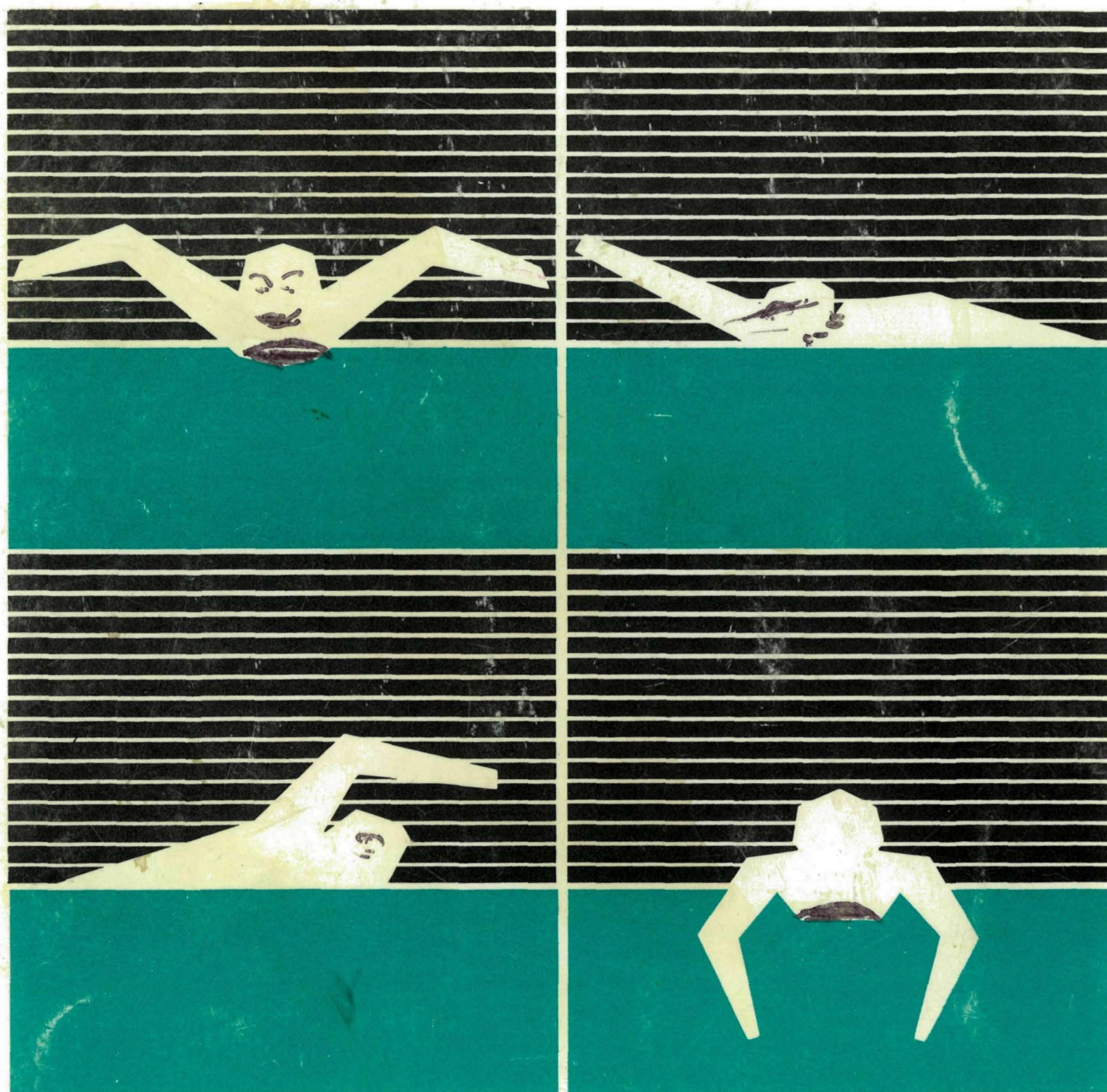
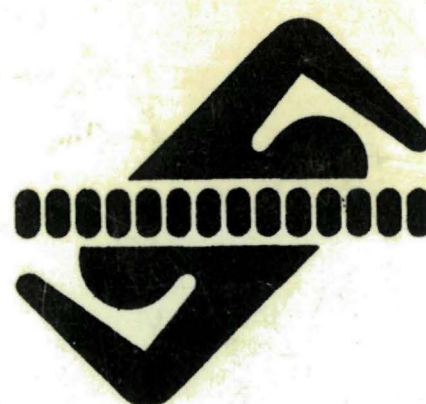


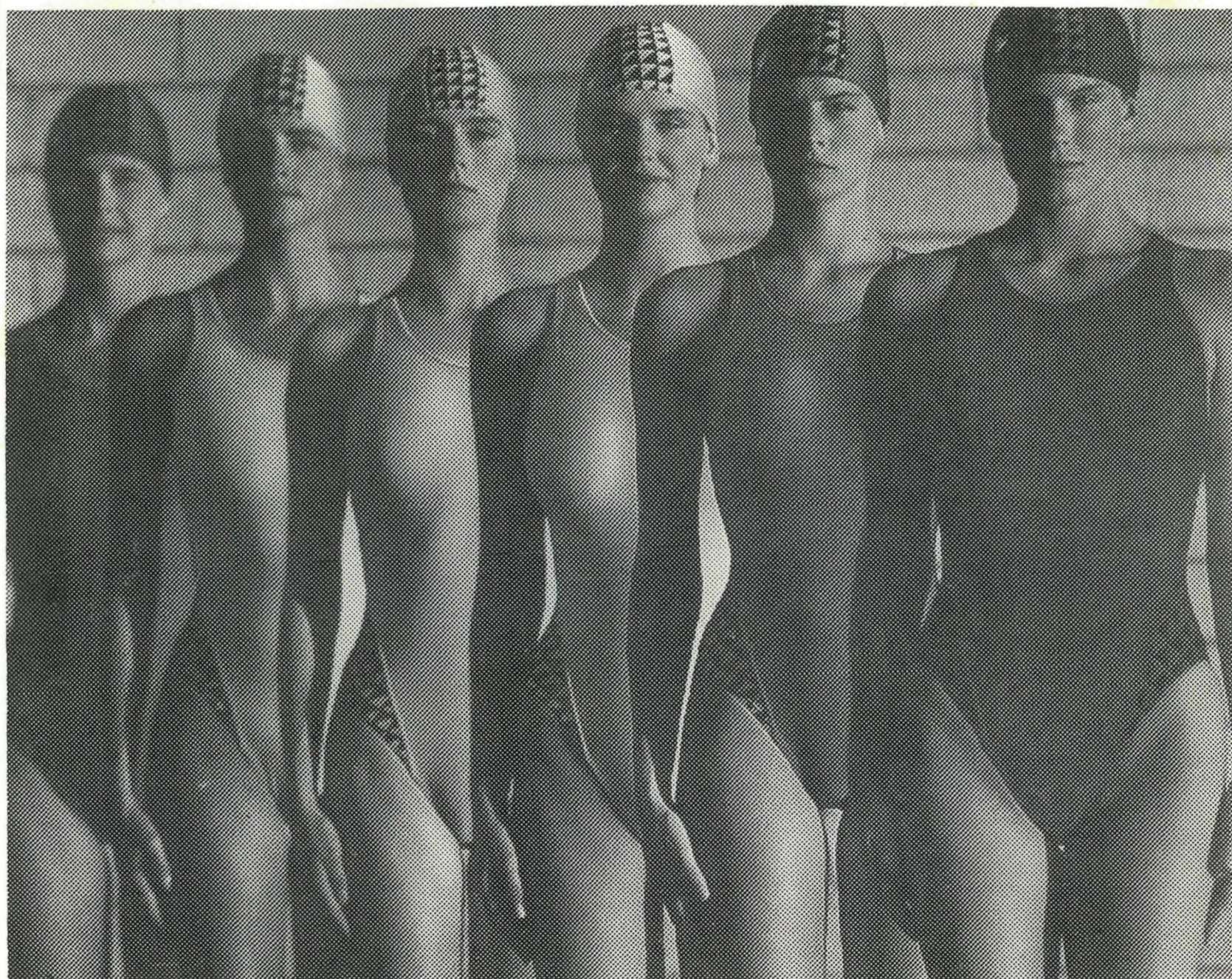
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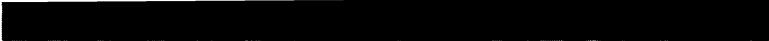


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United States Masters Swimming Code of Regulations and Rules of Competition

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Cover designed by Stephen Hogan of DC Masters. The 1990 cover design reflects the technical perfection that Masters swimmers constantly strive for in workout routines and ultimately in competition.

UNITED STATES MASTERS SWIMMING, INC.

EXECUTIVE COMMITTEE:

President - Daniel Gruender, 3329 N. Valencia Lane, Phoenix, AZ 85018

Vice-President - Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947

Secretary - Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220

Treasurer - Suzanne Rague, 263 West End Avenue #9C, New York, NY 10023

Past President - Thomas D. Boak, 12000 Sawmill Road #110, The Woodlands, TX 77380

Legal Counsel - Jack Geoghegan, 155 Osborn Road, Rye, NY 10580

Chairman, Zone Committee - Pat Maley, 5450 Foley Road, Cincinnati, OH 45238

NATIONAL OFFICE:

Executive Secretary - Dorothy Donnelly, 2 Peter Avenue, Rutland, MA 01543,
(508) 886-6631

National Registrar - Enid Uhrich, P.O. Box 5039, Sun City Center, FL 33571
(813) 634-7564

MAJOR CHANGES FOR 1990

Backstroke Start: For short course meters and long course meters events, the swimmer's feet including the toes must be under the surface of the water. (Article 101.3.1)

Liability Release: Effective January 1, 1990, all meet entry forms must contain the following language and must be signed by the person entering a meet. Effective September 1, 1990, all registration forms must contain the following language and must be signed by the person registering for USMS.

"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. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against 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, as a condition of my participation in Masters Swimming."
(Articles 201.1.2B and 202.1.1G4)

Transfers: Swimmers transferring from one LMSC to another need not present a transfer from the previous LMSC. Swimmers need not serve 60 days unattached when transferring representation from one club to another if the transfer takes place at the time of annual registration. (Article 201.2.3)

National Championship Meet Scoring: All National Championship Meet scoring and awards shall always be treated as if the meet is swim in a ten-lane pool, regardless of the number of lanes actually available. (Article 102.11.4)

National Championship Meet Program: At the option of the meet director and with the approval of the Championship Committee, the 1000/1650 yards and the 800/1500 meters freestyle may be swum as the first day program. (Article 205.5.11)

Certification of Meet Officials: For all Masters swimming meets, one of the key meet officials (referee, starter, stroke and turn judge) should be a USS or YMCA certified official. (Article 102.16.2)

Sanction Statement: Entry blanks and programs must bear the statement, *"Sanctioned by (LMSC name) for USMS, Inc. Sanction number: _____."*
(Article 202.1.G3)

LMSC Name Change: Middle Atlantic will be known as Delaware Valley. (Appendix D)

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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 organizations, the participants, and the competitors in the spirit of good sportsmanship.

GOALS AND OBJECTIVES OF UNITED STATES MASTERS SWIMMING

- A To offer the opportunity to continue or initiate conditioning, competition, and camaraderie ^{for} in those adults who are swimming enthusiasts.
- B To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
- C To offer encouragement to individuals, clubs, organizations, and communities in organizing and conducting life-long physical, recreational, and competitive Masters programs.
- D To enhance fellowship among participants in Masters programs.
- E To stimulate participation in Masters programs at all possible levels of involvement by physical educators, recreation personnel, clubs, businesses, communities, and other organizations.
- F To stimulate research in the sociology, psychology, and physiology of Masters participation at basic and clinical research levels.
- G To ^{Support the} investigate the benefits of continued exercise on lifestyle, cardiopulmonary status, musculoskeletal status, and neuropsychological status, and to understand its role in aging and debilitating processes.

GLOSSARY

Aggregate (Composite) Time - times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.

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

Approved Meet - a designated meet conducted by organizations other than USMS from which swimmers may have their times accepted for recording purposes by USMS. An observer designated by USMS must be present to attest that the conduct of competition conforms to all relevant USMS rules and meet standards.

Body - the torso, including shoulders and hips.

Calm State or Surface - normal level surface of water without turbulence.

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

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

Corporation - United States Masters Swimming, Inc. (USMS).

Course - designated distance over which the competition is conducted.

- * **Long Course** - 50 meters (55 yards to be recorded as 50 meters).
- * **Short Course** - 25 yards or 25 meters.

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

Deck Seeded - all events are seeded at the meet with entries received prior to or at the meet.

Dual Meet - competition between two clubs.

End of Course - designated wall for turns or finishes.

Event - any race or series of races in a given stroke and distance.

FINA - Federation Internationale de Natation Amateur (International Federation of Amateur Swimming).

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

Foreign Swimmer - athlete member of a country or swimming federation, other than the Corporation, who competes in USMS sanctioned events.

Forward Start - forward entry facing the course; the start may be taken from the starting block, the pool deck, or a push from the wall (while in the water).

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

His - generic term of reference designating female and male equally.

Horizontal - parallel to the surface level of the water.

I. O. C. - 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 ~~each lane~~.

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

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 failure, ~~not a human failure by the swimmer.~~

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

Mark - (take your) starting position.

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

May - permissive, not mandatory.

Meet - an event or series of events held under a single sanction or approval and conducted within ten consecutive days, except for postal meets.

Member - an individual, club, or organization registered with the Corporation.

MSI - Masters Swimming International.

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

Pool - the physical facility in which the competition is ~~actually~~ conducted.

Propulsive - having the power to propel.

Registered - enrolled as a member of the Corporation and the LMSC.

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

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

Scissor - use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

Scratch (~~from an event~~) - withdraw an entry, or fail to report to the assigned lane in the assigned heat.

Seed - distribute swimmers among the required number of heats and/or lanes, based on submitted times.

Seeding (Pre-Seeded Heats) - prior to the competition, swimmers are arranged in heats in events according to submitted times.

Shall - mandatory.

Simultaneously - at the same instant.

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

Still Water - water contained within four walls or landlocked, which has no perceptible current or movement other than that caused by wind or by other swimmers.

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

Suspension - deprivation of all rights of membership in the Corporation.

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

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

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

USAS - United States Aquatic Sports, Inc.

USMS - United States Masters Swimming, Inc.

USS - United States Swimming, Inc.

Wall - the vertical portion of the pool wall, 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.

Zone - a geographic section of the country that includes all LMSCs within that section. There are seven zones divided as follows:

- * **Breadbasket** - Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Ozark, South Dakota.
- * **Colonies** - Adirondack, Connecticut, Delaware Valley, Maryland, Metropolitan, New England, New Jersey, Niagara, Potomac Valley, Virginia.
- * **Continental Divide** - Arizona, Colorado, Montana, New Mexico, Utah, Wyoming.
- * **Dixie** - Florida Gold Coast, Florida, Georgia, North Carolina, South Carolina, Southeastern, Southern.

- * **Heartland** - Allegheny Mountain, Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, ~~West Virginia~~, Wisconsin.
- * **Oceana** - Alaska, Central California, Hawaii, Inland Empire, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern Pacific.
- * **South Central** - Arkansas, Border, Gulf, Oklahoma, South Texas, Southwestern, West Texas.

The actual "Zone"
divisions
Should NOT be
in glossary

PART ONE: TECHNICAL RULES

All provisions under *Part One: Technical Rules*, unless otherwise specified, are effective beginning January 1, 1990 and until changed. Rules in effect on the first day of a meet shall govern throughout the meet.

Part One: Technical Rules is based upon Articles 101 and 102 of the U. S. Swimming Technical Rules which, as amended, will govern all Masters 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 where events are held.

ARTICLE 101: INDIVIDUAL STROKES AND RELAYS

101.1. BREASTSTROKE

- .1 Start** - The forward start shall be used. (See Article 102.18.2A)
- .2 Stroke** - From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast on, under, or over the surface of the water and 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.
- .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.

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

101.2. BUTTERFLY

- .1 **Start** - The forward start shall be used. (See Article 102.18.2A)
- .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 him to the surface. From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.
- .3 **Kick** - All up and down movements of the legs and feet must be simultaneous. The position of the legs and 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. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke kick, except after the last such kick before the turn or finish. A scissors kicking movement is not permitted.
- .4 **Turns** - At each turn the body shall be on the breast and the shoulders in line with the water surface. 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.
- .5 **Finish** - At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast and the shoulders in line with the water surface.

101.3. BACKSTROKE

- .1 **Start**
 - A **Short course yards** - The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the

starting grips. The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either hand from the starting grips or the pool edge. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

B Short course meters and long course meters - 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 swimmer's feet including the toes shall be placed under the surface of the water. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

- .2 **Stroke** - The swimmer shall push off on his back and continue swimming on his back throughout the race. Standing in or on the gutter (all courses) or curling the toes over the lip of the gutter (short course meters or long course meters) is not permitted immediately after the start.
- .3 **Turns** - The swimmer's head, shoulder, foremost hand, or arm must touch the end of the course. The shoulders must not turn over beyond the vertical before the touch is made. It is permissible to turn the shoulders beyond the vertical after the touch, however, on the push-off the swimmer must return to a position where the shoulders are at or past the vertical toward the back before the feet leave the wall.
- .4 **Finish** - The swimmer shall have finished the race when any part of the swimmer touches the wall.

101.4. FREESTYLE

- .1 **Start** - The forward start shall be used. (See Article 102.18.2A)
- .2 **Stroke** - Freestyle means that in an event so designated the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke.
- .3 **Turns** - Upon completion of each length, the swimmer must touch the wall.
- .4 **Finish** - The swimmer shall have finished the race when any part of his person touches the wall.

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

- .1 The stroke and turns for each stroke shall follow the prescribed rules for each stroke.
- .2 The turns from one stroke to another shall be considered turns, not finishes, and are as follows:
 - A Butterfly to backstroke** - Once a legal touch has been made, the swimmer may turn in any manner desired. The swimmer must have

returned to a position where the shoulders are at or past the vertical toward the back before the feet have left the wall.

B Backstroke to breaststroke - Once a legal touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.

C Breaststroke to freestyle - Once a legal touch has been made, the swimmer may turn in any manner desired.

.3 Finish - The swimmer shall have finished the race when any part of his person touches the wall.

101.6. RELAYS

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

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

.3 Rules Pertaining to Relay Races

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

B When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his lane at the end of the course to have finished his leg of the relay race.

C In relay races a swimmer other than the first swimmer shall not start until his teammate has concluded his leg.

D Any relay team member and his relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted and before all swimmers of all teams have finished the race.

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 Each relay team member shall leave the water immediately upon finishing his leg, except 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 may be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle; mixed 200 medley and 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle.
- H** In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground, deck, or wall) before his preceding teammate touches the wall shall be disqualified.

**ARTICLE 102:
CONDUCT AND OFFICIATING OF
ALL SWIMMING COMPETITION**

102.1. ELIGIBILITY

- .1** Swimmers 19 years of age and over may register with USMS but may not compete in national competition until they are 25 years of age.
- .2** Those swimmers registered for Masters meets may participate in non-USMS aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in USMS competition. However, any times achieved in non-sanctioned or non-approved activities will not be recorded for official purposes and cannot be used for association rankings or national top ten, All-American status, or qualification times for USMS National Championship Meets if qualification times become necessary in the future.

102.2. AGE DETERMINING DATE - The eligibility of a participant for a particular age group will be determined by his age as of the last day of the meet.

102.3. AGE GROUPS

- .1 Individual Events** - 19-24 (not to be swum at National Championship Meets), 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, and 95 and over.
- .2 Relay Events**
 - A Short Course (25 yard)** - 19+ (not to be swum at National Championship Meets), 25+, 35+, 45+, 55+, 65+, 75+, and 85+. The age of the youngest relay team member shall determine the age group.
 - B Short Course (25 meter) and Long Course (50 meter)** - 76+ (not to be swum at National Championship Meets), 100+, 120+, 160+, 200+, 240+, 280+, and 320+. The aggregate age of the four relay team members shall determine the age group.

102.4. 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 on any one day. Planning should provide for adequate meal and rest breaks and sheltered rest areas.

The following events may be conducted for each age group:

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

.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 (2 female and 2 male)
200-400 meters Medley Relay
200-400 meters Mixed Medley Relay (2 female and 2 male)
* Short Course only

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

Note: For long distance events, see Article 302.

102.5. EVENT LIMIT - No swimmer shall be permitted to compete in more than 5 events per day, exclusive of relays.

102.6. ENTRY FEES - Entry fees for local Masters events shall be set by the LMSC. Entry fees for regional championships cannot exceed fees specified for National Championship Meets in Article 205.5.15. A surcharge of up to \$5.00 per swimmer may be charged at local and regional meets to help defray pool use fees and/or automatic timing costs.

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

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

102.8. RELAYS

- .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 the Corporation.
- .2 Clubs entering two or more relay teams in an event shall designate them on the entry blank as Team A, Team B, etc.
- .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.
- .4 Relay teams must list the full name, as registered, and the age of each relay member on the relay card. The leadoff swimmer must be clearly designated as the first swimmer on the relay card.
- .5 The competing teams, first and last names of members, and their ages must be listed in the meet results.

102.9. LANE ASSIGNMENTS - SEEDING - COUNTERS

.1 Seeding

- A** All Masters events shall be conducted on a timed final basis.
- B** Seeding at meets other than National Championship Meets may be either fast-to-slow or slow-to-fast. The order of heats may differ for sprint and distance events. The meet announcement shall state the order of heats.
1. **Seeding within heats** - Within each heat, lanes shall be assigned in descending order of submitted times in accordance with the following pattern:

Ten Lanes:	5-6-4-7-3-8-2-9-1-10
Nine Lanes:	5-4-6-3-7-2-8-1-9
Eight Lanes:	4-5-3-6-2-7-1-8
Seven Lanes:	4-3-5-2-6-1-7
Six Lanes:	3-4-2-5-1-6
Five Lanes:	3-2-4-1-5
Four Lanes:	2-3-1-4
 2. **Minimum number of swimmers per heat** - There shall be a minimum of three swimmers per heat whenever three or more swimmers have entered an event. The fastest heat shall be filled first, then the next fastest heat, etc.
 3. **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.
 4. **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.
- C** Willing and able competitors in the freestyle events over 200 meters may be swum two-to-a-lane when only one course is available for the

event. Such heats will be seeded by time, and these heats will be completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer. Obstructing another swimmer by swimming across or otherwise interfering may disqualify the offender, and the offender shall immediately be removed from the lane.

- D It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group shall not be seeded into outside lanes. They shall be moved in one lane or given the center lane in the next slowest heat, whichever is the more appropriate placement.
- E Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

.2 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 at resolution.

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

.4 Counters

- A A swimmer in any individual swimming event of 400 yards or meters or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign.
- B Verbal counters shall be limited to one per swimmer, shall be stationed at the end of the course opposite the starting end, and may not coach or aid the swimmer in any way except that they may use watches and signal intermediate times to the swimmer.
- C If visual counters are used, they may be stationed at the end or either side of the pool, beyond the halfway point toward the end of the course opposite the starting end. Visual counters may be lowered into the water at the end of the swimmer's lane, provided that, in the opinion of the Referee, they neither physically aid the swimmer or interfere with another competitor or present any safety hazard.
- D The count may be in ascending or descending order.
- E In the event of official or counter error it is the responsibility of the swimmer to complete the prescribed distance.

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

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

102.11. SCORING - Article 102.11 is recommended for all Masters swimming competition.

.1 Dual Meets

Individual events: 5-3-1-0

Relay events: 7-0

.2 Triangular Meets

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

Relay events: 8-4-0

.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

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.

.4 National Championship Meets - All National Championship Meet scoring and awards shall be treated as if the meet is swum in a ten-lane pool, regardless of the actual number of lanes available.

.5 Ties - Where two or more swimmers tie for any place in any event, the points credited to such place or places, if any, shall be equally divided between such swimmers; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second, and third places shall be added and divided one-third, one-third, and one-third, and so on for four or more tying for first place. The same is true for those tying for second place, third place, and whatever places there may be.

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

102.12. CHANGE OF PROGRAM AND POSTPONEMENT

.1 The order of events, as laid down in the official program, shall not be changed. The announced arrangement of heats in any event shall not be

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

- .2 The entry provisions and starting time of any event, meet, or portion thereof shall stand as stated on entry blank (except as permitted under .3 below) and may not be changed to an earlier time or date unless written notice of such change is delivered to each affected swimmer or his coach. If mailed, such notice must be postmarked no later than the entry deadline date stated on entry blank, and if lack of time prohibits mail notification, each affected swimmer must voluntarily agree in writing that he or she has been notified and is in accord with such change. Any affected swimmer or his coach may and should file a written protest with the Referee prior to the running of the event or the meet if they do not agree to such change in time or date.

.3 Postponement or Cancellation

- A If, prior to its commencement, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or an event, the meet committee may cancel or postpone it.
- B Should a meet or event have actually commenced, and in the judgment of the Referee cannot safely and effectively continue because of weather conditions or for some other compelling reason, the Referee, in his sole discretion, may suspend the meet or event until conditions warrant continuance. If conditions do not warrant continuance, the Referee may cancel the meet or postpone it to a future date or time, with the approval of the meet committee.
- C A decision to cancel or postpone shall be final.
- D Should an event have actually commenced but be terminated prior to an official finish, and be postponed to another time or date, it shall then be conducted among the swimmers who were officially competing in the event at the time of termination.
- E Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The decision of the meet committee on refunding may be appealed to the Officers of the LMSC (local or regional meets) or the USMS Championship Committee (National Championship Meets).

102.13. COSTUME

- .1 **Design** - Swimmer's costume must be one-piece, non-transparent, and conform to the current concept of the appropriate. The Referee shall have authority to bar offenders from competition under this rule until they appear properly costumed.
- .2 **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.

102.14. DISQUALIFICATIONS

- .1 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.
- .2 The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his coach and inform him of the reason for the disqualification.
- .3 Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty at the discretion of the Referee.
- .4 A swimmer must start and finish the race in his assigned lane.
- .5 Standing on the bottom during a freestyle race shall not disqualify a swimmer, but he must not leave the pool, or walk, or spring from the bottom.
- .6 Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- .7 Dipping goggles in the water or splashing water on the competitor's face or body prior to his next event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
- .8 Should a foul endanger the chance of success of a swimmer, the Referee may allow him to swim in the next round or he may order it reswum. In the case of collusion to foul another swimmer, the Referee may, at his discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
- .9 No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during a race. Goggles can be worn, and rubdown oil applied if not considered excessive by the Referee.
- .10 Grasping the lane line to assist forward motion is not permitted.
- .11 For relay disqualifications, refer to 101.6.3.
- .12 The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify, they shall be returned and made to the proper recipient(s), and if points have been scored by those disqualified the event shall be rescored.
- .13 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

102.15. PROTESTS

- .1 Until final action is determined, results of any race conducted under protest, or of any protested race, shall not be announced and no prizes for that race shall be awarded or scoring of points allowed unless the protest is officially withdrawn.
- .2 Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or

Referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the LMSC officers (local meets) or Championship Meet Protest Committee (National Championship Meets) having jurisdiction for adjudication at the earliest possible time.

- .3 Protests against judgment decisions of starters, stroke, turn, and relay takeoff judges can only be considered by the Referee of the meet.
- .4 Any other protest arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chairman of the LMSC or his representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within ten (10) days, the protestor may appeal in writing to the USMS Rules Committee Chairman within the next five (5) days for final adjudication, which shall then be binding on all parties.

102.16. OFFICIALS

- .1 All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the meet director.
- .2 The minimum number of officials at USMS sanctioned or approved Masters swimming meets shall include the following:

1 Referee

1 Starter

2 Stroke and Turn Judges

2 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. One of the officials should be a USS or YMCA certified referee, starter, or stroke and turn judge.

- .3 When automatic officiating equipment is used in any competition, the placings and times so determined shall have precedence over the decisions of human judges and timers as outlined in 102.25.5. In case of malfunction, secondary information from a manual-electronic timing and judging device with one or more officials per lane shall be used and integrated with primary information.

102.17. REFEREE

- .1 Shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation or on a judgment decision pertaining to an action which he has personally observed; shall also disqualify a swimmer(s) for any violations of the rules that he personally observes and shall at the same time raise one hand overhead with open palm. If he does not make such a signal there shall be no penalty.

- .2 Shall signal the starter that all officials are in position, that the course is clear, and that the competition can begin before each race; shall assign marshals with specific instructions.
- .3 Shall give a decision on any point where the opinions of the judges differ; shall have authority to intercede in a competition at any stage to ensure that the racing conditions are observed.
- .4 When automatic or manual-electronic officiating equipment is used and an apparent malfunction occurs, it shall be his responsibility to make an immediate investigation to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.
- .5 He may at his discretion prohibit the use of any bell, siren, horn, or other artificial noisemaker during the meet.
- .6 Starting rules may be modified by the Referee to adapt them for handicapped swimmers.
- .7 When the meet sanction allows conducting the events by starting them from the alternate ends of a 50 meter course, the Referee shall establish the necessary administrative and officiating procedures to conform to Part One of the rules and local conditions.
- .8 Refer to 102.15 concerning protests.

102.18. STARTER

.1 Preparation

- A Shall be provided with at least a .22 caliber starting gun. An electronic starting horn with or without an underwater recall device may replace the gun start and recall herein.
- B Shall station himself within ten (10) feet of starting end of pool at a point where gun flash is clearly visible to timers and gun report easily heard by starting swimmers.
- C Upon signal from Referee, assumes full control of swimmers until a fair start has been achieved.
- D Notifies the swimmers of the distance and the event.

E Optional Instructions

- 1. For backstroke starts, the command "Place your feet" may be used.
- 2. Stroke(s) to be used and the order of swimming them.
- 3. Number of pool lengths to be swum.
- 4. May advise heat when a swimmer is attempting a time at an initial distance.
- 5. May notify relay swimmers that all but the last swimmer must leave the pool immediately upon completion of their leg. 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.

.2 Starts

A The forward start - The forward start may be taken from the starting block, pool deck, or a push from the wall. On receiving clearance from the Referee (for all events except backstroke and medley relay) the Starter shall direct the swimmers to step on the starting block or platform and assume a position with at least one foot at the front of the block before the command, "Take your mark."

B The backstroke start

1. **Short course yards** - The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either hand from the starting grips or the pool edge. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used.
2. **Short course meters and long course meters** - 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 swimmer's feet including the toes shall be placed under the surface of the water. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

C Starting commands

1. Directs swimmers to "Take your mark," to which they must respond at once by assuming a starting position. Sufficient time should follow the direction to "Take your mark" to enable swimmers to assume a starting position, but no swimmer shall be in motion immediately before the starting signal is given.
2. When all swimmers are motionless in starting position, gives starting signal.

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

.4 False Starts

A When a swimmer does not respond promptly to the command, "Take your mark" or false starts before the starting signal is given, the Starter shall immediately release all swimmers with the command, "Stand up" upon which the swimmers may stand up or step off the blocks. Any

swimmer who enters the water or backstroker who leaves the starting area shall be charged with a false start, except that a swimmer who would otherwise be charged with the false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the command.

- B** All swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that a swimmer who has false started because of the action or movement of another competitor may be relieved of the responsibility for the false start and a false start may be charged only to the offender. (Note exception for deliberate delay or misconduct in 102.18.5.)
- C** In backstroke or medley relay events, a false start may be charged to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.
- D** When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal.
- E** A swimmer can be charged with a false start by the starter or recall starter only if the Referee or an officially designated Assistant Referee has observed the violation and confirms that the violation occurred.
- F** The starter shall indicate the swimmer or swimmers, if any, who are charged with a false start.
- G** Any swimmer who is charged with committing or causing a false start shall be disqualified and shall not be permitted to swim the event. This rule shall not apply to USMS international events, the Pan Pacific Aquatic Games, or FINA/MSI World Championships, where current FINA false start rules shall apply.
- H** A swimmer shall not be disqualified for an illegal starting position at the start or charged with a false start if the race is permitted to proceed without recall. Enforcement of the correct starting position is the responsibility of the Starter, who may impose the appropriate penalty for violation before the starting signal is given.

.5 Deliberate Delay or Misconduct

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

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

observed. The position of the recall starter shall be made known to the swimmers. He may also be assigned to assist the starter in any desired manner. A recall starter is mandatory in USMS National Championship Meets.

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

- .1 Chief** - An overall "Chief Judge" may assign and supervise the activities of all stroke, turn, and take-off judges and may report their decisions, or, if desired, any judging category may have a designated "Chief." Any "Chief" may act as liaison for his judges and may himself serve simultaneously in one of the judging positions, and he shall assign those judges within his category.
- .2 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.
- .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.
- .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 insure that all swimmers shall have fair, equitable, and uniform conditions of judging.
- .5 Relay Take-Off Judges**
 - A** After the start of the race, relay take-off judges shall stand beside the starting block of each lane so that they can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as they leave the starting platform in that lane, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.
 - B** Additional relay take-off judges may be assigned to each side of the course to observe two assigned lanes each, in which case a relay will be disqualified only if the lane take-off judge has reported an infraction and the assigned poolside take-off judge has confirmed the same infraction. If dual relay take-off judging is used, the lane and poolside take-off judges shall independently report infractions in writing without the use of infraction hand signal. If poolside relay take-off judges are used they shall be assigned for all relay races throughout the meet.

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

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

Exception: Relay take-off judges as outlined in 102.20.5B.

- 102.21. TIMERS** - For all meets not using automatic timing, a minimum of two timers per lane shall be required. Automatic timing, manual-electronic timing, or three timers per lane shall be recommended for all meets. Each timer operates a manual watch (i.e., any hand-held mechanical or electronic timing device) that is both started and stopped by the timer as described below. These two/three timers are the official lane timers, and their times must be individually recorded to determine the official time on the lane. Alternate or chief timers may substitute for an official lane timer only in the event of failure of a watch or its operator.

.1 Chief Timer

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

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

- A** Determination that the proper swimmer is in his lane and that relay swimmers are swimming in the order listed on the lane timer's card.
- B** Determination of and recording of all manual watch times.
- C** Assignment of one timer to take relay splits and initial distance times.
- D** Determination of and reporting if the swimmer has delayed in touching or has missed the finish touch pad of an automatic timing device.

- .3 Official Lane Timers** - The timers shall be placed directly over their assigned lane at the finish.

- A** Each timer shall look at the starter's gun and start his watch at the instant of the flash or smoke. If an electronic sounding device is used, the watch shall be started by the flash of a strobe light, when available, or by sound.
- B** All watches shall be stopped when in the opinion of the timer any part of the swimmer's body touches the wall.

- C It is not the responsibility of the lane timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule, unless assigned additional responsibility as a turn judge.
 - D All lane timers shall promptly report their times to the head lane timer or the designated recorder, present their watches for inspection, if requested, and shall not clear them until given the command to "Clear watches."
 - E The time of each watch is recorded on the lane timer's card, and the official time is established as described below:
 - 1. If all manual watches on all lanes provide digital displays to a resolution of 0.01 seconds, the times shall be recorded as displayed to the hundredths of a second.
 - 2. If dial watches are used, when the hand is not exactly centered on a mark, it shall be considered to be in the space between the marks and the reading shall be that of the following mark.
 - 3. If the manual timing in any lane is by a mixture of dial and digital watches, the dial watches shall be read as described above and the time on the digital watches in all lanes shall be rounded up to the next full tenth whenever there is one-hundredth or more. (Example: 51.11 is recorded as 51.20.)
 - F Split times may be taken during a race by one of the lane timers upon request of the chief timer. The split hand (or function button) shall be stopped when any part of the swimmer's body touches the wall. Split times shall be recorded on the lane timer's card.
- .4 **Alternate Timer** - There shall be at least one alternate timer who shall start his watch on every race with the starting signal, and whose time shall be used only to substitute in the event of failure of an official lane timer's watch or its operator.
- .5 **Official Time Determination** - Following proper watch reading and recording as described above for each lane:
- A If the times of two of the three watches agree, that time shall be the official time.
 - B If all three watches disagree, the time of the intermediate watch shall be the official time.
 - C If, because of the failure of a watch or its operator, times from only two watches are available, the official time shall be the average of those two watches. When dial watches are in use and the times rounded to the next slowest tenth as described in 102.21.3E(3), the official time shall be the average of those two watches in hundredths of a second. When the watches are read to the hundredth of a second, as described in 102.21.3E(1), any average resulting in thousandths of a second shall be rounded up to the next slowest hundredth of a second.

- D** If the official time is registered in tenths of a second, a zero shall be added and the official time recorded in hundredths of a second (two decimal places) for all purposes. (Example: 56.4 is recorded 56.40.)

102.22. CLERK OF COURSE

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

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

102.24. SCORERS - Shall receive from the recorders the order of finish for each event. They shall compile team and high-point scores as applicable.

102.25. AUTOMATIC OFFICIATING EQUIPMENT - No swimmer must ever be required to reswim a race due to equipment failure that results in unrecorded or inaccurate time or place determination. Automatic and manual electronic equipment shall be backed up by a secondary officiating system and/or human officials.

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

.1 Description of Equipment

- A Automatic** - Timing that is started automatically by a gun or horn start and is stopped at the finish of the race by a swimmer's touch.
- B Manual-Electronic** - Timing that is started by a common start to all lanes (either manual or with a fixed-delay from the start signal, set to be equal to the manual delay at the finish). The finish is recorded by buttons pushed by timers at the finish touch of the swimmer. This timing may be a primary system if there are three buttons per lane, each operated by a separate timer. A secondary system may use one, two, or three buttons.

- .2 Resolution (Timing Accuracy)** - Timing is recorded to hundredths of a second. Any digits representing thousandths shall be dropped with no rounding-off. Identical times to the hundredth shall be ties.
- .3 Equipment Location** - The automatic equipment operators shall have an unobstructed view of the finish of the course.
- .4 Secondary Requirements** - It is required that the secondary system have a minimum of one timer per lane. There must be at least one manual watch per lane. If the secondary system is manual-electronic, the manual watches become a third system (a backup).

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

.5 Comparison and Ranking Procedures

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

Example: 3-Button Manual Start Secondary

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

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

System Error

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

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

102.26. OFFICIAL TIME

- .1 Official time can be achieved in a USMS sanctioned or USMS approved meet or by a split time recorded from the official start to the completion of an initial distance within a longer individual event. When split times are recorded as official times, the swimmer must complete the full distance of the scheduled event.
- .2 Official time for any swimming event can be achieved only in the relevant stroke/event; (i.e., backstroke time must be achieved in a backstroke event.) Times achieved in a freestyle event can only be recorded as a freestyle time regardless of the stroke used.
- .3 The official time to establish records and Top Ten Times can be achieved only in accordance with the following timing methods:

Timing Method	Official Time Level
Automatic timing	<ul style="list-style-type: none"> - World Records, USMS National Records, and USMS Top Ten Times - Initial splits for all purposes - Relay lead-off times for World Records only
Manual-electronic or three watches	<ul style="list-style-type: none"> - World Records, USMS National Records, and USMS Top Ten Times - Initial splits and relay lead-off times for World records only
Two watches	<ul style="list-style-type: none"> - USMS Top Ten Times

- .4 World records may be established when timed by three watches.
- .5 It is the meet sponsor's or meet director's responsibility to provide a proper back-up timing system for all events so that swimmers are assured of achieving official times meeting the above requirements.
- .6 A backup time adjusted for system timing errors in accordance with the methods described in 102.25 may be used as an official time equal to the level of the timing system to which it has been adjusted.
- 102.27. ANNOUNCER** - Before the start of each event he shall announce the number of heats. At the start of each heat he shall announce the lane, the name of each swimmer, and club affiliation or if unattached. Promptly after the finish of each event he shall announce the results as given him by the recorders. He shall make any other announcements as requested by the Referee, the clerk, or the management.
- 102.28. RECORDER OF RECORDS** - Shall obtain from the official recorders all times made in each event, shall have proper application forms, and shall duly process all record claims as set forth in Article 204.
- 102.29. RECORDERS** - There shall be two recorders and the number of assistants deemed necessary to receive and record all times and all disqualifications for each event and to furnish all pertinent information to the recorder of records, scorers, press, T.V., announcer, and meet secretary.
- 102.30. PRESS STEWARD** - Shall obtain from the clerk of the course and the recorders the names of all swimmers in each event and the results of each finish with times or record performances, and he shall keep the press and TV personnel thoroughly informed on all details of the competition during the meet.
- 102.31. MEET DIRECTOR** - Is appointed by meet sponsor. Responsibilities include, but are not limited to: ordering awards; obtaining sanction;

preparation of facility; arranging for personnel, equipment, and supplies necessary for meet operation; processing of entries; printing of programs; arranging for appropriate publicity and media coverage; preparing and distributing summary of results 14 days after meet; and filing of LMSC report.

102.32. MEET COMMITTEE - 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.

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

ARTICLE 103: 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.

103.1. DEFINITIONS

- .1 [M]** - Mandatory requirement for all competition.
- .2 [M*]** - Predicated upon facility availability, LMSCs may waive strict compliance with these requirements when sanctioning local competition.
- .3 [NC]** - Mandatory requirement for National Championship Meets and international competition.

103.2. RACING COURSE DIMENSIONS

.1 Length

- A Long Course Meters** - 50.00 meters (164 feet-1/2 inch). [M]
- B Short Course Meters** - 25.00 meters (82 feet-1/4 inch). [M]
- C Short Course Yards** - 25.00 yards. [M]
- D Touch Pads** - When automatic officiating equipment touch pads are used at one or both ends, the course shall be of such length that ensures the required distance between the two touch pads or between either pad and the opposite end of the course. [M]
- E Moveable Bulkheads** - When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be designed to resist lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes. [M]

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

.3 Water Depth

- A Starting End** - Minimum water depth for competitive swimming shall be 1.22 meters (4 feet) at the start end. [M*, NC]
- 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]

103.3. RACING COURSE WALLS - 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 non-slip surface that extends no less than 0.8 meters (2 feet, 7-1/2 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]

103.4. POOL AND BULKHEAD MARKINGS

- .1 Pool Bottom Lane Markers** - Minimum 25 cm (10-inch) 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 terminate 2.0 meters (6 feet, 7 inches) from each end wall with a distinctive cross line 1.0 meters (3 feet, 4 inches) long and the same width as the bottom marker. [M*, NC]
- .2 End Wall Targets** - Flush, non-slip targets in a 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 1.0 meters (3 feet, 4 inches) 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 water at the end of the course. [M*, NC]
- .3 Lane Numbers** - The lanes shall be numbered from right to left as the swimmers stand facing the course. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. [M]

103.5. OVERFLOW RECIRCULATION SYSTEM - The pool water recirculation and overflow system shall maintain water level in line with the overflow rim of the pool gutters without creating appreciable current or water turbulence and shall maintain 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]

103.6. WATER AND AIR TEMPERATURE

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

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

103.8. OTHER DECK EQUIPMENT

- .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]
- .2 **Diving Boards** - 1-meter diving boards which overhang the racing course shall be hinged out of the way or removed during competition. [M]

103.9. LIGHTING

- .1 **Illumination** - For indoor pools, one hundred (100) foot-candle 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]
- .2 **National Championship Meets** - At National Championship Meets the same type and level of illumination must be provided and maintained during the warmup period and competition. [NC]

- 103.10. **NO SMOKING SIGNS** - No smoking indoors or outdoors shall be permitted in any area designated for swimmers, and the facility shall be so posted. [M]

103.11. STARTING PLATFORM

- .1 **Height**
 - A **Long Course** - The front edge of the starting platform shall be no less than 0.50 meters (1 foot, 8 inches) nor more than 0.75 meters (2 feet, 5-1/2 inches) above the surface of the water. [M]
 - B **Short Course** - The front edge of the starting platform shall be not higher than 0.762 meters (2 feet, 6 inches) above the surface of the water. [M]
- .2 **Front Edge of Platform** - The front edge of the starting platform shall be flush with the face of the end walls. [M]
- .3 **Size and Slope of Platform** - The top surface of the starting platform shall be not less than 0.50 by 0.50 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 non-slip material. [M]
- .4 **Backstroke Starting Grips** - Starting platforms shall be equipped with firm starting grips located between 0.3 meters (12 inches) and 0.6 meters (24 inches) above water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall. [M]
- .5 **Lane Numbers** - Starting platforms shall be clearly marked with lane numbers visible to competitors and officials. [M]
- .6 **Stability of Platforms** - Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times without human aid. [M]

103.12. FLOATING LANE DIVIDERS

- .1 **Installation** - Floating lane dividers separating the racing lanes and on the outside of the outside lanes 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 dividers shall be at the surface of the water with bottom half of the floats uniformly submerged for the entire length of the divider. [M]
- .2 **Size, Color, and Safety** - Dividers shall consist of contiguous floats having a minimum diameter of 5 cm (2 inches) to a maximum of 11 cm (4-1/4 inches). The color of the floats extending from the walls the distance of 5 meters for long course and 15 feet for short course shall be distinct from the rest of the floats. 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]
- .3 **Number of Lane Dividers** - A single line of dividers between racing lanes shall be used in long course competition. Multiple lines may be installed for short course competition, provided the width of open water between dividers is not reduced to less than 7 feet. [M*, NC]
- .4 **National Championship Meets** - Minimum 11 centimeter diameter floats shall be required for National Championship Meets. [NC]

103.13. BACKSTROKE FLAGS AND LINES

- .1 **Design** - At least three triangular pennants six (6) to twelve (12) inches in width at the base and twelve (12) to eighteen (18) inches in vertical length, of two or more alternating and contrasting colors shall be suspended over each lane for all backstroke, individual medley, and medley relay events. [M]
- .2 **Location**
 - A **Long Course** - 5 meters (16 feet, 5 inches) from each end of the course, 1.8 meters (5 feet 11 inches) above the water surface. [M]
 - B **Short Course** - 4.57 meters (15 feet) from each end of the course, 2.13 meters (7 feet) above the water surface. [M]
 - C **Measurement** - Height shall be measured to the horizontal line from which the pennants are suspended. [M]
- .3 **Marking at Midpoint of Course** - For long course backstroke, individual medley, and medley relay events a firmly stretched 7 mm (1/4-inch) line without flags or pennants shall be suspended at midpoint of the course. [M]

- 103.14. LOUDSPEAKER START 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 optical signal, located on the starter's side of the course approximately 15 feet forward from the starting end, to indicate the start to manual timers and hearing impaired swimmers. The start system may include an underwater recall speaker and gun lap signal option. [NC]

103.15. FALSE START RECALL ROPE - A recall rope to be dropped across the course in case of a false start shall be provided approximately 11 meters (36 feet) from the starting end in short course and 15 meters (49 feet) in long course competition. The rope shall be attached to vertical stanchions with a quick release mechanism and shall be suspended at least 1.22 meters (4 feet) above the water surface at the lowest point. [NC]

103.16. PACE CLOCKS - There may be at least two large accurate timing devices or clocks, preferably located one on each side of the course, clearly visible to all swimmers. Dial type clocks shall be at least 3 feet in diameter with sweep second and minute hands. If digital readout clocks are provided, minimum size of the digits shall be 6 inches. [M*, NC]

103.17. AUTOMATIC OFFICIATING EQUIPMENT

.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]

.2 Power Source. See Article 102.25 for automatic and manual-electronic officiating equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to stand-by battery power source in case of line power failure without affecting the continuity and accuracy of the timing system. [NC]

.3 Touch Pads

A Size and thickness - Recommended pad size shall be 2 meters (6 feet, 6 inches) wide and not less than 0.6 meters (2 feet) deep. Minimum width of pads shall be 1.52 meters (5 feet). Thickness shall not exceed 1 centimeter (3/8-inch). [NC]

B Markings - Panel face markings shall conform and superimpose on pool end wall markings as closely as possible. Perimeter edges of the panel shall have a one 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]

- .4 Optional Accessories** - Automatic officiating 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.
 - .5 Time Display Board** - 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 at least one course. A one-line board is the minimum requirement for a second course. [NC]
- 103.18. ELECTRICAL SAFETY** - All permanent or temporary electrical connections to the electronic loudspeaker start system, automatic officiating 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 U.L. 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]

PART TWO: ADMINISTRATIVE REGULATIONS OF COMPETITION

ARTICLE 201: ATHLETE REGISTRATION AND REPRESENTATION

201.1. MEMBERSHIP OF ATHLETES. All swimmers competing in events sanctioned by Masters swimming must be registered.

.1 Registration Year - Athlete registration is for the period November 1 through October 31 of each year. Swimmers applying for registration on or after September 1 will be issued a registration card valid through October 31 of the following year.

.2 Registration Forms

A Registration Forms - Athlete registration forms may be obtained from the Registration Chairman of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the Registration Chairman of the LMSC, who shall issue a registration card.

B Liability Release - Effective September 1, 1990, all registration forms shall contain the following language in its entirety and shall be signed immediately beneath this language by the person registering:

"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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against 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, as a condition of my participation in Masters Swimming."

.3 Registration Fee - The annual registration fee is composed of the following elements:

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

B A local fee established by the LMSC.

201.2. REPRESENTATION

.1 In order for a swimmer to compete as a representative of a club or other organization, that organization must be a member in good standing of the LMSC and United States Masters Swimming, Inc.

- .2 A swimmer need not reside in the LMSC territory in which the club he represents is located but must be registered in that LMSC.
- .3 To transfer representation from one club/organization to another, a swimmer must serve sixty (60) consecutive days without having represented any club/organization in competition, regardless of his residency, unless this transfer takes place at the time of annual registration/reregistration.
- .4 An unattached competitor is a registered swimmer who represents no club or other organization.
- .5 All applications for changes of registration (including transfers) must be accompanied by a reasonable fee to be determined by the local registration committee in the LMSC in which the swimmer will be registered after the change of registration.
- .6 There shall be one registration per individual swimmer permitted at any one time.

ARTICLE 202: SANCTION/APPROVAL

202.1. SANCTIONS - All Masters Swimming and Long Distance Swimming competitions must be sanctioned through the LMSC within whose territorial limits the event is held. An LMSC may also approve competitions, benefits, exhibitions, clinics, or entertainment held within its geographical boundaries subject to Article 202.2. Sanction or Approval is required if Masters times are to be considered for USMS National records or Top Ten considerations.

.1 Sanction Requirements

- A The conduct of a sanctioned event must be in strict compliance with applicable administrative and technical rules of USMS, Inc.
- B No sanction of any event will be granted with the word "Olympic" or any derivative thereof used in any manner in connection with said event unless consent is obtained from USS.
- C All sanctions must be signed by the LMSC's Registration Chairman or his designee, and a record thereof must be retained in a book kept for such purpose.
- D Application for sanction must be accompanied by a copy of the entry blank and applicable fee.
- E The sanction fee shall be as established by the LMSC.
- F A further sanction may be denied to any organization which has failed to conduct such meet in accordance with applicable administrative and technical rules of USMS, Inc., or as stated on the entry blank.
- G All sanctioned events are subject to the following conditions:
 - 1. No swimmer's entry will be accepted unless he is registered, or has a valid travel permit or its equivalent, except that, at the discretion of the meet director and exclusive of National

Championship Meets, a swimmer may enter indicating "number pending," so long as proof of valid registration is presented prior to the swimmer's participating in the meet.

2. The registration number of each swimmer must accompany the entry blank, and his affiliation must be displayed after his name on the heat sheet or in the program.
3. Entry blanks and programs must bear the statement, "*Sanctioned by (LMSC name) for USMS, Inc. Sanction number: _____.*"
4. Entry forms must contain the entire language of the liability release statement that is printed on the registration form and found in paragraph 201.1.2B of this Part, and must be signed by the registered Masters swimmer entering the meet.
5. Closed competition in which all swimmers are registered with USMS may be sanctioned.

202.2. APPROVALS

.1 Approval Requirements - Approvals will be issued, withheld, or withdrawn in accordance with the following:

- A** No event may be approved unless the conduct of the events conforms to the relevant USMS, Inc., technical and administrative rules and meet standards. Closed competition in which not all swimmers are registered with USMS may only receive an approval.
- B** USMS swimmers may use the times obtained in approved meets for USMS records or National Top Ten consideration provided a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS technical and administrative rules and meet standards.
- C** No approval may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from approved events must be used for the general welfare of the promoting organization as a whole.
- D** Approvals issued to one organization cannot be transferred to another. Any approval so transferred shall be void for all purposes, and the LMSC may deny further approval to any organization violating this provision.
- E** All approvals must be signed by a designated member of the LMSC, and a record thereof must be retained in a book kept for such purpose. The following clause will appear on all Approval applications forms and on all forms upon which official approvals are granted: "I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., the local LMSC, the meet committee, or any officiating individual of the meet, as a condition of my participation in the meet."

- F** Application for approvals must be accompanied by a copy of the entry blank and any applicable fee.
- G** An approval fee may be established by the LMSC.
- H** A further approval may be denied to any organization which has failed to conduct said competition in accordance with USMS, Inc., standards or in accordance with its own entry blank.
- I** Foreign meets sanctioned by FINA, MSI, or Swimming Canada Natation (CASA) shall be automatically approved and do not require a USMS observer. All other foreign approvals shall be obtained from the USMS Registration Committee Chairman.

**ARTICLE 203:
COMPETITION OUTSIDE THE UNITED STATES**

203.1. COMPETITION OUTSIDE THE UNITED STATES

- .1** A current USMS registration card shall serve as a valid travel permit.
- .2** Any competitor touring in a foreign country may also obtain from the national Masters Swimming registration chairman or his designee a written authoritative permission to compete in such country.

203.2. FINA/MSI CHAMPIONSHIP MEETS

- .1** USMS affiliate fee to MSI is due each January 1 (for calendar year).

**ARTICLE 204:
RECORDS, TOP TEN TIMES, AND
ALL-AMERICAN RECOGNITION**

204.1. REQUIREMENTS FOR RECORDS AND TOP TEN TIMES

- .1** All times must be made in USMS sanctioned and/or USMS approved competitive meets or events.
- .2** Times to be considered for Records and Top Ten Times must be made on or before May 31st for short course yards times, September 15th for long course meter times, and December 31st for short course meter times. These times shall be forwarded to the Records and Tabulation Chairman by July 15th, October 20th, and February 5th, respectively.
- .3** Each LMSC is responsible for reporting the Top Ten Times and USMS National Records in each event made in its LMSC only, even though the times were made by swimmers from other LMSCs.
- .4** To be considered for National Top Ten Times or for USMS National Records, all relays must include the name of the registered swim club and the full name and age of each swimmer. For all individual events eligibility is based on current USMS registration as noted on the entry card, and the results must contain the full name and age of each swimmer.
- .5** USMS National Records shall be published in the *USMS Code of Regulations and Rules of Competition*.

204.2. TOP TEN TIMES

- .1 The ten best times nationally in each age division shall be published annually for the events listed under Article 102.4.
- .2 Individual split times will be considered for Top Ten Times if recorded by fully automatic officiating equipment and provided such splits are brought to the attention, in writing, of the LMSC Top Ten Recorder.

Note: Performances in this category require the swimmer(s) to complete the full distance of the scheduled event.

- .3 In order for a time to be valid for Top Ten Times consideration, a minimum timing quality of two hand-held watches, averaged per USMS rules, must be used.

204.3. USMS NATIONAL RECORDS

- .1 The fastest time by a USMS-registered swimmer in each event in USMS sanctioned or approved competition shall be designated as a USMS National Record.
- .2 Recognized distances and strokes as listed in Article 102.4.
- .3 Records must be made in accordance with all pertinent rules of USMS.
- .4 Times may be submitted for Masters records only.
- .5 A record can only be made in still water.
- .6 Records shall require three watches, manual-electronic timing, or automatic timing.
- .7 Records established by a swimmer's split time in an individual event shall be acceptable as an individual performance for all official purposes if recorded by fully automatic officiating equipment and provided such splits are brought to the attention, in writing, of the LMSC Records Chairman. Relay leadoff split times will not be considered for Records or Top Ten times.
- .8 Records must be achieved in the relevant stroke/event, i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records, regardless of the stroke or strokes used.

Note: Performances in this category require the swimmer(s) to complete the full distance of the scheduled event.

- .9 Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If times are tied to the hundredths of a second, the results shall be declared a tie and records shared by each swimmer thus tied.
- .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 Chairman. Responsibility for this

lies with either the LMSC Records Chairman or the Official Scorer of the meet.

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

204.4. ALL-AMERICAN RECOGNITION - The registered USMS swimmer with the fastest listed time for an individual event for that season that is listed in the USMS Top Ten Times shall be declared the All-American in that event for the year.

204.5. WORLD RECORDS - Applications and documentation for world records (25 meters and 50 meters) shall be supplied to MSI.

**ARTICLE 205:
AWARDING AND CONDUCT OF
NATIONAL CHAMPIONSHIP MEETS**

(Recommended for all Championship Meets when possible)

205.1. MEET CATEGORIES - USMS National Championship Meets shall be awarded in the following categories:

- .1 **Short Course National Championship Meet Dates** - Men's and women's short course (25 yards) national swimming championship meet, which shall be held between April 15 and May 31.
- .2 **Long Course National Championship Meet Dates** - Men's and women's long course (50 meters) national swimming championship meet, which shall be held between August 1 and September 15.

Note: Check USS National Junior and Senior dates for conflict.

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

205.3. AWARDING OF A CHAMPIONSHIP MEET

- .1 **Solicitation of Bids** - The USMS Championship Committee shall be responsible for the solicitation of bids in accordance with the area rotation system, hereinafter set forth, and shall present to the House of Delegates at the annual meeting held at least two years prior to the date being awarded a list of all approved bidders for each short and long course championship.
- .2 **Eligible Bidders** - A National Championship Meet shall be awarded only to an LMSC or a club with the endorsement of the LMSC which is in current good standing in USMS, Inc. In either event the facility to be used must be in accordance with the facility standards which have been adopted by USMS, Inc.
- .3 **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 Championship Meet.

- .4 **Bid Deadline** - All bids for a Championship Meet shall be returned to the Chairman of the Championship Committee no less than 30 days prior to the annual meeting.
 - .5 **Certification of Bids** - Prior to the annual meeting, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facility standards.
 - .6 **Awarding of Bids** - At the annual meeting of the House of Delegates, those bids which are certified shall be presented. The awarding of the bid shall be made by majority vote of the House of Delegates.
 - .7 **Out-of-Area Bids** - In the event that suitable bids are not received from the designated area 30 days prior to the annual meeting, then the Chairman of the Championship Committee shall notify all Zone Representatives that bidding is open to all areas, provided the bids comply with paragraphs .1 and .2 above, and are received prior to the start of the annual meeting of USMS, Inc.
 - .8 **Failure to Receive Bid** - Failure of the Championship Committee to receive a suitable bid from the proper area shall negate the rotation system for that meet only and shall not affect the future normal rotation.
 - .9 **Out-of-Rotation Meet** - While the procedures for awarding National Championship Meets need to be clarified and followed whenever possible, it is in the best interest of Masters Swimming to rotate the awarding of National Championship Meets. The Championship Committee shall have the right to override the procedures set forth above with the concurrence of the House of Delegates.
 - .10 **Assistance to Meet Host** - The Championship Committee shall provide such assistance and guidance necessary to provide for uniformity in National Championship Meet production. Out of pocket expenses for services shall be reimbursed by USMS, Inc.
 - .11 **Payments** - Successful bidders of National Championship Meets will pay to United States Masters Swimming, Inc., prior to the beginning of the meet, a fee of \$4.00 per individual entrant in the meet. Upon compliance with the conditions set forth in the Meet Contract, the sum of \$3.00 per entrant shall be returned as stipulated in the Contract. 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.
 - .12 **Meet Evaluation Committee** - A five-member meet evaluation subcommittee shall be composed of the Chairman of the USMS Records and Tabulation Committee, if present, plus Championship Committee members present who are not serving on the protest committee. If the above designated composition does not have five members, then elected USMS officers present at the meet may be asked to serve. A written evaluation shall be submitted to the meet host.
- 205.4. MEET ROTATION SYSTEM** - National Championship Meets shall be awarded using the three area system as set forth below.

Year	Area 1 West	Area 2 Central	Area 3 East
1991	--	SC	LC
1992	LC	--	SC
1993	SC	LC	--
1994	--	SC	LC
1995	LC	--	SC
1996	SC	LC	--

- .1 **Area 1** - Area 1 shall be composed of the following LMSCs: Alaska, Arizona, Border, Central California, Colorado, Hawaii, Inland Empire, Montana, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern California, Utah, and Wyoming.
- .2 **Area 2** - Area 2 shall be composed of the following LMSCs: Arkansas, Central, Gulf, Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Oklahoma, Ozark, South Dakota, South Texas, Southern, Southwestern, West Texas, and Wisconsin.
- .3 **Area 3** - Area 3 shall be composed of the following LMSCs: Adirondack, Allegheny Mountain, Connecticut, Delaware Valley, Florida, Florida Gold Coast, Georgia, Indiana, Kentucky, Lake Erie, Maryland, Metropolitan, Michigan, New England, New Jersey, Niagara, North Carolina, Ohio, Potomac Valley, South Carolina, Southeastern, Virginia, and West Virginia.

205.5. CONDUCT OF NATIONAL CHAMPIONSHIP MEETS - Conduct of National Championship Meets will be governed under the technical rules of USMS, Inc.

- .1 **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. The meeting date, time, and location shall be included in the official meet information. The Chairman of this meeting shall be the President of USMS, Inc., or his designee, and the governing body shall be the USMS, Inc., House of Delegates. Business pertinent to the operation of 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. Since changes can be made, it is the obligation of every swimmer or his representative to arrive with enough time to complete his registration and to apprise himself of any changes which have been made. It shall be the Meet Director's responsibility to post in conspicuous places at the pool, registration area, and headquarter's area notices of changes prior to the start of the first day's competition.
- .2 **Meet Director** - The Meet Director shall follow the technical rules of USMS, Inc., and the policies and procedures established by the Championship Committee with regard to the planning for and executing the requirements of a Championship Meet.

- A** All courses must have electronic readout boards. For at least one course, the electronic readout board must have the capability to display times for all lanes simultaneously.
 - B** Automatic officiating equipment shall be provided for all courses during the competition. Photocopies of event/heat tapes must be posted for each heat and lane before or simultaneously with the posting of the results.
 - C** The event number and heat number for each heat in the water must be visually displayed in a location easily seen by the participants for each course being used.
- .3 Entry Form** - The entry form for both individual and relay events and meet information shall be prepared according to the direction of, and approved in advance of printing by, the Championship Committee. No other form may be used. One copy each of the meet entry form and the meet information shall be sent to all LMSC Chairmen and to all registered clubs as soon as the entry form and information are available and no later than five months prior to the first day of the meet.
- .4 Computerization** - The organization conducting the National Championship Meet shall compile entry lists, heat sheets, entry cards, and final results by computer.
- .5 Heat Sheets** - Heat sheets listing name, age, club, seed time, and heat and lane assignments for pre-seeded events and entry list by time for deck-seeded events, except relays, shall be made available to all swimmers at the time of registration.
- .6 Warm-up Schedule** - A list of times when the competition pool and other facilities will be available for warm-up will be provided in the pre-meet information.
- .7 Protest Procedure**
 - A** Protests against judgment decisions of starters, stroke and turn, 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, Registration Committee, and Rules Committee, plus two swimmers selected from other than the host team by the other three panel members. This panel shall be chaired by the representative from the Championship Committee. Protests shall be submitted in writing, heard by the panel, and decisions rendered no later than the last day of competition. Opportunity shall be afforded both the party lodging the protest and the party charged a chance to be heard. The decision of the panel shall be final.
 - C** Any protests made following the close of competition shall be directed to the chairman of the Championship Committee for resolution.

- .8 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.
- .9 Relay Entry Deadline** - Relays may be entered the day before the meet starts. Participants therein must have entered the meet 35 days in advance. Relays entered after the original meet entry deadline and up through the day before the meet will pay 1 and 1/2 times the normal entry fee. Official USMS relay cards must be used.
- .10 Event Limit** - Competitors may enter and swim in a maximum of 6 individual events (or 5 individual events, if deemed necessary by the Championship Committee) in a four day National Championship Meet, with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet. All competitors including members of relay teams must fill out and sign the appropriate entry form. Relay teams must list the full name, as registered, and the age of each relay member on the relay card. The leadoff swimmer must be clearly designated as the first swimmer on the relay card.
- .11 Program** - A four day program for National Championship Meets will be used. Women's events shall precede Men's events. At the option of the Meet Director and with the approval of the Championship Committee, the
- 1000/1650 yards or 800/1500 meters freestyle may be swum as the first day program. If this option is chosen, the resulting second day program shall be interchanged with the resulting third day program.

Short Course

Long Course

1st Day

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

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

2nd Day

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

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

3rd Day

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

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

4th Day

1000/1650 yd. Free

800/1500 mtr. Free

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

- .12 Affiliation** - A swimmer's affiliation as stated on the entry form, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

.13 Seeding

- A** All events 200 yards/meters or less shall be pre-seeded, with oldest age groups first, slowest heats swum first within each age group.
- B** In order to assure seeded positions, the best competitive times of all entries must be submitted. The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc.
- C** After all full heats are seeded within each age group the remaining swimmers shall be seeded with the next available age group of remaining swimmers.
- D** If, in any age group, there are not enough swimmers for a complete heat, all swimmers in that age group shall be seeded in adjacent lanes for pre-seeded events.
- E** Events over 200 yards/meters, except for the 1000/1650 yards or 800/1500 meters, may be pre-seeded as above or may be deck-seeded by time only as in B above. Willing and able competitors in the freestyle events over 200 meters may be swum two to a lane when only one course (7, 8, 9, or 10 lanes) is available for the event. Heats with two to a lane shall be completed before the heats with a single competitor per lane.
- F** The 1000/1650 yards or 800/1500 meters freestyle shall be deck seeded by time only as in B above. On those occasions when only one pool is used for both men's and women's events, heats shall be apportioned and alternated by sex. Willing and able competitors may swim two to a lane when only one course (7, 8, 9, or 10 lanes) is available for the events. Heats with two to a lane shall be completed before the heats with a single competitor per lane.
- G** There will be no splitting of age groups into AM and PM sessions. However, at the Meet Director's discretion, swimmers whose seed

times will inordinately delay the progress of the meet may be seeded individually in an outside lane with mechanical timing, thus allowing the continued sequence of the regularly scheduled heats.

H At the option of the Meet Director, relays may be deck-seeded.

I All information regarding seeding must be stated on the entry form.

- .14 Multiple Courses** - If more than one course is to be used in a National Championship Meet, then each course must have its own automatic timing system. When the depth of the course(s) varies, then male and female contestants shall share equal time in the deep end of the pool. Women's events shall be scheduled in the deeper course on days one and three in odd years, and on days two and four in even years. In the event that both courses are the same, then it shall not affect the rotation.
- .15 Entry Fees** - Entry fees for National Championship Meets shall be \$3.00 for individual events and \$8.00 for relays. A \$13.00 surcharge may be charged to be used by the meet sponsor to help pay meet expenses. A banquet or social event may be conducted for an additional fee. Participation in this event is optional.
- .16 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. The number of awards given will be determined by the number of lanes used in the pool. Medal awards will be awarded one through six, and appropriate awards will be awarded seven through ten.
- .17 USMS Championship Patch** - Each individual who wins a short course or long course individual or relay championship shall be awarded a USMS Championship patch. Swimmers winning more than one championship may purchase additional patches for each additional championship won.
- .18 Club Scoring** - 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, men's, and mixed relay events. USMS will provide awards to the first, second, and third place winners of the categories scored above in two divisions, based upon the number of swimmers entered in the meet from each club. In the women's and men's categories, those clubs with more than 16 entrants will fall into Division I for that category; those clubs with 16 or fewer entrants will fall into Division II. In the combined category, those clubs with more than 32 entrants will fall into Division I; those clubs with 32 or fewer will fall into Division II for that category. Meet results in the appropriate form and club scores shall be published within thirty days of the last day of the meet and distributed to members of the USMS Board of Directors, representatives of participating clubs, and USMS Records and Tabulation Chairman.
- .19 USMS Registration** - USMS individual and club registration numbers must be submitted on all entry forms together with entry times. "No time" for swimming events and "Pending" for registration number will not be permitted. A copy of the swimmer's current USMS registration card must accompany his entry.

- .20 Foreign Swimmers** - National Championship Meets will include and welcome foreign swimmers on the same basis as U.S. swimmers except that they may not qualify for USMS Top Ten and All-American awards.
- .21 Meet Evaluation** - The Meet Director of each National Championship Meet shall submit a written evaluation to the Chairman of the Championship Committee within 60 days of the end of competition. This evaluation shall include a complete financial report, copies of meet information, entry forms, heat sheets, and final results, and any other information which may be helpful to future Meet Directors.

**ARTICLE 206:
HEALTH AND SAFETY REGULATIONS
FOR COMPETITION**

- 206.1. MEDICAL EXAMINATION** - Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters competition in order to insure his physical readiness for participation.
- 206.2. MEDICAL EQUIPMENT** - Meet Directors are encouraged to investigate the use of appropriate Emergency Medical Technician equipment and personnel for all meets.

PART THREE: LONG DISTANCE SWIMMING RULES

ARTICLE 301: ADMINISTRATION

301.1. ORGANIZATION - The conduct and organization of Long Distance Swimming for Masters shall be governed exclusively by the USMS through its Long Distance Swimming Committee and LMSCs. The Chairman and committee members shall be appointed as provided in Article 506.2.9.

301.2. REGISTRATION AND SANCTIONS

- .1 All swimmers competing in long distance swimming events sanctioned by USMS must be registered with USMS. Foreign swimmers may compete if they are registered with their FINA-approved governing body.
- .2 Sanctions or approvals will be required for all Long Distance Swimming events. LMSCs are responsible for issuing sanctions or approvals for events involving USMS athletes. If the event is to be swum in more than one LMSC, the LMSC where the event will originate will have jurisdiction in issuing the sanction or approval. This does not prohibit the other LMSC from issuing a sanction or approval for the event. A Long Distance Swimming event with both USS and USMS events must have two sanctions or approvals, one from each of the governing bodies. If both USS and USMS issue sanctions or approvals and swimmers from both groups compete, the race(s) shall be in separate events. Under no circumstances will a USS athlete and a USMS athlete be considered part of the same event.

ARTICLE 302: EVENTS

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

302.2. EVENTS - Long distance swimming events shall consist of individual or team competition as follows:

- .1 **Quarter-mile Straightaway** - The course shall be set in stationary open water and shall be a quarter of a mile (440 yards) straightaway using a cable with floats stretched between two fixed and stationary markers in the water. The distance between the anchoring points of the cable shall be maintained within plus or minus six inches, measured to the outer edge of the turning markers. A stationary water start and an in-the-water finish shall be used.
- .2 **Open Water** - As surf, beach, tide, temperature, and other physical factors vary, the Meet Director shall determine the course for open water events. The course should be measured as accurately as possible. The Meet Director shall determine the type of start to be used. As course distances

and conditions are different, no records will be maintained; however, meet managers are encouraged to keep meet results. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age groups and other classifications may also be swum at the same time, but again tabulated separately.

- .3 Time/Distance** - The object of the event is to determine who can swim the greatest distance in a given time period. The person swimming the farthest shall be declared the winner. The person swimming the second greatest distance shall be awarded second place, etc. In the event that two or more swimmers swim the same distance, a tie will be declared. The events shall be swum in a pool at least 25 yards in length. The distance shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed five yard increment; if the event is swum in a metric pool, the distance shall be determined in meters and converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed five yard increment. All distances shall be reported in yards.

There shall be an adult acting in the capacity of a starter/head timer/referee (may be one person) present at all times, having no other responsibilities during the period of the swim. For each swimmer, there shall be a separate lap counter who shall record split times for every lap during the swim. A stop watch or electric timing system shall be used to time the event. Drafting shall not be permitted in pool time/distance events. The referee shall establish procedures to prevent drafting if more than one swimmer is competing per lane.

- .4 Individual Long Distance Swims** - Swims must be sanctioned by the LMSC in which the swim 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 long distance individual attempts should be duly certified and made a matter of record by the sanctioning LMSC. The certification should include:

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

.5 Postal

- A** A postal event is a competition in which swimmers swim the event at a place of their choosing and send the time or distance to a central location for tabulation.
- B** Each entrant in a postal event will be responsible for the validity of the figures and the distance submitted.

C Postal events conducted in pools must comply with all rules of USMS and section 302.2.3. The Meet Director shall have the discretion to designate the size(s) of the pools in which the event is swum.

.6 Team - A team event may be contested on a total time/distance or point-system basis and may consist of any number of members.

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

B Point Basis - Points are awarded on the basis of finishing position. One point for first place, two points for second place, etc. The points of specified team members are added together, and the lowest cumulative score determines the winning team; the second lowest score, the second place, etc. In the event that two or more teams score the same number of points, the team that has the swimmer who won or finished closest to the first place shall be declared the winning team.

C No individual entries can be accepted in the team events. All entries must be made by registered USMS clubs and signed by an authorized official of the club making the entry.

D Mixed sex teams may be entered, provided at least one swimmer of each sex is represented as follows:

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

.7 Relays - Relay teams shall consist of two or more swimmers as specified on the entry form. The team members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer will be made as soon as is practically possible after the previous swimmer has completed his respective leg. In the exchange, physical contact must be made between the two swimmers.

ARTICLE 303: SAFETY PRECAUTIONS

303.1. SAFETY STANDARDS - As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards

necessary to protect himself from as many dangers as possible. The Meet Director can assist this endeavor by:

- .1 Obtaining necessary permits/approvals from the US Coast Guard, park authorities, life guard associations, etc.
- .2 Providing accurate maps with course descriptions and other pertinent information with entry forms and meet information packets.
- .3 Planning for possible medical evacuations.
- .4 Assigning rescue/aid personnel and craft.
- .5 Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.
- .6 Making provisions for controlling escort craft and access of nonrace craft into the race area.
- .7 Briefing all contestants, coaches, managers, trainers, and meet officials.
- .8 Planning for possible cancellation, postponement, and/or modification of the event.
- .9 Considering use of fluorescent orange and other brightly colored caps to assist in identification and visibility of swimmers in open water events.

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

- 303.2. LIABILITY RELEASE** - An acknowledgement and release shall be included on each entry form and be signed by each participant prior to participation. The wording shall be as specified in Article 201.1.2B. The wording, *"In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks,"* shall be included in all open water event acknowledgement and release forms.

ARTICLE 304: CONDUCT OF THE COMPETITION

304.1. STARTS

.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.

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

304.2. SEEDING

- .1 When practical, swimmers shall be seeded by their 1500 meters/1650 yards times. The manner of seeding "no times" will be at the discretion of the Meet Director as stated in the meet entry sheet.
- .2 The fastest swimmers in quarter-mile straightaway course events shall be seeded in descending order of time with the fastest swimmer receiving the preferred position. If subsequent rows are needed, they will be seeded in a similar method behind the first row of swimmers.
- .3 Events for different age groups and sexes may be combined to allow the swimmers to compete at the same time. Separate starts are preferable in quarter-mile straightaway events.

304.3. FINISHES

- .1 **In the Water** - Swimmers shall touch a vertical surface or swim across a defined finish line. Place judges and timers shall position themselves accordingly.
- .2 **Out of the Water** - Swimmers shall leave the water, as defined by the course, and run up the beach to a marked finish.
- .3 **Incomplete Race** - 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.

304.4. OFFICIALS

- .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.
- .2 The clerk of course shall ensure all entrants in open water events are visibly marked with their entrant numbers.
- .3 Official craft shall be placed in a position to best observe yet not physically hinder the swimmers.

304.5. DISQUALIFICATIONS - Swimmers shall be disqualified if they:

- .1 Or their personal escort willfully or intentionally delay the progress of another swimmer. Accidental contact, especially at the start, shall not be considered a disqualification. However the flagrant disregard of another swimmer's rights shall result in disqualification.
- .2 Fail to complete the prescribed distance or course.
- .3 Fail to follow race rules.
- .4 Receive assistance by pulling on the cable or buoys at the turn or on the course.
- .5 Receive propulsive aid from anyone in boats, surfboards, etc.
- .6 Receive unauthorized assistance at the start or finish.
- .7 Violate costume rules.

- .8 Draft off another swimmer in time/distance pool events.

304.6. AGE GROUPS - Age groups in individual events for men and women shall be 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and 95 and older.

**ARTICLE 305:
NATIONAL CHAMPIONSHIP MEETS**

305.1. ELIGIBILITY

- .1 USMS National Long Distance Championship Meets will be open to any USMS registrant.
- .2 USMS National Long Distance Swimming Championship Meets are open to foreign swimmers registered with their national Masters swimming governing body.

305.2. EVENTS - The USMS Long Distance Swimming Committee shall award USMS Long Distance Swimming National Championship Meets.

- .1 National Championship Meets will be recognized in the following events:
 - A One Mile (quarter-mile straightaway or open water course)
 - B Quarter-mile Straightaway (2 miles)
 - C Open Water (1.5-3 miles)
 - D Open Water (3.5-5 miles)
 - E Open Water (6+ miles)
 - F Postal One Hour
 - G Postal 10 Kilometer
 - H Postal 6000 yard
 - .2 Team events (as defined in Article 302.2.6).
 - A Three person team events shall be recognized in the Quarter-mile Straightaway (2 mile) and Postal One Hour.
 - B Men's and Women's Team events shall be recognized in the following age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+ as determined by the age of the youngest swimmer.
 - .3 Individual age groups for National Championship Meets shall be the same as Article 304.6.
- 305.3. SITE SELECTION** - National Championship Meets shall be awarded using the three area system as set forth in Article 205.4.
- .1 Bids shall be due at the first Long Distance Committee meeting of the annual meeting.
 - .2 Championships shall be awarded at the annual meeting.
 - .3 Events not awarded at the annual meeting shall be awarded by the USMS Long Distance Chairman.

- .4 The following area award system will be followed for the bidding of USMS Long Distance Swimming Championships. Bids will be received up to two years in advance of the year bid. If no bid is received from a qualifying area, bids will be received from any area. Area definitions will follow Article 205.4.

	Area I West	Area II Central	Area III East
1991	2 Mile Cable	1 Mile Open Water 3.5-5 mi 1 HR Postal	Open Water 1.5-3 mi Marathon 6+ mi 10K Postal
1992	Open Water 1.5-3 mi Marathon 6+ mi 10K Postal	2 Mile Cable 6000 yd Postal	1 Mile Open Water 3.5-5 mi 1 HR Postal
1993	1 Mile Open Water 3.5-5 mi 1 HR Postal	Open Water 1.5-3 mi Marathon 6+ mi 10K Postal	2 Mile Cable 6000 yd Postal
1994	2 Mile Cable 6000 yd Postal	1 Mile Open Water 3.5-5 mi 1 HR Postal	Open Water 1.5-3 mi Marathon 6+ mi 10K Postal
1995	Open Water 1.5-3 mi Marathon 6+ mi 10K Postal	2 Mile Cable 6000 yd Postal	1 Mile Open Water 3.5-5 mi 1 HR Postal
1996	1 Mile Open Water 3.5-5 mi 1 HR Postal	Open Water 1.5-3 mi Marathon 6+ mi 10K Postal	2 Mile Cable 6000 yd Postal

305.4. RULES OF CONDUCT OF NATIONAL CHAMPIONSHIP MEETS

- .1 **Meet Director** - The Meet Director shall carry out the wishes of the Long Distance Committee Chairman in regard to the conduct of the meet.
- .2 **Entry Forms** - Entry forms shall be reviewed by the USMS Long Distance Swimming Committee Chairman and the LMSC for content and sanctioning prior to distribution. Approved entry sheets shall be sent to the USMS Long Distance Swimming Chairman, all LMSCs, and the USMS National Office at least ninety (90) days prior to the first day of the meet.
- .3 **Officials** - The USMS Long Distance Swimming Committee shall appoint a Meet Advisor to aid the Meet Director and insure that all rules are observed.
- .4 **Costume**
- A One cap, one suit, goggles, ear plugs, and grease will be allowed. The suit shall be made of a porous material.

B Flotation aids and any devices used to maintain body heat are not allowed. Wet suits, neoprene caps, or any similar costumes are not allowed.

C Propulsive devices are not permitted.

.5 Assistance During the Race

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

B Paddlers and escort boats are authorized if approved by Meet Director.

305.5. FINANCIAL - The sponsoring organization must agree to underwrite the full meet expenses including but not limited to the following:

- .1** Costs associated with the meet, i.e., setting up course, supplies, and equipment, etc.
- .2** Cost of USMS National Championship Meet awards (medals and patches) and other supplemental awards.
- .3** Successful bidders of USMS Long Distance National Championship Meets will pay to United States Masters Swimming, Inc., within seven days of the last day of acceptance of entries, a fee of \$3.00 per individual entrant in the meet. Upon compliance with the conditions set forth in the Meet Contract, the sum of \$2.00 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.
- .4** Costs reflected in USMS National Championship Meet contracts.
- .5** Complete financial statements shall be forwarded to the Long Distance Swimming Committee Chairman within 60 days of the completion of the event.

305.6. ENTRY FEES - The entry fees for Long Distance National Championship Meets shall not exceed \$10.00 for individual events and \$5.00 per team member in team events. A surcharge may be added for swimmers in individual events, subject to the approval of the Chairman of the USMS Long Distance Swimming Committee.

305.7. RESULTS - Individual and team results and records shall be kept and submitted to the USMS Long Distance Swimming Committee.

- .1** Results submitted to the committee must include the following information: finish places, times/distances, swimmers' names, ages, verified USMS registration numbers, LMSCs of registry, and club affiliations.
- .2** Results shall also be mailed to the clubs represented at the National Championship Meet and shall include the following information: places, times/distances, swimmers' names, ages, and club affiliations.

305.8. CLUB SCORING - No club scores shall be officially tallied or recognized for National Championship events.

305.9. AWARDS

- .1** USMS National Championship Meet medals shall be awarded at least to the first through third place winners of individual championships in each age group.
- .2** Scoring contestants on at least the first, second, and third place teams shall receive USMS National Championship Meet medals.
- .3** Trophies may be awarded to individuals and teams at the discretion of the Meet Director.
- .4** A USMS National Championship patch will be awarded to the individual champions and each scoring member of a championship team. An individual will receive only one patch per meet.

ARTICLE 306:

RECORDS AND ALL-AMERICAN RECOGNITION

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

306.2. RECORDS

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

PART FOUR: ATHLETES' RIGHTS, HEARINGS, AND APPEALS

ARTICLE 401: ATHLETES' BILL OF RIGHTS

- 401.1. PROTECTION** - USMS and its LMSCs shall respect and protect the right of every individual who is eligible and qualified to participate in events conducted in compliance with reasonable national and applicable international requirements, rules, and regulations.
- 401.2. EQUAL OPPORTUNITY** - No member of USMS, nor any organization affiliated with USMS, may deny or threaten to deny any eligible individual the opportunity to participate in events sanctioned/approved by USMS.
- 401.3. REPORTING** - Any individual who alleges that he or she has been denied or is about to be denied, by a person or organization affiliated with USMS, a right as set forth in 401.2 shall immediately inform the Executive Secretary of USMS, who shall promptly cause an investigation to be made and steps to be taken to settle the controversy without unnecessary delay.
- 401.4. INVESTIGATION**
- .1 Role of the Executive Secretary** - Whenever an individual, or party acting on his behalf, informs the Executive Secretary of USMS of an alleged violation of his rights as set forth in 401.2, the Executive Secretary, or any member of the Executive Committee of USMS appointed for this purpose by the President, shall review all the related evidence of the case and make a report, with a preliminary recommendation, to the Review Section (~~defined below~~) within thirty (30) days or sooner if the situation requires.
 - .2 Role of the Review Section** - The Review Section shall review the case and preliminary recommendation and take whatever action it deems appropriate. Any of the parties involved who are dissatisfied with the decision of the Review Section may appeal said decision under the provisions set forth in Article 403.1 ~~below~~.

ARTICLE 402: REVIEW SECTION

402.1. COMPOSITION OF THE REVIEW SECTION

- .1 Members** - The Review Section shall be comprised of the Legal Counsel of USMS and each Zone Representative.
- .2 Chairman** - The President of USMS shall appoint the Chairman of the Review Section from among its members and shall designate a panel of no ~~less~~ than three members, one of whom shall be the Zone Representative in whose Zone the ~~matter~~ occurred, to hear and decide any case before the Review Section.

402.2. JURISDICTION AND AUTHORITY OF THE REVIEW SECTION

.1 General Jurisdiction - As hereinafter set forth, USMS, through the Review Section or any body assigned exclusive jurisdiction, has the authority to:

- A** Determine the eligibility and right to compete of any athlete.
- B** Impose and enforce penalties for any violation of the rules and regulations of USMS or for actions which bring disrepute upon USMS or upon the sport of swimming, including censure, suspension, or expulsion from membership.
- C** Interpret any provision of the rules and regulations of USMS with the exception of the technical rules.
- D** Vacate, modify, sustain, stay, or reverse any decision or order properly submitted for review, or remand the matter for further action.
- E** Investigate any election impropriety or cause for removal of a national committeeman or national officer and take corrective action.
- F** Issue such interim orders as may be necessary pending a final decision of any body granted exclusive jurisdiction.
- G** Review any exercise of the powers by another committee as provided in .2 below.

.2 Exclusive Jurisdiction

- A** Upon a majority vote of the Review Section Panel assigned to a case, or upon a majority vote of the Review Section, an appropriate body within the LMSC in which the matter occurred may be assigned exclusive jurisdiction of any matter within the purview of this Article, when the best interest of Masters swimming will be served thereby.
- B** Upon a majority vote of the USMS Board of Directors, or upon a two-thirds vote of the USMS House of Delegates, the USMS House of Delegates may be assigned exclusive jurisdiction of any matter within the purview of this Article, when the best interests of Masters swimming will be served thereby.

402.3. PROCEDURES - The procedures to be taken in reference to all hearings shall be as follows:

.1 Formal Hearing

- A** The respondent shall be given notice in writing, sent to his last known address by certified mail, return receipt requested, or by personal service, of the charges against him in detail or of the circumstances which are believed to require answers, explanation, or clarification.
- B** The written statement of charges shall also contain:
 - 1.** The penalties which may ensue if such charges are proved.
 - 2.** A date at which time a hearing will be held, with the request that the person charged shall appear before the Review Section Panel, with the right to have counsel of his own choice to represent him at the hearing.

3. A stated date of not less than thirty (30) days nor more than sixty (60) days after the date of mailing of such notification.
 4. A request that the person charged answer in writing to the chairman of the Review Section Panel all the charges set forth in such written statement.
 5. A request that this written answer be delivered by certified mail, return receipt requested, no later than ten (10) days prior to the date of the hearing.
- C The decision shall be rendered at the time of the hearing, or within twenty-four (24) hours thereafter.

**ARTICLE 403:
APPEAL**

403.1. APPEAL PROCEDURES - The decision of the Review Section shall be final in all cases, subject only to appeal to the Board of Directors of USMS, and thereafter to the USMS House of Delegates. An appeal to either body must be taken within twenty days after mailing of written notice of the decision to be appealed. Upon timely petition to the President of USMS, and upon showing of good cause therefore, the time for appeal from a decision may be extended. The chairman of the body to which a decision is appealed shall set a date for appellate hearing not less than thirty (30) days after receipt of the notice of appeal, nor after the next regularly scheduled meeting of that body that occurs thirty days or more after said receipt. The appeal decision, including findings of fact, shall be reduced to writing and mailed by certified or registered mail to all parties within ten (10) days of hearing. Any person representing a real party in interest in the case may appeal.

**PART FIVE:
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 the Corporation, shall consist of:

- .1 Club members, which are swimming clubs with Masters swimmers. Every swimming club which competes in Masters swimming competition sponsored by the Corporation shall register with the Corporation through its respective LMSC.
- .2 Individual members, who are those individuals who register with the Corporation through an LMSC.
- .3 Any organization which 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 House of Delegates and Board of Directors and all members of any committee of the Corporation must hold an individual membership in the Corporation.

501.3. EQUAL OPPORTUNITY - Membership in the Corporation shall not be denied by virtue of race, creed, sex, religion, political affiliation, or national origin.

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

502.1. LMSC MEMBERSHIP - Each LMSC shall consist of individual members and club members, currently registered through that LMSC.

502.2. BYLAWS - Each LMSC shall be governed by bylaws which are consistent with USMS objectives and goals.

502.3. ANNUAL MEETING - Each LMSC shall hold an annual meeting open to all individual members registered with USMS through 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 boundary descriptions for each LMSC.

502.7. REPORTS - The secretary shall forward to the USMS National Office a copy of the minutes of the annual meeting and a copy of the LMSC's annual financial reports.

**ARTICLE 503:
HOUSE OF DELEGATES**

503.1. MEMBERSHIP - The House of Delegates of the Corporation shall consist of the following:

- .1 Each LMSC is entitled to one member, and if the LMSC has a registration of over 300 swimmers in Masters swimming, it is entitled to one additional member, and for each additional 500 registered swimmers, one or more members. Figures shall be determined by the records of the Registrar for the previous year or June 15th of the current year, whichever is the greater.
- .2 All members of the Executive Committee.
- .3 All members of the Zone Committee.
- .4 All members of the Rules and Legislation Committees, the Controller, and the Chairmen of all standing committees appointed by the President shall be at-large members, if not already members.
- .5 The President of the Corporation shall be empowered to appoint up to ten percent of the total membership of the House of Delegates as at-large members of the House of Delegates.
- .6 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.

503.2. POWERS - The powers of the House of Delegates shall be as follows:

- .1 To admit to group membership or individual membership any organization or person eligible under this Code and who applies.
- .2 To prescribe and amend the Code for the government of the Corporation.
- .3 To impose and enforce penalties for any violation of the Code of the Corporation.
- .4 To call regular and special meetings of the Corporation and to fix the time and place for holding all meetings not fixed by this Code.
- .5 To collect the dues and/or funds of the Corporation and to expend the same.
- .6 To institute, locate, conduct, and manage all National Championship Meets.
- .7 To explain, define, and interpret any provisions of this Code or other rules of the Corporation, including the rules of competition.

503.3. MEETINGS OF THE HOUSE OF DELEGATES

- .1 The annual meeting of the House of Delegates shall be held at such time and place, within or without the State of Ohio, as may be fixed in the notice of such meeting.
- .2 Special meetings of the House of Delegates may be held at any time, pursuant to a resolution of either the Board of Directors or the House of Delegates.

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

**ARTICLE 504:
OFFICERS**

504.1. POSITIONS - The elected officers of the Corporation shall be a President, a Vice-President, a Secretary, and a Treasurer. No person may concurrently hold more than one of such offices.

504.2. ELECTIONS AND TERM OF OFFICE

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

504.3. VACANCIES - Vacancies in any office of the Corporation may be filled for the unexpired term by the Board of Directors at any meeting of the Board of Directors.

504.4. DUTIES OF OFFICERS - The duties of the officers shall be as follows:

- .1 The President orders meetings of the Corporation as provided in the Code and presides at all meetings of the Corporation. He has the right to exercise all the duties pertaining to this office in accordance with the Code. He is an ex-officio member of all committees. He shall appoint Legal Counsel who shall serve at the pleasure of the President.
- .2 The Vice-President has duties as assigned to him by the President and has all the powers and performs the duties of the President if he is unable or incapable of performing such duties.
- .3 The Secretary shall make proper arrangements for:
 - A Keeping the records of the Corporation and the House of Delegates.
 - B Conducting all official correspondence of the Corporation.
 - C Issuing all official notices of all meetings of the House of Delegates and Board of Directors.

- D Serving as Secretary of the House of Delegates and the Board of Directors.

.4 The Treasurer shall:

- A Be the custodian of all Corporate funds.
- B Receive all funds of the Corporation and deposit to the accounts of the Corporation.
- C Disburse funds as directed by the Controller, or by the House of Delegates.
- D Invest funds of the Corporation in a prudent manner for the benefit of the Corporation, in accordance with the investment policies established by the Finance Committee.
- E Maintain adequate and accurate financial records which document the income and disbursement of the Corporation's funds.
- F Submit all financial records to the Internal Audit Committee annually within one month following the end of the Corporation's fiscal year.

**ARTICLE 505:
BOARD OF DIRECTORS**

505.1. MEMBERSHIP - The Board of Directors of this Corporation shall consist of:

- .1 The President, the Vice-President, the Secretary, and the Treasurer.
- .2 Each member of the Zone Committee.
- .3 Past Presidents not already on the Board.
- .4 The Chairmen of all Standing Committees.
- .5 The Legal Counsel.
- .6 The Controller.
- .7 An ex-officio member from United States Swimming.

505.2. TERM OF OFFICE - Directors shall be elected or appointed for a two year term.

505.3. MEMBERSHIP REQUIREMENTS - The Board of Directors of the Corporation shall at all times be composed of individuals at least 80% of whom are active Masters swimmers in the United States.

505.4. 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 by the President from among the members of the House of Delegates for the unexpired term.

505.5. POWERS - The Board of Directors shall have the authority to act for the Corporation between meetings of the House of Delegates.

505.6. MEETINGS - 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 (2) weeks' written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing ~~either~~ before ~~or~~ after such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all Directors.

505.7. QUORUM - The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors.

505.8. VOTING PRIVILEGES - Each member of the Board of Directors shall have one vote with the exception of the Past Presidents. The Immediate Past President shall have one vote and all other Past Presidents shall be ex-officio members. Ex-officio members shall have voice but no vote.

ARTICLE 506: COMMITTEES

506.1. EXECUTIVE COMMITTEE

- .1** The Executive Committee of this Corporation shall consist of:
 - A** The President, Vice-President, Secretary, and Treasurer.
 - B** The Zone Chairman.
 - C** The Legal Counsel.
 - D** The immediate Past President.
- .2** The Executive Committee shall have the authority to act for the Corporation between meetings of the Board of Directors.

506.2. STANDING COMMITTEES - Whenever possible, each committee shall have representation from each zone. The terms of all committee chairmen shall coincide with that of the President.

- .1 Championship Committee** - The Championship Committee shall consist of the Chairman appointed by the President for a two year term and one member from each zone, a representative of the Sports Medicine Committee, and any other members the Chairman shall deem necessary to carry out the work of the Committee. Duties of the Committee include receiving bid proposals for National Championship Meets, coordinating the date and site with other national swimming championships, and reviewing the bids and making recommendations for the award to the House of Delegates. In addition the Championship Committee shall serve in an advisory capacity to the winners of the bids for each championship and shall endeavor to maintain a consistent approach to the running of all National Championship Meets, including the production of pre-meet and post-meet literature and results.
- .2 Coaches Committee** - The Coaches Committee shall consist of a Chairman appointed by the President for a two-year term and as many members as the Chairman shall deem necessary to carry out the duties of the Committee, including appropriate activities at National Championship Meets. These members shall be appointed by the Chairman with the concurrence of the President. The standing purpose of the Committee is to promote Masters swimming from an organizational standpoint in the

conduct of Masters swimming workouts as well as to assist in the organizational aspects of National Championship Meets by providing leadership and personnel for approved programs and projects. The Coaches Committee may serve in an advisory capacity to the Executive Committee and to other committees concerning those items that would affect the coaching of Masters swimming and the promotion of organized programs for Masters swimming.

- .3 **Convention Committee** - The Convention Committee shall consist of the Chairman appointed by the President for a two year term and as many members as needed to carry out the duties of the Committee appointed by the Chairman with the concurrence of the President. The Committee shall coordinate with United States Aquatic Sports, Inc., in the preparation of each year's national convention and carry out the operational needs of the House of Delegates and its committees at that convention.
- .4 **Finance Committee** - The Finance Committee shall consist of the Chairman appointed by the President for a two year term. The Chairman shall choose from the House of Delegates nine members, with at least one from each zone. The Treasurer, the Chairman of the Internal Audit Committee, and the Controller shall serve as ex-officio members of the Committee.

A The Finance Committee shall:

- 1. Develop policies pertaining to the financial affairs of the Corporation.
- 2. Receive and review the annual reports of the Internal Audit Committee, Treasurer, and Controller.
- 3. Prepare or cause to be prepared a summary of the above reports to be presented to the House of Delegates at each annual convention.
- 4. Annually receive and compile all budget requests from each Officer and Committee for the next fiscal year.
- 5. At each annual convention, prepare the Corporation's budget for the next fiscal period and, after approval of the Budget by the Committee, submit same to the House of Delegates for approval.
- 6. Report to the Board of Directors.

B Committee requests for budget items or requests for funding that are disapproved by the Finance Committee (or those not submitted to the Finance Committee) may be approved by the House of Delegates by a two-thirds vote.

- .5 **Insurance Committee** - The Insurance Committee shall consist of the Chairman appointed by the President for a two year term and other members selected by the Chairman as may be necessary to carry out the duties of the Committee. The Committee shall study and review the insurance needs of USMS, and shall recommend policies, procedures, and appropriate insurance coverage for USMS, its participants and programs.

- .6 Internal Audit Committee** - The Internal Audit Committee shall consist of at least two members of the Corporation appointed by the President with the concurrence of the Board of Directors, one of whom shall be designated by the President as Chairman. The members of the Committee shall serve at the pleasure of the President and shall make their reports to the House of Delegates through the Finance Committee. The Internal Audit Committee shall:
- A** Receive the financial records of the Corporation from the Treasurer and the Controller.
 - B** Examine at least annually all financial records received pursuant to paragraph A above to determine the accuracy and validity of the records maintained by the Treasurer and Controller.
 - C** Prepare and audit the annual income statement and balance sheet of the Corporation, along with any other appropriate financial statements as of the close of the Corporation's fiscal year.
 - D** Present the financial statements listed in paragraph C above to the Finance Committee as soon as practical after the close of the fiscal year with a statement as to the Internal Audit Committee's position regarding the accuracy and validity of those documents.
 - E** Submit to the Finance Committee recommendations for the improvement of the financial management of the Corporation.
 - F** Receive reimbursement for expenses incurred in the performance of its duties, following authorization by an Officer or the Chairman of the Finance Committee.
- .7 International Committee** - The International Swimming Committee shall consist of the Chairman appointed by the President for a two year term and other members as may be appropriate. The Committee will encourage, promote, and coordinate Masters swimming on an international basis, and shall be empowered to bid for MSI Championship meets.
- .8 Legislation Committee** - The Legislation Committee shall consist of the Chairman appointed by the President for a two year term. The Chairman shall choose from the House of Delegates fourteen members, with two members from each zone. The Legislation Committee may initiate and shall consider proposed amendments to the Preamble; Goals and Objectives; Glossary; Articles 201, 202, and 203.1; Part Four; Part Five; Part Six; and Appendix D (LMSC Abbreviations and Boundaries) of the Code, and shall present them to the annual meeting of the House of Delegates with recommendations.
- .9 Long Distance Committee** - The Long Distance Swimming Committee shall consist of a Chairman appointed by the President for a two year term, plus one representative from each zone and three at-large members. The Chairman will be the USMS liaison to the USS Long Distance Swimming Committee.
- .10 Marketing/Publications Committee** - The Marketing/Publications Committee shall consist of a Chairman appointed by the President for a

two year term and other members as necessary to carry out the appropriate duties. The Committee shall define the marketing and communications goals and objectives, which are supportive of the purpose and philosophy of Masters swimming, and will execute the activities and produce materials necessary to accomplish these goals and objectives.

- .11 **Membership/Registration Committee** - The Membership/Registration Committee shall consist of the Chairman appointed by the President for a two year term, one member from each zone, and one member-at-large. Duties of the Committee include preparing regulations and fees for presentation to the House of Delegates.
- .12 **Nominating Committee** - The Nominating Committee shall be the Zone Committee. They will canvas qualified and interested persons and present a slate at least one month before the Annual Meeting. Additional nominees will be accepted at the Annual Meeting upon nomination of a person by two delegates to the House of Delegates and with the written consent of the nominee(s).
- .13 **Planning Committee** - The Planning Committee shall consist of the Chairman appointed by the President for a two year term, one member from each zone, and other members as may be appropriate, who represent a broad range of experience in all aspects of the Masters swimming program. The Committee shall develop long range plans, goals, and objectives related to the vitality and quality of the Masters swimming program and shall recommend appropriate projects, policies, and priorities in response to issues which impact USMS programs. In addition, the Committee shall conduct periodic reviews of the organizational structure and, when appropriate, shall suggest changes designed to enhance communications, efficiency, and productivity.
- .14 **Records and Tabulation Committee** - The Records and Tabulation Committee shall consist of the Chairman appointed by the President for a two year term and as many members as necessary to carry out the duties of the Committee appointed by the Chairman. The duties of this Committee are to establish and maintain a standardized process of recording and verifying times and to publish annually the Top Ten Times and USMS National Records for each course.
- .15 **Rules Committee** - The Rules Committee Chairman shall be appointed by the President for a two year term. The Chairman shall choose from the House of Delegates ten members with at least one member from each zone. The Rules Committee recommends to the House of Delegates at its annual meeting rule changes for the improvement of the sport. Such recommendations shall be based on proposals submitted to the Rules Committee in writing and in the proper form in accordance with the provisions of Part Six.
- .16 **Sports Medicine and Research Committee** - The Sports Medicine and Research Committee shall consist of the Chairman appointed by the President for a two year term and others who can stimulate research in the physiology and psychology of Masters participation at basic and clinical research levels, and further investigate the benefits of continued exercise

programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

- .17 Zone Committee** - The Zone Committee shall consist of a representative from each zone elected by the members of the House of Delegates from each LMSC in each zone at the annual meeting of the House of Delegates for a two year term. Zone representatives shall be residents of their zones, and a change of residency by a Zone Representative out of the zone shall cause a vacancy. In the event a vacancy exists, the President shall appoint a member of the zone to fill the unexpired term. The Zone Representatives shall select the Chairman of the Committee from within or without the Committee. The Committee shall carry out the responsibilities assigned to it by the policies of the House of Delegates, the President, the USMS Code of Regulations, and the stated need of the LMSCs.

- 506.3. AD HOC COMMITTEES** - The President may establish other committees on an ad hoc basis which are deemed necessary to carry out the duties of the President.

**ARTICLE 507:
FINANCIAL POLICY**

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

- 507.2. CONTROLLER** - The Controller shall be appointed by and serve at the pleasure of the President and shall report to the Finance Committee. The Controller shall:

- .1** Establish and maintain the financial records of the Corporation using generally accepted accounting principles and practices.
- .2** Record corporate income from the Registrar and all other sources on the books of the Corporation.
- .3** Receive and record all invoices and/or bills, which invoice and/or bills shall have been approved by an Officer or Committee Chairman or other person authorized to approve such expenses.
- .4** Authorize the Treasurer to disburse corporate funds pursuant to paragraph .3 above.
- .5** Prepare annual financial summaries of the Corporation's financial status within two months following the end of the fiscal year.
- .6** Prepare the annual financial reports showing the income and disbursements of the Corporation, which shall be similar to those reports required of nonprofit organizations by Section 6056 of the Internal Revenue Code of 1954 (or corresponding provisions of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.
- .7** Prepare the Corporation's annual tax returns.

- .8 Submit all financial records to the Internal Audit Committee annually within two months following the end of the fiscal year.
 - .9 Submit recommendations for improvements in the management of the Corporation's fiscal affairs to the Chairman of the Finance Committee as requested or deemed advisable.
 - .10 The Controller shall be reimbursed for expenses incurred in the performance of the duties of the position, following authorization by an Officer or the Chairman of the Finance Committee.
- 507.3. FEES** - Fees shall be as established by the House of Delegates.

**ARTICLE 508:
INDEMNIFICATION AND DISSOLUTION**

508.1. INDEMNIFICATION

- .1 Each person who is or was a Director, officer, or employee of the Corporation (including the heirs, executors, administrators, or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Nonprofit Corporation Law of the State of Ohio against any liability cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a Director, officer, or employee (including serving at the request of the Corporation as a director, trustee, officer, employee, or agent of another corporation).
- .2 The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost, or expense. For the purpose of Article 508.1, references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

508.2. DISSOLUTION

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

PART SIX: AMENDMENT PROCEDURES

ARTICLE 601: AMENDMENTS

601.1. AMENDMENT PROCEDURES - 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:

- .1 In odd-numbered years the Preamble; Goals and Objectives; Glossary; Articles 201, 202, and 203.1; Part Four; Part Five; Part Six; and Appendix D (LMSC Abbreviations and Boundaries) by a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Legislation Committee.
- .2 In even-numbered years Part One and Part Two of the Rules of Competition, with the exception of Articles 201, 202, and 203.1, by a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Rules Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Rules Committee.
- .3 In even-numbered years Part Three of the Rules of Competition by a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Long Distance Swimming Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Long Distance Swimming Committee.
- .4 Emergency legislation: By a nine-tenths vote of the House of Delegates present and voting if not submitted in conformity with .1, .2, or .3 above.

601.2. COMMITTEE GOVERNANCE - ~~Any~~ changes to the *USMS Code of Regulations and Rules of Competition* may be proposed only by a Local Masters Swimming Committee, a standing committee of the House of Delegates, the Board of Directors, or the Executive Committee. 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.

- .1 All proposed changes to the Code of Regulations (Preamble; Goals and Objectives; Glossary; Articles 201, 202, and 203.1; Part Four; Part Five; Part Six; and Appendix D) shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.
- .2 All proposed changes to the Rules for Competition (Part One and Part Two, with the exception of Articles 201, 202, and 203.1) shall be considered by the Rules Committee for report and recommendation to the House of Delegates.

- .3 All proposed changes to Rules for Long Distance Swimming (Part Three) shall be considered by the Long Distance Swimming Committee for report and recommendation to the House of Delegates.

601.3. SUBMISSION DEADLINES - All proposed Rules or Code changes by the LMSC must be submitted to the Chairman of the Rules, Legislation, or Long Distance Swimming Committee not less than seventy-five (75) days prior to the first day of the annual meeting of the House of Delegates. All such proposed changes to the Rules or Code shall be published and mailed to each LMSC not less than thirty (30) days prior to the first day of the annual meeting of the House of Delegates members.

601.4. MODIFICATION OF PROPOSALS - A proposed Rules or Code provision may be modified in any manner by the Rules, Legislation, or Long Distance Swimming Committee, where appropriate, while under consideration by said Committee. Such modification must be germane to the subject matter of the proposed change.

601.5. EFFECTIVE DATE - All changes approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at the time of adoption.

APPENDIX A

RECORDS

LONG DISTANCE SWIMMING RECORDS (as of 11-16-89)

Men	One Hour Postal	10 K Postal	One Mile Cable	Two Mile Cable
19-24	5625 yds.	2:25:18.00	21:20.86	43:24.26
25-29	5825 yds.	2:04:50.00	20:50.81	42:36.20
30-34	5630 yds.	2:08:13.89	21:26.82	38:32.00
35-39	5465 yds.	2:07:09.01	21:23.33	44:00.00
40-44	5295 yds.	2:17:40.29	22:37.24	46:29.83
45-49	5195 yds.	2:33:40.56	23:47.75	47:50.38
50-54	4925 yds.	2:31:06.00	23:11.86	49:09.95
55-59	4675 yds.	2:44:46.26	26:59.84	56:18.00
60-64	4555 yds.	3:02:11.00	33:27.29	1:00:46.00
65-69	4160 yds.	2:58:08.83	28:55.62	1:11:34.00
70-74	4080 yds.	2:57:58.03	28:31.42	1:01:28.00
75-79	3535 yds.		35:09.64	1:14:02.63
80-84	3435 yds.			1:20:33.00
85-89	3240 yds.			
90-94				
95+				

Women	One Hour Postal	10 K Postal	One Mile Cable	Two Mile Cable
19-24	5040 yds.	2:25:23.15	23:53.46	46:26.00
25-29	5290 yds.	2:22:40.00	21:46.34	42:10.30
30-34	5295 yds.	2:17:19.08	21:28.07	43:34.56
35-39	5165 yds.	2:16:22.59	23:04.20	46:27.00
40-44	4535 yds.	2:57:13.06	23:50.52	48:35.44
45-49	4490 yds.	2:47:07.36	28:24.67	48:08.20
50-54	4525 yds.	3:12:10.00	31:21.91	57:37.00
55-59	4415 yds.	3:31:01.21	30:06.41	1:05:03.11
60-64	4040 yds.	3:58:01.00	29:41.79	1:03:14.22
65-69	3465 yds.	3:58:55.00	53:05.88	1:50:54.56
70-74	3280 yds.	4:54:25.78	34:53.37	1:13:53.70
75-79	3150 yds.		49:11.96	1:55:52.27
80-84	2745 yds.			
85-89	1200 yds.			
90-94	975 yds.			
95+				

Send long distance swimming record applications and appropriate documentation to Rob Copeland, USMS Long Distance Swimming Committee, 246 Berger, Somerset, NJ 08873.

**WOMEN'S
USMS NATIONAL RECORDS
SHORT COURSE YARDS**

(AS OF 05-31-89)

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
50 YD. FREE	24.70	23.69	23.04	24.66	25.00	25.98	27.40	29.20	30.67	32.44	34.57	36.17	47.66	59.89	1:27.65	
100 YD. FREE	53.67	52.11	50.83	52.24	55.91	57.91	1:01.58	1:05.80	1:08.11	1:12.28	1:19.44	1:21.57	1:51.40	2:22.40	3:31.33	
200 YD. FREE	1:54.22	1:52.14	1:52.57	1:52.79	2:05.92	2:05.71	2:19.30	2:22.66	2:31.16	2:45.81	3:03.85	3:05.04	4:08.36	5:32.96	8:28.07	
500 YD. FREE	5:04.90	4:59.00	5:07.60	5:01.04	5:33.70	5:40.37	6:11.76	6:09.83	6:50.37	7:57.09	8:20.37	9:24.48	10:45.81	15:11.61		
1000 YD. FREE	11:11.78	10:23.15	10:58.70	10:39.87	11:24.80	11:55.72	12:44.88	12:45.02	13:56.85	16:18.49	17:06.75	19:04.58	24:34.79	32:19.92		
1650 YD. FREE	17:31.70	17:18.21	17:41.63	17:15.23	18:58.23	20:12.73	21:32.25	21:22.63	23:21.14	26:57.88	29:08.27	32:54.84	40:21.50	50:54.73		
50 YD. BACK	27.97	26.76	28.41	28.92	31.48	32.57	33.53	34.63	36.36	40.64	44.64	46.51	52.35	1:07.57	1:42.97	
100 YD. BACK	58.72	57.54	1:00.03	1:02.92	1:07.75	1:11.07	1:13.49	1:17.48	1:19.95	1:29.29	1:37.58	1:43.65	1:56.19	2:41.15	3:32.00	
200 YD. BACK	2:07.07	2:04.30	2:09.70	2:23.45	2:26.34	2:38.54	2:39.39	2:48.92	2:54.92	3:15.71	3:34.17	3:42.18	4:52.78	5:32.57	7:33.41	
50 YD. BRST	32.60	30.61	29.84	30.85	33.31	34.46	35.55	37.70	40.38	42.82	45.37	53.28	1:06.58	1:23.67	2:26.52	
100 YD. BRST	1:08.12	1:08.62	1:05.05	1:07.58	1:12.49	1:16.53	1:17.72	1:24.45	1:28.02	1:35.10	1:41.02	1:59.24	2:22.40	3:57.04	5:30.32	
200 YD. BRST	2:25.40	2:28.97	2:31.19	2:33.38	2:38.86	2:46.59	2:51.02	3:04.49	3:14.45	3:26.20	3:42.91	4:09.09	5:39.12	7:10.40	11:48.36	
50 YD. FLY	26.88	25.68	25.62	26.68	27.92	28.26	30.57	31.76	35.32	38.39	44.99	53.61	1:06.25	1:16.00		
100 YD. FLY	58.63	57.11	55.68	56.90	1:01.88	1:03.08	1:12.16	1:15.77	1:23.43	1:30.04	1:47.29	2:01.82	2:36.36	3:01.71		
200 YD. FLY	2:11.50	2:03.38	2:10.62	2:10.80	2:16.95	2:20.14	2:51.58	2:51.18	3:10.64	3:29.24	4:06.22	4:19.43	5:43.94	7:15.95		
100 YD. I.M.	1:01.44	59.39	58.78	1:00.22	1:04.30	1:07.73	1:10.73	1:14.80	1:18.93	1:28.58	1:37.35	1:50.29	2:24.88	2:41.31		
200 YD. I.M.	2:12.53	2:08.87	2:09.99	2:14.35	2:24.13	2:24.53	2:41.96	2:45.47	2:53.05	3:14.21	3:34.44	3:56.09	4:51.27	5:57.63		
400 YD. I.M.	4:45.34	4:32.30	4:39.58	4:47.41	5:04.08	5:10.24	5:50.83	5:55.35	6:17.58	7:26.29	7:36.45	8:10.40	10:00.13	17:13.92		

**MEN'S
USMS NATIONAL RECORDS
SHORT COURSE YARDS**

(AS OF 05-31-89)

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
50 YD. FREE	21.11	20.18	20.99	21.30	21.78	22.52	22.93	23.41	25.19	25.62	27.45	28.73	33.77	39.47	1:10.96	
100 YD. FREE	46.20	44.94	45.29	46.90	48.93	50.40	51.93	52.59	56.09	56.24	1:01.22	1:04.28	1:19.32	1:28.95	2:24.60	
200 YD. FREE	1:44.02	1:40.16	1:39.97	1:44.48	1:48.18	1:50.56	1:57.72	2:02.93	2:07.53	2:10.80	2:24.72	2:30.58	3:01.25	3:27.76	7:16.14	
500 YD. FREE	4:42.65	4:32.71	4:39.44	4:43.06	4:50.80	5:03.96	5:21.51	5:32.17	5:55.81	6:17.42	6:54.49	7:14.29	8:03.55	9:08.50	13:13.36	
1000 YD. FREE	9:49.98	9:33.93	9:41.92	10:05.99	10:19.81	10:48.89	11:00.03	11:36.50	12:12.88	13:35.33	14:18.94	15:00.25	16:54.23	18:18.29	28:04.65	
1650 YD. FREE	16:46.74	15:51.43	16:06.55	16:46.31	17:05.64	17:59.11	18:53.29	19:02.45	20:46.53	22:21.28	23:44.48	25:05.88	28:04.21	39:46.87	51:31.39	
50 YD. BACK	24.37	24.13	24.29	25.40	25.93	25.65	27.78	29.62	30.65	33.10	34.92	37.14	41.17	53.98	1:15.02	
100 YD. BACK	52.53	51.62	51.95	54.25	57.44	56.14	1:01.93	1:05.25	1:07.47	1:13.04	1:17.92	1:23.22	1:35.29	1:58.65		
200 YD. BACK	1:55.26	1:53.79	1:54.53	1:59.73	2:05.15	2:08.51	2:16.94	2:20.58	2:30.32	2:43.54	2:52.67	3:08.20	3:34.78	4:30.54		
50 YD. BRST	27.55	25.66	26.34	27.05	27.78	28.53	29.70	30.18	33.05	35.17	36.17	38.58	45.97	54.76	1:29.35	
100 YD. BRST	59.74	56.51	57.99	59.11	1:01.84	1:02.48	1:05.29	1:06.93	1:15.44	1:18.98	1:21.03	1:27.44	1:45.41	2:08.19		
200 YD. BRST	2:11.59	2:03.69	2:06.56	2:13.72	2:17.66	2:19.54	2:28.78	2:34.15	2:46.38	2:57.28	3:03.29	3:17.04	4:03.66	4:36.57		
50 YD. FLY	23.40	22.41	22.66	23.65	24.18	24.24	25.80	27.34	28.50	29.99	31.95	35.44	46.82	1:02.33		
100 YD. FLY	51.63	49.81	49.84	51.61	54.04	54.27	58.39	1:00.88	1:07.32	1:11.93	1:21.51	1:32.72	2:04.13			
200 YD. FLY	1:53.38	1:50.71	1:50.67	1:53.88	2:02.39	2:09.45	2:17.78	2:25.81	2:41.54	2:54.40	2:58.78	3:40.93	4:35.21			
100 YD. I.M.	54.35	51.17	52.01	55.10	56.41	56.23	1:00.66	1:03.11	1:06.39	1:06.74	1:14.99	1:16.57	1:40.18	2:02.78		
200 YD. I.M.	1:56.80	1:52.55	1:55.86	2:00.79	2:04.11	2:06.09	2:13.98	2:17.88	2:32.47	2:40.26	2:47.68	2:58.90	3:48.22	4:40.51		
400 YD. I.M.	4:07.27	3:59.73	4:07.56	4:22.04	4:28.41	4:31.40	4:51.41	5:03.72	5:34.42	5:54.74	6:14.18	6:53.52	8:27.54	10:41.12		

**WOMEN'S
USMS NATIONAL RECORDS
SHORT COURSE METERS**

(AS OF 11-01-89)

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
50 M. FREE	28.51	26.93	26.55	27.66	29.38	30.05	33.39	31.83	35.49	37.13	40.42	43.98	48.76	1:03.78		
100 M. FREE	1:01.87	59.17	57.35	1:00.75	1:05.27	1:07.90	1:12.67	1:11.63	1:17.99	1:27.81	1:31.84	1:48.46	2:40.16	3:01.15		
200 M. FREE	2:15.34	2:06.47	2:06.83	2:12.69	2:21.91	2:28.69	2:38.25	2:40.27	2:50.94	3:13.56	3:28.41	3:57.19	4:17.73	5:33.83		
400 M. FREE	4:50.48	4:26.18	4:32.09	4:52.99	4:53.39	5:34.44	5:32.67	5:34.32	6:02.43	6:59.05	7:17.22	8:11.07	11:21.15			
800 M. FREE	10:09.88	9:21.42	9:59.43	9:46.95	10:12.09	11:14.64	11:35.78	11:29.99	12:31.12	14:36.28	15:07.39	17:16.06	31:17.53	24:05.34		
1500 M. FREE	20:18.52	17:42.32	19:17.08	18:27.71	19:37.68	23:30.94	21:44.35	21:35.84	25:01.23	28:03.99	29:32.39	33:53.33				
50 M. BACK	33.40	30.63	33.14	33.70	35.26	37.29	38.14	42.10	39.60	40.48	50.18	52.11	1:07.96	1:13.57		
100 M. BACK	1:12.77	1:04.66	1:13.82	1:12.77	1:22.56	1:21.06	1:23.58	1:31.87	1:29.13	1:30.41	1:52.58	1:58.13	2:35.68	2:52.17		
200 M. BACK	2:34.32	2:20.66	2:38.38	2:45.68	2:55.85	2:56.06	2:58.72	3:11.13	3:16.14	3:15.72	3:56.72	4:01.89	5:18.44	6:00.16		
50 M. BRST	37.56	36.66	35.75	34.63	38.36	40.04	40.64	44.17	45.86	48.23	50.95	58.91	1:20.10			
100 M. BRST	1:20.68	1:20.78	1:18.13	1:16.70	1:23.81	1:26.83	1:28.51	1:38.54	1:39.86	1:51.21	1:55.84	2:10.17	2:57.04			
200 M. BRST	2:57.47	2:55.98	2:53.24	2:50.93	3:01.86	3:06.19	3:11.20	3:27.36	3:48.81	3:58.08	4:11.18	4:35.24	8:51.51			
50 M. FLY	31.13	29.13	30.20	30.21	32.11	33.93	36.43	38.04	39.64	45.75	52.34	59.27	1:19.40	1:44.56		
100 M. FLY	1:12.47	1:08.26	1:07.34	1:08.00	1:15.32	1:18.79	1:22.64	1:31.20	1:36.95	1:47.51	2:04.25	2:12.17	3:09.18			
200 M. FLY	2:42.76	2:29.84	2:30.73	2:35.70	2:39.33	2:37.88	3:11.83	3:20.43	3:33.12	4:10.63	4:36.96	4:48.50	7:03.62			
100 M. I.M.	1:12.54	1:08.16	1:07.78	1:11.55	1:16.24	1:14.41	1:26.76	1:24.19	1:27.50	1:45.67	1:50.32	2:00.07	2:50.64	4:32.97		
200 M. I.M.	2:34.48	2:24.07	2:27.11	2:35.52	2:49.07	2:42.88	3:09.74	3:13.18	3:18.11	3:50.00	4:04.81	4:17.89	6:10.22	9:49.36		
400 M. I.M.	5:31.58	5:14.28	5:21.25	5:40.66	5:46.82	5:55.35	6:49.56	7:17.75	7:12.48	8:40.52	8:34.79	9:07.66	13:40.15			

**MEN'S
USMS NATIONAL RECORDS
SHORT COURSE METERS**

(AS OF 11-01-89)

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
50 M. FREE	24.62	23.73	22.82	23.98	24.91	25.46	26.35	26.60	28.86	30.27	32.31	32.78	42.21	44.61	1:31.28	
100 M. FREE	54.92	53.90	50.51	53.94	55.35	56.64	59.80	1:00.08	1:07.20	1:09.55	1:14.48	1:15.94	1:42.08	1:41.46		
200 M. FREE	2:02.41	1:54.00	1:50.91	1:59.38	2:01.01	2:05.81	2:15.98	2:22.59	2:26.62	2:39.55	2:46.86	2:55.63	3:47.65	3:48.20		
400 M. FREE	4:21.31	4:22.54	4:02.66	4:21.47	4:18.45	4:33.39	4:45.96	5:00.88	5:14.08	5:48.52	5:56.06	6:23.81	7:32.64	7:54.24		
800 M. FREE	9:05.08	9:01.20	8:34.26	9:13.76	9:01.20	9:32.34	9:50.17	10:35.62	11:14.13	12:15.20	12:15.49	13:17.26	15:41.78	16:53.90		
1500 M. FREE	17:43.37	17:11.55	17:38.93	17:54.26	17:38.17	18:27.36	19:16.63	20:20.95	21:51.38	23:41.14	23:59.12	26:04.74	29:58.32	32:20.20		
50 M. BACK	29.65	27.25	28.56	28.05	29.58	29.33	31.42	32.69	34.81	37.53	38.44	43.24	50.13	1:04.06	1:29.99	
100 M. BACK	1:04.30	58.42	1:01.39	1:01.98	1:04.50	1:05.31	1:10.07	1:12.17	1:17.31	1:24.81	1:24.30	1:44.07	1:50.89	2:29.75		
200 M. BACK	2:27.96	2:09.12	2:15.67	2:20.60	2:22.17	2:28.51	2:37.52	2:41.11	2:49.82	3:07.65	3:07.57	3:59.38	4:01.12	6:00.26		
50 M. BRST	32.33	29.08	30.11	31.64	31.33	33.13	34.15	33.77	37.54	40.84	41.26	45.73	1:00.61	1:05.82	1:50.16	
100 M. BRST	1:09.79	1:08.65	1:08.10	1:09.62	1:11.99	1:13.91	1:14.72	1:16.32	1:23.19	1:27.91	1:32.13	1:44.72	2:27.55	2:31.20		
200 M. BRST	2:39.36	2:24.68	2:31.52	2:28.35	2:49.00	2:41.44	2:45.11	2:51.47	3:09.24	3:20.02	3:24.66	3:53.52	5:16.38	5:30.76		
50 M. FLY	27.37	25.77	25.06	26.06	27.50	27.62	29.34	30.24	32.58	35.28	38.14	43.99	59.72	1:39.64		
100 M. FLY	1:01.60	57.07	56.43	1:00.62	1:00.79	1:07.08	1:06.66	1:15.75	1:20.55	1:33.78	1:31.84	1:48.55	2:38.61			
200 M. FLY	2:26.57	2:10.91	2:13.62	2:21.47	2:16.15	2:30.18	2:36.01	2:53.71	3:06.04	3:34.81	3:31.97	4:09.06				
100 M. I.M.	1:02.35	58.82	1:02.32	1:01.17	1:02.30	1:07.07	1:07.60	1:12.79	1:16.52	1:20.20	1:21.87	1:35.55	1:53.59	2:30.55		
200 M. I.M.	2:19.06	2:12.28	2:12.33	2:15.67	2:18.73	2:27.78	2:31.52	2:44.51	2:53.83	3:05.38	3:08.13	3:35.61	4:36.38			
400 M. I.M.	4:54.60	4:48.69	4:55.11	4:53.16	5:00.76	5:17.02	5:20.81	5:58.03	6:19.49	6:46.37	6:50.27	8:08.29	9:25.63			

**WOMEN'S
USMS NATIONAL RECORDS
LONG COURSE METERS**

(AS OF 09-15-89)

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
50 M. FREE	28.18	26.77	26.37	27.91	28.64	29.08	31.10	32.60	35.08	36.40	39.03	43.50	51.02	1:06.49	2:02.38	
100 M. FREE	1:01.91	58.34	58.09	1:00.25	1:03.40	1:05.44	1:11.24	1:12.34	1:20.10	1:22.50	1:30.79	1:40.85	1:59.70	2:48.56	4:08.22	
200 M. FREE	2:14.17	2:07.11	2:07.84	2:09.33	2:21.77	2:24.24	2:38.26	2:42.04	2:50.03	3:07.86	3:27.09	3:55.34	4:21.71	5:47.38		
400 M. FREE	4:58.83	4:27.53	4:33.08	4:33.08	4:57.60	5:08.67	5:37.18	5:36.66	6:02.28	6:33.33	7:28.90	8:27.00	9:48.24	13:22.48		
800 M. FREE	10:18.64	9:18.74	9:51.94	9:24.54	10:10.64	10:48.41	11:40.50	11:30.97	12:19.35	13:33.26	15:04.91	17:12.92	19:56.61	24:23.38		
1500 M. FREE	19:15.12	17:38.78	18:04.42	18:12.11	10:13.16	21:08.30	22:00.76	22:18.91	23:55.57	25:35.81	28:46.45	33:01.50	42:56.35	52:23.80		
50 M. BACK	33.40	30.80	32.11	32.64	34.68	37.64	37.90	39.17	40.35	44.71	48.44	58.02	55.07	1:14.83	2:17.25	
100 M. BACK	1:06.09	1:07.32	1:09.08	1:10.94	1:16.64	1:21.04	1:23.40	1:27.61	1:31.06	1:41.18	1:51.41	1:56.71	2:07.79	2:49.73		
200 M. BACK	2:37.47	2:19.97	2:29.27	2:43.47	2:47.57	2:56.28	3:01.07	3:10.89	3:16.98	3:37.88	3:55.88	4:41.76	4:38.26	5:51.69	10:47.76	
50 M. BRST	36.01	34.36	35.90	34.41	38.37	39.86	40.22	41.74	45.86	48.13	52.17	1:00.55	1:17.90	1:42.40		
100 M. BRST	1:20.50	1:18.31	1:19.55	1:17.84	1:24.95	1:28.07	1:29.10	1:31.65	1:43.22	1:45.89	1:56.24	2:14.40	2:58.55	3:32.03		
200 M. BRST	3:01.47	2:50.04	2:53.08	2:54.85	3:07.35	3:11.24	3:15.76	3:28.24	3:48.72	3:49.96	4:18.13	4:39.52	6:11.63	7:45.92		
50 M. FLY	31.75	28.79	29.91	29.27	30.54	30.74	34.67	35.29	38.64	44.67	50.72	1:02.39	1:16.09	1:27.77		
100 M. FLY	1:06.05	1:03.91	1:06.24	1:05.39	1:09.45	1:12.67	1:24.40	1:27.49	1:34.48	1:48.37	2:09.61	2:20.80	2:57.05	3:22.83		
200 M. FLY	2:22.59	2:22.42	2:28.24	2:26.38	2:33.51	2:44.10	3:15.92	3:19.84	3:34.66	3:58.77	4:37.05	4:54.79	6:41.20	7:40.47		
200 M. I.M.	2:33.43	2:25.45	2:29.22	2:40.45	2:46.00	2:46.91	3:05.13	3:07.65	3:17.40	3:47.08	4:10.04	4:25.80	6:02.99	7:08.59		
400 M. I.M.	5:20.39	5:06.34	5:23.84	5:40.56	5:46.50	5:54.98	6:35.20	6:42.05	6:59.45	8:19.89	8:39.36	9:11.23	12:25.51	14:16.56		

**MEN'S
USMS NATIONAL RECORDS
LONG COURSE METERS**

(AS OF 09-15-89)

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95+
50 M. FREE	24.52	22.59	24.27	24.81	25.25	26.12	26.16	27.42	28.60	29.17	29.35	32.50	38.95	46.76	59.88	1:20.52
100 M. FREE	53.90	51.25	52.32	55.38	56.36	57.96	59.25	1:03.73	1:03.94	1:08.15	1:11.61	1:14.86	1:31.76	1:43.03	2:14.06	
200 M. FREE	1:56.99	1:53.78	1:55.48	2:00.45	2:05.76	2:08.93	2:14.39	2:22.94	2:26.94	2:32.90	2:44.86	2:53.73	3:31.79	3:48.91		
400 M. FREE	4:10.98	4:07.73	4:08.70	4:18.35	4:32.62	4:36.91	4:51.06	4:58.41	5:17.64	5:38.79	6:08.19	6:27.76	7:23.09	8:14.50		
800 M. FREE	9:19.31	8:51.04	8:46.99	9:09.59	9:27.20	9:50.24	10:04.71	10:24.08	11:13.16	12:09.27	12:44.54	13:35.96	15:53.13	17:11.21		
1500 M. FREE	17:43.31	16:28.69	17:06.73	17:26.29	18:23.82	18:34.73	19:28.41	19:56.07	21:17.93	23:04.59	24:58.38	25:41.55	28:54.95	33:08.54		
50 M. BACK	28.06	27.48	27.32	28.04	29.94	30.67	30.93	33.84	35.02	35.47	37.49	40.47	45.69	1:01.44	1:16.30	1:18.91
100 M. BACK	1:01.85	1:00.30	1:00.40	1:02.53	1:07.40	1:07.77	1:10.14	1:14.14	1:18.06	1:23.99	1:28.30	1:32.92	1:50.05	2:18.74	5:04.51	
200 M. BACK	2:15.36	2:12.99	2:11.77	2:17.31	2:25.33	2:28.25	2:35.44	2:42.37	2:52.67	3:12.68	3:13.25	3:34.86	4:04.79	5:15.15		
50 M. BRST	30.10	29.88	29.74	31.52	32.39	33.47	33.85	34.20	37.61	40.21	41.44	44.44	54.29	1:01.47	1:36.87	2:03.52
100 M. BRST	1:06.61	1:04.60	1:06.87	1:10.20	1:11.58	1:14.95	1:15.60	1:17.87	1:27.50	1:31.99	1:33.20	1:39.69	2:04.84	2:25.85	5:16.03	
200 M. BRST	2:36.88	2:30.96	2:26.61	2:35.66	2:38.02	2:47.28	2:53.76	2:58.83	3:17.55	3:27.47	3:32.90	3:50.51	4:43.91	5:35.03		
50 M. FLY	26.59	25.16	25.31	26.35	27.15	28.05	28.90	30.94	32.19	33.85	35.65	41.25	53.20	1:14.96		
100 M. FLY	58.16	56.34	56.64	58.59	1:02.05	1:04.31	1:07.13	1:12.19	1:17.39	1:25.56	1:35.98	1:48.44	2:43.61			
200 M. FLY	2:09.49	2:06.88	2:07.71	2:12.91	2:23.05	2:32.11	2:33.79	3:00.91	3:05.41	3:34.69	3:43.08	4:04.13	5:56.13			
200 M. I.M.	2:19.42	2:09.21	2:12.37	2:20.37	2:23.20	2:25.46	2:34.67	2:44.00	2:55.70	3:02.81	3:20.95	3:30.50	4:22.70	5:33.20		
400 M. I.M.	4:48.68	4:34.08	4:45.33	4:59.66	5:08.30	5:17.96	5:41.04	5:53.77	6:18.89	6:50.63	7:05.02	7:48.38	10:44.82			

USMS NATIONAL RELAY RECORDS

SHORT COURSE YARDS

(AS OF 05-31-89)

WOMEN

MEN

MIXED

[illegible]

SHORT COURSE METERS

(AS OF 11-01-89)

WOMEN

MEN

MIXED

[illegible]

LONG COURSE METERS

(AS OF 09-15-89)

WOMEN

MEN

MIXED

[illegible]

**WOMEN'S
WORLD RECORDS
SHORT COURSE METERS**

(AS OF 10-01-89)

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 M. FREE	27.22	26.55	27.97	29.74	30.52	31.31	33.56	35.15	35.77	40.80	43.98	52.43	1:16.66	2:06.95
100 M. FREE	1:00.39	57.35	1:04.72	1:05.27	1:10.03	1:16.71	1:13.78	1:17.99	1:26.53	1:31.84	1:45.53	1:53.70	4:20.22	4:23.67
200 M. FREE	2:09.36	2:06.83	2:20.49	2:21.91	2:28.69	2:38.25	2:40.27	2:50.94	3:21.80	3:28.41	3:52.86	4:19.12		
400 M. FREE	4:30.49	4:32.09	4:52.99	4:53.39	5:34.44	5:32.67	5:34.32	6:02.43	7:06.04	7:17.22	7:56.05	8:51.10		
800 M. FREE	9:21.42	9:59.43	9:46.95	10:12.09	11:14.64	11:35.78	11:29.99	12:31.12	14:43.29	15:07.39	17:16.06	18:11.90		
1500 M. FREE	18:34.42	19:17.08	18:27.71	19:37.68	22:55.80	21:44.35	21:35.84	25:01.23	28:03.99	29:32.39	33:53.33	35:44.26		
50 M. BACK	30.70	33.14	33.39	35.09	35.43	38.14	40.38	40.49	44.16	45.08	55.95	1:05.08	1:42.12	1:55.07
100 M. BACK	1:07.80	1:11.81	1:12.85	1:19.47	1:17.13	1:23.58	1:30.03	1:30.87	1:42.92	1:44.02	2:01.55	2:24.00	3:47.15	4:46.17
200 M. BACK	2:21.03	2:34.27	2:50.64	2:56.16	2:56.06	2:58.72	3:11.13	3:16.14	3:47.03	3:56.72	4:23.42	5:18.44		
50 M. BRST	34.35	36.34	37.50	38.00	39.71	39.87	41.63	44.71	48.84	50.95	58.91	1:07.65		
100 M. BRST	1:15.62	1:18.44	1:21.50	1:23.81	1:28.48	1:28.51	1:28.61	1:43.43	1:51.49	1:55.84	2:06.60	2:44.80		
200 M. BRST	2:46.36	2:53.24	2:58.50	3:01.86	3:08.27	3:11.43	3:27.36	3:41.14	4:07.92	4:11.18	4:35.24	8:51.51		
50 M. FLY	29.80	30.20	30.21	32.11	34.75	37.19	37.87	40.72	45.75	52.34	59.27	1:13.27	1:44.56	
100 M. FLY	1:05.71	1:07.34	1:08.00	1:16.08	1:20.94	1:27.00	1:27.88	1:36.95	1:47.51	2:04.25	2:12.17	3:09.18		
200 M. FLY	2:26.06	2:31.16	2:35.70	3:00.39	2:37.88	3:23.32	3:20.43	3:33.12	4:10.63	4:36.96	4:48.50	7:03.62		
100 M. I.M.	1:08.54	1:07.78	1:12.33	1:16.08	1:14.41	1:23.90	1:25.61	1:29.46	1:45.67	1:50.32	2:00.07	2:21.39		
200 M. I.M.	2:33.60	2:27.11	2:39.21	2:50.12	2:42.88	2:59.01	3:15.18	3:18.11	3:50.00	4:04.81	4:17.89	6:10.22		
400 M. I.M.	5:19.07	5:22.12	5:40.66	5:46.82	5:55.35	6:49.56	7:02.76	7:16.29	8:05.06	8:34.79	9:07.66	13:40.15		

**MEN'S
WORLD RECORDS
SHORT COURSE METERS**

(AS OF 10-01-89)

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 M. FREE	23.90	24.01	24.36	24.91	25.88	26.35	27.77	28.86	30.99	31.80	32.78	39.60	46.06	1:31.28
100 M. FREE	51.85	52.72	54.17	55.35	57.06	1:01.23	1:03.88	1:06.98	1:09.55	1:14.48	1:15.94	1:34.80	1:51.72	
200 M. FREE	1:55.33	1:58.73	2:03.21	2:05.99	2:05.81	2:16.24	2:22.59	2:26.62	2:39.55	2:46.86	3:06.21	3:47.65	3:53.12	
400 M. FREE	4:04.50	4:14.66	4:25.02	4:33.96	4:35.03	4:45.96	5:00.88	5:14.08	5:48.52	5:56.06	6:26.37	7:05.20	7:54.24	
800 M. FREE	8:54.31	8:47.58	9:21.72	9:41.39	9:46.55	10:15.71	10:35.62	11:14.13	12:15.20	12:15.49	13:51.25	15:41.78	16:53.90	
1500 M. FREE	16:41.55	17:37.17	17:54.26	17:38.17	18:27.36	19:16.63	20:20.95	21:51.38	23:41.14	23:59.12	26:04.74	29:58.32	32:20.20	
50 M. BACK	28.72	28.56	29.15	29.58	29.33	31.60	35.15	34.81	37.53	39.72	41.90	50.13	1:04.06	1:29.99
100 M. BACK	1:01.26	1:01.42	1:04.17	1:06.09	1:05.31	1:12.44	1:16.83	1:17.31	1:24.81	1:28.56	1:38.10	1:50.89	2:29.75	
200 M. BACK	2:15.05	2:15.74	2:23.28	2:32.22	2:28.72	2:37.52	2:46.40	2:53.32	3:07.65	3:15.22	3:34.00	4:01.12	6:06.83	
50 M. BRST	30.20	30.22	32.30	31.94	33.80	33.14	34.38	37.54	39.40	41.33	45.73	55.43	1:05.80	1:50.16
100 M. BRST	1:04.91	1:06.83	1:10.50	1:11.99	1:14.53	1:16.75	1:16.32	1:23.80	1:30.74	1:32.13	1:53.54	2:27.55	2:34.45	
200 M. BRST	2:29.50	2:29.21	2:33.34	2:42.79	2:46.88	2:52.58	3:00.72	3:11.00	3:22.26	3:24.66	4:05.77	5:16.38	5:30.76	
50 M. FLY	25.78	25.06	26.06	27.50	28.10	29.34	31.47	32.48	35.28	38.14	43.99	59.72	1:39.64	
100 M. FLY	57.50	56.43	1:01.25	1:01.47	1:07.20	1:07.40	1:15.67	1:16.56	1:33.78	1:32.98	1:48.55	2:38.61		
200 M. FLY	2:14.58	2:13.62	2:21.47	2:23.16	2:34.08	2:41.07	3:00.74	3:08.50	3:34.81	3:36.65	4:09.06			
100 M. I.M.	1:01.08	1:01.34	1:04.60	1:03.90	1:08.09	1:10.49	1:14.57	1:18.02	1:20.20	1:26.02	1:35.55	1:53.59	2:30.55	
200 M. I.M.	2:15.85	2:12.33	2:21.90	2:23.44	2:28.71	2:32.53	2:47.38	2:58.61	3:05.38	3:14.10	3:35.61	4:36.38		
400 M. I.M.	4:48.69	4:55.11	4:54.64	5:19.20	5:38.60	5:33.25	5:58.03	6:45.27	6:46.37	7:08.35	8:08.29	9:25.63		

**WOMEN'S
WORLD RECORDS
LONG COURSE METERS**

(AS OF 9-01-89)

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 M. FREE	26.77	26.37	27.91	28.64	29.08	31.10	32.60	35.01	35.56	39.03	41.72	46.62	1:06.49	2:02.38
100 M. FREE	58.97	58.09	1:00.25	1:03.40	1:05.44	1:09.16	1:13.80	1:18.28	1:22.50	1:30.37	1:39.28	1:49.27	2:48.56	4:08.22
200 M. FREE	2:09.66	2:10.06	2:09.33	2:21.77	2:24.24	2:37.11	2:42.04	2:50.03	3:10.18	3:24.61	3:52.90	4:16.48	5:51.54	
400 M. FREE	4:31.02	4:33.08	4:33.08	5:00.18	5:08.67	5:33.71	5:36.66	6:02.28	7:06.65	7:19.34	8:09.29	9:44.26	13:22.48	
800 M. FREE	9:18.74	9:51.94	9:24.54	10:28.26	10:48.41	11:40.50	11:30.97	12:19.35	14:05.13	15:04.91	17:58.04	20:14.29	24:23.38	
1500 M. FREE	17:38.78	18:04.42	18:12.11	20:17.80	21:08.30	22:00.76	22:18.91	23:55.57	27:20.13	28:46.45	33:01.50	42:56.35	57:03.68	
50 M. BACK	31.21	32.11	32.64	34.68	34.51	37.90	39.17	40.58	44.40	45.21	51.07	53.73	1:14.83	2:01.70
100 M. BACK	1:06.46	1:09.08	1:11.41	1:15.24	1:17.06	1:23.40	1:27.61	1:31.06	1:39.33	1:39.85	1:56.89	2:01.87	2:49.73	3:59.89
200 M. BACK	2:20.76	2:29.27	2:35.77	2:47.57	2:54.05	3:01.07	3:11.43	3:16.98	3:37.55	3:47.59	4:14.64	4:30.46	5:51.69	
50 M. BRST	32.01	34.56	37.04	37.59	39.45	39.00	42.94	42.49	48.13	52.17	58.08	1:04.78	1:28.69	
100 M. BRST	1:16.41	1:14.52	1:21.65	1:24.95	1:28.07	1:30.00	1:34.06	1:38.72	1:47.47	1:56.24	2:07.86	2:52.04	3:32.03	
200 M. BRST	2:50.04	2:53.08	2:55.60	3:07.35	3:10.49	3:14.70	3:19.65	3:41.48	3:46.28	4:18.13	4:36.72	6:11.63	7:45.92	
50 M. FLY	28.79	29.91	29.27	30.54	30.74	34.67	35.29	38.64	44.67	50.72	1:02.81	1:13.71	1:27.77	
100 M. FLY	1:03.91	1:06.74	1:05.39	1:10.22	1:12.67	1:24.40	1:27.49	1:34.58	1:48.37	2:02.61	2:20.80	2:57.05	3:22.83	
200 M. FLY	2:22.42	2:28.24	2:27.94	2:41.67	2:44.10	3:14.27	3:19.84	3:34.66	3:58.77	4:37.05	4:54.79	6:41.20	7:40.47	
200 M. I.M.	2:22.89	2:29.22	2:37.26	2:46.81	2:46.91	3:05.13	3:07.65	3:17.40	3:47.69	4:10.04	4:25.80	6:02.99	7:08.59	
400 M. I.M.	5:12.46	5:23.84	5:38.42	5:53.62	5:54.98	6:35.20	6:42.05	6:59.45	8:10.65	8:39.36	9:11.23	12:25.51	14:16.56	

**MEN'S
WORLD RECORDS
LONG COURSE METERS**

(AS OF 9-01-89)

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 M. FREE	22.59	23.45	24.79	25.25	26.12	26.16	27.42	28.60	29.17	29.35	32.50	38.47	44.87	59.88
100 M. FREE	51.25	51.76	55.38	56.36	57.96	59.25	1:03.40	1:03.94	1:08.15	1:11.61	1:14.86	1:29.22	1:43.03	2:14.06
200 M. FREE	1:53.78	1:55.48	2:00.45	2:05.76	2:08.93	2:14.39	2:22.94	2:26.94	2:32.90	2:44.86	2:53.73	3:31.79	3:48.91	
400 M. FREE	4:06.99	4:08.70	4:18.35	4:32.62	4:36.91	4:51.06	4:58.41	5:17.64	5:38.79	6:08.19	6:27.76	7:23.09	8:14.50	
800 M. FREE	8:41.43	8:46.99	9:09.59	9:27.20	9:50.24	10:04.71	10:27.08	11:13.16	11:36.97	12:45.90	13:35.96	15:53.13	17:11.21	
1500 M. FREE	16:28.69	17:06.73	17:28.84	18:23.82	18:34.73	19:28.41	19:56.07	21:17.93	23:04.59	24:58.38	25:41.55	28:54.95	33:08.54	
50 M. BACK	27.39	27.32	28.04	29.94	30.67	30.93	33.29	35.02	36.62	39.36	40.47	45.69	1:01.44	2:16.90
100 M. BACK	59.00	1:00.40	1:02.53	1:07.40	1:07.77	1:10.14	1:14.14	1:18.06	1:23.99	1:28.30	1:32.92	1:50.05	2:27.15	5:04.51
200 M. BACK	2:12.99	2:11.77	2:17.31	2:25.33	2:28.25	2:35.44	2:42.37	2:52.67	2:59.42	3:18.03	3:33.08	4:04.79	5:15.15	
50 M. BRST	29.88	29.74	31.52	32.39	33.10	33.38	34.20	37.61	39.82	41.41	44.86	49.61	1:06.00	2:12.09
100 M. BRST	1:06.61	1:06.87	1:10.20	1:11.58	1:14.95	1:15.60	1:17.87	1:27.50	1:31.07	1:33.20	1:39.69	2:00.89	2:36.30	5:16.03
200 M. BRST	2:26.73	2:26.61	2:35.66	2:38.02	2:47.28	2:53.76	2:58.83	3:14.50	3:26.70	3:32.90	3:50.51	4:40.35	5:36.05	
50 M. FLY	25.16	25.31	26.35	27.56	27.78	28.90	30.94	32.19	33.34	37.96	41.25	53.20	1:33.56	
100 M. FLY	56.34	56.64	58.59	1:02.05	1:04.31	1:07.13	1:12.19	1:17.39	1:29.32	1:35.69	1:48.44	2:23.50		
200 M. FLY	2:05.25	2:07.71	2:12.91	2:23.05	2:32.11	2:33.79	2:56.19	3:05.41	3:27.00	3:38.48	4:04.13	5:11.48		
200 M. I.M.	2:09.21	2:12.37	2:20.37	2:23.20	2:25.46	2:35.51	2:44.00	2:55.70	3:02.81	3:20.95	3:30.50	4:20.72	5:33.20	
400 M. I.M.	4:34.08	4:43.93	4:59.66	5:08.30	5:17.96	5:41.04	5:53.77	6:18.89	6:50.63	7:08.28	7:48.38	9:47.72		

WORLD RELAY RECORDS

SHORT COURSE METERS

(AS OF 10-01-89)

	WOMEN		MEN		MIXED	
	200 M. FREE	200 M. MEDLEY	200 M. FREE	200 M. MEDLEY	200 M. FREE	200 M. MEDLEY
100+	2:01.57	2:17.70	1:39.26	1:52.03	1:49.06	2:03.95
120+	2:01.57	2:17.70	1:42.53	1:57.51	1:51.32	2:08.27
160+	2:13.13	2:23.35	1:46.10	2:00.60	1:55.41	2:10.89
200+	2:26.09	2:40.29	1:53.75	2:07.44	2:06.03	2:19.57
240+	2:42.74	3:06.94	2:07.70	2:24.09	2:29.51	2:55.64
280+	3:25.09	3:46.84	2:11.80	2:49.78	2:38.80	3:11.32

LONG COURSE METERS

(AS OF 9-01-89)

	WOMEN		MEN		MIXED	
	200 M. FREE	200 M. MEDLEY	200 M. FREE	200 M. MEDLEY	200 M. FREE	200 M. MEDLEY
100+	1:53.20	2:06.67	1:38.53	1:49.96	1:43.89	1:56.58
120+	1:53.05	2:08.21	1:37.43	1:50.51	1:44.83	1:58.03
160+	2:03.48	2:20.53	1:43.26	1:57.11	1:48.82	2:02.10
200+	2:16.01	2:35.47	1:50.45	2:08.82	1:59.04	2:20.00
240+	2:28.24	2:51.82	1:58.63	2:21.34	2:09.67	2:29.30
280+	3:09.01	3:41.70	2:18.63	2:41.04	2:36.51	2:37.98

APPENDIX B

RECORD APPLICATION FORM

Event: 50 100 200 400 500 800 1000 1500 1650

Course: SC-yards SC-meters LC-meters

Stroke: free back brst fly IM free-relay mix-free-relay medley-relay mix-medley-relay

Pool length _____ Official time _____:_____:_____

Name _____ Sex ____ Birthdate _____ Age ____ USMS# _____

Relay team name _____ Sex ____ Age group _____

1. _____ Sex ____ Birthdate _____ Age ____ USMS# _____

2. _____ Sex ____ Birthdate _____ Age ____ USMS# _____

3. _____ Sex ____ Birthdate _____ Age ____ USMS# _____

4. _____ Sex ____ Birthdate _____ Age ____ USMS# _____

Pool name _____ City _____ State _____

Last day of meet _____ Sanction# _____ LMSC _____

____ Fully-automatic timing
____ Semi-automatic timing
____ Manual timing (3 watches)

Number of touch pads
____ one
____ two

Submitted by _____ Phone (_____) _____

Address _____

City/State/Zip Code _____

Please attach the tape and/or time card with signatures of all three timers and the referee and send to:
WALT REID, 11114 - 111th STREET SW, TACOMA, WA 98498.

Note: Proof of Age (birth certificate) and Pool Length Certification is required for a WORLD RECORD application (short course meters and long course meters only).

APPENDIX C

NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

USMS NATIONAL CONVENTIONS

1990 USMS Convention, Pittsburgh, PA. September 19-23, 1990. Contact: Dorothy Donnelly, USMS National Office, 2 Peter Avenue, Rutland, MA 01543. Phone: (508) 886-6631.

1991 USMS Convention, Louisville, KY. September 18-22, 1991. Contact: Dorothy Donnelly, USMS National Office, 2 Peter Avenue, Rutland, MA 01543. Phone: (508) 886-6631.

1992 USMS Convention, Minneapolis, MN. September 23-27, 1992. Contact: Dorothy Donnelly, USMS National Office, 2 Peter Avenue, Rutland, MA 01543. Phone: (508) 886-6631.

USMS NATIONAL CHAMPIONSHIP MEETS

1990 USMS Short Course Championships, Olympic Pool, University of Southern California, Los Angeles, CA. May 18-21, 1990. Contact: Ed Bartsch/Darrel Fick, Heritage Hall 203-B, Los Angeles, CA 90089-0602. Phone: (213) 743-7770.

1990 USMS Long Course Championships, The Woodlands, TX. August 17-20, 1990. Contact: Del Hanson, 10 North Timbertop Drive, The Woodlands, TX 77380. Phone: (713) 676-4822 office, (713) 292-6162 home.

1991 USMS Short Course Championships, Tracy Caulkins Natatorium, Centennial Park, Nashville, TN. May 17-20, 1991. Contact: Mary Lee Watson, 6613 Rolling Fork Drive, Nashville, TN 37205. Phone: (615) 353-1632.

1991 USMS Long Course Championships, E-Town Swim & Fitness, Elizabethtown, KY 42701. August 22-25, 1991. Contact: Joel "Cy" Cyganiewicz, 206 S. Miles, Elizabethtown, KY 42701. Phone: (502) 769-3946 or (502) 769-3422.

USMS LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS

1990 USMS 1 Hour Postal Championships, D. C. Masters. January 1-31, 1990. Contact: Julie Billingsley, 5314 - 41st Street NW, Washington D. C. 20015. Phone: (212) 537-0577 before 9:00 p.m.

1990 USMS 10 Kilometer Postal Championships, St. Louis Masters. May 15-September 30, 1990. Contact: Leo Letendre, 267 Glandore Drive, Manchester, MO 63021. Phone: (314) 394-6395.

1990 USMS 1 Mile Open Water Championships, Southern Pacific Masters, Seal Beach. July 21, 1990. Contact: Betty Weir, P. O. Box 821, Seal Beach, CA 90740. Phone: (213) 598-3610 or (714) 840-2181.

1990 USMS 2 Mile Cable Championships, Virginia Masters, Chris Greene Lake, Charlottesville, VA. July 14, 1990. Contact: Jim Miller, M.D., 1471 Johnston-Willis Drive, Richmond, VA 23235. Phone: (804) 320-3999.

1990 USMS 2 Mile Open Water Championships, Catfish Crawl, Lake Lavon, Wyle, TX. September 15, 1990. Contact: Craig Tribuzzi, 2302 Saharah Drive, Garland, TX 75044. Phone: (214) 495-9263.

1990 USMS 5 Mile Open Water Championships, Southern Pacific Masters, San Pedro. September 22, 1990. Contact: Ray Falk, 424 West 38th Street, San Pedro, CA 90731. Phone: (213) 833-1377.

1990 USMS 8.5 Mile Open Water Championships, Southern Pacific Masters, Seal Beach. July 21, 1990. Contact: Betty Weir, P. O. Box 821, Seal Beach, CA 90740. Phone: (213) 598-3610 or (714) 840-2181.

1991 USMS 1 Hour Postal Championships, D. C. Masters.

1991 USMS 10 Kilometer Postal Championships, St. Louis Masters.

1991 USMS 1 Mile Cable Championships, Virginia Masters.

1991 USMS 2 Mile Cable Championships, Coronado Masters.

1991 USMS 1.5-3 Mile Open Water Championships, Niagara Masters.

1991 USMS 3.5-5 Mile Open Water Championships, Southern Pacific Masters, San Pedro.

1991 USMS 6+ Mile Open Water Championships, Southern Pacific Masters, Seal Beach.

FINA/MSI CHAMPIONSHIP MEETS

1990 FINA/MSI World Championships, Rio de Janeiro, Brazil. August 7-13, 1990. Contact: Dorothy Donnelly, USMS National Office, 2 Peter Avenue, Rutland, MA 01543. Phone: (508) 886-6631.

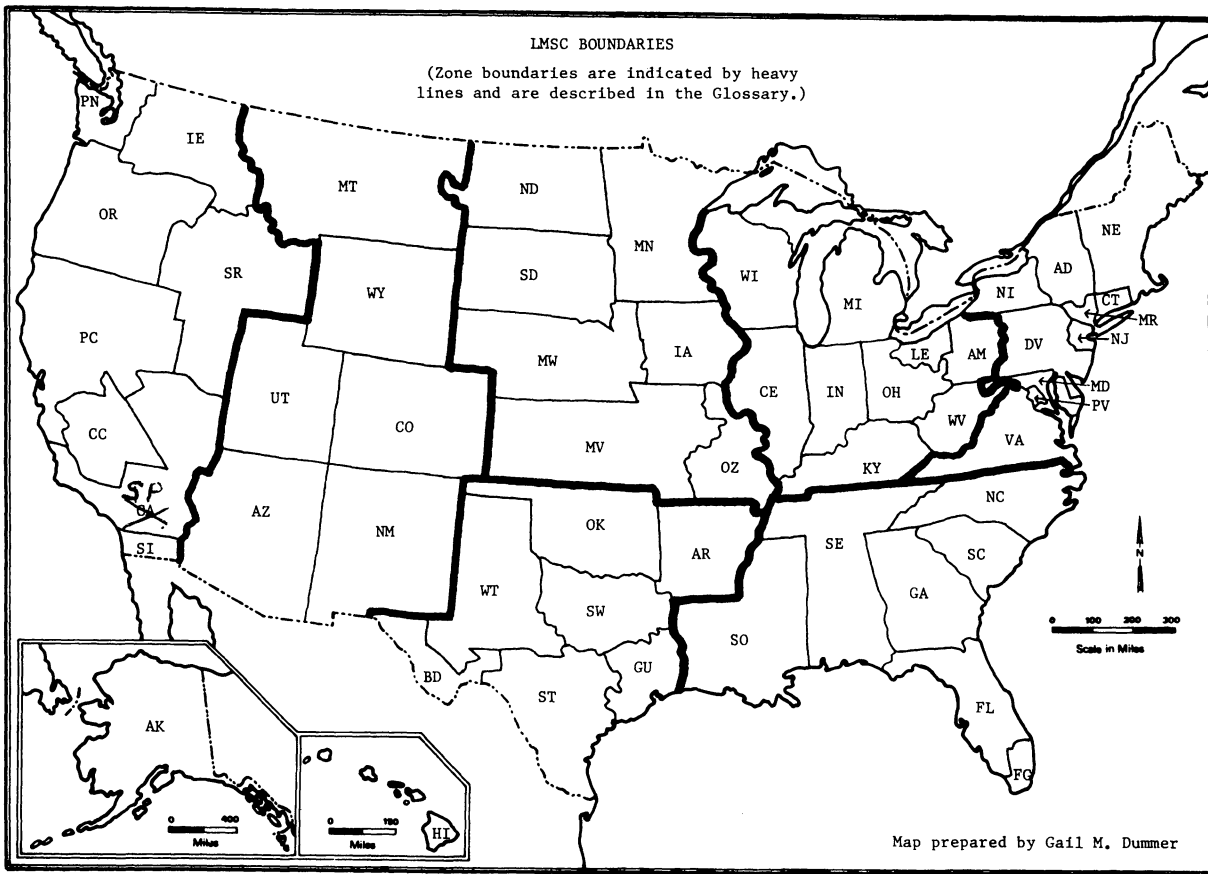
1992 FINA/MSI World Championships, Indianapolis, Indiana, USA. June 27-July 5, 1992. Contact: Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220, Phone: (317) 253-3652.

APPENDIX D

LMSC ABBREVIATIONS AND BOUNDARIES

LMSC NUMERIC CODES AND ABBREVIATIONS

3	AD	Adirondack	59	SR	Snake River
56	AK	Alaska	55	SC	South Carolina
11	AM	Allegheny Mountain	54	SD	South Dakota
48	AZ	Arizona	43	ST	South Texas
23	AR	Arkansas	15	SE	Southeastern
53	BD	Border	24	SO	Southern
21	CE	Central	33	SA	Southern Pacific SP
49	CC	Central California	26	SW	Southwestern
32	CO	Colorado	34	UT	Utah
5	CT	Connecticut	12	VA	Virginia
8	DV	Delaware Valley	46	WT	West Texas
14	FL	Florida	47	WV	West Virginia
50	FG	Florida Gold Coast	20	WI	Wisconsin
45	GA	Georgia	58	WY	Wyoming
25	GU	Gulf			
39	HI	Hawaii			
16	IN	Indiana			
35	IE	Inland Empire			
40	IA	Iowa			
41	KY	Kentucky			
18	LE	Lake Erie			
9	MD	Maryland			
6	MR	Metropolitan			
19	MI	Michigan			
29	MW	Midwestern			
30	MN	Minnesota			
28	MV	Missouri Valley			
31	MT	Montana			
2	NE	New England			
7	NJ	New Jersey			
42	NM	New Mexico			
4	NI	Niagara			
13	NC	North Carolina			
52	ND	North Dakota			
17	OH	Ohio			
27	OK	Oklahoma			
37	OR	Oregon			
22	OZ	Ozark			
38	PC	Pacific			
36	PN	Pacific Northwest			
10	PV	Potomac Valley			
44	SI	San Diego-Imperial			



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 State 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 - In the State of Texas the Counties of El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell, and Crockett.

Central - The State of Illinois except the Counties of St. Clair, Calhoun, Greene, Jersey, Monroe, and Madison.

~~**Central California** - In the State of California the Counties of Mariposa, Madera, Fresno, Kings, Tulare, Inyo, Mono, Kern, and Merced.~~

Colorado - The State of Colorado.

Connecticut - The State of Connecticut.

Delaware Valley - The State of New Jersey south of Mercer and Monmouth Counties. The State of Delaware. In the State of Maryland the County of Cecil. The State 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, and Monroe; that part of Hendry County west of Route 833; (the Counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, and 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, and 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 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 Empire - 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 State of Kentucky except the Counties of Campbell, Kenton, Boone and Boyd. 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 except the County of Scottsbluff. 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, Massachusetts, Rhode Island, and Maine.

New Jersey - The State of New Jersey north of and including the Counties of Mercer and Monmouth.

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 except the Counties of Camden, Currituck, and Pasquotank.

North Dakota - The State of North Dakota. In the State of Montana the Counties of Dawson and Wibaux.

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, Lawrence, Washington, Jefferson, and Tuscarawus. In the State of Kentucky the Counties of Campbell, Kenton, and Boone.

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, Mariposa, Madera, Fresno, Mono, and Merced. 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, and Schleicher; and on the north by and including the Counties of Menard, Mason, Llano, Burnet, Lampasas, and Bell.

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, Ventura, Los Angeles, San Bernardino, Orange, Riverside, and Santa Barbara. In the State of Nevada the Counties of Clark, Esmeralda, Lincoln, and Nye.

Southwestern - The State of Texas bounded on the south but not including the Counties of Callahan, Brown, Mills, Lampasas, Bell, Milan, Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; on the east by the State of Louisiana, the State of Arkansas, and the County of Bowie, Texas; on the north by the State of Oklahoma and the County of Bowie, Texas; and on the west by the Counties of but not including Hardeman, Foard, Knox, Haskell, and Jones.

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. In the State of North Carolina the Counties of Camden, Currituck, and Pasquotank.

West Texas - The State of Texas bounded on the south and including the Counties of Reeves, Pecos, Upton, Reagan, Irion, Tom Green, Concho, McCulloch, and San Saba; on the west by New Mexico; on the north by the State of Oklahoma; on the east by the State of Oklahoma and by and including the Counties of Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown, Mills, and San Saba.

West Virginia - The State of West Virginia except the Counties of Hancock, Brooke, Ohio, and Marshall. In the State of Ohio the Counties of Lawrence and Washington. ~~In the State of Kentucky the County of Boyd.~~

Wisconsin - The State of Wisconsin except the Counties of St. Croix, Dunn, and Pierce.

Wyoming - The State of Wyoming.

APPENDIX E

DIFFERENCES BETWEEN USS AND USMS RULES

USMS follows Articles 101 and 102 of U.S. Swimming Technical Rules with the following exceptions:

- * Times shall not be subject to the provisions of Article 104.2.1H, as it concerns placement in such a race.
- * The eligibility of a participant for a particular age group will be determined by age as of the *last day* of the meet.
- * 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. However when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke kick, except after the last such kick before the turn or finish.
- * Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
- * Forward start: On receiving clearance from the referee (for all events except backstroke and medley relay) the starter shall direct the swimmers to step on the starting block or platform and assume a position with at least one foot at the front of the block before the command, "Take your mark." The forward start may be taken from the starting block, the pool deck, or a push from the wall.
- * Backstroke start and stroke rules

Short course yards events: The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or starting grips. The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either hand from the starting grips or the pool edge. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

Short course meters and long course meters events: The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or starting grips. Prior to the command "Take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet including the toes shall be placed under the surface of the water. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

Backstroke stroke rules: Standing in or on the gutter (any course) and curling the toes over the lip of the gutter (short course meters and long course meters) is not permitted after the start.

Note: The FINA backstroke rules must be followed in all long course and short course meters events.

- * All masters events shall be conducted on a timed final basis.
- * Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
- * Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.
- * Seeding at meets other than National Championship Meets may be either fast-to-slow or slow-to-fast. The order of heats may differ for sprint and distance events. The meet announcement shall state the order of heats.
- * Willing and able competitors in the freestyle events over 200 meters, may be swum two-to-a-lane when only one course is available for the event. Such heats will be seeded by time, and these heats will be completed before the heats with a single competitor per lane. Obstructing another swimmer by swimming across or otherwise interfering may disqualify the offender, and the offender shall immediately be removed from the lane.
- * It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group shall not be seeded into outside lanes. They shall be moved in one lane, or given the center lane in the next slowest heat, whichever is the most appropriate placement.
- * For all meets not using automatic timing, a minimum of two timers per lane shall be required. Automatic timing, manual-electronic timing, or three timers per lane shall be recommended for all meets.
- * The minimum number of officials at USMS sanctioned or approved Masters swimming meets shall include the following:

- 1 Referee
- 1 Starter
- 2 Stroke and Turn Judges
- 2 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. Effective January 1, 1990, one of the meet officials should be a USS or YMCA certified referee, starter, or stroke and turn judge.

- * Use of the USS scoring system is recommended for all meets except USMS National Championship meets.
- * USMS National Records - the fastest time by a USMS registered swimmer in each event in USMS sanctioned or approved competition.
- * Relay leadoff split times will not be considered for records or top ten times.

APPENDIX F

USMS DIRECTORY

USMS EXECUTIVE COMMITTEE

President.....	Daniel Gruender
Vice President.....	Nancy Ridout
Secretary	Mel Goldstein
Treasurer.....	Suzanne Rague
Past President	Thomas D. Boak
Legal Counsel.....	Jack Geoghegan
Zone Chairman.....	Pat Maley

USMS NATIONAL OFFICE

Executive Secretary	Dorothy Donnelly
National Registrar.....	Enid Uhrich

~~DIANE BELL~~ BLACK.

ZONE REPRESENTATIVES AND LMSC CHAIRMEN

End of 89

Breadbasket Zone - Todd Samland

124	✓	Iowa	✓	Jack Mathews
94	✓	Midwestern	✓	Todd Samland
325	✓	Minnesota	✓	Steve E. Nelson
152	✓	Missouri Valley.....	✓	Mike N. Calwell
71	✓	North Dakota	✓	Bill Gosnold
3207	✓	Ozark	✓	Diane Letendre
30	✓	South Dakota.....	✓	E. Don McCullough
1,004				

WAYDE MULLEN
FRAN FIELDS

LEO

Colonies Zone - Betsy Durrant

286	✓	Adirondack	✓	Robert Johnson
492	✓	Connecticut	✓	Jerianne Donnelly
635	✓	Delaware Valley	✓	Stephanie Walsh
360	✓	Maryland	✓	Jeanne Bostwick
990	✓	Metropolitan.....	✓	Richard Monahan
796	✓	New England	✓	D. Barr Clayton
449	✓	New Jersey	✓	Julia E. Hodge
520	✓	Niagara	✓	Bill Walter
837	✓	Potomac Valley.....	✓	David Ditch
329	✓	Virginia	✓	Nancy Miller

Betsy Owens

Daniel Wilson

→ Jim Miller

5,704

Continental Divide Zone - Margaret Stannard

468	✓ Arizona.....	✓ Edie Gruender
664	✓ Colorado.....	✓ Terry Heggy JACK WEGERT
35	✓ Montana.....	✓ Steve Holloway
93	✓ New Mexico.....	✓ Hank Miller JOSEPH TESMER
111	✓ Utah.....	✓ Carol Morgan
225	✓ Wyoming.....	✓ Thomas W. Bryant
<hr/>		
1,399		

Dixie Zone - Frank Tillotson

1,027	✓ Florida.....	✓ John Maguire
548	✓ Florida Gold Coast.....	✓ June Krauser
221	✓ Georgia.....	✓ Lisa Watson
449	✓ North Carolina.....	✓ Allen K. Lydick
191	✓ South Carolina.....	✓ Steve Wycoff
468	✓ Southeastern.....	✓ Mary Lee Watson
367	✓ Southern.....	✓ Scott Rabalais Scott Rabalais
<hr/>		
3,271		BREISCHAKS

Heartland Zone - Pat Maley

63	✓ Allegheny Mountain.....	✓ Stanley Prazer
1,048	✓ Central.....	✓ Russ Lyman
348	✓ Indiana.....	✓ Mark R. Lambert
304	✓ Kentucky.....	✓ William Tingley
331	✓ Lake Erie.....	✓ Darlynn Ferguson DOUG BROGANI
491	✓ Michigan.....	✓ Marilyn Early
674	✓ Ohio.....	✓ Pat Maley
195	✓ Wisconsin.....	✓ John Bauman
<hr/>		
3,454		

Oceana Zone - Kathrine J. Casey

173	✓ Alaska.....	✓ David Smith JAY CALDWELL
155	✓ Hawaii.....	✓ Bruce Clark
243	✓ Inland Empire.....	✓ Jerry Scheibner
492	✓ Oregon.....	✓ Kathleen Buck
6,515	✓ Pacific.....	✓ David Gray Dore Schwalb
617	✓ Pacific Northwest.....	✓ Bobby Gallegos
1,106	✓ San Diego - Imperial.....	✓ Bill Earley
558	✓ Snake River.....	✓ William Von Tagen PETER CAPAN
2,373	✓ Southern Pacific.....	✓ Steven Schofield
<hr/>		
11,721		

South Central Zone - Kris Wingenroth

81	✓ Arkansas.....	✓ Bud Jackson
82	✓ Border.....	✓ Don Mehl
392	✓ Gulf.....	✓ Jeff Thibodeaux
235	✓ Oklahoma.....	✓ Kathy Keffer Sharpe PAT WHITAKE
333	✓ South Texas.....	✓ Marcia Marcantonio
777	✓ Southwestern.....	✓ Frank McIntyre CRAIG TRIBUZZI
17	✓ West Texas.....	✓ David Donnell JERRY VORHEIS
<hr/>		
1,917		

Notify Chairmen of Changes

USMS COMMITTEES (Chairman *):

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Bill Barthold *

Bill Black

Thomas D. Boak

α Lynn Morrison Casey

Gene Donner

Clay Evans



Barbara Frid

Lucy Johnson

Stu Marvin

Judy Meyer-Bonning

~~Huddie Murray~~

Sandi Rousseau

Cathy Schulbach

Frank "Skip" Thompson

Stephanie Walsh

Medical Coordinator:

Jim Miller

Coaches Committee

Keith Bell

Michael Collins

Marilyn Early

Clay Evans

Don Mehl

Judy Meyer-Bonning

Jim Miller

Kerry O'Brien

Julie Paque

Bert Petersen

Steven Schofield *

William Tingley

② Nancy Brown

③ Emmett Hines

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Jayne Bruner

~~Joan Duffy~~

~~John Duffy~~

Lil Haneman

Mike Heather

Charlotte Jenkins

Janice Krauser

Marie Kriepe

Marcia Marcantonio

Art Mayer

~~Meg Smith~~

~~Melinda Schmitt~~

2511 Winder Way, Louisville 40207

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Kris Wingenroth

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Susan Opel

Suzanne Rague

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Jack Geoghegan

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Michael Laux *

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Jane Moore

Thom Tripp

Internal Audit Committee

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Peggy Buchannan
D. Barr Clayson
Dorothy Donnelly
Bill Earley
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George Cunningham 3
~~Ed Danehy~~
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Darlynnne Ferguson
Edie Gruender
Marie Kriepe 7
Edna Laflin 8

Jennifer Parks 9
Jeff Thibodeaux 10
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Long Distance Committee

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KIM HANSEN

~~Elfriede Rogers~~
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Dore Schwab
Bill Walter
Mary Lee Watson *
Jim Wheeler

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Robert Mitchell
Diane Reed
Todd Samland

Elleen Schappell
Maury Schott
Pat Sengstock
Craig Tribuzzi

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Enid Uhrich

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The Nominating Committee is the Zone Committee.

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Mike N. Calwell
D. Barr Clayson *
Ed Danehy
David Diehl

Lil Haneman
~~Emmett Hines~~ ①
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Diane Letendre
Russ Lyman

Tom Lyndon
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Craig Tribuzzi
Laura Val
Rick Windes

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1 Carolyn Boak
2 Catie Cooper
~~Connie Guist~~ *merged*
3 F. Ted Haartz

2 Mike Heather
3 Kathy Keffer-Sharpe
4 June Krauser *
4 Leo Letendre

5 Bert Petersen
6 Margaret Stannard
6 Bobbi Turcotte
7 *JOAN DIERCKS*

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Sandi Rousseau
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Manuel Sanguily
Shannon Sullivan
Bill Uhrich
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Elin Zander

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Kathrine J. Casey
Betsy Durrant
Pat Maley *

Todd Samland
Margaret Stannard

Frank Tillotson
Kris Wingenroth

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Jeanne Hanisch
Joann Leilich

Leo Letendre *
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Ex Officio:
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Diane Black

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Mildred Anderson
~~Doug Brogan~~
Lynn Morrison Casey
Clay Evans
Bobby Gallegos

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 Janet Kavadas
 Mark Lambert

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~~Tina Martin~~
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 Richard Monahan
 Adrienne Pipes
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 Edna Spring
 Steve Swab
 Rick Windes
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Bob Chernine
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~~Huddie Murray~~

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 *Mary Lee Watson

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Newsletter Editor - Nancy Ridout and Suzanne Rague
United States Aquatic Sports Representative - Daniel Gruender
United States Swimming Liaison - F. Ted Haartz
YMCA Liaison - Mel Goldstein

ALPHABETICAL DIRECTORY

Roy Abramson, #2 Po Box 40313 (Portland OR) 97240
Lou Abel, 12 Westchester Dr, White Plains NY 10601

Hamilton Anderson, 506 Bolivar, Bellaire TX 77401

Mildred Anderson, 506 Bolivar, Bellaire TX 77401

Nancy Brown
Bill Barthold, 1477 Floribunda, Burlingame CA 94010

John Bauman, 11616 W Greenfield Ave, Apt. 23, West Allis WI 53214

Cindy Baxter, 740 Clara Dr, Palo Alto CA 94303

Bob Beach, 545 1st Ave N, Rm 400, St. Petersburg FL 33701

Keith Bell, 1598 Winford Ave, Ventura CA 93004

Bill Black, ~~11381 Island Lake Ave, Boca Raton FL 33498~~

Diane Black, ~~11381 Island Lake Ave, Boca Raton FL 33498~~

Carolyn Boak, ~~2230 Homestead #209, Los Altos CA 94022~~

Thomas D. Boak, ~~12000 Sawmill Road #110, The Woodlands TX 77380~~

Jeanne Bostwick, 3601 Dairy Valley Trail, Ellicott City MD 21043

Barbara Bower, 600 Haring Road, Metairie LA 70001

Doug Brogan, 398 Elmwood Rd, Bay Village OH 44140

Jayne Bruner, 320 Ft. Duquesne Blvd, Pittsburgh PA 15222

Thomas W. Bryant, 1260 N 18 St, Laramie WY 82070

Jack Buchanan, POB 599, ~~Kulredge~~ *Kittredge* CO 80457

Peggy Buchanan, POB 599, ~~Kulredge~~ " CO 80457

Kathleen Buck, 31925 NE Canter Lane, Sherwood OR 97140

Rich Burns, 24 Barber Ave, San Anselmo CA 94960

~~FRANK J. BREWER, 5324 KEUKA ST, ANCHORAGE AK 99505~~

Mike N. Calwell, 5250 W 94th Terr, Prairie Village KS 66207

Hill Carrow, POB 19324, Raleigh NC 27619 *OK*

Kathrine J. Casey, 11114 -111 St SW, Tacoma WA 98498

Lynn Morrison Casey, 1403 Woodcreek, Richardson TX 75082

Bruce Clark, 46-459 Hololio St, Kaneohe HI 96744

D. Barr Clayson, 60 Hidden Rd, Weston MA 02193

Michael Collins, POB 1366, Davis CA 95617

Catie Cooper, 2601 NW 23rd Blvd #104, Gainesville FL 32605

Leslie Cooper, ~~5285 Waterman #C29, St. Louis MO 63108~~ *1262 Woodchase*

Rob Copeland, 246 Berger St, Somerset NJ 08873 *Chesterfield mo 630*

Peter Crumbine, 3 Copper Beech Rd, Greenwich CT 06830

George Cunningham, 270 Sunnycroft Rd, Ben Lomond CA 95005

Peter Capano - 5551 Lapwai Pl Boise

Ed Danehy, 8301 Dixon Dr, Austin TX 78745 *O.K.*

Brooke Dick, 1138 Glen Canyon Rd, Santa Cruz CA 95060

David Diehl, 12511 Littleton St, Silver Springs MD 20906

Patricia Diehl, 12511 Littleton St, Silver Springs MD 20906

Joan Diercks, 5254 Broadway, Indianapolis IN 46220

Sally Ann Dillon, POB 9499, Truckee CA 95737

~~David Donnell, POB 3801, Midland TX 79702~~

Dorothy Donnelly, 2 Peter Ave, Rutland MA 01543

Jerianne Donnelly, 47 Avonwood Rd #102, Avon CT 06001

Gene Donner, 717 South Rd, East Aurora NY 14052

~~Joan Duffy, 3587 Mayer Drive, Murrysville PA 15608~~

~~John Duffy, 3587 Mayer Drive, Murrysville PA 15608~~

Gail Dummer, Michigan State Univ, 132 IM Sports Circle, East Lansing MI 48824

~~RICHARD D. DEER 1506 S. 1st St. Tulsa OK 74136~~
 Betsy Durrant, 211-66th St, Virginia Beach VA 23451

~~4458 W. 136th St Hawthorne CA 90250~~

Bill Earley, 475 C Ave, Coronado CA 92118-1822

Marilyn Early, 437 Chamonix, Harbor Springs MI 49740

Bob Eberwine, 705 N Monterey #310, Alhambra CA 91801

Clay Evans, 11405 Biona Dr, Los Angeles CA 90066

~~*FRAN FIELDS - 11408 E. 26th INDEPENDENCE MO. 64052~~

Nick Fazzano, 102 Williams St, Providence RI 02906

Darlynne Ferguson, PO Box 8005, Canton OH 44711

Marilyn Fink, 5518 Laramie Way, San Diego CA 92120

Barbara Frid, 10214 SW Parkway, Portland OR 97225

~~3415 E. 3rd Ave~~
 Bobby Gallegos, 340 Tremont West, Port Orchard WA 98366

Jack Geoghegan, 155 Osborn Rd, Rye NY 10580

Judy Gillies, 2596 Ironwood Ridge Dr, Tucson AZ 85745

Brad Glenn, 587 Coles Mill Rd, Haddonfield NJ 08033

Mel Goldstein, 6456 Broadway, Indianapolis IN 46220

Bill Gosnold, RR2 Box 60G, Grand Forks ND 58201

David Gray, 22 - 16th Ave, San Mateo CA 94402

Dan Gruender, 3329 N Valencia Lane, Phoenix AZ 85018

Edie Gruender, 3329 N Valencia Lane, Phoenix AZ 85018

Gonnie Guist, 1250 N 68th St #205, Wauwatosa WI 53213

~~Kim Hansen, P.O. Box 2352 Arlington VA 22202~~

F. Ted Haartz, 155 Pantry Rd, Sudbury MA 01776

~~Lil Haneman, 19155 Fairlawn Way, Boca Raton FL 33434~~

Jeanne Hanisch, 414 W Pine Blvd, St. Louis MO 63108

Lynn Hazelwood, 11714 Decade Ct, Reston VA 22091

Mike Heather, 1601 S Tenth Ave, Arcadia CA 91006

~~Terry Heggy, 7232 Mt Holy Cross St, Littleton CO 80127~~

Emmett Hines, 4361 Graduate Circle, Houston TX 77004

Julia E. Hodge, 45 Tall Oaks Dr, Wayne NJ 07470

Stephen Hogan, 5826 First Landing Way, Burke VA 22015

Steve Holloway, Box 8412, Missoula MT 59807

Paul Huting, 815 N Charles, Macomb IL 61455

Bud Jackson, 6411 Park Ave, Ft. Smith AR 72903

Charlotte Jenkins, 391 Monte Vista Ave, Mill Valley CA 94941

Lucy Johnson, P.O. Box 3308, Long Beach, CA 90803

Robert Johnson, 54 Point View Dr, East Greenbush NY 12061

~~ALICE JONES 20 WHITEWOOD RD WHITE PLAINS NY~~

~~CYNTHIA JONES 130 N. Oak St. Elmhurst IL 10603~~

Janet Kavadas, 217 Alder St #305, Edmonds WA 98020

~~Mary Anne Keely, 1706 Patterson Rd, Austin TX 78733~~

Kathy Keffer-Sharpe, 3002 NW 14th, Oklahoma City OK 73107

E. Kevin Kelly, 1300 Des Moines Bldg, Des Moines IA 50309

Janice Krauser, 1404 NE 23rd, Ft. Lauderdale FL 33305

June Krauser, 2308 NE 19th Ave, Ft. Lauderdale FL 33305

Marie Kreipe, 7138 SE 2nd St, Tecumseh KA 66542

Edna Laflin, 19838 Star Ridge Dr, Sun City West AZ 85375

Mark R. Lambert, 1858 W 57th St, Indianapolis, IN 46208

Michael Laux, 8 Myrtle Ave, Westport CT 06880
Joann Leilich, 4913 Kingston Drive, Annandale, VA 22003
Susan Leiper, 4099-C Miramar St, La Jolla CA 92037
Diane Letendre, 267 Glandore Dr, Manchester MO 63021
Leo Letendre, 267 Glandore Dr, Manchester MO 63021
David Levinson, 3375 Alma St, Palo Alto CA 94306
Allen K. Lydick, 3009 Legging Lane, Raleigh NC 27615
Russ Lyman, 1236 Asbury Ave, Evanston IL 60202
Tom Lyndon, 9 Sunset Rd, Wellesley MA 02181

John Maguire, 4033-12th St NE, St. Petersburg FL 33703
Pat Maley, 5450 Foley Rd, Cincinnati OH 45238
Marcia Marcantonio, Rt. 4, Box 2135, Lake Hills TX 78063
Tina Martin, 3320 Primavera, Pasadena CA 91107
Stu Marvin, ISHOF Pool, 501 Seabreeze Blvd, Ft. Lauderdale FL 33316
Jack Mathews, 816-10th Ave, Box 8, Grinnell IA 50112
Art Mayer, 1024 Elkton Rd, Newark DE 19711

901 S. Mayo Apt 4
Round Rock TX 781

E. Don McCullough, 937 Ridgecrest Dr, Vermillion SD 57069
Frank McIntyre, 3439 Westminster, Dallas TX 75205
George McVey, 447 Antlers Dr, Rochester NY 14618
Don Mehl, 600 Willow Glen Dr, El Paso TX 79922

B Bob Merrick, 10572 Mahoney Dr, Sunland CA 91040
Judy Meyer-Bonning, 10333 Diego Dr S, Boca Raton FL 33428

Hank Miller, 4500 Royene NE, Albuquerque NM 87110

Jim Miller, 1471 Johnston Willis Dr, Richmond VA 23235
Nancy Miller, 3741 Reeds Landing Circle, Midlothian VA 23113
Robert Mitchell, POB 204, El Toro CA 92630

Richard Monahan, 30 Beatty Ave, Greenlawn NY 11740
Hugh Moore, 22920 2nd Place SW, Federal Way WA 98023
Jane Moore, 29920 2nd Place SW, Federal Way WA 98023
Carol Morgan, 4650 Idlewild Rd, Salt Lake City UT 84124
Bill Mulliken, 7050 W 71st, Chicago IL 60638

Huddie Murray, 12023 Timberwolf Trail, Austin TX 78727

WAYDE MULHERN 570 96th Lane BLAINE MN 55411

Sandy Neilson-Bell, 1598 Winford Ave, Ventura CA 93004

Maxine Nellen, 114 Carpenter Ave, Sea Cliff NY 11579

Steve E. Nelson, 6009 W 34th St, St. Louis Park MN 55416

Libby Neufeld, 9314 Points Edge, San Antonio TX 78250

Jeff Neufeld

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WADING RIVER NY
1176

Kerry O'Brien, 5517 Nebraska Dr, Concord CA 94521
Susan Opel, 700-4134 W TC Jester, Houston TX 77008
Betsy Owens, 194 Lenox Ave, Albany NY 12208

Julie Paque, 2203 Rock St, Mountain View CA 94043-2606
Jennifer Parks, 7618 Hilltop Ridge, Stanwood MI 49346
Bert Petersen, 2051 NE 137th Ave, Portland OR 97230
Ginger Pierson, 20886 NW La Pine Way, Portland OR 97229
Adrienne Pipes, 12734 Torrey Bluff Dr #30, San Diego CA 92130
Kevin Polansky, 2433 Silver Fir, Loveland CO 80538
Stanley Prazer, 3805 Myrtle St, Erie PA 16508

Barbara Protzman, 7919 Main Falls Cir, Catonsville MD 21228

~~Stet~~

clean in

~~Scott Rabalais, 950 S Foster Dr #35, Baton Rouge LA 70806~~
~~Suzanne Rague, 263 West End Ave #9C, New York NY 10023~~
~~Harry Rawstrom, 713 Colgate Lane, Newark DE 19711~~
~~Diane Reed, 1093 Main St, Norwell MA 02061~~
~~Ed Reed, 63 Greenwood Lane, Waltham MA 02154~~
~~Walt Reid, 11114 - 111 St SW, Tacoma WA 98498~~
~~Larry Rice, 507 Lakeview Way, Redwood City CA 94062~~
~~Nancy Ridout, 580 Sunset Parkway, Novato CA 94947~~
~~Elfrido Rogers, 3710 Northridge Dr, Concord CA 94518~~

Sandi Rousseau, 23995 SW Drake Lane, Hillsboro OR 97123

~~GAIL ROPER, PO Box 1282, Menlo Park CA 94021~~
~~CLARICE ROSSI, 120 SIDER RD #C, PARK RIDGE IL 60068~~

Todd Samland, 5523 Parker St, Omaha NE 68104

Margaret Samson, PO Box 70366, Pasadena CA 91107-7366

Manuel Sanguily, 200 S Broadway, Tarrytown NY 10591

Elleen Schappel, 932 W Outer Dr, Oak Ridge TN 37830

Jerry Scheibner, Rt. 1, Box 204, Spangle WA 99031

Steven Schofield, 7914 Sadring St, West Hills CA 91304

Maury Schott, 304-B Ashland Dr, Greensboro NC 27403

Cathy Schulbach, 21020 Summit Rd, Los Gatos CA 95030

Mary Lou Schulz, 109 Westchester Dr N, Delmar NY 12054

Dore Schwab, Gray Oaks, Ross CA 94957-0772

Pat Sengstock, 923 Sunset Rd, Wheaton IL 60187

~~David Smith, 2630 West 72nd St, Anchorage AK 99502~~

Dick Smith, 4309 Surita St, Sacramento CA 95864

Joan Smith, 4309 Surita St, Sacramento CA 95864

John Spannuth, 9851-D Military Trail, Boynton Beach FL 33436

Edna Spring, 2801 N Oracle #1204, Tucson AZ 75705

Margaret Stannard, ~~4725 W. Quincy #208, Denver CO 80236~~ *4720 Queen St Littleton CO 8012*

Dale Strickland, 1030 Garden Pl, Baldwin NY 11510

William Struthers, 126 Fourth St, Ridgefield Park NJ 07660

Shannon Sullivan, 757 Ocean Ave #109, Santa Monica CA 90402

Steve Swab, 20905 Springs Terrace, Boca Raton FL 33428

~~ANN SVANSON, 1312 SEAPORT LANE, ALEXANDRIA VA 22314~~

~~Joseph Tessmer, 408 Rover Blvd, Los Alamos NM 87541~~

Zada Taft, 2011 Naples, Half Moon Bay CA 94019

Fred Tan, 6910 East Point Ct, Dayton OH 45459

Jeff Thibodeaux, 1407 Shadowbend Dr, Houston TX 77043

Frank L. "Skip" Thompson, 2660 Littletell Ave, West Bloomfield MI 48033

Frank Tillotson, 2494 13th Ave N #46, St. Petersburg FL 33713

Joanne Tingley, 2107 Eastview Ave, Louisville KY 40205

William Tingley, 2008 Trevilian Way, Louisville KY 40205

Craig Tribuzzi, 2302 Sahara Dr, Garland TX 75044

Thom Tripp, 5420 Clark State Rd, Gahanna OH 43230

Bobbi Turcotte, 3098 Rue d'Orleans, San Diego CA 92110

Bill Uhrich, 1509 Bunker Hill Rd, Sun City Center FL 33573

Enid Uhrich, ~~PO Box 5039, Sun City Center FL 33571~~ *change to B. 11's ??*

*me G SMATH
3511 Olympic Ave
Lexington
40517*

*melinda Schmitt
2511 Windy Way
Louisville Ky
4020-*

Laura Val, 2922 Miles Dr, Santa Clara CA 95051

~~William Von Tegen, 1114 N 7th, Boise ID 83702~~

~~Jerry Vorheis~~

Ross Wales, ~~1800 Star Bank Center~~, Cincinnati OH 45202

425 WALNUT STE 16

Stephanie Walsh, 27 E Central Ave #J-5, Paoli PA 19301

Bill Walter, 6377 E Seneca Tnpk, Jamesville NY 13078

Lisa Watson, ~~2104~~ Howell Blvd, Duluth GA 30136

804

Mary Lee Watson, 6613 Rolling Fork Drive, Nashville TN 37205

Phil Whitten, PO Box 624, Marblehead MA 01945

Rhea Wilkins, 1607 Darrell Dr, Midlothian VA 23113

Rick Windes, 1527 Florida St, San Francisco CA 94110-4851

Kris Wingenroth, 3830 Drummond, Houston TX 77025

Steve Wycoff, ~~1115 Cornelia Rd~~, Anderson SC 29621

25 296 21

405 Blackberry LANE

David Zander, E 1922-15th, Spokane WA 99203

Elin Zander, E 1922-15th, Spokane WA 99203

- ④ ✓ JACK WEGERT (Colorado) 8737 W. Plymouth Littleton CO 80123
- ⑤ ✓ Pat Whitaker (OK) 319 Sequoia Tr. Norman OK 73071

⑥ ✓ (marked in g) Jim Wheeler 2223 Camino Ramon San Ramon CA 94583

- ⑦ ✓ Daniel Wilson 4710 Bethesda Ave #1114 Bethesda MD 20814

APPENDIX G

USMS ADAPTED SWIMMING GUIDELINES

Masters swimming welcomes adults with disabilities who share the USMS goals of fun, fitness, and competition. We realize that the fun and fellowship associated with Masters swimming is dependent upon participation by adults from all walks of life.

The information which follows was excerpted from the *USMS Adapted Swimming Handbook* (available at a cost of \$2.00 from the USMS National Office). Most of the information contained in this appendix, and in the handbook, is based on common sense. We sincerely hope that masters swimmers and clubs will use a spirit of welcome and the guideline of common sense in encouraging participation by *all* adults in the sport of Masters swimming.

USMS Policies on Adapted Swimming

- * USMS should actively encourage adults with physical disabilities, sensory impairments, or other health problems to participate in Masters swimming training programs, competition, and other activities.
- * Since it is important to the personal success of a swimmer with a disability to perform within the rules as much as possible, and since it is impossible to legislate rule changes to accommodate the unique needs of all disabled swimmers who participate in USMS competition, it is recommended that no specific rule changes be adopted to accommodate disabled swimmers.
- * Meet officials should be allowed flexibility in interpreting USMS swimming rules as needed to accommodate disabled swimmers. USMS will provide to each LMSC an Adapted Swimming Handbook which includes guidelines to aid meet officials in interpretation of rules.
- * Masters swimming clubs and swimming meet officials are encouraged to use pools which are accessible to disabled swimmers for both training and competition, to remove barriers to accessibility, and to describe the accessibility of parking, locker room, and swimming pool facilities in meet announcements.
- * Meet officials are encouraged to request in meet announcements that disabled swimmers describe any special requirements for their participation in Masters swim meets before the day(s) of the meet.

Swimming Meet Guidelines

Rule Interpretations. Flexibility in rule interpretations is needed to insure that no swimmer (including the disabled swimmer) obtains unfair advantage over other competitors and to insure the safety of the swimmer. Such flexibility is consistent with current USMS rules. According to those rules, the referee has discretionary power concerning the conduct of the meet and may modify starting procedures to accommodate disabled swimmers. Although it may be necessary to consider each case individually, the following suggestions may be used as guidelines in rule interpretations:

Start: Masters swimming rules permit the forward start to be taken from the starting block, the pool deck, or a push from the wall. Examples of possible modifications to the start rule may include using a strobe light or other visual stimulus for hearing impaired swimmers, or using a beeper or whistle start for swimmers who may overreact to a gun start.

Relay Starts: Potential modifications include (a) permitting swimmers to begin subsequent relay legs from the optional deck or water start positions, which may require turning off electronic timing equipment in that lane after the start and until the last swimmer finishes, and (b) warning visually impaired swimmers when to dive with "GO" and/or a tap on the heel.

Turns: Examples of rule interpretations include using a "bonker," a soft ball at the end of a pole, to warn a visually impaired swimmer of the end of the pool, or judging physically disabled swimmers based upon functional body parts. For example, a swimmer with only one arm or who is paralyzed on one side of the body should be judged based upon hand instead of hands, and arm instead of arms. Similarly, the stroke initiated upon leaving the wall should be judged in terms of the body extremities which are capable of performing the required movements. It is the responsibility of the visually impaired swimmer to provide the bonker and someone to use it.

Strokes: Rule interpretations should be concerned with the body extremities which are capable of performing the required movements. Flotation devices are not allowed in competition. A band placed around paralyzed limbs is acceptable.

Meet officials should also be reminded of the USMS policy of encouraging participation by physically challenged adults in Masters swimming programs. In *local* Masters swimming meets, it may be reasonable to permit "unofficial" swims by disabled swimmers who are not yet capable of swimming according to USMS rules. For example, you may permit an unofficial swim by a disabled swimmer who uses a flotation device. Although such performances cannot be considered for Top Ten or other official recognition, the opportunity to compete may afford the disabled swimmer a chance to achieve a personal fitness or competition goal.

Responsibilities of the Swimmer. The primary responsibility of the swimmer is communication. The swimmer should explain his or her needs to teammates, coaches, and meet officials. Disabled swimmers who plan to enter Masters swimming meets should (a) inform the host club in advance of any special needs related to participation in the meet; (b) confer with meet officials, especially the meet referee, about any special needs upon arrival at the meet; and (c) ask a teammate or friend for personal assistance at the meet if necessary.

Responsibilities of the Host Club. USMS has adopted two "accessibility" policies which should serve as guidelines to the club or facility hosting a Masters swimming competition. These policies emphasize using accessible facilities when possible, working to remove barriers to accessibility, describing the accessibility of facilities in meet announcements, and cooperating with disabled swimmers regarding their participation in competition.

Preparation of the Facility. Masters swimming rules suggest that meet directors investigate the use of appropriate emergency medical equipment and personnel for all meets. Also make sure that the facility has a contingency plan in case of an emergency and that phone numbers of appropriate rescue units are readily available. Specific preparations for disabled competitors will depend in large part upon the information provided by the swimmer. Some suggestions include:

- * For visually impaired swimmers remove all hazards and nonessential equipment from the pool deck, either close or open all doors (be consistent!), and ask the swimmer to bring a friend to assist him or her around the facility.
- * For hearing impaired swimmers have a chalkboard on hand to indicate progress of the meet and use signs to indicate the location of meet officials and facilities.
- * For swimmers with physical impairments: (a) keep locker room and deck areas clear to enable easier access by wheelchair users, (b) place wheelchairs, crutches, or canes behind the timers during competition and return personal equipment to the swimmer after the race, and (c) assist the swimmer in and out of the water if you can (ask the swimmer to coach you in the safest way to assist).

Responsibilities of Meet Officials. The primary responsibilities of meet officials are to ensure fair competition and to time, judge, and record the results of that competition accurately. The responsibilities of meet officials do not change when athletes with disabilities are included in the competition.

Although the athlete with a disability may have some special requirements for his or her participation (e.g., help transferring from a wheelchair to the pool, amplification of an auditory starting device, or use of a visual starting signal in addition to an auditory signal), most disabled persons do not want to be treated differently. Do not seed disabled athletes in special lanes and do not make exceptions to the rules for them. Do use common sense. Allow a little extra time between heats to permit safe entry and egress from the pool. Be certain that hearing impaired swimmers are aware of your verbal instructions. If you aren't sure whether a swimmer with a disability needs assistance, ask the swimmer.

United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

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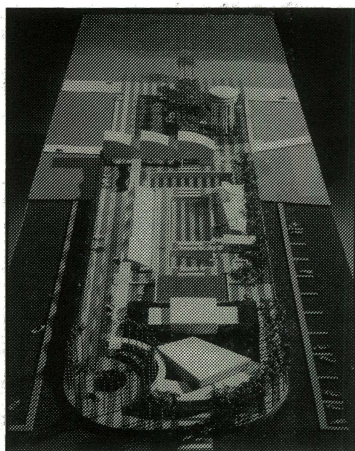
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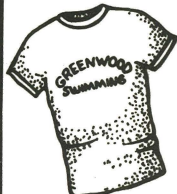
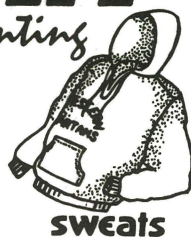
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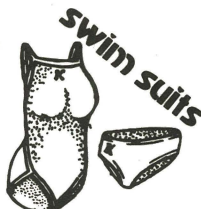
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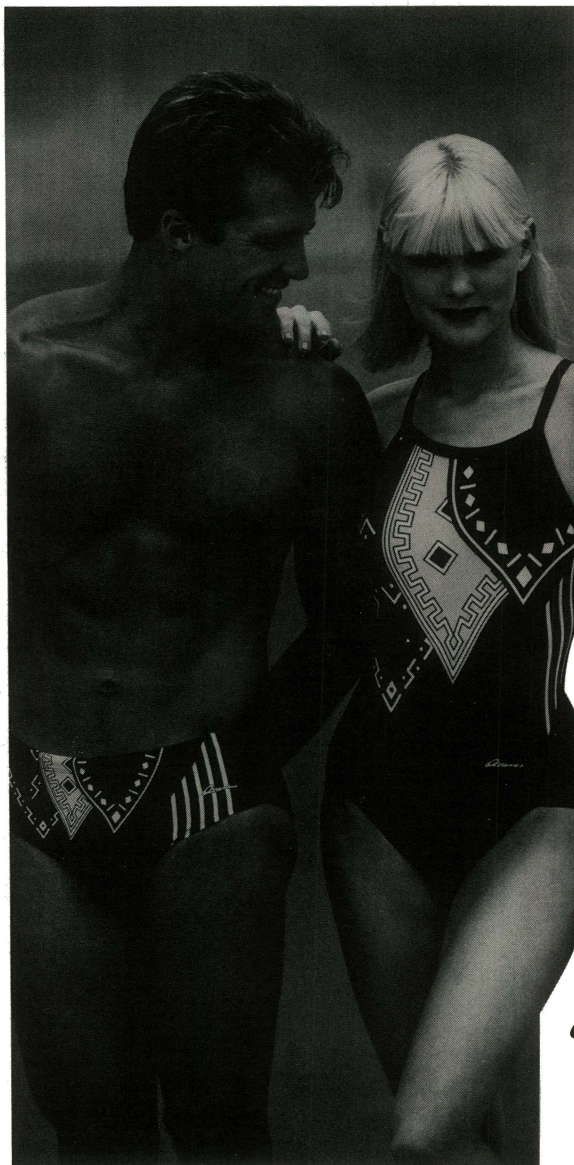
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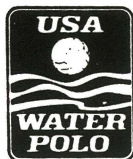
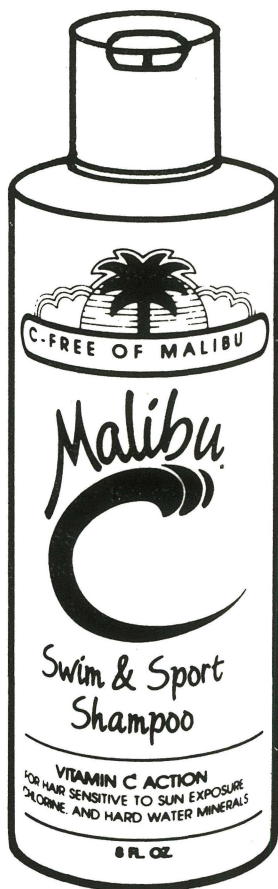
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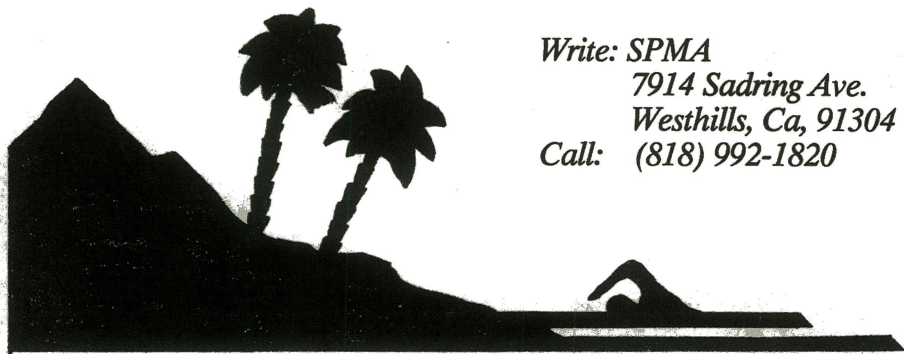
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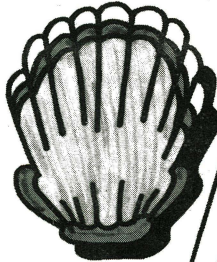
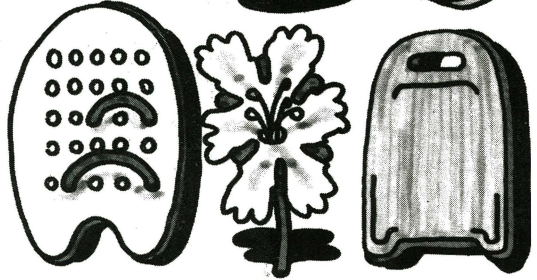
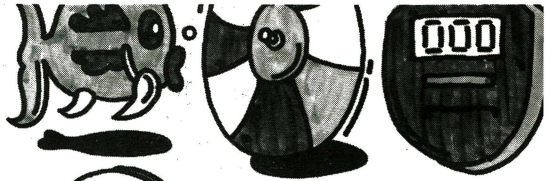
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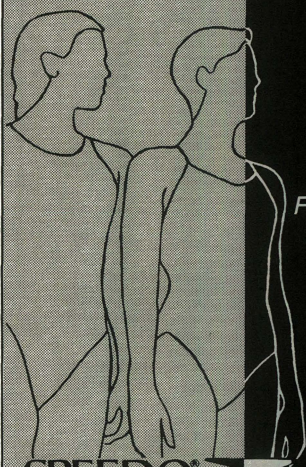
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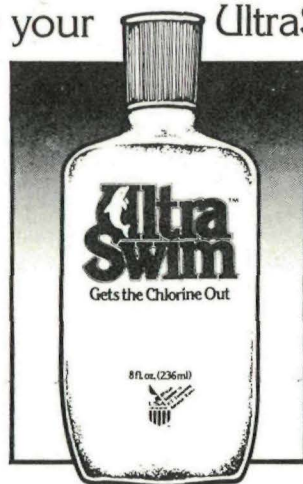
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