



# 2025 SWIM GUIDE



**Southern California Swimming**



# **SOUTHERN CALIFORNIA SWIMMING, INC.**

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

# **2025 Swim Guide**

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

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Steve Roush, Executive Director**

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***NOTE: Updates to the 2025 Swim Guide will be available  
during the calendar year online at <https://www.socalswim.org>***

## **Greetings, and Welcome to Southern California Swimming!**

SCS 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 approximately 20,000 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.

SCS oversees registration for all our clubs and individual members, swim meet sanctions—roughly 400 swim meets per year are sanctioned/approved by SCS, 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!

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# DIRECTORY

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Jr Athlete Rep TBD

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### **Frog Aquatics**

#### **FROG**

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### **Frogs of SoCal**

#### **FRSC**

*2025 Information Not Submitted*

### **Gacho Aquatics UCSB**

*2025 Information Not Submitted*

### **Guardian Angel Aquatics**

#### **GAA**

*2025 Information Not Submitted*

### **Horizon Aquatic Club HRZN**

*2025 Information Not Submitted*

### **Lompoc Tsunami Aquatics**

#### **LTA**

*2025 Information Not Submitted*

### **Los Angeles Swim Club**

#### **LASC**

*2025 Information Not Submitted*

### **Malibu Marlins Swim Club**

#### **MMSC**

*2025 Information Not Submitted*

### **Malibu Seawolves Swimming**

#### **MSS**

*2025 Information Not Submitted*

### **Malibu Waves Swim Team**

#### **PEPP**

*2025 Information Not Submitted*

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Submitted*

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**CHWP**  
*2025 Information Not  
Submitted*

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**CHS**  
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*2025 Information Not  
Submitted*

**Circle City Aquatics**  
**CCAQ**  
*2025 Information Not  
Submitted*

**Corona Aquatics Team**  
**CROC**  
*2025 Information Not  
Submitted*

**Desert Aquatics**  
**DSRT**  
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**FAC**  
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Submitted*

**Fusion Aquatics**  
**FSON**  
*2025 Information Not  
Submitted*

**Glendora Aquatics**  
**DUCK**  
*2025 Information Not  
Submitted*

**Hemet Valley Dolphin  
Aquatics**  
**HVDA**  
*2025 Information Not  
Submitted*

**Huff Family Aquatics  
Swim Team**  
**HFAC**  
*2025 Information Not  
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**MBA**  
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Janet Matter-C  
915 W Foothill Blvd, Ste  
C#180  
Claremont, CA 91711  
909-800-9788  
[mattji2003@yahoo.com](mailto:mattji2003@yahoo.com)

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915 W Foothill Blvd, Ste  
C#180  
Claremont, CA 91711  
858-531-9159  
[mtbaldyaquaticsboard@  
gmail.com](mailto:mtbaldyaquaticsboard@gmail.com)

**Murrieta Makos Swim Team**  
**MMST**  
*2025 Information Not  
Submitted*

**Palm Desert Swim Club**  
**PDSC**  
*2025 Information Not  
Submitted*

**Redlands Swim Team**  
**RST**  
*2025 Information Not Submitted*

**Riverside Aquatics Association**  
**RAA**  
**raaswim.org**  
Rodney Pilman – C  
PO Box 1193  
Riverside, CA 92507  
425-478-2746  
coachrodney@raaswim.org

Bryan Haile – R  
PO Box 1193  
Riverside, CA 92507  
209-968-8035  
raageneralmanager@gmail.com

**San Dimas Aquatics**  
**SDA**  
**sandimasaquatics.org**  
Courtney Eads – C  
1110 E Workman Ave.  
West Covina, CA 91790  
909-560-3918  
courtney@sandimasaquatics.org

Jennifer Altree – P  
534 Baughman Ave  
Claremont, CA 91711  
951-204-4240  
jennifer@sandimasaquatics.org

**STAR Aquatics**  
**STAR**  
**staraquaticsclub.com**  
Ellie Abihider – C, P  
28135 Rawlings Rd.  
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951-768-8671  
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**Temecula Swim Club**  
**TMEC**  
*2025 Information Not Submitted*

**The Claremont Club**  
**TCC**  
**tccswim.org**  
Christian Watts – C, R  
1777 Monte Vista  
Claremont, CA 91711  
909-625-6791 (O)  
559-920-5299  
cwatts@claremontclub.com

**Victory Aquatics**  
**VA**  
**victoryaquatics.org**  
Loren McCoy - C  
3433 Parkside Drive  
San Bernardino, CA 92404  
909-735-0403 (O)  
victory.swim.assist@gmail.com

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San Bernardino, CA 92404  
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**Yucaipa Swim Team**  
**YST**  
*2025 Information Not Submitted*

**METRO COMMITTEE**

**Arcadia Riptide Swim Club**  
**ARSC**  
**arcadiaswimclub.org**  
Lauren Skinner – C  
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Monrovia, CA 91016  
415-306-4360  
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Anita Lim – R  
PO Box 661022  
Arcadia, CA 91006  
info@arcadiaswimclub.org

**Beach Swim Club**  
**BSC**  
*2025 Information Not Submitted*

**Cerritos Aquatic Club**  
**CERR**  
*2025 Information Not Submitted*

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

**Covina Aquatics Assoc**  
**CAA**  
*2025 Information Not Submitted*

**DARE Aquatics**  
**DARE**  
*2025 Information Not Submitted*

**Downey Dolphins Swim Team**  
**DWNY**  
*2025 Information Not Submitted*

**KLG Sports Swim Team**  
**KSST**  
*2025 Information Not Submitted*

**La Mirada Armada**  
**RMDA**  
*2025 Information Not Submitted*

**Lakewood Aquatics**  
**LKWD**  
**lakewoodaquatics.org**  
Jon Moore – C  
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562-370-0955 (O)  
949-735-8967  
coachjon@lakewoodaquatics.org

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

**Long Beach Shore Aquatics**  
**LBSH**

**shoreaquatics.com**  
Kristin Kredell-C  
1115 Catalina Ave.  
Seal Beach, CA  
562-331-1344  
swim@shoreaquatics.com

Craig Kredell-R  
1115 Catalina Ave.  
Seal Beach, CA  
562-331-1114  
waterpolo@  
shoreaquatics.com

**Lucky Duck Swim Team**  
**LDST**

**teamunify.com/caldss**  
Alicia Orendain - C  
2421 Marine Ave.  
Gardena, CA  
310-323-3383(O)  
team@  
luckyduckswimschool.com

**MAX Aquatics**

**MAX**  
**MAXaquatics.org**  
John Zoll – C  
PO Box 9209  
Whittier, CA 90608  
626-643-7619  
MAXcoachJohn@gmail.com

Michael Jafari – P  
PO Box 9209  
Whittier, CA 90608  
626-643-7619  
MAXcoachMichael@  
gmail.com

**Maywood Sparks Swim**  
**Team**

**MSST**  
*2025 Information Not  
Submitted*

**Monterey Park Manta Rays**

**MPMR**  
*2025 Information Not  
Submitted*

**Norwalk Stingrays**  
**NSST**

*2025 Information Not  
Submitted*

**Revolution Aquatics**  
**REV**

*2025 Information Not  
Submitted*

**Rocket Fish**  
**RFSH**

rocketfishswimming.com  
Hank Wise – C, R  
Long Beach, CA 90815  
hankwise@gmail.com

**Rosemead Rapids**  
**RORA**

*2025 Information Not  
Submitted*

**San Gabriel Sea Gulls**  
**SGSG**

**sgsg.org**  
George Young – C  
PO Box 2556  
San Gabriel, CA 91778  
818-599-9014  
gyinstitute@hotmail.com

**South Pasadena Sea Tigers**  
**SPS**

*2025 Information Not  
Submitted*

**Swim Uphill**  
**UPHL**

*2025 Information Not  
Submitted*

**Trident Swim Club**  
**TRID**

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

**Viking Aquatics**

**VKNG**  
*2025 Information Not  
Submitted*

**Whittier Aquatic Club**  
**WAC**

**whittieraquaticclub.org**  
Tony Dual – C  
10503 El Braso Dr.  
Whittier, CA 90603  
562-822-6851  
tonydual@gmail.com

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

**ORANGE COMMITTEE**

**Anaheim Aquatics**  
**Association**

**AAA**  
*2025 Information Not  
Submitted*

**Aquazot Swim Club**  
**AZOT**

**aquazot.com**  
Brian Pajer – C, P  
PO Box 6136  
Irvine, CA 92616  
714-470-3763 (O)  
714-381-1466 (M)  
aquazot@aol.com

**Brea Aquatics**  
**BREA**

**breaaquatics.com**  
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PO Box #175  
Brea, CA 92821  
951-809-1637  
coachjim@breaaquatics.com

Matt Grant – R  
PO Box #175  
Brea, CA 92821  
909-996-3941  
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**Brea Glenbrook Swim Team****BGST***2025 Information Not**Submitted***Coastal Machine Aquatics Club****CMAC****gocmac.com**

Keith Ryan – C

714-454-1616

Krttri122@yahoo.com

Jose De La Jara – P

2973 Harbor Rd.

Costa Mesa, CA 92626

714-240-9295

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

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Kymberly Sabins – R

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949 -922-2574 (O)

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**East Lake Eagle Rays****RAYS***2025 Information Not**Submitted***Elite Aquatics Sports Team****EAST***2025 Information Not**Submitted***Evolution Racing Club****EVO****gomotionapp.com/team/****scsngg/page/home**

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23854 Via Fabricante,

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949-388-4545 (O)

714-984-3727

felipe@evolutionsswim.com

**Fullerton Aquatics Sports****Team****FAST**

Brian Brown – C

bbrown@fastswimming.net

James Gallagher - R

714-742-3764

jgallagher@fastswimming.net

**Garden Grove Aquatics****GGA***2025 Information Not**Submitted***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**

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949-673-8000

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**JCC Waves****JCCW****jccwaves.org**

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949-435-3400 (O)

714-724-2283

chrisd@jccoc.org

Gina Duncan - R

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714-724-2282

ginad@jccoc.org

**Lifetime Southern California****LTSC***2025 Information Not**Submitted***Mission Viejo Nadadores****MVN****missionviejonadadores.org**

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Mission Viejo, CA 92691

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Sarah Dawson – R

27474 Casta del Sol #2

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**Newport Beach Swimming****NBS***2025 Information Not**Submitted***Orange County GOLD****GOLD****ocgoldswim.com**

Jerry Olszewski – C, P

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**Orange County Riptide  
Aquatics  
RIPT**

*2025 Information Not  
Submitted*

**Patriot Swim Team  
PTRT**

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Irvine, CA 92602  
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sebastian.cordoba@  
patriotaquatics.org

Duje Grubisic – R  
3588 Bryan Ave.,  
Irvine, CA 92602  
949-226-9535  
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patriotaquatics.org

**San Clemente Aquatics  
SCAT**

**scatswim.org**  
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PO Box 73666  
San Clemente, CA 92673  
408-821-5600  
jyork@scatswim.org

Eve DiMagno – R  
PO Box 73666  
San Clemente, CA 92673  
402-202-6300  
sanclementeswim@  
scatswim.org

**Seal Beach Swim Club  
SEAL**

*2025 Information Not  
Submitted*

**SoCal Aquatics Association  
SCAL**

*2025 Information Not  
Submitted*

**South Orange County  
Aquatics  
SOCA**

**southocaquatics.com**  
Kevin Clements – C, P  
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949-312-1242(O)  
949-306-0178  
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southocaquatics.com

**Speed Aquatics  
SACA**

*2025 Information Not  
Submitted*

**Splash Aquatics  
SPLA**

**splashaquatics.com**  
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714-496-1762 (M)  
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**Swim Team of Placentia  
STOP**

**swimplacentia.org**  
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yahoo.com

**SwimNation Aquatics  
Program  
SNAP**

*2025 Information Not  
Submitted*

**The Swim Team  
TST**

**theswimteam.com**  
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101 Towngate  
Irvine, CA 92620  
949-923-7981  
coachteeter@gmail.com

**Tustin Dolphins  
TD**

*2025 Information Not Submitted*

**Waterworks Aquatics Swim  
Club**

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**waterworksswim.com**  
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25 Waterworks Way  
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**Woodbridge Wahoos  
WOOD**

*2025 Information Not Submitted*

**YMCA of Orange County  
YOC**

*2025 Information Not Submitted*

**PACIFIC COMMITTEE**

**Alpha Aquatics**

**ALPH**  
**alphaaquatics.net**  
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15010 Doty Avenue  
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310-428-4547  
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507 Arbramar Avenue  
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jpmortenson@gmail.com

**Bay Club Aquatics  
BAY**

*2025 Information Not  
Submitted*

**Beach Cities Swimming  
CITI**  
[gomotionapp.com/team/  
cabcs/page/home](http://gomotionapp.com/team/cabcs/page/home)  
Justin Max - C  
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El Segundo, CA 90245  
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Tim Murphy – R  
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310-435-2108  
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gmail.com

**Blast Sharks  
BLST**  
[blastswimming.org](http://blastswimming.org)  
Peter Lambert – C  
607 N Bel Aire Dr.  
Burbank, CA 91501  
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peter@blastswimming.org

Kim Dodd – R  
10546 Penrose St.  
Sun Valley, CA 92352  
574-514-5429  
kimdodd75@gmail.com

**Bruin Swim Club  
BRSC**  
*2025 Information Not Submitted*

**H2O Swim Team  
H2O**  
[h2oswimteam.org](http://h2oswimteam.org)  
Mohamed Walid Sammoud – C  
2225 16<sup>th</sup> St.  
Santa Monica, CA 90405  
323-472-3430  
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2225 16<sup>th</sup> St.  
Santa Monica, CA 90405  
424-487-9397  
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**John C Argue Swim Team  
JCA**  
*2025 Information Not  
Submitted*

**KSwim  
KSWM**  
*2025 Information Not  
Submitted*

**Lynwood Marlins Swim  
Team  
LMST**  
*2025 Information Not  
Submitted*

**Manhattan Beach Dolphins  
MBD**  
*2025 Information Not  
Submitted*

**Palos Verdes Aquatic Club  
PVAC**  
[pvacswim.org](http://pvacswim.org)  
Michael Camp – C  
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Rolling Hills Estates, CA 90274  
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Patty Camp – R  
1532 Via Leon  
Palos Verdes Estates, CA 90274  
310-377-5590  
palosverdesswim@gmail.com

**Penguin Aquatic Club  
PAC**  
*2025 Information Not Submitted*

**Rose Bowl Aquatics  
ROSE**  
*2025 Information Not Submitted*

**Royal Swim Team  
RYL**  
[royalswimteam.com](http://royalswimteam.com)  
Val Bagri – C, P  
15175 Magnolia Blvd, Unit C  
Sherman Oaks, CA 91403  
818-625-5507  
info@royalswimteam.com

**South Bay Swim Team  
SOBA**  
*2025 Information Not  
Submitted*

**South Gate Aqua Coalition  
SGAC**  
Daniel Ruiz – C  
9520 Hildreth Ave.  
South Gate, CA 90280  
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Osael Romero – R  
9520 Hildreth Ave.  
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ozziepolo@aim.com

**Surfside Swim Team  
SURF**  
*2025 Information Not  
Submitted*

**Swim Torrance  
TORR**  
*2025 Information Not  
Submitted*

**TC Falcon Swim LLC  
TCFS**  
[falcons swim.com](http://falcons swim.com)  
**Tony Cox - C**  
818-648-4337  
tcfalconswim@gmail.com

**Team Swim Los Angeles -  
PLAYLA**  
*2025 Information Not  
Submitted*

**The Spartans of La Cañada  
SPAR**  
[spartanswim.com](http://spartanswim.com)  
John O'Grady – C  
LCHS Aquatic Center  
4463 Oak Grove Dr.  
La Canada, CA 91011  
310-383-8744

john@aquaknuckles.com  
Margaret O'Rourke - R  
LCHS Aquatic Center  
4463 Oak Grove Dr.  
La Canada, CA 91011  
310-266-8907  
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**Trojan Swim Club  
TROJ**  
*2025 Information Not  
Submitted*

**TSM Aquatics**

**TSM**

**tsmaquatics.org**

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Matthew Peterson – P

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**University of California,  
Los Angeles**

**UCLA**

*2025 Information Not*

*Submitted*

**Vision Swim**

**VISN**

**visionswim.com**

Francois Harris – C

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661-934-7408

RitaKimHarris@gmail.com

**WaveRunners Aquatics**

**WVRN**

*2025 Information Not*

*Submitted*

**Westside Aquatics**

**WEST**

**westsideaquatics.com**

John (JJ) Amis - C

310-351-0940

johnjamis06@gmail.com

Valerie Williams – R

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valry84@gmail.com

**LEAGUES**

**Orange County Swim  
Conference**

**OCSC**

ocswimconference.org

Devon Ames – P

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Placentia, CA 92871

swimcoachdevon@

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**South Central Swim League**

**SCSL**

*2025 Information Not*

*Submitted*

**Southern California Aquatic  
Association**

**SCAA**

*2025 Information Not*

*Submitted*







# CALENDAR

**As we move forward through 2025,  
and more information becomes available,  
updates to the 2025 Swim Guide Calendar  
will be posted online at  
<https://www.socalswim.org>,  
under the Calendar tab  
and in the on-line version of the  
2025 Swim Guide.**

## JANUARY 2025

MON		TUES		WEDS		THURS		FRI		SAT		SUN	
				1		2		3		4		5	
				<i>New Year's Day</i>						Pac Coast Allstars – OR			
6		7		8		9		10		11		12	
		<i>Pacific Comm Meeting 10 AM</i>								Coastal: SMSC			
										Eastern: CCAQ A/B/C SCY			
13		14		15		16		17		18		19	
		<i>Coastal Comm Meeting</i>								SCS/RMDA Road to LA 28 Sr Devel			
		<i>Metro Comm Meeting</i>								Desert: LVSC Winter Invite			
										SCS: DDEI Camp			
										<i>FREE WEEKEND</i>			
20		21		22		23		24		25		26	
SCS/RMDA Road to LA28										Coastal: SBSC			
										Eastern: DSRT BB/B/C SCY			
										Orange: GWSC ABC SCY			
										Orange: TST ABC SCY			
										SCS: A/G All Star Festival & Coaches Clinic			
27		28		29		30		31		1		2	
										Metro: COMM [Rescheduled]			
										Eastern: TMEC A/BB/B			
		<i>Orange Comm Woollett-7:30 PM</i>								EC Champs H/F			
										Coastal: AGAC			
										Pacific: TORR Polar Plunge			

## FEBRUARY 2025

MON	TUES	WEDS	THURS	FRI	SAT	SUN
27	28	29	30	31	1	2
					Metro: COMM [Rescheduled]	
					Pacific: TORR Polar Plunge	
					Coastal: AGAC	
					Eastern: EC Champs T/F	
	<i>Orange Comm Woollett-7:30 PM</i>					
3	4	5	6	7	8	9
					Coastal: SBSC Novice	Pacific: SGAC BAY Novice
					Coastal: PVST	
	<i>Pacific Comm Meeting-8 PM</i>					
10	11	12	13	14	15	16
					Metro: RMDA Metro Champs	
					Desert: Comm Champs H/F	
		Big West Men's & Women's Swim/Dive Champs – Houston, TX				
					Eastern: OTTR BB/B/C SCY	
	<i>Coastal Comm Meeting</i>	PCSC Men's/Women's Swim/Dive Champs – Monterey Park				
	<i>Metro Committee Meeting-8 PM</i>				Free Weekend: PATH H/F	
					Free Weekend: MVN AAPI Lunar	
					<b>FREE WEEKEND</b>	
17	18	19	20	21	22	23
					Coastal: BUEN	
					Orange: AAA ABC SCY	
					Orange: GOLD ABC SCY	
			<i>Eastern Comm Meeting</i>		Pacific: ROSE Pacific Championships	
		SCIAC Men's/Women's Swim/Dive Champs, Monterey Park				
		Big 10 Women's Swimming/Diving Champs – Columbus, OH				
		Mountain West Men's/Women's Swim/Dive Champs, Houston, TX				
		MPSF Men's/Women's Swimming/Diving Champs, TBA				
24	25	26	27	28	1	2
					CA/NV Speedo Spring Sectionals – Carlsbad, CA	
					CA/NV Speedo Spring Sectionals – Roseville, CA	
					WAC Men's/Women's Swim/Dive Ch-Pharr, TX	

## MARCH 2025

MON		TUES		WEDS		THURS		FRI		SAT		SUN	
24		25		26		27		28		1		2	
										Eastern: TCC A/BB/B JO Qual			
										CA/NV Speedo Spring Sectionals – Oceanside, CA			
										CA/NV Speedo Spring Sectionals – Roseville, CA			
										Big 10 Men's Swimming/Diving Championships – Minneapolis, MN			
										WAC Men's/Women's Swim/Dive Ch-Pharr, TX			
3		4		5		6		7		8		9	
										TYR Pro – Westmont, IL			
										Orange: RIPT BB Min Champs			
										NAIA: Men's/Women's Swim/Dive Champs – Elkhart, IN			
										Metro: ARSC A-BB-B SCY			
		<i>Pacific Comm Meeting 10 AM</i>								Coastal: SMSC		Daylight Savings Start	
10		11		12		13		14		15		16	
										SCS/RMDA Spring Age Group Championships			
										NCAA D2 Women's/Men's Swim/Dive Champs, Indianapolis, IN			
		<i>Coastal Comm Meeting</i>											
17		18		19		20		21		22		23	
										Eastern: CHAWP BB/B/C			
										Orange: STOP BC Champs			
										NCAA D1 Women's Swim/Dive Champs, Federal Way, WA			
										NCAA D3 Women's/Men's Swim/Dive Ch, Greensboro, NC			
										Coastal: PVST			
24		25		26		27		28		29		30	
										NCAA D1 Men's Swim/Dive Champs, Federal Way, WA			
										Pacific: SGAC LCM			
31													

## APRIL 2025

MON		TUES		WEDS		THURS		FRI		SAT		SUN	
	1	2	3	4	5	6	Pacific: RYL LCM Novice						
		----- TYR Pro – Sacramento, CA -----											
		OW Nationals & Jr Nats – Ft. Lauderdale, FL						Coastal: SBSC Novice					
		WZ – Short Course Senior Zones – St. George, UT											
		Metro: TBA A-BB-B LCM											
7	8	9	10	11	12	13	SCS/MVN Fran Crippen SMOG H/F at Mission Viejo						
								Eastern: FAC BB/B/C SCY					
								Orange: TST BB Min LCM					
								Desert: TRA LC Opener – UNLV					
								Coastal: BUEN					
								Coastal: SLOS					
14	15	16	17	18	19	20	Easter						
21	22	23	24	25	26	27	Coastal: SBSC						
								Orange: PTRT BC SCY					
28	29	30	1	2	3	4	TYR Pro – Ft. Lauderdale, FL						
								3C2A Swim/Dive Champs – Costa Mesa					
								SCS T10 Awards Banquet Anaheim – 11 AM					
								Desert: SAND Cinco de Mayo – Pavilion					
								Metro: DWNY A-BB-B SCY					
								Pacific: TORR Spring Splash					
								Orange: MVN B Min LCM					

## MAY 2025

MON		TUES		WEDS		THURS		FRI		SAT		SUN		
28		29		30		1		2		3		4		
3C2A Swim/Dive Champs – Costa Mesa														
										SCS T10 Banquet				
Desert: SAND Cinco de Mayo – Pavilion														
										Metro: DWNY A-BB-B SCY				
										Pacific: TORR Spring Splash				
----- TYR Pro – Ft. Lauderdale, FL -----														
5		6		7		8		9		10		11		
CIF SS Division 1-2-3-4 Championships H/F – Brea, CA														
			<i>Pacific Comm Meeting 10 AM</i>						CIF LA City			<i>Mother's Day</i>		
12		13		14		15		16		17		18		
----- Orange: MVN BB Min LCM -----														
						<i>Eastern Comm Meeting</i>			Orange: PTRT BC SCY					
						CIF State Swim/Dive Champs – Clovis, CA			Eastern: STAR					
									----- Coastal: SMSC -----					
									Coastal: PVST					
19		20		21		22		23		24		25		
Free Weekend: BUEN														
CANY LCM 15th R/W/B Mem Day Classic														
----- STOP SCM -----														
SCS/NOVA Grand Challenge H/F LC–Irvine														
										Eastern: RST BB/B/C LCM				
LVSC Memorial Meet – Pavilion														
FREE WEEKEND														
26		27		28		29		30		31		1		
										Coastal: SBSC Novice				
<i>Memorial Day</i>										Metro: DWNY A-BB-B LCM				
										Pacific: CITI LCM				

## JUNE 2025

MON	TUES	WEDS	THURS	FRI	SAT	SUN
25	26	27	28	29	30	1
					Coastal: PVST	
					Metro: DWNY A-BB-B LCM	
					Pacific: CITI LCM	
2	3	4	5	6	7 Pacific: TCFS Novice	8
Nationals – Indianapolis, IN						
					Eastern: YST A/BB/B JAG Qual	
					Orange: GWSC ABC	
					Orange: TST ABC	
	<i>Pacific Comm Meeting 10 AM</i>					
9	10	11	12	13	14	15
			SCS/NOVA June Age Group Championships LCM			
			SCS/RAA June Age Group Championships LCM			
			SCS/RMDA June Age Group Championships LCM			
	<i>Coastal Comm Meeting</i>					<i>Father's Day</i>
	<i>Metro Comm Meeting</i>					
16	17	18	19	20	21	22
				Orange: Urbanchek Open Sr H/F at FAST		
				Eastern: HVDA BB/B/C SCY		
				Orange: SOCA BC SCY		
			<i>Eastern Comm Meeting</i>	----- Coastal: SLOS -----		
			<i>Juneteenth</i>			
23	24	25	26	27	28	29
30				Coastal: SBSC Semana Nautica		
				Pacific: ALPH LCM		
				Desert: SAND Firecracker LCM		



**JULY 2025**

MON		TUES		WEDS		THURS		FRI		SAT		SUN	
	1		2		3		4		5		6		
	<i>Pacific Comm Planning 10 AM</i>						<i>Independence Day</i>			<b>Free Weekend: CLSS</b>			
										<b>Metro: TRID Festival BB Max FREE WEEKEND</b>			
7	8		9		10		11		12		13		
										<b>Coastal: SMSC</b>			
										<b>Eastern: CCAQ A/BB/B EC Champs H/F</b>			
										<b>SCS: Los Angeles Invite LC HF at USC</b>			
	<i>Coastal Comm Meeting</i>									<b>Orange: RIPT BB Min LCM</b>			
										<b>Metro: LKWD Metro Champs B Min LCM</b>			
14	15		16		17		18		19		20		
										<b>CA/NV Speedo Summer Sectionals – La Jolla (UCSD), CA</b>			
										<b>CA/NV Speedo Summer Sectionals – Novato, CA</b>			
										<b>SCS/MVN: Elite Age Group Championships</b>			
										<b>Pacific: BLST Pac Champ LCM</b>			
										<b>Eastern: HVDA BB/B/C SCY</b>			
										<b>Orange: GOLD – SAG Max SCY Champs</b>			
										<b>Orange: SCAL – SAG Max SCY Champs</b>			
21	22		23		24		25		26		27		
										<b>----- Futures – Sacramento, CA -----</b>			
										<b>SCS/BREA Summer Age Group Championships</b>			
										<b>SCS/CANY Summer Age Group Championships</b>			
										<b>SCS/RAA Summer Age Group Championships</b>			
28	29		30		31		1		2		3		
										<b>Speedo Junior Nationals – Irvine, CA</b>			
										<b>----- WZ Senior Championships – TBD -----</b>			
										<b>Coastal: SMSC Novice</b>			

# AUGUST 2025

AUGUST 2025						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
28	29	30	31	1	2	3
Speedo Junior Nationals – Irvine, CA						
----- WZ Senior Championships – TBD -----						
					Coastal: SMSC Novice	
4	5	6	7	8	9	10
TYR Pro Championships – Irvine, CA						
WZ Age Group Championships – TBD						
11	12	13	14	15	16	17
	Coastal Comm Meeting					
18	19	20	21	22	23	24
					Desert: BCH Desert Invite	
25	26	27	28	29	30	31
FREE WEEKEND						

## SEPTEMBER 2025

MON		TUES		WEDS		THURS		FRI		SAT		SUN	
1		2		3		4		5		6		7	
	<i>Labor Day</i>												
8		9	<i>Metro Comm Meeting</i>	10		11		12		13		14	
			<i>Coastal Comm Meeting</i>							<i>Metro: DARE A-BB-B SCY</i>			
			<i>Pacific Comm '25-'26 Election</i>							<i>Eastern: STAR C</i>			
15		16		17		18		19		20		21	
										<i>Orange: STOP ABC SCY</i>			
										<i>Pacific: TSM Season Opener</i>			
							<i>Eastern Comm Meeting</i>			<i>Coastal: PVST</i>			
										<i>Eastern: RAA A/BB/B/C-13&amp;Up</i>			
22		23		24		25		26		27		28	
										<i>Pacific: SPAR Novice</i>		<i>Coastal: AGAC</i>	
29		30		1		2		3		4		5	
										<i>Eastern: OTTR C SCY</i>			

## OCTOBER 2025

MON		TUES		WEDS		THURS		FRI		SAT		SUN	
<b>29</b>		<b>30</b>		<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
										<b>Eastern: OTTR C SCY</b>			
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	
										<b>Coastal: SMSC</b>			
										<b>Coastal: PATH</b>			
										<b>Metro: CERR A-BB-B SCY</b>			
										<b>Orange: SEAL ABC SCY</b>			
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>	
										<b>Eastern: DSRT A/BB/B SCY</b>			
										<b>Pacific: TORR Spooky Splash</b>			
										<b>Coastal: SBSC</b>			
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>	
										<b>Coastal: PUMA</b>			
										<b>Pacific: TCFS Novice</b>			
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>		<b>1</b>		<b>2</b>	
										<b>Eastern: TCC B/C SCY</b>			
										<b>Coastal: BUEN David Graham</b>			

## NOVEMBER 2025

MON		TUES		WEDS		THURS		FRI		SAT		SUN	
27		28		29		30		31		1		2	
										Coastal: AGAC			
										Eastern: TCC B/C SCY			
									Coastal: BUEN David Graham				
		<i>Orange Comm Woollett-7:30 PM</i>										<i>Daylight Savings Ends</i>	
								<i>Halloween</i>					
3		4		5		6		7		8		9	
										Orange: RIPT ABC SCY			
										Orange: SCAL ABC SCY			
										Metro: DWNY A-BB-B SCY			
		<i>Metro Comm Meeting</i>											
10		11		12		13		14		15		16	
		<i>Coastal Comm Meeting</i>								Eastern: FAC A/B/C SCY – Fri Night Host			
		<i>Veterans Day</i>								Eastern: TMEC A/B/C SCY			
										Pacific: CITI SCY			
										Coastal: PVST			
17		18		19		20		21		22		23	
								Free Weekend: SLOS Pumpkin Pie					
								Free Weekend: CANY Cranberry Classic					
										Pacific: RYL Novice SCY			
								Free Weekend: MVN Turkey Classic					
								FREE WEEKEND					
24		25		26		27		28		29		30	
	<i>MVN Turkey</i>												
						<i>Thanksgiving</i>							

## DECEMBER 2025

MON		TUES		WEDS		THURS		FRI		SAT		SUN	
1		2		3		4		5		6		7	
										Coastal: LTA Toys for Tots			
										Toyota US Open – Austin, TX			
										Eastern: CHS A/BB/B Ditch			
										Orange: AAA ABC SCY			
										Orange: PTRT ABC SCY			
										Metro: TRID A-BB-B SCY			
										Pacific: SGAC Last Ditch			
										Coastal: CLSS			
8		9		10		11		12		13		14	
										Speedo Winter Jr Nationals – Austin, TX			
										SCS/TBD #1 WAG Champs – TBD			
										SCS/TBD #2 WAG Champs – TBD			
										SCS/TBD #3 WAG Champs – TBD			
		<i>Coastal Comm Meeting</i>											
15		16		17		18		19		20		21	
										Speedo CA-NV Sectionals – TBD			
22		23		24		25		26		27		28	
						<i>Christmas</i>							
29		30		31		1		2		3		4	



# RULES &

# PROCEDURES

# GLOSSARY

## Part One – USA Swimming Definitions

1. The term “**USA Swimming**” shall mean USA Swimming, Inc.
2. The term “**SCS**” shall mean Southern California Swimming, Inc.
3. The term “**LSC**” shall mean Local Swimming Committee, an administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.
4. The term “**Board of Directors**” shall mean the Board of Directors of SCS.
5. The term “**Committee**” shall mean one of the six (6) subdivisions of SCS--Coastal, Desert, Eastern, Metro, Orange, or Pacific.
6. The term “**SCS Office**” shall mean the Administrative Headquarters of SCS.
7. The term “**Registered Swimmer**” shall mean:
  - a. Athletes registered for swimming with any LSC of USA Swimming, or,
  - b. Non-residents of the USA, registered with the recognized governing body for swimming of his/her country which is recognized by USA Swimming.
8. **Foreign Swimmer** – an athlete member of a World Aquatics 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 World Aquatics 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 World Aquatics 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** – the division of an event when 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 members 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** – the time 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 SCS 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, time trial.
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. **SCS Swim** – a swim by an USA Swimming member in an SCS 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 minimum 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. **Leg** – (relay) the part of the relay event that is swum by a single team member.
4. **Length** – extent of the course from end to end.
5. **May** – permissive, not mandatory.
6. **Non-Conforming Time** – entry time achieved in a course which does not correspond to the course in which the meet will be conducted.

7. **Practice** – the instruction of swimming techniques, skills, knowledge, conditioning, aptitude and motivation.
8. **Registered** – enrolled as an athlete member of USA Swimming and an LSC.
9. **SCS A/G Championships** – a season ending competition conducted by the Age Group Division.
10. **Shall** – mandatory
11. **Split Time** – time recorded from official start to completion of an intermediate distance within a longer event.
12. **Submitted Times** – Times filed with an entry as having been previously achieved.
13. **Suspension** – deprivation of all rights of membership in USA Swimming.
14. **Tryout** – practice where a non-USA Swimming swimmer 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 World Aquatics 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 delivery 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 complete all current USA Swimming requirements 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 World Aquatics and such other rules and directives as may be issued by USA Swimming and/or Southern California Swimming.

**B. Amendments**

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

**C. Relationships**

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

## II. INTEGRITY OF THE COMPETITION

### A. Pertaining to the Athlete

#### 1. ELIGIBILITY

- a. Registered swimmers, 5 years of age or over, may participate in competition sanctioned by SCS, subject to rules and procedures for the specific type of competition, as defined in *USA Swimming Rules and Regulations* or this *Swim Guide*.
- b. In Age Group Competition the eligibility of a participant will be determined by his/her age on the first day of the meet. Every participant must swim in an age division corresponding to his/her actual age.
- 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 SCS Coach shall display his/her valid coach membership while on deck at any SCS meet.

### C. Pertaining to the Meets

#### 1. SANCTIONS

- a. Please see Article 202 of the *USA Swimming Rules and Regulations* for a complete discussion of the requirements and conditions under which sanctions are issued.
- b. Application for sanction will be subject to approval by the Committee Chair for less than SCS-wide meets, or by the appropriate division Vice Chair for SCS-wide meets, and the Administrative Vice Chair of SCS.
- c. The established schedule of sanction fees is listed for [(i) sanctions requested 45+ days prior to competition, (ii) 30-45 days prior to competition, and (iii) < 30 days prior to competition]

(1) Intrasquads, Dual, and Triangle Meets, [\$10.00, \$20.00, \$30.00]

(2) Invites/Committee Meets, [\$25.00, \$50.00, \$75.00]

(3) Time Trials, [\$25.00]

(4) Committee Championships, [\$50.00, \$100.00, \$150.00]

(5) SCS Championships, [\$75.00, \$150.00, \$225.00]

(6) Senior Meets (TF & PF), [\$100.00, \$200.00, \$200.00]

(7) Senior Circuit\*\*, [\$100.00, \$200.00, \$200.00]

(8) Observed/Approved Meets, [\$25.00]

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

\*\* Legends of Coaching Invite, Swim Meet of Championships, Grand Challenge, LA Invitational

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

#### 4. SCHEDULING

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

#### 5. CLASSES OF COMPETITION

Competition conducted by SCS will be as follows:

- a. Senior - any registered swimmer meeting the time standards for a competition.  
**Note: Senior Invitationals have special entry rules.**
- b. Open - The minimum age for competing in committee Open events is eleven years.
  - (1) Minimum time for Open events shall not be slower than the 11-12 BB standard for that stroke & distance.
  - (2) Open events may not be offered at B or C level.
- c. SCS A/G Championships - 7-10, 11/12, 13/14, 15 and Over summer only (see k below)
- d. Age Group Invitationals - 7-10, 11/12, 13/14, 15 and Over (see k below)
- e. A Division - 5-8, 9/10 (or 7-10), 11/12, 13/14 15 & Over (see k below)
- f. BB Division - 5-8, 9/10 (or 7-10), 11/12, 13/14, 15 & Over (see k below)
- g. B Division - 5-8, 9/10 (or 7-10), 11/12, 13/14, 15 & Over (see k below)
- h. C Division - 5/6, 7/8 (or 5-8), 9/10 (or 7-10), 11/12, 13/14, 15 & Over (see k below)
- i. Age Group Relays in Age Group Invitationals & SCS A/G Championships - 5-10, 11/12, 13/14, 15 and Over (see k below)
- j. Age Group Relays in BB, B, or C meets - 7/8 (or 5-8), 9/10 (or 5-10), 11-12, 13/14, 15 and Over (see k below)
- k. Competition for 15 & Over shall be run in one of three formats:
  - (1) 15 & Over
  - (2) 15/16, 17 & Over
  - (3) 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. Athlete registration must be completed through USA Swimming's online membership portal (SWIMS). New members must first create an account with USA Swimming before registering. Club must provide the registration access code; to join as an Unattached athlete, contact SCS Office for the registration access code.
2. Clubs are responsible for proof of birth date for 18 & under members. New Unattached 18 & under members must provide proof of birth date to the SCS Office.
3. Upon registration, 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. An athlete transferring to SCS from another LSC must complete the transfer on the USA Swimming membership portal and must comply with the 60 day representation rule.

#### B. Meet Registration

1. To compete in USA Swimming sanctioned competition, an athlete's USA Swimming membership in SWIMS must be completed prior to the meet entry deadline. No late or deck registration will be accepted.
2. **An athlete may not enter a pool for warm-up or competition without being a registered member of USA Swimming or World Aquatics.**
3. 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. Club Transfers (Unattach, Attach, Transfer from another LSC) can only be completed online in SWIMS. The swimmer is responsible to complete the Club Transfer process online in SWIMS.
2. **An athlete must be unattached for 60 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 completing the Club Transfer process online in SWIMS
  - c. An athlete may not attach or reattach at/during a meet for that meet.
  - d. Home address of athlete determines Committee of competition during unattached period EXCEPT
  - e. Athlete will be assigned to Committee of his/her workout club. An unattached athlete with no workout club will be assigned to the committee of his/her residence.
4. **CIF high school season. The following procedures are required by CIF rules to protect CIF eligibility:**
  - a. **An athlete competing for his/her school must file a CIF unattached notice with the SCS office (no fee required).**
  - b. **An athlete must 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 complete the Club Transfer process online in SWIMS.**

#### D. Change of Address

Athlete, upon a move, must update his/her membership information in SWIMS.

#### IV. ENTRY INTO THE COMPETITION

##### A. Entry Forms

1. Entry forms for competition sanctioned by SCS, excluding competition in dual meets or leagues, will be available on the [www.socalswim.org](http://www.socalswim.org) website under the Forms tab.
2. Meet forms and electronic entry files are available at [www.socalswim.org](http://www.socalswim.org) in "Upcoming Meets".

##### B. Entry Fees

1. All entry fees in Senior and Age Group Swimming Events shall be determined by SCS. Except as otherwise provided by the Board of Directors, the maximum entry fees for individual and relay events shall be as follows. Chart represents MAXIMUM entry fee; a host may select a lower fee.

Meet Type	(> 45+ days prior) Sanction Fee	Event Fee	Surcharge	Relay Fee
Intrasquads/Duals/ Triangle Meets	\$10.00	Hosts may charge fees at the host's discretion (SCS Fees apply) (Flat meet fees, per event fees, etc.) Novice Meets (B Max and <= 150 swimmers), will only be charged Age Group Fees and Committee Fees/No Senior Fees or SCS Fees		
Invites/ Committee Meets*	\$25.00	\$6.00	\$15.00	\$10.00
Time Trials	\$25.00	\$20.00	X	\$20.00
Committee Champs*	\$50.00	\$7.00	\$20.00	\$20.00
SCS Championships	\$75.00	\$8.00	\$25.00	\$20.00
Senior Meets (TF & PF)	\$100.00	\$7.00-TF	\$20-TF	\$20.00
		\$8.00-PF	\$25-PF	
Senior Circuit**	\$100.00	\$13.50	\$25.00	\$26.00
Observed/ Approved	\$25.00	X	X	X

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

\*\* Legends of Coaching Invite, Grand Challenge, Swim Meet of Champions, LA Invitational  
NOTE: Additional surcharge may be imposed based on pool rental as provided by the Board of Directors.

2. Outreach athletes are \$15.00 flat fee for a meet. Teams must provide proof of outreach athlete  
Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries.

##### 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 SCS meets which include C level swimming in C events for his/her age group. At meets for which events require B 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 Times

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 SCS until he or she provides official proof of having achieved the time prior to the entry deadline.
  4. Proof-of-entry time will consist of:
    - a. Time in SWIMS Times database when meet entry file is processed.
    - b. Official meet results from a USA Swimming sanctioned, approved or observed meet not yet entered in SWIMS Times database.
    - c. Printed CIF or NIAA 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. World Aquatics meet results including World Aquatics sanction 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 SCS Times coordinator after the competition.
  3. Observed swims not in SWIMS database should be requested by head coach of Club team. SCS cannot record times achieved in NCAA competition, a USA Swimming sponsored meet (e.g., Futures, Junior Nationals, etc.), or any time achieved in another LSC.
- F. Southern California Swimming Records**
1. SCS Records will be kept for 7-8, 9-10, 11-12, 13-14, 15-16, 17-18 and Open categories in yards and long course meters. SCS Records will be kept for 15-18 Relays.
  2. SCS Records will be kept for the nationally approved age group events & all senior events.
  3. SCS Records may be set at any USA Swimming sanctioned, observed, or approved meet, including time trials.
  4. Any currently registered SCS swimmer may set an SCS Record.
  5. Timing requirements as set out in the current USA Swimming rules.
- G. Entry Deadline Policy**
1. Meet entry deadline shall be on a RECEIVED BY basis. Entry may be received electronically, USPS, delivery service or hand delivered.
  2. Meet entry deadline shall 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, SCS Age Group meets (SCS A/G Championships, JAG, WAG) and all SCS senior meets (including the Legends of Coaching Invite, Grand Challenge, Swim Meet of Champions, and LA Invitational).



## H. Late Qualification for Championship Meets

For SCS Age Group (SCS A/G Championships, WAG, JAG), Senior heats/finals meets and all Senior Circuit Invitationals including the Legends of Coaching Invite, 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 SCS website the morning after the meet due date. These entries must be submitted no later than stated in the information on the SCS 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 SCS 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 SCS 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 SCS 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 of the following meets held in SCS, spectator fees are normally not charged. Exceptions are for national championship meets, SCS Senior Circuit meets (Legends of Coaching Invite, Grand Challenge, SMOC, LAI), and Spring SCS A/G Championships.

### C. Returned Check Policy

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

**E. Publishing Results**

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

**VI. SOUTHERN CALIFORNIA SWIMMING FUNDS**

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

**A. General Reserve Fund**

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

**B. Capital Equipment Fund**

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

**C. Senior Fund**

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

1. Annual Distributable Income shall consist of:
  - a. One dollar (\$1.00) per individual entry on all SCS 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 SCS sanctioned championship meets including but not limited to:
    - (1) Committee Championships
    - (2) SCS age group meets above committee level
  - c. One dollar and twenty five cents (\$1.25) per individual entry on SCS Senior level and SCS Senior Invitational meets;
  - d. One dollar (\$1.00) per individual entry on SCS A/G Championships, June Age Group Invitationals, Winter Age Group Invitationals and heats/finals meets excluding Geographic Committee championships.

- e. One dollar (\$1.00) per relay entry on all meets designated in c. and d.
  - f. Twenty five cents (\$.25) from each SCS entry surcharge.
  - g. Donations specifically to the Senior Fund as distributable income
2. Purpose
- a. The Annual Distributable Income in the Senior Fund shall be used to reimburse clubs a portion of the travel expenses of:
    - 1) SCS swimmers who satisfy the eligibility criteria set forth in 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) SCS 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 SCS Registered Clubs  
 Except as otherwise provided in this sub-part, all disbursements shall be paid to SCS registered Clubs and not to individual swimmers. The amount of the disbursement shall be determined by the number of SCS registered swimmers in individual events (both attached and unattached) identified on the Club's roster for an eligible meet. Unattached SCS swimmers who are not identified on the roster of an SCS registered Club shall not be paid any travel funds unless they specifically request such payment and the request is approved by the Board of Directors.
  - c. Disbursement Guidelines
    - (1) Annually the SCS Treasurer shall recommend to the Board of Directors the club reimbursement amount for each eligible swimmer.
    - (2) The amount paid per swimmer shall be adjusted based on the criteria set forth in subpart VI.C.3.d.
    - (3) Clubs shall be guaranteed a minimum equal to the national championship recognition amount set forth above for each eligible swimmer on its roster.
    - (4) In the event there are insufficient funds for one hundred percent (100%) disbursement of the amount specified in this 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 SCS at the time he/she participates in a qualified meet and:
      - (i) Must represent or be on the roster of an SCS Club at the qualified meet;
      - (ii) If unattached and not on the roster of an SCS Club, eligibility shall be determined by the Board of Directors which at its sole discretion shall determine whether the athlete is entitled to reimbursement.
    - (2) A swimmer will not be eligible if he/she is registered in another LSC or is on the roster of a non-SCS Club at any time during the fiscal year for which reimbursement is sought EXCEPT: a fully eligible (see (3)(iv) below) SCS swimmer shall retain eligibility when representing a SCS club regardless of this provision.
    - (3) The amount paid to each SCS Club for an eligible swimmer or to each unattached swimmer shall be adjusted in accordance with the following criteria:

- (i) During the first year of the swimmer's SCS registration, thirty percent (30%) of recognition amount;
  - (ii) During the second year of the swimmer's SCS registration, sixty percent (60%) of recognition amount;
  - (iii) From and after the third year of the swimmer's SCS registration, one hundred percent (100%) of reimbursable expenses. Clubs or the unattached swimmer will thereafter be entitled to one hundred percent (100%) of the recognition amount for eligible swimmers unless eligibility is lost as hereafter provided.
- (4) A SCS Club shall receive one recognition per season (winter/spring or summer) per eligible swimmer except:
- (i) When 10K Open Water Championship is held separately from National Championship and/or
  - (ii) When a Trials Class meet is offered in addition to summer Nationals or Open, summer Junior Nationals and summer Futures, swimmer shall be eligible for the Trials meet and one other national summer championship.
- e. Loss of Swimmer Eligibility. Any swimmer electing not to follow the foregoing SCS criteria for reimbursement from the Senior Fund will be ineligible for reimbursement from the Senior Fund during the four (4) year period following the meet in which he/she so elected.
- f. Coach Eligibility and Amount.
- (1) Each SCS club with one or more eligible swimmers on its roster who are entered in individual events at qualified meets shall be reimbursed the travel expenses of one coach to such meet in accordance with the formula in this sub-part so long as the coach, club and swimmers are registered with SCS.
  - (2) The amount of reimbursement shall be equal to a fully funded individual swimmer's amount.
  - (3) Club reimbursement for coaches shall have the same priority as Club reimbursement for swimmers, provided, however, that reimbursement shall be made to Clubs for all eligible swimmers and coach at a specific meet before reimbursement is permitted to Clubs for swimmers and a coach at a meet with a lower level of priority.
- g. Senior Fund Reserve. All investment income earned by the Senior Fund Reserve shall be retained in the Senior Fund Reserve. The investment income for the Senior Fund Reserve shall not be disbursed until the Senior Fund Reserve has reached a level at which its investment income is sufficient to pay all SCS senior travel without using the sources specified in 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 SCS operating revenues when there is no sponsoring Club. The money identified in sub-parts VI.C.I. h. shall be paid into SCS operations revenues.

#### **D. Age Group Fund**

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

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

The Annual Distributable Income shall be used for travel, entry fees, housing and food expenses for SCS swimmers, team coaches and managers who represent SCS at the designated all star competitions. The Annual Distributable Income shall pay a portion or all of the foregoing expenses as determined by the Board of Directors from the available funds.
3. Eligibility:
 

Swimmers must have been registered in SCS no later than sixty (60) days prior to the qualified meet or the first day of the calendar year, whichever is shorter.
4. Age Group Reserve:
 

All investment income earned by the Age Group Reserve shall be retained in the Age Group Reserve and shall not be disbursed until the Age Group Reserve has reached a level at which its investment income is sufficient to pay all SCS age group travel expenses. When

the investment income is sufficient to pay all SCS age group travel expenses, then the money identified in 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 SCS operating revenues.

#### **E. Fund Administration**

1. The Finance Committee shall administer all funds subject to the approval of the Board of Directors. It shall invest the funds in stocks, insured investment accounts, accounts insured by the Federal Deposit Insurance Corporation or in securities issued by the United States Government as authorized from time to time by the Board of Directors. At the discretion of the Finance Committee, the funds may be commingled to maximize the investment income.
2. The Board of Directors shall disburse the annual distributable income of the Senior Fund in accordance with the recommendation of the Senior and Finance Committees and the Age Group Fund in accordance with the recommendation of the Age Group and Finance Committees, unless the recommendations are overruled by sixty percent (60%) of the members of the Board of Directors present at a duly noticed Board meeting. Disbursement from the General Reserve Fund, Senior Reserve and Age Group Reserve shall require ninety percent (90%) approval of all members of the Board of Directors as provided in 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 A,BB, B, C 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 SCS A/G Championships, and designated Senior Invitationals shall be conducted as Heats and Finals except: the 1000 yd/800 meter and 1650 yd/1500 meter freestyle shall be Timed Finals. A Senior Invitational may offer heats/final of distance events.**
- C. **Age Group June/Winter Invitationals (JAG/WAG) shall be conducted as Heats and Finals for the 13 and Over age groups, and as Timed Finals for the 12 and Under age groups. A.2 shall apply.**
- D. **In SCS a race is considered to have started when the starter says 'Take your mark'; the rise of the referee's 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.

#### 16. 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 USA Swimming App 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 check-in will result in disqualification from that event.
- 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 SCS heats/finals competition. An athlete must scratch or declare intent to scratch an event within 30 minutes of announcement of an event's results.
3. Thirty minutes after the preliminary results of an event are read, the event is closed. The Administrative Referee shall post notice of an event being held pending final declarations of swimmers with subsequent swims (see C.).

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

#### D. Conduct of Finals Sessions.

1. An athlete finishing prelims with a time placing in the original top 8-16-24 or 10-20-30 (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 SCS. The fine will be billed to the athlete's team.
  - 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 SCS heats/finals meets, an athlete finishing prelims with a time placing in the original top 8-16-24 or 10-20-30 (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 swimmers may be limited to those entered in the host competition, and may be limited to swimmers in only individual events for that host competition.
- B. In meets conducted on more than one weekend, a swimmer may compete in time trials on 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. Maximum entry fee for Time Trials is \$20.

#### **V. SUBMISSION OF ENTRIES**

##### **A. By Due Date**

1. Electronic team entry files must be received by the meet processor on or before the entry deadline.
2. 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 with the entry form.
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 SCS sanctioned swim meet:**

1. Electronic team entry.
  - a. Entry must include electronic signature & phone number of team coach responsible for the entry.
  - b. An electronic entry must include a text or PDF file which shall be the official entry of record.
  - c. Bonus events & minimum time entries must be documented in the text or PDF file.
  - d. A single team check must be mailed within 48 hours of electronic submittal.
2. A SCS individual consolidated entry form.
3. Other entry forms, as created and approved by the host team and SCS sanctioning officer.



## VI. LIMITATION ON EVENTS

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

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

## VII. ENTRY TIMES

### A. Times

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

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

### B. Non-Conforming Times

1. If a swimmer has achieved an ability level in yards, that swimmer must compete in the same ability level in meters or vice versa. Stated in its simplest terms this principle is BB in yards equals BB 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 SCS A/G Championships, June Age Group Invites (JAG) and Winter Age Group Invites (WAG).
2. Senior Meets and Senior Circuit Meets shall be Proof-of-Time Meets.
3. Proof of time is required through SWIMS, the National Times database, or recognized World Aquatics competitions. Times must be achieved at
  - a. USA Swimming sanctioned competition
  - b. USA Swimming observed competition
  - c. USA Swimming approved competition
  - d. World Aquatics 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 BB Division swimmer swimming in a B event), may not place in that event.

## IX. ADMINISTRATION

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

### A. Meet Director

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

### B. Meet Referee

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

### C. Starter/Deck Referee

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

### D. Stroke and Turn Judges

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

### E. Administrative Official/Referee

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

### F. Chief Clerk of Course

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

### G. Membership in USA Swimming

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

**NOTE:** See Appendix C

**PART THREE**  
**RULES AND PROCEDURES FOR SENIOR COMPETITION**

**I. ELIGIBILITY**

- A. Senior Meets** (meets designated by the Senior Committee as Senior Invitationals may have special entry rules) The following are eligible for Senior competition:
  - 1. Registered swimmers of any age who have equaled or bettered the listed minimum time standard in an event. (See Part Two, VII, B. Non-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 SCS on an All-Star Team, a swimmer must be registered in SCS no later than:
  - 1. Sixty (60) 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 World Aquatics 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. Legends of Coaching Invitational**  
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.

<p><b>NOTE:</b> Senior meet psych sheets may be posted to the public; please consider this when entering senior meets.</p>
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## 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: B in yards equals B in long course meters and short course meters). See below for spring/summer SCS A/G Championship 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 SCS A/G Championship max meets: Swimmers may NOT swim an event in which they have bettered the spring SCS A/G Championship time standard in yards or meters or relay leg in which they have bettered the spring SCS A/G Championship time standard in yards or meters in the stroke. Relays – A swimmer with spring SCS A/G Championship at 200 yards/meters or longer of a stroke but not spring SCS A/G Championship in the 50 or 100 yard/meter of that stroke may swim that stroke in a relay. 13 & up spring SCS A/G Championship 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 SCS A/G Championship max meets: Swimmers may NOT swim an event in which they have bettered the summer SCS A/G Championship time standard in yards or meters or relay leg in which they have bettered the summer SCS A/G Championship time standard in yards or meters in the stroke. Relays – A swimmer with summer SCS A/G Championship at 200 yards/meters or longer of a stroke, but not summer SCS A/G Championship in the 50 or 100 yard/meter of that stroke may swim that stroke in a relay. 13&Up summer SCS A/G Championship 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: B in 100 free may enter 200 free at B minimum, but not 500 free.
3. 5-6 swimmers meeting 5-8 B standard in a 50 yd/mtr event may enter 7-10 100 yd/mtr event in same stroke; meeting 5-8 B in 100 yd/mtr Free or 100 yd IM may enter 7-10 200 Free or 200 IM.
4. 7-8 swimmers must meet the 7-10 time standards to enter 7-10 events.
5. See II. below for specific rules at each level of competition.

#### D. All-Star Team Eligibility

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

1. Sixty (60) days prior to the start of the All-Star competition, or,
2. The first day of the calendar year, whichever is shorter.

#### E. Swimwear

Swimwear must conform to USA Swimming Rule 102.8. As of September 1, 2020, no technical suit may be worn by any 12 and under USA Swimming Athlete member in competition at any Sanctioned, Approved or Observed meet.

1. 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.

## II. PROCEDURES FOR AGE GROUP ABILITY LEVELS

### A. SCS A/G Championships

1. SCS shall conduct short course and long course SCS A/G Championships for SCS members annually, and age groups shall be 10-Un, 11-12, 13-14 for Spring SCS A/G Championships and 10-Un, 11-12, 13-14, 15-Up for Summer SCS A/G Championships.
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. SCS A/G Championships 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 SCS A/G Championships: 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 SCS A/G Championships: 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 (this or preceding season). A team time achieved during the qualifying period may also be used.
  - c. Spring and Summer SCS A/G Championships: 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 SCS A/G Championships) or the aggregate of the stated time standard (Spring SCS A/G Championships).
  - 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 and Relay Events — Medals and/or Certificates as listed under Awards in the meet announcement and as per *USA Swimming Rules & Regulations 102.26*
  - b. Individual and Relay Scoring — Based on number of lanes/heats in finals as per *USA Swimming Rules & Regulations 102.25.3 and 102.25.4*
  - c. Team Awards — As listed under Awards in the meet announcement

### B. Age Group Invitationals

1. SCS shall conduct June and Winter Age Group Invitationals.
2. Age groups and events shall be from *USA Swimming Rules*, Article 205.8.3.
3. No contestant may compete in more than six (6) individual events plus relays and time trials (if offered).
4. Eligibility to participate shall be determined by age and shall not be restricted due to participation in national or international events.
5. Age Group Invitationals are proof-of-time meets (see Part Two, VII, C).
6. Time standards shall be adjusted annually based on meet performance.
7. Entry times must:
  - a. Meet the meet entry standard, yards or meters.
  - b. Be the swimmer's best recorded time or a slower time between that time and the meet standard.

8. Relays
  - a. Must meet the entry standard for the meet.
  - b. A club 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 (this or preceding season). 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/Finals for 13-Up.
10. Awards/Scoring
  - a. Individual and Relay Events — Medals and/or Certificates as listed under Awards in the meet announcement and as per USA Swimming Rules & Regulations 102.26
  - b. Individual and Relay Scoring — Based on number of lanes/heats in finals as per USA Swimming Rules & Regulations 102.25.3 and 102.25.4
  - c. Team Awards — As listed under Awards in the meet announcement

### C. A Competition

1. Eligibility: Registered swimmers 5 years and older who have equaled or bettered the listed minimum time standards for the A ability level. See Part Two, VII "Entry Times."
  - a. Swimmers 9 years and older who have equaled or bettered the A minimum time standard in three different strokes (freestyle, backstroke, butterfly, breaststroke, or individual medley) but are BB in other strokes, may swim all their events at the A level IF, AND ONLY IF, the event for which the swimmer is BB is not offered at the same meet. Swimmer must enter at A minimum.
  - b. Swimmers 7 or 8 years old who have equaled or bettered A minimum time standard in three different events but are BB in other events may enter all their events in the A division as in a. above.
  - c. For a 7/8 swimmer to enter the 7-10 events in A Division, he/she must:
    - (1) Meet the 7-10 A time standard for the event, or,
    - (2) Hold 7-10 A times in three different strokes.
  - d. Swimmers from A, BB, B and C ability levels are eligible to compete on A level relays.
  - e. If a swimmer in the BB Division betters a time standard in a short distance not usually offered in the A Division, he/she may enter the next longer distance at the minimum time standard in that stroke in the A Division.
  - f. A Age Groups: See Part One, II.C.5., "Classes of Competition."
2. A swimmer must enter his/her best recorded time in A meets. See Part Four, I, above.
3. Awards: See III below.

### D. BB Competition

1. Eligibility: Registered swimmers 5 years and older who have equaled or bettered the listed minimum time standards for the BB ability level. See Part Two, VII "Entry Times."
  - a. Swimmers 9 years and older who have equaled or bettered the BB minimum time standard in three different strokes (freestyle, backstroke, butterfly, breaststroke, or individual medley) but are B in other strokes, may swim all their events at the BB level IF, AND ONLY IF, the event for which the swimmer is B is not offered at the same meet. Swimmer must enter at BB minimum.
  - b. Swimmers 7 or 8 years old who have equaled or bettered BB minimum time standard in three different events but are B in other events may enter all their events in the BB division as in a. above.
  - c. For a 7/8 swimmer to enter the 7-10 events in BB Division, he/she must:
    - (1) Meet the 7-10 BB time standard for the event, or,
    - (2) Hold 7-10 BB times in three different strokes.

- d. If a swimmer in the B Division betters a time standard in a short distance not usually offered in the BB Division, he/she may enter the next longer distance at the minimum time standard in that stroke in the BB Division.
  - e. BB Age Groups: See Part One, II.C.5., "Classes of Competition."
  - 2. A swimmer must enter his/her best recorded time in BB meets. See Part Four, I, above.
  - 3. Relays
    - a. Swimmers from BB, B and C ability levels are eligible to compete on BB level relays.
    - b. A swimmer who betters the BB maximum time standard (in yards or meters) in any given stroke may not swim that stroke in BB Division relays.
    - c. Swimmers from the BB ability level are eligible to compete at the BB level and above on relays in their respective strokes at any distance.
  - 4. Awards: See III below.
- E. B Competition**
- 1. Eligibility: Registered swimmers 5 years and older who have bettered the listed minimum time standards for the B ability level. See Part Two, VII, "Entry Times."
    - a. Swimmers 9 years and older who have equaled or bettered the B minimum time standard in three different strokes (freestyle, backstroke, butterfly, breaststroke, or individual medley) but are C in other strokes, may swim all their events at the B level IF, AND ONLY IF, the event for which the swimmer is C is not offered at the same meet. Swimmer must enter at B minimum.
    - b. Swimmers 7 or 8 years old who have equaled or bettered the B minimum time standard in three different events but are C in other events may enter all their events in the B Division as in a. above.
    - c. For a 7/8 swimmer to enter the 7-10 events in the B Division, he/she must:
      - (1) Meet the 7-10 time standard for the event, or,
      - (2) Hold 7-10 B times in three different strokes.
      - (3) B Age Groups: See Part One II.C.5., "Classes of Competition."
    - d. If a swimmer in the C Division betters a time standard in a short distance not usually offered in the B Division, he/she may enter the next longer distance at the minimum time standard in that stroke in the B Division.
  - 2. Relays
    - a. Swimmers from B and C ability levels are eligible to compete on B level relays.
    - b. A swimmer who betters the B maximum time standard (in yards or meters) in any given stroke may not swim that stroke in B Division relays.
    - c. Swimmers from the B ability level are eligible to compete at the B level and above on relays in their respective strokes at any distance.
  - 3. Awards: See III below.
- F. C Competition**
- 1. Eligibility: Registered swimmers 5 years and older who, in any competition, have not bettered the listed maximum C time standard in any event in the C Division.
    - a. A swimmer who has equaled or exceeded the B 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 C Division.
    - b. A swimmer who betters the C maximum time standard in any given stroke may not swim that stroke in relays in the C Division.
    - c. C Age Groups: See Part One, II.C.5. "Classes of Competition." **NOTE:** 5/6 year old swimmers may only be classified as C swimmers when offered as a separate age group.
    - d. Committees may elect NOT to offer C 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 B 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 C Division.
  - 3. Awards: See III below.

**NOTE:** The oldest Age Group in Committee competition shall include "& Over" at the A, BB, B and C 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 BB competition and above shall be eligible for high point awards. Competitors over 18 years of age shall not be eligible for high point awards.

#### B. Recommended Awards in SCS:

1. See specific competition above for SCS A/G Championships and Age Group Invitational meets.
2. A Competition: Individual events – medals 1-3, A Division ribbons 1-6  
Relays – medals 1<sup>st</sup>, A Division ribbons 2-3
3. BB Competition: Individual events – BB Division ribbons 1-6.  
Relays – BB Division ribbons 1-3.
4. B Competition: Individual events – B Division ribbons 1-6.  
Relays – B Division ribbons 1-3.
5. C Competition: Individual events – C Division ribbons 1-6.  
Relays – C 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 BB swimmer shall score more team points than an A swimmer.
  - b. No B swimmer shall score more team points than a BB swimmer.
  - c. No C swimmer shall score more team points than a B 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 A, BB, B, and C ability levels are eligible to compete on A level relays.
3. Swimmers from the BB, B, and C ability levels are eligible to compete on BB level relays. A swimmer who betters the BB maximum time standard in yards or meters in any given stroke cannot swim that stroke in relays in the BB Division in subsequent meets.
4. Swimmers from the B and C ability levels are eligible to compete on B level relays. A swimmer who betters the B maximum time standard in yards or meters in any given stroke cannot swim that stroke in relays in the B Division in subsequent meets.
5. A swimmer who betters the C maximum time standard in any given stroke cannot swim that stroke in relays in the C Division in subsequent meets.
6. 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. SCS A/G Championship and Age Group Invitational relays shall be contested in the age groups specified for the respective meet.
2. A, BB, B and C relays may 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. C relays may be offered in all age groups plus 5/6 age group or a 5-8 age group.
  5. For USA Swimming Top 10, SCS 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/tri/invitational 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.
  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.
- E. Time Standards**
1. In SCS A/G Championship and Age Group Invitational competition, the relay standard shall be the standard from the "Standards" section in SCS Swim Guide.
  2. In A, BB, B and C competition, no time standard shall be listed.
  3. In an all-relay meet such standards that the sponsors and the program chair of the appropriate Committee or SCS deem necessary to facilitate equitable competition may be listed.

**NOTE:** Age Group meet psych sheets are NOT to be posted on web sites (SCS, host or attending clubs). This includes SCS championship meets (e.g.: SCS A/G Championships, JAG/WAG, etc.). Age group meet psych sheets may be provided to clubs by electronic delivery for planning purposes. Electronic delivery 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	SCS A/G	Age Group				
	Champs	Invites	A	BB	B	C
15 & Over	*	*	*	*	*	*
17-18	*	*	*	*	*	*
15-16	*	*	*	*	*	*
13-14	*	*	*	*	*	*
11-12	*	*	*	*	*	*
7-10, 9-10	*	*	*	*	*	*
5-8, 7-8			*	*	*	*
5-6						*





# TIME STANDARDS

<b>5-8 GIRLS</b>			<b>5-8 BOYS</b>		
<b>SCY</b>			<b>SCY</b>		
<b>Event</b>	<b>A</b>	<b>B</b>	<b>Event</b>	<b>A</b>	<b>B</b>
25 Free	18.10	21.70	25 Free	17.60	21.10
50 Free	40.50	48.60	50 Free	39.40	47.30
100 Free	1:28.40	1:46.10	100 Free	1:25.00	1:42.00
25 Back	22.20	26.60	25 Back	21.60	25.90
50 Back	48.10	57.80	50 Back	46.80	56.30
25 Breast	24.00	28.80	25 Breast	23.30	28.00
50 Breast	52.30	1:02.80	50 Breast	51.00	1:01.20
25 Fly	21.30	25.60	25 Fly	21.30	25.60
50 Fly	46.30	55.60	50 Fly	47.00	56.40
100 IM	1:41.20	2:01.40	100 IM	1:38.50	1:58.20
<b>LCM</b>			<b>LCM</b>		
<b>Event</b>	<b>A</b>	<b>B</b>	<b>Event</b>	<b>A</b>	<b>B</b>
50 Free	45.60	54.70	50 Free	44.40	53.30
100 Free	1:39.30	1:59.20	100 Free	1:35.50	1:54.60
50 Back	54.40	1:05.30	50 Back	53.20	1:03.80
50 Breast	58.60	1:10.30	50 Breast	57.10	1:08.50
50 Fly	52.00	1:02.40	50 Fly	52.70	1:03.20

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

## 5-10 GIRLS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	28.29	29.59	30.89	32.09	35.99	39.79
100 Free	1:01.79	1:04.99	1:08.29	1:11.49	1:21.09	1:30.79
200 Free	2:16.19	2:23.59	2:30.99	2:38.39	3:00.59	3:22.79
500 Free	6:01.69	6:18.99	6:36.19	6:53.39	7:45.09	8:36.69
50 Back	32.59	34.39	36.19	37.99	43.29	48.59
100 Back	1:10.59	1:14.49	1:18.39	1:22.29	1:33.99	1:45.79
50 Breast	36.89	38.89	40.89	42.79	48.69	54.59
100 Breast	1:20.19	1:24.69	1:29.09	1:33.59	1:46.89	2:00.29
50 Fly	31.29	33.19	35.09	36.99	42.69	48.39
100 Fly	1:10.89	1:15.99	1:20.99	1:26.09	1:41.39	1:56.69
100 IM	1:10.99	1:14.69	1:18.39	1:22.09	1:33.19	1:44.29
200 IM	2:32.19	2:39.99	2:47.69	2:55.49	3:18.79	3:42.09

## 5-10 GIRLS

### SHORT COURSE YARDS – CA STANDARDS

Event	2025	2025	2025	2025	2025
	Spr A/G Champs	2025 JAG	Elite Champs	Sum A/G Champs	2025 WAG
50 Free	31.70	32.90	31.70	32.30	TBD
100 Free	1:09.70	1:12.90	1:09.70	1:13.10	TBD
200 Free	2:32.10	2:42.10	2:32.10	2:39.60	TBD
500 Free	2:32.10	N/A	2:32.10	N/A	TBD
50 Back	37.40	39.80	37.40	39.40	TBD
100 Back	1:20.80	1:27.30	1:20.80	1:26.20	TBD
50 Breast	41.80	44.60	41.80	44.20	TBD
100 Breast	1:30.90	1:38.60	1:30.90	1:37.00	TBD
50 Fly	35.50	38.60	35.50	37.90	TBD
100 Fly	1:22.10	1:29.40	1:22.10	1:30.00	TBD
100 IM	1:19.70	N/A	1:19.70	N/A	TBD
200 IM	2:51.60	3:04.80	2:51.60	2:58.30	TBD

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

## 5-10 GIRLS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	32.19	33.69	35.09	36.59	40.89	45.29
100 Free	1:10.79	1:14.49	1:18.19	1:21.89	1:32.99	1:44.09
200 Free	2:35.09	2:43.49	2:51.99	3:00.39	3:25.69	3:50.99
400 Free	5:27.99	5:43.69	5:59.29	6:14.89	7:01.69	7:48.59
50 Back	37.49	39.49	41.59	43.59	49.69	55.79
100 Back	1:21.09	1:25.59	1:30.09	1:34.59	1:48.09	2:01.59
50 Breast	42.09	44.29	46.49	48.79	55.49	1:02.19
100 Breast	1:32.99	1:38.09	1:43.29	1:48.39	2:03.89	2:19.39
50 Fly	35.19	37.29	39.49	41.59	48.09	54.49
100 Fly	1:20.59	1:26.39	1:32.19	1:37.99	1:55.39	2:12.79
200 IM	2:55.29	3:04.19	3:13.09	3:22.09	3:48.89	4:15.69

## 5-10 GIRLS

### LONG COURSE METERS – CA STANDARDS

Event	2025	2025	2025	2025	2025
	Spr A/G Champs	2025 JAG	Elite Champs	Sum A/G Champs	WAG
50 Free	36.00	37.30	36.00	36.60	TBD
100 Free	1:19.00	1:22.50	1:19.00	1:22.70	TBD
200 Free	2:52.10	3:03.10	2:52.10	3:00.30	TBD
400 Free	2:52.10	N/A	2:52.10	N/A	TBD
50 Back	42.10	44.70	42.10	44.30	TBD
100 Back	1:30.90	1:38.10	1:30.90	1:36.90	TBD
50 Breast	47.40	50.50	47.40	50.10	TBD
100 Breast	1:42.90	1:51.40	1:42.90	1:49.70	TBD
50 Fly	40.10	43.50	40.10	42.70	TBD
100 Fly	1:32.60	1:40.60	1:32.60	1:41.30	TBD
200 IM	3:13.70	3:28.30	3:13.70	3:21.10	TBD

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

## 5-10 BOYS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	27.49	28.69	29.89	31.09	34.59	38.19
100 Free	1:00.69	1:03.79	1:06.79	1:09.79	1:18.89	1:27.99
200 Free	2:12.69	2:18.99	2:25.29	2:31.59	2:50.59	3:09.49
500 Free	5:52.99	6:09.79	6:26.59	6:43.39	7:33.79	8:24.29
50 Back	32.19	33.99	35.79	37.59	42.89	48.29
100 Back	1:08.99	1:12.49	1:16.09	1:19.59	1:30.09	1:40.69
50 Breast	36.39	38.29	40.19	42.09	47.69	53.39
100 Breast	1:18.79	1:22.69	1:26.59	1:30.59	1:42.29	1:54.09
50 Fly	30.79	32.59	34.29	35.99	41.29	46.49
100 Fly	1:09.79	1:14.59	1:19.49	1:24.39	1:38.99	1:53.49
100 IM	1:09.79	1:13.09	1:16.39	1:19.69	1:29.69	1:39.69
200 IM	2:30.89	2:38.39	2:45.89	2:53.49	3:15.99	3:38.59

## 5-10 BOYS

### SHORT COURSE YARDS – CA STANDARDS

Event	2025		2025		2025	2025
	Spr	A/G	2025	Elite	Sum A/G	
	Champs	JAG	Champs	Champs	WAG	
50 Free		31.40	32.20	31.40	32.00	TBD
100 Free		1:08.90	1:11.60	1:08.90	1:13.10	TBD
200 Free		2:30.60	2:41.70	2:30.60	2:39.90	TBD
500 Free		2:30.60	N/A	2:30.60	N/A	TBD
50 Back		37.20	39.90	37.20	39.20	TBD
100 Back		1:20.40	1:27.20	1:20.40	1:27.10	TBD
50 Breast		42.90	45.10	42.90	45.60	TBD
100 Breast		1:31.80	1:38.90	1:31.80	1:38.80	TBD
50 Fly		35.60	37.60	35.60	38.10	TBD
100 Fly		1:20.60	1:31.10	1:20.60	1:30.40	TBD
100 IM		1:19.50	N/A	1:19.50	N/A	TBD
200 IM		2:49.90	3:02.60	2:49.90	2:58.40	TBD

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

## 5-10 BOYS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	31.59	32.99	34.39	35.69	39.79	43.89
100 Free	1:09.79	1:13.19	1:16.69	1:20.19	1:30.59	1:40.99
200 Free	2:31.69	2:38.89	2:46.09	2:53.39	3:14.99	3:36.69
400 Free	5:20.79	5:36.09	5:51.39	6:06.59	6:52.49	7:38.29
50 Back	36.99	38.99	41.09	43.09	49.29	55.39
100 Back	1:19.99	1:24.09	1:28.19	1:32.29	1:44.49	1:56.69
50 Breast	41.49	43.59	45.79	47.89	54.39	1:00.89
100 Breast	1:31.69	1:36.29	1:40.89	1:45.59	1:59.19	2:12.89
50 Fly	34.69	36.59	38.59	40.59	46.39	52.29
100 Fly	1:19.59	1:25.09	1:30.69	1:36.19	1:52.89	2:09.49
200 IM	2:52.19	3:00.79	3:09.39	3:17.89	3:43.69	4:09.49

## 5-10 BOYS

### LONG COURSE METERS – CA STANDARDS

Event	2025		2025		2025	2025
	Spr A/G Champs	2025 JAG	Elite Champs	Sum A/G Champs	WAG	
50 Free	35.70	36.50	35.70	36.40	TBD	
100 Free	1:18.10	1:21.00	1:18.10	1:22.10	TBD	
200 Free	2:50.40	3:02.60	2:50.40	3:00.60	TBD	
400 Free	2:50.40	N/A	2:50.40	N/A	TBD	
50 Back	41.90	44.80	41.90	44.10	TBD	
100 Back	1:30.50	1:37.90	1:30.50	1:37.90	TBD	
50 Breast	48.70	51.00	48.70	51.60	TBD	
100 Breast	1:43.90	1:51.70	1:43.90	1:51.60	TBD	
50 Fly	40.30	42.40	40.30	42.90	TBD	
100 Fly	1:30.90	1:42.70	1:30.90	1:41.70	TBD	
200 IM	3:11.80	3:25.90	3:11.80	3:21.20	TBD	

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



## 11-12 GIRLS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	25.79	26.99	28.09	29.29	31.69	33.99
100 Free	55.99	58.69	1:01.39	1:03.99	1:09.39	1:14.69
200 Free	2:01.89	2:07.69	2:13.49	2:19.29	2:30.89	2:42.59
500 Free	5:27.69	5:43.29	5:58.89	6:14.49	6:45.69	7:16.89
1000 Free	11:16.99	11:49.29	12:21.49	12:53.79	13:58.19	15:02.69
1650 Free	18:50.59	19:44.39	20:38.19	21:32.09	23:19.69	25:07.39
50 Back	29.09	30.49	31.79	33.19	35.99	38.79
100 Back	1:02.69	1:06.19	1:09.59	1:12.99	1:19.79	1:26.59
200 Back	2:14.59	2:20.99	2:27.49	2:33.89	2:46.69	2:59.49
50 Breast	32.99	34.59	36.19	37.69	40.89	43.99
100 Breast	1:11.49	1:15.09	1:18.59	1:22.19	1:29.29	1:36.49
200 Breast	2:34.29	2:41.69	2:48.99	2:56.29	3:10.99	3:25.69
50 Fly	27.69	28.99	30.29	31.59	34.29	36.89
100 Fly	1:01.79	1:05.19	1:08.59	1:12.09	1:18.89	1:25.79
200 Fly	2:17.59	2:24.09	2:30.59	2:37.19	2:50.29	3:03.39
100 IM	1:03.89	1:06.99	1:09.99	1:13.09	1:19.09	1:25.19
200 IM	2:17.89	2:24.49	2:30.99	2:37.59	2:50.69	3:03.89
400 IM	4:53.79	5:07.79	5:21.79	5:35.79	6:03.69	6:31.69

## 11-12 GIRLS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2025		2024		2024
	Spr A/G	2025	Elite	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	Champs	JAG	Champs	Champs	WAG	PL 11 YO	PL 12 YO
50 Free	27.80	28.80	27.80	28.60	TBD	25.66	24.42
100 Free	1:00.30	1:02.60	1:00.30	1:02.20	TBD	55.55	52.99
200 Free	2:11.90	2:18.00	2:11.90	2:15.60	TBD	2:01.55	1:55.96
500 Free	5:51.10	6:12.60	5:51.10	6:10.90	TBD	5:22.84	5:11.05
1000 Free	N/A	N/A	N/A	N/A	TBD	11:08.80	10:44.38
1650 Free	N/A	N/A	N/A	N/A	TBD	18:51.16	18:00.84
50 Back	32.50	34.70	32.50	34.10	TBD	28.72	27.49
100 Back	1:09.40	1:13.70	1:09.40	1:13.30	TBD	1:01.56	58.21
200 Back	N/A	N/A	N/A	N/A	TBD	2:14.17	2:07.11
50 Breast	36.40	39.00	36.40	38.00	TBD	32.39	31.27
100 Breast	1:19.00	1:24.20	1:19.00	1:22.10	TBD	1:10.66	1:07.58
200 Breast	N/A	N/A	N/A	N/A	TBD	2:33.50	2:25.69
50 Fly	30.70	32.20	30.70	31.50	TBD	27.54	26.10
100 Fly	1:08.40	1:13.70	1:08.40	1:13.20	TBD	1:01.34	57.86
200 Fly	N/A	N/A	N/A	N/A	TBD	2:18.94	2:10.40
100 IM	1:09.50	N/A	1:09.50	N/A	TBD	1:02.58	1:00.77
200 IM	2:29.70	2:36.40	2:29.70	2:35.30	TBD	2:15.42	2:10.28
400 IM	N/A	N/A	N/A	TBD	TBD	4:52.10	4:37.01

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 10<sup>th</sup> place time is published for motivational purposes.

## 11-12 GIRLS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	29.19	30.49	31.89	33.19	35.89	38.49
100 Free	1:04.19	1:07.19	1:10.29	1:13.39	1:19.49	1:25.59
200 Free	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
400 Free	4:54.69	5:08.69	5:22.79	5:36.79	6:04.79	6:32.89
800 Free	10:16.19	10:45.49	11:14.89	11:44.19	12:42.89	13:41.59
1500 Free	19:35.19	20:31.09	21:27.09	22:22.99	24:14.99	26:06.89
50 Back	33.59	35.19	36.79	38.39	41.59	44.79
100 Back	1:12.89	1:16.89	1:20.79	1:24.79	1:32.69	1:40.59
200 Back	2:36.09	2:43.49	2:50.99	2:58.39	3:13.29	3:28.09
50 Breast	37.39	39.09	40.89	42.69	46.19	49.79
100 Breast	1:21.79	1:25.89	1:29.99	1:33.99	1:42.19	1:50.39
200 Breast	2:57.59	3:06.09	3:14.49	3:22.99	3:39.89	3:56.79
50 Fly	31.39	32.89	34.29	35.79	38.79	41.79
100 Fly	1:10.79	1:14.79	1:18.69	1:22.59	1:30.49	1:38.29
200 Fly	2:38.29	2:45.89	2:53.39	3:00.89	3:15.99	3:31.09
200 IM	2:37.99	2:45.49	2:52.99	3:00.59	3:15.59	3:30.59
400 IM	5:36.69	5:52.69	6:08.69	6:24.79	6:56.79	7:28.89

## 11-12 GIRLS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025		2025		2024		2024	
	Spr A/G Champs	2025 JAG	Elite Champs	Sum A/G Champs	2025 WAG	NAT 10 <sup>th</sup> PL 11 YO	NAT 10 <sup>th</sup> PL 12 YO	
50 Free	31.70	32.70	31.70	32.50	TBD	28.85	27.64	
100 Free	1:08.60	1:11.00	1:08.60	1:10.60	TBD	1:02.98	1:00.64	
200 Free	2:29.60	2:36.40	2:29.60	2:33.70	TBD	2:17.77	2:13.18	
400 Free	5:13.40	5:32.50	5:13.40	5:31.00	TBD	4:51.04	4:40.67	
800 Free	N/A	N/A	N/A	N/A	TBD	10:12.72	9:45.04	
1500 Free	N/A	N/A	N/A	N/A	TBD	19:46.24	18:44.35	
50 Back	36.70	39.10	36.70	38.40	TBD	33.67	31.54	
100 Back	1:17.90	1:23.00	1:17.90	1:22.60	TBD	1:12.03	1:08.28	
200 Back	N/A	N/A	N/A	N/A	TBD	2:35.53	2:28.31	
50 Breast	41.40	44.20	41.40	43.20	TBD	36.97	35.55	
100 Breast	1:29.70	1:35.40	1:29.70	1:33.10	TBD	1:20.81	1:18.07	
200 Breast	N/A	N/A	N/A	N/A	TBD	2:56.31	2:50.09	
50 Fly	34.80	36.40	34.80	35.70	TBD	31.30	29.92	
100 Fly	1:17.40	1:23.20	1:17.40	1:22.60	TBD	1:10.31	1:06.84	
200 Fly	N/A	N/A	N/A	N/A	TBD	2:39.41	2:31.96	
200 IM	2:49.40	2:56.80	2:49.40	2:55.60	TBD	2:37.36	2:30.16	
400 IM	N/A	N/A	N/A	N/A	TBD	5:36.58	5:18.64	

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## 11-12 BOYS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	24.59	25.79	26.99	28.09	30.49	32.79
100 Free	53.59	56.19	58.69	1:01.29	1:06.39	1:11.49
200 Free	1:56.99	2:02.59	2:08.19	2:13.69	2:24.89	2:35.99
500 Free	5:14.99	5:29.99	5:44.99	5:59.99	6:29.99	6:59.89
1000 Free	11:02.59	11:34.19	12:05.79	12:37.29	13:40.39	14:43.49
1650 Free	18:20.79	19:13.19	20:05.59	20:58.09	22:42.89	24:27.69
50 Back	28.19	29.69	31.19	32.69	35.59	38.49
100 Back	59.49	1:02.79	1:05.99	1:09.29	1:15.69	1:22.19
200 Back	2:09.69	2:15.89	2:21.99	2:28.19	2:40.49	2:52.89
50 Breast	31.49	33.29	34.99	36.69	40.09	43.49
100 Breast	1:07.79	1:11.39	1:14.89	1:18.39	1:25.49	1:32.59
200 Breast	2:27.29	2:34.39	2:41.39	2:48.39	3:02.39	3:16.39
50 Fly	26.69	28.19	29.69	31.19	34.19	37.09
100 Fly	59.09	1:02.49	1:05.89	1:09.29	1:16.09	1:22.89
200 Fly	2:12.39	2:18.69	2:24.99	2:31.39	2:43.99	2:56.59
100 IM	1:01.09	1:03.99	1:06.99	1:09.99	1:15.89	1:21.89
200 IM	2:12.09	2:18.79	2:25.59	2:32.29	2:45.79	2:59.29
400 IM	4:42.79	4:56.29	5:09.79	5:23.19	5:50.09	6:17.09

## 11-12 BOYS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025	2025	2025	2024	2024		
	Spr A/G Champs	2025 JAG	Elite Champs	Sum A/G Champs	2025 WAG	NAT 10 <sup>th</sup> PL 11 YO	NAT 10 <sup>th</sup> PL 12 YO
50 Free	27.40	28.60	27.40	28.40	TBD	24.61	23.32
100 Free	59.30	1:01.90	59.30	1:02.00	TBD	53.50	51.02
200 Free	2:09.60	2:17.60	2:09.60	2:16.20	TBD	1:58.23	1:51.74
500 Free	5:48.80	6:15.30	5:48.80	6:15.50	TBD	5:15.61	5:00.63
1000 Free	N/A	N/A	N/A	N/A	TBD	11:11.62	10:32.42
1650 Free	N/A	N/A	N/A	N/A	TBD	19:00.99	17:39.31
50 Back	32.50	34.30	32.50	34.20	TBD	28.35	26.44
100 Back	1:09.00	1:14.40	1:09.00	1:14.90	TBD	1:01.22	56.79
200 Back	N/A	N/A	N/A	N/A	TBD	2:13.55	2:03.85
50 Breast	36.00	39.00	36.00	38.20	TBD	31.47	29.50
100 Breast	1:18.40	1:24.10	1:18.40	1:23.80	TBD	1:08.99	1:03.62
200 Breast	N/A	N/A	N/A	N/A	TBD	2:31.54	2:19.67
50 Fly	30.40	31.90	30.40	31.70	TBD	27.33	25.35
100 Fly	1:07.90	1:13.70	1:07.90	1:14.10	TBD	1:00.15	55.48
200 Fly	N/A	NA	N/A	N/A	TBD	2:16.77	2:07.01
100 IM	1:08.40	N/A	1:08.40	N/A	TBD	1:02.14	57.69
200 IM	2:27.60	2:35.50	2:27.60	2:34.20	TBD	2:12.78	2:05.13
400 IM	N/A	N/A	N/A	TBD	TBD	4:45.25	4:29.47

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## 11-12 BOYS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	28.09	29.39	30.69	32.09	34.79	37.39
100 Free	1:01.59	1:04.49	1:07.49	1:10.39	1:16.19	1:22.09
200 Free	2:14.39	2:20.79	2:27.19	2:33.59	2:46.39	2:59.19
400 Free	4:45.89	4:59.49	5:13.09	5:26.69	5:53.89	6:21.09
800 Free	10:00.09	10:28.69	10:57.29	11:25.89	12:22.99	13:20.19
1500 Free	19:23.89	20:19.29	21:14.69	22:10.19	24:00.99	25:51.79
50 Back	32.59	34.29	35.99	37.69	41.09	44.49
100 Back	1:10.39	1:14.29	1:18.09	1:21.89	1:29.59	1:37.19
200 Back	2:32.19	2:39.49	2:46.69	2:53.99	3:08.49	3:22.99
50 Breast	36.09	38.09	39.99	41.99	45.89	49.79
100 Breast	1:18.99	1:23.09	1:27.19	1:31.29	1:39.59	1:47.79
200 Breast	2:50.99	2:59.09	3:07.19	3:15.39	3:31.59	3:47.89
50 Fly	30.29	31.99	33.59	35.29	38.69	41.99
100 Fly	1:07.79	1:11.69	1:15.59	1:19.49	1:27.29	1:35.09
200 Fly	2:33.59	2:40.89	2:48.29	2:55.59	3:10.19	3:24.79
200 IM	2:30.59	2:38.29	2:45.99	2:53.69	3:08.99	3:24.39
400 IM	5:28.39	5:44.09	5:59.69	6:15.39	6:46.59	7:17.89

## 11-12 BOYS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025	2025	2025	2024		2024	
	Spr A/G	2025	Elite	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
Event	Champs	JAG	Champs	Champs	WAG	PL 11 YO	PL 12 YO
50 Free	31.20	32.50	31.20	32.30	TBD	28.55	26.52
100 Free	1:07.40	1:10.30	1:07.40	1:10.40	TBD	1:01.64	57.96
200 Free	2:27.10	2:35.90	2:27.10	2:34.30	TBD	2:14.94	2:07.74
400 Free	5:11.30	5:34.90	5:11.30	5:35.10	TBD	4:43.68	4:29.94
800 Free	N/A	N/A	N/A	N/A	TBD	9:57.97	9:31.02
1500 Free	N/A	N/A	N/A	N/A	TBD	19:20.80	18:15.60
50 Back	36.70	38.60	36.70	38.50	TBD	32.80	30.67
100 Back	1:17.80	1:23.80	1:17.80	1:24.30	TBD	1:11.83	1:06.46
200 Back	N/A	N/A	N/A	N/A	TBD	2:33.00	2:24.03
50 Breast	41.00	44.30	41.00	43.40	TBD	36.36	33.67
100 Breast	1:29.10	1:35.30	1:29.10	1:35.00	TBD	1:20.03	1:14.26
200 Breast	N/A	N/A	N/A	N/A	TBD	2:56.33	2:42.63
50 Fly	34.50	36.10	34.50	35.90	TBD	30.55	28.45
100 Fly	1:16.80	1:23.20	1:16.80	1:23.60	TBD	1:09.02	1:03.17
200 Fly	N/A	N/A	N/A	N/A	TBD	2:35.38	2:15.19
200 IM	2:47.10	2:55.80	2:47.10	2:54.40	TBD	2:33.02	2:23.49
400 IM	N/A	N/A	N/A	N/A	TBD	5:29.58	5:11.42

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## 13-14 GIRLS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	24.39	25.59	26.69	27.89	30.19	32.49
100 Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
200 Free	1:55.29	2:00.69	2:06.19	2:11.69	2:22.69	2:33.59
500 Free	5:09.19	5:23.89	5:38.59	5:53.39	6:22.79	6:52.19
1000 Free	10:38.29	11:08.69	11:39.09	12:09.49	13:10.29	14:11.09
1650 Free	17:47.19	18:37.99	19:28.79	20:19.59	22:01.19	23:42.89
50 Back	27.19	28.49	29.79	31.09	33.69	36.19
100 Back	57.69	1:00.49	1:03.19	1:05.89	1:11.39	1:16.89
200 Back	2:04.79	2:10.69	2:16.69	2:22.59	2:34.49	2:46.39
50 Breast	31.59	33.09	34.59	36.09	39.09	42.09
100 Breast	1:06.49	1:09.69	1:12.89	1:15.99	1:22.29	1:28.69
200 Breast	2:23.29	2:30.09	2:36.89	2:43.79	2:57.39	3:10.99
50 Fly	26.89	28.19	29.39	30.69	33.29	35.79
100 Fly	57.59	1:00.39	1:03.09	1:05.89	1:11.29	1:16.79
200 Fly	2:08.39	2:14.49	2:20.59	2:26.69	2:38.99	2:51.19
200 IM	2:08.79	2:14.99	2:21.09	2:27.19	2:39.49	2:51.79
400 IM	4:34.29	4:47.39	5:00.49	5:13.49	5:39.69	6:05.79

## 13-14 GIRLS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2025		2025		2024	
	Spr A/G	2025	Elite	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>	
	Champs	JAG	Champs	Champs	WAG	PL 13 YO	PL 14 YO	
50 Free	26.20	27.00	26.20	27.00	TBD	23.62	23.35	
100 Free	56.90	58.20	56.90	58.70	TBD	51.54	50.55	
200 Free	2:03.90	2:09.00	2:03.90	2:08.40	TBD	1:51.26	1:50.01	
500 Free	5:30.50	5:40.80	5:30.50	5:46.40	TBD	4:59.00	4:54.34	
1000 Free	11:37.60	12:21.90	11:37.60	12:15.30	TBD	10:20.86	10:08.22	
1650 Free	19:38.20	20:13.40	19:38.20	20:37.80	TBD	17:12.69	17:02.15	
50 Back	N/A	N/A	N/A	N/A	TBD	N/A	N/A	
100 Back	1:04.70	1:08.10	1:04.70	1:08.80	TBD	56.31	55.31	
200 Back	2:20.00	2:30.40	2:20.00	2:30.60	TBD	2:01.61	1:59.64	
50 Breast	N/A	N/A	N/A	N/A	TBD	N/A	N/A	
100 Breast	1:13.80	1:17.80	1:13.80	1:18.00	TBD	1:04.66	1:03.20	
200 Breast	2:39.60	2:49.00	2:39.60	2:50.00	TBD	2:19.53	2:17.32	
50 Fly	N/A	N/A	N/A	N/A	TBD	N/A	N/A	
100 Fly	1:03.70	1:07.00	1:03.70	1:07.20	TBD	56.40	55.09	
200 Fly	2:24.60	2:35.10	2:24.60	2:40.40	TBD	2:04.73	2:01.63	
200 IM	2:20.50	2:26.40	2:20.50	2:25.90	TBD	2:05.09	2:03.63	
400 IM	4:58.60	5:16.60	4:58.60	5:18.80	TBD	4:25.09	4:22.42	

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## 13-14 GIRLS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	27.89	29.29	30.59	31.89	34.59	37.19
100 Free	1:00.89	1:03.79	1:06.69	1:09.59	1:15.39	1:21.19
200 Free	2:11.49	2:17.79	2:23.99	2:30.29	2:42.79	2:55.29
400 Free	4:36.09	4:49.19	5:02.39	5:15.49	5:41.79	6:08.09
800 Free	9:34.09	10:01.49	10:28.79	10:56.09	11:50.79	12:45.49
1500 Free	18:21.29	19:13.69	20:06.19	20:58.59	22:43.49	24:28.39
50 Back	31.89	33.49	34.99	36.49	39.49	42.59
100 Back	1:07.29	1:10.49	1:13.69	1:16.89	1:23.29	1:29.69
200 Back	2:24.99	2:31.89	2:38.79	2:45.69	2:59.49	3:13.29
50 Breast	35.89	37.59	39.29	40.99	44.39	47.79
100 Breast	1:16.79	1:20.39	1:24.09	1:27.69	1:34.99	1:42.39
200 Breast	2:45.29	2:53.09	3:00.99	3:08.89	3:24.59	3:40.29
50 Fly	29.99	31.39	32.79	34.29	37.09	39.99
100 Fly	1:05.39	1:08.59	1:11.69	1:14.79	1:20.99	1:27.19
200 Fly	2:26.79	2:33.79	2:40.79	2:47.79	3:01.69	3:15.69
200 IM	2:27.89	2:34.89	2:41.99	2:48.99	3:03.09	2:17.19
400 IM	5:13.49	5:28.39	5:43.39	5:58.29	6:28.19	6:57.99

## 13-14 GIRLS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025		2025		2024		2024
	Spr A/G	2025	Elite	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	Champs	JAG	Champs	Champs	WAG	PL 13 YO	PL 14 YO
50 Free	29.90	30.70	29.90	30.80	TBD	27.02	26.57
100 Free	1:04.80	1:06.20	1:04.80	1:06.70	TBD	58.57	57.91
200 Free	2:20.80	2:26.30	2:20.80	2:25.70	TBD	2:08.01	2:05.75
400 Free	4:55.00	5:04.10	4:55.00	5:09.10	TBD	4:30.61	4:25.03
800 Free	10:22.60	11:02.10	10:22.60	10:56.20	TBD	9:18.48	9:09.41
1500 Free	20:01.80	20:37.60	20:01.80	21:02.50	TBD	17:46.67	17:29.90
50 Back	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Back	1:13.00	1:16.80	1:13.00	1:17.60	TBD	1:05.78	1:04.33
200 Back	2:37.80	2:49.30	2:37.80	2:49.50	TBD	2:20.67	2:19.26
50 Breast	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Breast	1:24.00	1:28.30	1:24.00	1:28.50	TBD	1:14.32	1:13.19
200 Breast	3:00.00	3:11.60	3:00.00	3:12.60	TBD	2:41.77	2:38.06
50 Fly	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Fly	1:12.10	1:15.70	1:12.10	1:16.00	TBD	1:03.71	1:02.89
200 Fly	2:43.30	2:54.90	2:43.30	3:00.80	TBD	2:23.00	2:20.05
200 IM	2:39.20	2:45.70	2:39.20	2:45.10	TBD	2:24.72	2:22.56
400 IM	5:37.90	5:57.80	5:37.90	6:00.20	TBD	5:03.19	5:00.83

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

## 13-14 BOYS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	22.39	23.49	24.59	25.59	27.69	29.89
100 Free	48.69	51.09	53.39	55.69	1:00.29	1:04.99
200 Free	1:46.89	1:51.99	1:57.09	2:02.19	2:12.29	2:22.49
500 Free	4:49.29	5:03.09	5:16.89	5:30.59	5:58.19	6:25.69
1000 Free	9:58.49	10:26.99	10:55.49	11:23.99	12:20.99	13:17.99
1650 Free	16:47.19	17:35.19	18:23.09	19:11.09	20:46.99	22:22.89
50 Back	25.29	26.49	27.69	28.89	31.29	33.69
100 Back	53.49	55.99	58.59	1:01.09	1:06.19	1:11.29
200 Back	1:55.99	2:01.59	2:07.09	2:12.59	2:23.69	2:34.69
50 Breast	28.89	30.29	31.69	33.09	35.79	38.59
100 Breast	1:00.39	1:03.29	1:06.19	1:08.99	1:14.79	1:20.49
200 Breast	2:11.19	2:17.39	2:23.59	2:29.89	2:42.39	2:54.89
50 Fly	24.89	26.09	27.19	28.39	30.79	33.19
100 Fly	52.89	55.39	57.89	1:00.39	1:05.49	1:10.49
200 Fly	1:57.59	2:03.19	2:08.79	2:14.39	2:25.59	2:36.79
200 IM	1:58.49	2:04.09	2:09.79	2:15.39	2:26.69	2:37.99
400 IM	4:13.29	4:25.39	4:37.39	4:49.49	5:13.59	5:37.69

## 13-14 BOYS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025	2025	2025	2024			
	Spr A/G Champs	2025 JAG	Elite Champs	Sum A/G Champs	2025 WAG	NAT 10 <sup>th</sup> PL 13 YO	NAT 10 <sup>th</sup> PL 14 YO
50 Free	24.60	25.20	24.60	25.00	TBD	22.06	21.09
100 Free	53.20	54.40	53.20	54.90	TBD	47.81	46.22
200 Free	1:56.20	2:01.60	1:56.20	2:01.60	TBD	1:44.61	1:41.77
500 Free	5:16.90	5:30.70	5:16.90	5:36.20	TBD	4:43.14	4:34.19
1000 Free	11:06.50	11:58.00	11:06.50	11:46.90	TBD	9:50.25	9:25.40
1650 Free	18:50.30	19:54.40	18:50.30	20:00.40	TBD	16:22.28	15:55.39
50 Back	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Back	1:01.40	1:04.90	1:01.40	1:06.00	TBD	52.53	50.59
200 Back	2:13.30	2:24.30	2:13.30	2:25.40	TBD	1:54.56	1:51.32
50 Breast	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Breast	1:08.10	1:11.70	1:08.10	1:12.20	TBD	59.37	57.40
200 Breast	2:29.70	2:37.60	2:29.70	2:40.50	TBD	2:08.53	2:04.19
50 Fly	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Fly	59.40	1:02.20	59.40	1:01.80	TBD	52.21	50.44
200 Fly	2:18.10	2:30.60	2:18.10	2:33.70	TBD	1:56.50	1:52.25
200 IM	2:12.10	2:17.70	2:12.10	2:16.60	TBD	1:56.67	1:52.84
400 IM	4:45.00	5:05.00	4:45.00	5:04.80	TBD	4:10.61	4:02.06

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 10<sup>th</sup> place time is published for motivational purposes.

## 13-14 BOYS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	25.69	26.89	28.19	29.39	31.79	34.29
100 Free	56.39	58.99	1:01.69	1:04.39	1:09.79	1:15.09
200 Free	2:02.99	2:08.89	2:14.69	2:20.59	2:32.29	2:43.99
400 Free	4:21.29	4:33.79	4:46.19	4:58.69	5:23.49	5:48.39
800 Free	9:00.49	9:26.19	9:51.99	10:17.69	11:09.19	12:00.59
1500 Free	17:18.49	18:07.89	18:57.39	19:46.79	21:25.69	23:04.59
50 Back	29.69	31.09	32.49	33.89	36.69	39.49
100 Back	1:02.79	1:05.79	1:08.69	1:11.69	1:17.69	1:23.69
200 Back	2:16.29	2:22.79	2:29.29	2:35.79	2:48.79	3:01.79
50 Breast	32.99	34.59	36.19	37.69	40.89	43.99
100 Breast	1:10.29	1:13.69	1:16.99	1:20.39	1:27.09	1:33.79
200 Breast	2:32.09	2:39.39	2:46.59	2:53.79	3:08.29	3:22.79
50 Fly	27.99	29.29	30.59	31.89	34.59	37.29
100 Fly	1:00.29	1:03.09	1:05.99	1:08.89	1:14.59	1:20.29
200 Fly	2:14.79	2:21.19	2:27.59	2:33.99	2:46.79	2:59.69
200 IM	2:17.19	2:23.69	2:30.19	2:36.69	2:49.79	3:02.89
400 IM	4:52.99	5:06.99	5:20.89	5:34.89	6:02.79	6:30.69

## 13-14 BOYS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025		2025		2024		2024	
	Spr A/G	2025	Elite	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	Champs	JAG	Champs	Champs	WAG	PL 13 YO	PL 14 YO	
50 Free	28.10	28.70	28.10	28.60	TBD	25.45	24.30	
100 Free	1:00.70	1:02.00	1:00.70	1:02.50	TBD	55.56	53.28	
200 Free	2:12.20	2:18.10	2:12.20	2:18.20	TBD	2:01.26	1:56.49	
400 Free	4:42.90	4:55.10	4:42.90	5:00.00	TBD	4:17.95	4:08.57	
800 Free	9:54.90	10:40.80	9:54.90	10:30.90	TBD	8:53.97	8:37.74	
1500 Free	19:13.00	20:18.30	19:13.00	20:24.40	TBD	17:05.51	16:31.60	
50 Back	N/A	N/A	N/A	N/A	TBD	N/A	N/A	
100 Back	1:09.40	1:13.20	1:09.40	1:14.40	TBD	1:01.95	59.42	
200 Back	2:30.40	2:42.50	2:30.40	2:43.80	TBD	2:13.79	2:09.89	
50 Breast	N/A	N/A	N/A	N/A	TBD	N/A	N/A	
100 Breast	1:17.60	1:21.60	1:17.60	1:22.10	TBD	1:10.16	1:06.50	
200 Breast	2:48.60	2:58.90	2:48.60	3:02.10	TBD	2:30.21	2:25.33	
50 Fly	N/A	N/A	N/A	N/A	TBD	N/A	N/A	
100 Fly	1:07.40	1:10.40	1:07.40	1:10.00	TBD	59.41	57.53	
200 Fly	2:36.10	2:49.90	2:36.10	2:53.40	TBD	2:13.29	2:07.52	
200 IM	2:29.90	2:36.00	2:29.90	2:34.80	TBD	2:14.05	2:10.58	
400 IM	5:22.80	5:44.90	5:22.80	5:44.70	TBD	4:47.94	4:37.61	

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 10<sup>th</sup> place time is published for motivational purposes.



## 15-16 GIRLS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	23.89	24.99	26.09	27.29	29.49	31.79
100 Free	51.59	53.99	56.49	58.89	1:03.79	1:08.79
200 Free	1:51.79	1:57.09	2:02.39	2:07.69	2:18.39	2:28.99
500 Free	5:00.79	5:15.09	5:29.39	5:43.69	6:12.39	6:40.99
1000 Free	10:24.69	10:54.49	11:24.19	11:53.99	12:53.49	13:52.89
1650 Free	17:26.89	18:16.79	19:06.69	19:56.49	21:36.19	23:15.89
100 Back	56.09	58.69	1:01.39	1:04.09	1:09.39	1:14.69
200 Back	2:01.69	2:07.49	2:13.29	2:19.09	2:30.59	2:42.19
100 Breast	1:04.49	1:07.49	1:10.59	1:13.69	1:19.79	1:25.89
200 Breast	2:19.49	2:26.19	2:32.79	2:39.39	2:52.69	3:05.99
100 Fly	55.79	58.39	1:01.09	1:03.79	1:09.09	1:14.39
200 Fly	2:04.39	2:10.29	2:16.19	2:22.09	2:33.99	2:45.79
200 IM	2:04.59	2:10.59	2:16.49	2:22.39	2:34.29	2:46.19
400 IM	4:26.29	4:38.99	4:51.59	5:04.29	5:29.69	5:54.99

## 15-16 GIRLS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2024		2024
	2025	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	JAG	Champs	WAG	PL 15 YO	PL 16 YO
50 Free	25.40	26.00	TBD	22.78	22.58
100 Free	54.70	56.30	TBD	49.27	49.07
200 Free	2:00.60	2:03.80	TBD	1:47.61	1:45.88
500 Free	5:29.10	5:37.30	TBD	4:48.90	4:46.79
1000 Free	11:59.70	11:56.70	TBD	9:56.73	9:59.34
1650 Free	19:57.10	20:21.40	TBD	16:46.04	16:44.72
100 Back	1:04.00	1:06.00	TBD	54.14	52.78
200 Back	2:23.50	2:26.00	TBD	1:57.25	1:54.80
100 Breast	1:13.70	1:14.90	TBD	1:01.97	1:01.57
200 Breast	2:41.40	2:48.00	TBD	2:13.31	2:13.89
100 Fly	1:01.20	1:04.10	TBD	53.41	52.63
200 Fly	2:26.90	2:32.70	TBD	1:59.45	1:58.38
200 IM	2:17.50	2:20.30	TBD	1:59.09	1:58.66
400 IM	5:07.30	5:15.70	TBD	4:16.04	4:13.53

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 10<sup>th</sup> place time is published for motivational purposes.

## 15-16 GIRLS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	27.09	28.29	29.59	30.89	33.49	36.09
100 Free	58.79	1:01.59	1:04.39	1:07.19	1:12.79	1:18.39
200 Free	2:06.89	2:12.99	2:18.99	2:25.09	2:37.09	2:49.19
400 Free	4:26.39	4:39.09	4:51.79	5:04.49	5:29.89	5:55.19
800 Free	9:13.29	9:39.69	10:05.99	10:32.39	11:25.09	12:17.79
1500 Free	17:40.09	18:30.59	19:21.09	20:11.59	21:52.49	23:33.49
100 Back	1:05.19	1:08.29	1:11.39	1:14.49	1:20.69	1:26.89
200 Back	2:20.09	2:26.79	2:33.39	2:40.09	2:53.39	3:06.79
100 Breast	1:13.99	1:17.49	1:20.99	1:24.49	1:31.59	1:38.59
200 Breast	2:39.39	2:46.99	2:54.49	3:02.09	3:17.29	3:32.49
100 Fly	1:03.29	1:06.29	1:09.29	1:12.29	1:18.29	1:24.29
200 Fly	2:20.89	2:27.59	2:34.29	2:40.99	2:54.39	3:07.79
200 IM	2:23.39	2:30.19	2:36.99	2:43.89	2:57.49	3:11.19
400 IM	5:03.59	5:17.99	5:32.49	5:46.89	6:15.79	6:44.69

## 15-16 GIRLS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025		2024		2024
	2025	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	JAG	Champs	WAG	PL 15 YO	PL 16 YO
50 Free	29.00	29.60	TBD	26.22	25.87
100 Free	1:02.30	1:04.10	TBD	56.90	56.22
200 Free	2:17.00	2:20.60	TBD	2:03.94	2:01.28
400 Free	4:53.70	5:01.00	TBD	4:19.93	4:16.08
800 Free	10:42.30	10:39.60	TBD	8:55.99	8:52.16
1500 Free	20:21.00	20:45.80	TBD	17:09.49	17:08.71
100 Back	1:12.20	1:14.50	TBD	1:02.76	1:02.00
200 Back	2:41.60	2:44.50	TBD	2:15.66	2:13.73
100 Breast	1:23.80	1:25.10	TBD	1:11.25	1:10.34
200 Breast	3:03.10	3:10.40	TBD	2:33.32	2:31.77
100 Fly	1:09.30	1:12.50	TBD	1:01.57	1:00.79
200 Fly	2:45.80	2:52.30	TBD	2:16.93	2:14.62
200 IM	2:35.80	2:38.90	TBD	2:19.18	2:16.57
400 IM	5:47.50	5:56.80	TBD	4:54.63	4:51.50

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 10<sup>th</sup> place time is published for motivational purposes.

## 15-16 BOYS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	21.19	22.19	23.19	24.19	26.29	28.29
100 Free	46.49	48.79	50.99	53.19	57.59	1:01.99
200 Free	1:41.99	1:46.89	1:51.79	1:56.59	2:06.29	2:15.99
500 Free	4:36.29	4:49.49	5:02.69	5:15.79	5:42.09	6:08.39
1000 Free	9:38.89	10:06.39	10:33.99	11:01.59	11:56.69	12:51.79
1650 Free	16:04.99	16:50.89	17:36.89	18:22.79	19:54.69	21:26.59
100 Back	50.69	53.09	55.49	57.89	1:02.69	1:07.49
200 Back	1:50.69	1:55.99	2:01.29	2:06.59	2:17.09	2:27.59
100 Breast	57.69	1:00.39	1:03.19	1:05.89	1:11.39	1:16.89
200 Breast	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19	2:47.09
100 Fly	50.39	52.79	55.19	57.59	1:02.39	1:07.19
200 Fly	1:52.69	1:58.09	2:03.39	2:08.79	2:19.49	2:30.19
200 IM	1:53.19	1:58.59	2:03.99	2:09.39	2:20.19	2:30.89
400 IM	4:01.59	4:13.19	4:24.69	4:36.19	4:59.19	5:22.19

## 15-16 BOYS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2024		2024
	2025	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	JAG	Champs	WAG	PL 15 YO	PL 16 YO
50 Free	22.90	23.00	TBD	20.72	20.21
100 Free	49.40	51.50	TBD	45.25	44.42
200 Free	1:49.40	1:51.90	TBD	1:38.43	1:37.00
500 Free	5:02.20	5:06.90	TBD	4:26.95	4:23.42
1000 Free	11:12.80	11:12.60	TBD	9:16.92	9:12.99
1650 Free	19:14.30	19:06.90	TBD	15:27.41	15:21.22
100 Back	58.40	1:00.10	TBD	49.30	47.91
200 Back	2:12.20	2:14.50	TBD	1:47.86	1:45.24
100 Breast	1:04.30	1:05.80	TBD	55.92	54.80
200 Breast	2:24.90	2:29.10	TBD	2:02.67	1:58.76
100 Fly	54.60	56.20	TBD	49.04	47.64
200 Fly	2:09.90	2:15.90	TBD	1:49.37	1:46.89
200 IM	2:04.40	2:07.00	TBD	1:50.33	1:47.23
400 IM	4:36.10	4:44.30	TBD	3:55.36	3:49.49

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## 15-16 BOYS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	24.69	25.89	26.99	28.19	30.59	32.89
100 Free	53.79	56.39	58.99	1:01.49	1:06.69	1:11.79
200 Free	1:57.49	2:03.09	2:08.69	2:14.29	2:25.39	2:36.59
400 Free	4:10.49	4:22.49	4:34.39	4:46.39	5:10.19	5:34.09
800 Free	8:40.49	9:05.29	9:29.99	9:54.79	10:44.39	11:33.99
1500 Free	16:36.19	17:23.59	18:11.09	18:58.49	20:33.39	22:08.29
100 Back	59.49	1:02.39	1:05.19	1:07.99	1:13.69	1:19.39
200 Back	2:09.19	2:15.39	2:21.49	2:27.69	2:39.99	2:52.29
100 Breast	1:07.09	1:10.29	1:13.49	1:16.69	1:23.09	1:29.49
200 Breast	2:25.89	2:32.79	2:39.79	2:46.69	3:00.59	3:14.49
100 Fly	57.59	1:00.29	1:03.09	1:05.79	1:11.29	1:16.79
200 Fly	2:08.79	2:14.89	2:21.09	2:27.19	2:39.49	2:51.69
200 IM	2:12.09	2:18.39	2:24.69	2:30.99	2:43.59	2:56.19
400 IM	4:41.09	4:54.39	5:07.79	5:21.19	5:47.99	6:14.69

## 15-16 BOYS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025		2024		
	2025	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	JAG	Champs	WAG	PL 15 YO	PL 16 YO
50 Free	26.20	26.30	TBD	23.86	23.37
100 Free	56.40	58.70	TBD	52.17	51.18
200 Free	2:04.60	2:07.40	TBD	1:53.85	1:51.26
400 Free	4:29.70	4:33.90	TBD	4:01.70	3:57.71
800 Free	10:00.40	10:00.30	TBD	8:19.08	8:15.06
1500 Free	19:37.40	19:29.80	TBD	16:00.08	15:47.16
100 Back	1:06.00	1:07.90	TBD	58.03	57.36
200 Back	2:29.10	2:31.70	TBD	2:05.15	2:04.28
100 Breast	1:13.30	1:15.00	TBD	1:05.27	1:03.75
200 Breast	2:44.80	2:49.50	TBD	2:22.24	2:18.13
100 Fly	1:02.00	1:03.70	TBD	56.11	55.20
200 Fly	2:27.00	2:33.60	TBD	2:04.98	2:02.62
200 IM	2:21.30	2:24.10	TBD	2:08.91	2:04.96
400 IM	5:12.80	5:21.90	TBD	4:34.04	4:25.60

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## 17-18 GIRLS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	23.49	24.69	25.79	26.89	29.09	31.39
100 Free	51.09	53.49	55.89	58.39	1:03.19	1:08.09
200 Free	1:50.39	1:55.69	2:00.89	2:06.19	2:16.69	2:27.19
500 Free	4:57.39	5:11.59	5:25.69	5:39.89	6:08.19	6:36.49
1000 Free	10:19.59	10:49.09	11:18.59	11:48.09	12:47.09	13:46.09
1650 Free	17:05.39	17:54.29	18:43.09	19:31.89	21:09.59	22:47.19
100 Back	54.99	57.69	1:00.29	1:02.89	1:08.09	1:13.39
200 Back	1:59.09	2:04.79	2:10.39	2:16.09	2:27.39	2:38.79
100 Breast	1:03.59	1:06.69	1:09.69	1:12.69	1:18.79	1:24.79
200 Breast	2:18.49	2:25.09	2:31.69	2:38.29	2:51.49	3:04.69
100 Fly	55.19	57.79	1:00.39	1:03.09	1:08.29	1:13.59
200 Fly	2:02.09	2:07.89	2:13.69	2:19.49	2:31.19	2:42.79
200 IM	2:02.69	2:08.49	2:14.39	2:20.19	2:31.89	2:43.59
400 IM	4:22.99	4:35.49	4:47.99	5:00.59	5:25.59	5:50.69

## 17-18 GIRLS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2024		2024
	2025	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	JAG	Champs	WAG	PL 17 YO	PL 18 YO
50 Free	25.40	26.00	TBD	22.51	22.49
100 Free	54.70	56.30	TBD	49.09	48.71
200 Free	2:00.60	2:03.80	TBD	1:46.09	1:45.82
500 Free	5:29.10	5:37.30	TBD	4:45.38	4:42.95
1000 Free	11:59.70	11:56.70	TBD	9:54.56	9:52.56
1650 Free	19:57.10	20:21.40	TBD	16:33.29	16:14.39
100 Back	1:04.00	1:06.00	TBD	53.32	52.52
200 Back	2:23.50	2:26.00	TBD	1:56.16	1:53.92
100 Breast	1:13.70	1:14.90	TBD	1:01.14	1:00.09
200 Breast	2:41.40	2:48.00	TBD	2:12.54	2:11.78
100 Fly	1:01.20	1:04.10	TBD	52.77	52.38
200 Fly	2:26.90	2:32.70	TBD	1:56.93	1:56.37
200 IM	2:17.50	2:20.30	TBD	1:58.71	1:57.91
400 IM	5:07.30	5:15.70	TBD	4:12.70	4:11.11

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 10<sup>th</sup> place time is published for motivational purposes.

## 17-18 GIRLS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	26.89	28.19	29.49	30.69	33.29	35.89
100 Free	58.29	1:01.09	1:03.89	1:06.59	1:12.19	1:17.69
200 Free	2:05.79	2:11.69	2:17.69	2:23.69	2:35.69	2:47.69
400 Free	4:25.09	4:37.69	4:50.29	5:02.99	5:28.19	5:53.39
800 Free	9:07.79	9:33.79	9:59.89	10:25.99	11:18.19	12:10.29
1500 Free	17:30.69	18:20.69	19:10.79	20:00.79	21:40.79	23:20.89
100 Back	1:04.49	1:07.49	1:10.59	1:13.69	1:19.79	1:25.89
200 Back	2:19.29	2:25.99	2:32.59	2:39.19	2:52.49	3:05.79
100 Breast	1:13.09	1:16.59	1:20.09	1:23.59	1:30.49	1:37.49
200 Breast	2:37.49	2:44.99	2:52.49	2:59.99	3:14.99	3:29.89
100 Fly	1:02.69	1:05.69	1:08.69	1:11.69	1:17.69	1:23.59
200 Fly	2:18.39	2:24.99	2:31.59	2:38.19	2:51.39	3:04.49
200 IM	2:21.99	2:28.79	2:35.49	2:42.29	2:55.79	3:09.29
400 IM	5:00.29	5:14.49	5:28.79	5:43.09	6:11.69	6:40.29

## 17-18 GIRLS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025		2024		
	2025	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	JAG	Champs	WAG	PL 17 YO	PL 18 YO
50 Free	29.00	29.60	TBD	25.77	25.77
100 Free	1:02.30	1:04.10	TBD	55.99	55.80
200 Free	2:17.00	2:20.60	TBD	2:00.58	2:01.04
400 Free	4:53.70	5:01.00	TBD	4:12.36	4:15.62
800 Free	10:42.30	10:39.60	TBD	8:48.59	8:49.28
1500 Free	20:21.00	20:45.80	TBD	16:52.08	16:56.67
100 Back	1:12.20	1:14.50	TBD	1:02.00	1:01.70
200 Back	2:41.60	2:44.50	TBD	2:14.06	2:14.22
100 Breast	1:23.80	1:25.10	TBD	1:11.08	1:10.78
200 Breast	3:03.10	3:10.40	TBD	2:32.74	2:33.48
100 Fly	1:09.30	1:12.50	TBD	1:00.21	1:00.20
200 Fly	2:45.80	2:52.30	TBD	2:13.24	2:13.13
200 IM	2:35.80	2:38.90	TBD	2:16.27	2:16.83
400 IM	5:47.50	5:56.80	TBD	4:49.45	4:49.89

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 10<sup>th</sup> place time is published for motivational purposes.

## 17-18 BOYS

### SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	20.69	21.69	22.59	23.59	25.59	27.59
100 Free	45.29	47.39	49.59	51.69	55.99	1:00.29
200 Free	1:40.19	1:44.99	1:49.69	1:54.49	2:03.99	2:13.59
500 Free	4:32.39	4:45.39	4:58.39	5:11.39	5:37.29	6:03.19
1000 Free	9:30.19	9:57.29	10:24.49	10:51.59	11:45.89	12:40.19
1650 Free	15:51.79	16:37.09	17:22.39	18:07.69	19:38.39	21:08.99
100 Back	48.89	51.29	53.59	55.89	1:00.59	1:05.19
200 Back	1:47.89	1:53.09	1:58.19	2:03.29	2:13.59	2:23.89
100 Breast	55.99	58.69	1:01.39	1:03.99	1:09.39	1:14.69
200 Breast	2:01.69	2:07.49	2:13.29	2:19.09	2:30.69	2:42.29
100 Fly	49.09	51.39	53.69	56.09	1:00.79	1:05.39
200 Fly	1:49.79	1:55.09	2:00.29	2:05.49	2:15.99	2:26.39
200 IM	1:50.59	1:55.89	2:01.09	2:06.39	2:16.89	2:27.39
400 IM	3:57.99	4:09.39	4:20.69	4:31.99	4:54.69	5:17.39

## 17-18 BOYS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2024		2024
	2025	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>
	JAG	Champs	WAG	PL 17 YO	PL 18 YO
50 Free	22.90	23.00	TBD	19.90	19.65
100 Free	49.40	51.50	TBD	43.53	43.17
200 Free	1:49.40	1:51.90	TBD	1:36.43	1:34.66
500 Free	5:02.20	5:06.90	TBD	4:22.08	4:19.35
1000 Free	11:12.80	11:12.60	TBD	9:05.38	9:02.70
1650 Free	19:14.30	19:06.90	TBD	15:13.12	15:07.62
100 Back	58.40	1:00.10	TBD	47.24	46.40
200 Back	2:12.20	2:14.50	TBD	1:43.82	1:42.49
100 Breast	1:04.30	1:05.80	TBD	53.84	53.67
200 Breast	2:24.90	2:29.10	TBD	1:56.59	1:56.06
100 Fly	54.60	56.20	TBD	46.94	46.44
200 Fly	2:09.90	2:15.90	TBD	1:45.21	1:43.95
200 IM	2:04.40	2:07.00	TBD	1:46.66	1:45.01
400 IM	4:36.10	4:44.30	TBD	3:48.24	3:45.32

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## 17-18 BOYS

### LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	Nat	Nat	Nat
	AAAA	AAA	AA	A	BB	B
50 Free	23.99	25.09	26.19	27.39	29.59	31.89
100 Free	52.39	54.89	57.39	59.89	1:04.89	1:09.89
200 Free	1:54.69	2:00.09	2:05.59	2:11.09	2:21.99	2:32.89
400 Free	4:04.89	4:16.49	4:28.19	4:39.79	5:03.09	5:26.49
800 Free	8:28.49	8:52.69	9:16.89	9:41.09	10:29.49	11:17.89
1500 Free	16:19.39	17:05.99	17:52.59	18:39.29	20:12.49	21:45.79
100 Back	58.19	1:00.89	1:03.69	1:06.49	1:11.99	1:17.49
200 Back	2:06.89	2:12.89	2:18.99	2:24.99	2:37.09	2:49.19
100 Breast	1:05.09	1:08.19	1:11.29	1:14.39	1:20.59	1:26.69
200 Breast	2:21.89	2:28.59	2:35.39	2:42.19	2:55.69	3:09.19
100 Fly	55.99	58.69	1:01.29	1:03.99	1:09.29	1:14.59
200 Fly	2:05.29	2:11.29	2:17.19	2:23.19	2:35.09	2:46.99
200 IM	2:08.99	2:15.09	2:21.19	2:27.39	2:39.59	2:51.89
400 IM	4:35.69	4:48.79	5:01.89	5:15.09	5:41.29	6:07.59

## 17-18 BOYS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025		2024		2024	
	2025	Sum A/G	2025	NAT 10 <sup>th</sup>	NAT 10 <sup>th</sup>	
	JAG	Champs	WAG	PL 17 YO	PL 18 YO	
50 Free		26.20	26.30	TBD	23.18	22.89
100 Free		56.40	58.70	TBD	50.97	50.16
200 Free		2:04.60	2:07.40	TBD	1:51.84	1:50.56
400 Free		4:29.70	4:33.90	TBD	3:58.07	3:56.17
800 Free		10:00.40	10:00.30	TBD	8:3.69	8:13.68
1500 Free		19:37.40	19:29.80	TBD	15:42.40	15:44.83
100 Back		1:06.00	1:07.90	TBD	56.52	55.42
200 Back		2:29.10	2:31.70	TBD	2:02.51	2:01.40
100 Breast		1:13.30	1:15.00	TBD	1:02.98	1:02.79
200 Breast		2:44.80	2:49.50	TBD	2:15.91	2:17.00
100 Fly		1:02.00	1:03.70	TBD	54.48	53.72
200 Fly		2:27.00	2:33.60	TBD	2:00.90	2:01.19
200 IM		2:21.30	2:24.10	TBD	2:03.24	2:02.69
400 IM		5:12.80	5:21.90	TBD	4:24.93	4:25.88

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# SCS AGE GROUP RELAY STANDARDS – GIRLS

5-10	2025	2025	2025	2025	2025	2025	2025	2025
	Spr A/G	Spr A/G	Sum A/G	Sum A/G	Elite	Elite	2025	2025
	Champs	Champs	Champs	Champs	Champs	Champs	JAG/WAG	JAG/WAG
	Hard Cut	Soft Cut	Hard Cut	Soft Cut	Hard Cut	Soft Cut	Hard Cut	Soft Cut
200 Free Yards	2:09.40	2:11.70	2:11.10	2:14.30	2:09.40	2:11.70	2:15.60	2:18.30
200 Med Yards	2:30.60	2:33.30	2:34.60	2:38.40	2:30.60	2:33.30	2:38.90	2:42.10
200 Free Meters	2:26.80	2:29.40	2:28.80	2:32.40	2:26.80	2:29.40	2:33.60	2:36.70
200 Med Meters	2:50.30	2:53.30	2:54.70	2:59.00	2:50.30	2:53.30	2:59.40	3:03.00
<b>11-12</b>								
200 Free Yards	1:55.60	1:57.70	1:56.50	1:59.30	1:55.60	1:57.70	2:02.80	2:05.20
400 Free Yards	4:09.60	4:14.00	4:13.80	4:20.00	4:09.60	4:14.00	4:26.80	4:32.10
200 Med Yards	2:11.50	2:13.80	2:15.10	2:18.40	2:11.50	2:13.80	2:22.60	2:25.40
400 Med Yards	4:47.30	4:52.40	4:56.30	5:03.50	4:47.30	4:52.40	5:11.40	5:17.60
200 Free Meters	2:11.50	2:13.80	2:12.60	2:15.80	2:11.50	2:13.80	2:19.60	2:22.40
400 Free Meters	4:43.40	4:48.40	4:48.20	4:55.20	4:43.40	4:48.40	5:02.40	5:08.40
200 Med Meters	2:29.20	2:31.70	2:33.00	2:36.70	2:29.20	2:31.70	2:40.90	2:44.10
400 Med Meters	5:25.30	5:31.00	5:35.10	5:43.30	5:25.30	5:31.00	5:52.90	5:59.90
<b>13-14</b>								
200 Free Yards	1:50.40	1:52.40	1:51.50	1:54.20	1:50.40	1:52.40	1:57.20	1:59.50
400 Free Yards	3:55.60	4:00.00	4:01.80	4:07.70	3:55.60	4:00.00	4:13.60	4:18.70
800 Free Yards	8:29.10	8:38.00	8:42.00	8:54.80	8:29.10	8:38.00	9:04.40	9:15.30
200 Med Yards	4:28.60	4:33.30	4:38.50	4:45.30	4:28.60	4:33.30	4:53.70	4:59.60
400 Med Yards	4:28.60	4:33.30	4:38.50	4:45.30	4:28.60	4:33.30	4:53.70	4:59.60
200 Free Meters	2:05.70	2:07.90	2:06.60	2:09.70	2:05.70	2:07.90	2:13.20	2:15.90
400 Free Meters	4:27.90	4:32.60	4:34.50	4:41.20	4:27.90	4:32.60	4:47.60	4:53.30
800 Free Meters	9:37.90	9:48.00	9:52.10	10:06.60	9:37.90	9:48.00	10:16.40	10:28.70
200 Med Meters	5:04.50	5:09.90	5:15.20	5:22.90	5:04.50	5:09.90	5:31.80	5:38.40
400 Med Meters	5:04.50	5:09.90	5:25.20	5:22.90	5:04.50	5:09.90	5:31.80	5:38.40
<b>15-UP</b>								
200 Free Yards	N/A	N/A	1:48.30	1:51.00	N/A	N/A	1:58.80	2:01.20
400 Free Yards	N/A	N/A	3:52.60	3:58.30	N/A	N/A	4:15.20	4:20.30
800 Free Yards	N/A	N/A	8:22.70	8:35.00	N/A	N/A	9:05.60	9:16.50
200 Med Yards	N/A	N/A	4:29.40	4:36.00	N/A	N/A	4:56.30	5:02.20
400 Med Yards	N/A	N/A	4:29.40	4:36.00	N/A	N/A	4:56.30	5:02.20
200 Free Meters	N/A	N/A	2:03.50	2:06.60	N/A	N/A	2:15.60	2:18.30
400 Free Meters	N/A	N/A	4:24.60	4:31.10	N/A	N/A	4:49.60	4:55.40
800 Free Meters	N/A	N/A	9:30.80	10:18.40	N/A	N/A	10:18.80	10:31.20
200 Med Meters	N/A	N/A	5:05.20	5:12.60	N/A	N/A	5:35.10	5:41.80
400 Med Meters	N/A	N/A	5:05.20	5:12.60	N/A	N/A	5:35.10	5:41.80

# SCS AGE GROUP RELAY STANDARDS – BOYS

	2025 Spr A/G Champs Hard Cut	2025 Spr A/G Champs Soft Cut	2025 Sum A/G Champs Hard Cut	2025 Sum A/G Champs Soft Cut	2025 Elite Champs Soft Cut	2025 Elite Champs Hard Cut	2025 JAG/WAG Hard Cut	2025 JAG/WAG Soft Cut
<b>5-10</b>								
200 Free Yards	2:10.20	2:12.50	2:12.50	2:15.70	2:10.20	2:12.50	2:16.40	2:19.10
200 Med Yards	2:32.30	2:35.00	2:36.80	2:40.60	2:32.30	2:35.00	2:38.90	2:42.10
200 Free Meters	2:27.70	2:30.30	2:30.10	2:33.80	2:27.70	2:30.30	2:32.40	2:35.40
200 Med Meters	2:52.40	2:55.40	2:57.10	3:01.40	2:52.40	2:55.40	2:58.90	3:02.50
<b>11-12</b>								
200 Free Yards	1:56.60	1:58.70	1:56.10	1:58.90	1:56.60	1:58.70	2:03.20	2:05.60
400 Free Yards	4:09.30	4:13.70	4:15.40	4:21.60	4:09.30	4:13.70	4:24.80	4:30.10
200 Med Yards	2:13.20	2:15.60	2:16.20	2:19.50	2:13.20	2:15.60	2:23.50	2:26.40
400 Med Yards	4:49.70	4:54.80	4:59.60	5:07.00	4:49.70	4:54.80	5:15.70	5:22.00
200 Free Meters	2:12.60	2:15.00	2:12.10	2:15.30	2:12.60	2:15.00	2:17.60	2:20.30
400 Free Meters	4:43.10	4:48.10	4:49.70	4:56.80	4:43.10	4:48.10	5:00.40	5:06.40
200 Med Meters	2:31.10	2:33.80	2:34.30	2:38.10	2:31.10	2:33.80	2:41.20	2:44.40
400 Med Meters	5:28.00	5:33.80	5:38.60	5:46.90	5:28.00	5:33.80	5:54.60	6:01.70
<b>13-14</b>								
200 Free Yards	1:43.80	1:45.60	1:44.90	1:47.50	1:43.80	1:45.60	1:50.00	1:52.20
400 Free Yards	3:42.70	3:46.60	3:49.60	3:55.20	3:42.70	3:46.60	3:58.40	4:03.20
800 Free Yards	8:07.20	8:15.70	8:20.20	8:32.40	8:07.20	8:15.70	8:43.60	8:54.10
200 Med Yards	4:16.70	4:21.20	4:26.80	4:33.30	4:16.70	4:21.20	4:39.50	4:45.10
400 Med Yards	4:16.70	4:21.20	4:26.80	4:33.30	4:16.70	4:21.20	4:39.50	4:45.10
200 Free Meters	1:58.40	2:00.50	1:59.70	2:02.60	1:58.40	2:00.50	2:00.80	2:03.20
400 Free Meters	4:13.60	4:18.10	4:21.20	4:27.60	4:13.60	4:18.10	4:31.60	4:37.00
800 Free Meters	9:13.60	9:23.30	9:28.20	9:42.10	9:13.60	9:23.30	9:54.00	10:05.90
200 Med Meters	4:51.30	4:56.40	5:02.20	5:09.60	4:51.30	4:56.40	5:16.50	5:22.80
400 Med Meters	4:51.30	4:56.40	5:02.20	5:09.60	4:51.30	4:56.40	5:16.50	5:22.80
<b>15-UP</b>								
200 Free Yards	N/A	N/A	1:37.40	1:39.80	N/A	N/A	1:46.00	1:48.10
400 Free Yards	N/A	N/A	3:31.70	3:36.90	N/A	N/A	3:49.60	3:54.20
800 Free Yards	N/A	N/A	7:44.50	7:55.80	N/A	N/A	8:26.80	8:33.30
200 Med Yards	N/A	N/A	4:05.40	4:11.40	N/A	N/A	4:29.40	4:34.80
400 Med Yards	N/A	N/A	4:05.40	4:11.40	N/A	N/A	4:29.40	4:34.80
200 Free Meters	N/A	N/A	1:51.40	1:54.10	N/A	N/A	2:00.80	2:03.20
400 Free Meters	N/A	N/A	4:01.20	4:07.10	N/A	N/A	4:21.60	4:26.80
800 Free Meters	N/A	N/A	8:48.90	9:01.80	N/A	N/A	9:27.20	9:38.50
200 Med Meters	N/A	N/A	4:38.50	4:45.30	N/A	N/A	5:05.30	5:11.40
400 Med Meters	N/A	N/A	4:38.50	4:45.30	N/A	N/A	5:05.30	5:11.40

# SENIOR TIME STANDARDS – WOMEN

## SCS – SHORT COURSE YARDS

## SCS – LONG COURSE METERS

EVENT	SCS Sr		Sectional
	Devel	Sectionals	Bonus
50 Free	26.09	24.89	25.69
100 Free	56.59	53.99	55.49
200 Free	2:02.69	1:56.29	1:59.59
500 Free	5:29.09	5:10.69	5:19.49
1000 Free	11:21.19	10:39.89	10:57.99
1650 Free	18:57.79	17:46.59	18:16.79
100 Back	1:01.39	59.49	1:01.19
200 Back	2:13.89	2:08.59	2:12.29
100 Breast	1:10.49	1:07.59	1:09.49
200 Breast	2:32.79	2:28.19	2:32.39
100 Fly	1:01.39	59.19	1:00.89
200 Fly	2:15.79	2:10.09	2:13.79
200 IM	2:16.99	2:10.49	2:14.19
400 IM	4:52.29	4:39.09	4:46.99
200 Fr-R			
400 Fr-R		3:41.79	
800 Fr-R		8:00.19	
200 Med-R			
400 Med-R		4:02.69	

EVENT	SCS Sr		Sectional
	Devel	Sectionals	Bonus
50 Free	29.89	28.69	29.49
100 Free	1:04.99	1:01.89	1:03.69
200 Free	2:20.09	2:12.99	2:16.69
400 Free	4:54.49	4:39.69	4:47.59
800 Free	10:08.99	9:36.09	9:52.49
1500 Free	19:29.59	18:22.99	18:54.19
100 Back	1:11.79	1:09.49	1:11.39
200 Back	2:34.79	2:29.19	2:33.39
100 Breast	1:21.69	1:18.79	1:20.99
200 Breast	2:57.39	2:49.69	2:54.49
100 Fly	1:10.09	1:07.19	1:09.09
200 Fly	2:33.89	2:27.99	2:32.19
200 IM	2:37.59	2:31.09	2:35.39
400 IM	5:35.09	5:20.09	5:29.09
200 Fr-R			
400 Fr-R		4:11.59	
800 Fr-R		9:05.59	
200 Med-R			
400 Med-R		4:36.09	

# SENIOR TIME STANDARDS – WOMEN

## NATIONAL – SHORT COURSE YARDS

EVENT	2025	2025	2025	2025	2025	2025	2025	2025
	18-Under Futures	19-Over Futures	TYR Pro	TYR Pro 18-Un Bon	Jr National	Jr Nat 18-Un Bon	National	Nat 18-Un Bon
<b>50 Free</b>	23.89	22.79	22.49	22.99	22.99	23.29	22.19	22.29
<b>100 Free</b>	51.89	49.69	48.89	49.99	49.99	50.39	48.49	49.19
<b>200 Free</b>	1:52.29	1:47.39	1:46.19	1:48.29	1:48.29	1:49.09	1:44.99	1:47.09
<b>500 Free</b>	5:02.59	4:48.09	4:45.39	4:50.09	4:50.09	4:53.59	4:41.99	4:47.89
<b>1000 Free</b>	10:20.49	9:56.79	9:50.69	10:04.99	10:04.99	10:11.49	9:48.09	9:51.49
<b>1650 Free</b>	17:14.39	16:32.59	16:16.79	16:51.49	16:51.49	17:02.19	16:12.59	16:40.79
<b>100 Back</b>	57.09	54.49	53.09	54.39	54.39	55.09	52.39	53.09
<b>200 Back</b>	2:04.19	1:57.69	1:55.69	1:58.29	1:58.29	1:59.39	1:54.09	1:55.69
<b>100 Breast</b>	1:05.49	1:02.79	1:00.79	1:02.49	1:02.49	1:03.09	59.99	1:01.59
<b>200 Breast</b>	2:22.69	2:15.49	2:12.09	2:15.59	2:15.59	2:17.19	2:10.39	2:13.29
<b>100 Fly</b>	56.59	53.99	52.89	54.19	54.19	54.69	52.19	53.29
<b>200 Fly</b>	2:05.39	1:59.39	1:57.89	2:00.59	2:00.59	2:01.69	1:56.09	1:57.99
<b>200 IM</b>	2:06.39	2:00.59	1:58.49	2:01.19	2:01.19	2:02.19	1:57.09	1:58.89
<b>400 IM</b>	4:30.69	4:15.19	4:14.39	4:18.99	4:18.99	4:21.69	4:11.39	4:15.59
<b>200 Fr-R</b>								
<b>400 Fr-R</b>			3:25.49		3:25.49			
<b>800 Fr-R</b>			7:28.29		7:28.29			
<b>200 Med-R</b>								
<b>400 Med-R</b>			3:45.59		3:45.59			

# SENIOR TIME STANDARDS – WOMEN

## NATIONAL – LONG COURSE METERS

EVENT	2025	2025	2025	2025	2025	2025	2025	2025
	18-Under Futures	19-Over Futures	TYR Pro	TYR Pro 18-Un Bon	Jr National	Jr Nat 18-Un Bon	National	Nat 18-Un Bon
<b>50 Free</b>	27.39	26.59	25.89	26.59	26.59	26.89	25.69	25.79
<b>100 Free</b>	59.29	57.59	56.29	57.69	57.69	58.19	55.89	56.69
<b>200 Free</b>	2:07.79	2:04.29	2:02.29	2:04.99	2:04.99	2:04.99	2:01.19	2:02.39
<b>400 Free</b>	4:28.79	4:21.39	4:19.49	4:23.59	4:23.59	4:26.69	4:16.89	4:18.99
<b>800 Free</b>	9:13.79	8:58.69	8:50.79	9:06.79	9:06.79	9:06.79	8:46.79	8:55.89
<b>1500 Free</b>	17:40.19	17:11.29	17:00.19	17:26.79	17:26.79	17:26.79	16:49.19	17:03.49
<b>100 Back</b>	1:06.79	1:04.39	1:02.69	1:04.29	1:04.29	1:04.79	1:02.19	1:02.19
<b>200 Back</b>	2:23.99	2:18.29	2:15.89	2:19.29	2:19.29	2:19.59	2:14.59	2:14.59
<b>100 Breast</b>	1:15.99	1:13.29	1:10.99	1:13.29	1:13.29	1:13.79	1:10.29	1:10.89
<b>200 Breast</b>	2:43.39	2:38.29	2:34.19	2:38.59	2:38.59	2:38.59	2:32.39	2:33.29
<b>100 Fly</b>	1:04.69	1:02.39	1:00.79	1:02.49	1:02.49	1:02.69	1:00.19	1:00.69
<b>200 Fly</b>	2:21.89	2:16.99	2:16.49	2:18.39	2:18.39	2:18.39	2:14.59	2:15.49
<b>200 IM</b>	2:26.19	2:20.99	2:17.99	2:21.29	2:21.29	2:22.09	2:16.89	2:18.19
<b>400 IM</b>	5:07.29	4:57.29	4:54.69	5:00.29	5:00.29	5:00.29	4:51.79	4:51.79
<b>200 Fr-R</b>					3:55.69			
<b>400 Fr-R</b>	4:04.29	4:04.29	3:55.69		3:55.69			
<b>800 Fr-R</b>	8:40.89	8:40.89	8:29.99		8:29.99			
<b>200 Med-R</b>					4:21.49			
<b>400 Med-R</b>	4:33.79	4:33.79	4:21.49		4:21.49			

# SENIOR TIME STANDARDS – MEN

## SCS – SHORT COURSE YARDS

## SCS – LONG COURSE METERS

EVENT	SCS Sr		Sectional	EVENT	SCS Sr		Sectional
	Devel	Sectionals	Bonus		Devel	Sectionals	Bonus
50 Free	23.29	22.19	22.79	50 Free	26.79	25.89	26.59
100 Free	51.19	48.19	49.49	100 Free	59.19	56.09	57.69
200 Free	1:52.09	1:45.79	1:48.79	200 Free	2:09.29	2:03.09	2:06.59
500 Free	5:04.39	4:47.79	4:55.99	400 Free	4:34.19	4:21.09	4:28.49
1000 Free	10:34.99	9:59.49	10:16.39	800 Free	9:35.09	9:04.69	9:20.09
1650 Free	17:44.09	16:43.89	17:12.29	1500 Free	18:11.69	17:13.49	17:42.79
100 Back	55.99	53.89	55.39	100 Back	1:05.89	1:03.29	1:05.09
200 Back	2:01.59	1:57.29	2:00.59	200 Back	2:22.69	2:17.39	2:21.29
100 Breast	1:02.89	1:00.89	1:02.59	100 Breast	1:13.79	1:11.29	1:13.29
200 Breast	2:18.19	2:13.29	2:17.09	200 Breast	2:40.49	2:35.79	2:40.19
100 Fly	55.49	52.89	54.39	100 Fly	1:03.59	1:00.89	1:02.59
200 Fly	2:04.29	1:58.89	2:02.19	200 Fly	2:21.49	2:15.89	2:19.79
200 IM	2:04.69	1:58.19	2:01.59	200 IM	2:25.09	2:18.39	2:22.29
400 IM	4:28.59	4:14.69	4:21.89	400 IM	5:07.29	4:55.09	5:03.49
200 Fr-R				200 Fr-R			
400 Fr-R		3:18.59		400 Fr-R		3:46.89	
800 Fr-R		7:15.29		800 Fr-R		8:15.69	
200 Med-R				200 Med-R			
400 Med-R		3:38.99		400 Med-R		4:09.69	

# SENIOR TIME STANDARDS – MEN

## NATIONAL – SHORT COURSE YARDS

EVENT	2025	2025	2025		2025	2025	2025	2025
	18-Under Futures	19-Over Futures	2025 TYR Pro	TYR Pro 18-Un Bon	2025 Jr National	Jr Nat 18-Un Bon	2025 National	Nat 18-Un Bon
<b>50 Free</b>	21.29	20.39	19.59	20.39	20.39	20.59	19.39	19.99
<b>100 Free</b>	46.39	44.39	42.99	44.39	44.39	44.99	42.49	44.19
<b>200 Free</b>	1:41.59	1:38.09	1:34.89	1:37.89	1:37.89	1:38.59	1:33.69	1:35.69
<b>500 Free</b>	4:37.09	4:27.69	4:19.39	4:25.99	4:27.09	4:29.29	4:17.19	4:19.19
<b>1000 Free</b>	9:34.29	9:13.19	9:02.19	9:13.19	9:13.19	9:24.29	9:01.09	9:01.89
<b>1650 Free</b>	16:05.49	15:34.19	15:00.59	15:33.19	15:34.19	15:40.39	14:57.19	15:14.39
<b>100 Back</b>	51.49	48.89	46.79	48.79	48.79	49.29	46.19	47.79
<b>200 Back</b>	1:52.79	1:47.09	1:43.19	1:46.79	1:46.79	1:47.99	1:41.69	1:43.99
<b>100 Breast</b>	57.99	55.29	53.09	55.09	55.09	55.69	52.49	54.49
<b>200 Breast</b>	2:07.99	2:00.99	1:56.09	2:00.59	2:00.59	2:01.89	1:54.59	1:58.89
<b>100 Fly</b>	50.59	48.39	46.49	48.29	48.29	48.79	45.99	47.59
<b>200 Fly</b>	1:53.69	1:47.89	1:44.69	1:47.89	1:47.89	1:49.29	1:43.39	1:45.99
<b>200 IM</b>	1:53.89	1:48.89	1:45.09	1:48.79	1:48.79	1:49.79	1:43.89	1:45.99
<b>400 IM</b>	4:06.99	3:52.69	3:46.99	3:52.69	3:52.69	3:56.99	3:45.49	3:49.29
<b>200 Fr-R</b>								
<b>400 Fr-R</b>			3:03.99		3:03.99			
<b>800 Fr-R</b>			6:45.49		6:45.49			
<b>200 Med-R</b>								
<b>400 Med-R</b>			3:21.39		3:21.39			

# SENIOR TIME STANDARDS – MEN

## NATIONAL – LONG COURSE METERS

EVENT	2025	2025	2025	2025	2025	2025	2025	2025
	18-Under Futures	19-Over Futures	TYR Pro	TYR Pro 18-Un Bon	Jr National	Jr Nat 18-Un Bon	National	Nat 18-Un Bon
<b>50 Free</b>	24.59	23.79	22.89	23.79	23.79	24.09	22.69	23.09
<b>100 Free</b>	53.59	51.99	50.09	51.99	51.99	52.59	49.69	50.79
<b>200 Free</b>	1:57.79	1:54.09	1:50.79	1:54.09	1:54.09	1:55.29	1:49.89	1:50.49
<b>400 Free</b>	4:09.99	4:02.79	3:57.69	4:02.49	4:02.49	4:05.29	3:55.59	3:55.59
<b>800 Free</b>	8:40.69	8:23.09	8:11.09	8:23.09	8:23.09	8:28.19	8:07.59	8:12.99
<b>1500 Free</b>	16:38.99	16:05.09	15:44.69	16:05.09	16:05.09	16:14.79	15:37.69	15:44.89
<b>100 Back</b>	1:00.59	58.19	56.19	58.19	58.19	58.79	55.69	56.49
<b>200 Back</b>	2:11.89	2:06.99	2:03.29	2:06.99	2:06.99	2:08.29	2:02.09	2:02.39
<b>100 Breast</b>	1:08.19	1:05.29	1:02.69	1:05.19	1:05.19	1:05.99	1:02.09	1:02.89
<b>200 Breast</b>	2:29.09	2:22.89	2:17.39	2:22.59	2:22.59	2:24.39	2:16.09	2:16.99
<b>100 Fly</b>	57.99	55.99	53.99	55.89	55.89	56.59	53.49	54.29
<b>200 Fly</b>	2:10.19	2:05.09	2:01.69	2:05.09	2:05.09	2:06.39	2:00.89	2:01.29
<b>200 IM</b>	2:12.79	2:08.19	2:04.19	2:07.99	2:07.99	2:09.49	2:02.89	2:04.29
<b>400 IM</b>	4:42.39	4:33.09	4:26.89	4:33.09	4:33.09	4:35.89	4:24.69	4:25.19
<b>200 Fr-R</b>					3:33.59			
<b>400 Fr-R</b>	3:40.89	3:40.89	3:33.59		3:33.59			
<b>800 Fr-R</b>	8:00.49	8:00.49	7:47.69		7:47.69			
<b>200 Med-R</b>					3:56.29			
<b>400 Med R</b>	4:05.89	4:05.89	3:56.29		3:56.29			





# RECORDS

SCS and NAG 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	31.11 (23)	Grace Wang, NOVA
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	36.96 (23)	Grace Wang, NOVA
50 M Breaststroke	41.55 (19)	Gabi Brito, WEST
50 M Butterfly	33.71 (23)	Grace Wang, NOVA
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	35.91(13)	Ricky Kurosawa, BCH
50 Y Butterfly	30.69 (19)	Andy Lee, UNAT
100 Y Ind. Medley	1:11.79 (16)	Holden LeVine, UN
200 Y Free Relay	2:06.88 (20)	Irvine Novaquatics
200 Y Medley Relay	2:20.82 (23)	Waterworks Aquatics

#### *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	2:40.99 (23)	Waterworks Aquatics

# SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 5-10 GIRLS

## Short Course

<b>SCS</b>			<b>NAG</b>	
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)
Haylee Pramono, AZOT	1:09.51 (22)	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	1:01.50 (27)
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	DART Swimming, SN	1:46.49 (22)
Mission Viejo Nadadores	2:03.48 (13)	200 Y Medley Relay	Schroeder YMCA, WI	2:00.98 (23)

## Long Course

<b>SCS</b>			<b>NAG</b>	
Ella Eastin, NOVA	29.06 (08)	50 M Freestyle	Adele Zyniewiez, 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

<i>Short Course</i>				
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)
Vincent Casciaro, NOVA	1:59.24 (23)	200 Y Freestyle	Kaii Winkler, FG	1:56.41 (17)
Vincent Casciaro, NOVA	5:16.52 (23)	500 Y Freestyle	Trevan Valena, NT	5:06.32 (18)
Ronald Dalmacio, ROSE	26.91 (15)	50 Y Backstroke	Ronald Dalmacio, CA	26.91 (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)	100 Y Ind. Medley	Ayden Tan, SN	1:00.89 (23)
Charlie Rimkus, UN	2:14.85 (02)	200 Y Ind. Medley	Ayden Tan, SN	2:10.12 (23)
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)

<i>Long Course</i>				
SCS				NAG
Ben Yang, MVN	28.80 (22)	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)
Vincent Casciaro, NOVA	4:42.27 (23)	400 M Freestyle	Adam Hinshaw, PC	4:36.22 (04)
Ronald Dalmacio, ROSE	30.95 (15)	50 M Backstroke	Ayden Tan, SN	30.82 (23)
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)
Sahiel Pai, NOVA	1:19.94 (23)	100 M Breaststroke	Ayden Tan, SN	1:18.56 (23)
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	Ayden Tan, SN	2:27.38 (23)
Irvine Novaquatics	2:01.35 (15)	200 M Free Relay	Irvine Novaquatics, CA	2:01.35 (15)
Irvine Novaquatics	2:15.24 (23)	200 M Medley Relay	Irvine Novaquatics, CA	2:15.24 (23)

# SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS

## 11-12 GIRLS

<b>SCS</b>	<b>Short Course</b>		<b>NAG</b>	
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	Claire Tuggle, CC	4:49.32 (17)
Kayla Han, RMDA	10:04.27 (21)	1000 Y Freestyle	Chloe Sutton, SE	9:57.33 (05)
Adalyn Lee, BREA	16:57.89 (24)	1650 Y Freestyle	Chloe Sutton, SE	16:34.13 (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	Grace Koenig-Song	1:02.02 (23)
Adalyn Lee, BREA	2:20.13 (24)	200 Y Breaststroke	Mikayla Tan, SN	2:15.38 (22)
Ella Eastin, NOVA	24.87 (10)	50 Y Butterfly	Claire Curzan, NC	24.39 (17)
Ella Eastin, NOVA	55.51 (10)	100 Y Butterfly	Claire Curzan, 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)
Adalyn Lee, BREA	4:22.38 (24)	400 Y Ind. Medley	Mikalya Tan, SN	4:18.99 (23)
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)
<b>SCS</b>	<b>Long Course</b>		<b>NAG</b>	
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)
Kayla Han, RMDA	4:17.65 (21)	400 M Freestyle	Kayla Han, RMDA	4:17.65 (21)
Kayla Han, RMDA	8:50.58 (21)	800 M Freestyle	Kayla Han, RMDA	8:50.58 (21)
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	Amanda Adkins, CO	1:02.65 (00)
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	Audrey Derivaux, MA	1:01.41 (22)
Kayla Han, RMDA	2:18.94 (21)	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	4:50.70 (21)	400 M Ind. Medley	Kayla Han, RMDA	4:50.70 (21)
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	TAC Titans, NC	4:00.78 (24)
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

<b>SCS</b>	<b>Short Course</b>		<b>NAG</b>	
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	Jude Burkhardt, MD	16:05.52 (24)
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)
Peter Vu, NOVA	2:12.10 (21)	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)
Peter Vu, NOVA	55.37 (21)	100 Y Ind. Medley	Michael Andrew, MV	53.86 (12)
Peter Vu, NOVA	1:59.06 (21)	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	1:36.20 (22)	200 Y Free Relay	Dynamo Swim Club, GA	1:33.59 (20)
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)
<b>SCS</b>	<b>Long Course</b>		<b>NAG</b>	
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 Aug, SN	55.03 (15)
Ronald Dalmacio, ROSE	2:02.13 (17)	200 M Freestyle	Winn Aug, 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)
Peter Vu, NOVA	1:09.24 (21)	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)
Aiden Yeo, MVN	1:01.23 (22)	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)	
Claire Weinstein, SAND	1:44.72 (21)	200 Y Freestyle	Missy Franklin, CO	1:44.55 (10)	
Claire Weinstein, SAND	4:38.46 (21)	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)	
Claire Weinstein, SAND	15:52.84 (21)	1650 Y Freestyle	Claire Weinstein, CA	15:52.84 (22)	
Teagan O'Dell, NOVA	52.92 (21)	100 Y Backstroke	Charlotte Crush, KY	50.44 (23)	
Abby Richter, BCH	1:55.24 (14)	200 Y Backstroke	Charlotte Crush, KY	1:50.95 (23)	
Bella Brito, CITI	1:00.06 (22)	100 Y Breaststroke	Alexis Wenger, MI	1:00.02 (15)	
Bella Brito, CITI	2:11.79 (22)	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	Audrey Derivaux, MA	1:54.33 (24)	
Justina Kozan, BREA	1:58.57 (18)	200 Y Ind. Medley	Audrey Derivaux, MA	1:55.73 (24)	
Ella Eastin, NOVA	4:09.27 (21)	400 Y Ind. Medley	Kayla Han, CA	4:06.95 (22)	
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)	
Irvine Novaquatics	3:45.27 (21)	400 Y Medley Relay	TAC Titans, NC	3:38.62 (24)	

### Long Course

SCS			NAG		
Gabriella Brito, CITI	25.42 (24)	50 M Freestyle	Rylee Erisman, FL	24.98 (24)	
Teagan O'Dell, NOVA	55.82 (21)	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)	
Claire Weinstein, SAND	1:58.53 (22)		Claire Weinstein, CA	1:58.53 (22)	
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)	
Teagan O'Dell, NOVA	1:00.88 (21)	100 M Backstroke	Regan Smith, MN	1:00.26 (16)	
Teagan O'Dell, NOVA	2:09.57 (21)	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)	
Teagan O'Dell, NOVA	2:12.53 (21)	200 M Ind. Medley	Teagan O'Dell, CA	2:12.53 (21)	
Kayla Han, RMDA	4:42.96 (23)	400 M Ind. Medley	Becca Mann, FL	4:39.76 (12)	
Sandpipers of Nevada	1:47.13 (19)	200 M Free Relay	North Texas Nadadores, NT	1:47.05 (21)	
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)	
Irvine Novaquatics	1:58.99 (21)	200 M Medley Relay	Elmbrook Swim Club, WI	1:57.47 (19)	
Beach Cities Swimming	4:19.66 (24)	400 M Medley Relay	SwimMac, NC	4:14.26 (18)	

# SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS

## 13-14 BOYS

### Short Course

<b>SCS</b>		<b>NAG</b>		
Ronald Dalmacio, ROSE	20.82(18)	50 Y Freestyle	Michael Andrew, MV	19.76 (14)
Ronald Dalmacio, UN	45.62 (19)	100 Y Freestyle	Thomas Heilman, VA	43.51 (21)
Andrew Maksymowski, UN	1:38.54 (23)	200 Y Freestyle	Thomas Heilman, VA	1:34.68 (21)
Andrew Maksymowski, UN	4:27.26 (23)	500 Y Freestyle	Luka Mijatovic, PC	4:21.87 (23)
Brad Gonzales, NOVA	9:11.91 (13)	1000 Y Freestyle	Luka Mijatovic, PC	8:55.41 (23)
Noah Brune, MVN	15:21.16 (16)	1650 Y Freestyle	Luka Mijatovic, PC	15:00.95 (23)
Ronald Dalmacio, ROSE	48.64 (18)	100 Y Backstroke	Daniel Diehl, MD	47.44 (20)
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)
Elonzo Santos, RMDA	2:02.59 (23)	200 Y Breaststroke	Reece Whitley, MA	1:55.52 (14)
Ronald Dalmacio, UN	48.81 (19)	100 Y Butterfly	Thomas Heilman, VA	45.81 (21)
Tonahuac Zinn, SCAL	1:49.22 (19)	200 Y Butterfly	Thomas Heilman, VA	1:42.77 (21)
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	Luka Mijatovic, PC	3:47.91 (24)
Irvine Novaquatics	1:27.72 (22)	200 Y Free Relay	Scottsdale Aquatic Club, AZ	1:25.63 (13)
Irvine Novaquatics	3:09.70 (15)	400 Y Free Relay	Cavalier Aquatics, VA	3:07.45 (21)
Irvine Novaquatics	6:51.26 (22)	800 Y Free Relay	SwimMAC Carolina, NC	6:51.02 (24)
Rose Bowl Aquatics	1:37.00 (19)	200 Y Medley Relay	Carmel Swim Club, IN	1:34.61 (20)
Aquazot Swim Club	3:29.45 (11)	400 Y Medley Relay	Carmel Swim Club, IN	3:24.49 (20)

### Long Course

<b>SCS</b>		<b>NAG</b>		
Ronald Dalmacio, UN	23.81 (19)	50 M Freestyle	Thomas Heilman, VA	22.95 (21)
Kaihan Gu, ROSE	51.95 (18)	100 M Freestyle	Thomas Heilman, VA	51.12 (21)
Hojoon Lee, RAPD	1:51.90 (15)	200 M Freestyle	Luka Mijatovic, PC	1:49.63 (24)
Hojoon Lee, RAPD	3:58.15 (15)	400 M Freestyle	Luka Mijatovic, PC	3:51.18 (24)
Janardan Burns, MVN	8:20.00 (10)	800 M Freestyle	Luka Mijatovic, PC	7:59.64 (23)
Jesse Vassallo, MVN	15:31.03 (76)	1500 M Freestyle	Luka Mijatovic, PC	15:26.73 (24)
Ronald Dalmacio, UN	57.84 (19)	100 M Backstroke	Thomas McMillan, IL	56.36 (24)
Aaron Peirsol, NOVA	2:02.78 (98)	200 M Backstroke	Keaton Jones, AZ	2:00.28 (19)
Peter Vu, NOVA	1:05.30 (23)	100 M Breaststroke	Ian Cali, SE	1:02.22 (23)
Parker Macy, MVN	2:21.63 (18)	200 M Breaststroke	Wilson York, KY	2:15.11 (24)
Connor Lee, SPS	55.97 (15)	100 M Butterfly	Thomas Hellman, VA	53.27 (21)
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	Shareef Elaydi, PC	2:03.73 (24)
Luke Ellis, SAND	4:30.27 (21)	400 M Ind. Medley	Luka Mijatovic, PC	4:24.20 (24)
Irvine Novaquatics, CA	1:39.22 (24)	200 M Free Relay	Washington Township, IN	1:39.56 (14)
Irvine Novaquatics, CA	3:37.47 (19)	400 M Free Relay	Aquajets Swim Team, MN	3:36.01 (21)
Irvine Novaquatics, CA	7:54.15 (19)	800 M Free Relay	SwimMAC Carolina, NC	7:49.60 (21)
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

<b>SCS</b>		<b>NAG</b>		
Lindsey Engel, OCV	22.24 (12)	50 Y Freestyle	Claire Curzan, NC	21.50 (21)
Ava De Anda, RAA	48.27 (24)	100 Y Freestyle	Claire Curzan, NC	47.23 (20)
Bella Sims, SAND	1:42.92 (21)	200 Y Freestyle	Katie Ledecky, PV	1:42.03 (13)
Claire Weinstein, SAND	4:29.38 (23)	500 Y Freestyle	Katie Ledecky, PV	4:28.71 (14)
Claire Weinstein, SAND	9:17.85 (23)	1000 Y Freestyle	Katie Ledecky, PV	9:14.22 (13)
Katie Grimes, SAND	15:26.17 (22)	1650 Y Freestyle	Katie Ledecky, PV	15:15.17 (13)
Teagan O'Dell, MVN	50.96 (23)	100 Y Backstroke	Charlotte Crush, KY	49.53 (23)
Teagan O'Dell, MVN	1:51.00 (22)	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	49.51 (21)
Katie Grimes, SAND	1:52.28 (22)	200 Y Butterfly	Regan Smith, MN	1:51.24 (18)
Teagan O'Dell, MVN	1:53.38 (23)	200 Y Ind. Medley	Teagan O'Dell, CA	1:53.38 (23)
Katie Grimes, SAND	3:57.02 (22)	400 Y Ind. Medley	Katie Grimes, SAND	3:57.02 (22)
Mission Viejo Nadadores	1:31.11 (22)	200 Y Free Relay	Virginia Gators, VA	1:30.99 (17)
Mission Viejo Nadadores	3:18.34 (22)	400 Y Free Relay	Gator Swim Club, FL	3:19.17 (16)
Sandpipers of Nevada	7:11.65 (22)	800 Y Free Relay	Nation's Capital SC, PV	7:08.94 (20)
Mission Viejo Nadadores	1:39.93 (22)	200 Y Medley Relay	Virginia Gators, VA	1:39.21 (17)
Mission Viejo Nadadores	3:40.01 (22)	400 Y Medley Relay	Virginia Gators, VA	3:36.53 (17)

## Long Course

<b>SCS</b>		<b>NAG</b>		
Abbey Weitzel, CANY	25.27 (13)	50 M Freestyle	Claire Curzan, NC	24.17 (21)
Claire Weinstein, SAND	55.07 (23)	100 M Freestyle	Claire Curzan, NC	53.55 (21)
Claire Weinstein, SAND	1:55.26 (23)	200 M Freestyle	Missy Johnson, CO	1:55.06 (11)
Janet Evans, FAST	4:05.45 (88)	400 M Freestyle	Kathleen Ledecky, PV	3:59.82 (13)
Katie Grimes, SAND	8:17.05 (21)	800 M Freestyle	Kathleen Ledecky, PV	8:13.86 (13)
Katie Grimes, SAND	15:44.89 (22)	1500 M Freestyle	Kathleen Ledecky, PV	15:36.53 (13)
Teagan O'Dell, MVN	59.51 (23)	100 M Backstroke	Claire Curzan, NC	58.82 (21)
Teagan O'Dell, MVN	2:08.09 (23)	200 M Backstroke	Missy Johnson, 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	Claire Curzan, NC	56.20 (21)
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	Leah Hayes, IL	2:08.91 (22)
Katie Grimes, SAND	4:32.67 (22)	400 M Ind. Medley	Katie Grimes, SAND	4:32.67 (22)
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	3:47.69 (23)
Sandpipers of Nevada	8:31.22 (24)	800 M Free Relay	Carmel Swim Club, IN	8:11.73 (23)
Irvine Novaquatics	1:56.57 (22)	200 M Medley Relay	Aquajets Swim Team, MN	1:54.41 (13)
Irvine Novaquatics	4:22.25 (17)	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

<b>SCS</b>				<b>NAG</b>
Vladimir Morozov, TORR	19.96 (09)	50 Y Freestyle	Michael Andrew, MV Thomas Heilman, VA	19.24 (15) 19.24 (23)
Vladimir Morozov, TORR	43.71 (09)	100 Y Freestyle	Kaii Winkler, FG	41.96 (23)
Kyle Gornay, RST	1:34.99 (13)	200 Y Freestyle	Thomas Heilman, VA	1:32.46 (23)
Jeff Kostoff, IHAC	4:19.13 (82)	500 Y Freestyle	Luka Mijatovic, PC	4:12.34 (24)
Jeff Kostoff, IHAC	8:49.97 (82)	1000 Y Freestyle	Matthew Hirschberger, PV	8:45.11 (15)
Gabriel Manteufel, SAND	14:41.22 (23)	1650 Y Freestyle	Liam Custer, FL	14:37.86 (20)
Ray Liu, ROSE	47.66 (23)	100 Y Backstroke	Anthony Grimm, PV	45.60 (19)
Thomas Smith, AZOT	1:43.71 (14)	200 Y Backstroke	Baylor Stanton, GA	1:40.58 (24)
Daniel Li, ROSE	52.92 (22)	100 Y Breaststroke	Michael Andrew, MV	51.75 (15)
Daniel Li, ROSE	1:55.74 (22)	200 Y Breaststroke	Reece Whitley, MA	1:52.37 (16)
Ilya Kharun, SAND	45.59 (21)	100 Y Butterfly	Thomas Heilman, VA	44.67 (22)
Ilya Kharun, SAND	1:42.39 (21)	200 Y Butterfly	Thomas Heilman, VA	1:40.73 (23)
Humberto Najera, MVN	1:47.26 (21)	200 Y Ind. Medley	Thomas Heilman, VA	1:41.41 (23)
Humberto Najera, UN	3:47.33 (21)	400 Y Ind. Medley	Maximum Williamson, NT	3:39.83 (22)
Rose Bowl Aquatics	1:22.10 (21)	200 Y Free Relay	Central Ohio Aquatics, OH	1:21.75 (22)
Rose Bowl Aquatics	2:59.57 (21)	400 Y Free Relay	Rose Bowl Aquatics, CA	2:59.57 (21)
Rose Bowl Aquatics	6:30.45 (21)	800 Y Free Relay	Rose Bowl Aquatics, CA	6:30.45 (21)
Rose Bowl Aquatics	1:30.53 (22)	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	3:13.95 (22)

### Long Course

<b>SCS</b>				<b>NAG</b>
Vladimir Morozov, TORR	22.44 (08)	50 M Freestyle	Michael Andrew, MV	22.33 (16)
Vladimir Morozov, TORR	50.23 (08)	100 M Freestyle	Kaii Winkler, FG	48.81 (23)
Gabriel Manteufel, SAND	1:50.01 (24)	200 M Freestyle	Maximus Williamson, NT	1:47.29 (23)
John Mykkanen, NOVA	3:53.69 (83)	400 M Freestyle	Luka Mijatovic, PC	3:49.24 (24)
Luke Ellis, SAND	7:56.40 (23)	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)
Minkyu Noh, EVO	55.60 (24)	100 M Backstroke	Daniel Diehl, MD	53.27 (22)
Aaron Peirsol, NOVA	1:57.03 (00)	200 M Backstroke	Aaron Peirsol, CA	1:57.03 (00)
Daniel Li, ROSE	1:01.93 (22)	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)
Caleb Kattau, SAND	54.05 (24)	100 M Butterfly	Thomas Heilman, VA	51.19 (23)
Corey Okubo, AZOT	1:58.58 (12)	200 M Butterfly	Thomas Heilman, VA	1:53.82 (23)
Minkyu Noh, EVO	2:03.15 (24)	200 M Ind. Medley	Maximus Williamson, NT	1:58.65 (23)
Anthony Dornoff, RMDA	4:20.65 (24)	400 M Ind. Medley	Carson Foster, OH	4:14.73 (18)
Irvine Novaquatics	1:34.63 (16)	200 M Free Relay	Central Ohio Aquatics, OH	1:33.20 (24)
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	1:46.25 (23)	200 M Medley Relay	King Aquatic Club, PN	1:44.60 (13)
Rose Bowl Aquatics	3:52.88 (21)	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

<b>SCS</b>				<b>NAG</b>
Abbey Weitzel, CANY	21.49 (14)	50 Y Freestyle	Simone Manuel, GU	21.32 (15)
Abbey Weitzel, CANY	46.29 (14)	100 Y Freestyle	Simone Manuel, GU	46.09 (15)
Bella Sims, SAND	1:40.78 (23)	200 Y Freestyle	Missy Franklin, PC	1:40.31 (14)
Katie Grimes, SAND	4:28.27 (23)	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)
Bella Sims, SAND	50.53 (22)	100 Y Backstroke	Claire Curzan, NC	49.46 (23)
Bella Sims, SAND	1:48.32 (22)	200 Y Backstroke	Regan Smith, MN	1:47.16 (19)
Jessica Hardy, NOVA	59.20 (05)	100 Y Breaststroke	Lydia Jacoby, ST	57.29 (23)
Kirsten Vose, UN	2:07.46 (15)	200 Y Breaststroke	Lydia Jacoby, ST	2:04.32 (23)
Kendyl Stewart, UN	51.32 (13)	100 Y Butterfly	Claire Curzan, NC	49.24 (22)
Bella Sims, SAND	1:51.06 (22)	200 Y Butterfly	Alex Shackell, IN	1:50.15 (23)
Bella Sims, SAND	1:52.73 (22)	200 Y Ind. Medley	Kate Douglass, VA	1:51.36 (20)
Bella Sims, SAND	3:56.59 (22)	400 Y Ind. Medley	Bella Sims, SAND	3:56.59 (22)
Canyons Aquatics	1:33.44 (14)	200 Y Free Relay	Nashville Aquatic Club, TN	1:29.69 (20)
SoCal Aquatics	3:23.81 (19)	400 Y Free Relay	SwimMAC, NC	3:16.62 (15)
Mission Viejo Nadadores	7:13.58 (23)	800 Y Free Relay	Nashville Aquatic Club, TN	7:06.69 (22)
Canyons Aquatics	1:42.81 (14)	200 Y Medley Relay	Aquajets Swim Team, MN	1:36.90 (22)
Canyons Aquatics	3:41.59 (20)	400 Y Medley Relay	Elmbrook Swim Club, WI	3:32.10 (23)

## Long Course

<b>SCS</b>				<b>NAG</b>
Abbey Weitzel, CANY	24.80 (14)	50 M Freestyle	Claire Curzan, NC	24.43 (22)
Bella Sims, SAND	53.73 (23)	100 M Freestyle	Simone Manuel, GU	53.25 (14)
Claire Weinstein, SAND	1:54.88 (24)	200 M Freestyle	Katie Ledecky, PV	1:54.43 (16)
Bella Sims, SAND	4:03.25 (23)	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)
Teagan O'Dell, MVN	59.72 (24)	100 M Backstroke	Regan Smith, MN	57.57 (19)
Katie Grimes, SAND	2:07.72 (24)	200 M Backstroke	Regan Smith, MN	2:03.35 (19)
Jessica Hardy, NOVA	1:06.20 (05)	100 M Breaststroke	Lydia Jacoby, AK	1:04.95 (21)
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	Torri Huske, PV	55.66 (21)
Katie McLaughlin, MVN	2:06.95 (15)	200 M Butterfly	Alex Shackell, IN	2:06.10 (24)
Teagan O'Dell, MVN	2:11.57 (24)	200 M Ind. Medley	Alex Walsh, SE	2:09.01 (19)
Katie Grimes, SAND	4:31.41 (23)	400 M Ind. Medley	Katie Grimes, SAND	4:31.41 (23)
JCC Waves	1:47.16 (13)	200 M Free Relay	Elevation Athletics, CO	1:44.34 (22)
Rose Bowl Aquatics	3:51.66 (16)	400 M Free Relay	SwimMAC Carolina, 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	TAC Titans, NC	4:08.71 (22)

# SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 17-18 BOYS

## Short Course

<b>SCS</b>			<b>NAG</b>
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	Maximum Williamson, NT 1:31.37 (23)
Rex Maurer, ROSE	4:12.33 (22)	500 Y Freestyle	Luke Hobson, ST 4:08.42 (22)
Luke Ellis, SAND	8:45.19 (23)	1000 Y Freestyle	Luke Hobson, ST 8:43.66 (22)
Luke Ellis, SAND	14:29.48 (23)	1650 Y Freestyle	Luke Ellis, SAND 14:29.48 (23)
Rex Maurer, ROSE	46.04 (22)	100 Y Backstroke	Ryan Murphy, PC 44.63 (14)
Rex Maurer, ROSE	1:42.30 (23)	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	Josh Matheny, AM 1:51.38 (20)
Ilya Kharun, SAND	44.88 (23)	100 Y Butterfly	Aiden Hayes, NC 44.75 (22)
Ilya Kharun, SAND	1:40.68 (23)	200 Y Butterfly	Aiden Hayes, NC 1:40.39 (22)
Nolan Koon, UN	1:44.10 (09)	200 Y Ind. Medley	Maximum Williamson, NT 1:40.81 (24)
Rex Maurer, ROSE	3:41.94 (23)	400 Y Ind. Medley	Carson Foster, ST 3:35.27 (20)
Rose Bowl Aquatics	1:21.20 (23)	200 Y Free Relay	Spartan Aquatic Club, GA 1:18.92 (21)
Rose Bowl Aquatics	2:54.96 (22)	400 Y Free Relay	Rose Bowl Aquatics, CA 2:54.96 (22)
Rose Bowl Aquatics	6:29.57 (21)	800 Y Free Relay	Lakeside Aquatic Club, NT 6:20.34 (23)
Rose Bowl Aquatics	1:27.72 (24)	200 Y Medley Relay	Nashville Aquatic Club, SE 1:25.94 (24)
Rose Bowl Aquatics	3:13.46 (23)	400 Y Medley Relay	Spartan Aquatic Club, GA 3:10.27 (21)

## Long Course

<b>SCS</b>			<b>NAG</b>
Vladimir Morozov, TORR	22.13 (10)	50 M Freestyle	Caeleb Dressel, FL 21.53 (15)
Vladimir Morozov, TORR	49.06 (10)	100 M Freestyle	Maximum Williamson, NT 48.38 (23)
Rex Maurer, ROSE	1:47.63 (23)	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	Luke Whitlock, IN 7:45.19 (24)
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	Daniel Diehl, MD 53.07 (22)
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	Matt Fallon, NJ 2:08.91 (21)
Ilya Kharun, SAND	51.22 (23)	100 M Butterfly	Thomas Heilman, VA 50.80 (24)
Ilya Kharun, SAND	1:53.82 (23)	200 M Butterfly	Luca Urlando, SN 1:53.84 (19)
Rex Maurer, ROSE	2:00.33 (23)	200 M Ind. Medley	Michael Phelps, MD 1:55.94 (03)
Luke Ellis, SAND	4:16.84 (24)	400 M Ind. Medley	Michael Phelps, MD 4:09.09 (03)
Rose Bowl Aquatics	1:31.46 (23)	200 M Free Relay	Rose Bowl Aquatics, CA 1:31.46 (23)
Redlands Swim Team	3:24.54 (23)	400 M Free Relay	SwimMAC Carolina, NC 3:21.91 (21)
Irvine Novaquatics	7:34.53 (19)	800 M Free Relay	Mason Manta Rays, OH 7:24.52 (19)
Rose Bowl Aquatics	1:42.08 (23)	200 M Medley Relay	Dynamo Swim Club, GA 1:41.93 (22)
Canyons Aquatics	3:43.66 (23)	400 M Medley Relay	Nation's Capital SC, PV 3:41.91 (24)

# SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS

## 15-18 RELAYS

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### 15-18 Girls Relays

<b>SCS</b>			<b>NAG</b>
Mission Viejo Nadadores	1:29.37 (23)	200 Y Free Relay	Chelsea Piers AC, CT 1:29.04 (18)
Sandpipers of Nevada	3:13.15 (22)	400 Y Free Relay	Sandpipers of Nevada, CA 3:13.15 (22)
Sandpipers of Nevada	6:52.66 (22)	800 Y Free Relay	Sandpipers of Nevada, CA 6:52.66 (22)
Mission Viejo Nadadores	1:38.64 (23)	200 Y Medley Relay	Carmel Swim Club, IN 1:36.48 (22)
Sandpipers of Nevada	3:39.97 (23)	400 Y Medley Relay	Elmbrook Swim Club, WI 3:32.10 (23)
Mission Viejo Nadadores	1:45.14 (23)	200 M Free Relay	Carmel Swim Club, IN 1:42.29 (14)
Mission Viejo Nadadores	3:44.10 (23)	400 M Free Relay	Mission Viejo Nadadores, CA 3:44.10 (23)
Sandpipers of Nevada	7:58.93 (23)	800 M Free Relay	Sandpipers of Nevada 7:58.93 (23)
Mission Viejo Nadadores	1:52.87 (23)	200 M Medley Relay	Elmbrook Swim Club, WI 1:51.41 (22)
Mission Viejo Nadadores	4:08.75 (23)	400 M Medley Relay	Carmel Swim Club 4:06.18 (23)

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### 15-18 Boys Relays

<b>SCS</b>			<b>NAG</b>
Rose Bowl Aquatics	1:22.17 (23)	200 Y Free Relay	Spartan Aquatic Club, GA 1:18.92 (21)
Rose Bowl Aquatics	2:57.01 (23)	400 Y Free Relay	Allegheny North S.C., AM 2:53.81 (18)
Rose Bowl Aquatics	6:29.54 (23)	800 Y Free Relay	Lakeside Aquatic Club, NT 6:20.24 (23)
Rose Bowl Aquatics	1:28.04 (23)	200 Y Medley Relay	Nashville Aquatic Club, SE 1:25.94 (24)
Rose Bowl Aquatics	3:10.56 (23)	400 Y Medley Relay	Cavalier Aquatics, VA 3:08.95 (23)
Irvine Novaquatics	1:33.83 (23)	200 M Free Relay	Lakeside Aquatic Club, NT 1:31.09 (23)
Irvine Novaquatics	3:23.00 (24)	400 M Free Relay	Lakeside Aquatic Club, NT 3:20.09 (23)
Irvine Novaquatics	7:23.50 (24)	800 M Free Relay	Lakeside Aquatic Club, NT 7:21.43 (23)
Rose Bowl Aquatics	1:45.10 (23)	200 M Medley Relay	Dynamo Swim Club, GA 1:41.93 (22)
Rose Bowl Aquatics	3:45.57 (23)	400 M Medley Relay	Nation's Capital SC, PV 3:41.91 (24)

# SOUTHERN CALIFORNIA SWIMMING OPEN RECORDS

## Women's Short Course Yards

50 Y Freestyle	21.12	Abbey Weitzel, CANY	03-05-16
100 Y Freestyle	46.29	Abbey Weitzel, CANY	12-13-14
200 Y Freestyle	1:40.78	Bella Sims, SAND	12-07-23
500 Y Freestyle	4:28.47	Katie Grimes, SAND	12-15-23
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	1:48.32	Bella Sims, SAND	12-20-22
100 Y Breaststroke	56.67	Kaitlyn Dobler, USC	03-22-24
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	3:13.15	Sandpipers of Nevada	12-20-22
800 Y Free Relay	6:52.66	Sandpipers of Nevada	12-07-22
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	24.11	Katarzyna Wasick, TRA	06-24-22
100 M Freestyle	53.28	Abigail Weitzel, CANY	07-01-16
200 M Freestyle	1:54.88	Claire Weinstein, SAND	07-26-24
400 M Freestyle	4:03.25	Bella Sims, SAND	06-27-23
800 M Freestyle	8:16.22	Janet Evans, FAST	08-20-89
1500 M Freestyle	15:41.41	Erica Sullivan, SAND	07-28-21
100 M Backstroke	59.51	Teagan O'Dell, MVN	09-05-23
200 M Backstroke	2:07.72	Katie Grimes, SAND	06-21-23
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

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## Men's Short Course Yards

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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	1:31.57	Trenton Julian, UN	03-23-22
500 Y Freestyle	4:08.79	David Johnston, TST	03-22-23
1000 Y Freestyle	8:34.82	David Johnston, TST	11-02-23
1650 Y Freestyle	14:24.35	Chad La Tourette, UN	03-22-12
100 Y Backstroke	44.95	Ralf Tribunsov, 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	44.88	Ilya Kharun, SAND	09-03-23
200 Y Butterfly	1:39.00	Trenton Julian, UN	03-26-22
200 Y Individual Medley	1:40.35	Trenton Julian, UN	03-24-22
400 Y Individual Medley	3:37.90	David Johnston, TST	03-22-23
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

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## Men's Long Course Meters

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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	52.73	Justin Ress, MVN	04-29-22
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	51.10	Trenton Julian, UN	04-28-22
200 M Butterfly	1:53.82	Ilya Kharun, SAND	07-14-23
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	1:31.46	Rose Bowl Aquatics	07-31-23
400 M Free Relay	3:19.61	Irvine Novaquatics	08-03-21
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	20.37	Gretchen Walsh	03-21-24
100 Y Freestyle	44.83	Gretchen Walsh	03-23-24
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	15:01.41	Katie Ledecky	03-12-23
100 Y Backstroke	48.10	Gretchen Walsh	02-23-24
200 Y Backstroke	1:46.87	Claire Curzan	11-22-24
100 Y Breaststroke	55.73	Lilly King	03-22-19
200 Y Breaststroke	2:01.29	Kate Douglass	03-18-23
100 Y Butterfly	47.35	Gretchen Walsh	11-21-24
200 Y Butterfly	1:48.33	Regan Smith	10-20-23
200 Y Individual Medley	1:48.37	Kate Douglass	03-16-23
400 Y Individual Medley	3:54.60	Ella Eastin	03-18-18
200 Y Free Relay	1:23.87	Virginia	02-15-23
400 Y Free Relay	3:05.84	Virginia	03-18-23
800 Y Free Relay	6:45.91	Stanford Cardinal	03-15-17
200 Y Medley Relay	1:31.73	Virginia	02-14-23
400 Y Medley Relay	3:22.34	Virginia	02-18-22

## Women's Long Course Meters

50 M Freestyle	23.91	Kate Douglass	02-18-24
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	27.10	Regan Smith	07-26-23
100 M Backstroke	57.13	Regan Smith	07-26-23
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	2:19.24	Kate Douglass	08-01-24
50 M Butterfly	25.11	Gretchen Walsh	06-28-23
100 M Butterfly	55.19	Gretchen Walsh	06-16-24
200 M Butterfly	2:03.84	Regan Smith	08-01-24
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	3:30.20	United States	07-27-24
800 M Free Relay	7:40.73	United States	07-29-21
400 M Medley Relay	3:49.63	United States	08-04-24



# 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	1:28.81	Luke Hobson	03-29-24
500 Y Freestyle	4:04.45	Rex Maurer	11-20-24
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	43.35	Luca URLando	03-25-22
200 Y Backstroke	1:35.37	Destin Lasco	03-30-24
100 Y Breaststroke	49.53	Liam Bell	03-29-24
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	1:37.91	Destin Lasco	03/28/24
400 Y Individual Medley	3:33.42	Chase Kalisz	03-24-17
200 Y Free Relay	1:14.44	NC State Wolfpack	02-21-24
400 Y Free Relay	2:44.31	NC State Wolfpack	03-24-18
800 Y Free Relay	6:03.42	Texas Longhorns	03-22-23
200 Y Medley Relay	1:20.94	NC State Wolfpack	03-27/24
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, 06-20-21
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	7:38.67	Bobby Finke	07-26-23
1500 M Freestyle	14:30.67	Bobby Finke	08-04-24
50 M Backstroke	23.71	Hunter Armstrong	04-28-22
100 M Backstroke	51.85r	Ryan Murphy	08-13-16
200 M Backstroke	1:51.92	Aaron Peirsol	07-31-09
50 M Breaststroke	26.45	Nic Fink	06-21-22
100 M Breaststroke	58.14	Michael Andrew	06-13-21
200 M Breaststroke	2:06.54	Matt Fallon	06-20-24
50 M Butterfly	22.35	Caeleb Dressel	07-22-19
100 M Butterfly	49.45	Caeleb Dressel	07-30-21
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	3:26.78	United States	08-01-21

# AMERICAN SWIMMING RECORDS

## Women's Short Course Meters

50 M Freestyle	23.10	Gretchen Walsh	10-18-24
100 M Freestyle	50.31	Gretchen Walsh	12-12-24
200 M Freestyle	1:51.62	Claire Weinstein	12-15-24
400 M Freestyle	3:52.88	Katie Ledecky	10-28-22
800 M Freestyle	8:00.58	Katie Ledecky	10-29-22
1500 M Freestyle	15:08.24	Katie Ledecky	10-29-22
50 M Backstroke	25.23	Regan Smith	12-13-24
100 M Backstroke	54.02	Regan Smith	12-15-24
200 M Backstroke	1:58.04	Regan Smith	12-15-24
50 M Breaststroke	28.77	Lilly King	11-21-20
100 M Breaststroke	1:02.50	Lilly King	11-22-20
200 M Breaststroke	2:12.50	Kate Douglass	12-13-24
50 M Butterfly	23.94	Gretchen Walsh	12-10-24
100 M Butterfly	52.71	Gretchen Walsh	12-14-24
200 M Butterfly	2:01.00	Regan Smith	12-12-24
100 M Individual Medley	55.11	Gretchen Walsh	12-13-24
200 M Individual Medley	2:01.63	Kate Douglass	12-10-24
400 M Individual Medley	4:20.14	Katie Grimes	12-14-24
200 M Free Relay	1:33.89	United States	12-15-22
400 M Free Relay	3:25.01	United States	12-10-24
800 M Free Relay	7:30.13	United States	12-12-24
200 M Medley Relay	1:42.38	United States	12-12-18
400 M Medley Relay	3:40.41	United States	12-15-24

## Men's Short Course Meters

50 M Freestyle	20.16	Caeleb Dressel	11-21-20
100 M Freestyle	45.05	Jack Alexy	12-10-24
200 M Freestyle	1:38.61	Luke Hobson	12-15-24
400 M Freestyle	3:34.38	Kieran Smith	12-15-22
800 M Freestyle	7:30.41	David Johnston	08-24-22
1500 M Freestyle	14:19.29	Connor Jaeger	12-12-15
50 M Backstroke	22.53	Ryan Murphy	11-25-21
100 M Backstroke	48.33	Coleman Stewart	08-29-21
200 M Backstroke	1:46.68	Ryan Lochte	12-19-10
50 M Breaststroke	25.38	Nic Fink	12-18-22
100 M Breaststroke	55.56	Nic Fink	12-04-21
200 M Breaststroke	2:01.60	Nic Fink	12-16-22
50 M Butterfly	21.99	Tom Shields	10-09-21
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	1:49.51	Shaine Casas	12-10-24
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	3:01.66	United States	12-10-24
800 M Free Relay	6:40.51	United States	12-13-24
200 M Medley Relay	1:30.37	United States	12-17-22
400 M Medley Relay	3:18.98	United States	12-18-22

# WORLD SWIMMING RECORDS

## Women's Long Course Meters

50 M Freestyle	23.61	Sarah Sjöstrom, SWE	07-29-23
100 M Freestyle	51.71	Sarah Sjöstrom, SWE	07-23-17
200 M Freestyle	1:52.23	Ariarne Titmus, AUS	07-26-23
400 M Freestyle	3:55.38	Ariarne Titmus, AUS	07-23-23
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	26.86	Kaylee McKeown, AUS	10-20-23
100 M Backstroke	57.13	Regan Smith, USA	06-18-24
200 M Backstroke	2:03.14	Kaylee McKeown, AUS	03-10-23
50 M Breaststroke	29.16	Ruta Meilutyte, LIT	07-30-23
100 M Breaststroke	1:04.13	Lilly King, USA	07-25-17
200 M Breaststroke	2:17.55	Evgeniia Chikunova, RUS	04-21-23
50 M Butterfly	24.43	Sarah Sjöstrom, SWE	07-05-14
100 M Butterfly	55.18	Gretchen Walsh, USA	06-16-24
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	4:24.38	Summer McIntosh, CAN	05-16-24
400 M Free Relay	3:27.96	Australia	07-23-23
800 M Free Relay	7:37.50	Australia	07-27-23
400 M Medley Relay	3:49.63	United States	08-04-24

## Men's Long Course Meters

50 M Freestyle	20.91	Cesar Cielo, BRA	12-09-18
100 M Freestyle	46.40	Pan Zhanle, CHN	07-31-24
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	14:30.67	Bobby Finke, USA	08-04-24
50 M Backstroke	23.55	Kliment Kolesnikov, RUS	07-27-23
100 M Backstroke	51.60	Thomas Ceccon, ITA	06-20-22
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	2:05.48	Qin Haiyang, CHN	07-28-23
50 M Butterfly	22.27	Andriy Govorov, UKR	06-30-18
100 M Butterfly	49.45	Caeleb Dressel, USA	07-30-21
200 M Butterfly	1:50.34	Kristof Milak, HUN	06-21-22
200 M Individual Medley	1:54.00	Ryan Lochte, USA	07-28-11
400 M Individual Medley	4:02.50	Leon Marchand, FRA	07-23-23
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	3:26.78	United States	07-31-21

# WORLD SWIMMING RECORDS

## Women's Short Course Meters

50 M Freestyle	22.83	Gretchen Walsh, USA	12-15-24
100 M Freestyle	50.25	Cate Campbell, AUS	10-26-17
200 M Freestyle	1:50.31	Siobhan Haughey, HKG	12-16-21
400 M Freestyle	3:50.25	Summer McIntosh, CAN	12-10-24
800 M Freestyle	7:57.42	Katie Ledecky, USA	11-05-22
1500 M Freestyle	15:08.24	Katie Ledecky, USA	10-29-22
50 M Backstroke	25.23	Regan Smith, USA	12-13-24
100 M Backstroke	54.02	Regan Smith, USA	12-15-24
200 M Backstroke	1:58.04	Regan Smith, USA	12-15-24
50 M Breaststroke	28.37	Ruta Meilutyte, LIT	12-17-22
100 M Breaststroke	1:02.36	R Meilutyte, LIT, AAtkinson, JAM	10-12-13,[12-06-14,08-26-16]
200 M Breaststroke	2:12.50	Kate Douglass, USA	10-31-24
50 M Butterfly	23.94	Gretchen Walsh, USA	12-10-24
100 M Butterfly	52.71	Gretchen Walsh, USA	12-14-24
200 M Butterfly	1:59.32	Summer McIntosh, CAN	12-12-24
100 M Individual Medley	55.11	Gretchen Walsh, USA	12-12-24
200 M Individual Medley	2:01.63	Kate Douglass, USA	12-10-24
400 M Individual Medley	4:15.48	Summer McIntosh, CAN	12-14-24
200 M Free Relay	1:32.50	Netherlands	12-12-20
400 M Free Relay	3:25.01	United States	12-10-24
800 M Free Relay	7:30.13	United States	12-12-24
200 M Medley Relay	1:42.35	Australia	12-17-22
400 M Medley Relay	3:40.41	United States	12-15-24

## Men's Short Course Meters

50 M Freestyle	19.90	Jordan Crooks, CAY	12-14-24
100 M Freestyle	44.84	Kyle Chalmers, AUS	10-29-21
200 M Freestyle	1:38.61	Luke Hobson, USA	12-15-24
400 M Freestyle	3:32.25	Yannick Agnel, FRA	11-15-12
800 M Freestyle	7:20.46	Daniel Wiffen, IRE	12-10-23
1500 M Freestyle	14:06.88	Floriann Wellbrock, GER	12-21-21
50 M Backstroke	22.11	Kliment Kolesnikov, RUS	11-23-22
100 M Backstroke	48.33	Coleman Stewart, USA	08-29-21
200 M Backstroke	1:45.63	Mitch Larkin, AUS	11-27-15
50 M Breaststroke	24.95	Emre Sakci, TUR	12-27-21
100 M Breaststroke	55.28	Ilya Shymanovich, BLR	11-26-21
200 M Breaststroke	2:00.16	Kirill Prigoda, RUS	12-13-18
50 M Butterfly	21.32	Noe Ponte, SUI	12-11-24
100 M Butterfly	47.71	Noe Ponte, SUI	12-14-24
200 M Butterfly	1:46.85	Tomoru Honda, JPN	10-22-22
100 M Individual Medley	49.28	Caeleb Dressel, USA	11-21-20
200 M Individual Medley	1:48.88	Leon Marchand, FRA	11-01-24
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	3:01.66	United States	12-10-24
800 M Free Relay	6:40.51	United States	12-13-24
200 M Medley Relay	1:29.72	Italy	12-17-22
400 M Medley Relay	3:18.68	Neutral Athletes B	12-15-24

**Phillips**  
**Volunteer Service Award**

*Southern California Swimming*

**HONOR ROLL**

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2024	<i>No recipient</i>	2001	<i>Chuck Riggs</i>
2023	<i>No recipient</i>	2000	<i>John "Jack" Argue</i>
2022	<i>No recipient</i>	1999	<i>Carole Katz</i>
2021	<i>No recipient</i>	1998	<i>Dick Nakashima</i>
2020	<i>No recipient</i>	1997	<i>Jon Rewinski</i>
2019	<i>Terry Stoddard</i>	1996	<i>Don Watkins</i>
2018	<i>Rick Shepherd</i>	1995	<i>Edwin Duncan</i>
2016	<i>Stacy Smith</i>	1994	<i>Marilyn Bolton</i>
2015	<i>Robin Smith</i>	1993	<i>Dick deFronzo</i>
2014	<i>Terry Merlihan</i>	1992	<i>Flip Darr</i>
2013	<i>Jeri Marshburn</i>	1991	<i>Tina Martin-Turcotte</i>
2012	<i>Richard Pierson</i>	1990	<i>The Katsuyama Family</i>
2011	<i>Ron Ross</i>	1989	<i>Ed Ruth</i>
2010	<i>Clem West</i>	1988	<i>Mary Jo Swalley</i>
2009	<i>Bettie Williams</i>	1987	<i>Herb Hall</i>
2008	<i>Kevin Perry</i>	1986	<i>Pat Graham</i>
2007	<i>Judi Divan</i>	1985	<i>Ken Worthen</i>
2006	<i>Mark Schubert &amp; Mike Dickson</i>	1984	<i>Jean Montgomery</i>
2005	<i>Sue &amp; John Hansen</i>	1983	<i>Margaret Pettit</i>
2004	<i>Ira Klein</i>	1982	<i>Jay Montgomery</i>
2003	<i>Linda Kamps</i>	1981	<i>Keith Hannsen</i>
2002	<i>Georgiann Cruzat</i>		

**Ed Ruth**  
**Excellence in Officiating**  
*Southern California Swimming*

*2020-2024 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*

*2020-2024 Senior/Age Group: No recipients*  
*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 A/BB/B/C meet at his/her best achieved level. A swimmer who is BB in yards (but not in meters) must enter a meter meet in the BB division with his/her best yard time. Likewise a swimmer who is BB in meters (but not in yards) must enter a yard meet in the BB division with his/her best yard time. After meet entry closes, meet administration will convert times for seeding purposes only. Likewise for the A, B, C divisions.

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

- a. swim a BB meter time; now enters meter meet with his BB meter time.
- b. swim a B meter time; continues to enter meter meet with his BB 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 BB 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 BB time in the 200 yard freestyle but has never swum the 500 yard freestyle in competition. A meet is coming up which offers only a BB 500 yard freestyle. Jim may enter at BB minimum. At the meet, Jim might:

- a. swim a BB time. He then continues at the Blue level, OR
- b. swim a B time. Now he may enter a B level 500 free – or if no B is offered, he may again use his BB 200 time to qualify for Blue 500.

**Example 2:** Jane Smith, 13 years old, has a BB time in the 200 meter freestyle but only a B time in the 100 meter freestyle. She may NOT enter a BB 100 freestyle by reason of her BB 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" CIF UNATTACH FORM



## 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  
29000 S. Western Ave., Ste 304  
Rancho Palos Verdes, CA 90275  
Email: [officemanager@socalswim.org](mailto:officemanager@socalswim.org)

## APPENDIX “C”

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

#### Minimum Deck Staffing for SCS sanctioned meets;

- i. 4 or less lanes: 3 deck officials
- ii. 5 – 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 SCS sanctioned meets:

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

#### Required Certification level:

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

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

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

**USA Swimming dual or similar format meets and club intra-squad meets** must meet all standards as set forth above to be sanctioned for the purpose of official time entry in the 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 the USA-Swimming SWIMS database.

**Sanction/Approval** status will be given only to meets which are conducted by the minimum required number of certified deck officials and which comply with all required standards as set forth by USA Swimming and SCS. A list of officials may be requested by the 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/Dual/Tri  
  Committee Meets/Invites  
  Time Trials  
  Committee Champs  
  SCS Champs  
  SCS SR TF or HF  
  SCS Sr Circuit  
  Observed or Approved Meet

Type:

SCY  
  SCM  
  LCM  
  Double Ended?  
  Timed Finals  
  Heats and Finals  
  Clinic

MAAPP 2.0 and EAP policy and procedures understood and will be enforced. Discuss with Meet Referee.

Medical Incident Ready: \_\_\_ Lifeguard on duty \_\_\_ EMT on duty \_\_\_ Meet Director First Aid certified

On Pool Site: \_\_\_ AED on site \_\_\_ First Aid kit \_\_\_ Backboard

Start Date:		End Date:		# Sessions:	
# of Competition lanes:	# of warm up lanes:	Timing System to be used:	<input type="checkbox"/> Automatic	<input type="checkbox"/> Semi-automatic	<input type="checkbox"/> Watchee

**SANCTION FEE PAYMENT:**  By Check  By ACH  From Committee Funds

<input type="checkbox"/> >= 45 days in advance of event	<input type="checkbox"/> Intra/Dual/Tri-\$10	<input type="checkbox"/> Committee-\$25 Meet/Invite	<input type="checkbox"/> Time Trial-\$25	<input type="checkbox"/> Committee-\$50 Champs
	<input type="checkbox"/> SCS Championships -\$75	<input type="checkbox"/> SCS Sr TF \$100 or Heats/Finals	<input type="checkbox"/> SCS Sr-\$100 Circuit	<input type="checkbox"/> Observed -\$25 or Approved
<input type="checkbox"/> 30-44 days in advance of event	<input type="checkbox"/> Intra/Dual/Tri-\$20	<input type="checkbox"/> Committee-\$50 Meet/Invite	<input type="checkbox"/> Time Trial-\$25	<input type="checkbox"/> Committee-\$100 Champs
	<input type="checkbox"/> SCS -\$150 Championships	<input type="checkbox"/> SCS Sr TF-\$200 or Heats/Finals	<input type="checkbox"/> SCS Sr -\$200 Circuit	<input type="checkbox"/> Observed -\$25 or Approved
<input type="checkbox"/> <30 days in advance of event	<input type="checkbox"/> Intra/Dual/Tri-\$30	<input type="checkbox"/> Committee-\$75 Meet/Invite	<input type="checkbox"/> Time Trial-\$25	<input type="checkbox"/> Committee-\$150 Champs
	<input type="checkbox"/> SCS -\$225 Championships	<input type="checkbox"/> SCS Sr TF-\$200 or Heats/Finals	<input type="checkbox"/> SCS Sr -\$200 Circuit	<input type="checkbox"/> Observed -\$25 or Approved

**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.

## APPENDIX “D” (Continued)

### USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

**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 or Admin Official and Meet Processor must be listed below.

Refer to SC S Swim Guide Appendix “C” General Policy for SC/USA Swimming Sanctioned/Approved/Observed Status.

Configuration	Minimum officials	Extra-large or Multiple course TF + 1 non-starting MR H/F meets + 1 non-starting MR	One (1) additional official may be added with approval of the Host Club due to pool configuration or weather conditions.  Any additional officials may be added with approval of the Host Club and SC S officials committee or BOD.
4 or less lanes	3 (includes MR)		
5-6 lanes	4 (includes MR)		
7-8 lanes	5 (includes MR for TF meet)		
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		
300 or more swimmers per session	1 Admin Referee + 1AO		

- 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.



#### MAXIMUM MEET ENTRY FEES

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

Meet Type	(<= 30 days prior) Sanction Fee	Event Fee	Surcharge	Relay Fee
Intrasquads/Duals Triangle Meets	\$10.00	Hosts may charge fees at the host's discretion (SCS Fees apply) (Flat meet fees, per event fees, etc.) Novice Meets (B Max) or <= 150 will only be charged Age Group Fees and Committee Fees/No Senior Fees or SC S Fees		
Invites/ Committee Meets*	\$25.00	\$6.00	\$15.00	\$10.00
Time Trials	\$25.00	\$20.00	X	\$20.00
Committee Champs*	\$50.00	\$7.00	\$20.00	\$20.00
SC S Championships	\$75.00	\$7.50	\$25.00	\$20.00
Senior Meets (TF & PF)	\$100.00	\$7.00-TF \$8.00-PF	\$20-TF \$25-PF	\$20.00
Senior Circuit**	\$100.00	\$13.50	\$25.00	\$26.00
Observed/ Approved	\$25.00	X	X	X

\*Geographic Committee may add up to \$0.50 per swimmer for committee business.

\*\* Kevin Perry, Swim Meet of Champions, Grand Challenge, LA Invitational

NOTE: Additional surcharge may be imposed based on pool rental as provided by the Board of Directors.

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



## APPENDIX "D" (Continued)

### USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

I

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 APT)

Meet Referee: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
(Must be current non-athlete member of USA Swimming with Level 2 background check, Concussion Training and APT)

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

Meet Processor: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Timing System Operator: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Any change to the officials named above, prior to the meet, requires the approval of Chair, Admin Vice Chair, Age Group Chair, or Senior Chair. All changes must be emailed to [sanctions@southerncaliforniaswimming.org](mailto:sanctions@southerncaliforniaswimming.org)

Deck Officials:

REQUIRED for All meets EXCEPT Committee and SCS Level.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed: \_\_\_\_\_ Date \_\_\_\_\_  
*Club President*

Signed: \_\_\_\_\_ Date \_\_\_\_\_  
*Club Representative*

Return Sanction approval letter to: \_\_\_\_\_ Email: \_\_\_\_\_

**I understand that SCS fees are due within 10 days after receipt by SCS of the admin report for the meet.**

Signed: \_\_\_\_\_ Date \_\_\_\_\_  
*Applicant*

Return entries to: \_\_\_\_\_ E-mail \_\_\_\_\_  
Name

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

# APPENDIX “D” (Continued)

## USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

Please email the 4-page Sanction Application and all pages of the Meet Form (pdf, word, or excel only) to:

SCS Sanctions Coordinator (sanctions@southerncaliforniaswimming.org)  
and the SCS Office Manager (officemanager@socialswim.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*

## SCS STANDARD ENTRY STATEMENTS

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

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

**Eligibility:** Open to athletes who hold current [YEAR] USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. All athletes 18 years and older must complete the free online APT (ATHLETE PROTECTION TRAINING) course prior to the start of the meet to be cleared to compete.

**Change of Affiliation:** Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0

**Swimwear:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers.

**Deck Changes:** Deck changes are prohibited.

## APPENDIX “D” (Continued)

### USA Swimming & Southern California Swimming APPLICATION FOR SANCTION/APPROVAL

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

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

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

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

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

**Make Checks Payable To:** [Name of Host Team]

**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 2.0: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) 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"**  
**Southern California Swimming Policy for**  
**"Tech" Suits in Age Group Competition**  
(effective 9/1/2020)

As of September 1, 2020, no technical suit may be worn by any 12 and under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

1. A Technical Suit is one that has the following components:
  - a. Any suit with bonded or taped seams regardless of its fabric or silhouette; or
  - b. Any suit with woven fabric extending past the hips.



**CHANGE OF AFFILIATION:** Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0.

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

**AWARDS:** [XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX]

**ENTRY FEES:** [\$ X.XX] per individual event, [\$ X.XX] per relay, and [\$ X.XX] surcharge per swimmer. Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries.

E-mailed team entry (entry .zip file) will be accepted ONLY when received together with an attached PDF file, including electronic signature of coach, and will be dated as official at that time. (5 PM postmark would queue before a 10 PM electronic entry, etc.). Full payment (SINGLE TEAM CHECK) for an e-mailed zip file entry must be postmarked within 48 hours of the e-mailed zip file entry. Failure to comply will be referred to the Board of Review. Team entry updates (added events) will be processed when received by the meet processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (including e-mail) ONLY. Prior to entry deadline new swimmers are accepted SPACE PERMITTING. DO NOT RE-SEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

If entering individually, emailed or texted entries are not accepted. Please enter using the SCS Individual Meet Entry Form. Entries are accepted, SPACE PERMITTING, when the entry is received TOGETHER with a check, money order or cash, by the meet processor.

**ENTRIES CLOSE:** Entries must be received by the meet processor no later than [XXXXXXXXXXXXXXXXXXXX]. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry at the designated address, enclose a self-addressed, stamped envelope or postcard. Receipt of entries will NOT be verified by phone, email or text message.

**E-MAIL ENTRIES TO:** [XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX]

**OR HAND DELIVER TO:** [XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX  
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX  
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX]

**MAKE CHECKS PAYABLE TO:** [XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX]

**QUESTIONS?** Meet Director (Name and Tel Number:) [XXXXXXXXXXXXXXXXXXXXXXXXXXXX] [XXX-XXX-XXXX]  
Meet Processor (Name and Tel Number:) [XXXXXXXXXXXXXXXXXXXXXXXXXXXX] [XXX-XXX-XXXX]  
Meet Referee (Name and Tel Number:) [XXXXXXXXXXXXXXXXXXXXXXXXXXXX] [XXX-XXX-XXXX]

**USA SWIMMING MEET 360:**

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

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.

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 3.0) govern this meet.

# APPENDIX "H"

## 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 “I”

## SOUTHERN CALIFORNIA SWIMMING RECORD APPLICATION

### SOUTHERN CALIFORNIA SWIMMING RECORD APPLICATION

Times made by Southern California Swimmers at National Championship Meets and/or other **Sanctioned** USA Swimming competition held outside Southern California should be submitted for record consideration. Times made at **Observed** or **Approved** meets must be submitted for record consideration.

*Results of meets sanctioned by Southern California Swimming are automatically considered for SCS records.*

Name of Athlete	Age	USA Swimming Registration Number
Club Affiliation	Coach	
Event (Stroke & Distance)	SCY, SCM, LCM	Time

For Relay Record: List all four swimmers with USA Swimming Registration Numbers

\_\_\_\_\_

\_\_\_\_\_

TYPE OF RECORD:      AGE GROUP \_\_\_\_\_      SENIOR \_\_\_\_\_

Name of Meet: \_\_\_\_\_ Date of Meet: \_\_\_\_\_

Location of Meet: \_\_\_\_\_

Signatures:                      Referee: \_\_\_\_\_

Admin Referee: \_\_\_\_\_

For manual timing meets, include the original lane card signed by the referee; for automatic timing meets include the timing console printout signed by the referee.

Send to:      Judith S. Divan  
Southern California Swimming  
Times Recognition Chair  
33561 Calle Miramar  
San Juan Capistrano, CA 92675-4922

# APPENDIX “J”

## ELECTIONS

### ELECTIONS

1. The House of Delegates shall annually elect the number of members to the Board of Directors necessary to maintain the listed number of voting members. (Odd year and Even year elections)
2. No candidate shall be eligible for election unless he or she has signed a written commitment to adhere to Southern California Swimming's Bylaws and the Board policies then in effect and has, in the judgment of the Governance Committee, exhibited a demonstrable connection to swimming.
3. Process:
  - A. The Governance Committee shall issue a Call for Nominations, which may be self-nominating or by third party with written consent of the proposed nominee, and, upon review and vetting of proposed candidates, present to the House of Delegates a ballot including the names of qualified and proposed nominees at least thirty (30) days prior to the meeting of the House of Delegates. Accompanying the ballot, and in related correspondence sent to the Delegates, a limited space biography/candidate statement shall be distributed.
  - B. The ballot shall include at least one (1), but no more than three (3), vetted nominees for each seat open for election.
  - C. In addition to the Call for Nominations and vetting process, other members may self-nominate or be nominated by a third party with written consent of the proposed nominee by submitting their names to the Governance Committee no later than fourteen (14) days prior to the start of the meeting of the House of Delegates. Such candidates will have their names listed with no supporting information and will be indicated on the ballot as non-vetted candidates. This is considered a Floor Nomination. There will be no nominations accepted at the House of Delegates annual meeting.
  - D. Overt/excessive electronic or printed campaigning shall be prohibited.

# APPENDIX “K”

## ALTITUDE ADJUSTED TIMES

As per USA Swimming Times Policy Manual (revised June 2019)

### 4.6. ALTITUDE ADJUSTED TIMES

- A. Information on Altitude Adjusted Times may be found in the USA Swimming Policy Manual. Altitude Adjusted Times may be used to enter USA Swimming Sanctioned Meets. They may not be used for records or recognition purposes.
- B. Times achieved at an altitude of 3,000 feet or above may be adjusted as follows:

#### Time Adjustment

Event Distance	3000-4250 Feet	4251-6500 Feet	Above 6500 Feet
200	.50 Seconds	1.20 Seconds	1.60 Seconds
400 or 500	2.50 seconds	5.00 seconds	7.00 seconds
800 freestyle relay	2.00 seconds	4.80 seconds	6.40 seconds
800 or 1000	5.00 seconds	10.00 seconds	15.00 seconds
1500 or 1650	11.00 seconds	23.00 seconds	32.50 seconds

- (1) Subtract the time indicated above from the actual time achieved at altitude. This is the time to be used on the entry form and seeding will be based on that time. Information relative to the adjustment accompanying the entry form must include name of swimmer, event, date of performance, elevation location, actual time, corrected time, and signature of coach.
- (2) A swimmer or relay may use the above adjustments to meet the national qualifying standard and seeding will be based upon that time.



# Appendix L

## 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. (SCS)

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

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

1.4. JURISDICTION – SCS 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 SCS’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). SCS 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 – SCS shall comply with all agreements between SCS and USA Swimming.

# Appendix L

## ARTICLE 2

### MEMBERSHIP

2.1. MEMBERS - The membership of SCS shall consist of the clubs, organizations and individuals who have registered with SCS 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 SCS and USA Swimming
- .2 MEMBERSHIP A PRIVILEGE NOT A RIGHT - Membership in SCS 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 the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual.

#### 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 SCS, 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 SCS, including its responsibilities as set forth in these Bylaws.

# Appendix L

## 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 established by the SCS Board of Directors

#### 3.2. SANCTION, APPROVAL AND OTHER FEES

.1 SANCTION AND APPROVAL FEES - The SCS 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 SCS 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 SCS. 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 SCS when due in accordance with SCS's fee schedule.

.4 FINES - The SCS Board of Directors may establish fines for noncompliance with policies adopted by the SCS 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).

# Appendix L

## ARTICLE 4

### HOUSE OF DELEGATES

77  
78  
79  
80 4.1. MEMBERS - The House of Delegates of SCS shall consist of the Group Member Representatives, the Board of  
81 Directors Members, the Committee Chairs, the Non-Athlete At-Large House Members, and the elected Athlete At-  
82 Large House Representatives.

83  
84 .1 GROUP MEMBER REPRESENTATIVES - Each Group Member in good standing shall appoint from its  
85 membership a Group Member Representative. The Group Member Representative must be a member in good  
86 standing with SCS and USA Swimming, attached to the group for 60 days prior to the HOD and be 18 years  
87 or older. The appointment shall be in writing, addressed to the Secretary of SCS and duly certified by the chief  
88 executive officer or secretary of the appointing Group Member. The appointing Group Member may withdraw  
89 its Group Member Representative and substitute a new Group Member Representative by written notice,  
90 addressed to the Secretary of SCS and signed by the chief executive officer or secretary of the appointing  
91 Group Member. The Representatives of any Group Member are required to be Individual Members of USA  
92 Swimming.

93 .2 BOARD OF DIRECTORS - Board of Director Members as designated in Article 5.

94 .3 NON-ATHLETE AT-LARGE HOUSE MEMBERS - Up to ten (10) non-athlete members of the House of  
95 Delegates may be appointed as At-Large House Members by the General Chair with the advice and consent of  
96 the Board of Directors. At-Large House Members shall hold office from the date of appointment through the  
97 conclusion of the annual meeting of the House of Delegates following such appointment or until their  
98 successors are appointed to the House of Delegates.

99 .4 ATHLETE AT-LARGE HOUSE REPRESENTATIVES - A sufficient number of Athlete Representatives to  
100 ensure that Athlete Representatives constitute at least 20% of the voting membership of the House of Delegates  
101 shall be elected by the Athletes Committee and shall hold office from the date of election through the  
102 conclusion of the annual meeting of the House of Delegates following such elections or until their successors  
103 are elected to the House of Delegates.

104 .5 OTHER MEMBERS - COMMITTEE CHAIRS - shall serve as members of SCS House of Delegates.

## Appendix L

105

106 4.2. ELIGIBILITY - Only Individual Members in good standing shall be eligible to be elected or appointed as at-large  
107 members of the House of Delegates.

108

109 4.3. DOUBLE VOTE PROHIBITED - An Individual Member entitled to vote in House of Delegates meetings may only  
110 have one vote regardless of the number of positions held by such member.

111

112 4.4. VOICE AND VOTING RIGHTS OF MEMBERS - The voice and voting rights of members of the House of Delegates  
113 and of individuals shall be as follows:

114

115 .1 GROUP MEMBER REPRESENTATIVES, BOARD MEMBERS, AT-LARGE HOUSE MEMBERS AND  
116 OTHER MEMBERS - Each of the Group Member Representatives (other than those of Affiliated Group Members),  
117 the Board Members, the At-Large House Members and other members shall have both voice and vote in meetings of  
118 the House of Delegates.

119 .2 INDIVIDUALS - Individuals who are not members of the House of Delegates may attend open meetings of the House  
120 of Delegates and its committees and be heard at the discretion of the presiding officer.

121

122 4.5. DUTIES AND POWERS - The House of Delegates shall oversee the establishment of policies, procedures and programs.  
123 In addition to the duties and powers prescribed in the USA Swimming Rules and Regulations, USA Swimming Corporate  
124 Bylaws, or elsewhere in these Bylaws, the House of Delegates shall:

125

126 .1 Elect the Officers and members of the Administrative Review Board, and committee chairs/coordinators as listed in  
127 Articles 6 and 7.

128 .2 Review, modify and adopt the annual budget of SCS recommended by the Board of Directors.

129 .3 Call regular and special meetings of the House of Delegates.

130 .4 Ratify or prospectively modify or rescind policy and program established by the Board of Directors, except any action  
131 or authorization by the Board of Directors with respect to contracts or upon which any person may have relied on shall  
132 not be modified or rescinded.

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- 133 .5 Establish joint administrative committees or undertake joint activities with other sports organizations where deemed  
134 helpful or necessary by SCS.
- 135 .6 Amend the Bylaws of SCS in accordance with Section 9.3; and
- 136 .7 Remove from office any persons elected by the House of Delegates (Board Members, members of the Administrative  
137 Review Board, or appointed committee chairs) who have failed to attend to their official duties or member  
138 responsibilities or have done so improperly, or who would be subject to penalty by the National Board of Review for  
139 any of the reasons set forth in Article 404 of USA Swimming Rules and Regulations. However, no such individual  
140 may be removed without receiving thirty (30) days' written notice by the Secretary or other officer designated by the  
141 House of Delegates specifying the alleged deficiency in the performance of the member's responsibilities or specific  
142 official duties or other reason and an opportunity to respond in writing within twenty (20) days to such allegations.  
143
- 144 4.6. ANNUAL AND REGULAR MEETINGS - The annual meeting of the House of Delegates of SCS shall be held in the  
145 fall. Regular meetings of the House of Delegates may be held in accordance with a schedule adopted by the House of  
146 Delegates or the Board of Directors.  
147
- 148 4.7. SPECIAL MEETINGS - Special meetings of the House of Delegates may be called by the Board of Directors or the  
149 General Chair. Should the Board of Directors or the General Chair fail to call the annual or scheduled regular meetings or  
150 should a special meeting be appropriate or helpful, a meeting of the House of Delegates may be called by a petition signed  
151 by at least 25% of the voting group members of the House of Delegates.  
152
- 153 4.8. MEETING LOCATION AND TIME - Meetings of the House of Delegates may be held at any date, time, and place, including  
154 via telecommunication (unless prohibited by state or local laws), as may be fixed in the notice of such meeting. All in-  
155 person meetings of the House of Delegates shall take place at a site within the Territory. The House of Delegates or the  
156 Board of Directors shall determine the location and time of all meetings of the House of Delegates. All meetings conducted via  
157 telecommunications shall include means by which all persons participating in the meeting can hear each Other at the  
158 same time and which ensures all votes duly cast by voting members are officially recorded.  
159
- 160 4.9. OPEN MEETINGS/CLOSED SESSIONS - House of Delegates meetings shall be open to all members of SCS.

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161 Issues pertaining to personnel, disciplinary action, legal, tax or similar affairs of SCS shall be deliberated and  
162 decided in a closed session that only House of Delegates members may attend. By a majority vote, the  
163 House of Delegates may decide to go into closed session on any matter deserving of confidential treatment  
164 or of personal concern to any member of the House of Delegates.

165

166 4.10. QUORUM - A quorum of the House of Delegates shall consist of those members present and voting.

167

168 4.11. VOTING - Except as otherwise provided in these Bylaws or the Parliamentary Authority, all motions, orders and other  
169 propositions coming before the House of Delegates shall be determined by a majority vote.

170

171 4.12. PROXY VOTE - Voting by proxy in any meeting of the House of Delegates shall not be permitted.

172

173 4.13. NOTICES

174

175 .1 TIME - Not less than twenty (20) days' written notice shall be given to each member of the House of Delegates for  
176 any annual, regular or special meeting of the House of Delegates. See Section 14.1.3 for the various permitted means  
177 of notice.

178 .2 INFORMATION - The notice of a meeting shall contain the time, date and site. For special meetings of the House of  
179 Delegates, the expected purpose (which may be general) of the meeting shall be stated. If an expected purpose is the  
180 amendment of the Bylaws, a copy of the proposed amendment shall be included in the notice. Failure to have included  
181 in the notice any germane amendments subsequently adopted by the House of Delegates at the noticed meeting shall  
182 not be the basis for any claim that the amendments as so adopted are invalid.

183

# Appendix L

## ARTICLE 5

### BOARD OF DIRECTORS

184

185

186

187

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

188

189

190

.1 General Chair

191

.2 Administrative Vice-Chair

192

.3 Finance Vice-Chair

193

.4 Coach Representative

194

.5 Athlete Representatives

195

.6 Secretary

196

.7 Treasurer

197

.8 Senior Vice-Chair

198

.9 Age Group Vice-Chair

199

.10 Planning Vice-Chair

200

.11 Safe Sport Committee Chair

201

.12 Representative of Each Geographic Committee (6)

202

.13 At-Large Athlete Representatives (As Needed)

203

.14 Disability, Diversity, Equity, & Inclusion Committee Chair (DDEI)

204

.15 Officials Committee Chair

205

.16 Open Water Committee Chair

206

207

5.2. AT-LARGE BOARD MEMBERS - A sufficient number of Athlete Representatives shall be appointed as At-Large Board Members such that Athlete Representatives constitute at least twenty percent (20%) of the voting membership of the Board of Directors at any given time. The Athlete At-Large Board Representatives 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

208

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## Appendix L

211 the conclusion of the second annual meeting of the House of Delegates following such appointment, or until their  
212 successors are appointed.

213

214 5.3. EX-OFFICIO MEMBERS - The immediate past General Chair shall be an ex-officio member of the Board of  
215 Directors.

216

217 5.4. LIMITATIONS

218

219 .1 No more than two Members of any Group Member shall serve on the Board of Directors at any time. This limitation  
220 shall be applied separately to Athlete Representatives and Non-Athlete Members.

221 .2 No employee of SCS may serve as a voting member of the Board of Directors.

222

223 5.5. VOICE AND VOTING RIGHTS OF BOARD MEMBERS - The voice and voting rights of Board Members and  
224 individuals shall be as follows:

225

226 .1 BOARD MEMBERS - Each Board Member (other than the ex-officio member) shall have both voice and vote in  
227 meetings of the Board of Directors and its committees.

228 .2 EX-OFFICIO BOARD MEMBER - Unless entitled to vote under another provision of these Bylaws, the ex-officio  
229 member shall have voice but no vote in meetings of the Board of Directors and its committees.

230 .3 GENERAL - Anyone may attend open meetings of the Board of Directors and its committees and be heard at the  
231 discretion of the presiding officer.

232

233 5.6. DUTIES AND POWERS - The Board of Directors shall act for SCS and the House of Delegates during the intervals  
234 between meetings of the House of Delegates, except that it shall not remove a Board Member, an Administrative  
235 Review Board member, or other person not appointed by the Board of Directors or amend these Bylaws. Any actions  
236 taken are subject to the exercise by the House of Delegates of its powers of ratification or prospective modification or  
237 rescission. In addition to the powers and duties prescribed in the USA Swimming Rules and Regulations or elsewhere in  
238 these Bylaws, the Board of Directors shall have the power, and it shall be its duty to:

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- 239 .1 Establish and direct policies, procedures and programs for SCS.
- 240 .2 Oversee the conduct by the officers and staff of SCS of the day-to-day management of the affairs of SCS.
- 241 .3 Elect Athlete At-Large Board Representatives if they are not elected in a timely fashion.
- 242 .4 Provide advice and consent to appointments proposed by the General Chair as required under these Bylaws or the
- 243 SCS Policies and Procedures.
- 244 .5 Cause the preparation and presentation to the House of Delegates to follow one week after USA House of Delegates
- 245 of the annual budget of SCS and make a recommendation to the House of Delegates concerning the approval or
- 246 disapproval thereof.
- 247 .6 Approve the annual review/audit.
- 248 .7 Call regular or special meetings of the Board of Directors or the House of Delegates.
- 249 .8 Retain such independent contractors and employ such persons as the Board shall determine are necessary or
- 250 appropriate to conduct the affairs of SCS.
- 251 .9 Appoint other officers, agents, or committees to hold office for the terms specified. These appointees shall have the
- 252 authority and perform the duties as provided in these Bylaws, the SCS Policies and Procedures or as may be provided
- 253 in the resolutions appointing them, including any powers of the Board of Directors as may be specified, except as may
- 254 be inconsistent with any other provision of these Bylaws. To the extent not provided elsewhere in these Bylaws, the
- 255 Board of Directors may delegate to any officer, agent, or committee the power to appoint any such subordinate officers,
- 256 agents, or committees and to prescribe their respective terms of office, authorities and duties.
- 257 .10 Remove from office any Board Members, committee chairs, committee members or coordinators of SCS who were
- 258 appointed/elected by the Board and who have failed to attend to their official duties or member responsibilities or have
- 259 done so improperly, or who would be subject to penalty by the National Board of Review for any of the reasons set
- 260 forth in the National Board of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy
- 261 Manual. However, no At-Large Board Member, or committee chair or coordinator may be removed without receiving
- 262 the thirty (30) days' written notice specifying the alleged deficiency in the performance of the member's
- 263 responsibilities or specific official duties or other reasons and an opportunity to respond in writing within twenty (20)
- 264 days to such allegations.
- 265

## Appendix L

266 5.7. MEETINGS - Board of Directors meetings shall be open. Matters relating to personnel, disciplinary action, legal,  
267 taxation or similar affairs shall be deliberated and decided in a closed session which only Board Members are entitled to  
268 attend. By voting for a majority on a motion of a question of privilege, the Board of Directors may decide to go into  
269 closed session on any matter deserving of confidential treatment or of personal concern to any member of the Board of  
270 Directors.

271  
272 5.8. PARTICIPATION THROUGH COMMUNICATIONS EQUIPMENT - Members of the Board of Directors may  
273 participate in meetings of the Board of Directors through conference equipment by means of which all persons  
274 participating in the meeting can hear each other at the same time. Participation by such means shall constitute presence at  
275 a meeting.

276  
277 5.9. REGULAR MEETINGS - Regular meetings of the Board of Directors shall be held in accordance with a schedule  
278 adopted by the Board of Directors.

279  
280 5.10. SPECIAL MEETINGS - Special meetings of the Board of Directors may be called by the General Chair. Should the  
281 Board of Directors or the General Chair fail to call regular meetings, or should a special meeting be appropriate or  
282 helpful, a meeting of the Board of Directors shall be called at the written request of any three (3) Board Members.

283  
284 5.11. QUORUM - A quorum of the Board of Directors shall consist of a majority of the voting members.

285  
286 5.12. VOTING - Except as otherwise provided in these Bylaws or the Parliamentary Authority, all motions, orders and other  
287 propositions coming before the Board of Directors shall be determined by a majority vote. A motion, order or other  
288 proposal the effect of which is to override policy or program established by the House of Delegates shall be determined by  
289 a two-thirds vote after at least fourteen (14) days' written notice.

290  
291 5.13. PROXY VOTE - Voting by proxy in any meeting of the Board of Directors shall not be permitted.

292  
293 5.14. ACTION BY WRITTEN CONSENT - Any action required or permitted to be taken at any meeting of the Board of

## Appendix L

294 Directors may be taken without a meeting if all the Board Members entitled to vote consent to the action in writing  
295 and the written consents are filed with the records of the respective meetings. These consents shall be treated for all  
296 purposes as votes taken at a meeting.

297

298 5.15. EMAIL VOTE - Any action that may be taken at any regular or special meeting of the Board of Directors, except  
299 elections, or removals of appointed Board members, committee chairs and members, may be taken without a meeting.

300 If any action is to be taken without a meeting, the Secretary, by email, shall distribute a ballot to every Board Member  
301 entitled to vote on the matter. The ballot shall set forth the proposed action, provide an opportunity to specify approval  
302 or disapproval, and provide a reasonable time (but in no event less than the period specified in Section 5.16) within  
303 which to return the ballot to the Secretary. Action by ballot shall be valid only when the number of votes cast in favor  
304 of the proposed action within the time period specified constitutes a majority of the votes entitled to be cast.

305

306 5.16. NOTICES

307

308 .1 TIME - Not less than seven (7) days' written notice shall be given to each Board Member for any annual, regular or  
309 special meeting of the Board of Directors. (See Section 14.1.3 for the permitted means of notice.)

310 .2 INFORMATION - The notice of a meeting shall contain the time, date and site and in the case of special meetings,  
311 the expected purpose.

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## ARTICLE 6

### OFFICERS AND DIRECTORS

6.1. OFFICERS - The officers shall be 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 Administrative Vice-Chair, Age Group Vice-Chair, Finance Vice-Chair, Safe Sport Committee Chair, (D)DEI Committee Chair(s), and Officials Committee Chair. During EVEN years, officers elected are General Chair, 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 Disability, Diversity, Equity, & Inclusion Committee Chair(s) (DDEI)
- .11 Officials Committee Chair
- .12 Open Water Committee Chair

### 6.2. OTHER DIRECTORS

#### .1 ATHLETE REPRESENTATIVES

Two (2) Athlete Board 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 Board Representative must:

- A. be an athlete member in good standing.

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- 348 B. be at least a sophomore in high school or at least 16 years of age,  
349 C. be currently competing, or have competed within the two (2) immediately preceding years, in a USA  
350 Swimming sanctioned event conducted by SCS or another LSC; and  
351 D. have their place of permanent residence in the Territory and expect to reside therein throughout at least  
352 the first half of the term (other than periods of enrollment in an institution of higher education). The  
353 balloting shall take place via electronic vote and/or at a meeting called for that purpose by the Senior  
354 Athlete Board Representative or the Athletes Committee, or failing that, at a time and in a manner  
355 designated by the Board of Directors. At least twenty (20) days' written notice of the election shall be  
356 given to all clubs. Athlete Board Representative elected shall be determined by a majority of the Club  
357 Athlete Representatives.

358  
359 .2 COACH REPRESENTATIVE

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

364  
365 .3 COMMITTEE CHAIRS/COORDINATORS/AT-LARGE BOARD MEMBERS

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

370  
371 6.3. ELIGIBILITY - Only Individual Members of USA Swimming in good standing with SCS and USA Swimming shall be  
372 eligible to hold office and must maintain their eligibility throughout their term of office.

373  
374 6.4. DOUBLE VOTE PROHIBITED - An Individual Member entitled to vote in Board of Directors meetings may only  
375 have one (1) vote, regardless of the number of positions held by such Member.

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### 6.5. OFFICES SPLIT OR COMBINED

377

378

.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 share an office shall share one (1) vote.

379

380

.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.

381

382

383

### 6.6. TERMS OF OFFICE

384

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

385

.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.

386

387

.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 the 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.

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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 SCS Policies and Procedures, and applicable state laws.

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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.

397

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400

### 6.9. VACANCIES AND INCAPACITIES

401

.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

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404 General Chair, or until the General Chair ceases to suffer from any temporary incapacity. While serving as acting  
405 General Chair, the Administrative Vice Chair shall vacate the office of Administrative Vice Chair, except in the case  
406 of the General Chair's temporary incapacity. If the General Chair is to be absent from the Territory, the General Chair  
407 may, but is not obligated to, designate the Administrative Vice Chair as acting General Chair for the duration of the  
408 absence.

409 .2 OFFICES OF ATHLETE BOARD REPRESENTATIVES OR COACH REPRESENTATIVES OR ANY  
410 POSITION ELECTED - In the event of a vacancy or of the permanent incapacity of a person holding the office of  
411 Athlete Board Representative or Coach Representative, or person who has been elected, the General Chair may  
412 appoint, with the advice and consent of the Board of Directors, an eligible member to serve the remainder of the term  
413 of office or until the respective body shall elect a successor.

414 .3 DETERMINATION OF VACANCY OR INCAPACITY - The determination of when an office becomes vacant, or  
415 an officer becomes incapacitated shall be within the discretion of the Board of Directors or the House of Delegates  
416 with the advice and consent of the electing body. The determination as to whether the General Chair is temporarily  
417 incapacitated shall be made, where the circumstances permit, by the General Chair and otherwise shall be within the  
418 discretion of the Board of Directors, subject to any subsequent action by the House of Delegates.

419  
420 6.10. REMOVAL OF DIRECTORS - Directors may be removed in accordance with Sections 4.5.7 and 5.6.10 of these  
421 Bylaws.

### 422 423 6.11. OFFICERS' POWERS GENERALLY

424 .1 AUTHORITY TO EXECUTE CONTRACTS, ETC. - The General Chair, Administrative Vice-Chair Finance Vice-  
425 Chair each may sign and execute in the name of SCS deeds, mortgages, bonds, contracts, agreements or other  
426 instruments duly authorized by the SCS Policies and Procedures, the Board of Directors or the House of Delegates,  
427 except in cases where the signing and execution thereof shall be expressly delegated by the Board of Directors to  
428 another officer or agent, expressly requires two or more signatures or is required by law to be otherwise executed.  
429 Additional signing authority may be provided by standing resolutions of the Board of Directors or the House of  
430 Delegates.

431 .2 ADDITIONAL POWERS AND DUTIES - Each officer shall have other powers and perform other duties as



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432 prescribed in the SCS Policies and Procedures or by the House of Delegates, the Board of Directors, the General Chair,  
433 the respective division chair, the delegating officer, or these Bylaws.

- 434 .3 DELEGATION - Officers of SCS may delegate any portion of their powers or duties to an individual or a committee,  
435 except that neither the Finance Vice-Chair nor the Treasurer may delegate duties to the other without the consent of  
436 the Board of Directors. In addition, the authority to sign checks, drafts, orders of withdrawal or wire transfers shall not  
437 be delegated other than by the Board of Directors. Except as otherwise provided in these Bylaws and with the consent  
438 of the Board of Directors any officer may delegate any portion of that officer's powers or duties to the paid staff of  
439 SCS. A delegation of powers or duties shall not relieve the delegating officer of the ultimate responsibility to see that  
440 these duties and obligations are properly executed or fulfilled.

### 441 442 6.12. DEPOSITORIES AND BANKING AUTHORITY

- 443  
444 .1 DEPOSITORIES, ETC. - All receipts, income, charges and fees of SCS shall be deposited to its credit in the banks,  
445 trust companies, other depositories or custodians, investment companies or investment management companies as the  
446 Board of Directors determines.
- 447 .2 SIGNATURE AUTHORITY - All checks, drafts or other orders for the payment or transfer of money, and all notes  
448 or other evidences of indebtedness issued in the name of SCS shall be signed by the General Chair, the Treasurer or  
449 other officer or officers or agent or agents of SCS, and in the manner, as shall be determined by the Finance Vice-  
450 Chair or the Board of Directors.

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## ARTICLE 7

### DIVISIONS, AND COMMITTEES

#### 7.1. DIVISIONAL ORGANIZATION AND JURISDICTIONS, STANDING COMMITTEES AND COORDINATORS

- The divisions of SCS shall each be chaired as indicated below with respective duties, jurisdiction and responsibilities described in the SCS 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) Operational Risk Management 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 SCS 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

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480 Representatives of each committee shall be appointed by the General Chair with the advice of the Senior Athlete Board  
481 Representative. Athlete membership shall constitute at least twenty percent (20%) of the voting membership of  
482 every committee. The division chair shall be an ex-officio member, with voice and vote, of each committee within  
483 the respective division.

484

### 485 7.4. STANDING COMMITTEES

486

#### 487 .1 ATHLETES COMMITTEE

488 A. CHAIR - The Senior Athlete Board Representative or their designee shall be the chair of the  
489 committee.

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

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

495 (1) delegated to it by the Board of Directors or the General Chair or

496 (2) undertaken by the Committee as being in the best interests of the Athlete Members, SCS, USA  
497 Swimming and the sport of swimming.

#### 498 .2 FINANCE COMMITTEE

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

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

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

505 (1) To develop, establish where so authorized, or recommend to the Board of Directors, and supervise  
506 the execution of policy regarding the investment of SCS's working capital, funded reserves and  
507 endowment funds, within the guidelines, if any, established by the Board of Directors or the House

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508 of Delegates. The Finance Committee shall also regularly review SCS's equipment needs (both  
509 operational and office) and the various methods available to finance the acquisition of any  
510 equipment needed and make a determination and recommendation of the best financing method.

511 (2) To conduct a review or audit or recommend an independent auditor to conduct the required annual  
512 review or audit of the books of SCS. If conducted internally, a minimum of three (3) committee  
513 members with a sufficient number of athletes to constitute at least 20% of the voting membership,  
514 must conduct a review or audit. The Treasurer cannot be a member of the group performing the  
515 audit, but can be present to provide clarification, information and answer questions.

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

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

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

### 524 .3 GOVERNANCE COMMITTEE

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

527 B. MEMBERS - The Governance Committee members shall be appointed by the General Chair with the  
528 advice and consent of the Board of Directors. The Committee shall be composed of nine (9) members:  
529 seven (7) non-athlete members - one (1) such member from each of the six (6) SCS Geographic  
530 Committees, and a representative appointed by the General Chair - and two (2) Athlete  
531 Representatives. Each non-athlete member shall serve a four (4) year term, staggered so that  
532 approximately one-fourth (1/4) of such members will be appointed each year. The athlete's  
533 Representatives' term shall be two (2) years. No more than one-half (1/2) of the Governance  
534 Committee members shall be members of the SCS Board of Directors at any given time. After  
535 completion of two (2) consecutive terms, members are not eligible for re-appointment to the

## Appendix L

536 Governance Committee until after a lapse of two (2) years. A portion of any term served to fill a  
537 vacancy in the position shall not be considered in the computation of the successive term limitation. In  
538 no case shall the General Chair serve on the Governance Committee.

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

542 D. DUTIES

- 543 (1) To assist in periodic evaluation of the mission and vision statements and the Bylaws of SCS.
- 544 (2) To aid in the development of operating policies regarding conflict of interest (Board and staff),  
545 document retention, ethics, whistle-blower, procurement, contract review, grievance and other  
546 employment-related practices, etc.
- 547 (3) To aid in the development of personnel practices, including job descriptions and annual review of  
548 staff.
- 549 (4) To ensure that the Board's focus remains on the strategic plan.
- 550 (5) To aid in the development of expectations and processes for accountability of Board members.
- 551 (6) To develop criteria for the qualities and required characteristics of Board officers.
- 552 (7) To lead Board succession planning by assessing current and anticipated needs for Board  
553 composition and identifying and recruiting potential Board members.
- 554 (8) To nominate Board members, and chair positions to be elected by the House of Delegates  
555 consistent with the matrix of skills, demographics, and talents needed.
- 556 (9) To publish the slate of candidates for the SCS membership at least twenty (20) days prior to the  
557 election. Additional nominations may be made from the floor of the House of Delegates by voting  
558 members of the House of Delegates.
- 559 (10) To assist the Board of Directors with the process of designing and implementing Board orientation  
560 and an ongoing program of Board education and development; and
- 561 (11) To lead periodic assessment of the Board's performance (as a whole and of individual members)  
562 and make recommendations to enhance Board effectiveness.

563 .4 GEOGRAPHIC COMMITTEES

## Appendix L

### A. OBJECTIVE, TERRITORY AND JURISDICTION

- 564
- 565 (1) The objectives of the Geographic Committees shall, but not limiting itself to the objectives of
- 566 SCS, promote a developmental swim program for age group swimmers, to provide training for
- 567 meet officials, and to recruit and develop leadership personnel for the sport of swimming.
- 568 (2) The territory of each Geographic Committee shall be established by the Board of Directors. The
- 569 Senior Committee and the Age Group Committee shall recommend such changes that they may
- 570 deem necessary to ensure reasonable competitive balance, manageable developmental meets, and
- 571 travel consistent with the prevailing economic conditions. Such changes should be presented to
- 572 the Board of Directors with the advice of the affected Geographic Committees. The address of a
- 573 team's principal training pool shall determine Geographic Committee assignment.
- 574 (3) The Geographic Committees shall be responsible for planning their committee meets in
- 575 cooperation with the Age Group and Senior Committees. The schedule of events to be in their
- 576 meets shall ensure the availability of adequate competitive opportunities for all age groups, skill
- 577 levels and strokes/distances, and the implementation of Geographic Committee wide programs
- 578 authorized by SCS.

### B. MEMBERS - Geographic Committee membership shall consist of:

- 579
- 580 (1) Group Members which are located within its boundaries.
- 581 (2) Individual athletes in SCS competing in an unattached status will, at the time of registration, be
- 582 assigned to a specific Geographic Committee and must compete in meets developed by that
- 583 Committee or to which that Committee is invited.
- 584 (3) A sufficient number of Geographic Committee Athlete Representatives so as to constitute at least
- 585 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.

- 586
- 587
- 588 (1) Each Group Member shall send a representative to the Geographic Committee meetings. Each
- 589 Group Member shall have one vote on matters of business or elections regardless of the number
- 590 of persons present.
- 591 (2) Geographic Executive Committee. The Geographic Committee Chair, Vice-Chair, Secretary and

## Appendix L

592 the persons elected to serve on the SCS Senior, Age Group and Review Committees shall be  
593 empowered to act for the Geographic Committee between meetings.

### 594 .5 EXECUTIVE COMMITTEE

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

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

600 (1) General Chair, who shall act as chair,

601 (2) Administrative Vice Chair,

602 (3) Senior Vice Chair

603 (4) Age Group Vice-Chair

604 (5) Secretary,

605 (6) Finance Vice Chair,

606 (7) Coach Representative,

607 (8) Planning Vice-Chair

608 (9) Senior Athlete Representative, and

609 (10) Junior Athlete Representative.

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

617 D. MEETINGS AND NOTICE - Meetings of the Executive Committee shall be held at any time or place  
618 according to Section 4.8 of these bylaws, when called by the General Chair or any three (3) members  
619 of the Committee with a minimum of three (3) days' notice required.

## Appendix L

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

622 F. REPORT OF ACTION TO BOARD OF DIRECTORS - At the next regular or special meeting of the  
623 Board of Directors, the Executive Committee shall make a report of its activities since the last Board  
624 of Director's meeting for ratification or prospective modification or rescission, provided, however, that  
625 any action of the Executive Committee upon which a third party may have relied (e.g., by signing, or  
626 authorizing the signing of a contract) may not be modified or rescinded by the Board of Directors or  
627 the House of Delegates.

628 .6 SAFE SPORT COMMITTEE

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

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

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

640 .7 SENIOR COMMITTEE

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

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

646 C. DUTIES - The Senior Committee shall have general charge of the affairs of the committee that  
647 develops and conducts the senior swimming program of SCS to include management of all senior



## Appendix L

648 swimming meets and events. The Senior Vice-Chair also serves as liaison to the Athlete Representative  
649 Committee.

650 .8 AGE GROUP COMMITTEE

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

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

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

660 .9 DISABILITY, DIVERSITY, EQUITY, & INCLUSION COMMITTEE - DDEI

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

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

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

673 .10 OFFICIALS COMMITTEE

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

675 B. MEMBERS - The Officials Committee shall be appointed by the Officials Committee Chair/Officials

## Appendix L

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

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

### 686 .11 OPEN WATER COMMITTEE

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

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

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

### 696 .12 PLANNING COMMITTEE

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

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

699 (1) Planning Vice-Chair

700 (2) Age Group Vice-Chair

701 (3) Senior Vice Chair

702 (4) Program Chair of each of the six (6) Geographic Committees

703 (5) Officials Committee representative

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- 704 (6) Senior Athlete Board Representative  
705 (7) Junior Athlete Board Representative  
706 (8) Plus, a sufficient number of athlete Representatives, so as to constitute at least twenty percent  
707 (20%) of the voting membership of the committee.

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

712

713 7.5. DUTIES OF CHAIRS GENERALLY - The duties of the General Chair, the division chairs, and committee chairs (in  
714 addition to those provided elsewhere in these Bylaws) shall be as follows:

- 715 .1 Preside at all meetings of the respective division, committee or subcommittee.  
716 .2 See that all duties and responsibilities of the respective division, committee or subcommittee in their charge are  
717 properly and promptly carried out.  
718 .3 Appoint such committees or subcommittees as may be necessary to fulfill the duties and responsibilities of the division  
719 or committee, respectively.  
720 .4 Communicate with the General Chair, respective division, committee or subcommittee members and the staff to keep  
721 them fully informed.  
722 .5 Appoint a member as secretary of the committee or subcommittee charged with taking minutes of each meeting and  
723 forward reports or minutes of all meetings to the staff; and  
724 .6 Perform the other specific duties listed in SCS's Policies and Procedures or as may be delegated by the General Chair,  
725 the respective division chair or committee chair, the Board of Directors or the House of Delegates.

726

727 7.6. DUTIES OF COMMITTEES GENERALLY - Except as otherwise provided in these Bylaws, the duties of the  
728 committees shall be prescribed by the SCS Policies and Procedures.

729 7.7. REGULAR AND SPECIAL MEETINGS - Regular and special meetings of committees or subcommittees of SCS  
730 shall be held as determined by the respective vice-chairs or committee or subcommittee chair.

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## Appendix L

732 7.8. OPEN MEETING/CLOSED SESSIONS - Meetings of committees and subcommittees, other than a Personnel  
733 Committee meeting shall be open to all members of SCS. Matters relating to personnel, disciplinary action, legal,  
734 taxation and similar affairs shall be deliberated and decided in a closed session that only the respective members are  
735 entitled to attend. By a majority vote, a committee or subcommittee may decide to go into closed session on any matter  
736 deserving of confidential treatment or of personal concern to any member of the committee or subcommittee.

737

738 7.9. VOICE AND VOTING RIGHTS OF COMMITTEE MEMBERS - Each committee member shall have both voice  
739 and vote in their respective meetings.

740

741 7.10. ACTION BY WRITTEN CONSENT - Any action required or permitted to be taken at any meeting of a committee  
742 may be taken without a meeting if all the committee members entitled to vote consent to the action in writing and the  
743 written consents are filed with the records of the meetings. These consents shall be treated for all purposes as a vote  
744 taken at a meeting.

745

746 7.11. PARTICIPATION THROUGH COMMUNICATIONS EQUIPMENT - Members of any committee may participate  
747 in a meeting of the committee or through conference equipment by means of which all persons participating in the  
748 meeting can hear each other at the same time. Participation by such means shall constitute presence at a meeting.

749

750 7.12. QUORUM - Except as otherwise provided in these Bylaws or in the resolution or other action establishing a  
751 committee, a quorum of any committee shall consist of those members present.

752

753 7.13. VOTING - Except as otherwise provided in these Bylaws or the Parliamentary Authority, all motions, orders and other  
754 propositions coming before a committee shall be determined by a majority vote.

755

756 7.14. PROXY VOTE - Voting by proxy in any meeting of a committee shall not be permitted.

757

758 7.15. NOTICES

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## Appendix L

760 .1 TIME - Except as otherwise provided in these Bylaws or the resolution or other action establishing a committee, not  
761 less than five (5) days' written notice shall be given for any meeting of the committee.

762 .2 INFORMATION - The notice of a meeting shall contain the time, date, and site.  
763

764 7.16. RESIGNATIONS - Any committee chair or member or coordinator may resign by submitting a written resignation to  
765 the General Chair or the Board of Directors specifying an effective date of the resignation. If such a date is not  
766 specified, the resignation shall take effect upon the appointment of a successor.  
767

768 7.17. VACANCIES - The determination of when the position of an appointed committee chair or committee member  
769 becomes vacant or the person becomes incapacitated, if not made by the person, shall be within the discretion of the  
770 Board of Directors. In the event of a vacancy or permanent incapacity, the General Chair, with the advice and consent of  
771 the Board of Directors and the respective division chair, shall appoint a successor to serve until the conclusion of the  
772 incumbent's term. A temporary incapacity may be left unfilled at the discretion of the General Chair, or an  
773 appointment may be made for the duration of the temporary incapacity.  
774

775 7.18. DELEGATION - With the consent of the Board of Directors or the respective division chair, or a committee chair  
776 may delegate a portion of their powers or duties to another officer of SCS, or to another committee, or subcommittee, or  
777 with the consent of the Board of Directors, to the paid staff of SCS. Notwithstanding any delegation, the ultimate  
778 responsibility for the delegated duties and obligations shall remain with the delegator.  
779

780 7.19. APPLICATION TO COMMITTEES - Sections 7.5 through 7.18 shall apply to all committees, unless otherwise  
781 provided in these Bylaws, in the resolution creating the committee or in the SCS Policies and Procedures. These  
782 provisions shall also apply to Administrative Review Board meetings but shall not apply to its hearings or  
783 deliberations.  
784

### ARTICLE 8

#### ANNUAL AUDIT, REPORTS AND REMITTANCES

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786  
787 SCS shall submit any reports and remittances required by the USA Swimming Corporate Bylaws, by the USA

## Appendix L

788 Swimming Board of Directors, the President/CEO of USA Swimming or by any agreement between SCS and USA  
789 Swimming. Reports required to be submitted to USA Swimming by SCS include annual financial and federal tax  
790 reports and the annual audit or review.

791

### 792 ARTICLE 9

#### 793 ORGANIZATION, AMENDMENT OF BYLAWS AND DISSOLUTION

794

795 9.1. NON-PROFIT AND CHARITABLE PURPOSES – SCS is organized exclusively for charitable and educational  
796 purposes and for the purpose of fostering national or international amateur sports competition within the meaning of  
797 section 501(c)(3) of the IRS Code. Notwithstanding any other provision of these Bylaws, SCS shall not, except to an  
798 insubstantial degree, (1) engage in any activities or exercise any powers that are not in furtherance of the purposes and  
799 objectives of SCS or (2) engage in any activities not permitted to be carried on by: (A) a corporation exempt from  
800 federal income tax under such section 501(c)(3) of the IRS Code or (B) a corporation to which contributions, gifts and  
801 bequests are deductible under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) of the IRS Code.

802

803 9.2. DEDICATION OF ASSETS, ETC. - The revenues, properties and assets of SCS are irrevocably dedicated to the  
804 purposes set forth in Sections 1.2 and 9.1 of these Bylaws. No part of the net earnings, properties or assets of SCS shall  
805 inure to the benefit of any private person or any member, officer or director of SCS.

806

807 9.3. AMENDMENTS - Any provision of these Bylaws not mandated by USA Swimming may be amended at any meeting  
808 of the SCS House of Delegates by a two-thirds (2/3) vote of the members present and voting. Amendments so approved  
809 shall not take effect until reviewed and approved by the USA Swimming Rules and Regulations Committee. Changes  
810 to Required LSC Bylaws shall be effective on the date established in the amending USA Swimming legislation.

811

812 9.4. DISSOLUTION – SCS may be dissolved only upon a two-thirds (2/3) vote of all the voting members of the House of  
813 Delegates. Upon dissolution, the net assets of SCS shall not inure to the benefit of any private individual,  
814 unincorporated organization or corporation, including any member, officer or director of SCS, but shall be distributed  
815 to USA Swimming, to be used exclusively for educational or charitable purposes. If USA Swimming, is not then in

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816 existence, or is not then a corporation which is exempt under section 501(c)(3) of the IRS Code and to which  
817 contributions, bequests and gifts are deductible under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) of the IRS Code,  
818 the net assets of SCS shall be distributed to a corporation or other organization meeting those criteria and designated  
819 by the House of Delegates at the time of dissolution, to be used exclusively for educational or charitable purposes.

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### ARTICLE 10

#### INDEMNIFICATION

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840 10.1. INDEMNITY – SCS shall indemnify, protect and defend, in the manner and to the full extent permitted by law, any  
841 Indemnified Person in respect of any threatened, pending or completed action, suit or proceeding, whether or not by or  
842 in the right of SCS, and whether civil, criminal, administrative, investigative or otherwise, by reason of the fact that  
843 the Indemnified Person bears or bore one or more of the relationships to SCS specified in Section 10.3 and was acting  
844 or failing to act in one or more of those capacities or reasonably believed that to be the case. Where specifically required  
845 by law, this indemnification shall be made only as authorized in the specific case upon a determination, in the manner  
846 provided by law, that indemnification of the Indemnified Person is proper in the circumstances. SCS may, to the full  
847 extent permitted by law, purchase additional insurance to that provided by USA Swimming, and maintain insurance  
848 on behalf of any Indemnified Person against any liability that could be asserted against the Indemnified Person.

849  
850 10.2. EXCLUSION - The indemnification provided by this Article 10, shall not apply to any Indemnified Party whose  
851 otherwise indemnified conduct is finally determined to have been in bad faith, self- dealing, gross negligence, wanton  
852 and willful disregard of applicable laws, rules and regulations, of the USA Swimming Rules and Regulations, of the  
853 USA Swimming Code of Conduct or these Bylaws or who is convicted of a crime (including felony, misdemeanor and  
854 lesser crimes) involving sexual misconduct, child abuse, violation of a law specifically designed to protect minors or  
855 similar offenses, or who is found by the National Board of Review or the U.S. Center for SafeSport to have committed  
856 actions which would be the basis for such a conviction and, in each case, the otherwise indemnifiable conduct (or  
857 failure to act) was, or was directly related to, the predicate acts of the conviction or finding.

858  
859 10.3. INDEMNIFIED PERSONS - As used in this Article 10, “Indemnified Person” shall mean any person who is or was a  
860 Board Member, Administrative Review Board member, Group Member Representative, officer, official, coach,  
861 committee chair or member, volunteer, employee or agent of SCS, or is or was serving at the direct request of SCS as  
862 a director, officer, Group Member Representative, meet director, official, coach, committee chair or member, volunteer,  
863 employee or agent of another person or entity involved with the sport of swimming.

864 10.4. EXTENT OF INDEMNITY - To the full extent permitted by law, the indemnification provided in this Article shall



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

876  
877 10.5. SUCCESSORS, ETC. - The indemnification provided by this Article shall continue as to an Indemnified Person who  
878 has died or been determined to be legally incompetent and shall apply for the benefit of the successors, guardians,  
879 conservators, heirs, executors, administrators and trustees of the Indemnified Person.

### 880 881 ARTICLE 11

#### 882 PARLIAMENTARY AUTHORITY

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

### 887 888 889 890 891 ARTICLE 12 892

## Appendix L

### MISCELLANEOUS

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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 SCS shall end on the last day of August.

12.3. TAX STATUS: INTERPRETATION OF BYLAWS - It is intended that SCS 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 SCS 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.

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## ARTICLE 13

### ADMINISTRATIVE REVIEW BOARD

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922 13.1. INTRODUCTION - USA Swimming was organized as the National Governing Body for the sport of swimming under  
923 the Amateur Sports Act of 1978, as amended by the Ted Stevens Olympic and Amateur Sports Act of 1998, both  
924 federal laws. These laws require USA Swimming to establish and maintain provisions for the swift and equitable  
925 resolution of all disputes involving any of its members. This Article, together with Section 2.2 and the National Board  
926 of Review procedures, pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual, are intended to provide  
927 a mechanism for resolving in an orderly and fair way all manner and kinds of disputes that may arise among its members  
928 in connection with the sport of swimming. Accordingly, SCS has established the Administrative Review Board to hear  
929 complaints and appeals regarding administrative matters within SCS which do not rise to the level of Code of Conduct  
930 violations and are not appeals of sanction decisions. The Administrative Review Board shall have no jurisdiction to  
931 hear complaints regarding conduct that may violate the USA Swimming Code of Conduct or otherwise violate the  
932 policies, procedures, rules and regulations adopted by USA Swimming, or conduct that may bring USA Swimming,  
933 SCS or the sport of swimming into disrepute. This Article, together with the National Board of Review procedures,  
934 pursuant to Policy 26.0 of the USA Swimming Operating Policy Manual, is intended to provide a fair hearing before a  
935 group of independent and impartial people. This Article and the National Board of Review procedures, pursuant to  
936 Policy 26.0 of the USA Swimming Operating Policy Manual shall be construed Accordingly.

### 937 938 13.2. ADMINISTRATIVE REVIEW BOARD ORGANIZATION

- 939  
940 .1 Establishment - The Administrative Review Board of SCS shall be independent and impartial.
- 941 .2 Members - The Administrative Review Board shall have at least eight (8) regular members, six (6) of whom shall be  
942 a representative of one (1) of each of the Geo Committees and a sufficient number of Athlete Representatives to  
943 constitute at least twenty percent (20%) of the voting membership. At least three (3) members of the Administrative  
944 Review Board shall hear each case, with a sufficient number of Athlete Representatives to constitute at least twenty  
945 percent (20%) of its membership. No hearing shall proceed without the required athlete representation. The House of  
946 Delegates may increase the number of regular members by resolution but subsequent to the adoption of these Bylaws

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947 may only decrease the number of regular members upon the expiration of the term of office of any incumbent  
948 members.

949 .3 Election; Term of Office; Eligibility

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

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

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

957 .4 Chair Elected by Board; Other Officers - The Chair of the Administrative Review Board (the "Chair") who must be a  
958 regular member, shall be elected biennially by a majority vote of the regular members of the Administrative Review  
959 Board. The Chair shall biennially appoint a Vice-Chair and a Secretary of the Administrative Review Board, each of  
960 whom must be regular members.

961 .5 Meetings - The Administrative Review Board shall meet for administrative purposes as necessary, to elect the Chair,  
962 to adopt rules and procedures and to conduct other business as may be helpful or necessary to achieve the purposes of  
963 the Administrative Review Board and efficiently exercise its duties and powers. Other meetings may be called by the  
964 Chair or any two (2) regular members. When meeting for administrative purposes, Section 7.19 shall apply to the  
965 Administrative Review Board.

966 .6 Participation Through Communications Equipment - Members of the Administrative Review Board may participate  
967 in a meeting or hearing of the Administrative Review Board, and any hearing may be conducted, in whole or in part,  
968 through conference telephone or similar equipment by means of which all persons participating in the meeting can  
969 hear each other at the same time. Participation by these means shall constitute presence in person at such a meeting or  
970 hearing.

971 .7 Quorum - A quorum for any administrative meeting of the Administrative Review Board shall be fifty percent (50%)  
972 of its regular members.

973 .8 Resignations - Any regular member of the Administrative Review Board may resign by submitting a written  
974 resignation to the Chair, the General Chair or the Board of Directors specifying an effective date of the resignation. In

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975 the absence of a specified effective date, any such resignation shall take effect upon the appointment or election of a  
976 successor.

977 .9 Determination of Vacancy or Incapacity - The determination of when an office becomes vacant, or an officer becomes  
978 incapacitated shall be in accordance with Section 6.9.

979 .10 Substitutions for Member - In the event that a regular member of the Administrative Review Board is unable or  
980 unwilling to promptly act for any reason, recuses themselves or is disqualified in any particular circumstance, the  
981 Chair (or, if the person so unable or unwilling to act or recused or disqualified is the Chair, the Vice-Chair; or failing  
982 that, the General Chair) shall appoint an alternate member to act in the regular member's place in respect of that  
983 circumstance.

984

### 985 13.3. GENERAL

986

987 .1 Administrative Powers - The Administrative Review Board shall have the powers and the duty to:

988 A. administer and conduct the affairs and achieve the purposes of the Administrative Review Board,

989 B. establish policies, procedures and guidelines,

990 C. elect the Chair,

991 D. call regular or special meetings of the Administrative Review Board,

992 E. retain attorneys, agents and independent contractors and employ those persons which the

993 Administrative Review Board may determine are appropriate, necessary or helpful in the

994 administration and conduct of its affairs, and

995 F. take such action as may otherwise be appropriate, necessary or helpful in the administration and

996 conduct of its affairs, the achievement of its purposes and the efficient exercise of its duties and powers.

997 .2 Rule Making Powers - The Administrative Review Board shall have the power and the duty to promulgate reasonable

998 rules and procedures consistent with the corporation laws of SCS with respect to any matter within its jurisdiction or

999 appropriate, necessary or helpful in the administration and conduct of its affairs. Such rules and procedures shall have

1000 the same force and effect as if they had been adopted as part of these Bylaws.

1001 .3 Exercise of Powers and Decisions - Except for authority and power granted to the Chair, the exercise of the authority

1002 and powers of the Administrative Review Board and the decision of matters which are the subject of a hearing shall

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1003 be decided by a majority vote of the Administrative Review Board. The views of any dissenters shall be included in  
1004 the record of the proceeding if requested by the dissenters. The exercise of the Administrative Review Board's  
1005 authority and power shall be solely in its discretion and the interests of justice and the sport of swimming.

1006 .4 Timeliness of Petition - The Administrative Review Board need not exercise its jurisdiction with respect to a complaint  
1007 the subject matter of which occurred, or concerns or is founded on events which occurred, more than ninety (90) days  
1008 prior to the date the complaint is received. A determination not to exercise its jurisdiction as a result of the untimeliness  
1009 of a complaint may be made by the Chair alone and may be the subject of a request for rehearing and, thereafter,  
1010 appeal to the National Board of Review in accordance with the National Board of Review Procedures, pursuant to  
1011 Policy 26.0 of the USA Swimming Operating Policy Manual.

### 1013 ARTICLE 14

#### 1014 CONVENTIONS AND DEFINITIONS

##### 1016 14.1. CONVENTIONS

1017  
1018 .1 TERMS GENERALLY - Whenever the context may require, any pronoun or official title shall include the  
1019 corresponding masculine, feminine and neuter forms. The words "include", "includes" and "including" shall be  
1020 deemed to be followed by the phrase "without limitation". The singular shall include the plural, and the plural shall  
1021 include the singular as the context may require. Where the context permits, the term "or" shall be interpreted as though  
1022 it were "and/or". Captions have been used for convenience only and shall not be used for interpreting the Bylaws.

1023 .2 CAPITALIZED TITLES - Capitalized titles, such as Secretary or Treasurer, when appearing alone shall refer to SCS  
1024 positions and not to USA Swimming or another organization.

1025 .3 NOTICE DEEMED GIVEN, LAST KNOWN ADDRESS –

1026 A. Notice by Email - Notice given and writings delivered by electronic mail to the last known email  
1027 address shall be deemed given or delivered for all purposes under these Bylaws.

1028 B. Last Known Email Address - For all purposes under these Bylaws, the last known email address of a  
1029 member of SCS shall be the email address on file with SCS or in SWIMS.

1030 C. Notice by Website Posting/Constant Contact – In conjunction with Notice by email, posting on the

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1031                   SCS Website and Constant Contact shall also be deemed as given or delivered notice for all purposes  
1032                   under these Bylaws.

1033           .4       TIME PERIOD CONVENTION - In computing time periods established by these Bylaws, the initial time period  
1034                   (days or hours) shall not be included but the last period shall be included.

1035           .5       WAIVER OF NOTICE CONVENTION - Untimely or insufficient notice for any meeting held under the authority  
1036                   of these Bylaws shall be considered to have been waived if a member attends or participates in the meeting to which  
1037                   such notice referred or to which notice was lacking without, at the earliest opportunity, raising an objection of untimely  
1038                   or insufficient notice having been given for such meeting. If the member is a Group Member Representative, then the  
1039                   relevant Group Member shall be treated as having waived the untimely or insufficient notice to the same extent.

1040

1041       14.2. DEFINITIONS - When used in these Bylaws, the following terms shall have the meanings indicated in this Section,  
1042                   and the definitions of such terms are equally applicable both to the singular and plural forms.

1043

1044           .1       ARTICLE - a principal subdivision of these Bylaws.

1045           .2       ARTICLES OF INCORPORATION - the document filed with the Secretary of State of California pursuant to which  
1046                   SCS was formed.

1047           .3       ATHLETE BOARD REPRESENTATIVE - an Athlete Member elected to represent athletes in the House of  
1048                   Delegates and on the Board of Directors.

1049           .4       ATHLETE REPRESENTATIVE - shall be (a) an athlete member in good standing; (b) currently competing or have  
1050                   competed within the two (2) immediately preceding years, in a USA Swimming sanctioned event conducted by SCS  
1051                   or another LSC; and (c) have their place of permanent residence in the Territory and expect to reside therein throughout  
1052                   at least the first half of the term (other than periods of enrollment in an institution of higher education).

1053           .5       BOARD MEMBER - a member of the Board of Directors, including the At-Large Board Members.

1054           .6       BOARD OF DIRECTORS - the Board of Directors of SCS.

1055           .7       BYLAWS - these bylaws as adopted and amended from time to time by, and in effect for SCS.

1056           .8       COACH REPRESENTATIVE - a Coach Member elected to represent the coaches in the House of Delegates and on  
1057                   the Board of Directors.

1058           .9       GROUP MEMBER REPRESENTATIVE - The Group Member Representative must be a member in good standing

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- 1059 with SCS and USA Swimming, attached to the group for 60 days prior to the HOD and be 18 years or older.
- 1060 .10 HOUSE OF DELEGATES - the House of Delegates of SCS as established by Article 4 of these Bylaws.
- 1061 .11 IMMEDIATE PAST GENERAL CHAIR - the individual who is the immediate past General Chair of SCS is the Ex-  
1062 Officio.
- 1063 .12 IRS CODE - the current United States Internal Revenue Code.
- 1064 .13 LOCAL SWIMMING COMMITTEE / LSC – SCS as defined by the USA Swimming Corporate Bylaws.
- 1065 .14 MEMBER - a Group Member or an Individual Member.
- 1066 .15 NATIONAL BOARD OF REVIEW - the National Board of Review of USA Swimming was established pursuant to  
1067 in accordance with the National Board of Review Procedures, pursuant to Policy 26.0 of the USA Swimming  
1068 Operating Policy Manual. Where the context requires, a reference to the National Board of Review shall  
1069 include a reference to the USA Swimming Board of Directors where that body is acting upon an appeal from  
1070 the National Board of Review.
- 1071 .16 POLICIES AND PROCEDURES - the principles, rules, and guidelines of SCS, as amended and adopted by the Board  
1072 of Directors or the House of Delegates.
- 1073 .17 SCS – the California non-profit corporation to which these Bylaws pertain.
- 1074 .18 SECTION - a subdivision of the Articles of these Bylaws.
- 1075 .19 TERRITORY - the geographic territory over which SCS has jurisdiction as a Local Swimming Committee.
- 1076 .20 USA SWIMMING - USA Swimming, Inc., a Colorado nonprofit corporation which is the national governing body  
1077 for the United States for the sport of swimming.
- 1078 .21 WORLD AQUATICS – the international governing body for the sport of swimming.
- 1079
- 1080 V.10/21/2024







*Southern*  
**CALIFORNIA**  
**SWIMMING**