



**June 3-7 (Tues-Sat)
Long Course Meters**

**Indiana University Natatorium
Indianapolis, IN**

**Hosted in Partnership with
Center Grove Aquatic Club**

**Entry deadline is Noon Mountain Time
Tuesday, May 27, 2025**

This event and associated time trials are sanctioned by USA Swimming.

UPDATED Dec. 17, 2024

**2025 National Championships
Indiana University Natatorium
Indianapolis, IN**

IMPORTANT FACTS ABOUT THE MEET



- ◆ Athletes entered in the competition may enter the 50m Butterfly, 50m Backstroke, and/or 50m Breaststroke provided they have the corresponding 100 qualifying standard or the 50m World Aquatics "A" standard (LCM only). These events will be seeded so the 50 LCM seed times will be in the fastest preliminary heats.
- ◆ All swimmers, coaches, and team staff must be 2025 Premium or Outreach members of USA Swimming and must be current in all required certifications and trainings. **The qualification period is June 1, 2024, through the entry deadline.**
- ◆ This event will serve as the U.S. National Team selection event for the **2025 World Championships, 2025 World Junior Championships (athletes must be 14-18 on December 31, 2025), and 2025 FISU Summer World University Games.**
- ◆ Session times for this competition are **10:00 a.m. local time for prelims and 7:00 p.m. local time for finals.**
- ◆ Enter the event online at hub.usaswimming.org/landing beginning Tuesday, April 15, 2025, and no later than Noon Mountain Time (MT), on Tuesday, May 27, 2025.
- ◆ Swims achieving a qualifying time standard for the first time from Wednesday, May 28, through Sunday, June 1, 2025, may enter the meet through OME under the title *2025 National Championships: New Qualifying Swims*. These entries must be submitted no later than 11:59 p.m. Mountain Time on Sunday, June 1, 2025, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.
- ◆ Any swimmer who qualifies for the 800 or 1500 Freestyle events may enter at their fastest time or at the qualifying time standard if entered in two or more events on the day of the event. All swimmers entered in the 800 and 1500 Freestyle events must positively check-in prior to the scratch deadline to compete in the event.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using "Flyover" starts and/or in a flighted format. Details of any changes to normal meet operations protocols will be announced at the Technical Meeting.
- ◆ There will be an A (Championship), B (Consolation), C (Bonus), and D final in each event at these Championships (except the distance Freestyle events). In the Finals session, the B heat for each event will swim first, followed by the A heat for the same event. Once all these heats are completed, the C final for each event will be followed by the D final for the same event. Seeding priority for the D finals will be remaining athletes eligible for World Juniors (**men and women 14-18 on December 31, 2025**), followed by the next-seeded 18-U swimmers ineligible for World Juniors, followed by the next-seeded 19-year-olds, 20-year-olds, etc. until all lanes in the heat are filled.
- ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The scratch deadline for the first day's events shall be fifteen (15) minutes after the Technical Meeting is adjourned. The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched in accordance with sub-paragraphs 207.11.6A and B will be one of the following:
 - Being barred from all further events of that day as prescribed in section 207.11.6, or
 - Payment of a fine of \$200 to the host.
- ◆ Bonus events will not be offered at these Championships.
- ◆ LCM Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. On days when time trials are offered, registration will be taken at the Clerk of Course table.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will not be allowed to swim at this competition.

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EVENT ORDER

**2025 National Championships
Indiana University Natatorium
Indianapolis, IN**

Heats Begin at
10:00 a.m. Local Time.

Finals Begin at
7:00 p.m. Local Time

Women's Events**Day 1 – Tuesday, June 3**Men's Events

1	200 Butterfly	2
3	100 Freestyle	4
5	Women's 800 Freestyle	-
-	Men's 1500 Freestyle	6

Day 2 – Wednesday, June 4

7	200 Freestyle	8
9	200 Breaststroke	10
11	200 Backstroke	12
13	50 Butterfly*	14

Day 3 – Thursday, June 5

15	400 Individual Medley	16
17	100 Butterfly	18
19	50 Breaststroke*	20
21	50 Backstroke*	22

Day 4 – Friday, June 6

23	400 Freestyle	24
25	100 Breaststroke	26
27	100 Backstroke	28

Day 5 – Saturday, June 7

29	Women's 1500 Freestyle	-
30	200 Individual Medley	31
-	Men's 800 Freestyle	32
33	50 Freestyle	34

On Day 1 and Day 5, the distance freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be scheduled to begin after the preliminary session so the second fastest heat of the Men's event finishes approximately one hour and fifteen minutes prior to the start of the evening session.

**Athletes entered in the competition may enter the 50m Butterfly, 50m Backstroke, and/or 50m Breaststroke provided they have the corresponding 100 qualifying standard or the 50m [World Aquatics "A" standard](#) (LCM only). These events will be seeded so the 50 LCM seed times will be in the fastest preliminary heats.*

GENERAL INFORMATION



Facility Address

Indiana University Natatorium
901 W New York St
Indianapolis, IN 46202

Meet Referee

Mickey Smythe
mickeysmythe@comcast.net

Administrative Referee

Scott Powell
nationalsindy25@gmail.com

Co-Meet Directors

Arlene McDonald
arlmcdon@iu.edu

Ed Merkling

emerklin@iu.edu

USA Swimming National Team Director of Performance

Matt Barbini
mbarbini@usaswimming.org

USA Swimming National Events Senior Manager

Macie McNichols
mmcnichols@usaswimming.org

Meeting Schedule

Coaches Technical Meeting	Monday, June 2	6:00 p.m. EST	Zoom-based conference call
Officials Meeting	Monday, June 2	After Tech Mtg	Zoom-based conference call

(All subsequent officials' briefings will be held one hour prior to the start of each session at the pool)

Broadcast Statement and Image Authorization

All photographs, videotapes 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 USA Swimming. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

Deck Changing

As per 202.4.11 of the USA Swimming Rules and Regulations, deck changing is prohibited.

Wireless Internet Access

Wireless access will be available throughout the venue.

Television

The 2025 National Championships will be broadcast on NBC networks. Check local listings for times in your area.

Team Banners

Team banners will not be allowed at these Championships.

Publicity

Any swimmer competing in the championship final of an event for the first time at this meet should submit his/her biographical information to the announcer.

GENERAL INFORMATION



About the Facility

For more than four decades, the iconic Indiana University Natatorium, located on the campus of IU Indianapolis in downtown Indianapolis, has been hosting the world's most elite athletes including 13 Olympic Trials and a multitude of USA Swimming, NCAA, and Masters National Championships. The "Nat" is home to 21 World Records and remains one of the nation's finest indoor aquatics facilities. The Competition Pool is an indoor, eight-lane, 50-meter pool with a depth ranging from 9'-10'. Competitor lane lines with custom-designed starting blocks and Daktronics video board. Continuous warm-up and warm-down will be in the seven-lane, 25-yard Diving Well with a depth of 17' and in the six-lane 50-meter Instructional Pool with a depth ranging from 4'6" to 10' and custom-designed starting blocks. Specific Instructional pool hours may vary based on timelines and will be posted in advance of the meet. The east and west seating galleries have a combined total of approximately 4,700 seats, the largest capacity of any U.S. permanent aquatics facility. Handicapped platforms are located in both seating galleries. The east and west spectator seating galleries will be open for seating 90 minutes before the start of each competition session.

Tickets

All tickets will be electronic and sold only online. Seating is general admission within each seat type (chairback and bleacher). The chairback seats are in the first four (4) rows in both the east and west spectator seating galleries. The bleacher seats are located behind the four rows of chairback seats in both seating galleries. All purchases are online with payment by credit card only. There will be no cash ticket sales at the venue. Online ticket pre-sales will open on **Tuesday, April 15, 2025**. The link to the online ticket sales site will be posted on the USA Swimming National Championships web page. Online ticket sales will continue throughout the meet.

April Promotion: All-Session Tickets (April 15-30, 2025)

- Chairback Adult: \$120.00
- Chairback Youth (Ages 6-12): \$65.00
- Bleacher Adult: \$100.00
- Bleacher Youth (Ages 6-12): \$55.00

All-Session Tickets (Beginning May 1, 2025):

- Chairback Adult: \$150.00
- Chairback Youth (Ages 6-12): \$80.00
- Bleacher Adult: \$130.00
- Bleacher Youth (Ages 6-12): \$70.00

Single-Session Tickets (either prelims or finals each day)

- Chairback Adult: \$25.00
- Chairback Youth (Ages 6-12): \$15.00
- Bleacher Adult: \$20.00
- Bleacher Youth (Ages 6-12): \$10.00

Children under the age of 6 will be admitted free of charge. The prices above do not include service fees.

Pool Hours

Sunday, June 1 8:00 a.m. – 8:00 p.m.
Monday, June 2 8:00 a.m. – 8:00 p.m.
Tue, June 3– Sat, June 7 7:00 a.m. – 1 hour after Finals

Hotels

For up to date hotel information, please refer [here](#).

Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$100 replacement charge for lost credentials. Team Massage Therapist credentials can be purchased through OME at \$100. Massage Therapist credentials will have restricted access. Massage Therapists must be registered 2025 "Other" Members of USA Swimming.

Credential Pick-Up

Credentials will not be issued to any individual who has not completed all membership requirements. Credentials can be picked up at the Natatorium according to the following schedule:

Sun, June 1 – Mon Jun 2	8:00 a.m. – Noon and 1:00 p.m. – 8:00 p.m.
Tue, June 3 – Fri, June 6	7:00 a.m. – Noon 3:00 p.m. – 7:00 p.m.
Sat, June 7	7:30 a.m. – End of Prelims

Parking

Parking will be available for fans and teams in the attached Natatorium Sports Garage for \$7 at entry, credit or debit card only. Multi-day team parking permits will be available for purchase by coaches only through OME. Permits allow unlimited entry and exit in the Natatorium Sports Garage.

- 7-Day Permit (Sunday, June 1 – Saturday, June 7): \$55
- 5-Day Permit (Tuesday, June 3 – Saturday, June 7): \$40

Lost & Found

Items found on the deck level of the Natatorium will be taken to the lifeguard room located on the east side of the competition pool deck. Items of greater value found on the deck level will be taken to the head table. Fans should check at the information table on the upper concourse of the Natatorium for items left behind in the spectator seating galleries.

Lockers and Restrooms

There are four athlete locker rooms on the deck level of the Natatorium (one of each gender on both the east and west pool decks) for the exclusive use of athletes entered in the meet. Swimmers must provide their own locks; the IU Natatorium is not responsible for lost or stolen items. There are two dry restrooms for each gender, one on each side of the diving well, for the exclusive use of credentialed non-athlete meet participants. Additional public restrooms are located on the upper concourse of the facility.

Medical Assistance

Lifeguards will be on duty during all venue hours of operation. Athletic Trainers from Indiana University Health will be present and stationed in the Medical Room located on the southeast pool deck behind the diving towers during all times the Natatorium is open for participants. IU Health will provide on-call physician medical hours for teams. Coaches will receive a separate schedule outlining those services. Sports massage therapy services will not be provided.

Concessions

University concessions are available on the upper concourse of the Natatorium during competition sessions. Menu items and prices are determined by the University concessionaire.

ENTERING THE MEET



Hospitality

Coaches, officials, and volunteers will have access to the hospitality room located on the deck level of the facility accessible through the hallway behind the diving towers. Menus and meal changeover times will be posted. There will also be a designated on-deck athlete hospitality area with limited snacks. Participants are invited to these areas during the venue hours of operations on competition days. All participants are encouraged to bring their personal refillable water bottles to use at on-deck water filling stations.

Swimmers' and Coaches' Responsibility

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book and any information or changes announced at the Technical meeting.

Meet Entries

All Event Entry questions should be directed to: Katie Trace at ktrace@usaswimming.org.

- ◆ Enter the event online at hub.usaswimming.org/landing beginning Tuesday, April 15, 2025 and no later than Noon Mountain Time, on Tuesday, May 27, 2025.
- ◆ You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be allowed.
- ◆ OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- ◆ You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.
- ◆ Once you complete your online entry, you will be sent confirmations via email. Please keep these emails and bring them with you to the meet (just in case).
- ◆ Drug waiver forms will automatically be sent to you via email after the entry deadline. Please have these filled out and bring them with you to the meet (*i.e. do not mail to USA Swimming*).

Qualifying Period

The qualification period for this event is June 1, 2024, through the entry deadline.

Number of Events

A swimmer may only swim three (3) individual events per day (including time trials). A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

Bonus Events

There will be no bonus events at this Championships.

Entry Fees:

- \$20.00 per individual event
- \$20.00 per credentialed coach (\$50 on site)

New Qualifying Swims

Swims achieving a qualifying time standard for the first time from Wednesday, May 28, through Sunday, June 1, 2025, may enter the meet through OME under the title 2025 USA National Championships: New Qualifying Swims. These entries must be submitted no later than 11:59 p.m. Mountain Time on Sunday, June 1, 2025, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.

Late Entries

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted through the Online Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, June 1, 2025;
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$40 per event.

Secondary Club Recognition

The online entry form contains a space for secondary "club recognition." You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will have only 16 characters for both his/her club and his/her secondary club. The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.

Waiver and Release Form

The USA Swimming Waiver and Release Form will be distributed electronically after entries have closed. These forms must be submitted prior to the athlete's arrival at the registration desk. Having this completed will save time during check-in at the competition site. Additionally, a parent or legal guardian must sign the form if the swimmer is under the age of majority in his/her home state.



Rules

USA Swimming Rules and Regulations will govern the conduct of these Championships. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book. No U.S. swimmer will be permitted to compete unless he/she is a member as provided in Article 302. Any U.S. 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. This event and associated time trials are held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Membership Requirement

All U.S. participants expecting to receive a deck pass should be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join online. Information regarding the APT course and the background check will be available at meet check-in and is also online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents, and must have successfully passed the required background check and APT Course.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer must designate a supervising coach by submitting a completed Swimmer Assignment Form at registration. Arriving at registration with the supervising coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign the Swimmer Assignment form before a credential can be issued. As per USA Swimming rules, no athlete credentials will be issued without a supervising coach present at the facility.

SWIMS Database—Proof of Time

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition
- B. 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.
- C. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in 202.8 of the USA Swimming Rule Book and the USA Swimming SWIMS Time Module Policy Manual. Prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

Entering Official Times

Individual Events - All entry times must be made prior to the

entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. USA Swimming reserves the right to challenge any submitted time. All scratches must be proven.

Responsibility Clause

The coach, swimmer or swimmer representative who signs a USA Swimming Championship entry form attests that all times stated in the entry form 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 the Corporation for each such time entered, unless absolved of the fine by USA Swimming or its designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to USA Swimming or its designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of USA Swimming's Operational Policies.

Automatic Proven Times

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.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National 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. Note: 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 won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Seeding

For these Championships, the seeding order is:

1. Long Course Meters (LCM)
2. Short Course Yards (SCY)



Registration

Credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. The cost for these credentials is \$20/each. Team support members must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring certified massage therapists with their teams, a \$100 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming, and will have limited access around the venue.

- ◆ 1-3 swimmers; 1 deck pass
- ◆ 4-6 swimmers; 2 deck passes
- ◆ 7-9 swimmers; 3 deck passes
- ◆ 10-14 swimmers; 4 deck passes
- ◆ 15-19 swimmers; 5 deck passes
- ◆ 20-24 swimmers; 6 deck passes
- ◆ 25-29 swimmers; 7 deck passes
- ◆ 30- 34 swimmers; 8 deck passes
- ◆ 35-39 swimmers; 9 deck passes
- ◆ 40 or more swimmers; 10 deck passes
- ◆ Unattached swimmers not with a team: 1 deck pass
- ◆ Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.

All others will be required to purchase tickets.

Check-In

Coaches are responsible for all business conducted at the Technical Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times if necessary.

- A. Be prepared to show your coach membership card. To avoid any problems with your swimmers, have their membership cards as well.
- B. Review the posted psych sheet and make sure your swimmers do not have an symbol ("*", "#", or "\$") listed by their name.
 - "*" indicates an unproven time,
 - "#" indicates an athlete without a current USA Swimming membership,
 - "\$" indicates the athlete is missing APT.
- C. In the event of a symbol, go to the Administrative Referee immediately to rectify the issue. It is your responsibility to do this. If the symbol is not cleared by the scratch deadline, the swimmer will be scratched from the event. If a time cannot be proved, the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.
- D. Swimmers in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline(s) in order to compete in these events.
- E. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- E. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published.

Warm-Up and Safety

USA Swimming will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that day's events.

Scratch Procedures

- A. Location of Scratch Box:
 - ◆ The scratch box will be located at the Registration Desk prior to the Technical Meeting.
 - ◆ After the Technical Meeting, the scratch box will be located with the Resolution Desk for the remainder of the meet.
 - ◆ Coaches who cannot attend the Technical Meeting are encouraged to email their scratches to the Administrative Referee before these deadlines.
- B. Scratch Deadlines:
 - ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.
 - ◆ The scratch deadline for the first day's events shall be fifteen (15) minutes after the Technical Meeting is adjourned.
 - ◆ The scratch deadline for all subsequent day's events shall be thirty (30) minutes after the time established for the start of the finals sessions.
 - ◆ The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched in accordance with sub-paragraphs 207.11.6A and B will be one of the following:
 - Being barred from all further events of that day as prescribed in section 207.11.6, or
 - Payment of a fine of \$200 to the host.

Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the distance events) must report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their assigned starting block.

Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800 or 1500 Freestyle events may enter at their fastest time or at the qualifying time standard if entered in two or more events on the day of the event.
- B. All swimmers entered in the 800 or 1500 Freestyle events must be positively checked-in by the scratch deadline in order to compete in the event.
- C. On Day 1 and Day 5, the distance Freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest heat of each race swum during the evening session. All other heats will be scheduled to begin after the preliminary session so the second fastest heat of the Men's event finishes approximately one hour and fifteen minutes prior to the start of the evening session.

**Finals Session Event Order**

There will be an A (Championship), B (Consolation), C (Bonus), and D final in each event at these Championships (except the distance Freestyle events). In the Finals session, the B heat for each event will swim first, followed by the A heat for the same event. Once all these heats are completed, the C final for each event will be followed by the D final for the same event. Seeding priority for the D finals will be remaining athletes eligible for World Juniors (men and women 14-18 on December 31, 2025), followed by the next-seeded 18-U swimmers ineligible for World Juniors, followed by the next-seeded 19-year-olds, 20-year-olds, etc. until all lanes in the heat are filled.

Meet Scoring

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

Results

After each evening's finals at these Championships, the results will be available at usaswimming.org/Nationals. Uploaded times from prelim events may not accurately reflect seeding for Finals as potential disqualifications may need to be resolved.

Awards

- A. Individual Awards - A medal ceremony will be conducted for the top three place winners in each event. Fourth through eighth place finishers should pick up their medals in the awards staging area. An "18 & Under" National Champion medal will be presented to the highest placing 18-under swimmer in each individual event.
- B. Individual High Point Awards - Male and Female Awards will be given at the 2025 National Championships.
- D. Team Awards - Awards will be presented to the top three teams in Women's, Men's, and Combined team scores.

Time Trials

LCM Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will be taken on-site at the Clerk of Course and/or, at the discretion of the Meet Referee, through OME. A swimmer is limited to a maximum of two Time Trials during the course of the Championships. Time Trial entries will open each morning at 8:00 a.m. ET and close at 10:00 a.m. ET. Time trial entries for subsequent days will be accepted. Entry fees for Time Trials are the same as those established for the Championships. The order for Time Trials shall be that day's events, followed by the remaining events in the meet, followed by the previous day's events. The exception to this schedule is the 50's which will be offered at the end of the session each day. Distance Freestyle events will typically be offered on only one day of the meet as determined by the Meet Referee and announced at the Technical Meeting.

**Safe Sport Information**

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.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

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 www.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 www.usaswimming.org/report.

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing 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 during the meet, 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. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, 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 to sign a supervision form before a credential can be issued.

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.

Deck changes are prohibited.

During the entire meet, use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks, while athletes are in vulnerable positions, and are not permitted in changing areas, rest rooms or locker rooms.

Use of audio or visual recording devices, including a cell phone, is 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 U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership via the USA Swimming App. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

DOPING CONTROL



The 2025 National Championships are subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or World Aquatics under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit usada.org/athletes/antidoping101/ for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 30 days.

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. It's important that athletes are aware of the substances and methods on the [Prohibited List](#) as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." Read the summary of [Modifications for 2025](#).

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USA-DA's Supplement Connect](#).

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athletes should always have a representative with them in doping control.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

Doping Control rule for athletes previously eligible for out of competition drug testing: Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or World Aquatics sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



2025 TIME STANDARDS

USA SWIMMING NATIONAL CHAMPIONSHIPS

Qualifying from June 1, 2024 through Entry Deadline

WOMEN

SCY	LCM	EVENT	LCM	SCY
22.19	25.69	50 FR	22.69	19.39
48.49	55.89	100 FR	49.69	42.49
1:44.99	2:01.19	200 FR	1:49.89	1:33.69
4:41.99	4:16.89	400/500 FR	3:55.59	4:17.19
9:48.09	8:46.79	800/1000 FR	8:07.59	9:01.09
16:12.59	16:49.19	1500/1650 FR	15:37.69	14:57.19
52.39	1:02.19	100 BK	55.69	46.19
1:54.09	2:14.59	200 BK	2:02.09	1:41.69
59.99	1:10.29	100 BR	1:02.09	52.49
2:10.39	2:32.39	200 BR	2:16.09	1:54.59
52.19	1:00.19	100 FL	53.49	45.99
1:56.09	2:14.59	200 FL	2:00.89	1:43.39
1:57.09	2:16.89	200 IM	2:02.89	1:43.89
4:11.39	4:51.79	400 IM	4:24.69	3:45.49

MEN



2025 TIME STANDARDS

USA SWIMMING NATIONAL CHAMPIONSHIPS (18U)

Qualifying from June 1, 2024 through Entry Deadline

WOMEN

SCY	LCM	18 & U	LCM	SCY
22.29	25.79	50 FR	23.09	19.99
49.19	56.69	100 FR	50.79	44.19
1:47.09	2:02.39	200 FR	1:50.49	1:35.69
4:47.89	4:18.99	400/500 FR	3:55.59	4:19.19
9:51.49	8:55.89	800/1000 FR	8:12.99	9:01.89
16:40.79	17:03.49	1500/1650 FR	15:44.89	15:14.39
53.09	1:02.19	100 BK	56.49	47.79
1:55.69	2:14.59	200 BK	2:02.39	1:43.99
1:01.59	1:10.89	100 BR	1:02.89	54.49
2:13.29	2:33.29	200 BR	2:16.99	1:58.89
53.29	1:00.69	100 FL	54.29	47.59
1:57.99	2:15.49	200 FL	2:01.29	1:45.99
1:58.89	2:18.19	200 IM	2:04.29	1:45.99
4:15.59	4:51.79	400 IM	4:25.19	3:49.29

MEN