

IGLA+ 2025 DC

Swimming Meet Announcement

Sanctioned by Potomac Valley LMSC for USMS Inc. Sanction # 105-S002

Hosted by District of Columbia Aquatics Club

Competition Dates: Saturday May 31st through Thursday June 5th with Tuesday June 3rd being a break day for Open Water Swimming.

Venue: Swimming competition will take place at the Long Bridge Aquatic Center located at [333 Long Bridge Drive in Arlington, VA 22202](#).

- Competition will be conducted in an 8-lane, 25 meter format. The other portion of the pool will be available for warm up and warm down but set up as 25 yards. We will not be running two courses at a time.
- Click [here](#) to view the competition pool.
- Long Bridge is located just across the border from Washington, DC, and is accessible via Metro and Uber/Lyft. The pool complex has a parking lot.
- Nearest airports: The pool is 3 miles from Washington Reagan National Airport (DCA) and 28 miles from Dulles International Airport (IAD).
- Long Bridge Aquatic & Fitness Center will allocate 5 lanes to be available to IGLA+ participants for warm-up on Friday, May 30 from 10:00am to 4:00pm.
- Proposed times for the meet (**subject to change**)
 - Warm-up: 8:00am to 8:45am
 - Competition starts: 9:00am
 - Proposed competition ends: 12:30pm

Order of Events:

Individual events: Athletes may enter up to 5 individual events, but IGLA+ 2025 DC organizers reserve the right to drop and refund the fifth entered event should there be a high number of entries.

- **Day 1 - Saturday May 31st:** 200 Breaststroke, 50 Freestyle, 100 Butterfly, 200 Backstroke, and 400 Freestyle
- **Day 2 - Sunday June 1st:** 50 Backstroke, 200 Individual Medley, 200 Butterfly, 100 Breaststroke, and 800 Freestyle
- **Day 3 - Monday June 2nd:** 50 Butterfly, 100 Individual Medley, 100 Freestyle, 1500 Freestyle
- **Tuesday June 3rd:** No swimming – break for Open Water Swimming
- **Day 4 - Wednesday June 4th:** 200 Freestyle, 50 Breaststroke, 100 Backstroke, and 400 Individual Medley.

Relays: Athletes may participate in up to 4 relays on the final day.

- **Day 5 - *RELAY DAY* - Thursday June 5th:** 400 Freestyle Relay, 200 Medley Relay, 800 Freestyle Relay, 200 Free Relay, and 400 Medley Relay
- Relay entries will be completed by the team captain or coach after individual registration closes on April 30, 2025.

Gender

Competition will have 3 gender categories:

- USMS Female will include cis female athletes and [eligible trans female athletes](#)
- USMS Male will include cis male athletes and trans male athletes who opt into this category
- Open will include non-binary athletes, trans female athletes who do not meet USMS criteria for transgender, and any trans male athletes that opt in.

Seeding

- Odd numbered events will be USMS events (combined USMS Male and USMS Female). Even numbered events will be Open events.
- Heats within each event will be seeded slow to fast by time, regardless of age or gender.
- Positive Check In will be required for distance events (400 Free, 800 Free, 1500 Free, 400 IM)

Awards and Scoring (Updated Jan 2025)

- Medals and team points will be awarded to swimmers for each event, for the 3 gender categories, and for each age group.
- All swimmers are eligible for medals
- Only teams registered with IGLA+ are eligible for team trophies.
- All USMS Male and USMS Female times will be reported to the national governing bodies and eligible for world and national records, Top 10 times, and annual performance reports.
- Individual scoring to 8 places: 9-7-6-5-4-3-2-1
- Relays scored to 8 places: 18-14-12-10-8-6-4-2

Accommodations

If you need any accommodations for the type of swimsuit or use of tape, please let us know at info@igla2025.org no later than May 15, 2025. We will work with any disabled or transgendered athlete to get the necessary accommodations approved by USMS officials before you the meet starts on May 31, 2025.

- Rule for Swimwear for Competition can be found [here](#) (Section 102.12, page 14)

Legal Notices

- The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).
- The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

- Times swum under one-event registration are not eligible for USMS Top 10 or records consideration.