

2025 WESTERN ZONE CHAMPIONSHIPS

INFORMATION SHEET

HEAD COACH: To Be Determined

FOR INFORMATION CALL: SEAN P. REDMOND 760-716-7679 cell or 760-728-9244

Or Email: seanmary@aol.com

MEET DATES: AUGUST 6-9, 2025

MEET SITE: Elk Grove Aquatics Center, 9701 Big Horn Blvd, Elk Grove CA 95757

COST: Swimmers who travel with the team will pay **\$1300**; this will include entry, travel, hotel (two swimmers per room), food, and team apparel. Those not traveling with the team may receive a stipend that will be given after returning from the meet of up to **\$970**.

DEPARTURE: Tuesday, August 5, 2025

RETURN: Sunday, August 10, 2025

TEAM SELECTION:

- To apply the swimmer must have at least one (1) qualifying time; short course or long course. Times must have been achieved since August 2, 2024, through the application deadline.
- The coaching staff will select the best team from the qualified applicants. The team will be limited to a maximum of 48 swimmers.
- There may be a max of four (4) swimmers with disabilities selected to the team, two (2) 12-under and two (2) 13-14.
- Swimmers with 6 (six) or more qualifying times; and who submit a complete and timely application, will automatically be selected to the team.
- Swimmers with 2-5 cuts will be given priority over swimmers with 1 cut and will be selected by the Zone Coaching staff. The selection will be using the results from the 2024 WZAG; top 8 and/top 16: compared to the swimmers submitted best time to select the best team.
- Swimmers with 1 (one) cut may be considered for selection to complete a relay(s). If there are 3 swimmers in an age group: a fourth may be selected. If there are 7 swimmers, an 8th may be selected.
- The coaching staff will enter the swimmers in the events that will be best for the overall team's success. Swimmers are required to compete in all entered events, individual and relay.
- SI Swimming is encouraging: 13/14 travel as a team, 11/12 have the option to travel with the team or with their families, and 10/under to travel with their families.
- Swimmers not competing in all events that they are entered, and/or not complying with all SI and Team Rules and Policies will not receive funds.
Zone Team Swimmers will not be allowed to compete in any meets between July 28 and August 5.
- Applications will be due by **Friday, July 25, 2025 by the end of preliminary events at the AG Championship meet to Mary Redmond in the Admin office. The application also may be mailed to San Diego Imperial Swimming, 1335 Via Del Oro, Fallbrook CA. 92028 and must be received on or before Tuesday, July 22, 2025 if mailing. PLEASE DO NOT REQUIRE A SIGNATURE IF MAILING.**

USA Swimming Prohibit Tech Suit Use by 12U Athletes including the 2025 WZAG Championships. Western Zone prohibits the use of times achieved at a Block Party Meet.

- There will be a **MANDATORY** team meeting Saturday, August 2, site TBA.
- Swimmers not traveling with the team must arrive on or before Tuesday, Aug 5.



2025

Age Group Western Zone Time Standards

Qualifying Time Period: August 1, 2024 - Close of Entries



Women		10 & Under	Men	
LCM	SCY	Event	LCM	SCY
0:33.69	0:29.59	50 Free	0:32.99	0:28.69
1:14.49	1:04.99	100 Free	1:13.19	1:03.79
2:43.49	2:23.59	200 Free	2:38.89	2:18.99
0:39.49	0:34.39	50 Back	0:38.99	0:33.99
1:25.59	1:14.49	100 Back	1:24.09	1:12.49
0:44.29	0:38.89	50 Breast	0:43.59	0:38.29
1:38.09	1:24.69	100 Breast	1:36.29	1:22.69
0:37.29	0:33.19	50 Fly	0:36.59	0:32.59
1:26.39	1:15.99	100 Fly	1:25.09	1:14.59
3:04.19	2:39.99	200 IM	3:00.79	2:38.39

11-12

LCM	SCY	Event	LCM	SCY
0:30.49	0:26.99	50 Free	0:29.39	0:25.79
1:07.19	0:58.69	100 Free	1:04.49	0:56.19
2:26.49	2:07.69	200 Free	2:20.79	2:02.59
5:08.69	5:43.29	400/500 Free	4:59.49	5:29.99
0:35.19	0:30.49	50 Back	0:34.29	0:29.69
1:16.89	1:06.19	100 Back	1:14.29	1:02.79
2:43.49	2:20.99	200 Back	2:39.49	2:15.89
0:39.09	0:34.59	50 Breast	0:38.09	0:33.29
1:25.89	1:15.09	100 Breast	1:23.09	1:11.39
3:06.09	2:41.69	200 Breast	2:59.09	2:34.39
0:32.89	0:28.99	50 Fly	0:31.99	0:28.19
1:14.79	1:05.19	100 Fly	1:11.69	1:02.49
2:45.89	2:24.09	200 Fly	2:40.89	2:18.69
2:45.49	2:24.49	200 IM	2:38.29	2:18.79
5:52.69	5:07.79	400 IM	5:44.09	4:56.29

13-14

LCM	SCY	Event	LCM	SCY
0:29.29	0:25.59	50 Free	0:26.89	0:23.49
1:03.79	0:55.79	100 Free	0:58.99	0:51.09
2:17.79	2:00.69	200 Free	2:08.89	1:51.99
4:49.19	5:23.89	400/500 Free	4:33.79	5:03.09
10:01.49	11:08.69	800/1000 Free	9:26.19	10:26.99
19:13.69	18:37.99	1500/1650 Free	18:07.89	17:35.19
1:10.49	1:00.49	100 Back	1:05.79	0:55.99
2:31.89	2:10.69	200 Back	2:22.79	2:01.59
1:20.39	1:09.69	100 Breast	1:13.69	1:03.29
2:53.09	2:30.09	200 Breast	2:39.39	2:17.39
1:08.59	1:00.39	100 Fly	1:03.09	0:55.39
2:33.79	2:14.49	200 Fly	2:21.19	2:03.19
2:34.89	2:14.99	200 IM	2:23.69	2:04.09

5:28.39	4:47.39	400 IM	5:06.99	4:25.39
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Order of Events

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Wednesday August 6					
1-2*	11-12	400 IM	15-16	10/under	100 back
3-4	10/under	50 breast	17-18	11-12	100 back
5-6	11-12	50 breast	19-20	13-14	200 back
7-8	13-14	100 breast	21-22**	13-14	800 free
9-10	10/under	200 free	23-24	10/under Mixed	200 free relay
11-12	11-12	100 Free	25-26	12/under Mixed	200 free relay
13-14	13-14	100 free		14/under Mixed	200 free relay

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Thursday August 7					
27-28	10/under	100 free	39-40	10/under	200 IM
29-30	11-12	200 free	41-42	11-12	200 IM
31-32	13-14	200 free	43-44	13-14	400 IM
33-34	10/under	50 fly	45-46*	11-12	200 back
35-36	11-12	50 fly	47-48	10/under	200 med relay
37-38	13-14	100 fly	49-50	12/under	200 med relay
			51-52	14/under	200 med relay

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Friday August 8					
53-54*	11-12	200 fly	65-66	13-14	100 back
55-56	10/under	100 breast	67-68*	11-12	400 free
57-58	11-12	100 breast	69-70	13-14	400 free
59-60	13-14	200 breast	71-72	10/under Mixed	200 med relay
61-62	10/under	50 back	73-74	12/under Mixed	200 med relay
63-64	11-12	50 back		14/under Mixed	200 med relay

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Saturday August 9					
75-76	13-14	200 IM	87-88	13-14	200 fly
77-78	10/under	50 free	89-90*	11-12	200 breast
79-80	11-12	50 free	91-92**	13-14	1500 free
81-82	13-14	50 free	93-94	10/under	200 free relay
83-84	10/under	100 fly	95-96	12/under	200 free relay
85-86	11-12	100 fly	97-98	14/under	200 free relay

*Timed Finals events with the fastest heat swum in Finals

**Timed Finals events swum in prelims fastest to slowest alternating Girls and Boys

USA Swimming defines a Technical Suit as one that has the following components:
Any suit with any bonded or taped seams regardless of its fabric or silhouette:
Any suit with woven fabric extending past the hips

There will be a meet admission charge for all spectators.

There may be an after-meet social will be available for all swimmers and/or their families.