

2026-2027 Sample SCY Sample Formats									
<b>2 days, 1 session/day</b>									
	<u>Day A</u>			<u>Day B</u>			<u>Suggested Standards</u>		
All ages	100 free			All ages	100 back		Events longer than an IMX distance - athlete must have a B time in next shortest distance		
	11&O 200 fly				11&O 200 breast		13&O - 1000/1650 free		
	8&U 25 breast				8&U 25 fly		11-12 - 200 fly/bk/brst, 400 IM, 1000/1650 free		
All ages	50 back			All ages	50 free		10&U - 500 free		
All ages	100 IM			All ages	200 free		8&U -200/500 free, 200 IM		
	8&U 25 free				8&U 25 back				
All ages	100 breast			All ages	100 fly				
All ages	50 fly			All ages	50 breast		Anticipated capacity	8 lanes:	300-350 athletes/session
	11&O 200 back			All ages	200 IM			10 lanes:	350-400 athletes/session
	11-12 400 IM or 12&U 500 free			11-12 1000 or 1650 free					
	13&O 400 IM or 13&O 500 free			13&O 1000 or 1650 free			Meet is designed for smaller numbers, or larger numbers with 3+ sites keeping more teams & families together in the same session		
<b>2 days, 3 sessions</b>									
	<u>Day A - Morning</u>			<u>Day B - Morning</u>			<u>Suggested Time Standards</u>		
All ages	100 back			All ages	100 breast		13&O -	No Standards	
All ages	50 breast			All ages	50 free		12&U -	AM Session	3B or more to qualify
All ages	50 fly			All ages	200 IM			PM Session	2BB or fewer to qualify
All ages	100 free			All ages	50 back				
	11&O 200 breast			All ages	100 fly				
	11&O 200 fly			All ages	200 free		Suggested entry limits	AM Session:	3/day
All ages	100 IM			11&O	200 back			PM session	4/day
	11-12 400 IM or 12&U 500 free			11-12 1000 or 1650 free					
	13&O 400 IM or 13&O 500 free			13&O 1000 or 1650 free					
	<u>Day A - Afternoon</u>			<u>Day B - Afternoon</u>					
12&U	100 free								
8&U	25 back	Anticipated Capacity		8 lanes:	300-350 AM session; 175-200 PM session				
12&U	50 breast			10 lanes:	350-400 AM session; 200-225 PM session				
8&U	25 fly								
12&U	50 free								
12&U	100 IM								
12&U	50 back	Afternoon session is designed to give younger, more developmental swimmers their own session, namely where 8&U have more options for suitable events on 1 day							
8&U	25 breast								
12&U	50 fly								
8&U	25 free								
12&U	200 free								
<b>2 days, 2 sessions/day</b>									
	<u>Day A - Morning</u>			<u>Day B - Morning</u>			<u>Suggested Standards</u>		
11&O	100 back			11&O	100 breast		1) 11-12 need 3B times in order to qualify for AM session		
11&O	50 breast			11&O	50 free		2) Events longer than an IMX distance - athlete must have a B time in next shortest distance		
11&O	50 fly			11&O	200 IM		13&O - 1000/1650 free		
11&O	100 free			11&O	50 back		11-12 - 200 fly/bk/brst, 400 IM, 1000/1650 free		
11&O	200 breast			11&O	100 fly		10&U - 500 free		
11&O	200 fly			11&O	200 free		8&U -200/500 free, 200 IM		
11&O	100 IM			11&O	200 back				
	11-12 400 IM or 12&U 500 free			11-12 1000 or 1650 free					
	13&O 400 IM or 13&O 500 free			13&O 1000 or 1650 free					
	<u>Day A - Afternoon</u>			<u>Day B - Afternoon</u>					
12&U	50 fly			12&U	50 back				
8&U	25 back			8&U	25 fly				
8&U	25 breast			8&U	25 free		Meet is designed for the largest of crowds, giving 11-12s an option to choose which session is best for them. Most longer events are factored out of the PM session		
12&U	50 free			12&U	50 breast				
12&U	100 IM			12&U	100 free				
12&U	100 breast			12&U	200 IM		Anticipated capacity:	8 lanes:	300-350/session
12&U	100 back			12&U	100 fly			10 lanes	350-400/session
12&U	200 free			12&U	500 free				
<b>Distance events - Which ones and how to integrate?</b>									
Goal & Premise:	Each day should offer minimum 1 distance race, and each distance race should be rotated amongst several meets over the course								