday will be contested during the morning preliminary session.



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SEEDING

- Seeding will be LCM, SCM, SCY. Bonus entries are seeded last in the same order.
- The meet will be seeded each day after the scratch deadline except for positive check-in events. It is the swimmer's responsibility to be at the blocks when their event and heat are called.
- Positive check-in events may be seeded and swum together.
- To minimize empty lanes during prelims and timed final events, there will be scratch deadlines for all events, as follows:
 - Thursday 4:00pm for Thursday events
 - Thursday 6pm for all Friday events
 - Friday 6 pm for all Saturday events
 - Saturday 6pm for all Sunday events
 - Coaches are asked to use the DFS process for scratches after the daily deadlines.
- The 1500 Freestyle will be swum slowest to fastest, alternating Female and Male by event number. If there are an uneven number of heats by gender, the extra heats for the gender will be competed first until an even number remains.
- The 800 Freestyle will be swum slowest to fastest, alternating Female and Male by event number so that the 2nd to fastest heat will conclude at the beginning of Sunday Finals Warm-ups. If there are an uneven number of heats by gender, the extra heats for the gender will be competed first until an even number remains. Start time will be posted after scratches have been processed after the scratch deadline.
- The Meet Director reserves the right to combine 200 yard and longer events to keep the meet manageable.
- 13-14 and 15 and Over will be consolidated in the prelim sessions and will be broken out and scored separately in finals in all prelim/final events.
- The top 8 in all Prelims/Finals in all female and male individual events will advance to swim in the finals session in each age group category: 11-12, 13-14, 15 and Over. **When there are more than 18 swimmers in an event, when Psych sheets are posted, there will be a B final for that individual event(Top 16) to swim in finals.**
- **When there is only an A final, points will be awarded from 9-16th place based on prelim results.**
- **Any event where there is only an A final. Those placed 9-16th from prelims will have the opportunity to have a second swim prior to the start of the final session, after the conclusion of warm-ups, if they choose. That deadline to declare if the swimmer wants the additional swim will be by the end of the scratch window for that specific event. These second swims prior to finals are for time only, they will not change place or scoring.**
- **Finals will start directly after those swims have concluded.**
- **For events that have a B Final**, Finals will be comprised of B (Consolation) Final, followed by an A (Championship) Final for each event competed. The B finals will be restricted to those athletes who are 18 or younger as of the first day of the meet. An exception will be made for any high school student who is over 18, but that athlete's coach must declare this to the meet host by email to meetentry@medleyaquatics.com before the first day of the meet. Failure to declare an athlete as eligible will result in them being excluded from the restricted finals for the entirety of the meet.
- Final heats may be combined. The A Final heats will be paraded out with music, time permitting.



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POSITIVE CHECK-IN

- The meet will be seeded each day after the scratch deadline except for the Thursday distance session and the 13 & Over 800 Freestyle.
- Positive check-in will be required for the 1500 freestyle by 4:00pm on the day it is competed.
- Positive check-in will be required for the 800 freestyle by 6:00pm on the day before the swim.
- Friday, Saturday, and Sunday Relays must positive check-in by 6:00pm the day before the swim. Friday and Saturday Relays must also declare their AM or PM preference.
- Failure to compete in an individual event after positive check-in will result in disqualification from the immediate next individual event.
- All other prelim and timed final events are courtesy scratch events.



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SCRATCHES	Niagara Swimming's Scratch Rule is in effect for this meet (referenced below). Scratches MUST BE MADE BY THE COACH; swimmers may not scratch themselves from an event. Niagara Swimming's SCRATCH RULE: This meet follows the Niagara Scratch Rule - Niagara Policy 340 as is published in the Niagara Swimming Policies and Procedures as of the first day of the meet.	
SCORING	The top 16 finishers per event will score points per the outline below.	
	Individual Events:	A Final: 20, 17, 16, 15, 14, 13, 12, 11 B Final: 9, 7, 6, 5, 4, 3, 2, 1
	Relay Events:	40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 *Only the A & B relays for each team will score.
AWARDS	- Individual events: Medals 1st – 8th - Relays: Medals 1st – 3rd - Team High Point: Top 3 overall Teams (Highest scores) and Small Teams Champion. Small Team is designated by having <100 registered swimmers, excluding flex membership, on the first day of competition. - Individual High Point: Top Male and Female 10 & Under, 11-12, 13-14, and 15-18, based on individual points scored during competition.	
WARM-UP	- The prescribed NI warm-up procedures and safety policies will be followed. - General warm until 30 minutes prior to the start of the session, at that time dedicated Pace and Start lanes will be open. There will be continuous warm up and cool down throughout the meet in lane 9, swimmers are only to enter and exit at the far end(deep end) of the pool.	
SUPERVISION	- Coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet and cleaning up the team area. - Cooperation with the request of a Meet Marshal is expected. - The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.	
PROGRAMS	Programs will be provided to coaches and officials and will be available free of charge on our Host Site	
CREDENTIALS	Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.	
SPECTATOR ENTRY FEE	None.	
COACHES MEETING	- There will be a virtual coaches' meeting on Tuesday July 15th at 8:30pm. Link will be provided to participating teams. - All participating coaches are responsible for all information disseminated at the meeting. A recording of the meeting will be made available for those that cannot attend.	



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OFFICIALS	- Officials interested in volunteering should contact the Meet Referee listed above and RSVP on TeamApp. - Officials volunteering for this meet should sign in at the officials room. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.																
TIMERS	- Participating clubs are expected to supply timers for all Prelims and Timed Finals sessions excluding the events below. - The host club will provide timers for Friday Finals, Saturday Finals and Sunday Finals. - Swimmers in the 800 and 1500 Freestyle events must provide their own counters. - Swimmers in the 400 Freestyle, 800 Freestyle, and 1500 Freestyle must provide their own timers. - Teams in the 800 Freestyle relay event must provide their own timers.																
COACH INFORMATION AND DECK ACCESS	- Please use designated pool entry areas. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials. Only swimmers, coaches, officials and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Teams will be allocated deck passes for coaches using the following Niagara LSC formula based on the number of athletes entered into individual events:<table><tr><td>1-5 swimmers in individual events</td><td>2 coaching passes</td></tr><tr><td>6-12 swimmers in individual events</td><td>3 coaching passes</td></tr><tr><td>13-22 swimmers in individual events</td><td>4 coaching passes</td></tr><tr><td>23-30 swimmers in individual events</td><td>5 coaching passes</td></tr><tr><td>31-39 swimmers in individual events</td><td>6 coaching passes</td></tr><tr><td>40-49 swimmers in individual events</td><td>7 coaching passes</td></tr><tr><td>50+ swimmers in individual events</td><td>8 coaching passes</td></tr><tr><td>Unattached swimmers entered without a team</td><td>1 coaching pass</td></tr></table> - Unattached swimmers with a team will be counted in the numbers for the team.	1-5 swimmers in individual events	2 coaching passes	6-12 swimmers in individual events	3 coaching passes	13-22 swimmers in individual events	4 coaching passes	23-30 swimmers in individual events	5 coaching passes	31-39 swimmers in individual events	6 coaching passes	40-49 swimmers in individual events	7 coaching passes	50+ swimmers in individual events	8 coaching passes	Unattached swimmers entered without a team	1 coaching pass
1-5 swimmers in individual events	2 coaching passes																
6-12 swimmers in individual events	3 coaching passes																
13-22 swimmers in individual events	4 coaching passes																
23-30 swimmers in individual events	5 coaching passes																
31-39 swimmers in individual events	6 coaching passes																
40-49 swimmers in individual events	7 coaching passes																
50+ swimmers in individual events	8 coaching passes																
Unattached swimmers entered without a team	1 coaching pass																
ENTRY FEES	Per Swimmer Surcharge: \$10.00 Relay event fee: \$15.00 Individual event fee: \$9.00 - Make checks payable to Syracuse Chargers Swimming and mail to the following address: Syracuse Chargers Swimming 204 Blackberry Rd Liverpool, NY 13090 - Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. - Entry fees are due with meet entry. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet. Do not send entries by registered mail. ***DEADLINES AND RESTRICTIONS WILL BE STRICTLY ENFORCED***																



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AVAILABLE MEDICAL SUPERVISION / EQUIPMENT	• Ithaca College has lifeguards stationed on the pool deck monitoring the competition and warm up pool. A lifeguard office is located off the pool deck with medical supplies. AEDs are available in the facility.
ON-SITE VENDORS	• Concessions will be provided by Ithaca College. • Northwest Design will be selling official meet merchandise.



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Order of Events

Breaks may be added or deleted at the discretion of the Meet Director.

Thursday- Session 1, Timed Finals			
Girls	Age Group	Event	Boys
1	13 & Over	800 Freestyle Relay	2
101	11-12	400 Freestyle	102
3	13 & Over	1500 Freestyle	4

Friday- Session 2, 13 & Over Prelims			
Girls	Age Group	Event	Boys
5	13 & Over	Mixed 200 Freestyle Relay	6
7	13 & Over	100 Breaststroke	8
9	13 & Over	50 Backstroke	10
11	13 & Over	200 Freestyle	12
13	13 & Over	100 Butterfly	14
15	13 & Over	50 Freestyle	16
17	13 & Over	400 Individual Medley	18
19	13 & Over	400 Medley Relay	20

Friday- Session 3, 10 & Under Timed Finals, 11-12 Prelims			
Girls	Age Group	Event	Boys
103	11-12	200 Backstroke	104
105	10 & Under	100 Breaststroke	106
107	11-12	100 Breaststroke	108
109	10 & Under	50 Freestyle	110
111	11-12	50 Freestyle	112
113	10 & Under	200 Individual Medley	114
115	11-12	200 Individual Medley	116
117	10 & Under	400 Medley Relay	118
119	12 & Under	400 Medley Relay	120



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Friday- Session 4, 11 & Over Finals			
Girls	Age Group	Event	Boys
5	13 & Over	Mixed 200 Freestyle Relay	6
107	11-12	100 Breaststroke	108
7	13 & Over	100 Breaststroke	8
111	11-12	50 Freestyle	112
9	13 & Over	50 Backstroke	10
115	11-12	200 Individual Medley	116
11	13 & Over	200 Freestyle	12
13	13 & Over	100 Butterfly	14
15	13 & Over	50 Freestyle	16
17	13 & Over	400 Individual Medley	18
19	13 & Over	400 Medley Relay	20

Saturday- Session 5, 13 & Over Prelims			
Girls	Age Group	Event	Boys
21	13 & Over	200 Freestyle Relay	22
23	13 & Over	200 Individual medley	24
25	13 & Over	200 Breaststroke	26
27	13 & Over	50 Butterfly	28
29	13 & Over	100 Backstroke	30
31	13 & Over	400 Freestyle	32

Saturday- Session 6, 10 & Under Timed Finals, 11-12 Prelims			
Girls	Age Group	Event	Boys
121	10 & Under	200 Medley Relay	122
123	12 & Under	200 Medley Relay	124
125	11-12	200 Breaststroke	126
127	10 & Under	100 Butterfly	128
129	11-12	100 Butterfly	130
131	10 & Under	100 Freestyle	132
133	11-12	100 Freestyle	134
135	10 & Under	50 Backstroke	136
137	11-12	50 Backstroke	138
139	10 & Under	200 Freestyle Relay	140
141	12 & Under	200 Freestyle Relay	142



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Saturday- Session 7, 11 & Over Finals			
Girls	Age Group	Event	Boys
21	13 & Over	200 Freestyle Relay	22
129	11-12	100 Butterfly	130
23	13 & Over	200 Individual Medley	28
133	11-12	100 Freestyle	134
25	13 & Over	200 Breaststroke	26
137	11-12	50 Backstroke	138
27	13 & Over	50 Butterfly	28
29	13 & Over	100 Backstroke	30
31	13 & Over	400 Freestyle	32

Sunday- Session 8, 13 & Over Prelims			
Girls	Age Group	Event	Boys
35	13 & Over	200 Medley Relay	36
37	13 & Over	200 Backstroke	38
39	13 & Over	50 Breaststroke	40
41	13 & Over	100 Freestyle	42
43	13 & Over	200 Butterfly	44
45	13 & Over	400 Freestyle Relay	46

Sunday- Session 9, 10 & Under Timed Finals, 11-12 Prelims			
Girls	Age Group	Event	Boys
143	10 & Under	Mixed 200 Freestyle Relay	143
144	12 & Under	Mixed 200 Freestyle Relay	144
145	10 & Under	200 Freestyle	146
147	11-12	200 Freestyle	148
149	11-12	200 Butterfly	150
151	10 & Under	50 Breaststroke	152
153	11-12	50 Breaststroke	154
155	10 & Under	100 Backstroke	156
157	11-12	100 Backstroke	158
159	10 & Under	50 Butterfly	160
161	11-12	50 Butterfly	162
163	10 & Under	400 Freestyle Relay	164
165	12 & Under	400 Freestyle Relay	166

Sunday- Session 10, 13 & Over Distance			
Girls	Age Group	Event	Boys
33	13 & Over	800 Freestyle	34



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Sunday- Session 11, 11 & Over Finals			
Girls	Age Group	Event	Boys
33	13 & Over	800 Freestyle	34
147	11-12	200 Freestyle	148
37	13 & Over	200 Backstroke	38
153	11-12	50 Breaststroke	154
39	13 & Over	50 Breaststroke	40
157	11-12	100 Backstroke	158
41	13 & Over	100 Freestyle	42
161	11-12	50 Butterfly	162
43	13 & Over	200 Butterfly	44