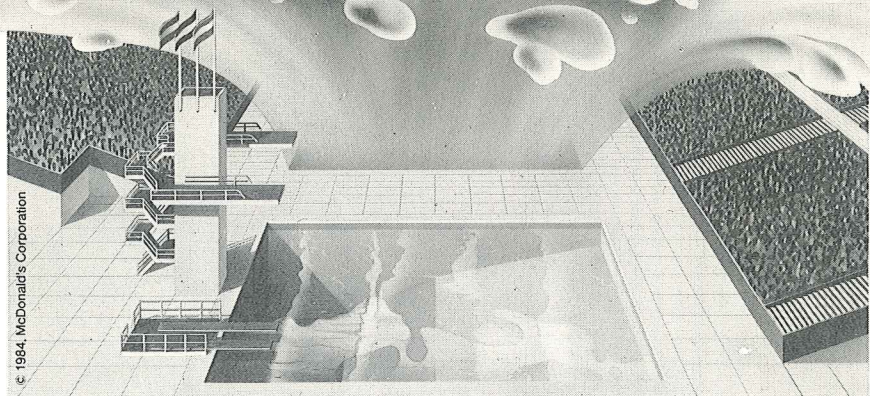


**UNITED STATES SWIMMING  
RULES AND REGULATIONS 1985**



# You can't make a splash in the Olympics, if you're never given a chance to swim.



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At McDonald's® we believe that Olympians aren't simply born. They're made. By opportunities. By parents. By hard work.

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You see, it's not just better athletes we're committed to, it's better kids.



**1985  
UNITED STATES  
SWIMMING  
RULES  
AND  
REGULATIONS**

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# MAJOR CHANGES AND EFFECTIVE DATES

## EFFECTIVE IMMEDIATELY

**SAFETY REMINDER**—Page 17.

**SENIOR SHORT-COURSE ENTRY DATES EXCEPTION**—See 104.8(8)(c)

**TIME TRIAL**—New title for OVC achievement event. Glossary

**RECORD ATTEMPT**—New title for unpaced race against time. Glossary

**PERFECTLY**—"Perfectly" removed from 'fly stroke' rule. 102.2(2)

**UPRIGHT**—"Upright" removed from long-course start rule. 103.1(3)(a)

## EFFECTIVE JANUARY 25, 1985

**90-DAY RULE**—Unbroken financial assistance OK. 343-11(2)

**DUAL REGISTRATION**—Swimmer can simultaneously hold Masters and Senior registration and compete in both. 343.13

## EFFECTIVE MARCH 1, 1985

**FOREIGN ENTRANTS**—Not allowed in U.S. Senior Nationals that also serve as team trials for Pan-Ams, Pan-Pacifcs, World Championships or Olympics. 104.2

**DISTANCE FREESTYLE**—New heat arrangement. 104.5(4)(b)  
Optional entry time. 104.8(4)

**SHORT-COURSE SENIOR ENTRY TIME**—See 104.8(8)(c)

**VIDEO TAPE USE**—Camera and location must be approved. 104.11

(NOTE: All Article 4 rules are effective March 1, 1985. All other technical rules are effective May 15, 1985 unless otherwise noted above.)

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## OFFICIAL GLOSSARY

### Swimming Words and Terms

- Across-the-Board Place Judges**—two place judges, one on each side of the finish line, who will record the order of finish by lane. The independent decisions of these two judges may be used for balloting.
- Aggregate Time**—times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.
- Appreciable**—sufficient in extent to be recognized.
- Approved Meet**—a designated meet conducted by organizations other than USS from which swimmers may use their times as USS qualifying times. A designated USS official must be present to attest that the conduct of competition conforms to all relevant USS rules and meet standards.
- Body**—the torso, including shoulders and hips.
- Calm State or Surface**—normal level surface without turbulence.
- Closed Competition**—competition open only to the members of one organization or group.
- Composite Time**—a time achieved in a relay event by four members of an organization.
- Consolation**—(finals) competition for the fastest of those who failed to qualify for the finals.
- Corporation**—United States Swimming, Inc.
- Course**—designated distance over which the competition is conducted.  
**Long Course**—50 meters (55 yards to be recorded as 50 meters.)  
**Short Course**—25 yards or 25 meters.
- Deck Entered Meet**—meet where all entries are accepted on the first or later day of that meet and subsequently seeded into events.
- Deck Seeded Meet**—meet where all entries are due prior to first day of meet and swimmers must declare availability to swim prior to the scratch deadlines.
- Draw**—random selection by chance.
- Dual Competition**—competition between two clubs.

**Event**—any race or series of races in a given stroke or distance. For competitive limits, 1 event equals 1 preliminary, or 1 preliminary plus its related final, or 1 timed final.

**Final**—any single race which determines final places and times in an event.

**Finals**—the concluding session of each day of the meet in which the final race of each event is swum.

**Finalist**—one who swims in a final race.

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

**Foreign Swimmer**—an athlete member of a FINA member-country federation, other than the Corporation, and who competes in USS sanctioned events.

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

**Qualifying Heats**—competition in which a number of heats are swum to qualify the fastest swimmers for the finals where final placing for the event will be determined.

**Timed Final Heats**—competition in which only heats are swum and final placings are determined by the times performed in the heats.

**Horizontal**—parallel to the surface level of the water.

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

**International Competition**—competition in which all competitors and/or teams represent their countries, not clubs or other organizations.

**Invitational Competition**—for those swimmers, organizations and clubs invited by the host.

**Junior Olympic**—a type of Age Group competition conducted by the Age Group Division, except the national Junior Olympic championships.

**Lane**—the specific area in which the swimmer is assigned to swim; i.e., lane one, lane two, etc.

**Lane Line**—continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

**Lane Markings**—the guide lines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

**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.

**LSC (local swimming committee)**—an administrative division of the Corporation with supervisory responsibilities within certain geographic boundaries designated by the Corporation.

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

**Manual Start**—the start of any timing device by an individual if this start is initiated in response to the same starting signal given to the swimmer.

**Mark**—(take your) starting position.

**May**—permissive, not mandatory.

**Meet**—a series of events held in one program.

**Non-conforming time**—a short course qualifying time submitted for a long course meet or a long course time submitted for a short course meet.

**Official Verification Card (OVC)**—a three-copy form for certifying a national qualifying time made by a swimmer and issued by a verification official of the area in which the meet was held. OVCs shall be issued for any time that equals or betters a national time standard or international trials time standard.

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

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

**Preliminary**—session of the meet in which the heats are held.

**Propulsive**—having power to propel.

**Race**—any single swimming competition; i.e., preliminary, final, timed final.

**Registered**—enrolled as an athlete member of the Corporation and an LSC.

**Reinstatement**—return of all or limited rights of membership in the Corporation.

**Sanction**—a permit issued by an LSC to conduct an event or meet.

**Scissor**—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**—(from an event) withdraw an entry from competition.

**Seed**—distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

**Seeding — Pre-Seeded Heats**—swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition. **Events Seeded on the Deck**—swimmers are called to report to the clerk of course for their event on the day of the meet. After scratches are determined they are then seeded in the proper heats.

**Session**—any portion of a meet distinctly separated from other portions by locale, time, or type of competition, i.e., preliminaries and finals; morning and afternoon or evening; Senior and Age Group, etc.

**Shall**—mandatory.

**Simultaneously**—at the same time.

**Solid Wall**—the end of the pool including the vertical end of the pool and the front of the starting block or platform.

**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 which has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)

**Submitted Times**—those filed with an entry, as having been previously achieved.

**Suspension**—deprivation of all rights of membership in the Corporation.



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

**Time Standard**—the time standard for any event in a meet is the cut-off time for that event.

**Time Trial**—an event or series of events where swimmers may meet to achieve or to better a required time standard.

**Record Attempt**—swimming against time in a record attempt, unpaced by other swimmers. (Refer to Article 8 for record requirements).

**Unattached**—an athlete member who competes but does not represent a club member of the Corporation.

**Vertical**—at a right angle to the normal water level.



# PART ONE

## TECHNICAL RULES

**All provisions under Part One, the Technical Rules, unless otherwise specified on Page 4, "Major Rules Changes", are effective beginning May 15, 1985, and until changed. Rules in effect on the first day of a meet shall govern throughout that meet.**

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 and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another.

It is recommended that the LSC and regional short course and long course championships be held annually and that they be conducted under the rules governing national championships (Article 4), subject to available facilities and personnel. Events other than such championships may use Article 4 as a guide, subject to local conditions and preference, but when National Championship rules are to be used in such events, and they differ in any way from the rules in Article 3, such differences must be clearly stated on the entry blank.

**It is not the purpose of the Rules and Regulations 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 where events are held.**

### ARTICLE 1

#### CLASSES OF COMPETITION

**101.1. COMPETITIVE CLASSIFICATIONS**—Swimming shall be conducted under the following classifications and participation is open to athletes from any country subject to further pertinent regulations in these rules and elsewhere.

- (1) **Senior**—All registered swimmers are eligible for the Senior Class.
- (2) **Junior**—All registered swimmers 18 years of age and younger are eligible for the Junior Class subject to the restrictions elsewhere in these rules.
- (3) **Age Group**—Age Group swimming is for swimmers 18 years of age and under and shall be conducted under the provisions of Article 6.
- (4) **Masters**—Masters swimming is open only to swimmers 25 years of age and older.
- (5) **Long Distance**—All registered swimmers are eligible for Long Distance swimming.

## ARTICLE 2

### RULES FOR SWIMMING THE STROKES

#### 102.1 BREASTSTROKE

- (1) **Start**—The forward start shall be used.
- (2) **Stroke**—From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. 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 or under the surface of the water, and shall be brought back on or under the surface of the water. A part of the head shall always be above the general water level (the surface in a calm state), except that after the start and after each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged. When the hands begin their sideward or downward press, a new stroke shall have been started. Drifting apart of the hands does not constitute an infraction. A wave passing over the head does not constitute a violation.
- (3) **Kick**—All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. A flutter kick or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- (4) **Turns**
  - (a) **Short Course**—When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.
  - (b) **Long Course**—When touching at each turn, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- (5) **Finish**
  - (a) **Short Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be

lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water.

- (b) **Long Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

**Note:** Either complete or incomplete movements of the arms or legs from the starting position shall be considered as one complete stroke or kick.

## 102.2. BUTTERFLY

- (1) **Start**—The forward start shall be used.
- (2) **Stroke**—After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept on the breast, and both shoulders in the horizontal plane, from the beginning of the first arm stroke after the start and after each turn.
- (3) **Kick**—All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissor or breaststroke kicking movement is not permitted.
- (4) **Turns**
- (a) **Short Course**—When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and the butterfly leg of the medley relay.
- (b) **Long Course**—When touching at each turn the touch shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- (5) **Finish**
- (a) **Short Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

## 102.2(5)(b)

- (b) **Long Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

### 102.3. BACKSTROKE

- (1) **Start**—The swimmers shall line up in the water, facing the starting end, with both hands resting either on the end or rail of the pool or on any part of the starting platform or block, or on the starting grips.
- (a) **Short Course**—The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either foot from contact with the end of the pool, nor either hand from the starting grips, pool edge, or starting block. Subject to the approval of the host facility, a backstroke starting block against which to place the feet may be used, if available to all contestants.
- (b) **Long Course**—It shall be the starter's duty to see that both the swimmer's feet, including the toes, shall be under the surface of the water, and that no swimmer is standing in or on the gutter, or curling his toes over the lip of the gutter. A backstroke starting block may not be used.
- (2) **Stroke**—The swimmer shall push off on his back and continue swimming on his back throughout the race.
- (3) **Turns**—The swimmer's head, shoulder, foremost hand or arm must touch the end of the course, but the shoulders must not turn over beyond the vertical before the touch is made. It is permissible to turn the shoulders beyond the vertical after the touch, but the swimmer must have returned to a position where the shoulders are at or past the vertical toward the back before the feet have left the wall.
- (4) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

### 102.4. FREESTYLE

- (1) **Start**—The forward start shall be used.
- (2) **Stroke**—Freestyle means that in an event so designated 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.
- (3) **Turns**—In freestyle competition the hand touch is not required at the turn; it is sufficient if any part of the swimmer touches the solid wall or pad at the end of the pool or course.
- (4) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

**102.5. 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.

- (1) The stroke and turns for each stroke shall follow the prescribed rules for each stroke.
- (2) The turns from one stroke to another shall be considered turns, not finishes, and are as follows:
  - (a) **Butterfly to backstroke**—once a legal touch has been made the swimmer may turn in any manner desired. The prescribed stroke form must be attained prior to the time the feet leave the wall.
  - (b) **Backstroke to breaststroke**—once a legal 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 feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.
  - (c) **Breaststroke to freestyle**—once a legal touch has been made the swimmer may turn in any manner desired.
- (3) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

#### 102.6. RELAYS

- (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.
- (2) **Medley Relay**—Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and 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.
- (3) **Rules Pertaining to Relay Races**
  - (a) No swimmer shall swim more than one leg in any relay event.
  - (b) Relay teams may not compete unattached. In all cases relay teams must be composed of USS members of the same club, school or organization which is a member of the Corporation.
  - (c) When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his lane at the end of the course to have finished his leg of the relay race.
  - (d) In relay races a swimmer other than the first swimmer shall not start until his teammate has concluded his leg.
  - (e) Any relay team member and his relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
  - (f) Each relay team member shall leave the water immediately upon finishing his leg, except the last member.

## 102.6(3)(g)

- (g) In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his preceding teammate touches the wall shall be disqualified.
- (h) When the first swimmer on a relay completes his leg in accordance with the rules of the stroke and unless his team is disqualified for some action on his part, his split time, if recorded in accordance with 108.2(4)(a), may be considered for an official time. If recorded in accordance with 108.2(4)(a) or 103.16(4) this time may also be considered for LSC and local records, and if recorded in accordance with 108.2(3), (4) and (5) it may be considered for any other record purposes.

### ARTICLE 3 RULES APPLYING TO THE CONDUCT OF ALL SWIMMING COMPETITION

**Note:** The events and programs for national, regional and LSC championships are set forth in Article 4.

#### 103.1. EVENTS

- (1) **Senior Classification**—See Article 4.
- (2) **Junior Classification**—See Article 4.
- (3) **Age Group Classification**—See Article 6.

**103.2. PROGRAMS**—In planning any meet, careful consideration must be given the demands to be made upon swimmers, officials and spectators, in that order. Long, tiresome meets, with too many events and/or entries, often result in keeping small children up late at night. Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events in any one day. Provide adequate meal and rest breaks and sheltered rest areas, properly supervised.

- (1) Programs for Senior, Junior, Age Group and/or those of mixed classification can be tailored to local requirements and conditions.
- (2) **Dual Meets**—Dual meets are encouraged between clubs, LSCs and regions. They may consist of programs of mixed classifications. For Age Group suggested dual meet programs refer to Article 6.
  - (a) Suggested Events in Senior Dual Meets

400 Medley Relay	100 Freestyle
200 Freestyle	100/200 Backstroke
50 Freestyle	400/500 Freestyle
200/400 I.M.	100/200 Breaststroke
100/200 Fly	400 Free Relay
  - (b) Suggested Events in All-Star Dual Meet Competition  
This program is designed for two days or two-session competition.  
Each competitor is allowed two races per session.  
Each team may enter two competitors and one relay in each event.



Events are alternated; first women, then men.

**Note:** By mutual consent of teams entered competitors may enter more events or teams may enter more contestants and relays per event than recommended.

**First Session**

400 Medley Relay	Women/Men
1500/1650 Freestyle	Women/Men
100 Backstroke	Women/Men
200 Freestyle	Women/Men
100 Breaststroke	Women/Men
100 Butterfly	Women/Men
400 I.M.	Women/Men
800 Freestyle Relay	Women/Men
*800/1000 free may replace the 1500/1650 free by mutual team consent.	

**Second Session**

200 Butterfly	Women/Men
100 Freestyle	Women/Men
200 Backstroke	Women/Men
200 Breaststroke	Women/Men
400/500 Freestyle	Women/Men
200 I.M.	Women/Men
400 Freestyle Relay	Women/Men

**(3) Conduct of Dual Meets**

- In six-lane pools each team may enter three official swimmers, of which only two may score. Upon arrival at the pool the visiting team shall have the choice of lanes or a side of the pool.
- Each swimmer may swim in three events, of which at least one must be a relay.
- It is recommended that each team be furnished with entry cards, which shall also serve as time cards. They may be turned in to the Referee, or his representative, several events ahead, but must be submitted immediately upon request, and must include the name of the swimmer and the lane he/she will swim in. No change may be made except through injury or illness.
- Scoring: Individuals 5-3-1. Relays 7-0.

**(4) Minimum Number of Officials Required**

- Starter-Referee, who may also act as a stroke and turn judge.
- One other stroke and turn judge.
- Two scorers—one from each team.
- Announcer.
- Three timers for each lane.
- Relay take-off judges.

### 103.2(4)(g)

- (g) Two across-the-board judges, one on each side of the pool at the finish line whose independent decisions as to the order of finish may be used for balloting.
- (h) The visiting team may furnish officials as a courtesy, not a requirement.

### 103.3. ENTRIES

- (1) In any combination of aquatic events conducted on a single day at the same site and where preliminaries and finals are held, no swimmer shall be permitted to compete in more than three (3) events per day, exclusive of relays.
- (2) The above restrictions are effective regardless of the classification mixture and/or that separate meets are being conducted and such limitations shall be clearly stated on the entry blanks.
- (3) When timed finals are held, without preliminary heats, no swimmer shall be permitted to compete in more than 5 events per day exclusive of relays.
- (4) In meets where a combination of preliminary and final events and timed finals are held, a swimmer may participate in only 3 individual events per day, unless entered exclusively in timed final events on that day.
- (5) If qualifying time standards are used they may be made in
  - (a) A 25 yard or 25 meter course for short course events.
  - (b) A 50 meter course for long course events.

**103.4. INDIVIDUAL SCRATCH RULE**—Each swimmer shall inform himself of the meet starting time and shall report to the proper meet authorities promptly upon call.

- (1) **Pre-Seeded Meets**—Each swimmer shall report promptly to the clerk of course prior to the start of each race in which he is entered.
  - (a) Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
  - (b) Any swimmer not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.
- (2) **Events Seeded on the Deck**—Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in his being barred from the next individual event in which he is entered on that day or the next meet day, whichever is first. Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the event.
- (3) **Scratching from Consolation Finals and Finals**
  - (a) Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet, except as noted in (4), below.

- (b) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
  - (c) Where consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
  - (d) If a consolation final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).
- (4) **Exceptions for Failure to Compete**—No penalty shall apply for failure to withdraw or compete in an individual event if:
- (a) The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - (b) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that final race that he may not intend to compete and further declares his final intentions within 30 minutes following his last individual preliminary event.
  - (c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

### 103.5. RELAY SCRATCH RULE

- (1) **Pre-Seeded Meets**—Any relay team entered in a pre-seeded relay event that fails to compete in or report for that event shall not be penalized.
- (2) **Relays Seeded at the Meet**
- (a) Any relay team entered in a relay event that is seeded at the meet in whole or in part, that has been checked in and the swimmers' names declared for that event, must swim the event unless the clerk of course is notified before the seeding for that event is begun that the relay team wishes to scratch. Failure to do so will result in each individual member of that relay team being barred from the next relay event in which those members may otherwise be eligible to compete, either that day or the next meet day, whichever is first.
  - (b) A relay team member failing to appear ready to swim for said relay event shall be barred from the next individual event in which he is entered, either that day or the next meet day. The relay team members who do appear ready to swim shall not be penalized for failure of other relay team members to appear.
  - (c) **Exceptions**—Relay teams or team members who give acceptable notification to the Referee of illness, injury, or that failure to compete is caused by circumstances beyond the control of the swimmer(s) shall not be penalized.

## 103.6

### 103.6. RELAYS

- (1) Relays may be conducted on a timed final basis or with preliminaries and finals.
- (2) Timed final relays shall be swum in seeded heats, with not more than two heats (which shall be the fastest heats) conducted during the final session of meets holding preliminaries and finals, and the balance of relay heats will be conducted during the preliminaries.
- (3) Relays conducted as preliminaries and finals shall be seeded and conducted in the same manner as individual events.
- (4) Organizations entering two or more relay teams in an event shall designate them on the entry blank as Team A, Team B, etc.
- (5) The best time of each relay team shall be entered on the entry blank for seeding purposes and no change in time will be permitted.
- (6) First and last names of swimmers eligible to compete in relay events shall be entered on the entry blank according to the event in which they will be eligible to swim. There is no limit to the number of eligible swimmers who may be listed.
- (7) First and last names of competing relay swimmers, their ages, and their order of swimming shall be declared to the clerk of course immediately prior to the start of the relay heat in which such team is entered, and no changes will be permitted thereafter.
- (8) The competing teams, first and last names of members and their ages, must be listed in the meet results.

### 103.7. LANE ASSIGNMENTS—SEEDING—COUNTERS

- (1) **Preliminary Heats When Finals are Scheduled**—In order to assure seeded positions, the best competitive times of all entries must be submitted. These times shall be assembled (listed) by the meet committee with the fastest man first and the slowest man last. Swimmers whose submitted times are identical should be assigned places in the list by draw. Swimmers with no submitted times shall be considered the slowest and shall be placed at the end of the list by draw. Swimmers shall be placed in lanes under procedure outlined for finals seeding in 103.7(3). Swimmers shall be placed in heats according to submitted times in the following manner
  - (a) **Fewer than three heats**
    - (i) If one heat, it may be seeded as a final heat and swum only during the final session, at the Referee's discretion.
    - (ii) If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, next in the second heat, next in the first heat, etc.
  - (b) **Three heats**—The fastest swimmer shall be placed in the third heat, next fastest in the second, next in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.
  - (c) **Four heats or more**—The last three heats of an event shall be seeded in accordance with (b) above. The heat preceding the last three heats shall consist of the next fastest swimmers; the

heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in 103.7(3).

- (d) **Exception**—When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.
- (2) **Swim-Offs**—In preliminary heats, in no case may a swimmer with a faster time displace another who placed ahead of him within a heat according to the ballot system. If this situation results in disputed qualifications, all swimmers having times tied or within the disputed times shall swim an elimination (swim-off) to qualify for the disputed place or places in the final. The swim-off will be swum with three watches and two judges on each of the swimmers' lanes and the ballot system or modified ballot system shall be used to determine the order of finish, except when automatic officiating equipment is used and is properly functioning. The official time for the swimmers involved shall be the time set in the original preliminary heat. This elimination may be held at any time set by the Referee, but not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Should all swimmers in a swim-off be disqualified for rules infractions as outlined in 103.12, the lane or lanes must be left open during the finals.

**Note:** It shall be the swimmer's responsibility to acquaint himself with all information pertaining to swim-offs, final events and the participants therein.

- (3) **Finals**—In finals, the times to be considered are those times made in preliminary heats. If any qualifying swimmers have the same time their respective lanes shall be determined by draw. Lane assignments shall be made in descending order of qualifying times according to lanes as follows:

10	9	8	7	6	5	4	3	2	1	LANE NUMBER
					5	3	1	2	4	5 LANES
				6	4	2	1	3	5	6 LANES
			7	5	3	1	2	4	6	7 LANES
		8	6	4	2	1	3	5	7	8 LANES
	9	7	5	3	1	2	4	6	8	9 LANES
10	8	6	4	2	1	3	5	7	9	10 LANES

Lane 1 shall be on the swimmer's right when he faces the pool.

**Note:** See 103.4(3) for scratches.

(4) **Timed Finals**

- (a) **Heats**—In order to assure seeded positions, the best competitive times of all entries must be submitted. 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. Lanes shall be assigned in descending order of

## 103.7(4)(a)

submitted times within each heat, in accordance with the pattern outlined in (3) above. When there are two or more heats there shall be a minimum of three swimmers or relay teams seeded into the first heat. The last heat should be a full heat, but the requirement of seeding three swimmers or relay teams into the first heat may result in failure to fill the last heat.

- (b) **Places**—In timed finals, places shall be determined on a time basis, subject to the order of finish within each heat and based upon the ranking system used at the meet. Any ties resulting from the procedure used shall be declared officially tied for awards and points, with no further attempt at resolution.
- (5) **Counters**
- (a) A swimmer in any individual swimming event of 400 yards or meters 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, shall be stationed at the end of the course opposite the starting end, and may not coach or aid the swimmer in any way except that 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.

**103.8. OFFICIAL TIME**—Official time for any individual swimming event can be achieved only in the relevant stroke/event; i.e., backstroke time must be achieved in a backstroke event. Time achieved in a freestyle event can only be recorded as freestyle time regardless of the stroke used.

## 103.9. SCORING

- (1) **National Championships**—With consolation finals score as outlined in 104.4(13).
- (2) **Dual Meets**—Relays 7-0, all other events 5-3-1-0.
- (3) **Triangular Meets**—Relays 8-4-0, all other events 6-4-3-2-1-0.
- (4) **All Other Meets**—
- (a) In 4 lanes: Relays 10-6-4-2, all other events 5-3-2-1.
- (b) In 5 lanes: Relays 12-8-6-4-2, all other events 6-4-3-2-1.
- (c) In 6 lanes: Relays 14-10-8-6-4-2, all other events 7-5-4-3-2-1.
- (d) In 7 lanes: Relays 16-12-10-8-6-4-2, all other events 8-6-5-4-3-2-1.
- (e) In 8 lanes: Relays 18-14-12-10-8-6-4-2, all other events 9-7-6-5-4-3-2-1.

- (5) **Mixed Meets**—When events of mixed classification, as Senior and Age Group, are included in the same meet, or if events do not meet standard distances, the LSC in charge shall establish the desired combination of values and publish it in the entry blank and meet information.
- (6) **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 between such swimmers; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second and third places shall be added and divided one-third, one-third and one-third, 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.
- (7) **Disqualifications**—When a relay team or individual swimmer is disqualified, the following places will move up accordingly and points awarded to conform to the new places. Consolation finalists may not receive championship final placing. Alternates may not receive consolation final placing.

**103.10. AWARDS**—(1) When two or more swimmers tie for any place, duplicate awards shall be given to each of such tied swimmers. In such cases no awards shall be given for the place or places immediately following the tied positions. If two tie for 1st place, no award for 2nd place; if three tie for 1st place, no awards for 2nd or 3rd, and so on.

### **103.11. CHANGE OF PROGRAM AND POSTPONEMENT**

- (1) The order of events, as laid down in the official program, 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, and then only to the extent of consolidating the heats.
- (2) The entry provisions and starting time of any event, meet or portion thereof shall stand as stated on entry blank (except as permitted under (3) below) and may not be changed to an earlier time or date unless written notice of such change is delivered to each affected swimmer or his coach. If mailed, such notice must be postmarked no later than the entry deadline date stated on entry blank, and if lack of time prohibits mail notification, each affected swimmer must voluntarily agree in writing that he or she has been notified and is in accord with such change. Any affected swimmer or his coach may and should file a written protest with the Referee prior to running of event or meet if they do not agree to such change in time or date.
- (3) **Postponement or Cancellation**
  - (a) If, prior to its commencement, unusual or severe weather conditions preclude the possibility of safely and effectively conducting a meet, the meet committee may cancel or postpone it.

### 103.11(3)(b)

- (b) Should a meet have actually commenced, and in the judgment of the Referee cannot safely and effectively continue because of unusual or severe weather conditions, or for some other compelling reason, the Referee, in his sole discretion, may suspend the meet or any particular event until conditions warrant continuance. If circumstances do not warrant continuance, the Referee may cancel the meet 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) 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 LSC Review Section for hearing under the provisions of Article 71.

### 103.12. COSTUME

- (1) **Design**—Swimmer's costume must be one-piece, non-transparent, and conform to the current concept of the appropriate. The Referee shall have authority to bar offenders from competition under this rule, until they appear properly costumed.
- (2) **Insignia**—No swimmer shall be allowed to wear the insignia and/or name of any club or organization which he is not entitled to represent in open competition. He shall be permitted to wear the insignia and/or name of the organization he represents and he may wear the insignia of National Federations or Organizing Committees for Olympic, World, Continental or Regional Championships.
- (3) **Advertising**
  - (a) In the competition venue or complex of all events conducted by and under the control of the Corporation or any LSC or division thereof, no swimsuit shall carry any visible marque or insignia in the form of advertising or any words or numbers (except design or trademarks of members or Organizing Committees for Olympic, World, Continental and Regional Championships) other than the trademark on technical equipment or clothing, that is in excess of 16 sq. cm. (2.48 sq. in.) in area. A trademark may be repeated provided a name is used only once on a suit. Offenders may be barred from competition under this rule, until they appear properly costumed.
  - (b) Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised under (3)(a) above, but the advertiser's name only may be used.

### 103.13. DISQUALIFICATIONS

- (1) A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.
- (2) The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his coach and inform him as to the reason for the disqualification.
- (3) Any swimmer who acts in an unsportsmanlike manner may be considered for disciplinary action, at the discretion of the Referee.



- (4) A swimmer must start and finish the race in his assigned lane.
- (5) Standing on the bottom during a race shall not disqualify a swimmer, but he must not leave the pool, or walk, or spring from the bottom.
- (6) Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- (7) After a race has started, any swimmer who enters the pool or course in the area in which the race is being conducted before all swimmers therein have completed the race shall be disqualified from his next scheduled competition in that day's session.
- (8) Dipping goggles in the water or splashing water on the competitor's face or body prior to his next event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
- (9) Should a foul endanger the chance of success of a swimmer, the Referee may allow him to swim in the next round, or should the foul occur in the final he may order it re-swum. In case of collusion to foul another swimmer, the Referee may, at his discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
- (10) Coaches having entrants in any event on the program shall not be allowed in the immediate starting area of swimming pools, which must be clearly marked, during the progress of any competition. Upon being apprised of a violation of this rule, it shall be the duty of the Referee to remove, or have such offender removed, immediately. Coaching of swimmers during the progress of an event shall not be permitted. It shall be permissible for coaches or others to signal intermediate times to a swimmer during competition, and this shall not be considered as "coaching".
- (11) No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during a race. Goggles can be worn, and rubdown oil applied if not considered excessive by the Referee.
- (12) For relay disqualifications, refer to 102.6(3).
- (13) The time and/or place 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 made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.

**103.14. PROTESTS**

- (1) Until final action is determined, results of any race conducted under protest, or of any protested race, shall not be announced, and no prizes for that race shall be awarded or scoring points allowed unless the protest is officially withdrawn.

## 103.14(2)

- (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 chairman (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 review section having jurisdiction for adjudication at the earliest possible time.
- (3) Protests against judgment decisions of starters, stroke, turn, place or relay takeoff judges can only be considered by the Referee of the meet, but he cannot overrule any such decision unless he has personally observed the alleged violation.
- (4) 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 protestor shall at that time file a written protest with the chairman of the LSC, or his representative, having jurisdiction over the event. If the LSC does not satisfactorily resolve the protest within ten (10) days, the protester may appeal in writing to the National Rules Chairman, within the next five (5) days, for final adjudication which shall then be binding on all parties.

## 103.15. OFFICIALS

- (1) All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the meet manager or director.
- (2) For all swimming meets, qualifying trials, or time trials there should be not less than the following officiating positions filled or approved by the LSC in authority. Except for Referee and timers as specified in 103.20, an individual may act in more than one capacity only when sufficient qualified officials are not available.
  - 1 Referee
  - 1 Starter
  - 3 Timers per lane
  - 1 Clerk of Course
  - 2 Lane Place Judges per lane or 2 Across-the-Board Place Judges
  - 2 Stroke Judges and 2 Turn Judges or 2 Stroke & Turn Judges
  - 2 Recorders
  - 2 Scorers
  - 1 Recorder of Records
  - 1 Announcer
  - Automatic Equipment Operators (as needed)
- (3) When automatic officiating equipment is used in any competition, the placings and times so determined shall have precedence over the decisions of human judges and timers as outlined in 103.24(4). In case of malfunction, secondary information from a manual-electronic timing and judging device with one or more officials per lane or the prescribed ballot system of humans shall be used and integrated with primary information as outlined in 103.24.

**103.16. REFEREE**

- (1) 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 which he has personally observed; shall also disqualify a swimmer(s) for any violations of the rules that he personally observes and shall at the same time raise one hand overhead with open palm. If he does not make such a signal there shall be no penalty.
- (2) Shall signal the starter that all officials are in position, that the course is clear, and that the competition can begin, before each race; shall assign marshals with specific instructions.
- (3) Shall have authority to intercede in a competition at any stage, to ensure that the racing conditions are observed.
- (4) For LSC and local records only, may assign three (3) additional official timers on request to record a record attempt at initial distances in accordance with 108.2(5)(d).
- (5) When automatic or manual-electronic officiating equipment is used and an apparent malfunction occurs it shall be his responsibility to make an immediate investigation to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.
- (6) He may at his discretion prohibit the use of any bell, siren, horn or other artificial noisemaker during the meet.
- (7) Refer to 103.14 concerning protests.

**103.17. STARTER****(1) Preparation**

- (a) Shall be provided with starting gun of at least .22 caliber, or approved starting device.
- (b) Shall station himself within ten feet of starting end of pool at a point where gun flash is clearly visible to timers and gun report easily heard by starting swimmers.
- (c) Upon signal from Referee, assumes full control of swimmers until a fair start has been achieved.
- (d) Notifies swimmers of the distance, the event and the point at which a warning shot will be given, if applicable.
- (e) Notifies relay swimmers that all but the last swimmer must leave the pool immediately upon completion of their leg.
- (f) **Optional instructions**  
Stroke(s) to be used and the order of swimming them.  
Number of pool lengths to be swum.  
May advise heat when a swimmer is attempting a time at an initial distance.
- (g) Starting rules may be modified by the Referee to adapt them for handicapped swimmers.

## 103.17(1)(g)

**Note:** If an electronic horn start and underwater sound recall device are available, they may replace the gun start and recall device herein.

### (2) **The Short Course Start**

- (a) On receiving clearance from the Referee, (for all events except backstroke and medley relay) directs swimmers to step onto the starting block or platform and assume a position with at least one foot at the front of the block before the command "take your mark". Refer to 102.3(1)(a) for backstroke start.
- (b) Directs swimmers to "take your mark", to which they must respond at once by assuming a starting position. Sufficient time should follow the direction to "take your mark" to enable swimmers to assume a starting position, but no swimmer shall be in motion immediately before the starting signal is given.
- (c) When all swimmers are motionless in starting position, gives starting signal.
- (d) If, in his opinion, a false start has been committed, the starter shall give a signal to recall the swimmers. With the concurrence of the Deck Referee, the false start shall be called on the individual(s). Any swimmer who commits or causes a false start shall be disqualified and shall not be permitted to swim the event. This rule shall not apply to U.S. Swimming international events or to the Trials for Pan American, World Championship or Olympic teams, where current FINA false start rules shall apply.

### (3) **The Long Course Start**

- (a) On receiving clearance signal from Referee, (for all events except backstroke and medley relay) directs swimmers to step onto the back surface of the starting block or platform and remain there. Refer to 102.3(1)(b) for the backstroke start.
  - (b) Directs swimmers to "take your mark", to which they must immediately respond by assuming a starting position at the front of the starting block. The feet may be placed in any desired position. Sufficient time should follow "take your mark" to enable swimmers to assume starting positions, but no swimmer shall be in motion immediately before the starting signal is given.
  - (c) When all swimmers are motionless in starting position, gives starting signal.
  - (d) If, in his opinion, a false start has been committed, the starter shall give a signal to recall the swimmers. With the concurrence of the Deck Referee, the false start shall be called on the individual(s). Any swimmer who commits or causes a false start shall be disqualified and shall not be permitted to swim the event. This rule shall not apply to U.S. Swimming international events or to the Trials for Pan American, World Championship or Olympic teams, where current FINA false start rules shall apply.
- (4) **Deliberate Delay or Misconduct**—Any swimmer, after stepping on the block or upon taking a starting position, who delays the start by entering the water or who willfully disobeys an order at the start, or

for any other misconduct taking place at the start, can be disqualified from the event by the starter with the concurrence of the Referee. Such disqualification shall not be a false start.

(5) **False Starts**

- (a) A swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command "take your mark" shall be charged with a false start.
  - (b) All swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that the starter may, at his discretion, relieve a swimmer who has false started because of the action or movement of another competitor, of the responsibility for the false start and charge it only to the offender. (Note exception for "Deliberate Delay or Misconduct.")
  - (c) When a swimmer false starts before the starting signal is given, the starter shall immediately release all other swimmers with the command "Stand Up". Any swimmer so released may stand up or step off the block. Any swimmer who enters the water (or backstroker who leaves the starting area) shall be charged with a false start, except that the starter may relieve a swimmer who would otherwise be charged with a false start if the starter believes that it was caused by the swimmer's reaction to the command.
  - (d) When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then indicate the swimmer(s), if any, to be charged with a false start.
  - (e) In backstroke or medley relay the starter may charge a false start to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.
  - (f) A swimmer shall not be disqualified for an illegal starting position at the start if the starter has permitted the race to proceed without recall. Enforcement of the correct starting position is the responsibility of the starter, who may impose the appropriate penalty for violation before the race.
  - (g) A swimmer who fails to appear at the starting platform in time for the initial start shall be disqualified.
- (6) **Warning Signal**—In all events 400 yards or meters or longer except the individual medley and relays, he shall sound a warning signal as near to the leading swimmer as possible when he has two lengths plus five yards (or meters) to swim to finish.

**103.18. RECALL STARTER**—When using automatic officiating equipment which is started by the starter's gun, either the starter or an assigned recall starter shall immediately discharge a gun or other loud sound device if the automatic equipment is not properly functioning on the starting report or if a false start has been called. The position of the recall starter shall be made known to the swimmers. He may also be

assigned to assist the starter in any desired manner. A recall starter is mandatory in United States Swimming Championships.

**103.19. JUDGES**—Shall have jurisdiction over the swimmers immediately after the race has begun.

- (1) **Chief**—Assignment as chief of any judging category is subject to the discretion of the committee charged with officiating assignments. An overall "Chief Judge" may assign and supervise the activities of all stroke, turn, place and take-off judges and may report their decisions, or if desired any judging category may have a designated "Chief". Any "Chief" may act as liaison for his judges and may himself serve simultaneously in one of the judging positions and he shall assign those judges within his category.
- (2) **Lane Place Judge**—It is not the responsibility of the lane place judge to determine if the finish touch meets the requirements of the appropriate stroke rule.
  - (a) Two lane place judges shall be stationed at the finish of each lane. Each shall activate a separate switch recording the finish of their lane swimmer, and each recorded impulse shall constitute their placement ballot. If only one such recorded placement decision per lane is possible with the available equipment, either a visual judge shall be assigned to each lane or an across-the-board place judge shall be assigned to provide the second ballot decision.
- (3) **Across-the-Board Place Judge**—When limited personnel prevents assignment of lane place judges, two across-the-board judges, one on each side of the course, can be stationed near the finish and each shall judge the order of finish of all swimmers. Should both agree on all lanes, that shall be the official placement. If they disagree, the Modified Ballot System 103.23(2) shall prevail. An across-the-board judge may record a tie if a place distinction cannot be made. He shall award each swimmer the highest place that may have been attained.
- (4) **Stroke Judge**—Shall operate on both sides of the pool, preferably walking abreast of 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, the swimmer's name and the infraction.
- (5) **Turn Judge**—Shall operate on both ends of the pool; shall ensure that when turning or finishing the swimmer complies with the turning and finishing rules applicable to the stroke used; and shall report any violations to the Referee on signed slips detailing the event, the heat number, lane number, the swimmer's name and infraction observed.
- (6) **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 insure that all swimmers shall have fair, equitable, and uniform conditions of judging.

- (7) **Relay Take-Off Judge**—Shall station himself (after the first swimmer) alongside the starting swimmer so that he can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as they leave the starting platform, and he shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.

When automatic relay take-off judging equipment is available and in use, take-off judges will be assigned to each lane and stationed as described above. A team will only be disqualified when there is dual confirmation of an illegal take-off (i.e., visual and automatic equipment).

- (8) **Infraction Signal**—Upon observing an infraction within his jurisdiction, the Referee, stroke, turn, or relay take-off judge shall immediately raise one hand overhead with open palm. If the official does not do so, there shall be no penalty.

**Note:** Does not apply to relay take-off judges in national championships.

**103.20. TIMERS**—In any race not timed with automatic or semi-automatic equipment (as provided in 103.24) the time for each competitor shall be taken by three timers stationed at or close to the finish. Each timer operates a manual watch (i.e., any hand-held mechanical or electronic timing device) that is both started and stopped by the timer as described below. These three timers are the official lane timers and their times must be individually recorded to determine the official time on the lane. Alternate or chief timers may substitute for an official lane timer only in the event of failure of a watch or its operator. **No official lane timer may simultaneously determine time and place under any circumstances.**

**(1) Chief Timer**

- (a) Assignment of official lane timers to their lanes shall be subject to the direction of the chief timer.
- (b) The chief timer shall be responsible for delivery to the recorders of all official times as recorded by the head lane timers, including the times of disqualified swimmers.

- (2) **Head Lane Timer**—The chief timer designates one timer on each lane as the head lane timer. The head lane timer shall be responsible for the following

- (a) Determination that the proper swimmer is in his lane.
- (b) Determination of and recording of all manual watch times.
- (c) Assignment of one timer to take relay splits, and initial distance times.
- (d) Determination of and reporting if the swimmer has delayed in touching or has missed the finish touch pad of an automatic timing device.

### 103.20(3)

- (3) **Official Lane Timers**—The three timers shall be placed directly over their assigned lane at the finish.
- (a) Each timer shall look at the starter's gun and start his watch at the instant of the flash or smoke. If an electronic sounding device is used, the watch shall be started by the flash of a strobe light, when available, or by sound.
  - (b) All watches shall be stopped immediately when in the opinion of the timer any part of the swimmer's body touches the solid end of the pool or course.
  - (c) Unless explicitly authorized by the chief judge under 103.18(5), it is not the responsibility of the lane timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule.
  - (d) All lane timers shall promptly report their times to the head lane timer or the designated recorder; present their watches for inspection, if requested, and shall not clear them until given the "clear watches" by the Referee.
  - (e) The time of each watch is recorded on the lane timer's card, and the official time established as described below.
  - (f) Split times may be taken during a race by one of the lane timers upon request of the chief timer. The split hand (or function button) shall be stopped when any part of the swimmer's body touches the solid end of the pool or course. Split times shall be recorded on the lane timer's card.
  - (g) For LSC and local records only, unless prohibited by the LSC, the Referee, if requested for the purposes of recording a record attempt at an initial distance for an individual event or for the lead-off leg of a relay, may for any lane
    - (i) Permit the use of the split function button of digital manual watches where all three official lane timers on the lane are using digital watches with split function, or
    - (ii) Assign three (3) additional official timers to the lane to time the record attempt.
- Performances in this category require the swimmer(s) to complete the full distance of the scheduled event. No time recorded by a mechanical split hand can be used for records.
- (4) **Alternate Timer**—There shall be at least one alternate timer who shall start his watch on every race with the starting signal, and whose time shall be used only to substitute in the event of failure of an official lane timer's watch or its operator.
- (5) **Watch Reading**—When reading a dial watch it is to be held so that the hand of the watch is in a 12 o'clock position. When the hand is not exactly centered on a mark, it shall be considered to be in the space between the marks and the reading shall be that of the following mark.
- (a) If all manual watches on all lanes provide digital displays to a resolution of 0.01 seconds the times shall be recorded as displayed to the hundredths of a second.



- (b) If the manual timing in any lane is by a mixture of dial and digital watches, the dial watches shall be read as described above and the time on the digital watches in all lanes shall be rounded up to the next full tenth whenever there is one-hundredth or more. (Example: 51.11 is recorded as 51.20.)
- (6) **Official Time Determination**—Following proper watch reading and recording as described above for each lane:
  - (a) If the times of two of the three watches agree, that time shall be the official time.
  - (b) If all three watches disagree, the time of the intermediate watch shall be the official time.
  - (c) If, because of the failure of a watch or its operator, times from only two watches are available, the official time shall be the average of those two watches. When dial watches are in use and the times rounded to the next slowest tenth as described in (5)(b), the official time shall be the average of those two watches in hundredths of a second. When the watches are read to the hundredth of a second, as described in (5)(a), any average resulting in thousandths of a second shall be rounded up to the next slowest hundredth of a second.
  - (d) If the official time is registered in tenths of a second, a zero shall be added and the official time recorded in hundredths of a second (two decimal places) for all purposes. (Example: 56.4 is recorded 56.40.)

#### 103.21. CLERK OF COURSE

- (1) The clerk of course shall be provided with an area clearly marked "Clerk of Course" where all swimmers must report as soon as their event is called.
- (2) He 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.
- (3) All scratches which have occurred after the printing of the heat sheet shall be reported to the clerk of course and he shall notify the Referee and scoring desk in writing of the failure of any swimmer to report.
- (4) He shall notify each swimmer to wait behind or adjacent to the starting position until the starter takes over control of the race and if they leave the area it will be their responsibility to return in time for their heat or event.

**103.22. MARSHALS**—Shall have full police charge of the immediate starting area, the sides of the course and the finish. They shall take positions as instructed by the Referee and maintain stillness in the rear of the starting platform, and at each start prevent spectators or swimmers from crowding in on the course. They shall maintain order among competitors, spectators, officials, and coaches and shall have authority to remove from the vicinity of the competition anyone using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

## 103.23

**103.23. SCORERS**—Shall receive from the recorders the order of finish in timed finals, or consolation finals and championship finals for each event. They shall compile team and high-point scores as applicable.

### (1) **Ballot System**

- (a) In any race not timed with automatic officiating equipment (as provided in 103.24), the combined duties of the lane place judges and the lane timers shall be to determine placement and official times of the swimmers. Two lane-place judges and three timers shall be assigned to each lane.
- (b) The chief judge shall be responsible for delivery of the lane place judge's cards to the scoring table where the scorers record the appropriate ballot value, including the ballots of disqualified swimmers, on the basis of one for first place selection, two for second, three for third, four for fourth, five for fifth, six for sixth, seven for seventh, eight for eighth. There are two sets of lane place judges and thus two ballots per lane for place.
- (c) The chief timer shall be responsible for delivery of all the official times (including the time of disqualified swimmers) to the scorers who shall list them in numerical order beginning with the fastest official time per lane. This is for the purpose of assigning ballot values to each lane time. The fastest lane receives a ballot value of 1, the next fastest a value of 2, etc. For identical times, equal ballot values are recorded, with the same progressive numerical assignment; i.e., swimmers A,B,C, record identical time of 58.47 while swimmer D records time 59.05. Swimmers A,B,C, receive ballot values of 1 and swimmer D a value of 2. Should swimmers E and F (same race) have identical times of 60.00 they would each be assigned ballot values of 3, and continuing in this manner.
- (d) The scorers shall then eliminate disqualified swimmers and determine the order of finish of all swimmers in any heat or final event by adding the numerical value of three ballots for each lane. The lane (swimmer) having the lowest numerical total shall be declared the winner, the second lowest shall be second, etc. If these totals result in a tie for any place in a final race, no further attempt shall be made to resolve the tie.
- (e) In preliminary heats, in no case may a swimmer with a faster time displace another who placed ahead of him within a heat according to the ballot system. If this situation results in disputed qualifications, the swimmers tied with or within the disputed times shall swim off the event within 45 minutes after the last heat or any event in which any one of the swimmers is competing in that session. The ballot system must be used to determine the qualifier(s) for the finals except when completely automatic officiating equipment is used and is properly functioning. The official time for the qualifier shall be the time set in the original preliminary heat.

- (2) **Modified Ballot System**—When two across-the-board place judges are used instead of lane place judges:
- (a) Value will be assigned to each time and place decision as prescribed under the ballot system.
  - (b) If any two of the three ballots for a contestant agree, that shall be the official place for that contestant.
  - (c) If all three ballots disagree, the Referee or his designate will evaluate all information and then determine the order of finish.
- (3) **Place Judging**—The unanimous decision of the two (2) lane place judges as to placement takes precedence over official time in determining the order of finish in a race except where automatic equipment is used as outlined below.

**103.24. AUTOMATIC OFFICIATING EQUIPMENT**—No swimmer must ever be required to reswim a race due to equipment failure that results in unrecorded or inaccurate time or place results. Automatic and manual electronic equipment shall be backed up by any available equipment and/or human officials.

In any meet in which automatic electronic equipment is used, the following practices and procedures shall apply. No time may be used unless it is the official time using the procedures of this section. Split times recorded to the hundredths of a second by completely automatic equipment shall be acceptable for all purposes including records and qualifying times, provided that the swimmer completes the full scheduled distance of the event.

(1) **Description of Equipment**

- (a) **Automatic**—Timing that is started automatically by a gun or horn start and is stopped at the finish of the race by the swimmer's touch.
  - (b) **Manual-Electronic**—Timing that is started by a common start to all lanes (either manual or with a fixed-delay from the start signal, set to be equal to the manual delay at the finish). The finish is recorded by buttons pushed by timers at the finish touch of the swimmer. This timing may be a primary system if there are three (3) buttons per lane, each operated by a separate timer. A secondary system may use one (1), two (2), or three (3) buttons.
- (2) **Resolution (Timing Accuracy)**—Timing is recorded to hundredths of a second. Any digits representing thousandths shall be dropped with no rounding-off. Identical times to the hundredth shall be ties, with swim-offs as required, to determine qualifiers or alternates for consolation or final heats.
- (3) **Equipment Location**—The automatic equipment operators shall have an unobstructed view of the finish of the course.
- (4) **Secondary Requirements**—It is required that the secondary system have a minimum of one (1) timer per lane. There must be at least one (1) manual watch per lane. If the secondary system is manual-electronic, the manual watches become a third system (a backup).

## 103.24(4)

**Note:** An individual may simultaneously operate two dissimilar devices (one watch/one button), but not two similar devices (two watches or two buttons).

### (5) Comparison and Ranking Procedures

- (a) **Placement and Ranking**—When completely automatic or three (3) button manual electronic equipment is used as the primary timing, the placement and ranking of the swimmers shall be by integration of official times. The decision of human judges shall not be used for placement.
- (b) **Primary**—All primary times which are free of malfunctions shall be the official times.
- (c) **Secondary**—If there exists a time difference of .3 seconds or more (after correcting for a system timing error as described below, if required) between the primary and secondary (or backup) time in a given lane, a potential malfunction exists. If this potential malfunction is confirmed by other data such as; other watches or buttons in that lane; visual observation by equipment operators; or placement data by officials, the official lane time is the secondary time (after applying any required system timing errors).
- (d) **Secondary System Timing Error**
- (i) **Determination**—A secondary system timing error exists if all of the secondary times are faster (or all slower) than the primary times.
- (ii) **Calculation**—The secondary system timing error is the simple average of the valid time difference between the primary and secondary times of the individual swimmers in a given heat. Any digits past hundredths are dropped with no rounding-off. This average is used to add (or subtract if appropriate) from the secondary time of a swimmer not having a valid primary time, to find that swimmer's official time. This time is then used for ranking and placing. (See the following example of actual data)

#### Example:

#### 3-Button Manual Start Secondary

Lane	Primary	Fast	Middle	Slow	Official
1	52.21	52.07	52.12	52.14	52.21
2	52.18	51.91	52.01	52.06	52.18
3	51.05	50.97	51.00	51.01	51.05
4	51.04	50.78	50.88	50.93	51.04
5	51.86	51.30	51.35	51.38	51.46
6	51.65	51.56	51.57	51.59	51.65
7	52.27	52.13	52.13	52.18	52.27
8	51.87	51.58	51.75	51.89	51.87

$$\text{Secondary System Error} = \frac{.09 + .17 + .05 + .16 + .08 + .14 + 12}{7} = .11 \text{ sec.}$$

$$\text{Official Secondary Time (Lane 5)} = 51.35 + .11 = 51.46$$

- (e) **Primary System Timing Error**—When, through a start or other malfunction the primary system has a substantial and systematic error affecting the times of all lanes (but the relative order of finish is accurate) the determination of this error is made by comparison with accurate timing information (usually the lane manual watch times). This comparison and determination is done in the same manner as in the secondary system error calculations. The primary time for all swimmers is determined by adding (or subtracting if appropriate) this system error to the time of each swimmer in the heat. This preserves the order of finish, the relative time of each swimmer in the heat, and the accurate times of the full heat, so that integration and comparison with swimmers in other heats results in fair placement for all swimmers.

**103.25. ANNOUNCER**—Before the start of each event he shall announce the number of heats and the method of qualifying. At the start of each heat he shall announce the lane, the name of each swimmer and club affiliation or if unattached. Promptly after the finish of each event he shall announce the results as given him by the recorders. He shall make any other announcements as requested by the Referee, the clerk or the management.

**103.26. RECORDER OF RECORDS**—Shall obtain from the official recorders all times made in each event, including preliminaries and finals, shall have proper application forms and shall duly process all record claims as set forth in Article 8.

**103.27. RECORDERS**—There shall be two (2) recorders and the number of assistants deemed necessary to receive and record all times and all disqualifications for all preliminaries, consolation finals and finals of each event, and to furnish all pertinent information to the recorder of records, scorers, press, T.V., announcer and meet secretary.

**103.28. DOCTOR**—A doctor should be available at all competitions in case of illness or injury.

**103.29. PRESS STEWARD**—Shall obtain from the clerk of course and the recorders the names of all swimmers in each event, the results of each finish with times or record performances, and keep the press and TV personnel thoroughly informed on all details of the competition during the meet.

**103.30. MEET DIRECTOR**—Is appointed by meet sponsor. Responsibilities include, but are not limited to: ordering awards; obtaining sanction; preparation of facility; arranging for personnel, equipment, and supplies necessary for meet operation; processing of entries; printing of programs; arranging for appropriate publicity and media coverage; preparing and distributing summary of results 14 days after meet; and filing of LSC report.

**103.31. SMOKING**—Smoking is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers, during the meet or during the warmup periods in connection with the meet.

#### **ARTICLE 4 RULES FOR CONDUCT OF NATIONAL SWIMMING CHAMPIONSHIPS**

**104.1. GENERAL**—National Swimming Championships shall consist of a Senior Class and a Junior Class.

**104.2. SENIOR CLASS**—The United States Swimming Championship meets shall be governed and conducted by the Senior Division. All registered swimmers who have met the qualifying time standard for a specific event(s) are eligible to participate.

If the following U.S. Swimming team selection Trials are held in conjunction with the United States Swimming National Championships, only United States citizens eligible to make such teams will be allowed to enter: Pan American Games Trials, Pan Pacific Games Trials, World Championship Trials, Olympic Games Trials.

**104.3. JUNIOR CLASS**—The United States Swimming Junior Olympic Championship meets shall be governed and conducted by the Senior Division.

- (1) All registered swimmers, 18 years of age and under, who have met the qualifying time standard for a specific event, are eligible to participate; however, any swimmer who has been a contestant in an individual event in any U.S. Swimming Championship/Senior, NCAA Division 1 Championship, U.S. Pan American Trials, U.S. Olympic Trials, U.S. World Championship Trials, or while representing the United States or any other country in any Pan American Games, Olympic Games or World Championships shall not be eligible to participate nor can their performance time(s), regardless of when such times were achieved, be used to enter any relay team in any USS Junior Olympic Championship Meet.
- (2) The age of the swimmer on the first day of the Junior Olympic Championship competition shall govern for the entire meet.

**104.4. CONDUCT OF NATIONAL CHAMPIONSHIPS**—National championships will be conducted under the technical and administrative rules except as hereinafter specified. A general meeting of the Senior division, coaches, and meet officials shall be held prior to the first day's competition. The meeting date, time and location shall be included in the official meet information or entry form. Only business pertinent to the operation of that championship and to the conduct of its events shall be considered and finalized at this meeting by the Senior Division, and no changes shall be made thereafter. Changes may be effected in the conduct of the meet by the Senior division to fit the situation. Since such changes may be made it is the obligation of every entered athlete or his representative to be present at the meeting.

- (1) **Meet Director**—The meet director shall carry out the wishes of the Senior division in regard to the conduct of the meet.

# APPENDIX A

## UNITED STATES MASTERS SWIMMING, INC.

**Note:** This appendix is the responsibility of the United States Masters Swimming Committee, and is inserted in this Code by agreement between United States Swimming and United States Masters Swimming.

### DEFINITIONS

**Association**—a group of athletic clubs in a certain geographic area which has been recognized as an affiliated subsidiary member of USMS (Appendix C).

**Club**—any organization or group of permanent character that actively promotes and/or participates in sports or games.

**District**—the geographic territory of an Association.

**Zone**—a geographic section of the country that includes all Associations within the area. There are seven zones divided as follows:

**Colonies**—Adirondack, Connecticut, Maine, Maryland, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia

**Cow & Oil**—Arkansas, Border, Gulf, Oklahoma, South Texas, Southwestern, West Texas

**Dixie**—Florida Gold Coast, Florida, Georgia, North Carolina, South Carolina, Southeastern, Southern

**Breadbasket**—Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Ozark, South Dakota

**Heartland**—Allegheny Mountain, Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia, Wisconsin

**Continental Divide**—Arizona, Colorado, Montana, New Mexico, Utah, Wyoming

**Oceana**—Alaska, Central California, Hawaiian Island Empire, Oregon, Pacific, Pacific NW, Snake River, Southern Pacific, Pacific SW

**LSC**—Local Swimming Committee; a division of United States Swimming, Inc., with supervisory responsibilities within the geographic territory of an Association.

**LMSC**—Local Masters Swimming Committee; a division of United States Masters Swimming, Inc., with supervisory responsibilities within the geographic territory of an Association.

**LDMSC**—Long Distance Masters Swimming Committee, the Masters section of the Long Distance Committee of USS.

**USMS**—United States Masters Swimming, Inc., the entire national organization.

**MSI**—Masters Swimming International

**USS**—United States Swimming, Inc., the entire national organization.

**FINA**—Federation Internationale de Natation Amateur, the world governing body for swimming, diving, water polo and synchronized swimming.

**Closed Competition**—Competition open only to the members of one organization or group.

**Event**—Any race or series of races in a given stroke and distance.

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

**Meet**—a series of events held under a single sanction within ten consecutive days.

**Open Competition**—Competition which any qualified club, organization or individual may enter.

**Timed Finals**—Competition in which only heats are swum and final placings are determined by the times performed in the heats.

**Registration**—refers to the registration of an individual member of the Corporation deemed eligible for competition in Masters swimming (25 years of age and older).

**Sanction**—the written approval of an LMSC to authorize registered Masters swimmers to participate in a specific competition, demonstration, clinic, exhibition or Swim-A-Thon.

## **I. OBJECTIVES OF UNITED STATES MASTERS SWIMMING PROGRAMS**

- (A) To offer the opportunity to continue conditioning or reinstitute conditioning in those adults who were formerly athletes or swimming enthusiasts.
- (B) To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
- (C) To offer encouragement to individuals, clubs, organizations, and communities, medical societies, and higher educational institutions.
- (D) To enhance fellowship amongst participants in masters programs.
- (E) To stimulate interest in masters programs at all levels of involvement — physical educators, clubs, organizations, recreation directors, communities medical societies, and higher educational institutions.
- (F) To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

## **II. GOALS OF UNITED STATES MASTERS SWIMMING PROGRAMS**

- (A) To outline safe masters programs in swimming for individuals 25 years of age or over, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and "medical wellness" of proposed participants.
- (B) To propose proper swim training for older age groups.
- (C) To consider programs which will provide goals toward which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
- (D) To set up proper age and ability groupings in the establishment of masters swimming programs, with well-planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.



- (E) To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized otherwise).
- (F) To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present programs in these areas.

### **III. CODE OF REGULATIONS OF THE UNITED STATES MASTERS SWIMMING COMMITTEE**

#### **(A) Membership**

- (1) The membership of the United States Masters Swimming Committee, hereinafter sometimes referred to as the Corporation, shall consist of two classes: group members and individual members.
- (2) Group members are swimming clubs with master swimmers, and any other organizations interested in masters swimming. Every swimming club which competes in masters swimming competition sponsored by the Corporation shall be members of the respective Local Masters Swimming Committee (LMSC) and/or the Corporation.
- (3) Individual members are those individuals who register with the Corporation.
- (4) All members of the Board of Governors and Board of Directors, and all members of any committee of the Corporation must hold an individual membership in the Corporation.

#### **(B) Board of Governors**

- (1) The Board of Governors of the Corporation shall consist of the following:
  - (a) Each LMSC is entitled to one member, and if the LMSC has a registration of over 300 swimmers in masters swimming it is entitled to one additional member, and for each additional 500 registered swimmers, one or more member. Figures shall be determined by the records of the Registrar for the previous year or June 15th of the current year, whichever is the greater.
  - (b) All members of the Rules Committee and the chairman of any other committee appointed by the President shall be at-large members if not already members.
  - (c) The President of the Corporation shall be empowered to appoint up to ten percent of the total membership of the Board of Governors as at-large members of the Board of Governors.
  - (d) All members of the Board of Governors shall remain until their successors are selected, except that membership may be terminated by resignation filed with the Secretary.
- (2) The powers of the Board of Governors shall be as follows:
  - (a) To admit to group membership or individual membership any organization or person eligible under this code and who applies.
  - (b) To prescribe and amend the code for the government of the Corporation.

- (c) To impose and enforce penalties for any violation of the code of the Corporation.
- (d) To call regular and special meetings of the Corporation and to fix the time and place for holding all meetings not fixed by this code.
- (e) To collect the dues and/or funds of the Corporation and to expend the same.
- (f) To institute, locate, conduct and manage all national championships.
- (g) To explain, define, and interpret any provisions of this code or other rules of the Corporation, including the rules of competition.

**(C) Meetings of the Board of Governors**

- (1) The annual meeting of the Board of Governors 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.
- (2) Special meetings of the Board of Governors may be held at any time, pursuant to a resolution of either the Board of Directors or the Board of Governors.
- (3) A written notice of all annual and special meetings of the Board of Governors, stating the time, place and preliminary agenda, shall be given to each member of the Board of Governors by mailing the same to each member's last known address at least three (3) weeks prior to the meeting date.
- (4) Each member of the Board of Governors shall have one vote on each matter submitted to the Board of Governors of the Corporation for his vote, consent, waiver, release or other action. There shall be no voting by proxy.
- (5) A quorum shall consist of those members of the Board of Governors present and voting.

**(D) Officers**

- (1) The elected officers of the Corporation shall be a President, a Vice-President, a Secretary and a Treasurer. No person may concurrently hold more than one of such offices.
- (2) All officers of the Corporation shall be elected by the members of the Board of Governors at annual meetings held in odd numbered years. Elected officers shall hold office for two years, or until their successors are elected and qualified.
- (3) Vacancies in any office of the Corporation may be filled for the expired term by the Board of Directors at any meeting of the Board of Directors.
- (4) The duties of the officers shall be as follows:
  - (a) The President orders meetings of the Corporation as provided in the Code and presides at all meetings of the Corporation. He has the right to exercise all the duties pertaining to this office in accordance with the Code. He is an ex-officio member of all committees.

- (b) The Vice-President has duties as assigned to him by the President and has all the powers and performs the duties of the President if he is unable or incapable of performing such duties.
- (c) The Secretary shall make proper arrangements for:
  - (i) Keeping the records of the Corporation and the Board of Governors.
  - (ii) Conducting all official correspondence of the Corporation.
  - (iii) Issuing all official notices of all meetings of the Board of Governors and Board of Directors.
  - (iv) Shall serve as Secretary of the Board of Governors and the Board of Directors.
- (d) The Treasurer shall:
  - (i) Receive all moneys of the Corporation and deposit same to accounts in the name of the Corporation.
  - (ii) Pay all bills approved by a duly authorized officer or by the Board of Governors, provided same is within the authorized current budget of the Corporation.
  - (iii) Turn over to the Finance Committee or Board of Governors when requested all money, accounts, books, papers, vouchers and records pertaining to his office for audit or other purposes.
  - (iv) Prepare an annual financial report to be presented to the Board of Governors at the annual meeting.
  - (v) Receive monthly moneys and statements.

**(E) Board of Directors**

- (1) The Board of Directors of this Corporation shall consist of:
  - (a) The President, the Vice-President, the Secretary and the Treasurer.
  - (b) Each member of the Zone Committee.
  - (c) Past Presidents not already on the Board.
  - (d) The Chairman of the following committees: Historian, Membership/Registration, Medicine, Rules, Records, Tabulation, Legislation, Planning, International Masters Swimming, Long Distance Swimming and Championship.
  - (e) The Legal advisor.
  - (f) An ex-officio member from U.S. Swimming.
- (2) Directors shall be elected or appointed for a two year term.
- (3) The Board of Directors of the Corporation shall at all times be composed of individuals at least 80% of whom are at the time of their election active masters swimmers in the United States.
- (4) Any vacancies that may occur on the Board of Directors caused by death, resignation or otherwise, shall be filled by a majority vote of the remaining members thereof, from among the members of the Board of Governors for the unexpired term.
- (5) The Board of Directors shall have the authority to act for the Corporation between meetings of the Board of Governors.

- (6) Meetings of the Board of Directors shall be held at any time or place, within or without the State of Ohio, pursuant to resolution of the Board of Directors or to a call signed by the President or any three Directors. Two (2) weeks written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing either before or after 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.
- (7) The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors.
- (8) Each member of the Board of Directors shall have one vote with the exception of the Past Presidents. The immediate Past President shall have one vote and all other Past Presidents shall be ex-officio members. Ex-officio members shall have voice but no vote.

**(F) Executive Committee**

- (1) The Executive Committee of this Corporation shall consist of:
  - (a) The President, Vice President, Secretary and Treasurer
  - (b) Zone Chairman
  - (c) The Legal Advisor
  - (d) The immediate Past President
- (2) The Executive Committee shall have the authority to act for the Corporation between meetings of the Board of Directors.

**(G) Committees**

- (1) The Finance Committee shall consist of the Treasurer, who shall serve as an ex-officio member, and members including a chair appointed by the President for two-year terms. With the approval of the Board of Governors and under the supervision of the Board of Directors, the Finance Committee shall prepare the annual budget, invest assets of the Corporation and seek sources of revenue.
- (2) The Sports Medicine Committee shall consist of the chairman appointed by the President for a two-year term, and others who can stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.
- (3) The Rules Committee chairman shall be appointed by the President for a two-year term. The chairman shall choose from the Board of Governors 10 members with at least 1 member from each Zone. The Rules committee recommends to the Board of Governors at its Annual Meeting rule changes for the improvement of the sport. Such recommendations shall be based on proposals submitted to the Rules Committee in writing and in the proper form by the deadline established by

the chairman of the Rules Committee. The committee's recommendations shall require majority approval by the Board of Governors members present and voting at the Annual Meeting in order to be adopted. Any rule proposals not submitted and recommended in this way must be passed by a two-thirds vote of the Board of Governors at the annual meeting.

- (4) The Records Committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committee appointed by the Chairman. The duties of this committee are to establish a standardized process of recording and verifying times. Records shall be kept in the following categories.
  - (a) American USMS Records
  - (b) Open USMS Records
  - (c) USMS National Championship Meet Records
- (5) The Tabulation committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committees appointed by the chairmen. The ten best times in each event shall be published annually.
- (6) The Championship Committee shall consist of the chairman, appointed by the President for a two-year term, and one member from each of the zones, a representative of the Sports Medicine Committee, and any other members the chairman shall deem necessary to carry out the work of the committee. Duties of the committee include receiving bid proposals for national championships, coordinating the date and site with other national swimming championships, and reviewing the bids and making recommendations for the award to the Board of Directors. In addition the Championship Committee shall serve in an advisory capacity to the winners of the bids for each championship and shall endeavor to maintain a consistent approach to the running of all national championships, including the production of pre-meet and post-meet literature and results.
- (7) The Nominating Committee shall be the Zone Committee. They will a) canvas qualified and interested persons, b) present a slate at least one month before the Annual Meeting. Additional nominees will be accepted at the Annual Meeting upon nomination of a person by two (2) delegates to the Board of Governors and with the written consent of the nominee(s).
- (8) The Membership/Registration committee shall consist of the chairman appointed by the President for a two year term and one member from each of the zones. Duties of the committee include preparing regulations and fees for Membership and Registration to present to the Board of Governors.
- (9) The Legislation Committee shall consist of the chairman, appointed by the president for a two-year term. The chairman

shall choose from the Board of Governors 14 members, with 2 members from each zone. The Legislation Committee may initiate and shall consider proposed amendments to all parts of the Code except those relating to Section V, Masters Swimming Rules, and shall present them to the annual meeting of the Board of Governors with recommendations.

- (10) The Planning Committee shall consist of the chairman, appointed by the president for a two-year term, one member from each of the zones, and the other members as may be appropriate. The committee will prepare and revise an appropriate and long range plan including short and long range objectives dealing with the vitality and quality of the organization, meet promotion, sponsorship and other concerns of interest to Masters Swimming. Such a plan would include guidelines and/or criteria that would be used in improving the administrative organization; organizing and conducting national and regional meets; soliciting, administering and evaluating the sources and uses of extramural support; and other appropriate matters.
- (11) The International Swimming Committee shall consist of the Chairman, appointed by the president for a two-year term, and other members as may be appropriate. The committee will encourage, promote and coordinate Masters swimming on an international basis, and shall be empowered to bid for MSI Championship Meets.
- (12) The Long Distance Masters Swimming Committee shall consist of a chairman appointed by the president for a 2 year term, plus one representative from each USMS zone and three at-large members. The chairman will be the USMS representative to the USS Long Distance Swimming Committee. Each LMSC is entitled to membership on the USS Long Distance Swimming Committee.
- (13) The Zone Committee shall consist of a representative from each zone elected by the members of the Board of Governors of each LMSC in each zone at the Annual Meeting for a two-year term. Zone representatives shall be a resident of their zone and a change of residency by a Zone Representative out of the Zone shall cause a vacancy. In the event a vacancy exists, the President shall appoint a member of the Zone to fill the unexpired term. The Zone Representatives shall select the chairman of the committee from within or without the committee. The committee shall carry out the responsibilities assigned to it by the 1) Policies of the Board of Governors, 2) the President, 3) the Code of USMS, and 4) the stated need of the LMSC's.
- (14) The President may establish any other committees which are deemed necessary to carry out the duties of the President.

(H) **Financial**

- (1) The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of September in each year.
- (2) The Treasurer shall prepare annual financial reports showing the income and disbursements of the Corporation which shall be similar to those reports required of nonprofit organizations by section 6056 of the Internal Revenue Code of 1954 (or corresponding provision of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.
- (3) Fees shall be as established by the Board of Governors.

(I) **Indemnification**

- (1) Each person who is or was a director, officer, or employee of the Corporation (including the heirs, executors, administrators, or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Nonprofit Corporation Law of the State of Ohio against any liability cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a director, officer or employee (including serving at the request of the Corporation as a director, trustee, officer, employee or agent of another corporation).
- (2) The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of the Article X, references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

(J) **Dissolution**

- (1) If deemed advisable by the members, the Corporation may be dissolved pursuant to the applicable provision of the Corporation laws of the State of Ohio.
- (2) Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall at Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

(K) **Appeals**

- (1) Review Section - The Review Section of United States Masters Swimming shall consist of the following:
  - (a) Registration chairman and each zone representative

- (2) Procedure - The Review Section shall follow the rules of due process as defined in the United States Swimming Code (Appendix D) and its actions shall be binding.
- (3) Appeal from Review Section - The appeal may be made to the Board of Directors of USMS.

**(L) Amendments**

- (1) These regulations may be adopted only by the affirmative majority vote of the members of the Board of Governors present and voting at the Annual Meeting after being submitted to the Board of Governors in writing by any one of the standing committees, or provided notice of any such change is submitted by the Board of Directors at least fifteen (15) days prior to such meeting. A two-thirds vote of the present and voting members of the Board of Governors shall be necessary for passage if the proposed regulation was not submitted in one of these ways.
- (2) An amendment may be proposed only by a local Masters Swimming Committee, a duly constituted committee or the board of Directors. All proposed amendments to Rules for Masters Swimming (Part V) shall be considered by the Rules Committee for report and recommendation to the Board of Governors, and all other proposed amendments to the Code shall be considered by the Legislation Committee for report and recommendation to the Board of Governors, in such form as to show the entire section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.
- (3) All proposed amendments to the Code other than Part V (Rules for Masters Swimming) shall be submitted to the chairman of the Legislation Committee not less than 75 days prior to the first day of the annual meeting of the Board of Governors.
- (4) All proposed amendments to Part V shall be submitted to the Rules Chairman not less than 90 days prior to the first day of the annual meeting of the Board of Governors.
- (5) A proposed amendment may be modified in any manner by the Board of Governors while under consideration, but such modification must be germane to the subject matter of the proposed amendment.
- (6) All proposed amendments to the United States Masters Swimming Code of Regulations and Rules for Masters Swimming shall be published and mailed to all members of the Board of Governors not less than one month prior to the annual meeting of the Board of Governors.
- (7) A majority of the members of the Board of Governors present at a legal meeting can alter, amend, or repeal the technical rules for Masters Swimming in Section V.
- (8) All amendments approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at time of adoption.



#### IV. ATHLETES AND ATHLETIC EVENTS

Refer to Appendix C for LMSC Territories and registration codes.

- (A) **Membership of athletes**—all swimmers competing in events sanctioned by Masters swimming must be registered.
- (1) Athlete registration is for a calendar year period. Swimmers applying for registration on or after Nov. 1 will be issued a registration card valid through Dec. 31 of the following year.
  - (2) Athlete registration forms may be obtained from the registration chairman of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the registration chairman of the LMSC, who shall issue a registration card.
  - (3) The annual registration fee is composed of the following elements:
    - (a) A national fee established by the Board of Directors or the Board of Governors.
    - (b) A local fee established by the LMSC.
- (B) **Sanctions**—All Masters Swimming and Long Distance Masters Swimming competition must be sanctioned by the LMSC within whose territorial limits the event is held.
- (1) Requirements
    - (a) No sanction of any event will be granted with the word "Olympic", or any derivative thereof, is used in any manner in connection with said event unless consent is obtained from USS.
    - (b) All sanctions must be signed by the LMSC's registration chairman or his designee, and a record thereof must be retained in a book kept for such purpose.
    - (c) The following clause will appear on all sanction application forms and on all forms upon which official sanctions are granted: "The undersigned agrees to hold United States Masters Swimming and the Local Masters Swimming Committee free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs."
    - (d) Application for sanctions must be accompanied by a copy of the entry blank and applicable fee.
    - (e) The sanction fee shall be as established by the LMSC.
    - (f) No further sanction will be given to any organization which has failed to conduct said meet as stated on the entry blank.
- (C) **Conditions**—All sanctioned events are subject to the following conditions:
- (1) No swimmer's entry will be accepted unless he is registered.
  - (2) The registration number of each swimmer must accompany the entry blank and his affiliation must be displayed after his name on the heat sheet or in the program.

- (3) Entry blanks and programs must bear the statement: "Held under the sanction of United States Masters Swimming, Inc.," and include an appropriate address for the LMSC.
- (D) **Competition Outside the United States**
- (1) A current USMS registration card shall serve as a valid travel permit.
  - (2) Any competitor touring in a foreign country may also obtain from the national Masters Swimming registration chairman or his designee, a written authoritative permission to compete in such country.
- (E) **Representation**
- (1) In order for a swimmer to compete as a representative of a club or other organization, that organization must be a member in good standing of the LMSC and United States Masters Swimming, Inc.
  - (2) A swimmer need not reside in the LMSC territory in which the club he represents is located but must be registered in that LMSC.
  - (3) To transfer representation from one club/organization to another, a swimmer must serve sixty (60) consecutive days without having represented any club/organization in competition, regardless of his residency.
  - (4) When transferring from one LMSC to another, a swimmer shall present a transfer from his previous LMSC indicating his last date of competition.
  - (5) An unattached competitor is a registered swimmer who represents no club or other organization.
  - (6) All applications for changes of registration (including transfers) must be accompanied by a reasonable fee to be determined by the local registration committee in the LMSC in which the swimmer will be registered after the change of registration.
  - (7) There shall be one registration per individual swimmer permitted at any one time.

## **V. RULES FOR MASTERS SWIMMING**

### **(A) Eligibility**

- (1) Masters competition is open to all USMS registered athletes 25 years of age and older.
- (2) Those swimmers registered for Masters meets 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 non-sanctioned or non-approved activities will not be recorded for official purposes and cannot be used for association rankings or national top ten, All-American status, or qualification times for USMS National meets if qualification times become necessary in the future.

- (B) **Age Groups**—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, and 90 and older for individual events; Relays, 25 and over, 35 and over, 45 and over, 55 and over, 65 and over, 75 and over.

**Note:** A 20-24 age group will be added at such time as this category is accepted by FINA.

- (C) **Age Determining Date**—The eligibility of a participant for a particular age group will be determined by his age as of the last day of the meet.
- (D) **Entry Fees**—Entry fees for local Masters events shall be set by the LMSC. Entry fees for regional championships cannot exceed fees specified for national championships in Section (H)(7). A surcharge of up to \$2.00 per swimmer may be charged to help defray costs when automatic timing is being used.
- (E) **Swimming Rules**—Articles 1, 2, and 3 of U.S. Swimming Technical Rules as amended to govern all Masters competitions with the following exceptions:
- (1) Times shall not be subject to the provisions of Article 8, as it concerns placement in such race.
  - (2) Times may be submitted for Masters records only.
  - (3) The breaststroke kick or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
  - (4) Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
  - (5) The forward start may be taken from the starting block, the pool deck or a push from the wall.
  - (6) Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet.
  - (7) All masters events shall be conducted on a timed final basis.
  - (8) Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
  - (9) Willing competitors may be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle. Such heats will be seeded by time, fastest first and these heats completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer.
  - (10) It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group shall not be seeded into outside lanes. They shall be moved in one lane, or given the center lane in the next slowest heat, whichever is the most appropriate placement.

(F) **Times**—The ten best times nationally in each division shall be published annually for the events listed under Section G below:

- (1) All times must be made in actual sanctioned USMS approved competitive meets or events.
- (2) Times to be considered for records and Top Ten listing must be made on or before the last day of the National Championship for that course and forwarded to the Masters Records Chairman within 35 days from the date of the last day of the National Championship for that course.
  - (a) Exception: If the national long course championship ends before Aug. 31, times to be considered for records and Top Ten listing for long course will be extended to and include the date of Aug. 31.
- (3) Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.
- (4) To be considered for Top Ten (National) or for Records (National): all relays must include the name of the registered swim club and the full name and age of each swimmer. For all individual events eligibility is based on current registered USMS swimmers as noted on the entry card and the results must contain the full name and age of each swimmer.
- (5) National records shall be published in the 1983 USS Rules and Regulations, and all subsequent USS rulebooks.

(G) **Events**—The following events may be conducted for each age group 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 yards Medley Relay
- 200 yards Freestyle Relay
- 200 yards Mixed Freestyle Relay (2 female and 2 male)
- 200 yards Mixed Medley Relay (2 female and 2 male)

Long Course (50 meters)

- 50-100-200-400-800-1500 meters Freestyle
- 50-100-200 meters Backstroke
- 50-100-200 meters Breaststroke

50-100-200 meters Butterfly  
200-400 meters Individual Medley  
200 meters Medley Relay  
200 meters Freestyle Relay  
200 meters Mixed Freestyle Relay (2 female and 2 male)  
200 meters Mixed Medley Relay (2 female and 2 male)

**Note:** It is not necessary to conduct all of the above events in meets. However, each age division should include the shorter distances (freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays).

#### (H) National Championship Meets

(Recommended for all Championship Meets when possible)

- (1) USMS Championships shall be awarded in the following categories:
  - (a) Men's and women's short course swimming championships, which shall be held between April 15 and May 31.
  - (a) Men's and women's long course swimming championships, which shall be held between August 1 and September 15.

**Note:** Check national junior and senior dates for conflict.

- (2) The official name shall be \_\_\_\_\_(insert year)\_\_\_\_\_ United States Masters Swimming National \_\_\_\_\_(insert Short or Long)\_\_\_\_\_ Course Championships.
- (3) Awarding of a Championship Meet.
  - (a) The USMS Championship Committee shall be responsible for the solicitation of bids in accordance with the zone rotation system hereinafter set forth, and shall present to the Board of Governors at the annual meeting held at least two years prior to the date being awarded a list of all approved bidders for each short and long course championship.
  - (b) Awarding of a Championship Meet.
    - (i) A National Championship shall be awarded only to an LMSC, or a team with the endorsement of the LMSC, which is in current good standing in USMS, Inc. In either event the facility to be used must be in accordance with the facility standards which have been adopted by USMS, Inc.
    - (ii) The Championship Committee shall provide a bidder with the appropriate bid documents, financial statements from previous championships, and all other information pertaining to the policies and procedures of running a Championship Meet.

- (iii) All bids for a Championship Meet shall be returned to the chairperson of the Championship Committee no less than 30 days prior to the annual meeting.
  - (iv) Prior to the annual meeting, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facility standards.
  - (v) At the annual meeting of the Board of Governors, those bids which are certified shall be presented. The awarding of the bid shall be made by majority vote of the Board of Governors.
  - (vi) In the event that suitable bids are not received from the designated zone 30 days prior to the annual meeting, then the chairperson of the Championship Committee shall notify all Zone Chairmen that bidding is open to all zones, provided the bids comply with paragraphs (i) and (ii) above, and are received prior to the start of the annual meeting of USMS, Inc.
  - (vii) Failure of the Championship Committee to receive a suitable bid from the proper zone shall negate the rotation system for that meet only, and shall not affect the future normal rotation.
  - (viii) While the procedures for awarding National Championships need to be clarified and followed whenever possible, it is in the best interest of Masters Swimming to rotate the awarding of National Championships. The Championship Committee shall have the right to override the procedures set forth above with the concurrence of the Board of Governors.
  - (ix) The Championship Committee shall provide such assistance and guidance necessary to provide for uniformity in Championship Meet production. Out of pocket expenses for services shall be reimbursed by the recipient of the bid.
  - (x) Successful bidders of National Championships will pay to United States Masters Swimming, Inc., prior to the beginning of the meet, a fee of \$2.00 per individual entrant in the meet. Upon compliance with the conditions set forth in the Meet Award, the sum of \$1.00 per entrant shall be returned. Non-compliance with said conditions, as determined by the championship committee within 60 days of the last day of the meet, shall result in forfeiture of part or all of this amount.
- (4) National Championships shall be awarded using the three zone system as set forth in Article 5, Section 105.6 of the Technical Rules of USS.

YEAR	ZONE I - WEST	ZONE II - CENTRAL	ZONE III - EAST
1985	—	SC	LC
1986	LC	—	SC
1987	SC	LC	—
1988	—	SC	LC
1989	LC	—	SC
1990	SC	LC	—
1991	—	SC	LC

- (5) Conduct of National Championships will be governed under the technical rules of USMS, Inc.
- (a) A general meeting of the Board of Governors, members of the Championship Committee, organizing personnel, interested officials, coaches, and swimmers shall be held the evening prior to the first day of the meet. The meeting date, time, and location shall be included in the official meet information. The Chairman of this meeting shall be the President of USMS, Inc. or his designee, and the governing body shall be the USMS, Inc. Board of Governors. Business pertinent to the operation of the championships 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. Since changes can be made, it is the obligation of every swimmer or his representative to arrive with enough time to complete his registration and to appraise himself of any changes which have been made. It shall be the Meet Director's responsibility to post in conspicuous places at the pool, registration area, and head-quarter's area notices of changes prior to the start of the first days' competition.
  - (b) Meet Director—shall follow the technical rules of USMS, Inc. and the policies and procedures established by the Championship Committee with regard to the planning for and executing the requirements of a Championship Meet.
  - (c) The entry form for both individual and relay events and meet information shall be prepared according to the direction of, and approved in advance of printing by, the Championship Committee. No other form may be used.
  - (d) Computerization—it is suggested that the organization conducting the championship shall compile entry lists, heat sheets, entry cards, and final results, by computer.
  - (e) Heat Sheets—listing heat and lane assignments for pre-seeded events and entry list by time (fastest to slowest) for deck-seeded events shall be made available to all swimmers at the time of registration.
  - (f) Warm-up Schedule—a list of times when the competition pool, and other facilities will be available for warm-up, will be provided in the pre-meet information.
  - (g) Protest Procedure
    - (i) Protests against judgment decisions of starters, stroke, turn, and relay takeoff judges, may only be considered by the referee of the meet.
    - (ii) Protests affecting the eligibility of an individual or a team 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, Registration Committee, and

Rules Committee, plus two swimmers selected from other than the host team by the other three panel members. 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. Opportunity shall be afforded both the party lodging the protest and the party charged a chance to be heard. The decision of the panel shall be final.

- (iii) Any protests made following the close of competition shall be directed to the chairperson of the Championship Committee for resolution.
- (h) The deadline for receipt of entries for National Championship Meets shall be not more than 30 days prior to the first day of competition.
- (i) Competitors may enter and swim in a maximum of 6 individual events in a four-day National Meet, with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet. Each team shall be limited to no more than three relays in each event in each age group. All competitors including members of relay teams must fill out and sign the appropriate entry form.
- (j) Seeding
  - (i) All events 200 yards/meters or less shall be pre-seeded, with fastest heats swum first within each age group.
  - (ii) If, in any group, there are not enough swimmers for a complete heat, all swimmers in that age group shall be seeded in adjacent lanes for pre-seeded events.
  - (iii) Events over 200 yards/meters except for the 1650 yards/1500 meters may be pre-seeded as in (i) above, or may be deck-seeded on time only, with the fastest times in the first heat, the second fastest times in the second heat, etc.
  - (iv) The 1650 yards/1500 meters freestyle shall be deck-seeded. On those occasions when only one pool is used for both men's and women's events, heats shall be apportioned and alternated by sex. Willing competitors shall be swum two to a lane when only one course (7, 8, 9, or 10 lanes) is available for the event. Such heats will be seeded by time, fastest first, and these heats completed before the heats with a single competitor per lane.
  - (v) At the option of the Meet Director, relays may be deck seeded.
  - (vi) All information regarding seeding must be stated on the entry form.



- (k) If more than one course is to be used in a National Championship Meet, then each course must have its own automatic timing system. When the depth of the course(s) varies, then male and female contestants shall share equal time in the deep end of the pool. Commencing with year 1983, women's events shall be scheduled in the deeper course on days one and three in odd years, and alternate every year thereafter. In the event that both courses are the same, then it shall not affect the rotation.
- (l) Entry fees for National Championships shall be \$3.00 for individual events and \$8.00 for relays. A \$10.00 surcharge may be charged to be used by the meet sponsor to help pay meet expenses. A banquet or social event may be conducted for an additional fee. Participation in this event is optional.
- (m) Four day program for Championship Meets (Women's events shall precede Men's events).

#### **Short Course**

##### **1st Day**

200 yd Back  
 100 yd Breast  
   50 yd Free  
 200 yd Fly  
 100 yd IM  
 200 yd Med Relay  
 500 yd Free

#### **Long Course**

200 mtr Back  
 100 mtr Breast  
   50 mtr Free  
 200 mtr Fly  
 200 mtr Med Relay  
 400 mtr Free

##### **2nd Day**

200 yd Breast  
 100 yd Fly  
   50 yd Back  
 100 yd Free  
 200 yd IM  
 200 yd Free Relay  
 200 yd Mixed Med  
   Relay

200 mtr Breast  
 100 mtr Fly  
   50 mtr Back  
 100 mtr Free  
 200 mtr IM  
 200 mtr Free Relay  
 200 mtr Mixed Med  
   Relay

##### **3rd Day**

200 yd Free  
   50 yd Breast  
 100 yd Back  
   50 yd Fly  
 400 yd IM  
 200 yd Mixed Free  
   Relay

200 mtr Free  
   50 mtr Breast  
 100 mtr Back  
   50 mtr Fly  
 400 mtr IM  
 200 mtr Mixed Free  
   Relay

##### **4th Day**

1650 yd Free

1500 mtr Free

- (n) 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. The number of awards given will be determined by the number of lanes used in the pool. Medal awards will be awarded one through six, and appropriate awards will be awarded seven and beyond.
  - (o) Each individual who wins a short course or long course individual or relay championship shall be awarded a USMS Championship patch. Swimmers winning more than one championship may purchase additional patches for each additional championship won.
  - (p) Team scoring will be tabulated in three categories: 1) WOMEN'S—women's individual and women's relay events; 2) MEN'S—men's individual and men's relay events; and 3) COMBINED—women's, men's and mixed relay events. USMS will provide team awards to the winners of the categories scored above. Meet results and team scores shall be published within thirty days of the last day of the meet, and distributed to members of the USMS Board of Directors, representatives of participating teams, and USMS top ten national recorders.
  - (q) There will be no splitting of age groups into AM and PM sessions. However, at the meet director's discretion, swimmers whose seed times will inordinately delay the progress of the meet may be seeded individually in an outside lane with mechanical timing, thus allowing the continued sequence of the regularly scheduled heats.
  - (r) USMS individual and club registration numbers must be submitted on all entry forms together with entry times. "No time" for swimming events and "Pending" for registration number will not be permitted.
  - (s) National Championship Meets will include and welcome foreign swimmers on the same basis as U.S. swimmers except that they may not qualify for USMS top ten and All-American awards.
  - (t) The Meet Director of each National Championship Meet shall submit a written evaluation to the chairperson of the Championship Committee within 90 days of the end of competition. This evaluation shall include a complete financial report, copies of meet information, entry forms, heat sheets, and final results, and any other information which may be helpful to future Meet Directors.
- (l) **Swimming Records**
- (1) Classification
    - (a) American USMS Record—The fastest time by a USMS registered swimmer in each event in USMS sanctioned or approved competition.

- (b) Open USMS Record—The fastest time by any swimmer in each event in USMS sanctioned competition.
  - (c) USMS National Championship Meet Record—The fastest time in each event at the SC and LC National Championship meets.
- (2) Recognized distances and strokes as listed in Section V (G).
- (3) Requirements
- (a) Records must be made in accordance with all pertinent rules of Masters Swimming.
  - (b) A record can only be made in still water.
  - (c) Records established by a swimmer in the first leg of a relay race shall be acceptable as individual performances provided that all applicable rules have been complied with.
  - (d) Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.
  - (e) Record must be achieved in the relevant stroke/event, i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.
  - (f) Split times recorded by completely automatic officiating equipment shall be official for all purposes provided the swimmer completes the full scheduled distance of the event.
  - (g) Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If times are tied to 100ths seconds, the results shall be declared a tie and records shared by each swimmer thus tied.
  - (h) When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted immediately following performance, with all supporting data, including official meet results, the primary printout tape and/or a copy of the entry card with the timers' signatures to the national records chairman. Responsibility for this lies with either the records chairman, the recorder of records or the official scorer of the meet.
- (J) **MSI Championship Meets**—(long course only)
- (1) U.S.M.S. affiliate fee to M.S.I. is due each January 1 (for calendar year).
  - (2) MSI Records — Details of U.S.M.S. long course National Meet results shall be supplied to MSI.
- (K) **National Recognition of Achievement**—The registered USMS swimmer with the fastest listed time for an individual event for that season that is listed in the National Top Ten Times shall be declared the All-American in that event for the year. All top ten times, as well as national record times should be in the hands of the National USMS Records Chairman within 35 days from the date of the last day of the championship for that course.

- (L) **Medical Examination**— Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatics Office.
- (M) **Medical Equipment**— Meet directors are encouraged to investigate the use of appropriate EMT equipment and personnel for all meets.

# APPENDIX B

## LONG DISTANCE SWIMMING COMMITTEE OF UNITED STATES SWIMMING

### I. ADMINISTRATION

#### (A) Organization

The chairman shall be appointed by the president. The committee shall recommend its choice for this position to the president for consideration. The committee is responsible to the Senior Division Vice President for the conduct and administration of the USS Long Distance Swimming Program.

The membership of the Long Distance Swimming Committee of United States Swimming shall consist of the following:

- A. One member from each of the Local Swimming Committees (LSC)
- B. One member from each Local Masters Swimming Committee (LMSC)
- C. One member appointed by the president of USS
- D. One member appointed by the president of USMS to coordinate Masters activities
- E. Past chairmen
- F. Members-at-large selected by the Committee

#### (B) Registration and Sanctions

- (1) All Long Distance swimming athletes will be required to register with USS or USMS, and to conform to their respective codes, rules and regulations prior to competing.
- (2) Sanctions will be required for all Long Distance swimming events. LSCs are responsible for issuing sanctions for events involving USS athletes. Similarly, LMSCs are the responsible agents for issuing sanctions for events involving USMS athletes. If a Long Distance swimming event will have both USS and USMS sections, two sanctions must be obtained, one from each of the governing bodies. If both USS and USMS issue sanctions and swimmers from both groups compete, the race(s) shall be in separate sections. Under no circumstances will a USS athlete and a USMS athlete be considered part of the same competition.

### II. DEFINITION

Long distance swimming shall be defined as any freestyle swimming event over 1500 meters, normally conducted in a natural body of water; i.e., a lake, river, or ocean, although man-made pools, quarries and reservoirs may be used.

### III. EVENTS

The long distance swimming events shall consist of individual or team competition as follows:

- (A) **Quarter-mile Straightaway**—The course shall be set in open water and shall be a quarter of a mile (440 yards) straightaway using a cable with floats stretched between two pylons or platforms fixed stationary in the water. The distance between the anchoring points of the cable shall be maintained within plus or minus six inches, measured to the outer edge of the turning pylons. The course shall be swum clockwise, unless it is deemed unfeasible to do so by the meet director. No more than twenty swimmers shall be placed in the first or subsequent rows. If more than one heat is required, every effort should be made to swim a counter clockwise heat. A stationary water start shall be used. The starting position will be determined by seed time. Records will be maintained in this event. If a race is stopped and swimmers are removed from the water for their safety, the Meet Manager will not restart the race if  $\frac{1}{2}$  mile has been completed. The last recorded  $\frac{1}{2}$  mile time for each swimmer will be used to place finishers.
- (B) **Open water distance events (includes rough water)**—As surf, beach tide and temperature and other physical factors vary, the meet director shall determine the course for open water events. The course should be measured as accurately as possible, with the aid of navigational charts if possible. The meet director shall determine the type of start to be used. As course distances and conditions are different, no records will be maintained; however, meet managers are encouraged to keep meet results. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age group and other classifications may also be swum at the same time, again tabulated separately.
- (C) **Marathon-Type Events (Over Six Miles)**—The same considerations as stated in the above apply, except the event will be a greater distance in this type of event. The meet managers are encouraged to establish entry requirements that ensure contestants will have a reasonable chance of completing the events. Time limits for completion may be set. When the time limit expires, all swimmers in the water will be required to retire from the race.
- (D) **Time/Distance Event (One hour swim for distance)**—The object of the event is to determine who can swim the greatest distance in a given time period. The person swimming the farthest shall be declared the winner. The person swimming the second greatest distance shall be awarded second place, etc. In the event that two or more swimmers swim the same distance, a tie will be declared. The events shall be swum in a pool at least 25 yards in length. The distance shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed five yard

increment; if the event is swum in a metric pool, the distance 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 five yard increment. All distances shall be reported in yards. When the event is contested as a postal meet, the results are sent to a central location for tabulation. Each entrant will be responsible for the validity of the figures and the distance submitted. There shall be an adult acting in the capacity of a starter/head timer/referee (may be one person) present at all times, having no other responsibilities during the period of the swim. For each swimmer, there shall be a separate lap counter who shall record split times for every lap during the swim. A stop watch shall be used to time the event.

- (E) **Individual Long Distance Swims**—Swims must be sanctioned and conducted by the appropriate governing body or its designee in accordance with all pertinent rules and regulations. All information relative to the swim shall be made public and available to any interested person at least three days before the event. If the event is to be swum in more than one LSC, the LSC where the attempt will start will have jurisdiction in issuing the sanction. This does not prohibit the other LSC from issuing a sanction for the event. If more than one swimmer is attempting to swim, only one sanction need be issued. All times achieved in long distance individual attempts shall be duly certified and made a matter of record by the appropriate governing body or its representatives. Further, a copy of the above should be sent to the National Long Distance Chairman who will be responsible for maintaining records of all attempts. The certification should include:

- (1) Swimmer(s) name, age, sex and registration number.
- (2) Governing body sanctioning the event.
- (3) Course: to include name of body of water, starting and finishing points and measured distance.
- (4) Verifications and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.

All safety requirements must be observed and qualified medical assistance should be readily available during the attempt.

- (F) **Team Events**

**A team event may be contested on a total time or point-system basis.**

- (1) Three contestants on each team shall be considered in the computations for team scoring. The team whose top three swimmers have the lowest cumulative time or the greatest cumulative total yards shall be declared the winner. A similar method will be used to determine second, third and subsequent places. In the event of ties, the team whose individual member finished nearest to first place shall be declared the winner or awarded the place.

- (2) Point Basis. Points are awarded on the basis of finishing position. One point for first place; two points for second place, etc. The points of the first five team members are added together, and the lowest cumulative score determines the winning team; the second lowest score, the second place, etc. In the event that two or more teams score the same number of points, the team that has the swimmer who won or finished closest to the first place shall be declared the winning team.
  - (3) No individual entries can be accepted in the team events. All entries must be made by clubs and signed by an authorized official of the club making the entry.
  - (4) Mixed sex teams, with a minimum of two women per team, may be contested.
- (G) **Relays**—Relay teams shall consist of six swimmers. The team members shall rotate in the same order throughout the event. The time each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer will be made as soon as is practically possible after the previous swimmer has completed his respective leg. In the exchange, physical contact must be made between the two swimmers.

#### IV. SAFETY PRECAUTIONS

- (A) Each competitor is strongly encouraged to have a complete medical evaluation before competing in any long distance swimming event.
- (B) As courses and conditions vary from location to location, the meet director will be responsible for establishing and enforcing safety standards necessary to ensure the safety of all competitors. Some considerations which *must* be explained and accompany a sanction request are: a) sample entry form, b) course maps, c) approvals of local jurisdictions (coast guard, park, county, etc.), d) plan for medical evacuation of swimmers, e) number, assignment and location of rescue/aid personnel and craft, f) rules for accompanying craft — if allowed, g) provisions for controlling other craft and swimmers on course, h) dayglow swim cap requirement, and i) safety briefing of all contestants.  
Other considerations for event safety are: a) use of medical forms with entries, b) qualifying swims and times, especially in longer events, and c) use of two-way radio communications.
- (C) A plan must be available for the event's cancellation because of safety factors. This plan must authorize the meet manager the authority to cancel, postpone, or impose other safety requirements as are deemed necessary. The meet manager's authority in this matter will not be contested.

#### V. CONDUCT OF THE COMPETITION

##### (A) Starts

##### (1) Types

- (a) Stationary—Swimmers will start from a platform, or if none is available, swimmers will start in the water from a dead still with no forward motion.



- (b) Running—Contestants will line up on the beach a short distance from the water line behind a marked line. At the starting signal, the swimmers will run into the water and swim perpendicular to the beach, or follow the prescribed course, when the water is of sufficient depth.
  - (2) Starting Signal—The starting signal will be by gun, horn, whistle, or if necessary by voice.
- (B) **Seeding**
- (1) When practical, swimmers shall be seeded by their 1500m/1650y times. No times will be seeded at the discretion of the meet director as stated in the meet invitation.
  - (2) The fastest twenty swimmers shall be seeded in descending order of time with the fastest swimmer receiving the preferred position. If subsequent rows are needed, they will be seeded in a similar method behind the first row of swimmers.
  - (3) Entrants are to be visibly marked with their seed numbers on both upper arms and their back.
  - (4) Events for different age groups and sexes may be combined to allow the swimmers to compete at the same time; however, separate starts are preferable.
- (C) **Finishes**
- (1) In the water—Swimmers shall touch a vertical surface, or if none is available, they shall swim across an imaginary finish line. Place judges and timers shall position themselves accordingly.
  - (2) Out of the water—Swimmers shall leave the water, as defined by the course, and run up the beach to a marked finish.
- (D) **Officials**
- (1) There shall be a meet director, referee, scorer, announcer, clerk of course, starter, and a sufficient number of judges, inspectors, timers, and medical personnel.
  - (2) The clerk of course shall ensure all entrants are visibly marked with seed numbers on both their upper arms and on their back.
  - (3) Official craft shall be placed in a position to best observe and still not hinder the race.
  - (4) Timers shall record the number of laps on the reverse side of the time card.
- (E) **Disqualifications**—Swimmers shall be disqualified if they:
- (1) 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 could result in disqualification).
  - (2) Fail to complete the prescribed distance.
  - (3) Fail to swim the prescribed course.
  - (4) Receive assistance by pulling on the cable or buoys at the turn or on the course.
  - (5) Receive propulsive aid from anyone in boats, surfboards, etc.

**VI. NATIONAL CHAMPIONSHIPS**—Senior and junior national championship meets shall be awarded by the Long Distance Swimming Committee.

**(A) Eligibility**

- (1) Senior championship meets will be open to any senior classification swimmer (See Article 1).
- (2) Junior championship meets will be open to any senior classification swimmer who has not previously won either a National USS Long Distance senior or junior individual championship. Members of championship teams will be eligible for both individual and team competition unless they have won an individual Long Distance Swimming Championship.
- (3) USS Long Distance Swimming Championships are open to foreign swimmers under the provision of 341.4(1). Foreign Clubs, but not national teams, may compete for team championships.

**(B) Events**—The National USS Long Distance Swimming Committee shall award National USS Long Distance Swimming Championships for senior and junior men and women, individual and team in the following events:

- (1) One mile.
- (2) Quarter-mile Straightaway Long Distance Championships—four miles
- (3) Open Water Long Distance Championships (1.5-3 mile)
- (4) Open Water Long Distance Championships (3.5-5 mile)
- (5) Marathon Type Long Distance Championships (Over six mile)
- (6) National Long Distance Team Championships (Approximately 6000 Yards)

**(C) Financial**—The sponsoring organization must agree to underwrite the full meet expenses including but not limited to the following:

- (1) Costs associated with the meet; i.e., setting up course, shipping special equipment, insurance, etc.
- (2) Cost of National USS Championship awards (medals and patches) and other supplemental awards.

**(D) Entry Fees**—The entry fees for national championship Long Distance Swimming meets shall not exceed \$5.00 for individual events and \$5.00 per team member in team events.

**(E) Meet invitation and entry blanks** shall be sent to the national Long Distance Swimming chairman, LSC chairman, as listed in the USS Directory, and the USS national headquarters.

**(F) Qualifying times and/or qualifying criteria** shall be established by the meet manager.

**(G) Individual and team results and records** shall be kept and submitted to the national Long Distance Swimming chairman. Records will not be submitted for open water swims. Results shall also be mailed to the coaches who had entries at the championship meet and shall include the following information: swimmers' names, ages, times, places, team points and scores.

**(H) Team Scoring**—Three swimmers on each team shall be considered in the computations for team scoring. The team whose top

three swimmers have the lowest cumulative time or the greatest cumulative total yards shall be determined the winner. A similar method will be used to determine second, third and subsequent places. In the event of ties, the team whose individual member finished nearest to first place shall be declared the winner. The time system will be used for all championships except for the National Long Distance Team Championships where a point system will be used. (See Team Events.)

(I) **Awards**

- (1) USS championship medals shall be awarded to the first through tenth place winners of individual junior and senior championships as follows: 1st place, gold; 2nd place, silver; 3rd through 10th places, bronze regulation individual championship medals.
- (2) All contestants on the winning team shall receive a regulation national USS team championship medal, and all contestants on the team awarded second and third place shall receive regulation silver and bronze team championship medals, respectively.
- (3) Trophies may be awarded to individuals and teams at the discretion of the meet director.

**VII. ALL-AMERICAN**—The National USS Long Distance Swimming Committee shall select candidates for All-American honors. These names shall be sent to the Men's and Women's All-American selections subcommittee.

**VIII.** Regional and Association championships may have Long Distance individual and team events for men and women in the senior classification.

**IX. AGE GROUP**

- (A) Eligibility—Age group competition is open to all registered USS athletes 18 years of age and under.
- (B) Age Groups—The age groups shall usually be those listed in Article 6. Age groups and sexes may be combined in one race with separate tabulations.
- (C) Entry Fees—Shall be set by the meet sponsor but shall not be in excess of \$5 for individual events and \$10 for teams as they are defined in paragraph III F.
- (D) Events
  - (1) Quarter-mile straightaway—individual/team events, 1, 2, 3 or 4 miles.
  - (2) Open water—individual/team events, usually one mile or more.
  - (3) Time/distance events—individual team events, thirty-minute or one hour swim for distance.
  - (4) Pool Events as determined by Age Group Division.
- (E) Team Events—May be conducted as in paragraph III F. with swimmers of the same age and sex composing the team. The meet

director may also devise a point system as used in regular swimming to determine overall club winners.

- (F) Awards—The meet director will determine the awards to be presented. In addition to individual awards, team awards, and high point trophies, an outstanding swimmer may be awarded.

#### **X. MASTERS**

- (A) The objectives, goals and rules in Appendix A, Master's Swimming, will apply. The age classification for team competition will correspond to that of the relays found in Appendix A. The age of the youngest swimmer shall determine the age group of the team.

- (B) All information previously mentioned in Appendix A will apply to Masters Long Distance Swimming, except the quarter-mile straight-away event shall be two (2) miles in length.

- (C) Masters age group and sexes may be combined into one race with separate tabulations.

- (D) National Championships—National USMS Long Distance Championships for men and women; individual and team shall be awarded by the Long Distance Swimming Committee in the following events:

(1) One mile.

(2) Quarter-mile Straightaway Long Distance Swimming (2 miles)

(3) Open Water Long Distance Swimming (1.5-3.0 Mile)

(4) Open Water Long Distance Swimming (3.5-5.0 Mile)

(5) Long Distance Team Event (Approximately 6000 Yards.) This is a team event only. Point system will be used to score event. A mixed team competition with at least two female contestants is authorized.

(6) Marathon Type Long Distance Swimming (Over 6 Mile)

(7) Postal One Hour Swim For Distance

(8) Postal 10 Kilometer

(9) Awards

(a) Master's individual medals will be awarded to the first three finishers in each age group in national USMS Long Distance Championship events. Additional medals may be awarded at the discretion of the meet manager.

(b) A national Master's team medal will be awarded to each member of the first three teams in each age group in national USMS Distance Swimming Championships.

(c) A national USMS championship patch will be awarded to the individual champions and each member of the championship team. An individual will receive only one patch per meet.

- (E) An All-American team shall be selected each year based on the result of the national USMS Championship meets.

#### **XI. POSTAL MEETS**

- (A) A postal meet is a meet where swimmers swim the event at a place of their choosing and send the time or distance to a central location for tabulation.

(B) National Postal Meets will be awarded by the Long Distance Committee in the following events:

- (1) One Hour Swim for Distance (Age Group, Senior)
- (2) Ten Kilometer Swim (Age Group starting with the 13-14 group, Seniors)

These meets may be held in conjunction with LSC, regional and zone meets and also as part of Swim-a-thon.

(C) United States Swimming Postal Meet Medals will be awarded as indicated below but the meet managers may offer additional awards at their discretion:

- (1) Age Group—first six places
- (2) Seniors—first ten places
- (3) Teams—first three places
- (4) Masters—first three places

## **XII. RECORDS**

(A) National records will be maintained in the quartermile straightaway events and Time/Distance events conducted in a pool.

(B) Records will also be maintained for pool events in five-mile increments (5, 10, 15, etc.) and the marathon distance (26 miles, 385 yards) in the 25-yard course; and in 5 kilometer increments (5, 10, 15, etc.) in a 50-meter course. Split times or time swam en route to a greater distance will be considered for records.

(C) Record time must be swum in a sanctioned event (or sanctioned individual Long Distance Swim) and should be routed through the sanctioning body to the USS Long Distance Swimming Chairman.

(D) No national records will be maintained in open water events because of differences in courses, currents, and other physical factors.

(E) Age-group Long Distance records will be kept as indicated.



## APPENDIX C

### LSC REGISTRATION CODES AND GEOGRAPHIC BOUNDARIES

AD Adirondack	LE Lake Erie	OZ Ozark
AK Alaska	ME Maine	PC Pacific
AM Allegheny Mtn.	MD Maryland	PN Pacific Northwest
AZ Arizona	MR Metropolitan	PV Potomac Valley
AR Arkansas	MI Michigan	SI San Diego-Imperial
BD Border	MA Middle Atlantic	SR Snake River
CC Central Calif.	MW Midwestern	SC South Carolina
CO Colorado	MN Minnesota	SD South Dakota
CT Connecticut	MV Missouri Valley	ST South Texas
FL Florida	MT Montana	SE Southeastern
FG Fl. Gold Coast	NE New England	SO Southern
GA Georgia	NJ New Jersey	CA Southern Calif.
GU Gulf	NM New Mexico	SW Southwestern
HI Hawaiian	NI Niagara	UT Utah
IL Illinois	NC North Carolina	VA Virginia
IN Indiana	ND North Dakota	WT West Texas
IE Inland Empire	OH Ohio	WV West Virginia
IA Iowa	OK Oklahoma	WI Wisconsin
KY Kentucky	OR Oregon	WY Wyoming

### DESCRIPTION OF LSC BOUNDARIES

**Adirondack**—That portion of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange and Dutchess counties.

**Alaska**—State of Alaska.

**Allegheny Mountain**—All counties in Pennsylvania west of Potter, Clinton, Center, Huntingdon and Bedford Counties; Counties of Marshall, Brook, Ohio and Hancock in West Virginia and Counties of Columbiana, Belmont and Jefferson in Ohio.

**Arkansas**—State of Arkansas, and Bowie County, Texas.

**Arizona**—State of Arizona.

**Border**—The Counties of El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell and Crockett in the State of Texas.

**Central California**—Counties of Mariposa, Madera, Fresno, Kings, Tulare, Inyo, Mono, Kern and Merced in the State of California.

**Colorado**—State of Colorado.

**Connecticut**—State of Connecticut.

**Florida**—Florida, except Palm Beach, Broward, Dade and Monroe Counties and that part of Hendry County West of Route 833, Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington and Bay Counties and that part of Calhoun and Jackson Counties west of the Apalachicola River.

**Florida Gold Coast**—Counties of Palm Beach, Broward, Dade and Monroe and that part of Hendry County East of Route 833 in the State of Florida.

**Georgia**—State of Georgia and the Counties of Chambers and Russell, Alabama.

**Gulf**—That part of the State of Texas bounded on the North 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 including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos and Matagorda.

**Hawaiian**—State of Hawaii, the five islands, Oahu, Hawaii, Maui, Kauai, and Molokai.

**Illinois**—Illinois, except St. Clair, Calhoun, Greene, Jersey, Monroe and Madison Counties.

**Indiana**—All of State of Indiana except Floyd, Clark and Dearborn Counties.

**Inland Empire**—State of Washington, counties of Okanogan, Chelan, Douglas, Ferry, Stevens, Spokane, Lincoln, Grant, Kittitas, Asotin, Columbia, Yakima, Franklin, Adams, Whitman, Walla Walla, Garfield, Benton, and the portion of Klickitat County east of Highway 97 and including the city of Goldendale, State of Idaho, counties of Pend Oreille, Bonner, Kootenai, Shoshone, Benewah, Latah, Lewis, Nez Perce, Idaho, Clearwater, Boundary.

**Iowa**—State of Iowa except the following counties: Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont, and Page.

**Kentucky**—The State of Kentucky (except Campbell, Kenton, Boone and Boyd Counties) and Floyd and Clark County, Indiana.

**Lake Erie**—In the State of Ohio, the Counties of Tuscarawus, Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Astabula, Trumbull, Mahoning, Summit and Wayne.

**Maine**—State of Maine.

**Maryland**—State of Maryland (except the counties of Montgomery and Prince Georges).

**Metropolitan**—New York, south of and including Sullivan, Orange and Dutchess Counties.

**Michigan**—State of Michigan.

**Middle Atlantic**—New Jersey, south of Trenton and Mercer County; all of the State of Delaware, and Pennsylvania, east of and including Potter, Clinton, Center, Huntingdon and Bedford Counties.

**Midwestern**—State of Nebraska and Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont, and Page Counties of Iowa.



**Minnesota**—State of Minnesota and Counties of St. Croix, Dunn and Pierce in Wisconsin.

**Missouri Valley**—All of Kansas, and that portion of the western part of the state of Missouri including and bounded by Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian, and Taney Counties.

**Montana**—State of Montana.

**New England**—New Hampshire, Vermont, Massachusetts, and Rhode Island.

**New Jersey**—New Jersey, north of and including Mercer and Monmouth Counties.

**New Mexico**—State of New Mexico.

**Niagara**—That portion of New York State west of and including Oswego, Onondaga, Cortland and Broome Counties.

**North Carolina**—State of North Carolina.

**North Dakota**—State of North Dakota.

**Ohio**—State of Ohio (except the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Lawrence, Washington, Jefferson and Tuscarawas); Campbell, Kenton and Boone Counties of Kentucky, and Dearborn County of Indiana.

**Oklahoma**—State of Oklahoma.

**Oregon**—State of Oregon, except Malheur County, and the following counties of Washington: Cowlitz, Clark, Skamania and the Portion of Klickitat County west of Highway 97.

**Ozark**—Missouri east of and including the following counties: Scotland, Knox, Shelby, Monroe, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark, Counties of Calhoun, Greene, Jersey, Madison, St. Clair and Monroe in Illinois.

**Pacific**—The State of California, north of but not including the counties of San Luis Obispo, Mariposa, Madera, Fresno, Mono and Merced and the Counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Ormsby and Lander in the State of Nevada.

**Pacific Northwest**—Washington, west of but not including Okahogan, Chelan, Kittitas and Yakima Counties and north of but not including Cowlitz, Skamania and Klickitat Counties.

**Potomac Valley**—All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia.

**San Diego-Imperial**—San Diego and Imperial Counties, California.

**Snake River**—All of Idaho, except the counties of Boundary, Banner, Kootenai, Shoshone, Benewah, Latah, Clearwater, Nez Perce, Lewis & Idaho, and in the State of Nevada the counties of Elko, White Pine and Eureka; and in the State of Oregon the County of Malheur.

**South Carolina**—State of South Carolina.

**South Dakota**—State of South Dakota.

**South Texas**—That part of the State of Texas bounded on the East by and including the counties of Milam, Bureson, 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, and Schleicher and on the North by and including the counties of Menard, Mason, Llano, Burnett, Lampasas and Bell.

**Southeastern**—All of the State of Alabama, except the counties of Chambers and Russell; the State of Tennessee; the Florida counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay and that portion of Jackson and Calhoun counties west of the Apalachicola River.

**Southern**—All of the States of Louisiana and Mississippi.

**Southern California**—Including the counties of San Luis Obispo, Ventura, Los Angeles, San Bernardino, Orange, Riverside and Santa Barbara, all within the State of California, and the counties of Clark, Esmeralda, Lincoln and Nye, all within the State of Nevada.

**Southwestern**—That part of the State of Texas bounded on the South but not including the counties of Callahan, Brown, Mills, Lampasas, Bell, Milan, Robertson, Lean, Houston, Angelina, Nacogdoches and Shelby; on the East by the State of Louisiana, State of Arkansas and the County of Bowie, Texas; on the North by the State of Oklahoma and the county of Bowie, Texas and on the West by the counties of, but not including Hardeman, Foard, Knox, Haskill and Jones in the State of Texas.

**Utah**—State of Utah.

**Virginia**—State of Virginia (except the Counties of Arlington and Fairfax and cities of Alexandria and Falls Church).

**West Texas**—All that part of the State of Texas bounded on the South side and including the counties of Reeves, Pecos, Upton, Regan, Irion, Tom Green, Concho, McCulloch and San Saba; on the West by the State of New Mexico; on the North by the State of Oklahoma; on the East by the State of Oklahoma and by and including the counties of Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown, Mills and San Saba in the State of Texas.

**West Virginia**—All of the State of West Virginia except the Counties of Hancock, Brook, Ohio and Marshall; also Lawrence and Washington Counties in Ohio; and Boyd County in Kentucky.

**Wisconsin**—State of Wisconsin, except Counties of St. Croix, Dunn and Pierce.

**Wyoming**—State of Wyoming.

## UNITED STATES MASTERS SWIMMING RECORDS

### Short Course - Women

	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+
50 Free	23.72	24.78	25.41	25.67	27.28	28.89	30.64	30.67	32.98	34.66	46.78	57.59	58.89	1:27.65
100 Free	52.11	53.72	56.18	56.88	1:00.70	1:04.52	1:08.51	1:08.11	1:17.00	1:22.05	1:45.23	2:12.56	2:49.13	3:34.60
200 Free	1:55.42	1:57.74	2:04.32	2:09.25	2:13.32	2:22.29	2:35.57	2:37.76	2:59.30	3:15.13	3:39.36	5:09.45	7:02.31	8:28.07
500 Free	5:12.35	5:17.21	5:33.59	5:46.87	6:14.31	6:15.54	6:56.63	7:27.06	8:10.89	8:33.46	9:50.30	12:27.49	—	—
1650 Free	17:58.49	18:29.91	19:07.37	20:08.12	21:23.80	21:44.48	23:50.11	26:14.97	27:51.06	30:21.64	33:14.90	41:44.70	—	—
50 Back	28.30	28.97	30.50	32.00	32.86	35.55	34.63	40.65	41.70	44.64	54.51	1:00.20	1:07.57	—
100 Back	1:01.08	1:02.87	1:08.66	1:10.58	1:12.10	1:18.61	1:17.48	1:27.43	1:32.70	1:39.01	2:02.28	2:22.78	—	—
200 Back	2:15.36	2:20.04	2:26.87	2:35.60	2:38.68	2:50.00	2:54.55	3:11.62	3:27.04	3:42.60	4:24.60	5:07.98	6:17.01	—
50 Brst	31.54	32.10	33.16	34.95	35.95	35.66	37.70	41.83	43.34	51.37	1:03.73	1:15.55	1:23.67	2:26.52
100 Brst	1:09.58	1:09.58	1:12.38	1:18.10	1:17.46	1:19.76	1:26.73	1:31.07	1:37.97	1:51.56	2:26.98	2:52.51	4:38.70	5:30.32
200 Brst	2:31.40	2:35.26	2:40.18	2:48.43	2:48.82	3:03.42	3:12.07	3:22.14	3:42.56	3:55.78	5:07.28	6:14.60	9:48.28	11:48.36
50 Fly	26.82	26.85	28.52	28.58	29.83	30.85	34.80	35.32	44.14	50.04	1:02.53	1:11.38	—	—
100 Fly	59.90	59.64	1:03.08	1:04.91	1:10.80	1:12.79	1:22.08	1:23.43	1:46.31	1:50.43	2:24.40	2:56.55	3:01.71	—
200 Fly	2:10.47	2:15.83	2:18.88	2:26.51	2:42.30	2:51.58	3:08.32	3:13.88	3:54.85	4:06.22	5:14.92	6:50.88	—	—
100 I.M.	1:01.89	1:03.17	1:06.24	1:07.81	1:11.35	1:12.39	1:15.24	1:22.85	1:35.98	1:40.26	2:20.92	2:32.15	2:41.31	—
200 I.M.	2:14.70	2:17.13	2:22.59	2:29.18	2:34.41	2:43.43	2:48.87	3:05.13	3:33.70	3:39.02	5:01.20	5:42.66	—	—
400 I.M.	4:46.69	4:59.26	5:02.95	5:17.74	5:34.80	5:50.83	6:04.98	6:58.09	7:36.40	7:36.45	10:56.42	12:23.51	—	—
200 Fr. Rel.	1:37.79	1:47.05	2:02.02	2:03.13	2:18.77	2:17.24	2:40.35	2:59.19	3:24.02	3:24.02	5:50.34	6:08.36	—	—
200 Med. Rel.	1:53.76	1:37.57	1:47.48	1:58.89	2:17.27	2:18.59	2:37.78	2:52.28	—	—	—	—	—	—
200 Mix. Fr. Rel.	1:31.22	1:44.50	1:50.69	2:03.70	2:18.59	2:37.78	—	—	—	—	—	—	—	—
200 Mix. Med. Rel.	1:44.50	—	—	—	—	—	—	—	—	—	—	—	—	—

\*Updated Through 10/15/84

# UNITED STATES MASTERS SWIMMING RECORDS

## Short Course - Men

	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+
50 Free	20.64	21.65	21.72	22.55	22.81	22.93	25.20	25.52	27.08	27.45	29.60	34.14	46.88	2:06.77
100 Free	45.10	46.92	47.52	49.38	52.22	52.62	56.84	56.52	1:00.40	1:01.22	1:08.46	1:19.32	1:56.94	—
200 Free	1:41.72	1:42.88	1:46.53	1:51.63	1:52.42	1:59.71	2:07.44	2:09.86	2:17.04	2:24.72	2:35.14	3:01.25	4:20.00	—
500 Free	4:43.35	4:44.96	4:47.91	5:05.43	5:03.96	5:23.73	5:57.01	6:01.72	6:20.83	6:54.49	7:16.39	8:19.77	12:03.06	—
1650 Free	16:23.15	16:42.50	17:04.37	17:40.20	17:59.11	18:57.15	20:31.54	21:05.79	22:21.28	24:21.55	25:35.70	28:37.23	39:46.87	—
50 Back	24.20	25.29	25.97	25.93	28.11	28.70	30.34	31.21	34.30	35.73	37.14	46.01	57.68	—
100 Back	52.44	54.90	56.84	57.86	1:01.59	1:03.08	1:06.14	1:09.69	1:16.27	1:20.80	1:23.22	1:47.87	2:10.62	—
200 Back	1:55.50	1:59.66	2:05.45	2:07.32	2:15.70	2:18.63	2:27.23	2:34.33	2:50.40	3:00.62	3:08.20	3:57.29	5:24.76	—
50 Brst	26.55	26.53	27.56	28.01	29.27	29.70	32.65	34.01	35.17	36.44	38.58	47.00	56.10	—
100 Brst	59.12	59.44	1:01.02	1:02.05	1:05.29	1:06.68	1:11.97	1:16.46	1:19.22	1:24.57	1:35.77	1:45.41	2:10.50	—
200 Brst	2:10.80	2:14.12	2:16.03	2:21.69	2:27.65	2:29.42	2:42.68	2:53.04	2:58.07	3:10.76	3:47.55	4:03.86	—	—
50 Fly	22.68	23.11	24.12	25.29	25.25	26.55	27.34	29.77	30.66	34.42	40.24	48.33	1:33.13	—
100 Fly	49.81	51.20	52.08	54.04	57.36	1:00.06	1:04.33	1:09.53	1:15.26	1:25.89	1:35.71	2:20.11	—	—
200 Fly	1:51.01	1:54.59	1:54.85	2:04.12	2:11.68	2:17.78	2:37.97	2:45.04	3:06.18	3:19.73	3:52.20	10:00.97	—	—
100 I.M.	52.63	53.84	56.13	56.72	59.60	1:03.31	1:05.92	1:07.43	1:11.89	1:15.89	1:30.53	1:48.90	2:33.76	—
200 I.M.	1:55.70	1:59.15	2:03.64	2:04.11	2:12.90	2:20.08	2:28.99	2:34.61	2:43.52	2:53.83	3:26.91	4:07.32	—	—
400 I.M.	4:11.83	4:15.84	4:23.26	4:30.30	4:49.40	5:01.82	5:27.33	5:43.74	5:57.83	6:26.40	7:28.30	9:26.94	—	—
200 Fr. Rel.	1:23.92	1:28.69	1:36.63	1:43.30	1:51.41	2:00.13	2:16.77	—	—	—	—	—	—	—
200 Med. Rel.	1:34.30	1:41.02	—	—	—	—	—	—	—	—	—	—	—	—

## UNITED STATES MASTERS SWIMMING RECORDS

### Long Course - Women

	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
50 Free	27.38	28.69	29.03	29.10	30.43	31.48	34.07	35.68	36.97	39.29	45.58	1:03.51	1:29.75
100 Free	59.62	1:00.98	1:03.82	1:07.15	1:09.42	1:12.10	1:16.55	1:20.10	1:28.40	1:34.38	1:46.47	2:28.58	3:15.70
200 Free	2:12.20	2:15.80	2:23.10	2:26.62	2:33.11	2:40.36	2:54.10	3:00.61	3:24.23	3:37.41	4:10.57	5:24.06	7:52.16
400 Free	4:24.04	4:42.88	5:06.26	5:11.25	5:28.88	5:41.83	6:06.92	6:34.26	7:19.87	7:52.45	8:46.15	11:18.98	18:39.66
1500 Free	18:37.62	19:03.24	20:25.14	20:42.11	21:26.16	22:49.67	23:55.10	26:21.54	28:26.39	31:04.57	34:24.50	42:56.35	—
50 Back	31.92	32.42	35.15	37.18	37.64	40.91	39.00	45.29	47.31	50.29	1:01.68	1:09.41	1:35.34
100 Back	1:08.44	1:11.85	1:19.48	1:19.54	1:21.04	1:30.52	1:27.61	1:39.83	1:46.95	1:51.41	2:17.74	2:41.24	3:25.03
200 Back	2:32.37	2:37.70	2:51.11	2:50.10	2:59.45	3:14.57	3:11.43	3:34.05	3:50.16	4:09.78	4:54.81	5:47.09	7:13.98
50 Brst	35.80	36.34	37.04	40.53	39.88	40.70	43.82	45.86	49.23	59.79	1:13.83	1:29.01	2:51.97
100 Brst	1:20.85	1:22.30	1:24.02	1:29.88	1:29.80	1:31.55	1:40.19	1:43.73	1:50.29	2:06.46	2:44.41	3:21.14	5:38.35
200 Brst	2:55.33	3:01.70	3:05.62	3:13.84	3:15.85	3:28.49	3:34.85	3:54.87	4:05.90	4:26.93	5:56.57	7:11.50	13:42.69
50 Fly	29.92	30.02	32.22	32.16	34.07	35.38	40.03	41.94	50.33	58.94	1:13.89	1:20.39	—
100 Fly	1:07.06	1:09.90	1:12.29	1:13.77	1:21.32	1:24.40	1:36.77	1:38.21	2:01.18	2:11.66	2:45.93	3:23.16	—
200 Fly	2:29.24	2:33.32	2:42.02	2:52.70	3:09.78	3:15.92	3:33.54	3:48.20	4:28.41	4:37.05	6:00.78	7:29.49	—
200 I.M.	2:35.55	2:38.49	2:44.21	2:47.96	2:55.61	3:06.10	3:11.30	3:38.12	4:03.97	4:10.91	5:47.08	6:19.56	—
400 I.M.	5:29.87	5:43.12	5:52.87	5:55.13	6:29.10	6:35.20	6:54.71	7:48.30	8:34.84	8:47.36	12:18.46	13:42.24	—
Fr. Rel.	1:55.69	—	2:08.63	—	2:19.85	—	2:36.98	—	3:12.11	—	5:54.54	—	—
Med. Rel.	2:10.63	—	2:21.33	—	2:39.15	—	3:06.64	—	3:46.33	—	—	—	—
Mix. Fr. Rel.	1:47.20	—	1:53.87	—	2:01.61	—	2:15.26	—	2:29.99	—	4:11.34	—	—
Mix. Med. Rel.	1:58.51	—	2:07.77	—	2:17.15	—	2:32.07	—	3:03.30	—	6:06.92	—	—



## LONG DISTANCE SWIMMING RECORDS

MEN		EVENT		WOMEN		
Ron Nueget	1984	76:21.54	<b>Qtr-Mile Straightaway (Four Mile)</b>	Shelley Taylor	1984	82:44:35
Ray Pedin (M)		2:00:35.10	<b>5 Mile</b>	Robin Boughey	1984	2:10:48.50
Chad Fallin	1984	2:26:54.70				
Ray Pedin (M)	1984	4:06:48.70	<b>10 Mile</b>	Stacy Chanin (M)	1984	4:37:39.20
Chad Fallin	1984	5:16:58.00		Robin Boughey	1984	4:38:41.70
Ray Pedin (M)	1984	6:19:00.30	<b>15 Mile</b>	Stacy Chanin (M)	1984	7:19:10.50
Chad Fallin	1984	8:18:45.00		Robin Boughey	1984	7:24:49.00
Ray Pedin (M)	1984	8:46:32.70	<b>20 Mile</b>	Robin Boughey	1984	10:17:18.70
Chad Fallin	1984	11:18:53.80				
Ray Pedin (M)	1984	11:24:42.40	<b>25 Mile</b>	Stacy Chanin (M)	1984	13:13:08.00
Chad Fallin	1984	14:14:13.20		Robin Boughey	1984	14:07:27.90
Ray Pedin (M)	1984	12:04:31.70	<b>Marathon</b>	Stacy Chanin (M)	1984	13:48:58.30
Chad Fallin	1984	14:53:44.50	<b>26 Mile-385 Yds</b>	Robin Boughey	1984	14:07:27.90
Christopher Gleason	1984	1:07:10.87	<b>5 Kilometer</b>	Mellisa Hoy	1984	1:04:27.00
David Swanson	1982	1:54:05.00	<b>10 Kilometer</b>	Libby Pruden	1983	2:00:48.00
			<b>15 Kilometer</b>	Penny Lee Dean	1978	3:22:44.00
(M = Master)			<b>20 Kilometer</b>	Penny Lee Dean	1978	4:31:00.00
			<b>25 Kilometer</b>	Penny Lee Dean	1978	5:40:21.00
			<b>30 Kilometer</b>	Penny Lee Dean	1978	6:48:26.00
			<b>35 Kilometer</b>	Penny Lee Dean	1978	7:57:11.00
Roger Madruga	1981	6075 Yards	<b>One Hour Swim</b>	Tiffany Cohen	1981	5700 Yards
(M = Master)				Vera Baker	1981	5700 Yards

### AGE GROUP

Ryan Duncan	1983	13:19.22	<b>9 Year 1000 Yard</b>	Natasha Kohne	1983	12:23.82
Ryan Cox	1983	11:21.75	<b>10 Year 1000 Yard</b>	Stevanie Rosenthal	1983	11:21.01
Steven Cohen	1983	23:01.16	<b>11 Year 2000 Yard</b>	Heather Rue	1983	23:33.93
Seth Johnson	1983	21:50.22	<b>12 Year 2000 Yard</b>	Janet Evans	1983	21:04.33
Steve Herron	1983	30:58.51	<b>13 Year 3000 Yard</b>	Kim Brown	1983	31:19.70
Richard Drewelow	1983	30:41.25	<b>14 Year 3000 Yard</b>	Kathy Oshann	1983	31:45.72
Daniel Jorenson	1983	29:04.74	<b>15 Year 3000 Yard</b>	Michelle Likos	1983	31:09.00
Paul Robinson	1983	29:26.18	<b>16 Year 3000 Yard</b>	Tami Bruce	1983	31:13.42
Jason Gorrie	1983	29:01.16	<b>17 Year 3000 Yard</b>	Stacy Shupe	1983	30:15.72
Jeff Kostoff	1983	27:39.81	<b>18 Year 3000 Yard</b>	Carol Peterson	1983	31:28.50

### TEAM EVENTS

Univ. of Arkansas	1983	2:48:48.15	<b>Qtr-Mile Straightaway (3 x Four Miles)</b>	Univ. of Arkansas	1983	2:57:17.06
(Roy Deary, Kevin Ryskowski, Ken Landgraf)				(Shelly Taylor, Leith Weston, Tammy Ditter)		
Mission Viejo	1981	17,785 Yds.	<b>3 Hour Swim (3 x One Hour)</b>	Mission Viejo	1981	17,025 Yds.
Nadadores				Nadadores		
(Roger Madruga, Fillberto Colon, Mike O'Brien)				(Tiffany Cohen, Vera Baker, Florence Barker)		