Lakeridge Swimmers, we're pleased to announce a special opportunity for team travel and outstanding senior competition this coming spring. Swimmers who meet **all** of the requirements listed below will be eligible for the meet.

2026 WESTERN ZONE
SHORT COURSE SENIOR CHAMPIONSHIPS

Eligibility Requirements

1) Gold or Silver Group (Grades 9-12 only)
2) Minimum 3 Individual Cuts (see below), only one of which may be a 50
    a. While meet sheet isn't out yet, Qualification Period will likely be 10/1/25, which means that only times achieved after this date count toward qualifying
3) 85% Attendance of 9 possible workouts weekly (technically 7.6) beginning Tuesday, November 10, 2026. As always, Silver Group swimmers (grades 9-12) are welcome at mornings (5:30-7:00 am M/W/F) during the school year.
    a. Travel, illness, injury, faulty alarm, term paper, car trouble, upset stomach, motivation, outside interest, job, volunteering, and dinner plans are all part of your 15%. Averaging 8 or 9 workouts weekly is recommended, especially for adding a little buffer in case of illness or other absence.
    b. Holidays such as Thanksgiving, or a snow day, when the pool is closed are not part of the count. They are like free days off. ☺
    c. In the case of family travel, training with a USA Swimming Team (https://www.usaswimming.org/home/find-a-team) counts for attendance, whereas swimming on your own does not.
4) Current Safe Sport Training (18 & Over APT / 17 & Under Safe Sport Club Recognition Training for Athletes

2025 - 2028 Western Zone Senior Championships Time Standards

Women			Event	Men		
SCY	SCM	LCM		LCM	SCM	SCY
26.09	28.89	29.59	50 FR	26.99	25.69	23.19
56.49	1:02.39	1:04.39	100 FR	58.99	56.29	50.99
2:02.39	2:15.29	2:18.99	200 FR	2:08.69	2:03.49	1:51.79
5:29.39	4:48.19	4:51.79	400 / 500 FR	4:34.39	4:24.79	5:02.69
11:24.19	9:58.69	10:05.99	800 / 1000 FR	9:29.99	9:14.79	10:33.99
19:06.69	18:59.79	19:21.09	1500 / 1650 FR	18:11.09	17:30.49	17:36.89
28.99	31.99	33.89	50 BK	31.09	28.79	26.09
1:01.39	1:07.79	1:11.39	100 BK	1:05.19	1:01.29	55.49
2:13.29	2:27.29	2:33.39	200 BK	2:21.49	2:13.99	2:01.29
33.79	37.29	37.89	50 BR	34.29	33.29	30.09
1:10.59	1:17.99	1:20.99	100 BR	1:13.49	1:09.79	1:03.19
2:32.79	2:48.79	2:54.49	200 BR	2:39.79	2:31.69	2:17.29
28.59	31.49	32.09	50 FL	29.29	28.59	25.89
1:01.09	1:07.49	1:09.29	100 FL	1:03.09	1:00.99	55.19
2:16.19	2:30.49	2:34.29	200 FL	2:21.09	2:16.39	2:03.39
2:16.49	2:30.79	2:36.99	200 IM	2:24.69	2:16.99	2:03.99
4:51.59	5:22.29	5:32.49	400 IM	5:07.79	4:52.39	4:24.69

Women			Bonus Events	Men		
SCY	SCM	LCM		LCM	SCM	SCY
26.59	29.39	30.09	50 FR	27.49	26.19	23.69
57.49	1:03.39	1:05.39	100 FR	59.99	57.29	51.99
2:04.39	2:17.29	2:20.99	200 FR	2:10.69	2:05.49	1:53.79
N/A	N/A	N/A	400 / 500 FR	N/A	N/A	N/A
N/A	N/A	N/A	800 / 1000 FR	N/A	N/A	N/A
N/A	N/A	N/A	1500 / 1650 FR	N/A	N/A	N/A
29.49	32.49	34.39	50 BK	31.59	29.29	26.59
1:02.39	1:08.79	1:12.39	100 BK	1:06.19	1:02.29	56.49
2:15.29	2:29.29	2:35.39	200 BK	2:23.49	2:15.99	2:03.29
34,29	37.79	38.39	50 BR	34.79	33.79	30.59
1:11.59	1:18.99	1:21.99	100 BR	1:14.49	1:10.79	1:04.19
2:34.79	2:50.79	2:56.49	200 BR	2:41.79	2:33.69	2:19.29
29.09	31.99	32.59	50 FL	29.79	29.09	26.39
1:02.09	1:08.49	1:10.29	100 FL	1:04.09	1:01.99	56.19
2:18.19	2:32.49	2:36.29	200 FL	2:23.09	2:18.39	2:05.39
2:18.49	2:32.79	2:38.99	200 IM	2:26.69	2:18.99	2:05.99
N/A	N/A	N/A	400 IM	N/A	N/A	N/A