



Arizona Swimming 2026 Long Course Senior State Championships



Hosted by

Tucson Ford Dealers Aquatics

June 25th to June 28th, 2026

Held under the sanction of USA Swimming

Sanctioned By: Arizona Swimming Inc.

Sanction # AZ26-79

Liability: Held under the sanction of USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Tucson Ford Dealers Aquatics 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: Tucson Ford Dealers Aquatics

Meet Director: Jennifer Wolert meets@fordaquatics.org

Meet Referee: Kurt Watkins watkinsk44@yahoo.com (602) 819-9066

Meet Location: Hillenbrand Aquatic Center

The University of Arizona

1827 E. Enke Drive

Tucson, AZ 85721

Website: For up to date meet information, please visit fordaquatics.org.

Course: Eight Lane, 50-meter pool, with non-turbulent lane dividers, automatic Colorado start and timing system. Continuous warm-up will be available throughout the swim meet.

Eligibility: Open to any Arizona/USA Swimming registered athlete who has met the current Arizona Swimming Senior Championship Qualifying Times as listed on the Arizona Swimming website in the 18 months prior to the first day of competition.

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 been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet at the start end and 8 feet, 6 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.
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.

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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 kit, AED device, basic first aid care, etc.

Meet Rules:

1. **This is a preliminary-final time standard meet.** In all prelim/final events there will be a D, C, Consolation (B) and Championship (A) heat. The C & D heats are Bonus heats and are limited to 18 & Under swimmers only. The C & D heats will be non scoring. The order of the final heats shall be D, C, B and A. The A and B final heats will be the scoring heats.
2. **Swimmers are limited** to three (3) individual events per day, including time trials and six (6) individual events for the meet, including the 50's of stroke, but excluding time trials. Swimmers who enter more than three individual events for the day or more than six individual events for the meet must scratch down to the allowed limit by the beginning of each preliminary or timed final session in which the over-entry occurs. If a swimmer does not scratch down to the allowed limit by the over-entry scratch deadline, then the Meet Referee or their designee will scratch the event(s) with the highest event number until the allowed limits are met. Failure to compete (no show) in an event is not a scratch; no shows count toward the daily and meet limits on events.
3. **Chase Starts** - The Meet Referee may elect to conduct some preliminary sessions of the meet by starting events from alternate ends of the course.
 - a. **All individual events 400 meters and longer** will require positive check-in with the Clerk of Course to compete.
 - b. Events **1 and 2** (women's 1500 Free and men's 1500 Free) are timed finals events and will be swum fastest to slowest, alternating women and men by heat. Swimmers are responsible for providing their own personnel for timing (2) and lap counting (1). Deadline for check-in is 30 minutes after the start of warm-up for Session I.
 - c. Events **3 and 4** (men and women's 400 IM) are timed final events and will be swum fastest to slowest, alternating women and men by heat. Swimmers are responsible for providing their own personnel for timing. Deadline for check-in is 30 minutes after the start of warm-up for Session II.
 - d. Events **33 and 34** (women's 800 Free and men's 800Free) are timed finals events. All heats will be swum during the preliminary session fastest to slowest, alternating women and men by heat. Swimmers in the preliminary session are responsible for providing their own personnel for timing (2) and lap counting (1). The deadline for check-in is 30 minutes after the start of warm up for Session VII
 - e. In preliminaries only the 400 Free will be seeded and swum as follows:
 - 1) top 2 heats of women, circle seeded,
 - 2) top 2 heats of men, circle seeded
 - 3) all remaining heats swum fastest to slowest, alternating women and men.Swimmers are responsible for providing their own personnel for timing (2).
Deadline for check-in is 30-minutes after the start of warm-up for Session II (for the 400 IM) and Session V (for the 400 Free).
4. Relays are timed finals. All relay athletes must be entered in the meet in order to participate in relays. **HOWEVER**, teams may enter a relay with up to 2 "Relay Only" swimmers designated as Relay Only Swimmers on their entry for the 200/400 Medley and Freestyle relays only with payment of the LSC surcharge and listed on the master entry. Teams may enter a maximum of up to three relay teams per relay event, but only the two fastest relays from any one team per relay event will be scored. Aggregate entry times are required for entry into relay events.
The relay events, will be conducted in finals with the two fastest heats of women and the two fastest heats of men, then alternating women and men, fast to slow. The 400 Medley Relay (Events 45 & 46) may be swum in Session VIII (Sunday Finals). Coaches must declare their intent to swim a relay by 5 pm on Saturday. Coaches may pick up their relay cards 30 minutes prior to the start of the session where the relay event is scheduled.
5. Time trials may be offered 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. The USA Swimming protocol will be used for time trial event order. The deadline for time trial entries will be decided by the Meet Referee and posted with the Clerk of Course.
6. The **Arizona Senior Scratch Rule** will be in effect. Athletes who do not scratch or fail to notify the Referee, or their designee, of their decision regarding their Intent to Scratch will be seeded into the further rounds of competition and subject to the penalties below. If athletes are scratched into a non-scoring bonus or other non-scoring final by virtue of scratches, they are not

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subject to penalties below for failing to scratch. However, if these athletes do not plan to compete in finals, they should scratch if they are reasonably close to the scratch line. Any athlete qualifying for a bonus, consolation or championship final race in an individual event who fails to compete (no show) in a bonus, consolation or final championship race shall be barred from further competition for the remainder of the meet, including relays. A declared false start or deliberate delay of meet is not permitted and will be regarded as a Failure to Compete.

7. Positive Check-in Events: There is no penalty for athletes who do not check in for timed final positive check-in events: 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.
8. Entries and Proof of Time: To enter, individuals must submit 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 given course in the 18 months prior to the first day of competition which are equal to or faster than the time standards for this meet. Events will be seeded LCM, SCM, SCY. Converted times are not permitted. SWIMS verified Altitude Adjusted Times that satisfy the meet qualifying standards may be used for entry. Times not verified through SWIMS 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 will not be able to swim/compete in the non-verified time event.
9. Swimmers can qualify to swim the 50's of stroke using their 100 time of the same stroke.

Entries: Entry times must have been achieved in the 18 months prior to the first day of competition. Entries will be submitted via email to meets@fordaquatics.org in Hy-Tek or comparable format as well as a PDF copy. 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.

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.

Bonus Events: The bonus structure is as follows:
1 Qualifying event – 3 Bonus swims
2 Qualifying events – 4 Bonus swims

Late entries: 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. Late entries may be made by personal delivery, 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, delivery of **Late Entries must be received no later than 12 noon on the Monday prior to the start of the meet.** It is the sole responsibility of the team submitting Late Entry(s) to confirm their timely receipt. Newly achieved qualifying times may not be used to improve the seed time of a previously entered individual entry, or change a previously submitted individual entry, but may be allowed to complete a relay team not previously entered.

Any team or athlete missing the entry deadline will also be permitted to enter through the Late Entry process. Any team or athlete missing the entry deadline will be permitted to enter subject to the following requirements:

- Late entries must be submitted by emailing the person collecting entries for the meet. These entries must be received no later than 12 noon Mountain Time on the Monday prior to the beginning of the meet.
- The team or athlete must pay a one-time processing fee of \$150 and pay entry fees of \$15 per individual event and \$30 per relay event.

Entry deadline: June 17th, 2026

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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 Tucson Ford Dealers Aquatics

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,
 Relay Events: Medals for 1st – 3rd place
 Individual High Point: 1st – 3rd place for men and women.
 Team High Point: 1st – 3rd place for combined team score

Officials: Please contact the Meet Referee to indicate availability for the meet. Attire for all sessions will be decided by the Meet Referee. The information on attire will be available once contact is made.

Closed Deck: The pool deck will be open to coaches, athletes, officials and registered volunteers only. Team seating will be off deck with more detailed information available at fordaquatics.org. Spectator seating is available in the grandstands. ADA seating is available on deck and can be arrange in advance with the meet director.

Sessions:

Session I	Timed Finals	Warm-up: 7:00 am	Meet Starts: 8:00 am
Session II	Timed Finals:	Warm-up: 5:00 p.m.	Meet Start: 6:00 p.m.
Sessions III, V, VII	Prelims:	Warm-up: 7:00 a.m.	Meet Start: 8:00 a.m.
Sessions IV, VI, VII I	Finals:	Warm-up: 4:00 p.m.	Meet Start: 5:00 p.m.

Session I – Thursday June 25

Timed Finals – Warm-up: 7:00AM. Meet Start: 8:00AM

Women’s Event #	Event	Men’s Event #
1	1500 Free *	2

Session II – Thursday June 25

Timed Finals – Warm-up: 5:00PM. Meet Start: 6:00PM

Women’s Event #	Event	Men’s Event #
3	400 IM ***	4
5	200 Medley Relay #	6
7	800 Free Relay #	8

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Session III (prelims) – Friday June 26

Preliminaries – Warm up: 7:00 a.m. Meet Start: 8:00 a.m.

Women's Event #	Event	Men's Event #
11	200 Free	12
13	200 Fly	14
15	200 Breast	16
17	50 Back	18

Session IV (finals) – Friday June 26

Finals – Warm-up: 4:00 p.m. Meet Start: 5:00 p.m.

Women's Event #	Event	Men's Event #
9	200 Mixed Medley Relay	9
11	200 Free	12
13	200 Fly	14
15	200 Breast	16
17	50 Back	18
19	400 Free Relay	20

There will be a 10-minute break before the start of the 200 free, during which the pool will be open for general warm-up

There will be a 10-minute break before the 400 free relay, during which the pool will be open for general warm-up

Session V (prelims) – Saturday June 27

Preliminaries – Warm-up: 7:00 a.m. Meet Start: 8:00 a.m.

Women's Event #	Event	Men's Event #
21	400 Free	22
23	200 IM	24
25	50 Free	26
27	100 Back	28
29	50 Breast	30

There will be a 45-minute break before the start of the 200IM, during which the pool will be open for general warm-up

Session VI (finals) – Saturday June 27

Finals – Warm up: 4:00 p.m. Meet Start: 5:00 p.m.

Women's Event #	Event	Men's Event #
21	400 Free	22
23	200 IM	24
25	50 Free	26
27	100 Back	28
29	50 Breast	30
31	200 free relay	32

All heats of the 200 free relay will be swum in finals. The fastest two heats of women, then the fastest two heats of men, then alternate women and men, fast to slow. There will be a 10-minute break before the 200 free relay with the pool open for warm-up.

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Session VII (prelims) – Sunday June 28

Preliminaries – Warm-up: 7:00 a.m. Meet Start: 8:00 a.m.

Women's Event #	Event	Men's Event #
33	800 Free	34
35	100 fly	36
37	200 Back	38
39	100 breast	40
41	100 Free	42
43	50 fly	44

. There will be a 45 minute break before the 100 fly,
during which the pool will be open for general warm-up.

There will be a 5 minute break between the 100 free and any prelim 400 Medley Relays,
during which the pool will be open for general warm-up

Session VIII (finals) – Sunday June 28

Finals – Warm-up 4:00 p.m. Meet Start: 5:00 p.m.

Women's Event #	Event	Men's Event #
35	100 fly	36
37	200 Back	38
39	100 breast	40
41	100 Free	42
43	50 fly	44
45	400 medley relay	46

There will be a 10 minute break before the 400 Medley Relay,
during which the pool will be open for general warm-up.