# Index

Α	Assistance and agreements 34
Acceptable times	At-large director
records 42	Breadbasket Zone 143
Advertising 15, 72	Colonies Zone 143
Affiliate 15, 72	election and term of office 103
	Great Lakes Zone 143
membership 95	Northwest Zone 143
Age	Oceana Zone 143
determining date 6, 67	South Central Zone 143
groups 6	Southeast Zone 143
Age groups 78	Southwest Zone 143
Aggregate time xi	Audit Committee 148
All-American	Awards 33, 78, 85
individual 45	Capt. Ransom J. Arthur, M.D. 149
long distance 85	National championships 38
open water 85	Speedo/USMS Coach of the Year 150
recognition 45	Ted Haartz USMS Staff Appreciation
relay 45	153
All-Star 45	USMS Club of the Year 151
Amendments 111	USMS Fitness 152
authorized bodies 111	USMS June Krauser Communications
effective date 114	151
emergency 113	USMS National Championship Meets
format 111	152–153
proposed	_
adoption of 112	В
modification of 112	Backstroke 3–4
submission of 111–112	flags and lines 49
publication of proposed 112	start 1
submission deadline 112	Bidding areas
submissions after the deadline 112	Long Distance National championship
timely 112	
	143–144
USA Swimming rules 113	
USA Swimming rules 113 Anchored xi	Board of Directors 95, 103-105, 143
~	Board of Directors 95, 103–105, 143 appeal to 93
Anchored xi	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors
Anchored xi Announcer 25	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103
Announcer 25 Annual meeting 158–160	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103
Announcer 25 Annual meeting 158–160 Annual membership	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57 standard 57	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104 methods 104
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57 standard 57 Appeals 90–93	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104 methods 104 membership 103
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57 standard 57 Appeals 90–93 Appendices	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104 methods 104 membership 103 at-large directors 103
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57 standard 57 Appeals 90–93 Appendices Amendment 111	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104 methods 104 membership 103 at-large directors 103 Executive Committee 103
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57 standard 57 Appeals 90–93 Appendices Amendment 111 Appointees 95	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104 methods 104 membership 103 at-large directors 103 Executive Committee 103 nonvoting members 103
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57 standard 57 Appeals 90–93 Appendices Amendment 111 Appointees 95 Appointments	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104 methods 104 membership 103 at-large directors 103 Executive Committee 103 nonvoting members 103 permanent committees 104, 148
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57 standard 57 Appeals 90–93 Appendices Amendment 111 Appointees 95 Appointments legal counsel 109	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104 methods 104 membership 103 at-large directors 103 Executive Committee 103 nonvoting members 103 permanent committees 104, 148 powers 103–104
Anchored xi Announcer 25 Annual meeting 158–160 Annual membership College Club Swimming 57 standard 57 Appeals 90–93 Appendices Amendment 111 Appointees 95 Appointments legal counsel 109 liaisons 109	Board of Directors 95, 103–105, 143 appeal to 93 at-large directors reelection 103 term 103 meetings 104 frequency 104 methods 104 membership 103 at-large directors 103 Executive Committee 103 nonvoting members 103 permanent committees 104, 148

articles of incorporation 103	Investment 105, 148
budget 103	jurisdiction 111
chief executive officer 103	Legislation 107, 148
elections 104	LMSC Development 107, 148
emergency powers 104	Long Distance 107, 148
financial resources 103	Officials 108, 148
meetings of the House of Delegates	Recognition and Awards 108, 148
104	Records and Tabulation 108, 148
permanent committees of the Board	Rules 108, 148
103	standing 95, 106-109
policies 103	Compensation and Benefits Committee
quorum 104	148
removal of members 106	Conduct 82
vacancies 106	compliance with rules and regulations
voting privileges 104	89
Body xi	enforcement 89
Breadbasket Zone 145	standards of 89
Breaststroke 2	unsporting 90
Bulkhead xi, 46	Contract
Butterfly 3	national championship 82
•	Corporation xi, 110
С	Course xi
Cable swim xi Championship	Б
Committee 148	D
Clerk of course 25	Deaf 52
Club xi	Deck entered xi
membership 95	Deck equipment
form 58	other 47
National championship scoring 38	Deck-seeding xi
Coaches Committee 148	Deliberate delay 22
Code xi	Disabilities 53–55, 76
definition 111	general 51
College Club Swimming xi, 57	physical 53–55
Colonies Zone 146	Disabled 53
Color 49	cognitively 53
Commands	Discrimination 90
starts 21	Disqualifications 15–16, 33, 75
Committees 106–109	Dissolution 110
ad hoc 95, 109	Diversity and Inclusion Committee 148
appointments 109	Diving boards 47
Audit 104, 148	Drafting xi, 79
Championship 106, 148	Dual 15, 23
Coaches 107, 148	Dual meet xi
Compensation and Benefits 105, 148	Dual-sanctioned meet
Diversity and Inclusion 148	USA Swimming 60
Elections 105, 148	E
Executive 105–106	<del>-</del>
Finance 105, 148	Election operating guidelines 102, 103
Governance 105, 148	Elections Committee 104, 148
History and Archives 107, 148	Electronic timing chip xi

Eligibility 6	First day of meet xii
Emergency actions 113	Fiscal year 109
amendments at annual meeting 113	Fitness events xii, 62
amendments between annual meetings	Flags and lines
113	design 49
expiration of 114	location 49
End of the course xi	Foreign
End wall targets 47	national championship 36
Entry fees 9, 82	Foreign swimmer xii
Entry form 82	Forward start xii, 1
Equal opportunity 96	Foul xii
Escort craft xii	Freestyle 4
Escorted swim 75–76	Front edge 48
Etiquette	_
lane 12	G
Event xii	Gender xii
Event director xii, 82	Gender identity xii
Event limit 8	Glossary
Events 7–8	amendment 111
open water 67–68	Governance Committee 148
•	Grease xii
straightaway 74 Executive Committee 105–106	Great Lakes Zone 146
members	Guiding principles ix, x, 100
immediate past president 105	Н
nonvoting	Hard of hearing 52
chief executive officer 106	Hearings 90–93
officers 105	documentation 93
nonvoting members	
legal counsel 105	filing fee 93
policies 106	recognition and enforcement 93
Ex officio xii	Heats xii
F	assignments 10
•	minimum 11
Facilities 45	pairing of 12
False starts 22	preliminary xiv
Fees 109	Heat sheet xii
Finance Committee 148	Height 48
Financial policy 109	History and Archives Committee 148
fees 109	Horizontal xii
fiscal year 109	Housekeeping xii, 111
Finish xii	House of Delegates 95, 100
backstroke 3	annual meeting 101
blind and visually impaired 52	meetings
breaststroke 2	methods 101
butterfly 4	notice 101
disabilities 54	meetings of 101
freestyle 4	membership 100
individual medley 5	at-large members 100
open water 74–75	Board of Directors 100
Finish point xii	Finance Committee 100

legal counsel 100	Judges 22–23
Legislation Committee 100	chief 22
LMSC delegates 100	jurisdiction of 23
Long Distance Committee 100	stroke 23
National Board of Review	turn 23
chair 100	Jurisdiction 90
nonvoting delegates	
affiliate members 100	K
allied members 100	Kick
past presidents 100	breaststroke 2
permanent committees of the Board	butterfly 3
of Directors	disability 54
chairs 100	
Rules Committee 100	L
standing committees	Ladders 47
chairs 100	Lane xiii
zone chairs 100	assignments 10–13
	markers xiii
other meetings 101 powers 100–101	numbers 47, 48
-	swimmers of similar speed in same 13
admit to group membership 101	line xiii
admit to individual membership 101	Last day of the meet xiii
amendments 101	Leadoff xiii
annual reports 101	Leg xiii
delegation 101	Legal counsel 143
election of officers and directors	Legislation Committee 148
100	Length xiii
standing committees 101	Liability release 65
I	Lighting 47
111	LMSC xiii, 96
Illumination 47	abbreviations 141
Immediate past president 143	annual meeting 96
Individual events 6	board of directors 95
Individual medley 4	boundaries
Indivisible package 112	map 142
Information for meet directors and	boundaries 142–144
officials 117	
Initial distance xiii	descriptions 96
Installation 50	bylaws 96
Insurance 110	filing of 96 chairs 143
coverage 110	
indemnification 110–111	election of officers 96
International Swimming Hall of Fame	financial controls 99
honor coaches 155	jurisdiction of 90
honor contributors 155	membership 96
honor swimmers 155	numeric codes 141
USMS members 155	officers 95
Investment Committee 148	official names 96
IOC xiii	records and record keeping 99
J	Local Masters Swimming Committee
•	96

LMSC Development Committee 148	director 18
LMSC options 33	documents
Long course (50) meters xi, 7, 33	storage requirements for 127
Long distance	dual 32
championships	dual-sanctioned xi
bidding areas 141	information 36
Long distance	name 33
age 67	postponement 14
All-Star Team 85–86	program xiii
distance-based 78, 79	affiliation 60
membership 67	age 60
multiple per lane 79	results
officials 79	preparation of 127
place 80	triangular 32
pool size 79	Member xiii
relay	in good standing x
cumulative 78	Member in good standing xiv, 59
sequential 78	conduct of 89-90
representation 67	Membership 57–58
results 80	affiliate 95
sanctions 67	allied 95
time-based 78, 79	annual 57, 58
timing 79	application forms 58
Long Distance Committee 148	categories 95
Long distance pool 77	club
M	College Club Swimming 58
•••	standard 58
Major changes for 2024 x	fee 58
Manual start xiii	individual 95
Mark xiii	transfer 59
Marshals 25	LMSC 96
Masters International Swimming Hall	changing affiliation 58
of Fame	
	long distance 67
honor contributors 155	long distance 67 mandatory 95
honor contributors 155 honor Masters swimmers 154	long distance 67 mandatory 95 national championship 35
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155	long distance 67 mandatory 95 national championship 35 open water 67
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154	long distance 67 mandatory 95 national championship 35 open water 67 other 95
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22 Mission statement ix
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii announcement xiii, 36	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii announcement xiii, 36 cancellation	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22 Mission statement ix Must xiv
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii announcement xiii, 36 cancellation cancellation 14	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22 Mission statement ix Must xiv
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii announcement xiii, 36 cancellation cancellation 14 categories 33	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22 Mission statement ix Must xiv  N National Board of Review 91–92, 95
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii announcement xiii, 36 cancellation cancellation 14 categories 33 championship	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22 Mission statement ix Must xiv  N National Board of Review 91–92, 95 authority of 91–92
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii announcement xiii, 36 cancellation cancellation 14 categories 33 championship LMSC 99	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22 Mission statement ix Must xiv  N National Board of Review 91–92, 95 authority of 91–92 chair
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii announcement xiii, 36 cancellation cancellation 14 categories 33 championship LMSC 99 change of program and postponement	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22 Mission statement ix Must xiv  N National Board of Review 91–92, 95 authority of 91–92 chair authority of 92
honor contributors 155 honor Masters swimmers 154 honor open water swimmers 155 USMS members 154 Masters Swimming xiii May xiii Medical identification item xiii Meet xiii announcement xiii, 36 cancellation cancellation 14 categories 33 championship LMSC 99	long distance 67 mandatory 95 national championship 35 open water 67 other 95 Minimum standards LMSC 99 Misconduct 22 Mission statement ix Must xiv  N National Board of Review 91–92, 95 authority of 91–92 chair

LMSC decision	elections and term of office 101-102
appeal of 92	positions 101
National championship 47, 80-86	president
assistance 83	duties 102
bid	reelection 102
awarding of 33–34	secretary
club scoring 38, 84-85	duties 102
conduct of 34-41	term of office 102
distance events 37	treasurer
entry	duties 102
deadline 36	vice presidents
form 36	duties 102
procedures 35	Officials 18, 71, 79, 83
equipment 40	administrative 20
event limit 34	qualification of 19
facilities 40	Officials Committee 148
financial 82	Official time x, xiv, 28–29
heat sheets 34	determination of 26
local clubs 38	Olympics 60
long course 157	One-event registration 57
long distance	open water 57
bidding areas 143–144	pool 57
long distance events 80–81	On the breast xiv
multiple courses 38	Open water 68
open water 80–81	All-Star Team 85–86
participant information 34	disqualifications 75
personnel 39	escorted 75
program 34, 35	events 67–68
protests 39, 83	noncompetitive 77
regional clubs 38	finishes 74
results 84	incomplete race 77
short course 156, 157	officials 71
site selection 81–82	organization 67
warm-up schedule 34	relay
National office 147	cumulative 69
National qualifying times	distance basis 69
adjustments for altitude 128	point basis 69
Noncompliant facilities 60	sequential 70
Nonconforming events 60	time basis 69
Nonconsensual physical contact 90	safety 70-71
Nonconsensual sexual conduct 90	scoring 70–71
Northwest Zone 146	age group 71
0	seeding 74
•	starts 74
Obscene language 90	swims 68
Observer's report form 137	straightaway 68
Oceana Zone 146	swimwear
Officers 101–103. See also Annual	category I 72–73
meeting	category II 73
duties of 102–103	

Operations guide	Paralympics 61
open water 67	records 41
Opportunity to participate 90	withholding 61
Optional accessories 50	Recognition and Awards Committee
Other meets 32	148
Overflow recirculation system 47	Recognized events xiv, 61–62
Р	Recorder of records 25
•	Records 41, 86, 115, 115–116
Pace clocks 50	application 134
Paddler xiv	application for USMS/world records
Paralympics 60	133
Parliamentary authority 109	deadlines x, 41
Participation 89	long distance
Past presidents 148	documentation requirements 134
Penalties 9	national 43
Permanent course 46	requirements for 41–42
Places 13	pool measurement 42
Pool xiv	Top 10 42–43
bottom lane markers 46	world 45
certification	Records and Tabulation Committee 148
records 42	Referee 19–20
deck 47	optional instructions 21
markings 46–47	preparation 21
platform 48	Register xiv
racing course	Relay 5, 9–10
dimensions 45–46	cumulative 69, 78
walls 46	events 6
water	freestyle 5
depth 46	medley 5
temperature 47	results
width 46	preparation of 127
Power source 50	rules 5, 6
Preseeding xiv	sequential 70, 78
President 143	takeoffs
Press steward 25	blind and visually impaired 52
Proof of membership 60	Relay takeoff judge 23
Propulsive xiv	Release 65
Protection 89	Reporting
Protests 17, 83	officials and meet personnel 19
Q	Report of occurrence 136
Qualifying times 89	Representation 58–59
	long distance 67
Quorum 101	open water 67
R	Required personnel 18
Recall device 50	Responsibilities 51
Recall rope operator 22	Results 80, 84
Recognition 56	individual events
Executive Committee 61	preparation of 127
Olympics 61	meet 39

national championships 39	Southeast Zone 147
preparation of 10	Southwest Zone 147
Rule book dedication ii	Split notification form 135
Rules 78, 80	Splits
differences between USMS and other	preparation of results 127
organizations 117	Split time xv
Rules Committee 148	Start 1
S	backstroke 3
_	blind and visually impaired 52
Safety 49, 50	breaststroke 2
electrical 51	butterfly 3
open water 70–71	freestyle 4
Safety plan xiv	individual medley 4
Sanction xiv, 55	open water 74
open water 62–64, 67	physical disability 53
pool 59–62	running 74
records 41	stationary 74
requirements 59, 63	Starter 21–22
withdrawal or denial of 61, 64	Starting
withholding 61	command 1
Sanctioned meets	from alternate ends of course 11
nonconforming events 60	grips 48
Schedule	platforms 48
national and international event sched-	signal 74
ule 139	visual signal 52
Scissors xiv	Starting system
Scissors kick xiv	equipment 21
Scoring 32–33, 84–85	loudspeaker 49
divisions 70–71	strobe light location 52
Scratch xiv	Still water xv, 43
Scratch procedures 9	Straightaway swim xv, 68
Secretary 143	Strokes
Seeding xiv, 10, 10–13	backstroke 3
events in a 50-meter course 11	breaststroke 2
fast-to-slow 11	butterfly 3
national championships 37	disability 54
open water 74	freestyle 4
slow-to-fast 11	individual medley 4
two-to-a-lane 11	Submitted times xv
Session xiv	Swimmer
Shall xv	foreign 59
Short course xi	Swimwear 14–15, 72–73, 83
Short course (25) meters 33	design 14, 72
Short course (25) yards 7, 33	Т
Should xv	
Size 49	Table of contents iv
Slope 48	Threatening language 90
Soft touch xv	Ties 33
Solo swim 68	Time
South Central Zone 146	aggregate xi

Timed finals xv	USMS xv
Timers 18, 24–25	directory 143
chief 24	history 149
head lane 24	standing committees 148
lane 24	USMS Dorothy Donnelly Service
Time trial xv	Awards 150
Timing	USMS Kerry O'Brien Coaching Awards
accuracy 29	151, 154
adjustment for difference 27	V
adjustment for lane malfunction 27	<u>-</u>
altitude adjustment 35	Values ix
automatic 26	Venue xv, 127
equipment 25-27	Verification
automatic 25, 50	swimmer 63
manual 26	Vice president of administration 143
operator 25	Vice president of community services
semiautomatic 26	143
time display board 50	Vice president of local operations 143
malfunction	Vice president of programs 143
primary 27	Virtual event x, xv
manual 26	Virtual Guide to Operations 67
primary 26	Vision statement ix
resolution 29	Visually impaired. See Blind
secondary 26	W
semiautomatic 26, 27	
tertiary 26	Wall xv, 46, 47, 48, 52, 54
Tobacco	Warm-down 6–7
no smoking signs 48	availability 6, 9
products 17, 17–18	procedure 7, 8
Touch xv	Warm-up. See Warm-down
Touchpads 46, 50	Warning signal xv, 22
Travel permits 59	Water
Treasurer 143	still 43
Turn xv	Wave xv, 74
backstroke 4	Will xv
blind and visually impaired 52 breaststroke 2	Workout group xvi World Aquatics xvi, 61, 60, 62, 15, 42
butterfly 3	information for USMS participants at
disability 54	World Aquatics events 125
freestyle 4	World championship 161
individual medley 4	world championship 101
•	Z
U	Zone xvi, 99
Unattached 9	boundaries 99, 142
U.S. Aquatic Sports xv	map 142
USAS xv	chairs 99, 143
USA Swimming	championship meet 100
meets	communication 100
combined 124	meeting 99
dual-sanctioned events 124	policy 100

Zone chairs
reelection 100
residency requirement 99
vacancy 99
Zones
boundaries
Breadbasket 99
Colonies 99
Great Lakes 99
Northwest 99
Oceana 99
South Central 99

Southeast 99 Southwest 99