

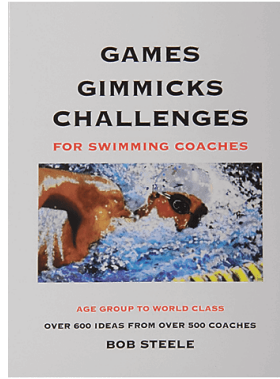
2022
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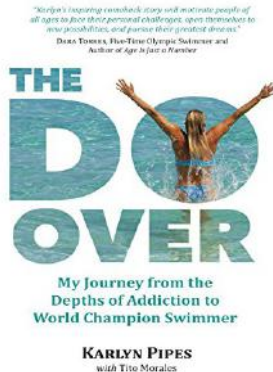
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WARM-UP SCHEDULE



FIRST 1/2 WARM-UP AS FOLLOWS:

- LANE 1** : Pace 50 & 100 Circle Swimming
- LANE 2** : Push off 25s, One Way Only
- LANE 3** : Swim & Pulling, Push Off
- LANE 4** : Swim & Pulling, Push Off
- LANE 5** : Swim & Pulling, Push Off
- LANE 6** : Swim & Pulling, Push Off
- LANE 7** : Swim & Pulling, Push Off
- LANE 8** : Swim & Pulling, Push Off
- LANE 9** : Push off 25s, One Way Only
- LANE 10** : Pace 50 & 100 Circle Swimming

LAST HOUR OF WARM-UP WILL BE AS FOLLOWS:

- LANE 1** : Pace 50 & 100 Circle Swimming
- LANE 2** : Racing Starts 25s One Length
- LANE 3** : Swim & Pulling, Push Off
- LANE 4** : Swim & Pulling, Push Off
- LANE 5** : Swim & Pulling, Push Off
- LANE 6** : Swim & Pulling, Push Off
- LANE 7** : Swim & Pulling, Push Off
- LANE 8** : Racing Starts 25s One Length
- LANE 9** : Racing Starts 25s One Length
- LANE 10** : Pace 50 & 100 Circle Swimming

NO EQUIPMENT TO BE USED DURING WARM-UP

NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET

Swimmers must enter the water feet first with at least one hand on the pool deck.

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FLEXIBLE.
LZR PURE
INTENT**

Our latest racing suit range is packed full of innovative features. It's engineered to be powerful, flexible and fast. Three brand new fabrics along with new and advanced finishes are combined with our established world-leading Aqualab developed technology to introduce a new generation of Fastskin suits.



► **TRIPLE FABRIC CONSTRUCTION**

Drag Reduction: Surface area texture eliminates drag from the most turbulent areas on the body - the glutes, small of back and sides under the rib cage for female.

Compression: Targeted compression in the core and legs helps the swimmer lift and ride higher in the water. The swimmer will keep their technique in tact longer once they start to fade during their race.

Flexibility: Targeted flexibility zones enhance the swimmers technique throughout the race. Higher flexibility down the side of the body will allow for more freedom in the kick, better rotation and more range of motion on flip turns. This also aids in ease of putting on the

► **DUAL LAYERED FABRIC TECHNOLOGY ERGONOMIC SEAM CONSTRUCTION**

By utilizing dual layered fabric technology and ergonomic seam construction, we have boosted compression along the most vital muscle groups for the swimmers kick.

Strategically placed seaming and bonding helps to connect the key muscle groups stemming out from the core. These combined features will enhance the kick drive, leading to a more efficient kick.

► **FEMALE SPECIFIC**

It's no secret the straps for females are the most uncomfortable and hindering part of all tech suits. We have added a high power elastic base to increase flexibility, stretch and power return while keeping a low profile. This is the next generation of fast.



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EVENT SCHEDULE



WEDNESDAY, APRIL 13, 2022

WOMEN	EVENT	MEN
1	1000 Freestyle	2
3	50 Backstroke	4
5	200 Backstroke	6
7	200 Backstroke	8
9	100 Breaststroke	10
11	50 Breaststroke	12
13	50 Breaststroke**	14
15	500 Freestyle	16
17	50 Freestyle	18
19	50 Freestyle	20
21	200 Medley Relay	22
23	200 Medley Relay	24
25	200 Medley Relay	26

THURSDAY, APRIL 14, 2022

WOMEN	EVENT	MEN
27	100 Individual Medley	28
29	200 Individual Medley	30
31	200 Individual Medley	32
33	50 Butterfly	34
35	200 Butterfly	36
37	200 Butterfly	38



EVENT SCHEDULE

THURSDAY, APRIL 14, 2022

WOMEN	EVENT	MEN
39	50 Backstroke	40
41	50 Backstroke**	42
43	200 Freestyle	44
45	500 Freestyle	46
47	500 Freestyle	48
49	400 Medley Relay	50
51	400 Medley Relay	52
53	400 Medley Relay	54

FRIDAY, APRIL 15, 2022

WOMEN	EVENT	MEN
55	1650 Freestyle	56
57	100 Individual Medley	58
59	100 Backstroke	60
61	100 Backstroke	62
63	100 Backstroke	64
65	50 Breaststroke	66
67	200 Breaststroke	68
69	200 Breaststroke	70
71	100 Butterfly	72
73	100 Butterfly	74
75	100 Freestyle	76

EVENT SCHEDULE



FRIDAY, APRIL 15, 2022

WOMEN	EVENT	MEN
77	100 Freestyle	78
79	100 Freestyle	80
81	200 Freestyle Relay	82
83	200 Freestyle Relay	84
85	200 Freestyle Relay	86

SATURDAY, APRIL 16, 2022

WOMEN	EVENT	MEN
87	200 Individual Medley	88
89	400 Individual Medley	90
91	400 Individual Medley	92
93	100 Butterfly	94
95	50 Butterfly	96
97	50 Butterfly **	98
99	100 Breaststroke	100
101	100 Breaststroke	102
103	50 Freestyle	104
105	200 Freestyle	106
107	200 Freestyle	108
109	400 Freestyle Relay	110
111	400 Freestyle Relay	112
113	400 Freestyle Relay	114



2021-2024 NATIONAL AGE GROUP MOTIVATIONAL TIMES

SHORT COURSE YARDS

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & under Girls						10 & under Boys						
38.89	35.19	31.39	30.19	28.89	27.69	50 Y Free	27.39	28.59	29.79	30.99	34.49	38.09
1:29.59	1:19.99	1:10.49	1:07.29	1:04.19	1:00.99	100 Y Free	1:00.59	1:03.69	1:06.69	1:09.69	1:18.79	1:27.79
3:18.99 *	2:57.19 *	2:35.39 *	2:28.19 *	2:20.89 *	2:13.59 *	200 Y Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
8:25.39 *	7:34.89 *	6:44.29 *	6:27.49 *	6:10.59 *	5:53.79 *	500 Y Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	34.99	33.29	31.59	50 Y Back	31.69 *	33.49 *	35.19 *	36.99 *	42.29 *	47.49 *
1:41.99	1:30.69	1:19.29	1:15.59	1:11.79	1:07.99	100 Y Back	1:08.39 *	1:11.89 *	1:15.39 *	1:18.79 *	1:29.29 *	1:39.79 *
53.19 *	47.49	41.69 *	39.79 *	37.89 *	35.99	50 Y Breast	35.49	37.29	39.19	40.99	46.59	52.09
1:58.09	1:44.99	1:31.89	1:27.49	1:23.09	1:18.79	100 Y Breast	1:18.29 *	1:22.19 *	1:26.09 *	1:29.99 *	1:41.69 *	1:53.39 *
47.39	41.79	36.19	34.39	32.49	30.59	50 Y Fly	30.29	31.99	33.69	35.39	40.49	45.69
1:53.99	1:39.09	1:24.09	1:19.19	1:14.19	1:09.19	100 Y Fly	1:08.49 *	1:13.19 *	1:17.99 *	1:22.79 *	1:37.09 *	1:51.39 *
1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	100 Y IM	1:09.09 *	1:12.39 *	1:15.69 *	1:18.99 *	1:28.89 *	1:38.79 *
3:38.49	3:15.59	2:52.69	2:45.09	2:37.39	2:29.79	200 Y IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49
11-12 Girls						11-12 Boys						
33.59 *	31.29 *	28.99 *	27.79 *	26.59 *	25.49 *	50 Y Free	24.49	25.59	26.79	27.89	30.29	32.59
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
2:40.39 *	2:28.99 *	2:17.49 *	2:11.79 *	2:05.99 *	2:00.29 *	200 Y Free	1:55.89 *	2:01.39 *	2:06.99 *	2:12.49 *	2:23.49 *	2:34.59 *
7:08.79 *	6:38.19 *	6:07.59 *	5:52.19 *	5:36.89 *	5:21.59 *	500 Y Free	5:12.99	5:27.89	5:42.79	5:57.69	6:27.49	6:57.29
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39	11:25.59	11:56.79	12:27.89	13:30.19	14:32.59
24:53.99	23:07.29	21:20.59	20:27.19	19:33.89	18:40.49	1650 Y Free	18:16.39	19:08.59	20:00.79	20:52.99	22:37.49	24:21.89
38.09 *	35.39 *	32.69 *	31.29 *	29.99 *	28.59 *	50 Y Back	27.79 *	29.29 *	30.69 *	32.09 *	34.99 *	37.89 *
1:24.79 *	1:18.09 *	1:11.39 *	1:08.09 *	1:04.69 *	1:01.39 *	100 Y Back	59.49 *	1:02.79 *	1:05.99 *	1:09.19 *	1:15.69 *	1:22.19 *
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	200 Y Back	2:08.99 *	2:15.19 *	2:21.29 *	2:27.39 *	2:39.69 *	2:51.99 *
42.99 *	39.99	36.89	35.39	33.79 *	32.29	50 Y Breast	31.09	32.69 *	34.39 *	36.09 *	39.49 *	42.89
1:34.09 *	1:27.19 *	1:20.19 *	1:16.69 *	1:13.19 *	1:09.79 *	100 Y Breast	1:06.99 *	1:10.49 *	1:13.99 *	1:17.49 *	1:24.49 *	1:31.39 *
3:20.89 *	3:06.59 *	2:52.19 *	2:45.09 *	2:37.89 *	2:30.69 *	200 Y Breast	2:25.59 *	2:32.49 *	2:39.39 *	2:46.39 *	3:00.19 *	3:14.09 *
36.49 *	33.89 *	31.29 *	29.99 *	28.69 *	27.39 *	50 Y Fly	26.79	28.19	29.69	31.19	34.19	37.09
1:24.39 *	1:17.59 *	1:10.89 *	1:07.49 *	1:04.19 *	1:00.79 *	100 Y Fly	58.99 *	1:02.39 *	1:05.89 *	1:09.29 *	1:16.09 *	1:22.89 *
2:59.99 *	2:47.19 *	2:34.29 *	2:27.89 *	2:21.39 *	2:14.99 *	200 Y Fly	2:09.89 *	2:16.09 *	2:22.19 *	2:28.39 *	2:40.79 *	2:53.19 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
3:00.19 *	2:47.29 *	2:34.49 *	2:27.99 *	2:21.59 *	2:15.19 *	200 Y IM	2:10.69 *	2:17.29 *	2:23.99 *	2:30.69 *	2:43.99 *	2:57.29 *
6:24.19	5:56.79	5:29.29	5:15.59	5:01.89	4:48.19	400 Y IM	4:39.79	4:53.19	5:06.49	5:19.79	5:46.39	6:13.09
13-14 Girls						13-14 Boys						
32.59 *	30.19 *	27.89 *	26.79	25.59 *	24.39 *	50 Y Free	22.49	23.49 *	24.59 *	25.69	27.79 *	29.89 *
1:10.59 *	1:05.49 *	1:00.49 *	57.99 *	55.49 *	52.89 *	100 Y Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59
2:32.09 *	2:21.29 *	2:10.39 *	2:04.99 *	1:59.49 *	1:54.09 *	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
6:47.79 *	6:18.69 *	5:49.59 *	5:34.99 *	5:20.39 *	5:05.89 *	500 Y Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59
14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.49	1000 Y Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	1650 Y Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
1:16.69 *	1:11.19 *	1:05.69 *	1:02.99 *	1:00.19 *	57.49 *	100 Y Back	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:46.79 *	2:34.89 *	2:22.99 *	2:17.09 *	2:11.09 *	2:05.09 *	200 Y Back	1:57.19 *	2:02.79 *	2:08.39 *	2:13.99 *	2:25.09 *	2:36.29 *
1:27.99 *	1:21.69 *	1:15.39 *	1:12.29 *	1:09.09 *	1:05.99 *	100 Y Breast	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:10.89 *	2:57.29 *	2:43.69 *	2:36.79 *	2:29.99 *	2:23.19 *	200 Y Breast	2:12.49 *	2:18.79 *	2:25.09 *	2:31.39 *	2:43.99 *	2:56.59 *
1:16.39 *	1:10.89 *	1:05.49 *	1:02.69 *	59.99 *	57.29 *	100 Y Fly	53.39 *	55.89 *	58.49 *	1:00.99 *	1:06.09 *	1:11.19 *
2:48.99 *	2:36.89 *	2:24.89 *	2:18.79 *	2:12.79 *	2:06.79 *	200 Y Fly	1:58.69 *	2:04.29 *	2:09.99 *	2:15.59 *	2:26.89 *	2:38.19 *
2:49.79 *	2:37.59 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09 *	2:28.49 *	2:39.99

16 & UNDER RECORDS -YARDS



GIRLS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
9 & Under	50 Free	Tide Swimming	Kayleigh A. Duffy	27.14	2015
	100 Free	Tide Swimming	Kayleigh A. Duffy	59.43	2015
	200 Free	Hudson Area Swim	Eilery A. Ottern	2:09.53	2015
	500 Free	Virginia Gators	Miranda B. Kirtley	5:44.57	2012
	50 Back	Nova of Virginia	Zoe A. Dixon	30.03	2014
	100 Back	Virginia Gators	Ava M. Muzzy	1:05.87	2015
	50 Breast	Jupiter Dragons	Tessa M. Broedell	35.06	2019
	100 Breast	Tiger Sharks	Giocanna S. Cappablanca	1:17.09	2011
	50 Fly	Nova of Virginia	Zoe A. Dixon	29.02	2014
	100 Fly	Nova of Virginia	Zoe A. Dixon	1:05.43	2014
	100IM	Nova of Virginia	Zoe A. Dixon	1:09.18	2014
	200IM	Virginia Gators	Ava M. Muzzy	2:25.58	2015

BOYS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
9 & Under	50 Free	Jupiter Dragons	Joshua D. Zuchowski	27.04	2014
	100 Free	Jupiter Dragons	Joshua D. Zuchowski	58.58	2014
	200 Free	Saint Petersburg	Sawyer W. Hansen	2:07.64	2021
	500 Free	Saint Petersburg	Sawyer W. Hansen	5:34.29	2021
	50 Back	Jupiter Dragons	Joshua D. Zuchowski	30.01	2014
	100 Back	Maverick Swim Club	Jaeddan P. Gamilla	1:05.23	2015
	50 Breast	Maverick Swim Club	Jaeddan P. Gamilla	34.23	2015
	100 Breast	Maverick Swim Club	Jaeddan P. Gamilla	1:13.52	2015
	50 Fly	Maverick Swim Club	Jaeddan P. Gamilla	28.52	2015
	100 Fly	Maverick Swim Club	Jaeddan P. Gamilla	1:03.61	2015
	100IM	Maverick Swim Club	Jaeddan P. Gamilla	1:05.85	2015
	200IM	Maverick Swim Club	Jaeddan P. Gamilla	2:21.55	2015



16 & UNDER RECORDS -YARDS

GIRLS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
10	50 Free	Pine Richard Aquatics	Zoe M. Skirboll	24.90	2015
	100 Free	Pine Richard Aquatics	Zoe M. Skirboll	54.89	2015
	200 Free	Fenton Area Swim	Grace E. Olsen	2.01.27	2015
	500 Free	Fenton Area Swim	Grace E. Olsen	5.21.98	2015
	50 Back	Westchester Aqua	Joy Jiang	28.93	2014
	100 Back	Westchester Aqua	Joy Jiang	1.01.85	2014
	50 Breast	USA Athletic Club	Leah G. Hayes	32.20	2016
	100 Breast	USA Athletic Club	Leah G. Hayes	1.09.13	2016
	50 Fly	Pine Richard Aquatics	Zoe M. Skirboll	27.62	2015
	100 Fly	Nova of Virginia	Zoe A. Dixon	1.01.71	2015
	100IM	USA Athletic Club	Leah G. Hayes	1.02.06	2016
	200IM	Rochester Swim	Alexandra P. Hathaway	2.17.38	2015

BOYS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
10	50 Free	WCS-IL	Brady C. Johnson	25.83	2017
	100 Free	Kansas City Blaz	Lance J. Godard	55.69	2014
	200 Free	Kansas City Blaz	Lance J. Godard	2.00.81	2014
	500 Free	Sarasota YMCA	Colton J. Frantz	5.26.50	2014
	50 Back	East Coast Aquatics	Joshua D. Zuchowski	27.78	2015
	100 Back	East Coast Aquatics	Joshua D. Zuchowski	59.61	2015
	50 Breast	Aquastar	Christopher M. Hardt	32.03	2013
	100 Breast	Maverick Swim Club	Jaeddan P. Gamilla	1.09.60	2016
	50 Fly	Maverick Swim Club	Jaeddan P. Gamilla	27.44	2016
	100 Fly	Maverick Swim Club	Jaeddan P. Gamilla	1.00.75	2016
	100IM	Maverick Swim Club	Jaeddan P. Gamilla	1.02.01	2016
	200IM	East Coast Aquatics	Joshua D. Zuchowski	2.12.67	2015

16 & UNDER RECORDS -YARDS



GIRLS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
11	50 Free	Franklin Area Swim	Zoe M. Skirboll	24.18	2016
	100 Free	Colorado Springs	Jeremiah L. Tandingham	52.07	2016
	200 Free	Colorado Springs	Jeremiah L. Tandingham	1.55.08	2016
	500 Free	TWSC- IL	Leah G. Hayes	5.04.77	2017
	1000 Free	Delaware Swim Team	Chase C. Travis	10.25.30	2014
	50 Back	Swim Neptune	Asia C. Minnes	26.74	2015
	100 Back	Swim Neptune	Asia C. Minnes	57.21	2015
	200 Back	Westchester Aquatic	Joy Jiang	2.04.25	2015
	50 Breast	Franklin Area Swim	Zoe M. Skirboll	30.06	2016
	100 Breast	Franklin Area Swim	Zoe M. Skirboll	1.06.28	2016
	200 Breast	TWSC-IL	Leah G. Hayes	2.22.83	2017
	50 Fly	Southwest Aquatics	Gabriela V. Pierobon Mays	25.91	2014
	100 Fly	Nova of Virginia	Zoe A. Dixon	57.73	2016
	200 Fly	Nova of Virginia	Zoe A. Dixon	2.08.85	2016
	100 IM	Colorado Springs	Jeremiah L. Tandingham	58.80	2016
	200 IM	Colorado Springs	Leah G. Hayes	2.03.68	2018
400 IM	Westchester Aquatic	Joy Jiang	4.35.95	2015	

BOYS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
11	50 Free	Aquaholics	Michael C. Andrew	23.71	2011
	100 Free	Aquaholics	Michael C. Andrew	50.79	2011
	200 Free	CYAC-VA	Thomas Heilman	1.53.05	2017
	500 Free	Sarasota YMCA	Colton J. Frantz	5.09.14	2015
	1000 Free	Sarasota YMCA	Colton J. Frantz	10.30.36	2015
	50 Back	Aquastar	Christopher M. Hardt	26.41	2014
	100 Back	Flood Aquatics	Joshua D. Zuchowski	56.78	2016
	200 Back	Flood Aquatics	Joshua D. Zuchowski	1.59.41	2016
	50 Breast	Aquastar	Christopher M. Hardt	28.97	2014
	100 Breast	Aquaholics	Michael C. Andrew	1.04.39	2012
	200 Breast	Jersey Wahoos	Lance W. Ranier	2.23.54	2013



16 & UNDER RECORDS -YARDS

BOYS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
11	50 Fly	Aquaholics	Michael C. Andrew	24.87	2011
	100 Fly	CYAC-VA	Thomas Heilman	57.20	2017
	200 Fly	Aquastar	Christopher M. Hardt	2.07.18	2014
	100 IM	Aquaholics	Michael C. Andrew	57.72	2011
	200 IM	Flood Aquatics	Joshua D. Zuchowski	2.06.12	2016
	400 IM	Flood Aquatics	Joshua D. Zuchowski	4.29.12	2016

GIRLS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
12	50 Free	RXA	Zoe M. Skirboll	23.43	2017
	100 Free	Eagle Aquatics	Erika Peleaz	51.01	2019
	200 Free	Greenwich YMCA	Meghan E. Lynch	1.52.33	2016
	500 Free	Delaware Swim Team	Chase C. Travis	4.55.00	2015
	1000 Free	Delaware Swim Team	Chase C. Travis	10.02.55	2015
	50 Back	Waunakee Wave	Gabriela V. Pierobon Mays	26.59	2015
	100 Back	NCAP	Katie G. Mack	56.58	2014
	200 Back	NCAP	Katie G. Mack	2.00.57	2014
	50 Breast	RXA	Zoe M. Skirboll	28.70	2017
	100 Breast	RXA	Zoe M. Skirboll	1.03.00	2017
	200 Breast	Greenwich YMCA	Meghan E. Lynch	2.17.48	2016
	50 Fly	Waunakee Wave	Gabriela V. Pierobon Mays	25.13	2015
	100 Fly	Waunakee Wave	Gabriela V. Pierobon Mays	55.52	2015
	200 Fly	Delaware Swim Team	Chase C. Travis	2.04.15	2015
	100 IM	Swim Neptune	Asia C. Minnes	57.29	2016
	200 IM	IWSC-IL	Leah G. Hayes	2.03.86	2018
	400 IM	IWSC-IL	Leah G. Hayes	4.23.08	2017

16 & UNDER RECORDS -YARDS



BOYS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
12	50 Free	Morris County Swim	Vincent T. Marciano	21.78	2014
	100 Free	Morris County Swim	Vincent T. Marciano	48.34	2014
	200 Free	Morris County Swim	Vincent T. Marciano	1.46.94	2014
	500 Free	Morris County Swim	Vincent T. Marciano	4.50.19	2014
	1000 Free	NCAP	Leo W. Goldblatt	9.55.12	2015
	50 Back	Morris County Swim	Vincent T. Marciano	24.32	2014
	100 Back	Morris County Swim	Vincent T. Marciano	51.4	2014
	200 Back	Flood Aquatics	Joshua D. Zuchowski	1.52.47	2017
	50 Breast	Flood Aquatics	Joshua D. Zuchowski	27.68	2017
	100 Breast	Indie Swimming	Michael C. Andrew	1.00.07	2012
	200 Breast	Aquastar	Christopher M. Hardt	2.16.42	2015
	50 Fly	Morris County Swim	Vincent T. Marciano	23.63	2014
	100 Fly	Indie Swimming	Michael C. Andrew	53.3	2012
	200 Fly	NCAP	Leo W. Goldblatt	1.59.82	2015
	100 IM	Indie Swimming	Michael C. Andrew	53.86	2012
	200 IM	Flood Aquatics	Joshua D. Zuchowski	1.55.15	2017
400 IM	Aquastar	Christopher M. Hardt	4.07.81	2017	

GIRLS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
13	50 Free	NCAP	Alexis Mulvihill	22.85	2017
	100 Free	SSC-MA	Lainey J. Mullins	50.78	2019
	200 Free	Greenwich YMCA	Meghan E. Lynch	1.50.02	2017
	500 Free	CAT	Becca W. Mann	4.49.62	2011
	1650 Free	ECAC-FG	Anna R. Auld	16.46.33	2017
	50 Back	Aquajets	Abigail M. Kapeller	25.81	2017
	100 Back	Aquajets	Abigail M. Kapeller	55.19	2017
	200 Back	Aquajets	Abigail M. Kapeller	1.58.79	2017
	50 Breast	RXA	Zoe M. Skirboll	28.69	2018



16 & UNDER RECORDS -YARDS

GIRLS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
13	100 Breast	RXA	Zoe M. Skirboll	1.02.69	2017
	200 Breast	Greenwich YMCA	Meghan E. Lynch	2.13.78	2017
	50 Fly	Virginia Gators	Olivia G. Bray	24.75	2015
	100 Fly	Mason Makos	Alexa M. Cuomo	54.59	2015
	200 Fly	CAT	Becca W. Mann	2.01.52	2011
	200 IM	Greenwich YMCA	Meghan E. Lynch	2.00.48	2017
	400 IM	Greenwich YMCA	Meghan E. Lynch	4.15.44	2017

BOYS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
13	50 Free	Indie Swimming	Michael C. Andrew	20.87	2013
	100 Free	Indie Swimming	Michael C. Andrew	46.17	2013
	200 Free	Cincinnati Marlins	Grant D. House	1.44.86	2012
	500 Free	CAT	Mathew J. Hirschberger	4.40.64	2012
	1650 Free	CAT	Mathew J. Hirschberger	16.00.89	2012
	50 Back	Flood Aquatics	Joshua D. Zuchowski	23.59	2018
	100 Back	Flood Aquatics	Joshua D. Zuchowski	50.3	2018
	200 Back	Flood Aquatics	Joshua D. Zuchowski	1.48.95	2018
	50 Breast	Indie Swimming	Michael C. Andrew	26.49	2013
	100 Breast	Indie Swimming	Michael C. Andrew	58.5	2013
	200 Breast	Aquajets Swim	Hayden A. Zheng	2.07.94	2016
	50 Fly	Pittsburg Sting	Kimani J. Gregory	23.43	2015
	100 Fly	Indie Swimming	Michael C. Andrew	49.07	2013
	200 Fly	Indie Swimming	Michael C. Andrew	1.53.74	2013
	200 IM	Indie Swimming	Michael C. Andrew	1.50.50	2013
	400 IM	Indie Swimming	Michael C. Andrew	3.58.85	2013

16 & UNDER RECORDS -YARDS



GIRLS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
14	50 Free	NCAP	Katie G. Mack	22.92	2018
	100 Free	NCAP	Katie G. Mack	50.27	2018
	200 Free	Eagle Aquatics	Erika Palaez	1.46.63	2021
	500 Free	CAT	Becca W. Mann	4.44.81	2011
	1650 Free	CAT	Becca W. Mann	15.58.90	2017
	50 Back	Eagle Aquatics	Erika Palaez	25.20	2021
	100 Back	Swim Neptune	Asia C. Minnes	55.01	2018
	200 Back	Eagle Aquatics	Erika Palaez	1.55.12	2021
	50 Breast	Farming Valley	Mackenzie N. Headley	28.51	2021
	100 Breast	Delaware Swim Team	Rabea K. Pfaff	1.04.28	2015
	200 Breast	CAT	Sydney E. Pickrem	2.16.49	2012
	50 Fly	Orinda Aquatics	Ashleen S. O'Brien	24.72	2015
	100 Fly	Eagle Aquatics	Erika Palaez	53.96	2021
	200 Fly	CAT	Becca W. Mann	1.59.65	2012
	200 IM	Canada Youth	Lil Margitai	1.59.79	2012
400 IM	CAT	Becca W. Mann	4.12.85	2012	

BOYS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
14	50 Free	Indie Swimming	Michael C. Andrew	19.87	2014
	100 Free	McFarland Spartans	Daniel S. Krueger	44.83	2014
	200 Free	McFarland Spartans	Daniel S. Krueger	1.39.82	2014
	500 Free	CAT	Mathew J. Hirschberger	4.29.21	2013
	1650 Free	Tide Swimming-Va	Robert L. Dinunzio	15.50.08	2019
	50 Back	Indie Swimming	Michael C. Andrew	21.87	2014
	100 Back	NCAP	Brett Feyerick	50.39	2017
	200 Back	Indie Swimming	Michael C. Andrew	1.43.15	2014
	50 Breast	Indie Swimming	Michael C. Andrew	24.74	2014



16 & UNDER RECORDS -YARDS

BOYS

AGE GROUP	EVENT	CLUB	NAME	TIME	DATE
14	100 Breast	Indie Swimming	Michael C. Andrew	54.7	2014
	200 Breast	Indie Swimming	Michael C. Andrew	2:01.72	2014
	50 Fly	Indie Swimming	Michael C. Andrew	21.28	2014
	100 Fly	Indie Swimming	Michael C. Andrew	46.95	2014
	200 Fly	Indie Swimming	Michael C. Andrew	1:46.54	2014
	200 IM	UN-ATT FL	Cameron D. Dafoe	1:51.54	2017
	400 IM	Indie Swimming	Michael C. Andrew	3:55.36	2014

CALEB DRESSEL
WORLD RECORD HOLDER

2X OLYMPIC CHAMPION
13X WORLD CHAMPION

NEW!

THE ICONIC SWIMMER'S BACKPACK **TEAMSTER 2.0 BACKPACK**

Say hello to the Teamster 2.0, the evolution of our iconic backpack. With the same 35L storage space as the original, there's room for all your gear packed into an updated, sleek design with a hidden front pocket and room for logo customization.



BUILT FOR SWIMMERS

TEAMSTER 2.0 BACKPACK (35L)



ADD YOUR TEAM LOGO

Ample space on the top, front flap lets you customize it with your team or club logo.



35L STORAGE

Large main compartment and hidden front ventilated pocket stores all your gear. Same water resistant fabric as existing Teamster.



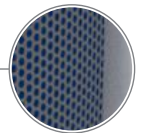
D-RING STRAPS

D-ring on bottom side pocket for bag tags & clips.



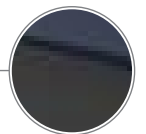
BUILT TOUGH

Durable exterior shell is built tough with abrasion resistance for demanding athletes.



DURABLE WATER BOTTLE POCKET

Fits all large water bottles.



WATERPROOFED

Raised waterproof base, 1" more versus current Teamster.

IMPROVED STANDING ABILITY WHEN EMPTY



MISSY FRANKLIN
OLYMPIC MEDALLIST

AMERICA'S NUMBER ONE RACING GOGGLE EVOLVES

VANQUISHER EV

(((EXPANDED VIEW)))

Expand your view of the pool with the new Vanquisher EV. Featuring 20% more functional optical surface, allowing for unrivalled peripheral vision — the Vanquisher EV gives you every advantage when it counts.

PRODUCT FEATURES

A Expanded View enables you to see more of your competition while maintaining proper head position.

B 20% more functional optical surface of unrivalled clarity so you never lose focus in a race.

C Our new 50/50 strap design puts the spotlight on your favorite colors.

D Precision inner eye fit sealed by cushioned silicone gaskets.

NEW!
Non-Mirrored

Mirrored



speedousa.com



**ST. PETE
CLEARWATER**

From a competitive day
of swimming to a
sunset dip in the Gulf.

Welcome athletes and fans of the 2022 ISCA International Senior Cup and the ISCA International East Elite Showcase. We're proud to host the swimming competition at St. Pete's North Shore Aquatic Center.

After the meet, stay and explore St. Pete Beach, TripAdvisor's #1 Beach in the U.S., dine al fresco at the new St. Pete Pier, or take in a magnificent Gulf sunset.

VisitStPeteClearwater.com



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for the best beaches and more
at VisitStPeteClearwater.com



TRACK YOUR SWIMMER

SWIMMER'S NAME: _____

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**Thank You For Attending
Our Meet!**



Visit Our Website

SWIMISCA.COM

**For Information
on 2022 Events**