



**PVS 2025 Long Course  
Open Championships**  
**July 10-13, 2025**  
**Sanction # PVS-25-113**

Hosted for PVS by:



<b>MEET DIRECTOR</b> Aaron Dean <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>	<b>MEET REFEREE</b> Erika Livingston <a href="mailto:erika@aimstutoring.com">erika@aimstutoring.com</a> <a href="#">Application to Officiate</a>	<b>ADMINISTRATIVE OFFICIAL</b> Jonalyn Greene <a href="mailto:jonalynw@gmail.com">jonalynw@gmail.com</a>	<b>ENTRY CHAIR</b> Aaron Dean <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>																		
<b>SANCTION</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-25-113</b></li><li>In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland Eppley Recreation Center and Occoquan Swimming 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>FACILITY</b>	<p style="text-align: center;"><b>University of Maryland College Park Campus</b> <b>Eppley Recreation Center</b> College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"><li>The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There is one, eight (8) lane 50m competition course running from wall to bulkhead.</li><li>The competition pool is 8’ deep at the start end and 14’ deep at the turn end.</li><li>Continuous warm-up/cool-down will be available in a separate 25-yard pool.</li><li>The meet host will ensure the required course dimensions.</li></ul>																				
<b>PARKING</b>	<ul style="list-style-type: none"><li>Parking information will be posted on the <a href="#">Potomac Valley Swimming website</a>. The cost of parking will be approximately \$15.00 per day.</li></ul>																				
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, July 1, 2025, 12:00pm</b></p> <ul style="list-style-type: none"><li>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</li><li>Late entries will be accepted for a fee of \$150 per club plus two times the event entry fee. The deadline for late entries is Monday, July 7, 2025, at NOON.</li></ul>																				
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Thursday, Friday, Saturday, and Sunday, July 10-13, 2025</b></p> <table><tr><td></td><td style="text-align: center;"><b>Warm Up</b></td><td style="text-align: center;"><b>Events</b></td></tr><tr><td style="text-align: center;"><b>Senior Prelims</b></td><td style="text-align: center;">7:00-8:20 am</td><td style="text-align: center;">8:30 am</td></tr><tr><td style="text-align: center;"><b>Junior Prelims</b></td><td style="text-align: center;">12:00-12:50 pm</td><td style="text-align: center;">1:00 pm</td></tr><tr><td style="text-align: center;"><b>Finals</b></td><td></td><td></td></tr><tr><td style="text-align: center;">Thursday &amp; Friday</td><td style="text-align: center;">5:00-6:00 pm</td><td style="text-align: center;">6:10 pm</td></tr><tr><td style="text-align: center;">Saturday &amp; Sunday</td><td style="text-align: center;">4:00-5:00 pm</td><td style="text-align: center;">5:10 pm</td></tr></table> <ul style="list-style-type: none"><li>There will be a coaches’ meeting on Thursday at 7:30 am in hospitality.</li><li>The Meet Director, in coordination with the Senior Chair, reserves the right to adjust times/sessions after entries are received.</li></ul>				<b>Warm Up</b>	<b>Events</b>	<b>Senior Prelims</b>	7:00-8:20 am	8:30 am	<b>Junior Prelims</b>	12:00-12:50 pm	1:00 pm	<b>Finals</b>			Thursday & Friday	5:00-6:00 pm	6:10 pm	Saturday & Sunday	4:00-5:00 pm	5:10 pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"><li>Open to all Potomac Valley Swimming registered athletes and invited USA Swimming Teams; clubs interested in participation should request an invitation from the PVS Senior Chair, Aaron Dean (<a href="mailto:seniorchair@pvs swim.org">seniorchair@pvs swim.org</a>).</li></ul>																				

	<ul style="list-style-type: none"> <li>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 <i>USA Swimming Rules and Regulations</i> Article 302.</li> <li>Swimmers must have equaled or bettered the applicable Qualifying Time listed or met the bonus qualifying criteria.</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> </ul>
<b>SWIMMERS WITH A DISABILITY</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy</a> as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to 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 to competition.</li> </ul>
<b>INCLEMENT WEATHER</b>	<ul style="list-style-type: none"> <li>In the event of inclement weather, the Meet Director, Meet Referee and Senior 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>In compliance with <i>USA Swimming Rules and Regulations</i>, 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 (i.e., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>Deck changes are prohibited.</li> <li>Dive-over starts will be used during the preliminary sessions.</li> <li>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.</li> <li>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.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>A swimmer may compete in a maximum of seven (7) individual events for the meet, and no more than three (3) individual events per day including Time Trials. Daily limits apply to both Senior and Junior portions of the meet.</li> <li>A club may enter up to two (2) relay teams per relay event. All relay events are timed finals. Relays will not be scored.</li> <li>Athletes 14 &amp; under may not swim in the same event in the PVS LC Open Championships they plan to swim at the 14 &amp; under PVS Championships.</li> <li>All individual events are prelims and finals, except the 800 m and 1500 m Freestyle which are timed finals.</li> <li>Swimmers in the 800m and 1500m Freestyle are responsible for providing their own timer, except for those swimming in the Final session on Thursday and Sunday. Swimmers in the 800m and 1500m Freestyle are responsible for providing their own counter (if desired).</li> <li>Entry times achieved prior to July 3, 2023, will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.</li> <li>Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when</li> </ul>

	<p>asked by the Entry Chair 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.</p> <ul style="list-style-type: none"> <li>• NT entries will not be accepted.</li> <li>• No deck entries will be accepted.</li> <li>• Distance Entries: Swimmers may determine during check-in if they prefer to swim the 800 free and/or the 1500 free in the prelim session or finals session (if they qualified for the finals).</li> </ul>
<b>SEEDING and POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• Long Course Meter seed times are conforming for this meet. Short Course Yard entry times will be seeded after Long Course entry times.</li> <li>• The positive check-in policy will be enforced for the following Individual Events/Relays and must check in by given deadlines to be SEEDED INTO THE EVENT. <ul style="list-style-type: none"> <li>○ Check-in for Thursday events 800 free (SR) 8:00 AM Thursday, 800 free (JR) 12:30 PM Thursday</li> <li>○ Check-in for Friday's events 400 IM and 400 free relay: 6:40 PM Thursday</li> <li>○ Check-in for Saturday's events 400 free and 800 free relay: 6:40 PM Friday</li> <li>○ Check-in for Sunday's events 1500 free and 400 medley relay: 5:40 PM Saturday</li> </ul> </li> <li>• Scratches from prelims for Thursday's events will be taken prior to 6:40 PM Wednesday by emailing the Administrative Official Jonalyn Greene; Scratches from prelims for Friday, Saturday and Sunday's events will be taken at the Resolution Desk/Scratch Table prior to the check-in deadline for each day's events, but there will be no penalty for failure to compete in events that do not require positive check-in.</li> <li>• Swimmers who have checked in and have been seeded and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.</li> <li>• The preliminaries of the 400m Freestyle and the 400m IM will be seeded as follows: If there are seven or more heats, the four fastest heats of women (slow to fast) will be followed by the four fastest heats of men (slow to fast). The remaining heats will be swum fast to slow, alternating women and men after the relay events. If there are six or fewer heats, the events will be swum all women (slow to fast) followed by all men (slow to fast).</li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>• PVS scratch rules apply for swimmers scratching from finals.</li> <li>• If you do not wish to swim in the Final, you must "Scratch" from the event by following this procedure: <ul style="list-style-type: none"> <li>○ You must complete and initial the Declaration of Scratch from Finals or Intent to Scratch from Finals form for the event within 30 minutes of the announcement of qualifiers for "A", "B", "C" finals, if scheduled.</li> <li>○ If you declare an "intention to scratch" and do not wish to swim finals, you must confirm your scratch on the Declaration of Scratch from Finals or Intent to Scratch from Finals form for the event within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</li> </ul> </li> <li>• If a swimmer 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.</li> </ul>
<b>ORDER OF SWIMS</b>	<ul style="list-style-type: none"> <li>• There will be three heats swum in finals for all individual events in Senior Champs except the 400 IM and 400 free will have two heats each and the 800m and 1500m events are timed finals with the fastest heat swimming in the final session. Heats at finals will be swum in the following order: "C", "B" and "A".</li> <li>• There will be two heats swum in finals for all individual events in Junior Champs except the 800m and 1500m events. Heats at finals will be swum in the following order: "B" and "A".</li> <li>• Finals heat order will be the Junior Champ heats followed by the Senior Champ heats for the same event.</li> <li>• Junior Champs 800m &amp; 1500m freestyle</li> </ul>

	<ul style="list-style-type: none"> <li>○ Junior Champs 800 and 1500 m freestyle will be swum fastest to slowest at the end of the prelim session alternating women and men's heats.</li> <li>• Senior Champs 800m &amp; 1500m freestyle <ul style="list-style-type: none"> <li>○ Heats of 800 m and 1500 m freestyle will be swum fastest to slowest, alternating women and men. The fastest seeded heat for each gender will be swum at Finals as the first event of the session.</li> <li>○ Athletes may elect to swim the distance events during the prelim session. They must make this designation when they positive check-in for the event.</li> </ul> </li> <li>• 400 free, 400 medley and 800 free relays may choose to swim in either prelims or finals.</li> <li>• 200 free and 200 medley relays will swim in preliminary sessions.</li> <li>• Relays are only offered in the Senior portion of the meet.</li> </ul>
<b>BONUS EVENTS</b>	<ul style="list-style-type: none"> <li>• Athletes who qualify for at least one (1) individual event may enter two (2) bonus events that do not meet the qualifying criteria.</li> <li>• Athletes entering a bonus event may compete in no more than the maximum number of events per day.</li> <li>• Athletes must qualify for the 800m Freestyle in order to enter the 1500m Freestyle as a bonus event. Athletes must qualify for the 1500m Freestyle in order to enter the 800m Freestyle as a bonus event. Athletes entering with the corresponding event will be seeded as non-conforming.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>• Time trials may be held following the completion of finals sessions on Thursday, Friday, Saturday, and Sunday, if time permits.</li> <li>• An athlete must compete in an individual event in PVS LC Open Championships in order to participate in time trials.</li> <li>• Athletes are permitted a total of two (2) time trials during the meet. They may only swim one (1) time trial per session provided that this participation does not cause them to exceed the three (3) events per day.</li> <li>• The time trial fee is \$15/attempt. Teams will be billed by PVS after the meet for time trial entries.</li> <li>• The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 800m and 1500m freestyle will only be offered on Thursday. Time Trial events may be combined for efficiency.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director will determine the structure of warm-ups, times, and lane assignments.</li> <li>• 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 may be closed for the remainder of the session.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> <li>• Meet Marshals will be used to patrol the facility and ensure compliance with safety and MAAPP protocols.</li> <li>• No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</li> <li>• Team scoring will be divided into divisions for small, medium, large and mega-large teams. The teams in each division will be determined before the meet.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Awards will be given to the top three individual finishers at finals. No awards for relays.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• The meet program and results will be available on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• 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</li> </ul>

	permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them.								
MEDICAL ASSISTANCE	<ul style="list-style-type: none"><li>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.</li></ul>								
OFFICIALS	<ul style="list-style-type: none"><li>This meet will be an Officials Qualifying Meet (OQM), under the USA Swimming National Certification program. You can review information about the National Certification Program on the <a href="#">USA Swimming Website</a>.</li><li>Officials wishing to volunteer should submit an <a href="#">Application to Officiate</a>; any official interested in being evaluated must submit an Application to Officiate no later than July 4, 2025, noting the request for evaluation. Interested officials may also contact the Meet Referee, Erika Livingston at <a href="mailto:erika@aimstutoring.com">erika@aimstutoring.com</a>. Walk-ons are welcome.</li><li>Each participating club is requested to provide at least one table worker or official per session if club has 25 or more entries.</li></ul>								
TIMERS, VOLUNTEERS & SPECTATORS	<ul style="list-style-type: none"><li>Two timers per lane will be used.</li><li>Each club will be required to provide timers and volunteers in proportion to the number of 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 and volunteer requirements by email.</li><li><del>Spectator admission will be \$15 per session or \$50 for the entire meet for all adults (under 18 are admitted for free).</del></li><li>Volunteers that help with one session of the meet will be provided with one free spectator pass for one session. Volunteers that help with at least three sessions will receive an all-access pass for the entire meet. Positions for timers and marshals are available.<ul style="list-style-type: none"><li>Volunteer Sign up: <a href="https://forms.gle/USCg5tfbRJEdFutn9">https://forms.gle/USCg5tfbRJEdFutn9</a></li></ul></li></ul>								
ENTRY PROCEDURES	<ul style="list-style-type: none"><li>Entries will be processed through USA Swimming’s Online Meet Entry (OME) only. Teams must submit and check out for entries to be complete. No payment will be collected through the OME. Please review submissions carefully.<ul style="list-style-type: none"><li>OME will open June 2, 2025 at 12pm and remain open until the entry deadline.</li><li>Instructions for teams: <a href="#">OME Entry Procedures</a></li><li><a href="#">Instructions for individuals</a> (if a team permits open registration)- make sure to log into your own USA Swimming account.</li></ul></li><li>Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.</li><li>Individual Unattached Athletes may enter individually.<ul style="list-style-type: none"><li>Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions.</li></ul></li><li>All Relay-only swimmers must be included in the Online meet entry in order to participate in the meet.</li><li>All coaches planning to attend the meet should be entered into the OME so certifications can be confirmed in advance.</li><li>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.</li></ul>								
ENTRY FEES	<table><tr><td>Per Swimmer Surcharge:</td><td>\$10.00</td><td>Individual event fee:</td><td>\$12.50</td></tr><tr><td>Time Trial Fee (per attempt)</td><td>\$15.00</td><td>Relay entry fee:</td><td>\$20.00</td></tr></table> <ul style="list-style-type: none"><li>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 payment.</li></ul>	Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$12.50	Time Trial Fee (per attempt)	\$15.00	Relay entry fee:	\$20.00
Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$12.50						
Time Trial Fee (per attempt)	\$15.00	Relay entry fee:	\$20.00						

Thursday, July 10, 2025

### Senior Session Prelim Events

Prelims: 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 #
1	1:48.89	1:59.99	200m Freestyle Relay	1:36.99	1:50.99	2
3	2:12.69	2:32.59	200m Individual Medley	2:01.29	2:19.09	4
5	54.09	1:01.89	100m Freestyle	48.99	56.29	6
7	1:09.59	1:20.49	100m Breaststroke	1:01.89	1:11.69	8
9	100 FLY QT		50m Butterfly	100 FLY QT		10
11	10:50.99	9:37.79	800m Freestyle	10:04.99	9:02.59	12
<b>800m Freestyle</b> events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired). Swimmers may select an AM swim. The fastest heat of women's and men's 800 M Freestyle who do not opt for an AM swim at check-in will swim at the beginning of finals.						
200m Freestyle Relay: Events are timed finals and will be swum only during preliminaries						

**Thursday, July 10, 2025**

### Junior Session Prelim Events

Prelims: Warm up: 12:00 pm-12:50pm, Events 1:00 pm

Women's Event #	NST SCY*	NST LCM*	Event	NST SCY*	NST LCM*	Men's Event #
103	2:17.99	2:44.59	200m Individual Medley	2:04.99	2:28.99	104
105	55.99	1:05.79	100m Freestyle	50.59	59.99	106
107	1:13.49	1:27.39	100m Breaststroke	1:05.09	1:17.99	108
109	100 FLY QT		50m Butterfly	100 FLY QT		110
111	11:15.09	10:21.99	800m Freestyle	10:20.09	9:40.99	112
<b>800m Freestyle</b> events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired).						

\* Junior Champ No Faster Than (NFT) times are equal to the Senior Champ Qualifying Time

**Thursday, July 10, 2025**

### FINALS

Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	Event	Men's Event #
11	800m Freestyle	12
103	200m Individual Medley	104
3	200m Individual Medley	4
105	100m Freestyle	106
5	100m Freestyle	6
107	100m Breaststroke	108
7	100m Breaststroke	8
109	50m Butterfly	110
9	50m Butterfly	10

Finals heat order will be Junior Champ heats followed by the Senior Champ heats for the same event

**Friday, July 11, 2025**

### Senior Session Prelim Events

Prelims: 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 #
13	100 BACK QT		50m Backstroke	100 BACK QT		14
15	1:56.99	2:13.29	200m Freestyle	1:46.99	2:03.19	16
17	59.99	1:08.19	100m Butterfly	54.29	1:01.19	18
19	4:42.39	5:26.49	400m Individual Medley	4:19.09	4:59.99	20
<b>10 Minute break</b>						
21	3:50.99	4:10.09	400 Freestyle Relay	3:31.99	3:50.99	22
400m Freestyle Relay: Events are timed finals and be swum slowest to fastest during prelims. The fastest two heats of Women's and Men's 400 Free Relay who do not opt for a morning swim, will swim at finals.						
Relay break will be 10 minutes and the competition pool will be open for warm ups.						

**Friday, July 11, 2025**

### Junior Session Prelim Events

Prelims: Warm up: 12:00 pm-12:50pm, Events 1:00 pm

Women's Event #	NST SCY*	NST LCM*	Event	NST SCY*	NST LCM*	Men's Event #
113	100 BACK QT		50m Backstroke	100 BACK QT		114
115	2:02.09	2:22.39	200m Freestyle	1:51.09	2:09.29	116
117	1:03.59	1:14.19	100m Butterfly	56.99	1:06.49	118
119	4:50.59	5:48.49	400m Individual Medley	4:30.29	5:24.59	120

\* Junior Champ No Faster Than (NFT) times are equal to the Senior Champ Qualifying Time

**Friday, July 11, 2025**

### FINALS

Finals: Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	Event	Men's Event #
113	50m Backstroke	114
13	50m Backstroke	14
115	200m Freestyle	116
15	200m Freestyle	16
117	100m Butterfly	118
17	100m Butterfly	18
119	400m Individual Medley	120
19	400m Individual Medley	20
<b>10 Minute break</b>		
21	400 Freestyle Relay	22

Finals heat order will be Junior Champ heats followed by the Senior Champ heats for the same event

**Saturday, July 12, 2025**  
**Senior Session Prelim Events**

Prelims: 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 #
23	400m MR QT			200m Medley Relay		400m MR QT		24
25	2:14.59	2:33.49		200m Butterfly		2:02.69	2:18.29	26
27	1:00.09	1:09.39		100m Backstroke		54.89	1:03.79	28
29	100 BREAST QT			50m Breaststroke		100 BREAST QT		30
31	5:12.79	4:41.99		400 m Freestyle		4:49.39	4:20.19	32
<b>10 Minute break</b>								
33	8:20.99	9:00.09		800m Freestyle Relay		7:30.99	8:30.09	34
800m Freestyle Relay: Events are timed finals. Heats will be swum slowest to fastest alternating women and men in the preliminary session. The fastest heat of women's and men's 800 freestyle relays who do not opt for an AM swim will swim at finals.								
200 m Medley Relay: Events are timed finals and will be swum only during preliminaries.								
Relay break will be 10 minutes and the competition pool will be open for warm ups.								

**Saturday, July 12, 2025**  
**Junior Session Prelim Events**

Prelims: Warm up: 12:00 pm-12:50pm, Events 1:00 pm

Women's Event #	NST SCY*	NFT LCM*		Event		NFT SCY*	NST LCM*	Men's Event #
125	2:25.99	2:54.99		200m Butterfly		2:11.09	2:38.99	126
127	1:03.99	1:16.69		100m Backstroke		57.29	1:09.99	128
129	100 BREAST QT			50m Breaststroke		100 BREAST QT		130
131	5:22.99	4:56.49		400 m Freestyle		4:59.09	4:35.49	132

\* Junior Champ No Faster Than (NFT) times are equal to the Senior Champ Qualifying Time

**Saturday, July 12, 2025**  
**FINALS**

Finals: Warm up: 4:00-5:00 pm, Events 5:10 pm

Women's Event #	Event	Men's Event #
125	200m Butterfly	126
25	200m Butterfly	26
127	100m Backstroke	128
27	100m Backstroke	28
129	50m Breaststroke	139
29	50m Breaststroke	30
131	400 m Freestyle	132
31	400 m Freestyle	32
<b>10 Minute break</b>		
33	800m Freestyle Relay	34

Finals heat order will be Junior Champ heats followed by the Senior Champ heats for the same event



**Sunday, July 13, 2025**  
**Senior Session Prelim Events**

Prelims: 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 #
35	2:11.29	2:29.79		200m Backstroke		2:00.79	2:16.79	36
37	25.09	28.59		50m Freestyle		22.49	25.99	38
39	2:30.59	2:50.09		200m Breaststroke		2:16.59	2:34.99	40
<b>10 Minute break</b>								
41	4:20.99	4:50.09		400m Medley Relay		3:55.99	4:20.99	42
43	17:49.99	18:26.59		1500m Freestyle		16:55.99	17:25.99	44
<b>400m Medley Relay:</b> Events are timed finals and will be swum slowest to fastest during preliminaries. The fastest two heats of women's and men's 400 medley relay who do not opt for an AM swim will swim at finals.								
<b>1500m Freestyle</b> events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired). Swimmers may elect an AM swim. The fastest heat of women's and men's 1500 M Freestyle who do not opt for an AM swim at check-in will swim at the beginning of finals.								
Relay break will be 10 minutes and the competition pool will be open for warm ups.								

**Sunday, July 13, 2025**  
**Junior Session Prelim Events**

Prelims: Warm up: 12:00 pm-12:50pm, Events 1:00 pm

Women's Event #	NST SCY*	NST LCM*		Event		NST SCY*	NST LCM*	Men's Event #
135	2:15.99	2:44.09		200m Backstroke		2:07.99	2:30.69	136
137	25.89	30.49		50m Freestyle		22.99	27.39	138
139	2:37.99	3:08.39		200m Breaststroke		2:24.09	2:48.39	140
143	18:50.09	20:20.49		1500m Freestyle		17:29.19	18:59.99	144
<b>1500m Freestyle</b> events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired). Swimmers may elect an AM swim. The fastest heat of the Women's and Men's 1500m Freestyle who do not opt for an AM swim will swim at the beginning of finals. Swimmers may choose to swim am or pm during check in.								

\* Junior Champ No Faster Than (NFT) times are equal to the Senior Champ Qualifying Time

**Sunday, July 13, 2025**  
**FINALS**

Finals: Warm up: 4:00-5:00 pm, Events 5:10 pm

Women's Event #	Event	Men's Event #
43	1500m Freestyle	44
135	200m Backstroke	136
35	200m Backstroke	36
137	50m Freestyle	138
37	50m Freestyle	38
139	200m Breaststroke	140
39	200m Breaststroke	40
<b>10 Minute break</b>		
41	400m Medley Relay	42

Finals heat order will be Junior Champ heats followed by the Senior Champ heats for the same event