



**Ohio Swimming, Inc.
2025 Short Course
Regional Championship
and Time Trials**

Meet Information

**Held under the Sanction of USA Swimming, Inc.
Sanction #: OH-25SC-07**

**February 14-16, 2025
Kettering, OH**

Hosted by: Tidal Wave Aquatics

2025 Ohio Short Course Regional Championships

Event Information

February 14-16, 2025

Important Facts About the Meet

- **Entry Deadline:** Friday, February 7, 2025, at 12:00 PM EST, no exceptions.
- Time Standards - All individual entries must be slower than the 2025 Junior Championship Time Standards (Appendix A).
- Time standards for Swimmers with a Disability – must be slower than the 2025 Swimmer with a Disability LSC Parallel Time Standards (Appendix A).
- Entry times shall be in short course yards (Y) or long course meters (L). No converted times will be accepted.
- NT times will NOT be accepted nor imported.
- **Entry Limits:** Swimmers may enter a maximum of 6 (six) Individual Events plus Relays (excluding time trials).
- There is no Admission Charge for Ohio Championship Meets.
- The Host Team, with consent of the Age Group Committee, has the discretion to modify session warm-up and start times; determine the use of two pools vs one pool; and determine the use of starting at one vs two ends. All decisions will be communicated to coaches as soon as practical.
- The 10 & under events will be contested as timed finals.
- The 11-14 individual events will be contested as Prelim/Final except for events $\geq 400Y$ and 11-12 200Y Breast, Back and Fly.
- All heats in 11 & over finals will be swum slowest to fastest.
- All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session. Events $>500Y$ will additionally be swum alternating girl's and boy's heats.
- 8 Lanes will be used for 11-14 Prelims and Finals. 8 lanes will be used for 10U Timed Finals Sessions.
- Time Trials will only be conducted on the last day of the meet, after Finals.
- All teams attending this Regional Championship site should be prepared to assist the host team in staffing some timer positions throughout the weekend. The meet host will contact the teams to arrange the volunteer sign-up.
- **All Regional meet participants must be verified USA Swimming members in good standing by 5:00 PM EST one (1) business day prior to the first day of competition. No exceptions. USA-S membership will not be verified at this meet.**
- **Coaches and Officials attending the Regional Championship Meet are expected to be members in good standing while in attendance at the meet. OSI policy regarding membership non-compliance will be in effect at this meet.**
- **This site will follow the combined meet format as indicated on page 10. In the event of more than anticipated entries, the host will return to the three-session format and inform teams.**

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| Meet Administration | |
|--|---|
| Facility Address Kettering Recreation Complex 2900 Glengarry Dr. Kettering, OH 45420 | Meet Referee Name Doug Speelman Email Dougspeelman40@gmail.com |
| Entry Chair Beth Bourquin Secretary@tidalwaveaquatics.org | Meet Director Holly Beard Holly@parrotsportsgear.com |
| Age Group Committee Chair Bernard Vrancken agegroupchair@swimohio.com | Meet Committee <ul style="list-style-type: none"> • Meet Referee • Coach • Athlete |

| Meeting Schedule | |
|----------------------------|---|
| Friday, February 14 | General/Coaches Meeting – 15 minutes before meet/session start time <i>All subsequent coaches' briefings will be announced</i> Officials' Meeting - 1 hour before the meet start time <i>All subsequent officials' briefing will be held 1 hour prior to the start of each session</i> |

| Disclaimers |
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| 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. |

| Officials |
|---|
| All USA Swimming certified officials willing to volunteer should contact the Meet Referee of the respective Regional site location. Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals. White covered toe athletic or deck shoes for all sessions. |

**2024 SC Regional Championships – Order of Events
Short Course Yards
11 & Over Session**

| Women's Events | Day 1 – Friday | Men's Events |
|--------------------------------|-------------------------------|--------------|
| 101* | 11-12 200 Backstroke | 102* |
| 103 | 13-14 100 Breaststroke | 104 |
| 105 | 11-12 50 Breaststroke | 106 |
| 107 | 13-14 200 Freestyle | 108 |
| 109 | 11-12 100 Freestyle | 110 |
| 111 | 13-14 100 Butterfly | 112 |
| 113 | 11-12 50 Butterfly | 114 |
| 115 ** | 13-14 400 Individual Medley ^ | 116 ** |
| 117 | 11-12 200 Individual Medley | 118 |
| Minimum 10 Minute Break | | |
| 119 ** | 11-12 500 Freestyle ^+ | 120 ** |
| Women's Events | Day 2 – Saturday | Men's Events |
| 201 * | 11-12 200 Freestyle Relay | 202 * |
| 203 * | 13-14 200 Freestyle Relay | 204 * |
| 205 * | 11-12 200 Butterfly | 206 * |
| 207 | 13-14 200 Individual Medley | 208 |
| 209 | 11-12 100 Individual Medley | 210 |
| 211 | 13-14 50 Freestyle | 212 |
| 213 | 11-12 50 Backstroke | 214 |
| 215 | 13-14 200 Breaststroke | 216 |
| 217 | 11-12 100 Breaststroke | 218 |
| 219 | 13-14 100 Backstroke | 220 |
| 221 | 11-12 200 Freestyle | 222 |
| 223 ** | 13-14 500 Freestyle ^+ | 224 ** |
| Women's Events | Day 3 – Sunday | Men's Events |
| 301 # | 11-12 200 Medley Relay | 302 # |
| 303 # | 13-14 200 Medley Relay | 304 # |
| 305 * | 11-12 200 Breaststroke | 306 * |
| 307 | 13-14 200 Backstroke | 308 |
| 309 | 11-12 100 Backstroke | 310 |
| 311 | 13-14 100 Freestyle | 312 |
| 313 | 11-12 50 Freestyle | 314 |
| 315 | 13-14 200 Butterfly | 316 |
| 317 | 11-12 100 Butterfly | 318 |
| 319 * | 13-14 1650 Freestyle ^ + | 320 * |
| 321 * | 11-12 400 Individual Medley ^ | 322 * |

* Timed Final – Fastest 1 heat at Finals

** Timed Final – Fastest 2 heats at Finals

Timed Final – All relay heats during Prelims

^ Prelim heats are fastest to slowest

+ Alternating girls and boys heats

11-12 400 IM - First event at Finals

13-14 1650 Free - Second event at Finals

Warm-up / start times will be determined once entries are received and emailed to teams attending the meet.

**2025 SC Regional Championships – Order of Events
Short Course Yards
10 & Under Session**

| Women's Events | Day 1 – Friday | Men's Events |
|-----------------------|----------------------------------|---------------------|
| 151 | 10 & Under 50 Breaststroke | 152 |
| 153 | 10 & Under 100 Freestyle | 154 |
| 155 | 10 & Under 50 Butterfly | 156 |
| 157 | 10 & Under 200 Individual Medley | 158 |
| Women's Events | Day 2 – Saturday | Men's Events |
| 251 | 10 & Under 200 Freestyle Relay | 252 |
| 253 | 10 & Under 100 Individual Medley | 254 |
| 255 | 10 & Under 50 Backstroke | 256 |
| 257 | 10 & Under 100 Breaststroke | 258 |
| 259 | 10 & Under 200 Freestyle | 260 |
| Women's Events | Day 3 – Sunday | Men's Events |
| 351 | 10 & Under 200 Medley Relay | 352 |
| 353 | 10 & Under 100 Backstroke | 354 |
| 355 | 10 & Under 50 Freestyle | 356 |
| 357 | 10 & Under 100 Butterfly | 358 |

Warm-up / start times will be determined once entries are received and emailed to teams attending the meet.

| Facility Information | |
|------------------------------------|---|
| Facility Address | Kettering Recreation Complex 2900 Glengarry Dr Kettering OH 45420 |
| Pool Information | The pool 25-yard length and is 8 lanes wide with a Colorado timing system and scoreboard. There is adequate spectator viewing. The pool depth at the start wall is 12 feet and at the turn end, the depth is 4 feet. The host will ensure the required course dimensions. |
| Handicap Access | Accommodations for persons with disabilities may be arranged with advance notice. |
| Information/Lost & Found | A Lost & Found area will be available at the end of each session next to the pool deck entrance doors. |
| Medical Assistance and Supervision | Lifeguards are trained to handle water rescues and first aid on deck. AED devices are also available on site. Please report all first aid issues to the Aquatic Staff. |
| Facility Information | <ul style="list-style-type: none"> All team banners must conform to the 5' X 8' size limitation. Commercial logos on banners must not exceed 96 square inches. USA Swimming and the meet host reserve the right to determine banner locations. Banners must be tied, not taped, to the railings and cannot obstruct the view of spectators. Neither the facility nor the meet hosts are responsible for lost or stolen items. Pool policies: no food on deck and no camp chairs on deck please. To maximize spectator seating on the pool deck WAVE requests that swimmers put their bags against the wall and refrain from putting them in the stands. Athletes may use the locker rooms for changing. Deck changing is prohibited. Restrooms will be monitored by Safety Marshals. <p>For safety reasons WAVE requests that no personal camp style chairs be used behind the glass.</p> |
| Parking | Parking will be available in the water park lot. There is no parking in the Senior Center lot. |
| Hospitality | Coaches' and Officials' hospitality will be available throughout the meet in the classroom adjacent to the pool. |
| Vendor | Parrot Sports Gear will be available at this meet; however Regional Meet apparel can be purchased online. Link to the Regional meet apparel can be found on the Ohio Swimming website Regional Event Page. |

Commented [1]: Athletes may use locker rooms to change. Deck changing is prohibited.

| Organization Regulations | |
|--------------------------|--|
| USA Swimming Rules | <ul style="list-style-type: none"> At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. Any swimmer entered in the meet <u>must</u> 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. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. Deck changes are prohibited. 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. Flash photography is not permitted at the start of any race. 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. |

Organization Regulations

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| Technical Suit Ban | <p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type. |
| Ohio State Laws that are applicable to Ohio Swimming sanctioned events | <ul style="list-style-type: none"> Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at www.swimohio.com under Safe Sport>Concussion. There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4 |
| Safe Sport 360 | <ul style="list-style-type: none"> The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. 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 720-531-0340 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. |
| Waiver/Release | <ul style="list-style-type: none"> By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet. |
| Deck Access | <ul style="list-style-type: none"> The Meet Director and Meet Referee at each site reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety of the efficient operation of the meet. USA Swimming Rules of Conduct will be strictly enforced. Non-Athlete Registration cards do NOT grant access to the pool deck at any time. Only Volunteers, Coaches and Officials signed up to work/attend the event will be permitted on deck. No swimmer will be allowed to access the pool deck without a coach member present. |
| Code of Conduct | <ul style="list-style-type: none"> Each club is responsible for the conduct of its swimmers and parents. Any person who, in the opinion of the Meet Director, Meet Referee, or Meet Marshal, is harmful to others or to other's property will be required to leave the competition. Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or any member of meet operations is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams. Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others. |

| Organization Regulations | |
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| Spectator Info | Each team will be expected to help the meet host with timers. The meet host will contact each team to arrange for timers. The meet host has the right to remove spectators from the facility or disqualify a swimmer from competition if facility protocols are not followed by swimmers and/or their families. |
| Parental Access and Safe Sport Considerations for Athletes | Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, the parent may be escorted to the child. |

| Entering the Meet | |
|--------------------------------|---|
| Eligibility | <ul style="list-style-type: none"> All Regional meet participants must be verified USA Swimming athletes of Ohio Swimming Inc. by 5 PM one (1) business day prior to the first day of competition. No exceptions. USA-S memberships will not be verified at this meet or after this deadline. Any Ohio LSC swimmer, 14 years and under, with a time slower than the 2025 Ohio Junior Championship time standard, may enter the Regional Championship meet. (See Appendix A time standards). Any Ohio LSC Swimmer with a Disability, 14 years and under, with a time slower than the 2025 Swimmer with a Disability LSC Parallel Time Standard, may enter the Regional Championship meet (see Appendix A time standards). Swimmers who have achieved a LCM Junior Champs qualifying time standard in an event, but have not achieved the standard in the conforming course (SCY), may enter that event at this Regional Championship. However, those athletes should scratch that event at finals to allow others, who have not qualified in either course, another opportunity to achieve a cut for the upcoming Junior Championship Meet. All swimmers must enter under a team affiliation or unattached. Those with a team affiliation must swim in an unattached status if switching swim clubs in the last 60 days prior to the Regional Championship meet, unless cleared by the OSI Registration/Membership Coordinator. Age on the first day of the meet will determine the age group in which a swimmer is entered. |
| Entry Rules - General | <ul style="list-style-type: none"> By the act of entering this meet, each team and /or swimmer agrees to abide by USA Swimming Rules and Regulations. Entries will be seeded as follows: Short Course Yards (SCY), Long Course Meters (LCM). <u>There shall be No Deck Entries at the Championship Meet.</u> A swimmer who is either not entered or incorrectly entered by fault of the host club will be properly placed in the appropriate events. A swimmer, otherwise qualified, who was mistakenly not entered by his/her entry chairperson, may be entered up to 24 hours before the scheduled beginning of the session, provided he/she pays the appropriate entry fee plus a \$50.00 processing charge (per swimmer) to the host club. Any late entries will be reseeded up until the time the meet host as printed the meet programs or uploaded the meet to Meet Mobile. After that time, late entries will be placed into an open lane. |
| Entry Rules: Individual Events | <ul style="list-style-type: none"> Swimmers may enter a maximum of six (6) Individual Events, plus Relays (excluding time trials). 11 & Over Swimmers may swim a maximum of three (3) individual events per day, plus Relays (including time trials). 10 & Under Swimmers may swim a maximum of six (6) individual events per day, plus Relays (including time trials). <i>"NT" entries will <u>not</u> be accepted or imported into the Meet Database. Please estimate an entry time.</i> All Entries must be slower than the published 2025 Junior Championship Time Standards, as listed in Appendix A. If a swimmer wants an official intermediate split from a longer distance event, they must notify the meet referee before the event and complete an Ohio Time Certification form. Swimmers entering events who have achieved qualifying standards in the non-confirming course, see ELIGIBILITY section above for entering the Regional meet with those events. |

| Entering the Meet | |
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| Entry Rules: Relay Events | <ul style="list-style-type: none"> No relay minimum qualifying time standards shall be enforced at the Regional Championship meet. Relays may be entered with a "no time" (NT). Relay Entry Times faster than the Junior Championship cut are acceptable. Only two (2) relays per team may be entered per event. Any swimmer may swim any stroke. All relay team members must also be entered in at least one individual event in the meet. A swimmer competing unattached may not be a member of a relay team. |
| Entry Procedures | <ul style="list-style-type: none"> Entry Deadline is February 7, 2025, at 12:00 PM EST Electronic entry files (Hytek Team Manager or Team Unify) are required for all team entries. The electronic Event File can be downloaded from the Regional Meet Event Page on the Ohio Swimming website. The following must be emailed to the Entry Chair: <ul style="list-style-type: none"> Electronic Entry File Entry Summary Sheet (Appendix B) The meet does not accept faxed entries. Check for the Total Entry Fees is payable to: Tidal Wave Aquatics If sending the payment by mail, please send it to the address listed on the entry summary form. All fees must be paid by the start of the meet. Teams will not be permitted to compete until all fees are paid in full. A check or copy of proof of payment (i.e., copy of check request) can be emailed to the entry chair. Unattached Swimmers are encouraged to use Hytek's TM Lite for entry submission. Manual (paper) entries are subject to a \$25/swimmer surcharge. These fees are due at the time of entry submission. Please let the entry chair know in advance if you are entering any Outreach athletes and indicate them on the entry summary form included in this meet information. |
| Entry Procedure for Swimmers with a Disability | <ul style="list-style-type: none"> Entry Procedures: <ol style="list-style-type: none"> Enter the USA-S swimmer with a disability electronically via email to the entry chair at the time of team entry. Provide any necessary accommodations and/or modifications and the declared performance grouping for the swimmer (P1, P2, P3). List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times based on grouping, strokes/distances, and days/sessions. Please inform/communicate with the Meet Referee accommodations and/or modifications at the time of team entry. Performance Groupings for Swimmers with a Disability are described in the OSI Policies and Procedures document posted on the Ohio Swimming website under Governance>OSI Policies & Procedures. Swimmers with a disability will compete in prelims with able-bodied athletes; however, they will have a separate single championship heat at finals that will be contested after the able-bodied Championship heat. The Swimmers with a Disability Championship heat will be scored to eighth place. |
| Entry Fees | <ul style="list-style-type: none"> Individual Events - \$8.00 per entry Relay Events - \$12.00 per entry OSI Regional Championship Meet Surcharge - \$20.00 per swimmer Time Trials – \$16.00 per individual entry; \$24.00 per relay entry Entry Fees for Age Group Championship Meets are established annually by the OSI Board of Directors. Manual Entry Processing Fee (before entry deadline) - \$25 per swimmer Late Entry Processing Fee - \$50 per swimmer. The maximum admin fee is \$200. |
| Membership Requirement | <p>All meet directors, coaches and officials serving in an official capacity at this Championship event must be current members of USA Swimming and should be prepared to show a current USA Swimming membership card and photo identification (i.e., driver's license, passport, etc.) when signing in at the meet. Failure to cooperate with the request will result in immediate ejection from the remainder of the event. All persons acting in any coaching capacity in a sanctioned event must be currently certified coach members of USA Swimming in good standing. OSI policy regarding membership non-compliance will be in effect at this meet.</p> |

| Championship Procedures | |
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| Rules | USA Swimming Rules and Regulations will govern the conduct of these Championships and will serve as the official guide for technical and procedural rules except as modified specifically herein. |
| Competition Guidelines & Meet Format for 11 & Over Sessions | <ul style="list-style-type: none"> Except for the Relays and events designated as Timed Finals Events in the Order of Events listed in this meet program, the meet will be conducted in a Preliminary-Finals format with a Championship (A) and a Consolation (B) heat at Finals. The B Final will swim before the A Final. Alternates should be ready to swim in the B Finals and identify themselves to the referee. The 13-14 1650Y Freestyle event will be Timed Finals with the fastest heat swimming at Finals. The preliminary sessions of these events will swim fastest to slowest; alternating between women and men. All 400Y and over Individual Timed Final events will be swum fastest to slowest in the Preliminary session. All 500Y and over events will alternate between women and men. Athletes will swim Timed Final events <u>as seeded by entry time</u>. If an athlete desires to swim the event during prelims, they must use a non-conforming time. They will not be permitted to change their entry time, or down seed at the meet. Relays are timed finals and only the top heat will swim at night on Day 2. Relays on Day 3 are all contested in Prelims. The 13-14 1650Y Freestyle and 11-12 400Y IM will be contested as the last event at Prelims on Day (3), with the 11-12 400Y IM and 13-14 1650Y Freestyle as first and second events at Day (3) Finals, respectively. The 11-12 200Y Breast, Back and Fly will be Timed Finals with the fastest heat at Finals. The preliminary sessions of these events will swim slowest to fastest. Fly-over starts will be used in preliminary session events at the discretion of the Meet Referee, in consultation with the meet committee. <u>Any changes in format not listed in this meet announcement must be cleared by the Age Group Committee.</u> 8 Lanes will be used for the Prelim sessions. 8 Lanes will be used for Finals |
| Competition Guidelines & Meet Format for 10 & Under Sessions | <ul style="list-style-type: none"> All events will be contested as Timed Finals. Fly-over starts may be used at the discretion of the Meet Referee, in consultation with the meet committee. 8 Lanes will be used for all 10 & under timed Finals Sessions |
| Combined Meet Format | <ul style="list-style-type: none"> If entries warrant that either the 11 & over session and/or 10 & under session are less than one (1) hour, the meet host, in consultation with the Meet Referee and Age group Committee Chair, may use the combined session format as listed in Appendix C. The meet host will communicate this change in format, to all attending teams, within 48 hours after the published entry deadline. |
| Seeding | <ul style="list-style-type: none"> The seeding order for this meet will be SCY, LCM. |
| Warm-Up and Safety Guidelines | <ul style="list-style-type: none"> The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored jointly by the Meet Director and Meet Referee (or their special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. Warm-up procedures may, at the discretion of the host team, be modified based on the number of swimmers in the meet and other safety and logistical concerns. |
| Protest Procedures | All protests must be submitted in writing within 30 minutes following the contested race to the Meet Referee or their designee. |
| Scratch Procedures & Deadlines | This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations with the following exceptions: |
| 11 & Over Events: | <ul style="list-style-type: none"> A swimmer who officially scratches from an individual event shall not have that event count towards their maximum number of events for the meet or for that day. The scratch deadline for Preliminary Events and Timed Final Events will be 60 minutes prior to the start of the session where the individual or relay is contesting the event. Any swimmer not appearing for an individual <i>preliminary</i> event, without officially scratching per meet guidelines, shall not be penalized; however, that event will be counted against their 6-event maximum for the meet and their 3 event per day maximum. |

Commented [2]: We are planning on the combined meet format. If entries are received and timelines require 3 sessions, we will revert back to the original format.

| Championship Procedures | | | | | | | |
|---|---|---------------------------|----------------------|-----------------------------------|-----------------------------------|---------------------------------|-------------------------------------|
| | <ul style="list-style-type: none"> Any relay team that fails to appear for a pre-seeded relay event shall not be penalized. Any swimmer qualifying for a consolation or championship final in an individual event who fails to compete in said final shall be barred from his/her next individual event, except as noted in USA Rule 207.11.6E. This rule also applies to timed final events where the top heat(s) are contested in the consolation or championship heats. Failure to scratch consolation or championship finals according to the rules above shall result in a \$50.00 penalty fee per event against the swimmer/team if the event is their last event of the meet. The penalty fee shall be billed to the club and paid to the host of the meet. Entry fees for scratched events will not be refunded. | | | | | | |
| Scratch Procedures 10 & Under Events | <ul style="list-style-type: none"> Any swimmer or relay that fails to appear for a pre-seeded 10 & under event shall not be penalized. | | | | | | |
| Relays and Relay Check-In Procedures: | <ul style="list-style-type: none"> All relays are conducted on a timed final basis. Each coach shall pick up Relay Entry Forms from the Clerk of Course if not included in their Coach/Team Packet. On the Relay Entry Form, the Coach shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay Entry Forms shall be returned to the Clerk of Course for tabulation according to the deadlines listed below: <ul style="list-style-type: none"> 10 & Under: Thirty (30) minutes prior to the start of that day's session. 11 & Overs: Same as the scratch deadlines listed above. Any Relay Entry Form not turned in will result in the relays being scratched for that session. Turning in the form indicates the team wishes to contest the relay(s) for that session. Relay Order may be changed up to the time of the swim. | | | | | | |
| Finals Session Event Order | The order of the final events shall be the same as preliminary sessions except the 11-12 400Y IM and 13-14 1650Y Freestyle will be contested as the first and second events at Finals, respectively. | | | | | | |
| Scoring: 8 Lane Pool (16 places) | <table> <tr> <td><u>Individual Events:</u></td> <td><u>Relay Events:</u></td> </tr> <tr> <td>A (Final) 20-17-16-15-14-13-12-11</td> <td>A (Final) 40-34-32-30-28-26-24-22</td> </tr> <tr> <td>B (Consolation) 9-7-6-5-4-3-2-1</td> <td>B (Consolation) 18-14-12-10-8-6-4-2</td> </tr> </table> | <u>Individual Events:</u> | <u>Relay Events:</u> | A (Final) 20-17-16-15-14-13-12-11 | A (Final) 40-34-32-30-28-26-24-22 | B (Consolation) 9-7-6-5-4-3-2-1 | B (Consolation) 18-14-12-10-8-6-4-2 |
| <u>Individual Events:</u> | <u>Relay Events:</u> | | | | | | |
| A (Final) 20-17-16-15-14-13-12-11 | A (Final) 40-34-32-30-28-26-24-22 | | | | | | |
| B (Consolation) 9-7-6-5-4-3-2-1 | B (Consolation) 18-14-12-10-8-6-4-2 | | | | | | |
| Awards | <ul style="list-style-type: none"> Individual Events: Medals 1-8 place. Ribbons 9-16 place. Relay Events: Medals 1-3 place. Ribbons 4-8 place. | | | | | | |
| Psych Sheet Warm-up Schedule Results | <p>The following information will be published on the Ohio Swimming and/or meet host website:</p> <ol style="list-style-type: none"> Psych Sheets Warm-up Schedule Results Final Results, Team Manager Results file, and Meet Manager Backup file | | | | | | |

Championship Procedures

Time Trials

- **Regional meet participants will have first priority entry for time trials.**
- Time Trials will be conducted on the last day of the meet only, **following** Finals.
- Time trial session will be limited to one (1) hour.
- Signups for Time Trials will close at least one (1) hour prior to the end of the last day's Finals session according to the estimated timeline. The time will be communicated to coaches in the General Meeting.
- Meet Participants are limited to three (3) individual events for 11 & overs and six (6) individual events for 10 & unders per day, including Time Trials. A declared false start is counted toward the limits.
- Will be swum in meet order. Event order may be modified for ease of seeding and timeline control.
- Time Trials for non-meet participants:
 1. Procedure for membership verification for non-meet participants wanting to time trial at this event, will be communicated to all teams in advance of the meet.
 2. Are open to current athlete members from teams assigned to this Regional site, only if the timeline allows. Be prepared to show **PROOF** of current membership with USA Swimming, in good standing at the time of sign-up for time trials.
 3. Are limited to individuals attempting to achieve a published National Cut (USA Zone, Y Zone, Sectional, Futures, Junior National, Y Nationals, US Open or Senior National). Entry times for time trials should be within ½ second per 50 yards/meters of the published Time Standard.
- The Meet Referee and/or Meet Director have full discretion and authority to review Time Trial entries and limit to meet participants only, if timelines warrant.

Appendix A

| Ohio Swimming 2025 Short Course Junior Championships Qualifying Times | | | | | | |
|--|---------|------------|--|------------|---------|------------|
| GIRLS | | | Event | BOYS | | |
| 13-14 | 11-12 | 10 & Under | | 10 & Under | 11-12 | 13-14 |
| 26.09 | 28.49 | 32.39 | 50 Free | 32.39 | 28.09 | 24.49 |
| 56.89 | 1:00.99 | 1:11.99 | 100 Free | 1:13.49 | 1:00.99 | 53.49 |
| 2:02.79 | 2:13.99 | 2:41.59 | 200 Free | 2:41.59 | 2:14.99 | 1:55.49 |
| 5:28.29 | 5:54.99 | | 500 Free | | 5:54.99 | 5:16.89 |
| 11:32.99 | | | 1000 Free (qual time for 1650 Free) | | | 10:48.99 |
| 19:10.49 | | | 1650 Free | | | 18:30.29 |
| | 32.49 | 37.69 | 50 Back | 38.99 | 33.39 | |
| 1:03.39 | 1:10.09 | 1:22.39 | 100 Back | 1:23.19 | 1:10.29 | 1:00.79 |
| 2:17.89 | 2:28.59 | | 200 Back | | 2:30.69 | 2:13.99 |
| | 36.79 | 43.19 | 50 Breast | 44.59 | 38.19 | |
| 1:12.39 | 1:20.59 | 1:37.29 | 100 Breast | 1:39.69 | 1:23.79 | 1:08.59 |
| 2:39.99 | 2:59.99 | | 200 Breast | | 2:59.99 | 2:31.49 |
| | 31.29 | 37.79 | 50 Fly | 38.39 | 31.59 | |
| 1:02.89 | 1:11.29 | 1:32.19 | 100 Fly | 1:33.79 | 1:12.99 | 59.59 |
| 2:25.59 | 2:45.39 | | 200 Fly | | 2:54.89 | 2:19.99 |
| | 1:10.99 | 1:23.09 | 100 IM | 1:24.09 | 1:11.99 | |
| 2:19.99 | 2:29.99 | 3:01.49 | 200 IM | 3:01.49 | 2:30.99 | 2:12.19 |
| 4:56.29 | 5:29.99 | | 400 IM | | 5:29.99 | 4:47.19 |
| 1:47.49 | 1:52.79 | 2:10.09 | 200 Free Relay | 2:12.19 | 1:54.59 | 1:40.89 |
| 3:52.49 | 4:05.09 | | 400 Free Relay | | 4:05.99 | 3:41.59 |
| 8:13.59 | | | 800 Free Relay | | | 8:00.39 |
| See 400 MR | 2:08.29 | 2:30.79 | 200 Med Relay | 2:35.29 | 2:12.59 | See 400 MR |
| 4:20.49 | 4:40.09 | | 400 Med Relay | | 4:50.53 | 4:08.69 |

Approved May 2022

Individual Entries Limited to 6 Individual Events

Appendix A

| Ohio Swimming 2025 Long Course Junior Championships Qualifying Times | | | | | | |
|---|---------|------------|--|------------|---------|--------------|
| GIRLS | | | Event | BOYS | | |
| 13-14 | 11-12 | 10 & Under | | 10 & Under | 11-12 | 13-14 |
| 29.79 | 31.79 | 36.59 | 50 Free | 37.19 | 32.29 | 28.09 |
| 1:04.59 | 1:10.09 | 1:23.59 | 100 Free | 1:24.59 | 1:10.99 | 1:01.59 |
| 2:19.99 | 2:35.49 | 3:02.99 | 200 Free | 3:06.89 | 2:36.19 | 2:14.79 |
| 5:02.99 | 5:30.79 | | 400 Free | | 5:29.99 | 4:48.99 |
| 10:32.09 | | | 800 Free (qual time for 1500 Free) | | | 10:04.89 |
| 20:34.89 | | | 1500 Free | | | 19:26.79 |
| | 37.79 | 44.09 | 50 Back | 43.99 | 38.49 | |
| 1:14.29 | 1:22.09 | 1:36.99 | 100 Back | 1:37.99 | 1:22.09 | 1:11.29 |
| 2:39.99 | 2:53.29 | | 200 Back | | 2:56.69 | 2:35.99 |
| | 43.59 | 52.49 | 50 Breast | 52.69 | 44.39 | |
| 1:25.69 | 1:35.59 | 1:52.99 | 100 Breast | 1:57.99 | 1:37.49 | 1:22.99 |
| 3:07.29 | 3:25.99 | | 200 Breast | | 3:26.99 | 3:01.39 |
| | 35.29 | 43.29 | 50 Fly | 44.29 | 36.99 | |
| 1:12.89 | 1:22.39 | 1:47.69 | 100 Fly | 1:52.99 | 1:23.99 | 1:09.49 |
| 2:50.39 | 3:17.29 | | 200 Fly | | 3:28.59 | 2:42.99 |
| 2:39.99 | 2:58.29 | 3:32.99 | 200 IM | 3:34.99 | 2:58.99 | 2:31.29 |
| 5:43.99 | 6:27.99 | | 400 IM | | 6:29.59 | 5:28.99 |
| 2:05.19 | 2:10.59 | 2:27.19 | 200 Free Relay | 2:31.09 | 2:11.89 | 1:57.99 |
| 4:27.99 | 4:44.79 | | 400 Free Relay | | 4:48.99 | 4:16.19 |
| 9:42.09 | | | 800 Free Relay | | | 9:21.99 |
| (See 400 MR) | 2:30.59 | 2:51.99 | 200 Med Relay | 2:58.89 | 2:33.09 | (See 400 MR) |
| 5:08.19 | 5:32.79 | | 400 Med Relay | | 5:38.39 | 4:57.99 |

Approved July 2022

Individual Entries Limited to 6 Individual Events

2025 Swimmer with a Disability LSC Parallel Time Standards

| Parallel Time Standards for Swimmers With A Disability - LSC | | | | | | | | | | | | | | | | | | |
|---|-----------|---------|----------|---------|----------|---------|-----------|---------|-----------|---------|----------|---------|----------|---------|-----------|---------|---------|--|
| Para 1 | Girls | | | | | | | | | P1 | Boys | | | | | | | |
| | 10 & U P1 | | 11-12 P1 | | 13-14 P1 | | 15 & O P1 | | 10 & U P1 | | 11-12 P1 | | 13-14 P1 | | 15 & O P1 | | | |
| | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | SCY | | LCM | SCY | LCM | SCY | LCM | | | |
| P1 - non-ambulatory (wheelchair bound); limited use of all four extremities | 1:44.49 | 1:44.49 | 1:34.69 | 1:34.69 | 1:26.19 | 1:26.19 | 1:24.89 | 1:24.89 | 50 FR | 1:39.29 | 1:39.29 | 1:30.29 | 1:30.29 | 1:21.29 | 1:21.29 | 1:18.29 | 1:18.29 | |
| | 3:39.19 | 3:39.19 | 3:18.59 | 3:18.59 | 3:00.79 | 3:00.79 | 2:58.09 | 2:58.09 | 100 FR | 3:44.19 | 3:44.19 | 3:23.79 | 3:23.79 | 3:03.49 | 3:03.49 | 2:56.69 | 2:56.69 | |
| | 8:44.89 | 8:44.89 | 7:55.69 | 7:55.69 | 7:12.99 | 7:12.99 | 7:06.49 | 7:06.49 | 200 FR | 6:09.09 | 6:09.09 | 5:35.59 | 5:35.59 | 5:01.99 | 5:01.99 | 4:50.90 | 4:50.89 | |
| | 2:03.59 | 2:03.59 | 1:51.99 | 1:51.99 | 1:41.99 | 1:41.99 | 1:40.39 | 1:40.39 | 50 BK | 1:22.89 | 1:22.89 | 1:15.39 | 1:15.39 | 1:07.89 | 1:07.89 | 1:05.39 | 1:05.39 | |
| | 3:47.19 | 3:47.19 | 3:25.89 | 3:25.89 | 3:07.49 | 3:07.49 | 3:04.59 | 3:04.59 | 100 BK | 3:01.19 | 3:01.19 | 2:44.69 | 2:44.69 | 2:28.19 | 2:28.19 | 2:22.69 | 2:22.69 | |
| | 1:54.39 | 1:54.39 | 1:43.63 | 1:43.63 | 1:34.39 | 1:34.39 | 1:32.99 | 1:32.99 | 50 BR | 1:29.59 | 1:29.59 | 1:21.49 | 1:21.49 | 1:13.29 | 1:13.29 | 1:10.59 | 1:10.59 | |
| | 5:26.29 | 5:26.29 | 4:55.69 | 4:55.69 | 4:29.19 | 4:29.19 | 4:25.19 | 4:25.19 | 100 BR | 4:19.99 | 4:19.99 | 3:56.39 | 3:56.39 | 3:32.69 | 3:32.69 | 3:24.89 | 3:24.89 | |
| | 3:03.89 | 3:03.89 | 2:46.69 | 2:46.69 | 2:31.79 | 2:31.79 | 2:29.49 | 2:29.49 | 50 FL | 2:48.09 | 2:48.09 | 2:32.79 | 2:32.79 | 2:17.49 | 2:17.49 | 2:12.39 | 2:12.39 | |
| | 7:35.89 | 7:35.89 | 6:53.15 | 6:53.15 | 6:16.19 | 6:16.19 | 6:10.49 | 6:10.49 | 150 IM | 7:30.09 | 7:30.09 | 6:49.19 | 6:49.19 | 6:08.19 | 6:08.19 | 5:54.59 | 5:54.59 | |

| Parallel Time Standards for Swimmers With A Disability - LSC | | | | | | | | | | | | | | | | | | |
|--|-----------|---------|----------|---------|----------|---------|-----------|---------|------------|---------|----------|---------|----------|---------|-----------|---------|---------|--|
| Para 2 | Girls | | | | | | | | | P2 | Boys | | | | | | | |
| | 10 & U P2 | | 11-12 P2 | | 13-14 P2 | | 15 & O P2 | | 10 & U P2 | | 11-12 P2 | | 13-14 P2 | | 15 & O P2 | | | |
| | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | SCY | | LCM | SCY | LCM | SCY | LCM | | | |
| P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body. | 56.89 | 59.79 | 51.49 | 54.19 | 46.89 | 49.39 | 46.19 | 48.59 | 50 FR | 53.99 | 56.79 | 49.09 | 51.69 | 44.19 | 46.49 | 42.59 | 44.79 | |
| | 2:06.59 | 2:13.19 | 1:54.69 | 2:00.69 | 1:44.39 | 1:49.89 | 1:42.79 | 1:48.19 | 100 FR | 1:59.09 | 2:05.29 | 1:48.29 | 1:53.99 | 1:37.39 | 1:42.59 | 1:33.79 | 1:38.79 | |
| | 4:20.49 | 4:34.19 | 3:56.09 | 4:08.49 | 3:34.89 | 3:46.29 | 3:31.69 | 3:42.79 | 200 FR | 4:11.89 | 4:25.09 | 3:48.49 | 4:00.99 | 3:26.09 | 3:36.89 | 3:18.49 | 3:28.89 | |
| | | | 9:37.09 | 7:51.09 | 8:45.39 | 7:08.89 | 8:37.49 | 7:02.39 | 400/500 FR | | | 9:37.89 | 7:51.69 | 8:40.09 | 7:04.49 | 8:20.79 | 6:48.79 | |
| | 1:09.09 | 1:12.69 | 1:02.59 | 1:05.89 | 56.99 | 59.99 | 56.09 | 59.09 | 50 BK | 1:01.09 | 1:04.29 | 55.49 | 58.39 | 49.99 | 52.59 | 48.09 | 50.69 | |
| | 2:39.79 | 2:48.19 | 2:24.79 | 2:32.49 | 2:11.89 | 2:18.79 | 2:09.89 | 2:16.69 | 100 BK | 2:32.79 | 2:40.89 | 2:18.89 | 2:26.29 | 2:05.09 | 2:11.59 | 2:00.39 | 2:06.79 | |
| | | | 4:58.79 | 5:14.49 | 4:31.99 | 4:46.29 | 4:27.89 | 4:41.99 | 200 BK | | | 4:20.89 | 4:34.59 | 3:54.79 | 4:07.09 | 3:46.09 | 3:57.99 | |
| | 1:12.09 | 1:15.89 | 1:05.49 | 1:08.89 | 59.59 | 1:02.69 | 58.69 | 1:01.69 | 50 BR | 1:09.19 | 1:12.79 | 1:02.89 | 1:06.19 | 56.59 | 59.59 | 54.49 | 57.39 | |
| | 2:39.99 | 2:48.39 | 2:24.99 | 2:32.59 | 2:11.99 | 2:18.89 | 2:09.99 | 2:16.79 | 100 BR | 2:33.39 | 2:41.49 | 2:19.49 | 2:26.79 | 2:05.49 | 2:12.09 | 2:00.89 | 2:07.19 | |
| | | | 5:17.19 | 5:34.19 | 4:24.89 | 4:38.79 | 4:44.69 | 4:59.59 | 200 BR | | | 5:00.99 | 5:16.79 | 4:30.89 | 4:45.09 | 4:20.89 | 4:34.59 | |

| Parallel Time Standards for Swimmers With A Disability - LSC | | | | | | | | | | | | | | | | | | |
|---|-----------|---------|----------|----------|----------|----------|-----------|----------|--------------|---------|----------|----------|----------|----------|-----------|----------|----------|--|
| Para 3 | Girls | | | | | | | | | P3 | Boys | | | | | | | |
| | 10 & U P3 | | 11-12 P3 | | 13-14 P3 | | 15 & O P3 | | 10 U P3 | | 11-12 P3 | | 13-14 P3 | | 15 & O P3 | | | |
| | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | SCY | | LCM | SCY | LCM | SCY | LCM | | | |
| P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance. | 44.09 | 48.89 | 39.89 | 44.29 | 36.39 | 40.39 | 35.79 | 39.69 | 50 FR | 39.79 | 44.19 | 36.19 | 40.19 | 32.59 | 36.19 | 31.39 | 34.79 | |
| | 1:33.89 | 1:44.29 | 1:25.09 | 1:34.49 | 1:17.49 | 1:26.09 | 1:16.39 | 1:24.79 | 100 FR | 1:26.49 | 1:36.09 | 1:18.59 | 1:27.29 | 1:10.79 | 1:18.59 | 1:08.09 | 1:15.69 | |
| | 3:51.49 | 4:17.19 | 3:29.79 | 3:53.09 | 3:10.99 | 3:32.19 | 3:08.09 | 3:28.99 | 200 FR | 3:17.69 | 3:39.59 | 2:59.69 | 3:19.69 | 2:41.69 | 2:59.59 | 2:35.79 | 2:53.09 | |
| | 8:46.89 | 7:43.19 | 7:57.59 | 6:59.79 | 7:14.79 | 6:22.19 | 7:08.19 | 6:16.39 | 400/500 FR | 8:31.99 | 7:30.09 | 7:45.49 | 6:49.19 | 6:58.99 | 6:08.29 | 6:43.49 | 5:54.69 | |
| | | | 18:00.49 | 15:19.59 | 16:32.09 | 14:04.39 | 16:18.49 | 13:52.79 | 800/1000 FR | | | 18:21.59 | 15:37.49 | 16:31.39 | 14:03.69 | 15:54.69 | 13:32.49 | |
| | | | 32:31.69 | 30:29.19 | 30:01.09 | 28:08.19 | 29:37.99 | 27:46.39 | 1500/1650 FR | | | 34:04.19 | 31:55.79 | 30:39.71 | 28:44.19 | 29:31.53 | 27:40.29 | |
| | 53.39 | 59.29 | 48.39 | 53.69 | 44.09 | 48.99 | 43.39 | 48.19 | 50 BK | 45.59 | 50.69 | 41.49 | 46.09 | 37.29 | 41.49 | 35.89 | 39.89 | |
| | 1:52.49 | 2:04.99 | 1:41.99 | 1:53.29 | 1:32.89 | 1:43.19 | 1:31.49 | 1:41.59 | 100 BK | 1:36.09 | 1:46.79 | 1:27.39 | 1:37.09 | 1:18.59 | 1:27.39 | 1:15.69 | 1:24.09 | |
| | | | 4:04.79 | 4:31.89 | 3:42.99 | 4:07.69 | 3:39.59 | 4:03.89 | 200 BK | | | 3:29.49 | 3:52.79 | 3:08.59 | 3:29.49 | 3:01.59 | 3:21.79 | |
| | 56.79 | 1:03.09 | 51.49 | 57.19 | 46.79 | 51.99 | 46.09 | 51.19 | 50 BR | 49.79 | 55.29 | 45.29 | 50.29 | 40.79 | 45.29 | 39.29 | 43.59 | |

Appendix B

2025 Short Course Regional Championships - Summary of Fees / Release Form

| | |
|--|--|
| Team Name | |
| Club Representative Name & Email <small>(for questions about entries)</small> | |
| Coach | |
| Coach Phone | |
| Coach Email | |

| Item | Total # | Cost per | Total |
|--|---------|---------------------|-------|
| Individual Entries (exclude Outreach) | | \$7.00 per event | |
| Relay Entries | | \$12.00 per relay | |
| OSI Swimmer Surcharge (exclude Outreach) | | \$20.00 per swimmer | |
| Total Fees Due | | | |

Please list any Outreach Swimmers Below:

| | | |
|--|--|--|
| | | |
| | | |
| | | |

(Outreach fees can be subtracted from your team totals above)

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. The [Name of Facility, name of host team], Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature (Coach or Club Representative)

Club Title (Coach etc.)

Name of Club

Date

Send this form with check made payable to:

Tidal Wave Aquatics
P.O. Box 291995
Kettering, OH 45429

Appendix C

| 2025 SC Regional Championships – Order of Events Combined Session | | |
|---|----------------------------------|--------------|
| Women's Events | Day 1 | Men's Events |
| 101 * | 11-12 200 Backstroke | 102 * |
| 103 | 13-14 100 Breaststroke | 104 |
| 105 | 11-12 50 Breaststroke | 106 |
| 151 | 10 & Under 50 Breaststroke | 152 |
| 107 | 13-14 200 Freestyle | 108 |
| 109 | 11-12 100 Freestyle | 110 |
| 153 | 10 & Under 100 Freestyle | 154 |
| 111 | 13-14 100 Butterfly | 112 |
| 113 | 11-12 50 Butterfly | 114 |
| 155 | 10 & Under 50 Butterfly | 156 |
| 115 ** | 13-14 400 Individual Medley ^ | 116 ** |
| 117 | 11-12 200 Individual Medley | 118 |
| 157 | 10 & Under 200 Individual Medley | 158 |
| 119 ** | 11-12 500 Freestyle ^+ | 120 ** |
| Women's Events | Day 2 | Men's Events |
| 201 * | 11-12 200 Freestyle Relay | 202 * |
| 203 * | 13-14 200 Freestyle Relay | 204 * |
| 251 | 10 & Under 200 Freestyle Relay | 252 |
| 205 * | 11-12 200 Butterfly | 206 * |
| 207 | 13-14 200 Individual Medley | 208 |
| 209 | 11-12 100 Individual Medley | 210 |
| 253 | 10 & Under 100 Individual Medley | 254 |
| 211 | 13-14 50 Freestyle | 212 |
| 213 | 11-12 50 Backstroke | 214 |
| 255 | 10 & Under 50 Backstroke | 256 |
| 215 | 13-14 200 Breaststroke | 216 |
| 217 | 11-12 100 Breaststroke | 218 |
| 257 | 10 & Under 100 Breaststroke | 258 |
| 219 | 13-14 100 Backstroke | 220 |
| 221 | 11-12 200 Freestyle | 222 |
| 259 | 10 & Under 200 Freestyle | 260 |
| 223 ** | 13-14 500 Freestyle ^+ | 224 ** |
| Women's Events | Day 3 | Men's Events |
| 301 # | 11-12 200 Medley Relay | 302 # |
| 303 # | 13-14 200 Medley Relay | 304 # |
| 351 | 10 & Under 200 Medley Relay | 352 |
| 305 * | 11-12 200 Breaststroke | 306 * |
| 307 | 13-14 200 Backstroke | 308 |
| 309 | 11-12 100 Backstroke | 310 |
| 353 | 10 & Under 100 Backstroke | 354 |
| 311 | 13-14 100 Freestyle | 312 |
| 313 | 11-12 50 Freestyle | 314 |
| 355 | 10 & Under 50 Freestyle | 356 |
| 315 | 13-14 200 Butterfly | 316 |
| 317 | 11-12 100 Butterfly | 318 |
| 357 | 10 & Under 100 Butterfly | 358 |
| 319 * | 13-14 1650 Freestyle ^ + | 320 * |
| 321 * | 11-12 400 Individual Medley ^ | 322 * |

* Timed Final – Fastest 1 heat at Finals
 ** Timed Final – Fastest 2 heats at Finals
 # Timed Final – All relay heats during Prelims

^ Prelim heats are fastest to slowest
 + Alternating girls and boys heats

11-12 400 IM - First event at Finals
 13-14 1650 Free - Second event at Finals