Adirondack Swimming (AD)
Eastern Zone
That portion of New York State east of the counties of Oswego, Onondaga, Cortland and Broome; and north of the counties of Sullivan, Orange and Dutchess.

Cities (all New York)
1 – Albany
2 – Lake Placid
3 – Schenectady
4 – Utica
5 – Watertown
Alaska Swimming (AK)
Western Zone
State of Alaska
Allegheny Mountain Swimming (AM)

Eastern Zone
That portion of the Commonwealth of Pennsylvania west of the counties of Potter, Clinton, Centre, Huntingdon and Bedford; the counties of Hancock, Brook, Ohio and Marshall in the State of West Virginia; and the counties Columbiana, Jefferson and Belmont in the State of Ohio.
Arkansas Swimming (AR)

Central Zone
State of Arkansas and Bowie County, Texas.

City

1 – Texarkana (in Arkansas and Texas)
Arizona Swimming (AZ)
Western Zone
State of Arizona.
Border Swimming (BD)
Southern Zone
The counties of El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell and Crockett in the State of Texas.

City (in Texas)
1 – El Paso
Central California Swimming (CC)

Western Zone

In the State of California, the counties of Merced, Mariposa, Mono, Madera, Fresno, Kings, Tulare, Kern and Inyo; excluding the City of Bishop and the community of Mammoth Lakes.

Cities (all in California)
1 – Bakersfield
2 – Fresno
3 – Merced
4 – Bishop [Pacific Swimming]
5 – Mammoth Lakes [Pacific Swimming]
Colorado Swimming (CO)
Western Zone
State of Colorado.
Connecticut Swimming (CT)
Eastern Zone
State of Connecticut.
Florida Swimming (FL)
Southern Zone
That portion of the State of Florida east of the Apalachicola River and including Gulf County, except for the counties of Palm Beach, Broward, Miami-Dade, Monroe, and the part of Hendry east of Route 833.

Cities (all in Florida)
1 – Fort Myers
2 – Gainesville
3 – Jacksonville
4 – Naples
5 – Orlando
6 – St. Petersburg
7 – Tallahassee
8 – Tampa
Florida Gold Coast Swimming (FG)
Southern Zone
In the State of Florida, the counties of Palm Beach, Broward, Miami-Dade, Monroe, and the part of Hendry east of Route 833.

Cities (all in Florida)
1 – Ft. Lauderdale
2 – Miami
3 – Palm Beach
Georgia Swimming (GA)
Southern Zone
State of Georgia and Chambers and Russell counties in the State of Alabama.
Gulf Swimming (GU)

Southern Zone
That portion of the State of Texas bounded on the north by and including the counties of Shelby, Nacogdoches, Angelina, Houston, Leon and Robertson; and on the west by and including the counties of Brazos, Grimes, Waller, Fort Bend, Wharton, Colorado and Matagorda.

Cities (all in Texas)
1 – Beaumont
2 – Bryan/College Station
3 – Galveston
4 – Houston
5 – The Woodlands
Hawaiian Swimming (HI)
Western Zone
State of Hawaii.
Illinois Swimming (IL)
Central Zone
State of Illinois, except the counties of Calhoun, Greene, Jersey, Madison, St. Clair, Monroe, Jackson and Vermilion.

Cities (all in Illinois)
1 – Bloomington/Normal
2 – Champaign/Urbana
3 – Chicago
4 – Decatur
5 – Moline
6 – Peoria
7 – Rockford
8 – Springfield
Indiana Swimming (IN)
Central Zone
State of Indiana, except Floyd and Clark counties, and including Vermilion County, Illinois.

Cities
1 – Bloomington, Indiana
2 – Danville, Illinois
3 – Evansville, Indiana
4 – Fort Wayne, Indiana
5 – Indianapolis, Indiana
6 – South Bend, Indiana
Inland Empire Swimming (IE)

Western Zone

That part of the State of Idaho north of and including Idaho County; the counties of Umatilla, Union, Wallowa and Baker in the State of Oregon; and that portion of the State of Washington east of and including the counties of Okanogan, Chelan, Kittitas, Yakima, and the part of Klickitat east of Highway 97 and including the City of Goldendale.

Cities
1 – Coeur d’Alene, Idaho
2 – Goldendale, Washington
3 – LaGrande, Oregon
4 – Lewiston, Idaho
5 – Pendleton, Oregon
6 – Pullman, Washington
7 – Spokane, Washington
8 – Walla Walla, Washington
9 – Wenatchee, Washington
10 – Yakima, Washington
Iowa Swimming (IA)
Central Zone
That part of the State of Iowa east of the counties of Osceola, O'Brien, Cherokee, Ida, Crawford, Shelby, Pottawattamie, Montgomery and Page.

Cities (all in Iowa)
1 – Cedar Rapids
2 – Des Moines
Kentucky Swimming (KY)
Southern Zone
Commonwealth of Kentucky, except the counties of Campbell, Kenton and Boone; and including Floyd and Clark counties in the State of Indiana.

Cities
1 – Bowling Green, Kentucky
2 – Clarksville, Indiana
3 – Frankfort, Kentucky
4 – Lexington, Kentucky
5 – Louisville, Kentucky
6 – New Albany, Indiana
Lake Erie Swimming (LE)
Central Zone
In the State of Ohio, the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull and Mahoning.

Cities (all in Ohio)
1 – Akron 3 – Cleveland 5 – Warren
2 – Canton 4 – Mansfield 6 – Youngstown
Louisiana Swimming (LA)
Southern Zone
State of Louisiana.
Maine Swimming (ME)
Eastern Zone
State of Maine.
Maryland Swimming (MD)
Eastern Zone
State of Maryland, except Montgomery and Prince George’s counties.

Cities (all in Maryland)
1 – Annapolis
2 – Baltimore
3 – Cumberland
4 – Frederick
5 – Hagerstown

ALLEGHENY MOUNTAIN SWIMMING, p. 4
MIDDLE ATLANTIC SWIMMING, p. 27
WEST VIRGINIA SWIMMING, p. 58
POTOMAC VALLEY SWIMMING, p. 46
VIRGINIA SWIMMING, p. 56

LSC Maps p. 24
Metropolitan Swimming (MR)
Eastern Zone
That portion of New York State south of and including the counties of Sullivan, Orange and Dutchess.

Cities (all in New York)
1 – New York City
2 – Newburgh
3 – Poughkeepsie
Middle Atlantic Swimming (MA)

That portion of the State of New Jersey south of Mercer and Monmouth counties; the State of Delaware; and that portion of the Commonwealth of Pennsylvania east of and including the counties of Potter, Clinton, Centre, Huntingdon and Bedford.
Midwestern Swimming (MW)
Central Zone
That portion of the State of Nebraska east of the counties of Sheridan, Garden and Deuel; and that portion of the State of Iowa west of and including the counties of Osceola, O’Brien, Cherokee, Ida, Crawford, Shelby, Pottawattamie, Montgomery and Page.

Cities
1 – Council Bluffs, Iowa
2 – Grand Island, Nebraska
3 – Lincoln, Nebraska
4 – Omaha, Nebraska
5 – Sioux City, Iowa
Minnesota Swimming (MN)
Central Zone
State of Minnesota, except for Polk and Pennington counties; and including the counties of Polk, St. Croix, Dunn and Pierce in the State of Wisconsin.

Cities
1 – Duluth, Minnesota
2 – Menomonie, Wisconsin
3 – Minneapolis/St. Paul, Minnesota
4 – River Falls, Wisconsin
5 – Rochester, Minnesota
Mississippi Swimming (MS)
Southern Zone
State of Mississippi.
Missouri Valley Swimming (MV)
Central Zone
In the State of Missouri, the counties west of and including Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian and Taney; the State of Kansas; Texas County, Oklahoma; and Hansford County, Texas.
Montana Swimming (MT)

Western Zone

State of Montana, except Dawson and Wibaux counties.

Cities (all in Montana)
1 – Billings
2 – Butte
3 – Great Falls
4 – Helena
5 – Missoula
New England Swimming (NE)

Eastern Zone

The states of New Hampshire, Vermont, Massachusetts and Rhode Island.
New Jersey Swimming (NJ)
Eastern Zone
That portion of the State of New Jersey north of and including Mercer and Monmouth counties.

Cities (all in New Jersey)
1 – Newark
2 – Princeton
3 – Trenton
New Mexico Swimming (NM)
Western Zone
State of New Mexico.

COLORADO SWIMMING, p. 9
OKLAHOMA SWIMMING
p. 41
ARIZONA SWIMMING
p. 6
WEST TEXAS SWIMMING
p. 57
BORDER SWIMMING, p. 7
Mexican Swimming Federation

LSC Maps p. 35
Niagara Swimming (NI)
Eastern Zone
That portion of New York State west of and including the counties of Oswego, Onondaga, Cortland and Broome.

Cities (all in New York)
1 – Buffalo
2 – Binghamton
3 – Ithaca
4 – Rochester
5 – Syracuse
North Carolina Swimming (NC)
Southern Zone
State of North Carolina, excluding the counties of Pasquotank, Camden and Currituck.

Cities (all in North Carolina)
1 – Asheville
2 – Charlotte
3 – Durham
4 – Fayetteville
5 – Greensboro
6 – Raleigh
7 – Winston-Salem
North Dakota Swimming (ND)
Central Zone
State of North Dakota, Dawson and Wibaux counties in the State of Montana, and Polk and Pennington counties in the State of Minnesota.

Cities
1 – Crookston, Minnesota
2 – East Grand Forks, Minnesota
3 – Glendive, Montana
4 – Thief River Falls, Minnesota
North Texas Swimming (NT)
Southern Zone
That portion of the State of Texas west of the counties of Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown, Mills and Lampasas; and north of the counties of Bell, Milam, Robertson, Leon, Houston, Angelina, Nacogdoches and Shelby; and excluding Bowie County.

Cities (all in Texas)
1 – Dallas
2 – Fort Worth
3 – Longview
4 – Tyler
5 – Waco
6 – Wichita Falls
Ohio Swimming (OH)
Central Zone
State of Ohio, except the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull, Mahoning, Columbiana, Jefferson, Belmont, Washington and Lawrence; and including the counties of Campbell, Kenton and Boone in the Commonwealth of Kentucky.

Cities
1 – Cincinnati, Ohio
2 – Columbus, Ohio
3 – Covington, Kentucky
4 – Dayton, Ohio
5 – Toledo, Ohio
Oklahoma Swimming (OK)
Central Zone
State of Oklahoma, except Texas County.

Cities (all in Oklahoma)
1 – Bartlesville
2 – Enid
3 – Lawton
4 – Oklahoma City
5 – Tulsa
Oregon Swimming (OR)

Western Zone
State of Oregon, except for the counties of Umatilla, Union, Wallowa, Baker and Malhuer; and in the State of Washington the counties of Cowlitz, Clark, Skamania, and the portion of Klickitat west of Highway 97, excluding the City of Goldendale.

Cities
1 – Bend, Oregon
2 – Corvallis, Oregon
3 – Eugene, Oregon
4 – Longview, Washington
5 – Medford, Oregon
6 – Portland, Oregon
7 – Salem, Oregon
8 – The Dalles, Oregon
9 – Vancouver, Washington
10 – LaGrande, Oregon
11 – Pendleton, Oregon
12 – Goldendale, Washington [Inland Empire Swimming]
Ozark Swimming (OZ)
Central Zone
That portion of the State of Missouri east of and including the counties of Scotland, Knox, Shelby, Monroe, Ralls, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark; and the counties of Calhoun, Greene, Jersey, Madison, St. Clair, Monroe and Jackson in the State of Illinois.

Cities
1 – Alton, Illinois
2 – Cape Girardeau, Missouri
3 – Carbondale, Illinois
4 – Edwardsville, Illinois
Pacific Swimming (PC)

Western Zone

In the State of Nevada, the counties of Lyon, Douglas, Carson City, Storey and the part of Washoe lying south of the northerly boundary of the Pyramid Lake Indian Reservation; and in the State of California, the counties of Del Norte, Humboldt, Mendocino, Lake, Sonoma, Napa, Marin, Contra Costa, San Francisco, Alameda, San Mateo, Santa Clara, Santa Cruz, San Benito, Monterey, Tuolumne and Alpine, and the parts of: Solano and Sacramento counties south of Highway 12, including the communities of Vallejo and Benicia and excluding the communities of Fairfield, Suisun City and Rio Vista; San Joaquin County south and west of the line created by Highway 12 to Interstate 5 to Eight Mile Road to Highway 99 to Highway 4, including the City of Stockton; Stanislaus and Calaveras counties south of Highway 4; El Dorado County east of Highway 89; and the City of Bishop in Inyo County and the community of Mammoth Lakes in Mono County.

The Solano Community College pool in Solano County and any pool between Eight Mile Road and Hammer Lane in San Joaquin County shall be available for the use of the Pacific Swimming and Sierra Nevada Swimming LSCs and their respective club members, and both LSCs may sanction swimming events at these pools under their own rules and regulations.

Cities
1 – Benicia & Vallejo, California
2 – Bishop, California
3 – Carson City, Nevada
4 – Eureka, California
5 – Lake Tahoe, California
6 – Mammoth Lakes, California
7 – Modesto, California
8 – Monterey, California
9 – Oakland, California
10 – Reno, Nevada
11 – San Jose, California
12 – Santa Rosa, California
13 – Stockton, California
Pacific Northwest Swimming (PN)
Western Zone
That portion of the State of Washington west of the counties of Okanogan, Chelan, Kittitas and Yakima; and north of Cowlitz and Skamania counties.

Cities (all in Washington)
1 – Bellingham
2 – Seattle
3 – Tacoma
4 – Olympia
Potomac Valley Swimming (PV)
Eastern Zone
Montgomery and Prince George’s counties in the State of Maryland; the District of Columbia; and Arlington and Fairfax counties and the cities of Alexandria, Fairfax and Falls Church in the Commonwealth of Virginia.

Cities
1 – Bethesda, Maryland
2 – College Park, Maryland
3 – Germantown, Maryland
4 – Rockville, Maryland
San Diego-Imperial Swimming (SI)
Western Zone
San Diego and Imperial counties in the State of California.

Cities (all in California)
1 – El Centro
2 – Oceanside
3 – San Diego
Sierra Nevada Swimming (SN)

In the State of Nevada, the counties of Humboldt, Pershing, Churchill, Mineral, Lander and the part of Washoe lying north of the northerly boundary of the Pyramid Lake Indian Reservation; and in the State of California, the counties of Siskiyou, Modoc, Trinity, Shasta, Lassen, Tehama, Plumas, Glenn, Butte, Sierra, Colusa, Sutter, Yuba, Nevada, Placer, Yolo and Amador; and the parts of: Solano and Sacramento counties north of Highway 12, including the communities of Fairfield, Suisun City and Rio Vista and excluding the communities of Vallejo and Benicia; San Joaquin County north and east of the line created by Highway 12 to Interstate 5 to Eight Mile Road to Highway 99 to Highway 4, excluding the City of Stockton; Stanislaus and Calaveras counties north of Highway 4; and El Dorado County west of Highway 89.

The Solano Community College pool in Solano county and any pool between Eight Mile Road and Hammer Lane in San Joaquin County shall be available for the use of the Pacific Swimming and Sierra Nevada Swimming LSCs and their respective club members, and both LSCs may sanction swimming events at these pools under their own rules and regulations.
Snake River Swimming (SR)
Western Zone
Malhuer County, Oregon; the counties of Elko, White Pine and Eureka in the State of Nevada; and that portion of the State of Idaho south of Idaho County.

Cities
1 – Boise, Idaho
2 – Elko, Nevada
3 – Ely, Nevada
4 – Idaho Falls, Idaho
5 – Pocatello, Idaho
South Carolina Swimming (SC)
Southern Zone
State of South Carolina.
South Dakota Swimming (SD)
Central Zone
State of South Dakota.
That portion of the State of Texas bounded on the west by and including the counties of Val Verde, Sutton and Schleicher; on the north by and including the counties of Menard, Mason, Llano, Burnet, Lampasas and Bell; and on the east by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca, Jackson and Calhoun.

**Cities** (all in Texas)

1 – **Austin**  
2 – **Corpus Christi**  
3 – **McAllen**  
4 – **San Antonio**  
5 – **Temple**
Southeastern Swimming (SE)

Southern Zone

State of Tennessee; the State of Alabama, except Chambers and Russell counties; and that portion of the State of Florida west of the Apalachicola River, excluding Gulf County.
Southern California Swimming (CA)

Western Zone

In the State of California, the counties of San Luis Obispo, Santa Barbara, Ventura, Los Angeles, San Bernardino, Orange and Riverside; and in the State of Nevada, the counties of Clark, Lincoln, Nye and Esmeralda.

Cities

1 – Las Vegas, Nevada
2 – Long Beach, California
3 – Los Angeles, California
4 – Oxnard, California
5 – Palm Springs, California
6 – San Bernardino, California
7 – Santa Barbara, California
8 – San Luis Obispo, California
Utah Swimming (UT)
Western Zone
State of Utah.
Virginia Swimming (VA)

Eastern Zone
Commonwealth of Virginia, except Arlington and Fairfax counties and the cities of Alexandria, Fairfax and Falls Church; and including the counties of Pasquotank, Camden and Currituck in the State of North Carolina.

Cities
1 – Charlottesville, Virginia
2 – Elizabeth City, North Carolina
3 – Fredericksburg, Virginia
4 – Lynchburg, Virginia
5 – Manassas, Virginia
6 – Newport News, Virginia
7 – Norfolk, Virginia
8 – Richmond, Virginia
9 – Roanoke, Virginia
10 – Virginia Beach, Virginia
West Texas Swimming (WT)
Southern Zone
That portion of the State of Texas bounded on the south by and including the counties of Reeves, Pecos, Crane, Upton, Reagan, Irion, Tom Green, Concho, McCulloch and San Saba; on the east by and including the counties of Mills, Brown, Callahan, Jones, Haskell, Knox, Foard and Hardeman; and excluding Hansford County.

Cities (all in Texas)
1 – Abilene
2 – Amarillo
3 – Lubbock
4 – Midland
5 – Odessa
West Virginia Swimming (WV)
Southern Zone
State of West Virginia, except the counties of Hancock, Brook, Ohio and Marshall; and including Lawrence and Washington counties in the State of Ohio.

Cities (all in West Virginia)
1 – Charleston
2 – Huntington
3 – Martinsburg
4 – Morgantown
5 – Parkersburg
Wisconsin Swimming (WI)
Central Zone
State of Wisconsin, except the counties of Polk, St. Croix, Dunn and Pierce.

Cities (all in Wisconsin)
1 – Eau Claire
2 – Green Bay
3 – Madison
4 – Milwaukee
5 – Osh Kosh
6 – Superior
Wyoming Swimming (WY)

Western Zone
State of Wyoming, and that portion of the State of Nebraska west of and including the counties of Sheridan, Garden and Deuel.