

SWIM GUIDE 2011



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SOUTHERN CALIFORNIA SWIMMING, INC.

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2011 Swim Guide

**Published by the House of Delegates of
Southern California Swimming
Jeri Marshburn, General Chairman
Mary J. Swalley, Executive Director**

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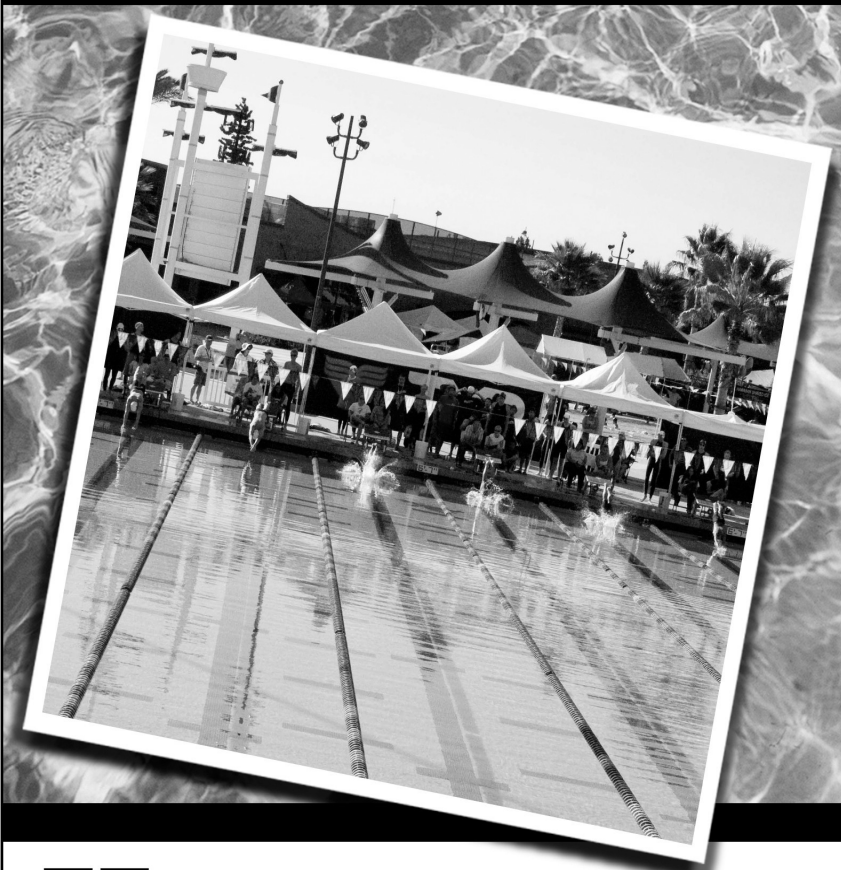
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PACIFIC COMMITTEE

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**Catalina Channel Swimming
Federation - CCSF**

No 2011 Information

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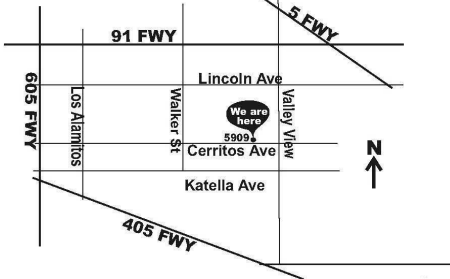


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Store Hours
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LEAGUES

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CALENDAR

JANUARY 2011						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
					New Year's Day	
10	11	12	13	14	15	16
				Orange-----	Pac Coast All Star Meet Mt Hood	Desert Committee
	Eastern Committee Pacific				East-RW-MESA Metro	Desert Committee
	Committee 8 pm				Desert	Desert
					Coastal	Coastal
						BRW at CERR
						BRW at TRA
						JO Qual at RMSC
						Austin, TX
17	18	19	20	21	22	23
RMSC JO Qual	Committee 8 pm			Grand Prix LC	Southern Calif Sr Invite	@ Belmont by FAST
Grand Prix						
SCS Sr Inv					Pacific	BRW at WSTA
Martin Luther King Day					Eastern	BR at TMEC
					Orange	Orange
					Orange	RW at NOVA
					Coastal	RW at GWSC
24	25	26	27	28	29	30
		Board 8 pm				BRW at PUMA
31						
	Orange Committee 8 pm					Desert
						BRW at SAND

FEBRUARY 2011

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
	8	9	10	11	12	13
	Younger SCY JO's -----@ Belmont by ROSE/TORR					
	Eastern Committee					
	15	16	17	18	19	FREE WEEKEND
14	Older SCY JO's -----@ Belmont by ROSE/TORR					
	PCSC Championships ----- @ Belmont					
	Coastal ----- Champs at CSSC					
	Eastern --- BRW Champs at RST					
	Metro ----- Champs at BAC					
	Orange ----- JO Max at AAA, SCAL, GWSC					
	Pacific ----- BRW at PVAC					
	Coastal Committee 8pm					
21	22	23	24	25	26	27
Grand Prix LC ----- Columbia, MO						
Coastal - CSSC						
Grand Prix LC Committee 8pm						
SCIAC Champs ----- @ Belmont						
MPSF Championships ----- @ Belmont						
President's Day ----- Women's Pac-10 at Federal Way -----						
28						
CIF Begins						

MARCH 2011

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
					Coastal – SMSC Coastal ----- Pacific ----- Indianapolis, IN	BRW LC at BUEN East-RW-CCAQ Champs at ROSE
7	8	9	10	11	12	13
	Eastern Committee Metro Committee Pacific Committee 8 pm		Grand Prix LC----- Men's Pac-10 at Belmont -----			
14	15	16	17	18	19	20
				Senior Invite LC ----- Desert ----- Eastern BR/W(11-Up) LC at RAA Metro ----- Orange ----- Pacific -----	at RMDA BRW LC at TRA LC at RAA BRW LC at DWNY Blue LC at DA BRW LC at TORR	
21	22	23	24	25	26	27
			NCAA Division 1 Women		NCAA Division 1 Men	Orange ----- RW at ORCA
28	29	30	31			
	Orange Committee 8pm		NCAA Division 1 Men ----- Minneapolis, MN			

APRIL 2011

MON	TUES	WEDS	THURS	FRI	SAT	SUN
			1	2	3	
					East - RW PSP Coastal ----- BRW LC at CSSC Pacific ----- BRW LC at COLA	
4	5	6	7	8	9	10
					Orange ----- Blue LC at GWSC	
11	12	13	14	15	16	17
					Desert Committee Desert ----- BRW LC at DSS Eastern - BRW(13-Up) LC - PSP Metro ----- BRW LC at CERR Orange ----- RW at STOP Pacific ----- BRW LC at ROSE	
18	19	20	21	22	23	24
		Eastern Committee	SCS Board 8 pm	Grand Prix LC		
25	26	27	28	29	30	1
		Coastal Committee 8pm	Coastal	Coastal		Coastal-- PUMA East- RW-TMEC Coastal ----- BRW LC at BUEN Desert ----- BRW LC at SAND Pacific ----- BRW LC at LASC
		Orange Committee 8pm	Orange	Senior Invite H/F LC		Blue LC at MVN ----- at RMDA
						LC w/Masters at SLO <i>Easter</i>

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JUNE 2011						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
	1	2	3	4	5	
6	7	8	9	10	11	12
					Coastal----LC June Bug at SBSC Orange ----- BR LC at FAST Orange ----- BR LC at SCAL	Desert Committee
					Coastal --- JAG Qual LC at CLSS Desert ----- BRW LC at BCH Eastern ----- BRW LC at PSP Eastern ----- BRW LC at YST Metro ----- BRW LC at DWNY Orange ----- RW at SET Pacific ----- BRW LC at TORR	
13	14	15	16	17	18	19
			Coastal Committee 8 pm			
					Metro RW DWNY Pacific - RW tba	
20	21	22	23	24	25	26
	Eastern Committee	SCS Board 8 pm	Grand Prix LC-----			Santa Clara, CA <i>Father's Day</i>
27	28	29	30			
			June Age Group Invites ----- Swim Meet of Champions -----			LC at BUEN, NOVA, RMDA LC at MVN
	Orange Committee 8pm					

AUGUST 2011						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
					Coastal - SMSC Metro ----- LC Champs at DWNY Coastal ----- JO Max at PVST	
8	9	10	11	12	13	14
	National LC Championships (Pan Am Trials)				-----at Stanford	
15	16	17	18	19	20	21
	National Junior LC Championships				Eastern ----- JO Max at CCAQ ----- at Stanford	WUG – China
22	23	24	25	26	27	28
	World University Games				----- at Shenzhen, China	----- at Lima, Peru
29	30	31				
					Coastal Open Water At Lake Lopez (300 M, 1K, 5K)	

OCTOBER 2011

MON	TUES	WEDS	THURS	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
					-- SCS FALL KICKOFF CLINIC --	
					Coastal -----	BRW at SMSC
					Orange -----	BRW at AAA
					Orange -----	BRW at FAST
					Orange -----	BRW at SEAL
					Pacific -----	BRW at ZAP
10	11	12	13	14	15	16
	Eastern Committee				Eastern -----	BRW at TCC
	Metro				Metro -----	BRW at BAC
	Committee				Coastal -----	BRW at SBSC
					Eastern -----	BRW at RAA
					Pan Am -----	Guadalajara, MEX
17	18	19	20	21	22	23
					Coastal -----	BRW at RMSC
					Orange -----	Pumpkin Meet at GWSC
					SCS Sr T/F -----	at CSSC
					----- at Guadalajara, MEX	
24	25	26	27	28	29	30
	Pan Am Games -----					
31						
	Orange Committee 8 pm				Coastal -----	BRW at PVST
					Coastal -----	BRW at PUMA
					Desert -----	BRW at SAND

NOVEMBER 2011

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
					Coastal ----- Eastern ----- Metro ----- Orange- BRW BREA, SCAL, STOP Pacific -----	BRW at BUEN BRW at EAST BRW at BSC BRW at WSTA BRW at MESA
7	8	9	10	11	12	13
	Eastern Committee Pacific Committee 8 pm	SCS House of Delegates 8 pm				
14	15	16	17	18	19	
	Eastern Committee Pacific Committee 8 pm	SCS House of Delegates 8 pm		SCS Kevin Perry Senior H/F Grand Prix LC	Desert ----- Coastal -----	FREE WEEKEND BRW at BCH BRW at SLO BRW at CANY BRW at PSP BRW at CERR MVN Turkey BR
21	22	0	24	25	26	27
	Coastal Committee 8 pm			Coastal ----- Eastern ----- Metro ----- Orange -----		
28	29	30	<i>Thanksgiving</i>			
	Orange MVN BR					
	Orange Committee 8pm					

DECEMBER 2011

MON	TUES	WEDS	THURS	FRI	SAT	SUN
			1	2	3	4
					Coastal ----- BRW at CSSC Metro ----- BRW at BAC Orange--BRW-GWSC, ORCA, DA Pacific ----- BRW at ROSE	
				Eastern -----		
5	6	7	8	9	10	11
			Short Course Nationals -----	at Atlanta, GA --LC T/F Invite--		
12	13	14	15	16	17	18
			Short Course Jr Nationals ---	at Minneapolis, MN --LC T/F Invite--		
					Winter Age Group ---- PSP, SAND, SBSC at CERR	
19	20	21	22	23	24	25
					Gold Sectional -----	TBA
					Duel in the Pool -----	TBA
26	27	28	29	30	31	
			Gold Sectional -----	TBA		Christmas

JANUARY 2012

MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8 <i>New Year's Day</i>
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<p> Coastal ----- JO Qual at RMSC Southern Calif Sr Invite----- @ Belmont by FAST </p>						
<p> RMSC JO Qual SCS Sr Inv <i>Martin Luther</i> <i>King Day</i> </p>						
23	24	25	26	27	28	29
30	31					



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 amateur swimming of his/her country which is recognized by USA Swimming.
8. **Foreign Swimmer** – an athlete member of a FINA member-country federation, other than USA Swimming, or an athlete member of USA Swimming who is not eligible to represent the United States in international competition due to FINA sports citizenship requirements (see Sports Citizen).
9. **Sports Citizen** – an athlete who has represented a nation other than the United States in international competition is a sports citizen of that nation and is considered ineligible to represent the United States until FINA requirements for changing sports citizenship (sport nationality) have been met (see Foreign Swimmer).

Part Two – Meet Organization Terms

1. **Closed Competition** – competition exclusively among members of a single club (i.e. intrasquad meet), or among two or more USA Swimming member clubs within an organization or group formed for the specific purpose of such competition or series of competitions that are open only to members of that group or organization. Examples of this would include YMCA clubs and leagues consisting of a limited number of USA Swimming clubs within an LSC. It does not include groups or organizations such as an LSC, Zone, Region, or Section within USA Swimming.
2. **Consolation – (B Final)** the second fastest heat of swimmers competing in finals for placement in an event.
3. **Course** – designated distance over which the competition is conducted
Long Course – 50 meters
Short Course – 25 yards, 25 meters
4. **Dual Competition** – competition between two teams
5. **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.
6. **Finals** – a session of a meet in which the concluding heats of an event are contested which may include championship, consolation, or bonus finals.
7. **Heats** – a division of an event in which there are too many swimmers to compete at one time. (See Preliminary Heats and Timed Finals Heats).
8. **Invitational Competition** – for those swimmers, organizations and clubs invited by the host.
9. **Meet** – a series of events held in one program.

10. **Meet Approval** – a permit issued by an LSC for meets conducted in conformance with USA Swimming technical rules in which both USA Swimming members and non-USA Swimming participants may compete.
11. **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.
12. **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.
13. **Official Result** – that time which is recorded in the official meet results.
14. **Open Competition** – competition which any qualified club, organization or individual may enter.
15. **Place Judges** – official assigned to record the order of finish of allswimmers by lane in each heat.
16. **Preliminary Heats or Preliminaries**– competition in which a number of heats are swum to qualify the fastest swimmers for the finals.
17. **Race** – any single swimming competition; i.e., preliminary, final, timed final.
18. **Reportable Time** – a time achieved in conformance with applicable USA Swimming rules which may be submitted to USA Swimming for recognition
19. **Scratch** – (from an event) withdraw an entry from competition.
20. **SCS Swim** – a swim by an USA Swimming member in an SCS approved or sanctioned competition.
21. **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.
22. **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.
23. **Time Standard** – the time standard for any event in a meet is the cut-off time for that event.
24. **Bonus – (C Final)** – the third fastest heat of swimmers competing in Finals.
25. **Finish** – the instant that a swimmer touches the wall at the end of the prescribed distance.

Part Three – Other Swimming Words and Terms

1. **Aggregate Time** – times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.
2. **Composite Time** – time achieved in a relay event by four members of one organization or group.
3. **Junior Olympic** – a type of Age Group Competition conducted by the Age Group Division.
4. **Leg** – (relay) the part of the relay event that is swum by a single team member.
5. **Length** – extent of the course from end to end.
6. **May** – permissive, not mandatory.
7. **Non-Conforming Time** – entry time achieved in a course which does not correspond to the course in which the meet will be conducted.
8. **Practice** – the instruction of swimming techniques, skills, knowledge, conditioning, aptitude and motivation.
9. **Registered** – enrolled as an athlete member of USA Swimming and an LSC.

- 10. **Shall** – mandatory
- 11. **Split Time** – time recorded from official start to completion of an intermediate distance within a longer event.
- 12. **Submitted Times** – those filed with an entry, as having been previously achieved.
- 13. **Suspension** – deprivation of all rights of membership in USA Swimming.
- 14. **Tryout** – practices where a swimmer who is not a member of USA Swimming participates with a USA Swimming member club, for a period not to exceed thirty (30) consecutive days in a twelve month period to determine the swimmer's interest in becoming a member of USA Swimming.
- 15. **Unattached** – an athlete member who does not represent a club or FINA member Federation in competition.

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

RULES AND PROCEDURES FOR SWIMMING

PART ONE

GENERAL RULES AND PROCEDURES

Persons, other than athletes, joining USA Swimming through Southern California Swimming must satisfactorily complete the online USA Swimming background check 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 Regulation* the Rules for Competitive Swimming of the Federation International de Natation Amateur (FINA) and such other rules and directives as may be issued by USA Swimming and/or Southern California Swimming.

B. Amendments

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

C. Relationships

1. To USA SWIMMING
Southern California Swimming is a Local Swim Committee (LSC) of USA Swimming. No action taken by Southern California Swimming shall overrule, contradict, conflict with or take precedence over any rule, regulation, procedure or practice as set forth in ~~the~~ *USA Swimming Rules and Regulation*, 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 the age division actually corresponding to his/her age. For 7-8, 5-10 competition see C.5.j.(1).
- c. Refer to Article 303 of the *USA Swimming Rules and Regulations*

B. Pertaining to the Coach

1. Eligibility - An individual member of the Corporation who has complied with USA Swimming 502.4 and any directives from the Corporation is a Coach member.
2. An SCS Coach member must continuously display his/her coach membership card while on the deck at any SCS meet.

C. Pertaining to the Meets

1. SANCTIONS

- a. Please see Article 202 of the *USA Swimming Rules and Regulations* for a complete discussion of the requirements and conditions under which sanctions are issued.
- b. Application for sanction will be subject to approval by the Committee Chairman for less than SCS-wide meets, or by the appropriate division Vice Chairman for SCS-wide meets, and the Executive Director acting for the Administrative Vice Chairman of SCS.
- c. The established schedule of sanction fees is:
 - (1) Dual and Triangle Meets, \$10.00
 - (2) Open/Invitational Meets, \$25.00*
 - (3) Senior Invitationals, \$100.00*Meets with more than three teams shall be considered invitationals.
- d. Sanctions must be obtained in time to have the sanction number printed on the meet entry form. If an entry form is not used, the sanction number must be placed in a visible location at the Administrative Referee's desk.
- e. All entry monies, deck results, entry materials, and registration materials must be received by the SCS Office WITHIN TEN WORKING DAYS after the event. Failure to comply shall result in a monetary penalty of \$10 per working day and the withholding of further sanctions to the organization until all materials are delivered.

2. APPROVALS

- a. An "approved meet" is a meet conducted by a USA Swimming group member or an outside organization in conformance with USA Swimming technical rules.
- b. There shall be as many deck officials as required for a sanctioned meet in the same pool(s), at least one of whom must be an SCS certified starter/referee.
- c. The established schedule of fees for approval of a meet is the same as listed in 1.c. above.

3. OBSERVED SWIMS

- a. Observed swims are swims recognized for USA Swimming purposes which are achieved at meets not run under USA Swimming rules (ex: CIF, NCAA). At least two USA Swimming officials (minimum SCS Stroke/ Turn certified) must be present to attest that the observed swims conform to applicable USA Swimming rules.
- b. The established schedule of fees for observed status for a meet is the same as listed in 1.c. above.

4. SCHEDULING

- a. Southern California Swimming Senior and Age Group scheduling will be completed by June for the next calendar year.
- b. There will be five (5) designated "free weekends": Presidents' Day weekend, Memorial Day weekend, Fourth of July weekend, Labor Day weekend and the weekend prior to Thanksgiving. On these five (5) weekends only:
 - (1) Athletes may attend the meet of their choice
 - (2) A Club may elect to host an age group timed finals meet with the meet format subject

- to Committee approval.
- 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.
 - (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 standard and/or
 - (1) Registered college swimmers
 - (2) During short course season, registered swimmers over 16
 - (3) During long course season, registered swimmers over 19

Note: Senior Invitationals have special entry rules.
- b. Open - The minimum age for competing in committee Open events is eleven years.
 - (1) Minimum time for Open events shall not be slower than the 11-12 Blue standard for that stroke & distance.
 - (2) Open events may not be offered at Red or White level.
- c. Junior Olympics - 5-10, 11/12, 13/14, 15 and Over (see j(2) below)
- d. Age Group Invitationals (June/Dec) - same as c.
- e. Blue Division - 7/8, 9/10 (or 5-10), 11/12, 13/14, 15 & Over (see j(2) below)
- f. Red Division - same as Blue Division
- g. White Division - 5/6, 7/8, 9/10 (or 5-10), 11/12, 13/14, 15 & Over (see j(2) below)
- h. Age Group Relays in Age Group Invitationals & Junior Olympics - 5-10, 11/12, 13/14, 15 and Over (see j(2) below)
- i. Age Group Relays in Blue, Red & White Meets - 7/8 (or 5-8), 9/10 (or 5-10), 11-12, 13/14, 15 and Over (see j(2) below)
- j. Special considerations for 5-10 and 15 & Over shall be:
 - (1) When 5/6 and 5-8 events, or 5-8 and 5-10 events, or 7/8 and 5-10 events are offered at the same meet, a swimmer may compete in **only one category for that meet** except relays).
 - (2) At the discretion of the Committee, competition for 15 & Over shall be run in one of three formats:
 - (i) 15 & Over
 - (ii) 15/16, 17 & Over
 - (iii) 15/16, 17/18, 19 & Over

The oldest age group (above 13) must include " & Over"
No awards/points for 19 & over in individual events.

III. REGISTRATION AND AFFILIATION

A. Registration

1. Obtain an application from Club or contact the SCS office.
2. Return the fully completed application (include proof of birth date for new 18 & under members) and current registration fee to SCS.
3. On receipt of application, an athlete will be assigned to Committee of his/her workout Club. An unattached athlete with no workout club will be assigned to the Committee of

- his/her residence.
4. First time application for athletes 18 and under must be accompanied by proof of birth date. Acceptable proof shall be:
 - a. Birth certificate from county or state with original government seal. Photocopies and hospital certificates are not acceptable.
 - b. Passport, official State Department record or resident alien card.
 - c. Court adoption record (or ward of court record) with seal.
 5. Preferred Club procedure for proof of birth date:
 - a. Parent brings original document AND a copy; registrar signs on copy that original has been viewed and submits with application.
 - b. Parent brings original document; registrar records birth date in upper right hand corner of application and signs his/her name.
 - c. An athlete joining without club affiliation may submit original document (certified mail only including return certified mail envelope) with application to SCS office.
 - d. An 18 and under athlete who has not proven birth date prior to his/her first competition may bring an original document to the administrative referee at the first competition, but may not compete until proof is provided.
 - e. The SCS office will enter applications in the USA Swimming database. Membership cards will be issued directly to year round athletes and to club of record of seasonal athletes.
 - f. An athlete moving to SCS from another LSC must complete an SCS registration form, provide proof of birth date if 18 & under, pay the current transfer fee and comply with the 120 day representation rule.

B. Meet Registration

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

C. Change of Affiliation/Club Transfer

1. To change affiliation (transfer to a different Club within SCS), download the Club Transfer form from socialswim.org ("Forms") or see the Administrative Referee at a meet.
2. Submit the completed form with current fee to the SCS office or the Administrative Referee at a meet in order to unattach or attach to a new Club subject to III.C.3.
3. **An athlete must be unattached for 120 days before he/she may compete attached to another club.**
 - a. The period of unattachment begins the day following the last day on which the athlete represented his/her USA Swimming Club in "approved" or "sanctioned" USA Swimming competition.
 - b. During a meet an athlete may unattach from his/her Club of record by submitting a completed form and the current fee to the Administrative Referee.
 - c. An athlete may not attach or reattach at/during a meet for that meet.
 - d. Home address of athlete determines Committee of competition during unattached period EXCEPT
 - e. Athlete will be assigned to Committee of his/her workout club. An unattached athlete with no workout club will be assigned to the committee of his/her residence.

4. **CIF high school season. The following procedures are required by CIF rules to protect CIF eligibility:**
 - a. **An athlete competing for his/her school must file a CIF unattached notice with the SCS office (no fee required).**
 - b. **An athlete must enter USA Swimming competition “unattached” during CIF season.**
 - c. **It is the athlete’s responsibility to check that his/her affiliation is “unattached” on all meet entries during CIF season.**
 - d. **An athlete electing to transfer to a new Club during CIF season must file the normal Club transfer form and fee.**

D. Change of Address

Athlete, upon a move, must notify the SCS Office and submit the new address in writing.

IV. ENTRY INTO THE COMPETITION

A. Entry Forms

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

B. Entry Fees

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

Meet Level	Event Max	Relay Max	Surcharge Max
Blue/Red/White Competition	\$3.25	\$7.00	\$7.00*
Age Group T/F Champ	\$4.25	\$12.00	\$8.00
Age Group H/F	\$4.75	\$12.00	\$12.00***
Senior T/F	\$3.75	\$10.00	\$8.00
Senior H/F	\$5.75	\$14.00	\$12.00
Senior Circuit**	\$11.00	\$22.00	\$12.00***
Time Trials	\$11.00		

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

** January Sr Invitational, Grand Challenge, Swim Meet of Champions, Los Angeles Invitational.

*** Additional surcharge may be imposed for meets at Belmont Plaza based on fee increases. Chart represents MAXIMUM entry fee; a host may select a lower entry fee.

C. Entry Time Standards

1. Competition in the various classes and age groups shall be regulated by time standards, and except as provided by the various rules for “Eligibility,” swimmers may not participate in events in which they have exceeded the maximum time standard or failed to equal the minimum time standard.
2. Disabled swimmer entry: A swimmer classified as disabled may enter Southern California Swimming meets which include White level swimming in White events for his/her age group. At meets for which events require Red minimum or higher level time standard, a swimmer classified as disabled may enter any event for which he/she meets the required time standard and be seeded accordingly. In addition, a swimmer may enter an event in which his/her half-distance time meets a longer event time standard (ex: 100 free time meets 200 free entry standard). A swimmer so entered shall be seeded in the slowest heat and swim the lesser distance. The half distance as swum must finish at the same end of the competition course as the longer distance.

D. Falsification of Entry Time Standards

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

E. Non-Time Errors on Proof-of-Time Entry Forms

1. There will be a \$10.00 search fee per event for incorrect or incomplete information provided on proof-of-time forms. **This search fee is non-refundable.**
2. Failure to pay this fee within thirty (30) days of notification will result in a one month suspension for first offending meet, six month suspension for subsequent offending meets. Suspension will begin on receipt of notice.

F. National Time Standard Verification, "NTV"

1. National qualifying standards (Junior, Senior or Trials), including relay lead-off times, are entered into the national SWIMS database automatically. Intermediate splits for individual swims must be requested.
2. An athlete or coach must request the recording of an intermediate split by the administrative referee at the competition.
3. SCS cannot record a time achieved in another LSC.

G. 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 or approved meet, including time trial, or for any "observed swim."
4. Any currently registered SCS swimmer may set a SCS Record.
5. Timing requirements as set out in the current USA Swimming rules.

H. Entry Deadline Policy

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

I. Late Qualification for Championship Meets

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

V. ADMINISTRATIVE PROCEDURES

A. Penalties

All athletes, coaches, officials, clubs, associate members and other persons are subject to the rules of USA Swimming, and are subject to all penalties, disqualifications, suspensions, disbarments, or censure as outlined in Article 401. *USA Swimming Rules and Regulations*

B. Spectator Fees

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

C. Returned Check Policy

1. After notice by Southern California Swimming:
 - a. An athlete member has 15 days to replace a returned check plus service fee. After 15 days the athlete shall be suspended from competition until receipt of the sum due.
 - b. A non-athlete member has 15 days to replace a returned check plus service fee. After 15 days the non-athlete shall be suspended from USA Swimming activity.
2. Upon receipt of bank notification of a returned check issued by an SCS Club (i.e.: a USA Swimming, Group Member), the SCS Executive Director shall notify the Club that such Club will be on the agenda of the next SCS 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 Board of Review, such Club's USA Swimming membership shall be terminated.
3. Details of the Returned Check Policy are available from the SCS Office.

D. Meet Registration Verification

1. Current athlete membership in USA Swimming will be verified through SWIMS meet recon.
2. An athlete not in SWIMS must register on deck (See III,B,1).
3. Club affiliation will be verified through SWIMS meet recon. Discrepanices 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, published and made available to all clubs, athletes and other interested persons.
2. "Approved" or "Observed" meet results will be available if provided electronically by host.

VI. SOUTHERN CALIFORNIA SWIMMING FUNDS

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

A. General Reserve Fund

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

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 Chairman, Administrative Vice Chairman and Treasurer before making the purchase. In the event a majority of the foregoing do not agree with the proposed acquisition, the Executive Director shall obtain the approval of the SCS Board before making the purchase.

C. Senior Fund

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

1. Annual Distributable Income shall consist of:
 - a. Fifty cents (\$.50) per individual entry on all SCS swims in addition to the fee paid on swims as provided in subparts b. and c. below.
 - b. Ten cents (\$.10) per individual entry at SCS sanctioned championship meets including but not limited to:
 - (1) Committee Championships
 - (2) SCS age group meets above committee level
 - (3) USA Swimming Junior Championships
 - (4) USA Swimming National Championships
 - (5) USA Swimming Swimming Open
 - (6) USA Swimming 10K Open Water Championship
 - c. Twenty five cents (\$.25) per individual entry on SCS Senior level, SCS Senior Invitational and USA Swimming Championship (held in SCS) meets;
 - d. Twenty five cents (\$.25) from each SCS entry surcharge.

- e. One dollar (\$1.00) per swimmer special surcharge on the January Sr. Invitational, Grand Challenge, Swim Meet of Champions, and LA Invitational.
 - f. National championship travel reimbursement money or similar such payments;
 - g. Donations specifically to the Senior Fund as distributable income;
 - h. Money collected as fines at SCS Senior Meets.
2. Purpose
- The Annual Distributable Income in the Senior Fund shall be used to reimburse clubs a portion of the travel expenses of:
- a. SCS swimmers who satisfy the eligibility criteria set forth in subpart VI.C.3.g. and who participate in an individual event(s) at the USA Swimming National Championships, USA Swimming Open, the USA Swimming Junior Championships, and the USA Swimming 10K Open Water National Championships.
 - b. SCS coaches who satisfy the qualification criteria set forth in subpart VI.C.3.i. There shall be no disbursements from the Senior Fund Reserve and all investment income shall remain in said fund until the annual investment income is sufficient to satisfy all annual senior travel expenses as provided in this subpart VI.C.
 - c. 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

Disbursements shall be made annually in the following order of priority:

 - (1) USA Swimming National Championships
 - (2) USA Swimming 10K Open Water National Championships
 - (3) USA Swimming Open if offered
 - (4) USA Swimming Junior National Championships
 - b. Disbursements to SCS Registered Clubs

Except as otherwise provided in this subpart, all disbursements shall be paid to SCS registered Clubs and not to individual swimmers. The amount of the disbursement shall be determined by the number of SCS registered swimmers in individual events (both attached and unattached) identified on the Club's roster for an eligible meet. Unattached SCS swimmers who are not identified on the roster of an SCS registered Club shall not be paid any travel funds unless they specifically request such payment and the request is approved by the Board of Directors.
 - c. Disbursement Guidelines
 - (1) Annually the SCS Treasurer shall recommend to the Board of Directors the club reimbursement amount for each eligible swimmer.
 - (2) The amount paid per swimmer shall be adjusted based on the criteria set forth in subpart VI.C.3.d.
 - (3) Clubs shall be guaranteed a minimum equal to the national championship travel reimbursement money or similar such payments from the meet or meet sponsors, up to one hundred percent (100%) of the disbursement amount set forth above for any swimmer on its roster who is awarded such payment.
 - (4) When the Senior Fund disbursement for a meet exceeds the national championship travel reimbursement money or like payments, eligible Clubs based on their eligible roster swimmers shall receive the Senior Fund amount.
 - (5) In the event there are insufficient funds for one hundred percent (100%) disbursement of the amount specified in this subpart VI.C.3.c., the Clubs shall receive a pro rata amount using all available funds.
 - (6) Whenever the meet or meet sponsors pays a finalist, consolation finalist or participant for competing at the meet, such funds shall be paid into the Senior Fund.
 - 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)(iii) below) SCS swimmer shall retain eligibility when representing an SCS club regardless of this provision.
 - (3) The amount paid to each SCS Club for an eligible swimmer or to each unattached swimmer shall be adjusted in accordance with the following criteria:
 - (i) During the first year of the swimmer's SCS registration, ten percent (10%) of reimbursable expenses;
 - (ii) During the second year of the swimmer's SCS registration, sixty percent (60%) of reimbursable expenses; and,
 - (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 reimbursable expenses for eligible swimmers unless eligibility is lost as hereafter provided.
 - (4) A SCS Club shall receive one reimbursement per season (winter/spring or summer) per eligible swimmer except when 10K Open Water Championship is held separately from National Championship.
- e. Loss of Swimmer Eligibility. Any swimmer electing not to follow the foregoing SCS criteria for reimbursement from the Senior Fund will be ineligible for reimbursement from the Senior Fund during the four (4) year period following the meet in which he/she so elected.
- f. Coach Eligibility and Amount.
- (1) Each SCS club with one or more eligible swimmers on its roster who are entered in individual events at qualified meets shall be reimbursed the travel expenses of one coach to such meet in accordance with the formula in this subpart so long as the coach, club and swimmers are registered with SCS.
 - (2) The amount of reimbursement shall be equal to a fully funded individual swimmer's amount.
 - (3) Club reimbursement for coaches shall have the same priority as Club reimbursement for swimmers, provided, however, that reimbursement shall be made to Clubs for all eligible swimmers and coach at a specific meet before reimbursement is permitted to Clubs for swimmers and a coach at a meet with a lower level of priority.
- g. Senior Fund Reserve. All investment income earned by the Senior Fund Reserve shall be retained in the Senior Fund Reserve. The investment income for the Senior Fund Reserve shall not be disbursed until the Senior Fund Reserve has reached a level at which its investment income is sufficient to pay all SCS senior travel without using the sources specified in subpart VI.C.I. The annual investment income shall then be used to pay senior travel, and the funds from the sources specified in subpart VI.C.I shall be paid into the Age Group Reserve. When the Age Group Reserve has been fully funded, the money identified in subpart VI.C.I.a., b., c., d., and e. shall be paid to the sponsoring Club or to SCS operating revenues when there is no sponsoring Club. The money identified in subparts VI.C.I. h. shall be paid into SCS operations revenues.

D. Age Group Fund

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

1. Annual Distributable Income shall consist of:
 - a. Twenty-five cents (\$.25) per individual entry on all SCS swims;
 - b. Net proceeds from the sale of pins/shirts/etc. at SCS sponsored meets, excluding therefrom the proceeds of sales at club sponsored meets;
 - c. Money collected as fines at SCS age group meets; and,
 - d. Donations specifically directed to the Age Group Fund as distributable income.
2. Purpose:
The Annual Distributable Income shall be used for travel, entry fees, housing and food

expenses for SCS swimmers, team coaches and managers who represent SCS at the designated all star competitions. The Annual Distributable Income shall pay a portion or all of the foregoing expenses as determined by the Board of Directors from the available funds.

3. Eligibility:
Swimmers must have been registered in SCS no later than one hundred twenty (120) days prior to the qualified meet or the first day of the calendar year, whichever is shorter.
4. Age Group Reserve:
All investment income earned by the Age Group Reserve shall be retained in the Age Group Reserve and shall not be disbursed until the Age Group Reserve has reached a level at which its investment income is sufficient to pay all SCS age group travel expenses. When the investment income is sufficient to pay all SCS age group travel expenses, then the money identified in subpart D.I.a. shall be returned to the sponsoring Club and the money from subpart D.I.b. and c. shall become part of SCS operating revenues.

E. Fund Administration

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

PART TWO

RULES FOR THE CONDUCT OF THE COMPETITION

I. CONDUCT OF MEETS, GENERAL

- A. **Age Group Winter Championships, Blue, Red, White and 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 Winter and Summer Junior Olympics, and 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.**
- C. **Age Group Winter and June Invitationals (WAG and JAG) shall be conducted as Heats and Finals for the 13 and Over age groups, and as Timed Finals for the 12 and Under age groups. A.2 shall apply.**
- D. **In SCS a race is considered to have started when the starter says, "Take your mark."**
- E. **Automatic and Semi-Automatic Timing at Age Group Meets.**
 - 1. Definitions of automatic and semi-automatic timing systems conform to those listed in Article 102.24.2 of USA Swimming Rules and Regulations.
 - 2. When automatic timing is used:
 - a. There must be three backup buttons and a minimum of one watch per lane, or,
 - b. If less than three buttons are used, there must be three watches per lane.
 - 3. When semi-automatic timing is used, there must be a minimum of three buttons and one watch per lane, or two buttons and three watches per lane.
 - 4. Configuration 2.a must be used at Age Group Championship and higher level age group meets.

II. CONDUCT OF MEETS, TIMED FINALS

- A. **General**
 - 1. Meets will be conducted in accordance with Standard National Rules.
 - 2. Deck entered meets will also require:
 - a. Proof of USA Swimming membership (such as valid, current registration card)
 - 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 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 between 15 and 30 minutes prior to the time they are expected to be swum.)
 - 4. In Timed Finals, failure to report to the blocks ("no show") after checking in will result in disqualification from the swimmer's next individual event of that meet.
 - 5. Recommended check-in systems:
 - a. Individual event check-in: swimmer gives his/her event number and name to the clerk and insures that proper notation is made next to the his/her name on the actual check-in sheet.
 - b. Gross check-in: a separate sheet listing each swimmer and all entered events is used; each individual swimmer may check in for whichever events are to be swum; the information is transferred to the seeding.

III. CONDUCT OF MEETS, "HEATS AND FINALS"

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

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

B. Special Check-In and Scratch Procedures

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

C. Declaration of Intent

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

D. Conduct of Finals Sessions.

1. An athlete finishing prelims with a time placing in the original top 8-16-24 (Final, Consol, Bonus Final as appropriate for the meet) who has been seeded in a final, consolation final or bonus final according to the procedures in Section B, and who fails to report to the blocks shall be barred from competition on subsequent days of the meet and shall be or shall not be penalized as follows:
 - a. If the event is on the athlete's final day of the meet, the penalty shall be a \$50 fine per event missed, which is due and payable before the athlete is allowed to compete again in this LSC.
 - b. If an athlete fails to report for a final, this fact does not affect the right of the athlete to swim a final for any other event of that session, even though that (those) final(s) may be swum after the failure to report. A final is an extension of a preliminary swim.
 - c. Failure to report to the blocks (no show) shall be ruled if the athlete is not present when the Referee blows the whistle for the event or when the Referee calls for the first alternate.
 - d. **Nothing in this Section shall restrict the Referee's authority to excuse a swimmer from the Finals session.**
2. At SCS heats/finals meets, an athlete finishing prelims with a time placing in the original top 8-16-24 (as appropriate for the meet) who does not scratch and is seeded in the Finals session, and who fails to report to the blocks for a final, consolation final or bonus final, shall be barred from competition on subsequent days of the meet and shall be or shall not be penalized per 1.a., 1.b., 1.c. and 1.d. above.
3. Alternates
 - a. An alternate may only be called to the blocks in the slowest finals heat (i.e. bonus consolations if there are three heats of an event's finals, consolations if there are two finals, or championship finals if there is only one finals 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, no alternate shall be permitted to swim in that lane.
 - 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 the check-in and reporting procedures lies solely with the swimmer.

IV. CONDUCT OF MEETS, "TIME TRIALS"

- A. Time Trials may be sanctioned only in conjunction with a sanctioned Committee Championship or higher level meet ("host competition").
- B. In meets conducted on more than one weekend, a swimmer may compete in time trials his/her age group weekend.
- C. The "Time Trial" designation may be used to add an event or events to correct an entry form error upon approval of the Division Chairman in consultation with the Executive Director.
- D. Time Trials are not classified or limited by age. All USA Swimming events may be offered.
- E. Time Trials swimmers are limited by the total number of events per day of the host competition (ie: 3 for Heats and Finals, 5 for Timed Finals).
- F. Time Trials swimmers must be entered in the host competition.
 1. Time Trials may be limited to swimmers in individual events.
 2. When open to relay swimmers, host competition surcharge must be paid.
- G. Maximum entry fee for Time Trials is \$11.

V. SUBMISSION OF ENTRIES

A. By Due Date

1. The entry form/card must be mailed to the address listed on the back of the meet form. To be accepted it must be received on or before the entry deadline or it may be hand delivered to the address on the meet form.
2. Previously submitted entries may have event times updated, or events added, provided the update is received on or before the entry deadline or hand delivered to the address on the meet form.

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 blank 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. Cancelled 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. The appropriate white or blue SCS entry card as it corresponds to the non-proof-of-time or proof-of-time meets.
 2. Hy-Tek hard copy team entry.
 - a. Entry must include signature & phone number of team coach responsible for the entry.
 - b. A Hy-Tek electronic entry may accompany hard copy; however, the signed hard copy shall be the official entry of record.
 - c. Bonus events & minimum time entries must be documented on the hard copy of the entry.
 - d. A single team check must accompany the entry.
 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. Five 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 or approved 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* §2.16.4,A(1)(b)]
 - b. A lead-off leg in a relay race [see *USA Swimming Rules* §2.16.4,A(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 [see *USA Swimming Rules* §2.16.4,A(1)(d)]
 - d. A time trial or record attempt [see *USA Swimming Rules* §2.16.4,(1)(e)].

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

B. Non-Conforming Times

1. If a swimmer has achieved an ability level in yards, that swimmer must compete in the same ability level in meters or vice versa. Stated in its simplest terms this principle is Blue in yards equals Blue in meters. This applies to all ability levels.
2. If a swimmer is entering a meter meet by virtue of a yard time or a yard meet by virtue of a meter time, he/she must enter with the achieved time. SCS does not recognize or accept any conversion formula for meet entry times. Only actual achieved time is acceptable for entry and seeding.
3. In the middle/long distances, the 500 yd/400 meter, the 1000 yd/800 meter and the 1650 yd/1500 meter are considered comparable distances for the use of non-conforming times.

C. Proof-of-Time Meets

1. Age group Proof-of-Time Meets shall be Junior Olympics and meets designated by the Age Group Committee.
2. Senior Proof-of-Time Meets shall be:
 - a. Designated Senior Championship Meets
 - b. Senior Circuit (January Sr Invitational, Grand Challenge, Swim Meet of Champions., Los Angeles Invitational)
3. The Board of Directors has directed Meet Hosts to REJECT entries that do not have the proof-of-time section filled in when required on form. These entries will be returned to the swimmer, and may be resubmitted, time allowing, with corrections made.
4. See Part One, IV.D for additional information about acceptable entry times at proof-of-time meets.

VIII. ERRORS RELATED TO ENTRIES

A. Sponsor Generated Errors

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

IX. ADMINISTRATION

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

- A. **Meet Director**
The Meet Director is responsible for carrying out the policy delineated by SCS to be followed prior to the actual start of the meet. The Meet Director obtains and coordinates the use of the pool and other facilities, the production of the program, and the availability of first aid, transportation, housing, and hospitality as necessary. He is also responsible for obtaining officials to serve at the meet. During the meet he assists the Meet Referee as requested and serves as liaison with the pool personnel.
- B. **Meet Referee**
An SCS Meet Referee shall have all the duties and authority of the Referee (as described in the *USA Swimming Rules and Regulations*) and, if certified as a starter, may perform the duties of backup starter and stroke judge when more than one starter is not present on a given course.
- C. **Starter/Deck Referee**
Deck Referees and Starters have the authority relative to start, stroke, turn, and finish. They have control of the swimmers from the time they are on the starting block until they finish the race. Note: If there is no appointed Meet Referee on duty at the meet, the deck referees and administrative referee on duty shall together designate one of themselves as the Meet Referee prior to the start of the meet.
- D. **Stroke and Turn Judges**
Stroke and Turn Judges shall perform their duties as assigned by the Meet Referee.

E. Administrative Referee

An SCS Administrative 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 and administrative officials at ANY Southern California Swimming Meet, sanctioned or approved shall be a current member of USA Swimming. It is also recommended that the Meet Director be a current 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 senior time standard in an event. (See Part Two, VII, B. Non-Consistent Times).
2. Registered swimmers 18 years of age and younger who have equaled or bettered four Senior time standards may swim, unless stated otherwise on the entry form, all events EXCEPT the 1650/1500 Freestyle and 1000/800 Freestyle in the Senior Division. Time standard must be met to enter 1650/1500 and/or 1000/800.
3. Registered swimmers:
 - a. 16 years of age and over for the short course season.
 - b. 19 years of age and over for the long course season.
4. Registered college swimmers.

B. Special Entry Procedures

1. A swimmer who does not have a recorded time but is otherwise qualified (3-4 above), may enter an event at the minimum time standard.
2. 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.
3. 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.

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

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

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. January Senior 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.
4. If a club cannot prove the qualifying time, a \$25.00 fine will be assessed.

III. AWARDS

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

PART FOUR RULES FOR AGE GROUP SWIMMING

I. ELIGIBILITY

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

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

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

1. A level achieved in a distance and stroke in one course is achieved in all courses (ex: Red in yards equals Red in long course meters and short course meters).
2. Where maximum time standards are listed, swimmers in individual events or relay legs must not have exceeded that maximum.
3. In timed finals competition, a swimmer must enter best recorded time.
4. In heats/finals competition, a swimmer may enter best time or a slower time which equals or exceeds the listed minimum time standard.

C. Non-Consistent Times

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

D. All-Star Team Eligibility

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

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

E. Swimwear

Swimsuits for men may not extend above the navel or below the knee, and for women may not cover the neck or extend past the shoulders or below the knee. No zippers or other fastening devices are allowed except a waist tie on a brief or jammer. Suits must be of textile materials (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

II. PROCEDURES FOR AGE GROUP ABILITY LEVELS

A. Junior Olympic Championships

1. SCS shall conduct short course and long course Junior Olympics for SCS members annually.
2. Age groups and events shall be from *USA Swimming Rules* Article 205.7.
3. No contestant may compete in more than six (6) individual events plus relays and time trials (if offered). National heats/finals event limits apply.
4. Eligibility to participate shall be determined by age and shall not be restricted due to participation in national or international events.
5. Junior Olympics are proof-of-time meets (see Part Two, VII, C).
6. Time standards shall be adjusted annually based on meet performance.
7. Entry times must:
 - a. Meet the meet entry standard, yards or meters.
 - b. Be the swimmer's best recorded time or a slower time between that time and the meet standard.

8. Relays
 - a. Must meet the entry standard for the meet.
 - b. A club entering a single relay must meet the soft cut. Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (past 18 months). A team time achieved during the qualifying period may also be used.
 - c. A club entering multiple relays must use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed. Entries must be proven by meeting the aggregate of the hard cut.
 - d. A club is limited to 3 "relay only" swimmers per age group, gender, and event.
 - e. For 13 & older age groups, qualifying entry time for the 200 yd/meter medley relay shall be a team's qualifying 400 yd/meter medley relay time.
 9. Conduct of the Meets: All individual events except the 1650/1500 and the 1000/ 800 Freestyle shall be conducted as heats (morning) and finals (afternoon/evening final and consolation final).
 10. Awards/Scoring:
 - a. Individual Events — medals 1-8, certificates consolation 9-16.
 - b. Relay Events — medals 1-3.
 - c. Individual Scoring — 1-16(*USA Swimming Rules*§102.7.3).
 - d. Relay Scoring — double individual points.
 - e. Team Awards — 1-6 Men, Women and Combined.
- B. Age Group Invitationals**
1. SCS shall conduct December and June Age Group Invitationals.
 2. Age groups and events shall be from *USA Swimming Rules* Article 205.7.
 3. No contestant may compete in more than six (6) individual events plus relays and time trials (if offered).
 4. Eligibility to participate shall be determined by age and shall not be restricted due to participation in national or international events.
 5. Age Group Invitationals are proof-of-time meets (see Part Two, VII, C).
 6. Time standards shall be adjusted annually based on meet performance.
 7. Entry times must:
 - a. Meet the meet entry standard, yards or meters.
 - b. Be the swimmer's best recorded time or a slower time between that time and the meet standard.
 8. Relays
 - a. Must meet the entry standard for the meet.
 - b. A club may enter one relay in an event without proof-of-time provided it enters only one relay. A club entering more than one relay in an event must prove each entered relay.
 9. Conduct of the Meets: December and June meets shall be Timed Finals for 12 & Under, Heats and Finals for 13 & Older.
 10. Awards/Scoring
 - a. Individual Events — medals 1-8, certificates consolation 9-16.
 - b. Relay Events — medals 1-3.
 - c. Individual Scoring — 1-16(*USA Swimming Rules*§102.7.3).
 - d. Relay Scoring — double individual points.
 - e. Team Awards — 1-6 Men, Women and Combined.
- C. Blue Competition**
1. Eligibility: Registered swimmers 5 years and older who have equaled or bettered the listed minimum time standards for the Blue ability level. See Part Two, VII "Entry Times."
 - a. Swimmers 9 years and older who have equaled or bettered the Blue minimum time standard in three different strokes (freestyle, backstroke, butterfly, breaststroke, or individual medley) but are Red in other strokes, may swim all their events at the Blue level IF, AND ONLY IF, the event for which the swimmer is Red is not offered at the same meet. Swimmer must enter at Blue minimum.

- b. Swimmers 7 or 8 years old who have equaled or bettered Blue minimum time standard in three different events but are Red in other events may enter all their events in the Blue division as in a. above.
 - c. For a 7/8 swimmer to enter the 5-10 events in Blue Division, he/she must:
 - (1) Meet the 5-10 Blue time standard for the event, or,
 - (2) Hold 5-10 Blue times in three different strokes.
 - d. Swimmers from Red and White ability levels are eligible to compete on Blue level relays.
 - e. Blue Age Groups: See Part One, II.C.5., "Classes of Competition."
2. A swimmer must enter his/her best recorded time in Blue meets. See Part Four, I, above.
 3. Awards: See III below.

D. Red Competition

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

E. White Competition

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

- b. There are no minimum time standards in the White Division. The listed time standards are maximums.
3. Awards: See III below.

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

III. AWARDS AND SCORING

A. Awards

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

B. Recommended Awards in SCS:

1. See specific competition above for Junior Olympic Championship and Age Group Invitational meets.
2. Blue Competition: Individual events — medals 1-3, Blue Division ribbons 4-6.
Relays — medals 1st, Blue Division ribbons 2-3.
3. Red Competition: Individual events — Red Division ribbons 1-6.
Relays — Red Division ribbons 1-3.
4. White Competition: Individual events — White Division ribbons 1-6.
Relays — White Division ribbons 1-3.
5. “Open” Competition: No awards.

C. Scoring

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

IV. AGE GROUP RELAY RULES

A. Rules Governing

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

B. Eligibility

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

C. Competitive Groupings

1. Junior Olympic Championship and Age Group Invitational relays shall be contested in the age groups specified for the respective meet.

2. Red and White relays shall be offered in the national age groups plus the 9/10, 7/8 or 5-8 age groups.
 3. At Committee meets, the oldest age group shall include "and Over."
 4. White relays may be offered in all age groups plus 5/6 age group or an 5-8 age group.
 5. For Top 16, SCS records and proof-of-time relay entries, all members of the relay team must be of the same age group and sex.
 6. Mixed age or sex relays are permitted at Committee level and dual competitions.
- D. Failure to Swim**
1. Once a relay has been checked in and the event has been closed, failure of the relay to be present at the starting block by the start of its heat (no show), unless excused by the Meet Referee, will result in the removal of that club's relay from the next relay event in the meet for that age group and sex on that day or the next day of the meet.
 2. Those members of the relay team who are present and ready to swim should present themselves at the starting block before the race. They will be excused from any further penalty. The missing member or members shall be disqualified from their next individual event.
- E. Time Standards**
1. In Junior Olympic Championship and Age Group Invitational competition, the relay standard shall be the relay standard as appropriate from "Standards" section in SCS Swim Guide.
 2. In Blue, Red and White competition, no time standard shall be listed.
 3. In an all-relay meet such standards that the sponsors and the program chairman of the appropriate Committee or SCS deem necessary to facilitate equitable competition may be listed.

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TIME

STANDARDS

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

5-10 GIRLS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	29.49	31.40	32.00	32.30	32.90	33.90	37.00	37.01
100 Free	1:03.99	1:08.70	1:10.60	1:11.40	1:13.30	1:14.70	1:21.50	1:21.51
200 Free	2:14.89	2:29.40	2:33.40	2:35.10	2:39.20	2:42.00	2:56.80	2:56.81
500 Free	--	--	--	--	--	--	--	--
50 Back	34.29	37.00	38.90	39.40	39.70	40.50	44.30	44.31
100 Back	1:14.09	1:20.20	1:23.70	1:24.90	1:26.00	1:28.60	1:36.80	1:36.81
50 Back	38.49	42.10	43.10	44.10	44.30	45.60	49.80	49.81
100 Breast	1:23.19	1:30.00	1:34.30	1:34.60	1:34.50	1:40.00	1:49.10	1:49.11
50 Fly	32.49	35.30	36.40	37.20	37.80	38.30	41.80	41.81
100 Fly	1:12.59	1:21.30	1:26.30	1:27.40	1:27.60	1:29.30	1:37.40	1:37.41
100 IM	1:13.79	1:19.40	--	--	1:23.10	1:26.60	1:34.40	1:34.41
200 IM	2:37.99	2:49.80	2:54.70	2:57.50	2:59.10	3:06.50	3:23.50	3:23.51

5-10 GIRLS

SC YARDS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B
50 Free	32.19	35.99	39.79
100 Free	1:11.89	1:21.59	1:31.29
200 Free	2:36.39	2:58.29	3:20.19
500 Free	6:48.39	7:39.49	8:30.49
50 Back	38.09	43.49	48.79
100 Back	1:22.19	1:33.99	1:45.69
50 Breast	41.99	47.79	53.59
100 Breast	1:33.39	1:46.69	1:59.99
50 Fly	37.29	42.99	48.79
100 Fly	1:26.69	1:42.09	1:57.49
100 IM	1:22.59	1:33.79	1:44.99
200 IM	2:55.99	3:19.39	3:42.69

5-10 GIRLS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	33.09	35.70	36.30	36.60	34.70	38.40	41.90	41.91
100 Free	1:12.59	1:17.90	1:19.90	1:20.80	1:23.00	1:24.40	1:32.00	1:32.01
200 Free	2:37.09	2:49.10	2:53.40	2:55.30	3:00.00	3:02.70	3:19.30	3:19.31
400 Free	--	--	--	--	--	--	--	--
50 Back	39.19	41.70	43.70	44.30	44.70	46.40	50.60	50.61
100 Back	1:25.09	1:30.30	1:34.10	1:35.40	1:36.70	1:41.00	1:50.30	1:50.31
50 Back	43.59	47.80	48.80	49.90	50.20	51.40	56.00	56.01
100 Breast	1:35.19	1:41.90	1:46.60	1:47.00	1:46.90	1:52.20	2:02.40	2:02.41
50 Fly	36.19	39.90	41.00	42.00	42.70	43.20	47.20	47.21
100 Fly	1:22.09	1:31.70	1:37.00	1:38.40	1:38.70	1:40.50	1:49.70	1:49.71
200 IM	2:58.09	3:11.70	3:17.10	3:20.20	3:22.00	3:30.20	3:49.30	3:49.31

5-10 GIRLS

LC METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat
	A	BB	B
50 Free	36.39	40.79	45.09
100 Free	1:21.89	1:32.99	1:43.99
200 Free	2:58.49	3:23.59	3:48.59
400 Free	6:05.89	6:51.59	7:37.29
50 Back	43.69	49.89	55.99
100 Back	1:35.29	1:48.89	2:02.39
50 Breast	48.29	54.89	1:01.59
100 Breast	1:46.99	2:02.29	2:17.49
50 Fly	42.09	48.59	55.09
100 Fly	1:37.89	1:55.19	2:12.59
200 IM	3:19.89	3:46.69	4:12.99

5-10 BOYS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	29.09	31.10	32.20	32.70	33.60	34.10	37.20	37.21
100 Free	1:03.39	1:08.50	1:10.80	1:11.00	1:13.20	1:14.30	1:21.00	1:21.01
200 Free	2:16.49	2:29.80	2:33.60	2:36.40	2:39.40	2:41.80	2:56.50	2:56.51
500 Free	--	--	--	--	--	--	--	--
50 Back	34.09	37.00	39.00	39.80	39.90	40.40	44.20	44.21
100 Back	1:13.49	1:20.20	1:23.80	1:26.90	1:27.10	1:28.70	1:37.00	1:37.01
50 Back	38.49	42.20	44.40	44.50	45.30	45.60	49.80	49.81
100 Breast	1:23.89	1:31.20	1:36.80	1:37.90	1:39.20	1:40.50	1:49.70	1:49.71
50 Fly	32.09	35.50	36.40	37.50	38.00	38.20	41.60	41.61
100 Fly	1:11.79	1:21.40	1:26.80	1:27.80	1:29.60	1:29.40	1:37.60	1:37.61
100 IM	1:13.19	1:18.70	--	--	1:24.20	1:26.90	1:34.80	1:34.81
200 IM	2:35.79	2:49.90	2:53.60	2:59.00	3:00.70	3:07.40	3:24.50	3:24.51

5-10 BOYS

SC YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat
	A	BB	B
50 Free	31.59	35.19	38.89
100 Free	1:10.79	1:19.99	1:29.19
200 Free	2:31.89	2:50.89	3:09.89
500 Free	6:44.59	7:35.19	8:25.79
50 Back	38.29	43.69	49.19
100 Back	1:21.29	1:32.09	1:42.89
50 Breast	42.19	47.89	53.59
100 Breast	1:31.79	1:43.69	1:55.69
50 Fly	36.69	41.99	47.29
100 Fly	1:25.59	1:40.39	1:55.19
100 IM	1:21.09	1:31.19	1:41.29
200 IM	2:55.29	3:18.09	3:40.89

5-10 BOYS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	32.69	35.40	36.50	37.10	38.10	38.10	41.50	41.51
100 Free	1:11.49	1:17.70	1:20.10	1:20.40	1:22.90	1:23.90	1:31.60	1:31.61
200 Free	2:34.39	2:49.50	2:53.70	2:56.80	3:00.20	3:02.40	3:19.00	3:19.01
400 Free	--	--	--	--	--	--	--	--
50 Back	39.09	41.70	43.80	44.70	44.90	46.30	50.50	50.51
100 Back	1:23.89	1:30.30	1:34.20	1:37.60	1:37.90	1:41.30	1:50.50	1:50.51
50 Back	43.99	47.90	50.20	50.40	51.30	51.40	56.00	56.01
100 Breast	1:34.79	1:43.30	1:49.40	1:50.60	1:52.20	1:52.90	2:03.10	2:03.11
50 Fly	35.69	40.20	41.10	42.30	42.90	43.10	47.00	47.01
100 Fly	1:20.19	1:31.80	1:37.70	1:38.80	1:40.90	1:40.70	1:49.80	1:49.81
200 IM	2:54.49	3:11.80	3:15.80	3:21.80	3:23.80	3:31.20	3:50.40	3:50.41

5-10 BOYS

LC METERS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B
50 Free	36.09	40.19	44.29
100 Free	1:20.59	1:31.09	1:41.59
200 Free	2:52.39	3:13.99	3:35.49
400 Free	6:06.79	6:52.69	7:38.49
50 Back	43.89	50.09	56.39
100 Back	1:33.29	1:45.69	1:58.09
50 Breast	48.49	55.09	1:01.59
100 Breast	1:45.99	1:59.79	2:13.59
50 Fly	40.99	46.89	52.89
100 Fly	1:36.49	1:53.19	2:09.79
200 IM	3:18.89	3:44.79	4:10.69

11-12 GIRLS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	26.89	27.90	28.30	28.90	28.80	30.70	33.50	33.51
100 Free	57.49	1:00.30	1:01.90	1:02.50	1:02.10	1:06.70	1:12.70	1:12.71
200 Free	2:05.49	2:11.40	2:14.50	2:15.40	2:15.20	2:24.10	2:37.20	2:37.21
500 Free	5:31.89	5:51.20	5:58.40	6:01.50	6:05.40	6:24.60	6:59.50	6:59.51
1000 Free	--	--	--	--	--	12:58.60	--	--
1650 Free	--	--	--	--	--	21:32.10	--	--
50 Back	30.79	32.80	34.20	34.60	34.00	36.20	39.60	39.61
100 Back	1:05.79	1:09.90	1:13.70	1:13.90	1:12.70	1:17.90	1:25.20	1:25.21
200 Back	--	--	--	--	--	2:46.20	3:01.40	3:01.41
50 Breast	34.49	36.40	37.50	38.80	38.20	40.80	44.50	44.51
100 Breast	1:13.79	1:18.50	1:22.00	1:22.90	1:21.60	1:28.90	1:37.00	1:37.01
200 Breast	--	--	--	--	--	3:08.80	3:25.90	3:25.91
50 Fly	29.39	31.20	31.60	32.80	32.30	34.30	37.40	37.41
100 Fly	1:04.59	1:08.60	1:11.40	1:13.60	1:12.40	1:16.10	1:23.00	1:23.01
200 Fly	--	--	--	--	--	2:43.20	2:58.10	2:58.11
100 IM	1:06.09	1:09.70	N/A	N/A	1:12.20	1:17.70	1:24.70	1:24.71
200 IM	2:21.49	2:29.10	2:33.50	2:33.80	2:34.30	2:46.20	3:01.30	3:01.31
400 IM	--	--	--	--	--	5:48.20	--	--

11-12 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 11 YO	10 th PL 12 YO
50 Free	29.49	31.89	34.29	25.60	24.48
100 Free	1:03.09	1:08.29	1:13.59	55.98	53.41
200 Free	2:19.89	2:31.49	2:43.19	2:00.88	1:55.29
500 Free	6:09.29	6:40.09	7:10.79	5:21.39	5:07.23
1000 Free	12:51.69	13:55.99	15:00.29	11:12.39	10:38.04
1650 Free	21:39.59	23:27.89	25:16.19	18:46.54	17:51.08
50 Back	33.89	36.79	39.59	28.97	27.79
100 Back	1:14.19	1:21.09	1:27.99	1:01.74	58.83
200 Back	2:35.89	2:48.89	3:01.89	2:14.25	2:08.00
50 Breast	37.79	40.89	44.09	32.70	31.31
100 Breast	1:22.19	1:29.29	1:36.39	1:10.72	1:07.49
200 Breast	2:56.89	3:11.69	3:26.39	2:33.16	2:26.05
50 Fly	32.39	35.09	37.79	27.80	26.54
100 Fly	1:13.19	1:20.19	1:27.19	1:02.16	58.18
200 Fly	2:38.59	2:51.79	3:04.99	2:18.96	2:10.48
100 IM	1:13.99	1:20.09	1:26.29	1:03.66	1:00.81
200 IM	2:37.59	2:50.69	3:03.79	2:16.10	2:09.52
400 IM	5:36.09	6:04.19	6:32.19	4:51.44	4:35.67

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 place time is published for motivational purposes.

11-12 GIRLS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	30.29	31.80	32.20	32.80	32.80	34.90	38.00	38.01
100 Free	1:05.39	1:08.60	1:10.30	1:10.90	1:10.60	1:15.60	1:22.40	1:22.41
200 Free	2:21.59	2:29.10	2:32.50	2:33.50	2:33.30	2:42.90	2:57.70	2:57.71
400 Free	4:57.29	5:13.50	5:19.80	5:22.60	5:26.20	5:47.30	6:18.80	6:18.81
800 Free	--	--	--	--	--	11:44.20	--	--
1500 Free	--	--	--	--	--	22:11.60	--	--
50 Back	35.49	37.10	38.50	39.00	38.40	41.60	45.40	45.41
100 Back	1:15.69	1:18.80	1:23.00	1:23.20	1:21.90	1:29.40	1:37.60	1:37.61
200 Back	--	--	--	--	--	3:09.20	3:26.50	3:26.51
50 Back	39.19	41.40	42.60	44.00	43.40	46.00	50.20	50.21
100 Breast	1:24.89	1:29.20	1:33.00	1:34.00	1:32.60	1:40.00	1:49.10	1:49.11
200 Breast	--	--	--	--	--	3:31.00	3:50.20	3:50.21
50 Fly	32.79	35.40	35.70	37.10	36.60	38.40	41.90	41.91
100 Fly	1:12.69	1:17.60	1:20.60	1:23.10	1:21.80	1:27.30	1:35.30	1:35.31
200 Fly	--	--	--	--	--	3:05.70	3:22.60	3:22.61
200 IM	2:39.69	2:48.70	2:53.50	2:53.90	2:54.50	3:07.90	3:25.00	3:25.01
400 IM	--	--	--	--	--	6:31.20	--	--

11-12 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 11 YO	10 th PL 12 YO
50 Free	33.69	36.39	39.19	28.92	27.95
100 Free	1:13.49	1:19.59	1:25.79	1:03.41	1:00.79
200 Free	2:37.69	2:50.79	3:03.89	2:17.71	2:12.11
400 Free	5:32.39	6:00.09	6:27.79	4:46.29	4:35.56
800 Free	11:35.69	12:33.69	13:31.69	9:59.23	9:31.52
1500 Free	22:20.69	24:12.39	26:04.19	19:16.85	18:27.42
50 Back	38.99	42.29	45.49	33.29	32.05
100 Back	1:23.29	1:31.09	1:38.89	1:10.96	1:08.29
200 Back	3:00.19	3:15.29	3:30.29	2:34.18	2:27.88
50 Breast	42.09	45.59	49.09	37.14	35.70
100 Breast	1:33.79	1:41.89	1:49.99	1:21.10	1:18.20
200 Breast	3:23.69	3:40.59	3:57.59	2:56.53	2:50.02
50 Fly	36.29	39.39	42.39	31.31	30.01
100 Fly	1:22.89	1:30.79	1:38.69	1:10.50	1:06.07
200 Fly	2:59.29	3:14.19	3:29.09	2:37.59	2:28.89
200 IM	2:59.79	3:14.79	3:29.69	2:35.11	2:28.10
400 IM	6:23.99	6:55.89	7:27.89	5:36.63	5:16.61

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11-12 BOYS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	26.09	27.80	28.30	29.00	29.30	30.80	33.60	33.61
100 Free	56.29	1:00.10	1:02.30	1:02.10	1:03.00	1:06.20	1:12.20	1:12.21
200 Free	2:02.29	2:11.50	2:14.60	2:16.40	2:18.30	2:24.60	2:37.80	2:37.81
500 Free	5:26.39	5:53.60	6:04.50	6:10.80	6:15.20	6:29.80	7:05.30	7:05.31
1000 Free	--	--	--	--	--	13:09.80	--	--
1650 Free	--	--	--	--	--	21:51.50	--	--
50 Back	30.19	32.90	34.00	35.40	35.00	36.60	40.00	40.01
100 Back	1:04.69	1:10.50	1:14.30	1:15.10	1:13.90	1:20.50	1:28.00	1:28.01
200 Back	--	--	--	--	--	2:51.40	3:07.30	3:07.31
50 Back	33.59	36.60	38.20	39.00	39.20	41.00	44.80	44.81
100 Breast	1:12.49	1:19.40	1:23.10	1:24.40	1:25.40	1:29.00	1:37.10	1:37.11
200 Breast	--	--	--	--	--	3:09.00	3:26.20	3:26.21
50 Fly	28.59	31.00	31.80	32.90	32.90	34.50	37.70	37.71
100 Fly	1:03.09	1:09.30	1:12.50	1:14.50	1:14.70	1:18.20	1:25.30	1:25.31
200 Fly	--	--	--	--	--	2:47.40	3:02.60	3:02.61
100 IM	1:04.79	1:10.00	N/A	N/A	1:13.00	1:17.70	1:24.70	1:24.71
200 IM	2:18.89	2:29.20	2:32.40	2:34.50	2:36.30	2:46.50	3:01.70	3:01.71
400 IM	--	--	--	--	--	5:48.90	--	--

11-12 BOYS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	11 YO	12 YO
50 Free	28.59	30.99	33.39	25.02	23.74
100 Free	1:02.69	1:07.89	1:13.09	54.24	51.47
200 Free	2:16.19	2:27.49	2:38.89	1:57.67	1:52.19
500 Free	6:04.69	6:35.09	7:05.49	5:16.56	5:00.53
1000 Free	12:42.89	13:46.49	14:50.09	11:18.30	10:29.80
1650 Free	21:23.59	23:10.49	24:57.49	18:38.97	17:41.26
50 Back	33.49	36.49	39.49	28.84	27.01
100 Back	1:12.29	1:19.09	1:25.79	1:01.25	57.29
200 Back	2:32.89	2:45.59	2:58.39	2:13.30	2:04.69
50 Breast	37.29	40.79	44.29	32.44	29.97
100 Breast	1:20.49	1:27.79	1:35.09	1:10.59	1:05.16
200 Breast	2:52.89	3:07.29	3:21.69	2:34.15	2:21.70
50 Fly	32.09	35.19	38.19	27.21	25.80
100 Fly	1:11.69	1:18.69	1:25.79	1:00.68	56.26
200 Fly	2:35.29	2:48.29	3:01.19	2:15.69	2:06.30
100 IM	1:11.49	1:17.59	1:23.69	1:02.73	58.57
200 IM	2:35.59	2:49.39	3:03.09	2:14.18	2:05.83
400 IM	5:28.89	5:56.29	6:23.69	4:49.28	4:30.25

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11-12 BOYS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	29.59	31.70	32.20	32.90	33.40	34.40	37.60	37.61
100 Free	1:04.19	1:08.40	1:10.70	1:10.50	1:11.60	1:15.10	1:22.00	1:22.01
200 Free	2:18.99	2:29.20	2:32.50	2:34.60	2:36.80	2:43.60	2:58.40	2:58.41
400 Free	4:51.89	5:15.60	5:25.30	5:30.90	5:34.90	5:46.60	6:18.10	6:18.11
800 Free	--	--	--	--	--	11:43.70	--	--
1500 Free	--	--	--	--	--	22:10.90	--	--
50 Back	34.69	37.20	38.80	39.80	39.50	42.00	45.80	45.81
100 Back	1:14.69	1:19.50	1:23.60	1:24.50	1:23.30	1:30.70	1:39.00	1:39.01
200 Back	--	--	--	--	--	3:11.80	3:29.40	3:29.41
50 Back	38.29	41.70	43.40	44.30	44.60	45.60	49.80	49.81
100 Breast	1:23.19	1:30.20	1:34.20	1:35.60	1:36.80	1:40.10	1:49.20	1:49.21
200 Breast	--	--	--	--	--	3:31.20	3:50.40	3:50.41
50 Fly	32.29	35.20	35.90	37.20	37.30	39.20	42.70	42.71
100 Fly	1:11.29	1:18.40	1:21.80	1:24.10	1:24.40	1:28.10	1:36.10	1:36.11
200 Fly	--	--	--	--	--	3:07.20	3:24.20	3:24.21
200 IM	2:37.49	2:48.90	2:52.30	2:54.70	2:56.70	3:08.20	3:25.30	3:25.31
400 IM	--	--	--	--	--	6:32.30	--	--

11-12 BOYS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	11 YO	12 YO
50 Free	32.59	35.29	37.99	28.61	27.05
100 Free	1:11.39	1:17.39	1:23.29	1:02.27	58.74
200 Free	2:34.89	2:47.79	3:00.69	2:16.89	2:07.77
400 Free	5:27.09	5:54.39	6:21.69	4:48.16	4:29.85
800 Free	11:30.99	12:28.59	13:26.19	10:14.03	9:28.83
1500 Free	22:14.19	24:05.29	25:56.49	19:59.04	18:12.36
50 Back	38.69	42.19	45.69	33.30	31.03
100 Back	1:23.59	1:31.39	1:39.19	1:11.74	1:06.48
200 Back	2:56.39	3:11.09	3:25.79	2:35.62	2:23.46
50 Breast	43.09	47.09	51.09	37.14	34.26
100 Breast	1:32.49	1:40.89	1:49.19	1:21.58	1:15.82
200 Breast	3:20.79	3:37.49	3:54.19	2:57.87	2:45.37
50 Fly	36.19	39.59	42.99	31.14	28.72
100 Fly	1:21.49	1:29.49	1:37.49	1:09.26	1:04.08
200 Fly	2:58.49	3:13.39	3:28.29	2:38.25	2:25.36
200 IM	2:58.09	3:13.89	3:29.59	2:36.04	2:24.25
400 IM	6:20.19	6:51.79	7:23.49	5:32.86	5:13.00

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13-14 GIRLS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	25.59	26.30	27.20	27.10	27.70	29.30	31.90	31.91
100 Free	54.89	56.80	58.80	58.10	59.60	1:03.40	1:09.10	1:09.11
200 Free	1:58.49	2:02.80	2:07.30	2:07.00	2:08.10	2:16.10	2:28.40	2:28.41
500 Free	5:12.39	5:29.40	5:39.40	5:35.60	5:43.70	5:59.60	6:32.30	6:32.31
1000 Free	10:48.89	11:26.80	11:53.50	12:17.00	12:06.30	12:37.00	13:45.80	13:45.81
1650 Free	18:21.29	19:10.40	20:01.30	19:55.30	20:11.60	21:02.90	22:57.70	22:57.71
100 Back	1:01.59	1:05.10	1:08.60	1:09.20	1:08.60	1:14.10	1:21.00	1:21.01
200 Back	2:12.09	2:20.30	2:28.20	2:31.40	2:28.00	2:39.60	2:54.50	2:54.51
100 Breast	1:09.19	1:13.30	1:17.10	1:17.10	1:17.50	1:23.40	1:31.00	1:31.01
200 Breast	2:29.79	2:34.80	2:45.20	2:47.90	2:46.50	3:01.70	3:18.20	3:18.21
100 Fly	1:00.69	1:04.00	1:06.40	1:06.30	1:07.60	1:11.00	1:17.40	1:17.41
200 Fly	2:14.49	2:22.60	2:34.00	2:33.10	2:34.80	2:40.50	2:55.10	2:55.11
200 IM	2:12.39	2:19.10	2:24.30	2:25.90	2:25.60	2:36.60	2:50.90	2:50.91
400 IM	4:41.99	4:56.70	5:09.10	5:12.30	5:15.00	5:36.60	6:07.30	6:07.31

13-14 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	13 YO	14 YO
50 Free	28.69	30.99	33.39	23.97	23.68
100 Free	1:02.19	1:07.39	1:12.49	52.18	51.30
200 Free	2:13.79	2:24.99	2:36.09	1:52.19	1:50.80
500 Free	5:52.99	6:22.39	6:51.79	5:00.28	4:55.16
1000 Free	12:07.59	13:08.29	14:08.89	10:22.47	10:08.57
1650 Free	20:12.19	21:53.19	23:34.19	17:15.36	16:54.95
100 Back	1:08.49	1:14.19	1:19.89	57.49	55.83
200 Back	2:27.29	2:39.59	2:51.79	2:04.21	2:01.03
100 Breast	1:17.59	1:24.09	1:30.59	1:05.86	1:04.25
200 Breast	2:46.79	3:00.69	3:14.59	2:21.99	2:18.79
100 Fly	1:07.79	1:13.49	1:19.09	56.92	55.69
200 Fly	2:28.59	2:40.99	2:53.39	2:06.66	2:03.04
200 IM	2:30.49	2:42.99	2:55.49	2:07.36	2:04.50
400 IM	5:17.79	5:44.29	6:10.79	4:28.72	4:23.14

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13-14 GIRLS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	28.89	30.00	30.90	30.80	31.60	33.30	36.40	36.41
100 Free	1:02.59	1:04.70	1:06.80	1:06.00	1:07.80	1:11.90	1:18.50	1:18.51
200 Free	2:14.39	2:19.60	2:24.40	2:24.10	2:25.40	2:34.10	2:48.10	2:48.11
400 Free	4:41.79	4:54.00	5:02.90	4:59.50	5:06.80	5:26.10	5:55.80	5:55.81
800 Free	9:46.09	10:13.00	10:36.80	10:57.70	10:48.30	11:29.00	12:31.70	12:31.71
1500 Free	18:54.89	19:33.50	20:25.30	20:19.20	20:35.90	21:17.20	23:13.30	23:13.31
100 Back	1:11.79	1:13.50	1:17.30	1:18.00	1:17.40	1:25.10	1:32.90	1:32.91
200 Back	2:33.09	2:28.20	2:46.90	2:50.40	2:46.70	3:02.80	3:19.60	3:19.61
100 Breast	1:19.89	1:23.40	1:27.50	1:27.50	1:28.10	1:33.90	1:42.50	1:42.51
200 Breast	2:52.29	2:55.90	3:07.30	3:10.30	3:08.90	3:24.40	3:43.00	3:43.01
100 Fly	1:08.69	1:12.50	1:15.00	1:15.00	1:16.50	1:20.30	1:27.60	1:27.61
200 Fly	2:31.29	2:41.10	2:53.70	2:52.70	2:54.70	3:00.90	3:17.40	3:17.41
200 IM	2:32.99	2:37.60	2:43.30	2:45.10	2:44.90	2:57.30	3:13.40	3:13.41
400 IM	5:22.39	5:35.80	5:49.50	5:53.00	5:56.10	6:20.40	6:55.10	6:55.11

13-14 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	13 YO	14 YO
50 Free	32.49	35.19	37.89	27.23	26.70
100 Free	1:10.39	1:16.19	1:22.09	59.13	58.23
200 Free	2:31.79	2:44.39	2:57.09	2:08.19	2:06.30
400 Free	5:16.59	5:42.99	6:09.39	4:29.57	4:27.39
800 Free	10:47.99	11:41.99	12:35.99	9:17.00	9:10.76
1500 Free	20:39.79	22:23.09	24:06.39	17:46.08	17:30.61
100 Back	1:17.79	1:24.29	1:30.79	1:06.84	1:04.97
200 Back	2:47.39	3:01.29	3:15.29	2:23.28	2:19.72
100 Breast	1:28.99	1:36.39	1:43.89	1:14.92	1:14.86
200 Breast	3:11.99	3:27.99	3:43.99	2:42.22	2:40.73
100 Fly	1:16.49	1:22.89	1:29.19	1:04.75	1:03.24
200 Fly	2:48.29	3:02.29	3:16.29	2:22.13	2:19.29
200 IM	2:51.49	3:05.69	3:19.99	2:25.23	2:23.02
400 IM	6:00.99	6:31.09	7:01.19	5:02.33	5:03.84

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13-14 BOYS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	23.79	25.00	25.60	25.60	26.30	27.50	30.00	30.01
100 Free	51.49	53.80	56.00	55.80	57.30	59.60	1:05.00	1:05.01
200 Free	1:51.39	1:57.80	2:01.70	2:03.40	2:03.90	2:10.90	2:22.80	2:22.81
500 Free	4:58.09	5:19.50	5:29.50	5:29.10	5:32.80	5:48.60	6:20.30	6:20.31
1000 Free	10:19.89	11:03.70	11:36.40	11:47.30	11:53.00	12:23.20	13:30.70	13:30.71
1650 Free	17:26.69	18:39.50	19:42.80	19:36.80	19:52.30	20:42.80	22:35.80	22:35.81
100 Back	58.39	1:02.70	1:07.20	1:07.40	1:06.90	1:11.30	1:18.00	1:18.01
200 Back	2:06.29	2:16.70	2:25.40	2:27.90	2:26.30	2:31.00	2:45.10	2:45.11
100 Breast	1:05.09	1:10.30	1:13.60	1:15.00	1:14.90	1:19.10	1:26.30	1:26.31
200 Breast	2:21.99	2:32.00	2:39.70	2:43.00	2:41.90	2:50.80	3:06.40	3:06.41
100 Fly	57.09	1:00.90	1:03.20	1:05.00	1:04.90	1:07.70	1:13.80	1:13.81
200 Fly	2:06.29	2:17.50	2:29.00	2:28.60	2:28.40	2:33.30	2:47.30	2:47.31
200 IM	2:05.49	2:14.10	2:18.70	2:21.90	2:20.40	2:29.00	2:42.60	2:42.61
400 IM	4:28.39	4:48.30	5:00.10	5:04.40	5:06.20	5:18.20	5:47.30	5:47.31

13-14 BOYS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 13 YO	10 th PL 14 YO
50 Free	26.29	28.49	30.69	22.73	21.62
100 Free	57.39	1:02.19	1:06.99	49.15	47.11
200 Free	2:05.29	2:15.69	2:26.09	1:47.08	1:42.60
500 Free	5:35.19	6:03.19	6:31.09	4:46.70	4:37.81
1000 Free	11:36.39	12:34.39	13:32.49	9:55.14	9:33.76
1650 Free	19:15.69	20:51.99	22:28.29	16:37.65	16:03.99
100 Back	1:04.19	1:09.59	1:14.89	54.37	52.51
200 Back	2:18.19	2:29.79	2:41.29	1:57.29	1:53.23
100 Breast	1:12.09	1:18.09	1:24.09	1:01.15	59.44
200 Breast	2:36.29	2:49.39	3:02.39	2:13.62	2:09.95
100 Fly	1:02.89	1:08.09	1:13.29	53.84	51.70
200 Fly	2:20.29	2:31.99	2:43.69	1:59.82	1:54.28
200 IM	2:20.29	2:31.99	2:43.69	2:00.14	1:56.08
400 IM	5:00.49	5:25.49	5:50.59	4:15.64	4:08.12

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13-14 BOYS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	27.19	28.60	29.20	29.20	30.00	30.20	33.00	33.01
100 Free	58.89	1:01.40	1:03.70	1:03.50	1:05.20	1:07.90	1:14.00	1:14.01
200 Free	2:07.09	2:14.00	2:18.20	2:20.10	2:20.80	2:28.50	2:42.00	2:42.01
400 Free	4:27.89	4:45.20	4:54.00	4:53.70	4:57.10	5:15.60	5:44.30	5:44.31
800 Free	9:24.59	9:52.40	10:21.50	10:31.20	10:36.40	11:01.20	12:01.30	12:01.31
1500 Free	18:01.19	19:01.90	20:06.40	20:00.30	20:16.20	20:57.40	22:51.70	22:51.71
100 Back	1:07.89	1:10.80	1:15.70	1:16.00	1:15.50	1:22.10	1:31.60	1:31.61
200 Back	2:26.59	2:34.20	2:43.70	2:46.50	2:44.80	2:53.30	3:09.20	3:09.21
100 Breast	1:16.09	1:20.10	1:23.70	1:25.20	1:25.20	1:29.20	1:37.30	1:37.31
200 Breast	2:43.69	2:52.80	3:01.20	3:04.90	3:03.80	3:15.20	3:33.00	3:33.01
100 Fly	1:04.49	1:09.00	1:11.50	1:13.50	1:13.50	1:16.70	1:23.60	1:23.61
200 Fly	2:23.69	2:35.50	2:48.10	2:47.70	2:47.60	2:53.10	3:08.90	3:08.91
200 IM	2:24.59	2:32.10	2:37.10	2:40.70	2:39.10	2:49.00	3:04.30	3:04.31
400 IM	5:06.19	5:26.50	5:39.50	5:44.20	5:46.30	6:00.20	6:33.00	6:33.01

13-14 BOYS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	13 YO	14 YO
50 Free	30.29	32.79	35.39	25.92	24.96
100 Free	1:05.99	1:11.49	1:16.99	56.52	54.61
200 Free	2:23.29	2:35.19	2:47.09	2:03.22	1:58.15
400 Free	5:02.79	5:27.99	5:53.29	4:21.56	4:09.91
800 Free	10:29.39	11:21.79	12:14.29	9:03.20	8:36.56
1500 Free	19:55.69	21:35.29	23:14.99	17:16.86	16:27.98
100 Back	1:14.49	1:20.59	1:26.89	1:03.59	1:01.17
200 Back	2:40.69	2:54.09	3:07.49	2:17.04	2:11.36
100 Breast	1:21.29	1:28.09	1:34.89	1:12.24	1:08.75
200 Breast	3:01.99	3:17.19	3:32.39	2:37.18	2:29.27
100 Fly	1:11.09	1:16.99	1:22.89	1:01.14	59.10
200 Fly	2:38.79	2:51.99	3:05.19	2:14.66	2:11.56
200 IM	2:42.39	2:55.99	3:09.49	2:18.20	2:12.75
400 IM	5:44.49	6:13.19	6:41.89	4:54.06	4:41.08

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 place time is published for motivational purposes.

15-16 GIRLS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	24.89	25.40	26.40	26.30	27.30	29.30	31.90	31.91
100 Free	53.89	54.90	56.50	56.30	59.00	1:02.80	1:08.50	1:08.51
200 Free	1:55.39	1:59.10	2:02.60	2:03.30	2:06.30	2:16.40	2:28.80	2:28.81
500 Free	5:06.19	5:19.00	5:29.50	5:28.00	5:33.50	5:57.40	6:29.90	6:29.91
1000 Free	10:37.79	11:05.20	11:35.40	11:47.80	11:47.80	12:17.70	13:24.70	13:24.71
1650 Free	18:01.49	18:37.90	19:45.40	19:39.50	19:37.00	20:26.80	22:18.40	22:18.41
100 Back	59.79	1:03.30	1:07.10	1:07.10	1:08.30	1:14.50	1:21.50	1:21.51
200 Back	2:09.59	2:17.60	2:24.50	2:27.80	2:28.90	2:33.80	2:48.10	2:48.11
100 Breast	1:07.99	1:12.00	1:15.10	1:15.40	1:17.50	1:23.90	1:31.60	1:31.61
200 Breast	2:28.09	2:34.80	2:43.70	2:44.00	2:47.00	3:00.80	3:17.30	3:17.31
100 Fly	59.09	1:00.90	1:03.60	1:05.00	1:06.90	1:11.00	1:17.50	1:17.51
200 Fly	2:09.99	2:15.80	2:26.50	2:29.70	2:32.00	2:36.60	2:50.90	2:50.91
200 IM	2:10.79	2:16.60	2:20.50	2:22.40	2:23.80	2:37.70	2:52.10	2:52.11
400 IM	4:38.29	4:48.00	5:03.50	5:04.80	5:08.90	5:22.00	5:51.50	5:51.51

15-16 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	15 YO	16 YO
50 Free	27.99	30.39	32.69	23.46	23.35
100 Free	1:00.79	1:05.79	1:10.89	50.82	50.29
200 Free	2:10.39	2:21.19	2:32.09	1:49.14	1:48.51
500 Free	5:47.39	6:16.29	6:45.29	4:49.42	4:47.69
1000 Free	11:55.89	12:55.49	13:55.19	9:55.00	10:01.40
1650 Free	19:58.89	21:38.89	23:18.79	16:48.00	16:40.54
100 Back	1:06.59	1:12.09	1:17.69	54.93	54.95
200 Back	2:23.89	2:35.89	2:47.89	1:59.06	1:59.20
100 Breast	1:15.69	1:21.99	1:28.29	1:03.06	1:02.49
200 Breast	2:42.79	2:56.39	3:09.99	2:16.27	2:16.59
100 Fly	1:06.29	1:11.79	1:17.39	54.70	54.51
200 Fly	2:24.49	2:36.49	2:48.59	2:00.92	1:59.51
200 IM	2:26.99	2:39.29	2:51.49	2:01.38	2:01.64
400 IM	5:09.89	5:35.69	6:01.49	4:17.93	4:17.53

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT
IS THE SLOWER STANDARD OF THE TWO AGE GROUPS

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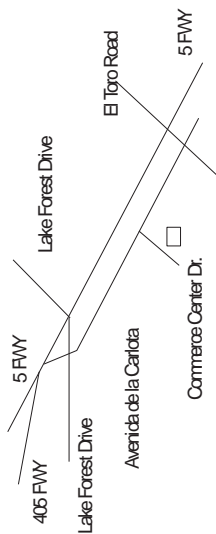


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15-16 GIRLS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	28.59	29.00	30.10	29.90	31.10	32.80	35.80	35.81
100 Free	1:01.49	1:02.60	1:04.30	1:04.00	1:07.10	1:11.30	1:17.80	1:17.81
200 Free	2:12.09	2:15.40	2:19.20	2:20.00	2:23.40	2:32.30	2:46.20	2:46.21
400 Free	4:35.99	4:44.80	4:54.00	4:52.70	4:57.70	5:18.70	5:47.60	5:47.61
800 Free	9:37.09	9:53.70	10:20.60	10:31.70	10:31.80	11:04.30	12:04.70	12:04.71
1500 Free	18:32.09	19:00.30	20:09.10	20:03.00	20:00.60	21:00.30	22:54.80	22:54.81
100 Back	1:09.79	1:11.50	1:15.60	1:15.60	1:17.10	1:24.40	1:32.20	1:32.21
200 Back	2:29.99	2:35.20	2:42.80	2:46.40	2:47.70	2:56.50	3:12.70	3:12.71
100 Breast	1:18.89	1:22.00	1:25.30	1:25.70	1:28.10	1:34.60	1:43.20	1:43.21
200 Breast	2:49.59	2:55.90	3:05.70	3:06.00	3:09.40	3:23.40	3:41.90	3:41.91
100 Fly	1:07.49	1:09.00	1:12.00	1:13.50	1:15.70	1:19.20	1:26.40	1:26.41
200 Fly	2:28.09	2:33.60	2:45.40	2:48.90	2:51.60	2:56.90	3:13.00	3:13.01
200 IM	2:30.19	2:34.90	2:39.10	2:41.20	2:42.90	2:56.00	3:12.00	3:12.01
400 IM	5:18.19	5:26.10	5:43.20	5:44.70	5:49.30	6:04.50	6:37.70	6:37.71

15-16 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	15 YO	16 YO
50 Free	31.79	34.49	37.09	26.90	26.64
100 Free	1:08.59	1:14.39	1:20.09	58.05	57.47
200 Free	2:27.19	2:39.49	2:51.79	2:03.84	2:02.73
400 Free	5:08.89	5:34.69	6:00.39	4:20.31	4:18.71
800 Free	10:37.09	11:30.19	12:23.29	8:55.89	8:55.73
1500 Free	20:28.39	22:10.69	23:53.09	17:15.70	16:59.17
100 Back	1:16.29	1:22.69	1:28.99	1:04.20	1:03.56
200 Back	2:44.29	2:57.99	3:11.69	2:18.25	2:17.50
100 Breast	1:26.69	1:33.89	1:41.09	1:12.42	1:12.38
200 Breast	3:05.69	3:21.19	3:36.59	2:36.75	2:38.08
100 Fly	1:14.19	1:20.39	1:26.59	1:02.42	1:02.43
200 Fly	2:42.69	2:56.19	3:09.69	2:16.87	2:16.41
200 IM	2:47.29	3:01.19	3:15.19	2:19.76	2:19.71
400 IM	5:50.59	6:19.79	6:48.99	4:54.29	4:55.93

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT
IS THE SLOWER STANDARD OF THE TWO AGE GROUPS

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15-16 BOYS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	22.59	23.10	23.80	23.60	24.60	26.50	28.90	28.91
100 Free	48.79	49.90	51.70	51.10	53.50	57.40	1:02.60	1:02.61
200 Free	1:45.99	1:48.60	1:52.90	1:52.50	1:56.50	2:04.80	2:16.20	2:16.21
500 Free	4:44.19	4:58.10	5:08.40	5:05.10	5:16.50	5:34.80	6:05.30	6:05.31
1000 Free	9:53.99	10:25.80	11:02.70	11:09.40	11:20.20	11:48.80	12:53.30	12:53.31
1650 Free	16:40.59	17:10.40	18:50.80	18:57.20	18:56.20	19:44.40	21:32.00	21:32.01
100 Back	54.79	56.90	1:01.70	1:02.00	1:02.40	1:08.20	1:14.50	1:14.51
200 Back	1:59.79	2:04.70	2:16.30	2:14.00	2:19.90	2:23.90	2:37.30	2:37.31
100 Breast	1:01.79	1:04.70	1:09.20	1:08.80	1:12.40	1:15.80	1:22.70	1:22.71
200 Breast	2:15.99	2:23.30	2:32.70	2:34.10	2:37.40	2:43.00	2:57.80	2:57.81
100 Fly	53.49	55.20	57.00	57.40	59.70	1:05.10	1:11.00	1:11.01
200 Fly	1:59.19	2:05.00	2:15.10	2:15.90	2:17.40	2:21.60	2:34.40	2:34.41
200 IM	1:59.39	2:04.70	2:08.50	2:11.00	2:13.50	2:21.70	2:34.70	2:34.71
400 IM	4:15.89	4:28.80	4:45.70	4:44.10	4:52.00	5:01.20	5:28.80	5:28.81

15-16 BOYS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	15 YO	16 YO
50 Free	25.29	27.39	29.49	21.16	20.89
100 Free	55.19	59.79	1:04.39	45.92	45.62
200 Free	2:00.09	2:10.09	2:20.09	1:40.47	1:39.21
500 Free	5:24.29	5:51.29	6:18.39	4:31.91	4:27.38
1000 Free	11:12.19	12:08.19	13:04.19	9:21.43	9:14.56
1650 Free	18:47.99	20:21.89	21:55.89	15:45.32	15:26.54
100 Back	1:01.09	1:06.19	1:11.29	50.71	49.86
200 Back	2:12.39	2:23.39	2:34.39	1:50.45	1:48.75
100 Breast	1:08.89	1:14.69	1:20.39	57.77	56.57
200 Breast	2:30.09	2:42.59	2:55.09	2:05.13	2:03.78
100 Fly	1:00.09	1:05.09	1:10.09	50.27	49.39
200 Fly	2:13.39	2:24.49	2:35.59	1:51.11	1:49.29
200 IM	2:15.09	2:26.39	2:37.69	1:52.93	1:50.43
400 IM	4:47.79	5:11.79	5:35.79	3:57.97	3:57.45

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT
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15-16 BOYS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	25.99	26.50	27.20	27.00	28.20	29.80	32.50	32.51
100 Free	56.19	57.00	58.90	58.30	1:01.00	1:04.50	1:10.30	1:10.31
200 Free	2:01.29	2:03.80	2:08.50	2:08.00	2:12.60	2:21.80	2:34.70	2:34.71
400 Free	4:15.69	4:26.10	4:35.20	4:32.30	4:42.50	4:59.20	5:26.40	5:26.41
800 Free	8:53.69	9:18.60	9:51.40	9:57.40	10:07.10	10:30.60	11:28.00	11:28.01
1500 Free	17:09.29	17:31.10	19:13.40	19:19.90	19:19.00	19:59.90	21:49.00	21:49.01
100 Back	1:04.59	1:04.40	1:09.60	1:10.00	1:10.50	1:18.60	1:25.80	1:25.81
200 Back	2:19.49	2:20.90	2:33.60	2:31.10	2:37.70	2:45.50	3:00.70	3:00.71
100 Breast	1:12.49	1:13.90	1:18.80	1:18.30	1:22.40	1:25.60	1:33.40	1:33.41
200 Breast	2:37.49	2:43.10	2:53.50	2:55.00	2:58.80	3:03.70	3:20.40	3:20.41
100 Fly	1:01.39	1:02.70	1:04.60	1:05.10	1:07.70	1:13.90	1:20.60	1:20.61
200 Fly	2:14.99	2:21.60	2:32.70	2:32.20	2:35.40	2:40.30	2:54.80	2:54.81
200 IM	2:18.69	2:21.70	2:25.80	2:28.60	2:31.40	2:41.00	2:55.70	2:55.71
400 IM	4:52.79	5:04.80	5:23.50	5:21.70	5:30.60	5:41.70	6:12.80	6:12.81

15-16 BOYS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat A	Nat BB	Nat B	10 th PL 15 YO	10 th PL 16 YO
	50 Free	28.79	31.19	33.59	24.40
100 Free	1:03.09	1:08.39	1:13.59	52.95	52.54
200 Free	2:17.19	2:28.59	2:39.99	1:55.23	1:54.53
400 Free	4:50.19	5:14.39	5:38.59	4:05.69	4:02.57
800 Free	10:01.89	10:52.09	11:42.19	8:29.87	8:22.71
1500 Free	19:13.39	20:49.49	22:25.59	16:17.62	15:55.40
100 Back	1:10.59	1:16.49	1:22.39	59.40	59.03
200 Back	2:31.29	2:43.89	2:56.49	2:09.62	2:06.85
100 Breast	1:19.69	1:26.39	1:32.99	1:07.36	1:06.16
200 Breast	2:54.29	3:08.79	3:23.29	2:26.43	2:21.37
100 Fly	1:07.69	1:13.39	1:18.99	57.50	56.56
200 Fly	2:30.59	2:43.19	2:55.69	2:07.10	2:04.28
200 IM	2:35.89	2:48.89	3:01.79	2:10.92	2:07.96
400 IM	5:27.09	5:54.39	6:21.59	4:37.41	4:31.84

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT
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17-18 GIRLS

SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	24.79	25.40	26.40	26.30	27.30	29.70	32.40	32.41
100 Free	53.39	54.90	56.50	56.30	59.00	1:03.80	1:09.60	1:09.61
200 Free	1:55.19	1:59.10	2:02.60	2:03.30	2:06.30	2:16.40	2:28.80	2:28.81
500 Free	5:09.29	5:19.00	5:29.50	5:28.00	5:33.50	5:57.40	6:29.90	6:29.91
1000 Free	10:42.69	11:05.20	11:35.40	11:47.80	11:47.80	12:17.80	13:24.80	13:24.81
1650 Free	18:12.19	18:37.90	19:45.40	19:39.50	19:37.00	20:26.80	22:18.40	22:18.41
100 Back	59.99	1:03.30	1:07.10	1:07.10	1:08.30	1:14.50	1:26.50	1:26.51
200 Back	2:10.09	2:17.60	2:24.50	2:27.80	2:28.90	2:37.10	2:56.70	2:56.71
100 Breast	1:08.49	1:12.00	1:15.10	1:15.40	1:17.50	1:25.10	1:32.90	1:32.91
200 Breast	2:29.29	2:34.80	2:43.70	2:44.00	2:47.00	3:00.80	3:17.30	3:17.31
100 Fly	58.89	1:00.90	1:03.60	1:05.00	1:06.90	1:11.10	1:17.50	1:17.51
200 Fly	2:10.99	2:15.80	2:26.50	2:29.70	2:32.00	2:36.60	2:50.90	2:50.91
200 IM	2:10.59	2:16.60	2:20.50	2:22.40	2:23.80	2:37.70	2:52.10	2:52.11
400 IM	4:38.29	4:48.00	5:03.50	5:04.80	5:08.90	5:22.00	5:51.50	5:51.51

17-18 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	17 YO	18 YO
50 Free	27.79	30.09	32.39	23.22	22.98
100 Free	59.89	1:04.89	1:09.89	49.93	49.92
200 Free	2:09.49	2:20.29	2:30.99	1:47.36	1:47.29
500 Free	5:44.99	6:13.69	6:42.39	4:46.58	4:45.47
1000 Free	11:53.59	12:53.09	13:52.59	9:50.12	9:58.57
1650 Free	19:48.19	21:27.19	23:06.19	16:27.52	16:30.97
100 Back	1:06.19	1:11.69	1:17.19	54.29	54.05
200 Back	2:23.39	2:35.39	2:47.29	1:57.98	1:57.56
100 Breast	1:15.29	1:21.49	1:27.79	1:02.13	1:02.28
200 Breast	2:42.29	2:55.79	3:09.29	2:15.84	2:15.15
100 Fly	1:05.49	1:10.99	1:16.39	54.67	54.12
200 Fly	2:22.69	2:34.59	2:46.49	1:59.26	1:59.07
200 IM	2:25.29	2:37.39	2:49.49	2:00.86	1:59.77
400 IM	5:09.69	5:35.49	6:01.29	4:15.31	4:16.12

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT
IS THE SLOWER STANDARD OF THE TWO AGE GROUPS

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17-18 GIRLS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	28.59	29.00	30.10	29.90	31.10	32.90	37.00	37.01
100 Free	1:01.09	1:02.60	1:04.30	1:04.00	1:07.10	1:12.40	1:19.00	1:19.01
200 Free	2:11.49	2:15.40	2:19.20	2:20.00	2:23.40	2:34.70	2:48.70	2:48.71
400 Free	4:37.09	4:44.80	4:54.00	4:52.70	4:57.70	5:23.40	5:52.80	5:52.81
800 Free	9:37.99	9:53.70	10:20.60	10:31.70	10:31.80	11:05.70	12:06.20	12:06.21
1500 Free	18:50.09	19:00.30	20:09.10	20:03.00	20:00.60	21:00.30	22:54.80	22:54.81
100 Back	1:09.99	1:11.50	1:15.60	1:15.60	1:17.10	1:25.70	1:33.60	1:33.61
200 Back	2:30.19	2:35.20	2:42.80	2:46.40	2:47.70	2:56.50	3:12.70	3:12.71
100 Breast	1:20.09	1:22.00	1:25.30	1:25.70	1:28.10	1:36.00	1:44.80	1:44.81
200 Breast	2:52.19	2:55.90	3:05.70	3:06.00	3:09.40	3:23.40	3:41.90	3:41.91
100 Fly	1:07.09	1:09.00	1:12.00	1:13.50	1:15.70	1:20.40	1:27.70	1:27.71
200 Fly	2:27.99	2:33.60	2:45.40	2:48.90	2:51.60	2:56.90	3:13.00	3:13.01
200 IM	2:29.89	2:34.90	2:39.10	2:41.20	2:42.90	2:58.60	3:14.90	3:14.91
400 IM	5:17.09	5:26.10	5:43.20	5:44.70	5:49.30	6:04.50	6:37.70	6:37.71

17-18 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	17 YO	18 YO
50 Free	31.49	34.09	36.79	26.37	26.53
100 Free	1:08.39	1:14.09	1:19.79	57.30	57.19
200 Free	2:26.69	2:38.89	2:51.09	2:02.97	2:02.03
400 Free	5:09.39	5:35.19	6:00.99	4:18.17	4:16.61
800 Free	10:33.99	11:26.79	12:19.59	8:51.26	8:51.17
1500 Free	20:17.09	21:58.49	23:39.89	16:58.95	17:13.92
100 Back	1:16.69	1:23.09	1:29.49	1:03.99	1:03.30
200 Back	2:44.49	2:58.19	3:11.89	2:18.14	2:17.08
100 Breast	1:25.29	1:32.49	1:39.59	1:11.59	1:12.03
200 Breast	3:05.29	3:20.79	3:36.19	2:34.93	2:35.40
100 Fly	1:13.39	1:19.49	1:25.59	1:02.10	1:02.06
200 Fly	2:41.59	2:55.09	3:08.49	2:15.11	2:16.02
200 IM	2:45.89	2:59.69	3:13.49	2:18.27	2:18.11
400 IM	5:51.99	6:21.29	6:50.69	4:51.15	4:53.40

WHEN A MEET IS RUN 15-18 OR 15 & UP, THE TIME STANDARD FOR EACH EVENT
IS THE SLOWER STANDARD OF THE TWO AGE GROUPS

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17-18 BOYS**SHORT COURSE YARDS – SOUTHERN CALIFORNIA STANDARDS**

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	22.09	23.10	23.80	23.60	24.60	26.50	28.90	28.91
100 Free	47.79	49.90	51.70	51.10	53.50	57.40	1:02.60	1:02.61
200 Free	1:44.29	1:48.60	1:52.90	1:52.50	1:56.50	2:06.70	2:18.20	2:18.21
500 Free	4:41.69	4:58.10	5:08.40	5:05.10	5:16.50	5:34.80	6:05.30	6:05.31
1000 Free	9:53.99	10:25.80	11:02.70	11:09.40	11:20.20	11:49.10	12:53.50	12:53.51
1650 Free	16:41.19	17:10.40	18:50.80	18:57.20	18:56.20	19:44.40	21:32.00	21:32.01
100 Back	53.99	56.90	1:01.70	1:02.00	1:02.40	1:09.30	1:15.70	1:15.71
200 Back	1:59.29	2:04.70	2:16.30	2:14.00	2:19.90	2:23.90	2:37.30	2:37.31
100 Breast	1:00.39	1:04.70	1:09.20	1:08.80	1:12.40	1:15.80	1:22.70	1:22.71
200 Breast	2:12.89	2:23.30	2:32.70	2:34.10	2:37.40	2:43.00	2:57.80	2:57.81
100 Fly	52.39	55.20	57.00	57.40	59.70	1:05.10	1:11.00	1:11.01
200 Fly	1:57.79	2:05.00	2:15.10	2:15.90	2:17.40	2:21.60	2:34.40	2:34.41
200 IM	1:57.19	2:04.70	2:08.50	2:11.00	2:13.50	2:21.70	2:34.70	2:34.71
400 IM	4:12.49	4:28.80	4:45.70	4:44.10	4:52.00	5:01.20	5:28.80	5:28.81

17-18 BOYS**SHORT COURSE YARDS – NATIONAL STANDARDS**

Event	Nat A	Nat BB	Nat B	10 th PL 17 YO	10 th PL 18 YO
50 Free	24.49	26.59	28.59	20.53	20.44
100 Free	53.59	58.09	1:02.59	44.86	44.83
200 Free	1:58.09	2:07.89	2:17.69	1:38.02	1:37.82
500 Free	5:17.69	5:44.19	6:10.59	4:25.97	4:24.27
1000 Free	11:03.89	11:59.19	12:54.49	9:14.48	9:16.33
1650 Free	18:27.19	19:59.39	21:31.69	15:31.97	15:27.18
100 Back	59.19	1:04.19	1:09.09	49.21	49.17
200 Back	2:09.09	2:19.89	2:30.59	1:47.10	1:47.69
100 Breast	1:07.59	1:13.19	1:18.79	56.32	55.90
200 Breast	2:27.09	2:39.29	2:51.59	2:03.45	2:02.87
100 Fly	58.69	1:03.59	1:08.39	48.92	48.45
200 Fly	2:09.59	2:20.39	2:31.19	1:49.51	1:47.41
200 IM	2:11.69	2:22.59	2:33.59	1:49.62	1:48.94
400 IM	4:42.39	5:05.99	5:29.49	3:56.47	3:52.02

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17-18 BOYS

LONG COURSE METERS – SOUTHERN CALIFORNIA STANDARDS

Event	SCSRT	SPR JO	SUM JO	June Invite	Dec Invite	Blue Min	Red Min	White Max
50 Free	25.49	26.50	27.20	27.00	28.20	30.20	33.00	33.01
100 Free	55.29	57.00	58.90	58.30	1:01.00	1:05.40	1:11.40	1:11.41
200 Free	2:00.29	2:03.80	2:08.50	2:08.00	2:12.60	2:21.80	2:34.70	2:34.71
400 Free	4:14.99	4:26.10	4:35.20	4:32.30	4:42.50	5:03.70	5:31.30	5:31.31
800 Free	8:54.59	9:18.60	9:51.40	9:57.40	10:07.10	10:39.90	11:38.00	11:38.01
1500 Free	17:07.69	17:31.10	19:13.40	19:19.90	19:19.00	20:17.90	22:08.60	22:08.61
100 Back	1:03.39	1:04.40	1:09.60	1:10.00	1:10.50	1:19.80	1:27.10	1:27.11
200 Back	2:18.09	2:20.90	2:33.60	2:31.10	2:37.70	2:45.50	3:00.70	3:00.71
100 Breast	1:11.19	1:13.90	1:18.80	1:18.30	1:22.40	1:25.60	1:33.40	1:33.41
200 Breast	2:35.39	2:43.10	2:53.50	2:55.00	2:58.80	3:03.70	3:20.40	3:20.41
100 Fly	1:00.09	1:02.70	1:04.60	1:05.10	1:07.70	1:13.90	1:20.60	1:20.61
200 Fly	2:13.89	2:21.60	2:32.70	2:32.20	2:35.40	2:40.30	2:54.80	2:54.81
200 IM	2:16.09	2:21.70	2:25.80	2:28.60	2:31.40	2:41.00	2:55.70	2:55.71
400 IM	4:50.39	5:04.80	5:23.50	5:21.70	5:30.60	5:41.70	6:12.80	6:12.81

17-18 BOYS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat	Nat	Nat	10 th PL	10 th PL
	A	BB	B	17 YO	18 YO
50 Free	27.99	30.29	32.59	23.69	23.59
100 Free	1:01.79	1:06.89	1:12.09	51.91	51.68
200 Free	2:14.79	2:26.09	2:37.29	1:52.65	1:52.88
400 Free	4:47.19	5:11.09	5:34.99	3:59.43	3:58.28
800 Free	9:59.09	10:48.99	11:38.89	8:16.29	8:25.54
1500 Free	19:00.79	20:35.79	22:10.89	15:46.65	15:54.37
100 Back	1:09.19	1:14.89	1:20.69	58.01	57.86
200 Back	2:30.99	2:43.59	2:56.19	2:06.49	2:05.76
100 Breast	1:18.39	1:24.99	1:31.49	1:05.02	1:05.11
200 Breast	2:50.09	3:04.19	3:18.39	2:20.95	2:21.05
100 Fly	1:06.59	1:12.19	1:17.69	55.67	55.42
200 Fly	2:26.69	2:38.89	2:51.09	2:03.79	2:04.03
200 IM	2:31.29	2:43.89	2:56.49	2:07.00	2:07.37
400 IM	5:21.79	5:48.69	6:15.49	4:30.49	4:29.95

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RELAY STANDARDS - GIRLS

	SPR JO	SPR JO	SUM JO	SUM JO	AGE GR
5-10	Hard Cut	Soft Cut	Hard Cut	Soft Cut	Invites
200 Free Yards	2:09.00	2:12.10	2:11.20	2:14.40	2:15.60
200 Med Yards	2:29.20	2:32.80	2:34.20	2:38.00	2:38.90
200 Free Meters	2:26.70	2:30.30	2:28.90	2:32.50	2:33.60
200 Med Meters	2:49.00	2:53.10	2:54.10	2:58.30	2:59.40
11-12					
200 Free Yards	1:54.40	1:57.20	1:56.10	1:58.90	2:02.80
400 Free Yards	4:07.20	4:13.10	4:13.80	4:20.00	4:26.80
200 Med Yards	2:11.70	2:15.90	2:14.60	2:19.20	2:22.60
400 Med Yards	4:44.40	4:51.30	4:56.30	5:03.50	5:11.40
200 Free Meters	2:10.40	2:13.60	2:12.10	2:15.30	2:19.60
400 Free Meters	4:41.20	4:48.10	4:48.30	4:55.30	5:02.40
200 Med Meters	2:29.30	2:32.90	2:32.80	2:36.50	2:40.90
400 Med Meters	5:22.10	5:30.00	5:35.10	5:43.30	5:52.90
13-14					
200 Free Yards	1:46.40	1:50.60	1:51.60	1:54.30	1:57.20
400 Free Yards	3:49.70	3:58.80	4:01.10	4:07.00	4:13.60
800 Free Yards	8:16.30	8:35.90	8:42.00	8:54.70	9:04.40
200 Med Yards	4:21.70	4:32.10	4:37.70	4:44.50	2:19.30
400 Med Yards	4:21.70	4:32.10	4:37.70	4:44.50	4:53.70
200 Free Meters	2:01.40	2:06.20	2:06.70	2:09.80	2:13.20
400 Free Meters	4:21.60	4:32.00	4:33.90	4:40.60	4:47.60
800 Free Meters	9:24.00	9:46.40	9:52.10	10:06.50	10:16.40
200 Med Meters	4:57.00	5:08.70	5:14.30	5:22.00	2:38.40
400 Med Meters	4:57.00	5:08.70	5:14.30	5:22.00	5:31.80
15-UP					
200 Free Yards	1:43.50	1:48.00	1:48.30	1:50.90	1:58.80
400 Free Yards	3:42.70	3:51.50	3:51.70	3:57.30	4:15.20
800 Free Yards	8:04.20	8:23.40	8:22.70	8:35.00	9:05.60
200 Med Yards	4:15.80	4:25.90	4:28.90	4:35.50	2:20.60
400 Med Yards	4:15.80	4:25.90	4:28.90	4:35.50	4:56.30
200 Free Meters	1:59.00	2:03.30	2:03.50	2:06.50	2:15.60
400 Free Meters	4:13.80	4:23.80	4:23.70	4:30.10	4:49.60
800 Free Meters	9:10.40	9:32.20	9:30.80	9:44.70	10:18.80
200 Med Meters	4:50.30	5:01.80	5:04.70	5:12.10	2:40.00
400 Med Meters	4:50.30	5:01.80	5:04.70	5:12.10	5:35.10

RELAY STANDARDS - BOYS

5-10	SPR JO	SPR JO	SUM JO	SUM JO	AGE GR
	Hard Cut	Soft Cut	Hard Cut	Soft Cut	Invites
200 Free Yards	2:07.30	2:10.40	2:12.10	2:15.30	2:16.40
200 Med Yards	2:29.20	2:32.80	2:34.20	2:38.00	2:38.90
200 Free Meters	2:24.90	2:28.40	2:29.70	2:33.30	2:32.40
200 Med Meters	2:49.00	2:53.10	2:55.90	3:00.20	2:58.90
11-12					
200 Free Yards	1:54.10	1:56.90	1:56.10	1:58.90	2:03.20
400 Free Yards	4:06.80	4:12.80	4:15.50	4:28.30	4:24.80
200 Med Yards	2:11.80	2:15.00	2:15.70	2:19.30	2:23.50
400 Med yards	4:47.20	4:54.20	4:59.60	5:06.90	5:15.70
200 Free Meters	2:10.10	2:13.30	2:12.20	2:15.30	2:17.60
400 Free Meters	4:40.80	4:47.60	4:49.90	4:57.00	5:00.40
200 Med Meters	2:29.70	2:33.30	2:34.10	2:37.90	2:41.20
400 Med Meters	5:25.50	5:33.40	5:38.60	5:46.90	5:54.60
13-14					
200 Free Yards	1:41.00	1:55.00	1:45.00	1:47.60	1:50.00
400 Free Yards	3:37.00	3:45.60	3:49.60	3:55.20	3:58.40
800 Free Yards	7:53.70	8:12.50	8:19.00	8:31.20	8:43.60
200 Med Yards	4:10.50	4:20.40	4:26.50	4:33.00	2:12.20
400 Med Yards	4:10.50	4:20.40	4:26.50	4:33.00	4:39.50
200 Free Meters	1:55.60	2:00.20	1:59.80	2:02.70	2:00.80
400 Free Meters	4:07.50	4:17.30	4:21.20	4:27.60	4:31.60
800 Free Meters	9:01.30	9:22.70	9:26.70	9:40.50	9:54.00
200 Med Meters	4:44.50	4:55.70	5:02.00	5:09.40	2:30.70
400 Med Meters	4:44.50	4:55.70	5:02.00	5:09.40	5:16.50
15-UP					
200 Free Yards	1:33.50	1:37.20	1:37.60	1:40.00	1:46.00
400 Free Yards	3:22.70	3:30.70	3:32.00	3:37.20	3:49.60
800 Free Yards	7:20.80	7:38.30	7:42.90	7:54.20	8:26.80
200 Med Yards	3:51.20	4:00.40	4:05.60	4:11.60	2:07.20
400 Med Yards	3:51.20	4:00.40	4:05.60	4:11.60	4:29.40
200 Free Meters	1:47.10	1:51.30	1:51.60	1:54.30	2:00.80
400 Free Meters	3:51.60	4:00.80	4:01.50	4:07.40	4:21.60
800 Free Meters	8:22.40	8:42.30	8:46.90	8:59.70	9:27.20
200 Med Meters	4:23.10	4:33.50	4:38.70	4:45.50	2:25.10
400 Med Meters	4:23.10	4:33.50	4:38.70	4:45.50	5:05.30

WOMEN'S TIME STANDARDS

SHORT COURSE YARDS

EVENT	LC	LC Nat	LC	LC Jr Nat	Sectional
	Nationals	18U Bonus	Jr Nat	Bonus	
50 Free	22.99	23.39	23.39	24.09	25.39
100 Free	50.19	51.09	51.09	52.19	55.09
200 Free	1:48.29	1:50.09	1:50.09	1:52.09	1:58.69
500 Free	4:47.79	4:52.99	4:52.99	4:57.09	5:12.99
1000 Free	9:58.89	10:05.99	10:05.99	10:14.39	10:43.19
1650 Free	16:30.59	16:48.49	16:48.49	17:00.99	17:57.49
100 Back	55.79	56.19	56.19	57.79	1:01.09
200 Back	2:00.09	2:01.19	2:01.19	2:04.19	2:11.59
100 Breast	1:03.19	1:04.29	1:04.29	1:05.29	1:09.19
200 Breast	2:16.69	2:17.99	2:17.99	2:21.39	2:29.39
100 Fly	54.99	55.59	55.59	57.27	1:00.49
200 Fly	2:00.69	2:02.49	2:02.49	2:05.69	2:12.59
200 IM	2:01.79	2:03.49	2:03.49	2:06.89	2:13.59
400 IM	4:19.79	4:20.79	4:20.79	4:28.49	4:42.99
400 Fr Relay	3:28.39				3:50.09
800 Fr Relay	7:25.49				8:17.79
400 Med Relay	3:50.39				4:15.79

LONG COURSE METERS

EVENT	Olympic	LC	LC Nat	LC	LC Jr Nat	Sectional
	Trials	Nationals	18U Bonus	Jr Nat	Bonus	
50 Free	26.39	26.59	26.99	26.99	27.59	28.99
100 Free	57.19	57.29	58.59	58.59	59.29	1:02.59
200 Free	2:03.19	2:03.69	2:06.19	2:06.19	2:07.59	2:14.89
400 Free	4:19.39	4:19.49	4:24.09	4:24.09	4:26.59	4:41.99
800 Free	8:50.49	8:55.19	9:03.49	9:03.49	9:09.89	9:35.99
1500 Free		17:06.69	17:20.49	17:20.49	17:38.69	18:20.99
100 Back	1:03.99	1:04.69	1:05.69	1:05.69	1:06.89	1:10.89
200 Back	2:17.99	2:19.09	2:20.99	2:20.99	2:23.59	2:31.19
100 Breast	1:12.19	1:12.79	1:14.29	1:14.29	1:15.29	1:19.19
200 Breast	2:35.99	2:37.19	2:39.99	2:39.99	2:42.19	2:50.79
100 Fly	1:01.99	1:02.49	1:03.59	1:03.59	1:04.79	1:08.19
200 Fly	2:16.49	2:16.89	2:19.69	2:19.69	2:21.99	2:28.29
200 IM	2:19.49	2:20.69	2:23.09	2:23.09	2:24.49	2:32.89
400 IM	4:55.89	4:56.99	5:02.09	5:02.09	5:05.29	5:19.99
400 Fr Relay		3:54.79		3:59.99		4:21.89
800 Fr Relay		8:25.89		8:36.99		9:25.99
400 Med Relay		4:19.39		4:26.19		4:52.99

2011 SCY Nat and SCY Jr Nat Time Standards TBA

MEN'S TIME STANDARDS

SHORT COURSE YARDS

EVENT	LC	LC Nat	LC	LC Jr Nat	Sectional
	Nationals	18U Bonus	Jr Nat	Bonus	Champs
50 Free	20.29	20.89	20.89	21.59	22.59
100 Free	44.49	45.89	45.89	46.89	49.39
200 Free	1:38.09	1:40.69	1:40.69	1:42.49	1:48.79
500 Free	4:25.29	4:33.69	4:33.69	4:36.59	4:53.99
1000 Free	9:16.89	9:26.09	9:26.09	9:36.29	10:10.99
1650 Free	15:30.69	15:51.49	15:51.49	16:03.49	16:59.99
100 Back	49.59	51.39	51.39	52.19	54.99
200 Back	1:47.89	1:51.39	1:51.39	1:53.09	1:59.69
100 Breast	55.89	57.89	57.89	58.69	1:01.99
200 Breast	2:01.69	2:06.29	2:06.29	2:07.99	2:14.89
100 Fly	48.59	50.29	50.29	51.19	54.19
200 Fly	1:48.59	1:51.99	1:51.99	1:53.99	2:00.69
200 IM	1:49.69	1:52.79	1:52.79	1:54.59	2:01.59
400 IM	3:58.29	3:59.89	3:59.89	4:04.09	4:20.29
400 Fr Relay	3:02.19				3:24.39
800 Fr Relay	6:46.99				7:31.29
400 Med Relay	3:24.09				3:49.09

LONG COURSE METERS

EVENT	Olympic	LC	LC Nat	LC	LC Jr Nat	Sectional
	Trials	Nationals	18U Bonus	Jr Nat	Bonus	Champs
50 Free	23.49	23.59	24.29	24.29	24.79	26.09
100 Free	51.49	51.79	53.09	53.09	53.99	57.19
200 Free	1:52.89	1:53.39	1:55.89	1:55.89	1:58.09	2:05.09
400 Free	3:59.99	4:01.29	4:07.09	4:07.09	4:09.79	4:26.49
800 Free		8:23.09	8:35.59	8:35.59	8:40.19	9:08.99
1500 Free	15:53.59	16:02.49	16:15.49	16:15.49	16:37.59	17:29.99
100 Back	57.59	58.29	1:00.09	1:00.09	1:00.99	1:04.39
200 Back	2:04.99	2:06.29	2:09.59	2:09.59	2:12.29	2:19.49
100 Breast	1:04.69	1:05.29	1:07.79	1:07.79	1:08.79	1:11.99
200 Breast	2:20.79	2:22.09	2:27.59	2:27.59	2:29.39	2:36.69
100 Fly	55.29	55.69	57.39	57.39	58.59	1:01.59
200 Fly	2:03.99	2:04.09	2:08.39	2:08.39	2:10.59	2:17.19
200 IM	2:06.59	2:07.99	2:11.39	2:11.39	2:13.19	2:21.29
400 IM	4:30.49	4:33.09	4:38.99	4:38.99	4:43.19	5:00.89
400 Fr Relay		3:29.89		3:38.29		3:55.29
800 Fr Relay		7:44.49		7:54.99		8:26.79
400 Med Relay		3:52.49		4:01.99		4:23.99

2011 SCY Nat and SCY Jr Nat Time Standards TBA



RECORDS

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

SOUTHERN CALIFORNIA SWIMMING AGE GROUP RECORDS

5-8 GIRLS AND BOYS

Short Course – Girls

50 Y Freestyle	29.06 (05)	Ella Eastin, NOVA
100 Y Freestyle	1:04.06 (94)	Kalyn Keller, TCC
50 Y Backstroke	33.29 (06)	Ella Eastin, NOVA
50 Y Breaststroke	37.66 (01)	Vi Nguyen, IHAC
50 Y Butterfly	31.23 (05)	Sonia Wang, TCC
100 Y Ind. Medley	1:13.22 (05)	Sonia Wang, TCC
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	33.25 (94)	Susan Gilliam, IHAC
100 M Freestyle	1:14.28 (94)	Susan Gilliam, IHAC
50 M Backstroke	37.59 (05)	Sonia Wang, TCC
50 M Breaststroke	42.98 (93)	Kristen Caverly, SCAT
50 M Butterfly	34.92 (89)	Nicole Beck, BUEN
200 M Free Relay	2:31.25 (92)	Rose Bowl Aquatics
200 M Medley Relay	2:49.86 (92)	Rose Bowl Aquatics

Short Course – Boys

50 Y Freestyle	28.64 (93)	Michael Zerschling, RAA
100 Y Freestyle	1:01.70 (08)	Sean Lee, MEGA
50 Y Backstroke	33.01 (06)	Thomas Smith, NOVA
50 Y Breaststroke	37.90 (85)	David Katz, SCAL
50 Y Butterfly	31.30 (65)	Brian Patno, BUENA
100 Y Ind. Medley	1:12.41 (82)	Ryan Cox, MVN
200 Y Free Relay	2:11.60 (73)	San Fernando Valley A.C.
200 Y Medley Relay	2:27.15 (87)	Mission Viejo Nadadores

Long Course – Boys

50 M Freestyle	32.06 (94)	Louis Vayo, UN
100 M Freestyle	1:09.24 (08)	Sean Lee, MEGA
50 M Backstroke	38.33 (79)	Frank Wattles, SURF
50 M Breaststroke	41.57 (85)	David Katz, SCAL
50 M Butterfly	34.33 (82)	Randy Hartley, NST
200 M Free Relay	2:24.45 (81)	Mission Viejo Nadadores
200 M Medley Relay	2:45.97 (87)	Mission Viejo Nadadores

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 5-10 GIRLS

Short Course

SCS		NAG		
Ella Eastin, NOVA	25.09 (08)	50 Y Freestyle	Lia Neal, MR	24.90 (05)
Ella Eastin, NOVA	55.27 (08)	100 Y Freestyle	Chelsea Nauta, FL	55.23 (99)
Ella Eastin, NOVA	1:59.00 (08)	200 Y Freestyle	Ella Eastin, CA	1:59.00 (08)
Ella Eastin, NOVA	5:32.58 (08)	500 Y Freestyle	Christina Papadopoulous, FL	5:16.52 (05)
Cindy Tran, GWSC	27.81 (03)	50 Y Backstroke	Cindy Tran, CA	27.81 (03)
Cindy Tran, GWSC	1:01.92 (03)	100 Y Backstroke	Beth Botsford, MD	1:01.71 (92)
Ella Eastin, NOVA	27.27 (07)	50 Y Breaststroke	Kaylin Burchell, KY	31.82 (04)
Karissa Kruszewski, AZOT	1:11.82 (01)	100 Y Breaststroke	Annie Zhu, MR	1:09.79 (05)
Ella Eastin, NOVA	27.27 (07)	50 Y Butterfly	Ella Eastin, CA	27.27 (07)
Ella Eastin, NOVA	59.82 (07)	100 Y Butterfly	Ella Eastin, CA	59.82 (07)
Ella Eastin, NOVA	1:01.50 (07)	100 Y Ind. Medley	Ella Eastin, CA	1:01.50 (07)
Ella Eastin, NOVA	2:15.00 (08)	200 Y Ind. Medley	Ella Eastin, CA	2:15.00 (08)
Irvine Novaquatics	1:50.27 (09)	200 Y Free Relay	First Colony Swim Team, GU	1:49.87 (10)
The Claremont Club	2:04.16 (03)	200 Y Medley Relay	Rockville Montgomery, PV	2:02.82 (09)

Long Course

SCS		NAG		
Ella Eastin, NOVA	29.06 (08)	50 M Freestyle	Lia Neal, MR	28.59 (05)
Ella Eastin, NOVA	1:02.84 (08)	100 M Freestyle	Lia Neal, MR	1:02.11 (06)
Janet Evans, FAST	2:18.07 (82)	200 M Freestyle	Elizabeth Beisel, NE	2:16.37 (03)
Courtney Mykkanen, NOVA	4:58.07 (09)	400 M Freestyle	Elizabeth Beisel, NE	4:42.40 (03)
Ella Eastin, NOVA	32.87 (08)	50 M Backstroke	Ella Eastin, CA	32.87 (08)
Ella Eastin, NOVA	1:10.86 (07)	100 M Backstroke	Elizabeth Beisel, NE	1:09.96 (03)
Kristen Caverly, NOVA	32.87 (08)	50 M Breaststroke	Kaylin Burchell, KY	36.17 (04)
Kristen Caverly, NOVA	1:21.39 (95)	100 M Breaststroke	Elizabeth Beisel, NE	1:09.96 (03)
Ella Eastin, NOVA	30.56 (07)	50 M Butterfly	Ella Eastin, CA	30.56 (07)
Ella Eastin, NOVA	1:08.81 (08)	100 M Butterfly	Ella Eastin, CA	1:08.81 (08)
Stephanie Rosenthal, MVN	2:35.19 (83)	200 M Ind. Medley	Elizabeth Beisel, NE	2:31.26 (03)
Mission Viejo Nadadores	2:06.68 (83)	200 M Free Relay	Blue Tide Aquatics, GU	2:06.46 (05)
Mission Viejo Nadadores	2:19.30 (83)	200 M Medley Relay	Mission Viejo Nadadores	2:19.30 (83)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 5-10 BOYS

Short Course

SCS			NAG
Bob Hwang, CANY	25.34 (04)	50 Y Freestyle	Michael Andrew, SD 24.46 (10)
Bob Hwang, CANY	54.92 (04)	100 Y Freestyle	Michael Andrew, SD 54.10 (10)
Charlie Rimkus, UN	1:59.66 (02)	200 Y Freestyle	Mitchell Stoehr, WI 1:57.94 (03)
Charlie Rimkus, UN	5:22.49 (02)	500 Y Freestyle	Jackson DeFore, SE 5:14.24 (09)
James Jenkins, IHAC	29.39 (94)	50 Y Backstroke	Michael Andrew, SD 28.58 (10)
Thomas Smith, NOVA	1:02.88 (08)	100 Y Backstroke	Michael Andrew, SD 1:00.86 (10)
Collin Gladys, NOVA	32.41 (00)	50 Y Breaststroke	Michael Andrew, SD 31.78 (10)
Charlie Rimkus, UN	1:11.32 (03)	100 Y Breaststroke	Michael Andrew, SD 1:08.53 (10)
Collin Gladys, NOVA	27.56 (00)	50 Y Butterfly	Camden Murphy, MI 26.58 (10)
Bob Hwang, CANY	1:01.26 (04)	100 Y Butterfly	Zachary Ferguson, IA 59.97 (92)
Collin Gladys, NOVA	1:02.47 (00)	100Y Ind. Medley	Michael Andrew, SD 1:01.31 (10)
Charlie Rimkus, UN	2:14.85 (02)	200 Y Ind. Medley	Chas Morton, SE 2:12.29 (82)
Canyons Aquatic Club	1:48.69 (04)	200 Y Free Relay	Canyons Aquatic Club, CA 1:48.69 (04)
Irvine Novaquatics	2:03.00 (95)	200 Y Medley Relay	Blue Tide Aquatics, GU 2:02.48 (98)

Long Course

SCS			NAG
Joshua Smith, NOVA	28.83 (05)	50 M Freestyle	Kris Humphries, MN 27.71 (95)
Louis Vayo, NOVA	1:03.75 (96)	100 M Freestyle	Kris Humphries, MN 1:02.39 (95)
Randy Hartley, LOMM	2:17.01 (84)	200 M Freestyle	Adam Hinshaw, PC 2:12.18 (04)
Charlie Rimkus, UN	4:52.04 (01)	400 M Freestyle	Adam Hinshaw, PC 4:36.22 (04)
James Jenkins, IHAC	33.95 (94)	50 M Backstroke	Michael Andrew, SD 32.72 (10)
Aaron Peirsol, NOVA	1:12.13 (94)	100 M Backstroke	Ryan Murphy, FL 1:11.01 (06)
Zachary Stevens, SCAW	36.16 (06)	50 M Breaststroke	Zachary Stevens, CA 36.16 (06)
Patrick Collins, SCAL	1:20.45 (85)	100 M Breaststroke	Maverick Smalley, GU 1:20.04 (98)
Collin Gladys, NOVA	30.76 (00)	50 M Butterfly	Mujahid El-Amin, GA 30.55 (96)
Corey Okubo, AZOT	1:08.99 (060)	100 M Butterfly	Michael Phelps, MD 1:08.54 (96)
Collin Gladys, NOVA	2:32.58 (00)	200 M Ind. Medley	Collin Gladys, CA 2:32.58 (00)
Irvine Novaquatics	2:02.07 (96)	200 M Free Relay	Arden Hills S.C., PC 2:02.73 (84)
Aquazot Swim Club	2:20.35 (08)	200 M Medley Relay	DeAnza Cupertino, PC 2:19.05 (04)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 11-12 GIRLS

SCS	Short Course		NAG	
Jennifer Parmenter, CANY	24.03 (94)	50 Y Freestyle	Amanda Weir, GA	23.15 (99)
Jennifer Parmenter, CANY	52.28 (94)	100 Y Freestyle	Missy Franklin, CO	50.27 (08)
Cynthia Woodhead, RAA	1:52.01 (77)	200 Y Freestyle	Kylie Stewart, GA	1:49.64 (09)
Cynthia Woodhead, RAA	4:49.51 (77)	500 Y Freestyle	Cynthia Woodhead, CA	4:49.51 (77)
Oriana Wang, TCC	10:35.80 (07)	1000 Y Freestyle	Chloe Sutton, SE	9:57.33 (05)
Sierra Moskowit, SAND	17:48.59 (07)	1650 Y Freestyle	Chloe Sutton, SE	16:34.13 (05)
Cindy Tran, GWSC	26.06 (05)	50 Y Backstroke	Janet Hu, PV	25.76 (08)
Ella Eastin, NOVA	55.88 (10)	100 Y Backstroke	Janet Hu, PV	55.68 (08)
			Kathleen Baker, NC	55.68 (10)
Ella Eastin, NOVA	2:06.15 (10)	200 Y Backstroke	Kylie Stewart, GA	1:59.49 (09)
Carly Geehr, ROSE	30.15 (97)	50 Y Breaststroke	Olivia Anderson, MN	29.23 (10)
Carly Geehr, ROSE	1:04.36 (97)	100 Y Breaststroke	Olivia Anderson, MN	1:02.86 (10))
Karissa Kruszewski, AZOT	2:20.51 (03)	200 Y Breaststroke	Annie Zhu, MR	2:16.16 (07)
Ella Eastin, NOVA	24.87 (10)	50 Y Butterfly	Ella Eastin, CA	24.87 (10)
Ella Eastin, NOVA	55.51 (10)	100 Y Butterfly	Ella Eastin, CA	55.51 (10)
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	Kathleen Baker, NC	57.62 (10))
Ella Eastin, NOVA	2:03.84 (10)	200 Y Ind. Medley	Clara Smiddy, FG	2:03.50 (08)
Ella Eastin, NOVA	4:27.32 (10)	400 Y Ind. Medley	Jenny Forster, OH	4:20.04 (01)
SoCal Aquatics Association	1:42.49 (98)	200 Y Free Relay	Aquajets Swim Team, MN	1:39.35 (10)
Aquazot Swim Club	3:42.11 (02)	400 Y Free Relay	North Baltimore A.C., MD	3:38.15 (04)
Irvine Novaquatics	1:54.09 (09)	200 Y Medley Relay	Aquajets Swim Team, MN	1:47.52 (10)
Irvine Novaquatics	4:05.28 (10)	400 Y Medley Relay	Aquajets Swim Team, MN	3:55.61 (10)

SCS	Long Course		NAG	
Courtney Cashion, NOVA	27.31 (98)	50 M Freestyle	Missy Franklin, CO	26.21(08)
Carly Geehr, ROSE	58.25 (97)	100 M Freestyle	Lia Neal, MR	56.87 (08)
Cynthia Woodhead, RAA	2:05.80 (76)	200 M Freestyle	Dee Brown, OZ	2:03.38 (91)
Cynthia Woodhead, RAA	4:22.86 (76)	400 M Freestyle	Dee Brown, OZ	4:19.48 (91)
Oriana Wang, TCC	9:23.36 (07)	800 M Freestyle	Chloe Sutton, SN	8:59.95 (04)
Andrea Grant, BREA	18:19.00 (06)	1500 M Freestyle	Chloe Sutton, SN	17:01.59 (04)
Ella Eastin, NOVA	31.09 (09)	50 M Backstroke	Elizabeth Pelton, MR	30.24 (06)
Ella Eastin, NOVA	1:05.80 (09)	100 M Backstroke	Beth Botsford, MD	1:03.08 (94)
Ella Eastin, NOVA	2:20.30 (09)	200 M Backstroke	Elizabeth Beisel, NE	2:15.17 (05)
Carly Geehr, ROSE	33.38 (97)	50 M Breaststroke	Olivia Anderson, MN	33.33 (09)
Carly Geehr, ROSE	1:09.87 (97)	100 M Breaststroke	Carly Geehr, CA	1:09.87 (97)
Andrea Kropp, PASA	2:43.16 (05)	200 M Breaststroke	Annie Zhu, MR	2:34.28 (07)
Tara Thomas, SCAL	28.59 (02)	50 M Butterfly	Dana Vollmer, NT	28.23 (01)
Sonia Wang, TCC	1:04.14 (09)	100 M Butterfly	Dana Vollmer, NT	1:02.49 (00)
Ella Eastin, NOVA	2:223.26 (10)	200 M Butterfly	Courtney Kalisz, MD	2:19.32 (03)
Carly Geehr, ROSE	2:20.41 (97)	200 M Ind. Medley	Missy Franklin, CO	2:19.12 (08)
Sonia Wang, TCC	5:09.89(09)	400 M Ind. Medley	Elizabeth Beisel, NE	4:55.35 (05)
Irvine Novaquatics	1:56.04 (98)	200 M Free Relay	Lake Oswego S.C., OR	1:50.95 (08)
Irvine Novaquatics	4:13.48 (98)	400 M Free Relay	Lake Oswego S.C., OR	4:05.53 (08)
Irvine Novaquatics	2:09.23 (98)	200 M Medley Relay	Lake Oswego S.C., OR	2:05.15 (08)
Irvine Novaquatics	4:39.60 (94)	400 M Medley Relay	Cincinnati Marlins, OH	4:37.22 (95)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 11-12 BOYS

SCS	Short Course		NAG	
Joshua Smith, NOVA	22.66 (07)	50 Y Freestyle	Andrew Jovanovic, IL	22.17 (07)
Bob Hwang, CANY	49.76 (06)	100 Y Freestyle	Andrew Jovanovic, IL	48.25 (07)
Scott Schauer, SEAL	1:47.93 (01)	200 Y Freestyle	Nicholas Silverthorn, PC	1:46.23 (08)
Matthew Wong, AZOT	4:49.13 (10)	500 Y Freestyle	Nicholas Silverthorn, PC	4:41.54 (08)
Dylan Wolf, DSS	10:01.02 (06)	1000 Y Freestyle	Nicholas Caldwell, FL	9:45.23 (06)
Logan Redondo, MVN	17:01.50 (07)	1650 Y Freestyle	Nicholas Caldwell, FL	16:17.80 (06)
Kyle Gornay, RST	25.84 (09)	50 Y Backstroke	Seth Beer, GA	25.14 (09)
Kyle Gornay, RST	55.30 (09)	100 Y Backstroke	Ryan Murphy, FL	54.20 (08)
Daniel McArthur, LKWD	2:01.44 (10)	200 Y Backstroke	Ryan Murphy, FL	1:55.21 (08)
Patrick Burke, CCAT	29.11 (99)	50 Y Breaststroke	Chris Miller, MR	28.24 (94)
Jason Hwang, NOVA	1:02.30 (97)	100 Y Breaststroke	Chris Miller, MR	1:00.84 (94)
Zach Stevens, PUMA	2:17.10 (08)	200 Y Breaststroke	Tanner Kurz, MA	2:13.52 (06)
Philippe Demers, MVN	24.59 (92)	50 Y Butterfly	Andrew Snabes, IL	24.14 (03)
Scott Schauer, SEAL	54.28 (01)	100 Y Butterfly	Chas Morton, SE	51.85 (84)
Dylan Wolf, DSS	2:01.84 (06)	200 Y Butterfly	Andrew Snabes, IL	1:57.62 (03)
Jason Hwang, NOVA	55.76 (97)	100 Y Ind. Medley	Tanner Kurz, MA	55.56 (06)
Bob Hwang, CANY	2:00.32 (06)	200 Y Ind. Medley	Chas Morton, SE	1:56.61 (84)
Bob Hwang, CANY	4:18.54 (06)	400 Y Ind. Medley	Nicholas Silverthorn, PC	4:11.77 (08)
Irvine Novaquatics	1:37.49 (97)	200 Y Free Relay	Eagle Swimming Assoc., GU	1:36.80 (10)
Irvine Novaquatics	3:31.30 (97)	400 Y Free Relay	Black Hawk Area S.T., IA	3:32.50 (02)
Aquazot Swim Club	1:48.46 (09)	200 Y Medley Relay	Black Hawk Area S.T., IA	1:48.37 (02)
Aquazot Swim Club	3:53.04 (09)	400 Y Medley Relay	Aquazot Swim Club, CA	3:53.04 (09)
SCS	Long Course		NAG	
Raymond Papa, GLNY	25.66 (89)	50 M Freestyle	Gregory Pelton, CT	25.51 (03)
Bob Hwang, CANY	57.14 (05)	100 M Freestyle	Preston Padden, WV	55.45 (10)
Chris Na, FAST	2:04.18 (02)	200 M Freestyle	Maverick Smalley, GU	2:01.30 (00)
Chris Na, FAST	4:24.80 (02)	400 M Freestyle	Maverick Smalley, GU	4:15.71 (00)
Riley Mita, CANY	9:12.49 (06)	800 M Freestyle	Maverick Smalley, GU	8:53.02 (00)
Charlie Rimkus, AZOT	17:31.50 (03)	1500 M Freestyle	Nicholas Caldwell, FL	16:44.67 (06)
Raymond Papa, GLNY	30.30 (89)	50 M Backstroke	Seth Beer, GA	28.49 (09)
Aaron Peirsol, NOVA	1:03.60 (96)	100 M Backstroke	Seth Beer, GA	1:01.35 (09)
Daniel McArthur, LKWD	2:18.40 (10)	200 M Backstroke	Ryan Murphy, FL	2:13.91 (08)
Zach Stevens, PUMA	32.23 (08)	50 M Breaststroke	Anthony Robinson, CT	31.86 (92)
Zach Stevens, PUMA	1:10.97 (08)	100 M Breaststroke	Maverick Smalley, GU	1:09.48 (00)
Zach Stevens, PUMA	2:38.79 (08)	200 M Breaststroke	Sean Mahoney, PC	2:30.12 (01)
Justin Schalesky, LOMM	27.63 (81)	50 M Butterfly	Justin Lynch, PC	27.36 (09)
Collin Gladys, NOVA	1:02.11 (02)	100 M Butterfly	Chas Morton, SE	58.74 (83)
Andy Liu, RYL	2:18.98 (09)	200 M Butterfly	Ryan Murphy, FL	2:14.40 (08)
Bob Hwang, CANY	2:19.91 (05)	200 M Ind. Medley	Chas Morton, SE	2:15.42 (83)
Andy Liu, RYL	5:00.08 (09)	400 M Ind. Medley	Nicholas Caldwell, FL	4:54.92 (06)
Irvine Novaquatics	1:49.57 (98)	200 M Free Relay	Premier Aquatic Club, GU	1:51.50 (10)
Irvine Novaquatics	4:01.66 (98)	400 M Free Relay	Irvine Novaquatics	4:01.66 (98)
Irvine Novaquatics	2:04.94 (98)	200 M Medley Relay	NOVA of Virginia, VA	2:03.78 (02)
Irvine Novaquatics	4:32.88 (96)	400 M Medley Relay	Sarasota YMCA, FL	4:29.83 (08)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 13-14 GIRLS

Short Course

SCS			NAG		
Dara Torres, TANDEM	22.44 (82)	50 Y Freestyle	Dara Torres, CA	22.44 (82)	
Dara Torres, TANDEM	49.96 (82)	100 Y Freestyle	Missy Franklin, CO	47.94 (10)	
Cynthia Woodhead, RAA	1:46.40 (78)	200 Y Freestyle	Missy Franklin, CO	1:44.55 (10)	
Cynthia Woodhead, RAA	4:39.94 (78)	500 Y Freestyle	Cynthia Woodhead, CA	4:39.94 (78)	
Tiffany Cohen, MVN	9:39.17 (81)	1000 Y Freestyle	Michele Richardson, FG	9:33.39 (84)	
Tiffany Cohen, MVN	15:54.86 (81)	1650 Y Freestyle	Tiffany Cohen, CA	15:54.86 (81)	
Diana MacManus, NOVA	54.99 (00)	100 Y Backstroke	Missy Franklin, CO	53.16 (10)	
Diana MacManua, NOVA	1:58.76 (01)	200 Y Backstroke	Missy Franklin, CO	1:51.07 (10)	
Amanda Beard, NOVA	1:01.79 (96)	100 Y Breaststroke	Megan Quann, PN	1:01.29 (98)	
Amanda Beard, NOVA	2:12.61 (96)	200 Y Breaststroke	Katie Hoff, MD	2:12.08 (03)	
Tara Thomas, NOVA	54.26 (03)	100 Y Butterfly	Felicia Lee, MD	53.44 (06)	
			Kendyl Lee Stewart, SI	53.44 (09)	
Alice Browne, MVN	1:57.83 (77)	200 Y Butterfly	Mary T. Meagher, KY	1:56.58 (79)	
Jennifer Parmenter, CANY	2:01.62 (96)	200 Y Ind. Medley	Missy Franklin, CO	1:57.70 (10)	
Jennifer Parmenter, CANY	4:15.22	400 Y Ind. Medley	Katie Hoff, MD	4:08.44 (04)	
Irvine Novaquatics	1:37.36 (98)	200 Y Free Relay	Sun Devil Aquatics, AZ	1:34.70 (07)	
Irvine Novaquatics	3:32.43 (10)	400 Y Free Relay	North Baltimore A.C., MD	3:26.81 (06)	
Mission Viejo Nadadores	7:34.58 (78)	800 Y Free Relay	North Baltimore A.C., MD	7:29.39 (06)	
Irvine Novaquatics	1:47.74 (03)	200 Y Medley Relay	Lake Oswego S.G., OR	1:45.11 (08)	
Irvine Novaquatics	3:52.60 (98)	400 Y Medley Relay	North Baltimore A.C., MD	3:46.44 (06)	

Long Course

SCS			NAG		
Dara Torres, TANDEM	26.04 (82)	50 M Freestyle	Missy Franklin, CO	25.23 (09)	
Cynthia Woodhead, RAA	56.73 (78)	100 M Freestyle	Missy Franklin, CO	54.03 (09)	
Cynthia Woodhead, RAA	1:58.53 (78)	200 M Freestyle	Cynthia Woodhead, CA	1:58.53 (78)	
Cynthia Woodhead, RAA	4:07.15 (78)	400 M Freestyle	Cynthia Woodhead, CA	4:07.15 (78)	
Cynthia Woodhead, RAA	8:29.35 (78)	800 M Freestyle	Cynthia Woodhead, CA	8:29.35 (78)	
Janet Evans, FAST	16:24.92 (86)	1500 M Freestyle	Michele Richardson, FG	16:12.57 (84)	
Diana MacManus, NOVA	1:02.33 (00)	100 M Backstroke	Missy Franklin, CO	1:00.50 (09)	
Jennifer Parmenter, CANY	2:15.03 (96)	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)	
Tara Thomas, NOVA	1:01.24 (03)	100 M Butterfly	Kendyl Lee Stewart, SI	59.51 (09)	
Cynthia Woodhead, RAA	2:13.45 (78)	200 M Butterfly	Mary T. Meagher, KY	2:07.01 (79)	
Jennifer Parmenter, CANY	2:17.00 (95)	200 M Ind. Medley	Missy Franklin, CO	2:12.73 (09)	
Jennifer Parmenter, CANY	4:46.36 (95)	400 M Ind. Medley	Katie Hoff, MD	4:39.82 (04)	
Irvine Novaquatics	1:51.14 (90)	200 M Free Relay	Sun Devil Aquatics, AZ	1:47.86 (06)	
Irvine Novaquatics	4:00.23 (10)	400 M Free Relay	Sun Devil Aquatics, AZ	3:55.38 (07)	
Mission Viejo Nadadores	8:39.86 (84)	800 M Free Relay	Dynamo S.C., GA	8:33.25 (09)	
Irvine Novaquatics	2:03.00 (10)	200 M Medley Relay	North Baltimore A.C., MD	2:00.52 (08)	
Irvine Novaquatics	4:25.45 (10)	400 M Medley Relay	North Baltimore A.C., MD	4:20.82 (08)	

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 13-14 BOYS

Short Course

SCS		NAG	
Michael Cavic, NOVA	21.17(99)	50 Y Freestyle	Kyle Bubolz, WI 20.79 (01)
Michael Cavic, NOVA	46.56 (99)	100 Y Freestyle	Kyle Bubolz, WI 45.49 (01)
Tom Shields, NOVA	1:39.67 (06)	200 Y Freestyle	Ian Crocker, ME 1:39.20 (97)
Tom Shields, NOVA	4:30.65 (06)	500 Y Freestyle	Michael Phelps, MD 4:26.79 (00)
Luis Morell, MVN	9:15.63 (85)	1000 Y Freestyle	Nicholas Caldwell, FL 9:07.95 (08)
Jesse Vassalo, MVN	15:30.66 (76)	1650 Y Freestyle	Arthur Frayler, MA 15:14.17 (08)
Aaron Peirsol, NOVA	51.49 (98)	100 Y Backstroke	Gray Umbach, GU 49.20 (09)
Aaron Peirsol, NOVA	1:50.85 (97)	200 Y Backstroke	Jack Conger, PV 1:46.82 (09)
John Moffet, BEACH	57.01 (79)	100 Y Breaststroke	Tanner Kurz, MA 56.36 (07)
John Criste, CANY	2:03.45 (03)	200 Y Breaststroke	Benjamin Decker, GU 2:02.89 (05)
Michael Cavic, NOVA	49.61 (99)	100 Y Butterfly	Longyuan Gutierrez, UT 49.02 (10)
Young Tae Seo, PASA	1:49.93 (09)	200 Y Butterfly	Ricky Berens, NC 1:48.24 (03)
Bob Hwang, CANY	1:52.95 (08)	200 Y Ind. Medley	Gray Umbach, GU 1:48.08 (09)
Young Tae Seo, PASA	3:55.10 (09)	400 Y Ind. Medley	Michael Phelps, MD 3:56.80 (00)
Irvine Novaquatics	1:29.95 (98)	200 Y Free Relay	Black Hawk Area S.T., IA 1:27.35 (04)
Irvine Novaquatics	3:16.80 (98)	400 Y Free Relay	Black Hawk Area S.T., IA 3:11.42 (04)
Irvine Novaquatics	7:09.80 (98)	800 Y Free Relay	City of Plano, NT 7:05.66 (08)
Irvine Novaquatics	1:40.37 (98)	200 Y Medley Relay	Black Hawk Area S.T., IA 1:38.51 (04)
Irvine Novaquatics	3:35.66 (98)	400 Y Medley Relay	Rockville Montgomery, PV 3:33.95 (09)

Long Course

SCS		NAG	
Brian Jacobson, BAC	24.04 (88)	50 M Freestyle	Jason Cobb, OH 23.52 (97)
Michael Cavic, NOVA	53.81 (99)	100 M Freestyle	Noel Strauss, AR 51.59 (87)
Mark Warkentin, SBSC	1:56.82 (94)	200 M Freestyle	Tom Kremer, PC 1:53.52 (09)
Jesse Vassallo, MVN	4:03.20 (76)	400 M Freestyle	Evan Pinion, SE 3:57.61 (09)
Janardan Burns, MVN	8:20.00 (10)	800 M Freestyle	Evan Pinion, SE 8:08.75 (09)
Jesse Vassallo, MVN	15:31.03 (76)	1500 M Freestyle	Jesse Vassallo, CA 15:31.03 (76)
Aaron Peirsol, NOVA	57.99 (98)	100 M Backstroke	Ryan Murphy, FL 57.76 (10)
Aaron Peirsol, NOVA	2:02.78 (98)	200 M Backstroke	Aaron Peirsol, CA 2:02.78 (98)
Wirmandi Sugriat, HILL	1:06.56 (86)	100 M Breaststroke	Anthony Robinson, GU 1:04.74 (94)
Benjamin Worby, RST	2:24.07 (96)	200 M Breaststroke	Joseph Bentz, GA 2:20.48 (10)
Michael Cavic, NOVA	57.57 (98)	100 M Butterfly	Michael Phelps, MD 55.78 (00)
Filiberto Colon, MVN	2:05.72 (79)	200 M Butterfly	Michael Phelps, MD 1:59.02 (00)
Young Tae Seo, PASA	2:10.05 (08)	200 M Ind. Medley	Michael Phelps, MD 2:06.50 (00)
Young Tae Seo, PASA	4:35.20 (08)	400 M Ind. Medley	Michael Phelps, MD 4:24.77 (00)
Aquazot Swim Club	1:42.80 (08)	200 M Free Relay	Lake Oswego S.G., OR 1:41.34 (08)
Irvine Novaquatics	3:43.40 (98)	400 M Free Relay	Wildcat Aquatics, IL 3:40.75 (09)
Mission Viejo Nadadores	8:04.91 (10)	800 M Free Relay	Longhorn Aquatics, ST 8:06.82 (07)
Aquazot Swim Club	1:53.28 (08)	200 M Medley Relay	Aquazot Swim Club, CA 1:53.28 (08)
Irvine Novaquatics	4:06.98 (98)	400 M Medley Relay	Irvine Novaquatics 4:06.98 (98)
			NOVA of Virginia, VA 4:06.98 (98)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 15-16 GIRLS

Short Course

SCS			NAG		
Dara Torres, TANDEM	22.60 (83)	50 Y Freestyle	Madeline Schaefer, PC	22.24 (10)	
Tara Thomas, NOVA	49.31 (06)	100 Y Freestyle	Dagny Knutson, ND	47.80 (08)	
Cynthia Woodhead, RAA	1:44.10 (79)	200 Y Freestyle	Dagny Knutson, ND	1:42.83 (08)	
Janet Evans, FAST	4:37.30 (88)	500 Y Freestyle	Katie Hoff, MD	4:34.21 (06)	
Tiffany Cohen, MVN	9:30.65 (83)	1000 Y Freestyle	Kate Ziegler, PV	9:25.51 (05)	
Tiffany Cohen, MVN	15:46.54 (83)	1650 Y Freestyle	Kate Ziegler, PV	15:40.89 (05)	
Cindy Tran, GWSC	52.52 (09)	100 Y Backstroke	Elizabeth Pelton, MD	52.06 (10)	
Cindy Tran, WCS	1:55.97 (09)	200 Y Backstroke	Elizabeth Pelton, MD	1:50.72 (10)	
Andrea Kropp, RTL	1:01.23 (10)	100 Y Breaststroke	Megan Quann, PN	59.80 (00)	
Amy Shaw, MVN	2:11.84 (87)	200 Y Breaststroke	Caitlin Leverenz, AZ	2:08.11 (07)	
Tara Thomas, NOVA	53.36 (06)	100 Y Butterfly	Kendyl Lee Stewart, SI	52.43 (10)	
Noelle Tarazona, TCC	1:57.09 (09)	200 Y Butterfly	Mary T. Meagher, KY	1:52.99 (81)	
Jennifer Parmenter, ROSE	1:59.88(97)	200 Y Ind. Medley	Dagny Knutson, ND	1:54.03 (08)	
Kirstie Chen, RMDA	4:12.21 (08)	400 Y Ind. Medley	Dagny Knutson, ND	4:00.62 (08)	
West Coast Swimming	1:36.01 (08)	200 Y Free Relay	Aquajets Swim Team, MN	1:34.00 (09)	
West Coast Swimming	3:26.31	400 Y Free Relay	Longhorn Aquatics, ST	3:20.84 (07)	
Buenaventura Swim Club	7:27.13 (95)	800 Y Free Relay	North Baltimore A.C., MD	7:18.32 (10)	
Aquazot Swim Club	1:45.90 (00)	200 Y Medley Relay	Aquajets Swim Team, MN	1:39.63 (09)	
Irvine Novaquatics	3:48.89 (01)	400 Y Medley Relay	Aquajets Swim Team, MN	3:41.67 (09)	

Long Course

SCS			NAG		
Dara Torres, UN	25.62 (83)	50 M Freestyle	Missy Franklin, CO	25.46 (10)	
Cynthia Woodhead, RAA	55.63 (79)	100 M Freestyle	Lia Neal, MR	54.91 (10)	
Cynthia Woodhead, RAA	1:58.23 (79)	200 M Freestyle	Dagny Knutson, ND	1:57.73 (09)	
Janet Evans, FAST	4:05.45 (88)	400 M Freestyle	Janet Evans, CA	4:05.45 (88)	
Janet Evans, FAST	8:17.12 (88)	800 M Freestyle	Janet Evans, CA	8:17.12 (88)	
Janet Evans, FAST	15:52.10 (88)	1500 M Freestyle	Janet Evans, CA	15:52.10 (88)	
Diana MacManus, NOVA	1:01.32 (02)	100 M Backstroke	Rachel Bootsma, MN	59.77 (09)	
Diana MacManus, NOVA	2:11.80 (02)	200 M Backstroke	Elizabeth Beisel, NE	2:06.39 (09)	
Staciana Stitts, NOVA	1:09.45 (98)	100 M Breaststroke	Megan Quann, PN	1:07.05 (00)	
Kristine Quance, CLSS	2:27.55 (91)	200 M Breaststroke	Anita Nall, MD	2:25.35 (92)	
Jenna Johnson, IHAC	59.08 (84)	100 M Butterfly	Mary T. Meagher, KY	57.93 (81)	
Noelle Tarazona, TCC	2:11.03 (09)	200 M Butterfly	Mary T. Meagher, KY	2:05.96 (81)	
Kristen Caverly, AZOT	2:15.85 (01)	200 M Ind. Medley	Katie Hoff, MD	2:10.41 (05)	
Janet Evans, FAST	4:38.58 (88)	400 M Ind. Medley	Elizabeth Beisel, NE	4:32.87 (08)	
La Mirada Armada	1:50.58 (09)	200 M Free Relay	Aquajets Swim Team, MN	1:46.41 (09)	
La Mirada Armada	3:57.27 (09)	400 M Free Relay	Dallas Mustangs, NT	3:51.58 (02)	
Mission Viejo Nadadores	8:27.93 (85)	800 M Free Relay	Aquajets Swim Team, MN	8:15.64 (09)	
Irvine Novaquatics	2:01.76 (00)	200 M Medley Relay	Bluefish Swim Club, NE	1:58.25 (08)	
Irvine Novaquatics	4:21.24 (01)	400 M Medley Relay	Aquajets Swim Team, MN	4:12.42 (09)	

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 15-16 BOYS

Short Course

SCS			NAG
Vladimir Morozov, TORR	19.96 (09)	50 Y Freestyle	Kyle Bubolz, WI 20.14 (03)
Vladimir Morozov, TORR	43.71 (09)	100 Y Freestyle	Joe Hudepohl, OH 43.83 (90)
Eric Diehl, MVN	1:36.19 (90)	200 Y Freestyle	Matthew Belecanech, MA 1:36.05 (09)
Jeff Kostoff, IHAC	4:19.13 (82)	500 Y Freestyle	Michael Phelps, MD 4:18.12 (02)
Jeff Kostoff, IHAC	8:49.97 (82)	1000 Y Freestyle	Jeff Kostoff, CA 8:49.97 (82)
Jeff Kostoff, IHAC	14:52.39 (82)	1650 Y Freestyle	Jeff Kostoff, CA 14:52.39 (82)
Vladimir Morozov, TORR	48.60 (08)	100 Y Backstroke	Kip Darmody, NC 47.72 (09)
Aaron Peirsol, NOVA	1:45.37 (98)	200 Y Backstroke	Jared Markham, CO 1:43.66 (10)
Cody Miller, SAND	54.38 (08)	100 Y Breaststroke	Cody Miller, CA 54.38 (08)
Cody Miller, SAND	1:56.46 (08)	200 Y Breaststroke	Cody Miller, CA 1:56.46 (08)
Michael Cavic, NOVA	47.10 (01)	100 Y Butterfly	Michael Cavic, CA 47.10 (01)
Tom Shields, NOVA	1:46.75 (08)	200 Y Butterfly	Michael Phelps, MD 1:42.10 (02)
Cody Miller, SAND	1:49.41 (08)	200 Y Ind. Medley	Michael Phelps, MD 1:46.30 (02)
Ricardo Prado, MVN	3:51.87 (81)	400 Y Ind. Medley	Michael Phelps, MD 3:42.08 (02)
Irvine Novaquatics	1:26.30 (01)	200 Y Free Relay	Great Wolf Swim Team, MN 1:25.17 (07)
Aquazot Swim Club	3:08.43 (09)	400 Y Free Relay	City of Plano, NT 3:03.10 (08)
Golden West Swim Club	6:49.72 (94)	800 Y Free Relay	Sarasota YMCA Sks., FL 6:43.79 (10)
Irvine Novaquatics	1:35.97 (01)	200 Y Medley Relay	Coast Guard Blue Dolphins, VA 1:35.50 (01)
Swim Torrance	3:28.34 (08)	400 Y Medley Relay	City of Plano, NT 3:26.60 (09)

Long Course

SCS			NAG
Vladimir Morozov, TORR	22.44 (08)	50 M Freestyle	Shayne Fleming, PC 22.72 (08)
Vladimir Morozov, Torr	50.23 (08)	100 M Freestyle	Joe Hudepohl, OH 50.24 (90)
Tom Shields, NOVA	1:52.08 (08)	200 M Freestyle	Ian Crocker, ME 1:49.48 (98)
John Mykkanen, NOVA	3:53.69 (83)	400 M Freestyle	Larsen Jensen, CC 3:50.68 (02)
Jeff Kostoff, IHAC	8:00.71 (82)	800 M Freestyle	Larsen Jensen, CC 7:52.05 (02)
Dan Jorgensen, MVN	15:16.10 (84)	1500 M Freestyle	Bobby Hackett, MR 15:03.91 (76)
Aaron Peirsol, NOVA	55.63 (00)	100 M Backstroke	Patrick Murphy, NE 55.61 (08)
Aaron Peirsol, NOVA	1:57.03 (00)	200 M Backstroke	Jacob Pebley, OR 55.61 (10)
Aaron Peirsol, NOVA	1:57.03 (00)	200 M Backstroke	Aaron Peirsol, CA 1:57.03 (00)
Tyler Mayfield, GOLD	1:03.70 (88)	100 M Breaststroke	Christopher Higgins, CT 1:02.29 (09)
John Criste, CANY	2:16.50 (05)	200 M Breaststroke	Matthew Elliott, IL 2:14.67 (09)
Michael Cavic, NOVA	54.73 (00)	100 M Butterfly	Michael Phelps, MD 52.98 (01)
Juan Veloz, MVN	2:00.39 (99)	200 M Butterfly	Michael Phelps, MD 1:54.58 (01)
Ricardo Prado, MVN	2:04.72 (81)	200 M Ind. Medley	Michael Phelps, MD 2:00.86 (01)
Ricardo Prado, MVN	4:22.06 (81)	400 M Ind. Medley	Michael Phelps, MD 4:15.20 (01)
Irvine Novaquatics	1:37.36 (00)	200 M Free Relay	Lake Oswego S.C., OR 1:37.12 (09)
Aquazot Swim Club	3:31.43 (10)	400 M Free Relay	Aquazot Swim Club, CA 3:31.43 (10)
Aquazot Swim Club	7:39.77 (10)	800 M Free Relay	Aquazot Swim Club, CA 7:39.77 (10)
Irvine Novaquatics	1:46.76 (00)	200 M Medley Relay	Irvine Novaquatics, CA 1:46.76 (00)
Irvine Novaquatics	3:55.46 (00)	400 M Medley Relay	Tualatin Hills S.C., OR 3:52.66 (09)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 17-18 GIRLS

Short Course

SCS		NAG	
Rhi Jeffrey, UN	22.64 (05)	50 Y Freestyle	Liv Jensen, PC 21.94 (09)
Dara Torres, MVN	48.91 (85)	100 Y Freestyle	Karlee Bispo, PC 47.96 (08)
Cynthia Woodhead, MVN	1:45.46 (82)	200 Y Freestyle	Katie Hoff, MD 1:43.10 (07)
Janet Evans, UN	4:34.39 (90)	500 Y Freestyle	Katie Hoff, MD 4:30.47 (07)
Janet Evans, FAST	9:25.49 (89)	1000 Y Freestyle	Katie Hoff, MD 9:10.77 (07)
Janet Evans, UN	15:39.14 (90)	1650 Y Freestyle	Katie Hoff, MD 15:24.35 (08)
Cindy Tran, WCS	51.85 (10)	100 Y Backstroke	Natalie Coughlin, PC 51.23 (01)
Cindy Tran, WCS	1:56.16 (10)	200 Y Backstroke	Natalie Coughlin, PC 1:51.02 (01)
Jessica Hardy, NOVA	59.20 (05)	100 Y Breaststroke	Kasey Carlson, PC 58.75 (09)
Rebecca Soni, USC	2:08.16 (06)	200 Y Breaststroke	Rebecca Soni, CA 2:08.16 (06)
Yumi So, PASA	52.71 (09)	100 Y Butterfly	Natalie Coughlin, PC 51.18 (01)
Yumi So, UN	1:56.04 (10)	200 Y Butterfly	Elaine Breeden, PC 1:52.99 (07)
Gretchen Jaques, BREA	1:57.91 (10)	200 Y Ind. Medley	Katie Hoff, MD 1:53.77 (07)
Janet Evans, UN	4:07.59 (90)	400 Y Ind. Medley	Katie Hoff, MD 4:00.66 (07)
Riverside Aquatics Assoc.	1:36.97 (84)	200 Y Free Relay	Marin Pirates, PC 1:33.73 (10)
Mission Viejo Nadadores	3:19.55 (81)	400 Y Free Relay	Mission Viejo Nadadores, CA3:19.55 (81)
Mission Viejo Nadadores	7:12.62 (81)	800 Y Free Relay	Mission Viejo Nadadores, CA7:12.62 (81)
Irvine Novaquatics	1:49.32 (01)	200 Y Medley Relay	Marin Pirates, PC 1:43.09 (10)
Irvine Novaquatics	3:51.15 (02)	400 Y Medley Relay	Longhorn Aquatics, ST 3:42.30 (04)

Long Course

SCS		NAG	
Dara Torres, MVN	25.61 (84)	50 M Freestyle	Kara Lynn Joyce, MI 25.00 (04)
Jenna Johnson, IHAC	55.57 (86)	100 M Freestyle	Katie Hoff, MD 54.28 (08)
Cynthia Woodhead, MVN	1:58.65 (81)	200 M Freestyle	Allison Schmitt, MI 1:55.92 (08)
Janet Evans, FAST	4:03.85 (88)	400 M Freestyle	Katie Hoff, MD 4:02.20 (08)
Janet Evans, FAST	8:16.22 (89)	800 M Freestyle	Janet Evans, CA 8:16.22 (89)
Janet Evans, FAST	15:54.23 (90)	1500 M Freestyle	Kate Ziegler, PV 15:42.54 (07)
Cindy Tran, WCS	1:02.36 (10)	100 M Backstroke	Natalie Coughlin, PC 1:00.18 (01)
Jessica Hayes, NOVA	2:14.22 (01)	200 M Backstroke	Elizabeth Beisel, NE 2:07.83 (10)
Jessica Hardy, NOVA	1:06.20 (05)	100 M Breaststroke	Kasey Carlson, PC 1:05.75 (09)
Andrea Kropp, RTL	2:27.63 (10)	200 M Breaststroke	Amanda Beard, AZ 2:25.35 (00)
Jenna Johnson, IHAC	59.74 (85)	100 M Butterfly	Felicia Lee, MD 58.41 (10)
Kaitlin Sandeno, NGSV	2:08.52 (01)	200 M Butterfly	Kathleen Hersey, GA 2:06.96 (08)
Janet Evans, FAST	2:15.15 (89)	200 M Ind. Medley	Katie Hoff, MD 2:10.05 (06)
Janet Evans, FAST	4:37.76 (88)	400 M Ind. Medley	Katie Hoff, MD 4:32.89 (07)
Riverside Aquatics Assoc.	1:49.35 (84)	200 M Free Relay	Florida Atlantic S.T., FG 1:47.57 (04)
Swim Pasadena	3:59.01 (06)	400 M Free Relay	Dallas Mustangs, NT 3:52.25 (04)
FAST Swim Team	8:21.59 (89)	800 M Free Relay	Mission Bay, FG 8:14.77 (88)
Rattler Swim Club	1:59.56 (10)	200 M Medley Relay	Aquajets Swim Team, MN 1:58.21 (10)
West Coast Swimming	4:25.75 (09)	400 M Medley Relay	Carmel Swim Club, IN 4:12.78 (09)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 17-18 BOYS

Short Course

SCS		NAG	
Vladimir Morozov, TORR	19.43 (10)	50 Y Freestyle	Anthony Ervin, AZ 19.43 (00)
Vladimir Morozov, TORR	42.87 (10)	100 Y Freestyle	Anthony Ervin, AZ 42.82 (00)
Tom Shields, MVN	1:33.83 (09)	200 Y Freestyle	Troy Dalbey, PC 1:33.28 (87)
Jeff Kostoff, IHAC	4:16.39 (83)	500 Y Freestyle	Michael Phelps, MD 4:12.33 (04)
Jeff Kostoff, IHAC	8:48.57 (83)	1000 Y Freestyle	Jeff Kostoff, CA 8:48.57 (83)
Jeff Kostoff, IHAC	14:38.22 (84)	1650 Y Freestyle	Jeff Kostoff, CA 14:38.22 (84)
Vladimir Morozov, TORR	47.55 (10)	100 Y Backstroke	Cole Cragin, ST 46.11 (10)
Alex Lendrum, UN	1:42.99 (10)	200 Y Backstroke	Max Murphy, SE 1:40.53 (09)
Nolan Koon, UN	52.56 (09)	100 Y Breaststroke	Nolan Koon, CA 52.56 (09)
Nolan Koon, UN	1:53.78 (09)	200 Y Breaststroke	Nolan Koon, CA 1:53.78 (09)
Tom Shields, UN	44.91 (10)	100 Y Butterfly	Tom Shields, CA 44.91 (10)
Tom Shields, UN	1:41.52 (10)	200 Y Butterfly	Tom Shields, CA 1:41.52 (10)
Nolan Koon, UN	1:44.10 (09)	200 Y Ind. Medley	David Nolan, MA 1:43.43 (10)
Ricardo Prado, MVN	3:47.97 (82)	400 Y Ind. Medley	Ryan Lochte, FL 3:41.45 (03)
Redlands Swim Team	1:21.94 (08)	200 Y Free Relay	Redlands Swim Team, CA 1:21.94 (08)
Redlands Swim Team	3:02.65 (08)	400 Y Free Relay	Ford Aquatics, AZ 2:58.33 (09)
Mission Viejo Nadadores	6:43.75 (92)	800 Y Free Relay	Mecklenburg A.C., NC 6:34.84 (09)
Irvine Novaquatics	1:35.16 (01)	200 Y Medley Relay	Poseidon Swimming, VA 1:30.71 (09)
Mission Viejo Nadadores	3:23.24 (97)	400 Y Medley Relay	Nashville A.C., SE 3:18.50 (07)

Long Course

SCS		NAG	
Vladimir Morozov, TORR	22.13 (10)	50 M Freestyle	Shayne Fleming, PC 22.47 (09)
Vladimir Morozov, TORR	49.06 (10)	100 M Freestyle	Michael Phelps, MD 49.05 (04)
Eric Diehl, MVN	1:49.67 (91)	200 M Freestyle	Michael Phelps, MD 1:45.99 (03)
Larsen Jensen, MVN	3:46.08 (04)	400 M Freestyle	Larsen Jensen, CA 3:46.08 (04)
Larsen Jensen, MVN	7:48.09 (03)	800 M Freestyle	Larsen Jensen, CA 7:48.09 (03)
Larsen Jensen, MVN	14:45.29 (04)	1500 M Freestyle	Larsen Jensen, CA 14:45.29 (04)
Aaron Peirsol, NOVA	54.47 (02)	100 M Backstroke	Aaron Peirsol, CA 54.47 (02)
Aaron Peirsol, NOVA	1:55.15 (02)	200 M Backstroke	Aaron Peirsol, CA 1:55.15 (02)
John Criste, MVN	1:02.64 (07)	100 M Breaststroke	Brendan Hansen, MA 1:01.55 (00)
John Criste, MVN	2:14.37 (07)	200 M Breaststroke	Nicholas D'Innocenzo, NE 2:13.11 (09)
Michael Cavic, NOVA	53.30 (02)	100 M Butterfly	Michael Phelps, MD 51.10 (03)
Juan Veloz, MVN	1:59.16 (00)	200 M Butterfly	Michael Phelps, MD 1:53.93 (03)
Tyler Clary, FAST	2:03.35 (07)	200 M Ind. Medley	Michael Phelps, MD 1:55.94 (03)
Tyler Clary, FAST	4:19.72 (07)	400 M Ind. Medley	Michael Phelps, MD 4:09.09 (03)
Redlands Swim Team	1:34.54 (08)	200 M Free Relay	Redlands Swim Team, CA 1:34.54 (08)
Redlands Swim Team	3:26.36 (08)	400 M Free Relay	Longhorn Aquatics, ST 3:26.15 (04)
FAST Swim Team	7:41.04 (07)	800 M Free Relay	Longhorn Aquatics, ST 7:32.18 (04)
Las Vegas Gold	1:44.93 (89)	200 M Medley Relay	Las Vegas Gold, CA 1:44.93 (89)
Irvine Novaquatics	3:55.30 (06)	400 M Medley Relay	Circle C Swimming, ST 3:46.39 (03)

SOUTHERN CALIFORNIA AND NATIONAL AGE GROUP RECORDS 15-18 RELAYS

15-18 Girls Relays

SCS			NAG
West Coast Swimming	1:34.08 (10)	200 Y Free Relay	Palo Alto Stanford Aq., PC 1:32.21 (09)
Mission Viejo Nadadores	3:19.55 (81)	400 Y Free Relay	Palo Alto Stanford Aq., PC 3:19.81 (10)
Mission Viejo Nadadores	7:12.62 (81)	800 Y Free Relay	North Baltimore A.C., MD 7:14.45 (07)
West Coast Swimming	1:43.31 (10)	200 Y Medley Relay	Aquajets Swim Team, MN 1:39.40 (10)
Irvine Novaquatics	3:45.50 (05)	400 Y Medley Relay	Aquajets Swim Team, MN 3:38.56 (10)
West Coast Swimming	1:47.71 (09)	200 M Free Relay	Colorado Stars, CO 1:45.37 (10)
West Coast Swimming	3:53.01 (09)	400 M Free Relay	Colorado Stars, CO 3:45.50 (10)
FAST Swim Team	8:21.59 (89)	800 M Free Relay	Colorado Stars, CO 8:07.45 (10)
Rattler Swim Club	1:59.56 (10)	200 M Medley Relay	Aquajets Swim Team, MN 1:54.46 (09)
Irvine Novaquatics	4:15.96 (09)	400 M Medley Relay	Aquajets Swim Team, MN 4:08.57 (09)

15-18 Boys Relays

SCS			NAG
Redlands Swim Team	1:21.94 (08)	200 Y Free Relay	Redlands Swim Team, CA 1:21.94 (08)
Redlands Swim Team	3:02.65 (08)	400 Y Free Relay	Ford Aquatics, AZ 2:58.33 (09)
Mission Viejo Nadadores	6:36.91 (09)	800 Y Free Relay	Mecklenburg Aq. Club, NC 6:34.84 (09)
Irvine Novaquatics	2:01.76 (00)	200 Y Medley Relay	Aquajets Swim Team, MN 1:54.46 (09)
Mission Viejo Nadadores	3:23.24 (97)	400 Y Medley Relay	Aquajets Swim Team, MN 4:08.67 (09)
Redlands Swim Team	1:34.54 (08)	200 M Free Relay	Redlands Swim Team, CA 1:34.54 (08)
Redlands Swim Team	3:26.36 (08)	400 M Free Relay	Redlands Swim Team, CA 3:26.36 (08)
Mission Viejo Nadadores	7:39.77 (09)	800 M Free Relay	Palo Alto Stanford Aq., PC 7:31.06 (09)
Las Vegas Gold	1:44.93 (89)	200 M Medley Relay	Mecklenburg Aq. Club, NC 1:46.78 (05)
Irvine Novaquatics	3:55.30 (06)	400 M Medley Relay	Schroeder YMCA, WI 3:47.75 (08)

SOUTHERN CALIFORNIA SWIMMING OPEN RECORDS

Women's Short Course Yards

50 Y Freestyle	21.96	Anne Marie May, UN	12-04-08
100 Y Freestyle	47.65	Jessica Hardy, TROJ	01-15-10
200 Y Freestyle	1:44.10	Cynthia Woodhead, RAA	04-12-79
500 Y Freestyle	4:34.39	Janet Evans, UN	03-15-90
1000 Y Freestyle	9:25.49	Janet Evans, FAST	03-25-89
1650 Y Freestyle	15:39.14	Janet Evans, UN	03-17-90
100 Y Backstroke	51.71	Presley Bard, UN	03-18-10
200 Y Backstroke	1:54.31	Lindsay Benko, TROJ	03-07-02
100 Y Breaststroke	58.62	Rebecca Soni, TROJ	12-03-09
200 Y Breaststroke	2:05.12	Rebecca Soni, TROJ	12-03-09
100 Y Butterfly	51.67	Lynday De Paul, UN	03-18-10
200 Y Butterfly	1:52.52	Katinka Hosszu, UN	03-18-10
200 Y Individual Medley	1:55.05	Ariana Kukors, FAST	01-15-10
400 Y Individual Medley	4:01.95	Katie Hoff, FAST	12-03-09
200 Y Free Relay	1:31.45	University of Southern California	02-24-10
400 Y Free Relay	3:16.22	University of Southern California	02-24-10
800 Y Free Relay	6:59.48	University of Southern California	02-24-10
200 Y Medley Relay	1:38.78	University of Southern California	02-24-10
400 Y Medley Relay	3:33.03	University of Southern California	03-18-10

Women's Long Course Meters

50 M Freestyle	24.48	Jessica Hardy, TROJ	07-05-08
100 M Freestyle	54.44	Jessica Hardy, TROJ	05-25-08
200 M Freestyle	1:57.41	Lindsay Benko, TROJ	07-20-03
400 M Freestyle	4:03.85	Janet Evans, FAST	09-22-88
800 M Freestyle	8:16.22	Janet Evans, FAST	08-20-89
1500 M Freestyle	15:52.10	Janet Evans, FAST	03-26-88
100 M Backstroke	1:01.32	Diana MacManus, NOVA	03-19-02
200 M Backstroke	2:11.80	Diana MacManus, NOVA	03-19-02
100 M Breaststroke	1:04.45	Jessica Hardy, TROJ	08-04-09
200 M Breaststroke	2:20.22	Rebecca Soni, TROJ	08-14-08
100 M Butterfly	58.58	Lyndsay De Paul, TROJ	08-03-10
200 M Butterfly	2:04.27	Katinka Hosszu, UN	07-26-09
200 M Individual Medley	2:07.45	Katinka Hosszu, UN	07-26-09
400 M Individual Medley	4:30.31	Katinka Hosszu, UN	07-26-09
200 M Free Relay	1:49.35	Riverside Aquatics Association	08-09-84
400 M Free Relay	3:45.68	Mission Viejo Nadadores	08-15-81
800 M Free Relay	8:07.44	Mission Viejo Nadadores	08-14-81
200 M Medley Relay	1:57.62	Irvine Novaquatics	07-20-00
400 M Medley Relay	4:07.96	Santa Barbara Aquatics Club	08-04-09

SOUTHERN CALIFORNIA SWIMMING OPEN RECORDS

Men's Short Course Yards

50 Y Freestyle	19.11	Jason Lezak, NOVA	12-13-01
100 Y Freestyle	42.22	Jason Lezak, NOVA	12-13-01
200 Y Freestyle	1:33.55	Ous Mellouli, TROJ	01-16-09
500 Y Freestyle	4:09.80	Larsen Jensen, USC	03-15-07
1000 Y Freestyle	8:44.73	Larsen Jensen, USC	03-15-07
1650 Y Freestyle	14:26.70	Larsen Jensen, USC	03-15-07
100 Y Backstroke	45.65	Peter Marshall, TROJ	01-18-08
200 Y Backstroke	1:39.16	Aaron Peirsol, UN	03-27-03
100 Y Breaststroke	52.27	Kosuke Kitajima, UN	01-15-10
200 Y Breaststroke	1:53.03	Kosuke Kitajima, UN	01-15-10
100 Y Butterfly	44.91	Tom Shields, UN	03-26-10
200 Y Butterfly	1:41.07	Hidemasa Sano, TROJ	12-04-08
200 Y Individual Medley	1:43.48	Hidemasa Sano, TROJ	12-04-08
400 Y Individual Medley	3:39.95	Erik Vendt, USC	03-27-03
200 Y Free Relay	1:18.55	Mission Viejo Nadadores	04-08-81
400 Y Free Relay	2:53.86	Mission Viejo Nadadores	04-08-81
800 Y Free Relay	6:20.87	University of Southern California	03-26-10
200 Y Medley Relay	1:26.06	University of Southern California	03-23-06
400 Y Medley Relay	3:10.32	University of Southern California	03-23-06

Men's Long Course Meters

50 M Freestyle	21.90	Jason Lezak, ROSE	05-22-09
100 M Freestyle	47.58	Jason Lezak, ROSE	07-02-08
200 M Freestyle	1:46.20	Klete Keller, TROJ	07-01-08
400 M Freestyle	3:41.11	Ous Mellouli, UN	07-26-09
800 M Freestyle	7:35.27	Ous Mellouli, UN	07-26-09
1500 M Freestyle	14:37.28	Ous Mellouli, UN	07-26-09
100 M Backstroke	53.45	Aaron Peirsol, NOVA	08-14-04
200 M Backstroke	1:54.74	Aaron Peirsol, NOVA	07-07-04
100 M Breaststroke	59.04	Kosuke Kitajima, UN	08-18-10
200 M Breaststroke	2:08.36	Kosuke Kitajima, UN	08-18-10
100 M Butterfly	53.16	Randall Tom, AZOT	06-29-08
200 M Butterfly	1:55.69	Melvin Stewart, GOLD	01-12-91
200 M Individual Medley	2:00.13	Ous Mellouli, TROJ	04-24-09
400 M Individual Medley	4:11.27	Erik Vendt, TROJ	08-12-02
200 M Free Relay	1:33.35	Irvine Novaquatics	07-20-00
400 M Free Relay	3:19.74	Irvine Novaquatics	02-10-04
800 M Free Relay	7:24.43	Mission Viejo Nadadores	08-05-03
200 M Medley Relay	1:42.39	Irvine Novaquatics	07-20-00
400 M Medley Relay	3:41.40	Irvine Novaquatics	08-12-02

AMERICAN SWIMMING RECORDS

Women's Short Course Yards

50 Y Freestyle	21.27	Lara Jackson	03-19-09
100 Y Freestyle	46.85	Natalie Coughlin	12-01-07
200 Y Freestyle	1:41.53	Dana Vollmer	02-25-09
500 Y Freestyle	4:30.47	Katie Hoff	12-08-07
1000 Y Freestyle	9:10.77	Katie Hoff	12-07-07
1650 Y Freestyle	15:24.35	Katie Hoff	03-02-08
100 Y Backstroke	49.97	Natalie Coughlin	03-22-02
200 Y Backstroke	1:49.52	Natalie Coughlin	03-23-02
100 Y Breaststroke	57.77	Tara Kirk	03-04-06
200 Y Breaststroke	2:04.75	Rebecca Soni	02-28-09
100 Y Butterfly	50.01	Natalie Coughlin	03-22-02
200 Y Butterfly	1:49.92	Elaine Breeden	02-28-09
200 Y Individual Medley	1:52.31	Julia Smit	02-25-10
400 Y Individual Medley	3:58.23	Julia Smit	02-26-10
200 Y Free Relay	1:26.20	University of Arizona	03-19-09
400 Y Free Relay	3:11.14	Stanford University	03-21-09
800 Y Free Relay	6:54.02	Auburn University	02-20-08
200 Y Medley Relay	1:35.29	University of Arizona	03-21-08
400 Y Medley Relay	3:28.31	University of Arizona	03-20-09

Women's Long Course Meters

50 M Freestyle	24.07	Dara Torres	08-17-08
100 M Freestyle	53.02	Amanda Weir	07-30-09
200 M Freestyle	1:54.96	Allison Schmitt	07-29-09
400 M Freestyle	4:02.20	Katie Hoff	02-16-08
800 M Freestyle	8:16.22	Janet Evans	08-20-89
1500 M Freestyle	15:42.54	Kate Ziegler	06-14-07
50 M Backstroke	27.80	Haley McGregor	06-07-08
100 M Backstroke	58.94	Natalie Coughlin	08-17-08
200 M Backstroke	2:06.09	Margaret Hoelzer	07-05-08
50 M Breaststroke	29.80	Jessica Hardy	08-07-09
100 M Breaststroke	1:04.45	Jessica Hardy	08-07-09
200 M Breaststroke	2:20.22	Rebecca Soni	08-15-08
50 M Butterfly	25.50	Dara Torres	07-11-09
100 M Butterfly	56.94	Dana Vollmer	07-27-09
200 M Butterfly	2:04.14	Mary DeScenza	07-30-09
200 M Individual Medley	2:06.15	Ariana Kukors	07-27-09
400 M Individual Medley	4:31.12	Katie Hoff	06-29-08
400 M Free Relay	3:34.33	United States	08-10-08
800 M Free Relay	7:42.56	United States	07-30-09
400 M Medley Relay	3:53.30	United States	08-17-08

AMERICAN SWIMMING RECORDS

Men's Short Course Yards

50 Y Freestyle	18.71	Nathan Adrian	03-26-09
100 Y Freestyle	41.08	Nathan Adrian	03-28-09
200 Y Freestyle	1:31.72	David Walters	03-27-09
500 Y Freestyle	4:08.54	Peter Vanderkaay	02-09-08
1000 Y Freestyle	8:36.49	Erik Vendt	01-18-08
1650 Y Freestyle	14:26.62	Chris Thompson	03-24-01
100 Y Backstroke	44.60	Ryan Lochte	03-24-06
200 Y Backstroke	1:36.81	Ryan Lochte	12-01-07
100 Y Breaststroke	51.56	Michael Alexandrov	03-15-07
200 Y Breaststroke	1:51.74	Brendan Hansen	03-03-06
100 Y Butterfly	44.18	Austin Staab	03-27-09
200 Y Butterfly	1:39.54	Michael Phelps	03-07-10
200 Y Individual Medley	1:40.08	Ryan Lochte	11-29-07
400 Y Individual Medley	3:35.98	Tyler Clary	03-27-09
200 Y Free Relay	1:15.90	University of Texas	03-26-09
400 Y Free Relay	2:47.02	University of Texas	03-28-09
800 Y Free Relay	6:10.16	University of Texas	03-27-09
200 Y Medley Relay	1:24.00	Longhorn Aquatics	03-02-06
400 Y Medley Relay	3:01.91	Stanford University	03-26-09

Men's Long Course Meters

50 M Freestyle	21.40	Cullen Jones	08-01-09
100 M Freestyle	47.33	David Walters	07-30-09
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	7:45.63	Larsen Jensen	07-27-05
1500 M Freestyle	14:45.29	Larsen Jensen	08-21-04
50 M Backstroke	24.33	Randall Bal	12-05-08
100 M Backstroke	51.94	Aaron Peirsol	07-08-09
200 M Backstroke	1:51.92	Aaron Peirsol	07-31-09
50 M Breaststroke	26.86	Mark Gangloff	07-29-09
100 M Breaststroke	58.96	Eric Shanteau	07-26-09
200 M Breaststroke	2:07.42	Eric Shanteau	07-29-09
50 M Butterfly	22.91	Bryan Lundquist	07-18-09
100 M Butterfly	49.82	Michael Phelps	08-01-09
200 M Butterfly	1:51.51	Michael Phelps	07-29-09
200 M Individual Medley	1:54.10	Ryan Lochte	07-30-09
400 M Individual Medley	4:03.84	Michael Phelps	07-29-09
400 M Free Relay	3:08.24	United States	08-11-08
800 M Free Relay	6:58.55	United States	07-31-09
400 M Medley Relay	3:27.28	United States	08-02-09

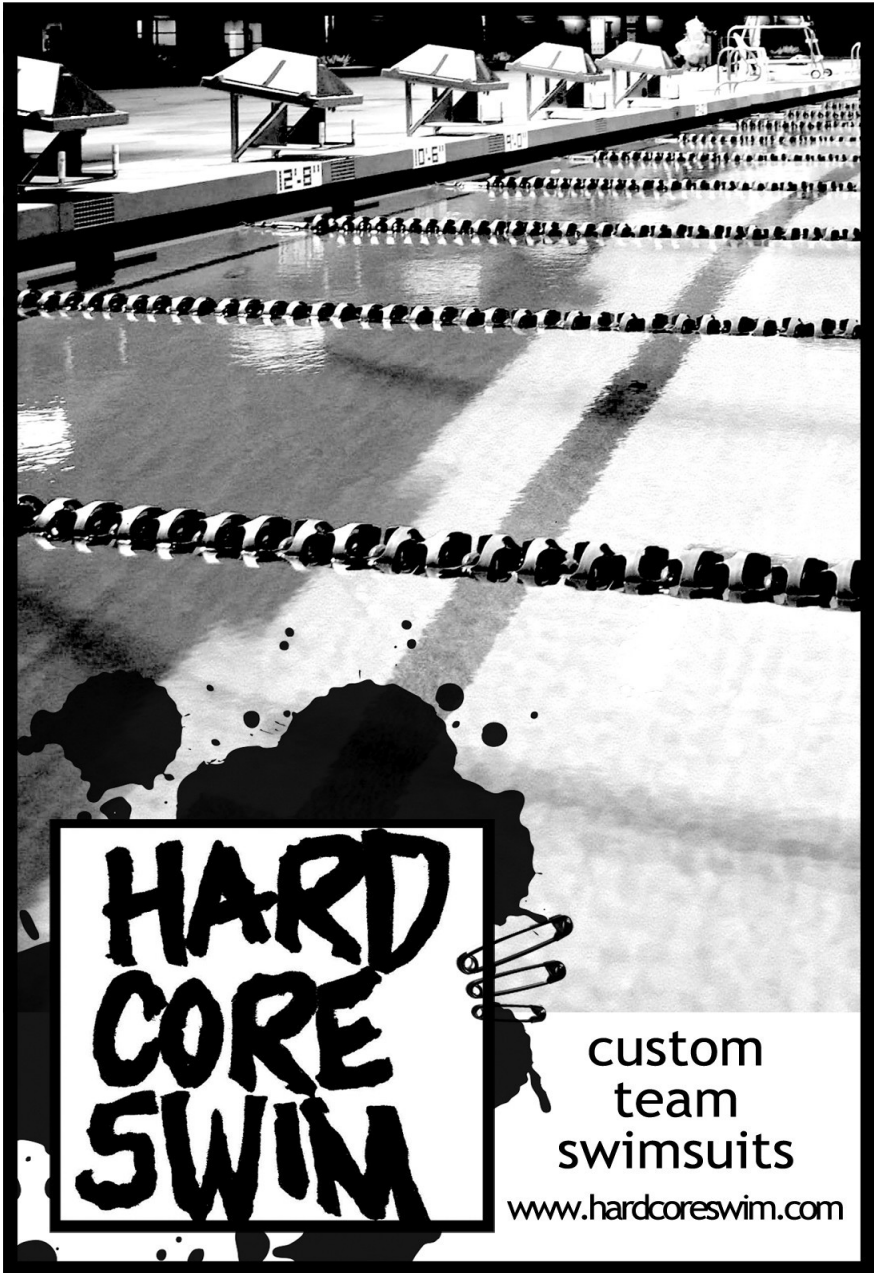
AMERICAN SWIMMING RECORDS

Women's Short Course Meters

50 M Freestyle	23.82	Dara Torres	11-17-07
100 M Freestyle	52.79	Dara Torres	11-18-07
200 M Freestyle	1:54.04	Lindsay Benko	04-07-02
400 M Freestyle	3:59.53	Lindsay Benko	01-26-03
800 M Freestyle	8:08.00	Kate Ziegler	10-14-07
1500 M Freestyle	15:32.90	Kate Ziegler	10-12-07
50 M Backstroke	27.08	Natalie Coughlin	11-22-02
100 M Backstroke	56.51	Natalie Coughlin	10-28-07
200 M Backstroke	2:03.62	Natalie Coughlin	11-27-01
50 M Breaststroke	29.58	Jessica Hardy	04-10-08
100 M Breaststroke	1:04.22	Jessica Hardy	04-12-08
200 M Breaststroke	2:20.70	Tara Kirk	03-20-04
50 M Butterfly	25.70	Rachel Komisarz	04-11-08
100 M Butterfly	56.32	Rachel Komisarz	04-13-08
200 M Butterfly	2:04.27	Mary DeScenza	04-09-08
100 M Individual Medley	58.80	Natalie Coughlin	11-23-02
200 M Individual Medley	2:07.79	Allison Wagner	12-05-93
400 M Individual Medley	4:25.87	Julia Smit	11-28-08
200 M Free Relay	1:37.27	University of Georgia	03-18-04
400 M Free Relay	3:34.96	United States	04-12-08
800 M Free Relay	7:45.58	United States	04-09-08
200 M Medley Relay	1:49.71	University of Arizona	03-17-00
400 M Medley Relay	3:51.36	United States	04-11-08

Men's Short Course Meters

50 M Freestyle	21.18	Nick Brunelli	12-11-05
100 M Freestyle	46.25	Ian Crocker	03-07-04
200 M Freestyle	1:42.78	Michael Phelps	02-04-06
400 M Freestyle	3:34.81	Peter Vanderkaay	02-22-09
800 M Freestyle	7:43.06	Jeff Kostoff	02-13-83
1500 M Freestyle	14:31.02	Erik Vendt	03-25-00
50 M Backstroke	22.87	Randall Bal	11-16-08
100 M Backstroke	49.64	Peter Marshall	11-15-08
200 M Backstroke	1:47.91	Ryan Lochte	04-13-08
50 M Breaststroke	26.28	Ed Moses	01-22-02
100 M Breaststroke	57.47	Ed Moses	01-23-02
200 M Breaststroke	2:02.92	Ed Moses	01-17-04
50 M Butterfly	22.71	Ian Crocker	10-10-04
100 M Butterfly	49.07	Ian Crocker	03-26-04
200 M Butterfly	1:52.26	Michael Phelps	11-15-09
100 M Individual Medley	51.15	Ryan Lochte	04-13-08
200 M Individual Medley	1:51.56	Ryan Lochte	04-11-08
400 M Individual Medley	4:02.49	Ryan Lochte	04-06-06
200 M Free Relay	1:25.69	Stanford University	03-25-04
400 M Free Relay	3:08.44	United States	04-09-08
800 M Free Relay	7:00.19	United States	04-10-08
200 M Medley Relay	1:34.58	University of Texas	03-26-04
400 M Medley Relay	3:24.38	United States	04-13-08



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WORLD SWIMMING RECORDS

Women's Long Course Meters

50 M Freestyle	23.73	Britta Steffen, GER	08-01-09
100 M Freestyle	52.07	Britta Steffen, GER	07-31-09
200 M Freestyle	1:52.98	Federica Pellegrini, ITA	07-29-09
400 M Freestyle	3:59.15	Federica Pellegrini, ITA	07-26-09
800 M Freestyle	8:14.10	Rebecca Adlington, GBR	08-16-08
1500 M Freestyle	15:42.54	Kate Ziegler, USA	06-14-07
50 M Backstroke	27.06	Jing Zhao, CHN	07-26-09
100 M Backstroke	58.12	Gemma Spofforth, GBR	07-28-09
200 M Backstroke	2:04.81	Kirsty Coventry, ZIM	08-01-09
50 M Breaststroke	29.80	Jessica Hardy, USA	08-07-09
100 M Breaststroke	1:04.45	Jessica Hardy, USA	08-07-09
200 M Breaststroke	2:20.12	Annamay Pierse, CAN	07-30-09
50 M Butterfly	25.07	Therese Alshammar, SWE	07-31-09
100 M Butterfly	56.06	Sara Sjolstrom, SWE	07-27-09
200 M Butterfly	2:01.81*	Liu Zige, CHN	10-21-09
200 M Individual Medley	2:06.15	Ariana Kukors, USA	07-27-09
400 M Individual Medley	4:29.45	Stephanie Rice, AUS	08-10-08
400 M Free Relay	3:31.72	Netherlands	07-26-09
800 M Free Relay	7:42.08	China	07-30-09
400 M Medley Relay	3:52.19	China	08-01-09

*: record pending

Men's Long Course Meters

50 M Freestyle	20.91	Cesar Cielo, BRA	12-18-09
100 M Freestyle	46.91	Cesar Cielo, BRA	07-30-09
200 M Freestyle	1:42.00	Paul Biedermann, GER	07-26-09
400 M Freestyle	3:40.07	Paul Biedermann, GER	07-26-09
800 M Freestyle	7:32.12	Lin Zhang, CHN	07-29-09
1500 M Freestyle	14:34.56	Grant Hackett, AUS	07-29-01
50 M Backstroke	24.04	Liam Tancock, GBR	08-01-09
100 M Backstroke	51.94	Aaron Peirsol, USA	07-08-09
200 M Backstroke	1:51.92	Aaron Peirsol, USA	07-31-09
50 M Breaststroke	26.67	Cameron Van der Burgh, RSA	07-29-09
100 M Breaststroke	58.48	Brenton Rickard, AUS	07-27-09
200 M Breaststroke	2:07.31	Christian Sprenger, AUS	07-30-09
50 M Butterfly	22.43	Rafael Munoz, ESP	04-05-09
100 M Butterfly	49.82	Michael Phelps, USA	08-01-09
200 M Butterfly	1:51.51	Michael Phelps, USA	07-29-09
200 M Individual Medley	1:54.10	Ryan Lochte, USA	07-30-09
400 M Individual Medley	4:03.84	Michael Phelps, USA	08-10-08
400 M Free Relay	3:08.24	United States	08-11-08
800 M Free Relay	6:58.55	United States	07-31-09
400 M Medley Relay	3:27.28	United States	08-02-09

WORLD SWIMMING RECORDS

Women's Short Course Meters

50 M Freestyle	23.25	Marleen Veldhuis, NED	04-13-08
100 M Freestyle	51.01*	Libby Trickett, AUS	08-10-09
200 M Freestyle	1:51.17*	Federica Pellegrini, ITA	12-13-09
400 M Freestyle	3:54.92*	Joanne Jackson, GBR	08-08-09
800 M Freestyle	8:04.53	Alessia Filippi, ITA	12-12-08
1500 M Freestyle	15:28.65*	Lotte Fris, DEN	11-28-09
50 M Backstroke	25.70*	Sanja Jovanovic, CRO	12-12-09
100 M Backstroke	55.23*	Shiho Sakai, JPN	11-15-09
200 M Backstroke	2:00.18*	Shiho Sakai, JPN	11-15-09
50 M Breaststroke	28.80*	Jessica Hardy, USA	11-15-09
100 M Breaststroke	1:02.70*	Rebecca Soni, USA	12-19-09
200 M Breaststroke	2:14.57*	Rebecca Soni, USA	12-18-09
50 M Butterfly	24.38*	Therese Alshammar, SWE	11-22-09
100 M Butterfly	55.05*	Diane Bui Duyet, FRA	12-12-09
200 M Butterfly	2:00.78*	Liu Zige, CHN	11-15-09
100 M Individual Medley	57.74*	Hinkelien Schreuder, NED	11-15-09
200 M Individual Medley	2:04.60*	Julia Smit, USA	12-19-09
400 M Individual Medley	4:21.04*	Julia Smit, USA	12-19-09
200 M Free Relay	1:33.80	Netherlands	12-12-08
400 M Free Relay	3:28.22	Netherlands	12-09-08
800 M Free Relay	7:38.90	Netherlands	04-09-08
200 M Medley Relay	1:46.67	Germany	12-15-07
400 M Medley Relay	3:47.97*	United States	12-18-09

Men's Short Course Meters

50 M Freestyle	20.30*	Roland Schoeman, RSA	08-08-09
100 M Freestyle	44.94	Amaury Leveaux, FRA	12-13-08
200 M Freestyle	1:39.37*	Paul Biedermann, GER	11-15-09
400 M Freestyle	3:32.77*	Paul Biedermann, GER	11-14-09
800 M Freestyle	7:23.42	Grant Hackett, AUS	07-19-08
1500 M Freestyle	14:10.10	Grant Hackett, AUS	08-07-01
50 M Backstroke	22.61*	Randall Bal, USA	11-22-09
100 M Backstroke	48.94*	Nick Thoman, USA	12-18-09
200 M Backstroke	1:46.11*	Arkady Vyatchanin, RUS	11-15-09
50 M Breaststroke	25.25*	Cameron van der Burgh, RSA	11-15-09
100 M Breaststroke	55.61*	Cameron van der Burgh, RSA	11-15-09
200 M Breaststroke	2:00.67*	Daniel Gyurta, HUN	12-13-09
50 M Butterfly	21.80*	Steffen Deibler, GER	11-14-09
100 M Butterfly	48.48*	Evgeny Korotyskin, RUS	11-15-09
200 M Butterfly	1:49.11*	Kaio Almeida, BRA	11-10-09
100 M Individual Medley	50.76*	Peter Mankoc, SLO	12-12-09
200 M Individual Medley	1:51.55*	Darian Townsend, RSA	11-15-09
400 M Individual Medley	3:57.27*	Laszlo Cseh, HUN	12-11-09
200 M Free Relay	1:22.38	France	12-14-08
400 M Free Relay	3:03.30	United States	12-19-09
800 M Free Relay	6:51.05*	Canada	08-07-09
200 M Medley Relay	1:31.80*	Russia	12-10-09
400 M Medley Relay	3:19.16*	Russia	12-20-09

*: record pending

Conoco Phillips
Volunteer Service Award
Southern California Swimming
HONOR ROLL

- 2010 Clem West
- 2009 Bettie Williams
- 2008 Kevin Perry
- 2007 Judi Divan
- 2006 Mark Schubert & Mike Dickson
- 2005 Sue & John Hansen
- 2004 Ira Klein
- 2003 Linda Kamps
- 2002 Georgiann Cruzat
- 2001 Chuck Riggs
- 2000 John "Jack" Argue
- 1999 Carole Katz
- 1998 Dick Nakashima
- 1997 Jon Rewinski
- 1996 Don Watkind
- 1995 Edwin Duncan
- 1994 Marilyn Bolton
- 1993 Dick deFronzo
- 1992 Flip Darr
- 1991 Tina Martin-Turcotte
- 1990 The Katsuyama Family
- 1989 Ed Ruth
- 1988 Mary Jo Swalley
- 1987 Herb Hall
- 1986 Pat Graham
- 1985 Ken Worthen
- 1984 Jean Montgomery
- 1983 Margaret Pettit
- 1982 Jay Montgomery
- 1981 Keith Hannsen



APPENDICES

APPENDIX “A”

NON-CONFORMING TIMES

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

Simply stated, a swimmer must enter a Blue/Red/White meet at his/her best achieved level. A swimmer who is Blue in yards (but not in meters) must enter a meter meet in the Blue division with his/her best yard time and will be seeded after the Blue meter times. A swimmer who is Blue in meters (but not yards) must enter a yard meet in the Blue division with his/her best meter time and will be seeded after the Blue yard times. Likewise for the Red division.

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

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

Example 2: Susie Jones swims the 100 meter backstroke at Summer Junior Olympics. In the fall, Susie enters the 100 yard backstroke at a short course meet. Her previous yard best was a Blue time but not a JO time. She must enter with her best long course time and will be seeded after conforming short course Blue times. There is no conversion to a yard Junior Olympic time.

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

Generally, a swimmer may swim “up” only one distance (i.e. 100 to 200 free, but not 100 to 500 free) AND this rule only operates “up”, NOT “down” (i.e. not 100 to 50 back). Swimmer may swim “up” if, and only if, the event is not offered at his ability level.

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

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

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

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

III. Changing Age Groups:

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

APPENDIX "B"
CHANGE OF AFFILIATION FORMS
Southern California Swimming
ATTACH OR UNATTACH - CLUB TRANSFER

Name: _____ USA- S#: _____

Date of Last USA-S Competition: _____ Representing: _____
(Date) (Club)

Change To: ATTACHED _____ UNATTACHED
(Club)

You may:

1. Declare a new club (automatic attachment at 120 days), OR
2. Declare Unattached (new form and fee required to Attach at a later date).

*USA Swimming Rules require that a swimmer be **UNATTACHED**
for **120 days** between representing clubs **in competition**.*

If you are changing committee, please list the new committee (Coastal, Desert, Eastern, Metro, Orange, or Pacific): _____

Change Fee: \$10.00 _____
(Signature)

Please provide any change of address or phone number:

New Address: _____

City/State/Zip: _____

New Phone: _____

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

Fee is \$10.00

DO NOT USE THIS FORM FOR CIF (HIGH SCHOOL) SEASON

Mail to:
Southern California Swimming
P.O. Box 30530, Santa Barbara, CA 93130-0530

APPENDIX "B" CHANGE OF AFFILIATION FORMS

Southern California Swimming CIF UNATTACH FORM

If you plan to compete in CIF, you must notify the Southern California Swimming Office that you will be UNATTACHED during the CIF Swim Season. It is your responsibility to enter USA Swimming meets unattached and to change your heat cards to "UN."

I plan to participate in the CIF Swim Season beginning _____

and ending _____, and will compete UNATTACHED during this period.

NO FEE Swimmer: _____

SCS/USA Swimming: _____



APPENDIX “C”

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

- **Minimum Deck Staffing for SCS sanctioned meets:**
 - o 4 or less lanes: 3 deck officials
 - o 5 – 7 lanes: 4 deck officials
 - o 7 – 8 lanes: 5 deck officials
 - o 9 – 10 lanes: 6 deck officials
 - o Double ended long course meets: 8 officials
 - o Freestyle events may be run at a reduced staffing as long as turn touches are clearly visible by an official
 - o 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:**
 - o 300 or less swimmers/session – 1 admin official
 - o 300 or more swimmers/session – 2 admin officials
- **Required Certification level:**
 - o Timed Finals meets with less than 300 swimmers/session - 1 referee (admin or meet), 1 certified starter, 1 deck referee (can be the meet referee). Other officials can be certified at stroke and turn.
 - o Timed Finals meets with over 300 swimmers/session – 1 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.
 - o Heats & Finals meets with less than 500 swimmers – 1 H&F certified meet referee, 1 H&F certified admin referee, 2 starters. Other deck officials may be certified at a level of Stroke and Turn
 - o Heats & 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 & 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 of USA Swimming. Officials from other LSCs are welcome to officiate at Southern California swimming meets.

- **Observed meets:**
 - o Observed meets, 2 USA Swimming deck certified officials must observe the meet. A 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 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 database.

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

APPENDIX "D"
USA Swimming & Southern California Swimming
APPLICATION FOR SANCTION/APPROVAL

Date: _____

I, _____, apply on behalf of _____

for a Sanction/Approval to hold a swimming competition, exhibition or clinic titled _____

_____ at _____

(location)

on the _____ day(s) of _____, 20 ____.

Date

Month

Year

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

*Fees: Dual or Tri Meet - \$10 Committee or SCS Meet - \$25 Senior Invitational - \$100

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

As a condition of obtaining such a sanction, I and the above organization, which I represent, agree to abide by and govern this event under the rules and regulations of USA Swimming, Inc. and Southern California Swimming, Inc., and all other terms and conditions upon which this sanction may be granted. These terms specifically include all local rules and regulations and those set forth in Article 202 of the current edition of USA Swimming Rules and Regulations, specific reference to 202.2.6 thereof which provides that:

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

Officials: Officials for this event shall be qualified persons certified by USA Swimming, Inc. and Southern California Swimming, Inc., and a list of such officials will be submitted one week prior to the above event if requested.

Signed: _____ Date: _____

(Club President)

Signed: _____ Date: _____

(Club Representative)

Return Sanction to: _____ Phone: _____

Address: _____ Fax: _____

City, State, Zip: _____ Email: _____

Mail application to:

SOUTHERN CALIFORNIA SWIMMING, PO BOX 30530, SANTA BARBARA, CA 93130-0530

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

---- Committee Use Only ----

Committee Rules/Conditions Met: Yes ___ No ___ Committee Chairman/Rep: _____

---- SCS Use Only ----

Approved: Yes ___ No ___ Sanction #: _____

Issued: _____ Signed: _____

APPENDIX “D” (Continued) – SCS STANDARD ENTRY STATEMENTS

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

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

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

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

Swim Suits: Swimsuits for men may not extend above the navel or below the knee, and for women may not cover the neck or extend past the shoulders or below the knee. No zippers or other fastening devices are allowed except a waist tie on a brief or jammer. Suits must be of textile materials (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons (last sentence applies to age group meets).

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). Non-conforming times will be seeded last. 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.

Entry Forms: 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.

Make Checks Payable To: Southern California Swimming

Mail entries to: _____

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

APPENDIX “E”

WARM-UP AND SAFETY PROCEDURES

- I. Warm-up and Safety Procedures
 - A. General Warm-up (minimum 15 minutes - adjusted by Referee as appropriate)
 1. NO DIVING! Carefully enter feet first from the edge of the pool.
 2. All lanes used for general warm-up.
 - 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.

- 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.

(Continued on next page)

APPENDIX “E” (Continued)

WARM-UP AND SAFETY PROCEDURES

- 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 insure 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 distinctivemarking).
 - 4. The Referee shall be notified immediately if there are problems in enforcing the warm-up procedures.
- IV. Coaches
 - A. Shall instruct their swimmers on safety procedures for practice and meets.
 - B. Shall directly supervise all practices.
- V. Other people at a swim meet.

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

APPENDIX "F"

FINANCIAL REPORT FOR SWIM MEETS

Southern California Swimming, Inc.

Name of Meet _____ Date _____

I. REVENUE

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

II. EXPENSES

1.	SCS Fees and Travel Assessments		
	A. SCS Fee (10% x Entry Fees [2 + 3])	_____	
	B. \$0.50 x Indiv. Events Entered (\$0.75 Senior)	_____	
	C. \$0.25 x Swimmers Entered	_____	
	D. \$0.10 x Individual Events at Committee Champs & SCS bid meets (B, C & D to Senior Travel Fund)	_____	
	E. \$0.25 x Individual Events (Age Group Travel)	_____	
	F. Meet Results Prep: _____ pages @ _____/sheet (computer entry by _____ and/reproduction)	_____	
	SUBTOTAL SCS MEET EXPENSES		\$ _____

2.	SCS Contract Services & Equipment		
	A. Timing Equipment Rental	_____	
	B. Payment of Officials (+\$20 service fee)	_____	
	C. Supplies at cost (cards, labels, etc.)	_____	
	D. Printing and/or distribution of entries	_____	
	E. Post-Meet Regist. Verification _____ (x \$0.25)	_____	
	F. Misc: _____	_____	
	SUBTOTAL SERVICES & EQUIPMENT		\$ _____

Total Expenses (1 + 2 above) \$ _____

Actual Deposit: \$ _____	Difference from Projected Revenue	\$ _____
Net Income to Host (I & II)		\$ _____
Preliminary Meet Settlement	Date: _____	\$ _____

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

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

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

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MORE EXCLUSIONS MAY APPLY. SEE STORE FOR DETAILS.

**THE FOLLOWING BRANDS AND PRODUCTS ARE NOT INCLUDED IN COUPON OFFERS:

All Nintendo's Wii and Wii Fit hardware systems and software/game products; UGG; all Titleist products; Penn Reels; all firearms and ammunition; licensed and championship apparel and all Adult NFL, NBA and NHL jerseys; Nike Shoe; Brand Jordan; all Under Armour products; The North Face; Mountain Hardware; Burton; Titanium by Columbia; Rossignol; Salomon; Atomic; K2; Volk; Nordica; Tecnica; Marker; Ride; Oakley; Smith; Golf Buddy GPS; TaylorMade, Callaway, Nike and Cleveland golf clubs, putters, and balls; Wilson A2000 Ball Gloves (64-88L, 1766-DB, EL3-S9L, AS0-B, 1796-B, and 1786-TB models); 2010 DeMarini Bats (CF4 Black, CF4 Black FP, Vendetta C6, Vendetta C6 FP, Vendetta and The One models); 2010 Louisville Slugger ExoGrid, H2, Omaha (-S), H9 Maple Wood bats and 2009 CBXK ExoGrid -3 bats; Wilson leather game footballs; Warrior; Wilson FX K-Factor; Head Micro Gel; Head Crossbow; Prince XD; Fitness Quest BioForce; Bowflex; Nautilus; *As seen on TV* product and Shimano.

Excludes clearance items marked with 7¢ price endings. Coupons have no cash value. No cash back. Not valid on rain checks, prior, online (unless specifically noted on coupon) or S.A. Elite Sports Authority purchases, gift cards, licenses or event tickets. Offer good on in-stock merchandise only. Must present coupon at time of purchase to redeem. Cannot be combined with any other offer, Cash Card, coupon, Employee or Friends and Family discount. Coupon may not be reproduced. One coupon per customer, per purchase.

CASHER DO NOT COLLECT

