



WORLD AQUATICS
SWIMMING WORLD CUP
WESTMONT 2025

Westmont, IL
FMC Natatorium
October 17-19 (Fri-Sun), 2025

Enter the event beginning 10:00 a.m. (MT) on Tuesday, August 26, 2025, and no later than Noon Mountain Time (MT), on Tuesday, September 23, 2025 or until the entry cap is reached.

The domestic cap for this meet will be 300 entered athletes.

This event is sanctioned by USA Swimming



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October 17-19 (Fri-Sun), 2025**

The World Aquatics Swimming World Cup is an international series of swimming meets organized by World Aquatics (AQUA) in conjunction with the National Federation and Organizers concerned. Launched in 1988, the Swimming World Cup gathers world-class swimmers in a series of 3-day meets organized between August and November each year. The 2025 Series includes stops in Carmel, Indiana USA (10-12 Oct), Westmont, Illinois USA (17-19 Oct), and Toronto, CAN (23-25 Oct).

The 2025 edition of the World Aquatics Swimming World Cup will follow the traditional format of pool swimming competitions carried out under the World Aquatics rules. The meets consist of heats and finals and encompass 34 individual events/disciplines (17 for each gender), events from the programs of World Championships and the Olympic Games. Since these competitions are organized under World Aquatics rules, judged by certified Technical Officials, and supervised by the World Aquatics Technical Swimming Committee, all the meets of the Swimming World Cup are recognized as official qualifying events for the major international competitions including the World Championships and Olympic Games.

- Over 50 National Federations from five continents are expected to participate, and up to \$144,000 in prize money may be awarded at this competition.
- This is a Short Course Meters (SCM) event. All qualifying times must be in SCM or Long Course Meters (LCM). Short Course Yard qualifying times and converted times will not be accepted.
- Entry times will only be accepted if they have been completed within the maximum qualifying period of 15 months prior to the entry deadline. No times outside of this qualifying period will be accepted.
- In addition to foreign national federations, this meet will be capped at 300 domestic U.S. entries. U.S. Swimmers may enter an unlimited number of events provided they have the qualifying standard but must scratch down to no more than three events for the meet by the end of Thursday's Team Leader's Meeting. Refunds will not be allowed once entries are submitted through OME.
- All U.S. swimmers, coaches, and team staff must be 2025 Premium or Outreach members of USA Swimming and must be current in all required certifications and trainings.
- The minimum age for swimmers competing in the Swimming World Cup 2025 shall be at least 14 years of age on 31st December 2025 in accordance with World Aquatics Competition Regulations II.14.
- Enter the event online at hub.usaswimming.org/landing beginning 10:00 a.m. MT on Tuesday, August 26, 2025, and no later than Noon Mountain Time (MT), on Tuesday, September 23, 2025. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be allowed. OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified. You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for. Entry confirmation will be emailed to you once your team or unattached individual entry has been successfully submitted in the system. Credentials cannot exceed the designated amount listed in the team credential formula.
- Please note there are separate entry time standards for swimmers registered in the Illinois Swimming LSC.
- 2024-25 U.S. National Team and National Junior Team Athletes, 2025 U.S. World Championship Team Athletes, 2025 U.S. World Junior Championship Team Athletes may enter the meet beginning August 9 at 10:00 am MT. These entries must follow the same procedures as listed above. Entries will not be accepted after the cap has been reached.
- There will be no refunds once entries are accepted. All entry questions should be directed to: Katie Trace at ktrace@usaswimming.org.
- There will be no relays, bonus swims, or time trials at this competition.
- Please note additional anti-doping policies required by World Aquatics as outlined in Appendix I of this document.

EVENT PERSONNEL	USA Swimming Referee	Dana Covington	danacov@comcast.net
	USA Swimming Events Director	Macie McNichols	mmcnichols@usaswimming.org
	USA Swimming Events Manager	Trey Freeman	tfreeman@usaswimming.org
	USA Swimming Events Manager	Kristin Alfano	kalfano@usaswimming.org
	USA Swimming Events Specialist	Marissa DelGado	mdelgado@usaswimming.org
	USA Swimming Events Coordinator	Katie Trace	ktrace@usaswimming.org
	FMC Natatorium	Mary Ann Kaufman	makaufman@fmcnatatorium.org
	FMC Natatorium	Dave Krotiak	david.krotiak@fmcnatatorium.org

SCHEDULE

Prelims 10:00 a.m.
 Finals 6:00 p.m.

Pool Hours

Mon, Oct 13	4:00 p.m. – 8:00 p.m.
Tue-Thu, Oct. 14-16	7:00 a.m. – 8:00 p.m.
Fri-Sun, Oct 17-19	7:00 a.m. – one hour after completion of finals session

EVENT ORDER

HEATS

Day 1 – Oct 17 10:00 a.m.			Day 2 – Oct 18 10:00 a.m.			Day 3 – Oct 19 10:00 a.m.		
400m	Freestyle	W	400m	Individual Medley	W	400m	Individual Medley	M
400m	Freestyle	M	50m	Backstroke	M	100m	Butterfly	W
50m	Backstroke	W	200m	Freestyle	W	50m	Butterfly	M
200m	Backstroke	M	200m	Individual Medley	M	200m	Backstroke	W
200m	Butterfly	W	100m	Backstroke	W	100m	Backstroke	M
100m	Butterfly	M	50m	Breaststroke	M	50m	Breaststroke	W
200m	Breaststroke	W	50m	Butterfly	W	200m	Breaststroke	M
100m	Breaststroke	M	100m	Freestyle	M	100m	Freestyle	W
50m	Freestyle	W	100m	Breaststroke	W	200m	Freestyle	M
50m	Freestyle	M	200m	Butterfly	M	200m	Individual Medley	W
100m	Individual Medley	W	800m	Freestyle*	M	1500m	Freestyle*	W
100m	Individual Medley	M						

FINALS

Day 1 - Oct 17 6:00 p.m.			Day 2 – Oct 18 6:00 p.m.			Day 3 – Oct 19 6:00 p.m.		
400m	Freestyle**	W	400m	Individual Medley**	W	400m	Individual Medley**	M
400m	Freestyle**	M	800m	Freestyle*	M	1500m	Freestyle*	W
50m	Backstroke	W	50m	Backstroke	M	100m	Butterfly	W
200m	Backstroke	M	200m	Freestyle	W	50m	Butterfly	M
200m	Butterfly	W	200m	Individual Medley	M	200m	Backstroke	W
100m	Butterfly	M	100m	Backstroke	W	100m	Backstroke	M
200m	Breaststroke	W	50m	Breaststroke	M	50m	Breaststroke	W
100m	Breaststroke	M	50m	Butterfly	W	200m	Breaststroke	M
50m	Freestyle	W	100m	Freestyle	M	100m	Freestyle	W
50m	Freestyle	M	100m	Breaststroke	W	200m	Freestyle	M
100m	Individual Medley	W	200m	Butterfly	M	200m	Individual Medley	W
100m	Individual Medley	M						

* Alternating Freestyle Heats

**Fastest Heats

RULES

Unless otherwise noted herein, this meet shall be conducted in accordance with current World Aquatics Rules and Regulations. The competition will be governed by the World Aquatics Technical Swimming Committee.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches and staff must meet all requirements for USA Swimming coach membership including successful completion of the background check and APT course.

TECHNICAL MEETING & SCRATCHES

A Technical/Team Leader's Meeting will be held on Thursday, October 16, at 11:00 a.m. at the FMC Natatorium. The meeting will be chaired by the World Aquatics Technical Swimming Committee delegate. Coaches are encouraged to be present for the meeting; however, the meeting will also be broadcast over Zoom. Specific Zoom details will be sent to all participating coaches prior to the meeting.

- Withdrawals for the first session of heats are due by the close of business of the Technical Meeting.
- Withdrawals for each subsequent session of heats are due 1 hour prior to the start of finals the evening before.
- Withdrawals for each session of finals are due not later than 1 hour upon conclusion of the heats on that day.
- DNS will be fined according to World Aquatics Rules.
- A positive check-in for timed final races must be made no later than the conclusion of the finals session on the day prior to the event in order to avoid open lanes in the finals.

ENTRY LIMIT

U.S. Swimmers may enter an unlimited number of events provided they have the qualifying standard but must scratch down to no more than three events for the meet by the end of Thursday's Team Leader's Meeting. Refunds will not be allowed once entries are submitted through OME.

LATE ENTRIES

There will be no late entries accepted for this competition.

ENTRY FEES

Entry fees: \$20/event
Coach Credential Fee \$20/individual
Massage Therapist: \$100/Individual Therapist

Entry payments will be processed using USA Swimming's secure payment processor. Upon confirmation of receipt of entry, payment information will be shared with team contact. Entries will not be considered complete until the payment has been received and processed by USA Swimming. Refunds will not be allowed once entries are submitted through OME.

SEEDING

Events shall be seeded in order of SCM followed by LCM followed by non-conforming distance entry times (800/1500 Freestyle events).

SCORING & PRIZE MONEY

Prize money will be awarded by World Aquatics for this competition. Only the best three results (sum of points for position and performance) are counted in the scoring for the meet. In case of a tie in scores, namely between 3rd and 4th scores achieved by an athlete, result with the higher performance (based on the World Aquatics points) will be used, regardless of the position achieved at the event. Scores of 10, 8, 6, 5, 4, 3, 2, 1 will be assigned for the top eight places in each event. A ranking shall be established per gender, and prize money will be awarded according to the following chart.

Rank	Total	Rank	Total
1	\$12,000	11	\$4,900
2	\$10,000	12	\$4,800
3	\$8,000	13	\$4,700
4	\$6,000	14	\$4,600
5	\$5,500	15	\$4,500
6	\$5,400	16	\$4,400
7	\$5,300	17	\$4,300
8	\$5,200	18	\$4,200
9	\$5,100	19	\$4,100
10	\$5,000	20	\$4,000

CREDENTIALS

Deck access credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entries according to the following team size formula. Managers and Team Support personnel must be included in this formula and on the entry form to receive a credential. If athletes are scratched from the meet, teams may be asked to surrender Coach, Manager, or Team Support credentials in order to maintain compliance with the credential formula. Athletes entered in the meet will receive a deck pass credential as part of their entry fee.

- 1-3 swimmers: 1 deck pass.
- 4-6 swimmers; 2 deck passes.
- 7-9 swimmers; 3 deck passes.
- 10-14 swimmers; 4 deck passes.
- 15-19 swimmers; 5 deck passes.
- 20-24 swimmers; 6 deck passes.
- 25-29 swimmers; 7 deck passes.
- 30- 34 swimmers; 8 deck passes
- 35-39 swimmers; 9 deck passes
- 40 or more swimmers; 10 deck passes
- Unattached swimmers not with a team: 1 deck pass.

All coaches and team staff must be listed on the entry file. Certified Massage Therapists, who are current members of USA Swimming, may receive a deck pass for \$100/person. Venue access for these individuals may be limited to a designated massage area within the venue.

In addition to listing each individual in the OME entry, all participants in the 2025 World Aquatics Swimming World Cup must promptly be registered for credentials.

Each team should designate one person as its Point of Contact (POC) to be responsible for submitting credential information for each athlete, coach, or team support member as listed in their team entry in the OME system. Large teams can appoint more than one person as the POC, but each admin should complete the steps below separately and add a unique club name i.e. Team A – Men and Team B – Women.

The team-designated POC should submit the following information to wwc@usaswimming.org.

- The subject line of the email should read "2025 World Cup Westmont – "(Club Name) Credentials"
- In the body of the email, please include POC Name, email, and phone number and the following info:
 - Team Name and LSC
 - First Name
 - Last Name
 - Preferred First Name
 - Preferred Last Name
 - Date of Birth dd/mm/yyyy
 - Category (i.e. "Athlete", "Coach", or "Team Support")
 - Attach photo saved as Last_First.jpg
 - Passport style, front facing
 - Plain background
 - No hats or sunglasses

Credentials will be required in the Ready Room/Last Call Room for all athletes. Teams and athletes should plan their arrival times at the venue during registration hours in order to obtain the necessary credentials for access to the venue. Credentials must be worn at all times while inside the venue.

SAFE SPORT

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an

observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit usaswimming.org/report.

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred, however if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

During the entire meet, use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks, while athletes are in vulnerable positions, and are not permitted in changing areas, rest rooms or locker rooms.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

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.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership via the USA Swimming App. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ABOUT THE VENUE

FMC Natatorium is located at 275 Plaza Dr, Westmont, IL 60559. FMC Natatorium at Ty Warner Park is a 71,000 square-foot aquatic facility in the DuPage County community of Westmont, just over 20 miles west of downtown Chicago. Considered to be one of the fastest and finest pools in the country, FMC Natatorium was built to give Illinois age-group and senior swimming a new home for its annual meets, and to host national –level competitions. Since opening in 2020, the facility has played host to several USA Swimming national-level events, as well as USA Artistic Swimming competitions and USA Water Polo tournaments. The facility is comprised of a nine-lane 50m competition Myrtha pool which offers three sides of permanent seating for up to 1,200 spectators,

and a separate eight-lane 25y warm-up pool. There are four locker rooms (two men's and two women's) divided between the pools.

PARKING	Parking is available at the FMC Natatorium
MEDICAL	Medical assistance will be provided at the facility.
TICKETS	Ticket information coming soon here .
HOTELS	Hotel information coming soon here .
BROADCAST STATEMENT	Any photographs, video or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming/World Aquatics.
IMAGE AUTHORIZATION	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming/World Aquatics under the conditions authored by USA Swimming/World Aquatics, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming/World Aquatics competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming/World Aquatics for the purpose of trade, without the consent of USA Swimming/World Aquatics. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming/World Aquatics logos and marks, if and when requested.
SWIMMERS WITH DISABILITIES	Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.
SAFETY	Marshals will be in place during warm-up periods, and USA Swimming safety rules and World Aquatics guidelines will be in effect. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with USA Swimming safety procedures and World Aquatics guidelines.
LIABILITY	USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules, and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.
DOPING CONTROL	<p>See Appendix I for World Aquatics Anti-doping policy including mandatory training.</p> <p>The World Aquatics Swimming World Cup Westmont 2025 is subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or World Aquatics under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit usada.org/athletes/antidoping101/ for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 30 days.</p> <p><u>What substances are banned?</u></p> <p>Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. It's important that athletes are aware of the substances and methods on the Prohibited List as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to</p>

medication to determine whether or not a substance is prohibited.” Read the summary of [Modifications for 2025](#).

What about medication?

Per USADA: “Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA’s [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in-and-out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

It’s important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA’s Supplement Connect](#).

Therapeutic Use Exemptions?

Per USADA: “In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency’s [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes’ rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions.”

Understand the Sample Collection Process:

Per USADA: “Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete’s rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#).”
NOTE: Minor athletes should always have a representative with them in doping control.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA’s established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA’s crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

Doping Control rule for athletes previously eligible for out of competition drug testing: Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or World Aquatics sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



WORLD AQUATICS
SWIMMING WORLD CUP
WESTMONT 2025

2025 TIME STANDARDS

WORLD AQUATICS SWIMMING WORLD CUP WESTMONT, IL

**Qualification period is 15 months prior to the entry deadline*

WOMEN

MEN

SCM	LCM	EVENT	LCM	SCM
25.79	26.89	50 FR	24.09	22.69
55.69	58.19	100 FR	52.59	49.69
2:00.59	2:04.99	200 FR	1:55.29	1:48.79
4:16.89	4:26.69	400 FR	4:04.99	3:55.19
8:55.09	9:06.79	800 FR	8:28.19	8:12.39
16:56.09	17:26.79	1500 FR	16:14.79	15:34.79
1:00.89	1:04.79	100 BK	58.79	54.39
2:11.99	2:19.59	200 BK	2:08.29	1:59.19
1:09.79	1:13.79	100 BR	1:05.89	1:01.39
2:31.59	2:38.59	200 BR	2:24.09	2:14.39
1:00.49	1:02.69	100 FL	56.49	53.89
2:14.49	2:18.39	200 FL	2:06.39	2:00.59
2:15.09	2:22.09	200 IM	2:09.29	2:01.19
4:49.19	5:00.29	400 IM	4:35.89	4:21.39

** The qualification standards for the 50s of stroke will be the corresponding 100 qualification standard.*

*** The qualification standard for the 100 IM will be the corresponding 200 IM qualification standard*



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WESTMONT 2025

2025 TIME STANDARDS ILLINOIS LSC SWIMMERS

WORLD AQUATICS SWIMMING WORLD CUP WESTMONT, IL

**Qualification period is 15 months prior to the entry deadline*

WOMEN

MEN

SCM	LCM	EVENT	LCM	SCM
26.49	27.39	50 FR	24.59	23.59
57.39	59.29	100 FR	53.59	51.29
2:04.09	2:07.79	200 FR	1:57.79	1:52.29
4:24.79	4:28.79	400 FR	4:09.99	4:02.49
9:02.99	9:13.79	800 FR	8:40.69	8:22.59
17:08.19	17:40.19	1500 FR	16:38.99	15:59.79
1:03.09	1:06.79	100 BK	1:00.59	56.99
2:17.29	2:23.99	200 BK	2:11.89	2:04.69
1:12.39	1:15.99	100 BR	1:08.19	1:04.09
2:37.69	2:43.39	200 BR	2:29.09	2:21.49
1:02.59	1:04.69	100 FL	57.99	55.99
2:18.59	2:21.89	200 FL	2:10.19	2:05.69
2:19.69	2:26.19	200 IM	2:12.79	2:05.89
4:59.19	5:07.29	400 IM	4:42.39	4:32.99

** The qualification standards for the 50s of stroke will be the corresponding 100 qualification standard.*

*** The qualification standard for the 100 IM will be the corresponding 200 IM qualification standard*

Appendix I

World Aquatics Anti-Doping

1. ANTI-DOPING

Urine and blood samples will be collected during the World Aquatics Swimming World Cup 2025 for the purpose of doping controls. The doping controls will be done in accordance with the World Aquatics Doping Control Rules and the World Anti-Doping International Standards, which can be consulted [here](#). The operations will be supervised and coordinated by the International Testing Agency (ITA).

The list of prohibited substances can be consulted [here](#). For reminder, all athletes are strictly responsible for any prohibited substance found in their sample and it is particularly important for them to check any medication they take against the prohibited list. Additionally, all athlete support personnel are responsible to be knowledgeable about anti-doping regulations and procedures.

1.1. Mandatory Anti-Doping education course prior to participation

Club-Affiliated Athletes and Team Officials participating in the World Aquatics Swimming World Cup

Club-Affiliated Athletes and Team Officials must, prior to participation, have successfully completed the mandatory Anti-Doping Education course corresponding to their role. Certification of completion must be presented (hard or soft copy) at the accreditation centre in order to receive accreditation. Anyone who has not met this requirement will not be eligible to participate and thus will not have their accreditation activated.

Note: In order to avoid any issues, Members should not wait until their teams are finalised to inform their athletes and team officials about this requirement. Rather, they should ask all athletes and team officials who could potentially participate in the event to complete the course immediately.

Athletes and team officials are encouraged to renew their certifications every four years to stay up to date with the latest anti-doping regulations and procedures.

For any questions regarding this requirement, please contact info@aquaticsintegrity.com

Please follow these instructions in order to complete the course:

Step 1:

Access the eLearning course webpage [here](#).

Step 2:

Click on "Register here" and follow the steps to register an account.

Step 3:

Sign in to the new account just created.

Step 4:

Based on the category, select the course "International-Level Athletes Education Program", "Coaches of High-Performance Education Program" or "ADEL for Medical Professional's Education Program" and complete the course to obtain at least 80% at the final exam at the end of the course. You can do the course again if you do not achieve 80% the first time. The athletes' course is available in twenty-three languages, the coaches' course in seventeen languages, and the medical professionals' course is offered in three languages. Each course takes up to 2-3 hours to complete. The courses can also be accessed through the "ADEL by WADA" mobile application.

Step 5:

Once the course has been successfully completed, download the certificate of completion, and send it to your World Aquatics Member.

Step 6:

The World Aquatics Member must upload the certificate of completion of each athlete on their respective GMS profile [here](#) (in the Sport tab).