Age for the meet will be the swimmer's age as of the first day of the meet, although swimmers shall not be denied the opportunity to attempt to qualify for CSI Short Course Age Group Championships or CSI Senior Championships because of a birthday occurring within the time frame defined as the "Championship Period”. The Championship Period is defined as the first day of the Regional Championships through and including the first day of the Age Group Championships (for athletes aging from 12 to 13) and for CSI Senior Championships (for athletes aging from 14 to 15) for the Short Course season. He/she may compete in the next higher age group if:

1. The athlete’s birthday falls within the Championship Period, and as a result, would be required to qualify in the next higher age group for their respective CSI Championship Meet in that Championship Period, and
2. The athlete has exceeded the maximum COT for their current age, and
3. The athlete has not exceeded the maximum COT for the higher age group unless, the event is not offered at Age Groups, ie 10/U 200’s of stroke, 11/12 400 IM, etc.
4. Exceptions are made for those swimmers aging from 12 to 13 and for those swimmers aging from 14 to 15 within the Championship Period. Those swimmers MAY swim ALL their events in the higher age group. Championship Period swimmers shall be required to swim in their appropriate age group for all other events and shall not be permitted to swim in a higher age group under any circumstances.
5. Championship Period swimmers MUST be listed in the higher age group for award/result purposes for those “swim up” events.