

2025 12 & UNDER LONG COURSE EVENTS

8 & Under NTS; 9-10, 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 (1 mixed, 1 gendered, 2 gendered 12 & U on Saturday afternoon)

Maximum: 2 relays per team per event

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: 1-8 medals, 9-16 ribbons; Relay awards: 1-3 medals; 4-8 ribbons

Individual High Points: Top 3 – 8 & U, 9-10, 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 are tentative and will be based on timeline.

SATURDAY, JULY 26, 2025

SPLIT WARM-UP: 7:15 AM; 7:50 AM

MEET STARTS: 8:30 AM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
1	NTS	12 & U	200	MIXED Free Relay		
3	NTS	8 & U	100	Freestyle	NTS	4
5	3:50.99	9-10	200	Freestyle	3:36.69	6
7	3:06.39	11-12	200	Freestyle	2:59.19	8
9	2:19.39	9-10	100	Breaststroke	2:12.89	10
11	1:50.39	11-12	100	Breaststroke	1:47.79	12
13	54.49	9-10	50	Butterfly	52.29	14
15	41.79	11-12	50	Butterfly	41.99	16
17	6:56.79	11-12	400	Ind Medley	6:46.59	18
19	NTS	8 & U	50	Backstroke	NTS	20
21	2:01.59	9-10	100	Backstroke	1:56.69	22
23	1:40.59	11-12	100	Backstroke	1:37.19	24
25	3:31.09	11-12	200	Butterfly	3:24.79	26
27	NTS	10 & U	200	Medley Relay	NTS	28
29	NTS	12 & U	200	Medley Relay	NTS	30

Event Schedule

Session 2

Start times are tentative and will be based on timeline.

SATURDAY, JULY 26, 2025

SPLIT WARM-UP: 3:30pm; 4:05pm;

MEET STARTS: 4:45 PM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
31	6:04.79	11-12	500	Freestyle	5:53.89	32
33	NTS	8 & U	50	Butterfly	NTS	34
35	55.79	9-10	50	Backstroke	55.39	36
37	44.79	11-12	50	Backstroke	44.49	38
39	NTS	12 & U	400	Medley Relay	NTS	40
41	NTS	8 & U	50	Freestyle	NTS	42
43	45.29	9-10	50	Freestyle	37.39	44
45	38.49	11-12	50	Freestyle	37.39	46
47	3:56.79	11-12	200	Breaststroke	3:47.89	48
49	NTS	12 & U	400	Free Relay	NTS	50

2025 12 & UNDER LONG COURSE EVENTS

Event Schedule Session 3

Start times are tentative and will be based on timeline.

SUNDAY, JULY 27, 2025

SPLIT WARM-UP: 8:45am; 9:20am

MEET STARTS: 10:00 AM

GIRLS	MIN QUAL TIME	AGE	DISTANCE	EVENT	MIN QUAL TIME	BOYS
51	NTS	12 & U	200	MIXED Free Relay		
53	NTS	8 & U	200	Individual Medley	NTS	54
55	4:15.69	9-10	200	Individual Medley	4:09.49	56
57	3:30.59	11-12	200	Individual Medley	3:24.39	58
59	1:44.09	9-10	100	Freestyle	1:40.99	60
61	1:25.59	11-12	100	Freestyle	1:22.09	62
63	NTS	8 & U	50	Breaststroke	NTS	64
65	1:02.19	9-10	50	Breaststroke	1:00.89	66
67	49.79	11-12	50	Breaststroke	49.79	68
69	2:12.79	9-10	100	Butterfly	2:09.49	70
61	1:38.29	11-12	100	Butterfly	1:35.09	72
73	3:28.09	11-12	200	Backstroke	3:22.99	74
75	NTS	10 & U	200	Free Relay	NTS	76
77	NTS	12 & U	200	Free Relay	NTS	78