



Parent Handbook 2025

**Carmichael Swim Team
PO Box 581
Carmichael, CA 95609**

E Mail: beavers.swim@gmail.com

Phone: (916) 318-0592

Social Media

IG: CarmichaelBeaversSwimTeam

FB: Carmichael Beavers Swim Team

Non Profit 501c3 EIN# 68 – 0435024

Message from the President

Dear Beaver Families,

I hope this message finds you well and as excited for the summer ahead as I am! What started out four years ago as a commitment to ensure my children were not just water-safe, but also strong and confident swimmers, has turned into belonging to an amazing community of families who support their children as they laugh and splash their way to individual challenges and personal bests, all while cultivating friendships and lasting memories.

And now, as your Carmichael Beavers Swim Board President, I am thrilled to welcome your family to our Beaver Family! There will be many opportunities to get to know one another (evenings on the bleachers, family fun nights, volunteering at swim meets). In addition to making new friends, I will also need your help at our swim meets! Volunteer support is vital to ensuring swim meets run smoothly and I greatly appreciate your assistance in our success. From volunteering as a lane timer or at the snack bar, to helping with setting up and tearing down a swim meet, every little bit makes a big difference. We will do our best to prepare you for your volunteer role so look out for more details on how you can get involved. Please ask any Beavers Swim Team Board Member how we can help you navigate being a member of our swim team.

Thanks to our fabulous, hard-working coaches and Beavers Swim Team Volunteer Board, I truly believe this summer will be a great opportunity for our swimmers to improve their skills, form new friendships, and experience the joy of being a part of this incredible team. I am at your service and look forward to seeing your family on the pool deck.

Here's to a summer of family, fitness, and fun!

GO BEAVERS!

Jennifer Pope

Carmichael Beavers Swim Board President

beaverspresident@gmail.com

Team Mission

Carmichael Beavers' mission is to grow confidence, champion self-improvement, and create a community by teaching kids to swim the four strokes in a friendly, yet competitive atmosphere. We know that swimmers who practice hard, follow our coaches' instructions, and perform with consistent effort will learn self-discipline, develop a strong work ethic, build self-esteem, and swim stronger and faster at every meet.

2025 Meet Calendar

Date	Meet	Location
May 17	Time Trials	Home
May 31	Rio Vista	Home
June 07	Galt	Galt
June 14	Sactown	Sactown
June 21	Del Paso/Amador	Home
June 28	Sutter Lawn	Sutter Lawn
July 19th & 20st	Championship Meet	Elk Grove
August 2	Meet of Champions	TBA

Mandatory Swim Meet Check In:

Check in time is by 6:45am SHARP!
(home & away)

Best scenario is you arrive on time however,

If you are running late:

You must check in via text by 6:45 AM and physically be present by 7:15 AM

Text: 916-318-0592

****If you arrive after this deadline, your swimmer(s) **WILL** **BE** removed from the meet. Please respect the work that must be done and meet these timelines. ****

Carmichael Beavers Board of Directors

President	Jennifer Pope
Vice President	Heather Drury
Treasurer	Dean Buttry
Secretary	Maggie Foley
Communications Manager	Heather Drury
Fundraising Coordinator	Krystal Rorabach
League Rep	Olivia Bender
Merchandise Management	Courtney Harrison
Registrar	Amy Cobleigh
Snack Bar	Jessica Pell
Volunteer Coordinator	Megan Sitter
Past President	Colleen Cadwallader
Members at Large	Jessica Fischer
	Alisha Givehchi
	Krissi Miramontes
	Brent Sparre

The board is made up of parents of current Beaver swimmers and is a completely volunteer position. The team depends upon these people to help keep the team running. The board is always welcoming dedicated parents who want to make a difference.

Committees: Swim families are encouraged to join. Reach out to a Board Member if you would like more information.

Coach management/Mentoring

Communications/Marketing

IT Team

Fundraising

Risk Management

Snack Bar

Spirit/Social

Carmichael Beavers Team Swimsuits

and Team Clothing

The team swimsuit is not required; however, all swimmers are encouraged to wear a team suit during meets to show unity and team spirit. Please wear a red suit as an alternative to the team suit.

Suit must meet NCSL guidelines during all swim practices and at all swim meets. Inappropriate swimwear includes but is not limited to, tankinis, bikinis, and thong swimsuits.

Team clothing is optional and available for purchase on [Swim Outlet in the Team Store](#).

The **2025-2026** Carmichael Beavers swimsuit is:



<https://www.swimoutlet.com/collections/carmichaelbeavers>

Carmichael Beavers Swim Team's Board of Directors reserves the right to determine eligibility to swim.

Carmichael Beavers Team Rules

- Suit must meet NCSL guidelines at all swim practices and swim meets.
- Only swimmers, coaches, or officials are allowed on the pool deck during workouts. Spectators may sit in bleachers.
- NO RUNNING on the pool deck.
- No swimmers are allowed in the water or pool unless a coach is on duty and directs the swimmers into the water.
- No swimmers are permitted on diving boards during swim practice or meets unless approved and supervised by a member of the coaching staff
- No horseplay, profanity or other inappropriate activity will be allowed.
- No running onto starting blocks, then diving or jumping off.
- No hanging or sitting on the lane ropes. Treat all equipment with care.
- No swimmer is allowed in the diving pool during swim meets unless approved and supervised by a member of the coaching staff.
- Playing in the locker room is not permitted.
- During workouts, swimmers must remain in the pool unless directed by the coach.
- No bouncing balls on the pool deck.
- No dogs, cats, or other animals on the pool deck or at meets unless previously approved.
- No scooters on deck and no scooters at swim meets.

Please pick up your child within 5 minutes of the end of the scheduled practice time.

Financial Matters

\$200 per Family Volunteer Deposit:

Volunteer assistance is essential to run an efficient swim meet. Therefore, the team requires each family to accumulate volunteer credits in all two separate areas:

1. Swim meets – one shift each meet.
2. Championships - one shift each day

Volunteer credits must be earned in each of the two separate areas to meet your requirement and earn repayment of your \$200 volunteer deposit. See list of volunteer jobs and their descriptions. If you are unable to work a required shift or have additional questions please contact the volunteer coordinator, Megan Sitter.

Refund Policy

All refund requests must be received in writing and submitted to:

Carmichael Swim Team
PO Box 581, Carmichael, CA 95609

- One hundred percent (100%) refund if requested, in writing, within 1 week from the start of the swim season or day of registration.
- Fifty percent (50%) refund if requested in writing after 1 week, but before 1 month, from the start of the swim season.
- NO REFUND after 1 month from the start of the swim season unless there are special circumstances that are approved by a Board vote.

- **Returned Check Charge Policy**
- A minimum collection charge of \$20.00 per check will be passed on to the issuer of any returned check. It is the issuer's responsibility to fully reimburse the Carmichael Beavers Swim Team within 10 days of either verbal or written notification.
- **Required Parent Volunteer Shifts**



To make the dual swim meets run efficiently, the Northern California Swim League encourages parents of swimmers (or their designee) to work shifts during the swim meet.

Your assistance is essential. Our ability to run an efficient swim meet depends upon a volunteer staff of parents. Therefore, we count on parents, grandparents, extended family members, and friends to volunteer at all swim meets.

The Carmichael Beavers Swim Team requires that each family volunteer for swim meets and championships. Required shifts can be accomplished in several ways:

Swap with another family to work your shift for you in the event of an absence.

Work more shifts at one meet to make up for not being available at another meet.

Volunteer Shift	Check In Time*	Shift Time*
Set Up Crew	6:00 AM	6:30 AM
Snack Bar	7:00 AM	7:00 AM
First and Second Shift	1 st Shift: 7:30 AM 2 nd shift: 10:00AM	1 st Shift: 8:00 AM 2 nd Shift: 11:00AM
<i>*Shift times may vary depending on the pace of the meet.</i>		

VOLUNTEER POSITIONS

Announcer	Announce each swimmer and event from the microphone. Home meets only.
Beaver Buzz Editor	Collects and distributes information about the team and its activities, including producing a bi-monthly newsletter.
Merchandise Coordinator	Orders, sells, and distributes clothing and other specialty items.
Computer / Scoring	Computer volunteers to read swimmer times during home meets. Assistant to verify the accuracy of times entered into the computer.
Fundraising Coordinator	Coordinates and delegates activities to ensure proper acquisition of funds.
Head Stroke and Turn Judge	Ensures proper training of all strokes and turn judges and supervises during each home meet.
Head Meet Referee	Ensures proper training of all meet referees. Duties may include scratch meeting, monitoring all race finishes, presiding over any meet dispute. Instructs Stroke & Turn volunteers before the meet begins. Must know League Rules & Regulations and US Swim Rules.

Head Timer	Ensures proper training for all timers and maintains a backup timer, holds timers meeting prior to home meet.
Head Starter	Ensures proper training of all starters.

Head Announcer	Ensures proper training of all announcers.
Head Ready Bench	Ensures proper training of workers.
Head Zoo Keeper	Ensures proper training of all zoo keepers. Responsibilities may include bringing all age group signs to the ready bench areas.
Hospitality Coordinator	Coordinates & delegates activities to ensure beverages are available/ delivered at every home meet for all the shift workers, officials, & coaches at every home meet. Responsibilities may include bringing equipment, serving, and cleaning up after the meet.
Lane Timers	Time assigned lanes for each heat.
Parent Coordinator	Coordinates & delegates activities to ensure all positions that are required to run a swim meet are filled.
Ready Bench	Organizes swimmers in the “Ready Bench” area for upcoming events. Escorts each heat of swimmers from the Ready Bench to the correct lanes and starting blocks.
Recruiter	Coordinates and delegates activities to distribute information about the Beaver swim team for the sole purpose of recruiting new members to the team. Responsibilities may include making flyers and distributing them.
Registrar	Ensures all information from the registration forms are properly secured and submitted to the league representative.
Ribbons	Labels backs of ribbons & files ribbons in mailboxes.

Runner	Takes lane sheets to and from timers to scoring table. Also collects disqualification slips (DQs) from Stroke & Turn Judges to the scoring table.
Set Up & Take Down Coordinators	Ensure that all equipment that is needed to run a swim meet is set up and ready to go prior to the start of the meet. Also ensures that equipment is taken down and stored away at a proper location after the meet. First shift arrives at 6:00 a.m. for home meets, sets up all chairs, tables. Second shift stays after meets and puts all equipment away in storage shed, cleans up entire area
Snack Bar Coordinator	Coordinates & delegates the operation of the snack bar at every home meet. Responsibilities may include shopping, refrigeration, preparation, cooking, & selling food items.
Starter	Home meets only. Instructs swimmers and directs them to “take your mark” and starts each race with an electronic starter.
Stroke & Turn Judges	Watch swimmers in assigned lanes to make sure swimmers are doing strokes and turns correctly.
Swim-A-Thon Coordinator	Coordinates activities to ensure a successful swim-a-thon. Responsibilities may include distributing flyers, collecting monies, distributing prizes.
Zoo Keeper	Stays in the team area and assists swimmers to the “Ready Bench” area.

Volunteer Sign-ups

Volunteer sign-ups can be done online by logging into our team website or downloading and signing up on the SE Motion App on your phone.

Questions or in person signups should be directed to our volunteer coordinator, Megan Sitter, by emailing her *your full name and the swimmer's full name* at cbswimmervolunteer@gmail.com

Parent Volunteer Positions

Estimated Start Time	Position and Committee Coordinators(s)	Volunteers Needed
FIRST SHIFT	Parent Volunteers Required: 45	
6:00 a.m.	Set-up: Chairs, EZ-ups, Computer Colorado Scoring and Sound System.	8
7:00 a.m.	Snack Bar	3
7:30 a.m.	Sno-Cones	2
7:30 a.m.	Hospitality	2
7:30 a.m.	Announcer	1
7:30 a.m.	Ready Bench	2
7:45 a.m.	Zoo Keepers	6
8:00 a.m.	Computer Clerks	2
8:00 a.m.	Meet Referee	1
8:00 a.m.	Head Stroke & Turn Judge	1
8:00 a.m.	Stroke & Turn Judges	2-3
8:15 a.m.	Colorado Timer	1
8:20 a.m.	Starter Check-in	1
8:20 a.m.	Head Timer	1
8:20 a.m.	Lane Timers	9-12
9:00 a.m.	Raffle	1
9:00 a.m.	Ribbon Labeler	1

SECOND SHIFT Parent Volunteers Required: 44		
11:00 a.m.	Snack Bar	3
11:00 a.m.	Sno-Cones	2
11:00 a.m.	Hospitality	2
11:00 a.m.	Announcer	1
11:00 a.m.	Ready Bench	2
11:00 a.m.	Zoo Keepers	6
11:00 a.m.	Computer Clerks	2
11:00 a.m.	Meet Referee	1
11:00 a.m.	Head Stroke & Turn Judge	1
11:00 a.m.	Stroke & Turn Judges	2-3
11:00 a.m.	Colorado Timer	1
11:00 a.m.	Starter	1
11:00 a.m.	Head Timer	1
11:00 a.m.	Lane Timers	9-12
11:00 a.m.	Ribbon Labeler	1
After Last	Take Down: Chairs, EZ-ups, Colorado, & Sound, System.	8
Total Parent Volunteers Required- Total: 89-93		

Swimmer Participation Responsibilities

Establish high goals and actively train to achieve them. Winning is not as important as doing your best and having fun.

- Attend practice on a regular basis.
- Support your coaches and their training program.
- Encourage your Teammates.
- Be part of your team by participating in social activities and outings. You will have a lot of fun and make new friends.

All swimmers should be able to swim one length of a 25-yard-long pool unaided by the end of the second week of practice with the exception of the 6 & under swimmers.

Swimmers are divided into the following age groups: 4 - 8; 9 - 12; 13 - 18. The age groups are further divided by gender (boys and girls). Age groups are determined by the swimmers' age from four to eighteen. Coaches may shift swimmers practice groups as the season progresses.

2025 Season Practice Times

Practice Groups (by Age)	April 1 – May 2, 2025 Practice Times (PM)
4 – 8	6:40 - 7:10
9 – 12	7:10 – 7:55
13 - 18	8:00 - 9:00

Practice Groups (by Age)	May 5 – June 13, 2025 Practice Times (PM)
Kit Club	5:55-6:25
4 – 8	6:25 - 7:10
9 – 12	7:10 – 7:55
13 - 18	8:00 - 9:00

Practice Groups (by Age)	June 16 – July 20, 2025 Practice Times (PM)
Kit Club	5:55 - 6:30
4 – 8	5:55 – 6:50
9 – 12	6:50 – 7:50
13 - 18	7:55 - 9:00

Carmichael Beavers Parent / Coach Relationship

It is important that you trust the ability and judgment of the coaching staff and that you exhibit that trust and support in front of your children. We all make mistakes, so give the coaching staff the benefit of the doubt if it appears they misjudge from time to time.

Parents are encouraged to observe all workouts. However, please stay clear of the deck area while swimmers are in the pool. You may be hurting more than helping if you try to encourage your swimmer while he or she is practicing; that is the coach's job. If for some reason you must communicate with your child, please contact the coach or assistant coach.

If you feel that your swimmer is not receiving all that he or she should in a workout or is having some sort of difficulty which is not being resolved, talk to the coach privately after the practice, or arrange some mutually convenient time.

Coaching Responsibilities



The coaches shall model positive leadership and sportsmanship to the Carmichael Beavers and attempt to foster these qualities in the team members.

Beaver Coaches should provide instruction in all aspects of competitive swimming and assist swimmers in developing and working towards personal goals, manage practices to foster learning and a safe environment for all participants.

Disciplinary Guidelines

The purpose of these guidelines is to insure everyone has the potential to be a “WINNER.”

Swimmers are expected to follow the pool deck rules and use language and behave in a manner which is inclusive and respectful towards teammates, coaches, opposing team members, parents and meet officials.

If Swimmers do not meet the outlined expectations, depending on the level of severity, Coaches and/or Board President will discuss next steps with the Swimmers and Parents/Guardians.

If a Swimmer’s behavior is such that it risks the safety of themselves or others, the swimmer will be asked to leave the pool deck immediately until the incident is resolved.

NorCal Swim League

The Carmichael Beavers Swim Team is a member club in the Northern California Swim League, participating currently in the Nugget Conference. **It is required that all our swimmers register with the league and pay a league fee of \$20, in addition to the team registration you have already paid. Register at: www.norcalswimleague.com.**

2025 Nugget Conference Teams

Amador Polar Bears (APB)	Carmichael Beaver (CB)
Rio Vista Sharks (RV)	SacTown Tsunami (ST)
Sutter Lawn Tsunami (SLT)	

Northern California Swim League Guidelines

1. Every eligible swimmer (except 6 & under) who attends practice regularly as required by the coach should swim a maximum of three individual events in any Dual Meet. The coach may establish minimum attendance standards for participation in meets.
2. The first time trial will be used to establish a ranking for all swimmers.
3. Meet entries are limited by League rules that limit swimmer participation to three individual events.
4. Any posting of meet results will be coordinated with the computer coordinator.
5. All swimmers meeting the criteria set forth in the League Bylaws will swim at Championship Finals.

Swimmers must swim 2 individual events in 2 conference or league meets to qualify for our championship meet.

Swim Meet Schedule

Approximate start time: 8:30 – 9:00 AM

Pre Meet 6:00	Set up & Snack Bar	Set up crew, Sound system, Colorado, chairs, EZ-ups, and Snack Bar coordinator, Computer crew
By 7:00	Snack Bar opens, Swimmers check in, Volunteers check in	Snack Bar crew, Swimmers, Parent Volunteers
	Scratch Meeting, Score / Computer Table, Ready Bench, Clothing Table, Hospitality set up	Coaches, Zoo Keepers, Hospitality
8:00	Warm ups, Meet Referee	Home Team
	Warm ups, Meet Officials	Visiting Team, Starter, Ribbon writers, Announcer, Scorers
	First shift volunteers check in.	Stroke & Turn Judges, Timers, runners
	Direct swimmers to start area	All timers, writers, judges and starters in position
	Meet Begins	National Anthem
10:00	Second Shift Check In	All Second Shift workers check in.
11:00	Second Shift to report to Positions	All Second Shift worker to replace First Shift workers in a timely manner
Post Meet	Breakdown all equipment, clean up meet area, and close Snack Bar / Sno Cone	Take down crew, & volunteers, Swimmers clean up area, Snack Bar crew clean up

Swim Meet Activities



1. Swimmers are expected to be at the meet location at the time designated by the coach.
2. Swimmers must locate their team area and check the list of events they are to swim. Many swimmers bring:
 - **Sun Block & a hat or t-shirt** for protection from hot sun,
 - **two or more towels**
 - a **sleeping bag** for warmth
 - **Healthy drinks & snacks** for hydration & energy
 - Folding **chairs**, money for snack bar, and
 - **Games** to keep amused between events.
3. Our team will warm up in the pool prior to the start of the meet.
4. Swimmers must remain in the designated team area and must be alert as to which events are occurring so they can be ready when their turn arrives. The swim team parents, “zoo keepers” will help the very young swimmers get to the ready bench at the proper time as long as these swimmers are in the team area.
5. Swimmers must be at the “Ready Bench” at least two events prior to the event in which they are swimming.
6. After each event, swimmers are to return to the team area.
7. It is not advisable for swimmers to eat immediately prior to swimming an event. Questions concerning this may be directed to the coach.
8. 6 & Under swimmers participate in only the first half of the swim meet. Families with only 6 & under swimmers are allowed to leave after the backstroke event.
9. There are two basic categories of races: individual events and relay events. All relay races involve four swimmers on each team. The meet starts with the 6 & Under Freestyle Relay and the Medley Relay for all

other age groups. The meet ends with the Freestyle Relay.

10. The individual races are broken up into six categories: freestyle, long freestyle, backstroke, breaststroke, butterfly, and individual medley (IM). The IM consists of equal lengths of the four strokes in the following order: butterfly (fly) backstroke (back) breaststroke (breast), and freestyle (free).

Meet Descriptions and Scoring System

The Northern California Swim League (Nor Cal) season is a series of two team (Dual) meets. The fastest swimmers generally swim in the first heat of each event. Points are awarded for the first heat in each event.

Dual Meet Scoring System

Only the first heat of Individual and Relay Team scores points for the team.

Individual 1st Heat Team Scores	
First place scores	Five points
Second place scores	Three points
Third place scores	Two points
Fourth place scores	One point

Only the winning relay team scores seven points.

Championship Meet Scoring

Scoring will be explained in the Championship Program.

Ribbons

At league Dual Meets, all participants will receive ribbons unless they are disqualified for a swimming infraction.

- Swimmers and parents are to refrain from going to the scoring table for ribbons. All ribbons may be collected at the following practice in the swimmer's mailboxes.
- Host team will furnish all ribbons.
- Ribbons that are not picked up by the end of the season (Awards Night) will be discarded.

Awards Night

Swimmers may be given an award for participation on the Carmichael Beaver Swim Team. Awards won at League Championships will be handed out. High-point awards will be awarded to the boy and girl in each age group with the most points scored during the season. Also, an overall high point boy and girl will be awarded. All team awards must be approved by the Board of Directors prior to Awards Night.

Northern California Swim League Championships

The Northern California Swim League, Nugget Championship Meet is held at the conclusion of each swim season. Each team has specific organizing responsibilities (starter, ready bench, snack bar, etc.). Parent participation / volunteers are needed to fill operational needs in all areas in addition to the team needs.

In order to swim in the Nor Cal League Championship, a league participant must swim in at least two individual events in at least two League Dual Meets during the regular season.

For the purpose of complying with this requirement, it does not matter whether the swimmer participated in an official or unofficial heat of an event.

A swimmer may:

Enter all of the individual events in his / her age group and may participate in one freestyle relay and one medley relay. The first Freestyle Relay team is made up of the four fastest swimmers in each age group or at the coach's discretion. The Medley Relay team is made up of the four fastest swimmers of each stroke or at the coach's discretion.

Championship events

This meet lasts for two entire days, Saturday and Sunday. Preliminary heats are conducted in the morning with the ten (10) finalists competing in the afternoon. Saturday's events include the individual medley, short freestyle, backstroke, medley relay, 6 & under freestyle relay. Sunday's events include long freestyle, breaststroke, butterfly, and freestyle relay. Parents should come prepared for a long, hot day.

Final participants

Each member of a relay team that competes in finals shall receive a place medal. A highpoint trophy will be awarded to the high-point boy and girl in each age group. Team trophies shall be given to the teams placing first, second, and third at championships. More detailed information regarding finals will be available prior to the meet.

Swim Strokes

Each of the four strokes, Back, Breast, Fly, and Free have rules governing the proper way to swim the stroke. At every meet, four stroke and turn judges will be posted, one at each corner of the pool, checking to make sure the stroke rules are being followed. Should a swimmer violate these rules in a race, he or she will be disqualified (DQ) from the race.

Individual Medley

The swimmer shall swim the prescribed distance in the following order: first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last fourth, freestyle.

Freestyle Relay

Four swimmers on each team, each swim one-fourth the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

Medley Relay

Four swimmers on each team, each swims one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rules for each stroke are to be applied in each case.

Rules Pertaining to Relay Races

- A. No swimmer shall swim more than one leg in any relay event.
- B. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- C. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
- D. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- E. In relay races, the team of the swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.

Carmichael Beaver Swim Team Records

GIRLS				BOYS			
6 & U				6 & U			
25 Free	H. Rosales	17.58	2015	25 Free	L. Morrison	16.43	1988
25 Back	H. Rosales	22.69	2015	25 Back	J. Ferrani	19.81	1988
7 & 8				7 & 8			
25 Free	H. Rosales	14.16	2017	25 Free	M. Callahan	14.07	1988
50 Free	H. Rosales	32.04	2017	50 Free	J. Ferrani	33.00	1990
25 Back	H. Rosales	18.00	2017	25 Back	J. Ferrani	18.18	1990
25 Breast	K. Severence	18.94	1988	25 Breast	L. Morrison	18.40	1988
25 Fly	H. Rosales	15.68	2017	25 Fly	L. Morrison	15.81	1988
9 & 10				9 & 10			
25 Free	K. Severence	14.44	1989	25 Free	L. Morrison	13.06	1990
50 Free	E. Graf	31.27	1991	50 Free	C. Heim	29.17	1988
25 Back	B. Rabe	17.39	1988	25 Back	C. Heim	16.18	1988
25 Breast	K. Smith	18.27	1986	25 Breast	L. Morrison	16.78	1990
25 Fly	S. Ferrari	15.65	1988	25 Fly	C. Heim	14.03	1988
100 IM	K. Smith	1.19.74	1986	100 IM	C. Heim	1.14.65	1988
11 & 12				11 & 12			
50 Free	C. Murchison	27.88	1983	50 Free	C. Heim	27.16	1990
100 Free	S. Deehr	1.05.26	2007	100 Free	C. Heim	58.34	1990
50 Back	C. Murchison	33.91	1988	50 Back	M. Shaffer	32.70	1978
50 Breast	C. O'Brien	37.11	1986	50 Breast	E. Morrison	33.94	1987
50 Fly	C. Murchison	31.61	1983	50 Fly	C. Heim	29.07	1990
100 IM	C. Murchison	1.10.83	1983	100 IM	C. Heim	1.06.92	1990
13 & 14				13 & 14			
50 Free	K. Emanuels	27.64	1986	50 Free	C. Heim	23.75	1992
100 Free	J. Koemer	59.89	1989	100 Free	C. Heim	53.12	1992
50 Back	K. Jones	31.95	2003	50 Back	E. Gholson	28.63	1992
50 Breast	I. Parsons	35.97	2015	50 Breast	C. Heim	31.18	1992
50 Fly	K. Jones	30.56	2003	50 Fly	N. Miller	26.03	2012
100 IM	J. Koemer	1.10.43	1989	100 IM	C. Heim	1.00.08	1992
15 – 18				15 – 18			
50 Free	K. Hazewood	25.02	2014	50 Free	J. Leopold	22.21	2008
100 Free	K. Hazewood	55.68	2014	100 Free	J. Leopold	48.74	2008
100 Back	J. Koemer	1.05.47	1991	100 Back	J. Leopold	54.13	2008
100 Breast	K. Hazewood	1.11.65	2014	100 Breast	J. Leopold	59.62	2008
50 Fly	J. Edlund	27.75	1983	50 Fly	N. Miller	24.09	2015
100 IM	K. Hazewood	1.04.08	2015	100 IM	J. Leopold	53.83	2008