

# CONNECTICUT SWIMMING, INC.

## 2025 SHORT COURSE 11-14 YEAR OLD CONNECTICUT AGE GROUP SWIMMING CHAMPIONSHIP

March 13-16, 2025  
161 Cross Street  
Middletown, CT 06457

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S24-86. Sponsored by Connecticut Swimming and the Age Group Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern all competition. The meet will be open to eligible 2025 CT Swimming registered clubs and swimmers who have swum the attached time standards. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

This meet is open to all Connecticut Swimming registered clubs and swimmers who meet the eligibility criteria and time standards (included). The meet will be run in accordance with USA Swimming rules unless otherwise noted.

<b>MEET DIRECTOR</b>	Ronald Vaughan	<a href="mailto:SwimCoachRonnie@gmail.com">SwimCoachRonnie@gmail.com</a>
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<b>MEET ENTRY INFO</b>	Henk Jansen	203-671-4201
<b>SAFETY CHAIR</b>	Sarah Avery	<a href="mailto:sbasile@regionalmca.org">sbasile@regionalmca.org</a>
<b>EMERGENCY PHONE</b>		860-486-9193
<b>WEBSITE</b>		<a href="http://www.ctswim.org">www.ctswim.org</a>

### VENUE INFORMATION

**FACILITY:** Wesleyan University's Freeman Athletic Center Pool

- The Freeman Center Pool is a 50-meter by 25-yard venue with a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism, and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.
- No Folding Chairs are allowed anywhere in the building.
- Spectators will be limited to 340 see "Safe Sport Policies" below for details. Spectators will be allowed to sit in the spectator viewing area ONLY.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and towing.
- Wesleyan lawn policy (found in each Team's packet) will be in effect.
- The deck will be limited to 350 people, including swimmers, officials, and volunteers.
- Lifeguards will be on duty. An AED machine, first aid, and backboards will be available.
- Wi-Fi access is available and signal strength is good at best. Meet will NOT be livestreamed.

### **SAFE SPORT POLICIES:**

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition.

1. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.
2. Spectators will be allowed, but seating is limited to 340.
3. To control the number of spectators in the stands, wristbands may be used.
  - i. If used, wristbands will be given to each Team in proportion to Team size.

**DISABLED/ELDERLY ACCESS:** Handicapped parking and pool deck access are available. If special assistance is required by athletes, coaches, or spectators please contact the Safety Chair or the Meet Director.

Schedule	Age	Warm-up	Start
Thursday Distance	13/14 1650, 11/12 500 &	2:00p	3:00p
Thursday Distance	13/14 800 Fr Relay		
Fri-Sat-Sun Prelims Session 1	13/14.	7:30a	8:45a
<b>Fri-Sat-Sun Prelims Session 1</b>	<b>11/12.</b>	<b>7:30a</b>	<b>8:45a</b>
Fri-Sat-Sun Finals	11-14.	4:00p	5:00p

### **GENERAL MEET INFORMATION**

**ELIGIBILITY CRITERIA:** Clubs and all athletes must be 2025 CSI-registered members of USA Swimming. Registration will not be processed at the meet.

1. Athletes must have swum in at least TWO (2) regularly scheduled CSI-sanctioned meet since January 1, 2023.
2. Have been properly entered prior to the appropriate deadline contained in either the ENTRY DEADLINE, CORRECTION, or LATE QUALIFIERS sections below.
3. To be eligible to compete in individual events, each swimmer **MUST** have achieved the qualifying time for each individual event entered since January 1, 2024. Swimmers may qualify with times from 25-yard (SCY) or 50-meter (LCM) courses.
4. Swimmers who turn 11 between the 10/u Age Group Meet and the 11-14 Age Group Meet can swim in one Meet or the other. Under no circumstances will an athlete be allowed to swim in both Age Group Meets. This includes participation on relays. (If they have achieved the 11/12 qualifying time or are being used as a Relay Only Swimmer)

**ADAPTED SWIMMING:** Any CSI-registered swimmer with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on [ctswim.org](http://ctswim.org) and contact [office@ctswim.org](mailto:office@ctswim.org) for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

**OUTREACH POLICY:** CSI has adopted an outreach policy to enable Outreach athletes to enter this championship meet with their entry fees waived. See the OUTREACH ATHLETES section for more info.

**DECK ACCESS:** Swimmers on deck must be supervised by a USA Swimming registered coach. All coaches must present a valid USA Swimming coach Card to the Meet Director before the commencement of any sanctioned swim meet and must have this card with them while on deck. Coaches not affiliated with a CSI-registered club may be on deck only for those sessions in which they are coaching associated unattached swimmers. Only swimmers entered in this meet shall be allowed in the pool during warm-ups/warm-downs. Children not participating in the meet must always be supervised by an adult and

are not allowed on the pool deck for any reason. The Meet Director and Referee reserve the right to limit such deck access in the event of overcrowding, inappropriate behavior, or for any other reason. CSI Rules of Conduct will be strictly enforced.

**COACHES' MEETING:** A brief coaches' meeting will be held on Friday morning at a time designated by the Meet Referee and as necessary on Saturday and Sunday. Please consult your packet for the meeting time.

### ***ENTRIES FOR INDIVIDUAL EVENTS***

- Swimmers may enter any individual event for which they qualify, but may only compete in seven (7) individual events for the meet and a maximum of three (3) individual events per day. Unlimited relays.
- Swimmers meeting the qualification in the 800M/1000Y Freestyle may enter the 1500M/1650Y Freestyle as a bonus, and vice versa. Swimmers MUST swim the distance event for which he/she has qualified in order to enter the bonus distance event. These events must be entered with pre-proven official times.
- Bonus events are allowed using the following ratios. Bonus events MUST be 200 meters and less.
  - Make 1 event – Swim 4 bonus
  - Make 2 events - Swim 3 bonus
  - Make 3 events – Swim 2 bonus
  - Make 4 events - Swim 1 bonus
  - Make 5 events or more - NO bonus
- Reciprocal Distance Events are included in the Bonus total (ex. a swimmer who qualifies for the 1650 can bonus the 1000 and 3 more bonus events 200 and under)
- Unattached swimmers (UN) must be indicated on the entry. Coaches wishing to change the attachment status of swimmers during the meet should bring such requests, which must be consistent with USA Swimming rules, to the Administrative Referee.
- Improvement in time will be taken until the Late Qualifier deadline.

**PROOF OF ENTRY TIMES:** All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee or CIAC/ Independent Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. **Proof of time is the responsibility of each coach.** In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100.00 per event. The \$100.00 fine must be paid by May 1, 2025, to the Connecticut Swimming Office.

**ENTRY DEADLINE:** Entries must be received by **8:00 p.m. March 6.**

**ENTRY SUBMISSION:** CSI-member USA Swimming clubs will enter using [Connecticut FAST Online Entries](#) and enter an adapted athlete by contacting [office@ctswim.org](mailto:office@ctswim.org). CSI-member unattached athletes, not affiliated with a CSI club, should email an entry file (\*.sd3 or \*.cl2) and proof of time to [office@ctswim.org](mailto:office@ctswim.org). If meet entry software is not available, email [office@ctswim.org](mailto:office@ctswim.org) the athlete name, USA ID, age, event number, event name, time, and proof of time. See Proof of Entry Times section for acceptable proof. Manually typed entries are subject to extra fees and all times done in courses other than a 50-meter course must be marked on the entry form by writing SCM or SCY at the entry time. All computer entry files should be coded to indicate the course in which the time was achieved.

**FEES:** Splash Fee: \$15.00 per individual event, \$24.00 per relay, \$15.00 per relay-only swimmer, \$20.00 per individual time trials and \$30.00 per relay time trials. If no electronic entry is provided, there is an additional \$15.00 manual entry fee per swimmer.

**PAYMENT:** The payment deadline for entries is upon receipt of the final entry. Payment will be collected upon submission of entry by credit card or by signed check/check request. If paying by check, an image of the signed check/check request must be submitted with the final entry. The check must then be mailed to the address below.

Connecticut Swimming  
68 Nichols Ave  
Shelton, CT 06484

All checks must be postmarked by March 14, 2025. CSI reserves the right to remove the unpaid entries from the meet.

**OUTREACH ATHLETES:** Entry fees for CSI registered Outreach Athletes are waived. When submitting the meet entry, the entering club must request, in writing, that the individual entry fees be waived for the Outreach athlete(s) listed on the club's entry. The Entry Chair shall confirm the Outreach status of the athlete(s) using USA Swimming's national registration database. If confirmed, all individual event entry fees shall be waived for that Outreach Athlete(s).

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Athletes entering this meet independent of a USA Swimming club or coach shall:

1. Be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to decide with a member coach before the meet. Athletes unaccompanied by a member coach will not be permitted on deck. Please contact the Meet Director for assistance. and
2. 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. It is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

**LATE QUALIFIERS:** FAST entry will open again after the initial entry deadline for late qualifiers, deadline **11:59p March 10<sup>th</sup>**. At this time the entry will be completely open for anything you want to do with your entry. This includes updates, corrections, etc. Once this deadline has passed, any changes you want will be considered a correction until that deadline passes and after that you last opportunity to make changes is a deck entry, see below.

**CORRECTIONS: PLEASE NOTE THIS PERIOD STARTS AFTER THE ENTRY HAS BEEN REOPENED FOR LATE QUALIFIERS (SEE ABOVE).** Clubs will be given until **7:00p March 11th** to email corrections to [office@ctswim.org](mailto:office@ctswim.org). For new swimmers, PLEASE email the swimmer's full name, birthdate, event numbers, and times. For swimmers already in the meet, please send their name, new event number, and time. Improvements in seed time will be accepted for prelims/finals events ONLY. Corrections will be accepted by email only. \$15 will be assessed for each correction, scratch, or addition on top of the meet entry fee where applicable. See examples below:

- A scratch for a single swimmer where a coach will not be in attendance should be submitted ahead of time. For example, Larry is the only swimmer attending a session for his Team and he is scratching, and this is known ahead of time. This will be done so a coach doesn't have to attend a session just to scratch a swimmer.
- If a relay team is added, the charge will be \$24.00 plus entry fee. Total for additional relay \$48.00.
- The only corrections that WILL NOT garner a charge are changes in attached status.

## **WARM-UP, SCRATCH, & POSITIVE CHECK-IN PROCEDURES**

**CHECK-IN/WARM-UP:** All clubs must warm up under the supervision of a coach or marshal. Swimmers without a coach in attendance must report to the office and have a supervisor assigned. Lane assignments for general warm-up will be provided in the coaches' packets and are subject to the discretion of the Meet Referee. No diving will be permitted, except in the assigned lanes during one-way Sprints. Pace lanes will be available during sessions. Due to limited warm-up space, **only swimmers entered in individual events or expected to swim relays in each session may enter the pool in that session's warm-up period.**

### **SCRATCH PROCEDURES:**

- Scratches are due 45 minutes before the start of each session.
- Positive check-in is required by **6:30 p.m.** on Saturday for the 1000 freestyle events scheduled to be conducted on Sunday. Failure to positively check-in by the stated time will result in the swimmer not being seeded into the event using their entry time.
- If a scratch sheet is not received by the deadline, all swimmers on that scratch sheet will be considered NOT scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s) other than the 1000 freestyle until they are in compliance with entry rules.

Upon official announcement of the qualifiers from the preliminary heats of an event, scratch sheets for finals will be posted at the Administrative Referee's table. Swimmers will have 30 minutes to scratch or "declare an intention to scratch" from the finals for the event.

### **FAILURE TO COMPETE PENALTIES:**

Failure to show up for a Preliminary or Timed final event will not result in a penalty. However, a missed event will count as an event entry and be included in both the daily and meet event limitations.

A swimmer qualifying for a consolation or championship final who fails to compete and who has not scratched will be barred from further competition in the meet. A swimmer who fails to appear for a final heat on the last day of the meet shall be fined \$50.00 for each event not swum. Fines must be paid before May 1, 2025. A swimmer shall not be permitted to participate in any further meets sanctioned by CSI until all fines are paid.

- *No Penalty shall apply for Failure to Compete in finals if:*

1. The Meet Referee is notified in the event of injury or illness and accepts the proof.
2. A swimmer qualifying for a final heat based on the results of preliminaries notifies the Administrative Referee within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event.
3. The Meet Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

## ***CONDUCT OF COMPETITION***

***SEEDING:*** Seeding will be in accordance with USA Swimming rule 102.5. All conforming times (LCM) shall be arranged from fastest to slowest; then non-conforming long course meter times (SCM) will be arranged from fastest to slowest; followed by non-conforming short course meter times (SCY) arranged fastest to slowest. The order of heats shall be swum from slowest to fastest except as otherwise noted (See DISTANCE EVENTS).

Preliminaries and finals will take place in a 10-lane course.

### ***INDIVIDUAL EVENTS***

- Apart from the 500, 1000, and 1650 Freestyle, see DISTANCE EVENTS header for the conduct of those events, all 11/12 & 13/14 individual events will be conducted as trials and finals, with the fastest 20 swimmers returning for consolation, and championship final heats in the evening session.

### ***DISTANCE EVENTS***

- Swimmers competing in Thursday and Sunday Distance events (with the exception of those swimming in Sunday Finals), must provide a counter and timer and will be assigned a lane by the Meet Referee or his designee.
- Swimmers meeting the qualification in the 1000Y/800M Freestyle may enter the 1650Y/1500M Freestyle as a bonus, and vice versa. Swimmers MUST swim the distance event for which he/she has qualified to enter the bonus distance event. These events must be entered with pre-proven times. See the ENTRIES section.
- The 13/14 and 500 Freestyle and 400 Individual Medley events will be conducted as preliminaries and finals, with the fastest twenty (20) swimmers returning for championship final heats in the evening session.
- The 11/12 500 Freestyle and the 13/14 1000 and 1650 Freestyle events shall be conducted on a **timed final** basis, swum fastest to slowest, alternating girls and boys. In the 1000, the fastest-seeded heat of women and men shall be conducted as the first event of finals on Sunday evening. Swimmers must supply their own lap counters. Except for those swimming Sunday evening finals, swimmers must provide a timer, who will be assigned a lane by the Meet Referee or his designee. The meet program is not the final determinant of seeding. Late entries, corrections or scratches may impact which swimmers will swim in the evening. Seeding will be posted as soon as possible after the scratch deadline.

### ***RELAYS***

- **All Relays will be swum at Prelims**
- **NEW!!!** List relay names on the scratch sheet. Relay cards will **ONLY** be used if you wish to change your relay names or order before swimming. Names must be listed in order of swim. Failure to do so will prevent the relay team from competing. Upon reporting to the starting block before the start of the heat in which the team is entered, a completed relay card **FOR CHANGES ONLY** can be given to the computer table after the start of the heat, no further changes will be permitted. Incomplete or inaccurate relay cards will result in disqualification if discovered after the swim.
- **Attention:** all teams entered in Thursday's 800 Free Relay event: Clubs may enter one (1) relay team per each event number (3 and 4) for the 800 Freestyle Relay. Each team must provide 1 lane timer for each relay entry. Timers should be ready and in place before the conclusion of the previous heat.
- Clubs may enter one relay-only swimmer per age group per gender (11/12 Girls, 11/12 Boys, 13/14 Girls & 13/14 Boys). **ONLY ONE** per age group per gender, NOT one per day, NOT one per relay, ONE per age group per

gender for the entire meet. Swimmers entered in relay events **only** must be listed on the meet entry with their USA Swimming numbers and ages.

- Each club may enter up to three (3) relay teams per relay event, except for the 800 Freestyle Relay where each club may enter only one (1) relay team per 800 relay events. "No-times" for relay events will not be accepted. Please estimate or use a composite.
- 11/12 Relay-only swimmers may bonus a 50 on the day he or she is swimming their respective relay. 13/overs may bonus a 100 on the day he or she is swimming their respective relay. You **MUST** email Henk in the Central Office, no later than the correction deadline.
- There will be a 10-minute break after relay events that begin the session and a 10-minute break before relays that end the session. This break will provide use of the pool for relay warm-ups but will **NOT** include start or sprint-only accommodation.

**TIME TRIALS:** Time Trials will be considered by the Meet Ref if there is enough time between the Preliminary Sessions. Time trials will **NOT** count towards the event limit. If Time Trials occur, the swimmer needs their own timer/counter. An update regarding this will be posted closer to the meet. Relay-only swimmers are able to swim time trials. Time Trials will be held on Friday and Saturday, not Thursday or Sunday due to the distance events on those days. Time Trial events must be 200 or less. (Individual Events cannot exceed 6 in a single day, including Individual/Relay/Time Trials)

**BREAKS:** The addition of any unpublished breaks in the competition schedule is at the discretion of the Meet Referee. Coaches and swimmers should note that entering and swimming "back-to-back" events, under normal circumstances of meet operation does not warrant an unscheduled break.

- *Breaks will be built into the session report, once the timeline becomes official / Meet management staff + AGC will review all breaks and update as needed.*

#### **AWARDS & SCORING:**

- Events will be scored to 20 places. For individual events, medals will be awarded through 10<sup>th</sup> place with ribbons awarded from 11<sup>th</sup> through 20<sup>th</sup> place. For relay events, medals will be awarded through 3<sup>rd</sup> place.
- Individuals and relay teams winning first place will also receive Age Group Champion awards. High point trophies will be awarded to the individual female and male swimmers and to the women's, men's and combined teams who score the most points in the 11/12 & 13/14 categories. Additionally, "Distance" high point trophies will be awarded to the female and male swimmers who score the most points in the following categories:
  - 11/12 - 200 Free, 500 Free, and 200 IM
  - 13/14 - 500 Free, 1000 Free, 1650 Free, and 400 IM
- **All clubs must plan to collect their awards before leaving the building on Sunday night.** CSI will not be able to provide storage or shipment of awards. High Point Awards & Team Awards will be presented at the CSI Banquet
- **Scoring**
  1. **Individual Events:** 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
  2. **Relays:** 48-42-40-38-36-34-30-26-24-22-20-18-14-10-8-6-4-2

**WORK ASSIGNMENTS:** Club entry in this meet constitutes acceptance of club responsibility to provide workers as assigned by the Meet Director. All clubs are required to provide workers (e.g., safety coordinators, timers, runners, marshals, officials, etc.) in proportion to the size of their entry. All clubs and unattached groups, regardless of size, may be asked to produce a worker(s) for a session. Each club's work assignments will be posted on [ctswim.org](http://ctswim.org) as soon as possible after the entry deadline. Clubs who would like to volunteer for specific jobs (computer, announcer, hospitality, office, awards, etc.) should contact the Meet Director by Tuesday before the meet.

Work assignments for finals will be posted as soon as possible following the closing of finals scratches. Assignments will be based on the number of swimmers each club has entered in the final and consolation final heats. Workers should appear and sign in at the pool deck office before the beginning of warm-ups and remain through the conclusion of finals.

Officials interested in officiating can sign up using this link, [Officials CSI Age Groups Sign-up \(ctswim.org\)](#) (this file may need to be altered depending on the format of the meet) no later than **Monday before the meet**. Meeting this deadline will ensure these assignments are counted in your club's work assignment.

Work assignments are unless otherwise stated in the Volunteer Assignment Schedule posted on [www.ctswim.org](http://www.ctswim.org), for the

duration of the session, **including relay events**, and it is the responsibility of the club to provide back-up if for any reason a worker is unable to complete the work assignment. Job descriptions will be posted on the CSI website. Unless otherwise stated in the Volunteer Assignment Schedule, workers must appear and sign in at the pool deck office before the second session of warm-ups. Connecticut Swimming, Inc. will fine any club that fails to provide its workers or whose workers do not work for the entire session. Fines must be paid before LC meet bids are due or offending clubs jeopardize their right to participate in future CSI-sponsored events.

Failure to supply worker	\$100 per worker per session.
Leaving assignment early	\$60 per worker per session
Arriving late for assignment	\$60 per worker per session

Each club shall submit the name and telephone number of a club liaison responsible for that club's work assignments. If no representative is shown, the club coach shall be responsible for performing the function of the liaison.

## **MISCELLANEOUS**

### **SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time.
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms.

**INCLEMENT WEATHER OR CANCELLATION:** In the event of weather delays, events may be cut. Please review [CSI's Inclement Weather Policy](#).

**OVERSUBSCRIPTION:** In the event of over-subscription, the **Age Group** Committee and meet management reserve the right to adjust the meet. These may include but are not limited to, conducting all events in split sessions, removing C Relays, and taking away a bonus event.

**MEET JURY:** The Meet Jury shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone and that fee is refundable if the protest is upheld.

**REFRESHMENTS:** Hospitality will be provided for coaches, officials, and computer operators. Water will be distributed on deck to volunteers/timers.

**PHOTOGRAPHY AND VIDEO RECORDING:** Meet Management has the full authority to restrict all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell

phones, etc.) from the deck is prohibited by all individuals other than participating Coaches unless prior authorization from the Meet Referee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up, standing on a block or preparing to enter the water for the purpose of the start of a heat.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area behind or to the side of the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.

- Additional "Non-Camera Zones" may be designated by Meet Management.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

If individuals are properly credentialed, not obstructing movement on the deck, and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP, and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device.

***DRONES:*** 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) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

***EVENT LINE-UP/TIME STANDARDS:***



**PRELIMINARY****THURSDAY EVENING**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	13/14 1650Y Freestyle	2
5	11/12 500Y Freestyle	6
	30 minute break	
3	13/14 800Y Free Relay	4

**FRIDAY MORNING**

17	11/12 200Y IM	18
7	13/14 200Y IM	8
	10 minute break	
19	11/12 50 Backstroke	20
9	13/14 100Y Freestyle	10
	10 minute break	
21	11/12 100Y Freestyle	22
11	13/14 200Y Breaststroke	12
	10 minute break	
23	11/12 200Y Breaststroke	24
13	13/14 500Y Freestyle	14
25	11/12 50Y Butterfly	26
	10 minute break	
15	13/14 400Y Medley Relay	16
27	11/12 400Y Medley Relay	28

**SATURDAY MORNING**

41	11/12 200Y Medley Relay	42
29	13/14 200Y Medley Relay	30
	10 minute break	
43	11/12 100Y IM	44
31	13/14 400 IM	32
	10 minute break	
45	11/12 100Y Backstroke	46
33	13/14 100Y Backstroke	34
	10 minute break	
47	11/12 50Y Breaststroke	48
35	13/14 200 Freestyle	36
	10 minute break	
49	11/12 200 Freestyle	50
37	13/14 100 Butterfly	38
51	11/12 100Y Butterfly	52
	10 minute break	
39	13/14 200Y Free Relay	40
53	11/12 200Y Free Relay	54

**FINALS**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
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**FRIDAY FINALS**

17	11/12 200Y IM	18
7	13/14 200Y IM	10
	10 minute break	
19	11/12 50 Backstroke	20
9	13/14 100Y Freestyle	10
	10 minute break	
21	11/12 100Y Freestyle	22
11	13/14 200Y Breaststroke	12
	10 minute break	
23	11/12 200Y Breaststroke	24
13	13/14 500Y Freestyle	14
25	11/12 50Y Butterfly	26

**SATURDAY FINALS**

43	11/12 100Y IM	44
31	13/14 400 IM	32
	10 minute break	
45	11/12 100Y Backstroke	46
33	13/14 100Y Backstroke	34
	10 minute break	
47	11/12 50Y Breaststroke	48
35	13/14 200 Freestyle	36
	10 minute break	
49	11/12 200 Freestyle	50
37	13/14 100 Butterfly	38
51	11/12 100Y Butterfly	52

<b>PRELIMINARY</b>		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
<b>SUNDAY MORNING</b>		
55	13/14 200Y Backstroke	56
67	11/12 200Y Backstroke	68
	10 minute break	
57	13/14 100Y Breaststroke	58
69	11/12 100Y Breaststroke	70
	10 minute break	
59	13/14 200Y Butterfly	60
71	11/12 200Y Butterfly	72
	10 minute break	
61	13/14 50Y Freestyle	62
73	11/12 50Y Freestyle	74
	10 minute break	
63	13/14 400Y Freestyle Relay	64
75	11/12 400Y Freestyle Relay	76
	10 minute break	
65	13/14 1000Y Freestyle*	66
*Top heat of 1000 will swim as the 1st event at finals		
<b>All Relays in the Prelims</b>		

<b>FINALS</b>		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
<b>SUNDAY FINALS</b>		
65	13/14 1000Y Freestyle	66
67	11/12 200Y Backstroke	68
	10 minute break	
55	13/14 200Y Backstroke	56
69	11/12 100Y Breaststroke	70
	10 minute break	
57	13/14 100Y Breaststroke	58
71	11/12 200Y Butterfly	72
	10 minute break	
59	13/14 200Y Butterfly	60
73	11/12 50Y Freestyle	74
61	13/14 50Y Freestyle	62



# 2025 SCY AGE GROUP CUTS



11/12 GIRLS		EVENT	11/12 BOYS	
SCY	LCM		SCY	LCM
28.19	32.39	<b>50 FREE</b>	27.99	31.99
1:02.59	1:11.69	<b>100 FREE</b>	1:01.99	1:11.49
2:16.89	2:35.89	<b>200 FREE</b>	2:15.69	2:35.89
5:58.99	5:27.09	<b>400/500 FREE</b>	5:55.99	5:25.99
32.99	37.39	<b>50 BACK</b>	32.99	37.79
1:11.29	1:20.49	<b>100 BACK</b>	1:10.99	1:21.79
2:35.99	2:55.89	<b>200 BACK</b>	2:36.99	2:57.49
37.29	42.89	<b>50 BREAST</b>	36.99	43.19
1:21.49	1:32.99	<b>100 BREAST</b>	1:22.49	1:34.49
2:58.59	3:24.99	<b>200 BREAST</b>	3:00.39	3:28.59
31.19	35.49	<b>50 FLY</b>	31.69	36.19
1:12.29	1:22.09	<b>100 FLY</b>	1:15.99	1:23.69
2:52.49	3:05.99	<b>200 FLY</b>	2:59.49	3:17.99
1:11.69	N/A	<b>100 IM</b>	1:11.99	N/A
2:34.99	2:56.39	<b>200 IM</b>	2:34.99	2:55.49

13/14 GIRLS		EVENT	13/14 BOYS	
SCY	LCM		SCY	LCM
26.79	29.99	<b>50 FREE</b>	24.99	28.99
57.49	1:05.79	<b>100 FREE</b>	55.99	1:03.49
2:07.09	2:24.59	<b>200 FREE</b>	1:58.99	2:15.39
5:37.69	5:05.19	<b>400/500 FREE</b>	5:23.69	4:55.79
12:01.69	10:41.99	<b>800/1000 FREE</b>	11:26.69	10:22.19
20:02.49	20:31.99	<b>1500/1650 FREE</b>	19:07.59	19:48.39
1:05.19	1:13.59	<b>100 BACK</b>	1:02.29	1:11.09
2:20.99	2:40.09	<b>200 BACK</b>	2:14.79	2:35.79
1:15.49	1:26.99	<b>100 BREAST</b>	1:10.79	1:21.59
2:43.99	3:09.99	<b>200 BREAST</b>	2:35.79	2:57.99
1:04.99	1:14.09	<b>100 FLY</b>	1:01.49	1:09.99
2:32.99	2:52.99	<b>200 FLY</b>	2:28.79	2:48.49
2:22.49	2:41.59	<b>200 IM</b>	2:15.99	2:35.39
5:10.99	5:52.39	<b>400 IM</b>	4:53.09	5:44.99

## 2024 AGE GROUP CHAMPIONSHIP - ADAPTIVE CUTS

EVENTS	P3		P2		P1	
	SCY	LCM	SCY	LCM	SCY	LCM
50 Free	0:35.63	0:39.89	0:45.54	0:50.98	1:24.39	1:34.47
100 Free	1:16.46	1:27.50	1:37.73	1:51.84	3:01.09	3:27.24
200 Free	2:49.03	3:12.30	3:36.05	4:05.80	6:40.33	7:35.46
500 Free	7:29.13	6:45.90	9:34.07	8:38.82	17:43.72	16:01.35
1000 Fr	15:59.85	14:13.85	20:26.87	18:11.38	37:53.32	33:42.27
1650 Fr	26:39.98	27:18.55	34:05.08	34:54.38	63:09.42	64:40.77
100 Back	1:26.70	1:37.87	1:50.82	2:05.10	3:25.35	3:51.81
200 Back	3:07.52	3:32.92	3:59.68	4:32.15	7:24.12	8:24.28
100 Brst	1:40.40	1:55.70	2:08.33	2:27.88	3:57.79	4:34.02
200 Brst	3:38.11	4:12.69	4:38.78	5:22.98	8:36.57	9:58.47
100 Fly	1:26.44	1:38.54	1:50.48	2:05.95	3:24.72	3:53.38
200 Fly	3:23.48	3:50.08	4:20.08	4:54.08	8:01.92	9:04.92
200 IM	3:09.51	3:34.91	4:02.23	4:34.70	7:28.84	8:29.01
400 IM	12:04.61	13:41.07	8:48.68	9:59.06	16:19.62	18:30.03

### 11/12

50 Free	0:37.49	0:43.08	0:47.92	0:55.06	1:28.80	1:42.03
100 Free	1:23.24	1:35.35	1:46.40	2:01.87	3:17.16	3:45.82
200 Free	3:02.06	3:27.33	3:52.71	4:25.01	7:11.20	8:11.05
500 Free	7:57.46	7:15.03	10:10.28	9:16.05	18:50.82	17:10.33
50 Back	0:43.88	0:49.73	0:56.08	1:03.56	1:43.92	1:57.78
100 Back	1:34.82	1:47.05	2:01.19	2:16.83	3:44.56	4:13.54
200 Back	3:27.47	3:53.93	4:25.18	4:59.01	8:11.37	9:14.05
50 Brst	0:49.60	0:57.04	1:03.39	1:12.91	1:57.46	2:15.10
100 Brst	1:48.38	2:03.68	2:18.53	2:38.08	4:16.69	4:52.92
200 Brst	3:57.52	4:32.64	5:03.60	5:48.48	9:22.56	10:45.72
50 Fly	0:41.48	0:47.20	0:53.02	1:00.33	1:38.25	1:51.79
100 Fly	1:36.15	1:49.18	2:02.89	2:19.55	3:47.71	4:18.58
200 Fly	3:49.15	4:06.17	4:52.89	5:14.65	9:02.71	9:43.03
100 IM	1:35.35	N/A	2:01.87	N/A	3:45.82	N/A
200 IM	3:26.14	3:54.60	4:23.48	4:59.86	8:08.22	9:15.63

### 10/Under

50 Free	0:42.95	0:47.87	0:54.89	1:01.18	1:41.71	1:53.37
100 Free	1:36.68	1:47.98	2:03.57	2:18.02	3:48.97	4:15.75
200 Free	3:39.17	3:55.93	4:40.14	5:01.56	8:39.09	9:18.78
500 Free	9:24.31	8:34.83	12:01.29	10:58.05	22:16.51	20:19.33
50 Back	0:50.93	0:57.31	1:05.09	1:13.25	2:00.61	2:15.73
100 Back	1:51.44	2:05.94	2:22.44	2:40.97	4:23.94	4:58.27
50 Brst	0:58.37	1:05.82	1:14.61	1:24.13	2:18.25	2:35.89
100 Brst	2:07.40	2:25.49	2:42.84	3:05.96	5:01.74	5:44.58
50 Fly	0:49.73	0:55.85	1:03.56	1:11.38	1:57.78	2:12.27
100 Fly	2:00.48	2:17.11	2:34.00	2:55.25	4:45.36	5:24.73
100 IM	1:51.71	N/A	2:22.78	N/A	4:24.57	N/A
200 IM	4:07.37	4:32.37	5:16.18	5:48.14	9:45.87	10:45.09

EVENTS	P3		P2		P1	
	SCY	LCM	SCY	LCM	SCY	LCM
50 Free	0:33.24	0:38.56	0:42.48	0:49.28	1:18.72	1:31.32
100 Free	1:14.47	1:24.44	1:35.18	1:47.93	2:56.37	3:19.99
200 Free	2:38.26	3:00.07	3:22.28	3:50.16	6:14.82	7:06.48
500 Free	7:10.51	6:33.40	9:10.27	8:22.84	16:59.62	15:31.74
1000 Free	15:13.30	13:47.51	19:27.37	17:37.72	36:03.07	32:39.90
1650 Free	25:26.29	26:20.56	32:30.90	33:40.26	60:14.91	62:23.43
100 Back	1:22.85	1:34.55	1:45.89	2:00.85	3:16.21	3:43.93
200 Back	2:59.27	3:27.20	3:49.14	4:24.84	7:04.59	8:10.74
100 Brst	1:34.15	1:48.51	2:00.34	2:18.70	3:42.99	4:17.01
200 Brst	3:27.20	3:56.73	4:24.84	5:02.58	8:10.74	9:20.67
100 Fly	1:21.78	1:33.09	1:44.53	1:58.98	3:13.69	3:40.47
200 Fly	3:17.89	3:44.09	4:12.94	4:46.43	7:48.69	8:50.74
200 IM	3:00.87	3:26.67	3:51.18	4:24.16	7:08.37	8:09.48
400 IM	11:22.90	13:23.83	8:18.25	9:46.48	15:23.23	18:06.72

### 11/12

50 Free	0:37.23	0:42.55	0:47.58	0:54.38	1:28.17	1:40.77
100 Free	1:22.45	1:35.08	1:45.38	2:01.53	3:15.27	3:45.19
200 Free	3:00.47	3:27.33	3:50.67	4:25.01	7:07.42	8:11.05
500 Free	7:53.47	7:13.57	10:05.18	9:14.18	18:41.37	17:06.87
50 Back	0:43.88	0:50.26	0:56.08	1:04.24	1:43.92	1:59.04
100 Back	1:34.42	1:48.78	2:00.68	2:19.04	3:43.62	4:17.64
200 Back	3:28.80	3:56.06	4:26.88	5:01.73	8:14.52	9:19.09
50 Brst	0:49.20	0:57.44	1:02.88	1:13.42	1:56.52	2:16.05
100 Brst	1:49.71	2:05.67	2:20.23	2:40.63	4:19.84	4:57.64
200 Brst	3:59.92	4:37.42	5:06.66	5:54.60	9:28.23	10:57.06
50 Fly	0:42.15	0:48.13	0:53.87	1:01.52	1:39.82	1:54.00
100 Fly	1:41.07	1:51.31	2:09.18	2:22.27	3:59.37	4:23.62
200 Fly	3:58.72	4:23.33	5:05.13	5:36.58	9:25.39	10:23.67
100 IM	1:35.75	N/A	2:02.38	N/A	3:46.77	N/A
200 IM	3:26.14	3:53.40	4:23.48	4:58.33	8:08.22	9:12.79

### 10/Under

50 Free	0:43.21	0:48.53	0:55.23	1:02.03	1:42.34	1:54.94
100 Free	1:36.68	1:49.05	2:03.57	2:19.38	3:48.97	4:18.27
200 Free	3:34.91	3:57.26	4:34.70	5:03.26	8:29.01	9:21.93
500 Free	9:24.17	8:32.97	12:01.12	10:55.67	22:16.20	20:14.92
50 Back	0:51.19	0:58.77	1:05.43	1:15.12	2:01.24	2:19.20
100 Back	1:51.84	2:07.13	2:22.95	2:42.50	4:24.88	5:01.11
50 Brst	0:59.30	1:08.48	1:15.80	1:27.53	2:20.46	2:42.19
100 Brst	2:10.86	2:28.15	2:47.26	3:09.36	5:09.93	5:50.88
50 Fly	0:51.46	0:56.51	1:05.77	1:12.23	2:01.87	2:13.84
100 Fly	2:01.68	2:17.91	2:35.53	2:56.27	4:48.19	5:26.62
100 IM	1:52.11	N/A	2:23.29	N/A	4:25.51	N/A
200 IM	4:04.44	4:32.37	5:12.44	5:48.14	9:38.94	10:45.09