

**2025 12 & UNDER LONG COURSE
PRELIMINARY GENERAL INFORMATION AND EVENT LIST**

Site: Fremont Dillon Aquatic Center

Long Course Meters – 6 lanes

July 26-27, 2025

10 & U, 11-12 NAG B minimum (updated to 2025-2028 NAG stds)

Maximum 3 events per session; 6 individual events total for the meet; Maximum 2 relays per session

Maximum: 2 relays per team per event (in water starts at shallow end for 200 relays)

One (1) qual time –two (2) bonus events; two qual times – one (1) bonus event; NO bonus for 200s and over

Min qual times for SCY and SCM will be in the event file

Individual awards: 1-6 medals, 7-12 ribbons; Relay awards: 1-3 medals; 4-6 ribbons

Individual High Points: Top 3 –10 & U, 11-12; Team all ages – Top 3

Events swum SLOWEST to FASTEST; Breaks will be scheduled as needed

\$8.00/individual event; \$8.00/relay event; \$15.00 facility fee; NO spectator fee

Event Schedule

Session 1

Start times may be tentative and will be based on timeline. Warm-up times TBD.

SATURDAY, JULY 26, 2025

SPLIT WARM-UP: TBD

MEET STARTS: 10:00 AM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
1	NTS	11-12	400	Medley Relay	NTS	2
3	NTS	10 & U	200	Medley Relay	NTS	4
5	3:31.09	11-12	200	Butterfly	3:24.79	6
7	4:15.69	10 & U	200	Individual Medley	4:09.49	8
9	3:30.59	11-12	200	Individual Medley	3:24.39	10
11	2:01.59	10 & U	100	Backstroke	1:56.69	12
13	1:40.59	11-12	100	Backstroke	1:37.19	14
15	2:19.39	10 & U	100	Breaststroke	2:12.89	16
17	1:50.39	11-12	100	Breaststroke	1:47.79	18
19	3:50.99	10 & U	200	Freestyle	3:36.69	20
21	3:06.39	11-12	200	Freestyle	2:59.19	22

Event Schedule

Session 2

Start times may be tentative and will be based on timeline. Warm-up times TBD.

SATURDAY, JULY 26, 2025

SPLIT WARM-UP: TBA

MEET STARTS: 5:00 PM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
23	NTS	11-12	200	Medley Relay	NTS	24
BREAK						
25	3:28.09	11-12	200	Backstroke	3:22.99	26
27	54.49	10 & U	50	Butterfly	52.29	28
29	41.79	11-12	50	Butterfly	41.99	30
31	49.79	11-12	50	Breaststroke	49.79	32
33	45.29	10 & U	50	Freestyle	37.39	34
35	38.49	11-12	50	Freestyle	37.39	36
37	NTS	11-12	400	Free Relay	NTS	38
BREAK						
39	7:01.69	10 & U	400	Freestyle	6:52.49	40
41	6:04.79	11-12	400	Freestyle	5:53.89	42

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**Event Schedule
Session 3**

Start times may tentative and will be based on timeline. Warm-up times TBD.

SUNDAY, JULY 27, 2025

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
		WARM-UP FOR 1500 – 10:00 AM		START FOR 1500 - 10:30 AM		
43	24:14.99	11-12	1500	Freestyle	24:00.99	44
Meet Warm-up - TBA						
45	1:02.19	10 & U	50	Breaststroke	1:00.89	46
47	3:56.79	11-12	200	Breaststroke	3:47.89	48
49	2:12.79	10 & U	100	Butterfly	2:09.49	50
51	1:38.29	11-12	100	Butterfly	1:35.09	52
53	55.79	10 & U	50	Backstroke	55.39	54
55	44.79	11-12	50	Backstroke	44.49	56
BREAK						
57	6:56.79	11-12	400	Ind Medley	6:46.59	58
59	1:44.09	10 & U	100	Freestyle	1:40.99	60
61	1:25.59	11-12	100	Freestyle	1:22.09	62
63	NTS	10 & U	200	Free Relay	NTS	64
65	NTS	11-12	200	Free Relay	NTS	66