

2026
Southern California Swimming
14 & Under SC Age Group Championship
March 12-15, 2026
Open to All SCS teams



LA MIRADA SPLASH REGIONAL AQUATIC CENTER,
13806 La Mirada Blvd, La Mirada, CA.

Thursday (4:00 PM) Timed Final Session
Friday/Saturday/Sunday (9:00 AM) Prelims 'Sessions

Hosted by:

Southern California Swimming &
La Mirada Armada

**2026 Southern California Swimming
14 & Under Short Course
Age Group Championship – March 12-15, 2026**

Sanctioned By: Southern California Swimming;
USA Swimming

Sponsored By: La Mirada Armada; So.
California Swimming

Location: LA MIRADA SPLASH REGIONAL
AQUATIC CENTER,
13806 La Mirada Blvd, La Mirada, CA

Sanction Number: S26-075

Entry Deadline:

DELIVERED BY 5 PM Wednesday, March 4, 2026

Sessions:

Thursday, March 12th,
Timed Finals Session - **Warm-up:** 3:00 PM.
Meet **Start Time:** 4:00 PM

Friday, Saturday, and Sunday, March 13th to 15th, 2026

Prelims - Warm-up: 7:00 AM

Meet Start Time: 9:00 AM

Finals - TBA

Eligibility: Open to all SCS 2026 USA Swimming registered swimmers who have met and can prove the posted SCS “Spring Age Group Champs” time standards. Swimmers from outside SCS will not be accepted. Registration application must be completed online in SWIMS by **5 PM, Wednesday, March 4th**. Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding according to SCS Swimming policy. **All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of the USA Swimming Rules and Regulations.**

Facility: LA MIRADA SPLASH REGIONAL AQUATIC CENTER, 13806 La Mirada Blvd, La Mirada, CA. 90638

The competition pool is an outdoor, 50-meter pool, 2 meters to 14' deep. A 25-yard warm-up pool will be available throughout the meet. Daktronics pads and timing system, starting blocks (w/wedge) and Finis backstroke ledges.

Directions: From 5 Fwy South exit Valley View, head North to Alondra, turn right to La Mirada Blvd, turn left, aquatic center is on right. From 5 Fwy North exit Beach Blvd north to La Mirada Blvd, turn left, the aquatic center is on right.

Partially Closed Deck: Prelims and Finals will be run with a partially **CLOSED DECK**. Several deck areas (including behind the starting blocks, behind coaches at west end, and in tented swimmer area on west deck) will be restricted to coaches, officials, athletes and volunteers. Parents will be restricted from these areas.

Meet Start Times: Thursday timed final events will begin at **4:00 PM**. Friday, Saturday and Sunday Prelims will start at **9:00 AM**. It is estimated that Prelims will be over by noon on Friday/Saturday/Sunday. Finals will begin no sooner than 2 hours after the completion of the prelim session that day.

Warm-up Times: Thursday warm-up will begin at 3:00 PM. There will be assigned warm-ups on Friday/Sat/Sun at 7:00 AM in the competition pool. The competition pool will be closed at 8:45 AM, with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warmups. Warm-ups will be split, and teams will be assigned to specific warm-up times. ***All swimmers must use 3-point, slide in entries into the pool during warm-up, no jumping or diving.***

Meet Personnel:

Meet Referee: Omar de Armas (omarswimref@gmail.com)

Administrative Referee: Alina de Armas (armadaswimming@gmail.com)

Meet Director (Facility Information): Don Garman (ihaccoach@aol.com)

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form.

- Coaches must declare scratches daily. The swimmers/events page for each day will be available the night before. Scratches close 1 hour before the start of prelims.
- Swimmers must compete in their own age group. Age on March 12, 2026, determines the age for the meet.
- Prelims and timed finals sessions will be swum slow to fast.
- Prelim sessions and distance events may be split into 2 courses. Finals will be swum in one course.
- All officials and coaches must have completed the CDC of NFHS online Concussion course and must complete the CANRA Mandatory Reporting course prior to the start of the meet. All persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.

The National Finals 'scratch rule will be used. A swimmer must scratch or place an intent to scratch an event within 30 minutes of the announcement of preliminary results. Final "no-show" (original top 16 places only), except last day, will be removed from the remainder of the meet. A \$50.00 fine will be assessed to any swimmer for a "no show" in her/his last event of the meet. This fine must be paid before any future competitions in SCS.

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

Unaccompanied Athletes: Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach Member of the Athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

Racing Start Certification: Any swimmer entered in the meet must be certified by a 2026 USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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

Swimwear: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with **AQUA** swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are NOT permitted at this meet for 12-Under swimmers. Please see the Tech Suit Policy on the SCS website: www.socalswim.org

Deck Changes: Deck changes are prohibited.

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

Distance Events:

- **The 1650-yard freestyle** events will be swum age groups combined:
 - 1650 freestyle check in to swim closes 3:00 PM Thursday.
 - All heats fast to slow, alternating girls & boys in a single 8 lane course.
 - The 1650 freestyle will be awarded and scored as one age group and gender.
 - Swimmers in the 1650 freestyle need to supply their own timers and lap counters.
- **The 1000-yard freestyle** events will be swum age groups combined:
 - 1000 check in to swim by seeded time closes 5:00 PM Saturday.
 - Heats of the 1000 Freestyle will be swum at the **end** of the Sunday prelims session (before time trials), fast to slow.

- Athletes entered and checked-in the top 8 will swim with finals in the event order listed. Swimmers may declare "AM" if they wish to be seeded in the heats swimming after prelims.
- All heats fastest to slowest, boy and girl courses
- The 1000 will be awarded and scored as one age group and gender.
- Swimmers in the 1000 freestyle need to supply their own timers and lap counters.

Awards: Individual - 1st–8th places, custom medals.

Relays - 1st–3rd place teams, custom medals.

Team - 1st–3rd award plaques for *Combined* team in Large, Medium & Small Divisions; 1st – 3rd award plaques for *Girls & Boys* in Large, Medium & Small Divisions.

NOTE: teams will be assigned to divisions prior to meet start based on meet entries.

Scoring: Top 16 individuals and top 16 relays will score.

Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Relays: Relays and relay-only swimmers must be pre-entered electronically and prepaid (\$20 per relay and \$33.00 per relay-only swimmer, which includes swimmer and facility surcharge).

- Relays are all timed finals events. **Teams may enter a maximum of three relays per event (A, B, C).**
- Thursday relays will be swum in event order during the timed finals session. Relays in Finals will be seeded fastest 2 heats of Girls, slow to fast, followed by 2 fastest heats of Boys, slow to fast. All other heats will be seeded fast to slow alternating girls and boys.
- Teams may elect to swim their relays at the end of the prelim session on Fri/Sat/Sun. If swimming at the end of the prelim session, they must be checked-in and declared as AM relays by 9:30 AM each day. Enter AM or PM relays depending on preference. AM and PM relays will be combined for results and scoring. All "C" relays will swim in prelims.
- Only **A&B relays will be eligible for scoring**. All other relays will be allowed to swim as exhibition.
- Relays must be checked in by 4:00 PM Thursday and by the end of prelims Fri/Sat/Sunday for those swimming with finals.
- Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (since 9/1/2024). A team time achieved during the qualifying period may also be used.
- 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, March 12th, 2026. Team times are not allowed for multiple relays. Entries must be proven by a team time achieved in the qualification period or an aggregate of 4 swimmers of proper age as of March 12th.

Finals: Friday/Saturday/ Sunday: A championship final (8 swimmers, 1-8) and consolation final (8 swimmers, 9-16) will be offered for 7-10, 11-12 and 13-14 age groups. **The national finals' scratch rule will be used** (see details above).

Submitted/Qualifying Times: This is a **proof-of-time meet**. Proof of time is required through SWIMS, the National Times database, or recognized World Aquatics competitions. Times must be achieved at

- a USA Swimming sanctioned competition,
- a USA Swimming observed competition,
- a USA Swimming approved competition, or
- a World Aquatics approved competition.

Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2024, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action.

Entry Limits: A swimmer may **enter no more than 9 individual events; may swim no more than 6 individual events during the meet**, or more than 3 individual events per day. This meet will adhere to USA Swimming Rule 102.2.7.

Bonus Events: All Bonus events must be National BB or faster – NO NTs.

- One qualifying event may enter 2 Bonus events totaling = 3 events.
- Two qualifying events may enter 1 Bonus events totaling = 3 events
- Three qualifying events may enter 1 Bonus events totaling = 4 events
- Four or more qualifying events, no bonus events are allowed.
- The bonus events chosen must be 200 yards or shorter.
- If the swimmer qualifies for either the 1000 or 1650 SCY Freestyle (800 or 1500 LCM Freestyle), they may swim the other distance as a bonus event.
- Bonus events are to be identified with “B” designator when entered in Meet Manager program

Entry Procedure: Team Electronic Entry is highly preferred.

- Electronic entry will be accepted ONLY when received with an attached Word or pdf file including electronic signature of coach AND PROOF OF TIME and will be dated as official at that time (5 PM postmark would queue before a 10 PM electronic).
- Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review.
- Entry updates (added events) will be processed when received by the processor by the entry deadline.
- Deletions will NOT be refunded.
- Returned checks will incur a service fee per SCS policy.
- For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. The card must be completely filled out, including the entire USA Swimming registration number. To avoid concern regarding receipt of the entry card at the designated address, enclose a stamped, self-addressed envelope or postcard (Receipt of entries will not be verified by phone or e-mail).

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

Last Ditch Entries from March 5th – 8th meets:

- Swimmers achieving a new event for the first time from the due date March 4th, of the Spring Age Group Champions entry to Sunday prior to the meet, March 9th may be entered in the meet by submission of an additional TEAM entry **using entry file title: “Last Ditch 2026 Spring Age Group Champs”**
- The instructions and the meet event file will be on the SCS website on Thursday morning March 7th, 2026 -**These entries must be submitted no later than 11:59pm PST on Monday, March 9th, 2026.**
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the Last Ditch 2025 Spring Age Group Champs and submitting to the meet processor, Alina de Armas at armadaswimming@gmail.com on or before Wednesday, March 6th, 11:59pm.

To avoid concern regarding receipt of the entry card the designated address, enclose a stamped, self-addressed envelope or postcard. ***Receipt of entries will not be verified by phone or e-mail.***

Fees: \$8.00 for each INDIVIDUAL EVENT, plus \$33.00 SURCHARGE (\$25.00 Athlete Surcharge and \$8.00 Facility Surcharge) per swimmer must accompany each individual entry card, Relays: \$20.00.

Entry fee for each OUTREACH registered swimmer is \$15.00 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the **due date** for the meet. Qualifying outreach swimmers will be verified with SCS. Returned checks will incur a service fee per SCS policy.

Please make checks payable to: La Mirada Armada

Mail entries to:	Alina de Armas, P.O. Box 63, Simi Valley, CA 93062
Hand delivered to:	2724 Loraine Place, Simi Valley, CA 93065
Electronic entries to:	Alina de Armas – armadaswimming@gmail.com
Meet Communication:	Telegram - https://t.me/+X81oLq6R1StlY2Jh

Time Trials (Time Permitting): Separate Sanction #S26-076

- Will be swum, time permitting, on **Friday, Saturday and Sunday following the preliminary sessions.**
- Three (3) events per day limit applies (Championship events + Time trials = 3 events per day or less).
- An event may be swum only once as a time trial.
- Deck entered entry fee is \$20.00 per event, no refunds after seeding.

- The Administrative Referee/Official will determine the order of events.
- Open only to 2026 SCS swimmers who are entered in at least 1 individual event or relay in the meet.
- Participants must provide their own backup timers.
- Distance events: 500 Free, 1000 Free, 1650 Freestyle and 400 IM will be offered only one day, to be determined once entries are received and timelines are generated.

ASSUMPTION OF RISK: We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this racing practice, you voluntarily assume all risks related to exposure to COVID-19.

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

COVID-19: By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA swimming and Southern California Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of Covid-19 related to participation in this meet.

PROTOCOLS: The conduct of this meet will follow all State, Local and Facility guidelines as it pertains to Covid-19.

USA SWIMMING MEET 360: Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership.

- During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.
- Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.
- Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report.
- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Current USA Swimming rules, including the current Minor Athlete Abuse Prevention Policy govern this meet.



**2025 Southern California Swimming
14 & Under Short Course
Age Group Championship – March 12-15, 2026**

Thursday – March 12, 2026 – Timed Finals Session, Warm-up 3:00 PM – Meet start 4:00 PM

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
1	19:38.20	20:01.80	1650Y FREESTYLE****	11-12/13-14	18:50.30	19:13.00	2
3	2:32.10	2:52.10	500Y FREESTYLE	7-10	2:30.60	2:50.40	4
5	8:29.10	9:37.90	800Y FREE RELAY	13-14	8:07.20	9:13.60	6

Friday – March 13, 2026 - Prelim Session, Warm-up 7:00 AM - Meet start 9:00 AM

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
7	1:30.90	1:42.90	100Y BREASTSTROKE	7-10	1:31.80	1:43.90	8
9	1:19.00	1:29.70		11-12	1:18.40	1:29.10	10
11	1:13.80	1:24.00		13-14	1:08.10	1:17.60	12
13	31.70	36.00	50Y FREESTYLE	7-10	31.40	35.70	14
15	27.80	31.70		11-12	27.40	31.20	16
17	26.20	29.90		13-14	24.60	28.10	18
19	37.40	42.10	50Y Backstroke	7-10	37.20	41.90	20
21	32.50	36.70		11-12	32.50	36.70	22
23	2:20.00	2:37.80	200Y BACKSTROKE****	11-12/13-14	2:13.30	2:30.40	24
25	29.39	32.79	50 BUTTERFLY	13-14	27.19	30.49	26
27	2:32.10	2:52.10	200Y FREESTYLE	7-10	2:30.60	2:50.40	28
29	5:51.10	5:13.40	500Y FREESTYLE	11-12	5:48.80	5:11.30	30
31	5:30.50	4:55.00		13-14	5:16.90	4:42.90	32
133	2:09.40	2:26.80	200Y FREE AM RELAY	7-10	2:10.20	2:27.70	134
135	4:09.60	4:43.40	400Y FREE AM RELAY	11-12	4:09.30	4:43.10	136
137	3:55.60	4:27.90		13-14	3:42.70	4:13.60	138
33	2:09.40	2:26.80	200Y FREE PM RELAY	7-10	2:10.20	2:27.70	34
35	4:06.60	4:43.40	400Y FREE PM RELAY	11-12	4:09.30	4:43.10	36
37	3:55.60	4:27.90		13-14	3:42.70	4:13.60	38

Saturday, March 14, 2024 - Prelim Session, Warm-up 7:00 AM - Meet start 9:00 AM

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
39	2:11.90	2:29.60	200Y FREESTYLE	11-12	2:09.60	2:27.10	40
41	2:03.90	2:20.80		13-14	1:56.20	2:12.20	42
43	41.80	47.40	50Y BREASTSTROKE	7-10	42.90	48.70	44
45	36.40	41.40		11-12	36.00	41.00	46
47	2:39.60	3:00.00	200Y BREASTSTROKE****	11-12/13-14	2:29.70	2:48.60	48
49	1:22.10	1:32.60	100Y BUTTERFLY	7-10	1:20.60	1:30.90	50
51	1:08.40	1:17.40		11-12	1:07.90	1:16.80	52
53	1:03.70	1:12.10		13-14	59.40	1:07.40	54
55	1:19.70	-----	100Y INDIVIDUAL MEDLEY	7-10	1:19.50	-----	56
57	1:09.50	-----		11-12	1:08.40	-----	58
59	29.79	34.99	50 BACKSTROKE	13-14	27.69	32.49	60
61	4:58.60	5:37.90	400Y INDIVIDUAL MEDLEY****	11-12/13-14	4:45.00	5:22.80	62
163	2:30.60	2:50.30	200Y MEDLEY AM RELAY	7-10	2:32.30	2:52.40	164
165	4:47.30	5:25.30	400Y MEDLEY AM RELAY	11-12	4:49.70	5:28.00	166
167	4:28.60	5:04.50		13-14	4:16.70	4:51.30	168
63	2:30.60	2:50.30	200Y MEDLEY PM RELAY	7-10	2:32.30	2:52.40	64
65	4:47.30	5:25.30	400Y MEDLEY PM RELAY	11-12	4:49.70	5:28.00	66
67	4:28.60	5:04.50		13-14	4:16.70	4:51.30	68

Sunday, March 15, 2026 – Prelim Session, Warm-up 7:00 AM – Meet start 9:00 AM

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
69	34.59	39.29	50 BREASTSTROKE	13-14	31.69	36.19	70
71	56.90	1:04.80	100Y FREESTYLE	13-14	53.20	1:00.70	72
73	1:00.30	1:08.60		11-12	59.30	1:07.40	74
75	1:09.70	1:19.00		7-10	1:08.90	1:18.10	76
77	2:24.60	2:43.30	200Y BUTTERFLY****	11-12/13-14	2:18.10	2:36.10	78
79	30.70	34.80	50Y BUTTERFLY	11-12	30.40	34.50	80
81	35.50	40.10		7-10	35.60	40.30	82
83	1:04.70	1:13.00	100Y BACKSTROKE	13-14	1:01.40	1:09.40	84
85	1:09.40	1:17.90		11-12	1:09.00	1:17.80	86
87	1:20.80	1:30.90		7-10	1:20.40	1:30.50	88
89	2:20.50	2:39.20	200Y INDIVIDUAL MEDLEY	13-14	2:12.10	2:29.90	90
91	2:29.70	2:49.40		11-12	2:27.60	2:47.10	92
93	2:51.60	3:13.70		7-10	2:49.90	3:11.80	94
95	11:37.60	10:22.60	1000Y FREESTYLE***	11-12/13-14	11:06.50	9:54.90	96
197	1:50.40	2:05.70	200Y FREE AM RELAY	13-14	1:43.80	1:58.40	198
199	1:55.60	2:11.50		11-12	1:56.60	2:12.60	200
201	2:03.09	2:22.30	200Y MEDLEY AM RELAY**	13-14	1:53.59	2:10.59	202
203	2:11.50	2:19.20	200 MEDLEY AM RELAY	11-12	2:13.20	2:31.10	204
97	1:50.40	2:05.70	200Y FREE PM RELAY	13-14	1:43.80	1:58.40	98
99	1:55.60	2:11.50		11-12	1:56.60	2:12.60	100
101	2:03.09	2:22.30	200Y MEDLEY PM RELAY**	13-14	1:53.59	2:10.59	102
103	2:11.50	2:19.20	200 MEDLEY PM RELAY	11-12	2:13.20	2:31.10	104

****Events 1/2 (1650 Freestyle), 23/24 (200 Backstroke), 47/48 (200 Breaststroke), 61/62 (400 IM), 77/78 (200 Butterfly) and Events 95/96 (1000 Freestyle) are being contested as one age group for 11-12 and 13-14 to be awarded and scored as one age group.

***Heats of the 1000 Freestyle will be swum at the **end** of the Sunday prelims session (before time trials), fast to slow alternating women and men. The top 8 athletes not declaring "AM" will swim with finals in the event order listed. Swimmers may declare "AM" if they wish to be seeded in the heats swimming after prelims.

Relays

- All relay times listed are hard cut standards. Relay soft cut standards are in the Southern California Swimming Swim Guide, or at <http://www.socalswim.org/> in the Time Standards section.
- Enter events **101/102 or 201/202** (13-14 200 Medley Relay) with 200 Medley Relay times.
- All relays will swim in event order during finals & Thursday timed final session. A&B relays will be eligible for scoring. All other relays will be allowed to swim as exhibition. Teams may enter a maximum of three relay teams per event (A, B, C).
- Enter AM or PM relays depending on preference. AM and PM relays will be combined for results and scoring.
- If time available to swim AM relays those entries must be turned in no later than beginning of finals the day before swim.