

## 2025 13 & O Long Course Championship

**Max 3 events per day, 6 total for the meet. Friday Timed Finals with 50 Free P/F; Saturday and Sunday Prelim/Finals**

**Maximum 2 relays per team per event; Max 1 relay per session**

**Min qual times NAG BB; exceptions 400 IM, 400, 800, 1500 Free; (times updated based on 2025-2028 NAG)**

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

**11-12 may swim the Open 800 and 1500 using 11-12 Qual times**

**Breaks may be taken as needed**

**Individual awards: Medals 1-8; Relay awards: Medals 1-3**

**Individual High Points: Top 3 – 13-14, Open; Team all events – Top 3**

**Friday events swum FASTEST to SLOWEST**

**Prelim/Final events will follow P/F seeding**

**\$10.00/individual event; \$10.00/relays; \$25.00 facility fee; NO spectator fee**

### Event Schedule Friday Session 1

July 18 2025			Warm-up: 4:30 P.M.		Meet Starts: 5:30 P.M.	
Girls	Min Qual Time	AGE	Distance	Stroke	Min Qual Time	Boys
1P	34.59	13 – 14	50 m	Freestyle*	31.79	2P
3P	33.49	Open	50 m	Freestyle*	30.59	4P
BREAK						
5	6:28.19	13 – 14	400 m	Ind Medley	6:02.79	6
7	6:15.79	Open	400 m	Ind Medley	5:47.99	8
BREAK						
9	NTS	13-14	400 m	Mixed Medley Relay		
10	NTS	Open	400 m	Mixed Medley Relay		
BREAK						
1F	2 heats	13 – 14	50 m	Freestyle*	2 heats	2F
3F	2 heats	Open	50 m	Freestyle*	2 heats	4F
BREAK						
11	5:28.49	13 – 14	400 m	Freestyle	5:10.49	12
13	5:16.79	Open	400 m	Freestyle	4:58.39	14

**--Friday Evening Positive Check-in for ALL Events**

**--\*50 Free will be a PRELIM/FINAL Event with the Finals swum AFTER the 400 Medley Relay**

**– All other Events Timed Finals –with events swum FASTEST to SLOWEST.**

**--400 Freestyle will be swum alternating girls and boys; POSITIVE CHECK-IN REQUIRED.**

**--Swimmers for the 500 freestyle events must provide two timers and a counter for their own heat/lane.**

# 2025 13 & O Long Course Championship

## Event Schedule Saturday Session 2 & Session 3

July 19, 2025

Prelims: Warm-up/Split 8:00/8:35 A.M.  
 Finals: Warm-up 4:00 P.M.

Meet Starts: 9:15 A.M.  
 Meet Starts: 4:45 P.M.

Girls	Min Qual Time	AGE	Distance Stroke	Min Qual Time	Boys
15	3:24.59	13-14	200m Breaststroke	3:08.29	16
17	3:17.29	Open	200m Breaststroke	3:00.59	18
19	1:23.29	13 – 14	100 m Backstroke	1:17.69	20
21	1:20.69	Open	100 m Backstroke	1:13.69	22
23	2:42.79	13 – 14	200 m Freestyle	2:32.29	24
25	2:37.09	Open	200 m Freestyle	2:25.39	26
27	1:20.99	13 – 14	100 m Butterfly	1:14.59	28
29	1:18.29	Open	100 m Butterfly	1:11.29	39
31	NTS	13 – 14	50m Breaststroke	NTS	32
33	NTS	Open	50m Breaststroke	NTS	34
35	NTS	13-14	400m Mixed Free Relay		
36	NTS	Open	400m Mixed Free Relay		
			BREAK		
37	12:42.89	11-12	800 m Freestyle*	12:22.99	38
37	11:25.59	13 – 14	800 m Freestyle*	10:43.69	38
37	10:58.49	Open	800 m Freestyle*	10:20.39	38
39	NTS	13-14	400 m Medley Relay PM	NTS	40
41	NTS	Open	400 m Medley Relay PM	NTS	42

\* Timed Final: 800 free will be swum fastest to slowest, All ages combined; alternating girls and boys, POSITIVE CHECK-IN REQUIRED, all heats in A.M.

--Swimmers for the 1000 freestyle events must provide two timers and a counter for their own heat/lane.

**Time Trials:** Time trials MAY be held immediately following the A.M. sessions for events offered in the meet if permitted by the time line. Fee for each trial will be \$13.00. The number of time trial events will be limited to two per swimmer for the entire meet and must not exceed the maximum allowable events per day (Swimmers not entered in the meet will pay the \$6.50 MW Splash Fee plus facility fee AND the \$13.00 trial fee.)

# 2025 13 & O Long Course Championship

## Event Schedule Sunday Session 4 & Session 5

July 20 2025		Prelims: Warm-up/Split Finals: Warm-up	8:00 A.M. 4:00 P.M.	Meet Starts: 9:15 A.M. Meet Starts: 4:45 P.M.	
Girls	Minimum	Age	Distance Stroke	Minimum	Boys
43	3:03.09	13 – 14	200 m Ind Medley	2:49.79	44
45	2:57.49	Open	200 m Ind Medley	2:43.59	46
47	NTS	13 – 14	50 m Butterfly	NTS	48
49	NTS	Open	50 m Butterfly	NTS	50
51	1:34.99	13 – 14	100 m Breaststroke	1:27.09	52
53	1:32.59	Open	100 m Breaststroke	1:23.09	54
55	2:59.49	13-14	200 m Backstroke	2:48 .79	56
57	2:53.39	Open	200 m Backstroke	2:39.99	58
59	1:15.39	13 – 14	100 m Freestyle	1:09.79	60
61	1:12.79	Open	100 m Freestyle	1:06.69	62
63	3:01.69	13-14	200 m Butterfly	2:46.79	64
65	2:54.39	Open	200 m Butterfly	2:3 9.49	66
67	NTS	13-14	50 m Backstroke	NTS	68
69	NTS	Open	50 m Backstroke	NTS	70
			BREAK		
71	24:14.99	11 - 12	1500 m Freestyle***	24:00.99	72
71	21:50.59	13 – 14	1500 m Freestyle***	20:35.79	72
71	21:01.49	Open	1500 m Freestyle***	19:43.39	72
73	NTS	13-14	400 m Free Relay PM	NTS	74
75	NTS	Open	400 m Free Relay PM	NTS	76

### \*\*\* Timed Finals

\*\*\* 1500 freestyle will be swum fastest to slowest, alternating girls and boys, POSITIVE CHECK-IN REQUIRED; All ages combined; all heats in A.M.

--Swimmers for the 1500 freestyle events must provide two timers and a counter for their own heat/lane.

**Time Trials:** Time trials MAY be held immediately following the A.M. sessions for events offered in the meet if permitted by the time line. Fee for each trial will be \$13.00. The number of time trial events will be limited to two per swimmer for the entire meet and must not exceed the maximum allowable events per day (Swimmers not entered in the meet will pay the \$6.50 MW Splash Fee plus facility fee AND the \$13.00 trial fee.)