



**SAN DIEGO IMPERIAL SWIMMING
LONG COURSE
AGE GROUP
CHAMPIONSHIPS**

**JULY 24-27, 2025
BRIAN BENT MEMORIAL AQUATIC CENTER
CORONADO, CA**

**HOST: SAN DIEGO-IMPERIAL SWIMMING
CHAMPIONSHIP COMMITTEE**

SAN DIEGO IMPERIAL SWIMMING

LONG COURSE AGE GROUP CHAMPIONSHIPS

JULY 24-27, 2025

Warm Up 7:15 AM			Session 1 - Thursday July 24 12/U Prelims		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
			THUR 12U PRELIMS				
1	7:00.29	5:56.79	11 – 12 400 M IM	TF	5:58.39	6:39.19	2
3	54.49	47.49	10 & Under 50 M Breast	Prelim	48.09	53.59	4
5	45.49	39.99	11 – 12 50 M Breast	Prelim	40.99	45.19	6
7	1:54.99	1:40.59	10 & Under 100 M Fly	Prelim	1:46.69	1:54.99	8
9	1:29.49	1:19.09	11 – 12 100 M Fly	Prelim	1:20.29	1:26.29	10
11	3:20.99	3:01.19	10 & Under 200 M Free	Prelim	2:55.99	3:12.09	12
13	2:49.19	2:24.99	11 – 12 200 M Free	Prelim	2:31.49	2:44.89	14
15	1:46.99	1:33.69	10 & Under 100 M Back	Prelim	1:32.29	1:44.09	16
17	1:30.99	1:18.09	11 – 12 100 M Back	Prelim	1:19.99	1:27.99	18
19	39.89	35.19	10 & Under 50 M Free	Prelim	34.49	39.49	20
21	33.69	29.99	11 – 12 50 M Free	Prelim	30.79	34.69	22
23	3:12.89	2:46.99	11 – 12 200 M Back	TF	2:45.69	3:05.19	24
25			10 & Under 200 M Med Relay	TF			26
27			11 – 12 200 M Med Relay	TF			28
Warm Up 12:00 PM			Session 2 - Thursday July 24 13/O Prelims		Session Start 1:30 PM		
GIRLS					BOYS		
			THUR 13O PRELIMS				
29	6:02.19	5:35.69	13 – 14 400 M IM	TF	5:17.99	5:54.99	30
31	5:59.99	5:10.99	15 & Over 400 M IM	TF	4:51.09	5:28.59	32
33	2:29.39	2:15.59	13 – 14 200 M Free	Prelim	2:06.59	2:20.59	34
35	2:26.19	2:08.09	15 & Over 200 M Free	Prelim	1:56.99	2:12.89	36
37	2:53.99	2:35.39	13 – 14 200 M Back	Prelim	2:34.99	2:43.99	38
39	2:48.09	2:25.19	15 & Over 200 M Back	Prelim	2:18.59	2:38.59	40
41	1:16.39	1:08.49	13 – 14 100 M Fly	Prelim	1:07.19	1:12.49	42
43	1:12.19	1:03.99	15 & Over 100 M Fly	Prelim	57.89	1:04.69	44
45	1:07.99	1:00.49	13 – 14 100 M Free	Prelim	57.79	1:04.49	46
47	1:07.89	58.99	15 & Over 100 M Free	Prelim	53.49	1:00.89	48
49	3:11.39	2:56.79	13 – 14 200 M Breast	Prelim	2:44.59	3:07.19	50
51	3:13.79	2:48.99	15 & Over 200 M Breast	Prelim	2:34.09	2:56.99	52
53	20:39.79	20:34.29	13 – 14 1500 M Free	TF	20:53.99	21:07.69	54
55	20:44.49	20:11.29	15 & Over 1500 M Free	TF	18:54.39	19:28.99	56

- Age 19 & over swimmers may enter into preliminary individual events only on Thursday & Friday. They will be entered as exhibition swimmers.

			Session 3 - Friday July 25 12/U Prelims		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
			FRI 12U PRELIMS				
57	5:56.49	6:38.19	11 – 12 400 M Free	TF	6:49.69	5:48.69	58
59	3:43.19	3:19.59	10/U 200 M IM	Prelims	3:27.19	3:40.79	60
61	3:11.39	2:42.99	11 – 12 200 M IM	Prelims	2:47.99	3:08.49	62
63	48.89	42.39	10 & Under 50 M Back	Prelim	42.79	49.19	64
65	40.79	35.39	11 – 12 50 M Back	Prelim	37.49	40.39	66
67	1:59.79	1:44.99	10 & Under 100 M Breast	Prelim	1:49.09	1:56.99	70
69	1:40.89	1:27.19	11 – 12 100 M Breast	Prelim	1:29.49	1:38.39	68
71	3:16.19	2:50.19	11 – 12 200 M Fly	TF	2:40.79	3:06.19	72
73	1:31.19	1:19.99	10 & Under 100 M Free	Prelim	1:18.79	1:30.19	74
75	1:15.09	1:04.99	11 – 12 100 M Free	Prelim	1:07.99	1:15.49	76
77	47.59	42.29	10 & Under 50 M Fly	Prelim	43.49	46.59	78
79	38.29	34.39	11 – 12 50 M Fly	Prelim	35.69	38.59	80
81	3:38.99	3:12.59	11 – 12 200 M Breast	TF	3:06.19	3:28.69	82
83			10 & Under 200 M Free Relay	TF			84
85			11 – 12 200 M Free Relay	TF			86
Warm Up 12:00 PM			Session 4 – Friday July 25 Prelims 13/O		Session Start 1:30 PM		
GIRLS					BOYS		
			FRI 13O PRELIMS				
87	5:14.39	6:01.59	13 – 14 400 M Free	Prelim	5:43.39	5:05.19	88
89	5:07.29	5:43.39	15 & Over 400 M Free	Prelim	5:23.69	4:52.09	90
91	2:47.79	2:33.49	13 – 14 200 M IM	Prelim	2:26.39	2:37.69	92
93	2:44.49	2:22.99	15 & Over 200 M IM	Prelim	2:10.09	2:28.89	94
95	3:01.49	2:46.89	13 – 14 200 M Fly	Prelim	2:36.99	2:54.19	96
97	2:53.49	2:28.99	15 & Over 200 M Fly	Prelim	2:28.29	2:46.09	98
99	31.49	27.89	13 – 14 50 M Free	Prelim	26.19	29.49	100
101	30.89	27.49	15 & Over 50 M Free	Prelim	24.39	27.59	102
103	1:30.79	1:20.09	13 – 14 100 M Breast	Prelim	1:16.99	1:25.79	104
105	1:28.29	1:16.89	15 & Over 100 M Breast	Prelim	1:08.99	1:18.99	106
107	1:17.29	1:09.39	13 – 14 100 M Back	Prelim	1:05.49	1:16.09	108
109	1:16.19	1:06.69	15 & Over 100 M Back	Prelim	1:00.99	1:11.99	110
111	10:47.99	12:23.19	13 – 14 800 M Free	TF	11:34.79	10:36.99	112
113	10:47.39	11:50.79	15 & Over 800 M Free	TF	11:14.59	10:12.09	114

- Age 19 & over swimmers may enter into preliminary individual events only on Thursday & Friday. They will be entered as exhibition swimmers.

Warm Up 8:30 AM		Session 5 – Saturday Finals		Session Start 10:00 AM	
GIRLS				BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
115		13 – 14 200 M Free Relay	TF		116
117		15 – 18 200 M Free Relay	TF		118
11	Top 8	10 & Under 200 M Free	Finals	Top 8	12
13	Top 16	11 – 12 200 M Free	Finals	Top 16	14
33	Top 16	13 – 14 200 M Free	Finals	Top 16	34
35	Top 16	15 – 18 200 M Free	Finals	Top 16	36
15	Top 8	10 & Under 100 M Back	Finals	Top 8	16
17	Top 16	11 – 12 100 M Back	Finals	Top 16	18
37	Top 16	13 – 14 200 M Back	Finals	Top 16	38
39	Top 16	15 – 18 200 M Back	Finals	Top 16	40
3	Top 8	10 & Under 50 M Breast	Finals	Top 8	4
5	Top 16	11 – 12 50 M Breast	Finals	Top 16	6
49	Top 16	13 – 14 200 M Breast	Finals	Top 16	50
51	Top 16	15 – 18 200 M Breast	Finals	Top 16	52
7	Top 8	10 & Under 100 M Fly	Finals	Top 8	8
9	Top 16	11 – 12 100 M Fly	Finals	Top 16	10
41	Top 16	13 – 14 100 M Fly	Finals	Top 16	42
43	Top 16	15 – 18 100 M Fly	Finals	Top 16	44
45	Top 16	13 – 14 100 M Free	Finals	Top 16	46
47	Top 16	15 – 18 100 M Free	Finals	Top 16	48
19	Top 8	10 & Under 50 M Free	Finals	Top 8	20
21	Top 16	11 – 12 50 M Free	Finals	Top 16	22
119		13 – 14 400 M Med Relay	TF		120
121		15 – 18 400 M Med Relay	TF		122



Warm Up 8:30 AM		Session 5 – Sunday Finals		Session Start 10:00 AM	
GIRLS				BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
123		13 – 14 200 M Medley Relay	TF		124
125		15 – 18 200 M Medley Relay	TF		126
87	Top 8	13 – 14 400 M Free	Finals	Top 8	88
89	Top 8	15 – 18 400 M Free	Finals	Top 8	90
59	Top 8	10/U 200 M IM	Finals	Top 8	60
61	Top 16	11/12 200 M IM	Finals	Top 16	62
91	Top 16	13 – 14 200 M IM	Finals	Top 16	92
93	Top 16	15 – 18 200 M IM	Finals	Top 16	94
67	Top 8	10 & Under 100 M Breast	Finals	Top 8	68
69	Top 16	11 – 12 100 M Breast	Finals	Top 16	70
103	Top 16	13 – 14 100 M Breast	Finals	Top 16	104
105	Top 16	15 – 18 100 M Breast	Finals	Top 16	106
77	Top 8	10 & Under 50 M Fly	Finals	Top 8	78
79	Top 16	11 – 12 50 M Fly	Finals	Top 16	80
95	Top 16	13 – 14 200 M Fly	Finals	Top 16	96
97	Top 16	15 – 18 200 M Fly	Finals	Top 16	98
73	Top 8	10 & Under 100 M Free	Finals	Top 8	74
75	Top 16	11 – 12 100 M Free	Finals	Top 16	76
99	Top 16	13 – 14 50 M Free	Finals	Top 16	100
101	Top 16	15 – 18 50 M Free	Finals	Top 16	102
63	Top 8	10 & Under 50 M Back	Finals	Top 8	64
65	Top 16	11 – 12 50 M Back	Finals	Top 16	66
107	Top 16	13 – 14 100 M Back	Finals	Top 16	108
109	Top 16	15 – 18 100 M Back	Finals	Top 16	110
127		13 – 14 400 M Free Relay	TF		128
129		15 – 18 400 M Free Relay	TF		130



SAN DIEGO-IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS

July 24 - 27, 2025

HOST: SAN DIEGO-IMPERIAL SWIMMING CHAMPIONSHIP COMMITTEE

SANCTION: #SI-25-14 This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET REFEREE: Bob Horne: bob.horne@si-swimming.com

MEET DIRECTOR: Mary Redmond Cell: 760-716-7678 email: seanmary@aol.com

MEET ADMINISTRATOR: Mary Redmond Cell: 760-716-7678 email: seanmary@aol.com

VENUE: Brian Bent Memorial Aquatics Complex, Coronado High School, 818 6th Street, Coronado CA 92118. Phone (619) 437-0227. 25 yard x 52 meter pool with a moveable 2 meter bulkhead. Additional 4 lane 25 yard warm-up area available during meet. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4) Colorado timing and large digital scoreboard will be in use.

ELIGIBILITY: This is a closed SI meet, and is open to any current (2025) Year Round/Premier USA Swimming registered athlete who is a member of, or an unattached swimmer training with, a San Diego-Imperial Swimming chartered team. **Flex** swimmers are not allowed to compete in LSC Championship meets: they must upgrade to Premium Membership. All swimmers must be SI swimmers with a 2025 USA swimming card issued not later than Tuesday, July 15, 2025. SI Swimming does not permit on-deck registration. All USA Swimming registration numbers will be verified with the SWIMS registration database; swimmers without a current registration will be scratched from all events. To enter, all swimmers, including relay-only swimmers, must have swum in one SI meet each season or in two meets in the preceding qualifying year (the swim season starting September 1, 2024).

- **RULES:** Current SI Swimming and USA Swimming rules will govern the conduct of the meet, and will take precedence over errors/omissions on this meet announcement.
- Age-Up date: The age of the swimmer will be the swimmer's age on **July 24, 2025**.
- All coaches and deck officials must be able to show proof of current USA Swimming registered if requested.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. 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.
 - a. Racing Starts: 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. 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.
 - b. Swimmers may enter any number of events for which they are qualified. No swimmer may compete in more than 3 individual events per day and in no more than 6 individual events for the meet.

RELAYS: Teams may enter up to 2 relays per age group and each relay must have 2 individual event qualifiers on each relay. Teams without 2 individual qualifiers in an age group may enter 1 relay with relay only swimmers in that age group. Enter aggregate times for each relay.

MAAPP: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. Violations of MAAPP can result in person(s) being asked to leave the facility immediately by the meet director or meet referee. If this happens, person(s) will not be allowed to return through the rest of the meet.

APT: Any 17-year-old athlete who has not completed the APT requirement by their 18th birthday will not be a USA Swimming member in good standing unless or until the APT requirement is completed. This includes eligibility to compete in USA Swimming sanctioned meets, club practices and all other related activities. Athletes will continue to receive an email notification reminder of the APT requirement 30 days prior to their 18th birthday.

SAFE SPORT: Swimmers, coaches, workers, and officials ONLY might be allowed in the pool area for the meet. Teams will be set up outside the deck and parents only in the bleachers. Parent and spectators will be allowed on certain parts of the deck. Showers may not be available. This is subject to change based on current facility guidelines

FACILITY: Parent and spectators will be allowed on certain parts of the deck. This is subject to change based on current facility guidelines.

OFFICIALS: Officials will be scheduled in advance with the minimum number of officials required set by the Officials Chair. All deck officials must be registered with USA Swimming for 2025 and have a current Background Check, Athlete Protection Course, CANRA and Concussion Protocol Training acknowledged by USA Swimming.

REGISTRATION: All swimmers, coaches, and officials participating in this competition must be currently (2025) registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training and CANRA. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All swimmers must be registered with USA Swimming by the entry deadline. It is understood and agreed that USA Swimming and SI Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEDICAL ASSISTANCE/SUPERVISION: Lifeguards will be on duty during the meet, first aid supplies, AED and a backboard are available. The fire department is located 1 block from the pool.

DECK CHANGING: Deck changes are prohibited. Teams are encouraged to bring and use their Safe Sport changing tent

12/U TECH SUIT RESTRICTION: 102.8.1.F SWIMWEAR (USA Swimming Rulebook) No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. (as of 9/1/2020). 1) Exceptions for the foregoing restriction are only for Junior nationals, U.S. Open, National championships, and Olympic Trials. 2) A Technical Suit is one that has the following components: a. Any suit with any bonded or taped seams regardless of its fabric or silhouette: or b. Any suit with woven fabric extending past the hips. (Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.) (Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted)

USA SWIMMING MEET 360:

- Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming Membership.
- During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.
- Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.
- Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

SAN DIEGO-IMPERIAL SWIMMING

LONG COURSE AGE GROUP CHAMPIONSHIPS

July 24 – 27, 2025

QUALIFICATION TIMES: The 2025 AG qualification times are listed in this announcement. To enter, a swimmer must have met or bettered the qualifying times for each event: stroke and distance.

- a. Swimmers who have met the short course yard time standard and not the long course time standard must enter their short course yard time. Swimmers who have met the long course time standard must enter their long course time. Swimmers will be seeded by long course time first, then short course yard time.
- b. All qualification times must have been achieved since **July 25, 2024**.
- c. Relay entry times: Enter at the best achieved relay time or best aggregate time at or faster than the time standard.
- d. Swimmers who have a qualifying time for either the 800/1000 free or 1500/1650 free, the swimmer may enter both events.

VERIFICATION: This is a Proof of Time meet! All individual event entry times will be verified using the SWIMS database prior to the start of the meet. Relay times will not be verified. Coaches/teams that have provided an e-mail address will be notified of times not meeting the time standard. Swimmers not meeting the time standard for an event will be removed from the event.

ENTRIES: All entries, including relays and relay only swimmers, must be submitted electronically using a Hy-Tek Meet Manager compatible file.

- a. No individual entries will be accepted. Entries will only be accepted from SI Swimming chartered teams.
- b. All entry files MUST be emailed to Mary Redmond (seanmary@aol.com) and received **by midnight Tuesday, July 15, 2025**. Include in the email a PDF copy of the **Entry Fee Report, Swimmer Proof of Time Report** and the contact person's phone number and email address.
- c. Mail a hardcopy list of entries sorted by **Name with Proof of Time** and a hardcopy **Entry Fee Report** must be included with the team check for the entry fees. The entry report and fees must be **postmarked NO LATER THAN July 15, 2025**, and mailed to:

San Diego Imperial Swimming, 1335 Via Del Oro, Fallbrook CA 92028

Full payment (via a single team check) for entries must be postmarked within 48 hours of the e-mail entry or hand deliver payment no later than the final date of the meet.

- d. **NO LATE OR TELEPHONE ENTRIES WILL BE ACCEPTED!** Entry changes will not be accepted after the closing date.

ENTRY FEES

- a. Surcharge for each swimmer, including relay only swimmers: **\$20.00**
- b. Individual Event Entry Fee: **\$9.00**
- c. Relay Entry Fee: **\$20.00**

Make checks payable to: SAN DIEGO-IMPERIAL SWIMMING

SAN DIEGO-IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS

July 24 – 27, 2025

MEET CONDUCT

CHECK IN: This meet will be deck seeded. CHECK IN IS REQUIRED FOR ALL PRELIMINARY AND TIMED FINAL EVENTS. Swimmers who fail to check in for an event will be scratched from that event and not allowed to swim.

12/U: Check in Thursday & Friday for all events will close at 8:30 am

13/O: Check in Thursday & Friday for all events will close at 1:00 pm

SCRATCH PROCEDURES:

PRELIMS: DECLARATION OF EVENTS:

Swimmers will be required to check in for their events each day. Swimmers may swim up to 3 events per day (6 events total for the meet) that they are qualified for. Swimmers may scratch events and all scratches are final.

FINALS: A swimmer wishing to declare their intent to scratch from finals must sign the official scratch sheet within 30 minutes from the announcement of the preliminary results.

NO SHOW PENALTY. No show in finals will follow USA Swimming rulebook Article 207.11.6 A-F.

NO SHOW PENALTY: Once checked in for an event, any swimmer who is a no show for the preliminary heats of an event will be barred from their next individual event and will not be allowed to swim that race. A swimmer who is a no show for a finals heat (championship or consolation) for which he/she has qualified and has not scratched will be barred from competition for the remainder of the meet.

FINALS: Events swum in prelims on Thursday will be swum in Finals on Saturday

Events swum in prelims on Friday will be swum in Finals on Sunday

A championship and consolation final (8 swimmers in each heat) will be offered with the exceptions of the events listed below:

All 10/U finals events will be Top 8

The 11-12 200 Back, 200 Breast, and 200 Fly, events will be timed finals with all heats swum during prelims: fastest to slowest.

DISTANCE EVENTS: The 800 M Free and 1500 M Free will be swum fastest to slowest alternating women and men in prelims on Thursday & Friday. Swimmers must provide their own timers and lap counters.

RELAYS: Teams may enter up to 2 relays per age group and each relay must have 2 individual event qualifiers on each relay. Teams without 2 individual qualifiers in an age group may enter 1 relay with relay only swimmers in that age group.

The 10/U & 11-12 relays will be swum in prelims as a timed final event on Thurs & Friday.

The 13/14 relays will be swum in the finals on Sat & Sun at the beginning and end of finals.

12/u relay cards due at 9:30 am on Thurs and Fri

13/o relay cards will be due by 9:30 am on Sat & Sun

SAN DIEGO-IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS July 24 – 27, 2025

SCORING: Scoring for the top 16 places shall be in the following manner:

INDIVIDUAL: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

RELAYS: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

AWARDS: Individual events: Custom medals 1-8 Relays: Custom medals 1-3

Individual Age Group High Point

Team Trophies: 1-8

WARM UP TIMES AND ASSIGNMENTS: Both pools may be used for warm up each day

Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool

Thurs & Fri: 12/U swimmers – 7:15 – 8:45 am

Thurs & Fri: 13/O swimmers – 12:00 – 1:15 pm

Sat & Sun: 8:30 – 9:15 am 13/Over All teams

Sat & Sun: 9:15 – 9:45 am 12 & Under All teams

Warm ups may change based on number of swimmers entered in the meet