



Arizona Swimming 2026 Long Course Age Group State Championships

Hosted by

Swim Neptune and Surprise Storm July 23-26, 2026

Held under the sanction of USA Swimming

Sanctioned By: Arizona Swimming Inc.

Sanction # AZ26-77R3

Liability: Held under the sanction of USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Swim Neptune, Surprise Storm, the City of Surprise, and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

Hosted By: Swim Neptune and Surprise Storm

Meet Director: Joe Zemaitis (Joe@SwimNeptune.com)

Meet Referee: Ben Posniack (bposniack@cox.net)

Meet Location: Oasis Swim Center 12361 N. Perryville Rd.

Course: One 10 lane 50 meter pool with non-turbulent lane dividers, automatic Colorado Timing start and timing system. Continuous warm-up will be available throughout the meet in a separate 7 lane 25 yard pool.

Eligibility:

1. Open to any Arizona/USA Swimming registered athlete who is a member or unattached swimmer training with an Arizona LSC club.
2. **This is an AZSI State time standard meet.** Swimmers 14 & Under must have equaled or bettered the Arizona Age Group State Time Standard to enter an event. Times used in the meet entry must have been achieved in the 18 months prior to the first day of competition. Athletes may enter all 50 meter events as bonus with one State qualifying time.

Rules Governing Sanctioned Meets

1. Age on the first day of the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules.
3. All 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 ("MAAAP") and that they understand that compliance with MAAPP is a condition of participating in the conduct of this competition.
4. 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.
5. The competition course has not not been certified in accordance with 104.2.2C(4) as to pool length.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet at the start end and 7 feet at the turn end
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
11. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition.
13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition.
14. Meet Marshals shall wear their identifying attire, as provided by the club.
15. Swimmers with disabilities are welcome. The swimmer (or swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and the requested accommodation. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
16. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
17. The following medical supervision will be available to athletes participating in the meet: First Aid

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Meet Rules:

1. **Format:** This is a preliminary-final time standard meet. In all prelim/final events there will be a consolation and championship heat. The order of final heats shall be B then A (consolation and championship). The top 16 swimmers each in the 10 & Under, 11-12 and 13-14 age groups will return for finals.
2. **Entry Limits:** Swimmers are limited to three (3) individual events per day, including time trials and six (6) individual events for the meet, excluding time trials. If a swimmer has entered more than six (6) events for the meet or more than three (3) events for a day, the highest numbered event will be dropped until the entry limits are met.
3. **Entries and Proof of Times:** To enter, individuals must submit their fastest conforming (LCM) times achieved. Fastest non-conforming times (SCM, SCY) will also be accepted. All entries, conforming and non-conforming, must be the fastest times achieved in the 18 months preceding the meet entry deadline which are equal or faster than the time standards for this meet. Events will be seeded LCM, SCM, SCY. Converted times are not permitted. All entries may be submitted via email in Hy-tek or comparable format. Times not verified through SWIMS/OME, including relay entry times, must be proven prior to 48 hours before the first day of the start of competition or the entry will be removed from the competition and the athlete/relay will not be able to swim/compete in the non-verified time event.
4. **Bonus events:** Any athlete with at least one State qualifying time may enter all of the 50's in which they have an official time.
5. **Pre-seeded Events:** All events of 200 meters and shorter are pre-seeded for preliminary sessions. Any athlete who does not report or compete (No Show) in a preliminary heat for such events shall not be penalized. A No Show will count towards daily and meet entry limits.
6. **Timed Final Distance Events:**
 - a. **All Events 400 meters and longer** will require positive check-in with the Clerk of Course to compete. Deadline for check-in is 30 minutes after the start of warm-up for Session I, and one hour after the start of competition for preliminary Sessions II, IV, and VI.
 - b. **Events 1 and 2 (10 & Under 400 Freestyle)** are timed finals events swum fastest to slowest, alternating women and men by heat. Athletes are responsible for providing their own timers (2). Positive Check In closes 30 minutes after the beginning of warm-ups for Session I.
 - c. **Events 3 through 6 (11-12 & 13-14 1500 Freestyle)** are timed final events swum as follows: 11-12's fastest to slowest, alternating women and men by heat, then 13 & 14's fastest to slowest, alternating women and men by heat. Athletes are responsible for providing their own timers (2) and lap counting personnel (1). Positive Check In closes 30 minutes after the beginning of warm-ups for Session I.
 - d. **Events 35 through 38 (11-12 & 13-14 400 Individual Medley)** are timed final events. The top 8 swimmers from each age group and gender will be swum during finals. All other heats will be seeded and swum during the preliminary session, fastest to slowest, alternating women and men by heat. Athletes are responsible for providing their own timers (2) in the preliminary session only.
 - e. **Events 69 through 72 (11-12 & 13-14 400 Freestyle)** are timed final events. The top 8 swimmers from of each age group and gender will be swum during finals. All other heats will be seeded and swum during preliminary sessions, fastest to slowest, alternating women and men by heat. Athletes are responsible for providing their own timers (2) in the preliminary session only.
 - f. **Events 111 through 114 (11-12 & 13-14 800 Freestyle)** are timed final events swum during Session VI. These events will be swum as follows: 11-12's fastest to slowest, alternating women and men by heat, then 13 & 14's fastest to slowest, alternating women and men by heat. Athletes are responsible for providing their own timers (2) and lap counting personnel (1).
7. **Relay Events:**

All Relays are timed final events. Only two relays per team will be scored. Relay Only swimmers must be entered in the meet by the meet entry deadline and the relays must meet the relay time standard. The four names of the swimmers competing on the relays must be listed prior to the start of the relay heat.

All Relays must have met the Arizona Swimming Age Group Relay Time Standard.

 - g. Relay entries may be made with aggregate times achieved by the team in the 18 months prior to the first day of the meet. A swimmer's time can only be used for one relay per age group.
 - h. All relay events are timed final events and will be swum during the preliminary sessions.
 - i. Swimmers may only compete in one age group in relays of the same stroke/distance.
 - j. 13-14 200 Mixed Medley relay must have 2 female and 2 male swimmers. Each team is limited to a maximum of 2 entries.
8. **Positive Check-in Events:** There is no penalty for athletes who do not check in for a timed final event; they will simply be scratched from the event and may not compete. Failure to compete (no show) in a positive check-in event for which the athlete has checked in will result in being barred from the next individual event in which the athlete is entered and a \$30 fee payable to Arizona Swimming by the end of the meet. Such fees will be submitted to Arizona Swimming after the conclusion of the meet along with a listing of any uncollected fees. Any uncollected fees will be billed by AZSI to the club the athlete represents.

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9. **The Arizona Age Group Scratch Rule** will be in effect. Any athlete qualifying for a consolation final or final competition in an individual event who fails to compete (no show) ("Failure to Compete") in either consolation final or final race shall be barred from the rest of that session's events, including that session's relays, and disqualified from their next individual event in the competition whether that event be a timed final event or a preliminary event. Alternates and lower seeded athletes who are "scratched in" do not incur penalties for Failure to Compete, however, scratching during the preliminary scratch period is highly encouraged.
10. **Time Trials** may be offered each day at the conclusion of the preliminary session at the sole discretion of the Meet Referee. Time Trials do not count against the limit of six (6) individual events for the meet, but do count towards the limit of three (3) individual events per day. If a swimmer has exceeded the limit of events, they must scratch from an entered event before the start of the meet with the meet referee. A "no-show" for an event will not provide relief from the maximum event rule. Swimmers must be entered in an individual event in the meet in order to be eligible to participate in Time Trials. The USA Swimming National Protocol will be used for time trial event order. If offered, sign up for Time Trials will close each day at 10:00 am at Clerk of Course.

Sessions:	Session I	Timed Finals:	Warm-up: 3:00 pm	Meet Start: 4:00 pm
	Sessions II, IV, VI	Prelims:	Warm-up: 7:00 am	Meet Start: 8:30 am
	Sessions III, V	Finals:	Warm-up: 4:00 pm	Meet Start: 5:00 pm
	Sessions VII	Finals:	Warm-up: 3:00 pm	Meet Start: 4:00 pm

Entries: All entries must be submitted using USA Swimming OME (online meet entry). All relays and swimmers shall be automatically entered at their best times with the OME system. A confirmation by email will acknowledge receipt of entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Please contact USA Swimming with any questions on the OME system.

Athletes with Disabilities Athletes with disabilities are welcome to attend this meet. When submitting entries, coaches are required to inform the meet director with advance notice in writing by the meet entry deadline regarding any special accommodations. Any Entry of a Swimmer that falls within P1, P2, or P3 specifications, and qualifies under the corresponding Arizona Swimming Para Time Standards must be entered by overriding the time standard in the team entry file. Please include with the Team entry email a completed Para Athlete Meet Accommodation form for official use.

Late entries: Any team or athlete missing the entry deadline will also be permitted to enter through the Late Entry Process, as follows:

Late entries must be submitted by emailing the meet director no later than 12 noon, on Tuesday, July 15th. The team must pay \$100 per athlete, and an entry fee of \$15/per event and \$30/relay. Late entries may be made by personal delivery, faxing or emailing: 1) a scan of the meet results for the new qualifying time; and, 2) a new entry spreadsheet or AZSI/USAS Meet Entry Card. Late entries are subject to times verification. In all cases, Late Entries must be received no later than 12 noon on the Tuesday prior to the start of the meet. It is the sole responsibility of the team submitting Late Entries to confirm their timely receipt. Newly achieved qualifying standards may not be used to improve the seed time of a previously entered individual entry, but may be allowed to complete a relay team not previously entered.

If an athlete achieves a new meet qualifying time between the specified meet entry deadline and the Sunday prior to the start of the meet, the athlete may enter that event and will not be subject to late entry fees. A previously entered event with a qualifying time cannot be dropped after the entry deadline.

A Bonus event may be replaced with an event with a qualifying time achieved between entry deadline and the Sunday prior to the start of the meet.

Entry deadline: Wednesday July 15th 2026

Entry Fees:	LSC Surcharge:	\$10.00
	Individual Events:	\$8.50
	Relay Events:	\$17.00
	Individual Time Trials:	\$17.00

Entries fees must be paid by the start of the first session of the meet. No refunds.
Please make checks payable to Swim Neptune

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Scoring: Top 16 places will be scored. Only 2 relays per team per event will score.
 Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
 Relay events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Awards: Individual Events: Medals for 1st – 8th place, Ribbons for 9th – 16th place
 Relay Events: Medals for 1st – 3rd place
 Individual High Point: 1st – 3rd place for each gender and age group:
 Team High Point: 1st – 3rd place for combined team score

Officials: Please contact the Meet Referee to indicate availability for the meet. Attire for prelims and finals will be communicated by the Meet Referee.

Deck: The deck will be closed. Only athletes or those acting in an Official capacity for the meet may enter the closed area.

Session I – July 23 Timed Finals – Warm-Up: 3:00 pm / Meet Start: 4:00 pm

Girls	Event	Boys
1	10 & Under 400 Freestyle	2
3	11-12 1500 Freestyle	4
5	13-14 1500 Freestyle	6

Session II – July 24 Preliminaries – Warm-Up: 7:00 am / Meet Start: 8:30 am

Girls	Event	Boys
7	13-14 200 Mixed Medley Relay	
9	11-12 200 Backstroke	10
11	13-14 200 Backstroke	12
13	10 & Under 100 Butterfly	14
15	11-12 100 Butterfly	16
17	13-14 100 Butterfly	18
19	10 & Under 200 Freestyle	20
21	11-12 200 Freestyle	22
23	13-14 200 Freestyle	24
25	10 & Under 50 Breaststroke	26
27	11-12 50 Breaststroke	28
29	13-14 50 Breaststroke	30
31	12 & Under 400 Freestyle Relay	32
33	13-14 800 Freestyle Relay	34
35	11-12 400 Individual Medley	36
37	13-14 400 Individual Medley	38

There will be a 10-minute break between event 34 and event 35. During which the pool will be open for general warm-up.

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Session III – July 24

Finals – Warm-up: 4:00 pm / Meet Start: 5:00 pm

Girls	Event	Boys
9	11-12 200 Backstroke	10
11	13-14 200 Backstroke	12
13	10 & Under 100 Butterfly	14
15	11-12 100 Butterfly	16
17	13-14 100 Butterfly	18
19	10 & Under 200 Freestyle	20
21	11-12 200 Freestyle	22
23	13-14 200 Freestyle	24
25	10 & Under 50 Breaststroke	26
27	11-12 50 Breaststroke	28
29	13-14 50 Breaststroke	30
35	11-12 400 Individual Medley	36
37	13-14 400 Individual Medley	38

Session IV – July 25

Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am

Girls	Event	Boys
39	13-14 200 Medley Relay	40
41	12 & Under 200 Medley Relay	42
43	10 & Under 200 Medley Relay	44
45	13-14 100 Freestyle	46
47	11-12 100 Freestyle	48
49	10 & Under 100 Freestyle	50
51	13-14 200 Breaststroke	52
53	11-12 200 Breaststroke	54
55	10 & Under 100 Backstroke	56
57	11-12 100 Backstroke	58
59	13-14 100 Backstroke	60
61	13-14 50 Butterfly	62
63	11-12 50 Butterfly	64
65	10 & Under 50 Butterfly	66
67	13-14 400 Freestyle Relay	68
69	11-12 400 Freestyle	70
71	13-14 400 Freestyle	72

There will be a 10-minute break between event 44 and event 45 and again between event 68 and event 69.
During which the pool will be open for general warm-up

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Session V – July 25

Finals – Warm-up: 4:00 pm / Meet Start: 5:00 pm

Girls	Event	Boys
45	13-14 100 Freestyle	56
47	11-12 100 Freestyle	48
49	10 & Under 100 Freestyle	50
51	13-14 200 Breaststroke	52
53	11-12 200 Breaststroke	54
55	10 & Under 100 Backstroke	56
57	11-12 100 Backstroke	58
59	13-14 100 Backstroke	60
61	13-14 50 Butterfly	62
63	11-12 50 Butterfly	64
65	10 & Under 50 Butterfly	66
69	11-12 400 Freestyle	70
71	13-14 400 Freestyle	72

Session VI – July 26

Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am

Girls	Event	Boys
73	13-14 200 Freestyle Relay	74
75	12 & Under 200 Freestyle Relay	76
77	10 & Under 200 Freestyle Relay	78
79	13-14 50 Backstroke	80
81	11-12 50 Backstroke	82
83	10 & Under 50 Backstroke	84
85	11-12 200 Butterfly	86
87	13-14 200 Butterfly	88
89	10 & Under 100 Breaststroke	90
91	11-12 100 Breaststroke	92
93	13-14 100 Breaststroke	94
95	10 & U 50 Freestyle	96
97	11-12 50 Freestyle	98
99	13-14 50 Freestyle	100
101	10 & Under 200 Individual Medley	102
103	11-12 200 Individual Medley	104
105	13-14 200 Individual Medley	106
107	12 & Under 400 Medley Relay	108
109	13-14 400 Medley Relay	110
111	11-12 800 Freestyle	112
113	13-14 800 Freestyle	114

There will be a 10-minute break between event 78 and event 79 and again between event 110 and 111.

During which the pool will be open for general warm-up

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Session VII – July 26

Finals – Warm-up: 3:00 pm / Meet Start: 4:00 pm

Girls	Event	Boys
79	13-14 50 Backstroke	80
81	11-12 50 Backstroke	82
83	10 & Under 50 Backstroke	84
85	11-12 200 Butterfly	86
87	13-14 200 Butterfly	88
89	10 & Under 100 Breaststroke	90
91	11-12 100 Breaststroke	92
93	13-14 100 Breaststroke	94
95	10 & Under 50 Freestyle	96
97	11-12 50 Freestyle	98
99	13-14 50 Freestyle	100
101	10 & Under 200 Individual Medley	102
103	11-12 200 Individual Medley	104
105	13-14 200 Individual Medley	106