

2012 RULE BOOK



**U.S. MASTERS
SWIMMING**

SWIMOUTLET
SWIMOUTLET.com

**U.S. MASTERS SWIMMING
APPAREL & GEAR NOW AVAILABLE
ON SWIMOUTLET.COM!**



We have worked hard to create a USMS line that is fresh and in-tune with the modern day swimmer! The new U.S. Masters Swimming collection features modern & slim fitting cuts.

Shop now at:

www.swimoutlet.com/US-Masters-Swimming



**An Official
USMS Sponsor**

2012

**UNITED STATES MASTERS SWIMMING
CODE OF REGULATIONS
AND
RULES OF COMPETITION**

**Published by
United States Masters Swimming Inc.
655 North Tamiami Trail
Sarasota, FL 34236
Telephone: (800) 550-SWIM (7946) or (941) 256-8767
Fax: (941) 556-7946**

Email: USMS@USMS.ORG

Edited by Susan Ehringer with assistance from the Rules, Open Water, Long Distance, Recognition and Awards, Records and Tabulation, and Legislation Committees.

This is an official publication of United States Masters Swimming Inc., the national governing body for Masters swimming in the United States. Additional copies of this book may be purchased at a cost of \$10 from the USMS National Office at the above address.

Copyright 2012 by United States Masters Swimming Inc. Portions of this book are reprinted with permission from USA Swimming Rules and Regulations (Copyright 2012).

Cover Design: by Ray Novitske

DEDICATION

The 2012 *United States Masters Swimming Code of Regulations and Rules of Competition* is dedicated to Esther Lyman.

From repairing her LMSC's Top Ten list to being the USMS Membership Database Administrator, Esther brought her usual thoroughness to the task. She often became an expert on each of the responsibilities and then smartly found someone qualified to take over. Over the years, Esther volunteered for a number of positions which involved rather "tedious" responsibilities.

Esther was hard working, meticulous, patient, flexible and very knowledgeable when it came to the management of data. She took tremendous pride in her work and was very much appreciated by members, local registrars, committees and Board of Directors.

After the first year as the Membership Database Administrator, Esther wrote, "It took a great deal of courage all around to strike into this unknown territory – bringing the function in house – but we all survived and can all take credit that the results speak for themselves, including all the registrars who have given patiently of their time and effort and all deserve a medal! Not all gold, but no DQs either."

Previous Rule Book Dedications

1989	June Krauser
1992	Mary Lee Watson
1993	Kathrine Casey and Gail Dummer
1994	All USMS volunteers
1995	E. Kevin Kelly
1996	Dorothy Donnelly
1997	Jack Geoghegan
1998	USMS All-Americans
1999	F.H. "Ted" Haartz
2000	Jim Matysek
2001	Gene Donner and the staff of Gateway Printing
2002	Nancy Ridout
2003	Tom Boak
2004	Joanne Tingley
2005	Walt Reid
2006	Pieter Cath
2007	Pacific Masters XI FINA World Masters Championships Organizing Committee
2008	Steve Schofield
2009	Meg Smath
2010	Bill Volckening
2011	Tracy Grilli

**UNITED STATES MASTERS SWIMMING INC.
EXECUTIVE COMMITTEE**

President	Nadine Day
Vice President of Administration	Michael Heather
Vice President of Community Services	Jody Smith
Vice President of Local Operations	Ed Tsuzuki
Vice President of Programs	Dave Diehl
Secretary	C.J. Rushman
Treasurer	Ralph Davis
Past President	Jeff Moxie
Legal Counsel	Patty Miller

NATIONAL OFFICE

Executive Director	Rob Butcher
Controller	Susan Kuhlman
Editor-in-Chief	Laura Hamel
Webmaster / IT Director	Jim Matysek
Marketing Director	Kyle Deery
Membership Director	Anna Lea Matysek
Membership Coordinator	Tracy Grilli
Web Developer	Luke Shaheen
Club Development Coordinator	Mel Goldstein
Club Development Coordinator	Lisa Dahl
Club Development Coordinator	Susan Ingraham
Project Manager	Ben Christoffel

TABLE OF CONTENTS

Part 1: Swimming Rules

ARTICLE 101: Starts, Strokes and Relays	1
101.1 Starts	1
101.2 Breaststroke.....	2
101.3 Butterfly	2
101.4 Backstroke.....	3
101.5 Freestyle.....	4
101.6 Individual Medley.....	4
101.7 Relays.....	4
ARTICLE 102: Swimming Competition	5
102.1 Eligibility	5
102.2 Age Determining Date	6
102.3 Age Groups	6
102.4 Warm-up/Warm-down.....	6
102.5 Events.....	6
102.6 Event Limit	7
102.7 Entry Fees	7
102.8 Scratch Procedures.....	7
102.9 Relays.....	7
102.10 Lane Assignments – Seeding – Counters.....	8
102.11 Change of Program and Postponement.....	11
102.12 Swimwear for Pool Competition	12
102.13 Disqualifications	13
102.14 Protests.....	14
102.15 Tobacco Products	15
ARTICLE 103: Meet Procedures	15
103.1 Meet Director	15
103.2 Required Personnel	15
103.3 Qualification of Officials	15
103.4 Reporting of Officials and Meet Personnel.....	16
103.5 Meet Committee.....	16
103.6 Referee	16
103.7 Administrative Referee	17
103.8 Starter.....	17
103.9 Recall Rope Operator.....	19
103.10 Judges.....	19
103.11 Timers	20
103.12 Clerk of Course	21
103.13 Marshals.....	21
103.14 Announcer.....	21
103.15 Recorder Of Records.....	21
103.16 Press Steward.....	21
103.17 Timing Equipment	21
103.18 Official Time	25
103.19 Scoring	26
103.20 Awards	27
ARTICLE 104: National Championship Meets	27
104.1 Meet Categories	27
104.2 Meet Name.....	27
104.3 Awarding of National Championship Meets.....	28
104.4 USMS Assistance and Agreements.....	28
104.5 Conduct of National Championship Meets.....	29

ARTICLE 105: Records, Top 10 Times and All-American Recognition	38
105.1 Requirements for Records and Top 10 Times.....	38
105.2 Top 10 Times	39
105.3 USMS National Records.....	40
105.4 All-American	40
105.5 World Records.....	41
ARTICLE 106: Health and Safety Regulations for Competition	41
106.1 Medical Examination	41
106.2 Medical Equipment	41
ARTICLE 107: Facilities Standards	41
107.1 Definitions.....	41
107.2 Racing Course Dimensions	41
107.3 Racing Course Walls.....	42
107.4 Pool and Bulkhead Markings.....	42
107.5 Overflow Recirculation System.....	43
107.6 Water Temperature	43
107.7 Ladders.....	43
107.8 Other Deck Equipment	43
107.9 Lighting.....	43
107.10 No Smoking Signs	43
107.11 Starting Platforms	44
107.12 Floating Lane Lines/Dividers	44
107.13 Backstroke Flags and Lines	45
107.14 Loudspeaker Starting System	45
107.15 Recall Device	45
107.16 Pace Clocks.....	45
107.17 Automatic Timing Equipment	45
107.18 Electrical Safety.....	46
ARTICLE 108:	
Guidelines for Officiating Swimmers with a Disability in USMS Meets	47
108.1 General	47
108.2 Blind And Visually Impaired	47
108.3 Deaf And Hard Of Hearing.....	48
108.4 Cognitively Disabled	48
108.5 Physical Disabilities.....	48

Part 2: Administrative Regulations of Competition

ARTICLE 201: Membership and Representation	51
201.1 Membership of Individuals	51
201.2 Membership of Clubs.....	52
201.3 Representation.....	52
201.4 Travel Permits.....	53
ARTICLE 202: Sanction/Recognition of pool events	53
202.1 Sanctions.....	53
202.2 Recognized Events.....	54
202.3 Fitness Events	56
ARTICLE 203: Open Water Sanction	56
203.1 Sanctions	56
203.2 Swimmer Verification	56
203.3 Sanction Requirements	57
203.4 Withdrawal Or Denial Of Sanctions	58
ARTICLE 204: Liability Release	58
204.1 Release	58

Part 3: Open Water and Long Distance Swimming Rules	
ARTICLE 301: Administration	59
301.1 Organization	59
301.2 Open Water Guide to Operations	59
301.3 Membership, Representation and Sanctions	59
301.4 Liability Release	59
301.5 Age Determining Date	59
ARTICLE 302: Open Water Events	60
302.1 Events	60
302.2 Open Water Swims	60
302.3 Cumulative Relays	60
302.4 Sequential Relays	61
ARTICLE 303: Conduct of Competitive Open Water Events	61
303.1 Scoring Divisions	61
303.2 Safety Standards	61
303.3 Escorted Swims	62
303.4 Starts	63
303.5 Seeding	63
303.6 Finishes	63
303.7 Swimwear for Open Water Events	64
303.8 Officials	65
303.9 Disqualifications	65
303.10 Swimmers with Disabilities	66
303.11 Solo Open Water Swim	66
303.12 Incomplete Race	66
ARTICLE 304: Conduct of Noncompetitive Open Water Events	66
304.1 Noncompetitive Events	66
ARTICLE 305: Long Distance Pool Events	67
305.1 Events	67
305.2 Definitions	67
305.3 Pool	67
305.4 Cumulative Relays	67
305.5 Sequential Relays	67
305.6 Age Groups	68
305.7 Awards	68
ARTICLE 306: Conduct of Postal Events	68
306.1 Rules	68
306.2 Pool Size	68
306.3 Officials	68
306.4 Multiple Swimmers per Lane	68
306.5 Timing	68
306.6 Determining Distances in Time-Based Events	68
306.7 Determining Times in Short-Course Distance-Based Events	69
306.8 Integrity of Results in Postal Events	69
306.9 Determination of Place	69
ARTICLE 307: Open Water and Long Distance National Championships	69
307.1 Rules	69
307.2 Open Water and Long Distance Championship Events	69
307.3 Site Selection	70
307.4 Contract	71
307.5 Financial	71
307.6 Entry Fee	72
307.7 Rules of Conduct	72
307.8 Results	73
307.9 Club Scoring	73
307.10 Awards	74

307.11 All-American	74
307.12 All-Star Team	74
ARTICLE 308: Records	75
308.1 Records	75

Part 4: Participation, Conduct, Hearings and Appeals

ARTICLE 401: Participation	77
401.1 Protection	77
401.2 Participation	77
ARTICLE 402: Conduct of Members	77
402.1 Standards Of Conduct	77
402.2 Compliance With Rules and Regulations	77
402.3 Enforcement	78
402.4 Unsporting Conduct	78
ARTICLE 403: Hearings and Appeals	78
403.1 General Jurisdiction	78
403.2 Jurisdiction of the LMSC	78
403.3 National Board of Review	78
403.4 Jurisdiction of the National Board Of Review	79
403.5 Authority of the National Board of Review	79
403.6 Authority of the National Board of Review Chair	80
403.7 Appeal of LMSC Decision to the National Board of Review	80
403.8 Hearing Panel Procedure	80
403.9 Appeal to the Board of Directors	81
403.10 Documentation	81
403.11 Filing Fee	81
403.12 Recognition and Enforcement	82

Part 5: United States Masters Swimming Inc.: Organization and Bylaws

ARTICLE 501: Membership	83
501.1 Membership Categories	83
501.2 Mandatory Memberships	83
501.3 Equal Opportunity	84
ARTICLE 502: Local Masters Swimming Committee (LMSC)	84
502.1 LMSC Membership	84
502.2 Bylaws	84
502.3 Annual Meeting	84
502.4 Election Of Officers	84
502.5 Filing of Bylaws	84
502.6 Boundary Descriptions	84
502.7 Records and Record Keeping	84
502.8 Financial Controls	84
502.9 LMSC Championship Meets	84
502.10 LMSC Minimum Standards	84
ARTICLE 503: Zones	85
503.1 Zone Boundaries	85
503.2 Zone Meetings	85
503.3 Zone Chairs	85
503.4 Zone Policies	85
503.5 Zone Championship Meets	85
503.6 Communications	85
ARTICLE 504: House of Delegates	85
504.1 Membership	85
504.2 Powers	86

504.3	Meetings of the House of Delegates	86
ARTICLE 505: Officers		87
505.1	Positions	87
505.2	Elections and Term of Office	87
505.3	Duties of Officers	87
ARTICLE 506: Board Of Directors		88
506.1	Membership	88
506.2	Election and Term of Office of At-Large Directors	89
506.3	Powers	89
506.4	Meetings	89
506.5	Quorum	90
506.6	Voting Privileges	90
506.7	Permanent Committees of the Board	90
506.8	Executive Committee	90
506.9	Removal of Board Members	91
506.10	Vacancies	91
ARTICLE 507: Committees and Appointments		91
507.1	Standing Committees	91
507.2	Ad Hoc Committees	94
507.3	Appointments	94
ARTICLE 508: Financial Policy		95
508.1	Fiscal Year	95
508.2	Fees	95
508.3	Budget Requests	95
ARTICLE 509: Parliamentary Authority		95
509.1	Parliamentary Authority	95
ARTICLE 510: Indemnification		95
510.1	Coverage	95
510.2	Insurance	96
ARTICLE 511: Dissolution		96
511.1	Dissolution	96

Part 6: Amendment Procedures

ARTICLE 601: Amendments		97
601.1	Committee Jurisdiction	97
601.2	Submission of Proposed Amendments	97
601.3	Modification Of Proposed Amendments	98
601.4	Adoption Of Proposed Amendments	98
601.5	Effective Date	99

APPENDIX A: Records		101
APPENDIX B: Information for Meet Directors and Officials		127
APPENDIX C: National and International Masters Swimming Schedule		149
APPENDIX D: Zone and LMSC Boundaries		151
APPENDIX E: USMS Directory		159
APPENDIX F: USMS History		167

Organizing Principles
Preamble

United States Masters Swimming is an organization of sportswomen and sportsmen founded in 1970 and dedicated to the premise that the lives of participants will be enhanced through aquatic physical conditioning. USMS supports and encourages competitions among its members and those of other nations. This book establishes certain rules and regulations for the conduct of the organization, the participants and the competitors in the spirit of good sportsmanship.

Mission Statement

To promote health, wellness, fitness and competition for adults through swimming.

Vision Statement

USMS will be the premier resource for adult aquatic fitness in the United States and will make fitness through swimming available for as many adults as possible.

Goals and Objectives

- A** To encourage and promote improved physical fitness and health in adults.
- B** To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- C** To encourage organizations and communities to establish and sponsor Masters swimming programs.
- D** To enhance fellowship and camaraderie among Masters swimmers.
- E** To stimulate research in the sociology, psychology and physiology of Masters swimming.

CORE OBJECTIVES

- Service the membership.
- Educate the membership.
- Build the membership.

Major Changes for 2012

USMS has updated its Mission Statement: To promote health, wellness, fitness and competition for adults through swimming.

USMS has added a Vision Statement: USMS will be the premier resource for adult aquatic fitness in the United States and will make fitness through swimming available for as many adults as possible.

Article 203: Sanction of Open Water Events: Was completely rewritten.

Stroke Judges: Stroke judges shall operate on both sides of the pool, preferably walking slightly behind the swimmers. (Article 103.10.2)

Determination of Official Time:

- .30 second is a guideline when determining if a malfunction has occurred on a lane. (Article 103.17.3C[1])
- Language allowing a correction factor to be integrated into the timing system has been deleted. (Article 103.17.3D)

Glossary

Aggregate Time—times achieved by four individuals in separate starts that are added together to arrive at a relay time for entry purposes.

Anchored (Starting Platform)—stable at all times without human aid.

Body—the torso, including shoulders and hips.

Bulkhead—moveable end wall of a course.

Cable Swim—a type of straightaway swim defined by a cable.

Calm State or Surface—normal level surface without turbulence.

Chapter—a subordinate organization (subgroup) of a club that is a member of USMS registered through an LMSC. Individual members of a chapter are also members of the parent club.

Club—an organization or group of permanent character that is a member of USMS, registered through an LMSC and that actively promotes and/or participates in Masters swimming.

Corporation—United States Masters Swimming Inc. (USMS).

Course—designated distance over which the competition is conducted.

Long Course—50 meters.

Short Course—25 yards or 25 meters.

Deck Entered—all entries are accepted on the first or later day of that meet and subsequently seeded into events.

Deck-seeding—with or without check-in, events are seeded at the time of the event using entries received prior to or at the meet.

Drafting/Slipstreaming—in an open water event, an individual swimming behind or next to a single swimmer or support craft for the purpose of taking advantage of the reduced water resistance.

Dual Meet—competition between two clubs.

Electronic Timing Chip—used to trigger the timing system and may not be used as an audible pacing device in swimming.

End of the Course—designated wall for racing turns or finishes.

Escort Craft—boats or paddle boards used for the swimmers' safety and logistical support.

Event—any clinic, demonstration, series of races in a given stroke and distance, or meet, including pool, long distance and open water.

Event Director—the person responsible for the administration and conduct of the event.

Ex Officio Member—a committee member, appointed by virtue of an office or position held, who has participatory rights of membership but no vote.

FINA—Federation International de Natation Amateur (International Fed-

eration of Amateur Swimming).

Finish Point—the physical location where the race terminates.

Fitness Events—events designed to encourage and enhance fitness.

First Day of Meet—day on which first competitive swimming event is conducted.

Foreign Swimmer—athlete member of a FINA member federation other than USMS.

Foul—an instance of obstruction, interference, collision or equipment malfunction that prevents the successful completion of a race.

Grease—a substance used by swimmers to reduce friction or reduce the loss of body heat during a swim.

Heat—a division of an event in which there are too many swimmers to compete at one time.

Horizontal—parallel to the level surface of the water.

IOC—International Olympic Committee.

Initial Distance—that first portion of a race for which an official time may be recorded but which is not itself a completed event.

Lane—the specific area in which the swimmer is assigned to swim.

Lane Line—continuous floating markers attached to a line stretched from one end of the course to the other for the purpose of separating adjacent lanes.

Lane Markers—the guide lines on the bottom of the pool and in the center of the lanes running from one end of the course to the other.

Last Day of the Meet—day on which last competitive swimming event is conducted.

Leadoff—the first part of the relay event that is swum by a single team member.

Leg (Relay)—the part of the relay event that is swum by a single team member.

Length—extent of the course from end to end.

LMSC—Local Masters Swimming Committee.

Malfunction—a mechanical or electronic equipment failure; not a human failure by the swimmer.

Manual Start—the start of any timing device by an individual in response to the same starting signal given to the swimmers.

Mark—(take your) starting position.

Masters Swimming—a program including training, competition and other activities affiliated with United States Masters Swimming through the participation of USMS members or through a USMS sanction.

May—permissive, not mandatory.

Meet—an event or series of events held under a single sanction or recognition and conducted within 10 consecutive days, except for postal meets.

Member—an individual, club or organization that registered with USMS through an LMSC.

Must—mandatory.

Open Competition—competition that any qualified individual, club or organization may enter.

Paddler—a person on a paddle board or manually propelled craft who supports a swimmer or group of swimmers.

Pool—the physical facility in which the competition is conducted.

Postal Event—a swimming competition conducted in multiple pool locations with results compiled in a central location.

Preseeding—events are seeded prior to the day of competition.

Propulsive—having the power to propel.

Recognized Events—the written acknowledgment by an LMSC for a designated competition conducted in conformance with relevant USMS rules, or a demonstration, clinic or exhibition conducted by USMS member clubs, individual members or organizations other than USMS in which both members and nonmembers may participate. Times or distances achieved by members at recognized competitions will be considered for recording purposes by USMS.

Register—enroll as a member of USMS through an LMSC.

Safety/Medical Evacuation Plans—written plans for the procedures to be followed in the event of an emergency or need for medical intervention.

Sanction—the written authorization of an LMSC to permit members to participate in a specific competition, demonstration, clinic, exhibition or Swim-A-Thon®.

SCN—Swimming Canada Natation.

Scissors—use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

Scratch—withdraw an entry from an event or fail to report to the assigned lane in the assigned heat.

Seeding—distributing swimmers among the required number of heats and/or lanes, based on submitted times.

Session—any portion of a pool meet distinctly separated from other portions of the meet by locale, time, day or type of competition; i.e., first day and second day, morning and evening, etc., exclusive of a short break between events such as before the start of distance events or relays.

Shall—mandatory.

Should—recommended but not mandatory.

Split Time—time recorded from official start to completion of an initial distance within a longer event.

Still Water—water contained within four walls or landlocked, having no perceptible current or movement other than that caused by wind or by swimmers. (Circulatory systems should be off during competition.)

Straightaway Swim—any swim of any length where the course shall be a straight, measured distance, in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer.

Submitted Times—those filed with an entry as having been previously achieved or reasonably estimated; also known as seed times.

Timed Finals—competition in which only heats are swum and final placings are determined by the times achieved in the heats.

Touch—contact with the end of the course.

Turn—a point on the course where the swimmers reverse or change direction of the swim.

Unattached Member—an individual member who does not represent a USMS club.

USAS—United States Aquatic Sports Inc.

USMS—United States Masters Swimming Inc.

Venue—geographical area and environs where a swim event is conducted.

Wall—the vertical portion of the pool, the contiguous surface of the deck and overflow gutters, the front portion of the starting block or platform, or the touchpad at the end of the course.

Warning Signal—a bell, whistle, air horn or other appropriate audible device.

Wave—the second or subsequent start used if the start area cannot accommodate all contestants at the same time.

Will—consent to do, an expectation or used interchangeably with shall.

Zone—a geographic section of the country that includes all LMSCs within that section.

PART 1: SWIMMING RULES

1

All provisions under *Part 1: Swimming Rules*, unless otherwise specified, are effective beginning January 1, 2012, and until changed. Rules in effect on the first day of a meet shall govern throughout the meet.

Part 1: Swimming Rules is based upon articles 101, “Individual Strokes and Relays,” 102, “Conduct and Officiating of All Swimming Competition,” and 105, “Guidelines for Officiating Swimmers with a Disability in USA Swimming Meets,” of the USA Swimming Technical Rules, which, as amended, will govern all Masters swimming competitions.

All competitive swimming events held under corporate sanction shall be conducted in accordance with the following rules, which are designed to provide fair and equitable conditions of competition.

It is not the purpose of the *Code of Regulations and Rules of Competition of United States Masters Swimming* (the national governing body) contained herein to set standards of care for the safety of the swimmer. Safety considerations should be addressed by the swimmer, the swim coach and the local public entity or pool owner in whose facility events are held.

ARTICLE 101: STARTS, STROKES AND RELAYS

101.1 STARTS

101.1.1 Forward Start—The forward start may be taken from the starting block, the pool deck or a push from the wall. At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, the edge of the pool or on the wall before the command “Take your mark.” Those starting in the water must have at least one hand in contact with the wall or starting block.

101.1.2 Backstroke Start

A Starting commands—At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee’s first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.

B All courses—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter or bending the toes over the lip of the gutter before or after the start is prohibited.

101.2 BREASTSTROKE

101.2.1 Start—The forward start shall be used.

101.2.2 Stroke—After the start and after each turn when the swimmer leaves the wall, the shoulders must be at or past the vertical toward the breast. The swimmer is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

101.2.3 Kick—After the start and after each turn, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly (dolphin) kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

101.2.4 Turns and Finish—At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3 BUTTERFLY

101.3.1 Start—The forward start shall be used.

101.3.2 Stroke—After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. (**Note:** After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings the swim-

mer to the surface.) It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

101.3.3 Kick—All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke or whip kick is permitted per arm pull, except that a single breaststroke or whip kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke or whip kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted.

101.3.4 Turns—At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

101.3.5 Finish—At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above or below the water surface.

101.4 BACKSTROKE

101.4.1 Start—The backstroke start shall be used.

101.4.2 Stroke—Standing in or on the gutter, placing the toes above the lip of the gutter or bending the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

101.4.3 Turns—Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.

Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action."

101.4.4 Finish—Upon the finish of the race, the swimmer must touch the wall while on the back. The body may be submerged at the touch.

101.5 FREESTYLE

101.5.1 Start—The forward start or the backstroke start shall be used.

101.5.2 Stroke—In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

101.5.3 Turns—Upon completion of each length, the swimmer must touch the wall.

101.5.4 Finish—The swimmer shall have finished the race when any part of the swimmer touches the wall after completing the prescribed distance.

101.6 INDIVIDUAL MEDLEY

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

101.6.1 Start—The forward start shall be used.

101.6.2 Stroke—The stroke for each one-fourth of the designated distance shall follow the prescribed rules for each stroke.

101.6.3 Turns

A Intermediate turns within each stroke shall conform to the turn rules for that stroke.

B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) Butterfly to backstroke—The swimmer must touch as described in article 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

(2) Backstroke to breaststroke—The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(3) Breaststroke to freestyle—The swimmer must touch as described in article 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner.

101.6.4 Finish—The swimmer shall have finished the race when any part of the swimmer touches the wall after completion of the prescribed distance.

101.7 RELAYS

101.7.1 Freestyle Relay—Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

101.7.2 Medley Relay—Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

101.7.3 Rules Pertaining to Relay Races

A No swimmer shall swim more than one leg in any relay event.

B When automatic relay takeoff judging is used, all swimmers must touch the touchplate or pad in their respective lanes at the end of the course to have finished their legs of the relay race.

C A swimmer other than the first swimmer shall not start until the previous swimmer's leg has been concluded.

D If a team member other than the swimmer designated to swim a particular leg jumps into or enters the pool in the area where the race is being conducted and before all swimmers of all teams have finished the race, both the offending swimmer and relay team shall be disqualified.

Note: An exception may be granted to a relay team member who wishes to enter the water to start from the water; this swimmer shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use.

E All relay team members shall leave the water immediately upon finishing their legs, except for the last member.

Note: Swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.

F Mixed relays shall consist of two men and two women who may swim in any order.

G Competitors shall be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle and 800 freestyle; and mixed 200 medley, 400 medley, 200 freestyle, 400 freestyle and 800 freestyle.

H The team of a swimmer whose feet have lost contact with the starting platform (ground, deck or wall) before the preceding teammate touches the wall shall be disqualified.

ARTICLE 102: SWIMMING COMPETITION

102.1 ELIGIBILITY

102.1.1 To be eligible for competition, including participation in warm-ups, members must be 18 years of age or over.

102.1.2 USMS members may participate in non-USMS aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to

swim in USMS competition. However, any times achieved in nonsanctioned or nonrecognized activities will not be recorded for official purposes and cannot be used for LMSC rankings or national Top 10 times, All-American status or qualification times for USMS national championship meets.

102.2 AGE DETERMINING DATE

102.2.1 For short course yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet.

102.2.2 For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the age as of December 31 of the year of competition.

102.3 AGE GROUPS

102.3.1 Individual Events

18–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94, 95–99, 100–104 ... (five-year age groups as high as is necessary).

102.3.2 Relay Events

A Short course (25) yards—18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+... (10-year increments as high as is necessary). The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible.

B Short course (25) meters and long course (50) meters—72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.

102.4 WARM-UP/WARM-DOWN

102.4.1 Availability—If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period shall be offered at least once during each half-hour of competition.

102.4.2 Procedure—Swimmers must enter the pool feet first in a cautious and controlled manner. Diving shall be permitted only in the designated lanes. No hand paddles are allowed.

102.5 EVENTS

In planning any meet, careful consideration must be given the demands to be made upon swimmers, officials and spectators, in that order. Meets should be planned to terminate within a reasonable period of time each day. Planning should provide for adequate meal and rest breaks and sheltered rest areas.

Any event conducted must be offered for all groups and both genders. Any of the following events may be conducted.

102.5.1 Short Course (25) Yards

50-100-200-500-1000-1650 yards freestyle

50-100-200 yards backstroke

50-100-200 yards breaststroke

50-100-200 yards butterfly

100-200-400 yards individual medley

200-400-800 yards freestyle relay

200-400-800 yards mixed freestyle relay

200-400 yards medley relay

200-400 yards mixed medley relay

102.5.2 Long Course (50) Meters and Short Course (25) Meters

50-100-200-400-800-1500 meters freestyle

50-100-200 meters backstroke

50-100-200 meters breaststroke

50-100-200 meters butterfly

100*-200-400 meters individual medley

200-400-800 meters freestyle relay

200-400-800 meters mixed freestyle relay

200-400 meters medley relay

200-400 meters mixed medley relay

*short course meters only

Note: For nonconforming events see article 202.1.1F(3). For open water and long distance events, see Part 3.

102.6 EVENT LIMIT

A swimmer may compete in not more than five individual events per day (or three individual events if the meet is a trials/finals format). If, however, due to conditions beyond the control of meet officials, an event or events are postponed to a subsequent day of the meet, such postponed events shall not be included in the five (or three) events per day limitation.

102.7 ENTRY FEES

Entry fee policies for local Masters events shall be set by the LMSC.

102.8 SCRATCH PROCEDURES

It is the swimmer's responsibility to be informed of the meet starting time and to report to the proper meet authorities promptly upon call. Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events.

102.8.1 Penalties—Any swimmer or relay team not reporting for or competing in an event shall not be penalized.

102.9 RELAYS

102.9.1 Relay teams shall not compete unattached. In all cases, relay teams must



be composed of USMS members of the same club, which is a member of USMS.

102.9.2 Clubs entering two or more relay teams in an event shall designate them on the entry blank as team A, team B, etc.

102.9.3 The best time or aggregate time of each relay team shall be entered on the entry blank for seeding purposes, and no change in time shall be permitted.

102.9.4 On the relay card, relay teams must list the name of the club, the full name (as it appears on the USMS membership card), the age and for mixed relays the gender of each relay member. The name of the leadoff swimmer must be clearly designated.

102.9.5 First and last names of eligible relay swimmers, their ages and order of swimming shall be submitted to the clerk of course or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the head lane timer prior to the start of the relay heat in which such relay team is entered. No changes will be permitted thereafter.

102.9.6 The competing teams, first and last names of members, and their ages must be listed in the meet results.

102.10 LANE ASSIGNMENTS – SEEDING – COUNTERS

102.10.1 Seeding Principles for Masters Competition

A All short course meters events, long course meters events and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final basis or other basis (e.g., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day.

B Age groups, genders and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled.

C It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group should not be seeded into outside lanes. It is recommended that they be moved inward one lane or given the center lanes in the next slowest heat, whichever is the more appropriate placement.

D Seeding at meets other than national championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (events 400 yards or longer) within a meet. Women's and men's heats may be alternated in the distance events. The meet information shall state the seeding for all events.

E Heat and lane assignments for events of 200 meters or less shall be available to all competitors at least five minutes prior to the start of the event.

102.10.2 Heat and Lane Assignments

A Seeding within heats—Within each heat, lanes shall be assigned in order of submitted times (fastest to slowest) in accordance with the following pattern:

Ten Lanes: 5-6-4-7-3-8-2-9-1-10

Nine Lanes: 5-6-4-7-3-8-2-9-1

Eight Lanes: 4-5-3-6-2-7-1-8

Seven Lanes: 4-5-3-6-2-7-1

Six Lanes: 3-4-2-5-1-6

Five Lanes: 3-4-2-5-1

Four Lanes: 2-3-1-4

B Minimum number of swimmers per heat—When there are two or more heats there shall be a minimum of three swimmers or relay teams seeded into the first heat. The fastest heat shall be filled first, then the next fastest heat, etc.

C Fast-to-slow seeding—The first heat of each event shall be composed of the swimmers with the fastest submitted times, the second heat composed of the next fastest swimmers, etc.

D Slow-to-fast seeding—The last heat of each event shall be composed of the swimmers with the fastest submitted times, the next-to-last heat composed of the next fastest swimmers, etc.

102.10.3 Seeding of Events in a 50-Meter Course

A Seeding of 50-meter events in a 50-meter course—Fifty-meter events swum in a 50-meter course shall be seeded as provided above. If the event is started at the turning end of the course, no change in the lane numbering shall be made; i.e., the lanes shall be numbered the same on both ends of the course.

B Starting heats from alternate ends of the course—If only one course is available and the pool depth is adequate at both ends of the course, the meet director may choose to start heats from alternate ends of the course.

(1) In 50-meter events, the in-the-water heat may be instructed to wait in the water after the finish until the next heat has been started.

(2) In events 100 meters and longer, the next heat may be started when the in-the-water heat is within a half-length of the finish.

(3) If the pool depth is different at alternate ends of the course, the meet director may choose to start men's events at one end of the course and women's events at the alternate end of the course. Men's and women's heats shall alternate.

(4) If the pool depth is the same at alternate ends of the course, men's and women's heats may alternate.

102.10.4 Two-to-a-Lane Seeding in Distance Freestyle Events

A General principles of seeding two-to-a-lane

(1) Options to swim two-to-a-lane

(a) At the discretion of the meet director, competitors in the freestyle events over 200 meters may be required to swim two-to-a-lane when only one course is available for the event. The meet information shall state the criteria under which such events are to be swum two-to-a-lane.

(b) When competitors have an option of swimming two-to-a-lane,

the heats with two competitors per lane will be completed before the heats with a single competitor per lane.

- (c) If there are not enough swimmers to fill all heats with two swimmers in each lane, those swimmers with the fastest submitted times may be seeded one-to-a-lane.

(2) Men's/women's events

- (a) If men and women compete under the same event number, they shall be seeded by time without regard to gender.
- (b) If men and women compete under different event numbers, they shall be seeded separately by time.
- (c) If men and women compete under different event numbers, men's and women's heats should be alternated.

- (3) Heat designations**—Heats shall be numbered consecutively without using alphabetical characters (e.g., no "A" and "B" heats). Heats shall be referred to as "odd" or "even" numbered heats. Odd and even heats shall be paired when seeding two-to-a-lane.

- (4) Reporting to the clerk of course**—Swimmers in both odd and even heats shall be asked to report to the clerk of course (or to the starting area) at the same time.

- (5) Starting procedure**—The starter shall call the odd heat to the starting block first. As soon as the odd heat is under way, swimmers in the even heat shall be called to the starting blocks. The even heat shall be started as soon as practical after the odd heat.

(6) Lane etiquette

- (a) The starter shall instruct the swimmers to swim on one side of the lane during the entire race (i.e., no "circle" swimming).
- (b) Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee, and the disqualified offender shall be removed from the lane as soon as practical.

- (7) Timing**—Separate timing shall be required for each swimmer.

B Methods of seeding two-to-a-lane (either method is recommended)

(1) Swimmers of similar speed in the same heat

- (a) **Heat and lane assignments**—Lanes shall be assigned as in article 102.10.2.
- (b) **Pairing of heats**—After lanes are assigned, heats shall be arranged in pairs beginning with either the slowest or fastest heats, at the meet director's discretion. The fastest heat within each pair shall be designated as the odd heat and the next-fastest heat as the even heat.

In the following example, for a six-lane pool, "1" refers to the fastest swimmer, "2" to the next-fastest swimmer, etc.

	Lane					
	1	2	3	4	5	6
Odd Heat	5	3	1	2	4	6
Even Heat	11	9	7	8	10	12

- (2) Swimmers of similar speed in the same lane**—Groups of swimmers equal in number to twice the number of lanes of the pool (e.g., groups of 12 swimmers for a six-lane pool) shall be created. Each group of swimmers shall be divided into odd and even heats. The fastest swimmer in each group shall be assigned to a middle lane in the odd heat. The second-fastest swimmer shall be assigned to the same middle lane in the even heat. The remaining swimmers shall be assigned to lanes in accordance with article 102.10.2A.

In the following example, for a six-lane pool, "1" refers to the fastest swimmer, "2" to the next-fastest swimmer, etc.

	Lane					
	1	2	3	4	5	6
Odd Heat	9	5	1	3	7	11
Even Heat	10	6	2	4	8	12

- 102.10.5 Places**—Places shall be determined on a time basis, subject to the order of finish within each heat. Any ties resulting from the procedure used shall be declared officially tied for awards and points, with no further attempt made at resolution.

102.10.6 Counters

- A** A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign.
- B** Verbal counters shall be limited to one per swimmer and shall be stationed at the end of the course opposite the starting end. They may use watches and signal intermediate times to the swimmer.
- C** If visual counters are used, they may be stationed at the end or either side of the pool beyond the halfway point toward the end of the course opposite the starting end. Visual counters may be lowered into the water at the end of the swimmer's lane, provided that, in the opinion of the referee, they neither physically aid the swimmer or interfere with another competitor or present any safety hazard.
- D** The count may be in ascending or descending order.
- E** In the event of official or counter error, it is the responsibility of the swimmer to complete the prescribed distance.

102.11 CHANGE OF PROGRAM AND POSTPONEMENT

- 102.11.1** The order of events, as stated in the meet announcement, shall not be changed. The announced arrangement of heats in any event shall not be

added to or altered, except by the authority of the referee to the extent of consolidating the heats.

102.11.2 At the meet referee's discretion, events may be combined by distance and/or stroke.

102.11.3 The entry provisions and starting time of any event, meet or portion thereof shall stand as stated in the meet announcement and may not be changed to an earlier time or date unless written notice of such change is delivered to all affected swimmers or their coaches. If mailed, such notice must be postmarked no later than the entry deadline date stated in the meet announcement, and if lack of time prohibits mail notification, all affected swimmers must voluntarily agree in writing that they have been notified and are in accord with such change. Affected swimmers or coaches may and should file a written protest with the referee prior to the running of the event or the meet if they do not agree to such change in time or date.

102.11.4 Postponement or Cancellation

A. If, prior to the start of a meet or event, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee (article 103.5) may cancel or postpone it.

B. Should a meet or event have actually commenced, and in the judgment of the referee cannot safely and effectively continue because of weather conditions or for some other compelling reason, the meet or event may be suspended at the referee's sole discretion until conditions warrant continuance. If circumstances do not warrant continuance, the referee may cancel the meet or event or postpone it to a future date or time, with the approval of the meet committee.

C. A decision to cancel or postpone shall be final.

D. Should an event have actually commenced but be terminated prior to an official finish and be postponed to another time or date, it shall then be conducted among the swimmers who were officially competing in the event at the time of termination.

E. Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The decision of the meet committee on refunding may be appealed to the officers of the LMSC (local or regional meets) or the USMS Championship Committee (national championship meets).

F. Incomplete events will not be awarded or scored; however, times achieved in accordance with article 103.17 up to the point of cancellation shall be considered official.

102.12 SWIMWEAR FOR POOL COMPETITION

102.12.1 Design—The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

A. Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed). Armbands or legbands shall not be regarded as parts of the swimsuit and are not allowed.

B. In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder nor extend below the knees.

C. Only swimsuits complying with FINA swimsuit specifications may be worn in any USMS sanctioned or recognized competition.

D. Exemptions to the foregoing restrictions may be granted to a swimmer, on a case by case basis, by the chair of the Rules Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

(1) Procedures for applying for an exemption will be established by the Rules Committee and posted on the U.S. Masters Swimming website.

(2) No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

(3) The decision of the Rules Committee chair may be appealed only to the entire Rules Committee, whose decision shall be final and binding on all parties.

E. No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Any kind of tape on the body is not permitted unless approved by the referee.

102.12.2 Advertising—Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

102.13 DISQUALIFICATIONS

102.13.1 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. The referee, stroke, turn or relay takeoff judge, upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification. When there is dual confirmation of relay takeoffs (article 103.10.5B) or dual confirmation of false starts (article 103.8.6A–B), a disqualification is not signaled by raising one hand overhead.

102.13.2 The referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or the swimmer's coach and inform one or both as to the reason for the disqualification.

102.13.3 Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee.

102.13.4 A swimmer must start and finish the race in the assigned lane.

102.13.5 Standing on the bottom during a freestyle race shall not disqualify a swimmer, but the swimmer must not leave the pool, walk or spring from the bottom.

Standing on the bottom during any other stroke shall result in disqualification.

- 102.13.6** Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee.
- 102.13.7** Dipping goggles in the water or splashing water on the competitor's face or body prior to the event shall not be considered as entering the pool unless the referee finds that such action is interfering with the competition.
- 102.13.8** Should a foul endanger the chance of success of a swimmer(s), the referee may allow the affected competitor(s) to reswim the event. In the case of collusion to foul another swimmer, at the referee's discretion, the swimmer for whose aid the foul was committed may be disqualified, as well as the swimmer doing the fouling.
- 102.13.9** No swimmers are permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Any kind of tape on the body is not permitted unless approved by the referee.
- 102.13.10** Grasping the lane line or side wall to assist forward motion is not permitted.
- 102.13.11** For relay disqualifications, refer to article 101.7.3.
- 102.13.12** The time, place and/or initial splits of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been given prior to the decision to disqualify, they shall be returned and given to the proper recipient(s), and if points have been scored by those disqualified, the event shall be rescored.
- 102.13.13** Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.
- 102.13.14** A swimmer who misrepresents a seed time, causing a significant delay of the meet, may be disqualified at the discretion of the referee. The disqualified swimmer shall be removed from the lane as soon as practical.
- 102.13.15** Underwater video replay may be used to review stroke or turn infractions called on deck. The official(s) reviewing the video may only confirm the call made on deck, overrule the call, or advise the referee that the review proved inconclusive.

102.14 PROTESTS

- 102.14.1** The official results of any protested race shall not be announced, the affected awards shall not be given and points shall not be allocated until the protest is resolved or is withdrawn in writing.
- 102.14.2** Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee

(national championship meets; see article 104.5.9B) having jurisdiction for adjudication at the earliest possible time.

- 102.14.3** Protests against judgment decisions of starters and stroke, turn and relay takeoff judges can only be considered by the referee, and the referee's decision shall be final.
- 102.14.4** Protests concerning interpretation of the rules in *Part 1: Swimming Rules* and the *Glossary* shall be submitted in writing (on paper or in an electronic file), within 10 days to the USMS Rules Committee chair, who shall issue a decision in writing (on paper or in an electronic file) within five days of the date of receipt of such protest, unless the USMS Rules Committee chair notifies the parties that the issue must come before the entire committee. The ruling shall be final and binding on all parties.
- 102.14.5** Any other protest arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the LMSC or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties.

102.15 TOBACCO PRODUCTS

Smoking and use of other tobacco products is prohibited on the pool deck, in locker rooms, in spectator seating and standing areas, and in all areas used by swimmers during the meet and during the warm-up periods in connection with the meet.

ARTICLE 103: MEET PROCEDURES

103.1 MEET DIRECTOR

The meet director shall be the chair of the meet committee and is responsible for the overall operation of the meet.

103.2 REQUIRED PERSONNEL

The minimum personnel at USMS sanctioned Masters swimming meets or recognized events shall include the following for each course:

103.2.1 Officials

- A One referee**—The referee may also serve as a stroke and turn judge, but shall not serve as starter.
- B One starter**—The starter may also serve as a stroke and turn judge.
- C Two stroke and turn judges**—At least two people shall perform these duties during competition.

103.2.2 Timers—Two timers per lane if automatic timing is not being used. One timer per lane if automatic timing is used.

103.3 QUALIFICATION OF OFFICIALS

103.3.1 Referees shall be certified in this capacity by USA Swimming, USMS, YMCA or any other USMS-approved certifying body (Appendix B). Start-

ers or stroke and turn judges certified by one of these bodies may serve as referees if they receive training on specific duties of the referee.

103.3.2 Starters and stroke and turn judges shall be certified in said capacities by USA Swimming, USMS, YMCA or any other USMS-approved certifying body (Appendix B). However, uncertified officials may perform the duties of such positions if they receive training in the specified duties of their positions and are under the direct supervision of a certified official.

103.4 REPORTING OF OFFICIALS AND MEET PERSONNEL

All officials and meet personnel accepting an invitation to work at a swim meet should arrive promptly and report immediately to the meet director or meet referee.

103.5 MEET COMMITTEE

The meet committee is appointed by the meet sponsor. The committee consists of a minimum of the meet director, referee or starter, and a participating athlete, as appointed by the meet director prior to the start of the meet. Responsibilities include, but are not limited to ordering awards; obtaining a sanction; preparing the facility; arranging for personnel, equipment and supplies necessary for meet operation; processing entries; printing programs; arranging appropriate publicity and media coverage; preparing and distributing a summary of results within 14 days after the meet; and filing an LMSC report.

103.6 REFEREE

103.6.1 The referee shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation or on a judgment decision pertaining to an action that the referee has personally observed.

103.6.2 The referee has the authority to disqualify a swimmer(s) for any violation of the rules that the referee personally observes and, except for false starts, shall at the same time raise one hand overhead. If the referee does not make such a signal, there shall be no penalty.

103.6.3 The referee shall signal the starter before each race that all officials are in position, that the course is clear and that the competition can begin.

103.6.4 The referee shall assign marshals with specific instructions.

103.6.5 The referee shall give a decision on any point where the opinions of the judges differ and shall have authority to intercede in a competition at any stage to ensure that the racing conditions are observed.

103.6.6 The referee shall make an immediate investigation when an apparent malfunction of the automatic or semiautomatic timing equipment has occurred to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.

103.6.7 The referee may prohibit the use of any device, such as a laser pointing device or artificial noisemaker, that disrupts or interferes with the meet.

103.6.8 The referee may modify any rule for a swimmer who has a disability. Any such modification shall be in accordance with article 108, shall affect only the current meet and shall not set precedent. It shall be the responsibility of

the swimmer or a representative to notify the referee of the disability prior to competition.

103.6.9 The referee shall establish the necessary administrative and officiating procedures to conform to article 102.10 when conducting events from alternate ends of a 50-meter course or conducting freestyle events longer than 200 meters two-to-a-lane.

103.6.10 Refer to article 102.14 concerning protests.

103.7 ADMINISTRATIVE REFEREE

103.7.1 The administrative referee shall be responsible to the referee for the supervision of the following:

- A** The entry and registration process,
- B** Clerk of course,
- C** Timing equipment operator, and
- D** Other administrative personnel.

103.7.2 The administrative referee shall be responsible to the referee for:

- A** The accurate processing of entries and scratches,
- B** Accurate seeding of heats,
- C** Determination and recording of official time:
 - (1)** Receiving and reviewing the automatic and/or semi-automatic timing results from the timing equipment operator and comparing primary timing results with the backup timing results to determine their validity,
 - (2)** Receiving the times recorded by the head lane timers from the chief timer and using that data to the extent needed to determine the official time for each swimmer,
 - (3)** Unless otherwise directed, notifying the referee whenever a time obtained by the primary timing system cannot be used as the official time, and
 - (4)** Recording disqualifications approved by the referee.
- D** Determination of the official results, and
- E** Publication and posting of results of each event by gender and USMS age group and scores (scores optional).

103.7.3 The administrative referee shall perform other duties assigned by the referee.

103.8 STARTER

103.8.1 Equipment—The preferred starting device shall be a loudspeaker start system conforming to article 107.14, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts.

103.8.2 Preparation—The starter shall stand on the side of the pool within approximately five meters of the starting end of the pool and, upon signal from the referee, shall assume control of the swimmers until a fair start has been achieved.

103.8.3 Optional Instructions—The starter may:

- A Announce the event (recommended),
- B Advise the heat when a swimmer will be attempting to achieve a time at an initial distance,
- C For backstroke event starts, give the command, “Place your feet.”

103.8.4 Starts (see article 101.1)**103.8.5 Start Commands**

- A At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, the edge of the pool or on the wall and remain there. In backstroke and medley relay events, at the referee’s first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position (article 101.1.2).
- B When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter’s control.
- C On the starter’s command “Take your mark,” the swimmer shall immediately assume a starting position with at least one foot at the front of the starting platform, the edge of the pool or on the wall. A swimmer starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.
- D When a swimmer does not respond promptly to the command “Take your mark,” the starter shall immediately release all swimmers, upon which the swimmers may stand up, step off the blocks or leave the wall.

103.8.6 False Starts

- A Any swimmer starting before the starting signal is given shall be disqualified if the referee independently observes and confirms the starter’s observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the “Stand up” command and may step off the blocks.
- B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the referee independently observes and confirms the starter’s observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race in accordance with article 102.13.2.
- C If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the starter shall restart the race upon signal by the referee.
- D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer’s reaction to the “Stand up” command.
- E A swimmer shall not be disqualified for an illegal starting position at

the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the starter.

- 103.8.7 Warning Signal**—With the exception of relays, in events 500 yards or longer the starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus 5 yards or 5 meters to swim. As an alternative, a bell warning signal may be given over each lane by a lane judge or timer in that lane.

103.8.8 Deliberate Delay or Misconduct

- A The starter shall report a swimmer to the referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the referee may disqualify a swimmer for such delay, willful disobedience or misconduct.
- B The referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of the heat.

103.9 RECALL ROPE OPERATOR

The duty of the recall rope operator shall be to immediately, upon sounding of the false start signal, activate the quick-release mechanism of the recall rope so that the recall rope drops across the course.

103.10 JUDGES

Shall have jurisdiction over the swimmers immediately after the race has begun.

- 103.10.1 Chief**—An overall “chief judge” may assign and supervise the activities of all stroke, turn and takeoff judges and may report their decisions. If desired, any judging category may have a designated “chief.” Any “chief” may act as liaison for the judges and may serve simultaneously in one of the judging positions, and shall assign those judges within the category.

- 103.10.2 Stroke Judges**—Shall operate on both sides of the pool, preferably walking slightly behind the swimmers during all strokes except freestyle, during which events they may leave poolside, at the referee’s discretion; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the referee on signed slips detailing the event, the heat number, the lane number, and the infraction observed.

- 103.10.3 Turn Judges**—Shall operate on both ends of the pool; shall ensure that after the start and when turning or finishing, the swimmer complies with the rules applicable to the stroke used; and shall report any violations to the referee on signed slips detailing the event, the heat number, the lane number and the infraction observed.

- 103.10.4 Jurisdiction of Stroke and Turn Judges**—Before the competition begins, the referee shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint, concurrent and coordinated responsibility and jurisdiction. The referee shall ensure that all swimmers shall have fair, equitable and uniform conditions of judging.

103.10.5 Relay Takeoff Judges

- A Relay takeoff judges shall be assigned by the referee and shall stand so that they can clearly see both the feet of the departing swimmer(s) as they leave the starting platform and the touch of the incoming swimmer(s),

and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.

- B** If dual relay takeoff judging is used, the lane and side takeoff judges shall independently report infractions in writing without the use of the infraction hand signal. A relay shall be disqualified only if the lane takeoff judge has reported an infraction and the assigned side takeoff judge has confirmed the same infraction.
- C** When automatic relay exchange judging equipment is in use, the system printout will provide the information to judge relay exchanges. Integrated backup timing cameras may be reviewed by the referee to confirm the automatic system's results. When backup timing cameras are not available, the referee will determine the confirmation process.

103.10.6 Infraction Signal—Either the referee or the stroke, turn or relay takeoff judge shall immediately raise one hand overhead with open palm upon observing an infraction within that judge's jurisdiction. If the official does not do so, there shall be no disqualification.

Exception: Relay takeoff judges as outlined in article 103.10.5B and the referee as outlined in article 103.6.2.

103.11 TIMERS

103.11.1 Chief Timer—The chief timer shall:

- A** Assure the assignment of lane timers to lanes and the designation of one timer on each lane to be the head lane timer.
- B** On the starting signal, start a watch(es) on every race. The time of this watch shall be used if a lane timer's watch fails.
- C** Be responsible for delivering all stopwatch times, including those of disqualified swimmers, to the timing judge.

103.11.2 Head Lane Timer—The head lane timer shall:

- A** Determine whether the swimmer or relay team is present and in the correct lane, heat and event, and that relay swimmers are swimming in the order listed.
- B** Determine and record stopwatch times or the absence of a swimmer or the relay team seeded in that lane.
- C** Assign one timer to take relay splits and initial distance times if requested by the chief timer.
- D** Determine and report if the swimmer has delayed in touching or has missed the touchpad at the finish, or there is reason to believe the semi-automatic or manual times may be inaccurate.

103.11.3 Lane Timers—Officials assigned as lane timers may simultaneously operate two dissimilar devices (one watch and one button) but not two similar devices (two watches or two buttons). It is not within a lane timer's jurisdiction to judge if the swimmer's touch conforms to the applicable finish rules or if a relay takeoff infraction has occurred unless assigned concurrent responsibility as a lane timer and turn judge or relay takeoff judge. Each timer shall:

- A** Be in position at the start to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If the

visual starting signal is not observed, the watch shall be started upon hearing the sound of the starting signal.

- B** Stand directly over the assigned lane at the finish to observe a touch above, at or below the surface of the water and stop the watch and/or push the semiautomatic system button when any part of the swimmer's body touches the wall.
- C** Report the watch time to the head lane timer or the designated recorder; report if a late or missed pad touch is observed; and, if requested, present the watch for inspection. Lane timers shall not clear their watches until the command "Clear watches" is given or the referee signals that the next heat is ready to start.

103.11.4 Timing Equipment Operator—The timing equipment operator shall be responsible for the automatic or semiautomatic timing equipment, including the electronic starting system and scoreboard (if used). The timing equipment operator shall also advise the referee of any system problems that might affect the accuracy of times or whenever the touchpad is observed to have failed to record the finish when the swimmer completed the race. The timing equipment should be placed so that the operator is able to observe the finish of each race.

103.12 CLERK OF COURSE

The clerk of course shall be provided with a list of the names of all swimmers in all events, including relay swimmers in the order in which they will swim.

103.13 MARSHALS

Shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue. The marshal shall have full authority to warn or order to cease and desist and, with the concurrence of the referee, to remove or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or those whose actions are disrupting the orderly conduct of the meet.

103.14 ANNOUNCER

The announcer shall make any announcements requested by the referee, the clerk of course or the meet management. Announcements may include:

- event,
- number of heats,
- lane, name and club affiliation of competitors,
- results.

103.15 RECORDER OF RECORDS

Shall obtain from the administrative referee all times made in each event, shall have proper application forms and shall duly process all record claims as set forth in article 105.

103.16 PRESS STEWARD

The press steward shall obtain from the clerk of course and the recorders the names of all swimmers in each event and the results of each finish with times or record performances, and shall keep the press and TV personnel thoroughly informed on all details of the competition during the meet.

103.17 TIMING EQUIPMENT

103.17.1 Timing System Definitions—Every race in a swimming competition shall

be timed with one or more of the following systems, listed in their preferred order of use.

- A Automatic**—A timing system whose start is activated by a starting device and stopped at the finish by the swimmer touching the touchpad.
- B Semiautomatic**—A timing system whose start is activated by a starting device and stopped by buttons pushed by timers at the finish touch of the swimmer.
- C Manual**—A timing system operated by individual lane timers, each of whom operates a stopwatch that is both started and stopped by the timer as described in article 103.11.3. Only digital-readout-type, hand-held, battery-powered watches designed for timing purposes shall be used.

103.17.2 Timing System Designation—Timing systems shall be designated in the order in which results are used as follows:

- A Primary system**—The primary system shall determine the official time of each swimmer unless a comparison of the primary with secondary and/or tertiary system times indicates a malfunction of the primary system. A primary system shall always be in place and shall consist of one of the following, listed in their preferred order of use:
 - (1) Automatic timing.
 - (2) Semiautomatic, with three or two buttons per lane, each operated by a separate timer.
 - (3) Manual, with three or two watches per lane, each operated by a separate timer.
- B Secondary system**—If manually operated watches are not the primary system, a secondary system of precedence equal to or lower than the primary system shall be used. The secondary system may be one of the following, listed in their preferred order of use:
 - (1) Stationary overhead video cameras recording 100 images per second. The cameras must be fully integrated with the primary timing system.
 - (2) Semiautomatic with three, two or one button(s), each operated by a separate timer.
 - (3) Manual with three, two or one watch(es) per lane, each operated by a separate timer.
- C Tertiary system**—Unless the primary system consists of stopwatches or the secondary system includes at least one stopwatch per lane, a tertiary system of at least one stopwatch per lane shall be provided.

103.17.3 Determination of Official Time

- A Automatic timing**—When recorded by properly operating automatic timing equipment, the pad time shall be the official time.
- B Semiautomatic or manual timing**—Whenever semiautomatic or manual timing is used, only valid times shall be used in calculating the official time. The times shall be determined as follows:
 - (1) If two of the three button or watch times agree, that shall be the time for that timing system.

- (2) If three valid buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.
- (3) If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding.
- (4) If only one button or watch time is available, the time of that button or watch shall be the time for that timing system provided it is supported by other information.

C Primary timing system malfunction—A primary timing system malfunction may have occurred if:

- (1) The difference between the time obtained by the primary system and the backup system(s) is approximately .30 second or greater; or
- (2) It is reported the swimmer missed the touchpad or had a soft touch.

D Adjustment for the timing system difference—When the referee determines that there is a malfunction of the primary timing system, the backup time(s) shall be adjusted for the timing system difference prior to integrating them with accurate primary times in establishing the official times and determining the results. The adjustment for timing system difference is determined by calculating the consistent average difference between the valid primary and backup systems used at that meet.

E Adjustment for malfunction on a lane—When a malfunction is confirmed on a lane, the backup times for that lane shall be adjusted by calculating the average difference between valid primary and valid backup times of the other lanes in that heat or, if necessary, using times from heats immediately preceding and/or following that heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid backup time of the lane where the malfunction occurred.

F Adjustment for malfunction equally affecting an entire heat—When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or semiautomatic primary timing system is equally incorrect for all lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid backup times and adding, or subtracting when appropriate, that difference to the primary times of every lane in that heat.

Table 1—Example of Lane Malfunction

Systems used:

Primary—Automatic

Secondary—Semiautomatic, three buttons (intermediate button time shown in bold)

Tertiary—Manual, one watch

Lane	Primary Pad Time	Button A	Button B	Button C	Watch Time	Pad Minus Middle Button	Official Time
1	52.21	52.07	52.12	52.14	52.04	.09	52.21
2	52.18	52.01	51.91	52.06	51.95	.17	52.18
3	51.05	51.01	50.97	51.00	50.95	.05	51.05
4	51.04	50.78	50.88	50.93	50.84	.16	51.04
5	51.96	51.30	51.35	51.38	51.27	*.61	**51.46
6	51.65	51.57	51.56	51.59	51.55	.08	51.65
7	52.27	52.13	52.18	52.13	52.10	.14	52.27
8	51.87	51.58	51.75	51.89	51.65	.12	51.87

*More than .30 second difference, soft touch confirmed.

**Adjustment calculation:

- Add the differences between pad and intermediate button time, excluding the malfunctioning lane (total = .81).
- Divide total by the number of valid lanes to determine the average (.81 ÷ 7 = .11571). The digits after hundredths are dropped (leaving a timing system difference of .11 for the above example).
- Add the timing system difference to the valid backup time for the malfunctioning lane (51.35 + .11 = 51.46, the official time for lane five).

Table 2—Example of Heat Malfunction

Systems used:

Primary—Automatic (late manual start confirmed)

Secondary—Semiautomatic, three buttons (button times not valid)

Tertiary—Manual, one watch (valid)

Lane	Primary Pad Time	Watch Time	Watch Time Less Pad Time	Heat Adjustment	Official Time
1	52.12	55.14	3.02	+3.06	55.18
2	51.56	54.61	3.05	+3.06	54.62
3	51.09	54.18	3.09	+3.06	54.15
4	50.12	53.18	3.06	+3.06	53.18
5	49.78	52.90	3.12	+3.06	52.84
6	49.06	52.06	3.00	+3.06	52.12
7	52.21	55.30	3.09	+3.06	55.27
8	52.92	55.99	3.07	+3.06	55.98

Adjustment calculation:

- Add the differences between the pad and watch times (total = 24.50).
- Divide the total by the number of lanes to determine an average (24.50 ÷ 8 = 3.0625).
- Drop the digits after the hundredths place (leaving a heat adjustment of 3.06).
- Add the adjustment factor for the late start of the primary system to each pad time to obtain the official time for that lane (e.g., lane one, 52.12 + 3.06 = 55.18).

103.18 OFFICIAL TIME

103.18.1 An official time shall be achieved in a USMS-sanctioned competition or a USMS-recognized event in accordance with all applicable rules (articles 202.1.1F[1] and 202.2.1E). It may be achieved in:

- A** A timed heat.
- B** An initial distance within a longer event or relay, provided the swimmer:
- (1) Notifies the meet referee in writing of the intent to record an initial split time prior to the conclusion of the meet,
 - (2) Makes the written request prior to the swim for relay leadoff splits and for initial backstroke distances in individual backstroke events,
 - (3) Completes the initial distance with a legal finish and
 - (4) Completes the event without being disqualified.
- C** A relay leadoff leg, provided the swimmers complete the event without being disqualified.
- D** When automatic timing is used, the swimmer's relay leadoff split shall not count if the second swimmer starts in the water.

103.18.2 Official Time—An official time for an event or stroke can be achieved only in that event or stroke, or in an initial distance of such event or stroke (e.g., backstroke time must be achieved in a backstroke event or a butterfly time can be achieved in an individual medley event). Regardless of the stroke(s)

used, times achieved in freestyle events can be recorded only as freestyle times.

103.18.3 Timing Resolution (Timing Accuracy)—All timing systems, including stopwatches, shall have a resolution of .01 second. Times from all systems shall be recorded to hundredths of a second. The digits representing thousandths shall be dropped with no rounding.

103.18.4 The official time to establish records and Top 10 times can be achieved only in accordance with the following timing methods:

Timing method	Official time level
Automatic timing	<ul style="list-style-type: none"> World records, USMS national records and USMS Top 10 times Initial splits for all purposes Relay leadoff times for all purposes
Semiautomatic with three buttons or three watches	<ul style="list-style-type: none"> World records, USMS national records and USMS Top 10 times Initial splits and relay leadoff times for world records and USMS Top 10 times
Semiautomatic with two buttons or two watches	<ul style="list-style-type: none"> USMS Top 10 times Initial splits and relay leadoff times for USMS Top 10 times

103.18.5 Only those results from events conducted in pools officially certified for length in conformance with article 107.2.1 shall be acceptable for record applications or Top 10 submissions.

103.18.6 Except when the primary system consists of watches, backup timing shall be provided for all competitors. No swimmer shall be required to reswim a race due to equipment failure that results in unrecorded or inaccurate time or place. It is the meet director's responsibility to provide the proper timing systems so that swimmers can expect to achieve official times that will satisfy the requirements of article 103.18.4.

103.18.7 A backup time adjusted for system timing errors in accordance with the methods described in articles 103.17.3C–F may be used as an official time equal to the level of the timing system to which it has been adjusted.

103.18.8 Secondary and tertiary times shall be recorded but shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.

103.19 SCORING

The following is recommended for all Masters swimming competition.

103.19.1 Dual Meets

Individual events: 5-3-1-0

Relay events: 7-0

103.19.2 Triangular Meets

Individual events: 6-4-3-2-1-0

Relay events: 8-4-0

103.19.3 Other Meets

Individual events:

four-lane pools: 5-3-2-1

five-lane pools: 6-4-3-2-1

six-lane pools: 7-5-4-3-2-1

seven-lane pools: 8-6-5-4-3-2-1

eight-lane pools: 9-7-6-5-4-3-2-1

nine-lane pools: 10-8-7-6-5-4-3-2-1

ten-lane pools: 11-9-8-7-6-5-4-3-2-1

Individual point values shall be doubled for relays.

103.19.4 Ties—Where two or more swimmers tie for any place in any event, the points credited to such place or places, if any, next in order shall be equally divided among the swimmers; i.e., if two tie for first place, the points to be credited to first and second place shall be added and divided by two. Each tying swimmer will receive half of the total points for first and second places. If three tie for first place, the points credited to first, second and third places shall be added and divided by three, and so on for four or more tying for first place. The same is true for those tying for second place, third place and whatever places there may be.

103.19.5 Disqualifications—When a relay team or individual swimmer is disqualified, the subsequent places will move up accordingly and points will be awarded to conform to the new places.

103.20 AWARDS

When two or more swimmers tie for any place, duplicate awards shall be given to each swimmer. In such cases, no awards shall be given for the place or places immediately following the tied positions. If two tie for first place, no award for second place; if three tie for first place, no awards for second and third, and so on.

ARTICLE 104: NATIONAL CHAMPIONSHIP MEETS

(Recommended for all other championship meets when possible)

104.1 MEET CATEGORIES

USMS national championship meets shall be awarded in the following categories and held during the following dates:

104.1.1 Short Course (25) Yards or (25) Meters—Between April 15 and May 31.

104.1.2 Long Course (50) Meters—Between August 1 and September 15.

104.2 MEET NAME

The official name shall include the following words: "U.S. Masters Swimming" and "National Championship." The name shall also include the year of the event and may include a title sponsor and any other wording approved by the Championship Committee.

104.3 AWARDING OF NATIONAL CHAMPIONSHIP MEETS

- 104.3.1 Solicitation of Bids**—The USMS Championship Committee shall be responsible for the solicitation of bids with emphasis on soliciting bids from all areas of the country.
- 104.3.2 Eligible Bidders**—Any club, LMSC or organization may bid. The facility to be used must be in accordance with the facility standards (article 107). The Championship Committee shall strongly consider LMSC endorsement as a selection criteria.
- 104.3.3 Bid Information**—The Championship Committee shall provide a bidder with the appropriate bid documents, financial statements, meet contract and previous championships' meet reports and all other information pertaining to the policies and procedures of running a national championship meet.
- 104.3.4 Bid Deadline**—All bids for a national championship meet shall be returned to the chair of the Championship Committee no later than 60 days prior to the annual meeting. If no timely certifiable bid is received, the Championship Committee shall continue to solicit bids.
- 104.3.5 Certification of Bids**—Prior to the annual meeting of the House of Delegates, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facilities standards (article 107).
- 104.3.6 Awarding of Bids**—National championship meets shall be awarded by the Championship Committee. The committee may award championships one to three years in advance of the national championship meet.

104.4 USMS ASSISTANCE AND AGREEMENTS

- 104.4.1 Contract**—Successful bidders of national championship meets shall sign a written contract with USMS specifying the responsibilities of the meet host and of USMS.
- 104.4.2 Payments**—Prior to the meet, USMS shall withhold from payments to the meet host an amount per entrant to be determined by the Championship Committee and stipulated in the contract. Upon compliance with the conditions set forth in the meet contract, an amount per entrant shall be returned as stipulated in the contract. Noncompliance with said conditions, as determined by the meet evaluation committee within 30 days of the receipt of the final meet report, shall result in forfeiture of part or all of the final payment.
- 104.4.3 Assistance to Meet Host**—The Championship Committee shall provide such assistance and guidance necessary to provide uniformity in national championship meet production. Out-of-pocket expenses for services shall be reimbursed by USMS Inc.
- 104.4.4 Meet Evaluation Committee**—A five-member meet evaluation committee shall be composed of at least three Championship Committee members and two additional USMS members who are knowledgeable in championship procedures. No member of the protest committee, host club or host LMSC shall serve on the meet evaluation committee. A written evaluation shall be submitted to the meet host.
- 104.4.5 Meet Report**—The meet director of each national championship meet shall submit a written report to the chair of the Championship Committee within

60 days of the end of competition. This report shall include a complete financial report, copies of meet information, entry forms, final results (an electronic file plus hard copy) and any other information that may be helpful to future meet directors.

104.5 CONDUCT OF NATIONAL CHAMPIONSHIP MEETS

Conduct of national championship meets shall be governed by the swimming rules of USMS Inc.

104.5.1 Information for Participants

A General meeting—A general meeting of the organizing personnel, interested officials, coaches and swimmers shall be held the evening prior to the first day of the meet.

- (1) The meeting date, time and location shall be included in the official meet information.
- (2) The chair of this meeting shall be the president of USMS or an individual designated by the president.
- (3) Business pertinent to the operation of national championship meets and the conduct of the events shall be considered and finalized at this meeting. Changes may be effected in the conduct of the meet to fit the situation.
- (4) Since changes can be made in the operation of a national championship meet, it is the obligation of every swimmer (or a representative) to arrive with enough time to complete registration and become apprised of any changes that have been made.
- (5) It shall be the meet director's responsibility to post notices of changes in conspicuous places at the pool, registration area and headquarters area prior to the start of the first day's competition.

B Warm-up schedule—A list of times when the competition pool and other facilities will be available for warm-up shall be provided in the official meet information.

C Heat sheets—For preseeded events, heat sheets listing the name, age, club, seed time, and heat and lane assignments shall be made available to all swimmers at the time of registration. For deck-seeded events, entry lists listing the name, age, club and time by time or age group, except relays, shall be made available to all swimmers at the time of registration. If instead the host chooses to make heat sheets available for deck-seeded events, then the heat sheets for each day, except relays, shall be made available in the morning before those events are swum.

104.5.2 Program—A four-day program for national championship meets will be used. With the approval of the Championship Committee, a five-day program may be used.

A Meet schedules (2012–2015)		
Schedule 1	Schedule 2	Schedule 3
2012 SC 2013 LC 2015 SC	2012 LC 2014 SC 2015 LC	2013 SC 2014 LC
Day 1** 800/1000 free 1500/1650 free	Day 1** 800/1000 free 1500/1650 free	Day 1** 800/1000 free 1500/1650 free
Day 2 400 IM 100 fly 200 free 50 breast 100 back 200 free relay (mixed)	Day 2 400 IM 100 fly 50 free 200 back 100 breast 200 free relay	Day 2 400 IM 50 back 200 free 50 breast 200 fly 200 free relay (mixed)
Day 3 400/500 free 100 IM* 200 back 100 breast 50 free 200 fly 200 medley relay (mixed) 200 free relay	Day 3 400/500 free 100 free 200 breast 100 IM* 50 back 200 fly 200 free relay (mixed) 200 medley relay	Day 3 400/500 free 100 free 50 fly 100 breast 200 back 100 IM* 200 free relay 200 medley relay (mixed)
Day 4 400/500 free 200 medley relay 50 fly 200 breast 50 back 100 free 200 IM	Day 4 400/500 free 200 medley relay (mixed) 50 breast 100 back 200 free 50 fly 200 IM	Day 4 400/500 free 200 medley relay 100 back 200 breast 50 free 200 IM 100 fly

*The 100 IM is swum in short course nationals only.

** With Championship Committee approval, a swimmer may compete in both of the two longest freestyle events at the meet. The Championship Committee shall decide how national qualifying times will affect the entry.

B Rotation of meet schedules—The particular schedule shall be rotated in order (1, 2 and 3) among the three basic schedules shown in article 104.5.2A without regard to course.

- (1) In odd-numbered years, men's events shall be odd-numbered. In even-numbered years, men's events shall be even-numbered. On the distance day only, men's and women's heats may be alternated regardless of whether the year is odd-numbered or even-numbered.
- (2) In each schedule, at the option of the meet director and with the approval of the Championship Committee, the 800/1000 freestyle and the 1500/1650 freestyle may be swum as either the first day program or the last day program.
- (3) Full days on the schedule may be interchanged so that the 400/500 freestyle and the 1500/1650 freestyle shall not be swum on consecutive days.
- (4) The three basic schedules shall be chosen every four years, starting in 1990, by a vote of the House of Delegates, from at least four alternatives presented by the Championship Committee. The selected schedules shall apply to the period starting two years after approval by the House of Delegates.

C Rotation of the 800/1500 and 1000/1650 freestyles—The order of the two distance events may be changed by agreement of the meet director and the Championship Committee.

D Alternative meet schedules—Alternative meet schedules may be approved as follows:

- (1) A meet bidder may, with the approval of the Championship Committee, bid for a national championship meet with a different schedule from those defined in article 104.5.2A.
- (2) The Championship Committee has the authority to approve other changes in the meet schedule, as necessary, prior to the publication of the meet entry form in order to improve the efficiency of a particular national championship meet.

104.5.3 Event Limit

A Individual events—Competitors may enter and swim in a maximum of six individual events (or five individual events, if deemed necessary by the Championship Committee), with a maximum of three individual events per day.

B Relays—Each competitor shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay and one mixed medley relay of each distance, to a maximum number of relays for each competitor as determined by the Championship Committee.

C National qualifying times—There shall be qualifying times for national championship meets unless otherwise determined by the Championship Committee. The procedure for determining the qualification times shall be established by the Championship Committee with the approval of the House of Delegates.

- (1) **Altitude adjustment**—Times achieved at an altitude of 3,000 feet or higher may be adjusted, for national qualifying times purposes only, by subtracting the adjustment times (in seconds) from the actual time achieved. The specific adjustments for each age group and gender are found in Appendix B. The adjustments shall be determined every four years starting in 1998. The adjustment times for men and women competitors shall be calculated by multiplying the time adjustment in the following table by the ratio of the 200-yard freestyle national record for the age group to that of the 25–29 200-yard freestyle for men and women, respectively. The values in the following table shall be those determined and used for the same purpose by USA Swimming.

Note: Records and Top 10, etc., are to be actual times swum, not adjusted for altitude.

	3,000–4,249 ft	4,250–6,499 ft	6,500+ ft
200 yards/meters	0.5	1.2	1.6
400–500 yards/meters	2.5	5.0	7.0
800–1000 yards/meters	5.0	10.0	15.0
1650 yards/1500 meters	11.0	23.0	32.5

- (2) **Event limit**—When qualifying times are in effect, competitors may enter and swim in a maximum of three individual events without meeting the established qualifying standards. The Championship Committee may limit participation in either the 800-meter or the 1500-meter freestyle to only those who meet the national qualifying time for that event. Competitors may enter up to three additional events (or two if the maximum event limit is five) in which they have in the past two years achieved a time equal to or better than the qualifying time for those events.

104.5.4 Entry Procedures

A Eligibility/affiliation

- (1) **USMS membership**—USMS individual membership numbers and club names and abbreviations must be submitted on all entry forms together with entry times. “Pending” (except for 18-year-olds) for membership number shall not be permitted. An 18-year-old must enter the meet by the entry deadline and must register for USMS membership prior to the first day of the meet. An 18-year-old may register for USMS membership at the championship venue on the day prior to the beginning of competition and must be 18 by that date.
- (2) **Foreign swimmers**—National championship meets shall include and welcome foreign swimmers, except that they may not qualify for USMS Top 10 and All-American awards nor set USMS national records.
- (3) **Affiliation**—A swimmer’s affiliation as stated on the entry form shall apply throughout the meet. If the club on the entry form and

the club listed in the USMS membership database do not match, the swimmer shall, prior to the first day of competition, submit a new USMS membership card showing the new affiliation. If there are any questions about club affiliation, the swimmer shall be switched to unattached status for the duration of the meet, regardless of actual affiliation. A swimmer may declare unattached status only prior to the first event in which that swimmer competes.

B Entry form

- (1) **Approval of entry form**—Entry forms (both individual and relay) and meet information shall be prepared following the direction of the Championship Committee, and must be approved by the Championship Committee in advance of printing. No other forms may be used.
- (2) **Distribution of entry form**—The entry form for individual events and all meet information shall be published in an official USMS publication and on the USMS website at no cost to the meet host. Short course nationals information shall be published in the January-February issue and long course nationals information shall be published in the May-June issue. The individual and relay entry forms and any Championship Committee-approved additional information the host desires shall be posted on the USMS website after the entry form and information are available.
- (3) **Completion of entry form**—All competitors, including members of relay teams, must fill out and sign the appropriate entry forms.
- (4) **Entry time**—Swimmers must submit a time for each event. “No time” will not be permitted.
- (5) **Information on entry**—All information regarding seeding must be stated in the meet information.
- (6) **Relay cards**—On the relay card, relay teams must list the name of the club and the full name (as it appears on the USMS membership card) and the age of each relay member.

C Entry deadline

- (1) **Individual entry deadline**—The deadline for receipt of entries for national championship meets shall be not more than 35 days prior to the first day of competition.
- (2) **Relay entry deadline**—A relay may be entered until the day before it is scheduled to be swum. Participants therein must have entered the meet by the individual entry deadline.
- (3) **Postmark deadline**—The meet director may establish a U.S. Postal Service postmark deadline seven days prior to the individual entry deadline. If a postmark deadline is established, individual and relay entries postmarked by a U.S. Postal Service office in the 50 states by midnight of that date shall be considered on time. Private or corporate meter postmarks will not be accepted.

D Entry fees

- (1) The Championship Committee shall determine the individual and relay entry fees.
- (2) A banquet or social event may be conducted for an additional fee. Participation in this event is optional.

104.5.5 Seeding**A General procedures for seeding** (also see article 102.10)

- (1) At the meet director's option and with the approval of the Championship Committee, any or all events may be deck-seeded.
- (2) Preseeded events shall be seeded, with oldest age groups first, slowest heats swum first in each age group. In the event that swimmers of the same gender are simultaneously swimming in two courses, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.
- (3) Events 100 yards/meters or less shall be seeded, with oldest age groups first, slowest heats swum first in each age group. In the event that swimmers of the same gender are simultaneously swimming in two courses, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.
- (4) Events 200 yards/meters and longer shall be seeded by one of the following methods:
 - (a) by entry time only,
 - (b) by age group, the oldest age group first, slowest heats seeded first within each age group, then by time or
 - (c) by a combination of (a) and (b).

The USMS Championship Committee shall make all seeding decisions.

- (5) The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc. (Note exception provided in article 104.5.5A(9).)
- (6) In any age group, if there are not enough swimmers for one complete heat, all swimmers in that age group shall be seeded in adjacent lanes for preseeded events.
- (7) After all full heats are seeded within each age group, the remaining swimmers may be seeded with any available age group of remaining swimmers.
- (8) In situations where all seeding rules cannot be simultaneously met, the seeding of these heats may diverge slightly from the general seeding procedures, with the concurrence of the Championship Committee liaison.
- (9) A swimmer may be seeded in an incomplete heat of another age group if the swimmer's entry time would have a significant impact on the timely running of the meet, as determined by the Championship Committee.
- (10) There will be no splitting of age groups into A.M. and P.M. sessions.

However, at the meet director's discretion, swimmers whose entry times will inordinately delay the progress of the meet may be seeded individually in an outside lane with manual timing, thus allowing the continued sequence of the regularly scheduled heats.

- (11) If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the past two years, the meet director may, after a discussion with the swimmer, change the seeded time to a realistic time.

B Distance events

- (1) The 1000/1650 or 800/1500 freestyle shall be deck-seeded as in article 104.5.5A(4).
- (2) Willing and able competitors in the freestyle events over 200 meters may swim two-to-a-lane when only one course (seven, eight, nine or ten lanes) is available for the event. Heats with two swimmers to a lane shall be completed before heats with a single swimmer per lane. Competitors of the same gender may be required to swim two-to-a-lane in these events if only one course is available and the meet day is projected to last longer than 12 hours. (See article 102.10.4 for principles of seeding two-to-a-lane.)
- (3) For any freestyle event 400 meters or longer, men and women may be seeded together at the discretion of the Championship Committee.
- (4) In the 800/1000 and 1500/1650 freestyle, all men and women swimming slower than a standard established by the Championship Committee will be seeded together by time only.

C Multiple courses—When courses are unequal in any way (depth of the course, visibility of timing display, bulkhead turns, type of gutter or starting blocks, etc.), male and female swimmers shall alternate courses by days. Days for each course shall be determined by the Championship Committee. If the timeline of the meet is significantly affected by this rotation, the Championship Committee may override this requirement.

104.5.6 Club Scoring

A Scoring—All national championship meet scoring and awards shall be treated as if the meet were swum in a 10-lane pool, regardless of the actual number of lanes available. Points shall be awarded as in article 103.19.3.

B Categories—Club scoring will be tabulated in two categories.

- (1) **Regional clubs**—For competition at national championship meets, a regional club consists of a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at nationals.
- (2) **Local clubs**—For competition at national championship meets, a local club consists of a club that does not qualify as a regional club.

- (3) The Championship Committee shall publish a list of regional and local clubs no later than February 15 of each year. A club may contest its designation or the designation of another club by filing an appeal with the chair of the Championship Committee at least 45 days prior to the first day of competition at the national championship meet.

C Overall point total—The overall point totals for each club shall be published in all results documentation.

104.5.7 Awards

A Awards—All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given except in the case of ties. Appropriate awards as determined by the Championship Committee will be awarded for places one through 10.

B USMS championship award (i.e., patch or some similar award to be determined by the Championship Committee)—Each individual who wins a short course or long course individual or relay championship shall be awarded a USMS championship award. Swimmers winning more than one championship may purchase one additional award for each additional championship won.

C Club awards—The organization conducting the national championship meet shall provide awards as approved by the Championship Committee in accordance with the scoring method. Points scored for a club will be the sum of all points scored by members competing for that club in events for men, women and relays.

104.5.8 Results

A Posting of meet results—Event results shall be posted and splits for each swimmer shall be made available in accordance with article 103.7.2E.

B Publication of meet results—Meet results in the appropriate format (see Appendix B) and club scores shall be published within 30 days of the last day of the meet and posted on the USMS website. Electronic files shall be sent to the Championship Committee chair and the USMS Records and Tabulations Committee chair, and a hard copy shall be sent to the USMS Records and Tabulation Committee chair or designee.

104.5.9 Protest Procedure

A Protests against judgment decisions of starters, stroke and turn judges and relay takeoff judges may only be considered by the referee of the meet.

B Protests affecting the eligibility of an individual, a relay team or a club to compete, or protests arising from the competition itself, shall be handled by a panel of five persons comprised of one representative each from the Championship Committee and Rules Committee, if present, plus three other participants selected from other than the host club by the protest panel chair or Championship Committee liaison. This panel shall be chaired by the representative from the Championship Committee. Protests shall be submitted in writing, heard by the panel and decisions rendered no later than the last day of competition. Both

the party lodging the protest and the party charged shall be afforded a chance to be heard. The decision of the panel shall be final.

C Any protests made following the close of competition shall be directed to the chair of the Championship Committee for resolution.

104.5.10 Personnel (also see article 103)

A Meet director—The meet director shall follow the swimming rules of USMS Inc. and the policies and procedures established by the Championship Committee with regard to the planning and execution of the requirements for a national championship meet.

B Officials—The meet host shall appoint a meet referee and an administrative referee subject to qualification standards established by the USMS Officials Committee. A head starter shall also be assigned.

The following positions shall be assigned for each session:

- one deck referee for each course,
- one starter for each course,
- one chief judge for each course.

A sufficient number of stroke and turn judges shall be assigned in order to provide fair and equitable jurisdictions per article 103.10.4.

In addition to the officials listed above, additional officials may be assigned in order to provide adequate relief for all officials during each session.

All officials shall be certified by USA Swimming, USMS, YMCA or any other USMS-approved certifying body in the capacity to which they are assigned. An official may serve in only one officiating position during any event, except that during freestyle events 400 meters and longer, the referee and starter may double as stroke and turn judges.

C Other personnel—The minimum other personnel at each session of a USMS national championship meet shall include the following:

- two timers per lane for each course, each using a backup button and at least one timer using a stopwatch,
- one recall rope operator for each course if a recall rope is used,
- one safety marshal for each end of each pool in use for warm-ups.

A sufficient number of administrative officials (including timing equipment operators) shall be assigned to ensure that rules and procedures regarding seeding, official time determination, results and certification of records are followed.

D Availability of officials—In the event of insufficient personnel, the meet referee may modify or combine assignments, except that the deck referee and starter may not be the same person and lane timers may not operate two similar timing devices simultaneously.

104.5.11 Facilities and Equipment (also see article 107)

A If more than one course is to be used in a national championship meet, then each course must have its own automatic timing system.

- B** All courses shall have electronic readout boards. For two courses, the electronic readout boards shall have the capability of displaying times for all lanes simultaneously.
- C** Automatic timing equipment shall be provided for all courses during the competition.
- D** The event number and heat number for each heat in the water shall be displayed at all times during the competition in a location easily visible to all participants for each course being used.
- E** The organization conducting the national championship meet shall use a computer to compile entry lists, heat sheets, entry cards and final results.

**ARTICLE 105:
RECORDS, TOP 10 TIMES AND
ALL-AMERICAN RECOGNITION**

105.1 REQUIREMENTS FOR RECORDS AND TOP 10 TIMES

- 105.1.1 Sanction/Recognition**—All times must be achieved in USMS sanctioned meets or recognized events.
- 105.1.2 Deadlines**—Times to be considered for records and Top 10 times must be achieved on or before May 31 for short course yard times, September 30 for long course meter times and December 31 for short course meter times. These times shall be forwarded to the Records and Tabulation Committee chair or designee by June 30, October 20 and January 26, respectively.
- 105.1.3 LMSC Responsibility**—Each LMSC is responsible for reporting the Top 10 times, USMS national records and world records achieved in its LMSC in the appropriate format (see Appendix B), including all times achieved by swimmers from other LMSCs.
- 105.1.4 Required Information**—To be considered for national Top 10 times or for USMS national records, eligibility for all individual times and relay leadoff times is based on current USMS membership. The results must contain the full name (as it appears on the USMS membership card) and age of each swimmer. All relay times must include the name of the club and the full name (as it appears on the USMS membership card), the age and, for mixed relays, the gender of each swimmer.
- 105.1.5 Acceptable Times**—Only those results from events conducted in pools in conformance with article 107.2.1 shall be acceptable for record applications or Top 10 submissions.
- 105.1.6 Pool Certification**
 - A** Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming.
 - B** Pool certification shall be reported on the USMS Pool Length Certification Form (see Appendix B).
 - C** Certification data need only be filed once unless structural changes have occurred since the original certification.

105.1.7 Pool Measurement

- A** The length of the course must be measured for all lanes using a steel tape or other acceptable measuring device. The measurement must be attested to by the person performing the measurements. The measurement must be recorded:
 - (1)** In feet and inches and fractions of an inch or
 - (2)** In meters and centimeters.
 - B** A statement of the conditions under which the course was measured must be included as stipulated on the USMS Pool Length Certification Form (Appendix B).
 - C** Where a moveable bulkhead is used, the length of the course must be confirmed prior to the start of the meet.
 - D** Where a moveable bulkhead is used and the initial pool length certification for all lanes is on file, course measurement of the two outside lanes and a middle lane must be confirmed at the conclusion of the session during which the time was achieved.
- 105.1.8** USMS national records shall be published annually in the *USMS Code of Regulations and Rules of Competition*.
- 105.2 TOP 10 TIMES**
- 105.2.1** The 10 best times nationally in each age division and for each gender shall be published annually for the events listed under article 102.5.
 - 105.2.2** Split times shall be considered for Top 10 times if:
 - A** The time meets the requirements for an official time,
 - B** In an individual event other than backstroke, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the conclusion of the meet,
 - C** In a relay event or an individual backstroke event, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the swim and
 - D** The swimmer(s) completes the full distance of the scheduled event without being disqualified and performs a legal finish at the initial distance.
 - E** For a relay leadoff split time, the second swimmer does not start in the water when automatic timing is used.
 - F** In nonconforming individual or relay events, the initial distance corresponds to an event listed in article 102.5. The relay event itself and the individual event itself need not conform to article 102.5 as long as the distance and stroke are clearly defined.
- Such split times shall be included separately in the summary of results prepared by the meet director, and submitted to the LMSC Top 10 recorder.
- 105.2.3** In order for a time to be valid for Top 10 times consideration, a minimum timing quality of two manual times, averaged per USMS rules (see article 103.17.3), shall be used.

105.3 USMS NATIONAL RECORDS

- 105.3.1** The fastest official time by a USMS member in each event in a USMS-sanctioned or USMS-recognized competition, as verified in accordance with article 105.3.8, shall be designated as a USMS national record. For open water and long distance records, see article 308.
- 105.3.2** Records shall be achieved only in distances and strokes as listed in article 102.5.
- 105.3.3** Records must be made in accordance with all pertinent rules of USMS.
- 105.3.4** A record can only be made in still water.
- 105.3.5** The official time for establishing records shall be achieved and determined in accordance with articles 103.11, 103.12 and 103.18. Records shall require automatic timing, semiautomatic timing with three buttons or manual timing with three watches.
- 105.3.6** Split times shall be considered for USMS national records if
- A** They are recorded by fully automatic timing equipment.
 - B** They meet the requirements of articles 105.2.2B–F.

Such split times shall be included separately in the summary of results prepared by the meet director and submitted to the LMSC Top 10 recorder

- 105.3.7** Record times shall be submitted in hundredths of a second (two decimal places). If times are tied to the hundredth of a second, the results shall be declared a tie and records shared by all swimmers thus tied.
- 105.3.8** When a record is claimed, an official USMS record application form (Appendix B) shall be filled out, signed by the designated officials and transmitted immediately following performance with all supporting data, including official meet results, the timing system printout and/or copy of the entry card with timers' signatures to the records and tabulation chair for the LMSC in which the event was sanctioned or recognized. Responsibility for this lies with either the LMSC records chair or the official scorer of the meet. The LMSC records and tabulation chair shall send the supporting data to the chair of the USMS Records and Tabulation Committee or designee within 90 days of the end of the season as stated in article 105.1.2. Upon verification, the chair of the USMS Records and Tabulation Committee or designee shall promptly publish the new record on the USMS website. A record application shall not be accepted unless a copy of a birth certificate or passport accompanies it or is on file with USMS.
- 105.3.9** Records set outside the United States shall be applied for on official USMS record application forms (Appendix B) and are subject to all pertinent requirements.

105.4 ALL-AMERICAN**105.4.1 Individual All-American**

The USMS member with the fastest listed time for an individual event for that season shall be declared the All-American in that event for the year.

105.4.2 Relay All-American

The USMS members from each relay team with the fastest listed time for

that season shall be declared the relay All-Americans in that event for the year.

105.5 WORLD RECORDS

Applications and documentation for world records (25-meter and 50-meter courses only) shall be submitted to the USMS Records and Tabulation Committee chair or designee as detailed in Appendix B (see also articles 103.18.4 and 103.18.5).

**ARTICLE 106:
HEALTH AND SAFETY
REGULATIONS FOR COMPETITION**

106.1 MEDICAL EXAMINATION

Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters swimming training. In addition, it is also recommended that each competitor have a physical checkup immediately prior to Masters swimming competition to ensure physical readiness for participation.

106.2 MEDICAL EQUIPMENT

Meet directors are encouraged to investigate the use of appropriate emergency medical equipment and personnel for all meets.

**ARTICLE 107:
FACILITIES STANDARDS**

IMPORTANT: Swimmers are advised that United States Masters Swimming Inc. accepts no responsibility or liability for injuries resulting from accidents occurring in facilities not owned by United States Masters Swimming Inc., and strongly urges that all safety precautions be observed during sanctioned events.

107.1 DEFINITIONS

- 107.1.1** [M]—Mandatory requirement for all competition.
- 107.1.2** [M*]—Predicated upon facility availability, LMSCs may waive strict compliance with these requirements when sanctioning local competition.
- 107.1.3** [M‡]—Mandatory requirement; sanctioned events may be conducted in facilities not meeting these requirements but the results of those events shall not count for USMS records and Top 10. It must be noted in the meet information that events conducted in these facilities are noncompliant.
- 107.1.4** [NC]—Mandatory requirement for national championship meets and international competition.
- 107.1.5** Where dimensions are given, the dimension listed first shall govern and dimensions given in parentheses are for reference only.

107.2 RACING COURSE DIMENSIONS**107.2.1 Length**

- A Long course meters**—50.00 meters (164 feet, ½ inch). [M]
- B Short course meters**—25.00 meters (82 feet, ¼ inch). [M]
- C Short course yards**—25.00 yards. [M]
- D Dimensional tolerance**—Against the required length, a tolerance of

minus 0.00 meter in each lane used for competition on both end walls at all points from 0.3 meter above (if the wall or timing pad extends to this height, or to the top of the wall or pad otherwise) to 0.8 meter below the surface of the water is allowed. [M‡]

- E Touchpads**—When touchpads are used as part of an automatic timing system, the thickness of these pads shall not cause the length of the racing course in any lane to fall below the minimum required length. [M]
- F Movable bulkheads**—When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be capable of resisting lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes. [M]

107.2.2 Width—Minimum lane width for competitive swimming shall be 7 feet (2.13 meters). [M*, NC]

107.2.3 Water Depth

- A Starting end**—Minimum water depth for racing starts, as measured for a distance of 3 feet, 3½ inches (1.0 meter) to 16 feet, 5 inches (5.0 meters) from the end wall, during either competition or practice shall be as follows:
- (1) In pools with water depth less than 3 feet, 6 inches (1.07 meters) at the starting end, the swimmer must start within the water. [M]
 - (2) In pools with water depth 3 feet, 6 inches (1.07 meters) to less than 4 feet (1.22 meters) at the starting end, the swimmer must start from the deck or from within the water. [M]
 - (3) In pools with water depth 4 feet (1.22 meters) or more at the starting end, platforms shall meet the height requirements of article 107.11.1. [M]
- B Racing course**—Minimum water depth shall be 2 meters (6 feet, 7 inches) throughout the course. Based on facility availability, the Championship Committee may waive this requirement for national championship meets. [NC]

107.3 RACING COURSE WALLS

- 107.3.1 Permanent Course**—Walls enclosing the racing course shall be parallel and vertical. The end walls shall be at a right angle to the water surface and shall be constructed of solid material with a nonslip surface that extends no less than .8 meter (2 feet, 7½ inches) below the water surface. It is recommended that a toe-rest ledge be provided at approximately 4-foot depth in the walls of the deep-water race course. [M]
- 107.3.2 Movable Bulkhead Course Walls**—If a continuous recessed hand grip is provided at or near the water surface in a movable bulkhead, the horizontal dimension of the recess perpendicular to the bulkhead should not be less than 6 inches (.15 meter) and designed in a manner to prevent the swimmer's fingers from contacting the back surface of the recess. [M]

107.4 POOL AND BULKHEAD MARKINGS

- 107.4.1 Pool Bottom Lane Markers**—Minimum 10-inch-wide (25-centimeter) lines of a dark contrasting color (preferably black) shall be provided in

the middle of each racing lane on the bottom of the pool. The lines shall, preferably, be uninterrupted the length of the course and shall end with a distinctive cross line 3 feet, 4 inches (1.0 meter) long and the same width as the bottom center marker. The line, including the cross line, shall terminate 6 feet, 7 inches (2.0 meters) from each end wall. [M*, NC]

- 107.4.2 End Wall Targets**—Flush, nonslip targets in the shape of a “T” or a cross and the same width as the lane bottom markers shall be provided in the center of each lane on each end wall of the course and shall extend at least 3 feet, 4 inches (1.0 meter) below the level of the water surface. It is recommended that the top edge of the deck be of a contrasting color to provide a visual target above the water at the end of the course. [M*, NC]

- 107.4.3 Lane Numbers**—The lanes shall be numbered from right to left as the swimmers stand facing the course from the starting end of the pool. If the event is started at the turning end of the course, no change in the lane numbering shall be made; i.e., the lanes shall be numbered the same on both ends of the course. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. [M]

107.5 OVERFLOW RECIRCULATION SYSTEM

The pool water recirculation and overflow system shall maintain the water level in line with the overflow rim of the pool gutters without creating appreciable current or water turbulence and shall maintain a smooth and calm water surface during competition. The pool recirculation system shall be turned off if, in the opinion of the referee, the water movement interferes with the conduct of competition. [M]

107.6 WATER TEMPERATURE

Water temperature between 78 and 80 degrees Fahrenheit shall be maintained for competition. [M*, NC]

107.7 LADDERS

All ladders, steps or stairs within the racing course should be recessed in the pool side walls or removed during competition. [M*, NC]

107.8 OTHER DECK EQUIPMENT

- 107.8.1 Unobstructed Deck**—Use of portable lifeguard chair stands and other deck fixtures is recommended. They should be removed from the competition area to allow free passage and unobstructed view for competitors and officials along all sides of the course. [M*, NC]

- 107.8.2 Diving Boards**—One-meter diving boards that overhang the racing course shall be hinged out of the way or removed during competition. [M*, NC]

107.9 LIGHTING

- 107.9.1 Illumination**—For indoor pools, 100 footcandle illumination level is required at the water surface over the entire course. Overhead light fixtures shall be located to avoid the casting of shadows by the pool walls over the racing course. [M*, NC]

- 107.9.2 National championship meets**—At national championship meets the same type and level of illumination must be provided and maintained during the warm-up period and competition. [NC]

107.10 NO SMOKING SIGNS

No smoking indoors or outdoors shall be permitted in any area designated for swim-

mers, including spectator seating, standing and eating areas, and “No Smoking” signs shall be so posted. [M]

107.11 STARTING PLATFORMS

107.11.1 Height (subject to the provisions of article 107.2.3)

A Long course and short course meters—The front edge of the starting platform shall be no less than .50 meter (1 foot, 8 inches) nor more than .75 meter (2 feet, 5½ inches) above the surface of the water. [M]

B Short course yards—The front edge of the starting platform shall be not higher than 2 feet, 6 inches (.762 meter) above the surface of the water. [M]

107.11.2 Front Edge of Platform—The front edge of the starting platform shall be flush with the face of the end walls. [M]

107.11.3 Size and Slope of Platform—The top surface of the starting platform shall be not less than .50 by .50 meters (1 foot, 8 inches square) and shall slope not more than 10 degrees from the horizontal. It may have an adjustable-setting back plate. The entire surface of the platform shall be faced with permanent nonslip material. [M]

107.11.4 Backstroke Starting Grips—Starting platforms shall be equipped with firm starting grips located between .3 meter (12 inches) and .6 meter (24 inches) above the water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall. [M]

107.11.5 Lane Numbers—Starting platforms shall be clearly marked with lane numbers visible to competitors and officials. [M]

107.11.6 Stability of Platforms—Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times without human aid. [M]

107.12 FLOATING LANE LINES/DIVIDERS

107.12.1 Installation—Floating lines dividing each lane shall extend the full length of the course and shall be attached at each end wall with recessed anchors so located that the center line of the cable securing the lane lines shall be on the surface of the water with the bottom half of the floats uniformly submerged for its entire length. They shall:

A Separate the racing lanes. [M]

B Be outside the outermost lanes being used. [M*]

107.12.2 Size, Color and Safety—Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeters (2 inches) to a maximum diameter of 15 centimeters (6 inches). The color of the floats extending from the walls the distance of 5 meters (16 feet, 5 inches) for long course and short course meters, and 15 feet for short course yards, shall be distinct from the rest of the floats. Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15 meters (49 feet, 2½ inches) from each end wall in both short course and long course pools. Damaged or broken floats shall be removed and/or replaced to the extent possible. [M]

107.12.3 Number of Lane Lines—A single lane line between racing lanes shall be used in long course and short course meters competition. Multiple lane lines

may be installed for short course yards competition, provided the width of water between dividers is not reduced to less than 7 feet. [M*, NC]

107.12.4 National Championship Meets—Minimum 11-centimeter-diameter floats shall be required for national championship meets. [NC]

107.13 BACKSTROKE FLAGS AND LINES

107.13.1 Design—At least three triangular pennants 6 to 12 inches in width at the base and 12 to 18 inches in vertical length, of two or more alternating and contrasting colors, shall be suspended on a firmly stretched line over each lane for all backstroke, individual medley and medley relay events. [M]

107.13.2 Location

A Long course and short course meters—5 meters (16 feet, 5 inches) from each end of the course, a minimum of 1.8 meters (5 feet, 11 inches) to a maximum of 2.5 meters (8 feet, 3 inches) above the water surface. [M]

B Short course yards—15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface. [M]

C Measurement—Height shall be measured to the horizontal line from which the pennants are suspended. [M]

107.13.3 Marking at Midpoint of Course—For long course backstroke, individual medley and medley relay events a firmly stretched ¼-inch (7-millimeter) line without flags or pennants shall be suspended at the midpoint of the course. [M]

107.14 LOUDSPEAKER STARTING SYSTEM

An electronic sound-generating device shall be provided to give the starting and recall signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light or similar visual signal located on the starter’s side of the course approximately 15 feet forward from the starting end, to indicate the start to manual timers and deaf and hard of hearing swimmers (also see article 108.3). The starting system may include an underwater recall speaker and final-lap signal option. [NC]

107.15 RECALL DEVICE

A device to recall swimmers shall be provided. If a recall rope is used, it shall be placed at the midpoint of the course in long course facilities and at the turn end backstroke flags in short course facilities. The rope shall be attached to vertical stanchions with quick-release mechanism and shall be suspended at least 4 feet (1.22 meters) above the water surface at the lowest point. [M*]

107.16 PACE CLOCKS

There shall be at least two large, accurate timing devices or clocks for each warm-up course, preferably located on opposite sides of the course, clearly visible to all swimmers. [M*, NC]

107.17 AUTOMATIC TIMING EQUIPMENT

107.17.1 Installation and Safety

Equipment shall be installed so that it will not interfere with swimmers’

starts, turns or finishes or the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts of current. [M]

107.17.2 Power Source—See article 103.17 for automatic and semiautomatic timing equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to standby battery power source in case of line power failure without affecting the continuity and accuracy of the timing system. [NC]

107.17.3 Touchpads

A Size and thickness—Recommended pad size shall be 6 feet, 6 inches (2 meters) wide and not less than 2 feet (.6 meter) deep. Minimum width of pads shall be 5 feet (1.52 meters). Thickness shall not exceed 3/8-inch (1 centimeter). [NC]

B Markings—Panel face markings shall conform to and superimpose on pool end wall markings as closely as possible. Perimeter edges of the panel shall have a 1-inch-wide black border. [NC]

C Sensitivity—Panels shall stop the timing system instantaneously by a light hand touch anywhere on the flat surface facing the race course and the upper edge, but shall not be activated by water turbulence. [NC]

D Installation and safety—Panels shall be installed and firmly anchored in the center of each lane and shall have no sharp edges, corners or other protrusions on any exposed surfaces. [NC]

107.17.4 Optional Accessories—Automatic timing equipment may provide relay judging capability, automatic lap counting, split time readouts for all lanes, correction of erroneous touch and television equipment tie-in. Any corrections or impulses generated by the equipment operators shall be clearly identified on the results printout.

107.17.5 Time Display Board (optional, except for national championships)—An automatic display board visible to all swimmers shall give a digital-time readout to two decimal places, displaying split times, final times and places for all lanes. In the event of a tie, the place shall be displayed as a tie. A separate line of display for each lane meeting the above requirements shall be provided for national championship meets on two courses. A one-line board is the minimum requirement for a third course. [NC]

107.18 ELECTRICAL SAFETY

All permanent or temporary electrical connections to the electronic loudspeaker start system, automatic timing equipment and other electrical or electronic devices operating on line voltages in the vicinity of the racing course shall be made only from ground-fault circuit interrupter (GFI) protected convenience receptacles or circuits. In the event such receptacles or circuits are not available in the facility used for competition, portable UL-approved self-contained GFI outlet fittings shall be provided (furnished and installed) at the nonprotected convenience receptacles by the meet management, meet director or the equipment operator(s) whenever such equipment is connected and in use. [M]

**ARTICLE 108:
GUIDELINES FOR OFFICIATING
SWIMMERS WITH A DISABILITY IN USMS MEETS**

108.1 GENERAL

108.1.1 Authority—The USMS rules and regulations grant the referee the authority to modify the rules for the swimmer with a disability (see article 103.6.7). Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications.

108.1.2 Responsibilities

A Athlete—The athlete (or the athlete's coach) is responsible for notifying the referee, prior to the competition, of any disability of the athlete and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

B Referee—The referee's responsibilities include:

- (1) Determining if the requested modifications are appropriate and can be met.
- (2) Instructing the starter and stroke and turn officials as to the accommodations to be made for that swimmer.
- (3) **Modifications**—Aids to buoyancy and speed are not allowed (see article 102.12.1E and 102.13.9). Some of the modifications that the referee may make to accommodate the athlete with a disability are:
 - (a) A change in starting position.
 - (b) Reassignment of lanes within a heat (e.g., exchanging lanes two and seven).
 - (c) Allowing the athlete to have a personal assistant(s).

Other allowable modifications are further described in this section under the type of disability.

108.2 BLIND AND VISUALLY IMPAIRED

108.2.1 Start—With an audible starting system, no modification is usually required for a swimmer who is blind or has vision loss. The swimmer may, however, require assistance getting to and on the block.

108.2.2 Turns and Finishes—A swimmer who is blind or has vision loss is permitted to have personal assistants ("tappers," who use poles with soft-tipped ends to tap the swimmer as notification of turns and the finish. Sound devices shall not be used. It is the swimmer's responsibility to provide the tapper(s), who shall be positioned within the confines of the swimmer's lane at the ends of the pool.

108.2.3 Relay Takeoffs—A physical touch may be required to signal when the relay swimmer's teammate has touched the wall. The specific method may be tailored to the swimmer's preference, so long as it does not aid the swimmer's takeoff or interfere with the timing.

108.3 DEAF AND HARD OF HEARING

108.3.1 Visual Starting Signal—Deaf and hard of hearing swimmers require a visual starting signal (i.e., a strobe light and/or starter's arm signals). The referee may reassign lanes within the swimmer's heat (i.e., exchanging one lane for another) so that the strobe light or starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard starter's arm signals are shown in Figure 1. A recall rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.

108.3.2 Strobe Light Location—The starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swim-

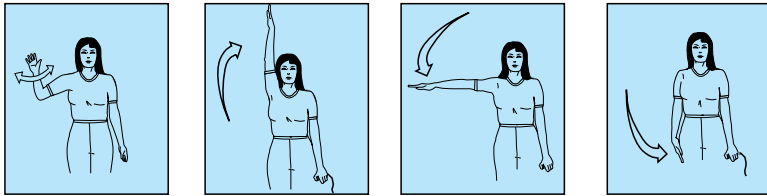


Figure 1. Standard starter's arm signals for deaf swimmers.

1. Twist hand at chin level—short whistles
2. Arm overhead—swimmer steps onto starting block
3. Arm moves to shoulder level—signal to "take your mark"
4. Arm moves to side of body—starting signal

mers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers do not have to turn their heads to look backwards.

108.4 COGNITIVELY DISABLED

The swimmer may be permitted to have an assistant on the deck when necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.

108.5 PHYSICAL DISABILITIES

108.5.1 Start—Swimmers with physical disabilities:

- A** May take longer to assume their starting positions,
- B** May have difficulty holding the starting platform or pool end for a start,
- C** May need assistance from someone on the deck to maintain a starting position,
- D** May use a modified starting position on the blocks, deck or in the water.

Examples of modified starting positions are shown in Figures 2 and 3.

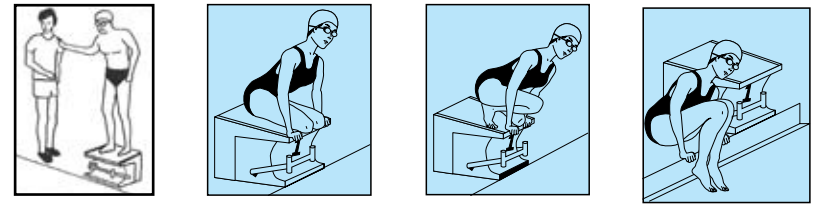


Figure 2. Modified starting positions from the block or deck.



Figure 3. Modified starting position from the pool.

E Shall use a forward start for breaststroke and butterfly. The referee, however, may allow modifications, such as the following:

- (1) The swimmer may start from a sitting position on the block or on the deck,
- (2) The swimmer may assume a starting position in the water, with or without assistance,
- (3) If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.
- (4) For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the legs may perform one asymmetrical stroke to attain the breast position.

108.5.2 Stroke/Kick—In judging the stroke or kick of a swimmer with a physical disability, the referee and stroke and turn judge should follow the general rule that if a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke or kick, it should be in accordance with the USMS rules.

Judgments should be made based on the actual rule—not on the swimmer's technique. For example, the breaststroke swimmer with one arm or leg shorter than the other may have a nonsymmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule.

108.5.3 Turns/Finishes

A Touches shall be judged in the same manner as strokes and kicks (i.e., on the basis of the arm[s] and/or hand[s] that the swimmer can use). In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-handed touch. When a swimmer has different arm lengths, only the longer arm must touch the wall, but

both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.

- B** At the turn and finish of the butterfly, an athlete with no leg function is permitted to perform a partial stroke with the arm(s) recovering forward under the surface of the water in order to touch the wall.

PART 2: ADMINISTRATIVE REGULATIONS OF COMPETITION

ARTICLE 201: MEMBERSHIP AND REPRESENTATION

2

201.1 MEMBERSHIP OF INDIVIDUALS

All swimmers participating in events sanctioned by USMS must be members of USMS registered through their LMSC or members of their nation's recognized Masters swimming governing body.

201.1.1 Eligibility—Swimmers age 18 and over are eligible and may apply for membership in USMS.

201.1.2 Annual Membership—Individual membership is for the period January 1 through December 31 of each year. Swimmers applying for membership for the following year on or after November 1 shall be issued a membership card valid from the registration date through December 31 of the following year. Swimmers may register unattached or may affiliate with a club that is already registered for the same year for which the swimmer is registering.

201.1.3 One-Event Registration

A Open Water One-Event Registration—An LMSC may offer a single-event registration that allows an athlete to participate in a USMS-sanctioned open water event. Membership cards shall not be issued for one-event registration. One-event registrants must be considered unattached and agree to be governed by applicable USMS open water swimming rules and administrative regulations, except that their swims shall not be eligible for USMS national open water awards and recognition. One-event registrants shall be identified as such in the meet results.

B Pool One-Event Registration—An LMSC may offer a single-event registration that allows an athlete to participate in one event sanctioned by that LMSC. Membership cards shall not be issued for one-event registration. One-event registrants must be considered unattached and agree to be governed by the rules and regulations of USMS, except that their times shall not be considered for Top 10 tabulation and national or world records, All-American status or any other USMS special awards. One-event registrants shall be identified as such in the meet results.

201.1.4 Membership Application Forms

A Membership application forms—Individual membership application forms may be obtained from the registrar of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the registrar of the LMSC or an official designee of the LMSC, who shall issue a membership card.

B Liability release—All membership application forms shall contain the exact language of the liability release according to article 204.1. The language shall not be modified in any way.

201.1.5 Fee—The annual membership fee and the one-event registration fee are composed of the following elements:

A A national fee established by the Board of Directors or the House of Delegates.

B A local fee established by the LMSC.

201.2 MEMBERSHIP OF CLUBS

Member clubs are organizations or groups of permanent character currently registered with USMS through its LMSCs and that actively promote and participate in Masters swimming.

201.2.1 Annual Membership—Annual membership for clubs is from the date of registration through December 31 of that year; however, a club applying for membership on or after November 1 will receive membership valid through December 31 of the following year.

201.2.2 Club Membership Forms—Membership forms for clubs may be obtained from the registrar of the LMSC. Renewal forms will be accepted October 1 for the next registration year. The completed form shall be submitted with the applicable fee to the registrar of the LMSC. The National Office shall issue a certificate of club membership.

201.2.3 Membership Fee—The annual membership fee is composed of the following elements:

A A national fee established by the Board of Directors or the House of Delegates.

B A local fee established by the LMSC.

201.2.4 Changing LMSC Affiliation—A club wishing to change its LMSC affiliation must approve such change by a majority vote of its general membership at a regular club meeting or at a special meeting called for that purpose, with the vote duly certified by the club's president and secretary. The transfer also must be approved by a majority vote of the officers of the club's current and proposed LMSCs. If approved, the transfer shall be effective 60 days after receipt of written notice by the National Office.

201.3 REPRESENTATION

201.3.1 There shall be only one USMS membership per individual permitted at any time.

201.3.2 In order for a swimmer to compete as a representative of a club, that club must be a member in good standing of an LMSC and USMS for the year a swimmer is registering.

201.3.3 A swimmer shall register in the LMSC in which the club being represented is located. The swimmer need not reside within the LMSC territory.

201.3.4 An unattached swimmer is an individual member who does not represent a USMS club.

201.3.5 A swimmer shall not represent any club in competition for 60 consecutive days before transferring affiliation to another club, unless this transfer takes

place at the time of annual registration. A swimmer may declare unattached status at any time without written application.

201.3.6 All applications for changes of membership (including transfers) must be accompanied by a reasonable fee to be determined by USMS and the LMSC in which the swimmer will register for change of membership.

201.4 TRAVEL PERMITS

201.4.1 A USMS membership card shall serve as a valid travel permit.

201.4.2 Written permission to compete in a foreign country may be obtained from that country's national Masters swimming chair or the chair's designee.

201.4.3 Any foreign swimmers requesting an invitation to participate in USMS events may have such invitation extended only by the USMS president or the president's designee.

ARTICLE 202: SANCTION/RECOGNITION OF POOL EVENTS

202.1 SANCTIONS

Times achieved at sanctioned events are considered for USMS national records, USMS Top 10 times and FINA world records. All swimmers entered in sanctioned events shall be USMS members, or shall have valid travel permits or their equivalents, or shall have other acceptable proof of current Masters membership.

202.1.1 Sanction Requirements—Sanctions shall be issued, withheld or withdrawn in accordance with the following:

A Applications for sanction shall be made to the LMSC within which the event is to be held, and applications shall be accompanied by a copy of the entry form and applicable fee.

(1) The entry forms shall contain the language of the liability release as stated in article 204.1. The language may only be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or additional insured(s) following "UNITED STATES MASTERS SWIMMING INC." All swimmers, before participating, shall have signed the liability release.

(2) Entry forms and programs must bear the statement "Sanctioned by (LMSC name) for USMS Inc. Sanction number: _____."

(3) The sanction fee shall be established by the LMSC.

B All sanctions shall be signed by the LMSC's authorized representative, and a record thereof shall be retained for two years.

C Sanctions issued to one organization cannot be transferred to another. Any sanctions so transferred shall be void for all purposes, and the LMSC may deny further sanctions to any organization violating this provision.

D No sanction may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from sanctioned events must be used for the general welfare of the promoting organization as a whole.

- E No sanction of any event shall be granted with the word “Olympic” or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOC.
- F All sanctioned events are subject to the following conditions:
- (1) The conduct of a sanctioned event shall be in strict compliance with applicable USMS swimming rules and administrative regulations, or when the sanctioned event is held simultaneously in conjunction with a USA Swimming sanctioned meet, with applicable USA Swimming rules and administrative regulations.
 - (2) In order to be in compliance with FINA rule C.7.2, an LMSC may grant exceptions to specific USMS swimming rules and administrative regulations when sanctioning a FINA Masters World Championship.
 - (3) Sanctioned events may include nonconforming swimming events so long as they are conducted in a safe manner. Nonconforming swimming events are events not defined in article 102.5 or that would typically result in the disqualification of participants as defined in article 102.13. USMS records and Top 10 times shall not be maintained in nonconforming events except for initial distances and relay leadoff split times for distances that are also events defined in article 102.5.
 - (4) Sanctioned events may be conducted in facilities not meeting the dimensional tolerance for required pool length, but the results of those events shall not count for USMS records and Top 10. It must be noted in the meet information that events conducted in these facilities are noncompliant.
 - (5) All swimmers shall submit with their entries copies of their current membership cards or travel permits, or supply proof of current Masters membership acceptable to the LMSC; however, at the discretion of the meet director and exclusive of national championship meets, a swimmer may enter indicating “number pending,” as long as proof of membership is presented prior to the swimmer’s participation in the event.
 - (6) A swimmer’s valid affiliation and age must be displayed after the name on the heat sheet or in the program.
- G A further sanction may be denied to any organization that has failed to conduct such event in accordance with applicable USMS swimming rules and administrative regulations, or as stated on the entry form.

202.2 RECOGNIZED EVENTS

Times achieved at recognized events shall be considered for USMS national records and Top 10 times if a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS swimming rules and administrative regulations. USMS membership is not required for swimmers entered in recognized events. Times achieved by USMS members at events sanctioned by USA Swimming shall be considered for USMS national records and Top 10 times without formal application for recognition. Times achieved by USMS members at events sanctioned by a FINA member federation shall be considered for USMS national records

and Top 10 times without formal application for recognition if the USMS member(s) register for the meet as USMS members. It is the responsibility of the swimmer to submit times obtained in recognized events with complete documentation to the appropriate LSMC Top 10 recorder and the Records and Tabulation Committee chair.

- 202.2.1 Recognition**—Recognition shall be issued, withheld or withdrawn in accordance with the following:
- A Application for recognition of events within the jurisdiction of USMS shall be made to the LMSC within which the event is to be held, and applications shall be accompanied by the recognition fee.
 - B All recognitions shall be signed by the LMSC’s authorized representative, and a record thereof shall be retained for two years.
 - C Recognition issued to one organization cannot be transferred to another. Any recognition so transferred shall be void for all purposes, and the LMSC may deny further recognition to any organization violating this provision.
 - D No recognition may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from recognized events must be used for the general welfare of the promoting organization as a whole.
 - E The conduct of a recognized event shall conform to relevant USMS swimming rules and administrative regulations, including but not limited to, the following:
 - (1) Articles 101 or Article 108 Starts, Strokes and Relays (Swimmers with a Disability)
 - (2) Article 102.14.1 Swimwear Restrictions
 - (3) Article 103.18.3 Timing Resolution
 - (4) Articles 103.18.1, 103.18.2, 103.18.4, 103.18.5 and 103.18.7 Official Time
 - (5) Articles 105.1, 105.2.1, 105.2.2A, 105.3.2, 105.3.6A and 105.3.8 Records and Top 10 Times
 - (6) Articles 107.2.1, 107.2.3A, 107.3, 107.11.1, 107.11.2 and 107.13 Minimum Standards for Facilities
 - (7) Relay leadoff split times that conform to articles 103.18.1 and 105.2.2A will be considered for events listed in article 102.5. USMS membership is not required for the other members of the relay team and the relay event itself need not conform to article 102.5.
 - F Further recognition may be denied to any organization that has failed to conduct said competition in accordance with applicable USMS swimming rules and regulations, or as stated on the entry form.
 - G Recognition for any meet held outside the jurisdiction of USMS, and

not sanctioned by a FINA member federation, shall be obtained from the Executive Committee.

202.3 FITNESS EVENTS

Fitness events are USMS events approved by the USMS Fitness Education Committee, LMSCs or clubs. Participants shall be USMS members or obtain one-event registrations to participate in these events. A fitness event shall be a sanctioned event or performed in an organized/supervised practice.

ARTICLE 203: OPEN WATER SANCTION

203.1 SANCTIONS

Swims achieved by USMS members at sanctioned events are considered for USMS open water national awards and recognition, provided a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the applicable USMS swimming rules and administrative regulations.

203.1.1 Sanction Options— USMS shall offer sanction options as defined below.

- A Standard USMS Sanction**—Open water events restricted to USMS members, one-event registrants and Masters swimming members of a FINA member federation. All swimmers entered shall be considered part of the same event and shall swim under applicable USMS open water swimming rules and administrative regulations.
- B Events Including Both USMS and USA Swimming Members**— USMS sanctioned open water event held in conjunction with a USA Swimming sanctioned open water event. USMS members shall swim under applicable USMS open water swimming rules and administrative regulations and USA Swimming members shall swim under applicable USA Swimming rules and administrative regulations. USMS athletes and USA Swimming athletes may swim at the same time on the same course. Athletes holding both USMS and USA Swimming memberships must declare their affiliation, in writing, prior to the start of the event.
- C Other Sanctions**—The Board of Directors, shall consider and may approve other sanction options recommended by the Long Distance Committee, with input from the Open Water Committee that allow the sanctioning of events that include USMS and non-USMS members

203.2 SWIMMER VERIFICATION

- 203.2.1** All swimmers entered in USMS sanctioned events as USMS members or Masters swimming members of a FINA member federation shall provide proof of current membership, acceptable to the LMSC. All other swimmers entered shall provide proof of USMS one-event open water registration.
- 203.2.2** All swimmers entered in USMS sanctioned events as members of non-FINA governing bodies shall have membership verification acceptable to their governing body.
- 203.2.3** At the discretion of the event director and exclusive of national championship events, a swimmer may enter indicating “number pending,” as long

as acceptable proof of membership is presented prior to the swimmer’s participation in the event.

203.3 SANCTION REQUIREMENTS

- 203.3.1 Jurisdiction**—The LMSC in which the event originates shall have jurisdiction in issuing the sanction. If any events are to be swum in more than one LMSC, the other LMSC(s) may also issue a sanction for the event. The sanction fee shall be established by the LMSC with jurisdiction.
- 203.3.2 Requirements**—The following requirements shall be followed by the sanctioning LMSC and sanction applicant:
 - A** LMSCs shall use the prescribed sanction application form without additional requirements.
 - B** Applications for sanction shall be made to the LMSC with jurisdiction.
 - C** Sanctions shall be signed by the LMSC’s authorized representative, and a record thereof shall be retained for two years.
 - D** The LMSC’s authorized representative shall report the sanction to USMS.
 - E** Sanctions issued to one organization cannot be transferred to another.
 - F** No sanction of any event shall be granted with the word “Olympic” or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOC.
 - G** When sanctioning a FINA Masters World Championship open water event, an LMSC may grant exceptions to specific USMS open water swimming rules and administrative regulations in order to be in compliance with FINA rules.
 - H** Sanctioned events may include nonconforming swims so long as they are conducted in a safe manner.
- 203.3.3 Entry Forms and Programs**
 - A** The entry forms shall contain the language of the liability release as stated in article 204. The language may only be modified by naming the sanctioning LMSC(s), sponsoring USMS club(s) and/or additional insured(s) following “UNITED STATES MASTERS SWIMMING INC.” All swimmers, before participating, shall have signed the liability release.
 - B** Entry forms and programs must bear the statement “Sanctioned by (LMSC name) for USMS Inc. Sanction number: _____.”
 - C** In the event of a dual sanction, entry forms and programs must identify the other sanctioning body.
 - D** For competitive open water events that calculate individual scoring for place and/or club scoring, a swimmer’s valid club affiliation and age must be displayed after the name in the program, if a program is published.
- 203.3.4** Results – Event directors shall submit official electronic results of the event to the LMSC’s authorized representative.

203.4 WITHDRAWAL OR DENIAL OF SANCTIONS

- 203.4.1** Sanction may be denied to any individual or organization that has failed to conduct previously sanctioned events in accordance with applicable USMS open water swimming rules and administrative regulations, or as stated on the entry form.
- 203.4.2** Sanction may be denied to any individual or organization that has failed to demonstrate the ability or willingness to conduct the sanctioned events in accordance with applicable USMS open water swimming rules and administrative regulations.
- 203.4.3** Sanction may be withdrawn from any individual or organization failing to conduct the sanctioned events in accordance with agreed upon USMS open water swimming rules and administrative regulations and other stated requirements on the entry form.

**ARTICLE 204:
LIABILITY RELEASE****204.1 RELEASE**

All individual membership application forms and sanctioned entry forms shall include a liability release. The liability release shall be signed by the person registering or entering. The language of the membership release shall be:

“I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.”

- 204.1.1** The language of the entry release may be modified as described in article 202.1.1A(1).
- 204.1.2** For open water events, the following statement shall be added to the end of the release:
“Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”

PART 3: OPEN WATER AND LONG DISTANCE SWIMMING RULES

ARTICLE 301: ADMINISTRATION

301.1 ORGANIZATION

The conduct and organization of open water and long distance swimming for Masters shall be governed by USMS through its Long Distance Committee and LMSCs. The chair and committee members shall be appointed as provided in articles 507.1 and 507.1.8.

301.2 OPEN WATER GUIDE TO OPERATIONS

301.2.1 Guide to Operations—The Long Distance Committee, with input from the Open Water Committee, shall develop and maintain a USMS Open Water Guide to Operations. The manner of implementation, governing policies and management of the rules in Part 3 shall be contained in this guide.

301.2.2 All participants in national championship postal events (as defined in article 305.7.2.2 G–I) must be currently registered members of USMS or a FINA-member national governing body on or before the day of their swim. Athletes with one-event registrations are not eligible for national championship postal events.

301.3 MEMBERSHIP, REPRESENTATION AND SANCTIONS

Membership, representation and sanctions for open water and long distance events shall be governed by all applicable rules under articles 201, 204 and 205. In addition, the following administrative rules apply:

301.3.1 One-event registrants shall not be eligible to compete in national championship open water swims, nor shall they be eligible for records, All-American status or any other USMS special awards.

301.4 LIABILITY RELEASE

Entry forms shall contain the exact language of the liability release according to article 204.1 and 204.1.2.

301.5 AGE DETERMINING DATE

301.5.1 In an open water swim, the eligibility of a participant shall be determined by the age of the participant as of the last day of the event, except for 18-year-olds, who must be 18 on the day that they swim.

301.5.2 In a postal swim, the eligibility of a participant shall be determined by the age of the participant as of the day of the swim.

ARTICLE 302: OPEN WATER EVENTS

302.1 EVENTS

An open water event is comprised of one or more swims of any distance conducted in an open body of water, either natural or manmade. The distances shall be the same for both men and women.

302.1.1 Open water events shall be comprised of individual and/or relay swims.

302.1.2 At the discretion of the event director, clinics or other swimming activities may be included as part of open water events.

302.1.3 At the discretion of the event director, open water events may be competitive and/or noncompetitive.

302.2 OPEN WATER SWIMS

302.2.1 Straightaway Swims

A The course shall be a straight, measured distance within plus or minus 6 inches, in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer. Floats on the course shall be a maximum of 10 yards apart.

B Course measurement—If permanent fixed and stationary markers are used, a course needs to be certified once every five years. If a course has no permanent stationary markers, it must be certified by a licensed surveyor annually.

302.2.2 Other Open Water Swims—The event director shall determine the course and type of start for open water swims, keeping in mind the safety of the swimmers. The course shall be measured as accurately as possible. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age groups and other classifications may also be swum at the same time, but again tabulated separately.

302.2.3 Solo Swims—Solo open water swims, consisting of one or a select number of swimmers, may be sanctioned and should conform to the rules stated under article 303.11.

302.3 CUMULATIVE RELAYS

302.3.1 Cumulative relays are comprised of groups of swimmers entered in the individual swim. Cumulative relay swims may be contested on a total time/distance or point system basis.

302.3.2 Time/Distance Basis—A specified number of contestants on each relay shall be considered in the computations for team scoring. The relay whose top specified number of swimmers have the lowest cumulative time or the greatest cumulative distance shall be declared the winner. A similar method will be used to determine second, third and subsequent places. In the event of a tie, the relay with an individual member who finished nearest to first place shall be declared the winner or awarded the place.

302.3.3 Point Basis—Points are awarded on the basis of overall finishing position, with one point for first place, two points for second place, etc. The points of specified relay members are added, and the lowest cumulative score

determines the winning relay; the second lowest score, the second place, etc. In the event that two or more relays score the same number of points, the relay that has the swimmer who won or finished nearest to first place shall be declared the winning relay.

302.4 SEQUENTIAL RELAYS

Relays shall consist of two or more swimmers as specified on the entry form. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer shall be made within one minute after the completion of the previous swimmer's leg. In the exchange in open water relays, physical contact must be made between the two swimmers. The event director, with the concurrence of the chair of the Long Distance Committee, may allow special events in which members of an open water relay need not be from the same club.

ARTICLE 303: CONDUCT OF COMPETITIVE OPEN WATER EVENTS

303.1 SCORING DIVISIONS

With the exception of national championship events, scoring divisions are at the discretion of the event director and may be separated by gender, age group, swimwear, specialty categories or any other method suitable to the swimmers served.

303.1.1 Scoring divisions shall be subject to the following:

A Scoring divisions shall be the same for men and women.

B For competitive swims, separate scoring divisions may be contested at the same time, with separate results tabulated.

C If awards are given for competitive swims, they shall be of equal value for all scoring divisions.

D For the purposes of national championships, awards and recognition, only standard USMS scoring divisions—used singly and in combination—shall be eligible. Specific applications of scoring divisions are found in the applicable rules under articles 307.7.4 and 307.7.5.

303.1.2 Standard USMS gender scoring divisions consist of:

A Individual—open, women and men

B Relay—women, men and mixed

303.1.3 Standard USMS age group scoring divisions consist of:

A Individual—open and 18-24, 25-29, 30-34 ... (five-year age groups as high as necessary).

B Relay—open and 18+, 25+ ... (10-year age groups as high as necessary), the age of the youngest relay member determining the age group.

303.1.4 Standard USMS swimwear scoring divisions consist of category I and category II swimwear as defined in article 303.7.

303.2 SAFETY STANDARDS

As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary for protection from foreseeable dangers. The event director can assist this endeavor by:

- 303.2.1** Obtaining necessary permits/approvals from the U.S. Coast Guard, park authorities, lifeguard associations, etc.
- 303.2.2** Providing accurate maps with course descriptions, course markings and other pertinent information, including but not limited to, anticipated water temperature and general water conditions, with entry forms and event information packets.
- 303.2.3** Planning for possible medical evacuations.
- 303.2.4** Assigning rescue/aid personnel and craft.
- 303.2.5** Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.
- 303.2.6** Making provisions for controlling escort craft and access of nonrace craft into the race area.
- 303.2.7** Briefing all contestants, coaches, managers, trainers and event officials.
- 303.2.8** Planning for possible cancellation, postponement and/or modification of the event.
- 303.2.9** Considering use of fluorescent or brightly colored caps to assist in identification and visibility of swimmers in open water events.
- 303.2.10** Informing swimmers of the anticipated water temperature, specific weather and water conditions, and known hazards.

Note: LMSCs are encouraged to use USMS safety guidelines and precautions for the conduct of open water and long distance events, as well as develop their own, provided they are not in conflict with USMS rules, policies or procedures. Visit www.usms.org/longdist/safety.pdf.

303.3 ESCORTED SWIMS

- 303.3.1** In any event for which it has been arranged that an escort craft or paddler will accompany each swimmer throughout the event, all swimmers shall be accompanied by such an escort paddler or craft. If the escort paddler or craft becomes disabled or cannot continue to accompany the swimmer, the swimmer may stay in the water near the disabled escort craft until a replacement arrives, join another escort craft that is accompanying only one other swimmer until another escort craft arrives or exit the water.
- 303.3.2** If a swimmer's escort becomes disabled as per article 303.2.1, an escort for another swimmer may assume responsibility for the swimmer with the disabled escort, subject to the following conditions:
- A** Any one paddler or craft may escort no more than two swimmers.
 - B** The two swimmers must stay within 3 meters of each other. Failure to stay within 3 meters shall result in immediate disqualification of the second swimmer assigned to the escort and the immediate removal of that person from the water.
- 303.3.3** Swimmers may receive the following assistance from the escort:
- A** Food or drink may be passed from escort to swimmer as long as deliberate contact is not made between the two.
 - B** The escort may also assist the swimmer with navigation, including verbal and written communication.
- 303.3.4** Swimmers shall not be assisted by escort craft as follows:

- A** Swimmers shall not receive flotation or propulsion from any escort craft nor make intentional contact with any craft.
- B** Drafting (swimmer swimming directly behind the escort) shall not be permitted when other open water is readily available.
- C** Escort boats shall not obstruct other swimmers in the race.

303.4 STARTS

303.4.1 Types

- A Stationary**—Swimmers start from a platform or in the water behind the starting line.
- B Running**—Swimmers line up a short distance from the water behind a marked line. At the starting signal, the swimmers run into the water and swim the prescribed course.

303.4.2 Starting Signal—The starting signal shall be both audible and visible.

303.4.3 Straightaway Events—A stationary water start shall be used in straightaway events.

303.4.4 Wave Starts—At the discretion of the event director, swims may be started in waves in which each wave is separated at the start from other waves by a set time interval. Swimmers' times shall be adjusted by the starting time interval and their order of finish shall be determined on the basis of the adjusted time.

303.5 SEEDING

- 303.5.1** When practical, swimmers shall be seeded by their 1500 meters/1650 yards times. The manner of seeding swimmers without times shall be at the discretion of the event director, as stated in the event entry sheet.
- 303.5.2** When wave starts are used in straightaway swims, the swimmers shall be seeded in order of time, with the fastest swimmers receiving the preferred positions in seeded order. If subsequent rows are needed, they shall be seeded in a similar method.
- 303.5.3** Events for different age groups and genders may be combined to allow the swimmers to compete at the same time.

303.6 FINISHES

- 303.6.1 In-the-Water**—The swimmer shall have finished the swim when any part of the swimmer touches a vertical surface or crosses a specifically designated finish line after completion of the prescribed distance. Order of finish shall be determined as the swimmer touches the vertical surface or crosses the finish line. Place judges and timers shall position themselves accordingly.
- 303.6.2 Out-of-the-Water**—Swimmers shall leave the water, as defined by the course, and proceed to a specifically designated finish line. Order of finish shall be determined as the swimmer's chest crosses the finish line. Place judges and timers shall position themselves accordingly.
- 303.6.3 Straightaway**—An in-the-water finish shall be used in straightaway events.
- 303.6.4 Electronic Timing/Incorporating Chip Timing**
- A Backup timing**—In open water swims in which the event director pro-

vides electronic timing/chip timing, an independent operating backup timing system is required.

- B Order of finish**—For both in-water and out-of-water finishes, the order of finish shall be determined when the timing chip is registered by the electronic timing system or when the independent backup timing system is activated.

303.7 SWIMWEAR FOR OPEN WATER EVENTS

Swimwear allowed for open water events is defined below and is not impacted by decisions of FINA, USA Swimming or Part 1 of USMS rules. It is the swimmer's responsibility to understand the appropriate swimwear allowed at a particular event.

303.7.1 Rules for All Swimwear for Open Water Events

- A Design**—Swimsuits shall be nontransparent and conform to the current concept of the appropriate. The referee shall have the authority to bar offenders from competition until they comply with this rule.
- B Advertising**—Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

303.7.2 Rules for Category I Swimwear for Open Water Events

- A** Swimwear shall include only a swimsuit, cap or caps (which may include those made of neoprene) and goggles. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck and shoulders. Nose clips, ear plugs, wristwatches and grease are also allowed.
- B** The competitor shall wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder nor extend below the knees.
- C** Exemptions to the restrictions in articles 303.7.2A and B may be granted to a swimmer, on a case by case basis, by the chair of the Long Distance Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.
- (1) Procedures for applying for an exemption will be published by the Long Distance Committee and posted on the U.S. Masters Swimming website.
 - (2) No exemptions to these restrictions will be granted for swimwear that would give a swimmer a competitive advantage.
 - (3) The decision of the Long Distance Committee chair may be appealed only to the entire Long Distance Committee, whose decision shall be final and binding on all parties.
- D** Swimmers are not permitted to wear or use any device or substance to help their speed, buoyancy or endurance during a swim (such as wetsuits, webbed gloves, fins, snorkels, buoyant armbands, etc.). Any kind of tape on the body or flat armband is not permitted unless approved by

the referee. Any devices used to maintain body heat are not permitted, except for those listed in article 303.7.2A.

303.7.3 Rules for Category II Swimwear for Open Water Events

- A** Swimwear that does not meet the requirements for category I swimwear shall be considered category II swimwear. Swimwear may include a swimsuit or wetsuit, cap or caps, goggles, arm bands and rash guards. Nose clips, ear plugs, wristwatches and grease are also allowed.
- B** Wetsuits or any other heat-retaining swimwear may be allowed at the discretion of the event director when the water temperature does not exceed 78 degrees Fahrenheit. Any published results or records must clearly indicate which swimmers wore wetsuits.
- C** Swimmers are not permitted to wear or use any additional device or substance to help their speed, buoyancy or endurance during a swim (such as webbed gloves, fins, snorkels, etc.), except in designated events where all swimmers may use similar devices or substances. Any kind of tape on the body is not permitted unless approved by the referee.

303.8 OFFICIALS

- 303.8.1** There shall be an event director, referee, safety coordinator, scorer, announcer, clerk of course, starter and a sufficient number of judges, inspectors, timers and medical personnel to ensure a properly run open water event.
- 303.8.2** The clerk of course shall ensure that all entrants in open water events are visibly marked with their entrant numbers.
- 303.8.3** Official craft shall be placed in a position in open water events to best observe yet not physically hinder the swimmers.

303.9 DISQUALIFICATIONS

A disqualification can be made only by the referee, the starter or a judge within whose jurisdiction the infraction has been committed. Swimmers shall be disqualified if they:

- 303.9.1** Or their personal escort willfully or intentionally delay the progress of another swimmer. Accidental contact, especially at the start, shall not be considered a disqualification. However, the flagrant disregard of another swimmer's rights shall result in disqualification.
- 303.9.2** Fail to complete the prescribed course.
- 303.9.3** Fail to complete the prescribed course within the preannounced time.
- 303.9.4** Fail to follow race rules.
- 303.9.5** Receive assistance by pulling or resting on the escort or safety craft, cables, line markers, buoys or buoy lines. Incidental contact shall not be a basis for disqualification.
- 303.9.6** Violate rules on escorted swims as described in articles 303.3.3 and 303.3.4 or receive similar assistance from any craft on the course.
- 303.9.7** Receive unauthorized assistance at the start or finish.
- 303.9.8** Violate swimwear rules.
- 303.9.9** Swim in a manner in which their personal safety is jeopardized.
- 303.9.10** Act in an unsportsmanlike or unsafe manner within the swimming venue.

303.10 SWIMMERS WITH DISABILITIES

303.10.1 The event director may modify any rule or race management procedure for a swimmer who has a disability. Any such modification shall affect only the current event and does not set precedent.

303.10.2 Definition—Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities.

303.10.3 Responsibilities

A Athlete—The athlete (or the athlete’s coach) is responsible for notifying the event director, prior to the competition, of any disability of the athlete and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

B Event director—The event director shall devise such modifications that allow the swimmer to participate as long as they conform to safety requirements. No modifications shall be granted that will give a swimmer a competitive advantage.

303.10.4 Recommendations for allowable modifications are further described in the Open Water Guide to Operations.

303.11 SOLO OPEN WATER SWIM

This swim must be sanctioned by the LMSC in which it originates and conducted in accordance with all pertinent rules and regulations. If more than one swimmer is attempting to swim, only one sanction need be issued. All times achieved in solo open water swims should be duly certified and made a matter of record by the sanctioning LMSC. The certification should include:

303.11.1 Each swimmer’s name, age, gender and membership number.

303.11.2 Governing body sanctioning the event.

303.11.3 Course, including the name of the body of water, the starting and finishing points, and the measured distance.

303.11.4 Verification and documentation that all rules were observed and the swimmer(s) either completed or failed to complete the distance.

303.12 INCOMPLETE RACE

303.12.1 The referee shall determine if the start of a race is to be postponed or canceled, or if a race in progress is to be stopped.

303.12.2 If a race is stopped and swimmers are removed from the water for their safety, the referee shall determine if the race is to be restarted, canceled or considered official. If the referee determines the race to be official, then article 303.9.2 may be waived and the order of finish of the swimmers on the course shall be determined by the referee.

ARTICLE 304:**CONDUCT OF NONCOMPETITIVE OPEN WATER EVENTS****304.1 NONCOMPETITIVE EVENTS**

Noncompetitive events are those that contain swims that are not scored for placement. At the discretion of the event director, the event may also include competitive swims.

304.1.1 Conduct of noncompetitive swims shall be at the discretion of the event

director, as long as they are conducted according to the safety standards in article 303.2.

304.1.2 Competitive swims included in a noncompetitive event shall be conducted according to the rules in article 303.

304.1.3 At the discretion of the event director, noncompetitive events may provide timing as a courtesy to swimmers who desire to know their finish time.

**ARTICLE 305:
LONG DISTANCE POOL EVENTS****305.1 EVENTS**

Long distance pool events shall consist of individual and/or relay competitions. The distances shall be the same for both men and women.

305.2 DEFINITIONS

A long distance pool event is any swimming event that contains distance-based swim(s) more than 1650 yards (1508.8 meters) in length or a time-based swim(s) equal to or longer than 60 minutes in time.

305.3 POOL

A long distance pool swim may be based on the time to swim a fixed distance or the distance swum over a fixed time. These swims may be conducted in a designated pool or as a postal event.

305.3.1 Event Director—The event director shall have the discretion to decide the time/distance of the swim(s) and, in the case of postal swim(s), the size(s) of the pools in which the event is to be swum.

305.3.2 Distance-Based Swims—The object of a distance-based swim is to determine who can swim a specific distance in the shortest amount of time.

305.3.3 Time-Based Swims—The object of a time-based swim is to determine who can swim the greatest distance in a given time period.

305.3.4 Postal—A postal event is a competition in which swimmers participate at a place of their choosing and send the time or distance achieved to a central location for tabulation.

305.4 CUMULATIVE RELAYS

Cumulative relays are comprised of groups of swimmers entered in the individual swim. Cumulative relay swims may be contested on a total time/distance or point system basis.

305.5 SEQUENTIAL RELAYS

Relays shall consist of two or more swimmers as specified on the entry form. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer shall be made as soon as practical after the completion of the previous swimmer’s leg. The exchange is governed by articles 101.7.3C and 101.7.3H. The event director, with the concurrence of the chair of the Long Distance Committee, may allow special events in which members of an open water relay need not be from the same club.

305.6 AGE GROUPS

Age groups in individual events for men and women shall be the same as those listed in article 303.1.3A.

305.7 AWARDS

If awards are given, they shall be of equal value for all age groups.

**ARTICLE 306:
CONDUCT OF POSTAL EVENTS**

306.1 RULES

Long distance events conducted in pools must comply with all applicable pool event rules in Part 1 of the rule book, except as noted in article 306.

306.2 POOL SIZE

306.2.1 Events shall be swum in a pool at least 25 yards in length.

306.2.2 Requirements for pool certification (article 105.1.6) and pool measurement (article 105.1.7) shall not apply to postal events.

306.3 OFFICIALS

306.3.1 There shall be at least one adult acting in the capacity of a starter/timer/referee who shall be present at all times, having no other responsibilities during the period of the swim.

306.3.2 Each swimmer shall have a counter to record split times for every two lengths during the swim for both time-based and distance-based events. One person may serve as a counter for a maximum of two swimmers per heat.

306.4 MULTIPLE SWIMMERS PER LANE

304.4.1 In pools that are less than 50 meters, no more than two swimmers shall share a lane.

306.4.2 Drafting shall not be permitted.

306.4.3 When two swimmers are sharing the same lane, they shall conform to articles 102.10.4A(6)(a) and (b).

306.4.4 In pools that are 50 meters or longer, the referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane.

306.5 TIMING

306.5.1 A stopwatch or electronic timing system shall be used to time the event.

306.5.2 Cumulative split times must be recorded to the nearest second.

306.6 DETERMINING DISTANCES IN TIME-BASED EVENTS

306.6.1 Distances shall be determined by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard/meter increment.

306.6.2 If the size of the pool is not designated, all distances shall be reported in yards.

306.6.3 If distances are to be reported in yards and the event is swum in a metric pool, the distances shall be determined in meters and converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed 5-yard increment.

306.7 DETERMINING TIMES IN SHORT-COURSE DISTANCE-BASED EVENTS

306.7.1 Swimmers may choose to swim events in 25-meter pools, swimming the same nominal number of meters as yards.

306.7.2 Times done in 25-meter pools shall be reported as if swum in a 25-yard pool, by dividing times by 1.0936 and integrating them with 25-yard times.

306.8 INTEGRITY OF RESULTS IN POSTAL EVENTS

306.8.1 Each entrant in a postal event shall be responsible for the validity of the figures and the time/distance submitted.

306.8.2 Event directors shall have the discretion to request additional verification of completion from any entrant and may refuse to accept, or disqualify, any entry that appears to contain erroneous information.

306.9 DETERMINATION OF PLACE

306.9.1 In distance-based events, the person swimming the fastest time shall be declared the winner.

306.9.2 In time-based events, the person swimming the farthest shall be declared the winner.

306.9.3 If two or more swimmers swim the same distance or achieve the same time, a tie shall be declared.

**ARTICLE 307:
OPEN WATER AND
LONG DISTANCE NATIONAL CHAMPIONSHIPS**

307.1 RULES

Open water and long distance championship events shall be governed by articles 301, 302, 303, 305 and 306. In addition, the following rules apply specifically to championships.

307.2 OPEN WATER AND LONG DISTANCE CHAMPIONSHIP EVENTS

307.2.1 At the discretion of the Long Distance Committee, open water national championships may be awarded in a form determined in the best interest of USMS open water swimming, including:

- A** Individual championships distributed across the country.
- B** Multichampionship swim festivals.
- C** A combination of A and B as deemed appropriate.
- D** Any other configuration that enhances the value of USMS open water championships.

307.2.2 At the discretion of the Long Distance Committee, national championship events may be awarded in the following categories:

- A** One mile (quarter-mile straightaway or open water course)
- B** Quarter-mile straightaway (2 miles)
- C** Open water (greater than 1 and less than or equal to 3 miles)
- D** Open water (greater than 3 and less than 6 miles)
- E** Open water (greater than or equal to 6 miles and less than 9 miles)

- F Open water (greater than or equal to 9 miles)
- G Postal one hour (in a pool 25 yards or longer)
- H Postal 5 and 10 kilometer (each event swum separately in a 50-meter pool)
- I Postal 3000 and 6000 yard (each event swum separately in a 25-yard or 25-meter pool)
- J Other national championship events and distances may be awarded at the discretion of the Long Distance Committee chair.

307.2.3 Rules Pertaining to Cumulative Relays

- A Cumulative relay competitions shall be contested in postal championships and may be contested in other championships. Recognized relays shall be three-person men and women relays and four-person mixed-gender relays.
- B Age groups for relay swims shall be the same as those listed in article 303.1.3A.
- C All team members shall be from the same USMS-registered club.
- D All relay members shall also be entered in the individual event, except at the discretion of the event director.
- E Competitors shall be allowed to swim in only one same-gender and one mixed-gender relay event per event.
- F The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+... 95+.
- G A swimmer who ages up during the duration of an event and swims the individual event twice may swim on one same-gender and one mixed-gender relay in each age group.
- H Mixed-gender relays may be entered, provided at least one swimmer of each gender is represented as follows:

Total number of relay members	Women	Men
2	1	1
3	minimum 1	minimum 1
4	2	2
5	minimum 2	minimum 2
6	3	3

307.3 SITE SELECTION

The manner of site selection for national championships shall be at the discretion of the Long Distance Committee and shall depend upon the championship structure chosen under article 307.2. Should a bidding system be selected, it shall be accomplished in the following manner.

- 307.3.1 Bids shall be due, in writing, to the Long Distance Committee chair no later than 45 days prior to the annual meeting.
- 307.3.2 Championships shall be awarded by the Long Distance Committee, typically

at the annual meeting, one to three years prior to the championship being held.

- 307.3.3 Events not awarded at the annual meeting may be awarded by the Long Distance Committee chair.
- 307.3.4 Suitable bids shall comply with all applicable USMS swimming and open water and long distance rules, policies and procedures.
- 307.3.5 A three-area award system may be followed for the bidding of open water championships. (See Appendix D for map and description of areas.)
In this system, suitable bids from a qualifying area shall receive preference over bids from other areas.
- 307.3.6 Postal national championships may be awarded to an organization for consecutive years.

NATIONAL CHAMPIONSHIP BID ROTATION			
Year	Area 1 West	Area 2 Central	Area 3 East
2011	1 mile Open water >3/<6 mile	Open water > 1/≤3 mile Open Water > 9 mile	2 mile cable Open water ≥ 6 mile
2012	2 mile cable Open water ≥6 mile	1 mile Open water > 3/<6 mile	Open water > 1/≤3 mile Open Water > 9 mile
2013	Open water >1/≤3 mile Open water >9 mile	2 mile cable Open water ≥ 6/<9 mile	1 mile Open water > 3/<6 mile
2014	1 mile Open water >3/<6 mile	Open water >1/≤3 mile Open water >9 mile	2 mile cable Open water ≥6/<9 mile

307.4 CONTRACT

A representative of the sponsoring organization that is the successful bidder of an open water and long distance championship event shall sign a written contract with USMS, which specifies the responsibilities of the event host and of USMS.

307.5 FINANCIAL

- 307.5.1 The sponsoring organization shall agree to underwrite the full event expenses, including but not limited to the following:
 - A Costs associated with the event (setting up the course, supplies, equipment, etc.).
 - B Cost of all national championship event awards (medals and patches) and/or other appropriate awards.
 - C A fee per individual entrant in the event and a performance bond shall be paid to USMS. All or a portion of the performance bond shall be returned to the sponsoring organization, based upon compliance with the conditions set forth in the event contract.
 - D Any other costs that may be reflected in national championship event contracts.

307.5.2 Complete financial statements shall be forwarded to the Long Distance Committee chair after completion of the event in accordance with the championship forms provided.

307.6 ENTRY FEE

The entry fees for open water and long distance national championships shall be approved by the Long Distance Committee.

307.7 RULES OF CONDUCT

307.7.1 Event Director—The event director shall follow the applicable swimming and open water and long distance rules of USMS and the policies and procedures established by the Long Distance Committee with regard to the planning and execution of the requirements for a national championship.

307.7.2 Entry Forms—Entry forms, including paper forms and online entry system, shall be reviewed by a Long Distance Committee representative and the LMSC for content and sanctioning prior to distribution in accordance with the USMS contract.

307.7.3 Officials—In addition to the officials required by article 303.7, the following officials are required for national championship events:

A The Long Distance Committee shall appoint an event evaluator to aid the event director, to ensure that the event is conducted in accordance with the contract and to ensure that all rules are observed.

B For open water events, a turn judge shall be located at each change of direction in the course. The turn judge shall:

- (1) Be positioned on shore or on the water in clear view of the turn to ensure that all swimmers complete the turn as indicated in the competition information documents and as directed at the pre-race briefing,
- (2) Record any violation of the turn procedures and
- (3) Report such violation to the referee.

307.7.4 Individual Age Groups—Age groups in individual open water swims for men and women shall be 18–24, 25–29, 30–34 ... (five-year age groups as high as necessary).

307.7.5 Relay Age Groups—Age groups in relay open water swims for men, women and mixed relays shall be 18+, 25+... (10-year age groups as high as necessary), the age of the youngest relay member determining the age group.

307.7.6 Swimwear

A Only swimmers wearing category I swimwear as defined in articles 303.7.1 and 303.7.2 may compete in national championship swims.

B At the discretion of the event director, swimmers wearing category II swimwear as defined in articles 303.7.1 and 303.7.3 may participate in events containing national championship swims, but shall be excluded for the purposes of articles 307.8 through 308.1. In addition, category II competitors shall have a separate start time.

307.7.7 Assistance During the Race

A Feeding is permissible, but use of alcohol or illegal drugs is forbidden.

B Paddlers and escort boats may be permitted by the event director.

307.7.8 Protests—Any protest arising from a competition shall be made to the event director within 30 minutes after the release of results for an open water event or 14 days after the release of results for a postal event. If the protest is not resolved, the protester may appeal in writing within 10 days for final adjudication to the Long Distance Committee chair, whose decision shall then be final and binding on all parties.

307.8 RESULTS

Individual and relay results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee chair and all participants in the event. Date of birth shall not be included in published results or results distributed to participants.

307.8.1 Individual results shall be tabulated electronically by gender and age group in order of finish. Women's results shall be shown first, followed by men's results. For each swimmer, the following information must be reported in this order:

A Age group place

B Swimmer's name (last name first, as it appears on the USMS membership card)

C Age

D Club (official USMS club abbreviation)

E USMS number

F Official time/distance

G Special information (national records, overall place, place among men, etc.).

307.8.2 Relay results shall be tabulated electronically by gender and age group in order of finish. Women's results shall be shown first, followed by men's results, then mixed-gender relays last. For each relay, the following information must be reported in the order designated on the results forms in the championship packet for that event:

A Age group place

B Team's full name (USMS club followed by blank, A, B, etc.)

C Official time/distance for the team

D Names, ages and official time/distance for each member of the team.

307.9 CLUB SCORING

Club scores shall be officially tallied for national championship postal events. At the discretion of the event director, club scoring may be officially tallied for national championship open water events.

307.9.1 Scoring

A Club scoring for the one-hour swim shall be based on total club yardage for individual swims.

B Club point scoring for the 3000 and 6000 yard and 5K and 10K postal

national championships shall be calculated based on a predetermined formula, approved by the Long Distance Committee, to fit the age group national record times for each gender.

- C Club scoring for the other national championships shall be point value for placing in individual swims. Points shall be scored to 10 places (11-9-8-7-6-5-4-3-2-1).

307.9.2 Categories—Club scoring shall be tabulated for women’s, men’s and combined categories.

307.9.3 Divisions—Up to four divisions may be recognized for purposes of club scoring based on the number of swimmers entered from each club in the event. The number of entrants from a club that shall constitute division I (very large), division II (large), division III (medium) and division IV (small) shall be determined by the Long Distance Committee chair and the event director after the event entry deadline.

307.10 AWARDS

307.10.1 National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded at least to the first six place winners of individual championships in each age group.

307.10.2 National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded to the members of at least the first three place winners of relay championships in each age group.

307.10.3 A USMS championship patch shall be awarded to each individual champion and each scoring member of a championship relay. An individual champion shall receive only one patch per event.

307.10.4 Appropriate awards approved by the Long Distance Committee chair shall be awarded to the first, second and third place club winners in each division if warranted by the size of the event entry.

307.11 ALL-AMERICAN

307.11.1 The highest placing USMS member in each age group of each individual open water and long distance pool national championship event shall qualify as a USMS Long Distance All-American for the calendar year in which the event was conducted.

307.11.2 The members of the highest placing USMS team in each age group of each open water and long distance pool national championship event shall qualify as USMS Long Distance Relay All-Americans.

307.11.3 The event director shall submit the name, age, date of birth, club affiliation, time or distance, and USMS membership number for each competitor achieving All-American status to the Long Distance Committee chair in accordance with the USMS event contract.

307.12 ALL-STAR TEAM

A USMS All-Star Team shall be selected each calendar year from the official results of the USMS open water and long distance national championship events.

307.12.1 A swimmer shall earn points for a top 10 finish in each open water and long distance national championship event in the following manner: 1st:

22 points, 2nd: 18 points, 3rd: 16 points, 4th: 14 points, 5th: 12 points, 6th: 10 points, 7th: 8 points, 8th: 6 points, 9th: 4 points, 10th: 2 points.

307.12.2 To be considered for the All-Star Team, a swimmer shall compete in at least three events, of which one shall be an open water event and one shall be a postal event.

307.12.3 If a swimmer scores points in one age group and ages up to another age group in the course of a year, the points earned shall be transferred up to the new age group. If a swimmer swims the same event in two different age groups, only the higher finish will be counted.

307.12.4 Ties shall be allowed.

ARTICLE 308: RECORDS

308.1 RECORDS

308.1.1 Individual national records will be maintained in quarter-mile straightaway swims (1-mile and 2-mile) and time/distance pool events (one-hour, 3000-yard, 6000-yard, and 5- and 10-kilometer postal). Relay national records shall be maintained in all of these quarter-mile straightaway swims and long-distance pool events. The records shall be for three-person men’s and women’s relays and four-person mixed relays.

308.1.2 Record times shall be swum in a sanctioned event and shall be routed through the event host to the Long Distance Committee chair.

308.1.3 With the exception of the quarter-mile straightaway swims specified in article 307.2.2, no national records will be maintained in open water events because of differences in courses, currents and other physical factors.

308.1.4 Open water and long distance records shall only be permitted from events conducted in compliance with articles 307.7.3B and 307.7.6A of the USMS rule book.

308.1.5 When a record attempt has been timed to the nearest second, .99 second shall be added to the time submitted. When a record attempt has been timed to the nearest tenth of a second, .09 second shall be added to the time submitted.

308.1.6 Long distance national records may be established by using a swimmer’s split time in an individual event if:

- A** The split is swum as an initial distance within a scheduled event,
- B** The swimmer completes the full distance of the scheduled event without being disqualified,
- C** The intent to record a split time is brought to the attention, in writing, of the event director at the time of entry in the longer event and
- D** At least two dedicated handheld watches are used to record the record split.

308.1.7 Split times from individual postal events may not be used as part of a relay entry into a separate relay postal event of a shorter distance or for entry into a separate individual postal event of a shorter distance.

PART 4: PARTICIPATION, CONDUCT, HEARINGS AND APPEALS

ARTICLE 401: PARTICIPATION

401.1 PROTECTION

USMS and its LMSCs shall respect and protect the opportunity of every eligible individual to participate in USMS administrative activities and sanctioned or recognized events.

401.2 PARTICIPATION

No member of USMS or any organization associated with USMS may deny or threaten to deny any eligible individual the opportunity to participate in USMS administrative activities and sanctioned or recognized events without just cause. It is not a violation of this article to restrict an individual's eligibility based on one or more of the following:

401.2.1 The individual's age

401.2.2 Membership in the organization that is conducting the event

401.2.3 Qualifying times.

Any member or eligible individual who alleges that the opportunity to participate has been denied or is about to be denied by an individual or organization associated with USMS shall follow the procedures set forth in article 102.16.2 or article 403, as applicable, to seek redress for the alleged violation of opportunity.

ARTICLE 402: CONDUCT OF MEMBERS

402.1 STANDARDS OF CONDUCT

The mission of USMS is to promote fitness and health in adults by offering and supporting Masters swimming programs. The opportunity to participate in Masters swimming is made possible by USMS. Members accept that this opportunity to participate is a privilege and as such shall conduct themselves with integrity and in a sporting manner. In matters relating to Masters swimming, members shall respect and protect the privileges of others who share this mission; therefore, the privileges of membership and participation may be withdrawn or denied if the conduct of a member or prospective member is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

402.2 COMPLIANCE WITH RULES AND REGULATIONS

It shall be the responsibility of all members to comply with the rules and regulations of USMS and the applicable rules, constitution and bureau decisions of FINA.

402.3 ENFORCEMENT

Any prospective member may be denied membership, and any member may be denied membership, censured, placed on probation, suspended, fined or expelled from USMS if such member engages in any unsporting conduct listed in article 402.4.

402.4 UNSPORTING CONDUCT

The following shall be considered unsporting conduct as it relates to Part 4:

- 402.4.1** Violation of the opportunity to participate, as set forth in article 401.
- 402.4.2** Discrimination in violation of article 501.3.
- 402.4.3** Any act of fraud, deception or dishonesty in connection with any USMS related activity.
- 402.4.4** Knowingly providing false information including name, date of birth, age or gender on USMS membership applications or meet entries.
- 402.4.5** Any nonconsensual physical contact, obscene language or gesture, or other threatening language or conduct directed toward meet personnel, in connection with a USMS event.
- 402.4.6** Any nonconsensual sexual conduct, pattern of unwelcome sexual advances or other inappropriate sexually oriented behavior or action by a USMS member toward a member or any other person participating in any capacity whatsoever in the affairs or activities of USMS.
- 402.4.7** Any act, conduct or omission that is detrimental to the image or reputation of USMS, an LMSC or the sport of swimming.
- 402.4.8** Aiding or abetting another to engage in any of the foregoing violations.

**ARTICLE 403:
HEARINGS AND APPEALS**

403.1 GENERAL JURISDICTION

As provided herein, USMS may deny membership, censure, place on probation, suspend, fine or expel any member or any person participating in the affairs of USMS who has engaged in any of the unsporting conduct listed in article 402.4.

403.2 JURISDICTION OF THE LMSC

Disputes arising within a single LMSC and not brought by USMS shall be filed directly with such LMSC and handled pursuant to LMSC rules and procedures. Any appeal of the LMSC's decision shall be made to the National Board of Review.

403.3 NATIONAL BOARD OF REVIEW

The National Board of Review shall be composed of a chair and a pool of potential hearing panel members, all of whom shall be USMS members. The National Board of Review chair shall be appointed by the USMS president. The pool of potential hearing panel members shall be appointed by the chair. The Board of Directors shall approve the appointment of the chair and the pool of potential hearing panel members. The term of the chair shall be two years, with no limit to the number of terms of service.

403.4 JURISDICTION OF THE NATIONAL BOARD OF REVIEW

- 403.4.1** The National Board of Review has original and exclusive jurisdiction to hear:
 - A** Any complaint from members of USMS where more than one LMSC is involved.
 - B** Any complaint of violation of article 402.4.4, providing false information.
 - C** Any complaint initiated by USMS.

Upon a majority vote of the Executive Committee, the National Board of Review may be assigned exclusive and immediate jurisdiction at any stage of any matter within the purview of this article 403 to serve the best interests of Masters swimming.
- 403.4.2** The National Board of Review has appellate jurisdiction to hear appeals of LMSC decisions.
- 403.4.3** Matters of jurisdiction to the National Board of Review shall be initiated by a written grievance served upon the National Office accompanied by the filing fee. The written grievance shall set forth all parties against which the grievance is filed (respondents) and shall state the grounds for the grievance, citing factual and legal issues in as much detail as possible. Instructions on how to file a grievance may be obtained from the National Office.

403.5 AUTHORITY OF THE NATIONAL BOARD OF REVIEW

The National Board of Review, through its hearing panels, in hearing grievances and appeals of LMSC decisions has the authority to:

- 403.5.1** Impose and enforce penalties for any violation of the rules and regulations, administrative or technical, of USMS.
- 403.5.2** Determine the eligibility and right to participate of any member or individual.
- 403.5.3** Vacate, modify, sustain, reverse or stay any decision or order properly submitted for review, or remand the matter for further action.
- 403.5.4** Investigate any alleged election impropriety.
- 403.5.5** Interpret any provision of the rules and regulations of USMS, with the exception of the rules of competition, which the National Board of Review shall defer to the USMS Rules (Part 1) or Long Distance (Part 3) Committees.
- 403.5.6** Review any revocation, suspension, reinstatement of membership or challenge to the granting or denial of membership.
- 403.5.7** Issue such interim orders as may be necessary pending a final decision of the National Board of Review.
- 403.5.8** Require the production of any available evidence bearing on an alleged violation.
- 403.5.9** Take testimony from witnesses.
- 403.5.10** Transcribe the National Board of Review hearings.
- 403.5.11** Assess costs and fees against one or more parties, and refund filing fees.

403.6 AUTHORITY OF THE NATIONAL BOARD OF REVIEW CHAIR

With regard to matters within the original or appellate jurisdiction of the National Board of Review, the National Board of Review chair has the authority to:

- 403.6.1** Initiate an investigation into the alleged misconduct, as described in a written grievance or appeal.
- 403.6.2** Dismiss a grievance or appeal determined to be without merit, with the concurrence of the USMS president.
- 403.6.3** Refer a grievance or an appeal of an LMSC decision back to the LMSC.
- 403.6.4** Mediate or delegate the mediation of a grievance or appeal.
- 403.6.5** Appoint a hearing panel, drawn from the hearing panel pool, consisting of not less than three members to conduct a formal hearing to decide a grievance or appeal.

403.7 APPEAL OF LMSC DECISION TO THE NATIONAL BOARD OF REVIEW

- 403.7.1** Decisions rendered by an LMSC may be appealed to the National Board of Review.
- 403.7.2** The petition for appeal shall be served upon the National Office within 30 days of the postmark date of the mailing of the LMSC's written decision and shall be accompanied by the filing fee. The petition shall set forth the grounds for appeal, citing factual and legal issues in as much detail as possible.
- 403.7.3** In appeals from LMSC decisions, the National Board of Review chair shall exercise the authority detailed in article 403.6.

403.8 HEARING PANEL PROCEDURE

If, pursuant to the authority in article 403.6, the chair chooses to appoint a hearing panel to decide a matter, the following procedure shall be used:

- 403.8.1** The chair shall set a hearing date, which shall be 50 to 75 days from the postmark date of mailing the notice of hearing.
- 403.8.2** The chair shall mail the notice of hearing, together with a copy of the written grievance received by the National Office, to the respondents.
- 403.8.3** The respondents shall have 30 days from the postmark date of mailing to submit a written response to the charges. The response shall be mailed to the chair and the grievant.
- 403.8.4** The grievant shall have 10 days from the postmark date of mailing of the response to submit a written rebuttal. The written rebuttal shall be mailed to the chair and the respondents.
- 403.8.5** At the hearing panel's discretion, a decision may be rendered based solely on the written submissions. A written decision shall be mailed to the parties and shall inform the parties that an appeal to the Board of Directors is available.
- 403.8.6** Conduct for all hearings shall be in accordance with policies and procedures of the National Board of Review. The grievant and respondents shall be provided copies of these policies and procedures by the chair.

- 403.8.7** A written decision shall be rendered by the hearing panel and shall be mailed to the parties within seven days after the hearing. The written decision shall set forth the right of appeal.
- 403.8.8** Upon the request of either party for good cause shown or the determination of the hearing panel, the hearing may be held in private.
- 403.8.9** The hearing panel shall have the authority to stay the enforcement of its decision during the time allowed for appeal of the decision, with the decision going into effect automatically if no timely appeal is filed.
- 403.8.10** All mailings and other correspondence from the grievant, respondent and any witnesses shall be made as prescribed by the chair.

403.9 APPEAL TO THE BOARD OF DIRECTORS

Any person directly affected by the National Board of Review's decision may appeal to the Board of Directors for review of any decision of the National Board of Review within 30 days of the postmark date of the mailing of the National Board of Review's written decision.

- 403.9.1** The petition for appeal shall be served upon the National Office and shall be accompanied by the filing fee. The petition shall set forth the grounds for appeal, citing factual and legal issues in as much detail as possible.
- 403.9.2** The USMS president and National Board of Review chair shall select, from the Board of Directors, a board panel chair and four additional board panel members to hear the appeal.
- 403.9.3** The National Office shall send a copy of the petition for appeal to the respondent and all members of the board panel. The respondent shall then have 30 days from the postmark date of mailing of the petition to file a written response with the board panel chair and the grievant. The board panel chair may decrease or increase the time limits for any of the foregoing, upon request of either party on a showing of good cause.
- 403.9.4** The board panel may assess costs and fees against any or all named parties.
- 403.9.5** The review by the board panel shall be on the basis of the record from the National Board of Review and written briefs and shall not include new evidence. However, by majority vote, the board panel may decide to take new evidence and hear testimony.
- 403.9.6** The board panel shall render a final and binding decision within 75 days from the appeal filing date. A written decision shall be sent to all parties.

403.10 DOCUMENTATION

The National Office shall maintain a permanent file of all physical evidence and written decisions pertaining to any matter that was reviewed by the National Board of Review or the Board of Directors pursuant to Part 4. That file shall be retained for at least 10 years after the date of any final decision or withdrawal of any matter brought under Part 4.

403.11 FILING FEE

The Board of Directors shall establish fees for filing grievances with the National Board of Review and for filing appeals with the National Board of Review and the Board of Directors.

403.12 RECOGNITION AND ENFORCEMENT

Final decisions rendered by the National Board of Review or the Board of Directors pursuant to Part 4 shall, when applicable, be recognized and fully enforced.

PART 5: UNITED STATES MASTERS SWIMMING INC.: ORGANIZATION AND BYLAWS

ARTICLE 501: MEMBERSHIP

501.1 MEMBERSHIP CATEGORIES

The membership of United States Masters Swimming Inc., hereinafter sometimes referred to as USMS, shall consist of the following categories:

- 501.1.1 Club**—Clubs that register with USMS through an LMSC.
- 501.1.2 Individual**—Individuals who register with USMS through an LMSC.
- 501.1.3 Affiliate**—Organizations that have an interest in Masters swimming. Organizations shall apply to the National Office for affiliate membership. Membership shall be granted or denied by the Board of Directors and shall be coincident with the individual membership year. Dues for affiliate members shall be established by the Board and entitle each affiliate member to one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.
- 501.1.4 Allied**—Organizations that have an interest in Masters swimming and also have a national swimming program, national competition that provides for athlete development, due process, a rule book and an officials training program. Organizations shall apply to the National Office for allied membership. Membership shall be granted or denied by the Board of Directors and shall be coincident with the individual membership year. Dues for allied members shall be established by the Board and entitle each allied member to one nonvoting seat on the Board of Directors and one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.
- 501.1.5 Other**—Any organization that is interested in swimming on either the national or local level. The House of Delegates may establish classes for such membership.

501.2 MANDATORY MEMBERSHIPS

All of the following shall hold individual memberships in USMS:

- 501.2.1** Members of the House of Delegates and Board of Directors.
- 501.2.2** Members of standing committees and ad hoc committees of USMS.
- 501.2.3** Members of the National Board of Review.
- 501.2.4** Appointees.
- 501.2.5** Officers and members of the board of directors of each LMSC.

501.3 EQUAL OPPORTUNITY

Membership in USMS shall not be denied by virtue of race, creed, gender, religion, political affiliation, disability, sexual orientation or national origin.

ARTICLE 502:**LOCAL MASTERS SWIMMING COMMITTEE (LMSC)**

The Local Masters Swimming Committee is a subordinate organization of the corporation with supervisory responsibilities within a specified geographical territory.

502.1 LMSC MEMBERSHIP

Each LMSC shall consist of individual members and club members registered through that LMSC. An LMSC shall not place any restrictions on the formation of clubs.

502.2 BYLAWS

Each LMSC shall be governed by bylaws that are consistent with USMS objectives and goals.

502.3 ANNUAL MEETING

Each LMSC shall hold an annual meeting open to all individual members of the LMSC.

502.4 ELECTION OF OFFICERS

Each LMSC shall provide for periodic election of officers in its bylaws.

502.5 FILING OF BYLAWS

Each LMSC shall file a copy of its current bylaws with the USMS National Office.

502.6 BOUNDARY DESCRIPTIONS

Appendix D contains official names and boundary descriptions for each LMSC.

502.7 RECORDS AND RECORD KEEPING

Each LMSC shall comply with the financial record-keeping and reporting requirements of USMS. The LMSC shall forward to the USMS National Office the minutes of the annual meeting and annual financial reports within four months of the end of the LMSC's fiscal year.

502.8 FINANCIAL CONTROLS

LMSC funds shall not be commingled with funds of USMS clubs, individual members or any other person or entity.

502.9 LMSC CHAMPIONSHIP MEETS

Each LMSC may conduct championship meets, but pool meets identified as such should not be scheduled beginning the weekend before, through and including the weekend following the USMS short course and long course national championship meets.

502.10 LMSC MINIMUM STANDARDS

Each LMSC shall meet minimum standards established by the USMS Board of Directors and published in the *USMS Policy Manual*.

**ARTICLE 503:
ZONES****503.1 ZONE BOUNDARIES**

Appendix D contains official names and boundary descriptions for each of the zones.

503.2 ZONE MEETINGS

Each zone shall conduct a meeting in conjunction with the annual meeting of the House of Delegates. Meetings between the annual meetings of the House of Delegates may be called at the discretion of the zone chair or as indicated in zone policies. The zone chairs or designees shall preside at all meetings of their respective zones. Minutes of each meeting should be maintained and forwarded to the vice president of local operations.

503.3 ZONE CHAIRS

503.3.1 Zone chairs shall be elected in odd-numbered years at the zone meeting held in conjunction with the annual meeting of the House of Delegates. The term of office shall be two years.

503.3.2 Zone chairs shall be residents and members of an LMSC in their respective zones.

503.3.3 If a vacancy in the position of zone chair occurs, the vice president of local operations shall consult with the chair of each LMSC in that zone and appoint a new or replacement zone chair, with the concurrence of the USMS president.

503.4 ZONE POLICIES

Each zone may adopt and maintain policies that provide direction on such items as voting rights at meetings, budgets and financial records, zone championship meet conduct, zone records and Top 10.

503.5 ZONE CHAMPIONSHIP MEETS

Each zone may conduct zone championship meets that should not be scheduled from the weekend before, through the weekend following the USMS short course and long course national championship meets.

503.6 COMMUNICATIONS

Zone chairs shall enhance communications among the LMSCs to promote Masters swimming within the zones.

**ARTICLE 504:
HOUSE OF DELEGATES****504.1 MEMBERSHIP**

The House of Delegates of USMS shall consist of the following:

504.1.1 One member from each LMSC. If the LMSC has over 300 individual members, it is entitled to one additional member. For each additional 500 individual members, the LMSC is entitled to one more member in the House of Delegates. Figures shall be determined by the records of the National

Office for the previous year or June 15 of the current year, whichever is the greater.

504.1.2 All voting members of the Board of Directors.

504.1.3 All past presidents.

504.1.4 All zone chairs.

504.1.5 All voting members of the Finance, Legislation, Long Distance and Rules Committees, the chairs of all standing committees, the convention coordinator, the rule book coordinator, the legal counsel and the National Board of Review chair.

504.1.6 Nonvoting delegates from affiliate and allied members.

504.1.7 The president of USMS shall be empowered to appoint up to 10 percent of the total membership of the House of Delegates as at-large members of the House of Delegates.

504.1.8 All members of the House of Delegates shall remain until their successors are selected, except that membership may be terminated by resignation filed with the secretary.

504.2 POWERS

The powers of the House of Delegates shall be as follows:

504.2.1 To determine the mission and objectives that shall govern USMS in all of its activities.

504.2.2 To delegate responsibility and authority to other USMS entities as prescribed in USMS code and by USMS policy.

504.2.3 The following powers are fully the responsibility of the House of Delegates and shall not be delegated:

A Elect officers and directors (**Note:** The nomination and election procedures may be delegated).

B Amend the *USMS Code of Regulations and Rules of Competition*.

C Review and approve the annual budget.

504.2.4 To admit to group membership or individual membership any organization or person eligible under this code and who applies.

504.2.5 To prescribe and amend the code for the governance of USMS.

504.2.6 To call regular and special meetings of USMS and to fix the time, place and manner for holding all meetings not fixed by this code.

504.2.7 To collect and expend the monies of USMS.

504.2.8 To create, modify or disband standing committees.

504.2.9 To alter, amend, repeal or otherwise change any provision of the *USMS Code of Regulations and Rules of Competition*. Explanation and interpretation shall be delegated to the chair and/or committee of jurisdiction.

504.2.10 To receive and approve all annual reports.

504.3 MEETINGS OF THE HOUSE OF DELEGATES

504.3.1 The annual meeting of the House of Delegates shall be held at such time and place, within or without the state of Ohio, as may be fixed in the notice of such meeting.

504.3.2 Special meetings of the House of Delegates may be held at any time, pursuant to a resolution of either the Board of Directors or the House of Delegates.

504.3.3 A written notice of all annual and special meetings of the House of Delegates, stating the time, place and preliminary agenda, shall be given to each member of the House of Delegates by mail or electronic mail to each member's last known address at least three weeks prior to the meeting date.

504.3.4 Each member of the House of Delegates, except for the representatives of allied and affiliate members, shall have one vote on each matter submitted to the House of Delegates of USMS for vote, consent, waiver, release or other action. There shall be no voting by proxy.

504.3.5 A quorum shall consist of those members of the House of Delegates present and voting.

ARTICLE 505: OFFICERS

505.1 POSITIONS

The elected officers of USMS shall be president, vice president of administration, vice president of community services, vice president of local operations, vice president of programs, secretary and treasurer. No person may concurrently hold more than one such office. This amendment will take effect upon passage, at which time the vice president of national operations shall become the vice president of administration and the vice president of member services shall become the vice president of programs.

505.2 ELECTIONS AND TERM OF OFFICE

505.2.1 All officers of USMS shall be elected by the members of the House of Delegates at annual meetings held in odd-numbered years. Their terms of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected.

505.2.2 Elected officers shall hold office for two years or until their successors are elected and qualified.

505.2.3 The current election operating guidelines shall govern the nomination and election proceedings.

505.2.4 Each officer is eligible for election to the same office for two terms. No person so elected for two successive terms is eligible for reelection to the same office until after the lapse of two years following the term of office to which that person was last elected.

505.3 DUTIES OF OFFICERS

The duties of the officers shall be as follows:

505.3.1 The president shall:

A Order meetings of USMS as provided in the code and preside at all meetings of USMS.

B Exercise all the duties pertaining to this office in accordance with the code.

C Serve as an ex officio member of all committees.

D Make appointments as required in Part 5 and as necessary to carry out

the business of the corporation.

- E** Serve as chair of the Board of Directors and the Executive Committee, and as the presiding officer of the House of Delegates.

505.3.2 The vice presidents shall:

- A** Chair their respective divisions.
B Coordinate their respective committees' activities and funding as set forth in article 507.

In the event the president is unable to perform assigned duties, the vice president of administration shall perform these duties or, if the vice president of administration is unable to perform such duties, they pass to the vice president of local operations.

505.3.3 The secretary shall make proper arrangements to:

- A** Keep the records of USMS and the House of Delegates.
B Conduct all official correspondence of USMS.
C Issue all official notices of all meetings of the House of Delegates and Board of Directors.
D Serve as secretary of the House of Delegates and Board of Directors.

505.3.4 The treasurer shall:

- A** Be the custodian of all corporate funds.
B Oversee the receipt of all USMS funds and all deposits to the accounts of USMS.
C Oversee the disbursement of USMS funds as authorized in accordance with the budget.
D Invest USMS funds in a prudent manner for the benefit of USMS, in accordance with the investment policies established by the Board of Directors.
E Oversee the maintenance of accurate and reliable financial records that document the receipt and disbursement of USMS funds.
F Ensure that internal accounting controls are in place to protect USMS assets.

**ARTICLE 506:
BOARD OF DIRECTORS**

506.1 MEMBERSHIP

506.1.1 The voting members of the Board of Directors of this corporation shall consist of:

- A** Each voting member of the Executive Committee.
B An at-large director from each zone, nominated by that zone and elected by the House of Delegates.

506.1.2 The nonvoting members of the Board of Directors shall consist of the executive director, legal counsel, all past presidents not already voting members, a representative of each allied organization (as approved by the Board of Directors), and a representative from USA Swimming.

506.2 ELECTION AND TERM OF OFFICE OF AT-LARGE DIRECTORS

506.2.1 At-large directors shall be elected at annual meetings held in even-numbered years. Their terms of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected.

506.2.2 At-large directors shall hold office for two years or until their successors are elected.

506.2.3 The current election operating guidelines shall govern the nomination and election proceedings.

506.2.4 Each at-large director is eligible for election to the same office for two consecutive terms. No person so elected for two successive terms is eligible for reelection to the same position until after the lapse of two years following the term of office to which that person was last elected.

506.3 POWERS

The powers of the Board of Directors shall be:

506.3.1 To act for USMS and the House of Delegates between meetings of the House of Delegates, except that it shall not have the authority to assume the non-delegable powers of the House of Delegates set forth in article 504.2.3.

506.3.2 To adopt and amend policies of USMS.

506.3.3 To create, modify or disband committees of the Board.

506.3.4 To provide for efficient and effective use of financial and other resources.

506.3.5 To prepare or cause to be prepared, prior to each annual meeting, the USMS budget for the next fiscal period and submit same to the House of Delegates for approval.

506.3.6 To consider and make determinations regarding budget variance requests.

506.3.7 To employ, evaluate and terminate an executive director, who shall report to the Board of Directors.

506.3.8 To oversee elections of officers and Board members, in accordance with election operating guidelines. Conduct of elections of officers and Board members shall be delegated to an ad hoc committee composed of at least three members of the House of Delegates, none of whom have conflicts of interest with such elections.

506.3.9 To exercise the emergency power to adopt or suspend any swimming rule (Part 1 or Part 3) or administrative regulations of competition (Part 2) provided that the Board, with the advice and consent of the Rules Committee for Part 1, Legislation Committee for Part 2, Long Distance Committee for Part 3 and legal counsel, determines that immediate action is required to serve the interests of USMS. An action taken under this emergency provision shall be effective until the next meeting of the House of Delegates. The president shall make a detailed report of the actions taken to the entire membership of the House of Delegates within 30 days of the action taken.

506.4 MEETINGS

A minimum of two meetings of the Board of Directors shall be held each year (one at the annual meeting of the House of Delegates and one midyear). Meetings held by conference call shall be held on a regular basis. Other meetings of the Board of Directors shall be held at any time or place, within or without the state of Ohio, pursuant to

a resolution of the Board of Directors or to a call signed by the president or any three directors. Two weeks' written notice of such meeting shall be given to each director. Notice of any meeting may be waived in writing before such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all directors.

506.5 QUORUM

The presence of a majority of the directors with voting privileges shall constitute a quorum at any meeting of the Board of Directors.

506.6 VOTING PRIVILEGES

Each voting member of the Board of Directors shall have one vote. The president may vote by ballot or when the vote could change the outcome. There shall be no voting by proxy.

506.7 PERMANENT COMMITTEES OF THE BOARD

There shall be permanent committees of the Board as set forth in this article. Unless otherwise stated in this article, the president, with the concurrence of the Board, shall appoint the committee chair and the members of each permanent committee. Committee members shall be chosen from the Board and shall also include at least one member of USMS not on the Board.

506.7.1 Finance Committee—The Finance Committee shall:

- A Propose policies pertaining to the financial affairs of USMS for approval by the Board of Directors.
- B Receive and review the reports of the treasurer and controller.
- C Cause to be prepared a summary of the above reports to be presented to the Board of Directors.
- D Annually receive and compile budget requests for the next fiscal year.
- E Assist in the preparation of the USMS annual budget for the next fiscal period and submit same to the Board of Directors for approval and then to the House of Delegates for ratification.

506.7.2 Compensation and Benefits Committee—The Compensation and Benefits Committee shall assist the Board of Directors in setting the compensation and performance goals of the executive director and shall make recommendations to the Board of Directors regarding compensation and benefit plans, policies and programs for USMS.

506.7.3 Governance Committee — The Governance Committee shall be responsible for ongoing review and recommendations to enhance the quality and future viability of the Board and the USMS governance structure, including committees and local and regional divisions of USMS. The committee shall be composed of Board and non-Board members with relevant involvement or expertise in governance and organizational development. The president shall appoint all committee members and a chair of the committee.

506.8 EXECUTIVE COMMITTEE

506.8.1 The Executive Committee shall be a committee of the Board of Directors.

506.8.2 The voting members of the Executive Committee shall consist of:

- A The officers of USMS.

B The immediate past president.

506.8.3 The nonvoting members of the Executive Committee shall consist of:

A The legal counsel.

B The executive director.

506.8.4 The Executive Committee shall have the authority to:

A Carry out policies established by the Board of Directors.

B In an emergency, assume the policy-making responsibilities of the Board of Directors. An action taken under this emergency provision shall be effective until the next meeting of the Board of Directors. The president shall make a detailed report of the actions taken to the entire membership of the Board of Directors within 30 days of the action taken.

506.9 REMOVAL OF BOARD MEMBERS

A voting director, including an officer, may be removed by the Board for failing to attend more than half of the Board meetings during any 12-month period, unless there are demonstrable extenuating circumstances to excuse the absences. Lacking such circumstances, the director shall be removed by a two-thirds vote of the Board. The director in question shall have no vote on such removal.

506.10 VACANCIES

A vacancy in the position of a voting director, including an officer, may be filled for the remainder of the unexpired term by the Board of Directors. An appointed director/officer shall have full rights and responsibilities of the position/office.

ARTICLE 507: COMMITTEES AND APPOINTMENTS

507.1 STANDING COMMITTEES

Standing committees shall be as listed in this article. Unless otherwise specified in this article, the president, with the concurrence of the Executive Committee, shall appoint the chair of each committee, and the president, with the concurrence of the committee chair, shall choose committee members from the individual membership of USMS. When practical, each committee shall have representation from each zone. Committee chairs and committee members shall serve at the pleasure of the president. Each standing committee shall report to an officer of the corporation, who shall be an ex officio member of that committee. Standing committees shall conduct business as necessary throughout the year and shall meet in conjunction with the annual meeting of the House of Delegates. Each committee member shall have one vote. The president may appoint associate members to committees that have reached their full membership. Associate members have participatory rights but no vote or automatic delegate status. The executive director or designee shall be an ex officio member of each standing committee. Associate and ex officio members shall have voice but no vote.

507.1.1 Championship Committee—The Championship Committee shall serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets. The committee, with the assistance of the USMS National Office staff, shall solicit and receive bid proposals. The committee shall review bid proposals and select sites for national championship meets. The committee shall consist

of the committee chair and sufficient members to execute the committee function, including at least three members who have had experience in overseeing a national championship meet and two members without such experience.

507.1.2 Coaches Committee—The Coaches Committee shall recruit, educate and support coaches for USMS members. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.3 Fitness Education Committee—The Fitness Education Committee shall promote the fitness, health and lifestyle benefits of Masters swimming. The committee may also offer programs to members for this purpose. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.4 History and Archives Committee—The History and Archives Committee shall record, collect and preserve documents, stories, photos, exhibits, oral histories and other memorabilia in an appropriate repository and in durable formats to ensure that the achievements of USMS and Masters swimmers will be maintained for posterity. The archived information shall be made available. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.5 Legislation Committee—The Legislation Committee may initiate and shall receive, consider and report proposed amendments with the committee's recommendations at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6, which includes proposed changes to: Code of Regulations, Organizing Principles, Glossary, Part 2: Administrative Regulations of Competition, Part 4: Participation Conduct, Hearings and Appeals, Part 5: United States Masters Swimming Inc. Organization and Bylaws, and Part 6: Amendment Procedures. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1. The committee shall consist of the committee chair and sufficient members to execute the committee function, with at least one member from each zone, not to exceed 16 additional members. The Rules Committee chair and the rule book coordinator shall be ex officio members of the committee.

507.1.6 LMSC Development Committee—The LMSC Development Committee shall work to strengthen LMSC governance and operations by providing educational opportunities and mentoring for LMSC boards and officers. The committee shall provide support for LMSCs. The committee shall review and identify LMSCs that are not meeting LMSC minimum standards as defined by the Board of Directors and assist them in achieving compliance. The committee may consult with other committees, coordinators and special appointments as necessary for this purpose. The committee may initiate and shall receive, consider and report proposed amendments to Appendix D: Zone and LMSC Boundaries, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the

provisions of Part 6. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.7 Long Distance Committee—The Long Distance Committee shall oversee the rules and administration of open water and long distance events. The committee shall solicit and review bid proposals and select the sites for the long distance championship events. The committee shall work in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of long distance championship events. The committee shall maintain records and select the Long Distance All-American and Long Distance All-Star Teams. The committee shall assure that the competitive rules in Part 3 of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members and that these members are informed of current rules, interpretations and changes. The committee may initiate and shall accept, consider and report proposed amendments, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1. The committee shall consist of the committee chair and no more than 16 additional members. The rule book coordinator and Open Water Committee chair shall be ex officio members of the committee.

507.1.8 Officials Committee—The Officials Committee shall be responsible for conducting training, education and certification programs to ensure that the competitive program offered to USMS members is conducted with the highest standard of professional officiating and in full conformance with USMS rules and regulations. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.9 Open Water Committee—The Open Water Committee shall promote the development of and participation in open water swimming. The committee shall develop educational resources for open water participants and event directors. The committee shall increase awareness about open water swimming and identify opportunities to promote USMS. The committee shall consist of the committee chair and sufficient members to execute the committee function. The Long Distance Committee chair shall be an ex officio member of the committee.

507.1.10 Recognition and Awards Committee—The Recognition and Awards Committee shall promote recognition of service to USMS. The committee shall review and approve proposals for all official USMS service awards and ensure that a history of all service awards is maintained. The committee shall be involved in determining method of recognition and recipient selection when appropriate. The committee shall consist of the committee chair, at least four Ransom J. Arthur award recipients, representatives from the Coaches, Long Distance, Records and Tabulation and History and Archives Committees, and sufficient other members to execute the committee function.

507.1.11 Records and Tabulation Committee—The Records and Tabulation Committee shall establish and maintain a standardized process of recording and verifying times and shall publish the Top 10 times, All-American and

All-Star rosters, and USMS national records annually for each course. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.12 Registration Committee—The Registration Committee shall develop effective procedures for registering members and advise the Board of Directors on registration policies. Committee members shall assist LMSC registrars and communicate current policies and procedures. The committee shall consist of the committee chair, one member from each zone and one member-at-large.

507.1.13 Rules Committee—The Rules Committee shall assure that the competitive rules in Part 1 of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members and that members are informed of current rules, interpretation and changes. The Rules Committee may initiate and shall accept, consider and report proposed amendments, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1. The committee shall consist of the committee chair and sufficient members to execute the committee function, with at least one member from each zone, not to exceed 16 additional members. The Legislation Committee chair, the rule book coordinator, the Officials Committee chair and the USA Swimming Rules and Regulations Committee chair shall be ex officio members of the committee.

507.1.14 Sports Medicine and Science Committee—The Sports Medicine and Science Committee shall educate members and the public on topics of sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters swimming. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.2 AD HOC COMMITTEES

The president may establish other committees on an ad hoc basis that are deemed necessary to carry out the duties of the president. The president shall provide the Board of Directors a written description of the ad hoc committee's purpose.

507.3 APPOINTMENTS

507.3.1 Coordinators—The president, with the concurrence of the Executive Committee, shall appoint the coordinators. The Board of Directors may grant a coordinator the same rights and responsibilities as the chairs of standing committees. A coordinator, with the concurrence of the president, may appoint a working group to assist the coordinator.

A Convention coordinator—The convention coordinator shall cooperate with U.S. Aquatic Sports in the preparation of each year's national convention and carry out the operational needs of the House of Delegates and its committees at convention.

B Rule book coordinator—The rule book coordinator shall design, ensure the accuracy of and produce the rule book and other materials or media, as approved by the House of Delegates. The rule book coordinator shall

be an ex officio member of the Legislation, Long Distance and Rules Committees.

507.3.2 Legal counsel—The president shall appoint the legal counsel. The legal counsel shall be an ex officio member of the Board of Directors, Executive Committee and Legislation Committee.

507.3.3 Special assignments—The president may make special assignments that are deemed necessary to carry out the duties of the president and shall provide a written description of duties to the Board of Directors.

507.3.4 Liaisons—The president may appoint liaisons to other organizations to further the interests of USMS. The president shall provide a written description of duties to the Board of Directors.

ARTICLE 508: FINANCIAL POLICY

508.1 FISCAL YEAR

USMS shall have a one-year fiscal period for tax and accounting purposes commencing on the first day of January.

508.2 FEES

Fees shall be established by the House of Delegates.

508.3 BUDGET REQUESTS

Requests for budget items or funding that are disapproved by the Board of Directors (or those not submitted to the Board of Directors) may be approved by the House of Delegates by a two-thirds vote.

ARTICLE 509: PARLIAMENTARY AUTHORITY

509.1 PARLIAMENTARY AUTHORITY

Unless otherwise specified, and subject to all standing rules, the current *Robert's Rules of Order* shall govern all USMS meetings and proceedings.

ARTICLE 510: INDEMNIFICATION

510.1 COVERAGE

Each person who is or was a director, officer or employee of USMS (including the heirs, executors, administrators or estate of such person) shall be indemnified by USMS to the full extent permitted by the Nonprofit Corporation Law of the state of Ohio against any liability, cost or expense incurred in the capacity as director, officer or employee, or arising out of the status as a director, officer or employee (including serving at the request of USMS as a director, trustee, officer, employee or agent of another not-for-profit organization).

511.1

510.2 INSURANCE

USMS may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of article 510, references to “USMS” include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

ARTICLE 511: DISSOLUTION

If deemed advisable by the members, USMS may be dissolved pursuant to the applicable provision of the corporation laws of the state of Ohio.

511.1 DISSOLUTION

Upon the dissolution of USMS, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of USMS, dispose of all the assets of USMS exclusively for the purposes of USMS or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall qualify as exempt organizations under section 501(c)(3) of the Internal Revenue Code of 1986, as it may be amended.

PART 6: AMENDMENT PROCEDURES

ARTICLE 601: AMENDMENTS

601.1 COMMITTEE JURISDICTION

- 601.1.1 Executive Committee**—Proposed changes to all other sections of the *USMS Code of Regulations and Rules of Competition* shall be considered by the Executive Committee or committee designated by the president. Such proposals are not subject to the provisions of articles 601.2, 601.3, 601.4 and 601.5.
- 601.1.2 Legislation Committee**—Proposed changes to the Code of Regulations (Organizing Principles, Glossary, Part 2: Administrative Regulations of Competition, Part 4: Athletes' Rights, Hearings and Appeals, Part 5: United States Masters Swimming Inc. Organization and Bylaws, and Part 6: Amendment Procedures) shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.
- 601.1.3 LMSC Development Committee**—Proposed changes to the Code of Regulations (Appendix D: Zone and LMSC Boundaries) shall be considered by the LMSC Development Committee for report and recommendation to the House of Delegates.
- 601.1.4 Long Distance Committee**—Proposed changes to Part 3: Open Water and Long Distance Swimming Rules and the Glossary shall be considered by the Long Distance Committee for report and recommendation to the House of Delegates.
- 601.1.5 Rules Committee**—Proposed changes to Part 1: Swimming Rules and the Glossary shall be considered by the Rules Committee for report and recommendation to the House of Delegates.

601.2 SUBMISSION OF PROPOSED AMENDMENTS

- 601.2.1 Authorization**—Changes to the *USMS Code of Regulations and Rules of Competition* may be proposed only by an LMSC, a standing committee of the House of Delegates, the Board of Directors or the Executive Committee.
- 601.2.2 Format**—Proposed changes shall be in such form as to show the section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.
- 601.2.3 Submission Deadline**—The deadline for changes submitted by an LMSC to the chair of the LMSC Development Committee is February 1. Proposed changes to the *USMS Code of Regulations and Rules of Competition* by an LMSC must be submitted to the chair of the Legislation, Long Distance or Rules Committee not later than July 10 to be considered as described in articles 601.4.1, 601.4.2 and 601.4.3. The Board of Directors, Executive Committee, or standing committees of the House of Delegates, may propose changes to the USMS code after July 10. Such proposed changes shall be

considered by the committee of jurisdiction as emergency amendments as described in article 601.4.6, unless the committee of jurisdiction determines by two-thirds vote that the proposed changes should not be considered as emergency amendments. Such proposed changes will be amended in accordance with the voting requirements in articles 601.4.1, 601.4.2, or 601.4.3, as applicable.

601.2.4 Publication of Proposed Amendments—All proposed changes shall be published and distributed to each LMSC and each member of the House of Delegates not later than August 15.

601.3 MODIFICATION OF PROPOSED AMENDMENTS

Proposed amendments may be modified in any manner by the Legislation, LMSC Development, Long Distance or Rules Committee, where appropriate, while under consideration by said committee. Such modification must be germane to the subject matter and intent of the proposed change.

601.4 ADOPTION OF PROPOSED AMENDMENTS

The *USMS Code of Regulations and Rules of Competition* may only be altered, amended, repealed or otherwise changed at the annual meeting of the House of Delegates and only as follows:

601.4.1 Rules—In even-numbered years, Part 1 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the Rules Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the Rules Committee.

601.4.2 Long Distance—In even-numbered years, Part 3 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the Long Distance Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the Long Distance Committee.

601.4.3 Legislation—In odd-numbered years, the Organizing Principles, Glossary, Part 2, Part 4, Part 5 and Part 6 may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the Legislation Committee.

601.4.4 LMSC Development—In odd-numbered years, Appendix D may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the LMSC Development Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the LMSC Development Committee.

601.4.5 Proposed Amendments Requiring Action of More Than One Committee—In any year, proposed amendments to the *USMS Code of Regulations and Rules of Competition* that fall within more than one jurisdiction, as

described in articles 601.4.1, 601.4.2, 601.4.3 and 601.4.4, may be submitted as an indivisible package to be considered by the House of Delegates, subject to the following:

A Each and every committee under whose jurisdiction the amendment proposals fall votes by a two-thirds majority to accept the proposed amendments as a package to be considered in the whole.

B If the conditions of article 601.4.5A are met, the indivisible package may be approved by a majority vote of the House of Delegates members present and voting if recommended by all committees with jurisdiction, or by a two-thirds vote of the House of Delegates members present and voting if the indivisible package fails to receive the recommendation of all committees with jurisdiction.

601.4.6 Emergency Amendments—Emergency amendments (amendments not submitted in conformity with articles 601.4.1, 601.4.2 and 601.4.3) may be passed by a nine-tenths vote of the House of Delegates members present and voting if they are properly submitted to, deemed an emergency by and recommended by the appropriate governing committee as defined in article 601.1.

601.4.7 USA Swimming Amendments That Affect USMS Rules

A Amendments to USA Swimming articles 101, “Individual Strokes and Relays,” 102, “Conduct and Officiating of All Swimming Competition” and 105, “Guidelines for Officiating Swimmers with a Disability in USA Swimming Meets,” shall automatically be adopted by USMS unless the USMS House of Delegates votes to reject those amendments. Votes to reject shall not be considered emergency amendments. Amendments to USA Swimming article 103, “Facility Standards,” may be recommended by the Rules Committee for adoption by the House of Delegates. Votes to accept shall not be considered emergency amendments.

B If amendments to USA Swimming articles 101 and 102 are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall automatically be adopted by USMS, except that such amendments may be altered, amended, repealed or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

601.4.8 FINA Masters Swimming Amendments That Affect USMS Rules—If amendments to the FINA Masters Technical Rules are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall be automatically adopted by USMS, except that such amendments may be altered, amended, repealed or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

601.5 EFFECTIVE DATE

Unless otherwise specified, all changes approved as prescribed shall become effective on January 1 of the year following their adoption.

Summary of Amendment Procedures		
	Even Years	Odd Years
Rules (Part 1 and Glossary)		
If recommended by committee	Majority	*
If NOT recommended by committee	2/3	
Long Distance (Part 3 and Glossary)		
If recommended by committee	Majority	*
If NOT recommended by committee	2/3	
Legislation (Organizing Principles, Glossary, Part 2, Part 4, Part 5, and Part 6)		
If recommended by committee	*	Majority
If NOT recommended by committee		2/3
LMSC Development (Appendix D)		
If recommended by committee	*	Majority
If NOT recommended by committee		2/3
* Emergency Amendments: by a 9/10 vote ONLY if properly submitted to, deemed an emergency by, and recommended by the appropriate committee.		

APPENDIX A: RECORDS

Category	Current as of
USMS Short Course Yards	May 31, 2011
USMS Short Course Meters	November 1, 2011
USMS Long Course Meters	September 15, 2011
World Short Course Meters	November 1, 2011
World Long Course Meters	November 1, 2011
USMS Open Water and Long Distance	November 1, 2011

EFFECTIVE DATES: The records in this listing reflect applications received by the above effective dates. Some records achieved by these effective dates may not yet have been submitted or processed.

DISCREPANCIES AND ERRATA: The USMS record is faster than the world record in some events. Possible reasons for these discrepancies include: (a) the application for the USMS record has been approved, but the application for the world record still is in progress or (b) the application for the world record was not submitted within 60 days of the date of the performance.

CORRECTIONS: Any questions about the listed records should be addressed to:

Pool Records

Walt Reid
11114 111th St. SW
Tacoma, WA 98498
usmsrecords@usms.org

Open Water and Long Distance Records

Donn Livoni
323 Rummel Lane
Hamilton, MT 59840
longdistance@usms.org

Women 18-24	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Kara Denby	04-18-10	22.96	J Beckberger	11-20-10	25.58	25.42	Kara Denby	07-26-09	26.22	25.42
100 Free	Dana Vollmer	11-08-09	48.29	J Beckberger	11-21-10	55.86	55.28	Kara Denby	07-25-09	56.47	57.71
200 Free	Dana Vollmer	11-08-09	1:43.28	Alexandra Lee	12:06-09	2:03.39	1:59.78	Jessica Foschi	08-17-03	2:03.06	2:04.56
400/500 Free	Jessica Foschi	10-25-03	4:49.97	Marina Falcone	12:04-10	4:19.91	4:24.18	Julia Stowers	07-05-03	4:16.72	4:27.53
800/1000 Free	Justine Mueller	02-13-10	10:18.49	Dawn Heckman	12:09-01	8:58.71	8:51.18	Allison Templin	08-03-11	9:15.95	9:15.63
1500/1650 Free	Karen Burton	-87	17:31.70	Dawn Heckman	11-11-01	17:15.23	16:36.07	Allison Templin	08-03-11	17:27.74	17:26.88
50 Back	Odomelli-McCarthy	05-22-10	26.18	Paige Francis	12-10-00	29.69	28.80	Emilia Ewing	08-05-11	30.84	29.60
100 Back	Emilie Ewing	05-23-10	55.90	Petra Klossova	11-21-09	59.45	58.20	S Schweitzer	08-20-10	1:04.87	1:04.82
200 Back	Sara Schwelzler	04-30-00	1:59.22	Alexandra Lee	12:04-09	2:19.21	2:12.84	S Schweitzer	08-20-05	3:36.66	3:16.00
400/500 Back	Kara Denby	04-25-10	29.01	Beata Kaszuba	12-10-95	32.09	31.87	Elizabeth Nelson	06-20-95	33.66	31.60
800/1000 Back	Riley Mantis	05-18-03	1:02.86	Beata Kaszuba	12-10-95	1:08.89	1:03.33	Elizabeth Nelson	08-20-95	1:13.62	1:10.56
1500/1650 Back	Riley Mantis	05-18-03	2:14.90	Anita Hall	11-02-97	2:38.63	2:29.64	Rachel Komisarz	07-19-01	2:36.61	2:29.64
50 Fly	Dana Vollmer	11-08-09	24.54	Meg Gill	12:05-09	28.37	28.37	Maissa Clapp	07-12-09	28.62	27.90
100 Fly	Dana Vollmer	11-08-09	52.30	J Beckberger	11-20-10	1:01.77	1:01.33	Meg Gill	07-12-09	1:01.04	1:02.73
200 Fly	Rachel Komisarz	03-04-01	2:02.28	Laura Davis	10-21-07	2:20.03	2:09.64	Laura Davis	06-29-08	2:16.06	2:07.51
400 L.M.	Kara Denby	04-18-10	55.24	Kara Denby	12:04-09	2:19.73	2:21.79	Laura Davis	08-10-10	5:08.00	5:02.78
800 L.M.	Kara Denby	04-18-10	2:02.35	Kara Denby	12:04-09	2:19.73	2:21.79	Jamie Marks	08-10-10	5:08.00	5:02.78
1500/1650 L.M.	Maissa Clapp	05-20-10	4:22.25	Dawn Heckman	12:09-01	4:58.55	4:52.13	Laura Davis	07-02-08	2:12.75	2:17.56
Women 25-29	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Petra Martin	04-24-05	23.16	Heather Hageman	11-02-97	26.63	25.42	Sara Shand	08-18-91	26.68	25.42
100 Free	Megan Jendrick	02-21-10	49.70	Sheila Taormina	03-31-96	56.30	55.28	Sheila Taormina	03-18-95	57.76	57.71
200 Free	Limin Liu	05-20-01	1:48.80	Sheila Taormina	03-31-96	1:59.78	1:59.78	Sheila Taormina	12-02-95	2:02.06	2:04.56
400/500 Free	Sheila Taormina	01-03-96	4:49.88	Sheila Taormina	03-31-96	4:24.18	4:24.18	Sheila Taormina	12-02-95	4:13.03	4:27.53
800/1000 Free	Lisa Hazen	03-19-94	10:12.34	Sheila Taormina	03-31-96	8:51.18	8:51.18	Rachel Komisarz	07-19-01	8:47.44	9:15.63
1500/1650 Free	Karen Burton	05-19-91	16:50.17	Sheila Taormina	03-31-96	16:36.07	16:36.07	Rachel Komisarz	07-19-01	16:39.77	17:26.88
50 Back	Tanica Jamison	05-22-10	25.26	Camilla Johansson	10-27-02	30.05	28.80	Diane Gerner	08-20-89	30.80	29.60
100 Back	Tanica Jamison	05-23-10	54.06	Camilla Johansson	10-27-02	1:03.26	1:02.32	Pamela Hanson	06-26-05	1:07.13	1:04.82
200 Back	Kelly Herring	04-29-11	2:00.24	Lia Oberstar	11-17-01	2:14.77	2:12.84	Diane Gerner	08-20-89	2:19.97	2:17.30
400/500 Back	Megan Jendrick	02-24-10	27.14	Megan Jendrick	11-21-10	31.87	31.87	Megan Jendrick	07-10-10	31.60	31.60
800/1000 Back	Megan Jendrick	02-06-10	59.58	Megan Jendrick	01-23-11	1:10.39	1:09.80	Megan Jendrick	07-10-10	1:10.56	1:10.56
1500/1650 Back	Megan Jendrick	02-06-10	2:09.05	Megan Jendrick	01-23-11	2:30.29	2:30.29	Britta O'Leary	08-06-11	2:42.96	2:35.46
50 Fly	Tanica Jamison	05-22-10	24.41	Sheila Taormina	03-31-96	28.68	27.29	Jennifer Brooks	08-03-03	28.19	27.90
100 Fly	Tanica Jamison	05-21-10	53.72	Sheila Taormina	03-31-96	1:01.33	1:00.18	Rachel Komisarz	07-19-01	1:01.04	1:02.73
200 Fly	Limin Liu	05-20-01	1:57.84	Chrissy Miller	02-17-02	2:23.60	2:09.64	Sheila Taormina	12-17-95	2:17.51	2:17.56
400 L.M.	Megan Jendrick	02-06-10	54.43	Megan Jendrick	01-23-11	1:03.41	1:03.41	Allison Wagner	08-15-05	2:21.98	2:20.71
800 L.M.	Megan Jendrick	02-06-10	1:59.69	Wentke Hansen	12-12-98	2:21.79	2:19.08	Allison Wagner	07-30-89	5:06.34	5:02.78
1500/1650 L.M.	Kasey Harris	05-22-05	4:21.52	Wentke Hansen	12-13-98	5:02.54	4:52.13	Sara Shand	08-10-10	5:08.00	5:02.78

Women 30-34	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Erika Erdl	03-11-09	22.70	Hannah Caidas	10-15-11	25.84	25.57	Erika Erdl	08-08-09	25.57	25.74
100 Free	Erika Erdl	12-06-08	49.07	Hannah Caidas	10-16-11	57.08	55.11	Erika Erdl	08-05-09	54.59	55.24
200 Free	Karina Radke	05-18-03	1:51.40	K Pipes-Nelisen	12-15-96	2:02.60	2:03.56	Erika Erdl	08-07-09	1:58.92	2:04.05
400/500 Free	K Pipes-Nelisen	05-12-96	4:59.08	K Pipes-Nelisen	12-01-96	4:22.70	4:18.86	Dawn Heckman	08-03-10	4:17.52	4:18.63
800/1000 Free	Dawn Heckman	04-03-10	10:03.05	Dawn Heckman	12-08-10	8:49.93	8:49.93	Dawn Heckman	05-30-10	8:46.22	8:46.47
1500/1650 Free	Karen Burton	05-23-93	17:07.52	Karen Burton	12-11-94	17:23.60	17:01.56	Dawn Heckman	04-25-10	17:07.54	17:25.81
50 Back	Noriko Inada	05-01-11	24.96	Noriko Inada	11-21-09	27.61	27.43	Noriko Inada	08-05-11	28.79	28.79
100 Back	Noriko Inada	04-30-11	54.60	Noriko Inada	11-22-09	59.53	1:00.90	Noriko Inada	08-06-11	1:01.78	1:01.78
200 Back	K Pipes-Nelisen	02-19-96	1:59.93	L Oberstar-Brown	11-22-08	2:12.47	2:12.40	Sarabeth Metzger	08-06-09	2:17.61	2:17.61
400/500 Back	Katie McClelland	05-04-08	28.48	Wentke Hansen	12-10-00	32.82	31.71	Katie McClelland	08-15-08	33.20	32.42
800/1000 Back	Katie McClelland	05-04-08	1:02.08	Wentke Hansen	12-10-00	1:10.00	1:06.98	Katie McClelland	08-16-08	1:13.29	1:10.10
1500/1650 Back	Wentke Hansen	04-15-00	2:17.34	Wentke Hansen	12-10-00	2:30.65	2:26.96	Wentke Hansen	08-23-99	2:41.51	2:28.93
50 Fly	Angel Martino	05-16-89	24.18	Karina Radke	10-24-04	28.05	27.81	Marina Moravcova	06-07-08	27.48	27.48
100 Fly	Angel Martino	05-12-96	55.01	Wentke Hansen	12-10-00	1:02.70	1:00.11	Marina Moravcova	06-07-08	58.81	58.81
200 Fly	K Pipes-Nelisen	04-15-00	57.01	Wentke Hansen	10-05-03	2:19.34	2:13.09	Marina Moravcova	08-11-96	2:20.12	2:13.60
400 L.M.	Angel Martino	03-11-09	1:58.80	K Pipes-Nelisen	12-07-96	2:18.79	2:18.41	Erika Erdl	08-08-09	2:13.72	2:13.89
800 L.M.	Erika Erdl	05-21-95	4:25.68	K Pipes-Nelisen	12-15-96	4:53.85	4:45.07	Erika Erdl	06-29-08	4:47.06	4:56.08
Women 35-39	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Dara Torres	02-25-07	22.34	Dara Torres	12-03-06	25.10	25.10	Dara Torres	08-08-06	25.98	25.98
100 Free	Dara Torres	02-25-07	49.72	Dara Torres	12-03-06	54.95	54.95	S Nelison-Bell	07-02-95	58.87	58.38
200 Free	K Pipes-Nelisen	05-03-97	1:51.55	K Pipes-Nelisen	12-14-97	2:03.56	2:03.56	K Pipes-Nelisen	08-15-98	2:06.62	2:06.94
400/500 Free	K Pipes-Nelisen	05-03-97	4:56.09	K Pipes-Nelisen	12-12-99	4:22.56	4:22.56	K Pipes-Nelisen	08-10-97	4:26.17	4:26.17
800/1000 Free	K Pipes-Nelisen	02-16-99	10:22.60	Alison Zamanian	10-15-06	9:12.97	8:57.28	Sheila Taormina	08-04-06	9:13.49	9:09.12
1500/1650 Free	K Pipes-Nelisen	05-04-97	17:13.99	Laurie Hug	12-10-00	17:27.84	17:07.48	Sheila Taormina	08-13-00	17:46.58	17:33.46
50 Back	Sheri Hart	05-22-10	25.97	Sheri Hart	11-21-09	28.68	28.68	Sheri Hart	08-07-10	30.17	30.17
100 Back	Sheri Hart	05-23-10	56.14	Sheri Hart	11-22-09	1:02.36	1:02.36	Sheri Hart	08-08-10	1:04.99	1:04.99
200 Back	K Pipes-Nelisen	03-14-98	2:00.54	K Pipes-Nelisen	12-14-97	2:14.10	2:14.10	K Pipes-Nelisen	08-10-07	2:18.20	2:18.20
400/500 Back	S Von Der Lippe	05-22-95	29.94	Caroline Krattli	12-10-00	33.03	32.79	Caroline Krattli	08-18-01	33.91	33.10
800/1000 Back	S Von Der Lippe	04-25-04	1:04.25	Caroline Krattli	12-10-00	1:11.97	1:11.19	Caroline Krattli	08-17-01	1:13.81	1:13.81
1500/1650 Back	Caroline Krattli	01-27-02	2:19.66	Caroline Krattli	12-10-00	2:36.04	2:36.04	Caroline Krattli	08-19-01	2:41.76	2:41.76
50 Fly	S Von Der Lippe	05-18-03	25.54	Sheri Hart	11-21-09	28.58	28.37	Tracie Moll	08-23-99	28.32	28.03
100 Fly	S Von Der Lippe	05-18-03	55.78	K Pipes-Nelisen	12-14-97	1:03.29	1:03.07	Tracie Moll	08-23-99	1:03.79	1:02.44
200 Fly	S Von Der Lippe	05-22-05	2:03.48	K Pipes-Nelisen	12-14-97	2:18.41	2:18.41	K Pipes-Nelisen	08-10-97	2:20.21	2:20.21
400 L.M.	Sheri Hart	05-23-10	57.67	Sheri Hart	11-22-09	1:04.61	1:04.61	K Pipes-Nelisen	07-19-97	2:22.42	2:25.31
800 L.M.	K Pipes-Nelisen	03-14-98	2:05.24	K Pipes-Nelisen	12-10-00	2:19.08	2:19.08	K Pipes-Nelisen	08-15-98	5:02.67	5:07.21
1500/1650 L.M.	K Pipes-Nelisen	03-14-98	4:24.18	K Pipes-Nelisen	12-14-97	4:52.85	4:52.85	K Pipes-Nelisen			



Women 40-44	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Dara Torres	04-15-07	21.91	S Neilson-Bell	12-07-96	26.66	26.40	Dara Torres	08-08-06	24.25	26.44
100 Free	Dara Torres	04-15-07	48.34	S Von Der Lippe	11-16-08	57.55	57.55	Dara Torres	07-02-95	53.78	58.43
200 Free	K Pipes-Neilsen	12-22-02	1.51.06	K Pipes-Neilsen	12-14-03	2.05.26	2.05.26	K Pipes-Neilsen	08-15-98	2.09.00	2.09.28
400/500 Free	K Pipes-Neilsen	10-05-02	4:58.98	K Pipes-Neilsen	12-14-03	4:21.75	4:21.75	Janet Evans	08-10-97	4:22.87	4:22.87
800/1000 Free	K Pipes-Neilsen	12-21-03	10:20.45	K Pipes-Neilsen	06-20-03	9:09.71	9:09.71	Janet Evans	08-04-06	8:59.06	8:59.06
1500/1650 Free	K Pipes-Neilsen	12-07-02	17:15.20	Alison Zamanian	01-16-10	17:35.49	17:35.49	K Pipes-Neilsen	08-10-01	17:56.52	17:56.52
50 Back	Sheri Hart	05-04-11	26.12	Sheri Hart	01-23-11	30.60	30.00	Jody Smith	08-07-10	31.63	31.49
100 Back	Sheri Hart	04-30-11	56.03	K Pipes-Neilsen	06-16-02	1:05.43	1:04.63	Jody Smith	08-08-10	1:07.21	1:07.06
200 Back	Kristin Gary	04-24-10	2:04.43	Jody Smith	12-04-09	3:29.29	3:29.29	Jody Smith	08-10-97	2:23.18	2:23.18
50 Breast	S Von Der Lippe	02-28-10	29.24	S Von Der Lippe	11-22-09	32.29	32.29	S Von Der Lippe	08-10-91	33.25	33.14
100 Breast	S Von Der Lippe	05-04-08	1:03.00	S Von Der Lippe	12-02-07	1:10.55	1:10.55	S Von Der Lippe	08-17-01	1:12.12	1:13.78
200 Breast	S Von Der Lippe	05-14-06	2:17.06	S Von Der Lippe	11-16-08	2:32.37	2:32.37	S Von Der Lippe	08-19-01	2:38.44	2:38.44
50 Fly	S Von Der Lippe	05-10-09	25.14	S Von Der Lippe	12-11-05	28.21	28.21	S Von Der Lippe	08-23-99	28.52	28.52
100 Fly	S Von Der Lippe	05-10-09	54.83	S Von Der Lippe	11-21-09	1:01.70	1:01.70	S Von Der Lippe	08-23-99	1:02.47	1:03.36
200 Fly	S Von Der Lippe	05-04-08	2:03.13	S Von Der Lippe	11-19-06	2:20.66	2:20.66	K Pipes-Neilsen	08-10-97	2:24.77	2:24.78
100 I.M.	S Von Der Lippe	04-10-10	58.14	S Von Der Lippe	11-16-08	1:04.25	1:04.25	S Von Der Lippe	07-19-97	2:25.03	2:25.03
200 I.M.	S Von Der Lippe	05-04-08	2:04.85	S Von Der Lippe	12-02-07	2:19.21	2:19.21	K Pipes-Neilsen	08-15-98	5:09.83	5:09.83
400 I.M.	S Von Der Lippe	05-04-08	4:28.43	K Pipes-Neilsen	11-24-02	5:00.82	5:00.82	K Pipes-Neilsen	08-15-98	5:09.83	5:09.83
50 Free	Susan Walsh	05-04-08	24.00	K Pipes-Neilsen	12-02-07	27.09	26.59	Susan Walsh	08-13-07	27.44	26.59
100 Free	K Pipes-Neilsen	12-16-07	52.23	K Pipes-Neilsen	12-02-07	58.61	58.61	K Pipes-Neilsen	08-05-07	59.79	59.79
200 Free	K Pipes-Neilsen	12-16-07	1:53.28	K Pipes-Neilsen	12-02-07	2:05.94	2:05.94	K Pipes-Neilsen	06-13-09	2:10.09	2:10.09
400/500 Free	K Pipes-Neilsen	04-11-09	5:04.13	K Pipes-Neilsen	05-16-09	4:25.34	4:25.34	K Pipes-Neilsen	09-06-08	4:35.84	4:35.84
800/1000 Free	K Pipes-Neilsen	04-19-09	10:32.91	K Pipes-Neilsen	05-15-09	9:11.37	9:11.37	K Pipes-Neilsen	08-05-07	9:24.11	9:24.11
1500/1650 Free	K Pipes-Neilsen	04-22-07	17:49.73	S Heim-Bowen	10-10-04	17:50.64	17:46.32	S Heim-Bowen	08-17-03	17:55.83	17:55.83
50 Back	K Pipes-Neilsen	12-21-08	27.35	K Pipes-Neilsen	12-02-07	30.58	30.31	Jenkins/Reynolds	08-00-11	31.71	31.71
100 Back	Ellen Reynolds	05-23-10	57.83	K Pipes-Neilsen	05-16-09	1:04.79	1:04.46	K Pipes-Neilsen	05-24-09	1:08.11	1:08.11
200 Back	K Pipes-Neilsen	04-19-09	2:04.65	K Pipes-Neilsen	05-15-09	2:18.95	2:18.15	K Pipes-Neilsen	05-22-09	2:26.06	2:26.06
50 Breast	Caroline Krattli	05-20-07	30.17	S Von Der Lippe	10-10-10	33.82	33.82	S Von Der Lippe	07-17-10	33.66	33.66
100 Breast	S Von Der Lippe	03-27-11	1:05.85	S Von Der Lippe	10-10-10	1:13.30	1:13.30	S Von Der Lippe	07-17-10	1:14.41	1:13.49
200 Breast	S Von Der Lippe	05-01-11	2:22.76	S Von Der Lippe	11-21-10	2:38.00	2:38.00	Caroline Krattli	08-05-07	2:45.20	2:45.20
50 Fly	S Von Der Lippe	03-27-11	25.97	S Von Der Lippe	10-10-10	28.84	28.84	S Von Der Lippe	07-17-10	29.12	28.97
100 Fly	S Von Der Lippe	05-01-11	56.97	S Von Der Lippe	11-20-10	1:03.47	1:03.47	K Pipes-Neilsen	09-06-08	1:05.69	1:05.69
200 Fly	K Pipes-Neilsen	12-26-08	2:07.39	K Pipes-Neilsen	12-13-09	2:23.18	2:23.18	K Pipes-Neilsen	06-20-09	2:24.34	2:24.34
100 I.M.	K Pipes-Neilsen	04-19-09	59.48	K Pipes-Neilsen	12-12-09	1:05.75	1:05.61	K Pipes-Neilsen	08-16-08	2:27.57	2:27.57
200 I.M.	K Pipes-Neilsen	12-16-07	2:07.26	K Pipes-Neilsen	05-17-09	2:21.55	2:21.55	K Pipes-Neilsen	09-06-08	5:13.85	5:13.85
400 I.M.	K Pipes-Neilsen	12-26-09	4:32.87	K Pipes-Neilsen	12-12-09	5:05.04	5:00.29	K Pipes-Neilsen	09-06-08	5:13.85	5:13.85

Women 50-54	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Traci Granger	05-04-08	24.92	S Heim-Bowen	12-05-09	28.11	27.81	Laura Val	08-18-01	28.22	28.22
100 Free	Laura Val	05-17-02	54.38	Laura Val	10-21-01	1:01.49	1:01.49	Laura Val	08-19-01	1:01.13	1:01.13
200 Free	Laura Val	05-17-02	1:59.55	S Heim-Bowen	12-06-09	2:10.72	2:10.72	S Heim-Bowen	04-20-08	2:15.00	2:15.00
400/500 Free	S Heim-Bowen	05-10-09	5:16.88	S Heim-Bowen	12-05-09	4:35.54	4:34.81	S Heim-Bowen	04-24-08	4:42.37	4:41.19
800/1000 Free	Denise Brown	05-20-10	11:13.96	S Heim-Bowen	12-04-09	9:23.62	9:23.45	S Heim-Bowen	04-18-08	9:48.81	9:38.04
1500/1650 Free	Laura Val	04-14-02	18:42.24	S Heim-Bowen	12-04-09	17:51.33	17:51.33	S Heim-Bowen	08-14-08	18:32.76	18:29.28
50 Back	J Swagerty-Hill	06-23-02	28.74	Leslie Livingston	03-19-11	30.58	30.58	Leslie Livingston	08-05-11	32.55	32.55
100 Back	K Antrius-Hughes	05-04-08	1:02.67	Leslie Livingston	03-19-11	1:09.25	1:09.25	K Antrius-Hughes	07-11-09	1:13.55	1:13.55
200 Back	Bonnie Blich	04-17-10	2:16.65	Ahelee Sue Osborn	12-04-09	2:34.24	2:34.24	Bonnie Blich	07-11-09	2:39.40	2:33.03
50 Breast	Brigitte Heuer	05-21-10	32.37	Lisa Bennett	12-12-09	36.99	35.08	Melinda Mann	08-07-06	37.51	35.61
100 Breast	Jenny Cook	05-07-10	1:12.25	Jenny Cook	11-08-08	1:20.72	1:16.49	Melinda Mann	08-06-09	1:23.21	1:19.91
200 Breast	Cokie Lepinski	04-17-10	2:37.95	Jenny Cook	12-07-08	2:57.11	2:48.69	Jenny Cook	04-23-08	3:05.84	2:55.15
50 Fly	Traci Granger	05-10-09	26.77	Leslie Livingston	03-19-11	30.50	30.50	Laura Val	08-19-01	30.72	30.74
100 Fly	Traci Granger	05-10-09	1:00.28	Laura Val	10-21-01	1:09.05	1:08.50	Jill Hernandez	08-13-11	1:07.80	1:07.80
200 Fly	Laura Val	05-17-02	2:15.18	S Heim-Bowen	10-17-09	2:38.43	2:28.08	Laura Val	08-18-01	2:31.55	2:31.55
100 I.M.	Ahelee Sue Osborn	05-10-09	1:03.72	Ahelee Sue Osborn	12-06-09	1:11.67	1:09.22	Jill Hernandez	08-13-11	2:36.97	2:36.62
200 I.M.	Jill Hernandez	04-10-11	2:17.52	Jenny Cook	10-18-08	2:35.86	2:30.98	Jill Hernandez	07-14-02	5:42.80	5:32.26
400 I.M.	Ahelee Sue Osborn	05-10-09	4:56.39	Laura Val	10-13-02	5:36.28	5:14.65	Laura Val	08-17-08	5:28.69	5:28.69
50 Free	Laura Val	05-10-09	25.29	Laura Val	12-05-09	28.49	28.49	Laura Val	08-16-08	1:02.02	1:02.02
100 Free	Laura Val	05-04-08	54.72	Laura Val	12-04-09	1:01.33	1:01.33	Laura Val	08-16-08	1:02.02	1:02.02
200 Free	Laura Val	05-10-09	1:59.02	Laura Val	11-21-09	2:14.45	2:14.45	Laura Val	08-06-09	2:16.28	2:16.28
400/500 Free	Laura Val	01-25-09	5:27.33	Laura Val	10-04-09	4:42.97	4:42.97	Laura Val	07-12-09	4:50.13	4:50.13
800/1000 Free	Laura Val	03-13-10	11:20.53	Laura Val	10-17-09	9:51.35	9:51.35	Laura Val	07-12-08	10:05.28	10:05.28
1500/1650 Free	Laura Val	04-16-10	18:56.04	Laura Val	01-16-10	18:43.73	18:43.73	Laura Val	07-08-07	19:14.70	19:14.70
50 Back	Laura Val	03-28-10	28.88	Laura Val	10-24-09	32.62	32.62	Laura Val	08-12-10	33.75	33.75
100 Back	Laura Val	05-23-10	1:04.65	Laura Val	11-16-08	1:12.23	1:12.23	Laura Val	08-17-08	1:14.41	1:14.41
200 Back	Laura Val	02-06-10	2:21.27	Laura Val	10-12-08	2:40.05	2:40.05	N Steadman Martin	08-06-09	2:47.52	2:47.52
50 Breast	Lisa Bennett	05-14-11	33.76	Colette Crabbe	05-15-11	39.12	38.32	Lo D Knapp	08-07-09	39.37	38.30
100 Breast	Lisa Bennett	05-13-11	1:13.91	Dale Barnhard	08-24-03	1:26.33	1:25.18	Lo D Knapp	08-06-09	1:25.19	1:25.19
200 Breast	Catherine Kohn	04-10-09	2:40.19	Catherine Kohn	10-31-09	3:02.37	3:02.37	Lo D Knapp	08-09-09	3:04.32	3:04.32
50 Fly	Laura Val	04-10-10	28.20	Laura Val	10-17-09	31.13	31.13	Laura Val	08-06-09	31.42	31.42
100 Fly	Laura Val	05-10-09	1:01.31	Laura Val	12-06-09	1:09.23	1:09.23	Laura Val	08-09-09	1:09.47	1:09.47
200 Fly	Laura Val	05-10-09	2:16.28	Laura Val	09-14-08	2:31.13	2:31.13	Laura Val	07-08-07	2:41.51	2:41.51
100 I.M.	Laura Val	05-20-07	1:05.21	Laura Val	10-11-09	1:12.90	1:12.90	Laura Val	08-16-08	2:43.45	2:43.45
200 I.M.	Laura Val	05-22-10	2:21.91	Laura Val	12-04-09	2:36.98	2:36.98	Laura Val	07-10-09	5:49.40	5:49.40
400 I.M.	Laura Val	05-07-10	5:03.92	Laura Val	11-21-09	5:39.30	5:39.30	Laura Val	07-10-09	5:49.40	5:49.40



Women 60-64	SC-Yards	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Patricia Murphy	27.27	Laura Val	04-29-11	29.48	29.48	Laura Val	08-06-11	29.31	29.31
100 Free	Charloite Davis	59.41	Laura Val	05-22-10	1:05.16	1:05.16	Laura Val	08-06-11	1:03.83	1:03.83
200 Free	Charloite Davis	2:13.65	Laura Val	04-30-11	2:24.19	2:24.19	Laura Val	08-04-11	2:22.86	2:22.86
400/500 Free	Charloite Davis	5:57.32	Laura Val	04-30-11	4:55.54	4:55.54	Laura Val	07-08-11	5:03.88	5:03.88
800/1000 Free	Celesie Miller	12:17.18	Laura Val	05-20-10	10:21.68	10:21.68	Laura Val	07-08-11	10:27.71	10:27.71
1500/1650 Free	Celesie Miller	20:24.14	Laura Val	04-16-10	19:38.63	19:38.63	Laura Val	07-08-11	19:52.85	19:52.85
50 Back	Patricia Murphy	30.83	Laura Val	05-01-11	33.94	33.94	Laura Val	06-18-11	34.41	34.41
100 Back	Patricia Murphy	1:08.17	Laura Val	04-30-11	1:15.51	1:15.51	Laura Val	06-18-11	1:17.58	1:17.58
200 Back	Diann Uustal	2:38.26	Laura Val	02-13-11	2:47.97	2:47.97	Laura Val	06-26-11	2:48.78	2:48.78
50 Breast	Ginger Pierson	36.30	Dale Bamhard	05-14-06	40.24	38.60	Deb Walker	06-11-11	40.87	38.48
100 Breast	Ginger Pierson	1:19.98	Joann Leilich	05-04-08	1:30.58	1:26.43	Deb Walker	06-11-11	1:30.66	1:27.64
200 Breast	Joann Leilich	2:56.39	Joann Leilich	05-02-99	3:18.25	3:06.48	Deb Walker	06-12-11	3:17.24	3:14.49
50 Fly	Patricia Murphy	29.82	Laura Val	04-29-11	32.77	32.77	Laura Val	08-05-11	32.81	32.81
100 Fly	Charloite Davis	1:06.86	Laura Val	05-01-11	1:12.67	1:12.67	Laura Val	08-04-11	1:12.06	1:12.06
200 Fly	Barbara Dunbar	2:37.22	Laura Val	05-10-09	2:43.60	2:43.60	Laura Val	08-04-11	2:41.03	2:41.03
100 I.M.	Charloite Davis	1:08.64	Laura Val	05-23-10	1:16.59	1:16.59	Laura Val	06-26-11	2:50.13	2:50.13
200 I.M.	Charloite Davis	2:31.84	Laura Val	05-22-10	2:44.01	2:44.01	Laura Val	07-08-11	5:56.27	5:56.27
400 I.M.	Charloite Davis	5:20.51	Laura Val	04-29-11	5:51.81	5:51.81	Laura Val	07-08-11	5:56.27	5:56.27
Women 65-69	SC-Yards	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Carolyn Boak	29.27	Diann Uustal	04-29-11	32.35	32.25	Carolyn Boak	08-11-10	31.84	31.84
100 Free	Carolyn Boak	1:06.01	Jackie Marr	04-02-11	1:14.67	1:10.97	Carolyn Boak	08-12-10	1:12.10	1:12.00
200 Free	Carolyn Boak	2:24.31	Carolyn Boak	04-30-11	2:39.77	2:39.77	Carolyn Boak	08-10-10	2:39.05	2:39.05
400/500 Free	Ardeth Mueller	6:29.22	Carolyn Boak	04-01-07	5:35.53	5:35.53	Jackie Marr	08-17-08	5:46.65	5:43.10
800/1000 Free	Jackie Marr	13:25.54	Jackie Marr	05-10-09	11:40.70	11:24.13	Jackie Marr	08-14-08	11:55.93	11:53.17
1500/1650 Free	Jackie Marr	22:28.21	Jackie Marr	04-19-09	22:09.43	21:43.60	Jackie Marr	06-29-08	23:07.49	22:40.65
50 Back	Clara Walker	36.03	Diann Uustal	04-05-92	35.58	35.58	Diann Uustal	08-20-11	37.44	37.11
100 Back	Jackie Marr	1:17.94	Diann Uustal	05-10-09	1:19.08	1:19.08	Diann Uustal	07-10-11	1:22.30	1:21.81
200 Back	Suzanne Dills	2:50.17	Diann Uustal	05-21-10	2:56.03	2:56.03	Diann Uustal	07-09-11	3:05.15	3:00.24
50 Breast	Joann Leilich	37.74	Joann Leilich	04-25-04	42.35	40.90	Diann Uustal	08-04-11	42.97	41.52
100 Breast	Joann Leilich	1:23.95	Joann Leilich	04-25-04	1:32.37	1:28.73	Joann Leilich	08-13-07	1:36.29	1:33.23
200 Breast	Joann Leilich	3:01.50	Joann Leilich	04-04-04	3:17.44	3:14.89	Joann Leilich	08-28-05	3:26.98	3:24.79
50 Fly	Ardeth Mueller	33.02	Diann Uustal	04-01-07	35.06	35.06	Diann Uustal	08-05-11	35.42	35.42
100 Fly	Carolyn Boak	1:15.04	Carolyn Boak	05-01-11	1:25.67	1:25.28	Carolyn Boak	08-11-10	1:26.17	1:26.17
200 Fly	Carolyn Boak	3:01.61	June Krauser	04-03-11	3:32.93	3:17.36	Carolyn Boak	08-11-10	3:21.42	3:21.42
100 I.M.	Carolyn Boak	1:15.80	Diann Uustal	04-30-11	1:22.46	1:22.46	Carolyn Boak	08-11-10	3:06.10	3:05.40
200 I.M.	Carolyn Boak	2:46.27	Carolyn Boak	05-01-11	3:04.22	3:04.22	Carolyn Boak	07-23-10	6:37.45	6:37.45
400 I.M.	Carolyn Boak	5:49.24	Carolyn Boak	04-29-11	6:31.71	6:31.71	Carolyn Boak	07-23-10	6:37.45	6:37.45

Women 70-74	SC-Yards	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Gail Roper	31.05	Gail Roper	04-30-00	35.37	33.34	Beth Schreiner	08-06-11	35.22	33.57
100 Free	Gail Roper	1:09.79	Gail Roper	04-30-00	1:18.67	1:18.67	Gail Roper	07-23-09	1:19.94	1:14.28
200 Free	Gail Roper	2:35.85	Gail Roper	04-30-00	2:58.06	2:44.70	Lavalle Stoinoff	08-13-03	2:57.28	2:48.03
400/500 Free	Lavalle Stoinoff	6:46.78	Gail Roper	04-25-04	6:27.21	5:50.41	Lavalle Stoinoff	06-28-03	6:11.92	5:94.97
800/1000 Free	Lavalle Stoinoff	13:58.55	June Krauser	04-25-04	13:07.28	12:32.86	Lavalle Stoinoff	08-15-04	12:35.14	12:13.07
1500/1650 Free	Lavalle Stoinoff	23:45.69	June Krauser	03-28-04	24:57.85	23:54.74	Lavalle Stoinoff	07-13-03	24:24.13	24:06.48
50 Back	Betsy Jordan	36.91	Betsy Jordan	05-20-07	41.70	40.49	Doris Steadman	06-26-96	42.29	41.10
100 Back	Betsy Jordan	1:22.08	Betsy Jordan	05-20-07	1:29.93	1:29.10	Betsy Jordan	06-03-07	1:34.84	1:32.02
200 Back	Nancy Brown	2:59.07	Nancy Brown	04-30-06	3:25.04	3:17.86	Doris Steadman	08-27-95	3:28.69	3:21.23
50 Breast	Joann Leilich	39.89	Joann Leilich	04-24-09	44.32	42.80	Joann Leilich	08-07-09	45.67	43.45
100 Breast	Joann Leilich	1:26.71	Joann Leilich	04-29-11	1:37.20	1:35.58	Joann Leilich	07-18-09	1:38.78	1:37.72
200 Breast	Joann Leilich	3:07.28	Joann Leilich	02-01-09	3:25.76	3:24.59	Joann Leilich	08-20-11	3:34.49	3:34.32
50 Fly	Gail Roper	35.06	Gail Roper	04-30-00	40.66	37.96	Gail Roper	07-09-00	41.26	37.93
100 Fly	Gail Roper	1:27.74	Gail Roper	10-02-99	1:37.56	1:28.55	June Krauser	06-28-96	1:40.85	1:34.51
200 Fly	June Krauser	3:16.51	June Krauser	02-16-97	3:38.39	3:34.59	June Krauser	06-28-96	3:39.91	3:39.91
100 I.M.	Gail Roper	1:21.97	Gail Roper	04-30-00	1:32.23	1:24.88	Gail Roper	06-28-96	1:40.85	1:34.51
200 I.M.	Nancy Brown	3:07.70	Gail Roper	04-30-06	3:30.92	3:11.14	Gail Roper	08-08-99	3:32.94	3:13.19
400 I.M.	Nancy Brown	6:40.92	June Krauser	04-09-06	7:24.32	6:56.79	June Krauser	06-28-96	7:30.91	6:54.93
Women 75-79	SC-Yards	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Gail Roper	33.87	Gail Roper	04-03-05	37.24	35.88	Gail Roper	08-15-05	36.87	34.85
100 Free	Gail Roper	1:16.23	Gail Roper	04-24-05	1:24.31	1:18.59	Gail Roper	07-31-05	1:26.36	1:20.15
200 Free	Rommie Kamphausen	2:53.05	Gail Roper	03-08-09	3:07.58	2:57.19	Gail Roper	07-31-05	3:13.24	2:56.57
400/500 Free	Rommie Kamphausen	7:32.58	Jean Troy	05-15-09	6:44.09	6:09.40	Jean Troy	08-11-02	6:55.62	6:13.20
800/1000 Free	Rommie Kamphausen	15:47.72	Jean Troy	03-08-09	15:47.72	12:42.75	June Krauser	09-09-01	14:10.50	12:58.94
1500/1650 Free	Rommie Kamphausen	26:53.24	Gail Roper	06-16-09	26:37.02	24:04.75	Jean Troy	07-09-05	27:09.75	24:41.76
50 Back	Doris Steadman	40.25	Doris Steadman	04-30-00	44.76	43.50	Doris Steadman	08-23-99	44.43	42.06
100 Back	Nancy Brown	1:27.70	Nancy Brown	04-15-11	1:36.90	1:36.33	Doris Steadman	08-23-99	1:39.06	1:36.62
200 Back	Nancy Brown	3:15.04	Nancy Brown	04-15-11	3:34.09	3:32.59	Doris Steadman	08-23-99	3:39.41	3:34.35
50 Breast	Sylvia Eisele	44.36	Gail Roper	03-20-05	50.91	43.79	Ann Hirsch	08-15-08	51.55	43.95
100 Breast	Ann Hirsch	1:37.04	Ann Hirsch	03-19-06	1:50.24	1:36.48	Ann Hirsch	08-10-06	1:50.28	1:38.81
200 Breast	Ann Hirsch	3:31.35	Ann Hirsch	02-11-06	3:33.03	3:33.03	Ann Hirsch	08-10-06	3:59.30	3:41.53
50 Fly	Gail Roper	39.05	Gail Roper	04-24-05	44.18	40.71	Gail Roper	08-01-04	44.95	41.99
100 Fly	Gail Roper	1:37.03	Gail Roper	04-03-05	1:49.36	1:44.35	Gail Roper	08-01-04	1:54.14	1:47.40
200 Fly	Lois Kivi Nochman	3:41.89	Lois Kivi Nochman	04-30-00	4:08.39	3:57.33	June Krauser	06-24-01	4:10.69	4:03.55
100 I.M.	Gail Roper	1:27.31	Gail Roper	04-24-05	1:38.11	1:31.62	Gail Roper	06-24-01	1:54.14	1:47.40
200 I.M.	Gail Roper	3:18.40	Gail Roper	04-24-05	3:37.24	3:31.20	June Krauser	06-24-01	4:10.69	4:03.55
400 I.M.	Gail Roper	7:03.61	June Krauser	04-10-05	7:52.71	7:34.39	June Krauser	06-24-01	8:48.59	7:39.96



Women 80-84	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Florence Carr	03-12-06	36.85	Gail Roper	01-25-09	38.03	37.67	Gail Roper	03-07-09	38.64	38.64
100 Free	Margery Meyer	05-18-03	1:24.09	Gail Roper	01-25-09	1:26.23	1:24.44	Gail Roper	03-07-09	1:27.55	1:24.66
200 Free	Jean Troy	02-17-08	3:08.99	Gail Roper	01-25-09	3:18.57	3:01.61	Jean Troy	06-10-07	3:27.26	3:07.40
400/500 Free	Jean Troy	03-30-08	8:26.37	Jean Troy	11-11-07	7:20.96	6:34.92	Jean Troy	06-10-07	7:24.53	6:57.31
800/1000 Free	Jean Troy	03-30-08	17:20.18	Jean Troy	11-18-07	15:12.35	15:12.35	Jean Troy	07-15-07	15:12.94	13:51.21
1500/1650 Free	Betty Lorenzi	04-19-09	28:35.79	Jean Troy	11-18-07	28:55.09	28:55.09	Jean Troy	07-15-07	29:04.81	29:35.03
50 Back	Betty Lorenzi	04-19-09	43.57	Margery Meyer	10-13-02	50.03	46.10	Bunny Cederlund	03-29-02	46.39	46.39
100 Back	Betty Lorenzi	04-19-09	1:32.37	Betty Lorenzi	12-01-07	1:50.61	1:44.88	Betty Lorenzi	08-07-09	1:47.29	1:46.11
200 Back	Betty Lorenzi	04-19-09	3:26.72	Nancy Kinney	11-22-09	3:59.15	3:42.88	Betty Lorenzi	03-13-10	3:53.12	3:50.64
50 Breast	Ann Hirsch	02-12-11	48.29	Ann Hirsch	10-15-11	53.62	49.35	Ann Hirsch	08-04-11	53.40	49.89
100 Breast	Ann Hirsch	02-12-11	1:46.69	Ann Hirsch	08-20-11	1:57.31	1:50.76	Ann Hirsch	08-05-11	1:57.17	1:50.94
200 Breast	Ann Hirsch	02-12-11	3:49.67	Ann Hirsch	09-25-11	4:16.16	4:00.52	Ann Hirsch	07-10-11	4:17.64	4:08.88
50 Fly	Lois Kivi Nochtman	04-15-07	50.10	Gail Roper	05-16-09	48.85	45.57	Gail Roper	03-07-09	47.37	47.37
100 Fly	Lois Kivi Nochtman	04-22-07	1:54.16	Lois Kivi Nochtman	11-22-09	1:58.02	1:58.33	Lois Kivi Nochtman	05-21-04	2:06.55	2:01.54
200 Fly	Lois Kivi Nochtman	04-24-05	4:05.12	Lois Kivi Nochtman	10-28-07	4:35.51	4:35.51	Lois Kivi Nochtman	05-21-04	4:34.86	4:22.66
100 I.M.	Nanette Bohl	04-19-09	1:44.34	Gail Roper	05-16-09	1:44.95	1:42.46	Lois Kivi Nochtman	05-21-04	1:43.86	1:42.66
200 I.M.	Ann Hirsch	02-12-11	3:53.17	Gail Roper	05-17-09	3:55.51	3:55.51	Ann Hirsch	07-10-11	4:18.27	3:54.07
400 I.M.	Jean Troy	02-17-08	8:16.02	Gail Roper	10-31-09	8:39.68	8:07.34	Jean Troy	06-10-07	9:32.43	8:21.88
Women 85-89	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Margery Meyer	04-19-09	42.36	Margery Meyer	09-14-08	48.10	46.31	Margery Meyer	07-11-09	46.72	44.70
100 Free	Margery Meyer	05-10-09	1:35.48	Margery Meyer	09-14-08	1:46.95	1:46.95	Margery Meyer	07-08-07	1:46.02	1:46.13
200 Free	Margery Meyer	05-10-09	3:29.82	Margery Meyer	09-16-07	3:54.18	3:54.18	Margery Meyer	08-13-07	3:56.11	3:56.11
400/500 Free	Margery Meyer	04-13-08	9:14.15	Margery Meyer	09-14-08	7:58.41	7:58.41	Margery Meyer	08-13-07	8:14.05	8:14.05
800/1000 Free	Margery Meyer	05-10-09	19:02.30	Rita Simonon	06-08-03	16:49.43	16:49.43	Margery Meyer	07-08-07	17:09.73	17:09.73
1500/1650 Free	Margery Meyer	05-10-09	31:15.55	Rita Simonon	10-19-03	31:44.50	31:44.50	Margery Meyer	07-10-09	32:11.49	32:11.49
50 Back	Aileen Soule	05-19-91	49.59	Bunny Cederlund	10-15-06	57.62	57.62	Bunny Cederlund	08-10-06	53.44	53.44
100 Back	Aileen Soule	05-19-91	1:55.84	Bunny Cederlund	10-15-06	2:10.33	2:02.71	Bunny Cederlund	08-09-06	2:06.41	2:06.41
200 Back	Marjorie Sharpe	02-08-02	4:07.66	Bunny Cederlund	10-15-06	4:36.48	4:18.50	Bunny Cederlund	08-10-06	4:35.71	4:29.16
50 Breast	Jean Wayne	06-30-11	1:01.46	Marri Cogniat	12-10-95	1:09.77	58.52	Betty Christian	08-10-06	1:06.48	57.24
100 Breast	Jean Wayne	06-28-11	2:12.54	Marri Cogniat	12-10-95	2:38.48	2:11.90	Betty Christian	08-09-06	2:36.19	2:09.75
200 Breast	Jean Wayne	06-29-11	4:40.55	Manriana Berkley	12-08-07	5:46.07	5:09.65	Betty Christian	08-09-06	5:27.60	4:43.93
50 Fly	Lois Kivi Nochtman	03-27-10	57.02	Lois Kivi Nochtman	03-15-09	1:02.04	1:02.04	Lois Kivi Nochtman	06-07-09	1:01.94	1:01.94
100 Fly	Lois Kivi Nochtman	01-24-10	2:13.63	Lois Kivi Nochtman	05-15-09	2:21.77	2:21.77	Lois Kivi Nochtman	08-07-09	2:23.89	2:23.89
200 Fly	Lois Kivi Nochtman	03-07-10	4:42.19	Lois Kivi Nochtman	02-09-09	4:59.50	4:59.50	Lois Kivi Nochtman	07-25-09	5:07.64	5:07.64
100 I.M.	Margery Meyer	04-19-09	2:03.29	Jewel Cooke	02-12-95	2:12.85	2:11.95	Lois Kivi Nochtman	08-09-09	5:11.92	5:11.92
200 I.M.	Lois Kivi Nochtman	03-07-10	4:32.38	Lois Kivi Nochtman	05-17-09	4:59.06	4:59.06	Lois Kivi Nochtman	08-06-09	10:48.77	10:48.77
400 I.M.	Lois Kivi Nochtman	03-27-10	9:39.02	Lois Kivi Nochtman	03-15-09	10:28.05	10:28.05	Lois Kivi Nochtman			

Women 90-94	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Aileen Soule	05-12-96	49.68	Rita Simonon	12-06-08	56.55	55.53	Maurine Kornfeld	08-13-11	55.48	54.97
100 Free	Rita Simonon	04-26-09	1:50.37	Rita Simonon	10-18-08	2:07.65	2:07.65	Rita Simonon	08-03-08	2:03.52	2:00.12
200 Free	Rita Simonon	05-10-09	3:59.22	Rita Simonon	11-08-08	4:24.90	4:24.90	Rita Simonon	07-20-08	4:19.80	4:19.80
400/500 Free	Rita Simonon	05-10-09	10:22.61	Rita Simonon	11-08-08	9:01.89	9:01.89	Rita Simonon	08-03-08	9:04.93	9:04.93
800/1000 Free	Rita Simonon	04-26-09	21:20.93	Rita Simonon	06-08-08	18:38.98	18:38.98	Rita Simonon	06-14-08	18:53.58	18:53.58
1500/1650 Free	Rita Simonon	02-22-09	35:22.28	Rita Simonon	10-05-08	35:40.38	35:40.38	Rita Simonon	08-01-08	36:02.20	36:02.20
50 Back	Aileen Soule	05-12-96	1:01.93	Maurine Kornfeld	10-23-11	1:12.15	1:05.70	Aileen Soule	08-25-96	1:03.49	1:03.49
100 Back	Aileen Soule	05-12-96	2:14.66	Rita Simonon	12-04-10	2:32.24	2:24.46	Aileen Soule	08-25-96	2:23.23	2:23.23
200 Back	Aileen Soule	05-12-96	4:42.55	Anne Walker	04-01-06	5:56.41	4:57.77	Aileen Soule	06-29-97	5:29.07	5:17.36
50 Breast	Maria Lenk-Zigler	05-22-95	1:17.70	Rita Simonon	06-08-08	1:36.78	1:11.00	Gertud Zint	06-10-07	1:43.76	1:16.87
100 Breast	Rita Simonon	04-04-09	3:25.96	Rita Simonon	11-07-09	4:00.47	2:46.46	Maria Lenk-Zigler	08-15-05	3:12.88	2:57.56
200 Breast	Eva Muller	03-16-03	7:21.02	Jewel Cooke	12-05-99	9:03.85	6:31.21	Maria Lenk-Zigler	08-15-05	6:57.76	6:53.97
50 Fly	Rita Simonon	04-26-09	1:18.23	Rita Simonon	12-06-08	1:30.41	1:30.41	Rita Simonon	06-01-08	1:33.12	1:33.12
100 Fly	Jewel Cooke	04-11-99	3:26.50	Jewel Cooke	02-21-99	4:06.32	3:21.00				
200 Fly	Jewel Cooke	11-08-98	7:12.95								
100 I.M.	Rita Simonon	03-29-09	2:37.23	Rita Simonon	06-08-08	2:51.20	2:51.20	Rita Simonon	08-16-08	6:30.12	6:30.12
200 I.M.	Rita Simonon	03-29-09	5:40.28	Rita Simonon	10-18-08	5:58.46	5:58.46	Rita Simonon			
400 I.M.	Jewel Cooke	11-07-98	13:06.38	Jewel Cooke	02-21-99	14:55.37	14:55.37				
Women 95-99	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Marie Kelleher	02-15-09	1:26.17	Mary Lathram	12-04-10	1:43.00	1:13.87	Julia Dolce	08-15-05	1:17.53	1:14.38
100 Free	Marie Kelleher	02-10-08	3:02.75	Marie Kelleher	05-17-08	3:10.36	2:59.01	Julia Dolce	08-15-05	3:08.43	2:56.83
200 Free	Marie Kelleher	02-10-08	6:12.19	Marie Kelleher	05-17-08	6:50.52	6:17.47				
400/500 Free	Anna Bauscher	12-07-97	18:25.13					Anne Dunivin	06-04-11	22:01.50	13:52.13
800/1000 Free											29:29.02
1500/1650 Free											54:09.81
50 Back	Edith Hendry	04-01-07	1:26.19	Edith Hendry	12-03-06	1:27.92	1:26.19	Edith Hendry	07-15-07	1:39.68	1:19.05
100 Back	Edith Hendry	05-28-07	3:09.30	Edith Hendry	12-03-06	3:25.37	2:55.44	Edith Hendry	07-15-07	3:42.90	2:55.56
200 Back	Edith Hendry	04-01-07	7:02.33	Edith Hendry	12-03-06	7:36.62	6:24.50	Edith Hendry	07-15-07	7:52.01	6:29.99
50 Breast	Marie Kelleher	02-15-09	1:55.41								2:24.83
100 Breast											
200 Breast											
50 Fly											
100 Fly											
200 Fly	Marie Kelleher	02-10-08	3:28.34	Marie Kelleher	05-17-08	3:54.89					
100 I.M.											
200 I.M.											
400 I.M.											



Women 100-104	SC-Yards	Date	USMS	SC-Meters	World	LC-Meters	Date	USMS	World
50 Free									5:10.84
100 Free									
200 Free									
400/500 Free									
800/1000 Free									
1500/1650 Free									
50 Back					3:53.60				
100 Back									
200 Back									
50 Breast									
100 Breast									
200 Breast									
50 Fly									
100 Fly									
200 Fly									
100 I.M.									
200 I.M.									
400 I.M.									

Men 18-24	SC-Yards	Date	USMS	SC-Meters	World	LC-Meters	Date	USMS	World
50 Free	Steve Scheren	05-23-10	19.69	Nick Brunelli	21.38	Jerrod Kappler	07-08-01	23.19	
100 Free	Andy Grant	11-08-09	43.77	Nick Brunelli	48.00	Noah Copeland	07-25-09	50.54	
200 Free	Andy Grant	11-08-09	1:35.02	Nick Brunelli	1:47.32	Joe Tristan	08-16-98	1:52.74	
400/500 Free	Andy Grant	01-24-10	4:24.81	Brad Winsor	4:03.45	Hyun Seung Lee	08-13-07	4:04.68	
800/1000 Free	Jp Arnold	02-13-10	9:01.26	Andrew Mueller	8:34.86	Peter Galan	08-19-07	8:44.94	
1500/1650 Free	Andrew Mueller	03-27-10	15:48.70	Andrew Mueller	16:08.13	Peter Galan	08-21-10	17:07.87	
50 Back	Nelson Silva	05-01-11	23.15	William Jewell	27.39	Dave Rollins	08-15-05	26.91	
100 Back	C Gibson	04-15-07	49.19	Matt Scanlan	58.17	Leif Lyvins	08-13-07	58.92	
200 Back	Nelson Silva	05-01-11	1:48.10	Louis Vayo	2:01.17	Vicente Andrade	08-11-10	2:08.63	
50 Breast	Ricky Eddy	05-10-09	24.98	Gregor Plevelj	27.83	Dave Rollins	08-15-05	28.87	
100 Breast	Gary Marshall	05-14-06	54.65	Greg Owen	1:01.75	Dave Rollins	08-15-05	1:05.76	
200 Breast	Gary Marshall	05-14-06	1:58.34	Todd Radel	2:22.78	Kevin Raab	07-25-99	2:25.57	
50 Fly	Michael Shelby	04-11-06	22.16	Paul Buren	25.16	Noah Copeland	07-23-09	24.83	
100 Fly	Russell Payne	02-13-10	47.93	Mario Marshall	56.52	Noah Copeland	07-23-09	55.52	
200 Fly	Russell Payne	02-14-10	1:49.39	Jeff Poppell	2:07.64	Hyun Seung Lee	08-23-07	2:08.62	
100 I.M.	Romain Barrier	02-18-01	50.14	Louis Vayo	56.92	Dave Rollins	08-15-05	2:09.30	
200 I.M.	Russell Payne	02-14-10	1:49.35	Nick Brunelli	2:00.32	Peter Galan	08-21-10	4:44.53	
400 I.M.	Russell Payne	02-13-10	3:50.12	Sergey Marinuk	4:28.54				
Men 25-29	SC-Yards	Date	USMS	SC-Meters	World	LC-Meters	Date	USMS	World
50 Free	Fred Bousquet	02-13-10	18.67	Peel/Wagner	22.48	Kevin DeForrest	08-28-83	22.59	22.59
100 Free	Andy Grant	04-18-10	42.58	Bjorn Zikarsky	49.91	Nick Sharckell	08-13-00	50.74	50.74
200 Free	Andy Grant	04-16-10	1:33.86	John Keppeler	1:48.81	John Keppeler	03-12-96	1:51.00	1:52.17
400/500 Free	Andy Grant	04-17-10	4:20.82	Alex Kostich	3:58.23	Honza Vitazka	08-18-02	4:00.98	4:00.98
800/1000 Free	Alex Kostich	05-03-98	9:25.88	Alex Kostich	8:14.75	Alex Kostich	06-29-97	8:24.67	8:24.67
1500/1650 Free	Alex Kostich	05-03-98	15:44.70	Alex Kostich	15:41.81	Alex Kostich	08-10-97	16:13.89	16:13.89
50 Back	Adam Mania	04-16-10	21.46	Kevin Doak	25.15	Adam Mania	05-22-11	26.05	26.18
100 Back	Adam Mania	04-15-10	45.95	Kevin Doak	55.26	Adam Mania	08-04-10	55.26	57.42
200 Back	John Keppeler	04-30-95	1:48.47	John Keppeler	2:02.63	John Keppeler	08-23-92	2:07.57	2:03.80
50 Breast	Mark Gangloff	05-21-10	23.87	Corey Welch	28.46	Mark Gangloff	08-04-11	27.96	27.96
100 Breast	Mark Gangloff	05-22-10	52.30	Gary Marshall	1:01.62	Gary Marshall	07-06-08	1:02.44	1:02.65
200 Breast	Gary Marshall	05-20-07	1:57.46	Corey Welch	2:19.27	Gary Marshall	08-17-08	2:16.70	2:16.70
50 Fly	Sabri Muhammad	04-25-04	21.15	Oswaldo Quevedo	24.98	Kohsei Kawamoto	08-16-08	23.71	23.71
100 Fly	Jayne Cramer	03-07-10	47.51	Jeff Dash	53.82	Kohsei Kawamoto	08-15-08	53.09	53.09
200 Fly	Erik Scalise	05-20-07	1:47.62	Jason Eaddy	2:03.59	Jason Eaddy	07-21-02	2:05.76	2:03.26
100 I.M.	Mark Gangloff	02-13-10	48.27	Jeff Cummings	55.13	Honza Vitazka	08-18-02	2:06.33	2:05.98
200 I.M.	Mark Gangloff	05-22-10	1:48.18	John Keppeler	2:05.93	Honza Vitazka	08-18-02	4:32.19	4:30.05
400 I.M.	Erik Scalise	05-20-07	3:52.43	John Keppeler	4:26.79	Honza Vitazka			



Men 90-94	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Woody Bowersock	09-21-03	35.96	Woodrow Bowersock	12-14-03	41.07	41.07	Woody Bowersock	06-23-03	39.19	39.19
100 Free	Woody Bowersock	03-21-04	1:27.26	Woodrow Bowersock	12-14-03	1:39.26	1:39.26	Woody Bowersock	08-11-03	1:43.22	1:38.05
200 Free	Woody Bowersock	04-25-04	3:40.64	Woodrow Bowersock	12-14-03	3:59.28	3:59.28	Woody Bowersock	08-11-03	4:10.40	3:54.89
400/500 Free	Austin Newman	05-14-06	10:01.23	Gus Langner	12-11-93	8:50.65	8:50.65	Woody Bowersock	08-11-03	9:39.37	8:13.45
800/1000 Free	Austin Newman	05-14-06	20:31.68	Austin Newman	12-11-05	18:49.01	18:36.25	Gus Langner	08-01-93	20:13.74	17:54.42
1500/1650 Free	Austin Newman	05-14-06	33:59.81	Austin Newman	12-11-05	35:20.36	35:20.36	Gus Langner	08-22-93	36:47.02	36:47.02
50 Back	John Merrill	03-25-07	49.65	John Merrill	12-20-07	55.25	52.49	John Merrill	06-22-08	55.45	46.82
100 Back	John Merrill	03-25-07	1:46.67	Woodrow Bowersock	10-19-03	2:06.00	1:47.66	Woody Bowersock	06-23-03	2:10.36	1:45.46
200 Back	John Merrill	03-25-07	3:54.03	John Merrill	12-14-08	4:38.42	3:59.25	John Merrill	06-22-08	4:46.15	4:05.77
50 Breast	Russ Witte	04-15-07	53.07	Jim Penfield	11-15-98	1:07.22	55.68	Brud Cleaveland	06-10-07	1:01.64	57.20
100 Breast	Raymond Hakomaki	01-30-11	1:58.35	Jim Penfield	11-15-98	2:45.20	2:15.14	Raymond Hakomaki	05-15-10	2:23.53	2:15.43
200 Breast	Russ Witte	07-02-07	4:44.50	Walter Pfeiffer	12-14-03	5:58.71	4:59.71	Brud Cleaveland	08-05-07	5:55.72	5:17.47
50 Fly	Walter Pfeiffer	03-21-04	50.44	Walter Pfeiffer	10-19-03	56.09	56.09	Walter Pfeiffer	08-11-03	1:00.30	1:00.30
100 Fly	Walter Pfeiffer	03-21-04	2:13.93	Walter Pfeiffer	10-19-03	2:21.82	2:21.82	Walter Pfeiffer	08-11-03	2:31.03	2:31.03
200 Fly	Walter Pfeiffer	05-02-04	5:08.18	Walter Pfeiffer	12-14-03	5:37.23	5:08.86	Walter Pfeiffer	08-11-03	5:12.11	5:02.64
100 I.M.	Walter Pfeiffer	05-02-04	2:05.12	Walter Pfeiffer	12-14-03	2:14.23	2:08.86	Walter Pfeiffer	08-11-03	2:11.91	2:05.72
200 I.M.	Walter Pfeiffer	03-21-04	4:39.98	Walter Pfeiffer	12-14-03	5:13.24	5:13.24	Walter Pfeiffer	08-11-03	5:12.11	5:02.64
400 I.M.	Walter Pfeiffer	05-02-04	10:10.57	Walter Pfeiffer	10-19-03	11:15.65	11:15.65	Walter Pfeiffer	08-11-03	11:19.91	11:19.91
Men 95-99	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Gus Langner	01-10-99	51.31	Gus Langner	10-14-98	57.57	55.08	Gus Langner	08-02-98	55.88	55.88
100 Free	Gus Langner	01-10-99	2:04.54	Gus Langner	10-11-98	2:19.51	2:09.32	Gus Langner	08-23-98	2:29.32	2:17.59
200 Free	Gus Langner	01-10-99	4:35.70	Gus Langner	10-11-98	5:13.46	5:13.46	Gus Langner	08-23-98	5:13.23	5:13.23
400/500 Free	Gus Langner	01-10-99	12:17.44	Gus Langner	10-11-98	10:51.93	10:51.93	Gus Langner	08-23-98	11:30.53	11:30.53
800/1000 Free	Gus Langner	04-02-00	30:05.25	Gus Langner	10-11-98	22:05.55	22:05.55	Gus Langner	08-23-98	22:28.28	22:28.28
1500/1650 Free	Gus Langner	04-02-00	41:29.87	Gus Langner	10-11-98	41:29.87	41:29.87	Gus Langner	08-23-99	47:30.40	47:30.40
50 Back	Tom Lane	07-08-89	1:08.20	Gus Langner	10-11-98	1:27.67	1:01.25	Tom Lane	08-20-89	1:18.91	1:01.61
100 Back	Tom Lane	05-17-92	3:05.81	Gus Langner	10-14-98	3:38.07	2:21.73	Gary Weisenthal	08-09-08	3:04.37	2:22.83
200 Back	Donald Pope	04-17-10	10:05.22	Gus Langner	10-14-98	8:32.34	6:18.51	Gary Weisenthal	08-09-08	6:38.69	5:30.07
50 Breast	Gus Langner	03-27-99	1:27.55	Gus Langner	10-11-98	1:31.60	1:07.12	Gus Langner	08-23-98	1:26.61	1:10.83
100 Breast	Gus Langner	03-27-99	3:04.31	Gus Langner	10-11-98	3:35.33	2:31.77	Gus Langner	08-02-98	3:38.45	2:40.08
200 Breast	Gus Langner	03-27-99	7:29.31	Gus Langner	12-16-98	7:29.31	5:45.70	Gus Langner	08-02-98	7:37.17	5:47.31
50 Fly											
100 Fly	Walter Pfeiffer	10-05-08	6:04.41	Walter Pfeiffer	10-05-08	6:04.41	6:04.41	Walter Pfeiffer	06-01-08	4:09.52	4:09.52
200 Fly	Gus Langner	10-11-98	3:33.98	Gus Langner	10-11-98	3:33.98	3:33.98	Walter Pfeiffer	06-01-08	4:05.25	14:05.25
100 I.M.	Walter Pfeiffer	10-05-08	9:50.55	Walter Pfeiffer	10-05-08	9:50.55	9:50.55	Walter Pfeiffer	06-01-08	8:55.97	8:55.97
200 I.M.	Walter Pfeiffer	10-05-08	21:03.17	Walter Pfeiffer	10-05-08	21:03.17	21:03.17	Walter Pfeiffer	06-01-08	17:29.20	17:29.20

Men 100-104	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Tom Lane	06-25-94	1:31.03	Tom Lane	09-30-95	2:06.66	1:16.92	Tom Lane	07-09-94	1:40.46	1:40.46
100 Free	Tom Lane	06-25-94	3:21.86	Tom Lane	09-30-95	4:32.29	3:02.22	Tom Lane	07-09-94	4:05.98	4:05.98
200 Free	Tom Lane	06-25-94	6:56.32								
400/500 Free											
800/1000 Free											
1500/1650 Free											
50 Back											
100 Back	Tom Lane	09-30-95	2:02.52	Tom Lane	09-30-95	2:02.52	1:45.59	Tom Lane	07-09-94	1:50.73	1:50.73
200 Back	Tom Lane	09-30-95	3:51.54	Tom Lane	09-30-95	3:51.54	3:51.54	Tom Lane	07-09-94	4:13.84	4:13.84
50 Breast											
100 Breast											
200 Breast											
50 Fly											
100 Fly											
200 Fly											
100 I.M.											
200 I.M.											
400 I.M.											



Table with columns: Relay Type (200 Free, 200 Medley, 400 Medley, 800 Free), Distance, Date, SC-Yards, SC-Meters, USMS, World, Date, SC-Yards, SC-Meters, USMS, World, Date, SC-Yards, SC-Meters, USMS, World. Lists records for various teams and dates.

Table with columns: Relay Type (200 Free, 200 Medley, 400 Free, 400 Medley, 800 Free), Distance, Date, SC-Yards, SC-Meters, USMS, World, Date, SC-Yards, SC-Meters, USMS, World, Date, SC-Yards, SC-Meters, USMS, World. Lists records for various teams and dates.



18+	Mixed	Year	Record
4 x 1 hour postal	St. Pete Masters	2007	21,115 Y
4 x 5K postal	DOC IU	2000	4:34:58.61
4 x 10K postal	St. Pete Masters	2010	10:16:15.40
4 x 3000 Y postal	Novaquatics	2001	2:22:18.50
4 x 6000 Y postal	St. Pete Masters	2008	5:37:17.93
4 x 1-mile cable			
4 x 2-mile cable	Adirondack Masters	2010	3:11:12.71
25+	Mixed	Year	Record
4 x 1 hour postal	Univ San Fran	1994	22,070 Y
4 x 5K postal	Stanford	2004	4:25:43.53
4 x 10K postal	Team Illinois	2007	9:50:18.52
4 x 3000 Y postal	Heart of Texas	2001	2:16:27.57
4 x 6000 Y postal	Heart of Texas	2001	4:40:45.08
4 x 1-mile cable	Oregon	2011	1:32:43.08
4 x 2-mile cable	New England Masters	2011	3:10:38.40
35+	Mixed	Year	Record
4 x 1 hour postal	Walnut Creek Masters	2010	21250 Y
4 x 5K postal	Stanford	2003	4:19:09.57
4 x 10K postal	St. Pete Masters	2007	9:53:56.98
4 x 3000 Y postal	Colonials 1776	2004	2:20:51.38
4 x 6000 Y postal	Ventura County Masters	2003	4:57:31.67
4 x 1-mile cable	Niagara Masters	2010	1:31:55.43
4 x 2-mile cable	Niagara Masters	2009	3:09:24.88
45+	Mixed	Year	Record
4 x 1 hour postal	1776	2011	20160 Y
4 x 5K postal	Oregon	2010	4:32:34.54
4 x 10K postal	Illinois Masters	2009	10:02:13.51
4 x 3000 Y postal	Oregon Masters	2010	2:23:57.10
4 x 6000 Y postal	St Pete Masters	2003	5:13:59.19
4 x 1-mile cable	Oregon	2011	1:31:21.44
4 x 2-mile cable	New England Masters	2009	3:06:58.21
55+	Mixed	Year	Record
4 x 1 hour postal	Tamalpais Aquatic Masters	2010	18325 Y
4 x 5K postal	Oregon	2009	5:31:00.95
4 x 10K postal	Masters of South Texas	2007	16:35:21.98
4 x 3000 Y postal	DC Masters	2003	2:47:38.21
4 x 6000 Y postal	Michigan	2001	7:18:38.77
4 x 1-mile cable	Oregon	2011	1:45:20.50
4 x 2-mile cable	Oregon	2011	4:00:01.30
65+	Mixed	Year	Record
4 x 1 hour postal	San Diego Swim Masters	2005	15,800 Y
4 x 5K postal	St Petersburg	2000	6:55:23.23
4 x 10K postal			
4 x 3000 Y postal	San Diego	2005	3:02:37.13
4 x 6000 Y postal	St. Pete Masters	2007	9:21:17.31
4 x 1-mile cable	Oregon	2011	2:11:30.75
4 x 2-mile cable	Adirondack Masters	2011	4:37:00.68
75+	Mixed	Year	Record
4 x 1 hour postal	Oregon Masters	2010	13365 Y
4 x 5K postal			
4 x 10K postal			
4 x 3000 Y postal			
4 x 6000 Y postal			
4 x 1-mile cable			
4 x 2-mile cable			
85+	Mixed	Year	Record
4 x 1 hour postal	Florida Maverick	2004	8,080 Y
4 x 5K postal			
4 x 10K postal			
4 x 3000 Y postal			
4 x 6000 Y postal			
4 x 1-mile cable			
4 x 2-mile cable			

APPENDIX B: INFORMATION FOR MEET DIRECTORS AND OFFICIALS

USMS-APPROVED CERTIFYING BODIES

USMS approves USA Swimming, USMS (through its LMSCs), YMCA, Federation of High School Swimming Officials, College Swimming Officials Association (NCAA) and San Diego–Imperial LMSC as organizations for certifying officials.

ENFORCEMENT OF RULES

USMS rules shall be applied uniformly regardless of age.

DIFFERENCES BETWEEN USA SWIMMING AND USMS RULES

All provisions under Part 1 of USMS Swimming Rules are effective January 1, 2012 [USA-S provisions under Part One, the Technical Rules are effective May 1, 2012]. USMS follows USA Swimming’s Technical Rules, Articles 101, 102 and 105, with the following exceptions (USMS and USA Swimming rule references in brackets):

MS1 Starts, Strokes, and Relays

MS1.1 Forward start—The forward start may be taken from the starting block, the pool deck or a push from the wall. The forward start or the backstroke start shall be used for freestyle events. The referee’s long whistle indicates that the swimmer must take a position with at least one foot at the front of the platform, the edge of the pool, or on the wall before the command “Take your mark”. The backstroke start may be used as the in-the-water start during freestyle events. [USMS 101.1.1 and 101.5.1; USA-S 101.1.2]

MS1.2 Butterfly—The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race. Only one breaststroke or whip kick is permitted per arm pull except that a single breaststroke or whip kick is permitted prior to the turn and finish without an arm pull. After the start and after each turn, a single breaststroke or whip kick is permitted prior to the arm pull that brings the swimmer to the surface. [USMS 101.3.2 and 101.3.3; USA-S 101.3.2 and 101.3.3]

MS1.3 Backstroke — Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action”. [USMS 101.4.3; USA-S 101.4.3]

MS1.4 Relays — Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race. [USMS 101.7.3E; USA-S 101.7.3E]

MS1.5 Long Distance Swimming — Pool Events are governed by Open Water and Long distance rules. There is no provision for leaving the water for brief periods during the swim. [USMS 305 and 306; USA-S 101.8]

MS2 Swimming Competition

MS2.1 Personnel — The minimum personnel at USMS sanctioned or recognized Masters swimming meets shall include the following: one referee, one

- starter, two stroke and turn judges, two timers per lane (if automatic timing is not being used). The referee and starter may double as stroke and turn judges, but the referee and starter shall not be the same person. The referee shall be certified as a referee by a USMS-approved certifying body. A referee who is certified as a stroke and turn judge or starter by a USMS-approved certifying body shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. Note: USMS does not use place judges. [USMS 103.2 and 103.3; USA-S 102.10.3 and 102.10.2]
- MS2.2 Personnel at national championship meets**—The meet host shall appoint a meet referee and an administrative referee subject to qualification standards established by the USMS Officials Committee. [USMS 104.5.10B; USA-S 102.10.5]
- MS2.3 Warm-up**—If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. In pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat and a warm-up/warm-down period must be offered at least once during each half hour of competition. [USMS 102.4.1; USA-S none]
- MS2.4 Relays**—First and last names of eligible swimmers, their ages and order of swimming shall be submitted to the clerk of course or to the head lane timer. [USMS 102.9.5; USA-S 102.3.7]
- MS2.5 Timed finals**—All Masters events held in meters pools (short course or long course) are conducted on a timed-final basis. Short course yards meets, except for national championships, MAY be conducted on a basis other than timed finals (e.g., trials/finals basis). If trials/finals are offered, competitors are limited to three individual events per day. [USMS 102.10.1A and 102.6; USA-S 102.2]
- MS2.6 Seeding**
- MS2.6.1** Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. [USMS 102.10.1B; USA-S 102.1.4 and 102.7.2]
- MS2.6.2** Seeding at meets other than national championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events. [USMS 102.10.1D; USA-S 102.5.6]
- MS2.7 Counters**—A swimmer may appoint one counter in any individual event of 16 lengths or more, except the individual medley. [USMS 102.10.6A; USA-S 102.6A]
- MS2.8** Timing System Designation.
- MS2.8.1** A manual timing system with two watches per lane, each operated by a separate timer, is the minimum requirement. [USMS 103.17.2A(3); USA-S 102.24.3A(3)]
- MS2.9 Records and Top Ten.**
- MS2.9.1** Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming. Any person can be assigned to conduct the course measurement. [USMS 105.1.6A; USA-S 104.2.2C(3)(a)]

- MS2.9.2** USMS records may only be established by USMS members in sanctioned or recognized competition. Because swimmers from different age groups and genders may compete in the same heat or event, winning the heat or event is not required to establish a record. [USMS 105.3.1; USA-S 104.2.1F]
- MS2.9.3** Relay leadoff split times will be considered for Top 10 times, provided the swimmers complete the event without being disqualified, and will be considered for USMS records provided automatic timing is used. [USMS 103.18.1, 103.18.4, 105.2.2A and D, 105.3.6A; USA-S 104.2.1E]
- MS2.9.4** If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top 10 times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay leadoff legs to count, notification must be made prior to the swim so that officials may verify that a legal finish was performed at the initial distance and that for relays the second swimmer did not start in the water (when automatic timing is used). [USMS 103.18.1B(1) and (2); 103.18.1D; and 105.2.2B, C, D and E; and 105.3.6; USA-S none]
- MS2.9.5** Required documentation for USMS records includes the referee's signature, as well as the printout from the automatic or semiautomatic (with three buttons) timing equipment or the time card bearing times and signatures from three timers. [USMS 105.3.8; USA-S 104.2.2C(2)]
- MS2.10 Scratch procedures**—Swimmers or relay teams not reporting for or competing in an event are not penalized. [USMS 102.8.1; USA-S 102.4]
- MS2.11 Protests**—Protests arising from competition shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the Local Masters Swimming Committee (LMSC) or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose final decision shall then be binding on all parties. Protests concerning interpretation of the rules in Part 1: Swimming Rules and the Glossary shall be submitted in writing (on paper or in an electronic file) within 10 days to the USMS Rules Committee chair. [USMS 102.14.5 and 102.14.4; USA-S 102.23.5]
- MS2.12 Eligibility**—The eligibility of a participant for a particular age group will be determined for all meters meets (both short course and long course) by the swimmer's age as of December 31 of the year of competition. For short course yards meets, eligibility will be determined by the swimmer's age as of the last day of the meet. [USMS 102.2; USA-S 205.2.2]
- MS3 Facility Standards**
- MS3.1** Water depth. In pools with water depth 3 feet, 6 inches to less than 4 feet at the starting end, the swimmer must start from the deck or from within the water. [USMS 107.2.3A(2); USA-S 103.2.3A]

DUAL SANCTIONED EVENTS

The following shall govern the conduct of combined, parallel and interwoven meets, hereinafter known as dual sanctioned events, between members of United States Swimming and United States Masters Swimming.

In the event of a claim by a third party, including participants and spectators, alleging bodily injury and/or property damage arising from the conduct of a dual sanctioned event, USA-S and USMS will notify Risk Management Services Inc. as soon as practicable. Any conflicts or request for interpretations shall be resolved by the executive directors of USA-S and USMS.

All competitors in dual sanctioned events must be members of USA Swimming, USMS or both. Competitors who are members of both must select one organization with which to compete for the entire meet, in advance of competition. Dual membership cannot be used to exceed the daily event limits imposed by either organization. Automatic recognition of times achieved by a USMS swimmer competing in the USA-S portion is still available.

Dual sanctioned events must have sanctions from both USA-S and USMS. Both sanctions must be held by the host organization. The host organization cannot be required to accept a participant from either USMS or USA-S that would otherwise be barred from participation by their respective organizations. USMS records and Top 10 submissions must comply with all USMS documentation requirements.

Combined meets—With the consent of all hosting teams and the LSC and LMSC, a combined meet may be sanctioned by both USA-S and USMS with all swimmers competing according to USA-S rules. This mechanism allows the meet hosts to seed the event as they normally would, based upon times, with USA-S and USMS members combined in heats without specific lanes allocated to one organization or the other. There are restrictions, however. A divider must separate members of each organization. A lane line is sufficient to achieve the separation. This does preclude, for example, swimming two-to-a-lane with a member of each organization in the same lane. Warm-up and warm-down should be conducted in separate lanes. Relay teams must consist of members of the same organization.

Parallel meets—The two meets may be swum in parallel by assigning some lanes to USMS competitors and a different set of lanes to USA-S competitors. If possible, separate stroke and turn officials for each set is preferred. It is permissible to adjust, for example, the makeup of the USMS heats so that competitors in a given heat have approximately the same seed times. Each organization's rules apply to its members.

Interwoven meets—The two meets may be swum with complete heats of swimmers from both organizations. There is no need for separate stroke and turn officials. Each organization's rules apply to its members.

Warm-up and warm-down—Members of each organization must use separate warm-up and warm-down lanes throughout the meet, including the periods prior to and after the actual competition.

DIFFERENCES BETWEEN NCAA SWIMMING AND USMS RULES

MS1 Starts, Strokes, and Relays

MS1.1 Forward start—The forward start may be taken from the starting block, the pool deck or a push from the wall. At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, the edge of the deck or on the wall before the command "Take your mark." Either the forward start or the backstroke start shall be used for freestyle events. The backstroke start may be used

as the in-the-water start during freestyle events. [USMS 101.1.1, 101.5.1, and 103.8.5A; NCAA Rule 2, Section 1, Article 1]

Note: Making unnecessary noise during the start is not addressed in the USMS rules.

- MS1.2 Backstroke start**—At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position. Standing in or on the gutter, or placing the toes over the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start is prohibited. [USMS 101.1.2 and 103.8.5A; NCAA Rule 2, Section 1, Article 2]
- MS1.3 Declared false starts**—There are no "declared false starts" in Masters swimming. [USMS 103.8.6; NCAA Rule 2, Section 1, Article 3h]
- MS1.4 Backstroke turn**—Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. A swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action" and must not be disqualified. [USMS 101.4.3; NCAA Rule 2, Section 2, Article 1c]
- MS1.5 Butterfly**—The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke or whip kick is permitted per arm pull, except that a single breaststroke or whip kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke or whip kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted. [USMS 101.3.2 and 101.3.3; NCAA Rule 2, Section 2, Article 3d]
- MS1.6 Finish**—The swimmer shall have finished the race when any part of the swimmer touches the wall after completion of the prescribed distance. [USMS 101.5.4; NCAA Rule 2, Section 4, Article 3]
- MS1.7 Relays**—A relay team member who wishes to enter the water to start from the water, shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use. Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race. Mixed relays shall consist of two men and two women who may swim in any order. [USMS 101.7.3D-F; NCAA Rule 2, Section 2, Article 7e and Rule 2, Section 5, Article 3a] First and last names of eligible swimmers, their ages and order of swimming shall be submitted to the clerk of course or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the head lane timer prior to the start of the relay heat in which such relay team is entered. No changes will be permitted thereafter. [USMS 102.9.5; NCAA Rule 2, Section 2, Article 7d and Rule 3, Section 1, Article 4b]

MS2 Swimming Competition

- MS2.1 Meet personnel**—The minimum personnel at USMS sanctioned Masters swimming meets or recognized events shall include one referee, one starter, two stroke and turn judges, and two timers per lane (if automatic timing is not being used) or one timer per lane if automatic timing is used. The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. [USMS 103.2; NCAA Rule 4, Section 1] The referee shall be certified as a referee. A referee who is certified as a stroke and turn judge or starter (by USA Swimming, USMS, YMCA or any other USMS-approved certifying body) shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. [USMS 103.3; NCAA Rule 4, Section 1] Note: USMS does not use place judges.
- MS2.2 Warm-up**—If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period shall be offered at least once every half hour of competition. Swimmers must enter the pool feet first in a cautious and controlled manner. Diving shall be permitted only in the designated lanes. [USMS 102.4; NCAA none]
- MS2.3 Timed finals**—All short course meters events, long course meters events and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final basis or other basis (e.g., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day. [USMS 102.10.1A and 102.6; NCAA none]
- MS2.4 Seeding**—Age groups, genders and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (400 yards or longer) within a meet. Women's and men's heats may be alternated in the distance events. [USMS 102.10.1B-D; NCAA Rule 5, Sections 1 and 2]
- MS2.5 Counters**—A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign. Verbal counters may use watches and signal intermediate times to the swimmer. If visual counters are used, they may be stationed at the end or either side of the pool beyond the halfway point toward the end of the course opposite the starting end. The count may be ascending or descending order. Violations of these provisions are not grounds for disqualification. [USMS 102.10.6; NCAA Rule 2, Section 3]
- MS2.6 Timing System Designation.**
- MS2.6.1** A manual timing system with two watches per lane, each operated by a separate timer, is the minimum requirement. [USMS 103.12.2A(3); NCAA Rule 4, Section 23, Article 2c]

MS2.7 Records

- MS2.7.1** Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming. Any person can be assigned to conduct the course measurement. [USMS 105.1.6] The pool measurement certification must include all lanes used in competition. [USMS 105.1.7A; NCAA Rule 9, Section 2] When a moveable bulkhead is used, the length of the course must be confirmed prior to the start of the meet, and the course measurement of the two outside lanes and a middle lane must be confirmed at the conclusion of the session in which the time was achieved. [USMS 105.1.7C and D; NCAA Rule 9, Section 2]
- MS2.7.2** USMS records may only be established by USMS members in sanctioned meets or recognized events. [105.1.1] Because swimmers from different age groups and genders may compete in the same event or heat, winning the heat or event is not required to establish a record. Relay leadoff split times will be considered for USMS Top 10 times, provided the swimmers complete the event without being disqualified and will be considered for USMS records provided fully automatic timing is used. The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water when automatic timing is used. The request to have a split time recorded must be brought to the attention of the meet referee, in writing, prior to the swim. Leadoff splits obtained from three semi-automatic buttons or three watch times are acceptable for FINA records, but not for USMS records. [USMS 105.2.2, 105.3.6, 103.18.1, and 103.18.4; NCAA Rule 9, Sections 1 and 2, and Notes 2 and 3]
- MS2.7.3** If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top 10 times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay leadoff legs to count, notification must be made prior to the swim so that officials may verify that a legal finish was performed at the initial distance and that for relays the second swimmer did not start in the water (when automatic timing is used). [USMS 103.18.1B(1) and (2), 103.18.1D, 105.2.2 and 105.3.6; NCAA none]
- MS2.7.4** Required documentation for USMS records includes the referee's signature, official meet results, the primary printout tape from the automatic or semiautomatic (with three buttons) timing equipment and/or a copy of the entry card bearing times and signatures from three timers. [USMS 105.3.8; NCAA Rule 9, Section 2, Article 2]
- MS2.8 Scratch procedures**—Any swimmer or relay team not reporting for or competing in an event shall not be penalized. [USMS 102.8.1; NCAA Rule 3, Section 1, Article 4; Rule 3, Section 3, Article 4 and Rule 8, Section 4, Article 8f] Note: USMS does not have an "honest effort" requirement. [Rule 3, Section 1, Article 4e]
- MS2.9 Protests**
- MS2.9.1** Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced

before the race. The meet committee shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee (national championship meets) having jurisdiction for adjudication at the earliest possible time. [USMS 102.14.2; NCAA none]

- MS2.9.2** Protests arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the Local Masters Swimming Committee (LMSC) or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties. [USMS 102.14.5; NCAA Rule 4, Section 2 and Rule 8, Section 4, Article 9]
- MS2.10** **Age determining date** — For short course yards, the eligibility of a participant for a particular age group shall be determined by the swimmer's age as of the last day of the meet. For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the swimmer's age as of December 31 of the year of competition. [USMS 102.2; NCAA none]
- MS2.11** **Swimwear**—For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees. Any kind of tape on the body is not permitted unless approved by the referee. Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule. [USMS 102.12.1 and 2; NCAA Rule 3, Section 1, Articles 1 and 2]
- MS3** **Facility Standards**
- MS3.1** **Water depth**—In pools with water depth 3 feet, 6 inches to less than 4 feet at the starting end, the swimmer must start from the deck or from within the water. [USMS 107.2.3A(2); NCAA Rule 1, Section 1, Article 2b]

DIFFERENCES BETWEEN NATIONAL FEDERATION OF HIGH SCHOOL SWIMMING AND USMS RULES

- MS1. Starts, Strokes, and Relays**
- MS1.1** **Forward start**—The forward start may be taken from the starting block, the pool deck or a push from the wall. At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, the edge of the deck or on the wall before the command "Take your mark." Either the forward start or the backstroke start shall be used for freestyle events. [USMS 101.1.1, 101.5.1, and 103.8.5A; NFHS Rule 8, Section 1, Article 1]
- MS1.2** **Backstroke start**—At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing

except for swimwear. At the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start is prohibited. USMS does not specify that swimmers must step into the water feet first. [USMS 101.1.2 and 103.8.5A; NFHS Rule 8, Section 1, Articles 2 and 3b]

- MS1.3** **Backstroke turn**—Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. A swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action". [USMS 101.4.3; NFHS Rule 8, Section 2, Articles 1e and 1f]
- MS1.4** **Butterfly**—The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke or whip kick is permitted per arm pull, except that a single breaststroke or whip kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke or whip kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted. [USMS 101.3.2 and 101.3.3; NFHS Rule 8, Section 2, Article 3d]
- MS1.5** **Relays**—A relay team member who wishes to start from the water, shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use. Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race. Mixed relays shall consist of two men and two women who may swim in any order. [USMS 101.7.3D-F; NFHS Rule 8, Section 3, Articles 5 and 7] First and last names of eligible swimmers, their ages and order of swimming shall be submitted to the clerk of course or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the head lane timer prior to the start of the relay heat in which such relay team is entered. No changes will be permitted thereafter. [USMS 102.9.5; NFHS Rule 8, Section 3, Article 4]
- MS1.6** **Finish**—The finish occurs when any part of the swimmer touches the wall. Swimmers are not required to touch the touch pads when automatic timing is used. [USMS 101.5.4; NFHS Rule 8, Section 1, Article 7 and Rule 8, Section 3, Article 6]
- MS2** **Swimming Competition**
- MS2.1** **Swimwear**
- MS2.1.1** For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees. [USMS 102.12.1B; NFHS Rule 3, Section 3, Article 3b.5]
- MS2.1.2** Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's

name only may be used. Offenders may be barred from competition until they comply with this rule. [USMS 102.12.2; NFHS Rule 3, Section 3, Article 2]

MS2.2 Meet personnel—The minimum personnel at USMS-sanctioned or USMS-recognized swimming meets shall include one referee, one starter, two stroke and turn judges, and two timers per lane (if automatic timing is not being used) or one timer per lane if automatic timing is used. The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. [USMS 103.2; NFHS Rule 4, Section 1, Articles 3 and 5]

The referee shall be certified as a referee. A referee who is certified as a stroke and turn judge or starter (by USA Swimming, USMS, YMCA or any other USMS-approved certifying body) shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. [USMS 103.3; NFHS none]
Note: NFHS is a USMS-approved certifying body. USMS does not use a ballot system as a backup judging system.

MS2.3 Warm-up—If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet, and in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period shall be offered at least once every half hour of competition. [USMS 102.4; NFHS “Guidelines for Meet Warm-Up”]

MS2.4 Events—USMS competition may be conducted in any of the events listed in 102.5. [USMS 102.5; NFHS Rule 5, Section 1, Article 1]

MS2.5 Event limit—A swimmer may compete in not more than five individual events per day. [USMS 102.6; NFHS Rule 3, Section 2, Article 1]

MS2.6 Timed finals—All short course and long course meters events and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final or other basis (e.g., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day. [USMS 102.10.1A; NFHS none]

MS2.7 Seeding—Age groups, genders and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (400 yards or longer) within a meet. Women’s and men’s heats may be alternated in the distance events. [USMS 102.10.1B-D; NFHS Rule 5, Sections 2 and 3]

MS2.8 Counters—A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign. Verbal counters may use watches and signal intermediate times to the swimmer. If visual counters are used, they may be stationed at the end or either side of the pool beyond the halfway point toward the end of the course opposite the starting end. The count may be in ascending or descending order. Violations of these provisions are not grounds for disqualification. [USMS 102.10.6; NFHS Rule 3, Section 4]

MS2.9 Records

MS2.9.1 Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming. [USMS 105.1.6 and .7; NFHS Rule 2, Section 2]

MS2.9.2 USMS records may only be established by USMS members in sanctioned meets or recognized events. Because swimmers from different age groups and genders may compete in the same event or heat, winning the heat or event is not required to establish a record. Relay leadoff split times will be considered for Top 10 times, provided the swimmers complete the event without being disqualified, and relay leadoff split times will be considered for USMS records provided fully automatic timing is used. The swimmer’s relay leadoff split time shall not count if the second swimmer starts in the water when automatic timing is used. The request to have a split time recorded must be brought to the attention of the meet referee, in writing, prior to the swim. Leadoff splits obtained from semi-automatic or manual times are acceptable for FINA records and USMS Top 10 but not for USMS records. [USMS 105.1.1, 103.18.1, 103.18.4, 105.2.2 and 105.3.6; NFHS Rule 8, Section 3, Article 8]

MS2.9.3 If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top 10 times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay leadoff legs to count, notification must be made prior to the swim so that officials may verify that a legal finish was performed at the initial distance and that for relays the second swimmer did not start in the water (when automatic timing is used). [USMS 103.18.1, 103.18.4, 105.2.2 and 105.3.6; NFHS none]

MS2.9.4 Required documentation for USMS records includes the referee’s signature, official meet results, the primary printout tape from the automatic or semiautomatic (with three buttons) timing equipment and/or a copy of the entry card bearing times and signatures from three timers. [USMS 105.3.8; NFHS none]

MS2.10 Scratch procedures—Any swimmer or relay team not reporting for or competing in an event shall not be penalized. There are no “declared false starts”. [USMS 102.8.1; NFHS Rule 3, Section 2, Articles 2 and 3]

MS2.11 Protests

MS2.11.1 Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall refer the protest to the LMSC officers (local meets) or the championship meet protest committee (nationals) having jurisdiction for adjudication at the earliest possible time. [USMS 102.14.2; NFHS none]

MS2.11.2 Protests arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester can file a written protest with the chair (or representative) of the Local Masters Swimming Committee (LMSC) having jurisdiction over the event. If it is not satisfactorily resolved within

10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties. [USMS 102.14.5; NFHS Rule 4, Section 2, Article 2g]

MS2.12 Age determining date—For short course yards, the eligibility of a participant for a particular age group is determined by the swimmer’s age as of the last day of the meet. For short course meters and long course meters, the eligibility of a participant for a particular age group is determined by the swimmer’s age as of December 31 of the year of competition. [USMS 102.2; NFHS none]

Note: USMS does not specifically address noisemakers [NFHS Rule 4, Section 2, Article 2I], the participation of a competitor who has been rendered unconscious [USMS 106; NFHS Rule 3, Section 2, Article 7], the wearing of jewelry [NFHS Rule 3, Section 3, Article 6], or on-site shaving [NFHS Rule 3, Section 5, Article 7] in USMS rules.

MS3 Facility Standards

MS3.1 Water depth—In pools with water depth 3 feet, 6 inches to less than 4 feet at the starting end, the swimmer must start from the deck or from within the water. [USMS 107.2.3A(2); NFHS Rule 2, Section 7, Article 2]

INFORMATION FOR USMS PARTICIPANTS AT FINA EVENTS

USMS recognizes times achieved at meets sanctioned by a FINA member federation and conducted in accordance with FINA rules. The following information summarizes the differences between FINA and USMS rules (FINA and USMS rule references in brackets):

FMS1 Swimming Competition

FMS1.1 Age Groups —The youngest age group recognized by FINA is 25-29. [FINA MSW 1.1; USMS 102.1.1 and 102.3]

FMS1.2 Relay Age Groups —The youngest relay age group recognized by FINA is 100-119 and may not include competitors younger than 25. [FINA MSW 1.2; USMS 102.3.2B]

FMS1.3 Warm-up Guidelines — USMS prohibits hand paddles in warm-ups. FINA does not have this restriction. [FINA MSW 3.9 and FINA Warm-up Guidelines; USMS 102.4.2]

FMS1.4 Course Type —FINA does not recognize Short Course Yard competition. [FINA MSW 4.1 and 4.2; USMS 102.5.2 and 102.5.1]

FMS1.5 Event Limits — FINA has no explicit rule addressing event limits; limits are established for each meet. [FINA, no rule; USMS 102.6 and 102.10.1A]

FMS1.6 Club Affiliation and Relays —FINA does not allow unattached swimmers in either individual events or relays. All competitors must represent clubs. [FINA MGR 3 and MSW 5; USMS 102.9.1 and 201.3.4]

FMS1.7 Two-to-a-Lane Seeding by Gender —FINA allows two swimmers of the same gender to swim in a single lane for freestyle events 400 meters or longer, while USMS allows two swimmers of either gender to swim in a single lane for freestyle events over 200 meters [FINA MSW 3.8; USMS 102.10.4A(1)(a)]

FMS1.8 Counters —FINA officials lap count for swimmers, count only for 800 and 1500 meter races, and show the remaining number of laps to be completed. [FINA SW 2.6.3; USMS 102.10.6]

FMS1.9 Splits and Timing System —FINA allows splits to be recorded by three watches, three semi-automatic buttons, or fully automatic timing for FINA records. For USMS records, splits must be recorded by fully automatic timing equipment. [FINA MSW 6 and FINA World Record Application Form; USMS 103.18.4 and 105.3.6A]

FMS1.10 Splits and Relay Disqualification —USMS will not allow the initial relay split to count as an individual time if the relay is disqualified. FINA requires only that the leadoff swimmer is not disqualified for the leadoff split to count as an individual time. [FINA SW 11.5 and 11.6; USMS 103.18.1C and 105.2.2D]

FMS1.11 Records —Applications for FINA Masters World Records must be made on FINA official forms within 60 days from the end of the event. Applications may be submitted only for performances at USMS-sanctioned meets. World records can be established only in fresh water and will not be recognized in any kind of sea or ocean water. Applications for USMS national records must be submitted within 90 days of the end of the season. [FINA MSW 6 and SW 12.9; USMS 105.3.8, 105.5 and Appendix B]

FMS1.12 Time Standards —Any swim that does not meet the qualifying standard at FINA World Championships will receive “NT” in the results, with no official time or place. [FINA MSW 9 and FINA Masters policy; USMS 104.5.8]

FMS1.13 Notification of Disqualification —FINA requires notification via posted code in the meet results. USMS rules state that the official will make every effort to contact the swimmer. [FINA MSW 7; USMS 102.13.2]

FMS1.14 Announcing Results of Protested Events —FINA does not appear to have an explicit rule on this subject. [FINA GR 9.2; USMS 102.14.1]

FMS1.15 Competing under Protest —FINA has no explicit rule regarding competing under protest. [FINA GR 9.2; USMS 102.14.2]

FMS1.16 Protests of Swimming Rules —FINA gives authority for the final decision to the referee. USMS gives authority to the referee for protests against judgment decisions of starters and stroke, turn and relay take-off judges and for some final decisions USMS gives authority to the meet committee or to a protest panel or to the USMS Rules Committee with an explicit timeline and communication structure. [FINA GR 9.2; USMS 102.14.4 and 104.5.9B]

FMS1.17 Fees for Protests —FINA requires a fee of 100 Swiss francs or its equivalent to be submitted with the protest (the fee is refunded if the protest is upheld). USMS does not require a fee for filing protests. [FINA GR 9.2.2 and 9.2.4; USMS 102.14]

FMS1.18 Rejection and Appeal of Protests — FINA allows the referee to reject protests. The team leader may appeal the rejections to a Jury of Appeal for a final decision. USMS uses a meet committee, a protest committee or the USMS Rules Committee. [FINA GR 9.2.3 and 9.3; USMS 102.14.2, 102.14.4, and 102.14.5]

FMS1.19 Smoking and Tobacco —FINA bans smoking in any area designated for competitors. USMS bans the use of all tobacco products on the pool deck, in locker rooms, in the spectator seating and standing areas, and in all areas used by swimmers. [FINA GR 8; USMS 102.15]

PREPARATION OF MEET RESULTS

Meet results (pool and open water) must include the name of the meet, the location of the meet (name of pool or open water venue, city and state), the date of the meet, the name, address or email address of the meet director, the name and certification status of the officials (referee, starter and stroke and turn judges) and the sanction or approval number.

The results of each event shall be published in the following order:

Individual events:

1. Print women's results first, then men's results.
2. For each gender, print results by age group from youngest to oldest.
3. For each age group, print results in the following stroke order: freestyle, backstroke, breaststroke, butterfly and individual medley.
4. For each stroke, print events in order from shortest to longest.

Relay events:

1. Print women's relay results first, then men's relay results, then mixed relay results. Results must include the names and ages of all swimmers.
2. For each gender, print the relay results in the order of age groups, youngest to oldest.
3. For each age group, print results in the following order: 200 freestyle relay, 200 medley relay, 400 freestyle relay, 400 medley relay and 800 freestyle relay.

Split results:

All splits from split notification forms that have been certified by the meet referee shall be listed separately with swimmer's name, event and split time.

Storage requirements for meet documents:

Results, tapes, timing printouts, time cards, heat sheets, timers' heat sheets or swimmer lists, electronic meet files, and other information used to compile results and records shall be kept for a minimum of two years after the conclusion of the meet.

USMS And World Record Applications

Documentation requirements:

- Complete the "Application for USMS and/or World Record" in its entirety. (World records are due within 60 days of the swim.)
- Attach the printout showing event number, heat number, splits, backup from the electronic timing system and/or time card with the signatures of all three timers. Meet results are not a substitute for the timing system printout.
- Attach a copy of the heat sheet showing swimmer's name, event number, heat number and lane number assignment.
- Swims done at recognized or USA-S meets do not qualify for world records.
- Swimmer's age is as of December 31 of the year of competition for long course

meters and short course meters courses, and as of the last day of the meet for short course yards courses.

Documentation requirements for USMS long distance records:


- Completed "Application for USMS Long Distance Record."
- Proof of achieved time or distance swum.
- For postal events, a lap-count checkoff sheet listing all split times and bearing the signature, name, address and phone number of the lap counter/timer.
- For cable swims, a copy of the course certification, if it is not already on file according to article 302.3.1A.


ADJUSTMENTS FOR WOMEN'S NATIONAL QUALIFYING TIMES FOR SWIMS AT ALTITUDE

Age Group	3,000–4,249 ft.				4,250–6,499 ft.				6,500+ ft.			
	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650
18-24	0.47	2.37	4.75	10.44	1.14	4.75	9.49	21.83	1.52	6.64	14.24	30.85
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.51	2.56	5.12	11.26	1.23	5.12	10.24	23.55	1.64	7.17	15.36	33.28
35-39	0.51	2.56	5.13	11.28	1.23	5.13	10.25	23.58	1.64	7.18	15.38	33.32
40-44	0.51	2.55	5.10	11.23	1.22	5.10	10.21	23.48	1.63	7.15	15.31	33.18
45-49	0.52	2.60	5.21	11.45	1.25	5.21	10.41	23.95	1.67	7.29	15.62	33.84
50-54	0.55	2.75	5.49	12.09	1.32	5.49	10.99	25.27	1.76	7.69	16.48	35.71
55-59	0.55	2.75	5.49	12.09	1.32	5.49	10.99	25.27	1.76	7.69	16.48	35.71
60-64	0.62	3.12	6.23	13.71	1.50	6.23	12.46	28.67	1.99	8.72	18.69	40.51
65-69	0.66	3.32	6.65	14.63	1.60	6.65	13.30	30.58	2.13	9.31	19.94	43.21
70-74	0.72	3.58	7.16	15.76	1.72	7.16	14.32	32.95	2.29	10.03	21.49	46.55
75-79	0.80	3.98	7.95	17.50	1.91	7.95	15.91	36.58	2.54	11.13	23.86	51.69
80-84	0.87	4.34	8.69	19.11	2.08	8.69	17.37	39.95	2.78	12.16	26.06	56.45
85-89	0.96	4.82	9.64	21.21	2.31	9.64	19.28	44.36	3.09	13.50	28.93	62.68
90-94	1.10	5.50	10.99	24.19	2.64	10.99	21.99	50.57	3.52	15.39	32.98	71.46
95-99	1.71	8.55	17.10	37.63	4.11	17.10	34.21	78.68	5.47	23.95	51.31	111.18
100+												

ADJUSTMENTS FOR MEN'S NATIONAL QUALIFYING TIMES FOR SWIMS AT ALTITUDE

Age Group	3,000–4,249 ft.				4,250–6,499 ft.				6,500+ ft.			
	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650
18-24	0.49	2.45	4.90	10.77	1.18	4.90	9.79	22.52	1.57	6.85	14.69	31.82
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.51	2.53	5.05	11.11	1.21	5.05	10.10	23.23	1.57	7.07	15.15	32.83
35-39	0.50	2.49	4.98	10.95	1.19	4.98	9.95	22.89	1.59	6.97	14.93	32.34
40-44	0.51	2.55	5.10	11.22	1.22	5.10	10.20	23.45	1.63	7.14	15.29	33.14
45-49	0.52	2.62	5.24	11.53	1.26	5.24	10.48	24.10	1.68	7.34	15.72	34.06
50-54	0.53	2.67	5.35	11.76	1.28	5.35	10.69	24.59	1.71	7.48	16.04	34.75
55-59	0.56	2.80	5.61	12.33	1.35	5.61	11.21	25.78	1.79	7.85	16.82	36.44
60-64	0.59	2.94	5.88	12.94	1.41	5.88	11.76	27.05	1.88	8.23	17.64	38.23
65-69	0.61	3.03	6.06	13.32	1.45	6.06	12.11	27.86	1.94	8.48	18.17	39.37
70-74	0.67	3.34	6.68	14.69	1.60	6.68	13.35	30.71	2.14	9.35	20.03	43.39
75-79	0.66	3.32	6.63	14.60	1.59	6.63	13.27	30.52	2.12	9.29	19.90	43.13
80-84	0.82	4.08	8.16	17.95	1.96	8.16	16.32	37.53	2.61	11.42	24.47	53.03
85-89	0.88	4.39	8.79	19.33	2.11	8.79	17.57	40.42	2.81	12.30	26.36	57.12
90-94	1.14	5.68	11.37	25.01	2.73	11.37	22.74	52.30	3.64	15.92	34.11	73.90
95-99	1.42	7.10	14.21	31.25	3.41	14.21	28.41	65.35	4.55	19.89	42.62	92.34
100+	2.15	10.73	21.45	47.19	5.15	21.45	42.90	98.67	6.86	30.03	64.35	139.43

 United States Masters Swimming SPLIT NOTIFICATION FORM		
Event		
Event #	Heat #	Lane #
Split Event		Time
Swimmer's Name		
Sex		Age
Meet		Date
Approved by:		
<p>Initial split times from an individual or relay event will be accepted as an individual performance and will be considered for Top 10 if it is deemed an official time in accordance with Articles 103.12.4 and 103.13.3. Split times will be considered for a World Record or USMS Record only if recorded by automatic timing, 3 semi-automatic buttons, or 3 watches.</p> <p>The swimmer must notify the Meet Referee of the intent to record an initial split time prior to the conclusion of the meet. The request for relay leadoff split times and initial backstroke distance times in individual backstroke events must be made prior to the swim.</p>		

 United States Masters Swimming SPLIT NOTIFICATION FORM		
Event		
Event #	Heat #	Lane #
Split Event		Time
Swimmer's Name		
Sex		Age
Meet		Date
Approved by:		
<p>Initial split times from an individual or relay event will be accepted as an individual performance and will be considered for Top 10 if it is deemed an official time in accordance with Articles 103.12.4 and 103.13.3. Split times will be considered for a World Record or USMS Record only if recorded by automatic timing, 3 semi-automatic buttons, or 3 watches.</p> <p>The swimmer must notify the Meet Referee of the intent to record an initial split time prior to the conclusion of the meet. The request for relay leadoff split times and initial backstroke distance times in individual backstroke events must be made prior to the swim.</p>		

U.S. Masters Swimming

Pool Length Certification Form

1. Pool name _____ LMSC _____

Address _____

City _____ State _____ ZIP _____

Note: For facilities with multiple pools, please identify the specific pool being measured either by unique pool name within the facility or the pool location in relation to other pools within the entire facility.

2. Measurement parameters (circle answer)

- a. Nominal pool length: 25 yards 25 meters 50 meters
 - b. Moveable bulkhead: Yes No Placement confirmation _____
 - c. Measuring device (see below): Steel tape Laser Other _____
 - d. Number of touchpads per lane at time of measurement: None One Two
- (In some cases, two touchpads may be used, one at each end of the pool.)

3. Measurements: (Minimum distances measured)

Distances measured in (circle one): feet/inches meters/centimeters

If these measurements are a confirmation of bulkhead placement, only the outermost lanes and a center lane must be measured.

Lane 1 _____ Lane 2 _____ Lane 3 _____ Lane 4 _____

Lane 5 _____ Lane 6 _____ Lane 7 _____ Lane 8 _____

Lane 9 _____ Lane 10 _____ Lane 11 _____ Lane 12 _____

4. Measured by:

Submitted by:

Name _____ Name _____

Title _____ Title _____

Address _____ Address _____

City _____ City _____

State _____ ZIP _____ State _____ ZIP _____

Date _____ Date _____

Maintaining pool length certification forms is an LMSC responsibility. Completed forms should be sent to the Top Ten Recorder of the LMSC. Attach a copy of this form to record applications if the form is not already on file with the USMS Records Administrator. If a bulkhead is used, a copy of this form for each session must be included with meet results sent to the LMSC Top Ten Recorder, in order to verify bulkhead placement. For a record application, the bulkhead measurement on this form should be attached to and submitted with the Record Application form.

Additional information can be found in the Records and Tabulation section of the USMS Guide to Operations, which can be found on the USMS website or obtained from your LMSC Top Ten Recorder.

Measurement procedures for completing this form are found on the reverse side. Please review them before measuring your pool and submitting this form. Only this side needs to be submitted for your pool certification.

U.S. Masters Swimming

Application for USMS and/or World Record

1. Course _____ SCY _____ SCM _____ LCM 2. Distance _____ 3. Stroke _____

4. Official time _____:_____:_____. 5. Date of swim (mm/dd/yyyy) and Hour (am/pm): _____

50-100-200-400-500-800-1000-1500-1650
mins: secs. hundredths free-back-breast-fly-IM-FR-MR

6a. Primary timing for this performance (check one below)

Electronic _____ 6b. Non-electronic times: _____:_____:_____

Semi-automatic (three buttons) _____ _____:_____:_____

Three stopwatches _____ _____:_____:_____

7. For individual events: Age group _____

Last name of swimmer _____ First name of swimmer _____ Gender _____ Birth date (mm/dd/yy) _____ Age _____ USMS number _____

8. For relay events: Club name _____ Age group _____

List names in order of competing: Last name, First name, Gender, Birthdate (mm/dd/yy), Age, USMS number

9. Pool name _____ City _____ State _____

Last day of meet _____ Sanction or recognition # _____ LMSC _____

10. Select one: _____ USMS Sanctioned _____ USMS Recognized _____ USA-S Meet _____ USMS/USA Dual Sanctioned

11. Is a copy of the swimmer's birth certificate (or passport) attached or on file with the USMS Records Administrator? Yes _____ No _____

12. Is the pool length certification attached or on file with the USMS Records Administrator? Yes _____ No _____

13. Have structural changes, including resurfacing, been made to the pool since the last pool length certification? Yes _____ No _____

14. Is the racing course fixed by a moveable bulkhead? Yes _____ No _____

(If yes, course measurement must be confirmed at the conclusion of the session during which the record time was achieved.)

15. If the primary timing system is electronic, how many touchpads were in each lane? 1 _____ 2 _____

16. REFEREE: I certify that the required number of personnel officiated during the above performance and were properly qualified officials, and the described performance complied with the rules of United States Masters Swimming including the use of Legal Swim Suits.

Name _____ Date _____

Signature _____

17. Record application submitted by:

Name _____ Phone (_____) _____

Address _____

City _____ State _____ Zip _____

Email _____

18. USMS Records Administrator

Name _____ Date _____

Signature _____

Instructions: Complete the above form in its entirety. World records are due within 60 days of the swim. National Records are due within 90 days of the end of the season of the swim.

- Attach the printout showing event number, heat number, splits, and backup from the electronic timing system. Meet results are not a substitute for the timing system printout.
- If the primary timing system is manual timing, attach a time card with the signatures of all three timers.
- Attach a copy of the heat sheet showing swimmer's name, event number, heat number, and lane number assignment.
- If a moveable bulkhead, attach a copy of the Pool Length Certification form showing the measurements from the session of the record swim.
- Swims done at recognized or USA-S meets do not qualify for world records.
- Swimmer's age is as of December 31 of the year of competition for LCM and SCM courses, and as of the last day of the meet for SCY courses.

Send all information to: Walt Reid, 11114 111th St. SW, Tacoma, WA 98498, USMSRecords@usms.org



U.S. Masters Swimming

Application for a USMS Open Water/Long Distance Record

1. Event: _____
1-Hour, 5K, 10K or 3000y postal; 1-mile or 2-mile cable

2. Course: _____
25y, 25m or 50m pool; 1/4-mile cable

3. Method of Timing: _____
electronic timing or three stopwatches

4. Official Time: _____ : _____ : _____ . _____
(If applicable) hours: mins: secs hundredths

5. Completed Distance: _____
(if applicable) specify yards or meters

6. Individual Event:

Name	Gender	Birthdate	Age	USMS Number
_____	_____	_____	_____	_____

7. Relay Team Name: _____ Age Group: _____

Names (in order of competing)	Gender	Birthdate	Age	USMS Number
A. _____	_____	_____	_____	_____
B. _____	_____	_____	_____	_____
C. _____	_____	_____	_____	_____
D. _____	_____	_____	_____	_____

FOR POSTAL RELAY EVENTS, PLEASE COMPLETE SECTIONS 8 & 9 **FOUR** TIMES, ONCE FOR EACH SWIMMER.

8. Name of Pool or Body of Water: _____ City: _____ State: _____

Date of Swim: _____ Sanction #: _____ LMSC: _____

9. **Lap counter/timer information (for postal swims only):**

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

10. **Course length certification (for open-water cable swims only):**

Measurement technique: _____

Signature of person (s) who measured the course: _____

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

11. **Record application submitted by:**

Name: _____ E-mail: _____

Address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

Send the completed record application form and all required documentation to the event host.

United States Masters Swimming

REPORT OF OCCURRENCE
 UNITED STATES MASTERS SWIMMING, INC.

Injured Person's Name _____ Age _____

Address _____ Phone _____

City/State/Zip _____

Club Affiliation _____

Activity Taking Place at Time of Accident _____

Place Where Accident Occurred _____
(include City/St/Zip)

Date of Accident _____ Day of Week _____ Hour _____

Describe Accident _____

Person in Charge of the Activity _____

Address _____ Phone _____

City/St/Zip _____

Probable Nature of the Injury _____

Who Determined Nature of the Injury _____

What was Done On-Site for Injured _____

Where Taken for Treatment _____

Who Provided Treatment (name) _____

Name and Address of Three Witnesses:

1. _____

2. _____

3. _____

Additional Witnesses, List Names and Addresses on Reverse

Remarks _____

Report Submitted By _____ Date _____

Address _____ Phone _____

City/St/Zip _____

Please attach any additional accident reports (facility report, newspaper, witnesses' statements). Mail this report to:

RISK MANAGEMENT SERVICES, INC.
 PO BOX 32712
 PHOENIX, AZ 85064-2712
 OR FAX TO 602-274-9138
 E-MAIL sblumit@theriskpeople.com

You must report all occurrences immediately. Thank you for your time and cooperation.



APPENDIX C: NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

2012

Speedo USMS One Hour Postal Championship (25-yard or longer pool)

January 1–31, Blue Wave Aquatics

U.S. Masters Swimming Spring National Championships (SCY)

April 26-29, Greensboro Aquatic Center, Greensboro, North Carolina

Speedo USMS 5K and 10K Postal Championship (50-meter pool only)

May 15–September 15, Hammerhead Aquatics

3–6 Mile Open Water National Championship (5 km)

June 23, Team NASTI, Noblesville, Indiana

2-Mile Cable National Championship

June 30, COMA, Sweet Home, Oregon

U.S. Masters Swimming Summer National Championships (LCM)

July 5–8, Qwest Center, Omaha, Nebraska

6+ Mile Open Water National Championship (10 km)

July 14, Rogue Valley Masters, Jacksonville, Oregon

9+ Mile Open Water

July 28, Hopkins Masters, Lake Minnetonka, Wayzata, Minnesota

1-Mile Open Water National Championship

August 25, Hickory Nut Gorge Olympiad, Lake Lure, North Carolina

1–3 Mile Open Water National Championship (2.4 miles)

September 9, Garden State Masters, Lake Hopatcong, New Jersey

National Convention

September 12–16, Sheraton Four Seasons, Greensboro, North Carolina

Speedo USMS 3000/6000 Postal Championships (25-yard or meter pool only)

September 15–November 15, Long Beach Grunion Swim Team

The contact information for the meets and events can be located on the USMS Calendar of Events page at www.usms.org/comp/events.php.

2013

Speedo USMS One Hour Postal Championship (25-yard or longer pool)

January 1–31, Davis Aquatic Masters

3–6 Mile Open Water National Championship (5 km)

April 27 or 28, Lee County Gulf Coast Swim Team, Gulf of Mexico, Ft. Myers Beach, Florida

U.S. Masters Swimming Spring National Championships (SCY)

May 9–12, IUPUI Natatorium, Indianapolis Area Masters, Indianapolis, Indiana

Speedo USMS 5K and 10K Postal Championship (50-meter pool only)

May 15–September 15, Swim Louisville Masters

6+ Mile Open Water National Championship (10 km)

May 19, Swim Las Vegas Masters, Lake Las Vegas, Las Vegas, Nevada

1-Mile Open Water National Championship

June 9, Tri-Valley Masters, Lake Del Valle, Livermore, California

9+ Mile Open Water (10 mile)

July 6th, Indoor Recreation Orleans County d/b/a Northeast Open Water Swimming Association, Lake Memphremagog, Prouty Beach, Newport, Vermont

1–3 Mile Open Water National Championship (2.4 miles)

August 4, Mission Viejo Nadadores, Salt Creek State Beach, Dana Point, California

U.S. Masters Swimming Summer National Championships (LCM)

August 7–11, Mission Viejo Nadadores Masters, Mission Viejo, California

2-Mile Cable National Championship

August 10 or 17, Adirondack Masters, Mirror Lake, Lake Placid, New York

National Convention

September 10–14, Hyatt Regency Orange County, Anaheim, California

Speedo USMS 3000/6000 Postal Championships (25-yard or meter pool)

September 15–November 15, Central Illinois Masters

The contact information for the meets and events can be located on the USMS Calendar of Events page at www.usms.org/comp/events.php.

APPENDIX D: ZONE AND LMSC BOUNDARIES

Zones

Breadbasket—Colorado, Iowa, Minnesota, Missouri Valley, Nebraska, North Dakota, Ozark, South Dakota.

Colonies—Adirondack, Connecticut, Delaware Valley, Maryland, Metropolitan, New England, New Jersey, Niagara, Potomac Valley, Virginia.

Dixie—Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, Southern.

Great Lakes—Allegheny Mountain, Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, Wisconsin.

Northwest—Alaska, Inland Northwest, Montana, Oregon, Pacific Northwest, Snake River, Utah.

Oceana—Hawaii, Pacific.

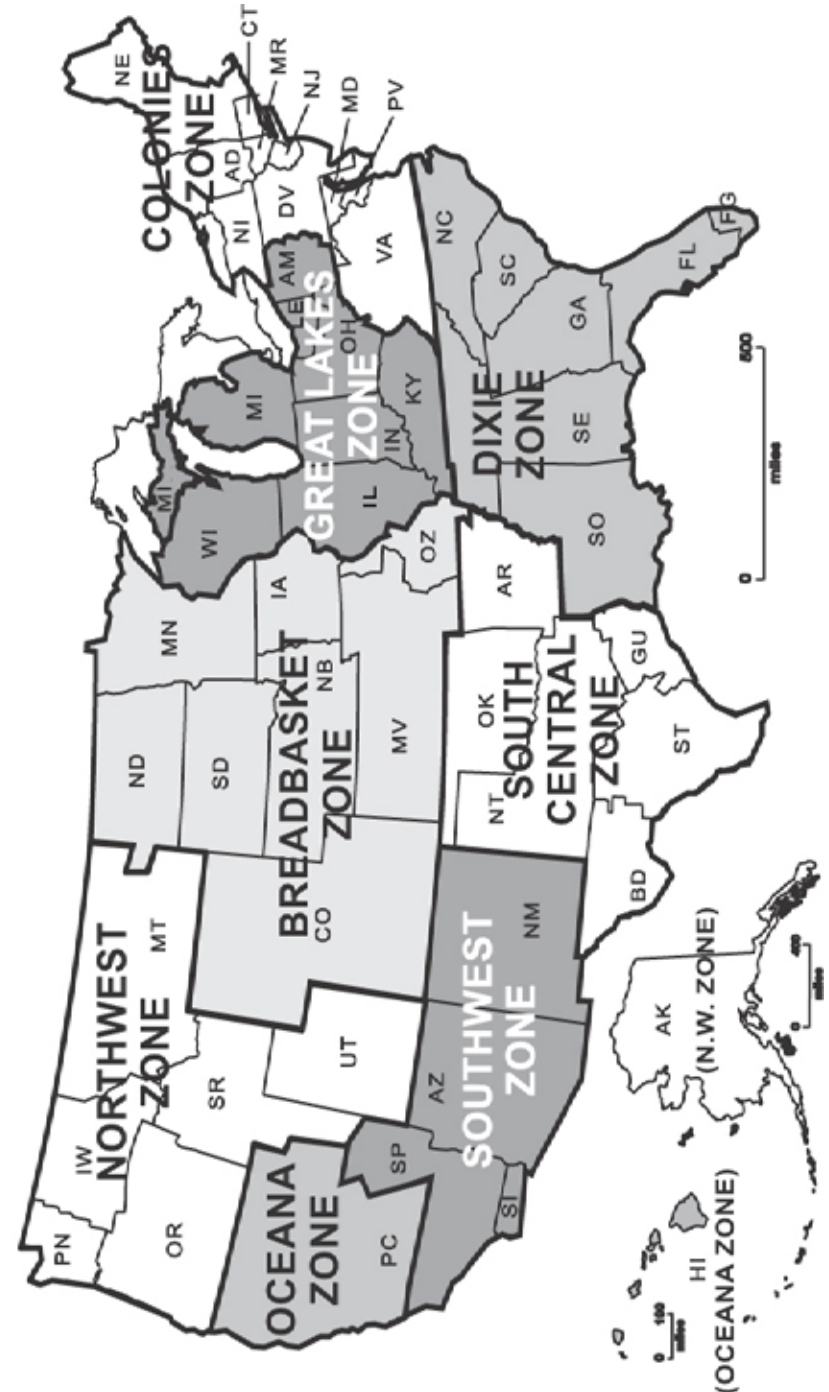
South Central—Arkansas, Border, Gulf, Oklahoma, North Texas, South Texas.

Southwest—Arizona, New Mexico, San Diego–Imperial, Southern Pacific.

LMSC Numeric Codes and Abbreviations

3	AD	Adirondack	29	NB	Nebraska
56	AK	Alaska	2	NE	New England
11	AM	Allegheny Mountain	7	NJ	New Jersey
48	AZ	Arizona	42	NM	New Mexico
23	AR	Arkansas	4	NI	Niagara
53	BD	Border	13	NC	North Carolina
32	CO	Colorado	52	ND	North Dakota
5	CT	Connecticut	26	NT	North Texas
8	DV	Delaware Valley	17	OH	Ohio
14	FL	Florida	27	OK	Oklahoma
50	FG	Florida Gold Coast	37	OR	Oregon
45	GA	Georgia	22	OZ	Ozark
25	GU	Gulf	38	PC	Pacific
39	HI	Hawaii	36	PN	Pacific Northwest
21	IL	Illinois	10	PV	Potomac Valley
16	IN	Indiana	44	SI	San Diego–Imperial
35	IW	Inland Northwest	59	SR	Snake River
40	IA	Iowa	55	SC	South Carolina
41	KY	Kentucky	54	SD	South Dakota
18	LE	Lake Erie	43	ST	South Texas
9	MD	Maryland	15	SE	Southeastern
6	MR	Metropolitan	24	SO	Southern
19	MI	Michigan	33	SP	Southern Pacific
30	MN	Minnesota	34	UT	Utah
28	MV	Missouri Valley	12	VA	Virginia
31	MT	Montana	20	WI	Wisconsin

Zone and LMSC Boundaries



LMSC Boundaries

Adirondack—The state of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange and Dutchess Counties.

Alaska—The state of Alaska.

Allegheny Mountain—The commonwealth of Pennsylvania west of Potter, Clinton, Center, Huntingdon and Bedford Counties. In the state of West Virginia the counties of Marshall, Brooke, Ohio and Hancock. In the state of Ohio the counties of Columbiana, Belmont and Jefferson.

Arizona—The state of Arizona.

Arkansas—The state of Arkansas. In the state of Texas the county of Bowie.

Border—That part of the state of Texas west of but not including the counties of Val Verde, Sutton, Schleicher, Tom Green and Coke, and south of but not including the counties of Mitchell, Howard, Martin and Andrews.

Colorado—The states of Colorado and Wyoming.

Connecticut—The state of Connecticut.

Delaware Valley—The state of New Jersey south of Mercer and Ocean Counties. The state of Delaware. In the state of Maryland the county of Cecil. The commonwealth of Pennsylvania east of and including Potter, Clinton, Center, Huntingdon and Bedford Counties.

Florida—The state of Florida except the counties of Palm Beach, Broward, Dade, Monroe and that part of Hendry County east of Route 833; and also excluding the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay and that part of Calhoun and Jackson Counties west of the Apalachicola River.

Florida Gold Coast—In the state of Florida the counties of Palm Beach, Broward, Dade, Monroe and that part of Hendry County east of Route 833.

Georgia—The state of Georgia.

Gulf—That part of the state of Texas bounded on the north by and including the counties of Robertson, Leon, Houston, Angelina, Nacogdoches and Shelby; on the east by the state of Louisiana; on the south by the Gulf of Mexico; and on the west by and including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos and Matagorda.

Hawaii—The state of Hawaii.

Illinois—The state of Illinois except the counties of St. Clair, Calhoun, Greene, Jackson, Jersey, Monroe and Madison.

Indiana—The state of Indiana except the counties of Floyd and Clark.

Inland Northwest—In the state of Washington the counties of Okanogan, Chelan, Douglas, Ferry, Stevens, Spokane, Lincoln, Grant, Kittitas, Asotin, Columbia, Yakima, Franklin, Adams, Whitman, Walla Walla, Garfield,

LMSC Boundaries (Continued)

Benton, Pend Oreille and that portion of Klickitat County east of Highway 97 and including the city of Goldendale. In the state of Idaho the counties of Bonner, Kootenai, Shoshone, Benewah, Latah, Lewis, Nez Perce, Idaho, Clearwater and Boundary.

Iowa—The state of Iowa.

Kentucky—The commonwealth of Kentucky. In the state of Indiana the counties of Floyd and Clark.

Lake Erie—In the state of Ohio the counties of Tuscarawas, Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit and Wayne.

Maryland—The state of Maryland except the counties of Cecil, Montgomery and Prince Georges.

Metropolitan—The state of New York south of and including Sullivan, Orange and Dutchess Counties.

Michigan—The state of Michigan.

Minnesota—The state of Minnesota. In the state of Wisconsin the counties of St. Croix, Dunn and Pierce.

Missouri Valley—The state of Kansas. The state of Missouri including and bounded by the counties of Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian and Taney.

Montana—The state of Montana except the counties of Dawson and Wibaux.

Nebraska—The state of Nebraska.

New England—The states of New Hampshire, Vermont, Rhode Island and Maine, and the commonwealth of Massachusetts.

New Jersey—The state of New Jersey north of and including the counties of Mercer, Monmouth and Ocean.

New Mexico—The state of New Mexico.

Niagara—The state of New York west of and including the counties of Oswego, Onondaga, Cortland and Broome.

North Carolina—The state of North Carolina.

North Dakota—The state of North Dakota. In the state of Montana the counties of Dawson and Wibaux.

North Texas—The state of Texas bounded on the south by but not including the counties of Winkler, Ector, Midland, Glasscock, Sterling, Coke, Runnels, Coleman, Brown, Mills, Lampasas, Bell, Milam, Robertson, Leon,

LMSC Boundaries (Continued)

Houston, Angelina, Nacogdoches and Shelby; on the west by the state of New Mexico; on the east by the state of Louisiana and the state of Arkansas; and on the north by the state of Oklahoma and the county of Bowie, Texas.

Ohio—The state of Ohio except the counties of Seneca, Crawford, Columbiana, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Jefferson and Tuscarawas.

Oklahoma—The state of Oklahoma.

Oregon—The state of Oregon except Malheur County. In the state of Washington the counties of Cowlitz, Clark, Skamania and that portion of Klickitat County west of Highway 97.

Ozark—The state of Missouri east of and including the counties of Scotland, Knox, Shelby, Monroe, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark. In the state of Illinois the counties of Calhoun, Greene, Jackson, Jersey, Madison, St. Clair and Monroe.

Pacific—The state of California north of but not including the counties of San Luis Obispo, Kern and San Bernardino. In the state of Nevada the counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Lander and Carson City.

Pacific Northwest—The state of Washington west of but not including the counties of Okanogan, Chelan, Kittitas and Yakima, and north of but not including the counties of Cowlitz, Skamania and Klickitat.

Potomac Valley—The District of Columbia. In the state of Maryland the counties of Montgomery and Prince Georges. In the commonwealth of Virginia the counties of Arlington and Fairfax and the cities of Alexandria, Fairfax and Falls Church.

San Diego–Imperial—In the state of California the counties of San Diego and Imperial.

Snake River—The state of Idaho except the counties of Boundary, Bonner, Kootenai, Shoshone, Benewah, Latah, Clearwater, Nez Perce, Lewis and Idaho. In the state of Nevada the counties of Elko, White Pine and Eureka. In the state of Oregon the county of Malheur.

South Carolina—The state of South Carolina.

South Dakota—The state of South Dakota.

South Texas—The state of Texas bounded on the east by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca and Jackson; on the south by the Gulf of Mexico and the Republic of Mexico; on the west by and including the counties of Val Verde, Sutton, Schleicher, Tom Green and Coke; and on the north by and including the counties of Coke, Runnels, Coleman, Brown, Mills, Lampasas, Bell and Milam.

LMSC Boundaries (Continued)

Southeastern—The state of Alabama. The state of Tennessee. In the state of Florida the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington and Bay, and that part of Jackson and Calhoun Counties west of the Apalachicola River.

Southern—The states of Louisiana and Mississippi.

Southern Pacific—In the state of California the counties of San Luis Obispo, Kern, Ventura, Los Angeles, San Bernardino, Orange, Riverside and Santa Barbara. In the state of Nevada the counties of Clark, Esmeralda, Lincoln and Nye.

Utah—The state of Utah.

Virginia—The commonwealth of Virginia except the counties of Arlington and Fairfax and the cities of Alexandria, Fairfax and Falls Church. The state of West Virginia except the counties of Hancock, Brooke, Ohio and Marshall.

Wisconsin—The state of Wisconsin except the counties of St. Croix, Dunn and Pierce.

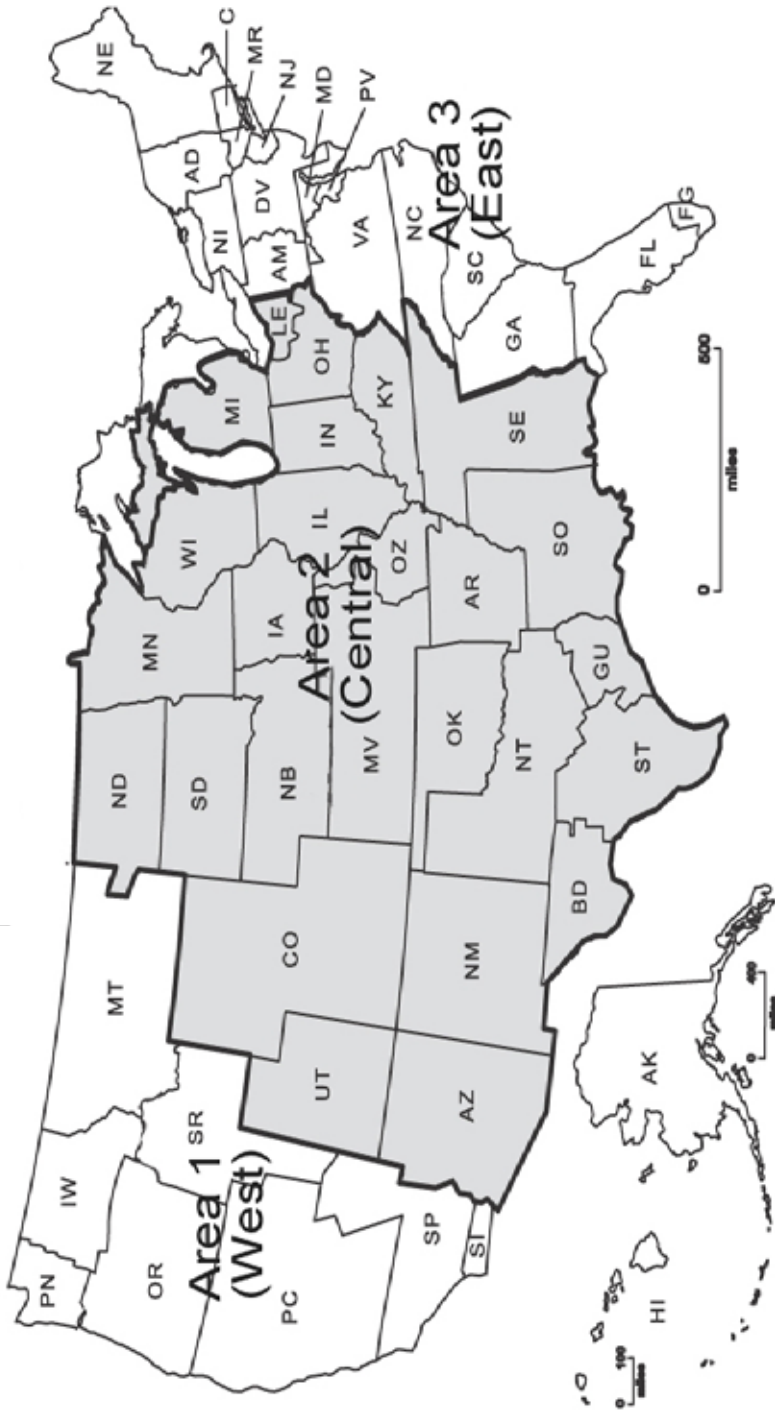
Bidding Areas for Long Distance National Championship Meets

Area 1—Area 1 shall be composed of the following LMSCs: Alaska, Hawaii, Inland Northwest, Montana, Oregon, Pacific, Pacific Northwest, San Diego–Imperial, Snake River and Southern Pacific.

Area 2—Area 2 shall be composed of the following LMSCs: Arizona, Arkansas, Border, Colorado, Gulf, Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Minnesota, Missouri Valley, Nebraska, New Mexico, North Dakota, North Texas, Ohio, Oklahoma, Ozark, South Dakota, South Texas, Southeastern, Southern, Utah and Wisconsin.

Area 3—Area 3 shall be composed of the following LMSCs: Adirondack, Allegheny Mountain, Connecticut, Delaware Valley, Florida, Florida Gold Coast, Georgia, Maryland, Metropolitan, New England, New Jersey, Niagara, North Carolina, Potomac Valley, South Carolina and Virginia.

Bidding Areas for Long Distance National Championships



APPENDIX E: USMS DIRECTORY

USMS BOARD OF DIRECTORS

President.....	Nadine Day
Vice President of Administration	Michael Heather
Vice President of Local Operations	Ed Tsuzuki
Vice President of Programs.....	David Diehl
Vice President of Community Services	Jody Smith
Secretary	CJ Rushman
Treasurer	Ralph Davis
Immediate Past President.....	Jeff Moxie
Legal Counsel	Patty Miller
At-Large Director, Breadbasket Zone.....	Anthony Thompson
At-Large Director, Colonies Zone	Chris McGiffin
At-Large Director, Dixie Zone.....	Maria Elias-Williams
At-Large Director, Great Lakes Zone	Phil Dodson
At-Large Director, Northwest Zone.....	Hugh Moore
At-Large Director, Oceana Zone.....	Jim Clemmons
At-Large Director, South Central Zone	Don Mehl
At-Large Director, Southwest Zone.....	Phil Whitten
Past President	June Krauser
Past President	F.H. “Ted” Haartz
Past President	Michael Laux
Past President	Tom Boak
Past President	Dan Gruender
Past President	Mel Goldstein
Past President	Nancy Ridout
Past President	Jim Miller, MD
Past President	Rob Copeland

(see the USMS Guide to Operations for an organization chart)

USMS NATIONAL OFFICE

Executive Director	Rob Butcher
Controller	Susan Kuhlman
Editor-in-Chief	Laura Hamel
Webmaster/IT Director.....	Jim Matysek
Marketing Director.....	Kyle Deery
Membership Director	Anna Lea Matysek
Membership Coordinator	Tracy Grilli
Web Developer.....	Luke Shaheen
Club Development Coordinator.....	Mel Goldstein
Club Development Coordinator.....	Lisa Dahl
Club Development Coordinator.....	Susan Ingraham
Project Manager	Ben Christoffel

ZONE CHAIRS AND LMSC CHAIRS**Breadbasket Zone — Stacy Broncucia**

Colorado.....	Brian Hoyt
Iowa.....	Norman Bower
Minnesota.....	Brian Holthus
Missouri Valley.....	Doug Hayden
Nebraska.....	Erin Sullivan
North Dakota.....	Bradley Myers
Ozark.....	Mary Pohlmann
South Dakota.....	Jenny Hodges

Colonies Zone — Jeff Strahota

Adirondack.....	Dan Wall
Connecticut.....	Michael Laux
Delaware Valley.....	Laurie Hug
Maryland.....	Rand Vaillancourt
Metropolitan.....	Lisa Baumann
New England.....	Bill Meier
New Jersey.....	Susan Kirk
Niagara.....	Neil Brophy
Potomac Valley.....	Jeffrey Strahota
Virginia.....	Patty Miller

Dixie Zone — Jerry Clark

Florida.....	Meegan Wilson
Florida Gold Coast.....	Jonathan Olsen
Georgia.....	Lisa Watson
North Carolina.....	Greta Van Meeteren
South Carolina.....	Joel Schmaltz
Southeastern.....	Nan DeStafney
Southern.....	Nan Fontenot

Great Lakes Zone — Daniel Cox

Allegheny Mountain.....	Katherine Longwell
Illinois.....	Heather Howland
Indiana.....	Jim Barber
Kentucky.....	Meg Smath
Lake Erie.....	Daniel Cox
Michigan.....	Sally Guthrie
Ohio.....	Cody Rasmussen
Wisconsin.....	Jeanne Seidler

Northwest Zone — Wes Edwards

Alaska.....	Joanne Wainwright
Inland Northwest.....	Paige Buehler
Montana.....	Donn Livoni
Oregon.....	Jeanne Teisher

Pacific Northwest — Lisa Dahl

Snake River.....	Paula Moores
Utah.....	Dennis Tesch

Oceana Zone — Michael Moore

Hawaii.....	Malcolm Cooper
Pacific.....	Peter Guadagni

South Central Zone — Tyler Blessing

Arkansas.....	Jeff Spencer
Border.....	Chris Lysinger
Gulf.....	Jill Gellatly
North Texas.....	Lynn Morrison
Oklahoma.....	Dewey Smith
South Texas.....	Ed Coates

Southwest Zone — Mary Hull

Arizona.....	Judy Gillies
New Mexico.....	Garrick Snider
San Diego–Imperial.....	Barbara Dunbar
Southern Pacific.....	Errol Graham

USMS COMMITTEES**Championship Committee — Jeff Roddin**

Sandi Rousseau — Vice Chair	Tyler Blessing
Mark Braun	Bill Brenner
Ken Brisbin	Debbie Cavanaugh
Kim Crouch	Barry Fasbender
Jack Groselle	Kris Houchens
Mark Moore	Michael Moore
Patty Nardozi	Ed Saltzman
Robin Segnitz	Erin Shields
Jeff Strahota	Lisa Watson

Ex Officio: Tom Boak , Hill Carrow, Jane Moore, Chris Stevenson
 Appointed Member: Jim Clemmons
 Executive Committee: Michael Heather

Coaches Committee — Scott Bay

Stuart Kahn — Vice Chair	Chris Campbell
Michael Collins	Erik Cozadd
Kristin Gary	Doug Hayden
Emmett Hines	Jacki Hirsty
Heather Howland	Thomas Mester
Mark Moore	Ahelee Sue Osborn
Stanley Steck	Dennis Tesch
Charlie Tupitza	

Executive Committee: Jody Smith

Fitness Education Committee — Marcia Anziano

Linda Shoenberger — Vice Chair	Mary Jane Caswell
Randy Crutchfield	Pam Dameron
Suzi Green	Ali Hall
Michael McDonnell	Kay Miller
Jonathan Olsen	Leslie Scott
Dennis Tesch	Greta Van Meeteren
Tricia Wallace	Lisa Ward

Kenneth Winterberger
 Ex Officio: Jane Moore
 Executive Committee: Jody Smith

History and Archives Committee — Meegan Wilson

Barbara Dunbar — Vice Chair	John Bauman
Peggy Buchannan	Trisha Commons
Cheryl Gettelfinger	Paul Hutinger
Susan Nolte	Jennie Quill
Jim Shaw	

Executive Committee: Ed Tsuzuki

Legislation Committee — Sean Fitzgerald

Debbie Morrin Nordlund — Vice Chair	Joan Alexander
Marcia Anziano	Daniel Cox
Barbara Delanois	Peter Guadagni
Mary Hull	Catherine Kohn
Arni Litt	Jane Masters
Steve Peterson	Dick Pitman
Jim Shaw	Meg Smath
Frank (Skip) Thompson	Meegan Wilson

Ex Officio: Kathrine Casey, Susan Ehringer, Patty Miller
 Appointed Member: Rob Copeland, Erin Sullivan
 Executive Committee: Michael Heather

LMSC Development Committee —Paige Buehler

Rob Copeland — Vice Chair	Tyler Blessing
Stacy Broncucia	Jerry Clark
Daniel Cox	Leianne Crittenden
Wes Edwards	Doug Garcia
Mary Hull	Syd Latnia
Chris McGiffin	Michael Moore
Lynn Morrison	Rick Noeth
Barbara Protzman	Richard Seibert
Jeffry Strahota	Erin Sullivan
Hans Van Meeteren	

Executive Committee: Ed Tsuzuki

Long Distance Committee — Donn Livoni

John Traynor — Vice Chair	Bob Bruce
Heather Hagadorn	Ali Hall
Bruce Hopson	Susan Kirk
Jennie Quill	Phyllis Quinn
Karen Reeder	Dick Sidner
Thomas Spence	Ann Svenson
Greta Van Meeteren	Jill Wright
Robert Zeitner	

Ex Officio: Susan Ehringer, Lynn Hazlewood
 Executive Committee: David Diehl

Officials Committee — Ed Saltzman

Pat Baker — Vice Chair	Charlie Cockrell
Nan Destafney	
Sandy Drake	Marilyn Fink
Judy Gillies	Steve Goldman
Leon Kief	John King
Caroline Lambert	Fred Pigott
Mary Pohlmann	Sandi Rousseau
Erin Shields	Steve White

Ex Officio: Kathrine Casey, Clark Hammond
Executive Committee: David Diehl

Open Water Committee — Lynn Hazlewood

Frank Marcinkowski — Vice Chair	Lisa Bennett
Bob Bruce	Chuck Burr
Glenda Carroll	Malcolm Cooper
Viki Hill	Laurie Hug
Chris Lundie	Bill McCracken
Sue Nutty	John Traynor
Jim Wheeler	

Ex Officio: Donn Livoni
Executive Committee: David Diehl

Recognition and Awards Committee — Sally Ann Dillon

Carolyn Boak — Vice Chair	Andrea Block
Norman Bower	Peggy Buchanan
Betsy Durrant	Cheryl Gettelfinger
Heather Howland	Margie Hutinger
Cheryl Kupan	Hugh Moore
Ray Novitske	Walt Reid
Nancy Ridout	Kelly Sharitt
Laura Val	Robert Zeitner

Executive Committee: Ed Tsuzuki

Records and Tabulation Committee — Chris Stevenson

Gregory Danner — Vice Chair	Cav Cavanaugh
Barbara Dunbar	Emmett Hines
Donna Hooe	Ginger Pierson
Walt Reid	Jeanne Seidler
Mary Sweat	Mary Beth Windrath

Executive Committee: Ed Tsuzuki

Registration Committee — Leo Letendre

George Simon — Vice Chair	Susan Ehringer
Katy James	Arni Litt
Deborah Malafsky	Pamela Ogden
Nancy Ridout	Greg Weber
Jill Wright	

Appointed Member: Barbara Protzman, Robin Tracy, Susie Young
Executive Committee: Michael Heather

Rules Committee — Kathrine Casey

Leianne Crittenden — Vice Chair	Matt Hooper — Vice Chair
Carolyn Boak	Charlie Cockrell
Sally Ann Dillon	Barry Fasbender
Marilyn Fink	Judy Gillies
Laura Groselle	Brian Hoyt
Robert Mitchell	Jessica Seaton
Kelly Sharitt	Ginny Trimble
Steve Unruh	Kris Wingenroth

Ex Officio: Susan Ehringer, Sean Fitzgerald, Dan McAllen, Ed Saltzman
Executive Committee: Michael Heather

Sports Medicine & Science Committee — Jane Moore

Sally Guthrie — Vice Chair	Hannah Caldas
Bill Ewan	Kristen Heath
Lisa Hiller	Jane Katz
Kristy King	Lo Knapp
Markell Lacy	Katherine Longwell
Jim Miller, M.D.	Mary Pohlmann
Diane Rothenberg	Jessica Seaton

Executive Committee: Jody Smith

BOARD OF DIRECTORS COMMITTEES**Audit Committee — Jill Gellatly**

Elyce Dilworth — Vice Chair	Phil Dodson
Jeanne Ensign	Paul Griffin

Ex Officio: Ralph Davis

Compensation & Benefits Committee — Sarah Welch

Hill Carrow	Ed Coates
Raena Latina	Jim Miller, MD

Finance Committee — Homer Lane

Sarah Welch — Vice Chair	Tom Boak
David Burgio	Joanie Campbell
Elyce Dilworth	Phil Dodson
Betsy Durrant	Laszlo Eger
Jeanne Ensign	Jill Gellatly
Kildine Harms	Lucy Johnson
Greg Weber	Laura Winslow

Ex-officio: Ralph Davis

Governance Committee — Anthony Thompson

Sean Fitzgerald	Patty Miller
Hugh Moore	Michael Moore
Jim Wheeler	

Executive Committee: David Diehl

Investment Committee — David Burgio

Elyce Dilworth — Vice Chair	Stan Benson
Homer Lane	Bill Sherman

Ex Officio: Ralph Davis

Swimming Saves Lives Fund — Doug Church

Jeff Moxie — Vice Chair	Diane Bartlett
Brandon Franklin	Tom Holmberg
Dia Rianda	

SPECIAL APPOINTMENTS AND LIAISONS

Convention Coordinator — Maria Elias-Williams
FINA Representative — Nancy Ridout
FINA Sports Medicine Committee — Dr. Jim Miller
ISHOF Liaison — Walt Reid
National Board of Review Chair — Laura Groselle
Parliamentarian — William Tingley
Rule Book Coordinator — Susan Ehringer
UANA — Technical Committee Chair — Mel Goldstein
U.S. Aquatic Sports Representative — Nadine Day
USMS Liaison to International Gay and Lesbian Aquatics — Bruce Hopson
USMS Liaison to USA Swimming — F.H. “Ted” Haartz

APPENDIX F: USMS HISTORY

Ransom J. Arthur Award

Given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance and dedication to improving the health of adults through swimming, established USMS, to the person who has done the most to further the objectives of USMS.

1973	Ransom J. Arthur	1992	Walt Reid
1974	June Krauser	1993	Kathrine Casey
1975	Hal Onusseit	1993	Gail Dummer
1976	F.H. "Ted" Haartz	1994	Nancy Ridout
1977	Dr. Paul Hutinger	1995	Mary Lee Watson
1978	Mildred Anderson	1996	Suzanne Rague
1978	Hamilton Anderson	1997	Mel Goldstein
1979	Ray Taft	1998	William Tingley
1979	Zada Taft	1999	Jim Miller
1980	Enid Urich	2000	Joan Smith
1980	Ed Reed Sr.	2000	Richard Smith
1981	Cindy Baxter	2001	Carolyn Boak
1982	Harry Rawstrom	2002	Hugh Moore
1983	Dorothy Donnelly	2002	Jane Moore
1984	Reg Richardson	2003	Sandi Rousseau
1985	Michael Laux	2004	Leo Letendre
1986	Judge Robert Beach	2005	Betsy Durrant
1987	Ross Wales	2006	Sally Ann Dillon
1988	John Spannuth	2007	Jeanne Ensign
1989	Dan Gruender	2008	Barry Fasbender
1989	Eddie Gruender	2009	Julie Heather
1990	Jack Geoghegan	2010	Lynn Hazlewood
1991	Tom Boak	2011	Rob Copeland

Speedo/USMS Coach of the Year Award

Presented to the coach who has done the most to further the objectives of USMS.

1986	Jim Miller, M.D.	1999	Ron Johnson
1987	Kerry O'Brien	2000	Frank "Skip" Thompson
1988	Keith Bell	2001	Mel Goldstein
1989	William Tingley	2002	Jim Montgomery
1990	Michael Collins	2003	Bob Bruce
1991	Judy Bonning	2004	Scott Williams
1992	Clay Evans	2005	Mark Moore
1992	Gerry Rodrigues	2006	Sue Welker
1993	Emmett Hines	2007	Kris Houchens
1994	Todd Samland	2008	Susan Inghram
1995	Scott Rabalais	2009	Nancy Kirkpatrick-Reno
1996	Mo Chambers	2010	Bobby Patten
1997	Bonnie Adair	2011	Chad Durieux
1998	Ed Nessel		

2011 Dorothy Donnelly USMS Service Award

Given in memory of Dorothy Donnelly, who served USMS meticulously and without reservation. USMS is forever grateful to the hundreds of talented volunteers who give their time, talent and expertise to help all phases of our programs. Among those volunteers are some whose service stands out in its scope, its impact on the program and the numbers of USMS members who have benefited from their efforts on the local, regional and national level.

John Bauman	Heather Hagadorn
Joanne Berven	John King
Charles Cockrell	Cooper Malcom
Herb Cook	Pam Ogden
Daniel Cox	Mark Oliphant
Leianne Crittenden	Robin Tracy
Richard "Hap" Gentry	Bob Upshaw
Jan Goff	

2011 Kerry O'Brien Coaching Award

Awarded for grassroots coaching accomplishment.

Rich Axtell, Minuteman Masters	Eric Peterson, Shaker Sharks Masters
Diane Bartlett, Grand Stand Masters	Jody Smith, Mountain View Masters
Ken DeMont, North Bay Aquatics	Brian Stack, Manatee Aquatic Masters
Elmer Egelkraut, Battle Creek Y Masters	Dennie Swan-Scott, Glens Falls Family YMCA Masters
Marty Hendrick, Ft. Lauderdale Aquatics	Don Swartz, North Bay Aquatics
Tom Mester, Swim Louisville Masters	Hermine Terhorst, Santa Rosa Masters

USMS Club of the Year Award

Recognizes clubs that embody the mission of USMS in the hopes that others may look to them as models of excellence.

2006 YMCA Indy SwimFit	2010 Asphalt Green Unified Aquatic Masters
2007 Walnut Creek Masters	
2008 Woodlands Masters Swim Team	2011 Michigan Masters (regional)
2009 Noblesville Adult Swim Team	2011 Davis Aquatic Masters (local)
2009 Mission Viejo Nadadores	

June Krauser USMS Communications Award

Recognizes outstanding contributions to communications within USMS. The award is named after June Krauser, editor of the first national newsletter.

2005 June Krauser	2010 Pacific LMSC: Tracy Barbates, Joanne Berven, Caroline Lambert, Michael Moore,
2006 Lynn Hazlewood	
2007 Julie Heather	
2008 Dr. Paul Hutinger	2011 Jane Katz
2009 Meg Smath	

USMS Fitness Award

Presented by the Fitness Education Committee to individuals and organizations demonstrating outstanding contribution to fitness activities within USMS.

1997 Scott Rabalais	2005 Doug Brogan
2000 Bill Volckening	2005 Marianne Brogan
2002 Bill Volckening	2007 Mary Sweat
2003 Pam Himstreet	2008 Linda Shoenberger
2003 Dr. Paul Hutinger	2010 Nancy Brown
2003 Margie Hutinger	2011 Jane Katz
2004 Jody Welborn	

USMS National Championship Meets Award

Presented by the Raleigh Area Masters to the person or persons who contributed the most to USMS national championship meets.

1993 Paul Windrath	2000 Walt Eggert
1993 Wayde Mulhern	2001 Hugh Moore
1993 June Krauser	2001 Jane Moore
1994 Gene Donner	2002 Carolyn Boak
1994 George McVey	2003 Mark Gill
1994 Betty Barry	2004 Hill Carrow
1994 Tom Boak	2005 Tracy Grilli
1995 John Zell	2006 Michael Moore
1995 Mel Goldstein	2007 Bob Brown
1996 F.H. "Ted" Haartz	2007 Helen Brown
1997 Sandi Rousseau	2008 Tom Taylor
1998 Stu Marvin	2009 Barry Fasbender
1999 Jim Matysek	2010 Mark Moore
2000 Anneliese Eggert	2011 Herb Schwab

F.H. "Ted" Haartz USMS Staff Appreciation Award

Recognizes individuals who have demonstrated excellence in assisting and supporting the staff in the National Office with its professional duties of servicing, promoting and building the membership.

2009 F.H. "Ted" Haartz	2011 Ralph Davis
2010 George Simon	

Newsletter of the Year Award

Recognized the most outstanding LMSC or club newsletter. This award was discontinued after 2009. The June Krauser Communications Award recognizes all manners of communication.

- 1994 *Gulf Masters Newsletter*, Sheila Baskett, Gulf LMSC
- 1995 *Swimmer's Source*, Bonnie Adair and Clay Evans, Southern Pacific LMSC
- 1996 *NEM News*, Tom Lyndon, New England Masters
- 1997 *The Record Times*, Nancy Ottom and Cathy Carr, West Davis Aquatics
- 1998 *The Florida Newsletter*, Jim Donnelly, Florida LMSC
- 1999 *Barracuda Bulletin*, Bill Volckening, Tualatin Hills Barracudas
- 2000 *The WetSet*, Sandy McNeel, Pacific Northwest LMSC
- 2001 *West Hollywood Aquatics Newsletter*, Carl Anhalt, West Hollywood Aquatics
- 2002 *The Watershed*, Maria Karanungen and David Shinn, Dynamo Swim Club
- 2003 *Splash Master*, Doug Garcia, Inland Northwest LMSC
- 2004 *Aqua-Master*, Dave Radcliff, Oregon LMSC
- 2005 *The WetSet*, Paul Freeman, Pacific Northwest LMSC
- 2006 *WH2O*, Dan Adams, West Hollywood Aquatics
- 2007 *Aqua-Master*, Dave Radcliff, Oregon LMSC
- 2008 *Maverick Lane Lines*, Dr. Paul Hutinger and Margie Hutinger, Florida Maverick Masters
- 2009 *The Riptide*, Shannon Schwartz, Mountain View Masters Swimming and Social Club

USMS Athletes Inducted into the International Masters Swimming Hall of Fame

Honor Masters Swimmers

- 2003 Jayne Bruner, Barbara Dunbar, Tim Garton, Graham Johnston, June Krauser, G. Harold "Gus" Langner, Kelley Lemmon, Maxine Merlino, Ardeth Mueller, Gail Roper, Ray Taft, Clara Walker
- 2004 Aldo da Rosa, Paul Hutinger, Frank Piemme, Laura Val
- 2005 Burwell Jones, Betsy Jordan, Sandy Neilson-Bell, Tod Spieker
- 2006 Drury Gallagher, Katherine Pelton, Walter Pfeiffer, Rita Simonton, William Specht, Lavelle Stoinoff
- 2007 Woodrow Bowersock, Jean Durston, Sandy Galletly, Ronald Johnson, Karlyn Pipes-Neilsen
- 2008 Maria Lenk, Jim McConica, Robert Strand
- 2009 Margery Meyer, Gertrud Zint
- 2010 Rich Burns, Lois "Kivi" Knochman
- 2011 Rich Abrahams, Jeff Farrell

Honor Open Water Swimmers

- 2007 Suzanne Heim-Bowen

Honor Contributors

- 2003 Ransom Arthur
- 2005 Phil Whitten

USMS Athletes Inducted into the International Swimming Hall of Fame

Honor Swimmers

- 1995 Clara Lamore Walker and G. Harold "Gus" Langner
- 1996 Ardeth Mueller and Ray Taft
- 1997 Gail Roper and Tim Garton
- 1998 Jayne Owen Bruner and Graham Johnston
- 1999 Maxine Merlino and Kelley Lemmon
- 2000 Barbara Dunbar
- 2003 Laura Val

Honor Contributors

- 1990 Ransom Arthur
- 1994 June Krauser

USMS Long Course National Championship Meets

Year	Date	Location	Swimmers
1972	8/11–13	Bloomington, Ind.	188
1973	8/10–12	Chicago, Ill.	500
1974	9/6–8	Santa Clara, Calif.	584
1975	8/29–31	Knoxville, Tenn.	394
1976	8/27–29	St. Louis, Mo.	514
1977	8/25–28	Spokane, Wash.	525
1978	8/31–9/3	Providence, R.I.	540
1979	8/23–26	Dearborn, Mich.	689
1980	8/29–9/1	Santa Clara, Calif.	987
1981	8/13–16	Canton, Ohio	741
1982	8/26–29	Portland, Ore.	915
1983	8/25–28	Indianapolis, Ind.	908
1984	8/23–26	Raleigh, N.C.	840
1985	8/17–20	Providence, R.I.	800
1986	8/21–24	Portland, Ore.	933
1987	8/21–24	The Woodlands, Tex.	872
1988	8/25–28	Buffalo, N.Y.	1,071
1989	8/17–20	Grand Forks, N.D.	586
1990	8/17–20	The Woodlands, Tex.	829
1991	8/22–25	Elizabethtown, Ky.	720
1992	8/20–23	Federal Way, Wash.	1,150
1993	8/19–22	Minneapolis, Minn.	1,085
1994	8/25–28	Buffalo, N.Y.	716
1995	8/24–27	Gresham, Ore.	1,010
1996	8/21–25	Ann Arbor, Mich.	1,176
1997	8/14–17	Orlando, Fla.	881
1998	8/20–23	Fort Lauderdale, Fla.	922
1999	8/19–23	Minneapolis, Minn.	949
2000	8/17–20	Baltimore, Md.	1,380
2001	8/16–19	Federal Way, Wash.	959
2002	8/16–19	Cleveland, Ohio	1,022
2003	8/13–17	Rutgers, N.J.	871
2004	8/12–15	Savannah, Ga.	1,084
2005	8/10–14	Mission Viejo, Calif.	1,109
2006		Not held—World Championships	
2007	8/10–13	The Woodlands, Tex.	911
2008	8/14–17	Mount Hood, Ore.	1,131
2009	8/6–10	Indianapolis, Ind.	1,150
2010	8/9–12	San Juan, Puerto Rico	632
2011	8/3–6	Auburn, Ala.	688

USMS Short Course National Championship Meets

Year	Date	Location	Swimmers
1970	5/2–3	Amarillo, Tex.	46
1971	5/7–8	Amarillo, Tex.	108
1972	5/19–21	San Mateo, Calif.	325
1973	5/18–20	Santa Monica, Calif.	500
1974	5/17–19	Fort Lauderdale, Fla.	561
1975	5/16–18	Fort Lauderdale, Fla.	663
1976	5/14–16	Mission Viejo, Calif.	800
1977	5/13–15	Fort Lauderdale, Fla.	611
1978	5/19–21	San Antonio, Tex.	560
1979	5/4–7	Mission Viejo, Calif.	1,020
1980	5/16–18	Fort Lauderdale, Fla.	875
1981	5/23–26	Irvine, Calif.	1,209
1982	5/21–24	The Woodlands, Tex.	910
1983	5/28–31	Fort Lauderdale, Fla.	1,208
1984	5/26–29	Industry Hills, Calif.	1,227
1985	5/9–12	Milwaukee, Wisc.	1,021
1986	5/15–18	Fort Pierce, Fla.	1,231
1987	5/15–18	Stanford Univ., Calif.	2,328
1988	5/19–22	Austin, Tex.	1,405
1989	5/4–7	Boca Raton, Fla.	1,755
1990	5/18–21	Los Angeles, Calif.	1,592
1991	5/16–19	Nashville, Tenn.	1,529
1992	5/21–24	Chapel Hill, N.C.	1,502
1993	5/20–23	Santa Clara, Calif.	2,055
1994	5/13–16	Tempe, Ariz.	1,912
1995	5/18–21	Fort Lauderdale, Fla.	1,992
1996	5/9–12	Cupertino, Calif.	2,048
1997	5/15–18	Federal Way, Wash.	1,438
1998	5/7–10	Indianapolis, Ind.	1,738
1999	5/13–16	Santa Clara, Calif.	2,060
2000	4/27–30	Indianapolis, Ind.	1,390
2001	5/17–20	Santa Clara, Calif.	1,850
2002	5/14–17	Honolulu, Hawaii	1,103
2003	5/15–18	Tempe, Ariz.	1,922
2004	4/22–25	Indianapolis, Ind.	1,564
2005	5/19–22	Fort Lauderdale, Fla.	1,620
2006	5/4–7	Coral Springs, Fla.	1,276
2007	5/17–20	Federal Way, Wash.	1,456
2008	5/1–4	Austin, Tex.	1,865
2009	5/7–10	Clovis, Calif.	1,582
2010	5/20–23	Atlanta, Ga.	1,975
2011	4/28–5/1	Mesa, Ariz.	1,817

USMS Annual Meetings and National Officers		
Date	Location	Officers
1971	Lake Placid, N.Y.	
1972	Kansas City, Kan.	Ransom J. Arthur P, Judge Robert Beach VP
1973	W. Yellowstone, Mont.	Ransom J. Arthur P, Judge Robert Beach VP
1974	Washington, D.C.	June Krauser P, David Beardsley S
1975	New Orleans, La.	June Krauser P, David Beardsley S
1976	Phoenix, Ariz.	June Krauser P, David Beardsley S
1977	Columbus, Ohio	June Krauser P, F.H. "Ted" Haartz S
1978	San Antonio, Tex.	F.H. "Ted" Haartz P, Enid Urich S
1979	Las Vegas, Nev.	F.H. "Ted" Haartz P, Don Rankin VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1980	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1981	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1982	Memphis, Tenn.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Bobbi Turcotte ZC
1983	Cincinnati, Ohio	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1984	Indianapolis, Ind.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1985	Phoenix, Ariz.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Dore Schwab ZC
1986	Fort Worth, Tex.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Dore Schwab ZC
1987	Atlanta, Ga.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1988	St. Louis, Mo.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1989	Portland, Ore.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Pat Maley ZC
1990	Pittsburgh, Pa.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Pat Maley ZC
1991	Louisville, Ky.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1992	Minneapolis, Minn.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1993	Los Angeles, Calif.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC

USMS Annual Meetings and National Officers (Continued)		
1994	Kansas City, Mo.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1995	Houston, Tex.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1996	Orlando, Fla.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1997	Burlingame, Calif.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1998	Cincinnati, Ohio	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
1999	San Diego, Calif.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
2000	Kissimmee, Fla.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
2001	Louisville, Ky.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Lynn Hazlewood ZC
2002	Dallas/FortWorth, Tex.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC (Wayne McCauley, acting ZC)
2003	San Diego, Calif.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2004	Orlando, Fla.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2005	Greensboro, N.C.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2006	Dearborn, Mich.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Tom Boak T
2007	Anaheim, Calif.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Tom Boak T
2008	Atlanta, Ga.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Jeff Moxie T
2009	Chicago, Ill	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Jeff Moxie T
2010	Dallas, Tex.	Jeff Moxie P, Dave Diehl VPMS, Nadine Day VPCS, Michael Heather VPNO, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2011	Jacksonville, Fla.	Jeff Moxie P, Dave Diehl VPMS, Nadine Day VPCS, Michael Heather VPNO, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T

World Championship Meets

Year	Date	Location	Swimmers
1986	7/12–16	Tokyo, Japan	3,400
1988	10/9–16	Brisbane, Australia	3,594
1990	8/6–13	Rio de Janeiro, Brazil	1,685
1992	6/25–7/5	Indianapolis, Ind., USA	2,406
1994	6/4–10	Montreal, Canada	3,474
1996	6/23–7/2	Sheffield, England	3,837
1998	6/19–27	Casablanca, Morocco	1,954
2000	7/27–8/9	Munich, Germany	6,184
2002	3/21–4/3	Christchurch, New Zealand	2,386
2004	6/3–31	Riccione, Italy	6,306
2006	8/3–17	Stanford, Calif., USA	5,535
2008	5/15–25	Perth, Australia	5,104
2010	7/27–8/7	Goteburg and Boras, Sweden	5,233
2012	6/8–6/17	Riccione, Italy	

A

Acceptable times
records 38

Advertising 13, 64

Affiliate
membership 83

Age
determining date 6, 59
groups 6, 72

Aggregate time xi

All-American
individual 40
long distance 74
open water 74
recognition 40
relay 40

All-Star Team 74-75

Amendments
authorization 97
effective date 99
emergency 99
FINA rules 99
format 97
Legislation 98
LMSC Development 98
Long Distance 98
proposed
adoption of 98
modification of 98
more than one committee 98-99
submission of 97-98
publication of proposed 98
rules 98
submission deadline 97
summary of procedures 100
USA Swimming rules 99

Anchored xi

Announcer 21

Annual meeting 174-176

Appeals 78-81

Appointees 83

Appointments
coordinators 94
legal counsel 95
liaisons 95
special assignments 95

Approved certifying bodies 127

Assistance and agreements 28-29

Awards 27, 74

Club of the Year 168

Coach of the Year 167

Dorothy Donnelly USMS Service 168

F.H. "Ted" Haartz USMS Staff Appreciation 169

Fitness 169

International Masters Swimming Hall of Fame 171

International Swimming Hall of Fame 171

June Krauser Communications 169

Kerry O'Brien Coaching 168

National Championship Meets 169

National championships 36

Newsletter of the Year 170

Ransom J. Arthur 167

B

Backstroke 3
flags and lines 45
start 1

Bidding areas
National championship 157, 158

Blind 47

Board of Directors 83, 88-91
appeal to 81
election and term of office 89
meetings 89
membership 88
permanent committees 90
powers 89
quorum 90
removal of members 91
vacancies 91
voting privileges 90

Body xi, 59

Breadbasket Zone 151

Breaststroke 2

Budget requests 95

Bulkhead xi, 42
markings. *See* Pool: markings

Butterfly 2-3

C

Cable swim xi

Calm state xi

Chapter xi

- Clerk of Course 21
 Club xi
 membership 83
 form 52
 National Championship scoring 35
 Colonies Zone 151
 Color 44
 Commands
 starts 18
 Committees 91-94
 ad hoc 83, 94
 appointments 94-95
 Audit 165
 Championship 91, 162
 Coaches 92, 162
 Compensation and Benefits 90, 165
 Executive 97
 Finance 90, 166
 Fitness Education 92, 162
 Governance 166
 History and Archives 92, 163
 Investment 166
 jurisdiction 97
 Legislation 92, 97, 163
 Amendments 98
 LMSC Development 92, 97, 163
 Long Distance 93, 97, 163
 Amendments 98
 Officials 93, 164
 Open Water 93, 164
 Recognition and Awards 93, 164
 Records and Tabulation 93, 164
 Registration 94, 165
 Rules 94, 165
 Amendments 98
 Sports Medicine and Science 94, 165
 standing 83, 91-94
 Swimming Saves Lives Fund 166
 Conduct 72
 compliance with rules and regulations 77
 enforcement 78
 standards of 77
 unsporting 78
 contract
 National championship 71
 Coordinators
 convention 94
 rule book 94
 Corporation xi, 95
 Counters 8-11, 11
 Course xi
- D**
- Deaf 48
 Deck-seeding xi
 Deck entered xi
 Deck equipment
 other 43
 Dedication ii
 Deliberate delay 19
 Disabilities 48-50, 66
 general 47
 modifications 47
 physical 48-50
 Disabled 48
 cognitively 48
 Disqualifications 13-14, 27, 65
 Dissolution 96
 Diving boards 43
 Dixie Zone 151
 Drafting xi, 63, 68
 Dual meet xi
 scoring 26
- E**
- Electronic timing chip xi
 Eligibility 5, 51
 End of the course xi
 End wall targets 43
 Entry fees 7, 72
 Entry form 72
 Equal opportunity 84
 Escort craft xi, 62-63
 Escorted swim 62-63
 Etiquette
 Lane 10
 Event xi
 Event Director xi
 Event director 72
 Event limit 7-8
 Events 6-7
 long distance pool 67
 open water 60-61
 postal 67
 straightaway 63
 Executive Committee 90-91
 nonvoting members of 91
 Ex officio xi

- F**
- Facilities
 definitions 41
 False starts 18
 Fees 95
 FINA ii, xi
 information for participants
 USMS 138-140
 Financial policy 95
 budget requests 95
 fees 95
 fiscal year 95
 Finish
 backstroke 3
 blind and visually impaired 47
 breaststroke 2
 butterfly 3
 disabilities 49
 freestyle 4
 Individual Medley 4
 open water 63-64
 Finish point xii
 First day of meet xii
 Fiscal year 95
 Fitness events xii, 56
 Flags and lines
 design 45
 location 45
 midpoint marking 45
 Foreign
 National Championship 32
 Foreign swimmer xii
 Forward start 1
 Foul xii
 Freestyle 4
 Front edge 44
- G**
- Grease xii
 Great Lakes Zone 151
- H**
- Hard of hearing 48
 Hearings 78-82
 documentation 81
 filing fee 81
 recognition and enforcement 82
 Heat xii
- Heats
 assignments 8
 minimum 9
 pairing of 10
 Height 44
 High School
 differences between
 USMS 134-137
 Horizontal xii
 House of Delegates 83, 85-86
 meetings of 86-87
 membership 85-86
 powers 86
- I**
- Illumination 43
 Individual events 6
 Individual Medley 4
 Infraction signal 20
 Initial distance xii
 Installation 45
 Insurance 95-96
 coverage 95
 indemnification 96
 IOC xii
- J**
- Judges 19-20
 chief 19
 jurisdiction of 19
 stroke 19
 turn 19
 Jurisdiction 78
- K**
- Kick
 breaststroke 2
 butterfly 3
 disability 49
- L**
- Ladders 43
 Lane xii
 assignments 8, 8-11
 numbers 43, 44
 swimmers of similar speed in same 11
 Lane line xii

- Lane lines
floating and dividers 44-45
number of 44
- Lane markers xii
- Last day of the meet xii
- Leadoff xii
- Leg xii
- Legislation
amendments 98
- Length xii
- Liability release 58, 59
- Lighting 43
- LMSC xii, 84
abbreviations 152
annual meeting 84
board of directors 83
boundary 153-157, 154-157
descriptions 84
bylaws 84
filing of 84
election of officers 84
financial controls 84
jurisdiction of 78
membership 84
numeric codes 152
officers 83
records and record keeping 84
responsibility
records 38
- Local Masters Swimming Committee 84
- LMSC Development
rules amendments 98
- Long course xi
- Long course (50) meters 7, 27
- Long Distance
age 59
amendments 98
distance-based 67, 69
membership 59
multiple per lane 68
officials 68
place 69
pool size 68
postal 67, 68-69
relay
cumulative 67
sequential 67
representation 59
results 69
- sanctions 59
time-based 67, 68
timing 68
- Long Distance Pool 67
definition 67

M

- Malfunction xii
- Manual start xii
- Mark xii
- Marshals 21
- Masters i, ii
- Masters Swimming xii
- May xiii
- Medical
equipment 41
examination 41
- Medical evacuation plan xiii
- Meet xiii
- Meet director 15
- Meets
cancellation 12
categories 27
championship
LMSC 84
change of program and postponement 11-12
committee 16
documents
storage requirements for 140
name 27
postponement 12
results
preparation of 140
triangular 26
- Member xiii
- Members
conduct of 77-78
- Membership 51
allied 83
annual 51, 52
application forms 51
categories 83
club 52
fee 52
individual 83
LMSC 84
changing affiliation 52
long distance 59

N

- mandatory 83
- National Championship 32
- open water 59
- other 83
- Minimum standards
LMSC 84
- Misconduct 19
- Must xiii
- National Board of Review 78-80, 83
authority of 79
chair
Authority of 80
hearing panel procedure 80-81
jurisdiction of 79
LMSC decision
Appeal of 80
- National championship 43, 69-75
assistance 73
bid
awarding of 28
certification of 28
deadline 28
eligible 28
information 28
solicitation of 28
- club scoring 35, 73-74
- conduct of 29-38
- distance events 35
- entry
deadline 33
form 33
procedures 32
- equipment 37
- event limit 31
- facilities 37
- financial 71-72
- general meeting 29
- heat sheets 29
- local clubs 35
- long course 172
- long distance
Bidding Areas 157-158
- long distance events 69-70
- meet schedule 30, 31
- multiple courses 35
- open water 69-70
- participant information 29

O

- personnel 37
- program 29
- protests 36, 73
- regional clubs 35
- results 73
- short course 173
- site selection 70-71
- warm-up schedule 29
- NCAA
differences 130-134
- Northwest Zone 151
- Oceana Zone 151
- Officers 87-88. *See also* Annual meeting
duties of 87-88
elections and term of office 87
positions 87
- Officials 15, 65, 68, 72
event director 67
qualification of 15
- Official time 25, 25-26
determination of 22
- One-event registration 51
- Open competition xiii
- Open Water 60
course measurement 60
disabilities 66
disqualifications 65
escorted 62
events 60
noncompetitive 66-67
finishes 63
finish order 64
incomplete race 66
officials 65
organization 59
relay
cumulative 60
distance basis 60
point basis 60
sequential 61
time basis 60
- safety 61-62
- scoring 61
age group 61
gender 61
swimwear 61

seeding 63
 starts 63
 swims 60
 other 60
 solo 66
 straightaway 60
 swimwear
 category I 64
 category II 65
 Operations guide
 open water 59
 Optional accessories 46
 Overflow recirculation system 43

P

Pace clocks 45
 Paddler xiii, 62-63
 Parliamentary authority 95
 Participation 77
 Penalties 7
 Permanent course 42
 Places 11
 Pool xiii
 bottom lane markers 42
 certification
 records 38
 deck 43
 markings 42-43
 platform 44
 racing course
 dimensions 41-42
 walls 42
 water
 depth 42
 temperature 43
 width 42
 Postal 67
 Postal event xiii
 Postal Events 68-69
 Power source 46
 Preseeding xiii
 Press steward 21
 Propulsive xiii
 Protection 77
 Protests 14-15, 73

R

Recall device 45
 Recall rope operator 19

Recognition 55
 records 38
 Recognized events xiii, 54-55
 Recorder of records 21
 Records 38, 75, 101-126
 application 140-141
 deadlines 38
 long distance 141
 national 40
 requirements for 38-39
 pool measurement 39
 Top 10 39
 world 41
 Referee 16-17
 administrative 17
 optional instructions 18
 preparation 17
 Register xiii
 Relay 4, 4-5, 7-8
 age groups 72
 cumulative 60, 67, 70
 events 6
 freestyle 4
 medley 5
 results
 preparation of 140
 rules 5
 sequential 61, 67
 takeoffs
 blind and visually impaired 47
 Relay takeoff judge 19
 Release 58
 Reporting
 officials and meet personnel 16
 Representation 52-53
 long distance 59
 open water 59
 Required personnel 15
 Responsibilities 47
 Results 69, 73
 individual events
 preparation of 140
 national championships 36
 Rules
 amendments 98
 committees 97

S

Safety 44, 45

electrical 46
 open water 61-62
 Safety plan xiii
 Sanction xiii
 open water 56-57, 59
 pool 53-56
 records 38
 requirements 53, 57
 Sanctions
 withdrawal or denial of 58
 Scissors xiii
 SCN xiii
 Scoring 26-27, 73-74
 divisions 61
 Scratch xiii
 Scratch procedures 7
 Seeding xiii, 8, 8-11
 events in a 50-meter course 9
 fast-to-slow 9
 national championships 34
 open water 63
 slow-to-fast 9
 two-to-a-lane 9
 Session xiii
 Shall xiv
 Short course xi
 Short course (25) meters 7, 27
 Short course (25) yards 7, 27
 Should xiv
 Size 44
 Slipstreaming xi
 Slope 44
 Solo swim 60
 South Central Zone 151
 Southwest Zone 151
 Special Appointments
 Convention Coordinator 166
 FINA Representative 166
 FINA Sports Medicine Committee 166
 ISHOF Liaison 166
 National Board of Review Chair 166
 Parliamentarian 166
 Rule Book Coordinator 166
 U.S. Aquatic Sports Representative 166
 UANA 166
 USMS Liaison to International Gay and Lesbian Aquatics 166
 USMS Liaison to USA Swimming

166

Splits
 preparation of results 140
 Split Time xiv
 Start 1
 backstroke 3
 blind and visually impaired 47
 breaststroke 2
 butterfly 2
 freestyle 4
 Individual Medley 4
 open water 63
 physical disability 48
 running 63
 stationary 63
 wave 63
 Starter 17-19
 Starting
 command 1
 form alternate ends 9
 from alternate ends of course 9
 grips 44
 platforms 44
 signal 63
 visual signal 48
 Starting system
 equipment 17
 loudspeaker 45
 strobe light location 48
 Still water xiv
 Straightaway swim xiv, 60
 Strokes
 backstroke 3
 breaststroke 2
 butterfly 2
 disability 49
 freestyle 4
 Individual Medley 4
 Submitted times xiv
 Swimwear 12-13, 64-65, 72
 design 12, 64

T

Ties 27
 Timed finals xiv
 Timers 15, 20-21
 chief 20
 head lane 20
 lane 20

INDEX

Timing
accuracy 26
adjustment for difference 23
adjustment for heat malfunction 23
adjustment for lane malfunction 23
altitude adjustment 32
automatic 22
backup 63
chip 63
electronic 63
equipment 21-24
 automatic 22, 45-46
 manual 22
 operator 21
 semiautomatic 22
 time display board 46
malfunction
 adjustment for 23
 primary 23
manual 22
primary 22
resolution 26
secondary 22
semiautomatic 22
tertiary 22
Tobacco
 no smoking signs 43
 products 15
Touch xiv
Touchpads 42, 46
Travel permits 53
Turn xiv
 backstroke 3
 blind and visually impaired 47
 breaststroke 2
 butterfly 3
 disability 49
 freestyle 4
 Individual Medley 4

U

Unattached member xiv
USAS xiv
USA Swimming
 differences between
 USMS 127-129
 meets
 Combined 130
 Interwoven 130

Parallel 130
Warm-down 130
Warm-up 130
dual sanctioned events 129-130
USMS xiv

V

Venue xiv
Verification
 swimmer 56
Visually impaired. *See* Blind

W

Wall xiv
Warm-down 6
 availability 6
 procedure 6
Warm-up. *See* Warm-down
Warning signal xiv, 19
Wave xiv
Will xiv
World championship 176

Z

Zone xiv
Zones 85
 boundary 85, 151, 153
 chair 85
 championship meet 85
 communication 85
 meeting 85
 policy 85

THE PERFECT TEAM



JASON LEZAK

7-Time Olympic Medalist
Current World Record Holder

TRAIN WITH THE NEW **AQUAPULSE** & RACE IN THE BARELY LEGAL **VELO TECH SUIT**

Fina APPROVED

FINIS[®]
FINISinc.com



RULE THE POOL!

Shop www.kiefer.com or call
800-323-4071 for great prices on
quality swim suits, training gear, and
U.S. Masters Swimming apparel.



FREE! Weekly
Swim Workouts at
www.kiefer.com

 **Kiefer**

STATE OF THE ART TECHNOLOGY



FROM START TO FINISH

**Design,
Engineering,
Manufacturing,
and
Installation**

SIMPLY THE BEST!

www.myrthapools.com

Register online for email specials!

Kast-a-way

SWIMWEAR

USMS MERCHANDISE AVAILABLE!

Show your true colors with new and updated United States Masters Swimming logo merchandise!



« **NEW TECHNOLOGY!**

Recover Quicker,
Perform Better...
SKINS.



CINCINNATI, OH • COLUMBUS, OH • INDIANAPOLIS, IN • RALEIGH, NC • ALPHARETTA, GA • ATLANTA, GA • CHAMBLEE, GA

GOGGLES



ACCESSORIES



TROPHIES



STOPWATCHES



MEDALS



TRAINING EQUIPMENT



(513) 777-7967

www.kastawayswimwear.com



Colorado
TIME SYSTEMS®

TIMING

SCORING

DISPLAYS

THE LEADER IN
COMPLETE AQUATIC SOLUTIONS

SINCE 1972



+1.970.667.1000

WWW.COLORADOTIME.COM

800.279.0111

MAKING TIME COUNT

PROUD SPONSOR OF



JUST DO IT 



Launch Ahead of the Competition

New Track Start PLUS+™
gets swimmers on track.



Get the leverage you need over the competition with Paragon Aquatic's Track Start PLUS+™ modular starting platform concept. Changes in the competitive swimming rulings from **FINA, NCAA, USMS, AND USAS** allowing angled back plates have given us an opportunity to rethink our line of starting platforms. *Complement your new or existing Paragon Aquatics Track Start® platform with an Adjustable Backplate and Side Hand Grips.*

This seamless upgrade allows swimmers to use the tilted plate design and side mounted hand grips for enhanced balance in the ready position, enabling a stronger, more controlled push off and a faster start. Backplates are constructed with a slip-resistant, sand coated finish to match your starting platform. Side mounted hand grips are constructed of stainless steel and finished with rubber non-slip grips.

Paragon Aquatics is always working to discover new ways to increase your competitive edge.



**PARAGON
AQUATICS®**

*Retrofits to Existing
Paragon Track Start
Starting Platforms*

When reliability counts . . . count on Paragon Aquatics.

Ph: 845.463.7200 • Fax: 845.463.7291 • www.paragonaquatics.com

**THE WORLD IS
SWIMMING FASTER
IN BLUESEVENTY.**



blueseventy®

TRI SWIM.

Aqua Therapy Chlorine Out Hair & Body

triswim clean...
triswim sexy

www.tri-swim.com

SBR

Aqua Sphere



KAYENNE™ goggle long lasting comfort

Worn by Amanda Beard

7 time Medalist

www.aquasphereswim.com

 **Aqua Sphere®**



TYR

IT'S NOT ROCKET SCIENCE.

**IT'S RACING
SCIENCE.**



**NEW EBP
BURNER FINS.**

TYR.COM



**U.S. MASTERS
SWIMMING**

**WANT TO FILL YOUR NEXT
OPEN WATER SWIM TO CAPACITY?**

Use **Active.com Schwaggle deals** to get your event
exclusively in front of active adult swimmers!

Contact us to learn more: **858.605.4653**



active.com
Schwaggle
- Daily Deals -

In Memoriam

Dale Brabec (Alaska)	Peter Fogarassy (North Carolina)
Ana-Mary Hottinger (Colorado)	Robert Beaver (Ozark)
Maura Marden (Connecticut)	Erik Hendrickson (Pacific)
David Falck (Delaware Valley)	Steve Sokol (Pacific)
Robert Atwood (Florida)	Jae Howell (Pacific)
Jim Allen (Florida)	Bea Heim (Pacific)
Bunny Cederlund (Florida)	Kate Curry (Pacific)
Mark Hulsey (Florida)	Bill Hughes (Pacific)
Alex Ramirez-Miller (Florida)	Fred Trask (Pacific)
Elliott Schofield (Florida)	Marion Chadwick (Pacific Northwest)
William Muir (Florida)	Michael Amos (Potomac Valley)
Dick Breitenfeld (Georgia)	Anne Walker (Potomac Valley)
Richard Munger (Inland Northwest)	Bud Pollock (San Diego-Imperial)
Marijane Torjesen (Iowa)	Ron Schafer (San Diego-Imperial)
Karen Stevens (Maryland)	Roy Chip (Southeastern)
Donald Pope (Michigan)	Ed Bloomgren (Southern Pacific)
Doug Strong (Minnesota)	Woody Bowersock (Southern Pacific)
Karen Longhart (Montana)	Tom Comstock (Southern Pacific)
Gavin Benson (New England)	Richard Hunter (Southern Pacific)
Esther Lyman (New England)	
Louis Abel (New Jersey)	
Bill Appelbaum (North Carolina)	

CALIFORNIA

CUSTOM

DYED
SWIMWEAR


agonswim.com

info@agonswim.com

www.agonswim.com

1.877.718.9403

IMPROVE YOUR SWIM TRAINING WITH THE SPEEDO® PACE CLUB.

■ Sign up at paceclub.speedousa.com

The Speedo® Pace Club is a website and free iPhone app created to provide competitive and fitness swimmers with all the tools, tips and encouragement they'll need to achieve their training goals.

Features of the Pace Club include:



GO AHEAD, AND DIVE IN WITH THE SPEEDO® PACE CLUB.

speedo 

PACE CLUB



TRAINING

Swim Tracker Track your times and monitor your progress.

Training Modules Train using workouts created by top coaches Teri McKeever (Olympic & Cal Berkeley Head Coach) and Dave Salo (Olympic & USC Head Coach).

Splash Tags Locate pools and swim teams in your area.

COMMUNITY

Swim Teams Add friends to your Swim Team and encourage their progress.

Coach Calls Get calls from pro coaches if you miss training.

Athlete Blogs Get advice from blogs written by Speedo's pro athletes.

FUEL RIGHT, SWIM GREAT!



Elizabeth Wudnich refuels
during USMS Nationals.
Photo : wadleyphotography.com



Whether you are a sprinter or a marathon distance swimmer, Hammer Nutrition® has the products that you need to perform at your best. Give your body the clean, healthy fuel it craves and experience these benefits, guaranteed!

- Dynamic, long-lasting energy
- Increased endurance
- Reduced fatigue
- Rapid and complete recovery



**U.S. MASTERS
SWIMMING**

Official Sponsor of USMS



ORDER TODAY!

1.800.336.1977

www.hammernutrition.com