



**2025 Long Course
SILVER CHAMPIONSHIPS**

**Hosted by Blue Wave Aquatics and Delaware
Swim Team @ The GCIT Aquatic Center**

Sewell, NJ

July 24-27, 2025

ENTRY DEADLINE

July 09, 2025 AT 11:59 PM



2025 Long Course Silver Championships

Middle Atlantic Swimming and the Meet Management Team reserves the right to modify the meet format and/or entry of the meet.

MEET HOST	Blue Wave Aquatics and Delaware Swim Team
LOCATION	Gloucester County Institute of Technology 1360 Tanyard Rd, Sewell, NJ 08080
EVENT PERSONNEL	Referee: Larry Schwarz email larryschwarz@comcast.net phone 215-565-5988 Administrative Referee: Mary Poleto email mary.poleto.referee@gmail.com phone 703-398-9203 Meet Director: Mary Poleto / Matthew Aungst email meet.entries.mp@gmail.com phone 703-398-9203 Meet Entry Chair: Mary Poleto email meet.entries.mp@gmail.com phone 703-398-9203 Operational Risk Director: Matthew Aungst email matthewa@delawareswimteam.com phone 302-229-2296
SANCTION	This meet is held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 25202 AG It is understood and agreed that USA Swimming and Middle Atlantic Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
ELIGIBILITY	These events are open to swimmers who are 2025 Premium Athlete or Outreach Members of USA and Middle Atlantic Swimming, and who have achieved the published time standard in one or more events at a sanctioned USA Swimming competition.
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after December 31, 2023.
FORMAT	<ul style="list-style-type: none">• These championships will be conducted in LCM.• The 400 freestyle, 400 I.M., all relays, all 10 & under events and select 11-12 200 events (200 Backstroke, 200 Breaststroke, 200 Butterfly) will be conducted as timed final events.• All other individual events will be conducted as preliminaries and finals.• The fastest sixteen (16) 15 & Over and 13 - 14 year olds will advance from preliminaries to finals.• The fastest sixteen (16) 11 – 12 year olds in events 100 meters and shorter, will advance from preliminaries to finals.• The fastest eight (8) 11 – 12 year olds in 200 I.M. and 200 Freestyle events will advance from preliminaries to finals.• The order of the final events shall be “B” and “A”. At the Meet Referee's discretion, preliminary sessions may be conducted in flights or use fly-over starts. Information on flighting, if any, will be provided at the technical meeting.• A Ready Room may be used to assemble and parade “A” finalists and the fastest seeded heats of eight (8) swimmers. These swimmers must report to the Ready Room no later than five

minutes preceding the "Parade Time" for the event. All other heats will report directly to the starting blocks for their events.

SCHEDULE	AM Prelims: 8:00 a.m. PM Prelims: 1:00 p.m. Finals: 5:30 p.m.
SEEDING	Events shall be seeded in order of LCM, SCM, SCY and then bonus entries in the same order. The 400 IM and 400 Freestyle will swim fast to slow alternating girl, boy.
TECHNICAL MEETING FOR COACHES	There will be a virtual (Zoom-based) technical meeting the Monday evening prior to Day 1 events at 7:30 p.m. local time. Details will be sent to each attending team. Coaches are encouraged to check the Middle Atlantic Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.
RULES	Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.
WARM UP	Only feet-first entry is allowed during warm-ups, except in designated lanes and times. Entry into the pool shall be from the ends, not the sides. No equipment (fins, snorkels, hand paddles, etc.) is permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the Meet. More detailed warm-up procedures will be distributed at registration and during the Technical Meeting.
SCORING AND AWARDS	This competition will follow the scoring rules as defined in section 102.24.3 of the USA Swimming Rules and Regulations. Individual scores will be kept and awarded. Awards will be given to all place winners in the "A" and "B" finals for individual events and top 3 place winners for the relay events. Individual High Point Awards will be given to the top scoring female and male athletes in each age group.
SWIMS DATABASE	<p>Times from the following will be in SWIMS, the national times database.</p> <ul style="list-style-type: none">• USA Swimming Sanctioned competition.• USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.• USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.• The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college, or university within the appropriate time frame, may be used in proving relay entry times. That swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer. <p>Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.</p> <p>SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry will not enter a swimmer into a competition nor place a club on the USA Swimming mailing list.</p>
RESPONSIBILITY CLAUSE	The coach, swimmer or swimmer representative who enters a Middle Atlantic Swimming Championship thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty, payable to Middle Atlantic Swimming, for each such time entered, unless absolved of the fine by Middle Atlantic Swimming or Administrative Review Board. Additional action or penalty may be taken or levied as deemed appropriate by Middle Atlantic Swimming. Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false time(s) into the SWIMS Database. Appeal of fines must be made to the

Meet Referee or designee and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four of the USA Swimming Rulebook.

ENTRIES

Entries open June 11, 2025

Entry Deadline July 9, 2025 at 11:59 pm

All entries must be sent electronically to the Meet Director using the posted event file. Please include the following information in the e-mail: subject YOUR TEAM NAME – MEET NAME entry, Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact Information. Entries must be submitted electronically in a format compatible with Hy-Tek meet management software.

The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund.

Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded after all of the meter seed times. Times must be entered in the proper course in which achieved; converted times will not be accepted. NT entries will not be accepted.

All checks are due by the first swim of the meet. They should be mailed beforehand or hand delivered the first day of the meet. If this does not occur athletes may be removed from the meet. Entry times will be taken from the SWIMS Database only.

It is the coach's responsibility to know for which events his or her athlete is qualified. Once entries are completed, a confirmation will be sent via e-mail. All confirmations should be printed and brought to the meet. All entry times (including scratched events) must be proven, and Middle Atlantic Swimming reserves the right to challenge any submitted time.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day (including time trials), and a total of ten (11) events (not including relays or time trials) during the meet. Bonus events will be permitted for this meet according to the following:

- Any athlete who qualifies for one individual event will be permitted to enter and swim in up to three bonus events, if the time standard is met;
- Any athlete who qualifies for two individual events will be permitted to enter and swim two additional bonus events if the time standard is met;
- Any athlete who qualifies for three individual events will be permitted to enter and swim one additional bonus event if the time standard is met;
- Any athlete who qualifies in more than three individual events, will not be permitted to enter bonus events if the time standard is met;
- The qualifying standards for bonus events shall be the Meet qualifying time plus .5 seconds per 50 of event;

ENTRY FEE

Individual Events:	\$15.00 per event
Relay Events:	\$25.00 per event
Admission Surcharge	\$10.00 per swimmer

CHECKS PAYABLE TO

BWA

MAIL CHECKS/ REPORTS

BWA c/o Mary Poleto, 16 Branch Street, Medford, NJ 08055

NEW QUALIFYING SWIMS

These entries may be entered July 9, 2025 through July 20, 2025 and must be achieved at a USA Swimming sanctioned meet. These entries cannot be used to improve the seed time of a prior entry.

All entries must be sent electronically to the Meet Director by 12:00 noon July 21, 2025 using the posted event file. This is to be a new file – not an update to previous file submitted.

The entries must be communicated with and accepted by the Meet Director. Without confirmation of the Meet Director's acceptance, the entry shall be assumed unaccepted.

RELAYS

This competition will follow the relay rules as defined in section 102.3 of the USA Swimming Rules and Regulations. All relays will be deck-seeded, timed final events. All but the fastest seeded heat of

each relay event will be swum in the preliminary sessions. The fastest seeded heat will be swum at the day's finals session. Only one (1) relay-only swimmers will be allowed per relay. When submitting relay entry cards before scratch deadlines, teams may state their preference to have relay teams swim in preliminary sessions. Last day relays are all timed finals in preliminary sessions. **13-14, 15 & Over 200 Medley Relays entries should be submitted using 400 Medley Relay times.**

All relay cards must be submitted to the site's Administrative Referee prior to the deadlines.

SWIMMERS WITH DISABILITIES

Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

CHECK IN

All preliminary events will be deck-seeded. Scratches will be managed at the Admin Table and must be submitted prior to the Scratch Box deadline. Any scratches submitted after the deadline will be subject to the penalties listed below. Relay entry cards will be available at the Admin Table and must be returned prior to Scratch Box Deadline

The 400 freestyle and 400 I.M. are Positive Check-In events. Swimmers in these events must check-in or scratch at the Admin Table prior to deadlines.

Scratch sheets and Relay entry cards must be submitted to the site's Administrative Referee prior to the deadlines. Positive Check-In must be completed prior to deadlines.

SCRATCH PROCEDURES & PENALTIES

This competition will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.

Preliminary Events: 207.11.6 C, 207.11.6 E 1 & 3

"In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events."

Finals Events: 207.11.6 D (1) & 207.11.6 E 1, 2 & 3

"Any swimmer qualifying for a bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete."

Fines: A \$50 fine will be imposed on any swimmer who qualifies for Finals and fails to swim that event on the final day of the meet (or the final day for that particular swimmer) – unless that swimmer has appropriately scratched from the event or was originally listed as an Alternate (or lower) in the event.

Scratches must be submitted to the site's Administrative Referee prior to the scratch deadlines.

SAFETY

This competition will follow the Marshals rule as defined in section 102.18 of the USA Swimming Rules and Regulations. It is the responsibility of the swimmers, the swimmer's legal guardian, coaches, and officials to help ensure an orderly competition.

OFFICIALS' INFORMATION

A meeting for officials will be held prior to each session, either in-person or virtually.

A sign-up for officials who wish to work at this meet is available at: <https://www.signupgenius.com/go/10C0A45A8A92DA6F9C43-56989060-2025#/>

If this meet has been designated as a National Qualifying Meet, all officials who wish to and are eligible to be evaluated for advancement or re-certification must request evaluation.

MEET ADMINISTRATION

This Meet is sponsored and administered by Middle Atlantic Swimming. **MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET.** This requirement is necessary for the success of the Meet. Each Team's contact person will be notified of their Team's assignments.

Failure to provide assigned workers may cause penalties to be imposed on that Team's entries in the Meet or subsequent meets.

BROADCAST STATEMENT

Any photographs, videos, or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published, or disseminated, or used for any commercial purposes, without the prior written consent of Middle Atlantic Swimming

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Middle Atlantic Swimming under the conditions authored by Middle Atlantic Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Middle Atlantic Swimming competitions to promote such competitions.

LIABILITY

USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must always supervise their swimmers. Glass containers are not permitted in the facility. Children must be always supervised.

SAFE SPORT

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.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.

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 833-5US- SAFE (833-587-7233) or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after July 24, 2025, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after July 26, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Marshal, is harmful to others or to other's property may be required to leave the competition.

No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

Deck changing is prohibited.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks during the entire meet and are not permitted in changing areas, rest rooms or locker rooms.

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.

All coaches and staff expecting to receive a deck access must be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

ABOUT THE FACILITY

The GCIT Aquatic Center is an indoor facility with Competitor lane lines and a Colorado 6 timing system. This event will be conducted in LCM and will utilize 8 lanes for the competition. The Colorado timing scoreboard has an 8 lane read out. The depth of the water at the start end of the pool is 12 feet and at the turn end is 5 feet. Warm-up lanes will be available before sessions start and during breaks in those sessions. NO DIVING during any general warm-up period. Pool entry/exit from the START/TURN ENDS ONLY.

TECH SUIT POLICY

This competition will follow the swimwear rules as defined in section 102.8 of the USA Swimming Rules and Regulations:

102.8.1 F No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

RACING START CERTIFICATION

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

MEDICAL ASSISTANCE

GCIT lifeguards are on site and handle all medical assistance needs.

CONCESSIONS

TBD

HOSPITALITY

Will be provided for coaches, officials, and volunteers working that session.

PARKING

Parking is available on-site at no charge. Parking must be in designated, lined spaces or drivers run the risk of receiving a violation.

HOTELS

<https://www.lucidtravel.com/event/17903>

ADMISSIONS

In lieu of an admission fee, there will be a \$10 per swimmer pre-paid admission surcharge assessed to all athletes entered into the meet, including relay only athletes.

Event Order

GIRLS	Session 1 Thursday, July 24 2025 11-12, 13-14, 15 & Over TIMED FINALS EVENT	BOYS
1	13 & Over 400 IM	2
3	11-12 400 IM	4
5	13 & Over 400 Freestyle	6
7	11-12 400 Freestyle	8
	Swimmers must provide their own timer for 400 Freestyle 7 400 IM	
GIRLS	Session 2 Friday, July 25 2025 13-14, 15 & Over PRELIMS EVENT	BOYS
9	13-14 50 Freestyle	10
11	15 & Over 50 Freestyle	12
13	13-14 200 Breaststroke	14
15	15 & Over 200 Breaststroke	16
17	13-14 100 Butterfly	18
19	15 & Over 100 Butterfly	20
21	13-14 100 Backstroke	22
23	15 & Over 100 Backstroke	24
GIRLS	Session 3 Friday, July 25 2025 11 & 12 PRELIMS, 10 & Under TIMED FINALS EVENT	BOYS
25	11-12 200 Breaststroke	26
27	10 & Under 200 IM	28
29	11-12 50 Freestyle	30
31	10 & Under 100 Backstroke	32
33	11-12 100 Butterfly	34
35	10 & Under 100 Breaststroke	36
37	11-12 50 Backstroke	38
39	10 & Under 200 Freestyle Relay	40
41	11-12 200 Freestyle Relay	42
GIRLS	Session 4 Friday, July 25 2025 11-12, 13-14, 15 & Over FINALS EVENT	BOYS
9	13-14 50 Freestyle	10
11	15 & Over 50 Freestyle	12
29	11-12 50 Freestyle	30
13	13-14 200 Breaststroke	14
15	15 & Over 200 Breaststroke	16
33	11-12 100 Butterfly	34
17	13-14 100 Butterfly	18
19	15 & Over 100 Butterfly	20
37	11-12 50 Backstroke	38
21	13-14 100 Backstroke	22
23	15 & Over 100 Backstroke	24
41	11-12 200 Freestyle Relay	42

GIRLS	Session 5 Saturday, July 27, 2024 13-14, 15 & Over PRELIMS EVENT	BOYS
43	13-14 200 IM	44
45	15 & Over 200 IM	46
47	13-14 100 Freestyle	48
49	15 & Over 100 Freestyle	50
51	13-14 200 Butterfly	52
53	15 & Over 200 Butterfly	54
55	13-14 200 Medley Relay	56
57	15 & Over 200 Medley Relay	58
13-14 and 15 & Over 200 Medley Relays will be seeded with 400 Medley Relay Times.		
GIRLS	Session 6 Saturday, July 27, 2024 11-12 PRELIMS, 10 & Under TIMED FINALS EVENT	BOYS
59	11-12 200 IM	60
61	10 & Under 100 Freestyle	62
63	11-12 100 Freestyle	64
65	10 & Under 50 Backstroke	66
67	11-12 100 Backstroke	68
69	10 & Under 50 Butterfly	70
71	11-12 50 Breaststroke	72
73	11-12 200 Butterfly	74
GIRLS	Session 7 Saturday, July 27, 2024 11-12, 13-14, 15 & Over FINALS EVENT	BOYS
59	11-12 200 IM	60
43	13-14 200 IM	44
45	15 & Over 200 IM	46
63	11-12 100 Freestyle	64
47	13-14 100 Freestyle	48
49	15 & Over 100 Freestyle	50
67	11-12 100 Backstroke	68
51	13-14 200 Butterfly	52
53	15 & Over 200 Butterfly	54
71	11-12 50 Breaststroke	72
55	13-14 200 Medley Relay	56
57	15 & Over 200 Medley Relay	58
GIRLS	Session 8 Sunday, July 28, 2024 13-14, 15 & Over PRELIMS EVENT	BOYS
75	13-14 200 Backstroke	76
77	15 & Over 200 Backstroke	78
79	13-14 100 Breaststroke	80
81	15 & Over 100 Breaststroke	82
83	13-14 200 Freestyle	84
85	15 & Over 200 Freestyle	86
87	13-14 200 Freestyle Relay	88
89	15 & Over 200 Freestyle Relay	90
All Relays are Timed Finals in this session		

GIRLS	Session 9 Sunday, July 28, 2024 11-12 PRELIMS, 10 & Under TIMED FINALS EVENT	BOYS
91	11-12 200 Backstroke	92
93	10 & Under 50 Breaststroke	94
95	11-12 100 Breaststroke	96
97	10 & Under 200 Freestyle	98
99	11-12 200 Freestyle	100
101	10 & Under 100 Butterfly	102
103	11-12 50 Butterfly	104
105	10 & Under 50 Freestyle	106
107	11-12 200 Medley Relay	108
109	10 & Under 200 Medley Relay	110
	All Relays are Timed Finals in this session	
GIRLS	Session 10 Sunday, July 28, 2024 11-12, 13-14, 15 & Over FINALS EVENT	BOYS
75	13-14 200 Backstroke	76
77	15 & Over 200 Backstroke	78
95	11-12 100 Breaststroke	96
79	13-14 100 Breaststroke	80
81	15 & Over 100 Breaststroke	82
99	11-12 200 Freestyle	100
83	13-14 200 Freestyle	84
85	15 & Over 200 Freestyle	86
103	11-12 50 Butterfly	104



2025 LONG COURSE SILVER CHAMPIONSHIPS TIME STANDARDS



				10&Under Girls								10&Under Boys					
LCM		LCM		SCM		SCY				SCY		SCM					
Slower Than	Equal to Faster Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than		Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than					
37.69	43.59	43.59	37.99	42.79	37.39	38.69	33.59	50 Free	33.29	38.39	36.99	42.99					
1:21.59	1:44.59	1:22.89	1:38.29	1:38.29	1:22.89	1:36.59	1:21.59	1:27.99	1:13.99	100 Free	1:13.99	1:27.99					
2:56.69	3:22.69	3:00.19	3:24.29	3:24.19	2:59.59	3:23.09	2:56.09	3:03.69	2:39.89	200 Free	2:40.39	3:02.39					
42.79	51.99	44.09	52.79	52.79	44.09	51.99	42.79	46.99	38.59	50 Back	38.59	46.99					
1:33.89	1:57.89	1:36.69	2:00.69	2:00.69	1:36.69	1:59.89	1:33.89	1:47.99	1:24.99	100 Back	1:24.99	1:47.99					
44.79	53.79	49.39	58.39	50.59	1:00.09	1:00.09	50.39	59.27	49.19	53.59	44.59	50 Breast					
36.29	2:00.29	1:46.59	2:15.49	1:48.79	2:17.49	2:17.69	1:48.39	2:14.69	1:45.99	1:59.39	1:35.39	100 Breast					
37.19	50.99	41.29	56.39	42.39	53.59	55.19	42.39	56.39	41.29	50.99	37.19	50 Fly					
28.39	1:45.39	1:37.69	1:54.09	1:39.09	1:56.89	1:56.89	1:39.59	1:55.29	1:38.09	1:44.19	1:27.99	100 Fly					
39.99	2:00.19	3:02.99	3:32.79	3:20.79	3:39.79	3:26.29	3:56.99	3:56.39	3:25.39	3:59.79	3:20.59	3:32.59					
11-12 Boys														11-12 Girls			
		SCY		SCM		LCM		LCM		SCM		SCY					
Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than				
39.99	50 Free	27.29	32.99	30.29	36.59	31.69	37.39	36.39	31.69	35.59	30.89	32.09	27.19				
1:11.19	1:00.29	100 Free		59.99	1:13.79	1:06.59	1:21.89	1:08.29	1:23.49	1:21.49	1:08.29	1:19.89	1:06.99				
2:39.99	2:11.79	200 Free		2:11.79	2:40.99	2:26.29	2:58.69	2:27.79	3:00.29	2:59.19	2:27.79	2:57.59	2:26.29				
6:49.99	5:51.39	400/500 Free		5:51.99	6:52.29	5:07.79	6:01.39	5:14.19	6:08.59	6:05.89	5:13.69	5:58.79	5:07.29				
38.49	32.29	50 Back		32.29	39.99	35.89	44.39	36.99	45.09	43.29	36.89	42.69	35.89				
1:37.09	1:16.59	1:27.49	1:08.99	100 Back		1:08.99	1:29.99	1:16.59	1:38.89	1:18.59	1:41.49	1:38.69	1:17.79				
3:08.69	2:42.99	2:49.99	2:26.79	200 Back		2:29.99	2:55.19	2:46.49	3:14.49	2:51.39	3:16.09	3:10.29	2:48.69				
49.49	40.49	44.59	36.49	50 Breast		35.99	45.99	39.99	51.09	40.99	52.09	50.49	42.09				
1:53.09	1:27.59	1:41.89	1:18.89	100 Breast		1:19.09	1:44.79	1:27.79	1:56.29	1:31.09	1:57.89	1:54.69	1:31.09				
3:41.99	3:10.99	3:19.99	2:51.99	200 Breast		2:52.69	3:19.99	3:11.69	3:41.99	3:15.69	3:43.59	3:43.59	3:14.99				
43.79	34.59	42.19	33.89	37.99	30.49	50 Fly		29.99	39.99	33.29	44.39	34.99	45.09				
1:45.59	1:18.59	1:43.99	1:16.59	1:33.69	1:08.99	100 Fly		1:08.89	1:33.69	1:16.49	1:43.99	1:18.59	1:45.59				
3:21.39	3:04.99	3:03.19	3:01.49	2:59.99	2:43.49	200 Fly		2:43.49	2:59.99	3:01.49	3:19.79	2:56.39	3:21.39				
NA	NA	1:34.49	1:17.69	1:25.09	1:09.99	100 IM		1:08.69	1:26.99	1:16.29	1:36.59	NA	NA				
2:49.99	3:36.49	3:22.99	2:48.69	3:21.29	2:46.49	3:00.99	2:29.99	200 IM		2:29.99	3:04.19	2:46.49	3:24.89				
6:08.19	6:49.19	6:49.99	6:07.19	6:48.39	5:58.96	6:07.09	5:23.39	400 IM		5:23.99	6:06.39	5:59.69	6:47.59				
13-14 Girls														13-14 Boys			
LCM		LCM		SCM		SCY				SCY		SCM					
Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than				
26.79	31.39	27.89	32.99	33.19	29.69	31.59	28.89	28.39	25.99	50 Free		24.09	28.19				
58.39	1:08.59	1:00.19	1:10.19	1:12.79	1:03.79	1:13.09	1:02.89	1:05.89	56.59	100 Free		52.59	1:01.59				
2:08.89	2:33.39	2:11.89	2:34.99	2:38.09	2:21.39	2:36.49	2:18.19	2:20.59	2:03.49	200 Free		1:56.09	2:17.79				
4:32.19	5:15.79	4:40.89	5:22.19	5:30.59	4:54.49	5:23.99	4:48.09	6:11.39	5:29.89	500/400 Free		5:12.09	6:01.99				
59.69	1:13.19	1:06.29	1:21.49	1:09.59	1:23.09	1:23.09	1:13.79	1:21.49	1:10.59	1:13.19	1:03.59	100 Back					
2:10.89	2:26.99	2:25.29	2:44.69	2:30.99	2:46.29	2:52.39	2:36.89	2:50.79	2:33.69	2:33.49	2:18.39	200 Back					
1:07.19	1:29.89	1:14.59	1:39.99	1:19.09	1:41.59	1:39.49	1:23.09	1:37.89	1:21.49	1:27.99	1:13.39	100 Breast					
2:28.29	2:55.89	2:44.59	3:15.69	2:50.69	3:17.29	3:24.69	2:59.99	3:23.09	2:57.89	3:02.59	2:40.19	200 Breast					
13.09	100 Fly		58.69	1:15.19	1:05.19	1:23.69	1:07.89	1:25.29	1:25.29	1:12.09	1:23.69	1:10.09	1:15.79				
24.89	200 Fly		2:17.19	2:35.39	2:32.29	2:52.79	2:36.09	3:24.39	3:00.49	2:44.09	2:58.89	2:40.69	2:40.79				
18.99	200 IM		2:10.99	2:40.49	2:25.39	2:58.59	2:30.69	3:00.19	3:00.19	2:38.49	2:58.59	2:34.29	2:40.49				
57.09	400 IM		4:44.59	5:21.89	5:15.89	5:58.19	5:28.19	5:59.79	6:08.79	5:39.69	6:07.19	5:29.79	5:29.99				
15&O Boys														15&O Girls			
		SCY		SCY		SCM		LCM		LCM		SCM					
Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than				
29.99	28.39	25.29	50 Free		22.39	28.19	24.79	31.39	25.59	32.99	33.19	28.69	31.59				
79.99	1:03.89	54.59	100 Free		48.69	1:01.59	54.29	1:08.59	56.09	1:10.19	1:12.79	1:02.29	1:11.09				
2:36.49	2:12.49	2:20.59	1:58.99	200 Free		1:47.99	2:17.79	2:00.39	2:33.39	2:04.19	2:34.99	2:38.09	2:16.49				
5:23.99	4:41.39	6:11.39	5:19.99	500/400 Free		4:55.29	6:01.99	4:19.49	5:15.79	4:28.09	5:22.19	5:30.59	4:49.89				
1:21.49	1:08.29	1:13.19	1:00.09	100 Back		55.49	1:13.19	1:02.79	1:21.49	1:05.19	1:23.09	1:23.09	1:10.99				
2:50.79	2:30.39	2:33.49	2:13.09	200 Back		2:00.39	2:27.99	2:17.99	2:44.69	2:23.69	2:46.29	2:52.39	2:35.59				
1:39.79	1:51.79	1:37.89	1:18.79	1:27.99	1:09.39	100 Breast		1:02.99	1:29.39	1:10.59	1:39.99	1:13.19	1:41.59				
3:24.69	2:55.19	3:23.09	2:52.09	3:02.59	2:35.19	200 Breast		2:18.59	2:55.89	2:33.59	3:15.69	2:46.49	3:17.29				
1:25.29	1:08.59	1:23.69	1:06.99	1:15.79	1:00.09	100 Fly		54.09	1:15.19	1:00.19	1:23.69	1:01.79	1:25.29				
3:00.49	2:39.99	3:00.89	2:37.69	2:40.79	2:19.99	200 Fly		2:07.89	2:35.39	2:22.19	2:52.79	2:25.89	3:20.39				
3:00.19	2:35.49	3:00.59	2:31.39	2:40.49	2:15.39	200 IM		2:01.69	2:40.49	2:16.89	2:58.59	2:27.79	3:00.19				
5:04.79	5:55.99	6:08.79	5:37.59	6:07.19	5:26.59	5:29.99	4:49.99	400 IM		4:26.99	5:21.89	4:57.39	5:58.19				

