

PACIFIC
SWIMMING



2013-2014

Pacific Swimming Swim Guide

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INTRODUCTION

Each year we produce this swim guide as a source of information for our members and those interested in the sport of swimming. Included here, you will find a tentative schedule of competitions, contact information for our member clubs, local and national time standards, Pacific and National age group records, and more.

We hope that you find this guide useful in planning your swimming activities throughout the 2013-2014 swim year. Check www.pacswim.org for any changes to the Zone and LSC meet schedules as well as contact information for our member clubs.

Thank you for your support and participation,

John Bitter

General Chairman, Pacific Swimming

SWIMMER INFORMATION

HOW TO ENTER A SWIM MEET

In Pacific Swimming, most clubs decide which meets their team will attend prior to the start of both the short and long course seasons. It is the responsibility of the swimmer and their family to fill out and submit their meet entry form. For some meets—such as league and zone championships—all of the club's individual entries are submitted together by the coach.

Most meets offer you the option of entering the meet online or by mail. Note that online entry services normally charge a processing fee for the use of their service in addition to the entry fee you are required to pay to enter the meet. The use of online entry services is voluntary and in no way required or expected of a swimmer.

If you choose to enter a meet by filling out a hard-copy entry form, you must either submit it with by mail or in person with the appropriate entry fee by the registration deadline outlined. A copy of the entry form is provided in the meet information sheet.

When filling out a hard copy entry form, you must enter your personal information—including your USA Swimming registration number—as well as the event(s) you want to swim and your current time for those event(s). If you are asked for the code for your LSC (Local Swimming Committee), Pacific's two-letter code is **PC**.

Regardless of the type of entry form used, be sure to enter your name and your registration number just as they appear on your current Pacific Swimming registration card. Pacific's records are computerized, and in order to maintain accurate lists of best times, your name, club, and age must be consistent from meet to meet and must be consistent with Pacific's records.

Before every meet, the registration status of all swimmers entered in that meet is verified with the Pacific Registration Chairman. If your registration cannot be verified, you will have to register at the meet and pay a surcharge of \$10.00 in addition to the regular registration fees before you will be allowed to check in. See Section 1 of the Pacific Rules and Regulations in this Guide for additional information on registration.

If you arrive at a meet and discover that your name, age, or club is not printed correctly in the meet program, correct the error with the Meet Director and Clerk of Course.

TIMES DATABASE

USA Swimming collects every time swum in a sanctioned USA Swimming meet. It is the responsibility of the Local Swim Committee (LSC) National Times Verification personnel to submit all times to the SWIMS database system.

Swimmers, their families and other interested parties have the option of searching the SWIMS system online at www.usaswimming.org by either:

1. Individual Event Rank - This will list one swimmer's rank within the event.
2. Individual Times - This will show a swimmer all of his/her times.
3. Event Rank - This will list all swimmers ranked within an event.
4. NCAA Top Times - This will provide a report of the NCAA Division I Top Times.
5. IM Xtreme Challenge Ranking

Take full advantage of USA Swimming's site by creating a personal account. If you are a USA Swimming member, you can link your web account to your USA Swimming membership. Some benefits of linking your web account to your membership include:

- Individual home pages for all swimmers and coaches.
- Display of personal best times and meets participated in.

- Graphical display of times information.
- Seasonal and lifetime best comparisons of times by percent and second change.

The database contains a complete history of each swimmer's competitive performances. Meet entries are compared to the database information and any differences are reported to the host meet director. This comparison includes both membership and times information. Discrepancies will have to be resolved at the meet before the swimmer is allowed to compete.

USA Swimming verifies entries in National competitions (Spring/Summer Nationals and US Open) against a National database. Pacific Swimming (PC) has designated National Times Verification officers who can assist in such verification if the entered time is not in the database for meets hosted in PC's jurisdiction. If the time was achieved in a meet outside of PC, the NTV Officer in the LSC of which the meet was held must verify it.

Pacific Swimming membership, registration and times (NTV) officers access USA Swimming's strictly controlled, online central database to enter and verify all registration and membership information and results of sanctioned meets as well as results of Approved and Observed competitions held in Pacific Swimming.

TIME STANDARDS & TOP TIMES

Pacific and USA Swimming have separate time standards for the purpose of motivating swimmers and providing minimum qualifying time standards for various levels of competition. Standards can act as milestones for swimmers to achieve. This guide includes a comprehensive explanation and list of standards in the "Time Standards" section.

Pacific Swimming's Top Times reports, available on the Pacific website, are derived from the USA Swimming database. These reports automatically include times achieved by all swimmers registered with Pacific Swimming in all meets sanctioned, approved or observed by USA Swimming. The 'swim year' for Pacific's annual Top Times listings is September 1 through August 31.

ALL-STAR TEAMS

All-star teams comprised of swimmers from different age groups and teams will be chosen to represent Pacific Swimming at the following meets:

Pacific Coast All-Star Meet, January 4-5 2014, TBD, WA — Up to 32 swimmers will be selected for the 2013 Pacific Coast All-Star Meet. Swimmers will be selected from the 2012 short course season from September 2012 to December 2012.

Western Zone Championships, August 6-9, 2014, Federal Way, WA — Up to 80 swimmers plus four swimmers with disabilities will be selected for the Western Zone Championships. The swimmers are selected during the 2012 long course season up to the date on which the roster must be selected for travel purposes.

North American Challenge Cup, August 7-9, 2014, Veracruz, Mexico — Up to 48 swimmers will be selected for the North American Challenge Cup, competing with Canada, Mexico, Pacific Northwest, and Southern California Swimming. The swimmers are selected during the 2012 long course season up to the date on which the roster must be selected for travel purposes.

Swimmers wishing to be considered for selection to any of these all-star teams must submit all application forms by specified deadlines and meet the designated selection requirements. These will be available on the Pacific Swimming website at www.pacswim.org. Applications are often available at qualifying meets as well.

For more information on selection procedures and requirements for All-Star teams, please contact the Age Group Vice- Chairman:

Steve Hurko

408.246.5050 / shurko@pacswim.org

CAMPS

Pacific Swimming has announced the following camps for 2014. Additional information regarding the camps will be posted on 1-13 <http://www.pacswim.org/programs/swim-camps> when it is available.

11-12 Motivational Camp – February/March 2014 — 48 swimmers will be selected from the Short Course Junior Olympic Championship Meet held in Morgan Hill, California on December 2-4, 2012. The Camp will be held in late February or early March 2012. The age of the participants is 11-12 as of the final day of competition at the meet. To apply, the athlete must compete at the Pacific Swimming Short Course Junior Olympic Championship Meet.

Adam Szmidt Memorial Camp for 10 & Unders – April 27, 2014 — 48 swimmers will be selected at the Pacific Swimming Short Course Far Westerns Championship Meet on April 4-7, 2013 in Morgan Hill, California. The age of the participants is 10/under as of the final day of competition at the meet. The camp will be held on April 27, 2014. To apply, the athlete must compete at Short Course Far Westerns.

Junior Leadership Camp for 13/18-year-olds – September 2014 — 60 swimmers will be selected at the Adam Szmidt Memorial Pacific Swimming Junior Olympics Championship Meet on July 12-14, 2014. The age of the participants is 13-18 years as of the final day of competition at the selection meet. The Camp will take place in September 2014 at Independence High School in San Jose, CA. To apply, the athlete must compete at the selection meet.

For more information on camps contact the Pacific Swimming Camp Coordinator:

Jennifer Malick

408.848.1311 / jmalick@pacswim.org

Note: Dates and locations subject to change based on pool availability and schedule changes.

HIGH SCHOOL COMPETITION

The California Interscholastic Federation (CIF) does not penalize USA Swimming members for swimming attached to their local swim clubs during high school season for the Sectionals and National Championship meets. However, the CIF does require that in any other USA or Pacific Swimming meet held during the high school club season, swimmers must compete as unattached. It is the swimmer's responsibility to enter as unattached and to verify his or her unattached status at meets.

For Pacific Swimming registration purposes only, swimmers are automatically considered unattached during their high school season and do not need to change their registration status with the Pacific Registration Chairman. When entering a USA-S sanctioned competition during the high school season, it is the responsibility of the swimmer to enter "Unattached" (UN) on their entry form.

If a swimmer is planning to change their club affiliation during this period and use the high school season as part of their 120-day unattached period should complete a Transfer Form and send it to Pacific Swimming Registration (as described on the www.pacswim.org website).

TRANSFERRING CLUB AFFILIATION

See Section 1.A.4 of Pacific Rules and Regulations in this guide for information on how to transfer between clubs.

Please use the Pacific Swimming Transfer Form on the website at <http://www.pacswim.org/userfiles/cms/documents/438/transfer.pdf>. Note that if you transfer your club affiliation and wish to enter a meet, you must register for the meet as unattached (UN). This "unattached period" lasts for 120 days beginning at the last day you represented your previous club in a competition. Unattached status means you may swim in individual events, but cannot score points for your team or swim in relays.

CONTACTS

GENERAL INFORMATION

REGISTRATION

For athlete/non-athlete membership, contact Laurie Benton at 925.822.7913 / 925.405.3797(fax), or email at office-membership@pacswim.org.

SANCTIONS

Meet sanction applications and instructions can be found on the Pacific Swimming website at <http://www.pacswim.org/bay-area-swim-meets/sanctions>. Any additional questions can be answered by emailing sanctions@pacswim.org.

PACIFIC SWIMMING WEBSITE

Stay up-to-date with Pacific Swimming on the Internet. Visit our site at www.pacswim.org for the latest in meet results, top times, and news about what's going on; information for clubs, swimmers, and parents; links to other swimming websites; our up-dated club listing; time standards, meet schedules and records.

Content developer for the website is **Jillian Ruppenstein**, jillian@pacswim.org. Send meet results to results@pacswim.org. Other information for the website can be sent to info@pacswim.org.

BYLAWS

Bylaws can be found on the Pacific Swimming website at <http://www.pacswim.org/documents/bylaws>.

INSURANCE

When participating in specified activities, USA Swimming, Pacific Swimming, USA Swimming member clubs, USA Swimming members clubs, USA Swimming members and volunteers acting on behalf of USA Swimming are provided general liability insurance and excess liability insurance. Additionally, all individual members of USA Swimming are provided secondary accidental medical insurance. Additional Named Insured Certificates may be ordered directly on the Internet. Go to www.certifi-catesnow.com. Instructions for issuing the certificates may be obtained from the USA Swimming Website, www.usaswimming.org; under the Clubs tab, click on the "Risk

Management & Insurance” link or from the Risk Management Services, Inc. website, www.theriskpeople.com. If special wording is required from the Additional Insured, please contact Risk Management Services, Inc. 800.777.4930 ext. 10. Risk Management Services, Inc. now charges \$25 per certificate for routine Additional Insured certificates.

For more specific information concerning this coverage and the processing of claims, contact either of the people listed below:

| | |
|--|---|
| Carol Burch, USA Swimming One Olympic Plaza Colorado Springs, CO 80909 719.866.4578 cburch@usaswimming.org | Sandi Blumit, Risk Management Services, Inc. PO Box 32712 Phoenix, AZ 85064 800.777.4930 / 602.274.9138 (fax) sblumit@theriskpeople.com |
|--|---|

USA SWIMMING CONTACT INFORMATION

The telephone number for USA Swimming is: 719.866.4578. You can also find them online at www.usaswimming.org.

BOARD OF DIRECTORS

BOD MEETINGS

The Pacific Swimming Board of Directors is comprised entirely of dedicated, experienced volunteers. In 2014, the BOD is scheduled on the following dates: February 19, April 23, July 23, September 24, and November 19. Meetings go from 7:30pm to approximately 9:00pm, and will take place at the San Ramon Courtyard Marriott, 18090 San Ramon Valley Road, San Ramon, CA unless otherwise noted.

House of Delegates meetings are held twice a year. In 2013, the House of Delegates is scheduled to meet on Saturday, May 3, and Saturday, October 11. HOD meeting times will be announced on the website, www.pacswim.org.

Meeting dates and locations as well as Board contact information is subject to change. Please visit the Pacific Swimming website’s ‘B o a r d of Directors’ page (<http://www.pacswim.org/documents/board-documents>) for up-to-date information on all meeting dates and locations as well as current contact information for each Board member.

2013-2014 BOARD MEMBERS & CONTACT INFORMATION

GENERAL CHAIR

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Aric Lang

2013-2014 BOARD MEMBERS & CONTACT INFORMATION (continued)

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MEMBERS OF STANDING COMMITTEES

BOARD OF REVIEW

Members are selected for two-year terms. Current members are:

DAVID BENJAMIN

(2012-2014 term)

ANDY CLIFFORD

(2012-2014 term)

TODD TUCKER

(2012-2014 term)

CLINT BENTON

(2013-2015 term)

SUSI JACKSON

(2013-2015 term)

KARYN KIKUTA

(2013-2015 term)

DARRYL WOO

(2013-2015 term)

NATIONAL TIME VERIFICATION (NTV)

NTV Officers may verify national times made by swimmers at Pacific Swimming sanctioned meets. The officer is:

Laurie Benton

925.822.7913 (o) / 925.405.3797 (f)

office-membership@pacswim.org

ZONE CONTACTS

ZONES DEFINED

Pacific Swimming is divided into five zones. Exact boundaries of each zone can be found in Article 7.2.3 of Pacific's Bylaws.

- ZONE 1 NORTH (Peninsula) – San Mateo & Santa Clara counties (Palo Alto south to Cupertino & Sunnyvale)
- ZONE 1 SOUTH (South Bay) – Santa Clara (San Jose, Santa Clara & Saratoga), San Benito, Santa Cruz & Monterey counties
- ZONE 2 (East Bay/Central Valley) – Alameda, Contra Costa, San Joaquin* & Stanislaus* counties
- ZONE 3 (San Francisco/North Bay/North Coast) – Del Norte, Humboldt, Lake, Marin, Mendocino, Napa, San Francisco, Solano* & Sonoma counties
- ZONE 4 (Reno/Tahoe/Mountains) – Inyo & Mono counties, Nevada Counties* (Reno, Carson City, Tahoe)

*Some clubs in this area are affiliated with Sierra Nevada Swimming

2013-2014 ZONE OFFICERS

ZONE 1 NORTH OFFICERS

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| Club Name | Club Code | Zone | Club Name | Club Code | Zone | Club Name | Club Code | Zone |
|--|-----------|------|--------------------------------------|-----------|------|-------------------------------|-----------|------|
| Alameda Island Aquatics | AIA | 2 | Los Gatos Swim Club | LGSC | 1S | Ripon Aquatics | RA | 2 |
| Albany Armada Aquatics | AAA | 2 | Lynbrook Aquatics | LA | 1S | Rolling Hills Club Tritons | RHC | 3 |
| Almaden Riptides | TIDE | 1S | Marin Pirates | MP | 3 | Round Hill Sea Monkeys | RHSM | 3 |
| Balboa Sharks Swim Team | BSST | 3 | Matadero Creek Aquatic Club | MCAC | 1N | Saint Lawrence Swim Team | SLST | 1S |
| Bear Swimming | BEAR | 2 | Mavericks | MAV | 1N | San Benito Aquatics | SBA | 1S |
| Blackhawk Swim Team | HOX | 2 | Mendocino Coast Sea Dragons | MCSD | 3 | San Domenico Swimming | SD | 3 |
| Blue Tide Aquatics | BTA | 2 | Menlo Mavericks | MM | 1N | San Ramon Valley Aquatics | SRVL | 2 |
| Boys & Girls Clubs of SF Starfish Aquatics | STAR | 3 | Milpitas Tidal Waves | MTW | 1S | Santa Clara Swim Club | SCSC | 1S |
| Brentwood Seawolves | BSW | 2 | Mission San Jose Aquatics | MSJA | 2 | Santa Cruz County Aquatics | CRUZ | 1S |
| Bulldog Swim Club | BSC | 1N | MLK Jr. Blue Dolphin Youth Swim Team | MLKB | 3 | Seals Aquatics | SRBY | 3 |
| Burlingame Aquatic Club | BAC | 1N | Montclair Swim Team | MONT | 2 | Seaside Aquatic Club | SEA | 1S |
| Cabrillo Threshers | CAB | 1S | Monterey Bay Swim Club | MBSC | 1S | Sebastopol Sea Serpents | SSS | 3 |
| Calaveras County Aquatics Dorados | CCAD | 2 | Monterey County Aquatic Team | MCAT | 1S | Sequoia Aquatics of Marin | SAM | 3 |
| California Aquatics | CAL | 2 | Monticello Aquatic Club Seals | MACS | 3 | SFRP Rossi Swim Team | RAYS | 3 |
| California Dolphin Swim Team | CDST | 2 | Morgan Hill Swim Club | MAKO | 1S | Slug Aquatics | SLUG | 1S |
| Carson Tigersharks | CARS | 4 | Mount Diablo Dolphins | MDD | 2 | SOLO Aquatics | SOLO | 1N |
| City of Morgan Hill Splash Aquatics | MHSA | 1S | Napa Valley Swim Team | NVST | 3 | Sonoma Sea Dragons | SON | 3 |
| ClubSport San Ramon Marlins | CSRM | 2 | Neptune Swimming | SRN | 3 | South San Francisco Aquatics | SSF | 1N |
| Courtside Swim Club | CSC | 1S | New Wave Aquatics | NWA | 2 | South Valley Stingrays | SVS | 2 |
| Crescent City Swim Club | CCSC | 3 | North Bay Aquatics | NBA | 3 | St. Helena Swim Club | SHSC | 3 |
| Crow Canyon Country Club Sharks | CROW | 2 | Northern Nevada Aquatics | NNA | 4 | Stanford Swimming | STAN | 1N |
| Daly City Dolphins | DCD | 1N | Oakdale Aquatics | OA | 2 | Stanislaus Aquaticz | SAZ | 2 |
| De Anza Cupertino Aquatics | DACA | 1N | Oakland Tsunami | OTST | 2 | Stockton Swim Club | RAM | 2 |
| Douglas Dolphins Swim Team | DDST | 4 | Oakland Undercurrent S.T. | ONDA | 2 | SUNN Swimming | SUNN | 1N |
| East Bay Bat Rays | EBAT | 2 | Oakwood Athletic Club | OAKW | 2 | Swim South Bay | BAY | 1S |
| East Bay Silver Dolphins | EBSD | 2 | Orinda Aquatics | OAPB | 2 | Tahoe Swim Club | TAHO | 4 |
| El Cerrito Gators | ECG | 2 | Osprey Aquatics | OAQ | 1S | Team WAVE | WAVE | 1S |
| Ellis Aquatics Swim Team | EA | 2 | Otter Swim Club | OSC | 1N | Tempo Aquatics | TMPO | 1S |
| Flying Fish | FF | 2 | Pacific Coast Marlins | PCM | 3 | Terrapins Swim Team | TERA | 2 |
| Fog City Hammerheads | FOG | 3 | Pacific Sports Resort Panthers | PSRP | 1N | The Hills Hurricane Swimming | HILL | 2 |
| Fort Bragg Aquatics | FBA | 3 | Pacifica Platypus Swim Club | PPSC | 1N | The Olympic Club | TOC | 3 |
| Fountaingrove Fins | FINS | 3 | Pacifica Sea Lions | PSL | 1N | The Swim Club of NorCal | NCAL | 2 |
| Gilroy Gators Swim Team | GGST | 1S | Palo Alto Stanford Aquatics | PASA | 1N | Tiger Aquatics | TIGR | 2 |
| Highland Dolphins Aquatic Club | HDAC | 1N | Peak Swimming | PEAK | 1S | Tri Valley Aquatics | TRIV | 2 |
| Humboldt Swim Club | HSC | 3 | Peninsula Community Center Aquatics | PCCA | 1N | Ukiah Dolphins | UD | 3 |
| JCCSF Great White Sharks | JCSC | 3 | Piedmont Swim Team | PST | 2 | USF Koret Youth Swim Club | KYSC | 3 |
| KOA Aquatics | KOA | 1N | Piranha Swimming | QUIK | 3 | Vallejo Aquatic Club | VJO | 3 |
| Ladera Oaks | LO | 1N | Pirate Aquatics | PA | 2 | Valley Splash | VS | 1S |
| Lake County Channel Cats | LCCC | 3 | Pleasanton Seahawks | PLS | 2 | Walnut Creek Aquabears | WCAB | 2 |
| Lakeridge Swim Team | LAKE | 4 | Polar Bears of Los Gatos | GATO | 1S | West Coast Aquatics | WEST | 1S |
| Livermore Aqua Cowboys | LAC | 2 | Quicksilver Swimming | QSS | 1S | Westside Aquaducks | WA | 3 |
| Livermore Blue Dolphins | LBD | 2 | Reno Aquatic Club | RENO | 4 | Willits Otters | WILL | 3 |
| Los Altos & Mountain View A.C. | LAMV | 1N | Richmond Sailfish | SAIL | 2 | Wine Country Aquatics Of Napa | WCAN | 3 |
| | | | | | | YMCA Pacific Aquatic Club | YPAC | 3 |

| Club Name | Club Code | Zone | Club Name | Club Code | Zone | Club Name | Club Code | Zone |
|-----------------------------------|-----------|------|--------------------------------------|-----------|------|--|-----------|------|
| Albany Armada Aquatics | AAA | 2 | Los Altos & Mountain View A.C. | LAMV | 1N | Ripon Aquatics | RA | 2 |
| Alameda Island Aquatics | AIA | 2 | Livermore Blue Dolphins | LBD | 2 | Stockton Swim Club | RAM | 2 |
| AlaGators | ALGA | 2 | Lake County Channel Cats | LCCC | 3 | SFRP Rossi Swim Team | RAYS | 3 |
| Burlingame Aquatic Club | BAC | 1N | Los Gatos Swim Club | LGSC | 1S | Reno Aquatic Club | RENO | 4 |
| Swim South Bay | BAY | 1S | Ladera Oaks | LO | 1N | Rolling Hills Club Tritons | RHC | 3 |
| Bear Swimming | BEAR | 2 | Monticello Aquatic Club Seals | MACS | 3 | Round Hill Sea Monkeys | RHSM | 3 |
| Bulldog Swim Club | BSC | 1N | Morgan Hill Swim Club | MAKO | 1S | Richmond Sailfish | SAIL | 2 |
| Balboa Sharks Swim Team | BSST | 3 | Mavericks | MAV | 1N | Sequoia Aquatics of Marin | SAM | 3 |
| Brentwood Seawolves | BSW | 2 | Monterey Bay Swim Club | MBSC | 1S | Stanislaus Aquaticz | SAZ | 2 |
| Blue Tide Aquatics | BTA | 2 | Matadero Creek Aquatic Club | MCAC | 1N | San Benito Aquatics | SBA | 1S |
| Cabrillo Threshers | CAB | 1S | Monterey County Aquatic Team | MCAT | 1S | Santa Clara Swim Club | SCSC | 1S |
| California Aquatics | CAL | 2 | Mendocino Coast Sea Dragons | MCSD | 3 | San Domenico Swimming | SD | 3 |
| Carson Tigersharks | CARS | 4 | Mount Diablo Dolphins | MDD | 2 | Seaside Aquatic Club | SEA | 1S |
| Calaveras County Aquatics Dorados | CCAD | 2 | City of Morgan Hill Splash Aquatics | MHSA | 1S | St. Helena Swim Club | SHSC | 3 |
| Crescent City Swim Club | CCSC | 3 | MLK Jr. Blue Dolphin Youth Swim Team | MLKB | 3 | Saint Lawrence Swim Team | SLST | 1S |
| California Dolphin Swim Team | CDST | 2 | Menlo Mavericks | MM | 1N | Slug Aquatics | SLUG | 1S |
| Crow Canyon Country Club Sharks | CROW | 2 | Montclair Swim Team | MONT | 2 | SOLO Aquatics | SOLO | 1N |
| Santa Cruz County Aquatics | CRUZ | 1S | Marin Pirates | MP | 3 | Sonoma Sea Dragons | SON | 3 |
| Courtside Swim Club | CSC | 1S | Mission San Jose Aquatics | MSJA | 2 | Seals Aquatics | SRBY | 3 |
| ClubSport San Ramon Marlins | CSRM | 2 | Milpitas Tidal Waves | MTW | 1S | Neptune Swimming | SRN | 3 |
| De Anza Cupertino Aquatics | DACA | 1N | North Bay Aquatics | NBA | 3 | San Ramon Valley Aquatics | SRVL | 2 |
| Daly City Dolphins | DCD | 1N | The Swim Club of NorCal | NCAL | 2 | South San Francisco Aquatics | SSF | 1N |
| Douglas Dolphins Swim Team | DDST | 4 | Northern Nevada Aquatics | NNA | 4 | Sebastopol Sea Serpents | SSS | 3 |
| Ellis Aquatics Swim Team | EA | 2 | Napa Valley Swim Team | NVST | 3 | Stanford Swimming | STAN | 1N |
| East Bay Bat Rays | EBAT | 2 | New Wave Aquatics | NWA | 2 | Boys & Girls Clubs of SF Starfish Aquatics | STAR | 3 |
| East Bay Silver Dolphins | EBSD | 2 | Oakdale Aquatics | OA | 2 | SUNN Swimming | SUNN | 1N |
| El Cerrito Gators | ECG | 2 | Oakwood Athletic Club | OAKW | 2 | South Valley Stingrays | SVS | 2 |
| Fort Bragg Aquatics | FBA | 3 | Orinda Aquatics | OAPB | 2 | Tahoe Swim Club | TAHO | 4 |
| Flying Fish | FF | 2 | Osprey Aquatics | OAQ | 1S | Terrapins Swim Team | TERA | 2 |
| Fountaingrove Fins | FINS | 3 | Oakland Undercurrent S.T. | ONDA | 2 | Almaden Riptides | TIDE | 1S |
| Fog City Hammerheads | FOG | 3 | Otter Swim Club | OSC | 1N | Tiger Aquatics | TIGR | 2 |
| Polar Bears of Los Gatos | GATO | 1S | Oakland Tsunami | OTST | 2 | Tempo Aquatics | TMPO | 1S |
| Gilroy Gators Swim Team | GGST | 1S | Pirate Aquatics | PA | 2 | The Olympic Club | TOC | 3 |
| Highland Dolphins Aquatic Club | HDAC | 1N | Palo Alto Stanford Aquatics | PASA | 1N | Tri Valley Aquatics | TRIV | 2 |
| The Hills Hurricane Swimming | HILL | 2 | Peninsula Community Center Aquatics | PCCA | 1N | Ukiah Dolphins | UD | 3 |
| Humboldt Swim Club | HSC | 3 | Pacific Coast Marlins | PCM | 3 | Vallejo Aquatic Club | VJO | 3 |
| Blackhawk Swim Team | HOX | 2 | Peak Swimming | PEAK | 1S | Valley Splash | VS | 1S |
| JCCSF Great White Sharks | JCSC | 3 | Pleasanton Seahawks | PLS | 2 | Westside Aquaducks | WA | 3 |
| KOA Aquatics | KOA | 1N | Pacifica Platypus Swim Club | PPSC | 1N | Team WAVE | WAVE | 1S |
| USF Koret Youth Swim Club | KYSC | 3 | Pacifica Sea Lions | PSL | 1N | Walnut Creek Aquabears | WCAB | 2 |
| Lynbrook Aquatics | LA | 1S | Pacific Sports Resort Panthers | PSRP | 1N | Wine Country Aquatics Of Napa | WCAN | 3 |
| Livermore Aqua Cowboys | LAC | 2 | Piedmont Swim Team | PST | 2 | West Coast Aquatics | WEST | 1S |
| Lakeridge Swim Team | LAKE | 4 | Quicksilver Swimming | QSS | 1S | Willits Otters | WILL | 3 |
| | | | Piranha Swimming | QUIK | 3 | YMCA Pacific Aquatic Club | YPAC | 3 |

| CODE | CLUB/CONTACT | ADDRESS | CODE | CLUB/CONTACT | ADDRESS |
|---------------------|---|---|-------------|---|---|
| ZONE 1 NORTH | | | | | |
| BSC | Bulldog Swim Club Katie Elgaaen (W) (650) 378-7373 / (F) (650) 378-7374 smac.aquatics@smccd.edu | 1700 W Hillsdale Blvd Bldg 5 San Mateo, CA 94402 | BAC | Burlingame Aquatic Club Christopher Culp (W) (650) 558-2883 / (F) (650) 558-2882 chris@burlingameaquatics.com | PO Box 281 Burlingame, CA 94011 |
| DCD | Daly City Dolphins A.J. Vergara (W) (650) 200-7065 jayverg01@yahoo.com | PO Box 2881 Daly City, CA 94017 | DACA | De Anza Cupertino Aquatics Tammy Hopkins (W) (408) 253-7946 / (F) (408) 253-6443 tammy@daca.org | 1080 S De Anza Blvd San Jose, CA 95129 |
| HDAC | Highland Dolphins Aquatic Club Zach Wolfe (W) (650) 341-0402 swimmingwolfe@yahoo.com | 1851 Lexington Ave San Mateo, CA 94402 | KOA | KOA Aquatics Rich Farley (W) (650) 312-8349 koa_aquatics@yahoo.com | PO Box 8301 Foster City, CA 94404 |
| LO | Ladera Oaks Andy Clifford (W) (650) 854-3101 / (F) (650) 854-5892 andy@laderaosaks.com | 3249 Alpine Rd Portola Valley, CA 94028 | LAMV | Los Altos & Mountain View A.C. Barbara Ho (W) (408) 965-7293 / (F) (650) 965-7293 mail@lamvac.org | PO Box 1269 Los Altos, CA 94023 |
| MCAC | Matadero Creek Aquatic Club Matt Schubert (W) (650) 493-2372 / (F) (650) 493-2375 mschubert@ucpalooalto.com | 3277 Miranda Ave Palo Alto, CA 94304 | MAV | Mavericks Swim Team Amy Worden (W) (650) 619-0294 / (F) (650) 726-1049 amyworden@coastside.net | PO Box 521 Half Moon Bay, CA 94019 |
| MM | Menlo Mavericks Aaron Burrows (W) (650) 328-7946 / (F) (650) 328-7945 aaron@menloswim.com | 501 Laurel St Menlo Park, CA 94025 | OSC | Otter Swim Club Fred Farley (W) (650) 346-9871 tkane02@yahoo.com | 409 Cavour St Oakland, CA 94618 |
| PASA | Palo Alto Stanford Aquatics Ava Thompson (W) (650) 327-1721 / (F) (650) 328-4429 info@paloaltoswimclub.org | PO Box 50340 Palo Alto, CA 94303 | PPSC | Pacifica Platypus Swim Club Brad Pence (W) (650) 515-0301 / (F) (650) 738-9311 bradswim@aol.com | 560 Farallon Ave Pacifica, CA 94044 |
| PSL | Pacifica Sea Lions Vicki Russo (W) (650) 738-7460 / (F) (650) 359-1810 russov@ci.pacifica.ca.us | 170 Santa Maria Ave Pacifica, CA 94044 | PSRP | Pacific Sports Resort Panthers Emily Nicholson (W) (650) 593-7165 aquatics@pacclub.com | 200 Redwood Shores Pkwy Redwood City, CA 94065 |
| PCCA | Peninsula Community Center Aquat Dave Knochenhauer (W) (650) 364-6272 Ext: 244 / (F) (650) 364-9546 davek@peninsulacovenant.com | 3560 Farm Hill Blvd Redwood City, CA 94061 | SOLO | SOLO Aquatics Tom McRae (W) (650) 851-9091 SOLOTOM@YAHOO.COM | PO Box 7266 Menlo Park, CA 94026 |
| SSF | South San Francisco Aquatics Stephanie Kuang (W) (650) 875-6973 / (F) (650) 875-6976 ssfacs@comcast.net | PO Box 5179 S. San Francisco, CA 94083 | STAN | Stanford Swimming Scott Armstrong (F) (650) 725-0758 scottarmstrong@stanford.edu | cDonald Mall / Avery Aquatic Center Stanford, CA 94305 |

| CODE | CLUB/CONTACT | ADDRESS | CODE | CLUB/CONTACT | ADDRESS |
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| ZONE 1 NORTH | | | | | |
| SUNN | SUNN Swimming Margaret Copley (W) (408) 306-7930 info@sunn.org | PO Box A Sunnyvale, CA 94087 | | | |
| ZONE 1 SOUTH | | | | | |
| TIDE | Almaden Riptides Kyle Kikuta (W) (408) 239-9777 almaden.riptides@gmail.com | 1079 Shadow Brook Dr San Jose, CA 95120 | AHA | Alpine Hills Aquatics Rodney Centeno (W) (650) 851-1591 / (F) (650) 851-1759 alpinhillsaquatics@gmail.com | 4139 Alpine Rd Portola Valley, CA 94028 |
| CAB | Cabrillo Threshers Jim Triplett (W) (831) 688-3613 willitriple@aol.com | PO Box 548 Aptos, CA 95001 | CSC | Courtside Swim Club Nicole Green (W) (408) 395-7111 ngreen@courtsideclub.com | 14675 Winchester Blvd Los Gatos, CA 95032 |
| GGST | Gilroy Gators Swim Team Char Carnell (W) (408) 848-3100 gilroygatorsswimteam@yahoo.com | 777 1st St Ste 183 Gilroy, CA 95020 | LGSC | Los Gatos Swim Club Patrick King (W) (408) 356-2136 / (F) (408) 358-2593 patrick@lgsr.com | 14700 Oka Rd Los Gatos, CA 95032 |
| LA | Lynbrook Aquatics Jim Malley (W) (408) 377-3020 lynbrookaquatics@yahoo.com | 3130 Jennifer Way San Jose, CA 95124 | MTW | Milpitas Tidal Waves Jamie Chew (W) (408) 586-3234 / (F) (408) 942-2460 jchew@ci.milpitas.ca.gov | 1325 E Calaveras Blvd Milpitas, CA 95035 |
| MBSC | Monterey Bay Swim Club Mary Hazdovac (W) (831) 646-8636 maryhazdovac@comcast.net | PO Box 1571 Monterey, CA 93942 | MCAT | Monterey County Aquatic Team Dia Rianda (W) (866) 411-6228 coachdia@aol.com | 1 East Bernal Ste 1 Salinas, CA 93906 |
| MHSA | City of Morgan Hill Splash Aquatics Lisa Rick (W) (408) 310-4303 lisa.rick@morganhill.ca.gov | 16200 Condit Rd Morgan Hill, CA 95037 | MAKO | Morgan Hill Swim Club Tom Lebherz (W) (408) 782-0088 comments@morganhillmakos.com | PO Box 972 Morgan Hill, CA 95038 |
| OAQ | Osprey Aquatics Shannon Mackin (W) (408) 927-7627 shannon@ospreyaquatics.com | 757 Harry Rd San Jose, CA 95120 | PEAK | Peak Swimming Abi Liu (W) (408) 320-4868 / (F) (408) 320-4867 peakswimming@gmail.com | 12230 Saratoga Sunnyvale Rd Saratoga, CA 95070 |
| GATO | Polar Bears of Los Gatos Nicholas Jufiar (W) (408) 224-0146 n.jufiar@gmail.com | PO Box 1578 Los Gatos, CA 95031 | QSS | Quicksilver Swimming Janet Gutierrez (W) (408) 227-5884 / (F) (408) 227-1757 swimqss@gmail.com | PO Box 36205 San Jose, CA 95158 |
| SLST | Saint Lawrence Swim Team Barbara Titus (W) (408) 636-6168 info@slst.info | 1977 Saint Lawrence Dr Santa Clara, CA 95051 | SBA | San Benito Aquatics Cathy Larson (W) (831) 245-9890 sanbenitoaquatics@ymail.com | PO Box 464 Hollister, CA 95024 |

| CODE | CLUB/CONTACT | ADDRESS | CODE | CLUB/CONTACT | ADDRESS |
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| ZONE 1 SOUTH | | | | | |
| SCSC | Santa Clara Swim Club John Bitter (W) (408) 246-5050 / (F) (408) 246-5055 jbitter@santaclaraswimclub.org | 2625 Patricia Dr Santa Clara, CA 95051 | CRUZ | Santa Cruz County Aquatics Claude Henry (W) (831) 429-7946 jim_aumann@hotmail.com | PO Box 1616 Soquel, CA 95073 |
| SEA | Seaside Aquatic Club Tami Cripe (W) (831) 394-0533 / (F) (831) 394-0533 backstrider@aol.com | PO Box 950 Seaside, CA 93955 | SLUG | Slug Aquatics Joan McCallum (W) (831) 459-3372 jrmccall@ucsc.edu | 1156 High St OPERS/UCSC Santa Cruz, CA 95064 |
| SVS | South Valley Stingrays Jerry Bozzo (W) (408) 224-9880 bozzojerry@yahoo.com | 7047 Via Ramada San Jose, CA 95139 | BAY | Swim South Bay Marisa Cozort (W) (408) 979-3320 / (F) (408) 974-3330 marisa@swimsouthbay.org | 1583 Phantom Ave San Jose, CA 95125 |
| WAVE | Team WAVE Marcelo Castro (W) (408) 866-2160 marceloc@cityofcampbell.com | 1 W Campbell Ave Ste C31 Campbell, CA 95008 | TMPO | Tempo Aquatics Patti Rothwell (W) (408) 622-8550 pattirothwell@yahoo.com | 1815 La Terrace Cir San Jose, CA 95123 |
| VS | Valley Splash Cathy Manthey (W) (408) 513-2450 cmanthey@vcs.net | 100 Skyway Dr San Jose, CA 95111 | WEST | West Coast Aquatics Guiselle Morrone (W) (408) 928-9972 westteammanager@gmail.com | PO Box 32188 San Jose, CA 95152 |
| ZONE 2 | | | | | |
| ALGA | AlaGators Pamela Thompson (W) (510) 688-0262 dostwill@yahoo.com | PO Box 1641 Alameda, CA 94501 | AAA | Albany Armada Aquatics Helen Garcia (W) (510) 812-4449 / (F) (510) 735-8633 helen@albanyarmada.com | PO Box 5479 Richmond, CA 94805 |
| AIA | Alameda Island Aquatics Eric Delore (W) (510) 814-8809 membership@alamedaislanders.org | 875A Island Dr #190 Alameda, CA 94502 | HOX | Blackhawk Swim Team Jennifer Moirao (W) (925) 899-4428 jscott@blackhawkcc.org | 1098 Eagle Nest Pl Danville, CA 94506 |
| BTA | Blue Tide Aquatics Victor Aguilar (W) (209) 575-6266 / (F) (209) 575-6145 contact@bluetideaquatics.com | 435 College Ave Modesto, CA 95350 | BEAR | Bear Swimming Patrick Malaga (W) (510) 326-5544 sonmala@aol.com | 5075 Appian Way El Sobrante, CA 94803 |
| BSW | Brentwood Seawolves Craig Carson (W) (925) 240-9653 info@brentwoodseawolves.com | PO Box 1212 Brentwood, CA 94513 | CCAD | Calaveras County Aquatiks Dorados Richard Advincula (W) (209) 890-3494 ccadorados@gmail.com | PO Box 461 Murphys, CA 95247 |
| CAL | California Aquatics Aaron Schulman (W) (510) 642-1897 / (F) (510) 643-5344 aschulman@berkeley.edu | 135E Haas Pavilion Berkeley, CA 94720 | CDST | California Dolphin Swim Team Xiaohong Wang (W) (510) 790-7946 / (F) (510) 796-7946 xiaohong92@yahoo.com | 34075 Fremont Blvd Fremont, CA 94555 |

| CODE | CLUB/CONTACT | ADDRESS | CODE | CLUB/CONTACT | ADDRESS |
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| ZONE 2 | | | | | |
| CSRM | ClubSport San Ramon Marlins Catherine Skinner (W) (925) 735-8500 / (F) (925) 735-7916 cskinners@clubsportsr.com | 350 Bollinger Canyon Ln San Ramon, CA 94582 | CROW | Crow Canyon Country Club Sharks Dan Cottam (W) (925) 735-5650 / (F) (925) 735-4018 cottamdan@yahoo.com | 711 Silver Lake Dr Danville, CA 94526 |
| DPST | Dewing Park Swim Team Tina Risse (W) (925) 360-7166 swimteam@dewing.com | PO Box 2218 Walnut Creek, CA 94595 | DCC | Diablo Country Club Ricky Millington (W) (925) 837-2723 / (F) (925) 837-4711 diabloswim@diablocc.org | PO Box 777-1700 Clubhouse Rd Diablo, CA 94528 |
| VKNG | Diablo Viking Aquatics Joseph Natina (W) (530) 604-3999 vikingaquatics@hotmail.com | 1085 Hacienda Dr Walnut Creek, CA 94598 | EBAT | East Bay Bat Rays Mark Sand (W) (510) 393-6772 delasand5@sbcglobal.net | 20049 Sapphire St Castro Valley, CA 94546 |
| EBSD | East Bay Silver Dolphins Dionne Dunn (W) (510) 799-8291 / (F) (510) 799-8288 eastbaysilverdolphins@gmail.com | 2001 Refugio Valley Rd Hercules, CA 94547 | ECG | El Cerrito Gators Jerry Abee (W) (510) 559-7010 / (F) (510) 528-9413 jabee@ci.el-cerrito.ca.us | 7007 Moeser Ln El Cerrito, CA 94530 |
| EA | Ellis Aquatics Swim Team Pat Windschitl (W) (209) 620-1087 ellisheadcoach@gmail.com | 1169 S Main St Manteca, CA 95337 | FF | Flying Fish Mark Carter (W) (510) 226-8500 flyingfishoffremont@yahoo.com | 46650 Landing Pkwy Fremont, CA 94538 |
| HILL | The Hills Hurricane Swimming Shad Wojtala (W) (510) 339-0234 / (F) (510) 339-6208 swimfast2400@aol.com | 2400 Manzanita Dr Oakland, CA 94611 | LAC | Livermore Aqua Cowboys Desiree Bailey (W) (925) 443-7700 / (F) (925) 443-7789 swimming@lvtc.com | 2000 Arroyo Rd Livermore, CA 94550 |
| LBD | Livermore Blue Dolphins Kurt Schallitz (W) (925) 447-7946 coach@swimclub.com | 6546 Village Dr Livermore, CA 94551 | MSJA | Mission San Jose Aquatics Izzy Real (W) (510) 657-6752 / (F) (510) 657-6929 izzyr1105@sbcglobal.net | 5468 Borgia Rd Fremont, CA 94538 |
| MONT | Montclair Swim Team Laura Courtney (W) (510) 540-8867 montclair_swimteam@yahoo.com | PO Box 9251 Berkeley, CA 94709 | MDD | Mount Diablo Dolphins Korey Riley (W) (925) 682-0896 kriley@pleasanthillrec.com | 147 Gregory Ln Pleasant Hill, CA 94523 |
| NWA | New Wave Aquatics Serge Victor (W) (925) 257-4057 / (F) (925) 672-0148 swimwithserge@comcast.net | PO Box 33 Clayton, CA 94517 | OA | Oakdale Aquatics Chris Elswick (W) (209) 679-8375 chriseleswick@mac.com | PO Box 1008 Oakdale, CA 95361 |
| OTST | Oakland Tsunami Jason Jefferson (W) (510) 780-6302 oaklandtsunami@gmail.com | PO Box 4702 Oakland, CA 94605 | ONDA | Oakland Undercurrent S.T. Spencer Hawkins (W) (510) 594-4309 info@oaklandundercurrent.org | 4096 Piedmont Ave #181 Oakland, CA 94611 |

| CODE | CLUB/CONTACT | ADDRESS | CODE | CLUB/CONTACT | ADDRESS |
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| ZONE 2 | | | | | |
| OAKW | Oakwood Athletic Club Mike Milliman (W) (925) 283-4000 / (F) (925) 284-9612 mikem@oakwoodathleticclub.com | 4000 Mt Diablo Blvd Lafayette, CA 94549 | OAPB | Orinda Aquatics Ron Heidary (W) (925) 377-7946 oaswimcoach@aol.com | PO Box 2304 Orinda, CA 94563 |
| PLS | Pleasanton Seahawks Steve Morsilli (W) (925) 847-7946 / (F) (510) 538-2576 info@pleasantonseahawks.org | PO Box 1675 Pleasanton, CA 94566 | PST | Piedmont Swim Team Hugh Schugart (W) (415) 412-6737 treasurerpst@me.com | 70 Lakeview Ave Piedmont, CA 94611 |
| PA | Pirate Aquatics Corine Meyer-Riley (W) (209) 988-4534 coachcorine@mcmriley.com | 4724 Via Brezza Modesto, CA 95357 | SAIL | Richmond Sailfish John Schonder (W) (510) 356-8801 richmondswims@gmail.com | PO Box 70105 Richmond, CA 94807 |
| RA | Ripon Aquatics Colleen Gagnon (W) (209) 599-3859 riponaquaticscenter@gmail.com | 304 N Acacia Ave Ripon, CA 95366 | RHSM | Round Hill Sea Monkeys Hillary Halvorson (W) (925) 934-8211 Ext: 357 aquatics@roundhillcc.org | 3169 Roundhill Rd Alamo, CA 94507 |
| SRVL | San Ramon Valley Aquatics Richard Thornton (W) (905) 833-2407 / (F) (925) 833-2407 rtinthewater@aol.com | 9900 Broadmoor Dr San Ramon, CA 94583 | SAZ | Stanislaus Aquaticz Debie Lee (W) (209) 847-2071 debintheweb@netzero.com | 10200 Sierra Rd Oakdale, CA 95361 |
| RAM | Stockton Swim Club Bryan Davis (W) (209) 957-7890 / (F) (209) 956-6280 stocktonswimclub@gmail.com | 7617 N Pershing Ave Stockton, CA 95207 | NCAL | The Swim Club of NorCal Joe Plane (W) (209) 986-1347 coachjoep@sbcglobal.net | PO Box 448 Linden, CA 95236 |
| SYC | Sycamore Stingrays Kim Soderlund | 657 Old Orchard Dr Danville, CA 94526 | TERA | Terrapins Swim Team Paul Stafford (W) (925) 680-8372 / (F) (925) 680-8372 swimterrapin@msn.com | 4180 Treat Blvd Ste K Concord, CA 94518 |
| TIGR | Tiger Aquatics Craig Norman (W) (209) 948-5390 / (F) (209) 946-7640 tigeraquatics@gmail.com | PO Box 4667 Stockton, CA 95204 | TRIV | Tri Valley Aquatics Daniel Ridosko (W) (925) 321-6925 / (F) (925) 454-0117 swimtva@gmail.com | 1238 Murdell Ln Livermore, CA 94550 |
| WCAB | Walnut Creek Aquabears Mike Heaney (W) (925) 939-5990 / (F) (925) 944-3598 aquabears@sbcglobal.net | PO Box 3462 Walnut Creek, CA 94598 | | | |
| ZONE 3 | | | | | |
| BSST | Balboa Sharks Swim Team Andrew Wynkoop (W) (415) 337-4701 ajwynkoop@gmail.com | 51 Havelock St San Francisco, CA 94112 | CCSC | Crescent City Swim Club Amber Lucero (W) (707) 954-2398 ccsboard@hotmail.com | PO Box 1302 Crescent City, CA 95531 |

| CODE | CLUB/CONTACT | ADDRESS | CODE | CLUB/CONTACT | ADDRESS |
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| ZONE 3 | | | | | |
| FOG | Fog City Hammerheads Diane Davis (W) (415) 682-5044 info@fogcityhammerheads.org | 2001 37th Ave San Francisco, CA 94116 | FBA | Fort Bragg Aquatics Bob Rodriguez (W) (707) 937-4271 landb@mcn.org | PO Box 397 Little River, CA 95456 |
| HVS | Hidden Valley Sharks Charlie Hart (W) (707) 987-2640 chashart2000@yahoo.com | 18135 Sweetwood Ct Hidden Valley Lake, CA 95467 | HSC | Humboldt Swim Club Chris Goodwin (W) (707) 267-7946 / (F) (707) 822-8269 headcoach@hscswim.org | PO Box 101 Bayside, CA 95524 |
| JCSC | JCCSF Great White Sharks Regina Aguilar (W) (415) 276-1514 / (F) (415) 276-1561 cpeyser@jccsf.org | 3200 California St San Francisco, CA 94118 | LCCC | Lake County Channel Cats Bob Dinsmore (W) (707) 263-3131 dnsmr@mchsi.com | PO Box 1722 Lakeport, CA 95453 |
| LVA | Lucas Valley Aquatics Becky Anderson (W) (415) 492-9546 lvstpresident@gmail.com | 4460 Redwood Hwy Ste 16-312 San Rafael, CA 94903 | MP | Marin Pirates Warren Lager (W) (415) 898-0249 / (F) (415) 898-9619 lagersmith@comcast.net | 22 Corona Ct Novato, CA 94945 |
| MCSD | Mendocino Coast Sea Dragons Shannon Smith shannon@mcn.org | PO Box 2939 Fort Bragg, CA 95437 | MLKB | MLK Jr. Blue Dolphin Youth S.T. John Murphy (W) (415) 822-2807 mlkbluedolphins@gmail.com | 5701 3rd St San Francisco, CA 94124 |
| MACS | Monticello Aquatic Club Seals Leszek Szmids (W) (510) 787-2183 | 705 Alhambra St Crockett, CA 94525 | NVST | Napa Valley Swim Team Karen Bland (W) (707) 257-7946 napavalleysswim@yahoo.com | PO Box 2515 Napa, CA 94558 |
| SRN | Neptune Swimming Dan Greaves (W) (707) 217-9048 greaves_d@msn.com | PO Box 317 Santa Rosa, CA 95402 | NBA | North Bay Aquatics Ken Demont (W) (415) 367-5575 ken@northbayaquatics.org | 9 Scenic Rd Fairfax, CA 94930 |
| PCM | Pacific Coast Marlins Marc Detraz (W) (415) 456-1153 detraz@comcast.net | 95 Racquet Club Dr San Rafael, CA 94901 | QUIK | Piranha Swimming Annette Waner (W) (707) 524-4363 piranhaswimming@yahoo.com | 979 Golf Course Dr #142 Rohnert Park, CA 94928 |
| RHC | Rolling Hills Club Tritons Winnifred Comfort (W) (415) 897-2185 / (F) (415) 898-0659 winnie@rollinghillsclub.com | 351 San Andreas Dr Novato, CA 94945 | SD | San Domenico Swimming Gadi Shamah (W) (415) 302-4320 gadi@sandomenicoswimming.com | 20 Locust Ave Kentfield, CA 94904 |
| SRBY | Seals Aquatics Mehrad Zarrehparvar (W) (415) 756-0678 info@strawberryseals.com | 1 Blackfield Dr #340 Tiburon, CA 94920 | RAYS | SFRP Rossi Swim Team Michael Wong (W) (415) 666-7014 sfrp.rays@att.net | 2624 Cashlea Ct S. San Francisco, CA 94080 |

| CODE | CLUB/CONTACT | ADDRESS | CODE | CLUB/CONTACT | ADDRESS |
|---------------|--|---|-------------|--|---|
| ZONE 3 | | | | | |
| SON | Sonoma Sea Dragons Jane Hansen (W) (707) 939-8833 / (F) (707) 343-1582 sonomaaquaticclub@gmail.com | 17350 Vailetti Dr Sonoma, CA 95476 | SHSC | St. Helena Swim Club Catherine Durand (W) (707) 363-6221 wavesswimming@gmail.com | PO Box 373 Saint Helena, CA 94574 |
| SSS | Sebastopol Sea Serpents Lehla Irwin (W) (707) 823-8693 sssmeetdirector@yahoo.com | PO Box 2517 Sebastopol, CA 95473 | STAR | Boys & Girls Clubs of SF Starfish Aquatics Jonathan Riley (W) (415) 221-6100 starfishaquatics@gmail.com | 1950 Page St San Francisco, CA 94117 |
| TOC | The Olympic Club Paul Carter (W) (415) 345-5200 / (F) (415) 345-5216 pcarter@olyclub.com | 524 Post St San Francisco, CA 94102 | UD | Ukiah Dolphins Lee Panttaja (W) (707) 462-3707 lpanttaja@comcast.net | PO Box 635 Ukiah, CA 95482 |
| KYSC | USF Koret Youth Swim Club Clare Rudd (W) (415) 422-6247 / (F) (415) 422-6381 ckrudd@usfca.edu | 2130 Fulton St USF-Koret Ctr San Francisco, CA 94117 | VJO | Vallejo Aquatic Club Jennifer Thiem (W) (707) 553-7946 president@vallejoaquatics.org | PO Box 5846 Vallejo, CA 94591 |
| WA | Westside Aquaducks Dea Ann Joslin (W) (707) 769-8769 seniorcoach@westsideaquaducks.com | PO Box 1084 Petaluma, CA 94953 | WILL | Willits Otters Angela Munguia (W) (707) 841-8304 willitsotters@hotmail.com | PO Box 1445 Willits, CA 95490 |
| WCAN | Wine Country Aquatics Of Napa Kevin Raab (W) (707) 483-5777 info@wcanswim.org | PO Box 5582 Napa, CA 94581 | YPAC | YMCA Pacific Aquatic Club David Fisher (W) (415) 447-9622 dfisher@ymcasf.org | 1151 Gorgas Ave San Francisco, CA 94129 |
| ZONE 4 | | | | | |
| BST | Bishop Swim Team Pam Hennarty (W) (760) 709-1043 bishopstingrays@gmail.com | PO Box 1 Bishop, CA 93515 | CARS | Carson Tigersharks Becki Boehnke (W) (775) 882-7946 becki@tigersharks.org | PO Box 1876 Carson City, NV 89702 |
| DDST | Douglas Dolphins Swim Team Margaret Jackson (W) (775) 937-2874 president@ddst.org | PO Box 44 Minden, NV 89423 | FINS | Fountaingrove Fins Angela Henderson (W) (707) 521-3219 / (F) (707) 360-3247 ahenderson@fountaingrovegolf.com | 1525 Fountaingrove Pkwy Santa Rosa, CA 95403 |
| LAKE | Lakeridge Swim Team Sharon Weiss (W) (775) 786-2333 / (F) (775) 786-4451 sharonaw@sbcglobal.net | 1325 Airmotive Way Ste 175 Reno, NV 89502 | MLST | Mammoth Lakes Swim Team Chrissy Furness mammothsharks@gmail.com | PO Box 9241 Mammoth Lakes, CA 93546 |
| NNA | Northern Nevada Aquatics Erik Scalise (W) (775) 331-0123 northernnevadaaquatics@yahoo.com | 1135 Terminal Way Ste 106 Reno, NV 89502 | RENO | Reno Aquatic Club Craig Charlson (W) (775) 828-7946 renoaquaticclub@yahoo.com | PO Box 7064 Reno, NV 89510 |

| CODE | CLUB/CONTACT | ADDRESS | CODE | CLUB/CONTACT | ADDRESS |
|----------------|---|--|-------------|---|--|
| ZONE 4 | | | | | |
| TAHO | Tahoe Swim Club Jerry Erickson (W) (530) 541-1046 tahoeswim@charter.net | PO Box 5741 Stateline, NV 89449 | | | |
| LEAGUES | | | | | |
| CVAL | Coast Valley Aquatic League Mary Hazdovac (W) (831) 646-8636 maryhazdovac@comcast.net | 1117 Piedmont Ave Pacific Grove, CA 93950 | CSA | CSA Collegiate Prep Conference Andre' Salles-Cunha acunha.qss@gmail.com | 1032 Quicksilver Dr San Jose, CA 95136 |
| NBAL | North Bay Aquatic League Gina Margolati (W) (415) 526-4706 swimmacs@gmail.com | 64 Crawford Way American Canyon, CA 94503 | RESL | Redwood Empire Swim League Marc Detraz (W) (415) 456-1153 detraz@comcast.net | 35 Racquet Club Dr San Rafael, CA 94901 |
| SBSL | South Bay Swim League Cathy Manthey (W) (408) 513-2450 cmanthey@vcs.net | 100 Skyway Dr San Jose, CA 95111 | SVSL | Silicon Valley Swim League Jim Malley (W) (408) 377-3020 lynbrookaquatics@yahoo.com | 3130 Jennifer Way San Jose, CA 95124 |

| ZONE/COURSE | MEET INFORMATION | LOCATION |
|-----------------------------|---|-----------------------------|
| OCTOBER 5-6, 2013 | | |
| PC | MP SR-II | |
| SCY | Tom Evers - foreevers4@aol.com / (415) 892-2269 | Novato, CA |
| Z1N | DACA PC-C/B/A+ | |
| SCY | Annie Stein - annie@daca.org / (408) 253-7946 | Saratoga, CA |
| Z2 | OAPB PC-C/B/A+ | |
| SCY | Renee Owyong - r.owyong@att.net / (510) 339-8841 | Moraga, CA |
| OCTOBER 12, 213 | | |
| | Pacific Swimming Officials' Clinic | Walnut Creek, CA |
| OCTOBER 13, 213 | | |
| | House of Delegates Meeting | Walnut Creek, CA |
| | Pacific Swimming Awards Banquet | Walnut Creek, CA |
| OCTOBER 18-20, 2013 | | |
| PC | WCAB SR-II | |
| SCY | Betsy Messamn - aquabears@gmail.com / (925) 256-7928 | Walnut Creek, CA |
| Z4 | RENO Age Group Open | |
| SCY | Ken Murphy - murphyk@msn.com / (775) 391-6877 | Carson City, NV |
| OCTOBER 19-20, 2013 | | |
| Z2 | PLS PC-C/B/A+ | |
| SCY | Simon Lee - meetdirector@pleasantonseahawks.org / (925) 786-1684 | Pleasanton, CA |
| Z3 | SRN PC-C/B/A+ | |
| SCY | Dan Greaves - greaves_d@msn.com | Santa Rosa, CA |
| OCTOBER 26-27, 2013 | | |
| Z1N | BAC PC-C/B/A+ | |
| SCY | Chris Culp - chris@burlingameaquatics.com / (415) 309-9855 | Burlingame, CA |
| Z1N | SUNN PC-C/B/A+ | |
| SCY | Aditya Agarwal - meet.director@sunn.org / (408) 507-4110 | Sunnyvale, CA |
| Z1S | QSS IMR/IMX | |
| SCY | Janet Gutierrez - coachjanetqss@gmail.com / (408) 206-0504 | San Jose, CA |
| Z3 | SSS PC-C/B/A+ | |
| SCY | Mike Roan - sssmeetdirector@yahoo.com / (707) 843-7728 | Sebastopol, CA |
| NOVEMBER 2-3, 2013 | | |
| Z1S | WEST PC-C/B/A+ | |
| SCY | Guiselle Morrone - teammanager@westcoastaquatics.org / (408) 540-8569 | San Jose, CA |
| Z2 | HILL & EBSD PC-C/B/A+ | |
| SCY | Shad Wojtala - Dionne Dunn - | Hayward, CA Hercules, CA |
| Z3 | NVST PC-C/B/A+ | |
| SCY | Kathy Minor - 1swim-mom@sbcglobal.net / (707) 252-3320 | Napa, CA |
| NOVEMBER 8-10, 2013 | | |
| PC | TERA SR-IV T&F | |
| SCY | Mehdi Saghafi - msandcdg@sbcglobal.net / (510) 295-8470 | Concord, CA |
| NOVEMBER 9-10, 2013 | | |
| Z1N | PASA Closed Invitational | |
| SCY | Ricky Silva - rickypasc@yahoo.com / (650) 393-9634 | Palo Alto, CA |
| Z3 | QUIK PC-C/B/A+ | |
| SCY | Nicole Whetstone - quiltnmama@sbcglobal.net / (707) 337-6219 | Rohnert Park, CA |
| NOVEMBER 14-16, 2013 | | |
| USAS | Arena Grand Prix at Minneapolis | |
| SCY | USA Swimming - (719) 866-4578 | Minneapolis, MN |
| NOVEMBER 16-17, 2013 | | |
| Z1N | DACA PC-C/B/A+ | |
| SCY | Annie Stein - annie@daca.org / (408) 253-7946 | Cupertino, CA |
| Z1N | SOLO PC-C/B/A+ | |
| SCY | Tom McRae - solotom@yahoo.com / (650) 851-9091 | Atherton, CA |
| Z1S | CRUZ PC-C/B/A+ | |
| SCY | John Bonsall - jbonsall@aol.com | Santa Cruz, CA |
| NOVEMBER 22-24, 2013 | | |
| Z1S | GGST PC-C/B/A+ | |
| SCY | Dave Foster - dave@sandhillfinance.com | Morgan Hill, CA |
| Z2 | AIA PC-B/A+ | |

| ZONE/COURSE | MEET INFORMATION | LOCATION |
|-------------------------------------|---|-------------------|
| SCY | Eric Delore - ericdelore@comcast.net / (510) 390-4015 | |
| NOVEMBER 23-24, 2013 | | |
| Z1S | OAQ PC-C/B/A+ | |
| SCY | Shannon Mackin - shannon@ospreyaquatics.com | San Jose, CA |
| NOVEMBER 30-DECEMBER 1, 2013 | | |
| Z3 | MLKB PC-C/B/A+ | |
| SCY | TBD | San Francisco, CA |
| DECEMBER 5-7, 2013 | | |
| USAS | AT&T Winter National Championships | |
| SCY | USA Swimming - (719) 866-4578 | Knoxville, TN |
| DECEMBER 6-8, 2013 | | |
| PC | PC 14/Under Junior Olympic Championships | |
| SCY | Guiselle Morrone - teammanager@westcoastaquatics.org / (408) 540-8569 | Morgan Hill, CA |
| PC | WCAB SR-II | |
| SCY | Betsy Messamn - aquabears@gmail.com / (925) 256-7928 | Pleasant Hill, CA |
| DECEMBER 12-14, 2013 | | |
| USAS | Speedo Winter Junior National Championships | |
| SCY | USA Swimming - (719) 866-4578 | Greensboro, NC |
| DECEMBER 13-15, 2013 | | |
| Z3 | SRN PC-C/B/A+ | |
| SCY | Dan Greaves - greaves_d@msn.com | Santa Rosa, CA |
| DECEMBER 14-15, 2013 | | |
| Z1N | DCD PC-JO- | |
| SCY | Cesar Fonseca - ca_fonseca_@hotmail.com | Daly City, CA |
| Z1N | PSL PC-JO- | |
| SCY | Magda Carranza - (415) 350-7260 | Pacifica, CA |
| Z1S | QSS Novice | |
| SCY | Janet Gutierrez - coachjanetqss@gmail.com / (408) 206-0504 | San Jose, CA |
| Z2 | SRVL PC-C/B/A+ | |
| SCY | Becca Burke - beccaburke@yahoo.com | San Ramon, CA |
| JANUARY 11-12, 2014 | | |
| Z2 | TIGR PC-C/B/A+ | |
| SCY | Craig Norman - tigeraquatics@gmail.com / (209) 948-5390 | Stockton, CA |
| JANUARY 17-19, 2014 | | |
| USAS | Arena Grand Prix at Austin | |
| LCM | USA Swimming - (719) 866-4578 | Austin, TX |
| Z4 | CARS Age Group T&F | |
| SCY | Karen Debusk - tsmeetdirector@gmail.com | Carson City, NV |
| JANUARY 18-19, 2014 | | |
| Z3 | Zone 3 Championships | |
| SCY | Debbie Rodinsky - drodinsky@pacswim.org / (707) 634-8567 | TBD |
| JANUARY 24-26, 2014 | | |
| PC | SCSC SR-I | |
| SCY | Stella Ezzre - sezzre@santaclaraswimclub.org | Santa Clara, CA |
| JANUARY 25-26, 2014 | | |
| Z1N | Zone 1 North Championships | |
| SCY | Larry Rice - lrice@pacswim.org | San Mateo, CA |
| Z2 | Zone 2 Championships | |
| SCY | David Cottam - dcottam@pacswim.org | Moraga, CA |
| FEBRUARY 1-2, 2014 | | |
| Z3 | NVST PC-C/B/A+ | |
| SCY | Kathy Minor - tsmeetdirector@gmail.com / (707) 252-3320 | Napa, CA |
| Z3 | SRN Invitational | |
| SCY | TBD | Santa Rosa, CA |
| FEBRUARY 7-9, 2014 | | |
| Z3 | VJO PC-C/B/A+ | |
| SCY | John Yee - johnyee@mac.com / (415) 310-2878 | Vallejo, CA |
| FEBRUARY 8-9, 2014 | | |
| Z1N | PASA PC-C/B/A+ | |
| SCY | Joey Sementelli - sementelli@stanford.edu / (408) 561-6500 | Palo Alto, CA |
| Z1S | BAC C-C/B/A+ | |

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| SCY | Chris Culp - chris@burlingameaquatics.com / (415) 309-9855 | Burlingame, CA |
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| ZONE/COURSE | MEET INFORMATION | LOCATION |
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| FEBRUARY 8-9, 2014 | | |
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| Z1S | MAKO PC-C/B/A+ | |
| SCY | Michael Greymont - mgreymont@mhgcg.com / (408) 891-2948 | Morgan Hill, CA |
| Z1S | GGST PC-C/B/A+ | |
| SCY | Dave Foster - dave@sandhillfinance.com / (408) 605-6152 | Gilroy, CA |
| Z2 | OAPB PC-C/B/A+ | |
| SCY | Cynthia Funai - cccfunai@comcast.net / (510) 482-3358 | Moraga, CA |
| Z3 | SRN PC-C/B/A+ | |
| SCY | Tony Scott - srncoachtony@me.com / (707) 217-9423 | Santa Rosa, CA |

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| FEBRUARY 13-15, 2014 | | |
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| USAS | Arena Grand Prix at Orlando | |
| LCM | USA Swimming - (719) 866-4578 | Orlando, FL |

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| FEBRUARY 14-16, 2014 | | |
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| Z4 | DDST Age Group Open | |
| SCY | Linda Koontz - meets@ddst.org / (775) 267-7256 | Minden, NV |

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| FEBRUARY 15-17, 2014 | | |
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| PC | CAB SR-II | |
| SCY | Sean Lemmon - stlemmon@yahoo.com / (831) 818-3918 | Santa Cruz, CA |
| PC | PLS SR-II | |
| SCY | Simon Lee - meetdirector@pleasantonseahawks.org / (925) 786-1684 | Pleasanton, CA |

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| FEBRUARY 22-23, 2014 | | |
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| Z1N | PASA PC-C/B/A+ | |
| SCY | Ricky Silva - rickypasc@yahoo.com / (650) 393-9634 | Palo Alto, CA |
| Z2 | AAA Distance | |
| SCY | Mehdi Saghafi - maandchg@sbcglobal.net / (510) 295-8470 | Albany, CA |
| Z3 | WCAN PC-C/B/A+ | |
| SCY | Kevin Raab - coachkevin@wcanswim.org / (925) 768-0702 | Napa, CA |

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| FEBRUARY 28-MARCH 2, 2014 | | |
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| Z1S | OAQ PC-C/B/A+ | |
| SCY | Shannon Mackin - shannon@ospreyaquatics.com / (408) 268-4379 | San Jose, CA |
| Z1S | CRUZ PC-C/B/A+ | |
| SCY | John Bonsall - jbonsall@aol.com / (831) 247-2175 | Santa Cruz, CA |

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| MARCH 1-2, 2014 | | |
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| PC | CROW SR-I | |
| SCY | Margaret McNamara - margaret@themcnamaras.com | San Ramon, CA |
| Z2 | WCAB PC-B/A+ | |
| SCY | Eddie Contreras - aquabears@gmail.com / (925) 706-7377 | Pleasant Hill, CA |
| Z3 | MLKB PC-C/B/A+ | |
| SCY | Sean McGrew - sean.mcgrew@sfgov.org / (415) 806-8809 | San Francisco, CA |

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| MARCH 8-9, 2014 | | |
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| Z1S | WEST PC-C/B/A+ | |
| SCY | Guiselle Morrone - teammanager@westcoastaquatics.org / (408) 540-8569 | San Jose, CA |
| Z2 | LBD Pentathlon | |
| SCY | Joshua Senecal - senecal74@sbcglobal.net | Livermore, CA |
| Z3 | QUIK PC-C/B/A+ | |
| SCY | Sheri Lang - quiltmama@sbcglobal.net / (707) 584-7176 | Rohnert Park, CA |

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| MARCH 14-16, 2014 | | |
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| PC | PC Junior Olympics SC Championships (host: SRVL) | |
| SCY | Becca Burke - beccaburke@yahoo.com | San Ramon, CA |
| PC | PC Junior Olympics SC Championships (host: TERA) | |
| SCY | TBD | Concord, CA |

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| MARCH 22-23, 2014 | | |
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| Z1S | GGST PC-C/B/A+ | |
| SCY | Dave Foster - dave@sandhillfinance.com / (408) 605-6152 | Gilroy, CA |
| Z2 | AIA PC-C/B/A+ | |
| SCY | Eric Delore - ericdelore@comcast.net / (510) 390-4015 | Hayward, CA |

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| MARCH 29-30, 2014 | | |
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| Z1S | VS PC-C/B/A+ | |
| LCM | Cathy Manthey - cmanthey@vcs.net / (408) 513-2450 | San Jose, CA |

Z2 EA PC-C/B/A+ Tracy, CA
 SCY Michele Loomis - micheleloomis@comcast.net / (209) 833-0562

| ZONE/COURSE | MEET INFORMATION | LOCATION |
|--------------------------|--|-------------------|
| MARCH 29-30, 2014 | | |
| Z2 | MSJA PC-C/B/A+ | |
| SCY | Izzy Real - izzyr1105@sbcglobal.net / (510) 657-6752 | Fremont, CA |
| Z3 | TOC PC-C/B/A+ | |
| SCY | TBD | San Francisco, CA |
| Z4 | NNA Age Group Open | |
| SCY | Marjorie Turner - nnaswimmeet@gmail.com / (775) 331-0123 | Fernley, NV |
| APRIL 3-6, 2014 | | |
| PC | Speedo Far Western Championships (host: MAKO) | |
| SCY | Michael Greymont - mgreymont@mhgcg.com / (408) 891-2948 | Morgan Hill, CA |
| APRIL 12-13, 2014 | | |
| PC | PLS SR-I | |
| SCY | Simon Lee - meetdirector@pleasantonseahawks.org / (925) 786-1684 | Pleasanton, CA |
| PC | QSS SR-I | |
| LCM | Janet Gutierrez - coachjanetqss@gmail.com / (408) 206-0504 | San Jose, CA |
| Z3 | QUIK PC-C/B/A+ | |
| SCY | Sheri Lang - quiltnmama@sbcglobal.net / (707) 584-7176 | Rohnert Park, CA |
| APRIL 24-26, 2014 | | |
| USAS | Arena Grand Prix at Mesa | |
| LCM | USA Swimming - (719) 866-4578 | Mesa, AZ |
| APRIL 25-27, 2014 | | |
| Z3 | VJO PC-C/B/A+ | |
| LCM | John Yee - johnyee@mac.com / (415) 310-2878 | Vallejo, CA |
| APRIL 26, 2014 | | |
| PC | PC 10/Under Championships (host: MBSC) | |
| SCY | Mary Hazdovac - maryhazdovac@comcast.net / (831) 277-4107 | Salinas, CA |
| APRIL 26-27, 2014 | | |
| Z2 | AAA PC-C/B/A+ | |
| LCM | Mehdi Saghafi - maandchg@sbcglobal.net / (510) 295-8470 | San Pablo, CA |
| Z2 | SRVL PC-C/B/A+ | |
| LCM | Becca Burke - beccaburke@yahoo.com | San Ramon, CA |
| MAY 4, 2014 | | |
| Z2 | EA Distance Meet | |
| LCM | Michele Loomis - micheleloomis@comcast.net / (209) 833-0562 | Tracy, CA |
| MAY 10, 2014 | | |
| Z2 | MONT Pentathlon | |
| SCY | Kent Lockyer - montclair_swimteam@yahoo.com / (510) 540-8867 | El Cerrito, CA |
| MAY 10-11, 2014 | | |
| Z2 | EA PC-C/B/A+ | |
| LCM | Michele Loomis - micheleloomis@comcast.net / (209) 833-0562 | Tracy, CA |
| MAY 15-18, 2014 | | |
| USAS | Arena Grand Prix at Charlotte | |
| LCM | USA Swimming - (719) 866-4578 | Charlotte, NC |
| MAY 17-18, 2014 | | |
| Z1N | DACA PC-C/B/A+ | |
| LCM | Annie Stein - annie@daca.org / (408) 253-7946 | Cupertino, CA |
| Z3 | QUIK PC-C/B/A+ | |
| SCY | Sheri Lang - quiltnmama@sbcglobal.net / (707) 584-7176 | Rohnert Park, CA |
| MAY 18, 2014 | | |
| PC | CCS Walk-On (host: SCSC) | |
| SCY/LCM | John Bitter - jbitter@santaclaraswimclub.org | Santa Clara, CA |
| PC | NCS Walk-On (host: WCAB) | |
| SCY/LCM | Betsy Messamn - aquabears@gmail.com / (925) 256-7928 | Pleasant Hill, CA |
| Z2 | ONDA Reay Meet | |
| SCY | TBD | TBD |
| MAY 23-25, 2014 | | |
| PC | TIGR Age Group Open | |
| LCM | Craig Norman - tigeraquatics@gmail.com / (209) 948-5390 | Stockton, CA |

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| MAY 24-26, 2014 | | |
| PC | CARS Age Group Open | |
| LCM | Karen Debusk - tsmeetdirector@gmail.com / (775) 671-4118 | Carson City, NV |
| ZONE/COURSE | MEET INFORMATION | LOCATION |
| MAY 24-26, 2014 | | |
| PC | MBSC Age Group Open | |
| LCM | Mary Hazdovac - maryhazdovac@comcast.net / (831) 277-4107 | Monterey, CA |
| MAY 31-JUNE 1, 2014 | | |
| PC | PLS SR-II | |
| LCM | Simon Lee - meetdirector@pleasantonseahawks.org / (925) 786-1684 | Pleasanton, CA |
| Z1S | OAQ PC-C/B/A+ | |
| SCY | Shannon Mackin - shannon@ospreyaquatics.com / (408) 268-4379 | San Jose, CA |
| Z2 | LBD PC-C/B/A+ | |
| SCY | Joshua Senecal - senecal74@sbcglobal.net | Livermore, CA |
| Z2 | MSJA PC-C/B/A+ | |
| SCY | Izzy Real - izzyr1105@sbcglobal.net / (510) 657-6752 | Fremont, CA |
| Z3 | WILL PC-C/B/A+ | |
| SCY | Chris Flynn - willsotters@hotmail.com / (707) 391-2154 | Willits, CA |
| JUNE 8, 2014 | | |
| Z1S | Quicksilver Relay Invitational | |
| SCY | Janet Gutierrez - coachjanetqss@gmail.com / (408) 206-0504 | San Jose, CA |
| JUNE 14-15, 2014 | | |
| Z2 | ONDA PC-C/B/A+ | |
| LCM | TBD | San Pablo, CA |
| Z2 | OAPB PC-C/B/A+ | |
| LCM | Cynthia Funai - cccfunai@comcast.net / (510) 482-3358 | Moraga, CA |
| Z3 | QUIK PC-C/B/A+ | |
| SCY | Sheri Lang - quiltnmama@sbcglobal.net / (707) 584-7176 | Rohnert Park, CA |
| JUNE 19-22, 2014 | | |
| USAS | Arena Grand Prix at Santa Clara | |
| LCM | USA Swimming - (719) 866-4578 | Santa Clara, CA |
| JUNE 20-22, 2014 | | |
| Z4 | BST Age Group Open | |
| SCY | Bryan Winzenreid - winz@suddenlink.net / (760) 872-8020 | Bishop, CA |
| JUNE 21-22, 2014 | | |
| Z1N | BAC PC-C/B/A+ | |
| LCM | Chris Culp - chris@burlingameaquatics.com / (415) 309-9855 | Burlingame, CA |
| Z1N | DACA PC-C/B/A+ | |
| LCM | Annie Stein - annie@daca.org / (408) 253-7946 | Cupertino, CA |
| Z3 | NVST PC-C/B/A+ | |
| LCM | Kathy Minor - 1swim-mom@sbcglobal.net / (707) 252-3320 | Napa, CA |
| JUNE 27-29, 2014 | | |
| Z1S | VS PC-A+ | |
| LCM | Cathy Manthey - cmanthey@vcs.net / (408) 513-2450 | San Jose, CA |
| Z4 | RENO Age Group Open | |
| SCY | Doug Rawson - doug@basebuilders.com / (775) 233-7806 | Reno, NV |
| JUNE 28-29, 2014 | | |
| PC | EA Age Group Open | |
| LCM | Michele Loomis - micheleloomis@comcast.net / (209) 833-0562 | Tracy, CA |
| PC | SUNN Age Group Open | |
| LCM | Aditya Agarwal - meet.director@sunn.org / (408) 507-4110 | Sunnyvale, CA |
| Z2 | CROW PC-B/A+ | |
| LCM | Margaret McNamara - margaret@themcnamaras.com / (510) 914-0362 | San Ramon, CA |
| Z3 | WA PC-C/B/A+ | |
| LCM | Jennifer Lewis - meetdirector@westsideaquaducks.com / (707) 769-9030 | Petaluma, CA |
| JULY 11-13, 2014 | | |
| PC | Junior Oympics Championships (host: WEST) | |
| LCM | Guiselle Morrone - teammanager@westcoastaquatics.org / (408) 540-8569 | San Jose, CA |
| PC | Junior Oympics Championships (host: TBD) | |
| LCM | TBD | TBD |
| JULY 18-20, 2014 | | |

| | | |
|-----------------------------|--|-------------------|
| Z4 | TAHO Age Group Open | |
| SCY | Louise Marin - louisemarin@charter.net / (530) 416-6053 | S. Lake Tahoe, CA |
| JULY 19-20, 2014 | | |
| League Champs | Redwood Empire Swim League | |
| SCY | Kathy Minor - 1swim-mom@sbcglobal.net / (707) 252-3320 | TBD |
| ZONE/COURSE | MEET INFORMATION | LOCATION |
| JULY 19-20, 2014 | | |
| League Champs | North Bay Athletic League | |
| SCY | Jenny Knox - jennyknox@hotmail.com / (707) 253-7408 | TBD |
| Z1N | DACA PC-C/B/A+ | |
| SCY | Annie Stein - annie@daca.org / (408) 253-7946 | Saratoga, CA |
| Z2 | EBAT PC-C/B/A+ | |
| LCM | Cathy Zen - catherine.zen@me.com / (510) 541-7270 | Oakland, CA |
| JULY 25-27, 2014 | | |
| PC | OAPB SR-II | |
| LCM | Cynthia Funai - cccfunai@comcast.net / (510) 482-3358 | Moraga, CA |
| Z4 | CARS Age Group Open | |
| LCM | Karen Debusk - tsmeetdirector@gmail.com | Carson City, NV |
| JULY 26-27, 2014 | | |
| Zone Champs | Zone 3 Championships | |
| LCM | Debbie Rodinsky - rodsky@pacbell.net / (707) 634-8567 | TBA |
| Z2 | TIGR PC-C/B/A+ | |
| LCM | Craig Norman - tigeraquatics@gmail.com / (209) 948-5390 | Stockton, CA |
| JULY 30-AUGUST 3, 2014 | | |
| PC | Speedo Far Western Championships (host: TERA) | |
| LCM | TBA | Concord, CA |
| AUGUST 1-3, 2014 | | |
| Z3 | UD PC-C/B/A+ | |
| SCY | Shelly Barrett - bigmamazmail@yahoo.com / (707) 972-3843 | Ukiah, CA |
| AUGUST 8-10, 2014 | | |
| Z4 | DDST Age Group Open | |
| LCM | Linda Koontz - meets@ddst.org / (775) 267-7256 | Minden, NV |
| AUGUST 9-10, 2014 | | |
| League Champs | Redwood Empire Aquatic League | |
| SCY | Kevin Raab - coachkevin@wcanswim.org / (925) 768-0702 | TBD |
| AUGUST 16-17, 2014 | | |
| Z3 | LCCC PC-C/B/A+ | |
| SCY | Jennifer Hanson - jhanson70@mchsi.com / (707) 263-3131 | Lakeport, CA |
| AUGUST 29-SEPTEMBER 1, 2014 | | |
| PC | MACS Age Group Open | |
| SCY | Nicole Paltrineri - npalto@gmail.com / (415) 793-6647 | Napa, CA |
| AUGUST 30-SEPTEMBER 1, 2014 | | |
| PC | MAKO Age Group Open | |
| SCY | Michael Greymont - mgreymont@mhgcg.com / (408) 891-2948 | Morgan Hill, CA |

TIME STANDARDS – AGE GROUP

Pacific and USA Swimming each offer their own set of age group time standards. Below is information on each:

PACIFIC SWIMMING AGE GROUP TIME STANDARDS

Pacific Swimming organizes their time standards as B, A, JO, and FW for age groups 8 & under through 17-18. “B” and “A” standards are Pacific’s basic development meet qualification times. Swimmers who have not achieved at least a “B” time are considered “C” swimmers. Within in Pacific Swimming, most age group meets are open to C/B/A swimmers.

Some Age Group meets require swimmers to have achieved a higher level of standard. In order to enter Pacific’s Junior Olympics and Speedo Far Westerns championships meets, swimmers must have achieved “JO” or Far Western (“FW”) times, respectively, in the events they wish to enter.

USA SWIMMING AGE GROUP MOTIVATIONAL TIME STANDARDS

Every four years, USA Swimming updates its list of Age Group motivational times. These times provide a basis for swimmers to gauge their progress over the course of time. All swimmers registered with USA Swimming can create a free account with USA Swimming using their registration number to access their times database and even create graphs of their progress in any given stroke for any recent period of time. The *cut* associated with times in the database refers to USA Swimming Motivational Time Standards.

Swimmers can find a record of their official times and the USA-S motivational standards achieved by accessing USA Swimming’s website as described in the “Time Database” section of this guide.

Please notes that these standards are provided for your convenience and do not correspond to meet entry standards for Pacific Swimming which may have the same label. You will see these motivational standards listed as your achieved “cut” in your official USA Swimming database of times.

TIME STANDARDS – SENIOR & NATIONAL

PACIFIC SWIMMING SENIOR TIME STANDARDS

Beyond Age Group swimming, Pacific’s senior program offers opportunities for Pacific’s older and faster swimmers to compete together regardless of their age. Senior meets generally require that swimmers achieve minimum times in competition prior to being eligible to enter those meets. Senior standards are separated into four levels—SR-I, SR-II, SR-III, and SR-IV.

SR-I and SR-II level competitions are open to all swimmers ages 13 & over without proof of time. Swimmers 11-12 must have met the qualifying standards to compete in these meets. Swimmers under the age of 11 are not eligible to compete.

In SR-III and SR-IV level meets, all swimmers must have met the minimum time standards listed to compete in an event.

USA SWIMMING NATIONAL TIME STANDARDS

For USA Swimming, Junior Nationals is a national championship meet for swimmers under 18-years old. Senior Nationals has a faster standard and is for swimmers of any age. Both meets require that the qualifying times be achieved before swimmers are eligible to enter the meets. Also, the Arena Grand Prix Series, including the Santa Clara International Meet, provides opportunities for the fastest swimmers in the country to compete. These meets may offer bonus events so that a swimmer who has met the qualifying time in at least one event can qualify for events with a less rigorous qualification standard. Qualification standards for bonus events can only be used by swimmers who have already qualified for the meet using the more rigorous meet standards as well.

Qualifying periods for USA Swimming meets and Sectionals are as follows:

- **2013 Winter Junior National Championships:**
- **2013 Winter National Championships:**
- **Summer Junior National Championships:**
- **Summer National Championships:**
- **Arena Grand Prix Series:** Varies dependent upon the meet, refer to www.usaswimming.org
- **Sectionals:** TBD
- **Olympic Trials:** TBD to entry deadline.

Note, for Summer Nationals, women may qualify for the 800m Freestyle using the 800/1000 time standards or the 1500/1650 time standards. Men may qualify for the 1500m Freestyle using the 1500/1650 time standard or the 800/1000- time standard.

PACIFIC SWIMMING TIME STANDARDS - LCM

| | 8/Under | | 10/Under | | | 11-12 | | | 13-14 | | | 15-16 | | | 17-18 | | |
|--------------|---------|---------|----------|---------|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | B | A | B | A | JO | B | A | JO | B | A | JO | B | A | JO | B | A | JO |
| GIRLS | | | | | | | | | | | | | | | | | |
| 50 FR | 1:00.49 | 49.99 | 42.19 | 38.29 | 35.49 | 37.19 | 33.79 | 31.29 | 35.49 | 32.29 | 29.89 | 35.49 | 32.29 | 29.89 | 35.49 | 32.29 | 29.89 |
| 100 FR | 2:16.79 | 1:52.99 | 1:34.99 | 1:26.39 | 1:19.99 | 1:22.79 | 1:15.29 | 1:09.69 | 1:17.49 | 1:10.39 | 1:05.19 | 1:17.49 | 1:10.39 | 1:05.19 | 1:17.49 | 1:10.39 | 1:05.19 |
| 200 FR | | | 3:29.29 | 3:10.29 | 2:56.19 | 3:01.39 | 2:44.89 | 2:32.69 | 2:51.09 | 2:35.49 | 2:23.99 | 2:49.89 | 2:34.39 | 2:22.99 | 2:49.89 | 2:34.39 | 2:22.99 |
| 400 FR | | | 7:13.59 | 6:34.19 | 6:04.99 | 6:22.49 | 5:47.79 | 5:21.99 | 6:02.29 | 5:29.39 | 5:04.99 | 6:02.29 | 5:29.39 | 5:04.99 | 6:02.29 | 5:29.39 | 5:04.99 |
| 800 FR | | | | | | 13:09.99 | 11:58.19 | 11:04.99 | 12:37.99 | 11:29.09 | 10:37.99 | 12:37.99 | 11:29.09 | 10:37.99 | 12:37.99 | 11:29.09 | 10:37.99 |
| 1500 FR | | | | | | 25:20.59 | 23:02.39 | 21:19.99 | 23:45.59 | 21:35.99 | 19:59.99 | 23:45.59 | 21:35.99 | 19:59.99 | 23:45.59 | 21:35.99 | 19:59.99 |
| 50 BK | 1:11.39 | 58.99 | 51.39 | 46.79 | 43.29 | 44.79 | 40.69 | 37.69 | | | | | | | | | |
| 100 BK | | | 1:50.49 | 1:40.39 | 1:32.99 | 1:36.69 | 1:27.89 | 1:21.39 | 1:31.49 | 1:23.19 | 1:16.99 | 1:31.49 | 1:23.19 | 1:16.99 | 1:31.49 | 1:23.19 | 1:16.99 |
| 200 BK | | | | | | 3:29.09 | 3:10.09 | 2:55.99 | 3:17.19 | 2:59.29 | 2:45.99 | 3:17.19 | 2:59.29 | 2:45.99 | 3:17.19 | 2:59.29 | 2:45.99 |
| 50 BR | 1:17.49 | 1:03.99 | 57.29 | 51.99 | 48.19 | 49.19 | 44.69 | 41.39 | | | | | | | | | |
| 100 BR | | | 2:03.49 | 1:52.29 | 1:43.99 | 1:48.09 | 1:38.29 | 1:30.99 | 1:42.19 | 1:32.89 | 1:25.99 | 1:42.19 | 1:32.89 | 1:25.99 | 1:42.19 | 1:32.89 | 1:25.99 |
| 200 BR | | | | | | 3:55.19 | 3:33.79 | 3:17.99 | 3:43.29 | 3:22.99 | 3:07.99 | 3:43.29 | 3:22.99 | 3:07.99 | 3:43.29 | 3:22.99 | 3:07.99 |
| 50 FL | 1:17.49 | 1:03.99 | 48.69 | 44.29 | 40.99 | 41.19 | 37.49 | 34.69 | | | | | | | | | |
| 100 FL | | | 1:59.99 | 1:49.09 | 1:40.99 | 1:36.89 | 1:28.09 | 1:21.59 | 1:27.89 | 1:17.89 | 1:13.99 | 1:27.89 | 1:17.89 | 1:13.99 | 1:27.89 | 1:17.89 | 1:13.99 |
| 200 FL | | | | | | 3:39.79 | 3:19.79 | 3:04.99 | 3:26.69 | 3:07.89 | 2:53.99 | 3:19.99 | 3:00.89 | 2:47.49 | 3:19.99 | 3:00.89 | 2:47.49 |
| 200 IM | | | 3:51.99 | 3:30.89 | 3:15.29 | 3:26.79 | 3:07.99 | 2:54.09 | 3:11.29 | 2:53.89 | 2:40.99 | 3:11.29 | 2:53.89 | 2:40.99 | 3:11.29 | 2:53.89 | 2:40.99 |
| 400 IM | | | | | | 7:13.59 | 6:34.19 | 6:04.99 | 6:55.09 | 6:17.39 | 5:49.39 | 6:50.09 | 6:12.79 | 5:45.19 | 6:50.09 | 6:12.79 | 5:45.19 |
| BOYS | | | | | | | | | | | | | | | | | |
| 50 FR | 1:00.49 | 49.99 | 42.19 | 38.29 | 35.49 | 37.69 | 34.19 | 31.69 | 33.39 | 30.29 | 28.09 | 32.39 | 29.49 | 27.29 | 32.39 | 29.49 | 27.29 |
| 100 FR | 2:16.79 | 1:52.99 | 1:34.99 | 1:26.39 | 1:19.99 | 1:22.29 | 1:14.79 | 1:09.29 | 1:12.99 | 1:06.39 | 1:01.49 | 1:10.09 | 1:03.69 | 58.99 | 1:10.09 | 1:03.69 | 58.99 |
| 200 FR | | | 3:29.79 | 3:10.69 | 2:56.59 | 3:02.59 | 2:45.99 | 2:33.69 | 2:42.79 | 2:27.99 | 2:16.99 | 2:36.79 | 2:22.59 | 2:11.99 | 2:36.79 | 2:22.59 | 2:11.99 |
| 400 FR | | | 7:19.79 | 6:39.79 | 6:10.19 | 6:20.99 | 5:46.39 | 5:20.69 | 5:44.49 | 5:13.19 | 4:49.99 | 5:38.79 | 5:07.99 | 4:45.19 | 5:38.79 | 5:07.99 | 4:45.19 |
| 800 FR | | | | | | 13:05.29 | 11:53.89 | 11:00.99 | 11:58.69 | 10:53.39 | 10:04.99 | 11:58.69 | 10:53.39 | 10:04.99 | 11:58.69 | 10:53.39 | 10:04.99 |
| 1500 FR | | | | | | 25:32.49 | 23:13.19 | 21:29.99 | 23:09.99 | 21:03.59 | 19:29.99 | 23:02.79 | 20:57.09 | 19:23.99 | 23:02.79 | 20:57.09 | 19:23.99 |
| 50 BK | 1:11.39 | 58.99 | 51.39 | 46.79 | 43.29 | 46.39 | 42.19 | 39.09 | | | | | | | | | |
| 100 BK | | | 1:53.49 | 1:43.09 | 1:35.49 | 1:38.59 | 1:29.59 | 1:22.99 | 1:26.69 | 1:18.79 | 1:12.99 | 1:24.69 | 1:16.99 | 1:11.29 | 1:24.69 | 1:16.99 | 1:11.29 |
| 200 BK | | | | | | 3:29.09 | 3:10.09 | 2:55.99 | 3:08.29 | 3:51.19 | 2:38.49 | 3:04.09 | 2:47.39 | 2:34.99 | 3:04.09 | 2:47.39 | 2:34.99 |
| 50 BR | 1:17.49 | 1:03.99 | 59.39 | 53.99 | 49.99 | 51.09 | 46.39 | 42.99 | | | | | | | | | |
| 100 BR | | | 2:08.29 | 1:56.59 | 1:47.99 | 1:50.79 | 1:40.79 | 1:33.29 | 1:37.39 | 1:28.59 | 1:21.99 | 1:32.69 | 1:24.19 | 1:17.99 | 1:32.69 | 1:24.19 | 1:17.99 |
| 200 BR | | | | | | 3:58.89 | 3:37.19 | 3:21.09 | 3:35.39 | 3:15.79 | 3:01.29 | 3:26.69 | 3:07.89 | 2:53.99 | 3:26.69 | 3:07.89 | 2:53.99 |
| 50 FL | 1:17.49 | 1:03.99 | 49.89 | 45.39 | 41.99 | 42.79 | 38.89 | 35.99 | | | | | | | | | |
| 100 FL | | | 2:01.19 | 1:50.09 | 1:41.99 | 1:39.39 | 1:30.39 | 1:23.69 | 1:23.19 | 1:15.59 | 1:09.99 | 1:19.79 | 1:12.59 | 1:07.19 | 1:19.79 | 1:12.59 | 1:07.19 |
| 200 FL | | | | | | 3:45.69 | 3:25.19 | 3:09.99 | 3:20.79 | 3:02.49 | 2:48.99 | 3:01.29 | 2:42.79 | 2:32.59 | 3:014.29 | 2:42.79 | 2:32.59 |
| 200 IM | | | 3:55.19 | 3:33.79 | 3:17.99 | 3:27.09 | 3:08.19 | 2:54.29 | 3:01.79 | 2:45.19 | 2:32.99 | 2:58.19 | 2:41.99 | 2:29.99 | 2:58.19 | 2:41.99 | 2:29.99 |
| 400 IM | | | | | | 7:20.69 | 6:40.69 | 6:10.99 | 6:37.99 | 6:01.79 | 5:34.99 | 6:32.39 | 5:56.69 | 5:30.29 | 6:32.39 | 5:56.69 | 5:30.29 |

| | SCY | SCM 10/U | LCM | SCY | SCM 11-12 | LCM | SCY | SCM 13-14 | LCM | SCY | SCM 15-16 | LCM | SCY | SCM 17-18 | LCM |
|-------------------|---------|-------------|---------|----------|--------------|----------|----------|--------------|----------|----------|--------------|----------|----------|--------------|----------|
| FW - GIRLS | | | | | | | | | | | | | | | |
| 50 Free | 30.09 | 33.49 | 34.29 | 26.89 | 29.99 | 30.19 | 25.79 | 28.69 | 28.89 | 25.69 | 28.59 | 28.69 | 25.69 | 28.59 | 28.69 |
| 100 Free | 1:05.89 | 1:13.29 | 1:16.19 | 58.49 | 1:04.99 | 1:06.29 | 55.29 | 1:01.49 | 1:02.39 | 55.29 | 1:01.49 | 1:00.79 | 55.29 | 1:01.49 | 1:00.79 |
| 200 Free | 2:24.29 | 2:39.89 | 2:46.39 | 2:07.99 | 2:21.79 | 2:24.49 | 2:00.09 | 2:12.99 | 2:14.99 | 2:00.09 | 2:12.99 | 2:12.99 | 2:00.09 | 2:12.99 | 2:12.99 |
| 500 Free | 6:24.99 | 5:33.89 | 5:51.99 | 5:42.89 | 4:57.39 | 5:02.99 | 5:22.99 | 4:40.09 | 4:45.99 | 5:18.99 | 4:36.69 | 4:45.99 | 5:18.99 | 4:36.69 | 4:45.99 |
| 1000 Free | | | | 11:45.99 | 10:12.29 | 10:35.99 | 11:04.99 | 9:36.79 | 10:02.49 | 11:04.99 | 9:36.79 | 10:02.49 | 11:04.99 | 9:36.79 | 10:02.49 |
| 1650 Free | | | | 19:39.99 | 19:24.89 | 20:39.99 | 18:25.99 | 18:11.79 | 19:19.99 | 18:25.99 | 18:11.79 | 19:14.99 | 18:25.99 | 18:11.79 | 19:14.99 |
| 50 Back | 35.09 | 38.99 | 40.99 | 31.19 | 34.59 | 35.99 | | | | | | | | | |
| 100 Back | 1:15.49 | 1:23.89 | 1:28.19 | 1:06.79 | 1:14.19 | 1:16.99 | 1:02.49 | 1:09.39 | 1:12.19 | 1:02.49 | 1:09.39 | 1:08.99 | 1:02.49 | 1:09.39 | 1:08.99 |
| 200 Back | | | | 2:23.99 | 2:39.99 | 2:46.49 | 2:14.99 | 2:29.99 | 2:34.99 | 2:14.99 | 2:29.99 | 2:33.99 | 2:14.99 | 2:29.99 | 2:33.99 |
| 50 Breast | 39.69 | 44.19 | 45.89 | 34.79 | 38.69 | 39.99 | | | | | | | | | |
| 100 Breast | 1:27.29 | 1:37.99 | 1:40.99 | 1:14.89 | 1:23.29 | 1:26.99 | 1:11.59 | 1:19.59 | 1:22.39 | 1:11.59 | 1:19.59 | 1:20.99 | 1:11.59 | 1:19.59 | 1:20.99 |
| 200 Breast | | | | 2:43.19 | 3:01.49 | 3:09.99 | 2:34.19 | 2:51.39 | 2:57.99 | 2:34.19 | 2:51.39 | 2:57.69 | 2:34.19 | 2:51.39 | 2:57.69 |
| 50 Fly | 33.19 | 36.89 | 38.19 | 29.39 | 32.59 | 32.99 | | | | | | | | | |
| 100 Fly | 1:16.69 | 1:25.19 | 1:31.69 | 1:05.89 | 1:13.19 | 1:15.19 | 1:01.69 | 1:08.49 | 1:10.29 | 1:01.69 | 1:08.49 | 1:08.39 | 1:01.69 | 1:08.49 | 1:08.39 |
| 200 Fly | | | | 2:31.49 | 2:48.29 | 2:55.29 | 2:19.49 | 2:34.99 | 2:41.99 | 2:19.49 | 2:34.99 | 2:38.59 | 2:19.49 | 2:34.99 | 2:38.59 |
| 100 IM | 1:14.59 | 1:22.89 | | 1:06.99 | 1:14.39 | | | | | | | | | | |
| 200 IM | 2:41.79 | 2:59.59 | 3:06.99 | 2:23.99 | 2:39.79 | 2:44.49 | 2:15.99 | 2:30.89 | 2:33.89 | 2:15.99 | 2:30.89 | 2:30.99 | 2:15.99 | 2:30.89 | 2:30.99 |
| 400 IM | | | | 5:11.69 | 5:41.89 | 5:49.99 | 4:49.99 | 5:21.89 | 5:32.99 | 4:49.99 | 5:21.89 | 5:32.99 | 4:49.99 | 5:21.89 | 5:32.99 |
| FW - BOYS | | | | | | | | | | | | | | | |
| 50 Free | 29.99 | 33.49 | 34.29 | 26.69 | 29.89 | 30.19 | 24.39 | 27.29 | 27.29 | 23.19 | 25.99 | 26.29 | 23.19 | 25.99 | 25.69 |
| 100 Free | 1:05.99 | 1:13.29 | 1:16.19 | 57.29 | 1:03.69 | 1:06.19 | 52.49 | 58.29 | 59.79 | 50.99 | 56.69 | 56.49 | 50.99 | 56.69 | 56.49 |
| 200 Free | 2:23.29 | 2:38.79 | 2:45.99 | 2:05.99 | 2:19.59 | 2:24.99 | 1:55.69 | 2:08.19 | 2:10.19 | 1:51.79 | 2:03.89 | 2:03.99 | 1:51.79 | 2:03.89 | 2:03.99 |
| 500 Free | 6:21.99 | 5:35.39 | 5:51.99 | 5:36.79 | 4:55.69 | 5:02.99 | 5:04.99 | 4:27.79 | 4:39.99 | 5:04.99 | 4:27.79 | 4:22.99 | 5:04.99 | 4:27.79 | 4:22.99 |
| 1000 Free | | | | 11:44.99 | 10:11.49 | 10:35.99 | 10:39.99 | 9:15.09 | 9:44.99 | 10:39.99 | 9:15.09 | 9:29.99 | 10:39.99 | 9:15.09 | 9:29.99 |
| 1650 Free | | | | 20:09.49 | 19:53.99 | 20:29.99 | 17:59.99 | 17:46.09 | 18:04.99 | 17:54.99 | 17:41.19 | 18:04.99 | 17:45.99 | 17:41.19 | 18:04.99 |
| 50 Back | 35.59 | 39.49 | 40.99 | 31.49 | 34.99 | 35.99 | | | | | | | | | |
| 100 Back | 1:16.99 | 1:25.49 | 1:28.19 | 1:06.49 | 1:13.89 | 1:16.99 | 1:00.39 | 1:07.09 | 1:09.79 | 58.89 | 1:03.99 | 1:05.89 | 58.89 | 1:03.99 | 1:05.89 |
| 200 Back | | | | 2:24.19 | 2:40.19 | 2:46.49 | 2:09.99 | 2:24.39 | 2:29.99 | 2:09.99 | 2:19.19 | 2:22.19 | 2:09.99 | 2:19.19 | 2:22.19 |
| 50 Breast | 39.99 | 44.39 | 45.89 | 34.19 | 37.99 | 39.99 | | | | | | | | | |
| 100 Breast | 1:28.99 | 1:38.79 | 1:40.99 | 1:15.59 | 1:23.89 | 1:26.99 | 1:07.99 | 1:15.49 | 1:19.19 | 1:05.69 | 1:12.69 | 1:14.19 | 1:05.69 | 1:12.69 | 1:14.19 |
| 200 Breast | | | | 2:40.99 | 2:58.69 | 3:09.39 | 2:29.29 | 2:46.69 | 2:50.39 | 2:27.99 | 2:41.19 | 2:44.69 | 2:27.99 | 2:41.19 | 2:44.69 |
| 50 Fly | 33.99 | 37.89 | 38.19 | 29.49 | 32.79 | 32.99 | | | | | | | | | |
| 100 Fly | 1:18.39 | 1:27.29 | 1:31.69 | 1:05.99 | 1:13.49 | 1:15.19 | 59.09 | 1:05.79 | 1:06.79 | 57.19 | 1:01.29 | 1:02.49 | 56.99 | 1:01.29 | 1:02.49 |
| 200 Fly | | | | 2:28.99 | 2:45.99 | 2:54.69 | 2:13.89 | 2:29.19 | 2:35.29 | 2:10.99 | 2:23.69 | 2:26.99 | 2:10.99 | 2:23.69 | 2:26.99 |
| 100 IM | 1:16.19 | 1:24.89 | | 1:06.29 | 1:13.79 | | | | | | | | | | |
| 200 IM | 2:43.09 | 3:01.19 | 3:06.99 | 2:23.99 | 2:39.99 | 2:44.49 | 2:11.89 | 2:25.19 | 2:28.79 | 2:06.29 | 2:18.09 | 2:21.69 | 2:06.29 | 2:18.09 | 2:21.69 |
| 400 IM | | | | 5:12.99 | 5:47.69 | 5:49.99 | 4:39.29 | 5:10.29 | 5:19.99 | 4:39.29 | 4:54.89 | 5:02.99 | 4:39.29 | 4:54.89 | 5:02.99 |

PACIFIC SWIMMING SENIOR TIME STANDARDS

| WOMEN | | | | SHORT COURSE YARDS | MEN | | | |
|----------|----------|----------|----------|--------------------|----------|----------|----------|----------|
| SR IV | SR III | SR II | SR I | EVENT | SR I | SR II | SR III | SR IV |
| 25.89 | 26.59 | 27.69 | 29.49 | 50 FREE | 27.59 | 25.89 | 23.99 | 23.29 |
| 55.99 | 58.19 | 59.79 | 1:03.79 | 100 FREE | 59.49 | 55.79 | 52.89 | 50.79 |
| 2:00.49 | 2:03.99 | 2:09.79 | 2:18.49 | 200 FREE | 2:09.99 | 2:01.79 | 1:54.09 | 1:50.69 |
| 5:19.29 | 5:26.99 | 5:42.29 | 6:01.79 | 500 FREE | 5:49.49 | 5:27.59 | 5:07.99 | 4:58.19 |
| 10:59.99 | 11:18.39 | 11:49.99 | 12:19.49 | 1000 FREE | 11:30.99 | 10:59.99 | 10:33.89 | 10:25.99 |
| 18:59.99 | 19:13.99 | 19:35.99 | 20:47.89 | 1650 FREE | 19:40.79 | 18:59.99 | 18:29.99 | 17:59.99 |
| 1:03.69 | 1:06.99 | 1:09.29 | 1:13.99 | 100 BACK | 1:11.69 | 1:07.19 | 1:01.69 | 58.79 |
| 2:15.69 | 2:22.19 | 2:28.09 | 2:37.99 | 200 BACK | 2:36.49 | 2:26.69 | 2:14.19 | 2:07.79 |
| 1:11.49 | 1:15.99 | 1:18.69 | 1:23.89 | 100 BREAST | 1:18.39 | 1:13.49 | 1:08.49 | 1:04.09 |
| 2:35.89 | 2:42.39 | 2:51.19 | 3:02.59 | 200 BREAST | 2:52.49 | 2:41.69 | 2:29.49 | 2:22.99 |
| 1:01.99 | 1:03.99 | 1:07.59 | 1:12.39 | 100 FLY | 1:07.79 | 1:03.59 | 58.09 | 55.99 |
| 2:17.99 | 2:20.79 | 2:32.29 | 2:42.39 | 200 FLY | 2:34.59 | 2:24.89 | 2:08.69 | 2:07.99 |
| 2:16.59 | 2:22.49 | 2:28.99 | 2:37.99 | 200 IM | 2:29.59 | 2:20.19 | 2:10.49 | 2:04.29 |
| 4:51.59 | 5:01.99 | 5:14.99 | 5:35.99 | 400 IM | 5:24.79 | 4:59.99 | 4:39.09 | 4:33.79 |

| WOMEN | | | | LONG COURSE METERS | MEN | | | |
|----------|----------|----------|----------|--------------------|----------|----------|----------|----------|
| SR IV | SR III | SR II | SR I | EVENT | SR I | SR II | SR III | SR IV |
| 29.59 | 30.19 | 31.49 | 33.49 | 50 FREE | 31.39 | 29.49 | 27.29 | 26.89 |
| 1:03.79 | 1:05.99 | 1:07.79 | 1:12.19 | 100 FREE | 1:07.49 | 1:03.39 | 1:00.19 | 58.79 |
| 2:16.99 | 2:20.39 | 2:26.79 | 2:36.39 | 200 FREE | 2:26.99 | 2:17.99 | 2:09.49 | 2:07.39 |
| 4:46.19 | 4:55.79 | 5:09.29 | 5:26.39 | 400 FREE | 5:15.59 | 4:56.29 | 4:37.99 | 4:29.39 |
| 9:56.79 | 10:12.99 | 10:35.09 | 11:08.19 | 800 FREE | 10:25.49 | 9:57.99 | 9:33.79 | 9:26.39 |
| 19:29.99 | 19:49.99 | 20:05.99 | 21:20.59 | 1500 FREE | 20:13.39 | 19:29.99 | 18:59.99 | 18:29.99 |
| 1:12.09 | 1:15.69 | 1:18.29 | 1:23.39 | 100 BACK | 1:20.89 | 1:15.99 | 1:09.79 | 1:06.69 |
| 2:33.29 | 2:40.49 | 2:46.99 | 2:57.79 | 200 BACK | 2:56.19 | 2:45.39 | 2:31.59 | 2:24.59 |
| 1:20.69 | 1:25.79 | 1:28.59 | 1:34.29 | 100 BREAST | 1:28.29 | 1:22.89 | 1:17.29 | 1:12.59 |
| 2:55.49 | 3:02.99 | 3:12.39 | 3:24.89 | 200 BREAST | 3:13.79 | 3:01.89 | 2:52.39 | 2:40.59 |
| 1:10.99 | 1:12.39 | 1:16.39 | 1:21.69 | 100 FLY | 1:16.59 | 1:11.99 | 1:05.89 | 1:03.59 |
| 2:35.79 | 2:38.89 | 2:51.59 | 3:02.69 | 200 FLY | 2:54.09 | 2:43.39 | 2:25.49 | 2:24.79 |
| 2:34.29 | 2:40.69 | 2:46.89 | 2:58.19 | 200 IM | 2:48.49 | 2:38.29 | 2:27.49 | 2:20.79 |
| 5:28.79 | 5:40.99 | 5:54.49 | 6:17.59 | 400 IM | 6:05.29 | 5:42.99 | 5:14.99 | 5:09.19 |

2014 SECTIONAL CHAMPIONSHIPS TIME STANDARDS

| | SCY | SCY BONUS | LCM | LCM BONUS | SCY | SCY BONUS | LCM | LCM BONUS |
|---------------------|----------|-----------|----------|-----------|----------|-----------|----------|-----------|
| | WOMEN | | | | MEN | | | |
| 50 FR | 24.29 | 24.79 | 28.29 | 28.79 | 21.79 | 22.09 | 25.59 | 25.99 |
| 100 FR | 52.89 | 53.89 | 1:01.09 | 1:02.29 | 47.29 | 48.19 | 55.29 | 56.29 |
| 200 FR | 1:54.09 | 1:56.19 | 2:11.79 | 2:14.29 | 1:44.49 | 1:46.49 | 2:01.29 | 2:03.59 |
| 400/500 FR | 5:05.69 | 5:11.49 | 4:36.99 | 4:42.29 | 4:43.69 | 4:49.19 | 4:17.49 | 4:22.39 |
| 800/1000 FR | 10:32.99 | 10:44.99 | 9:30.69 | 9:41.59 | 9:42.99 | 9:54.09 | 8:53.29 | 9:03.49 |
| 1500/1650 FR | 17:32.69 | 17:52.69 | 18:12.59 | 18:33.39 | 16:31.59 | 16:50.39 | 17:03.09 | 17:22.49 |
| 100 BK | 57.89 | 58.99 | 1:08.29 | 1:09.59 | 52.89 | 53.89 | 1:02.39 | 1:03.59 |
| 200 BK | 2:04.89 | 2:07.29 | 2:26.49 | 2:29.29 | 1:54.69 | 1:56.89 | 2:14.59 | 2:17.19 |
| 100 BR | 1:06.69 | 1:07.99 | 1:17.59 | 1:19.09 | 59.59 | 1:00.39 | 1:10.09 | 1:11.39 |
| 200 BR | 2:23.59 | 2:26.29 | 2:47.49 | 2:50.69 | 2:08.59 | 2:10.99 | 2:31.79 | 2:34.69 |
| 100 FL | 57.39 | 58.49 | 1:06.19 | 1:07.39 | 52.09 | 53.09 | 59.99 | 1:01.09 |
| 200 FL | 2:06.19 | 2:08.69 | 2:25.09 | 2:27.89 | 1:54.59 | 1:56.79 | 2:12.69 | 2:15.19 |
| 200 IM | 2:07.89 | 2:10.39 | 2:29.29 | 2:32.19 | 1:55.59 | 1:57.79 | 2:15.99 | 2:18.59 |
| 400 IM | 4:29.69 | 4:34.79 | 5:14.69 | 5:20.69 | 4:06.59 | 4:11.29 | 4:49.29 | 4:54.79 |
| 4X100 FR-R | 3:38.89 | | 4:08.39 | | 3:17.69 | | 3:45.69 | |
| 4X200 FR-R | 7:53.69 | | 8:58.49 | | 7:11.29 | | 8:11.09 | |
| 4X100 MED-R | 4:03.79 | | 4:36.89 | | 3:38.49 | | 4:08.89 | |

2013-2014 ARENA GRAND PRIX SERIES TIME STANDARDS

| | MINNEAPOLIS, MN November 14-16, 2013 | | AUSTIN, TX January 17-19, 2014 | | ORLANDO, FL February 13-15, 2014 | | MESA, AZ April 24-26, 2014 | | CHARLOTTE, NC May 15-18, 2014 | | SANTA CLARA, CA June 19-22, 2014 | |
|---------------------|---|----------|-----------------------------------|----------|-------------------------------------|----------|-------------------------------|----------|----------------------------------|----------|-------------------------------------|----------|
| | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM |
| WOMEN | | | | | | | | | | | | |
| 50 FR | 24.49 | 28.09 | 23.99 | 27.59 | 23.99 | 27.59 | 23.49 | 26.99 | 23.49 | 26.99 | 23.49 | 26.99 |
| 100 FR | 53.09 | 1:00.79 | 52.09 | 59.59 | 52.09 | 59.59 | 50.99 | 58.39 | 50.99 | 58.39 | 50.99 | 58.39 |
| 200 FR | 1:54.19 | 2:10.49 | 1:51.99 | 2:07.99 | 1:51.99 | 2:07.99 | 1:49.79 | 2:05.39 | 1:49.79 | 2:05.39 | 1:49.79 | 2:05.39 |
| 400/500 FR | 5:03.79 | 4:34.39 | 4:57.99 | 4:29.09 | 4:57.99 | 4:29.09 | 4:52.09 | 4:23.79 | 4:52.09 | 4:23.79 | 4:52.09 | 4:23.79 |
| 800/1000 FR | 10:27.79 | 9:25.29 | 10:15.69 | 9:14.39 | 10:15.69 | 9:14.39 | 10:03.59 | 9:03.49 | 10:03.59 | 9:03.49 | 10:03.59 | 9:03.49 |
| 1500/1650 FR | 17:26.49 | 18:02.19 | 17:06.39 | 17:41.39 | 17:06.39 | 17:41.39 | 16:46.19 | 17:20.49 | 16:46.19 | 17:20.49 | 16:46.19 | 17:20.49 |
| 100 BK | 58.89 | 1:08.29 | 57.79 | 1:06.99 | 57.79 | 1:06.99 | 56.59 | 1:05.59 | 56.59 | 1:05.59 | 56.59 | 1:05.59 |
| 200 BK | 2:06.19 | 2:26.39 | 2:03.79 | 2:23.59 | 2:03.79 | 2:23.59 | 2:01.29 | 2:20.69 | 2:01.29 | 2:20.69 | 2:01.29 | 2:20.69 |
| 100 BR | 1:06.89 | 1:17.29 | 1:05.59 | 1:15.79 | 1:05.59 | 1:15.79 | 1:04.29 | 1:14.29 | 1:04.29 | 1:14.29 | 1:04.29 | 1:14.29 |
| 200 BR | 2:25.39 | 2:46.49 | 2:22.59 | 2:43.29 | 2:22.59 | 2:43.29 | 2:19.79 | 2:40.09 | 2:19.79 | 2:40.09 | 2:19.79 | 2:40.09 |
| 100 FL | 58.29 | 1:05.99 | 57.19 | 1:04.69 | 57.19 | 1:04.69 | 55.99 | 1:03.39 | 55.99 | 1:03.39 | 55.99 | 1:03.39 |
| 200 FL | 2:08.29 | 2:25.19 | 2:05.79 | 2:22.39 | 2:05.79 | 2:22.39 | 2:03.29 | 2:19.59 | 2:03.29 | 2:19.59 | 2:03.29 | 2:19.59 |
| 200 IM | 2:08.79 | 2:28.19 | 2:06.29 | 2:25.39 | 2:06.29 | 2:25.39 | 2:03.79 | 2:22.49 | 2:03.79 | 2:22.49 | 2:03.79 | 2:22.49 |
| 400 IM | 4:34.29 | 5:13.99 | 4:28.99 | 5:07.99 | 4:28.99 | 5:07.99 | 4:23.69 | 5:01.89 | 4:23.69 | 5:01.89 | 4:23.69 | 5:01.89 |
| 4X100 FR-R | 3:37.89 | 4:08.79 | 3:33.69 | 4:03.99 | 3:33.69 | 4:03.99 | 3:29.49 | 3:59.19 | 3:29.49 | 3:59.19 | 3:29.49 | 3:59.19 |
| 4X200 FR-R | 7:59.89 | 8:56.09 | 7:50.69 | 8:45.79 | 7:50.69 | 8:45.79 | 7:41.39 | 8:35.39 | 7:41.39 | 8:35.39 | 7:41.39 | 8:35.39 |
| 4X100 MED-R | 4:00.30 | 4:36.49 | 3:55.79 | 4:31.19 | 3:55.79 | 4:31.19 | 3:51.09 | 4:25.79 | 3:51.09 | 4:25.79 | 3:51.09 | 4:25.79 |
| MEN | | | | | | | | | | | | |
| 50 FR | 21.89 | 25.39 | 21.49 | 24.89 | 21.49 | 24.89 | 20.99 | 24.39 | 20.99 | 24.39 | 20.99 | 24.39 |
| 100 FR | 47.69 | 55.09 | 46.79 | 53.99 | 46.79 | 53.99 | 45.79 | 52.89 | 45.79 | 52.89 | 45.79 | 52.89 |
| 200 FR | 1:44.39 | 2:00.99 | 1:42.39 | 1:58.69 | 1:42.39 | 1:58.69 | 1:40.29 | 1:56.29 | 1:40.29 | 1:56.29 | 1:40.29 | 1:56.29 |
| 400/500 FR | 4:43.69 | 4:16.19 | 4:38.19 | 4:11.29 | 4:38.19 | 4:11.29 | 4:32.69 | 4:06.29 | 4:32.69 | 4:06.29 | 4:32.69 | 4:06.29 |
| 800/1000 FR | 9:48.19 | 8:54.39 | 9:36.89 | 8:44.09 | 9:36.89 | 8:44.09 | 9:25.49 | 8:33.79 | 9:25.49 | 8:33.79 | 9:25.49 | 8:33.79 |
| 1500/1650 FR | 16:24.89 | 16:53.99 | 16:05.99 | 16:34.49 | 16:05.99 | 16:34.49 | 15:46.99 | 16:14.99 | 15:46.99 | 16:14.99 | 15:46.99 | 16:14.99 |
| 100 BK | 53.09 | 1:02.09 | 52.09 | 1:00.89 | 52.09 | 1:00.89 | 50.99 | 59.69 | 50.99 | 59.69 | 50.99 | 59.69 |
| 200 BK | 1:55.19 | 2:14.79 | 1:52.99 | 2:12.19 | 1:52.99 | 2:12.19 | 1:50.69 | 2:09.59 | 1:50.69 | 2:09.59 | 1:50.69 | 2:09.59 |
| 100 BR | 1:00.09 | 1:10.29 | 58.89 | 1:08.99 | 58.89 | 1:08.99 | 57.69 | 1:07.59 | 57.69 | 1:07.59 | 57.69 | 1:07.59 |
| 200 BR | 2:10.99 | 2:33.09 | 2:08.49 | 2:30.19 | 2:08.49 | 2:30.19 | 2:05.89 | 2:27.19 | 2:05.89 | 2:27.19 | 2:05.89 | 2:27.19 |
| 100 FL | 52.09 | 59.69 | 51.09 | 58.59 | 51.09 | 58.59 | 50.09 | 57.39 | 50.09 | 57.39 | 50.09 | 57.39 |
| 200 FL | 1:56.09 | 2:13.39 | 1:53.89 | 2:10.79 | 1:53.89 | 2:10.79 | 1:51.59 | 2:08.19 | 1:51.59 | 2:08.19 | 1:51.59 | 2:08.19 |
| 200 IM | 1:56.99 | 2:15.79 | 1:54.79 | 2:13.19 | 1:54.79 | 2:13.19 | 1:52.49 | 2:10.49 | 1:52.49 | 2:10.49 | 1:52.49 | 2:10.49 |
| 400 IM | 4:09.89 | 4:49.59 | 4:04.99 | 4:43.99 | 4:04.99 | 4:43.99 | 4:00.19 | 4:38.39 | 4:00.19 | 4:38.39 | 4:00.19 | 4:38.39 |
| 4X100 FR-R | 3:15.69 | 3:47.29 | 3:11.89 | 3:42.89 | 3:11.89 | 3:42.89 | 3:08.09 | 3:38.49 | 3:08.09 | 3:38.49 | 3:08.09 | 3:38.49 |
| 4X200 FR-R | 7:09.09 | 8:12.39 | 7:00.89 | 8:02.89 | 7:00.89 | 8:02.89 | 6:52.59 | 7:53.39 | 6:52.59 | 7:53.39 | 6:52.59 | 7:53.39 |
| 4X100 MED-R | 3:37.19 | 4:10.89 | 3:32.99 | 4:06.09 | 3:32.99 | 4:06.09 | 3:28.79 | 4:01.19 | 3:28.79 | 4:01.19 | 3:28.79 | 4:01.19 |

2013-2014 JUNIOR NATIONAL & NATIONAL CHAMPIONSHIPS TIME STANDARDS

| | WINTER JUNIORS | | WINTER JUNIORS - BONUS | | SUMMER JUNIORS | | SUMMER JUNIORS - BONUS | | WINTER NATIONALS | | | SUMMER NATIONALS | |
|---------------------|----------------------|----------|------------------------|----------|------------------------|----------|------------------------|----------|--------------------|----------|----------|-------------------|----------|
| | December 12-14, 2013 | | December 12-14, 2013 | | July 30-August 3, 2014 | | July 30-August 3, 2014 | | December 5-7, 2013 | | | August 6-10, 2014 | |
| | SCY | LCM | SCY | LCM | SCY | LCM | SCY | LCM | SCY | SCM | LCM | SCY | LCM |
| WOMEN | | | | | | | | | | | | | |
| 50 FR | 23.49 | 26.99 | 24.29 | 27.49 | 22.89 | 26.29 | 23.49 | 27.19 | 23.29 | 26.19 | 26.69 | 22.59 | 26.09 |
| 100 FR | 50.99 | 58.39 | 52.29 | 59.59 | 49.89 | 57.79 | 50.79 | 58.29 | 50.89 | 56.29 | 57.69 | 49.29 | 56.69 |
| 200 FR | 1:49.79 | 2:05.39 | 1:52.99 | 2:07.89 | 1:47.79 | 2:04.69 | 1:49.39 | 2:05.69 | 1:49.69 | 2:01.49 | 2:04.59 | 1:46.89 | 2:02.49 |
| 400/500 FR | 4:52.09 | 4:23.79 | 5:00.29 | 4:28.29 | 4:49.09 | 4:22.19 | 4:52.19 | 4:23.89 | 4:51.99 | 4:12.29 | 4:20.79 | 4:45.99 | 4:17.39 |
| 800/1000 FR | 10:03.59 | 9:03.49 | 10:15.29 | 9:11.19 | 9:58.79 | 9:00.29 | 10:05.19 | 9:05.09 | 10:01.19 | 8:42.99 | 8:54.49 | 9:54.79 | 8:49.49 |
| 1500/1650 FR | 16:46.19 | 17:20.49 | 17:14.39 | 17:37.69 | 16:35.89 | 17:14.29 | 16:45.09 | 17:29.69 | 16:45.19 | 16:34.79 | 17:06.69 | 16:25.19 | 16:52.99 |
| 100 BK | 56.59 | 1:05.59 | 58.49 | 1:07.29 | 54.69 | 1:04.59 | 56.09 | 1:05.59 | 56.49 | 1:02.59 | 1:05.49 | 53.89 | 1:03.29 |
| 200 BK | 2:01.29 | 2:20.69 | 2:05.79 | 2:24.79 | 1:58.09 | 2:18.69 | 2:00.69 | 2:20.89 | 2:01.19 | 2:15.39 | 2:19.89 | 1:56.79 | 2:16.59 |
| 100 BR | 1:04.29 | 1:14.29 | 1:06.29 | 1:16.19 | 1:03.09 | 1:13.49 | 1:03.89 | 1:14.29 | 1:04.09 | 1:11.99 | 1:13.79 | 1:01.49 | 1:11.59 |
| 200 BR | 2:19.79 | 2:40.09 | 2:23.09 | 2:43.79 | 2:15.89 | 2:38.69 | 2:18.89 | 2:40.49 | 2:18.29 | 2:34.89 | 2:39.19 | 2:13.29 | 2:35.09 |
| 100 FL | 55.99 | 1:03.39 | 57.89 | 1:05.19 | 54.19 | 1:02.59 | 55.69 | 1:03.59 | 55.89 | 1:01.99 | 1:03.19 | 53.49 | 1:01.19 |
| 200 FL | 2:03.29 | 2:19.59 | 2:06.19 | 2:22.99 | 1:59.59 | 2:17.39 | 2:02.39 | 2:19.29 | 2:02.69 | 2:15.89 | 2:17.89 | 1:58.89 | 2:15.59 |
| 200 IM | 2:03.79 | 2:22.49 | 2:08.29 | 2:26.39 | 2:00.99 | 2:21.39 | 2:03.99 | 2:22.39 | 2:03.69 | 2:17.59 | 2:21.89 | 1:59.39 | 2:18.69 |
| 400 IM | 4:23.69 | 5:01.89 | 4:30.69 | 5:07.29 | 4:15.59 | 4:58.09 | 4:22.09 | 5:00.49 | 4:22.99 | 4:52.09 | 4:58.59 | 4:14.69 | 4:53.39 |
| 4X100 FR-R | 3:29.49 | 3:59.19 | | | | 3:56.49 | | | 3:23.39 | | 3:52.69 | | 3:52.69 |
| 4X200 FR-R | 7:41.39 | 8:35.39 | | | | 8:29.99 | | | 7:18.99 | | 8:22.19 | | 8:22.19 |
| 4X100 MED-R | 3:51.09 | | | | | 4:22.69 | | | 3:44.19 | | 4:18.29 | | 4:18.29 |
| MEN | | | | | | | | | | | | | |
| 50 FR | 20.99 | 24.39 | 21.49 | 24.69 | 20.59 | 24.09 | 21.19 | 24.49 | 20.59 | 22.89 | 23.59 | 19.99 | 23.19 |
| 100 FR | 45.79 | 52.89 | 46.69 | 53.79 | 44.59 | 51.19 | 45.39 | 52.89 | 45.19 | 49.99 | 51.79 | 43.59 | 50.89 |
| 200 FR | 1:40.29 | 1:56.29 | 1:42.09 | 1:57.69 | 1:38.79 | 1:54.69 | 1:40.09 | 1:56.49 | 1:39.09 | 1:49.89 | 1:53.29 | 1:36.49 | 1:51.89 |
| 400/500 FR | 4:32.69 | 4:06.29 | 4:36.59 | 4:08.99 | 4:29.29 | 4:03.59 | 4:30.09 | 4:05.49 | 4:28.89 | 3:52.49 | 4:01.09 | 4:21.29 | 3:58.69 |
| 800/1000 FR | 9:25.49 | 8:33.79 | 9:34.29 | 8:38.59 | 9:15.19 | 8:24.69 | 9:19.39 | 8:27.69 | 9:20.59 | 8:10.09 | 8:21.49 | 9:09.49 | 8:15.49 |
| 1500/1650 FR | 15:46.99 | 16:14.99 | 16:03.79 | 16:34.59 | 15:37.49 | 16:08.09 | 15:46.39 | 16:27.39 | 15:34.89 | 15:17.79 | 15:59.99 | 15:18.89 | 15:49.39 |
| 100 BK | 50.99 | 59.69 | 52.49 | 1:00.79 | 49.89 | 58.99 | 50.49 | 59.69 | 50.49 | 55.89 | 58.59 | 47.39 | 57.19 |
| 200 BK | 1:50.69 | 2:09.59 | 1:53.59 | 2:11.89 | 1:48.39 | 2:07.39 | 1:49.69 | 2:09.69 | 1:49.39 | 2:01.59 | 2:06.69 | 1:45.89 | 2:04.39 |
| 100 BR | 57.69 | 1:07.59 | 58.89 | 1:09.49 | 55.99 | 1:06.29 | 56.59 | 1:07.09 | 56.79 | 1:03.19 | 1:05.59 | 54.09 | 1:04.09 |
| 200 BR | 2:05.89 | 2:27.19 | 2:08.59 | 2:28.99 | 2:01.59 | 2:23.69 | 2:02.89 | 2:25.09 | 2:03.39 | 2:17.79 | 2:22.89 | 1:58.59 | 2:19.49 |
| 100 FL | 50.09 | 57.39 | 51.29 | 58.39 | 49.19 | 56.69 | 49.89 | 57.69 | 49.79 | 54.49 | 55.99 | 47.79 | 54.79 |
| 200 FL | 1:51.59 | 2:08.19 | 1:53.69 | 2:10.19 | 1:48.29 | 2:05.49 | 1:49.89 | 2:07.29 | 1:50.19 | 2:00.69 | 2:04.59 | 1:46.09 | 2:02.79 |
| 200 IM | 1:52.49 | 2:10.49 | 1:55.09 | 2:12.79 | 1:49.29 | 2:08.69 | 1:50.69 | 2:10.09 | 1:51.39 | 2:03.19 | 2:08.19 | 1:46.19 | 2:05.49 |
| 400 IM | 4:00.19 | 4:38.39 | 4:05.69 | 4:42.39 | 3:53.49 | 4:33.89 | 3:56.89 | 4:37.29 | 3:57.79 | 4:23.59 | 4:32.59 | 3:48.79 | 4:28.89 |
| 4X100 FR-R | 3:08.09 | 3:38.49 | | | | 3:34.89 | | | 3:00.69 | | 3:29.29 | | 3:29.29 |
| 4X200 FR-R | 6:52.59 | 7:53.39 | | | | 7:47.69 | | | 6:41.29 | | 7:42.79 | | 7:42.79 |
| 4X100 MED-R | 3:28.79 | 4:01.19 | | | | 3:56.99 | | | 3:16.99 | | 3:50.09 | | 3:50.09 |

RULES AND REGULATIONS

SECTION 1

ADMINISTRATION OF THE SWIMMING PROGRAM

A. Registration and Membership

1. Categories

There are two categories of individual membership, athlete and non-athlete. Athlete membership is called Registration. Non-athlete members are further designated as coach, official and other. All swimmers who participate in practices or meets conducted by Pacific or member clubs must be registered with USA-S as athlete members. All coaches who are on deck at practices and meets must meet special training requirements to qualify for coach membership. In order to meet the requirements for club membership, the club must have at least one coach member and one swimmer member. All meet directors and deck officials must be non-athlete members.

2. Registration Periods

Swimmers may register for a full year, or a summer season and/or a fall season. They are offered a single continuous 30-day tryout period when first joining a club, during which time registration is not required. The period ends after 30 days or upon submitting an entry for a meet, whichever is earlier.

3. Applications

The Registration Chairman handles swimmer registration. The Membership Chairman handles non-athlete and club memberships. Swimmers are registered and non-athletes are members when the Chairman (or authorized deputy) receives and accepts the official application form (photocopies may only be used with the advance approval of the Chairman) and fee (checks should be payable to Pacific Swimming). Club names and abbreviations must be approved by the Board of Directors. Official forms may be obtained from the chairmen. Refunds of duplicate registrations/memberships will be made upon approval of the Chairman.

4. Transfers and Changes

A swimmer who changes clubs must wait for 120 days after his/her last competition with the old club before representing the new club in competition. The swimmer must compete as an unattached swimmer during the 120-day period. The swimmer must notify the Registration Chairman of the date of last competition with the old club by completing a transfer form. The transfer form can also be used to change an address, telephone number, etc.

5. High School/College Competition

California Interscholastic Federation (CIF) does not penalize USA Swimming members for swimming attached to their local swim clubs during high school season for the Sectionals and National Championship meets. However, the CIF does require that in any other USA or Pacific Swimming meet held during the high school club season, swimmers must compete unattached. Remember to enter any other meets other than sectionals and nationals as unattached. **It is the swimmer's responsibility to be unattached from these meets.** For registration purposes **only**, swimmers are automatically considered unattached during their high school seasons and do not need to change their registration status with the Pacific Registration Chairman. However, swimmers planning to change their club affiliation during this period and use the high school season as part of their 120-day unattached period should complete a Transfer Form and send it to the Pacific Registration Chairman (as described above).

6. Responsibility

The club is responsible for making sure that all of its swimmers and officials are members of USA -S. The Meet Director is responsible for making sure that all swimmers, coaches and officials participating in a meet are members of USA-S.

B. Classes and Time Standards

1. Classes of Swimming Competition

- a. Swimming competition shall be conducted by various classes. The classes of swimmers are:
 - (1) Senior
 - (2) Age Group — 18 years of age and younger, grouped by ages
 - (3) Post Age Group — 19/over
 - (4) Novice
 - (5) Open events: In order to enter open events at an age-group meet, a swimmer must have met the listed qualifying time or have coach verification for the following events; 200 Back, 200 Breast, 200 Fly, 400 IM, 400/500 Free, 800/1000, 1500/1650 Free.
- b. Classified age group meets (those with time standards) may offer events grouped by ages or by any combination of ages. Swimmers must qualify at the time standards for their own age group, or if no standards exist for their age group, at the standard for the next oldest age group for their sex where the event is included. 19/over swimmers must qualify at 17-18 time standards.
- c. Unclassified age group meets (those without time standards, such as invitational and league meets) may offer events grouped by age or by any combination of ages.

2. Time Standards

- a. Time standards regulate the qualifying of swimmers for a given class of competition and are set by the Time Standards Committee.
- b. Time standards may be found in the Standards section of the Swim Guide. There are no time standards for the 6/under age group, which is limited to 25 yard/meter Fly, Back, Breast, Free, and 50 yard/meter Free.
- c. Special qualifying times (Q times) are used as time standards for selected championship and qualifying meets and also as time standards for compiling the top ten Pacific age group times for each season.
- d. Times achieved at an altitude of 3,000 feet or more may be adjusted as provided in Section 207.10.5 of the USA-S Rules and Regulations for the purpose of entering any Pacific meet in which the entered time is subject to verification.
- e. Pacific Recognition Time (PRT) is the time standard used for 8/under swimmers for compiling the top ten Pacific age group times for each season. For other age groups, it is a recognition time standard.
- f. Western Zone Consideration Time (WZCT) is the time standard used to select the team which represents Pacific at the Western Zone Championships.
- g. A 50-meter time in a 50-meter course must be achieved with a fully automatic timing system or a semi-automatic timing system with three buttons in order to be submitted as a Pacific FW, WZCT, or other qualifying time where proof of time is required.
- h. Zone Championships, League Championships, and City and State Championships may set their own time standards.

C. Scheduling

1. Scheduling of Meets

- a. A schedule of meets for the ensuing calendar year shall be proposed by the Scheduling Committee for approval by the Board of Directors. The Scheduling Committee may propose the procedures for clubs applying for Pacific meets and limitations on the scheduling of zone autonomy meets.
- b. All swim meets scheduled and awarded by the Zones of Pacific Swimming shall be submitted to the Pacific Swimming Scheduling Committee prior to the submittal of the final draft for the publication of the Pacific Swim Guide. All meets on the

combined list of LSC and Zone-awarded meets will be recognized as swim meets under the jurisdiction of Pacific Swimming. Any additions to this schedule involving teams from more than one Zone must be submitted to the Pacific Swimming Scheduling Committee for review, and approval. Examples are Invitational Meets involving teams among multiple Zones and swim team of one Zone hosting a meet at a pool inside the boundary of another Zone. Exempted from this rule are meets offered by teams based in the Zone 3 city of Fort Bragg and counties north of Mendocino County, or Zone 4.

- c. Pacific meets will be awarded to clubs applying for them by a special committee consisting of the Scheduling Chairman (who shall be chairman of this awarding committee), Sanction Chairman, Officials Chairman, Senior Vice-Chairman, Age Group Vice-Chairman, the five Zone Chairmen, and such other persons as the Chairman of the Board of Directors shall determine.
- d. Notice of intention to cancel a scheduled Pacific meet must be given to the Chairman of the Scheduling Committee at least 90 days before the meet. An organization not fulfilling its obligation to conduct a meet may be barred by the Board of Directors from holding meets the following year.
- e. Zones may schedule meets of any class on dates established by the Board of Directors, except that the class of meet shall not equal or exceed the class listed on the Pacific-All schedule for that date.

D. Sanctions

1. Sanctioned Meet

- a. All USA-S events, whether they are competitive meets or exhibitions, must be sanctioned, except those closed meets held by and on the premises of a club which is a member of Pacific, with participation restricted to members of that club. All organizations and swimmers participating in a sanctioned meet must be members in good standing of USA-S.
- b. Sanction fees are as follows:
 - (1) For open competitions with five or more participating clubs:
 - (i) \$35.00 for one-day meets (including dual, tri and quad meets);
 - (ii) \$75.00 for two or three day sanctioned competitions; and
 - (iii) \$105.00 for sanctioned competitions lasting four days or longer.
 - (iv) There shall be no fee for a time trial to be conducted between sessions of a Senior Trials and Finals meet.
 - (2) For Dual, Tri, Quad, and Closed Invitational:
 - (i) 1 Day Meet, Pacific Swimming will receive 12.5% of meet participation fees charged.
 - (ii) 2 Day Meet, Pacific Swimming will receive 18.25% of meet participation fees charged.
 - (iii) 3 Day Meet, Pacific Swimming will receive 22% of meet participation fees charged.

*Note: This fee structure will take place on September 1, 2013 and end August 31, 2014, at which time it can be renewed.
- c. Application for sanction
 - (1) Sanction applications will be provided to the host club with a copy of a suggested meet sheet format for the appropriate class of meet.
 - (2) Any meet having time standards not in accordance with those published in the Swim Guide must be approved by the Board of Directors prior to being sanctioned.
 - (3) Completed sanction application and an electronic word document for all Pacific awarded meets shall be submitted to sanctions@pacswim.org. Zone awarded meets shall be submitted to the Sanction chair of the zone in which the meet is to be held. This should be done at least 90 days prior to the meet date. Sanction fees will be part of the sanction packet.

- d. A penalty for distributing meet information sheets to clubs and swimmers, using any medium; before the meet is sanctioned by Pacific Swimming will be assessed in the amount of \$50.00 per each day of the meet. Meet sheets containing the sanction number and any necessary corrections must be sent to those clubs and individuals to whom the original unsanctioned sheet was sent.

2. Approved Meet

- a. An approved meet is a designated meet conducted by either USA-S or non-USA-S organizations which includes non-USA-S swimmers as participants. Participating USA-S swimmers may use their times as USA-S qualifying times.
- b. Approvals may be issued to member clubs for open competition conducted in accordance with USA Swimming technical rules if that competition has been specifically approved by the USA Swimming Program Operations Vice -President or his/her designee.
- c. Approval or disapproval of the meet by the Pacific Sanction Chairman will be made after the meet has been held. The decision will be based on the report of the meet referee, NTV officer, or other designated official as to whether the conduct of the competition conformed to USA-S standards.
- d. Approved Meets are subject to the Rules & Regulations set forth by USA-S. (Reference USA-S Rules & Regulations Article 202.4)
- e. Complete official results of an approved meet must be furnished to the Pacific Sanction Chairman.
- f. Approved meet processing fees are as follows:
 - (1) \$35.00 for one-day meets (including dual, tri and quad meets);
 - (2) \$75.00 for two or three day approved competitions; and
 - (3) \$105.00 for approved competitions lasting four days or longer.

E. Pacific Records and Awards

1. Records

- a. Pacific records may be set only by Pacific-registered swimmers.
- b. Records may be made in any meet held under sanction of Pacific and will be recognized and recorded from meet results and official timers' cards.
- c. Pacific records set by Pacific-registered swimmers in meets held in other LSCs, in regional meets, or in national meets shall be recognized from correct official meet results with the claimed record clearly marked or from a statement by meet officials giving the date and location of the meet. Responsibility for submission of record times achieved out of Pacific rests with the swimmers and coaches involved.
- d. Times submitted for records must be from three (3) watches or from automatic electronic timing and judging systems. In 50-meter pools, all record times for 50-meter distances must be achieved with fully automatic or semi-automatic timing equipment.
- e. Records will be recognized for the year period beginning September 1 and running through August 31.

2. Awards

- a. Age Group Swimmer Awards shall be made annually to the outstanding boys and girls in each of the age group divisions: 10 and under, 11-12, 13-14, 15-16, and 17-18. The basis for selection shall be tabulation of national and Pacific best times, national age group records, and Pacific records in individual events regardless of the location of meets in which times were achieved.
- b. Single awards shall be made annually to the outstanding Senior female swimmer and Senior male swimmer. Selection of these athletes and of Sullivan Award nominees shall be by secret ballot by the Board of Directors.

SECTION 2

SWIM MEET PREPARATION

A. Meet Information Sheet

1. Meets will be conducted under rules and regulations of USA-S and Pacific. Approximately 120 days before a scheduled meet host clubs will receive a packet containing a sanction application, a format for their meet information sheet appropriate to the meet type, and other necessary sanction information and forms. Packets for meets not scheduled in advance will need to be requested from the Pacific Sanctions Chairman. Changes to the format must be approved by the Pacific Sanction Chairman or Board of Directors. Changes to the dates or class of a meet will require approval by the Pacific Board of Directors.
2. An electronic version of the sanctioned meet information sheet in a format acceptable to the Pacific webmaster must be sent for posting on the Pacific Website no later than 30 days prior to the closing date for entries (results@pacswim.org). If an electronic version of the acceptable format is not available, at least one copy of the sanctioned meet information sheet must be mailed to all clubs and one copy each to the meet referee and starter no later than 30 days prior to the closing date for entries.
3. The sanction will be granted only with the approval of the Sanctions Chairman, the Meet Referee and the Meet Director. Once the sanction is granted, there may be no changes without the approval of the Meet Referee and the Sanctions Chairman.
4. Meet entries are due two Mondays prior to the meet. Any Zone sanctioned meets may accept zone entries three Mondays prior to the meet. The host team may invite to be part of the Zone priority, one team outside of the Zone or LSC up to 30 total swimmers.
5. In cases where change of location is necessary after granting of the sanction, the meet management must immediately notify in writing the Sanctions Chairman and all clubs to which information has already been sent.
6. The meet information sheet shall contain the following statement: All coaches and deck officials must wear their USA-S membership cards in a visible manner.
7. For meets with qualifying entry times or when awards are based on entry time flights, all entry times must be submitted for verification to a source designated by Pacific Swimming. Change of times will remain the discretion of the meet referee. The following language will be mandatory in meet information for such meets: *"Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures."* This file is to be sent to timeverification@pacswim.org.
8. The meet announcement shall include information about water depth measured for a distance of 3 feet 3 ½ inches (1 meter) to 16 feet 5 inches (5.0 meters) from both end walls. (Reference USA-S Rules & Regulations Articles 202.3, 202.4)
9. The meet announcement shall include the following statement: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."
10. The meet announcement shall include one of the following statements as to the certification status of the competition course, as follows:

"In accordance with Article 104.2.2c(4) the competition course has been certified. A copy of the certification is on file with USA Swimming"

Or

"The competition course has not been certified in accordance with Article 104.2.2C(4)"
11. The meet announcement shall include the following statement: *"In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."*

12. The meet announcement shall include the following statement: *“Any USAS 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 USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer’s legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete’s USAS Club Member-Coach.”*
13. Under the “Restrictions” section, the meet information sheet shall include the following statement: *“Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.”*
14. The meet announcement shall include the following statement: *“Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital camera, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.”*

B. Entry Fees

1. The following are entry fees which shall be charged for each class of meet. The meet sponsor is not required to accept entries that do not include applicable fees. Participation fees cannot be charged unless entry fees are charged.

| Class of Meet | Individual Entry Fees | | | Relay Entry Fees | | |
|---------------------------|-----------------------|---------|--------|------------------|---------|--------|
| | Total Fee | To Host | Due PC | Total Fee | To Host | Due PC |
| Senior IV | \$6.50 | \$4.70 | \$1.80 | \$20.00 | \$14.30 | \$5.70 |
| Senior I, II, III | \$5.50 | \$4.00 | \$1.50 | \$16.00 | \$11.70 | \$4.30 |
| FW & JO Championships | \$5.50 | \$4.00 | \$1.50 | \$20.00 | \$14.30 | \$5.70 |
| Trials and Finals | \$5.00 | \$3.65 | \$1.35 | \$16.00 | \$11.70 | \$4.30 |
| C/B | \$2.50 | \$2.20 | \$0.30 | \$8.00 | \$6.00 | \$2.00 |
| All other age group meets | \$2.75 | \$2.00 | \$0.75 | \$9.00 | \$6.60 | \$2.40 |
| Time Trials | \$9.00 | \$6.70 | \$2.30 | \$22.00 | \$15.70 | \$6.30 |
| Grand Prix | \$10.00 | \$7.50 | \$2.50 | \$16.00 | \$11.50 | \$4.50 |

NOTES:

1. Multi-class meets – applicable fee will be that of the highest class included in the meet.
 2. Host teams may impose a participation fee not to exceed \$8.00 for short course meets and \$10.00 for long course meet per swimmer to help defray meet expenses. Host teams of meets scheduled by Zone 4 may increase the foregoing participation fee amounts by \$1.00 per swimmer to help defray expenses of the Zone. Relay-only swimmers are exempt from this surcharge, except in relay-only meets.
 3. Leagues charging entry fees shall pay the Pacific portion applicable to amount of entry fee as listed above. The Pacific fee does not apply to Adapted Swimming.
2. For swim meets of which Pacific Swimming grants sanctioning, but the meet fee structure does not follow currently adopted methods as prescribed in Pacific Swimming Rules and Regulations, the following calculations will be used to determine the share

owed to Pacific Swimming following the conclusion of the swim meet. This formula applies to all Dual, Tri, Quad, and/or closed Invitational's whereby the meet host does not use current methods listed. This percentage fee incorporates the sanction fee, thereby replacing any additional sanctioning fee owed to Pacific Swimming.

- a. One day meet, Pacific Swimming would receive 12.5% of meet participation fees charged.
- b. Two day meet, Pacific Swimming would receive 18.25% of meet participation fees charged.
- c. For a three day or more meet, Pacific Swimming would receive 22% of the meet participation fees charged.

NOTES:

1. This fee structure will take place on September 1, 2013 and end August 31, 2014, at which time it can be renewed.

C. Events

1. All events must conform to the current list in the USA-S Rules and Regulations. Exceptions may be made by application to and approval of the Sanctions Chairman or the Board of Directors.

D. Relay Entry Information

1. At the discretion of the meet director, relay team entries may be made on the day of the meet at such time as deemed reasonable to allow for payment of entry fee, preparation of heat sheets, and seeding of teams, this being not less than one hour before the swimming of the first heat of the relay event being entered. Clubs desiring to do so may submit entry cards before the meet including only the team name. Meet directors may require pre-entry of relay teams if preferred.
2. Relay Meets—Entries must be submitted by the closing date.

SECTION 3

CONDUCT OF MEETS

A. Rules

1. All meets shall be conducted under current USA-S rules. The referee of the meet shall be the final authority for the conduct of competition. Procedures stated in the meet information sheet, approved at the granting of the meet sanction, shall become the rules of the meet.
2. All sanctioned competitions are required to have all warm-up sessions supervised and controlled using the format adopted by Pacific. A complete copy of the format will be provided with each sanction.
3. At all Pacific Swimming meets, a coach who is not wearing his or her membership card visibly and who is unable to produce a card, shall be given the option to sign a statement attesting to his/her certification or to remove himself/herself from coaching responsibilities on deck. The penalty for false representation shall be a fine of \$100 payable to Pacific Swimming. A coach has the right to appeal the fine through the Board of Review process.
4. A public address unit or bull horn must be provided for the starter, and a public address unit must be so placed as to be heard clearly in the designated swimmer rest areas.
5. All animals are prohibited from the pool deck areas during swim meets.
6. In trials and finals meets, the finals may not begin less than one hour after the completion of the last preliminary or trial heat.
7. No swimmer will be eligible to participate in a Pacific-sponsored swim meet if the swimmer or swimmer's family is indebted to Pacific. Resolution of the indebtedness subsequent to selection or entry in a Pacific-sponsored swim meet will not make the swimmer eligible for participation. A swimmer will not be eligible for further participation as long as the indebtedness remains unresolved.
8. Timing systems to be provided by meet hosts of all sanctioned meets in Pacific Swimming shall meet the following USA-S

Timing System Levels:

- a. Level 1 – Primary system: Automatic Level 1 timing may be used at any meet, and is required for all meets with J.O. qualifying time standards or higher. A backup system with a minimum of two buttons and a tertiary system of at least one manual watch shall also be provided;
- b. Level 2 – Primary system: Semi-automatic with 3 buttons Age group meets with qualifying times of A or higher (including multi-class meets) and Senior meets must have at least a Level 2 primary timing system with a minimum backup system of at least one watch; timing system guidelines will be outlined in the minimum criteria Senior meet document established by the Senior committee.
- c. Level 3 – Primary system: Semi-automatic with 2 buttons or manual with 3 watches
All other sanctioned meets in Pacific Swimming must have at least a Level 3 primary timing system. If such system consists of semi-automatic timing with two buttons, a backup system of at least one watch shall be provided.
- d. Level 4 - Primary system: Manual with 2 watches
Level 4 timing may be used only to achieve Pacific Swimming age group time standards below A.

B. Meet Operations

1. Entries

- a. Consolidated Entry forms should be filed alphabetically by age group and kept at the seeding desk as a ready reference in case of dispute over an entry.
- b. Entry cards must be completely filled out including all 14 characters contained in the current registration number. Correct club codes should be used (see club lists in Contact pages of the Swim Guide).
- c. Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. The registration forms and fees shall be sent by the host club to the Registration Chairman. The surcharge shall be rebated to the host club if the registration forms and fees are received by the Registration Chairman within three (3) days of the last day of the meet. Swimmers who register at a meet who assert that they are already registered may mark the application form by writing Possible Duplicate in the upper right corner of the form. When received, the Registration Chairman will review the records, and if an application is a duplicate, any fee paid will be refunded by mail.
- d. At all sanctioned meets that include time trials, only swimmers that are entered in an individual event in the meet are eligible to enter time trials.
- e. When those meets that have an imposed limitation on the number of swimmers reaches that capacity (CAP), all unaccepted entrants will be notified in the following manner:
 - (1) No later than the first Monday before the meet, the Meet Director will make provisions to contact (via telephone) a coach or Board Member from each team that has entries returned. A list of returned entries may also be posted on the website.
 - (a) A log with the date, time and name of person contacted will be maintained as well as the name of each swimmer from that team with his/her total entries.
 - (b) All envelopes received will be opened so as to determine if there are more than one swimmer's entries being rejected.

- (c) With the permission of the contact person, those entries then can be grouped together and mailed with the individual checks to the Team's address. Small number of entrants from a particular team should be mailed directly back to the individual's address.
 - (d) The Meet Director of the oversubscribed CAP meet may contact the Meet Directors of any Pacific Swimming meet(s) (regardless of Zone) being held that same weekend. If any of the other meets have room to accommodate additional swimmers, that information will be passed on to each of the telephoned team contacts. Pacific Swimming Sanctions will be contacted so that the other meet(s) sanction will be amended to allow late or deck entries.
- (2) The host club will accept, in the order they receive them, entries to a CAP meet. Swimmers from the host club will not be given preference.
 - (3) Failure to notify, in the prescribed manner, the swimmers that their entries are not being accepted, will result in a complaint filed with the Pacific Swimming Board of Review. An organization not attempting to notify non-accepted entrants may be barred by the Board of Directors from holding meets the following year.

2. Check-In

- a. Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the meet.

3. Seeding

- a. All classified meets except B meets shall be seeded on the deck. Deck seeding is recommended for B meets.
- b. Relay seeding time and first, middle initial and last names and ages of eligible swimmers must be submitted to the desk upon call of the meet management, this being not less than one hour before the first heat of each relay event. Relay events will be deck seeded.

4. Desk and Scoring

- a. The ballot system shall be used for judging places in all Pacific sanctioned meets. Across-the-board judging may be used only with the approval of the meet referee. All timers' cards should show the times from three (3) watches. Exception: Places and times recorded by automatic timing placing equipment.

5. Scratch Procedures

- a. Mandatory Scratch-down — If conditions warrant, the referee, with the concurrence of the meet director, may require swimmers to scratch an event or events in order to regulate and control the length of time for competition in a sanctioned meet.
 - (1) Meet information sheets must include the following statement; a mandatory scratch down may apply at this meet, subject to the provisions of Pacific Rules and Regulations.
 - (2) The mandatory scratch procedure shall be applicable to timed final events only.
 - (3) To the maximum extent possible, the mandatory scratch requirement shall be applied uniformly to all age groups, sexes and classes of swimmers.
 - (4) The entry fee for each event scratched pursuant to the mandatory scratch procedure shall be refunded in full to swimmers in cash prior to the close of the meet.

C. Meet Results

- 1. The following must be sent by electronic mail by the next day after the meet to results@pacswim.org:
 - a) HY-TEK
 - i. SDIF or COMMLINK file of the complete meet (include all teams).

- ii. HTML file in publication order
 - iii. The files should be zipped and attached to an email. DO NOT put the files in the body of the email.
 - b) S.A.M.M.S
 - i. Under post meet outputs use the create results diskette option and send the executable file. The file will be labeled XXXXMY.exe (club acronym, month and year of meet.Exe)
 - ii. This file contains the results in HTML publication format and the SDIF file of the meet.
 - c) ALL OTHERS
 - i. Your program must provide a SDIF file and HTML file in proper result sequence mandated by USA-S.
 - ii. The files should be zipped and attached to an email. DO NOT put the files in the body of the email.
2. Include the name, email address and phone number of your computer operator and, if different, the name, etc., of the person who is sending the file. Results need only be sent to the above E-MAIL address; everyone who needs the results will receive them from that single address.
 3. Although it is recommended that a meet be computerized, when that is not possible, results or individual times may be submitted manually but must include the information listed in paragraph 4 below.
 4. Results must list sanction number of the meet (if applicable), first and last name of swimmer, age, club affiliation, LSC designation, and time. (Include both trials and finals times for trials and finals meets.) First and last name, age and registration number of each swimmer on a relay team must be listed in the order that they swam if the time is a National Age Group Reportable Time. (See instructions included with meet director's report forms.)
 5. Swimmers must be listed in descending order of time — fastest to slowest.
 6. Failure to provide meet results as required shall be grounds for denying future sanctions.

D. Financial Reports and Fees

1. Meet financial report and payment of fees due Pacific Swimming must be received by the Treasurer within 30 days after the last day of the meet.
2. Failure to provide the Financial Report and payment of fees due Pacific as specified shall subject the meet host to a penalty of 10% of the Pacific share of the meet fees and may provide grounds for denying future sanctions.
3. A copy of the documentation from the meet management software used to determine and calculate the number of individual and relay entries and the corresponding fees due to PacificSwimming must be attached to the meet's financial report. Failure to supply the documentation will trigger a reminder e-mail to the CLUB. If the documentation is not provided to the Treasurer within 30 days of the reminder, a penalty fee of 25% of the fees paid to Pacific Swimming will be assessed to the CLUB.

SECTION 4

AGE GROUP COMPETITION

A. Qualifying For Age Group Classes

1. Swimmers will qualify for a specific class meet in a given stroke and distance when they have equaled or bettered the time standard for that event.
2. Swimmers are permitted to qualify in any sanctioned or unsanctioned meet such as school competition, time trial, or by coach verification. For JO and FW level competition, and LSC Championship Meets, times from sanctioned or approved meets only will be acceptable.

3. Swimmers who compete in a classified meet event at or better than the minimum standard shall thereafter be considered to be in that particular class in all courses and may not again compete in the same event in a lower class meet, even if they have not actually performed at or better than the time standard.
4. Qualifying By Stroke and Distance
 - a. Swimmers who qualify B, A, JO or FW for a specific stroke in a specific distance will be considered qualified at that same level in the equivalent stroke and distance in all courses. For a C, B, A+ meet if you met the standard short course, then enter a long course meet at the long course standard, or if you met the long course standard, enter the meet at the short course standard.
 - b. Swimmers maintain their classification for the duration of a meet even if they qualify for the next class during the meet. This rule also applies to relay events.
 - c. Any swimmer, upon changing age groups, who has already met the B or A standard in events offered in the new age group will be considered qualified at that level for those events in the new age group. Any swimmer, upon changing age groups, who has already met the JO or FW standard in events offered in the new age group will be considered qualified at that level for those events in the new age group as long as the time has been achieved in the qualifying period for entry into the meet.
 - d. Swimmers who enter an event for which they are not qualified, or who have met the next higher time standard, shall scratch the event. If it is a multi-class meet, the swimmer will be moved to the proper classification rather than being scratched. If the time is greater than the classification cap, the swimmer will be scratched.

B. Eligibility

1. Individual Eligibility

- a. Registered swimmers up to and including age 18 are eligible to compete in the Age Group program in those events scheduled for their age group and must swim in events offered for that age or age group for an entire meet. Age on the first day of the meet governs for the entire meet.
- b. Swimmers are eligible to compete only in the individual events for which they qualify in any classified meet (B, A, JO, FW) unless provisions in the meet sheet allows for bonus events.
- c. In multi-class meets, i.e., C/B/A+, B/A+, etc., swimmers shall compete only in the division(s) for which they qualify and shall not compete in divisions of lower classification in any event for which they have achieved the time standard for the higher division.
- d. In multi-classed meets (C/B, C/B/A+, etc.), the zone may allow an event to be restricted to certain of those classes.
- e. In events with only minimum standards, i.e., A+, B-A+, etc., swimmers may compete in events for which they have achieved the minimum standard, subject to limitations specified in Section 4.B.3, Event Limitations.
- f. Age Group Open Meets are open to all registered swimmers up to and including age 18 and swimmers shall not be classified by time standards. Post Age Group events may be offered in accordance with policies established by the Pacific Board of Directors.
- g. Invitational meets are open only to swimmers from invited clubs. Maximum number of clubs to be invited shall be two per competitive lane, i.e. 6-lane pool =12 teams; 8-lane pool = 16 teams. Invited clubs shall be named in the sanction.
- h. Swimmers registered in other LSCs may swim in Pacific meets for which they qualify.
- i. To be eligible for a Pacific All-Star team, a swimmer must be a U.S. citizen or have a U.S. permanent resident visa. Certification of such eligibility shall be obtained from a parent or guardian of the swimmer.

2. Relay Eligibility

- a. Swimmers may compete in relays in meets of higher classification than that for which they qualify in individual events; (i.e., a swimmer in 50 Free may swim on a relay in JO or FW meets, etc.).
- b. Swimmers may not compete in relays in meets of lower classification than that for which they qualify in the like individual event; (i.e., a swimmer JO in 50 Breast shall not be eligible for the breaststroke leg on a 200 Medley Relay team in an A meet).

3. Event Limitations

- a. In trials and finals meets, qualified swimmers may compete in three (3) events per day, plus relays, for which they are eligible.
- b. In timed finals meets, qualified swimmers may compete in five (5) events per day, plus relays, for which they are eligible.
- c. A swimmer who enters too many events shall scratch events to conform to the above limitations. There is no guarantee of refund of the entry fee.

C. Conduct of Meets

1. The trials and finals system shall be used in all Pacific Age Group FW meets and in JO meets, and shall be Optional in A+ meets. A meets, B meets, multi-class, and Age Group Open meets shall operate on the timed finals system unless otherwise requested, in writing, to the Pacific Sanctions Chair and approved by the Pacific Swimming Board. (Zones shall determine the system to be used in zone scheduled meets.)
2. Proof of time for JO and FW Meets
 - a. Proof of Time using an approved USA SWIMS Database as a standard will be used to verify times for all swimmers entering these meets. The Time must have been achieved prior to the closing date for entries to the meet. If the time cannot be proven prior to the meet, the swimmer will not be allowed to check-in for the event until the entry time has been proven. When possible the coaches will be notified of their swimmers who have not proven their entry time.
 - b. Converted times are not to be used.
 - c. A swimmer who qualifies for a JO or FW in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses. If the time was made SCY and it is a SCM or an LCM meet, enter your SCY time. If the time was made SCM and it is a SCY or an LCM meet, enter your SCM time. If the time was made LCM and it is a SCY or an SCM meet, enter your LCM time. When entering a meet if your qualifying time is in yards, enter the yards time and put a Y after the time. If the qualifying time is in Short Course meters, enter that time with an S after it. If the qualifying time is in long course meters then enter that time with an L after it.
3. Individual Scratch Rule – Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call.
 - a. Pre-Seeded Meets – Swimmers shall report promptly to the starting blocks when their event/heat is called.
 - (1) Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
 - (2) Any swimmers not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.
 - b. In Zone awarded meets that are deck seeded –
 - (1) Close of check-in for all events shall be no more than 60 minutes before the estimated start of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the meet session. Swimmers who fail to check-in will not be seeded in the event.
 - (2) Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.
 - c. In LSC awarded meets that are seeded on deck –

- (1) Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the meet session. Swimmers who do not check-in will not be seeded in the event.
 - (2) Swimmers entered in a timed final individual event that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the swimmer is entered on that day or next meet day, whichever is first.
 - (3) Swimmers entered in a preliminary individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim in an event will result in being barred from their next preliminary individual event in which the swimmer is entered on that day or the next meet day, whichever is first.
- d. Scratching from Consolation Finals and Finals –
- (1) Any swimmer qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
 - (2) In the event of a withdrawal or barring of a swimmer from competition, the referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if they are unavailable to compete in the finals.
 - (3) Where consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - (4) If a consolation final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).
- e. Penalty for No-Show at Finals
- (1) Any swimmer qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the swimmer have no additional final events for that day they will be barred from their next preliminary event on the next day of the meet they are entered.
 - (2) If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meeting, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. The fine will be increased to \$100.00 if after 30 days of receiving the letter of notification the party has not made the payment.
- f. Exceptions – No penalty shall apply for failure to withdraw or compete in an individual event if:
- (1) The referee is notified in the event of illness or injury and accepts the proof thereof.
 - (2) It is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

- (3) The swimmer qualified for any level of finals due to scratches of one or more original finalists.
- (4) The swimmer is an alternate for any level of finals.
- g. Relay Scratch Rule – Any relay team entered in a relay event that fails to compete in or report for that event shall not be penalized.

D. Awards

1. FW, JO, A Meets — Awards for all finalists. The minimum is three (3) medals or other distinctive awards (something other than a single ribbon) with ribbons for the balance of the finalists.
2. B Meets — Standard A medals only shall be awarded swimmers attaining A times in each event, regardless of the place achieved in the event. No other medals shall be awarded. Ribbons only shall be awarded place winners. Team scoring is optional.
3. Age Group Open Meets — Appropriate awards at the discretion of the host club. No awards by time standard (A, B, etc.).” A” medals are optional for swimmers attaining A times for the first time.
4. Multi-class meets — Awards for each listed class. For example: C-B-A, 3 sets of awards; B-A+, 2 sets of awards.
5. In meets where events are offered which include more than one age group or single or combined ages, awards may be given to any age or combination of ages at the option of the host club.
6. High point and team awards are optional in championship meets, JO, A+, A and Age Group Open meets. No perpetual trophies may be established or awarded in A meets.
7. Awards for 19/over swimmers in 15/over or Post Age group events shall be approved by the zone.

SECTION 5

SENIOR COMPETITION

A. Qualifying

1. A swimmer will qualify for Senior III (3) or IV (4) competition when he or she has equaled or bettered the published time standard for the event. Thirteen or over swimmers may qualify for Senior level I (1) and Senior level II (2) meets without qualifying times. These events should be entered at the swimmer’s best time. 11-12 swimmers must meet Senior level I (1) and Senior level II (2), III (3) and IV (4) meet times to qualify for Senior Competition.
2. A swimmer may qualify in any sanctioned or approved competition, or in an observed swim.
3. A swimmer who qualifies for Senior competition in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses. For all Senior meets enter your time for the course that you qualified.

B. Eligibility

1. Senior Meets

- a. In all meets with trials and finals, swimmers are eligible to enter all events in which they have equaled or bettered the listed time standards, but may not swim more than three (3) individual events per day.
- b. In all timed finals meets, swimmers are eligible to enter all events in which they have equaled or bettered the listed time standard, but may not swim more than five (5) individual events per day.
- c. Proof of Time using the USA SWIMS Database as a standard will be used to verify times for all swimmers entering these meets. The Time must have been achieved prior to the closing date for entries to the meet. If the time cannot be proven prior to the meet, the swimmer will be not be allowed to check-in for the event until the entry time has been proven. When possible the coaches will be notified of their swimmers who have not proven their entry time.

- d. A swimmer who qualifies for a Senior meet in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses. If the time was made SCY and it is a SCM or an LCM meet, enter your SCY time. If the time was made SCM and it is a SCY or an LCM meet, enter your SCM time. If the time was made LCM and it is a SCY or an SCM meet, enter your LCM time. When entering a meet, if your qualifying time is in yards enter the yards time and put a 'Y' after the time. If the qualifying time is in Short Course meters enter that time with an 'S' after it. If the qualifying time is in long course meters then enter that time with an 'L' after it.
- e. No time conversions will be accepted.
- f. Swimmers, thirteen (13) and older will be considered entered in Senior level I (1), II (2) meets without proof of time. These should be entered with the swimmer's best time. Swimmers 11-12 years of age must meet the time standard and will be subject to proof of time per B.1.d. above.

C. Conduct of Meets

- 1. Senior meets shall offer all events that are swum in the National Championship meets. Relay events are optional.
- 2. Senior meet formats (2/2.5/3 day events, prelims/finals or timed finals) will be outlined in the minimum criteria Senior meet document established by the Senior committee.
- 3. In two-day timed finals Senior meets there are no pre-entry requirements. Entries will be made and heats established on the deck at the meet. Swimmers must bring filled out entry cards to the meet.
- 4. Individual Scratch Rule – Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call.
 - (a) Pre-Seeded Meets – Swimmers shall report promptly to the starting blocks when their event/heat is called.
 - (i) Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.
 - (ii) Any swimmers not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.
 - (b) In all Senior meets that are seeded on Deck
 - (i) Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the meet session. Swimmers who fail to check-in will not be seeded in the event.
 - (ii) Swimmers entered in a timed final individual event that is seeded on the deck who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the swimmer is entered on that day or the next meet day, whichever first.
 - (iii) Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck that have checked in for the event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from the rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final.
 - (c) Scratching from Consolation Finals and Finals (Non-Positive Check-In Meet)
 - (i) Any swimmer qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also

notify the referee that they may not intend to compete in consolation finals or finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.

- (ii) In the event of withdrawal or barring of a swimmer from competition, the referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if they are unavailable to compete in finals.
 - (iii) Where consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - (iv) If a consolation final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).
- (d) Checking in for Consolation Finals and Finals (Positive Check-In Meet)
- (i) Swimmers may check-in or declare their intent to swim finals for that day at the beginning competition for that day.
 - (ii) Swimmers must check-in or declare their intent to compete in consolation finals or finals within 30 minutes of the posting of results. In the case where a swimmer declares their intent to swim they must declare their final intention within 30 minutes after the posting of results for their last individual preliminary event. Swimmers not returning to declare their intention will be seeded into the event.
- (e) Penalty for No-Show at Finals
- (i) In a non-positive check-in trials & final meet any swimmer qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from further competition for the remainder of the meet.
 - (ii) In a positive check-in trials & finals meets any swimmer checking in for a consolation final or final race in an individual event who fails to show in said consolation final or final race prior to calling the alternate shall be barred from further competition for the remainder of the meet.
 - (iii) If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. The final will be increased to \$100 if after 30 days of receiving the letter of notification the party has not made the payment.
- (f) Exceptions – No penalty shall apply for failure to withdraw or compete in an individual event if:
- (i) The referee is notified in the event of illness or injury and accepts the proof thereof.
 - (ii) It is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.
 - (iii) In a non-positive check-in meet the swimmer qualified for any level of finals due to scratches of one or more original finalists.
- (g) Relay Scratch Rule – Any relay team entered in a relay event that fails to compete in or report for that event shall not be penalized.

D. Awards

1. Award criteria for all Senior level meets will be outlined in the minimum criteria Senior meet document.

SECTION 6

ZONE AUTONOMY

A. Rules

1. Eligibility of swimmers and conduct of meets shall conform to Pacific rules except as follows:
 - a. Zones may restrict entry to residents of the zones in certain meets.
 - b. Option for zone-scheduled unclassified meets (those without time standards, such as invitational and league meets): 9-10 age group where 8/under events are also offered.
 - c. Zones may make their own policies regarding restrictions to be applied to their swimmers.

SECTION 7

CLOSED LEAGUES

A. Sanctions

1. Meets shall be sanctioned by Pacific in accordance with Section 1.D. Sanction applications shall be requested from the Pacific Sanction Chairman or the Zone Sanction Chairman.
2. Dual Meets — Submit one blanket application to cover sanctions for all scheduled dual meets with one (1) copy of the schedule and one (1) copy of the list of events to the Pacific Sanctions Chairman.
3. Championship meets — Submit separate applications for a sanction with one electronic copy of the meet information sheet.
4. Member leagues which charge entry fees for a meet by individual, by club or through the league shall pay all usual fees for an invitational meet.
5. Dates of league championships must be approved by the zone in which the meet will be held.

B. Age Groups

1. In Closed League Swimming meets swimmers must compete within the age groups specified in Sections 1.B.1. and 6.A.1.b.

C. Submission of Times

1. A complete set of results in SDIF format must be sent to the Records secretary within (10) ten days after holding the meet.

SECTION 8

OFFICIATING

A. Operation of Swimming Meets

1. Pacific meets shall be staffed by officials from the Pacific Officials Organization, certified by Pacific or other LSCs, who are volunteers qualified by training and experience in the various capacities for efficient operation of meets.
2. Officials' positions and duties shall be as described in the USA-S Rules and Regulations, as these suits the meet situation and comply with Pacific regulations.

B. Organization

1. Those persons qualified and who have paid the annual membership fee are members of the Pacific Officials Organization.

2. The annual membership fee for officials shall be fixed by the Pacific Board of Directors. The fee shall be waived for any official holding USA-S membership.
3. All meet directors, referees, starters, and stroke and turn judges serving as officials in a USA-S-sanctioned event shall be members of USA-S.
4. The Officials Chairman shall preside over the Officials Organization and is its voting delegate at meetings of the House of Delegates.
5. The Officials Chairman shall appoint, with the advice and approval of the Pacific General Chairman and the Zone Chairmen, an Officials Chairman in each of the five zones. The Zone Officials Chairmen may appoint qualified referees to conduct officials clinics as necessary.

C. Duties of the Zone Officials Chairmen

1. Schedule and conduct training clinics in the zone.
2. Issue officials 'cards, collect the annual fees, and transmit the fees collected to the Pacific Treasurer.
3. Maintain a list of trained deck officials, indicating qualifications of these people based on experience, performance, and interest.
4. Assist meet directors in obtaining deck officials suitable to the needs of the meets.
5. Maintain custody of and schedule the use of watches and other equipment belonging to Pacific or the Zone.

D. Qualification of Officials

1. Clinics for the instruction of officials in various capacities will be conducted by the Officials Committee, the zones, and various clubs.
2. All clinics shall be sanctioned and shall be approved by the Pacific Officials Chairman or the Zone Officials Chairman. There is no sanction fee unless an admission charge is made for the clinic.
3. Persons instructed as deck officials at clinics shall serve at meets as trainees under the supervision of experienced qualified officials. Certification of deck officials shall require the recommendation of meet referees under whom the training was accomplished in addition to the clinic instruction and the approval of the Zone Officials Chairman.
4. A card denoting positions for which the official is certified is issued by the Zone Officials Chairman.
5. Swimming officials shall wear a uniform of appropriate clothing prescribed by the Officials Organization during the performance of duties on the deck and display their current USA-S membership card at all times while performing their duties on deck.

SECTION 9

TRAVEL ASSISTANCE

A. Purpose

1. To help defray the travel costs of Pacific teams/clubs with athlete members competing in "national" level meets as determined by the Board of Directors.
2. To help defray the travel costs of Pacific Swimming coaches attending "national" level meets as determined by the Board of Directors.

B. Control of Funds

1. The Treasurer shall have control of disbursements. The disbursements shall be managed in accordance with Article 6.7 of the

Pacific Bylaws.

2. A Travel Committee shall be established consisting of the Travel Chairman, Senior Vice-Chairman, Treasurer and a coach representative. The committee shall recommend, for approval of the Board of Directors, airfares on which the travel assistance shall be based.
3. No payment for the coach will be made if the coach or club is indebted to Pacific Swimming. No payment will be made until the indebtedness has been resolved.
4. All swimmers representing a Pacific Swimming registered club at a “national” level meet must not be indebted to Pacific Swimming.
5. Clubs that fail to report and transmit collected Pacific meet fees by October 1, from meets held during the prior period from September 1 through August 31, and shall not receive travel assistance until such reports and fees are received.

C. Eligibility

1. Representation

- a. The swimmer shall compete attached to a Pacific team or compete unattached as a Pacific member.
- b. Swimmers attending the Open Water nationals must have achieved a Winter Junior National standard in the 800/1000 or 1500/1650 to be eligible for Pacific Travel support.
- c. Relay-only swimmers will not be eligible for travel support.
- d. For coach’s travel support – the coach/team must attend at least three (3) of the designated Pacific Swimming Senior level meets during the previous twelve (12) month period. There shall be a limit of two (2) national level meet for which a coach/team may receive travel support per year. Pacific Swimming’s Membership Office will determine eligibility.
- e. During Olympic and World Championship years, a coach/team may apply for travel support for the Olympics Trials or World Champ Trials in addition to the reimbursements outlined in Section C 1.d.

2. Registration

- a. The level of travel assistance is based upon a swimmer holding continuous Pacific registration on the following schedule with each swim year will be made up of two Championship meet periods. The first shall be from September 1 to February 29. The second shall be from March 1 to August 31.

b.

| | Season 1 | Season 2 | Season 3 | Season 4 | Season 5 |
|---------------------------|----------|----------|----------|----------|----------|
| Grand Prix type meets | NONE | FULL | FULL | FULL | FULL |
| Sr, Jr, US Open, Open H2O | NONE | ONE-HALF | FULL | FULL | FULL |
| World Championships | NONE | NONE | ONE-HALF | FULL | FULL |
| Olympic Trials | NONE | NONE | NONE | ONE-HALF | ONE-HALF |

- c. Once a swimmer qualifies for full travel support at a particular level of meet, the swimmer remains eligible for full travel support at that level as long as continuous Pacific registration is maintained.
- d. To be eligible for travel support, swimmers must have been registered with a Pacific Swimming team/club and competed in Pacific sanctioned meets during their senior year of high school.
- e. A swimmer may register with, or transfer to, their college’s LSC during the school season. Such registration shall not be considered an interruption of the continuous registration so long as the swimmer immediately transfers to, or registers in, Pacific Swimming at the end of his/her school swim season and before further competition in USA-S sanctioned events.
- f. Once a collegiate swimmer who was previously ineligible (based on the rule) has exhausted their college swimming eligibility, they become eligible for travel support on that same schedule as described in the above chart.

3. Travel Support Requirements

- a. A copy of the team's/club's Travel Policy must be on file with Pacific Swimming's LSC Office-Membership.
- b. A signed Code of Conduct for all athletes attending the meet must be on file with Pacific Swimming's LSC Office-Membership.
- c. The coach must be a USA Swimming registered coach in good standing.

4. Citizenship

- a. To be eligible for travel support, a swimmer must be a United States citizen or have a US permanent resident visa.

5. Appeals

- a. A Club can appeal the decision of the Travel Committee.

D. Disbursement Policy

1. Pacific Swimming's Membership Office must receive applications for travel support by the end of the sixty (60) days following the last day of the attended meet.
2. The travel support for teams taking swimmers to compete in Olympic Trials, World Champs Trials, Senior National Championships, US Open, Junior National Championships, and Open Water National Championships will be the determined airfare plus a stipend to be determined by the Board of Directors. Swimmers attending back-to-back National Championship meets held in the same city will be eligible for travel assistance of the determined airfare plus an increased stipend.
3. The travel support for coaches will be the same amount as determined by the Board of Directors for airfare only.
4. Travel support for swimmers at Grand Prix type meets, in addition to the current travel support for USA Swimming National and Junior National Championships, is provided per the following guidelines and criteria:
 - a. One disbursement per year. The amount of the disbursement will be determined annually by the Senior and/or Travel committees and approved by the annual budget at the House of Delegates.
 - b. To qualify for support a swimmer must have USA Swimming December Junior National Qualifying time. The time may be achieved at the meet.
 - c. Meet must be held outside of Pacific Swimming boundaries.
 - d. Meet must be high-level Senior competition. Pre-approved meets: any foreign travel meet approved by FINA, USA Swimming Grand Prix Meets, NCSA Jr. Nationals, TX All-American Meet, Mission Viejo Meet of Champions. Senior Committee must approve all other meets.

SECTION 10

HONOR CODE

A. Pacific Swimming Honor Code

1. Each athlete, coach, manager or other staff member of any Pacific Swimming camp or of any team representing Pacific in competition is required to sign the Pacific Swimming Athletes Honor Code, or the Pacific Swimming Coaches/Managers Code of Conduct. (See following pages.)
2. The signed document is to be turned in before the competition and a signed copy of the document must be available at the competition.

3. The competition will be evaluated to determine if all aspects of the policy have been followed and to make recommendations for changes. Evaluation will be made by the appropriate Vice- Chairman, the head coach, a member of the staff, and two member athletes.

PACIFIC SWIMMING HONOR CODE

This Honor Code and any additional guidelines regarding conduct will be reviewed by the Head Coach at the first team meeting.

Upon notification of any violation of the Honor Code, a review committee (consisting of the Age Group Chairman or his delegate, the Head Coach, the Age Group Coach(es) of the individual(s) involved, a female athlete, a male athlete and a non-coach member) shall promptly investigate the circumstances of the violation, notify the individual(s) charged of a time for hearing, and shall conduct an informal hearing on the evidence. This review committee shall then promptly determine what disciplinary action, if any, shall be taken. Violations and disciplinary actions will be reported to the Pacific Swimming Board of Review.

I, _____, as a member of Pacific understand and will comply with the following as approved by the Pacific Swimming Board of Directors:

1. The possession or use of alcohol, tobacco products, or controlled substances is prohibited throughout the designated duration of the trip.
2. Curfews will be established and adhered to during the trip.
3. Attendance is required at all team functions which include, but are not limited to, meetings, practices, exhibitions, press conferences, and competitions unless otherwise excused or instructed by the head coach, the vice chairman, or designated person in charge of the team.
4. The hallway door will be left fully open (so the interior of the room can be viewed from the hallway) when any athletes other than those assigned to occupy the room are in the room.
5. Uniform requirements established for the trip will be followed.
6. Proper respect, sportsmanship, and courtesy toward coaches, officials, administrators, competitors, and the public will be displayed.
7. The manner in which one behaves will present a positive image of Pacific and will provide an atmosphere to meet the competitive performance objectives.
8. Additional guidelines may be established as needed to assure the safety and well-being of the team members and will be adhered to during the trip.
9. While representing Pacific Swimming, a Pacific Swimming member may be held responsible for loss or damage to equipment, facilities or other items.

I understand that failure to comply with the Pacific Swimming Honor Code as set forth in this document or additions necessary for the safety and well-being of the team members may result in disciplinary action which may include but is not limited to the following:

1. Disqualification from one or more swimming activities.
2. Dismissal from team and return home at my own expense.
3. The infraction(s) will be reported to the Pacific Swimming Board of Review who may take additional disciplinary action including but not limited to disqualification from future Pacific Swimming sponsored activities.

I may appeal any disciplinary action in accordance with Part Four of the USA-S Rules and Regulations and Article 10 of the Pacific Swimming Bylaws.

Date: _____

(Printed name of Athlete/Staff Member) (Signature)

Date: _____

(Printed name of Parent/Legal Guardian) (Signature)

Competition/Location: _____ Dates: _____

COACHES/MANAGERS CODE OF CONDUCT

I, the undersigned staff member, agree to participate in the Pacific Swimming sponsored activity named below. I agree to abide by the standards of conduct outlined below, in addition to those guidelines established by the activity director at the activity site. Any additional guide lines regarding conduct will be presented at the first team meeting following establishment of these guidelines.

1. Staff members are required to attend all team functions. These include, but are not limited to, meetings, training sessions, practice sessions, competitions, exhibitions and press conferences unless excused by the activity director.
2. The possession or use of alcohol, tobacco or any non-prescribed drugs is prohibited.
3. Staff members are prohibited from wearing any home team clothing or trying to recruit swimmers, either directly or indirectly, for their home club.
4. Staff members are required to help supervise the athletes at all times during the activity.
5. Failure to comply with this Code of Conduct may result in the following:
 - a. loss of compensation for the activity
 - b. suspension from participating in future activities
 - c. reimbursement to Pacific Swimming for all costs incurred on my behalf
6. The Pacific Swimming Board of Review shall within 30 days determine the penalty and notify the staff member of their findings.
7. Any disciplinary action may be appealed in accordance with Part Four of USA-S Rules and Regulations and Article 10 of the Pacific Swimming Bylaws.
8. Staff members must pass the same USA-S background check required of coaches. (Pacific Swimming will reimburse the cost of background checks for staff members.)

Signature

Date

Please Print Name

Competition: _____ Location: _____

Date: _____

USA SWIMMING CODE OF CONDUCT

ARTICLE 304 CODE OF CONDUCT

304.1 The mission of USA Swimming is to encourage participation and the pursuit of excellence in all aspects of swimming. USA Swimming grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by USA Swimming at any time where USA Swimming determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in swimming, USA Swimming has adopted this Code of Conduct.

304.2 Any member, former member, or prospective member of USA Swimming is subject to the jurisdiction of the Board of Review. Any member, former member, or prospective member of USA Swimming may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Swimming for life if such person violates the provisions of the USA Swimming Code of Conduct, set forth in 304.3, or aids, abets or encourages another person to violate any of the provisions of the USA Swimming Code of Conduct. USA Swimming shall initiate an investigation of any former member of USA Swimming when a report required under 306.1 is received.

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

.1 Violation of the right to compete provisions set forth in Article 301.

.2 Violation of the anti-doping provisions set forth in 303.3.

.3 Discrimination in violation of the Amateur Sports Act which requires that USA Swimming must provide an equal opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in the sport of swimming. Athletes must be allowed to participate and compete to the fullest extent allowed by the Rules and Regulations. Discrimination against any member or participant on the basis of age, gender, race, ethnicity, culture, religion, sexual orientation, gender expression, genetics, mental or physical disability, or any other status protected by federal, state or local law, where applicable, is prohibited.

.4 Violation of any of the Athlete Protection Policies set forth in Article 305

.5 Violation of any of the Sexual Misconduct Reporting Requirements set forth in Article 306.

.6 Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony, (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or sub-stances, (iii) any crime involving sexual misconduct, or (iv) any criminal offense against a minor.

.7 Bullying is prohibited. For the purposes of the Code of Conduct, the term "Bullying" shall mean, regardless of when or where it may occur, the severe or repeated use by one or more USA Swimming members ("Members") of an oral, written, electronic or other techno-logical expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other Member's property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights of the other Member at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC). Allegations of Bullying of an athlete by a coach shall be investigated under 304.3.13.

.8 A Any inappropriate sexual conduct or advance, or other inappropriate oral, written, visual, or physical conduct of a sexual nature at any time, past or present, directed towards an athlete or any person under the age of eighteen (18) by (i) a coach member or other non-athlete member, or (ii) any other adult participating in any capacity whatsoever in the activities of USA Swimming (whether such adult is a member or not).

B Any act of sexual harassment, including without limitation unwelcome sexual advances, requests for sexual favors, and other inappropriate oral, written, visual, or physical conduct of a sexual nature in connection with or incidental to a USA Swimming-related activity by any person participating in the affairs or activities of USA Swimming (whether such person is a member or not) directed toward any member or other person participating in the affairs or activities of USA Swimming.

C A romantic or sexual relationship, even if it is a consensual relationship between adults, which began during the swimming relationship, between athletes and those individuals (i) having direct supervisory or evaluative control, or (ii) who are in a position of power and trust over the athlete. Except in circumstances where no imbalance of power exists, coaches have this direct supervisory or evaluative control and are in a position of power and trust over those athletes they coach. The prohibition on romantic or sexual relationships does not include those relationships where it can be demonstrated that there is no imbalance of power. For example, this prohibition does not apply to a relationship between two spouses or life partners which existed prior to the swimming relationship. For factors that may be relevant to determining whether an imbalance of power exists, consult the USOC's Safe Sport Policies at www.teamusa.org/Footer/Legal/Governance-Documents.

D Any peer-to-peer sexual abuse. For the purposes of the Code of Conduct, the term "peer-to-peer sexual abuse" shall mean any unwelcome physical conduct of a sexual nature directed towards a minor athlete by another minor athlete.

.9 The sale or distribution of illegal drugs or the illegal sale or distribution of any substance listed on FINA's recognized list of banned substances.

.10 The use of illegal drugs in the presence of an athlete, by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over, that athlete.

.11 The providing of alcohol to an athlete by a coach, official, trainer, manager or any other person where the athlete is under the legal age allowed to consume or purchase alcohol in the state where the alcohol is provided.

.12 The abuse of alcohol in the presence of an athlete under the age of eighteen (18), by a coach, official, trainer, or a person who, in the context of swimming, is in a position of authority over that athlete.

.13 Abuse

A Physical abuse of an athlete by any person who, in the context of swimming, is in a position of authority over that athlete. "Physical abuse" is defined as a non-accidental injury and/or an injury primarily caused by the gross negligence on the part of the person in a position of authority over the athlete.

B Bullying of an athlete by a coach member or other non-athlete member who is in a position of authority over that athlete.

.14 For any USA Swimming member club or coach to knowingly:

A allow any person who has been placed on the USA Swimming list of "Individuals Permanently Suspended or Ineligible" to coach or instruct any of its athlete members,

B aid or abet coaching or instruction of athletes by any person who has been placed on the USA Swimming list of "Individuals Permanently Suspended or Ineligible," or

C allow any person who has been placed on the USA Swimming list of "Individuals Permanently Suspended or Ineligible" to have an ownership interest in such USA Swimming club or its related entities.

.15 Any act of fraud, deception or dishonesty in connection with any USA Swimming-related activity.

.16 Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any meet official and which is related to any decision made by such official in connection with a USA Swimming sanctioned competition.

.17 Action, other than through general advertising, by a coach, owner, officer, volunteer, representative, or employee of a swim club, or a USA Swimming or LSC employee, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USA Swimming member swim club to leave that club, unless the acting party receives prior written approval to recruit or encourage the athlete to change affiliation from the designated club representative of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative. General advertising includes any information that is:

A Distributed to an identifiable general population where there is a reasonable expectation that the majority of that population are not current members of USA Swimming, or

B Placed in or on any item that is sold.

In the event of a violation of this section, a sanction may be imposed against any coach, owner, officer, volunteer, representative or employee of a swim club, or against any such club, or any combination thereof, as appropriate.

.18 Violation of any team misconduct rule as established by the USOC, USA Swimming, any Zone or LSC team authority.

.19 Any other material and intentional act, conduct or omission not provided for above, which is detrimental to the image or reputation of USA Swimming, a LSC or the sport of swimming.

ARTICLE 305 ATHLETE PROTECTION POLICIES

The following policies related to Athlete Protection are mandatory components of the USA Swimming Code of Conduct:

- 305.1** Inappropriate touching between an athlete and an adult non-athlete member or Participating Non-Member (as defined in 401.1) is prohibited, including, but not limited to, excessive touching, hugging, kissing, sexually oriented behavior, sexually stimulating or otherwise inappropriate games, and having an athlete sit on a non-family member adult's lap.
- 305.2** Any rubdown or massage performed on an athlete by any adult member or Participating Non-Member, excluding the spouse, parent, guardian, sibling, or personal assistant of such athlete, is prohibited unless such adult is a licensed massage therapist or other certified professional. Any rubdown or massage performed at a swim venue by a licensed professional must be conducted in open/public locations and must never be done with only the athlete and licensed massage therapist in the room. Even if a coach is a licensed massage therapist, the coach shall not perform a rubdown or massage of an athlete under any circumstances.
- 305.3** Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.
- 305.4** Employees and volunteers of USA Swimming, LSCs and member clubs who interact directly and frequently with athletes as a regular part of their duties and individuals with any ownership interest in a member club must be non-athlete members of USA Swimming and satisfactorily complete criminal background checks as required by USA Swimming. This does not apply to volunteers such as timers, marshals, computer operators, etc. who only have limited contact with athletes during a meet.
- 305.5 Travel**
- .1 Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete unless the coach is the parent, guardian, sibling, or spouse of that particular athlete.
 - .2 Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check.
 - .3 When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach.
 - .4 Clubs and LSCs shall develop their own travel policies. USA Swimming will provide a model club travel policy as an example. Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club.

305.6 Clubs shall establish their own action plans for implementing USA Swimming’s anti-bullying policy. USA Swimming shall provide a model plan as an example which shall serve as the default for any club that fails to establish its own plan. Club anti-bullying plans must be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

305.7 Clubs shall establish their own electronic communication/social media policy. USA Swimming shall provide a model policy as an example, which shall serve as the default for any club that fails to establish its own policy. Club electronic communication policies should be reviewed and agreed to annually by all athletes, parents, coaches and other non-athlete members of the club.

ARTICLE 306
SEXUAL MISCONDUCT REPORTING REQUIREMENTS

306.1 It is every member’s responsibility to promptly report any incident regarding sexual misconduct by a member as described in Article 304.3.8 to USA Swimming’s Athlete Protection Officer. 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. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

306.2 No member shall retaliate against any individual who has made a good faith report under 306.1.

306.3 Filing a knowingly false allegation of sexual misconduct is prohibited and may violate state criminal law and civil defamation laws. Any person making a knowingly false allegation of sexual misconduct shall be subject to disciplinary action by USA Swimming.

306.4 Neither civil nor criminal statutes of limitation apply to reports of cases of sexual abuse.

RECORDS

Age group records list the fastest times achieved by swimmers registered in Pacific and USA Swimming in specific age groups and events. Within the age group records, Far Western records are the fastest times achieved by swimmers at the short and long course Far Western Championship meets, and Pacific Swimming all-star relay records are the fastest achieved by teams representing PC in inter-LSC all-star competitions. Only Pacific Swimming records are available for 8 & Under swimmers as USA Swimming does not maintain national records for this age group.

Pacific Senior and American records are the fastest swims on records for swimmers registered in Pacific and USA Swimming regardless of age.

Records on the following pages are as of August 31, 2013, the close of the 2012-2013 swim year. Records set since that date may be viewed on the PC website at <http://www.pacswim.org/swim-meet-times/records>.

AGE GROUP RECORDS

8/under Girls

Short Course

| EVENT | NAME | CLUB | TIME | YEAR |
|-----------|--------------------|------|---------|------|
| 25 Free | Krystal Xiao-Rao | RAYS | 13.25 | 11 |
| 50 Free | Arianna Martinelli | SCSC | 29.72 | 13 |
| 100 Free | Monica Garcia | WEST | 1:05.92 | 01 |
| 25 Back | Nicole Oliva | SCSC | 15.75 | 10 |
| 50 Back | Nicole Oliva | SCSC | 34.06 | 10 |
| 25 Breast | Nicole Mayer | AH | 17.15 | 82 |
| 50 Breast | Mia Sto. Domingo | MLKB | 38.39 | 11 |
| 25 Fly | Natasha Silva | SALY | 14.24 | 82 |
| 50 Fly | Nicole Oliva | SCSC | 32.03 | 10 |
| 100 I.M. | Monica Garcia | WEST | 1:13.91 | 00 |

Long Course

| | | | | |
|-----------|--------------------|------|---------|----|
| 50 Free | Jackie Gagnon | MHSC | 33.56 | 86 |
| 100 Free | Jackie Gagnon | MHSC | 1:15.14 | 86 |
| 50 Back | Virginie Qian | SCSC | 39.54 | 10 |
| 50 Breast | Jeremiah Tandingan | SCSC | 44.02 | 13 |
| 50 Fly | Ariana Saghafi | BEAR | 35.82 | 06 |

9-10 Girls

Pacific

Short Course

National

| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
|--|------|---------|------|-----------------|------------------------|-----|---------|------|
| Vivian Wang | SUNN | 26.16 | 11 | 50 Free | Lia Neal | MR | 24.90 | 05 |
| Sierra Burton | SVA | 56.36 | 00 | 100 Free | Chelsea Nauta | FL | 55.23 | 99 |
| Sierra Burton | SVA | 2:01.98 | 00 | 200 Free | Ella Eastin | CA | 1:59.00 | 08 |
| Chloe Isleta | RAC | 5:25.32 | 09 | 500 Free | Christine Papadopoulos | NE | 5:16.52 | 05 |
| Nicole Oliva | SCSC | 28.51 | 12 | 50 Back | Regan Smith | MN | 27.79 | 13 |
| Nicole Oliva | SCSC | 1:01.87 | 12 | 100 Back | Regan Smith | MN | 59.89 | 13 |
| Audrey Lukawski | KYSC | 33.18 | 12 | 50 Breast | Kaylin Burchell | KY | 31.82 | 04 |
| Audrey Lukawski | KYSC | 1:09.96 | 12 | 100 Breast | Annie Zhu | MR | 1:09.79 | 05 |
| Nicole Oliva | SCSC | 27.95 | 12 | 50 Fly | Regan Smith | MN | 26.91 | 13 |
| Amanda Sims | SRN | 1:01.61 | 00 | 100 Fly | Regan Smith | MN | 59.80 | 13 |
| Laura Davis | TERA | 1:03.72 | 95 | 100 I.M. | Ella Eastin | CA | 1:01.50 | 07 |
| Chloe Isleta | RAC | 2:15.01 | 09 | 200 I.M. | Ella Eastin | CA | 2:15.00 | 08 |
| Palo Alto Stanford Aquatics | | 1:52.59 | 11 | 200 Free Rel. | First Colony Swim Team | GU | 1:49.87 | 10 |
| <i>Hilde-Jones, Vejar-Richter, Joseph, Henig</i> | | | | | | | | |
| Santa Clara Swim Club | | 2:07.27 | 12 | 200 Medley Rel. | Rockville Montgomery | PV | 2:02.82 | 09 |
| <i>Oliva, McKenna, Sebastian, Le</i> | | | | | | | | |

Long Course

| | | | | | | | | |
|---------------------------------|------|---------|----|-----------------|---------------------|----|---------|----|
| Vivian Wang | SUNN | 28.78 | 11 | 50 Free | Lia Neal | MR | 28.59 | 05 |
| Sierra Burton | SVA | 1:03.91 | 00 | 100 Free | Lia Neal | MR | 1:02.11 | 06 |
| Sierra Burton | SVA | 2:19.77 | 00 | 200 Free | Elizabeth Beisel | NE | 2:16.37 | 03 |
| Miranda Heckman | PLS | 4:59.16 | 12 | 400 Free | Elizabeth Beisel | NE | 4:42.40 | 03 |
| Vivian Wang | SUNN | 32.91 | 11 | 50 Back | Grace VanBrunt | GA | 32.85 | 13 |
| Vivian Wang | SUNN | 1:14.43 | 11 | 100 Back | Elizabeth Beisel | NE | 1:09.96 | 03 |
| Danae Petrakis | UN | 36.89 | 03 | 50 Breast | Kaylin Burchell | KY | 36.17 | 04 |
| Audrey Lukawski | KYSC | 1:20.48 | 12 | 100 Breast | Annie Zhu | MR | 1:19.11 | 05 |
| Dorie Green | SCSC | 31.79 | 79 | 50 Fly | Ella Eastin | CA | 30.56 | 07 |
| Audrey Chin | KYSC | 1:10.48 | 11 | 100 Fly | Ella Eastin | CA | 1:08.81 | 08 |
| Laura Davis | TERA | 2:36.37 | 95 | 200 I.M. | Elizabeth Beisel | NE | 2:31.26 | 03 |
| Walnut Creek Aquabears | | 2:06.29 | 12 | 200 Free Rel. | Greater Toledo A.C. | OH | 2:05.70 | 11 |
| <i>Li, Van Eeghen, So, Wang</i> | | | | | | | | |
| Walnut Creek Aquabears | | 2:23.20 | 12 | 200 Medley Rel. | Mission Viejo | CA | 2:19.30 | 83 |
| <i>Nguyen, Ren, Chan, Zhao</i> | | | | | | | | |

| | | | | 11-12 Girls | | | | |
|--|------|----------|------|--------------|--------------------|----------|----------|------|
| Pacific | | | | Short Course | | National | | |
| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
| Vivian Wang | SUNN | 24.24 | 13 | 50 Free | Amanda Weir | MN | 23.15 | 99 |
| Vivian Wang | SUNN | 52.77 | 13 | 100 Free | Missy Franklin | CO | 50.27 | 08 |
| Mary Gaugler | CWV | 1:53.22 | 95 | 200 Free | Kylie Stewart | GA | 1:49.64 | 09 |
| Maya DiRado | SRN | 4:59.22 | 06 | 500 Free | Cynthia Woodhead | CA | 4:49.51 | 77 |
| Maya DiRado | SRN | 10:25.76 | 06 | 1000 Free | Chloe Sutton | SE | 9:57.33 | 05 |
| Abby Niehoff | CARS | 17:36.46 | 04 | 1650 Free | Chloe Sutton | SE | 16:34.13 | 05 |
| Chloe Isleta | RAC | 26.90 | 11 | 50 Back | Janet Hu | PV | 25.76 | 08 |
| Chloe Isleta | RAC | 57.70 | 11 | 100 Back | Janet Hu | PV | 55.68 | 08 |
| | | | | | Kathleen Baker | NC | 55.68 | 10 |
| Madison White | CROW | 2:02.18 | 07 | 200 Back | Kylie Stewart | GA | 1:59.49 | 09 |
| Heidi Poppe | SRN | 30.17 | 09 | 50 Breast | Olivia Anderson | MN | 29.23 | 10 |
| Laura Davis | TERA | 1:04.54 | 97 | 100 Breast | Olivia Anderson | MN | 1:02.86 | 10 |
| Morganne McKennan | ALMA | 2:20.74 | 11 | 200 Breast | Annie Zhu | MR | 2:16.16 | 07 |
| Maddie Murphy | CROW | 25.83 | 11 | 50 Fly | Ella Eastin | CA | 24.87 | 10 |
| Amanda Sims | SRN | 55.95 | 02 | 100 Fly | Ella Eastin | CA | 55.51 | 10 |
| Brittany Usinger | CROW | 2:05.40 | 10 | 200 Fly | Madison Wright | MI | 2:00.00 | 09 |
| Chloe Isleta | RAC | 58.89 | 11 | 100 I.M. | Kathleen Baker | NC | 57.62 | 10 |
| Chloe Isleta | RAC | 2:06.28 | 11 | 200 I.M. | Clara Smiddy | FG | 2:03.50 | 08 |
| Chloe Isleta | RAC | 4:27.62 | 11 | 400 I.M. | Jenny Forster | OH | 4:20.04 | 01 |
| Osprey Aquatics | | 1:41.70 | 08 | 200 FR | Gator Swim Club | FL | 1:39.24 | 13 |
| <i>Carter, Ladd, Owen, Mack</i> | | | | | | | | |
| Palo Alto Stanford Aquatics | | 3:40.79 | 12 | 400 FR | Irvine Novaquatics | CA | 3:37.71 | 11 |
| <i>Hartman, Ditzler, Wong, Lin</i> | | | | | | | | |
| Crow Canyon Sharks | | 1:53.36 | 11 | 200 MR | Aquajets Swim Team | MN | 1:47.52 | 10 |
| <i>Garcia, Kaleta, Wang, Murphy</i> | | | | | | | | |
| Crow Canyon Sharks | | 4:05.29 | 09 | 400 MR | Aquajets Swim Team | MN | 3:55.61 | 10 |
| <i>Saghafi, Lee, Usinger, Smith</i> | | | | | | | | |
| | | | | Long Course | | | | |
| Cristin Gibbons | PHSC | 27.31 | 79 | 50 Free | Missy Franklin | CO | 26.21 | 08 |
| Cristin Gibbons | PHSC | 58.85 | 79 | 100 Free | Lia Neel | MR | 56.87 | 08 |
| Sarah Shimomura | SCSC | 2:08.34 | 10 | 200 Free | Dee Brown | OZ | 2:03.38 | 91 |
| Kate Dwelley | TERA | 4:31.27 | 01 | 400 Free | Dee Brown | OZ | 4:19.48 | 91 |
| Miranda Heckman | PLS | 9:25.29 | 13 | 800 Free | Isabella Rongione | PV | 8:55.43 | 12 |
| Sydney Keller | SUNN | 18:03.48 | 13 | 1500 Free | Isabella Rongione | PV | 16:48.12 | 12 |
| Vivian Wang | SUNN | 31.01 | 13 | 50 Back | Keaton Blovad | OR | 30.16 | 11 |
| Ally Howe | PASA | 1:07.09 | 08 | 100 Back | Beth Botsford | MD | 1:03.08 | 94 |
| Ally Howe | PASA | 2:23.30 | 08 | 200 Back | Elizabeth Beisel | NE | 2:15.17 | 05 |
| Laura Davis | TERA | 34.21 | 97 | 50 Breast | Olivia Calegan | MW | 33.05 | 12 |
| Laura Davis | TERA | 1:12.91 | 97 | 100 Breast | Carly Geehr | CA | 1:09.87 | 97 |
| Halle Morris | SAM | 2:39.30 | 11 | 200 Breast | Annie Zhu | MR | 2:34.28 | 07 |
| Kim Killman | UN | 28.90 | 82 | 50 Fly | Dana Vollmer | NT | 28.23 | 01 |
| | | | | | Cassidy Bayer | PV | 28.23 | 12 |
| Ariana Saghafi | CROW | 1:03.57 | 10 | 100 Fly | Cassidy Bayer | PV | 1:01.75 | 12 |
| Ariana Saghafi | CROW | 2:21.94 | 10 | 200 Fly | Cassidy Bayer | PV | 2:15.02 | 12 |
| Laura Davis | TERA | 2:22.92 | 97 | 200 I.M. | Missy Franklin | CO | 2:19.12 | 08 |
| Chloe Isleta | RAC | 5:10.91 | 10 | 400 I.M. | Elizabeth Beisel | NE | 4:55.35 | 05 |
| Crow Canyon Sharks | | 1:55.78 | 10 | 200 FR | Lake Oswego | OR | 1:50.95 | 08 |
| <i>Usinger, Garcia, Miller, Saghafi</i> | | | | | | | | |
| Terrapin Swim Team | | 4:11.10 | 01 | 400 FR | Lake Oswego | OR | 4:05.53 | 08 |
| <i>Cureton, Buchanan, Middleton, Dwelley</i> | | | | | | | | |
| Crow Canyon Sharks | | 2:08.01 | 10 | 200 MR | Lake Oswego | OR | 2:05.15 | 08 |
| <i>Saghafi, Philapil, Usinger, Garcia</i> | | | | | | | | |
| Terrapin Swim Team | | 4:38.34 | 01 | 400 MR | Cincinnati Marlins | OH | 4:37.22 | 95 |
| <i>Buchanan, Stacy, Dwelley, Cureton</i> | | | | | | | | |

| | | | | 13-14 Girls | | | | |
|--|------|----------|------|---------------|--------------------|----------|----------|------|
| Pacific | | | | Short Course | | National | | |
| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
| Ally Howe | PASA | 22.97 | 10 | 50 Free | Dara Torres | CA | 22.44 | 82 |
| Colleen Eckhardt | SCSC | 49.99 | 90 | 100 Free | Missy Franklin | CO | 47.94 | 10 |
| Natalie Coughlin | TERA | 1:47.12 | 96 | 200 Free | Missy Franklin | CO | 1:44.55 | 10 |
| Chelsea Chenault | TERA | 4:45.72 | 08 | 500 Free | Kathleen Ledecky | PV | 4:35.14 | 11 |
| Katie Hardt | CARS | 9:53.40 | 99 | 1000 Free | Kathleen Ledecky | PV | 9:29.81 | 11 |
| Jill Shirley | AH | 16:31.45 | 75 | 1650 Free | Becca Mann | FL | 15:54.46 | 12 |
| Linnea Mack | OAQ | 55.05 | 10 | 100 Back | Kathleen Baker | NC | 52.87 | 12 |
| Madison White | CROW | 1:57.06 | 09 | 200 Back | Missy Franklin | CO | 1:51.07 | 10 |
| Erica Liu | DACA | 1:02.81 | 01 | 100 Breast | Megan Quann | PN | 1:01.29 | 98 |
| Jordyn Green | RENO | 2:14.93 | 05 | 200 Breast | Allie Szekely | MA | 2:10.22 | 12 |
| Amanda Sims | SRN | 54.09 | 03 | 100 Fly | Elizabeth Nelson | WI | 53.36 | 13 |
| Amanda Sims | SRN | 1:59.66 | 03 | 200 Fly | Mary T. Meagher | KY | 1:56.58 | 79 |
| Natalie Coughlin | TERA | 1:59.83 | 97 | 200 I.M. | Missy Franklin | CO | 1:57.70 | 10 |
| Natalie Coughlin | TERA | 4:14.08 | 96 | 400 I.M. | Katie Hoff | MD | 4:08.44 | 04 |
| Palo Alto Stanford Aquatics | | 1:37.30 | 10 | 200 Free Rel. | Aquajets Swim Team | MN | 1:33.37 | 12 |
| <i>Reid, Van Linge, Delisle, Bergman</i> | | | | | | | | |
| Crow Canyon Sharks | | 3:29.92 | 11 | 400 Free Rel. | Aquajets Swim Team | MN | 3:24.37 | 12 |
| <i>Smith, Taylor, Usinger, Murphy</i> | | | | | | | | |
| Crow Canyon Sharks | | 7:38.76 | 11 | 800 Free Rel. | Nation's Capital | PV | 7:28.00 | 13 |
| <i>Usinger, Taylor, Murphy, Smith</i> | | | | | | | | |
| Crow Canyon Sharks | | 1:45.85 | 12 | 200 Med. Rel. | Aquajets Swim Team | MN | 1:42.77 | 12 |
| <i>Garcia, Lee, Murphy, Smith</i> | | | | | | | | |
| Crow Canyon Sharks | | 3:52.76 | 12 | 400 Med. Rel. | Aquajets Swim Team | MN | 3:45.02 | 12 |
| <i>Garcia, Lee, Murphy, Miller</i> | | | | | | | | |
| | | | | Long Course | | | | |
| Madeline Schaefer | DACA | 26.02 | 08 | 50 Free | Missy Franklin | CO | 25.23 | 09 |
| Chelsea Chenault | TERA | 56.71 | 09 | 100 Free | Missy Franklin | CO | 54.03 | 09 |
| Chelsea Chenault | TERA | 1:59.14 | 09 | 200 Free | Cynthia Woodhead | CA | 1:58.53 | 78 |
| Chelsea Chenault | TERA | 4:12.53 | 09 | 400 Free | Cynthia Woodhead | CA | 4:07.15 | 78 |
| Sonya Nimtz | BEAR | 8:40.17 | 87 | 800 Free | Becca Mann | FL | 8:28.54 | 12 |
| Sonya Nimtz | BEAR | 16:45.55 | 87 | 1500 Free | Becca Mann | FL | 16:11.98 | 12 |
| Madison White | CROW | 1:02.10 | 09 | 100 Back | Missy Franklin | CO | 1:00.50 | 09 |
| Madison White | CROW | 2:11.31 | 09 | 200 Back | Missy Franklin | CO | 2:09.16 | 09 |
| Erica Liu | DACA | 1:10.38 | 01 | 100 Breast | Amanda Beard | CA | 1:08.09 | 96 |
| Laura Davis | TERA | 2:32.00 | 98 | 200 Breast | Amanda Beard | CA | 2:25.75 | 96 |
| Marissa Neel | TERA | 1:00.51 | 09 | 100 Fly | Kendyl Lee Stewart | SI | 59.51 | 09 |
| Jasmine Tosky | PASA | 2:15.24 | 08 | 200 Fly | Mary T. Meagher | KY | 2:07.01 | 79 |
| Laura Davis | TERA | 2:16.55 | 99 | 200 I.M. | Missy Franklin | CO | 2:12.73 | 09 |
| Maya DiRado | SRN | 4:49.79 | 07 | 400 I.M. | Becca Mann | FL | 4:39.76 | 12 |
| Crow Canyon Sharks | | 1:49.68 | 12 | 200 Free Rel. | Sun Devil Aquatics | AZ | 1:47.86 | 06 |
| <i>Usinger, Taylor, Smith, Murphy</i> | | | | | | | | |
| Crow Canyon Sharks | | 4:01.41 | 11 | 400 Free Rel. | Sun Devil Aquatics | AZ | 3:55.38 | 07 |
| <i>Smith, Taylor, Usinger, Murphy</i> | | | | | | | | |
| San Jose Aquatics | | 8:38.86 | 84 | 800 Free Rel. | Nation's Capital | PV | 8:29.38 | 13 |
| <i>Murbach, Hartung, Stigum, Karan</i> | | | | | | | | |
| Palo Alto Stanford Aquatics | | 2:02.82 | 09 | 200 Med. Rel. | Aquajets Swim Team | MN | 1:58.34 | 12 |
| <i>Howe, Nelson, Scherp, Ama</i> | | | | | | | | |
| Palo Alto Stanford Aquatics | | 4:28.69 | 09 | 400 Med. Rel. | North Baltimore | MD | 4:20.82 | 08 |
| <i>Howe, Nelson, Zebker, Ama</i> | | | | | | | | |

| | | | | 15-16 Girls | | | | | |
|--|------|----------|------|---------------|--------------------|----------|----------|------|--|
| Pacific | | | | Short Course | | National | | | |
| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR | |
| Madeline Schaefer | UN | 22.24 | 10 | 50 Free | Simone Manuel | GU | 22.04 | 13 | |
| Madeline Schaefer | UN | 48.61 | 10 | 100 Free | Simone Manuel | GU | 47.73 | 13 | |
| Jasmine Tosky | UN | 1:44.11 | 10 | 200 Free | Dagny Knutson | ND | 1:42.81 | 08 | |
| Chelsea Chenault | TERA | 4:40.03 | 10 | 500 Free | Kathleen Ledecy | PV | 4:31.38 | 13 | |
| Chelsea Chenault | TERA | 9:45.79 | 10 | 1000 Free | Kathleen Ledecy | PV | 9:22.35 | 12 | |
| Catherine Breed | PLS | 16:17.91 | 08 | 1650 Free | Kathleen Ledecy | PV | 15:28.36 | 12 | |
| Natalie Coughlin | TERA | 52.55 | 98 | 100 Back | Rachel Bootsma | MN | 51.53 | 10 | |
| Natalie Coughlin | TERA | 1:53:45 | 98 | 200 Back | Kylie Stewart | GA | 1:50.66 | 13 | |
| Kasey Carlson | UN | 59.94 | 08 | 100 Breast | Megan Quann | PN | 59.80 | 00 | |
| Jasmine Tosky | PASA | 2:10.56 | 11 | 200 Breast | Caitlin Leverenz | AZ | 2:08.11 | 07 | |
| Celina Li | PLS | 52.72 | 11 | 100 Fly | Janet Hu | PV | 52.40 | 12 | |
| Jasmine Tosky | PASA | 1:54.63 | 11 | 200 Fly | Mary T. Meagher | KY | 1:52.99 | 81 | |
| Jasmine Tosky | PASA | 1:54.80 | 11 | 200 I.M. | Dagny Knutson | ND | 1:54.03 | 08 | |
| Jasmine Tosky | PASA | 4:04.65 | 11 | 400 I.M. | Dagny Knutson | ND | 4:00.62 | 08 | |
| Palo Alto Stanford Aquatics <i>Schaefer, Tosky, Liang, Ama</i> | | 1:32.21 | 09 | 200 Free Rel. | SwimMAC | NC | 1:31.84 | 12 | |
| Palo Alto Stanford Aquatics <i>Schaefer, Tosky, Ama, Grima</i> | | 3:21.13 | 09 | 400 Free Rel. | Longhorn Aquatics | ST | 3:20.84 | 07 | |
| Palo Alto Stanford Aquatics <i>Tosky, Schaefer, Ama, Grima</i> | | 7:21.64 | 09 | 800 Free Rel. | Nation's Capital | PV | 7:16.04 | 12 | |
| Palo Alto Stanford Aquatics <i>Howe, Kaunitz, Delisle, Campbell</i> | | 1:41.77 | 12 | 200 Med. Rel. | SwimMAC | NC | 1:39.61 | 13 | |
| Palo Alto Stanford Aquatics <i>Grima, Liang, Tosky, Schaefer</i> | | 3:43.09 | 09 | 400 Med. Rel. | SwimMAC | NC | 3:37.93 | 13 | |
| | | | | Long Course | | | | | |
| Madeline Schaefer | PASA | 25.62 | 10 | 50 Free | Simone Manuel | GU | 24.80 | 13 | |
| Jasmine Tosky | PASA | 55.25 | 10 | 100 Free | Missy Franklin | CO | 53.63 | 11 | |
| Chelsea Chenault | TERA | 1:58.52 | 10 | 200 Free | Missy Franklin | CO | 1:55.06 | 11 | |
| Chelsea Chenault | TERA | 4:09.80 | 10 | 400 Free | Kathleen Ledecy | PV | 3:59.82 | 13 | |
| Chelsea Chenault | TERA | 8:38.03 | 10 | 800 Free | Kathleen Ledecy | PV | 8:13.86 | 13 | |
| Lauren Costella | CARS | 16:26.13 | 01 | 1500 Free | Kathleen Ledecy | PV | 15:36.53 | 13 | |
| Deborah Roth | NBA | 1:01.39 | 09 | 100 Back | Missy Franklin | CO | 59.18 | 11 | |
| Madison White | CROW | 2:11.67 | 10 | 200 Back | Missy Franklin | CO | 2:05.10 | 11 | |
| Kasey Carlson | TERA | 1:08.29 | 08 | 100 Breast | Megan Quann | PN | 1:07.05 | 00 | |
| Riley Scott | MP | 2:31.11 | 13 | 200 Breast | Anita Nall | MD | 2:25.35 | 92 | |
| Jasmine Tosky | PASA | 59.43 | 10 | 100 Fly | Mary T. Meagher | KY | 57.93 | 81 | |
| Jasmine Tosky | PASA | 2:09.28 | 10 | 200 Fly | Mary T. Meagher | KY | 2:05.96 | 81 | |
| Jasmine Tosky | PASA | 2:13.02 | 10 | 200 I.M. | Katie Hoff | MD | 2:10.41 | 05 | |
| Jasmine Tosky | PASA | 4:42.11 | 09 | 400 I.M. | Elizabeth Beisel | NE | 4:32.87 | 08 | |
| Walnut Creek Aquabears <i>Bereknyei, Lietz, Barry, Mitchell</i> | | 1:49.71 | 97 | 200 Free Rel. | Scottsdale A.C. | AZ | 1:44.53 | 13 | |
| Terrapin Swim Team <i>Dwelley, Rogers, Bard, McLane</i> | | 3:57.61 | 04 | 400 Free Rel. | Aquajets Swim Team | MN | 3:51.39 | 13 | |
| Terrapin Swim Team <i>Dwelley, Rogers, McLane, Bard</i> | | 8:26.04 | 04 | 800 Free Rel. | SwimMAC | NC | 8:17.06 | 12 | |
| Orinda Aquatics <i>White, Beaudreau, Chang, Sharp</i> | | 2:01.21 | 04 | 200 Med. Rel. | Aquajets Swim Team | MN | 1:54.41 | 13 | |
| DeAnza Cupertino Aquatics <i>Liu, Martinez, Gong, Ghosh</i> | | 4:23.85 | 04 | 400 Med. Rel. | Aquajets Swim Team | MN | 4:11.39 | 13 | |

| | | | | 17-18 Girls | | | | | |
|---|------|----------|------|---------------|-----------------------------|----------|----------|------|--|
| Pacific | | | | Short Course | | National | | | |
| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR | |
| Liv Jensen | UN | 21.94 | 09 | 50 Free | Faith Johnson | NC | 21.89 | 13 | |
| Karlee Bispo | UN | 47.96 | 08 | 100 Free | Missy Franklin | CO | 47.28 | 13 | |
| Madeline Schaefer | UN | 47.96 | 12 | | | | | | |
| Jasmine Tosky | UN | 1:43.26 | 12 | 200 Free | Missy Franklin | CO | 1:41.81 | 13 | |
| Chelsea Chenault | UN | 4:36.69 | 12 | 500 Free | Katie Hoff | MD | 4:30.47 | 07 | |
| Sarah Anderson | SRVL | 9:39.11 | 92 | 1000 Free | Katie Hoff | MD | 9:10.77 | 07 | |
| Catherine Breed | UN | 16:10.13 | 12 | 1650 Free | Katie Hoff | MD | 15:24.35 | 08 | |
| Natalie Coughlin | TERA | 51.23 | 01 | 100 Back | Rachel Bootsma | MN | 50.54 | 12 | |
| Natalie Coughlin | TERA | 1:51.02 | 01 | 200 Back | Missy Franklin | CO | 1:48.42 | 13 | |
| Kasey Carlson | TERA | 58.75 | 09 | 100 Breast | Breeja Larsen | GU | 58.51 | 11 | |
| Kasey Carlson | TERA | 2:09.66 | 09 | 200 Breast | Annie Zhu | MD | 2:05.99 | 13 | |
| Natalie Coughlin | TERA | 51.18 | 01 | 100 Fly | Natalie Coughlin | PC | 51.18 | 01 | |
| Elaine Breeden | UN | 1:52.99 | 07 | 200 Fly | Elaine Breeden | PC | 1:52.99 | 07 | |
| Maya DiRado | UN | 1:53.89 | 12 | 200 I.M. | Katie Hoff | MD | 1:53.77 | 07 | |
| Maya DiRado | UN | 3:59.88 | 12 | 400 I.M. | Maya DiRado | PC | 3:59.88 | 12 | |
| Marin Pirates | | 1:33.73 | 10 | 200 Free Rel. | Aquajets Swim Team | MN | 1:32.27 | 11 | |
| <i>Murphy, Slater, Williams, Cochrane</i> | | | | | | | | | |
| Marin Pirates | | 3:25.27 | 10 | 400 Free Rel. | Mission Viejo | CA | 3:19.55 | 81 | |
| <i>Cochrane, Slater, Williams, Murphy</i> | | | | | | | | | |
| DeAnza Swim Club | | 7:25.95 | 79 | 800 Free Rel. | Mission Viejo | CA | 7:12.62 | 81 | |
| <i>Scovel, McFarland, Hansen, Alexander</i> | | | | | | | | | |
| Marin Pirates | | 1:43.09 | 10 | 200 Med. Rel. | Rockville Montgomery | PV | 1:41.83 | 12 | |
| <i>Cochrane, Alvarez, Slater, Murphy</i> | | | | | | | | | |
| Pleasant Hill Swim Club | | 3:46.01 | 79 | 400 Med. Rel. | Aquajets Swim Team | MN | 3:39.21 | 11 | |
| <i>Hoeflich, Spees, Smiarowski, Gehan</i> | | | | | | | | | |
| Long Course | | | | | | | | | |
| Samantha Woodward | STAN | 25.29 | 09 | 50 Free | Kara Lynn Joyce | MI | 25.00 | 04 | |
| Jasmine Tosky | UN | 55.23 | 11 | 100 Free | Missy Franklin | CO | 53.36 | 13 | |
| Chelsea Chenault | TERA | 55.23 | 12 | | | | | | |
| Jasmine Tosky | PASA | 1:58.15 | 11 | 200 Free | Missy Franklin | CO | 1:54.81 | 13 | |
| Chelsea Chenault | TERA | 4:08.38 | 12 | 400 Free | Katie Hoff | MD | 4:02.20 | 08 | |
| Janet Evans | TARN | 8:24.32 | 90 | 800 Free | Janet Evans | CA | 8:16.22 | 89 | |
| Lauren Costella | CARS | 16:24.43 | 03 | 1500 Free | Kate Ziegler | PV | 15:42.54 | 07 | |
| Natalie Coughlin | TERA | 1:00.18 | 01 | 100 Back | Missy Franklin | CO | 58.33 | 12 | |
| Maya DiRado | STAN | 2:11.14 | 11 | 200 Back | Missy Franklin | CO | 2:04.06 | 12 | |
| Kasey Carlson | TERA | 1:05.75 | 09 | 100 Breast | Kasey Carlson | PC | 1:05.75 | 09 | |
| Celina Li | PLS | 2:28.75 | 13 | 200 Breast | Amanda Beard | AZ | 2:25.35 | 00 | |
| Jasmine Tosky | PASA | 59.01 | 12 | 100 Fly | Felicia Lee | MD | 58.41 | 10 | |
| Jasmine Tosky | PASA | 2:08.91 | 12 | 200 Fly | Kathleen Hersey | GA | 2:06.96 | 08 | |
| Maya DiRado | STAN | 2:11.92 | 11 | 200 I.M. | Elizabeth Pelton | MD | 2:10.02 | 11 | |
| Maya DiRado | STAN | 4:37.88 | 11 | 400 I.M. | Elizabeth Beisel | NE | 4:31.78 | 11 | |
| North Bay Aquatics | | 1:46.91 | 13 | 200 Free Rel. | SwimMAC | NC | 1:44.37 | 13 | |
| <i>Brown, Kitze, Winkler, Kamai</i> | | | | | | | | | |
| Pleasant Hill Swim Club | | 3:49.06 | 79# | 400 Free Rel. | Dynamo Swim Club | GA | 3:48.12 | 13 | |
| <i>Fiene, Asplund, Gehan, Hoeflich</i> | | | | | | | | | |
| Palo Alto Stanford Aquatics | | 8:10.38 | 11 | 800 Free Rel. | Palo Alto Stanford Aquatics | PC | 8:10.38 | 11 | |
| <i>Tosky, Schaefer, Acker, Grima</i> | | | | | | | | | |
| North Bay Aquatics | | 1:57.77 | 13 | 200 Med. Rel. | King Aquatic Club | PN | 1:56.39 | 13 | |
| <i>Brown, Winkler, Kitze, Kamai</i> | | | | | | | | | |
| Santa Clara Swim Club | | 4:18.96 | 78 | 400 Med. Rel. | Carmel Swim Club | IN | 4:12.78 | 09 | |
| <i>Jezeq, Moran, Grimley, Asplund</i> | | | | | | | | | |

AGE GROUP RECORDS

8/under Boys

Short Course

| EVENT | NAME | CLUB | TIME | YEAR |
|-----------|------------------|------|---------|------|
| 25 Free | Adam Hinshaw | WV | 13.24 | 02 |
| 50 Free | Michael Rubottom | TSC | 28.30 | 84 |
| 100 Free | Kent Johnson | AH | 1:01.78 | 84 |
| 25 Back | Alex Liang | PASA | 15.79 | 08 |
| 50 Back | Adam Hinshaw | WV | 33.73 | 02 |
| 25 Breast | Brandon Conroy | SCRA | 17.28 | 03 |
| 50 Breast | Noah Sol | CROW | 36.85 | 06 |
| 25 Fly | Michael Rubottom | TSC | 14.29 | 84 |
| | Brandon Conroy | SCRA | 14.29 | 03 |
| 50 Fly | Michael Rubottom | TSC | 31.50 | 84 |
| 100 I.M. | Michael Rubottom | TSC | 1:10.97 | 84 |

Long Course

| | | | | |
|-----------|-------------------|------|---------|----|
| 50 Free | Alex Liang | PASA | 32.16 | 08 |
| 100 Free | Kent Johnson | AH | 1:08.14 | 83 |
| 50 Back | Adam Hinshaw | WV | 38.34 | 02 |
| 50 Breast | Benjamin Wong | WEST | 43.06 | 05 |
| 50 Fly | Anthony Sebastian | SCSC | 34.85 | 13 |

9-10 Boys

Pacific

Short Course

National

| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
|----------------|------|---------|------|---------------|--------------------------|-----|---------|------|
| Aaron Kuo | PASA | 25.61 | 12 | 50 Free | Winn Aung | SN | 24.42 | 13 |
| Aaron Kuo | PASA | 56.10 | 12 | 100 Free | Winn Aung | SN | 53.12 | 13 |
| Kent Johnson | AH | 2:00.98 | 85 | 200 Free | Mitchell Stoehr | WI | 1:57.94 | 03 |
| Adam Hinshaw | DACA | 5:15.14 | 04 | 500 Free | Ivan Puskovitch | MA | 5:14.14 | 12 |
| Alex Liang | PASA | 29.33 | 10 | 50 Back | Destin Lasco | MA | 27.96 | 12 |
| Alex Liang | PASA | 1:02.97 | 10 | 100 Back | Destin Lasco | MA | 59.81 | 12 |
| Cary Huff | FFSO | 33.21 | 79 | 50 Breast | Matthew Limbacher | CT | 31.60 | 11 |
| Larry Wen | SUNN | 1:11.61 | 99 | 100 Breast | Ethan Dang | PN | 1:07.25 | 13 |
| Alex Liang | PASA | 28.00 | 10 | 50 Fly | Camden Murphy | MI | 26.58 | 10 |
| Alex Liang | PASA | 1:01.67 | 10 | 100 Fly | Zachary Ferguson | IA | 59.97 | 92 |
| Aaron Kuo | PASA | 1:03.90 | 12 | 100 I.M. | Michael Andrew | SD | 1:01.31 | 10 |
| Daichi Matsuda | PASA | 2:16.26 | 09 | 200 I.M. | Chas Morton | SE | 2:12.29 | 82 |
| Arden Hills | | 1:50.70 | 84 | 200 Free Rel. | Westchester Aquatic Club | MR | 1:48.42 | 12 |

Szymanowski, Kawakami, Piland, Johnson

DeAnza Cupertino Aquatics 2:03.63 05 200 Med. Rel. Blue Tide Aquatics GU 2:02.48 98

Khojasteh, Conroy, Zavala, Leung

Long Course

| | | | | | | | | |
|--------------------|------|---------|----|---------------|-------------------------|----|---------|----|
| Ian Cross | SCSC | 28.54 | 89 | 50 Free | Winn Aung | SN | 27.42 | 13 |
| Jeremy Szymanowski | AH | 1:03.13 | 84 | 100 Free | Winn Aung | SN | 1:00.67 | 13 |
| Adam Hinshaw | DACA | 2:12.18 | 04 | 200 Free | Winn Aung | SN | 2:11.32 | 13 |
| Adam Hinshaw | DACA | 4:36.22 | 04 | 400 Free | Adam Hinshaw | PC | 4:36.22 | 04 |
| Alex Liang | PASA | 33.77 | 10 | 50 Back | Vincent Marciano | NJ | 32.07 | 12 |
| Jerome Sun | MSJA | 1:12.94 | 08 | 100 Back | Destin Lasco | MA | 1:09.89 | 12 |
| Benjamin Winn | SCSC | 37.82 | 12 | 50 Breast | Matthew Limbacher | CT | 35.65 | 11 |
| Hank Poppe | SRN | 1:20.84 | 09 | 100 Breast | Ethan Dang | PN | 1:18.71 | 12 |
| Alex Liang | PASA | 30.81 | 10 | 50 Fly | Carson Foster | OH | 29.91 | 12 |
| Alex Liang | PASA | 1:10.50 | 10 | 100 Fly | Carson Foster | OH | 1:07.24 | 12 |
| Jeremy Szymanowski | AH | 2:35.34 | 84 | 200 I.M. | Colin Gladys | CA | 2:32.58 | 00 |
| Arden Hills | | 2:02.73 | 84 | 200 Free Rel. | Scottsdale Aquatic Club | AZ | 2:02.37 | 12 |

Szymanowski, Kawakami, Piland, Johnson

DeAnza Cupertino Aquatics 2:19.05 04 200 Med. Rel. Cincinnati Marlins OH 2:18.89 12

Yuh, Conroy, Ban, A. Hinshaw

| | | | | 11-12 Boys | | | | |
|--|------|----------|------|---------------|----------------------|----------|----------|------|
| Pacific | | | | Short Course | | National | | |
| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
| Nathan Yates | SCSC | 22.67 | 13 | 50 Free | Michael Andrew | MV | 21.85 | 11 |
| Maxime Rooney | PLS | 49.35 | 11 | 100 Free | Michael Andrew | MV | 47.95 | 12 |
| Nick Silverthorn | PLS | 1:46.23 | 08 | 200 Free | Nick Silverthorn | PC | 1:46.23 | 08 |
| Nick Silverthorn | PLS | 4:41.54 | 08 | 500 Free | Nick Silverthorn | PC | 4:41.54 | 08 |
| Bryan Hughes | RA | 9:53.32 | 08 | 1000 Free | Matthew Hirschberger | FL | 9:38.50 | 11 |
| Bryan Hughes | RA | 16:37.29 | 08 | 1650 Free | Nicholas Caldwell | FL | 16:17.80 | 06 |
| Benjamin Ho | PEAK | 25.58 | 11 | 50 Back | Seth Beer | GA | 25.14 | 09 |
| Justin Lynch | TERA | 54.87 | 09 | 100 Back | Ryan Murphy | FL | 54.20 | 08 |
| Shayne Fleming | DACA | 1:58.22 | 04 | 200 Back | Ryan Murphy | FL | 1:55.21 | 08 |
| Ty Wells | RA | 29.23 | 12 | 50 Breast | Michael Andrew | MV | 27.46 | 12 |
| Ty Wells | RA | 1:02.75 | 12 | 100 Breast | Reece Whitley | MA | 59.90 | 12 |
| Curtis Ogren | PASA | 2:15.37 | 09 | 200 Breast | Reece Whitley | MA | 2:09.40 | 12 |
| Justin Lynch | TERA | 24.34 | 09 | 50 Fly | Michael Andrew | MV | 23.65 | 12 |
| Maxime Rooney | PLS | 54.32 | 11 | 100 Fly | Chas Morton | SE | 51.85 | 84 |
| Justin Lynch | TERA | 2:00.00 | 09 | 200 Fly | Andrew Snabes | IL | 1:57.62 | 03 |
| Benjamin Ho | PEAK | 56.88 | 11 | 100 I.M. | Michael Andrew | MV | 53.86 | 12 |
| Nick Silverthorn | PLS | 1:59.91 | 08 | 200 I.M. | Chas Morton | SE | 1:56.61 | 84 |
| Nick Silverthorn | PLS | 4:11.77 | 08 | 400 I.M. | Nick Silverthorn | PC | 4:11.77 | 08 |
| Palo Alto Stanford Aquatics | | 1:37.49 | 10 | 200 Free Rel. | Eagle Swimming | GU | 1:36.80 | 10 |
| <i>Elmurib, Matsuda, Ho, Ngyugen</i> | | | | | | | | |
| Palo Alto Stanford Aquatics | | 3:33.17 | 13 | 400 Free Rel. | Irvine Novaquatics | CA | 3:30.75 | 13 |
| <i>Shau, Tay, Brougher, Kuo</i> | | | | | | | | |
| Pleasanton Seahawks | | 1:47.44 | 12 | 200 Med. Rel. | Pleasanton Seahawks | PC | 1:47.44 | 12 |
| <i>Cooper, Yao, Lu, Jhong</i> | | | | | | | | |
| Pleasanton Seahawks | | 3:59.47 | 12 | 400 Med. Rel. | Aquazot Swim Club | CA | 3:53.04 | 09 |
| <i>Cooper, Yao, Jhong, Lu</i> | | | | | | | | |
| Long Course | | | | | | | | |
| Shayne Fleming | DACA | 26.08 | 04 | 50 Free | Michael Andrew | MV | 25.09 | 12 |
| Jerome Sun | MSJA | 56.06 | 10 | 100 Free | Preston Padden | WV | 55.45 | 10 |
| Jerome Sun | MSJA | 2:02.95 | 10 | 200 Free | Matthew Hirschberger | FL | 2:00.88 | 11 |
| Nick Silverthorn | PLS | 4:20.34 | 08 | 400 Free | Matthew Hirschberger | FL | 4:12.52 | 11 |
| Nicholas Cruse | MP | 9:02.83 | 12 | 800 Free | Matthew Hirschberger | FL | 8:48.59 | 11 |
| Nicholas Cruse | MP | 17:19.76 | 12 | 1500 Free | Nicholas Caldwell | FL | 16:44.67 | 06 |
| Justin Lynch | TERA | 29.87 | 09 | 50 Back | Seth Beer | GA | 28.49 | 09 |
| Benjamin Ho | PEAK | 1:03.29 | 11 | 100 Back | Seth Beer | GA | 1:01.35 | 09 |
| Jerome Sun | MSJA | 2:16.78 | 10 | 200 Back | Ryan Murphy | FL | 2:13.91 | 08 |
| Justin Read | DACA | 32.93 | 09 | 50 Breast | Matthew Limbacher | FL | 31.62 | 13 |
| Sean Mahoney | TERA | 1:10.24 | 01 | 100 Breast | Maverick Smalley | GU | 1:09.48 | 00 |
| Sean Mahoney | TERA | 2:30.12 | 01 | 200 Breast | Sean Mahoney | PC | 2:30.12 | 01 |
| Justin Lynch | TERA | 27.36 | 09 | 50 Fly | Michael Andrew | MV | 26.22 | 12 |
| Justin Lynch | TERA | 1:00.27 | 09 | 100 Fly | Chas Morton | SE | 58.74 | 83 |
| Justin Lynch | TERA | 2:16.65 | 09 | 200 Fly | Ryan Murphy | FL | 2:14.40 | 08 |
| | | | | | Seth Say Woon Chun | AZ | 2:14.40 | 13 |
| Jerome Sun | MSJA | 2:17.64 | 10 | 200 I.M. | Chas Morton | SE | 2:15.42 | 83 |
| Jerome Sun | MSJA | 4:53.22 | 10 | 400 I.M. | Yezan Alsader | IL | 4:52.24 | 13 |
| Terrapin Swim Team | | 1:51.79 | 02 | 200 Free Rel. | South Florida A.C. | FG | 1:48.80 | 11 |
| <i>Walter, Reilly, Bishop, Dentone</i> | | | | | | | | |
| Santa Clara Swim Club | | 4:05.13 | 07 | 400 Free Rel. | South Florida A.C. | FG | 4:01.06 | 11 |
| <i>Lawler, Chen, Bryce, Burns</i> | | | | | | | | |
| Terrapin Swim Team | | 2:04.53 | 02 | 200 Med. Rel. | South Florida A.C. | FG | 2:01.10 | 11 |
| <i>Walter, Bishop, Reilly, Dentone</i> | | | | | | | | |
| Palo Alto Stanford Aquatics | | 4:36.48 | 08 | 400 Med. Rel. | Penn Charter A.C. | MA | 4:22.44 | 12 |
| <i>Lee, Tybur, Ogren, Liang</i> | | | | | | | | |

**13-14 Boys
Short Course**

| Pacific | | | | National | | | | |
|---|------|----------|------|---------------|------------------------|-----|----------|------|
| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
| Ian Burns | SCSC | 21.21 | 09 | 50 Free | Ryan Hoffer | GU | 20.02 | 13 |
| Benjamin Ho | UN | 45.81 | 13 | 100 Free | Ryan Hoffer | GU | 44.81 | 13 |
| Maxime Rooney | PLS | 1:38.42 | 12 | 200 Free | Maxime Rooney | PC | 1:38.42 | 12 |
| Aidan Burns | UN | 4:27.55 | 12 | 500 Free | Alexander Katz | FL | 4:26.73 | 11 |
| Curtis Ogren | PEAK | 9:17.91 | 10 | 1000 Free | Matthew Hirschberger | FL | 9:02.37 | 13 |
| Aidan Burns | UN | 15:29.40 | 12 | 1650 Free | Arthur Frayler | NT | 15:14.17 | 08 |
| Benjamin Ho | PEAK | 48.93 | 13 | 100 Back | Thomas Anderson | PN | 48.73 | 13 |
| Benjamin Ho | PEAK | 1:45.73 | 13 | 200 Back | Benjamin Ho | PC | 1:45.73 | 13 |
| Kevin Khojasteh | DACA | 57.77 | 09 | 100 Breast | Tanner Kurz | MA | 56.36 | 07 |
| Curtis Ogren | PEAK | 2:01.17 | 10 | 200 Breast | Curtis Ogren | PC | 2:01.17 | 10 |
| Justin Lynch | TERA | 49.80 | 11 | 100 Fly | Michael Domagala | MR | 48.98 | 10 |
| | | | | | Michael Andrew | MV | 48.98 | 13 |
| Maxime Rooney | UN | 1:50.00 | 13 | 200 Fly | Ricky Berens | NC | 1:48.24 | 03 |
| Benjamin Ho | UN | 1:50.95 | 13 | 200 I.M. | Gray Umbach | GU | 1:48.08 | 09 |
| Curtis Ogren | PEAK | 3:54.23 | 10 | 400 I.M. | Curtis Ogren | PC | 3:54.23 | 10 |
| North Bay Aquatics | | 1:30.39 | 09 | 200 Free Rel. | Scottsdale A.C. | AZ | 1:25.63 | 13 |
| <i>Cline, Winder, Suski, Bole</i> | | | | | | | | |
| Crow Canyon Sharks | | 3:17.12 | 10 | 400 Free Rel. | Scottsdale A.C. | AZ | 3:10.47 | 13 |
| <i>Morgan, Williams, Wooldridge, Cooper</i> | | | | | | | | |
| Terrapin Swim Team | | 7:12.71 | 95 | 800 Free Rel. | City of Plano Swimmers | NT | 7:05.66 | 08 |
| <i>Gausman, Rossi, Holsman, Kennedy</i> | | | | | | | | |
| Palo Alto Stanford Aquatics | | 1:40.97 | 10 | 200 Med. Rel. | Bolles School Sharks | FL | 1:35.94 | 12 |
| <i>Lee, Ogren, Liang, Sanborn</i> | | | | | | | | |
| Palo Alto Stanford Aquatics | | 3:39.41 | 12 | 400 Med. Rel. | Aquazot Swim Club | CA | 3:29.45 | 11 |
| <i>Molinari, Babinet, Matsuda, Field</i> | | | | | | | | |
| Long Course | | | | | | | | |
| Shayne Fleming | DACA | 24.49 | 06 | 50 Free | Michael Andrew | MV | 23.38 | 13 |
| Maxime Rooney | PLS | 52.41 | 12 | 100 Free | Noel Strauss | AR | 51.59 | 87 |
| Tom Kremer | PASA | 1:53.52 | 09 | 200 Free | Tom Kremer | PC | 1:53.52 | 09 |
| Nick Silverthorn | PLS | 3:59.24 | 10 | 400 Free | Evan Pinion | SE | 3:57.61 | 09 |
| Aidan Burns | SCSC | 8:20.67 | 12 | 800 Free | Evan Pinion | SE | 8:08.75 | 09 |
| Aidan Burns | SCSC | 15:57.56 | 12 | 1500 Free | Jesse Vassallo | CA | 15:31.03 | 76 |
| Benjamin Ho | UN | 57.39 | 13 | 100 Back | Benjamin Ho | PC | 57.39 | 13 |
| Benjamin Ho | UN | 2:04.87 | 13 | 200 Back | Aaron Piersol | CA | 2:02.78 | 98 |
| Hank Poppe | WCAB | 1:06.14 | 13 | 100 Breast | Anthony Robinson | GU | 1:04.74 | 94 |
| Sean Mahoney | TERA | 2:20.81 | 02 | 200 Breast | Joseph Bentz | GA | 2:20.48 | 10 |
| Justin Lynch | TERA | 54.80 | 11 | 100 Fly | Justin Lynch | PC | 54.80 | 11 |
| Maxime Rooney | PLS | 2:04.27 | 13 | 200 Fly | Michael Phelps | MD | 1:59.02 | 00 |
| Curtis Ogren | UN | 2:09.60 | 10 | 200 I.M. | Michael Andrew | MV | 2:05.13 | 13 |
| Curtis Ogren | UN | 4:31.70 | 10 | 400 I.M. | Michael Phelps | MD | 4:24.77 | 00 |
| Terrapins Swim Team | | 1:43.02 | 11 | 200 Free Rel. | Lake Oswego | OR | 1:41.34 | 08 |
| <i>Grenon, Zyla, Bottene, Lynch</i> | | | | | | | | |
| San Jose Aquatics | | 3:45.85 | 84 | 400 Free Rel. | Wildcat Aquatics | IL | 3:40.75 | 09 |
| <i>Taliaferro, French, Starr, Nicolao</i> | | | | | | | | |
| Santa Clara Swim Club | | 8:09.62 | 84 | 800 Free Rel. | Mission Viejo | CA | 8:04.91 | 10 |
| <i>Meck, York, Hackbarth, Colwill</i> | | | | | | | | |
| Terrapins Swim Team | | 1:52.07 | 11 | 200 Med. Rel. | King Aquatic Club | PN | 1:52.78 | 12 |
| <i>Zyla, Grenon, Lynch, Bottene</i> | | | | | | | | |
| Palo Alto Stanford Aquatics | | 4:12.22 | 12 | 400 Med. Rel. | Aquazot Swim Club | CA | 4:05.87 | 13 |
| <i>Molinari, Chui, Matsuda, Morrison</i> | | | | | | | | |

| | | | | 15-16 Boys | | | | |
|--|------|----------|------|---------------|-----------------------|----------|----------|------|
| Pacific | | | | Short Course | | National | | |
| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
| Leffie Crawford | SJA | 20.24 | 97 | 50 Free | Caeleb Dressel | FL | 19.82 | 12 |
| David Morgan | CROW | 44.53 | 11 | 100 Free | Caeleb Dressel | FL | 43.29 | 12 |
| Tom Kremer | PEAK | 1:36.41 | 10 | 200 Free | Kyle Gornay | CA | 1:34.99 | 13 |
| Adam Hinshaw | UN | 4:22.27 | 10 | 500 Free | Michael Phelps | MD | 4:18.12 | 02 |
| Adam Hinshaw | PASA | 9:06.70 | 10 | 1000 Free | Jeff Kostoff | CA | 8:49.97 | 82 |
| Adam Hinshaw | PASA | 15:20.45 | 10 | 1650 Free | Jeff Kostoff | CA | 14:52.39 | 82 |
| Tom Kremer | PEAK | 48.50 | 08 | 100 Back | Ryan Murphy | FL | 46.72 | 11 |
| Curtis Ogren | PASA | 1:46.75 | 12 | 200 Back | Ryan Murphy | FL | 1:40.90 | 11 |
| Nick Silverthorn | PLS | 54.58 | 12 | 100 Breast | Andrew Seliskar | PV | 53.26 | 13 |
| Curtis Ogren | PASA | 1:58.25 | 12 | 200 Breast | Andrew Seliskar | PV | 1:54.87 | 13 |
| Justin Lynch | TERA | 47.27 | 12 | 100 Fly | Michael Cavic | CA | 47.10 | 01 |
| Justin Lynch | TERA | 1:45.18 | 12 | 200 Fly | Michael Phelps | MD | 1:42.10 | 02 |
| Curtis Ogren | PASA | 1:46.56 | 12 | 200 I.M. | Andrew Seliskar | PV | 1:44.03 | 13 |
| Curtis Ogren | PASA | 3:44.87 | 12 | 400 I.M. | Michael Phelps | MD | 3:42.08 | 02 |
| Santa Clara Swim Club | | 1:25.05 | 10 | 200 Free Rel. | YMCA of the Triangle | NC | 1:23.44 | 13 |
| <i>Shimomura, Scheaffer, Shilling, Burns</i> | | | | | | | | |
| Santa Clara Swim Club | | 3:04.82 | 10 | 400 Free Rel. | City of Plano ST | NT | 3:03.10 | 08 |
| <i>Nunan, Burns, Shilling, Shimomura</i> | | | | | | | | |
| Santa Clara Swim Club | | 6:41.72 | 10 | 800 Free Rel. | Santa Clara Swim Club | PC | 6:41.72 | 10 |
| <i>Nunan, Shimomura, Shilling, Burns</i> | | | | | | | | |
| Crow Canyon Sharks | | 1:33.41 | 11 | 200 Med. Rel. | Crow Canyon Sharks | PC | 1:33.41 | 11 |
| <i>Williams, Usinger, Hughes, Morgan</i> | | | | | | | | |
| Crow Canyon Sharks | | 3:21.85 | 11 | 400 Med. Rel. | Crow Canyon Sharks | PC | 3:21.85 | 11 |
| <i>Williams, Usinger, Hughes, Morgan</i> | | | | | | | | |
| | | | | Long Course | | | | |
| Shayne Fleming | DACA | 22.72 | 08 | 50 Free | Caeleb Dressel | FL | 22.39 | 13 |
| Justin Lynch | TERA | 50.56 | 13 | 100 Free | Caeleb Dressel | FL | 49.28 | 13 |
| Jackson Miller | WCAB | 1:51.21 | 11 | 200 Free | Caeleb Dressel | FL | 1:48.64 | 13 |
| Aidan Burns | SCSC | 3:53.51 | 13 | 400 Free | Larsen Jensen | CC | 3:50.68 | 02 |
| Troy Dalbey | SJA | 8:04.06 | 85 | 800 Free | Larsen Jensen | CC | 7:52.05 | 02 |
| Aidan Burns | SCSC | 15:38.18 | 13 | 1500 Free | Bobby Hackett | NE | 15:03.91 | 76 |
| Jason Chen | PLS | 57.12 | 12 | 100 Back | Ryan Murphy | FL | 53.76 | 12 |
| Maxime Rooney | PLS | 2:03.17 | 13 | 200 Back | Aaron Piersol | CA | 1:57.03 | 00 |
| Sean Mahoney | TERA | 1:04.16 | 04 | 100 Breast | Carsten Vissering | PV | 1:01.94 | 13 |
| Sean Mahoney | TERA | 2:16.63 | 04 | 200 Breast | Matthew Elliot | IL | 2:14.67 | 09 |
| Justin Lynch | TERA | 52.75 | 13 | 100 Fly | Justin Lynch | PC | 52.75 | 13 |
| Justin Lynch | TERA | 1:57.80 | 13 | 200 Fly | Michael Phelps | MD | 1:54.58 | 01 |
| Curtis Ogren | PASA | 2:03.76 | 12 | 200 I.M. | Andrew Seliskar | PV | 1:59.84 | 13 |
| Curtis Ogren | PASA | 4:24.17 | 12 | 400 I.M. | Michael Phelps | MD | 4:15.20 | 01 |
| San Jose Aquatics | | 1:38.26 | 85 | 200 Free Rel. | Y of the Triangle | NC | 1:35.91 | 13 |
| <i>Dalbey, Nicolao, Taliaferro, Huff</i> | | | | | | | | |
| San Jose Aquatics | | 3:32.96 | 85 | 400 Free Rel. | King Aquatic Club | PN | 3:31.30 | 13 |
| <i>Taliaferro, Nicolao, North, Candy</i> | | | | | | | | |
| Santa Clara Swim Club | | 7:44.57 | 10 | 800 Free Rel. | Aquazot Swim Club | CA | 7:39.77 | 10 |
| <i>Nunan, Owens, Burns, Shilling</i> | | | | | | | | |
| Terrapins Swim Team | TERA | 1:48.11 | 13 | 200 Med. Rel. | King Aquatic Club | PN | 1:44.60 | 13 |
| <i>Zyla, Wu, Lynch, Grenon</i> | | | | | | | | |
| Crow Canyon Sharks | | 3:56.84 | 11 | 400 Med. Rel. | Nation's Capital | PV | 3:46.23 | 13 |
| <i>Williams, Usinger, Hughes, Morgan</i> | | | | | | | | |

| | | | | 17-18 Boys | | | | | |
|--|------|----------|------|---------------|--------------------|----------|----------|------|--|
| Pacific | | | | Short Course | | National | | | |
| NAME | CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR | |
| Seth Stubblefield | UN | 19.41 | 12 | 50 Free | Seth Stubblefield | PC | 19.41 | 12 | |
| Troy Dalbey | SJA | 43.17 | 87 | 100 Free | David Nolan | MA | 42.34 | 11 | |
| Tom Kremer | UN | 1:33.07 | 13 | 200 Free | Tom Kremer | PC | 1:33.07 | 13 | |
| Troy Dalbey | SJA | 4:17.30 | 86 | 500 Free | Michael Phelps | MD | 4:12.33 | 04 | |
| Adam Hinshaw | UN | 8:59.25 | 12 | 1000 Free | Jeff Kostoff | CA | 8:48.57 | 83 | |
| Adam Hinshaw | UN | 14:49.24 | 12 | 1650 Free | Jeff Kostoff | CA | 14:38.22 | 84 | |
| Sven Campbell | UN | 47.65 | 13 | 100 Back | Jack Conger | PV | 45.32 | 12 | |
| Sven Campbell | OAPB | 1:43.88 | 12 | 200 Back | Ryan Murphy | FL | 1:38.15 | 12 | |
| Nick Silverthorn | UN | 53.61 | 13 | 100 Breast | Kevin Cordes | IL | 51.76 | 11 | |
| Steven Stumph | OAPB | 1:55.88 | 12 | 200 Breast | Kevin Cordes | IL | 1:53.55 | 11 | |
| Tom Kremer | UN | 47.12 | 12 | 100 Fly | Thomas Shields | CA | 44.91 | 10 | |
| Tom Kremer | UN | 1:43.63 | 13 | 200 Fly | Thomas Shields | CA | 1:41.52 | 10 | |
| Tom Kremer | UN | 1:43.15 | 13 | 200 I.M. | David Nolan | MA | 1:41.39 | 11 | |
| Adam Hinshaw | UN | 3:44.74 | 12 | 400 I.M. | Chase Kalisz | MD | 3:39.82 | 13 | |
| Marin Pirates | | 1:22.91 | 92 | 200 Free Rel. | SwimMAC | NC | 1:20.44 | 12 | |
| <i>Poser, Tomsic, Myers, Matthews</i> | | | | | | | | | |
| Palo Alto Stanford Aquatics | | 3:01.80 | 09 | 400 Free Rel. | SwimMAC | NC | 2:56.15 | 13 | |
| <i>Murray, Trowbridge, Weber, B. Hinshaw</i> | | | | | | | | | |
| Crow Canyon Sharks | | 6:42.19 | 12 | 800 Free Rel. | SwimMAC | NC | 6:28.90 | 13 | |
| <i>Hughes, Usinger, Williams, Morgan</i> | | | | | | | | | |
| Crow Canyon Sharks | | 1:31.96 | 12 | 200 Med. Rel. | SwimMAC | NC | 1:28.29 | 12 | |
| <i>Tanabe, Usinger, Williams, Morgan</i> | | | | | | | | | |
| Crow Canyon Sharks | | 3:22.05 | 12 | 400 Med. Rel. | SwimMAC | NC | 3:13.70 | 13 | |
| <i>Williams, Usinger, Tanabe, Morgan</i> | | | | | | | | | |
| Long Course | | | | | | | | | |
| Shayne Fleming | DACA | 22.47 | 09 | 50 Free | Caeleb Dressel | FL | 22.22 | 13 | |
| Shayne Fleming | DACA | 49.95 | 09 | 100 Free | Caeleb Dressel | FL | 48.97 | 13 | |
| Tom Kremer | PEAK | 1:48.76 | 13 | 200 Free | Michael Phelps | MD | 1:45.99 | 03 | |
| Jeff Float | AH | 3:53.42 | 78 | 400 Free | Larsen Jensen | CA | 3:46.08 | 04 | |
| Jeremy Kane | SCSC | 8:08.29 | 96 | 800 Free | Larsen Jensen | CA | 7:48.09 | 03 | |
| Jeremy Kane | SCSC | 15:24.65 | 96 | 1500 Free | Larsen Jensen | CA | 14:45.29 | 04 | |
| Geoffrey Cronin | SCSC | 56.14 | 89 | 100 Back | Ryan Murphy | FL | 53.58 | 13 | |
| Peter Rocca | CSC | 2:00.55 | 76 | 200 Back | Aaron Piersol | CA | 1:55.15 | 02 | |
| Sean Mahoney | TERA | 1:02.81 | 07 | 100 Breast | Kevin Cordes | AZ | 1:00.47 | 12 | |
| Sean Mahoney | TERA | 2:13.55 | 07 | 200 Breast | Kevin Cordes | AZ | 2:10.87 | 12 | |
| Tom Kremer | PEAK | 53.23 | 13 | 100 Fly | Michael Phelps | MD | 51.10 | 03 | |
| Tom Kremer | PEAK | 1:57.73 | 13 | 200 Fly | Michael Phelps | MD | 1:53.93 | 03 | |
| Adam Hinshaw | PASA | 2:00.57 | 12 | 200 I.M. | Michael Phelps | MD | 1:55.94 | 03 | |
| Curtis Ogren | PASA | 4:17.79 | 13 | 400 I.M. | Michael Phelps | MD | 4:09.09 | 03 | |
| North Bay Aquatics | | 1:35.65 | 13 | 200 Free Rel. | Redlands Swim Team | CA | 1:34.54 | 08 | |
| <i>Cline, Bigot, Spurzem, Turkatte</i> | | | | | | | | | |
| Santa Clara Swim Club | | 3:29.32 | 88 | 400 Free Rel. | SwimMAC | NC | 3:23.91 | 13 | |
| <i>Kutler, Schaffer, Cronin, Meck</i> | | | | | | | | | |
| Santa Clara Swim Club | | 7:34.06 | 11 | 800 Free Rel. | Dynamo Swim Club | GA | 7:30.87 | 13 | |
| <i>Shimomura, Burns, Partin, Nunan</i> | | | | | | | | | |
| North Bay Aquatics | | 1:45.91 | 13 | 200 Med. Rel. | Cats Aquatic Club | IL | 1:43.24 | 13 | |
| <i>Spurzem, Turkatte, Cline, Bigot</i> | | | | | | | | | |
| Santa Clara Swim Club | | 3:50.14 | 09 | 400 Med. Rel. | SwimMAC | NC | 3:45.49 | 13 | |
| <i>Shilling, Liu, Hurko, Espiritu</i> | | | | | | | | | |

AGE GROUP RECORDS

15-18 Girls

| Pacific | | | Short Course | | National | | |
|---|---------|------|---------------|-----------------------|----------|---------|------|
| NAME | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
| Palo Alto Stanford Aquatics <i>Schaefer, Tosky, Liang, Ama</i> | 1:32.21 | 09 | 200 Free Rel. | SwimMAC | NC | 1:31.84 | 12 |
| Palo Alto Stanford Aquatics <i>Schaefer, Ama, Grima, Tosky</i> | 3:16.58 | 10 | 400 Free Rel. | Palo Alto Stanford Aq | PC | 3:16.58 | 10 |
| Palo Alto Stanford Aquatics <i>Grima, Tosky, Ama, Schaefer</i> | 7:13.98 | 10 | 800 Free Rel. | North Baltimore | MD | 7:13.03 | 10 |
| Crow Canyon Sharks <i>Cook, Poppe, Usinger, White</i> | 1:41.44 | 12 | 200 Med. Rel. | Aquajets Swim Team | MN | 1:39.40 | 10 |
| Crow Canyon Sharks <i>Cook, Poppe, Usinger, White</i> | 3:40.15 | 12 | 400 Med. Rel. | SwimMAC | NC | 3:37.93 | 13 |
| Long Course | | | | | | | |
| Palo Alto Stanford Aquatics <i>Schaefer, Tosky, Acker, Cheng</i> | 1:44.65 | 10 | 200 Free Rel. | SwimMAC | NC | 1:44.37 | 13 |
| Palo Alto Stanford Aquatics <i>Schaefer, Acker, Ama, Tosky</i> | 3:45.65 | 11 | 400 Free Rel. | Colorado Stars | CO | 3:45.50 | 10 |
| Palo Alto Stanford Aquatics <i>Tosky, Schaefer, Acker, Grima</i> | 8:10.38 | 11 | 800 Free Rel. | Colorado Stars | CO | 8:07.45 | 10 |
| North Bay Aquatics <i>Brown, Winkler, Kitze, Kamai</i> | 1:57.77 | 13 | 200 Med. Rel. | Aquajets Swim Team | MN | 1:54.46 | 09 |
| Palo Alto Stanford Aquatics <i>Howe, Tosky Sims, Schaefer</i> | 4:11.37 | 11 | 400 Med. Rel. | Aquajets Swim Team | MN | 4:08.67 | 09 |

15-18 Boys

| Pacific | | | Short Course | | National | | |
|--|---------|------|---------------|-------------------------|----------|---------|------|
| CLUB | TIME | YEAR | EVENT | NAME | LSC | TIME | YEAR |
| Marin Pirates <i>Poser, Tomsic, Myers, Matthews</i> | 1:22.91 | 92 | 200 Free Rel. | SwimMAC | NC | 1:20.44 | 12 |
| Palo Alto Stanford Aquatics <i>Murray, Trowbridge, Weber, B. Hinshaw</i> | 3:01.80 | 09 | 400 Free Rel. | SwimMAC | NC | 2:56.15 | 13 |
| Palo Alto Stanford Aquatics <i>B. Hinshaw, Trowbridge, A. Hinshaw, Murray</i> | 6:41.38 | 09 | 800 Free Rel. | SwimMAC | NC | 6:28.90 | 13 |
| Crow Canyon Sharks <i>Tanabe, Usinger, Williams, Morgan</i> | 1:31.96 | 12 | 200 Med. Rel. | SwimMAC | NC | 1:28.29 | 12 |
| Orinda Aquatics <i>Miao, Stumph, Ratchford, Campbell</i> | 3:20.19 | 12 | 400 Med. Rel. | SwimMAC | NC | 3:13.70 | 13 |
| Long Course | | | | | | | |
| Crow Canyon Sharks <i>Bloore, Tanabe, Williams, Morgan</i> | 1:35.50 | 13 | 200 Free Rel. | Scottsdale Aquatic Club | AZ | 1:33.75 | 13 |
| Santa Clara Swim Club <i>Burns, Scheaffer, Shimomura, Nunan</i> | 3:28.71 | 11 | 400 Free Rel. | SwimMAC | NC | 3:23.91 | 13 |
| Palo Alto Stanford Aquatics <i>Trowbridge, A. Hinshaw, Murray, B. Hinshaw</i> | 7:31.06 | 09 | 800 Free Rel. | Dynamo Swim Club | GA | 7:30.87 | 13 |
| North Bay Aquatics <i>Spurzen, Turkatte, Cline, Bigot</i> | 1:45.91 | 13 | 200 Med. Rel. | Cats Aquatic Club | IL | 1:43.24 | 13 |
| Terrapins Swim Team <i>James, Brown, Lynch, Barsanti</i> | 3:45.50 | 12 | 400 Med. Rel. | SwimMAC | NC | 3:45.49 | 13 |

GIRLS ALL-STAR RELAY RECORDS

Short Course

| EVENT | NAME | TIME | YEAR |
|-----------------------|---------------------------------------|-------------|-------------|
| 10-under Girls | | | |
| 200 Free Relay | Surdi, Duran, Bereknyei, Locarnini | 1:51.34 | 90 |
| 400 Free Relay | Locarnini, Surdi, Bereknyei, Duran | 4:08.85 | 90 |
| 200 Medley Relay | Surdi, Lyon, Bereknyei, Locarnini | 2:05.09 | 90 |
| 400 Medley Relay | Goodson, Meu, O'Farriell, Winkler | 4:40.84* | 93 |
| 11-12 Girls | | | |
| 200 Free Relay | Isleta, Murphy, Raukar, Koontz | 1:39.77 | 11 |
| 400 Free Relay | Isleta, Han, Murphy, Raukar | 3:38.95 | 11 |
| 200 Medley Relay | Isleta, McKennan, Murphy, Raukar | 1:50.30 | 11 |
| 400 Medley Relay | Isleta, Murphy, Miller, Raukar | 4:02.82 | 11 |
| 13-14 Girls | | | |
| 200 Free Relay | Mack, Baxley, Leonard, Hayes | 1:37.49 | 10 |
| 400 Free Relay | Mack, Baxley, Leonard, Bauer | 3:31.70* | 10 |
| 200 Medley Relay | Hayes, Young, Cheung, Mack | 1:47.58* | 10 |
| 400 Medley Relay | Baxley, Young, Cheung, Mack | 3:51.74* | 10 |
| 15-16 Girls | | | |
| 200 Free Relay | Wilkins, Elm, Johnson, Whyte | 1:38.88* | 93 |
| 400 Free Relay | Collins, Miller, Steinseifer, Dorman | 3:27.01* | 85 |
| 200 Medley Relay | Howes, Weigand, Ordemann, Vorous | 1:52.75 | 88 |
| 400 Medley Relay | Berkland, Badding, Green, Dorman | 3:52.34 | 84 |
| 17-18 Girls | | | |
| 200 Free Relay | Ray, Taradash, Soltan, Denithorne | 1:45.85 | 88 |
| 400 Free Relay | Miller, VonSoosten, Collins, Dorman | 3:28.63* | 86 |
| 200 Medley Relay | Kremer, Johnson, Goff, Scheetz | 1:58.30 | 88 |
| 400 Medley Relay | Miller, Mortenson, VonSoosten, Dorman | 3:54.82 | 86 |

Long Course

| | | | |
|--------------------|-------------------------------------|----------|----|
| 9-10 Girls | | | |
| 200 Free Relay | Chin, Teng, Joseph, Wang | 2:03.43 | 11 |
| 400 Free Relay | Stiles, Wong, Schaffer, Beisel | 4:47.66 | 13 |
| 200 Medley Relay | Howes, Beissmann, Ordemann, Sanders | 2:19.59 | 83 |
| 400 Medley Relay | Stiles, Bouraoui, Okamoto, Schaffer | 5:17.34 | 13 |
| 11-12 Girls | | | |
| 200 Free Relay | Teng, Heckman, Yu, Wang | 1:52.75 | 13 |
| 400 Free Relay | Teng, Heckman, Yu, Wang | 4:07.28 | 13 |
| 200 Medley Relay | Shea, Taylor, Hopwood, Roberts | 2:06.90 | 90 |
| 400 Medley Relay | Coloma, Wang, Usinger, Shimomura | 4:34.96 | 10 |
| 13-14 Girls | | | |
| 200 Free Relay | Liu, Abbott, Jenkins, LaRochelle | 1:51.11 | 01 |
| 400 Free Relay | Boles, Koo, Green, Lightstone | 3:58.62 | 13 |
| 800 Free Relay | Amberg, Barcellona, Hayes, Bauer | 8:42.69 | 10 |
| 200 Medley Relay | Ling, Delore, Koontz, Hosmer | 2:04.56 | 12 |
| 400 Medley Relay | Boles, Ma, Green, Lightstone | 4:23.30 | 13 |
| 15-16 Girls | | | |
| 200 Free Relay | Taylor, Henderson, Smith, Crook | 1:50.44 | 12 |
| 400 Free Relay | Saunders, Carlson, Saunders, Fuller | 4:00.38* | 09 |
| 800 Free Relay | Huang, Clute, Amog, Noonan | 8:46.41 | 08 |
| 200 Medley Relay | LaRochelle, Peter, Wong, Vincent | 2:02.79* | 02 |
| 400 Medley Relay | Amberg, Carlson, Lloyd, Matsumara | 4:26.35 | 12 |
| 17-18 Girls | | | |
| 200 Free Relay | Yeung, Yoshida, Larson, Brooks | 1:52.24* | 06 |
| 400 Free Relay | Conlon, Tang, Locke, Van Raalte | 4:03.87 | 12 |
| 800 Free Relay | Hunt, Schleicher, Howland, Dean | 8:48.88 | 08 |
| 200 Medley Relay | Conte, Buchanan, Takaki, Hdez | 2:06.20* | 03 |
| 400 Medley Relay | Damian, Beach, Troup, Hunt | 4:30.18* | 10 |

* National All-Star Relay record

BOYS PACIFIC ALL-STAR RELAY RECORDS

Short Course

| EVENT | NAME | TIME | YEAR |
|-------------------|---------------------------------------|-------------|-------------|
| 10/u Boys | | | |
| 200 Free Relay | Pearce, Crawford, Macedo, Vogelgesang | 1:53.51 | 90 |
| 400 Free Relay | Fenton, Macedo, Pearce, Crawford | 4:11.10 | 90 |
| 200 Medley Relay | Carter, Piland, Rubottom, Johnson | 2:07.58 | 85 |
| 400 Medley Relay | Gonzales, Crawford, Mills, Armstrong | 4:51.69* | 93 |
| 11-12 Boys | | | |
| 200 Free Relay | Rooney, Ho, Matsuda, Watson | 1:34.10 | 11 |
| 400 Free Relay | Watson, Ho, Matsuda, Rooney | 3:27.00 | 11 |
| 200 Medley Relay | Ho, Shang, Watson, Rooney | 1:45.59 | 11 |
| 400 Medley Relay | Ho, Shang, Matsuda, Rooney | 3:49.09 | 11 |
| 13-14 Boys | | | |
| 200 Free Relay | Liang, Lynch, Burrill, Ogren | 1:27.44 | 11 |
| 400 Free Relay | Silverthorn, Webster, Morgan, Sanborn | 3:11.25* | 10 |
| 200 Medley Relay | Liang, Ogren, Lynch, Burrill | 1:37.02 | 11 |
| 400 Medley Relay | Liang, Ogren, Lynch, Sun | 3:32.75 | 11 |
| 15-16 Boys | | | |
| 200 Free Relay | Owen, Amirpour, Stovall, Chapman | 1:31.49 | 88 |
| 400 Free Relay | Meck, Concepcion, Nicolao, Taliaferro | 3:09.40* | 86 |
| 200 Medley Relay | Chapman, Bates, Amirpour, Owen | 1:43.40 | 88 |
| 400 Medley Relay | Meck, Concepcion, Klatt, Taliaferro | 3:30.70* | 86 |
| 17-18 Boys | | | |
| 200 Free Relay | Martinez, Hendrich, Miller, Rossetti | 1:33.90 | 88 |
| 400 Free Relay | Portella, Cooke, Miranda, Hill | 3:08.04 | 84 |
| 200 Medley Relay | Davis, Nabeta, Morgan, Berner | 1:42.45 | 88 |
| 400 Medley Relay | Vendl, Kafka, Morales, Bondi | 3:27.90* | 83 |

Long Course

| | | | |
|-------------------|--|----------|----|
| 10/u Boys | | | |
| 200 Free Relay | O'Brien, Wooldridge, Silverthorn, Ogren | 2:01.50* | 06 |
| 400 Free Relay | Le-Nguyen, Ren, Zamir, Mackey | 4:39.64 | 13 |
| 200 Medley Relay | Gratian, Yoshida, Doan, Cross | 2:17.30* | 89 |
| 400 Medley Relay | Le-Nguyen, Mackey, Zamir, Nagle | 5:11.19 | 13 |
| 11-12 Boys | | | |
| 200 Free Relay | Read, Nguyen, Sun, Lynch | 1:46.48* | 09 |
| 400 Free Relay | Read, Nguyen, Sun, Lynch | 3:55.73* | 09 |
| 200 Medley Relay | Walter, Flores-Maxfield, Reilly, Simenstad | 2:03.43 | 02 |
| 400 Medley Relay | Sun, Wooldridge, Lynch, Read | 4:22.69* | 09 |
| 13-14 Boys | | | |
| 200 Free Relay | Simenstad, Thivierge, Reilly, Parizi | 1:41.48 | 04 |
| 400 Free Relay | Silverthorn, Campbell, Morgan, Ogren | 3:37.75 | 09 |
| 800 Free Relay | Morgan, Hughes, Miller, Silverthorn | 7:56.23* | 09 |
| 200 Medley Relay | Rothberg, Schmidt, Lentz, McDaniels | 1:53.62 | 01 |
| 400 Medley Relay | Campbell, Ogren, Choi, Morgan | 4:04.04* | 09 |
| 15-16 Boys | | | |
| 200 Free Relay | Dwellely, Vergara, Grant, Wildman-Tobriner | 1:38.59* | 01 |
| 400 Free Relay | Zavala, Khojasteh, Hausmann, Ashby | 3:36.37* | 09 |
| 800 Free Relay | Morgan, Usinger, Hausmann, Horpel | 7:59.58 | 10 |
| 200 Medley Relay | Lathrope, Norman, Wildman-Tobriner, Grant | 1:50.86* | 01 |
| 400 Medley Relay | Gutierrez, Huang, Watson, Wang | 3:59.39 | 13 |
| 17-18 Boys | | | |
| 200 Free Relay | Higginbotham, Baldwin, Hashimoto, Yen | 1:38.57* | 08 |
| 400 Free Relay | Cushing, Zondervan, London, Scurti | 3:39.30 | 06 |
| 800 Free Relay | Graversen, Liao, Yen, Fronczak | 8:09.52 | 09 |
| 200 Medley Relay | Yoo, Felix, Pollard, Martin | 1:50.75* | 03 |
| 400 Medley Relay | Fronczak, Chen, Yen, Graversen | 4:02.83 | 09 |

* National All-Star record

SENIOR RECORDS - WOMEN

| Pacific | | | | Short Course | | National | |
|---|------|----------|------|--------------|--------------------------|-----------|------|
| NAME | CLUB | TIME | YEAR | EVENT | NAME | TIME | YEAR |
| Natalie Coughlin | CAL | 21.46 | 07 | 50 Free | Lara Jackson | 21.27 | 09 |
| Natalie Coughlin | UN | 46.84 | 11 | 100 Free | Natalie Coughlin | 46.84 | 11 |
| Dana Vollmer | UN | 1:41.53 | 09 | 200 Free | Megan Romano | 1:41.21 | 12 |
| Chelsea Chenault | UN | 4:36.69 | 12 | 500 Free | Katie Hoff | 4:30.47 | 07 |
| Julia Smit | UN | 9:37.35 | 09 | 1000 Free | Katie Hoff | 9:10.77 | 07 |
| Lauren Boyle | UN | 15:56.47 | 11 | 1650 Free | Katie Hoff | 15:24.35 | 08 |
| Natalie Coughlin | CAL | 49.97 | 02 | 100 Back | Natalie Coughlin | 49.97 | 02 |
| Elizabeth Pelton | UN | 1:47.84 | 13 | 200 Back | Elizabeth Pelton | 1:47.84 | 13 |
| Tara Kirk | UN | 57.77 | 06 | 100 Breast | Breeja Larson | 57.43 | 13 |
| Caitlin Leverenz | UN | 2:04.76 | 12 | 200 Breast | Breeja Larson | 2:04.48 | 12 |
| Natalie Coughlin | CAL | 50.01 | 02 | 100 Fly | Natalie Coughlin | 50.01 | 02 |
| Natalie Coughlin | CAL | 1:51.91 | 02 | 200 Fly | Elaine Breeden | 1:49.92 | 09 |
| Caitlin Leverenz | UN | 1:51.77 | 12 | 200 IM | Caitlin Leverenz | 1:51.77 | 12 |
| Caitlin Leverenz | UN | 3:57.89 | 12 | 400 IM | Caitlin Leverenz | 3:57.89 | 12 |
| Palo Alto Stanford Aquatics <i>Schaefer, Howe, Liang, Tosky</i> | | 1:30.15 | 10 | 200 FR | University of Arizona | 1:26.20 | 09 |
| Palo Alto Stanford Aquatics <i>Schaefer, Ama, Grima, Tosky</i> | | 3:16.58 | 10 | 400 FR | University of Arizona | 3:10.63 | 13 |
| Palo Alto Stanford Aquatics <i>Grima, Tosky, Ama, Schaefer</i> | | 7:13.98 | 10 | 800 FR | University of Georgia | 6:52.64 | 13 |
| Palo Alto Stanford Aquatics <i>Howe, Liang, Tosky, Schaefer</i> | | 1:41.40 | 10 | 200 MR | University of California | 1:34.24 | 12 |
| Crow Canyon Sharks <i>Cooke, Poppe, Usinger, White</i> | | 3:40.15 | 12 | 400 MR | University of Arizona | 3:28.31 | 09 |
| Long Course | | | | | | | |
| Dara Torres | UN | 24.63 | 00 | 50 Free | Dara Torres | 24.07 | 08 |
| Dana Vollmer | CAL | 53.30 | 09 | 100 Free | Amanda Weir | 53.02 | 09 |
| Dana Vollmer | CAL | 1:55.29 | 09 | 200 Free | Allison Schmitt | 1:53.61 | 12 |
| Mitzi Kremer | CPH | 4:08.05 | 88 | 400 Free | Katie Ledecky | 3:59.81 | 13 |
| Janet Evans | TARN | 8:24.32 | 90 | 800 Free | Katie Ledecky | 8:13.86* | 13 |
| Lauren Costella | CARS | 16:24.43 | 03 | 1500 Free | Katie Ledecky | 15:36.63* | 13 |
| Natalie Coughlin | CAL | 58.94 | 08 | 100 Back | Missy Franklin | 58.33 | 12 |
| Elizabeth Pelton | CAL | 2:06.29 | 13 | 200 Back | Missy Franklin | 2:04.06* | 12 |
| Kasey Carlson | CAL | 1:05.75 | 09 | 100 Breast | Jessica Hardy | 1:04.45* | 09 |
| Caitlin Leverenz | UN | 2:25.63 | 12 | 200 Breast | Rebecca Soni | 2:19.59* | 12 |
| Dana Vollmer | CAL | 55.98* | 12 | 100 Fly | Dana Vollmer | 55.98* | 12 |
| Misty Hyman | STAN | 2:05.88 | 00 | 200 Fly | Mary Descenza | 2:04.14 | 09 |
| Caitlin Leverenz | CAL | 2:08.95 | 12 | 200 IM | Ariana Kukors | 2:06.15* | 09 |
| Maya DiRado | UN | 4:32.70 | 13 | 400 IM | Katie Hoff | 4:31.12 | 08 |
| Palo Alto Stanford Aquatics <i>Schaefer, Tosky, Acker, Cheng</i> | | 1:44.65 | 10 | 200 FR | Longhorn Aquatic Club | 1:43.05* | 89 |
| Stanford Swimming <i>Lee, Dwelley, Woodward, Smit</i> | | 3:40.31 | 11 | 400 FR | Holmes Lumber Gators | 3:44.31 | 88 |
| California Aquatics <i>Isakovic, Wilson, Kennedy, Vollmer</i> | | 8:02.69 | 09 | 800 FR | Mission Viejo Nadadores | 8:07.44 | 81 |
| North Bay Aquatics <i>Brown, Winkler, Kitz, Kamai</i> | | 1:57.77 | 13 | 200 MR | Nashville Aquatic Club | 1:58.99 | 81 |
| California Aquatics <i>Coughlin, Hardy, Reilly, Silver</i> | | 4:03.32 | 06 | 400 MR | California Aquatics | 4:07.78 | 02 |

* World record

Long course American relay records are those for club teams.

SENIOR RECORDS - MEN

| Pacific | | | | Short Course | | National | |
|---|------|----------|------|---------------|---------------------|----------|------|
| NAME | CLUB | TIME | YEAR | EVENT | NAME | TIME | YEAR |
| Nathan Adrian | UN | 18.66 | 11 | 50 Free | Nathan Adrian | 18.66 | 11 |
| Nathan Adrian | UN | 41.08 | 09 | 100 Free | Nathan Adrian | 41.08 | 09 |
| Tom Shields | UN | 1:32.75 | 11 | 200 Free | David Walters | 1:31.72 | 09 |
| Will Hamilton | UN | 4:15.04 | 12 | 500 Free | Peter Vanderkaay | 4:08.54 | 08 |
| Chris Hansen | AH | 8:56.18 | 85 | 1000 Free | Eric Vendt | 8:36.49 | 08 |
| Taylor Smith | UN | 14.45.00 | 09 | 1650 Free | Chad La Tourette | 14:24.35 | 12 |
| Eugene Goodsoe | STAN | 44.75 | 12 | 100 Back | Matt Grevers | 44.55 | 12 |
| Eugene Goodsoe | STAN | 1:38.21 | 12 | 200 Back | Ryan Lochte | 1:36.81 | 07 |
| Damir Dugonjic | UN | 50.86 | 09 | 100 Breast | Kevin Cordes | 50.74 | 13 |
| Trevor Hoyt | UN | 1:51.90 | 12 | 200 Breast | Kevin Cordes | 1:48.68 | 13 |
| Tom Shields | UN | 44.59 | 13 | 100 Fly | Austin Staab | 44.18 | 09 |
| Tom Shields | UN | 1:39.65 | 12 | 200 Fly | Michael Phelps | 1:39.65 | 10 |
| | | | | | Tom Shields | 1:39.65 | 13 |
| Marcin Tarczynski | UN | 1:41.97 | 12 | 200 I.M. | Ryan Lochte | 1:40.08 | 07 |
| Josh Prenot | UN | 3:40.49 | 13 | 400 I.M. | Tyler Clary | 3:35.98 | 09 |
| Marin Pirates | | 1:22.91 | 92 | 200 Free Rel. | Stanford University | 1:15.26 | 11 |
| <i>Posner, Tomsic, Myers, Matthews</i> | | | | | | | |
| Golden Bear Swim Club | | 2:55.81 | 85 | 400 Free Rel. | University of Texas | 2:47.02 | 09 |
| <i>Lejdstron, Soderlund, Hoskins, Biondi</i> | | | | | | | |
| Golden Bear Swim Club | | 6:26.43 | 85 | 800 Free Rel. | University of Texas | 6:10.16 | 09 |
| <i>Debiase, Soderlund, Lejdstron, Biondi</i> | | | | | | | |
| Crow Canyon Sharks | | 1:31.96 | 12 | 200 Med. Rel. | UC Berkeley | 1:23.17 | 13 |
| <i>Tanabe, Usinger, Williams, Morgan</i> | | | | | | | |
| Golden Bear Swim Club | | 3:16.24 | 85 | 400 Med. Rel. | Stanford University | 3:01.91 | 09 |
| <i>Roach, Gill, Debase, Biondi</i> | | | | | | | |
| Long Course | | | | | | | |
| Anthony Ervin | CAL | 21.42 | 13 | 50 Free | Cullen Jones | 21.40 | 09 |
| Nathan Adrian | CAL | 47.52 | 12 | 100 Free | David Walter | 47.33 | 09 |
| Danny Beal | STAN | 1:46.89 | 08 | 200 Free | Michael Phelps | 1:42.96 | 08 |
| Chad LaTourette | UN | 3:46.93 | 09 | 400 Free | Larsen Jensen | 3:42.78 | 08 |
| Chad LaTourette | UN | 7:47.24 | 09 | 800 Free | Michael McBroom | 7:43.60 | 13 |
| Chad LaTourette | UN | 14:53.77 | 09 | 1500 Free | Larsen Jensen | 14:45.29 | 04 |
| Randall Bal | STAN | 53.66 | 07 | 100 Back | Aaron Piersol | 51.94* | 09 |
| Jacob Pebley | CAL | 1:56.73 | 13 | 200 Back | Aaron Piersol | 1:51.92* | 09 |
| Scott Weltz | MP | 1:00.20 | 12 | 100 Breast | Eric Shanteau | 58.96 | 09 |
| Scott Weltz | MP | 2:08.99 | 12 | 200 Breast | Eric Shanteau | 2:07.42 | 09 |
| Tom Shields | CAL | 51.65 | 13 | 100 Fly | Michael Phelps | 49.82* | 09 |
| Robert Bollier | STAN | 1:55.79 | 12 | 200 Fly | Michael Phelps | 1:51.01* | 09 |
| Josh Prenot | CAL | 2:00.33 | 13 | 200 I.M. | Ryan Lochte | 1:54.00* | 11 |
| Tom Wilkens | SCSC | 4:13.84 | 00 | 400 I.M. | Michael Phelps | 4:03.84* | 08 |
| Crow Canyon Sharks | | 1:35.50 | 13 | 200 Free Rel. | Ft. Lauderdale | 1:34.17 | 78 |
| <i>Bloore, Tanabe, Williams, Morgan</i> | | | | | | | |
| California Aquatics | | 3:17.38 | 09 | 400 Free Rel. | Texas Aquatics | 3:17.65 | 99 |
| <i>Meichtry, Adrian, Copeland, Clark</i> | | | | | | | |
| Palo Alto Stanford Aquatics | | 7:31.06 | 09 | 800 Free Rel. | Curl-Burke | 7:25.89 | 95 |
| <i>Trowbridge, A. Hinshaw, Murray, B. Hinshaw</i> | | | | | | | |
| Reno Aquatics | | 1:45.08 | 91 | 200 Med. Rel. | Ft. Lauderdale | 1:42.12 | 89 |
| <i>O'Mara, Dirks, Schell, Retterer</i> | | | | | | | |
| Stanford Swimming | | 3:39.26 | 93 | 400 Med. Rel. | Circle C Swimming | 3:38.37 | 02 |
| <i>Rouse, Mayfield, Morales, Hudepohl</i> | | | | | | | |

* World record

Long course American relay records are those for club teams.

SHORT COURSE FAR WESTERN CHAMPIONSHIPS MEET RECORDS

| GIRLS | | | | 10-UN | | BOYS | | | |
|-------------------------|------|----------|----|-----------------|-----------------------|------|----------|----|--|
| NAME | CLUB | TIME | YR | EVENT | NAME | CLUB | TIME | YR | |
| Haley Champion | OCST | 25.86 | 93 | 50 Free | Kristopher Humphries | FOXJ | 25.19 | 95 | |
| Haley Champion | OCST | 56.39 | 93 | 100 Free | Winn Aung | RAD | 55.74 | 13 | |
| Taylor Ruck | SAC | 2:02.80 | 11 | 200 Free | Kent Johnson | AH | 2:01.67 | 85 | |
| Maya DirRado | SRN | 5:26.63 | 04 | 500 Free | Adam Hinshaw | DACA | 5:17.83 | 04 | |
| Haley Champion | OCST | 29.66 | 93 | 50 Back | Alex Liang | PASA | 29.33 | 10 | |
| Chloe Isleta | RAC | 1:03.99 | 09 | 100 Back | Zerin Wolfgram | UN | 1:00.99 | 13 | |
| Audrey Lukawski | KYSC | 33.18 | 12 | 50 Breast | Dustin Sprick | ECSC | 33.01 | 89 | |
| Audrey Lukawski | KYSC | 1:09.96 | 12 | 100 Breast | Austin Nguyen | PS | 1:12.18 | 10 | |
| Nicole Oliva | SCSC | 28.33 | 12 | 50 Fly | Alex Liang | PASA | 28.00 | 10 | |
| Stephanie Rosenthal | MVN | 1:02.54 | 84 | 100 Fly | Alex Liang | PASA | 1:01.67 | 10 | |
| Stephanie Rosenthal | MVN | 1:03.23 | 84 | 100 I.M. | Aaron Kuo | PASA | 1:03.90 | 12 | |
| Chloe Isleta | RAC | 2:15.86 | 09 | 200 I.M. | Harrison Liertz | JH | 2:18.97 | 13 | |
| Scottsdale Aquatic Club | SAC | 1:51.91 | 13 | 200 Free Rel. | Arden Hills Swim Club | AH | 1:50.70 | 84 | |
| Irvine Novaquatics | NOVA | 2:06.99 | 10 | 200 Medley Rel. | DeAnza Cupertino Aq | DACA | 2:05.53 | 04 | |
| 11-12 | | | | | | | | | |
| Vivian Wang | SUNN | 24.24 | 13 | 50 Free | Nathan Yates | SCSC | 22.67 | 13 | |
| Lizzie Menzmer | AH | 52.59 | 13 | 100 Free | Maxime Rooney | PLS | 49.35 | 11 | |
| Sophia Saroukian | EKSC | 1:53.13 | 11 | 200 Free | Maxime Rooney | PLS | 1:46.49 | 11 | |
| Maya Dirado | SRN | 4:59.22 | 06 | 500 Free | Jay Martin | TWST | 4:48.17 | 87 | |
| Chloe Sutton | CCA | 10:12.09 | 04 | 1000 Free | Nick Silverthorn | PLS | 10:05.26 | 08 | |
| Chloe Sutton | CCA | 17:01.40 | 04 | 1650 Free | Nicholas Cruse | MP | 17:20.40 | 12 | |
| Diana MacManus | BFST | 26.31 | 99 | 50 Back | Benjamin Ho | PEAK | 25.58 | 11 | |
| Fanetupou Wolfgram | UN | 57.39 | 13 | 100 Back | Justin Lynch | TERA | 54.87 | 09 | |
| Chloe Isleta | RAC | 2:03.60 | 11 | 200 Back | Benjamin Ho | PEAK | 1:58.39 | 11 | |
| Felicia Castaneda | HSA | 30.21 | 99 | 50 Breast | David Katz | SCAL | 29.27 | 89 | |
| Laura Davis | TERA | 1:04.54 | 97 | 100 Breast | Austin Nguyen | PS | 1:03.70 | 12 | |
| Morganne McKennan | ALMA | 2:20.74 | 11 | 200 Breast | Benjamin DuFauchard | TOPS | 2:16.88 | 13 | |
| Maddie Murphy | CROW | 25.83 | 11 | 50 Fly | Justin Lynch | TERA | 24.34 | 09 | |
| Brittany Usinger | CROW | 56.66 | 10 | 100 Fly | Jay Martin | TWST | 54.07 | 87 | |
| Ariana Saghafi | CROW | 2:06.55 | 10 | 200 Fly | Justin Wright | UNCC | 1:59.35 | 09 | |
| Chloe Isleta | RAC | 58.89 | 11 | 100 I.M. | Benjamin Ho | PEAK | 56.88 | 11 | |
| Chloe Isleta | RAC | 2:06.28 | 11 | 200 I.M. | Jerome Sun | MSJA | 2:01.05 | 10 | |
| Chloe Isleta | RAC | 4:28.20 | 11 | 400 I.M. | Jerome Sun | MSJA | 4:19.97 | 10 | |
| Irvine Novaquatics | NOVA | 1:41.33 | 11 | 200 Free Rel. | Irvine Novaquatics | NOVA | 1:37.03 | 13 | |
| Irvine Novaquatics | NOVA | 3:37.71 | 11 | 400 Free Rel. | Irvine Novaquatics | NOVA | 3:30.75 | 13 | |
| Sun Devil Aquatics | SDA | 1:53.30 | 05 | 200 Medley Rel. | Irvine Novaquatics | NOVA | 1:48.97 | 13 | |
| Arden Hills | AH | 4:05.48 | 13 | 400 Medley Rel. | Irvine Novaquatics | NOVA | 4:02.19 | 13 | |
| 13-14 | | | | | | | | | |
| Linnea Mack | UN | 23.35 | 10 | 50 Free | Benjamin Ho | UN | 21.27 | 13 | |
| Erika Brown | UN | 50.51 | 13 | 100 Free | Ugur Taner | C | 46.55 | 89 | |
| Erika Brown | UN | 1:49.25 | 13 | 200 Free | Maxime Rooney | PLS | 1:39.67 | 13 | |
| Chelsea Chenault | TERA | 4:50.90 | 09 | 500 Free | Nick Silverthorn | PLS | 4:29.08 | 10 | |
| Rachel Knowles | PLS | 10:04.44 | 11 | 1000 Free | Aidan Burns | UN | 9:23.94 | 12 | |
| Natalie Coughlin | TERA | 16:38.44 | 97 | 1650 Free | Aidan Burns | UN | 15:29.40 | 12 | |
| Ally Howe | PASA | 55.42 | 10 | 100 Back | Benjamin Ho | UN | 48.93 | 13 | |
| Natalie Coughlin | TERA | 1:59.43 | 97 | 200 Back | Benjamin Ho | UN | 1:48.10 | 13 | |
| Aileen Lee | CROW | 1:03.18 | 12 | 100 Breast | Graham Lentz | RPSC | 58.97 | 99 | |
| Morganne McKennan | QSS | 2:15.30 | 12 | 200 Breast | Joshua Choi | SMST | 2:06.29 | 06 | |
| Ally Howe | PASA | 54.67 | 10 | 100 Fly | Justin Lynch | TERA | 49.80 | 11 | |
| Shanna Demichelle | TERA | 2:01.70 | 97 | 200 Fly | Maxime Rooney | UN | 1:50.00 | 13 | |
| Chloe Isleta | SCSC | 2:01.83 | 12 | 200 I.M. | Benjamin Ho | UN | 1:50.95 | 13 | |
| Chelsea Chenault | TERA | 4:17.40 | 09 | 400 I.M. | Maxime Rooney | UN | 3:57.18 | 13 | |
| Palo Alto Stanford Aq | PASA | 1:37.42 | 10 | 200 Free Rel. | Swim Atlanta | SA | 1:30.40 | 82 | |
| Crow Canyon Sharks | CROW | 3:33.11 | 11 | 400 Free Rel. | Crow Canyon Sharks | CROW | 3:17.12 | 10 | |
| Pleasanton Seahawks | PLS | 7:43.22 | 11 | 800 Free Rel. | Terrapins Swim Team | TERA | 7:12.71 | 95 | |
| Crow Canyon Sharks | CROW | 1:45.85 | 12 | 200 Medley Rel. | Palo Alto Stanford Aq | PASA | 1:41.44 | 12 | |
| Crow Canyon Sharks | CROW | 3:52.76 | 12 | 400 Medley Rel. | Palo Alto Stanford Aq | PASA | 3:39.41 | 12 | |

| GIRLS | | | | 15-16 | BOYS | | | |
|-------------------|------|----------|----|------------|-------------------|------|----------|----|
| NAME | CLUB | TIME | YR | EVENT | NAME | CLUB | TIME | YR |
| Linnea Mack | UN | 23.51 | 11 | 50 Free | Andrew Liang | UN | 20.92 | 12 |
| Erika Morningstar | TALB | 50.03 | 05 | 100 Free | Colten Montgomery | UCD | 45.70 | 13 |
| Jennifer Campbell | UN | 1:47.83 | 13 | 200 Free | Cooper Burrill | UN | 1:40.67 | 13 |
| Chelsea Chenault | UN | 4:43.58 | 10 | 500 Free | Aidan Burns | UN | 4:28.04 | 13 |
| Chelsea Chenault | UN | 9:45.79 | 10 | 1000 Free | Steven Brown | RENO | 9:18.89 | 96 |
| Lauren Costella | CARS | 16:38.53 | 00 | 1650 Free | Kent Johnson | UN | 15:41.91 | 90 |
| Ally Howe | UN | 54.80 | 12 | 100 Back | Tom Kremer | UN | 50.53 | 11 |
| Madison White | UN | 1:59.12 | 10 | 200 Back | Joe Molinari | PASA | 1:50.03 | 13 |
| Heidi Poppe | UN | 1:02.12 | 12 | 100 Breast | Curtis Ogren | UN | 56.60 | 12 |
| Laura Davis | TERA | 2:13.81 | 01 | 200 Breast | Ethan Hall | TERA | 2:03.39 | 96 |
| Laura Davis | TERA | 53.70 | 01 | 100 Fly | Joey Rossetti | SRN | 50.14 | 88 |
| Jasmine Tosky | UN | 1:57.70 | 10 | 200 Fly | Tom Kremer | UN | 1:47.75 | 11 |
| Laura Davis | TERA | 1:59.32 | 01 | 200 I.M. | Curtis Ogren | UN | 1:50.61 | 12 |
| Laura Davis | TERA | 4:15.24 | 01 | 400 I.M. | Steven Brown | RENO | 3:56.76 | 96 |
| 17-18 | | | | | | | | |
| Kim Kabesh | TALB | 23.04 | 05 | 50 Free | Andrew Liang | UN | 20.95 | 13 |
| Catherine Breed | UN | 50.63 | 11 | 100 Free | John Miranda | WCAB | 45.73 | 84 |
| Danielle Lee | AZM | 1:50.52 | 11 | 200 Free | Ray Betuzzi | TALB | 1:39.54 | 05 |
| Ally Howe | UN | 4:48.44 | 13 | 500 Free | Sam Shimomura | UN | 4:25.95 | 12 |
| Taykor Nanfria | UN | 10:10.82 | 11 | 1000 Free | Steven Brown | RENO | 9:13.97 | 97 |
| Jamie Engan | CARS | 16:36.70 | 05 | 1650 Free | Steven Brown | RENO | 15:36.70 | 97 |
| Sidney Cooke | UN | 55.61 | 13 | 100 Back | Jason Chen | UN | 50.23 | 13 |
| Catherine Breed | UN | 1:57.20 | 11 | 200 Back | Joe Riggert | UN | 1:51.25 | 11 |
| Laura Davis | TERA | 1:01.69 | 02 | 100 Breast | Cole Hurwitz | TDPS | 56.16 | 13 |
| Liz Hendrick | TALB | 2:17.24 | 05 | 200 Breast | Cole Hurwitz | TDPS | 2:00.02 | 13 |
| Britanny Aoyama | UN | 55.37 | 13 | 100 Fly | Chris Scheaffer | UN | 49.28 | 13 |
| Jasmine Tosky | UN | 1:55.01 | 12 | 200 Fly | Andrew Liang | UN | 1:48.44 | 13 |
| Ally Howe | UN | 2:00.39 | 13 | 200 I.M. | Steven Brown | RENO | 1:51.27 | 97 |
| Shannyn Hultin | UN | 4:17.36 | 11 | 400 I.M. | Steven Brown | RENO | 3:54.45 | 97 |

Last updated after 2013 meet.

LONG COURSE FAR WESTERN CHAMPIONSHIPS MEET RECORDS

| GIRLS | | | | 10-UN | BOYS | | | |
|------------------------|------|----------|----|-----------------|-----------------------|------|----------|----|
| NAME | CLUB | TIME | YR | EVENT | NAME | CLUB | TIME | YR |
| Vivian Wang | SUNN | 28.78 | 11 | 50 Free | Ian Cross | SCSC | 29.07 | 89 |
| Sierra Burton | SVA | 1:03.91 | 00 | 100 Free | Jeremy Szymanowski | AH | 1:03.44 | 84 |
| Janet Evans | FAST | 2:19.78 | 82 | 200 Free | Adam Hinshaw | DACA | 2:14.42 | 04 |
| Amy Bilquist | WSF | 4:57.78 | 08 | 400 Free | Adam Hinshaw | DACA | 4:36.22 | 04 |
| Vivian Wang | SUNN | 33.48 | 11 | 50 Back | Ryan Jones | DAV | 34.11 | 90 |
| Stephanie Rosenthal | MVN | 1:13.36 | 83 | 100 Back | Forrest White | CROW | 1:13.81 | 08 |
| Vivian Wang | SUNN | 37.25 | 11 | 50 Breast | Benjamin Winn | SCSC | 37.82 | 12 |
| Leah Avilla | SRVL | 1:22.53 | 96 | 100 Breast | Hank Poppe | SRN | 1:20.84 | 09 |
| Mary Birdsell | EMAC | 32.25 | 75 | 50 Fly | David Chan | IWV | 31:38 | 90 |
| Stephanie Rosenthal | MVN | 1:10.14 | 83 | 100 Fly | Michael Phelps | NBAC | 1:10.48 | 95 |
| Stephanie Rosenthal | MVN | 2:35.19 | 83 | 200 I.M. | Daniel Pierce | CVAA | 2:36.60 | 81 |
| Walnut Creek Aquabears | WCAB | 2:06.30 | 12 | 200 Free Rel. | Scottsdale Aquatics | SAC | 2:02.37 | 12 |
| Scottsdale Aquatics | SAC | 2:21.17 | 13 | 200 Medley Rel. | DeAnza Cupertino Aq | DACA | 2:19.05 | 04 |
| 11-12 | | | | | | | | |
| Grace Carlson | LOSC | 27.04 | 08 | 50 Free | Raymond Papa | GLNY | 26.23 | 89 |
| Shauna Collins | ROD | 58.04 | 90 | 100 Free | Ian Burns | SCSC | 56.96 | 07 |
| Shauna Collins | ROD | 2:05.91 | 90 | 200 Free | Ian Burns | SCSC | 2:05.05 | 07 |
| Shauna Collins | ROD | 4:28.48 | 90 | 400 Free | Chuck Sayao | TOMA | 4:19.04 | 95 |
| Courtney Harnish | YY | 9:23.18 | 11 | 800 Free | Nick Silverthorn | PLS | 9:10.55 | 08 |
| Katlyn Lanphiere | NBAL | 18:00.18 | 02 | 1500 Free | Nicholas Cruse | MP | 17:19.76 | 12 |
| Grace Carlson | LOSC | 30.86 | 08 | 50 Back | Justin Lynch | TERA | 29.87 | 09 |
| Ally Howe | PASA | 1:07.09 | 08 | 100 Back | Shayne Fleming | DACA | 1:04.57 | 04 |
| Madison White | CROW | 2:23.90 | 07 | 200 Back | Shayne Fleming | DACA | 2:19.14 | 04 |
| Halle Morris | SAM | 34.26 | 11 | 50 Breast | Joshua Choi | SMST | 32.72 | 05 |
| Halle Morris | SAM | 1:13.63 | 11 | 100 Breast | Joshua Choi | SMST | 1:10.31 | 05 |
| Halle Morris | SAM | 2:39.30 | 11 | 200 Breast | Joshua Choi | SMST | 2:34.16 | 05 |
| Shauna Collins | ROD | 29.03 | 90 | 50 Fly | Justin Lynch | TERA | 27.36 | 09 |
| Brittany Usinger | CROW | 1:04.28 | 10 | 100 Fly | Justin Lynch | TERA | 1:00.83 | 09 |
| Ariana Saghafi | CROW | 2:21.94 | 10 | 200 Fly | Seth Chun | UN | 2:14.76 | 13 |
| Laura Davis | TERA | 2:24.13 | 96 | 200 I.M. | Jake Marrujo | UN | 2:19.92 | 92 |
| Chloe Isleta | RAC | 5:10.91 | 10 | 400 I.M. | Nick Silverthorn | PLS | 4:58.13 | 08 |
| Lake Oswego Swim Club | LOSC | 1:53.64 | 08 | 200 Free Rel. | Irvine Nova | NOVA | 1:49.57 | 98 |
| Lake Oswego Swim Club | LOSC | 4:10.07 | 08 | 400 Free Rel. | Irvine Nova | NOVA | 4:01.66 | 98 |
| Lake Oswego Swim Club | LOSC | 2:06.30 | 08 | 200 Medley Rel. | Swim Ontario | SO | 2:04.26 | 94 |
| Terrapins Swim Team | TERA | 4:38.34 | 01 | 400 Medley Rel. | Swim Ontario | SO | 4:33.85 | 94 |
| 13-14 | | | | | | | | |
| Kasey Carlson | TERA | 26.55 | 06 | 50 Free | Shayne Fleming | DACA | 24.49 | 06 |
| Emma Mittermaier | PSW | 58.06 | 09 | 100 Free | Cannon Clifton | CSC | 52.37 | 09 |
| Eri Yamanoi | JPN | 2:05.62 | 93 | 200 Free | Nick Silverthorn | PLS | 1:56.22 | 09 |
| Unknown | | 4:21.36 | 81 | 400 Free | Cannon Clifton | CSC | 4:03.53 | 09 |
| Catherine Breed | PLS | 9:04.69 | 07 | 800 Free | Bryan Hughes | PLS | 8:32.77 | 09 |
| Moriah Simonds | PLS | 17:24.95 | 12 | 1500 Free | Bryan Hughes | PLS | 16:07.36 | 09 |
| Karen Turner | LOSC | 1:04.55 | 08 | 100 Back | Benjamin Ho | PEAK | 58.95 | 12 |
| Madison White | CROW | 2:15.78 | 09 | 200 Back | Benjamin Ho | PEAK | 2:07.92 | 12 |
| Morganne McKennan | QSS | 1:13.03 | 13 | 100 Breast | Michael Grenon | TERA | 1:07.71 | 11 |
| Morganne McKennan | QSS | 2:38.60 | 13 | 200 Breast | Joshua Choi | SMST | 2:26.69 | 06 |
| Hitomi Kashima | JPN | 1:02.60 | 93 | 100 Fly | Maxime Rooney | PLS | 56.83 | 12 |
| Hitomi Kashima | JPN | 2:14.33 | 93 | 200 Fly | Garth Summers | THSC | 2:06.30 | 03 |
| Laurence Delisle | DACA | 2:21.42 | 06 | 200 I.M. | Cannon Clifton | CSC | 2:10.87 | 09 |
| Laurence Delisle | DACA | 4:58.42 | 06 | 400 I.M. | Curtis Ogren | PASA | 4:38.56 | 09 |
| Team Quebec | TQ | 1:50.24 | 13 | 200 Free Rel. | Lake Oswego Swim Club | LOSC | 1:42.42 | 08 |
| Team Quebec | TQ | 4:01.57 | 13 | 400 Free Rel. | Swim Ontario | SO | 3:45.55 | 90 |
| Team Quebec | TQ | 8:44.89 | 13 | 800 Free Rel. | San Jose Aquatics | SJA | 8:10.37 | 84 |
| Team Quebec | TQ | 2:01.30 | 13 | 200 Medley Rel. | Terrapins Swim Team | TERA | 1:52.07 | 11 |
| Team Quebec | TQ | 4:28.34 | 13 | 400 Medley Rel. | Swim Ontario | SO | 4:10.33 | 94 |

| GIRLS | | | | 15-16 | BOYS | | | |
|-------------------------------------|------|----------|----|-----------------|-------------------------------------|------|----------|----|
| NAME | CLUB | TIME | YR | EVENT | NAME | CLUB | TIME | YR |
| Linnea Mack | OAQ | 26.76 | 11 | 50 Free | David Morgan | CROW | 24.19 | 11 |
| Nilasha Ghosh | DACA | 57.78 | 05 | 100 Free | Michael Williams | CPHL | 52.87 | 91 |
| Catherine Breed | PLS | 2:03.97 | 09 | 200 Free | Jackson Miller | WCAB | 1:54.60 | 11 |
| Allison Brown | PLS | 4:20.00 | 09 | 400 Free | Jeremy Bagshaw | BC | 4:02.85 | 08 |
| Miho Fukano | JPN | 9:02.41 | 93 | 800 Free | Jeremy Bagshaw | BC | 8:25.69 | 08 |
| Allison Brown | PLS | 17:11.75 | 09 | 1500 Free | Luis Gonzalez | MEX | 16:22.36 | 04 |
| Linnea Mack | OAQ | 1:03.32 | 12 | 100 Back | Jason Chen | PLS | 59.33 | 12 |
| Ayumi Tsuda | JPN | 2:17.38 | 93 | 200 Back | Braeden Newton | OLY | 2:06.47 | 08 |
| Molly Hannis | SRN | 1:10.65 | 08 | 100 Breast | Ryosuke Imais | JPN | 1:05.26 | 93 |
| Chelsey Salli | BC | 2:36.10 | 08 | 200 Breast | Ethan Hall | TERA | 2:18.86 | 95 |
| Clara Ho | MSJA | 1:01.98 | 95 | 100 Fly | Hector Ruvalcaba | MEX | 57.13 | 13 |
| Catherine Breed | PLS | 2:17.01 | 09 | 200 Fly | Michael Williams | CPHL | 2:05.83 | 91 |
| Rachel O'Brien | TERA | 2:20.28 | 07 | 200 I.M. | Zack Monsees | SCSC | 2:09.24 | 02 |
| Celina Li | PLS | 4:54.29 | 10 | 400 I.M. | Nicholaus Johnson | AH | 4:39.09 | 08 |
| Team Quebec | TQ | 1:48.96 | 13 | 200 Free Rel. | San Jose Aquatics | SJA | 1:38.26 | 85 |
| Tualatin Hills S.C. | THSC | 3:58.29 | 12 | 400 Free Rel. | CPH-LAMO | CPHL | 3:38.21 | 90 |
| DeAnza Cupertino Aq | DACA | 8:36.56 | 04 | 800 Free Rel. | Terrapins Swim Team Walnut Creek | TERA | 7:53.51 | 02 |
| DeAnza Cupertino Aq | DACA | 2:03.20 | 04 | 200 Medley Rel. | Aquabears | WCAB | 1:50.86 | 03 |
| DeAnza Cupertino Aq | DACA | 4:23.85 | 04 | 400 Medley Rel. | Palo Alto Stanford Aq | PASA | 4:03.35 | 06 |
| 17-18 | | | | | | | | |
| Brooke Bishop | PASA | 26.82 | 04 | 50 Free | Mike Williams | CPHL | 23.91 | 93 |
| Kate Dwelley | TERA | 26.82 | 06 | | | | | |
| Catherine Breed | PLS | 57.63 | 11 | 100 Free | Mike Williams | CPHL | 52.69 | 93 |
| Catherine Breed | PLS | 2:01.47 | 11 | 200 Free | Noah Martin | YY | 1:54.40 | 11 |
| Catherine Breed | PLS | 4:16.41 | 11 | 400 Free | Masato Hirano | JPN | 4:00.41 | 93 |
| Marisa Watts | SJA | 9:00.17 | 95 | 800 Free | Brad Windsor | SMST | 8:25.84 | 90 |
| Chi-Chan Lin | UN | 17:06.23 | 97 | 1500 Free | Masato Hirano | JPN | 15:57.14 | 93 |
| Denali Knapp | DAV | 1:03.10 | 96 | 100 Back | Hiroshi Nishimura | JPN | 57.80 | 93 |
| Denali Knapp | DAV | 2:15.78 | 96 | 200 Back | Hiroshi Nishimura | JPN | 2:05.16 | 93 |
| Rita Mariani | WCAB | 1:13.55 | 97 | 100 Breast | Chris Claytor | WCAB | 1:04.60 | 93 |
| Laura Davis | TERA | 2:36.02 | 02 | 200 Breast | Tsung-Chueh Li | UN | 2:22.57 | 97 |
| Marissa Neel | CROW | 1:02.46 | 12 | 100 Fly | Cesar Uribe | MEX | 56.41 | 98 |
| Laura Davis | TERA | 2:18.00 | 02 | 200 Fly | Takeshi Takayama | JPN | 2:03.17 | 93 |
| Allison Brown | PLS | 2:21.06 | 12 | 200 I.M. | Stephen Sanchez | CPHL | 2:10.10 | 91 |
| Catherine Breed | PLS | 4:54.28 | 11 | 400 I.M. | Justin Rossi | TERA | 4:33.65 | 97 |
| Terrapins Swim Team | TERA | 1:51.89 | 05 | 200 Free Rel. | Valley Splash | VS | 1:38.25 | 09 |
| Huronian Swimming | HURO | 4:02.86 | 05 | 400 Free Rel. | Valley Splash | VS | 3:38.08 | 09 |
| Palo Alto Stanford Aq | PASA | 8:46.28 | 04 | 800 Free Rel. | Santa Clara Swim Club | SCSC | 8:03.52 | 86 |
| Orinda Aquatics | OAPB | 2:02.72 | 05 | 200 Medley Rel. | Palo Alto Swim Club | PASC | 1:47.55 | 98 |
| Palo Alto Stanford Aq | PASA | 4:28.70 | 05 | 400 Medley Rel. | Mexico | MEX | 4:02.41 | 98 |
| 15-18 Relays (2005- Present) | | | | | | | | |
| Palo Alto Stanford Aq | PASA | 1:44.65 | 10 | 200 Free Rel. | Crow Canyon Sharks | CROW | 1:36.64 | 11 |
| Crow Canyon Sharks | CROW | 3:58.28 | 12 | 400 Free Rel. | Crow Canyon Sharks | CROW | 3:34.49 | 11 |
| Pleasanton Seahawks | PLS | 8:30.34 | 10 | 800 Free Rel. | Team Quebec | TQ | 7:56.91 | 13 |
| Palo Alto Stanford Aq | PASA | 1:58.48 | 10 | 200 Medley Rel. | Crow Canyon Sharks | CROW | 1:49.00 | 11 |
| Crow Canyon Sharks | CROW | 4:21.74 | 12 | 400 Medley Rel. | Terrapins Swim Team | TERA | 4:00.39 | 06 |

Last updated after 2013 meet.