

**2005**  
**USMS**  
**rule book**



united states masters swimming

**2005  
UNITED STATES MASTERS SWIMMING**

**CODE OF REGULATIONS**

**AND**

**RULES OF COMPETITION**

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**Cover Design:** The cyanotype, or blue print, is one of photography's oldest printing methods. Sir John Herschel was making cyanotypes as early as 1841, and the process was very popular during the late 19th and early 20th centuries. This year's rule book cover design features an elegant composite photograph made of six cyanotypes. Design by Bill Volckening.

## Dedication

The *2005 United States Masters Swimming Code of Regulations and Rules of Competition* is dedicated to Walt Reid. Long recognized as a USMS treasure, Walt was awarded the Ransom Arthur Award, the highest honor given by U.S. Masters Swimming, in 1992. But he holds a special place in the hearts of the Publications Committee. As the longtime chair of the Records and Tabulation Committee, he maintained the records, and each year, as soon as possible after the deadline for long course meters records passed, forwarded them to the rule book editor for inclusion in Appendix A. He has never once been late. He has continued this faithful service even though he is no longer the committee chair. Walt is probably the quietest member of the USMS House of Delegates; he may also be the most diligent, and certainly one of the kindest. He is a true friend of the Publications Committee, and we can think of no one more deserving to honor than Walt.

## Previous Rule Book Dedications

- 1989 June Krauser
- 1992 Mary Lee Watson
- 1993 Kathrine Casey and Gail Dummer
- 1994 All USMS volunteers
- 1995 E. Kevin Kelly
- 1996 Dorothy Donnelly
- 1997 Jack Geoghegan
- 1998 USMS All-Americans
- 1999 F.H. "Ted" Haartz
- 2000 Jim Matysek
- 2001 Gene Donner and the staff of Gateway  
Printing
- 2002 Nancy Ridout
- 2003 Tom Boak
- 2004 Joanne Tingley

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## Core Objectives

The following core objectives were adopted by the current USMS Executive Committee and approved by the Board of Directors:

- A Service the membership.
- B Educate the membership.
- C Build the membership.

## MAJOR CHANGES FOR 2005

**Eighteen-Year-Old Swimmers:** Members who are 18 years old may now compete in USMS sanctioned events. They may not participate in any manner, including in warm-ups, until their actual 18th birthday. For example, a swimmer who turns 18 in the middle of a multi-day meet cannot participate until his or her birthday. Registrars cannot accept registration forms from swimmers prior to the swimmers' 18th birthday, or forms signed prior to the birthday. Age groups have been adjusted accordingly. The 19–24 individual age group is now the 18–24 age group; the 19+ short course yards relay age group is now 18+; and the 76–99 short course and long course meters relay age group is now 72–99. (articles 102.1, 102.3.1, 102.3.2)

**Use of Hand Paddles:** Hand paddles are no longer allowed during meet warm-ups. (article 102.4.2)

**Misrepresented Seed Times:** If a swimmer submits a seed time that is so inaccurate that allowing the swimmer to complete the event would cause a significant delay to the meet, the swimmer may be disqualified and removed from the water. (article 102.15.14)

**Limiting Participation in the 800 or 1500 Freestyle at National Championships:** The 800 or 1500 meter freestyle may be limited to only those who meet the national qualifying time for that event. This option, if used, will be confined to only one of the distance events, not both. (article 104.5.3C)

**Seeding at National Championships:** All events 400 yards/meters and longer will be deck-seeded by entry time only, by age group then by time, or by a combination. Previously, the 400 meter/500 yard freestyle could only be seeded by age group. (article 104.5.5A)

**Seeding Men and Women Together at National Championships:** Swimmers of the same gender may be required to swim two-to-a-lane in freestyle events 400 meters or longer, if the meet is projected to last longer than 12 hours on any day. Alternatively, men and women may be seeded together in any freestyle event 400 meters or longer. If this option is used, two-to-a-lane seeding will not be used. (article 104.5.5B(3))

**Team Awards at National Championships:** The small, medium, and large team divisions have been eliminated. Awards will now be given to the first through tenth place teams in the men's, women's, and combined categories. (article 104.5.6)

**Club Scoring for National Long Distance Championships:** Club point scoring for the 3000/6000 yard and 5/10 kilometer postal national championships may be calculated based on a predetermined formula, approved by the Long Distance Committee, to fit the age group national record times for each gender. A

preformatted spreadsheet containing this formula will be supplied to the meet directors. (article 305.9.1B)

**Elected Officers:** Elected officers will be president, vice president of member services, vice president of community services, vice president of national operations, vice president of local operations, secretary, and treasurer. Thus, the number of vice presidents has been increased from one to four, and the Zone Committee chair has been eliminated (this duty will be fulfilled by the vice president of local operations). If the president is unable to perform assigned duties, the vice president of national operations will take over. These new offices will become effective with the 2005 election. (articles 505.1, 505.4.2)

**Board of Directors:** The Board will consist of the voting members of the Executive Committee plus a director from each zone. Each zone will nominate one or more persons for its director, but the entire House of Delegates will vote for each director. The executive director, legal counsel, and a representative from USA Swimming will be ex-officio members of the Board. The Board will meet at least twice a year: once at the annual convention and once mid-year. The president will vote only to break a tie. The new Board will become effective with the 2005 election. (articles 506.1, 506.5, 506.7)

**Composition of the Executive Committee:** Voting members will consist of the elected officers plus the immediate past president. Nonvoting members will consist of the legal counsel and the executive director. (article 507.1.1, 507.1.2)

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# ORGANIZING PRINCIPLES

## Preamble

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

## Mission Statement of United States Masters Swimming

To promote fitness and health in adults by offering and supporting Masters swimming programs.

## Goals and Objectives

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

## GLOSSARY

- Aggregate Time**—times achieved by four individuals in separate starts that are added together to arrive at a relay time for entry purposes.
- Anchored (Starting Platform)**—stable at all times without human aid.
- Body**—the torso, including shoulders and hips.
- Calm State or Surface**—normal level surface without turbulence.
- Club**—an organization or group of permanent character that is a member of USMS, registered through an LMSC and that actively promotes and/or participates in Masters swimming.
- Corporation**—United States Masters Swimming, Inc. (USMS).
- Course**—designated distance over which the competition is conducted
- Long Course**—50 meters.
- Short Course**—25 yards or 25 meters.
- Deck Entered**—all entries are accepted on the first or later day of that meet and subsequently seeded into events.
- Dual Meet**—competition between two clubs.
- End of the Course**—designated wall for racing turns or finishes.
- Event**—any race or series of races in a given stroke and distance.
- FINA**—Federation International de Natation Amateur (International Federation of Amateur Swimming).
- Fitness Events**—events designed to encourage and enhance fitness.
- First Day of Meet**—day on which first competitive swimming event is conducted.
- Foreign Swimmer**—athlete member of a FINA member federation, other than USMS.
- Foul**—an instance of obstruction, interference, collision, or equipment malfunction that prevents the successful completion of a race.
- Heat**—a division of an event in which there are too many swimmers to compete at one time.
- Horizontal**—parallel to the level surface of the water.
- IOC**—International Olympic Committee.
- Initial Distance**—that first portion of a race for which an official time may be recorded but which is not itself a completed event.
- Lane**—the specific area in which the swimmer is assigned to swim.
- Lane Line**—continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating adjacent lanes.
- Lane Markers**—the guide lines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.
- Last Day of the Meet**—day on which last competitive swimming event is conducted.
- Leg (relay)**—the part of the relay event that is swum by a single team member.
- Length**—extent of the course from end to end.
- LMSC**—Local Masters Swimming Committee, a division of the corporation, with supervisory responsibilities within a specified geographic territory.
- Malfunction**—a mechanical or electronic equipment failure; not a human failure by the swimmer..
- Manual Start**—the start of any timing device by an individual in response to the same starting signal given to the swimmers.

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

**Masters**—word to be used in that form only; not to be used as a descriptive word; to be used with a capital “M.”

**May**—permissive, not mandatory.

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

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

**Must**—mandatory.

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

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

**Propulsive**—having the power to propel.

**Recognized Events**—a designated competition, demonstration, clinic, or exhibition conducted by USMS member clubs, individual members, or organizations other than USMS. Times or distances achieved by members at recognized competitions may be accepted for recording purposes by USMS.

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

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

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

**SCN**—Swimming Canada Natation.

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

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

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

**Pre-seeding**—events are seeded prior to the day of competition.

**Shall**—mandatory.

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

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

**Submitted Times**—those filed with an entry as having been previously achieved or reasonably estimated.

**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 achieved in the heats.

**Touch**—Contact with the end of the course.

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

**USAS**—United States Aquatic Sports, Inc.

**USMS**—United States Masters Swimming, Inc.

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

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

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

# PART 1: SWIMMING RULES

All provisions under *Part 1: Swimming Rules*, unless otherwise specified, are effective beginning January 1, 2005, and until changed. Rules in effect on the first day of a meet shall govern throughout the meet.

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

All competitive swimming events held under corporate sanction shall be conducted in accordance with the following rules, which are designed to provide fair and equitable conditions of competition and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another.

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

## ARTICLE 101: STARTS, STROKES, AND RELAYS

### 101.1. STARTS

#### 101.1.1—Forward Start

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

#### 101.1.2—Backstroke Start

- A Starting commands**—At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee’s first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
- B All courses**—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Prior to the command “Take your mark,” and until the feet leave the wall at the starting signal, the swimmers’ feet including the toes shall be placed under the surface of the water. Standing in



## ARTICLE 101.2

or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

### 101.2. BREASTSTROKE

#### 101.2.1—Start

The forward start shall be used.

#### 101.2.2—Stroke

From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. 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 on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn, and the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, 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.

#### 101.2.3—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 stroke 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 swimmer leaves the wall and the form prescribed in article 101.2.2 must be attained from the beginning of the first arm stroke.

#### 101.2.5—Finish

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

### 101.3. BUTTERFLY

#### 101.3.1—Start

The forward start shall be used.

#### 101.3.2—Stroke

After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. (**Note:** After the

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

**101.3.3—Kick**

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

**101.3.4—Turns**

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

**101.3.5—Finish**

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

**101.4. BACKSTROKE**

**101.4.1—Start**

The backstroke start shall be used.

**101.4.2—Stroke**

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

**101.4.3—Turns**

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

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

## ARTICLE 101.4.4

### 101.4.4—Finish

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

## 101.5. FREESTYLE

### 101.5.1—Start

The forward start or the backstroke start shall be used.

### 101.5.2—Stroke

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

### 101.5.3—Turns

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

### 101.5.4—Finish

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

## 101.6. INDIVIDUAL MEDLEY

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

### 101.6.1—Start

The forward start shall be used.

### 101.6.2—Stroke

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

### 101.6.3—Turns

- A Intermediate turns within each stroke shall conform to the turn rules for that stroke.
- B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
  - (1) **Butterfly to backstroke**—The swimmer must touch as described in article 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
  - (2) **Backstroke to breaststroke**—The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
  - (3) **Breaststroke to freestyle**—The swimmer must touch as described in article 101.2.5. Once a legal touch has been made, the swimmer may turn in any manner.

**101.6.4—Finish**

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

**101.7. RELAYS**

**101.7.1—Freestyle Relay**

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

**101.7.2—Medley Relay**

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

**101.7.3—Rules Pertaining to Relay Races**

- A No swimmer shall swim more than one leg in any relay event.
- B When automatic relay takeoff judging is used, all swimmers must touch the touch-plate or pad in their respective lanes at the end of the course to have finished their legs of the relay race.
- C A swimmer other than the first swimmer shall not start until the previous swimmer's leg has been concluded.
- D If a team member other than the swimmer designated to swim a particular leg jumps into or enters the pool in the area where the race is being conducted and before all swimmers of all teams have finished the race, both the offending swimmer and relay team shall be disqualified.

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

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

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

- F Mixed relays shall consist of two men and two women who may swim in any order.
- G Competitors shall be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle; and mixed 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle.
- H The team of a swimmer whose feet have lost contact with the starting platform (ground, deck, or wall) before the preceding teammate touches the wall shall be disqualified.

**ARTICLE 102:  
SWIMMING COMPETITION**

**102.1. ELIGIBILITY**

**102.1.1**—To be eligible for competition, including participation in warmups, members must be 18 years of age or over.

**102.1.2**—USMS members may participate in non-USMS aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in USMS competition. However, any times achieved in non-sanctioned or non-recognized activities will not be recorded for official purposes and cannot be used for LMSC rankings or national Top Ten times, All-American status, or qualification times for USMS national championship meets.

**102.2. AGE DETERMINING DATE**

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

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

**102.3. AGE GROUPS**

**102.3.1—Individual Events**

18–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94, 95–99, 100–104 ... (5-year age groups as high as is necessary).

**102.3.2—Relay Events**

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

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

**102.4. WARM-UP/WARM-DOWN**

**102.4.1—Availability**

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

**102.4.2—Procedure**

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

**102.5. EVENTS**

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

Any of the following events may be conducted. Any event conducted must be offered for all groups and both genders. For long distance events, see article 302.

**102.5.1—Short Course (25) Yards**

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

50-100-200 yards backstroke

50-100-200 yards breaststroke

50-100-200 yards butterfly

100-200-400 yards individual medley

200-400-800 yards freestyle relay

200-400-800 yards mixed freestyle relay

200-400 yards medley relay

200-400 yards mixed medley relay

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

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

50-100-200 meters backstroke

50-100-200 meters breaststroke

50-100-200 meters butterfly

100\*-200-400 meters individual medley

200-400-800 meters freestyle relay

200-400-800 meters mixed freestyle relay

200-400 meters medley relay

200-400 meters mixed medley relay

\* short course meters only

**102.6. EVENT LIMIT**

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

**102.7. ENTRY FEES**

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

**102.8. SCRATCH PROCEDURES**

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

**102.8.1—Penalties**

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

## ARTICLE 102.9

### 102.9. RELAYS

**102.9.1**—Relay teams may not compete unattached. In all cases, relay teams must be composed of USMS members of the same club, which is a member of USMS.

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

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

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

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

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

### 102.10. LANE ASSIGNMENTS—SEEDING—COUNTERS

#### 102.10.1—Seeding Principles for Masters Competition

- A** All short course meters events, long course meters events, and national championships shall be conducted on a timed final basis. Other short course yards events may be conducted on a timed final basis or other basis (e.g., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day.
- B** Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled.
- C** It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group should not be seeded into outside lanes. It is recommended that they be moved inward one lane or given the center lanes in the next slowest heat, whichever is the more appropriate placement.
- D** Seeding at meets other than national championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (events 400 yards or longer) within a meet. Women's and men's heats may be alternated in the distance events. The meet information shall state the seeding for all events.
- E** Heat and lane assignments for events of 200 meters or less shall be available to all competitors at least 5 minutes prior to the start of the event.

#### 102.10.2—Heat and Lane Assignments

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

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

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

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

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

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

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

Four Lanes: 2-3-1-4

- B Minimum number of swimmers per heat**—When there are two or more heats there shall be a minimum of three swimmers or relay teams seeded into the first heat. The fastest heat shall be filled first, then the next fastest heat, etc.
- C Fast-to-slow seeding**—The first heat of each event shall be composed of the swimmers with the fastest submitted times, the second heat composed of the next fastest swimmers, etc.
- D Slow-to-fast seeding**—The last heat of each event shall be composed of the swimmers with the fastest submitted times, the next-to-last heat composed of the next fastest swimmers, etc.

**102.10.3—Seeding of Events in a 50-Meter Course**

- A Seeding of 50-meter events in a 50-meter course**—Fifty-meter events swum in a 50-meter course shall be seeded as provided above. If the event is started at the turning end of the course no change in the lane numbering shall be made; i.e., the lanes shall be numbered the same on both ends of the course.
- B Starting heats from alternate ends of the course**—If only one course is available and the pool depth is adequate at both ends of the course, the meet director may choose to start heats from alternate ends of the course.
  - (1) In 50-meter events, the in-the-water heat may be instructed to wait in the water after the finish until the next heat has been started.
  - (2) In events 100 meters and longer, the next heat may be started when the in-the-water heat is within a half-length of the finish.
  - (3) If the pool depth is different at alternate ends of the course, the meet director may choose to start men’s events at one end of the course and women’s events at the alternate end of the course. Men’s and women’s heats shall alternate.
  - (4) If the pool depth is the same at alternate ends of the course, men’s and women’s heats may alternate.

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

- A General principles of seeding two-to-a-lane**
  - (1) Options to swim two-to-a-lane**
    - (a) At the discretion of the meet director, competitors in the freestyle events over 200 meters may be required to swim two-to-a-lane when only one course is available for the event. The meet information shall state the criteria under which such events are to be swum two-to-a-lane.
    - (b) When competitors have an option of swimming two-to-a-lane, the heats with two competitors per lane will be completed before the heats with a single competitor per lane.
    - (c) If there are not enough swimmers to fill all heats with two swimmers in each lane, those swimmers with the fastest submitted times may be seeded one-to-a-lane.
  - (2) Men’s/women’s events**
    - (a) If men and women compete under the same event number, they shall be seeded by time without regard to gender.
    - (b) If men and women compete under different event numbers, they shall be seeded separately by time.
    - (c) If men and women compete under different event numbers, men’s and women’s heats should be alternated.



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- (3) **Heat designations**—Heats shall be numbered consecutively without using alphabetical characters (e.g., no “A” and “B” heats). Heats shall be referred to as “odd” or “even” numbered heats. Odd and even heats shall be paired when seeding two-to-a-lane.
- (4) **Reporting to the clerk of course**—Swimmers in both odd and even heats shall be asked to report to the clerk of course (or to the starting area) at the same time.
- (5) **Starting procedure**—The starter shall call the odd heat to the starting block first. As soon as the odd heat is under way, swimmers in the even heat shall be called to the starting blocks. The even heat shall be started as soon as practical after the odd heat.
- (6) **Lane etiquette**
  - (a) The starter shall instruct the swimmers to swim on one side of the lane during the entire race (i.e., no “circle” swimming).
  - (b) Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee, and the disqualified offender shall be removed from the lane as soon as practical.
- (7) **Timing**—Separate timing shall be required for each swimmer.

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

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

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

Heat	Lane					
	L1	L2	L3	L4	L5	L6
Odd heat	5	3	1	2	4	6
Even heat	11	9	7	8	10	12

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

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

Heat	Lane					
	L1	L2	L3	L4	L5	L6
Odd heat	9	5	1	3	7	11
Even heat	10	6	2	4	8	12

**102.10.5—Places**

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

**102.10.6—Counters**

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

**102.11. AWARDS**

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

**102.12. SCORING**

The following is recommended for all Masters swimming competition.

**102.12.1—Dual Meets**

Individual events: 5-3-1-0

Relay events: 7-0

**102.12.2—Triangular Meets**

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

Relay events: 8-4-0

**102.12.3—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

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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.

### **102.12.4—Ties**

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

### **102.12.5—Disqualifications**

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

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

**102.13.1**—The order of events, as stated in the meet announcement, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the referee to the extent of consolidating the heats.

**102.13.2**—The entry provisions and starting time of any event, meet, or portion thereof shall stand as stated in the meet announcement (except as permitted in article 102.13.3) and may not be changed to an earlier time or date unless written notice of such change is delivered to all affected swimmers or their coaches. If mailed, such notice must be postmarked no later than the entry deadline date stated in the meet announcement, and if lack of time prohibits mail notification, all affected swimmers must voluntarily agree in writing that they have been notified and are in accord with such change. Affected swimmers or coaches may and should file a written protest with the referee prior to the running of the event or the meet if they do not agree to such change in time or date.

### **102.13.3—Postponement or Cancellation**

- A** If, prior to the start of a meet or event, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee (see article 103.5) may cancel or postpone it.
- B** Should a meet or event have actually commenced, and in the judgment of the referee cannot safely and effectively continue because of weather conditions or for some other compelling reason, the meet or event may be suspended at the referee's sole discretion until conditions warrant continuance. If conditions do not warrant continuance, the referee may cancel the meet or postpone it to a future date or time, with the approval of the meet committee.
- C** A decision to cancel or postpone shall be final.
- D** Should an event have actually commenced but be terminated prior to an official finish, and be postponed to another time or date, it shall then be conducted among the swimmers who were officially competing in the event at the time of termination.
- E** Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The

decision of the meet committee or refunding may be appealed to the officers of the LMSC (local or regional meets) or the USMS Championship Committee (national championship meets).

**102.14. SWIMWEAR**

**102.14.1—Design**

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

**102.14.2—Advertising**

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

**102.15. DISQUALIFICATIONS**

**102.15.1**—A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for the relay takeoff judges when dual confirmation relay takeoff judging, as provided in article 103.10.5B, is used, the referee, stroke, turn, or relay takeoff judge, upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification.

**102.15.2**—The referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or the swimmer's coach and inform them as to the reason for the disqualification.

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

**102.15.4**—Swimmers must start and finish the race in their assigned lane.

**102.15.5**—Standing on the bottom during a freestyle race shall not disqualify swimmers, but they must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.

**102.15.6**—Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee.

**102.15.7**—Dipping goggles in the water or splashing water on the competitor's face or body prior to the event shall not be considered as entering the pool unless the referee finds that such action is interfering with the competition.

**102.15.8**—Should a foul endanger the chance of success of a swimmer(s), the referee may allow the affected competitor(s) to reswim the event. In the case of collusion to foul another swimmer, at the referee's discretion, the swimmer for whose aid the foul was committed may be disqualified, as well as the swimmer doing the fouling.

**102.15.9**—Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy during a race. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

**102.15.10**—Grasping the lane line or side wall to assist forward motion is not permitted.

**102.15.11**—For relay disqualifications, refer to article 101.7.3.

**102.15.12**—The time, place, and/or initial splits of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event.

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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.

**102.15.13**—Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

**102.15.14**—A swimmer who misrepresents a seed time, causing a significant delay of the meet, may be disqualified at the discretion of the referee. The disqualified swimmer shall be removed from the lane as soon as practical.

## 102.16. PROTESTS

**102.16.1**—The official results of any protested race shall not be announced, the affected awards shall not be given, and points scored shall not be allocated until the protest is resolved or is withdrawn in writing.

**102.16.2**—Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee (national championship meets; see article 104.5.9B) having jurisdiction for adjudication at the earliest possible time.

**102.16.3**—Protests against judgment decisions of starters, and stroke, turn, and relay takeoff judges can only be considered by the referee, and the referee's decision shall be final.

**102.16.4**—Protests concerning interpretation of the rules in *Part 1: Swimming Rules* and the *Glossary* shall be submitted in writing (on paper or in an electronic file), within 10 days to the USMS Rules Committee chair, who shall issue a decision in writing (on paper or in an electronic file) within 5 days of the date of receipt of such protest, unless the USMS Rules Committee chair notifies the parties that the issue must come before the entire committee. The ruling shall be final and binding on all parties.

**102.16.5**—Any other protest arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the LMSC or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next 5 days for final adjudication, whose decision shall then be binding on all parties.

## 102.17. TOBACCO

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

**ARTICLE 103:  
MEET PROCEDURES**

**103.1. REQUIRED PERSONNEL**

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

**103.1.1—Officials**

**A One referee**—The referee may also serve as a stroke and turn judge, but shall not serve as starter.

**B One starter**—The starter may also serve as a stroke and turn judge.

**C Two stroke and turn judges**—At least two people shall perform these duties during competition.

**103.1.2—Timers**

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

**103.2. CERTIFICATION OF OFFICIALS**

The referee shall be certified as a stroke and turn judge, starter, or referee by USA Swimming, YMCA, or any other USMS-approved certifying body.

**103.3. REPORTING OF OFFICIALS AND MEET PERSONNEL**

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

**103.4. MEET DIRECTOR**

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

**103.5. MEET COMMITTEE**

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

**103.6. REFEREE**

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

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

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**103.6.3**—The referee shall signal the starter before each race that all officials are in position, that the course is clear, and that the competition can begin; shall assign marshals with specific instructions.

**103.6.4**—The referee 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.

**103.6.5**—When automatic or semiautomatic officiating equipment is used and an apparent malfunction occurs, it shall be the referee's 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.

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

**103.6.7**—The referee may modify any rule for a swimmer who has a disability identified in article 108. Such modification shall be based on recommendations of the national sports organizations for the identified disability. It shall be the responsibility of the swimmer or a representative to notify the referee of the disability prior to competition.

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

**103.6.9**—Refer to article 102.16 concerning protests.

### **103.7. ADMINISTRATIVE REFEREE**

The administrative referee shall resolve errors in entries and seeding, make adjustments as required and verify timing (see articles 103.11.4, 103.12.4C–F), verify record documentation, and perform other duties as assigned by the meet referee.

### **103.8. STARTER**

#### **103.8.1—Equipment**

Loudspeaker start system conforming to article 107.14, with or without an underwater recall device, and an electronic strobe signal as provided in article 108.3 shall be the preferred starting device. A .22 caliber starting pistol may be used.

#### **103.8.2—Preparation**

The starter shall stand within 10 feet of the starting end of the pool and, upon signal from the referee, shall assume control of the swimmers until a fair start has been achieved.

#### **103.8.3—Optional Instructions**

The starter may:

- A** Announce the event (recommended).
- B** Advise the heat when a swimmer will be attempting to achieve a time at an initial distance.

#### **103.8.4—Starts** (see article 101.1)

#### **103.8.5—Start Commands**

- A** At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, the edge of the pool, or on the wall and remain there. In backstroke and medley relay events, at the referee's first long whistle the

swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position (article 101.1.2).

- B** When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control.
- C** On the starter's command "Take your mark," the swimmers shall immediately assume their starting position with at least one foot at the front of the starting platform. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.
- D** For backstroke event starts, the starter may give the command "Place your feet" after the referee's whistle.

**103.8.6—False Starts**

- A** Any swimmer starting before the starting signal is given shall be disqualified if the referee independently observes and confirms the starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks. The starter shall restart the race upon signal by the referee.
- B** If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the referee independently observes and confirms the starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be notified of the disqualification upon completion of the race.
- C** If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the starter shall restart the race upon signal by the referee.

**103.8.7—Warning Signal**

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

**103.8.8—Deliberate Delay or Misconduct**

- A** Any swimmer who delays the start by entering the water or by willfully or deliberately disobeying the command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, may be disqualified from the event by the starter with the concurrence of the referee.
- B** Swimmers who fail to appear at the starting platform ready to swim in time for the initial start of their heat shall be disqualified by the referee.

**103.9. RECALL ROPE OPERATOR**

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



## ARTICLE 103.10

### 103.10. JUDGES

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

#### 103.10.1—Chief

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

#### 103.10.2—Stroke Judges

Shall operate on both sides of the pool, preferably walking 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 observed.

#### 103.10.3—Turn Judges

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, the lane number, the swimmer’s name, and the infraction observed.

#### 103.10.4—Jurisdiction of Stroke and Turn Judges

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

#### 103.10.5—Relay Take-Off Judges

- A Relay takeoff judges shall be assigned by the referee and shall stand so that they can clearly see both the touch of the incoming swimmer(s) and the feet of the departing swimmer(s) as they leave the starting platform, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.
- B If dual relay takeoff judging is used, the lane and side takeoff judges shall independently report infractions in writing without the use of the infraction hand signal. A relay shall be disqualified only if the lane takeoff judge has reported an infraction and the assigned side takeoff judge has confirmed the same infraction.
- C When automatic relay exchange judging equipment is in use, the system printout will provide the information to judge relay exchanges. Integrated backup timing cameras may be reviewed by the referee to confirm the automatic system’s results. When backup timing cameras are not available, the referee will determine the confirmation process.

#### 103.10.6—Infraction Signal

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

**Exception:** Relay takeoff judges as outlined in article 103.10.5.

**103.11. TIMERS****103.11.1—Chief Timer**

The chief timer shall:

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

**103.11.2—Head Lane Timer**

The head lane timer shall:

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

**103.11.3—Lane Timers**

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

- A Be in position at the start to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If the visual starting signal is not observed, the watch shall be started upon hearing the sound of the starting signal.
- B Stand directly over the assigned lane at the finish to observe a touch above, at, or below the surface of the water and stop the watch and/or push the semiautomatic system button when any part of the swimmer's body touches the wall.
- C Report the watch time to the head lane timer or the designated recorder; report if a late or missed pad touch is observed; and, if requested, present the watch for inspection. Lane timers shall not clear their watches until a command to "clear watches" is given or the referee signals that the next heat is ready to start.

**103.11.4—Timing Equipment Operator**

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

**103.11.5—Timing Judge**

Under the direction of the referee, the timing judge shall determine the official time for each swimmer as follows:

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- A Receive and review the automatic and/or semiautomatic timing results from the timing equipment operator and compare primary timing results with the backup timing results to determine their validity.
- B Receive the times recorded by the head lane timers from the chief timer and use those times to the extent needed to determine the official time for each swimmer.
- C Notify the referee whenever a time obtained by the primary timing system cannot be used as the official time.
- D Record disqualifications approved by the referee. A written record of all disqualifications signed by the referee shall be given to the recorder.

### 103.11.6—Recorder

The recorder shall:

- A Record the official times and disqualifications.
- B Determine the official order of finish.
- C Post results, or otherwise make them available to the competitors, of each event by gender and USMS age group as promptly as possible after the completion of each event.
- D Determine the score of the meet (optional).

## 103.12. TIMING EQUIPMENT

### 103.12.1—Timing System Definitions

Every race in a swimming competition shall be timed with one or more of the following systems, listed in their preferred order of use.

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

### 103.12.2—Timing System Designation

Timing systems shall be designated in the order in which results are used as follows:

- A **Primary system**—The primary system shall determine the official time of each swimmer unless a comparison of the primary with secondary and/or tertiary system times indicates a malfunction of the primary system. A primary system shall always be in place and shall consist of one of the following, listed in their preferred order of use:
  - (1) Automatic timing.
  - (2) Semiautomatic, with three or two buttons per lane, each operated by a separate timer.
  - (3) Manual, with three or two watches per lane, each operated by a separate timer.
- B **Secondary system**—If manually operated watches are not the primary system, a secondary system of precedence equal to or lower than the primary system shall be used. The secondary system may be:

- (1) Backup timing cameras recording a minimum of 100 images per second. The cameras must be fully integrated with the timing system.
  - (2) Semiautomatic with one, two, or three buttons, each operated by a separate timer.
  - (3) Manual with one, two, or three watches per lane, each operated by a separate timer.
- C Tertiary system**—Unless the primary system consists of stopwatches or the secondary system includes at least one stopwatch per lane, a tertiary system of at least one stopwatch per lane shall be provided.

**103.12.3—Timing Resolution (Timing Accuracy)**

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

**103.12.4—Determination of Official Time**

- A Automatic timing**—When recorded by properly operating automatic timing equipment, the pad time shall be the official time.
- B Semiautomatic or manual timing**—Whenever semiautomatic or manual timing is used, the official time shall be determined as follows:
- (1) If two of the three button or watch times agree, that shall be the time for that timing system.
  - (2) If all three buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.
  - (3) If only two button or watch times are available, the time shall be the average of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.
  - (4) If only one button or watch time is available, the time of that button or watch shall be the time for that timing system.
- C Primary timing system malfunction**—A primary timing system malfunction may have occurred if:
- (1) The difference between the time obtained by the primary system and the backup system(s) is more than .30 second.
  - (2) A late or missed touch is reported by an official observing the finish.
- D Adjustment for the timing system difference**—When the referee determines that there is a malfunction of the primary timing system, the backup time(s) shall be adjusted for the timing system difference prior to integrating them with accurate primary times in establishing the official times and determining the order of finish. The adjustment for timing system difference may be incorporated into the automatic or semiautomatic system by design or may be determined by calculating the consistent average difference between the primary and backup systems used at that meet.
- E Adjustment for malfunction on a lane**—When a malfunction is confirmed on a lane, the backup times for that lane shall be adjusted by calculating the average difference between valid primary and valid backup times of the other lanes in that heat or, if necessary, using times from heats immediately preceding and/or following that heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid backup time of the lane where the malfunction occurred.

EXAMPLE (LANE MALFUNCTION)

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

Systems used:

Primary—Automatic

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

Tertiary—Manual, one watch

\*More than .30 second difference, late touch confirmed.

\*\*Adjustment calculation: Add the differences between pad and intermediate button time, excluding the malfunctioning lane (total = .81). Divide total by the number of valid lanes to determine the average (.81 ÷ 7 = .11571). The digits after hundredths are dropped (leaving a timing system difference of .11 for the above example). Add the timing system difference to the valid backup time for the malfunctioning lane (51.35 + .11 = 51.46, the official time for lane 5).

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

## EXAMPLE (HEAT MALFUNCTION):

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

Systems used:

Primary—Automatic (late manual start confirmed)

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

Tertiary—Manual, one watch (valid)

Adjustment calculation: Add the differences between the pad and watch times (total = 24.50). Divide the total by the number of lanes to determine an average ( $24.50 \div 8 = 3.0625$ ). The digits after hundredths are dropped (leaving a heat adjustment of 3.06). Add the adjustment factor for the late start of the primary system to each pad time to obtain the official time for that lane (e.g., lane 1,  $52.12 + 3.06 = 55.18$ ).

### 103.13. OFFICIAL TIME

**103.13.1**—An official time shall be achieved in a USMS sanctioned competition or recognized event in accordance with all applicable rules. It may be achieved in:

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

#### 103.13.2—Official Time

An official time for an event or stroke can be achieved only in that event or stroke, or in an initial distance of such event or stroke (e.g., backstroke time must be achieved in a backstroke event). Regardless of the stroke(s) used, times achieved in freestyle events

**ARTICLE 103.13.3**

can be recorded only as freestyle times.

**103.13.3**—The official time to establish records and Top Ten times can be achieved only in accordance with the following timing methods:

<b>Timing method</b>	<b>Official time level</b>
Automatic timing	<ul style="list-style-type: none"> <li>• World records, USMS national records, and USMS Top Ten times</li> <li>• Initial splits for all purposes</li> <li>• Relay lead-off times for all purposes</li> </ul>
Three watches or semi-automatic with three buttons	<ul style="list-style-type: none"> <li>• World records, USMS national records, and USMS Top Ten times</li> <li>• Initial splits and relay lead-off times for world records only</li> </ul>
Two watches or semi-automatic with two buttons	<ul style="list-style-type: none"> <li>• USMS Top Ten times</li> </ul>

**103.13.4**—World records may be established when timed by three watches.

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

**103.13.6**—A backup time adjusted for system timing errors in accordance with the methods described in articles 103.12.4C–F may be used as an official time equal to the level of the timing system to which it has been adjusted.

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

**103.14. CLERK OF COURSE**

**103.14.1**—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.

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

**103.15. MARSHALS**

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

**103.16. ANNOUNCER**

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

- Event
- Number of heats

Lane, name, and club affiliation of competitors

Results

**103.17. RECORDER OF RECORDS**

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

**103.18. PRESS STEWARD**

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

**ARTICLE 104:  
NATIONAL CHAMPIONSHIP MEETS**

(Recommended for all championship meets when possible)

**104.1. MEET CATEGORIES**

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

**104.1.1—Short Course (25 Yards or 25 Meters)**

Between April 15 and May 31.

**104.1.2—Long Course (50 Meters)**

Between August 1 and September 15.

**104.2. MEET NAME**

The official name shall be (insert year) United States Masters Swimming National (insert Short or Long) Course Championships.

**104.3. AWARDING OF NATIONAL CHAMPIONSHIP MEETS**

**104.3.1—Bidding Procedures**

- A Solicitation of bids**—The USMS Championship Committee shall be responsible for the solicitation of bids and shall present a list of all certified bidders for each short and long course championships to the House of Delegates at the annual meeting held more than 1 year prior to the meet being contested, with emphasis on soliciting bids from all areas of the country.
- B Eligible bidders**—Any club, LMSC, or organization may bid. The facility to be used must be in accordance with the facility standards. The Championship Committee shall strongly consider LMSC endorsement as a selection criteria.
- C Bid information**—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 national championship meet.
- D Bid deadline**—All bids for a national championship meet shall be returned to the chair of the Championship Committee no later than 30 days prior to the annual meeting.



## ARTICLE 104.3.1E

- E Certification of bids**—Prior to the annual meeting, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facilities standards (article 107).
- F Awarding of bids**—At the annual meeting of the House of Delegates, those bids that are certified shall be presented. The awarding of the bid shall be made by majority vote of the House of Delegates.

### 104.4. USMS ASSISTANCE AND AGREEMENTS

#### 104.4.1—Contract

Successful bidders of national championship meets shall sign a written contract with USMS specifying the responsibilities of the meet host and of USMS.

#### 104.4.2—Payments

Successful bidders of national championship meets shall pay to United States Masters Swimming, Inc., no later than 10 days prior to the beginning of the meet, a fee of \$10 per individual entrant in the meet. Upon compliance with the conditions set forth in the meet contract, the sum of \$2 per entrant shall be returned as stipulated in the contract. Noncompliance with said conditions, as determined by the meet evaluation committee within 30 days of the receipt of the final meet report, shall result in forfeiture of part or all of this amount. An additional amount of up to \$1 per entrant may be returned for outstanding performance by the host.

#### 104.4.3—Assistance to Meet Host

The Championship Committee shall provide such assistance and guidance necessary to provide uniformity in national championship meet production. Out-of-pocket expenses for services shall be reimbursed by USMS, Inc.

#### 104.4.4—Meet Evaluation Committee

A five-member meet evaluation committee shall be composed of at least three Championship Committee members, plus two additional USMS members who are knowledgeable in championship procedures. No member of the protest committee, host club, or host LMSC may serve on the meet evaluation committee. A written evaluation shall be submitted to the meet host.

#### 104.4.5—Meet Report

The meet director of each national championship meet shall submit a written report to the chair of the Championship Committee within 60 days of the end of competition. This report shall include a complete financial report, copies of meet information, entry forms, final results (an electronic file plus hard copy), and any other information that may be helpful to future meet directors.

### 104.5. CONDUCT OF NATIONAL CHAMPIONSHIP MEETS

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

#### 104.5.1—Information for Participants

**A General meeting**—A general meeting of the 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.

- (1)** The meeting date, time, and location shall be included in the official meet information.

- (2) The chair of this meeting shall be the president of USMS, or an individual designated by the president.
  - (3) Business pertinent to the operation of national championship meets and the conduct of the events shall be considered and finalized at this meeting. Changes may be effected in the conduct of the meet to fit the situation.
  - (4) Since changes can be made in the operation of a national championship meet, it is the obligation of every swimmer (or a representative) to arrive with enough time to complete registration and become apprised of any changes that have been made.
  - (5) It shall be the meet director's responsibility to post notices of changes in conspicuous places at the pool, registration area, and headquarters area prior to the start of the first day's competition.
- B Warm-up schedule**—A list of times when the competition pool and other facilities will be available for warm-up shall be provided in the pre-meet information.
- C Heat sheets**—For pre-seeded events, heat sheets listing the name, age, club, seed time, and heat and lane assignments shall be made available to all swimmers at the time of registration. For deck-seeded events, entry lists listing the name, age, club, and time by time or age group, except relays, shall be made available to all swimmers at the time of registration. If instead the host chooses to make heat sheets available for deck-seeded events, then the heat sheets for each day, except relays, shall be made available in the morning before those events are swum.

**104.5.2—Program**

A 4-day program for national championship meets will be used. With the approval of the Championship Committee, a 5-day program may be used.

**ARTICLE 104.5.2A**

**A Meet schedules (2005–2007)**

<b>Schedule 1</b> <i>2006 Short Course</i> <i>2007 Long Course</i>	<b>Schedule 2</b> <i>2005 Short Course</i>	<b>Schedule 3</b> <i>2005 Long Course</i> <i>2007 Short Course</i>
1st Day **	1st Day **	1st Day **
800/1000 freestyle 1500/1650 freestyle	800/1000 freestyle 1500/1650 freestyle	800/1000 freestyle 1500/1650 freestyle
2nd Day	2nd Day	2nd Day
400 IM 50 fly 200 freestyle 100 back 200 breast 200 mixed medley relay 200 free relay	400/500 freestyle (men) 50 breast 100 butterfly 200 backstroke 50 freestyle 200 IM 200 mixed free relay	100 butterfly 50 breaststroke 100 backstroke 200 freestyle 200 mixed medley relay 200 freestyle relay 400 IM
3rd Day	3rd Day	3rd Day
400/500 freestyle (women) 200 back 50 free 100 breast 200 IM 100 fly 200 medley relay	400/500 freestyle (women) 100 IM* 200 breaststroke 100 freestyle 50 backstroke 200 butterfly 200 medley relay	100 IM* 200 butterfly 50 backstroke 100 freestyle 200 breaststroke 200 medley relay 400/500 free (women)
4th Day	4th Day	4th Day
400/500 freestyle (men) 50 breast 100 IM* 200 fly 100 freestyle 50 back 200 mixed free relay	100 backstroke 50 butterfly 200 freestyle 100 breaststroke 200 mixed medley relay 200 freestyle relay 400 IM	200 backstroke 50 freestyle 200 IM 50 butterfly 100 breaststroke 200 mixed free relay 400/500 free (men)
<p>*The 100 IM is swum in short course nationals only.  **With Championship Committee approval, a swimmer may compete in both of the two longest freestyle events at the meet. The Championship Committee shall decide how national qualifying times will affect the entry.</p>		

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

(1) In odd-numbered years, men’s events shall be odd-numbered. In even-numbered years, men’s events shall be even-numbered. On the distance day only, men’s

and women’s heats may be alternated regardless of whether the year is odd numbered or even numbered.

- (2) In each schedule, at the option of the meet director and with the approval of the Championship Committee, the 800/1000 freestyle and the 1500/1650 freestyle may be swum as either the first day program or the last day program.
  - (3) Full days on the schedule may be interchanged so that the 400/500 freestyle and the 1500/1650 freestyle shall not be swum on consecutive days.
  - (4) The three basic schedules shall be chosen every 4 years, starting in 1990, by a vote of the House of Delegates, from at least four alternatives presented by the Championship Committee. The selected schedules shall apply to the period starting 2 years after approved by the House of Delegates.
- C Rotation of the 800/1500 and 1000/1650 freestyles**—The order of the two distance events may be changed by agreement of the meet director and the Championship Committee.
- D Alternative meet schedules**—A meet bidder may, with the approval of the Championship Committee, bid for a national championship meet with a different schedule from those defined in article 104.5.2A.

**104.5.3—Event Limit**

- A Individual events**—Competitors may enter and swim in a maximum of six individual events (or five individual events, if deemed necessary by the Championship Committee), with a maximum of three individual events per day.
- B Relays**—Each competitor shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay of each distance per meet.
- C National qualifying times**—There shall be qualifying times for national championship meets unless otherwise determined by the Championship Committee. The procedure for determining the qualification times shall be established by the Championship Committee with the approval of the House of Delegates.
- (1) **Altitude adjustment**—Times achieved at an altitude of 3000 feet or higher may be adjusted, for NQT purposes only, by subtracting the adjustment times (in seconds) from the actual time achieved. The specific adjustments for each age group and gender are found in Appendix B. The adjustments shall be determined every 4 years starting in 1998. The adjustment times for men and women competitors shall be calculated by multiplying the time adjustment in the following table by the ratio of the 200-yard freestyle national record for the age group to that of the 25–29 200-yard freestyle for men and women, respectively. The values in the following table shall be those determined and used for the same purpose by USA Swimming.

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

	3000–4249 ft	4250–6499 ft	6500+ ft
200 yards/meters	0.5	1.2	1.6
400–500 yards/meters	2.5	5.0	7.0
800–1000 yards/meters	5.0	10.0	15.0
1650 yards/1500 meters	11.0	23.0	32.5

## ARTICLE 104.5.3C(2)

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

### 104.5.4—Entry Procedures

#### A Eligibility/affiliation

- (1) **USMS membership**—USMS individual membership numbers and club names and abbreviations must be submitted on all entry forms together with entry times. “No time” for swimming events and “pending” for membership number will not be permitted.
- (2) **Foreign swimmers**—National championship meets shall include and welcome foreign swimmers, except that they may not qualify for USMS Top Ten and All-American awards, nor set USMS national records.
- (3) **Affiliation**—A swimmer’s affiliation as stated on the entry form will apply throughout the meet. If the club on the entry form and the club listed in the USMS membership database do not match, the swimmer shall, prior to the first day of competition, submit a new USMS membership card showing the new affiliation. If there are any questions about club affiliation, the swimmer will be switched to unattached status for the duration of the meet, regardless of actual affiliation. A swimmer may declare unattached status at any time.

#### B Entry form

- (1) **Approval of entry form**—Entry forms (both individual and relay) and meet information shall be prepared following the direction of the Championship Committee, and must be approved by the Championship Committee in advance of printing. No other forms may be used.
- (2) **Distribution of entry form**—The entry form for individual events and all meet information shall be published in an official USMS publication and on the USMS Web site at no cost to the meet host. Short course nationals information shall be published in the January–February issue and long course nationals information shall be published in the May–June issue. The individual and relay entry forms and any additional information the host desires shall be posted on the USMS Web site as soon as the entry form and information are available and no later than 5 months prior to the first day of the meet.
- (3) **Completion of entry form**—All competitors, including members of relay teams, must fill out and sign the appropriate entry forms.
- (4) **Information on entry**—All information regarding seeding must be stated in the meet information.
- (5) **Relay cards**—On the relay card, relay teams must list the name of the club and the full name (as it appears on the USMS membership card) and the age of each relay member.

#### C Entry deadline

- (1) **Individual entry deadline**—The deadline for receipt of entries for national championship meets shall be not more than 35 days prior to the first day of competition.

- (2) **Relay entry deadline**—A relay may be entered until the day before it is scheduled to be swum. Participants therein must have entered the meet by the individual entry deadline. A fee of \$12 per relay shall be charged for all relays.
  - (3) **Postmark deadline**—The meet director may establish a U.S. Postal Service postmark deadline 7 days prior to the individual entry deadline. If a postmark deadline is established, individual and relay entries postmarked by a U.S. Postal Service office in the 50 states by midnight of that date will be considered on-time. Private or corporate meter postmarks will not be accepted.
- D Entry fees**—Entry fees for national championship meets shall consist of the following:
- (1) A \$30 surcharge may be charged to be used by the meet sponsor to help pay meet expenses. If a meet host uses a 5-day format, the host may charge \$38.
  - (2) \$4 each for individual events.
  - (3) \$12 each for relays.
  - (4) A banquet or social event may be conducted for an additional fee. Participation in this event is optional.
  - (5) The meet host shall not be required to refund overpayments of \$10 or less. Any payments greater than \$10 may be subject to a processing fee of up to \$10.

**104.5.5—Seeding**

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

- (1) At the meet director's option and with the approval of the Championship Committee, any or all events may be deck seeded.
- (2) Pre-seeded events shall be seeded, with oldest age groups first, slowest heats swum first in each age group. In the event that swimmers of the same gender are simultaneously swimming in two courses, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.
- (3) Deck-seeded events 200 yards/meters or less shall be seeded, with oldest age groups first, slowest heats swum first in each age group. In the event that swimmers of the same gender are simultaneously swimming in two courses, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.
- (4) Events 400 yards/meters and longer shall be deck seeded by one of the following methods: (a) by entry time only, (b) by age group, the oldest age group first, slowest heats seeded first within each age group, then by time, or (c) by a combination of (a) and (b). The USMS Championship Committee shall make all seeding decisions.
- (5) The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc. (Note exception provided in article 104.5.5A(9).)
- (6) If, in any age group, there are not enough swimmers for one complete heat, all swimmers in that age group shall be seeded in adjacent lanes for pre-seeded events.
- (7) After all full heats are seeded within each age group, the remaining swimmers may be seeded with any available age group of remaining swimmers.

## ARTICLE 104.5.5A(8)

- (8) In situations where all seeding rules cannot be simultaneously met, the seeding of these heats may diverge slightly from the general seeding procedures, with the concurrence of the Championship Committee liaison.
- (9) A swimmer may be seeded in an incomplete heat of another age group if the swimmer's entry time would have a significant impact on the timely running of the meet, as determined by the Championship Committee.
- (10) There will be no splitting of age groups into A.M. and P.M. sessions. However, at the meet director's discretion, swimmers whose entry times will inordinately delay the progress of the meet may be seeded individually in an outside lane with manual timing, thus allowing the continued sequence of the regularly scheduled heats.
- (11) If a swimmer enters a deck-seeded event with a time significantly slower than his/her recently recorded time, the meet director may, after notifying the swimmer, change the seeded time to a realistic time.

### **B Distance events**

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

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

### **104.5.6—Club Scoring**

- A Scoring**—All national championship meet scoring and awards shall be treated as if the meet were swum in a ten-lane pool, regardless of the actual number of lanes available. Points shall be awarded as in article 102.12.3.
- B Categories**—Club scoring will be tabulated in three categories.
- (1) **Women's**—women's individual events and women's relay events.
  - (2) **Men's**—men's individual events and men's relay events.
  - (3) **Combined**—women's individual events, women's relay events, men's individual events, men's relay events, and mixed relay events.
- C Overall Point Total**—For information purposes only, the overall point totals for each club shall be published in all results documentation after the list of the scores by size divisions.

**104.5.7—Awards**

- A **Awards**—All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given except in the case of ties. Appropriate awards as determined by the Championship Committee will be awarded for places one through ten.
- B **USMS championship award (i.e., patch or some similar award to be determined by the Championship Committee)**—Each individual who wins a short course or long course individual or relay championship shall be awarded a USMS championship award. Swimmers winning more than one championship may purchase one additional award for each additional championship won.
- C **Team awards**—The organization conducting the national championship meet shall provide awards to the first through tenth place winners in the women’s, men’s, and combined categories.

**104.5.8—Results**

- A **Posting of meet results**—Event results shall be posted and splits for each swimmer shall be made available in accordance with article 103.11.6C.
- B **Publication of meet results**—Meet results in the appropriate format (see Appendix B) and club scores shall be published within 30 days of the last day of the meet, posted on the USMS Web site, and distributed, if requested, to the representative of each participating club. Hard copies shall be sent to the Executive Committee, and hard copies and electronic files shall be sent to the chair and liaison for the Championship Committee and the USMS Records and Tabulation Committee chair.

**104.5.9—Protest Procedure**

- A Protests against judgment decisions of starters, stroke and turn judges, and relay takeoff judges may only be considered by the referee of the meet.
- B Protests affecting the eligibility of an individual 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 and Rules Committee, if present, plus three other participants selected from other than the host team by the protest panel chair or Championship Committee liaison. This panel shall be chaired by the representative from the Championship Committee. Protests shall be submitted in writing, heard by the panel, and decisions rendered no later than the last day of competition. Both the party lodging the protest and the party charged shall be afforded a chance to be heard. The decision of the panel shall be final.
- C Any protests made following the close of competition shall be directed to the chair of the Championship Committee for resolution.

**104.5.10—Personnel** (also see article 103)

- A **Meet director**—The meet director shall follow the swimming rules of USMS, Inc., and the policies and procedures established by the Championship Committee with regard to the planning and execution of the requirements for a national championship meet.
- B **Officials**—The minimum number of officials at each session of a USMS national championship meet shall include the following:
  - One meet referee
  - One deck referee for each course
  - One administrative referee
  - One starter for each course



## ARTICLE 104.5.10C

Two stroke and turn judges for each course.

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

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

Two timers per lane for each course, each using a stopwatch and at least one timer using a backup button

One recall rope operator for each course if a recall rope is used

One safety marshal for each end of each pool in use for warm-ups.

### **104.5.11—Facilities and Equipment** (also see article 107)

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

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

### **105.1. REQUIREMENTS FOR RECORDS AND TOP TEN TIMES**

#### **105.1.1—Sanction/Recognition**

All times must be made in USMS sanctioned meets or recognized events.

#### **105.1.2—Deadlines**

Times to be considered for records and Top Ten times must be made on or before May 31 for short course yard times, September 30 for long course meter times, and December 31 for short course meter times. These times shall be forwarded to the Records and Tabulation Committee chair by June 30, October 20, and January 26, respectively.

#### **105.1.3—LMSC Responsibility**

Each LMSC is responsible for reporting the Top Ten times, USMS national records, and world records achieved in its LMSC in the appropriate format (see Appendix B), including all times achieved by swimmers from other LMSCs.

#### **105.1.4—Required Information**

To be considered for national Top Ten times or for USMS national records, all relay times must include the name of the club and the full name (as it appears on the USMS membership card), the age, and, for mixed relays, the gender of each swimmer. For all

individual events, eligibility is based on current USMS membership as noted on the entry card, and the results must contain the full name and age of each swimmer.

#### **105.1.5—Publication of Records**

Results from events conducted in pools that do not meet the *minimum* pool length requirement (minus 0.00 meter) in all lanes used in competition shall not be acceptable for record applications or Top Ten submissions.

#### **105.1.6—Pool Certification**

- A Record applications and Top Ten submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming.
- B Pool certification shall be reported on the USMS Pool Length Certification Form (see Appendix B).
- C Certification data need only be filed once unless structural changes have occurred since original certification.

#### **105.1.7—Pool Measurement**

- A The exact length of the course, measured for all lanes using a steel tape or other acceptable measuring device in feet and inches and fractions of an inch, or in meters and centimeters, must be attested to by the person performing the measurements.
- B A statement of the conditions under which the course was measured must be included.
- C Where a moveable bulkhead is used, course measurement of the two outside lanes and a middle lane must be confirmed at the conclusion of the session during which the time was achieved. **Note:** It is recommended that the bulkhead placement be confirmed prior to the start of the meet.

**105.1.8**—USMS national records shall be published in the *USMS Code of Regulations and Rules of Competition*.

### **105.2. TOP TEN TIMES**

**105.2.1**—The ten best times nationally in each age division and for each gender shall be published annually for the events listed under article 102.5.

**105.2.2**—Split times shall be considered for Top Ten times if:

- A Recorded by fully automatic timing equipment,
- B In an individual event other than backstroke, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the conclusion of the meet,
- C In a relay event or an individual backstroke event, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the swim, and
- D The swimmer(s) completes the full distance of the scheduled event without being disqualified and performs a legal finish at the initial distance.
- E The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water.

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

**105.2.3**—In order for a time to be valid for Top Ten times consideration, a minimum timing quality of two manual times, averaged per USMS rules (see article 103.12.4), shall be used.

## ARTICLE 105.3

### 105.3. USMS NATIONAL RECORDS

**105.3.1**—The fastest time by a USMS member in each event in a USMS sanctioned competition or recognized event shall be designated as a USMS national record.

**105.3.2**—Records shall be achieved only in recognized distances and strokes as listed in article 102.5.

**105.3.3**—Records must be made in accordance with all pertinent rules of USMS.

**105.3.4**—Times may be submitted for Masters records only.

**105.3.5**—A record can only be made in still water.

**105.3.6**—The official time for establishing records shall be achieved and determined in accordance with articles 103.11, 103.12, and 103.13. Records shall require three watches, semiautomatic timing with three buttons, or automatic timing.

**105.3.7**—Split times shall be considered for USMS national records if:

- A Recorded by fully automatic timing equipment,
- B In an individual event other than backstroke, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the conclusion of the meet,
- C In a relay event or an individual backstroke event, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the swim, and
- D The swimmer(s) completes the full distance of the scheduled event without being disqualified and performs a legal finish at the initial distance.
- E The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water.

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

**105.3.8**—Records must be achieved in the relevant stroke/event (e.g., 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.

**105.3.9**—Record times shall be submitted in hundredths of a second (two decimal places). If times are tied to the hundredth of a second, the results shall be declared a tie and records shared by all swimmers thus tied.

**105.3.10**—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 timers' signatures, to the records and tabulation chair for the LMSC in which the event was sanctioned or recognized. Responsibility for this lies with either the LMSC records chair or the official scorer of the meet. The LMSC records and tabulation chair shall send the supporting data to the chair of the USMS Records and Tabulation Committee for verification. Upon verification, the chair of the USMS Records and Tabulation Committee shall promptly publish the new record on the USMS Web site.

**105.3.11**—Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.

**105.4. ALL-AMERICAN RECOGNITION**

**105.4.1—Individual Recognition**

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

**105.4.2—Relay Recognition**

The USMS members from each relay team with the fastest listed time for that season shall be declared the Relay All-Americans in that event for the year.

**105.5. WORLD RECORDS**

Applications and documentation for world records (25-meter and 50-meter courses only) shall be supplied to the USMS Records and Tabulation Committee chair as detailed in Appendix B (see also article 103.13.3).

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

**106.1. MEDICAL EXAMINATION**

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

**106.2. MEDICAL EQUIPMENT**

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

**ARTICLE 107:  
FACILITIES STANDARDS**

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

**107.1. DEFINITIONS**

**107.1.1**—[M]—Mandatory requirement for all competition.

**107.1.2**—[M\*]—Predicated upon facility availability, LMSCs may waive strict compliance with these requirements when sanctioning local competition.

**107.1.3**—[M‡]—Mandatory requirement; sanctioned events may be conducted in facilities not meeting these requirements but the results of those events shall not count for USMS records and Top Ten. It must be noted in the meet information that events conducted in these facilities are noncompliant.

**107.1.4**—[NC]—Mandatory requirement for national championship meets and international competition.

## ARTICLE 107.1.5

**107.1.5**—Where dimensions are given, the dimension listed first shall govern and dimensions given in parentheses are for reference only.

### 107.2. RACING COURSE DIMENSIONS

#### 107.2.1—Length

**A Long course meters**—50.00 meters (164 feet, ½ inch). [M]

**B Short course meters**—25.00 meters (82 feet, ¼ inch). [M]

**C Short course yards**—25.00 yards. [M]

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

**E Touch pads**—When touch pads are used as part of an automatic timing system, the thickness of these pads shall not cause the length of the racing course in any lane to fall below the minimum required length. [M]

**F Movable bulkheads**—When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be capable of resisting lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes. [M]

#### 107.2.2—Width

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

#### 107.2.3—Water Depth

**A Starting end**—Minimum water depth for racing starts, as measured for a distance of 3 feet, 3½ inches (1.0 meter) to 16 feet, 5 inches (5.0 meters) from the end wall, during either competition or practice shall be as follows:

(1) In pools with water depth less than 3 feet, 6 inches (1.07 meters) at the starting end, the swimmer must start within the water. [M]

(2) In pools with water depth 3 feet, 6 inches (1.07 meters) to less than 4 feet (1.22 meters) at the starting end, the swimmer must start from the deck or from within the water. [M]

(3) In pools with water depth 4 feet (1.22 meters) or more at the starting end, platforms shall meet the height requirements of article 107.11.1. [M]

**B Racing course**—Minimum water depth shall be 2 meters (6 feet, 7 inches) throughout the course. Based on facility availability, the championship meet committee may waive this requirement for national championship meets. [NC]

### 107.3. RACING COURSE WALLS

#### 107.3.1—Permanent Course

Walls enclosing the racing course shall be parallel and vertical. The end walls shall be at a right angle to the water surface and shall be constructed of solid material with a nonslip surface that extends no less than .8 meter (2 feet, 7½ inches) below the water surface. It is recommended that a toe-rest ledge be provided at approximately 4-foot depth in the walls of the deep water race course. [M]

#### 107.3.2—Movable Bulkhead Course Walls

If a continuous recessed hand grip is provided at or near the water surface in a movable bulkhead, the horizontal dimension of the recess perpendicular to the bulkhead should

not be less than 6 inches (.15 meter) and designed in a manner to prevent the swimmer's fingers from contacting the back surface of the recess. [M]

**107.4. POOL AND BULKHEAD MARKINGS**

**107.4.1—Pool Bottom Lane Markers**

Minimum 10-inch (25-centimeter) wide lines of a dark contrasting color (preferably black) shall be provided in the middle of each racing lane on the bottom of the pool. The lines shall, preferably, be uninterrupted the length of the course and shall end with a distinctive cross line 3 feet, 4 inches (1.0 meter) long and the same width as the bottom marker. The line, including the cross line, shall terminate 6 feet, 7 inches (2.0 meters) from each end wall. [M\*, NC]

**107.4.2—End Wall Targets**

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

**107.4.3—Lane Numbers**

The lanes shall be numbered from right to left as the swimmers stand facing the course from the starting end of the pool. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. [M]

**107.5. OVERFLOW RECIRCULATION SYSTEM**

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

**107.6. WATER TEMPERATURE**

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

**107.7. LADDERS**

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

**107.8. OTHER DECK EQUIPMENT**

**107.8.1—Unobstructed Deck**

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

**107.8.2—Diving Boards**

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

## ARTICLE 107.9

### 107.9. LIGHTING

#### 107.9.1—Illumination

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

#### 107.9.2—National championship meets

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

### 107.10. NO SMOKING SIGNS

No smoking indoors or outdoors shall be permitted in any area designated for swimmers, including spectator seating, standing, and eating areas, and “No Smoking” signs shall be so posted. [M]

### 107.11. STARTING PLATFORMS

#### 107.11.1—Height (subject to the provisions of article 107.2.3)

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

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

#### 107.11.2—Front Edge of Platform

The front edge of the starting platform shall be flush with the face of the end walls. [M]

#### 107.11.3—Size and Slope of Platform

The top surface of the starting platform shall be not less than .50 by .50 meters (1 foot, 8 inches square) and shall slope not more than 10 degrees from the horizontal. The entire surface of the platform shall be faced with permanent nonslip material. [M]

#### 107.11.4—Backstroke Starting Grips

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

#### 107.11.5—Lane Numbers

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

#### 107.11.6—Stability of Platforms

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

### 107.12. FLOATING LANE LINES/DIVIDERS

#### 107.12.1—Installation

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

**A** Separate the racing lanes. [M]

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

**107.12.2—Size, Color, and Safety**

Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeters (2 inches) to a maximum diameter of 15 centimeters (6 inches). The color of the floats extending from the walls the distance of 5 meters (16 feet, 5 inches) for long course and short course meters, and 15 feet for short course yards, shall be distinct from the rest of the floats. Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15 meters (49 feet, 2½ inches) from each end wall in both short course and long course pools. There shall be no exposed cables accessible to swimmers within the length of the racing course, and the cable take-up spools and ratchet mechanisms shall be completely concealed with durable flexible covers. Damaged or broken floats shall be removed and replaced. [M]

**107.12.3—Number of Lane Lines**

A single lane line between racing lanes shall be used in long course and short course meters competition. Multiple lane lines may be installed for short course yards competition, provided the width of water between dividers is not reduced to less than 7 feet. [M\*, NC]

**107.12.4—National Championship Meets**

Minimum 11-centimeter diameter floats shall be required for national championship meets. [NC]

**107.13. BACKSTROKE FLAGS AND LINES****107.13.1—Design**

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

**107.13.2—Location**

- A Long course and short course meters**—5 meters (16 feet, 5 inches) from each end of the course, a minimum of 1.8 meters (5 feet, 11 inches) to a maximum of 2.5 meters (8 feet, 3 inches) above the water surface. [M]
- B Short course yards**—15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface. [M]
- C Measurement**—Height shall be measured to the horizontal line from which the pennants are suspended. [M]

**107.13.3—Marking at Midpoint of Course**

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

**107.14. LOUDSPEAKER STARTING SYSTEM**

An electronic sound-generating device shall be provided to give the starting and recall signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course, or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light, or similar visual signal, located on the starter's side of the course approximately 15 feet forward from the starting end, to indicate the start



## ARTICLE 107.15

to manual timers and deaf and hard of hearing swimmers. The starting system may include an underwater recall speaker and gun-lap signal option. [NC]

### 107.15. RECALL DEVICE

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

### 107.16. PACE CLOCKS

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

### 107.17. AUTOMATIC TIMING EQUIPMENT

#### 107.17.1—Installation and Safety

Equipment shall be installed so that it will not interfere with swimmers' starts, turns, or finishes, or the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts of current. [M]

#### 107.17.2—Power Source

See article 103.12 for automatic and semiautomatic timing equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to standby battery power source in case of line power failure without affecting the continuity and accuracy of the timing system. [NC]

#### 107.17.3—Touch Pads

- A Size and thickness**—Recommended pad size shall be 6 feet, 6 inches (2 meters) wide and not less than 2 feet (.6 meter) deep. Minimum width of pads shall be 5 feet (1.52 meters). Thickness shall not exceed 3/8-inch (1 centimeter). [NC]
- B Markings**—Panel face markings shall conform to and superimpose on pool end wall markings as closely as possible. Perimeter edges of the panel shall have a 1-inch wide black border. [NC]
- C Sensitivity**—Panels shall stop the timing system instantaneously by a light hand touch anywhere on the flat surface facing the race course and the upper edge but shall not be activated by water turbulence. [NC]
- D Installation and safety**—Panels shall be installed and firmly anchored in the center of each lane and shall have no sharp edges, corners, or other protrusions on any exposed surfaces. [NC]

#### 107.17.4—Optional Accessories

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

#### 107.17.5—Time Display Board (optional, except for national championships)

An automatic display board visible to all swimmers shall give a digital time readout to two decimal places, displaying split times, final times, and places for all lanes. In the event of a tie, the place shall be displayed as a tie. A separate line of display for each lane

meeting the above requirements shall be provided for national championship meets on two courses. A one-line board is the minimum requirement for a third course. [NC]

**107.18. ELECTRICAL SAFETY**

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

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

**108.1. GENERAL**

**108.1.1—Use of ID Card for Swimmers with a Disability**

All swimmers with a disability, who have an International Paralympic Committee authorized classification, will be issued an ID card listing their specific International Paralympic Committee swimming rule exceptions on the reverse of the card. Swimmers shall be judged under these specific exceptions.

**108.1.2—Authority**

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

**108.1.3—Responsibilities**

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

**B Referee**—The referee’s responsibilities include:

- (1) Inquiring regarding the athlete’s needs and determining what modifications will be required.
- (2) Instructing the starter and stroke and turn officials as to the accommodations to be made for that swimmer.
- (3) **Modifications**—Some of the modifications that the referee may make to accommodate the athlete with a disability are:
  - (a) A change in starting position.
  - (b) Reassignment of lanes within a heat (e.g., exchanging lanes 2 and 7).
  - (c) Allowing the athlete’s assistant(s) on the deck or in the water to assist with a start.

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

## ARTICLE 108.2

### 108.2. BLIND AND VISUALLY IMPAIRED

#### 108.2.1—Start

With an audible starting system, no modification is usually required for a blind or visually impaired swimmer. The swimmer may, however, require assistance getting to and on the block.

#### 108.2.2—Turns and Finishes

A blind or visually impaired swimmer is permitted to have a “tapper,” which is a pole with a soft-tipped end. The swimmer is tapped with the “tapper” as notification of turns and the finish. Sound devices shall not be used. It is the swimmer’s responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer’s lane at the ends of the pool.

#### 108.2.3—Relay Takeoffs

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

### 108.3. DEAF AND HARD OF HEARING

#### 108.3.1—Visual Starting Signal

Deaf and hard of hearing swimmers require a visual starting signal (i.e., a strobe light and/or starter’s arm signals). The referee may reassign lanes within the swimmer’s heat (i.e., exchanging one lane for another) so that the strobe light or starter’s arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard starter’s arm signals are shown in Figure 1.



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

#### 108.3.2—Strobe Light Location

The starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers do not have to turn their heads to look backwards.

### 108.4. MENTALLY IMPAIRED

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

**108.5. PHYSICAL DISABILITIES**

**108.5.1—Start**

Swimmers with physical disabilities:

- A May take longer to assume their starting positions,
  - B May not be able to hold onto the starting grips or gutter for a start,
  - C May need assistance on the deck or from in the water to maintain a starting position,
  - D May need to assume a modified starting position on the blocks, deck, gutter, or in the water.
- E For freestyle, breaststroke, and butterfly, a forward start shall be used. The referee, however, may allow modifications, such as the following:
- (1) The swimmer may start from a sitting position on the block or on the deck,
  - (2) The swimmer may assume a starting position in the water, with or without assistance,
  - (3) If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.

Examples of modified starting positions are shown in Figures 2 through 4.

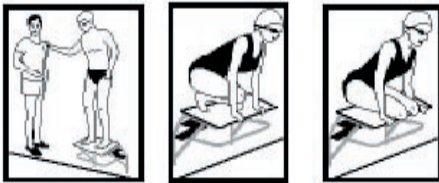


Figure 2. Modified starting positions from the block.



Figure 3. Modified starting position from the deck.



Figure 4. Modified starting positions from the pool.

- (4) For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the legs may perform one asymmetrical stroke to attain the breast position.

**108.5.2—Stroke/Kick**

In judging the stroke or kick of a swimmer with a physical disability, the referee and stroke and turn judge should follow the general rule that if a part of the body is absent

### **ARTICLE 108.5.3**

or cannot be used, it is not judged; if it is used during the stroke or kick, it should be in accordance with the USMS rules.

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

#### **108.5.3—Turns/Finishes**

Touches shall be judged in the same manner as strokes and kicks (e.g., on the basis of the arm(s) and/or hand(s) that the swimmer can use). In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-handed touch. When a swimmer has different arm lengths, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.

## PART 2: ADMINISTRATIVE REGULATIONS OF COMPETITION

### ARTICLE 201: MEMBERSHIP AND REPRESENTATION

#### 201.1. MEMBERSHIP OF INDIVIDUALS

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

##### **201.1.1—Eligibility**

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

##### **201.1.2—Annual Membership**

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

##### **201.1.3—One-Event Registration**

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

##### **201.1.4—Membership Application Forms**

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

**B Liability release**—All membership application forms shall contain the exact language of the liability release according to article 203.1. The language shall not be modified in any way.

##### **201.1.5—Membership Fee**

The annual membership fee is composed of the following elements:

- A** A national fee established by the Board of Directors or the House of Delegates.
- B** A local fee established by the LMSC.

#### 201.2. MEMBERSHIP OF CLUBS

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

## **ARTICLE 201.2.1**

### **201.2.1—Annual Membership**

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

### **201.2.2—Club Membership Forms**

Membership forms for clubs may be obtained from the registrar of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the registrar of the LMSC. The National Office shall issue a certificate of club membership.

### **201.2.3—Membership Fee**

The annual membership fee is composed of the following elements:

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

**B** A local fee established by the LMSC.

### **201.2.4—Changing LMSC Affiliation**

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

## **201.3. REPRESENTATION**

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

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

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

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

**201.3.5**—A swimmer shall not represent any club in competition for 60 consecutive days before transferring affiliation to another club, unless this transfer takes place at the time of annual registration. A swimmer may declare unattached status at any time without written application.

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

## **201.4. TRAVEL PERMITS**

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

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

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

## ARTICLE 202: SANCTION/RECOGNITION

### 202.1. SANCTIONS

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

#### 202.1.1—Sanction Requirements

Sanctions shall be issued, withheld, or withdrawn in accordance with the following:

- A Applications for sanction shall be made to the LMSC within which the event is to be held, and applications shall be accompanied by a copy of the entry form and applicable fee.
  - (1) The entry forms shall contain the language of the liability release as stated in article 203.1. The language may only be modified by naming the sanctioning LMSC, sponsoring USMS club(s), and/or additional insured(s) following “UNITED STATES MASTERS SWIMMING, INC.” All swimmers, before participating, shall have signed the liability release.
  - (2) Entry forms and programs must bear the statement “Sanctioned by (LMSC name) for USMS, Inc. Sanction number: \_\_\_\_\_.”
  - (3) The sanction fee shall be established by the LMSC.
- B All sanctions shall be signed by the LMSC’s authorized representative, and a record thereof shall be retained for 2 years.
- C Sanctions issued to one organization cannot be transferred to another. Any sanctions so transferred shall be void for all purposes, and the LMSC may deny further sanctions to any organization violating this provision.
- D No sanction may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from sanctioned events must be used for the general welfare of the promoting organization as a whole.
- E No sanction of any event shall be granted with the word “Olympic” or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOC.
- F All sanctioned events are subject to the following conditions:
  - (1) The conduct of a sanctioned event shall be in strict compliance with applicable USMS swimming rules and administrative regulations.
  - (2) In order to be in compliance with FINA rule C.7.2, an LMSC may grant exceptions to specific USMS swimming rules and administrative regulations when sanctioning a FINA Masters World Championship.
  - (3) Sanctioned events may include nonconforming swimming events so long as they are conducted in a safe manner. Nonconforming swimming events are events not defined in article 102.5 or that would typically result in the disqualification of participants as defined in article 102.15. USMS records and Top Ten times shall not be maintained in nonconforming events.
  - (4) All swimmers shall submit with their entries copies of their current membership cards or travel permits, or supply proof of current Masters membership accept-



## **ARTICLE 202.1.1F(5)**

able to the LMSC; however, at the discretion of the meet director and exclusive of national championship meets, a swimmer may enter indicating “number pending,” as long as proof of membership is presented prior to the swimmer’s participation in the event.

- (5) A swimmer’s valid affiliation and age must be displayed after the name on the heat sheet or in the program.
- G A further sanction may be denied to any organization that has failed to conduct such event in accordance with applicable USMS swimming rules and administrative regulations, or as stated on the entry form.

### **202.2. RECOGNIZED EVENTS**

Times achieved at recognized events shall be considered for USMS national records and Top Ten times if a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS swimming rules and administrative regulations. USMS membership is not required for swimmers entered in recognized events. Times achieved by USMS members at events sanctioned by USA Swimming or a FINA member federation shall be considered for USMS national records and Top Ten times without formal application for recognition. It is the responsibility of the swimmer to submit times obtained in recognized events with complete documentation to the appropriate LMSC Top Ten recorder and the Records and Tabulation Committee chair.

#### **202.2.1—Recognition**

Recognition shall be issued, withheld, or withdrawn in accordance with the following:

- A Application for recognition of events within the jurisdiction of USMS shall be made to the LMSC within which the event is to be held, and applications shall be accompanied by the recognition fee.
- B All recognitions shall be signed by the LMSC’s authorized representative, and a record thereof shall be retained for 2 years.
- C Recognition issued to one organization cannot be transferred to another. Any recognition so transferred shall be void for all purposes, and the LMSC may deny further recognition to any organization violating this provision.
- D No recognition may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from recognized events must be used for the general welfare of the promoting organization as a whole.
- E The conduct of a recognized event shall conform to relevant USMS swimming rules and administrative regulations.
- F Further recognition may be denied to any organization that has failed to conduct said competition in accordance with applicable USMS swimming rules and regulations, or as stated on the entry form.
- G Recognition for any meets held outside the jurisdiction of USMS, and not sanctioned by a FINA member federation, shall be obtained from the Executive Committee.

### **202.3. FITNESS EVENTS**

Fitness events are USMS events approved by the USMS Fitness Committee, LMSCs, or clubs. Participants shall be USMS members or obtain a one-event registration to participate

in these events. A fitness event shall be a sanctioned event or performed in an organized/supervised practice.

**ARTICLE 203:  
LIABILITY RELEASE**

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

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

**203.1.1**—The language of the entry release may be modified as described in article 202.1.1A(1). For open water events, the entry release shall be in accordance with article 301.3.



## PART 3: LONG DISTANCE SWIMMING RULES

### ARTICLE 301: ADMINISTRATION

#### 301.1. ORGANIZATION

##### 301.1.1—Governing Bodies

The conduct and organization of long distance swimming for Masters shall be governed by USMS through its Long Distance Committee and LMSCs. The chair and committee members shall be appointed as provided in articles 507.3 and 507.3.11.

#### 301.2. MEMBERSHIP, REPRESENTATION, AND SANCTIONS

Membership, representation, and sanctions for long distance events shall be governed by all applicable rules under articles 201, 202, and 203. In addition, the following administrative rules apply:

**301.2.1**—LMSCs are responsible for issuing long distance sanctions for meets involving USMS athletes. If any meets are to be swum in more than one LMSC, the LMSC where the meet will originate will have jurisdiction in issuing the sanction. This does not prohibit the other LMSC from also issuing a sanction for the meet.

**301.2.2**—A long distance meet may include both USMS and USA Swimming events, with the USMS events sanctioned by USMS and the USA Swimming events sanctioned or approved by USA Swimming. Under no circumstances shall a USMS athlete and a USA Swimming athlete be considered part of the same event. Athletes holding both USMS and USA Swimming memberships must declare their race affiliation, in writing, prior to the start of the meet.

**301.2.3**—One-event registrants shall not be eligible for records, All-American status, or any other USMS special awards.

#### 301.3. LIABILITY RELEASE

Entry forms shall contain the exact language of the liability release according to article 203.1. The following statement shall be added to the end of the release for all open water meets: *“Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”* The language may only be modified by naming the sanctioning LMSC, sponsoring USMS club(s), and/or additional insured(s) following “UNITED STATES MASTERS SWIMMING, INC.” The liability release must be signed by each person prior to participation.

#### 301.4. AGE DETERMINING DATE

The eligibility of a participant for a particular age group will be determined by the age as of the day of the swim.

#### 301.5. AGE GROUPS

Age groups in individual events for men and women shall be the same as those listed in article 102.3.1.

## **ARTICLE 301.6**

### **301.6. AWARDS**

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

## **ARTICLE 302: EVENTS**

### **302.1. EVENTS**

Long distance events shall consist of individual and/or team competition as described in articles 302.2 through 302.6. The distances shall be the same for both men and women.

### **302.2. DEFINITIONS**

**302.2.1**—A long distance pool event is any swimming event that is a distance-based event over 1650 yards (1508.8 meters) in length or a time-based event equal to or longer than 60 minutes in time.

**302.2.2**—A long distance open water event is a swimming event of any distance conducted in an open body of water, either natural or manmade.

### **302.3. OPEN WATER**

#### **302.3.1—Straightaway Events**

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

#### **302.3.2—Other Open Water**

The meet director shall determine the course and type of start for open water events, keeping in mind the safety of the swimmer(s). The course shall be measured as accurately as possible. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age groups and other classifications may also be swum at the same time, but again tabulated separately.

#### **302.3.3—Solo Swims**

Solo open water swims, consisting of one or a select number of swimmers, may be sanctioned and should conform to the rules stated under article 303.9.

### **302.4. POOL**

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

#### **302.4.1—Meet Director**

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

#### **302.4.2—Distance-Based Events**

The object of a distance-based event is to determine who can swim a specific distance in the shortest amount of time.

#### **302.4.3—Time-Based Events**

The object of a time-based event is to determine who can swim the greatest distance in a given time period.

**302.4.4—Postal**

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

**302.5. TEAM**

Teams are comprised of groups of swimmers entered in the individual swim. A team event may be contested on a total time/distance or point system basis.

**302.5.1—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 distance shall be declared the winner. A similar method will be used to determine second, third, and subsequent places. In the event of a tie, the team with an individual member who finished nearest to first place shall be declared the winner or awarded the place.

**302.5.2—Point Basis**

Points are awarded on the basis of overall finishing position, with one point for first place, two points for second place, etc. The points of specified team members are added, 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.

**302.5.3—Rules Pertaining to Teams**

- A All team members shall be from the same USMS club.
- B All team members shall also be entered in the individual event.
- C Teams shall be male, female, and mixed gender.
- D Competitors shall be allowed to swim in only one same gender and one mixed gender team event per meet.
- E A swimmer who ages up during the duration of an event and swims the individual event twice may swim on two additional same gender and mixed gender teams in different age groups.
- F Mixed gender teams may be entered, provided at least one swimmer of each gender is represented as follows:

<b>Total number of team members</b>	<b>Females</b>	<b>Males</b>
2	1	1
3	minimum 1	minimum 1
4	2	2
5	minimum 2	minimum 2
6	3	3

**302.6. RELAY**

Relays shall consist of two or more swimmers as specified on the entry form. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer shall be made as soon as practical after the completion of the previous swimmer's leg. In the exchange in open water events, physical contact must be made between the two swimmers. In pool events, the exchange is governed by articles 101.7.3C

## ARTICLE 303

and 101.7.3H. The meet director, with the concurrence of the chair of the Long Distance Committee, may allow special events in which members of an open water relay need not be from the same club.

### ARTICLE 303: CONDUCT OF OPEN WATER MEETS

#### 303.1. SAFETY STANDARDS

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

**303.1.1**—Obtaining necessary permits/approvals from the U.S. Coast Guard, park authorities, lifeguard associations, etc.

**303.1.2**—Providing accurate maps with course descriptions and other pertinent information, including but not limited to anticipated water temperature and general water conditions, with entry forms and meet information packets.

**303.1.3**—Planning for possible medical evacuations.

**303.1.4**—Assigning rescue/aid personnel and craft.

**303.1.5**—Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.

**303.1.6**—Making provisions for controlling escort craft and access of nonrace craft into the race area.

**303.1.7**—Briefing all contestants, coaches, managers, trainers, and meet officials.

**303.1.8**—Planning for possible cancellation, postponement, and/or modification of the meet.

**303.1.9**—Considering use of fluorescent orange and other brightly colored caps to assist in identification and visibility of swimmers in open water events.

**303.1.10**—Informing swimmers of the anticipated water temperature, specific weather and water conditions, and known hazards.

**Note:** LMSCs are encouraged to develop their own safety guidelines and precautions for the conduct of long distance events, provided they are not in conflict with USMS rules, policies, or procedures.

#### 303.2. ESCORTED SWIMS

**303.2.1**—In any event for which it has been arranged that an escort craft or paddler will accompany each swimmer throughout the event, all swimmers shall be accompanied by such an escort paddler or craft. If the escort paddler or craft becomes disabled or cannot continue to accompany the swimmer, the swimmer must either stay in the water next to the escort craft until a replacement arrives, or exit the water.

**303.2.2**—If a swimmer's escort becomes disabled as per article 303.2.1, an escort for another swimmer may assume responsibility for the swimmer with the disabled escort, subject to the following conditions:

**A** Any one paddler or craft may escort no more than two swimmers.

**B** The two swimmers must stay within 5 meters of each other. Failure to stay within 5 meters shall result in immediate disqualification of the second swimmer assigned to the escort and the immediate removal of that person from the water.

**303.2.3**—Swimmers may receive the following assistance from the escort craft:

- A** Food or drink may be passed from escort to swimmer as long as contact is not made between the two.
- B** The escort may also assist the swimmer with navigation, including verbal and written communication.

**303.2.4**—Swimmers shall not be assisted by escort craft as follows:

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

**303.3. STARTS**

**303.3.1—Types**

- A Stationary**—Swimmers start from a platform or in the water with no forward motion.
- B Running**—Swimmers line up a short distance from the water behind a marked line. At the starting signal, the swimmers run into the water and swim the prescribed course.

**303.3.2—Starting Signal**

The starting signal shall be both audible and visible.

**303.3.3—Straightaway Events**

A stationary water start shall be used in straightaway events.

**303.4. SEEDING**

**303.4.1**—When practical, swimmers shall be seeded by their 1500 meters/1650 yards times. The manner of seeding swimmers without times shall be at the discretion of the meet director, as stated in the meet entry sheet.

**303.4.2**—Separate starts are preferable in straightaway events. The swimmers shall be seeded in 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.

**303.4.3**—Events for different age groups and genders may be combined to allow the swimmers to compete at the same time.

**303.5. FINISHES**

**303.5.1—In-the-Water**

The swimmer shall have finished the race when any part of the swimmer touches a vertical surface or crosses a defined finish line after completion of the prescribed distance. Place judges and timers shall position themselves accordingly. Order of finish shall be determined as the swimmer touches the vertical surface or crosses the finish line.

**303.5.2—Out-of-the-Water**

Swimmers shall leave the water, as defined by the course, and run up the beach to a marked finish line. Place judges and timers shall position themselves accordingly. Order of finish shall be determined as the swimmer's chest crosses the finish line.

**303.5.3—Straightaway**

An in-the-water finish shall be used in straightaway events.



## **ARTICLE 303.6**

### **303.6. SWIMWEAR**

**303.6.1**—Swimwear shall be the same as defined in article 102.14.1 and 102.14.2. Goggles, ear plugs, and grease shall be allowed. The suit shall be made of a porous material.

**303.6.2**—Swim cap(s), including those made of neoprene, may be permitted. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck or shoulders.

**303.6.3**—Wet suits may be allowed at the discretion of the meet director. Wet suits generally provide a competitive advantage. If awards are given to wet suit competitors they shall be awarded separately from those for non-wet suit competitors. Any published results or records must clearly indicate which swimmers wore wet suits.

**303.6.4**—Devices used to maintain body heat are illegal, except for those listed in articles 303.6.1, 303.6.2, and 303.6.3.

**303.6.5**—Flotation or propulsive devices are not permitted, apart from those listed in articles 303.6.2 and 303.6.3, except in designated events where all swimmers are using similar devices.

### **303.7. OFFICIALS**

**303.7.1**—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 to ensure a properly run open water event.

**303.7.2**—The clerk of course shall ensure that all entrants in open water events are visibly marked with their entrant numbers.

**303.7.3**—Official craft shall be placed in a position in open water events to best observe yet not physically hinder the swimmers.

### **303.8. DISQUALIFICATIONS**

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

**303.8.1**—Or their personal escort wilfully or intentionally delay the progress of another swimmer. Accidental contact, especially at the start, shall not be considered a disqualification. However, the flagrant disregard of another swimmer's rights shall result in disqualification.

**303.8.2**—Fail to complete the prescribed distance or course within the preannounced time.

**303.8.3**—Fail to follow race rules.

**303.8.4**—Receive assistance by pulling on the cable or buoys at the turn or on the course.

**303.8.5**—Violate rules on escorted swims as described in articles 303.2.3 and 303.2.4 or receive similar assistance from any craft on the course.

**303.8.6**—Receive unauthorized assistance at the start or finish.

**303.8.7**—Violate swimwear rules.

**303.8.8**—Draft off another swimmer in long distance pool events.

**303.8.9**—Swim in a manner in which their personal safety is jeopardized.

**303.8.10**—Act in an unsportsmanlike or unsafe manner within the swimming venue.

**303.9. SOLO OPEN WATER SWIM**

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

**303.9.1**—Each swimmer’s name, age, gender, and membership number.

**303.9.2**—Governing body sanctioning the meet.

**303.9.3**—Course: to include the name of the body of water, the starting and finishing points, and the measured distance.

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

**303.10. INCOMPLETE RACE**

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

**303.10.2**—If a race is stopped and swimmers are removed from the water for their safety, the referee shall determine if the race is to be restarted, canceled, or considered official. If the referee determines the race to be official, then article 303.8.2 may be waived and the order of finish of the swimmers on the course shall be determined by the referee.

**ARTICLE 304:  
CONDUCT OF POOL MEETS**

**304.1. RULES**

Long distance events conducted in pools must comply with all applicable pool event rules in Part 1 of the rule book, except as noted in article 304.

**304.2. POOL SIZE**

**304.2.1**—Events shall be swum in a pool at least 25 yards in length.

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

**304.3. OFFICIALS**

**304.3.1**—There shall be an adult acting in the capacity of a starter/head timer/referee (may be one person) who shall be present at all times, having no other responsibilities during the period of the swim.

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

**304.4. MULTIPLE SWIMMERS PER LANE**

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

**304.4.2**—Drafting shall not be permitted.

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

## **ARTICLE 304.4.4**

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

### **304.5. TIMING**

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

### **304.6. COMPUTING DISTANCES IN TIME-BASED EVENTS**

**304.6.1**—Distances shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard/meter increment.

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

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

### **304.7. INTEGRITY OF RESULTS IN POSTAL EVENTS**

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

**304.7.2**—The meet director shall have the discretion to request additional verification of completion from any entrant and may refuse to accept any entry that appears to contain erroneous information.

### **304.8. DETERMINATION OF PLACE**

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

**304.8.2**—In time-based events, the person swimming the farthest shall be declared the winner.

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

## **ARTICLE 305: NATIONAL LONG DISTANCE CHAMPIONSHIPS**

### **305.1. RULES**

Long distance championships shall be governed by articles 301, 302, 303, 304, and 306. In addition, the following rules apply specifically to championships.

### **305.2. EVENTS**

**305.2.1**—At the discretion of the Long Distance Committee, national championship meets may be awarded in the following events:

- A** One mile (quarter-mile straightaway or open water course)
- B** Quarter-mile straightaway (2 miles)
- C** Open water (greater than 1 and less than or equal to 3 miles)
- D** Open water (greater than 3 and less than 6 miles)
- E** Open water (greater than or equal to 6 miles)
- F** Postal 1 hour
- G** Postal 5 and 10 kilometer (in a 50-meter pool)

**H** Postal 3000 and 6000 yard (in a 25-yard pool)

**305.2.2**—Team events (as defined in article 302.5).

**A** Team competitions shall be contested in postal championships and may be contested in other championships. Recognized teams shall be three-person male and female teams and four-person mixed teams.

**B** Age groups for team events shall be the same as those listed in article 102.3.2A.

**305.3. SITE SELECTION**

**305.3.1**—Bids shall be due, in writing, to the Long Distance Committee chair no later than 30 days prior to the annual meeting.

**305.3.2**—Championships shall be awarded by the Long Distance Committee at the annual meeting held approximately 2 years prior to the championship being awarded.

**305.3.3**—Events not awarded at the annual meeting may be awarded by the Long Distance Committee chair.

**305.3.4**—Suitable bids shall comply with all applicable USMS swimming and long distance rules, policies, and procedures.

**305.3.5**—A three-area award system shall be followed for the bidding of non-postal long distance championships. (See Appendix D for map and description of areas.) Suitable bids from a qualifying area shall receive preference over bids from other areas. Postal national championships may be awarded to an organization for 2 consecutive years and will be awarded without regard to area.

	<b>Area 1 West</b>	<b>Area 2 Central</b>	<b>Area 3 East</b>
2005	1 mi. Open water >3/<6 mi.	Open water >1/≤3 mi.	2 mi. cable Open water ≥6 mi.
2006	2 mi. cable Open water ≥6 mi.	1 mi. Open water >3/<6 mi.	Open water >1/≤3 mi.
2007	Open water >1/≤3 mi.	2 mi. cable Open water ≥6 mi.	1 mi. Open water >3/< 6 mi.

**305.4. CONTRACT**

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

**305.5. FINANCIAL**

**305.5.1**—The sponsoring organization shall agree to underwrite the full meet expenses, including but not limited to the following:

- A** Costs associated with the meet (setting up the course, supplies, equipment, etc.).
- B** Cost of all national championship meet awards (medals and patches) and/or other appropriate awards.
- C** A fee of \$1 per individual entrant in the meet and a performance bond of \$200 shall be paid to USMS. All or a portion of the \$200 performance bond shall be returned

## **ARTICLE 305.5.1D**

to the sponsoring organization, based upon compliance with the conditions set forth in the meet contract.

**D** Any other costs that may be reflected in national championship meet contracts.

**305.5.2**—Complete financial statements shall be forwarded to the Long Distance Committee chair after completion of the meet.

### **305.6. ENTRY FEES**

The entry fees for long distance national championships shall not exceed \$30 for individual events and \$5 per team member in team events. Exceptions may be made to the fee limit at the discretion of the Long Distance Committee.

### **305.7. RULES OF CONDUCT**

#### **305.7.1—Meet Director**

The meet director shall follow the applicable swimming and long distance rules of USMS and the policies and procedures established by the Long Distance Committee with regard to the planning and execution of the requirements for a national championship.

#### **305.7.2—Entry Forms**

Entry forms shall be reviewed by the Long Distance Committee chair and the LMSC for content and sanctioning prior to distribution in accordance with the USMS contract.

#### **305.7.3—Officials**

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

- A** The Long Distance Committee shall appoint a meet evaluator to aid the meet director, to ensure that the event is conducted in accordance with the contract and to ensure that all rules are observed.
- B** For open water events, a turn judge shall be located at each change of direction in the course. The turn judge shall:
  - (1) Be positioned on shore or on the water in clear view of the turn to ensure that all swimmers complete the turn as indicated in the competition information documents and as directed at the pre-race briefing,
  - (2) Record any violation of the turn procedures, and
  - (3) Report such violation to the referee.

#### **305.7.4—Swimwear**

Swimwear regulations for national championships shall be the same as those for non-national championships, as stated in article 303.6.

#### **305.7.5—Wet Suits**

Wet suit competitors shall be excluded for the purposes of articles 305.8 through 306.1. In addition, wet suit competitors shall have a separate start time and a separate finish line.

#### **305.7.6—Assistance During the Race**

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

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

#### **305.7.7—Protests**

Any protest arising from a competition shall be made to the meet director within 30 minutes after the release of results for an open water event or 14 days after the release of results for a postal event. If the protest is not resolved, the protester may appeal in

writing within 10 days for final adjudication to the USMS Long Distance chair, whose decision shall then be binding on all parties.

**305.8. RESULTS**

Individual and team results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee chair and all participants in the meet.

**305.8.1**—Individual results shall be organized by gender and age group in order of finish, printing women’s results first. For each swimmer, the following information must be reported in this order:

- A Age group place
- B Swimmer’s name (as it appears on the USMS membership card)
- C Age
- D Club
- E Official time/distance
- F Special information (national records, overall place, place among men, etc.)

**305.8.2**—Team results shall be organized by gender and age group in order of finish, printing women’s teams first, men’s teams next, and mixed teams third. For each team, the following information must be reported in this order:

- A Age group place
- B Team’s full name (USMS club followed by blank, A, B, etc.)
- C Official time/distance for the team
- D Names, ages, and official time/distance for each member of the team.

**305.9. CLUB SCORING**

Club scores shall be officially tallied for national long distance championship postal events. At the discretion of the meet host, club scoring may be tallied for open water events.

**305.9.1—Scoring**

- A Club scoring for the 1-hour swim shall be based on total club yardage for individual swims.
- B Club point scoring for the 3000/6000 yard and 5K/10K postal national championships may be calculated based on a predetermined formula, approved by the Long Distance Committee, to fit the age group national record times for each gender. A preformatted spreadsheet containing this formula will be supplied to the meet directors.
- C Club scoring for the other national championships shall be point value for placing in individual swims. Points shall be determined as if the meet were swum in a ten-lane pool (11-9-8-7-6-5-4-3-2-1).

**305.9.2—Categories**

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

**305.9.3—Divisions**

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

## **ARTICLE 305.10**

### **305.10. AWARDS**

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

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

**305.10.3**—A USMS championship patch shall be awarded to each individual champion and each scoring member of a championship team. An individual shall receive only one patch per meet.

**305.10.4**—Appropriate awards approved by the Long Distance Committee chair shall be awarded to the first, second, and third place club winners in each division.

### **305.11. ALL-AMERICAN RECOGNITION**

**305.11.1**—The highest ranking USMS member in each age group of each individual national long distance championship 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.

**305.11.2**—The meet director shall submit the name, age, club affiliation, time or distance, and USMS membership number for each competitor achieving All-American status to the Long Distance Committee chair in accordance with the USMS meet contract.

### **305.12. ALL-STAR TEAM**

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

**305.12.1**—A swimmer shall earn points for a top ten finish in each long distance national championship event in the following manner: 1st: 22 points, 2nd: 18 points, 3rd: 16 points, 4th: 14 points, 5th: 12 points, 6th: 10 points, 7th: 8 points, 8th: 6 points, 9th: 4 points, 10th: 2 points.

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

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

**305.12.4**—Ties shall be allowed.

## **ARTICLE 306: RECORDS**

### **306.1. RECORDS**

**306.1.1**—Individual national records will be maintained in quarter-mile straightaway events (1-mile and 2-mile) and time/distance pool events (1-hour, 3000-yard, 6000-yard, and 5- and 10-kilometer postal). Team national records shall be maintained in all long distance pool events. The records shall be for three-person male and female teams and four-person mixed teams.

**306.1.2**—Record times shall be swum in a sanctioned meet and shall be routed through the meet host to the Long Distance Committee chair.

**306.1.3**—With the exception of the quarter-mile straightaway events specified in article 305.2.1, no national records will be maintained in open water events because of differences in courses, currents, and other physical factors.

**306.1.4**—Long distance records shall only be permitted from events conducted in compliance with articles 305.7.3B and 305.7.5 of the USMS rule book.

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

**306.1.6**—Long distance national records may be established by using a swimmer's split time in an individual event if:

- A** The split is swum during a distance pool event that is a longer version of the record attempt,
- B** The swimmer completes the full distance of the scheduled event without being disqualified, and
- C** The intent to record a split time is brought to the attention, in writing, of the meet director at the time of entry for the longer event.





## **PART 4: PARTICIPATION, CONDUCT, HEARINGS, AND APPEALS**

### **ARTICLE 401: PARTICIPATION**

#### **401.1. PROTECTION**

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

#### **401.2. PARTICIPATION**

No member of USMS, nor any organization associated with USMS, may deny or threaten to deny any eligible individual the opportunity to participate in USMS administrative activities and sanctioned or recognized events, without just cause. It is not a violation of this article to restrict an individual's eligibility based on one or more of the following:

**401.2.1**—The individual's age.

**401.2.2**—Membership in the organization that is conducting the event.

**401.2.3**—Qualifying times.

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

### **ARTICLE 402: CONDUCT OF MEMBERS**

#### **402.1. STANDARDS OF CONDUCT**

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

#### **402.2. COMPLIANCE WITH RULES AND REGULATIONS**

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

#### **402.3. ENFORCEMENT**

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

## **ARTICLE 402.4**

### **402.4. UNSPORTING CONDUCT**

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

**402.4.1**—Violation of the opportunity to participate, as set forth in article 401.

**402.4.2**—Discrimination in violation of article 501.3.

**402.4.3**—Any act of fraud, deception, or dishonesty in connection with any USMS related activity.

**402.4.4**—Any nonconsensual physical contact, obscene language or gesture, or other threatening language or conduct directed toward meet personnel, in connection with a USMS event.

**402.4.5**—Any act, conduct, or omission that is detrimental to the image or reputation of USMS, an LMSC, or the sport of swimming.

**402.4.6**—Aiding or abetting another to engage in any of the foregoing violations.

## **ARTICLE 403: HEARINGS AND APPEALS**

### **403.1. GENERAL JURISDICTION**

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

### **403.2. JURISDICTION OF THE LMSC**

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

### **403.3. NATIONAL BOARD OF REVIEW**

The National Board of Review shall be composed of a chair and a pool of potential hearing panel members, all of whom shall be USMS members. The National Board of Review chair shall be appointed by the USMS president. The pool of potential hearing panel members shall be appointed by the chair. The Board of Directors shall approve the appointment of the chair and the pool of potential hearing panel members. The term of the chair shall be 2 years, with no limit to the number of terms of service.

### **403.4. JURISDICTION OF THE NATIONAL BOARD OF REVIEW**

**403.4.1**—The National Board of Review has original and exclusive jurisdiction to hear:

**A** Any complaint from members of USMS where more than one LMSC is involved.

**B** Any complaint initiated by USMS.

Upon a majority vote of the Executive Committee, the National Board of Review may be assigned exclusive and immediate jurisdiction at any stage of any matter within the purview of this article 403 to serve the best interests of Masters swimming.

**403.4.2**—The National Board of Review has appellate jurisdiction to hear appeals of LMSC decisions.

**403.4.3**—Matters of jurisdiction to the National Board of Review shall be initiated by a written grievance served upon the National Office accompanied by the filing fee. The written grievance shall set forth all parties against which the grievance is filed (respon-

dents), and shall state the grounds for the grievance, citing factual and legal issues in as much detail as possible. Instructions on how to file a grievance may be obtained from the National Office administrator.

**403.5. AUTHORITY OF THE NATIONAL BOARD OF REVIEW**

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

**403.5.1**—Impose and enforce penalties for any violation of the rules and regulations, administrative or technical, of USMS.

**403.5.2**—Determine the eligibility and right to participate of any member or individual.

**403.5.3**—Vacate, modify, sustain, reverse, or stay any decision or order properly submitted for review, or remand the matter for further action.

**403.5.4**—Investigate any alleged election impropriety.

**403.5.5**—Interpret any provision of the rules and regulations of USMS, with the exception of the rules of competition, which the National Board of Review shall defer to the USMS Rules (Part 1) or Long Distance (Part 3) Committees.

**403.5.6**—Review any revocation, suspension, reinstatement of membership, or challenge to the granting or denial of membership.

**403.5.7**—Issue such interim orders as may be necessary pending a final decision of the National Board of Review.

**403.5.8**—Require the production of any available evidence bearing on an alleged violation.

**403.5.9**—Take testimony from witnesses.

**403.5.10**—Transcribe the National Board of Review hearings.

**403.5.11**—Assess costs and fees against one or more parties, and refund filing fees.

**403.6. AUTHORITY OF THE NATIONAL BOARD OF REVIEW CHAIR**

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

**403.6.1**—Initiate an investigation into the alleged misconduct, as described in a written grievance or appeal.

**403.6.2**—Dismiss a grievance or appeal determined to be without merit, with the concurrence of the USMS president.

**403.6.3**—Refer a grievance or an appeal of an LMSC decision back to the LMSC.

**403.6.4**—Mediate or delegate the mediation of a grievance or appeal.

**403.6.5**—Appoint a hearing panel, drawn from the hearing panel pool, consisting of not less than three members to conduct a formal hearing to decide a grievance or appeal.

**403.6.6**—Suspend the member who is the subject of the grievance, pending the outcome of the National Board of Review hearing. Any such suspension must be merited by the severity of the alleged misconduct and requires the concurrence of the USMS president.

A member so suspended has the right to file a written request with the National Board of Review to conduct its hearing and publish its decision within 21 days. The respondent and the grievant shall be notified of the suspension when the matter is referred to the National Board of Review.

**403.6.7**—Decrease or increase the time limits for any hearing or appeal upon the written request of either party, upon showing of good cause.

## **ARTICLE 403.7**

### **403.7. APPEAL OF LMSC DECISION TO THE NATIONAL BOARD OF REVIEW**

**403.7.1**—Decisions rendered by an LMSC may be appealed to the National Board of Review.

**403.7.2**—The petition for appeal shall be served upon the National Office within 30 days of the postmark date of the mailing of the LMSC’s written decision and shall be accompanied by the filing fee. The petition shall set forth the grounds for appeal, citing factual and legal issues in as much detail as possible.

**403.7.3**—In appeals from LMSC decisions, the National Board of Review chair shall exercise the authority detailed in article 403.6

### **403.8. HEARING PANEL PROCEDURE**

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

**403.8.1**—The chair shall set a hearing date, which shall be 50 to 75 days from the postmark date of mailing the notice of hearing.

**403.8.2**—The chair shall mail the notice of hearing, together with a copy of the written grievance received by the National Office, to the respondents.

**403.8.3**—The respondents shall have 30 days from the postmark date of mailing to submit a written response to the charges. The response shall be mailed to the chair and the grievant.

**403.8.4**—The grievant shall have 10 days from the postmark date of mailing of the response to submit a written rebuttal. The written rebuttal shall be mailed to the chair and the respondents.

**403.8.5**—At the hearing panel’s discretion, a decision may be rendered based solely on the written submissions. A written decision shall be mailed to the parties and shall inform the parties that an appeal to the Board of Directors is available.

**403.8.6**—Conduct for all hearings shall be in accordance with policies and procedures of the National Board of Review. The grievant and respondents shall be provided copies of these policies and procedures by the chair.

**403.8.7**—A written decision shall be rendered by the hearing panel and shall be mailed to the parties within 7 days after the hearing. The written decision shall set forth the right of appeal.

**403.8.8**—Upon the request of either party for good cause shown or the determination of the hearing panel, the hearing may be held in private.

**403.8.9**—The hearing panel shall have the authority to stay the enforcement of its decision during the time allowed for appeal of the decision, with the decision going into effect automatically if no timely appeal is filed.

**403.8.10**—All mailings and other correspondence from the grievant, respondent, and any witnesses shall be made as prescribed by the chair.

### **403.9. APPEAL TO THE BOARD OF DIRECTORS**

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

**403.9.1**—The petition for appeal shall be served upon the National Office and shall be accompanied by the filing fee. The petition shall set forth the grounds for appeal, citing factual and legal issues in as much detail as possible.

**403.9.2**—The USMS president and National Board of Review chair shall select, from the Board of Directors, a board panel chair and eight additional board panel members to hear the appeal.

**403.9.3**—The National Office shall send a copy of the petition for appeal to the respondent and all members of the board panel. The respondent shall then have 30 days from the postmark date of mailing of the petition to file a written response with the board panel chair and the grievant. The board panel chair may decrease or increase the time limits for any of the foregoing, upon request of either party on a showing of good cause.

**403.9.4**—The board panel may assess costs and fees against any or all named parties.

**403.9.5**—The review by the board panel shall be on the basis of the record from the National Board of Review and written briefs and shall not include new evidence. However, by majority vote, the board panel may decide to take new evidence and hear testimony.

**403.9.6**—The board panel shall render a final and binding decision within 75 days from the appeal filing date. A written decision shall be sent to all parties.

**403.10. DOCUMENTATION**

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

**403.11. FILING FEE**

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

**403.12. RECOGNITION AND ENFORCEMENT**

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



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

### ARTICLE 501: MEMBERSHIP

#### 501.1. MEMBERSHIP CATEGORIES

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

##### **501.1.1—Club**

Clubs that register with USMS through an LMSC.

##### **501.1.2—Individual**

Individuals who register with USMS through an LMSC.

##### **501.1.3—Affiliate**

Organizations that have an interest in Masters swimming. Organizations shall apply to the national office administrator for affiliate membership. Membership shall be granted or denied by the Board of Directors, and shall be coincident with the individual membership year. Dues for affiliate members shall be established by the Board and entitle each affiliate member to one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.

##### **501.1.4—Allied**

Organizations that have an interest in Masters swimming, and also have a national swimming program, national competition that provides for athlete development, due process, a rule book, and an officials training program. Organizations shall apply to the national office administrator for allied membership. Membership shall be granted or denied by the Board of Directors, and shall be coincident with the individual membership year. Dues for allied members shall be established by the Board and entitle each allied member to one nonvoting seat on the Board of Directors and one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.

##### **501.1.5—Other**

Any organization that is interested in swimming on either the national or local level. The House of Delegates may establish classes for such membership.

#### 501.2. MANDATORY MEMBERSHIPS

All members of the following shall hold individual memberships in USMS.

**501.2.1—House of Delegates and Board of Directors**

**501.2.2—Standing and ad hoc committees of USMS.**

**501.2.3—National Board of Review.**

**501.2.4—Officers and Board of Directors of each LMSC.**



## **ARTICLE 501.3**

### **501.3. EQUAL OPPORTUNITY**

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

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

### **502.1. LMSC MEMBERSHIP**

Each LMSC shall consist of individual members and club members registered through that LMSC.

### **502.2. BYLAWS**

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

### **502.3. ANNUAL MEETING**

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

### **502.4. ELECTION OF OFFICERS**

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

### **502.5. FILING OF BYLAWS**

Each LMSC shall file a copy of its current bylaws with the USMS national office.

### **502.6. BOUNDARY DESCRIPTIONS**

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

### **502.7. RECORDS AND RECORD KEEPING**

Each LMSC shall comply with the financial record keeping and reporting requirements of USMS. The LMSC shall forward to the USMS national office the minutes of the annual meeting and annual financial reports within 4 months of the end of the LMSC's fiscal year.

## **ARTICLE 503: ZONES**

### **503.1. ZONE BOUNDARIES**

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

### **503.2. ZONE MEETINGS**

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

**503.3. ZONE POLICIES**

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

**503.4. ZONE CHAMPIONSHIP MEETS**

Each zone may conduct zone championship meets.

**503.5. COMMUNICATIONS**

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

**ARTICLE 504:  
HOUSE OF DELEGATES**

**504.1. MEMBERSHIP**

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

**504.1.1**—One member from each LMSC. If the LMSC has over 300 individual members, it is entitled to one additional member. For each additional 500 individual members, the LMSC is entitled to one more member in the House of Delegates. Figures shall be determined by the records of the National Office for the previous year or June 15 of the current year, whichever is the greater.

**504.1.2**—All members of the Executive Committee.

**504.1.3**—All past presidents.

**504.1.4**—All members of the Zone Committee.

**504.1.5**—All members of the Rules, Legislation, and Long Distance Committees, the controller, the internal auditor, and the chairs of all standing committees appointed by the president.

**504.1.6**—Nonvoting delegates from affiliate and allied members.

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

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

**504.2. POWERS**

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

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

**504.2.2**—To prescribe and amend the code for the government of USMS.

**504.2.3**—To impose and enforce penalties for any violation of the code of USMS.

**504.2.4**—To call regular and special meetings of USMS and to fix the time and place for holding all meetings not fixed by this code.

**504.2.5**—To collect and expend the monies of USMS.

**504.2.6**—To institute, locate, conduct, and manage all national championship meets.

## **ARTICLE 504.2.7**

**504.2.7**—To explain, define, and interpret any provisions of this code or other rules of USMS, including the rules of competition.

### **504.3. MEETINGS OF THE HOUSE OF DELEGATES**

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

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

**504.3.3**—A written notice of all annual and special meetings of the House of Delegates, stating the time, place, and preliminary agenda, shall be given to each member of the House of Delegates by mailing the same to each member's last known address at least 3 weeks prior to the meeting date.

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

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

## **ARTICLE 505: OFFICERS**

### **505.1. POSITIONS**

The elected officers of USMS shall be president, vice president of member services, vice president of community services, vice president of national operations, vice president of local operations, secretary, and treasurer. No person may concurrently hold more than one such office.

### **505.2. ELECTIONS AND TERM OF OFFICE**

**505.2.1**—All officers of USMS shall be elected by the members of the House of Delegates at annual meetings held in odd-numbered years. Elected officers shall hold office for 2 years or until their successors are elected and qualified.

**505.2.2**—The current election operating guidelines shall govern the nomination and election proceedings.

**505.2.3**—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 2 years following the term of office to which that person was last elected.

### **505.3. VACANCIES**

Vacancies in any office of USMS may be filled for the unexpired term by the Board of Directors at any meeting of the Board of Directors.

**505.4. DUTIES OF OFFICERS**

The duties of the officers shall be as follows:

**505.4.1**—The president shall:

- A** Order meetings of USMS as provided in the code and preside at all meetings of USMS.
- B** Exercise all the duties pertaining to this office in accordance with the code.
- C** Serve as an ex-officio member of all committees.
- D** Appoint legal counsel who shall serve at the pleasure of the president. The legal counsel shall be an ex-officio member of the Board of Directors, Executive Committee, Rules Committee, and Legislation Committee, having voice but no vote on these committees. The legal counsel may appoint liaisons to any other committees when requested by such committee chair.
- E** Serve as chair of the Board of Directors.

**505.4.2**—The vice presidents shall chair their respective divisions, and shall coordinate their respective committees' activities and funding, as set forth in article 507.

- A** In the event the president is unable to perform assigned duties, the vice president of national operations shall perform these duties.
- B** The vice president of local operations shall chair the Zone Committee.

**505.4.3**—The secretary shall make proper arrangements to:

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

**505.4.4**—The treasurer shall:

- A** Be the custodian of all corporate funds.
- B** Receive all funds of USMS and deposit to the accounts of USMS.
- C** Disburse funds as directed by the controller, or by the House of Delegates.
- D** Invest funds of USMS in a prudent manner for the benefit of USMS, in accordance with the investment policies established by the Finance Committee.
- E** Maintain adequate and accurate financial records that document the income and disbursement of USMS's funds.
- F** Submit all financial records to the internal auditor annually within 5 months following the end of USMS's fiscal year.

**ARTICLE 506:  
BOARD OF DIRECTORS**

**506.1. MEMBERSHIP**

The Board of Directors of this corporation shall consist of:

**506.1.1**—Each voting member of the Executive Committee.

**506.1.2**—A director from each zone, nominated by that zone and elected by the House of Delegates.

## **ARTICLE 506.1.3**

**506.1.3**—Ex officio members: the executive director, legal counsel, and a representative from USA Swimming.

### **506.2. TERM OF OFFICE**

Zone directors shall be elected for a 2-year term. Each director is eligible for election to the same office for two consecutive terms.

### **506.3. VACANCIES**

Any vacancies that may occur on the Board of Directors, except vacancies in the officers, caused by death, resignation, or otherwise, shall be filled for the unexpired term by someone appointed by the vice president of local operations, with the concurrence of the USMS president, after consulting with the chair of each LMSC in that zone.

### **506.4. POWERS**

The Board of Directors shall have the authority to act for USMS between meetings of the House of Delegates.

### **506.5. MEETINGS**

A minimum of two meetings of the Board of Directors shall be held each year (one at the annual meeting of the House of Delegates and one mid-year). Meetings held by conference call shall be held on a regular basis. Other meetings of the Board of Directors shall be held at any time or place, within or without the state of Ohio, pursuant to a resolution of the Board of Directors or to a call signed by the president or any three directors. Two weeks' written notice of such meeting shall be given to each director. Notice of any meeting may be waived in writing before such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all directors.

### **506.6. QUORUM**

The presence of a majority of the directors with voting privileges shall constitute a quorum at any meeting of the Board of Directors.

### **506.7. VOTING PRIVILEGES**

Each member of the Board of Directors, except the president, shall have one vote. The president shall vote in the case of a tie vote. There shall be no voting by proxy.

## **ARTICLE 507: COMMITTEES**

### **507.1. EXECUTIVE COMMITTEE**

**507.1.1**—The voting members of the Executive Committee of this corporation shall consist of:

- A** The president, the vice president of member services, the vice president of community services, the vice president of national operations, the vice president of local operations, the secretary, and the treasurer.

- B** The immediate past president.

**507.1.2**—The nonvoting members of the Executive Committee shall consist of:

- A** The legal counsel.

**B** The executive director.

**507.1.3**—The Executive Committee shall have the authority to act for USMS between meetings of the Board of Directors.

**507.2. ZONE COMMITTEE**

**507.2.1**—The Zone Committee shall consist of the vice president for local operations plus a representative from each zone elected by the delegates from each LMSC within that zone.

**507.2.2**—Zone representatives shall be elected in odd-numbered years at the zone meeting held in conjunction with the annual meeting of the House of Delegates. The term of office shall be 2 years.

**507.2.3**—Zone representatives shall be residents of their respective zones.

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

**507.2.5**—The committee shall enhance communications between the national office and LMSCs, and USMS committees and LMSCs. The committee shall carry out the responsibilities assigned to it by the policies of the House of Delegates, the president, the USMS Code of Regulations, and the stated need of the LMSCs.

**507.2.6**—The Zone Committee shall develop and maintain election operating guidelines pertaining to the conduct of USMS national elections.

**507.3. STANDING COMMITTEES**

The president, with the concurrence of the Executive Committee, shall appoint the chair of each committee to a 2-year term. The president, with the concurrence of the committee chair, shall choose committee members from the individual membership of USMS. Whenever possible, each committee shall have representation from each zone. Standing committees shall meet in conjunction with the annual meeting of the House of Delegates. Each committee member shall have one vote, with the exception of ex-officio members, who shall have voice but no vote.

**507.3.1—Championship Committee**

The Championship Committee shall consist of the committee chair and at least three members who have had experience in overseeing a national championship meet and two members without such experience. The committee shall serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets. The committee shall solicit and receive bid proposals, review bids, and make recommendations to the House of Delegates regarding sites for national championship meets.

**507.3.2—Coaches Committee**

The Coaches Committee shall develop programs and tools to enhance the quality of Masters swimming programs and coaching. The committee shall provide for the recognition of outstanding Masters swimming coaches and programs, and may serve in an advisory capacity to other USMS committees and officers on coaching issues.

**507.3.3—Communications Committee**

The Communications Committee shall plan and provide guidance for communications with the general membership. That guidance shall encompass the USMS webmaster and magazine editor positions. The committee shall interact with all USMS committees

## ARTICLE 507.3.4

and LMSCs to develop communications that promote the healthy lifestyle of Masters swimming, highlight the benefits of membership, and provide ongoing feedback and information regarding USMS programs. The webmaster and magazine editor shall be ex-officio members of the committee.

### **507.3.4—Convention Committee**

The Convention Committee shall coordinate with USAS in the preparation of each year's national convention and carry out the operational needs of the House of Delegates and its committees at convention.

### **507.3.5—Finance Committee**

The Finance Committee shall consist of the committee chair and at least one member from each zone. The treasurer, the internal auditor, and the controller shall serve as ex-officio members of the committee. The Finance Committee shall:

- A** Develop policies pertaining to the financial affairs of USMS.
- B** Receive and review the annual reports of the internal auditor, treasurer, and controller.
- C** Prepare or cause to be prepared a summary of the above reports to be presented to the House of Delegates at each annual convention.
- D** Annually receive and compile all budget requests from each officer and committee for the next fiscal year.
- E** At each annual convention, prepare USMS's budget for the next fiscal period and submit same to the House of Delegates for approval.

### **507.3.6—Fitness Committee**

The Fitness Committee shall study and develop fitness swimming activities for the general membership at the national level, and encourage such activities at the local level. The committee shall educate adults on the fitness benefits of swimming.

### **507.3.7—History and Archives**

The History and Archives Committee shall record, collect, and preserve documents, stories, photos, exhibits, oral histories, and other memorabilia in an appropriate repository and in durable formats to ensure that the achievements of USMS and Masters swimmers will be maintained for posterity. The archived information shall be made available.

### **507.3.8—Insurance Committee**

The Insurance Committee shall study and review the insurance needs of USMS and shall recommend policies, procedures, and appropriate insurance coverage for USMS, its participants, and its programs.

### **507.3.9—International Committee**

The International Committee shall encourage, promote, and assist with the dissemination of information on international meets, and notify USMS about opportunities to bid on international championship meets.

### **507.3.10—Legislation Committee**

The Legislation Committee shall consist of the committee chair and two members from each zone. The committee may initiate and shall consider proposed amendments, and shall report them, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. The committee may interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1.

### **507.3.11—Long Distance Committee**

The Long Distance Committee shall consist of the committee chair and no more than

sixteen additional members, with at least one member from each zone. The chair shall serve as the USMS liaison to the USA Swimming Open Water Committee. The committee shall solicit and review bid proposals and select the sites for the long distance championship events. The committee shall work in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of long distance championship events. The committee may initiate and shall consider proposed amendments, and shall report them, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. The committee shall maintain records and select the All-American Long Distance and Long Distance All-Star Teams. The committee may interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1.

**507.3.12—Marketing Committee**

The Marketing Committee shall define the marketing and communications goals and objectives that are supportive of the purpose and philosophy of Masters swimming, and shall execute the activities necessary to accomplish these goals and objectives.

**507.3.13—Officials Committee**

The Officials Committee shall develop policies and procedures to assure that all USMS sanctioned events are officiated uniformly and conducted in conformance with the USMS swimming rules.

**507.3.14—Planning Committee**

The Planning Committee shall consist of the committee chair and at least one member from each zone, representing a broad range of experience in all aspects of Masters swimming. The committee shall work closely with the Executive Committee—particularly the president—to generate short and long range plans, goals, and objectives related to the vitality and quality of Masters swimming. The committee shall recommend appropriate projects, policies, and priorities in response to issues that affect USMS programs. The committee shall conduct periodic reviews of the organizational structure and shall suggest changes to enhance communications, efficiency, and productivity.

**507.3.15—Publications Committee**

The Publications Committee shall design, edit, and produce the rule book, and other materials or media, as approved by the House of Delegates.

**507.3.16—Recognition and Awards Committee**

The Recognition and Awards Committee shall consist of the committee chair, USMS-registered Ransom J. Arthur Award recipients, and additional members to assure age and zone representation. The committee shall review and approve proposals for all official USMS awards, except competitive awards. The committee shall maintain a history of award recipients.

**507.3.17—Records and Tabulation Committee**

The Records and Tabulation Committee shall establish and maintain a standardized process of recording and verifying times and shall publish the Top Ten times, All-American rosters, and USMS national records annually for each course.

**507.3.18—Registration Committee**

The Registration Committee shall include the committee chair, one member from each zone, and one member-at-large. The committee shall develop policies and procedures for registration and LMSC registrars, inventory registration materials, communicate



**ARTICLE 507.3.19**

with the LMSC registrars, and assist in evaluating the registration function of the national office.

**507.3.19—Rules Committee**

The Rules Committee shall consist of the committee chair and two members from each zone. The committee may initiate and shall consider proposed amendments, and shall report them, with the committee’s recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. The committee may interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee’s jurisdiction as defined in article 601.1.

**507.3.20—Safety Education Committee**

The Safety Education Committee shall study, develop, recommend, and implement safety education programs for swimmers, coaches, and volunteers in Masters swimming, and coordinate and communicate with other committees as necessary regarding safety issues.

**507.3.21—Sports Medicine Committee**

The Sports Medicine Committee shall research subjects related to sports medicine. The committee shall advise USMS and educate its members. The committee shall also stimulate and encourage research in the health benefits, medical problems, physiology, and psychology of Masters swimming.

**507.4. AD HOC COMMITTEES**

The president may establish other committees on an ad hoc basis that are deemed necessary to carry out the duties of the president. Each committee shall meet annually in conjunction with the annual meeting of the House of Delegates, if requested by the committee chair, a committee member, or any member of the House of Delegates.

**ARTICLE 508:  
FINANCIAL POLICY**

**508.1. FISCAL YEAR**

USMS shall have a 1-year fiscal period for tax and accounting purposes commencing on the first day of January.

**508.2. CONTROLLER**

The controller shall be selected by, serve at the pleasure of, and report to the Executive Committee.

**508.3. INTERNAL AUDITOR**

The internal auditor shall be appointed by and serve at the pleasure of the president and shall report to the House of Delegates through the Finance Committee. The internal auditor shall:

**508.3.1—**Receive the financial records of USMS from the treasurer and the controller.

**508.3.2**—Examine at least annually all financial records received pursuant to article 508.3.1 to determine the accuracy and validity of the records maintained by the treasurer and controller.

**508.3.3**—Prepare and audit the annual income statement and balance sheet of USMS, along with any other appropriate financial statements as of the close of USMS’s fiscal year.

**508.3.4**—Present the financial statements listed in article 508.3.3 to the Finance Committee as soon as practical after the close of the fiscal year with a statement as to the internal auditor’s position regarding the accuracy and validity of those documents.

**508.3.5**—Submit to the Finance Committee recommendations for the improvement of the financial management of USMS.

**508.4. FEES**

Fees shall be established by the House of Delegates.

**508.5. BUDGET REQUESTS**

Requests for budget items or funding that are disapproved by the Finance Committee (or those not submitted to the Finance Committee) may be approved by the House of Delegates by a two-thirds vote.

**ARTICLE 509:  
PARLIAMENTARY AUTHORITY**

**509.1. PARLIAMENTARY AUTHORITY**

Unless otherwise specified, and subject to all standing rules, the current *Robert’s Rules of Order* shall govern all USMS meetings and proceedings.

**ARTICLE 510:  
INDEMNIFICATION AND DISSOLUTION**

**510.1. INDEMNIFICATION**

**510.1.1**—Each person who is or was a director, officer, or employee of USMS (including the heirs, executors, administrators, or estate of such person) shall be indemnified by USMS to the full extent permitted by the Nonprofit Corporation Law of the state of Ohio against any liability, cost, or expense incurred in the capacity as director, officer, or employee, or arising out of the status as a director, officer, or employee (including serving at the request of USMS as a director, trustee, officer, employee, or agent of another corporation).

**510.1.2**—USMS may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost, or expense. For the purpose of article 508.1, references to “the corporation” include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

**510.2. DISSOLUTION**

**510.2.1**—If deemed advisable by the members, USMS may be dissolved pursuant to the applicable provision of the corporation laws of the state of Ohio.

**ARTICLE 510.2.2**

**510.2.2**—Upon the dissolution of USMS, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of USMS, dispose of all the assets of USMS exclusively for the purposes of USMS or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary, or scientific purposes as shall qualify as exempt organizations under section 501(c)(3) of the Internal Revenue code of 1954 (or the corresponding provision of any future United States Internal Revenue law).

## PART 6: AMENDMENT PROCEDURES

### ARTICLE 601: AMENDMENTS

#### 601.1. COMMITTEE JURISDICTION

##### 601.1.1—Rules Committee

Proposed changes to Part 1: Swimming Rules and the Glossary shall be considered by the Rules Committee for report and recommendation to the House of Delegates.

##### 601.1.2—Long Distance Committee

Proposed changes to Part 3: Long Distance Swimming Rules and the Glossary shall be considered by the Long Distance Committee for report and recommendation to the House of Delegates.

##### 601.1.3—Legislation Committee

Proposed changes to the Code of Regulations (Organizing Principles, Glossary, Part 2: Administrative Regulations of Competition, Part 4: Athletes' Rights, Hearings, and Appeals, Part 5: United States Masters Swimming, Inc., Organization and Bylaws, Part 6: Amendment Procedures, and Appendix D: Zone and LMSC Boundaries) shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.

##### 601.1.4—Executive Committee

Proposed changes to all other sections of the USMS Code of Regulations and Rules of Competition shall be considered by the Executive Committee or committee designated by the president. Such proposals are not subject to the provisions of articles 601.2, 601.3, 601.4, and 601.5.

#### 601.2. SUBMISSION OF PROPOSED AMENDMENTS

##### 601.2.1—Authorization

Changes to the *USMS Code of Regulations and Rules of Competition* may be proposed only by an LMSC, a standing committee of the House of Delegates, the Zone Committee, the Board of Directors, or the Executive Committee.

##### 601.2.2—Format

Proposed changes shall be 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.

##### 601.2.3—Submission Deadline

Proposed changes by an LMSC must be submitted to the chair of the Rules, Legislation, or Long Distance Committee not later than July 10.

##### 601.2.4—Publication of Proposed Amendments

All proposed changes shall be published and mailed to each LMSC and each member of the House of Delegates not later than August 15.

#### 601.3. MODIFICATION OF PROPOSED AMENDMENTS

Proposed amendments may be modified in any manner by the Rules, Legislation, or Long Distance Committee, where appropriate, while under consideration by said committee. Such modification must be germane to the subject matter and intent of the proposed change.

## ARTICLE 601.4

### 601.4. ADOPTION OF PROPOSED AMENDMENTS

The *USMS Code of Regulations and Rules of Competition* may only be altered, amended, repealed, or otherwise changed at the annual meeting of the House of Delegates and only as follows:

#### 601.4.1—Rules

In even-numbered years, Part 1 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if amendments to them are submitted to and recommended by the Rules Committee, or by a two-thirds vote of the House of Delegates members present and voting if amendments to them are submitted to and NOT recommended by the Rules Committee.

#### 601.4.2—Long Distance

In even-numbered years, Part 3 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if amendments to them are submitted to and recommended by the Long Distance Committee, or by a two-thirds vote of the House of Delegates members present and voting if amendments to them are submitted to and NOT recommended by the Long Distance Committee.

#### 601.4.3—Legislation

In odd-numbered years, the Organizing Principles, Glossary, Part 2, Part 4, Part 5, Part 6, and Appendix D may be amended by a majority vote of the House of Delegates members present and voting if amendments to them are submitted to and recommended by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if amendments to them are submitted to and NOT recommended by the Legislation Committee.

#### 601.4.4—Proposed Amendments Requiring Action of More Than One Committee

In any year, proposed amendments to the *USMS Code of Regulations and Rules of Competition* that fall within more than one jurisdiction, as described in articles 601.4.1, 601.4.2, and 601.4.3, may be submitted as an indivisible package to be considered by the House of Delegates, subject to the following:

- A Each and every committee under which jurisdiction the amendment proposals fall votes by a two-thirds majority to accept the proposed amendments as a package to be considered in the whole.
- B Organizing Principles, Glossary, Parts 1, 2, 3, 4, 5, and 6, and Appendix D may be amended by a majority vote of the House of Delegates members present and voting if amendments to them are submitted to the appropriate committees as a package and recommended by all committees with jurisdiction, or by a two-thirds vote of the House of Delegates members present and voting if amendments to them are submitted to the appropriate committees as a package, but fail to receive the recommendation of all committees with jurisdiction.

#### 601.4.5—Emergency Amendments

Emergency amendments (amendments not submitted in conformity with articles 601.4.1, 601.4.2, and 601.4.3) may be passed by a nine-tenths vote of the House of Delegates members present and voting if they are properly submitted to, deemed an emergency by, and recommended by the appropriate governing committee as defined in article 601.1.

**601.4.6—USA Swimming Amendments That Affect USMS rules**

- A Amendments to USA Swimming articles 101, “Individual Strokes and Relays,” 102, “Conduct and Officiating of All Swimming Competition,” and 105, “Guidelines for Officiating Swimmers with a Disability in USA Swimming Meets,” shall automatically be adopted by USMS, unless the USMS House of Delegates votes to reject those amendments. Votes to reject shall not be considered emergency amendments. Amendments to USA Swimming article 103, “Facility Standards,” may be recommended by the Rules Committee for adoption by the House of Delegates. Votes to accept shall not be considered emergency amendments.
- B If amendments to USA Swimming articles 101 and 102 are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall automatically be adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

**601.4.7—FINA Masters Swimming Amendments That Affect USMS Rules**

If amendments to the FINA Masters Technical Rules are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall be automatically adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

**601.5. EFFECTIVE DATE**

Unless otherwise specified, all changes approved as prescribed shall become effective on January 1 of the year following their adoption.

<b>Summary of Amendment Procedures</b>	<b>Even Years</b>	<b>Odd Years</b>
<b>Rules</b> (Part 1 and Glossary)		
If recommended by committee	Majority	*
If NOT recommended by committee	2/3	
<b>Long Distance</b> (Part 3 and Glossary)		
If recommended by committee	Majority	*
If NOT recommended by committee	2/3	
<b>Legislation</b> (Organizing Principles, Glossary, Part 2, Part 4, Part 5, Part 6, and Appendix D)		
If recommended by committee	*	Majority
If NOT recommended by committee		2/3
* <b>Emergency Amendments:</b> by a 9/10 vote ONLY if properly submitted to, deemed an emergency by, and recommended by the appropriate committee.		



## APPENDIX A: RECORDS

<b>Category</b>	<b>Current as of</b>
USMS Short Course Yards	May 31, 2004
USMS Short Course Meters	November 1, 2004
USMS Long Course Meters	September 15, 2004
World Short Course Meters	November 1, 2004
World Long Course Meters	November 1, 2004
USMS Long Distance	November 1, 2004

**EFFECTIVE DATES:** The records in this listing reflect applications received by the above effective dates. Some records achieved by these effective dates may not yet have been submitted or processed.

**DISCREPANCIES AND ERRATA:** The USMS record is faster than the world record in some events. Possible reasons for these discrepancies include: (a) the application for the USMS record has been approved, but the application for the world record still is in progress; (b) a birth certificate was not submitted as proof of age; (c) certification of pool length was not submitted; or (d) the application for the world record was not submitted within 60 days of the date of the performance.

**CORRECTIONS:** Any questions about the listed records should be addressed to:

*“Pool Records”*

Pieter Cath  
Records/Tabulation Committee  
35400 Bainbridge Rd.  
Solon, OH 44139-3029

*Long Distance Records*

Peter Crumbine  
Long Distance Committee  
3 Copper Beech Rd.  
Greenwich, CT 06830-4033



	<b>WOMEN 18-24</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	J Mayville	1998	23.89	A Terry	1998	26.61		J Foschi	2003	27.24	
	100 free	J Foschi	2003	50.67	A Terry	1997	57.86		J Foschi	2003	58.94	
	200 free	R Komisarz	2001	1:50.98	D Heckman	2001	2:06.21		J Foschi	2003	2:03.06	
	400/500 free	J Foschi	2003	4:49.97	D Heckman	2001	4:25.13		J Stowers	2003	4:16.72	
	800/1000 free	S Schweitzer	2000	10:29.13	D Heckman	2001	8:58.71		S Schweitzer	2000	9:28.19	
	1500/1650 free	K Burton	1987	17:31.70	D Heckman	2001	17:15.23		S Bausher	2000	18:13.47	
	50 back	J Tong	1998	26.47	P Francis	2000	29.69		T Smith	1990	31.55	
	100 back	S Schweitzer	2000	55.98	A Terry	1998	1:06.59		S Schweitzer	2000	1:04.87	
	200 back	S Schweitzer	2000	1:59.22	N Wunderlich	1995	2:22.61		S Schweitzer	2000	2:19.70	
	50 breast	A Davies	2004	29.69	B Kaszuba	1995	32.09		E Nelson	1995	33.66	
	100 breast	R Mants	2003	1:02.86	B Kaszuba	1995	1:08.89		E Nelson	1995	1:13.62	
	200 breast	R Mants	2003	2:14.90	A Nall	1997	2:38.63		L Keogh	1993	2:51.20	
	50 fly	J Brooks	2000	25.46	J Raab	1994	28.84		H Skaggs	2003	29.53	
	100 fly	R Komisarz	2001	55.67	D Heckman	2001	1:05.01		S Schweitzer	2000	1:04.67	
	200 fly	R Komisarz	2001	2:02.28	D Heckman	2001	2:23.78		B Castillo	1988	2:22.59	
	100 IM	S Miller	1991	59.21	B Kaszuba	1995	1:05.34					
	200 IM	S Schweitzer	2000	2:05.30	D Heckman	2001	2:25.87		S Schweitzer	2000	2:24.87	
	400 IM	S Schweitzer	2000	4:18.37	D Heckman	2001	4:58.55		S Bausher	2000	5:15.81	
	<b>WOMEN 25-29</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	A Pettis-Scott	1992	23.20	H Hageman	1997	26.63	26.18	S Shand	1991	26.68	25.42
	100 free	L Johncke	2003	50.80	S Taormina	1996	56.30	56.30	S Taormina	1995	57.76	58.22
	200 free	L Liu	2001	1:48.80	S Taormina	1996	1:59.78	1:59.78	S Taormina	1995	2:02.06	2:07.11
	400/500 free	S Taormina	1996	4:49.88	S Taormina	1996	4:24.18	4:24.18	S Taormina	1995	4:13.03	4:27.53
	800/1000 free	L Hazen	1994	10:12.34	S Taormina	1996	8:51.18	8:51.18	R Komisarz	2001	8:47.44	9:17.09
	1500/1650 free	K Burton	1991	16:50.17	S Taormina	1996	16:36.07	16:36.07	R Komisarz	2001	16:39.77	17:38.78
	50 back	M Edwards	1999	25.98	C Johansson	2002	30.05	30.04	D Graner	1989	30.80	30.52
	100 back	M Edwards	1999	56.28	C Johansson	2002	1:03.26	1:03.17	D Graner	1989	1:07.32	1:05.02
	200 back	D Graner	1991	2:01.29	L Oberstar	2001	2:14.77	2:13.91	D Graner	1989	2:19.97	2:19.08
	50 breast	K King-Bednar	1996	29.78	T Mirande	1995	32.20	32.80	L Martin	1998	34.35	32.01
	100 breast	A Packard	2002	1:04.17	W Hansen	1998	1:13.30	1:10.71	H Salcedo	2002	1:15.48	1:13.15
	200 breast	A Packard	2002	2:17.94	A Packard	2001	2:35.66	2:32.37	R Bruch	2000	2:45.04	2:40.83
	50 fly	N Rolland	2004	24.46	S Taormina	1996	28.68	28.60	J Brooks	2003	28.19	28.09
	100 fly	L Liu	2001	54.03	S Taormina	1996	1:01.33	1:01.33	R Komisarz	2001	1:01.04	1:03.91
	200 fly	L Liu	2001	1:57.84	C Miller	2002	2:23.60	2:17.13	S Taormina	1995	2:17.51	2:18.69
	100 IM	L Liu	2001	56.76	W Hansen	1998	1:05.67	1:05.18				
	200 IM	L Liu	2001	2:05.62	W Hansen	1998	2:21.79	2:20.78	S Shand	1989	2:25.45	2:22.00
	400 IM	S Shand	1991	4:28.40	W Hansen	1998	5:02.54	4:57.93	S Shand	1989	5:06.34	5:05.29

<b>WOMEN 30-34</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	A Martino	2000	22.86	A Pettis-Scott	1993	26.46	26.46	A Martino	2000	26.25	25.99
100 free	A Martino	1999	50.73	S Neilson-Bell	1988	57.35	57.35	A Martino	2000	57.09	57.09
200 free	K Radke	2003	1:51.40	K Pipes-Neilsen	1996	2:04.64	2:04.64	K Pipes-Neilsen	1996	2:06.80	2:07.84
400/500 free	K Pipes-Neilsen	1996	4:59.08	K Pipes-Neilsen	1996	4:22.70	4:22.70	K Pipes-Neilsen	1996	4:28.76	4:28.76
800/1000 free	L Hazen	1999	10:16.36	E Hansen	2003	9:06.49	9:06.49	S Porter	1994	9:19.96	9:16.82
1500/1650 free	K Burton	1993	17:07.52	K Burton	1994	17:23.60	17:23.60	K Burton	1996	17:38.70	17:38.70
50 back	A Martino	2000	25.73	D Graner Gallas	1996	30.14	30.14	D Graner Gallas	1996	30.94	30.94
100 back	K Pipes-Neilsen	1996	57.13	K Pipes-Neilsen	1996	1:03.36	1:03.96	D Graner Gallas	1996	1:05.42	1:05.42
200 back	K Pipes-Neilsen	1996	1:59.93	K Pipes-Neilsen	1996	2:13.51	2:16.62	K Pipes-Neilsen	1996	2:17.73	2:18.98
50 breast	W Hansen	2000	29.83	W Hansen	2000	32.82	32.82	W Hansen	1999	33.84	33.84
100 breast	W Hansen	2000	1:03.69	W Hansen	2000	1:10.00	1:10.00	W Hansen	1999	1:14.53	1:14.52
200 breast	W Hansen	2000	2:17.34	W Hansen	2000	2:30.65	2:30.65	W Hansen	1999	2:41.51	2:41.51
50 fly	A Martino	2000	24.18	W Hansen	2000	28.34	28.34	A Martino	2000	27.59	27.59
100 fly	A Martino	1999	55.01	W Hansen	2000	1:02.70	1:02.70	A Martino	2000	1:00.03	1:00.03
200 fly	K Pipes-Neilsen	1996	2:03.46	K Radke	2003	2:19.34	2:19.34	K Pipes-Neilsen	1996	2:20.12	2:20.07
100 IM	A Martino	2000	57.01	W Hansen	1999	1:04.96	1:04.96				
200 IM	K Pipes-Neilsen	1996	2:04.30	K Pipes-Neilsen	1996	2:18.79	2:18.89	K Pipes-Neilsen	1996	2:23.12	2:24.12
400 IM	K Pipes	1995	4:25.68	K Pipes-Neilsen	1996	4:53.85	4:51.33	K Pipes-Neilsen	1996	5:03.97	5:05.05
<b>WOMEN 35-39</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	S Neilson-Bell	1996	23.53	S Neilson-Bell	1995	26.13	26.13	T Moll	1999	26.66	26.66
100 free	S Neilson-Bell	1995	51.54	K Pipes-Neilsen	2000	57.65	57.65	S Neilson-Bell	1995	58.87	58.38
200 free	K Pipes-Neilsen	1997	1:51.55	K Pipes-Neilsen	1997	2:03.56	2:03.56	K Pipes-Neilsen	1998	2:06.62	2:06.94
400/500 free	K Pipes-Neilsen	1997	4:56.09	K Pipes-Neilsen	1999	4:22.56	4:22.56	K Pipes-Neilsen	1997	4:26.17	4:26.17
800/1000 free	K Pipes-Neilsen	1999	10:22.60	L Hug	2000	9:14.27	9:14.27	K Pipes-Neilsen	1997	9:16.20	9:16.20
1500/1650 free	K Pipes-Neilsen	1997	17:13.99	L Hug	2000	17:27.84	17:27.84	K Pipes-Neilsen	2000	17:46.58	17:46.58
50 back	K Pipes-Neilsen	1997	27.02	K Pipes-Neilsen	1999	30.73	30.73	K Pipes-Neilsen	1999	31.43	31.43
100 back	K Pipes-Neilsen	1998	56.81	K Pipes-Neilsen	1997	1:03.56	1:03.56	K Pipes-Neilsen	1997	1:05.41	1:06.29
200 back	K Pipes-Neilsen	1998	2:00.54	K Pipes-Neilsen	1997	2:14.10	2:14.10	K Pipes-Neilsen	1997	2:18.20	2:18.20
50 breast	C Krattli	2001	30.08	C Krattli	2000	33.03	33.03	C Krattli	2001	33.91	33.64
100 breast	S Von Der Lippe	2004	1:04.25	C Krattli	2000	1:11.97	1:11.97	C Krattli	2001	1:13.81	1:13.81
200 breast	C Krattli	2002	2:19.66	C Krattli	2000	2:36.04	2:36.04	C Krattli	2001	2:41.76	2:41.76
50 fly	S Von Der Lippe	2003	25.54	T Moll	2001	28.68	28.68	T Moll	1999	28.32	28.32
100 fly	S Von Der Lippe	2003	55.78	K Pipes-Neilsen	1997	1:03.29	1:03.29	T Moll	1999	1:03.79	1:03.79
200 fly	K Pipes-Neilsen	1997	2:04.88	K Pipes-Neilsen	1997	2:18.41	2:18.41	K Pipes-Neilsen	1997	2:20.21	2:20.21
100 IM	S Von Der Lippe	2004	58.31	K Pipes-Neilsen	2000	1:05.40	1:05.40				
200 IM	K Pipes-Neilsen	1998	2:05.24	K Pipes-Neilsen	2000	2:19.08	2:19.08	K Pipes-Neilsen	1997	2:22.42	2:25.31
400 IM	K Pipes-Neilsen	1998	4:24.18	K Pipes-Neilsen	1997	4:52.85	4:52.85	K Pipes-Neilsen	1998	5:02.67	5:07.21

	<b>WOMEN 40-44</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	M Doelger	2004	23.73	S Neilson-Bell	1996	26.66	26.95	M Doelger	2003	26.88	26.88
	100 free	K Pipes-Neilsen	2002	51.41	K Pipes-Neilsen	2003	57.60	57.60	M Doelger	2003	58.43	58.43
	200 free	K Pipes-Neilsen	2002	1:51.06	K Pipes-Neilsen	2003	2:05.26	2:05.26	K Pipes-Neilsen	2003	2:09.00	2:09.34
	400/500 free	K Pipes-Neilsen	2002	4:58.98	K Pipes-Neilsen	2003	4:21.75	4:21.75	K Pipes-Neilsen	2002	4:28.24	4:28.24
	800/1000 free	K Pipes-Neilsen	2003	10:20.45	K Pipes-Neilsen	2003	9:09.71	9:09.71	K Pipes-Neilsen	2003	9:21.75	9:24.77
	1500/1650 free	K Pipes-Neilsen	2002	17:15.20	K Pipes-Neilsen	2003	17:45.50	17:38.37	K Pipes-Neilsen	2003	17:56.52	17:56.52
	50 back	K Pipes-Neilsen	2002	27.29	K Pipes-Neilsen	2002	30.98	30.98	K Pipes-Neilsen	2001	32.19	31.99
	100 back	K Pipes-Neilsen	2003	57.15	K Pipes-Neilsen	2002	1:05.43	1:05.43	K Pipes-Neilsen	2003	1:07.69	1:08.66
	200 back	K Pipes-Neilsen	2003	2:04.55	K Pipes-Neilsen	2003	2:19.09	2:19.09	K Pipes-Neilsen	2003	2:23.64	2:25.91
	50 breast	C Krattli	2002	29.94	C Krattli	2003	33.67	33.67	C Krattli	2002	33.79	33.79
	100 breast	C Krattli	2002	1:04.30	C Krattli	2003	1:12.08	1:12.08	C Krattli	2002	1:13.82	1:13.82
	200 breast	C Krattli	2002	2:20.13	C Krattli	2002	2:39.10	2:39.10	C Krattli	2002	2:42.06	2:42.06
	50 fly	K Pipes-Neilsen	2003	26.34	K Pipes-Neilsen	2003	29.51	29.45	E Emery	2002	28.97	28.97
	100 fly	K Pipes-Neilsen	2002	56.36	K Pipes-Neilsen	2003	1:03.31	1:03.31	K Pipes-Neilsen	2003	1:04.74	1:04.84
	200 fly	K Pipes-Neilsen	2002	2:03.93	K Pipes-Neilsen	2002	2:20.71	2:20.71	K Pipes-Neilsen	2003	2:24.77	2:25.69
	100 IM	K Pipes-Neilsen	2003	58.29	K Pipes-Neilsen	2003	1:05.56	1:05.56				
	200 IM	K Pipes-Neilsen	2002	2:05.83	K Pipes-Neilsen	2003	2:20.55	2:20.55	K Pipes-Neilsen	2003	2:25.38	2:26.83
	400 IM	K Pipes-Neilsen	2002	4:28.82	K Pipes-Neilsen	2002	5:00.82	5:00.82	K Pipes-Neilsen	2004	5:09.83	5:09.83
	<b>WOMEN 45-49</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	P Noyes	2000	24.88	J Hirsty	2000	28.06	27.77	J Hirsty	1998	28.30	28.07
	100 free	L Val	2001	53.27	L Val	1998	1:02.00	1:01.42	S Heim-Bowen	2003	1:02.11	1:02.11
	200 free	L Val	2001	1:58.53	S Heim-Bowen	2003	2:10.91	2:10.91	S Heim-Bowen	2003	2:13.17	2:13.17
	400/500 free	S Heim-Bowen	2004	5:13.89	S Heim-Bowen	2003	4:30.98	4:30.98	S Heim-Bowen	2003	4:39.20	4:39.20
	800/1000 free	S Heim-Bowen	2004	10:43.32	S Heim-Bowen	2003	9:35.19	9:35.19	S Heim-Bowen	2003	9:24.53	9:24.53
	1500/1650 free	S Heim-Bowen	2004	17:49.94	L Val	1998	18:55.82	18:55.82	S Heim-Bowen	2003	17:55.83	17:55.83
	50 back	L Val	1997	28.26	L Van Pelt-Diller	2003	32.65	32.39	L Val	1997	32.93	32.93
	100 back	L Val	1997	1:01.50	L Van Pelt-Diller	2003	1:09.98	1:09.98	L Val	1997	1:12.70	1:12.69
	200 back	K Einsidler	2002	2:18.60	K Einsidler	2001	2:36.25	2:36.25	P Landers	2001	2:38.04	2:36.03
	50 breast	M Mann	2003	32.59	M Mann	2002	36.63	34.64	S Roy	1994	36.97	34.74
	100 breast	M Mann	2003	1:10.76	M Mann	2002	1:19.93	1:17.21	M Mann	2002	1:21.72	1:18.19
	200 breast	K Melick	2004	2:35.27	C Crabbe	2002	2:54.05	2:48.38	C Crabbe	2001	2:57.24	2:55.96
	50 fly	L Val	1998	27.02	L Val	1998	30.99	30.50	R Parisi	2002	30.40	30.30
	100 fly	L Val	2001	59.82	L Val	1999	1:08.10	1:07.80	L Val	1998	1:08.02	1:08.02
	200 fly	L Val	2001	2:11.12	L Val	1999	2:32.52	2:32.52	L Val	1998	2:31.37	2:31.37
	100 IM	L Val	1997	1:03.83	L Val	1997	1:11.82	1:09.68				
	200 IM	R Parisi	2002	2:19.91	D Ogier	2000	2:36.60	2:34.02	C Crabbe	2003	2:35.74	2:35.74
	400 IM	C Crabbe	2002	4:54.46	L Val	1999	5:33.37	5:28.91	C Crabbe	2003	5:38.12	5:38.12

<b>WOMEN 50-54</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	L Val	2002	25.30	J Hirsty	2002	28.54	28.54	L Val	2001	28.22	28.22
100 free	L Val	2002	54.38	L Val	2001	1:01.49	1:01.49	L Val	2001	1:01.13	1:01.13
200 free	L Val	2002	1:59.55	L Val	2003	2:14.66	2:14.66	L Val	2001	2:15.37	2:15.37
400/500 free	L Val	2002	5:27.07	L Val	2003	4:45.72	4:45.72	L Val	2002	4:47.93	4:47.93
800/1000 free	L Val	2002	11:16.62	L Val	2003	9:50.53	9:50.53	L Val	2002	9:52.55	9:52.55
1500/1650 free	L Val	2002	18:42.24	L Val	2002	18:59.17	18:59.17	L Val	2001	19:08.69	19:08.69
50 back	J Swagerty-Hill	2002	28.74	J Swagerty-Hill	2002	32.55	32.55	J Swagerty-Hill	2002	32.87	32.87
100 back	L Val	2002	1:04.59	L Val	2001	1:12.95	1:12.95	J Swagerty-Hill	2002	1:14.44	1:14.44
200 back	L Val	2002	2:23.82	L Val	2003	2:41.20	2:41.20	L Val	2002	2:46.81	2:46.81
50 breast	D Ogier	2003	33.74	S Jones-Roy	2001	37.94	37.59	S Jones-Roy	2000	38.69	37.93
100 breast	S Jones-Roy	2000	1:14.82	S Jones-Roy	2001	1:22.53	1:22.53	D Munger	2001	1:26.45	1:24.85
200 breast	S Jones-Roy	2000	2:42.23	D Ogier	2002	2:59.48	2:57.49	S Jones-Roy	2000	3:09.09	3:03.23
50 fly	L Val	2002	27.81	L Val	2001	31.16	31.15	L Val	2001	30.72	30.24
100 fly	L Val	2002	1:01.26	L Val	2001	1:09.05	1:09.05	L Val	2001	1:07.81	1:07.81
200 fly	L Val	2002	2:15.18	B Dunbar	1999	2:44.84	2:44.84	L Val	2001	2:31.55	2:31.55
100 IM	D Ogier	2003	1:05.38	D Ogier	2002	1:13.12	1:13.12				
200 IM	D Ogier	2003	2:20.64	D Ogier	2002	2:37.52	2:37.52	L Val	2002	2:41.31	2:41.31
400 IM	L Val	2002	5:00.48	L Val	2002	5:36.28	5:36.28	L Val	2002	5:42.80	5:42.80
<b>WOMEN 55-59</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	N Ridout	1998	27.48	A Mueller	1996	30.37	30.37	A Mueller	1997	30.83	30.33
100 free	C Boak	2001	1:00.49	B Dunbar	2004	1:07.59	1:07.59	B Dunbar	2004	1:09.45	1:08.08
200 free	B Dunbar	2004	2:11.19	B Dunbar	2004	2:27.59	2:27.59	B Dunbar	2004	2:28.56	2:28.56
400/500 free	B Dunbar	2004	5:43.69	B Dunbar	2004	5:06.14	5:06.14	B Dunbar	2004	5:08.91	5:08.91
800/1000 free	B Dunbar	2004	11:41.65	B Dunbar	2004	10:20.81	10:20.81	B Dunbar	2004	10:41.10	10:35.34
1500/1650 free	B Dunbar	2004	19:33.02	L Stoinoff	1989	21:35.84	20:49.11	B Dunbar	2004	19:52.61	19:52.61
50 back	B Barnett	2002	31.63	B Barnett-Sallee	2001	36.07	35.15	B Barnett-Sallee	2002	35.55	35.55
100 back	B Barnett	2002	1:07.52	B Barnett-Sallee	2001	1:19.20	1:19.37	B Barnett-Sallee	2002	1:17.51	1:17.51
200 back	B Barnett	2002	2:28.55	J Marr	2000	2:58.14	2:56.86	B Barnett-Sallee	2002	2:51.07	2:51.07
50 breast	G Pierson	2002	35.06	D Barnhard	2003	39.35	38.32	J Bruner	1991	39.91	38.30
100 breast	G Pierson	2004	1:17.43	D Barnhard	2003	1:26.33	1:25.92	J Bruner	1992	1:29.88	1:29.06
200 breast	G Pierson	2003	2:52.76	D Barnhard	2003	3:12.18	3:08.87	J Leilich	1998	3:19.16	3:13.90
50 fly	A Mueller	1998	29.73	A Mueller	1997	33.66	31.92	J Ward	1999	34.43	32.24
100 fly	B Dunbar	2004	1:08.01	B Dunbar	2004	1:16.31	1:12.99	B Dunbar	2004	1:18.97	1:13.71
200 fly	B Dunbar	2004	2:32.60	B Dunbar	2004	2:51.88	2:51.88	B Dunbar	2004	2:53.74	2:53.74
100 IM	C Boak	2001	1:10.04	C Boak	2001	1:19.02	1:17.48				
200 IM	B Dunbar	2004	2:35.25	A Mueller	1997	2:52.43	2:52.43	B Dunbar	2004	2:59.11	2:53.72
400 IM	B Dunbar	2004	5:26.82	B Dunbar	2004	6:04.58	6:04.58	B Dunbar	2004	6:16.14	6:14.40

<b>WOMEN 60-64</b>			<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	J Bruner	1995	28.79	J Marr	2003	32.92	32.15	J Bruner	1995	32.77	31.55		
100 free	J Bruner	1997	1:04.87	J Marr	2003	1:12.39	1:10.53	J Marr	2003	1:14.16	1:10.29		
200 free	J Marr	2004	2:25.05	L Stoinoff	1993	2:39.92	2:38.28	J Marr	2003	2:41.27	2:38.99		
400/500 free	J Marr	2004	6:19.07	J Marr	2003	5:27.75	5:27.75	J Marr	2004	5:39.72	5:39.72		
800/1000 free	J Marr	2004	12:53.81	L Stoinoff	1993	11:30.55	11:18.60	J Marr	2003	11:41.17	11:33.65		
1500/1650 free	J Marr	2004	21:19.25	J Marr	2003	21:33.34	21:29.24	J Marr	2004	22:29.85	22:29.85		
50 back	B Jordan	1998	34.16	B Jordan	1997	38.74	36.38	B Jordan	1997	38.76	36.65		
100 back	B Jordan	1997	1:15.64	B Jordan	1997	1:24.16	1:21.06	B Jordan	1997	1:24.45	1:27.64		
200 back	B Jordan	1997	2:42.86	J Marr	2003	3:01.86	2:56.06	B Jordan	1997	3:06.23	2:58.02		
50 breast	J Bruner	1996	36.88	J Leilich	2000	41.35	38.60	J Bruner	1998	41.43	38.48		
100 breast	J Leilich	2000	1:21.55	J Leilich	2000	1:30.58	1:26.43	J Leilich	1999	1:32.37	1:27.64		
200 breast	J Leilich	1999	2:56.39	J Leilich	2001	3:18.25	3:06.48	J Leilich	1999	3:23.62	3:14.49		
50 fly	J Ward	2003	32.43	J Ward	2002	36.27	34.56	J Ward	2002	35.62	33.47		
100 fly	J Bruner	1996	1:18.64	J Marr	2003	1:31.65	1:16.41	D Barnea	2004	1:29.24	1:17.34		
200 fly	D Barnea	2004	3:01.31	B Jordan	1998	3:30.11	3:05.20	D Barnea	2004	3:29.37	3:12.48		
100 IM	J Bruner	1997	1:16.66	J Marr	2003	1:24.91	1:21.04						
200 IM	J Marr	2004	2:48.80	J Marr	2003	3:03.22	2:55.72	J Marr	2003	3:09.34	3:00.52		
400 IM	J Marr	2004	5:55.59	J Marr	2003	6:27.20	6:20.63	J Marr	2003	6:36.99	6:33.09		
<b>WOMEN 65-69</b>			<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	G Roper	1997	30.45	G Roper	1996	34.17	32.77	J Bruner	2000	33.55	33.38		
100 free	G Roper	1996	1:08.78	G Roper	1996	1:16.26	1:13.48	C Walker	1992	1:16.84	1:13.05		
200 free	L Stoinoff	1998	2:32.93	G Roper	1996	2:54.15	2:42.05	C Walker	1992	2:48.51	2:42.91		
400/500 free	L Stoinoff	1999	6:39.23	L Stoinoff	2002	5:59.10	5:46.94	L Stoinoff	1998	5:54.90	5:46.27		
800/1000 free	L Stoinoff	1999	13:51.06	L Stoinoff	2002	12:20.68	11:49.70	L Stoinoff	1998	12:23.32	12:06.31		
1500/1650 free	L Stoinoff	1998	23:09.53	C Walker	1992	23:38.44	22:35.98	L Stoinoff	1998	23:42.01	23:42.01		
50 back	C Walker	1992	36.03	B Jordan	2003	40.11	38.25	C Walker	1992	39.85	38.85		
100 back	B Jordan	2002	1:19.85	B Jordan	2002	1:26.96	1:25.53	C Walker	1991	1:30.97	1:27.51		
200 back	B Jordan	2002	2:51.56	B Jordan	2002	3:15.36	3:08.61	L Stoinoff	1998	3:16.02	3:13.06		
50 breast	J Leilich	2004	37.74	J Leilich	2004	43.16	43.07	J Leilich	2004	44.24	42.78		
100 breast	J Leilich	2004	1:23.95	J Leilich	2004	1:32.37	1:34.50	J Leilich	2004	1:36.94	1:36.41		
200 breast	J Leilich	2004	3:01.50	J Leilich	2004	3:17.44	3:25.67	J Leilich	2004	3:32.51	3:27.71		
50 fly	G Roper	1996	34.45	G Roper	1995	38.44	36.79	G Roper	1996	39.18	37.54		
100 fly	G Roper	1996	1:23.49	G Roper	1995	1:33.10	1:25.28	S Bolar	2004	1:35.57	1:27.73		
200 fly	J Krauser	1994	3:11.22	J Krauser	1995	3:32.93	3:17.36	J Krauser	1994	3:36.25	3:33.04		
100 IM	G Roper	1996	1:19.21	G Roper	1996	1:28.95	1:25.39						
200 IM	C Walker	1992	2:54.51	C Walker	1991	3:18.77	3:06.37	C Walker	1991	3:19.01	3:11.94		
400 IM	C Walker	1993	6:24.09	G Roper	1996	7:07.69	6:34.95	C Walker	1992	7:09.69	7:06.75		

<b>WOMEN 70-74</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	G Roper	2000	31.05	G Roper	1999	35.37	33.86	G Roper	1999	35.28	34.64
100 free	G Roper	2000	1:09.79	G Roper	1999	1:18.67	1:16.45	G Roper	1999	1:19.94	1:17.94
200 free	G Roper	2000	2:35.85	G Roper	2000	2:58.06	2:49.28	L Stoinoff	2003	2:57.28	2:50.27
400/500 free	L Stoinoff	2004	6:46.78	G Roper	1999	6:27.21	6:00.34	L Stoinoff	2003	6:11.92	6:05.25
800/1000 free	L Stoinoff	2004	13:58.55	J Krauser	1996	13:07.28	12:32.86	L Stoinoff	2004	12:35.14	12:32.21
1500/1650 free	L Stoinoff	2004	23:45.69	J Krauser	1996	24:57.85	24:00.81	L Stoinoff	2003	24:24.13	24:06.48
50 back	D Steadman	1995	38.00	D Steadman	1995	42.58	42.44	D Steadman	1996	42.29	42.29
100 back	D Steadman	1995	1:24.70	D Steadman	1995	1:35.66	1:34.17	D Steadman	1995	1:35.11	1:33.61
200 back	L Stoinoff	2003	3:03.24	D Steadman	1995	3:27.79	3:20.96	D Steadman	1995	3:28.69	3:27.58
50 breast	A Hirsch	2001	42.89	A Hirsch	2001	47.29	44.00	A Hirsch	2001	48.48	43.98
100 breast	G Roper	2000	1:32.12	A Hirsch	2001	1:44.50	1:36.86	A Hirsch	2001	1:44.91	1:40.68
200 breast	A Hirsch	2001	3:21.84	A Hirsch	2001	3:45.66	3:44.03	D Stowell	2004	3:46.18	3:40.79
50 fly	G Roper	2000	35.06	G Roper	1999	40.66	39.82	G Roper	2000	41.26	39.77
100 fly	G Roper	1999	1:27.74	G Roper	1999	1:37.56	1:34.70	J Krauser	1996	1:40.85	1:40.85
200 fly	J Krauser	1997	3:16.51	J Krauser	1996	3:38.39	3:38.39	J Krauser	1996	3:39.91	3:39.91
100 IM	G Roper	2000	1:21.97	G Roper	2000	1:32.23	1:31.75				
200 IM	G Roper	2000	3:09.08	G Roper	1999	3:30.92	3:21.52	G Roper	1999	3:32.94	3:26.41
400 IM	J Krauser	1998	6:41.58	J Krauser	1996	7:24.32	7:09.96	J Krauser	1996	7:30.91	7:25.26
<b>WOMEN 75-79</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	F Carr	2002	34.10	G Roper	2004	37.60	37.60	J Troy	2002	37.48	37.48
100 free	F Carr	2001	1:19.38	J Troy	2002	1:26.20	1:26.20	G Roper	2004	1:26.90	1:26.90
200 free	J Troy	2003	2:55.51	J Troy	2002	3:11.99	3:11.99	J Troy	2003	3:17.42	3:17.42
400/500 free	J Krauser	2002	7:59.37	J Troy	2002	6:44.09	6:44.09	J Troy	2002	6:55.62	6:55.62
800/1000 free	M Meyer	1999	16:27.17	J Troy	2002	13:59.01	13:59.01	J Krauser	2001	14:10.50	14:10.50
1500/1650 free	M Meyer	1999	27:33.86	J Krauser	2001	27:39.46	27:33.16	J Troy	2003	27:09.75	27:09.75
50 back	D Steadman	2000	40.25	D Steadman	1999	44.76	44.76	D Steadman	1999	44.43	44.43
100 back	D Steadman	2000	1:28.19	D Steadman	2000	1:39.76	1:39.76	D Steadman	1999	1:39.06	1:39.06
200 back	D Steadman	2000	3:16.35	D Steadman	1999	3:38.25	3:38.25	D Steadman	1999	3:39.41	3:39.41
50 breast	G Zint	1993	48.53	G Zint	1993	53.94	47.15	S Eisele	2004	51.76	47.59
100 breast	G Zint	1993	1:49.55	J Krauser	2001	2:00.51	1:47.80	S Eisele	2004	1:57.62	1:48.65
200 breast	J Krauser	2002	3:58.25	J Krauser	2001	4:23.44	3:54.55	J Krauser	2001	4:16.59	3:55.25
50 fly	L Kivi Nochman	2000	42.06	G Roper	2004	46.14	46.14	G Roper	2004	44.95	44.95
100 fly	L Kivi Nochman	2000	1:40.13	G Roper	2004	1:50.72	1:50.72	G Roper	2004	1:54.14	1:50.12
200 fly	L Kivi Nochman	2000	3:41.89	L Kivi Nochman	1999	4:08.39	4:08.39	J Krauser	2001	4:10.69	4:03.55
100 IM	F Carr	2002	1:34.37	J Krauser	2001	1:46.51	1:45.44				
200 IM	J Krauser	2001	3:27.78	J Krauser	2001	3:43.58	3:43.58	J Krauser	2001	3:48.59	3:48.59
400 IM	J Krauser	2002	7:24.64	J Krauser	2001	7:52.71	7:52.71	J Krauser	2001	7:51.71	7:51.71

Page 110	<b>WOMEN 80-84</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	
	50 free	M Meyer	2003	37.11	M Meyer	2002	41.34	41.34	M Meyer	2002	42.29	40.89	
	100 free	M Meyer	2003	1:24.09	M Meyer	2002	1:34.45	1:34.45	M Meyer	2002	1:37.78	1:37.78	
	200 free	M Meyer	2003	3:10.14	M Meyer	2002	3:27.57	3:27.57	M Meyer	2003	3:37.14	3:37.14	
	400/500 free	M Meyer	2003	8:33.61	M Meyer	2002	7:22.84	7:22.84	M Meyer	2002	7:38.37	7:30.36	
	800/1000 free	M Meyer	2003	17:33.20	R Simonton	1998	15:49.21	15:47.12	M Meyer	2003	15:21.62	15:21.62	
	1500/1650 free	M Meyer	2003	28:59.28	M Meyer	2002	29:39.08	29:39.08	M Meyer	2002	29:35.03	29:35.03	
	50 back	B Cederlund	2002	43.81	M Meyer	2002	50.03	50.03	B Cederlund	2002	46.39	46.39	
	100 back	B Cederlund	2002	1:39.35	M Meyer	2002	1:55.79	1:55.79	B Cederlund	2002	1:48.64	1:48.64	
	200 back	B Cederlund	2002	3:41.49	M Meyer	2003	4:14.53	4:03.55	B Cederlund	2002	3:59.73	3:59.73	
	50 breast	B Christian	2004	52.78	M Flynn	2003	1:02.54	50.48	B Christian	2001	56.34	54.44	
	100 breast	M Flynn	2003	2:01.00	R Simonton	1998	2:19.11	1:54.30	B Christian	2002	2:14.23	2:01.74	
	200 breast	M Flynn	2003	4:23.47	R Simonton	1998	4:49.62	4:38.57	B Christian	2002	4:51.40	4:31.85	
	50 fly	D Russell	2001	55.23	L Kivi Nochman	2004	55.65	55.65	L Nochman	2004	58.09	57.90	
	100 fly	J Durston	1995	2:11.60	L Kivi Nochman	2004	2:02.63	2:02.63	L Nochman	2004	2:06.55	2:06.55	
	200 fly	J Durston	1995	4:40.17	L Kivi Nochman	2004	4:36.80	4:36.80	L Nochman	2004	4:34.86	4:34.86	
	100 IM	M Meyer	2004	1:52.94	M Meyer	2003	2:02.01	2:02.01					
	200 IM	M Lenk	1995	4:14.08	L Kivi Nochman	2004	4:30.54	4:30.54	L Nochman	2004	4:33.58	4:33.58	
	400 IM	J Durston	1995	8:59.27	L Kivi Nochman	2004	9:31.73	9:31.73	L Nochman	2004	9:45.00	9:45.48	
		<b>WOMEN 85-89</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	M Sharpe	2002	43.48	R Simonton	2003	49.92	49.48	R Simonton	2003	49.08	48.95	
	100 free	R Simonton	2004	1:41.38	R Simonton	2003	1:49.64	1:49.64	R Simonton	2003	1:48.75	1:48.75	
	200 free	R Simonton	2004	3:39.73	R Simonton	2003	3:57.48	3:57.48	R Simonton	2003	3:59.68	3:59.68	
	400/500 free	R Simonton	2004	9:37.91	R Simonton	2003	8:17.82	8:17.82	R Simonton	2003	8:17.82	8:29.83	
	800/1000 free	R Simonton	2004	19:34.16	R Simonton	2003	16:49.43	16:49.43	R Simonton	2003	17:14.24	17:14.24	
	1500/1650 free	R Simonton	2004	32:25.66	R Simonton	2003	31:44.50	31:44.50	R Simonton	2003	32:33.60	32:33.60	
	50 back	A Soule	1991	49.59	M Sharpe	2002	1:00.39	57.72	A Soule	1991	58.42	58.42	
	100 back	A Soule	1991	1:55.84	M Sharpe	2002	2:16.59	2:02.71	A Soule	1991	2:13.13	2:10.44	
	200 back	M Sharpe	2002	4:07.66	M Sharpe	2002	4:53.35	4:18.50	M Sharpe	2002	4:44.76	4:29.16	
	50 breast	G Zint	2003	1:01.66	M Gogniat	1995	1:09.77	1:08.15	M Gogniat	1996	1:09.85	1:07.88	
	100 breast	J Durston	1999	2:25.54	M Gogniat	1995	2:38.48	2:29.90	M Gogniat	1996	2:39.02	2:34.97	
	200 breast	M Lenk-Zigler	2001	5:10.94	M Gogniat	1997	5:59.36	5:33.41	M Lenk-Zigler	2000	5:42.28	5:35.82	
	50 fly	J Durston	2000	1:00.88	J Durston	1999	1:07.35	1:07.35	J Durston	1999	1:11.58	1:11.58	
	100 fly	J Durston	2000	2:18.32	J Durston	1999	2:36.50	2:36.50	J Durston	2000	2:39.43	2:40.11	
	200 fly	J Durston	2000	5:04.77	J Durston	1999	5:42.80	5:42.80	J Durston	1999	5:49.75	5:49.75	
	100 IM	R Simonton	2004	2:11.23	J Cooke	1995	2:12.85	2:21.11					
	200 IM	J Durston	2000	4:42.83	J Durston	1999	5:12.01	5:09.92	J Durston	1999	5:16.68	5:16.68	
	400 IM	J Durston	2000	9:48.75	J Durston	1999	10:55.73	10:55.73	J Durston	1999	11:10.37	11:10.37	

<b>WOMEN 90-94</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	A Soule	1996	49.68	J Cooke	2000	1:09.85	1:09.85	A Soule	1996	55.76	55.76
100 free	J Dolce	2001	2:08.96	J Cooke	2000	2:35.08	2:35.08	A Soule	1996	2:19.62	2:19.62
200 free	J Dolce	2002	4:56.62	M Merlino	2002	5:34.59	5:34.59	J Dolce	1999	5:19.36	5:19.36
400/500 free	M Merlino	2003	12:48.67	M Merlino	2002	10:45.34	10:45.34	M Merlino	2002	11:17.74	11:17.74
800/1000 free	M Merlino	2003	26:03.69	M Merlino	2002	22:18.84	22:18.84	M Merlino	2002	23:04.42	23:04.42
1500/1650 free	M Merlino	2003	43:23.50	M Merlino	2002	44:27.18	44:27.18	M Merlino	2002	44:46.30	45:53.54
50 back	A Soule	1996	1:01.93	J Cooke	2000	1:22.64	1:15.02	A Soule	1996	1:03.49	1:03.49
100 back	A Soule	1996	2:14.66	J Cooke	1999	3:05.96	2:45.49	A Soule	1996	2:23.23	2:23.23
200 back	A Soule	1996	4:42.55	J Cooke	1999	6:32.92	6:32.92	A Soule	1997	5:29.07	5:29.07
50 breast	J Cooke	1999	1:31.63	M Miller	2000	1:38.63	1:21.91				1:26.57
100 breast	M Miller	2001	4:09.69	J Cooke	1999	4:06.89	3:04.87	E Muller	2003	3:49.99	3:21.95
200 breast	E Muller	2003	7:21.02	J Cooke	1999	9:03.85	9:03.85				10:39.50
50 fly	J Cooke	1999	1:39.85	M Merlino	2002	1:35.56	1:34.61	A Bauscher	1994	4:57.25	4:57.25
100 fly	J Cooke	1999	3:26.50	J Cooke	1999	4:06.32	3:21.00				
200 fly	J Cooke	1998	7:12.95								
100 IM	J Cooke	1999	2:55.27	M Merlino	2004	3:06.87	3:06.08				
200 IM	J Cooke	1999	6:31.19	M Merlino	2003	6:25.12	6:25.12	M Merlino	2003	6:35.70	6:35.70
400 IM	J Cooke	1998	13:06.38	J Cooke	1999	14:55.37	14:55.37				

<b>WOMEN 95-99</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	G Hiddleson	2003	3:16.92				2:02.29				1:47.20
100 free							4:35.98				4:06.70
200 free											
400/500 free	A Bauscher	1997	18:25.13								
800/1000 free											
1500/1650 free											
50 back	G Hiddleson	2003	3:42.94				2:05.36				1:57.79
100 back											4:16.79
200 back											
50 breast											
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											



<b>WOMEN 100-104</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free											5:10.84
100 free											
200 free											
400/500 free											
800/1000 free											
1500/1650 free											
50 back											
100 back											
200 back											
50 breast											
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

<b>MEN 18-24</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	E Mauer	1994	20.25	J Kappler	2000	22.84		J Kappler	2001	23.19	
100 free	R Barnier	2001	43.89	B Christoffel	2000	51.67		J Tristan	1999	51.81	
200 free	R Barnier	2001	1:37.60	B Winsor	1995	1:54.23		J Tristan	1998	1:52.74	
400/500 free	R Barnier	2001	4:29.67	B Winsor	1995	4:03.45		B Winsor	1995	4:08.73	
800/1000 free	B Winsor	1996	9:29.54	B Winsor	1995	8:35.83		B Winsor	1995	8:47.65	
1500/1650 free	B Winsor	1996	16:20.39	J Poppell	1993	16:15.25		J Allen	1991	17:12.51	
50 back	L Asti	2004	23.41	W Jewell	2002	27.39		D Lawson	1995	27.43	
100 back	J Thibault	1995	50.58	O Briseno	1998	58.98		D Lawson	1995	1:00.37	
200 back	J Keppeler	1992	1:50.28	S Mariniuk	1993	2:08.81		J Tristan	1997	2:13.60	
50 breast	M Burton	2000	25.64	A Bartleson	1995	29.76		J Amato	1987	30.10	
100 breast	M Burton	2000	55.86	L Galindo	2002	1:05.45		J Surowiec	1988	1:06.61	
200 breast	E Wyles	2001	2:05.93	T Radel	1996	2:22.78		K Raab	1999	2:25.57	
50 fly	A Conway	2003	22.42	P Buren	2003	25.16		N Chia	2000	25.44	
100 fly	A Conway	2002	49.37	P Buren	2003	57.31		B Budney	1995	57.10	
200 fly	S Reed	1993	1:51.04	J Poppell	1993	2:07.64		R Beville	1995	2:09.39	
100 IM	R Barnier	2001	50.14	A Bartleson	1995	59.18					
200 IM	S Percy	1994	1:52.82	S Mariniuk	1993	2:08.88		G MacKem	1992	2:14.08	
400 IM	J Keppeler	1992	4:04.34	S Mariniuk	1993	4:28.54		G MacKem	1992	4:48.56	
<b>MEN 25-29</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	R Peel	1991	19.83	Peel/Wagner	1996	22.48	22.48	K DeForrest	1983	22.59	22.59
100 free	G Hall	2004	44.27	B Zikarsky	1995	49.91	49.58	N Shackell	2000	50.74	50.74
200 free	J Keppeler	1996	1:38.14	J Keppeler	1995	1:48.81	1:48.81	J Keppeler	1996	1:51.00	1:52.17
400/500 free	L Moreau	2001	4:26.87	A Kostich	1997	3:58.23	3:56.34	H Vitazka	2002	4:00.98	4:00.98
800/1000 free	A Kostich	1998	9:25.88	A Kostich	1997	8:14.75	8:07.91	A Kostich	1997	8:24.67	8:24.67
1500/1650 free	A Kostich	1998	15:44.70	A Kostich	1997	15:41.81	15:29.68	A Kostich	1997	16:13.89	16:13.89
50 back	L Bohlman	2000	23.09	M Kanner	1995	26.00	25.43	R Hauck	1993	27.42	26.68
100 back	A Gill	1992	49.83	J Keppeler	1995	55.76	54.82	J Keppeler	1992	58.24	57.45
200 back	J Keppeler	1995	1:48.47	J Keppeler	1995	2:02.63	2:01.78	J Keppeler	1992	2:07.57	2:05.86
50 breast	G Rhodenbaugh	1991	25.34	J Commings	2003	28.60	27.69	S Van Neerden	1997	28.98	28.68
100 breast	J Commings	2003	55.99	J Commings	2003	1:02.83	1:02.51	D Lundberg	1989	1:04.60	1:04.11
200 breast	D Soltis	1988	2:03.69	A Oktavian	2003	2:20.30	2:19.34	A Solano	1996	2:26.32	2:20.25
50 fly	N Peiffer	2003	22.16	J Eaddy	2002	25.01	24.89	DeForrest/Bottom	1984	25.16	24.88
100 fly	B Alderman	1998	48.51	J Eaddy	2002	54.83	54.83	H Vitazka	2002	55.35	55.35
200 fly	Y Defabrique	2001	1:48.25	J Eaddy	2002	2:03.59	2:02.05	J Eaddy	2002	2:05.76	2:04.14
100 IM	L Moreau	2002	50.34	J Commings	2003	56.65	56.65				
200 IM	N Peiffer	2003	1:51.83	J Keppeler	1995	2:05.93	2:05.93	H Vitazka	2002	2:06.33	2:06.33
400 IM	L Moreau	2002	3:56.69	J Keppeler	1995	4:26.79	4:26.79	H Vitazka	2002	4:32.19	4:31.47

	<b>MEN 30-34</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	A Schmitt	1997	20.15	E Wagner	2002	22.76	22.76	R Peel	1996	22.80	23.21
	100 free	J Olsen	1999	44.72	M Picotte	2003	50.71	50.37	R Gaines	1991	51.50	51.50
	200 free	J Olsen	1999	1:38.03	J Keppeler	1999	1:52.04	1:50.91	R Gaines	1990	1:54.04	1:54.04
	400/500 free	M Cetiinski	1996	4:29.49	A Kostich	2000	3:58.40	3:58.40	E Hochstein	2002	4:05.61	4:05.61
	800/1000 free	J Woodruff	2003	9:26.93	A Kostich	2000	8:17.06	8:17.06	R Gaines	1993	8:40.19	8:40.19
	1500/1650 free	J Erwin	1996	15:51.57	A Kostich	2000	15:51.07	15:51.07	B Patten	1993	16:36.06	16:35.67
	50 back	M Zuber	2002	23.18	M Zuber	2001	25.54	25.54	S Murphy	1994	27.26	26.64
	100 back	C Britt	1992	50.21	M Zuber	2003	55.19	55.19	S Murphy	1994	58.66	57.24
	200 back	M Zuber	2002	1:48.64	M Zuber	2001	2:00.43	2:00.43	S Murphy	1994	2:05.62	2:02.75
	50 breast	D Lundberg	1991	25.88	D Putterman	1996	29.21	28.31	D Guthrie	1992	29.42	29.17
	100 breast	J Commings	2004	56.11	R Santos	1999	1:03.64	1:03.64	S Van Neerden	1998	1:05.64	1:04.40
	200 breast	R Karnaugh	1997	2:01.01	R Santos	1999	2:17.56	2:16.60	D Lundberg	1991	2:24.06	2:20.43
	50 fly	B Alderman	1999	22.22	B Alderman	1999	24.64	24.36	B Alderman	2000	25.16	25.16
	100 fly	J Olsen	1999	48.64	B Alderman	1999	54.85	54.82	R Petcu	2004	56.25	56.25
	200 fly	P Egan	1994	1:49.52	M Shaffer	1995	2:04.59	2:00.21	B Patten	1995	2:03.85	2:03.85
	100 IM	D Lundberg	1991	50.98	M Zuber	2003	56.66	56.36				
	200 IM	R Karnaugh	1997	1:47.62	R Santos	1999	2:06.32	2:04.01	D Lundburg	1991	2:09.69	2:08.89
	400 IM	R Karnaugh	1997	3:53.81	R Santos	1999	4:26.74	4:26.74	S Murphy	1994	4:40.22	4:39.92
	<b>MEN 35-39</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	K DeForrest	1994	20.73	B Stahl	1994	23.80	22.44	J Lilley	1998	24.02	23.20
	100 free	Hayes/Karnaugh	2003	46.04	R Karnaugh	2003	51.01	49.53	R Gaines	1995	51.49	51.49
	200 free	R Karnaugh	2002	1:40.16	E Hochstein	2003	1:51.31	1:51.31	R Saeger	2001	1:54.86	1:54.86
	400/500 free	R Karnaugh	2002	4:33.97	E Hochstein	2003	3:57.77	3:57.77	R Gaines	1995	4:07.64	4:07.64
	800/1000 free	M Shaffer	2002	9:31.89	E Hochstein	2003	8:23.06	8:23.06	R Gaines	1995	8:38.73	8:38.73
	1500/1650 free	J Erwin	2003	15:53.88	B Patten	1999	15:58.20	15:58.20	R Gaines	1994	16:37.34	16:37.34
	50 back	M Ross	2004	23.34	C Britt	1996	26.84	26.84	M Ross	2004	27.50	27.50
	100 back	E Ericson	2000	50.93	R Karnaugh	2002	56.93	56.93	E Ericson	2000	59.91	59.91
	200 back	R Karnaugh	2002	1:50.11	R Karnaugh	2002	2:00.34	2:00.34	R Karnaugh	2001	2:07.16	2:09.26
	50 breast	R Karnaugh	2003	25.89	R Karnaugh	2002	28.75	28.75	W Dicks	1998	29.09	29.09
	100 breast	R Karnaugh	2001	55.26	R Karnaugh	2002	1:02.57	1:02.57	W Dicks	2000	1:05.00	1:04.73
	200 breast	R Karnaugh	2001	1:59.23	R Karnaugh	2002	2:17.96	2:17.96	R Karnaugh	2001	2:21.87	2:20.29
	50 fly	W King	2002	22.30	W King	2002	25.32	24.48	W King	2002	25.00	25.00
	100 fly	P Egan	1999	49.54	J Harvey	2001	55.85	55.85	M Ross	2004	56.07	56.07
	200 fly	B Patten	1999	1:50.74	B Patten	1999	2:04.50	2:04.50	J Stuart	1996	2:06.74	2:06.74
	100 IM	R Karnaugh	2002	50.45	R Karnaugh	2003	56.94	56.94				
	200 IM	R Karnaugh	2002	1:48.74	R Karnaugh	2002	2:03.29	2:03.29	R Karnaugh	2002	2:05.64	2:08.19
	400 IM	R Karnaugh	2001	3:56.76	R Karnaugh	2003	4:24.36	4:24.36	R Karnaugh	2001	4:34.10	4:42.45

<b>MEN 40-44</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	P Smith	2004	20.95	P Smith	2001	24.00	23.75	D Boatwright	2003	24.14	24.14
100 free	P Smith	2004	45.95	P Smith	2001	52.44	52.07	J Groselle	1998	53.78	53.66
200 free	P Smith	2002	1:43.05	P Smith	2001	1:56.44	1:53.66	P Smith	2001	1:58.61	1:58.50
400/500 free	J Rhyne	1999	4:41.83	W Specht	1999	4:09.10	4:04.31	B Phillips	2001	4:15.57	4:15.57
800/1000 free	B Phillips	2001	9:45.97	B Phillips	2001	8:46.89	8:33.16	J Rhyne	1999	8:48.69	8:46.84
1500/1650 free	B Patten	2004	16:13.92	G Tidmarsh	2003	16:42.00	16:23.95	H Yntema	1995	16:58.52	16:45.53
50 back	C Britt	2001	24.11	E Ericson	2002	27.28	27.28	C Britt	2002	27.88	27.88
100 back	C Britt	2001	51.32	E Ericson	2002	57.66	57.66	C Britt	2002	1:00.91	1:00.91
200 back	W Specht	1998	1:54.01	E Ericson	2002	2:08.26	2:08.26	W Specht	1999	2:15.49	2:15.49
50 breast	G Rhodenbaugh	2003	25.84	P Alexandrov	2001	29.90	29.50	P Dahlberg	1992	30.82	30.51
100 breast	W Dicks	2003	57.04	P Alexandrov	2002	1:05.79	1:05.79	D Guthrie	2000	1:08.01	1:08.01
200 breast	W Dicks	2003	2:04.99	R Schafer	1997	2:25.58	2:25.58	D Guthrie	2000	2:28.54	2:28.54
50 fly	J Smith	2003	22.87	W Specht	1998	25.89	25.43	P Smith	2000	25.87	25.87
100 fly	P Smith	2004	50.26	W Specht	1998	56.18	56.18	P Carter	2001	57.57	57.57
200 fly	D Baker	2002	1:50.61	W Specht	1998	2:02.97	2:02.97	D Baker	2004	2:05.55	2:05.55
100 IM	J Smith	2003	52.59	C Britt	2001	1:00.54	59.57				
200 IM	R Von Jouanne	2002	1:56.29	J Sorensen	1998	2:12.25	2:10.75	J Berndt	2004	2:15.10	2:15.10
400 IM	C Reid	2001	4:09.16	H Yntema	1995	4:43.28	4:37.02	H Yntema	1995	4:53.03	4:49.62
<b>MEN 45-49</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	Groselle/Allbritten	2004	21.86	B Sherman	2003	24.73	24.09	G Schatz	2000	24.75	24.26
100 free	J Groselle	2000	47.54	J Groselle	2003	54.34	53.80	J Groselle	1999	53.90	53.90
200 free	J Groselle	2002	1:45.96	T Broderick	1996	2:00.13	2:00.13	D Stephenson	2002	2:00.89	2:00.89
400/500 free	J McConica	2000	4:46.63	J McConica	1999	4:14.73	4:14.73	D Stephenson	2002	4:21.13	4:21.13
800/1000 free	B Phillips	2003	10:04.49	T Broderick	1996	8:56.08	8:56.08	J McConica	1999	8:58.84	8:58.84
1500/1650 free	J McConica	2000	16:44.67	J McConica	1999	16:51.21	16:51.21	T Bryan	1998	17:31.23	17:31.23
50 back	F Lehman	2004	25.59	F Lehman	2003	28.40	28.40	P Rocca	2002	29.18	29.18
100 back	Specht/Lehman	2004	54.24	F Lehman	2003	1:00.09	1:00.09	F Lehman	2003	1:02.62	1:02.62
200 back	W Specht	2003	1:59.30	F Lehman	2003	2:13.36	2:12.10	F Lehman	2003	2:19.07	2:18.61
50 breast	L Rider	2002	27.65	G Oxley	2003	30.83	30.13	C Miltenberger	1998	31.54	30.41
100 breast	G Oxley	2004	1:00.63	G Oxley	2003	1:07.77	1:06.48	G Oxley	2003	1:10.27	1:09.38
200 breast	D Gray	2004	2:14.64	G Oxley	2003	2:31.41	2:31.41	R Schafer	2002	2:37.81	2:35.11
50 fly	W Specht	2003	23.48	P Carter	2003	25.84	25.84	P Carter	2002	26.12	26.12
100 fly	W Specht	2004	51.54	P Carter	2003	57.17	57.17	P Carter	2002	56.42	56.85
200 fly	W Specht	2003	1:52.67	W Specht	2003	2:09.06	2:09.06	P Carter	2002	2:10.97	2:10.97
100 IM	J Groselle	2000	55.43	G Oxley	2003	1:02.20	1:02.20				
200 IM	T Reudy	2000	2:01.21	T Reudy	1999	2:16.97	2:16.97	P Carter	2002	2:19.69	2:18.61
400 IM	T Reudy	2000	4:23.69	G Dozer	2002	4:57.31	4:57.31	L Djang	2004	5:04.67	4:59.83

Page 116	MEN 50-54	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
	50 free	R Abrahams	1998	21.73	P Trevisan	2003	24.26	24.26	R Abrahams	1998	24.60	24.60
	100 free	T Hedrick	2004	48.16	P Trevisan	2003	54.61	54.61	J Groselle	2004	54.93	55.41
	200 free	J McConica	2001	1:47.69	J McConica	2000	1:58.37	1:58.37	J McConica	2000	2:02.50	2:02.50
	400/500 free	J McConica	2001	4:47.57	J McConica	2000	4:07.99	4:07.99	J McConica	2000	4:19.47	4:19.47
	800/1000 free	J McConica	2002	9:57.78	J McConica	2000	8:44.51	8:44.51	J McConica	2001	9:03.84	9:03.84
	1500/1650 free	J McConica	2001	16:42.07	J McConica	2000	16:33.02	16:33.02	J McConica	2000	17:08.33	17:08.33
	50 back	R Smith	1993	26.24	T Wolf	2004	29.30	28.96	T Wolf	2004	29.81	29.81
	100 back	H Wilder	1998	57.28	T Wolf	2004	1:01.48	1:01.48	T Wolf	2004	1:04.83	1:04.83
	200 back	J McConica	2001	2:04.64	T Wolf	2004	2:14.03	2:14.03	T Wolf	2004	2:20.51	2:20.51
	50 breast	R Strand	1998	28.00	D McKenzie	1997	31.24	31.24	R Strand	1998	32.16	32.16
	100 breast	D McKenzie	1998	1:01.02	R Strand	1996	1:09.96	1:09.88	J Groselle	2004	1:11.49	1:11.49
	200 breast	R Strand	1996	2:17.16	R Strand	1996	2:34.71	2:33.71	R Colella	2001	2:39.08	2:35.08
	50 fly	T Hedrick	2004	23.19	G Shaw	2003	26.79	26.79	T Hedrick	2004	26.23	26.23
	100 fly	T Hedrick	2004	52.05	J McCall	2003	1:00.08	1:00.08	T Hedrick	2004	59.49	59.49
	200 fly	F Schlicher	1999	2:02.56	S Lautman	2003	2:18.69	2:18.69	S Lautman	2004	2:21.40	2:21.40
	100 IM	T Shead	2004	56.04	T Wolf	2004	1:03.57	1:03.54				
	200 IM	G Shaw	2003	2:04.97	T Wolf	2004	2:19.27	2:19.27	R Colella	2001	2:23.45	2:23.06
	400 IM	J McConica	2001	4:30.10	J McConica	2001	4:58.93	4:57.52	R Colella	2001	5:05.82	5:03.27
	<b>MEN 55-59</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	R Abrahams	2000	21.82	R Abrahams	2001	25.00	25.00	R Abrahams	2002	25.53	25.53
	100 free	R Abrahams	2000	48.37	R Abrahams	2001	56.51	56.51	R Abrahams	2002	58.23	58.23
	200 free	T Garton	1998	1:52.90	T Spieker	2003	2:06.20	2:06.20	T Spieker	2003	2:11.66	2:10.90
	400/500 free	T Spieker	2004	5:12.60	T Spieker	2003	4:28.73	4:28.73	T Spieker	2003	4:38.81	4:38.81
	800/1000 free	T Spieker	2004	10:36.93	T Spieker	2003	9:13.15	9:13.15	T Spieker	2003	9:40.68	9:40.68
	1500/1650 free	T Spieker	2004	17:58.73	T Spieker	2003	17:35.21	17:35.21	T Spieker	2004	18:57.38	18:57.38
	50 back	H Wilder	2004	26.63	H Wilder	2003	30.25	30.25	H Wilder	2004	30.78	30.78
	100 back	H Wilder	2003	58.54	T Birnie	2000	1:04.89	1:04.89	H Wilder	2002	1:07.81	1:07.81
	200 back	T Spieker	2004	2:07.54	T Spieker	2003	2:21.80	2:21.80	T Spieker	2003	2:30.82	2:30.82
	50 breast	D McKenzie	2003	28.71	R Strand	2001	32.18	32.18	R Strand	2002	33.37	33.03
	100 breast	R Strand	2001	1:03.22	R Strand	2001	1:11.53	1:11.53	R Strand	2001	1:14.80	1:14.80
	200 breast	R Strand	2001	2:20.49	R Strand	2001	2:38.76	2:38.76	R Strand	2001	2:46.31	2:46.31
	50 fly	R Abrahams	2002	24.59	S Borowski	2002	27.21	27.21	R Abrahams	2002	27.43	27.43
	100 fly	R Abrahams	2002	54.39	S Borowski	2002	1:02.74	1:02.74	R Abrahams	2000	1:03.90	1:03.90
	200 fly	F Schlicher	2004	2:08.19	F Schlicher	2003	2:22.73	2:22.73	R Poiletman	2002	2:33.32	2:33.32
	100 IM	T Garton	1998	58.79	D Rogacki	2002	1:06.45	1:06.45				
	200 IM	T Garton	1998	2:09.92	J Calvert	2000	2:27.19	2:27.19	J Calvert	2000	2:30.33	2:30.33
	400 IM	F Schlicher	2004	4:43.14	T Spieker	2003	5:13.29	5:13.29	J Calvert	2000	5:26.63	5:26.63

<b>MEN 60-64</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	J Farrell	1997	23.28	J Farrell	2000	26.31	26.31	J Farrell	1998	26.70	26.70
100 free	J Farrell	1997	52.03	D Quiggin	2004	59.90	59.90	J Farrell	1998	1:00.11	1:00.11
200 free	J Farrell	1997	1:59.62	T Landis	2002	2:15.84	2:15.84	T Landis	2002	2:17.43	2:17.43
400/500 free	T Landis	2002	5:35.28	D Gallagher	1998	4:54.94	4:47.93	S Galletty	2002	5:01.03	4:57.03
800/1000 free	E Cazalet	2003	11:31.46	D Gallagher	1998	10:10.78	9:51.72	T Landis	2002	10:29.35	10:06.75
1500/1650 free	S Galletty	2003	19:18.81	E Cazalet	2003	19:15.89	19:01.87	S Galletty	2002	19:51.97	19:25.68
50 back	R Smith	2004	27.62	R Smith	2004	31.31	31.31	R Burns	2003	32.11	32.11
100 back	R Burns	2004	1:01.40	R Burns	2003	1:08.85	1:08.85	R Burns	2003	1:11.96	1:11.96
200 back	R Burns	2004	2:17.33	R Burns	2003	2:34.17	2:34.17	E Cazalet	2003	2:41.51	2:39.50
50 breast	P Andersen	2004	30.86	P Andersen	2003	33.71	33.64	P Andersen	2003	34.42	34.42
100 breast	D Gildea	2004	1:08.20	P Andersen	2003	1:16.56	1:16.56	P Andersen	2003	1:18.63	1:18.28
200 breast	D Gildea	2004	2:32.87	D Gallagher	1998	2:53.12	2:53.21	K Frost	2004	2:55.55	2:55.26
50 fly	K Ludwig	2004	26.23	R Smith	2003	30.30	29.20	K Lodwig	2003	29.23	29.22
100 fly	R Poiletman	2004	59.19	R Poiletman	2003	1:06.74	1:06.74	R Poiletman	2003	1:06.63	1:07.04
200 fly	R Poiletman	2004	2:11.69	R Poiletman	2003	2:34.65	2:34.65	R Poiletman	2003	2:33.72	2:33.72
100 IM	R Smith	2004	1:01.51	R Smith	2003	1:09.39	1:09.39				
200 IM	D Gallagher	1999	2:20.29	E Cazalet	2003	2:35.95	2:35.04	E Cazalet	2003	2:40.95	2:40.95
400 IM	E Cazalet	2003	5:02.36	E Cazalet	2003	5:34.43	5:34.43	E Cazalet	2002	5:49.43	5:46.59

<b>MEN 65-69</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	J Farrell	2002	23.66	J Farrell	2002	27.05	27.05	J Farrell	2002	27.15	27.15
100 free	J Farrell	2002	54.43	J Farrell	2002	1:01.36	1:01.36	J Farrell	2002	1:02.79	1:02.79
200 free	J Farrell	2002	2:01.22	J Farrell	2002	2:18.71	2:18.71	G Johnston	1996	2:22.18	2:21.74
400/500 free	G Johnston	1997	5:44.52	G Johnston	1996	5:09.09	5:06.06	G Johnston	1996	5:03.36	5:01.81
800/1000 free	G Johnston	1997	11:49.31	G Johnston	1996	10:35.13	10:35.13	G Johnston	1997	10:29.26	10:26.60
1500/1650 free	G Johnston	1997	20:00.61	G Johnston	1996	19:53.18	19:53.18	G Johnston	1996	20:16.54	20:08.74
50 back	Y Oyakawa	1999	29.55	Y Oyakawa	1999	33.38	33.38	Y Oyakawa	1999	33.54	33.54
100 back	J Smith	2004	1:05.03	Y Oyakawa	1998	1:14.66	1:14.04	Y Oyakawa	1999	1:16.78	1:16.78
200 back	B Jones	2003	2:29.38	R Franks	1994	2:52.77	2:47.59	R Franks	1992	2:55.46	2:51.19
50 breast	N Templeman	1997	32.91	M Sanguily	1998	36.07	35.46	M Sanguily	1998	36.42	35.56
100 breast	N Templeman	1997	1:13.78	M Sanguily	1998	1:22.34	1:21.34	M Sanguily	1998	1:24.16	1:23.88
200 breast	B Patten	2000	2:43.05	B Patten	2002	3:08.98	3:00.27	R Johnson	1998	3:10.23	3:02.13
50 fly	B Bailie	2001	27.75	B Bailie	2001	30.70	30.70	R Johnson	1998	30.81	30.81
100 fly	D Costill	2001	1:04.48	B Petersen	2003	1:13.32	1:13.32	R Johnson	1998	1:16.85	1:12.78
200 fly	D Costill	2001	2:36.32	R Johnson	1996	3:06.43	2:57.23	J Kurtzman	1991	3:08.79	3:01.71
100 IM	J Farrell	2002	1:03.54	J Farrell	2002	1:12.51	1:12.51				
200 IM	J Farrell	2002	2:24.24	J Farrell	2002	2:46.35	2:46.35	R Johnson	1998	2:50.18	2:45.17
400 IM	D Costill	2001	5:25.51	G Johnston	1996	6:04.40	6:04.40	G Johnston	1996	6:08.44	5:52.79

Page 118	MEN 70-74	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
	50 free	D Hill	2002	25.99	R Johnson	2003	28.55	28.55	R Johnson	2001	28.66	28.66
	100 free	R Johnson	2002	58.21	G Johnston	2001	1:06.26	1:06.26	R Johnson	2001	1:06.18	1:05.81
	200 free	G Johnston	2001	2:09.57	G Johnston	2001	2:24.31	2:24.31	G Johnston	2001	2:29.29	2:29.29
	400/500 free	G Johnston	2001	5:51.37	G Johnston	2002	5:09.75	5:09.75	G Johnston	2001	5:12.05	5:12.05
	800/1000 free	G Johnston	2001	12:19.05	G Johnston	2001	10:52.68	10:52.68	G Johnston	2002	10:45.92	10:45.92
	1500/1650 free	G Johnston	2001	20:29.18	G Johnston	2001	20:54.56	20:54.56	G Johnston	2001	20:36.56	20:36.56
	50 back	Y Oyakawa	2004	30.25	Y Oyakawa	2003	33.90	33.90	Y Oyakawa	2003	35.31	35.31
	100 back	Y Oyakawa	2004	1:06.83	Y Oyakawa	2003	1:15.85	1:15.85	Y Oyakawa	2004	1:19.12	1:19.12
	200 back	B Jones	2003	2:28.11	B Jones	2003	2:51.24	2:51.24	B Jones	2003	2:56.59	2:56.59
	50 breast	J Kortheuer	2001	33.19	J Kortheuer	2001	38.15	37.47	C Baldwin	2000	37.96	37.93
	100 breast	J Kortheuer	2001	1:15.24	R Johnson	2003	1:25.11	1:25.11	J Kortheuer	2001	1:29.47	1:29.47
	200 breast	J Kortheuer	2002	2:55.34	R Johnson	2003	3:12.98	3:12.98	B Patten	2004	3:18.20	3:18.20
	50 fly	R Johnson	2003	29.47	R Johnson	2001	32.57	32.57	R Johnson	2001	32.11	32.11
	100 fly	R Johnson	2002	1:09.63	R Johnson	2001	1:19.51	1:19.51	R Johnson	2001	1:21.64	1:19.44
	200 fly	R Johnson	2002	2:52.99	R Johnson	2002	3:15.19	3:08.60	R Johnson	2001	3:20.84	3:16.06
	100 IM	B Jones	2003	1:08.14	R Johnson	2001	1:15.92	1:15.92				
	200 IM	B Jones	2003	2:32.54	B Jones	2003	2:51.73	2:51.73	B Jones	2003	2:58.06	2:58.06
	400 IM	B Jones	2003	5:34.47	B Jones	2003	6:21.46	6:21.46	B Jones	2003	6:32.11	6:32.11
	<b>MEN 75-79</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	F Piemme	2000	26.94	F Piemme	2001	31.06	31.06	F Piemme	2000	31.19	31.19
	100 free	F Piemme	2000	1:03.38	F Piemme	2000	1:11.55	1:11.55	R Taft	1995	1:13.84	1:13.84
	200 free	F Piemme	2000	2:24.54	F Piemme	2000	2:47.43	2:46.55	F Piemme	2000	2:50.01	2:46.28
	400/500 free	R Franks	2002	6:43.59	F Piemme	2000	6:01.32	6:01.32	R Franks	2002	6:13.05	5:54.36
	800/1000 free	F Piemme	2000	13:58.38	F Piemme	2000	12:13.28	12:07.94	R Franks	2002	12:46.62	12:46.62
	1500/1650 free	F Piemme	2000	23:29.79	F Piemme	2000	24:22.70	22:52.00	R Franks	2002	24:34.77	24:34.77
	50 back	P Hutinger	2000	33.76	P Hutinger	1999	38.38	37.47	P Hutinger	2000	39.27	37.51
	100 back	P Hutinger	2000	1:16.94	P Hutinger	2000	1:25.13	1:24.21	R Franks	2002	1:29.47	1:26.00
	200 back	R Franks	2002	2:45.08	R Franks	2002	2:58.21	2:58.21	R Franks	2002	3:10.25	3:10.25
	50 breast	C Urstadt	2004	37.07	C Urstadt	2003	42.40	39.97	C Urstadt	2003	41.69	40.38
	100 breast	F Piemme	2000	1:23.86	R MacDonald	2003	1:35.87	1:28.61	R MacDonald	2004	1:35.55	1:35.55
	200 breast	F Piemme	2000	3:12.35	A Craig	2003	3:29.54	3:21.50	R MacDonald	2004	3:32.60	3:32.60
	50 fly	F Piemme	2000	31.48	F Piemme	2000	34.83	34.83	F Piemme	2000	35.66	35.66
	100 fly	F Piemme	2000	1:22.04	F Piemme	2000	1:35.41	1:32.07	F Piemme	2000	1:35.81	1:35.81
	200 fly	T Maine	2002	3:16.82	T Maine	2002	3:39.51	3:26.72	A Cerer	1992	3:43.56	3:34.30
	100 IM	F Piemme	2000	1:15.22	F Piemme	2000	1:24.42	1:24.90				
	200 IM	F Piemme	2000	2:54.47	F Piemme	2000	3:16.44	3:10.06	F Piemme	2000	3:18.35	3:18.35
	400 IM	F Piemme	2001	6:16.17	F Piemme	2000	6:59.68	6:52.62	R Taft	1995	7:21.75	7:18.01

<b>MEN 80-84</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	W Bowersock	1994	31.09	W Bowersock	1993	35.16	32.61	W Bowersock	1993	33.88	32.73
100 free	R Taft	1999	1:10.76	W Bowersock	1993	1:20.65	1:16.09	A Holden	1999	1:21.12	1:17.11
200 free	R Taft	2000	2:42.10	R Taft	1999	3:00.63	3:00.63	R Taft	1999	3:09.70	3:03.45
400/500 free	R Taft	1999	7:20.34	R Taft	1999	6:27.60	6:27.60	R Taft	1999	6:42.86	6:39.26
800/1000 free	R Taft	2000	15:30.69	R Taft	1999	13:29.27	13:29.27	R Taft	1999	14:19.22	13:50.05
1500/1650 free	J Schmidt	2003	26:05.99	R Taft	1999	25:35.01	25:35.01	R Taft	1999	26:52.93	26:52.93
50 back	R Taft	1999	37.39	P Hutinger	2004	42.16	38.26	P Hutinger	2004	41.40	38.41
100 back	R Taft	2000	1:24.23	P Hutinger	2004	1:33.27	1:25.77	R Taft	1999	1:35.36	1:26.97
200 back	R Taft	2000	3:06.53	R Taft	1999	3:23.73	3:10.06	P Hutinger	2004	3:30.76	3:16.82
50 breast	A Da Rosa	1998	41.30	M Von Isser	1999	45.40	44.56	B Greenberg	2004	46.09	43.62
100 breast	M Von Isser	2001	1:31.10	M Von Isser	1999	1:43.54	1:43.91	M Von Isser	1999	1:45.99	1:45.24
200 breast	A Da Rosa	1998	3:28.19	A Da Rosa	1998	3:58.96	3:50.86	A Da Rosa	1998	4:00.64	3:55.37
50 fly	A Holden	1999	36.46	A Holden	1999	41.87	41.87	A Holden	1999	41.89	41.36
100 fly	A Holden	1999	1:30.06	A Cerer	1997	1:50.39	1:43.26	A Holden	1999	1:47.88	1:47.88
200 fly	A Cerer	1997	3:32.97	A Cerer	1997	4:00.64	4:00.64	A Cerer	1998	4:11.09	4:11.09
100 IM	R Taft	1999	1:24.24	R Taft	1999	1:35.31	1:35.31				
200 IM	R Taft	2000	3:11.79	R Taft	1999	3:37.04	3:35.06	R Taft	2000	3:43.19	3:43.19
400 IM	A Da Rosa	1998	7:03.09	R Taft	1999	7:37.58	7:37.58	R Taft	1999	8:05.14	8:05.14
<b>MEN 85-89</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	W Bowersock	1999	32.80	J Eubank	2000	36.61	36.27	W Bowersock	1998	35.77	35.77
100 free	J Eubank	2001	1:16.19	J Eubank	2000	1:23.20	1:23.20	J Eubank	2001	1:23.87	1:26.48
200 free	J Eubank	2001	2:55.96	J Eubank	2000	3:13.45	3:13.45	J Eubank	2001	3:17.30	3:13.78
400/500 free	J Eubank	2001	8:28.81	J Eubank	2000	7:19.94	7:19.94	J Eubank	2001	7:12.16	7:05.53
800/1000 free	J Eubank	2001	17:22.73	J Eubank	2000	15:15.68	15:15.68	J Eubank	2001	15:24.45	15:24.45
1500/1650 free	J Eubank	2001	30:29.58	J Eubank	2000	29:55.69	29:55.69	J Eubank	2000	29:53.88	29:53.88
50 back	E Shea	2001	43.70	A Da Rosa	2002	47.34	43.80	A Da Rosa	2002	47.06	42.17
100 back	A Da Rosa	2003	1:36.99	A Da Rosa	2002	1:48.79	1:39.08	A Da Rosa	2002	1:49.54	1:36.34
200 back	E Shea	2000	3:38.20	A Da Rosa	2002	4:00.80	3:37.45	A Da Rosa	2002	4:07.72	3:41.06
50 breast	A Da Rosa	2003	43.56	P Krup	2002	50.99	47.70	P Krup	2002	50.74	46.23
100 breast	A Da Rosa	2003	1:42.86	A Da Rosa	2002	1:56.21	1:50.32	A Da Rosa	2003	2:00.89	1:53.70
200 breast	A Da Rosa	2003	3:55.05	A Da Rosa	2002	4:16.20	4:16.20	A Da Rosa	2003	4:25.31	4:22.99
50 fly	P Krup	2002	46.95	W Pfeiffer	1998	52.74	50.51	A Holden	2004	46.48	46.48
100 fly	W Pfeiffer	1999	1:52.80	W Pfeiffer	1998	2:04.50	2:04.50	A Holden	2004	2:02.53	2:02.53
200 fly	W Pfeiffer	1999	4:30.77	W Pfeiffer	1998	4:49.10	4:45.09	A Holden	2004	4:47.63	4:47.63
100 IM	W Pfeiffer	1999	1:46.51	W Bowersock	1999	2:11.22	1:51.87				
200 IM	A Da Rosa	2003	3:41.92	A Da Rosa	2002	4:07.59	4:07.59	A Cerer	2001	4:13.14	4:13.14
400 IM	W Pfeiffer	1999	8:45.11	W Pfeiffer	1998	9:32.65	9:31.75	A Cerer	2001	9:21.90	9:21.90



	<b>MEN 90-94</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	W Bowersock	2003	35.96	W Bowersock	2003	41.07	41.07	W Bowersock	2003	39.19	40.72
	100 free	W Bowersock	2004	1:27.26	W Bowersock	2003	1:39.26	1:39.26	W Bowersock	2003	1:43.22	1:40.54
	200 free	W Bowersock	2004	3:40.64	W Bowersock	2003	3:59.28	3:39.65	W Bowersock	2003	4:10.40	3:54.89
	400/500 free	G Langner	1993	10:20.59	G Langner	1993	8:50.65	8:50.65	W Bowersock	2003	9:39.37	8:13.45
	800/1000 free	W Bowersock	2004	23:06.53	W Bowersock	2003	19:31.83	19:31.83	G Langner	1993	20:13.74	20:09.22
	1500/1650 free	G Langner	1993	35:31.28	W Bowersock	2003	40:49.23	44:48.99	G Langner	1993	36:47.02	36:47.02
	50 back	W Bowersock	2003	52.37	W Bowersock	2003	59.12	53.24	W Bowersock	2003	56.43	53.26
	100 back	W Bowersock	2004	1:56.25	W Bowersock	2003	2:06.00	2:00.25	W Bowersock	2003	2:10.36	2:04.94
	200 back	W Bowersock	2004	4:23.89	W Bowersock	2003	4:47.45	4:20.68	W Bowersock	2003	4:58.86	4:34.60
	50 breast	J Penfield	1998	57.65	J Penfield	1998	1:07.22	1:03.85	J Penfield	1998	1:09.80	1:07.83
	100 breast	J Penfield	2000	2:27.59	J Penfield	1998	2:45.20	2:32.87	W Pfeiffer	2003	2:46.78	2:31.40
	200 breast	W Pfeiffer	2005	5:36.91	W Pfeiffer	2003	5:58.17	5:35.74	G Langner	1993	6:24.54	5:35.18
	50 fly	W Pfeiffer	2004	50.44	W Pfeiffer	2003	56.09	56.09	W Pfeiffer	2003	1:00.30	1:00.30
	100 fly	W Pfeiffer	2004	2:13.93	W Pfeiffer	2003	2:21.82	2:21.82	W Pfeiffer	2003	2:31.03	2:31.03
	200 fly	W Pfeiffer	2004	5:08.18	W Pfeiffer	2003	5:37.23	5:37.23	W Pfeiffer	2003	5:51.79	5:51.79
	100 IM	W Pfeiffer	2004	2:05.12	W Pfeiffer	2003	2:14.23	2:08.86				
	200 IM	W Pfeiffer	2004	4:39.98	W Pfeiffer	2003	5:13.24	5:13.24	W Pfeiffer	2003	5:12.11	5:02.64
	400 IM	W Pfeiffer	2004	10:10.57	W Pfeiffer	2003	11:15.65	11:15.65	W Pfeiffer	2003	11:19.91	11:19.91
	<b>MEN 95-99</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	50 free	G Langner	1999	51.31	G Langner	1998	57.57	57.57	G Langner	1998	55.88	55.88
	100 free	G Langner	1999	2:04.54	G Langner	1998	2:19.51	2:19.51	G Langner	1998	2:29.32	2:29.32
	200 free	G Langner	1999	4:35.70	G Langner	1998	5:13.46	5:13.46	G Langner	1998	5:13.23	5:13.23
	400/500 free	G Langner	1999	12:17.44	G Langner	1998	10:51.93	10:51.93	G Langner	1998	11:30.53	11:30.53
	800/1000 free	G Langner	2000	30:05.25	G Langner	1998	22:05.55	22:05.55	G Langner	1998	22:28.28	22:28.28
	1500/1650 free				G Langner	1998	41:29.87	41:29.87	G Langner	1999	47:30.40	47:30.40
	50 back	T Lane	1989	1:08.20	G Langner	1998	1:27.67	1:10.42	T Lane	1989	1:18.91	1:23.77
	100 back	T Lane	1992	3:05.81	G Langner	1998	3:38.07	3:38.07	T Lane	1992	3:19.14	3:32.44
	200 back				G Langner	1998	8:32.34	7:01.87				8:19.55
	50 breast	G Langner	1999	1:27.55	G Langner	1998	1:31.60	1:31.60	G Langner	1998	1:26.61	1:26.61
	100 breast	G Langner	1999	3:04.31	G Langner	1998	3:35.33	3:35.33	G Langner	1998	3:38.45	3:38.45
	200 breast				G Langner	1998	7:29.31	7:29.31	G Langner	1998	7:37.17	7:37.17
	50 fly											
	100 fly											
	200 fly											
	100 IM				G Langner	1998	3:33.98	3:33.98				
	200 IM											
	400 IM											

<b>MEN 100-104</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
50 free	T Lane	1994	1:31.03	T Lane	1995	2:06.66	2:06.66	T Lane	1994	1:40.46	2:05.49
100 free	T Lane	1994	3:21.86	T Lane	1995	4:32.29	4:32.29	T Lane	1994	4:05.98	4:25.98
200 free	T Lane	1994	6:56.32								
400/500 free											
800/1000 free											
1500/1650 free											
50 back				T Lane	1995	2:02.52	2:02.52	T Lane	1994	1:50.73	2:05.54
100 back								T Lane	1994	4:13.84	4:57.01
200 back								T Lane	1994	9:04.31	
50 breast											
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

Page 122	<b>WOMEN 18+/72-99</b>		<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
		200 free relay	San Diego	2003	1:36.25	New England	1999	1:54.83		Dist Columbia	2000	1:59.26	
	200 med relay	Sierra Nevada	2001	1:49.10	New England	1999	2:09.67		Univ San Fran	1992	2:12.59		
	400 free relay	Empire State	2000	3:40.02	New England	1999	4:14.74		Santa Clara	1995	4:31.84		
	400 med relay	Terrapin	2004	4:03.73	New England	1998	4:50.39		Irvine Novaquatics	2002	4:57.34		
	800 free relay	Univ San Fran	1994	8:07.90	New England	2002	9:20.85		UCI	2001	9:55.67		
	<b>WOMEN 25+/100-119</b>		<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Lone Star	1989	1:37.40	Michigan	1996	1:45.93	1:45.93	Oregon	1992	1:52.47	1:45.93	
	200 med relay	El Segundo	1999	1:47.70	San Diego	1995	2:05.66	2:04.54	Holmes	1988	2:06.67	2:04.54	
	400 free relay	Walnut Creek	1991	3:37.75	New England	2001	4:09.10		Irvine Novaquatics	2002	4:27.60		
	400 med relay	Illinois	1999	4:02.90	San Diego	1997	4:41.95		Walnut Creek	1992	4:55.59		
	800 free relay	Walnut Creek	1996	7:59.38	San Diego	1995	9:16.40		Walnut Creek	1989	9:50.91		
	<b>WOMEN 35+/120-159</b>		<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Rocky Mountain	2003	1:36.90	San Diego	1996	1:53.26	1:49.47	Illinois	2004	1:52.10	1:49.47	
	200 med relay	Rocky Mountain	2003	1:49.20	San Diego	1994	2:05.27	2:04.49	Gold Coast	1998	2:04.19	2:04.49	
	400 free relay	Walnut Creek	1999	3:47.02	San Diego	1994	4:11.50		Stanford	1994	4:17.94		
	400 med relay	San Diego	2003	4:07.99	Patriot	2002	4:35.13		Team Orlando	1997	4:53.42		
	800 free relay	San Diego	2003	8:00.23	San Diego	1996	9:05.72		Gold Coast	1999	9:41.97		
	<b>WOMEN 45+/160-199</b>		<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	New England	2002	1:43.32	San Diego	2003	1:53.36	1:53.18	Georgia	2000	1:56.93	1:53.18	
	200 med relay	New England	2002	1:57.99	San Diego	2003	2:06.09	2:06.09	San Diego	1999	2:12.15	2:06.09	
	400 free relay	New England	2002	3:55.16	San Diego	1996	4:14.13		San Diego	2001	4:23.44		
	400 med relay	Tamalpais	2000	4:31.72	San Diego	1998	4:43.31		San Diego	2001	4:56.33		
	800 free relay	Utah	2000	9:19.43	San Diego	1998	9:27.59		San Diego	1998	9:57.27		
	<b>WOMEN 55+/200-239</b>		<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	DC Masters	1997	2:02.97	San Diego	2003	2:04.54	2:04.54	Tamalpais	2001	2:06.52	2:04.54	
	200 med relay	DC Masters	1997	2:19.50	Oregon	2003	2:18.96	2:16.56	New England	2004	2:20.58	2:16.56	
	400 free relay	DC Masters	1997	4:42.36	Gold	2003	4:46.00		San Diego	2003	4:47.12		
	400 med relay	DC Masters	1997	5:14.80	San Diego	2001	5:07.75		San Diego	2003	5:13.65		
	800 free relay	DC Masters	1997	10:38.43	San Diego	1997	10:35.61		San Diego	2003	10:19.41		

<b>WOMEN 65+/240-279 SC-Yards</b>		<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay	Gold Coast	1995	2:17.37	DC Masters	2000	2:19.96	2:19.96	DC Masters	1998	2:18.70	2:19.96
200 med relay	Gold Coast	1995	2:41.79	San Diego	2001	2:42.88	2:37.58	DC Masters	1998	2:37.68	2:37.58
400 free relay	Santa Barbara	1989	5:32.88	DC Masters	2000	5:25.45		DC Masters	1999	5:23.71	
400 med relay	Walnut Creek	2004	6:33.81	DC Masters	2001	6:09.31		DC Masters	2000	6:07.87	
800 free relay	Santa Barbara	1989	12:14.80	San Diego	2003	12:12.73		DC Masters	2000	12:34.38	

<b>WOMEN 75+/280-319 SC-Yards</b>		<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay	DC Masters	1999	3:17.13	Ojai S Barbara	1995	2:52.62	2:42.44	New England	1996	2:38.52	2:42.44
200 med relay	Walnut Creek	1993	3:47.25	San Diego	2001	3:16.73	3:07.77	Arizona	2004	3:15.39	3:07.77
400 free relay	DC Masters	1994	7:24.14	Florida Maverick	2002	6:10.44		San Diego	2004	6:38.60	
400 med relay	Walnut Creek	1998	8:44.42	Florida Maverick	2001	7:30.18		San Diego	2004	7:53.74	
800 free relay	Walnut Creek	1998	16:43.17	St. Louis	1991	15:49.09		San Diego	2004	14:45.02	

<b>WOMEN 85+/320-359 SC-Yards</b>		<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay				Florida Maverick	2002	3:25.71	3:25.71	Florida Maverick	2002	3:46.42	3:25.71
200 med relay				Florida Maverick	2002	4:13.67	4:13.67	Walnut Creek	1998	4:19.11	4:13.67
400 free relay				San Mateo	1996	9:11.05		Florida Maverick	2002	8:57.69	
400 med relay				Walnut Creek	1997	10:12.19		Florida Maverick	2002	10:19.75	
800 free relay				Florida Maverick	2001	18:25.47		Florida Maverick	2002	19:29.28	

<b>WOMEN 95+/360-399 SC-Yards</b>		<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay											
200 med relay											
400 free relay											
400 med relay											
800 free relay											

Page 124	<b>MEN 18+/72-99</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Auburn	2001	1:23.04	Davis Aquatic	1995	1:39.63		Olympic Club	1993	1:41.14	
	200 med relay	Texas Swimming	1995	1:33.18	S Cal Aquatic	1997	1:54.30		Olympic Club	1995	1:49.35	
	400 free relay	Greater Indiana	1999	3:13.73	Trojan Swim	1998	3:49.17		Greater Indiana	1999	3:42.66	
	400 med relay	Univ San Fran	1992	3:34.08	Dist Columbia	1998	4:14.83		Greater Indiana	1999	4:11.46	
	800 free relay	Davis Aquatic	1996	7:09.51	New England	2000	8:40.24		Greater Indiana	1999	8:28.72	
	<b>MEN 25+/100-119</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Houstonian Club	1990	1:23.34	El Segundo	1997	1:35.70	1:33.28	Houstonian Club	1990	1:36.15	1:33.28
	200 med relay	Lone Star	1991	1:31.54	El Segundo	1997	1:45.73	1:43.12	Houstonian Club	1990	1:48.46	1:43.12
	400 free relay	Ancient Mariners	1999	3:13.88	New England	2001	3:35.88		Santa Clara	1994	3:39.63	
	400 med relay	Ancient Mariners	2000	3:27.13	New England	1999	4:01.21		New England	1996	4:12.04	
	800 free relay	Santa Clara	1994	7:00.25	Davis Aquatic	1995	7:57.87		Santa Clara	1994	8:04.17	
	<b>MEN 35+/120-159</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Lone Star	1990	1:25.72	Garden State	2002	1:35.56	1:34.59	Lone Star	1986	1:37.43	1:34.59
	200 med relay	Team Tyr	2002	1:35.56	Baylor/Lone Star	1994	1:45.01	1:44.09	Ancient Mariners	2002	1:48.75	1:44.09
	400 free relay	Badger	2001	3:15.72	Davis Aquatic	1995	3:36.25		SF Tsunami	2002	3:46.03	
	400 med relay	Illinois	1999	3:38.76	New England	2001	3:59.40		Olympic Club	1994	4:04.49	
	800 free relay	Badger	2001	7:09.04	Dist Columbia	1996	8:01.80		SF Tsunami	2002	8:13.69	
	<b>MEN 45+/160-199</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Illinois	2004	1:30.12	Garden State	2003	1:39.07	1:39.45	Holmes Lumber Jax	1990	1:39.27	1:39.45
	200 med relay	North Carolina	2004	1:40.79	Ancient Mariners	2002	1:50.71	1:49.87	Ancient Mariners	2000	1:50.59	1:49.87
	400 free relay	Illinois	2003	3:20.19	New England	2000	3:43.45		SF Tsunami	2002	3:52.36	
	400 med relay	North Carolina	2004	3:42.85	Oregon	2003	4:12.45		UCI	2003	4:20.09	
	800 free relay	North Carolina	2004	7:35.16	Ventura County	2001	8:05.09		Ventura County	2002	8:26.24	
	<b>MEN 55+/200-239</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Olympic Club	2001	1:35.36	Colonials 1776	2003	1:40.71	1:40.71	Olympic Club	1997	1:45.19	1:40.71
	200 med relay	Olympic Club	2001	1:47.32	Gold Coast	2000	1:57.07	1:57.07	Olympic Club	1994	1:58.50	1:57.07
	400 free relay	Rocky Mountain	2002	3:39.22	Colonials 1776	2003	3:47.59		Los Altos	1994	4:05.72	
	400 med relay	Wisconsin	2004	4:23.07	Jersey	1996	4:38.38		Olympic Club	1994	4:38.46	
	800 free relay	New England	2004	8:25.99	New England	2002	8:58.54		Patriot	2002	8:55.55	

<b>MEN 65+/240-279</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay	Team Texas	2001	1:46.65	San Diego	2003	1:50.90	1:50.90	Gold Coast	2003	1:52.01	1:50.90
200 med relay	Team Texas	2001	2:04.32	Oregon	2003	2:05.07	2:05.07	Oregon	2001	2:06.28	2:05.07
400 free relay	Team Texas	2001	4:05.92	San Diego	1999	4:22.02		Great Ohio	2001	4:23.06	
400 med relay	Walnut Creek	2000	5:02.76	Oregon	2003	5:05.10		Oregon	2001	4:58.50	
800 free relay	Oregon	2004	9:45.84	Oregon	2003	9:29.56		Oregon	2003	9:41.00	
<b>MEN 75+/280-319</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay	Oregon	1998	2:14.12	Team Texas	2001	2:04.66	2:04.66	O*H*I*O	2002	2:04.50	2:04.66
200 med relay	Oregon	1999	2:36.73	N Carolina	1999	2:28.34	2:26.99	North Carolina	2004	2:22.68	2:26.99
400 free relay	Oregon	1998	5:10.57	San Diego	1998	5:04.75		Walnut Creek	2004	5:24.76	
400 med relay	Oregon	1999	6:04.95	San Diego	2002	5:42.06		South Texas	2003	5:58.28	
800 free relay	Oregon	1999	12:04.39	San Diego	1999	11:31.62		South Texas	2003	11:01.65	
<b>MEN 85+/320-359</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay	Team Texas	1999	3:38.91	Oregon	1999	2:35.71	2:20.85	Oregon	1999	2:35.01	2:20.85
200 med relay	Team Texas	1999	3:46.43	Oregon	1999	3:00.90	2:50.63	Florida Maverick	2003	3:00.89	2:50.63
400 free relay				Coast	1995	6:34.05		Coast	1998	6:12.12	
400 med relay				Coast	1997	7:39.16		Coast	1998	7:34.79	
800 free relay				Coast	1997	15:10.98		Coast	1995	17:33.86	
<b>MEN 95+/360-399</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay								North Carolina	2003	7:38.40	
200 med relay											
400 free relay											
400 med relay											
800 free relay											

Page 126	<b>MIXED 18+/72-99</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	YMCA Indy Swim Fit	2004	1:30.81	Olympic Club	1995	1:43.33		Univ San Fran	1992	1:48.50	
	200 med relay	Gold Coast	1995	1:41.15	New England	1999	1:57.66		Univ San Fran	1992	2:02.31	
	400 free relay	New England	2002	3:25.12	Terrapin	2002	3:56.65		Olympic Club	1995	4:04.97	
	400 med relay	San Diego	2003	3:47.31	Terrapin	2002	4:22.07		Univ San Fran	1991	4:36.72	
	800 free relay	New England	2002	7:39.06	Terrapin	2003	8:51.55		Davis Aquatic	1994	9:13.51	
	<b>MIXED 25+/100-119</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	S Cal Aquatic	1990	1:29.40	El Segundo	1997	1:41.62	1:41.62	Michigan	1996	1:44.84	1:41.62
	200 med relay	Lone Star	1991	1:39.01	El Segundo	1997	1:52.80	1:52.76	Houstonian Club	1990	1:56.50	1:52.76
	400 free relay	Univ San Fran	1992	3:27.39	Burlingame	2002	3:49.96		New England	2001	4:00.76	
	400 med relay	Ancient Mariners	2002	3:46.68	New England	2002	4:16.58		Walnut Creek	1990	4:36.14	
	800 free relay	Illinois	2004	7:25.46	Ruba	1997	8:41.15		Santa Clara	1995	8:45.64	
	<b>MIXED 35+/120-159</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Rocky Mountain	2004	1:30.17	El Segundo	2000	1:41.37	1:42.59	Gold Coast	1998	1:42.65	1:42.59
	200 med relay	Arizona	2003	1:40.52	El Segundo	2000	1:53.07	1:54.13	Gold Coast	1998	1:57.30	1:54.13
	400 free relay	Texas Aquatic	1995	3:30.17	San Diego	1996	3:54.42		Walnut Creek	1991	4:01.94	
	400 med relay	Badger	2004	3:55.25	New England	2000	4:18.78		Heartland	1993	4:35.74	
	800 free relay	Badger	2004	7:43.46	Crescent Hill	1997	8:52.75		Patriot	2002	8:50.48	
	<b>MIXED 45+/160-199</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Arizona	2003	1:38.10	San Diego	1996	1:47.38	1:47.12	Rocky Mountain	1998	1:45.83	1:47.12
	200 med relay	Hawaii	2002	1:50.54	San Diego	1999	1:59.93	1:59.40	Ancient Mariners	2000	2:00.37	1:59.40
	400 free relay	New England	2003	3:39.16	San Diego	1996	3:57.64		Team Orlando	1997	4:02.04	
	400 med relay	Oregon	2004	4:00.80	Olympic Club	1995	4:32.89		Team Orlando	1997	4:41.21	
	800 free relay	Oregon	2004	8:11.18	San Diego	1997	8:53.46		Team Texas	1997	9:07.41	
	<b>MIXED 55+/200-239</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
	200 free relay	Tamalpais	1999	1:48.78	New England	2002	1:49.36	1:49.36	New England	2004	1:49.85	1:49.36
	200 med relay	Tamalpais	2000	2:02.85	New England	2002	2:03.52	2:03.52	New England	2001	2:07.56	2:03.52
	400 free relay	Oregon	1999	4:12.82	San Diego	2003	4:10.72		Team Texas	1997	4:29.32	
	400 med relay	Tamalpais	1999	4:55.21	Gold Coast	2003	4:49.13		Tamalpais	1998	4:51.55	
	800 free relay	DC Masters	2004	9:35.98	New England	2002	9:11.93		Team Texas	2001	9:54.80	

<b>MIXED 65+/240-279</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay	San Diego	2002	2:00.31	San Diego	2003	2:05.91	2:05.13	San Diego	2002	2:06.10	2:05.13
200 med relay	San Diego	2002	2:14.70	San Diego	2003	2:23.09	2:17.68	San Diego	2002	2:21.08	2:17.68
400 free relay	Ojai/S Barbara	1996	5:05.22	San Diego	2001	4:50.91		Gold Coast	2004	4:53.73	
400 med relay	Walnut Creek	1999	5:39.28	San Diego	2001	5:28.87		Gold Coast	2003	5:49.89	
800 free relay	Walnut Creek	1999	10:59.95	San Diego	2001	10:53.84		Gold Coast	2002	10:42.42	
<b>MIXED 75+/280-319</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay	Florida Maverick	2001	2:35.78	San Diego	1999	2:29.78	2:17.03	San Diego	2000	2:21.18	2:17.03
200 med relay	Ojai	1999	2:57.98	San Diego	2003	2:49.11	2:40.74	Arizona	1999	2:46.45	2:40.74
400 free relay	Wisconsin	1996	6:37.85	Ojai/S Barbara	1995	5:49.30		San Mateo	1989	6:08.62	
400 med relay	San Mateo	1995	8:10.41	Florida Maverick	2000	6:34.16		O*H*I*O	2004	6:58.55	
800 free relay	San Mateo	1993	14:16.33	San Diego	2002	12:50.06		Florida Maverick	2003	12:54.80	
<b>MIXED 85+/320-359</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay	Florida Maverick	2004	4:22.87	Florida Maverick	2003	2:57.86	2:57.86	New England	2004	2:57.49	2:57.86
200 med relay	Florida Maverick	2004	4:54.53	Florida Maverick	2003	3:26.35	3:21.16	Florida Maverick	2002	3:33.41	3:21.16
400 free relay				San Diego	2001	6:57.44		Florida Maverick	2003	7:39.20	
400 med relay				San Diego	2001	8:29.59		Florida Maverick	2003	8:38.28	
800 free relay				San Diego	2001	16:00.93		San Mateo	1994	17:09.50	
<b>MIXED 95+/360-399</b>	<b>SC-Yards</b>	<b>Year</b>	<b>USMS</b>	<b>SC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>	<b>LC-Meters</b>	<b>Year</b>	<b>USMS</b>	<b>World</b>
200 free relay							5:19.01	Coast	2003	5:26.80	5:19.01
200 med relay				Coast	2003	5:12.04	5:12.04				5:12.04
400 free relay											
400 med relay											
800 free relay											



# LONG DISTANCE RECORDS

## Long Distance Individual Records

<b>18–24</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	S Schweitzer	2000	5550 Y	J Lischke	1999	5890 Y
3000 Y postal	A Beard	2001	32:26.99	C Charley	2003	33:20.70
6000 Y postal	S Taylor	2003	1:00:00.61	C Charley	2003	1:08:27.18
5K postal	J Jackson	2000	1:04:53.75	J Skube	1999	1:05:10.62
10K postal	M Carlson	2001	2:19:19.80	S Cohen	1993	2:11:58.09
1-mile cable	K Bryan	1983	23:25.46	J Barber	1983	21:20.86
2-mile cable	R Rice	1997	41:36.03	G Houck	1990	42:49.00
<b>25–29</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	L Hazen	1994	5560 Y	D Veatch	1994	6115 Y
3000 Y postal	M Williams	2004	34:39.39	C Hobson	1996	31:57.00
6000 Y postal	S Quan	2000	1:10:44.87	M Collins	1995	1:09:01.99
5K postal	G Cornelius	2001	1:05:38.54	M Collins	1992	1:04:54.20
10K postal	S Quan	2001	2:14:58.59	M Volk	1989	2:04:50.00
1-mile cable	T Smith	2003	20:21.99	D Winant	1981	20:50.81
2-mile cable	T Smith	2003	39:51.99	J Pearson	1992	39:36.39
<b>30–34</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	L Hazen	1995	5625 Y	Placek/Porch	90/03	5750 Y
3000 Y postal	L Welting	2000	33:42.51	J Erwin	1996	31:15.24
6000 Y postal	N Day	2003	1:08:51.32	T Clark	1998	1:04:58.25
5K postal	N Day	2003	1:04:24.99	J Erwin	1996	59:53.17
10K postal	P Mattson	1985	2:17:19.08	B Patten	1993	2:03:08.74
1-mile cable	S Thomas	1984	21:27.07	J Allen	2001	20:39.99
2-mile cable	D Reed	2002	41:05.48	J Kegley	1988	38:32.00
<b>35–39</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	K Pipes-Neilsen	1998	5375 Y	M Shaffer	2003	5905 Y
3000 Y postal	K Pipes-Neilsen	1999	32:54.57	M Shaffer	2002	30:16.43
6000 Y postal	K Pipes-Neilsen	1998	1:09:11.14	M Shaffer	2003	1:02:06.74
5K postal	K Pipes-Neilsen	1999	1:03:28.06	J Erwin	2003	58:11.13
10K postal	S Heim	1996	2:14:08.75	M Shaffer	2003	2:00:39.67
1-mile cable	J Gellatly	2003	22:20.99	J Allen	2002	20:56.99
2-mile cable	J Gellatly	2003	42:23.99	R Allen	2002	41:11.49
<b>40–44</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	K Pipes-Neilsen	2003	5325 Y	R Placak	2000	5645 Y
3000 Y postal	K Pipes-Neilsen	2003	33:18.69	J Erwin	2004	30:31.55
6000 Y postal	K Pipes-Neilsen	2002	1:08:48.67	J Erwin	2004	1:03:04.21
5K postal	K Pipes-Neilsen	2003	1:02:53.42	J Barber	2003	1:00:19.09
10K postal	D Ogier	1993	2:22:35.99	J Barber	2003	2:03:06.33
1-mile cable	S Maddox	2001	23:29.99	L Wood	1997	21:46.30
2-mile cable	B Dunbar	1990	43:06.00	J Kegley	2002	41:14.68

## LONG DISTANCE RECORDS

<b>45-49</b>		<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	S Heim-Bowen	2004	5205 Y	S MacDonald	2002	5495 Y	
3000 Y postal	K Einsidler	2002	35:41.51	J McConica	2000	31:10.18	
6000 Y postal	K Einsidler	2002	1:13:22.05	S MacDonald	2001	1:05:06.32	
5K postal	S Heim-Bowen	2004	1:04:26.97	S MacDonald	2001	1:01:17.02	
10K postal	K Einsidler	2002	2:19:42.34	J Stewart	2004	2:13:47.24	
1-mile cable	D Ogier	2001	23:17.99	L Wood	2001	21:11.99	
2-mile cable	D Ogier	2001	45:43.35	J Kegley	2003	41:52.60	
<b>50-54</b>		<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	D Ogier	2003	4930 Y	J McConica	2002	5620 Y	
3000 Y postal	D Ogier	2003	36:33.58	J McConica	2001	31:37.55	
6000 Y postal	B Dunbar	2002	1:15:44.35	J McConica	2003	1:05:05.26	
5K postal	B Dunbar	2003	1:10:29.29	J McConica	2003	1:00:53.84	
10K postal	B Dunbar	2003	2:26:41.84	J McConica	2004	2:05:55.37	
1-mile cable	B Dunbar	2001	22:08.99	S Kooistra	1978	23:11.86	
2-mile cable	B Dunbar	2000	44:56.43	J McConica	2004	42:06.00	
<b>55-59</b>		<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	L Stoinoff	1988	4415 Y	T Haraszi	1998	5030 Y	
3000 Y postal	B Dunbar	2004	36:25.69	K Bell	2003	35:22.60	
6000 Y postal	B Dunbar	2004	1:14:10.46	K Bell	2003	1:10:50.04	
5K postal	B Dunbar	2004	1:11:37.33	K Bell	2003	1:09:48.65	
10K postal	B Dunbar	2004	2:29:21.48	J McCleery	2002	2:28:45.33	
1-mile cable	B Russ	1986	30:06.41	W Braswell	2003	24:34.99	
2-mile cable	B Dunbar	2004	46:23.20	W Braswell	2002	47:13.20	
<b>60-64</b>		<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	L Stoinoff	1995	4260 Y	L Raffaelli	2004	4695 Y	
3000 Y postal	B Frid	2004	45:00.11	L Raffaelli	2003	37:50.10	
6000 Y postal	B Jordan	1998	1:36:20.77	L Raffaelli	2003	1:16:23.50	
5K postal	S Brougher	2002	1:26:50.00	L Raffaelli	2003	1:11:20.00	
10K postal	B Jordan	1999	3:08:05.15	L Raffaelli	2004	2:29:06.76	
1-mile cable	B Russ	1988	29:41.79	R Williams	2003	24:55.99	
2-mile cable	B Zaremski	1997	58:16.15	R Tesch	2001	48:26.89	
<b>65-69</b>		<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	L Stoinoff	1999	4135 Y	G Johnston	1997	4630 Y	
3000 Y postal	S Munn	2003	45:42.24	G Johnston	1996	37:16.16	
6000 Y postal	B Jordan	2002	1:37:48.80	G Johnston	1997	1:18:14.25	
5K postal	L Stoinoff	1998	1:24:41.84	G Johnston	1996	1:12:17.40	
10K postal	B Jordan	2002	3:13:22.48	G Johnston	1996	2:35:50.99	
1-mile cable	B Jordan	2003	31:44.99	G Johnston	1997	22:57.70	
2-mile cable	B Jordan	2002	1:00:54.20	G Johnston	1999	50:15.26	
<b>70-74</b>		<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	L Stoinoff	2003	3960 Y	G Johnston	2002	4515 Y	
3000 Y postal	L. Stoinoff	2004	45:35.99	G Johnston	2001	38:17.10	
6000 Y postal	A Pipes	2004	1:41:12.20	G Johnston	2001	1:19:56.14	
5K postal	A Pipes	2004	1:34:53.71	G Johnston	2002	1:15:39.02	
10K postal	L Nochman	1995	3:48:10.65	G Johnston	2001	2:52:22.00	
1-mile cable	I Browne	1986	34:53.37	G Johnston	2001	23:23.99	
2-mile cable	B Russ	1999	1:10:44.79	G Johnston	2002	48:19.50	

## LONG DISTANCE RECORDS

<b>75-79</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	M Meyer	1998	3400 Y	F Piemme	2000	4085 Y
3000 Y postal	L Kivi Nochman	2001	1:00:10.66	F Piemme	2001	45:00.28
6000 Y postal	L Kivi Nochman	2000	2:09:39.17	M Matthews	2003	1:51:16.09
5K postal	M Nyberg	2002	1:52:54.26	J Edwards	1998	1:39:58.99
10K postal	L Kivi Nochman	2001	4:16:45.62	R Blake	2001	3:11:52.08
1-mile cable	E Landon	1979	49:11.96	J Irvine	1986	35:09.64
2-mile cable	L Kivi Nochman	2001	1:19:50.67	D Woodford	1989	1:01:19.99
<b>80-84</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	R Simonton	2000	3235 Y	A Da Rosa	1998	3650 Y
3000 Y postal	R Simonton	1998	55:12.91	J Schmidt	2003	50:34.86
6000 Y postal	P Hughes	2001	2:54:22.40	D Schofield	1994	2:31:33.09
5K postal	P Hughes	2000	2:43:04.99	G Weisenthal	1997	2:15:35.65
10K postal				T Johnson	2004	6:56:25.65
1-mile cable						
2-mile cable	P Hughes	2001	1:41:17.66	D Woodford	1995	1:09:32.94
<b>85-89</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	R Simonton	2004	3005 Y	C Ross	1985	3240 Y
3000 Y postal	R Simonton	2003	59:47.72	G Weisenthal	1999	1:08:09.69
6000 Y postal				G Weisenthal	1999	2:18:29.24
5K postal						
10K postal						
1-mile cable				J Irvine	1997	48:47.80
2-mile cable						
<b>90-94</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	L Tyra	1983	975 Y	G Langner	1997	2225 Y
3000 Y postal						
6000 Y postal						
5K postal						
10K postal						
1-mile cable						
2-mile cable						
<b>95-99</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal				G Langner	1999	2175 Y
3000 Y postal						
6000 Y postal						
5K postal						
10K postal						
1-mile cable						
2-mile cable						

## LONG DISTANCE RECORDS

### Long Distance Team Records

<b>18+</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Univ San Fran	1994	15,810 Y
3 x 3000 Y postal	Inland Northwest	2003	1:48:14.76
3 x 6000 Y postal			
3 x 5K postal	Greater Indiana	1999	3:50:06.81
3 x 10K postal			
<b>25+</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Stanford	1997	15,445 Y
3 x 3000 Y postal	Novaquatics	2001	1:48:41.40
3 x 6000 Y postal	Oregon	2004	3:52:38.27
3 x 5K postal	Oregon	2003	3:34:41.12
3 x 10K postal	San Diego	1999	8:05:08.79
<b>35+</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>
1 hour postal	San Diego	2003	15,290 Y
3 x 3000 Y postal	YMCA Indy SwimFit	2004	1:55:40.47
3 x 6000 Y postal	YMCA Indy SwimFit	2004	3:56:57.02
3 x 5K postal	San Diego	2003	3:47:49.80
3 x 10K postal	Oregon	2002	7:39:39.36
<b>45+</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Connecticut	2004	13,820 Y
3 x 3000 Y postal	Oregon	2003	1:55:43.32
3 x 6000 Y postal	Oregon	2001	5:01:45.87
3 x 5K postal	Metro	2001	3:53:36.40
3 x 10K postal	YMCA Indy SwimFit	2004	8:47:57.82
<b>55+</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>
1 hour postal	DC Masters	2004	11,965 Y
3 x 3000 Y postal	San Diego	2004	2:14:19.15
3 x 6000 Y postal	San Diego	2004	4:33:26.97
3 x 5K postal	San Diego	2004	4:21:42.66
3 x 10K postal			
<b>65+</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>
1 hour postal	San Diego	2003	10,130 Y
3 x 3000 Y postal	San Diego	2002	2:37:39.02
3 x 6000 Y postal			
3 x 5K postal	San Diego	2002	5:18:26.04
3 x 10K postal			
<b>75+</b>	<b>Women</b>	<b>Year</b>	<b>Record</b>
1 hour postal	New England	2000	8790 Y
3 x 3000 Y postal	Florida Maverick	2002	3:53:38.61
3 x 6000 Y postal			
3 x 5K postal			
3 x 10K postal			

## LONG DISTANCE RECORDS

<b>18+</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Stanford	1999	16,515 Y
3 x 3000 Y postal	Davis Aquatic	1996	1:44:09.37
3 x 6000 Y postal	Omaha	2000	3:36:32.47
3 x 5K postal	DOC IU	2004	3:33:02.31
3 x 10K postal			
<b>25+</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Olympic Club	1990	17,275 Y
3 x 3000 Y postal	Sierra Nevada	1996	1:42:58.91
3 x 6000 Y postal	St Petersburg	2002	3:44:00.78
3 x 5K postal	Heart of Texas	2001	3:16:07.19
3 x 10K postal	Oregon	2000	7:41:47.14
<b>35+</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Ventura County	2002	17,005 Y
3 x 3000 Y postal	Ventura County	2001	1:33:31.65
3 x 6000 Y postal	Ventura County	2003	3:12:37.48
3 x 5K postal	Ventura County	2002	3:03:36.63
3 x 10K postal	Ventura County	2003	6:20:50.42
<b>45+</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Team Texas	1999	15,235 Y
3 x 3000 Y postal	Ventura County	2003	1:47:29.32
3 x 6000 Y postal	Ventura County	2003	3:39:27.67
3 x 5K postal	Ventura County	2003	3:27:52.95
3 x 10K postal	Ventura County	2003	7:23:26.26
<b>55+</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	New England	2004	14,185 Y
3 x 3000 Y postal	Oregon	2003	1:53:08.88
3 x 6000 Y postal	Oregon	2003	3:55:37.04
3 x 5K postal	Oregon	2003	3:41:29.07
3 x 10K postal	Oregon	2003	7:42:06.08
<b>65+</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Illinois	1997	12,220 Y
3 x 3000 Y postal	Oregon	2003	2:15:27.00
3 x 6000 Y postal	Oregon	2004	5:28:31.98
3 x 5K postal	St Petersburg	2001	5:02:53.37
3 x 10K postal			
<b>75+</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Florida Maverick	2003	9,400 Y
3 x 3000 Y postal	Florida Maverick	2000	3:24:04.53
3 x 6000 Y postal			
3 x 5K postal			
3 x 10K postal			

## LONG DISTANCE RECORDS

<b>85+</b>	<b>Men</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Florida Maverick	2001	6235 Y
3 x 3000 Y postal			
3 x 6000 Y postal			
3 x 5K postal			
3 x 10K postal			
<b>18+</b>	<b>Mixed</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Empire State	1993	20,725 Y
3 x 3000 Y postal*	Davis Aquatic	1996	1:44:46.37
4 x 3000 Y postal	Novaquatics	2001	2:22:18.50
3 x 6000 Y postal*			
4 x 6000 Y postal			
4 x 5K postal	DOC IU	2000	4:34:58.61
4 x 10K postal	Stanford	2001	10:41:08.83
<b>25+</b>	<b>Mixed</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Univ San Fran	1994	22,070 Y
3 x 3000 Y postal*	Sierra Nevada	1996	1:41:49.27
4 x 3000 Y postal	Heart of Texas	2001	2:16:27.57
3 x 6000 Y postal*	Michigan	1998	4:11:23.48
4 x 6000 Y postal	Heart of Texas	2001	4:40:45.08
4 x 5K postal	Stanford	2004	4:25:43.53
4 x 10K postal	Oregon	2001	11:11:48.67
<b>35+</b>	<b>Mixed</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Colonials 1776	2001	20,695 Y
3 x 3000 Y postal*	Team Texas	1997	1:46:08.20
4 x 3000 Y postal	Colonials 1776	2004	2:20:51.38
3 x 6000 Y postal*	Team Texas	1997	3:39:32.27
4 x 6000 Y postal	Oregon	2003	4:57:31.67
4 x 5K postal	Stanford	2003	4:19:09.57
4 x 10K postal	Oregon	2002	10:05:38.72
<b>45+</b>	<b>Mixed</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Daland Swim Masters	2004	19,080 Y
3 x 3000 Y postal*	Davis Aquatic	1996	2:03:37.97
4 x 3000 Y postal	Oregon	2003	2:29:46.69
3 x 6000 Y postal*	Michigan	1994	4:39:23.77
4 x 6000 Y postal	St Pete	2003	5:13:59.19
4 x 5K postal	Oregon	2003	4:51:31.75
4 x 10K postal	St Pete	2003	10:17:22.63

\*The 3 x 3000 Y and 3 x 6000 Y mixed postal relays are no longer contested. The last year they were contested was 1998.

## LONG DISTANCE RECORDS

<b>55+</b>	<b>Mixed</b>	<b>Year</b>	<b>Record</b>
1 hour postal	New England	2004	17,150 Y
3 x 3000 Y postal*	Davis Aquatic	1996	2:18:54.97
4 x 3000 Y postal	DC Masters	2003	2:47:38.21
3 x 6000 Y postal*	St Petersburg	1998	5:53:51.35
4 x 6000 Y postal	Michigan	2001	7:18:38.77
4 x 5K postal	San Diego	2001	5:50:49.92
4 x 10K postal			
<b>65+</b>	<b>Mixed</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Connecticut	2003	15,005 Y
3 x 3000 Y postal*	Niagara	1998	2:51:34.36
4 x 3000 Y postal	St Petersburg	2001	3:32:26.62
3 x 6000 Y postal*			
4 x 6000 Y postal			
4 x 5K postal	St Petersburg	2000	6:55:23.23
4 x 10K postal			
<b>75+</b>	<b>Mixed</b>	<b>Year</b>	<b>Record</b>
1 hour postal	New England	2000	11,735 Y
3 x 3000 Y postal*			
4 x 3000 Y postal			
3 x 6000 Y postal*			
4 x 6000 Y postal			
4 x 5K postal			
4 x 10K postal			
<b>85+</b>	<b>Mixed</b>	<b>Year</b>	<b>Record</b>
1 hour postal	Florida Maverick	2003	7,835 Y
3 x 3000 Y postal*			
4 x 3000 Y postal			
3 x 6000 Y postal*			
4 x 6000 Y postal			
4 x 5K postal			
4 x 10K postal			

\*The 3 x 3000 Y and 3 x 6000 Y mixed postal relays are no longer contested. The last year they were contested was 1998.

## APPENDIX B: INFORMATION FOR MEET DIRECTORS AND OFFICIALS

### USMS-APPROVED CERTIFYING BODIES

USMS approves USA Swimming, USMS (through its LMSCs), YMCA, Federation of High School Swimming Officials, College Swimming Officials Association (NCAA), and San Diego–Imperial LMSC as organizations for certifying officials.

### ENFORCEMENT OF RULES

USMS rules shall be applied uniformly regardless of age.

### DIFFERENCES BETWEEN USA SWIMMING AND USMS RULES

USMS follows USA Swimming's technical rules, articles 101, 102, and 105, with the following exceptions (USA Swimming references in brackets):

#### 1. Starts, Strokes, and Relays

**1.1—Forward start.** The forward start may be taken from the starting block, the pool deck, or a push from the wall. The forward start or the backstroke start shall be used for freestyle events. [USA-S 102.14.4]

**1.2—Butterfly.** The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick 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 with each breaststroke or whip kick, except after the last such kick before the turn or finish. After the start and after each turn, if the breaststroke or whip kick is used, only one kick is allowed prior to the arm pull that brings the swimmer to the surface. [USA-S 101.2.2 and 10.2.3]

**1.3—Relays.** Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race. [USA-S 101.6.3E]

#### 2. Swimming Competition

**2.1—Personnel.** The minimum personnel at USMS sanctioned or recognized Masters swimming meets shall include the following: one referee; one starter; two stroke and turn judges; two timers per lane (if automatic timing is not being used). The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. The referee shall be certified as a stroke and turn judge, starter, or referee by a USMS-approved certifying body. **Note:** USMS does not use place judges. [USA-S 102.12.3]

**2.2—Warm-up.** If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. In pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat and a warm-up/warm-down period must be offered at least once during each half-hour of competition. [none]

**2.3—Timed finals.** All Masters events held in meters pools (short course or long course) are conducted on a timed-final basis. Short course yards meets, except for national championships, MAY be conducted on a basis other than timed finals (e.g., trials/finals basis). If



## APPENDIX B

trials/finals are offered, competitors are limited to three individual events per day. [USA-S 102.2]

### 2.4—Seeding.

2.4.1—Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. [USA-S 102.1.3 and 102.8.2]

2.4.2—Seeding at meets other than national championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events. [USA-S 102.5.4A]

### 2.5—Records.

2.5.1—Record applications and Top Ten submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming.

2.5.2—USMS records may only be established by USMS members in sanctioned or recognized competition. Because swimmers from different age groups and genders may compete in the same heat or event, winning the heat or event is not required to establish a record. [USA-S 104.2.1F]

2.5.3—Relay leadoff split times will be considered for records or Top Ten times, provided the swimmers complete the event without being disqualified, and provided automatic timing is used. [USA-S 104.2.1E]

2.5.4—If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top Ten times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay leadoff legs to count, notification must be made prior to the swim so that officials may verify that a legal finish was performed at the initial distance and that for relays the second swimmer did not start in the water. [none]

2.5.5—Required documentation for USMS records includes the referee's signature, as well as the printout from the automatic or semiautomatic (with three buttons) timing equipment, or the time card bearing times and signatures from *three* timers. [none]

2.6—**Scratch procedures.** Swimmers or relay teams not reporting for or competing in an event are not penalized. [USA-S 102.3]

2.7—**Protests.** Protests arising from competition shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the Local Masters Swimming Committee (LMSC) or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next 5 days for final adjudication, whose final decision shall then be binding on all parties. Protests concerning interpretation of the rules in *Part 1: Swimming Rules* and the *Glossary* shall be submitted in writing (on paper or in an electronic file), within 10 days to the USMS Rules Committee chair. [USA-S 102.11.5]

2.8—**Eligibility.** The eligibility of a participant for a particular age group will be determined for all meters meets (both short course and long course) by the swimmer's age as of December 31 of the year of competition. For short course yards meets, eligibility will be determined by the swimmer's age as of the *last* day of the meet. [USA-S 205.2.2]

## DIFFERENCES BETWEEN NCAA/YMCA SWIMMING AND USMS RULES

### 1. Starts, Strokes, and Relays

**1.1—Forward start.** The forward start may be taken from the starting block, the pool deck, or a push from the wall. At the beginning of each heat, the referee signals the swimmers by a short series of whistles to remove all clothing except for swimwear. A single long whistle indicates that the swimmers should take their positions with at least one foot at the front of the starting platform, the edge of the deck, or on the wall before the command “Take your mark.” Either the forward start or the backstroke start may be used for freestyle events.

**1.2—Backstroke start.** At the beginning of each heat, the referee signals the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee’s first long whistle, the swimmers enter the water, and at the second long whistle they take their positions at the pool edge.

**1.3—Backstroke turn.** A swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action” and must not be disqualified.

**1.4—Butterfly.** The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick 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 with each breaststroke or whip kick, except after the last kick before the turn or finish. Also, if breaststroke or whip kick is used, after the start and after each turn, only one breaststroke or whip kick is allowed prior to the arm pull that brings the swimmer to the surface.

**1.5—False starts.** If a swimmer false starts and the starting signal has already been sounded, the race continues, and the swimmer or swimmers false starting are disqualified at the completion of the race.

**1.6—Declared false starts.** There are no “declared false starts” in Masters swimming.

**1.7—Relays.** Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.

### 2. Swimming Competition

**2.1—Meet personnel.** The minimum personnel at USMS sanctioned or recognized Masters swimming meets is: one referee; one starter; two stroke and turn judges; two timers per lane (if automatic timing is not being used). The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. The referee must be certified as a stroke and turn judge, starter, or referee by a USMS-approved certifying body. **Note:** USMS does not use place judges.

**2.2—Warm-up.** If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane must be set aside for warm-up/warm-down during the meet. In pools of four or fewer lanes, swimmers may swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period must be offered at least once every half hour.

**2.3—Timed finals.** All Masters events held in meters pools (short course or long course) are conducted on a timed-final basis. Short course yards meets, except for national championships, may be conducted on a basis other than timed finals (e.g., trials/finals basis).

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**2.4—Seeding.** Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events.

**2.5—Counters.** Swimmers in individual events of 400 yards/meters or more, except the individual medley, *may* appoint counters to call lengths or indicate lengths by visual sign.

**2.6—Records.**

**2.6.1—**Record applications and Top Ten submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming.

**2.6.2—**USMS records may only be established by USMS members in sanctioned or recognized competition. Because swimmers from different age groups and genders may compete in the same event or heat, winning the heat or event is not required to establish a record. Relay leadoff split times will be considered for records or Top Ten times, provided the swimmers complete the event without being disqualified, and provided automatic timing is used.

**2.6.3—**If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top Ten times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay leadoff legs to count, notification must be made prior to the swim so that officials may verify that a legal finish was performed at the initial distance and that for relays the second swimmer did not start in the water.

**2.6.4—**Required documentation for USMS records includes the referee's signature, as well as the printout from the automatic or semiautomatic (with three buttons) timing equipment, or the time card bearing times and signatures from *three* timers.

**2.7—Scratch procedures.** Swimmers or relay teams not reporting for or competing in an event are not penalized.

**2.8—Protests.** Protests arising from competition shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the Local Masters Swimming Committee (LMSC) or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next 5 days for final adjudication, whose decision shall then be binding on all parties.

**2.9—Eligibility.** The eligibility of a participant for a particular age group will be determined for all meters meets (both short course and long course) by the swimmer's age as of December 31 of the year of competition. For short course yards meets, eligibility will be determined by the swimmer's age as of the *last* day of the meet.

## ADJUSTMENTS FOR WOMEN'S NATIONAL QUALIFYING TIMES FOR SWIMS AT ALTITUDE

Age Grp	3000-4249 ft				4250-6499 ft				6500+ ft			
	200	400-500	800- 1000	1650- 1500	200	400-500	800- 1000	1650- 1500	200	400-500	800- 1000	1650- 1500
19-24	0.51	2.55	5.10	11.22	1.22	5.10	10.20	23.46	1.63	7.14	15.30	33.15
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.51	2.57	5.15	11.32	1.24	5.15	10.29	23.67	1.65	7.21	15.44	33.45
35-39	0.51	2.56	5.13	11.28	1.23	5.13	10.25	23.58	1.64	7.18	15.38	33.32
40-44	0.51	2.57	5.14	11.32	1.23	5.14	10.29	23.66	1.65	7.20	15.43	33.43
45-49	0.54	2.72	5.45	11.98	1.31	5.45	10.89	25.06	1.74	7.63	16.34	35.41
50-54	0.55	2.75	5.49	12.09	1.32	5.49	10.99	25.27	1.76	7.69	16.48	35.71
55-59	0.62	3.09	6.17	13.58	1.48	6.17	12.35	28.39	1.98	8.64	18.52	40.12
60-64	0.67	3.35	6.70	14.75	1.61	6.70	13.41	30.83	2.14	9.38	20.11	43.57
65-69	0.70	3.51	7.03	15.46	1.69	7.03	14.06	32.33	2.25	9.84	21.08	45.68
70-74	0.72	3.58	7.16	15.76	1.72	7.16	14.32	32.95	2.29	10.03	21.49	46.55
75-79	0.82	4.11	8.21	18.07	1.97	8.21	16.43	37.79	2.63	11.50	24.64	53.39
80-84	0.89	4.47	8.95	19.68	2.15	8.95	17.89	41.15	2.86	12.53	26.84	58.15
85-89	1.03	5.13	10.26	22.57	2.46	10.26	20.52	47.19	3.28	14.36	30.77	66.68
90-94	1.36	6.82	13.63	29.99	3.27	13.63	27.26	62.70	4.36	19.08	40.89	88.60

## ADJUSTMENTS FOR MEN'S NATIONAL QUALIFYING TIMES FOR SWIMS AT ALTITUDE

Age Grp	3000-4249 ft				4250-6499 ft				6500+ ft			
	200	400-500	800- 1000	1650- 1500	200	400-500	800- 1000	1650- 1500	200	400-500	800- 1000	1650- 1500
19-24	0.50	2.49	4.97	10.94	1.19	4.97	9.94	22.87	1.59	6.96	14.92	32.32
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.50	2.50	4.99	10.99	1.20	4.99	9.99	22.97	1.60	6.99	14.98	32.46
35-39	0.51	2.55	5.10	11.23	1.22	5.10	10.21	23.47	1.63	7.14	15.31	33.17
40-44	0.53	2.63	5.25	11.55	1.26	5.25	10.50	24.15	1.68	7.35	15.75	34.13
45-49	0.54	2.70	5.40	11.88	1.30	5.40	10.80	24.83	1.73	7.56	16.20	35.09
50-54	0.55	2.74	5.49	12.07	1.32	5.49	10.97	25.24	1.76	7.68	16.46	35.66
55-59	0.58	2.88	5.75	12.65	1.38	5.75	11.50	26.46	1.84	8.05	17.26	37.39
60-64	0.61	3.05	6.09	13.41	1.46	6.09	12.19	28.03	1.95	8.53	18.28	39.61
65-69	0.62	3.09	6.18	13.59	1.48	6.18	12.35	28.41	1.98	8.65	18.53	40.14
70-74	0.66	3.30	6.60	14.52	1.58	6.60	13.20	30.37	2.11	9.24	19.80	42.91
75-79	0.74	3.68	7.36	16.20	1.77	7.36	14.73	33.87	2.36	10.31	22.09	47.87
80-84	0.83	4.13	8.26	18.17	1.98	8.26	16.52	37.99	2.64	11.56	24.78	53.68
85-89	0.90	4.48	8.96	19.72	2.15	8.96	17.93	41.24	2.87	12.55	26.89	58.27
90-94	1.18	5.91	11.82	26.01	2.84	11.82	23.64	54.38	3.78	16.55	35.47	76.84

## PREPARATION OF MEET RESULTS

Meet results must include the name of the meet; the location of the meet (name of pool, city, and state); the date of the meet; the name and address of the meet director; the name and certification status of the officials (referee, starter, and stroke and turn judges); and the sanction or approval number.

The results of each event shall be published in the following order:

### Individual events:

1. Print women's results first, then men's results.
2. For each gender, print results by age group from youngest to oldest.
3. For each age group, print results in the following stroke order: freestyle, backstroke, breaststroke, butterfly, and individual medley.
4. For each stroke, print events in order from shortest to longest.

## **APPENDIX B**

### **Relay events:**

1. Print women's relay results first, then men's relay results, then mixed relay results. Results must include the names and ages of all swimmers.
2. For each gender, print the relay results in the order of age groups.
3. For each gender, print results in the following order: 200 freestyle relay, 200 medley relay, 400 freestyle relay, 400 medley relay, and 800 freestyle relay.
4. For each relay event, print results by age group from youngest to oldest.

### **Split results:**

1. All splits from split notification forms that have been certified by the meet referee shall be listed separately with swimmer's name, event, and split time.

Results, tapes, timing printouts, time cards, heat sheets, timers' heat sheets or swimmer lists, and other information used to compile results and records shall be kept for a minimum of 1 year after the conclusion of the meet.

## **USMS AND WORLD RECORD APPLICATIONS**

### **Documentation requirements:**

- Complete the "Application for USMS and/or World Record" in its entirety. (World records are due within 60 days of the swim.)
- Attach the printout showing event number, heat number, splits, backup from the electronic timing system and/or time card with the signatures of all three timers. Meet results are not a substitute for the timing system printout.
- Attach a copy of the heat sheet showing swimmer's name, event number, heat number, and lane number assignment.
- Swims done at recognized or USA-S meets do not qualify for world records.
- Swimmer's age is as of December 31 of the year of competition for LCM and SCM courses, and as of the last day of the meet for SCY courses.

### **Documentation requirements for USMS long distance records:**

- Completed "Application for USMS Long Distance Record."
- Proof of achieved time or distance swim.
- For postal events, a lap-count checkoff sheet listing all split times and bearing the signature, name, address, and phone number of the lap counter/timer.
- For cable swims, the technique used to measure the course, and the signature, name, address, and phone number of the person who measured the course.

APPLICATION FOR USMS AND/OR WORLD RECORD

1. Course      SCY      SCM      LCM 2. Distance                      3. Stroke                       
50-100-200-400-500-800-1000-1500-1650 free-back-breast-fly-IM-FR-MR

4. Official time        :        :         
mins: secs: hundredths

5a. Primary timing for this performance (check one below)

Electronic       5b. Nonelectronic times:        :        :         
 Semiautomatic (three buttons)              :        :         
 Three stopwatches              :        :       

6. For individual events: Age group                     

                     Last name of swimmer                      First name of swimmer      Gender      Birth date (mm/dd/yy)                      Age      USMS number                     

7. For relay events: Club name                      Age group                       
(List names in order of competing)

                                                                                                          
                                                                                                          
                                                                                                          
                                                                                                          
 Last name of swimmer                      First name of swimmer      Gender      Birth date (mm/dd/yy)                      Age      USMS number                     

8. Pool name                      City                      State                       
 Last day of meet                      Sanction or recognition #                      LMSC                     

9. Select one:      USMS Sanctioned      USMS Recognized      USA-S Meet

10. Is the swimmer's birth certificate (or passport) attached or on file with the USMS Records and Tabulation Committee chair?      Yes      No

11. Is the pool length certification attached or on file with the USMS Records and Tabulation Committee chair?      Yes      No

12. Have structural changes, including resurfacing, been made to the pool since the last pool certification?      Yes      No

13. Is the racing course fixed by a moveable bulkhead?      Yes      No  
(If yes, course measurement must be confirmed at the conclusion of the session during which the record time was achieved.)

14. If the primary timing system is electronic, how many touchpads were in each lane?      1      2

15. REFEREE: I certify that the required number of personnel officiated during the above performance and were properly qualified officials, and the described performance complied with the rules of United States Masters Swimming.

Name                     

Signature                     

16. Record application submitted by:

Name                      Phone (    )                     

Address                     

City                      State                      Zip                     

Email                     

Send all information to: Pieter Cath, 35400 Bainbridge Rd., Solon, OH 44139-3029, TopTen@usms.org

**APPENDIX B**

**POOL LENGTH CERTIFICATION FORM**

1. Pool name \_\_\_\_\_ LMSC \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

2. Measurement parameters (circle answer)

- a. Nominal pool length:                         25 yards   25 meters   50 meters
- b. Moveable bulkhead:                             Yes           No
- c. Measuring device (see below):             Steel tape   Laser       Other \_\_\_\_\_
- d. Number of touchpads per lane at time of measurement:   None        One         Two

(In some cases, two touchpads may be used, one at each end of the pool.)

3. Measurements (minimum distances measured)

Distances measured in (circle one):                         feet/inches   or   meters/centimeters

If these measurements are a confirmation of bulkhead placement, only the outermost lanes and a center lane must be measured.

Lane 1 \_\_\_\_\_ Lane 2 \_\_\_\_\_ Lane 3 \_\_\_\_\_ Lane 4 \_\_\_\_\_

Lane 5 \_\_\_\_\_ Lane 6 \_\_\_\_\_ Lane 7 \_\_\_\_\_ Lane 8 \_\_\_\_\_

Lane 9 \_\_\_\_\_ Lane 10 \_\_\_\_\_ Lane 11 \_\_\_\_\_ Lane 12 \_\_\_\_\_

4. Measured by:

Submitted by:

Name \_\_\_\_\_ Name \_\_\_\_\_

Title \_\_\_\_\_ Title \_\_\_\_\_

Address \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_

**Measurement procedures:**

- Note that existing certification forms may be used either from the pool or from USA-S, as long as all lanes have been measured.
- A 25 meter pool measures 82 feet 0.25 inch. A 50 meter pool measures 164 feet 0.50 inch.
- Measurements must be conducted using a measuring device with the minimum measuring quality of a steel tape, at least ± 0.005 m (± 0.20 inch or 0.016 foot), over the nominal distance. A laser measuring device may be used, but it must be as accurate as required for steel tapes.
- Tapes may not be combined to perform the measurements.
- Measurements may be reported in either the English system (feet/inches) or the metric system (meters/centimeters).
- For initial certification, one measurement must be conducted for each lane of competition.
- Inspect each end of the pool. In general, if a protrusion would have an adverse impact on the length of the course in the area where a touchpad would be placed (to 0.80 meter below the surface of the water), the protrusion must be used as a measurement point. Otherwise, measurements must be taken in the center of each lane at water level.
- Measurements may be conducted with or without touchpads in place. If no touchpads are in place at the time of measurement and will be used for competition, the LMSC Top Ten chair will apply a correction of 1 centimeter per lane per pad.
- Permanent courses need only be measured once unless structural changes, including resurfacing, have occurred since original measurement.
- For a pool with a moveable bulkhead, course measurement of the two outside lanes and a middle lane must be confirmed by a responsible person at the conclusion of the session. It is recommended that the bulkhead placement be confirmed prior to the start of the meet.

Maintaining pool length certification forms is an LMSC responsibility. Completed forms should be sent to the Top Ten chair of the LMSC. Attach a copy of this form to record applications if the form is not already on file with the chair of the USMS Records and Tabulation Committee. If a bulkhead is used, a copy of this form for each session must be included with meet results sent to the LMSC Top Ten chair in order to verify bulkhead placement.

**APPLICATION FOR USMS LONG DISTANCE RECORD**

1. **Event** \_\_\_\_\_ 4. **Official time** \_\_\_\_\_  
 1-hour, 5K, 10K, or 3000 postal; 1-mile or 2-mile cable (if applicable) mins:secs:hundredths
2. **Course** \_\_\_\_\_ 5. **Completed distance** \_\_\_\_\_  
 25y, 25m, or 50m pool; 1/4 mile cable (if applicable)

3. **Method of timing** \_\_\_\_\_  
 electronic timing or three stopwatches

**6. Individual events:**

Name	Gender	Birthdate	Age	USMS Number
7. <b>Relay team name</b> _____ <b>Age group</b> _____				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Name (in order of competing)	Gender	Birthdate	Age	USMS Number

8. **Pool name or body of water** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_  
**Date of swim** \_\_\_\_\_ **Sanction #** \_\_\_\_\_ **LMSC** \_\_\_\_\_

9. **Lap counter/timer information (for postal swims only)**  
 Signature \_\_\_\_\_  
 Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_


10. **Course length certification (for open-water cable swims only):**  
 Measurement technique \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

11. **Record application submitted by:**  
 Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Submit this form to the event director when the record swim does NOT take place during a designated national championship. Include a copy of the results and split sheets (for postal swims).



**APPENDIX B**

		<b>United States Masters Swimming SPLIT NOTIFICATION FORM</b>	
Event			
Event #		Heat #	Lane #
Split Event		Time	
Swimmer's Name			
Sex		Age	
Meet		Date	
Approved by:			
<p>Initial split times from an individual or relay event will be accepted as an individual performance and will be considered for a world record/USMS record/Top Ten if recorded by an automatic timing system. In addition, split times for world records will be accepted if recorded by three watches.</p> <p>For an individual event other than backstroke, the request to have a split time recorded must be brought to the attention of the meet referee prior to the conclusion of the meet. For a relay event or an individual backstroke event, the request to have a split time recorded must be brought to the attention of the meet referee prior to the swim.</p>			

## APPENDIX C NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

### USMS NATIONAL CONVENTIONS

**2005 USMS Convention**, Greensboro, N.C., September 11–18. Contact: Sally Ann Dillon, P.O. Box 845, Oak Harbor, WA 98277, (360) 679-5038, [secretary@usms.org](mailto:secretary@usms.org).

**2006 USMS Convention**, Dearborn, Mich., September 10–17. Contact: Sally Ann Dillon, P.O. Box 845, Oak Harbor, WA 98277, (360) 679-5038, [secretary@usms.org](mailto:secretary@usms.org).

### INTERNATIONAL CONVENTIONS

**First International Swimming Congress**, Paris, France, May 18–21, 2005. See [www.ffnatation.fr/webffn/info/docs/der\\_congres\\_2005\\_gbr.pdf](http://www.ffnatation.fr/webffn/info/docs/der_congres_2005_gbr.pdf).

### USMS NATIONAL CHAMPIONSHIP MEETS

**2005 USMS Short Course Championships**, Ft. Lauderdale Aquatic Complex, Ft. Lauderdale, Fla. May 19–22. Contact Laura Voet, 501 Seabreeze Blvd., Ft. Lauderdale, FL 33316, (954) 828-4580, [lvoet@fortlauderdale.gov](mailto:lvoet@fortlauderdale.gov), Contact Stu Marvin, [marvingardens840@comcast.net](mailto:marvingardens840@comcast.net).

**2005 USMS Long Course Championships**, Marguerite Aquatics Center, Mission Viejo, Calif. August 10–14. Contact: Mark Moore. 33055 Dolphin Ct., San Juan Capistrano, CA 92675, (949) 233-6521, [m.w.moore@cox.net](mailto:m.w.moore@cox.net)

**2006 USMS Short Course Championships**, Coral Springs Aquatic Complex, Coral Springs, Fla. May 4–7. Contact: Michael Lohberg, 12241 Royal Palm Blvd., Coral Springs, FL 33065, (954) 345-2121, [mlohberg@aol.com](mailto:mlohberg@aol.com)

**2006 USMS Long Course Championships** will not be held because of the FINA World Masters Championships being held at Stanford, Calif., in August 2006

### USMS LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS.

**2005 USMS 1 Hour Postal Championships**, YMCA Indy SwimFit, January 1–31. Contact: Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220, (317) 253-8289, [goldstein@mindspring.com](mailto:goldstein@mindspring.com).

**2005 USMS 5 and 10 Kilometer Postal Championships (50 meter pools only)**, St. Pete Masters, May 15–September 15. Contact: Christine Swanson, 2536 Maryland Ave., Tampa, FL, (813) 254-4514, [ctswanson@yahoo.com](mailto:ctswanson@yahoo.com). Contact: Livia Zien, 220 24th Ave. N, St. Petersburg, FL, (727) 821-8113, [livia.zien@att.net](mailto:livia.zien@att.net).

**2005 USMS 3000/6000 Yard Postal Championships (25 yard pools only)**, Clemson Aquatic Team, September 15–November 15. Contact: Riley Stevens, 200 Indian Tr., An-

## APPENDIX C

derson, SC 29625, (864) 287-0956, catpostalmeet@aol.com. Contact: Clemson Aquatic Team, P.O. Box 411, Clemson, SC 29633, (864) 287-0956, jelg@innova.net.

**2005 USMS 1 Mile Open Water Championships**, Central Oregon Masters, July 29. Elk Lake, Bend, Ore. Contact: Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, (541) 317-4851, bobbruce13@attglobal.net. Contact: Pam Himstreet, 3339 NW Windward Way, Bend, OR 97701, (541) 385-7770, himstreet@bendcable.com.

**2005 USMS 1–3 Mile Open Water Championships (2.5 km)**, Chicago Masters, September 10. Lake Michigan, Chicago, Ill. Contact: Chris Sheean, 604 Clinton Ave., Oak Park, IL 60304, (312) 857-7087, chris@bigshoulders.org.

**2005 USMS 2-Mile Cable Championships**, Adirondack Masters, July 16. Mirror Lake, Lake Placid, N.Y. Contact: Mary Field, 366 Burgoyne Ave., Saratoga Springs, NY 12866, (518) 583-4048, maryfield@spacemc.com. Contact: Ann Svenson, P.O. Box 425, Greenfield Center, NY 12833, (518) 893-1967, annb48@earthlink.net.

**2005 USMS 3–6 Mile Open Water Championships (5 miles)**, La Jolla Cove Swim Club, August 7. La Jolla Bay, San Diego, Calif. Contact: David Lamott, 2425 Palermo Dr., San Diego, CA 92106, (619) 222-3436, jlamott@pacbell.net. Contact: Steve Dockstader, stevedocks@san.rr.com.

**2005 USMS 6+ Mile Open Water Championships (10 km)**, Swim Florida, October 22. Gulf of Mexico, Ft. Meyers, Fla. Contact: Gregg Cross, 21301 S. Tamiami Trail 320-11, Estero, FL 33928, (239) 462-3322, sushifiend@aol.com. Contact: Bill Nunez, billn@deangelisdiamond.com.

**2006 USMS 1 Hour Postal Championships**, O\*H\*I\*O Masters, January 1–31. Contact: Tom Spence, 50 Solether Ln., Chagrin Falls, OH 44022, (440) 247-7145, talltom13@msn.com. Contact: Laura Kessler, 8056 Amber Ln., Brecksville, OH 44141, (440) 526-9590, swimlaura@ameritech.net.

**2006 USMS 5 and 10 Kilometer Postal Championships (50 meter pools only)**, River City Sharks, May 15–September 15. Contact: Neil Salkind, 734 Indiana St., Lawrence, KS 66044, (785) 841-0947, njs@sunflower.com.

**2006 USMS 3000/6000 Yard Postal Championships (25 yard pools only)**, Rio Grande, September 15–November 15. Contact: Max Veltman, 4006 Roadside Ct., El Paso, TX, (915) 584-0227, max\_veltman@yahoo.com.

**2006 USMS 1 Mile Open Water Championships**, O\*H\*I\*O Masters, July 29. Lake Erie, Cleveland, Ohio. Contact: Tom Spence, 50 Solether Ln., Chagrin Falls, OH 44022, (440) 247-7145, talltom13@aol.com.

**2006 USMS 1–3 Mile Open Water Championships (2.5 km)**, Clemson Aquatic Team, June 17 (tentative). Hartwell Lake, Clemson, S.C. Contact: Jacqueline Grossman, P.O. Box 411, Clemson, SC 29633, (864) 646-8836, jelg@innova.net.

**2006 USMS 2-Mile Cable Championships**, Virginia Masters, July 15. Chris Greene Lake, Charlottesville, Va. Contact: Dave Holland, 504 West Drive Circle, Richmond, VA 23229, (804) 282-6224, dholland@rmc.edu. Contact: Mark Gill, 8429A East Commons Dr., Louisville, KY 40242, (480) 874-7112, markgill@usms.org

**2006 USMS 3–6 Mile Open Water Championships (5 miles)**, Chicago Masters, September 9. Lake Michigan, Chicago, Ill. Contact: Chris Sheean, 604 Clinton Ave., Oak Park, IL 60304, (708) 445-1944, chris@bigshoulders.org.

**2006 USMS 6+ Mile Open Water Championships (10 km)**, Wingshadow, August 13. Horsetooth Reservoir, Fort Collins, Colo. Contact: George Thornton, 1304 Steeplechase Drive, Fort Collins, CO 80524, (970) 482-1818, louiset@comcast.net. Contact: Nicole Vanderpoel, nicolevanderpoel@msn.com.

### INTERNATIONAL MEETS

**2005 Summer National Senior Games—The Senior Olympics**, Pittsburgh, Penn., June 2–11. Contact: David White, National Senior Games Association, P.O. Box 82059, Baton Rouge, LA 82059. (225) 766-6800, nsga@nsga.com.

**2005 World Masters Games**, Edmonton, Canada, July 22–31. See [www.2005worldmasters.com](http://www.2005worldmasters.com).

**2005 IGLA Championships**, Georgia Tech Campus Recreation Center Aquatic Complex, Atlanta, Ga., July 24–25. Contact: Sean Fitzgerald, 847 Wildwood Rd. NE, Atlanta, GA 30324, seanfitzgerald@mindspring.com. More information at [www.igla2005.org](http://www.igla2005.org).

**2005 10th European Masters Championship**, Stockholm, Sweden, August 16–21. Contact: Sven von Holst, Swedish Swimming Federation. See [www.simforbudet.nu/novo/filelib/personal/lasse/emc2005/welcome.pdf](http://www.simforbudet.nu/novo/filelib/personal/lasse/emc2005/welcome.pdf)

**2005 All Americas LATYCAR**, São Paulo, Brazil, October 10–15. Contact: Rua Ararapira 262, 102 CEP 04069-010 SP, São Paulo, Brazil. Phone 55-11-50714618. [apmn1@uol.com.br](mailto:apmn1@uol.com.br).

**2006 Gay Games VII**, Flames Natatorium, University of Illinois at Chicago, July 15–22. More information at [gaygameschicago.org](http://gaygameschicago.org)

**2006 XI World Masters Swimming Championships**, Avery Aquatics Center, Stanford University, August, Stanford, Calif. Contact: Michael Moore, 350 Wayland St., San Francisco, CA 94134-1730, michael@2006FINAMasters.org. More information at [2006FINAMasters.org](http://2006FINAMasters.org).



## APPENDIX D: ZONE AND LMSC BOUNDARIES

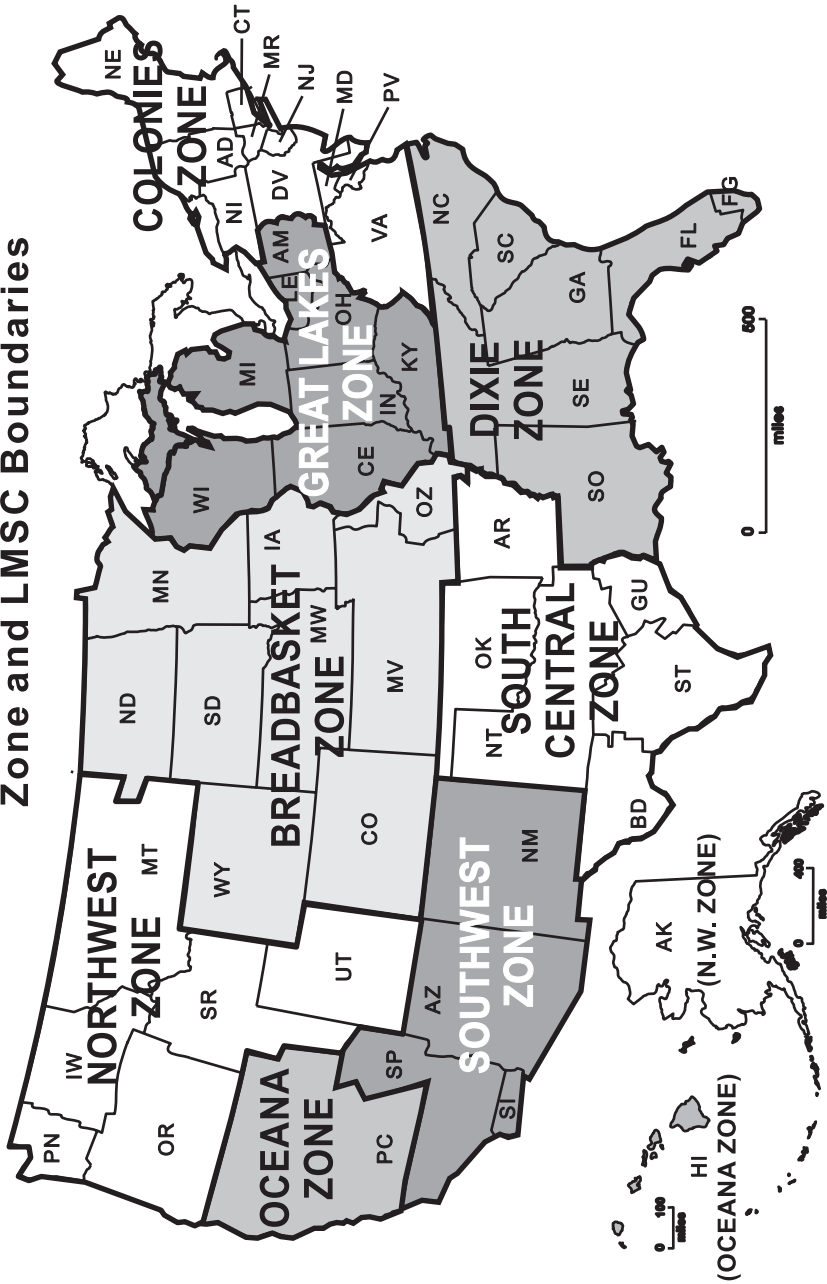
### ZONES

- Breadbasket—Colorado, Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Ozark, South Dakota, Wyoming.
- Colonies—Adirondack, Connecticut, Delaware Valley, Maryland, Metropolitan, New England, New Jersey, Niagara, Potomac Valley, Virginia.
- Dixie—Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, Southern.
- Great Lakes—Allegheny Mountain, Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, Wisconsin.
- Northwest—Alaska, Inland Northwest, Montana, Oregon, Pacific Northwest, Snake River, Utah.
- Oceana—Hawaii, Pacific.
- South Central—Arkansas, Border, Gulf, Oklahoma, North Texas, South Texas.
- Southwest—Arizona, New Mexico, San Diego—Imperial, Southern Pacific.

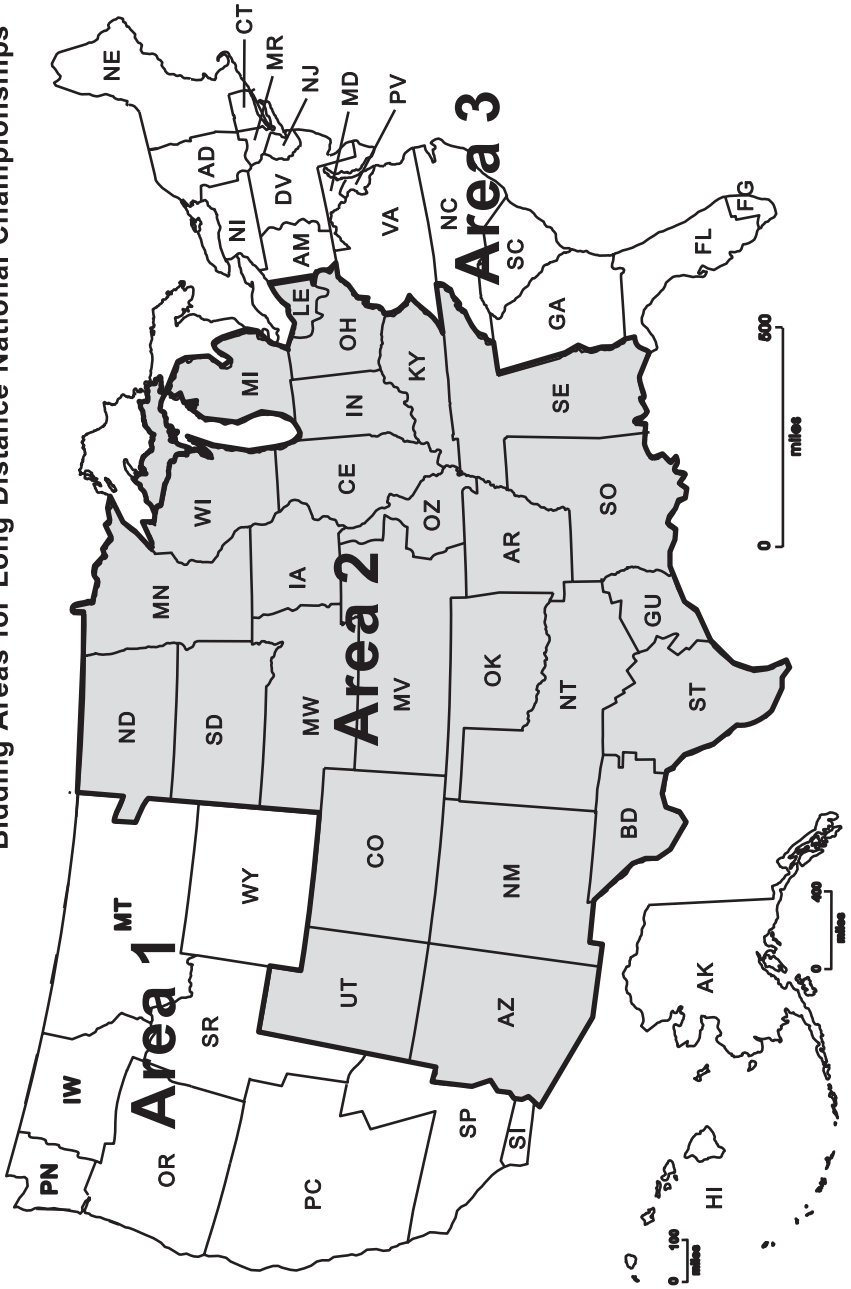
### LMSC NUMERIC CODES AND ABBREVIATIONS

3 AD Adirondack	2 NE New England
56 AK Alaska	7 NJ New Jersey
11 AM Allegheny Mountain	42 NM New Mexico
48 AZ Arizona	4 NI Niagara
23 AR Arkansas	13 NC North Carolina
53 BD Border	52 ND North Dakota
21 CE Central	26 NT North Texas
32 CO Colorado	17 OH Ohio
5 CT Connecticut	27 OK Oklahoma
8 DV Delaware Valley	37 OR Oregon
14 FL Florida	22 OZ Ozark
50 FG Florida Gold Coast	38 PC Pacific
45 GA Georgia	36 PN Pacific Northwest
25 GU Gulf	10 PV Potomac Valley
39 HI Hawaii	44 SI San Diego—Imperial
16 IN Indiana	59 SR Snake River
35 IW Inland Northwest	55 SC South Carolina
40 IA Iowa	54 SD South Dakota
41 KY Kentucky	43 ST South Texas
18 LE Lake Erie	15 SE Southeastern
9 MD Maryland	24 SO Southern
6 MR Metropolitan	33 SP Southern Pacific
19 MI Michigan	34 UT Utah
29 MW Midwestern	12 VA Virginia
30 MN Minnesota	20 WI Wisconsin
28 MV Missouri Valley	58 WY Wyoming
31 MT Montana	

# Zone and LMSC Boundaries



Bidding Areas for Long Distance National Championships





## APPENDIX D

### BIDDING AREAS FOR LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS

**Area 1**—Area 1 shall be composed of the following LMSCs: Alaska, Hawaii, Inland Northwest, Montana, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern Pacific, and Wyoming.

**Area 2**—Area 2 shall be composed of the following LMSCs: Arizona, Arkansas, Border, Central, Colorado, Gulf, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, New Mexico, North Dakota, North Texas, Ohio, Oklahoma, Ozark, South Dakota, South Texas, Southeastern, Southern, Utah, and Wisconsin.

**Area 3**—Area 3 shall be composed of the following LMSCs: Adirondack, Allegheny Mountain, Connecticut, Delaware Valley, Florida, Florida Gold Coast, Georgia, Maryland, Metropolitan, New England, New Jersey, Niagara, North Carolina, Potomac Valley, South Carolina, and Virginia.

### LMSC BOUNDARIES

**Adirondack**—The state of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange, and Dutchess Counties.

**Alaska**—The state of Alaska.

**Allegheny Mountain**—The commonwealth of Pennsylvania west of Potter, Clinton, Center, Huntingdon, and Bedford Counties. In the state of West Virginia the counties of Marshall, Brooke, Ohio, and Hancock. In the state of Ohio the counties of Columbiana, Belmont, and Jefferson.

**Arkansas**—The state of Arkansas. In the state of Texas the County of Bowie.

**Arizona**—The state of Arizona.

**Border**—That part of the state of Texas west of but not including the counties of Val Verde, Sutton, Schleicher, Tom Green, and Coke, and south of but not including the counties of Mitchell, Howard, Martin, and Andrews.

**Central**—The state of Illinois except the counties of St. Clair, Calhoun, Greene, Jersey, Monroe, and Madison.

**Colorado**—The state of Colorado.

**Connecticut**—The state of Connecticut.

**Delaware Valley**—The state of New Jersey south of Mercer and Ocean Counties. The state of Delaware. In the state of Maryland the county of Cecil. The commonwealth of Pennsylvania east of and including Potter, Clinton, Center, Huntingdon, and Bedford Counties.

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

**Florida Gold Coast**—In the state of Florida the counties of Palm Beach, Broward, Dade, Monroe, and that part of Hendry County east of Route 833.

**Georgia**—The state of Georgia.

**Gulf**—That part of the state of Texas bounded on the north by and including the counties of Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; on the east by the

state of Louisiana; on the south by the Gulf of Mexico; and on the west by and including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos, and Matagorda.

**Hawaii**—The state of Hawaii.

**Indiana**—The state of Indiana except the counties of Floyd and Clark.

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

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

**Kentucky**—The commonwealth of Kentucky. In the state of Indiana the counties of Floyd and Clark.

**Lake Erie**—In the state of Ohio the counties of Tuscarawas, Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, and Wayne.

**Maryland**—The state of Maryland except the counties of Cecil, Montgomery, and Prince Georges.

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

**Michigan**—The state of Michigan.

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

**Minnesota**—The state of Minnesota. In the state of Wisconsin the counties of St. Croix, Dunn, and Pierce.

**Missouri Valley**—The state of Kansas. The state of Missouri including and bounded by the counties of Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian, and Taney.

**Montana**—The state of Montana except the counties of Dawson and Wibaux.

**New England**—The states of New Hampshire, Vermont, Rhode Island, and Maine, and the commonwealth of Massachusetts.

**New Jersey**—The state of New Jersey north of and including the counties of Mercer, Monmouth, and Ocean.

**New Mexico**—The state of New Mexico.

**Niagara**—The state of New York west of and including the counties of Oswego, Onondaga, Cortland, and Broome.

**North Carolina**—The state of North Carolina.

**North Dakota**—The state of North Dakota. In the state of Montana the counties of Dawson and Wibaux.

**North Texas**—The state of Texas bounded on the south by but not including the counties of Winkler, Ector, Midland, Glasscock, Sterling, Coke, Runnels, Coleman, Brown,

## APPENDIX D

Mills, Lampasas, Bell, Milam, Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; on the west by the state of New Mexico; on the east by the state of Louisiana and the state of Arkansas; and on the north by the state of Oklahoma and the County of Bowie, Texas.

**Ohio**—The state of Ohio except the counties of Seneca, Crawford, Columbiana, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Jefferson, and Tuscarawas.

**Oklahoma**—The state of Oklahoma.

**Oregon**—The state of Oregon except Malheur County. In the state of Washington the counties of Cowlitz, Clark, Skamania, and that portion of Klickitat County west of Highway 97.

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

**Pacific**—The state of California north of but not including the counties of San Luis Obispo, Kern, and San Bernardino. In the state of Nevada the counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Lander, and Carson City.

**Pacific Northwest**—The state of Washington west of but not including the counties of Okanogan, Chelan, Kittitas, and Yakima, and north of but not including the counties of Cowlitz, Skamania, and Klickitat.

**Potomac Valley**—The District of Columbia. In the state of Maryland the counties of Montgomery and Prince Georges. In the commonwealth of Virginia the counties of Arlington and Fairfax and the Cities of Alexandria, Fairfax, and Falls Church.

**San Diego-Imperial**—In the state of California the counties of San Diego and Imperial.

**Snake River**—The state of Idaho except the counties of Boundary, Bonner, Kootenai, Shoshone, Benewah, Latah, Clearwater, Nez Perce, Lewis, and Idaho. In the state of Nevada the counties of Elko, White Pine, and Eureka. In the state of Oregon the county of Malheur.

**South Carolina**—The state of South Carolina.

**South Dakota**—The state of South Dakota.

**South Texas**—The state of Texas bounded on the east by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca, and Jackson; on the south by the Gulf of Mexico and the Republic of Mexico; on the west by and including the counties of Val Verde, Sutton, Schleicher, Tom Green, and Coke; and on the north by and including the counties of Coke, Runnels, Coleman, Brown, Mills, Lampasas, Bell, and Milam.

**Southeastern**—The state of Alabama. The state of Tennessee. In the state of Florida the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, and Bay, and that part of Jackson and Calhoun Counties west of the Apalachicola River.

**Southern**—The states of Louisiana and Mississippi.

**Southern Pacific**—In the state of California the counties of San Luis Obispo, Kern, Ventura, Los Angeles, San Bernardino, Orange, Riverside, and Santa Barbara. In the state of Nevada the counties of Clark, Esmeralda, Lincoln, and Nye.

**Utah**—The state of Utah.

**Virginia**—The Commonwealth of Virginia except the counties of Arlington and Fairfax and the cities of Alexandria, Fairfax, and Falls Church. The state of West Virginia except the counties of Hancock, Brooke, Ohio, and Marshall.

**Wisconsin**—The state of Wisconsin except the counties of St. Croix, Dunn, and Pierce.

**Wyoming**—The state of Wyoming.



## APPENDIX E: USMS DIRECTORY

### USMS Executive Committee

President.....	Jim Miller, M.D.
Vice President .....	Scott Rabalais
Secretary .....	Sally Ann Dillon
Treasurer .....	Doug Church
Past President.....	Nancy Ridout
Zone Committee Chair.....	Lynn Hazlewood
Legal Counsel .....	Patty Powis

### USMS National Office

Administrator .....	Tracy Grilli
Database Administrator.....	Esther Lyman

### Zone Representatives and LMSC Chairs

#### Breadbasket Zone—Marcia Anziano

Colorado.....	Marcia Anziano
Iowa.....	Norman Bower
Midwestern .....	Erin Sullivan
Minnesota.....	Tina Neill
Missouri Valley .....	Anthony Thompson
North Dakota.....	Jane Owen
Ozark.....	Bruce Hopson
South Dakota.....	Jon Mesmer
Wyoming.....	Donna Griffin

#### Colonies Zone—Debbie Morrin-Nordlund

Adirondack.....	Mary Field
Connecticut .....	Michael Laux
Delaware Valley .....	Steve Kelly
Maryland.....	Patty Devanny
Metropolitan.....	Steve Newman
New England.....	Bob Seltzer
New Jersey.....	Chris McGiffin
Niagara.....	Dan Kornblatt
Potomac Valley .....	Eric Nordlund
Virginia .....	Charlie Cockrell

#### Dixie Zone—Rob Copeland

Florida.....	Tom Bliss
Florida Gold Coast.....	Anne LaBorwit
Georgia.....	Lisa Watson
North Carolina .....	Fritz Lehman
South Carolina .....	Jeffrey Sheldon
Southeastern.....	Steven Fair
Southern .....	Charlie Hoolihan

**APPENDIX E**

**Great Lakes Zone—Mike Lemke**

Allegheny Mountain .....	Joe Skoski
Central .....	Mary Pohlmann
Indiana .....	Dick Sidner
Kentucky .....	William Tingley
Lake Erie .....	Tom Spence
Michigan .....	Frank “Skip” Thompson
Ohio .....	Scott Goertemiller
Wisconsin .....	Dick Pitman

**Northwest Zone—Doug Garcia**

Alaska .....	Pieter De Hart
Inland Northwest .....	Susanne Simpson
Montana .....	Ann Gilbert
Oregon .....	Jeanne Teisher
Pacific Northwest .....	Jeanne Ensign
Snake River .....	Kirk Miller, M.D.
Utah .....	Dennis Tesch

**Oceana Zone—Joan Alexander**

Hawaii .....	Janet Renner
Pacific .....	Michael Moore

**South Central Zone—Marcia Marcantonio**

Arkansas .....	Howard Rutenberg
Border .....	Jane Masters
Gulf .....	Nancy Rossetti
North Texas .....	Elizabeth Johnson
Oklahoma .....	Janet Latham
South Texas .....	David Vandam

**Southwest Zone—Lucy Johnson**

Arizona .....	Sam Perry
New Mexico .....	Garrick Snider
San Diego—Imperial .....	Barbara Dunbar
Southern Pacific .....	Wayne McCauley

## USMS COMMITTEES

### Championship Committee

Barry Fasbender—Chair	Jerry Clark—Vice Chair	Carolyn Boak
Debbie Cavanaugh	Mark Gill	Mel Goldstein
Errol Graham	Heather Hagadorn	Elizabeth Johnson
Kristy King	Mark Moore	Michael Moore
Steve Newnam	Barbara Protzman	Jeff Roddin
Sandi Rousseau	Tom Spence	Diane Stowell
Lisa Watson	Laura Winslow	Ex-officio: Jim Matysek
Ex-officio: Jane A. Moore	Exec. Liaison: Scott Rabalais	

### Coaches Committee

Bob Bruce—Chair	Scott Williams—Vice Chair	Marcia Anziano
Tom Bliss	Chuck Burr	Lee Carlson
Mo Chambers	Bill Cleveland	Michael Collins
Steven Fair	Doug Garcia	Kelley Harkins
Cindy Hawkinson	Emmett Hines	Jacki Hirsty
Kris Houchens	Wayne McCauley	Eric Neilsen
Ed Nessel	Kerry O'Brien	Sara Quan
Janet Renner	Eric Shanks	Joel Stager
Frank "Skip" Thompson	Robert Zeitner	Exec. Liaison: Scott Rabalais

### Communications Committee

Hugh Moore—Chair	Michael Moore—Vice Chair	Meg Smath—Vice Chair
Rich Barkan	Connie Barrett	Helen Bayly
Chris Beardsley	Kathrine Casey	Daniel Cox
Kelly Crandell	Mel Dyck	Susan Ehringer
Sarah Hromada	Mark Hurley	Anne LaBorwit
Raena Latina	Kenn Lowy	Tom Lyndon
Jane Masters	Dennis McManus	Ray Novitske
Margot Pettijohn	Carl Saxton	Donna Schubkegel
Ann Svenson	Bekah Wright	Ex-officio: Tracy Grilli
Ex-officio: Jim Matysek	Ex-officio: Bill Volckening	
Exec. Liaison: Lynn Hazlewood		

### Convention Committee

Michael Heather—Chair	Debbie Cavanaugh—Vice Chair	Jean Fox
Tracy Grilli	Edie Gruender	Lil Haneman
Mary Hull	Cris Meier-Windes	Joanne Tingley
William Tingley	Karol Welling	Rhea Wilkins
Exec. Liaison: Jim Miller, M.D.		



## APPENDIX E

### Finance Committee

Tom Boak—Chair	Ralph Davis—Vice Chair	Joanie Campbell
Trisha Commons	Betsy Durrant	Brad Houston
Conrad Johnson	Lucy Johnson	Jeff Moxie
Anna Lea Roof	Barbara Thomas	Beth Waters
Sarah Welch	Kris Wingenroth	Ex-officio: Margaret Bayless
Ex-officio: Jeanne Ensign	Exec. Liaison: Doug Church	

### Fitness Committee

Pam Himstreet—Chair	Jani Sutherland—Vice Chair	Bill Volckening—Vice Chair
Bobbie Braden	Marianne Brogan	Chuck Burr
Lee Carlson	Laura Collette	Randy Crutchfield
David Grilli	Robbi Holman	Margie Hutinger
Janet Latham	Raena Latina	Tom Mester
Jane A. Moore	Jennifer Parks	Sara Quan
Lisa Rushman	Darlene Staley	Ann Svenson
Jody Welborn	Karol Welling	Bekah Wright
Exec. Liaison: Scott Rabalais		

### History and Archives Committee

Barbara Dunbar—Chair	Meegan Wilson—Vice Chair	Marcia Cleveland
Robbi Holman	Carl House	Danielle Ogier
Gail Roper	Dennis Wilson	Ex-officio: Bill Volckening
Exec. Liaison: Sally Ann Dillon		

### Insurance Committee

Colleen Driscoll—Chair	Cheryl Gettelfinger—Vice Chair	Jack Buchannan
Lee Carlson	Michael Laux	Donna Schubkegel
George Simon	Frank Tillotson	Ex-officio: Peter Crumbine
Ex-officio: Shannon Sullivan	Exec. Liaison: Patty Powis	

### International Committee

Sandi Rousseau—Chair	Myriam Pero—Vice Chair	Bobbie Braden
Peggy Buchanan	Kim Crouch	Sean Fitzgerald
Mark Gill	Bill Grohe	Jacki Hirsty
June Krauser	Lilly Kron	Nancy Miller
Michael Moore	Mark Murphy	Mary Pohlmann
Walt Reid	Manuel Sanguily	Shannon Sullivan
Barbara Thomas	Anthony Thompson	Karol Welling
Phillip Whitten	Laura Winslow	Exec. Liaison: Jim Miller, M.D.

**Legislation Committee**

Rob Copeland—Chair	Jennifer Parks—Vice Chair	Daniel Cox
Marilyn Fink	Sean Fitzgerald	Marie-Pierre Graf
Cindy Hawkinson	Mary Hull	Arni Litt
Marcia Marcantonio	Chris McGiffin	Steve Peterson
Leslie Smith	Richard Smith	Jon Steiner
Erin Sullivan	Meegan Wilson	Ex-officio: Leo Letendre
Ex-officio: Dick Pitman	Ex-officio: Meg Smath	Exec. Liaison: Patty Powis

**Long Distance Committee**

Peter Crumbine—Chair	Marcia Cleveland—Vice Chair	Bob Bruce
Laura Collette	Rob Copeland	Pam Himstreet
Bruce Hopson	Laura Kessler	Randy Nutt
Danielle Ogier	Janet Renner	Steve Schofield
Dick Sidner	Shannon Sullivan	Ann Svenson
Jill Wright	Robert Zeitner	Ex-officio: Marcia Benjamin
Ex-officio: Lynn Hazlewood	Ex-officio: Judy Michel	Ex-officio: Bill Volckening
Ex-officio: Paul Wrangell	Exec. Liaison: Sally Dillon	

**Marketing Committee**

Doug Garcia—Chair	Connie Barrett—Vice Chair	Rich Burns
Joanie Campbell	Bill Cleveland	Randy Crutchfield
Nadine Day	Maria Doelger	Susan Ehringer
Tom Hindle	Kenton Jones	Tom Lyndon
Ray Novitske	Dave Oplinger	Myriam Pero
Nancy Rossetti	Dore Schwab	Ex-officio: Barry Fasbender
Ex-officio: Mel Goldstein	Exec. Liaison: Nancy Ridout	

**Officials Committee**

David Diehl—Chair	Charlie Cockrell—Vice Chair	Judy Gillies
Marie-Pierre Graf	F.H. “Ted” Haartz	Janet Kavadas
Mike Lemke	Leo Letendre	Mark Moore
Eric Nordlund	Edward Saltzman	Steve Schofield
Joan Smith	Erin Sullivan	Frank Tillotson
Dennis Wilson	Ex-officio: Bob Bruce	Ex-officio: Pat Lundsford
Exec. Liaison: Sally Ann Dillon		

## APPENDIX E

### Planning Committee

Betsy Durrant—Chair	Jim Wheeler—Vice Chair	Joan Alexander
Vicki Buccino	Maria Doelger	Laszlo Eger
Gordon Gillin	Kelley Harkins	Michael Heather
Brad Houston	Sarah Hromada	Lucy Johnson
Nancy Miller	Mark Moore	Debbie Morrin-Nordlund
Jeff Moxie	Mark Murphy	Carl Saxton
Erin Sullivan	Exec. Liaison: Doug Church	

### Publications Committee

Meg Smath—Chair	Steve Peterson—Vice Chair	Debbie Cavanaugh
Marilyn Fink	Cheryl Gettelfinger	Tracy Grilli
Dan Gruender	Lil Haneman	Mark Hurley
Anne LaBorwit	Dave Oplinger	C.J. Rushman
Jani Sutherland	Joanne Tingley	Mary Lee Watson
Exec. Liaison: Lynn Hazlewood		

### Recognition and Awards Committee

Kathrine Casey—Chair	Carolyn Boak—Vice Chair	Andrew Bate
Cindy Baxter	Tom Boak	Hill Carrow
Kelly Crandell	Gail Dummer	Steven Fair
Jack Geoghegan	Mel Goldstein	Dan Gruender
Edie Gruender	F.H. “Ted” Haartz	Sarah Hromada
Dr. Paul Hutinger	June Krauser	Michael Laux
Leo Letendre	Jim Miller, M.D.	Hugh Moore
Jane A. Moore	Suzanne Rague	Walt Reid
Nancy Ridout	Sandi Rousseau	Joan Smith
Richard Smith	William Tingley	Mary Lee Watson
Exec. Liaison: Scott Rabalais		

### Records and Tabulation Committee

Pieter Cath—Chair	Mary Beth Windrath—Vice Chair	
John Bauman	Vicki Buccino	Barbara Dunbar
Laszlo Eger	Milton French	Julie Heather
Carl House	Margie Hutinger	Kenton Jones
Ginger Pierson	Walt Reid	Nancy Rossetti
Edward Saltzman	Joan Smith	Melinda Smith
Ed Tsuzuki	Exec. Liaison: Nancy Ridout	

**Registration Committee**

Anna Lea Roof—Chair	George Simon—Vice Chair	James Coleman
Julie Heather	Emmett Hines	John Hughes
Barbara “Babs” Larsen	Arnie Litt	Jeff Roddin
Paul Wrangell	Ex-officio: Tracy Grilli	Ex-officio: Esther Lyman
Exec. Liaison: Nancy Ridout		

**Rules Committee**

Leo Letendre—Chair	Kathrine Casey—Vice Chair	Tom Boak
Peggy Buchanan	Charlie Cockrell	Leianne Crittenden
David Diehl	Judy Gillies	Janet Kavadas
June Krauser	Joseph Kurtzman	Dennis McManus
Kerry O’Brien	Jessica Seaton	Anthony Thompson
William Tingley	Kris Wingenroth	Ex-officio: Bob Bruce
Ex-officio: Rob Copeland	Ex-officio: Jim Lewis	Ex-officio: Meg Smath
Exec. Liaison: Sally Ann Dillon		

**Safety Education Committee**

Shannon Sullivan—Chair	Tom Bliss	Nadine Day
Julie Heather	Amy Patz	Mary Pohlmann
Lisa Rushman	Eric Shanks	Leslie Smith
Jani Sutherland	Anthony Thompson	Jeanette (Jett) Vallandigham
Joanne Wainwright	Jody Welborn	Ex-officio: Colleen Driscoll
Exec. Liaison: Patty Powis		

**Sports Medicine Committee**

Jessica Seaton—Chair	Jody Welborn—Vice Chair	Tom Bliss
Ralph Bovard	Nadine Day	Jean Fox
Doug Huestis	Jane Katz	Laura Kessler
Kristy King	Michael Laux	Wayne McCauley
Don Mehl	Jane A. Moore	Ed Nessel
Mary Pohlmann	Fred Shinn	Joel Stager
Joanne Wainwright	Lisa Watson	Phillip Whitten
Mark Wussler	Exec. Liaison: Jim Miller, M.D.	

**Zone Committee**

Lynn Hazlewood—Chair	Joan Alexander	Marcia Anziano
Rob Copeland	Doug Garcia	Lucy Johnson
Mike Lemke	Marcia Marcantonio	Debbie Morrin-Nordlund

## APPENDIX E

### Ad Hoc ISHOF Nominating Committee

Ginger Pierson—Chair	Carolyn Boak—Vice Chair	Peggy Buchannan
Marcia Cleveland	Barbara Dunbar	Mel Goldstein
F.H. “Ted” Haartz	Graham Johnston	June Krauser
Walt Reid	Exec. Liaison: Jim Miller, M.D.	

### Ad Hoc Legal Counselors Committee

Patty Powis—Chair	Bruce Hopson—Vice Chair	Carl Botterud
Jude Bourque	Hill Carrow	Leianne Crittenden
Ralph Davis	Jack Geoghegan	John Hughes
Michael Laux	Mike Lemke	Nan Stager
Jon Steiner		

### USMS Endowment Fund Board of Governors

Doug Church—Chair	Tom Boak	Sally Ann Dillon
Barbara Dunbar	Betsy Durrant	Doug Garcia
Mel Goldstein	Dan Gruender	F.H. “Ted” Haartz
Lynn Hazlewood	June Krauser	Michael Laux
Jim Miller, M.D.	Patty Powis	Scott Rabalais
Nancy Ridout	Jessica Seaton	Bill Volckening

### Board of Directors Grievance Panel

Peter Crumbine—Chair	Kathrine Casey	David Diehl
Doug Garcia	Julie Heather	Leo Letendre
Hugh Moore	Jessica Seaton	Meg Smath

### USMS Hearing Panel

Carolyn Boak—Chair	Peggy Buchannan	Kathrine Casey
Jerry Clark	Bill Cleveland	Charlie Cockrell
Peter Crumbine	David Diehl	Doug Garcia
Errol Graham	Julie Heather	Laura Kessler
Kristy King	Leo Letendre	Hugh Moore
Ginger Pierson	Jeff Roddin	Jessica Seaton
Meg Smath	Joan Smith	Kris Wingenroth

**SPECIAL APPOINTMENTS AND LIAISONS****ASUA Representatives**—Jim Miller, M.D.**Controller**—Margaret Bayless**FINA Representative (until February 2005)**—June Krauser**FINA Representative (as of February 2005)**—Nancy Ridout**Internal Auditor**—Jeanne Ensign**International Swimming Hall of Fame Liaison**—June Krauser**National Senior Games Liaison**—William Tingley**National Sponsor Liaison**—Mel Goldstein**National Publication Editor**—Bill Volckening**Parliamentarian**—Jim Wheeler**U.S. Aquatic Sports Representative**—Jim Miller, M.D.**U.S. Olympic Committee Liaison**—Hill Carrow**USA Swimming Liaison to USMS**—John Walker**USMS Grievance Panel Chair**—Carolyn Boak**USMS Liaison to International Gay and Lesbian Aquatics**—  
Mark Wussler**USMS Liaison to USA Swimming**—F.H. “Ted” Haartz**USMS Liaison to USA Triathlon**—Cindy Hawkinson**USMS Liaison to U.S. Olympic Training Center**—Nancy Ridout**USMS Liaison to YMCA**—Stu Marvin**USMS Webmaster/IT Director**—Jim Matysek**ALPHABETICAL DIRECTORY**

NOTE: The alphabetical directory has been removed from the on line version to help prevent address harvesting by spammers. To obtain an electronic copy of the directory, contact the USMS National Office at 1-800-550-SWIM



## APPENDIX F: USMS HISTORY

### RECIPIENTS OF THE RANSOM J. ARTHUR AWARD

This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters swimming.

1973	Ransom J. Arthur	1990	Jack Geoghegan
1974	June Krauser	1991	Tom Boak
1975	Hal Onusseit	1992	Walt Reid
1976	F.H. "Ted" Haartz	1993	Kathrine Casey
1977	Dr. Paul Hutinger		Gail Dummer
1978	Mildred Anderson	1994	Nancy Ridout
	Hamilton Anderson	1995	Mary Lee Watson
1979	Ray Taft	1996	Suzanne Rague
	Zada Taft	1997	Mel Goldstein
1980	Enid Urich	1998	William Tingley
	Ed Reid Sr.	1999	Jim Miller, M.D.
1981	Cindy Baxter	2000	Joan Smith
1982	Harry Rawstrom		Richard Smith
1983	Dorothy Donnelly	2001	Carolyn Boak
1984	Reg Richardson	2002	Hugh Moore
1985	Michael A. Laux		Jane A. Moore
1986	Judge Robert Beach	2003	Sandi Rousseau
1987	Ross Wales	2004	Leo Letendre
1988	John Spannuth		
1989	Dan Gruender		
	Edie Gruender		

### RECIPIENTS OF THE SPEEDO/USMS COACH-OF-THE-YEAR AWARD

This award is presented annually to the coach who has done the most to further the objectives of Masters swimming.

1986	Jim Miller, M.D.	1995	Scott Rabalais
1987	Kerry O'Brien	1996	Mo Chambers
1988	Keith Bell	1997	Bonnie Adair
1989	William Tingley	1998	Ed Nessel
1990	Michael Collins	1999	Ron Johnson
1991	Judy Bonning	2000	Frank L. Thompson
1992	Clay Evans	2001	Mel Goldstein
	Gerry Rodrigues	2002	Jim Montgomery
1993	Coach Emmett Hines	2003	Bob Bruce
1994	Todd Samland	2004	Scott Williams



## APPENDIX F

### RECIPIENTS OF THE DOROTHY DONNELLY USMS SERVICE AWARD (2004)

As a volunteer-driven organization, USMS is forever grateful to the hundreds of talented volunteers who give their time, talent, and expertise to help all phases of our programs. Among those volunteers there are some whose service stands out in its scope, its impact on the program, and the numbers of USMS members who have benefitted from their efforts on the local, regional, and national level.

Joan Alexander	Trisha Commons	Marilyn Fink
Cheryl Gettelfinger	Mary Hull	David Lamott
Dennis McManus	Chris Meier-Windes	Mark Moore
Jeff Moxie	Anna Lea Roof	George Simon
Dotty Whitcomb	Mary Beth Windrath	Robert Zeitner

### USMS ATHLETES INDUCTED INTO THE INTERNATIONAL SWIMMING HALL OF FAME

1990	Ransom Arthur	1998	Jayne Bruner
1994	June Krauser		Graham Johnston
1995	Clara Walker	1999	Maxine Merlino
	Gus Langner		Kelley Lemmon
1996	Ardeth Mueller	2000	Barbara Dunbar
	Ray Taft	2003	Laura Val
1997	Gail Roper		
	Tim Garton		

### USMS ATHLETES INDUCTED INTO THE INTERNATIONAL MASTERS SWIMMING HALL OF FAME

1990	Ransom Arthur	1998	Jayne Bruner
1994	June Krauser		Graham Johnston
1995	Clara Walker	1999	Maxine Merlino
	Gus Langner		Kelley Lemmon
1996	Ardeth Mueller	2000	Barbara Dunbar
	Ray Taft	2003	Laura Val
1997	Gail Roper	2004	Aldo da Rosa
	Tim Garton		Dr. Paul Hutinger
			Frank Piemme

## RECIPIENTS OF THE USMS NEWSLETTER-OF-THE-YEAR AWARD

This award is presented annually to the most outstanding LMSC or club newsletter.

1994	<i>Gulf Masters Newsletter</i> (Gulf LMSC)	Sheila Baskett, editor
1995	<i>Swimmer's Source</i> (Southern Pacific LMSC)	Bonnie Adair & Clay Evans, editors
1996	<i>NEM News</i> (New England Masters)	Tom Lyndon, editor
1997	<i>The Record Times</i> (Davis Aquatics)	Nancy Ottom & Cathy Carr West, editors
1998	<i>The Florida Newsletter</i> (Florida LMSC)	Jim Donnelly, editor
1999	<i>Barracuda Bulletin</i> (Tualatin Hills Barracudas)	Bill Volckening, editor
2000	<i>The Wet Set</i> (Pacific Northwest LMSC)	Sandy McNeel, editor
2001	<i>West Hollywood Aquatics Newsletter</i> (West Hollywood Aquatics)	Carl Anhalt, editor
2002	<i>The Watershed</i> (Dynamo Swim Club)	Maria Karanungen, editor; David Shinn, designer
2003	<i>Splash Masters</i> (Inland Northwest LMSC)	Doug Garcia, editor
2004	<i>Aqua-Master</i> (Oregon LMSC)	Dave Radcliffe, editor

## RECIPIENTS OF THE RALEIGH AREA MASTERS NATIONAL CHAMPIONSHIP AWARD

This award is presented annually to the person who has contributed the most to USMS national championship meets.

1993	Paul Windrath, Wayde Mulhern, June Krauser
1994	Gene Donner, George McVey, Betty Barry, Tom Boak
1995	John Zell, Mel Goldstein
1996	Ted Haartz
1997	Sandi Rousseau
1998	Stu Marvin
1999	Jim Matysek
2000	Anneliese and Walt Eggert
2001	Hugh and Jane A. Moore
2002	Carolyn Boak
2003	Mark Gill
2004	Hill Carrow

## APPENDIX F

### USMS FITNESS AWARD

The U.S. Masters Swimming Fitness Committee annually presents the USMS Fitness Award to individuals and organizations demonstrating outstanding contribution to fitness activities within USMS.

- 1997 February Fitness Challenge, Crawfish Masters; Scott Rabalais, event director
- 2000 February Fitness Challenge, Tualatin Hills Barracudas; Bill Volckening, event director
- 2002 Bill Volckening, Fitness Web administrator and director of 2002 Check-Off Challenge
- 2003 Pam Himstreet, Oregon Masters, USMS Fitness Committee Chair; Florida Maverick Masters, Paul and Margie Hutinger, directors
- 2004 Jody Welborn, Oregon Masters, Check-Off Challenge event director

### USMS NATIONAL CHAMPIONSHIP MEETS

Short Course Championships				Long Course Championships		
Year	Date	Location	Swimmers	Date	Location	Swimmers
1970	5/2-3	Amarillo, Tex.	46			
1971	5/7-8	Amarillo, Tex.	108			
1972	5/19-21	San Mateo, Calif.	325	8/11-13	Bloomington, Ind.	188
1973	5/18-20	Santa Monica, Calif.	500	8/10-12	Chicago, Ill.	500
1974	5/17-19	Ft. Lauderdale, Fla.	561	9/6-8	Santa Clara, Calif.	584
1975	5/16-18	Ft. Lauderdale, Fla.	663	8/29-31	Knoxville, Tenn.	394
1976	5/14-16	Mission Viejo, Calif.	800	8/27-29	St. Louis, Mo.	514
1977	5/13-15	Ft. Lauderdale, Fla.	611	8/25-28	Spokane, Wash.	525
1978	5/19-21	San Antonio, Tex.	560	8/31-9/3	Providence, R.I.	540
1979	5/4-7	Mission Viejo, Calif.	1020	8/23-26	Dearborn, Mich.	689
1980	5/16-18	Ft. Lauderdale, Fla.	875	8/29-9/1	Santa Clara, Calif.	987
1970	5/2-3	Amarillo, Tex.	46			
1971	5/7-8	Amarillo, Tex.	108			
1972	5/19-21	San Mateo, Calif.	325	8/11-13	Bloomington, Ind.	188
1973	5/18-20	Santa Monica, Calif.	500	8/10-12	Chicago, Ill.	500
1974	5/17-19	Ft. Lauderdale, Fla.	561	9/6-8	Santa Clara, Calif.	584
1975	5/16-18	Ft. Lauderdale, Fla.	663	8/29-31	Knoxville, Tenn.	394
1976	5/14-16	Mission Viejo, Calif.	800	8/27-29	St. Louis, Mo.	514
1977	5/13-15	Ft. Lauderdale, Fla.	611	8/25-28	Spokane, Wash.	525
1978	5/19-21	San Antonio, Tex.	560	8/31-9/3	Providence, R.I.	540
1979	5/4-7	Mission Viejo, Calif.	1020	8/23-26	Dearborn, Mich.	689
1980	5/16-18	Ft. Lauderdale, Fla.	875	8/29-9/1	Santa Clara, Calif.	987
1981	5/23-26	Irvine, Calif.	1209	8/13-16	Canton, Ohio	741
1982	5/21-24	The Woodlands, Tex.	910	8/26-29	Portland, Ore.	915
1983	5/28-31	Ft. Lauderdale, Fla.	1208	8/25-28	Indianapolis, Ind.	908
1984	5/26-29	Industry Hills, Calif.	1227	8/23-26	Raleigh, N.C.	840
1985	5/10-13	Milwaukee, Wisc.	1021	8/17-20	Providence, R.I.	800
1986	5/15-18	Fort Pierce, Fla.	1231	8/21-24	Portland, Ore.	933
1987	5/15-18	Stanford Univ., Calif.	2328	8/21-24	The Woodlands, Tex.	872
1988	5/19-23	Austin, Tex.	1405	8/25-28	Buffalo, N.Y.	1071
1989	5/4-7	Boca Raton, Fla.	1755	8/17-20	Grand Forks, N.D.	586
1990	5/18-21	Los Angeles, Calif.	1592	8/17-20	The Woodlands, Tex.	829
1991	5/16-19	Nashville, Tenn.	1529	8/22-25	Elizabethtown, Ky.	720
1992	5/21-24	Chapel Hill, N.C.	1502	8/20-23	Federal Way, Wash.	1150
1993	5/20-23	Santa Clara, Calif.	2055	8/19-22	Minneapolis, Minn.	1085
1994	5/13-16	Tempe, Ariz.	1912	8/25-28	Buffalo, N.Y.	716

## USMS NATIONAL CHAMPIONSHIP MEETS (Continued)

Year	Short Course Championships			Long Course Championships		
	Date	Location	Swimmers	Date	Location	Swimmers
1995	5/18–21	Ft. Lauderdale, Fla.	1992	8/24–27	Gresham, Ore.	1010
1996	5/9–12	Cupertino, Calif.	2048	8/21–25	Ann Arbor, Mich.	1176
1997	5/15–18	Federal Way, Wash.	1438	8/14–17	Orlando, Fla.	881
1998	5/7–10	Indianapolis, Ind.	1738	8/20–23	Ft. Lauderdale, Fla.	922
1999	5/13–16	Santa Clara, Calif.	2060	8/19–23	Minneapolis, Minn.	949
2000	4/27–30	Indianapolis, Ind.	1390	8/17–20	Baltimore, Md.	1380
2001	5/17–20	Santa Clara, Calif.	1850	8/16–19	Federal Way, Wash.	959
2002	5/14–17	Honolulu, Hawaii	1103	8/16–19	Cleveland, Ohio	1022
2003	5/15–18	Tempe, Ariz.	1922	8/13–17	Rutgers, N.J.	871
2004	4/22–25	Indianapolis, Ind.	1564	8/12–15	Savannah, Ga.	1084
2005	5/19–22	Ft. Lauderdale, Fla.		8/10–14	Mission Viejo, Calif.	
2006	5/4–7	Coral Springs, Fla.		Not held this year due to World Championships		

## WORLD CHAMPIONSHIP MEETS

Year	Date	Location	Swimmers
1986	7/12–16	Tokyo, Japan	3400
1988	10/9–16	Brisbane, Australia	3594
1990	8/6–13	Rio de Janeiro, Brazil	1685
1992	6/25–7/5	Indianapolis, Ind., USA	2406
1994	6/4–10	Montreal, Canada	3474
1996	6/23–7/2	Sheffield, England	3837
1998	6/19–27	Casablanca, Morocco	1954
2000	7/27–8/9	Munich, Germany	6184
2002	3/21–4/3	Christchurch, New Zealand	2386
2004	6/3–31	Riccione, Italy	6306
2006	8/	Palo Alto, Calif., USA	

## USMS ANNUAL MEETINGS AND NATIONAL OFFICERS

1971	Lake Placid, N.Y.	
1972	Kansas City, Kan.	Ransom J. Arthur P, Judge Robert Beach VP
1973	W. Yellowstone, Mont.	Ransom J. Arthur P, Judge Robert Beach VP
1974	Washington, D.C.	June Krauser P, David Beardsley S
1975	New Orleans, La.	June Krauser P, David Beardsley S
1976	Phoenix, Ariz.	June Krauser P, David Beardsley S
1977	Columbus, Ohio	June Krauser P, F.H. "Ted" Haartz S
1978	San Antonio, Tex.	F.H. "Ted" Haartz P, Enid Ulrich S
1979	Las Vegas, Nev.	F.H. "Ted" Haartz P, Don Rankin VP, Enid Ulrich S, Reg Richardson T, Bobbi Turcotte ZC
1980	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Ulrich S, Reg Richardson T, Bobbi Turcotte ZC
1981	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Ulrich S, Reg Richardson T, Bobbi Turcotte ZC
1982	Memphis, Tenn.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Bobbi Turcotte ZC
1983	Cincinnati, Ohio	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1984	Indianapolis, Ind.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC

## APPENDIX F

### USMS ANNUAL MEETINGS AND NATIONAL OFFICERS (Continued)

1985	Phoenix, Ariz.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Dore Schwab ZC
1986	Fort Worth, Tex.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Dore Schwab ZC
1987	Atlanta, Ga.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1988	St. Louis, Mo.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1989	Portland, Ore.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Pat Maley ZC
1990	Pittsburgh, Pa.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Pat Maley ZC
1991	Louisville, Ky.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1992	Minneapolis, Minn.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1993	Los Angeles, Calif.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1994	Kansas City, Mo.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1995	Houston, Tex.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1996	Orlando, Fla.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1997	Burlingame, Calif.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1998	Cincinnati, Ohio	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
1999	San Diego, Calif.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
2000	Kissimmee, Fla.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
2001	Louisville, Ky.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Lynn Hazlewood ZC
2002	Dallas/Ft. Worth, Tex.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC (Wayne McCauley, acting ZC)
2003	San Diego, Calif.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2004	Orlando, Fla.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2005	Greensboro, N.C.	
2006	Dearborn, Mich.	

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