



# PVS 2026 SC 14 & Under Championships

Hosted for PVS by:



March 12-15, 2026  
Sanction # PVS-26-88

| MEET DIRECTOR   | MEET REFEREE  | ADMINISTRATIVE REFEREE   |
|---|---|--|
| Tollefson Swimming<br>Henry Tollefson<br><a href="mailto:henry@tollefsonswimming.com">henry@tollefsonswimming.com</a> | Andrea Hickman<br><a href="mailto:andrea.albert@gmail.com">andrea.albert@gmail.com</a><br><a href="#">Official's Sign-Up Link</a> | Erika Livingston<br><a href="mailto:erika@aimstutoring.com">erika@aimstutoring.com</a> |

| <b>SANCTION</b>                                  | <ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-26-88</b>.</li><li>• In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, Tollefson Swimming, and the University of Maryland, Eppley Recreation Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li></ul>   |               |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |
|--|---|---------------|----------------|---------------|---------------------------|--------------|---------------|--|----------------------|--------|--|--|---------------|--|--|--------|
| <b>FACILITY</b>                                  | <p><b>University of Maryland College Park Campus,<br/>Eppley Recreation Center<br/>College Park, MD, 20740<br/>(301) 226-4400</b></p> <ul style="list-style-type: none"><li>• The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There are two (2), eight (8) lane 25yd competition courses.</li><li>• Preliminary and Timed Finals competition will be held on two 25yd courses. The shallow course runs wall to bulkhead and is 8' deep at the starting end and 10'6" deep at the turning end. The deep course runs from bulkhead to wall and is 10'6" deep at the starting end and 14' deep at the turning end.</li><li>• Finals events will be held on the shallow course (wall to bulkhead).</li><li>• Boys and girls will swim in separate courses for the 11-14 preliminary sessions. The 10 &amp; Under preliminary sessions will swim on the shallow end course, alternating girls' and boys' events.</li><li>• Eight lanes of continuous warm up/cool down will be available.</li><li>• Event hosts shall ensure the required course dimensions.</li></ul> |               |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |
| <b>PARKING</b>                                   | <ul style="list-style-type: none"><li>• Parking details will be available on the <a href="#">Potomac Valley Swimming website</a> prior to the meet.</li></ul>   |               |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |
| <b>ENTRY DEADLINE</b>                            | <p><b>Tuesday, March 3, 2026, 5:00pm</b></p> <ul style="list-style-type: none"><li>• IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</li><li>• <b>Event changes will not be permitted after the entry deadline.</b></li><li>• <b>Late entries (new swimmers or new events)</b> will be accepted for a fee of \$150 per club plus two times the event entry fee. The deadline for late entries is Monday, March 10, 2026, at NOON.</li></ul>   |               |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |
| <b>SCHEDULE</b>                                  | <table><thead><tr><th></th><th><b>Warm Up</b></th><th><b>Events</b></th></tr></thead><tbody><tr><td><b>Thursday, March 12</b></td><td>Timed Finals</td><td>4:30 - 5:20pm</td></tr><tr><td><b>Friday, March 13 &amp; Saturday, March 14</b></td><td>11-14 Prelim Session</td><td>5:30pm</td></tr><tr><td></td><td></td><td>7:00 – 8:20am</td></tr><tr><td></td><td></td><td>8:30am</td></tr></tbody></table>   |               | <b>Warm Up</b> | <b>Events</b> | <b>Thursday, March 12</b> | Timed Finals | 4:30 - 5:20pm | <b>Friday, March 13 &amp; Saturday, March 14</b> | 11-14 Prelim Session | 5:30pm |  |  | 7:00 – 8:20am |  |  | 8:30am |
|  | <b>Warm Up</b>  | <b>Events</b> |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |
| <b>Thursday, March 12</b>                        | Timed Finals  | 4:30 - 5:20pm |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |
| <b>Friday, March 13 &amp; Saturday, March 14</b> | 11-14 Prelim Session  | 5:30pm        |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |
|  |   | 7:00 – 8:20am |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |
|  |   | 8:30am        |                |               |                           |              |               |  |                      |        |  |  |               |  |  |        |

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|                                   | <p>10 &amp; U Prelim Session</p> <p>Finals Session</p> <p><b>Sunday, March 15</b></p> <p>11-14 Prelim Session</p> <p>10 &amp; U Prelim Session</p> <p><b>Finals Session</b></p>   | <p>12:40 - 1:20pm</p> <p>4:30 – 5:20pm</p> <p></p> <p>7:00 – 8:20am</p> <p>12:40 - 1:20pm</p> <p><b>4:00 – 4:50pm</b></p> | <p>1:30pm</p> <p>5:30pm</p> <p></p> <p>8:30am</p> <p>1:30pm</p> <p><b>5:00pm</b></p> |
|                                   | <ul style="list-style-type: none"> <li>The Meet Director, with concurrence with the Age Group Chair, reserves the right to adjust times/sessions after entries are received.</li> </ul>   |   |  |
| <b>ELIGIBILITY</b>                | <ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes.</li> <li>No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</li> <li>Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet.</li> <li>Swimmers must have equaled or bettered the applicable SCY or LCM qualifying times listed.</li> <li>Times achieved prior to March 3, 2024 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed or approved meets.</li> <li><b>A swimmer may not enter an event they are participating in at the PVS 2026 Short Course Open Championships.</b></li> <li>Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event, will result in the swimmer being scratched from that event.</li> </ul>   |   |  |
| <b>SWIMMERS WITH A DISABILITY</b> | <ul style="list-style-type: none"> <li>PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any requested accommodations or modifications prior to competition.</li> </ul> <p><a href="#">NECESSARY ACCOMMODATIONS FORM</a></p>  |   |  |
| <b>INCLEMENT WEATHER</b>          | <ul style="list-style-type: none"> <li>In the event of inclement weather, the Meet Director, Meet Referee, and the Age Group Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.</li> </ul>   |   |  |
| <b>TIMING SYSTEM</b>              | <ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used.</li> </ul>  |   |  |
| <b>RULES</b>                      | <ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>Deck changes are prohibited.</li> <li>Any swimmer entered in the meet 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 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.</li> </ul> |   |  |

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|                               | <ul style="list-style-type: none"> <li>Operation of a drone or any other flying devices 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.</li> <li>Dive-over starts will be used during the preliminary and timed finals sessions.</li> <li>The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</li> </ul>   |
| <b>INDIVIDUAL EVENT RULES</b> | <ul style="list-style-type: none"> <li>All individual events are prelims and finals except the 11-12 and 10 &amp; Under 500 yd Freestyle and the 14 &amp; Under 1000 yd &amp; 1650 yd Freestyle, which are timed finals.</li> <li><b>A swimmer may enter and compete in a maximum of six (6) individual events and no more than three (3) individual events per day.</b></li> <li>Except where otherwise noted the 10 &amp; Under events will have 1 heat at Finals, the 11-12, 12 &amp; Under, 13-14 and 14 &amp; Under events will have 2 heats at Finals, swum in the order of "B", "A".</li> <li>Any swimmer who has achieved the qualifying time for the 1000-yard freestyle is eligible to enter the 1650-yard freestyle, and vice versa. Swimmers who qualify in one event will be seeded with their qualifying time.</li> <li>Swimmers in the 1650 who are entered with a 1000 time will be seeded after those with the 1650 QT.</li> <li>The 11-12 500 yd freestyle and the 14 &amp; U 1000 yd Freestyle events will be swum fastest to slowest.</li> <li>The fastest heat of the Women's and Men's 14 &amp; U 1000 yd Freestyle and the Women's and Men's 10 &amp; U 500 yd Freestyle will be swum as the first events of the Finals session on Sunday. When checking in for the 1000yd Freestyle and 500yd Freestyle, swimmers may indicate they want to swim in the preliminary session.</li> <li><b>Swimmers of the 500 yd, 1000 yd and 1650 yd events are responsible for providing their own timer and counter, except for those swimming in Finals on Sunday.</b></li> <li>SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY entries. NT entries will not be accepted. Converted times will not be accepted.</li> <li>Late entries will be accepted for a fee: \$150 per club plus two times the entry fee and due by Monday, March 9, 2026 at Noon.</li> <li>No deck entries will be accepted.</li> </ul> |
| <b>RELAY EVENT RULES</b>      | <p><b>Relay Only Athletes</b></p> <ul style="list-style-type: none"> <li>Relay only athletes must be submitted and visible on the meet entry report. <b>Teams CANNOT submit their entire team roster.</b></li> </ul> <p><b>Single Gender Relays</b></p> <ul style="list-style-type: none"> <li><b>A club may enter up to three (3) relay teams per single gender relay event, but only two (2) relay teams per club per event may score.</b></li> <li>All single gender relays are timed finals and will be swum in the preliminary sessions.</li> </ul> <p><b>Mixed Gender Relays</b></p> <ul style="list-style-type: none"> <li>Mixed gender relays will be swum as the first events of the Finals Sessions on Friday (400 yd Freestyle Relay), Saturday (200 yd Medley Relay), and Sunday (200 yd Freestyle Relay).</li> <li>Positive check in for the mixed gender relay events will close at the end of the preliminary session on the day they are swum.</li> <li>Each club may enter one relay team for each mixed gender relay event.</li> <li>Swimmers must already be entered in the meet in an individual event or on a qualified single gender relay to be eligible for mixed gender relay events.</li> <li>Mixed gender relay teams must consist of 2 males and 2 females.</li> </ul>   |

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|                                | <ul style="list-style-type: none"> <li>Mixed gender relay events will be swum fastest to slowest.</li> </ul> <p><b>Late Relay Only Swimmer Rule</b></p> <ul style="list-style-type: none"> <li>Proof of USA Swimming registration &amp; age, DOB, birthday, USA ID #, gender must be supplied to the admin official thirty minutes prior to the beginning of a session. Clubs entering late relay only swimmers will be charged \$20 and must write a check or bring cash prior to the session beginning.</li> </ul>   |
| <b>WITHDRAWING FROM FINALS</b> | <ul style="list-style-type: none"> <li>PVS scratch rules apply for swimmers scratching from finals.</li> <li>If you do not wish to swim in the Final, you may <b>SCRATCH</b> from the event by following this procedure: <ul style="list-style-type: none"> <li>You must fill out and sign a PVS Finals Scratch Form within 30 minutes of the announcement of qualifiers for "A" or "B" finals, if scheduled.</li> <li>You may declare <b>Intent to Scratch</b>. You must fill out and sign a PVS Finals Scratch Form within 30 minutes of the announcement of qualifiers, marking the appropriate space for Intent. If you declare an Intent to Scratch and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Form within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</li> </ul> </li> <li>If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from further competition for the remainder of the meet.</li> </ul> |
| <b>POSITIVE CHECK IN</b>       | <ul style="list-style-type: none"> <li>Positive check-in is required for all individual events 400 yd and longer, all mixed relay events, and the 13-14 800 Freestyle Relay. Swimmers who do not check-in will not be seeded into that event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.</li> <li>See the check-in deadlines later in this Meet Announcement. <b>Note: check-in for the Sunday 14&amp;U 1000 FR must be done by 6:30 pm Saturday. Check-in for the mixed relay events will close at the end of the 11-14 preliminary session on the day they are swum.</b></li> <li>If the size of the PVS 14 &amp; Under Championships warrants, positive check-in for individual events 200 yd and shorter may be announced.</li> </ul>   |
| <b>WARM-UP</b>                 | <ul style="list-style-type: none"> <li>The prescribed PVS warm-up procedures and safety policies will be followed.</li> <li>The Meet Director will determine the structure of Warm-up, times/lane assignments.</li> <li>During the meet, there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</li> </ul>   |
| <b>SUPERVISION</b>             | <ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> <li>No chairs will be allowed on the deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.</li> </ul>  |
| <b>MEDICAL ASSISTANCE</b>      | <ul style="list-style-type: none"> <li>Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>  |
| <b>SCORING</b>                 | <ul style="list-style-type: none"> <li>Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</li> <li>Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</li> </ul>   |
| <b>AWARDS</b>                  | <ul style="list-style-type: none"> <li>Medals will be awarded 1<sup>st</sup> through 8<sup>th</sup> place for individual events and 1<sup>st</sup> through 3<sup>rd</sup> place for relay events.</li> <li>High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 &amp; Under, 11-12, 13-14.</li> <li>Individual High Point winners will receive an embroidered PVS High Point Jacket.</li> <li>Relay events will not be used to determine individual high point awards.</li> </ul>  |
| <b>SPECTATOR</b>               | <ul style="list-style-type: none"> <li>Spectators are not permitted on the competition pool deck. Spectator seating will be</li> </ul>   |

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| <b>ENTRY FEE</b>              | available on a <b>first-come, first-served basis</b> , provided that all required volunteer positions are filled to run the meet. <b>Spectator entry fees are as follows:</b> <ul style="list-style-type: none"> <li>○ All session pass: \$20.00 – includes entry for all preliminary and finals sessions</li> <li>○ Individual session pass: \$5.00</li> <li>○ All siblings are FREE</li> </ul>  |
| <b>PROGRAMS</b>               | <ul style="list-style-type: none"> <li>● The meet will be available on Meet Mobile. Programs will be posted on the <a href="#">PVS website</a>.</li> </ul>  |
| <b>PARKING</b>                | <ul style="list-style-type: none"> <li>● A SEPARATE PARKING DOCUMENT WILL BE provided to all participating teams and posted on the Potomac Valley website with specifics by day, and links for purchasing parking as needed.</li> </ul>   |
| <b>CREDENTIALS</b>            | <ul style="list-style-type: none"> <li>● Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them.</li> </ul>   |
| <b>PUBLICATION OF RESULTS</b> | <ul style="list-style-type: none"> <li>● By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking</li> </ul>   |
| <b>OFFICIALS</b>              | <ul style="list-style-type: none"> <li>● It is anticipated this meet will be an Officials Qualifying Meet, (OQM) under the USA Swimming National Certification program. Officials wishing to volunteer should submit an <a href="#">Application to Officiate</a>; any official interested in being evaluated must submit an Application to Officiate no later than March 2, 2026, noting the request for evaluation. You can review information about the National Certification Program on the <a href="#">USA Swimming Website</a>. Interested officials may also contact the Meet Referee: Andrea Hickman, <a href="mailto:andreajalbert@gmail.com">andreajalbert@gmail.com</a></li> <li>● Walk-on officials are welcome.</li> <li>● Each participating club is requested to provide at least one table worker or official (referee, starter or stroke &amp; turn judge) per session if entering 25 or more splashes.</li> <li>● A comprehensive officials' briefing will precede each session during warm-ups.</li> </ul> |
| <b>TIMERS</b>                 | <ul style="list-style-type: none"> <li>● All clubs are expected to provide timers in proportion to their entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer requirements by email.</li> <li>● <b>Clubs MUST provide name, email address and cell phone number to the Meet Director for all timers covering the club's timer requirements NO LATER THAN 5:00 PM, WEDNESDAY, MARCH 11, 2026.</b></li> <li>● Clubs are responsible for ensuring their timer requirements are met for the ENTIRE SESSION – including providing replacement timers if needed.</li> <li>● All timers should attend the Timers' Meeting 30 minutes prior to the session start in the Timers' Hospitality Room.</li> <li>● <b>In a case where a team does not fulfill their timer assignments, coaches will be thrust into the volunteer role until filled by a volunteer from their team.</b></li> </ul>                                    |

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| <b>ENTRY PROCEDURES</b> | <ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director:</li> <li>Include in the subject of the email, "2026 PVS 14 &amp; U Champs - ***" with the club's initials in place of the asterisks. Also include the training site if your club submits multiple entry files.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>Entry email must include a coach's cell phone number at which they can be contacted between prelims and finals, in case a swimmer scratches into finals and needs to be notified.</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>All Relay-only swimmers must be included in the entry file and listed on the meet entry report in order to participate in the meet. PLEASE do not send your entire team's roster.</li> <li>Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.</li> <li>Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> <li><b>Payment will be required prior to the start of the meet.</b> Contact the Meet Entry chair for payment instructions.</li> </ul> </li> <li>The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director.</li> <li>Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 and no further entries will be accepted from that club until the said fine is paid.</li> </ul> |
| <b>ENTRY FEES</b>       | <p>Per Swimmer Surcharge: \$10.00      Relay event fee: \$20.00<br/> Individual event fee: \$12.50      Late Relay Athlete fee: \$20.00</p> <ul style="list-style-type: none"> <li>Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.</li> </ul>  |

## Thursday, March 12, 2026

### Distance Events

Warm up: 4:30-5:20pm, Events: 5:30pm

| Women's Event # | SCY QT   | LCM QT   | Event                        | SCY QT   | LCM QT   | Men's Event # |
|-----------------|----------|----------|------------------------------|----------|----------|---------------|
| 1               | 8:59.99  | 10:45.19 | 13-14 800 yd Freestyle Relay | 8:59.99  | 10:45.19 | 2             |
| 3               | 5:55.99  | 5:28.39  | 11-12 500 yd Freestyle       | 5:55.99  | 5:28.69  | 4             |
| 5               | 19:49.99 | 20:59.99 | 14 & Under 1650 yd Freestyle | 18:49.99 | 19:46.09 | 6             |

All events in this session are Positive Check-in.

Positive Check-In Deadlines: 13-14 800 FR-Relay (5:00pm), 11-12 500 FR (5:15pm), 14&U 1650 FR (6:00pm)

All events in this session are timed finals and will be swum fastest to slowest.

Teams with 13-14 800 FR-Relays will be required to supply their own timers.

**All swimmers are to provide their own timer and counter (if desired) for all events.**

## Friday, March 13, 2026

### 11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

| Women's Event #       | SCY QT  | LCM QT  | Event                               | SCY QT  | LCM QT  | Men's Event # |
|-----------------------|---------|---------|-------------------------------------|---------|---------|---------------|
| 7                     |         |         | 13-14 200 yd Medley Relay           |         |         | 8             |
| 9                     | 2:12.99 | 2:23.49 | 11-12 200 yd Medley Relay           | 2:12.99 | 2:25.49 | 10            |
| <b>5 MINUTE BREAK</b> |         |         |                                     |         |         |               |
| 17                    | 1:04.59 | 1:13.99 | 13-14 100 yd Butterfly              | 1:00.69 | 1:10.99 | 18            |
| 19                    | 2:31.39 | 2:51.69 | 12 & Under 200 yd Backstroke        | 2:32.69 | 2:53.79 | 20            |
| 23                    | 1:14.49 | 1:26.59 | 13-14 100 yd Breaststroke           | 1:09.79 | 1:23.49 | 24            |
| 25                    | 37.29   | 42.99   | 11-12 50 yd Breaststroke            | 37.59   | 44.09   | 26            |
| 29                    | 2:03.59 | 2:20.49 | 13-14 200 yd Freestyle              | 1:56.99 | 2:15.49 | 30            |
| 31                    | 1:01.99 | 1:10.99 | 11-12 100 yd Freestyle              | 1:02.39 | 1:10.19 | 32            |
| 35                    | 30.99   | NA      | 13-14 50 yd Backstroke              | 28.59   | NA      | 36            |
| 37                    | 31.29   | 36.89   | 11-12 50 yd Butterfly               | 31.89   | 36.79   | 38            |
| 41                    | 5:00.99 | 5:49.59 | 14 & Under 400 yd Individual Medley | 4:43.99 | 5:27.09 | 42            |
| 43                    | 2:33.19 | 2:59.59 | 11-12 200 yd Individual Medley      | 2:33.39 | 2:59.59 | 44            |
| 11                    | 1:50.99 | 2:09.89 | 13-14 200 yd Freestyle Relay        | 1:44.99 | 2:04.29 | 12            |
| 13                    | 1:56.99 | 2:15.59 | 11-12 200 yd Freestyle Relay        | 1:55.99 | 2:15.59 | 14            |

If your team qualifies for the 13-14 400 yd MED-Relay, it also qualifies for the 200 yd Medley Relay.  
 Positive Check-in Deadlines: 13-14 400 IM (8:30am), Mixed Gender 400 FR-Relay (End of Prelims Session).

## Friday, March 13, 2026

### 10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

| Women's Event # | SCY QT  | LCM QT  | Event                               | SCY QT  | LCM QT  | Men's Event # |
|-----------------|---------|---------|-------------------------------------|---------|---------|---------------|
| 21              | 43.59   | 49.59   | 10 & Under 50 yd Breaststroke       | 43.59   | 50.39   | 22            |
| 27              | 1:12.29 | 1:22.79 | 10 & Under 100 yd Freestyle         | 1:11.99 | 1:22.69 | 28            |
| 33              | 36.99   | 42.69   | 10 & Under 50 yd Butterfly          | 36.99   | 42.79   | 34            |
| 39              | 2:57.99 | 3:30.19 | 10 & Under 200 yd Individual Medley | 2:57.99 | 3:31.29 | 40            |

**Friday, March 13, 2026****FINALS**

Warm up: 4:30 – 5:20 pm, Events: 5:30 pm

| Event #  | Event                                     |               |
|--|---|---------------|
| 15   | 13-14 400 yd Mixed Gender Freestyle Relay |               |
| 16   | 11-12 400 yd Mixed Gender Freestyle Relay |               |
| <b>5 MINUTE BREAK</b>  |   |               |
| Women's Event #  |   | Men's Event # |
| 17   | 13-14 100 yd Butterfly                    | 18            |
| 19   | 12 & Under 200 yd Backstroke              | 20            |
| 21   | 10 & Under 50 yd Breaststroke             | 22            |
| 23   | 13-14 100 yd Breaststroke                 | 24            |
| 25   | 11-12 50 yd Breaststroke                  | 26            |
| 27   | 10 & Under 100 yd Freestyle               | 28            |
| 29   | 13-14 200 yd Freestyle                    | 30            |
| 31   | 11-12 100 yd Freestyle                    | 32            |
| 33   | 10 & Under 50 yd Butterfly                | 34            |
| 35   | 13-14 50 yd Backstroke                    | 36            |
| 37   | 11-12 50 yd Butterfly                     | 38            |
| 39   | 10 & Under 200 yd Individual Medley       | 40            |
| 41   | 14 & Under 400 yd Individual Medley       | 42            |
| 43   | 11-12 200 yd Individual Medley            | 44            |
| Positive check-in for 400 yd Mixed Gender FR-Relay closes at the conclusion of Friday's 11-14 Prelims Session. |   |               |

## Saturday, March 14, 2026

### 11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

| Women's Event #   | SCY QT  | LCM QT  | Event                          | SCY QT  | LCM QT  | Men's Event # |
|---|---------|---------|--------------------------------|---------|---------|---------------|
| 45  | 4:30.99 | 5:21.99 | 13-14 400 yd Medley Relay      | 4:12.99 | 5:17.49 | 46            |
| 47  | 4:40.99 | 5:38.99 | 11-12 400 yd Medley Relay      | 4:50.99 | 5:40.09 | 48            |
| <b>5 MINUTE BREAK</b>   |         |         |                                |         |         |               |
| 53  | 2:19.49 | 2:44.99 | 13-14 200 yd Individual Medley | 2:12.49 | 2:38.19 | 54            |
| 55  | 2:48.99 | 3:10.19 | 12 & Under 200 yd Butterfly    | 2:43.99 | 3:12.09 | 56            |
| 59  | 29.39   | NA      | 13-14 50 yd Butterfly          | 27.59   | NA      | 60            |
| 61  | 1:11.19 | NA      | 11-12 100 yd Individual Medley | 1:11.29 | NA      | 62            |
| 65  | 1:04.99 | 1:15.49 | 13-14 100 yd Backstroke        | 1:02.19 | 1:14.29 | 66            |
| 67  | 1:21.19 | 1:32.59 | 11-12 100 yd Breaststroke      | 1:21.59 | 1:34.59 | 68            |
| 71  | 2:39.99 | 3:08.09 | 13-14 200 yd Breaststroke      | 2:31.39 | 2:59.69 | 72            |
| 73  | 32.89   | 38.79   | 11-12 50 yd Backstroke         | 33.09   | 39.19   | 74            |
| 77  | 26.39   | 30.59   | 13-14 50 yd Freestyle          | 24.89   | 28.99   | 78            |
| 79  | 2:15.99 | 2:35.89 | 11-12 200 yd Freestyle         | 2:14.99 | 2:39.19 | 80            |
| 81  | 5:28.79 | 5:01.69 | 13-14 500 yd Freestyle         | 5:13.69 | 4:57.39 | 82            |
| Positive check-in deadline for 500 FR (8:30am), Mixed Gender 200 MED-Relay (End of Prelims Session) |         |         |                                |         |         |               |
| All swimmers are to provide their own timer and counter (if desired) for the 500 Freestyle Events   |         |         |                                |         |         |               |

## Saturday, March 14, 2026

### 10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

| Women's Event #       | SCY QT  | LCM QT  | Event                               | SCY QT  | LCM QT  | Men's Event # |
|-----------------------|---------|---------|-------------------------------------|---------|---------|---------------|
| 49                    | 2:35.99 | 3:00.79 | 10 & Under 200 yd Medley Relay      | 2:35.99 | 3:00.79 | 50            |
| <b>5 MINUTE BREAK</b> |         |         |                                     |         |         |               |
| 57                    | 1:22.09 | NA      | 10 & Under 100 yd Individual Medley | 1:21.79 | NA      | 58            |
| 63                    | 1:33.89 | 1:48.49 | 10 & Under 100 yd Breaststroke      | 1:33.89 | 1:50.09 | 64            |
| 69                    | 37.99   | 43.99   | 10 & Under 50 yd Backstroke         | 37.99   | 44.29   | 70            |
| 75                    | 2:36.99 | 2:59.99 | 10 & Under 200 yd Freestyle         | 2:35.59 | 2:59.99 | 76            |

**Saturday, March 14, 2026****FINALS**

Warm-Up: 4:30pm - 5:20pm; Events 5:30pm

| <b>Events #</b>  | <b>Event</b>                           |                      |
|--|--|----------------------|
| 51   | 13-14 200 yd Mixed Gender Medley Relay |                      |
| 52   | 11-12 200 yd Mixed Gender Medley Relay |                      |
| <b>5 MINUTE BREAK</b>  |  |                      |
| <b>Women's Events #</b>  |  | <b>Men's Event #</b> |
| 53   | 13-14 200 yd Individual Medley         | 54                   |
| 55   | 12 & Under 200 yd Butterfly            | 56                   |
| 57   | 10 & Under 100 yd Individual Medley    | 58                   |
| 59   | 13-14 50 yd Butterfly                  | 60                   |
| 61   | 11-12 100 yd Individual Medley         | 62                   |
| 63   | 10 & Under 100 yd Breaststroke         | 64                   |
| 65   | 13-14 100 yd Backstroke                | 66                   |
| 67   | 11-12 100 yd Breaststroke              | 68                   |
| 69   | 10 & Under 50 yd Backstroke            | 70                   |
| 71   | 13-14 200 yd Breaststroke              | 72                   |
| 73   | 11-12 50 yd Backstroke                 | 74                   |
| 75   | 10 & Under 200 yd Freestyle            | 76                   |
| 77   | 13-14 50 yd Freestyle                  | 78                   |
| 79   | 11-12 200 yd Freestyle                 | 80                   |
| 81   | 13-14 500 yd Freestyle                 | 82                   |
| Positive check-in for 200 yd Mixed Gender Medley Relay closes at the conclusion of Saturday's 11-14 Prelims Session. |  |                      |
| <b>Positive check-in deadline for Sunday's 1000 yd FR is 6:30 pm Saturday.</b>                                       |  |                      |

## Sunday, March 15, 2026

### 11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

| Women's Event #       | SCY QT   | LCM QT   | Event                          | SCY QT   | LCM QT   | Men's Event # |
|-----------------------|----------|----------|--------------------------------|----------|----------|---------------|
| 83                    | 4:05.99  | 4:42.49  | 13-14 400 yd Freestyle Relay   | 3:49.79  | 4:28.69  | 84            |
| 85                    | 4:15.99  | 4:49.29  | 11-12 400 yd Freestyle Relay   | 4:15.99  | 4:49.29  | 86            |
| <b>5 MINUTE BREAK</b> |          |          |                                |          |          |               |
| 95                    | 2:17.99  | 2:43.29  | 13-14 200 yd Backstroke        | 2:11.99  | 2:35.99  | 96            |
| 97                    | 2:54.09  | 3:23.59  | 12 & Under 200 yd Breaststroke | 2:53.69  | 3:23.59  | 98            |
| 101                   | 34.59    | NA       | 13-14 50 yd Breaststroke       | 31.99    | NA       | 102           |
| 103                   | 1:10.99  | 1:22.49  | 11-12 100 yd Backstroke        | 1:10.99  | 1:22.99  | 104           |
| 107                   | 57.69    | 1:04.89  | 13-14 100 yd Freestyle         | 53.99    | 1:02.99  | 108           |
| 109                   | 28.39    | 32.79    | 11-12 50 yd Freestyle          | 28.09    | 32.59    | 110           |
| 113                   | 2:27.99  | 2:55.29  | 13-14 200 yd Butterfly         | 2:17.99  | 2:47.59  | 114           |
| 115                   | 1:11.99  | 1:23.99  | 11-12 100 yd Butterfly         | 1:12.29  | 1:25.89  | 116           |
| 91                    | 11:39.99 | 10:36.99 | 14 & Under 1000 yd Freestyle   | 11:09.99 | 10:20.19 | 92            |

#### **Positive Check-In for the 14&U 1000 FR (SATURDAY AT 6:30PM)**

Positive check-in for Mixed Gender 200 yd FR-Relay closes at the conclusion of Sunday's 11-14 Prelims Session.

**1000 yd Freestyle are Timed Finals events; Top 8 swimmers of each gender will swim at Finals.**

**All swimmers must provide their own timer & counter (if desired) for the 1000 Freestyle Events.**

## Sunday, March 15, 2026

### 10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

| Women's Event #       | SCY QT  | LCM QT  | Event                             | SCY QT  | LCM QT  | Men's Event # |
|-----------------------|---------|---------|-----------------------------------|---------|---------|---------------|
| 87                    | 2:14.79 | 2:35.89 | 10 & Under 200 yd Freestyle Relay | 2:14.39 | 2:38.19 | 88            |
| <b>5 MINUTE BREAK</b> |         |         |                                   |         |         |               |
| 99                    | 1:22.49 | 1:36.29 | 10 & Under 100 yd Backstroke      | 1:22.49 | 1:37.59 | 100           |
| 105                   | 32.49   | 37.29   | 10 & Under 50 yd Freestyle        | 32.49   | 37.19   | 106           |
| 111                   | 1:30.99 | 1:44.19 | 10 & Under 100 yd Butterfly       | 1:30.99 | 1:47.59 | 112           |
| 93                    | 6:59.99 | 6:37.19 | 10 & Under 500 yd Freestyle       | 6:59.99 | 6:26.39 | 94            |

Positive check-in deadline for 10&U 500 FR (1:30pm)

**500 yd Freestyle is a Timed Finals event; Top 8 swimmers of each gender will swim at finals.**

**All swimmers are to provide their own timer and counter (if desired) for the 500 Freestyle events.**

**Sunday, March 15, 2026****FINALS**

Warm up: 4:00 – 4:50 pm, Events: 5:00 pm

| <b>Events #</b>  | <b>Event</b>                              |                      |
|--|---|----------------------|
| 89   | 13-14 200 yd Mixed Gender Freestyle Relay |                      |
| 90   | 11-12 200 yd Mixed Gender Freestyle Relay |                      |
| <b>5 MINUTE BREAK</b>  |   |                      |
| <b>Women's Events #</b>  |   | <b>Men's Event #</b> |
| 91   | 14 & Under 1000 yd Freestyle              | 92                   |
| 93   | 10 & Under 500 Freestyle                  | 94                   |
| 95   | 13-14 200 yd Backstroke                   | 96                   |
| 97   | 12 & Under 200 yd Breaststroke            | 98                   |
| 99   | 10 & Under 100 yd Backstroke              | 100                  |
| 101  | 13-14 50 yd Breaststroke                  | 102                  |
| 103  | 11-12 100 yd Backstroke                   | 104                  |
| 105  | 10 & Under 50 yd Freestyle                | 106                  |
| 107  | 13-14 100 yd Freestyle                    | 108                  |
| 109  | 11-12 50 yd Freestyle                     | 110                  |
| 111  | 10 & Under 100 yd Butterfly               | 112                  |
| 113  | 13-14 200 yd Butterfly                    | 114                  |
| 115  | 11-12 100 yd Butterfly                    | 116                  |
| Positive check-in for 200 yd Mixed Gender Freestyle Relay closes at the conclusion of Sunday's 11-14 Prelims Session |   |                      |