

Zone 1 North
Dual Venue Required Events
Long Course

A Format

10 & Under

50 Fly
50 Back
50 Breast
50 Free
100 Back **
100 Breast **

B Format

10 & Under

50 Fly
50 Back
50 Breast
50 Free
100 Free **
100 Fly **

*** 8 & under swimmers must achieve the Pacific Swimming A-time standard in the 50 of that stroke.*

9 - 10

400 Free

9 - 10

200 Free
200 IM

11 - 12

100 Free
200 Free
50 Back
200 Back
100 Breast
200 Fly
400 IM

11 - 12

50 Free
400 Free
100 Back
50 Breast
200 Breast
50 Fly
100 Fly
200 IM

13 & Over

100 Free
400 Free
100 Back
200 Breast
100 Fly
200 IM

13 & Over

50 Free
200 Free
200 Back
100 Breast
200 Fly
400 IM