



SUMMARY OF CHAMPIONSHIP MEET UPDATES

In Fall 2022, the ISI Championship Meet Task Force evaluated current meets, analyzed participation data, and identified the needs of Illinois Swimming. They proposed alternative formats to enhance accessibility and engagement. Initial recommendations were presented for future improvements at the HOD in 2023, updates and changes were made and then were voted on at the HOD in 2024. The following outlines a summary of the changes to our Championship Meets starting in Spring 2025.

You can find the 2024-2025 updated time standards for the following meets on the [ISI website](#).
Single Age Time Standards were created for Regionals, 10&U State and 11-14 State Championships.

- Even aged (10, 12, 14) time standards remain static from 2023-2024
- Odd aged (9U, 11, 13) time standards created using prior race data

REGIONALS

Feb 28-Mar 2, 2025

Short Course 2025 Location: [Multiple locations as assigned by ISI](#)

- Qualify with 9&U, 10, 11, 12, 13 and 14 Single Age or Open Time Standards, compete in 10&U, 12&U, 14&U and Open Age Groups
- No more than 3 individual events per day and 7 individual events total
- The top finisher in individual events at Regionals shall advance to their respective Championship meets in that season in that event, so long as they do not change age group prior to the first day of competition of that championship meet due to their date of birth. In the case of a tie for first in any individual event at Regionals, all athletes involved in the tie shall advance.

10 & UNDER STATE CHAMPIONSHIPS

Mar 8-9, 2025

Short Course 2025 Location: Glenbrook South High School hosted by Glenbrook Swim Club

- Qualify with 9&U and 10 Single Age Time Standards, compete in 10&U Age Group
- No more than 4 individual events per day and 6 individual events total
- Pre-seeded events, timed finals
- No penalty for missed swims
- Mid-day sessions: 10:00 AM warmup, 11:30 AM meet start

11 - 14 AGE GROUP STATE CHAMPIONSHIPS

Mar 13-16, 2025

Short Course 2025 Location: FMC Natatorium hosted by FMC Aquatic

- Remains very similar to previous AG Champ format
- Qualify with 11, 12, 13, and 14 Single Age Time Standards, compete in 11-12 and 13-14 Age Groups
- Added 13-14 50's of Stroke - Must be entered with 100 qualifying time
- Added 200 relays for 11-12 and 13-14 - Must use 400 relay qualifying times (aggregate or team times)
- Missed prelim race penalty does not include relay, only out of next event

SENIOR STATE CHAMPIONSHIPS

Mar 6-9, 2025

Short Course 2025 Location: UIC Natatorium hosted by IL Swimming

- Added 200 Relays to AM sessions only (200FR-R on Saturday & 200M-R on Sunday) - Must use 400 relay qualifying times (aggregate or team times)
- Added 50's of Stroke - Must be entered with 100 qualifying time
- Super final in 50/100/200 Events. A-B-C-D Final (D-Final is 16&U)
- 400/500 No Super Final. A-B-C Final (C-Final is 16&U)