

PVS 2025 SC 14 & Under Championships

Sanction # PVS-25-83

March 13-16, 2025



Hosted for PVS by:

MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE OFFICIAL
Paris Jacobs	Chris Oliver	Barb Ship
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1		ctrionver @icioud.co	<u></u>			
		Official's sign up				
SANCTION	Held un	der the sanction of USA Swir	nming through Potomac	Valley Swimming: PVS-25-83		
	• In grant Swimm shall be		cood and agreed that US Iniversity of Maryland, E I any and all liabilities or	A Swimming, Potomac Valley opley Recreation Center claims for damages arising		
FACILITY	,	University of M Epple Colle	aryland College Park Ca y Recreation Center ge Park, MD, 20740 (301) 226-4400			
		npetition pool at the Univers ds. There are two (2), eight	· ·	-		
	course i turning	runs wall to bulkhead and is	3' deep at the starting en rom bulkhead to wall ar	o 25yd courses. The shallow nd and 10'6" deep at the nd is 10'6" deep at the starting		
	• Finals e	vents will be held on the sha	llow course (wall to bulk	rhead).		
	Under p	 Boys and girls will swim in separate courses for the 11-14 preliminary sessions. The 10 & Under preliminary sessions will swim on the shallow end course, alternating girls' and boys' events. 				
	Eight la	nes of continuous warm up/o	cool down will be availat	ole.		
	Event h	osts shall ensure the require	d course dimensions.			
PARKING		details will be available on the		ming website prior to the		
ENTRY		Tuesday,	March 4, 2025, 5:00pm			
DEADLINE	Directo	TANT: The above date is the r. Therefore, clubs usually seers. Check with your club for	t an earlier deadline to r	omit their entries to the Meet receive entries from their		
		tries will be accepted for a fe e for late entries is Monday,		two times the event entry fee. DN.		
SCHEDULE			Warm Up	Events		
		rsday, March 13 Timed Finals ay, Saturday, Sunday, March	4:30-5:20pm 1 14, 15, 16	5:30pm		
		11-14 Prelim Session	7:00 – 8:20am	8:30am		
		10 & U Prelim Session	12:40 - 1:20pm	1:30pm		
		Finals Session	4:30 – 5:20pm	5:30pm		

	The Meet Director, with concurrence with the Age Group Chair, reserves the right to adjust times/sessions after entries are received.
FLICIBILITY	
ELIGIBILITY	Open to all Potomac Valley Swimming registered athletes.
	 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 USA Swimming Rules and Regulations Article 302.
	• Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet.
	Swimmers must have equaled or bettered the applicable SCY or LCM <u>qualifying times</u> listed.
	• Times achieved prior to March 9, 2023 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed or approved meets.
	• Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event, will result in the swimmer being scratched from that event.
	• Distance Entries: Any swimmer who qualifies for the 1000yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.
	 Qualifying times for swimmers with a disability are the USA-S 2024-2028 Parallel Time Standards – age appropriate - A times. <u>Parallel Time Standards</u>
SWIMMERS	PVS and host clubs along with their Meet Directors are committed to the <u>Inclusion Policy</u>
WITH A	as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to
DISABILITY	provide advance written notice of desired accommodations/modifications to the Meet
	Director and Meet Referee. The athlete (or athlete's coach) is also responsible for
	notifying the session Referee in writing of any desired accommodation/modifications prior
INCLEMENT WEATHER	to competition.
INCLEIVIENT WEATHER	in the event of incienteric weather, the weet birector, weet hereice, and the Age Group
	Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.
TIMING SYSTEM	
	 Automatic Timing (touchpads primary) will be used. Current USA Swimming rules shall govern this meet.
RULES	
	All applicable adults participating in or associated with this meet acknowledge that All applicable adults participating in or associated with this meet acknowledge that All applicable adults participating in or associated with this meet acknowledge that All applicable 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 the

- MAAPP policy is a condition of participation in the conduct of this competition.
- No on-deck USA Swimming registration is permitted.
- In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS 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 without the use of the backstroke ledge. 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.

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. Dive-over starts will be used during the preliminary and timed finals sessions. The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F. **INDIVIDUAL** All individual events are prelims and finals except the 11-12 and 10 & Under 500 yd **EVENT RULES** Freestyle and the 14 & Under 1000 yd & 1650 yd Freestyle, which are timed finals. A swimmer may enter and compete in a maximum of six (6) individual events and no more than three (3) individual events per day. Except where otherwise noted the 10 & Under events will have 1 heat at Finals, the 11-12, 12 & Under, 13-14 and 14 & Under events will have 2 heats at Finals, swum in the order of The 11-12 500 yd freestyle and the 14 & U 1000 yd and 1650 yd Freestyle events will be swum fastest to slowest. • Any swimmer who qualifies for the 1000y and/or 1650y Freestyle events may enter at their fastest time or at the time standard. If a swimmer qualifies for either the 1000y or the 1650y Freestyle, they may also enter the other distance, as long as they do not exceed any entry maximums. The fastest heat of the Women's 14 & U 1000 yd and Men's 14 & U 1650 yd Freestyle and the Women's and Men's 10 & U 500 yd Freestyle will be swum as the first events of the Finals session on Sunday. Qualifying times for the 13-14 50's stroke (Backstroke, Breaststroke & Butterfly) will use the 100 (Backstroke, Breaststroke & Butterfly) Qualifying time for the 2025 meet. Qualifying times for the 13-14 100 IM will use the 200 IM Qualifying time for the 2025 meet. Swimmers of the 500 yd, 1000 yd and 1650 yd events are responsible for providing their own timer and counter, except for those swimming in Finals on Sunday. SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY entries. NT entries will not be accepted. Late entries will be accepted for a fee: \$150 per club plus two times the entry fee and due by Monday, March 10, 2025 at Noon. No deck entries will be accepted. **RELAY EVENT** All relay events are timed finals. **RULES** A club may enter up to 3 relay teams per relay event. The 200 yd Freestyle and Medley relays will be swum during the preliminary sessions. The 400 yd Freestyle and Medley relays will be swum during the finals sessions. All heats of the 200yd, 400 yd and 800 yd Medley and Freestyle Relays will be swum during the prelim sessions. The Mixed Gender Relays will be swum at the start of the Final Sessions. WITHDRAWING PVS scratch rules apply for swimmers scratching from Finals. **FROM FINALS** If you do not wish to swim in the Final, you may **SCRATCH** from the event by following this procedure: o You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" or "B" finals, if scheduled. You may declare Intent to Scratch. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for Intent. If you declare an Intent to Scratch and do not wish to swim finals,

	you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.
	 If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from further competition for the remainder of the meet.
POSITIVE CHECK IN	Positive check-in is required for all events 400 yd and longer and all mixed relay events. Swimmers who do not check-in will not be seeded into that event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.
	• See the check-in deadlines later in this Meet Announcement. Note: Check-in for the Sunday 1000 yd/1650 yd events must be done by 6:30 pm Saturday. Check-in for the mixed relay events will close at the end of the 11-14 preliminary session on the day they are swum.
	• If the size of the PVS 14 & Under Championships warrants, positive check-in for individual events 200 yd and shorter may be announced.
TIME TRIALS	There are no time trials as part of this meet.
WARM-UP	The prescribed PVS warm-up procedures and safety policies will be followed.
	The Meet Director will determine the structure of Warm-up, times/lane assignments.
	• During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.
	No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
SCORING	• Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
	• Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
	Banners will be awarded to the top three combined scored teams
AWARDS	 Medals will be awarded 1st through 8th place for individual events and 1st through 3rd place for relay events.
	 High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12, 13-14. High point standings will be updated following the end of each Finals session. Results will be posted near the posted results.
	Relay events will not be used to determine individual high point awards.
SPECTATOR FEE	None.
PROGRAMS	The meet will be available on Meet Mobile. Programs will be posted on the <u>PVS website</u> .
PARKING	 A SEPARATE PARKING DOCUMENT WILL BE provided to all participating teams and posted on the Potomac Valley website with specifics by day, and links for purchasing parking as needed.
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.
MEDICAL ASSISTANCE	 Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.

OFFICIALS	 It is anticipated this meet will be an Officials Qualifying Meet, (OQM) under the USA Swimming National Certification program. Officials wishing to volunteer should submit an Application to Officiate; any official interested in being evaluated must submit an Application to Officiate no later than March 1, 2025, noting the request for evaluation. You can review information about the National Certification Program on the USA Swimming Website. Interested officials may also contact the Meet Referee: Christina Oliver cntoliver@icloud.com Walk-on officials are welcome.
	 Walk-on officials are welcome. Each participating club is requested to provide at least one table worker or official
TIMERS	 (referee, starter or stroke & turn judge) per session if entering 25 or more splashes. All clubs are expected to provide timers in proportion to their entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer requirements by email.
	 Clubs MUST provide name, email address and cell phone number to the Meet Director for all timers covering the club's timer requirements NO LATER THAN 5:00 PM, WEDNESDAY, MARCH 12, 2025.
	 Clubs are responsible for ensuring their timer requirements are met for the ENTIRE SESSION – including providing replacement timers if needed.
	 All timers should attend the Timers' Meeting 30 minutes prior to the session start in the Timers' Hospitality Room.
ENTRY PROCEDURES	Entries should be submitted by email to the Meet Director: entries@machineaquatics.com
	• Include in the subject of the email, "2025 PVS 14 & U Champs - ***" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files.
	• Include in entry email: entry file, report of entries by name, report of entries by event.
	 Entry email must include a coach's cell phone number at which they can be contacted between prelims and finals, in case a swimmer scratches into finals and needs to be notified.
	Entries directly from individual team members will not be accepted.
	Entries by phone or fax will not be accepted.
	All Relay-only swimmers must be included in the entry file and listed on the meet entry report to participate in the meet.
	Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.
	 Individual Unattached Athletes may enter individually. Payment will be required prior to the start of the meet. Contact the Meet Entry chair for payment instructions.
	 The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.
	 Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	Per Swimmer Surcharge: \$10.00 Relay event fee: \$20.00
	Individual event fee: \$12.50 Deck entries: N/A
	• Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.

Thursday, March 13, 2025

Distance Events

Warm up: 4:30-5:30pm, Events: 5:40pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	19:49.99	20:59.99	14 & Under 1650 yd Freestyle			
			14 & Under 1000 yd Freestyle	11:09.99	10:20.19	2
3	5:55.99	5:28.39	11-12 500 yd Freestyle	5:55.99	5:28.69	4

All events in this session are Positive Check-in

Positive Check-in deadline for 1650 yd Freestyle and 1000 yd Freestyle is 5:00 pm

Positive Check-in deadline for 500 Freestyle is 6:00 pm

All events in this session are timed finals and will be swum fastest to slowest.

All swimmers are to provide their own counter (if desired) for all events in this session with athletes already in the building.

• Any swimmer who qualifies for the 1000y and/or 1650y Freestyle events may enter at their fastest time or at the time standard. If a swimmer qualifies for either the 1000y or the 1650y Freestyle, they may also enter the other distance, as long as they do not exceed any entry maximums.

Friday, March 14, 2025

11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
5	4:30.99	5:21.99	13-14 200 yd Medley Relay	4:12.99	5:17.49	6
7	2:12.99	2:23.49	11-12 200 yd Medley Relay	2:12.99	2:25.49	8
11	1:04.59	1:13.99	13-14 100 yd Butterfly	1:00.99	1:10.99	12
13	2:31.39	2:51.69	12 & Under 200 yd Backstroke	2:32.69	2:53.79	14
15	1:14.49	1:26.59	13-14 100 yd Breaststroke	1:09.79	1:23.49	16
19	1:21.19	1:32.99	11-12 50 yd Breaststroke	1:21.59	1:34.59	20
21	2:04.09	2:20.49	13-14 200 yd Freestyle	1:56.99	2:15.49	22
23	1:01.49	1:10.99	11-12 100 yd Freestyle	1:02.39	1:10.19	24
27	1:04.99*	1:15.49*	13-14 50 yd Backstroke*	1:02.19*	1:14.29*	28
31	31.29	36.89	11-12 50 yd Butterfly	31.89	36.79	32
33	5:00.99	5:49.59	13-14 400 yd Individual Medley	4:43.99	5:27.09	34
35	2:33.19	2:59.59	11-12 200 yd Individual Medley	2:33.39	2:59.59	36
39	8:59.99	10:45.19	13-14 800 yd Freestyle Relay	8:59.99	10:45.19	40

If your team qualifies for the 13-14 400 yd Medley Relay, it also qualifies for the 200 yd Medley Relay
400 yd Individual Medley and 800 yd Freestyle Relay are Positive Check-in
*13-14 50yd Backstroke will use the 100 yd Backstroke as the QT

All 800 Freestyle Relays will be swum as Timed Finals during Prelims

Positive check-in deadline for 400 yd Individual Medley and 800 yd Freestyle Relay is 8:30 am
Positive check-in for 400 yd Mixed Gender Freestyle Relay closes at the conclusion of Friday's 11-14 Prelims Session

Friday, March 14, 2025

10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
17	43.59	49.59	10 & Under 50 yd Breaststroke	43.59	50.39	18
25	1:12.29	1:22.79	10 & Under 100 yd Freestyle	1:11.99	1:22.69	26
29	37.39	42.69	10 & Under 50 yd Butterfly	37.39	42.79	30
37	2:57.99	3:30.19	10 & Under 200 yd Individual Medley	2:57.99	3:31.29	38

Friday, March 14, 2025

FINALS

Warm up: 4:30 – 5:20 pm, Events: 5:30 pm

Women's Event #	Event	Men's Event #
9	13-14 400 yd Mixed Gender Freestyle Relay	9
10	11-12 400 yd Mixed Gender Freestyle Relay	10
11	13-14 100 yd Butterfly	12
13	12 & Under 200 yd Backstroke	14
15	13-14 100 yd Breaststroke	16
17	10 & Under 50 yd Breaststroke	18
19	11-12 50 yd Breaststroke	20
21	13-14 200 yd Freestyle	22
23	11-12 100 yd Freestyle	24
25	10 & Under 100 yd Freestyle	26
27	13-14 50 yd Backstroke	28
29	10 & Under 50 yd Butterfly	30
31	11-12 50 yd Butterfly	32
33	14 & Under 400 yd Individual Medley	34
35	11-12 200 yd Individual Medley	36
37	10 & Under 200 yd Individual Medley	38

Positive check-in for 400 yd Mixed Gender Freestyle Relay closes at the conclusion of Thursday's 11-14 Prelims Session

Saturday, March 15, 2025

11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
41	1:50.99	2:09.89	13-14 200 yd Freestyle Relay	1:44.99	2:04.29	42
43	1:56.99	2:15.59	11-12 200 yd Freestyle Relay	1:55.99	2:15.59	44
47	2:19.99	2:44.99	13-14 200 yd Individual Medley	2:12.49	2:38.19	48
49	2:48.99	3:10.19	12 & Under 200 yd Butterfly	2:43.99	3:12.09	50
53	1:04.59*	1:13.99*	13-14 50 yd Butterfly*	1:00.99*	1:10.99*	54
55	1:11.19	NA	11-12 100 yd Individual Medley	1:11.29	NA	56
59	1:04.99	1:15.49	13-14 100 yd Backstroke	1:02.19	1:14.29	60
61	1:21.19	1:32.59	11-12 100 yd Breaststroke	1:21.59	1:34.59	62
65	2:39.99	3:08.09	13-14 200 yd Breaststroke	2:31.39	2:59.69	66
67	32.89	38.79	11-12 50 yd Backstroke	33.09	39.19	68
71	26.39	30.59	13-14 50 yd Freestyle	24.89	28.99	72
73	2:15.99	2:35.89	11-12 200 yd Freestyle	2:14.99	2:39.19	74
75	5:28.79	5:01.69	13-14 500 yd Freestyle	5:13.69	4:57.39	76
77	4:40.99	5:38.99	11-12 400 yd Medley Relay	4:50.99	5:40.09	78
79	4:30.99	5:21.99	13-14 400 yd Medley Relay	4:12.99	5:17.49	80

500 Freestyle and 400 Medley Relay are Positive Check-in

Positive check-in deadline for 500 Free and 400 Medley Relay is 8:30 am

*13-14 50 yd Butterfly will use the 13-14 100 yd Butterfly QT.

All swimmers are to provide their own timer and counter (if desired) for the 500 Freestyle Events

Positive check-in for 200 yd Mixed Gender Medley Relay closes at the conclusion of Saturday's 11-14 Prelims Session

Saturday, March 15, 2025

10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
51	1:22.09	NA	10 & Under 100 yd Individual Medley	1:21.79	NA	52
57	1:33.89	1:48.49	10 & Under 100 yd Breaststroke	1:33.89	1:50.09	58
63	38.49	43.99	10 & Under 50 yd Backstroke	38.49	44.29	64
69	2:36.99	2:59.99	10 & Under 200 yd Freestyle	2:35.59	2:59.99	70
81	2:35.99	3:00.79	10 & Under 200 yd Medley Relay	2:35.99	3:00.79	82

Saturday, March 15, 2025

FINALS

Warm up: 4:30 – 5:20 pm, Events: 5:30 pm

Women's Events #	Event	Men's Event #
45	13-14 200 yd Mixed Gender Medley Relay	45
46	11-12 200 yd Mixed Gender Medley Relay	46
47	13-14 200 yd Individual Medley	48
49	12 & Under 200 yd Butterfly	50
51	10 & Under 100 yd Individual Medley	52
53	13-14 50 yd Butterfly	54
55	11-12 100 yd Individual Medley	56
57	10 & Under 100 yd Breaststroke	58
59	13-14 100 yd Backstroke	60
61	11-12 100 yd Breaststroke	62
63	10 & Under 50 yd Backstroke	64
65	13-14 200 yd Breaststroke	66
67	11-12 50 yd Backstroke	68
69	10 & Under 200 yd Freestyle	70
71	13-14 50 yd Freestyle	72
73	11-12 200 yd Freestyle	74
75	13-14 500 yd Freestyle	76

Positive check-in for 200 yd Mixed Gender Medley Relay closes at the conclusion of Saturday's 11-14 Prelims Session

Positive check-in deadline for Sunday's 1000 yd/1650 yd events is 6:30 pm Saturday

Sunday, March 16, 2025

11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's
Event #	30. Q.	25 Q.	Event	30. Q.		Event #
83	4:05.99	4:42.49	13-14 400 yd Freestyle Relay	3:49.79	4:28.69	84
85	4:15.99	4:49.29	11-12 400 yd Freestyle Relay	4:15.99	4:49.29	86
91	2:17.99	2:43.29	13-14 200 yd Backstroke	2:11.99	2:35.99	92
93	2:54.09	3:23.59	12 & Under 200 yd Breaststroke	2:53.69	3:23.59	94
97	1:14.49*	1:26.59*	13-14 50 yd Breaststroke*	1:09.79*	1:23.49*	98
99	1:10.99	1:22.49	11-12 100 yd Backstroke	1:10.99	1:22.99	100
103	57.69	1:04.89	13-14 100 yd Freestyle	53.99	1:02.99	104
105	28.39	32.79	11-12 50 yd Freestyle	28.39	32.59	106
109	2:27.99	2:55.29	13-14 200 yd Butterfly	2:17.99	2:47.59	110
111	1:11.99	1:23.99	11-12 100 yd Butterfly	1:12.29	1:25.89	112
117	2:19.99*	2:44.99*	13-14 100 yd Individual Medley*	2:12.49	2:38.19*	118
113	11:39.99	10:36.99	14 & Under 1000 yd Freestyle**			
			14 & Under 1650 yd Freestyle**	18:49.99	19:46.09	114

400 Freestyle Relay is positive Check-in.

Positive check-in deadline for 400y Free Relay is 7:30 am

*13-14 50 yd Breaststroke will use the 100 yd Breaststroke QT

*13-14 100 yd IM will use the 200 yd IM QT

1000 yd/1650 yd Freestyle are Timed Finals events; Top 8 swimmers swim at Finals.

Positive check-in deadline for 1000/1650 is 6:30 pm Saturday.

All swimmers must provide their own timer & counter (if desired) for the 1000/1650 Freestyle Prelim Events

** Any swimmer who qualifies for the 1000y and/or 1650y Freestyle events may enter at their fastest time or at the time standard. If a swimmer qualifies for either the 1000y or the 1650y Freestyle, they may also enter the other distance, as long as they do not exceed any entry maximums.

Positive check-in for 200 yd Mixed Gender Freestyle Relay closes at the conclusion of Sunday's 11-14 Prelims Session

Sunday, March 16, 2025

10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
87	2:14.79	2:35.89	10 & Under 200 yd Freestyle Relay	2:14.39	2:38.19	88
95	1:22.49	1:36.29	10 & Under 100 yd Backstroke	1:22.49	1:37.59	96
101	32.69	37.29	10 & Under 50 yd Freestyle	32.59	37.19	102
107	1:30.99	1:44.19	10 & Under 100 yd Butterfly	1:30.99	1:47.59	108
115	6:59.99	6:37.19	10 & Under 500 yd Freestyle	6:59.99	6:26.39	116

500 yd Freestyle is Positive Check-in

500 yd Freestyle is a Timed Finals event; Top 8 swimmers swim at finals

Positive check-in deadline for 500 Freestyle is 1:30 pm

All swimmers are to provide their own timer and counter (if desired) for the 500 Freestyle prelim events

Sunday, March 16, 2025

FINALS

Warm up: 4:30 – 5:20 pm, Events: 5:30 pm

Women's Events #	Event	Men's Event #
86	13-14 200 yd Mixed Gender Freestyle Relay	86
87	11-12 200 yd Mixed Gender Freestyle Relay	88
113	14 & Under 1000 yd Freestyle	
	14 & Under 1650 yd Freestyle	114
115	10 & Under 500 Freestyle	116
91	13-14 200 yd Backstroke	92
93	12 & Under 200 yd Breaststroke	94
95	10 & Under 100 yd Backstroke	96
97	13-14 50 yd Breaststroke	98
99	11-12 100 yd Backstroke	100
101	10 & Under 50 yd Freestyle	102
103	13-14 100 yd Freestyle	104
105	11-12 50 yd Freestyle	106
107	10 & Under 100 yd Butterfly	108
109	13-14 200 yd Butterfly	110
111	11-12 100 yd Butterfly	112
117	13-14 100 yd Individual Medley	118

Positive check-in for 200 yd Mixed Gender Freestyle Relay closes at the conclusion of Sunday's 11-14 Prelims Session