



14 & Under Age Group Camp & Meet

Arlington Natatorium

November 15–16, 2025

Saturday, November 15 – Camp & Clinic

- 2 x 1.5-hour pool sessions
- Technical focus: drills + light training
- Classroom sessions: nutrition, goal setting, performance mindset

Sunday, November 16 – Age Group Meet

- Sanctioned competition
- Racing with a focus on fun & development

Who Can Participate

- Open to athletes who meet the selection criteria
- Athletes must be registered and in good standing with USA Swimming & North Texas Swimming
- Age is determined by the athlete's age at the time of the swim

Athlete Selection

- Times used: LCM results from Sept 1, 2024 – Aug 31, 2025

Process:

1. Select the top times in each event until the roster can be filled without exceeding 16 unique athletes.
2. If including the next ranked athlete in each event would put the roster over 16 unique athletes, go back to the previous ranking and fill the remaining roster spots by moving through the event list order (see below).

3. If the next ranked athlete in an event has already been selected, skip to the next event in the list.
4. Continue until 16 unique athletes are named per gender and age group.
5. If an athlete was selected in two age groups, they will be removed from the roster for the younger age group and the alternate for that age group will be selected.

Coach Selection

- Coaches must apply to be considered.
- Coaches will be ranked based on the number of athletes from their team who are selected to the roster.
- Coaches with the most athletes selected will be chosen first.
- Goal: 1 coach per age group per gender.

Cost & Registration

- Cost: \$25 per athlete
- Invitation: Accept or Deny no later than October 1, 2025

Event List for Selection

200 IM
400 IM (13–14 only)
1500 Free (13–14 only)
800 Free (13–14 only)
400 Free
200 Free
100 Free
50 Free
200 Breast (11–12 & 13–14)
200 Fly (11–12 & 13–14)
200 Back (11–12 & 13–14)
100 Breast
100 Fly
100 Back
50 Breast (10 & Under & 11–12 only)
50 Fly (10 & Under & 11–12 only)
50 Back (10 & Under & 11–12 only)