

2025 LSC Duel in the Pool at the Southern Methodist University, Dallas, TX May 16-18, 2025

Quick Facts About the 2025 LSC Duel in the Pool

- **Purpose: The Duel in the Pool** is a swimming competition that challenges the rising stars of our sport from three of the nation's most competitive LSCs to see which is the best in a triple duel format series of events. The event was modeled after the USA Swimming Mutual of Omaha Duel in the Pool Events.
- **Participating LSCs: Illinois, Indiana & GULF LSCs will participate in 2025.**
- **Format:** The Duel in the Pool will be a 2-day competition between 3 LSCs at the Southern Methodist University in Dallas, TX, May 16-18, 2025. A 72-member team (ages 11-16) will be invited to attend based on a criterion developed by each LSC. ***This meet will be conducted in LCM in a Timed Final Format.**
- **Selection process:** Each LSC will create a selection criterion for their team. 12 athletes of each of the following age groups & genders shall be selected. 11-12, 13-14 & 15-16 (12 female/12 male) ***Only SCY Times will be considered for selection. See the Team Indiana selection criteria document for more information.**
- **Guest Coaches:** The goal will be to reach out to Hall of Fame Coaches and athletes to be the educational and motivational leader of each LSC team. Also adding to this all-star staff may be a "Home Grown" Olympian from each LSC to add to the athlete experience.
- **Staff:** Each LSC will select a staff of Coaches & a Team Manager to oversee the athletes during the event.
- **Travel & Housing:** To provide the best possible travel cost options, the goal is to have each LSC travel in on Friday late morning/early afternoon & depart on Sunday evening. Each LSC shall be responsible for transportation to and from the event. Host LSCs will provide participating LSCs and families a listing of hotels and preferred rates if available.
- **Cost** for each LSC shall be determined on the event budget provided by the Host LSC and travel proximity of each LSC.
- **Training:** Each LSC will have access to pool time available at the University of Houston Natatorium for practice on Friday May 16.
- **Future Dates & Sites:** Each of the LSCs will have the opportunity to host the event on a yearly rotational basis. Future dates & locations TBD.
- **Social Media:** Event Highlights will be shared on the Event Website, the LSC's GroupMe, FB, Instagram & Twitter social media. Each host LSC shall offer the event via "live" webcast if available and work to engage local media in the event.
- **Meals:** Each LSC shall be responsible for supplying team meals for their team. Meet Host may supply local options or team meals.
- **Event Activity:** Athletes will be invited to attend an athlete banquet on Friday, May 16 featuring our Guest Coaches. Location & Time determined by the LSC Host.

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- **Event Advisory Committee:** Each LSC shall designate a representative to serve on the Event Advisory Committee who will oversee the event philosophy, organization of event, design of meet packet, communication, and be the LSC liaison for each LSC Team of athletes & coaches.
- **Format:** The event format shall be determined by the coach representatives of each of the 3 LSCs.