

WESTERN REGION LONG COURSE CHAMPIONSHIPS

June 4-7, 2026

GENERAL INFORMATION

Host

Windsor Aquatic Club

Venue Information

Windsor International Aquatic and Training Centre
401 Pitt St West, Windsor Ontario, N8A 0B2

10 lane 72m divided into 50m Competition Pool & 6 lane 25m Warm Down Pool

Omega Quantum Electronic Timing System

Spectator seating will be upstairs on the mezzanine level.

GLASS CONTAINERS are strictly prohibited in and around the deck area.

The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).

Event apparel will be available for pre-order only. Information will be sent to coaches and available on the host team website.

PARTICIPANT SAFETY

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

EVENT PHOTOGRAPHY/VIDEOGRAPHY

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization.



All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the [Photography, Videography, and Cellphone Procedure](#) and the [Screening Requirements Procedures](#). Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

Please contact the Meet Manager for an application and authorization.

ORGANIZING COMMITTEE

Competition Coordinator	Ben Balkwill, Level V - ben.balkwill@gmail.com
Meet Manager	Angela Momotiuk, Level II - amomotiuk2@gmail.com Tina Cerqua, Level III - cawcerqua@gmail.com
Entries Coordinator	Sherry Gibson, Level IV - sherry@windsoraquatic.com
Minor Official Coordinator	officials@windsoraquatic.com

ENTRY INFORMATION

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

Entry is limited to swimmers in the **Western Region Clubs** and must be in good standing.

A competitor's age is their age of June 4, 2026.

Competition Format

12&Under - All events are timed finals: Thursday, Friday, Saturday, Sunday afternoon
13&Over - Events are Prelims/Finals with exception for Relays, 400IM, 400/800/1500 Free Prelims in AM, A Final only for 200m events; 100m or less events A/B Final
**Events with 30 or less entries (excluding bonus swims) in an age group (by the final entry list) will have an A final only.*

Long Course Chase format:

Relays and Odd number heats will swim in the North end of the pool. The North end is the shallow end of the pool.

All 50m, 800m, 1500m events and Even numbered heats will swim in the South end of the pool. The South end is closest to the dive tower.

Safety Requirements for LCM Chase Starts

Officials will ensure finishing swimmers clear the wall quickly, move to the lane rope, and follow Inspector of Turns direction so incoming chase swimmers can turn safely.

Para heats must be fully cleared, no more than two heats may be in the water during LCM chase starts, and 50m events must allow full clearance before the next heat finishes.

Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Inspector of Turns.

Changes to Format

Meet Management reserves the right to split or change warm up and start times for sessions.

No session will be longer than 4.5 hours. Meet Management may combine age groups, limit individual swims, and limit heats if time limitations are warranted.

Management reserves the right to cancel relay events or limit events should sessions run late.

Cancellation

In the event of unforeseen circumstances beyond the control of the City of Windsor or Windsor Aquatic Club, that force the cancellation of all or part of the meet, a partial refund may be granted at the discretion of the Meet Manager.

Entry Fees

Individual Events (200m or less)	\$17.00
Distance Events (400IM/400/800/1500m)	\$20.00
Relay Events	\$25.00 per team
Swimmer Surcharge	\$10.00 per swimmer

Cheques/Payments must be received before the Team's first warm up at the meet.

Cheques are payable to **Windsor Aquatic Club** or e-transfer to accounts@windsoraquatic.com

Entry Process and Deadline

Entry files must be received by midnight May 21, 2026. Clubs will have until May 28, 2026 to make corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for late scratches or missed swims.

Qualifying period: September 1, 2024-May 21, 2026

Qualifiers after the entry deadline will be accepted on a first-come basis until June 1, 2026 at midnight provided session timelines permit.

Qualifying Standards

The Qualifying standards for entry are the Western Region Swimming Championship Qualifying Standards (Appendix B).

There are NO qualifying standards for PARA events.

Valid SC and LC entry times will be accepted and do not convert. No Time (NT) will not be accepted.

Swimmers are not required to enter all events for which they have qualified for. There are no limitations on the number of events entered, providing qualifying criteria has been met.

Except for relays, swimmers must swim in the proper age group, no swimming up is permitted. Swimming 'up' is only permitted on relays per SNC rules. A maximum of 2 swimmers may swim up for a relay team.

Bonus Swims Structure

1QT = 5 Bonus Swims

2QT = 4 Bonus Swims

3QT = 3 Bonus Swim

4QT = 2 Bonus Swim

5QT = 1 Bonus Swim

6 or more QTs = 0 Bonus Swims

Bonus Swims are limited to 50m, 100m & 200IM events. Swimmers may be entered into a stroke 200 event if they have at least 1 QT in the 50 or 100 of the same event. EX: qualified in the 100 Breast, may swim 200 Breast as a bonus. Bonus 200 distances are limited to one per swimmer.

The swimmer must have swum the event and achieved an official time prior to swimming at the meet. NT will not be accepted.

Bonus events will be limited on Friday, June 5 to ensure session is able to run as single-ended and still meet the session timelines. Meet Management reserves the right to limit Bonus Swims, slowest to fastest, if necessary to meet session timelines. Please do not set the bonus swim flag on your entries. We will treat all swims slower than the Western Region Standards as intended bonus swims.

Relay Entries

Clubs may enter a maximum of two (2) relay teams per event.

Relay only swimmers are not permitted at this event. All relay participants must be entered in at least one individual event.

All Relay entries must have 4 declared swimmers with a valid entry time. No Time Entries are not permitted.

A mixed relay must have 2 girls and 2 boys. No other combination is allowed.

Relay sheets are to be obtained during warm-up, verified, and submitted back to meet management **60 minutes** after the start of the session where the event occurs.

PARA Qualifying Standards and Events

There are no qualifying standards for PARA swimmers.

Swimmers may only swim in the eligible events for their classification. Swimmers that have the Western Region standard event may enter that event. A PARA swimmer may either as Olympic Program or PARA in any event they qualify for but not both.

PARA events with five (5) or more entries will be integrated with the Olympic Program swimmers and then swim in a PARA mixed gender final in the final session. In PARA events with less than 5 entries will be swum as a PARA mixed gender timed final in the prelim session.

PARA events are as follows:

50 Free S1-14, 100 Free S1-14, 200 Free S1-5 & S14, 400 Free S6-13

50 Back S1-5, 100 Back S1-2 & S6-14

50 Breast SB2-3, 100 Breast SB4-SB9 & SB11-SB14

50 Fly S1-7, 100 Fly S8-S14

150IM SM2-SM4, 200IM SM5-14

Entry Submission

Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.

Clubs will have 48 hours after the entry deadline. After that time, fees will be calculated; no refunds will be granted for missed swims. Coaches will be sent confirmation in the form of an entry list once your club's entries have been finalized.

Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.

Entries after May 21, 2026, will be at the discretion of the Entries Coordinator.

Final entry lists will be posted no later than May 29, 2026. Meet details will be available at www.windsoraquatic.com.

No deck entries will be permitted.

Deaf or Hard of Hearing Swimmers

This competition can provide the following accommodations for swimmers who are Deaf or Hard of hearing:

- Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe light option provided by this facility.

Coaches are to contact Meet Management by the Entry Deadline for the need of accommodations. Support staff must be included in the submission of entries process.

Support staff must have active REMS registration and be included in the submission of entries process. Those not listed in the entry submission will be denied deck access.

REGISTRATION INFORMATION

Coach Registration

Meet management will cross reference the **list of coaches submitted with entries** at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.

Warm-Up/Cool-Down Availability

The Dive tank will be available during competition for cool-down.

Warm-up periods will be split by clubs. Warm-up assignments will be scheduled after final entries are received.

Warm-Up Safety Procedures

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. **Coaches are requested to encourage swimmers to cooperate with Safety Marshals.**

Warm up rules:

No loitering at the end of lane

Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn

Swimmers using sprint and pace lanes must be directly supervised by their coaches

Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner, entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal or Meet Management diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final

Depending on swimmer count in each session, any Warm-Ups may be split into 2 parts.

Sprint lanes (lanes 0,1 and 8,9) will be available for the last 20 minutes of warm-ups. These lanes will be used for Sprinting and are designated as diving lanes. After the dive the swimmer must leave the lane and return to the start end. Additional diving lanes may be opened at the discretion of Meet Management. **PARA warm-up lanes may also be designated, in the dive tank, and must be requested of meet management, prior to the start of the meet.**

COMPETITION RULES

All current [Swimming Canada rules](#) will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Combined (mixed) gender swimming is permitted for age group swimming competitions. Canadian Age Group records cannot be set when heats involve individual mixed genders.

Starts

As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include, but is not limited to (C.2.3.2.1):

Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.

Deliberate kicking or striking of the starting platform, including the back plate prior to the start. Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

Backstroke Ledges

Backstroke ledges will be available for use in all sessions. Swimmers shall be responsible for setting the device.

Age Groups

A competitor's age is as the first day of the competition: **Thursday, June 4th, 2026.**

Male and Female

Individual: 10&Under; 11; 12; 13; 14; 15; 16; 17 & Over; PARA

Relays: 10&Under; 11-12; 13-14; 15 & Over

1500 Free will have 13 & Under, 14; 15;16;17&Over

800 Free will have 11&under; 12; 13;14;15;16;17&Over

200 Breast, 200 Fly, 400 IM will have 11&under; 12; 13;14;15;16;17&Over

Seeding

After all times have been proven, entry times will be converted by host to LCM and seeded by time.

All preliminary heats will be seeded by time, slowest to fastest, as per II 3.1 with fastest 3 heats circle seeded regardless of age. Management reserves the right to combine age groups/events if time requires, and the right to split preliminary session age categories to ensure proper session lengths.

All 12 & Under events will be timed finals. For 200m and lower events, the fastest heat of each age group (10&U, 11, 12) will swim together. All other heats are age combined.

13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals.

All 400/800/1500 Free Events and the 400 IM will be timed finals and swim as combined ages groups.

The 400 Free, 400 IM, 800 Free & 1500 Free will swim fastest to slowest and will be timed finals. Meet Management reserves the right to alternate genders.

The fastest heats of relays will swim in Finals.

Finals

In each finals event, all female finals will swim, followed by all male finals; youngest to oldest. There is an "A" final only for 200m events.

For 100m or less events, there is an "A" and "B" final for each age group. The "A" final will swim before the "B" final.

Events with 30 or less entries (excluding bonus swims) in an age group (by the final entry list) will have an A final only.

Preliminary events with less than 11 swimmers will still swim and not go straight to finals.

Relays

A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.

The fastest 10 relay teams in each event will swim in finals. All other teams will swim in prelims on the respective days. Relay scratches are required 60 minutes after the start of the prelims session on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of teams for the fastest heat in finals and/or possibly collapse heats.

Official Splits

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee at least 30 minutes prior to the commencement of the session in which the event will take place.

An 'Official Split' also requires that coaches complete an "Official Split Request" form prior to the session.

The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays.

Final sessions are not eligible for official splits.

Swim-offs

All swim-offs will be conducted during the preliminary session in which the tie took place at a time mutually agreed upon by the coaches and officials.

Swim-offs required because of scratches will occur at the start of the finals session in which the event is to take place.

Swimmers may decline the swim-off without penalty.

SCRATCH RULES

Preliminaries

There will be no scratch deadline for prelim events or timed final heats in the preliminary sessions.

Positive Check-In is required for the 400 Free, 800 Free, 1500 and 400 IM event **30 minutes** prior to the session start at the Admin Desk.

Finals

All scratches for finals from prelim results must be provided to the Admin Desk within 30 minutes following the completion of the last prelim event. Coaches are requested to submit scratches as soon as possible so that eligible swimmers can be notified and/or determine if a 'swim-off' is required.

Scratches must be submitted on the appropriate scratch form. E-mailed scratches will not be accepted. Forms are available at the Admin Desk.

Coaches are to ensure their swimmers know they are in finals. Coaches are encouraged to scratch swimmers up to and including 25th place.

Penalty

Failure to participate in an individual FINAL or the FASTEST Heat of a relay event without meet management's knowledge and consent will result in a \$25 fine for each offence payable to Windsor Aquatic Club.

The timely arrival of all swimmers for **FINAL** heats is important. Alternatives are asked to report to the Admin Desk. Failure to arrive before a swimmer's heat is sent behind the blocks by the Admin will count as a no show and the alternate will swim.

All fines for "No Shows", "Step Downs" and "unexcused incomplete swims" will be recorded by the Admin Desk. Unexcused incomplete swims shall be the sole determination of the Referee.

Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.

Records

Coaches are asked to inform Meet Management of any potential Swimming Canada and/or Swim Ontario record attempts.

Swim Canada has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

Disqualification & Appeals Procedures:

Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.

A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.

If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative. A written appeal must be presented within 30 minutes after the conclusion of the event in question. Appeal on Referee Decision forms are available at the Meet Management office.

If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal. The decision to go to Jury must be taken within an hour from the moment the decision of the written appeal is communicated to the club representative.

Awards & Scoring Information

Individual Events	Medals 1 st TO 3 rd
	Ribbons 4 th TO 8 th
Relay Events	Ribbons 1 st TO 6 th

Meet Scoring

The top ten (10) individual per age group event and relays score

Individual events: 10-9-8-7-6-5-4-3-2-1

Result times that are slower than the qualifying standard still count towards team scoring

Relay events: 10-9-8-7-6-5-4-3-2-1

The Canadian Paralympic Point system shall be used to determine the awards and scoring for para events. In the event of a points tie with swimmers of the same class in a race, the swimmer who

touched first will be given that position. Medals shall be awarded on a “mixed gender” basis to the top 3 swimmers in each event. To award gold, there must be at least 2 competitors, to award silver there must be at least 3 competitors and to award bronze there must be at least 4 competitors in the event.

Team scores will be calculated, however no team award will be presented.

Results

Unofficial LIVE Results will be available as soon as possible at www.windsoraquatic.com and on Meet Mobile. Priority will be given to running the meet over ensuring unofficial results are available.

Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Officials

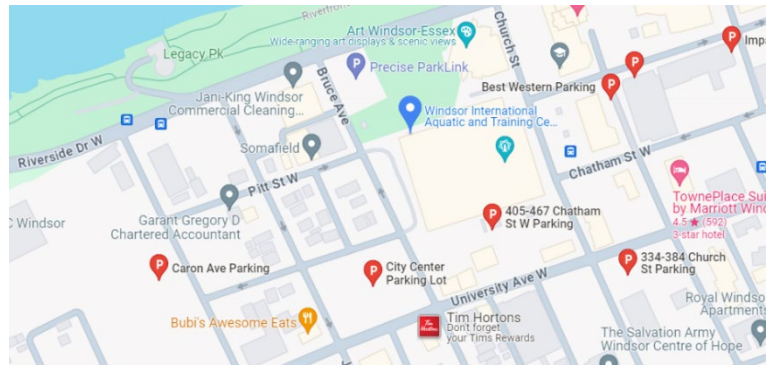
We welcome any officials that would like to gain experience and help with the meet. Anyone interested in officiating can email officials@windsoraquatic.com or by contacting the Competition Coordinator. WAC is happy to support aspiring senior officials to get the experience they are seeking. Officials requesting a senior position or an evaluation, please contact the Competition Coordinator directly.

SITE INFORMATION

Parking is available at the facility for a fee.

Lockers will be available for this event for coaches & volunteers in the **Family** changerooms. Athletes may use their gender designated changerooms. Bring your own lock. No overnight locks permitted.

LySports and Booster Juice will be available in the lobby



SESSION TIMELINES

Session		Warm-up	Start	Age Group
Thursday, June 4, 2026	1	5:00 pm	5:30 pm	Distance
Friday, June 5, 2026	2	7:00 am	8:00 am	13&Over
	3	12:00 pm	1:00 pm	12&Under
	4	5:00 pm	6:00 pm	Finals
Saturday, June 6, 2026	5	7:00 am	8:00 am	13&Over
	6	12:00 pm	1:00 pm	12&Under
	7	5:00 pm	6:00 pm	Finals
Sunday, June 7, 2026	8	7:00 am	8:00 am	13&Over
	9	12:00 pm	1:00 pm	12&Under
	10	5:00 pm	6:00 pm	Finals

PROGRAM EVENT LIST

Preliminary & Distance sessions will be seeded by time and gender regardless of age
 Final session age groups: 13, 14, 15, 16, 17&Over, PARA
 SH - Slower Heats, FH - Fastest Heat

Day 1 – Thursday, June 4, 2026								
W	Distance Session – Timed Finals Warm up: 5:00 pm Start: 5:30 pm							M
1	800 Free (11&Over)							2
3	1500 Free (13&Over)							4
Day 2 – Friday, June 5, 2026								
W	Prelim Session Warm-up 7:00 am Start: 8:00 am	M	W	12&Under Session Warm-up 12:00 pm Start: 1:00 pm	M	W	Finals Session Warm-up 5:00 pm Start: 6:00 pm	M
401	200 Free S1-5/S14	401	201	200 Free	202	401	200 Free S1-5/S14	401
5	200 Free	6				5	200 Free	6
402	100 Breast SB4-9/11-14	402	203	100 Breast	204	402	100 Breast SB4-9/11-14	402
7	100 Breast	8				7	100 Breast	8
403	50 Back S1-5	403	205	50 Back	206	403	50 Back S1-5	403
9	50 Back	10				9	50 Back	10
404	100 Fly S8-14	404	207	100 Fly	208	404	100 Fly S8-14	404
11	100 Fly	12				11	100 Fly	12
101	(SH) 13-14 yr 4x50 Free Relay	102	301	11-12 yr 4x50 Free Relay	302	101	(FH) 13-14 yr 4x50 Free Relay	102
103	(SH) 15&Over 4x50 Free Relay	104	303	10 U 4x50 Free Relay	304	103	(FH) 15&Over 4x50 Free Relay	104
13	400IM	14	209	400IM	210			
Day 3 – Saturday, June 6, 2026								
W	Prelim Session Warm-up 7:00 am Start: 8:00 am	M	W	12&Under Session Warm-up 12:00 pm Start: 1:00 pm	M	W	Finals Session Warm-up 5:00 pm Start: 6:00 pm	M
15	200 Fly	16	211	200 Fly	212	15	200 Fly	16
405	50 Breast SB2-3	405	213	50 Breast	214	405	50 Breast SB2-3	405
17	50 Breast	18				17	50 Breast	18
406	100 Back S1-5	406	215	100 Back	216	406	100 Back S1-5	406
19	100 Back	20				19	100 Back	20
407	50 Free S1-14	407	217	50 Free	218	407	50 Free S1-14	407
21	50 Free	22				21	50 Free	22
23	200 Breast	24	219	200 Breast	220	23	200 Breast	24
105	(SH) 13-14yr 4x50 Medley Relay	106	305	11-12 yr 4x50 Medley Relay	306	105	(FH)13-14yr 4x50 Medley Relay	106
107	(SH) 15&Over 4x50 Medley Relay	108	307	10 U 4x50 Medley Relay	308	107	(FH) 15&Over 4x50 Medley Relay	108
	400 Free	34						

Day 4 – Sunday, June 7, 2026

Day 4 – Sunday, June 7, 2026								
W	Prelim Session Warm-up 7:00 am Start: 8:00 am	M	W	12&Under Session Warm-up 12:00 pm Start: 1:00 pm	M	W	Finals Session Warm-up 5:00 pm Start: 6:00 pm	M
						109	(FH) Mixed 13-14 yr 4x50 Medley Relay	109
						110	(FH) Mixed 15&Over 4x50 Medley Relay	110
408	150 IM SM2-4	408	221	12yr 200 IM	222	408	150 IM SM2-4	408
409	200 IM SM5-14	409				409	200 IM SM5-14	409
25	200 IM	26				25	200 IM	26
410	100 Free S1-14	410	223	12yr 100 Free	224	410	100 Free S1-14	410
27	100 Free	28				27	100 Free	28
411	50 Fly S1-7	411	225	12yr 200 Back	226	411	50 Fly S1-7	411
29	50 Fly	30				29	50 Fly	30
31	200 Back	32	227	12yr 50 Fly	228	31	200 Back	32
109	(SH) Mixed 13-14 yr 4x50 Medley Relay	109	309	Mixed 11-12 yr 4x50 Medley Relay	309			
110	(SH) Mixed 15&Over 4x50 Medley Relay	110	310	Mixed 10 U 4x50 Medley Relay	310			
412	400 Free S6-13	412	229	12yr 400 Free	230			
33	400 Free							

WESTERN REGION STANDARDS

Revised – 04/27/2026

GIRLS: SCM								GIRLS	GIRLS: LCM							
10&U	11	12	13	14	15	16	17&O		17&O	16	15	14	13	12	11	10&U
37.97	34.52	32.85	31.19	30.88	30.47	30.16	29.87	50 Free	30.52	30.84	31.14	31.56	31.89	33.58	35.29	38.80
1:23.60	1:16.00	1:12.14	1:08.07	1:07.20	1:06.33	1:05.23	1:04.59	100 Free	1:06.02	1:06.69	1:07.82	1:08.70	1:09.59	1:13.74	1:17.69	1:25.41
3:00.97	2:44.52	2:38.55	2:28.41	2:26.93	2:25.46	2:23.74	2:22.30	200 Free	2:25.48	2:26.94	2:28.70	2:30.20	2:31.73	2:42.09	2:48.19	3:04.90
6:20.40	5:45.82	5:33.23	5:09.65	5:06.56	5:03.49	5:00.47	4:57.45	400 Free	5:04.09	5:07.17	5:10.26	5:13.39	5:16.56	5:40.67	5:53.54	6:28.68
	11:55.28	11:27.69	10:46.66	10:40.19	10:33.79	10:27.44	10:21.17	800 Free	10:35.03	10:41.45	10:47.92	10:54.48	11:01.09	11:43.03	12:11.23	
			20:54.21	20:41.66	20:29.25	20:16.95	20:04.79	1500 Free	20:31.68	20:44.11	20:56.68	21:09.38	21:20.20			
44.96	40.88	38.75	36.03	35.33	34.66	34.28	33.92	50 Back	34.61	34.96	35.35	36.04	36.74	39.52	41.69	45.86
1:35.70	1:27.00	1:23.62	1:17.63	1:16.85	1:15.72	1:14.18	1:13.33	100 Back	1:14.79	1:15.67	1:17.24	1:18.39	1:19.18	1:25.29	1:28.74	1:37.61
3:24.99	3:06.35	3:00.19	2:48.83	2:46.54	2:44.23	2:41.82	2:40.20	200 Back	2:43.41	2:45.06	2:47.52	2:49.87	2:52.21	3:03.80	3:10.08	3:29.09
50.82	46.20	43.42	39.45	39.05	38.67	38.27	37.90	50 Breast	38.65	39.04	39.44	39.83	40.24	44.29	47.12	51.84
1:49.95	1:39.96	1:35.06	1:27.22	1:26.35	1:25.49	1:24.63	1:23.80	100 Breast	1:25.47	1:26.33	1:27.20	1:28.08	1:28.97	1:36.97	1:41.96	1:52.16
	3:33.52	3:23.79	3:11.05	3:09.13	3:07.25	3:05.37	3:03.51	200 Breast	3:07.19	3:09.08	3:10.99	3:12.92	3:14.87	3:27.87	3:37.79	
42.18	38.35	35.90	33.21	32.87	32.20	31.88	31.49	50 Fly	32.12	32.52	32.85	33.53	33.87	36.62	39.12	43.03
1:36.34	1:27.58	1:22.49	1:15.21	1:14.46	1:13.21	1:12.31	1:11.50	100 Fly	1:12.93	1:13.76	1:14.67	1:15.94	1:16.71	1:24.14	1:29.33	1:38.26
	3:33.15	3:14.32	2:52.79	2:51.06	2:49.35	2:47.24	2:45.57	200 Fly	2:48.88	2:50.59	2:52.73	2:54.48	2:56.24	3:18.20	3:37.42	
3:25.94	3:07.22	3:00.47	2:48.98	2:46.74	2:45.07	2:42.51	2:40.88	200 Medley	2:44.10	2:45.76	2:48.37	2:50.07	2:52.36	3:04.07	3:10.96	3:30.06
	6:36.47	6:21.76	5:56.84	5:53.28	5:49.73	5:46.24	5:42.78	400 Medley	5:49.64	5:53.17	5:56.73	6:00.34	6:03.98	6:29.39	6:44.40	
BOYS: SCM								BOYS	BOYS: LCM							
10&U	11	12	13	14	15	16	17&O		17&O	16	15	14	13	12	11	10&U
38.04	34.58	31.67	29.66	28.46	27.71	27.15	26.87	50 Free	27.41	27.69	28.26	29.03	30.25	32.31	35.20	38.72
1:23.94	1:16.31	1:09.29	1:05.23	1:02.51	1:00.52	99.37	58.64	100 Free	59.82	1:00.56	1:01.73	1:03.77	1:06.54	1:10.68	1:17.84	1:25.62
3:05.25	2:48.41	2:32.70	2:23.37	2:18.50	2:14.09	2:11.45	2:09.67	200 Free	2:12.26	2:14.08	2:16.77	2:21.27	2:26.25	2:35.76	2:51.78	3:08.95
6:25.34	5:50.31	5:21.00	5:03.60	4:54.57	4:46.24	4:41.14	4:35.72	400 Free	4:41.23	4:46.76	4:51.96	5:00.47	5:09.71	5:27.43	5:57.31	6:33.04
	12:03.86	11:05.58	10:30.60	10:08.30	9:54.53	9:48.48	9:42.59	800 Free	9:54.24	10:00.25	10:06.42	10:20.47	10:43.21	11:18.89	12:18.85	
			20:15.14	19:41.19	19:17.71	18:49.85	18:38.55	1500 Free	19:00.92	19:12.45	19:40.86	20:04.82	20:39.44			
45.68	41.53	37.64	34.67	33.01	31.81	31.16	30.58	50 Back	31.20	31.79	32.45	33.67	35.37	38.39	42.35	46.59
1:37.57	1:28.70	1:21.35	1:14.77	1:11.46	1:09.18	1:07.40	1:06.73	100 Back	1:08.06	1:08.75	1:10.57	1:12.89	1:16.26	1:22.97	1:30.48	1:39.52
3:26.61	3:07.83	2:56.47	2:41.43	2:37.58	2:32.01	2:29.56	2:28.06	200 Back	2:31.02	2:32.55	2:35.05	2:40.72	2:44.66	3:00.00	3:11.59	3:30.75
50.46	45.87	42.65	37.93	36.61	35.37	34.25	33.62	50 Breast	34.29	34.94	36.07	37.35	38.69	43.51	46.78	51.46
1:50.51	1:40.46	1:32.03	1:24.39	1:21.08	1:17.58	1:16.38	1:15.45	100 Breast	1:16.96	1:17.91	1:19.13	1:22.70	1:26.08	1:33.86	1:42.48	1:52.72
	3:36.11	3:19.18	3:02.35	2:58.56	2:50.65	2:48.72	2:47.04	200 Breast	2:50.38	2:52.10	2:54.06	3:02.14	3:06.00	3:23.16	3:40.43	
42.59	38.72	34.74	32.04	30.97	29.52	29.14	28.66	50 Fly	29.23	29.72	30.12	31.58	32.68	35.43	39.49	43.44
1:38.10	1:29.18	1:19.17	1:11.84	1:09.75	1:06.79	1:04.86	1:04.08	100 Fly	1:05.36	1:06.15	1:08.12	1:11.15	1:13.28	1:20.75	1:30.96	1:40.06
	3:23.30	3:08.12	2:45.67	2:41.81	2:35.40	2:28.65	2:26.59	200 Fly	2:29.52	2:31.62	2:38.51	2:45.04	2:48.98	3:11.88	3:27.37	
3:29.39	3:10.36	2:52.89	2:40.89	2:36.43	2:32.16	2:28.29	2:25.53	200 Medley	2:28.45	2:31.80	2:35.21	2:39.56	2:44.11	2:56.34	3:14.16	3:33.58
	6:32.44	6:09.01	5:41.83	5:32.92	5:23.68	5:19.08	5:14.52	400 Medley	5:20.82	5:25.46	5:30.15	5:39.57	5:48.66	6:16.39	6:40.29	