



**Greensboro, NC  
Justin, TX  
Madison, WI  
Ocala, FL  
Sacramento, CA**

**July 23 – 26 (Wed-Sat)**

***The entry deadline is Noon Mountain Time on Tuesday, July 15, 2025, or until the site's capacity has been reached.***

***(These events will have a site dependent max cap up to 1000 swimmers)***



## 2025 USA Swimming Futures Championships

Swimmers may enter the Futures Championships through USA Swimming's Online Meet Entry (OME) system at (<https://hub.usaswimming.org/landing>) beginning Wednesday, April 30, 2025, at 10:00 am Mountain Time.

The entry deadline is Noon Mountain Time on Tuesday, July 15, 2025, or until the site's capacity limit has been reached. The qualification period is June 1, 2024 through the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.

<b>LOCATION</b>	Please refer to the enclosed map to see Futures Championship sites. Teams and athletes may choose a site until the site reaches its cap.
<b>SANCTION</b>	This meet is held under the sanction of USA Swimming. If an athlete establishes a Paralympic or USMS record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred. Each site will be surveyed by the specific host to ensure compliance with facility regulations.
<b>ELIGIBILITY</b>	These events are open to swimmers who are 2025 Premium or Outreach members of USA Swimming, and who have achieved the published time standard in one or more events. <b>Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.</b>
<b>FORMAT</b>	These championships will be conducted in LCM. The 800m and 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 32 swimmers from preliminaries advancing to finals. The order of the final events shall be "D," "C," "B" and "A." The "C" and "D" Finals will be limited to the top 18-Under swimmers that do not qualify for the "A" or "B" Finals. At the Meet Referee's discretion, preliminary sessions may be conducted in flights or use fly-over starts. Information on fighting, if any, will be provided at the technical meeting. A Ready Room may be used to assemble and parade "A" finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room no later than five minutes preceding the "Parade Time" for the event. All other heats will report directly to the starting blocks for their events.
<b>SCHEDULE</b>	Prelims: 9:00 a.m., Finals: 5:30 p.m.  The venues will be available for practice. Noon-8:00 p.m. the day prior to competition, and 7:00 a.m. – until one hour after the conclusion of the evening session on competition days.
<b>SEEDING</b>	Events shall be seeded in order of LCM, SCY, non-conforming LCM, non-conforming SCY and then any bonus entries in the same order.
<b>TECHNICAL MEETING</b>	There will be a virtual (Zoom-based) technical meeting the evening prior to Day 1 events at 7:00 p.m. local time. Details will be sent to each coach. Coaches are encouraged to check the USA Swimming website for last-minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.
<b>DISTANCE EVENTS</b>	The 800m and 1500m freestyle events will be swum as timed finals. Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards (i.e., the conforming or non-conforming distance event standards).

All but the fastest-seeded heats of women's and men's distance freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the second-fastest seeded heat of men's distance events

scheduled to finish approximately 75 minutes prior to the start of the evening session, preceded by the second-fastest seeded women's heat, alternating back to the start time.

The fastest-seeded heats of women's and men's distance freestyle events will be swum in event order during the finals session.

***Scratches and positive check-in for Day 1 distance events can be done by email or text to the site's Administrative Referee or at the Resolution table prior to the deadlines. Scratches and positive check-in for the remaining days can be done at the Resolution Table.***

## **RULES**

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. It is understood and agreed that USA Swimming, the Meet Host(s), Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

## **WARM UP**

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) is permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the Technical Meeting.

## **SCORING AND AWARDS**

Team scores will be kept and awarded. Team awards will be presented to the top three teams in Men's, Women's, and Combined categories. Team scoring will be as outlined in the USA Swimming Rules and Regulations. Medals will be awarded to all place winners in the "A" final. All medalists in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A" Finals for their event. Individual High Point Awards will be given to the top scoring male and female.

## **SWIMS DATABASE**

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in 202.8 of the USA Swimming Rule Book and the USA Swimming SWIMS Time Module Policy Manual. Prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
- D. The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college, or university within the appropriate time frame, may be used in proving relay entry times. That swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.

Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry will not enter a swimmer into a competition nor place a club on the USA Swimming mailing list.

## **RESPONSIBILITY CLAUSE**

The coach, swimmer or swimmer representative who enters a USA Swimming Championship thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to USA Swimming for each such time entered, unless absolved of the fine by USA Swimming or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming. Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false time(s) into the SWIMS Database. Appeal of fines

must be made to the Meet Referee or designee and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four of the USA Swimming Rulebook.

## ENTRIES

All entries must be made online at <https://hub.usaswimming.org/landing>. 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.** For questions about OME, please refer to the specific Futures site page included with this information.

OME is not an eligibility report. It is the coach's responsibility to know for which events his or her athlete is qualified. Events can be added to the entries however you may not delete an online entry once it has been submitted/paid for. Once entries are completed, a confirmation will be sent via e-mail. All confirmations should be printed and brought to the meet. All entry times (including scratched events) must be proven, and USA Swimming reserves the right to challenge any submitted time. Drug waiver forms will automatically be sent via e-mail after the entry deadline closes and should be filled out and brought to the meet.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day (including time trials), and a total of six (6) events (not including time trials) during the meet. All entry times, including bonus events, must be proven. Bonus events will be permitted for this meet according to the following:

- Any athlete who qualifies for one individual event will be permitted to enter and swim in up to two bonus events;
- Any athlete who qualifies for two individual events will be permitted to enter and swim one additional bonus event;
- Any athlete who qualifies for more than two individual events, will not be permitted to enter bonus events;
- There will be no qualifying standards for bonus events, however, a provable entry time must be included.

**In addition to the bonus event structure listed above, any swimmer who qualifies for one individual event will be permitted to enter and swim in up to two additional 50s of stroke (backstroke, breaststroke, or butterfly). A swimmer cannot compete in more than three (3) individual events per day (including bonus events, 50s of stroke, and time trials) or a total of six (6) individual events (not including time trials) during the meet.**

- **There will be no qualifying standard for the 50s of stroke (backstroke, breaststroke, or butterfly). Athletes may enter at their fastest 100 of stroke time from within the qualifying period or at no-time (59:59.59).**
- **These events will be seeded so that the fastest 100 LCM seed times will be in the circle seeded heats.**

## ENTRY FEES

Individual Events	\$20.00
Relays	\$40.00 per event
Coach/Team Staff Credential	\$20.00 per person or \$50 if requested on site

**Refunds will not be allowed once entries are submitted in OME. OME is not an eligibility report. It is the coach's responsibility to ensure each entry is accurate and meets the event parameters as outlined in the meet information.**

## NEW QUALIFYING SWIMS

If entries for a Futures Championship site close due to the cap being reached, swimmers who then achieve a new qualifying standard (i.e. in an event in which they previously did not have the qualifying standard) prior to the Late Qualifying deadline of 11:59 p.m. Mountain Time on Monday, July 21, 2025 will be allowed to enter the event, provided their team already has swimmers entered in the meet. These entries may be entered through OME under the title "2025 Futures Championships – [site] – NQS" and must be submitted no later than 11:59 pm Mountain Time on Monday, July 21, 2025. These entries cannot be used to improve the seed time of a prior entry. Bonus events for new qualifiers must be entered by override using any proven time from the meet's qualifying period. Normal entry fees apply.

## LATE ENTRIES

Assuming the event site's cap has not been reached, any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- Late entries must be submitted through the On-Line Meet Entry system (OME) under the title "2025 Futures Championships – [site] – Late Entry"
- These entries must be received no later than 11:59 p.m. Mountain Time on the Monday, July 21, 2025;

- The team or athlete must pay a one-time processing fee of \$150.00 and pay entry fees of \$40 per individual event and \$80 per relay event.

## RELAYS

All relays will be timed final events. All heats of Events 7 and 8 will be contested in the Preliminary session, after the conclusion of Event 6 – Men's 200m Butterfly – and before the start of the Event 9 – Women's 800m Freestyle. All heats of Events 11 and 12 will be contested in the Finals session after the conclusion of Event 10 – Men's 1500m Freestyle. For all other relays, all but the fastest two seeded heats will be swum in the preliminary sessions. The fastest two seeded heats will be swum at the end of that day's finals session. Relay-only swimmers will be allowed in this meet and may swim in time trials. Each team may enter a maximum of two relays in each event.

Teams may use a provable team time or aggregate time achieved within the qualification period to qualify a relay. Swimmers contributing to a team or aggregate relay entry time are not required to be on the team's meet roster. Teams may submit two relays per event, provided they have achieved the qualification standard within the qualifying period. If a team enters an A and B relay, they must use eight (8) different swimmers. Teams may not use the same swimmer twice in a relay event, or to prove a time. All relays must be entered through OME. Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards. All relay cards are due to the administrative Referee by 10:30 a.m. or 6:30 p.m. in the session in which the relay will be swum.

***All relay cards must be submitted to the site's Administrative Referee prior to the deadlines.***

## COACH CREDENTIALS

Credentials for coaches, managers and chaperones may be purchased for \$20/each for those persons listed on the submitted team entry through OME, according to the following formula, whether comprised of one or both sexes. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. Non-athlete credentials may be limited due to venue capacity limits.

- 1-3 swimmers in individual events; 1 deck pass.
- 4-6 swimmers in individual events; 2 deck passes.
- 7-9 swimmers in individual events; 3 deck passes.
- 10 or more swimmers in individual events; 4 deck passes.
- Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.
- Unattached swimmers not with a team: 1 deck pass.

## SWIMMERS WITH DISABILITIES

Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director and meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

## CHECK-IN

Any unproven entries must be cleared prior to the scratch deadline, or the swimmer will be scratched from the event. If an entry cannot be proven, the coach is subject to a \$100 fine. All swimmers entered in the 800m and 1500m Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event. Swimmers entered in these events may, when they check-in, indicate their preference to swim the event in the preliminary session. The fastest heat of swimmers that state no preference shall be seeded to compete in the finals session. A swimmer or coach should clearly write "AM" next to the swimmer's name when they check-in if they desire to swim in the preliminary session.

***Positive check-in must be submitted to the site's Administrative Referee prior to the deadlines.***

## REGISTRATION

Registration will be open Noon-8:00 p.m. the day prior to competition, 7:00 a.m. – the end of finals on Day 1, and 7:00 a.m. – conclusion of preliminaries on Days 2, 3 and 4.

## SCRATCHES

Day 1 Events: Scratch Box closes 15 minutes after the conclusion of the technical meeting. All subsequent day's scratches are due 30 minutes after the start of the previous evening's finals.

This competition will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:

- Being barred from all further individual and relay events of that day as prescribed in section 207.11.6, or;
- Payment of a fine of \$200 payable to event host.

***Scratches must be submitted to the site's Administrative Referee prior to the scratch deadlines.***

<b>TIME TRIALS</b>	<p>Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Each swimmer is limited to a maximum of two time trials during the course of the Championships. Time trials will count toward the swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events. Relay-only swimmers will be allowed to swim in time trials.</p> <p>Time Trial entry procedures will be explained in the Technical Meeting. Time Trials, if conducted, will begin approximately 15 minutes after the conclusion of the preliminary session.</p>
<b>SAFETY</b>	Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. A warm-up schedule will be posted in the venue. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with USA Swimming safety procedures. Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.
<b>OFFICIALS' INFORMATION</b>	A meeting for officials may be held prior to each session, either in-person or virtually. This meet has been designated as a National Qualifying Meet to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the Meet Referee.
<b>BROADCAST STATEMENT</b>	Any photographs, videos 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.
<b>IMAGE AUTHORIZATION</b>	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, 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 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 for the purpose of trade, without the consent of USA Swimming. 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 logos and marks, if and when requested.
<b>LIABILITY</b>	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 this event. 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.
<b>DOPING CONTROL</b>	Doping Control may occur at this competition. All athletes competing in the meet are eligible to be tested. All athletes should check the status of all medications they consume at the US Anti-Doping Agency's (USADA) Drug Reference website ( <a href="https://usantidoping.org/dro">usantidoping.org/dro</a> ). Athletes should visit <a href="https://usada.org/athletes/antidoping101/">usada.org/athletes/antidoping101/</a> for important information that all athletes, coaches, and their parents must be aware of. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes <a href="#">here</a> ." NOTE: Minor athlete should always have a representative with them in doping control. Documentation may be required to be submitted well in advance of the meet.
<b>SAFE SPORT</b>	<p>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.</p> <p>The Minor Athlete Abuse Prevention Policy 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.</p> <p>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 <a href="https://uscenterforsafesport.org/report-a-concern">uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p>

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](https://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.*

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 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. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

As per section 202.4.11 (I) of the USA Swimming Rules and Regulations, deck changing is prohibited.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks during the entire meet and are not permitted in changing areas, rest rooms 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. 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.

**ORDER OF  
EVENTS**

2025 FUTURES CHAMPIONSHIPS		
Women	Day 1	Men
1	200 Meter Freestyle	2
3	100 Meter Breaststroke	4
5	200 Meter Butterfly	6
7	200 Meter Medley Relay*	8
9	800 Meter Freestyle^	-
-	1500 Meter Freestyle^	10
11	200 Meter Freestyle Relay**	12
Day 2		
13	100 Meter Freestyle	14
15	400 Meter Individual Medley	16
17	100 Meter Backstroke	18
19	50 Meter Butterfly^^	20
21	800 Meter Freestyle Relay	22
Day 3		
23	50 Meter Backstroke^^	24
25	400 Meter Freestyle	26
27	100 Meter Butterfly	28
29	200 Meter Breaststroke	30
31	400 Meter Freestyle Relay	32
Day 4		
33	200 Meter Individual Medley	34
35	50 Meter Freestyle	36
37	200 Meter Backstroke	38
39	50 Meter Breaststroke^^	40
41	1500 Meter Freestyle^	-
-	800 Meter Freestyle^	42
43	400 Meter Medley Relay	44

\*All heats of Events 7 and 8 will be contested in the Preliminary session, before the start of the Event 9 - Women's 800 FR.

\*\*All heats of Events 11 and 12 will be contested in the Finals session after the conclusion of Event 10 - Men's 1500m FR.

\*\*\*For all other relays, all but the fastest two seeded heats will be swum in the preliminary session. The fastest two seeded heats will be swum at the end of that day's finals session.

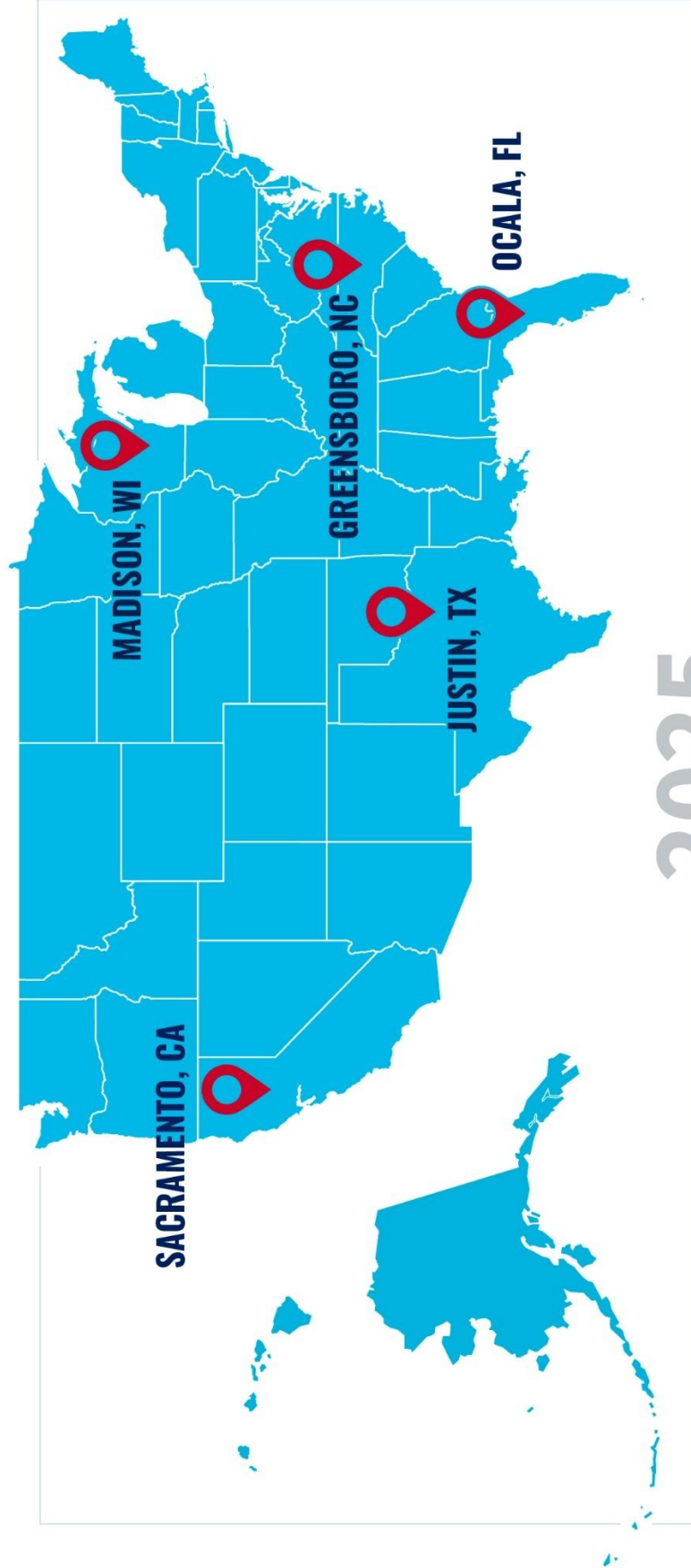
^All but the fastest-seeded heats of women's and men's distance freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the second-fastest seeded heat of men's distance events scheduled to finish approximately 75 minutes prior to the start of the evening session, preceded by the second-fastest seeded women's heat, alternating back to the start time.

^^In addition to the non-50s of stroke bonus event structure listed on p. 4, any swimmer who qualifies for one individual event will be permitted to enter and swim in up to two additional 50s of stroke (backstroke, breaststroke, or butterfly). There will be no qualifying standards for the 50s of stroke (backstroke, breaststroke, or butterfly). Athletes may enter at their fastest 100 of stroke time from within the qualifying period or at no-time (59:59.59). These events will be seeded so that the fastest 100 LCM seed times will be in the circle seeded heats.





# **FUTURES** CHAMPIONSHIPS



2025



**JULY 23 - JULY 26 (WED-SAT)**

**GREENSBORO AQUATIC CENTER  
1921 W. GATE CITY BLVD.  
GREENSBORO, NC 27403**

<b>EVENT PERSONNEL</b>	Referee: <a href="#">Jason Shibata</a> Administrative Referee: <a href="#">Scott Powell</a> Meet Director: <a href="#">David Hoover</a>						
<b>OME</b>	Questions about OME and proof of times for this Futures site should be directed to the site's Admin Referee.						
<b>ABOUT THE FACILITY</b>	Located on the campus of the Greensboro Coliseum Complex, the Greensboro Aquatic Center has evolved into the largest indoor aquatic center in the country (105,323-sq. feet). Since its opening in 2011, the state-of-the-art, multi-purpose, four-pool facility has compiled an impressive national event hosting resume including numerous USA Swimming, U.S. Masters, USA Diving, USA Synchro, NCAA, ACC, and YMCA national championships.						
<b>LOCKERS</b>	Men's and Women's Locker rooms are adjacent to the competition pool for the Athletes. Lockers are available on a first come/ first serve basis. Lockers are for day use only and you must provide your own lock. The Greensboro Aquatic Center and USA Swimming will not be held liable for lost or stolen items.						
<b>MEDICAL ASSISTANCE</b>	An Emergency Medical Technician (EMT) will be located on the pool deck in the medical/first aid room. Sports massage therapy services will not be provided.						
<b>CONCESSIONS</b>	Concessions will be provided in the main corridor at the GAC during competition hours. OVG will be the provider offering fruits, vegetables, sandwiches, yogurt, bagels, pretzels, popcorn and a wide variety of soda and sport drinks.						
<b>HOSPITALITY</b>	A hospitality area for the coaches and officials will be located adjacent to the pool deck during meet. A separate athlete lounge will be available for all participating swimmers throughout the contest.						
<b>PARKING</b>	Parking passes will be sold for the Greensboro Aquatic Center lots and may be purchased at the GAC parking gate. Single-day passes are \$5.00. Complimentary parking passes will be available for coaches at Registration. All others will be required to purchase parking passes at the parking entrance daily.						
<b>HOTELS</b>	Hotel Information is available <a href="#">here</a> .						
<b>TICKETS</b>	Daily and single session tickets may be purchased on-site at the Greensboro Aquatic Center. For All-Session passes, please see here- <a href="https://www.universe.com/events/usa-swimming-futures-tickets-6P9CDH?ref=share-widget-buffer">https://www.universe.com/events/usa-swimming-futures-tickets-6P9CDH?ref=share-widget-buffer</a>						
<b>SPECTATOR BAG POLICY</b>	<p>For safety and efficiency, the Greensboro Aquatic Center recommends entering without a bag. If necessary, guests are permitted to bring one small bag that meets the following guidelines:</p> <table><tr><td>♦ Clear vinyl or Plastic Bag (no larger than 12"x6"x12")</td><td>♦ Medical Bags* (no larger than 12"x6"x12")</td></tr><tr><td>♦ Clear Vinyl or Plastic Backpack (no larger than 12"x6"x12")</td><td>♦ Diaper Bags* (no larger than 12"x6"x12")</td></tr><tr><td>♦ Small Clutch Bag (no larger than 4.5"x6.5")</td><td>♦ One-Gallon Clear Plastic Storage Bag</td></tr></table> <p>*Medical bags, including diaper bags when accompanied by a child, will be inspected, and tagged before entry.</p>	♦ Clear vinyl or Plastic Bag (no larger than 12"x6"x12")	♦ Medical Bags* (no larger than 12"x6"x12")	♦ Clear Vinyl or Plastic Backpack (no larger than 12"x6"x12")	♦ Diaper Bags* (no larger than 12"x6"x12")	♦ Small Clutch Bag (no larger than 4.5"x6.5")	♦ One-Gallon Clear Plastic Storage Bag
♦ Clear vinyl or Plastic Bag (no larger than 12"x6"x12")	♦ Medical Bags* (no larger than 12"x6"x12")						
♦ Clear Vinyl or Plastic Backpack (no larger than 12"x6"x12")	♦ Diaper Bags* (no larger than 12"x6"x12")						
♦ Small Clutch Bag (no larger than 4.5"x6.5")	♦ One-Gallon Clear Plastic Storage Bag						

Please note this is not a comprehensive list. The Greensboro Aquatic Center reserves the right to deny any bag at any time on a case-by-case basis. Please note that athletes are allowed to bring in their bags and do not have to abide by the above policy.



**JULY 23 - JULY 26 (WED-SAT)**

**NORTHWEST ISD AQUATIC CENTER  
1976 TEXAN DRIVE  
JUSTIN, TX 76247**

**EVENT  
PERSONNEL**

Referee: [Barb Ship](#)  
Administrative Referee: [Jamie Cahn](#)  
Meet Director: [Tom Cyprus](#)

**OME**

Questions about OME and proof of times for this Futures site should be directed to the site's Admin Referee.

**ABOUT THE  
FACILITY**

Northwest ISD Aquatic Center was opened in January of 2021. The facility offers an indoor 50 meter pool with additional space for warm-up. The competition pool has 8 lanes for long course competition, with a consistent pool depth of 6 feet 8 inches. Automatic timing is provided by a Colorado Timing System with HYTEK interface. Two 8-lane video scoreboards are available.

**LOCKERS**

There are locker rooms on the pool deck, but individual lockers for day use are not available.

**MEDICAL  
ASSISTANCE**

NISD Aquatic Center has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but is not limited to, CPR, AED, and First Aid.

**CONCESSIONS**

There is a concession stand located on the upper level of the spectator seating area.

**HOSPITALITY**

Hospitality will be available for all coaches and meet officials.

**PARKING**

The lots in and around the NISD Aquatic Center are available for parking. RV parking and any overnight parking by any vehicle is not allowed.

**HOTELS**

Hotel information is available [here](#).

**TICKETS**

Tickets may be purchased on-site at the Northwest ISD Aquatic Center

All Session Adult: \$50.00  
All Session Senior 65+/Youth 7-12 - \$18.00  
Daily (Prelims & Finals) Adult: \$18.00  
Daily (Prelims & Finals) Senior/Youth: \$13.00  
Single Session Adult: \$12.00  
Single Session Senior/Youth: \$8.00  
Children 6 & Under are FREE



**JULY 23 - JULY 26 (WED-SAT)**  
**SODERHOLM FAMILY AQUATIC CENTER**  
**UNIVERSITY OF WISCONSIN**  
**797 WEST DAYTON STREET MADISON, WI 53715**

**EVENT  
PERSONNEL**

Referee: [Curtis Myers](#)  
 Administrative Referee: [Traci Johnson](#)  
 Co-Meet Directors: [Shane Ryan](#)  
[Janis Katz](#)

**OME**

Questions about OME and proof of times for this Futures site should be directed to the site's Admin Referee.

**ABOUT THE  
FACILITY**

The Soderholm Family Aquatic Center was constructed in 2018-20 and part of an impressive \$96 million project that replaced the outdated Southeast Recreational Facility (SERF) with the new 170,000-square foot Nicholas Recreation Center. With seating for 1,200 spectators and videoboard, the new aquatic center brings together the Badgers' swimming and diving practice and competition facilities into one high-performance location. The new facility features a 50-meter pool, which is convertible to two 25-yard pools, as well as a 25-yard diving well below a full diving tower.

**LOCKERS**

Lockers are available at the facility but not recommended for daily use. No locks will be provided and the lockers will only be monitored for safety and cleanliness. All items left in lockers will be at the risk of the meet participant /patron.

**MEDICAL  
ASSISTANCE**

Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should summon the nearest lifeguard or report to the Lifeguard office located on the west end of the pool deck.

**CONCESSIONS**

Food and beverage will be available on east end of the balcony seating.

**HOSPITALITY**

Coaches and officials' hospitality will be provided in the classroom located at the West End of the pool deck. Light snacks and water will be provided to timers.

**PARKING**

Hourly parking is available in campus gated lots (garages/ramps) as well as nearby parking meters. The nearest paid ramps are Lot 29 and Lot 46 and both are within 2 blocks of the facility. Please check out UW Transportation's Visitor Parking website. <https://transportation.wisc.edu/visitor-parking> Parking may be limited during the prelim sessions Wednesday-Friday due to the University work day being in session.

**HOTELS**

Hotel information is available [here](#).

**TICKETS**

All Session Adult: \$50.00  
 All Session Senior 65+/Youth 7-12 - \$18.00  
 Daily (Prelims & Finals) Adult: \$18.00  
 Daily (Prelims & Finals) Senior/Youth: \$13.00  
 Single Session Adult: \$12.00  
 Single Session Senior/Youth: \$8.00  
 Children 6 & Under are FREE



**JULY 23 - JULY 26 (WED-SAT)**

**FLORIDA AQUATICS SWIMMING & TRAINING  
4635 SW 67<sup>TH</sup> AVE  
OCALA, FL 34474**

**EVENT  
PERSONNEL**

Referee: [Betsy Russell](#)  
Administrative Referee: [Lucy Duncan](#)  
Meet Director: [Kevin Milak](#)

**OME**

Questions about OME and proof of times for this Futures site should be directed to the Administrative Referee.

**ABOUT THE  
FACILITY**

Florida Aquatics Swimming & Training (FAST) provides 2 pools and supporting amenities including a full-service café, classrooms and free wireless internet. The 50-meter competition pool offers a total of 10 50-meter competition lanes with a depth of 10 to 13. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The outdoor 50-meter pool allows for 8 warm-up/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,250 above the deck offers stadium seating with backs. There is a Colorado Time Systems Gen 7 Serial timing system with dual HD video scoreboards indoors, and an HD scoreboard outdoors for viewing from warmup pool. The aquatic facility is conveniently located just off I-75 at HWY 200 exit. Per USA Swimming and Safe Sport Rules...ONLY meet volunteers, USA Swimming registered athletes, current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials and volunteers will be required to wear wristbands or lanyards on the pool deck. Please check-in at the volunteer table in the lobby. NO SPECTATORS ARE ALLOWED ON DECK AT ANY TIME.

**LOCKERS**

Limited lockers are available in the athlete/officials' locker rooms for day use only. No locks will be provided.

**MEDICAL  
ASSISTANCE**

Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should go to the lifeguard office immediately. There will be certified medical personnel on site during the competition.

**CONCESSIONS**

Concessions will be available at the FAST Fuel Café on the main level of the facility.

**HOSPITALITY**

Coaches and Officials hospitality will be available throughout the competition. The Hospitality Room is located off the outdoor pool deck, a live webcast will be running throughout the meet in the Hospitality Room.

**PARKING**

Parking in the rear FAST lot is reserved for coaches and officials only. Free parking for meet participants and spectators is available in the lot in front of the facility, and overflow parking in the graded lot. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and the owner's expense.

**HOTELS**

Hotel information is available [here](#).

**TICKETS**

Tickets will be available for online purchase at <https://floridafast.com/tickets/>.



**JULY 23 - JULY 26 (WED-SAT)**

**NORTH NATOMAS AQUATIC CENTER  
2601 NEW MARKET DR  
SACRAMENTO, CA 95835**

**EVENT  
PERSONNEL**

Referee: [Rob Stevens](#)  
Administrative Referee: [Jacki Allender](#)  
Meet Director: [Billy Doughty](#)

**OME**

Questions about OME and proof of times for this Futures site should be directed to the site's Admin Referee.

**ABOUT THE  
FACILITY**

The North Natomas Aquatics Complex consists of an outdoor 50 meter, 8 lane competition pool with a separate 25 yard warm-up pool. Colorado starting, timing, full color matrix scoreboard and HY-TEK's Meet Manager software will be used. Stadium seating will be available for spectators. In accordance with Article 103.2.3, the competition course has a pool depth at the start end (@1m) of 12'-8" and at the turn end (@1m) of 6'-10". The competition course has been certified in accordance with 104.2.2C(4)(a). The copy of such certification is on file with USA Swimming.

**LOCKERS**

Lockers are available at the facility but not recommended for daily usage. No locks will be provided, and lockers will only be monitored for safety and cleanliness. All items left in lockers will be at risk of the meet participant/patron.

**MEDICAL  
ASSISTANCE**

Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should summon the nearest lifeguard or report to the Lifeguard office located on the pool deck.

**CONCESSIONS**

Concessions information to come later.

**HOSPITALITY**

Coaches and officials' hospitality will be provided at the north end of the pool. Light snacks and water will be available timers.

**PARKING**

Free parking is available at the North Natomas Regional Park and Inderkum High School. Limited parking will be available at the North Natomas Aquatics Complex. On Saturday July 29<sup>th</sup> parking will be restricted at the North Natomas Regional Park due to the North Natomas Farmers Market. On this day Inderkum High School will be your best option. There is no overnight parking for recreational vehicles (RV's) permitted at any of the parking areas.

**HOTELS**

Hotel information is available [here](#).

**TICKETS**

All Session Adult: \$50.00  
All Session Senior (65+)/Youth (7-12): \$35.00  
Daily (Prelims & Finals) Adult: \$18.00  
Daily (Prelims & Finals) Senior (65+)/Youth (7-12): \$13.00  
Single Session Adult: \$12.00  
Single Session Senior (65+)/Youth (7-12): \$8.00  
Children 6 and Under are FREE.

## **CA CONCUSSION LAW**

California has modified its existing school concussion law to apply the requirements to youth sports organizations in which athletes participate, including swimming. These requirements apply to out of state coaches whose swimmers are attending the 2023 Futures Championships.

1. The law requires that a youth athletic program must immediately remove an athlete from an athletic activity for the remainder of the day, if the athlete is suspected of sustaining a concussion or head injury and prohibit the athlete from returning to the activity until the athlete is evaluated by a licensed health care provider, trained in the management of concussions, and acting within the scope of his or her practice. The athlete must receive written clearance from the licensed health care provider to return to the athletic activity. If the athlete is diagnosed with a concussion, they must go through a graduated return to play protocol of no less than seven days under the supervision of a licensed health care provider. Youth sports organizations must also notify the parents or guardians of athletes 17 or younger who have been removed from athletic activities due to suspected concussions.

2. Coaches and administrators must successfully complete the concussion and head injury education required under the bill at least once either online or in person. The following courses from the Center for Disease Control and Prevention (CDC) or the National Federation of State High School Associations (NFHS) satisfy the requirements.

[\*CDC Concussion Course\*](#)

[\*NFHS Concussion Course\*](#)

3. USA Swimming has also developed concussion and head injury education materials for coaches and administrators. Below is a concussion at the pool checklist for coaches, officials, and parents.

[\*Concussion at the pool Checklist\*](#)

After entering the meet, you will receive the standard USA Swimming Participant Waiver, a Concussion Information Sheet for Parents and Swimmers, and the Concussion Acknowledgment Document. Please be sure to take the time to read this information to avoid any delays or issues at the meet. Both the waiver and the acknowledgment document will need to be signed and submitted for each athlete at registration.





# 2025 TIME STANDARDS

## FUTURES CHAMPIONSHIPS

*\*Qualifying from June 1, 2024 through Entry Deadline*

### WOMEN

### MEN

SCY	LCM	18 & U	LCM	SCY
23.89	27.39	50 FR	24.59	21.29
51.89	59.29	100 FR	53.59	46.39
1:52.29	2:07.79	200 FR	1:57.79	1:41.59
5:02.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
57.09	1:06.79	100 BK	1:00.59	51.49
2:04.19	2:23.99	200 BK	2:11.89	1:52.79
1:05.49	1:15.99	100 BR	1:08.19	57.99
2:22.69	2:43.39	200 BR	2:29.09	2:07.99
56.59	1:04.69	100 FL	57.99	50.59
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:06.39	2:26.19	200 IM	2:12.79	1:53.89
4:30.69	5:07.29	400 IM	4:42.39	4:06.99
X	4:04.29	4x100 FR-R	3:40.89	X
X	8:40.89	4x200 FR-R	8:00.49	X
X	4:33.79	4x100 MED-R	4:05.89	X



# 2025 TIME STANDARDS

## FUTURES CHAMPIONSHIPS

*\*Qualifying from June 1, 2024 through Entry Deadline*

### WOMEN

### MEN

SCY	LCM	19 & O	LCM	SCY
22.79	26.59	50 FR	23.79	20.39
49.69	57.59	100 FR	51.99	44.39
1:47.39	2:04.29	200 FR	1:54.09	1:38.09
4:48.09	4:21.39	400/500 FR	4:02.79	4:27.69
9:56.79	8:58.69	800/1000 FR	8:23.09	9:13.19
16:32.59	17:11.29	1500/1650 FR	16:05.09	15:34.19
54.49	1:04.39	100 BK	58.19	48.89
1:57.69	2:18.29	200 BK	2:06.99	1:47.09
1:02.79	1:13.29	100 BR	1:05.29	55.29
2:15.49	2:38.29	200 BR	2:22.89	2:00.99
53.99	1:02.39	100 FL	55.99	48.39
1:59.39	2:16.99	200 FL	2:05.09	1:47.89
2:00.59	2:20.99	200 IM	2:08.19	1:48.89
4:15.19	4:57.29	400 IM	4:33.09	3:52.69
X	4:04.29	4x100 FR-R	3:40.89	X
X	8:40.89	4x200 FR-R	8:00.49	X
X	4:33.79	4x100 MED-R	4:05.89	X

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**\*Time standards for the 4x50 relays will be the corresponding 4x100 relay time standard.**