



# Arizona Swimming 2026 Long Course Regional Championships

Hosted by

**Swim Neptune**

**July 10-12, 2026**

Held under the sanction of USA Swimming



**Sanctioned By:** Arizona Swimming Inc.

Sanction Number: AZ26-78

**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, LLC, 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

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

**Meet Referee:** Teri Rose (swimcoachteri@gmail.com)

**Meet Location:** Brophy College Prep 4701 North Central Ave. Phoenix, AZ 85012

**Course:** Eight Lane, 50-meter pool, with non-turbulent lane dividers, automatic Colorado start and timing system. Continuous warm-up in 2 SCY lanes will be available throughout the meet. The Meet Referee may elect to conduct some preliminary sessions of the meet by starting events from alternate ends of the course.

**Eligibility:**

1. Open to any Arizona/USA Swimming registered athlete who is a member of, or unattached swimmer training with, AASC, AD, AFT, AQFQ, AZSL, BEAR, FAST, FORK, GM, HSST, LIFE, MAC, NEP, S2, SUN, SVTT, UN, VCST list of clubs.
2. **This is a Regional time standard meet.** Swimmers must have equaled or bettered the Arizona Age Group or Senior Regional Time Standard but be slower than the Arizona Age Group or Senior State Time Standard to enter an event. The times used in the meet entry must have been achieved in the 18 months prior to the first day Regional Competition. Additionally, any swimmers who achieve one or more AZSI state qualifying standards after entering the AZSI regional championships will not be eligible to swim those events at the Regional Championship. In such case, swimmers must be removed from those events in writing (one document per team) the prior Monday to the meet by noon.

## 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 ("MAAPP"), 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 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, 0 inches at the start end and 13 feet, 0 inches 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.

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14. Meet Marshals shall wear their identifying attire, as provided by the club.
15. Swimmers with disabilities are welcome. The swimmer (or swimmers 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 .

### Meet Rules:

1. **Format:** This is a Timed Final time standard meet. 12 U unders will be swum as timed finals in the indicated session and 13 & Over will be swum as timed finals in indicated sessions.
2. **Entry Limits:** Swimmers are limited to Four (4) individual events per day not including time trials (5 per day including time trials) and Nine (9) total individual events for the meet
3. **Entry Times:** Entry times not achieved in Long Course Meters shall be noted as SCY (Short Course Yards) or SCM (Short Course Meters). No converted times may be used. Seeding order for this meet will be Long Course Meters, Short Course Meters, Short Course Yards.
4. **Seeding:** All events are timed final and are functionally seeded where indicated and split out into the indicated age groups for scoring and awards. For individual events of 400 meters and longer, see the Distance Events meet rule below.
5. **Bonus Events:** A swimmer may enter bonus events in any stroke, as long as they have a legal time in the bonus event. If the swimmer has a Regional time in any distance of a stroke, the swimmer may swim any event up to 200's of stroke and 400 IM in which they have a legal time. For example, if the swimmer has the regional time in the 50 breaststroke, he/she may swim any breaststroke event in which they have a legal time, but not the State standard. NT will not be accepted.
6. **Distance Events:**
  - a. **Positive Check-In:** 400 IM and 800 all age groups require positive check-in to be seeded and to swim. Check-in closes 30 minutes prior to the start of the session in which the events are swum.
  - b. **Positive Check in:** The 400 IM and the 1650 freestyle require positive check in to be seeded and to swim. The deadline for check in is 60 minutes after the start of the session.
  - c. **13-18 400 Individual Medley:** These events will be seeded fastest to slowest but will NOT alternate heats by gender.
  - d. **11-18 800 Freestyle (Events #5 & #6):** Swimmers in these events must provide their own lap counting personnel. These events will be functionally seeded for the combined 11-18 age groups, but will be separated into 11-12, 13-14, and 15-18 for awards. These events will be swum fastest to slowest, interspersed between Events of the 12 & Under 50s of Strokes, alternating heats by gender, girls followed by boys. Swimmers in heats run before Event 11 do not need to provide their own timers, but swimmers in heats run after the conclusion of Event #12 must provide their own timers (2).
  - e. **13-18 400 Freestyle (Events #27 and #28):** Swimmers in these events must provide their own timers (2). These events will be swum fastest to slowest alternating by gender
  - f. **11-12 400 Individual Medley (Events #29 and #30):** These events will be seeded and swum fastest to slowest but will NOT alternate heats by gender.
  - g. **10 & Under 400 Freestyle (Events #47 and #48), 11-12 400 Freestyle (Events #49 and #50), 13-18 1500 Freestyle (Events #65 and #66), 11-12 1500 Freestyle (Events #89 and #90):** Swimmers in these events must provide their own timers (2) and personnel to count laps. These events will be swum fastest to slowest, alternating heats by gender.

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## 7. Relay Events:

- a. **Entries:** Relays must be entered along with individual entries by the meet entry deadline. There is no limit to the number of relays a team may enter; however, only the fastest two will be scored.
  - b. **Relay Only Swimmers:** Relay-Only swimmers must be entered in the meet. Each team may enter 2 girl relay only swimmers and 2 boy relay only swimmers per age group. Such relay only swimmers must be included as “Relay-Only” swimmers with the team entry in order to be eligible to swim.
  - c. **Maximum Standards:** Athletes who have achieved the Arizona Age Group State Time Standard or Arizona Senior Championship Time Standard for the individual event that is equivalent to a particular relay leg are not permitted to swim that leg of the relay.
8. **Positive Check-in Events** (applies to swimmers of all ages): There is no penalty for athletes who do not check in for a timed final positive check-in 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 the club of the athlete or if unattached, the athlete, will be assessed a \$30 charge payable to Arizona Swimming prior to the conclusion of the meet.
9. **Time Trials:** may, at the discretion of the Meet Referee, be offered. Time Trials do not count against the limit on individual events. Swimmers must be entered in the meet in order to be eligible to participate in Time Trials. The meet referee will determine the order of time trials. If time trials are offered, the 800 and 1500 Freestyle will only be offered on one day. The deadline for time trial entries will be decided by the Meet Referee and posted with the Clerk of Course.

<b>Sessions:</b>	Session I	Friday	Warm-Up: 3:00 PM Start: 4:00 PM
	Session II	Saturday	Warm-Up: 7:00 AM Start: 8:00 AM
	Session III	Saturday	Warm-Up: 3:00 PM Start: 4:00 PM for
	Session IV	Sunday	Warm-Up: 7:00 AM Start: 8:00 AM
	Session V	Sunday	Warm-Up: 3:00 PM Start: 4:00 PM

**Entries:** All entries must be submitted via email in Hy-Tek format unless other arrangements have been made with the meet director. Email entries to Joe@SwimNeptune.com  
Meet entries are due Wednesday July 1, 2026 by 11:59PM.

## **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:** New qualifying standards achieved by an athlete between the specified meet entry deadline and the Monday prior to the start of the meet will only be accepted via email. These entries must be received no later than 12 noon on the Tuesday prior to the start of the meet. New qualifying standards may not be used to improve seed times of a previously submitted entry. Relay entries will not be accepted after the normal entry deadline.

<b>Entry Fees:</b>	LSC surcharge	\$10.00
	Timed Final Individual Events	\$6.50
	Relay Events	\$16.00
	Time Trials (All Ages)	\$16.00

Entry fees are due no later than the start of the start of Session I and must be paid by one team check. Please write checks payable to Swim Neptune (NO REFUNDS)

**Scoring:** Individual Events: 9-7-6-5-4-3-2-1  
Relays: 18-14-12-10-8-6-4-2. (Teams may only score top two (2) relay teams in each relay event).

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**Awards:** Individual Events: Custom Medals 1st through 3rd  
Custom Ribbons 4th through 8th place  
Relay Events: Custom Medals 1st place  
Team Awards: First and Second place combined

Regional virtual champions will be awarded after the conclusion of all 3 meets with awards for the first-place finisher in each individual event. Virtual champion awards will be mailed to the athletes from the AZSI Office.

**Officials:** Please contact the Meet Referee to indicate availability for the meet. Attire will be determined by the Meet Referee.

**Deck:** The deck may be closed or partially closed at the direction of the Meet Referee. Only athletes or those acting in an Official capacity for the meet may enter the closed area.

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### Session I – Friday PM (Timed Finals, 12 & Under and 13-18)

Warm-Up: 3:00 PM

Start: 4:00 PM

Girls	Event	Boys
1	13-18 400 Individual Medley	2
3	12 & Under 50 Freestyle	4
5	11-18 800 Freestyle - - - Fastest Heat of Girls	
7	18 & Under 50 Backstroke	8
	11-18 800 Freestyle - - - Fastest Heat of Boys	6
9	18 & Under 50 Breaststroke	10
5	11-18 800 Freestyle - - - Second Fastest Heat of Girls	
11	18 & Under 50 Butterfly	12
	11-18 800 Freestyle - - - Second Fastest Heat of Boys	6
5	11-18 800 Freestyle - - - All Remaining Heats	6

### Session III – Saturday PM (13-18 Timed Finals)

Warm-Up: 3:00 PM

Meet Start: 4:00 PM

Girls	Event	Boys
13	13-18 100 Freestyle	14
15	13-18 200 Backstroke	16
17	13-18 100 Breaststroke	18
19	13-18 200 Butterfly	20
21	13-18 200 Individual Medley	22
23	13-18 400 Freestyle Relay	24
25	13-14 400 Freestyle Relay	26
27	13-18 400 Freestyle	28

**There will be a 10-minute break between event 26 and event 27. During which the pool will be open for general warm-up.**

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## Session II – Saturday AM (12 & Under Timed Finals)

Warm-Up: 7:00 AM

Meet Start: 8:00 AM

Girls	Event	Boys
29	11-12 400 Individual Medley	30
31	11-12 100 Freestyle	32
33	10 & Under 100 Freestyle	34
35	11-12 200 Backstroke	36
37	11-12 100 Breaststroke	38
39	10 & Under 100 Breaststroke	40
41	11-12 200 Butterfly	42
43	10 & Under 200 Freestyle Relay	44
45	12 & Under 200 Freestyle Relay	46
47	10 & Under 400 Freestyle	48
49	11-12 400 Freestyle	50

There will be a 10-minute break between event 46 and event 47. During which the pool will be open for general warm-up.

## Session V – Sunday PM (13-18 Timed Finals)

Warm-Up: 3:00 PM

Meet Start: 4:00 PM

Girls	Event	Boys
51	13-18 200 Freestyle	52
53	13-18 100 Backstroke	54
55	13-18 200 Breaststroke	56
57	13-18 100 Butterfly	58
59	13-18 50 Freestyle	60
61	13-14 400 Medley Relay	62
63	13-18 400 Medley Relay	64
65	13-18 1500 Freestyle	66

There will be a 10-minute break between event 64 and event 65. During which the pool will be open for general warm-up.

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## Session IV – Sunday AM (12 & Under Timed Finals)

Warm-Up: 7:00 AM

Meet Start: 8:00 AM

Girls	Event	Boys
67	11-12 200 Freestyle	68
69	10 & Under 200 Freestyle	70
71	11-12 100 Backstroke	72
73	10 & Under 100 Backstroke	74
75	11-12 200 Individual Medley	76
77	10 & Under 200 Individual Medley	78
79	11-12 100 Butterfly	80
81	10 & Under 100 Butterfly	82
83	11-12 200 Breaststroke	84
85	10 & Under 200 Medley Relay	86
87	12 & Under 200 Medley Relay	88
89	11-12 1500 Freestyle	90

There will be a 10-minute break between event 88 and event 89. During which the pool will be open for general warm-up.