



# PVS 2026 Long Course Age Group Championships

July 16-17 & 19-20, 2026

Sanction # PVS-26-123

Hosted for PVS by:



<b>MEET DIRECTOR</b> <b>Henry Tollefson</b> <a href="mailto:henry@tollefsonswimming.com">henry@tollefsonswimming.com</a>	<b>MEET REFEREE</b> <b>Matt James</b> <a href="mailto:mrjswimhome@gmail.com">mrjswimhome@gmail.com</a> <a href="#">Officials Sign Up</a>	<b>ADMINISTRATIVE REFEREE</b> <b>John Avelis</b> <a href="mailto:Javelis3+pvs@gmail.com">Javelis3+pvs@gmail.com</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-26-123</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland Eppley Recreation Center and Tollefson Swim Team shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> </ul>												
<b>FACILITY</b>	<p style="text-align: center;"><b>University of Maryland College Park Campus</b>  <b>Eppley Recreation Center</b>          College Park, MD 20740          (301) 226-4400</p> <ul style="list-style-type: none"> <li>The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There is one, eight (8) lane 50m competition course running from wall to bulkhead.</li> <li>The competition pool is 8' deep at the start end and 14' deep at the turn end.</li> <li>Continuous warm-up/cool-down will be available in a separate 25 yard pool.</li> <li>The meet host will ensure the required course dimensions.</li> </ul>												
<b>PARKING</b>	<ul style="list-style-type: none"> <li>Parking information will be posted on the <a href="#">Potomac Valley Swimming website</a>.</li> </ul>												
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Wednesday, July 8th, 8:00pm</b></p> <ul style="list-style-type: none"> <li><b>IMPORTANT:</b> The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</li> <li>Late entries will be accepted for a fee of \$150 per club plus two times the event entry fee. Deadline for late entries is Monday, July 13, 2026, at NOON.</li> </ul>												
<b>SCHEDULE</b>	<p style="text-align: center;"><b>Thursday July 16, Friday July 17, Sunday July 19 &amp; Monday July 20</b></p> <table style="margin-left: auto; margin-right: auto; border: none;"> <tr> <td colspan="3" style="text-align: center;"><b>Warm Up</b></td> </tr> <tr> <td style="text-align: center;"><b>13-14 Prelim Session</b></td> <td style="text-align: center;">7:00 – 8:00am</td> <td style="text-align: center;"><b>Events</b> 8:10am</td> </tr> <tr> <td style="text-align: center;"><b>12 &amp; U Prelim Session</b></td> <td style="text-align: center;">11:20am - 12:20pm</td> <td style="text-align: center;">12:30pm</td> </tr> <tr> <td style="text-align: center;"><b>FINALS</b></td> <td style="text-align: center;">4:30 - 5:20pm</td> <td style="text-align: center;">5:30pm</td> </tr> </table> <p>The Meet Director, in coordination with the PVS Age Group chair, reserves the right to adjust times/sessions after entries are received.</p>	<b>Warm Up</b>			<b>13-14 Prelim Session</b>	7:00 – 8:00am	<b>Events</b> 8:10am	<b>12 &amp; U Prelim Session</b>	11:20am - 12:20pm	12:30pm	<b>FINALS</b>	4:30 - 5:20pm	5:30pm
<b>Warm Up</b>													
<b>13-14 Prelim Session</b>	7:00 – 8:00am	<b>Events</b> 8:10am											
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<b>FINALS</b>	4:30 - 5:20pm	5:30pm											
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes.</li> </ul>												

	<ul style="list-style-type: none"> <li>No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</li> <li>Swimmers may only participate in their own age group, based upon their age on the first day of the meet.</li> <li>Swimmers must have equaled or bettered the applicable qualifying time listed.</li> </ul>
<b>SWIMMERS WITH A DISABILITY</b>	<ul style="list-style-type: none"> <li>PVS and host clubs along with their Meet Directors are committed to the <a href="#">INCLUSION POLICY</a> as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance 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. <a href="#">NECESSARY ACCOMMODATIONS FORM</a></li> </ul>
<b>INCLEMENT WEATHER</b>	<ul style="list-style-type: none"> <li>In the event of inclement weather, the Meet Director, Meet Referee and Age Group Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>In compliance with USA Swimming Rules and Regulations, 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.</li> <li>Deck changes are prohibited.</li> <li>Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</li> <li>Dive-over starts will be used during the preliminary sessions and timed finals sessions.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li><b>A swimmer may enter and compete in a maximum of six (6) individual events and no more than three (3) individual events per day.</b></li> <li><b>A club may enter up to three (3) relay teams per relay events, but only two (2) relay teams per club per event may score.</b></li> <li><b>LCM seed times are conforming for this meet and will be seeded before SCY seed times.</b></li> <li>Times achieved prior to July 3, 2024 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.</li> <li>Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event.</li> <li>Distance Entries: Any swimmer who qualifies for the 13-14 800M and /or 1500M freestyle events may enter at their fastest time or at the Qualifying Standard, if entered in two or</li> </ul>

	<p>more events on the day of the distance freestyle. If a swimmer qualifies for either the 13-14 800M or the 1500M Freestyle, they may also enter the other distance, as long as they do not exceed any entry maximums. Entries for the alternate distance should be entered with the alternate distance time or at the qualifying standard.</p> <ul style="list-style-type: none"> <li>● <b>All events 200M and less will be prelims and finals.</b> 10 &amp; Under individual events will have one heat in Finals. 11-12. 12 &amp; Under, and 13-14 individual events will have two heats in Finals, “B”, and “A”, swum in that order.</li> <li>● <b>All events 400M and longer will be timed finals.</b> <ul style="list-style-type: none"> <li>○ The 13-14 400 Freestyle and 400 IM, the fastest two heats (16) will be swum at finals.</li> <li>○ The 13-14 800 Freestyle and 1500 Freestyle, the fastest heat (8) will be swum at finals</li> <li>○ The 10 &amp; U and 11-12 400 Freestyle, the fastest heat (8) will be swum during finals.</li> <li>○ The 12 &amp; U 400 IM, 800 Freestyle and 1500 freestyle will only be swum during prelims, as timed finals.</li> </ul> </li> <li>● 12 &amp; Under 400 IM, 800 Free, 1500 Free will be swum combined age and gender, but scored separately. They will swim fastest to slowest.</li> <li>● Swimmers in the following events at PRELIMS will need to provide their own timer: 13-14 1500 Freestyle, 13-14 800 Freestyle, 12&amp;U 1500 Freestyle, 12&amp;U 800 Freestyle, 10&amp;U 400 Freestyle, and 11-12 400 Freestyle. Swimmers in these events are responsible for providing their own counter if desired.</li> <li>● 13-14 800 m and 1500 m Freestyle events will be swum fastest to slowest, alternating women and men.</li> <li>● 11-12 Swimmers in the 100 FR and 800 FR back to back can be moved to a later heat if there is space.</li> <li>● All 200M, 400M and 800M relays are timed finals and will be swum in the preliminary sessions. All relays will swum slow to fast.</li> <li>● NT entries will not be accepted.</li> <li>● No deck entries will be accepted.</li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>● PVS scratch rules apply for swimmers scratching from finals.</li> <li>● If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> <li>○ 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” finals, if scheduled.</li> <li>○ 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 the event.</li> </ul> </li> <li>● If a swimmer initially announced as a qualifier fails to properly scratch from an event and does not appear for the “Final” event, they “shall be barred from further competition for the remainder of the meet.”</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>● Positive check-in is required for all individual events 400M and longer and the 800M Free Relay. Positive check-in for these events will close 90 minutes prior to the start of the event. Swimmers who do not check in will not be seeded into those events. Athletes who have checked in, have been seeded, and fail to compete will be barred from their next scheduled individual event unless excused by the Meet Referee prior to the start of the event.</li> <li>● If the size of the PVS 14 &amp; Under Championships warrants, positive check-in for individual events 200 meters and shorter may be announced.</li> </ul>

<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>There are no time trials.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>The prescribed PVS warm-up procedures and safety policies will be followed.</li> <li>The Meet Director will determine the structure of Warm-up times/lane assignments.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> <li>No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted, pending enough safe deck space is available.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</li> <li>Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</li> <li>Team Awards will be for the 1st, 2nd and 3rd Overall Team.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>For all age groups, medals will be awarded 1<sup>st</sup> through 8<sup>th</sup> place for individual events and 1<sup>st</sup> through 3<sup>rd</sup> place for relay events.</li> <li>High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 &amp; Under, 11-12 (including 12 &amp; Under events), 13-14.</li> <li>Relay events will not be used to determine high point awards.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be available on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them.</li> </ul>
<b>PUBLICATION OF RESULTS</b>	<ul style="list-style-type: none"> <li>By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) Website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking.</li> </ul>
<b>MEDICAL ASSISTANCE</b>	<ul style="list-style-type: none"> <li>Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials wishing to volunteer should complete the <a href="#">Officials Signup</a> by July 10, 2026. Interested officials may also contact the Meet Referee, Matt James at <a href="mailto:mrjswimhome@gmail.com">mrjswimhome@gmail.com</a></li> <li>Walk-on officials are welcome.</li> <li>Officials who have volunteered for this meet should check in at the recording table upon arrival. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials' briefing will precede each session during warm-ups.</li> <li>Each participating club is requested to provide at least one table worker or official (referee, starter or stroke &amp; turn judge) per session if entering 25 or more splashes.</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>Two timers per lane.</li> <li>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.</li> </ul>
<b>SPECTATORS</b>	<ul style="list-style-type: none"> <li>Spectators are not permitted on the competition pool deck. Spectator seating will be available on a <b>first-come, first-served basis</b>, provided that all required volunteer positions are filled to run the meet. <b>Spectator entry fees are as follows:</b> <ul style="list-style-type: none"> <li>All session pass: \$20.00 – includes entry for all preliminary and finals sessions</li> <li>Individual session pass: \$5.00</li> <li>All siblings are FREE</li> </ul> </li> </ul>

<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>● Entries should be submitted by email to the Meet Director, Henry Tollefson, <a href="mailto:henry@tollefsonswimming.com">henry@tollefsonswimming.com</a>.</li> <li>● Include in the subject of the email, "2026 PVS LC Age Group 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.</li> <li>● Include in entry email: entry file, report of entries by name, and report of entries by event.</li> <li>● 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.</li> <li>● Entries directly from individual team members will not be accepted.</li> <li>● Entries by phone or fax will not be accepted.</li> <li>● 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.</li> <li>● Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.</li> <li>● Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> <li>○ Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions.</li> </ul> </li> <li>● Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> <li>● All Relay-only swimmers must be included in the meet entry file to participate in the meet.</li> <li>● 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.</li> </ul>
<p><b>ENTRY FEES</b></p>	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00                      Relay event fee: \$20.00  Individual event fee:                      \$12.50</p> <ul style="list-style-type: none"> <li>● Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.</li> </ul>

# PVS 2026 Long Course Age Group Championships

July 16, 17 & 19, 20, 2026

Thursday, July 16, 2026

13-14 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
1		2:20.99	13-14 200 Freestyle Relay	2:20.99		2
13	1:04.59	1:14.19	13-14 100 Butterfly	1:10.29	1:00.69	14
17	2:37.99	3:07.19	13-14 200 Breaststroke	2:58.69	2:29.39	18
23	25.89	30.49	13-14 50 Freestyle	28.69	24.59	24
7	19:19.99	20:39.99	13-14 1500 Freestyle	19:46.09	18:19.99	8

Event Notes:

There will be a 2-minute break between relays and individual events and a 2-minute break before the 1500.

All Relays will be swum slow to fast and during prelims

13-14 1500 FR will need their own timers and counters. The fastest heat (8) of the 13-14 1500 FR will swim at finals.

Thursday, July 16, 2026

12 & Under Prelim Events

Warm up: 11:20am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
3		5:30.99	11-12 400 Medley Relay	5:30.99		4
5		3:10.99	10&U 200 Medley Relay	3:14.99		6
9	1:06.29	1:24.19	11-12 100 Butterfly	1:24.19	1:04.59	10
11	1:19.59	1:49.29	10&U 100 Butterfly	1:51.59	1:19.09	12
15	2:42.19	3:22.39	12&U 200 Breaststroke	3:26.39	2:38.49	16
19	27.09	32.79	11-12 50 Freestyle	32.19	26.19	20
21	30.39	37.79	10&U 50 Freestyle	37.59	29.99	22
25	19:44.39	21:49.99	12&U 1500 Freestyle	21:49.99	19:13.19	(26)

Event Notes:

There will be a 2-minute break between relays and individual events and the 2-minute break before the 1500.

All Relays will be swum slow to fast and during prelims

12 & Under 1500 Freestyle are timed finals during prelims and will be swum combined age and gender as event 25, but scored separately and swum fastest to slowest, Swimmers need to provide their own timer and counters.

Thursday, July 16, 2026

FINALS

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

Women's Event #	Event	Men's Event #
7	13-14 1500 Freestyle	8
9	11-12 100 Butterfly	10
11	10&U 100 Butterfly	12
13	13-14 100 Butterfly	14
15	12&U 200 Breaststroke	16
17	13-14 200 Breaststroke	18
19	11-12 50 Freestyle	20
21	10&U 50 Freestyle	22
23	13-14 50 Freestyle	24

# PVS 2026 Long Course Age Group Championships

July 16, 17 & 19, 20, 2026

Friday, July 17, 2026

13-14 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
27		2:49.99	13-14 200 Medley Relay	2:49.99		28
33	4:55.99	5:48.49	13-14 400 Individual Medley	5:28.79	4:39.99	34
41	2:02.09	2:22.39	13-14 200 Freestyle	2:14.99	1:54.99	42
47	#1:04.59	#1:14.19	13-14 50 Butterfly	#1:10.29	#1:00.69	48
53	1:04.99	1:15.29	13-14 100 Backstroke	1:12.69	1:02.19	54
55		10:00.99	13-14 800 Freestyle Relay	9:45.99		56

Event Notes:

There will be a 2-minute break between the relays and the individual events.

#Swimmers in 13-14 50M Butterfly must have the 100 LCM or 100 SCY Qualifying Time (Entered w/Best 100 Time)

The fastest two heats (16) of the 13-14 400 Individual Medley will swim at finals.

Friday, July 17, 2026

12 & Under Prelim Event

Warm up: 11:20am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
29		4:56.99	11-12 400 Freestyle Relay	4:54.99		30
31		2:46.99	10&U 200 Freestyle Relay	2:46.99		32
35	5:15.59	6:23.09	12&U 400 Individual Medley	6:18.09	5:06.49	(36)
37	2:29.29	3:00.99	10&U 200 Freestyle	3:00.99	2:24.09	38
39	2:08.19	2:35.79	11-12 200 Freestyle	2:33.49	2:04.89	40
43	34.59	44.09	10&U 50 Butterfly	44.99	33.89	44
45	29.69	36.49	11-12 50 Butterfly	36.19	29.09	46
49	1:15.59	1:37.69	10&U 100 Backstroke	1:36.99	1:16.09	50
51	1:07.29	1:22.89	11-12 100 Backstroke	1:22.89	1:05.59	52

Event Notes:

There will be a 2-minute break between the relays and the individual events.

12 & Under 400 IM will be swum combined age and gender, as event 35. but scored separately. They will swim fastest to slowest and only during prelims.

Friday, July 17, 2026

FINALS

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

Women's Event #	Event	Men's Event #
33	13-14 400 Individual Medley	34
37	10&U 200 Freestyle	38
39	11-12 200 Freestyle	40
41	13-14 200 Freestyle	42
43	10&U 50 Butterfly	44
45	11-12 50 Butterfly	46
47	13-14 50 Butterfly	48
49	10&U 100 Backstroke	50
51	11-12 100 Backstroke	52
53	13-14 100 Backstroke	54

# PVS 2026 Long Course Age Group Championships

July 16, 17 & 19, 20, 2026

Sunday, July 19, 2026

13-14 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
57		5:30.99	13-14 400 Medley Relay	5:30.99		58
63	2:15.99	2:41.19	13-14 200 Backstroke	2:33.99	2:09.99	64
69	2:17.99	2:41.89	13-14 200 Individual Medley	2:33.59	2:10.49	70
75	1:14.49	1:27.69	13-14 100 Breaststroke	1:22.19	1:09.79	76
81	5:24.79	5:01.69	13-14 400 Freestyle	4:42.09	5:09.69	82

Event Notes: There will be a 2-minute break between the relays and the individual events.  
13-14 400 Freestyle will be timed final events, the fastest two heats (16) will swim at finals.

Sunday, July 19, 2026

12 & Under Prelim Events

Warm up: 11:20am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
59		2:49.99	11-12 200 Medley Relay	2:49.99		60
61	2:22.99	2:57.99	12&U 200 Backstroke	2:57.99	2:20.19	62
65	2:46.09	3:30.29	10&U 200 Individual Medley	3:31.09	2:44.59	66
67	2:24.39	2:56.89	11-12 200 Individual Medley	2:54.39	2:21.79	68
71	1:27.89	1:51.59	10&U 100 Breaststroke	1:53.59	1:26.69	72
73	1:15.09	1:35.79	11-12 100 Breaststroke	1:35.69	1:13.29	74
77	6:29.99	6:36.09	10&U 400 Freestyle	6:36.09	6:22.79	78
79	5:38.49	5:26.79	11-12 400 Freestyle	5:26.69	5:34.29	80

Event Notes:

There will be a 2-minute break between the relays and the individual events.  
The 10 & U and 11-12 400M Freestyle will be timed finals, the fastest heat (8) will swim at finals.

Sunday, July 19, 2026

FINALS

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

Women's Event #	Event	Men's Event #
61	12&U 200 Backstroke	62
63	13-14 200 Backstroke	64
65	10&U 200 Individual Medley	66
67	11-12 200 Individual Medley	68
69	13-14 200 Individual Medley	70
71	10&U 100 Breaststroke	72
73	11-12 100 Breaststroke	74
75	13-14 100 Breaststroke	76
77	10&U 400 Freestyle	78
79	11-12 400 Freestyle	80
81	13-14 400 Freestyle	82

# PVS 2026 Long Course Age Group Championships

July 16, 17 & 19, 20, 2026

Monday, July 20, 2026

13-14 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
83		4:56.99	13-14 400 Freestyle Relay	4:54.99		84
91	2:25.99	2:54.49	13-14 200 Butterfly	2:44.89	2:15.99	92
97	#1:04.99	#1:15.29	13-14 50 Backstroke	#1:12.69	#1:02.19	98
103	#1:14.49	#1:27.69	13-14 50 Breaststroke	#1:22.19	#1:09.79	104
109	56.79	1:05.59	13-14 100 Freestyle	1:02.49	52.99	110
87	11:29.99	10:29.99	13-14 800 Freestyle	9:59.99	10:50.99	88

Event Notes: There will be a 2-minute break between the relays and the individual events and a 2 minute break before the 800.

#Swimmers in 13-14 50M BK and 50 BR must have the 100 LCM or 100 SCY Qualifying Time (Entered w/Best 100 Time)  
13-14 800 FR will need their own timers and counters. The fastest heat (8) of the 13-14 800 FR will swim at finals.

Monday, July 20, 2026

12 & Under Prelim Events

Warm up: 11:20am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
85		2:20.99	11-12 200 Freestyle Relay	2:20.99		86
89	2:25.39	3:10.49	12&U 200 Butterfly	3:08.49	2:22.39	90
93	35.39	44.79	10&U 50 Backstroke	45.29	35.69	94
95	31.09	39.19	11-12 50 Backstroke	38.99	30.49	96
99	40.09	51.79	10&U 50 Breaststroke	53.59	39.39	100
101	34.59	44.19	11-12 50 Breaststroke	44.69	33.79	102
105	1:07.69	1:24.99	10&U 100 Freestyle	1:23.99	1:07.09	106
107	57.79	1:10.59	11-12 100 Freestyle	1:10.89	57.39	108
111	11:49.29	11:14.89	12 & U 800 Freestyle	11:14.89	11:34.19	(112)

Event Notes: There will be a 2-minute break between the relays and the individual events and a 2 minute break before the 800.

12 & Under 800 Freestyle are timed finals during prelims and will be swum combined age and gender as event 111, but scored separately and swum fastest to slowest. Swimmers need to provide their own timer and counters.

Monday, July 20, 2026

FINALS

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

Women's Event #	Event	Men's Event #
87	13-14 800 Freestyle	88
89	12&U 200 Butterfly	90
91	13-14 200 Butterfly	92
93	10&U 50 Backstroke	94
95	11-12 50 Backstroke	96
97	13-14 50 Backstroke	98
99	10&U 50 Breaststroke	100
101	11-12 50 Breaststroke	102
103	13-14 50 Breaststroke	104
105	10&U 100 Freestyle	106
107	11-12 100 Freestyle	108
109	13-14 100 Freestyle	110

# **PVS 2026 Long Course Age Group Championships**

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