

2025 Arizona LMSC LCM State Championship
May 17-18, 2025
Oro Valley, AZ

Host: SaddleBrooke Swim Club

Meet Director: Larry John, Larry.JohnSBSC@gmail.com

Meet Referee: Rome Yount

Sanction: Sanctioned by AZ LMSC for USMS Inc., 484-S007

Facility: The Oro Valley Aquatic Center (OVAC) is located next to Canyon del Oro High School in the James D. Kriegh Park, 23 W. Calle Concordia, Oro Valley, AZ 85704. This is an outdoor 50-meter by 25-yard pool with non-turbulent lane lines, electronic timing, and without a bulkhead. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

The meet will be competed in the 50-meter configuration with 8 competition lanes. A separate 25-yard pool will be available for warm-up and cool-down during the meet. Warmups will be conducted according to USMS guidelines and can be referenced here: https://www.usms.org/admin/lmschb/gto_sanc_warmup.pdf

Restrooms, drinking fountains, showers, and a changing area are available, but no lockers are available. Temperatures may vary significantly during the day, and sun protection (hats, sunglasses, sunscreen) is recommended.



Directions from I-10: Ina Rd. Exit #125, east on Ina to Oracle Rd., left (north) on Oracle to Calle Concordia, left (west) on Calle Concordia, pool is on your right in 1/4 mile. Parking lots are available directly west and east of the pool on Calle Concordia.

Eligibility: Any swimmer with a valid 2025 USMS registration. International entries will enter the swimmer's World Aquatics-recognized Masters Swimming registration. All entrants must be members of a USMS club, or an international organization recognized by World Aquatics. No One-Event (OEVT) registrations will be accepted. Results WILL be eligible for World Aquatics world records and world top-10 recognition.

For further registration information, contact the Meet Director at Larry.JohnSBSC@gmail.com.

Rules:

- 2025 USMS rules apply.

- All events are timed finals.
- Swimmer's age is as of December 31, 2025.

Timing: The primary timing system will be automatic timing. Split times for any events other than backstroke or relay lead offs may be requested in writing prior to the conclusion of the meet. Splits for backstroke or relay lead-offs must be done prior to the event. Request forms will be available at the Clerk-of-the-Course. Times may be submitted for USMS records and USMS Top 10 consideration.

Seeding: All individual events, except the 1500 free and 800 free, will be seeded mixed men and women, regardless of age, slowest to fastest, based on entry times.

The 1500 free and 800 free events will be seeded mixed, fastest to slowest.

Long Distance:

- The 1500 Free will be limited to 3 heats and a maximum of 24 swimmers. Swimmers will have a 60-minute time limit to complete the event.
- The 800 Free will be limited to 5 heats and a maximum of 40 swimmers. There is no time limit for this event.
- Swimmers will be responsible for providing their own personnel to count laps.

Individual Awards: Medals will be awarded for 1st, 2nd and 3rd in each age category. Male and female high point awards for each age group will be awarded. Individual Points will be awarded as follows: 9,7,6,5,4,3,2,1 and doubled for relays.

Team Awards: Team awards for 1st and 2nd by team size based on USMS 2025 membership registration. The team awards are as follows: Large 50+ members, Medium 25-49 members and Small 1-24 members.

Results: At the conclusion of the meet, results will be available through SwimPhone and MeetMobile. The results, including splits, will also be available through AZLMSC.org.

Entries and fees:

- Online registration only.
- Those who register for at least one individual event may swim in any relay at no additional cost.
- Swimmers may opt for a Relay Only registration.
- Flat entry fee of \$70 or \$10 Relay Only fee.
- Swimmers may enter no more than 6 individual events per day.
- Entries must be completed by Tuesday May 13, 2025, at 11:59pm.
- Late entries will not be accepted.
- The meet info can be found at www.azlmsc.org by clicking on "EVENTS".
- There will be no deck entries.
- Anyone with COVID-19 like symptoms cannot compete or enter the facility.

Relays:

- There is no limit on relays, swimmers may swim Men/Women and Mixed for each distance and stroke.
- Relay entries are to be turned in at the Clerk of the Course table.
- The 400 Medley and 400 Free Relay entries are due to the Clerk of the Course table before the start of event #1 on Saturday and before the start of event #15 on Sunday.
- The 200 Medley and 200 Free Relay entries are due to the Clerk of the Course table before the start of event #9 on Saturday and before the start of event #24 on Sunday.
- Coaches may send their relay entries to the meet director before the start of the meet at Larry.JohnSBSC@gmail.com

Hotel Special Group Rate: Fairfield Inn & Suites Tucson North/Oro Valley for 159 USD per night. **Last Day to Book with Special Rate:** April 12, 2025, at 5pm MST.

Address:

Fairfield Inn & Suites
10150 N Oracle Rd
Oro Valley, AZ 85737

Climate: The climate in Oro Valley in May is typically sunny, with highs in the 90s and lows in the 60s.

Check-in: Positive check-in is required for the 1500m and 800m events Check-in for the 1500 will close at the start of event #6. Check-in for the 800 will close at the event #20. Swimmers will check-in at the Clerk-of-the-Course table.

Check-in is Not required for the other individual events.

More Information: Email questions to Larry John at:
Larry.JohnSBSC@gmail.com

Order of Events

Saturday, May 17, 2025

Warm-ups start at 8:00 am

Meet Session starts at 9:00 am

| # | Sex | Event | |
|---|-------|-------|------|
| 1 | Mixed | 200 M | Free |

| | | | |
|-----------------|---------------------|--------|-----------------|
| 2/ 3/4 | Women/ Men/Mixed | 400 M | Medley Relay |
| 5 | Mixed | 100 M | Back |
| 6 | Mixed | 50 M | Breast |
| 7 | Mixed | 100 M | Fly |
| 8 | Mixed | 400 M | IM |
| 9 | Mixed | 50 M | Free |
| 10 | Mixed | 200 M | Breast |
| 10-minute Break | | | |
| 11/ 12/13 | Women/ Men/Mixed | 200 M | Medley Relay |
| 14 | Mixed | 1500 M | Free |

Sunday, May 18, 2025

Warm-ups start at 8:00 am

Meet Session starts at 9:00 am

| # | Sex | Event | |
|-----------------|---------------------|-------|---------------|
| 15 | Mixed | 100 M | Breast |
| 16 | Mixed | 200 M | Fly |
| 17/ 18/19 | Women/ Men/Mixed | 400 M | Free Relay |
| 20 | Mixed | 200 M | Back |
| 21 | Mixed | 100 M | Free |
| 22 | Mixed | 400 M | Free |
| 23 | Mixed | 50 M | Back |
| 24 | Mixed | 200 M | IM |
| 25 | Mixed | 50 M | Fly |
| 10-minute Break | | | |
| 26/ 27/28 | Women/ Men/Mixed | 200 M | Free Relay |
| 29 | Mixed | 800 M | Free |

Note: If paying by credit card, your credit card statement will reflect a charge from "SaddleBrooke Swim Club."