



SWIM GUIDE

2018



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2018 Swim Guide

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Southern California Swimming
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Kim O'Shea, Executive Director**

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No 2018 Information Submitted

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BLAST Sharks

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Bruin Swim Club

BRSC

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**Culver City Swim Club
CULV**

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10747 Flaxton St
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**El Camino College Aquatics
ECCA**
elcamino.edu

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DRGN**

teamunify.com/cayf
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**Golden Rebels
REBS**

goldenrebels.org

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**Hollywood Silver Dolphins
HOLY**

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Eugene Yugay - P
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**John C Argue Swim Team
JCA**

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Los Angeles Community

Titans

LACT

lactitans.org

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Los Angeles Swim Club

LASC

laswimclub.com

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Lynwood Marlins Swim Team

LMST

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**Manhattan Beach Dolphins
MBD**

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Marines Aquatics & Sports Inc

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**Palos Verdes Aquatic Club
PVAC**

pvacswim.org

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PAC**

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Pirates of Los Angeles County

PLAC

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Rose Bowl Aquatics

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Royal Swim Team

RYL

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South Bay Swim Team

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South Gate Aquatic Club

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Surfside Swim Team

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No 2018 Information Submitted

Swim Torrance

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Team Bruin

BRUN

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TROJ

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USC Swimming

USC

Same as Trojan Swim Club

Vision Swim**VISN****visionswim.com**

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Zenith Aquatic Program**ZAP****zapswimming.com**

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LEAGUES**Orange County****Swim Conference****OCSC****ocswimconference.org**

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San Geronio Swim League**SGSL**

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ORGANIZATIONS**H2O Open Plus****H2O+****h2openplus.com**

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CALENDAR

JANUARY 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
				----- Pacific Coast Allstars at Snohomish, WA -----		
New Year's Day				----- Orange – Blue SC at SET -----		
8	9	10	11	12	13	14
				Coastal (N) SCY Champs-SMSC		
				Coastal (S) SCY Champs-PATH		
				RMDA Sr-LCM		
				----- Metro-BRW SCY-COMM -----		
				---- Eastern-BRW SCY at RST ----		
				-- Desert-TRA Midwinter Invite --		
				-----TYR Pro Swim Series, Austin, TX -----		
15	16	17	18	19	20	21
				- Orange-RW Champs SC-FAST -		
				- Orange-RW Champs SC-NOVA		
				- Orange-RW Champs SC-SCAL -		
22	23	24	25	26	27	28
				--- Coastal – BRW SCY at PVST ---		
				SCS Swim Festival-COMM		
29	30	31				

FEBRUARY 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
			1	2	3	4
					----- Eastern – RW SCY at HILL -----	
					----- Pacific-BRW SCY at SGAC -----	
					----- Coastal-BRW SCY at PUMA -----	
5	6	7	8	9	10	11
			7:00 pm-Eastern Committee		-- Orange-Blue JO Max at AZOT -	
					----- Coastal-BRW SCY at CSSC -----	
					----- Metro-Champs at BAC -----	
12	13	14	15	16	17	18
					----- FREE WEEKEND -----	
					GWSC Sr-LCM	GWSC Sr-SCY
					Eastern-SC Champs H/F-MESA	
					----- Desert-DC Champs SCY at BCH -----	
					----- CANY “Q” Meet -----	
					----- Mountain West Swim/Dive Champs - Commerce, CA -----	
					----- PCSC Swimming/Diving Champs, La Mirada, CA -----	
19	20	21	22	23	24	25
Eastern SC Champs-MESA					----- Orange-RW SCY at AAA -----	
					----- Orange-RW SCY at STOP -----	
					----- Coastal – BRW at BUEN -----	
					Western Athletic Conference Swim/Dive Champs, Houston, TX	
					----- Pac-12 Women’s Swim/Dive Champs, Federal Way, WA -----	
					----- Pacific-SCY Championships at ROSE -----	
					----- SCIAC Swimming/Diving Champs, La Verne, CA -----	
					8:15 pm-Coastal Committee	
					CIF Starts	
26	27	28	1	2	3	
	7:30 pm-Orange Committee				----- NAIA Swim/Dive Championships, Columbus, GA -----	
					----- Pac-12 Men’s Swim/Dive Champs, Federal Way, WA -----	

MARCH 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
		28	1	2	3 N Coastal SC Novice – SMSC -- S Coastal-SCY BRW – PVST -- Eastern-BRW 13-Up JO Last Chance SCY – CCAQ ---- Orange – BR LCM – FAST ---- ---- Orange – BR LCM – SCAT ----	4 Pacific RW at JCA (ZAP)
					----- CA/NV Speedo Sectionals (NCA), Carlsbad, CA ----- ----- TYR Pro Swim Series, Atlanta, GA -----	
					----- NAIA Swim/Dive Championships, Columbus, GA ----- ----- Pac-12 Men's Swim/Dive Champs, Federal Way, WA -----	
5	6 8:00-Metro Committee	7	8	9	10 Pacific-BR-San Fernando (PAC) --- Eastern RW SCY at TMEC --- ---- Metro BRW SCY at LKWD ----	11
12	13	14 8 pm-Pacific Committee	15	16 -- 14-Under SCY Junior Olympics H/F at ROSE --	17	18
					----- NCAA Division 2 Championships, Greensboro, NC ----- ----- NCAA Division 1 Women's Champs, Columbus, OH -----	
19	20	21	22	23	24 ---- Orange – RW SCY – EAST ---- ---- Orange – RW SCY – ORCA --- -- Coastal - BRW LCM at BUEN -- --- Eastern – BRW IMX at FAC ---	25
					----- NCAA Division 3 Championships, Indianapolis, IN ----- ----- NCAA Division 1 Men's Champs, Minneapolis, MN -----	
26	27 7:30 pm-Orange Committee	28	29	30	31	

APRIL 2018						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1 Easter
2	3 8:00 pm-Metro Committee	4	5	6	7 Coastal BRW SCY at PVST - Pacific BR-San Fernando/PAC - ---- Desert-BRW LCM at TRA ---- ----- Eastern-RW SCY at PST ----- ----- Metro BRW LCM at CERR ----- ----- Coastal - BRW LCM at SLO -----	8
9	10 8:00 pm-Desert Committee	11 8:15 pm-Coastal Committee	12	13	14	15 Pacific-RW SCY at ZAP Coastal – BRW LCM at BUEN ----- Orange-Blue LCM at FAST ----- ----- TYR Pro Series, Mesa, AZ -----
16	17	18 8:00 pm–SCS Board @ TBA	19	20	21 -- Coastal - BRW SCY at SMSC -- Eastern BR 13/Up W LC – YST ----- Orange – RW SCY at SET ----- ----- Orange RW SCY at STOP ----- ----- SCS SR Invite at RMDA -----	22
23	24	25	26	27	28	29
30	7:30 pm-Orange Committee					Pacific-BR LCM-TBA Coastal – BRW LCM at BUEN

MAY 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
					Pacific RW SCY at ZAP	Eastern RW at DSRT RW at HILL
					----- Orange RW SCY at GSC -----	
					----- Orange RW SCY at AAA -----	
					----- Metro BRW LCM at DWNY -----	
					--- Coastal BRW LCM at SMSC ---	
	8:00 pm-Metro Committee				OW Jrs, Tempe	N T10 Banquet
					----- Desert – Cinco de Mayo – SAND -----	
					----- Open Water National Champs, Tempe, AZ -----	
7	8	9	10	11	12	13
		8 pm-Pacific Committee				
		----- CIF-SS Division 1-2-3-4 Championships -----				Post-CIF at MVN
NIAA Sunset, Sunrise & 3A Southern Champs				CIF LA City		Mother's Day
14	15	16	17	18	19	20
					PVST BRW	
					-- Coastal – BRW LCM at SBSC --	
					Eastern RW13/Up W LC-HVDA	
					--- Pacific IMX/IMR LCM – TBA ---	
					--- Orange – Blue LCM – MVN ---	
					-- NIAA State --	
					---- CIF State Meet-Clovis, CA ----	
					----- TYR Pro Swim Series, Indianapolis, IN -----	
21	22	23	24	25	26	27
					FREE WEEKEND	
					Canyons Memorial Day Meet	
					----- Speedo Grand Challenge at NOVA -----	
					----- Desert – Memorial Day LCM at DSS -----	
	7:30 pm-Orange Committee				--- Coastal-BRW LCM at CSSC ---	
					----- PST Memorial Weekend Meet -----	
28	29	30	31			
Coastal-BRW LCM at CSSC			7 pm-Eastern Committee			

JUNE 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
				1	2	3
					Pacific—BR LCM-Castaic (PAC) Eastern-JAG Last Chance-TCC Eastern-JAG Last Chance-YST ---- Orange—BR LCM at FAST ---- ----- Orange-BR LCM at SET -----	
4	5	6	7	8	9	10
					-- Desert - LCQ/BRW LC-LVSC -- ---- Metro – BR LCM at CERR ---- --- Orange – RW SCY at CMAC --- ----- TYR Pro Swim Series, Santa Clara, CA -----	
11	12	13	14	15	16	17
			----- Western Zone Diversity & Inclusion Camp @ TBD ----- ----- SCS June Age Group Championships at BUEN ----- ----- SCS June Age Group Championships at NOVA ----- ----- SCS June Age Group Championships at RMDA -----			
						Father's Day
18	19	20	21	22	23	24
					--- Coastal—BRW SCY at PVST --- ----- Eastern—RW SCY at CHS ---- ----- Metro – RW SCY at BAC ----- ----- Mission Viejo Swim Meet of Champions -----	
25	26	27	28	29	30	1
	8:00 pm-Metro Committee					
	7:30 pm-Orange Committee	8:15 pm-Coastal Committee				
					----- FREE WEEKEND ----- ---- Pacific Last Ditch @ TBD ---- ----- Coastal – SLO Firecracker -----	

JULY 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
				29	30	1
				----- FREE WEEKEND -----		
				----- Pacific Last Ditch @ TBD -----		
				----- Coastal – SLO Firecracker -----		
2	3	4	5	6	7	8
					Coastal – SBSC Semana Nautica	
					-- Orange – Blue LCM at FAST --	
		Independence Day	7:00 pm-Eastern Committee	----- Desert – SAND 4 th of July Invite -----		
				----- TYR Pro Swim Series, Columbus, OH -----		
9	10	11	12	13	14	15
	8:00 pm-Pacific Committee				-- Coastal-BRW LCM at BUEN ---	
	8:00 pm-Desert Committee				----- Coastal BRW LCM at SMSC -----	
					----- Eastern – BR Champs H/F LCM at CCAQ -----	
					----- Metro – LCM Champs at RMDA -----	
				----- Los Angeles Invite at USC -----		
16	17	18	19	20	21	22
						Coastal-BRW Last Chance for JO's-CSSC
					--- Pacific – LC JO Max Championships – TBD ---	
					Orange-ORCA/SCAL JOMax SCY	
					---- Orange-GSC JOMax SCY ----	
					--- Eastern – RW SCY at STAR ---	
	7:30 pm-Orange Committee			----- CA/NV Speedo Sectionals, Santa Clarita, CA -----		
23	24	25	26	27	28	29
30	31	----- SCS JO Championships at MVN -----				
SCS Open Water Champs at Castaic	Western Zone Sr-Clovis Speedo Jr Nats Irvine, CA	----- SCS JO Championships at RAA -----				
		----- SCS JO Championships at SMSC -----				
		----- Phillips 66 Senior Nationals (Pan Pac Trials), Irvine, CA -----				

AUGUST 2018						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
		1	2	3	4 Pacific-RW SCY at ZAP Coastal-BRW SCY at PVST SCS Senior Regional Championships-GWSC ----- North American Challenge Cup @ TBD ----- ----- Futures Championships, Santa Clara, CA -----	5
		----- Arena Western Zone Sr Championships, Clovis, CA -----				
		----- Speedo Junior Nationals, Irvine, CA -----				
6	7	8	9	10	11	12
SCS Senior Regionals at GWSC		----- Western Zone Age Group Championships, Roseville, CA -----			----- Pan Pac Championships – Tokyo, Japan ----	
13	14	15	16	17	18	19
Pan Pac Championships Tokyo, Japan						
20	21	22	23	24	25	26
			Desert Championships – BCH ----- Junior Pan Pacs – Fiji -----			
27	28	29	30	31		
Junior Pan Pacs, Fiji						

SEPTEMBER 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
					1	2
					----- FREE WEEKEND -----	
3	4	5	6	7	8	9
FREE WEEKEND						
Labor Day	----- ASCA World Clinic @ Anaheim Marriott -----					
10	11	12	13	14	15	16
	8:00 pm-Metro Committee 8:00 pm-Pacific Committee	8:15 pm-Coastal Committee			----- Metro-BRW SC at COMM --- ----- Orange-BRW SC at EAST ---	
17	18	19	20	21	22	23
						SCS Sr Race Series Dual Meets ----- Coastal-11/over at SLO --- ----- Coastal-BRW SC at PVST --- ----- Desert-BRW SC at DSS --- ----- Eastern-BRW SC at RAA --- ----- Eastern BRW SC at RST -----
24	25	26	27	28	29	30
	8:00 pm-Desert Committee					
31	7:30 pm-Orange Committee					
	----- Pacific-BRW SC at TSM ----- ----- United States Aquatic Sports Convention (USAS) @ Jacksonville, FL -----					

OCTOBER 2018						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7 SCS Sr Race Series Dual Meets Coastal – BRW SCY at SMSC SCS Swimposium/Fall Clinic Location TBD
8	9	10	11	12	13	14 ----- Pacific-IMX/IMR (ZAP) ----- ----- Pacific-IMX/IMR (TORR) ----- ----- Orange-BRW at CMAC ----- ----- Orange-BRW at SCAT ----- ----- Orange-BRW at SEAL ----- Coastal-BRW at CARP (SBSC) ----- Metro-BRW at BAC ----- ----- Eastern BRW SC at TCC ----- ----- Eastern BRW SC at FAC -----
Columbus Day	8:00 pm-Metro Committee					
15	16	17	18	19	20	21 SCS Sr Race Series Dual Meets Orange-Pumpkin SC at GWSC ----- Desert-Pumpkin Invite at SAND -----
		8:15 pm-Coastal Committee				
22	23	24	25	26	27	28
	7:30 pm-Orange Committee		7:00 pm-Eastern Committee		-- Coastal-BRW SC at PUMA --	
29	30	31				
		Halloween				

NOVEMBER 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
			1	2	3	4
					----- Pacific-BRW at WEST ----- ----- Coastal-BRW SC at BUEN ----- ----- Metro-BRW SCY at DWNV --- ----- Kevin Perry Sr Meet at TBD -----	
5	6	7	8	9	10	11
					----- Eastern-BRW SCY at MVAQ ----- ----- Eastern-BRW SCY at PDSC -- ----- Coastal-BRW SCY at PVST -- ----- Orange-BRW SCY at BREA -- ----- Orange-BRW SCY at SCAL -- ----- Orange-BRW SCY at STOP --- ----- USA v College Challenge --- ----- Desert - NV State Meet SCY at BCH -----	
12	13	14	15	16	17	18
					Pacific-Distance (LASC) at San Fernando	SCS Sr Race Series Champs
					----- SET Marilyn Bolton ----- ----- CERR BRW ----- ----- PST Thanksgiving Meet ----- ----- SLO Gobbler Classic ----- ----- CANY Cranberry Classic ----- ----- MVN Turkey Classic BR ----- ----- Free Weekend -----	
19	20	21	22	23	24	25
			Thanksgiving			
26	27	28	29	30	1	2
	7:30 pm-Orange Committee				----- Eastern-BR Last Chance SCY at MESA ----- ----- Winter Senior Nationals- Greensboro, NC -----	

DECEMBER 2018

MON	TUES	WEDS	THURS	FRI	SAT	SUN
		28	29	30	1	2
					----- Eastern-BR Last Chance SCY at MESA -----	
					----- Pacific-BRW SCY at San Fernando (PAC) -----	
					----- Coastal-BRW SC at CSSC ---	
					----- Coastal-BRW SC at LTA -----	
					----- Metro-BRW SC at TRID -----	
					----- Orange-BRW SCY at AAA ---	
					----- Orange-BRW SCY at AZOT ---	
					--- Orange-BRW SCY at ORCA --	
		----- Winter Senior Nationals - Greensboro, NC -----				
3	4	5	6	7	8	9
					----- SCS Winter Age Group Champs at GWSC ----	
					----- SCS Winter Age Group Champs at PST -----	
					SCS Winter Age Group Champs at ELAC (SBSC)	
		----- Winter Junior Nationals - Austin, TX -----				
10	11	12	13	14	15	16
					Eastern RW SC at DSRT	
					----- SCS Sr Development Champs at LKWD -----	
					-- CA-NV Speedo Sectionals – FAST at ELAC --	
17	18	19	20	21	22	23
CA-NV Speedo Sectionals FAST at ELAC						
24	25	26	27	28	29	30
31						
	Christmas					



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June 25-28 9:00 am – 2pm

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RULES & PROCEDURES

GLOSSARY

Part One – USA Swimming Definitions

1. The term **“USA Swimming”** shall mean USA Swimming, Inc.
2. The term **“SCS”** shall mean Southern California Swimming, Inc.
3. The term **“LSC”** shall mean Local Swimming Committee, an administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.
4. The term **“Board of Directors”** shall mean the Board of Directors of SCS.
5. The term **“Committee”** shall mean one of the six (6) subdivisions of SCS: Coastal, Desert, Eastern, Metro, Orange, or Pacific.
6. The term **“SCS Office”** shall mean the Administrative Headquarters of SCS.
7. The term **“Registered Swimmer”** shall mean:
 - a. Athletes registered for swimming with any LSC of USA Swimming, or,
 - b. Non-residents of the USA, registered with the recognized governing body for swimming of his/her country which is recognized by USA Swimming.
8. **Foreign Swimmer** – an athlete member of a FINA member-country federation, other than USA Swimming, or an athlete member of USA Swimming who is not eligible to represent the United States in international competition due to FINA sports citizenship requirements (see Sports Citizen).
9. **Sports Citizen** – an athlete who has represented a nation other than the United States in international competition is a sports citizen of that nation and is considered ineligible to represent the United States until FINA requirements for changing sports citizenship (sport nationality) have been met (see Foreign Swimmer).

Part Two – Meet Organization Terms

1. **Bonus Final – (C Final)** – the third fastest heat of swimmers competing in Finals.
2. **Championship Final – (A Final)** – the fastest heat of swimmers competing in Finals.
3. **Closed Competition** –
 - * Competition exclusively among members of a single club
 - * Competition or series of competitions within an independent organization open only to members of that organization, such as:
 - YMCA competition
 - Summer league competition
 - Conference competition
 - * Closed competition does not include representing a group within USA Swimming competition such as LSC, Zone, Region or Section.
4. **Consolation Final– (B Final)** the second fastest heat of swimmers competing in finals for placement in an event.
5. **Course** – designated distance over which the competition is conducted
 - Long Course** – 50 meters
 - Short Course** – 25 yards, 25 meters
6. **Declared False Start** – withdrawal from an event after seeding prior to start of heat
7. **Dual Competition** – competition between two teams
8. **Event** – any race or series of races in a given stroke and/or distance. For competitive limits, one event is inclusive of preliminary heat(s) plus its related final(s) or one timed final, or one time trial.
9. **Finals** – a session of a meet in which the concluding heats of an event are contested which may include championship, consolation, and/or bonus finals.
10. **Finish** – the instant a swimmer touches the wall/pad at the end of the prescribed distance

11. **Heats** – a division of an event in which there are too many swimmers to compete at one time. (See Preliminary Heats and Timed Finals Heats).
12. **Invitational Competition** – for those swimmers, organizations and clubs invited by the host.
13. **Meet** – a series of events held in one program.
14. **Meet Approval** – a permit issued by an LSC for meets conducted in conformance with USA Swimming technical rules in which both USA Swimming members and non-USA Swimming participants may compete.
15. **Meet Sanction** – a permit issued by an LSC to a USA Swimming group member to conduct a meet in conformance with all USA Swimming rules in which participants are athlete members of USA Swimming, except as provided in USA-S 202.3.1.
16. **Observed Swim** – a swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules. Minimum requirement shall be an observer at each end of the course.
17. **Official Result** – that time which is recorded in the official meet results.
18. **Open Competition** – competition which any qualified club, organization or individual may enter.
19. **Order of Finish Judge(s)** – official(s) assigned to record the order of finish of all swimmers by lane in each heat.
20. **Preliminary Heats or Preliminaries** – competition in which a number of heats are swum to qualify the fastest swimmers for the finals.
21. **Race** – any single swimming competition; i.e., preliminary, final, timed final.
22. **Reportable Time** – a time achieved in conformance with applicable USA Swimming rules which may be submitted to USA Swimming for recognition.
23. **Scratch** – (from an event) withdraw an entry from competition.
24. **SCS Swim** – a swim by an USA Swimming member in an SCS approved or sanctioned competition.
25. **Seed** – distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.
Deck-Seed – swimmers are required to check in for their events on the day of the meet. After scratches are determined, events are seeded.
Pre-Seed – all entrants are seeded prior to the day of competition.
26. **Timed Final Heats or Timed Finals** – competition in which only heats are swum and final placings are determined by the times achieved in the heats.
27. **Time Standard** – the time standard for any event in a meet is the cut-off time for that event.

Part Three – Other Swimming Words and Terms

1. **Aggregate Time** – times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.
2. **Composite Time** – time achieved in a relay event by four members of one organization or group.
3. **Junior Olympic** – a type of Age Group Competition conducted by the Age Group Division.
4. **Leg** – (relay) the part of the relay event that is swum by a single team member.
5. **Length** – extent of the course from end to end.
6. **May** – permissive, not mandatory.
7. **Non-Conforming Time** – entry time achieved in a course which does not correspond to the course in which the meet will be conducted.

8. **Practice** – the instruction of swimming techniques, skills, knowledge, conditioning, aptitude and motivation.
9. **Registered** – enrolled as an athlete member of USA Swimming and an LSC.
10. **Shall** – mandatory
11. **Split Time** – time recorded from official start to completion of an intermediate distance within a long event.
12. **Submitted Times** – those filed with an entry, as having been previously achieved.
13. **Suspension** – deprivation of all rights of membership in USA Swimming.
14. **Tryout** – practices where a swimmer who is not a member of USA Swimming participates with a USA Swimming member club, for a period not to exceed thirty (30) consecutive days in a twelve month period to determine the swimmer's interest in becoming a member of USA Swimming.
15. **Unattached** – an athlete member who does not represent a club or FINA member Federation in competition.
16. **Notice** - A written communication notifying about a scheduled meeting of a committee, board or other governing body or group, or other fact or occurrence, required to be made by law, bylaw, rule or regulation. To be considered written, the communication must be addressed, using the last known address on file with the LSC or in SWIMS, to the intended or required recipient(s) and delivered by hand, first class mail, overnight or second day delivery by a national delivery service, facsimile transmission, electronic mail or text message.

<p>WARM-UP POLICY-USA Swimming-approved Southern California Swimming Warm-Up and Safety Procedures are Appendix E.</p>
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RULES AND PROCEDURES FOR SWIMMING

PART ONE

GENERAL RULES AND PROCEDURES

Persons, other than athletes, joining USA Swimming through Southern California Swimming must satisfactorily complete the online USA Swimming background check and athlete protection training before participating in the activities of USA Swimming or its member clubs. This includes but is not limited to officials, boards, committees, and meet directors.

I. AUTHORITY AND RELATIONSHIPS

A. Adoption of Rules

1. The following rules and procedures for the administration and conduct of competition have been adopted by the Board of Directors of the House of Delegates of Southern California Swimming and apply to all competition sanctioned by Southern California Swimming, and to all athletes engaging in such competition, regardless of the local swimming committee in which such athlete is registered.
2. All competition sanctioned or approved by Southern California Swimming shall be conducted in accordance with the rules of USA Swimming, as set forth in the *USA Swimming Rules and Regulations*, the Rules for Competitive Swimming of the Federation International de Natation Amateur (FINA) and such other rules and directives as may be issued by USA Swimming and/or Southern California Swimming.

B. Amendments

Any provision of these Rules and Regulations, Parts One, Two, Three and Four, and the Glossary, not proscribed by USA Swimming, may be amended by a 50% plus one vote of the Board of Directors (subject to ratification by the House of Delegates), or by the members of the House of Delegates present and voting at the Annual Meeting.

C. Relationships

1. **To USA SWIMMING**
Southern California Swimming is a Local Swim Committee (LSC) of USA Swimming. No action taken by Southern California Swimming shall overrule, contradict, conflict with or take precedence over any rule, regulation, procedure or practice as set forth in *USA Swimming Rules and Regulations*, or in any USA Swimming procedure manual. The Technical Rules and Code of Regulations of USA Swimming govern all sanctioned competition in Southern California Swimming.
2. **To LOCAL LEAGUES**
 - a. Leagues and other associated groups with non-conflicting swim programs, who agree with the objectives of USA Swimming/SCS programs, plan to and wish to participate actively in the programs, and abide by USA Swimming and SCS procedures, are welcome to apply for membership.
 - b. Failure to comply with membership stipulations, can result in the termination of membership in SCS.
3. **To INTERSCHOLASTIC COMPETITION**
It is the policy of SCS to encourage registered athletes to participate in the competitive aquatic programs of their schools.

II. INTEGRITY OF THE COMPETITION

A. Pertaining to the Athlete

1. ELIGIBILITY

- a. Registered swimmers, 5 years of age or over, may participate in competition sanctioned by SCS, subject to rules and procedures for the specific type of competition, as defined in *USA Swimming Rules and Regulations* or this *Swim Guide*.
- b. In Age Group Competition the eligibility of a participant will be determined by his/her age on the first day of the meet. Every participant must swim in a single age division corresponding to his/her actual age. For 5-8, 7-10 competition see C.5.j.(1).
- c. Refer to Article 303 of the *USA Swimming Rules and Regulations*.

B. Pertaining to the Coach

1. Eligibility - An individual member of the Corporation who has complied with USA Swimming 502.6 and any directives from the Corporation is a Coach member.
2. An SCS Coach member shall display his/her valid coach membership while on the deck at any SCS meet.

C. Pertaining to the Meets

1. SANCTIONS

- a. Please see Article 202 of the *USA Swimming Rules and Regulations* for a complete discussion of the requirements and conditions under which sanctions are issued.
- b. Application for sanction will be subject to approval by the Committee Chair for less than SCS-wide meets, or by the appropriate division Vice Chair for SCS-wide meets, and the Executive Director acting for the Administrative Vice Chair of SCS.
- c. The established schedule of sanction fees is:
 - (1) Dual and Triangle Meets, \$10.00
 - (2) Open/Invitational Meets, \$25.00*
 - (3) Senior Invitationals, \$100.00
 - (4) For sanctions requested 30-44 days prior to competition, fee shall be \$20, \$50 and \$200, respectively.
 - (5) For sanctions requested less than 30 days prior to competition, fee shall be \$30, \$75, and \$200, respectively.

*Meets with more than three teams shall be considered invitationals.

- d. Sanctions must be obtained in time to have the sanction number printed on the meet entry form. If an entry form is not used, the sanction number must be placed in a visible location at the Administrative Referee's desk.
 - e. All entry monies, required administrative reports, and registration materials must be received by the SCS Office WITHIN TEN WORKING DAYS after the event. Failure to comply shall result in a monetary penalty of \$10 per working day and the withholding of further sanctions to the organization until all materials are delivered.
- #### **2. APPROVALS**
- a. An "approved meet" is a meet conducted by a USA Swimming group member or an outside organization in conformance with USA Swimming technical rules.
 - b. There shall be as many deck officials as required for a sanctioned meet in the same pool(s), at least one of whom must be an SCS certified starter/referee.
 - c. The established schedule of fees for approval of a meet is the same as listed in 1.c. above.
- #### **3. OBSERVED SWIMS**
- a. Observed swims are swims recognized for USA Swimming purposes which are achieved at meets not run under USA Swimming rules (ex: CIF). At least two USA Swimming officials (minimum SCS Stroke/Turn certified) must be present to attest that the observed swims conform to applicable USA Swimming rules.
 - b. The established schedule of fees for observed status for a meet is the same as listed in 1.c. Above.

4. SCHEDULING

- a. Southern California Swimming Senior and Age Group scheduling will be completed by June for the next calendar year.
- b. There will be five (5) designated "free weekends": Presidents' Day weekend, Memorial Day weekend, Fourth of July weekend, Labor Day weekend and the weekend prior to Thanksgiving. On these five (5) weekends only:
 - (1) Athletes may attend the meet of their choice
 - (2) A Club may elect to host an age group timed finals meet with the meet format subject to Committee approval.
 - (3) A Club may elect to host an age group heats/finals meet with the meet format subject to Board approval at the SCS June bid meeting.
- c. Upon completion of the SCS schedule, each Committee shall schedule age group competition suited to the Committee's needs.
 - (1) The Committee schedule is due at the September age group meeting.
 - (2) The Age Group Committee shall recommend approval as submitted or as amended by the committee to the Board of Directors.
- d. Athletes shall compete within their Committee except:
 - (1) LSC-wide meets
 - (2) Free weekends (see b. above)
 - (3) SCS All-Star competition
 - (4) National competition
 - (5) Competition outside Southern California Swimming
 - (6) By invitation to a Committee or team from the host Committee, accepted by the invited Committee for the Committee or the team.
 - (i) Only a Committee may extend and accept invitations on behalf of its teams.
 - (ii) Invitations may not be extended to individual athletes.
 - (iii) Invitations must be included on Sanction request and be included on meet form.
 - (7) Unattached athletes are assigned to the Committee of residence or of declaration and shall compete in that Committee.

5. CLASSES OF COMPETITION

Competition conducted by SCS will be as follows:

- a. Senior - any registered swimmer meeting the time standards for a competition.
Note: Senior Invitationals have special entry rules.
- b. Open - The minimum age for competing in committee Open events is eleven years.
 - (1) Minimum time for Open events shall not be slower than the 11-12 Blue standard for that stroke & distance.
 - (2) Open events may not be offered at Red or White level.
- c. Junior Olympics - 7-10, 11/12, 13/14, 15 and Over summer only (see j(2) below)
- d. Age Group Invitationals - 7-10, 11/12, 13/14, 15 and Over (see j(2) below)
- e. Blue Division - 5-8, 9/10 (or 7-10), 11/12, 13/14, 15 & Over (see j(2) below)
- f. Red Division - same as Blue Division
- g. White Division - 5/6, 7/8 (or 5-8), 9/10 (or 7-10), 11/12, 13/14, 15 & Over (see j(2) below)
- h. Age Group Relays in Age Group Invitationals & Junior Olympics - 5-10, 11/12, 13/14, 15 and Over (see j(2) below)
- i. Age Group Relays in Blue, Red & White Meets - 7/8 (or 5-8), 9/10 (or 5-10), 11-12, 13/14, 15 and Over (see j(2) below)
- j. Special considerations for 7-10 and 15 & Over shall be:
 - (1) When 5/6 & 5-8 events, or 5-8 & 7-10 events, or 7/8 & 7-10 events are offered at the same meet, a swimmer may compete in **only one category for that meet** (except relays).
 - (2) At the discretion of the Committee, competition for 15 & Over shall be run in one of three formats:
 - (i) 15 & Over
 - (ii) 15/16, 17 & Over
 - (iii) 15/16, 17/18, 19 & OverThe oldest age group (above 13) must include "& Over"
No awards/points for 19 & over in individual events.

III. REGISTRATION AND AFFILIATION

A. Registration

1. Obtain an application from Club or contact the SCS office.
2. Return the fully completed application and current registration fee to SCS. (Club responsible for proof of birth date for age classified members 18 & under). New Unattached 18 & under members must include proof of birth date.
3. On receipt of application, an athlete will be assigned to Committee of his/her workout Club. An unattached athlete with no workout club will be assigned to the Committee of his/her residence.
4. First time application for athletes 18 and under must be accompanied by proof of birth date. Acceptable proof shall be:
 - a. Birth certificate from county or state with original government seal. Photocopies and hospital certificates are not acceptable.
 - b. Passport, official State Department record or resident alien card.
 - c. Court adoption record (or ward of court record) with seal.
 - d. Club shall be responsible for proof of birth date as attested by affidavit except new applicants not affiliating with a member Club.
5. Preferred Club procedure for proof of birth date:
 - a. Parent brings original document AND a copy; registrar signs on copy that original has been viewed and submits with application.
 - b. Parent brings original document; registrar records birth date in upper right hand corner of application and signs his/her name.
 - c. An athlete joining without club affiliation may submit original document (certified mail only including return certified mail envelope) with application to SCS office.
 - d. An 18 and under athlete who has not proven birth date prior to his/her first competition may bring an original document to the administrative referee at the first competition, but may not compete until proof is provided.
 - e. The SCS office will enter applications in the USA Swimming database.
 - f. An athlete moving to SCS from another LSC must complete an SCS registration form, provide proof of birth date if 18 & under, pay the current transfer fee and comply with the 120 day representation rule.

B. Meet Registration

1. To compete in USA Swimming sanctioned competition, an athlete's USA Swimming registration application and fee must be received by the SCS office or the meet administrative referee no later than the meet entry deadline. Application may be included with meet entry.
2. Applications received after the entry deadline shall be considered "on deck" registrations with the following penalties:
 - a. The registration fee shall be double the current registration fee, plus:
 - b. A \$15 "on deck" registration surcharge
3. **An athlete may not enter a pool for warm-up or competition without being a registered member of USA Swimming.**
4. For all age group competition, proof of birth date is required prior to competition.

C. Change of Affiliation/Club Transfer

1. To change affiliation (transfer to a different Club within SCS), download the Club Transfer form from socalswim.org ("Forms") or see the Administrative Referee at a meet.
2. Submit the completed form with current fee to the SCS office or the Administrative Referee at a meet in order to unattach or attach to a new Club subject to III.C.3.
3. **An athlete must be unattached for 120 days before he/she may compete attached to another club.**
 - a. The period of unattachment begins the day following the last day on which the athlete represented his/her USA Swimming Club in "approved" or "sanctioned" USA Swimming competition.
 - b. During a meet an athlete may unattach from his/her Club of record by submitting a completed form and the current fee to the Administrative Referee.
 - c. An athlete may not attach or reattach at/during a meet for that meet.

- d. Home address of athlete determines Committee of competition during unattached period EXCEPT
 - e. Athlete will be assigned to Committee of his/her workout club. An unattached athlete with no workout club will be assigned to the committee of his/her residence.
4. **CIF high school season. The following procedures are required by CIF rules to protect CIF eligibility:**
- a. An athlete competing for his/her school must file a CIF unattached notice with the SCS office (no fee required).
 - b. An athlete must enter USA Swimming competition “unattached” during CIF season.
 - c. It is the athlete’s responsibility to check that his/her affiliation is “unattached” on all meet entries during CIF season.
 - d. An athlete electing to transfer to a new Club during CIF season must file the normal Club transfer form and fee.
- D. **Change of Address**
Athlete, upon a move, must notify the SCS Office and submit the new address in writing.

IV. ENTRY INTO THE COMPETITION

A. Entry Forms

1. Entry forms for competition sanctioned by SCS, excluding competition in dual meets or leagues, will be available at the SCS Office and will be distributed by meet sponsors.
2. Meet forms are available on line at socialswim.org in “Upcoming Meets.”

B. Entry Fees

1. All entry fees in Senior and Age Group Swimming Events shall be determined by SCS. Except as otherwise provided by the Board of Directors, the maximum entry fees for individual and relay events shall be as follows:

Meet Level	Event Max	Relay Max	Surcharge Max
Blue/Red/White Competition*	\$4.00	\$10.00	\$10.00
Age Group T/F Champ	\$5.00	\$15.00	\$10.00
Age Group H/F (Committee Champs)	\$5.50	\$20.00	\$14.00
Age Group H/F (WAG, JAG, JO, other)	\$6.50	\$21.00	\$14.00
Senior T/F	\$5.50	\$16.00	\$10.00
Senior H/F	\$7.50	\$21.00	\$14.00
Senior Circuit**	\$13.00	\$26.00	\$14.00
Time Trials	\$15.00		

* Geographic committee may add up to \$.50 per swimmer for committee business.

** Grand Challenge, Swim Meet of Champions, LA Invitational

NOTE: Additional surcharge may be imposed based on pool rental.

Chart represents MAXIMUM entry fee; a host may select a lower entry fee.

C. Entry Time Standards

1. Competition in the various classes and age groups shall be regulated by time standards, and except as provided by the various rules for “Eligibility,” swimmers may not participate in events in which they have exceeded the maximum time standard or failed to equal the minimum time standard.

2. Disabled swimmer entry: A swimmer classified as disabled may enter Southern California Swimming meets which include White level swimming in White events for his/her age group. At meets for which events require Red minimum or higher level time standard, a swimmer classified as disabled may enter any event for which he/she meets the required time standard and be seeded accordingly. In addition, a swimmer may enter an event in which his/her half-distance time meets a longer event time standard (ex: 100 free time meets 200 free entry standard). A swimmer so entered shall be seeded in the slowest heat and swim the lesser distance. The half distance as swum must finish at the same end of the competition course as the longer distance unless touch pads are at both ends.

D. Falsification of Entry Time Standards

1. Falsification of entry times can lead to disciplinary action. Swimmers and coaches should be prepared to verify entry times.
2. The **minimum** penalty applicable to swimmers for failure to verify submitted entry times shall be: *1st Offending Meet*: Warning letter, including a statement that a suspension of one month follows for a second violation. *2nd Offending Meet*: One month suspension, including a statement that suspension of six months follows for a third offense. *3rd Offending Meet*: Six months suspension.
3. If a swimmer fails to achieve the entry time standard for an event in meets where there is a proof-of-times requirement, he or she will be suspended from further competition in SCS until he or she provides official proof of having achieved the time prior to the entry deadline.
4. Proof-of-entry time will consist of:
 - a. Time in SWIMS Times database when meet entry file is processed.
 - b. Official meet results from a USA Swimming sanctioned, approved or observed meet not yet entered in SWIMS Times database.
 - c. Printed CIF League/Section Championship results if USA Swimming observed.
 - d. Printed YMCA Invitational & Championship results if USA Swimming approved.
 - e. Printed results of approved Division/Preliminary and Championship meets.
 - f. Dual meet results are not accepted unless a sanction, approval or observation has been issued for that meet.
5. All Southern California Swimming meets held in the acceptable time frame will be verified through SWIMS Times database. Meets not in SWIMS (other LSC, CIF, YMCA, college) shall be the responsibility of the swimmer.
 - a. Swimmers will be allowed thirty (30) days upon notification of offense to furnish acceptable proof-of-time. Suspension will be lifted and notation of the offense will be rescinded.
 - b. If swimmer submits proof after thirty (30) days, suspension will be lifted but notation of offense will be recorded.
6. Suspensions shall commence upon completion of the thirty (30) day period for furnishing proof-of-time or upon the date on which the swimmer acknowledges in writing the falsification of the entry time.

E. Time Verification

1. Times achieved in sanctioned and approved competition, including relay lead-off times, are entered into the national SWIMS database automatically.
2. Intermediate splits for individual swims and legal relay lead-offs for disqualified relays must be requested.
 - a. An athlete or coach must request the recording of an intermediate split by the administrative referee at the competition.
3. Observed swims not in SWIMS database should be requested by head coach of Club team. SCS cannot record times achieved in NCAA competition, a USA Swimming sponsored meet (e.g., Futures, Junior Nationals, etc.), or any time achieved in another LSC.

F. Southern California Swimming Records

1. SCS Records will be kept for 7-8, 9-10, 11-12, 13-14, 15-16, 17-18 and Open categories in yards and long course meters. SCS Records will be kept for 15-18 Relays.
2. SCS Records will be kept for the nationally approved age group events & all senior events.
3. SCS Records may be set at any USA Swimming sanctioned, observed, or approved meet, including time trials.
4. Any currently registered SCS swimmer may set a SCS Record.
5. Timing requirements as set out in the current USA Swimming rules.

G. Entry Deadline Policy

1. Meet entry deadline shall be on a RECEIVED BY basis. Entry may be received electronically, USPS, delivery service or hand delivered.
2. Meet entry deadline shall be WEDNESDAY, 5 PM, the week prior to the first day of the meet.
3. Meets may fill prior to an entry deadline to conform to the four hour rule for 12 & unders and/or a determination by the host that it cannot accommodate more swimmers. If a meet fills prior to an entry deadline, the host shall reject further entry. This policy applies to Committee meets, SCS Age Group meets (JOs, JAG, WAG) and all SCS senior meets (including the Grand Challenge, the Swim Meet of Champions, and the LA Invitational).

H. Late Qualification for Championship Meets

For SCS Age Group (JOs, WAG, JAG), Senior heats/finals meets and all Senior Circuit Invitationals including Grand Challenge, Swim Meet of Champions, LA Invitational, new events achieved between the Wednesday meet entry deadline and the Sunday prior to the meet may be entered in the subsequent meet through the administrative referee at the conclusion of the qualified meet. No updated times or previously qualified events will be accepted.

V. ADMINISTRATIVE PROCEDURES

A. Penalties

All athletes, coaches, officials, clubs, associate members and other persons are subject to the rules of USA Swimming, and are subject to all penalties, disqualifications, suspensions, disbarments, or censure as outlined in Article 401.1 of *USA Swimming Rules and Regulations*.

B. Spectator Fees

With the exception of national championships meets held in SCS, spectator fees are normally not charged.

C. Returned Check Policy

1. After notice by Southern California Swimming:
 - a. An athlete member has 15 days to replace a returned check plus service fee. After 15 days the athlete shall be suspended from competition until receipt of the sum due.
 - b. A non-athlete member has 15 days to replace a returned check plus service fee. After 15 days the non-athlete shall be suspended from USA Swimming activity.
2. Upon receipt of bank notification of a returned check issued by an SCS Club (i.e.: a USA Swimming, Group Member), the SCS Executive Director shall notify the Club that such Club will be on the agenda of the next Administrative Board of Review meeting to determine whether any disciplinary action should be taken. Regardless of whether the Board of Review determines that disciplinary action is appropriate, such club shall reimburse SCS for SCS's costs incurred as a result of a returned check. If such Club fails to reimburse SCS of its costs or fails to make payment of (if any) other amounts determined by the Administrative Board of Review, such Club's USA Swimming membership shall be terminated.
3. Details of the Returned Check Policy are available from the SCS Office.

D. Meet Registration Verification

1. Current athlete membership in USA Swimming will be verified through SWIMS meet recon.
2. An athlete not in SWIMS must register on deck (See III,B,1).
3. Club affiliation will be verified through SWIMS meet recon. Discrepancies must be resolved prior to the meet, or the athlete will compete unattached.

E. Publishing Results

1. The results of all competition sanctioned by SCS will be recorded and published.
2. "Approved" or "Observed" meet results will be available if provided electronically by host.

VI. SOUTHERN CALIFORNIA SWIMMING FUNDS

Southern California Swimming ("SCS") has four funds: (1) General Reserve Fund, (2) Capital Equipment Fund, (3) Senior Travel Fund, and (4) Age Group Travel Fund. The purpose, source and administration of each fund are set forth in this Article VI.

A. General Reserve Fund

1. The amount of the General Reserve Fund shall be maintained at \$200,000.
2. No additions shall be made to the General Reserve Fund, except by specific donation or as otherwise determined by the Board of Directors.
3. All monies in the General Reserve Fund are to be held as an emergency reserve and expenditures shall be made therefrom only upon the approval of ninety percent (90%) of the total Board of Directors. Such vote shall be conducted by written ballot at a duly noticed Board meeting. Absent Board members shall be able to vote by written proxy at the time of the Board Meeting or by sending a written ballot to the Executive Director within two weeks prior to the Board meeting.
4. All investment income received from the General Reserve Fund shall be allocated 2/3 to Senior Reserve Fund and 1/3 Age Group Reserve Fund

B. Capital Equipment Fund

1. SCS shall create and maintain a Capital Equipment Fund for the purpose of acquiring and replacing all equipment and furniture owned by SCS. The Executive Director shall submit an annual report to the SCS Treasurer on the 31st day of January identifying:
 - a. all items of SCS furniture and equipment,
 - b. the useful life of each item and the scheduled replacement date together with the anticipated replacement cost, and,
 - c. any new equipment to be purchased together with the anticipated cost.
2. The source of the Capital Equipment Fund shall be:
 - a. the annual SCS net operating income, if any,
 - b. donations specifically made to this fund, and,
 - c. as otherwise directed by the Board of Directors.
3. The Executive Director shall acquire and replace SCS furniture and equipment as necessary using the funds reserved for such purpose in this Capital Equipment Fund. Whenever the cost of an acquisition or replacement exceeds the sum of \$500, the Executive Director shall obtain the approval of the General Chair, Administrative Vice Chair and Treasurer before making the purchase. In the event a majority of the foregoing do not agree with the proposed acquisition, the Executive Director shall obtain the approval of the SCS Board before making the purchase.

C. Senior Fund

The Senior Travel Fund consists of the Senior Annual Distributable Income and the Senior Fund Reserve.

1. Annual Distributable Income shall consist of:
 - a. Fifty cents (\$.50) per individual entry on all SCS swims in addition to the fee paid on swims as provided in subparts b. and c. below.
 - b. Ten cents (\$.10) per individual entry at SCS sanctioned championship meets including but not limited to:
 - (1) Committee Championships
 - (2) SCS age group meets above committee level
 - c. One dollar and twenty five cents (\$1.25) per individual entry on SCS Senior level and SCS Senior Invitational meets;
 - d. One dollar (\$1.00) per individual entry on Junior Olympics, June Age Group Invitationals, Winter Age Group Invitationals and heats/finals meets excluding Geographic Committee championships.
 - e. One dollar (\$1.00) per relay entry on all meets designated in c. and d.
 - f. Twenty five cents (\$.25) from each SCS entry surcharge.
 - g. Donations specifically to the Senior Fund as distributable income.

2. Purpose
 - a. The Annual Distributable Income in the Senior Fund shall be used to reimburse clubs a portion of the travel expenses of:
 - 1) SCS swimmers who satisfy the eligibility criteria set forth in subpart VI.C.3.g. and who participate in an individual event(s) at Olympic Swimming Trials, USA-S National Championships, USA-S Open, USA-S Junior Championships, USA-S 10K Open Water National Championships, and USA-S Futures.
 - 2) SCS coaches who satisfy the qualification criteria set forth in subpart VI.C.3.i. There shall be no disbursements from the Senior Fund Reserve and all investment income shall remain in said fund until the annual investment income is sufficient to satisfy all annual senior travel expenses as provided in this subpart VI.C.
 - 3) The Board of Directors may allocate a portion of the Annual Distributable Income to a quadrennial Olympic Trials fund.
 - b. The Board of Directors may allocate a portion of the Annual Distributable Income to a quadrennial Olympic Trials fund.
 - c. There shall be no disbursements from the Senior Fund Reserve and all investment income shall remain in said fund until the annual investment income is sufficient to satisfy all annual senior travel expenses as provided in this subpart VI.C.
3. Administration of Annual Distributable Income
 - a. Priority Disbursements shall be made annually in the following order.
 - (1) In Olympic years, Olympic Swimming Trials
 - (2) USA Swimming National Championships
 - (3) USA Swimming 10K Open Water National Championships
 - (4) USA Swimming Open if offered
 - (5) USA Swimming Junior National Championships
 - (6) USA Swimming Futures Championships
 - b. Disbursements to SCS Registered Clubs

Except as otherwise provided in this subpart, all disbursements shall be paid to SCS registered Clubs and not to individual swimmers. The amount of the disbursement shall be determined by the number of SCS registered swimmers in individual events (both attached and unattached) identified on the Club's roster for an eligible meet. Unattached SCS swimmers who are not identified on the roster of an SCS registered Club shall not be paid any travel funds unless they specifically request such payment and the request is approved by the Board of Directors.
 - c. Disbursement Guidelines
 - (1) Annually the SCS Treasurer shall recommend to the Board of Directors the club reimbursement amount for each eligible swimmer.
 - (2) The amount paid per swimmer shall be adjusted based on the criteria set forth in subpart VI.C.3.d.
 - (3) Clubs shall be guaranteed a minimum equal to the national championship recognition amount set forth above for each eligible swimmer on its roster.
 - (4) In the event there are insufficient funds for one hundred percent (100%) disbursement of the amount specified in this subpart VI.C.3.C., the Clubs shall receive a pro rata amount using all available funds.
 - d. Swimmer Eligibility
 - (1) An athlete must be registered with SCS at the time he/she participates in a qualified meet and:
 - (i) Must represent or be on the roster of an SCS Club at the qualified meet;
 - (ii) If unattached and not on the roster of an SCS Club, eligibility shall be determined by the Board of Directors which at its sole discretion shall determine whether the athlete is entitled to reimbursement.
 - (2) A swimmer will not be eligible if he/she is registered in another LSC or is on the roster of a non-SCS Club at any time during the fiscal year for which reimbursement is sought EXCEPT: a fully eligible (see (3)(iv) below) SCS swimmer shall retain eligibility when representing an SCS club regardless of this provision.

- (3) The amount paid to each SCS Club for an eligible swimmer or to each unattached swimmer shall be adjusted in accordance with the following criteria:
 - (i) During the first year of the swimmer's SCS registration, ten percent (10%) of recognition amount;
 - (ii) During the second year of the swimmer's SCS registration, forty percent (40%) of recognition amount;
 - (iii) During the third year of the swimmer's SCS registration, seventy percent (70%) of recognition amount; and,
 - (iv) From and after the fourth year of the swimmer's SCS registration, one hundred percent (100%) of reimbursable expenses. Clubs or the unattached swimmer will thereafter be entitled to one hundred percent (100%) of the recognition amount for eligible swimmers unless eligibility is lost as hereafter provided.
- (4) A SCS Club shall receive one recognition per season (winter/spring or summer) per eligible swimmer except:
 - (i) When 10K Open Water Championship is held separately from National Championship and/or
 - (ii) When a Trials Class meet is offered in addition to summer Nationals or Open, summer Junior Nationals and summer Futures, swimmer shall be eligible for the Trials meet and one other national summer championship.
- e. **Loss of Swimmer Eligibility.** Any swimmer electing not to follow the foregoing SCS criteria for reimbursement from the Senior Fund will be ineligible for reimbursement from the Senior Fund during the four (4) year period following the meet in which he/she so elected.
- f. **Coach Eligibility and Amount.**
 - (1) Each SCS club with one or more eligible swimmers on its roster who are entered in individual events at qualified meets shall be reimbursed the travel expenses of one coach to such meet in accordance with the formula in this subpart so long as the coach, club and swimmers are registered with SCS.
 - (2) The amount of reimbursement shall be equal to a fully funded individual swimmer's amount.
 - (3) Club reimbursement for coaches shall have the same priority as Club reimbursement for swimmers, provided, however, that reimbursement shall be made to Clubs for all eligible swimmers and coach at a specific meet before reimbursement is permitted to Clubs for swimmers and a coach at a meet with a lower level of priority.
- g. **Senior Fund Reserve.** All investment income earned by the Senior Fund Reserve shall be retained in the Senior Fund Reserve. The investment income for the Senior Fund Reserve shall not be disbursed until the Senior Fund Reserve has reached a level at which its investment income is sufficient to pay all SCS senior travel without using the sources specified in subpart VI.C.I. The annual investment income shall then be used to pay senior travel, and the funds from the sources specified in subpart VI.C.I shall be paid into the Age Group Reserve. When the Age Group Reserve has been fully funded, the money identified in subpart VI.C.I.a., b., c., d., and e. shall be paid to the sponsoring Club or to SCS operating revenues when there is no sponsoring Club. The money identified in subparts VI.C.I .h. shall be paid into SCS operations revenues.

D. Age Group Fund

The Age Group Fund shall consist of the Age Group Annual Distributable Income and the Age Group Reserve.

1. Annual Distributable Income shall consist of:
 - a. Twenty-five cents (\$.25) per individual entry on all SCS swims;
 - b. Donations specifically directed to the Age Group Fund as distributable income.

2. Purpose:
The Annual Distributable Income shall be used for travel, entry fees, housing and food expenses for SCS swimmers, team coaches and managers who represent SCS at the designated all star competitions. The Annual Distributable Income shall pay a portion or all of the foregoing expenses as determined by the Board of Directors from the available funds.
3. Eligibility:
Swimmers must have been registered in SCS no later than one hundred twenty (120) days prior to the qualified meet or the first day of the calendar year, whichever is shorter.
4. Age Group Reserve:
All investment income earned by the Age Group Reserve shall be retained in the Age Group Reserve and shall not be disbursed until the Age Group Reserve has reached a level at which its investment income is sufficient to pay all SCS age group travel expenses. When the investment income is sufficient to pay all SCS age group travel expenses, then the money identified in subpart D.I.a. shall be returned to the sponsoring Club and the money from subpart D.I.b. and c. shall become part of SCS operating revenues.

E. Fund Administration

1. The Finance Committee shall administer all funds subject to the approval of the Board of Directors. It shall invest the funds in stocks, insured investment accounts, accounts insured by the Federal Deposit Insurance Corporation or in securities issued by the United States Government as authorized from time to time by the Board of Directors. At the discretion of the Finance Committee, the funds may be commingled to maximize the investment income.
2. The Board of Directors shall disburse the annual distributable income of the Senior Fund in accordance with the recommendation of the Senior and Finance Committees and the Age Group Fund in accordance with the recommendation of the Age Group and Finance Committees, unless the recommendations are overruled by sixty percent (60%) of the members of the Board of Directors present at a duly noticed Board meeting. Disbursement from the General Reserve Fund, Senior Reserve and Age Group Reserve shall require ninety percent (90%) approval of all members of the Board of Directors as provided in subpart VI.A.3. Disbursement from the Capital Equipment Fund shall be done as provided in subpart VI.B.
3. The Senior Committee and Treasurer shall submit annually to the Board of Directors a two year budget for the Senior Fund. The Age Group Committee and Treasurer shall submit annually to the Board of Directors a two year budget for the Age Group Fund. The Executive Director and Treasurer shall submit annually to the Board of Directors a one year budget for the Capital Equipment Fund. Each budget shall set forth an estimate of the anticipated additions to, and disbursements from, each fund during the budget period. Each budget shall be submitted to the Board of Directors no later than April 30 of each fiscal year. The budgets shall be advisory and shall not be binding.
4. The fiscal year for each fund shall commence on September 1 and shall terminate on the succeeding August 31.
5. Upon approval of a disbursement by the Board, the reimbursements shall be paid as soon as reasonably possible. National Championship and Olympic Trial reimbursement shall be paid within 60 days of the final day of the meet.

PART TWO

RULES FOR THE CONDUCT OF THE COMPETITION

I. CONDUCT OF MEETS, GENERAL

- A. Age Group Blue, Red, White and designated Senior Meets shall be conducted on the Timed Finals system.
 - 1. Events may be conducted slow to fast or fast to slow.
 - 2. The 400 IM, and the 500 yd/400 meter, 1000 yd/800 meter, 1650 yd/1500 meter freestyle events may alternate women/men
- B. Age Group spring and summer Junior Olympics, and designated Senior Invitationals shall be conducted as Heats and Finals except: the 1000 yd/800 meter and 1650 yd/1500 meter freestyle shall be Timed Finals. A Senior Invitational may offer heats/final of distance events.
- C. Age Group June/Winter Invitationals (JAG/WAG) shall be conducted as Heats and Finals for the 13 and Over age groups, and as Timed Finals for the 12 and Under age groups. A.2 shall apply.
- D. In SCS a race is considered to have started when the starter says, "Take your mark."
- E. Automatic and Semi-Automatic Timing at Age Group Meets.
 - 1. Definitions of automatic and semi-automatic timing systems conform to those listed in Article 102.24.2 of USA Swimming Rules and Regulations.
 - 2. When automatic timing is used, there must be one to three backup buttons and a minimum of one watch per lane.
 - 3. When semi-automatic timing is used, there must be two or three buttons and one watch per lane.
 - 4. Configuration 2.a must be used at Age Group Championship and higher level age group meets.

II. CONDUCT OF MEETS, TIMED FINALS

- A. General
 - 1. Meets will be conducted in accordance with Standard National Rules.
 - 2. Deck entered meets will also require:
 - a. Proof of USA Swimming membership (ex: current registration card or Deck Pass verification)
 - b. That swimmer complete the event card completely
 - c. That entry fee be paid at time of entry
 - 3. In Age Group Timed Finals with split sessions a minimum of 45 minutes (30 minutes in the water) is required between sessions when no separate warm-up pool is available.
 - 4. In Timed Finals meets no minimum time is specified between events; therefore swimmers should use discretion when entering events.
- B. Timed Finals check-in procedure is as follows:
The ultimate responsibility for correctly checking in resides solely with the individual swimmer.
 - 1. A swimmer shall check in with the Clerk of Course prior to the closing of each entered event he/she intends to swim.
 - 2. A swimmer may check in with the Clerk of Course for all events at the beginning of the session.
 - 3. Swimmers may not scratch or check-in after the event is closed. (Events are normally closed approximately 30 minutes prior to the time they are expected to be swum.)
 - a. A declared false start may be used to withdraw from a seeded event.
 - 4. In Timed Finals, failure to report to the blocks ("no show") after checking in will result in disqualification from the swimmer's next individual event of that meet.
 - 5. Recommended check-in systems:
 - a. Individual event check-in: swimmer gives his/her event number and name to the clerk and ensures that proper notation is made next to the his/her name on the actual check-in sheet.
 - b. Gross check-in: a separate sheet listing each swimmer and all entered events is used; each individual swimmer may check in for whichever events are to be swum; the information is transferred to the seeding.

III. CONDUCT OF MEETS, "HEATS AND FINALS"

A. General - In Heats and Finals meets the recommended break between preliminaries and finals is three (3) hours.

1. If needed, the Referee shall, in consultation with Coaches, determine the length of the break to be less than three (3) hours.
2. Under no circumstances shall the break be less than two (2) hours.
3. The Referee shall announce and post a "not before" start time for Finals by the start of the preliminary session.

B. Special Check-In and Scratch Procedures

1. Check-in for prelims shall be as outlined in II.B. above
2. The National Championship Finals scratch rule shall be used in SCS heats/finals competition. An athlete must scratch or declare intent to scratch an event within 30 minutes of announcement of an event's results.
3. Thirty minutes after the preliminary results of an event are read, the event is closed. The Administrative Referee shall post notice of an event being held pending final declarations of swimmers with subsequent swims (see C.).

C. Declaration of Intent – An athlete qualifying for a final, consolation final or bonus final or a named alternate, may notify the Administrative Referee within 30 minutes after the reading of an event's results that he/she may wish to scratch and will declare his/her final decision within 30 minutes following his/her subsequent event identified in the intent.

D. Conduct of Finals Sessions.

1. An athlete finishing prelims with a time placing in the original top 8-16-24 (Final, Consol, Bonus Final as appropriate for the meet) who has been seeded in a final, consolation, or bonus final according to procedures in Section B, and who fails to report to the blocks shall be barred from competition on subsequent days of the meet and shall be or shall not be penalized as follows:
 - a. If the event is on the athlete's final day of the meet, the penalty shall be a \$50 fine per event missed, which is due and payable before the athlete is allowed to compete again in this LSC.
 - b. If an athlete fails to report for a final, this fact does not affect the right of the athlete to swim a final for any other event of that session, even though that (those) final(s) may be swum after the failure to report. A final is an extension of a preliminary swim.
 - c. Failure to report to the blocks (no show) shall be ruled if the athlete is not present when the Referee blows the long whistle for the event or when the Referee calls for the first alternate.
 - d. Nothing in this Section shall restrict the Referee's authority to excuse a swimmer from the Finals session.
2. At SCS heats/finals meets, an athlete finishing prelims with a time placing in the original top 8-16-24 (as appropriate for the meet) who does not scratch and is seeded in the Finals session, and who fails to report to the blocks for a final, consolation final or bonus final, shall be barred from competition on subsequent days of the meet and shall be or shall not be penalized per 1.a., 1.b., 1.c. and 1.d. above.
3. Alternates
 - a. An alternate may only be called to the blocks in a non-scoring heat (except championship final when there is only one final heat). If an athlete in the next one or two faster finals heat(s) – no matter if swum prior to or subsequent to the fastest heat – does not report, an alternate may swim but not score points or receive an award.
 - b. If a swimmer is disqualified for declining to swim or for voluntary delay of meet (i.e. the swimmer is present to accept a disqualification in place of a no-show penalty) that lane is deemed occupied by that swimmer. No alternate may swim in this lane.
 - c. If the listed first alternate is not present and ready to swim when called, the next listed alternate shall be called, etc., until a swimmer either presents him/herself ready to swim, or the Referee determines there is no swimmer ready to swim or that too much time has elapsed for the process. It is recommended that this entire procedure take a very brief time in order not to delay inordinately the swimming of that heat.

Note: The ultimate responsibility for check-in and reporting procedures lies solely with the swimmer.

IV. CONDUCT OF MEETS, "TIME TRIALS"

- A. Time Trials may be sanctioned only in conjunction with a sanctioned Committee Championship or higher level meet ("host competition").
- B. In meets conducted on more than one weekend, a swimmer may compete in time trials his/her age group weekend.
- C. The "Time Trial" designation may be used to add an event or events to correct an entry form error upon approval of the Division Chair in consultation with the Executive Director.
- D. Time Trials are not classified or limited by age. All USA Swimming events may be offered.
- E. Time Trials swimmers are limited by the total number of events per day of the host competition (ie: 3 for Heats and Finals, 6 for Timed Finals).
- F. Time Trials swimmers must be entered in the host competition.
 1. Time Trials may be limited to swimmers in individual events.
 2. When open to relay swimmers, host competition surcharge must be paid.
- G. Maximum entry fee for Time Trials is \$15.

V. SUBMISSION OF ENTRIES

A. By Due Date

1. The entry form must be mailed to the address listed on the meet form and received on or before the entry deadline. It may be hand delivered by the deadline to the address on the meet form. Individual entries may not be submitted via e-mail.
2. Electronic team entry files must be received by the meet processor on or before the entry deadline.
3. Previously submitted entries may update event entry times or add events, provided the update is received on or before the entry deadline.

B. Return Card

1. To avoid concern regarding receipt of meet forms at the designated address, you are advised to enclose a stamped, self-addressed envelope or postcard for return when your entry is received. Do not expect telephone or e-mail verification of your entry receipt. Do not use certified or registered mail; they do not guarantee receipt.
2. Coaches may use the return card system to confirm relay entries at meets with pre-entered relays.
3. A "return card" does not verify the accuracy of events, times, or eligibility; only receipt of entry is verified.

C. No Entry — Protest Swim

If a swimmer's entry form has not been processed into the meet and is not in the possession of the meet host, the athlete must:

1. Show a "return card" as specified in B. above, or
2. Show a US Postal Service proof of mailing, or
3. Swim under protest, in which case the swimmer must provide proof of entry within thirty days or be suspended for six months upon completion of the thirty day period for furnishing proof of entry or upon the date the athlete acknowledges in writing failure to enter.

Proof of entry consists of:

- a. Return Card as specified in B. above
 - b. Canceled check
 - c. US Postal Service proof of mailing
5. A swimmer entering the meet under protest must sign a declaration of legal entry and his/ her understanding of the possible penalty.
 6. Any swimmer with entry missing shall complete an entry form and pay appropriate fees.
- D. The following forms of entry are acceptable at any SCS sanctioned swim meet:
1. Electronic team entry.
 - a. Entry must include electronic signature & phone number of team coach responsible for the entry.
 - b. An electronic entry must include a text file which shall be the official entry of record.
 - c. Bonus events & minimum time entries must be documented in the text file.
 - d. A single team check must be mailed within 48 hours of electronic submittal.
 2. An SCS individual entry form.
 3. Other entry forms, as created and approved by the host team and SCS sanctioning officer.

VI. LIMITATION ON EVENTS

The **maximum** number of events in which a swimmer may participate is:

1. Three each day, plus relays, in meets conducted on the "heats and finals" basis, unless restricted to less on the entry blank.
2. Six each day, plus relays, in meets conducted on the "timed finals" basis, unless restricted to less on the entry blank.
3. Time trials, held at the same venue, shall be counted in that day's limit.

VII. ENTRY TIMES

A. Times

1. Entry times for Age Group timed finals meets **must be the best recorded time** obtained by the swimmer in sanctioned, approved, or observed competition (USA Swimming, high school, Y leagues, etc.) in the current or preceding season.
2. For Senior Meets, and heats/finals Age Group meets, the swimmer **may** enter the best recorded time or a slower time between the time standard and the swimmer's best time.
3. Times must be submitted to hundredths of a second. Example: 1.29.56 (one minute, 29 seconds, 56 hundredths). Times entered in tenths (e.g. 1.29.5) will have 9 hundredths added (i.e. 1.29.59).
4. Times must be achieved in a relevant stroke/event: i.e. times achieved in a freestyle event can be submitted only as a freestyle time regardless of the stroke(s) used.
5. Times may also be achieved in:
 - a. A swim-off held to determine qualifiers or alternates for consolation or final heats [see *USA Swimming Rules and Regulations* 102.24.1A(1)(b)]
 - b. A lead-off leg in a relay race [*USA Swimming Rules* 102.24.1A(1)(c)]
 - c. A split time recorded from the official start to the completion of an initial distance within a longer distance provided the swimmer completes the event or the lead-off portion of the relay in compliance with applicable rules [*USA Swimming Rules* 102.24.1A(1)(d)]
 - d. A time trial or record attempt [*USA Swimming Rules* 102.24.1A(1)(e)].

NOTE: See Part One, IV.G.5. re: SCS Records 50 meter distances in 50 meter pools.

B. Non-Conforming Times

1. If a swimmer has achieved an ability level in yards, that swimmer must compete in the same ability level in meters or vice versa. Stated in its simplest terms this principle is Blue in yards equals Blue in meters. This applies to all ability levels.
2. If a swimmer is entering a meter meet by virtue of a yard time or a yard meet by virtue of a meter time, he/she must enter with the achieved time. Only actual achieved time is acceptable for entry. For all Southern California Swimming sanctioned age group and senior meets: AFTER the entry deadline, the meet processor will use meet management software to convert all non-conforming entry times to conforming course for seeding purposes only for that meet. Converted entry times will not be accepted.
3. In the middle/long distances, the 500 yd/400 meter, the 1000 yd/800 meter and the 1650 yd/1500 meter are considered comparable distances for the use of non-conforming times.

C. Proof-of-Time Meets

1. Age group Proof-of-Time Meets shall be Junior Olympics, June Age Group Invites (JAG) and Winter Age Group Invites (WAG).
2. Senior Meets shall be Proof-of-Time Meets.
3. Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at
 - a. USA Swimming sanctioned competition
 - b. USA Swimming observed competition
 - c. USA Swimming approved competition
 - d. FINA approved competition.
4. Times in the database are not meet entry, only proof of entered time.
5. The Board of Directors has directed Meet Hosts to REJECT entries that do not have proof-of-time. These entries will be returned to the swimmer, and may be resubmitted, time allowing, with corrections made.
6. See Part One, IV.D for additional information about acceptable entry times at proof-of-time meets.

VIII. ERRORS RELATED TO ENTRIES

A. Sponsor Generated Errors

In all cases where printing errors occur on the entry form, the swimmer will be entered at the Minimum Time Standard for the proper event of the same stroke providing it has been called to the attention of the Meet Referee or Administrative Official/Referee PRIOR to the last call for the event.

B. Swimmer Generated Errors

1. Entry times **may** be changed (prior to the seeding of the event) when a swimmer admits to an erroneous time placing him/her in a faster or slower heat. In such cases, the "changed" swimmer will be entered at the minimum time standard in the correct division.
2. If a swimmer's erroneous entry time is slower than minimum standard for an event, the swimmer will not be allowed to swim that event.
3. In cases where there are multiple incorrect times from many swimmers, it is the decision of the Administrative Referee whether or not to change the position of any swimmer within a given event. If such changes cannot be made, any swimmer who swims in a division slower than he/she should (i.e. a Blue Division swimmer swimming in a Red event) may not place in that event.

IX. ADMINISTRATION

Note: Each certified official shall, when assigned, carry out his/her duties in accordance with current rules and regulations of USA Swimming and current procedures of Southern California Swimming.

A. Meet Director

The Meet Director is responsible for carrying out the policy delineated by SCS to be followed prior to the actual start of the meet. The Meet Director obtains and coordinates the use of the pool and other facilities, the production of the program, and the availability of first aid, transportation, housing, and hospitality as necessary. He/she is also responsible for obtaining officials to serve at the meet. During the meet he/she assists the Meet Referee as requested and serves as liaison with the pool personnel.

B. Meet Referee

An SCS Meet Referee shall have all the duties and authority of the Referee (as described in the *USA Swimming Rules and Regulations*) and, if certified as a starter, may perform the duties of backup starter and stroke judge when more than one starter is not present on a given course.

C. Starter/Deck Referee

Deck Referees and Starters have the authority relative to start, stroke, turn, and finish. They have control of the swimmers from the time they are on the starting block until they finish the race. Note: If there is no appointed Meet Referee on duty at the meet, the deck referees and administrative referee on duty shall together designate one of themselves as the Meet Referee prior to the start of the meet.

D. Stroke and Turn Judges

Stroke and Turn Judges shall perform their duties as assigned by the Meet Referee.

E. Administrative Official/Referee

An SCS Administrative Official/Referee shall be in charge of all matters pertaining to entries, changes, duties of the Clerk or Course, tabulation of results, registration and reporting of monies, and relay entries.

F. Chief Clerk of Course

An SCS Clerk of Course shall be in charge of the check-in and seeding procedures of the meet with supervisory duties over all clerks of course at that meet.

G. Membership in USA Swimming

All deck officials, administrative officials, and the meet director at ANY Southern California Swimming meet, sanctioned or approved, shall be a current non-athlete member of USA Swimming.

NOTE: See Appendix C

PART THREE

RULES AND PROCEDURES FOR SENIOR COMPETITION

I. ELIGIBILITY

- A. Senior Meets** (meets designated by the Senior Committee as Senior Invitationals may have special entry rules)
The following are eligible for Senior competition:
1. Registered swimmers of any age who have equaled or bettered the listed minimum time standard in an event. (See Part Two, VII, B. Non-Consistent Times).
 2. Meets designated by the Senior Committee as Senior Invitationals may have special entry rules.
- B. Special Entry Procedures**
1. A swimmer may enter a Senior event at his/her best time OR a slower time between the entry standard and his/her best time.
 2. A swimmer who has achieved a national qualifying time in meters may enter the equivalent yard event at the equivalent national qualifying minimum yard time, and vice-versa.
- C. All-Star Team Eligibility** - To represent SCS on an All-Star Team, a swimmer must be registered in SCS no later than:
1. One hundred and twenty (120) days prior to the start of the All-Star competition, or
 2. The first day of the calendar year, whichever is shorter.
- D. Swimwear** - Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

II. SENIOR INVITATIONAL ENTRY PROCEDURES

- A.** For meets designated as Senior Invitationals by the Senior Committee, swimmers shall conform to the entry requirements in the meet information.
- B. Winter Senior Invitational (when offered)**
Swimmers shall conform to the entry requirements in the meet information.
- C. Irvine Novaquatics Grand Challenge**
Swimmers shall conform to the entry requirements in the meet information.
- D. Mission Viejo Swim Meet of Champions**
Swimmers shall conform to the entry requirements in the meet information.
- E. Los Angeles Invitational**
Swimmers shall conform to the entry requirements in the meet information.
- F. Relays**
1. The provisions of Part Four, IV, A and D shall apply to Senior Competition.
 2. Each relay entered at Senior Invitationals must meet or better the qualifying time standard.
 3. Qualifying times may be proved:
 - a. By meet results showing that the club previously equaled or bettered the time standard.
 - b. With an aggregate time, the total of 4 individual times by eligible club members, which previously equaled or bettered the time standard.
 - c. In yards or meters.
 - d. Using an individual to prove only one team per event.
 4. If a club cannot prove the qualifying time, a \$25.00 fine will be assessed.

III. AWARDS

- A.** At senior invitationals appropriate awards may be given through eight places.
- B.** No awards will be given at other senior meets.

NOTE: Senior meet psych sheets may be posted to the public;
please consider this when entering senior meets.

PART FOUR

RULES FOR AGE GROUP SWIMMING

I. ELIGIBILITY

A. Registered swimmers ages 5 to 18 are eligible for age group competition.

1. At Committee level older meets, the oldest age group shall include "and Over."
 - a. Swimmers over 18 shall not be eligible for awards in the individual events or for high point awards.
 - b. Relays in "and Over" events shall be placed and awarded regardless of swimmers' ages.
2. When a meet is run 15-18 or 15 & Up:
 - a. The time standard for each event shall be the slower standard of the 15-16 and 17-18 age groups.
 - b. For "maximum" meets, the time standard for each event shall be the faster standard of the 15-16 and 17-18 age groups.

B. Swimmers must equal or better the listed minimum time standard to enter an event.

1. A level achieved in a distance and stroke in one course is achieved in all courses (ex: Red in yards equals Red in long course meters and short course meters). See below for spring/summer JO max meets.
2. Where maximum time standards are listed, swimmers in individual events or relay legs must not have exceeded that maximum.
3. In timed finals competition, a swimmer must enter best recorded time.
4. In heats/finals competition, a swimmer **may** enter best time or a slower time which equals or exceeds the listed minimum time standard.
5. Spring JO max meets: Swimmers may NOT swim an event in which they have bettered the spring JO time standard in yards or meters or relay leg in which they have bettered the spring JO time standard in yards or meters in the stroke. Relays – A swimmer with spring JO at 200 yards/meters or longer of a stroke but not spring JO in the 50 or 100 yard/meter of that stroke may swim that stroke in a relay. 13 & up spring JO swimmers for the 100 yard/meter of a stroke (butterfly, backstroke, breaststroke) may not swim that stroke in a 200 yard/meter medley relay).
6. Summer JO max meets: Swimmers may NOT swim an event in which they have bettered the summer JO time standard in yards or meters in the stroke. Relays – A swimmer with summer JO at 200 yards/meters or longer of a stroke, but not summer JO in the 50 or 100 yard/meter of that stroke may swim that stroke in a relay. 13&Up summer JO swimmers for the 100 yard/meter of a stroke (butterfly, backstroke, breaststroke) may not swim that stroke in a 200 yard/meter medley relay.

C. Non-Consistent Times

1. See Part Two, VII.B. for procedure regarding non-consistent times (yards/meters and vice versa). See Appendix A for examples.
2. When a swimmer has exceeded a minimum time standard in a given ability level, he/she may enter the next longer distance in the same stroke at minimum at the same ability level if, and only if, the distance is not offered at his/her level during the meet. Example: Red in 100 free may enter 200 free at Red minimum, but not 500 free.
3. 5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event may enter 7-10 100 yd/mtr event in same stroke; meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM may enter 7-10 200 free or 200 IM.
4. 7-8 swimmers must meet the 7-10 time standards to enter 7-10 events.
5. See II. below for specific rules at each level of competition.

D. All-Star Team Eligibility

To represent SCS on an All-Star Team, a swimmer must be registered in SCS no later than:

1. One hundred and twenty (120) days prior to the start of the All-Star competition, or,
2. The first day of the calendar year, whichever is shorter.

E. Swimwear

1. Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
2. "Tech" suits may not be worn by 5-10 year old swimmers in SCS sanctioned or approved competition.
3. "Tech" suits may not be worn by 11 year and older swimmers in SCS sanctioned or approved intrasquad, dual, tri, geographic committee and age group invitational meets including "Open" events.
4. "Tech" suits may be worn by 11 year and older swimmers at Junior Olympics, June Age Group Invitationals (JAG), and Winter Age Group Invitationals (WAG).
5. "Tech" suits are suits with bonded seams, kinetic tape, or meshed seams.
6. The Meet information for all meets shall include a "Tech" suit statement to indicate applicable policy for the meet.

II. PROCEDURES FOR AGE GROUP ABILITY LEVELS

A. Junior Olympic Championships

1. SCS shall conduct short course and long course Junior Olympics for SCS members annually.
2. Age groups and events shall be from *USA Swimming Rules*, Article 205.8.3 & 102.1.2.
3. No contestant may compete in more than six (6) individual events plus relays and time trials (if offered). National heats/finals event limits apply.
4. Eligibility to participate shall be determined by age and shall not be restricted due to participation in national or international events.
5. Junior Olympics are proof-of-time meets (see Part Two, VII, C).
6. Time standards shall be adjusted annually based on meet performance.
7. Entry times must:
 - a. Meet the meet entry standard, yards or meters.
 - b. Be the swimmer's best recorded time or a slower time between that time and the meet standard.
8. Relays
 - a. Must meet the entry standard for the meet.
 - b. A club entering a single relay must meet the soft cut. Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (past 18 months). A team time achieved during the qualifying period may also be used.
 - c. A club entering multiple relays must use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed. Entries must be proven by meeting the aggregate of the hard cut.
 - d. A club is limited to 3 "relay only" swimmers per age group, gender, and event.
 - e. For 13 & older age groups, qualifying entry time for the 200 yd/meter medley relay shall be a team's qualifying 400 yd/meter medley relay time.
9. Conduct of the Meets: All individual events except the 1650/1500 and the 1000/ 800 Freestyle shall be conducted as heats (morning) and finals (afternoon/evening final and consolation final).
10. Awards/Scoring:
 - a. Individual Events — medals 1-8, certificates consolation 9-16.
 - b. Relay Events — medals 1-3.
 - c. Individual Scoring — 1-16 (*USA Swimming Rules*, 102.7.3).
 - d. Relay Scoring — double individual points.
 - e. Team Awards — 1-6 Men, Women and Combined.

B. Age Group Invitationals

1. SCS shall conduct June and Winter Age Group Invitationals.
2. Age groups and events shall be from *USA Swimming Rules*, Article 205.8.3.
3. No contestant may compete in more than six (6) individual events plus relays and time trials (if offered).

4. Eligibility to participate shall be determined by age and shall not be restricted due to participation in national or international events.
 5. Age Group Invitationals are proof-of-time meets (see Part Two, VII, C).
 6. Time standards shall be adjusted annually based on meet performance.
 7. Entry times must:
 - a. Meet the meet entry standard, yards or meters.
 - b. Be the swimmer's best recorded time or a slower time between that time and the meet standard.
 8. Relays
 - a. Must meet the entry standard for the meet.
 - b. A club may enter one relay in an event without proof-of-time provided it enters only one relay. A club entering more than one relay in an event must prove each entered relay.
 - c. The 400 medley Relay shall be used as seed time and proof for the 200 Medley Relay in the 13+ Older Age Group.
 - d. The option to swim relays after prelims or during finals on the last day of the meet shall be included on the meet form.
 9. Conduct of the Meets: The meets shall be Timed Finals for 12 & Under, Heats and Finals for 13 & Older.
 10. Awards/Scoring
 - a. Individual Events — medals 1-8, certificates consolation 9-16.
 - b. Relay Events — medals 1-3.
 - c. Individual Scoring — 1-16 (*USA Swimming Rules*, 102.2.25).
 - d. Relay Scoring — double individual points.
 - e. Team Awards — 1-6 Men, Women and Combined.
- C. Blue Competition**
1. Eligibility: Registered swimmers 5 years and older who have equaled or bettered the listed minimum time standards for the Blue ability level. See Part Two, VII "Entry Times."
 - a. Swimmers 9 years and older who have equaled or bettered the Blue minimum time standard in three different strokes (freestyle, backstroke, butterfly, breaststroke, or individual medley) but are Red in other strokes, may swim all their events at the Blue level IF, AND ONLY IF, the event for which the swimmer is Red is not offered at the same meet. Swimmer must enter at Blue minimum.
 - b. Swimmers 7 or 8 years old who have equaled or bettered Blue minimum time standard in three different events but are Red in other events may enter all their events in the Blue division as in a. above.
 - c. For a 7/8 swimmer to enter the 7-10 events in Blue Division, he/she must:
 - (1) Meet the 7-10 Blue time standard for the event, or,
 - (2) Hold 7-10 Blue times in three different strokes.
 - d. Swimmers from Red and White ability levels are eligible to compete on Blue level relays.
 - e. Blue Age Groups: See Part One, II.C.5., "Classes of Competition."
 2. A swimmer must enter his/her best recorded time in Blue meets. See Part Four, I, above.
 3. Awards: See III below.
- D. Red Competition**
1. Eligibility: Registered swimmers 5 years and older who have bettered the listed minimum time standards for the Red ability level. See Part Two, VII, "Entry Times."
 - a. Swimmers 9 years and older who have equaled or bettered the Red minimum time standard in three different strokes (freestyle, backstroke, butterfly, breaststroke, or individual medley) but are White in other strokes, may swim all their events at the Red level IF, AND ONLY IF, the event for which the swimmer is White is not offered at the same meet. Swimmer must enter at Red minimum.
 - b. Swimmers 7 or 8 years old who have equaled or bettered the Red minimum time standard in three different events but are White in other events may enter all their events in the Red Division as in a. above.

- c. For a 7/8 swimmer to enter the 7-10 events in the Red Division, he/she must:
 - (1) Meet the 7-10 time standard for the event, or,
 - (2) Hold 7-10 Red times in three different strokes.
 - (3) Red Age Groups: See Part One II.C.5., "Classes of Competition."
 - d. Swimmers from Red and White ability levels are eligible to compete on Blue level relays.
 - e. If a swimmer in the White Division betters a time standard in a short distance not usually offered in the Red Division, he/she may enter the next longer distance at the minimum time standard in that stroke in the Red Division.
- 2. Relays
 - a. Swimmers from Red and White ability levels are eligible to compete on Red level relays.
 - b. A swimmer who betters the Red maximum time standard (in yards or meters) in any given stroke may not swim that stroke in Red Division relays.
 - c. Swimmers from the Red ability level are eligible to compete at the Red level and above on relays in their respective strokes at any distance.
 - 3. Awards: See III below.

E. White Competition

- 1. Eligibility: Registered swimmers 5 years and older who, in any competition, have not bettered the listed maximum White time standard in any event in the White Division.
 - a. A swimmer who has equalled or exceeded the Red minimum time standard in a 50 yard/meter or longer event shall not compete in a 25 yard/meter event of that stroke in the White Division.
 - b. A swimmer who betters the White maximum time standard in any given stroke may not swim that stroke in relays in the White Division.
 - c. White Age Groups: See Part One, II.C.5. "Classes of Competition." **NOTE:** 5/6 year old swimmers may only be classified as White swimmers when offered as a separate age group.
 - d. Committees may elect NOT to offer White events in older (13 & Up) age groups in which case swimmers may enter the 50, 100 and 200 freestyle, 200 individual medley, 100 back, 100 breaststroke, and 100 butterfly in the Red Division regardless of previous achieved time.
- 2. Special Procedures
 - a. Swimmers should enter their best recorded time. Swimmers who have not swum the event in competition should enter a "no time" (NT).
 - b. There are no minimum time standards in the White Division. The listed time standards are maximums.
- 3. Awards: See III below.

NOTE: The oldest Age Group in Committee competition shall include "& Over" at the Blue, Red and White ability levels.

III. AWARDS AND SCORING

A. Awards

- 1. Official awards for Age Groups events may not exceed a cost of \$25.00 per award. Meet hosts and swimmers should be aware that high school or college eligibility may be affected by prize value.
- 2. In all cases the word "cost" shall mean "value."
- 3. Competitors in Blue competition and above shall be eligible for high point awards. Competitors over 18 years of age shall not be eligible for high point awards.

B. Recommended Awards in SCS:

- 1. See specific competition above for Junior Olympic Championship and Age Group Invitational meets.
- 2. Blue Competition: Individual events — medals 1-3, Blue Division ribbons 4-6.
Relays — medals 1st, Blue Division ribbons 2-3.
- 3. Red Competition: Individual events — Red Division ribbons 1-6.
Relays — Red Division ribbons 1-3.

4. White Competition: Individual events — White Division ribbons 1-6.
Relays — White Division ribbons 1-3.
5. "Open" Competition: No awards.

C. Scoring

1. A meet offering scoring and/or individual high point scoring must specify the scoring rules on its entry form. The events scored and the point system must be designated.
2. Scaled scoring allowing inclusion of all ability groups may be used at age group competition and invitationals.
 - a. No Red swimmer shall score more team points than a Blue swimmer.
 - b. No White swimmer shall score more team points than a Red swimmer.

IV. AGE GROUP RELAY RULES

A. Rules Governing

1. Unless specifically noted on the entry blank to the contrary, USA Swimming rules pertaining to "events seeded at the meet in whole or part" will apply.
2. All relay-only swimmers must be declared to the meet administration by the start of each session or as specified on the entry form.
3. Only swimmers entered in individual events or declared as relay-only swimmers may participate in relay events.

B. Eligibility

1. Any registered swimmer of appropriate age and sex may represent the club to which he/she is attached. An unattached athlete training may not swim relays.
2. Swimmers from the Red and White ability levels are eligible to compete on a Red level and above relay.
3. Swimmers from the Red and White ability levels are eligible to compete on Red level relays. A swimmer who betters the Red maximum time standard in yards or meters in any given stroke cannot swim that stroke in relays in the Red Division in subsequent meets.
4. A swimmer who betters the White maximum time standard in any given stroke cannot swim that stroke in relays in the White Division in subsequent meets.
5. At a "max" meet, a swimmer may not swim a relay leg in which he/she exceeds the maximum time standard for leg to be swum.

C. Competitive Groupings

1. Junior Olympic Championship and Age Group Invitational relays shall be contested in the age groups specified for the respective meet.
2. Red and White relays shall be offered in the national age groups plus the 9/10, 7/8 or 5-8 age groups.
3. At Committee meets, the oldest age group shall include "and Over."
4. White relays may be offered in all age groups plus 5/6 age group or a 5-8 age group.
5. For Top 16, SCS records and proof-of-time relay entries, all members of the relay team must be of the same age group and gender.
6. Mixed age or gender relays are permitted at Committee level and dual competitions.

D. Failure to Swim

1. Once a relay has been checked in and the event has been closed, failure of the relay to be present at the starting block by the start of its heat (no show), unless excused by the Meet Referee, will result in the removal of that club's relay from the next relay event in the meet for that age group and sex on that day or the next day of the meet.
2. Those members of the relay team who are present and ready to swim should report to the starting block before the race. They will be excused from any further penalty. The missing member or members shall be disqualified from their next individual event at the meet.

E. Time Standards

1. In Junior Olympic Championship and Age Group Invitational competition, the relay standard shall be the standard from the "Standards" section in SCS Swim Guide.
2. In Blue, Red and White competition, no time standard shall be listed.
3. In an all-relay meet such standards that the sponsors and the program chair of the appropriate Committee or SCS deem necessary to facilitate equitable competition may be listed.

NOTE: Age Group meet psych sheets are NOT to be posted on web sites (SCS, host or attending clubs). This includes SCS championship meets (ex: JO's). Age group meet psych sheets may be provided to clubs by e-mail for planning purposes. E-mail must include the statement: "These psych sheets are being provided for your coaching staff for planning purposes only; do not post or distribute the information publicly."

SUMMARY OF THE AGE GROUP PROGRAM

Ability Grouping	Junior	Age Group			
	Olympics	Invites	Blue	Red	White
15 & Over	*	*	*	*	*
17-18	*	*	*	*	*
15-16	*	*	*	*	*
13-14	*	*	*	*	*
11-12	*	*	*	*	*
7-10, 9-10	*	*	*	*	*
5-8, 7-8			*	*	*
5-6					*
Meet Format Recommended Awards	H/F	H/F	Timed	Timed	Timed
Medals	1-8	1-8	1-3	---	---
Ribbons	---	---	4-8	1-8	1-8

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**Southern California
Swimming's**

2018

**FALL CLINIC
AND
SWIMPOSIUM**

Save These Dates:

October 6-7

Location: TBD

**More information will be
available from the Swim Office**





TIME

STANDARDS

5-8 GIRLS				5-8 BOYS			
SHORT COURSE YARDS – SCS				SHORT COURSE YARDS – SCS			
Event	Blue Min	Red Min	White Max	Event	Blue Min	Red Min	White Max
25 Free	18.10	21.70	21.71	25 Free	17.60	21.10	21.11
50 Free	40.50	48.60	48.61	50 Free	39.40	47.30	47.31
100 Free	1:28.40	1:46.10	1:46.11	100 Free	1:25.00	1:42.00	1:42.01
25 Back	22.20	26.60	26.61	25 Back	21.60	25.90	25.91
50 Back	48.10	57.80	57.81	50 Back	46.80	56.30	56.31
25 Breast	24.00	28.80	28.81	25 Breast	23.30	28.00	28.01
50 Breast	52.30	1:02.80	1:02.81	50 Breast	51.00	1:01.20	1:01.21
25 Fly	21.30	25.60	25.61	25 Fly	21.30	25.60	25.61
50 Fly	46.30	55.60	55.61	50 Fly	47.00	56.40	56.41
100 IM	1:41.20	2:01.40	2:01.41	100 IM	1:38.50	1:58.20	1:58.21
LONG COURSE METERS – SCS				LONG COURSE METERS – SCS			
Event	Blue Min	Red Min	White Max	Event	Blue Min	Red Min	White Max
50 Free	45.60	54.70	54.71	50 Free	44.40	53.30	53.31
100 Free	1:39.30	1:59.20	1:59.21	100 Free	1:35.50	1:54.60	1:54.61
50 Back	54.40	1:05.30	1:05.31	50 Back	53.20	1:03.80	1:03.81
50 Breast	58.60	1:10.30	1:10.31	50 Breast	57.10	1:08.50	1:08.51
50 Fly	52.00	1:02.40	1:02.41	50 Fly	52.70	1:03.20	1:03.21

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event
may enter 7-10 100 yd/mtr event in same stroke;
meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM
may enter 7-10 200 free or 200 IM

7-10 GIRLS

SHORT COURSE YARDS – CA STANDARDS

Event	Spring	Summer		WAG	Blue	Red	White
	JO	JAG	JO		Min	Min	Max
50 Free	31.10	32.20	31.90	TBD	33.90	37.00	37.01
100 Free	1:08.50	1:11.30	1:10.70	TBD	1:14.70	1:21.50	1:21.51
200 Free	2:29.30	2:35.50	2:34.70	TBD	2:42.00	2:56.80	2:56.81
500 Free	2:29.30	N/A	N/A	TBD	N/A	N/A	N/A
50 Back	36.70	38.80	38.60	TBD	40.50	44.30	44.31
100 Back	1:19.40	1:24.60	1:23.50	TBD	1:28.60	1:36.80	1:36.81
50 Breast	40.90	43.70	43.30	TBD	45.60	49.80	49.81
100 Breast	1:29.10	1:34.50	1:34.20	TBD	1:40.00	1:49.10	1:49.11
50 Fly	35.00	36.80	36.50	TBD	38.30	41.80	41.81
100 Fly	1:20.40	1:26.70	1:27.30	TBD	1:29.30	1:37.40	1:37.41
100 IM	1:18.30	N/A	N/A	TBD	1:26.60	1:34.40	1:34.41
200 IM	2:48.50	2:57.40	2:54.70	TBD	3:06.50	3:23.50	3:23.51

7-10 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat
	A	BB	B
50 Free	31.39	35.19	38.89
100 Free	1:10.49	1:19.99	1:29.59
200 Free	2:35.59	2:57.39	3:19.19
500 Free	6:44.89	7:35.49	8:26.09
50 Back	36.69	41.89	46.99
100 Back	1:19.29	1:30.69	1:41.99
50 Breast	41.79	47.49	53.29
100 Breast	1:31.89	1:44.99	1:58.09
50 Fly	36.19	41.79	47.39
100 Fly	1:24.09	1:39.09	1:53.99
100 IM	1:20.79	1:31.69	1:42.59
200 IM	2:52.69	3:15.59	3:38.49

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event
may enter 7-10 100 yd/mtr event in same stroke;
meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM
may enter 7-10 200 free or 200 IM

7-10 GIRLS

LONG COURSE METERS –CA STANDARDS

Event	Spring	Summer		WAG	Blue	Red	White
	JO	JAG	JO		Min	Min	Max
50 Free	35.40	36.50	36.20	TBD	38.40	41.90	41.91
100 Free	1:17.70	1:20.70	1:20.10	TBD	1:24.40	1:32.00	1:32.01
200 Free	2:49.00	2:55.80	2:54.90	TBD	3:02.70	3:19.30	3:19.31
400 Free	2:49.00	N/A	N/A	TBD	N/A	N/A	N/A
50 Back	41.40	43.70	43.40	TBD	46.40	50.60	50.61
100 Back	1:29.30	1:35.10	1:33.90	TBD	1:41.00	1:50.30	1:50.31
50 Breast	46.40	49.50	49.10	TBD	51.40	56.00	56.01
100 Breast	1:40.90	1:46.90	1:46.50	TBD	1:52.20	2:02.40	2:02.41
50 Fly	39.60	41.50	41.20	TBD	43.20	47.20	47.21
100 Fly	1:30.60	1:37.60	1:38.30	TBD	1:40.50	1:49.70	1:49.71
200 IM	3:10.20	3:20.10	3:17.10	TBD	3:30.20	3:49.30	3:49.31

7-10 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat
	A	BB	B
50 Free	35.59	39.89	44.09
100 Free	1:20.69	1:31.49	1:42.39
200 Free	2:56.29	3:20.99	3:45.79
400 Free	6:05.39	6:51.09	7:36.79
50 Back	42.89	48.89	54.89
100 Back	1:32.69	1:45.99	1:59.19
50 Breast	47.49	53.99	1:00.49
100 Breast	1:46.29	2:01.49	2:16.69
50 Fly	40.99	47.20	53.59
100 Fly	1:35.99	1:52.99	2:09.99
200 IM	3:17.09	3:43.19	4:09.39

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event
 may enter 7-10 100 yd/mtr event in same stroke;
 meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM
 may enter 7-10 200 free or 200 IM

7-10 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Spring	Summer			Blue	Red	White
	JO	JAG	JO	WAG	Min	Min	Max
50 Free	30.80	31.80	31.70	TBD	34.10	37.20	37.21
100 Free	1:07.70	1:10.00	1:11.10	TBD	1:14.30	1:21.00	1:21.01
200 Free	2:27.80	2:36.70	2:35.00	TBD	2:41.80	2:56.50	2:56.51
500 Free	2:27.80	N/A	N/A	TBD	N/A	N/A	N/A
50 Back	36.60	38.80	38.80	TBD	40.40	44.20	44.21
100 Back	1:19.80	1:24.40	1:24.40	TBD	1:28.70	1:37.00	1:37.01
50 Breast	42.10	43.70	44.30	TBD	45.60	49.80	49.81
100 Breast	1:30.50	1:35.90	1:36.00	TBD	1:40.50	1:49.70	1:49.71
50 Fly	35.20	36.60	36.80	TBD	38.20	41.60	41.61
100 Fly	1:19.20	1:27.50	1:27.70	TBD	1:29.40	1:37.60	1:37.61
100 IM	1:18.90	N/A	N/A	TBD	1:26.90	1:34.80	1:34.81
200 IM	2:47.60	2:55.20	2:54.90	TBD	3:07.40	3:24.50	3:24.51

7-10 BOYS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat
	A	BB	B
50 Free	30.99	34.49	38.09
100 Free	1:09.69	1:18.79	1:27.79
200 Free	2:29.39	2:47.99	3:06.69
500 Free	6:37.39	7:26.99	8:16.69
50 Back	37.09	42.39	47.69
100 Back	1:19.19	1:29.69	1:40.19
50 Breast	40.99	46.59	52.09
100 Breast	1:30.19	1:41.89	1:53.59
50 Fly	35.39	40.49	45.69
100 Fly	1:23.49	1:37.99	1:52.39
100 IM	1:19.49	1:29.39	1:39.39
200 IM	2:50.99	3:13.19	3:35.49

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event
 may enter 7-10 100 yd/mtr event in same stroke;
 meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM
 may enter 7-10 200 free or 200 IM

7-10 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Spring	Summer		WAG	Blue	Red	White
	JO	JAG	JO		Min	Min	Max
50 Free	35.00	36.10	36.00	TBD	38.10	41.50	41.51
100 Free	1:16.80	1:19.30	1:20.50	TBD	1:23.90	1:31.60	1:31.61
200 Free	2:47.30	2:57.10	2:55.20	TBD	3:02.40	3:19.00	3:19.01
400 Free	2:47.30	N/A	N/A	TBD	N/A	N/A	N/A
50 Back	41.20	43.60	43.70	TBD	46.30	50.50	50.51
100 Back	1:29.80	1:34.90	1:34.90	TBD	1:41.30	1:50.50	1:50.51
50 Breast	47.80	49.50	50.20	TBD	51.40	56.00	56.01
100 Breast	1:42.50	1:48.40	1:48.60	TBD	1:52.90	2:03.10	2:03.11
50 Fly	39.80	41.00	41.50	TBD	43.10	47.00	47.01
100 Fly	1:29.30	1:38.50	1:38.70	TBD	1:40.70	1:49.80	1:49.81
200 IM	3:09.20	3:17.70	3:17.30	TBD	3:31.20	3:50.40	3:50.41

7-10 BOYS

LC METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat
	A	BB	B
50 Free	35.49	39.49	43.59
100 Free	1:19.89	1:30.29	1:40.69
200 Free	2:50.79	3:12.09	3:33.49
400 Free	5:59.59	6:44.59	7:29.49
50 Back	42.99	49.19	55.29
100 Back	1:31.49	1:43.59	1:55.69
50 Breast	46.99	53.29	59.69
100 Breast	1:44.19	1:57.69	2:11.29
50 Fly	40.19	45.99	51.79
100 Fly	1:34.99	1:51.39	2:07.79
200 IM	3:15.39	3:40.79	4:06.19

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event
 may enter 7-10 100 yd/mtr event in same stroke;
 meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM
 may enter 7-10 200 free or 200 IM

11-12 GIRLS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS							
Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	27.60	28.50	28.20	TBD	30.70	33.50	33.51
100 Free	1:00.00	1:01.90	1:01.60	TBD	1:06.70	1:12.70	1:12.71
200 Free	2:10.00	2:15.10	2:14.30	TBD	2:24.10	2:37.20	2:37.21
500 Free	5:46.30	6:01.50	5:59.60	TBD	6:24.60	6:59.50	6:59.51
1000 Free	N/A	N/A	N/A	TBD	12:58.60	N/A	N/A
1650 Free	N/A	N/A	N/A	TBD	21:32.10	N/A	N/A
50 Back	32.10	34.10	33.80	TBD	36.20	39.60	39.61
100 Back	1:08.40	1:13.10	1:12.80	TBD	1:17.90	1:25.20	1:25.21
200 Back	N/A	N/A	N/A	TBD	2:46.20	3:01.40	3:01.41
50 Breast	36.10	38.10	37.60	TBD	40.80	44.50	44.51
100 Breast	1:18.40	1:22.80	1:21.40	TBD	1:28.90	1:37.00	1:37.01
200 Breast	N/A	N/A	N/A	TBD	3:08.80	3:25.90	3:25.91
50 Fly	30.40	31.40	31.30	TBD	34.30	37.40	37.41
100 Fly	1:07.80	1:11.70	1:11.30	TBD	1:16.10	1:23.00	1:23.01
200 Fly	N/A	N/A	N/A	TBD	2:43.20	2:58.10	2:58.11
100 IM	1:09.20	N/A	N/A	TBD	1:17.70	1:24.70	1:24.71
200 IM	2:28.30	2:33.20	2:32.10	TBD	2:46.20	3:01.30	3:01.31
400 IM	2:28.30	N/A	N/A	TBD	5:48.20	N/A	N/A

11-12 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS						
Event	Nat A	Nat BB	Nat B	10 th PL 11 YO	10 th PL 12 YO	
50 Free	29.09	31.49	33.79	25.14	24.16	
100 Free	1:03.09	1:08.29	1:13.59	54.86	52.47	
200 Free	2:18.19	2:29.69	2:41.49	1:59.46	1:54.41	
500 Free	6:07.79	6:38.39	7:09.09	5:19.49	5:05.77	
1000 Free	12:41.19	13:44.69	14:48.09	11:02.42	10:35.36	
1650 Free	21:20.59	23:07.29	24:53.99	18:54.21	17:53.29	
50 Back	32.89	35.59	38.29	28.02	27.04	
100 Back	1:11.79	1:18.49	1:25.19	1:00.39	57.66	
200 Back	2:31.39	2:43.99	2:56.59	2:11.93	2:05.81	
50 Breast	36.89	39.99	43.09	31.96	30.46	
100 Breast	1:20.39	1:27.39	1:34.39	1:09.16	1:05.97	
200 Breast	2:54.09	3:08.59	3:23.09	2:30.74	2:23.81	
50 Fly	31.49	34.09	36.69	27.25	25.98	
100 Fly	1:11.49	1:18.29	1:25.09	1:00.15	57.11	
200 Fly	2:34.99	2:47.89	3:00.89	2:16.06	2:07.58	
100 IM	1:12.29	1:18.39	1:24.39	1:02.40	59.59	
200 IM	2:34.89	2:47.79	3:00.69	2:12.94	2:07.39	
400 IM	5:29.29	5:56.79	6:24.19	4:46.18	4:33.32	

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11-12 GIRLS

LONG COURSE METERS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	31.50	32.40	32.10	TBD	34.90	38.00	38.01
100 Free	1:08.20	1:10.30	1:10.00	TBD	1:15.60	1:22.40	1:22.41
200 Free	2:27.50	2:33.20	2:32.30	TBD	2:42.90	2:57.70	2:57.71
400 Free	5:09.10	5:22.60	5:20.90	TBD	5:47.30	6:18.80	6:18.81
800 Free	N/A	N/A	N/A	TBD	11:44.20	N/A	N/A
1500 Free	N/A	N/A	N/A	TBD	22:11.60	N/A	N/A
50 Back	36.20	38.40	38.10	TBD	41.60	45.40	45.41
100 Back	1:17.10	1:22.30	1:22.00	TBD	1:29.40	1:37.60	1:37.61
200 Back	N/A	N/A	N/A	TBD	3:09.20	3:26.50	3:26.51
50 Breast	41.10	43.30	42.70	TBD	46.00	50.20	50.21
100 Breast	1:29.00	1:33.90	1:32.40	TBD	1:40.00	1:49.10	1:49.11
200 Breast	N/A	N/A	N/A	TBD	3:31.00	3:50.20	3:50.21
50 Fly	34.40	35.60	35.40	TBD	38.40	41.90	41.91
100 Fly	1:16.70	1:21.00	1:20.50	TBD	1:27.30	1:35.30	1:35.31
200 Fly	N/A	N/A	N/A	TBD	3:05.70	3:22.60	3:22.61
200 IM	2:47.80	2:53.30	2:52.00	TBD	3:07.90	3:25.00	3:25.01
400 IM	2:47.80	N/A	TBD	TBD	6:31.20	N/A	N/A

11-12 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 11 YO	10 th PL 12 YO
50 Free	33.19	35.79	38.49	28.46	27.50
100 Free	1:12.49	1:18.49	1:24.49	1:02.42	59.70
200 Free	2:37.29	2:50.39	3:03.49	2:15.70	2:09.51
400 Free	5:29.09	5:56.49	6:23.89	4:46.44	4:34.87
800 Free	11:31.59	12:29.19	13:26.79	10:02.22	9:30.92
1500 Free	22:04.99	23:55.39	25:45.79	19:35.37	18:25.90
50 Back	37.99	41.19	44.29	32.63	31.32
100 Back	1:23.29	1:31.09	1:38.89	1:10.35	1:07.51
200 Back	2:55.59	3:10.19	3:24.79	2:32.84	2:25.39
50 Breast	41.99	45.49	48.99	36.56	34.91
100 Breast	1:33.39	1:41.39	1:49.49	1:19.84	1:15.32
200 Breast	3:19.49	3:36.09	3:52.69	2:54.03	2:45.58
50 Fly	35.39	38.29	41.29	30.48	29.16
100 Fly	1:20.79	1:28.49	1:36.19	1:08.43	1:04.99
200 Fly	2:55.59	3:10.19	3:24.89	2:34.18	2:25.80
200 IM	2:56.79	3:11.49	3:26.29	2:32.44	2:25.52
400 IM	6:16.89	6:48.29	7:19.69	5:28.78	5:14.15

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11-12 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	27.10	28.40	28.10	TBD	30.80	33.60	33.61
100 Free	58.90	1:01.40	1:01.40	TBD	1:06.20	1:12.20	1:12.21
200 Free	2:08.00	2:14.90	2:13.20	TBD	2:24.60	2:37.80	2:37.81
500 Free	5:44.30	6:04.10	6:04.50	TBD	6:29.80	7:05.30	7:05.31
1000 Free	N/A	N/A	N/A	TBD	13:09.80	N/A	N/A
1650 Free	N/A	N/A	N/A	TBD	21:51.50	N/A	N/A
50 Back	32.00	34.40	34.10	TBD	36.60	40.00	40.01
100 Back	1:08.00	1:14.00	1:13.50	TBD	1:20.50	1:28.00	1:28.01
200 Back	N/A	N/A	N/A	TBD	2:51.40	3:07.30	3:07.31
50 Breast	35.50	38.40	38.10	TBD	41.00	44.80	44.81
100 Breast	1:17.80	1:22.30	1:22.30	TBD	1:29.00	1:37.10	1:37.11
200 Breast	N/A	N/A	N/A	TBD	3:09.00	3:26.20	3:26.21
50 Fly	29.90	31.70	31.40	TBD	34.50	37.70	37.71
100 Fly	1:07.00	1:12.50	1:12.10	TBD	1:18.20	1:25.30	1:25.31
200 Fly	N/A	N/A	N/A	TBD	2:47.40	3:02.60	3:02.61
100 IM	1:08.00	N/A	N/A	TBD	1:17.70	1:24.70	1:24.71
200 IM	2:26.00	2:32.30	2:32.60	TBD	2:46.50	3:01.70	3:01.71
400 IM	2:26.00	N/A	N/A	TBD	5:48.90	N/A	N/A

11-12 BOYS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 11 YO	10 th PL 12YO
50 Free	27.89	30.29	32.59	24.85	23.12
100 Free	1:00.89	1:05.89	1:10.99	54.33	50.41
200 Free	2:13.49	2:24.59	2:35.69	1:58.05	1:51.11
500 Free	5:57.69	6:27.49	6:57.29	5:11.51	4:57.87
1000 Free	12:27.89	13:30.19	14:32.59	10:57.19	10:15.84
1650 Free	20:52.99	22:37.49	24:21.89	18:26.00	17:17.78
50 Back	32.29	35.29	38.19	28.22	25.98
100 Back	1:09.29	1:15.79	1:22.19	1:00.34	55.75
200 Back	2:27.99	2:40.29	2:52.69	2:11.25	2:01.53
50 Breast	36.19	39.59	42.89	31.46	28.98
100 Breast	1:18.39	1:25.49	1:32.49	1:07.78	1:02.98
200 Breast	2:47.09	3:00.99	3:14.89	2:29.47	2:17.96
50 Fly	31.19	34.19	37.09	27.02	25.11
100 Fly	1:09.59	1:16.49	1:23.29	59.59	55.40
200 Fly	2:31.39	2:43.99	2:56.59	2:13.99	2:03.72
100 IM	1:09.09	1:14.99	1:20.89	1:01.94	57.15
200 IM	2:30.89	2:44.19	2:57.59	2:12.81	2:03.85
400 IM	5:19.79	5:46.39	6:13.09	4:45.25	4:23.95

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11-12 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	30.90	32.30	32.00	TBD	34.40	37.60	37.61
100 Free	1:07.00	1:09.70	1:09.80	TBD	1:15.10	1:22.00	1:22.01
200 Free	2:25.30	2:32.90	2:31.10	TBD	2:43.60	2:58.40	2:58.41
400 Free	5:07.30	5:25.00	5:25.30	TBD	5:46.60	6:18.10	6:18.11
800 Free	N/A	N/A	N/A	TBD	11:43.70	N/A	N/A
1500 Free	N/A	N/A	N/A	TBD	22:10.90	N/A	N/A
50 Back	36.20	38.80	38.40	TBD	42.00	45.80	45.81
100 Back	1:16.70	1:23.30	1:22.80	TBD	1:30.70	1:39.00	1:39.01
200 Back	N/A	N/A	N/A	TBD	3:11.80	3:29.40	3:29.41
50 Breast	40.40	43.60	43.30	TBD	45.60	49.80	49.81
100 Breast	1:28.40	1:33.30	1:33.40	TBD	1:40.10	1:49.20	1:49.21
200 Breast	N/A	N/A	N/A	TBD	3:31.20	3:50.40	3:50.41
50 Fly	33.90	35.90	35.50	TBD	39.20	42.70	42.71
100 Fly	1:15.80	1:21.90	1:21.40	TBD	1:28.10	1:36.10	1:36.11
200 Fly	N/A	N/A	N/A	TBD	3:07.20	3:24.20	3:24.21
200 IM	2:45.30	2:52.30	2:52.60	TBD	3:08.20	3:25.30	3:25.31
400 IM	2:45.30	N/A	N/A	TBD	6:32.30	N/A	N/A

11-12 BOYS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 11 YO	10 th PL 12 YO
50 Free	32.09	34.69	37.39	28.08	26.46
100 Free	1:09.89	1:15.69	1:21.49	1:01.57	57.40
200 Free	2:32.49	2:45.19	2:57.89	2:13.18	2:05.22
400 Free	5:21.89	5:48.69	6:15.49	4:40.63	4:28.93
800 Free	11:18.59	12:15.19	13:11.69	9:50.73	9:21.63
1500 Free	21:37.39	23:25.49	25:13.59	19:02.28	18:01.36
50 Back	37.49	40.89	44.19	32.55	30.16
100 Back	1:21.49	1:29.09	1:36.79	1:10.22	1:04.91
200 Back	2:52.19	3:06.49	3:20.79	2:31.17	2:20.95
50 Breast	41.59	45.39	49.29	36.07	33.19
100 Breast	1:30.39	1:38.49	1:46.69	1:18.84	1:12.61
200 Breast	3:12.59	3:28.69	3:44.69	2:48.89	2:39.83
50 Fly	35.29	38.69	41.99	30.17	28.47
100 Fly	1:18.59	1:26.29	1:33.99	1:07.73	1:03.06
200 Fly	2:53.19	3:07.69	3:22.09	2:31.08	2:21.78
200 IM	2:53.89	3:09.29	3:24.69	2:31.57	2:21.84
400 IM	6:08.69	6:39.39	7:10.19	5:24.53	5:06.22

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13-14 GIRLS

SHORT COURSE YARDS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	26.00	26.60	26.80	TBD	29.30	31.90	31.91
100 Free	56.40	57.60	58.20	TBD	1:03.40	1:09.10	1:09.11
200 Free	2:02.10	2:06.60	2:07.10	TBD	2:16.10	2:28.40	2:28.41
500 Free	5:26.20	5:30.60	5:39.40	TBD	5:59.60	6:32.30	6:32.31
1000 Free	11:28.80	12:05.90	11:53.50	TBD	12:37.00	13:45.80	13:45.81
1650 Free	19:23.40	19:37.50	20:01.30	TBD	21:02.90	22:57.70	22:57.71
100 Back	1:03.70	1:07.80	1:08.50	TBD	1:14.10	1:21.00	1:21.01
200 Back	2:18.50	2:27.50	2:28.00	TBD	2:39.60	2:54.50	2:54.51
100 Breast	1:14.10	1:16.60	1:17.30	TBD	1:23.40	1:31.00	1:31.01
200 Breast	2:39.00	2:46.00	2:46.50	TBD	3:01.70	3:18.20	3:18.21
100 Fly	1:03.10	1:04.80	1:06.00	TBD	1:11.00	1:17.40	1:17.41
200 Fly	2:22.20	2:30.60	2:35.50	TBD	2:40.50	2:55.10	2:55.11
200 IM	2:18.80	2:24.90	2:24.60	TBD	2:36.60	2:50.90	2:50.91
400 IM	4:54.80	5:07.00	5:09.10	TBD	5:36.60	6:07.30	6:07.31

13-14 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 13 YO	10 th PL 14 YO
50 Free	27.99	30.29	32.69	23.58	23.24
100 Free	1:00.69	1:05.79	1:10.79	51.29	50.25
200 Free	2:11.29	2:22.19	2:33.19	1:51.46	1:48.78
500 Free	5:50.89	6:20.09	6:49.39	4:58.48	4:50.81
1000 Free	12:01.69	13:01.79	14:01.99	10:20.93	9:58.58
1650 Free	20:02.99	21:43.19	23:23.49	17:14.33	16:38.90
100 Back	1:06.19	1:11.69	1:17.19	56.64	54.69
200 Back	2:23.39	2:35.39	2:47.29	2:01.48	1:58.99
100 Breast	1:15.99	1:22.39	1:28.69	1:03.79	1:02.77
200 Breast	2:44.59	2:58.29	3:11.99	2:18.83	2:16.56
100 Fly	1:05.99	1:11.39	1:16.89	55.94	54.32
200 Fly	2:25.79	2:37.89	2:50.09	2:03.35	2:00.22
200 IM	2:26.99	2:39.19	2:51.49	2:04.74	2:02.71
400 IM	5:13.59	5:39.69	6:05.79	4:25.46	4:20.16

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13-14 GIRLS

LONG COURSE METERS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	29.70	30.30	30.50	TBD	33.30	36.40	36.41
100 Free	1:04.20	1:05.50	1:06.20	TBD	1:11.90	1:18.50	1:18.51
200 Free	2:18.80	2:23.70	2:24.30	TBD	2:34.10	2:48.10	2:48.11
400 Free	4:51.20	4:55.10	5:02.90	TBD	5:26.10	5:55.80	5:55.81
800 Free	10:14.80	10:47.90	10:36.80	TBD	11:29.00	12:31.70	12:31.71
1500 Free	19:46.70	20:01.00	20:25.30	TBD	21:17.20	23:13.30	23:13.31
100 Back	1:11.90	1:16.50	1:17.20	TBD	1:25.10	1:32.90	1:32.91
200 Back	2:36.20	2:46.10	2:46.70	TBD	3:02.80	3:19.60	3:19.61
100 Breast	1:24.30	1:27.00	1:27.80	TBD	1:33.90	1:42.50	1:42.51
200 Breast	3:00.50	3:08.20	3:08.80	TBD	3:24.40	3:43.00	3:43.01
100 Fly	1:11.50	1:13.30	1:14.60	TBD	1:20.30	1:27.60	1:27.61
200 Fly	2:40.50	2:50.00	2:55.40	TBD	3:00.90	3:17.40	3:17.41
200 IM	2:37.30	2:44.00	2:43.70	TBD	2:57.30	3:13.40	3:13.41
400 IM	5:33.60	5:47.20	5:49.50	TBD	6:20.40	6:55.10	6:55.11

13-14 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 13 YO	10 th PL 14 YO
50 Free	31.99	34.59	37.29	27.16	26.55
100 Free	1:09.59	1:15.39	1:21.19	58.75	57.68
200 Free	2:30.09	2:42.59	2:55.09	2:07.53	2:05.23
400 Free	5:14.69	5:40.89	6:07.19	4:27.59	4:22.28
800 Free	10:47.99	11:41.99	12:35.99	9:15.54	9:02.54
1500 Free	20:39.79	22:23.09	24:06.39	17:50.41	17:27.36
100 Back	1:17.09	1:23.59	1:29.99	1:05.63	1:03.68
200 Back	2:45.59	2:59.39	3:13.19	2:21.62	2:18.09
100 Breast	1:27.69	1:34.99	1:42.29	1:14.05	1:13.51
200 Breast	3:09.79	3:25.59	3:41.39	2:38.79	2:38.30
100 Fly	1:14.79	1:21.09	1:27.29	1:03.39	1:02.39
200 Fly	2:45.69	2:59.49	3:13.29	2:20.71	2:17.27
200 IM	2:49.19	3:03.39	3:17.39	2:22.87	2:20.33
400 IM	5:57.79	6:27.59	6:57.39	4:59.94	4:56.59

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13-14 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	24.90	25.30	25.40	TBD	27.50	30.00	30.01
100 Free	53.30	54.90	55.60	TBD	59.60	1:05.00	1:05.01
200 Free	1:56.30	2:01.90	2:01.60	TBD	2:10.90	2:22.80	2:22.81
500 Free	5:14.50	5:24.00	5:29.40	TBD	5:48.60	6:20.30	6:20.31
1000 Free	10:58.10	11:36.70	11:26.00	TBD	12:23.20	13:30.70	13:30.71
1650 Free	18:40.30	19:19.10	19:25.10	TBD	20:42.80	22:35.80	22:35.81
100 Back	1:01.30	1:05.50	1:06.00	TBD	1:11.30	1:18.00	1:18.01
200 Back	2:12.50	2:23.30	2:23.70	TBD	2:31.00	2:45.10	2:45.11
100 Breast	1:09.40	1:13.30	1:13.50	TBD	1:19.10	1:26.30	1:26.31
200 Breast	2:29.10	2:39.50	2:39.50	TBD	2:50.80	3:06.40	3:06.41
100 Fly	59.80	1:02.50	1:02.90	TBD	1:07.70	1:13.80	1:13.81
200 Fly	2:16.30	2:26.80	2:29.10	TBD	2:33.30	2:47.30	2:47.31
200 IM	2:12.50	2:19.10	2:18.40	TBD	2:29.00	2:42.60	2:42.61
400 IM	4:41.20	4:56.80	4:55.60	TBD	5:18.20	5:47.30	5:47.31

13-14 BOYS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 13 YO	10 th PL 14 YO
50 Free	25.69	27.89	29.99	22.27	21.30
100 Free	56.29	1:00.89	1:05.59	48.75	46.75
200 Free	2:02.59	2:12.79	2:22.99	1:45.80	1:41.91
500 Free	5:31.39	5:58.99	6:26.59	4:46.70	4:34.61
1000 Free	11:26.69	12:23.89	13:21.19	9:57.43	9:31.01
1650 Free	19:07.59	20:43.19	22:18.89	16:34.43	15:58.95
100 Back	1:01.79	1:06.89	1:12.09	53.21	51.10
200 Back	2:14.69	2:25.89	2:37.09	1:55.47	1:50.72
100 Breast	1:09.79	1:15.59	1:21.39	1:00.01	57.41
200 Breast	2:32.89	2:45.59	2:58.39	2:10.28	2:05.10
100 Fly	1:01.29	1:06.39	1:11.49	52.69	50.31
200 Fly	2:15.69	2:26.99	2:38.29	1:58.19	1:52.23
200 IM	2:17.19	2:28.59	2:39.99	1:57.68	1:53.11
400 IM	4:52.99	5:17.39	5:41.79	4:11.59	4:01.79

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13-14 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	28.50	28.80	29.00	TBD	30.20	33.00	33.01
100 Free	1:00.80	1:02.50	1:03.30	TBD	1:07.90	1:14.00	1:14.01
200 Free	2:12.30	2:18.50	2:18.20	TBD	2:28.50	2:42.00	2:42.01
400 Free	4:40.70	4:49.20	4:54.00	TBD	5:15.60	5:44.30	5:44.31
800 Free	9:47.40	10:21.80	10:12.20	TBD	11:01.20	12:01.30	12:01.31
1500 Free	19:02.70	19:42.30	19:48.40	TBD	20:57.40	22:51.70	22:51.71
100 Back	1:09.30	1:13.90	1:14.50	TBD	1:22.10	1:31.60	1:31.61
200 Back	2:29.50	2:41.50	2:41.90	TBD	2:53.30	3:09.20	3:09.21
100 Breast	1:19.10	1:23.40	1:23.60	TBD	1:29.20	1:37.30	1:37.31
200 Breast	2:49.50	3:01.10	3:01.00	TBD	3:15.20	3:33.00	3:33.01
100 Fly	1:07.80	1:10.80	1:11.20	TBD	1:16.70	1:23.60	1:23.61
200 Fly	2:33.90	2:45.70	2:48.30	TBD	2:53.10	3:08.90	3:08.91
200 IM	2:30.30	2:37.60	2:36.80	TBD	2:49.00	3:04.30	3:04.31
400 IM	5:18.60	5:35.80	5:34.50	TBD	6:00.20	6:33.00	6:33.01

13-14 BOYS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 13 YO	10 th PL 13 YO
50 Free	29.49	31.99	34.39	25.24	24.60
100 Free	1:04.59	1:09.99	1:15.39	55.41	53.69
200 Free	2:20.59	2:32.29	2:44.09	2:01.47	1:57.49
400 Free	4:59.19	5:24.09	5:49.09	4:18.15	4:10.27
800 Free	10:22.19	11:13.99	12:05.89	8:56.31	8:39.19
1500 Free	19:48.39	21:27.39	23:06.49	17:02.28	16:33.64
100 Back	1:12.29	1:18.29	1:24.39	1:02.44	59.94
200 Back	2:36.59	2:49.69	3:02.69	2:15.41	2:09.39
100 Breast	1:21.29	1:28.09	1:34.89	1:09.88	1:07.78
200 Breast	2:5.679	3:11.59	3:26.29	2:31.49	2:25.48
100 Fly	1:09.69	1:15.49	1:21.29	1:00.24	57.66
200 Fly	2:36.19	2:49.19	3:02.19	2:14.81	2:09.96
200 IM	2:38.79	2:51.99	3:05.29	2:15.92	2:11.41
400 IM	5:36.59	6:04.69	6:32.69	4:49.79	4:39.78

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15-16 GIRLS

SHORT COURSE YARDS – CA STANDARDS

Event	Summer		Blue	Red	White
	JAG	JO			
		WAG	Min	Min	Max
50 Free	25.60	26.00	TBD	29.30	31.90
100 Free	55.20	56.50	TBD	1:02.80	1:08.50
200 Free	2:01.20	2:02.50	TBD	2:16.40	2:28.80
500 Free	5:22.60	5:30.50	TBD	5:57.40	6:29.90
1000 Free	11:37.30	11:35.40	TBD	12:17.70	13:24.70
1650 Free	19:21.80	19:45.40	TBD	20:26.80	22:18.40
100 Back	1:05.20	1:06.40	TBD	1:14.50	1:21.50
200 Back	2:25.00	2:24.50	TBD	2:33.80	2:48.10
100 Breast	1:14.20	1:15.00	TBD	1:23.90	1:31.60
200 Breast	2:42.70	2:44.50	TBD	3:00.80	3:17.30
100 Fly	1:02.20	1:03.30	TBD	1:11.00	1:17.50
200 Fly	2:22.40	2:28.10	TBD	2:36.60	2:50.90
200 IM	2:19.80	2:20.30	TBD	2:37.70	2:52.10
400 IM	4:59.30	5:03.40	TBD	5:22.00	5:51.50

15-16 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	15 YO	16 YO
50 Free	27.49	29.79	32.09	22.92	22.72
100 Free	59.59	1:04.59	1:09.59	49.54	49.04
200 Free	2:08.49	2:19.19	2:29.89	1:47.29	1:46.58
500 Free	5:43.49	6:12.09	6:40.69	4:48.53	4:45.26
1000 Free	11:50.79	12:49.99	13:49.19	9:56.62	9:50.45
1650 Free	19:47.29	21:26.19	23:05.19	16:39.10	16:34.76
100 Back	1:04.69	1:10.09	1:15.39	54.17	53.41
200 Back	2:20.69	2:32.39	2:44.09	1:57.47	1:56.14
100 Breast	1:14.49	1:20.69	1:26.89	1:01.49	1:01.33
200 Breast	2:41.29	2:54.69	3:08.19	2:12.96	2:12.71
100 Fly	1:04.59	1:09.99	1:15.39	53.98	53.27
200 Fly	2:22.89	2:34.89	2:46.79	1:59.05	1:58.35
200 IM	2:24.19	2:36.19	2:48.19	2:00.26	1:59.47
400 IM	5:06.49	5:31.99	5:57.59	4:15.73	4:14.56

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT

IS THE SLOWER STANDARD OF THE TWO AGE GROUPS

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15-16 GIRLS

LONG COURSE METERS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	29.20	29.60	TBD	32.80	35.80	35.81
100 Free	1:02.90	1:04.30	TBD	1:11.30	1:17.80	1:17.81
200 Free	2:17.70	2:19.20	TBD	2:32.30	2:46.20	2:46.21
400 Free	4:47.90	4:55.00	TBD	5:18.70	5:47.60	5:47.61
800 Free	10:22.30	10:20.60	TBD	11:04.30	12:04.70	12:04.71
1500 Free	19:45.00	20:09.10	TBD	21:00.30	22:54.80	22:54.81
100 Back	1:13.50	1:14.90	TBD	1:24.40	1:32.20	1:32.21
200 Back	2:43.30	2:42.80	TBD	2:56.50	3:12.70	3:12.71
100 Breast	1:24.40	1:25.20	TBD	1:34.60	1:43.20	1:43.21
200 Breast	3:04.60	3:06.60	TBD	3:23.40	3:41.90	3:41.91
100 Fly	1:10.40	1:11.70	TBD	1:19.20	1:26.40	1:26.41
200 Fly	2:40.90	2:47.20	TBD	2:56.90	3:13.00	3:13.01
200 IM	2:38.40	2:38.90	TBD	2:56.00	3:12.00	3:12.01
400 IM	5:38.60	5:43.20	TBD	6:04.50	6:37.70	6:37.71

15-16 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	15 YO	16 YO
50 Free	31.19	33.79	36.39	26.32	26.13
100 Free	1:07.99	1:13.59	1:19.29	56.97	56.29
200 Free	2:26.49	2:38.69	2:50.89	2:03.48	2:01.91
400 Free	5:07.29	5:32.89	5:58.49	4:20.74	4:18.40
800 Free	10:35.39	11:28.39	12:21.29	8:57.57	8:56.90
1500 Free	20:20.49	22:02.19	23:43.89	17:18.77	17:09.97
100 Back	1:5.69	1:21.99	1:28.29	1:03.39	1:02.69
200 Back	2:41.09	2:55.59	3:09.09	2:16.33	2:15.40
100 Breast	1:25.39	1:32.49	1:39.59	1:11.36	1:11.62
200 Breast	3:05.39	3:20.79	3:36.29	2:34.96	2:34.02
100 Fly	1:13.39	1:19.49	1:25.59	1:01.50	1:01.03
200 Fly	2:41.39	2:54.79	3:08.19	2:16.00	2:14.73
200 IM	2:45.89	2:59.69	3:13.49	2:18.69	2:17.53
400 IM	5:49.69	6:18.79	6:47.89	4:54.30	4:53.81

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15-16 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	23.20	23.20	TBD	26.50	28.90	28.91
100 Free	50.00	51.00	TBD	57.40	1:02.60	1:02.61
200 Free	1:50.30	1:52.50	TBD	2:04.80	2:16.20	2:16.21
500 Free	4:59.20	5:03.80	TBD	5:34.80	6:05.30	6:05.31
1000 Free	10:59.40	10:52.80	TBD	11:48.80	12:53.30	12:53.31
1650 Free	18:40.20	18:33.80	TBD	19:44.40	21:32.00	21:32.01
100 Back	59.60	1:00.60	TBD	1:08.20	1:14.50	1:14.51
200 Back	2:12.80	2:15.00	TBD	2:23.90	2:37.30	2:37.31
100 Breast	1:06.20	1:07.80	TBD	1:15.80	1:22.70	1:22.71
200 Breast	2:29.20	2:30.10	TBD	2:43.00	2:57.80	2:57.81
100 Fly	55.70	56.60	TBD	1:05.10	1:11.00	1:11.01
200 Fly	2:10.40	2:14.40	TBD	2:21.60	2:34.40	2:34.41
200 IM	2:07.70	2:08.00	TBD	2:21.70	2:34.70	2:34.71
400 IM	4:36.80	4:41.40	TBD	5:01.20	5:28.80	5:28.81

15-16 BOYS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	15 YO	16 YO
50 Free	24.79	26.79	26.79	20.72	20.43
100 Free	53.89	58.39	58.39	45.01	44.70
200 Free	1:57.69	2:07.49	2:07.49	1:39.36	1:37.40
500 Free	5:19.39	5:45.99	5:45.99	4:29.06	4:24.64
1000 Free	11:02.59	11:57.79	11:57.79	9:24.00	9:11.00
1650 Free	18:30.39	20:02.89	20:02.89	15:33.96	15:19.69
100 Back	58.59	1:03.49	1:03.49	49.15	48.57
200 Back	2:08.49	2:19.19	2:19.19	1:47.70	1:46.06
100 Breast	1:06.49	1:12.09	1:12.09	56.19	54.66
200 Breast	2:24.59	2:36.59	2:36.59	2:02.81	2:00.74
100 Fly	58.59	1:03.39	1:03.39	49.28	48.19
200 Fly	2:09.79	2:20.59	2:20.59	1:50.32	1:48.44
200 IM	2:10.89	2:21.79	2:21.79	1:50.79	1:48.36
400 IM	4:42.09	5:05.59	5:05.59	3:57.20	3:53.24

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15-16 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	26.50	26.60	TBD	29.80	32.50	32.51
100 Free	57.10	58.20	TBD	1:04.50	1:10.30	1:10.31
200 Free	2:05.60	2:08.10	TBD	2:21.80	2:34.70	2:34.71
400 Free	4:27.00	4:31.10	TBD	4:59.20	5:26.40	5:26.41
800 Free	9:48.50	9:42.60	TBD	10:30.60	11:28.00	11:28.01
1500 Free	19:02.60	18:56.10	TBD	19:59.90	21:49.00	21:49.01
100 Back	1:07.40	1:08.50	TBD	1:18.60	1:25.80	1:25.81
200 Back	2:29.80	2:32.20	TBD	2:45.50	3:00.70	3:00.71
100 Breast	1:15.40	1:17.20	TBD	1:25.60	1:33.40	1:33.41
200 Breast	2:49.60	2:50.60	TBD	3:03.70	3:20.40	3:20.41
100 Fly	1:03.20	1:04.20	TBD	1:13.90	1:20.60	1:20.61
200 Fly	2:27.50	2:32.00	TBD	2:40.30	2:54.80	2:54.81
200 IM	2:24.90	2:25.30	TBD	2:41.00	2:55.70	2:55.71
400 IM	5:13.60	5:18.70	TBD	5:41.70	6:12.80	6:12.81

15-16 BOYS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	15 YO	16 YO
50 Free	27.89	30.19	32.59	23.98	23.59
100 Free	1:01.89	1:07.09	1:12.29	52.33	51.46
200 Free	2:14.89	2:26.09	2:37.39	1:55.04	1:52.28
400 Free	4:46.09	5:09.89	5:33.69	4:02.55	3:59.05
800 Free	10:00.39	10:50.39	11:40.49	8:28.10	8:18.45
1500 Free	18:59.09	20:33.99	22:08.99	16:06.31	15:49.73
100 Back	1:08.89	1:14.69	1:20.39	58.33	57.48
200 Back	2:28.89	2:41.39	2:53.79	2:06.63	2:04.22
100 Breast	1:16.99	1:23.49	1:29.89	1:05.69	1:04.81
200 Breast	2:48.39	3:02.49	3:16.49	2:22.46	2:20.96
100 Fly	1:06.29	1:11.79	1:17.39	56.38	55.41
200 Fly	2:27.99	2:40.39	2:52.69	2:05.81	2:03.02
200 IM	2:31.39	2:43.99	2:56.59	2:08.58	2:06.43
400 IM	5:20.59	5:47.29	6:14.09	4:32.86	4:30.08

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17-18 GIRLS

SHORT COURSE YARDS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	25.60	26.00	TBD	29.70	32.40	32.41
100 Free	55.20	56.50	TBD	1:03.80	1:09.60	1:09.61
200 Free	2:01.20	2:02.50	TBD	2:16.40	2:28.80	2:28.81
500 Free	5:22.60	5:30.50	TBD	5:57.40	6:29.90	6:29.91
1000 Free	11:37.30	11:35.40	TBD	12:17.80	13:24.80	13:24.81
1650 Free	19:21.80	19:45.40	TBD	20:26.80	22:18.40	22:18.41
100 Back	1:05.20	1:06.40	TBD	1:14.50	1:26.50	1:26.51
200 Back	2:25.00	2:24.50	TBD	2:37.10	2:56.70	2:56.71
100 Breast	1:14.20	1:15.00	TBD	1:25.10	1:32.90	1:32.91
200 Breast	2:42.70	2:44.50	TBD	3:00.80	3:17.30	3:17.31
100 Fly	1:02.20	1:03.30	TBD	1:11.10	1:17.50	1:17.51
200 Fly	2:22.40	2:28.10	TBD	2:36.60	2:50.90	2:50.91
200 IM	2:19.80	2:20.30	TBD	2:37.70	2:52.10	2:52.11
400 IM	4:59.30	5:03.40	TBD	5:22.00	5:51.50	5:51.51

17-18 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	17 YO	18 YO
50 Free	26.99	29.19	31.49	22.65	22.60
100 Free	58.49	1:03.29	1:08.19	49.52	49.17
200 Free	2:07.39	2:17.99	2:28.59	1:46.08	1:46.08
500 Free	5:42.09	6:10.59	6:39.09	4:44.27	4:42.59
1000 Free	11:48.19	12:47.19	13:46.19	9:50.88	9:58.87
1650 Free	19:41.39	21:19.89	22:58.29	16:20.34	16:16.43
100 Back	1:03.79	1:09.09	1:14.49	53.61	53.35
200 Back	2:18.19	2:29.69	2:41.49	1:55.81	1:54.83
100 Breast	1:13.59	1:19.79	1:25.89	1:01.03	1:01.44
200 Breast	2:38.49	2:51.79	3:04.99	2:12.46	2:12.75
100 Fly	1:03.59	1:08.89	1:14.19	53.13	53.16
200 Fly	2:20.89	2:32.59	2:44.39	1:57.81	1:58.04
200 IM	2:21.99	2:33.79	2:45.69	1:59.20	1:58.78
400 IM	5:02.49	5:27.69	5:51.89	4:13.81	4:13.06

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT

IS THE SLOWER STANDARD OF THE TWO AGE GROUPS

USA Swimming National Age Group Recognition Program recognizes the fastest ten times in the country by

single age (11-18) by event. The previous season's 10th place time is published for motivational purposes.

17-18 GIRLS

LONG COURSE METERS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	29.20	29.60	TBD	32.90	37.00	37.01
100 Free	1:02.90	1:04.30	TBD	1:12.40	1:19.00	1:19.01
200 Free	2:17.70	2:19.20	TBD	2:34.70	2:48.70	2:48.71
400 Free	4:47.90	4:55.00	TBD	5:23.40	5:52.80	5:52.81
800 Free	10:22.30	10:20.60	TBD	11:05.70	12:06.20	12:06.21
1500 Free	19:45.00	20:09.10	TBD	21:00.30	22:54.80	22:54.81
100 Back	1:13.50	1:14.90	TBD	1:25.70	1:33.60	1:33.61
200 Back	2:43.30	2:42.80	TBD	2:56.50	3:12.70	3:12.71
100 Breast	1:24.40	1:25.20	TBD	1:36.00	1:44.80	1:44.81
200 Breast	3:04.60	3:06.60	TBD	3:23.40	3:41.90	3:41.91
100 Fly	1:10.40	1:11.70	TBD	1:20.40	1:27.70	1:27.71
200 Fly	2:40.90	2:47.20	TBD	2:56.90	3:13.00	3:13.01
200 IM	2:38.40	2:38.90	TBD	2:58.60	3:14.90	3:14.91
400 IM	5:38.60	5:43.20	TBD	6:04.50	6:37.70	6:37.71

17-18 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	17 YO	18 YO
50 Free	30.99	33.29	36.19	26.13	25.92
100 Free	1:07.39	1:12.99	1:18.59	56.53	56.39
200 Free	2:25.39	2:37.49	2:49.59	2:01.77	2:01.86
400 Free	5:07.29	5:32.89]	5:58.49	4:17.16	4:14.63
800 Free	10:32.69	11:25.39	12:18.09	8:49.28	8:46.38
1500 Free	20:15.89	21:57.19	23:38.49	16:51.85	17:00.24
100 Back	1:14.99	1:21.29	1:27.49	1:02.23	1:02.66
200 Back	2:41.19	2:54.59	3:08.09	2:14.46	2:14.03
100 Breast	1:25.29	1:32.49	1:39.59	1:11.17	1:10.81
200 Breast	3:02.69	3:17.89	3:33.09	2:33.99	2:34.44
100 Fly	1:12.49	1:18.59	1:24.59	1:00.36	1:00.99
200 Fly	2:41.09	2:54.49	3:07.89	2:13.52	2:14.76
200 IM	2:43.39	2:56.99	3:10.69	2:18.14	2:17.35
400 IM	5:47.29	6:16.29	6:45.19	4:50.86	4:51.33

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT

IS THE SLOWER STANDARD OF THE TWO AGE GROUPS

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single age (11-18) by event. The previous season's 10th place time is published for motivational purposes.

17-18 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	23.20	23.20	TBD	26.50	28.90	28.91
100 Free	50.00	51.00	TBD	57.40	1:02.60	1:02.61
200 Free	1:50.30	1:52.50	TBD	2:06.70	2:18.20	2:18.21
500 Free	4:59.20	5:03.80	TBD	5:34.80	6:05.30	6:05.31
1000 Free	10:59.40	10:52.80	TBD	11:49.10	12:53.50	12:53.51
1650 Free	18:40.20	18:33.80	TBD	19:44.40	21:32.00	21:32.01
100 Back	59.60	1:00.60	TBD	1:09.30	1:15.70	1:15.71
200 Back	2:12.80	2:15.00	TBD	2:23.90	2:37.30	2:37.31
100 Breast	1:06.20	1:07.80	TBD	1:15.80	1:22.70	1:22.71
200 Breast	2:29.20	2:30.10	TBD	2:43.00	2:57.80	2:57.81
100 Fly	55.70	56.60	TBD	1:05.10	1:11.00	1:11.01
200 Fly	2:10.40	2:14.40	TBD	2:21.60	2:34.40	2:34.41
200 IM	2:07.70	2:08.00	TBD	2:21.70	2:34.70	2:34.71
400 IM	4:36.80	4:41.40	TBD	5:01.20	5:28.80	5:28.81

17-18 BOYS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	17 YO	18 YO
50 Free	23.99	25.99	27.99	20.19	20.09
100 Free	52.59	56.99	1:01.39	44.17	43.67
200 Free	1:55.39	2:05.09	2:14.69	1:36.47	1:35.27
500 Free	5:13.49	5:39.59	6:05.69	4:20.86	4:21.05
1000 Free	10:57.89	11:52.69	12:47.49	9:03.23	9:14.55
1650 Free	18:11.29	19:42.29	21:13.19	15:09.72	15:09.11
100 Back	56.79	1:01.49	1:06.29	48.28	47.37
200 Back	2:05.29	2:15.79	2:26.19	1:45.49	1:42.97
100 Breast	1:05.09	1:10.49	1:15.89	54.46	54.38
200 Breast	2:21.89	2:33.79	2:45.59	1:58.52	1:58.79
100 Fly	56.49	1:01.19	1:05.89	47.63	47.42
200 Fly	2:07.39	2:17.99	2:28.59	1:46.56	1:46.20
200 IM	2:08.69	2:19.39	2:30.09	1:47.48	1:46.27
400 IM	4:35.09	4:57.99	5:20.00	3:50.92	3:49.57

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT

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17-18 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	26.50	26.60	TBD	30.20	33.00	33.01
100 Free	57.10	58.20	TBD	1:05.40	1:11.40	1:11.41
200 Free	2:05.60	2:08.10	TBD	2:21.80	2:34.70	2:34.71
400 Free	4:27.00	4:31.10	TBD	5:03.70	5:31.30	5:31.31
800 Free	9:48.50	9:42.60	TBD	10:39.90	11:38.00	11:38.01
1500 Free	19:02.60	18:56.10	TBD	20:17.90	22:08.60	22:08.61
100 Back	1:07.40	1:08.50	TBD	1:19.80	1:27.10	1:27.11
200 Back	2:29.80	2:32.20	TBD	2:45.50	3:00.70	3:00.71
100 Breast	1:15.40	1:17.20	TBD	1:25.60	1:33.40	1:33.41
200 Breast	2:49.60	2:50.60	TBD	3:03.70	3:20.40	3:20.41
100 Fly	1:03.20	1:04.20	TBD	1:13.90	1:20.60	1:20.61
200 Fly	2:27.50	2:32.00	TBD	2:40.30	2:54.80	2:54.81
200 IM	2:24.90	2:25.30	TBD	2:41.00	2:55.70	2:55.71
400 IM	5:13.60	5:18.70	TBD	5:41.70	6:12.80	6:12.81

17-18 BOYS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	17 YO	18 YO
50 Free	27.79	30.09	32.49	23.33	23.23
100 Free	1:00.99	1:05.99	1:11.09	50.55	50.63
200 Free	2:13.69	2:24.89	2:35.99	1:51.05	1:51.30
400 Free	4:44.49	5:08.19	5:31.89	3:55.84	3:56.55
800 Free	9:48.09	10:37.09	11:26.09	8:14.44	8:16.07
1500 Free	18:48.19	20:22.19	21:56.19	15:45.55	15:45.98
100 Back	1:07.69	1:13.39	1:18.99	57.14	56.19
200 Back	2:26.59	2:38.79	2:50.99	2:02.03	2:01.80
100 Breast	1:15.89	1:22.19	1:28.49	1:03.46	1:03.56
200 Breast	2:45.79	2:59.59	3:13.39	2:18.67	2:19.05
100 Fly	1:05.29	1:10.69	1:16.09	54.22	54.52
200 Fly	2:25.39	2:37.49	2:49.59	2:02.08	2:02.08
200 IM	2:29.19	2:41.69	2:54.09	2:04.00	2:04.93
400 IM	5:17.29	5:43.79	6:10.19	4:26.24	4:26.31

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT

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RELAY STANDARDS – GIRLS

5-10	Spring JO Hard Cut	Spring JO Soft Cut	Sum JO Hard Cut	Sum JO Soft Cut	WAG/ JAG
200 Free Yards	2:09.40	2:11.70	2:11.10	2:14.30	2:15.60
200 Med Yards	2:30.60	2:33.30	2:34.60	2:38.40	2:38.90
200 Free Meters	2:26.80	2:29.40	2:28.80	2:32.40	2:33.60
200 Med Meters	2:50.30	2:53.30	2:54.70	2:59.00	2:59.40
11-12					
200 Free Yards	1:55.60	1:57.70	1:56.50	1:59.30	2:02.80
400 Free Yards	4:09.60	4:14.00	4:13.80	4:20.00	4:26.80
200 Med Yards	2:11.50	2:13.80	2:15.10	2:18.40	2:22.60
400 Med Yards	4:47.30	4:52.40	4:56.30	5:03.50	5:11.40
200 Free Meters	2:11.50	2:13.80	2:12.60	2:15.80	2:19.60
400 Free Meters	4:43.40	4:48.40	4:48.20	4:55.20	5:02.40
200 Med Meters	2:19.20	2:21.70	2:33.00	2:36.70	2:40.90
400 Med Meters	5:25.30	5:31.00	5:35.10	5:43.30	5:52.90
13-14					
200 Free Yards	1:50.40	1:52.40	1:51.50	1:54.20	1:57.20
400 Free Yards	3:55.60	4:00.00	4:01.80	4:07.70	4:13.60
800 Free Yards	8:29.10	8:38.00	8:42.00	8:54.80	9:04.40
200 Med Yards	4:28.60	4:33.30	4:38.50	4:45.30	4:53.70
400 Med Yards	4:28.60	4:33.30	4:38.50	4:45.30	4:53.70
200 Free Meters	2:05.70	2:07.90	2:06.60	2:09.70	2:13.20
400 Free Meters	4:27.90	4:32.60	4:34.50	4:41.20	4:47.60
800 Free Meters	9:37.90	9:48.00	9:52.10	10:06.60	10:16.40
200 Med Meters	5:04.50	5:09.90	5:15.20	5:22.90	5:31.80
400 Med Meters	5:04.50	5:09.90	5:25.20	5:22.90	5:31.80
15-UP					
200 Free Yards			1:48.30	1:51.00	1:58.80
400 Free Yards			3:52.60	3:58.30	4:15.20
800 Free Yards			8:22.70	8:35.00	9:05.60
200 Med Yards			4:29.40	4:36.00	4:56.30
400 Med Yards			4:29.40	4:36.00	4:56.30
200 Free Meters			2:03.50	2:06.60	2:15.60
400 Free Meters			4:24.60	4:31.10	4:49.60
800 Free Meters			9:30.80	10:18.40	10:18.80
200 Med Meters			5:05.20	5:12.60	5:35.10
400 Med Meters			5:05.20	5:12.60	5:35.10

RELAY STANDARDS – BOYS

5-10	Spring JO Hard Cut	Spring JO Soft Cut	Summer JO Hard Cut	Summer JO Soft Cut	WAG/ JAG
200 Free Yards	2:10.20	2:12.50	2:12.50	2:15.70	2:16.40
200 Med Yards	2:32.30	2:35.00	2:36.80	2:40.60	2:38.90
200 Free Meters	2:27.70	2:30.30	2:30.10	2:33.80	2:32.40
200 Med Meters	2:52.40	2:55.40	2:57.10	3:01.40	2:58.90
11-12					
200 Free Yards	1:56.60	1:58.70	1:56.10	1:58.90	2:03.20
400 Free Yards	4:09.30	4:13.70	4:15.40	4:21.60	4:24.80
200 Med Yards	2:13.20	2:15.60	2:16.20	2:19.50	2:23.50
400 Med Yards	4:49.70	4:54.80	4:59.60	5:07.00	5:15.70
200 Free Meters	2:12.60	2:15.00	2:12.10	2:15.30	2:17.60
400 Free Meters	4:43.10	4:48.10	4:49.70	4:56.80	5:00.40
200 Med Meters	2:31.10	2:33.80	2:34.30	2:38.10	2:41.20
400 Med Meters	5:28.00	5:33.80	5:38.60	5:46.90	5:54.60
13-14					
200 Free Yards	1:43.80	1:45.60	1:44.90	1:47.50	1:50.00
400 Free Yards	3:42.70	3:46.60	3:49.60	3:55.20	3:58.40
800 Free Yards	8:07.20	8:15.70	8:20.20	8:32.40	8:43.60
200 Med Yards	4:16.70	4:21.20	4:26.80	4:33.30	4:39.50
400 Med Yards	4:16.70	4:21.20	4:26.80	4:33.30	4:39.50
200 Free Meters	1:58.40	2:00.50	1:59.70	2:02.60	2:00.80
400 Free Meters	4:13.60	4:18.10	4:21.20	4:27.60	4:31.60
800 Free Meters	9:13.60	9:23.30	9:28.20	9:42.10	9:54.00
200 Med Meters	4:51.30	4:56.40	5:02.20	5:09.60	5:16.50
400 Med Meters	4:51.30	4:56.40	5:02.20	5:09.60	5:16.50
15-UP					
200 Free Yards			1:37.40	1:39.80	1:46.00
400 Free Yards			3:31.70	3:36.90	3:49.60
800 Free Yards			7:44.50	7:55.80	8:26.80
200 Med Yards			4:05.40	4:11.40	4:29.40
400 Med Yards			4:05.40	4:11.40	4:29.40
200 Free Meters			1:51.40	1:54.10	2:00.80
400 Free Meters			4:01.20	4:07.10	4:21.60
800 Free Meters			8:48.90	9:01.80	9:27.20
200 Med Meters			4:38.50	4:45.30	5:05.30
400 Med Meters			4:38.50	4:45.30	5:05.30

WOMEN'S TIME STANDARDS

SHORT COURSE YARDS

EVENT	SCS Sr	Sectionals	Sect	Futures	LCM	LCM	LCM	LCM
	Race		Bonus		Jr Nat	Jr Nat	US Open	US Open
					Bonus	Bonus	18-Un	18-Un
							Bon	Bon
50 Free	26.39	24.59	25.29	24.39	22.79	24.39	22.29	22.79
100 Free	56.69	53.49	54.59	52.19	49.69	52.19	48.89	49.69
200 Free	2:02.99	1:55.29	1:57.39	1:52.99	1:47.39	1:52.99	1:45.89	1:47.39
500 Free	5:27.19	5:08.79	5:13.09	5:03.49	4:48.09	5:03.49	4:43.79	4:48.09
1000 Free	11:09.99	10:39.39	10:48.29	10:20.49	9:56.79	10:20.49	9:48.09	9:56.79
1650 Free	18:46.99	17:43.29	17:56.49	17:14.39	16:32.59	17:14.39	16:18.09	16:32.59
100 Back	1:03.39	58.99	1:00.19	58.49	54.49	58.49	53.29	54.49
200 Back	2:15.89	2:07.19	2:09.29	2:05.79	1:57.69	2:05.79	1:55.39	1:57.69
100 Breast	1:12.09	1:07.39	1:08.49	1:06.29	1:02.89	1:06.29	1:00.69	1:02.89
200 Breast	2:36.59	2:25.09	2:28.69	2:23.09	2:15.49	2:23.09	2:11.69	2:15.49
100 Fly	1:02.79	57.99	59.79	57.89	53.99	57.89	52.99	53.99
200 Fly	2:18.09	2:08.89	2:10.89	2:06.19	1:59.39	2:06.19	1:57.79	1:59.39
200 IM	2:18.69	2:09.29	2:12.89	2:08.29	2:00.59	2:08.29	1:58.29	2:00.59
400 IM	4:55.39	4:33.39	4:40.59	4:30.69	4:15.19	4:30.69	4:12.09	4:15.19
400 Free Relay		3:41.09		3:34.09				
800 Free Relay		7:58.49		7:36.39				
400 Medley Relay		4:06.29		3:57.09				

LONG COURSE METERS

EVENT	SCS Sr	Sectionals	Sect	Futures	LCM	LCM	LCM	LCM
	Race		Bonus		Jr Nat	Jr Nat	US Open	US Open
					Bonus	Bonus	18-Un	18-Un
							Bon	Bon
50 Free	29.89	28.59	29.19	27.49	26.59	27.49	25.99	26.59
100 Free	1:04.79	1:01.79	1:02.59	59.59	57.59	59.59	56.39	57.59
200 Free	2:19.69	2:13.19	2:14.69	2:08.19	2:04.29	2:08.19	2:01.79	2:04.29
400 Free	4:53.69	4:39.79	4:42.49	4:28.79	4:21.39	4:28.79	4:16.89	4:21.39
800 Free	10:05.19	9:36.39	9:43.19	9:13.79	8:58.69	9:13.79	8:48.09	8:58.69
1500 Free	19:18.49	18:23.59	18:42.89	17:40.19	17:11.29	17:40.19	16:49.19	17:11.29
100 Back	1:12.39	1:08.99	1:10.29	1:07.29	1:04.39	1:07.29	1:02.99	1:04.39
200 Back	2:35.39	2:27.99	2:30.79	2:24.79	2:18.29	2:24.79	2:15.59	2:18.29
100 Breast	1:22.39	1:18.39	1:19.49	1:16.19	1:13.29	1:16.19	1:10.99	1:13.29
200 Breast	2:57.79	2:49.19	2:51.49	2:43.79	2:38.29	2:43.79	2:33.79	2:38.29
100 Fly	1:10.19	1:06.89	1:08.19	1:05.19	1:02.39	1:05.19	1:00.89	1:02.39
200 Fly	2:33.89	2:26.59	2:29.09	2:21.89	2:16.99	2:21.89	2:14.59	2:16.99
200 IM	2:38.39	2:30.79	2:32.29	2:26.39	2:20.99	2:26.39	2:17.99	2:20.99
400 IM	5:33.89	5:17.89	5:21.29	5:07.29	4:57.29	5:07.29	4:53.19	4:57.29
400 Free Relay		4:10.89		4:04.29	3:56.49		3:52.69	
800 Free Relay		9:03.89		8:40.89	8:29.99		8:22.19	
400 Medley Relay		4:39.69		4:33.79	4:22.69		4:18.29	

2018 SCY Nat and SCY Jr Nat Time Standards TBD

Olympic Trial Time Standards TBD

MEN'S TIME STANDARDS

SHORT COURSE YARDS

EVENT	SCS Sr	Sectionals	Sect	Futures	LCM	LCM	LCM	LCM
	Race		Bonus		Jr Nat	Jr Nat	US Open	US Open
						Bonus	18-Un	Bon
50 Free	23.59	22.09	22.79	21.49	20.49	21.49	19.79	20.49
100 Free	51.29	47.79	48.79	46.69	44.39	46.69	43.09	44.39
200 Free	1:52.39	1:45.59	1:47.49	1:42.09	1:38.39	1:42.09	1:35.59	1:38.39
500 Free	5:05.49	4:46.59	4:49.69	4:37.09	4:28.29	4:37.09	4:19.39	4:28.29
1000 Free	10:33.39	9:48.89	9:59.69	9:34.29	9:13.19	9:34.29	9:04.99	9:13.19
1650 Free	17:40.69	16:41.59	16:54.29	16:05.49	15:34.19	16:05.49	15:10.09	15:34.19
100 Back	57.19	53.49	54.29	52.49	49.69	52.49	46.79	49.69
200 Back	2:03.99	1:55.89	1:57.69	1:53.59	1:47.99	1:53.59	1:44.79	1:47.99
100 Breast	1:04.69	59.89	1:00.79	58.89	55.79	58.89	53.39	55.79
200 Breast	2:20.99	2:09.89	2:11.69	2:08.59	2:01.19	2:08.59	1:58.29	2:01.19
100 Fly	56.19	52.69	53.69	51.59	48.99	51.59	47.29	48.99
200 Fly	2:04.99	1:55.79	1:57.89	1:53.69	1:47.89	1:53.69	1:45.09	1:47.89
200 IM	2:05.99	1:57.09	1:58.69	1:55.09	1:48.89	1:55.09	1:45.19	1:48.89
400 IM	4:29.09	4:11.19	4:13.49	4:07.59	3:52.69	4:07.59	3:46.99	3:52.69
400 Free Relay		3:19.69		3:12.89				
800 Free Relay		7:15.69		6:58.59				
400 Medley Relay		3:40.69		3:32.79				

LONG COURSE METERS

EVENT	SCS Sr	Sectionals	Sect	Futures	LCM	LCM	LCM	LCM
	Race		Bonus		Jr Nat	Jr Nat	US Open	US Open
						Bonus	18-Un	Bon
50 Free	26.99	25.89	26.39	24.89	23.99	24.89	23.19	23.99
100 Free	58.49	55.89	56.89	53.79	51.99	53.79	50.49	51.99
200 Free	2:08.49	2:02.59	2:04.89	1:58.09	1:54.29	1:58.09	1:51.39	1:54.29
400 Free	4:32.89	4:20.09	4:22.89	4:09.99	4:02.79	4:09.99	3:57.79	4:02.79
800 Free	9:25.99	8:58.69	9:04.59	8:40.69	8:23.09	8:40.69	8:12.99	8:23.09
1500 Free	18:04.29	17:13.39	17:36.79	16:38.99	16:05.09	16:38.99	15:44.89	16:05.09
100 Back	1:06.09	1:03.09	1:04.09	1:00.79	58.79	1:00.79	56.79	58.79
200 Back	2:22.69	2:16.09	2:18.89	2:11.89	2:06.99	2:11.89	2:03.29	2:06.99
100 Breast	1:14.29	1:10.79	1:11.89	1:08.69	1:06.09	1:08.69	1:03.29	1:06.09
200 Breast	2:40.99	2:33.39	2:35.29	2:29.09	2:23.29	2:29.09	2:18.09	2:23.29
100 Fly	1:03.49	1:00.59	1:01.99	58.39	56.49	58.39	54.49	56.49
200 Fly	2:20.59	2:14.09	2:16.39	2:10.19	2:05.09	2:10.19	2:01.69	2:05.09
200 IM	2:24.19	2:17.39	2:19.29	2:12.79	2:08.29	2:12.79	2:04.69	2:08.29
400 IM	5:06.79	4:52.19	4:56.69	4:42.39	4:33.09	4:42.39	4:26.89	4:33.09
400 Free Relay	TBD	3:47.99		3:40.89	3:34.89		3:29.29	
800 Free Relay	TBD	8:16.09		8:00.49	7:47.69		7:42.79	
400 Medley Relay	TBD	4:11.39		4:05.89	3:56.99		3:50.09	

2018 SCY Nat and SCY Jr Nat Time Standards TBD

Olympic Trial Time Standards TBD



RECORDS

Records are current through the end of the previous swim season ending August 31.

SOUTHERN CALIFORNIA SWIMMING

AGE GROUP RECORDS

5-8 GIRLS AND BOYS

Short Course – Girls

50 Y Freestyle	28.91 (17)	Kayla Han, BREA
100 Y Freestyle	1:01.95 (17)	Kayla Han, BREA
50 Y Backstroke	33.29 (06)	Ella Eastin, NOVA
50 Y Breaststroke	37.66 (01)	Vi Nguyen, IHAC
50 Y Butterfly	31.23 (05)	Sonia Wang, TCC
100 Y Ind. Medley	1:11.92 (12)	Michelle Tekawy, OCW
200 Y Free Relay	2:11.78 (92)	Rose Bowl Aquatics
200 Y Medley Relay	2:31.61 (94)	The Claremont Club

Long Course – Girls

50 M Freestyle	32.64 (17)	Kayla Han, BREA
100 M Freestyle	1:10.08 (17)	Kayla Han, BREA
50 M Backstroke	37.59 (05)	Sonia Wang, TCC
50 M Breaststroke	42.90 (12)	Michelle Tekawy, OCW
50 M Butterfly	34.92 (89)	Nicole Beck, BUEN
200 M Free Relay	2:31.25 (92)	Rose Bowl Aquatics
200 M Medley Relay	2:49.86 (92)	Rose Bowl Aquatics

Short Course – Boys

50 Y Freestyle	28.43 (15)	Ramon Jiang, AZOT
100 Y Freestyle	1:01.70 (08)	Sean Lee, MEGA
50 Y Backstroke	33.01 (06)	Thomas Smith, NOVA
50 Y Breaststroke	35.91 (13)	Ricky Kurosawa, BCH
50 Y Butterfly	31.04 (13)	Ilya Kharun, SAND
100 Y Ind. Medley	1:11.79 (16)	Holden LeVine, UN
200 Y Free Relay	2:11.60 (73)	San Fernando Valley A.C.
200 Y Medley Relay	2:27.15 (87)	Mission Viejo Nadadores

Long Course – Boys

50 M Freestyle	32.06 (94)	Louis Vayo, UN
100 M Freestyle	1:09.24 (08)	Sean Lee, MEGA
50 M Backstroke	37.52 (13)	Ronald Dalmacio, ROSE
50 M Breaststroke	40.26 (13)	Ricky Kurosawa, BCH
50 M Butterfly	34.33 (82)	Randy Hartley, NST
200 M Free Relay	2:24.45 (81)	Mission Viejo Nadadores
200 M Medley Relay	2:45.28 (16)	Irvine Novaquatics

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 5-10 GIRLS

Short Course

SCS			NAG	
Ella Eastin, NOVA	25.09 (08)	50 Y Freestyle	Lia Neal, MR	24.90 (05)
			Zoe Skirboll, AM	24.90 (15)
Ella Eastin, NOVA	55.27 (08)	100 Y Freestyle	Zoe Skirboll, AM	54.89 (15)
Ella Eastin, NOVA	1:59.00 (08)	200 Y Freestyle	Claire Tuggle, CC	1:58.20 (15)
Easop Lee, NOVA	5:30.01 (11)	500 Y Freestyle	Claire Tuggle, CC	5:13.74 (15)
Cindy Tran, GWSC	27.81 (03)	50 Y Backstroke	Miriam Sheehan, AZ	27.27 (15)
Cindy Tran, GWSC	1:01.92 (03)	100 Y Backstroke	Miriam Sheehan, AZ	57.96 (15)
Ella Eastin, NOVA	32.04 (08)	50 Y Breaststroke	Meghan Lynch, CT	31.73 (14)
Angelica Benitez, FSON	1:10.45 (17)	100 Y Breaststroke	Meghan Lynch, CT	1:08.07 (14)
Ella Eastin, NOVA	27.27 (07)	50 Y Butterfly	Miriam Sheehan, AZ	26.64 (15)
Ella Eastin, NOVA	59.82 (07)	100 Y Butterfly	Miriam Sheehan, AZ	59.67 (15)
Ella Eastin, NOVA	1:01.50 (07)	100 Y Ind. Medley	Ella Eastin, CA	1:01.50 (07)
Ella Eastin, NOVA	2:15.00 (08)	200 Y Ind. Medley	Jeremiah Tadingan	2:14.30 (15)
Irvine Novaquatics	1:50.27 (09)	200 Y Free Relay	Chicago Wolfpack AC, IL	1:47.54 (17)
Mission Viejo Nadadores	2:03.48 (13)	200 Y Medley Relay	Schroeder YMCA, WI	2:00.98 (16)

Long Course

SCS			NAG	
Ella Eastin, NOVA	29.06 (08)	50 M Freestyle	Adele Zyniewicz, IN	28.15 (16)
Ella Eastin, NOVA	1:02.84 (08)	100 M Freestyle	Leah Hayes, IL	1:01.29 (16)
Janet Evans, FAST	2:18.07 (82)	200 M Freestyle	Leah Hayes, IL	2:14.39 (16)
Libby Gilbert, STAR	4:54.55 (13)	400 M Freestyle	Claire Tuggle, CC	4:37.41 (15)
Ella Eastin, NOVA	32.87 (08)	50 M Backstroke	Miriam Sheehan, AZ	32.18 (15)
Ella Eastin, NOVA	1:10.86 (07)	100 M Backstroke	Miriam Sheehan, AZ	1:09.36 (15)
Kristen Caverly, NOVA	37.56 (95)	50 M Breaststroke	Leah Hayes, IL	36.06 (16)
Kristen Caverly, NOVA	1:21.39 (95)	100 M Breaststroke	Meghan Lynch, CT	1:17.74 (14)
Ella Eastin, NOVA	30.56 (07)	50 M Butterfly	Miriam Sheehan, AZ	29.48 (15)
Ella Eastin, NOVA	1:08.81 (08)	100 M Butterfly	Miriam Sheehan, AZ	1:07.42 (15)
Stephanie Rosenthal, MVN	2:35.19 (83)	200 M Ind. Medley	Leah Hayes, IL	2:30.97 (16)
Canyons Aquatics	2:04.49 (16)	200 M Free Relay	Ohio State Swim Club, OH	2:02.81 (14)
Mission Viejo Nadadores	2:19.30 (83)	200 M Medley Relay	TAC Titans, NC	2:18.71 (17)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 5-10 BOYS

Short Course

SCS		NAG		
Bob Hwang, CANY	25.34 (04)	50 Y Freestyle	Winn Aung, SN	24.42 (13)
Bob Hwang, CANY	54.92 (04)	100 Y Freestyle	Winn Aung, SN	53.12 (13)
Ronald Dalmacio, ROSE	1:59.31 (15)	200 Y Freestyle	Kaii Winkler, FG	1:56.41 (17)
Ronald Dalmacio, ROSE	5:20.35 (15)	500 Y Freestyle	Kaii Winkler, FG	5:08.77 (17)
Ronald Dalmacio, ROSE	26.91 (15)	50 Y Backstroke	Ronald Dalmacio, CA	26.91r (15)
Ronald Dalmacio, ROSE	58.62 (15)	100 Y Backstroke	Ronald Dalmacio, CA	58.62 (15)
Collin Gladys, NOVA	32.41 (00)	50 Y Breaststroke	Adam McDonald, OH	31.09 (15)
Ricky Kurosawa, BCH	1:11.28 (15)	100 Y Breaststroke	Adam McDonald, OH	1:06.95 (15)
Ilya Kharun, SAND	27.48 (15)	50 Y Butterfly	Camden Murphy, MI	26.58 (10)
Jonah Cooper, BCH	1:00.86 (11)	100 Y Butterfly	Kaii Winkler, FG	59.37 (17)
Ronald Dalmacio, ROSE	1:01.21 (15)	100Y Ind. Medley	Ronald Dalmacio, CA	1:01.21 (15)
Charlie Rimkus, UN	2:14.85 (02)	200 Y Ind. Medley	Chas Morton, SE	2:12.29 (82)
Irvine Novaquatics	1:48.22 (15)	200 Y Free Relay	The FISH, PV	1:47.92 (14)
Rose Bowl Aquatics	2:01.26 (15)	200 Y Medley Relay	Rose Bowl Aquatics, CA	2:01.26 (15)

Long Course

SCS		NAG		
Joshua Smith, NOVA	28.83 (05)	50 M Freestyle	Winn Aung, PN	27.42 (13)
Tyler Schneider, TMEC	1:02.97 (17)	100 M Freestyle	Winn Aung, PN	1:00.67 (13)
Ronald Dalmacio, ROSE	2:12.45 (15)	200 M Freestyle	Winn Aung, PN	2:11.32 (13)
Humberto Najera, NOVA	4:47.82 (15)	400 M Freestyle	Adam Hinshaw, PC	4:36.22 (04)
Ronald Dalmacio, ROSE	30.95 (15)	50 M Backstroke	Ronald Dalmacio, CA	30.95 (15)
Ronald Dalmacio, ROSE	1:07.40 (15)	100 M Backstroke	Ronald Dalmacio, CA	1:07.40 (15)
Zachary Stevens, SCAW	36.16 (06)	50 M Breaststroke	Matthew Limbacher, CT	35.65 (11)
Patrick Collins, SCAL	1:20.45 (85)	100 M Breaststroke	Ethan Dang, PN	1:18.71 (12)
Ilya Kharun, SAND	30.17 (15)	50 M Butterfly	Carson Foster, OH	29.91 (12)
Humberto Najera, NOVA	1:08.55 (15)	100 M Butterfly	Andrew Rogers, AR	1:05.98 (15)
Ronald Dalmacio, ROSE	2:31.87 (15)	200 M Ind. Medley	Ronald Dalmacio, CA	2:31.87 (15)
Irvine Novaquatics	2:01.35 (15)	200 M Free Relay	Irvine Novaquatics, CA	2:01.35 (15)
Aquazot Swim Club	2:20.35 (08)	200 M Medley Relay	Rockville Montgomery, PV	2:18.29 (16)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 11-12 GIRLS

SCS		Short Course		NAG
Eva Merrell, AZOT	23.97 (12)	50 Y Freestyle	Amanda Weir, GA	23.15 (99)
Justina Kozan, BREA	52.21 (16)	100 Y Freestyle	Missy Franklin, CO	50.27 (08)
Cynthia Woodhead, RAA	1:52.01 (77)	200 Y Freestyle	Claire Tuggle, CC	1:47.71 (17)
Cynthia Woodhead, RAA	4:49.51 (77)	500 Y Freestyle	Claire Tuggle, CC	4:49.32 (17)
Justina Kozan, BREA	10:12.69 (16)	1000 Y Freestyle	Chloe Sutton, SE	9:57.33 (05)
Justina Kozan, BREA	17:25.75 (16)	1650 Y Freestyle	Chloe Sutton, SE	16:34.13 (05)
Cindy Tran, GWSC	26.06 (05)	50 Y Backstroke	Regan Smith, MN	25.69r (14)
Ella Eastin, NOVA	55.88 (10)	100 Y Backstroke	Regan Smith, MN	54.21 (14)
Eva Merrell, AZOT	2:04.01 (12)	200 Y Backstroke	Alexandra Walsh, CT	1:58.31(14)
Carly Geehr, ROSE	30.15 (97)	50 Y Breaststroke	Zoe Skirboll, AM	28.70 (17)
Carly Geehr, ROSE	1:04.36 (97)	100 Y Breaststroke	Olivia Anderson, MN	1:02.86 (10)
Karissa Kruszewski, AZOT	2:20.51 (03)	200 Y Breaststroke	Alexandra Walsh, CT	2:15.64 (14)
Ella Eastin, NOVA	24.87 (10)	50 Y Butterfly	Claire Curza, NC	24.39 (17)
Ella Eastin, NOVA	55.51 (10)	100 Y Butterfly	Claire Curza, NC	53.95 (17)
Sonia Wang, TCC	2:01.97 (09)	200 Y Butterfly	Madison Wright, MI	2:00.00 (09)
Ella Eastin, NOVA	57.76 (10)	100 Y Ind. Medley	Alexandra Walsh, CT	56.76 (14)
Ella Eastin, NOVA	2:03.84 (10)	200 Y Ind. Medley	Claire Tuggle, CC	2:03.23 (17)
Ella Eastin, NOVA	4:27.32 (10)	400 Y Ind. Medley	Jenny Forster, OH	4:20.04 (01)
Brea Aquatics	1:40.96 (16)	200 Y Free Relay	Nation's Capital S.C., PV	1:38.61 (17)
Brea Aquatics	3:36.35 (16)	400 Y Free Relay	Delaware Swim Team, MA	3:33.57 (15)
Brea Aquatics	1:51.33 (16)	200 Y Medley Relay	Aquajets Swim Team, MN	1:47.52 (10)
Brea Aquatics	4:01.69 (16)	400 Y Medley Relay	Aquajets Swim Team, MN	3:55.61 (10)
SCS		Long Course		NAG
Eva Merrell, AZOT	26.94 (12)	50 M Freestyle	Missy Franklin, CO	26.21(08)
Eva Merrell, AZOT	58.24 (12)	100 M Freestyle	Lia Neal, MR	56.87 (08)
Justina Kozan, BREA	2:05.63 (16)	200 M Freestyle	Claire Tuggle, CC	2:02.21 (17)
Cynthia Woodhead, RAA	4:22.86 (76)	400 M Freestyle	Claire Tuggle, CC	4:18.41 (17)
Justina Kozan, BREA	9:22.43 (16)	800 M Freestyle	Isabella Rongione, PV	8:55.43 (12)
Paige Kuwata, SAND	17:52.70 (17)	1500 M Freestyle	Isabella Rongione, PV	16:48.12 (12)
Ella Eastin, NOVA	31.09 (09)	50 M Backstroke	Keaton Blovad, OR	30.16 (11)
Ella Eastin, NOVA	1:05.80 (09)	100 M Backstroke	Beth Botsford, MD	1:03.08 (94)
Ella Eastin, NOVA	2:20.30 (09)	200 M Backstroke	Elizabeth Beisel, NE	2:15.17 (05)
Carly Geehr, ROSE	33.38 (97)	50 M Breaststroke	Zoe Skirboll, AM	32.96 (17)
Carly Geehr, ROSE	1:09.87 (97)	100 M Breaststroke	Carly Geehr, CA	1:09.87 (97)
Andrea Kropp, PASA	2:43.16 (05)	200 M Breaststroke	Annie Zhu, MR	2:34.28 (07)
Tara Thomas, SCAL	28.59 (02)	50 M Butterfly	Claire Curzan, NC	27.91 (17)
Justina Kozan, BREA	1:03.24 (16)	100 M Butterfly	Cassidy Bayer, PV	1:01.75 (12)
Paige Kuwata, SAND	2:19.30 (17)	200 M Butterfly	Cassidy Bayer, PV	2:15.02 (12)
Carly Geehr, ROSE	2:20.41 (97)	200 M Ind. Medley	Missy Franklin, CO	2:19.12 (08)
Justina Kozan, BREA	5:03.21 (16)	400 M Ind. Medley	Elizabeth Beisel, NE	4:55.35 (05)
Westside Aquatics	1:53.93 (17)	200 M Free Relay	Lake Oswego S.C., OR	1:50.95 (08)
Westside Aquatics	4:05.91 (17)	400 M Free Relay	Ohio State Swim Club, OH	4:03.61 (16)
Brea Aquatics	2:08.07 (16)	200 M Medley Relay	Ohio State Swim Club, OH	2:03.74 (16)
Brea Aquatics	4:39.17 (16)	400 M Medley Relay	Ohio State Swim Club, OH	4:27.99 (16)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 11-12 BOYS

SCS		Short Course		NAG
Ronald Dalmacio, ROSE	21.86 (17)	50 Y Freestyle	Vinny Marciano, NJ	21.78 (14)
Ronald Dalmacio, ROSE	48.28 (17)	100 Y Freestyle	Vinny Marciano, NJ	47.89 (14)
Ronald Dalmacio, ROSE	1:46.17 (17)	200 Y Freestyle	Winn Aung, SN	1:45.43 (15)
Justin Schneider, TMEC	4:47.44 (17)	500 Y Freestyle	Nicholas Silverthorn, PC	4:41.54 (08)
Justin Schneider, TMEC	9:52.35 (17)	1000 Y Freestyle	Matthew Hirschberger, FL	9:38.50 (11)
Matthew Hales, MVN	16:51.45 (12)	1650 Y Freestyle	Nicholas Caldwell, FL	16:17.80 (06)
Ronald Dalmacio, ROSE	23.65 (17)	50 Y Backstroke	Ronald Dalmacio, CA	23.65 (17)
Ronald Dalmacio, ROSE	50.99 (16)	100 Y Backstroke	Ronald Dalmacio, CA	50.99 (16)
Ronald Dalmacio, ROSE	1:52.90 (16)	200 Y Backstroke	Joshua Zuchowski, FG	1:52.47 (17)
Hank Rivers, LBHS	28.33 (16)	50 Y Breaststroke	Ethan Dang, PN	27.20 (14)
Tonahuac Zinn, SCAL	1:01.94 (17)	100 Y Breaststroke	Ethan Dang, PN	58.17 (14)
Keane Alejandro, CANY	2:14.98 (15)	200 Y Breaststroke	Ethan Dang, PN	2:05.56 (14)
Conor Lee, SPS	24.42 (14)	50 Y Butterfly	Vinny Marciano, NJ	23.63 (14)
Daniel Syrkin, ROSE	53.28 (15)	100 Y Butterfly	Chas Morton, SE	51.85 (84)
Conor Lee, SPS	2:00.21 (14)	200 Y Butterfly	Winn Aung, PN	1:56.05 (15)
Ronald Dalmacio, ROSE	55.72 (16)	100 Y Ind. Medley	Michael Andrew, MV	53.86 (12)
Tonahuac Zinn, SCAL	2:00.08 (17)	200 Y Ind. Medley	Joshua Zuchowski, FG	1:55.75 (17)
Bob Hwang, CANY	4:18.54 (06)	400 Y Ind. Medley	Joshua Zuchowski, FG	4:07.81 (17)
Irvine Novaquatics	1:36.58 (17)	200 Y Free Relay	Tualatin Hills Swim Club, OR	1:34.40 (14)
Irvine Novaquatics	3:30.75 (13)	400 Y Free Relay	Bluefish Swim Club, NE	3:27.94 (17)
Aquazot Swim Club	1:48.46 (09)	200 Y Medley Relay	King Aquatic Club, PN	1:44.54 (14)
Aquazot Swim Club	3:53.04 (09)	400 Y Medley Relay	SwimMac, NC	3:48.61 (16)

SCS		Long Course		NAG
Ronald Dalmacio, ROSE	24.98 (17)	50 M Freestyle	Ronald Dalmacio, CA	24.98 (17)
Ronald Dalmacio, ROSE	55.13 (17)	100 M Freestyle	Winn Aung, SN	55.03 (15)
Ronald Dalmacio, ROSE	2:02.13 (17)	200 M Freestyle	Winn Aung, SN	1:59.72 (15)
Justin Schneider, TMEC	4:18.28 (17)	400 M Freestyle	Matthew Hirschberger, FL	4:12.52 (11)
Justin Schneider, TMEC	9:03.18 (17)	800 M Freestyle	Matthew Hirschberger, FL	8:48.59 (11)
Joel Hernandez, UNAT	17:25.66 (17)	1500 M Freestyle	Nicholas Caldwell, FL	16:44.67 (06)
Ronald Dalmacio, ROSE	27.45 (17)	50 M Backstroke	Ronald Dalmacio, CA	27.45 (17)
Ronald Dalmacio, ROSE	59.43 (17)	100 M Backstroke	Ronald Dalmacio, CA	59.43 (17)
Ronald Dalmacio, ROSE	2:10.01 (17)	200 M Backstroke	Ronald Dalmacio, CA	2:10.01 (17)
Hank Rivers, LBHS	32.17 (17)	50 M Breaststroke	Matthew Limbacher, FL	31.62 (13)
Keane Alejandro, CANY	1:09.99 (15)	100 M Breaststroke	Ethan Dang, PN	1:08.96 (14)
Keane Alejandro, CANY	2:29.74 (15)	200 M Breaststroke	Ethan Dang, PN	2:27.88 (14)
Rafael Gu, ROSE	27.02 (17)	50 M Butterfly	Michael Andrew, MV	26.22 (12)
Joel Hernandez, UNAT	1:01.54 (17)	100 M Butterfly	Chas Morton, SE	58.74 (83)
Joel Hernandez, UNAT	2:15.11 (17)	200 M Butterfly	Dare Rose, NJ	2:11.85 (15)
Justin Schneider, TMEC	2:18.10 (17)	200 M Ind. Medley	Joshua Zuchowski, FG	2:14.93 (17)
Humberto Najera, NOVA	4:52.89 (17)	400 M Ind. Medley	Joshua Zuchowski, FG	4:45.09 (17)
Irvine Novaquatics	1:47.05 (17)	200 M Free Relay	Irvine Novaquatics, CA	1:47.05 (17)
Irvine Novaquatics	3:54.06 (17)	400 M Free Relay	Irvine Novaquatics, CA	3:54.06 (17)
Rose Bowl Aquatics	2:01.65 (17)	200 M Medley Relay	South Florida A.C., FG	2:01.10 (11)
Rose Bowl Aquatics	4:29.15 (17)	400 M Medley Relay	Penn Charter A.C., MA	4:22.44 (12)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 13-14 GIRLS

Short Course

SCS		NAG	
Dara Torres, TANDEM	22.44 (82)	50 Y Freestyle	Kate Douglass, MR 22.32 (16)
Lindsey Engel, NOVA	49.37 (11)	100 Y Freestyle	Missy Franklin, CO 47.94 (10)
Cynthia Woodhead, RAA	1:46.40 (78)	200 Y Freestyle	Missy Franklin, CO 1:44.55 (10)
Cynthia Woodhead, RAA	4:39.94 (78)	500 Y Freestyle	Kathleen Ledecky, PV 4:35.14 (11)
Tiffany Cohen, MVN	9:39.17 (81)	1000 Y Freestyle	Kathleen Ledecky, PV 9:29.81 (11)
Tiffany Cohen, MVN	15:54.86 (81)	1650 Y Freestyle	Becca Mann, FL 15:54.46 (12)
Lindsey Engel, NOVA	53.64 (11)	100 Y Backstroke	Regan Smith, MN 51.09 (16)
Abby Richter, BCH	1:55.24 (14)	200 Y Backstroke	Missy Franklin, CO 1:51.07 (10)
Nikol Popov, UN	1:01.17 (14)	100 Y Breaststroke	Alexis Wenger, MI 1:00.02 (15)
Amanda Beard, NOVA	2:12.61 (96)	200 Y Breaststroke	Allie Szekely, MA 2:10.22 (12)
Eva Merrell, AZOT	53.19 (14)	100 Y Butterfly	Regan Smith, MN 51.73 (16)
Alice Browne, MVN	1:57.83 (77)	200 Y Butterfly	Cassidy Bayer, PV 1:56.01 (14)
Ella Eastin, NOVA	1:59.27 (11)	200 Y Ind. Medley	Alex Walsh, SE 1:56.20 (15)
Ella Eastin, NOVA	4:11.61 (11)	400 Y Ind. Medley	Katie Hoff, MD 4:08.44 (04)
Irvine Novaquatics	1:36.38 (15)	200 Y Free Relay	Aquajets Swim Team, MN 1:33.37 (12)
Irvine Novaquatics	3:28.97 (15)	400 Y Free Relay	Aquajets Swim Team, MN 3:24.37 (12)
Irvine Novaquatics	7:30.38 (12)	800 Y Free Relay	Dynamo Swim Club, GA 7:25.00 (16)
Irvine Novaquatics	1:46.44 (15)	200 Y Medley Relay	Aquajets Swim Team, MN 1:42.77 (12)
Irvine Novaquatics	3:52.38 (15)	400 Y Medley Relay	Aquajets Swim Team, MN 3:45.02 (12)

Long Course

SCS		NAG	
Dara Torres, TANDEM	26.04 (82)	50 M Freestyle	Missy Franklin, CO 25.23 (09)
Ella Ristic, MVN	56.25 (17)	100 M Freestyle	Missy Franklin, CO 54.03 (09)
Cynthia Woodhead, RAA	1:58.53 (78)	200 M Freestyle	Cynthia Woodhead, CA 1:58.53 (78)
Cynthia Woodhead, RAA	4:07.15 (78)	400 M Freestyle	Cynthia Woodhead, CA 4:07.15 (78)
Cynthia Woodhead, RAA	8:29.35 (78)	800 M Freestyle	Becca Mann, FL 8:28.54 (12)
Janet Evans, FAST	16:24.92 (86)	1500 M Freestyle	Becca Mann, FL 16:11.98 (12)
Courtney Mykkanen, NOVA	1:02.30 (12)	100 M Backstroke	Regan Smith, MN 1:00.26 (16)
Courtney Mykkanen, NOVA	2:14.57 (12)	200 M Backstroke	Missy Franklin, CO 2:09.16 (09)
Amanda Beard, NOVA	1:08.09 (96)	100 M Breaststroke	Amanda Beard, CA 1:08.09 (96)
Amanda Beard, NOVA	2:25.75 (96)	200 M Breaststroke	Amanda Beard, CA 2:25.75 (96)
Eva Merrell, AZOT	1:00.11 (14)	100 M Butterfly	Kendyl Lee Stewart, SI 59.51 (09)
Cynthia Woodhead, RAA	2:13.45 (78)	200 M Butterfly	Mary T. Meagher, KY 2:07.01 (79)
Ella Eastin, NOVA	2:16.99 (11)	200 M Ind. Medley	Missy Franklin, CO 2:12.73 (09)
Jennifer Parmenter, CANY	4:46.36 (95)	400 M Ind. Medley	Becca Mann, FL 4:39.76 (12)
Irvine Novaquatics	1:50.00 (16)	200 M Free Relay	Palo Alto Stanford Aq., PC 1:47.81 (14)
Irvine Novaquatics	3:55.07 (16)	400 M Free Relay	Nashville Aquatic Club, SE 3:53.41 (16)
Irvine Novaquatics	8:38.44 (16)	800 M Free Relay	Dynamo Swim Club, GA 8:25.54 (16)
Rose Bowl Aquatics	2:01.67 (12)	200 M Medley Relay	Nation's Capital SC, PV 1:58.07 (16)
Irvine Novaquatics	4:25.45 (10)	400 M Medley Relay	Nashville Aquatic Club, SE 4:16.34 (16)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS

13-14 BOYS

Short Course

SCS		NAG	
Michael Cavic, NOVA	21.17(99)	50 Y Freestyle	Michael Andrew, MV 19.76 (14)
Hunter Hitchens, NOVA	46.26 (15)	100 Y Freestyle	Michael Andrew, MV 43.90 (14)
Tom Shields, NOVA	1:39.67 (06)	200 Y Freestyle	Destin Lasco, MA 1:38.24 (16)
Brad Gonzales, UN	4:27.72 (13)	500 Y Freestyle	Lleyton Plattel, PC 4:24.79 (17)
Brad Gonzales, NOVA	9:11.91 (13)	1000 Y Freestyle	Matthew Hirschberger, FL 9:02.37 (13)
Noah Brune, MVN	15:21.16 (16)	1650 Y Freestyle	Arthur Frayler, MA 15:14.17 (08)
Kyle Gornay, RST	49.27 (11)	100 Y Backstroke	Michael Andrew, MV 47.83 (14)
Daniel McArthur, LKWD	1:47.60 (12)	200 Y Backstroke	Michael Andrew, MV 1:43.15 (14)
John Moffet, BEACH	57.01 (79)	100 Y Breaststroke	Reece Whitley, MA 53.06 (14)
John Criste, CANY	2:03.45 (03)	200 Y Breaststroke	Reece Whitley, MA 1:55.52 (14)
Kyle Gornay, RST	49.21 (11)	100 Y Butterfly	Michael Andrew, MV 46.95 (14)
Young Tae Seo, PASA	1:49.93 (09)	200 Y Butterfly	Michael Andrew, MV 1:45.39 (14)
Sean Lee, PASA	1:50.98 (14)	200 Y Ind. Medley	Michael Andrew, MV 1:45.29 (14)
Young Tae Seo, PASA	3:55.10 (09)	400 Y Ind. Medley	Michael Andrew, MV 3:52.08 (14)
Irvine Novaquatics	1:28.97 (15)	200 Y Free Relay	Scottsdale Aquatic Club, AZ 1:25.63 (13)
Irvine Novaquatics	3:09.70 (15)	400 Y Free Relay	Irvine Novaquatics, CA 3:09.70 (15)
Irvine Novaquatics	7:08.20 (15)	800 Y Free Relay	Cincinnati Marlins, OH 6:55.96 (14)
Irvine Novaquatics	1:38.83 (15)	200 Y Medley Relay	King Aquatic Club, PN 1:35.62 (16)
Aquazot Swim Club	3:29.45 (11)	400 Y Medley Relay	King Aquatic Club, PN 3:28.14 (16)

Long Course

SCS		NAG	
Brian Jacobson, BAC	24.04 (88)	50 M Freestyle	Michael Andrew, MV 23.19 (14)
Hojoon Lee, RAPD	52.26 (15)	100 M Freestyle	Michael Andrew, MV 51.30 (14)
Hojoon Lee, RAPD	1:51.90 (15)	200 M Freestyle	Dare Rose, NJ 1:53.30 (17)
Hojoon Lee, RAPD	3:58.15 (15)	400 M Freestyle	Evan Pinion, SE 3:57.61 (09)
Janardan Burns, MVN	8:20.00 (10)	800 M Freestyle	Evan Pinion, SE 8:08.75 (09)
Jesse Vassallo, MVN	15:31.03 (76)	1500 M Freestyle	Jesse Vassallo, CA 15:31.03 (76)
Aaron Peirsol, NOVA	57.99 (98)	100 M Backstroke	Michael Andrew, MV 56.83 (14)
Aaron Peirsol, NOVA	2:02.78 (98)	200 M Backstroke	Aaron Peirsol, CA 2:02.78 (98)
Wirmandi Sugriat, HILL	1:06.56 (86)	100 M Breaststroke	Reece Whitley, MA 1:03.23 (14)
Alec Hsing, UN	2:22.84 (13)	200 M Breaststroke	Ethan Dang, PN 2:15.84 (16)
Connor Lee, SPS	55.97 (15)	100 M Butterfly	Michael Andrew, MV 54.59 (14)
Filiberto Colon, MVN	2:05.72 (79)	200 M Butterfly	Michael Phelps, MD 1:59.02 (00)
Sean Lee, PASA	2:09.33 (14)	200 M Ind. Medley	Michael Andrew, MV 2:04.13 (14)
Kevin Vargas, RMDA	4:32.38 (16)	400 M Ind. Medley	Michael Phelps, MD 4:24.77 (00)
Irvine Novaquatics	1:39.81 (15)	200 M Free Relay	Washington Township, IN 1:39.56 (14)
Irvine Novaquatics	3:37.77 (14)	400 M Free Relay	Irvine Novaquatics, CA 3:37.77 (14)
Irvine Novaquatics	7:58.03 (14)	800 M Free Relay	Irvine Novaquatics, CA 7:58.03 (14)
Irvine Novaquatics	1:53.01 (15)	200 M Medley Relay	King Aquatic Club, PN 1:49.61 (16)
Aquazot Swim Club	4:05.87 (13)	400 M Medley Relay	Dynamo Swim Club, GA 4:02.59 (15)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 15-16 GIRLS

Short Course

SCS		NAG		
Lindsey Engel, OCV	22.24 (12)	50 Y Freestyle	Simone Manuel, GU	22.04 (13)
			Kate Douglass, MR	22.04 (16)
Eva Merrell, AZOT	48.51 (16)	100 Y Freestyle	Simone Manuel, GU	47.73 (13)
Cynthia Woodhead, RAA	1:44.10 (79)	200 Y Freestyle	Katie Ledecky, PV	1:42.03 (13)
Janet Evans, FAST	4:37.30 (88)	500 Y Freestyle	Katie Ledecky, PV	4:28.71 (14)
Erica Sullivan, SAND	9:29.91 (16)	1000 Y Freestyle	Katie Ledecky, PV	9:14.22 (13)
Tiffany Cohen, MVN	15:46.54 (83)	1650 Y Freestyle	Katie Ledecky, PV	15:15.17 (13)
Eva Merrell, AZOT	52.26 (16)	100 Y Backstroke	Regan Smith, MN	51.30 (17)
Eva Merrell, AZOT	1:52.20 (16)	200 Y Backstroke	Kylie Stewart, GA	1:50.66 (13)
Nikol Popov, UN	59.64 (15)	100 Y Breaststroke	Alex Walsh, SE	58.80 (16)
Nikol Popov, CANY	2:08.92 (16)	200 Y Breaststroke	Zoe Bartel, CO	2:07.73 (16)
Katie McLaughlin, MVN	51.78 (14)	100 Y Butterfly	Beata Nelson, MN	51.08 (14)
Katie McLaughlin, MVN	1:54.48 (14)	200 Y Butterfly	Mary T. Meagher, KY	1:52.99 (81)
Ella Eastin, UN	1:55.15 (13)	200 Y Ind. Medley	Dagny Knutson, ND	1:54.03 (08)
Ella Eastin, UN	4:05.25 (13)	400 Y Ind. Medley	Dagny Knutson, ND	4:00.62 (08)
Aquazot Swim Club	1:34.67 (16)	200 Y Free Relay	Virginia Gators, VA	1:30.99 (17)
West Coast Swimming	3:26.31 (08)	400 Y Free Relay	Gator Swim Club, FL	3:19.17 (16)
Irvine Novaquatics	7:19.25 (16)	800 Y Free Relay	Nation's Capital SC, PV	7:13.99 (17)
Canyons Aquatics	1:43.66 (15)	200 Y Medley Relay	Virginia Gators, VA	1:39.21 (17)
Canyons Aquatics	3:46.38 (15)	400 Y Medley Relay	Virginia Gators, VA	3:37.93 (17)

Long Course

SCS		NAG		
Abbey Weitzeil, CANY	25.27 (13)	50 M Freestyle	Simone Manuel, GU	24.80 (13)
Abbey Weitzeil, CANY	55.37 (13)	100 M Freestyle	Missy Franklin, CO	53.63 (11)
Cynthia Woodhead, RAA	1:58.23 (79)	200 M Freestyle	Missy Franklin, CO	1:55.06 (11)
Janet Evans, FAST	4:05.45 (88)	400 M Freestyle	Kathleen Ledecky, PV	3:59.82 (13)
Janet Evans, FAST	8:17.12 (88)	800 M Freestyle	Kathleen Ledecky, PV	8:13.86 (13)
Janet Evans, FAST	15:52.10 (88)	1500 M Freestyle	Kathleen Ledecky, PV	15:36.53 (13)
Eva Merrell, AZOT	1:01.15 (16)	100 M Backstroke	Regan Smith, MN	58.95r (17)
Eva Merrell, AZOT	2:09.54 (16)	200 M Backstroke	Missy Franklin, CO	2:05.10 (11)
Anastasiya Malyavina, UN	1:08.16 (14)	100 M Breaststroke	Megan Quann, PN	1:07.05 (00)
Anastasiya Malyavina, UN	2:26.43 (14)	200 M Breaststroke	Anita Nall, MD	2:25.35 (92)
Eva Merrell, AZOT	58.58 (15)	100 M Butterfly	Mary T. Meagher, KY	57.93 (81)
Katie McLaughlin, MVN	2:08.72 (13)	200 M Butterfly	Mary T. Meagher, KY	2:05.96 (81)
Ella Eastin, SCAL	2:13.66 (13)	200 M Ind. Medley	Katie Hoff, MD	2:10.41 (05)
Janet Evans, FAST	4:38.58 (88)	400 M Ind. Medley	Elizabeth Beisel, NE	4:32.87 (08)
Rose Bowl Aquatics	1:45.50 (14)	200 M Free Relay	Scottsdale Aquatic Club, AZ	1:44.53 (13)
Rose Bowl Aquatics	3:52.13 (14)	400 M Free Relay	Carmel Swim Club, IN	3:48.28 (14)
Mission Viejo Nadadores	8:27.93 (85)	800 M Free Relay	SwimMAC, NC	8:17.06 (12)
Rose Bowl Aquatics	2:00.63 (14)	200 M Medley Relay	Aquajets Swim Team, MN	1:54.41 (13)
Irvine Novaquatics	4:21.24 (01)	400 M Medley Relay	Fort Collins Area SC, CO	4:08.39 (16)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 15-16 BOYS

Short Course

SCS		NAG	
Vladimir Morozov, TORR	19.96 (09)	50 Y Freestyle	Michael Andrew, MV 19.24 (15)
Vladimir Morozov, TORR	43.71 (09)	100 Y Freestyle	Ryan Hoffer, AZ 42.67 (13)
Kyle Gornay, RST	1:34.99 (13)	200 Y Freestyle	Drew Kibler, IN 1:33.30 (17)
Jeff Kostoff, IHAC	4:19.13 (82)	500 Y Freestyle	Drew Kibler, IN 4:15.36 (16)
Jeff Kostoff, IHAC	8:49.97 (82)	1000 Y Freestyle	Matthew Hirschberger, PV 8:45.11(15)
Jeff Kostoff, IHAC	14:52.39 (82)	1650 Y Freestyle	Sean Grieshop, ST 14:45.40 (84)
Kyle Gornay, RST	48.17 (12)	100 Y Backstroke	Michael Thomas, MA 46.65 (14)
Thomas Smith, AZOT	1:43.71 (14)	200 Y Backstroke	Ryan Murphy, FL 1:40.90 (11)
Cody Miller, SAND	54.38 (08)	100 Y Breaststroke	Michael Andrew, MV 51.75 (15)
Cody Miller, SAND	1:56.46 (08)	200 Y Breaststroke	Reece Whitley, MA 1:52.37 (16)
Alex Valente, SBSC	46.99 (14)	100 Y Butterfly	Michael Andrew, MV 46.23 (16)
Alex Valente, SBSC	1:44.10 (14)	200 Y Butterfly	Michael Phelps, MD 1:42.10 (02)
Kyle Gornay, RST	1:47.49 (12)	200 Y Ind. Medley	Michael Andrew, MV 1:42.77 (15)
Young Tae Seo, PASA	3:47.74 (10)	400 Y Ind. Medley	Michael Phelps, MD 3:42.08 (02)
Canyons Aquatics	1:22.88 (15)	200 Y Free Relay	Canyons Aquatics, CA 1:22.88 (15)
Canyons Aquatics	3:02.00 (15)	400 Y Free Relay	Upper Dublin Aq. Club, MA 3:01.01 (14)
Irvine Novaquatics	6:44.11 (17)	800 Y Free Relay	Tennessee Aquatics, SE 6:38.14 (14)
Aquazot Swim Club	1:31.90 (14)	200 Y Medley Relay	Bolles School Sharks, FL 1:31.29 (14)
Aquazot Swim Club	3:18.91 (14)	400 Y Medley Relay	Bolles School Sharks, FL 3:16.18 (14)

Long Course

SCS		NAG	
Vladimir Morozov, TORR	22.44 (08)	50 M Freestyle	Michael Andrew, MV 22.33 (16)
Vladimir Morozov, TORR	50.23 (08)	100 M Freestyle	Caeleb Dressel, FL 49.28 (13)
Kyle Gornay, UN	1:51.99 (13)	200 M Freestyle	Caeleb Dressel, FL 1:48.64 (13)
John Mykkanen, NOVA	3:53.69 (83)	400 M Freestyle	Larsen Jensen, CC 3:50.68 (02)
Jeff Kostoff, IHAC	8:00.71 (82)	800 M Freestyle	Larsen Jensen, CC 7:52.05 (02)
Dan Jorgensen, MVN	15:16.10 (84)	1500 M Freestyle	Bobby Hackett, MR 15:03.91 (76)
Aaron Peirsol, NOVA	55.63 (00)	100 M Backstroke	Ryan Murphy, FL 53.76 (12)
Aaron Peirsol, NOVA	1:57.03 (00)	200 M Backstroke	Aaron Peirsol, CA 1:57.03 (00)
Daichi Inagaki, UN	1:02.81 (15)	100 M Breaststroke	Michael Andrew, MV 1:00.68 (15)
Daichi Inagaki, UN	2:13.76 (15)	200 M Breaststroke	Reece Whitley, MA 2:11.30 (15)
Alex Valente, SBSC	54.20 (13)	100 M Butterfly	Michael Andrew, MV 52.57 (15)
Corey Okubo, AZOT	1:58.58 (12)	200 M Butterfly	Michael Phelps, MD 1:54.58 (01)
Corey Okubo, AZOT	2:04.67 (12)	200 M Ind. Medley	Andrew Seliskar, PV 1:59.84 (13)
Ricardo Prado, MVN	4:22.06 (81)	400 M Ind. Medley	Michael Phelps, MD 4:15.20 (01)
Irvine Novaquatics	1:34.63 (16)	200 M Free Relay	Allegheny North SC, AM 1:33.38 (17)
Irvine Novaquatics	3:29.38 (16)	400 M Free Relay	Allegheny North SC, AM 3:25.57 (16)
Irvine Novaquatics	7:37.48 (16)	800 M Free Relay	Irvine Novaquatics, CA 7:37.48 (16)
Irvine Novaquatics	1:46.76 (00)	200 M Medley Relay	King Aquatic Club, PN 1:44.60 (13)
Irvine Novaquatics	3:55.46 (00)	400 M Medley Relay	Nation's Capital S.C., PV 3:46.23 (13)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 17-18 GIRLS

Short Course

SCS		NAG	
Abbey Weitzeil, CANY	21.49 (14)	50 Y Freestyle	Simone Manuel, GU 21.32 (15)
Abbey Weitzeil, CANY	46.29 (14)	100 Y Freestyle	Simone Manuel, GU 46.09 (15)
Katie McLaughlin, MVN	1:43.01 (15)	200 Y Freestyle	Missy Franklin, PC 1:40.31 (14)
Janet Evans, UN	4:34.39 (90)	500 Y Freestyle	Katie Ledecky, PV 4:26.58 (15)
Janet Evans, FAST	9:25.49 (89)	1000 Y Freestyle	Katie Ledecky, PV 8:59.65 (15)
Janet Evans, UN	15:39.14 (90)	1650 Y Freestyle	Katie Ledecky, PV 15:13.30 (14)
Cindy Tran, UN	51.22 (11)	100 Y Backstroke	Amy Bilquist, PC 50.50 (16)
Kendyl Stewart, UN	1:51.28 (13)	200 Y Backstroke	Missy Franklin, CO 1:48.42 (13)
Jessica Hardy, NOVA	59.20 (05)	100 Y Breaststroke	Miranda Tucker, IN 58.10 (16)
Kirsten Vose, UN	2:07.46 (15)	200 Y Breaststroke	Annie Zhu, MD 2:05.99 (13)
Kendyl Stewart, UN	51.32 (13)	100 Y Butterfly	Annie Ochitwa, AZ 51.02 (16)
Ella Eastin, UN	1:53.34 (15)	200 Y Butterfly	Ella Eastin, PC 1:51.04 (16)
Ella Eastin, UN	1:53.90 (15)	200 Y Ind. Medley	Ella Eastin, PC 1:51.65 (16)
Ella Eastin, UN	4:01.04 (15)	400 Y Ind. Medley	Ella Eastin, PC 3:58.40 (16)
Canyons Aquatics	1:33.44 (14)	200 Y Free Relay	SwimMAC, NC 1:30.09 (15)
Mission Viejo Nadadores	3:19.55 (81)	400 Y Free Relay	SwimMAC, NC 3:16.62 (15)
Mission Viejo Nadadores	7:12.62 (81)	800 Y Free Relay	SwimMAC, NC 7:07.82 (14)
Canyons Aquatics	1:42.81 (14)	200 Y Medley Relay	SwimMAC, NC 1:39.40 (14)
Canyons Aquatics	3:43.47 (14)	400 Y Medley Relay	SwimMAC, NC 3:37.83 (14)

Long Course

SCS		NAG	
Abbey Weitzeil, CANY	24.80 (14)	50 M Freestyle	Simone Manuel, GU 24.56 (14)
Abbey Weitzeil, CANY	54.38 (14)	100 M Freestyle	Simone Manuel, GU 53.25r (14)
Katie McLaughlin, MVN	1:57.55 (15)	200 M Freestyle	Katie Ledecky, PV 1:54.43 (16)
Janet Evans, FAST	4:03.85 (88)	400 M Freestyle	Katie Ledecky, PV 3:58.37 (14)
Janet Evans, FAST	8:16.22 (89)	800 M Freestyle	Katie Ledecky, PV 8:06.68 (16)
Janet Evans, FAST	15:54.23 (90)	1500 M Freestyle	Katie Ledecky, PV 15:25.48 (14)
Kendyl Stewart, USC	1:01.17 (13)	100 M Backstroke	Missy Franklin, CO 58.33 (12)
Kendyl Stewart, USC	2:10.72 (13)	200 M Backstroke	Missy Franklin, CO 2:04.06 (12)
Jessica Hardy, NOVA	1:06.20 (05)	100 M Breaststroke	Kasey Carlson, PC 1:05.75 (09)
Andrea Kropp, RTL	2:26.18 (11)	200 M Breaststroke	Lillie King, IN 2:24.47 (15)
Katie McLaughlin, MVN	57.87 (15)	100 M Butterfly	Katie McLaughlin, MVN 57.87 (15)
Katie McLaughlin, MVN	2:06.95 (15)	200 M Butterfly	Katie McLaughlin, MVN 2:06.95 (15)
Ella Eastin, SCAL	2:13.12 (14)	200 M Ind. Medley	Elizabeth Pelton, MD 2:10.02 (11)
Janet Evans, FAST	4:37.76 (88)	400 M Ind. Medley	Elizabeth Beisel, NE 4:31.78 (11)
JCC Waves	1:47.16 (13)	200 M Free Relay	SwimMAC, NC 1:44.37 (13)
Rose Bowl Aquatics	3:51.66 (16)	400 M Free Relay	SwimMAC, NC 3:45.51 (15)
La Mirada Armada	8:20.43 (17)	800 M Free Relay	Palo Alto Stanford Aq., PC 8:10.38 (11)
Rose Bowl Aquatics	1:56.24 (16)	200 M Medley Relay	King Aquatic Club, PN 1:54.52 (14)
La Mirada Armada	4:15.30 (17)	400 M Medley Relay	King Aquatic Club, PN 4:11.47 (14)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 17-18 BOYS

Short Course

SCS		NAG	
Vladimir Morozov, USC	19.06 (11)	50 Y Freestyle	Caeleb Dressel, FL 18.67 (15)
Vladimir Morozov, USC	41.88 (11)	100 Y Freestyle	Ryan Hoffer, AZ 41.23 (15)
Grant Shoults, UN	1:33.26 (16)	200 Y Freestyle	Maxime Rooney, FL 1:32.18 (17)
Grant Shoults, UN	4:12.87 (16)	500 Y Freestyle	Michael Phelps, MD 4:12.33 (04)
Grant Shoults, MVN	8:48.03 (15)	1000 Y Freestyle	PJ Ransford, MI 8:46.40 (15)
Jeff Kostoff, IHAC	14:38.22 (84)	1650 Y Freestyle	PJ Ransford, MI 14:34.36 (15)
Vladimir Morozov, USC	46.90 (11)	100 Y Backstroke	Ryan Murphy, PC 44.63 (14)
Dyan Carter, UN	46.90 (14)		
Thomas Smith, UN	1:42.77 (15)	200 Y Backstroke	Ryan Murphy, PC 1:37.35 (14)
Peter Kropp, UN	52.02 (14)	100 Y Breaststroke	Kevin Cordes, IL 51.76 (11)
Nolan Koon, UN	1:53.78 (09)	200 Y Breaststroke	Andrew Seliskar, PV 1:51.57 (15)
Tom Shields, UN	44.91 (10)	100 Y Butterfly	Tom Shields, CA 44.91 (10)
Tom Shields, UN	1:41.52 (10)	200 Y Butterfly	Andrew Seliskar, PV 1:41.33 (15)
Nolan Koon, UN	1:44.10 (09)	200 Y Ind. Medley	David Nolan, MA 1:41.39 (11)
Ryan Nelson, UN	3:47.23 (13)	400 Y Ind. Medley	Andrew Seliskar, PV 3:37.52 (15)
Canyons Aquatics	1:21.82 (16)	200 Y Free Relay	SwimMAC, NC 1:19.55 (15)
Canyons Aquatics	3:00.07 (16)	400 Y Free Relay	SwimMAC, NC 2:56.15 (13)
Canyons Aquatics	6:43.14 (16)	800 Y Free Relay	SwimMAC, NC 6:28.90 (13)
Aquazot Swim Club	1:32.12 (15)	200 Y Medley Relay	SwimMAC, NC 1:26.47 (15)
Aquazot Swim Club	3:17.99 (15)	400 Y Medley Relay	Nation's Capital S.C., PV 3:12.50 (15)

Long Course

SCS		NAG	
Vladimir Morozov, TORR	22.13 (10)	50 M Freestyle	Caeleb Dressel, FL 21.53 (15)
Vladimir Morozov, TORR	49.06 (10)	100 M Freestyle	Caeleb Dressel, FL 48.78 (15)
Grant Shoults, MVN	1:48.10 (15)	200 M Freestyle	Michael Phelps, MD 1:45.99 (03)
Larsen Jensen, MVN	3:46.08 (04)	400 M Freestyle	Larsen Jensen, CA 3:46.08 (04)
Larsen Jensen, MVN	7:48.09 (03)	800 M Freestyle	Larsen Jensen, CA 7:48.09 (03)
Larsen Jensen, MVN	14:45.29 (04)	1500 M Freestyle	Larsen Jensen, CA 14:45.29 (04)
Aaron Peirsol, NOVA	54.47 (02)	100 M Backstroke	Ryan Murphy, FL 53.38 (13)
Aaron Peirsol, NOVA	1:55.15 (02)	200 M Backstroke	Aaron Peirsol, CA 1:55.15 (02)
Zane Backes, TRA	1:02.00 (17)	100 M Breaststroke	Michael Andrew, MV 59.82 (16)
Josh Prenot, SMSC	2:12.21 (12)	200 M Breaststroke	Daniel Roy, PN 2:10.77 (17)
Alex Valente, BUEN	52.60 (14)	100 M Butterfly	Michael Phelps, MD 51.10 (03)
Andrew Koustik, NOVA	1:58.15 (17)	200 M Butterfly	Michael Phelps, MD 1:53.93 (03)
Josh Prenot, SMSC	2:02.17 (12)	200 M Ind. Medley	Michael Phelps, MD 1:55.94 (03)
Corey Okubo, AZOT	4:18.43 (14)	400 M Ind. Medley	Michael Phelps, MD 4:09.09 (03)
Canyons Aquatics	1:33.56 (17)	200 M Free Relay	Dayton Raiders, OH 1:33.24 (17)
Redlands Swim Team	3:26.36 (08)	400 M Free Relay	SwimMAC, NC 3:23.91 (13)
Redlands Swim Team	7:36.56 (13)	800 M Free Relay	Nova of Virginia, VA 7:25.78 (15)
Las Vegas Gold	1:44.93 (89)	200 M Medley Relay	Cats Aquatic Club, IL 1:43.24 (13)
Canyons Aquatics	3:49.18 (14)	400 M Medley Relay	Nova of Virginia, VA 3:44.11 (15)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 15-18 RELAYS

15-18 Girls Relays

SCS		NAG	
Canyons Aquatics	1:31.14 (14)	200 Y Free Relay	SwimMac, NC 1:30.09 (15)
Canyons Aquatics	3:18.30 (15)	400 Y Free Relay	Carmel Swim Club, IN 3:15.38 (15)
Aquazot Swim Club	7:12.12 (16)	800 Y Free Relay	SwimMAC, NC 7:07.82 (14)
Canyons Aquatics	1:40.25 (14)	200 Y Medley Relay	Ft. Collins Area ST, CO 1:38.84 (17)
Canyons Aquatics	3:37.37 (14)	400 Y Medley Relay	SwimMAC, NC 3:34.37 (14)
Rose Bowl Aquatics	1:45.50 (14)	200 M Free Relay	Carmel Swim Club, IN 1:42.29 (14)
Mission Viejo Nadadores	3:49.84 (15)	400 M Free Relay	Carmel Swim Club, IN 3:44.88 (14)
Mission Viejo Nadadores	8:15.01 (15)	800 M Free Relay	North Baltimore Aq. Club, MD 8:01.75 (14)
Rose Bowl Aquatics	1:59.24 (16)	200 M Medley Relay	Aquajets Swim Team, MN 1:54.46 (09)
Irvine Novaquatics	4:15.14 (17)	400 M Medley Relay	Fort Collins Area ST, CO 4:08.39 (16)

15-18 Boys Relays

SCS		NAG	
Canyons Aquatics	1:21.82 (16)	200 Y Free Relay	Scottsdale Aquatic Club, AZ 1:19.29 (15)
Irvine Novaquatics	2:59.75 (16)	400 Y Free Relay	SwimMAC, NC 2:56.15 (13)
Irvine Novaquatics	6:33.49 (16)	800 Y Free Relay	SwimMAC, NC 6:28.90 (13)
Canyons Aquatics	1:30.31 (14)	200 Y Medley Relay	Nation's Capital S.C., PV 1:26.47 (15)
Aquazot Swim Club	3:17.99 (15)	400 Y Medley Relay	Nation's Capital S.C., PV 3:12.50 (15)
Canyons Aquatics	1:33.56 (17)	200 M Free Relay	Dayton Raiders. OH 1:33.24 (17)
Redlands Swim Team	3:26.36 (08)	400 M Free Relay	SwimMAC, NC 3:23.91 (13)
Irvine Novaquatics	7:31.63 (17)	800 M Free Relay	Nova of Virginia, VA 7:25.78 (15)
Rose Bowl Aquatics	1:44.18 (17)	200 M Medley Relay	Cats Aquatic Club, IL 1:43.24 (13)
Canyons Aquatics	3:49.18 (14)	400 M Medley Relay	Nova of Virginia, VA 3:44.11 (15)

SOUTHERN CALIFORNIA SWIMMING OPEN RECORDS

Women's Short Course Yards

50 Y Freestyle	21.12	Abbey Weitzeil, CANY	03-05-16
100 Y Freestyle	46.29	Abbey Weitzeil, CANY	12-13-14
200 Y Freestyle	1:42.53	Chelsea Chenault, USC	03-20-15
500 Y Freestyle	4:34.39	Janet Evans, UN	03-15-90
1000 Y Freestyle	9:23.50	Stephanie Peacock, MVN	12-17-15
1650 Y Freestyle	15:39.14	Janet Evans, UN	03-17-90
100 Y Backstroke	50.31	Cindy Tran, UN	03-15-12
200 Y Backstroke	1:51.28	Kendyl Stewart, UN	03-21-13
100 Y Breaststroke	58.38	Jessica Hardy, UN	03-06-16
200 Y Breaststroke	2:05.12	Rebecca Soni, TROJ	12-03-09
100 Y Butterfly	50.92	Kendyl Stewart, UN	03-20-15
200 Y Butterfly	1:51.02	Katinka Hosszu, USC	12-02-10
200 Y Individual Medley	1:51.80	Katinka Hosszu, USC	03-15-12
400 Y Individual Medley	3:56.54	Katinka Hosszu, USC	03-15-12
200 Y Free Relay	1:28.15	University of Southern California	03-20-15
400 Y Free Relay	3:14.24	University of Southern California	03-20-15
800 Y Free Relay	6:59.48	University of Southern California	02-24-10
200 Y Medley Relay	1:35.94	University of Southern California	02-13-15
400 Y Medley Relay	3:29.82	University of Southern California	03-17-11

Women's Long Course Meters

50 M Freestyle	24.48	Jessica Hardy, TROJ	07-05-08
100 M Freestyle	53.28	Abigail Weitzeil, CANY	07-01-16
200 M Freestyle	1:56.91	Dagny Knutson, FAST	07-24-11
400 M Freestyle	4:03.85	Janet Evans, FAST	09-22-88
800 M Freestyle	8:16.22	Janet Evans, FAST	08-20-89
1500 M Freestyle	15:52.10	Janet Evans, FAST	03-26-88
100 M Backstroke	1:00.18	Miyuki Takemura, UN	04-07-16
200 M Backstroke	2:09.54	Eva Merrell, AZOT	08-03-16
100 M Breaststroke	1:04.45	Katie McLaughlin, MVN	60-28-15
200 M Breaststroke	2:19.41	Yuliya Efimova, TROJ	07-28-13
100 M Butterfly	57.87	Lyndsay De Paul, TROJ	08-03-10
200 M Butterfly	2:04.27	Katinka Hosszu, UN	07-26-09
200 M Individual Medley	2:07.46	Katinka Hosszu, UN	07-26-09
400 M Individual Medley	4:30.31	Katinka Hosszu, UN	07-26-09
200 M Free Relay	1:44.04	Trojan Swim Club	07-14-11
400 M Free Relay	3:45.18	Trojan Swim Club	08-02-11
800 M Free Relay	8:07.44	Mission Viejo Nadadores	08-14-81
200 M Medley Relay	1:54.10	Trojan Swim Club	07-14-15
400 M Medley Relay	4:07.96	Santa Barbara Aquatics Club	08-04-09

SOUTHERN CALIFORNIA SWIMMING OPEN RECORDS

Men's Short Course Yards

50 Y Freestyle	18.63	Vladimir Morozov, UN	03-28-13
100 Y Freestyle	40.76	Vladimir Morozov, UN	03-28-13
200 Y Freestyle	1:32.03	Cristian Quintero, USC	03-27-15
500 Y Freestyle	4:09.80	Larsen Jensen, USC	03-15-07
1000 Y Freestyle	8:44.73	Larsen Jensen, USC	03-15-07
1650 Y Freestyle	14:24.35	Chad La Tourette, UN	03-22-12
100 Y Backstroke	44.95	Ralf Tribuntsov, USC	03-06-15
200 Y Backstroke	1:39.16	Aaron Peirsol, UN	03-27-03
100 Y Breaststroke	51.62	Mike Alexandrov, TROJ	11-29-12
200 Y Breaststroke	1:52.24	Mike Alexandrov, TROJ	11-29-12
100 Y Butterfly	44.91	Tom Shields, UN	03-26-10
200 Y Butterfly	1:41.07	Hidemasa Sano, TROJ	12-04-08
200 Y Individual Medley	1:42.06	Thiago Perreira, UN	12-04-14
400 Y Individual Medley	3:39.63	Hidemasa Sano, TROJ	01-15-10
200 Y Free Relay	1:15.85	University of Southern California	03-27-15
400 Y Free Relay	2:47.06	University of Southern California	03-27-15
800 Y Free Relay	6:11.64	University of Southern California	03-27-15
200 Y Medley Relay	1:19.37	University of Southern California	11-29-12
400 Y Medley Relay	3:04.80	University of Southern California	03-06-15

Men's Long Course Meters

50 M Freestyle	21.44	Vladimir Morozov, TROJ	04-08-17
100 M Freestyle	47.58	Jason Lezak, ROSE	07-02-08
200 M Freestyle	1:45.23	Conor Dwyer, TROJ	08-08-16
400 M Freestyle	3:41.11	Ous Mellouli, UN	07-26-09
800 M Freestyle	7:35.27	Ous Mellouli, UN	07-26-09
1500 M Freestyle	14:37.28	Ous Mellouli, UN	07-26-09
100 M Backstroke	53.21	Ryosuke Irie, RMDA	08-06-16
200 M Backstroke	1:53.41	Tyler Clary, FAST	07-28-12
100 M Breaststroke	58.90	Kosuke Kitajima, UN	04-02-12
200 M Breaststroke	2:08.00	Kosuke Kitajima, UN	04-02-12
100 M Butterfly	51.83	Santo Condorelli, UN	08-11-16
200 M Butterfly	1:54.93	Tyler Clary, FAST	01-12-91
200 M Individual Medley	1:56.65	Thiago Pereira, UN	08-06-15
400 M Individual Medley	4:09.20	Tyler Clary, FAST	07-28-12
200 M Free Relay	1:33.28	Trojan Swim Club	07-14-11
400 M Free Relay	3:19.74	Irvine Novaquatics	02-10-04
800 M Free Relay	7:24.43	Mission Viejo Nadadores	08-05-03
200 M Medley Relay	1:42.02	Trojan Swim Club	07-16-15
400 M Medley Relay	3:41.40	Irvine Novaquatics	08-12-02

AMERICAN SWIMMING RECORDS

Women's Short Course Yards

50 Y Freestyle	21.12	Abbigail Weitzel	03-05-16
100 Y Freestyle	45.56	Simone Manuel	03-18-17
200 Y Freestyle	1:39.10	Missy Franklin	03-20-15
500 Y Freestyle	4:24.06	Katie Ledecky	03-16-17
1000 Y Freestyle	8:59.65	Katie Ledecky	12-13-15
1650 Y Freestyle	15:03.31	Katie Ledecky	11-18-17
100 Y Backstroke	49.69	Ally Howe	02-24-17
200 Y Backstroke	1:47.84	Elizabeth Pelton	03-23-13
100 Y Breaststroke	56.30	Lilly King	02-17-16
200 Y Breaststroke	2:03.18	Lilly King	03-18-17
100 Y Butterfly	49.43	Kelsi Worrell	03-18-16
200 Y Butterfly	1:49.92	Elaine Breeden	02-28-09
200 Y Individual Medley	1:51.65	Ella Eastin	03-17-16
400 Y Individual Medley	3:57.57	Ella Eastin	03-17-17
200 Y Free Relay	1:25.91	Stanford	03-16-17
400 Y Free Relay	3:07.61	Stanford	03-18-17
800 Y Free Relay	6:45.91	Stanford	03-15-17
200 Y Medley Relay	1:34.15	Stanford	02-24-16
400 Y Medley Relay	3:26.14	Stanford	03-17-16

Women's Long Course Meters

50 M Freestyle	23.97	Simone Manuel	07-30-17
100 M Freestyle	52.27	Simone Manuel	07-28-17
200 M Freestyle	1:53.61	Allison Schmitt	07-31-12
400 M Freestyle	3:56.46	Katie Ledecky	06-30-17
800 M Freestyle	8:04.79	Katie Ledecky	08-12-16
1500 M Freestyle	15:25.48	Katie Ledecky	08-04-15
50 M Backstroke	27.48	Kathleen Baker	07-26-17
100 M Backstroke	58.33	Missy Franklin	07-30-12
200 M Backstroke	2:04.06	Missy Franklin	08-03-12
50 M Breaststroke	29.40	Lilly King	07-30-17
100 M Breaststroke	1:04.13	Lilly King	07-25-17
200 M Breaststroke	2:19.59	Rebecca Soni	08-02-12
50 M Butterfly	25.48	Dara Torres	07-29-17
100 M Butterfly	55.98	Dana Vollmer	07-29-12
200 M Butterfly	2:04.14p	Mary DeScenza	07-30-09
200 M Individual Medley	2:06.15	Ariana Kukors	07-27-09
400 M Individual Medley	4:31.12	Katie Hoff	06-29-08
400 M Free Relay	3:31.72	United States	07-23-17
800 M Free Relay	7:42.56	United States	07-30-09
400 M Medley Relay	3:51.55	United States	07-30-17

AMERICAN SWIMMING RECORDS

Men's Short Course Yards

50 Y Freestyle	18.20	Caeleb Dressell	03-24-16
100 Y Freestyle	40.00	Caeleb Dressell	03-25-17
200 Y Freestyle	1:30.46	Townley Haas	03-25-16
500 Y Freestyle	4:08.42	Clark Smith	03-23-17
1000 Y Freestyle	8:33.93	Clark Smith	12-16-15
1650 Y Freestyle	14:22.41	Clark Smith	03-25-17
100 Y Backstroke	43.49	Ryan Murphy	03-25-16
200 Y Backstroke	1:35.73	Ryan Murphy	03-26-16
100 Y Breaststroke	50.04	Kevin Cordes	03-28-14
200 Y Breaststroke	1:47.91	Will Licon	03-25-17
100 Y Butterfly	43.58	Caeleb Dressell	03-25-17
200 Y Butterfly	1:37.35	Jack Conger	03-25-17
200 Y Individual Medley	1:39.38	David Nolan	03-26-15
400 Y Individual Medley	3:33.42	Chase Kalisz	03-24-17
200 Y Free Relay	1:15.26	Stanford	03-24-11
400 Y Free Relay	2:47.02	Texas	03-28-09
800 Y Free Relay	6:10.16	Texas	03-27-09
200 Y Medley Relay	1:22.40	California	03-27-15
400 Y Medley Relay	3:01.51	California	03-23-17

Men's Long Course Meters

50 M Freestyle	21.15	Caeleb Dressell	07-28-17
100 M Freestyle	47.17	Caeleb Dressell	07-27-17
200 M Freestyle	1:42.96	Michael Phelps	08-12-08
400 M Freestyle	3:42.78	Larsen Jensen	08-10-08
800 M Freestyle	7:43.60	Michael McBroom	07-31-13
1500 M Freestyle	14:39.48	Connor Jaeger	08-13-16
50 M Backstroke	24.33	Randall Bal	12-05-08
100 M Backstroke	51.85r	Ryan Murphy	08-13-16
200 M Backstroke	1:51.92	Aaron Peirsol	07-31-09
50 M Breaststroke	26.76sf	Kevin Cordes	08-04-15
100 M Breaststroke	58.64	Kevin Cordes	07-23-17
200 M Breaststroke	2:07.17	Josh Prenot	06-30-16
50 M Butterfly	22.76	Caeleb Dressell	07-23-17
100 M Butterfly	49.82	Michael Phelps	08-01-09
200 M Butterfly	1:51.51	Michael Phelps	07-29-09
200 M Individual Medley	1:54.00	Ryan Lochte	07-28-11
400 M Individual Medley	4:03.84	Michael Phelps	07-29-09
400 M Free Relay	3:08.24	United States	08-11-08
800 M Free Relay	6:58.55	United States	07-31-09
400 M Medley Relay	3:27.28	United States	08-02-09

AMERICAN SWIMMING RECORDS

Women's Short Course Meters

50 M Freestyle	23.82	Dara Torres	11-17-07
100 M Freestyle	51.69	Simone Manuel	12-11-15
200 M Freestyle	1:51.67	Allison Schmitt	12-19-09
400 M Freestyle	3:55.89	Allison Schmitt	12-18-09
800 M Freestyle	8:07.67	Leah Smith	12-07-16
1500 M Freestyle	15:32.90	Kate Ziegler	10-12-07
50 M Backstroke	26.12	Ali Deloof	12-09-16
100 M Backstroke	55.92	Courtney Bartholomew	12-12-15
200 M Backstroke	2:00.03	Missy Franklin	10-22-11
50 M Breaststroke	28.92	Lilly King	12-07-16
100 M Breaststroke	1:02.70	Rebecca Soni	12-19-09
200 M Breaststroke	2:14.57	Rebecca Soni	12-18-09
50 M Butterfly	24.94	Kelsi Worrell	12-08-16
100 M Butterfly	55.22	Kelsi Worrell	12-11-16
200 M Butterfly	2:02.89	Kelsi Worrell	12-07-16
100 M Individual Medley	58.55	Natalie Coughlin	11-15-14
200 M Individual Medley	2:04.60	Julia Smit	12-19-09
400 M Individual Medley	4:21.04	Julia Smit	12-18-09
200 M Free Relay	1:34.61	United States	12-07-14
400 M Free Relay	3:27.70	United States	12-05-14
800 M Free Relay	7:38.42	United States	12-15-10
200 M Medley Relay	1:43.27	United States	12-07-16
400 M Medley Relay	3:45.20	United States	12-11-15

Men's Short Course Meters

50 M Freestyle	20.71	Nathan Adrian	12-19-09
100 M Freestyle	45.08	Nathan Adrian	12-19-09
200 M Freestyle	1:41.08	Ryan Lochte	12-16-10
400 M Freestyle	3:34.81	Peter Vanderkaay	02-22-09
800 M Freestyle	7:33.94	Chad LaTourette	12-19-09
1500 M Freestyle	14:19.29	Connor Jaeger	12-12-15
50 M Backstroke	22.27	Michael Andrew	08-27-16
100 M Backstroke	48.92	Matt Grevers	12-12-15
200 M Backstroke	1:46.68	Ryan Lochte	12-19-10
50 M Breaststroke	26.15	Cody Miller	12-10-16
100 M Breaststroke	56.43	Cody Miller	12-12-15
200 M Breaststroke	2:02.33	Cody Miller	12-11-15
50 M Butterfly	22.38	Tom Shields	12-09-16
100 M Butterfly	48.63	Tom Shields	12-11-15
200 M Butterfly	1:49.05	Tom Shields	12-12-15
100 M Individual Medley	50.71sf	Ryan Lochte	12-15-12
200 M Individual Medley	1:49.63	Ryan Lochte	12-17-10
400 M Individual Medley	3:55.50	Ryan Lochte	12-14-12
200 M Free Relay	1:23.47	United States	12-06-14
400 M Free Relay	3:03.30	United States	12-19-09
800 M Free Relay	6:49.58	United States	12-16-10
200 M Medley Relay	1:31.83	United States	12-04-14
400 M Medley Relay	3:20.71	United States	12-18-09

WORLD SWIMMING RECORDS

Women's Long Course Meters

50 M Freestyle	23.67	Sarah Sjostrom, SWE	07-29-17
100 M Freestyle	51.71	Sarah Sjostrom, SWE	07-23-17
200 M Freestyle	1:52.98	Federica Pellegrini, ITA	07-29-09
400 M Freestyle	3:56.46	Katie Ledecky, USA	08-07-16
800 M Freestyle	8:04.79	Katie Ledecky, USA	08-07-16
1500 M Freestyle	15:25.48	Katie Ledecky, USA	08-04-15
50 M Backstroke	27.06	Jing Zhao, CHN	07-26-09
100 M Backstroke	58.10	Gemma Spofforth, GBR	07-28-09
200 M Backstroke	2:04.06	Missy Franklin, USA	08-03-12
50 M Breaststroke	29.48sf	Ruta Meilutyte, LTU	08-03-13
100 M Breaststroke	1:04.13	Lilly King, USA	07-25-17
200 M Breaststroke	2:19.11sf	Rikke Moller Pedersen, DEN	08-01-13
50 M Butterfly	24.43	Sarah Sjostrom, SWE	07-05-14
100 M Butterfly	55.48	Sarah Sjostrom, SWE	08-07-15
200 M Butterfly	2:01.81	Liu Zige, CHN	10-21-09
200 M Individual Medley	2:06.12	Katinka Hosszu, HUN	08-03-15
400 M Individual Medley	4:26.36	Katinka Hosszu, HUN	08-06-16
400 M Free Relay	3:30.65	Australia	08-06-16
800 M Free Relay	7:42.08	China	07-30-09
400 M Medley Relay	3:51.55	United States	07-30-17

Men's Long Course Meters

50 M Freestyle	20.91	Cesar Cielo, BRA	12-18-09
100 M Freestyle	46.91	Cesar Cielo, BRA	07-30-09
200 M Freestyle	1:42.00	Paul Biedermann, GER	07-26-09
400 M Freestyle	3:40.07	Paul Biedermann, GER	07-26-09
800 M Freestyle	7:32.12	Lin Zhang, CHN	07-29-09
1500 M Freestyle	14:31.02	Sun Yang, CHN	08-04-12
50 M Backstroke	24.04	Liam Tancock, GBR	08-01-09
100 M Backstroke	51.85r	Ryan Murphy, USA	08-16-16
200 M Backstroke	1:51.92	Aaron Peirsol, USA	07-31-09
50 M Breaststroke	25.95	Adam Peaty, GBR	07-25-17
100 M Breaststroke	57.13	Adam Peaty, GBR	08-07-16
200 M Breaststroke	2:06.67	Ippei Watanabe, JPN	01-28-16
50 M Butterfly	22.43	Rafael Munoz, ESP	04-05-09
100 M Butterfly	49.82	Michael Phelps, USA	08-01-09
200 M Butterfly	1:51.51	Michael Phelps, USA	07-29-09
200 M Individual Medley	1:54.00	Ryan Lochte, USA	07-28-11
400 M Individual Medley	4:03.84	Michael Phelps, USA	08-10-08
400 M Free Relay	3:08.24	United States	08-11-08
800 M Free Relay	6:58.55	United States	07-31-09
400 M Medley Relay	3:27.28	United States	08-02-09

WORLD SWIMMING RECORDS

Women's Short Course Meters

50 M Freestyle	22.93	Ranomi Kromowidjojo, NED	08-07-17
100 M Freestyle	50.25	Cate Campbell, AUS	10-26-17
200 M Freestyle	1:50.43	Sarah Sjöström, SWE	08-12-17
400 M Freestyle	3:54.52	Mireia Belmonte García, ESP	08-11-13
800 M Freestyle	7:59.34	Mireia Belmonte García, ESP	08-10-13
1500 M Freestyle	15:19.71	Mireia Belmonte García, ESP	12-12-14
50 M Backstroke	25.67	Etienne Medeiros, BRA	12-07-14
100 M Backstroke	55.03	Katinka Hosszu, HUN	12-04-14
200 M Backstroke	1:59.23	Katinka Hosszu, HUN	12-05-14
50 M Breaststroke	28.64	Alia Atkinson, JAM	10-26-16
100 M Breaststroke	1:02.36	Ruta Meilutytė, LTU	10-12-13
200 M Breaststroke	2:14.57	Rebecca Soni, USA	12-18-09
50 M Butterfly	24.38	Therese Alshammar, SWE	11-22-09
100 M Butterfly	54.61	Sarah Sjöström, SWE	12-07-14
200 M Butterfly	1:59.61	Mireia Belmonte García, ESP	12-03-14
100 M Individual Medley	56.51	Katinka Hosszu, HUN	08-07-17
200 M Individual Medley	2:01.86	Katinka Hosszu, HUN	12-06-14
400 M Individual Medley	4:18.94	Mireia Belmonte García, ESP	08-12-17
200 M Free Relay	1:34.24	Netherlands	12-07-14
400 M Free Relay	3:26.53	Netherlands	12-05-14
800 M Free Relay	7:32.85	Netherlands	12-03-14
200 M Medley Relay	1:43.27	United States	12-07-16
400 M Medley Relay	3:45.20	United States	12-11-15

Men's Short Course Meters

50 M Freestyle	20.26	Florent Manadou, FRA	12-05-14
100 M Freestyle	44.94	Amaury Leveaux, FRA	12-13-08
200 M Freestyle	1:39.37	Paul Biedermann, GER	11-15-09
400 M Freestyle	3:32.25	Yannick Agnel, FRA	11-15-12
800 M Freestyle	7:23.42	Grant Hackett, AUS	07-19-08
1500 M Freestyle	14:08.06	Gregorio Paltrinieri, HUN	12-04-15
50 M Backstroke	22.22	Florent Manadou, FRA	12-08-14
100 M Backstroke	48.92	Matt Grevers, USA	12-12-15
200 M Backstroke	1:45.63	Mitch Larkin, AUS	11-27-15
50 M Breaststroke	25.25	Cameron van der Burgh, RSA	11-15-09
100 M Breaststroke	55.61	Cameron van der Burgh, RSA	11-15-09
200 M Breaststroke	2:00.44	Marco Koch, GER	11-20-16
50 M Butterfly	21.80	Steffen Deibler, GER	11-14-09
100 M Butterfly	48.08	Chad Le Clos, RSA	12-08-16
200 M Butterfly	1:48.56	Chad Le Clos, RSA	11-05-13
100 M Individual Medley	50.30	Vladimir Morozov, RUS	08-30-16
200 M Individual Medley	1:49.63	Ryan Lochte, USA	12-14-12
400 M Individual Medley	3:55.50	Ryan Lochte, USA	12-16-10
200 M Free Relay	1:22.60	Russia	12-06-14
400 M Free Relay	3:03.30	United States	12-19-09
800 M Free Relay	6:49.04	Russia	12-16-10
200 M Medley Relay	1:30.51	Italy	12-12-13
400 M Medley Relay	3:19.16	Brazil	12-04-14

Phillips
Volunteer Service Award
Southern California Swimming
HONOR ROLL

<i>2017</i>	<i>Jeremy Anderson</i>
<i>2016</i>	<i>Stacy Smith</i>
<i>2015</i>	<i>Robin Smith</i>
<i>2014</i>	<i>Terry Merlihan</i>
<i>2013</i>	<i>Jeri Marshburn</i>
<i>2012</i>	<i>Richard Pierson</i>
<i>2011</i>	<i>Ron Ross</i>
<i>2010</i>	<i>Clem West</i>
<i>2009</i>	<i>Bettie Williams</i>
<i>2008</i>	<i>Kevin Perry</i>
<i>2007</i>	<i>Judi Divan</i>
<i>2006</i>	<i>Mark Schubert & Mike Dickson</i>
<i>2005</i>	<i>Sue & John Hansen</i>
<i>2004</i>	<i>Ira Klein</i>
<i>2003</i>	<i>Linda Kamps</i>
<i>2002</i>	<i>Georgiann Cruzat</i>
<i>2001</i>	<i>Chuck Riggs</i>
<i>2000</i>	<i>John "Jack" Argue</i>
<i>1999</i>	<i>Carole Katz</i>
<i>1998</i>	<i>Dick Nakashima</i>
<i>1997</i>	<i>Jon Rewinski</i>
<i>1996</i>	<i>Don Watkins</i>
<i>1995</i>	<i>Edwin Duncan</i>
<i>1994</i>	<i>Marilyn Bolton</i>
<i>1993</i>	<i>Dick deFronzo</i>
<i>1992</i>	<i>Flip Darr</i>
<i>1991</i>	<i>Tina Martin-Turcotte</i>
<i>1990</i>	<i>The Katsuyama Family</i>

Phillips
Volunteer Service Award

Southern California Swimming
HONOR ROLL (Continued)

1989 Ed Ruth
1988 Mary Jo Swalley
1987 Herb Hall
1986 Pat Graham
1985 Ken Worthen
1984 Jean Montgomery
1983 Margaret Pettit
1982 Jay Montgomery
1981 Keith Hannsen



APPENDICES

APPENDIX “A”

NON-CONFORMING TIMES

I. Yard Times for Meter Meets / Meter Times for Yard Meets:

Simply stated, a swimmer must enter a Blue/Red/White meet at his/her best achieved level. A swimmer who is Blue in yards (but not in meters) must enter a meter meet in the Blue division with his/her best yard time. Likewise a swimmer who is Blue in meters (but not in yards) must enter a yard meet in the Blue division with his/her best yard time. After meet entry closes, meet administration will convert times for seeding purposes only. Likewise for the Red division.

Example 1: John Smith achieves a Blue time in the 100 yard freestyle (his 100 meter time is a Red time). He must enter his next long course meter meet with his YARD Blue time. At the meet John might:

- a. swim a Blue meter time; now enters meter meet with his Blue meter time.
- b. swim a Red meter time; continues to enter meter meet with his Blue yard time.

Example 2: Susie Jones swims the 100 meter backstroke at Summer Junior Olympics. In the fall, Susie enters the 100 yard backstroke at a short course meet. Her previous yard best was a Blue time but not a JO time. She must enter with her best long course time.

II. Swimming “up” a distance in ability level:

A swimmer may swim “up” only one distance (i.e. 100 to 200 free, but not 100 to 500 free) AND this rule only operates “up”, NOT “down” (i.e. not 100 to 50 back).

Swimmer may swim “up” if, and only if, the event is not offered at his ability level.

Example 1: Jim Jones, 12 years old, has a Blue time in the 200 yard freestyle (say, 2:16.25) but has never swum the 500 yard freestyle in competition. A meet is coming up which offers only a Blue 500 yard freestyle. Jim may enter at Blue minimum (6:29.80). At the meet, Jim might:

- a. swim a Blue time (say, 5:59.76). He then continues at the Blue level, OR
- b. swim a Red time (say, 6:30.55). Now he may enter a Red level 500 free – or if no Red is offered, he may again use his Blue 200 time to qualify for Blue 500.

Example 2: Jane Smith, 13 years old, has a Blue time in the 200 meter freestyle (say, 2:28.77) but only a Red time (say, 1:18.50) in the 100 meter freestyle. She may NOT enter a Blue 100 freestyle by reason of her Blue 200 freestyle.

IMPORTANT NOTE: Swimming “up” is NOT acceptable in proof-of-time meets.
For proof-of-time, swimmer must achieve standard in proper distance of stroke.

III. Changing Age Groups:

Swimmers changing age groups must reassess their ability level in both yards and meters. A best time is a best time, and is the swimmer’s time when “aging up.”

APPENDIX "B"

CHANGE OF AFFILIATION FORMS



TRANSFER REQUEST FORM

CURRENT REGISTRATION INFORMATION:

Last Name _____ First Name _____ Middle Name _____

Address _____

City _____ State _____ Zip _____ - _____

Home Phone _____

USA Swimming ID Number: _____

Date of Birth ____/____/____ Sex ____ Age ____ Preferred Name _____
MO / DAY / YR M/F Billy, Bob, Beth, Liz

Previous Club: _____ Committee: _____ Club Code: _____ Club Name: _____

Last date of competition representing this club: _____

Name of meet _____ City _____ State _____

New Club: _____ Committee: _____ Club Code: _____ Club Name: _____

This will confirm that the above information is correct. I understand that the above athlete will remain Unattached for 120 consecutive days from the date of last open sanctioned competition in accordance with USA Swimming Rules and Regulations 203.3.

Signature of Athlete, Parent or Guardian

Date

This form is **ONLY** for changes **WITHIN** Southern California Swimming.
Athletes moving into Southern California Swimming from another LSC must complete a registration form and provide proof of birth date if 18 or under.

LSC Transfer Fee: **\$10.00**

Do not use this form for CIF (High School) Season.

Mail to: Southern California Swimming, 28000 S. Western Ave., #226, San Pedro, CA 90732

The athlete's former club will be notified that a transfer has occurred. It is the responsibility of the athlete's former club to notify the LSC Registrar if the club has obtained a court judgment which would cause the swimmer to be unattached pursuant to Article 203.6.

Article 203.6 If a member club of an LSC has secured a court judgment against an athlete member (or his/her parents or custodians) for non-payment of club membership dues and fees which entitle the athlete to compete attached to the club that athlete shall be ineligible to represent any USA Swimming member club until the judgment is paid.

Updated 8/2/2017

APPENDIX "B"

CHANGE OF AFFILIATION FORMS



Southern California Swimming CIF UNATTACH FORM

If you plan to compete in CIF, it is a CIF rule that you must notify the Southern California Swimming Office that you will be UNATTACHED during the CIF Swim Season. It is your responsibility to enter/swim USA Swimming meets unattached.

I plan to participate in the _____ (year) CIF Swim Season beginning _____,
ending _____, and will be **UNATTACHED** during this period.

Swimmer USA Swimming Reg. # _____

NO FEE

Send form to:

Southern California Swimming
28000 S. Western Ave., #226
San Pedro, CA 90732
Email: officemanager@socialswim.org

LIL' SHAVERS

"The Winner's Choice"

Ray Sykes, Owner
rsykes4417@aol.com
714-847-7894

***Business Profile -
Excellent References Available***

Your Events' Most Successful Hawaiian Shave Ice Vendor!

Call Today and Book Us For Your Next Event

Lil' Shavers Hawaiian Shave Ice

"Help Us Help the Kids"



APPENDIX “C”

General Policy for SCS/USA Swimming -Sanctioned/Approved/Observed Status

Minimum Deck Staffing for SCS sanctioned meets;

- i. 4 or less lanes: 3 deck officials
- ii. 5 – 7 lanes: 4 deck officials
- iii. 7 – 8 lanes: 5 deck Officials
- iv. 9 – 10 lanes: 6 deck officials
- v. Double ended long course meets: 8 officials
- vi. Freestyle events may be run at a reduced staffing as long as turn touches are clearly visible by an official
- vii. It is the responsibility of the meet referee to determine the number of officials required to run a fair and equitable meet for all in attendance. Timeline of the session/meet, length and shape of the pool as well as weather may all be factors in the referee's decision.

Minimum Admin Staffing for SCS sanctioned meets:

- i. 300 or less swimmers/session – 1 Admin Official
- ii. 300 or more swimmers/session – 1 Admin Referee

Required Certification level:

- i. Timed Finals meets with less than 300 swimmers/session - 1 Referee, (Admin or Meet), 1 Starter, 1 Deck Referee (can be the meet referee). Other officials can be certified at Stroke and Turn. If using an Admin Official you must have a certified Meet Referee on deck.
- ii. Timed Finals meets with over 300 swimmers/session – 1 Meet Referee, 1 Deck Referee (can be the meet referee), 1 Admin Referee, 2 Starters, 1 Admin Official or Clerk of Course. Other officials may be certified at the level of Stroke and Turn.
- iii. Heats and Finals meets with less than 500 swimmers – 1 H&F Certified Meet Referee, 1 H&F Certified Admin Referee, 1 Admin Official or Clerk of Course. 1 Deck Referee, 2 Starters. Other deck officials may be certified at a level of Stroke and Turn.
- iv. Heats and Finals meets with more than 500 swimmers – 1 H&F Certified Meet Referee (non-starting), 1 Deck Referee, 2 Starters; the remaining deck officials may be Stroke and Turn certified. 1 H&F Admin Referee, 1 Admin Official or Clerk of Course.

All officials must be certified by SCS and be a member in good standing with a current registration with USA Swimming. Officials from other LSC's are welcome to officiate at SCS swimming meets with the exception of Meet Referee and Admin Referee. Admin referee & Meet referee require knowledge of SCS protocol and procedures that an official from outside of SCS would not be expected to know.

Observed meets: Observed meets, 2 USA Swimming deck certified officials must observe the meet. Separate list of USA swimming disqualifications must be maintained.

USA Swimming dual or similar format meets and club intra-squad meets must meet all standards as set forth above to be sanctioned for the purpose of official time entry in USA Swimming SWIMS database. Any meet not meeting the minimum criteria listed above may be subject to losing its sanction. Times from the meet will not be entered in USA-Swimming SWIMS database.

Sanction/Approval status will be given only to meets which are conducted by the minimum required number of certified deck officials and which comply with all required standards as set forth by USA Swimming and SCS. A list of officials may be requested by the SCS office, as per the sanction request, prior to the meet.

APPENDIX "D"

USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL



USA Swimming
Southern California Swimming
Sanction/Approval Application



Date: _____

I, _____, apply on behalf of _____
Applicant Name *Organization (Club)*
for a Sanction/Approval to hold a swimming competition, exhibition or clinic titled:

at _____ on the _____ day(s) of _____, 20____
Location *Date* *Month* *Year*

Our sanction fee* of \$ _____, a copy of the event information and event entry form are attached.

***Fees for sanction request received 45 days or more in advance of event:**

Dual or Tri Meet - \$10 / Committee or SCS Meet - \$25 / Senior Invitational - \$100

***Fees for sanction request received 30-44 days in advance of event:**

Dual or Tri Meet - \$20 / Committee or SCS Meet - \$50 / Senior Invitational - \$200

***Fees for sanction request received less than 30 days in advance of event:**

Dual or Tri Meet - \$30 / Committee or SCS Meet - \$75 / Senior Invitational - \$200

Also included is a complete schedule of lanes and times for all warm-up procedures which must be adhered to by all participants.

As a condition of obtaining such a sanction, I and the above organization, which I represent agree to abide by and govern this event under the rules and regulations of USA Swimming, Inc. and Southern California Swimming, Inc., and all other terms and conditions upon which this sanction may be granted. These terms specifically include all local rules and regulations and those set forth in Article 202 of the current edition of USA Swimming Rules and Regulations, specific reference to 202.2.8 (sanction) or 202.4.6C (approval) thereof which provides that:

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Officials: Officials for this event shall be qualified persons certified by USA Swimming, Inc. and Southern California Swimming, Inc. Meet Director, Meet Referee, Admin Referee and Meet Processor must be listed on back of this form.

Signed: _____
Club President *Date*

Signed: _____
Club Representative *Date*

Return Sanction approval letter to: _____ Email: _____

Mail hardcopy 2-page Application, meet info form and fees to:

Southern California Swimming
28000 S. Western Ave., #226
San Pedro, CA 90732 **AND**

Please email the 2-page Sanction Application and all pages of the Meet Form (pdf, word, or excel only) to:
Stacy Smith (stacysmith48@aol.com) and Kim O'Shea (execdircs@gmail.com)

----- **Applicant Do Not Write Below This Line** -----

Committee Use Only

Committee Rules/Conditions Met: Yes _____ No _____ Committee Chairman/Rep: _____
Sanction Fees will be paid by the geographic Committee: Yes _____ No _____

----- **SCS Use Only** -----

Approved: Yes _____ No _____ Sanction #: _____

Issued: _____ 20____ Signed: _____

Meet Officials:

Meet Director: _____ E-mail address: _____
(must be current non-athlete member of USA Swimming with Level 1 background check and Athlete Protection Training)

Meet Referee: _____ E-mail address: _____
(must be current non-athlete member of USA Swimming with Level 2 background check and Athlete Protection Training)

Admin Referee: _____ E-mail address: _____
(must be current non-athlete member of USA Swimming with Level 1 background check and Athlete Protection Training)

Meet Processor: _____ E-mail address: _____

REQUIRED for Meets other than Committee & SCS level (Dual, Tri, Closed Invites, etc)
Deck Officials:

SCS STANDARD ENTRY STATEMENTS

Meet Referee: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Rules: USA Swimming Rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. See SCS Swim Guide. Swimmers must check in with Clerk of Course for each event they wish to swim (Note: entry usually spells out timing for check-in). After an event has been officially closed a swimmer may not check in or scratch. Swimmers must swim in their actual Age Group as determined by age on the first day of the meet. (Note: entry usually specifies number of events swimmer may enter per day; if an open division is offered, spell out eligibility).

Eligibility: Open to athletes who hold current USA Swimming membership. Registration application must be received by the meet host or SCS office prior to the first day of the meet. Registration application may be submitted together with entry form. There are substantial penalties to swimmer & Club (see the current Swim Guide, Part One, III. B.) if USA Swimming registration is completed at the meet. (Note: entry should specify any restrictions, ex: "open to swimmers registered with the Eastern Committee").

Change of Affiliation: Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach or re-attach at a meet.

Swimwear: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

Deck Changes: Deck changes are prohibited.

APPENDIX “D” (Continued)

Submitted Times: Times submitted must be the BEST RECORDED TIMES short course or long course from this or the preceding swim season (no workout times). After entries close, meet administration will convert non-conforming times for seeding purposes only. Swimmers must have achieved time standards listed for an event. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. As a reminder: no updated times will be accepted after the meet entry deadline.

Meet Entry: Club electronic entry is encouraged. Individual event charge of \$ ____ plus \$ ____ surcharge must accompany every entry. Returned checks will incur a service fee per SCS policy. E-mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. New swimmers accepted SPACE AVAILABLE. NO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

If Relays are included in the meet: Relays will be deck-entered at \$ ____ each, payable on entry.

Racing Start Certification: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Recording Devices & Media Notice: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

Make Checks Payable To: Southern California Swimming

Mail entries to: _____

Warm-Up Policy: You must have a warm-up policy covering all lanes for the entire warm-up period plus any warm-up area that is available during the meet. The policy must be part of your entry form, must be posted, must be announced and must be enforced. It is imperative that you

APPENDIX “E”

WARM-UP AND SAFETY PROCEDURES

- I. Warm-up and Safety Procedures
 - A. General Warm-up (minimum 15 minutes - adjusted by Referee as appropriate)
 1. NO DIVING! Carefully enter feet first from the edge of the pool.
Recommended at all Age Group meets: three point/slide in entry.
 2. All lanes used for general warm-up.
 3. Depending on size of meet, warm-up should be split with assigned lanes for teams
 4. Lane Occupancy recommendations:
 - a. Age Group (12 & Under) – 25 yard 13-15 athletes – 50 meter 28-35 athletes
 - b. Senior Group (13 & Over) – 25 yard 10-12 athletes – 50 meter 21-28 athletes
 - B. Specific Warm-up (minimum 30 minutes - adjusted by Referee as appropriate)
 1. Referee opens push/pace lane(s) (see Table below).
 - a. Swimmers push off from the starting end only.
 - b. Swimmers circle swim.
 - c. NO DIVING!
 2. Referee opens sprint lane(s) (see Table below).
 - a. Sprints are one way only from the starting end.
 - b. Racing entry permitted.
 - c. Swimmer shall step back from front edge of block if a backstroker is starting.
 - d. Swimmers shall return to starting end by walking or in a non-sprint lane.
 3. Remaining lanes are general warm-up lanes (see A. above).
 4. Additional lanes may be opened by the Referee for pace or sprint work as needed (see Table below).
 - a. Outside lanes should be the push lanes.
 - b. Sprint lanes should not be outside lanes.
 - c. There should be a “return” lane next to a sprint lane.

POOL SIZE LANES	SPRINT LANE(S) ONE WAY	PUSH ONLY LANES	GENERAL WARM-UP
5	2, 4	1, 5	3
6	2, 5	1, 6	3, 4
7	2, 6	1, 7	3, 4, 5
8	2, 7	1, 8	3, 4, 5, 6
9	2, 8	1, 9	3, 4, 5, 6, 7
10	2, 9	1, 10	3, 4, 5, 6, 7, 8

Note: Certain conditions may dictate alterations in lane assignments. For example: if lanes 1-4 are in deep water and lanes 5-8 are in relatively shallow water, common sense would dictate using lanes 2 and 3 for sprint lanes, with return in lanes 1 and 4; push lanes would then be lanes 7 and 8. Any such alterations must be approved by the Referee.

APPENDIX “E” (Continued)

WARM-UP AND SAFETY PROCEDURES

- II. The Meet Referee -The Referee is ultimately responsible for the swim meet operation.
 - A. If safety precautions are not being practiced by an individual or team, the Referee shall:
 - 1. Ask them to leave the warm-up pool.
 - 2. Remove them from the meet for non-compliance with #1.
 - B. If any portion of the warm-up (pre-meet, during the meet or post-meet) is not adequately supervised by marshals, the Referee shall close that warm-up. See III. E. below for marshal's responsibilities.
- III. Host Team
 - A. Meet Facilities
 - 1. The Host Team shall inspect meet facilities prior to the meet to insure safe conditions.
 - 2. All hazards shall be corrected or clearly marked.
 - B. Warm-up procedures and lane designations
 - 1. Shall be published in the meet information (entry form).
 - 2. Shall be prominently displayed at several locations at the meet site.
 - C. Announcer
 - 1. Shall be available during the warm-up period.
 - 2. Shall make periodic announcements concerning warm-ups.
 - D. Starting Blocks
 - 1. Shall be physically blocked at the start of warm-ups (upturned chairs, cones, signs, etc).
 - 2. Shall be unblocked as needed for sprint lanes.
 - E. Marshals
 - 1. The host team shall provide:
 - a. Enough marshals to ensure safe conditions.
 - b. Marshals who will enforce the rules.
 - 2. Minimum requirements:
 - a. One marshal on each side of the pool during pre-meet warm-up and any time sprint lanes are used.
 - (i) A sprint lane marshal shall be close enough to the sprint lane to stop potential problems.
 - b. At least one marshal for a warm-up area in use during a meet.
 - c. Additional marshals as deemed necessary by the meet director and/or referee.
 - 3. Marshals shall be clearly recognizable by the swimmers (orange vest or other distinctive marking).
 - 4. The Referee shall be notified immediately if there are problems in enforcing the warm-up procedures.
- IV. Coaches
 - A. Shall instruct their swimmers on safety procedures for practice and meets.
 - B. Shall directly supervise all practices.
- V. Other people at a swim meet.

All people involved in a swim meet are responsible for safety at that meet. If they see a potentially unsafe situation, they should stop the situation and/or report the problem to the appropriate official: Marshal, Meet Director or Referee.

APPENDIX "F"

FINANCIAL REPORT FOR SWIM MEETS

Southern California Swimming, Inc.

Name of Meet _____ **Date** _____

I. REVENUE

1. Per Swimmer Surcharge	\$ _____ x _____ = _____		\$ _____
2. Individual Events @	\$ _____ x _____ = _____		
3. Relay Events @	\$ _____ x _____ = _____		
Entry Fees (2 + 3)			\$ _____
4. To Club - Individual Events @	\$ _____ x _____ = _____		\$ _____
PROJECTED MEET REVENUE			\$ _____

II. EXPENSES

1. SCS Fees and Travel Assessments			
A. SCS Fee (10% x Entry Fees [2 + 3])	_____		
B. \$0.50 x Indiv. Events Entered (\$0.75 Senior)	_____		
C. \$0.25 x Swimmers Entered	_____		
D. \$0.10 x Individual Events at Committee Champs & SCS bid meets (B, C & D to Senior Travel Fund)	_____		
E. Geographic Committee Charge	_____		
F. \$0.25 x Individual Events (Age Group Travel)	_____		
SUBTOTAL SCS MEET EXPENSES			\$ _____

2. SCS Contract Services & Equipment			
A. Timing Equipment Rental	_____		
B. Payment of Officials (+\$20 service fee)	_____		
C. Supplies at cost (cards, labels, etc.)	_____		
E. Misc: _____	_____		
SUBTOTAL SERVICES & EQUIPMENT			\$ _____

Total Expenses (1 + 2 above) **\$ _____**

Actual Deposit: \$ _____ Difference from Projected Revenue **\$ _____**

Net Income to Host (I & II) **\$ _____**

Preliminary Meet Settlement **Date: _____ \$ _____**

FINAL SETTLEMENT (Meet Results complete) **Date: _____ \$ _____**

Distribution: Original - Host Club; CC - SCS Office & SCS Treasurer

APPENDIX "G"

Southern California Swimming Policy for "Tech" Suits in Age Group Competition

- A. Swimmers 10 years old and younger (5-10) may not compete in "Tech" suits at Southern California Swimming sanctioned competition.
- B. For all other age groups "Tech" suits are not permitted at
 1. Age Group BRW meets including Open events
 2. Age Group Invitationals including Open events
 3. Dual/Tri/Quad and/or Intrasquad meets including Open events
- C. "Tech" Suits are permitted at the Winter Age Group Invitationals (WAG), June Age Group Invitationals (JAG), and Junior Olympic meets except 5-10 year old events.
- D. This policy shall be added to the required Swimwear statement on all meet information sheets listed in B. above

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. "Tech" suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet.
- E. For WAG, JAG and JO meets, the Swimwear statement shall be:

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. "Tech" suits are permitted at this meet except for 5-10 year old events.
- F. See Part Four. I. e. 1-6 "Swimwear" regarding "Tech" suits.
- G. Coaches, swimmers and parents will be responsible for knowledge of the policy, not Meet officials.

Effective January 1, 2017

APPENDIX "G"

Southern California Swimming

Policy for "Tech" Suits in

Age Group Competition (Continued)

2017 SCS AGE GROUP MEET-TECH SUIT RESTRICTION POLICY

AS OF JANUARY 1, 2017–NOT PERMITTED IN SCS AGE GROUP MEETS

(except JOs, JAG, WAG Championships for 11/Over)

***NO SUITS WITH BONDED SEAMS, KINETIC TAPE, MESHED SEAMS**

**if a suit has these items, it is not allowed, even if not on Restricted List*

Meet Referees will include this in the Coaches meeting, give out copies, and DQ violators.

Coaches should meet, explain and educate their swimmers and parents.

Senior meets are not restricted.

TECH SUIT RESTRICTED LIST – UPDATED AS OF 1/23/17

BLUE SEVENTY, NERO

JAKED: J12 WATER ZERO, LIMITED EDITION J11 STEEL, J11 WATER ZERO, JKATANA, JKEEL, JRUSH

SPEEDO: LZR X, LZR ELITE, LZR ELITE 2

TYR TRACER SERIES, AVICTOR, AVICTOR PRELUDE, AP12 COMPRESSION

NIKE SWIM NG

ARENA POWERSKIN OPEN BACK, ALL ARENA CARBON SERIES (AIR, PRO, ETC)

DOLPHIN TITANIUM

AQUASPHERE MP EXPRESSO

FINIS VAPOR

HUUB FINA TECHNICAL

COMPETITION SUITS APPROVED TO WEAR (classic hip cut or kneeskin)

SPEEDO: AQUABLADE (male & female), POWER PLUS (female), FASTSKIN 2/FSII (male & female), LZR PRO (male & female)

ARENA: POWERSKIN ST (male & female), POWERSKIN XP

TYR: FUSION 2, THRESHER

DOLPHIN: GRAPHLITE SERIES, LTF PRO SERIES, PLATINUM 2PRO

APPENDIX "H"

SCS Age Group Meet Template

Meet Name

Sanctioned by: USA Swimming & Southern California Swimming

Sponsored By: TEAM & Appropriate Committee

Date of Meet: DATE

Warm-up: Warm Up Time

Sanction No. 00-000

Received by deadline: 5:00 pm, Date

Start of Meet: Time and Day

POOL: ADDRESS OF POOL

DIRECTIONS: Where to find it

COURSE: Outdoor 50 meter x 25 yard with # competition lanes and (warm up pool/lane info). The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end ###, turn end ##.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Name of Referee for this meet, email address.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 Hour" rule. SWIMMERS MUST CHECK IN with the clerk of course ### MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least age years old on Date to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the event number or description are requested to furnish their own timers for three heats and lap counters in event number or description. Events will be swum ~~slowest to fastest~~ OR ~~fastest to slowest~~. **Swimmer may swim a maximum of ### events per day.**

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are not (or are) permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: www.socalswim.org.

DECK CHANGES: Deck Changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY: Open to ##### Committee athletes who hold 2017/2018 USA Swimming Registration. Registration application **must be received by the meet entry deadline** by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.** Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
White Division: Ribbons 1st - 6th place Relays: Medals 1st place, Ribbons 2nd - 3rd place

ENTRY FEES: \$### for each individual event along with a \$### surcharge **per swimmer must accompany each individual entry card.** NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry. zip file) will be accepted **ONLY** when received with an attached .PDF file **including electronic signature** of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) **ONLY**. Prior to entry deadline new swimmers accepted **SPACE AVAILABLE**. **DO NOT RESEND AN ENTRY FILE.** A replacement file for the team will not be processed.

Deletions will not be refunded. Relays will be deck-entered at \$5.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, DATE, IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. **(Receipt of entries will not be verified by phone or e-mail.)**

Make Checks payable to Southern California Swimming

MAIL ENTRIES TO: Meet processor info

Email for team electronic entries only: meet processor e-mail

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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Sponsor Note: Southern California Swimming sponsors may vend at SCS meets restricted only by city/county business license requirements and facility safety space limitations. Hosts of SCS meets may charge a reasonable “appearance” fee applied equally to all vendors, but must make available on a first come, first serve basis the opportunity to vend to SCS sponsors listed above. An exception is a facility with an exclusive contract with an on site swim shop, a default single vendor only.

Salo Swim Camp

June 2-7/ June 9-14/ June 16-21

Intensive Training Camp

(Open to first 52 boys & girls aged 12-18)

June 24-27

Intense Training Camp

(Open to first 52 boys & girls aged 14-18)

July 1-6

Traditional Camp

(Open to first 125 boys & girls aged 9-18)

Salo Swim Camp Includes:

- Training at state of the art facilities
 - Underwater filming
 - Special guest presentations
 - Daily, supervised activities

For more information:

David Salo, Head Coach
University of Southern California
www.saloswimcamp.com
saloswimcamp@gmail.com
(949) 547-7007



Hosted by
**Irvine
Novaquatics
& USA Swimming**

For Ticket information
visit either website:

www.novaquatics.com
www.usaswimming.org

If you are interested in
volunteering for these
events, contact us at
www.novaquatics.com



JULY 25-29, 2018



**CHAMPIONSHIP
SERIES ★★★★★**

JULY 31- AUGUST 4, 2018