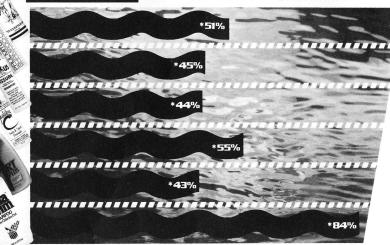
1 9 9 1 R U L E S

United States Masters Swimming





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1991

UNITED STATES MASTERS SWIMMING CODE OF REGULATIONS AND RULES OF COMPETITION

Published by United States Masters Swimming, Inc. Two Peter Avenue Rutland, MA 01543

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The 1991 cover was designed by Lloyd Skramstad of San Diego Swim Masters. It is derived from "The Birth of Venus" by the Italian humanist painter, Botticelli, and is intended to depict the female Masters swimmer with classic attributes and provide the contemporary recognition she deserves.

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MAJOR CHANGES FOR 1991

- Registration: The USMS registration year is January 1 through December 31. New registrations will be accepted beginning November 1 of the previous year. Swimmers are required to provide proof of current registration at all sanctioned meets. (Articles 201.1.1 and 202.1.1G(2))
- Certification of Officials: Effective January 1, 1992, one of the officials at every sanctioned or approved meet must be a referee, starter, or stroke and turn judge certified by USS, YMCA, or other USMS-approved certifying bodies. (Article 102.16.2)
- 19-24 Year Age Group: USMS National Championship Meets will include the 19-24 year age group. (Article 102.3)
- Time Standards for National Championship Meets: Effective January 1, 1992, there will be time standards for National Championship Meets when deemed necessary by the Championship Committee. Time standards will be the slowest tenth best time from National Championship Meets during the preceding three years. (Article 104.4.3)
- Format of National Championship Meets: Three schedules of events have been approved, and the format shall be rotated among the three schedules without regard to course. (Article 104.4.2)
- Entry Fees for National Championship Meets: The entry fee for USMS National Championship Meets has been increased to \$4.00 per individual event. The entry fee for Long Distance National Championship Meets has been increased to \$20.00 per event. (Articles 104.4.4D and 305.6)
- Rotation of National Championship Meets: The area boundaries for the rotation of National Championship Meets have been changed, with more LMSCs added to Area 2 Central. (Article 104.3.1)
- World Records: Applications for world records must be submitted to the USMS Records and Tabulation Chairman within five months of the date of the swim. (Article 105.6)
- All-American Relay Recognition: The registered USMS swimmers from each relay team with the fastest listed USMS Top Ten time for that season shall be declared the Relay All-Americans in that event for the year. (Article 105.4.2)
- Relays: The name of the registered swim club and the full name (as registered), the age, and for mixed relays the sex, of each relay member must be written on the relay card. (Articles 102.8.5 and 104.4.4B(4))
- Costumes for Long Distance Events: Competitors are allowed to wear more than one cap and are allowed to wear neoprene caps in all long distance events. Separate wetsuit divisions may be offered in non-National Championship events. (Articles 304.4 and 305.4.4)

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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 organization, 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 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 swimming programs.
- D To enhance fellowship among participants in Masters swimming programs.
- E To stimulate participation in Masters swimming 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 swimming at basic and clinical research levels.
- G To 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.

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.

IOC - International Olympic Committee.

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

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

Lane Line - continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating adjacent lanes.

Lane 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 - the part of the relay event that is swum by a single team member.

Length - extent of the course from end to end.

LMSC - Local Masters Swimming Committee, a division of the Corporation, with supervisory responsibilities within a specified geographic territory.

Malfunction - a mechanical or electronic equipment failure.

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 - word to be used in that form only; not to be used as a descriptive word; to be used with a capital "M".

May - permissive, not mandatory.

Meet - an event or series of events held under a single sanction or 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 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 - withdraw an entry from an event 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.
 - * Deck-seeded all events are seeded at the meet with entries received prior to or at the meet.
 - * Pre-seeded prior to the day of competition, swimmers are arranged in lanes and 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, having no perceptible current or movement other than that caused by wind or by 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 individual member who does not represent a club 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, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, Southern.
- * Heartland Allegheny Mountain, Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia, Wisconsin.

- * Oceana Alaska, Hawaii, Inland Empire, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern Pacific.
- * South Central Arkansas, Border, Gulf, Oklahoma, North Texas, South Texas, West Texas.

PART ONE: SWIMMING RULES

All provisions under *Part One: Swimming Rules*, unless otherwise specified, are effective beginning January 1, 1991, and until changed. Rules in effect on the first day of a meet shall govern throughout the meet.

Part One: Swimming 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: STARTS, STROKES, AND RELAYS

101.1. STARTS

.1 Forward Start - The forward start may be taken from the starting block, the 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 assume a position with at least one foot at the front of the block, the edge of the deck, or on the wall before the command, "Take your mark." Those starting in the water must have at least one hand in contact with the wall or starting block.

.2 Backstroke 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 wall or on the gutter of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, or 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.

101.2. BREASTSTROKE

- .1 Start The forward start shall be used.
- .2 Stroke From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast 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 stroke cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall and the form prescribed in Article 101.2.2 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.

101.3. BUTTERFLY

- .1 Start The forward start shall be used.
- .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

Page 16 PART ONE

- 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. The swimmer's shoulders must be at or past the vertical toward the breast when the feet leave the wall.
- .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.

101.4. BACKSTROKE

- .1 Start The backstroke start shall 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 wall. 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 when the feet leave the wall.
- .4 Finish The swimmer shall have finished the race when any part of the swimmer touches the wall.

101.5. FREESTYLE

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

- 101.6. INDIVIDUAL MEDLEY The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last onefourth, freestyle.
- .1 Start The forward start shall be used.
- .2 Stroke The stroke for each one-fourth of the designated distance shall follow the prescribed rules for each stroke.
- .3 Turns 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.
 - 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.
- .4 Finish The swimmer shall have finished the race when any part of the swimmer touches the wall after completion of the prescribed distance.

101.7. RELAYS

- .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.

Page 18 PART ONE

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.

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

- F Mixed relays shall consist of two men and two women who may swim in any order.
- G Competitors shall be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle; 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: SWIMMING COMPETITION

102.1. ELIGIBILITY

- .1 Swimmers 19 years of age and over may register with USMS.
- .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 LMSC rankings or National Top Ten Times, All-American status, or qualification times for USMS National Championship Meets.
- 102.2. AGE DETERMINING DATE The eligiblity 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, 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+, 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+, 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 each 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 Medlev

200-400-800 meters Freestyle Relay

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

200-400 meters Medlev 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.

Note: For long distance events, see Article 302.2.

- 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 104.5.4D. 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

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- 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 On the relay card, relay teams must list the name of the registered swim club and the full name (as it appears on the USMS registration card), the age, and for mixed relays the sex of each relay member. The name of the lead-off swimmer must be clearly designated.
- .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 Principles for Masters Competition
 - A All Masters events shall be conducted on a timed final basis.
 - B Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
 - C It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group should not be seeded into outside lanes. It is recommended that they be moved inward one lane or given the center lane in the next slowest heat, whichever is the more appropriate placement.
 - D Seeding at meets other than National Championship Meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events. The meet announcement shall state the seeding for all events.
 - E In 1000/1650 yard and 800/1500 meter freestyle events, the normal seeding may be reversed by swimming the fastest heats first and alternating women's and men's heats. The meet announcement shall state the seeding for these events.
 - F Heat and lane assignments for events of 200 meters or less shall be available to all competitors at least five minutes prior to the start of the event

.2 Heat and Lane Assignments

A Seeding within heats - Within each heat, lanes shall be assigned in descending order of submitted times in accordance with the following pattern:

Ten Lanes: 5-6-4-7-3-8-2-9-1-10
Nine Lanes: 5-4-6-3-7-2-8-1-9
Eight Lanes: 4-5-3-6-2-7-1-8
Seven Lanes: 4-3-5-2-6-1-7
Six Lanes: 3-4-2-5-1-6
Five Lanes: 3-2-4-1-5
Four Lanes: 2-3-1-4

- B Minimum number of swimmers per heat There shall be a minimum of three swimmers per heat whenever three or more swimmers have entered an event. The fastest heat shall be filled first, then the next fastest heat, etc.
- C Fast-to-slow seeding The first heat of each event shall be composed of the swimmers with the fastest submitted times, the second heat composed of the next fastest swimmers, etc.
- D Slow-to-fast seeding The last heat of each event shall be composed of the swimmers with the fastest submitted times, the next-to-last heat composed of the next fastest swimmers, etc.

.3 Two-to-a-lane seeding in distance freestyle events

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

1. Options to swim two-to-a-lane

- a. At the discretion of the meet director, competitors in the freestyle events over 200 meters may be required to swim two-to-a-lane when only one course is available for the event. The meet announcement shall state the criteria under which such events are to be swum two-to-a-lane.
- b. When competitors have an option of swimming two-to-alane, the heats with two competitors per lane will be completed before the heats with a single competitor per lane.
- c. If, in the slowest/fastest heat, there are not enough swimmers to fill the lanes with two swimmers each, those swimmers may be seeded one-to-a-lane.

2. Men's/Women's events

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

- 3. Heat designations Heats shall be numbered consecutively without using alphabetical characters (i.e., no "A" and "B" heats). Heats shall be referred to as "odd" or "even" numbered heats. Odd and even heats shall be paired when seeding two-to-a-lane.
- 4. Reporting to the Clerk of Course Swimmers in both odd and even heats shall be asked to report to the clerk of course (or to the starting area) at the same time.
- 5. Starting procedure -. The Starter shall call the odd heat to the starting block first. As soon as the odd heat is underway, swimmers in the even heat shall be called to the starting blocks. The even heat shall be started as soon as practical after the odd heat.

6. Lane etiquette

- a. The Starter shall instruct the swimmers to swim on one side of the lane during the entire race (i.e., no "circle" swimming).
- b. Obstructing another swimmer by swimming across or otherwise interfering may disqualify the offender, and the disqualified offender shall immediately be removed from the lane.
- 7. Timing Separate timing will be required for each swimmer.
- B Methods of seeding two-to-a-lane (either method is recommended)
 - 1. Swimmers of similar speed in the same heat
 - Heat and lane assignments Lanes shall be assigned as in Article 102.9.2.
 - b. Pairing of heats After lanes are assigned, heats shall be arranged in pairs beginning with either the slowest or fastest heats at the meet director's discretion. The fastest heat within each pair shall be designated as the odd heat and the next-fastest heat as the even heat.

In the following example, for a 6-lane pool, "1" refers to the fastest swimmer, "2" to the next-fastest swimmer, etc.

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

2. Swimmers of similar speed in the same lane - Create groups of swimmers equal in number to twice the number of lanes of the pool (e.g., groups of 12 swimmers for a 6-lane pool). Each group of swimmers shall be divided into odd and even heats. The fastest swimmer in each group shall be assigned to the middle lane in the odd heat. The second-fastest swimmer shall be assigned to the middle lane in the even heat. The remaining

swimmers shall be assigned to lanes in accordance with Article 102.9.2A.

In the following example, for a 6-lane pool, "1" refers to the fastest swimmer, "2" to the next-fastest swimmer, etc.

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

.4 Seeding of Events in a 50-Meter Course

- A Lane numbers Lanes shall be numbered at the starting end of the pool in accordance with Article 107.4.3.
- B Starting 50-meter events from the turning end of the course When the course depth permits, 50-meter events may be started from the turning end of the course.
- C Starting men's and women's events from alternate ends of the course If only one course is available and pool depth is adequate at both ends of the course, the meet director may choose to start men's events at one end of the course and women's events at the alternate end of the course.
 - Men's and women's heats shall alternate.
 - In 50-meter events, the in-the-water heat may be instructed to wait in the water after the finish until the next heat has been started.
 - 3. In events 100 meters and longer, the next heat may be started when the in-the-water heat is within a half-length of the finish.
- .5 Places Places shall be determined on a time basis, subject to the order of finish within each heat. Any ties resulting from the procedure used shall be declared officially tied for awards and points, with no further attempt at resolution.

.6 Counters

- 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

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opinion of the Referee, they neither physically aid the swimmer or interfere with another competitor or present any safety hazard.

- D The count may be in ascending or descending order.
- E In the event of official or counter error it is the responsibility of the swimmer to complete the prescribed distance.
- 102.10. 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 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.
- .5 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 in Article 102.12.3) 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 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 the swimmer or his coach does not agree to such change in time or date.

.3 Postponement or Cancellation

- A If, prior to the start of a meet or event, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee 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.
- 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 - Swimmers' costumes 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.

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.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 a later heat or he may order the heat 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 may 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 Article 101.7.3.
- .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 disqualifed 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 awards for that race shall be presented 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.
- 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. REQUIRED 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.

Note: Effective January 1, 1992, one of the officials shall be a Referee, Starter, or stroke and turn judge certified by USS, YMCA, or other USMS-approved certifying bodies.

- .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 Article 103.9.5. 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. MEET DIRECTOR Is appointed by the meet sponsor. Responsibilities include, but are not limited to: ordering awards; obtaining

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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.

- 102.18. 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.
- 102.19. 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: OFFICIALS AND THEIR DUTIES

103.1. 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 Snall signal the Starter before each race that all officials are in position, that the course is clear, and that the competition can begin; shall assign marshals with specific instructions.
- .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 events from alternate ends of a 50-meter course or conducting freestyle events longer than 200 meters two-to-a-lane, the Referee shall establish the necessary administrative and officiating procedures to conform to Article 102.9

.8 Refer to Article 102.15 concerning protests.

103.2. **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 signal.
- 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

- 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.
- 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 legs. 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 (see Article 101.1)

.3 Starting Commands

- A 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.
- B When all swimmers are motionless in starting position, gives starting signal.
- .4 Warning Signal In all events 400 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. As an alternative, a bell warning signal may be given over each individual swimmer by a timer in that lane.

.5 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 Article 103.2.6.)
- 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.

.6 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 of the Referee.

- B A swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his heat shall be disqualified by the Referee.
- 103.3. 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.
- 103.4. 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

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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 Article 103.4.5B.

103.5. 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 lanes 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:
 - 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 hundredth of a second.
 - 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.
 - 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 Article 103.5.3E(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

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described in Article 103.5.3E(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.)

103.6. 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.
- 103.7. 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.
- 103.8. SCORERS Shall receive from the recorders the order of finish for each event. They shall compile team and high-point scores as applicable.
- 103.9. 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 hundredth 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 corrections to 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 2 3 4 5	52.21 52.18 51.05 51.04 - 51.86 51.65	52.07 51.91 50.97 50.78 51.30 51.56	52.12 52.01 51.00 50.88 51.35 51.57	52.14 52.06 51.01 50.93 51.38 51.59	52.21 52.18 51.05 51.04 51.46 51.65
7 52.27 52.13 52.13 52.18 52.27 8 51.87 51.58 51.75 51.89 51.87 Secondary = <u>09 + .17 + .05 + .16 + .08 + .14 + .12</u> = .11 sec. System Error 7					
Official Secondary Time (Lane 5) = 51.35 + .11 = 51.46					

E Primary system timing error - When, through any 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.

103.10. 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; (e.g., backstroke time must be achieved in a backstroke event). A time 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	 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	 World Records, USMS National Records, and USMS Top Ten Times Initial splits and relay lead-off times for World records only
Two watches	- 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 Article 103.9.5 may be used as an official time equal to the level of the timing system to which it has been adjusted.
- 103.11. ANNOUNCER Before the start of each event he shall announce the event name and number of heats. At the start of each heat he may also announce the lane, the name of each swimmer, and club affiliation or if unattached. He shall make any other announcements as requested by the Referee, the clerk, or the management.
- 103.12. 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 105.
- 103.13. 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, TV, announcer, and meet secretary. Results of each event by sex and USMS age group shall be posted or otherwise made available to the competitors as promptly as possible after the completion of each event.
- 103.14. PRESS STEWARD Shall obtain from the clerk of course and the recorders the names of all swimmers in each event and the results of each finish with times or record performances, and he shall keep the press and TV personnel thoroughly informed on all details of the competition during the meet.

ARTICLE 104: NATIONAL CHAMPIONSHIP MEETS

(Recommended for all Championship Meets when possible)

- 104.1. MEET CATEGORIES USMS National Championship Meets shall be awarded in the following categories:
- .1 Short Course National Championship Meet Dates Men's and women's short course (25 yards) National 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 Championship Meet, which shall be held between August 1 and September 15.
- 104.2. **MEET NAME** The official name shall be <u>(insert year)</u> United States Masters Swimming National <u>(insert Short or Long)</u> Course Championships.

104.3. AWARDING OF A NATIONAL CHAMPIONSHIP MEET

.1 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	
1992	LC		SC	
1993	SC	LC		
1994		SC	LC	
1995	LC		SC	
1996	SC	LC		
1997		SC	LC	

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

.2 Bidding Procedures

- A Solicitation of bids The USMS Championship Committee shall be responsible for the solicitation of bids in accordance with the area rotation system in Article 104.3.1, and shall present a list of all certified bidders for each short and long course championship to the House of Delegates at the annual meeting held at least two years prior to the date being awarded.
- B Eligible bidders A National Championship Meet shall be awarded only to an LMSC or a club with the endorsement of its LMSC. In either event, the facility to be used must be in accordance with the facility standards which have been adopted by USMS, Inc.
- C Bid information The Championship Committee shall provide a bidder with the appropriate bid documents, financial statements from previous championships, and all other information pertaining to the policies and procedures of running a National Championship Meet.
- D Bid deadline All bids for a National Championship Meet shall be returned to the Chairman of the Championship Committee no less than 30 days prior to the annual meeting.
- E 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.
- F 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 Article 104.3.2B, and are received prior to the start of the annual meeting of USMS, Inc.
- G 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.
- H 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.
- 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.
- 104.4 CONDUCT OF NATIONAL CHAMPIONSHIP MEETS Conduct of National Championship Meets shall be governed under the swimming rules of USMS, Inc.

.1 Information for Participants

- A General meeting A general meeting of the House of Delegates, members of the Championship Committee, organizing personnel, interested officials, coaches, and swimmers shall be held the evening prior to the first day of the meet.
 - 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.
 - 4. 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 notices of changes in conspicuous places at the pool, registration area, and headquarters area prior to the start of the first day's competition.
- B Warm-up schedule A list of times when the competition pool and other facilities will be available for warm-up will be provided in the premeet information.
- C 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.
- .2 Program A four-day program for National Championship Meets will be used.

A Meet schedules (1991-1994)

Schedule A	Schedule B	Schedule C
1st Day	1st Day	1st Day
200 backstroke 100 breaststroke 50 freestyle 200 butterfly 100 IM* 200 medley relay 400/500 freestyle	100 IM* 200 butterfly 50 freestyle 200 backstroke 50 breaststroke 200 free relay 400/500 freestyle	200 freestyle 50 breaststroke 100 butterfly 50 backstroke 200 free relay 200 mxd medley relay 400 IM

2nd Day	2nd Day	2nd Day
200 breaststroke	100 breaststroke	100 IM*
100 butterfly	200 freestyle	200 breaststroke
50 backstroke	50 backstroke	50 butterfly
100 freestyle	200 IM	200 backstroke
200 IM	100 butterfly	100 freestyle
200 free relay	200 medley relay	200 medley relay
200 mxd medley relay		400/500 free (women)
3rd Day	3rd Day	3rd Day
200 freestyle	100 freestyle	100 backstroke
50 breaststroke	400 IM	200 IM
100 backstroke	50 butterfly	50 freestyle
50 butterfly	200 breaststroke	100 breaststroke
200 mxd free relay	100 backstroke	200 butterfly
400 IM	200 mxd medley relay	200 mxd free relay
		400/500 free (men)
4th Day**	4th Day**	4th Day**
800/1000 freestyle	800/1000 freestyle	800/1000 freestyle
1500/1650 freestyle	1500/1650 freestyle	1500/1650 freestyle
	,	

- * The 100 IM is swum in short course nationals only.
- ** A swimmer may enter only one of the two longest freestyle events at the meet.
- B Rotation of meet formats The particular format shall be rotated among three basic schedules (Schedules A, B, and C).
 - 1. In each schedule, women's events shall precede men's events.
 - In each schedule, at the option of the Meet Director and with the approval of the Championship Committee, the 800/1000 freestyle and the 1500/1650 freestyle may be swum as either the first day program or the last day program.
 - Full days on the schedule may be interchanged so that the 400/500 free and the 1500/1650 freestyle shall not be swum on consecutive days.
 - Beginning in 1991, the format shall be rotated among the three basic schedules without regard to course.
 - 5. The three basic schedules shall be chosen every four (4) years, starting in 1990, by a vote of the House of Delegates, from at least four (4) alternatives presented by the Championship Committee.

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.3 Event Limit

- A Individual events 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.
- B Relays 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.
- C Time standards There shall be time standards at National Championship Meets when deemed necessary by the Championship Committee. (Effective January 1, 1992)
 - Determination of time standards. Time standards shall be based on the slowest tenth best time in each event from the previous three years' National Championship Meets. There shall be no time standards when there is no tenth best time for that age group in that event.

Note: Until such time that the 19-24 year age group has swum in National Championship Meets for three years, time standards for the 19-24 year age group shall be determined using the following sources of information: (a) the tenth best time from the 19-24 year age group at National Championship Meets; (b) the tenth best time from the USMS Top Ten list for the 19-24 year age group; and (c) the tenth best time from the 25-29 year age group at National Championship Meets.

- 2. Event limit. When time standards are in effect, competitors may enter and swim in a maximum of three individual events without meeting the established standards. Competitors may enter up to three additional events (or two if the maximum event limit is five) in which they have in the past two years swum a time equal to or better than the time standard for those events.
- 3. Verification of times. Any competitor who does not perform to the time standard in his designated time standard events will be required to show verification of the time unless he is listed on the USMS Top Ten list or the official results of the pertinent National Championship Meets.

.4 Entry Procedures

A Eligibility/Affiliation

- 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.
- 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.
- 3. 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.

B Entry form

- Approval of 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.
- 2. Distribution of entry form One copy each of the individual and relay entry forms 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.
- Completion of entry form All competitors including members of relay teams must fill out and sign the appropriate entry form.
- 4. Relay entry cards On the relay card, relay teams must list the name of the registered swim club and the full name (as it appears on the USMS registration card), the age, and for mixed relays the sex of each relay member. The name of the lead-off swimmer must be clearly designated.

C Entry deadline

- Entry deadline The deadline for receipt of entries for National Championship Meets shall be not more than 35 days prior to the first day of competition.
- 2. Relay entry deadline 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 1.5 times the normal entry fee. Official USMS relay cards must be used.
- D Entry fees Entry fees for National Championship Meets shall be \$4.00 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.

.5 Seeding

A General procedures for seeding (Also see Article 102.9)

- All information regarding seeding must be stated on the entry form.
- In order to assure seeded positions, the best competitive times of all entries must be submitted.

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- All events 200 yards/meters or less shall be pre-seeded, with oldest age groups first, slowest heats swum first within each age group.
- Events over 200 yards/meters, except for the 1000/1650 yards or 800/1500 meters, may be pre-seeded per Article 104.4.5A (3), (5), (6), and (7) or may be deck-seeded by time only as in Article 104.4.5A(5).
- The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc.
- 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.
- 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.
- 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.
- 9. 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.
- 10. At the option of the Meet Director, relays may be deck-seeded.

B Distance events

- The 1000/1650 yards or 800/1500 meters freestyle shall be deckseeded by time only as in Article 104.4.5A(5).
- 2. 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 swimmers to a lane shall be completed before the heats with a single competitor per lane. (See Article 102.9.3 for principles of seeding two-to-a-lane).
- C Multiple courses When the depths of the courses vary, 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, the rotation shall not be affected.

.6 Club Scoring

A Scoring - 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. Points shall be awarded as in Article 102.11.3.

- B Categories Club scoring will be tabulated in three categories.
 - 1. Women's women's individual events and women's relay events.
 - Men's men's individual events and men's relay events.
 - Combined women's individual events, women's relay events, men's individual events, men's relay events, and mixed relay events.
- C Divisions Two divisions shall be recognized for purposes of club scoring based upon the number of swimmers entered in the meet from each club.
 - Division I Clubs with more than 16 entrants in either the women's or men's categories will fall into Division I for that category. Clubs with more than 32 entrants in the combined category will fall into Division I.
 - Division II Clubs with 16 or fewer entrants in either the women's or men's categories will fall into Division II for that category. Clubs with 32 or fewer entrants in the combined category will fall into Division II.

.7 Awards

- A Awards All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given except in the case of ties. Appropriate awards as determined by the Championship Committee will be awarded one through ten.
- B 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.
- C Team awards The organization conducting the National Championship Meet will provide awards to the first, second, and third place winners in the women's, men's, and combined categories in both Division I and Division II.

.8 Results

- A Posting of meet results Photocopies of event/heat tapes must be posted for each heat and lane before or simultaneously with the posting of the results.
- B Publication of meet results 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 the USMS Records and Tabulation Chairman.

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.9 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.

.10 Personnel

- A **Meet Director** The Meet Director shall follow the swimming rules of USMS, Inc., and the policies and procedures established by the Championship Committee with regard to the planning and execution of the requirements for a National Championship Meet.
- B Officials The minimum number of officials at each session of a USMS National Championship Meet shall include the following:
 - 1 Meet Referee
 - 1 Deck Referee for each course
 - 1 Starter for each course
 - 1 Recall Starter for each course
 - 2 Stroke and Turn Judges for each course
 - 2 Timers per lane for each course

The Referees, Starters, and stroke and turn judges shall be certified by USS, YMCA, or other USMS-approved certifying bodies. An official may serve in only one officiating position during any event. For freestyle events 400 meters and longer, the Referee and Starter may double as stroke and turn judges.

.11 Facilities and Equipment

- A If more than one course is to be used in a National Championship Meet, then each course must have its own automatic timing system.
- B All courses 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.
- C Automatic officiating equipment shall be provided for all courses during the competition.

- D The event number and heat number for each heat in the water must be displayed in a location easily visible to the participants for each course being used.
- E The organization conducting the National Championship Meet shall compile entry lists, heat sheets, entry cards, and final results by computer.

104.5. USMS ASSISTANCE AND AGREEMENTS

- .1 Contract Successful bidders of National Championship Meets shall sign a written contract with USMS specifying the responsibilities of the meet host and of USMS.
- .2 Payments Successful bidders of National Championship Meets shall pay to United States Masters Swimming, Inc., prior to the beginning of the meet, a fee of \$5.00 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.
- .3 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.
- .4 Meet Evaluation Committee A five-member meet evaluation committee 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.
- .5 Meet Report The Meet Director of each National Championship Meet shall submit a written report to the Chairman of the Championship Committee within 60 days of the end of competition. This report shall include a complete financial report, copies of meet information, entry forms, heat sheets, and final results, and any other information which may be helpful to future Meet Directors.

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

105.1. 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 yard times, September 15th for long course meter times, and December 31st for short course meter times.

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- 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 achieved in its LMSC, including all times achieved 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 (as it appears on the USMS registration card), the age, and for mixed relays the sex 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.

105.2. 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.

105.3. 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 Records shall be achieved only in 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 lead-off split times will not be considered for Records or Top Ten times.

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

- .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.
- .9 Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If times are tied to the hundredth of a second, the results shall be declared a tie and records shared by each swimmer thus tied.
- .10 When a record is claimed, an official record application form shall be filled out, signed by the designated officals, 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.

105.4. ALL-AMERICAN RECOGNITION

- .1 Individual 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.
- .2 Relay Recognition The registered USMS swimmers from each relay team with the fastest listed USMS Top Ten time for that season shall be declared the Relay All-Americans in that event for the year.
- 105.5. WORLD RECORDS Applications and documentation for world records (25 meters and 50 meters) shall be supplied to the USMS Records and Tabulation Chairman within five months of the date of the swim.

Note: MSI does not accept record applications more than six months after the swim.

ARTICLE 106: HEALTH AND SAFETY REGULATIONS FOR COMPETITION

- 106.1. MEDICAL EXAMINATION Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters 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.
- 106.2. MEDICAL EQUIPMENT Meet Directors are encouraged to investigate the use of appropriate Emergency Medical Technician equipment and personnel for all meets.

ARTICLE 107: FACILITIES STANDARDS

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

107.1. DEFINITIONS

- .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.

107.2. 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 Movable 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 starting 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]
- 107.3. 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]

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

107.6. WATER AND AIR TEMPERATURE

- .1 Water Temperature Water temperature between 78 and 80 degrees Fahrenheit shall be maintained for competition. [M*, NC]
- 107.7. LADDERS All ladders, steps, or stairs within the racing course should be recessed in the pool side walls or may be removed during competition. [M*, NC]

107.8. 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*] [NC]

107.9. 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]

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- .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]
- 107.10. 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]

107.11. 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]

107.12. LANE LINES

- .1 Installation Lane lines 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 lane lines 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 rachet mechanisms shall be completely concealed with durable

- flexible covers. Damaged or broken floats shall be removed and replaced. [M]
- .3 Number of Lane Lines A single lane line between racing lanes shall be used in long course competition. Multiple lane 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]

107.13. 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]
- 107.14. 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]
- 107.15. 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]

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107.16. 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]

107.17. 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 103.9 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 standby 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 to 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 officating 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]

107.18. 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 UL-approved self-contained GFI outlet fittings shall be provided (furnished and installed) at the nonprotected convenience receptacles by the meet management, meet director, or the equipment operator(s) whenever such equipment is connected and in use. [M]

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 with USMS or their nation's recognized Masters swimming governing organization.
- .1 Registration Year Athlete registration is for the period January 1 through December 31 of each year. Swimmers applying for registration on or after November 1 will be issued a registration card valid through December 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 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 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 cluber-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 only 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 authorized representative, 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.

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- 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:
 - 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.
 - A copy of the current registration card, travel permit, or other acceptable proof of current Masters swimming registration of each swimmer must accompany the entry.
 - 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 Article 201.1.2B, and must be signed by the registered Masters swimmer entering the meet.
 - Closed competition in which all swimmers are registered with USMS may be sanctioned.
 - A swimmer's valid affiliation must be displayed after his name on the heat sheet or in the program.

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 event 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. Entry forms must contain the entire language of the liability release statement that is printed on the registration form and found in Article 201.1.2B, and must be signed by the registered Masters swimmer entering the meet.
- 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 falled 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).

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 USMS through its Long Distance 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 events sanctioned by USMS must be registered with USMS or their nation's recognized Masters swimming governing organization.
- 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 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 listed in separate events. Under no circumstances will a USS athlete and a USMS athlete be considered part of the same event.
- 301.3. LIABILITY RELEASE An acknowledgement and release shall be included on each entry form, and it must be signed by each participant prior to participation. The wording shall be:

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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 Committee, the clubs, host facilities, meet sponsors, meet committee, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

ARTICLE 302: EVENTS

- 302.1. DEFINITION A long distance event is any swimming event over 1650 yards (1508.8 meters) in length. The event may be conducted in any body of water, either natural or man-made.
- 302.2. EVENTS Long distance 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 electronic 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

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

.5 Postal

- A postal event is a competition in which swimmers swim the event at a place of their choosing and send the time or distance 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 Article 302.2.3. The Meet Director shall have the discretion to designate the size(s) of the pools in which the event is swum.
- D The Meet Director shall have the discretion to request additional verification of completion from any entrant, and may refuse to accept any entry that appears to contain erroneous information.
- .6 Team A team event may be contested on a total time/distance or pointsystem 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 overall finishing position, with one point for first place, two points for second place, etc. The points of specified team members are added and the lowest cumulative score determines the winning team; the second lowest score, the second place, etc. In the event that two or more teams score the same number of points, the team that has the swimmer who won or finished closest to the first place shall be declared the winning team.
 - 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 leg. In the exchange in open water events, physical contact must be made between the two swimmers. In pool events, the exchange is implied when the swimmer touches the wall or breaks the plane of the wall, within his lane.

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 U. S. Coast Guard, park authorities, lifeguard 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.

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

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 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 The Referee shall determine if the start of a race is to be postponed or canceled, or if a race in progress is to be stopped. 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. **COSTUME -** For non-National Championship Events

.1 One suit, goggles, ear plugs, and grease will be allowed. The suit shall be made of a porous material.

- .2 Swim cap(s), including neoprene, may be permitted. Swim caps shall be defined as head gear conforming to a traditional swim cap design and not extending to protect the neck or shoulders.
- Wet suits may be allowed at the discretion of the Meet Director. As wet suits generally provide a competitive advantage, prizes shall be awarded to non-wet suit competitors based on the results excluding wet suit competitors. Any published results or records must clearly indicate which swimmers wore wet suits.
- .4 Apart from Articles 304.4.1, 304.4.2 and 304.4.3, devices used to maintain body heat are illegal.
- .5 Apart from Articles 304.4.2 and 304.4.3, flotation and propulsive devices are not permitted, except in designated events where all swimmers are using similar devices.

304.5. 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 that 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.

304.6. 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.
- 304.7. 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 LONG DISTANCE CHAMPIONSHIP MEETS

305.1. ELIGIBILITY

- .1 All swimmers competing in USMS National Long Distance Championship events shall be registered with USMS or their nation's recognized Masters swimming governing organization.
- 305.2. **EVENTS** The USMS Long Distance Committee shall award USMS National Long Distance 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 (in a 50 Meter pool)
 - H Postal 6000 yard (in a 25 yard pool)
- .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), Postal One Hour, and Postal 6000 Yard..
 - 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 Long Distance Championship Meets shall be the same as Article 304.7.

305.3. SITE SELECTION

- .1 Bids shall be due, in writing, to the Long Distance Chairman, at or before the first Long Distance Committee meeting of the annual meeting.
- .2 Championships shall be awarded by the Long Distance Committee 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 Championships. Bids will be received up to two years in advance of the year bid. If no suitable bids are received from a qualifying area, bidding will be opened to all areas. Area definitions will follow Article 104.3.1.

	Area 1 West	Area 2 Central	Area 3 East
1992	Open wtr 1.5-3 mi Marathon 6+ mi 10K postal	2 mile cable 6000 yd postal	1 mile Open wtr 3.5-5 mi 1 hour postal
1993	1 mile Open wtr 3.5-5 mi 1 hour postal	Open wtr 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 wtr 3.5-5 mi 1 hour postal	Open wtr 1.5-3 mi Marathon 6+ mi 10K postal
1995	Open wtr 1.5-3 mi Marathon 6+ mi 10K postal	2 mile cable 6000 yd postal	1 mile Open wtr 3.5-5 mi 1 hour postal
1996	1 mile Open wtr 3.5-5 mi 1 hour postal	Open wtr 1.5-3 mi Marathon 6+ mi 10K postal	2 mile cable 6000 yd postal
1997	2 mile cable 6000 yd postal	1 mile Open wtr 3.5-5 mi 1 hour postal	Open wtr 1.5-3 mi Marathon 6+ mi 10K postal

305.4. RULES OF CONDUCT OF NATIONAL LONG DISTANCE 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 Committee Chairman and the LMSC for content and sanctioning prior to distribution. Approved entry sheets shall be sent to the USMS Long Distance 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 Committee shall appoint a Meet Advisor to aid the Meet Director and insure that all rules are observed.

.4 Costume

- A One suit, goggles, ear plugs, and grease will be allowed. The suit shall be made of a porous material.
- B Swim cap(s), including neoprene, may be permitted. Swim caps shall be defined as head gear conforming to a traditional swim cap design and not extending to protect the neck or shoulders.

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- C Apart from Articles 305.4.4A and 305.4.4.B, flotation aids and any devices used to maintain body heat are not allowed. Wet suits or any similar costumes are not allowed.
- D 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 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 \$20.00 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 Committee.
- 305.7. **RESULTS** Individual and team results and records shall be kept and submitted to the USMS Long Distance Committee Chairman.
- .1 Results submitted to the committee must include the following information: finish places, times/distances, and each swimmer's name, age, sex, verified USMS registration number, LMSC of registry, and club affiliation.
- .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 Long Distance 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 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: ALL-AMERICAN RECOGNITION AND RECORDS

306.1. ALL-AMERICAN RECOGNITION - The national champion in each age group of each individual national championship long distance 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 events) and time/distance events (1-hour, 6000-yard, 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 has been denied or is about to be denied, by a person or organization affiliated with USMS, a right as set forth in Article 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 Article 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 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.

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 fewer than three members, one of whom shall be the Zone Representative in whose Zone the alleged violation 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 eligiblity and right of any athlete to compete.
 - B Impose and enforce penalties, including censure, suspension, or expulsion from membership, for any violation of the rules and regulations of USMS or for actions which bring disrepute upon USMS or upon the sport of swimming.
 - 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 Article 402.2.2.

.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 Article 402, 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 twothirds 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 by certified mail, return receipt requested, to his last known address 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.
 - A date at which time a hearing will be held, with the request that the person charged appear before the Review Section Panel, with

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- the right to have counsel of his own choice 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.
- 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.
- 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:

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 (20) 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 One member from each LMSC. If the LMSC has a registration of over 300 swimmers, it is entitled to one additional member. For each additional 500 registered swimmers, the LMSC is entitled to one more member in the House of Delegates. 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 such office.

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.

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- .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 should the President be 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 for the unexpired term by someone appointed by the President from among the members of the House of Delegates.
- **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 before such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all Directors.
- 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, the Vice-President, the Secretary, and the 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

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Committee, and any other members the Chairman shall deem necessary to carry out the work of the Committee. At least two members of the Committee shall not have experience in the direction of National Championship Meets. Duties of the Committee include receiving bid proposals for National Championship Meets, coordinating the date and site with other national swimming championships, reviewing the bids, and making recommendations to the House of Delegates to assist the selection process. 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. The Chairman shall choose, with the concurrence of the President, as many members as needed to carry out the duties of the Committee. 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:

- 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.
- 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.
- 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 Chairman shall be appointed by the President for a two year term. The Chairman shall choose from the House of Delegates two members from each zone. The Legislation Committee is charged with considering all Code change proposals of an administrative or organizational nature and maintaining consistency within the Code of Regulations. 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 Committee Chairman shall be appointed by the President for a two year term. The Chairman shall choose from the House of Delegates twelve members, with at least one member from each zone. The Chairman will be the USMS liaison to the USS Long Distance Committee. The Long Distance Committee may initiate and shall consider proposed amendments to Part Three of the Rules of Competition and shall present them to the House of Delegates with recommendations.
- .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.
- .#2 Nominating Committee The Nominating Committee shall be the Zone Committee. The Committee will canvass qualified and interested persons and present one or more candidates for each office 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. The Chairman shall choose from the House of Delegates 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 publishing the Top Ten Times and USMS National Records annually 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: Amendment Procedures.
- .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. The Committee shall stimulate and encourage such research and investigations and shall also distribute results of that research and other pertinent information to Masters swimmers and others as appropriate.
- .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 one-year fiscal period for tax and accounting purposes commencing on the first day of January.
- 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 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 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 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 would 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 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 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 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

Category	Current as of
USMS Short Course Yards USMS Short Course Meters USMS Long Course Meters World Short Course Meters World Long Course Meters USMS Long Distance	May 31, 1990 June 2, 1990 August 20, 1990 May 1, 1990 August 20, 1990 October 21, 1990

EFFECTIVE DATES The records in this listing reflect applications received by the above effective dates Some records achieved by these effective dates may not yet have been submitted or processed

DISCREPANCIES AND ERRATA: The USMS record is faster than the world record in some events. Possible reasons for these discrepancies include. (a) the application for the USMS record has been approved, but the application for the world record still is in progress; (b) a birth certificate was not submitted as proof-of-age; (c) certification of pool length was not submitted, or (d) the application for the world record was not submitted within six months of the date of the performance.

CORRECTIONS Any questions about the listed records should be addressed to.

"Pool" Records	Long Distance Records
Walter Reid	Rob Copeland
Records/Tabulation Committee	Long Distance Committee
P.O. Box 8800A	346 Berger Street
Steilacoom, WA 98388	Somerset, NJ 08873

WOMEN 19-24 (USMS only)	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	L McQueston	24 70	P Maxwell	28 51		L Scheetz	28 18	
100 freestyle	D Graner	53 67	P Maxwell	1 01 87		B Castillo	1 01 91	
200 freestyle	D Graner	1 54 22	S Jones	2 15 34		D Ursin	2 14 17	
400/500 freestyle	D Graner	5 04 90	D Buckendahl	4 50 48		D Cazalet	4 56 73	
800/1000 freestyle	E Gorry	11 01 53	K Henson	10 03 39		D Cazalet	10 09 99	
1500/1650 freestyle	K Burton	17 31 70	K Henson	18 54 01		A Lewis	19 15 12	
50 backstroke	D Risen	27 85	N Wengrofsky	33 30		M Waters	33 40	
100 backstroke	D Risen	57 96	C Hartzell	1 12 40		D Braciak	1 06 09	
200 backstroke	D Graner	2 07 07	C Hartzell	2 34 32		K Neill	2 34 35	
50 breaststroke	L Campbell	31 78	K Cavanaugh	36 55		L Scheetz	36 01	
100 breaststroke	A Tweedy	1 08 12	P Lindroos	1 20 68		L Scheetz	1 20 50	
200 breaststroke	A Tweedy	2 25 40	G Gattı	2 57 47		P Birsinger	3 01 47	
50 butterfly	D Graner	26 88	L Hughes	30 46		J Norris	31 75	
100 butterfly	M Ward	58 30	L Hughes	1 08 93		B Castillo	1 06 05	
200 butterfly	A Lewis	2 11 50	P Lindroos	2 42 76		B Castillo	2 22 59	
100 individual medley	D Risen	1 00 61	L Hughes	1 12 42				
200 individual medley	C Convis	2 12 53	D Buckendahl	2 34 48		S Duncan	2 33 43	
400 individual medley	N Stauffer	4 45 34	K Burke	5 31 58		D Ursin	5 20 39	
WOMEN 25 29	SC-Yards	USMS	SC Meters	USMS	World	LC Meters	USMS	World
50 freestyle	S Neilson	23 69	L Fabrizio	26 93	26 93	S Neilson	26 77	26 77
100 freestyle	S Neilson	52 11	L Fabrizio	59 17	58 93	S Shand	58 34	58 34
200 freestyle	B Lutz	1 52 14	D Graner	2 06 47	2 06 47	S Shand	2 07 11	2 07 11
400/500 freestyle	J Ford	4 59 00	D Graner	4 26 18	4 26 18	S Shand	4 27 53	4 27 53
800/1000 freestyle	J Ford	10 23 15	S Carlisle Sella:	n 9 38 32	9 21 42	S Shand	9 18 43	9 18 43
1500/1650 freestyle	K Burton	17 09 27	E Jones	18 36 60	17 42 32	A Pope	17 38 78	17 38 78
50 backstroke	D Graner	26 76	D Graner	30 63	30 63	D Graner	30 80	30 80
100 backstroke	D Graner	57 54	D Graner	1 04 66	1 04 66	D Graner	1 07 32	1 06 46
200 backstroke	D Graner	2 03 38	D Graner	2 20 66	2 20 66	D Graner	2 19 97	2 19 97
50 breaststroke	R Seaman	30 61	G Gattı	36 45	33 60	R Seaman	34 36	32 01
100 breaststroke	V Marsh	1 07 26	G Gatti	1 17 68	1 13 60	R Seaman	1 18 31	1 16 05
200 breaststroke	C Convis	2 26 42	G Gatti	2 47 08	2 44 82	N Mitchell	2 50 04	2 49 86
50 butterfly	L Lanini	25 68	B O'Connor	29 13	29 51	R Seaman	28 79	28 79
100 butterfly	J Ford	57 11	D Graner	1 06 31	1 05 71	R Seaman	1 03 91	1 03 91
200 butterfly	J Ford	2 03 38	N Mitchell	2 29 84	2 24 89	J Ford	2 22 42	2 22 42
100 individual medley	B O'Connor	59 39	8 O'Connor	1 08 16	1 06 84			
200 individual medley	D Graner	2 07 60	D Graner	2 24 07	2 24 07	\$ Shand	2 25 45	2 22 89
400 individual medley	J Ford	4 32 30	B O'Connor	5 19 07	5 14 28	S Shand	5 06 34	5 06 34

WOMEN 30-34	SC-Yards	USMS	SC-Meters	USMS	World	LC-Meters	USMS	World
50 freestyle	S Neilson-Bell	23 04	S Neilson	26 55	26 55	S Neilson-Bell	26 37	26 37
100 freestyle	S Neilson	50 83	S Neilson-Bell	57 35	57 35	S Neilson Bell	58 09	58 09
200 freestyle	S Neilson	1 52 57	S Neilson	2 06 83	2 06 83	B Knight	2 07 84	2 07 84
400/500 freestyle	B Knight	5 05 60	B Knight	4 31 88	4 31 88	S Halfacre	4 33 08	4 33 08
800/1000 freestyle	B Knight	10 31 89	B Knight	9 17 55	9 17 55	A Pope	9 35 17	9 35 17
1500/1650 freestyle	S Halfacre	17 41 63	B Durdy	18 24 43	18 24 43	A Pope	18 04 05	18 04 05
50 backstroke	B Mauer	28 41	L Hasselquist	32 24	32 24	B Mauer	32 11	32 11
100 backstroke	B Mauer	1 00 03	L Hasselquist	1 11 53	1 11 53	B Mauer	1 09 08	1 09 08
200 backstroke	B Mauer	2 09 70	K Branch	2 35 87	2 34 27	B Mauer	2 29 27	2 29 27
50 breaststroke	R Seaman	29 84	L Bennett	35 75	35 75	L Bennett	35 90	34 56
100 breaststroke	R Seaman	1 05 05	L Bennett	1 18 13	1 18 13	L Bennett	1 19 55	1 14 52
200 breaststroke	K Melick	2 29 75	H Murray	2 52 52	2 49 16	K Melick	2 53 08	2 48 41
50 butterfly	R Seaman	25 62	S Neilson Bell	30 20	30 20	S Neilson-Bell	29 91	29 91
100 butterfly	R Seaman	55 68	T Bennett	1 07 34	1 07 34	R Seaman	1 06 24	1 06 24
200 butterfly	S Halfacre	2 10 62	H Murray	2 30 73	2 30 73	B Mauer	2 28 24	2 28 24
100 individual medley	R Seaman	58 78	S Neilson Bell	1 07 78	1 07 78			
200 individual medley	S Neilson	2 09 99	S Neilson	2 27 11	2 27 11	S Neilson-Bell	2 29 22	2 29 22
400 individual medley	B Mauer	4 39 58	B Durdy	5 21 01	5 21 01	B Mauer	5 23 84	5 23 84
	•		,					
WOMEN 35 39	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
WOMEN 35 39 50 freestyle	SC-Yards J Hirsty	USMS 24 56	SC-Meters J Hirsty	USMS 27 66	World 27 66		USMS 27 91	World 27 91
						LC Meters		
50 freestyle	J Hirsty	24 56	J Hirsty	27 66	27 66	LC Meters J Hirsty	27 91	27 91
50 freestyle 100 freestyle	J Hirsty S Halfacre	24 56 52 24	J Hirsty J Hirsty	27 66 1 00 75	27 66 1 00 75	LC Meters J Hirsty S Halfacre	27 91 1 00 25	27 91 1 00 25
50 freestyle 100 freestyle 200 freestyle	J Hirsty S Halfacre S Halfacre	24 56 52 24 1 52 79	J Hirsty J Hirsty J Hirsty	27 66 1 00 75 2 12 69	27 66 1 00 75 2 12 69	LC Meters J Hirsty S Halfacre S Halfacre	27 91 1 00 25 2 09 33	27 91 1 00 25 2 09 25
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle	J Hirsty S Halfacre S Halfacre S Halfacre	24 56 52 24 1 52 79 5 01 04	J Hirsty J Hirsty J Hirsty B Dunbar	27 66 1 00 75 2 12 69 4 52 99	27 66 1 00 75 2 12 69 4 52 99	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre	27 91 1 00 25 2 09 33 4 33 08	27 91 1 00 25 2 09 25 4 33 08
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre	24 56 52 24 1 52 79 5 01 04 10 39 87	J Hirsty J Hirsty J Hirsty B Dunbar L Val	27 66 1 00 75 2 12 69 4 52 99 9 46 95	27 66 1 00 75 2 12 69 4 52 99 9 46 95	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre	27 91 1 00 25 2 09 33 4 33 08 9 24 54	27 91 1 00 25 2 09 25 4 33 08 9 24 54
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle 50 backstroke	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre L Val	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre L Val	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle 50 backstroke	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43 1 02 07	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val L Val	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val K Guinn	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43 1 02 07 2 20 00	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val L Val L Val	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77 2 45 14	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47 2 34 09	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val L Stacy	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94 2 40 51	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94 2 35 77
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val K Guinn L Wetzel-Osborne	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43 1 02 07 2 20 00 30 85	J Hirsty J Hirsty J Hirsty B Dunbar L Val	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77 2 45 14 34 63	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47 2 34 09 34 63	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val L Stacy L Wetzel Osborne	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94 2 40 51 34 41	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94 2 35 77 34 41
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke 100 breaststroke	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val K Guinn L Wetzel-Osborne L Wetzel Osborne	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43 1 02 07 2 20 00 30 85 1 07 58	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val J Pesavento L Wetzel-Osborne L Wetzel Osborne	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77 2 45 14 34 63 1 16 70	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47 2 34 09 34 63 1 16 70	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val L Stacy L Wetzel Osborne L Wetzel Osborne	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94 2 40 51 34 41 1 17 44	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94 2 35 77 34 41 1 17 44
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 100 breaststroke 100 breaststroke	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val K Guinn L Wetzel-Osborne L Wetzel Osborne	24 56 52 24 1 52 79 1 04 10 39 87 17 15 23 28 43 1 02 07 2 20 00 30 85 1 07 58 2 30 97	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val J Pesavento L Wetzel-Osborne L Wetzel-Osborne	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77 2 45 14 34 63 1 16 70 2 50 93	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47 2 34 09 34 63 1 16 70 2 50 93	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val L Stacy L Wetzel Osborne L Wetzel Osborne L Wetzel Osborne	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94 2 40 51 34 41 1 17 44 2 54 85	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94 2 35 77 34 41 1 17 44 2 54 85
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 500 backstroke 100 backstroke 200 backstroke 50 breaststroke 100 breaststroke 200 breaststroke 50 breaststroke 50 breaststroke	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val K Guinn L Wetzel-Osborne L Wetzel-Osborne L Wetzel-Osborne	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43 1 02 07 2 20 00 30 85 1 07 58 2 30 97 26 68	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val J Pesavento L Wetzel-Osborne L Wetzel-Osborne L Wetzel-Osborne	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77 2 45 14 34 63 1 16 70 2 50 93 30 21	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47 2 34 09 34 63 1 16 70 2 50 93 30 21	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val L Stacy L Wetzel Osborne L Wetzel Osborne L Wetzel Osborne S Halfacre	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94 2 40 51 34 41 1 17 44 2 54 85 29 27	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94 2 35 77 34 41 1 17 44 2 54 85 29 27
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke 100 breaststroke 200 breaststroke 50 butterfly	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val K Guinn L Wetzel-Osborne L Wetzel Osborne L Wetzel-Osborne L Val S Halfacre	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43 1 02 07 2 20 00 30 85 1 07 58 2 30 97 26 68 56 90	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val L Val L Val L Vel J Pesavento L Wetzel-Osborne L Wetzel Osborne L Wetzel Osborne L Val L Val	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77 2 45 14 34 63 1 16 70 2 50 93 30 21 1 08 00	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47 2 34 09 34 63 1 16 70 2 50 93 30 21 1 08 00	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val L Stacy L Wetzel Osborne L Wetzel Osborne L Wetzel Osborne S Halfacre S Halfacre	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94 2 40 51 34 41 1 17 44 2 54 85 29 27 1 05 39	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94 2 35 77 34 41 1 17 44 2 54 85 29 27 1 05 39
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 100 breaststroke 100 breaststroke 200 breaststroke 200 breaststroke 50 butterfly 100 butterfly	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val K Guinn L Wetzel-Osborne L Wetzel Osborne L Val S Halfacre L Val	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43 1 02 07 2 20 00 30 85 1 07 58 2 30 97 26 68 56 90 2 10 80	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val L Val L Val J Pesavento L Wetzel-Osborne L Wetzel Osborne L Wetzel-Osborne L Val L Val B Dunbar	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77 2 45 14 34 63 1 16 70 2 50 93 30 21 1 08 00 2 35 70	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47 2 34 09 34 63 1 16 70 2 50 93 30 21 1 08 00 2 35 70	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val L Stacy L Wetzel Osborne L Wetzel Osborne L Wetzel Osborne S Halfacre S Halfacre	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94 2 40 51 34 41 1 17 44 2 54 85 29 27 1 05 39	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94 2 35 77 34 41 1 17 44 2 54 85 29 27 1 05 39
50 freestyle 100 freestyle 200 freestyle 400/500 freestyle 800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 100 breaststroke 100 breaststroke 200 breaststroke 50 breaststroke 50 butterfly 100 butterfly 100 individual medley	J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre C Halfacre L Val L Val K Guinn L Wetzel-Osborne L Wetzel Osborne L Wetzel-Osborne L Val S Halfacre L Val S Halfacre	24 56 52 24 1 52 79 5 01 04 10 39 87 17 15 23 28 43 1 02 07 2 20 00 30 85 1 07 58 2 30 97 26 68 56 90 2 10 80 1 00 22	J Hirsty J Hirsty J Hirsty B Dunbar L Val L Val L Val J Pesavento L Wetzel-Osborne L Wetzel Osborne L Wetzel-Osborne L Val L Val B Dunbar J Hirsty	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 70 1 12 77 2 45 14 34 63 1 16 70 2 50 93 30 21 1 08 00 2 35 70 1 11 55	27 66 1 00 75 2 12 69 4 52 99 9 46 95 18 27 71 33 39 1 10 47 2 34 09 34 63 1 16 70 2 50 93 30 21 1 08 00 2 35 70 1 11 55	LC Meters J Hirsty S Halfacre S Halfacre S Halfacre S Halfacre L Val L Val L Stacy L Wetzel Osborne L Wetzel Osborne L Wetzel Osborne S Halfacre S Halfacre S Halfacre L Val	27 91 1 00 25 2 09 33 4 33 08 9 24 54 18 12 11 32 39 1 10 94 2 40 51 34 41 1 17 44 2 54 85 29 27 1 05 39 2 26 38	27 91 1 00 25 2 09 25 4 33 08 9 24 54 18 12 11 32 64 1 10 94 2 35 77 34 41 1 17 44 2 54 85 29 27 1 05 39 2 26 38

WOMEN 40 44	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
oO freestyle	M Martin	25 00	A Mueller	29 38	29 58	M Martin	28 64	28 64
100 freestyle	M Martin	55 91	C Iannacone	1 05 27	1 04 92	M Martin	1 03 40	1 03 40
200 freestyle	B Dunbar	2 04 00	C Iannacone	2 21 91	2 21 91	M Martin	2 21 77	2 21 77
400/500 freestyle	B Dunbar	5 30 58	B Dunbar	4 53 28	4 53 28	8 Dunbar	4 54 49	4 54 49
800/1000 freestyle	B Dunbar	11 20 18	B Dunbar	10 12 09	10 12 09	B Dunbar	10 10 64	10 10 64
1500/1650 freestyle	B Dunbar	18 58 23	B Dunbar	19 00 81	19 00 81	B Dunbar	19 13 16	19 13 16
50 backstroke	B Dick	31 06	D Strickland	35 26	35 09	M Martin	34 68	34 68
100 backstroke	M Martin	1 07 75	D Strickland	1 18 56	1 18 56	D Strickland	1 16 64	1 15 24
200 backstroke	C Chidester	2 26 34	D Strickland	2 51 01	2 45 34	C Chidester	2 47 57	2 47 57
50 breaststroke	G Pierson	33 31	G Pierson	38 36	38 00	G Pierson	38 37	37 59
100 breaststroke	G Pierson	1 12 49	G Pierson	1 23 81	1 23 81	G Pierson	1 24 95	1 24 95
200 breaststroke	G Pierson	2 38 86	G Pierson	3 01 86	3 01 86	G Pierson	3 07 35	3 07 35
50 butterfly	M Martin	27 92	B Dunbar	32 11	32 11	M Martin	30 54	30 54
100 butterfly	A Mueller	1 01 88	B Dunbar	1 10 56	1 10 56	B Dunbar	1 09 45	1 09 45
200 butterfly	B Dunbar	2 16 53	B Dunbar	2 32 19	2 32 19	B Dunbar	2 33 51	2 33 51
100 individual medley	M Martin	1 04 30	B Dunbar	1 16 24	1 16 08			
200 individual medley	C Ferris Boak	2 24 13	B Dunbar	2 45 48	2 45 48	B Dunbar	2 46 00	2 46 00
400 individual medley	B Dunbar	5 04 08	B Dunbar	5 46 82	5 46 82	8 Dunbar	5 46 50	5 46 50
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WOMEN 45-49	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	A Mueller	25 98	N Ridout	30 05	30 05	A Mueller	29 08	29 08
100 freestyle	A Mueller	57 91	N Ridout	1 07 90	1 07 90	A Mueller	1 05 44	1 05 44
200 freestyle	A Mueller	2 05 /1	A Mueller	2 28 69	2 28 69	A Mueller	2 24 24	2 24 24
400/500 freestyle	A Mueller	5 40 37	N Ridout	5 34 44	5 34 44	A Muel er	5 08 67	5 08 67
800/1000 freestyle	A Mueller	11 55 72	N Ridout	11 14 64	11 14 64	A Mueller	10 48 41	10 48 41
1500/1650 freestyle	A Mueller	20 12 73	M P Maley	22 18 64	22 55 80	A Mueller	21 08 30	21 08 30
50 backstroke	B Bennett	32 57	B Bennett	37 29	35 43	B Jordan	37 64	34 51
100 backstroke	B Bennett	1 11 07	B Bennett	1 21 06	1 17 13	B Jordan	1 21 04	1 17 06
200 backstroke	C Chidester	2 31 43	B Bennett	2 56 06	2 56 06	A Mueller	2 56 28	2 54 05
50 breaststroke	D Todd	34 46	E Bromwich	39 63	39 21	J Leilich	39 86	39 43
100 breaststroke	C Ferris Boak	1 16 12	E Bromwich	1 26 22	1 26 22	C Ferris Boak	1 27 39	1 27 39
200 breaststroke	J Leilich	2 46 59	J Leilich	3 06 19	3 06 59	J Leilich	3 11 24	3 10 49
50 butterfly	A Mueller	28 26	B Hoellen	33 93	33 93	A Mueller	30 74	30 74
100 butterfly	A Mueller	1 03 08 4	N Ridout	1 18 79	1 18 79	A Mueller	1 12 67	1 12 67
200 butterfly	A Mueller	2 20 14	A Mueller	2 37 88	2 37 88	A Mueller	2 44 10	2 44 10
	D 7.44	1 07 38	A Mueller	1 14 41	1 14 41			
100 individual medley	D Todd	1 07 30	Anderie	2 24 42	1			
200 individual medley	A Mueller	2 24 53	A Mueller	2 42 88	2 42 88	A Mueller	2 46 91	2 46 91

WOMEN 50 54	SC-Yards	USMS	SC-Meters	USMS	World	LC-Meters	USMS	World
50 freestyle	J Bruner	27 40	J Bruner	32 30	31 31	J Bruner	31 10	31 10
100 freestyle	J Bruner	1 01 58	J Lambke	1 12 67	1 10 55	J Bruner	1 11 24	1 09 16
200 freestyle	J Bruner	2 19 30	L Stoinoff	2 38 25	2 36 01	J Correa	2 38 26	2 37 11
400/500 freestyle	L Stoinoff	6 11 76	L Stoinoff	5 32 67	5 32 67	L Stoinoff	5 37 18	5 33 71
800/1000 freestyle	L Stoinoff	12 44 88	L Stoinoff	11 35 78	11 35 78	L Stoinoff	11 40 50	11 40 50
1500/1650 freestyle	L Stoinoff	21 32 25	L Stoinoff	21 44 35	21 44 35	L Stoinoff	22 00 76	22 00 76
50 backstroke	B Jordan	32 /2	B Jordan	38 14	38 14	B Jordan	37 90	37 90
100 backstroke	B Jordan	1 11 96	B Jordan	1 23 58	1 23 58	B Jordan	1 23 40	1 23 40
200 backstroke	B Jordan	2 39 39	B Jordan	2 58 72	2 58 72	B Jordan	3 01 07	3 01 07
50 breaststroke	J Bruner	35 55	J Leilich	40 51	39 87	J Bruner	40 22	39 00
100 breaststroke	J Leilich	1 17 72	J Leilich	1 28 51	1 28 51	J Leilich	1 28 83	1 28 83
200 breaststroke	J Leilich	2 50 93	J Leilich	3 11 20	3 11 20	J Leilich	3 15 76	3 14 70
50 butterfly	J Bruner	30 57	J Lambke	36 43	36 43	J Bruner	34 67	34 67
100 butterfly	J Bruner	1 12 16	J Lambke	1 22 64	1 22 64	J Bruner	1 24 40	1 24 40
200 butterfly	G Roper	2 51 58	S Rademacher	3 11 83	3 11 83	G Roper	3 15 92	3 14 27
100 individual medley	J Bruner	1 10 73	J Leilich	1 24 62	1 23 90			
200 individual medley	J Bruner	2 41 96	B Jordan	3 09 74	2 59 01	J Bruner	3 05 13	3 05 13
400 individual medley	G Roper	5 50 83	S Rademacher	6 42 47	6 39 01	G Roper	: 6 35 20	6 35 20
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WOMEN 55-59	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	J Bruner	28 03	J Bruner	31 83	31 83	G Roper	32 60	32 60
100 freestyle	J Bruner	1 02 38	J Bruner	1 11 63	1 11 63	J Bruner	1 12 34	1 12 34
200 freestyle	L Stoinoff	2 22 66	L Stoinoff	2 40 27	2 40 27	L Stoinoff	2 42 04	2 42 04
400/500 freestyle	L Stoinoff	6 09 83	L Stoinoff	5 34 32	5 34 32	L Stoinoff	5 36 66	5 36 66
800/1000 freestyle	L Stoinoff	12 45 02	L Stoinoff	11 29 99	11 29 99	L Stoinoff	11 30 97	11 30 97
1500/1650 freestyle	L Stoinoff	21 22 63	L Stoinoff	21 35 84	21 35 84	L Stoinoff	22 18 91	22 18 91
50 backstroke	C Walker	34 63	R Kamphausen	42 10	40 38	C Walker	39 17	39 17
100 backstroke	C Walker	1 17 48	L Adams	1 31 50	1 30 03	C Walker	1 27 61	1 27 61
200 backstroke	L Stoinoff	2 48 92	L Stoinoff	3 11 13	3 11 13	L Stoinoff	3 10 89	3 10 89
50 breaststroke	J Bruner	36 05	J Bruner	42 05	41 63	J Bruner	41 74	41 74
100 breaststroke	J Bruner	1 21 72	J Bruner	1 30 86	1 28 61	J Bruner	1 31 65	1 31 65
200 breaststroke	D Stowell	3 04 49	A Pisciotta	3 27 36	3 14 96	J Bruner	3 28 24	3 18 11
50 butterfly	G Roper	31 76	G Roper	38 04	37 87	G Roper	35 29	35 29
100 butterfly	G Roper	1 15 77	J Bruner	1 30 53	1 27 88	G Roper	1 27 49	1 27 49
200 butterfly	G Roper	2 51 18	G Roper	3 20 43	3 11 42	G Roper	3 19 84	3 17 68
100 individual medley	J Bruner	1 13 83	J Bruner	1 24 19	1 24 19	-		
200 individual medley	G Roper	2 45 47	J Bruner	3 13 18	3 05 45	G Roper	3 07 65	3 07 65
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400 individual medley	L Stoinoff	5 55 35	A McGuire	7 05 88	6 40 91	G Roper	6 42 05	6 42 05

WOMEN 60-64	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	D Donnelly	30 67	A Adams	35 33	34 75	D Donnelly	35 08	35 01
100 freestyle	D Donnelly	1 08 11	C Walker	1 17 99	1 17 99	D Ressiguie	1 20 10	1 18 28
200 freestyle	C Walker	2 31 16	C Walker	2 50 94	2 50 94	C Walker	2 50 03	2 50 03
400/500 freestyle	C Walker	6 50 37	C Walker	6 02 43	6 02 43	C Walker	6 02 28	6 02 28
800/1000 freestyle	C Walker	13 56 85	C Walker	12 21 67	12 21 67	C Walker	12 19 35	12 19 35
1500/1650 freestyle	C Walker	23 21 14	C Walker	23 28 15	23 28 15	C Walker	23 55 57	23 55 57
50 backstroke	D Steadman	36 36	C Walker	39 60	39 60	D Steadman	40 35	40 35
100 backstroke	C Walker	1 19 95	C Walker	1 29 13	1 29 13	C Walker	1 31 06	1 31 06
200 backstroke	C Walker	2 54 83	D Steadman	3 16 14	3 16 14	D Steadman	3 15 92	3 15 92
50 breaststroke	C Taylor	39 74	C Walker	45 86	42 02	C Costello	45 86	42 49
100 breaststroke	C Walker	1 28 02	C Walker	1 39 86	1 39 86	C Walker	1 42 98	1 38 72
200 breaststroke	C Walker	3 14 45	E Rogers	3 48 81	3 41 14	C Walker	3 44 60	3 41 48
50 butterfly	J Eppley/A Adams	35 32	A Adams	39 64	39 64	A Adams	38 64	38 64
100 butterfly	J Eppley	1 23 43	P Dotson	1 36 95	1 36 95	A Adams	1 34 48	1 34 48
200 butterfly	J Krauser	3 10 64	J Krauser	3 33 12	3 33 12	G Roper	3 32 87	3 34 66
100 individual medley	C Walker	1 18 93	C Walker	1 27 50	1 27 50			
200 individual medley	C Walker	2 53 05	C Walker	3 14 28	3 14 28	C Walker	3 17 40	3 17 40
400 individual medley	C Walker	6 17 58	J Krauser	7 12 48	7 12 48	C Walker	6 59 45	6 59 45
WOMEN 65 69	SC-Yards	USMŞ	SC-Meters	USMS	World	LC-Meters	USMS	World
50 freestyle	P Smith	32 31	P Smith	36 26	35 77	D Donnelly	36 40	35 56
100 freestyle	D Donnelly	1 12 28	P Smith	1 21 44	1 21 44	D Donnelly	1 22 50	1 22 50
200 freestyle	P Smith	2 42 72	P Smith	3 06 11	3 06 11	F Carr	3 07 68	3 07 68
400/500 freestyle	P Smith	7 33 39	P Smith	6 31 09	6 31 09	F Carr	6 30 19	6 30 19
800/1000 freestyle	P Smith	15 24 34	P Smith	13 35 92	13 35 92	P Smith	13 33 26	13 33 26
1500/1650 freestyle	P Smith	25 01 98	J McCollister	28 03 99	28 03 99	P Smith	25 35 81	25 35 81
50 backstroke	D Steadman	37 05	D Steadman	40 48	40 48	D Steadman	40 99	40 99
100 backstroke	D Steadman	1 22 50	D Steadman	1 30 41	1 30 41	D Steadman	1 31 58	1 31 58
200 backstroke	D Steadman	2 59 56	D Steadman	3 15 72	3 15 72	D Steadman	3 17 12	3 17 12
50 breaststroke	B Christian	42 82	B Christian	47 39	47 39	C Costell	48 13	48 13
100 breaststroke	R Kenner	1 35 10	R Kenner	1 46 82	1 46 19	R Kenner	1 45 89	1 45 89
200 breaststroke	R Kenner	3 25 44	R Kenner	3 48 71	3 46 02	R Kenner	3 49 96	3 45 71
50 butterfly	J Eppley	38 39	J Eppley	45 75	45 75	F Carr	43 35	43 35
100 butterfly	∂ Eppley	1 30 04	J Eppley	1 47 51	1 47 51	J Eppley	1 48 37	1 48 37
200 butterfly	J Eppley	3 29 24	J Eppley	4 10 63	4 10 63	J Eppley	3 58 77	3 58 77
100 individual medley	F Carr	1 27 95	D Donnelly	1 45 67	1 45 67	· · · · ·		
200 individual medley	D La Chasse	3 14 21	D Donnelly	3 50 00	3 50 00	F Carr	3 34 41	3 34 41
400 individual medley	P Weiss	7 26 29	J Eppley	8 40 52	8 05 06	F Carr	7 57 09	7 57 09

WOMEN 70-74	SC-Yards USMS	SC-Meters USMS	World	LC-Meters USMS	World
50 freestyle	L Donovan 34.57	L Donovan 40.42	40.42	J Gilbert39.03	39.03
100 freestyle	L Donovan 1:19.44	L Donovan 1:31.84	1:31.84	L Donovan 1:30.79	1:30.37
200 freestyle	L Donovan 3:03.85	L Wingard 3:28.41	3:28.41	J Gilbert3:27.09	3:24.61
400/500 freestyle	R Simonton 8:15.27	R Simonton 7:17.22	7:17.22	L Donovan	7:19.34
800/1000 freestyle	R Simonton 17:06.75	R Simonton 15:06.99	15:06.99	R Simonton15:04.91	15:04.91
1500/1650 freestyle	R Simonton 28:28.46	R Simonton 28:49.23	28:49.23	R Simonton28:46.45	28:46.45
50 backstroke	D Musselman 44.64	Y Frischhertz 50.18	45.08	J G17bert48.44	45.21
100 backstroke	M Wicklun 1:37.58	Y Frischhertz 1:52.56	1:44.02	D Musselman 1;51.41	1:39.85
200 backstroke	Y Frischhertz 3:30.69	Y Frischhertz 3:56.72	3:56.72	Y Frischhertz3:55.88	3:47.59
50 breaststroke	G Zint 45.37	G Zint 50.95	50.95	G Zint52.17	52.17
100 breaststroke	G Zint 1:41.02	G Zint 1:55.84	1:55.84	G Zint1:56.24	1:56.24
200 breaststroke	G Zint 3:42.91	G Zint 4:11.18	4:09.41	G Zint4:18.13	4:17.06
50 butterfly	J Eppley 40.34	G Zint 51.96	51.96	J Eppley49.55	50.72
100 butterfly	J Eppley 1:39.75	G Zint 2:04.25	2:04.25	J Eppley2:08.45	2:02.61
200 butterfly	J Eppley 3:54.84	M Merlino 4:36.96	4:36.96	M Merlino4:37.05	4:37.05
100 individual medley	M Brown 1:37.35	G Zint 1:50.32	1:50.32		
200 individual medley	G Zint 3:34.44	R Simonton 4:04.81	4:04.81	R Simonton4:10.04	4:09.35
400 individual medley	M Merlino 7:36.45	R Simonton 8:34.79	8:34.79	R Simonton8:39.36	8:39.36
WOMEN 75-79	SC-Yards USMS	SC-Meters USMS	World	LC-Meters USMS	World
50 freestyle	L Wingard 36.17	M Merlino 43.98	43.29	N Clark43.35	41.72
100 freestyle	L Wingard 1:21.57	M Merlino 1:48.29	1:45.53	N Clark1:40.85	1:39.28
200 freestyle	L Wingard 3:05.04	M Wicklun 3:57.19	3:50.58	N Clark 3:55.34	3:52.90
400/500 freestyle	N Clark 9:23.94	M Merlino 8:11.07	7:56.05	J Durston8:21.15	8:09.29
800/1000 freestyle	J Durston 18:51.01	M Merlino 17:16.06	17:16.06	J Durston17:09.60	17:12.92
1500/1650 freestyle	J Durston 31:01.55	M Merlino 33:53.33	33:53.33	J Durston31:46.49	33:01.50
50 backstroke	M Wicklun 46.51	M Wicklun 52.11	52.11	M Wicklun52.22	51.07
100 backstroke	M Wicklun 1:43.65	M Wicklun 1:55.82	1:55.82	M Wicklun1:56.71	1:56.71
200 backstroke	M Wicklun 3:42.18	M Wicklun 4:01.89	4:01.89	M Wicklun 4:07.44	4:07.44
50 breaststroke	M Merlino 53.28	M Merlino 58.91	58.41	M Merlino1:00.55	52.90
100 breaststroke	M Merlino 1:59.24	M Merlino 2:10.17	2:06.60	M Merlino2:14.40	2:07.86
200 breaststroke	M Merlino 4:09.09	M Merlino 4:35.24	4:35.24	M Merlino4:39.52	4:36.72
50 butterfly	M Hubbard 49.97	M Merlino 59.27	59.27	M Merlino1:02.39	1:02.39
100 butterfly	J Durston 2:00.66	M Merlino 2:12.17	2:12.17	M Merlino2:20.80	2:20.80
200 butterfly	1	M Merlino 4:48.50	4:48.50	M Merlino4:54.79	4:54.79
	M Merlino 4:19.43	M Meriino 4:48.50			
100 individual medley	M Merlino 4:19.43 M Merlino 1:50.29	M Merlino 2:00.07	2:00.07		
•				M Merlino4:25.80	4:25.80
100 individual medley	M Merlino 1:50.29	M Merlino 2:00.07	2:00.07		4:25.80 9:11.23

WOMEN 80-84	SC-Yards USMS	SC-Meters USMS	World	LC-Meters USMS	World
50 freestyle	J Dolce 44.66	J Dolce 48.76	48.76	J Dolce49.08	46.62
100 freestyle	J Dolce 1:39.96	J Dolce 1:54.23	1:53.70	J Dolce1:58.14	1:49.27
200 freestyle	J Dolce 3:51.76	J Dolce 4:17.73	4:17.73	J Dolce4:21.71	4:16.48
400/500 freestyle	R Switzer 10:45.81	J Dolce 9:28.50	8:51.10	J Dolce9:27.56	9:27.56
800/1000 freestyle	D Hopkins 22:36.51	J Dolce 19:20.52	18:11.90	J Dolce19:56.61	19:56.61
1500/1650 freestyle	D Hopkins 38:35.07	D Hopkins 39:39.28	35:44.26	J Dolce36:54.26	36:54.26
50 backstroke	A Soule 52.35	J Dolce 1:06.51	1:05.08	A Soule55.07	53.73
100 backstroke	A Soule 1:56.19	S Scott 2:35.68	2:24.00	A Soule2:07.79	2:01.87
200 backstroke	M McKechnie 4:52.78	S Scott 5:18.44	5:18.44	A Soule4:38.26	4:30.46
50 breaststroke	K Pelton 1:06.58	K Pelton 1:20.10	1:07.65	C Cress1:14.45	1:04.78
100 breaststroke	J Cooke 2:22.40	K Pelton 2:57.04	2:44.80	C Cress2:41.92	2:41.92
200 breaststroke	K Pelton 5:39.12	K Pelton 6:31.81	6:31.81	E Mattila5:43.46	5:43.46
50 butterfly	K Pelton 1:06.25	K Pelton 1:19.40	1:13.27	K Pelton1:16.09	1:13.71
100 butterfly	K Pelton 2:36.36	K Pelton 3:09.18	3:09.18	E Matilla2:52.33	2:52.33
200 butterfly	K Pelton 5:43.94	D Hopkins 6:46.72	6:46.72	E Mattila6:09.67	6:09.67
100 individual medley	D Hopkins 2:21.57	D Hopkins 2:40.92	2:21.39		
200 individual medley	J Cooke 4:51.27	K Pelton 6:10.22	6:10.22	E Mattila5:13.12	5:13.12
400 individual medley	J Cooke 10:00.13	D Hopkins 12:11.13	12:11.13	E Mattila11:14.31	11:14.31
WOMEN 85-89	SC-Yards USMS	SC-Meters USMS	World	LC-Meters USMS	World
50 freestyle	E Peckham 59.89	M McKechnie 1:03.78	1:03.78	E Peckham1:06.49	1.06.49
100 freestyle	E Peckham 2:22.40	A Bauscher 3:01.15	3:01.15	E Peckham2:48.56	2:48.56
200 freestyle	A Bauscher 5:32.96	M McKechnie 5:33.83	5:33.83	M McKechnie5:47.38	5:47.38
400/500 freestyle	M McKechnie 14:15.17			E Peckham13:22.48	13:22.48
800/1000 freestyle	M Keller 32:19.92	M McKechnie 24:05.34	24:05.34	A Bauscher24:23.38	24:23.38
1500/1650 freestyle	E Peckham 50:54.73			M Mckechnie52:23.80	52:23.80
50 backstroke	E Peckham 1:07.57	M McKechnie 1:13.57	1:13.57	E Peckham1:14.83	1:14.83
100 backstroke	E Peckham 2:41.15	A Bauscher 2:52.17	2:52.17	E Peckham2:49.73	2:49.73
200 backstroke	A Bauscher 5:22.89	M McKechnie 6:00.16	6:00.16	E Peckham5:51.69	5:51.69
50 breaststroke	E Peckham 1:23.67			E Peckham1.42.40	1:28.69
100 breaststroke	M Keller 3:57.04	4		E Peckham3:32.03	3:32.03
200 breaststroke	E Peckham 7:10.40			E Peckham7:45.92	7:45.92
50 butterfly	E Peckham 1:16.00	E Peckham 1:44.56	1:44.56	E Peckham1:27.77	1:27.77
100 butterfly	E Peckham 3:01.71			K Pelton3:20.01	3:22.83
200 butterfly	E Peckham 7:15.95		1	E Peckham7:40.47	7:40.47
100 individual medley	E Peckham 2:41.31	A Bauscher 4:32.97	4:32.97		
200 individual medley	E Peckham 5:57.63	A Bauscher 9:49.36	9:49.36	E Peckham7:08.59	7:08.59
400 individual medley	M Keller 17:13.92		1	K Pelton14:02.65	14:16 56

WOMEN 90 94 (World 90+)	SC-Yards	USMS	SC-Meters	USMS	World	LC-Meters	USMS	World
50 freestyle	L Tyra	1 27 65			2 06 95	P Miller	2 02 38	2 02 38
100 freestyle	L Tyra	3 31 33			4 23 67	P Miller	4 08 22	4 08 22
200 freestyle	L Tyra	8 28 07						
400/500 freestyle								
800/1000 freestyle	İ							
1500/1650 freestyle	1							
50 backstroke	P Miller	1 42 97			1 55 07	P Miller	2 17 25	2 01 70
100 backstroke	P Miller	3 32 00			4 19 46			3 59 89
200 backstroke	P Miller	7 33 41				P Miller	10 47 76	10 47 76
50 breaststroke	L Tyra	2 26 52						
100 breaststroke	L Tyra	5 30 32						
200 breaststroke	L Tyra	11 48 36						
50 butterfly								
100 butterfly								
200 butterfly	1							
100 individual medley								
200 individual medley								
400 individual medley	1							

No records have been established in the women s 95+ age group

MEN 19-24 (USMS only)	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	M Noetzel	21 11	R Sprout	24 62		D Mendenhall	24 52	
100 freestyle	M Noetzel	46 20	P Cutler	54 92		T Batis	53 90	
200 freestyle	M Cleavenger	1 44 02	M Collins	2 01 91		T Batis	1 56 99	
400/500 freestyle	C Stevenson	4 42 65	M Collins	4 20 34		T Batis	4 10 98	
800/1000 freestyle	M Cleavenger	9 49 98	M Collins	8 52 70		M Collins	9 06 40	
1500/1650 freestyle	M Collins	16 46 74	M Collins	17 03 17		M Collins	17 29 87	
50 backstroke	C Stevenson	24 37	P Kelley	29 65		C Stevenson	28 06	
100 backstroke	P Thomas	52 53	P Kelley	1 04 30		C Stevenson	1 01 85	
200 backstroke	P Thomas	1 55 26	J Hoess	2 19 68		C Stevenson	2 15 36	
50 breaststroke	D Beatty	27 42	P Cutler	32 33		J Amato	30 10	
100 breaststroke	T Prince	59 74	P McClafferty	1 09 79		J Surowiec	1 06 61	
200 breaststroke	D Phelan	2 11 59	M Collins	2 36 23		P McClafferty	2 36 88	
50 butterfly	T Batis	23 30	P Cutler	27 37		C Stevenson	26 59	
100 butterfly	T Batis	51 32	J Scurlock	1 00 87		T Batis	58 16	
200 butterfly	C Stevenson	1 53 38	J Scurlock	2 17 65		K Duncan	2 09 49	
100 individual medley	T Batis	53 39	P McClafferty	1 02 35		<u> </u>		
200 individual medley	D Phelan	1 56 80	J Boegman	2 19 06		W Corrigan	2 19 42	
400 individual medley	D Phelan	4 07 27	J Boegman	4 54 60		K Duncan	4 48 68	
	i							
MEN 25-29	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	K DeForrest	20 18	M Noetzel	23 64	23 73	K DeForrest	22 59	22 59
100 freestyle	K DeForrest	44 94	M Noetzel	52 29	51 85	J Montgomery	51 25	51 25
200 freestyle	K Switzer	1 40 16	B Wells	1 54 00	1 54 00	J Montgomery	1 53 78	1 53 78
400/500 freestyle	K Switzer	4 32 71	B Wells	4 11 70	4 04 50	C Rend	4 07 73	4 06 99
800/1000 freestyle	P Asmuth	9 33 93	D Grootenhuis	8 56 96	8 54 31	P Asmuth	8 51 04	8 41 43
1500/1650 freestyle	B Patten	15 46 91	R Nichols	17 11 55	16 41 55	C Reid	16 28 69	16 28 69
50 backstroke	M Rhodenbaugh	23 31	C Britt	27 25	27 25	C Britt	27 48	27 39
100 backstroke	M Rhodenbaugh	50 72	C Britt	58 42	58 42	T Wolf	1 00 30	59 00
200 backstroke	S Murphy	1 52 11	8 Wells	2 09 12	2 09 12	T Wolf	2 12 99	2 12 99
50 breaststroke	J Waldman	25 66	J Waldman	29 08	29 08	R Hofstetter	29 88	29 88
100 breaststroke	D Lundberg	56 21	J Waldman	1 05 09	1 04 91	D Lundberg	1 04 60	1 04 60
200 breaststroke	D Soltis	2 03 69	P McClafferty	2 24 68	2 24 68	M Chatfield	2 30 96	2 26 73
50 butterfly	R Placak	22 41	B Laird	24 24	25 77	K DeForrest/M 8		25 16
100 butterfly	S Baxter	49 81	B Wells	57 07	57 07	M Bottom	56 34	56 34
200 butterfly	B Patten	1 49 21	T O'Brien	2 10 91	2 13 12	J Belardı	2 06 88	2 05 25
100 individual medley	D Lundberg	51 14	J Lilley	58 82	58 82			
200 individual medley	C Reid	1 52 55	C Britt	2 12 28	2 12 28	C Reid	2 09 21	2 09 21
400 individual medley	C Reid	3 59 73	D Swenson	4 48 69	4 48 69	C Reid	4 34 08	4 34 08

MEN 30 34	SC-Yards	USMS	SC-Meters	USMS	World	LC-Meters	USMS	World
50 freestyle	S Marvin	20 99	J Montgomery	23 98	22 82	S Marvin	24 27	23 29
100 freestyle	J Montgomery	45 29	J Montgomery	51 86	50 51	J Montgomery	52 32	51 68
200 freestyle	J Montgomery	1 39 97	D Stephenson	1 53 66	1 50 91	J Montgomery	1 55 48	1 54 04
400/500 freestyle	J Kegley	4 39 44	D Goerke	4 13 61	4 02 66	J Montgomery	4 08 70	4 08 70
800/1000 freestyle	J Kegley	9 41 92	D Stephenson	8 34 26	8 34 26	J Montgomery	8 46 99	8 46 99
1500/1650 freestyle	J Kegley	16 06 55	M Clark	17 11 56	17 37 17	R Nichols	17 06 73	17 06 73
50 backstroke	R Jackson	24 29	T Wolf	28 56	28 56	D Ozier	27 32	27 32
100 backstroke	R Jackson	51 95	F Lehman	1 01 39	1 01 39	T Wolf	1 00 40	1 00 40
200 backstroke	T Wolf	1 54 53	F Lehman	2 15 67	2 15 67	T Wolf	2 11 77	2 11 77
50 breaststroke	B Howell	26 34	R Hofstetter	30 11	30 03	R Hofstetter	29 74	29 74
100 breaststroke	B Howell	57 99	M Schuman	1 08 10	1 06 83	B Howell	1 06 87	1 06 87
200 breaststroke	T Fristoe	2 05 07	J Shore	2 30 18	2 29 21	B Howell	2 26 61	2 26 61
50 butterfly	R Placak	22 66	M Bottom	25 06	25 06	M Bottom	25 31	25 31
100 butterfly	W Specht	49 84	M Bottom	56 43	56 43	M Bottom	56 64	56 64
200 butterfly	S Gregg	1 50 67	M Schuman	2 13 62	2 13 62	J Belardı	2 07 71	2 07 71
100 individual medley	R Placak	52 01	W Douglas	1 01 81	1 01 34			
200 individual medley	T Fristoe	1 54 79	T Weissert	2 12 33	2 12 33	R M Schuman	2 12 37	2 12 37
400 individual medley	T Fristoe	4 03 23	M Schuman	4 55 11	4 55 11	R M Schuman	4 45 33	4 43 93
MEN 35 39	SC Yards	USMS	SC Meters	USMS	World	LC Meters	USMS	World
50 freestyle	D Martin	21 30	B Vickery	23 98	23 98	R Hess	24 72	24 72
100 freestyle	T Hedrick	46 90	B Vickery	53 94	53 94	F Schlicher	55 38	55 08
200 freestyle	J Montgomery	1 42 78	L Wood	1 59 38	1 59 38	F Schlicher	2 00 45	2 00 45
400/500 freestyle	J McConica	4 43 06	L Wood	4 21 47	4 21 47	J McConica	4 18 35	4 18 35
800/1000 freestyle	J McConica	10 05 99	L Wood	9 13 76	9 13 76	B Bittler	9 09 59	9 09 59
1500/1650 freestyle	J McConica	16 46 31	L Wood	17 51 31	17 54 26	J McConica	17 26 29	17 26 29
50 backstroke	C Schwartz	24 21	M Nash	28 05	28 05	T Mann	28 04	28 04
100 backstroke	C Schwartz	52 43	T Wolf	1 01 45	1 01 45	T Wolf	1 01 85	1 01 60
200 backstroke	T Wolf	1 57 05	T Wolf	2 15 47	2 15 47	T Wolf	2 13 83	2 13 83
50 breaststroke	C Miltenberger	27 05	R Rachner	31 64	31 94	C Miltenberger	31 52	31 52
100 breaststroke	C Miltenberger	59 11	R Rachner	1 09 62	1 08 30	C Miltenberger	1 10 20	1 10 20
200 breaststroke	R Collela	2 11 59	G Harrison	2 28 35	2 28 35	G Harrison	2 34 61	2 35 66
50 butterfly	T Hedrick	23 48	C Evans	26 06	26 06	P Munger	26 35	26 35
100 butterfly	F Schlicher	51 61	T Perrin	1 00 62	1 00 67	F Schlicher	58 59	58 59
200 butterfly	F Schlicher	1 53 88	L Wood	2 21 47	2 21 47	F Schlicher	2 12 91	2 12 91
100 individual medley	C Evans	54 93	M Nash	1 01 17	1 01 17			
200 individual medley	C Evans	2 00 13	C Evans	2 15 67	2 15 67	T Wolf	2 19 17	2 19 17
400 individual medley	T Wolf	4 19 83	C Evans	4 53 16	4 53 16	F Schlicher	4 59 66	4 59 66

MEN 40 44	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	R Abrahams	21 78	A McPherson	24 91	24 91	T Garton	25 25	25 25
100 freestyle	R Abrahams	48 93	A McPherson	55 35	55 35	T Garton	56 36	56 36
200 freestyle	D Gray	1 48 18	K Polansky	2 01 01	2 01 01	K Polansky	2 04 82	2 04 82
400/500 freestyle	D Gray	4 50 80	K Polansky	4 18 45	4 18 45	K Polansky	4 26 60	4 26 60
800/1000 freestyle	K Polansky	10 19 29	K Polansky	9 01 20	9 01 20	K Polansky	9 19 37	9 19 37
1500/1650 freestyle	K Polansky	17 02 40	D Gray	17 38 17	17 38 17	K Polansky	17 30 13	17 30 13
50 backstroke	R Smith	25 93	T Birnie	29 58	29 58	P Whitten	29 94	29 94
100 backstroke	W Wemple	57 44	R Cooley	1 04 50	1 04 50	W Tingley	1 06 06	1 06 06
200 backstroke	R T Spieker	2 05 15	T Spieker	2 22 17	2 22 17	R T Spieker	2 25 33	2 25 33
50 breaststroke	P Henne	27 77	P Henne	31 33	31 33	M Witaszek	32 08	32 39
100 breaststroke	P Henne	1 01 84	P Henne	1 11 22	1 10 70	V Luken	1 11 58	1 11 58
200 breaststroke	G Boizelle	2 17 66	A Stark	2 40 68	2 38 16	P Wisner	2 38 02	2 38 02
50 butterfly	D Thompson	24 08	D Thompson	27 18	27 18	D Thompson	27 15	27 56
100 butterfly	L Larson	54 04	A McPherson	1 00 79	1 00 79	L Larson	1 02 05	1 02 05
200 butterfly	B Gallas	2 02 09	B Gallas	2 16 15	2 16 15	B Gallas	2 23 05	2 23 05
100 individual medley	J Heidenreich	56 39	R Cooley	1 02 30	1 02 30			
200 individual medley	L Larson	2 04 11	J Calvert	2 18 73	2 18 73	T Garton	2 23 20	2 23 20
400 individual medley	J Calvert	4 28 41	J Calvert	5 00 76	5 00 76	T Garton	5 08 30	5 08 30
MEN 45 49	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	R Abrahams	21 87	R Woodrow	25 46	25 46	J Farrell	26 12	26 12
100 freestyle	R Abrahams	49 50	L Keefe	56 64	56 64	T Garton	57 96	57 9 ₀
200 freestyle	T Garton	1 50 42	E Cazalet	2 05 81	2 05 81	T Garton	2 08 93	2 08 93
400/500 freestyle	E Hinshaw	5 03 96	E Cazalet	4 33 39	4 33 39	T Garton	4 36 91	4 36 91
800/1000 freestyle	H Winn	10 48 89	R Boyd	9 32 34	9 32 34	E Cazalet	9 50 24	9 50 24
1500/1650 freestyle	W Steuart	17 59 11	H Winn	18 27 36	18 27 36	E Hinshaw	18 34 73	18 34 73
50 backstroke	R Smith	25 65	R Smith	29 33	29 33	R Burns	30 67	30 67
100 backstroke	R Smith	56 14	R Smith	1 05 31	1 05 31	E Bartsch	1 07 77	1 07 77
200 backstroke	E Bartsch	2 08 51	R Burns	2 28 51	2 28 51	E Bartsch	2 28 25	2 28 25
50 breaststroke	M Hull	28 53	S Guthrie	32 95	32 95	M Hull	33 47	33 10
100 breaststroke	M Hull	1 02 48	T Boak	1 13 91	1 13 91	M Hull	1 14 95	1 14 95
200 breaststroke	M Hull	2 19 54	R Kendrick	2 41 44	2 41 44	M Hull	2 47 28	2 47 28
50 butterfly	M Hull	24 24	R Woodrow	27 62	27 62	M Hull	28 05	27 78
100 butterfly	M Hull	54 27	G DeLong	1 05 71	1 05 71	T Garton	1 04 31	1 04 31
200 butterfly	A Cartwright	2 09 45	R Kendrick	2 30 18	2 30 18	J Geoghegan	2 32 11	2 32 11
100 individual medley	R Smith	56 23	R Smith	1 06 13	1 06 13			
200 individual medley	T Garton	2 06 09	R Kendrick	2 27 78	2 27 78	T Garton	2 25 46	2 25 46
400 individual medley	T Garton	4 31 40	E Cazalet	5 17 02	5 17 02	T Garton	5 17 96	5 17 96

MEN 50 54	SC-Yards	USMS	SC Meters	USMS	World	LC Meters	USMS	World
50 freestyle	D Hill	22 93	J Farrell	26 35	26 35	D H111	26 16	26 16
100 freestyle	J Farrell	51 93	R Proebsting	59 80	59 21	D H111	59 25	59 25
200 freestyle	E Hinshaw	1 56 24	H Southall	2 15 10	2 15 95	E Hinshaw	2 14 39	2 14 39
400/500 freestyle	E Hinshaw	5 13 80	B Jones	4 45 96	4 45 96	E Hinshaw	4 51 06	4 51 06
800/1000 freestyle	E Hinshaw	11 00 03	D Gallagher	9 50 17	9 50 17	E Hinshaw	10 04 71	10 04 71
1500/1650 freestyle	B Jones	18 53 29	B Jones	19 16 63	19 16 63	B Jones	19 28 41	19 28 41
50 backstroke	J Smith	27 78	J Smith	31 42	31 42	J Smith	30 93	30 93
100 backstroke	J Smith	1 01 93	J Smith	1 10 07	1 10 07	J Smith	1 10 14	1 10 14
200 backstroke	D Brown	2 16 94	B Jones	2 37 52	2 37 52	B Jones	2 35 44	2 35 44
50 breaststroke	M Sanguily	29 70	M Sanguily	34 15	33 09	M Sanguily	33 85	33 38
100 breaststroke	M Sanguily	1 05 29	D Gallagher	1 14 72	1 14 72	M Sanguily	1 15 60	1 15 60
200 breaststroke	D Gallagher	2 28 78	D Gallagher	2 45 11	2 45 11	M Sanguily	2 53 76	2 53 76
50 butterfly	R Proebsting	25 80	R Proebsting	29 34	29 34	M Mealiffe	28 63	28 90
100 butterfly	R Proebsting	58 39	R Proebsting	1 06 66	1 06 66	M Mealiffe	1 07 04	1 07 13
200 butterfly	W Yorzyk	2 17 78	R Proebsting	2 36 01	2 36 01	W Yorzyk	2 33 79	2 33 79
100 individual medley	D Gallagher	1 00 66	D Gallagher	1 07 60	1 07 60			
200 individual medley	D Gallagher	2 13 98	D Gallagher	2 31 52	2 31 52	D Gallagher	2 34 67	2 34 67
400 individual medley	D Gallagher	4 51 41	D Gallagher	5 20 81	5 20 81	B Jones	5 41 04	5 41 04
MEN 55-59	SC-Yards	USMS	SC-Meters	USMS	World	LC-Meters	USMS	World
50 freestyle	D H111	23 41	D H111	26 60	26 60	M Muckleroy	27 42	27 42
100 freestyle	D H111	52 59	D Hill	1 00 08	1 00 08	M Muckleroy	1 03 73	1 03 40
200 freestyle	B Jones	2 02 93	G Johnston	2 22 59	2 22 59	B Jones	2 22 94	2 22 94
400/500 freestyle	B Jones	5 32 17	G Johnston	5 00 88	5 00 88	B Jones	4 58 41	4 58 41
800/1000 freestyle	B Jones	11 26 99	G Johnston	10 35 62	10 35 62	B Jones	10 24 08	10 27 08
1500/1650 freestyle	B Jones	19 02 45	B Jones	20 18 89	20 18 89	B Jones	19 54 72	19 54 72
50 backstroke	J Beattle	29 40	Y Oyakawa	32 69	32 69	J Beattie	33 45	33 29
100 backstroke	J Beattie	1 04 60	Y Oyakawa	1 12 17	1 12 17	J Beattie	1 13 15	1 13 15
200 backstroke	B Jones	2 20 58	J Beattie	2 41 11	2 41 11	D Brown	2 42 37	2 42 37
50 breaststroke	M Sanguily	30 18	M Sanguily	33 77	33 77	J Kortheuer	34 20	33 64
100 breaststroke	M Sanguily	1 06 93	M Sanguily	1 16 32	1 16 32	J Kortheuer	1 17 87	1 17 87
200 breaststroke	M Sanguily	2 34 15	M Sanguily	2 51 47	2 51 47	M Sanguily	2 58 83	2 58 83
50 butterfly	E Emes	27 34	W Dobler	30 24	30 24	J Kortheuer	30 94	30 94
100 butterfly	W Dobler	1 00 88	W Dobler	1 13 47	1 15 67	W Yorzyk	1 12 19	1 12 19
200 butterfly	B Yorzyk	2 24 68	M Sanguily	2 53 71	2 53 71	M Sanguily	3 00 91	2 56 19
100 individual medley	B Jones	1 03 11	B Jones	1 12 67	1 12 67			
200 individual medley	B Jones	2 17 88	B Jones	2 44 49	2 44 49	G Johnston	2 44 00	2 44 00
400 individual medley	B Jones	5 03 44	B Jones	5 54 37	5 54 37	G Johnston	5 53 77	5 53 77

MEN 60-64 SC-Yards USMS SC-Meters USMS World LC-Meters	USMS	World
50 freestyle P Powlison 25 19 F Piemme 28 86 28 86 P Powlison	28 60	28 60
100 freestyle P Powlison 56 09 C Baldwin 1 05 52 1 06 98 P Powlison	1 03 94	1 03 94
200 freestyle P Powlison 2 07 53 W Phillips 2 26 62 2 26 62 P Powlison	2 26 94	2 26 94
400/500 freestyle W Phillips	5 17 64	5 17 64
800/1000 freestyle W Phillips 12 12 88 W Phillips 11 14 13 11 14 13 W Wilson	11 13 16	11 13 16
1500/1650 freestyle W Phillips 20 46 53 W Wilson 21 46 98 21 46 98 W Phillips	21 17 93	21 17 93
50 backstroke P Hutinger 30 65 P Hutinger 34 81 34 81 P Hutinger	35 02	35 02
100 backstroke P Hutinger 1 07 47 P Hutinger 1 17 31 1 17 31 P Hutinger	1 18 06	1 18 06
200 backstroke P Hutinger 2 30 32 R Franks 2 49 82 2 49 82 R Franks	2 52 67	2 52 67
50 breaststroke H Hunsicker 32 79 J Kurtzman 37 53 37 53 J Kurtzman	37 58	37 58
100 breaststroke H Hunsicker 1 15 43 D VanRossen 1 23 19 1 23 19 P Powlison	1 27 50	1 27 50
200 breaststroke F T Haartz 2 46 38 F T Haartz 3 09 24 9 P Powlison	3 17 55	3 14 50
50 butterfly P Hutinger 28 50 F Piemme 32 58 32 48 F Piemme	32 19	32 19
100 butterfly W Wilson 1 06 47 C Moss 1 19 42 1 16 56 W Wilson	1 17 39	1 17 39
200 butterfly C Moss	3 00 99	3 05 41
100 individual medley P Hutinger		
200 individual medley P Hutinger 2 32 47 C Moss 2 53 83 2 53 83 C Moss	2 55 70	2 55 70
400 individual medley I Katz 5 34 42 C Moss 6 19 49 6 19 49 C Moss	6 18 89	6 18 89
MEN 65-69 SC-Yards USMS SC-Meters USMS World LC Meters	USMS	World
50 freestyle P Powlison 25 62 J Florance 30 27 30 27 P Powlison	29 17	29 17
100 freestyle P Powlison 56 24 E Hall 1 09 55 1 09 55 J Welch	1 08 15	1 08 15
200 freestyle P Powlison 2 10 80 J Woods 2 39 55 2 39 55 P Powlison	2 32 90	2 32 90
400/500 freestyle P Powlison 6 17 42 J Woods 5 48 52 5 48 52 J Welch	5 38 79	5 38 79
800/1000 freestyle F Piemme 13 29 00 J Woods 12 15 20 12 15 20 L Surles	12 09 27	11 36 97
1500/1650 freestyle F Piemme 22 10 17 A Da Rosa 23 41 14 23 41 14 J Welch	23 04 59	23 04 59
50 backstroke P Hutinger 31 39 G Gandsey 37 48 37 12 G Gandsey	35 47	35 47
100 backstroke P Hutinger 1 12 08 R Taft 1 24 81 1 24 81 P Hutinger	1 21 52	1 21 52
200 backstroke P Hutinger 2 40 30 R Taft 3 07 65 3 07 65 P Hutinger	2 58 62	2 58 62
50 breaststroke B Greenberg 34 68 B Greenberg 40 02 39 40 P Krup	40 21	39 59
100 breaststroke T Von Berckefeldt 1 18 98 B Greenberg 1 27 91 1 27 91 A Da Rosa	1 31 99	1 30 97
200 breaststroke B Greenberg	3 26 14	3 26 14
50 butterfly P Hutinger 29 60 J Schmidt 35 28 35 28 F Piemme	33 39	33 34
100 butterfly J Crews 1 11 93 E Rudloff 1 32 34 1 33 56 I Katz	1 25 56	1 25 56
200 butterfly I Katz	3 24 69	3 24 69
100 individual medley P Powlison 1 06 74 R Taft 1 20 20 1 20 20		
200 individual medley R Taft 2 40 26 R Taft 3 05 38 3 05 38 P Powlison	3 02 81	3 02 81
400 individual medley R Taft 5 54 74 R Taft 6 46 37 6 46 37 L Arth	6 50 59	6 50 59

So freestyle	MEN 70 74	SC-Yards	USMS	SC-Meters	USMS	World	LC-Meters	USMS	World
200 freestyle	50 freestyle	K Lemmon	27 45	K Lemmon	32 31	31 80	K Lemmon	29 35	29 35
A00/500 freestyle X Lemmon 6 54 49 R Taft 5 56 06 R Taft 6 04 62 6 04	100 freestyle	K Lemmon	1 01 22	K Lemmon	1 14 48	1 14 48	K Lemmon	1 11 61	1 11 61
800/1000 freestyle	200 freestyle	K Lemmon	2 24 72	R Taft	2 46 86	2 46 86	K Lemmon	2 44 86	2 44 86
1500/1650 freestyle	400/500 freestyle	K Lemmon	6 54 49	R Taft	5 56 06	5 56 06	R Taft	6 04 62	6 04 62
So backstroke	800/1000 freestyle	J Welch	14 18 94	R Taft	12 15 49	12 15 49	E Moran	12 44 54	12 44 54
100 backstroke	1500/1650 freestyle	A Da Rosa	23 44 48	A Da Rosa	23 59 12	23 59 12	A Da Rosa	24 58 38	24 58 38
200 backstroke	50 backstroke	R Taft	34 81	R Taft	38 44	38 44	R Taft	37 49	37 49
So breaststroke	100 backstroke	R Taft	1 17 00	R Taft	1 24 30	1 24 30	R Taft	1 25 35	1 25 35
100 breaststroke	200 backstroke	A Vande Weghe	2 52 67	R Taft	3 07 57	3 07 57	R Taft	3 13 25	3 13 25
200 breaststroke	50 breaststroke	P Krup	36 17	P Krup	40 81	40 02	B Allen	41 44	41 20
So butterfly	100 breaststroke	A Da Rosa	1 21 03	A Da Rosa	1 32 13	1 32 13	B Allen	1 33 20	1 33 20
100 butterfly	200 breaststroke	A Da Rosa	3 03 29	A Da Rosa	3 24 66	3 24 66	A Da Rosa	3 32 90	3 32 90
200 butterfly	50 butterfly	B Davidson	31 95	A Holden	37 48	37 48	R Taft	35 65	35 65
No individual medley	100 butterfly	A Holden	1 18 88	P Krup	1 31 20	1 31 20	A Holden	1 32 85	1 32 85
200 individual medley	200 butterfly	A Cerer	2 58 78	A Cerer	3 31 97	3 31 97	A Holden	3 39 04	3 38 48
MEN 75-79 SC-Yards USMS SC-Meters USMS World LC Meters USMS World SC-Meters USMS World USMS USMS World USMS USM	100 individual medley	R Taft	1 13 66	R Taft	1 21 87	1 21 87			
MEN 75-79 SC-Yards USMS SC-Meters USMS World LC Meters USMS World SC Feestyle K Lemmon 28 73 K Lemmon 32 78 32 78 L Collet 32 50 32 50 100 freestyle K Lemmon 1 04 28 K Lemmon 1 15 94 1 15 94 K Lemmon 1 14 86 1 14 86 200 freestyle K Lemmon 2 30 58 K Lemmon 2 55 63 2 59 20 K Lemmon 2 53 73 2 53 73 400/500 freestyle D Woodford 7 14 29 D Woodford 6 23 81 6 23 81 6 23 81 6 23 81 6 23 81 6 27 76 7 27 74 2 29 20 backstroke W Spence 37 14 C Collett 43 24 41 90 A Hargrave 40 47 40 47 100 backstroke W Spence 38 58 K Lemmon 45 73 45 73 8 Allen 43 61 43 52 100 breaststroke K Lemmon 1 27 44 J Everall 1 43 87 K Lemmon 1 39 69 1 9 69 20 00 breaststroke K Lemmon 3 17 04 EMCCullough 3 36 71 3 53 52 K Lemmon 3 50 51 3 50 51 5 50 51 3 50 51 5 50 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51 5 50 51	200 individual medley	B Davidson	2 47 68	R Taft	3 08 13	3 08 13	R Taft	3 11 42	3 11 42
Solution 400 individual medley	B Davidson	6 14 18	R Taft	6 50 27	6 50 27	R Taft	6 59 24	6 59 25	
Solution									
100	MEN 75-79	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
200 freestyle	50 freestyle	K Lemmon	28 73	K Lemmon	32 78	32 78	L Collet	32 50	32 50
400/500 freestyle D Woodford 7 14 29 D Woodford 6 23 81 6 23 81 A Rule 6 27 76 6 27 76 800/1000 freestyle D Woodford 14 54 63 D Woodford 13 17 26 13 17 26 H Howe 13 35 96 13 35 96 13 35 96 13 35 96 13 35 96 13 35 96 13 35 96 13 35 96 13 35 96 13 35 96 13 35 96 15 55 15 50	100 freestyle	K Lemmon	1 04 28	K Lemmon	1 15 94	1 15 94	K Lemmon	1 14 86	1 14 86
800/1000 freestyle D Woodford 14 54 63 D Woodford 13 17 26 13 17 26 13 17 26 H Howe 13 35 96 15 55 50 bckstroke B Allen 25 41 55<	200 freestyle	K Lemmon	2 30 58	K Lemmon	2 55 63	2 59 20	K Lemmon	2 53 73	2 53 73
Description	400/500 freestyle	D Woodford	7 14 29	D Woodford	6 23 81	6 23 81	A Rule	6 27 76	6 27 76
50 backstroke W Spence 37 14 L Collett 43 24 41 90 A Hargrave 40 47 40 47 100 backstroke E Shea 1 22 92 R Richardson 1 44 07 1 37 80 A Hargrave 1 32 92	800/1000 freestyle	D Woodford	14 54 63	D Woodford	13 17 26	13 17 26	H Howe	13 35 96	13 35 96
100 backstroke E Shea 1 22 92 R Richardson 1 44 07 1 37 80 A Hargrave 1 32 92 1 32 92 200 backstroke E Shea 3 03 65 D Malbrough 3 59 04 3 34 00 A Hargrave 3 34 86 3 33 08 50 breaststroke W Spence 38 58 K Lemmon 45 73 45 73 B Allen 43 61 43 52 100 breaststroke K Lemmon 1 27 44 J Everall 1 43 87 K Lemmon 1 39 69 1 79 69 200 breaststroke K Lemmon 3 17 04 E McCullough 3 36 71 3 53 52 K Lemmon 3 50 51 3 50 51 50 butterfly K Lemmon 1 32 72 J Stinson 1 48 55 K Lemmon 41 25 41 25 100 butterfly J Stinson 3 40 93 J Stinson 4 09 06 4 09 06 K Lemmon 4 04 13 4 04 13 100 individual medley K Lemmon 1 16 57 K Lemmon 1 35 55 1 35 55 K Lemmon 3 0 50 3 0 50 3 0 50	1500/1650 freestyle	D Woodford	25 05 88	D Woodford	26 04 74	26 04 74	H Howe	25 41 55	25 41 55
200 backstroke E Shea 3 03 65 D Malbrough 3 59 04 3 34 00 A Hargrave 3 34 86 3 33 08 50 breaststroke W Spence 38 58 K Lemmon 45 73 45 73 B Allen 43 61 43 52 100 breaststroke K Lemmon 1 27 44 J Everall 1 43 87 1 43 87 K Lemmon 1 39 69 1 79 69 200 breaststroke K Lemmon 3 17 04 E McCullough 3 36 71 3 53 52 K Lemmon 3 50 51 3 50 51 50 butterfly K Lemmon 1 35 44 B Shott 43 99 43 99 K Lemmon 41 25 41 25 100 butterfly K Lemmon 1 32 72 J Stinson 4 09 06 4 09 06 K Lemmon 1 48 44 1 48 44 100 individual medley K Lemmon 1 16 57 K Lemmon 1 35 55 1 35 55 K Lemmon 3 30 50 3 30 50	50 backstroke	W Spence	37 14	L Collett	43 24	41 90	A Hargrave	40 47	40 47
50 breaststroke W Spence 38 58 K Lemmon 45 73 45 73 B Allen 43 61 43 52 100 breaststroke K Lemmon 1 27 44 J Everall 1 43 87 1 43 87 K Lemmon 1 39 69 1 79 69 200 breaststroke K Lemmon 3 17 04 E McCullough 3 36 71 3 53 52 K Lemmon 3 50 51 3 50 51 50 butterfly K Lemmon 1 32 72 J Stinson 1 48 55 1 48 55 K Lemmon 1 48 44 1 48 44 200 butterfly J Stinson 3 40 93 J Stinson 4 09 06 4 09 06 K Lemmon 4 04 13 4 04 13 100 individual medley K Lemmon 1 16 57 K Lemmon 1 35 55 1 35 55 K Lemmon 3 30 50 3 00 50	100 backstroke	E Shea	1 22 92	R Richardson	1 44 07	1 37 80	A Hargrave	1 32 92	1 32 92
100 breaststroke K Lemmon 1 27 44 J Everall 1 43 87 1 43 87 K Lemmon 1 39 69 1 9 69 200 breaststroke K Lemmon 3 17 04 E McCullough 3 36 71 3 53 52 K Lemmon 3 50 51 3	200 backstroke	E Shea	3 03 65	D Malbrough	3 59 04	3 34 00	A Hargrave	3 34 86	3 33 08
200 breaststroke K Lemmon 3 17 04 E McCullough 3 36 71 3 53 52 K Lemmon 3 50 51 3 50 51 3 50 51 50 butterfly K Lemmon 35 44 B Shott 43 99 43 99 K Lemmon 41 25 41 25 100 butterfly K Lemmon 1 32 72 J Stinson 1 48 55 I 48 55 K Lemmon 1 48 44 1 48 44 200 butterfly J Stinson 3 40 93 J Stinson 4 09 06 4 09 06 K Lemmon 4 04 13 4 04 13 100 individual medley K Lemmon 1 16 57 K Lemmon 1 35 55 1 35 55 1 35 56 K Lemmon 3 30 50 3 0 50	50 breaststroke	W Spence	38 58	K Lemmon	45 73	45 73	B Allen	43 61	43 52
50 butterfly K Lemmon 35 44 B Shott 43 99 43 99 K Lemmon 41 25 41 25 100 butterfly K Lemmon 1 32 72 J Stinson 1 48 55 1 48 55 K Lemmon 1 48 44 1 48 44 200 butterfly J Stinson 3 40 93 J Stinson 4 09 06 4 09 06 K Lemmon 4 04 13 4 04 13 100 individual medley K Lemmon 1 16 57 K Lemmon 1 35 55 1 35 55 200 individual medley K Lemmon 2 58 90 K Lemmon 3 35 61 3 35 61 K Lemmon 3 30 50 3 30 50	100 breaststroke	K Lemmon	1 27 44	J Everall	1 43 87	1 43 87	K Lemmon	1 39 69	1 ^9 69
100 butterfly K Lemmon 1 32 72 J Stinson 1 48 55 1 48 55 K Lemmon 1 48 44 1 48 44 200 butterfly J Stinson 3 40 93 J Stinson 4 09 06 4 09 06 K Lemmon 4 04 13 4 04 13 100 individual medley K Lemmon 1 16 57 K Lemmon 1 35 55 1 35 55 K Lemmon 3 30 50 3 30 50 200 individual medley K Lemmon 2 58 90 K Lemmon 3 35 61 K Lemmon 3 30 50 3 30 50	200 breaststroke	K Lemmon	3 17 04	E McCullough	3 36 71	3 53 52	K Lemmon	3 50 51	3 50 51
200 butterfly J Stinson 3 40 93 J Stinson 4 09 06 4 09 06 K Lemmon 4 04 13 4 0	50 butterfly	K Lemmon	35 44	B Shott	43 99	43 99	K Lemmon	41 25	41 25
100 individual medley K Lemmon 1 16 57 K Lemmon 1 35 55 1 35 55 200 individual medley K Lemmon 2 58 90 K Lemmon 3 35 61 3 35 61 K Lemmon 3 30 50 3 30 50	100 butterfly	K Lemmon	1 32 72	J Stinson	1 48 55	1 48 55	K Lemmon	1 48 44	1 48 44
200 individual medley K Lemmon	200 butterfly	J Stinson	3 40 93	J Stinson	4 09 06	4 09 06	K Lemmon	4 04 13	4 04 13
	100 individual medley	K Lemmon	1 16 57	K Lemmon	1 35 55	1 35 55			
400 ındıvídual medley K Lemmon 6 53 52 E McCullough 7 49 57 8 08 29 K Lemmon 7 48 38 7 48 38	200 individual medley	K Lemmon	2 58 90	K Lemmon	3 35 61	3 35 61	K Lemmon	3 30 50	3 30 50
	400 individual medley	K Lemmon	6 53 52	E McCullough	7 49 57	8 08 29	K Lemmon	7 48 38	7 48 38

MEN 80-84	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	A Rule	33 77	F Bellaire	39 09	39 21	G Sobel	36 62	38 47
100 freestyle	C Ross	1 19 32	D McAfee	1 34 82	1 31 37	G Sobel	1 28 22	1 29 22
200 freestyle	C Ross	3 01 25	D McAfee	3 31 97	3 26 46	G Langner	3 31 79	3 31 79
400/500 freestyle	G Langner	8 03 55	G Langner	7 32 64	7 05 20	G Langner	7 23 09	7 23 09
800/1000 freestyle	G Langner	16 54 23	G Langner	15 41 78	15 41 78	G Langner	15 53 13	15 48 62
1500/1650 freestyle	G Langner	28 04 21	G Langner	29 58 32	29 58 32	G Langner	28 54 95	28 54 95
50 backstroke	A Rule	41 17	H Eisenschmidt	50 13	50 13	A Hargrave	45 69	45 69
100 backstroke	A Hargrave	1 35 29	H Eisenschmidt	1 50 89	1 50 89	A Hargrave	1 50 05	1 50 05
200 backstroke	A Hargrave	3 34 78	H Eisenschmidt	4 01 12	4 01 12	H Eisenschmidt	4 04 79	4 04 79
50 breaststroke	D Dotterweich	45 97	J Penfield	55 32	48 74	A Kallunkı	54 29	49 61
100 breaststroke	A Kallunkı	1 45 41	J Penfield	2 09 01	2 09 01	A Kallunkı	2 04 84	2 00 89
200 breaststroke	A Kallunkı	4 03 66	W Share	5 03 34	5 03 34	A Kallunkı	4 43 91	4 40 35
50 butterfly	J Burnside	45 18	S Craigie	59 72	51 31	J Penfield	53 20	53 20
100 butterfly	J Burnside	1 52 94	S Craigie	2 38 61	2 38 61	A Kallunkı	2 43 61	2 23 50
200 butterfly	B Stinson	4 35 21				A Kallunki	5 56 13	5 11 48
100 individual medley	J Penfield	1 40 18	H Eisenschmidt	1 53 59	1 53 59			
200 individual medley	H Eisenschmidt	3 48 22	H Eisenschmidt	4 36 38	4 36 38	H Eisenschmidt	4 22 70	4 20 72
400 individual medley	H Eisenschmidt	8 27 54	H Eisenschmidt	9 25 63	9 25 63	A Kallunkı	10 44 82	9 47 72
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MEN 85-89	SC-Yards	USMS	SC-Meters	USMS	World	LC Meters	USMS	World
50 freestyle	C Ross	39 47	G Langner	44 61	44 61	G Langner	44 65	44 65
100 freestyle	G Langner	1 27 45	G Langner	1 41 46	1 41 46	G Langner	1 43 03	1 43 03
200 freestyle	G Langner	3 17 83	G Langner	3 48 20	3 48 20	G Languer	3 48 91	3 48 91
400/500 freestyle	G Langner	9 00 31	G Langner	7 54 24	7 54 24	G Langner	8 14 50	8 14 50
800/1000 freestyle	G Langner	18 18 29	G Langner	16 53 90	16 53 90	G Langner	17 11 21	17 11 21
1500/1650 freestyle	G Langner	31 02 36	G Langner	32 20 20	32 20 20	G Langner	33 08 42	33 08 42
50 backstroke	R Harrison	53 98	P Jurczyk	52 83	1 04 06	T Cureton	1 01 44	1 01 44
100 backstroke	T Cureton	1 58 65	P Jurczyk	1 54 21	2 29 75	R Harrison	2 18 74	2 18 74
200 backstroke	T Cureton	4 30 54	P Jurczyk	4 22 41	6 00 26	T Cureton	5 15 15	5 15 15
50 breaststroke	A Kallunkı	52 51	G Langner	1 05 82	1 05 80	A Kallunki	1 01 47	1 01 47
100 breaststroke	A Kallunki	2 04 28	G Langner	2 31 20	2 31 20	A Kallunkı	2 25 85	2 25 85
200 breaststroke	A Kallunki	4 34 29	G Langner	5 30 76	5 30 76	A Kallunkı	5 35 03	5 35 03
50 butterfly	A Kallunki	59 14	G Langner	1 39 64	1 39 64	A Kallunki	1 14 96	1 14 96
100 butterfly	G Langner	3 40 10						
200 butterfly								
100 individual medley	A Kallunkı	2 00 04	G Langner	2 30 55	2 30 55			
200 individual medley	T Cureton	4 40 51				T Curetor	5 33 20	5 33 20
400 individual medley	T Cureton	10 41 12			1			

World

59.88

2:14.06

1500/1650 freestyle	P Spangler 51:31.39	P Spangler 55:20.27	55:20.27		
50 backstroke	T Lane 1:15.02	T Lane 1:29.99	1:29.99	T Lane1:16.30	1:16.30
100 backstroke	T Lopez 3:17.90			L Magener 5:04.51	5:04.51
200 backstroke	T Lopez 6:40.23			T Lopez8:59.53	
50 breaststroke	J Whittemore 1:24.24	T Lane 1:50.16	1:50.16	T Lane1:36.87	1:36.87
100 breaststroke				L Magener5:16.03	5:16.03
200 breaststroke					
50 butterfly					
100 butterfly					
200 butterfly					
.100 individual medley					
200 individual medley					
400 individual medley			1		
	1	1	!		
MEN 95+ (USMS only)	SC-Yards USMS	SC-Meters USMS	World	LC-Meters USMS	World
50 freestyle	T Lane 1:16.09			T Lane1:20.52	
100 freestyle	T Lane 3:20.38				
200 freestyle				,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
400/500 freestyle					
800/1000 freestyle					
800/1000 freestyle					
800/1000 freestyle 1500/1650 freestyle					
800/1000 freestyle 1500/1650 freestyle 50 backstroke	T Lane 1:08.20			T Lane1:18.91	
800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke	T Lane 1:08.20			T Lane1:18.91	
800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke	T Lane 1:08.20			T Lane	
800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke	T Lane			T Lane	
800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke	T Lane 1:08.20 T Lane 1:27.94			T Lane	
800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke 100 breaststroke 200 breaststroke	T Lane 1:08.20 T Lane 1:27.94			T Lane	
800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke 100 breaststroke 200 breaststroke 50 butterfly	T Lane			T Lane	
800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke 100 breaststroke 200 breaststroke 50 butterfly	T Lane 1:08.20 T Lane			T Lane	
800/1000 freestyle 1500/1650 freestyle 50 backstroke 100 backstroke 200 backstroke 50 breaststroke 100 breaststroke 200 breaststroke 50 butterfly 100 butterfly 200 butterfly	T Lane 1:08.20 T Lane 1:27.94			T Lane	

MEN 90-94 (World 90+)

50 freestyle

100 freestyle

200 freestyle

400/500 freestyle

800/1000 freestyle

SC-Yards

J Whittemore 1:06.72

P Spangler 2:24.60

P Spangler 5:22.61

P Spangler 13:13.36

P Spangler 28:04.65

USMS

SC-Meters

P Spangler 1:14.28

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P Spangler 6:01.39

P Spangler 11:09.76

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USMS

World

50.57

6:01.39

11:09.76

LC-Meters

C Wheeler 59.88

C Wheeler2:14.06

RELAY RECORDS Page 103

WOMEN'S RELAYS

WOMEN'S RELAYS 19+/76+	SC-Yards (19+) USMS	SC-Meters (76+) USMS	World	LC-Meters (76+) USMS	World
200 freestyle relay	Team Orlando 1:46.11	Univ. Houston 1:59.79		Walnut Creek2:02.23	_
400 freestyle relay	Strawberry Canyon . 3:53.20	Univ. Houston 5:01.82		Santa Cruz4:46.43	
800 freestyle relay	Strawberry Canyon . 8:35.58	Space Coast 10:55.74		Santa Cruz11:36.22	
200 medley relay	Lakeside 1:58.61	Pacific NW 2:22.24		San Mateo2:15.79	
400 medley relay	Alaska 4:24.40	Inland Empire 5:54.71		Lakeside5:15.60	
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WOMEN'S RELAYS 25+/100+	SC-Yards (25+) USMS	SC-Meters (100+) USMS	World	LC-Meters (100+) USMS	World
200 freestyle relay	Lone Star 1:37.40	Sawmill 2:02.59	2:01.57	Holmes Lumber1:53.20	1:53.20
400 freestyle relay	New England 3:42.78	St. Louis 4:34.65		Walnut Creek4:35.53	
800 freesityle relay	Connecticut 8:22.65			Walnut Creek9:50.91	
200 medley relay	Lone Star 1:50.75	San Diego 2:20.92	2:13.96	Holmes Lumber2:06.67	2:06.67
400 medley relay	Alaska 4:20.81	St. Louis 4:58.83		Los Altos5:11.31	
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WOMEN'S RELAYS 35+/120+	SC-Yards (35+) USMS	SC-Meters (120+) USMS	World	LC-Meters (120+) USMS	World
200 freestyle relay	Holmes Lumber 1:46.81	St. Louis 1:58.02	1:58.02	Lone Star1:53.05	1:53.05
400 freestyle relay	Los Altos 4:06.91	San Diego 4:25.46		San Diego4:26.76	
800 freestyle relay	Los Altos 8:52.11	Mission Bay 10:37.16		San Diego9:48.97	
200 medley relay	Holmes Lumber 2:00.72	St. Louis 2:13.77	2:13.77	DC Masters2:11.61	2:08.21
400 medley relay	Los Altos 4:38.42	San Diego 5:13.77	1	San Diego5:09.46	
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WOMEN'S RELAYS 45+/160+	SC-Yards (45+) USMS	SC-Meters (160+) USMS	World	LC-Meters (160+) USMS	World
200 freestyle relay	Tamalpais 1:55.87	DC Masters 2:01.10	2:01.10	DC Masters2:03.48	2:03.48
400 freestyle relay	Tama pais 4:38.18	St. Petersburg 5:59.62	1	Lincoln5:08.05	
800 freestyle relay	Tamalpais 10:24.25	Industry Hills 11:45.47		Industry Hills11:29.46	
200 medley relay	Tamalpais 2:15.35	DC Masters 2:19.83	2:23.35	DC Masters2:20.53	2:20.53
400 medley relay	Tamalpais 5:24.17	Westchester Y 8:21.20	1	San Diego5:24.49	
	i	1	1		
WOMEN'S RELAYS 55+/200+	SC-Yards (55+) USMS	SC-Meters (200+) USMS	World	LC-Meters (200+) USMS	World
200 freestyle relay	Mid Atlantic 2:17.24	Tamalpais 2:11.64	2:11.64	Tamalpais2:18.43	2:16.01
400 freestyle relay	New England 5:34.52	Connecticut 6:53.28	1	Tamalpais5:32.85	
800 freestyle relay	Walnut Creek 12:02.34	San Diego 12:44.99	Ì	Empire State12:23.19	
200 medley relay	Rinconada 2:38,29	Tamalpais 2:34.15	2:34.15	So. Calif. Aqua2:35.47	2:35.47
400 medley relay	Rinconada 6:11.61	Industry Hills 8:11.19	l	San Diego6:10.09	

WOMEN'S RELAYS 65+/240+	SC-Yards (65+) USMS	SC-Meters (240+) USMS	World	LC-Meters (240+) USMS	World
200 freestyle relay	Santa Barbara 2:24.64	St. Louis 2:54.59	2:42.57	New England 2:35.32	2:28.24
400 freestyle relay	Santa Barbara 5:32.88	Holmes Lumber 7:24.00		Connecticut6:25.05	
800 freestyle relay	Santa Barbara 12:14.80	Space Coast 16:16.12		Santa Barbara13:56.14	
200 medley relay	Santa Barbara 2:55.36	St. Louis 3:06.94	3:06.94	Holmes Lumber3:05.36	2:51.82
400 medley relay	Santa Barbara 6:47.55	San Diego 7:12.08		Rinconada7:10.77	
	10	I a second			
WOMEN'S RELAYS 75+/280+	SC-Yards (75+) USMS	SC-Meters (280+) USMS	World	LC-Meters (280+) USMS	World
200 freestyle relay	St Petersburg 3:54.91	Walnut Creek 3:16.06	3:16.06	Walnut Creek3:19.23	3:09.01
400 freestyle relay		San Mateo 8:00.77		Walnut Creek8:01.05	
800 freestyle relay				Walnut Creek17:18.81	
200 medley relay	St Petersburg 5:14.33	Walnut Creek 3:45.54	3:45.54	Rinconada 3:45.37	3:41.70
400 medley relay					
		MEN'S DELAVS			

MEN'S RELAYS

MEN'S RELAYS 19+/76+	SC-Yards (19+) USMS	SC-Meters (76+) USMS	World	LC-Meters (76+) USMS	World
200 freestyle relay	Cornell Alumni 1:28.63	Inland Empire 1:52.27		SF Rec & Park1:43.05	
400 freestyle relay	Alaska 3:21.39	Space Coast 5:18.51		San Diego4:35.32	
800 freestyle relay	So Calif. Aqua 7:40.25	Space Coast 11:48.18		Davis9:11.58	
200 medley relay	SF Rec & Park 1:38.96	Pacific NW 2:00.40		SF Rec & Park1:59.61	
400 medley relay	SF Rec & Park 3:43.88	Inland Empire 5:43.59		San Diego5:34.90	
MEN'S RELAYS 25+/100+	SC-Yards (25+) USMS	SC-Meters (100+) USMS	World	LC-Meters (100+) USMS	World
200 freestyle relay	Houstonian Club 1:23.34	Lakeside 1:40.98	1:39.13	Houstonian1:36.15	1:38.53
400 freestyle relay	Bay Waves 3:14.75	Riverside Aqua 4:04.16		Santa Barbara3:51.43	
800 freestyle relay	Bay Waves 7:17.46	Univ. Houston 9:34.35		Lynbrook8:36.26	
200 medley relay	Longhorn 1:32.46	Rosenberg 1:52.59	1:52.03	Houstonian 1:48.46	1:49.84
400 medley relay	Bay Waves 3:40.25	Connecticut 4:42.84		Santa Barbara4:18.93	
MEN'S RELAYS 35+/120+	SC-Yards (35+) USMS	SC-Meters (120+) USMS	World	LC-Meters (120+) USMS	World
200 freestyle relay	Lone Star 1:25.72	GCWP 1:38.93	1:38.93	Lone Star1:37.43	1:37.43
400 freestyle relay	So. Calif. Aqua 3:23.76	Georgia KW 4:04.83		Texas Swimaster3:50.76	
800 freestyle relay	Chicago 7:41.22	Holmes Lumber 8:55.59		Empire State9:30.04	
200 medley relay	So. Calif. Aqua 1:39.02	GCWP 1:50.73	1:50.73	Holmes Lumber1:50.90	1:49.84
400 medley relay	So. Calif. Aqua 3:50.05	Texas Swimaster 4:41.40		Texas Swimaster4:20.98	

MEN'S RELAYS 45+/160+	SC-Yards (45+) USMS	SC-Meters (160+) USMS	World	LC-Meters (160+) USMS	World
200 freestyle relay	Tamalpais 1:32.89	Rocky Mountain 1:42.57	1:42.57	Olympic Club1:43.93	1:43.26
400 freestyle relay	Connecticut 3:46.04	Connecticut 4:14.13		Los Altos4:03.69	
800 freestyle relay	Los Altos 8:37.79	Heartland 9:17.66		DC Masters9:12.20	
200 medley relay	Tamalpais 1:46.68	So. Calif. Aqua 1:57.12	1:57.12	Swim Aerobics 1:57.08	1:57.08
400 medley relay	Connecticut 4:15.51	So. Calif. Aqua 4:29.41		Cal Tech - PAC4:39.43	
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MEN'S RELAYS 55+/200+	SC-Yards (55+) USMS	SC-Meters (200+) USMS	World	LC-Meters (200+) USMS	World
200 freestyle relay	Olympic Club 1:42.55	Los Altos 1:48.34	1:48.34	Olympic Club1:50.45	1:50.45
400 freestyle relay	SW Ohio Masters 4:24.84	Connecticut 4:42.19		San Diego4:50.09	
800 freestyle relay	New England 10:04.39	So. Calif. Aqua 10:48.48		San Diego11:02.34	
200 medley relay	So. Calif. Aqua 1:57.74	Los Altos 2:02.44	2:02.44	Connecticut2:08.82	2:06.81
400 medley relay	Los Altos 5:05.75	Holmes Lumber 5:20.91		Los Altos5:07.62	
MEN'S RELAYS 65+/240+	SC-Yards (65+) USMS	SC-Meters (240+) USMS	World	LC-Meters (240+) USMS	World
200 freestyle relay	So. Calif. Aqua 1:55.12	San Diego 2:07.70	2:05.13	So. Calif. Aqua2:02.48	1:58.63
400 freestyle relay	So. Calif. Aqua 4:28.95	So. Calif. Aqua 4:51.11		Rinconada5:08.29	
800 freestyle relay	Oregon 11:47.75	Holmes Lumber 12:18.65	100	Tamalpais12:33.60	
200 medley relay	So. Calif. Aqua 2:12.78	Greater Indiana 2:21.09	2:21.09	Holmes Lumber2:22.07	2:21.34
400 medley relay	Oregon 5:31.68	Space Coast 8:53.04		San Diego6:10.11	
	1		4, 51	1	
MEN'S RELAYS 75+/280+	SC-Yards (75+) USMS	SC-Meters (280+) USMS	World	LC-Meters (280+) USMS	World
200 freestyle relay	Jersey Masters 2:26.59	0*H*I*O 2:22.90	2:11.80	Mid-Atlantic2:18.63	2:18.63
400 freestyle relay	Long Beach 7:02.17	San Mateo 6:38.01		Long Beach6:29.67	
800 freestyle relay	St. Petersburg 13:46.24	Space Coast 18:54.13	1.0	San Mateo14:24.79	
200 medley relay	Long Beach 3:01.85	Colonials 2:41.00	2:45.43	Colonials2:36.93	2:41.04
400 medley relay	Long Beach 7:38.85	Long Beach 7:20.06		Colonials6:30.60	
		MIXED RELAYS			
				*	
MIXED RELAYS 19+/76+	SC-Yards (19+) USMS	SC-Meters (76+) USMS	World	LC-Meters (76+) USMS	World
200 freestyle relay	Ladera Oaks 1:37.52	Metairie 2:03.73		Sacramento 1:55.94	
400 freestyle relay	Walnut Creek 3:37.95	Space Coast 5:03.81		Santa Cruz4:23.58	
800 freestyle relay	Walnut Creek 7:54.16	Inland Empire 10:38.79		Santa Cruz10:05.52	
200 medley relay	SF Park & Rec 1:48.79	Riverside 2:06.31	2 2 3 3	Lakeside2:13.33	
400 medley relay	Santa Barbara 4:09.80	Inland Empire 5:26.32		Cal Tech - PAC5:01.19	
	-				

	1		1					
MIXED RELAYS 25+/100+	SC-Yards (25+)	USMS	SC Meters (100+)	USMS	World	LC Meters (100+)	USMS	World
200 freestyle relay	So Calif Aqua	1 29 40	Alaska	1 47 91	1 46 19	Holmes Lumber	1 45 58	1 43 89
400 freestyle relay	Lincoln	3 30 65	Univ Houston	4 19 91		Walnut Creek	4 13 70	
800 freestyle relay	Lincoln	7 57 95	South Bay Waves	9 19 97		Santa Cruz	9 17 66	
200 medley relay	So Calif Aqua	1 39 32	Ultra Swim	2 04 29	2 00 56	Houstonian	1 56 50	1 56 58
400 medley relay	San Diego	3 59 18	South Bay Waves	5 08 72		Walnut Creek	4 36 14	
	1		I			•		
MIXED RELAYS 35+/120+	SC-Yards (35+)	USMS	SC-Meters (120+)	USMS	World	LC-Meters (120+)	USMS	World
200 freestyle relay	Lone Star	1 36 37	Texas	1 48 60	1 48 60	Lone Star	1 44 84	1 44 83
400 freestyle relay	Los Altos	3 40 82	So Calif Aqua	4 05 98		San Diego	4 09 34	
800 freestyle relay	Los Altos	8 34 51	San Diego	9 12 88		Walnut Creek	9 16 50	
200 medley relay	So Calif Aqua	1 47 90	Lakeside	1 58 28	1 58 28	DC Masters	1 58 03	1 58 03
400 medley relay	Los Altos	4 13 10	Texas Swimaster	4 56 95		Empire State	4 58 08	
			I					
MIXED RELAYS 45+/160+	SC-Yards (45+)	USMS	SC-Meters (160+)	USMS	World	LC-Meters (160+)	USMS	World
200 freestyle relay	Tamalpais	1 41 83	Greater Indiana	1 50 55	1 50 55	Los Altos	1 52 55	1 48 82
400 freestyle relay	Tamalpais	4 02 83	Los Altos	4 29 69		DC Masters	4 30 63	
800 freestyle relay	Tamalpais	9 22 35	Space Coast	11 48 31		Tamalpais	10 17 71	
200 medley relay	Los Altos	1 56 70	Greater Indiana	2 07 18	2 09 78	Los Altos	2 07 61	2 02 10
400 medley relay	DC Masters	4 34 11	Industry Hills	5 41 39		Lincoln	5 20 37	
	•		, ,					
MIXED RELAYS 55+/200+	SC-Yards (55+)	USMS	SC-Meters (200+)	USMS	World	LC-Meters (200+)	USMS	World
200 freestyle relay	So Calif Aqua	1 56 25	Lincoln	1 57 25	1 57 25	DC Masters	1 59 04	1 59 04
400 freestyle relay	New England	4 34 21	Oregon	4 50 94		Lincoln	4 56 69	
800 freestyle relay	New England	10 28 18	San Diego	10 40 03		Multnomah	11 10 75	
200 medley relay	New England	2 12 02	Lincoln	2 15 20	2 15 20	Oregon	2 20 00	2 20 00
400 medley relay	New England	5 25 18	Lincoln	5 20 78		Oregon	5 32 10	
	•		, 1					
MIXED RELAYS 65+/240+	SC-Yards (65+)	USMS	SC-Meters (240+)	USMS	World	LC-Meters (240+)	USMS	World
200 freestyle relay	Lincoln	2 10 27	San Diego	2 33 33	2 29 51	So Calif Aqua	2 14 93	2 09 67
400 freestyle relay	Connecticut	5 15 84	Tamalpais	5 55 13		Oregon	5 28 68	
800 freestyle relay	Long Beach	13 20 72	Holmes Lumber	15 39 50		Los Altos	12 21 32	
200 medley relay	Lincoln	2 27 90	0*H*I*O	2 41 87	2 41 00	New England	2 29 30	2 29 30
400 medley relay	New England	7 09 29	San Diego	6 37 62		Rinconada	6 15 68	

MIXED RELAYS 75+/280+	SC Yards (75+)	USMS	SC Meters (280+)	USMS	World	LC-Meters (280+)	USMS	World
200 freestyle relay	Rinconada	2 44 49	Connecticut	2 38 80	2 38 80	DC Masters	2 36 83	2 36 51
400 freestyle relay			San Mateo	6 26 07		San Mateo	6 08 62	
800 freestyle relay	St Petersburg	16 04 30	Space Coast	20 36 33		San Mateo	14 26 78	
200 medley relay	DC Masters	3 18 44	Connecticut	3 19 26	3 11 32	So Calif Aqua	3 03 75	2 37 98
400 medley relay	Industry Hills	10 56 58	Connecticut	7 42 99		Walnut Creek	8 01 82	

No records have been established in the 85+/320+ age groups for the women's, men's, or mixed categories

WOMEN'S LONG DISTANCE RECORDS

WOMEN	ONE HOUR POSTAL		10K POSTAL		ONE MILE CABLE		TWO MILE CABLE	
19 24	S Durstein	5090y	S B Brownstein	2 25 23 15	K Bryan	23 53 46	F Ramnath	46 26 00
25 29	W Cuckovich	5415y	S Blaha	2 22 40 00	S Swayman	21 46 43	D Cain	42 10 30
30 34	P Mattson	5295y	P Mattson	2 17 19 08	S Thomas	21 27 07	S Thomas	43 34 56
35 39	P Mattson	5165y	P Mattson	2 16 22 59	M Stevens	23 04 20	S Lofthus	46 27 00
40 44	B Dunbar	5030y	S Rague	2 48 08 89	J Katz	23 50 52	B Dunbar	43 06 00
45 49	J Royer	4490y	L Weir	2 47 07 36	B Zaremskı	28 24 67	H Buss	48 08 20
50 54	L Stoinoff	4400y	H Buss	2 47 12 49	A Rockefeller	31 21 91	J Lamott	55 13 00
55 59	L Stoinoff	4415y	E Gruender	3 31 01 21	B Russ	30 06 41	A Pipes	1 04 44 00
60 64	C Walker	4040y	R Manfredi	3 58 01 00	B Russ	29 41 79	B Russ	1 01 11 00
65 69	J McCollister	3465y	R Manfred1	3 58 55 00	K Brazıl	53 05 88	J Merryman	1 06 11 00
70 74	E Lattimer	3280y	R Steward	4 54 25 78	I Browne	34 53 37	I Browne	1 13 53 70
75 79	J Dolce	3115y	I Browne	4 19 19 99	E Landon	49 11 96	E Bein	1 15 52 27
80 84	E Maurice	2275y						
85 89	E Maurice	1840y						
90 94								
95+								

MEN'S LONG DISTANCE RECORDS

MEN	ONE HOUR POSTAL		10K POSTAL		ONE MILE CABLE		TWO MILE CABLE	
19 24	R Schmidt	5625y	M Collins	2 15 24 99	J Barber	21 20 86	G Houck	42 49 00
25 29	B Placak	5825y	M Volk	2 04 50 00	D Winant	20 50 81	S Worden	41 18 00
30 34	B Placak	5750y	S Breiter	2 08 13 89	M Bernardino	21 26 82	J Kegley	38 32 00
35 39	K Polansky	5465y	J McConica	2 07 09 01	R Walton	21 23 33	R Phillips	43 02 00
40 44	B Momsen	5420y	K Bell	2 17 40 29	J Cooke	22 37 24	K Bell	44 30 00
45 49	H Winn	5195y	P Hengen	2 32 59 99	M Goldstein	23 47 75	D Costill	47 50 38
50 54	B Jones	4925y	B Jones	2 31 06 00	S Kooistra	23 11 86	K Price	47 54 00
55 59	B Sturtvant	4675y	R Beach	2 44 46 26	J Schmidt	26 59 84	C LeBourgeous	49 41 00
60 64	W Wilson	4555y	R Beach	2 58 24 99	J Schmidt	33 27 29	J Alleva	55 14 00
65 69	F Piemme	4285y	A Da Rosa	2 58 08 83	J Schull	28 55 62	C Barnes	1 01 31 00
70 74	A Da Rosa	4080y	H Howe	2 57 58 03	J Schull	28 31 42	F Murphy	1 00 18 00
75 79	G Weisenthal	3535y			J Irvine	35 09 64	D Woodford	1 03 58 00
80 84	C Ross	3435y					C Wood	1 20 33 00
85 89	C Ross	3240y						
90 94								
95+						1		

APPENDIX B

APPLICATION PROCEDURES FOR USMS AND WORLD RECORDS

Documentation requirements for USMS Records:

- Completed "Application for USMS and/or World Record."
- * Copy of the tape from the electronic timing device bearing the signature of the meet referee <u>and/or</u> the time card bearing the times from three stopwatches, the signature of each timer, and the signature of the meet referee.

Documentation requirements for World Records:

- * All documentation required for USMS Records.
- Proof-of-age consisting of a copy of the swimmer's birth certificate or passport (this is a one-time requirement for each swimmer).
- * Completed "Pool Length Certification Form" (this is a one-time requirement for each pool).
- * The record application must be received within six months following the date of the performance.

Documentation requirements for USMS Long Distance Records:

- * Completed "Application for USMS Long Distance Record."
- Proof of achieved time or distance swum.
- * For postal events, a lap-count check-off sheet listing all split times and bearing the signature, name, address, and phone number of the lap counter/timer.
- * For cable swims, the technique used to measure the course and the signature, name, address, and phone number of the person who measured the course.

APPLICATION FOR USMS AND/OR WORLD RECORD

1.	Distance		4. Offic	ial Time			
	50-100-200-400-500-800-1000-1500-1650				mins secs hundre	dths	
2.	SC-yards, SC-meters, LC-meters		5. Elec	tronic timing	yes	_no	
_	·						
3.	Stroke free, back, brst, fly, IM, FR, MR		6. Thre	e stopwatche	esyes	_no	
7.	Individual events:						
	Name	Gender	Birthdate	Age	USMS Number		
8.	Relay team name						
	Names (in order of competing)	Gender	Birthdate	Age	USMS Number		
9.	Pool name		City		State		
	Last day of meet	Sa	Sanction#LMSC				
10. 11.	Is the swimmer's birth certificate on f (Required only for World Records) Is pool length certification on file with (Required only for World Records)			_	yes		
12.	Record application submitted by:						
	Name		Ph	one			
	Address						
	City		State	Zi	p		
ele	tructions: Complete the above form in it ctronic timing system and/or time card w ormation to WALTER REID, P.O BOX 88	ith signatures	of all three tim	ers and the re			

POOL LENGTH CERTIFICATION FORM

1.	Pool name				LMSC			
	Address							
	City				State		Zip_	
2.	Measurement parame	ters (circle	answer)					
	Pool length in meters:				25	50		
	Moveable bulkhead:				Yes	No		
	Measuring tape:				Steel	Fibergl	ass	
	Number of touchpads a	at time of me	easurement:		None	One	Two	
3.	Measurements							
	Outside lane	feet	inches	or	meters	centi	meters	
	Middle lane	feet	inches	or	meters	centi	meters	
	Outside lane	feet	inches	or	meters	cent	imeters	
4.	Measured by:				itted by:			and a second of a
	Title							
	Address				ss			
	City			City_				, in early
	State	Zip						
	Date			Date	47.4			

Sena completea form to:

Walter Reid P.O. Box 8800A Steilacoom, WA 98388

Measurement procedures:

- * Measurements must be conducted using a steel or fiberglass tape.
- * The tape must be longer than the distance to be measured.
- * Measurements may be reported in either the English system (feet/inches) or the metric system (meters/centimeters).
- * Measurements must be conducted for each outside lane and one of the center lanes.
- * Measurements must be taken at water level from inside end wall to inside end wall.
- * Measurements may be conducted with or without touch pads in place.
- * Permanent courses need only be measured and submitted once unless structural changes have occurred since original measurement.
- * Pools with a moveable bulkhead should be measured as a permanent course and benchmarked. Before each session of competition and at the conclusion of the meet, a responsible person must confirm the pool length by checking the benchmark as a reference point.
- * Tolerance levels for pool measurements have not yet been established.

APPLICATION FOR USMS LONG DISTANCE RECORD

1-hour, 10K, or 6000Y postal; 1-mile or 2-mile cable			fficial Time : : : :		
- 4 1	2-mile cable				
25y, 25m, or 50m pool; 1/4	4-mile cable		mpleted Dista	nce specify yards or meters	
Method of timing			,		
electronic timing or three s	stopwatches				
Individual events:					
Name	Gender	Birthdate	Age	USMS Number	
Relay team name	199 100 100	Age	Group		
		property of	<u> </u>	<u>kein ming at </u>	
				·	
Names (in order of competing)	Gender	Birthdate	Age	USMS Number	
Name of pool or body of water	с	ity		State	
Date of swim	Sand	ction# LMSC			
Signature					
Address		11- 14-		- 12 J41 s	
City		State	Z	(ip	
		- 11 (45)	na Tanga		
Course length certification (for open-	water cable sv	vims only):			
Measurement technique					
Signature					
Name		Р	hone	*	
Address				* 7	
City				<u></u>	
Record application submitted by:					
Name		P	hone		
Address					
City				Zip .	

Send the completed record application form and all required documentation to ROB COPELAND, 346 BERGER STREET, SOMERSET, NJ 08873.

APPENDIX C

NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

USMS NATIONAL CONVENTIONS

- 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

- 1991 USMS Short Course Championships, Tracy Caulkins Natatorium, Centennial Park, Nashville, TN. May 16-19, 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 15-18, 1991. Contact: Joel "Cy" Cyganieweiz, 206 S. Miles, Elizabethtown, KY 42702. Phone: (502) 769-3946 or (502) 769-3422.
- 1992 USMS Short Course Championships, University of North Carolina, Chapel Hill, NC. May 14-17, 1992. Contact: Hill Carrow, P.O. Box 19324, Raleigh, NC 27619.
- 1992 USMS Long Course Championships, King County Aquatic Center, Federal Way, Washington. August 20-23, 1992. Contact: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023. Phone: (206) 941-3100.

USMS LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS

- **1991 USMS 1 Hour Postal Championships**, D. C. Masters. January, 1991. Contact: Joann Leilich, 4913 Kingston Drive, Annandale, VA 22003.
- 1991 USMS 10 Kilometer Postal Championships, St. Louis Masters. May 15-September 15, 1991. Contact: Leo Letendre, 267 Glandore Drive, Manchester, MO 63021.
- **1991 USMS 1 Mile Open Water Championships**, Virginia Masters. June 16, 1991. Contact: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451.
- 1991 USMS 2 Mile Cable Championships, Coronado Masters. August 4, 1991. Contact: Bill Earley, 1135 Garnet-K, San Diego, CA 92109.

- 1991 USMS 2 Mile Open Water Championships, Niagara Masters. August 11, 1991. Contact: George McVey, 477 Antlers Drive, Rochester, NY 14648.
- 1991 USMS 5 Mile Open Water Championships, Southern Pacific Masters, San Pedro. October 1991. Contact: Ray Faulk, 424 W. 38th Street, San Pedro, CA 90731.
- 1991 USMS 8.5 Mile Open Water Championships, Southern Pacific Masters, Seal Beach. July 20, 1991. Contact: Rick Kemster, 201 2nd Street, Seal Beach, CA 90740.
- 1992 USMS 1 Hour Postal Championships, DC Masters. January 1992.
- **1992 USMS 10 Kilometer Postal Championships**, Davis Masters. May 15-September 30, 1992.
- **1992 USMS 6000 Yard Postal Championships**, Richardson Masters. September 1-November 30, 1992.
- 1992 USMS 1 Mile Cable Championships, Greenwich, CT. Early July, 1992.
- 1992 USMS 2 Mile Cable Championships, Southwest Ohio. Mid July, 1992.
- 1992 USMS 1.5-3 Mile Open Water Championships, Sierra Nevada. August 8, 1992.
- **1992 USMS 3.5-5 Mile Open Water Championships**, SPMA, San Pedro. Early October, 1992.
- 1992 USMS 6+ Mile Open Water Championships, SPMA, Seal Beach. Mid July, 1992.

FINA/MSI CHAMPIONSHIP MEETS

1992 FINA/MSI World Championships, Indianapolis, Indiana, USA. June 27-July 5, 1992. Contact: Heidi Neuburger, 1901 W. New York Street, Rm. 204, Indianapolis, IN 46202.

APPENDIX D

LMSC ABBREVIATIONS AND BOUNDARIES

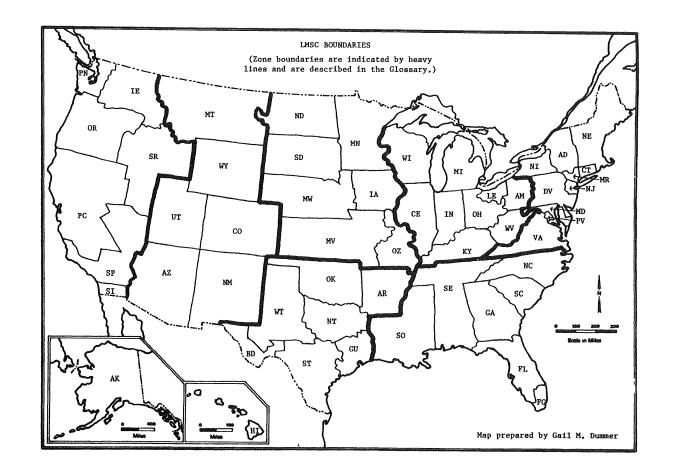
LMSC NUMERIC CODES AND ABBREVIATIONS

_		A 11
3		Adirondack
56		Alaska
11		Allegheny Mountain
48	ΑZ	Arizona
23	AR	Arkansas
53	BD	Border
21		Central
32		Colorado
5	CT	Connecticut
8	DV	Delaware Valley
14	FL	Florida
50	FG	Florida Gold Coast
45	GΑ	Georgia
25	GU	
39	HI	Hawaii
16	IN	Indiana
35	ΙE	Inland Empire
40	IA	
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	-
2	NE	New England
7	NJ	New Jersey
42	NM	
4	NI	Niagara
13	NC	North Carolina
52	ND	North Dakota

26 NT North Texas
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

59	SR	Snake River
55	SC	South Carolina
54	SD	South Dakota
43	ST	South Texas
15	SE	Southeastern
24	SO	Southern
33	SP	Southern Pacific
34	UT	Utah
12	VA	Virginia
46	WT	West Texas
47	WV	West Virginia
20	WI	Wisconsin
58	WY	Wyoming



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.

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, Monroe, and that part of Hendry County east of Route 833; and also excluding the Counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay, and that part of Calhoun and Jackson Counties west of the Apalachicola River.

Florida Gold Coast - In the State of Florida the Counties of Palm Beach, Broward, Dade, Monroe, and that part of Hendry County east of Route 833.

Georgia - The State of Georgia.

Gulf - That part of the State of Texas bounded on the north 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, and Boone. In the State of Indiana the Counties of Floyd, and Clark.

Lake Erie - In the State of Ohio the Counties of Tuscarawas, Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, and Wayne.

- Maryland The State of Maryland except the Counties of Cecil, Montgomery, and Prince Georges.
- Metropolitan The State of New York south of and including Sullivan, Orange, and Dutchess Counties.
- Michigan The State of Michigan.
- Midwestern The State of Nebraska. In the State of Iowa the Counties of Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont, and Page.
- Minnesota The State of Minnesota. In the State of Wisconsin the Counties of St. Croix, Dunn, and Pierce.
- Missouri Valley The State of Kansas. The State of Missouri including and bounded by the Counties of Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian, and Taney.
- Montana The State of Montana except the Counties of Dawson and Wibaux.
- **New England** The States of New Hampshire, Vermont, 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.
- North Texas 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.
- 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, Ventura, Los Angeles, and San Bernardino. In the State of

- Nevada the Counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Lander, and Carson City.
- Pacific Northwest The State of Washington west of but not including the Counties of Okanogan, Chelan, Kittitas, and Yakima, and north of but not including the Counties of Cowlitz, Skamania, and Klickitat.
- Potomac Valley The District of Columbia. In the State of Maryland the Counties of Montgomery and Prince Georges. In the Commonwealth of Virginia the Counties of Arlington and Fairfax and the Cities of Alexandria, Fairfax, and Falls Church.
- San Diego-Imperial In the State of California the Counties of San Diego and Imperial.
- Snake River The State of Idaho except the Counties of Boundary, Bonner, Kootenai, Shoshone, Benewah, Latah, Clearwater, Nez Perce, Lewis, and Idaho. In the State of Nevada the Counties of Elko, White Pine, and Eureka. In the State of Oregon the County of Malheur.
- South Carolina The State of South Carolina.
- South Dakota The State of South Dakota.
- South Texas The State of Texas bounded on the east by and including the Counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca, and Jackson; on the south by the Gulf of Mexico and the Republic of Mexico; on the west by and including the Counties of Val Verde, Sutton, 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.
- 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.
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- Wisconsin The State of Wisconsin except the Counties of St. Croix, Dunn, and Pierce.
- Wyoming The State of Wyoming.

APPENDIX E USMS DIRECTORY

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APPENDIX F

DIFFERENCES BETWEEN USS AND USMS RULES

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

Starts, Strokes, and Relays

- * Forward start. The forward start may be taken from the starting block, the pool deck, or a push from the wall. The starter shall direct the swimmers to assume a position with at least one foot at the front of the block, the edge of the deck, or on the wall before the command, "Take your mark." Those starting in the water must have at least one hand in contact with the wall or starting block.
- * Backstroke start. For short course yards events, the feet may be placed in any position on the wall or on the gutter of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, or either hand from the starting grips or pool edge. Standing in or on the gutter is not permitted at any time before the start. For short course meters and long course meters events, USMS and USS follow the same rules.
- * Backstroke. 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.
- * Butterfly. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race. However when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke kick, except after the last such kick before the turn or finish.
- * Relays. 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.

Swimming Competition

- * Officials. 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.

- * Timed Finals. All masters events shall be conducted on a timed final basis.
- * Seeding. Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

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. It is recommended that they shall be moved inward one lane, or given the center lane in the next slowest heat, whichever is the most appropriate placement.

Seeding at meets other than National Championship Meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events. The meet announcement shall state the seeding for all events.

At the discretion of the meet director, competitors in the freestyle events over 200 meters may be required to swim two-to-a-lane when only one course is available for the event. When events are swum two-to-a-lane, obstructing another swimmer by swimming across or otherwise interfering may disqualify the offender, and the offender shall immediately be removed from the lane.

- * Scoring. Use of the USS scoring system is recommended for all meets.
- * Records. USMS records may only be established by USMS-registered swimmers in sanctioned or approved competition. Because swimmers from different age groups and sexes may compete in the same heat or event, a swimmer is not required to win his heat or event to establish a record.

Relay lead-off split times will not be considered for records or top ten times.

Required documentation for USMS records includes the referee's signature, as well as the tape from the automatic timing equipment or the time card bearing times and signatures from *three* timers.

- Scratch Procedures. Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
- * Eligibility. The eligibility of a participant for a particular age group will be determined by age as of the last day of the meet.

Long Distance Swimming

* Costume. Multiple swim caps and neoprene caps are allowed in any USMS long distance competition. Separate wetsuit divisions may be offered in non-National Championship events.

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 swimming meets before the first day 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, an unofficial swim by a disabled swimmer who uses a flotation device may be permitted. 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.

Page 136 APPENDIX G

Responsibilities of the Swimmer. The primary responsibility of the swimmer is communication. The swimmer should explain his 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 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 possible (ask the swimmer for instructions regarding 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 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 unsure 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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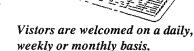
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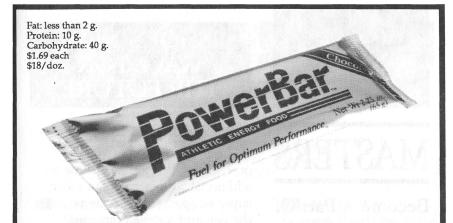


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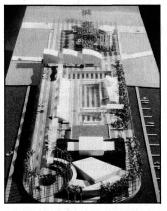
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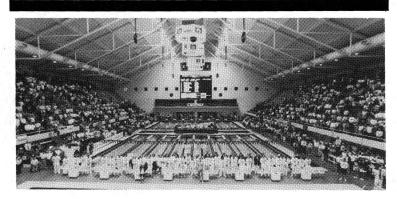
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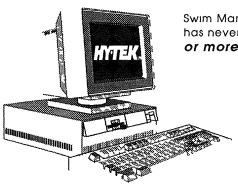
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