

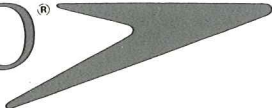


UNITED STATES SWIMMING 1988
Rules and Regulations

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1988 UNITED STATES SWIMMING RULES AND REGULATIONS

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**SWIMMING
RECORDS**

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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 member clubs 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 Program Operations, 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.

Record Attempt—swimming against time in a record attempt, unpaced by other swimmers. (Refer to Article 104 for record requirements).

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 a USS group member 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—

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.

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.

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—Occurring 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.

Swimming Venue—the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee.

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 of Record—Official time achieved in an event.

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 achieve or better a required time standard.

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

1

All provisions under Part One, the Technical Rules, unless otherwise specified on Page 4, "Major Rules Changes", are effective beginning May 15, 1988, 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 206), subject to available facilities and personnel. Events other than such championships may use Article 206 as a guide, subject to local conditions and preferences.

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

ARTICLE 101

INDIVIDUAL STROKES AND RELAYS

101.1 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. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 **Kick**—All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

101.2

- .4 **Turns**—At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall and the form prescribed in .2 above must be attained from the beginning of the first arm stroke.

Effective through August 31, 1988

- A **Short Course**—It is permissible for a shoulder to be dropped in anticipation of the turn after the final arm pull and prior to the touch.

- B **Long Course**—Prior to the touch at the turn the shoulders shall be in line with the water surface.

- .5 **Finish**—At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast and the shoulders in line with the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch.

101.2. 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 line with the water surface, 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 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**—On the finish the touch of the solid wall or pad 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.

101.3. BACKSTROKE

Effective through August 31, 1988

.1 Start

A Short Course

- (1) The swimmers shall line up in the water facing the starting end, with both hands resting either on the end or edge of the pool, or any part of the starting platform or block, or the starting grips.
- (2) 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

- (1) The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.
- (2) Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before or after the start. A backstroke starting block may not be used.

Effective September 1, 1988

- A The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.
- B Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before or after the start. 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. 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 in this case 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.

101.4

- .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.

101.4. 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**—Upon completion of each length the swimmer must touch the solid wall or pad at the end of the course with some part of his body.
- .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.

101.5. 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 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.
 - 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.

101.6. 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 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.

- C In relay races a swimmer other than the first swimmer shall not start until his teammate has concluded his leg.
- D 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.
- E Each relay team member shall leave the water immediately upon finishing his leg, except the last member.
- F 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.

ARTICLE 102 CONDUCT AND OFFICIATING OF ALL SWIMMING COMPETITION

102.1. EVENTS—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 SENIOR EVENTS

The following events for National Championships are recommended for LSC and other championship meets. Eligibility for these championships shall be determined by the LSCs involved.

Short Course Events

50 yd/mtr Freestyle	200 yd/mtr Butterfly
100 yd/mtr Freestyle	100 yd/mtr Breaststroke
200 yd/mtr Freestyle	200 yd/mtr Breaststroke
500 yd/400 mtr Freestyle	200 yd/mtr Individual Medley
1000 yd/800 mtr Freestyle	400 yd/mtr Individual Medley
1650 yd/1500 mtr Freestyle	400 yd/mtr Freestyle Relay
100 yd/mtr Backstroke	800 yd/mtr Freestyle Relay
200 yd/mtr Backstroke	400 yd/mtr Medley Relay
100 yd/mtr Butterfly	

Long Course Events

50 meters Freestyle	200 meters Butterfly
100 meters Freestyle	100 meters Breaststroke
200 meters Freestyle	200 meters Breaststroke
400 meters Freestyle	200 meters Individual Medley
800 meters Freestyle	400 meters Individual Medley
1500 meters Freestyle	400 meters Freestyle Relay
100 meters Backstroke	800 meters Freestyle Relay
200 meters Backstroke	400 meters Medley Relay
100 meters Butterfly	

102.2

.2 AGE GROUP EVENTS

10-and-Under

50-100-200 Freestyle
50-100 Backstroke
50-100 Breaststroke
50-100 Butterfly
100-200 Individual Medley
200 Medley Relay
200 Freestyle Relay

11-12 Years

50-100-200-400/500 Freestyle
50-100 Backstroke
50-100 Breaststroke
50-100 Butterfly
100-200 Individual Medley
200-400 Medley Relay
200-400 Freestyle Relay

13-14, 15-16, 17-18, 15-18 Years

50-100-200-400/500, 800/1000, 1500/1650 Freestyle
100-200 Backstroke
100-200 Breaststroke
100-200 Butterfly
200-400 Ind. Medley
200-400 Medley Relay
200-400-800 Freestyle Relay

102.2. ENTRIES - GENERAL RULES

- .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 three (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.
- .6 If a meet or event has no qualifying time standards, swimmers with no established time for an event may enter that event with no submitted time.

102.3. SCRATCH PROCEDURES—Each swimmer shall inform himself of the meet starting time and shall report to the proper meet authorities promptly upon call. Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures.

102.4. RELAYS

- .1 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
- .2 is a member of the Corporation.
Relays may be conducted on a timed final basis or with preliminaries and finals.

- .3 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.
- .4 Relays conducted as preliminaries and finals shall be seeded and conducted in the same manner as individual events.
- .5 Organizations entering two or more relay teams in an event shall designate them on the entry blank as Team A, Team B, etc.
- .6 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.
- .7 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.
- .8 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.
- .9 The competing teams, first and last names of members and their ages, must be listed in the meet results.

102.5. 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 swimmer first and the slowest swimmer 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 102.5.3. Swimmers shall be placed in heats according to submitted times in the following manner:
 - A **Fewer than three heats**
 - (1) If one heat, it may be seeded as a final heat and swum only during the final session, at the Referee's discretion.
 - (2) 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 102.5.3.

102.5

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—A swim-off is considered to be part of the total preliminary process of qualifying for the finals. 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-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. In the case of a disqualification in a swim-off the swimmer so disqualified is relegated to the lowest qualifying position for which he is competing. Disqualification in a swim-off for a qualifying position in the championship finals shall not eliminate a swimmer from eligibility to compete in the accompanying consolation finals. If disqualifications leave a vacancy for the full complement of finalists, swim-offs shall be continued among the disqualified swimmers until a full complement of finalists is assured.

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:

1 = Fastest time

						5	3	1	2	4	5
					6	4	2	1	3	5	6
				7	5	3	1	2	4	6	7
			8	6	4	2	1	3	5	7	8
		9	7	5	3	1	2	4	6	8	9
Pool	10	8	6	4	2	1	3	5	7	9	10
	10	9	8	7	6	5	4	3	2	1	

Number of lanes in the pool

< Lane numbers

.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 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 **Seeding of 50 meter events in a 50 meter course**—50 meter events swum in a 50 meter course shall be seeded as provided above. If the event is started at the turning end of the course no change in the lane assignments shall be made, i.e., the slowest swimmer in the heat will swim in the right outside lane.

.6 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.

.7 **Distance Events**—In 1000/1650 yard and 800/1500 meter freestyle events, the normal order of heats may be reversed by swimming the fastest heats first and alternating women's and men's heats. The meet announcement shall state the order of heats for these events.

102.6. AWARDS—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.

102.7

102.7. SCORING

.1 Dual Meets

Individual events: 5-3-1-0

Relays: 7-0

.2 Triangular meets

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

Relays: 8-4-0

.3 All other meets

Individual events:

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

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

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

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

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

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

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

Individual point values shall be doubled for relays.

When consolations and championship finals are swum, scoring shall be as follows:

Individual events:

6-lane pools (12 places):

final: 16-13-12-11-10-9

consolation: 7-5-4-3-2-1

7-lane pools (14 places):

final: 18-15-14-13-12-11-10

consolation: 8-6-5-4-3-2-1

8-lane pools (16 places):

final: 20-17-16-15-14-13-12-11

consolation: 9-7-6-5-4-3-2-1

9-lane pools (18 places):

final: 22-19-18-17-16-15-14-13-12

consolation: 10-8-7-6-5-4-3-2-1

10-lane pools (20 places):

final: 24-21-20-19-18-17-16-15-14-13

consolation: 11-9-8-7-6-5-4-3-2-1

Individual point values shall be doubled for relays, even when relays are swum as timed finals.

- .4 **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.
- .5 **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.

- .6 **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.

102.8 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, to the extent of consolidating the heats.
- .2 At the Meet Referee's discretion, individual events 200 yards/ meters or longer or any relay event may be combined by age, sex and/or distance provided there is at least one empty lane between any such combination. Strokes may not be combined.
- .3 The entry provisions and starting time of any event, meet or portion thereof shall stand as stated on entry blank (except as permitted under .4 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.
- .4 **Postponement or Cancellation**
- A If, prior to its commencement, unusual or severe weather conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee may cancel or postpone it.
- B Should a meet or event have actually commenced, and in the judgment of the Referee cannot safely and effectively continue because of weather conditions, or for some other compelling reason, the Referee, in his sole discretion, may suspend the meet or event until conditions warrant continuance. If conditions do not warrant continuance, the Referee may cancel the meet or event, or postpone it to a future date or time, with the approval of the meet committee.
- C A decision to cancel or postpone shall be final.
- D Should an event have actually commenced but is terminated prior to an official finish, and is postponed to another time or date, it shall then be conducted between the swimmers who were officially competing in the event at the time of the termination.
- E Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The decision of the meet committee on refunding may be appealed to the LSC Review Section for hearing under the provisions of Article 401.

102.9

102.9. 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 Federation 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 .3A above, but the advertiser's name only may be used.

102.10. 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 or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the Referee.
- .4 A swimmer must start and finish the race in his assigned lane.
- .5 Standing on the bottom during a freestyle 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 Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event in which he is entered on that day or the next meet day, whichever is first.
- .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 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.
- .11 For relay disqualifications, refer to 101.6.3.
- .12 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.
- .13 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

102.11. 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.
- .2 Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or Referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the review section having jurisdiction for adjudication at the earliest possible time.
- .3 Protests against judgment decisions of starters, stroke, turn, place and relay takeoff judges can only be considered by the Referee of the meet.
- .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 protester 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.

102.12. OFFICIALS

- .1 All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the meet director.
- .2 For all swimming meets or time trials except dual meets there should not be less than the following officiating positions filled or approved by the LSC in authority. Officials other than the Referee may act in more than one officiating capacity only when sufficient qualified officials are not available, but no one may simultaneously time and judge the order of finish.

1 Referee
1 Starter

102.12

- 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
- Relay Take-off 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 102.21.5. 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 102.20.1.

.4 Minimum Number of Officials Required for Dual Meets

- A Referee, who may also act as a stroke and turn judge.
- B Starter
- C One other stroke and turn judge (may be the Starter)
- D Two scorers—one from each team.
- E Announcer.
- F Three timers for each lane.
- G Relay take-off judges.
- H 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.
- I The visiting team may furnish officials as a courtesy, not a requirement.

.5. Officials For National Championships

- A Officials for national championship meets shall be assigned by the National Officials Chairman with the approval of the National Events Coordinator.
- B For all national championship competition the following officials shall be required and assigned but no more than those listed below shall be on deck at one time.
 - 1 Referee
 - 1 Starter
 - 1 Recall Starter
 - 1 Chief Judge
 - 1 Chief Timer
 - 2 Stroke Judges — 1 each side of pool
 - 1 Timer/Turn Judge per lane
 - 1 Timer/Take-Off Judge per lane
 - 1 Timer/Split Taker per lane
 - 4 Take-off Judges - 2 each side of pool
 - 1 Turn Judge per lane (at opposite end of pool from starting blocks)
 - 2 Clerks of Course

- 4 Marshals
- 2 Scorers
- 4 Recorders
- 1 Announcer
- 1 Recorder of Records
- 1 Press Steward
- 2 Automatic equipment operators.

- C In addition to officials listed above, assistant referees may be assigned.
- D All officials should be certified National Swimming Officials.

102.13. 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 give a decision on any point where the opinions of the judges differ; 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 104.2E.
- .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 Starting rules may be modified by the Referee to adapt them for handicapped swimmers.
- .8 When the meet sanction allows conducting the events by starting them from the alternate ends of a 50 meter course, the Referee shall establish the necessary administrative and officiating procedures to conform to Part One of the rules and local conditions.
- .9 Refer to 102.11 concerning protests.

102.14. STARTER

.1 Preparation

- A Shall be provided with at least .22 caliber starting gun. An electronic starting horn with or without an underwater recall device may replace the gun start and recall herein.

102.14

- 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 for distances of 400 yards/meters or longer (except individual medley and relays), that "this is a gun/bell lap event".
- 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.

Effective through August 31, 1988

.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 101.3.1A 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.

.3 The Long Course Start

- A On receiving clearance signal from the Referee (for all events except backstroke and medley relay) directs swimmers to step onto the back surface of the starting block or platform with both feet the same distance from the front edge and remain there. Refer to 101.3.1B for backstroke start requirements.
- B Directs swimmers to "take your mark", to which they must immediately respond by assuming a starting position with at least one foot at the front edge of the starting block or platform. 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.

Effective September 1, 1988

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.2 The Start

- A On receiving clearance from the Referee (for all events except backstroke and medley relay) directs swimmers to step onto the back surface of the starting block or platform with both feet the same distance from the front edge and remain there. Refer to 101.3.1 for backstroke start requirements.
- B Directs swimmers to "take your mark," to which they must immediately respond by assuming a starting position with at least one foot at the front edge of the starting block or platform. 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.

.3 Warning Signal—In all events 400 yards or meters or longer except the individual medley and relays, the starter shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards (or meters) to swim to finish.

.4 False Starts

- A When a swimmer does not respond promptly to the command "take your mark" or false starts before the starting signal is given, the Starter shall immediately release all swimmers with the command "Stand Up" upon which the swimmers may stand up or step off the blocks. Any swimmer who enters the water or backstroker who leaves the starting area shall be charged with a false start, except that a swimmer who would otherwise be charged with the false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the command.
- B All swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that a swimmer who has false started because of the action or movement of another competitor may be relieved of the responsibility for the false start and a false start may be charged only to the offender. (Note exception for deliberate delay or misconduct.)
- C In backstroke or medley relay events a false start may be charged to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.
- 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.
- E A swimmer can be charged with a false start by the starter or recall starter only if the Referee or an officially designated Assistant Referee has observed the violation and confirms that the violation occurred.
- F The Starter shall indicate the swimmer or swimmers, if any, who are charged with a false start.
- G Any swimmer who is charged with committing or causing 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, Pan Pacific, World Championships or Olympic teams,

102.15

where current FINA false start rules shall apply except that all false starts shall be recalled.

- H A swimmer shall not be disqualified for an illegal starting position at the start or charged with a false start if the race is permitted 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 starting signal is given.

.5 Deliberate Delay or Misconduct

- A Any swimmer, who delays the start by entering water or by willfully or deliberately disobeying a Starter's command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, can be disqualified from the event by the Starter with concurrence of the Referee.
- B A swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his heat shall be disqualified.
- C Such disqualifications shall not be charged as a false start.

102.15. RECALL STARTER—A recall starter may be assigned to immediately discharge a gun or other sound device if the automatic equipment is not properly functioning on the starting signal or if a false start has been observed. 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.

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

- .1 **Chief**—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—

- 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.
- B It is not the responsibility of the lane place judge to determine if the finish touch meets the requirements of the appropriate stroke rule.

- .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 102.20.2 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 Judges**—
- A After the start of the race, relay take-off judges shall stand beside the starting block of each lane so that they can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as they leave the starting platform in that lane, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.
 - B Additional relay take-off judges may be assigned to each side of the course to observe two assigned lanes each. In which case a relay will be disqualified only if the lane take-off judge has reported an infraction and the assigned poolside take-off judge has confirmed the same infraction. If dual relay take-off judging is used, the lane and poolside take-off judges shall independently report infractions in writing without the use of the infraction hand signal. If poolside relay take-off judges are used they shall be assigned for all relay races throughout the meet.
 - C 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.

Exception: Relay take-off judges as outlined in 102.16.7B.

102.17. TIMERS—In any race not timed with automatic or semiautomatic equipment (as provided in 102.21) 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

102.17

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 and that relay swimmers are swimming in the order listed on the lane timer's card.
- 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.

.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 when in the opinion of the timer any part of the swimmer's body touches the solid end of the pool or course.
- C It is not the responsibility of the lane timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule, unless assigned additional responsibility as a turn judge.
- 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 command to "clear watches".
- E The time of each watch is recorded on the lane timer's card, and the official time established as described below:
 - (1) 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.
 - (2) If dial watches are used, 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.
 - (3) 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.)
- 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.

- .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 **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 102.17.3E(3), 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 102.17.3E(1), 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.)

102.18. 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 the swimmers 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.

102.19. MARSHALS— Shall maintain order in the swimming venue and shall have full authority to warn or order to cease and desist, and to remove, or have removed from the vicinity of the competition anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

102.20. 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 102.21), the combined duties of the lane place judges and the lane timers

102.21

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 times 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 times 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 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 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 the two judge's 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.

102.21. 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 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 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).

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**—The secondary system timing error is the simple average of the valid time difference between the primary and

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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
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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 systemic 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.

102.22. OFFICIAL TIME

- Official time may be achieved in a USS sanctioned meet or USS approved meet or by one of the following modes:
 - In a swim-off held to determine placement in a final event.
 - As lead-off leg in a relay race.
 - Split time recorded from the official start to the completion of an initial distance within a longer individual event.
 - In a time trial or record attempt.
- Official time for any swimming event can be achieved only in the relevant stroke/event; (i.e., backstroke time must be achieved in a backstroke event.) Times achieved in a freestyle event can only be recorded as a freestyle time regardless of the stroke used.

- .3 The official time to establish records, times of record and qualifying time standards can be achieved only in accordance with the following timing methods:

TIMING METHOD	OFFICIAL TIME LEVEL
A Automatic timing	—World, American and U.S. Open records; —Initial splits and relay lead-off times for all purposes
B Automatic timing or Manual-electronic with 3 buttons	—OVC's for 50 M distances in a 50 M pool; —Age group records and times of record for 50 M distances in a 50 M pool;
C Manual-electronic with 2 buttons or three watches	—Age group records and times of record, except 50 M distances in a 50 M pool —OVC's, except 50 M distances in 50 M pool; —LSC/local records (unless prohibited by LSC); —Initial splits and relay lead-off times for age group times of record and age group time standards (A, B, C, times, etc.)
D Two watches or manual-electronic with 1 button or one watch	—Age group time standards (A, B, C times, etc.) —Zone, regional and LSC championship time standards.

- .4 World records may be established only when timed by completely automatic timing equipment.
- .5 It is the meet sponsors' or meet director's responsibility to provide a proper back-up timing system for all events so that swimmers are assured of achieving official times meeting the above requirements.
- .6 A backup time adjusted for system timing errors in accordance with the methods described in 102.21 may be used as an official time equal to the level of the timing system to which it has been adjusted.

102.23. 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.

102.24. 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 104.

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102.25. 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.

102.26. 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.

102.27. 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.

102.28. SMOKING—Smoking and use of other tobacco products 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.

102.29. ALCOHOLIC BEVERAGES—Sale and use of alcoholic beverages is prohibited in all areas of the venue, including, but not limited to, pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers.

ARTICLE 103 FACILITIES STANDARDS

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

103.1 DEFINITIONS

- .1 /M/ = Indicates mandatory requirement for all competition.
- .2 /NC/ = Except as noted otherwise, indicates mandatory requirement for National Championships and International Competition.
- .3 /LSC/ = Predicated on facility availability, LSC's may waive strict compliance with these requirements in sanctioning local competition.
- .4 Where dimensions are given, the dimension listed first shall govern and dimensions given in parenthesis are for reference only.

103.2 RACING COURSE DIMENSIONS—

- .1 /M/ Length.
 - A Long Course: 50.00 meters (164 feet and ½ inch).
 - B Short Course: 25.00 yards or 25.00 meters (82 feet and ¼ inch).
 - C Dimensional Tolerance: Against the required length, a tolerance of plus (+) 0.03 meters (1 and 3/16ths of an inch) in a vertical plane extending 0.3

APPENDIX 6-B

LSC REGISTRATION CODES

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

APPENDIX 6-C

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 (except the city of Bishop), Mono, Kern and Merced in the State of California.

Colorado—State of Colorado, except the Burlington and Wray Swim Teams in Kit Carson County.

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—State of Illinois, except St. Clair, Calhoun, Greene, Jackson, Jersey, Monroe and Madison Counties.

Indiana—All of State of Indiana except Floyd, and Clark 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, Fremont, 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.

Louisiana—State of Louisiana.

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

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

Mississippi—The State of Mississippi.

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, and the Burlington and Wray Swim Teams in Kit Carson County in Colorado.

Montana—State of Montana except the Counties of Dawson and Wibaux.

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 except the Counties of Camden, Curituck and Pasquotank.

North Dakota—State of North Dakota and the Counties of Dawson and Wibaux in the State of Montana.

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.

Oklahoma—State of Oklahoma.

Oregon—State of Oregon, except Malhuer 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, Jackson, 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 excluding the counties of Siskiyou, Modoc, Trinity, Shasta, Lassen, Tehama Plumas, Glenn, Butte, Sierra, Colusa, Sutter, Yuba, Nevada, Placer, Yolo, Solano (east of Vallejo), Amador and the portions of: El Dorado west of Highway 50; Alpine and Calavaras north of Highway 4; San Joaquin north and east of Highway 4, Highway 99, Hammer Lane and Interstate 5; and Sacramento County north of Highway 50 and Interstate 80

from the intersection of Highway 50 to the Sacramento River and the city of Bishop in Inyo County; and including the Counties of Lyon, Storey, Douglas, Carson City and the portion of Washoe lying south of the northerly boundary of the Pyramid Lake Indian Reservation in the State of Nevada.

Until the 1988 annual convention of United States Swimming, the Salano Community College pool shall be available for the use of both Pacific Swimming LSC and Sierra-Nevada Swimming LSC and their respective club members, and both LSCs may sanction swimming events at this pool under their own rules and regulations.

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.

Sierra-Nevada—The California Counties of Siskiyou, Modoc, Trinity, Shasta, Lassen, Tehama, Plumas, Glenn, Butte, Sierra, Colusa, Sutter, Yuba, Nevada, Placer, Yolo, Solano (east of Vallejo), Amador and the portions of: El Dorado west of Highway 50; Alpine and Calaveras north of Highway 4; San Joaquin north and east of Highway 4, Highway 99, Hammer Lane and Interstate 5; and Sacramento County north of Highway 50 and Interstate 80 from the intersection with Highway 50 to the Sacramento River; and the Nevada Counties of Humbolt, Mineral, Churchill, Pershing and Lander, and the portion of Washoe lying north of the northerly boundary of the Pyramid Lake Indian Reservation.

Until the 1988 annual convention of United States Swimming, the Salano Community College pool shall be available for the use of both Pacific Swimming LSC and Sierra-Nevada Swimming LSC and their respective club members, and both LSCs may sanction swimming events at this pool under their own rules and regulations.

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 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, Haskell 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; and the Counties of Camden, Curituck and Pasquotank in the State of North Carolina.

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.

Note:

The following provisions shall be applicable only to the Sierra Nevada LSC and Pacific Swimming LSC:

With respect to those swim teams located within the boundaries of Pacific Swimming lying east of Contra Costa, Alameda and Santa Clara Counties, the Redistricting Procedures under the Code will be suspended until September 1, 1987 and the following Redistricting Procedures substituted in lieu thereof:

1. On or before October 31, 1986, each club within said area must elect which LSC it shall join by resolution of its members or its Board of Directors or, in the event the team has neither members nor a Board of Directors, by its authorized representative. An election made in response to the formation of the Sierra Nevada LSC shall be deemed a valid election for the purpose of this paragraph unless a new election is made pursuant hereto on or before October 31, 1986. A club failing to make its election pursuant to this paragraph 1 shall be deemed to have elected to remain in Pacific Swimming LSC.
2. On or before August 31, 1987, each team within this area must make its election whether to continue its membership in its present LSC or to transfer its membership to the other LSC by resolution of the members of its club or, in the event a club does not have members, by its authorized representative. A certified copy of the resolution shall be delivered in person or mailed by registered or certified mail, return receipt requested, to each LSC and be effective September 1, 1987 without further action by either LSC or this House of Delegates. Any

club failing to make its election pursuant to this paragraph shall be deemed to have elected not to change its membership. Thereafter, any further change by a club from one LSC to another shall be made under the Redistricting Procedures of the Code.

3. Each LSC shall send written notice by registered or certified mail, return receipt requested, to each club within this area no sooner than June 1, 1987 nor later than July 1, 1987 of the club's obligation to make an election under paragraph 2 above.

PART SEVEN

UNITED STATES MASTERS SWIMMING

EXECUTIVE COMMITTEE

- President**—Thomas D. Boak, Jr., 1200 Sawmill Rd., The Woodlands, TX 77380
Vice President—Gail M. Dummer, Michigan State University, 132 Intramural Sports Circle Building, East Lansing, MI 48824
Secretary—Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947
Treasurer—E. Kevin Kelly, 1300 Des Moines Bldg., Des Moines, IA 50309
Past President—Michael A. Laux, 8 Myrtle Ave., Westport, CT 06880
Legal Counsel—Jack Geoghegan, 155 Osborne Rd., Rye, NY 10580
Chairman, Zone Committee—Edie Gruender, 3329 N. Valencia Lane, Phoenix, AZ 85018

NATIONAL OFFICE

Executive Secretary—Dorothy Donnelly, 495 Lovely St., Avon, CT 06001,
~~203-670-0508~~ (508) 886-6631

Rules Chairman—June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
Legislation Chairman—Arthur C. Smith III, 337 Chesapeake Dr., Great Falls, VA 22206

ZONE REPRESENTATIVE

- Colonies**—Betsy Durrant, 211 - 66th St., Virginia Beach, VA 23451
Dixie—Frank Tillotson - 2494 13th Ave. North #46, St. Petersburg, FL 33713
Heartland—Mary Pat Maley - 5450 Foley Rd., Cincinnati, OH 45238
South Central—Kris Wingenroth - 3830 Drummond, Houston, TX 77025
Continental Divide—Margaret Stannard - 4725 W. Quincy #20B, Denver, CO 80236
Breadbasket—Marie Kreipe - 7138 SE 2nd St., Tecumseh, KS 66542
Oceana—Katherine Casey - 11114 - 111th St. SW, Tacoma, WA 98498

UNITED STATES MASTERS SWIMMING, INC.

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

DEFINITIONS

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

Club—an organization or group of permanent character that is registered with the Corporation through its LMSC and that actively promotes and/or participates in masters Swimming.

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

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

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

LDSC—Long Distance Swimming Committee of USMS.

LMSC—Local Masters Swimming Committee, a division of United States Masters Swimming, Inc., with supervisory responsibilities within a geographic territory as defined for LSCs in the USS code with the following exceptions:

— Cecil County, MD shall be part of Middle Atlantic LMSC

— The City of Fairfax, VA shall be part of Potomac Valley LMSC

— The LMSC of Pacific includes the USS LSCs of Pacific and Sierra-Nevada

— Martin County, Florida shall be part of the Florida LMSC

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

Masters (the word)—term to be used in that form only; not to be used as a descriptive term (master) or a possessive term (master's, masters'); to be used with a capital "M".

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

MSI—Masters Swimming International.

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

Registration—refers to the registration of an individual member of the Corporation (19 years of age and older).

Sanction/Approval—The written authorization of an LMSC to permit registered Masters swimmers to participate in a specific competition, demonstration, clinic, exhibition or Swim-a-Thon.

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

Team—A group of swimmers representing the same club in a competition.

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

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

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

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

South Central—Arkansas, Border, Gulf, Oklahoma, South Texas, South-western, 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, Hawaii, Inland Empire, Oregon, Pacific, Pacific NW, Snake River, Southern Pacific, San Diego Imperial

I. OBJECTIVES OF UNITED STATES MASTERS SWIMMING PROGRAMS

- A To offer the opportunity to continue or initiate conditioning and competition in those adults who are 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 in organizing and conducting life-long physical, recreational and competitive Masters programs.
- D To enhance fellowship amongst participants in masters programs.
- E To stimulate participation in Masters programs at all possible levels of involvement by physical educators, recreation personnel, clubs, businesses, communities and other organizations.
- 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, 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 or 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, INC.

A Membership

- (1) The membership of United States Masters Swimming, Inc. hereinafter sometimes referred to as the Corporation, shall consist of:
 - (a) club members, which are swimming clubs with Masters swimmers. Every swimming club which competes in Masters swimming competition sponsored by the Corporation shall register with the Corporation through its respective LMSC.
 - (b) individual members, who are those individuals who register with the Corporation through an LMSC.
 - (c) any organization which is interested in swimming on either the national or local level. The House of Delegates may establish classes for such membership.
- (2) All members of the House of Delegates and Board of Directors, and all members of any committee of the Corporation must hold an individual membership in the Corporation.
- (3) Membership in the Corporation shall not be denied by virtue of race, creed, sex, religion, political affiliation or national origin.

B Local Masters Swimming Committee (LMSC)

- (1) Each LMSC shall consist of individual members and club members, currently registered through that LMSC.
- (2) Each LMSC shall be governed by by-laws which are consistent with USMS objectives and goals.
- (3) Each LMSC shall hold an annual meeting.
- (4) Each LMSC, as by-laws, shall provide for periodic election of officers.

C House of Delegates

- (1) The House of Delegates 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 members. 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 Executive Committee.
 - (c) All members of the Zone Committee.
 - (d) All members of the Rules and Legislation Committees, the Controller, and the Chairman of all standing committees appointed by the President shall be at-large members, if not already members.
 - (e) The President of the Corporation shall be empowered to appoint up to ten percent of the total membership of the House of Delegates as at-large members of the House of Delegates.
 - (f) All members of the House of Delegates shall remain until their successors are selected, except that membership may be terminated by resignation filed with the Secretary.

- (2) The powers of the House of Delegates 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.

D Meetings of the House of Delegates

- (1) The annual meeting of the House of Delegates shall be held at such time and place, within or without the State of Ohio, as may be fixed in the notice of such meeting.
- (2) Special meetings of the House of Delegates may be held at any time, pursuant to a resolution of either the Board of Directors or the House of Delegates.
- (3) A written notice of all annual and special meetings of the House of Delegates, stating the time, place and preliminary agenda, shall be given to each member of the House of Delegates by 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 House of Delegates shall have one vote on each matter submitted to the House of Delegates 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 House of Delegates present and voting.

E 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)
 - (a) All officers of the Corporation shall be elected by the members of the House of Delegates at annual meetings held in odd numbered years. Elected officers shall hold office for two years, or until their successors are elected and qualified.
 - (b) Each officer is eligible for election to the same office for two terms. No person so elected for two successive terms is eligible for re-election to the same office until after the lapse of two years following the terms of office to which that person was last elected.

- (3) Vacancies in any office of the Corporation may be filled for the unexpired 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 House of Delegates.
 - (ii) Conducting all official correspondence of the Corporation.
 - (iii) Issuing all official notices of all meetings of the House of Delegates and Board of Directors.
 - (iv) Serving as Secretary of the House of Delegates and the Board of Directors.
 - (d) The Treasurer shall:
 - (i) be the custodian of all Corporate funds.
 - (ii) receive all funds of the Corporation and deposit to the accounts of the Corporation.
 - (iii) disburse funds as directed by the Controller, or by the House of Delegates.
 - (iv) invest funds of the Corporation in a prudent manner for the benefit of the Corporation, in accordance with the investment policies established by the Finance Committee.
 - (v) maintain adequate and accurate financial records which document the income and disbursement of the Corporation's funds.
 - (vi) submit all financial records to the Audit Committee annually within one month following the end of the Corporation's fiscal year.

F 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 all Standing Committees.
 - (e) The Legal advisor.
 - (f) The Controller
 - (g) 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, except vacancies in the Officers, caused by death, resignation or otherwise, shall be filled by the President from among the members of the House of Delegates for the unexpired term.
- (5) The Board of Directors shall have the authority to act for the Corporation between meetings of the House of Delegates.
- (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.

G 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.

H Standing Committees

Whenever possible, each committee shall have representation from each zone.

- (1) The Finance Committee shall consist of the Chairman appointed by the President for a two year term. The Chairman shall choose from the House of Delegates nine members, with at least one from each Zone. The Treasurer, the Chairman of the Audit Committee and the Controller shall serve as Ex-Officio members of the Committee.
 - (a) The Finance Committee shall:
 - (i) Develop policies pertaining to the financial affairs of the Corporation
 - (ii) Receive and review the annual reports of the Audit Committee, Treasurer, and Controller.
 - (iii) Prepare or cause to be prepared a summary of the above reports to be presented to the House of Delegates at each annual convention.
 - (iv) Annually receive and compile all budget requests from each Officer and Committee for the next fiscal year.

- (v) At each annual convention, prepare the Corporation's budget for the next fiscal period and, after approval of the Budget by the Committee, submit same to the House of Delegates for approval.
 - (vi) Report to the Board of Directors.
- (b) Committee requests for budget items or requests for funding that are disapproved by the Finance Committee (or those not submitted to the Finance Committee) may be approved by the House of Delegates at the annual meeting by a two-thirds vote.
- (2) The Sports Medicine and Research 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 House of Delegates 10 members with at least 1 member from each Zone. The Rules committee recommends to the House of Delegates 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 in accordance with the provisions of Section III (M) Amendments.
- (4) The Records and 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 committee appointed by the Chairman. The duties of this committee are to establish and maintain a standardized process of recording and verifying times, of publishing annually the Top Ten times in each course along with the current Records in the following categories:
- (a) American USMS Records—published with Top Ten for that course.
 - (b) Open USMS Records—published with Top Ten for that course.
- (5) 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 House of Delegates. 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.
- (6) 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 House of Delegates and with the written consent of the nominee(s).
- (7) 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 House of Delegates.
 - (8) The Legislation Committee shall consist of the chairman, appointed by the president for a two-year term. The chairman shall choose from the House of Delegates 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 Part V, Rules for Masters Swimming, and Part VI, Long Distance Swimming Rules, and shall present them to the annual meeting of the House of Delegates with recommendations.
 - (9) 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 other members as may be appropriate, who represent a broad range of experience in all aspects of the Masters swimming program. The committee shall develop long range plans, goals and objectives related to the vitality and quality of the Masters swimming program, and shall recommend appropriate projects, policies and priorities in response to issues which impact USMS programs. In addition, the committee shall conduct periodic reviews of the organizational structure and, when appropriate, shall suggest changes designed to enhance communications, efficiency and productivity.
 - (10) 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.
 - (11) The Long Distance 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.
 - (12) The Zone Committee shall consist of a representative from each zone elected by the members of the House of Delegates from each LMSC in each zone at the Annual Meeting of the House of Delegates 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 House of Delegates, 2) the President, 3) the Code of USMS, and 4) the stated need of the LMSC's.

- (13) The Audit Committee shall consist of at least two members of the Corporation, appointed by the President with the concurrence of the Board of Directors, one of whom shall be designated by the President as Chairman. The members of the committee shall serve at the pleasure of the President, and shall make their reports to the House of Delegates through the Finance Committee.

The Audit Committee shall:

- (a) Receive the financial records of the Corporation from the Treasurer and Controller.
 - (b) Examine at least annually all financial records received pursuant to paragraph (a) above to determine the accuracy and validity of the records maintained by the Treasurer and Controller.
 - (c) Prepare and audit the annual income statement and balance sheet of the Corporation, along with any other appropriate financial statements as of the close of the Corporation's fiscal year.
 - (d) Present the financial statements listed in paragraph (c) above to the Finance Committee as soon as practical after the close of the fiscal year, with a statement as to the Audit Committee's position regarding the accuracy and validity of those documents.
 - (e) Submit to the Finance Committee recommendations for the improvement of the financial management of the Corporation.
 - (f) The members of the Audit Committee shall be reimbursed for expenses incurred in the performance of their duties, following authorization by an Officer or the Chairman of the Finance Committee.
- (14) The Convention Committee shall consist of the Chairman appointed by the President for a two year term and as many members as needed to carry out the duties of the Committee appointed by the Chairman with the concurrence of the President. The Committee shall coordinate with United States Aquatic Sports, Inc. in the preparation of each year's national convention and carry out the operational needs of the House of Delegates and its committees at that convention.
- (15) The Marketing/Publications Committee shall consist of the chairman appointed by the President for a two-year term and other members as necessary to carry out the appropriate duties. The committee shall define the marketing and communications goals and objectives which are supportive of the purposes and philosophy of Masters swimming and will execute the activities and produce materials necessary to accomplish these goals and objectives.
- (16) The President may establish other committees on an *Ad-hoc* basis which are deemed necessary to carry out the duties of the President.

I Financial

- (1) The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year (calendar year).

- (2) The Controller shall be appointed by and serve at the pleasure of the President and shall report to the Finance Committee. The Controller shall:
 - (a) Establish and maintain the financial records of the Corporation using generally accepted accounting principles and practices.
 - (b) Record Corporate income from the Registrar and all other sources on the books of the Corporation.
 - (c) Receive and record all invoices and/or bills, which invoice and/or bills shall have been approved by an Officer or Committee Chairman or other person authorized to approve expenses.
 - (d) Authorize the Treasurer to disburse Corporate funds pursuant to paragraph (c) above.
 - (e) Prepare annual financial summaries of the Corporation's financial status within one month following the end of the Fiscal year.
 - (f) Prepare the annual financial reports showing the income and disbursements of the Corporation which shall be similar to those reports required of non-profit organizations by Section 6056 of the Internal Revenue Code of 1954 (or corresponding provisions 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.
 - (g) Prepare the Corporation's annual tax returns.
 - (h) Submit all financial records to the Audit Committee annually within one month following the end of the fiscal year.
 - (i) Submit recommendations for improvements in the management of the Corporation's fiscal affairs to the Chairman of the Finance Committee as requested or deemed advisable.
 - (j) The Controller shall be reimbursed for expenses incurred in the performance of the duties of the position, following authorization by an Officer or the Chairman of the Finance Committee.
- (3) Fees shall be as established by the House of Delegates

J 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 III J(1), references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

K 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 qualify as exempt organizations under Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

L 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 (Part Four) and its actions shall be binding.
- (3) Appeal from Review Section—The appeal may be made to the Board of Directors of USMS.

M Amendments

- (1) The Code and Rules for Masters Swimming may only be altered, amended, repealed, or otherwise changed at the annual meeting of the House of Delegates and only as follows:
 - (a) In odd numbered years, Parts I, II, III and IV of the Code: By a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Legislation Committee.
 - (b) In even numbered years, Part V, Rules for Masters Swimming: By a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Rules Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Rules Committee.
 - (c) In even numbered years, Part VI of the Code: By a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Long Distance Swimming Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Long Distance Swimming Committee.
 - (d) Emergency legislation: By a nine-tenths vote of the House of Delegates present and voting if not submitted in conformity with (a), (b), or (c) above.

- (2) Any changes to the Rules or Code may be proposed only by a Local Masters Swimming Committee, a standing committee of the House of Delegates, the Board of Directors or the Executive Committee. All proposed changes to the Rules for Masters Swimming (Part V) shall be considered by the Rules Committee for report and recommendation to the House of Delegates, and changes to Rules for Long Distance Swimming (Part VI) shall be considered by the Long Distance Swimming Committee, and all other proposed changes to the Code shall be considered by the Legislation Committee for report and recommendation to the House of Delegates, and all other proposed changes to the Code shall be considered by the Legislation Committee for report and recommendation to the House of Delegates 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 Rules or Code changes by the LMSC must be submitted to the Chairman of the Rules, Legislation, or Long Distance Swimming Committee not less than seventy-five (75) days prior to the first day of the annual meeting of the House of Delegates. All such proposed changes to the Rules or Code shall be published and mailed to each LMSC not less than thirty (30) days prior to the first day of the annual meeting of the House of Delegates members.
- (4) A proposed Rules or Code provision may be modified in any manner by the Rules, Legislation, or Long Distance Swimming Committee, where appropriate, while under consideration by said Committee. Such modification must be germane to the subject matter of the proposed change.
- (5) All changes approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at the time of adoption.

IV. ATHLETES AND ATHLETIC EVENTS

- A **Membership of athletes**—all swimmers competing in events sanctioned by Masters swimming must be registered.
- (1) Athlete registration is for the period November 1 through October 31 of each year. Swimmers applying for registration on or after October 1 will be issued a registration card valid through October 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 House of Delegates.
 - (b) A local fee established by the LMSC.
- B **Sanctions/Approvals**—All Masters Swimming and Long Distance Swimming competition must be sanctioned through the LMSC within whose territorial limits the event is held. An LMSC may also approve competitions, benefits, exhibitions, clinics or entertainment held within its geographical boundaries

subject to Section (2). Sanction or Approval is required if Masters times are to be considered for USMS National records or Top Ten considerations. Foreign approvals are obtained from the National Registration Chairman.

(1) Sanction Requirements.

- (a) No sanction of any event will be granted with the word "Olympic" or any derivative thereof 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) Application for sanction must be accompanied by a copy of the entry blank and applicable fee.
- (d) The sanction fee shall be as established by the LMSC.
- (e) No further sanction will be given to any organization which has failed to conduct such meet as stated on the entry blank.
- (f) All sanctioned events are subject to the following conditions:
 - (i) No swimmer's entry will be accepted unless he is registered, or has a valid travel permit or its equivalent.
 - (ii) 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.
 - (iii) 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.
 - (iv) Entry forms must contain the following clause and must be signed by the registered Masters swimmer entering the meet: "I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., the Local Masters Swimming Committee, the meet committee, or any officiating individual of the meet, as a condition of my participation in the meet."
 - (v) Closed competition in which all swimmers are registered with USMS may be sanctioned.

(2) Approval Requirements: approvals will be issued, withheld, or withdrawn in accordance with the following:

- (a) No event may be approved unless the conduct of the events conforms to the relevant USMS, Inc. technical and administrative rules and meet standards. Closed competition in which not all swimmers are registered with USMS may only receive an approval.
- (b) USMS swimmers may use the times obtained in approved meets for USMS records or National Top Ten consideration provided a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS technical and administrative rules and meet standards.
- (c) No approval may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be

promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from approved events must be used for the general welfare of the promoting organization as a whole.

- (d) Approvals issued to one organization cannot be transferred to another. Any approval so transferred shall be void for all purposes, and the LMSC may deny further approval to any organization violating this provision.
- (e) All approvals must be signed by a designated member of the LMSC and a record thereof must be retained in a book kept for such purpose. The following clause will appear on all Approval applications forms and on all forms upon which official approvals are granted: "I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., the local LMSC, the meet committee, or any officiating individual of the meet, as a condition of my participation in the meet."
- (f) Application for approvals must be accompanied by a copy of the entry blank and any applicable fee.
- (g) An approval fee may be established by the LMSC.
- (h) No further approval will be given to any organization which has failed to conduct said competition in accordance with USMS, Inc. standards or in accordance with its own entry blank.

C 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.

D 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) Swimmers 19 years of age and over may register with USMS but may not compete in national competitions until they are 25 years of age.
- (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

- (1) Individual Events—19-24 (not to be swum at National Championships), 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.
- (2) Relay Events
 - (a) Short Course (25 yard) — 19+ (not to be swum at National Championships), 25+, 35+, 45+, 55+, 65+ and 75+. The age of the youngest relay team member shall determine the age group.
 - (b) Short Course (25 meter) and Long Course (50 meter) — 76+ (not to be swum at National Championships), 100+, 120+, 160+, 200+, 240+ and 280+. The aggregate age of the four relay team members shall determine the age group.

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(5N). A surcharge of up to \$5.00 per swimmer may be charged at local and regional meets to help defray pool use fees and/or automatic timing costs.

E **Swimming Rules**—Articles 101 and 102 of U.S. Swimming Technical Rules as amended to govern all Masters competitions with the following exceptions:

- (1) Articles 102.1, 102.2.1, 102.2.4, 102.2.5, 102.3, 102.4, 102.4.2, 102.4.3, 102.4.4, 102.4.7, 102.5.1, 102.5.2, 102.7.4, 102.12.2, 102.12.5, 102.14.3, 102.22.1, 102.22.3 and 102.29.
- (2) Times shall not be subject to the provisions of Article 104.2.1H, as it concerns placement in such race.
- (3) Times may be submitted for Masters records only.
- (4) 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. However, when the breaststroke or whip kick is used the arms must be recovered over the top of the water at least once per breaststroke kick, except after the last such kick before the turn or finish.

- (5) Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
- (6) The forward start may be taken from the starting block, the pool deck or a push from the wall.
- (7) Competitors may be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle and 800 freestyle; mixed 200 medley, and 400 medley, 200 freestyle, 400 freestyle and 800 freestyle.
- (8) All masters events shall be conducted on a timed final basis.
- (9) Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
- (10) Seeding at meets other than National Championships may be either fast-to-slow or slow-to-fast. The order of heats may differ for sprint and distance events. The meet announcement shall state the order of heats.
 - (a) Seeding within heats. Within each heat, lanes shall be assigned in descending order of submitted times in accordance with the following pattern:
TEN LANES: 5-6-4-7-3-8-2-9-1-10
NINE LANES: 5-4-6-3-7-2-8-1-9
EIGHT LANES: 4-5-3-6-2-7-1-8
SEVEN LANES: 4-3-5-2-6-1-7
SIX LANES: 3-4-2-5-1-6
FIVE LANES: 3-2-4-1-5
FOUR LANES: 2-3-1-4
 - (b) Minimum number of swimmers per heat. There shall be a minimum of three swimmers per heat whenever three or more swimmers have entered an event. The fastest heat shall be filled first, then the next fastest heat, etc.
 - (c) Fast-to-slow seeding. The first heat of each event shall be composed of the swimmers with the fastest submitted times, the second heat composed of the next fastest swimmers, etc.
 - (d) Slow-to-fast seeding. The last heat of each event shall be composed of the swimmers with the fastest submitted times, the next-to-last heat composed of the next fastest swimmers, etc.
- (11) Willing and able competitors in the freestyle events over 200 meters, may be swum 2 to a lane when only one course is available for the event. Such heats will be seeded by time, slowest first, and these heats completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer. Obstructing another swimmer by swimming across or otherwise interfering may disqualify the offender and the offender shall immediately be removed from the lane.
- (12) 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.
- (13) The short course start shall be used for all events.

- (14) For all meets not using automatic timing, a minimum of two (2) timers per lane shall be required. Automatic timing, manual- electronic timing, or 3 timers per lane shall be recommended for all meets.
- (15) The minimum number of officials at USMS sanctioned or approved Masters swimming meets shall include the following. (The Referee and Starter may double as Stroke and Turn Judges, but the Referee and Starter may not be the same person.)
 - 1 Referee
 - 1 Starter
 - 2 Stroke and Turn Judges
 - 2 Timers per lane (if automatic timing is not being used)

F Records and Top Ten Times

- (1) Requirements for Records and Top Ten Times
 - (a) All times must be made in USMS sanctioned and/or USMS approved competitive meets or events.
 - (b) Times to be considered for Records and Top Ten listing must be made on or before May 31st for short course yard times, September 15th for long course meter times and December 31st for short course meter times. These times shall be forwarded to the Records and Tabulation Chairman by July 15th, October 20th and February 5th respectively.
 - (c) Each LMSC is responsible for reporting the Top Ten Times and National Records in each event made in its LMSC only, even though the times were made by swimmers from other LMSC's.
 - (d) To be considered for National Top Ten or for American Records, 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.
 - (e) American USMS Records shall be published in USS Rules and Regulations.
- (2) Top Ten Times
 - (a) The ten best times nationally in each age division shall be published annually for the events listed under Section G below.
 - (b) Relay leadoff times and individual split times will be considered for Top Ten Times if recorded by fully automatic officiating equipment and provided such splits are brought to the attention, in writing, of the LMSC Top Ten Recorder.
 - (c) In order for a time to be valid for Top Ten consideration, a minimum timing quality of two hand-held watches, averaged per USS rules, must be used.
- (3) Records
 - (a) Classification

- (i) American USMS Record—The fastest time by a USMS registered swimmer in each event in USMS sanctioned or approved competition.
 - (ii) Open USMS Record—The fastest time by any swimmer in each event in USMS sanctioned competition.
- (b) Recognized distances and strokes as listed in Section G below.
 - (c) Records must be made in accordance with all pertinent rules of USMS.
 - (d) A record can only be made in still water.
 - (e) Records shall require 3 watches, manual-electronic timing or automatic timing.
 - (f) Records established by a swimmer in the first leg of a relay race or by a swimmer's split time in an individual event shall be acceptable as individual performances for all official purposes if recorded by fully automatic officiating equipment and provided such splits are brought to the attention, in writing, of the LMSC Records Chairman.
 - (g) Records 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.
 - (h) 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.
 - (i) 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 copy of the entry card with the timers' signatures to the Records and Tabulation Chairman. Responsibility for this lies with either the LMSC Records Chairman or the Official Scorer of the meet.
 - (j) Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.

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
- 200-400 yards Medley Relay
- 200-400-800 yards Freestyle Relay
- 200-400-800 yards Mixed Freestyle Relay (2 female and 2 male)
- 200-400 yards Mixed Medley Relay (2 female and 2 male)

Long Course (50 meters) and Short Course (25 meters)

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

50-100-200 meters Backstroke

50-100-200 meters Breaststroke

50-100-200 meters Butterfly

100*-200-400 meters Individual Medley

200-400 meters Medley Relay

200-400-800 meters Freestyle Relay

200-400-800 meters Mixed Freestyle Relay (2 female and 2 male)

200-400 meters Mixed Medley Relay (2 female and 2 male)

*Short Course only

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 (25 yards) swimming championships, which shall be held between April 15 and May 31.
- (b) 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 area 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 club 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 House of Delegates, those bids which are certified shall be presented. The awarding of the bid shall be made by majority vote of the House of Delegates.
 - (vi) In the event that suitable bids are not received from the designated area 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 areas, 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 area 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 House of Delegates.
 - (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 USMS, Inc.
 - (x) Successful bidders of National Championships will pay to United States Masters Swimming, Inc., prior to the beginning of the meet, a fee of \$4.00 per individual entrant in the meet. Upon compliance with the conditions set forth in the Meet Contract, the sum of \$3.00 per entrant shall be returned as stipulated in the Contract. Non-compliance with said conditions, as determined by the meet evaluation committee within 30 days of the receipt of the final meet report shall result in forfeiture of part or all of this amount.
 - (xi) A 5 member meet evaluation subcommittee shall be composed of the USMS Records & Tabulation chairperson, if present, plus Championship Committee members present who are not serving on the protest committee. If the above designated composition does not have 5 members, then elected USMS officers present at the meet may be asked to serve.
- (4) National Championships shall be awarded using the three area system as set forth in Article 105.6.1A of the Technical Rules of USS.

YEAR	AREA I -WEST	AREA II - CENTRAL	AREA III -EAST
1988	—	SC	LC
1989	LC	—	SC
1990	SC	LC	—
1991	—	SC	LC
1992	LC	—	SC
1993	SC	LC	—
1994	—	SC	LC

- (5) Conduct of National Championships will be governed under the technical rules of USMS, Inc.
- (a) A general meeting of the House of Delegates, 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. House of Delegates. 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 headquarter'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.
 - (i) All courses must have electronic read out boards. For at least one course, the electronic read out board must have the capability to display times for all lanes simultaneously.
 - (ii) Automatic timing equipment shall be provided for all courses during the competition. Photocopies of event/heat tapes must be posted for each heat and lane before or simultaneously with the posting of the results.
 - (iii) The event number and heat number for each heat in the water must be visually displayed in a location easily seen by the participants, for each course being used.
 - (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. One copy each of the meet entry form and the meet information shall be sent to all LMSC chairpersons and to all registered clubs as soon as the entry form and information are available and no later than five months prior to the first day of the meet.
 - (d) Computerization—the organization conducting the championship shall compile entry lists, heat sheets, entry cards, and final results, by computer.
 - (e) Heat Sheets—listing name, age, club, seed time, and heat and lane assignments for pre-seeded events and entry list by time for deck-seeded events, except relays, 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. All competitors including members of relay teams must fill out and sign the appropriate entry form. Relay teams must list the full name, as registered, and the age of each relay member on the relay card. The leadoff swimmer must be clearly designated as the first swimmer on the relay card.
- (j) Swimmers affiliation as stated on the entry form will apply throughout the meet, except that swimmers may unattach at any time.
- (k) Relays may be entered the day before the meet starts. Participants therein must have entered the meet 30 days in advance. Relays entered after the original meet entry deadline and up through the day before the meet will pay 1.5 times the normal entry fee.
- (l) Seeding
 - (i) All events 200 yards/meters or less shall be pre-seeded, with oldest age groups first, slowest heats swum first within each age group.
 - (ii) 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.

- (iii) After all full heats are seeded within each age group the remaining swimmers shall be seeded with the next available age group of remaining swimmers.
 - (iv) If, in any age 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.
 - (v) Events over 200 yards/meters except for the 1000/ 1650 yards or 800/ 1500 meters may be pre-seeded as above, or may be deck-seeded by time only as in (ii) above. Willing and able competitors in the freestyle events over 200 meters may be swum 2 to a lane when only one course (7, 8, 9 or 10 lanes) is available for the event. Heats with 2 to a lane to be completed before the heats with a single competitor per lane.
 - (vi) The 1000/1650 yards or 800/1500 meters freestyle shall be deck seeded by time only as in (ii) above. 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 and able competitors may swim 2 to a lane when only one course (7, 8, 9 or 10 lanes) is available for the events. Heats with 2 to a lane to be completed before the heats with a single competitor per lane.
 - (vii) At the option of the Meet Director, relays may be deck-seeded.
 - (viii) All information regarding seeding must be stated on the entry form.
- (m) 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. Women's events shall be scheduled in the deeper course on days one and three in odd years, and on days two and four in even years. In the event that both courses are the same, then it shall not affect the rotation.
 - (n) Entry fees for National Championships shall be \$3.00 for individual events and \$8.00 for relays. A \$13.00 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.
 - (o) Four day program for Championship Meets (Women's events shall precede Men's events). At the option of the Meet Director, the 1000/1650 yards or 800/1500 meters freestyle may be swum as the first day program. If this option is chosen, the resulting second day program shall be interchanged with the resulting third day program.

Short Course

1st Day

200 yd Back
 100 yd Breast
 50 yd Free
 200 yd Fly
 100 yd IM

Long Course

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

200 yd Med Relay 400 mtr Free
500 yd Free

2nd Day

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

3rd Day

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

4th Day

1000/1650 yd Free 800/1500 mtr Free

*Swimmers may enter only one of the two longest freestyle events at the meet.

- (p) 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.
- (q) 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.
- (r) 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 first, second, and third place winners of the categories scored above in two divisions, based upon the number of swimmers entered in the meet from each club. In the women's and men's categories, those clubs with more than 16 entrants will fall into Division I for that category; those clubs with 16 or fewer entrants will fall into Division II. In the combined category, those clubs with more than 32 entrants will fall into Division I; those with 32 or fewer will fall into Division II for that category. Meet results in the appropriate form 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 clubs, and USMS Records and Tabulation chairman.

- (s) 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.
- (t) 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.
- (u) 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.
- (v) The Meet Director of each National Championship Meet shall submit a written evaluation to the chairperson of the Championship Committee within 60 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.

I MSI Championship Meets—(meters 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.

J 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 LMSC Top Ten times, as well as American Record applications, shall be in the hands of the National Records and Tabulation Chairman by the dates set forth in Section (F)(1)(b) of this article.

K 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.

L Medical Equipment—Meet directors are encouraged to investigate the use of appropriate EMT equipment and personnel for all meets.

VI. USMS LONG DISTANCE SWIMMING RULES

A Administration

- (1) **Organization**—The conduct and organization of Long Distance Swimming for Masters shall be governed exclusively by the USMS through its Long Distance Swimming Committee and LMSCs. The Chair and committee member shall be appointed as provided in USMS Rules and Regulations, III (H) 11.

(2) **Registration and Sanctions**

- (a) All Masters Long Distance Swimming athletes will be required to register with USMS, and to conform to all rules and regulations prior to competing.

- (b) Sanctions will be required for all Long Distance Swimming events. LMSCs are responsible for issuing sanctions for events involving USMS athletes. If the event is to be swum in more than one LMSC, the LMSC where the event will originate will have jurisdiction in issuing the sanction. This does not prohibit the other LMSC from issuing a sanction for the event. A Long Distance Swimming event with both USS and USMS events must have two sanctions, 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 events. Under no circumstances will a USS athlete and a USMS athlete be considered part of the same event.

B Definition

A long distance swimming event is any freestyle swimming event over 1650 yards (1508.8 meters) in length. The event may be conducted in any body of water including both natural and man made facilities.

C Events

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

- (1) **Quarter-mile Straightaway**—The course shall be set in stationary open water and shall be a quarter of a mile (440 yards) straightaway using a cable with floats stretched between two fixed and stationary markers 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 markers. The course shall be swum clockwise, unless it is deemed unfeasible to do so by the meet director. Normally no more than twenty swimmers are placed in the first or subsequent rows. If more than one heat is required, every effort should be made to swim a counterclockwise heat. A stationary water start shall be used. The starting position will be determined by seed time.

If a race is stopped and swimmers are removed from the water for their safety, the referee will not restart the race if at least 1/2 mile has been completed. The last recorded 1/2 mile time place for each swimmer or the order of places at the stopping of the race, if determined, will be used to place finishers.

- (2) **Open water events**—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. 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, but separately.
- (3) **Time/Distance Event**—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.

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 or electric timing system shall be used to time the event. Drafting shall not be permitted in pool time/distance events. The referee shall establish procedures to prevent drafting if more than one swimmer is competing per lane.

- (4) **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. If more than one swimmer is attempting to swim, only one sanction need be issued. All times achieved in long distance individual attempts should be duly certified and made a matter of record by the appropriate governing body or its representatives. The certification should include:
 - (a) Swimmer(s) name, age, sex and registration number.
 - (b) Governing body sanctioning the event.
 - (c) Course: to include name of body of water, starting and finishing points and measured distances.
 - (d) Verifications and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.
- (5) **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) Each entrant in a postal event will be responsible for the validity of the figures and the distance submitted.
- (6) **Team Events**—A team event may be contested on a total time/distance or point-system basis and may consist of any number of members.
 - (a) **Time/Distance Basis.** A specified number of contestants on each team shall be considered in the computations for team scoring. The team whose top specified number of 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.
 - (b) **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 specified 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.

- (c) No individual entries can be accepted in the team events. All entries must be made by registered USMS clubs and signed by an authorized official of the club making the entry.
- (d) Mixed sex teams may be contested, provided at least one swimmer of each sex is represented as follows:

Total number of team members	Females	Males
2	1	1
3	minimum 1	minimum 1
4	2	2
5	minimum 2	minimum 2
6	3	3

- (7) **Relays**—Relay teams shall normally consist of two or more swimmers as specified on the entry form. The team members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer 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.
- (8) **Age Groups**—Age groups in individual events for men and women shall be 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 and older.

D Safety Precautions

- (1) As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary to protect him/herself from as many dangers as possible. The meet director can assist this endeavor by:
 - (a) Obtaining necessary permits/approvals from the US Coast Guard, park authorities, life guard associations, etc.
 - (b) Providing accurate maps, with course descriptions and other pertinent information with entry forms and meet information packets.
 - (c) Planning for possible medical evacuations.
 - (d) Assigning rescue/aid personnel and craft.
 - (e) Providing provisions for controlling escort craft and access of non race craft into the race area.
 - (f) Briefing all contestants, coaches, managers, trainers, and meet officials.
 - (g) Planning for possible cancellation, postponement and/or modification of the event.

- (h) Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.
- (i) Considering use of day-glo orange and other brightly colored caps to assist in identification and visibility of swimmers in open water events.

LMSCs are encouraged to develop their own safety rules for conduct of long distance events, provided they are not in conflict with national USMS rules, policies or procedures.

- (2) An acknowledgment and release shall be included on each entry form or be signed by each participant prior to participation. The wording shall be as specified in the USMS Swimming Rules or LMSC Handbook. In addition, the wording "In this extremely hazardous event, water safety cannot be guaranteed," shall be included in all open water event acknowledgment and release forms.

E Conduct of the Competition

(1) Starts

(a) Types

- (i) **Stationary**—Swimmers start from a platform, or in the water with no forward motion.
- (ii) **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 the prescribed course.

- (b) **Starting Signal**—The starting signal will be by gun, horn, whistle, siren, etc., audible to all contestants or if necessary by voice audible to all contestants.

(2) Seeding

- (a) When practical, swimmers shall be seeded by their 1500mm/1650y times. "No times" will be seeded at the discretion of the meet director as stated in the meet entry sheet.
- (b) The fastest swimmers in quarter-mile straightaway course events 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.
- (c) Events for different age groups and sexes may be combined to allow the swimmers to compete at the same time. Separate starts are preferable in quarter-mile straightaway events.

(3) Finishes

- (a) **In the water**—Swimmers shall touch a vertical surface, or swim across a defined finish line. Place judges and timers shall position themselves accordingly.
- (b) **Out of the water**—Swimmers shall leave the water, as defined by the course, and run up the beach to a marked finish.

(4) **Officials**

- (a) There shall be a meet director, referee, safety coordinator, scorer, announcer, clerk of course, starter, and a sufficient number of judges, inspectors, timers, and medical personnel.
- (b) The clerk of course shall ensure all entrants in open water events are visibly marked with their entrant numbers.
- (c) Official craft shall be placed in a position to best observe yet not physically hinder the swimmers.

(5) **Disqualifications**—Swimmers shall be disqualified if they:

- (a) 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).
- (b) Fail to complete the prescribed distance or course.
- (c) Fail to follow race rules.
- (d) Receive assistance by pulling on the cable or buoys at the turn or on the course.
- (e) Receive propulsive aid from anyone in boats, surfboards, etc.
- (f) Receive unauthorized assistance at the start or finish.
- (g) Violate costume rules.
- (h) Draft off another swimmer in time/distance pool events.

F National Championships

(1) **Eligibility**

- (a) USMS National Long Distance championship meets will be open to any USMS registrant.
- (b) USMS Long Distance Swimming Championships are open to foreign swimmers registered with their national masters swimming governing body.

(2) **Events**—The USMS Long Distance Swimming Committee shall award USMS Long Distance Swimming National Championships.

- (a) National championships will be recognized in the following events:
 - (i) One Mile (quarter mile straightaway or openwater course).
 - (ii) Quarter-mile straightaway Long Distance Championship (2 miles).
 - (iii) Open Water Long Distance Championship (1.5-3 miles).
 - (iv) Open Water Long Distance Championship (3.5-5 miles).
 - (v) Open Water Long Distance Championship (6+ miles).
 - (vi) Postal One Hour Swimming Championship.
 - (vii) Postal 10 kilometer Swimming Championship.
- (b) Team events (as defined in III, F).
 - (i) Three person team events shall be recognized in the Quarter-mile Straightaway (2 mile) and Postal One Hour Swimming Championships.

- (ii) Men's and Women's Team events shall be recognized in the following age groups: 19+, 25+, 35+, 45+, 55+, 65+, and 75+ as determined by the age of the youngest swimmer.
- (c) Individual age groups for national championships shall be the same as III, H.
- (3) **Site Selection**—National Championships shall be awarded using the three area system as set forth in Article 205.6.1A of the Technical Rules of USS.
 - (i) Bids shall be due at the first Long Distance Committee meeting of the annual meetings.
 - (ii) Championships shall be awarded at the annual meeting.
 - (iii) Events not awarded at the annual meetings shall be awarded by the USMS Long Distance Chair.
 - (iv) The following area award system will be followed for the bidding of USMS Long Distance Swimming Championships. Bids will be received up to two years in advance of the year bid. If no bid is received from a qualifying area, bids will be received from any area. Area definitions will follow USS rule 205.6.1A.

	<u>WEST</u>	<u>CENTRAL</u>	<u>EAST</u>
YEAR	AREA I	AREA II	AREA III
1990	1 Mile Open Water 3.5 to 5 mi 1 HR Postal	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal	2 mile on 1/4 Mile Straightaway
1991	2 mile on 1/4 Mile Straightaway	1 Mile Open Water 3 to 5 mi. 1 HR Postal	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal
1992	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal	2 mile on 1/4 Mile Straightaway	1 Mile Open Water 3.5 to 5 mi 1 HR Postal
1993	1 Mile Open Water 3.5 to 5 mi 1 HR Postal	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal	2 Mile on 1/4 Mile Straightaway
1994	2 mile on 1/4 Mile Straightaway	1 Mile Open Water 3.5 to 5 mi 1 HR Postal	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal

(4) **Rules of conduct of National Championships**

- (a) **Meet Director**—The meet director shall carry out the wishes of the Long Distance Committee Chairman in regard to the conduct of the meet.
- (b) **Entry Forms**—Entry forms shall be reviewed by the USMS Long Distance Swimming Committee Chair and the LMSC for content and sanctioning *prior to distribution*. Approved entry sheets shall be sent to the USMS Long Distance Swimming Chair, all LMSCs, and the USMS National office at least ninety (90) days prior to the first day of the meet.

- (c) **Officials**—The USMS Long Distance Swimming Committee shall appoint a Meet Advisor to aid the meet director and insure that all rules are observed.
- (d) **Costume**—
 - (i) One cap, one suit, goggles, ear plugs and grease will be allowed. The suit shall be made of a porous material.
 - (ii) Flotation aids and any devices used to maintain body heat are not allowed. Wet Suits, neoprene caps, or any similar costumes are not allowed.
 - (iii) Propulsive devices are not permitted.
- (e) **Assistance during the race:**
 - (i) Feeding is permissible but use of alcohol or illegal drugs are forbidden.
 - (ii) Paddlers and escort boats are authorized if approved by meet director.
- (5) **Financial**—The sponsoring organization must agree to underwrite the full meet expenses including but not limited to the following:
 - (a) Costs associated with the meet, i.e., setting up course, supplies and equipment, etc.
 - (b) Cost of National USMS Championship awards (medals and patches) and other supplemental awards.
 - (c) \$1.00 per individual entrant shall be paid by the event sponsor to USMS for each entry in National Championship Long Distance events no later than sixty (60) days after the conclusion of the event.
 - (d) Costs reflected in USMS National Championship contracts.
- (6) **Entry Fees**—The entry fees for national championship Long Distance Swimming meets shall not exceed \$10.00 for individual events and \$5.00 per team member in team events. A surcharge may be added for swimmers in individual events subject to the approval of the USMS L.D.S. Chair.
- (7) **Results**—Individual and team results and records shall be kept and submitted to the USMS Long Distance Swimming Committee. Records will not be submitted for open water swims. Results submitted to the committee must include the following information: finish places, times/distances, swimmers' names, ages, verified USMS registration number, LMSC of registry and club affiliation.

Results shall also be mailed to the clubs represented at the championship meet and shall include the following information: places, times, swimmers' names, ages and club affiliation.
- (8) **Club Scoring**—No club scores shall be officially tallied or recognized for national championship events.
- (9) **Awards**
 - (a) USMS championship medals shall be awarded at least to the first through third place winners of individual championships in each age group.

- (b) Scoring contestants on at least the 1st, 2nd, and 3rd place teams shall receive USMS Championships medals.
- (c) Trophies may be awarded to individuals and teams at the discretion of the meet director. No club points or awards shall be made for USMS LDS Championship events.
- (d) A national USMS championship patch will be awarded to the individual champions and each scoring member of a championship team. An individual will receive only one patch per meet.

G All-American

The national champion in each age group of each individual national championship long distance swimming event shall qualify as a member of the USMS All-American Long Distance Swimming team for the calendar year in which the event was conducted.

H Records

- (1) National records will be maintained in the quarter-mile straightaway events (1 mile and 2 mile) and Time/Distance events (1 hour and 10K postal pool events).
- (2) Record times must be swum in a sanctioned event and must be routed through the sanctioning body to the USMS Long Distance Committee Chairman.
- (3) No national records will be maintained in open water events because of differences in courses, currents, and other physical factors.

1987 UNITED STATES MASTERS SWIMMING RECORDS

Long Course — Women

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	29.27	26.77	26.60	28.74	29.10	29.08	31.10	32.60	35.08	36.40	39.03	43.50	1:00.77	1:06.49
100 Free	1:02.31	58.97	58.34	1:01.92	1:06.70	1:05.44	1:11.24	1:13.80	1:20.10	1:22.50	1:31.03	1:50.49	2:28.56	2:48.56
200 Free	2:14.17	2:11.50	2:10.06	2:14.11	2:24.38	2:24.24	2:38.26	2:44.47	2:52.75	3:15.59	3:27.09	3:59.83	5:17.64	6:13.73
400 Free	5:03.95	4:32.67	4:33.08	4:34.20	5:00.18	5:08.67	5:37.18	5:51.20	6:09.79	7:06.65	7:44.80	8:27.00	11:18.98	13:22.48
800 Free	10:31.45	9:37.44	9:51.94	10:21.68	10:28.26	10:48.41	11:40.50	12:16.49	12:43.70	14:05.13	15:39.40	19:13.63	23:43.50	29:14.16
1500 Free	20:27.52	17:50.23	18:04.42	18:12.11	20:17.80	21:08.30	22:00.76	23:55.10	25:55.57	27:20.13	31:04.57	33:01.50	42:56.35	57:03.68
50 Back	34.27	31.92	32.21	32.64	36.67	37.64	38.48	39.17	40.58	47.31	48.44	1:01.68	1:08.92	1:14.83
100 Back	1:06.09	1:08.44	1:11.26	1:14.51	1:18.50	1:21.04	1:23.82	1:27.61	1:31.06	1:46.95	1:51.41	2:11.89	2:40.84	2:49.73
200 Back	2:41.21	2:28.50	2:36.61	2:43.47	2:47.57	2:56.28	3:01.07	3:11.43	3:16.98	3:50.16	4:02.01	4:42.61	5:33.49	5:51.69
50 Brst	37.74	34.36	36.34	37.04	38.37	39.86	40.22	43.82	45.86	49.13	56.48	1:00.55	1:17.90	1:42.40
100 Brst	1:24.28	1:18.31	1:21.63	1:22.46	1:24.95	1:28.07	1:31.55	1:36.32	1:43.73	1:50.29	2:06.46	2:14.40	2:58.55	3:32.03
200 Brst	3:05.24	2:50.04	2:53.08	3:05.62	3:07.35	3:11.24	3:24.83	3:31.50	3:48.72	4:05.90	4:26.93	4:39.52	6:11.63	7:45.92
50 Fly	32.00	28.79	29.98	30.17	32.16	30.74	34.67	35.29	41.94	44.67	55.54	1:02.81	1:16.09	1:27.77
100 Fly	1:08.31	1:03.91	1:07.56	1:06.63	1:11.80	1:12.67	1:24.40	1:27.49	1:38.21	1:48.37	2:09.80	2:22.53	2:57.05	3:22.83
200 Fly	2:28.01	2:22.42	2:32.65	2:36.20	2:41.67	2:44.10	3:15.92	3:19.84	3:34.66	3:58.77	4:37.05	4:57.27	6:41.20	7:40.47
100 I.M.	—	—	—	—	—	—	—	—	—	—	—	—	—	—
200 I.M.	2:34.52	2:27.48	2:31.52	2:42.43	2:46.81	2:46.91	3:05.13	3:07.65	3:17.40	3:53.46	4:10.91	4:25.80	6:02.99	7:08.59
400 I.M.	5:20.39	5:12.46	5:28.33	5:40.56	5:53.62	5:54.98	6:35.20	6:42.05	6:59.45	8:31.05	8:47.36	9:11.23	12:25.51	14:16.56
200 Fr. Rel.	—	76+	100+	120+	160+	200+	240+	280+	—	—	—	—	—	—
200 Med. Rel.	2:10.57	1:56.56	1:53.05	2:07.17	2:07.17	2:18.43	2:43.47	3:28.76	—	—	—	—	—	—
400 Fr. Rel.	2:15.79	2:12.71	2:11.61	2:21.79	2:21.79	2:35.47	3:14.69	3:45.37	—	—	—	—	—	—
400 Med. Rel.	—	5:33.84	5:34.96	5:52.88	5:52.88	5:40.36	—	—	—	—	—	—	—	—
800 Fr. Rel.	—	—	—	5:09.67	5:09.67	6:44.16	—	—	—	—	—	—	—	—
200 Mix. Fr. Rel.	1:55.94	1:46.28	1:44.84	1:29.56	1:29.56	1:59.04	—	—	—	—	—	—	—	—
200 Mix. Med. Rel.	2:08.18	2:00.93	2:00.93	2:07.61	2:07.61	2:20.00	—	—	—	—	—	—	—	—
400 Mix. Fr. Rel.	4:36.56	4:45.64	4:50.77	4:30.63	4:30.63	5:33.66	—	—	—	—	—	—	—	—
400 Mix. Med. Rel.	5:01.19	—	6:12.23	5:28.18	5:28.18	5:38.87	—	—	—	—	—	—	—	—
800 Mix. Med. Rel.	—	9:54.57	10:49.72	10:16.62	10:16.62	—	—	—	—	—	—	—	—	—

Updated 9-15-87



1987 UNITED STATES MASTERS SWIMMING RECORDS

Short Course (Yards) — Women

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 Free	24.70	23.69	23.26	24.66	25.31	26.15	27.40	29.20	30.67	32.44	34.66	36.17	56.55	59.89	1:27.65
100 Free	53.74	52.11	50.83	54.22	55.97	57.91	1:01.58	1:05.80	1:08.11	1:12.28	1:21.70	1:21.57	1:57.98	2:22.40	3:31.33
200 Free	2:00.75	1:52.14	1:52.57	1:56.29	2:06.71	2:07.49	2:19.30	2:27.88	2:37.76	2:45.81	3:07.01	3:05.04	4:24.77	5:43.80	8:28.07
500 Free	5:26.50	4:59.00	5:07.60	5:11.40	5:36.92	5:42.92	6:11.76	6:33.76	6:52.36	8:02.90	8:24.47	9:41.78	12:01.10	15:11.61	—
1000 Free	11:11.78	10:26.68	11:02.07	11:36.20	11:41.01	11:55.72	12:44.88	13:40.00	14:04.75	16:18.49	18:12.99	21:40.27	24:34.79	32:19.92	—
1650 Free	17:31.70	17:48.56	17:41.63	19:07.37	19:25.96	20:12.73	21:32.25	23:12.73	25:01.78	27:17.62	30:15.38	33:14.90	40:21.50	50:54.73	—
50 Back	29.14	27.61	28.97	29.10	32.00	32.85	30.23	34.63	36.80	41.70	44.64	54.05	1:00.20	1:07.57	—
100 Back	1:02.84	58.76	1:02.87	1:02.92	1:08.57	1:12.10	1:13.49	1:17.48	1:20.41	1:32.70	1:37.56	2:00.48	2:15.78	2:41.15	—
200 Back	2:15.05	2:12.46	2:16.92	2:23.45	2:26.34	2:38.68	2:39.39	2:54.55	2:54.92	3:26.20	3:34.17	3:59.09	4:52.78	5:32.57	—
50 Brst	32.60	30.61	31.65	32.87	33.31	34.85	35.55	37.70	40.38	42.91	49.07	56.54	1:06.58	1:23.67	—
100 Brst	1:08.12	1:08.86	1:08.85	1:12.38	1:12.49	1:17.46	1:18.80	1:25.13	1:28.02	1:37.97	1:51.00	2:06.95	2:24.67	3:57.04	5:30.32
200 Brst	2:25.40	2:30.34	2:31.19	2:37.73	2:38.86	2:46.59	2:56.30	3:05.29	3:14.45	3:30.37	3:55.78	4:28.53	5:39.12	7:10.40	11:48.36
50 Fly	27.46	25.68	26.85	26.68	28.28	28.82	30.57	31.76	35.32	38.39	45.75	55.76	1:06.25	1:16.00	—
100 Fly	58.63	57.11	59.01	59.02	1:01.88	1:04.62	1:12.16	1:15.77	1:23.43	1:30.04	1:47.29	2:22.34	2:36.36	3:01.71	—
200 Fly	2:21.28	2:03.38	2:10.62	2:10.80	2:20.27	2:22.49	2:51.58	2:51.18	3:12.12	3:29.24	4:06.22	5:05.34	5:43.94	7:15.95	—
100 IM	1:01.44	1:01.08	1:01.52	1:02.98	1:05.94	1:08.96	1:10.73	1:14.80	1:20.40	1:28.58	1:37.35	2:04.14	2:24.88	2:41.31	—
200 IM	2:13.92	2:09.45	2:09.99	2:22.59	2:24.13	2:26.89	2:41.96	2:45.47	2:53.05	3:21.39	3:39.02	4:28.74	5:13.80	5:57.63	—
400 IM	4:49.34	4:32.30	4:53.12	5:02.95	5:07.91	5:10.24	5:50.83	5:56.00	6:17.58	7:31.89	7:36.45	9:18.91	11:16.00	17:13.92	—
200 Fr. Rel.	1:48.84	1:37.79	1:47.05	1:47.05	1:58.14	1:58.14	2:17.24	2:17.24	2:17.24	2:17.24	2:17.24	2:52.04	4:29.97	—	75+
200 Med. Rel.	2:04.18	1:52.62	2:02.02	2:02.02	2:17.76	2:17.76	2:40.35	2:40.35	2:40.35	2:40.35	2:40.35	3:09.55	5:39.54	—	—
400 Fr. Rel.	3:55.39	3:51.58	4:18.09	4:18.09	5:08.21	5:08.21	6:34.11	6:34.11	6:34.11	6:34.11	6:34.11	6:33.80	—	—	—
400 Med. Rel.	4:47.25	4:38.53	4:52.72	4:52.72	6:38.86	6:38.86	8:34.11	8:34.11	8:34.11	8:34.11	8:34.11	8:34.11	—	—	—
800 Fr. Rel.	8:35.58	8:45.03	9:00.25	9:00.25	11:08.22	11:08.22	12:19.87	12:19.87	12:19.87	12:19.87	12:19.87	12:19.87	15:52.19	—	—
200 Mix. Fr. Rel.	1:37.52	1:30.65	1:37.33	1:37.33	1:47.48	1:47.48	1:56.25	1:56.25	1:56.25	1:56.25	1:56.25	2:10.27	2:44.49	—	—
200 Mix. Med. Rel.	1:51.84	1:43.17	1:48.59	1:48.59	2:03.26	2:03.26	2:12.02	2:12.02	2:12.02	2:12.02	2:12.02	2:27.90	3:28.37	—	—
400 Mix. Fr. Rel.	3:53.21	3:36.34	4:04.97	4:04.97	4:44.74	4:44.74	5:22.94	5:22.94	5:22.94	5:22.94	5:22.94	6:29.60	—	—	—
400 Mix. Med. Rel.	4:09.80	4:24.47	4:49.11	4:49.11	7:40.55	7:40.55	—	—	—	—	—	—	10:56.58	—	—
800 Mix. Fr. Rel.	9:05.83	8:09.45	10:12.33	10:12.33	13:19.20	13:19.20	16:26.05	16:26.05	16:26.05	16:26.05	16:26.05	13:20.72	—	—	—

Updated 5-31-87



1987 UNITED STATES MASTERS SWIMMING RECORDS

Short Course (Yards) — Men

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 Free	21.11	20.18	20.99	21.72	22.22	22.78	22.93	23.41	25.19	25.62	27.45	28.73	33.77	39.47	1:35.84
100 Free	46.20	44.94	45.29	47.52	49.38	50.40	52.31	52.59	56.09	56.24	1:01.22	1:04.46	1:19.32	1:28.95	4:00.62
200 Free	1:44.02	1:41.72	1:40.45	1:44.48	1:48.18	1:52.42	1:57.72	2:06.48	2:07.53	2:10.80	2:24.72	2:31.43	3:01.25	4:20.00	—
500 Free	4:43.54	4:37.41	4:40.93	4:47.05	4:50.80	5:03.96	5:21.51	5:35.91	6:01.23	6:17.42	6:54.49	7:16.39	8:03.55	9:43.40	—
1000 Free	9:49.98	9:33.93	9:57.46	10:09.63	10:19.81	10:48.89	11:00.03	11:39.16	12:39.56	13:35.33	14:32.82	15:00.25	16:54.23	25:51.50	—
1650 Free	17:07.43	15:51.43	16:42.50	17:03.80	17:05.64	17:59.11	18:53.29	19:37.78	21:00.20	22:21.28	24:01.58	25:06.67	28:04.21	39:46.87	—
50 Back	26.03	24.20	24.29	25.40	25.93	27.09	28.16	29.62	30.65	33.10	35.16	37.14	41.17	57.68	—
100 Back	54.58	52.44	51.95	55.10	57.44	1:00.64	1:02.33	1:06.14	1:07.47	1:13.04	1:19.30	1:23.22	1:35.29	1:58.65	—
200 Back	1:59.81	1:56.59	1:54.53	1:59.73	2:07.02	2:15.70	2:16.94	2:27.23	2:30.32	2:43.54	3:08.20	3:34.78	4:30.54	—	—
50 Brst	28.36	26.07	26.53	27.05	28.01	29.27	29.70	30.95	33.24	35.17	36.45	38.58	47.00	56.10	—
100 Brst	59.86	57.16	57.99	59.11	1:01.92	1:06.62	1:05.29	1:08.47	1:16.20	1:18.98	1:23.65	1:27.44	1:45.41	2:10.50	—
200 Brst	2:21.65	2:04.82	2:08.13	2:14.19	2:18.89	2:27.28	2:29.42	2:37.58	2:53.04	2:57.28	3:10.58	3:35.26	4:03.66	6:59.01	—
50 Fly	23.64	22.41	22.83	23.80	24.33	24.91	26.23	27.34	28.50	29.99	34.24	35.44	48.33	1:32.25	—
100 Fly	52.08	49.81	50.20	51.61	54.04	56.54	1:00.06	1:03.80	1:07.32	1:11.93	1:23.06	1:34.77	2:19.14	—	—
200 Fly	1:57.22	1:51.01	1:50.67	1:53.88	2:02.39	2:08.45	2:17.78	2:34.02	2:43.18	2:58.52	2:58.78	3:52.20	5:12.57	—	—
100 I.M.	54.62	51.17	52.69	55.77	56.72	59.04	1:02.11	1:04.39	1:06.39	1:06.74	1:15.89	1:16.57	1:43.23	2:05.62	—
200 I.M.	1:57.90	1:54.03	1:55.86	2:00.79	2:04.11	2:11.54	2:15.42	2:24.91	2:32.47	2:40.26	2:53.83	2:58.90	3:48.22	4:40.51	—
400 I.M.	4:11.25	4:04.17	4:10.30	4:22.04	4:30.30	4:42.53	4:57.03	5:13.07	5:34.42	5:54.74	6:26.40	7:28.30	9:26.94	10:41.12	—
200 Fr. Rel.	1:31.73	1:23.92	1:28.69	1:40.83	1:40.83	1:51.41	1:51.41	1:57.74	2:14.04	2:14.04	2:14.04	2:14.04	2:26.59	3:01.85	—
400 Fr. Rel.	3:27.97	3:19.80	3:35.06	4:12.42	4:12.42	4:49.59	5:11.79	5:11.79	7:09.82	7:09.82	7:09.82	7:09.82	—	—	—
800 Fr. Rel.	7:51.28	7:28.59	8:06.95	8:06.95	8:06.95	10:04.39	10:04.39	10:04.39	—	—	—	—	—	—	—

1987 UNITED STATES MASTERS SWIMMING RECORDS

Short Course (Meters) — Women

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	28.62	28.21	26.55	30.33	29.38	30.52	34.28	34.95	35.49	37.13	40.80	48.70	1:12.38	1:16.66
100 Free	1:03.70	1:01.51	58.10	1:05.35	1:08.10	1:10.03	1:16.72	1:16.84	1:21.59	1:27.81	1:33.83	1:52.90	—	—
200 Free	2:21.12	2:18.99	2:06.83	2:23.34	2:40.89	2:38.39	2:36.25	2:52.73	3:03.95	3:23.26	3:28.41	4:22.29	5:18.06	—
400 Free	5:25.48	4:45.57	4:34.68	5:00.08	5:27.49	5:34.44	5:32.67	6:02.77	6:02.43	7:06.04	7:36.66	8:56.32	—	—
800 Free	11:29.21	9:55.22	9:59.43	9:46.95	11:32.96	11:14.64	11:35.78	12:35.10	13:14.48	14:43.29	15:37.27	19:08.57	—	—
1500 Free	21:38.53	18:34.42	19:17.08	18:27.71	21:55.64	24:49.08	21:44.35	29:35.29	25:01.23	28:03.99	36:31.73	37:06.10	—	—
50 Back	34.34	32.92	34.98	34.32	38.15	38.38	38.55	43.99	41.59	48.35	52.52	1:03.62	1:24.47	1:42.12
100 Back	1:17.30	1:11.49	1:16.77	1:17.30	1:22.56	1:23.57	1:24.58	1:34.23	1:33.70	1:47.84	1:56.32	2:15.89	—	3:47.15
200 Back	2:40.71	2:40.53	2:49.99	2:51.72	2:55.85	2:57.86	3:03.17	3:20.46	3:27.69	3:47.03	4:32.35	4:44.66	—	—
50 Brst	43.60	36.95	36.78	37.89	38.36	40.43	46.20	44.17	45.86	50.48	57.91	1:12.20	1:20.10	—
100 Brst	1:33.71	1:21.25	1:22.40	1:23.58	1:24.33	1:28.48	1:45.22	1:39.43	1:49.59	1:53.42	2:04.62	3:17.98	—	—
200 Brst	3:39.01	2:58.86	2:53.24	3:04.49	3:01.86	3:08.27	3:49.24	3:34.34	3:55.83	4:07.92	4:35.75	—	—	—
50 Fly	32.97	30.10	32.12	32.45	30.18	36.66	38.39	38.04	42.54	49.45	58.44	1:13.75	2:08.22	1:44.56
100 Fly	—	1:12.78	1:10.22	1:11.42	1:23.39	1:20.94	1:40.06	1:31.20	1:36.95	2:02.40	2:13.12	2:44.73	3:09.18	—
200 Fly	—	2:36.94	2:38.87	2:35.70	2:39.33	3:27.52	3:48.56	3:20.43	3:38.76	4:12.23	4:36.96	5:45.52	—	—
100 IM	1:16.00	1:10.48	1:08.00	1:15.80	1:21.37	1:22.39	1:34.21	1:28.47	1:29.46	1:45.67	1:57.56	2:24.76	3:28.03	—
200 IM	2:46.05	2:39.50	2:27.11	2:42.56	3:06.73	3:11.73	3:20.94	3:15.18	3:25.90	4:06.32	4:17.56	5:02.08	—	—
400 IM	6:39.38	5:30.95	5:52.22	5:47.34	6:41.77	6:50.58	7:12.67	7:20.07	7:19.60	8:50.76	8:55.77	11:53.24	—	—
200 Fr. Rel.	76+	2:11.26	2:14.72	2:03.37	—	120+	160+	200+	240+	280+	—	—	—	—
400 Fr. Rel.	2:33.84	2:20.92	2:32.53	4:56.99	—	2:35.74	2:46.32	2:46.32	3:22.75	3:25.09	—	—	—	—
800 Fr. Rel.	5:11.09	5:56.80	—	6:22.30	—	2:53.40	2:44.85	2:44.85	3:56.16	3:46.84	—	—	—	—
1600 Fr. Rel.	5:54.71	—	—	—	—	8:43.27	—	—	—	—	—	—	—	—
200 Mix. Fr. Rel.	2:11.41	1:57.87	1:59.06	—	—	2:10.29	2:17.86	2:17.86	2:36.85	2:54.83	—	—	—	—
400 Mix. Med. Rel.	2:21.99	2:06.55	2:18.25	—	—	2:13.41	2:50.02	2:50.02	3:00.21	—	—	—	—	—
800 Mix. Fr. Rel.	—	4:52.34	4:38.67	—	—	6:05.46	8:10.09	8:10.09	—	—	—	—	—	—
1600 Mix. Med. Rel.	5:26.32	—	5:20.84	—	—	6:13.51	8:30.23	8:30.23	—	—	—	—	—	—
800 Mix. Fr. Rel.	—	—	—	—	—	—	—	—	—	—	—	—	—	—

Updated 11-30-87



1987 UNITED STATES MASTERS SWIMMING RECORDS

Short Course (Meters) — Men

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 Free	26.78	24.39	24.39	25.35	25.98	26.41	27.43	29.35	29.83	31.26	32.31	33.94	42.21	—	—
100 Free	1:00.15	54.10	54.13	57.14	57.52	1:01.63	1:03.48	1:06.56	1:09.57	1:13.66	1:14.48	1:29.62	1:42.85	—	—
200 Free	2:16.72	2:03.55	2:03.44	2:05.37	2:11.47	2:12.40	2:19.25	2:34.12	2:36.74	2:39.78	2:56.84	3:22.31	3:51.37	—	—
400 Free	5:00.56	4:24.09	4:26.47	4:34.07	4:41.30	4:37.92	4:45.96	5:00.88	5:38.89	5:50.98	6:38.62	7:26.67	7:32.64	10:37.19	—
800 Free	10:38.49	9:01.20	9:26.90	9:50.14	9:41.39	9:46.55	10:44.85	10:35.60	12:01.65	12:15.41	14:35.89	15:56.44	15:41.78	—	—
1500 Free	19:59.34	17:11.55	17:38.93	17:54.26	17:38.17	18:27.36	19:16.63	20:20.95	24:06.50	23:41.14	28:02.05	31:19.52	29:58.32	—	—
50 Back	33.52	28.73	28.56	29.15	29.58	31.62	32.91	36.83	34.81	37.53	39.72	43.24	50.13	—	—
100 Back	1:16.84	1:04.50	1:01.42	1:04.17	1:07.69	1:12.09	1:14.77	1:19.16	1:17.31	1:24.81	1:28.56	1:51.56	1:50.89	—	—
200 Back	3:00.70	2:31.51	2:15.74	2:23.28	2:34.02	2:41.11	2:37.52	3:10.50	2:53.32	3:07.65	3:15.22	5:01.03	4:01.12	—	—
50 Brst	32.67	30.78	32.27	33.70	32.14	34.16	34.15	35.54	37.79	40.99	44.77	46.66	1:03.51	—	—
100 Brst	1:14.36	1:08.65	1:12.39	1:11.16	1:16.07	1:16.35	1:16.75	1:20.06	1:27.55	1:31.45	1:39.53	1:53.54	2:31.16	—	—
200 Brst	3:04.63	2:43.19	2:42.64	2:45.36	2:49.00	2:55.92	2:58.14	3:00.76	3:17.21	3:22.26	3:43.52	4:20.91	5:16.38	—	—
50 Fly	30.49	27.24	27.10	28.14	28.56	29.75	31.17	31.47	32.74	37.90	41.31	43.99	59.72	—	—
100 Fly	1:11.19	58.87	1:00.38	1:03.84	1:03.82	1:07.20	1:10.69	1:15.75	1:20.55	1:33.78	1:48.39	2:01.63	2:38.61	—	—
200 Fly	—	2:14.26	2:15.97	2:23.49	2:24.28	2:42.24	2:57.53	3:00.74	3:08.50	3:34.81	4:50.52	4:35.63	—	—	—
100 IM	1:09.74	1:02.89	1:02.32	1:05.83	1:06.20	1:08.97	1:11.37	1:15.76	1:18.02	1:20.20	1:31.47	1:49.30	1:53.59	2:51.07	—
200 IM	2:38.35	2:19.28	2:19.95	2:23.33	2:23.44	2:32.81	2:35.50	2:47.38	2:59.39	3:05.38	3:28.92	4:03.99	—	—	—
400 IM	5:49.81	5:14.54	5:06.11	5:10.83	5:19.20	5:54.32	5:40.54	5:58.03	6:53.77	6:46.37	8:14.65	9:28.90	—	—	—
76+	—	—	—	100+	—	120+	—	160+	—	200+	—	240+	—	280+	—
200 Fr. Rel.	—	—	1:50.17	1:50.17	1:46.19	1:55.57	2:03.53	2:03.53	2:03.53	2:03.53	2:36.98	2:36.98	2:49.74	2:49.74	—
200 Med. Rel.	—	—	2:05.07	2:05.07	2:08.13	2:12.81	2:12.81	2:12.81	2:14.27	2:14.27	4:11.97	4:11.97	2:49.78	2:49.78	—
400 Fr. Rel.	—	—	—	—	4:34.05	—	—	—	6:03.66	6:03.66	—	—	—	—	—
400 Med. Rel.	—	—	—	—	5:06.91	—	—	—	—	—	—	—	—	—	—
800 Fr. Rel.	5:43.59	—	—	—	—	—	—	—	—	—	—	—	—	—	—

Updated 11-30-87

LONG DISTANCE SWIMMING RECORDS

MEN		EVENT		WOMEN		
Ron Nuegent	1984	76:21:54	Qtr-Mile Straightaway (Four Mile)	Shelley Taylor	1984	82:44:35
Ray Pedin (M)		2:00:35.10	5 Mile	Robin Boughey	1984	2:10:48.50
Chad Fallin	1985	2:14:48.00				
Ray Pedin (M)	1984	4:06:48.70	10 Mile	Stacy Chanin (M)	1984	4:37:39.20
Chad Fallin	1985	4:52:20.00		Robin Boughey	1984	4:38:41.70
Ray Pedin (M)	1984	6:19:00.30	15 Mile	Stacy Chanin (M)	1984	7:19:10.50
Chad Fallin	1985	7:30:07.00		Robin Boughey	1984	7:24:49.00
Ray Pedin (M)	1984	8:46:32.70	20 Mile	Robin Boughey	1984	10:17:18.70
Chad Fallin	1985	10:08:05.00				
Ray Pedin (M)	1984	11:24:42.40	25 Mile	Stacy Chanin (M)	1984	13:13:08.00
Chad Fallin	1985	12:23:26.00		Robin Boughey	1984	14:07:27.90
Ray Pedin (M)	1984	12:04:31.70	Marathon	Stacy Chanin (M)	1984	13:48:58.30
Chad Fallin	1985	13:10:28.00	26 Mile-385 Yds	Robin Boughey	1984	14:07:27.90
Christopher Gleason	1984	1:07:10.87	5 Kilometer	Mellisa Hoy	1984	1:04:27.00
David Swanson	1982	1:54:05.00	10 Kilometer	Libby Pruden	1983	2:00:48.00
			15 Kilometer	Penny Lee Dean	1978	3:22:44.00
(M = Master)			20 Kilometer	Penny Lee Dean	1978	4:31:00.00
			25 Kilometer	Penny Lee Dean	1978	5:40:21.00
			30 Kilometer	Penny Lee Dean	1978	6:48:26.00
			35 Kilometer	Penny Lee Dean	1978	7:57:11.00
Gary Brinkman, SIV	1985	6:135 Yards	One Hour Swim	Tiffany Cohen	1981	5700 Yards
				Vera Baker	1981	5700 Yards

AGE GROUP

Kent Johnson, PC	1984	11:40.65	9 Year 1000 Yard	L. Kline, SI	1986	11:51.42
Kent Johnson, PC	1985	10:56.13	10 Year 1000 Yard	S. Rosenthal, SC	1983	11:21.01
J. Szymanowski, PC	1986	22:22.27	11 Year 2000 Yard	S. Rosenthal, SC	1984	22:21.28
Scott Hubbard, PC	1984	21:22.02	12 Year 2000 Yard	Janet Evans, SC	1983	21:04.33
Scott Hubbard, PC	1986	30:52.75	13 Year 3000 Yard	Janet Evans, SC	1984	30:50.03
Chad Hundebey, CA	1985	29:59.98	14 Year 3000 Yard	Janet Evans, SC	1985	30:41.09
Dan Jorgensen	1983	29:04.74	15 Year 3000 Yard	Kim Brown, CA	1986	30:00.32
Dan Jorgensen	1984	28:45.61	16 Year 3000 Yard	Julie Nartin, CA	1986	30:31.03
Dan Jorgensen, CA	1985	28:25.53	17 Year 3000 Yard	Stacy Shupe	1983	30:15.72
Jeff Kostoff	1983	27:39.81	18 Year 3000 Yard	Stacy Shupe	1984	30:48.44

TEAM EVENTS

Univ. of Arkansas (Roy Deary, Kevin Ryskowski, Ken Landgraf)	1983	2:48:48.15	Qtr-Mile Straightaway (3 x Four Miles)	Univ. of Arkansas (Shelly Taylor, Leith Weston, Tammy Ditter)	1983	2:57:17.06
Southern Illinois University (Gary Brinkman, Erwin Kratz, Anders Grillhammer)	1985	18,305 Yds.	3 Hour Swim (3 x One Hour)	Mission Viejo Nadadores (Tiffany Cohen, Vera Baker, Florence Barker)	1981	17,025 Yds.