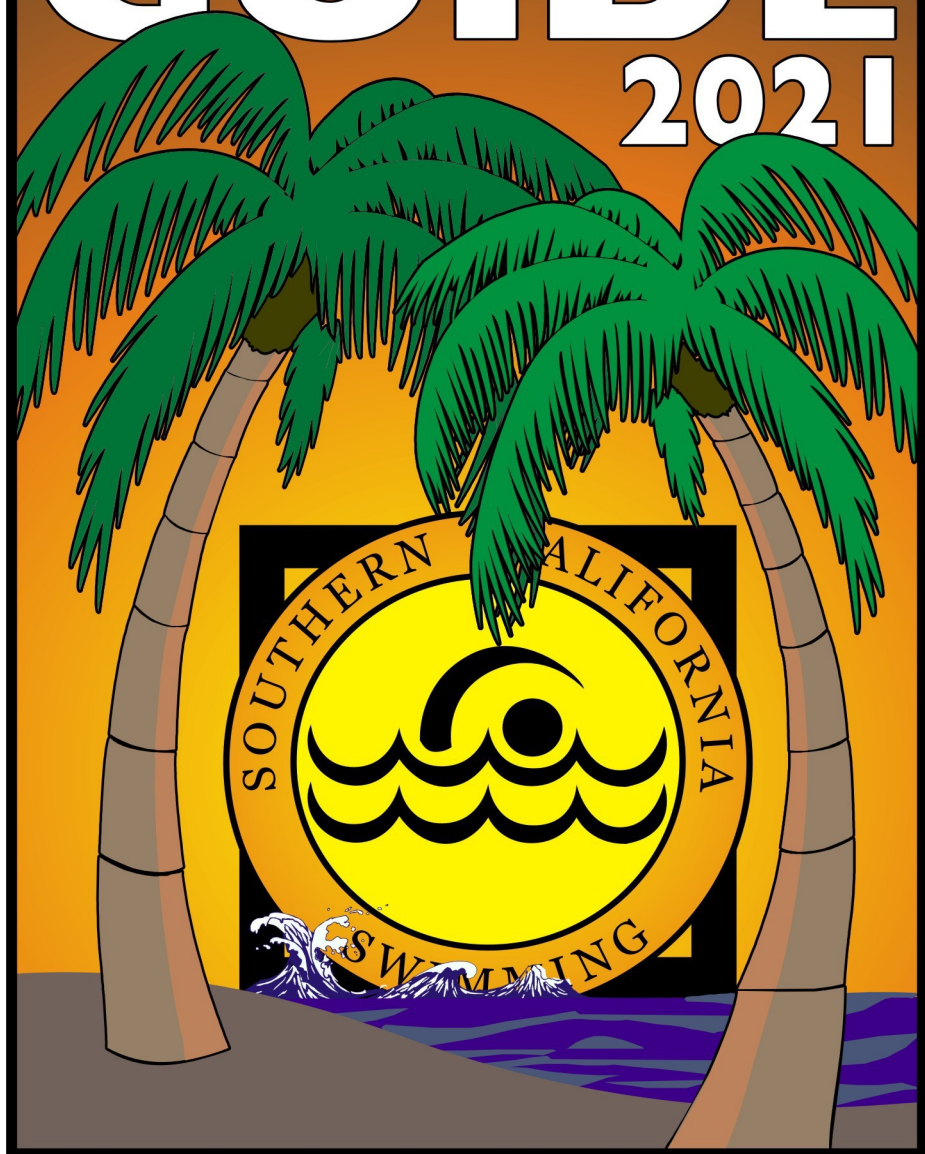


SWIM GUIDE

2021



SOUTHERN CALIFORNIA SWIMMING, INC. (CA)

**CA is a Local Swimming Committee of
USA SWIMMING, INC**

2021 Swim Guide

**Published by the House of Delegates of
Southern California Swimming**

Terry Stoddard, General Chairman

SWIM OFFICE

**28000 S. Western Ave., #226
San Pedro, CA 90732**

-or-

**Postal Annex – Rancho Palos Verdes
Attn: Southern California Swimming
28625 S. Western Ave., Box #182
Rancho Palos Verdes, CA 90275**

(310) 684-1151

Monday - Friday, 8:30 a.m. - 4 p.m.

**Visit Southern California Swimming (CA) on the
internet at <https://www.socalswim.org>
Email: officemanager@socalswim.org**

***NOTE: Updates to the 2021 Swim Guide will be available
during the calendar year online at [socalswim.org](https://www.socalswim.org)***

Greetings, and Welcome to Southern California Swimming (CA)!

CA is one of 59 Local Swimming Committees (LSCs) within USA Swimming. USA Swimming is one of the National Governing Bodies (NGBs) under the United States Olympic Committee (USOC) and the USOC is part of the Federation Internationale de Natation (FINA). FINA is the swimming organization within the International Olympic Committee (IOC)...the group that organizes the Olympics.

So, your club is the grassroots level of membership for swimming that goes all the way up to the Olympics!

From San Luis Obispo down to San Clemente and over to Las Vegas, we have about 25,000 athletes, coaches, officials and parent volunteers in our membership. Because our LSC is so large--the largest membership in the country--we have 6 Geographic sub-Committees: Coastal, Desert, Eastern, Metro, Pacific and Orange to help with administration and local competitions.

CA oversees registration for all our clubs and individual members, swim meet sanctions—roughly 400 swim meets per year are sanctioned/approved by CA, multiple camps and all-star teams, as well as educational programs for everyone.

Please use this Swim Guide as a great resource to learn all about our LSC: the rosters of our boards, Geo Committees and clubs within each, our policies and rules, and our rich history of fast swimming in the records section!

Our volunteer board and committee members (including our Athlete Reps) do a lot of work to keep our LSC strong and moving forward....if you have an interest in helping/serving on a committee, please let us know!

Happy Swimming!

TABLE OF CONTENTS

Southern California Swimming Directory	Page 5
Board of Directors	Page 6
Committee Chairs/Coordinators	Page 7
Committee Officers	Page 8
Club Rosters	Page 15
Swim Calendar	Page 29
Rules and Procedures	Page 33
Glossary for Southern California Swimming	Page 34
Part One-General Rules and Procedures	Page 37
I. Authority and Relationships	Page 37
II. Integrity of the Competition	Page 38
III. Registration and Affiliation	Page 40
IV. Entry into the Competition	Page 41
V. Administrative Procedures	Page 43
VI. Southern California Swimming Funds	Page 44
Part Two-Conduct of the Competition	Page 48
I. Conduct of Meets, General	Page 48
II. Conduct of Meets, "Timed Finals"	Page 48
III. Conduct of Meets, "Heats and Finals"	Page 49
IV. Conduct of Meets, "Time Trials"	Page 50
V. Submission of Entries	Page 50
VI. Limitation on Events	Page 51
VII. Entry Times	Page 51
VIII. Errors Related to Entries	Page 52
IX. Administration	Page 52
Part Three-Senior Competition	Page 53
I. Eligibility	Page 53
II. Senior Invitational Entry Procedures	Page 53
III. Awards	Page 54
Part Four-Age Group Competition	Page 54
I. Eligibility	Page 54
II. Procedures for Age Group Ability Levels	Page 55
III. Awards & Scoring	Page 57
IV. Age Group Relay Rules	Page 58
Time Standards	Page 61
SCS, National Age Group, American, and World Records	Page 87
Conoco Phillips Volunteer Service Award	Page 107
Ed Ruth Officiating Award and Kevin Perry Coach of the Year	Page 108
Appendices	Page 109
A. Non-Conforming Times	Page 110
B. Change of Affiliation Form - Club Transfer	Page 111
Change of Affiliation Form - CIF	Page 112
C. Sanctioned/Observed/Approved Meet Policy	Page 113
D. Sanction Application/ Standard Entry Statements	Page 114
E. Warm-Up and Safety Procedures	Page 120
F. Financial Report for Swim Meets	Page 122
G. Age Group Tech Suit Policy	Page 123
H. Age Group Meet Template	Page 124
I. Request for Intermediate/Relay Lead-off Split	Page 126
J. SCS Bylaws	Page 127
Index of Sponsors	Page 152



DIRECTORY

BOARD OF DIRECTORS

General Chair	Terry Stoddard, P.O. Box 91981 Pasadena, CA 91109 Email: twstoddard@pasadena.edu	(818) 681-5985
Administrative Vice Chair	Stacy Smith, 4969 Barbados Ct Oak Park, CA 91377 Email: stacysmith48@aol.com	(818) 665-6284
Finance Vice Chair	TBD	
Coach Rep	Mark Schubert, 27444 Casta Del Sol #2 Mission Viejo, CA 92692 Email: coachschubert@mvnswim.org	(949) 380-2552
Sr Athlete Rep	Joan Choi	
Jr Athlete Rep	Chelsea Hong	
Secretary	Cami Stein, PO Box 16967 Encino, CA 91416 Email: camistein2019@gmail.com	(818) 522-4487
Treasurer	Ron Ross, 2911 Shirley Drive Newbury Park, CA 91320 Email: flipburgers@rdrfoods.onmicrosoft.com	(818) 519-1205
Senior Vice Chair	Rick Shipherd, 1938 W. 184 th Street Torrance, CA 90504 Email: rshipherd@msn.com	(626) 806-1153
Age Group Vice Chair	Mike Cody, 1256 Bannon Ave. La Puente, CA 91744 Email: tridentwimclub@gmail.com	(626) 498-0070
Planning Vice Chair	Bob Hommel, 8593 Waterford Bend St. Las Vegas, NV 89123 Email: swimcoachbobh@gmail.com	(702) 290-1312
Safe Sport Vice Chair	Sheri Stoddard, PO Box 91981 Pasadena, CA 91109 Email: sastoddard@pasadena.edu	(818) 371-5098
Coastal Committee Chair	Alina de Armas, P.O. Box #63 Simi Valley, CA 93062 Email: alina@dearmas.co	(805) 522-4134
Desert Committee Chair	Jake Des Roches 5353 W. Desert Inn Rd., Apt. #1038 Las Vegas, NV 89146 Email: usaswimcoachjake@gmail.com	(703) 220-8067

Eastern Committee Chair	Mitch Gold, 2584 Cheryl Pl. Palm Springs, CA 92262 Email: mitch@palmdesertswimclub.com	(760) 401-0824
Metro Committee Chair	Kevin Larsen, 5600 Harbor St. Commerce, CA 90040 X2848 Email: kevinl@ci.commerce.ca.us	(323) 887-4404 X2848 cell - (323) 833-5232
Orange Committee Chair	Nathan Wilcox, 3 Cintilar Irvine, CA 92620 Email: coachnathanwilcox@yahoo.com	(949) 241-4567
Pacific Committee Chair	Mohammad Khadembashi 3125 S. Durango Ave., #4 Los Angeles, CA 90034 Email: mak@teamsantamonica.org	(310) 593-3452
At-Large Athlete Reps	Joslyn Rothlein Joshua Jeong	
DEI Vice-Chair	Sarah Dawson, 23215 Via Mirlo Mission Viejo, CA 92691 Email: coachsarah@mvnswim.org	(805) 558-6953
Officials Vice Chair/ On-Deck	Leanne Colvin, 3901 Paloma Dr. Ventura, CA 93003 Email: ltc5@hotmail.com	(661) 992-7625
Officials Vice Chair/ Admin	Omar de Armas, PO Box #63 Simi Valley, CA 93062 Email: omar.dearmas@gmail.com	(805) 522-4134
Open Water Vice Chair	Robin Smith, 1048 Irvine Ave, Ste 615 Newport Beach, CA 92660 Email: coachrobinsmith@gmail.com	(949) 640-0381 cell- (949) 922-4885
Immediate Past Chair (Ex Officio)	Michael Jafari Email: maxcoachmichael@gmail.com	(626) 643-7619

COMMITTEE CHAIRS/COORDINATORS

Governance Committee Chair	Phil Yoshida, 275 N. Chorro St., Apt A San Luis Obispo, CA 93405 Email: pyoshida@calpoly.edu	(805) 756-5714
Operational Risk Coordinators	George Young, PO Box 2556 San Gabriel, CA 91778 Email: gyinstitute@hotmail.com	(818) 599-9014
	Stacy Smith, 4969 Barbados Ct. Oak Park, CA 91377 Email: stacysmith48@aol.com	(818) 665-6284

Registration Coordinator	Nicole Hendry 28000 S. Western Ave., #226 San Pedro, CA 90732 Email: officemanager@socalswim.org	(310) 684-1151
Times Recognition Coordinator	Judi Divan, 33561 Calle Miramar San Juan Capistrano, CA 92675-4922 Email: divanj@cox.net	(949) 280-6787

COASTAL COMMITTEE OFFICERS

Chair	Alina de Armas, P.O. Box #63 Simi Valley, CA 93062 Email: alina@dearmas.co	(805) 444-0317
Vice Chair/ Planning/ Operational Risk	Stacy Smith 4969 Barbados Ct. Oak Park, CA 91377 Email: stacysmith48@aol.com	(818) 665-6284
Senior Rep	Mike Ashmore, PO Box 44 Santa Maria, CA 93456 Email: santamariaswim@gmail.com	(805) 714-8210
Age Group Rep	Tarrik Daou, 135 E. Wilbur Rd. Thousand Oaks, CA 91360 Email: tarrik@dalandswim.com	(818) 665-9871
Secretary	Sean Kakumu 24655 Rockwell Canyon Rd Santa Clarita, CA 91355 Email: generalmanager@canjons.org	(661) 877-3776
Treasurer	Cami Stein, PO Box 16967 Encino, CA 91416 Email: camistein2019@gmail.com	(818) 522-4487
Review	Erica Johnson, 321 Cuyler Harbor Drive Camarillo, CA 93012 Email: erica.johnsonswim@gmail.com	(805) 504-5093
Coach Rep	TBD	
DEI	Daiki Sato, 4744 Farmdale Ave North Hollywood, CA 91602 Email: dedfo2551@yahoo.com	(818) 929-6762
Officials Rep	Omar de Armas, PO Box #63 Simi Valley, CA 93062 Email: omar.dearmas@gmail.com	(805) 522-4134

Open Water	John Abrami, 1629 Garden Street, Apt #1 Santa Barbara, CA 93101 Email: coachab@sbswim.net	(805) 453-6289
Safe Sport	Chris Dahowski, 27464 Garza Dr Saugus, CA 91350 Email: chris@paseoaquatics.org	(818) 633-3917
Athlete Rep(s)	Connor Henry – SR	



Conejo Swimworks

COMPETITIVE SWIMWEAR WITH A KICK

FULL LINE OF SWIMWEAR AND ACCESSORIES

SPEEDO, ARENA, NIKE, TYR, AND MORE!

SWIMSUITS
CUSTOM SWIM CAPS
GOGGLES
WARM UPS

PARKAS
TRAINING GEAR
BACKPACKS
ACCESSORIES

(805) 379-4734
688 N MOORPARK RD
THOUSAND OAKS, CA

(661) 253-0063
22945 SOLEDAD CYN
SANTA CLARITA, CA

TECHNICAL SUIT FITTING IS OUR SPECIALTY!
ASK US ABOUT ON-DECK TEAM FITTINGS

DESERT COMMITTEE OFFICERS

Chair/ DEI	Jake Des Roches 5353 W. Desert Inn Rd., Apt. #1038 Las Vegas, NV 89146 Email: usaswimcoachjake@gmail.com	(703) 220-8067
Vice Chair/ Planning	Peter Mavro 10300 W. Charleston Blvd. #13-80 Las Vegas, NV 89134 Email: pjmauro@hotmail.com	(702) 904-0080
Senior Rep	Amber Stewart 9351 Brownstone Ledge Ave. Las Vegas, NV 89149 Email: fishkisses81@gmail.com	(702) 327-8596
Age Group Rep	Michael Kinross, 8401 Cinnamon Hill Ave Las Vegas, NV 89129 Email: coachmichael28@gmail.com	(815) 715-4933
Treasurer/ Open Water	Ronald Aitken 4440 S. Durango Drive, Ste. A Las Vegas, NV 89147 Email: usaswimcoach@gmail.com	(702) 810-3679
Review	Ben Looz, 238 Hanley Way Henderson, NV 89074 Email: benloorz@unlv.edu	(510) 227-0219
Coach Rep	Brian Wakefield 1049 Island Falls Ave. Henderson, NV 89015 Email: bwakster@gmail.com	(702) 203-8133
Officials Rep/ Safe Sport	Kyle Yacoben, 233 Silver Castle St. Las Vegas, NV 89144 Email: kyleyacoben@gmail.com	(207) 522-8525
Operational Risk	Cheryl Pearson, 3207 Arco Ave. Henderson, NV 89044 email: cherylpearson.lv@gmail.com	(702) 326-4216
Athlete Rep(s)	Paige Kuwata – SR Valeria Sanchez-Cordero – JR	
Athlete(s) At Large	Kenyon Jolley Rylie Solis Brooklyn Stewart Lidia Thevenot Olivia Tressler	

EASTERN COMMITTEE OFFICERS

Chair	Mitch Gold, 2584 Cheryl Pl. Palm Springs, CA 92262 Email: mitch@palmdesertswimclub.com	(760) 401-0824
Vice Chair	Becky Moon, 11018 Maplefield St. South El Monte, CA 91733 Email: coachbeckymoon@gmail.com	(626) 376-7904
Senior Rep/ Coach Rep	Rodney Pilman, 3171 Locust St Riverside, CA 92501 Email: rodpilman@yahoo.com	(425) 478-2746
Age Group Rep	Bryan Haile, 3438 Elmwood Ct Riverside, CA 92506 Email: raageneralmanager@gmail.com	(209) 968-8035
Secretary/ Review	Tracy Garcia, 7500 Lavender Ct. Fontana, CA 92236 Email: dolphinwks@sbcglobal.net	(909) 559-7744
Treasurer	Sherry Mueller, 14067 Blue Ash Ct. Corona, CA 92880 Email: iambestgma@gmail.com	(626) 524-5020
Planning	Jennifer Beech, PO Box 891612 Temecula, CA 92589 Email: coachjenn@tmecswim.org	(949) 395-3293
DEI	Virgil Chancy, PO Box 7907, Moreno Valley, CA 92552 Email: vlchancy@yahoo.com	(760) 217-8077
Officials/ Open Water	Paul Szuszkiewicz, 1437 E. Palm Ave Redlands, CA 92374-5460 Email: pszsz@hotmail.com	(951) 741-1738
Operational Risk	Ellie Abihider, 28135 Rawlings Road, Hemet, CA 92544-8315 Email: eabihider@aol.com	(951) 768-8671
Athlete Rep(s)	Joslyn Rothlein – SR	

METRO COMMITTEE OFFICERS

Chair/ Review/ DEI	Kevin Larsen, 5600 Harbor St. Commerce, CA 90040 X2848 Email: kevinl@ci.commerce.ca.us	(323) 887-4404 X2848 cell - (323) 833-5232
Vice Chair	Joy Lim, 862 E. Mountain Way, Unit B Azusa, CA 91702 Email: coachjoy.dare@gmail.com	(323) 896-5290
Senior Rep	Sheri Stoddard, PO Box 91981 Pasadena, CA 91109 Email: sastoddard@pasadena.edu	(818) 371-5098
Age Group Rep	Lenin Velasco, 43629 Byron Dr. Lancaster, CA 93535 Email: lenin25@yahoo.com	(818) 231-2171
Secretary/ Treasurer	Lauren Skinner 470 E. Washington Blvd., Apt. H Pasadena, CA 91104 Email: swimarcadia@gmail.com	(415) 306-4360
Planning-SR	Michael Schicora Email: swim4bac2@aol.com	
Planning-JR	Federico Ricketts, 13454 Shady Knoll Dr. Corona, CA 92880 Email: rickettsfederico@gmail.com	(323) 823-3620
Coach Rep/ Operational Risk	George Young, PO Box 2556 San Gabriel, CA 91778 Email: gyinstitute@hotmail.com	(818) 599-9014
Open Water	Mark Johnson, 302 ½ 9 th St Huntington Beach, CA 92648 Email: skrudz@aol.com	(714) 374-6345
Safe Sport	Marco Flores, 1130 S. 1 st Ave Arcadia, CA 91006 Email: maxcoachmarco@gmail.com	(626) 487-7248
Athlete Rep(s)	Joan Choi – SR	
Athlete(s) At Large	Collin Geer – Open Water	

ORANGE COMMITTEE OFFICERS

Chair	Nathan Wilcox, 3 Cintilar Irvine, CA 92620 Email: coachnathanwilcox@yahoo.com	(949) 241-4567
Vice Chair	Tracy Maurer, 65 Cartier Aisle, Irvine, CA 92620 Email: coach.tracy@goldenwestswimclub.org	(231) 330-1061
Senior Rep	Ken LaMont, 21796 Lake Vista Dr Lake Forest, CA 92630 Email: lamo12@aol.com	(949) 533-3606
Age Group Rep	Kevin Little, 19 Whitecloud Irvine, CA 92614 Email: kevin.little@novaquatics.com	(949) 351-0644
Secretary/ Treasurer	Teresa Wilson, 17430 Ridgedale Lane Yorba Linda, CA 92886 Email: meetmanager@fastswimming.net	(310) 508-3035
Planning	Kim Hoesterey, 32 Brena Irvine, CA 92620 Email: khoest@aol.com	(714) 981-1142
Review:	Steve Quan, 33885 Robles Dr, Apt B Dana Point, CA 92629 Email: srquan@cox.net	(949) 292-3887
Coach Rep	Danylo Proskura Email: coach.dan@goldenwestswimclub.org	(949) 232-9449
DEI	Kristeen Gracia, 27755 Zircon #E101 Mission Viejo, CA 92691 Email: coachkristeen@mvnswim.org	(831) 578-0925
Officials	Richard Davis, 17938 Ash Street Fountain Valley, CA 92708 Email: richard.e.davis@gte.net	(949) 350-4405
Open Water:	Alex Nieto, 4515 Portola Pkwy. Irvine, CA 92626 Email: alex.nieto@novaquatics.com	(714) 614-3305
Safe Sport	Quincy Kelly, 3 Pineoak Aliso Viejo, CA 92656 Email: quincy.kelly@novaquatics.com	(808) 253-8971
Athlete Rep(s)	Tyryn Empremsilapa – SR	

PACIFIC COMMITTEE OFFICERS

Chair	Mohammad Khadembashi 3125 S. Durango Ave., #4 Los Angeles, CA 90034 Email: mak@teamsantamonica.org	(310) 593-3452
Vice-Chair	Tim Hamlet 133 The Promenade N. - Unit #327 Long Beach, CA 90802	(971) 533-6647
Senior Rep	Peter Lambert. 607 N. Bel Aire Dr. Burbank, CA 91501 Email: peter@blastswimming.org	(818) 445-5188
Age Group Rep	Peter Fishler, 1948 Malcolm Ave. #303 Los Angeles, CA 90025 Email: peterfishler@gmail.com	(310) 773-1113
Secretary/ Treasurer	Francois Harris, 15938 Vincennes St. North Hills, CA 91343 Email: coachfrancois@live.com	(424) 200-9977
Planning	Stefanie Capizzi, 14929 Kingsdale Ave Lawndale, CA 90260 Email: stefanie.capizzi@gmail.com	(908) 229-1199
Review:	DeAnne Preyer, 1224 Agate St, Apt #4 Redondo Beach, CA 90277 Email: swim4zap@gmail.com	(424) 901-3703
Coach Rep	Monique Shelton, 500 Rindge Ln Redondo Beach, CA 90278-5010 Email: mcneek@gmail.com	(310) 877-5801
Disability	Chantal Woodard	
DEI	Kimi Davidson, 21515 Hawthorne Blvd, #200 Torrance, CA 90503 Email: coachkimi@gmail.com	(843) 425-6448
Officials	Bettie Williams, PO Box 83538 Los Angeles, CA 90083-3538 Email: blwswim@earthlink.net	(310) 338-8776
Open Water	Iman Khadembashi 815 Ashland Ave, Apt #321 Santa Monica, CA 90405 Email: iman@teamsantamonica.org	(310) 593-3456
Safe Sport	Scott Hubbard, 7907 Anise Ave. Los Angeles, CA 90045 Email: shubbard1972@gmail.com	(213) 220-5095
Athlete Rep(s)	Jordan Real-SR	

CLUB ROSTER

COASTAL COMMITTEE

Buenaventura Swim Club BUEN

buenaventuraswimclub.org
Kevin Lane – C
PO Box 3934
Ventura, CA 93006
805-650-0400 (O)
teamadmin@
buenaventuraswimclub.org

Mary Miya – R
7167 Impala Dr.
Ventura, CA 93004
805-650-0400 (O)
805-660-3067 (H)
teamadmin@
buenaventuraswimclub.org

Calabasas Waves WAVE calabasaswaves.com

Greg Bisheff
23620 Mulholland Hwy.
Calabasas, CA 91302
818-591-6472 (O)
greg.bisheff@viewpoint.org

Cal Poly CPSU

gopoly.com
Philip Yoshida – C
Attn. Swimming and Diving
1 Grand Ave
San Luis Obispo, CA 93407-0388
805-756-5714 (O)
pyoshida@calpoly.edu

Canyons Aquatic Club CANY

canyons.org
Kevin Nielsen – C
PO Box 55125
Santa Clarita, CA 91385
661-362-3210 (O)
805-901-3175 (M)
kevin@canyons.org

Sean Kakumu – P, R
PO Box 55125
Santa Clarita, CA 91385
661-362-3210 (O)
661-877-3776 (M)
generalmanager@canyons.org

Carpinteria Aquatics Club CARP

No 2021 Information Submitted

CCAT Swimming CCAT ccatsswimming.com

Jeff Thornton – C
4969 Barbados Ct.
Oak Park, CA 91377
818-584-5921 (M)
crestswim@aol.com

Stacy Smith – P
4969 Barbados Ct.
Oak Park, CA 91377
818-665-6284 (M)
Stacysmith48@aol.com

Channel Island Aquatics CIA

No 2021 Information Submitted

**Class Aquatics
CLSS**
classaquatics.org
Steve Reardon – C,P
PO Box 6041
Thousand Oaks, CA 91359
818-389-8812
classaquatics@aol.com

Conejo Simi Swim Club CSSC

csaswim.com
Kacy Ota – C
3043 Fitzgerald Rd.
Simi Valley, CA 93065
805-490-2911
coachkacy@gmail.com

Qiuliang Luo – P
14366 Mangrove Street
Moorpark, CA 93021
805-334-6527
qiuliang.luo@yahoo.com

Daland Swim Team DALD dalandswim.com

Tarrik Daou
135 E. Wilbur Rd.
Thousand Oaks, CA 91360
805-495-5210 (O)
818-665-9871 (M)
tarrik@dalandswim.com

Gauchos Aquatics UCSB

Matt Macedo – C
Dept of Athletics ICA Bldg - UCSB
Santa Barbara, CA 93106-5200
805-893-2989 (O)
matt.macedo@ucsb.edu

Mark Stori – R
Dept of Athletics ICA Bldg - UCSB
Santa Barbara, CA 93106-5200
805-893-2505 (O)
mark.stori@ucsb.edu

Horizon Aquatic Club HRZN hrzn.org

Andy Copley – C
1534 N. Moorpark Road
Thousand Oaks, CA 92360
646-255-3274
acopley.hrzn@gmail.com

Kaley Sallade – P
1534 N. Moorpark Road
Thousand Oaks, CA 91360
818-324-5934
president.hrzn@gmail.com

**Lompoc Tsunami Aquatics
LTA**

lompocaquatics.com
Emily Anderson -C
451 Lasalle Canyon Rd
Lompoc, CA 93436
480-466-9139
anderson.emilyjs@gmail.com

Tamasyn Smith – R
PO Box 123
Lompoc, CA 93436
805-944-7465 (O)
schmitsky@gmail.com

**Malibu Canyon Aquatics
MACA**

No 2021 Information Submitted

**Malibu Seawolves Swimming
MSS**

malibuseawolves.com
Erik Ran - C
30215 Morning View Drive
Malibu, CA 90265
415-361-6552
info@malibuseawolves.com

Sue Murphree – P
31369 Pacific Coast Highway
Malibu, CA 90265
323-842-1528
suemurphree@hotmail.com

**North County Aquatics
NCA**

northcountyaquatics.org
Heather Moffitt - C
2975 Union Rd
Paso Robles, CA 93446
805-239-7397 (O)
805-286-6982 (M)
swimnca@sbcglobal.net

Jacquelyn Hancock – R
7264 Breslin Lane
Paso Robles, CA 93446
805-235-4920
jacquelyn.hancock@gmail.com

**Ojai Heatwaves
OJAI**

**ovac.caclubs.com/aquatics/
ojai-heat-waves**
Wenke Seider – C
409 Fox St.
Ojai, CA 93023
805-646-7213 (O)
wseider@caclubs.com

Elin Cheverez – P
409 Fox St.
Ojai, CA 93203
805-448-0577
echeverez@caclubs.com

**Paseo Aquatics
PATH**

paseoaquatics.org
Chris Dahowski – C
27464 Garza Dr
Saugus, CA 91350
661-388-5301 (O)
818-633-3914 (M)
chris@paseoaquatics.org

**Paso Robles Aquatics
PASO**

pasoroblesaquatics.com
Collin Moore – C
179 Niblick Rd., Suite 259
Paso Robles, CA 93446
805-769-6950
coachcmooreswim@gmail.com

Jennifer Brown – R
PO Box 898
Templeton, CA 93446
805-400-7827
pasoswimcoach@yahoo.com

**Pleasant Valley Swim Team
PVST**

pvst.org
Amy J Patterson – P
148 Appletree Ave
Camarillo, CA 93012
805-768-4846 (O)
805-465-0823
pvstpresident@gmail.com

**Porter Valley Polar Bears
PVPB**

PVPBSwim.org
Courtland Day – C
19216 Singing Hills Dr
Northridge, CA 91326
818-360-1071 (O)
courtland@pvpbswim.org

**Puma Aquatic Team
PUMA**

pumaswim.org
Jud Clark – C
PO Box 3117
San Luis Obispo, CA 93403
805-709-7946
pumaswim@yahoo.com

**Rattler Swim Club
RTL**

rattlerswimming.org
Forest Riek – R
8342 Owens St.
Sunland, CA 91040
805-279-0195
forest@rattlerswimming.org

**San Luis Obispo Swim Club
SLO**

sloswimclub.org
Philip Yoshida – C
PO Box 142
San Luis Obispo, CA 93406
805-543-9515 (O)
office@sloswimclub.org

**Santa Barbara Swim Club
SBSC**

sbswim.net
Marci Steelman – P
1324 W. Valerio St.
Santa Barbara, CA 93101
805-705-4544
president@sbswim.net

**Santa Maria Swim Club
SMSC**

santamariasmwim.com
Michael Ashmore – C
806 Raintree Ct.
Santa Maria, CA 93455
805-714-8210
santamariasmwim@gmail.com

John Edds – P
PO Box 44
Santa Maria, CA 93456
805-928-9655
niteswine@gmail.com

**Santa Ynez Valley Swim Club
YNEZ**

No 2021 Information Submitted

DESERT COMMITTEE

**Bluefin Aquatics
BLUE**

bluefinaquatics.com
Bob Hommel – C
8593 Waterford Bend St.
Las Vegas, NV 89123
702-290-1312
swimcoachbobh@gmail.com

**Boulder City Henderson
BCH**

bchswim.com
Michial Polk – C, P
PO Box 60321
Boulder City, NV 89006
702-810-6204
mspbch@aol.com

**Desert Storm Swimming
DSS**

No 2021 Information Submitted

**Las Vegas Swim Club
LVSC**

lasvegasswimclub.com
Peter Mavro – C
10300 W Charleston Blvd
#13-168
Las Vegas, NV 89135-5008
pjmavro@hotmail.com

Rene Carlsen – P
10300 W Charleston Blvd
#13-168
Las Vegas, NV 89135-5008
renecarlsen@yahoo.com

**Life Time Nevada
LIFE**

lifetimelighting.com
Abbey Rasa – C, P
10721 W Charleston Blvd.
Las Vegas, NV 89135
702-228-2611 (O)
816-522-3625 (M)
arasa@lt.life

**North Las Vegas Avengers
NLVA**

Jonathan Hillmer – C
1025 Jewel Springs Lane
North Las Vegas, NV 89081
702-273-0297
jonathanhillmer@gmail.com

Kelly Hillmer – R
1025 Jewel Springs Lane
North Las Vegas, NV 89081
702-273-0301
hillmerkelly@gmail.com

**Sandpipers of Nevada
SAND**

sandpipersofnevada.com
Ron Aitken – C
4460 S Durango Dr, Suite A
Las Vegas, NV 89147
702-871-0034 (O)
702-810-3679 (M)
usaswimcoach@gmail.com

Michael Kinross – R
4460 S. Durango Dr., Ste. A
Las Vegas, NV 89147
815-715-4933
coachmichael28@gmail.com

**Team Rebel Aquatics
TRA**

teamrebelaquatics.org
Lorena Diaconescu – C, R
2816 Huber Heights Dr
Las Vegas, NV 89128
702-630-2393
lorenaswim@hotmail.com

EASTERN COMMITTEE

**Bloomington Barracudas
Swim Club
BLSC**

No 2021 Information Submitted

**CHAWP
CHWP**

chawp.com
No 2021 Information Submitted

**Chino Hills Aquatics
CHS
chinohillsaquatics.com**

Monique Tahauri – C
8002 Calpella Ave.
Hesperia, CA 92345
909-969-4292
mstahauri@gmail.com

Becky Moon – P
11018 Maplefield St.
South El Monte, CA 91733
626-376-7904
coachbeckymoon@gmail.com

**Circle City Aquatics
CCAQ
circlecityaquatics.com**

Tyler Harp - C
PO Box 77183
Corona, CA 92877
909-806-0300
coachtyler@
circlecityaquatics.com

Glenn Ma - P
PO Box 77183
Corona, CA 92877
909-762-5525
president@
circlecityaquatics.com

**Combat Center Aquatics
USMA**

No 2021 Information Submitted

**Corona Aquatics Team
CROC**

coronaaquatics.com
Darlys Ankeny- C
2918 Laureltree Drive
Ontario, CA 91761
909-644-7311 (H)

Tammy Staveley - P
1442 White Holly Drive
Corona, CA 92881
714-337-5223
tammy@coronaaquatics.com

**Desert Aquatics
DSRT**

desertaquatics.net
Julie Graham - C
7898 Lassen Ave.
Hesperia, CA 92345
760-680-5618
coachjulieDSRT@gmail.com

Laura Gonzales - P
17747 Juniper St.
Hesperia, CA 92345
760-662-9460
desertaquaticshd@gmail.com

**Elite Otters Swim Team
OTTR**

eliteotters.com
Joshua Ottesen - C
68400 Sandra Court
Cathedral City, CA 92234
760-221-7228
eliteotters@yahoo.com

Laura Otteson - R
68400 Sandia Ct.
Cathedral City, CA 92234
760-668-2663
eliteotters@yahoo.com

**Fontana Aquatic Club
FAC**

fontanaaquatics.org
Renata Martinez - C
3828 Turquoise Lane
La Verne, CA 91750
626-222-5063
Renata.Martinez@aol.com

Stacy Lewis - P
7424 Cherry Ave., Ste. 210/22
Fontana, CA 92336
909-510-9867
president@fontanaaquatics.org

**Fusion Aquatics
FSON**

No 2021 Information Submitted

**Hemet Valley Dolphin Aquatics
HVDA**

teamunify.com/scshvda
Scott Hitchcock - C
1564 Rexford Dr.
Hemet, CA 92545
951-660-4707
desertsurfer1961@hotmail.com

Randy Palma - P
3433 Cougar Canyon Rd.
Hemet, CA 92545
951-313-0760
HVDARandy@gmail.com

**High Desert Aquatics
Sand Sharks**

**HDA
hidesertaquatics.com**
Michelle Kompier - C,R
PO Box 1503
Yucca Valley, CA 92286
951-316-4984
hidesertaquatics@gmail.com

**Hillside Aquatics
HILL**

Mike Dickson - C
12888 Crestfield Ct
Rancho Cucamonga, CA 91739
909-994-3471
hillsidecoach@charter.net

**Indian Wells Valley
IWV**

Grant Hanson - C
424 Veadia Ave.
Ridgecrest, CA 93555
760-301-4977
grant.hanson@netzero.com

Matthew Wanta - P
926 W. Hood Ave.
Ridgecrest, CA 93555
760-793-7845
matthew.wanta@yahoo.com

**Inland Empire Aquatics Club
IEAQ**

ehrdswim.com
Jesse O'Donnell - C
322 Brigitte Court
Redlands, CA 92373
909-799-2300 (O)
909-647-3359 (H)
jjodonnell82@yahoo.com

Ervin Caver - P
1386 Quince St
Beaumont, CA 92223
909-957-4210 (M)
demkvrs@aol.com

**JET Aquatics
JET**

Victoria Hodge - C
6663 Brissac Place
Rancho Cucamonga, CA 91737
909-908-8082
victoriahodge93@gmail.com

Elaine Hodge - P
6663 Brissac Place
Rancho Cucamonga, CA 91737
909-556-0306
jetaquatics16@gmail.com

Mesa Aquatics**MESA***No 2021 Information Submitted***Moreno Valley Aquatics****MVAQ****mvaq.com**

Joseph Bravo – P

25718 Tallandsia Ct.

Moreno Valley, CA 92553

951-333-7730

jbravoemtp@yahoo.com

Mt. Baldy Aquatics**MBA****mtbaldyaquatics.org**

Dan Hayler - P

754 Azure Ct.

Upland, CA 91786

909-569-2288

dan@4seapeople.com

Lynn Banks – R

218 E Annapolis Dr

Claremont, CA 91711

909-240-3181

lynnsbanks58@gmail.com

Murrieta Makos Swim Team**MMST****murrietamakosswimteam.com**

Kristie Steffens – C

22780 Rolling Brooke Lane

Wildomar, CA 92595

951-805-7147

coachkristiesteffens@gmail.com

John Gabriel - VP

jjagabriel@gmail.com

Palm Desert Swim Club**PDSC**

palmdesertswimclub.com

Mitchell Gold – C

PO Box 10654

Palm Springs, CA 92260

760-401-0824

mitch@

palmdesertswimclub.com

Pass Swim Team**PASS**

Debra Roppelt – C

5215 W. Gilman St.

Banning, CA 92220

951-845-3030 (O)

951-836-6255

passswimteam@gmail.com

Piranha Swim Team**PST****piranhaswimteam.org**

Jeff Conwell – C

2791 Pintura Circle South

Palm Springs, CA 92264

760-318-7946 (O)

661-993-2868 (M)

admin@piranhaswimteam.org

Redlands Swim Team**RST****redlandsswimteam.org**

Austin Brown – C

440 S. Center

Redlands, CA 92373

909-557-5599 (O)

909-732-0272 (H)

headcoach@

redlandsswimteam.org

James Wheeler - P

30563 Mission St

Highland, CA 92346

909-496-2030

bawanajr@msn.com

Riverside Aquatics**Association****RAA****raaswim.org**

Rodney Pilman – C

324 Anade Ave.

Newport Beach, CA 92661

425-478-2746

rodpilman@yahoo.com

Bryan Haile – R

5755 Tower Rd.

Riverside, CA 92506

209-968-8035

raageneralmanager@gmail.com

STAR Aquatics**STAR****staraquaticsclub.com**

Ellie Abihider – C

28135 Rawlings Rd

Hemet, CA 92544

951-768-8671

eabihider@aol.com

Stingrays Swim Club**SRSC***No 2021 Information Submitted***Swim Club of Ridgecrest****SCOR***No 2021 Information Submitted***Temecula Swim Club****TMEC****tmecswim.org**

Jennifer Beech – C

PO Box 891612

Temecula, CA 92589

949-699-5526 (O)

949-395-3293 (M)

coachjenn@tmecswim.org

Rob Courtney – P

PO Box 891612

Temecula, CA 92589

951-699-5526 (O)

949-395-3293 (M)

tmecpresident@tmecswim.org

The Claremont Club**TCC****tccswim.org**

John C Ries – C

1777 Monte Vista

Claremont, CA 91711

909-625-6791 (O)

909-981-1785 (M)

tccswim@hotmail.com

Jennifer Altree – R

582 Martin Way

Claremont, CA 91711

909-625-6791 (O)

951-204-4240 (M)

tccswim@hotmail.com

**Twentynine Palms Swim Team
TPST**

Michelle Minatrea-Teo – C
PO Box 2047
29 Palms, CA 92277
760-567-4725
michelleandsia@aol.com

Irene Hull-Beard – P
PO Box 2047
29 Palms, CA 92277
760-367-5258 (M)
idesertbeard@roadrunner.com

**Victory Aquatics
VA
victoryaquatics.org**

Loren McCoy -C
3589 Valencia Ave.
San Bernardino, CA 92404
909-210-7434 (O)
951-317-6933 (M)
Loren.mccoy1@verizon.net

Randy Souza – R
3589 Valencia Ave.
San Bernardino, CA 92404
909-260-5080 (O)
909-726-1487 (M)
Randysouza60@gmail.com

**Yucaipa Swim Team
YST**

yucaipaswim.org
Shelby Kenny-Hernandez – C
PO Box 505
Yucaipa, CA 92399
909-747-9834 (O)
ystadmn@gmail.com

Jason Northcott -P
PO Box 505
Yucaipa, CA 92399
909-437-6923
presidentyst@gmail.com

METRO COMMITTEE

**Arcadia Riptide Swim Club
ARSC**

arcadiaswimclub.org
Lauren Skinner – C
145 E. Duarte Rd., #AA-503
Arcadia, CA 91006
415-306-4360
swimarcadia@gmail.com

**Barracuda Aquatic Club
BAC**

bacswimming.org
Michael Schicora – C
562-382-7749 (O)
swim4bac2@aol.com

**Beach Swim Club
BSC**

longbeachswimclub.com
Teresa Pascuzzo – C
5318 E 2nd St #101
Long Beach, CA 90805
562-619-0372
beachswimclub@gmail.com

Teresa Pascuzzo – P
4848 E Trimble Ct.
Long Beach, CA 90814
teresapascuzzo@charter.net
562-619-0372

**California Aquatics
CALI**

Hidenaga Murakami
4505 W 5th St.
Los Angeles, CA 90020
323-742-7526

**Cerritos Aquatic Club
CERR**

cerritosaquatics.org
Mark Johnson – C
302 ½ 9th St
Huntington Beach, CA 92648
714-374-6345 (O)
657-203-4361
skrudz@aol.com

Victor Fong– P
18722 Christina Ave.
Cerritos, CA 90703
949-228-1246
vicfo888@gmail.com

**Commerce Aquatics
COMM**

commerceaquatics.org
Kevin Larsen – C
5600 Harbor Street
Commerce, CA 90040
323-887-4404 x2848 (O)
323-833-5232 (M)
kevinl@ci.commerce.ca.us

**Covina Aquatics Assoc
CAA**

covinaaquatics.com
Mike Gautreau – C
PO Box 1477
Glendora, CA 91740
626-862-7690
gautreaumike@gmail.com

**DARE Aquatics
DARE**

dareaquatics.com
Joy Lim – C
110 W. 6th St., PO Box 256
Azusa, CA 91702
323-896-5290
coachjoy.dare@gmail.com

Yvonne Yoonjung Jo - R
110 W. 6th St., PO Box 256
Azusa, CA 91702
yvonnejo.dare@gmail.com

**Downey Dolphins Swim Team
DWNY**

downeydolphins.com
Federico Ricketts – C
13454 Shady Knoll Dr
Eastvale, CA 92880
562-455-6397 (O)
323-823-3620 (M)
dwnydolphins@gmail.com

Mary Skill - R
9350 Bigby Street
Downey, CA 90241
562-896-3425
flowerfritz@hotmail.com

Frog Aquatics
FROG
frogaquaticsteam.com
Linda Arquieta-Herrera – P
40645 13th St West
Palmdale, CA 93551
661-644-0101 (O)
larquieta@avc.edu

Glendora Aquatics
GAQ
Janet Mobley – C, P
1312 S. Soderburg Ave.
Glendora, CA 91740
626-824-8191
glendoraducks@gmail.com

Hawaiian Garden Sharks
HGS
hgcity.org
Jesse Hernandez – C
21815 Pioneer Blvd.
Hawaiian Gardens, CA 90716
562-421-6491 (O)
562-338-2480
jesseh@hgcity.org

KLG Sports Swim Team
KSST
No 2021 Information Submitted

La Mirada Armada
RMDA
armadaswim.com
Richard Shipherd – C
1938 W 184th St
Torrance, CA 90504
626-806-1153
rshipherd@msn.com

Beverly Garman – R
11 Lakeview Drive
Irvine, CA 92604
949-254-4484
armadaswim@aol.com

Lakewood Aquatics
LKWD
lakewoodaquatics.org
Jon Moore – C
6109 Peach Ave
Long Beach, CA 90712
562-570-0955 (O)
949-735-8967 (M)
coachjon@
lakewoodaquatics.org

Lucy Moore – R
PO Box 8364
Lakewood, CA 90808
562-370-0955 (O)
949-735-8914 (M)
teammanager@
lakewoodaquatics.org

Lakewood Family YMCA
LKFY
No 2021 Information Submitted

Long Beach Shore Aquatics
LBSH
shoreaquatics.com
Randy Wright – C
1115 Catalina Ave
Seal Beach, CA 90740
562-881-1190
coachrandyswim@
shoreaquatics.com

Kristin Kredell – P
1115 Catalina Ave
Seal Beach, CA 90740
562-331-1344
swim@shoreaquatics.com

Los Angeles Community
Titans
LACT
lactitans.org
Katia Baltazar Flores – C
830 E 99th St.
Los Angeles, CA 90002
323-594-1415
lactitans1@gmail.com

Aura Y Romero – P
727 E 87th St
Los Angeles, CA 90002
323-637-6158
auraromero@yahoo.com

Lucky Duck Swim Team
LDST
Teamunify.com/ome.jsp?team=caldss
Alicia Orendain – C
2421 W. Marine Ave.
Gardena, CA 90249
310-323-3383 (O)
310-882-0244 (M)
alicia@
luckyduckswimschool.com

Melina Orendain – R
2421 W. Marine Ave.
Gardena, CA 90249
310-323-3383 (O)
melina@
luckyduckswimschool.com

MAX Aquatics
MAX
maxaquatics.org
Marco Flores – C
PO Box 660955
Arcadia, CA 91066
626-487-6261
maxcoachmarco@gmail.com

Michael Jafari – R
PO Box 660955
Arcadia, CA 91066
626-643-7619
maxcoachmichael@gmail.com

Monterey Park Manta Rays
MPMR
teamunify.com/campmr
David Jakl – C
333 E. Garvey Ave., #100
Monterey Park, CA 91754
626-378-0874
davidcjakl@gmail.com

**Morning Star Aquatics Club
MSAC**

morningstarswimclub.com

Jose Aguirre – C
8149 Puritan St.
Downey, CA 90242
562-314-6601
j.aguirre10@yahoo.com

Edward Kim – P
700 E. Ocean Blvd, #2702
Long Beach, CA 90802
714-318-5343
eddiekim9187@gmail.com

**Norwalk Stingrays
NSST**

No 2021 Information Submitted

**Oasis Aquatics
OAS**

oasisaquaticsav.com

Lenin Velasco – C
43629 Byron Dr
Lancaster, CA 93535
661-418-7733 (H)
818-231-2171 (M)
oasisaquaticsAVteam@gmail.com

**Paramount Pirates Swim Club
PRMT**

No 2021 Information Submitted

**Revolution Aquatics
REV**

Louis Pecot – C
1515 S. Center Ave.
Compton, CA 90220
310-569-6474
coachlouis@pacbell.net

Diego Lopez – R
11820 Mento Ave.
Los Angeles, CA 90220
323-219-5436
dlopez_3@hotmail.com

**Rocket Fish
RFSH**

swimlongbeach.com

Hank Wise – C, R
5221 Los Flores St
Long Beach, CA 90875
562-900-3900
hankwise@gmail.com

**Rosemead Rapids
RORA**

rosemeadrapsids.org

Scott Watanabe – C
PO Box 70534
Pasadena, CA 91117
626-677-5787 (O)
coachscott@rosemeadrapsids.org

**San Gabriel Sea Gulls
SGSG**

sgsg.org

George Young – C
PO Box 2556
San Gabriel, CA 91778
626-291-2901
gyinstitute@hotmail.com

**South Pasadena Sea Tigers
SPS**

seatigers.org

Mark Barr – C
PO Box 1082
South Pasadena, CA 91031
626-344-8026
Mark.Barr22@gmail.com

Sandra Rodriguez – P
PO Box 1082
South Pasadena, CA 91031
Board@seatigers.org

**Swim Pasadena
PASA**

swimpasadena.com

Sheri Stoddard – C
PO Box 91981
Pasadena, CA 91109-1981
818-371-5098
sastoddard@pasadena.edu

Dana Stoddard – R
PO Box 91981
Pasadena, CA 91109-1981
dmstoddard@pasadena.edu
818-371-5098

**Trident Swim Club
TRID**

swimtrident.com

Michael Cody – C
1256 Bannon Ave
La Puente, CA 91744
626-498-0070
tridentsswimclub@gmail.com

**Viking Aquatics
VKNG**

vikingaquatics.org

Bradley Adamson – C
4901 E Carson St.
Long Beach, CA 90808
562-833-9241
bradley@vikingaquatics.org

Chris Oeding – P
PO Box 8150
Long Beach, CA 90808
714-478-3909
chris@vikingaquatics.org

**Whittier Aquatic Club
WAC**

whittieraquaticclub.org

Todd Jacobsen – C
11503 Fireside Dr
Whittier, CA 90604
714-334-4993
todd.swimandpolo@gmail.com

Hazel Torrez – R
10407 Strong Ave
Whittier, CA 90601
562-577-1813
whittieraquaticclub@gmail.com

ORANGE COMMITTEE

All American Mantas

AAM

No 2021 Information Submitted

Anaheim Aquatics Association

AAA

anaheimaquatics.org

Marius Cosma – C

19741 Fernwood Plaza

Yorba Linda, CA 92886

714-599-2392

marius@anaheimaquatics.org

Ken Russell – R

120 N Maude Lane

Anaheim, CA 92807

714-300-8293

kenny@anaheimaquatics.org

Aquazot Swim Club

AZOT

aquazot.org

Brian Pajer – C

1735 Port Charles Place

Newport Beach, CA 92660

714-470-3763 (O)

714-381-1466 (M)

aquazot@aol.com

Todd Hickman – R

9562 Lemon St.

Villa Park, CA 92861

714-785-7902

toddjayhickman@yahoo.com

Back Bay Aquatics

BACK

No 2021 Information Submitted

Brea Aquatics

BREA

breaaquatics.com

Jim Johnson – C

1702 Heritage Ave

Placentia, CA 91870

951-809-1637

coachjim@breaaquatics.com

Matt Grant – P

1005 Malibu Canyon Way

Brea, CA 92821

909-996-3951

Mgrant91789@gmail.com

California Speed Swimming

CASS

swim4fun.org

No 2021 Information Submitted

Costa Mesa Aquatics Club

CMAC

costamesaaquatics.com

Keith Ryan – C

2973 Harbor Blvd #864

Costa Mesa, CA 92626

714-454-1616

Krtr122@gmail.com

Jose De La Jara – P

2973 Harbor Blvd #864

Costa Mesa, CA 92626

714-367-4355 (O)

714-240-9295 (M)

jose@costamesaaquatics.org

Coto Coyotes

COTO

cotocoyotes.com

David Prodanovich – C

25291 Vista Del Verde

Coto de Caza, CA 92679

949-858-2790 (O)

805-886-4317

coachdavid@cotocoyotes.com

Dolphin Aquatics

DA

daswim.org

Rod Snyder – C

396 Calle Guaymas

San Clemente, CA 92672

949-370-9240

sjhswim@gmail.com

East Lake Eagle Rays

RAYS

eaglerays.org

Devon Ames – C

PO Box 814

Placentia, CA 92871

714-528-3184

swimcoachdevon@yahoo.com

Elite Aquatics Sports Team

EAST

eastaquatics.com

Galen Diaz

5090 Via Donald

Yorba Linda, CA 92886

714-402-7166 (O)

714-803-8606 (M)

coachgalen@eastaquatics.com

Fullerton Aquatics Sports

Team

FAST

fastswimming.net

Brian Brown – C

801 W Valencia Dr

Fullerton, CA 92832

714-773-5788 (O)

646-323-0827

bbrown@fastswimming.net

Lauren Morford – R

801 W Valencia Dr

Fullerton, CA 92832

714-773-5788 (O)

908-812-8631

lmorford@fastswimming.net

Gator Swim Club

GSC

gatorsswimclub.com

Evan Forbes – C

23854 Via Fabricante Unit G-4

Mission Viejo, CA 92691

949-388-4545 (O)

evan@evolutionswim.com

**Golden West Swim Club
GWSC**
goldenwestswimclub.org

Tracy Maurer – C
65 Cartier Aisle
Irvine, CA 92620
231-330-1061
coach.tracy@
goldenwestswimclub.org

**Irvine Novaquatics
NOVA**

novaquatics.com
Adam Crossen – C
14252 Culver Dr #A811
Irvine, CA 92604
714-731-8065 (O)
714-673-8000 (M)
adam_crossen@yahoo.com

Kim Hoesterey – R
32 Brena
Irvine, CA 92620
714-731-8065 (O)
714-981-1142 (H)
khoest@aol.com

**JCC Waves
JCCW**

jccwaves.org
Chris Duncan – C
1 Federation Way
Irvine, CA 92603
949-435-3400 x144 (O)
714-724-2283 (M)
chrisd@jccoc.org

Gina Duncan – R
1 Federation Way
Irvine, CA 92603
949-435-3400 x144 (O)
714-724-2282 (M)
ginad@jccoc.org

**Lifetime Swim Southern Cal
LTSC**

No 2021 Information Submitted

**Los Alamitos Swim Team
SWRD**

swordfishswimteam.com
Jorja Patterson – C
3686 Cerritos Ave
Los Alamitos, CA 90740
562-596-8608 (O)
714-586-0208 (M)
losalswordfishswimteam@
gmail.com

**Mission Viejo Nadadores
MVN**

mvnswim.org
Mark Schubert – C
27444 Casta Del Sol #2
Mission Viejo, CA 92692
949-380-2552 (O)
562-243-6262 (M)
coachschubert@mvnswim.org

Sarah Dawson – R
27474 Casta del Sol #2
Mission Viejo, CA 92692
949-380-2552
coachsarah@mvnswim.org

**Newport Beach Swimming
NBS**

newportbeachswimming.com
Kevin Potter – C
2195 American Ave #B
Costa Mesa, CA 92627
949-433-8952
swimpotter@gmail.com

Ross Sinclair – R
600 Irvine Ave.
Newport Beach, CA 92663
949-280-5732
rsinclair4@gmail.com

**OC Riptide Aquatics
RIPT**

ocriptideaquatics.org
Alec Raley – C
6771 Warner Ave #2027
Huntington Beach, CA 92647
657-206-5502
masters@ocriptideaquatics.org

**Orange Regional Competitive
Aquatics**

ORCA
orca-aquatics.com
Jerry Olszewski – C,P
703 N. Zeyn St.
Anaheim, CA 92805
602-740-8338
jaolszewski@hotmail.com

**Saddleback El Toro Aquatics
SET**

setswim.com
Tim Teeter – C
101 Towngate
Irvine, CA 92620
949-207-3375 (O)
949-923-7981 (M)
coachteeter@gmail.com

Brad Schumacher - P
3334 East Coast Hwy #261
Corona Del Mar, CA 92625
949-207-3375 (O)
brad@kap7inc.com

**San Clemente Aquatics
SCAT**

scatswim.org
Jason York – C
PO Box 73666
San Clemente, CA 92673
408-821-5600
jason.e.york@gmail.com

Kymberly Sabins – R
PO Box 73666
San Clemente, CA 92673
949-922-2574
kmysabins@gmail.com

**Seal Beach Swim Club
SEAL**

sealbeachswimclub.org
Patti Haney – C
3981 Marion Ave
Los Alamitos, CA 90720
562-431-7526
pjhaney@aol.com

Maria Fattal – R
404 Emerald Place
Seal Beach, CA 90740
562-430-1092
mariafattal@
sealbeachswimclub.org

**SoCal Aquatics Association
SCAL**

socalaquatics.com
Steve Pickell – C
360 E. First Street #321
Tustin, CA 92780
714-356-7390
sjpickell@gmail.com

Amy Kling – R
360 E. First Street #321
Tustin, CA 92780
info@socalaquatics.com

**Soka University
SOKA**

sokaathletics.com
Adam Crossen – C
1 University Drive
Aliso Viejo, CA 92656
949-480-4426 (O)
714-673-8000 (M)
Acrossen@soka.edu

Andrew Crowell -R
1 University Drive
Aliso Viejo, CA 92656
949-480-4343 (O)
949-903-0483 (M)

**Speed Aquatics
SACA**

speedaquatics.com
Ed Carrera – C, P
725 W. Main St
Tustin, CA 92780
949-307-2141
speedaquatics@gmail.com

Splash Aquatics

SPLA
splashaquatics.com
Cynthia Bandaruk – C
10472 Morning Glory Ave
Fountain Valley, CA 92708
714-775-0212 (O)
714-496-1762 (M)
coachcynthia@
splashaquatics.com

Robert Bandaruk – P
10472 Morning Glory Ave
Fountain Valley, CA 92708
714-775-0212 (O)
coachbob@
splashaquatics.com

**Surf City Aquatics Club
SCAC**

surfcityaquatics.org
Matt Whitmore – C
8141 Atlanta Ave.
Huntington Beach, CA 92646
714-536-8091 (O)
714-883-4931
admin@surfcityaquatics.org

Catherine Bennett – P
10231 Cliff Drive
Huntington Beach, CA 92646
714-536-8091 (O)
714-271-4286
kouklabennett@verizon.net

**SwimNation Aquatics
Program
SNAP**

www.swimnation.org
Steven Riches – C, R
PO Box 50543
Irvine, CA 92619
949-278-1656
stevenriches@swimnation.org

Swim Team of Placentia

STOP
swimplacentia.org
Devon Ames – C
PO Box 814
Placentia, CA 92871
714-578-3184
swimcoachdevon@yahoo.com

**Tustin Dolphins
TD**

No 2021 Information Submitted

**Waterworks Aquatics Swim Club
WASC**

No 2021 Information Submitted

**YMCA of Orange County
YOC**

No 2021 Information Submitted

PACIFIC COMMITTEE

Alpha Aquatics

ALPH
alphaaquatics.net
Scott Hubbard – C
7907 Anise Ave.
Los Angeles, CA 90045
213-220-5095
shubbard1972@gmail.com

Jay Mortenson – P
507 Arbramar Ave
Pacific Palisades, CA 90272
310-428-4547
jpmortenson@gmail.com

**Bay Club Aquatics
BAY**

No 2021 Information Submitted

**Beach Cities Swimming
CITI**

citiswim.com
Monique Shelton – C
357 Virginia Street #6
Redondo Beach, CA 90245
mcneek@gmail.com

Tim Murphy – R
313 Virginia Street #2
El Segundo, CA 90245
310-435-3108
swimcoachtimmurphy@gmail.com

**Bruin Swim Club
BRSC**

No 2021 Information Submitted

**County of Los Angeles
Tiger Sharks
LATS**

Fletcher Lopez – C
9835 S Western Ave
Los Angeles, CA 90047
323-241-6708
flopez@parks.LAcounty.gov

Raymundo Barbosa
360 W El Segundo Blvd
Los Angeles, CA 90061
310-965-8646
rbarbosa@parks.LACounty.gov

**Golden Rebels
REBS
goldenrebels.org**

No 2021 Information Submitted

**Hollywood Silver Dolphins
HOLY**

No 2021 Information Submitted

**John C Argue Swim Team
JCA**

jcaswimteam.org
Marcellus Beaird – C
3773 Grayburn Ave.
Los Angeles, CA 90018
310-707-7770

Karla Hernandez – P
1439 W. 46th Street
Los Angeles, CA 90062
323-557-0167
karlavillalt@yahoo.com

**KSwim
KSWM**

No 2021 Information Submitted

**Los Angeles Swim Club
LASC**

www.laswimclub.com
David Wilson – C
wilson.d@laswimclub.com

Jason Schwartz – Ex Director
schwartz.jb@laswimclub.com

**Lynwood Marlins Swim Team
LMST**

Jose A. Pacheco – C
310-493-0272
swim_100br@hotmail.com

**Manhattan Beach Dolphins
MBD**

teamunify.com/cambd

Jasper Nery - C
1400 Hghland Ave
Manhattan Beach, CA 90266
310-802-5428 (O)
jnery@cityMB.info

Jesus Sandoval – R
1400 Highland Ave
Manhattan Beach, CA 90266
310-802-5429 (O)
310-567-0007
jsandovaljr@cityMB.info

**Palos Verdes Aquatic Club
PVAC**

pvacswim.org
Michael Camp – C
49 Cresta Verde Drive
Rolling Hills Estates, CA 90274
310-480-8199
swimmerdude@cox.net

Patty Camp – R
1532 Via Leon
Palos Verdes Estates, CA 90274
310-378-8471 x 43211 (O)
310-377-5590
pvpcattycamp@cox.net

**Penguin Aquatic Club
PAC**

No 2021 Information Submitted

**Rose Bowl Aquatics
ROSE
teamunify.com/Home.jsp?team=rose**

Jeff Julian – C
360 North Arroyo Blvd
Pasadena, CA 91103
626-564-0330 (O)
jjulian@rosebowlaquatics.org

James Gallagher – R
360 North Arroyo Blvd
Pasadena, CA 91103
714-742-3764
jgallagher@rosebowlaquatics.org

**Royal Swim Team
RYL**

royalswimteam.com
Val Bagri – C, P
4175 Overland Ave.
Culver City, CA 90230
818-625-5507
info@royalswimteam.com

**South Bay Swim Team
SOBA**

southbayswimteam.org
Kathy Gore – C, P
5308 W. 137th Pl.
Hawthorne, CA 90250
310-643-6523
southbayswimteam@socal.rr.com

**South Gate Aquatic Club
SGAC**

sgacswim.org
No 2021 Information Submitted

**Surfside Swim Team
SURF
surfideswimteam.com
*No 2021 Information Submitted***

Swim Torrance**TORR****swimtorrance.org**

Kimi Davidson – C
21515 Hawthorne Blvd
Suite #200
Torrance, CA 90503
coachkimi@gmail.com

Oscar Gonzalez – P
21515 Hawthorne Blvd
Suite #200
Torrance, CA 90503
ogonzalez.torr@gmail.com

**Swim UpHill
UPHL**

Wilma Wong
3206 W. 111th Place
Inglewood, CA 90303
310-773-7594
swimuphillteam@gmail.com

**Team Century Swim
TCS***No 2021 Information Submitted***Team Santa Monica
TSM**

teamsantamonica.org
Mohammad Khadembashi – C
2225 16th St.
Santa Monica, CA 90405
424-272-6876 (O)
mak@teamsantamonica.org

Alexandra Tower – P
2225 16th St.
Santa Monica, CA 90405
424-272-6876 (O)
president@
teamsantamonica.org

**Trident Swim Foundation
Aquatics
TSFA***No 2021 Information Submitted***Trojan Swim Club****TROJ***No 2021 Information Submitted***UCLA Swimming
UCLA***No 2021 Information Submitted***University of Southern
California
USCA**

Jeremy Kipp – C
1026 W 34th St.
Los Angeles, CA 90089
213-740-8450 (O)
jkipp@usc.edu

Frank Kevin Rapien
1026 W 34th St.
Los Angeles, CA 90089
213-479-9310 (O)
rapien@usc.edu

**Vision Swim
VISN**

visionswim.com
Francois Harris – C
1714 Sweetbrier St.
Palmdale, CA 93550
424-200-9977
coachFrancois@live.com

**Westside Aquatics
WEST**

westsideaquatics.com
Peter Fishler -C
1948 Malcolm Ave., Apt. 303
Los Angeles, CA 90025
310-773-1113
peterfishler@gmail.com

Adam Blakis - P
906 9th St.
Santa Monica, CA 90403
310-985-5308 (O)
adamblakis@gmail.com

**Zenith Aquatic Program
ZAP***No 2021 Information Submitted***LEAGUES****Orange County Swim
Conference****OCSC****ocswimconference.org**

Devon Ames – C
PO Box 814
Placentia, CA 92871
714-528-3184
swimcoachdevon@yahoo.com

**San Gorgonio Swim League
SGSL**

Debra Roppelt – P
5215 W. Gilman St.
Banning, CA 92220
951-845-3030 (O)
951-836-6255
passswimteam@gmail.com

**South Central Swim League
SCSL**

Ramon Harper – P
PO Box 470162
Los Angeles, CA 90047
323-595-0621
swimscsl@yahoo.com

**Southern California Aquatic
Association****SCAA**

John York – P
PO Box 381
Manhattan Beach, CA 90266
310-318-0680
SurfsideSwimTeam@verizon.net

Kathy Gore - Treasurer
5308 W. 137th Pl.
Hawthorne, CA 90250
310-643-6523
southbayswimteam@
socal.rr.com



CALENDAR

**As we move forward through 2021,
and more information becomes available,
updates to the 2021 Swim Guide Calendar
will be posted online at
<https://www.socalswim.org>,
under the Calendar tab
and in the on-line version of the
2021 Swim Guide.**

JANUARY 2021						
TYR Pro Swim Series	National Meet	01/14-17/2021	LCM	Richmond San Antonio	VA TX	
MARCH 2021						
TYR Pro Swim Series	National Meet	03/03-06/2021	LCM	San Antonio	TX	
Speedo Sectionals	National Meet	03/04-08/2021	SCY	Cary	NC	
Speedo Sectionals	National Meet	03/11-14/2021	SCY	Federal Way	WA	
Speedo Sectionals	National Meet	03/25-28/2021	LCM	Indianapolis	IN	
Speedo Sectionals	National Meet	03/25-28/2021	SCY	Phoenix	AZ	
APRIL 2021						
TYR Pro Swim Series	National Meet	04/08-11/2021	LCM	Mission Viejo	CA	
OW Nat/Junior Nat Champs	National Meet	04/16-18/2021	OW	Ft. Myers Beach	FL	
MAY 2021						
TYR Pro Swim Series	National Meet	05/12-15/2021	LCM	Indianapolis	IN	
JUNE 2021						
Southern OW Zone Champs	National Meet	06/04-06/2021	OW	Chattanooga	TN	
US Olympic Team Trials – Wave 1	National Meet	06/04-07/2021	LCM	Omaha	NE	
US Olympic Team Trials – Wave 2	National Meet	06/13-20/2021	LCM	Omaha	NE	
JULY 2021						
Speedo Sectionals	National Meet	07/15-18/2021	LCM	Mt. Hood	OR	
Western Sr Zone Champs	National Meet	07/27-31/2021	LCM	Clovis	CA	
Southern Age Group Zone Champs	National Meet	07/27-31/2021	LCM	Tupelo	MS	
Southern Sr Zone Champs	National Meet	07/27-31/2021	LCM	College Station	TX	
AUGUST 2021						
Western Age Group Zone Champs	National Meet	08/04-07/2021	LCM	Mt. Hood	OR	



RULES & PROCEDURES

GLOSSARY

Part One – USA Swimming Definitions

1. The term **“USA Swimming”** shall mean USA Swimming, Inc.
2. The term **“CA”** 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 CA.
5. The term **“Committee”** shall mean one of the six (6) subdivisions of CA: Coastal, Desert, Eastern, Metro, Orange, or Pacific.
6. The term **“CA Office”** shall mean the Administrative Headquarters of CA.
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. **Open Event** – a class of event for competition; minimum age for competing in Open events is eleven years;
20. **Order of Finish Judge(s)** – official(s) assigned to record the order of finish of all swimmers by lane in each heat.
21. **Preliminary Heats or Preliminaries** – competition in which a number of heats are swum to qualify the fastest swimmers for the finals.
22. **Race** – any single swimming competition; i.e., preliminary, final, timed final.
23. **Reportable Time** – a time achieved in conformance with applicable USA Swimming rules which may be submitted to USA Swimming for recognition
24. **Scratch** – (from an event) withdraw an entry from competition.
25. **CA Swim** – a swim by an USA Swimming member in an CA approved or sanctioned competition.
26. **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.
27. **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.
28. **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 longer 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.

WARM-UP POLICY-USA Swimming-approved Southern California Swimming Warm-Up and Safety Procedures are Appendix E.

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/CA programs, plan to and wish to participate actively in the programs, and abide by USA Swimming and CA procedures, are welcome to apply for membership.
 - b. Failure to comply with membership stipulations, can result in the termination of membership in CA.
3. **To INTERSCHOLASTIC COMPETITION**
It is the policy of CA 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 CA, 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 USA Swimming who has complied with USA Swimming 502.6 and any directives from USA Swimming is a Coach member.
2. An CA Coach member shall display his/her valid coach membership while on the deck at any CA 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 CA-wide meets, or by the appropriate division Vice Chair for CA-wide meets, and the Administrative Vice Chair of CA.
- 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 CA 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 CA 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 CA 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 CA June bid meeting.
- c. Upon completion of the CA 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) CA 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 CA 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) 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 the www.socalswim.org website, under the Forms tab.
2. Return the fully completed application and current registration fee to CA. (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.
 - e. Driver's License or Real ID for athletes 16 & Up.
5. Preferred Club procedure for proof of birth date:
 - a. Parent brings original document to the club registrar.
 - b. An athlete joining without club affiliation may submit original document (certified mail only including return certified mail envelope) with application to CA office.
 - c. 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.
 - d. The CA office will enter applications in the USA Swimming database.
 - e. An athlete moving to CA from another LSC must complete an CA 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 CA 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 or FINA.**
4. For all age group competition, proof of birthdate is required prior to competition. Proof of birthdate is the responsibility of the athlete's club.

C. Change of Affiliation/Club Transfer

1. To change affiliation (transfer to a different Club within CA), 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 CA 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 CA office (no fee required).
 - b. An athlete must compete at each USA Swimming competition “unattached” during CIF season.
 - c. It is the athlete’s responsibility to “Unattach for CIF” at each USA Swimming meet 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 CA Office and submit the new address in writing.

IV. ENTRY INTO THE COMPETITION

A. Entry Forms

1. Entry forms for competition sanctioned by CA, excluding competition in dual meets or leagues, will be available on the www.socalswim.org website under the Forms tab.
2. Meet forms and electronic entry files are available on line at socalswim.org in “Upcoming Meets.”

B. Entry Fees

1. All entry fees in Senior and Age Group Swimming Events shall be determined by CA. 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 shall not participate in events in which they have exceeded the maximum time standard or failed to equal the minimum time standard.
2. Swimmer with a disability entry: A swimmer classified with a disability 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 with a disability 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.

A swimmer may enter 50 Free or 50 of stroke in which his/her half-distance time meets the time standard. Exceptions can be made with prior consultation with the meet referee.

D. Falsification of Entry Time Standards

1. Falsification of entry times shall 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 CA 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. Meet results are not accepted unless a sanction, approval or observation has been issued for that meet.
 - g. FINA meet results including FINA sanciton number.
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.
 - b. A coach may request the recording of an intermediate split by the CA Times Recognition coordinator after the competition.
3. Observed swims not in SWIMS database should be requested by head coach of Club team. CA 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. CA 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. CA Records will be kept for 15-18 Relays.
2. CA Records will be kept for the nationally approved age group events & all senior events.
3. CA Records may be set at any USA Swimming sanctioned, observed, or approved meet, including time trials.
4. Any currently registered CA swimmer may set a CA 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 conform to the date and time stated on the meet form.
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, CA Age Group meets (JOs, JAG, WAG) and all CA senior meets (including the Grand Challenge, the Swim Meet of Champions, and the LA Invitational).

H. Late Qualification for Championship Meets

For CA 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 as follows. No updated times or previously qualified events will be accepted.

Swimmers achieving a new event for the first time from the due date of the championship meet entry to the Sunday prior to the meet, may enter the meet by submission of an additional team entry using the entry file named "Last Ditch Entries [Championship Meet]". The instructions and the meet event file will be on the CA website the morning after the meet due date. These entries must be submitted no later than stated in the information on the CA website. A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the New Qualifying Swims entry file and submitting to the Administrative Referee by the date/time stated in the information on the CA website. This entry file must use times achieved at the last-ditch meet as proof of achieved times.

Payment for new entries must be submitted to the Administrative Referee of the CA meet along with a copy of the fee report from the entry program on the first day of competition. Any entries submitted, but not achieved at a last ditch meet will not be accepted and reported to the CA Board of Review. Entry fees will not be refunded and teams will be responsible for ALL fees on the file and reports. The submitting individual is responsible for fees and accuracy of the entries.

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 the following meets held in CA, spectator fees are normally not charged. Exceptions are for national championship meets, CA Senior Circuit meets (Grand Challenge, SMOC, LAI), and Spring JO's.

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 CA Club (i.e., a USA Swimming, Group Member), the CA 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 CA for CA's costs incurred as a result of a returned check. If such Club fails to reimburse CA 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. CA Returned Check Policy for checks written by teams or for team entry:

First returned check: \$50 fine, probation for three years (may continue to use team checks)

Second returned check (within three year period): double face amount of check (minimum \$50), extension of three year period from date of second check and requirement to pay by secured funds (ex: cashier's check or money order) for three years.

After three years without a returned check, a team may use team checks to pay for fees and start over on returned check policy.

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 CA 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 ("CA") 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.
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. CA shall create and maintain a Capital Equipment Fund for the purpose of acquiring and replacing all equipment and furniture owned by CA. The Executive Director shall submit an annual report to the CA Treasurer on the 31st day of January identifying:
 - a. all items of CA 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 CA 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 CA 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 CA 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 CA swims in addition to the fee paid on swims as provided in sub-parts b. and c. below.
 - b. Ten cents (\$.10) per individual entry at CA sanctioned championship meets including but not limited to:
 - (1) Committee Championships
 - (2) CA age group meets above committee level
 - c. One dollar and twenty five cents (\$.125) per individual entry on CA Senior level and CA 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 CA 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) CA swimmers who satisfy the eligibility criteria set forth in sub-part VI.C.3.d. 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) CA coaches who satisfy the qualification criteria set forth in sub-part VI.C.3.f. 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 sub-part VI.C.
 - 3) The Board of Directors may allocate a portion of the Annual Distributable Income to a quadrennial Olympic Trials fund.
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 (pool and Open Water)
 - (6) USA Swimming Futures Championships
 - b. Disbursements to CA Registered Clubs

Except as otherwise provided in this sub-part, all disbursements shall be paid to CA registered Clubs and not to individual swimmers. The amount of the disbursement shall be determined by the number of CA registered swimmers in individual events (both attached and unattached) identified on the Club's roster for an eligible meet. Unattached CA swimmers who are not identified on the roster of an CA 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 CA 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 sub-part 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 CA at the time he/she participates in a qualified meet and:
 - (i) Must represent or be on the roster of an CA Club at the qualified meet;
 - (ii) If unattached and not on the roster of an CA 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-CA Club at any time during the fiscal year for which reimbursement is sought EXCEPT: a fully eligible (see (3)(iv) below) CA swimmer shall retain eligibility when representing an CA club regardless of this provision.
 - (3) The amount paid to each CA 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 CA registration, ten percent (10%) of recognition amount;
 - (ii) During the second year of the swimmer's CA registration, forty percent (40%) of recognition amount;
 - (iii) During the third year of the swimmer's CA registration, seventy percent (70%) of recognition amount; and,
 - (iv) From and after the fourth year of the swimmer's CA 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 CA 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 CA 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 CA 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 sub-part so long as the coach, club and swimmers are registered with CA.
 - (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 CA senior travel without using the sources specified in sub-part 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 sub-part VI.C.I.a., b., c., d., and e. shall be

paid to the sponsoring Club or to CA operating revenues when there is no sponsoring Club. The money identified in sub-parts VI.C.I.h. shall be paid into CA 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 CA 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 CA swimmers, team coaches and managers who represent CA 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 CA 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 CA age group travel expenses. When the investment income is sufficient to pay all CA age group travel expenses, then the money identified in sub-part D.I.a. shall be returned to the sponsoring Club and the money from sub-part D.I.b. and c. shall become part of CA 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 sub-part VI.A.3. Disbursement from the Capital Equipment Fund shall be done as provided in sub-part 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 CA a race is considered to have started when the starter says 'Take your mark'; the rise of the arm closes the event.**
- 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 checkin 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 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 CA 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 starter says "Take your mark" 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 CA 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. Time Trials are not classified or limited by age. All USA Swimming events may be offered.
- D. 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).
- E. 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.
- F. 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. If the mailing address is a PO Box, the meet form shall list a hand-delivery address. Texted and/or scanned-and-emailed entries are not acceptable; if entering as an individual must use consolidated entry form (formerly called "white card") and entry form and payment must be received together.
- 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.
- 4. 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 CA 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. A CA individual consolidated entry form.
3. Other entry forms, as created and approved by the host team and CA 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: CA 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 more 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 swim in (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 CA 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 CA 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 CA 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 CA 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-Conforming 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 CA on an All-Star Team, a swimmer must be registered in CA 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.
 - e. If a club cannot prove the qualifying time, a \$25.00 fine will be assessed to the coach making the entry.

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.

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 shall 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 or relay leg 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-Conforming Times

1. See Part Two, VII.B. for procedure regarding non-conforming 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 CA on an All-Star Team, a swimmer must be registered in CA no later than:

1. One hundred and twenty (120) days prior to the start of the All-Star competition, or,

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, observed, or approved competition.
2. "Tech" suits may not be worn by 5-12 year old swimmers in CA sanctioned, observed, or approved competition.
3. "Tech" suits may not be worn by 13 year and older swimmers in CA sanctioned, observed, or approved intrasquad, dual, tri, geographic committee and age group invitational meets including "Open" events.

4. "Tech" suits may be worn by 13 year and older swimmers at Junior Olympics, June Age Group Invitationals (JAG), and Winter Age Group Invitationals (WAG).
5. A Technical Suit is one that has the following components:
 - a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
 - b. Any suit with woven fabric extending past the hips.
6. The Meet information for all meets shall include a "Tech" suit statement to indicate applicable policy for the meet. (see Appendix "G")

II. PROCEDURES FOR AGE GROUP ABILITY LEVELS

A. Junior Olympic Championships

1. CA shall conduct short course and long course Junior Olympics for CA members annually, and age groups shall be 10-Un, 11-12, 13-14 for Spring JO's and 10-Un, 11-12, 13-14, 15-Up for Summer JO's.
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. Spring JO's: All relays entered must meet the entry standard for the meet. Number of relays permitted per event per team shall be stated on the meet form.
 - b. Summer JO's: 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. Spring and Summer JO's: 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 (Summer JO's) or the aggregate of the stated time standard (Spring JO's).
 - 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 9-16 shall be mandated only for 14-Un Swimmers. 15-Up certificates may be provided at the request of the athlete's team.
 - 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. CA 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 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: The meets shall be Timed Finals for 12 & Under, Heats and Finals for 13 & Older.
10. Awards/Scoring
 - a. Individual Events — Individual Events — Medals 1-8; Certificates 9-16 shall be mandated only for 14-Up Swimmers. 15-Up certificates may be provided at the request of the athlete's team.
 - 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 better 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 better 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 equaled 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 better 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 CA:

- 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 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, CA records and proof-of-time relay entries, all members of the relay team shall be of the same age group and gender, or if a Mixed relay, the relay team shall consist of two male and two female swimmers all of the same age group.
6. Mixed age or gender relays are permitted at Committee level and dual competitions. A mixed gender relay consists of two male and two female swimmers.

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 gender." "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.
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 CA 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 CA deem necessary to facilitate equitable competition may be listed.

NOTE: Age Group meet psych sheets are NOT to be posted on web sites (CA, host or attending clubs). This includes CA championship meets (e.g.: JO's, JAG/WAG, etc.). 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



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	1:10.80	TBD	1:14.70	1:21.50	1:21.51
200 Free	2:29.20	2:37.00	2:34.70	TBD	2:42.00	2:56.80	2:56.81
500 Free	2:29.20	N/A	N/A	TBD	N/A	N/A	N/A
50 Back	36.70	38.80	38.50	TBD	40.50	44.30	44.31
100 Back	1:19.50	1:24.60	1:23.50	TBD	1:28.60	1:36.80	1:36.81
50 Breast	41.00	44.20	43.40	TBD	45.60	49.80	49.81
100 Breast	1:29.20	1:35.50	1:34.10	TBD	1:40.00	1:49.10	1:49.11
50 Fly	34.80	37.20	36.50	TBD	38.30	41.80	41.81
100 Fly	1:20.40	1:27.60	1:27.30	TBD	1:29.30	1:37.40	1:37.41
100 IM	1:18.40	N/A	N/A	TBD	1:26.60	1:34.40	1:34.41
200 IM	2:48.70	2:59.10	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	2:35.39	2:57.19	3:18.99
500 Free	6:44.29	7:34.89	8:25.39
50 Back	36.69	41.89	46.99
100 Back	1:19.29	1:30.69	1:41.99
50 Breast	41.69	47.49	53.19
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	1:17.40	1:20.10	1:20.10	TBD	1:24.40	1:32.00	1:32.01
200 Free	2:48.90	2:57.10	2:54.90	TBD	3:02.70	3:19.30	3:19.31
400 Free	2:48.90	N/A	N/A	TBD	N/A	N/A	N/A
50 Back	41.40	43.70	43.30	TBD	46.40	50.60	50.61
100 Back	1:29.50	1:35.10	1:33.90	TBD	1:41.00	1:50.30	1:50.31
50 Breast	46.50	50.00	49.10	TBD	51.40	56.00	56.01
100 Breast	1:41.00	1:48.00	1:46.40	TBD	1:52.20	2:02.40	2:02.41
50 Fly	39.40	42.00	41.20	TBD	43.20	47.20	47.21
100 Fly	1:30.70	1:38.60	1:38.30	TBD	1:40.50	1:49.70	1:49.71
200 IM	3:10.50	3:22.00	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	1:20.29	1:31.19	1:41.99
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	1:44.89	1:59.79	2:14.79
50 Fly	40.79	47.09	53.39
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	30.70	31.80	31.80	TBD	34.10	37.20	37.21
100 Free	1:07.80	1:10.80	1:10.90	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	36.50	38.80	38.80	TBD	40.40	44.20	44.21
100 Back	1:19.30	1:24.40	1:24.40	TBD	1:28.70	1:37.00	1:37.01
50 Breast	41.30	43.70	44.20	TBD	45.60	49.80	49.81
100 Breast	1:30.00	1:35.90	1:35.80	TBD	1:40.50	1:49.70	1:49.71
50 Fly	34.90	36.60	36.80	TBD	38.20	41.60	41.61
100 Fly	1:19.20	1:28.40	1:27.70	TBD	1:29.40	1:37.60	1:37.61
100 IM	1:18.00	N/A	N/A	TBD	1:26.90	1:34.80	1:34.81
200 IM	2:47.40	2:57.00	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	36.99	42.29	47.49
100 Back	1:18.79	1:29.29	1:39.79
50 Breast	40.99	46.59	52.09
100 Breast	1:29.99	1:41.69	1:53.39
50 Fly	35.39	40.49	45.69
100 Fly	1:22.79	1:37.09	1:51.39
100 IM	1:18.99	1:28.89	1:38.79
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	34.90	36.10	36.00	TBD	38.10	41.50	41.51
100 Free	1:16.90	1:20.10	1:20.30	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	43.60	TBD	46.30	50.50	50.51
100 Back	1:29.30	1:34.90	1:34.90	TBD	1:41.30	1:50.50	1:50.51
50 Breast	46.90	49.50	50.00	TBD	51.40	56.00	56.01
100 Breast	1:41.90	1:48.40	1:48.30	TBD	1:52.90	2:03.10	2:03.11
50 Fly	39.50	41.40	41.50	TBD	43.10	47.00	47.01
100 Fly	1:29.30	1:39.50	1:38.70	TBD	1:40.70	1:49.80	1:49.81
200 IM	3:09.00	3:19.70	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	1:19.79	1:30.19	1:40.59
200 Free	2:50.79	3:12.09	3:33.49
400 Free	5:59.49	6:44.49	7:29.39
50 Back	42.99	49.19	55.29
100 Back	1:30.99	1:43.09	1:55.09
50 Breast	46.99	53.29	59.69
100 Breast	1:42.69	1:55.99	2:09.39
50 Fly	40.19	45.99	51.79
100 Fly	1:34.49	1:50.79	2:07.09
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	27.40	28.40	28.20	TBD	30.70	33.50	33.51
100 Free	59.50	1:01.80	1:01.60	TBD	1:06.70	1:12.70	1:12.71
200 Free	2:09.40	2:15.10	2:14.20	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	31.90	34.00	33.70	TBD	36.20	39.60	39.61
100 Back	1:08.20	1:12.90	1:12.60	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	35.90	38.00	37.60	TBD	40.80	44.50	44.51
100 Breast	1:17.60	1:22.40	1:21.20	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	30.10	31.40	31.20	TBD	34.30	37.40	37.41
100 Fly	1:07.20	1:11.30	1:10.80	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	1:08.70	N/A	N/A	TBD	1:17.70	1:24.70	1:24.71
200 IM	2:27.40	2:33.20	2:32.10	TBD	2:46.20	3:01.30	3:01.31
400 IM	N/A	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	28.99	31.29	33.59	25.41	24.52	
100 Free	1:03.09	1:08.29	1:13.59	55.25	53.37	
200 Free	2:17.49	2:28.99	2:40.39	1:58.81	1:55.41	
500 Free	6:07.59	6:38.19	7:08.79	5:20.72	5:08.13	
1000 Free	12:41.19	13:44.69	14:48.09	11:12.37	10:41.79	
1650 Free	21:20.59	23:07.29	24:53.99	18:57.64	17:47.25	
50 Back	32.69	35.39	38.09	28.62	27.26	
100 Back	1:11.39	1:18.09	1:24.79	1:01.16	58.08	
200 Back	2:31.39	2:43.99	2:56.59	2:13.30	2:06.96	
50 Breast	36.89	39.99	42.99	32.36	31.11	
100 Breast	1:20.19	1:27.19	1:34.09	1:09.67	1:06.03	
200 Breast	2:52.19	3:06.59	3:20.89	2:32.45	2:25.04	
50 Fly	31.29	33.89	36.49	27.36	26.38	
100 Fly	1:10.89	1:17.59	1:24.39	1:00.22	58.08	
200 Fly	2:34.29	2:47.19	2:59.99	2:16.17	2:08.89	
100 IM	1:12.09	1:18.09	1:24.09	1:02.93	1:00.77	
200 IM	2:34.49	2:47.29	3:00.19	2:14.38	2:09.30	
400 IM	5:29.29	5:56.79	6:24.19	4:49.87	4:34.41	

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.

11-12 GIRLS

LONG COURSE METERS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	31.20	32.30	32.10	TBD	34.90	38.00	38.01
100 Free	1:07.70	1:10.20	1:09.90	TBD	1:15.60	1:22.40	1:22.41
200 Free	2:26.90	2:33.20	2:32.10	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	36.00	38.30	38.00	TBD	41.60	45.40	45.41
100 Back	1:16.90	1:22.10	1:21.70	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	40.90	43.20	42.70	TBD	46.00	50.20	50.21
100 Breast	1:28.20	1:33.40	1:32.10	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	34.10	35.60	35.30	TBD	38.40	41.90	41.91
100 Fly	1:16.00	1:20.50	1:20.00	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	2:46.80	2:53.20	2:52.00	TBD	3:07.90	3:25.00	3:25.01
400 IM	N/A	N/A	N/A	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	32.99	35.69	38.39	N/A	N/A
100 Free	1:12.09	1:18.09	1:24.09	N/A	N/A
200 Free	2:36.19	2:49.19	3:02.29	N/A	N/A
400 Free	5:29.09	5:56.49	6:23.89	N/A	N/A
800 Free	11:29.29	12:26.69	13:24.09	N/A	N/A
1500 Free	22:04.99	23:55.39	25:45.79	N/A	N/A
50 Back	37.69	40.79	43.99	N/A	N/A
100 Back	1:23.19	1:30.99	1:38.69	N/A	N/A
200 Back	12:55.29	3:09.89	3:24.49	N/A	N/A
50 Breast	41.99	45.49	48.99	N/A	N/A
100 Breast	1:32.79	1:40.89	1:48.89	N/A	N/A
200 Breast	3:19.39	3:35.99	3:52.59	N/A	N/A
50 Fly	35.39	38.29	41.29	N/A	N/A
100 Fly	1:20.79	1:28.49	1:36.19	N/A	N/A
200 Fly	2:55.59	3:10.19	3:24.89	N/A	N/A
200 IM	2:56.59	3:11.39	3:26.09	N/A	N/A
400 IM	6:16.89	6:48.29	7:19.69	N/A	N/A

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.

11-12 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	27.00	28.20	28.00	TBD	30.80	33.60	33.61
100 Free	58.40	1:01.30	1:01.40	TBD	1:06.20	1:12.20	1:12.21
200 Free	2:07.30	2:14.70	2:13.30	TBD	2:24.60	2:37.80	2:37.81
500 Free	5:42.60	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	31.60	34.30	33.90	TBD	36.60	40.00	40.01
100 Back	1:07.50	1:13.60	1:13.30	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	35.20	38.10	37.80	TBD	41.00	44.80	44.81
100 Breast	1:17.00	1:22.30	1:22.00	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	29.70	31.60	31.40	TBD	34.50	37.70	37.71
100 Fly	1:06.60	1:12.20	1:11.80	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	1:07.50	N/A	N/A	TBD	1:17.70	1:24.70	1:24.71
200 IM	2:25.10	2:32.30	2:32.60	TBD	2:46.50	3:01.70	3:01.71
400 IM	N/A	N/A	TBD	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	24.82	23.27
100 Free	1:00.89	1:05.89	1:10.99	54.03	51.14
200 Free	2:12.49	2:23.49	2:34.59	1:58.35	1:50.79
500 Free	5:57.69	6:27.49	6:57.29	5:17.88	4:58.47
1000 Free	12:27.89	13:30.19	14:32.59	11:06.46	10:22.94
1650 Free	20:52.99	22:37.49	24:21.89	18:44.01	17:23.21
50 Back	32.09	34.99	37.89	28.26	26.36
100 Back	1:09.19	1:15.69	1:22.19	1:00.25	56.65
200 Back	2:27.39	2:39.69	2:51.99	2:13.04	2:03.53
50 Breast	36.09	39.49	42.89	31.93	29.41
100 Breast	1:17.49	1:24.49	1:31.39	1:08.67	1:03.65
200 Breast	2:46.39	3:00.19	3:14.09	2:29.58	2:20.87
50 Fly	31.19	34.19	37.09	26.84	25.33
100 Fly	1:09.29	1:16.09	1:22.89	59.32	55.99
200 Fly	2:28.39	2:40.79	2:53.19	2:14.53	2:06.00
100 IM	1:09.09	1:14.99	1:20.89	1:01.69	58.11
200 IM	2:30.69	2:43.99	2:57.29	2:12.86	2:05.07
400 IM	5:19.79	5:46.39	6:13.09	4:46.88	4:25.29

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.

11-12 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	30.80	32.10	31.90	TBD	34.40	37.60	37.61
100 Free	1:06.50	1:09.60	1:09.70	TBD	1:15.10	1:22.00	1:22.01
200 Free	2:24.50	2:32.70	2:31.10	TBD	2:43.60	2:58.40	2:58.41
400 Free	5:05.80	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	35.70	38.60	38.20	TBD	42.00	45.80	45.81
100 Back	1:16.20	1:22.90	1:22.50	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	40.10	43.30	42.90	TBD	45.60	49.80	49.81
100 Breast	1:27.50	1:33.30	1:33.00	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	33.70	35.70	35.50	TBD	39.20	42.70	42.71
100 Fly	1:15.40	1:21.50	1:21.00	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	2:44.30	2:52.20	2:52.60	TBD	3:08.20	3:25.30	3:25.31
400 IM	N/A	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	31.99	34.69	37.29	N/A	N/A
100 Free	1:09.69	1:15.49	1:21.29	N/A	N/A
200 Free	2:32.19	2:44.89	2:57.49	N/A	N/A
400 Free	5:21.89	5:48.69	6:15.49	N/A	N/A
800 Free	11:18.59	12:15.19	13:11.69	N/A	N/A
1500 Free	21:37.39	23:25.49	25:13.59	N/A	N/A
50 Back	36.99	40.39	43.69	N/A	N/A
100 Back	1:20.49	1:27.99	1:35.49	N/A	N/A
200 Back	2:50.99	3:05.19	3:19.49	N/A	N/A
50 Breast	41.29	45.19	48.99	N/A	N/A
100 Breast	1:30.29	1:38.39	1:46.59	N/A	N/A
200 Breast	3:12.59	3:28.69	3:44.69	N/A	N/A
50 Fly	35.19	38.59	41.89	N/A	N/A
100 Fly	1:18.59	1:26.29	1:33.99	N/A	N/A
200 Fly	2:51.89	3:06.19	3:20.49	N/A	N/A
200 IM	2:53.19	3:08.49	3:23.79	N/A	N/A
400 IM	6:08.49	6:39.19	7:09.89	N/A	N/A

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.

13-14 GIRLS

SHORT COURSE YARDS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	25.80	26.60	26.70	TBD	29.30	31.90	31.91
100 Free	55.70	57.60	58.00	TBD	1:03.40	1:09.10	1:09.11
200 Free	2:01.10	2:06.60	2:07.10	TBD	2:16.10	2:28.40	2:28.41
500 Free	5:25.60	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	1:03.40	1:07.40	1:08.10	TBD	1:14.10	1:21.00	1:21.01
200 Back	2:17.00	2:27.30	2:28.00	TBD	2:39.60	2:54.50	2:54.51
100 Breast	1:12.50	1:16.20	1:17.10	TBD	1:23.40	1:31.00	1:31.01
200 Breast	2:36.50	2:45.60	2:46.50	TBD	3:01.70	3:18.20	3:18.21
100 Fly	1:02.00	1:04.80	1:05.80	TBD	1:11.00	1:17.40	1:17.41
200 Fly	2:20.20	2:30.30	2:35.50	TBD	2:40.50	2:55.10	2:55.11
200 IM	2:17.70	2:24.90	2:24.40	TBD	2:36.60	2:50.90	2:50.91
400 IM	4:53.10	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	27.89	30.19	32.59	23.81	23.34
100 Free	1:00.49	1:05.49	1:10.59	51.74	50.25
200 Free	2:10.39	2:21.29	2:32.09	1:52.88	1:49.38
500 Free	5:49.59	6:18.69	6:47.79	4:59.88	4:52.91
1000 Free	12:01.69	13:01.79	14:01.99	10:19.26	10:07.06
1650 Free	20:02.99	21:43.19	23:23.49	17:13.12	16:58.24
100 Back	1:05.69	1:11.19	1:16.69	56.56	55.31
200 Back	2:22.99	2:34.89	2:46.79	2:01.21	1:59.18
100 Breast	1:15.39	1:21.69	1:27.99	1:04.84	1:02.87
200 Breast	2:43.69	2:57.29	3:10.89	2:19.53	2:17.47
100 Fly	1:05.49	1:10.89	1:16.39	56.11	54.94
200 Fly	2:24.89	2:36.89	2:48.99	2:05.20	2:00.77
200 IM	2:25.49	2:37.59	2:49.79	2:05.87	2:02.77
400 IM	5:11.69	5:37.59	6:03.59	4:26.83	4:22.03

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.

13-14 GIRLS

LONG COURSE METERS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	29.50	30.30	30.40	TBD	33.30	36.40	36.41
100 Free	1:03.50	1:05.50	1:06.00	TBD	1:11.90	1:18.50	1:18.51
200 Free	2:17.70	2:23.70	2:24.20	TBD	2:34.10	2:48.10	2:48.11
400 Free	4:50.60	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	1:11.60	1:16.00	1:16.80	TBD	1:25.10	1:32.90	1:32.91
200 Back	2:34.50	2:45.90	2:46.70	TBD	3:02.80	3:19.60	3:19.61
100 Breast	1:22.50	1:26.50	1:27.60	TBD	1:33.90	1:42.50	1:42.51
200 Breast	2:57.70	3:07.80	3:08.80	TBD	3:24.40	3:43.00	3:43.01
100 Fly	1:10.30	1:13.30	1:14.40	TBD	1:20.30	1:27.60	1:27.61
200 Fly	2:38.30	2:49.60	2:55.40	TBD	3:00.90	3:17.40	3:17.41
200 IM	2:36.00	2:44.00	2:43.40	TBD	2:57.30	3:13.40	3:13.41
400 IM	5:31.80	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	31.79	34.49	37.09	N/A	N/A
100 Free	1:08.99	1:14.79	1:20.49	N/A	N/A
200 Free	2:29.39	2:41.79	2:54.29	N/A	N/A
400 Free	5:14.39	5:40.59	6:06.79	N/A	N/A
800 Free	10:47.99	11:41.99	12:35.99	N/A	N/A
1500 Free	20:39.79	22:23.09	24:06.39	N/A	N/A
100 Back	1:17.09	1:23.59	1:29.99	N/A	N/A
200 Back	2:44.89	2:58.69	3:12.39	N/A	N/A
100 Breast	1:27.49	1:34.79	1:42.09	N/A	N/A
200 Breast	3:08.29	3:23.99	3:39.69	N/A	N/A
100 Fly	1:14.29	1:20.39	1:26.59	N/A	N/A
200 Fly	2:45.49	2:59.19	3:12.99	N/A	N/A
200 IM	2:47.79	3:01.79	3:15.79	N/A	N/A
400 IM	5:56.19	6:25.89	6:55.49	N/A	N/A

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.

13-14 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	24.40	25.20	25.10	TBD	27.50	30.00	30.01
100 Free	52.50	54.50	54.90	TBD	59.60	1:05.00	1:05.01
200 Free	1:54.70	2:01.60	2:00.60	TBD	2:10.90	2:22.80	2:22.81
500 Free	5:10.90	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	18:34.00	19:19.10	19:25.10	TBD	20:42.80	22:35.80	22:35.81
100 Back	1:00.40	1:05.00	1:05.30	TBD	1:11.30	1:18.00	1:18.01
200 Back	2:11.00	2:22.70	2:22.50	TBD	2:31.00	2:45.10	2:45.11
100 Breast	1:07.40	1:12.10	1:12.60	TBD	1:19.10	1:26.30	1:26.31
200 Breast	2:27.70	2:37.60	2:38.80	TBD	2:50.80	3:06.40	3:06.41
100 Fly	58.50	1:02.20	1:02.20	TBD	1:07.70	1:13.80	1:13.81
200 Fly	2:14.10	2:26.00	2:29.10	TBD	2:33.30	2:47.30	2:47.31
200 IM	2:09.50	2:18.00	2:16.90	TBD	2:29.00	2:42.60	2:42.61
400 IM	4:37.90	4:55.70	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	27.79	29.89	22.35	21.37
100 Free	56.29	1:00.89	1:05.59	48.89	46.78
200 Free	2:02.59	2:12.79	2:22.99	1:46.11	1:41.66
500 Free	5:31.39	5:58.99	6:26.59	4:46.35	4:35.74
1000 Free	11:26.69	12:23.89	13:21.19	9:52.94	9:34.18
1650 Free	19:07.59	20:43.19	22:18.89	16:30.26	16:03.20
100 Back	1:01.29	1:06.39	1:11.49	53.01	51.09
200 Back	2:13.99	2:25.09	2:36.29	1:55.37	1:50.72
100 Breast	1:09.69	1:15.49	1:21.29	59.96	58.03
200 Breast	2:31.39	2:43.99	2:56.59	2:10.38	2:05.98
100 Fly	1:00.99	1:06.09	1:11.19	52.71	50.44
200 Fly	2:15.59	2:26.89	2:38.19	1:57.09	1:52.86
200 IM	2:17.09	2:28.49	2:39.99	1:57.94	1:53.69
400 IM	4:52.69	5:17.09	5:41.49	4:12.11	4:03.30

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.

13-14 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Spring JO	JAG	Summer JO	WAG	Blue Min	Red Min	White Max
50 Free	27.90	28.70	28.60	TBD	30.20	33.00	33.01
100 Free	59.90	1:02.10	1:02.50	TBD	1:07.90	1:14.00	1:14.01
200 Free	2:10.50	2:18.10	2:17.00	TBD	2:28.50	2:42.00	2:42.01
400 Free	4:37.50	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	18:56.30	19:42.30	19:48.40	TBD	20:57.40	22:51.70	22:51.71
100 Back	1:08.30	1:13.30	1:13.70	TBD	1:22.10	1:31.60	1:31.61
200 Back	2:27.80	2:40.80	2:40.50	TBD	2:53.30	3:09.20	3:09.21
100 Breast	1:16.80	1:22.00	1:22.60	TBD	1:29.20	1:37.30	1:37.31
200 Breast	2:48.00	2:58.90	3:00.20	TBD	3:15.20	3:33.00	3:33.01
100 Fly	1:06.40	1:10.40	1:10.40	TBD	1:16.70	1:23.60	1:23.61
200 Fly	2:31.50	2:44.80	2:48.30	TBD	2:53.10	3:08.90	3:08.91
200 IM	2:27.00	2:36.30	2:35.10	TBD	2:49.00	3:04.30	3:04.31
400 IM	5:14.90	5:34.60	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	N/A	N/A
100 Free	1:04.49	1:09.89	1:15.29	N/A	N/A
200 Free	2:20.59	2:32.29	2:44.09	N/A	N/A
400 Free	4:59.19	5:24.09	5:49.09	N/A	N/A
800 Free	10:22.19	11:13.99	12:05.89	N/A	N/A
1500 Free	19:48.39	21:27.39	23:06.49	N/A	N/A
100 Back	1:11.89	1:17.89	1:23.89	N/A	N/A
200 Back	2:36.09	2:49.09	3:02.09	N/A	N/A
100 Breast	1:21.29	1:28.09	1:34.89	N/A	N/A
200 Breast	2:56.09	3:10.79	3:25.49	N/A	N/A
100 Fly	1:09.69	1:15.49	1:21.29	N/A	N/A
200 Fly	2:35.09	2:47.99	3:00.89	N/A	N/A
200 IM	2:38.29	2:51.39	3:04.59	N/A	N/A
400 IM	5:36.59	6:04.69	6:32.69	N/A	N/A

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.

15-16 GIRLS

SHORT COURSE YARDS – CA STANDARDS

Event	Summer			Blue	Red	White
	JAG	JO	WAG	Min	Min	Max
50 Free	25.40	26.00	TBD	29.30	31.90	31.91
100 Free	54.80	56.50	TBD	1:02.80	1:08.50	1:08.51
200 Free	2:00.60	2:02.60	TBD	2:16.40	2:28.80	2:28.81
500 Free	5:22.60	5:30.60	TBD	5:57.40	6:29.90	6:29.91
1000 Free	11:37.30	11:35.40	TBD	12:17.70	13:24.70	13:24.71
1650 Free	19:21.80	19:45.40	TBD	20:26.80	22:18.40	22:18.41
100 Back	1:04.10	1:06.40	TBD	1:14.50	1:21.50	1:21.51
200 Back	2:23.40	2:24.50	TBD	2:33.80	2:48.10	2:48.11
100 Breast	1:13.10	1:15.00	TBD	1:23.90	1:31.60	1:31.61
200 Breast	2:41.70	2:44.50	TBD	3:00.80	3:17.30	3:17.31
100 Fly	1:01.20	1:03.40	TBD	1:11.00	1:17.50	1:17.51
200 Fly	2:22.00	2:28.10	TBD	2:36.60	2:50.90	2:50.91
200 IM	2:18.30	2:20.30	TBD	2:37.70	2:52.10	2:52.11
400 IM	4:58.00	5:03.50	TBD	5:22.00	5:51.50	5:51.51

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	27.19	29.49	31.79	22.99	22.79
100 Free	58.99	1:03.99	1:08.89	49.81	49.51
200 Free	2:08.09	2:18.69	2:29.39	1:47.60	1:47.26
500 Free	5:43.39	6:11.99	6:40.59	4:47.92	4:47.01
1000 Free	11:50.79	12:49.99	13:49.19	9:57.89	9:57.92
1650 Free	19:47.29	21:26.19	23:05.19	16:42.28	16:33.68
100 Back	1:03.99	1:09.39	1:14.69	53.99	53.79
200 Back	2:19.69	2:31.39	2:42.99	1:56.42	1:57.68
100 Breast	1:13.59	1:19.69	1:25.89	1:01.61	1:01.70
200 Breast	2:39.49	2:52.79	3:05.99	2:15.68	2:15.36
100 Fly	1:03.99	1:09.39	1:14.69	53.74	53.58
200 Fly	2:21.69	2:33.49	2:45.29	1:59.14	1:58.75
200 IM	2:22.99	2:34.89	2:46.79	2:00.33	1:59.77
400 IM	5:04.99-	5:30.49	5:55.89	4:16.76	4:17.26

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.

15-16 GIRLS

LONG COURSE METERS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	29.00	29.60	TBD	32.80	35.80	35.81
100 Free	1:02.40	1:04.30	TBD	1:11.30	1:17.80	1:17.81
200 Free	2:17.00	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	1:12.30	1:14.90	TBD	1:24.40	1:32.20	1:32.21
200 Back	2:41.60	2:42.80	TBD	2:56.50	3:12.70	3:12.71
100 Breast	1:23.10	1:25.20	TBD	1:34.60	1:43.20	1:43.21
200 Breast	3:03.50	3:06.60	TBD	3:23.40	3:41.90	3:41.91
100 Fly	1:09.30	1:11.70	TBD	1:19.20	1:26.40	1:26.41
200 Fly	2:40.40	2:47.20	TBD	2:56.90	3:13.00	3:13.01
200 IM	2:36.70	2:38.90	TBD	2:56.00	3:12.00	3:12.01
400 IM	5:37.20	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	N/A	N/A
100 Free	1:07.89	1:13.49	1:19.19	N/A	N/A
200 Free	2:26.19	2:38.29	2:50.49	N/A	N/A
400 Free	5:07.29	5:32.89	5:58.49	N/A	N/A
800 Free	10:35.39	11:28.39	12:21.29	N/A	N/A
1500 Free	20:20.49	22:02.19	23:43.89	N/A	N/A
100 Back	1:14.89	1:21.09	1:27.29	N/A	N/A
200 Back	2:41.49	2:54.99	3:08.39	N/A	N/A
100 Breast	1:25.29	1:32.39	1:39.49	N/A	N/A
200 Breast	3:05.09	3:20.49	3:35.89	N/A	N/A
100 Fly	1:13.19	1:19.29	1:25.39	N/A	N/A
200 Fly	2:40.59	2:53.99	3:07.29	N/A	N/A
200 IM	2:44.49	2:58.19	3:11.89	N/A	N/A
400 IM	5:49.69	6:18.79	6:47.89	N/A	N/A

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.

15-16 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Summer			Blue	Red	White
	JAG	JO	WAG	Min	Min	Max
50 Free	23.00	23.30	TBD	26.50	28.90	28.91
100 Free	49.70	49.10	TBD	57.40	1:02.60	1:02.61
200 Free	1:49.80	1:52.20	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	18:33.90	TBD	19:44.40	21:32.00	21:32.01
100 Back	58.80	1:00.40	TBD	1:08.20	1:14.50	1:14.51
200 Back	2:12.20	2:14.50	TBD	2:23.90	2:37.30	2:37.31
100 Breast	1:04.90	1:07.20	TBD	1:15.80	1:22.70	1:22.71
200 Breast	2:26.20	2:29.10	TBD	2:43.00	2:57.80	2:57.81
100 Fly	55.10	56.40	TBD	1:05.10	1:11.00	1:11.01
200 Fly	2:07.80	2:14.40	TBD	2:21.60	2:34.40	2:34.41
200 IM	2:06.00	2:08.00	TBD	2:21.70	2:34.70	2:34.71
400 IM	4:33.50	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	24.39	26.39	28.39	20.83	20.29
100 Free	53.49	57.89	1:02.39	45.55	44.42
200 Free	1:56.99	2:06.79	2:16.49	1:39.38	1:37.43
500 Free	5:17.69	5:44.09	6:10.59	4:28.67	4:26.44
1000 Free	11:02.59	11:57.79	12:52.99	9:24.69	9:17.21
1650 Free	18:30.39	20:02.89	21:35.39	15:34.40	15:29.97
100 Back	58.39	1:03.19	1:08.09	49.12	48.26
200 Back	2:06.89	2:17.49	2:27.99	1:47.77	1:46.41
100 Breast	1:05.59	1:11.09	1:16.49	56.58	55.40
200 Breast	2:24.19	2:36.19	2:48.19	2:03.21	2:01.20
100 Fly	57.89	1:02.69	1:07.49	48.97	48.46
200 Fly	2:09.69	2:20.49	2:31.29	1:49.63	1:48.10
200 IM	2:10.09	2:20.89	2:31.69	1:50.63	1:48.04
400 IM	4:40.29	5:03.69	5:26.99	3:58.66	3:53.92

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.

15-16 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Summer		Blue	Red	White
	JAG	JO	Min	Min	Max
50 Free	26.30	26.60	TBD	29.80	32.50
100 Free	56.80	58.10	TBD	1:04.50	1:10.30
200 Free	2:05.00	2:07.70	TBD	2:21.80	2:34.70
400 Free	4:27.00	4:31.10	TBD	4:59.20	5:26.40
800 Free	9:48.50	9:42.60	TBD	10:30.60	11:28.00
1500 Free	19:02.60	18:56.10	TBD	19:59.90	21:49.00
100 Back	1:06.40	1:08.20	TBD	1:18.60	1:25.80
200 Back	2:29.10	2:31.70	TBD	2:45.50	3:00.70
100 Breast	1:14.00	1:16.60	TBD	1:25.60	1:33.40
200 Breast	2:46.20	2:49.50	TBD	3:03.70	3:20.40
100 Fly	1:02.50	1:04.00	TBD	1:13.90	1:20.60
200 Fly	2:24.60	2:32.00	TBD	2:40.30	2:54.80
200 IM	2:23.10	2:25.30	TBD	2:41.00	2:55.70
400 IM	5:10.00	5:18.70	TBD	5:41.70	6:12.80

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	N/A	N/A
100 Free	1:01.69	1:06.89	1:11.99	N/A	N/A
200 Free	2:14.89	2:26.09	2:37.39	N/A	N/A
400 Free	4:46.09	5:09.89	5:33.69	N/A	N/A
800 Free	10:00.09	10:50.09	11:40.09	N/A	N/A
1500 Free	18:59.09	20:33.99	22:08.99	N/A	N/A
100 Back	1:08.69	1:14.39	1:20.19	N/A	N/A
200 Back	2:28.89	2:41.39	2:53.79	N/A	N/A
100 Breast	1:16.99	1:23.49	1:29.89	N/A	N/A
200 Breast	2:47.49	3:01.39	3:15.39	N/A	N/A
100 Fly	1:06.29	1:11.79	1:17.39	N/A	N/A
200 Fly	2:27.69	2:39.99	2:52.29	N/A	N/A
200 IM	2:31.39	2:43.99	2:56.59	N/A	N/A
400 IM	5:20.59	5:47.29	6:14.09	N/A	N/A

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

SHORT COURSE YARDS – CA STANDARDS

Event	Summer		Blue	Red	White
	JAG	JO	Min	Min	Max
50 Free	25.40	26.00	TBD	29.30	31.90
100 Free	54.80	56.50	TBD	1:02.80	1:08.51
200 Free	2:00.60	2:02.60	TBD	2:16.40	2:28.81
500 Free	5:22.60	5:30.60	TBD	5:57.40	6:29.91
1000 Free	11:37.30	11:35.40	TBD	12:17.70	13:24.71
1650 Free	19:21.80	19:45.40	TBD	20:26.80	22:18.41
100 Back	1:04.10	1:06.40	TBD	1:14.50	1:21.51
200 Back	2:23.40	2:24.50	TBD	2:33.80	2:48.11
100 Breast	1:13.10	1:15.00	TBD	1:23.90	1:31.61
200 Breast	2:41.70	2:44.50	TBD	3:00.80	3:17.31
100 Fly	1:01.20	1:03.40	TBD	1:11.00	1:17.51
200 Fly	2:22.00	2:28.10	TBD	2:36.60	2:50.91
200 IM	2:18.30	2:20.30	TBD	2:37.70	2:52.11
400 IM	4:58.00	5:03.50	TBD	5:22.00	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	26.89	29.09	31.39	22.50	22.34
100 Free	58.49	1:03.29	1:08.19	48.93	49.03
200 Free	2:07.29	2:17.89	2:28.49	1:47.00	1:45.85
500 Free	5:39.19	6:07.39	6:35.69	4:47.00	4:43.88
1000 Free	11:48.19	12:47.19	13:46.19	9:58.64	9:58.81
1650 Free	19:32.99	21:10.69	22:48.49	16:39.42	16:18.98
100 Back	1:03.19	1:08.49	1:13.69	52.94	53.13
200 Back	2:16.99	2:28.39	2:39.79	1:55.93	1:55.58
100 Breast	1:12.79	1:18.79	1:24.89	1:00.95	1:00.57
200 Breast	2:37.59	2:50.69	3:03.79	2:13.82	2:11.13
100 Fly	1:03.09	1:08.29	1:13.59	52.95	52.53
200 Fly	2:20.19	2:31.89	2:43.49	1:56.86	1:58.10
200 IM	2:20.89	2:32.69	2:44.39	1:57.57	1:58.15
400 IM	5:00.99	5:26.09	5:51.19	4:14.87	4:14.84

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			Blue	Red	White
	JAG	JO	WAG	Min	Min	Max
50 Free	29.00	29.60	TBD	32.80	35.80	35.81
100 Free	1:02.40	1:04.30	TBD	1:11.30	1:17.80	1:17.81
200 Free	2:17.00	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	1:12.30	1:14.90	TBD	1:24.40	1:32.20	1:32.21
200 Back	2:41.60	2:42.80	TBD	2:56.50	3:12.70	3:12.71
100 Breast	1:23.10	1:25.20	TBD	1:34.60	1:43.20	1:43.21
200 Breast	3:03.50	3:06.60	TBD	3:23.40	3:41.90	3:41.91
100 Fly	1:09.30	1:11.70	TBD	1:19.20	1:26.40	1:26.41
200 Fly	2:40.40	2:47.20	TBD	2:56.90	3:13.00	3:13.01
200 IM	2:36.70	2:38.90	TBD	2:56.00	3:12.00	3:12.01
400 IM	5:37.20	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	33.59	36.19	N/A	N/A
100 Free	1:07.39	1:12.99	1:18.59	N/A	N/A
200 Free	2:25.39	2:37.49	2:49.59	N/A	N/A
400 Free	5:06.09	5:31.59	5:57.09	N/A	N/A
800 Free	10:31.59	11:24.29	12:16.89	N/A	N/A
1500 Free	20:08.89	21:49.59	23:30.39	N/A	N/A
100 Back	1:14.19	1:20.39	1:26.59	N/A	N/A
200 Back	2:40.19	2:53.59	3:06.89	N/A	N/A
100 Breast	1:24.59	1:31.69	1:38.69	N/A	N/A
200 Breast	3:02.69	3:17.89	3:33.09	N/A	N/A
100 Fly	1:12.19	1:18.29	1:24.29	N/A	N/A
200 Fly	2:40.09	2:53.39	3:06.79	N/A	N/A
200 IM	2:43.39	2:56.99	3:10.69	N/A	N/A
400 IM	5:47.29	6:16.29	6:45.19	N/A	N/A

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 BOYS

SHORT COURSE YARDS – CA STANDARDS

Event	Summer		Blue	Red	White
	JAG	JO	Min	Min	Max
50 Free	23.00	23.30	TBD	26.50	28.90
100 Free	49.70	49.10	TBD	57.40	1:02.60
200 Free	1:49.80	1:52.20	TBD	2:04.80	2:16.20
500 Free	4:59.20	5:03.80	TBD	5:34.80	6:05.30
1000 Free	10:59.40	10:52.80	TBD	11:48.80	12:53.30
1650 Free	18:40.20	18:33.90	TBD	19:44.40	21:32.00
100 Back	58.80	1:00.40	TBD	1:08.20	1:14.50
200 Back	2:12.20	2:14.50	TBD	2:23.90	2:37.30
100 Breast	1:04.90	1:07.20	TBD	1:15.80	1:22.70
200 Breast	2:26.20	2:29.10	TBD	2:43.00	2:57.80
100 Fly	55.10	56.40	TBD	1:05.10	1:11.00
200 Fly	2:07.80	2:14.40	TBD	2:21.60	2:34.40
200 IM	2:06.00	2:08.00	TBD	2:21.70	2:34.70
400 IM	4:33.50	4:41.40	TBD	5:01.20	5:28.80

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	23.89	25.89	27.89	20.08	19.87
100 Free	52.29	56.69	1:00.99	43.98	43.49
200 Free	1:54.09	2:03.59	2:13.09	1:36.15	1:34.49
500 Free	5:10.39	5:36.29	6:02.19	4:22.03	4:18.02
1000 Free	10:54.39	11:48.89	12:43.39	9:14.28	9:11.11
1650 Free	18:07.39	19:37.99	21:08.59	15:16.99	15:07.59
100 Back	56.69	1:01.49	1:06.19	47.87	46.95
200 Back	2:04.19	2:14.59	2:24.89	1:44.94	1:42.61
100 Breast	1:04.39	1:09.79	1:15.09	53.86	53.51
200 Breast	2:19.99	2:31.69	2:43.29	1:58.91	1:56.34
100 Fly	56.49	1:01.19	1:05.89	47.53	47.07
200 Fly	2:06.39	2:16.99	2:27.49	1:46.38	1:44.78
200 IM	2:06.59	2:17.09	2:27.69	1:47.40	1:45.96
400 IM	4:34.19	4:56.99	5:19.89	3:51.57	3:47.09

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 BOYS

LONG COURSE METERS – CA STANDARDS

Event	Summer		WAG	Blue	Red	White
	JAG	JO		Min	Min	Max
50 Free	26.30	26.60	TBD	29.80	32.50	32.51
100 Free	56.80	58.10	TBD	1:04.50	1:10.30	1:10.31
200 Free	2:05.00	2:07.70	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	1:06.40	1:08.20	TBD	1:18.60	1:25.80	1:25.81
200 Back	2:29.10	2:31.70	TBD	2:45.50	3:00.70	3:00.71
100 Breast	1:14.00	1:16.60	TBD	1:25.60	1:33.40	1:33.41
200 Breast	2:46.20	2:49.50	TBD	3:03.70	3:20.40	3:20.41
100 Fly	1:02.50	1:04.00	TBD	1:13.90	1:20.60	1:20.61
200 Fly	2:24.60	2:32.00	TBD	2:40.30	2:54.80	2:54.81
200 IM	2:23.10	2:25.30	TBD	2:41.00	2:55.70	2:55.71
400 IM	5:10.00	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	32.39	N/A	N/A
100 Free	1:00.19	1:05.29	1:10.29	N/A	N/A
200 Free	2:12.49	2:23.59	2:34.59	N/A	N/A
400 Free	4:42.19	5:05.69	5:29.19	N/A	N/A
800 Free	9:48.09	10:37.09	11:26.09	N/A	N/A
1500 Free	18:46.89	20:20.79	21:54.69	N/A	N/A
100 Back	1:07.39	1:12.99	1:18.59	N/A	N/A
200 Back	2:26.19	2:38.39	2:50.59	N/A	N/A
100 Breast	1:15.39	1:21.69	1:27.99	N/A	N/A
200 Breast	2:44.19	2:57.89	3:11.59	N/A	N/A
100 Fly	1:04.69	1:10.09	1:15.49	N/A	N/A
200 Fly	2:24.39	2:36.39	2:48.39	N/A	N/A
200 IM	2:28.89	2:41.29	2:53.69	N/A	N/A
400 IM	5:16.59	5:42.99	6:09.39	N/A	N/A

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.

RELAY STANDARDS – GIRLS

	Spring JO	Spring JO	Summer JO	Summer JO	WAG/ JAG	WAG/ JAG
5-10	Hard Cut	Soft Cut	Hard Cut	Soft Cut	Hard Cut	Soft Cut
200 Free Yards	2:04.40	N/A	2:11.10	2:14.30	2:15.60	2:18.30
200 Med Yards	2:23.60	N/A	2:34.60	2:38.40	2:38.90	2:42.10
200 Free Meters	2:21.60	N/A	2:28.80	2:32.40	2:33.60	2:36.70
200 Med Meters	2:42.70	N/A	2:54.70	2:59.00	2:59.40	3:03.00
11-12						
200 Free Yards	1:49.60	N/A	1:56.50	1:59.30	2:02.80	2:05.20
400 Free Yards	3:58.00	N/A	4:13.80	4:20.00	4:26.80	4:32.10
200 Med Yards	2:05.30	N/A	2:15.10	2:18.40	2:22.60	2:25.40
400 Med Yards	4:32.50	N/A	4:56.30	5:03.50	5:11.40	5:17.60
200 Free Meters	2:04.80	N/A	2:12.60	2:15.80	2:19.60	2:22.40
400 Free Meters	4:30.80	N/A	4:48.20	4:55.20	5:02.40	5:08.40
200 Med Meters	2:22.20	N/A	2:33.00	2:36.70	2:40.90	2:44.10
400 Med Meters	5:08.80	N/A	5:35.10	5:43.30	5:52.90	5:59.90
13-14						
200 Free Yards	1:43.20	N/A	1:51.50	1:54.20	1:57.20	1:59.50
400 Free Yards	3:42.80	N/A	4:01.80	4:07.70	4:13.60	4:18.70
800 Free Yards	8:04.40	N/A	8:42.00	8:54.80	9:04.40	9:15.30
200 Med Yards	4:13.60	N/A	4:38.50	4:45.30	4:53.70	4:59.60
400 Med Yards	4:13.60	N/A	4:38.50	4:45.30	4:53.70	4:59.60
200 Free Meters	1:58.00	N/A	2:06.60	2:09.70	2:13.20	2:15.90
400 Free Meters	4:14.00	N/A	4:34.50	4:41.20	4:47.60	4:53.30
800 Free Meters	9:10.80	N/A	9:52.10	10:06.60	10:16.40	10:28.70
200 Med Meters	4:47.90	N/A	5:15.20	5:22.90	5:31.80	5:38.40
400 Med Meters	4:47.90	N/A	5:25.20	5:22.90	5:31.80	5:38.40
15-UP						
200 Free Yards	N/A	N/A	1:48.30	1:51.00	1:58.80	2:01.20
400 Free Yards	N/A	N/A	3:52.60	3:58.30	4:15.20	4:20.30
800 Free Yards	N/A	N/A	8:22.70	8:35.00	9:05.60	9:16.50
200 Med Yards	N/A	N/A	4:29.40	4:36.00	4:56.30	5:02.20
400 Med Yards	N/A	N/A	4:29.40	4:36.00	4:56.30	5:02.20
200 Free Meters	N/A	N/A	2:03.50	2:06.60	2:15.60	2:18.30
400 Free Meters	N/A	N/A	4:24.60	4:31.10	4:49.60	4:55.40
800 Free Meters	N/A	N/A	9:30.80	10:18.40	10:18.80	10:31.20
200 Med Meters	N/A	N/A	5:05.20	5:12.60	5:35.10	5:41.80
400 Med Meters	N/A	N/A	5:05.20	5:12.60	5:35.10	5:41.80

RELAY STANDARDS – BOYS

	Spring JO	Spring JO	Summer JO	Summer JO	WAG/ JAG	WAG/ JAG
5-10	Hard Cut	Soft Cut	Hard Cut	Soft Cut	Hard Cut	Soft Cut
200 Free Yards	2:02.80	N/A	2:12.50	2:15.70	2:16.40	2:19.10
200 Med Yards	2:23.40	N/A	2:36.80	2:40.60	2:38.90	2:42.10
200 Free Meters	2:19.60	N/A	2:30.10	2:33.80	2:32.40	2:35.40
200 Med Meters	2:42.50	N/A	2:57.10	3:01.40	2:58.90	3:02.50
11-12						
200 Free Yards	1:48.00	N/A	1:56.10	1:58.90	2:03.20	2:05.60
400 Free Yards	3:53.60	N/A	4:15.40	4:21.60	4:24.80	4:30.10
200 Med Yards	2:03.50	N/A	2:16.20	2:19.50	2:23.50	2:26.40
400 Med Yards	4:29.50	N/A	4:59.60	5:07.00	5:15.70	5:22.00
200 Free Meters	2:03.20	N/A	2:12.10	2:15.30	2:17.60	2:20.30
400 Free Meters	4:26.00	N/A	4:49.70	4:56.80	5:00.40	5:06.40
200 Med Meters	2:20.30	N/A	2:34.30	2:38.10	2:41.20	2:44.40
400 Med Meters	5:05.60	N/A	5:38.60	5:46.90	5:54.60	6:01.70
13-14						
200 Free Yards	1:37.60	N/A	1:44.90	1:47.50	1:50.00	1:52.20
400 Free Yards	3:30.00	N/A	3:49.60	3:55.20	3:58.40	4:03.20
800 Free Yards	7:38.80	N/A	8:20.20	8:32.40	8:43.60	8:54.10
200 Med Yards	3:58.80	N/A	4:26.80	4:33.30	4:39.50	4:45.10
400 Med Yards	3:58.80	N/A	4:26.80	4:33.30	4:39.50	4:45.10
200 Free Meters	1:51.60	N/A	1:59.70	2:02.60	2:00.80	2:03.20
400 Free Meters	3:59.60	N/A	4:21.20	4:27.60	4:31.60	4:37.00
800 Free Meters	8:42.00	N/A	9:28.20	9:42.10	9:54.00	10:05.90
200 Med Meters	4:31.40	N/A	5:02.20	5:09.60	5:16.50	5:22.80
400 Med Meters	4:31.40	N/A	5:02.20	5:09.60	5:16.50	5:22.80
15-UP						
200 Free Yards	N/A	N/A	1:37.40	1:39.80	1:46.00	1:48.10
400 Free Yards	N/A	N/A	3:31.70	3:36.90	3:49.60	3:54.20
800 Free Yards	N/A	N/A	7:44.50	7:55.80	8:26.80	8:33.30
200 Med Yards	N/A	N/A	4:05.40	4:11.40	4:29.40	4:34.80
400 Med Yards	N/A	N/A	4:05.40	4:11.40	4:29.40	4:34.80
200 Free Meters	N/A	N/A	1:51.40	1:54.10	2:00.80	2:03.20
400 Free Meters	N/A	N/A	4:01.20	4:07.10	4:21.60	4:26.80
800 Free Meters	N/A	N/A	8:48.90	9:01.80	9:27.20	9:38.50
200 Med Meters	N/A	N/A	4:38.50	4:45.30	5:05.30	5:11.40
400 Med Meters	N/A	N/A	4:38.50	4:45.30	5:05.30	5:11.40

SENIOR TIME STANDARDS – WOMEN

WOMEN – SHORT COURSE YARDS

EVENT	SCS Sr		Sect	
	Devel	Sectional	Bonus	Futures
50 Free	26.39	24.89	25.69	24.09
100 Free	56.69	53.99	55.49	52.09
200 Free	2:02.99	1:56.29	1:59.59	1:52.59
500 Free	5:27.19	5:10.69	5:19.49	5:03.49
1000 Free	11:09.99	10:39.89	10:57.99	10:20.49
1650 Free	18:46.99	17:46.59	18:16.79	17:14.39
100 Back	1:03.39	59.49	1:01.19	58.09
200 Back	2:15.89	2:08.59	2:12.29	2:04.99
100 Breast	1:12.09	1:07.59	1:09.49	1:05.99
200 Breast	2:36.59	2:28.19	2:32.39	2:22.69
100 Fly	1:02.79	59.19	1:00.89	57.49
200 Fly	2:18.09	2:10.09	2:13.79	2:05.39
200 IM	2:18.69	2:10.49	2:14.19	2:08.29
400 IM	4:55.39	4:39.09	4:46.99	4:30.69
400 Free Relay		3:41.79		
800 Free Relay		8:00.19		
400 Medley Relay		4:02.69		

WOMEN – LONG COURSE METERS

EVENT	SCS Sr		Sect		Olympic Trials	Olympic Trials
	Devel	Sectional	Bonus	Futures	Wave 1	Wave 2
50 Free	29.89	28.69	29.49	27.39	25.99	25.65
100 Free	1:04.79	1:01.89	1:03.69	59.39	56.29	55.56
200 Free	2:19.69	2:12.99	2:16.69	2:07.79	2:01.69	2:00.24
400 Free	4:53.69	4:39.69	4:17.59	4:28.79	4:16.89	4:13.28
800 Free	10:05.19	9:36.09	9:52.49	9:13.79	8:48.09	8:44.01
1500 Free	19:18.49	18:22.99	18:54.19	17:40.19	16:49.19	16:44.60
100 Back	1:12.39	1:09.49	1:11.39	1:06.89	1:02.69	1:01.49
200 Back	2:35.39	2:29.19	2:33.39	2:23.99	2:14.69	2:12.94
100 Breast	1:22.39	1:18.79	1:20.99	1:15.99	1:10.99	1:09.55
200 Breast	2:57.79	2:49.69	2:54.49	2:43.39	2:33.29	2:30.49
100 Fly	1:10.19	1:07.19	1:09.09	1:04.69	1:00.69	59.59
200 Fly	2:33.89	2:27.99	2:32.19	2:21.89	2:14.59	2:12.56
200 IM	2:38.39	2:31.09	2:35.39	2:26.39	2:17.39	2:15.26
400 IM	5:33.89	5:20.09	5:29.09	5:07.29	4:51.79	4:47.72
400 Free Relay		4:11.59				
800 Free Relay		9:03.89				
400 Medley Relay		4:36.09				

Other 2021 SCY & LCM National Time Standards TBD

SENIOR TIME STANDARDS – MEN

MEN – SHORT COURSE YARDS

EVENT	SCS Sr	Sectional	Sect	Futures
	Devel		Bonus	
50 Free	23.59	22.19	22.79	21.39
100 Free	51.29	48.19	49.49	46.49
200 Free	1:52.39	1:45.79	1:48.79	1:41.79
500 Free	5:05.49	4:47.79	4:55.99	4:37.09
1000 Free	10:33.39	9:59.49	10:16.39	9:34.29
1650 Free	17:40.69	16:43.89	17:12.29	16:05.49
100 Back	57.19	53.89	55.39	52.09
200 Back	2:03.99	1:57.29	2:00.59	1:25.79
100 Breast	1:04.69	1:00.89	1:02.59	58.69
200 Breast	2:20.99	2:13.29	2:17.09	2:08.59
100 Fly	56.19	52.89	54.39	51.09
200 Fly	2:04.99	1:58.89	2:02.19	1:53.69
200 IM	2:05.99	1:58.19	2:01.59	1:55.09
400 IM	4:29.09	4:14.69	4:21.89	4:07.59
400 Free Relay		3:18.59		
800 Free Relay		7:15.29		
400 Medley Relay		3:38.99		

MEN – LONG COURSE METERS

EVENT	SCS Sr	Sectional	Sect	Futures	Olympic Trials	Olympic Trials
	Devel		Bonus		Wave 1	Wave 2
50 Free	26.99	25.89	26.59	24.89	23.19	22.71
100 Free	58.49	56.09	57.69	53.79	50.49	49.74
200 Free	2:08.49	2:03.09	2:06.59	1:58.09	1:50.79	1:49.65
400 Free	4:32.89	4:21.09	4:28.49	4:09.99	3:57.29	3:54.21
800 Free	9:25.99	9:04.69	9:20.09	8:40.69	8:12.99	8:08.95
1500 Free	18:04.29	17:13.49	17:42.79	16:38.99	15:44.89	15:35.69
100 Back	1:06.09	1:03.29	1:05.09	1:00.79	56.59	55.51
200 Back	2:22.69	2:17.39	2:21.29	2:11.89	2:02.99	2:00.81
100 Breast	1:14.29	1:11.29	1:13.29	1:08.69	1:03.29	1:01.97
200 Breast	2:40.99	2:35.79	2:40.19	2:29.09	2:17.89	2:15.28
100 Fly	1:03.49	1:00.89	1:02.59	58.39	54.19	53.37
200 Fly	2:20.59	2:15.89	2:19.79	2:10.19	2:01.19	1:59.63
200 IM	2:24.19	2:18.39	2:22.29	2:12.79	2:04.09	2:03.02
400 IM	5:06.79	4:55.09	5:03.49	4:42.39	4:25.99	4:23.24
400 Free Relay		3:46.89				
800 Free Relay		8:15.69				
400 Medley Relay		4:09.69				

Other 2021 SCY & LCM National Time Standards TBD



RECORDS

SCS 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	37.60 (19)	Gabi Brito, WEST
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	41.55 (19)	Gabi Brito, WEST
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	28.02 (18)	Liam Friedman, GSC
100 Y Freestyle	1:01.70 (08)	Sean Lee, MEGA
50 Y Backstroke	32.96 (18)	Liam Friedman, GSC
50 Y Breaststroke	34.79 (18)	Demir Bilgi, CCAT
50 Y Butterfly	30.69 (19)	Andy Lee, UNAT
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	31.87 (18)	Liam Friedman, GSC
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)
Kayla Han, BREA	5:13.45 (19)	500 Y Freestyle	Kayla Han, CA	5:13.45 (19)
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	Alexis Mesina, PC	1:07.30 (18)
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)
Kayla Han, BREA	2:11.99 (19)	200 Y Ind. Medley	Kayla Han, CA	2:11.99 (19)
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)
Kayla Han, BREA	1:02.15 (19)	100 M Freestyle	Leah Hayes, IL	1:01.29 (16)
Kayla Han, BREA	2:14.53 (19)	200 M Freestyle	Leah Hayes, IL	2:14.39 (16)
Kayla Han, BREA	4:41.40 (19)	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	Megan 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	Raquel Maldonado, IL	1:07.07 (19)
Kayla Han, BREA	2:28.70 (19)	200 M Ind. Medley	Kayla Han, BREA	2:28.70 (19)
Canyons Aquatics	2:04.49 (16)	200 M Free Relay	Marlins of Raleigh, NC	2:00.82 (19)
Mission Viejo Nadadores	2:19.30 (83)	200 M Medley Relay	Marlins of Raleigh, NC	2:18.15 (19)

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	Trevan Valena, NT	5:06.32 (18)
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)
Peter Vu, RIPT	32.38 (19)	50 Y Breaststroke	Adam McDonald, OH	31.09 (15)
Peter Vu, RIPT	1:10.19 (19)	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	Thomas Heilman, VA	58.36 (18)
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	Trevan Valena, NT	2:11.79 (18)
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)
Peter Vu, UNAT	1:20.44 (19)	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
Teia Salvino, PATH	23.71 (19)	50 Y Freestyle	Amanda Weir, GA	23.15 (99)
Claire McLean, WEST	51.30 (17)	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	Leah Hayes, IL	4:49.32 (17)
Katie Grimes, SAND	10:12.45 (19)	1000 Y Freestyle	Chloe Sutton, SE	9:57.33 (05)
Katie Grimes, SAND	17:03.84 (19)	1650 Y Freestyle	Chloe Sutton, SE	16:34.33 (05)
Cindy Tran, GWSC	26.06 (05)	50 Y Backstroke	Levinia Sim, SE	25.65 (19)
Ella Eastin, NOVA	55.88 (10)	100 Y Backstroke	Regan Smith, MN	54.21 (14)
Teagan O'Dell, CHS	2:02.37 (19)	200 Y Backstroke	Alexandra Walsh, CT	1:58.31(14)
Teagan O'Dell, CHS	29.73 (19)	50 Y Breaststroke	Zoe Skirboll, AM	28.70 (17)
Carly Geehr, ROSE	1:04.36 (97)	100 Y Breaststroke	Leah Hayes, IL	1:02.63 (18)
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)
Teagan O'Dell, CHS	4:27.14 (19)	400 Y Ind. Medley	Leah Hayes, IL	4:20.03 (18)
Brea Aquatics	1:40.96 (16)	200 Y Free Relay	Schroeder YMCA, ST	1:38.32 (18)
Brea Aquatics	3:36.35 (16)	400 Y Free Relay	Delaware Swim Team, MA	3:33.57 (15)
Mission Viejo Nadadores	1:51.25 (19)	200 Y Medley Relay	Chicago Wolfpack, IL	1:46.41 (18)
Brea Aquatics	4:01.69 (16)	400 Y Medley Relay	Chicago Wolfpack, IL	3:54.77 (18)
SCS		Long Course		NAG
Teagan O'Dell, CHS	26.92 (19)	50 M Freestyle	Missy Franklin, CO	26.21 (08)
Eva Merell, 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)
Katie Grimes, SAND	9:10.84 (18)	800 M Freestyle	Isabella Rongione, PV	8:55.43 (12)
Katie Grimes, SAND	17:30.78 (18)	1500 M Freestyle	Isabella Rongione, PV	16:48.12 (12)
Teagan O'Dell, CHS	30.58 (19)	50 M Backstroke	Margaret Wanezek, WI	29.36 (18)
Teagan O'Dell, CHS	1:04.14 (19)	100 M Backstroke	Beth Botsford, MD	1:03.08 (94)
Teagan O'Dell, CHS	2:19.15 (19)	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)
Teagan O'Dell, CHS	2:40.71 (19)	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)
Teagan O'Dell, CHS	2:18.69 (19)	200 M Ind. Medley	Teagan O'Dell, CA	2:18.69 (19)
Kayla Han, RMDA	5:02.92 (20)	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)
Mission Viejo Nadadores	2:07.55 (18)	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	Thomas Heilman, VA	21.50 (19)
Ronald Dalmacio, ROSE	48.28 (17)	100 Y Freestyle	Thomas Heilman, VA	47.15 (19)
Ronald Dalmacio, ROSE	1:46.17 (17)	200 Y Freestyle	Thomas Heilman, VA	1:44.28 (19)
Justin Schneider, TMEC	4:47.44 (17)	500 Y Freestyle	Mason Turner, IA	4:41.26 (19)
Justin Schneider, TMEC	9:52.35 (17)	1000 Y Freestyle	Matthew Hirschberger, FL	9:38.50 (11)
Allen Cai, NOVA	16:34.79 (17)	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)
Eric Fourzon, BSC	27.40 (18)	50 Y Breaststroke	Ethan Dang, PN	27.20 (14)
Eric Fourzon, BSC	58.87 (18)	100 Y Breaststroke	Ethan Dang, PN	58.17 (14)
Eric Fourzon, BSC	2:14.30 (18)	200 Y Breaststroke	Ethan Dang, PN	2:05.56 (14)
Conor Lee, SPS	24.42 (14)	50 Y Butterfly	Thomas Heilman, VA	22.87 (19)
Daniel Syrkin, ROSE	53.28 (15)	100 Y Butterfly	Thomas Heilman, VA	50.82 (19)
Oscar Cruz, WAC	1:59.96 (18)	200 Y Butterfly	Thomas Heilman, VA	1:53.66 (19)
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)
Humberto Najera, NOVA	4:16.01 (18)	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	3:29.87 (17)	400 Y Free Relay	Bluefish Swim Club, NE	3:27.94 (17)
Irvine Novaquatics	1:46.55 (17)	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)
Ty Schneider, TMEC	8:53.87 (19)	800 M Freestyle	Matthew Hirschberger, FL	8:48.59 (11)
Luke Ellis, SAND	16:58.15 (19)	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, LBSH	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	Gary Jones, GU	2:11.07 (18)
Luke Ellis, SAND	2:17.91 (19)	200 M Ind. Medley	Richard Poplawski, FG	2:13.59 (19)
Humberto Najera, NOVA	4:52.89 (17)	400 M Ind. Medley	Richard Poplawski, NJ	4:42.54 (19)
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)
Irvine Novaquatics	2:00.87 (18)	200 M Medley Relay	Nation's Capital S.C., PV	2:00.65 (18)
Irvine Novaquatics	4:26.49 (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	Claire Curzan, NC	21.89 (19)
Justina Kozan, BREA	49.05 (18)	100 Y Freestyle	Claire Curzan, NC	47.67 (19)
Justina Kozan, BREA	1:45.77 (18)	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)
Bella Sims, SAND	9:32.59 (19)	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)
Justina Kozan, BREA	52.83 (18)	100 Y Butterfly	Claire Curzan, NC	50.64 (19)
Katie Crom, MVN	1:56.00 (18)	200 Y Butterfly	Tess Howley, MR	1:55.29 (19)
Justina Kozan, BREA	1:58.57 (18)	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)
Sandpipers of Nevada	1:34.94 (19)	200 Y Free Relay	TAC Titans, NC	1:33.30 (19)
Sandpipers of Nevada	3:26.90 (19)	400 Y Free Relay	Nation's Capital, PV	3:21.90 (19)
Sandpipers of Nevada	7:27.74 (19)	800 Y Free Relay	Nova of Virginia, VA	7:18.96 (17)
Brea Aquatics	1:46.26 (18)	200 Y Medley Relay	Tac Titans, NC	1:41.87 (19)
Sandpipers of Nevada	3:49.93 (19)	400 Y Medley Relay	SwimMAC, NC	3:40.43 (19)

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)
Justina Kozan, BREA	59.89 (18)	100 M Butterfly	Claire Curzan, NC	58.61 (19)
Justina Kozan, BREA	2:10.83 (18)	200 M Butterfly	Mary T. Meagher, KY	2:07.01 (79)
Bella Sims, SAND	2:16.96 (19)	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)
Sandpipers of Nevada	1:47.13 (19)	200 M Free Relay	Sandpipers of Nevada, CA	1:47.13 (19)
Sandpipers of Nevada	3:52.43 (19)	400 M Free Relay	Sandpipers of Nevada, CA	3:52.43 (19)
Sandpipers of Nevada	8:20.88 (19)	800 M Free Relay	Sandpipers of Nevada, CA	8:20.88 (19)
Rose Bowl Aquatics	2:01.67(12)	200 M Medley Relay	Elmbrook Swim Club, WI	1:57.47 (19)
Irvine Novaquatics	4:25.45(10)	400 M Medley Relay	SwimMac, NC	4:14.26 (18)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 13-14 BOYS

Short Course

SCS		NAG		
Ronald Dalmacio, ROSE	20.82(18)	50 Y Freestyle	Michael Andrew, MV	19.76 (14)
Ronald Dalmacio, UN	45.62 (19)	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)
Ronald Dalmacio, ROSE	48.64 (18)	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)
Parker Macy, UN	2:02.62 (18)	200 Y Breaststroke	Reece Whitley, MA	1:55.52 (14)
Ronald Dalmacio, UN	48.81 (19)	100 Y Butterfly	Michael Andrew, MV	46.95 (14)
Tonahuac Zinn, SCAL	1:49.22 (19)	200 Y Butterfly	Michael Andrew, MV	1:45.39 (14)
Tonahuac Zinn, SCAL	1:49.32 (18)	200 Y Ind. Medley	Michael Andrew, MV	1:45.29 (14)
Tonahuac Zinn, SCAL	3:52.08 (19)	400 Y Ind. Medley	Tyler Lu, PN	3:51.54 (18)
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	7:05.82 (19)	800 Y Free Relay	Cincinnati Marlins, OH	6:55.96 (14)
Rose Bowl Aquatics	1:37.00 (19)	200 Y Medley Relay	Nation's Capital SC, PV	1:35.11 (20)
Aquazot Swim Club	3:29.45 (11)	400 Y Medley Relay	Nation's Capital SC, PV	3:26.76 (20)

Long Course

SCS		NAG		
Ronald Dalmacio, UN	23.81 (19)	50 M Freestyle	Michael Andrew, MV	23.19 (14)
Kaihan Gu, ROSE	51.95 (18)	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)
Ronald Dalmacio, UN	57.84 (19)	100 M Backstroke	Josh Zuchowski, FG	56.62 (19)
Aaron Peirsol, NOVA	2:02.78 (98)	200 M Backstroke	Keaton Jones, AZ	2:00.28 (19)
Hank Rivers, GWSC	1:06.12 (18)	100 M Breaststroke	Reece Whitley, MA	1:03.23 (14)
Parker Macy, MVN	2:21.63 (18)	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)
Tonahuac Zinn, SCAL	2:05.11 (18)	200 M Butterfly	Michael Phelps, MD	1:59.02 (00)
Tonahuac Zinn, SCAL	2:06.46 (18)	200 M Ind. Medley	Michael Andrew, MV	2:04.13 (14)
Humberto Najera, MVN	4:32.26 (19)	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, CA	3:37.47 (19)	400 M Free Relay	Irvine Novaquatics, CA	3:37.47 (19)
Irvine Novaquatics, CA	7:54.15 (19)	800 M Free Relay	Irvine Novaquatics, CA	7:54.15 (19)
Rose Bowl Aquatics	1:50.43 (18)	200 M Medley Relay	King Aquatic Club, PN	1:49.61 (16)
Irvine Novaquatics, CA	3:58.40 (19)	400 M Medley Relay	Irvine Novaquatics, CA	3:58.40 (19)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 15-16 GIRLS

Short Course

SCS		NAG		
Lindsey Engel, OCW	22.24 (12)	50 Y Freestyle	Claire Curzan, NC	21.51 (20)
Eva Merrell, AZOT	48.51 (16)	100 Y Freestyle	Claire Curzan, NC	47.23 (20)
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	50.58 (18)
Eva Merrell, AZOT	1:52.20 (16)	200 Y Backstroke	Regan Smith, MN	1:48.30 (18)
Nikol Popov, UN	59.64 (15)	100 Y Breaststroke	Alex Walsh, SE	58.19 (17)
Nikol Popov, CANY	2:08.92 (16)	200 Y Breaststroke	Alex Walsh, SE	2:06.45 (18)
Katie McLaughlin, MVN	51.78 (14)	100 Y Butterfly	Claire Curzan, NC	49.73 (20)
Katie McLaughlin, MVN	1:54.48 (14)	200 Y Butterfly	Regan Smith, MN	1:51.24 (18)
Ella Eastin, UN	1:55.15 (13)	200 Y Ind. Medley	Alex Walsh, SE	1:54.02 (17)
Ella Eastin, UN	4:05.25 (13)	400 Y Ind. Medley	Dagny Knutson, ND	4:00.62 (08)
Brea Aquatics	1:33.74 (18)	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	3:36.53 (17)

Long Course

SCS		NAG		
Abbey Weitzeil, CANY	25.27 (13)	50 M Freestyle	Gretchen Walsh, SE	24.71 (19)
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	58.83 (18)
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	Torre Huske, KY	57.48 (19)
Katie McLaughlin, MVN	2:08.72 (13)	200 M Butterfly	Mary T. Meagher, KY	2:05.96 (81)
Justina Kozan, UN	2:11.55 (19)	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	1:58.74 (19)	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	Anthony Grimm, PV 45.60 (19)
Thomas Smith, AZOT	1:43.71 (14)	200 Y Backstroke	Ryan Murphy, FL 1:40.90 (11)
Hank Rivers, GWSC	53.91 (19)	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	Gianluca Urlando, SN 45.62 (18)
Alex Valente, SBSC	1:44.10 (14)	200 Y Butterfly	Gianluca Urlando, SN 1:40.91 (18)
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	Mason Manta Rays, OH 1:22.51 (18)
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	TAC Titans, NC 6:36.61 (20)
Aquazot Swim Club	1:31.90 (14)	200 Y Medley Relay	Mason Manta Rays, OH 1:28.85 (18)
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)
Rafael Gu, ROSE	1:51.94 (19)	200 M Freestyle	Gianluca Urlando, SN 1:47.73 (19)
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	Joshua Matheny, AM 1:00.17 (19)
Daichi Inagaki, UN	2:13.76 (15)	200 M Breaststroke	Joshua Matheny, AM 2:09.40 (19)
Alex Valente, SBSC	54.20 (13)	100 M Butterfly	Gianluca Urlando, SN 52.40 (18)
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	Carson Foster, OH 1:59.45 (18)
Ricardo Prado, MVN	4:22.06 (81)	400 M Ind. Medley	Carson Foster, OH 4:14.73 (18)
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)
Erica Sullivan, SAND	9:17.32 (18)	1000 Y Freestyle	Katie Ledecky, PV 8:59.65 (15)
Erica Sullivan, SAND	15:36.52 (18)	1650 Y Freestyle	Katie Ledecky, PV 15:13.30 (14)
Cindy Tran, UN	51.22 (11)	100 Y Backstroke	Regan Smith, MN 49.66 (19)
Kendyl Stewart, UN	1:51.28 (13)	200 Y Backstroke	Regan Smith, MN 1:47.16 (19)
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	Ella Nelson, SE 2:05.68 (20)
Kendyl Stewart, UN	51.32 (13)	100 Y Butterfly	Olivia Bray, VA 50.19 (19)
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	Nashville Aquatic Club, TN 1:29.69 (20)
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	Nashville Aquatic Club, TN 1:38.98 (20)
Canyons Aquatics	3:41.59 (20)	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 53.25 (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)
Alexandra Crisera, CITI	1:00.89 (18)	100 M Backstroke	Regan Smith, MN 57.57 (19)
Kendyl Stewart, USC	2:10.72 (13)	200 M Backstroke	Regan Smith, MN 2:03.35 (19)
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	Regan Smith, MN 57.34 (20)
Katie McLaughlin, MVN	2:06.95 (15)	200 M Butterfly	Regan Smith, MN 2:06.39 (20)
Ella Eastin, SCAL	2:13.12 (14)	200 M Ind. Medley	Alex Walsh, SE 2:09.01 (19)
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)
Michael Brinegar, UN	8:47.53 (18)	1000 Y Freestyle	Robert Finke, FL 8:45.50 (18)
Michael Brinegar, UN	14:35.35 (18)	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	Reece Whitley, MA 51.16 (18)
Nolan Koon, UN	1:53.78 (09)	200 Y Breaststroke	Reece Whitley, MA 1:51.43 (17)
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	Nicholas Albiero, KY 1:40.85 (18)
Nolan Koon, UN	1:44.10 (09)	200 Y Ind. Medley	David Nolan, MA 1:41.39 (11)
Tyler Edlefsen, UN	3:47.09 (19)	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)
Irvine Novaquatics	6:33.26 (17)	800 Y Free Relay	SwimMAC, NC 6:28.90 (13)
Irvine Novaquatics	1:31.80 (17)	200 Y Medley Relay	Carmel Swim Club, IN 1:26.47 (19)
Rose Bowl Aquatics	3:17.52 (19)	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)
Ziyang Zhang, TSM	1:47.71 (19)	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)
AJ Pouch, TRA	1:01.57 (19)	100 M Breaststroke	Michael Andrew, MV 59.82 (16)
AJ Pouch, TRA	2:11.06 (19)	200 M Breaststroke	Daniel Roy, PN 2:09.73 (18)
Alex Valente, BUEN	52.60 (14)	100 M Butterfly	Michael Phelps, MD 51.10 (03)
Andrew Koustik, NOVA	1:56.95 (18)	200 M Butterfly	Gianluca Urlando, SN 1:53.84 (19)
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	Dynamo Swim Club, GA 3:23.01 (19)
Irvine Novaquatics	7:34.53 (19)	800 M Free Relay	Mason Manta Rays, OH 7:24.52 (19)
Las Vegas Gold	1:44.93 (89)	200 M Medley Relay	Bellevue Club Swim Team, PN 1:42.98 (19)
Canyons Aquatics	3:49.18 (14)	400 M Medley Relay	Dynamo Swim Club, GA 3:44.00 (19)

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	Chelsea Piers AC, CT 1:29.04 (18)
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	Magnolia Aquatic Club, GU 7:05.91 (17)
Canyons Aquatics	1:40.25 (14)	200 Y Medley Relay	Nashville Aquatic Club, TN 1:37.04 (19)
Canyons Aquatics	3:37.37 (14)	400 Y Medley Relay	Ft. Collins Area ST, CO 3:33.93 (17)
Rose Bowl Aquatics	1:45.50 (14)	200 M Free Relay	Carmel Swim Club, IN 1:42.29 (14)
Brea Aquatics	3:46.95 (19)	400 M Free Relay	Carmel Swim Club, IN 3:44.88 (14)
Brea Aquatics	8:13.96 (19)	800 M Free Relay	North Baltimore Aq. Club, MD 8:01.75 (14)
Rose Bowl Aquatics	1:56.24 (16)	200 M Medley Relay	Aquajets Swim Team, MN 1:54.46 (09)
Irvine Novaquatics	4:11.89 (18)	400 M Medley Relay	Fort Collins Area ST, CO 4:08.39 (16)

15-18 Boys Relays

SCS		NAG	
Rose Bowl Aquatics	1:21.48 (19)	200 Y Free Relay	Scottsdale Aquatic Club, AZ 1:19.29 (15)
Rose Bowl Aquatics	2:58.95 (19)	400 Y Free Relay	Allegheny North S.C., AM 2:53.81 (18)
Irvine Novaquatics	6:33.26 (17)	800 Y Free Relay	Mason Manta Rays, OH 6:23.14 (19)
Rose Bowl Aquatics	1:29.21 (19)	200 Y Medley Relay	Nation's Capital S.C., PV 1:26.47 (15)
Rose Bowl Aquatics	3:15.13 (19)	400 Y Medley Relay	Mason Manta Rays, OH 3:11.11 (18)
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	Mason Manta Rays, OH 7:24.52 (19)
Rose Bowl Aquatics	1:44.18 (17)	200 M Medley Relay	Mason Manta Rays, OH 1:42.46 (19)
Rose Bowl Aquatics	3:48.86 (19)	400 M Medley Relay	Mason Manta Rays, OH 3:43.63 (18)

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	9:17.32	Erica Sullivan, SAND	12-13-18
1650 Y Freestyle	15:23.81	Erica Sullivan, SAND	12-22-19
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	49.80	Louise Hansson, UN	11-30-18
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	57.10	Louise Hansson, UN	07-21-19
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	50.88	Carsten Vissering, UN	11-30-18
200 Y Breaststroke	1:49.31	Cody Miller, SAND	12-02-17
100 Y Butterfly	44.91	Tom Shields, UN	03-26-10
200 Y Butterfly	1:40.63	Trenton Julian, UN	03-24-18
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	21.27	Vladimir Morozov, UN	08-15-19
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	20.90	Abbigail Weitzel	12-05-19
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	49.18	Beata Nelson	03-22-19
200 Y Backstroke	1:47.16	Regan Smith	03-10-19
100 Y Breaststroke	55.73	Lilly King	03-22-19
200 Y Breaststroke	2:02.60	Lilly King	03-17-18
100 Y Butterfly	49.38	Erika Brown	02-20-20
200 Y Butterfly	1:49.51	Ella Eastin	02-24-18
200 Y Individual Medley	1:50.67	Ella Eastin	03-15-18
400 Y Individual Medley	3:54.60	Ella Eastin	03-18-18
200 Y Free Relay	1:24.55	California Golden Bears	03-21-19
400 Y Free Relay	3:07.61	Stanford Cardinal	03-18-17
800 Y Free Relay	6:45.91	Stanford Cardinal	03-15-17
200 Y Medley Relay	1:33.11	Stanford Cardinal	03-16-18
400 Y Medley Relay	3:25.09	Stanford Cardinal	03-15-18

Women's Long Course Meters

50 M Freestyle	23.97	Simone Manuel	07-30-17
100 M Freestyle	52.04	Simone Manuel	07-26-19
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	15:20.48	Katie Ledecky	05-16-18
50 M Backstroke	27.33	Olivia Smoliga	07-25-19
100 M Backstroke	57.57	Regan Smith	07-28-19
200 M Backstroke	2:03.35	Regan Smith	07-26-19
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	Kelsi (Worrell) Dahlia	07-29-17, 07-26-18, 07-27-19
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	3:31.02	United States	07-21-19
800 M Free Relay	7:41.87	United States	07-25-19
400 M Medley Relay	3:50.40	United States	07-28-19

AMERICAN SWIMMING RECORDS

Men's Short Course Yards

50 Y Freestyle	17.63	Caeleb Dressel	03-21-18
100 Y Freestyle	39.90	Caeleb Dressel	03-23-18
200 Y Freestyle	1:29.15	Dean Farris	03-27-19
500 Y Freestyle	4:06.32	Kieran Smith	02-19-20
1000 Y Freestyle	8:33.93	Clark Smith	12-16-15
1650 Y Freestyle	14:12.08	Bobby Finke	02-22-20
100 Y Backstroke	43.49	Ryan Murphy	03-25-16
200 Y Backstroke	1:35.73	Ryan Murphy	03-26-16
100 Y Breaststroke	49.69	Ian Finnerty	03-22-18
200 Y Breaststroke	1:47.91	Will Licon	03-25-17
100 Y Butterfly	42.80	Caeleb Dressel	03-22-18
200 Y Butterfly	1:37.35	Jack Conger	03-25-17
200 Y Individual Medley	1:38.13	Caeleb Dressel	02-14-18
400 Y Individual Medley	3:33.42	Chase Kalisz	03-24-17
200 Y Free Relay	1:14.50	NC State Wolfpack	03-21-18
400 Y Free Relay	2:44.31	NC State Wolfpack	03-23-18
800 Y Free Relay	6:05.08	Texas Longhorns	03-27-19
200 Y Medley Relay	1:21.88	California Golden Bears	03-22-18
400 Y Medley Relay	3:01.51	California Golden Bears	03-23-17

Men's Long Course Meters

50 M Freestyle	21.04	Caeleb Dressel	07-27-19
100 M Freestyle	46.96	Caeleb Dressel	07-25-19
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	24.24	Ryan Murphy	07-27-18
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	22.35	Caeleb Dressel	07-22-19
100 M Butterfly	49.50	Caeleb Dressel	07-26-19
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	23.45	Abbey Weitzeil	11-09-20
100 M Freestyle	51.26	Abbey Weitzeil	11-10-20
200 M Freestyle	1:51.81	Mallory Comerford	12-11-18
400 M Freestyle	3:54.06	Katie Ledecky	10-06-19
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	25.74	Olivia Smoliga	10-16-20
100 M Backstroke	55.04	Olivia Smoliga	11-22-20
200 M Backstroke	2:00.03	Missy Franklin	10-22-11
50 M Breaststroke	28.77	Lilly King	11-21-20
100 M Breaststroke	1:02.50	Lilly King	11-22-20
200 M Breaststroke	2:15.56	Lilly King	11-21-20
50 M Butterfly	24.80	Maddy Banic	11-22-20
100 M Butterfly	54.84	Kelsi Dahlia	10-06-18
200 M Butterfly	2:02.89	Kelsi Worrell	12-07-16
100 M Individual Medley	57.94	Melanie Margalis	10-27-20
200 M Individual Medley	2:04.06	Melanie Margalis	10-16-20
400 M Individual Medley	4:24.15	Melanie Margalis	12-20-19
200 M Free Relay	1:34.03	United States	12-16-18
400 M Free Relay	3:27.65	United States	12-20-19
800 M Free Relay	7:35.30	United States	12-15-18
200 M Medley Relay	1:42.38	United States	12-12-18
400 M Medley Relay	3:44.52	United States	11-21-20

Men's Short Course Meters

50 M Freestyle	20.16	Caeleb Dressel	11-21-20
100 M Freestyle	45.08	Caeleb Dressel	11-22-20
200 M Freestyle	1:40.49	Townley Haas	11-22-20
400 M Freestyle	3:34.81	Peter Vanderkaay	02-22-09
800 M Freestyle	7:33.99	Michael McBroom	12-21-13
1500 M Freestyle	14:19.29	Connor Jaeger	12-12-15
50 M Backstroke	22.54	Ryan Murphy	11-21-20
100 M Backstroke	48.92	Matt Grevers	12-12-15
200 M Backstroke	1:46.68	Ryan Lochte	12-19-10
50 M Breaststroke	25.75	Nic Fink	12-20-19
100 M Breaststroke	56.16	Nic Fink	11-22-20
200 M Breaststroke	2:02.20	Nic Fink	11-21-20
50 M Butterfly	22.04	Caeleb Dressel	11-16-20
100 M Butterfly	47.78	Caeleb Dressel	11-21-20
200 M Butterfly	1:48.66	Tom Shields	11-22-20
100 M Individual Medley	49.28	Caeleb Dressel	11-22-20
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	1:21.80	United States	12-14-18
400 M Free Relay	3:03.03	United States	12-11-18
800 M Free Relay	6:49.58	United States	12-16-10
200 M Medley Relay	1:30.90	United States	12-15-18
400 M Medley Relay	3:19.98	United States	12-16-18

WORLD SWIMMING RECORDS

Women's Long Course Meters

50 M Freestyle	23.67	Sarah Sjöström, SWE	07-29-17
100 M Freestyle	51.71	Sarah Sjöström, 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	15:20.48	Katie Ledecky, USA	05-15-18
50 M Backstroke	26.98	Lu Xiang, CHN	08-18-18
100 M Backstroke	57.57	Regan Smith, USA	07-28-19
200 M Backstroke	2:03.35	Regan Smith, USA	07-26-19
50 M Breaststroke	29.40	Lilly King	07-29-17
100 M Breaststroke	1:04.13	Lilly King, USA	07-25-17
200 M Breaststroke	2:19.11sf	Rikke Møller Pedersen, DEN	08-01-13
50 M Butterfly	24.43	Sarah Sjöström, SWE	07-05-14
100 M Butterfly	55.48	Sarah Sjöström, 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	3:30.05	Australia	04-04-18
800 M Free Relay	7:41.50	Australia	07-25-19
400 M Medley Relay	3:50.40	United States	07-28-19

Men's Long Course Meters

50 M Freestyle	20.91	Cesar Cielo, BRA	12-09-18
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	24.00	Kliment Kolesnikov, RUS	08-03-18
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	56.88	Adam Peaty, GBR	07-21-19
200 M Breaststroke	2:06.12	Anton Chupkov, RUS	07-26-19
50 M Butterfly	22.27	Andriy Govorov, UKR	06-30-18
100 M Butterfly	49.50	Caeleb Dressel, USA	07-26-19
200 M Butterfly	1:50.73	Kristof Milak, HUN	07-24-19
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	3:53.92	Ariane Titmus, AUS	12-14-18
800 M Freestyle	7:59.34	Mireia Belmonte Garcia, ESP	08-10-13
1500 M Freestyle	15:18.01	Sarah Köhler, GER	11-16-19
50 M Backstroke	25.60	Kira Toussaint, NED	11-14-20
100 M Backstroke	54.89	Minna Atherton, AUS	10-27-19
200 M Backstroke	1:58.94	Kaylee McKeown, AUS	11-28-20
50 M Breaststroke	28.56	Alia Atkinson, JAM	10-05-18
100 M Breaststroke	1:02.36	R Meilutyte, LTU, A Atkinson, JAM, A Atkinson, JAM	10-12-13, 12-06-14, 08-26-16
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 Garcia, 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 Garcia, ESP	08-12-17
200 M Free Relay	1:33.91	Netherlands	12-15-17
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	1:42.38	United States	12-12-18
400 M Medley Relay	3:44.52	United States	11-21-20

Men's Short Course Meters

50 M Freestyle	20.16	Caeleb Dressel, USA	11-21-20
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	48.88	Kliment Kolesnikov, RUS	11-21-20
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	Adam Peaty, GBR	11-15-09
200 M Breaststroke	2:00.16	Kirill Prigoda, RUS	12-13-18
50 M Butterfly	21.75	Nicholas Santos, BRA	10-05-18
100 M Butterfly	47.78	Caeleb Dressel, USA	11-21-20
200 M Butterfly	1:48.24	Daiya Seto, JPN	12-11-18
100 M Individual Medley	49.28	Caeleb Dressel, USA	11-21-20
200 M Individual Medley	1:49.63	Ryan Lochte, USA	12-14-12
400 M Individual Medley	3:54.81	Daiya Seto, JPN	12-20-19
200 M Free Relay	1:21.80	United States	12-14-18
400 M Free Relay	3:03.03	United States	12-11-18
800 M Free Relay	6:46.81	Brazil	12-14-18
200 M Medley Relay	1:30.51	Brazil	12-04-14
400 M Medley Relay	3:19.16	Russia	12-20-09

Phillips

Volunteer Service Award

Southern California Swimming

HONOR ROLL

2020	<i>No recipient</i>	1999	<i>Carole Katz</i>
2019	<i>Terry Stoddard</i>	1998	<i>Dick Nakashima</i>
2018	<i>Rick Shipherd</i>	1997	<i>Jon Rewinski</i>
2016	<i>Stacy Smith</i>	1996	<i>Don Watkins</i>
2015	<i>Robin Smith</i>	1995	<i>Edwin Duncan</i>
2014	<i>Terry Merlihan</i>	1994	<i>Marilyn Bolton</i>
2013	<i>Jeri Marshburn</i>	1993	<i>Dick deFronzo</i>
2012	<i>Richard Pierson</i>	1992	<i>Flip Darr</i>
2011	<i>Ron Ross</i>	1991	<i>Tina Martin-Turcotte</i>
2010	<i>Clem West</i>	1990	<i>The Katsuyama Family</i>
2009	<i>Bettie Williams</i>	1989	<i>Ed Ruth</i>
2008	<i>Kevin Perry</i>	1988	<i>Mary Jo Swalley</i>
2007	<i>Judi Divan</i>	1987	<i>Herb Hall</i>
2006	<i>Mark Schubert & Mike Dickson</i>	1986	<i>Pat Graham</i>
2005	<i>Sue & John Hansen</i>	1985	<i>Ken Worthen</i>
2004	<i>Ira Klein</i>	1984	<i>Jean Montgomery</i>
2003	<i>Linda Kamps</i>	1983	<i>Margaret Pettit</i>
2002	<i>Georgiann Cruzat</i>	1982	<i>Jay Montgomery</i>
2001	<i>Chuck Riggs</i>	1981	<i>Keith Hannsen</i>
2000	<i>John "Jack" Argue</i>		

Ed Ruth
Excellence in Officiating
Southern California Swimming

2020 *No Recipient*
2019 *Alina de Armas*
2018 *Lynda Julson*
2017 *Kieth Pike*
2016 *Clem West*
2015 *Judi Divan*
2014 *Dick Pierson*
2013 *Marilyn Bolton*
2012 *Ed Ruth*

Kevin Perry
Coach of the Year
Southern California Swimming

2020 *Senior: No recipient*
Age Group: No recipient
2019 *Senior: Ron Aitken, SAND*
Age Group: Dwight Gravley, SAND
2018 *Senior: Jim Johnson, BREA*
Age Group: Sarah Dawson, MVN
2017 *Senior: Jim Johnson, BREA*
Age Group: Hector Jiminez, ROSE
2016 *Senior: Coley Stickels, CANY*
Age Group: Andi Kawamoto-Klatt, NOVA
2015: *Bill Rose, MVN*
2014: *Bill Rose, MVN*
2013: *Bill Rose, MVN*
2012: *Dave Salo, NOVA*



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:

- swim a Blue meter time; now enters meter meet with his Blue meter time.
- 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:

- swim a Blue time (say, 5:59.76). He then continues at the Blue level, OR
- 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 MF 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

Swimmers coming into Southern California Swimming from other Local Swimming Committees must show proof of their Date of Birth to their new club's registrar.

LSC Transfer Fee: \$10.00

\$10 fee is waived for collegiate swimmers returning to their home clubs, but this signed form is still required.

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 7/24/2018

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@socalswim.org

APPENDIX “C”

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

Minimum Deck Staffing for CA sanctioned meets:

- i. 4 or less lanes: 3 deck officials
- ii. 5 – 6 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 CA 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 CA and be a member in good standing with a current registration with USA Swimming. Officials from other LSC's are welcome to officiate at CA swimming meets with the exception of Meet Referee and Admin Referee. Admin referee & Meet referee require knowledge of CA protocol and procedures that an official from outside of CA 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 CA. A list of officials may be requested by the Southern California Swim 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



Applicant Name:

Application on behalf of (Organization [Club]):

Name of Event:

Location of Event:

Facility Address:

☐ Intra-squad ☐ Committee Invitational ☐ Closed Invitational ☐ SCS Championship ☐ Committee Championship

Type: ☐ Short Course ☐ Long Course ☐ Double Ended? ☐ Yards ☐ Meters ☐ Timed Finals ☐ Heats and Finals ☐ Clinic

☐ MAAPP and EAP policy and procedures understood and will be enforced. Discuss with Meet Referee

Start Date: End Date: # of Sessions:

of Competition lanes: # of warm up lanes: Timing System to be used: T.S. Operator:

Sanction fee* payment: ☐ By Check ☐ By ACH ☐ From committee funds

45 days or more in advance of event ☐ Dual or Tri Meet - \$10 ☐ Committee or SCS Meet - \$25 ☐ Senior Invitational - \$100

30-44 days in advance of event ☐ Dual or Tri Meet - \$20 ☐ Committee or SCS Meet - \$50 ☐ Senior Invitational - \$200

30 days or less in advance of event ☐ Dual or Tri Meet - \$30 ☐ Committee or SCS Meet - \$75 ☐ Senior Invitational - \$250

Included with application: ☐ Event Information ☒ Event Entry Form ☐ Warm-up Procedures

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 below.
Refer to SCS Swim Guide Appendix "C" General Policy for SCS/USA Swimming Sanctioned/Approved/Observed Status.

Configuration	Minimum officials	
4 or less lanes	3 (includes MR)	
5-6 lanes	4 (includes MR)	
7-8 lanes	5 (includes MR for TF meet)	Extra-large or Multiple course TF + 1 non-starting MR H/F meets + 1 non-starting MR
9-10 lanes	6 (includes MR for TF meet)	
Double ended LC	8 + 1 non-starting Meet Referee	
300 or less swimmers per session	1 Admin Official	Any additional officials may be added with approval of the Host Club and SCS officials committee or BOD.
300 or more swimmers per session	1 Admin Referee + 1 AO	

- ☐ Agreement has been reached between the Club, Meet Referee and Deck Officials as to reimbursement for services and number of officials for the meet.
- ☐ Agreement has been reached between the Club, Admin Referee and Meet Processor as to reimbursement for services, equipment and supplies provided for the meet.

Continued next page

APPENDIX "D" (Continued)

USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

In applying for this sanction(ed event), the Host, _____ (specifically named Club or other entity) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Southern California Swimming, the State of _____ and _____ (local jurisdiction).

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, Concussion Training and Athlete Protection Training)

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

Meet Processor: _____ E-mail address: _____

Any change to the officials named above, prior to the meet requires the approval of Administrative Vice Chair, Officials' Chair, Age Group Chair (Committee level meets only), or Senior Chair (senior meets only).

**REQUIRED for Dual, Tri, Closed Invites, etc. Not Required for Committee & SCS level
Deck Officials:**

Signed: _____ *Club President* _____ *Date*

Signed: _____ *Club Representative* _____ *Date*

Return Sanction approval letter to: _____ Email: _____

Mail hardcopy 3-page Application, Meet info form, attachments and fees to:

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

AND
Please email the 3-page Sanction Application, all pages of the Meet Form and attachments (pdf, word, or excel only) to:

Stacy Smith (stacysmith@aol.com) and the SCS Office Manager (officemanager@scalswim.org)

----- **Applicant Do Not Write Below This Line** -----
Committee Use Only

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

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

Approved: ☐ Yes ☐ No Sanction #: _____ Issued: _____ 20____ Signed: _____
Email copy of completed Sanction application to the Meet Referee

APPENDIX “D” (Continued)

USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

SANCTION/APPROVAL REQUEST– COVID 19 MEET REQUIREMENTS

I understand as Meet Director for this event, I must be on site, on deck, working in the Meet Director capacity, not coaching, officiating, running snack bar, or any other responsibilities.

Name: _____ USAS Reg # _____

Signed: _____ Date: _____

PLEASE ATTACH, FILL-IN, CIRCLE and INITIAL as appropriate:

1. The STATE COUNTY CITY (circle one) Health social gathering number limit for this
OUTDOOR INDOOR (circle one) aquatic facility is: _____. This number includes
____lifeguards, ____officials, ____coaches, ____timers, ____athletes, ____family members, ____vendors, etc.

2. Are attendees screened in any way entering the facility? ☐ YES ☐ NO Initial: _____

*Attach the plan for how and where spectators will enter and leave the facility

If YES, please explain: Questionnaire/Survey, Body Temperature Other: _____

3. Is Social Distancing required ☐ YES ☐ NO Are Masks required? ☐ YES ☐ NO

- If YES, the Host team must provide Meet Marshalls to enforce social distancing and wearing of masks by all those not in water.

- Anywhere lines may form, the FLOOR or DECK must be marked 6 ft apart (behind blocks, entrance/inside restrooms/snack bar).

- Social Distancing and Masks must be enforced everywhere: Admin area, Officials, Coaches, Timers (one per lane), Parents, Athletes (not in water), Snack Bar, Vendors, inside the facility. Anyone refusing to comply, the athlete and relative will be removed from the meet.

- Along with the meet EAP, attach the facility map showing designated spacing. Initial: _____

4. General Warm Up & Meet Warm Up/Cool down: no more than 2 per lane opposite ends
Meet Marshalls observing and limiting. Initial: _____

5. No Check-in table or check in lines. Coaches turn in scratches.

6. Who is responsible for cleaning and sanitizing the Restrooms? _____ How
often? _____ Who will check: _____ Initial: _____

7. Will Locker rooms be open to change or shower? ☐ YES ☐ NO Initial: _____

If open, who is responsible for cleaning and sanitizing? _____
How often? _____ Who will check: _____ Initial: _____

8. Attach the plan to follow Safe Sport’s MAAPP, allowing parents/guardians access to and/
or the opportunity to observe their child.

9. Are teams or families permitted to set up on the pool deck? ☐ YES ☐ NO

**The Meet Director, Meet Referee and/or Meet Admin is responsible to stop the
meet if they observe any of the above requirements not being followed.**

Initial: _____

APPENDIX “D” (Continued)

USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

With new COVID restrictions in place, the following items must be included in the meet form before it can be approved or posted:

1. All participating athletes and clubs are registered only with Southern California Swimming.

*If participants will be competing from an adjacent LSC, the meet host must formally request permission from the LSC that registered the other athletes and/or clubs and include documentation of that permission with this request.

2. This meet will be pre-seeded, and no deck entries will be allowed.

3. Assumption of risk paragraph (sample below to be edited by meet host and reviewed by local counsel) must be included in the meet information, meet announcement, and heat sheets:

We have taken enhanced health and safety measures for all swim meet attendees.

You must follow all posted instructions at this venue. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this swim meet, you voluntarily assume all risks related to exposure to COVID-19.

4. Additional info that must be included in meet information, meet announcement and heat sheets:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

APPENDIX “D” (Continued)

USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

CA 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 CA meet procedures will be enforced and take precedence over any errors or omissions on this form. See CA 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). **All coaches and officials on deck must complete the CDC or NFHS Concussion course.**

Eligibility: Open to athletes who hold current USA Swimming membership. Registration application must be received by the meet host or CA 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.

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 CA 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.

APPENDIX “D” (Continued)

USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

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 have Marshals to enforce your warm-up policy. **All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.**

MAAPP: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.

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.

Southern California Swimming, Inc.

Financial Report for Swim Meets

NAME OF MEET: DATE:

Meet Type

- | | | |
|---|---|--|
| ☐ Intra-squad/ Dual Meet | ☐ Committee Invitational | ☐ Closed Invitational |
| ☐ Committee Championship | ☐ SCS Championship | ☐ Senior Invitational |
| ☐ Med Finals | ☐ Relays and Finals | |

Enter Value

Individual Swimmer Surcharge
 Charge per individual event (\$1.50 or \$2.00)
 Charge per relay event
 Ind. event charge not subject to SCS fee
 Is this a Committee Champ, JAG, JO?(y/n)
 Is this a Senior meet? (y/n)

REVENUE	1. Per Swimmer surcharge	no. swimmers=		\$0.00
	2. Ind. event charge	no. splashes=		\$0.00
	3. Relay event charge	no. relays=		\$0.00
	Entry fee subtotal (2+3)			\$0.00
	4. To Club-Ind. event charge			\$0.00
	TOTAL MEET REVENUE			\$0.00

EXPENSES	1. SCS Fees and Travel Assessments		
	A. \$.50 x Ind events entered		\$0.00
	B. \$.10 x Ind. events for Champs,etc.		\$0.00
	C. \$.125 x Ind. Events @Senior meets		\$0.00
	D. \$1.00 x Ind. Event@JO, JAG, WAG, H/F except Geo. Champs		\$0.00
	E. \$1.00 x Relay at all C & D meets		\$0.00
	F. \$.25 x swimmers entered		\$0.00
	G. \$.25 x Ind events (Age Group Travel)		\$0.00
	H. SCS Fee (10% of entry fees [2+3])		\$0.00
	I. Geographic Age Committee Charge	Coastal	\$0.00
	Subtotal SCS Meet Expenses		\$0.00

Misc. Charges

a		\$0.00
b		\$0.00
c		\$0.00

Subtotal Misc		\$0.00
TOTAL MEET EXPENSES		\$0.00

NET INCOME TO HOST (REVENUE-EXPENSES)

Actual Deposit= Deposit- Revenue= \$0.00

NET INCOME PLUS DEPOSIT/REVENUE ADJUSTMENT

FINAL SETTLEMENT (Meet Results complete) Amount: **\$0.00**

Distribution: Original--Host Club; cc: SCS Office

Check Number:

APPENDIX "G"

Southern California Swimming Policy for "Tech" Suits in Age Group Competition (effective 9/1/2020)

- A. Swimmers 12 years old and younger (5-12) may not compete in "Tech" suits at Southern California Swimming sanctioned, observed, or approved 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 for 13-Up 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 are not allowed at this meet. A Technical suit is one that has the following components:
- a) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
 - b) Any suit with woven fabric extending past the hips.
- 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 for 13-Up events. A Technical suit is one that has the following components: a) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or b) Any suit with woven fabric extending past the hips.
- F. See Rules & Procedures: 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.

For further information and a list of restricted and approved 12-and-under tech suits see:

<https://www.usaswimming.org/news/2019/09/12/tech-suit-restriction-for-12-and-under-swimmers>

APPENDIX "H"

CA Age Group Meet Template

Replace with logo	Meet Name																	
Sanctioned by USA Swimming & Southern California Swimming																		
Team		Committee		Sanction No.														
Entries Received by 5:00 pm on Date:																		
SPONSORED BY:																		
Start Date of Meet:		End Date of Meet		No of Days														
Start Time of Meet:		Start Time of Warm-up:																
POOL ADDRESS:				City														
				Zip Code														
DIRECTIONS:																		
COURSE: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">Pool Dimensions</td> <td style="width: 20%;">No. of competition lanes</td> <td style="width: 20%;">No. of warm up lanes</td> <td style="width: 30%;">The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.</td> <td style="width: 10%; text-align: center;">Yes ☐ No ☐</td> </tr> <tr> <td colspan="4"></td> <td style="text-align: center;"> Pool depth: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Start end</td> <td style="width: 50%;">Turn end</td> </tr> <tr> <td colspan="2" style="height: 20px;"></td> </tr> </table> </td> </tr> </table> WARM-UP PROCEDURES: MEET REFEREE: All lanes will be open for USA Swimming Member Coach supervised warm-up between 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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving. Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. 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, unless Championship meet. Swimmers must check in with the clerk of course ☐ minutes prior to the start of each session for the first ☐ 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 ☐ years old on Start Date of the meet to enter. Timers are requested to be provided by each team. Swimmers competing in the event ☐ are requested to furnish their own timers for three heats and lap counters. Events will be swum ☐ fast to slow ☐ slow to fast Swimmer may swim a maximum of ☐ events per day. All coaches and officials on deck must complete the CDC or NFHS Concussion course. 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 acknowledgement 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 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.					Pool Dimensions	No. of competition lanes	No. of warm up lanes	The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.	Yes ☐ No ☐					Pool depth: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Start end</td> <td style="width: 50%;">Turn end</td> </tr> <tr> <td colspan="2" style="height: 20px;"></td> </tr> </table>	Start end	Turn end		
Pool Dimensions	No. of competition lanes	No. of warm up lanes	The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.	Yes ☐ No ☐														
				Pool depth: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Start end</td> <td style="width: 50%;">Turn end</td> </tr> <tr> <td colspan="2" style="height: 20px;"></td> </tr> </table>	Start end	Turn end												
Start end	Turn end																	

APPENDIX "H"

CA Age Group Meet Template (Continued)

Replace with logo 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%; text-align: center;">Meet Name</td> <td style="width: 40%;"></td> </tr> <tr> <td colspan="2" style="text-align: right;">Sanction No. _____</td> </tr> </table>	Meet Name		Sanction No. _____											
Meet Name															
Sanction No. _____															
Sanctioned by USA Swimming & Southern California Swimming															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">Team</td> <td style="width: 33%; text-align: center;">Committee</td> <td style="width: 34%; text-align: center;">Entries Received by 5:00 pm on Date:</td> </tr> <tr> <td style="height: 20px;"></td> <td></td> <td></td> </tr> </table>		Team	Committee	Entries Received by 5:00 pm on Date:											
Team	Committee	Entries Received by 5:00 pm on Date:													
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">SPONSORED BY:</td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>		SPONSORED BY:													
SPONSORED BY:															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">MEET DATES:</td> <td style="width: 25%;">Start Date of Meet:</td> <td style="width: 25%;">End Date of Meet:</td> <td style="width: 25%;">No of Days:</td> <td style="width: 25%;">Start Time of Meet:</td> <td style="width: 25%;">Start Time of Warm-up:</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>		MEET DATES:	Start Date of Meet:	End Date of Meet:	No of Days:	Start Time of Meet:	Start Time of Warm-up:								
MEET DATES:	Start Date of Meet:	End Date of Meet:	No of Days:	Start Time of Meet:	Start Time of Warm-up:										
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">POOL ADDRESS:</td> <td style="width: 20%;">City</td> <td style="width: 20%;">Zip Code</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>		POOL ADDRESS:	City	Zip Code											
POOL ADDRESS:	City	Zip Code													
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 100%;">DIRECTIONS:</td> </tr> <tr> <td style="height: 40px;"></td> </tr> </table>		DIRECTIONS:													
DIRECTIONS:															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">COURSE:</td> <td style="width: 15%;">Pool Dimensions</td> <td style="width: 15%;">No. of competition lanes</td> <td style="width: 15%;">No. of warm up lanes</td> <td style="width: 20%;">The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.</td> <td style="width: 10%;">Yes ☐ No ☐</td> <td style="width: 20%;">Pool depth: Start end Turn end</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>		COURSE:	Pool Dimensions	No. of competition lanes	No. of warm up lanes	The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.	Yes ☐ No ☐	Pool depth: Start end Turn end							
COURSE:	Pool Dimensions	No. of competition lanes	No. of warm up lanes	The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.	Yes ☐ No ☐	Pool depth: Start end Turn end									
WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between _____ 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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.															
MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. 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, unless Championship meet. Swimmers must check in with the clerk of course _____ minutes prior to the start of each session for the first _____ 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.															
RULES: Swimmers must be at least _____ years old on Start Date of the meet to enter. Timers are requested to be provided by each team. Swimmers competing in the event _____ are requested to furnish their own timers for three heats and lap counters. Events will be swum ☐ fast to slow ☐ slow to fast Swimmer may swim a maximum of _____ events per day. All coaches and officials on deck must complete the CDC or NFHS Concussion course. 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 acknowledgement and consent to this fact.															
RECORDING DEVICES & MEDIA NOTICE: 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 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.															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">ELIGIBILITY:</td> <td style="width: 70%;"> Open to _____ Athletes who hold 2019 / 2020 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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete. </td> </tr> </table>		ELIGIBILITY:	Open to _____ Athletes who hold 2019 / 2020 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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.												
ELIGIBILITY:	Open to _____ Athletes who hold 2019 / 2020 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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.														
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.															

APPENDIX "I"

REQUEST FOR INTERMEDIATE SPLIT OR RELAY LEAD-OFF SPLIT



Request for Intermediate Split or Relay Lead-Off Split
(Please Print Clearly)



Name of Meet being Swum: _____

Example: SCS All-Star Festival

Name (First, Middle, Last): _____

Club: _____ LSC: _____

Event No.: _____ Event Description: _____

Heat: _____ Lane: _____

Split/Lead-Off Distance Requested: _____

Official Use Only

Official Time: _____

Meet/Admin Referee: _____

APPENDIX J

SOUTHERN CALIFORNIA SWIMMING BYLAWS

To the extent these required bylaws conflict with applicable law, applicable law prevails.

ARTICLE 1

NAME, OBJECTIVES, TERRITORY AND JURISDICTION

1.1 NAME - The name of the corporation shall be Southern California Swimming, Inc. (CA)

1.2 OBJECTIVES - The objectives and primary purpose of CA shall be the education, instruction and training of individuals to develop and improve their capabilities in the sport of swimming. CA shall promote swimming for the benefit of swimmers of all ages and abilities, in accordance with the standards, rules, regulations, policies and procedures of FINA, USA Swimming, and CA and its Articles of Incorporation.

1.3 GEOGRAPHIC TERRITORY - The geographic territory of CA is as set forth in Article 603 of the USA Swimming Rules and Regulations. CA shall be divided into geographic committees as listed in the CA Rules and Regulations.

1.4 JURISDICTION - CA shall have jurisdiction over the sport of swimming as delegated to it as a Local Swimming Committee by USA Swimming to conduct swimming programs consistent with CA's objectives and those of USA Swimming and to sanction, approve, observe and oversee competitive swimming events within the Territory and to conduct competitive swimming events within the Territory, its Region and its Zone (as those terms are defined in Part Six of the USA Swimming Rules and Regulations). CA shall discharge faithfully its duties and obligations as a Local Swimming Committee of USA Swimming in accordance with these Bylaws, the USA Swimming Rules and Regulations and all applicable policies and procedures.

1.5 COMPLIANCE WITH USA SWIMMING AGREEMENTS - CA shall comply with all agreements between CA and USA Swimming.

ARTICLE 2

MEMBERSHIP

2.1 MEMBERS - The membership of CA shall consist of the clubs, organizations and individuals who have registered with CA as set forth in the USA Swimming Corporate Bylaws, including seasonal athlete membership, seasonal club membership, flex membership, and single event open water athlete membership.

.1 MEMBERS - A Member's status is subject to the Member's continued satisfaction of the criteria for membership and compliance with the Member's responsibilities under these Bylaws, the USA Swimming Corporate Bylaws, the rules, regulations, policies, procedures and code of conduct of CA and USA Swimming.

.2 MEMBERSHIP A PRIVILEGE NOT A RIGHT - Membership in CA and USA Swimming is a privilege and shall not be interpreted as a right. Membership may be terminated by the National Board of Review or the U.S. Center for Safe Sport in accordance with Part Four of the USA Swimming Rules and Regulations.

2.2 MEMBERS' RESPONSIBILITIES

.1 COMPLIANCE - Each Group and Individual Member shall abide by the codes of conduct and ethics, policies, procedures, rules and regulations adopted by USA Swimming and CA, including its obligations and responsibilities set forth in these Bylaws.

.2 RESPONSIBILITY FOR INFRACTIONS - A Group Member or Individual Member, as defined in USA Swimming Corporate Bylaws, may be held responsible for infractions of the policies, procedures, rules, regulations or codes of conduct or ethics adopted by USA Swimming or CA, including its responsibilities as set forth in these Bylaws.

ARTICLE 3 DUES AND FEES

3.1 MEMBERSHIP FEES - Membership fees shall be as established in the USA Swimming Corporate Bylaws. Local fees, as permitted, shall be as established by the CA Board of Directors

3.2 SANCTION, APPROVAL AND OTHER FEES

.1 SANCTION AND APPROVAL FEES - The CA Board of Directors shall establish reasonable fees, procedures, and documentation required of an applicant for a sanction or approval for, or observation of, a swimming competition to be conducted within the Territory.

.2 SERVICE CHARGES - In addition to, or in place of, a sanction or approval fee, the CA Board of Directors may establish a reasonable service charge consistent with the nature of the event.

.3 PAYMENT - Each applicant for a sanction, approval or observation shall submit with its application the fees and any service charges specified by CA. If any of the sanction or approval fees or service charges are due at a time following the submission for sanction or approval, the applicant shall promptly pay those fees or service charges to CA when due in accordance with CA's fee schedule.

.4 FINES - The CA Board of Directors may establish fines for noncompliance with policies adopted by the CA House of Delegates and/or the Board of Directors.

3.3 FAILURE TO PAY - Membership rights may be suspended in accordance with the USA Swimming Corporate Bylaws (Delinquent Dues and Fees).

ARTICLE 4 HOUSE OF DELEGATES

4.1 MEMBERS - The House of Delegates of CA shall consist of the Group Member Representatives, the Board of Director Members, the Committee Chairs, the Non-Athlete At-Large House Members, and elected Athlete At-Large House Members

.1 GROUP MEMBER REPRESENTATIVES - Each Group Member in good standing shall appoint from its membership a Group Member Representative and one or more alternates. The appointment shall be in writing, addressed to the Secretary of CA and duly certified by the chief executive officer or secretary of the appointing Group Member. The appointing Group Member may withdraw its Group Member Representative or one or more of its alternates and substitute a new Group Member Representative or new alternates by written notice, addressed to the Secretary of CA and signed by the chief executive officer or secretary of the appointing Group Member. The representatives of any Group Member are not required to be Individual Members of CA or USA Swimming.

.2 BOARD OF DIRECTORS - Board of Director Members as designated in Article 5.

.3 NON-ATHLETE AT-LARGE HOUSE MEMBERS - Up to ten (10) non-athlete members of the House of Delegates may be appointed as At-Large House Members by the General Chair with the advice and consent of the Board of Directors. At-Large House Members shall hold office from the date of appointment through the conclusion of the annual meeting of the House of Delegates following such appointment or until their successors are appointed to

the House of Delegates.

.4 ATHLETE AT-LARGE HOUSE MEMBERS - A sufficient number of athletes to ensure that Athlete Members constitute at least 20% of the voting membership of the House of Delegates shall be elected by the Athletes Committee and shall hold office from the date of election through the conclusion of the annual meeting of the House of Delegates following such elected or until their successors are elected to the House of Delegates.

.5 OTHER MEMBERS - COMMITTEE CHAIRS shall serve as members of CA House of Delegates.

4.2 ELIGIBILITY - Only Individual Members in good standing shall be eligible to be elected or appointed as at-large members of the House of Delegates.

4.3 DOUBLE VOTE PROHIBITED - An Individual Member entitled to vote in House of Delegates meetings may only have one vote regardless of the number of positions held by such member.

4.4 VOICE AND VOTING RIGHTS OF MEMBERS - The voice and voting rights of members of the House of Delegates and of individuals shall be as follows:

.1 GROUP MEMBER REPRESENTATIVES, BOARD MEMBERS, AT-LARGE HOUSE MEMBERS AND OTHER MEMBERS - Each of the Group Member Representatives (other than those of Affiliated Group Members), the Board Members, the At-Large House Members and other members shall have both voice and vote in meetings of the House of Delegates.

.2 INDIVIDUALS - Individuals who are not members of the House of Delegates may attend open meetings of the House of Delegates and its committees and be heard at the discretion of the presiding officer.

4.5 DUTIES AND POWERS - The House of Delegates shall oversee the establishment of policies, procedures and programs. In addition to the duties and powers prescribed in the USA Swimming Rules and Regulations, USA Swimming Corporate Bylaws, or elsewhere in these Bylaws, the House of Delegates shall:

.1 Elect the Officers and members of the Administrative Review Board, and committee chairs/coordinators as listed in Articles 6 and 7;

.2 Review, modify and adopt the annual budget of CA recommended by the Board of Directors;

.3 Call regular and special meetings of the House of Delegates;

.4 Ratify or prospectively modify or rescind policy and program established by the Board of Directors, except any action or authorization by the Board of Directors with respect to contracts or upon which any person may have relied shall not be modified or rescinded;

.5 Establish joint administrative committees, or undertake joint activities with other sports organizations where deemed helpful or necessary by CA;

.6 Amend the Bylaws of CA in accordance with Section 9.3; and

.7 Remove from office any persons elected by the House of Delegates (Board Members, members of the Administrative Review Board, or appointed committee chairs) who have failed to attend to their official duties or member responsibilities or have done so improperly, or who would be subject to penalty by the National Board of Review for any of the reasons set forth in Article 404 of USA Swimming Rules and Regulations. However, no such individual may be removed without receiving thirty (30) days' written notice by the Secretary

or other officer designated by the House of Delegates specifying the alleged deficiency in the performance of the member's responsibilities or specific official duties or other reason and an opportunity to respond in writing within twenty (20) days to such allegations.

4.6 ANNUAL AND REGULAR MEETINGS - The annual meeting of the House of Delegates of CA shall be held in the fall. Regular meetings of the House of Delegates may be held in accordance with a schedule adopted by the House of Delegates or the Board of Directors.

4.7 SPECIAL MEETINGS - Special meetings of the House of Delegates may be called by the Board of Directors or the General Chair. Should the Board of Directors or the General Chair fail to call the annual or scheduled regular meetings or should a special meeting be appropriate or helpful, a meeting of the House of Delegates may be called by a petition signed by at least ten (10) group members of the House of Delegates.

4.8 MEETING LOCATION AND TIME - All meetings of the House of Delegates shall take place at a site within the Territory. The House of Delegates or the Board of Directors shall determine the location and time of all meetings of the House of Delegates. If federal, state, or local law, policy, or regulation prohibits physical gathering sufficient to conduct a House of Delegates meeting within the Territory, a House of Delegates meeting may be conducted through conference equipment by means of which all persons participating in the meeting can hear each other at the same time. In that circumstance, participation by such means shall constitute a presence at that meeting.

4.9 OPEN MEETINGS/CLOSED SESSIONS - House of Delegates meetings shall be open to all members of CA. Issues pertaining to personnel, disciplinary action, legal, tax or similar affairs of CA shall be deliberated and decided in a closed session that only House of Delegates members may attend. By a majority vote, the House of Delegates may decide to go into closed session on any matter deserving of confidential treatment or of personal concern to any member of the House of Delegates.

4.10 QUORUM - A quorum of the House of Delegates shall consist of those members present and voting.

4.11 VOTING - Except as otherwise provided in these Bylaws or the Parliamentary Authority, all motions, orders and other propositions coming before the House of Delegates shall be determined by a majority vote.

4.12 PROXY VOTE - Voting by proxy in any meeting of the House of Delegates shall not be permitted.

4.13 NOTICES

.1 TIME - Not less than twenty (20) days' written notice shall be given to each member of the House of Delegates for any annual, regular or special meeting of the House of Delegates. See Section 14.1.3 for the various permitted means of notice.

.2 INFORMATION - The notice of a meeting shall contain the time, date and site. For special meetings of the House of Delegates, the expected purpose (which may be general) of the meeting shall be stated. If an expected purpose is the amendment of the Bylaws, a copy of the proposed amendment shall be included in the notice. Failure to have included in the notice any germane amendments subsequently adopted by the House of Delegates at the noticed meeting shall not be the basis for any claim that the amendments as so adopted are invalid.

ARTICLE 5 BOARD OF DIRECTORS

5.1 MEMBERS - The Board of Directors shall consist of the following officers, committee chairs, and representatives of CA, together with those additional members designated in Sections 5.2 and 5.3:

- .1 General Chair
- .2 Administrative Vice-Chair
- .3 Finance Vice-Chair
- .4 Coach Representative
- .5 Athlete Representatives (2)
- .6 Secretary
- .7 Treasurer
- .8 Senior Vice-Chair
- .9 Age Group Vice-Chair
- .10 Planning Vice-Chair
- .11 Safe Sport Committee Chair
- .12 Representative of Each Geographic Committee (6)
- .13 At-Large Athlete Representatives (As Needed)
- .14 Diversity, Equity, & Inclusion Committee Chair
- .15 Officials Committee Chair
- .16 Open Water Committee Chair

5.2 AT-LARGE BOARD MEMBERS -, A sufficient number of athlete members shall be appointed as At-Large Board Members such that athletes constitute at least twenty percent (20%) of the voting membership of the Board of Directors at any given time. The Athlete At-Large Board Members shall meet the same requirements as the Athlete Representatives set forth in Section 6.2.1 and shall hold office from the date of their appointment through the conclusion of the second annual meeting of the House of Delegates following such appointment, or until their successors are appointed.

5.3 EX-OFFICIO MEMBERS - The immediate past General Chair shall be an ex-officio member of the Board of Directors

5.4 LIMITATIONS

- .1 No more than two Members of any Group Member shall serve on the Board of Directors at any time. This limitation shall be applied separately as to Athlete Members and Non-Athlete Members.
- .2 No employee of CA may serve as a voting member of the Board of Directors.

5.5 VOICE AND VOTING RIGHTS OF BOARD MEMBERS - The voice and voting rights of Board Members and individuals shall be as follows:

- .1 **BOARD MEMBERS** - Each Board Member (other than the ex-officio member) shall have both voice and vote in meetings of the Board of Directors and its committees.
- .2 **EX-OFFICIO BOARD MEMBER** - Unless entitled to vote under another provision of these Bylaws, the ex-officio member shall have voice but no vote in meetings of the Board of Directors and its committees.
- .3 **GENERAL** - Anyone may attend open meetings of the Board of Directors and its committees and be heard at the discretion of the presiding officer.

5.6 DUTIES AND POWERS - The Board of Directors shall act for CA and the House of Delegates during the intervals between meetings of the House of Delegates, except that it shall not remove a Board Member, an Administrative Review Board member, or other person not appointed by the Board of

Directors or amend these Bylaws. Any actions taken are subject to the exercise by the House of Delegates of its powers of ratification or prospective modification or rescission. In addition to the powers and duties prescribed in the USA Swimming Rules and Regulations or elsewhere in these Bylaws, the Board of Directors shall have the power and it shall be its duty to:

- .1 Establish and direct policies, procedures and programs for CA;
- .2 Oversee the conduct by the officers and staff of CA of the day-to-day management of the affairs of CA;
- .3 Elect Athlete At-Large Board Members if they are not elected in a timely fashion;
- .4 Provide advice and consent to appointments proposed by the General Chair as required under these Bylaws or the CA Policies and Procedures;
- .5 Cause the preparation and presentation to the House of Delegates to follow one week after USA House of Delegates of the annual budget of CA and make a recommendation to the House of Delegates concerning the approval or disapproval thereof;
- .6 Approve the annual review/audit;
- .7 Call regular or special meetings of the Board of Directors or the House of Delegates;
- .8 Retain such independent contractors and employ such persons as the Board shall determine are necessary or appropriate to conduct the affairs of CA;
- .9 Appoint other officers, agents, or committees to hold office for the terms specified. These appointees shall have the authority and perform the duties as provided in these Bylaws, the CA Policies and Procedures or as may be provided in the resolutions appointing them, including any powers of the Board of Directors as may be specified, except as may be inconsistent with any other provision of these Bylaws. To the extent not provided elsewhere in these Bylaws, the Board of Directors may delegate to any officer, agent, or committee the power to appoint any such subordinate officers, agents, or committees and to prescribe their respective terms of office, authorities and duties; and
- .10 Remove from office any Board Members, committee chairs, or committee members or coordinators of CA who were appointed/elected by the Board and who have failed to attend to their official duties or member responsibilities or have done so improperly, or who would be subject to penalty by the National Board of Review for any of the reasons set forth in Part Four of the USA Swimming Rules and Regulations. However, no At-Large Board Member, or committee chair or coordinator may be removed without receiving the thirty (30) days' written notice specifying the alleged deficiency in the performance of the member's responsibilities or specific official duties or other reasons and an opportunity to respond in writing within twenty (20) days to such allegations.

5.7 MEETINGS - Board of Directors meetings shall be open. Matters relating to personnel, disciplinary action, legal, taxation or similar affairs shall be deliberated and decided in a closed session which only Board Members are entitled to attend. By a majority vote on a motion of a question of privilege, the Board of Directors may decide to go into closed session on any matter deserving of confidential treatment or of personal concern to any member of the Board of Directors.

5.8 PARTICIPATION THROUGH COMMUNICATIONS EQUIPMENT - Members of the Board of Directors may participate in meetings of the Board of Directors through conference equipment by means of which all persons participating in the meeting can hear each other at the same time. Participation by such means shall constitute presence at a meeting.

5.9 REGULAR MEETINGS - Regular meetings of the Board of Directors shall be held in accordance with a schedule adopted by the Board of Directors.

5.10 SPECIAL MEETINGS - Special meetings of the Board of Directors may be called by the General Chair. Should the Board of Directors or the General Chair fail to call regular meetings or should a special meeting be appropriate or helpful, a meeting of the Board of Directors shall be called at the written request of any three (3) Board Members.

5.11 QUORUM - A quorum of the Board of Directors shall consist of a majority of the voting members.

5.12 VOTING - Except as otherwise provided in these Bylaws or the Parliamentary Authority, all motions, orders and other propositions coming before the Board of Directors shall be determined by a majority vote. A motion, order or other proposal the effect of which is to override policy or program established by the House of Delegates shall be determined by a two-thirds vote after at least fourteen (14) days written notice.

5.13 PROXY VOTE - Voting by proxy in any meeting of the Board of Directors shall not be permitted.

5.14 ACTION BY WRITTEN CONSENT - Any action required or permitted to be taken at any meeting of the Board of Directors may be taken without a meeting if all the Board Members entitled to vote consent to the action in writing and the written consents are filed with the records of the respective meetings. These consents shall be treated for all purposes as votes taken at a meeting.

5.15 MAIL/EMAIL VOTE - Any action that may be taken at any regular or special meeting of the Board of Directors, except elections, or removals of appointed Board members, committee chairs and members, may be taken without a meeting. If an action is to be taken without a meeting, the Secretary, by first class mail, postage prepaid, or email, shall distribute a ballot to every Board Member entitled to vote on the matter. The ballot shall set forth the proposed action, provide an opportunity to specify approval or disapproval, and provide a reasonable time (but in no event less than the period specified in Section 5.16) within which to return the ballot to the Secretary. Action by ballot shall be valid only when the number of votes cast in favor of the proposed action within the time period specified constitutes a majority of the votes entitled to be cast.

5.16 NOTICES

.1 TIME - Not less than seven (7) days' written notice shall be given to each Board Member for any annual, regular or special meeting of the Board of Directors. (See Section 14.1.3 for the permitted means of notice.)

.2 INFORMATION - The notice of a meeting shall contain the time, date and site and in the case of special meetings, the expected purpose.

ARTICLE 6 OFFICERS AND DIRECTORS

6.1 OFFICERS - The officers shall be as listed herein and shall be elected by the House of Delegates at its annual meeting for a two (2) year term. During ODD years, officers elected are General Chair, Administrative Vice-Chair, Age Group Vice-Chair, Finance Vice-Chair, Safe Sport Committee Chair, DEI Committee Chair, and Officials Committee Chair. During EVEN years, officers elected are Treasurer, Senior Vice-Chair, Planning Vice-Chair, Open Water Committee Chair, and Secretary

- .1** General Chair
- .2** Administrative Vice-Chair
- .3** Finance Vice-Chair
- .4** Senior Vice-Chair
- .5** Age Group Vice-Chair
- .6** Secretary

- .7 Treasurer
- .8 Planning Vice-Chair
- .9 Safe Sport Committee Chair
- .10 Diversity, Equity, & Inclusion Committee Chair
- .11 Officials Committee Chair
- .12 Open Water Committee Chair

6.2 OTHER DIRECTORS

.1 ATHLETE REPRESENTATIVES

Two (2) Athlete Representatives shall be elected, one each year for a two (2) year term, or until their respective successors are elected. At the time of election, the Athlete Representative must:

- A. be an athlete member in good standing;
- B. be at least a sophomore in high school or at least 16 years of age,
- C. be currently competing, or have competed within the three (3) immediately preceding years, in the program of swimming conducted by CA or another LSC; and
- D. have his or her place of permanent residence in the Territory and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education).

The balloting shall take place via electronic vote and/or at a meeting called for that purpose by the Senior Athlete Representative or the Athletes Committee, or failing that, at a time and in a manner designated by the Board of Directors. At least twenty (20) days' written notice of the election shall be given to all clubs. The Athlete Representatives elected shall be determined by a majority of the Club Athlete Representatives.

.2 COACH REPRESENTATIVE

A Coach Representative shall be elected, in even years for a two (2) year term, or until a successor is elected. The election of the Coach Representatives shall be conducted at conclusion of the annual meeting of the House of Delegates and determined by a majority vote of the Coach members present and voting, or, failing that, at a time and place and in a manner designated by the Board of Directors.

.3 COMMITTEE CHAIRS/COORDINATORS/AT-LARGE BOARD MEMBERS

- A. Geographic Reps are the Selected Chair of each Geographic Committee in compliance with the Policy and Procedures.
- B. Athlete At-Large members shall be appointed by the General Chair with advice and consent of the Board of Directors and Senior Athlete Rep

6.3 ELIGIBILITY - Only Individual Members of CA in good standing shall be eligible to hold office and must maintain their eligibility throughout their term of office.

6.4 DOUBLE VOTE PROHIBITED - An Individual Member entitled to vote in Board of Directors meetings may only have one (1) vote, regardless of the number of positions held by such Member.

6.5 OFFICES SPLIT OR COMBINED

.1 OFFICE HELD BY TWO PERSONS - Any office other than General Chair, Finance Vice-Chair and Treasurer, may be held jointly by two (2) Individual Members. Two (2) individuals who are sharing an office shall share one (1) vote.

.2 OFFICES COMBINED - Any office other than General Chair may be combined with any other office except that the offices of Finance Vice-Chair and Treasurer may not be combined.

6.6 TERMS OF OFFICE

.1 TERM OF OFFICE - The terms of office of all members of the Board of Directors shall be two (2) years.

.2 COMMENCEMENT OF TERM - Each person elected or appointed to a position shall assume office upon election or appointment and shall serve until a successor is chosen

.3 CONSECUTIVE TERMS LIMITATION - Except for the Secretary and Treasurer, no Individual Member who has served two (2) successive terms shall be eligible for re-election or appointment to the same position until a lapse of one (1) term. A portion of any term served to fill a vacancy in the position shall not be considered in the computation of this successive term's limitation.

6.7 DUTIES - The duties of the officers and other Board Members shall be to attend and participate in all meetings of the House of Delegates and the Board of Directors and as defined in these Bylaws, the CA Policies and Procedures, and applicable state laws.

6.8 RESIGNATIONS - Any officer may resign by submitting a written resignation to the General Chair or the Board of Directors specifying an effective date of the resignation. In the absence of a specified effective date, any such resignation shall take effect upon the appointment or election of a successor.

6.9 VACANCIES AND INCAPACITIES

.1 OFFICE OF GENERAL CHAIR - In the event of a vacancy in the office of General Chair, or of the General Chair's temporary or permanent incapacity, the Administrative Vice-Chair shall become the acting General Chair until an election can be held at the next meeting of the House of Delegates to fill the remaining term, if any, of the former General Chair, or until the General Chair ceases to suffer from any temporary incapacity. While serving as acting General Chair, the Administrative Vice-Chair shall vacate the office of Administrative Vice-Chair, except in the case of the General Chair's temporary incapacity. If the General Chair is to be absent from the Territory, the General Chair may, but is not obligated to, designate the Administrative Vice-Chair as acting General Chair for the duration of the absence.

.2 OFFICES OF ATHLETE OR COACH REPRESENTATIVES OR ANY POSITION ELECTED - In the event of a vacancy or of the permanent incapacity of a person holding the office of Athlete Representative or Coach Representative, or person who has been elected, the General Chair may appoint, with the advice and consent of the Board of Directors, an eligible member to serve the remainder of the term of office or until the respective body shall elect a successor.

.3 DETERMINATION OF VACANCY OR INCAPACITY - The determination of when an office becomes vacant or an officer becomes incapacitated shall be within the discretion of the Board of Directors or the House of Delegates with the advice and consent of the electing body. The determination as to when the General Chair is temporarily incapacitated shall be made, where the circumstances permit, by the General Chair and otherwise shall be within the discretion of the Board of Directors, subject to any subsequent action by the House of Delegates.

6.10 REMOVAL OF DIRECTORS - Directors may be removed in accordance with Sections 4.5.7 and 5.6.10 of these Bylaws.

6.11 OFFICERS' POWERS GENERALLY

.1 AUTHORITY TO EXECUTE CONTRACTS, ETC. - The General Chair, Administrative Vice-Chair Finance Vice-Chair each may sign and execute in the name of CA deeds, mortgages, bonds, contracts, agreements or other instruments duly authorized by the CA

Policies and Procedures, the Board of Directors or the House of Delegates, except in cases where the signing and execution thereof shall be expressly delegated by the Board of Directors to another officer or agent, expressly requires two or more signatures or is required by law to be otherwise executed. Additional signing authority may be provided by standing resolutions of the Board of Directors or the House of Delegates.

.2 ADDITIONAL POWERS AND DUTIES - Each officer shall have other powers and perform other duties as prescribed in the CA Policies and Procedures or by the House of Delegates, the Board of Directors, the General Chair, the respective division chair, the delegating officer, or these Bylaws.

.3 DELEGATION - Officers of CA may delegate any portion of their powers or duties to an individual or a committee, except that neither the Finance Vice-Chair nor the Treasurer may delegate duties to the other without the consent of the Board of Directors. In addition, the authority to sign checks, drafts, orders of withdrawal or wire transfers shall not be delegated other than by the Board of Directors. Except as otherwise provided in these Bylaws and with the consent of the Board of Directors any officer may delegate any portion of that officer's powers or duties to the paid staff of CA. A delegation of powers or duties shall not relieve the delegating officer of the ultimate responsibility to see that these duties and obligations are properly executed or fulfilled.

6.12 DEPOSITORIES AND BANKING AUTHORITY

.1 DEPOSITORIES, ETC. - All receipts, income, charges and fees of CA shall be deposited to its credit in the banks, trust companies, other depositories or custodians, investment companies or investment management companies as the Board of Directors determines.

.2 SIGNATURE AUTHORITY - All checks, drafts or other orders for the payment or transfer of money, and all notes or other evidences of indebtedness issued in the name of CA shall be signed by the General Chair, the Treasurer or other officer or officers or agent or agents of CA, and in the manner, as shall be determined by the Finance Vice-Chair or the Board of Directors.

ARTICLE 7 DIVISIONS, AND COMMITTEES

7.1 DIVISIONAL ORGANIZATION AND JURISDICTIONS, STANDING COMMITTEES AND COORDINATORS - The divisions of CA shall each be chaired as indicated below with respective duties, jurisdiction and responsibilities described in the CA Policies and Procedures.

- .1** Administrative Division - Administrative Vice-Chair
- .2** Age Group Division - Age Group Vice-Chair
- .3** Senior Division - Senior Vice-Chair
- .4** Finance Division - Finance Vice-Chair
- .5** Athletes Division - Senior Athlete Representative
- .6** Coaches Division - Coach Representative
- .7** Planning Division - Planning Vice-Chair

7.2 APPOINTED CHAIRS AND COORDINATORS

.1 APPOINTED CHAIRS - The chairs of all other committees shall be appointed by the General Chair with the advice and consent of the Board of Directors and the respective division chair. The appointed committee chair shall assume office upon appointment or the date designated by the General Chair and shall serve until a successor is appointed and assumes office.

.2 The following Committee Chairs/Coordinators shall be appointed by the General Chair with the advice and consent of the Board of Directors.

- (1) Registration Coordinator
- (2) Times/Recognition Coordinator
- (3) Operational Risk Management Coordinator
- (4) Disability Coordinator

7.3 COMMITTEES - In addition to the standing committees listed herein, the Board of Directors and the House of Delegates are each authorized to establish additional committees to meet programming needs. Except as otherwise provided in these Bylaws or the CA Policies and Procedures, members of each committee shall be appointed by the General Chair with the advice and consent of the respective division chair and the chair of the committee. Athlete members of each committee shall be appointed by the General Chair with the advice of the Senior Athlete Representative. Athlete membership shall constitute at least twenty percent (20%) of the voting membership of every committee. The division chair shall be an ex-officio member, with voice and vote, of each committee within the respective division.

7.4 STANDING COMMITTEES

.1 ATHLETES COMMITTEE

A. CHAIR - The Senior Athlete Representative or his/her designee shall be the chair of the committee.

B. MEMBERS - The Athletes Committee shall consist of the Athlete Representatives, the Athlete At-Large Board members and an Athlete of each of the six (6) Geographic Committees in compliance with the Geographic Committee's Policy and Procedures.

C. DUTIES - The Athletes' Committee shall have general charge of the business and affairs of the Athletes of CA, and shall undertake such activities as:

- (1) delegated to it by the Board of Directors or the General Chair or
- (2) undertaken by the Committee as being in the best interests of the Athlete Members, CA, USA Swimming and the sport of swimming

.2 FINANCE COMMITTEE

A. CHAIR - The chair shall be the Finance Vice-Chair.

B. MEMBERS - The members of the Finance Committee shall be the Finance Vice-Chair, the Treasurer, at least three (3), but no more than eight (8) members appointed by the General Chair and a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

C. DUTIES - The duties of the Finance Committee shall be:

- (1) To develop, establish where so authorized, or recommend to the Board of Directors, and supervise the execution of policy regarding the investment of CA's working capital, funded reserves and endowment funds, within the guidelines, if any, established by the Board of Directors or the House of Delegates. The Finance Committee shall also regularly review CA's equipment needs (both

operational and office) and the various methods available to finance the acquisition of any needed equipment and make a determination and recommendation of the best financing method.

(2) To conduct recommend an independent auditor to conduct the required annual review or audit of the books of CA.

(3) To submit the audit and other reports and make recommendations to the Board of Directors with regard thereto.

(4) To consult with the officers, and committee chairs and prepare and present a proposed budget for consideration and approval by the Board of Directors and the House of Delegates. The officers, committee chairs shall provide promptly such financial information (current and projected) and budget proposals as the Finance Committee may request. The proposed budget may contain alternatives.

(5) To complete and submit any state and local reports and filings.

.3 GOVERNANCE COMMITTEE

A. CHAIR - The chair shall be elected annually by the Governance Committee from among its own members.

B. MEMBERS - The Governance Committee members shall be appointed by the General Chair with advice and consent of the Board of Directors. The Committee shall be composed of nine (9) members: seven (7) non-athlete members - one (1) such member from each of the six (6) CA Geographic Committees, and a representative appointed by the General Chair - and two (2) athlete members. Each non-athlete member shall serve a four (4) year term, staggered so that approximately one-fourth (1/4) of such members will be appointed each year. The athlete member term shall be two (2) years. No more than one-half (1/2) of the Governance Committee members shall be members of the CA Board of Directors at any given time. After completion of two (2) consecutive terms, members are not eligible for re-appointment to the Governance Committee until after a lapse of two (2) years. A portion of any term served to fill a vacancy in the position shall not be considered in the computation of the successive term limitation. In no case shall the General Chair serve on the Governance Committee.

C. QUORUM - When making nominations, a quorum for any meeting of the Governance Committee shall consist of a majority of its voting members. For all other meetings, a quorum shall consist of those members present and voting.

D. DUTIES

(1) To assist in periodic evaluation of the mission and vision statements and the Bylaws of CA;

(2) To aid in the development of operating policies regarding conflict of interest (Board and staff), document retention, ethics, whistle-blower, procurement, contract review, grievance and other employment-related practices, etc.;

(3) To aid in the development of personnel practices procedure including job descriptions and annual review of staff;

(4) To ensure that the Board's focus remains on the strategic plan;

(5) To aid in the development of expectations and processes for accountability of Board members;

(6) To develop criteria for the qualities and required characteristics of Board officers;

- (7) To lead Board succession planning by assessing current and anticipated needs for Board composition and identifying and recruiting potential Board members;
- (8) To nominate Board members, Administrative Review Board members, and chair positions to be elected by the House of Delegates consistent with the matrix of skills, demographics, and talents needed;
- (9) To publish the slate of candidates to the CA membership at least twenty (20) days prior to the election. Additional nominations may be made from the floor of the House of Delegates by voting members of the House of Delegates;
- (10) To assist the Board of Directors with the process of designing and implementing Board orientation and an ongoing program of Board education and development; and
- (11) To lead periodic assessment of the Board's performance (as a whole and of individual members) and make recommendations to enhance Board effectiveness.

.4 GEOGRAPHIC COMMITTEES

A. OBJECTIVE, TERRITORY AND JURISDICTION

- (1) The objectives of the Geographic Committees shall, but not limiting itself to the objectives of CA, promote a developmental swim program for age group swimmers, to provide training for meet officials, and to recruit and develop leadership personnel for the sport of swimming.
- (2) The territory of each Geographic Committee shall be established by the Board of Directors. The Senior Committee and the Age Group Committee shall recommend such changes that they may deem necessary to ensure reasonable competitive balance, manageable developmental meets, and travel consistent with the prevailing economic conditions. Such changes should be presented to the Board of Directors with the advice of the affected Geographic Committees. The address of a team's principal training pool shall determine Geographic Committee assignment.
- (3) The Geographic Committees shall be responsible for planning their committee meets in cooperation with the Age Group and Senior Committees. The schedule of events to be swum in their meets shall ensure the availability of adequate competitive opportunities for all age groups, skill levels and strokes/distances, and the implementation of Geographic Committee wide programs authorized by CA.

B. MEMBERS - Geographic Committee membership shall consist of:

- (1) Group Members which are located within its boundaries.
- (2) Individual athletes in CA competing in an unattached status will, at the time of registration, be assigned to a specific Geographic Committee and must compete in meets developed by that Committee or to which that Committee is invited.
- (3) A sufficient number of Geographic Committee Athlete Representatives so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

C. DUTIES - The duties of each of the six (6) Geographic Committees shall be the responsibility of the Geographic Committee Board.

(1) Each Group Member shall send a representative to the Geographic Committee meetings. Each Group Member shall have one vote on matters of business or elections regardless of the number of persons present.

(2) Geographic Executive Committee. The Geographic Committee Chair, Vice-Chair, Secretary and the persons elected to serve on the CA Senior, Age Group and Review Committees shall be empowered to act for the Geographic Committee between meetings.

.5 EXECUTIVE COMMITTEE

A. AUTHORITY AND POWER - The Executive Committee shall have the authority and power to act for the Board of Directors and CA between meetings of the Board and the House of Delegates. Limitations to the authority and power of the Executive Committee shall be determined by the Board of Directors and included in the CA Policies and Procedures.

B. MEMBERS - The members of the Executive Committee shall be the

- (1) General Chair, who shall act as chair,
- (2) Administrative Vice-Chair,
- (3) Senior Vice-Chair
- (4) Age Group Vice-Chair
- (5) Secretary,
- (6) Finance Vice-Chair,
- (7) Coach Representative,
- (8) Planning Vice-Chair
- (9) Senior Athlete Representative, and
- (10) Junior Athlete Representative.

C. COMMITTEE REPRESENTATION - Each of the Six (6) Geographic Committees shall have a representative as a member of the Executive Committee. In the event that each Geographic Committee is not represented by the eight (8) Non-Athlete Officer Members of the Executive Committee, the General Chair shall appoint, with the advice and consent of the Board of Directors, a Geographic Committee Representative from the unrepresented Geographic Committee to serve until such time that the Geographic Committee represented by one of the eight (8) Non-Athlete Officer Members of the Executive Committee. Athlete membership as defined in 7.3 shall be maintained.

D. MEETINGS AND NOTICE - Meetings of the Executive Committee shall be held at any time or place within the Territory when called by the General Chair or any three (3) members of the Committee with a minimum of three (3) days' notice required.

E. QUORUM - A quorum of the Executive Committee shall consist of a majority of the members of the Committee.

F. REPORT OF ACTION TO BOARD OF DIRECTORS - At the next regular or special meeting of the Board of Directors, the Executive Committee shall make a report of its activities since the last Board of Director's meeting for ratification or prospective modification or rescission, provided, however, that any action of

the Executive Committee upon which a third party may have relied (e.g., by signing, or authorizing the signing of a contract) may not be modified or rescinded by the Board of Directors or the House of Delegates.

.6 SAFE SPORT COMMITTEE

A. CHAIR - The Chair shall be the Safe Sport Committee Chair

B. MEMBERS - The Safe Sport Committee shall consist of the Safe Sport Committee Chair, and the Safe Sport Representatives of each of the six (6) Geographic Committees in compliance with the Geographic Committee's Policy and Procedures and a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

C. DUTIES - The Safe Sport Committee shall have general charge of the Safe Sport program, and facilitate creating an abuse-free, safe, healthy, and positive environment for all of its members through the development and implementation of Minor Athlete Abuse Prevention and Anti-Bullying policies, Safe Sport Best Practices, and Athlete Protection Training, and to plan, implement and coordinate USA Swimming's commitment to safeguard the physical, mental and emotional well-being of all of its members, with an emphasis on the welfare of its athlete members.

.7 SENIOR COMMITTEE

A. CHAIR - The Chair shall be the Senior Vice-Chair

B. MEMBERS - The Senior Committee shall consist of the Senior Vice-Chair and the Senior Representatives of each of the six (6) Geographic Committees in compliance with the Geographic Committee's Policy and Procedures and a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

C. DUTIES - The Senior Committee shall have general charge of the affairs of the committee that develops and conducts the senior swimming program of CA to include meet management of all senior swimming meets and events. The Senior Vice-Chair also serves as liaison to the Athlete Representative Committee.

.8 AGE GROUP COMMITTEE

A. CHAIR - The Chair shall be the Age Group Vice-Chair

B. MEMBERS - The Age Group Committee shall consist of the Age Group Vice-Chair and the Age Group Representatives of each of the six (6) Geographic Committees in compliance with the Geographic Committee's Policy and Procedures and a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

C. DUTIES - In conjunction with the Coaches Rep through a selection process determine "Age Group Coach of The Year" Provide guidance on selection of coaches. Discuss and provide recommendations to the HOD to help improve swimming in Southern California. Communicate to their respective committees on Upcoming Events in regards to Age Group swimming.

.9 DIVERSITY, EQUITY, & INCLUSION COMMITTEE

A. CHAIR - The Chair shall be the Diversity, Equity, & Inclusion Committee Chair.

B. MEMBERS - The Diversity, Equity, & Inclusion Committee shall consist of the Diversity, Equity, & Inclusion Committee Chair, and the Diversity, Equity, & Inclusion Representatives of each of the six (6) Geographic Committees in compliance with the Geographic Committee's Policy and Procedures and a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

C. DUTIES - The Diversity, Equity, & Inclusion Committee shall promote, develop and improve competitive swimming through education, support and opportunities for participation to a diverse swimming community, and to inspire and provide quality opportunities for our members to achieve excellence in the sport of competitive swimming, and to assist CA in creating a culture of inclusion and opportunity for people of diverse backgrounds, including, but not limited to, race, age, income, ethnicity, religion, gender, and sexual orientation.

.10 OFFICIALS COMMITTEE

A. CHAIR - The Chair shall be the Officials Committee Chair

B. MEMBERS - The Officials Committee shall be appointed by the Officials Committee Chair/Officials Executive Committee and shall consist of the Officials Committee Chair(s) and the Officials Representatives of each of the six (6) Geographic Committees in compliance with the Geographic Committee's Policy and Procedures, and a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee. Athlete Representatives shall be selected by the Athletes' Committee. The Official's Committee shall consist of both Dry (Administrative) and Wet (deck) side Officials.

C. DUTIES - To manage the CA Officials by conducting programs to recruit, educate, train, and mentor, certify and discipline when needed, a diverse team of USA/CA Swimming officials to provide the highest quality and consistent officiating for athletes at all levels of swimming, and provide advice and direction on interpretations of CA Swimming Competition rules.

.11 OPEN WATER COMMITTEE

A. CHAIR - The Chair shall be the Open Water Committee Chair

B. MEMBERS - The Open Water Committee shall consist of the Open Water Committee Chair and the Open Water Representatives of each of the six (6) Geographic Committees in compliance with the Geographic Committee's Policy and Procedures and a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

C. DUTIES - The Open Water Committee shall have general charge of the Open Water Swimming Program through the planning, development, and implementation of the Open Water Calendar with an emphasis on safety, education, and competition. The Open Water Committee shall implement and coordinate USA Swimming Open Water Development initiatives and activities as required.

.12 PLANNING COMMITTEE

A. CHAIR - The Chair shall be the Planning Vice-Chair

B. MEMBERS - The Planning Committee shall consist of the following members:

- (1) Planning Vice-Chair
- (2) Age Group Vice-Chair
- (3) Senior Vice-Chair
- (4) Program Chair from each of the six (6) Geographic Committees
- (5) Officials Committee representative
- (6) Senior Athlete Representative
- (7) Junior Athlete Representative
- (8) Plus a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the committee

C. DUTIES - The Planning Vice-Chair serves as a conduit between the CA Age Group and Senior Committees, collaborates with the CA Age Group Vice-Chair and Senior Vice-Chair to create the CA calendars, prepares and distributes the bid packets for CA meets, and runs the annual CA bid meeting. The Planning Vice-Chair is also responsible for running the annual CA Planning meeting.

7.5 DUTIES OF CHAIRS GENERALLY - The duties of the General Chair, the division chairs, and committee chairs (in addition to those provided elsewhere in these Bylaws) shall be as follows:

- .1 Preside at all meetings of the respective division, committee or subcommittee;
- .2 See that all duties and responsibilities of the respective division, committee or subcommittee in his or her charge are properly and promptly carried out;
- .3 Appoint such committees or subcommittees as may be necessary to fulfill the duties and responsibilities of the division or committee, respectively;
- .4 Communicate with the General Chair, respective division, committee or subcommittee members and the staff to keep them fully informed;
- .5 Appoint a member as secretary of the committee or subcommittee charged with taking minutes of each meeting and forward reports or minutes of all meetings to the staff; and
- .6 Perform the other specific duties listed in CA's Policies and Procedures or as may be delegated by the General Chair, the respective division chair or committee chair, the Board of Directors or the House of Delegates.

7.6 DUTIES OF COMMITTEES GENERALLY - Except as otherwise provided in these Bylaws, the duties of the committees shall be prescribed by the CA Policies and Procedures.

7.7 REGULAR AND SPECIAL MEETINGS - Regular and special meetings of committees or subcommittees of CA shall be held as determined by the respective vice-chairs or committee or subcommittee chair.

7.8 OPEN MEETING/CLOSED SESSIONS - Meetings of committees and subcommittees, other than a Personnel Committee meeting, shall be open to all members of CA. Matters relating to personnel, disciplinary action, legal, taxation and similar affairs shall be deliberated and decided in a closed session that only the respective members are entitled to attend. By a majority vote, a committee or subcommittee may decide to go into closed session on any matter deserving of confidential treatment or of personal concern to any member of the committee or subcommittee.

7.9 VOICE AND VOTING RIGHTS OF COMMITTEE MEMBERS - Each committee member shall have both voice and vote in their respective meetings.

7.10 ACTION BY WRITTEN CONSENT - Any action required or permitted to be taken at any meeting of a committee may be taken without a meeting if all the committee members entitled to vote consent to the action in writing and the written consents are filed with the records of the meetings. These consents shall be treated for all purposes as a vote taken at a meeting.

7.11 PARTICIPATION THROUGH COMMUNICATIONS EQUIPMENT - Members of any committee may participate in a meeting of the committee or through conference equipment by means of which all persons participating in the meeting can hear each other at the same time. Participation by such means shall constitute presence at a meeting.

7.12 QUORUM - Except as otherwise provided in these Bylaws or in the resolution or other action establishing a committee, a quorum of any committee shall consist of those members present.

7.13 VOTING - Except as otherwise provided in these Bylaws or the Parliamentary Authority, all motions, orders and other propositions coming before a committee shall be determined by a majority vote.

7.14 PROXY VOTE - Voting by proxy in any meeting of a committee shall not be permitted.

7.15 NOTICES

.1 TIME - Except as otherwise provided in these Bylaws or the resolution or other action establishing a committee, not less than five (5) days' written notice shall be given for any meeting of a committee.

.2 INFORMATION - The notice of a meeting shall contain the time, date, and site.

7.16 RESIGNATIONS - Any committee chair or member or coordinator may resign by submitting a written resignation to the General Chair or the Board of Directors specifying an effective date of the resignation. If such date is not specified, the resignation shall take effect upon the appointment of a successor.

7.17 VACANCIES - The determination of when the position of an appointed committee chair or committee member becomes vacant or the person becomes incapacitated, if not made by the person, shall be within the discretion of the Board of Directors. In the event of a vacancy or permanent incapacity, the General Chair, with the advice and consent of the Board of Directors and the respective division chair, shall appoint a successor to serve until the conclusion of the incumbent's term. A temporary incapacity may be left unfilled at the discretion of the General Chair or an appointment may be made for the duration of the temporary incapacity.

7.18 DELEGATION - With the consent of the Board of Directors or the respective division chair, or a committee chair may delegate a portion of their powers or duties to another officer of CA, or to another committee, or subcommittee, or with the consent of the Board of Directors, to the paid staff of CA. Notwithstanding any delegation, the ultimate responsibility for the delegated duties and obligations shall remain with the delegator.

7.19 APPLICATION TO COMMITTEES - Sections 7.5 through 7.18 shall apply to all committees, unless otherwise provided in these Bylaws, in the resolution creating the committee or in the CA Policies and Procedures. These provisions shall also apply to Administrative Review Board meetings but shall not apply to its hearings or deliberations.

ARTICLE 8

ANNUAL AUDIT, REPORTS AND REMITTANCES

CA shall submit any reports and remittances required by the USA Swimming Corporate Bylaws, by the USA Swimming Board of Directors, the President/CEO of USA Swimming or by any agreement between CA and USA Swimming. Reports required to be submitted to USA Swimming by CA include annual financial and federal tax reports and the annual audit or review.

ARTICLE 9

ORGANIZATION, AMENDMENT OF BYLAWS AND DISSOLUTION

9.1 NON-PROFIT AND CHARITABLE PURPOSES - CA is organized exclusively for charitable and educational purposes and for the purpose of fostering national or international amateur sports competition within the meaning of section 501(c)(3) of the IRS Code. Notwithstanding any other provision of these Bylaws, CA shall not, except to an insubstantial degree, (1) engage in any activities or exercise any powers that are not in furtherance of the purposes and objectives of CA or (2) engage in any activities not permitted to be carried on by: (A) a corporation exempt from federal income tax under such section 501(c)(3) of the IRS Code or (B) a corporation to which contributions, gifts and bequests are deductible under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) of the IRS Code.

9.2 DEDICATION OF ASSETS, ETC. - The revenues, properties and assets of CA are irrevocably dedicated to the purposes set forth in Sections 1.2 and 9.1 of these Bylaws. No part of the net earnings, properties or assets of CA shall inure to the benefit of any private person or any member, officer or director of CA.

9.3 AMENDMENTS - Any provision of these Bylaws not mandated by USA Swimming may be amended at any meeting of the CA House of Delegates by a two-thirds (2/3) vote of the members present and voting. Amendments so approved shall not take effect until reviewed and approved by the USA Swimming Rules and Regulations Committee. Changes to Required LSC Bylaws shall be effective on the date established in the amending USA Swimming legislation.

9.4 DISSOLUTION - CA may be dissolved only upon a two-thirds (2/3) vote of all the voting members of the House of Delegates. Upon dissolution, the net assets of CA shall not inure to the benefit of any private individual, unincorporated organization or corporation, including any member, officer or director of CA, but shall be distributed to USA Swimming, to be used exclusively for educational or charitable purposes. If USA Swimming, is not then in existence, or is not then a corporation which is exempt under section 501(c)(3) of the IRS Code and to which contributions, bequests and gifts are deductible under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) of the IRS Code, the net assets of CA shall be distributed to a corporation or other organization meeting those criteria and designated by the House of Delegates at the time of dissolution, to be used exclusively for educational or charitable purposes.

ARTICLE 10

INDEMNIFICATION

10.1 INDEMNITY - CA shall indemnify, protect and defend, in the manner and to the full extent permitted by law, any Indemnified Person in respect of any threatened, pending or completed action, suit or proceeding, whether or not by or in the right of CA, and whether civil, criminal, administrative, investigative or otherwise, by reason of the fact that the Indemnified Person bears or bore one or more of the relationships to CA specified in Section 10.3 and was acting or failing to act in one or more of those capacities or reasonably believed that to be the case. Where specifically required by law, this indemnification shall be made only as authorized in the specific case upon a determination, in the manner provided by law, that indemnification of the Indemnified Person is proper in the circumstances. CA may, to the full extent permitted by law, purchase additional insurance to that provided by USA Swimming, and maintain insurance on behalf of any Indemnified Person against any liability that could be asserted against the Indemnified Person.

10.2 EXCLUSION - The indemnification provided by this Article 10, shall not apply to any Indemnified Party whose otherwise indemnified conduct is finally determined to have been in bad faith, self-dealing, gross negligence, wanton and willful disregard of applicable laws, rules and regulations, of the USA Swimming Rules and Regulations, of the USA Swimming Code of Conduct or these Bylaws or who is convicted of a crime (including felony, misdemeanor and lesser crimes) involving sexual misconduct, child abuse, violation of a law specifically designed to protect minors or similar offenses, or who is found by the National Board of Review or the U.S. Center for SafeSport to have committed actions which would be the basis for such a conviction and, in each case, the otherwise indemnifiable conduct (or failure to act) was, or was directly related to, the predicate acts of the conviction or finding.

10.3 INDEMNIFIED PERSONS - As used in this Article 10, "Indemnified Person" shall mean any person who is or was a Board Member, Administrative Review Board member, Group Member Representative, officer, official, coach, committee chair or member, volunteer, employee or agent of CA, or is or was serving at the direct request of CA as a director, officer, Group Member Representative, meet director, official, coach, committee chair or member, volunteer, employee or agent of another person or entity involved with the sport of swimming.

10.4 EXTENT OF INDEMNITY - To the full extent permitted by law, the indemnification provided in this Article shall include expenses (including attorneys' fees, disbursements and expenses), judgments, fines, penalties and amounts paid in settlement, and, except as limited by applicable laws, these expenses shall be paid by CA in advance of the final disposition of such action, suit or proceeding. If doubt exists as to the applicability of an exclusion to CA's obligation to indemnify, CA may require an undertaking from the Indemnified Person obliging him to repay such sums if it is subsequently determined that an exclusion is applicable. In the case of any person engaged in the sport of swimming for compensation or other gain, if CA determines that there is reasonable doubt as to such person's ability to make any repayment, CA shall not be obligated to make any payments in advance of the final determination. This indemnification shall not be deemed to limit the right of CA to indemnify any other person for any such expenses to the full extent permitted by law, nor shall it be deemed exclusive of any other rights to which any Indemnified Person may be entitled under any agreement, vote of members or disinterested directors or otherwise, both as to action in an official capacity and as to action in another capacity while holding such office.

10.5 SUCCESSORS, ETC. - The indemnification provided by this Article shall continue as to an Indemnified Person who has died or been determined to be legally incompetent and shall apply for the benefit of the successors, guardians, conservators, heirs, executors, administrators and trustees of the Indemnified Person.

ARTICLE 11 PARLIAMENTARY AUTHORITY

ROBERT'S RULES - Robert's Rules of Order Newly Revised shall govern CA and any of its constituent or component parts, committees, etc., in the conduct of meetings in all cases to which they apply and in which they are not inconsistent with these Bylaws and any special rules of order CA, the House of Delegates, the Board of Directors or its divisions, committees, etc., may adopt.

ARTICLE 12 MISCELLANEOUS

12.1 EFFECT OF STATE LAW CHANGES (SEVERABILITY) - If any portion of these Bylaws shall be determined by a final judicial decision to be, or as a result of a change in the law of the California become, illegal, invalid or unenforceable, the remainder of these Bylaws shall continue in full force and effect.

12.2 FISCAL YEAR - The fiscal year of CA shall end on the last day of August.

12.3 TAX STATUS; INTERPRETATION OF BYLAWS - It is intended that CA shall have and continue to have the status of an organization which is exempt from federal income taxation under section 501(c)(3) of the IRS Code and to which contributions, bequests and gifts are deductible for federal income, estate and gift tax purposes under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) of the IRS Code, respectively. Similarly, it is intended that CA shall have that or similar status under the applicable state and local laws as will exempt it from taxation to the maximum extent possible to the extent not contrary to applicable federal requirements. These Bylaws shall be interpreted accordingly.

ARTICLE 13 ADMINISTRATIVE REVIEW BOARD

13.1 INTRODUCTION - USA Swimming was organized as the National Governing Body for the sport of swimming under the Amateur Sports Act of 1978, as amended by the Ted Stevens Olympic and Amateur Sports Act of 1998, both federal laws. These laws require USA Swimming to establish and maintain provisions for the swift and equitable resolution of all disputes involving any of its members. This Article, together with Section 2.2 and Part Four of the USA Swimming Rules and Regulations, are intended to provide a mechanism for resolving in an orderly and fair way all manner and kinds of disputes that may arise among its members in connection with the sport of swimming. Accordingly, CA has established the Administrative Review Board to hear complaints and appeals regarding administrative matters within CA which do not rise to the level of Code of Conduct violations and are not appeals of sanction decisions. The Administrative Review Board shall have no jurisdiction to hear complaints regarding conduct that may violate the USA Swimming Code of Conduct or otherwise violate the policies, procedures, rules and regulations adopted by USA Swimming, or conduct that may bring USA Swimming, CA or the sport of swimming into disrepute. This Article, together with Part Four of the USA Swimming Rules and Regulations, is intended to provide a fair hearing before a group of independent and impartial people. This Article and Part Four of the Rules shall be construed accordingly.

13.2 ADMINISTRATIVE REVIEW BOARD ORGANIZATION

.1 Establishment - The Administrative Review Board of CA shall be independent and impartial.

.2 Members - The Administrative Review Board shall have at least eight (8) regular members, six (6) of whom shall be a representative of one (1) of each of the Geo Committees and a sufficient number of athlete members to constitute at least twenty percent (20%) of the voting membership. At least three (3) members of the Administrative Review Board shall hear each case, with a sufficient number of athlete members to constitute at least twenty percent (20%) of its membership. No hearing shall proceed without the required athlete representation. The House of Delegates may increase the number of regular members by resolution but subsequent to the adoption of these Bylaws may only decrease the number of regular members upon the expiration of the term of office of any incumbent members.

.3 Election; Term of Office; Eligibility -

A. Election - The House of Delegates shall biennially elect regular members of the Administrative Review Board:

B. Term of Office - The term of office shall be two (2) years. Each member shall assume office upon election and shall serve until a successor takes office.

C. Eligibility - Each regular member of the Administrative Review Board shall be an Individual Member of CA and USA Swimming. In no case shall members of the Board of Directors serve on the Administrative Review Board.

.4 Chair Elected by Board; Other Officers - The Chair of the Administrative Review Board (the "Chair") who must be a regular member, shall be elected biennially by a majority vote of the regular members of the Administrative Review Board. The Chair shall biennially appoint a Vice-Chair and a Secretary of the Administrative Review Board, each of whom must be regular members.

.5 Meetings - The Administrative Review Board shall meet for administrative purposes as necessary, to elect the Chair, to adopt rules and procedures and to conduct other business as may be helpful or necessary to achieve the purposes of the Administrative Review Board and efficiently exercise its duties and powers. Other meetings may be called by the Chair or any two (2) regular members. When meeting for administrative purposes, Section 7.19 shall apply to the Administrative Review Board.

.6 Participation Through Communications Equipment - Members of the Administrative Review Board may participate in a meeting or hearing of the Administrative Review Board, and any hearing may be conducted, in whole or in part, through conference telephone or similar equipment by means of which all persons participating in the meeting can hear each other at the same time. Participation by these means shall constitute presence in person at such a meeting or hearing.

.7 Quorum - A quorum for any administrative meeting of the Administrative Review Board shall be fifty percent (50%) of its regular members.

.8 Resignations - Any regular member of the Administrative Review Board may resign by submitting a written resignation to the Chair, the General Chair or the Board of Directors specifying an effective date of the resignation. In the absence of a specified effective date, any such resignation shall take effect upon the appointment or election of a successor.

.9 Determination of Vacancy or Incapacity - The determination of when an officer becomes vacant or an officer becomes incapacitated shall be in accordance with Section 6.9.

.10 Substitutions for Member - In the event that a regular member of the Administrative Review Board is unable or unwilling to promptly act for any reason, recuses herself or himself or is disqualified in any particular circumstance, the Chair (or, if the person so unable or unwilling to act or recused or disqualified is the Chair, the Vice-Chair; or failing that, the General Chair) shall appoint an alternate member to act in the regular member's place in respect of that circumstance.

13.3 GENERAL

.1 Administrative Powers - The Administrative Review Board shall have the powers and the duty to:

- A. administer and conduct the affairs and achieve the purposes of the Administrative Review Board,
- B. establish policies, procedures and guidelines,
- C. elect the Chair,
- D. call regular or special meetings of the Administrative Review Board,
- E. retain attorneys, agents and independent contractors and employ those persons which the Administrative Review Board may determine are appropriate, necessary or helpful in the administration and conduct of its affairs, and
- F. take such action as may otherwise be appropriate, necessary or helpful in the administration and conduct of its affairs, the achievement of its purposes and the efficient exercise of its duties and powers.

.2 Rule Making Powers - The Administrative Review Board shall have the power and the duty to promulgate reasonable rules and procedures consistent with the corporation laws of CA with respect to any matter within its jurisdiction or appropriate, necessary or helpful in the administration and conduct of its affairs. Such rules and procedures shall have the same force and effect as if they had been adopted as part of these Bylaws.

.3 Exercise of Powers and Decisions - Except for authority and power granted to the Chair, the exercise of the authority and powers of the Administrative Review Board and the decision of matters which are the subject of a hearing shall be decided by a majority vote of the Administrative Review Board. The views of any dissenters shall be included in the record of the proceeding if requested by the dissenters. The exercise of the Administrative Review Board's authority and power shall be solely in its discretion and the interests of justice and the sport of swimming.

.4 Timeliness of Petition - The Administrative Review Board need not exercise its jurisdiction with respect to a complaint the subject matter of which occurred, or concerns or is founded on events which occurred, more than ninety (90) days prior to the date the complaint is received. A determination not to exercise its jurisdiction as a result of the untimeliness of a complaint may be made by the Chair alone and may be the subject of a request for rehearing and, thereafter, appeal to the National Board of Review pursuant to Part Four of the USA Swimming Rules and Regulations.

ARTICLE 14

CONVENTIONS AND DEFINITIONS

14.1 CONVENTIONS

.1 TERMS GENERALLY - Whenever the context may require, any pronoun or official title shall include the corresponding masculine, feminine and neuter forms. The words "include", "includes" and "including" shall be deemed to be followed by the phrase "without limitation". The singular shall include the plural and the plural shall include the singular as the context may require. Where the context permits, the term "or" shall be interpreted as though it were "and/or". Captions have been used for convenience only and shall not be used in interpreting the Bylaws.

.2 CAPITALIZED TITLES - Capitalized titles, such as Secretary or Treasurer, when appearing alone shall refer to CA positions and not to USA Swimming or another organization.

.3 NOTICE DEEMED GIVEN; LAST KNOWN ADDRESS –

A. Notice by Mail - Notice given and other writings delivered by first class mail, postage prepaid, and addressed to the last known address shall be deemed given or delivered upon the postmark date for all purposes under these Bylaws.

B. Notice by Email - Notice given and writings delivered by electronic mail to the last known email address shall be deemed given or delivered for all purposes under these Bylaws.

C. Last Known Mail or Email Address - For all purposes under these Bylaws, the last known mail or email address of a member of CA shall be the mail or email address on file with CA or in SWIMS.

.4 TIME PERIOD CONVENTION - In computing time periods established by these Bylaws, the initial time period (days or hours) shall not be included but the last period shall be included.

.5 WAIVER OF NOTICE CONVENTION - Untimely or insufficient notice for any meeting held under the authority of these Bylaws shall be considered to have been waived if a member attends or participates in the meeting to which such notice referred or to which notice was lacking without, at the earliest opportunity, raising an objection of untimely or insufficient notice having been given for such meeting. If the member is a Group Member Representative, then the relevant Group Member shall be treated as having waived the untimely or insufficient notice to the same extent.

14.2 DEFINITIONS - When used in these Bylaws, the following terms shall have the meanings indicated in this Section, and the definitions of such terms are equally applicable both to the singular and plural forms.

- .1 ARTICLE** - a principal subdivision of these Bylaws.
- .2 ARTICLES OF INCORPORATION** - the document filed with the Secretary of State of California pursuant to which CA was formed.
- .3 ATHLETE REPRESENTATIVE** - an Athlete Member elected to represent athletes in the House of Delegates and on the Board of Directors.
- .4 BOARD MEMBER** - a member of the Board of Directors, including the At-Large Board Members.
- .5 BOARD OF DIRECTORS** - the Board of Directors of CA.
- .6 BYLAWS** - these bylaws as adopted and amended from time to time by, and in effect for, CA.
- .7 COACH REPRESENTATIVE** - a Coach Member elected to represent the coaches in the House of Delegates and on the Board of Directors.
- .8 FINA** - the Federation Internationale de Natation, the international governing body for the sport of swimming.
- .9 GROUP MEMBER REPRESENTATIVE** - an individual appointed to represent a Group Member, as defined in USA Swimming Corporate Bylaws, in the House of Delegates.
- .10 HOUSE OF DELEGATES** - the House of Delegates of CA as established by Article 4 of these Bylaws.
- .11 IMMEDIATE PAST GENERAL CHAIR** - the individual who is the immediate past General Chair of CA.
- .12 IRS CODE** - the current United States Internal Revenue Code.
- .13 LOCAL SWIMMING COMMITTEE / LSC - CA** as defined by the USA Swimming Corporate Bylaws.
- .14 MEMBER** - a Group Member or an Individual Member.
- .15 NATIONAL BOARD OF REVIEW** - the National Board of Review of USA Swimming established pursuant to Part Four of the USA Swimming Rules and Regulations. Where the context requires, a reference to the National Board of Review shall include a reference to the USA Swimming Board of Directors when that body is acting upon an appeal from the National Board of Review.
- .16 POLICIES AND PROCEDURES** - the principles, rules, and guidelines of CA, as amended and adopted by the Board of Directors or the House of Delegates.
- .17 SECTION** - a subdivision of the Articles of these Bylaws.
- .18 TERRITORY** - the geographic territory over which CA has jurisdiction as a Local Swimming Committee.
- .19 USA SWIMMING** - USA Swimming, Inc., a Colorado nonprofit corporation which is the national governing body for the United States for the sport of swimming.
- .20 CA** - the California not-for-profit corporation to which these Bylaws pertain.

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"



INDEX OF SPONSORS

Conejo Swimworks.....	Page 9
Lil Shavers Hawaiian Shave Ice.....	Page 151

Sponsor Note: Southern California Swimming sponsors may vend at CA meets restricted only by city/county business license requirements and facility safety space limitations. Hosts of CA 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 CA sponsors listed above. An exception is a facility with an exclusive contract with an on site swim shop, a default single vendor only.



Southern California Swimming

Leading the nation that leads the world