



**PVS 2026 Long Course
Open Championships
July 9-12, 2026
Sanction # PVS-26-121**

Hosted for PVS by:



MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE OFFICIAL	ENTRY CHAIR
Evan Stiles estile@arlingtonva.us	Jessica Moore jessica@moofam.net Officials Sign up	Ellen Colket eacolket@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-26-121 In granting this sanction, it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland Eppley Recreation Center and Arlington Aquatic Club 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.
FACILITY	<p style="text-align: center;">University of Maryland College Park Campus Eppley Recreation Center College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"> The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There is one, eight (8) lane 50m competition course running from wall to bulkhead. The competition pool is 8' deep at the start end and 14' deep at the turn end. Continuous warm-up/cool-down will be available in a separate 25-yard pool. The meet host will ensure the required course dimensions.
PARKING	<ul style="list-style-type: none"> Parking information will be posted on the Potomac Valley Swimming website.
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, June 30, 2026, 12:00pm</p> <ul style="list-style-type: none"> 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. Late entries will be accepted for a fee of \$150 per club plus two times the event entry fee. The deadline for late entries is Monday, July 6, 2026, at NOON.

SCHEDULE			Warm Ups	Events
	Thursday, July 9th			
	Senior Prelims	7:00-8:20am	8:30am	
	Junior Prelims	12:00-12:50pm	1:00pm	
	Finals	5:00-6:00pm	6:10pm	
	Friday, July 10th			
	Senior Prelims	7:00-8:20am	8:30am	
	Junior Prelims	12:00-12:50pm	1:00pm	
	Finals	5:00-6:00pm	6:10pm	
	Saturday, July 11th			
	Senior Prelims	7:00-8:20am	8:30am	
	Junior Prelims	12:00-12:50pm	1:00pm	
	Finals	4:00-5:00pm	5:10pm	
	Sunday, July 12th			
	Senior Prelims	7:00-8:20am	8:30am	
	Junior Prelims	12:00-12:50pm	1:00pm	
	Finals	4:00-5:00pm	5:10pm	
	<ul style="list-style-type: none"> • There will be a coaches' meeting on Thursday at 7:30 am in hospitality. • The Meet Director, in coordination with the Senior Chair, reserves the right to adjust times/sessions after entries are received. 			
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes and invited USA Swimming Teams • Non-PVS Clubs interested in participating should request an invitation from the PVS Senior Chair, Aaron Dean, seniorchair@pvs swim.org • Swimmers shall compete at the age attained on the first day of the meet. • 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. • Swimmers must have equaled or bettered the applicable Qualifying Time listed or met the bonus qualifying criteria. Qualifying times must have been achieved on or after July 4, 2024. Qualifying times must have been achieved in a USA-swimming sanctioned, observed, or approved meet. • A swimmer may not enter an event they are participating in at the PVS 2026 14 & Under LC Championships 			
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> • PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition. NECESSARY ACCOMMODATIONS FORM 			
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director, Meet Referee and Senior 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. 			
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used. 			
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming registration is permitted. 			

	<ul style="list-style-type: none"> • 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. In compliance with PVS policy, the use of equipment capable of taking pictures and/or videos of athletes while they are on the blocks or exiting the pool (e.g. cell phones, cameras, etc.) is strictly prohibited. Credentialed and Meet Host, pre-approved media personnel are permitted to take pictures and/or videos of athletes after they have entered the pool and before exiting the pool. • Deck changes are prohibited. • Dive-over starts will be used during the preliminary sessions. • 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. • 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. 										
EVENT RULES	<ul style="list-style-type: none"> • A swimmer may compete in a maximum of seven (7) individual events for the meet, and no more than three (3) individual events per day, including Time Trials and Bonus Events. Daily limits apply to both Senior and Junior portions of the meet. • A club may enter up to two (2) relay teams per relay event. All relay events are timed finals. Relays will not be scored. • Athletes 14 & under may not swim in the same event in the PVS LC Open Championships that they plan to swim at the LC Age Group PVS Championships. • All individual events are prelims and finals, except the 800 m and 1500 m Freestyle which are timed finals. • Athletes entered in the competition may enter the 50m Butterfly, 50m Backstroke, and/or 50m Breaststroke with their 50m/50yd qualifying time. If they do not have a qualifying 50 time, they may enter with a non-conforming 100M time and be seeded after the conforming times. • Swimmers in the 800m and 1500m Freestyle are responsible for providing their own timer, except for those swimming in the Final session on Thursday and Sunday. Swimmers in the 400m, 800m and 1500m Freestyle are responsible for providing their own counter (if desired). • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Entry Chair 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. • NT entries will not be accepted. • No deck entries will be accepted. • Distance Entries: Swimmers may determine during check-in if they prefer to swim the 800 free and/or the 1500 free in the prelim session or finals session (if they qualified for finals). 										
SEEDING and POSITIVE CHECK IN	<ul style="list-style-type: none"> • Long Course Meter seed times are conforming for this meet. Short Course Yard entry times will be seeded after Long Course entry times. • The positive check-in policy will be enforced for the following Individual Events/Relays and must check in by given deadlines to be SEEDED INTO THE EVENT. <p>Positive Check-In Deadlines</p> <table border="1" data-bbox="324 1738 1546 1961"> <thead> <tr> <th>Events</th> <th>Check In Deadline</th> </tr> </thead> <tbody> <tr> <td>#11 & #12 800 Free</td> <td>Thursday, July 9th 8:00am</td> </tr> <tr> <td>#111 & #112 800 Free</td> <td>Thursday, July 9th at 12:30PM</td> </tr> <tr> <td>#19, #20, # 119, #120 400 IM</td> <td>Thursday, July 9th at 6:40PM</td> </tr> <tr> <td>#21, #22 400 Free Relay</td> <td></td> </tr> </tbody> </table>	Events	Check In Deadline	#11 & #12 800 Free	Thursday, July 9 th 8:00am	#111 & #112 800 Free	Thursday, July 9 th at 12:30PM	#19, #20, # 119, #120 400 IM	Thursday, July 9 th at 6:40PM	#21, #22 400 Free Relay	
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	#31, #32, #131, & #132 400 Free	Friday, July 10 th at 6:40PM									
	#33, #34 800 Free Relay										
	#43, #44, #143, #144 1500 Free	Saturday, July 11 th at 6:40PM									
	#41, #43 400 Medley Relay										
	<p>Prelims Scratch Procedures</p> <table border="0"> <thead> <tr> <th data-bbox="329 457 412 485">Events</th> <th data-bbox="602 457 808 485">Scratch Deadline</th> <th data-bbox="1141 457 1240 485">Method</th> </tr> </thead> <tbody> <tr> <td data-bbox="329 516 440 543">Thursday</td> <td data-bbox="602 516 854 543">Wednesday, 6:40 PM</td> <td data-bbox="1141 499 1544 564">Email Administrative Official Ellen Colket (eacolket@gmail.com)</td> </tr> <tr> <td data-bbox="329 579 548 644">Friday, Saturday & Sunday</td> <td data-bbox="602 579 1094 644">Prior to the positive check-in deadline for that day's events</td> <td data-bbox="1141 579 1511 644">At the Resolution Desk/Scratch Table</td> </tr> </tbody> </table> <p>Note: There is no penalty for failure to compete in events that do not require positive check-in.</p> <ul style="list-style-type: none"> Swimmers who have positively checked in for an event, have been seeded, and fail to swim the event will be barred from their next scheduled event - individual or relay, unless excused by the Meet Referee. The preliminaries of the 400m Freestyle and the 400m IM will be seeded as follows: If there are seven or more heats, the four fastest heats of women (slow to fast) will be followed by the four fastest heats of men (slow to fast). The remaining heats will be swum fast to slow, alternating women and men after the relay events. If there are six or fewer heats, the events will be swum all women (slow to fast), followed by all men (slow to fast). 		Events	Scratch Deadline	Method	Thursday	Wednesday, 6:40 PM	Email Administrative Official Ellen Colket (eacolket@gmail.com)	Friday, Saturday & Sunday	Prior to the positive check-in deadline for that day's events	At the Resolution Desk/Scratch Table
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WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> National Championship scratch rules (USA Swimming Rules and Regulations, Rule 207.11.6) apply for swimmers scratching from finals. If you do not wish to swim in the Final, you must “Scratch” from the event by following this procedure: <ul style="list-style-type: none"> You must complete and initial the Declaration of Scratch from Finals or Intent to Scratch from Finals form for the event within 30 minutes of the announcement of qualifiers for “A”, “B”, “C” finals, if scheduled. If you declare an “intention to scratch” and do not wish to swim finals, you must confirm your scratch on the “Declaration of Scratch from Finals” or “Intent to Scratch from Finals” form for the event within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into Finals for that event. If a swimmer 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. 										
ORDER OF SWIMS	<ul style="list-style-type: none"> There will be three heats swum in finals for all individual events in Senior and Junior Champs except the 400 IM and 400 free, which will have two heats of each. The 800m and 1500m events are timed finals with the fastest heat swimming in the final session. Heats at finals will be swum in the following order: “C”, “B” and “A”. There will be two heats swum in finals for all individual events in Junior Champs except the 800m and 1500m events. Heats at finals will be swum in the following order: “B” and “A”. Finals heat order will be the Junior Champ heats followed by the Senior Champ heats for the same event. Junior Champs 800m & 1500m freestyle <ul style="list-style-type: none"> Junior Champs 800 and 1500 m freestyle will be swum fastest to slowest at the end of the prelim session alternating women and men’s heats. 										

	<ul style="list-style-type: none"> • Senior Champs 800m & 1500m freestyle <ul style="list-style-type: none"> ○ Heats of 800 m and 1500 m freestyle will be swum fastest to slowest, alternating women and men. The fastest seeded heat for each gender will be swum at Finals as the first event of the session. ○ Athletes may elect to swim the distance events during the prelim session. They must make this designation when they positively check-in for the event. • 400 free, 400 medley and 800 free relays may choose to swim in either prelims or finals. • 200 free and 200 medley relays will swim in preliminary sessions. • Relays are only offered in the Senior portion of the meet.
BONUS EVENTS	<ul style="list-style-type: none"> • Any athlete who qualifies for one (1) or more individual events will be permitted to enter and swim in up to a total of two (2) bonus events during the meet for which they are not required to meet the entry criteria, with the following exceptions: <ul style="list-style-type: none"> ○ Swimmers cannot bonus an event in the Junior session if they exceed the Qualifying time for the Senior session event. ○ Swimmers may only enter the 400m Individual Medley as a bonus event if they have achieved a qualifying time in any one of the following events: 400m Freestyle, 200m Individual Medley, 800m Freestyle, or the 1500m Freestyle in the corresponding senior or junior meet in which they plan to swim the bonus event. ○ Swimmers may only enter the 400m Freestyle as bonus events if they have achieved a qualifying time in any one of the following events: 800m Freestyle, or the 1500m Freestyle in the corresponding senior or junior meet in which they plan to swim the bonus event. ○ Swimmers may only bonus the 800m Freestyle or the 1500m Freestyle if they meet the entry criteria for one of these events in the corresponding senior or junior meet in which they plan to swim the bonus event. • Bonus events are included in the event-entry limits. Swimmers are not permitted to exceed the max 7 entries allowed for the meet, inclusive of Time Trials and Bonus Events. • All BONUS events MUST be designated as bonus entries in the entry file
TIME TRIALS	<ul style="list-style-type: none"> • Time trials may be held following the completion of finals' sessions on Thursday, Friday, Saturday, and Sunday, if time permits. • An athlete must compete in at least one individual event in the PVS LC Open Championships in order to participate in time trials. • Eligible athletes may enter one (1) time trial per session, not to exceed a total of two (2) time trials for the meet. Time Trials are included in the allowable max swims per day which is limited to three (3) individual events per day. • The time trial fee is \$15/attempt. Teams will be billed by PVS after the meet for time trial entries. • The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 800m and 1500m freestyle will only be offered on Thursday. Time Trial events may be combined for efficiency.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • Warm-Ups will include general warm-up, sprint, and pace lanes, with final lane assignments and timing determined by the Meet Director. • 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 may be closed for the remainder of the session.

SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. Meet Marshals will be used to patrol the facility and ensure compliance with safety and MAAPP protocols. No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> 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.
SCORING	<ul style="list-style-type: none"> Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays: No score for relays will be kept Team scoring will be divided into divisions for small, medium, large and mega-large teams. The teams in each division will be determined before the meet.
AWARDS	<ul style="list-style-type: none"> Awards will be given to the top three individual finishers at finals. No awards for relays.
PROGRAMS	<ul style="list-style-type: none"> The meet program and results will be available on Meet Mobile. The programs will be posted to the PVS Website
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> Spectators are not permitted on the competition pool deck. Spectator seating will be available on a first-come, first serve basis, provided that all REQUIRED volunteer positions are filled to run the meet. Spectator entry fees are as follows: <ul style="list-style-type: none"> All session pass: \$20.00 – includes entry for all preliminary and finals sessions Individual session pass: \$5.00 All siblings are FREE Distance Events: There will be no spectator admission fee charged for families attending solely to watch athletes competing in the distance events. As swimmers in these events are required to provide their own timer (and counter, where applicable), parents serving as timers will be admitted free of charge.
CREDENTIALS	<ul style="list-style-type: none"> 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.
PUBLICATION OF RESULTS	<ul style="list-style-type: none"> 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.
OFFICIALS	<ul style="list-style-type: none"> This meet will be an Officials Qualifying Meet (OQM), under the USA Swimming National Certification program. You can review information about the National Certification Program on the USA Swimming Website. Officials wishing to volunteer should submit an Application to Officiate; any official interested in being evaluated must submit an Application to Officiate no later than July 4, 2026, noting the request for evaluation. Interested officials may also contact the Meet Referee, Jessica Moore at jessica@moofam.net. Walk-ons who are registered and certified officials are welcome. Each participating club is requested to provide at least one table worker or official per session if the club has 25 or more entries.
TIMERS	<ul style="list-style-type: none"> Two timers per lane will be used. Each club will be required to provide timers and volunteers in proportion to the number of 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 and volunteer requirements by email. Volunteers that help with one session of the meet will be provided with one free spectator pass for one session. Volunteers that help with at least three sessions will receive an all-access pass for the entire meet. Positions for timers and marshals are available. <ul style="list-style-type: none"> Volunteer Sign up will be posted to the PVS Webpage

ENTRY PROCEDURES	<ul style="list-style-type: none"> ● Entries should be submitted by email to the Entry Coordinator, Karyn McCannon, kmccannon@nationscapitalswimming.com ● Include in the subject of the email, "2026 PVS LC Open Champs - ***" with the club's initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email. ● Include in entry email: entry file, report of entries by name, and report of entries by event. ● In the body of your email, provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact), and the coach's cell phone number that they will answer between prelims and finals, in case a swimmer scratches into finals and needs to be notified. ● Entries directly from individual team members will not be accepted, by phone or fax will not be accepted. ● Bonus events must be designated as bonus events prior to submitting entry files. Events not submitted as bonus events and not meeting the time standard will be scratched with no notice. ● Proof for times annotated as unproven (*) must be provided to the Administrative Referee prior to the scratch deadline, or the swimmer will be scratched from that event. ● The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgment is not received in a timely manner, please contact the Meet Director. ● Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. ● Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> ○ Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions. ● 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 by PVS, and no further entries will be accepted from that club until the said fine is paid. ● All Relay-only swimmers must be included in the meet entry file to participate in the meet. ● LATE relay only swimmers must provide proof of USA ID, affiliation to team, must pay swimmer surcharge (if not entered into meet). All of the following must be provided 45 minutes prior to the meet session beginning. ● 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. 								
ENTRY FEES	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 35%; text-align: right;">Per Swimmer Surcharge:</td> <td style="width: 15%; text-align: right;">\$10.00</td> <td style="width: 35%; text-align: right;">Individual event fee:</td> <td style="width: 15%; text-align: right;">\$12.50</td> </tr> <tr> <td style="text-align: right;">Time Trial Fee (per attempt)</td> <td style="text-align: right;">\$15.00</td> <td style="text-align: right;">Relay entry fee:</td> <td style="text-align: right;">\$20.00</td> </tr> </table> <ul style="list-style-type: none"> ● 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 payment. 	Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$12.50	Time Trial Fee (per attempt)	\$15.00	Relay entry fee:	\$20.00
Per Swimmer Surcharge:	\$10.00	Individual event fee:	\$12.50						
Time Trial Fee (per attempt)	\$15.00	Relay entry fee:	\$20.00						

Thursday, July 9, 2026
Senior Session Prelim Events
Prelims - 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 #
1	1:48.89	1:59.99	200m Freestyle Relay	1:36.99	1:50.99	2
3	2:12.69	2:32.59	200m Individual Medley	2:01.29	2:19.09	4
5	54.09	1:01.89	100m Freestyle	48.99	56.29	6
7	1:09.59	1:20.99	100m Breaststroke	1:01.89	1:11.69	8
9	27.79	31.39	50m Butterfly	25.49	29.29	10
11	10:50.99	9:37.79	800m Freestyle	10:04.99	9:02.59	12

800m Freestyle events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired). Swimmers may select an AM swim. The fastest heat of women's and men's 800 M Freestyle who do not opt for an AM swim at check-in will swim at the beginning of finals.

200m Freestyle Relay: Events are timed finals and will be swum only during preliminaries

Thursday, July 9, 2026
Junior Session Prelim Events
Prelims - Warm up: 12:00 pm-12:50pm, Events 1:00 pm

Women's Event #	NST SCY*	NST LCM*	Event	NST SCY*	NST LCM*	Men's Event #
103	2:17.99	2:41.89	200m Individual Medley	2:04.99	2:28.99	104
105	55.99	1:05.59	100m Freestyle	50.59	59.99	106
107	1:13.49	1:27.69	100m Breaststroke	1:05.09	1:17.99	108
109	29.29	34.29	50m Butterfly	26.99	31.89	110
111	11:15.09	10:21.99	800m Freestyle	10:20.09	9:40.99	112

800m Freestyle events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired).

* Junior Champ No Faster Than (NFT) times are equal to the Senior Champ Qualifying Time

Thursday, July 9, 2026
FINALS
Finals - Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	Event	Men's Event #
11	800m Freestyle	12
103	200m Individual Medley	104
3	200m Individual Medley	4
105	100m Freestyle	106
5	100m Freestyle	6
107	100m Breaststroke	108
7	100m Breaststroke	8
109	50m Butterfly	110
9	50m Butterfly	10

Finals heat order will be Junior Champ heats followed by the Senior Champ heats for the same event

Friday, July 10, 2026
Senior Session Prelim Events
Prelims - 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 #
13	29.39	33.49	50m Backstroke	26.19	31.09	14
15	1:56.99	2:13.29	200m Freestyle	1:46.99	2:03.19	16
17	59.99	1:08.19	100m Butterfly	54.29	1:01.19	18
19	4:42.39	5:26.49	400m Individual Medley	4:19.09	4:59.99	20
10 Minute break						
21	3:50.99	4:10.09	400 Freestyle Relay	3:31.99	3:50.99	22
400m Freestyle Relay: Events are timed finals and be swum slowest to fastest during prelims. The fastest two heats of Women's and Men's 400 Free Relay who do not opt for a morning swim, will swim at finals.						
Relay break will be 10 minutes and the competition pool will be open for warm ups.						

Friday, July 10, 2026
Junior Session Prelim Events
Prelims - Warm up: 12:00 pm-12:50 pm, Events 1:00 pm

Women's Event #	NST SCY*	NST LCM*	Event	NST SCY*	NST LCM*	Men's Event #
113	30.89	36.49	50m Backstroke	27.69	33.89	114
115	2:02.09	2:22.39	200m Freestyle	1:51.09	2:09.29	116
117	1:03.59	1:14.19	100m Butterfly	56.99	1:06.49	118
119	4:50.59	5:48.49	400m Individual Medley	4:30.29	5:24.59	120

* Junior Champ No Faster Than (NFT) times are equal to the Senior Champ Qualifying Time

Friday, July 10, 2026
FINALS
Finals - Warm up: 5:00-6:00 pm, Events 6:10 pm

Women's Event #	Event	Men's Event #
113	50m Backstroke	114
13	50m Backstroke	14
115	200m Freestyle	116
15	200m Freestyle	16
117	100m Butterfly	118
17	100m Butterfly	18
119	400m Individual Medley	120
19	400m Individual Medley	20
10 Minute break		
21	400 Freestyle Relay	22

Finals heat order will be Junior Champ heats followed by the Senior Champ heats for the same event

Saturday, July 11, 2026
Senior Session Prelim Events
Prelims - 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 #
23	400m MR QT		200m Medley Relay	400m MR QT		24
25	2:14.59	2:33.49	200m Butterfly	2:02.69	2:18.29	26
27	1:00.09	1:09.39	100m Backstroke	54.89	1:03.79	28
29	32.99	37.59	50m Breaststroke	29.59	34.59	30
31	5:12.79	4:41.99	400 m Freestyle	4:49.39	4:20.19	32
10 Minute break						
33	8:20.99	9:00.09	800m Freestyle Relay	7:30.99	8:30.09	34
800m Freestyle Relay: Events are timed finals. Heats will be swum slowest to fastest alternating women and men in the preliminary session. The fastest heat of women's and men's 800 freestyle relays who do not opt for an AM swim will swim at finals.						
200 m Medley Relay: Events are timed finals and will be swum only during preliminaries.						
Relay break will be 10 minutes and the competition pool will be open for warm ups.						

Saturday, July 11, 2026
Junior Session Prelim Events
Prelims - Warm up: 12:00 pm-12:50 pm, Events 1:00 pm

Women's Event #	NST SCY*	NFT LCM*	Event	NFT SCY*	NST LCM*	Men's Event #
125	2:25.99	2:54.49	200m Butterfly	2:11.09	2:38.99	126
127	1:03.99	1:15.29	100m Backstroke	57.29	1:09.99	128
129	34.49	40.99	50m Breaststroke	31.09	37.69	130
131	5:22.99	4:56.49	400 m Freestyle	4:59.09	4:35.49	132

* Junior Champ No Faster Than (NFT) times are equal to the Senior Champ Qualifying Time

Saturday, July 11, 2026
FINALS
Finals - Warm up: 4:00-5:00 pm, Events 5:10 pm

Women's Event #	Event	Men's Event #
125	200m Butterfly	126
25	200m Butterfly	26
127	100m Backstroke	128
27	100m Backstroke	28
129	50m Breaststroke	139
29	50m Breaststroke	30
131	400 m Freestyle	132
31	400 m Freestyle	32
10 Minute break		
33	800m Freestyle Relay	34

Finals heat order will be Junior Champ heats followed by the Senior Champ heats for the same event

Sunday, July 12, 2026
Senior Session Prelim Events
Prelims - 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 #
35	2:11.29	2:29.79	200m Backstroke	2:00.79	2:16.79	36
37	25.09	28.59	50m Freestyle	22.49	25.99	38
39	2:30.59	2:50.09	200m Breaststroke	2:16.59	2:34.99	40
10 Minute break						
41	4:20.99	4:50.09	400m Medley Relay	3:55.99	4:20.99	42
43	17:49.99	18:26.59	1500m Freestyle	16:55.99	17:25.99	44
<p>400m Medley Relay: Events are timed finals and will be swum slowest to fastest during preliminaries. The fastest two heats of women's and men's 400 medley relay who do not opt for an AM swim will swim at finals.</p> <p>1500m Freestyle events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired). Swimmers may elect an AM swim at the time of positive check-in. The fastest heat of women's and men's 1500 M Freestyle who do not opt for an AM swim at check-in will swim at the beginning of finals.</p>						
Relay break will be 10 minutes and the competition pool will be open for warm ups.						

Sunday, July 12, 2026
Junior Session Prelim Events
Prelims - Warm up: 12:00 pm-12:50 pm, Events 1:00 pm

Women's Event #	NST SCY*	NST LCM*	Event	NST SCY*	NST LCM*	Men's Event #
135	2:15.99	2:41.19	200m Backstroke	2:07.99	2:30.69	136
137	25.89	30.49	50m Freestyle	22.99	27.39	138
139	2:37.99	3:07.19	200m Breaststroke	2:24.09	2:48.39	140
143	18:50.09	20:20.49	1500m Freestyle	17:29.19	18:59.99	144
<p>1500m Freestyle events are timed finals. Heats will be swum fastest to slowest alternating women and men in the preliminary sessions. Swimmers must provide their own timer and counter (if desired). All swimmers will swim during the Prelim session.</p>						

* Junior Champ No Faster Than (NFT) times are equal to the Senior Champ Qualifying Time

Sunday, July 12, 2026
FINALS
Finals - Warm up: 4:00-5:00 pm, Events 5:10 pm

Women's Event #	Event	Men's Event #
43	1500m Freestyle	44
135	200m Backstroke	136
35	200m Backstroke	36
137	50m Freestyle	138
37	50m Freestyle	38
139	200m Breaststroke	140
39	200m Breaststroke	40
10 Minute break		
41	400m Medley Relay	42

Finals heat order will be Junior Champ heats followed by the Senior Champ heats for the same event, except for the 1500M Freestyle which will only be for the Senior Level in finals.