



# MEET PROGRESSION

## CCS ABC Meets

Entry-level meets within Central California Swimming (CCS), focusing on introducing swimmers & families to meets. These are usually marked as ABC meets.

Same as CCS ABC meets, but hosted by clubs outside of our region (LSC). Since we are so close to SoCal Swimming we regularly attend their meets.

## Out of CCS ABC Meets

## Invitational Meets

Club-hosted meets both in and out of LSC with qualifying time standards. These are typically multi-day meets and can have prelims & finals.

Championship meets for CCS. Competed as yards in the spring and meters in the summer. Range from B/C, Age-Group, & Senior Champs.

## CCS Championship Meets

## SWAGR & Zones

Highest level of age group swimming with faster qualifying times than CCS meets. Competed in both club and LSC formats.

First step of the USA Swimming national competition pyramid. Qualifying times appl, in our LSC these are held 3x year.

## Sectionals

## Futures

Next-level competition with faster qualifying times than Sectionals. Goal is to prepare swimmers for junior nationals.

First national level meet exclusively for 18&U swimmers. RA competes in West Junior Nationals.

## Junior Nationals

## US Open

International-level meet with open qualifying times for all ages. National team roster selection meet.

Highest level of the USA Swimming pyramid where international teams are selected & national champions crowned.

## National Champs & Olympic Trials