



**VIRGINIA SWIMMING SHORT COURSE  
AGE GROUP CHAMPIONSHIP**  
**March 12 - 15, 2026**  
**SANCTION NO. VS-26-083**

Hosted by:  
**SWIMRVA**

<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-26-083</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, doing business as SwimRVA, 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.</li></ul>
<b>LOCATION:</b>	<ul style="list-style-type: none"><li>• SwimRVA-CSAC, 5050 Ridgedale Parkway, North Chesterfield, VA 23234, Phone: (804) 271-8271 (Pool front desk)</li></ul>
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• SwimRVA-CSAC Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand.</li><li>• 50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide. All sessions will be run in the 25-yard competition pool set up for 8 lanes.</li><li>• Myrtha track start blocks and backstroke wedges</li><li>• Colorado System 7 timing, Dolphin watches and Colorado 31' video board.</li><li>• Indoor 6-lane 25-yard pool for continuous warm-up, cool-down.</li><li>• American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is also equipped with first aid supplies, 2 AEDs and emergency oxygen.</li><li>• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.)</li><li>• In order to provide parents/guardians who are outside of the facility with the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li></ul>
<b>MEET DIRECTOR:</b>	Mike Julian VSI Age Group Chair Phone: (804) 405-9625 Email: <a href="mailto:coachmikej@novaswim.org">coachmikej@novaswim.org</a> Host Team Coordinator: Adam Kennedy Phone: (804) 334-7669 Email: <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"><li>• Open to all Virginia Swimming registered athletes registered prior to the first day of the meet who are 14 years old and younger and meet the qualifying time in each event entered. Qualifying time standards for Athletes with a Disability are the USA-S Parallel A standards in the athlete's age group.</li><li>• Swimmers who have a minimum qualifying time in the 1000 Yard Freestyle or the 1650 Yard Freestyle may swim both events. This applies to all 11-14 year-old swimmers.</li><li>• No on deck USA Swimming athlete registration will be permitted.</li><li>• The qualifying period for this meet is November 1, 2024 through March 11, 2026</li><li>• Age on March 12, 2026 will determine age for the entire meet.</li></ul>
<b>ATHLETES WITH A DISABILITY:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations/modifications to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the using the <a href="#">Disability Accommodation Form</a>.</li></ul>
<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"><li>• The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g. concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li><li>• This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li><li>• The swimmer/coach shall provide a Personal Assistant(s) as needed.</li></ul>

<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• Individual events: <ul style="list-style-type: none"> <li>◦ Thursday: 10 &amp; under 500 Y Freestyle, 11-12 500 Y Freestyle, and 11-14 1000 Y Freestyle will be swum as timed finals.</li> <li>◦ Friday: 11-12 400 IM will be swum as a timed final event with the top 8 swimmers after scratches competing Friday night in finals.</li> <li>◦ Sunday: 11-14 1650 Y Freestyle will be swum as a timed final event.</li> <li>◦ All other events will be swum as preliminary / finals events.</li> </ul> </li> <li>• Thursday evening events will be swum in two pools. <ul style="list-style-type: none"> <li>◦ All individual events (10 &amp; under 500 Y Freestyle, 11-12 500 Y Freestyle and 11-14 1000 Y Freestyle) will be swum fastest to slowest.</li> <li>◦ The 13-14 800 Y Freestyle Relays will be seeded and swum slowest to fastest.</li> <li>◦ The two pools will be separated and swum in Boys and Girls courses. If one pool finishes early, those lanes may be utilized to expedite the finish of races from the other pool, at the discretion of the Meet Referee.</li> </ul> </li> <li>• The meet director in consultation with the meet referee reserves the right to utilize two courses for any preliminary session based on the number of entries received. Teams will be notified NLT Monday, March 9, 2026, if two courses will be used.</li> <li>• Finals (Friday through Sunday) will be swum in one pool with the consolation heat swimming first, followed by the final heat. <ul style="list-style-type: none"> <li>◦ Top 16 11-12 and 13-14 swimmers will qualify for finals</li> <li>◦ Top 8 10 &amp; under swimmers will qualify for finals.</li> </ul> </li> <li>• The 1650 Y Freestyle will be swum in two courses fastest to slowest, 20 minutes after the conclusion of Sunday's preliminary session relays. If one pool finishes early, those lanes may be utilized to expedite the finish of races from the other pool, at the discretion of the Meet Referee. The final heat of boys and girls may be combined.</li> <li>• Relay events: <ul style="list-style-type: none"> <li>◦ Will be Timed Finals.</li> <li>◦ All 10 &amp; under relays will swim during the preliminary sessions.</li> <li>◦ The fastest heat of all 11-12 relays and all 13-14 relays on Friday and Saturday will be swum in the finals sessions. All remaining heats will be swum during the preliminary sessions.</li> <li>◦ All heats of the 400 Y Freestyle Relay will be swum Sunday during the preliminary session.</li> <li>◦ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has fewer than eight teams</li> <li>◦ All relays both entered and swum must have at least two swimmers that have been entered in an individual event in the meet.</li> <li>◦ <b>All entries for the 13/14 200 Y Medley relays must use 400 Y Medley relay times.</b></li> </ul> </li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Thursday Evening Session: Warm-ups: 3:00 pm; competition starts at 4:15pm</li> <li>• Preliminary Sessions: Not before 7:00am; competition starts not before 8:30am</li> <li>• 1650 Y Freestyle Session: Competition will begin 20 minutes after the 400 Y Freestyle relays.</li> <li>• Final Sessions: <ul style="list-style-type: none"> <li>◦ Friday and Saturday: General warm-ups: not before 4:30 pm; Specific warm-ups not before 5:00 pm; Competition starts: not before 5:30 pm</li> <li>◦ Sunday: General warm-ups: not before 3:30 pm; Specific warm-ups not before 4:00 pm; Competition starts: not before 4:30 pm</li> </ul> </li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the TIDE website no later than Sunday March 8, 2026, and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 pm, WEDNESDAY, March 4, 2026.</b></p> <p><b>ENTRY PROCEDURES –</b></p> <ul style="list-style-type: none"> <li>• <b>On-Line Meet Entry (OME)</b> – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) <b>ONLY</b>. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> <li>◦ <b>Entry fees must be submitted directly to Virginia Swimming. See additional information in FEES section.</b></li> </ul> </li> </ul>

- **Contact the Meet Entry Officer for questions regarding OME.**
- **OME CLOSES:** 11:59pm EST – **WEDNESDAY, March 4, 2026.**
- **Meet Entry Officer:** Emily Fagan, [businessoffice@virginiawimming.org](mailto:businessoffice@virginiawimming.org)
- 11-14 year-old athletes who have the qualifying time in the 1000 Y Freestyle or the 1650 Y Freestyle may enter both events.
- **All entries for the 13/14 200 Y Medley relays must use 400 Y Medley relay times.**
- **LATE ENTRIES.** Entries desired after 11:59 pm, WEDNESDAY, March 4, 2026 and prior to the start of the meet, must be sent to [businessoffice@virginiawimming.org](mailto:businessoffice@virginiawimming.org) for input and will be considered late.
  - All late entries must submit proof of time.
  - Late entries may not be used to improve the seed time of an earlier entry.
- **Conforming and Non-Conforming times will be used for entry in this order: Short Course Yards, then Long Course Meters, then Short Course Meters**
- “No Time” entries for individual or relay events will not be accepted.
- Coach Times (CT) are **not allowed** for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet including Block Party meets.
- **PROOF OF TIMES:**
  - Verification of times for all events (including relays) is required. Proof of time is defined as a time that is included in the SWIMS database or which can be proven by official results of a sanctioned, approved, or observed meet.
  - Other than events entered with override times, entries submitted through OME will be automatically verified.
  - Any additional requested proof of times must be submitted prior to the scratch deadline for the session in which the event is being swum. **Entries not proven by this deadline will be scratched.**
  - Any proof of times received after the heat sheet has been published will be seeded in the first heat with an extra heat being added if necessary.
  - After the meet, VSI staff may conduct an audit of entry times vs. meet results. Based on the results of this audit, a team may be required to provide additional proof of time for selected swims. Failure to provide this additional proof will result in the swim(s) being identified as illegal participation with fines assessed as described in the Penalties section below.
- **Bonus Events: Swimmers may enter events in which they have achieved an age-appropriate Bonus Qualifying time according to the following rules:**
  - **1 entered event: 3 bonus**
  - **2 entered events: 2 bonus**
  - **3 entered events: 1 bonus**
  - **4 or more entered events: 0 bonus**

Qualifying for either the 1650 Y Freestyle or the 1000 Y Freestyle but entering both events counts as 2 entered events when determining the number of bonus events.
- **ENTRY LIMITS:**
  - **Individual Events:** Swimmers may enter a maximum of 8 events, no more than three per day and 2 relays per day.,
  - **Relays:** Two (2) per team per event.
- The Meet Director, in conjunction with the Meet Referee reserves the right to combine heats and events, which may require reseeding.

<b>FEES:</b>	<b>Individual Events: \$15.00</b> <b>Relay Events: \$25.00</b> <b>Swimmer Fee: \$2.50 per person</b> (entered in the meet in any capacity) <b>Late Entry Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline. <b>Payment:</b> <ul style="list-style-type: none"> <li>● <b>Payment for entries must be made by check or credit card.</b></li> </ul>
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	<ul style="list-style-type: none"> <li>○ Checks should be made payable to <b>Virginia Swimming</b> and mailed to Virginia Swimming PO Box 1059 Appomattox, VA 24522</li> <li>○ Payment by credit card can be submitted through the Payment Center on the Virginia Swimming website.</li> <li>● The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, March 12, 2026). <b>Failure to pay entry fees by this deadline could result in the team being barred from the meet.</b></li> <li>● Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee).</li> <li>● <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● <b>Instructions for submitting scratches will be distributed to all teams and posted on the Virginia Swimming website NLT Monday, March 9, 2026.</b></li> <li>● All events will be pre-seeded with the exception of the following which will be deck-seeded after the scratch deadlines: all relays, the 400 IM, and the 500, 1000, and 1650 Freestyles.</li> <li>● Scratch deadlines for deck-seeded events: <ul style="list-style-type: none"> <li>○ Thursday evening events by 3:30 pm (inc. 800 Freestyle Relay)</li> <li>○ Friday: <ul style="list-style-type: none"> <li>■ All 200 and 400 Relays: 7:30 am</li> <li>■ 400 IM: 7:30 am</li> </ul> </li> <li>○ Saturday: 13/14 500 Freestyle 8:00 am</li> <li>○ Sunday: 11/14 1650 Freestyle: 8:00 am</li> </ul> </li> <li>● <b>A swimmer who doesn't scratch from a deck-seeded event and does not show up to compete will not be allowed to swim his/her next event.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● Individual events will be awarded medals for first through eighth place.</li> <li>● Relay events will be awarded medals for first through third place and ribbons for forth through eighth place.</li> <li>● High point will be awarded for girls and boys in the 10 &amp; Under, 11-12, 13-14 age groups and overall.</li> <li>● Team awards will be given. <ul style="list-style-type: none"> <li>○ The winning team will receive a banner. The teams placing second through sixth will receive a plaque.</li> <li>○ Large Team, Medium Team, and Small Team: Girl's and boy's highest overall score in each category. <ul style="list-style-type: none"> <li>■ 1-124: Small team</li> <li>■ 125-249: Medium team</li> <li>■ 250+: Large team</li> </ul> </li> </ul> </li> <li>● Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li>○ Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>● A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>● If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>● Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>● The current <i>USA Swimming Rules and Regulations</i>, including the Minor Athlete Abuse Prevention Policy, will govern this meet.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Any swimmer entered in the meet must be certified by a USAS 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's legal guardian to ensure compliance with this requirement.</li> <li>• 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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>• <b>The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E.1-3 only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.</b></li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• In accordance with VSI best practices, swimmers should shower before entering the pool.</li> <li>• Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Anne Van Lente</b>  <b>Email: westgrace98@gmail.com</b>  <b>Phone: (804) 564-6070</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Officials training will only be available for the administrative component of referee training.</li> <li>• Officials must have been certified for a year in the positions in which they are planning to work.</li> <li>• Applications to officiate are available on the VSI website on the 2026 Championship Meets page should be completed no later than <b>March 5, 2026</b>.</li> <li>• Application will be made to have this meet approved as an Officials Qualifying Meet for N2 Certification/Re-certification.</li> <li>• Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.</li> <li>• There will be an Officials meeting one hour prior to the start of each session located in the hospitality room at the shallow end of the pool.</li> <li>• <b>Zoom General Meeting will be held on Wednesday, March 11, 2026, at 7:30pm.</b></li> </ul>
<b>SAFETY:</b>	<p><b>Meet Safety Officer: Jacob Wallin</b>  <b>Email: Jacob.wallin@swimrichmond.org</b>  <b>Phone: (804) 271-8271</b></p> <p><b>Virginia Swimming Meet Safety Procedures will be in effect.</b></p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• Swimmers are expected to provide their own timers and lap counters (as appropriate) for: <ul style="list-style-type: none"> <li>○ Thursday's events: 10 &amp; Under and 11-12 500 Y Freestyles and the 11-14 1000 Y Freestyle.</li> <li>○ Friday events: 11-12 and 13-14 Y 400 IM</li> <li>○ Saturday events: 13-14 500 Y Freestyle</li> <li>○ Sunday: 11-14 1650 Y Freestyle</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Relay teams are required to provide their own timers for the 800 Y Freestyle Relay Thursday as well as any relays swum in Prelims.</li> <li>• The number of timers required per club and their lane assignments will be posted on the SRVA website no later than Sunday, March 8, 2026, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Swimmer / Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates Aquatic Center rules (posted at the pool) will be disqualified from the meet and escorted from the facility.</li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Spectators must remain in the <b>stands above the pool area</b>.</li> <li>• <b>No “Team Photographers” will be allowed on deck at the meet.</b></li> <li>• <b>Heat sheets will not be printed, however they will be provided 2 ways:</b> <ul style="list-style-type: none"> <li>○ Meet Mobile</li> <li>○ PDF versions will be posted on the Championship Meet Page of the Virginia Swimming website.</li> </ul> </li> <li>• <b>Hospitality will be available for Coaches and officials.</b></li> <li>• <b>Concessions will be available.</b></li> <li>• <b>Swim and Tri will be on site for all of your swimwear needs.</b></li> <li>• <b>Spectator Seating:</b> Seating will be available for spectators.</li> <li>• <b>First Aid:</b> A staffed First Aid Station is located at lifeguard office.</li> <li>• <b>Lost and Found:</b> Lost and Found will be located at the lifeguard office.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions.</li> <li>• All air flow in take vents on deck are not to be blocked by chairs, benches, spectators or towels!</li> <li>• Family rest rooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director.</li> <li>• No glass containers of any kind are allowed in the facility.</li> <li>• No lawn/deck chairs allowed in the grandstand.</li> <li>• Objects are not to be passed over the grandstand railing.</li> <li>• No smoking is allowed at the facility, inside or out.</li> <li>• Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.</li> <li>• Doors are not to be propped open.</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations.</li> </ul>
<b>DIRECTIONS:</b>	Go to: <a href="http://MapQuest.com">MapQuest.com</a>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• SwimRVA has a travel team ready to support you and your needs.</li> <li>• Hotel blocks have been reserved through The 288 Travel Group. Use the link below to take advantage of the special Age Group Champs discounted room rates.</li> </ul> <p style="text-align: center;"><a href="https://presto.eventpipe.com/event/68e571e88b060577aceaf12f">https://presto.eventpipe.com/event/68e571e88b060577aceaf12f</a></p> <p>Contact: Tina Bland  <a href="mailto:tbland@288travel.com">tbland@288travel.com</a>  804.505.3005 ext. 704</p>

**Virginia Swimming 2026**  
**Short Course Age Group Championships**  
**Order of Events**

<b>G</b>	<b>Friday</b>	<b>B</b>
9	13-14 100 Breaststroke	10
11	11-12 50 Breaststroke	12
13	10&U 50 Breaststroke	14
15	13-14 200 Freestyle	16
17	11-12 200 Freestyle	18
19	10&U 200 Freestyle	20
21	13-14 100 Butterfly	22
23	11-12 100 Butterfly	24
25	10&U 50 Backstroke	26
27	13-14 50 Backstroke	28
29	11-12 200 Backstroke	30
31	10&U 100 IM	32
33	13-14 400 IM	34
35	11-12 400 IM (*)	36
5 Minute Break		
37	10 & U 400 Med Relay (#)	38
39	13-14 400 Med Relay (*)	40
41	11-12 400 Med Relay (*)	42

(\*) Timed Final event. Top 8 swim in finals

(#) Timed Final event. All heats swim in prelims

<b>G</b>	<b>Thursday Timed Finals</b>	<b>B</b>
1	11-14 1000 Freestyle	2
3	10 & Under 500 Freestyle	4
5	11-12 500 Freestyle	6
	5 Minute Break	
7	13-14 800 Freestyle Relay	8
<b>G</b>	<b>Saturday</b>	<b>B</b>
43	13-14 200 Med Relay (*)	
45	11-12 200 Med Relay (*)	
47	10&U 200 Med Relay (#)	
5 Minute Break		
49	13-14 200 Butterfly	50
51	11-12 200 Butterfly	52
53	10&U 50 Butterfly	54
55	13-14 50 Freestyle	56
57	11-12 50 Freestyle	58
59	10&U 100 Freestyle	60
61	13-14 200 Breaststroke	62
63	11-12 100 Breaststroke	64
65	10&U 100 Breaststroke	66
67	13-14 100 Backstroke	68
69	11-12 50 Backstroke	70
71	10&U 200 IM	72
73	11-12 200 IM	74
75	13-14 500 Freestyle	76
	5 Minute Break (Finals only)	
77	10&U 200 Free Relay (#)	78
79	11-12 200 Free Relay (*)	80
81	13-14 200 Free Relay (*)	82

(\*) Timed Final event. Top 8 swim in finals

(#) Timed Final event. All heats swim in prelims

<b>G</b>	<b>Sunday</b>	<b>B</b>
83	13-14 50 Breaststroke	84
85	11-12 200 Breaststroke	86
87	13-14 200 Backstroke	88
89	11-12 100 Backstroke	90
91	10&U 100 Backstroke	92
93	13-14 100 Freestyle	94
95	11-12 100 IM	96
97	10&U 50 Freestyle	98
99	13-14 200 IM	100
101	11-12 100 Freestyle	102
103	10&U 100 Butterfly	104
105	13-14 50 Butterfly	106
107	11-12 50 Butterfly	108
5 Minute Break		
109	13-14 400 Free Relay (*)	110
111	11-12 400 Free Relay (*)	112
113	10&U 400 Free Relay (*)	114
115	11-14 1650 Free (**)	116

(\*) Timed Final – all heats to swim in preliminary session

(\*\*) Timed Final – Swims Fast to Slow

## 2025-2028 Virginia Swimming Age Group Championship QTs

GIRLS			BOYS		
LCM	SCM	SCY	10 & Under	SCY	SCM
35.49	34.69	31.29	10& U 50 Freestyle	30.99	34.39
1:18.59	1:16.99	1:09.39	10& U 100 Freestyle	1:08.79	1:16.29
2:54.49	2:51.29	2:34.29	10& U 200 Freestyle	2:29.39	2:47.19
6:09.09	5:57.39	6:48.59	10& U 500 Freestyle	6:40.39	5:52.09
41.59	40.89	36.69	10& U 50 Backstroke	36.09	40.19
1:29.99	1:28.09	1:19.29	10& U 100 Backstroke	1:17.49	1:26.49
47.99	46.49	41.69	10& U 50 Breaststroke	41.59	46.29
1:43.99	1:41.69	1:31.69	10& U 100 Breaststroke	1:30.59	1:39.69
39.99	39.29	35.39	10& U 50 Butterfly	34.89	38.89
1:34.99	1:32.29	1:23.09	10& U 100 Butterfly	1:20.99	1:29.29
	1:27.99	1:19.29	10& U 100 IM	1:17.89	1:27.09
3:13.99	3:10.39	2:51.99	10& U 200 IM	2:50.39	3:09.59
LCM	SCM	SCY	11-12	SCY	SCM
31.29	30.69	27.49	11-12 50 Freestyle	27.49	30.49
1:08.69	1:07.09	1:00.49	11-12 100 Freestyle	1:00.19	1:06.79
2:27.99	2:24.69	2:10.39	11-12 200 Freestyle	2:10.79	2:25.19
5:11.99	5:04.59	5:48.49	11-12 500 Freestyle	5:50.59	5:06.49
36.19	35.59	32.09	11-12 50 Backstroke	31.79	35.29
1:17.09	1:15.99	1:08.49	11-12 100 Backstroke	1:08.79	1:16.39
2:47.69	2:43.29	2:27.09	11-12 200 Backstroke	2:27.39	2:44.19
40.59	39.59	35.69	11-12 50 Breaststroke	36.09	40.59
1:28.99	1:26.49	1:17.89	11-12 100 Breaststroke	1:17.49	1:27.59
3:12.59	3:06.59	2:48.99	11-12 200 Breaststroke	2:47.99	3:07.99
34.29	33.59	30.29	11-12 50 Butterfly	30.49	34.19
1:19.79	1:15.39	1:07.89	11-12 100 Butterfly	1:08.39	1:15.89
2:58.99	2:54.99	2:36.99	11-12 200 Butterfly	2:31.39	2:49.49
	1:16.19	1:08.59	11-12 100 IM	1:09.09	1:17.19
2:46.99	2:43.69	2:27.49	11-12 200 IM	2:27.19	2:43.39
5:59.99	5:52.39	5:17.49	11-12 400 IM	5:12.89	5:47.29
LCM	SCM	SCY	13-14	SCY	LCM
29.49	28.89	25.89	13-14 50 Freestyle	24.49	27.39
1:03.99	1:02.39	55.79	13-14 100 Freestyle	52.99	59.39
2:18.69	2:15.49	2:01.39	13-14 200 Freestyle	1:55.79	2:08.49
4:52.99	4:46.59	5:28.29	13-14 500 Freestyle	5:15.19	4:34.89
10:11.19	9:58.39	11:19.99	13-14 1000 Freestyle*	11:05.99	9:47.39
19:58.19	19:34.19	19:29.99	13-14 1650 Freestyle*	18:49.99	18:51.09
34.99		29.79	13-14 50 Backstroke	28.19	32.49
1:11.19	1:09.99	1:02.99	13-14 100 Backstroke	1:00.39	1:06.99
2:34.19	2:30.79	2:14.89	13-14 200 Backstroke	2:10.19	2:24.49
40.29		34.59	13-14 50 Breaststroke	31.69	36.19
1:22.99	1:20.99	1:12.29	13-14 100 Breaststroke	1:08.59	1:17.49
3:03.99	2:58.29	2:38.59	13-14 200 Breaststroke	2:30.79	2:48.89
32.79		29.39	13-14 50 Butterfly	27.19	30.59
1:10.69	1:09.29	1:02.39	13-14 100 Butterfly	59.19	1:05.69
2:43.49	2:36.79	2:22.99	13-14 200 Butterfly	2:14.99	2:29.79
2:37.79	2:33.79	2:17.49	13-14 200 IM	2:10.49	2:26.39
5:33.29	5:23.89	4:51.79	13-14 400 IM	4:40.59	5:11.49
					5:17.89

\* 11-14 yr old event

Approved 10/8/2024; updated 10/22/2025

Valid through 2028 LC Age Group Champs

## 2026 Age Group Champs BONUS Qualifying Times

<b>GIRLS</b>		<b>BOYS</b>
<b>SCY</b>	<b>10 &amp; Under</b>	<b>SCY</b>
31.89	10& U 50 Freestyle	31.69
1:10.79	10& U 100 Freestyle	1:10.19
2:36.89	10& U 200 Freestyle	2:32.19
37.29	10& U 50 Backstroke	36.79
1:20.59	10& U 100 Backstroke	1:18.89
42.29	10& U 50 Breaststroke	42.29
1:32.99	10& U 100 Breaststroke	1:31.99
35.99	10& U 50 Butterfly	35.59
1:24.49	10& U 100 Butterfly	1:22.49
1:20.49	10& U 100 IM	1:19.19
2:54.59	10& U 200 IM	2:53.19
<b>SCY</b>	<b>11-12</b>	<b>SCY</b>
28.09	11-12 50 Freestyle	28.09
1:01.69	11-12 100 Freestyle	1:01.39
2:13.09	11-12 200 Freestyle	2:13.69
32.69	11-12 50 Backstroke	32.39
1:09.59	11-12 100 Backstroke	1:10.09
2:29.09	11-12 200 Backstroke	2:30.39
36.19	11-12 50 Breaststroke	36.69
1:18.99	11-12 100 Breaststroke	1:18.69
2:51.59	11-12 200 Breaststroke	2:51.19
30.79	11-12 50 Butterfly	31.09
1:08.99	11-12 100 Butterfly	1:09.69
2:39.49	11-12 200 Butterfly	2:34.49
1:09.69	11-12 100 IM	1:10.29
2:30.19	11-12 200 IM	2:30.19
<b>SCY</b>	<b>13-14</b>	<b>SCY</b>
26.39	13-14 50 Freestyle	25.09
56.89	13-14 100 Freestyle	54.09
2:03.79	13-14 200 Freestyle	1:57.99
30.59	13-14 50 Backstroke	28.89
1:04.09	13-14 100 Backstroke	1:01.49
2:16.69	13-14 200 Backstroke	2:12.69
35.59	13-14 50 Breaststroke	32.69
1:13.29	13-14 100 Breaststroke	1:09.69
2:40.79	13-14 200 Breaststroke	2:33.39
30.39	13-14 50 Butterfly	28.19
1:03.49	13-14 100 Butterfly	1:00.29
2:25.39	13-14 200 Butterfly	2:16.99
2:20.09	13-14 200 IM	2:13.09