

# 1992 RULES

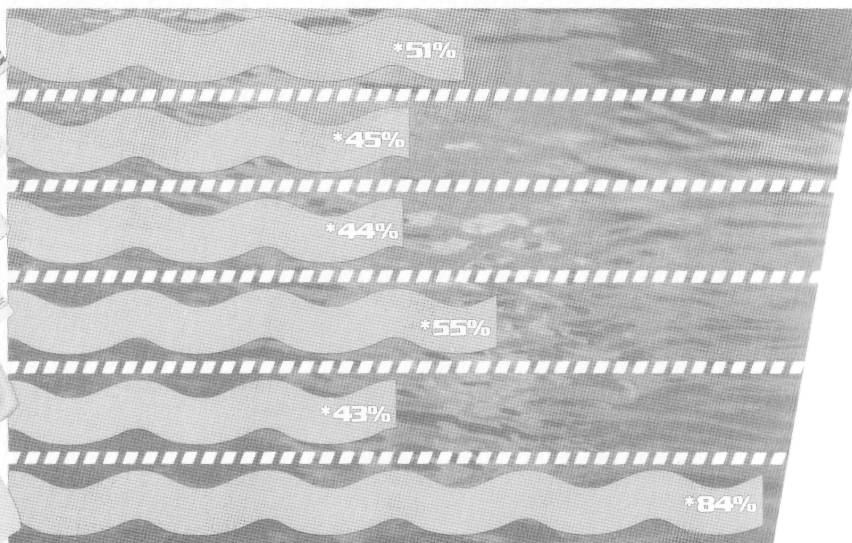




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# UltraSwim

**1992**

**UNITED STATES MASTERS SWIMMING**

**CODE OF REGULATIONS**

**AND**

**RULES OF COMPETITION**

**Published by**  
**United States Masters Swimming, Inc.**  
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Edited by Kathrine J. Casey and Gail M. Dummer with assistance from the Rule Book Committee.

This is an official publication of United States Masters Swimming, Inc., the National Governing Body for Masters Swimming in the United States. Additional copies of this book may be purchased at a cost of \$6.00 from the USMS National Office at the above address.

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Cover design by Kathy Keffer-Sharpe of Oklahoma Masters and Stephen Hogan of DC Masters. The cover photograph features a display of several training aids employed by Masters swimmers in the never-ending quest for swimming improvement. Photography by © Kathy Keffer-Sharpe 1991.

### **Dedication**

The 1992 *United States Masters Swimming Code of Regulations and Rules of Competition* is dedicated to Mary Lee Watson in recognition of her efforts in support of the rule book. As Chairperson of the Marketing/Publications Committee, Mary Lee was solely responsible for securing advertisements for the 1989-1992 editions of the rule book. Her contributions ensured the financial success of this project and provided the Masters swimming community with valuable information about swimming products and events.



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## MAJOR CHANGES FOR 1992

**Backstroke Rules** After the start and each turn, the swimmer may be completely submerged for a distance of not more than 15 meters. The swimmer may turn past the vertical toward the breast as he approaches the turn. A hand touch no longer is required on the turn. These rule changes also affect the backstroke segment of individual medley events. (Articles 101 4 2, 101 4 3, 101 6 2, and 101 6 3)

**Warm-up/Warm-down Availability** If no other warm-up/warm-down area is available in pools of five or more lanes, one lane shall be set aside for that purpose during the meet. In pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period shall be offered at least once during each half hour of competition. (Article 102 4)

**Combined Events** Age groups, sexes, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. (Article 102 10 1B)

**Two-piece Suits Permitted** Swimmers' costumes must be non-transparent and conform to the current concept of the appropriate. (Article 102 14)

**Certification of Officials** 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 17 2)

**Water Depth and Starting Blocks** If the water depth at the starting end of the pool is less than 3-1/2 feet, the swimmer must start from the deck or in the water. If the water depth at the starting end is 3-1/2 feet to less than 4 feet, the starting platforms shall be no more than 18 inches above the water surface. (Article 107 2 3A)

**Fifteen Meter Markers on Lane Lines** Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15 meters from each end wall in both short course and long course pools. (Article 107 12 2)

**Liability Release** All registration forms and entry forms shall contain the exact language of the liability release according to Article 203 1. The language shall not be modified in any way except for additional statements listed in the rule book. (Articles 201 1 2B, 202 1 1G(4), 202 2 1F, 203 1, and 301 3)

**Amendment Procedures** Amendment procedures have been reorganized, and emergency amendment procedures have been defined. (Part Six)

**Meet Results and Information** Information used to compile results shall be kept for at least one year after the conclusion of the meet. (Appendix B)

**Zone Realignment** The zones are Breadbasket, Colonies, Dixie, Great Lakes (formerly Heartland), Northwest, Oceana, South Central, and Southwest. LMSCs have been realigned in Breadbasket, Northwest, Oceana, and Southwest. (Appendix D)

**Appendices** Appendices A - G have been revised and reorganized.

## TABLE OF CONTENTS

<b>Preamble</b>	<b>11</b>
<b>Goals and Objectives of United States Masters Swimming</b>	<b>11</b>
<b>Glossary</b>	<b>12</b>

### PART ONE: Swimming Rules

<b>Article 101: Starts, Strokes, and Relays</b>	<b>15</b>
101.1 Starts	15
101.2 Breaststroke	16
101.3 Butterfly	16
101.4 Backstroke	17
101.5 Freestyle	17
101.6 Individual Medley	18
101.7 Relays	18
<b>Article 102: Swimming Competition</b>	<b>19</b>
102.1 Eligibility	19
102.2 Age Determining Date	20
102.3 Age Groups	20
102.4 Warm-Up/Warm-Down Availability	20
102.5 Events	20
102.6 Event Limit	21
102.7 Entry Fees	21
102.8 Scratch Procedures	21
102.9 Relays	21
102.10 Lane Assignments - Seeding - Counters	22
102.11 Awards	25
102.12 Scoring	26
102.13 Change of Program and Postponement	26
102.14 Costume	27
102.15 Disqualifications	27
102.16 Protests	28
102.17 Required Officials	29
102.18 Meet Director	29
102.19 Meet Committee	29
102.20 Smoking	29
<b>Article 103: Officials and Their Duties</b>	<b>30</b>
103.1 Referee	30
103.2 Starter	30
103.3 Recall Starter	32
103.4 Judges	33



103.5	Timers .....	34
103.6	Clerk of Course .....	36
103.7	Marshals .....	36
103.8	Scorers .....	36
103.9	Automatic Officiating Equipment .....	36
103.10	Official Time .....	38
103.11	Announcer .....	39
103.12	Recorder of Records .....	39
103.13	Recorders .....	39
103.14	Press Steward .....	39
<b>Article 104:</b>	<b>National Championship Meets .....</b>	<b>40</b>
104.1	Meet Categories .....	40
104.2	Meet Name .....	40
104.3	Awarding of a National Championship Meet .....	40
104.4	USMS Assistance and Agreements .....	41
104.5	Conduct of National Championship Meets .....	42
<b>Article 105:</b>	<b>Records, Top Ten Times, and All-American Recognition .....</b>	<b>50</b>
105.1	Requirements for Records and Top Ten Times .....	50
105.2	Top Ten Times .....	50
105.3	USMS National Records .....	50
105.4	All-American Recognition .....	51
105.5	World Records .....	51
<b>Article 106:</b>	<b>Health and Safety Regulations for Competition .....</b>	<b>52</b>
106.1	Medical Examination .....	52
106.2	Medical Equipment .....	52
<b>Article 107:</b>	<b>Facilities Standards .....</b>	<b>52</b>
107.1	Definitions .....	52
107.2	Racing Course Dimensions .....	52
107.3	Racing Course Walls .....	53
107.4	Pool and Bulkhead Markings .....	53
107.5	Overflow Recirculation System .....	53
107.6	Water and Air Temperature .....	54
107.7	Ladders .....	54
107.8	Other Deck Equipment .....	54
107.9	Lighting .....	54
107.10	No Smoking Signs .....	54
107.11	Starting Platform .....	54
107.12	Floating Lane Lines .....	55
107.13	Backstroke Flags and Lines .....	55
107.14	Loudspeaker Start System .....	56
107.15	False Start Recall Rope .....	56
107.16	Pace Clocks .....	56
107.17	Automatic Officiating Equipment .....	56
107.18	Electrical Safety .....	57

## **PART TWO: Administrative Regulations of Competition**

<b>Article 201: Athlete Registration and Representation .....</b>	<b>58</b>
201.1    Membership of Athletes .....	58
201.2    Representation .....	58
201.3    Travel Permits .....	59
<b>Article 202: Sanction/Approval .....</b>	<b>59</b>
202.1    Sanctions .....	59
202.2    Approvals .....	60
<b>Article 203: Liability Release .....</b>	<b>61</b>

## **PART THREE: Long Distance Swimming Rules**

<b>Article 301: Administration .....</b>	<b>62</b>
301.1    Organization .....	62
301.2    Registration and Sanctions .....	62
301.3    Liability Release .....	62
<b>Article 302: Events .....</b>	<b>62</b>
302.1    Definition .....	62
302.2    Events .....	62
<b>Article 303: Safety Precautions .....</b>	<b>65</b>
303.1    Safety Standards .....	65
<b>Article 304: Conduct of the Competition .....</b>	<b>66</b>
304.1    Starts .....	66
304.2    Seeding .....	66
304.3    Finishes .....	66
304.4    Costume .....	66
304.5    Officials .....	67
304.6    Disqualifications .....	67
304.7    Age Groups .....	67
<b>Article 305: National Long Distance Championship Meets .....</b>	<b>68</b>
305.1    Eligibility .....	68
305.2    Events .....	68
305.3    Site Selection .....	68
305.4    Rules of Conduct of National Long Distance Championship Meets .....	69
305.5    Financial .....	70
305.6    Entry Fees .....	70

305.7	Results .....	70
305.8	Club Scoring .....	70
305.9	Awards .....	71

**Article 306: All-American Recognition and Records .....** 71

306.1	All-American Recognition .....	71
306.2	Records .....	71

**PART FOUR: Athletes' Rights, Hearings, and Appeals**

**Article 401: Athletes' Bill of Rights .....** 72

401.1	Protection .....	72
401.2	Equal Opportunity .....	72
401.3	Reporting .....	72
401.4	Investigation .....	72

**Article 402: Review Section .....** 72

402.1	Composition of the Review Section .....	72
402.2	Jurisdiction and Authority of the Review Section .....	73
402.3	Procedures .....	73

**Article 403: Appeal .....** 74

403.1	Appeal Procedures .....	74
-------	-------------------------	----

**PART FIVE: USMS, Inc.: Organization and Bylaws**

**Article 501: Membership .....** 75

501.1	Membership Categories .....	75
501.2	Mandatory Memberships .....	75
501.3	Equal Opportunity .....	75

**Article 502: Local Masters Swimming Committee(LMSC) .....** 75

502.1	LMSC Membership .....	75
502.2	Bylaws .....	75
502.3	Annual Meeting .....	75
502.4	Election of Officers .....	75
502.5	Filing of Bylaws .....	75
502.6	Boundary Descriptions .....	76
502.7	Reports .....	76

**Article 503: House of Delegates .....** 76

503.1	Membership .....	76
503.2	Powers .....	76
503.3	Meetings of the House of Delegates .....	77



<b>Article 504: Officers</b>	77
504.1 Positions	77
504.2 Elections and Term of Office	77
504.3 Vacancies	77
504.4 Duties of Officers	77
<b>Article 505: Board of Directors</b>	78
505.1 Membership	78
505.2 Term of Office	78
505.3 Membership Requirements	79
505.4 Vacancies	79
505.5 Powers	79
505.6 Meetings	79
505.7 Quorum	79
505.8 Voting Privileges	79
<b>Article 506: Committees</b>	79
506.1 Executive Committee	79
506.2 Standing Committees	79
506.3 Ad Hoc Committees	83
<b>Article 507: Financial Policy</b>	84
507.1 Fiscal Year	84
507.2 Controller	84
507.3 Fees	84
<b>Article 508: Indemnification and Dissolution</b>	84
508.1 Indemnification	84
508.2 Dissolution	85

## **PART SIX: Amendment Procedures**

<b>Article 601: Amendments</b>	86
601.1 Committee Jurisdiction	86
601.2 Submission of Proposed Amendments	86
601.3 Modification of Proposed Amendments	86
601.4 Adoption of Proposed Amendments	87
601.5 Effective Date	87

APPENDICES

**Appendix A: Records** ..... 89

    Women’s Records ..... 90

    Men’s Records ..... 98

    Relay Records ..... 106

    Long Distance Records ..... 111

**Appendix B: Information for Meet Directors and Officials** ..... 113

    Preparation of Meet Results ..... 113

    Differences Between USS and USMS Rules ..... 114

    USMS and World Record Applications..... 116

**Appendix C: National and International Masters Swimming Schedule** . 120

    USMS National Conventions ..... 120

    USMS National Championship Meets..... 120

    USMS Long Distance National Championship Meets..... 120

    FINA/MSI Championship Meets ..... 121

**Appendix D: Zone and LMSC Boundaries** ..... 122

    Zones..... 122

    LMSC Numeric Codes and Abbreviations ..... 122

    Map of Zone and LMSC Boundaries..... 123

    LMSC Boundaries ..... 124

**Appendix E: USMS Directory** ..... 127

    USMS Executive Committee ..... 127

    USMS National Office ..... 127

    Zone Representatives and LMSC Chairmen..... 127

    USMS Committees..... 129

    Special Appointments and Liaisons..... 132

    Alphabetical Directory..... 133

**Appendix F: USMS History** ..... 138

    Recipients of the Ransom J. Arthur Award ..... 138

    Recipients of the USMS Coach-of-the-Year Award ..... 138

    USMS National Championship Meets..... 139

    USMS Annual Meetings and National Officers ..... 140

**Appendix G: USMS Adapted Swimming Guidelines** ..... 141

## **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.

**Heat** - a division of an event.

**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®.

**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.



## PART ONE: SWIMMING RULES

All provisions under *Part One: Swimming Rules*, unless otherwise specified, are effective beginning January 1, 1992, 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

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** - 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. The swimmer shall push off on his back and continue swimming on his back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.
- .3 **Turns** - Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action, and the swimmer must return to a position on the back before the feet leave the wall.
- .4 **Finish** - The swimmer shall have finished the race when any part of the swimmer touches the wall.

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

**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 eligibility of a participant for a particular age group will be determined by his age as of the last day of the meet.

**102.3. AGE GROUPS**

**.1 Individual Events** - 19-24, 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 WARM-UP/WARM-DOWN AVAILABILITY** - If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period shall be offered at least once during each half-hour of competition.

**102.5. EVENTS** - In planning any meet, careful consideration must be given to 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 Medley

200-400-800 meters Freestyle Relay

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

200-400 meters Medley Relay

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

\* Short Course only

**Note:** It is not necessary to conduct all of the above events in each meet.

**Note:** For long distance events, see Article 302.2.

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

**102.7. 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.

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

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

#### **102.9. 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** First and last names of competing relay swimmers, their ages, and their order of swimming shall be declared to the clerk of course (if used) or to the head lane timer immediately prior to the start of the relay heat in which such team is entered. No changes will be permitted thereafter.

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



## **102.10. LANE ASSIGNMENTS - SEEDING - COUNTERS**

### **.1 Seeding Principles for Masters Competition**

- A** All Masters events shall be conducted on a timed final basis.
- B** Age groups, sexes, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled.
- C** It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group should not be seeded into outside lanes. It is recommended that they be moved inward one lane or given the center 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** The 1000/1650 yard and 800/1500 meter freestyle events may be seeded differently than events of a shorter distance (e.g., distance events may be seeded fast-to-slow in meets where shorter events are seeded slow-to-fast). Women's and men's heats may be alternated in the distance events. 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 order of submitted times (fastest to slowest) in accordance with the following pattern:  

Ten Lanes:	5-6-4-7-3-8-2-9-1-10
Nine Lanes:	5-4-6-3-7-2-8-1-9
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-a-lane, 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.
- b. If men and women compete under different event numbers, they shall be seeded separately by time.
- c. If men and women compete under different event numbers, men's and women's heats should be alternated.

##### **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**

- a. **Heat and lane assignments** - Lanes shall be assigned as in Article 102.10.2.
- b. **Pairing of heats** - After lanes are assigned, heats shall be arranged in pairs beginning with either the slowest or fastest heats at the meet director's discretion. The fastest heat within each pair shall be designated as the odd heat and the next-fastest heat as the even heat.

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

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

2. **Swimmers of similar speed in the same lane** - 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 102.10.2A.

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

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

**.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. If the event is started at the turning end of the course, no change in the lane numbering shall be made, i.e., the lanes shall be numbered the same on both ends of the course.

- B Starting 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.

1. Men's and women's heats shall alternate.
2. 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** 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 and shall be stationed at the end of the course opposite the starting end. They may use watches and signal intermediate times to the swimmer.
- C** If visual counters are used, they may be stationed at the end or either side of the pool, beyond the halfway point toward the end of the course opposite the starting end. Visual counters may be lowered into the water at the end of the swimmer's lane, provided that, in the opinion of the Referee, they neither physically aid the swimmer or interfere with another competitor or present any safety hazard.
- D** The count may be in ascending or descending order.
- E** In the event of official or counter error, it is the responsibility of the swimmer to complete the prescribed distance.

- 102.11. AWARDS** - When two or more swimmers tie for any place, duplicate awards shall be given to each 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.

**102.12. SCORING** - Article 102.12 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 among such swimmers; i.e., if two tie for first place, the points to be credited to first and second place shall be added and divided by two. Each tying swimmer will receive half of the total points for first and second places. If three tie for first place, the points credited to first, second, and third places shall be added and divided by three, and so on for four or more tying for first place. The same is true for those tying for second place, third place, and whatever places there may be.

**.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.

**102.13. 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 102.13.3) 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.
- E** Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The decision of the meet committee on refunding may be appealed to the Officers of the LMSC (local or regional meets) or the USMS Championship Committee (National Championship Meets).

**102.14. COSTUME**

- .1 Design** - Swimmers' costumes must be non-transparent and conform to the current concept of the appropriate. The Referee shall have authority to bar offenders from competition under this rule until they appear properly costumed.
- .2 Advertising** - Products involving tobacco, alcohol, or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used.

**102.15. 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. Standing on the bottom during any other stroke shall result in disqualification.
- .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 disqualified the event shall be rescored.
- .13 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

#### **102.16. 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 see Article 104.5.9B) having jurisdiction for adjudication at the earliest possible time.
- .3 Protests against judgment decisions of Starters, stroke, turn, and relay takeoff judges can only be considered by the Referee of the meet.

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

**102.17. 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 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.

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

- 102.19. 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.

- 102.20. 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 Shall signal the Starter before each race that all officials are in position, that the course is clear, and that the competition can begin; shall assign marshals with specific instructions.
- .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 The Referee may modify any rule for a swimmer who has a disability identified in Appendix G, USMS Adapted Swimming Guidelines. Such modification shall be based on recommendations of the National Sports Organizations for the identified disability. It shall be the responsibility of the swimmer or representative to notify the Referee of the disability prior to competition.
- .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 102.16 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**

- 1. Stroke(s) to be used and the order of swimming them.
- 2. Number of pool lengths to be swum.
- 3. Advise heat when a swimmer is attempting a time at an initial distance.
- 4. For backstroke starts, the command, "Place your feet."
- 5. 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** After the Referee's whistle, the Starter directs swimmers to "Take your mark," to which they must respond at once by assuming a starting position. Sufficient time should follow the direction, "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 500 yards or longer except relays, the Starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards (or meters) to swim.

**.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 any backstroke 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 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 be disqualified only 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 disqualification.

**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" or until the Referee signals that the next race is ready to start.

- E** The time of each watch is recorded on the lane timer's card, and the official time is established as described below:

1. If all manual watches on all lanes provide digital displays to a resolution of 0.01 seconds, the times shall be recorded as displayed to the hundredth of a second.
2. If dial watches are used, when the hand is not exactly centered on a mark, it shall be considered to be in the space between the marks and the reading shall be that of the following mark.
3. If the manual timing in any lane is by a mixture of dial and digital watches, the dial watches shall be read as described above and the time on the digital watches in all lanes shall be rounded up to the next full tenth whenever there is one-hundredth or more. (Example: 51.11 is recorded as 51.20.)

- F** Split times may be taken during a race by one of the lane timers upon request of the chief timer. The split hand (or function button) shall be stopped when any part of the swimmer's body touches the wall. Split times shall be recorded on the lane timer's card.

- .4 Alternate Timer** - There shall be at least one alternate timer who shall start his watch on every race with the starting signal, and whose time shall be used only to substitute in the event of failure of an official lane timer's watch or its operator.

- .5 Official Time Determination** - Following proper watch reading and recording as described above for each lane:

- A** If the times of two of the three watches agree, that time shall be the official time.
- B** If all three watches disagree, the time of the intermediate watch shall be the official time.
- C** If, because of the failure of a watch or its operator, times from only two watches are available, the official time shall be the average of those two watches. When dial watches are in use and the times rounded to the next slowest tenth as described in 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 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 The clerk of course shall be provided with a list of the names of all swimmers in all events including relay swimmers in the order in which they will swim.
- .3 All scratches which have occurred after the printing of the heat sheet shall be reported to the clerk of course. The clerk of course shall notify the Referee and scoring desk of any changes to the seeding of an event.
- .4 The clerk of course shall instruct the swimmers to wait behind or adjacent to the starting area 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 enforce warm-up procedures and maintain order in the swimming venue. The marshal shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the 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	52.21	52.07	52.12	52.14	52.21
2	52.18	51.91	52.01	52.06	52.18
3	51.05	50.97	51.00	51.01	51.05
4	51.04	50.78	50.88	50.93	51.04
5	51.86	51.30	51.35	51.38	51.46
6	51.65	51.56	51.57	51.59	51.65
7	52.27	52.13	52.13	52.18	52.27
8	51.87	51.58	51.75	51.89	51.87

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

System Error

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

- E Primary system timing error** - When, through 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 An official time shall be achieved in a USMS sanctioned or USMS approved competition in accordance with all applicable rules. It may be achieved in:
  - A A timed final heat.
  - B A split time recorded for an initial distance within a longer event, provided the swimmer completes the 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	<ul style="list-style-type: none"> <li>- World Records, USMS National Records, and USMS Top Ten Times</li> <li>- Initial splits for all purposes</li> <li>- Relay lead-off times for World Records only</li> </ul>
Manual-electronic or three watches	<ul style="list-style-type: none"> <li>- World Records, USMS National Records, and USMS Top Ten Times</li> <li>- Initial splits and relay lead-off times for World records only</li> </ul>
Two watches	<ul style="list-style-type: none"> <li>- USMS Top Ten Times</li> </ul>

- .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**

- .1 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.
- .2 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 (insert year) United States Masters Swimming National (insert Short or Long) 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
1993	SC	LC	--
1994	--	SC	LC
1995	LC	--	SC
1996	SC	LC	--
1997	--	SC	LC
1998	LC	--	SC

- 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, North Texas, Ohio, Oklahoma, Ozark, South Dakota, South Texas, Southeastern, Southern, 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 (Article 107).
- 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.
- I 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. 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.

**104.5 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.
  - 1.** The meeting date, time, and location shall be included in the official meet information.
  - 2.** 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.
  - 3.** Business pertinent to the operation of National Championship Meets and the conduct of the events shall be considered and finalized at this meeting. Changes may be effected in the conduct of the meet to fit the situation.
  - 4.** Since changes can be made, 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.

5. It shall be the Meet Director's responsibility to post notices of changes in conspicuous places at the pool, registration area, and headquarters area prior to the start of the first day's competition.

**B Warm-up schedule** - A list of times when the competition pool and other facilities will be available for warm-up will be provided in the pre-meet 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.

**Program** - A four-day program for National Championship Meets will be used.

**A Meet schedules (1991-1994)**

Schedule 1	Schedule 2	Schedule 3
1991 Short Course 1992 Long Course 1994 Short Course	1991 Long Course 1993 Short Course 1994 Long Course	1992 Short Course 1993 Long Course
<u>1st Day</u>  200 backstroke 100 breaststroke 50 freestyle 200 butterfly 100 IM* 200 medley relay 400/500 freestyle	<u>1st Day</u>  200 freestyle 50 breaststroke 100 butterfly 50 backstroke 200 free relay 200 mx'd medley relay 400 IM	<u>1st Day</u>  100 IM* 200 butterfly 50 freestyle 200 backstroke 50 breaststroke 200 free relay 400/500 freestyle
<u>2nd Day</u>  200 breaststroke 100 butterfly 50 backstroke 100 freestyle 200 IM 200 free relay 200 mx'd medley relay	<u>2nd Day</u>  100 IM* 200 breaststroke 50 butterfly 200 backstroke 100 freestyle 200 medley relay 400/500 free (women)	<u>2nd Day</u>  100 breaststroke 200 freestyle 50 backstroke 200 IM 100 butterfly 200 medley relay 200 mx'd free relay

<u>3rd Day</u>	<u>3rd Day</u>	<u>3rd Day</u>
200 freestyle 50 breaststroke 100 backstroke 50 butterfly 200 mxd free relay 400 IM	100 backstroke 200 IM 50 freestyle 100 breaststroke 200 butterfly 200 mxd free relay 400/500 free (men)	100 freestyle 400 IM 50 butterfly 200 breaststroke 100 backstroke 200 mxd medley relay
<u>4th Day**</u>	<u>4th Day**</u>	<u>4th Day**</u>
800/1000 freestyle 1500/1650 freestyle	800/1000 freestyle 1500/1650 freestyle	800/1000 freestyle 1500/1650 freestyle
<p>* The 100 IM is swum in short course nationals only.</p> <p>** A swimmer may enter only one of the two longest freestyle events at the meet.</p>		

**B Rotation of meet formats** - The particular format shall be rotated in order (1, 2, and 3) among three basic schedules without regard to course.

1. In each schedule, women's events shall precede men's events.
2. In each schedule, at the option of the Meet Director and with the approval of the Championship Committee, the 800/1000 freestyle and the 1500/1650 freestyle may be swum as either the first day program or the last day program.
3. Full days on the schedule may be interchanged so that the 400/500 free and the 1500/1650 freestyle shall not be swum on consecutive days.
4. 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.

### **.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.

1. **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**

1. **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.
2. **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 a swimmer may unattach at any time.

##### **B Entry form**

1. **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.
3. **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**

1. **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 102.10)**

1. All information regarding seeding must be stated on the entry form.
2. In order to assure seeded positions, the best competitive times of all entries must be submitted.
3. All events 200 yards/meters or less shall be pre-seeded, with oldest age groups first, slowest heats swum first within each age group.
4. Events over 200 yards/meters, except for the 1000/1650 yards or 800/1500 meters, may be pre-seeded per Article 104.5.5A (3), (5), (6), and (7) or may be deck-seeded by time only as in Article 104.5.5A(5).

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.
6. 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.
7. 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.
8. 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**

1. The 1000/1650 yards or 800/1500 meters freestyle shall be deck-seeded by time only as in Article 104.5.5A(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 102.10.3 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 102.12.3.

- B Categories** - Club scoring will be tabulated in three categories.

1. **Women's** - women's individual events and women's relay events.
2. **Men's** - men's individual events and men's relay events.

- 3. **Combined** - women's individual events, women's relay events, men's individual events, men's relay events, and mixed relay events.

**C Divisions** - Two divisions shall be recognized for purposes of club scoring based upon the number of swimmers entered in the meet from each club.

- 1. **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.
- 2. **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 Club 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 (see Article 103.13.2).
- B Publication of meet results** - Meet results in the appropriate format (see Appendix B) 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

#### **.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 (Also see Articles 102.18 and 103)**

- A **Meet Director** - The Meet Director shall follow the swimming rules of USMS, Inc., and the policies and procedures established by the Championship Committee with regard to the planning and execution of the requirements for a National Championship Meet.

- B **Officials** - The minimum number of officials at each session of a USMS National Championship Meet shall include the following:

- 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 (Also see Article 107)**

- A If more than one course is to be used in a National Championship Meet, then each course must have its own automatic timing system.
- B All courses must have electronic readout boards. For at least one course, the electronic readout board must have the capability of displaying 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.

**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. 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 in the appropriate format (see Appendix B), 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 102.5.
- .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 (see Article 103.5.5), 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 102.5.
- .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 officials, and transmitted immediately following performance with all supporting data, including official meet results, the primary printout tape, and/or copy of the entry card with timers' signatures to the Records and Tabulation Chairman. Responsibility for this lies with either the LMSC Records Chairman or the Official Scorer of the meet.
- .11 Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.

#### **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 occurring in facilities not owned by United States Masters Swimming, Inc., and strongly urges that all safety precautions be observed during sanctioned events.

**107.1. DEFINITIONS**

- .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 racing starts, as measured for a distance 1.0 meter (3 feet, 3-1/2 inches) to 5.0 meters (16 feet, 5 inches) from the end wall, during either competition or practice shall be as follows.

1. In pools with water depth less than 1.07 meters (3 feet, 6 inches) at the starting end, the swimmer must start from the deck or from within the water. [M]
2. In pools with water depth 1.07 meters (3 feet, 6 inches) to less than 1.22 meters (4 feet) at the starting end, starting platforms shall be no more than 0.46 meters (18 inches) above the water surface. [M]
3. In pools with water depth 1.22 meters (4 feet) or more at the starting end, platforms shall meet the height requirements of Article 107.11.1. [M]

**B Racing course** - Minimum water depth shall be 2 meters (6 feet, 7 inches) throughout the course. Based on facility availability, the Championship Meet Committee may waive this requirement for National Championship Meets. [NC]

**107.3. RACING COURSE WALLS** - 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]
- .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. FLOATING LANE LINES

- .1 **Installation** - Lane lines separating the racing lanes and on the outside of the outermost lanes being used 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. Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15 meters (49 feet, 2-1/2 inches) from each end wall in both short course and long course pools. There shall be no exposed cables accessible to swimmers within the length of the racing course and the cable take-up spools and ratchet mechanisms shall be completely concealed with durable flexible covers. Damaged or broken floats shall be removed and replaced. [M]
- .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]

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

**.5 Time Display Board** - An automatic display board visible to all swimmers shall give a digital time readout to two decimal places, displaying split times, final times, and places for all lanes. In the event of a tie, the place shall be displayed as a tie. A separate line of display for each lane meeting the above requirements shall be provided for National Championship Meets on at least one course. A one-line board is the minimum requirement for a second course. [NC]

**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 exact language of the liability release according to Article 203. The release must bear the statement, *"In addition, I agree to abide by and be governed by the rules of USMS."* The language may not be further modified in any way.
- .3 Registration Fee** - The annual registration fee is composed of the following elements:
- A** A national fee established by the Board of Directors or the House of Delegates.
- B** A local fee established by the LMSC.
- 201.2. REPRESENTATION**
- .1** In order for a swimmer to compete as a representative of a club or other organization, that organization must be a member in good standing of the LMSC and United States Masters Swimming, Inc.
- .2** A swimmer need not reside in the LMSC territory in which the club he represents is located but must be registered in that LMSC.
- .3** To transfer representation from one club/organization to another, a swimmer must serve sixty (60) consecutive days without having represented any club/organization in competition, regardless of his residency, unless this transfer takes place at the time of annual registration/reregistration.

- .4 A club wishing to change its LMSC affiliation must approve such change by a majority vote of its general membership at a regular club meeting or at a special meeting called for that purpose, with the vote duly certified by the club's president and secretary. The transfer also must be approved by a majority vote of the officers of the club's current and proposed LMSCs. If approved, the transfer shall be effective sixty days after receipt of written notice by the National Registrar.
- .5 An unattached competitor is a registered swimmer who represents no club.
- .6 All applications for changes of registration (including transfers) must be accompanied by a reasonable fee to be determined by the local registration committee in the LMSC in which the swimmer will be registered after the change of registration.
- .7 There shall be only one USMS registration per individual swimmer permitted at any one time.

### **201.3. TRAVEL PERMITS**

- .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.

## **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 swimming 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.

- F** A further sanction may be denied to any organization which has failed to conduct such meet in accordance with applicable administrative and swimming rules of USMS, Inc., or as stated on the entry blank.
- G** All sanctioned events are subject to the following conditions:
  - 1. No swimmer's entry will be accepted unless he is registered with USMS, has a valid travel permit or its equivalent, or has other acceptable proof of current Masters swimming registration.
  - 2. 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, 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.
  - 3. Entry blanks and programs must bear the statement, "*Sanctioned by (LMSC name) for USMS, Inc. Sanction number: \_\_\_\_\_.*"
  - 4. The entry forms shall contain the exact language of the liability release according to Article 203.1. The language shall not be modified in any way, except that the names of additional insureds may be inserted in the last sentence of the release.
  - 5. Closed competition in which all swimmers are registered with USMS may be sanctioned.
  - 6. 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., swimming 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 swimming 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.
- F The entry forms shall contain the exact language of the liability release according to Article 203. The language shall not be modified in any way except that the names of additional insureds may be inserted in the last sentence of the release.
- G Application for approvals must be accompanied by a copy of the entry blank and any applicable fee.
- H An approval fee may be established by the LMSC.
- I A further approval may be denied to any organization which has failed to conduct said competition in accordance with USMS, Inc., standards or in accordance with its own entry blank.
- J 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.
- K Entry blanks and programs shall bear the statement, "Approved by (LMSC name) for USMS, Inc. Approval Number \_\_\_\_\_."

**ARTICLE 203:  
LIABILITY RELEASE**

- 203.1. All registration forms, sanctioned entry forms, and approved entry forms must include a liability release. The liability release must be signed by the person registering or entering. The language of the release must 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 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."*



## **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.
- .2** Sanctions or approvals shall be required for all Long Distance events. LMSCs are responsible for issuing sanctions or approvals for events involving USMS athletes. If the event is to be swum in more than one LMSC, the LMSC where the event will originate will have jurisdiction in issuing the sanction or approval. This does not prohibit the other LMSC from issuing a sanction or approval for the event. A Long Distance 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** - Entry forms shall contain the exact language of the liability release according to Article 203.1. The following statement shall be added to the end of the release: *"In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."* The language shall not be modified in any way except that the names of additional insureds may be inserted. The liability release must be signed by each person entering the meet.

### **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 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 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 point-system basis and may consist of any number of members.**

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

**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.

3. 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
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
1998	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

#### 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.



- 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 eligibility 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 swimming and long distance swimming 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 two-thirds vote of the USMS House of Delegates, the USMS House of Delegates may be assigned exclusive jurisdiction of any matter within the purview of this Article, when the best interests of Masters swimming will be served thereby.

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

**.1 Formal Hearing**

- A** The respondent shall be given notice in writing 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.
  - 2.** A date at which time a hearing will be held, with the request that the person charged appear before the Review Section Panel, with

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
  4. A request that the person charged answer in writing to the chairman of the Review Section Panel all the charges set forth in such written statement.
  5. A request that this written answer be delivered by certified mail, return receipt requested, no later than ten (10) days prior to the date of the hearing.
- C The decision shall be rendered at the time of the hearing, or within twenty-four (24) hours thereafter.

**ARTICLE 403:  
APPEAL**

- 403.1. APPEAL PROCEDURES** - The decision of the Review Section shall be final in all cases, subject only to appeal to the Board of Directors of USMS, and thereafter to the USMS House of Delegates. An appeal to either body must be taken within twenty (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 for 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, disability, 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.



- .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

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:**

1. Develop policies pertaining to the financial affairs of the Corporation.
2. Receive and review the annual reports of the Internal Audit Committee, Treasurer, and Controller.
3. Prepare or cause to be prepared a summary of the above reports to be presented to the House of Delegates at each annual convention.

4. Annually receive and compile all budget requests from each Officer and Committee for the next fiscal year.
  5. At each annual convention, prepare the Corporation's budget for the next fiscal period and, after approval of the Budget by the Committee, submit same to the House of Delegates for approval.
  6. Report to the Board of Directors.
- B** Committee requests for budget items or requests for funding that are disapproved by the Finance Committee (or those not submitted to the Finance Committee) may be approved by the House of Delegates by a two-thirds vote.
- .5 Insurance Committee** - The Insurance Committee shall consist of the Chairman appointed by the President for a two year term and other members selected by the Chairman as may be necessary to carry out the duties of the Committee. The Committee shall study and review the insurance needs of USMS and shall recommend policies, procedures, and appropriate insurance coverage for USMS, its participants, and programs.
- .6 Internal Audit Committee** - The Internal Audit Committee shall consist of at least two members of the Corporation appointed by the President with the concurrence of the Board of Directors, one of whom shall be designated by the President as Chairman. The members of the Committee shall serve at the pleasure of the President and shall make their reports to the House of Delegates through the Finance Committee. The Internal Audit Committee shall:
- A** Receive the financial records of the Corporation from the Treasurer and the Controller.
  - B** Examine at least annually all financial records received pursuant to Article 506.2.6A 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 Article 506.2.6C 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 international 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; Part Two; Part Four; Part Five; Part Six, and Appendix D (LMSC and Zone 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 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).
- .12 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.
- .13 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.

- .14 **Registration Committee** - The 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.
  - .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. COMMITTEE JURISDICTION**

- .1 Rules** - Proposed changes to the Rules for Competition (Part One) shall be considered by the Rules Committee for report and recommendation to the House of Delegates.
- .2 Long Distance** - Proposed changes to the Rules for Long Distance Swimming (Part Three) shall be considered by the Long Distance Committee for report and recommendation to the House of Delegates.
- .3 Legislation** - Proposed changes to the Code of Regulations (Preamble,, Goals and Objectives, Glossary, Part Two, Part Four, Part Five, Part Six, and Appendix D - LMSC and Zone Boundaries) shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.
- .4 Executive Committee** - Proposed changes to all other sections of the USMS Code of Regulations and Rules of Competition shall be considered by the Executive Committee or committee designated by the President. Such proposals are not subject to the provisions of Articles 601.2, 601.3, 601.4, and 601.5.

#### **601.2. SUBMISSION OF PROPOSED AMENDMENTS**

- .1 Authorization** - Changes to the USMS Code of Regulations and Rules of Competition may be proposed only by an LMSC, a standing committee of the House of Delegates, the Board of Directors, or the Executive Committee.
- .2 Format** - Proposed changes shall be in such form as to show the entire section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.
- .3 Submission Deadline** - Proposed changes by an LMSC must be submitted to the Chairman of the Rules, Legislation, or Long Distance Committee not later than July 10.
- .4 Publication of Proposed Amendments** - All proposed changes to the Rules or Code shall be published and mailed to each LMSC and each member of the House of Delegates not later than August 15.

- 601.3. MODIFICATION OF PROPOSED AMENDMENTS** - Proposed amendments may be modified in any manner by the Rules, Legislation, or Long Distance Committee, where appropriate, while under consideration by said Committee. Such modification must be germane to the subject matter and intent of the proposed change.

**601.4 ADOPTION OF PROPOSED AMENDMENTS** - The USMS Code of Regulations and Rules of Competition may only be altered, amended, repealed, or otherwise changed at the annual meeting of the House of Delegates and only as follows:

- .1 **Rules** - In even-numbered years, Part One may be amended 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.
- .2 **Long Distance** - In even-numbered years, Part Three may be amended 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.
- .3 **Legislation** - In odd-numbered years, the Preamble, Goals and Objectives, Glossary, Part Two, Part Four, Part Five, Part Six, and Appendix D - LMSC and Zone Boundaries by a majority vote of the House of Delegates 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.
- .4 **Emergency Amendments** - By a nine-tenths vote of the House of Delegates members present and voting if not submitted in conformity with Articles 601.4.1, 601.4.2, and 601.4.3, and only if properly submitted to, deemed an emergency, and reported out favorably by the appropriate governing committee as defined in Article 601.1.

**.5 USS Amendments Which Affect USMS Rules**

- A Amendments to USS Articles 101, "Individual Strokes and Relays," and 102, "Conduct and Officiating of All Swimming Competition," shall automatically be adopted by USMS, unless the USMS House of Delegates votes to reject those amendments.
- B If amendments to USS Articles 101 and 102 are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part One shall automatically be adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

**601.5 EFFECTIVE DATE** - Unless otherwise specified, all changes approved as prescribed shall become effective on January 1 of the year following their adoption.

<b>SUMMARY OF AMENDMENT PROCEDURES</b>	<b>Even Years</b>	<b>Odd Years</b>
<b>Rules (Part One)</b> If reported out favorably by committee If NOT reported out favorably by committee	Majority 2/3	*
<b>Long Distance (Part Three)</b> If reported out favorably by committee If NOT reported out favorably by committee	Majority 2/3	*
<b>Legislation (Preamble, Goals and Objectives, Glossary, Part Two, Part Four, Part Five, Part Six, and Appendix D)</b> If reported out favorably by committee If NOT reported out favorably by committee	*	Majority 2/3
<b>* Emergency Amendments:</b> by a 9/10 vote ONLY if deemed an emergency and reported out favorably by the appropriate committee		

## APPENDIX A

### RECORDS

Category	Current as of
USMS Short Course Yards	May 31, 1991
USMS Short Course Meters	October 7, 1991
USMS Long Course Meters	August 18, 1991
World Short Course Meters	August 5, 1991
World Long Course Meters	August 20, 1991
USMS Long Distance	October 24, 1991

**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

Walter Reid  
Records/Tabulation Committee  
P.O. Box 8800A  
Steilacoom, WA 98388

#### Long Distance Records

Rob Copeland  
Long Distance Committee  
246 Berger Street  
Somerset, NJ 08873

WOMEN 19-24	SC-Yards	Year	USMS	SC-Meters	Year	USMS	LC-Meters	Year	USMS		
50 free	S Miller	1991	23.97	P Maxwell	1989	28.51	L Scheetz	1988	28.18		
100 free	S Miller	1991	52.08	P Maxwell	1989	1:01.87	A Harrison	1990	1:01.49		
200 free	D Graner	1989	1:54.22	S Jones	1988	2:15.34	D Ursin	1987	2:14.17		
400/500 free	D Graner	1989	5:04.90	D Buckendahl	1988	4:50.48	K Blackwood	1991	4:53.36		
800/1000 free	E Gorry	1990	11:01.53	K Henson	1990	10:03.39	D Cazalet	1990	10:09.99		
1500/1650 free	K Burton	1987	17:31.70	K Henson	1990	18:54.01	A Lewis	1989	19:15.12		
50 back	D Risen	1990	27.85	N Wengrofsky	1990	33.30	T Smith	1990	31.55		
100 back	D Risen	1990	57.96	C Hartzell	1989	1:12.40	D Braciak	1987	1:06.09		
200 back	D Graner	1989	2:07.07	C Hartzell	1988	2:34.32	T Smith	1990	2:27.48		
50 brst	L Campbell	1990	31.78	K Cavanaugh	1989	36.55	L Scheetz	1988	36.01		
100 brst	A Tweedy	1987	1:08.12	P Lindroos	1988	1:20.68	L Scheetz	1988	1:20.50		
200 brst	A Tweedy	1987	2:25.40	G Gatti	1987	2:57.47	P Birsinger	1988	3:01.47		
50 fly	S Miller	1991	26.59	L Hughes	1989	30.46	A Harrison	1990	30.66		
100 fly	S Miller	1991	57.39	S Turek	1990	1:07.42	B Castillo	1988	1:06.05		
200 fly	S Turek	1991	2:11.03	P Lindroos	1988	2:42.76	B Castillo	1988	2:22.59		
100 IM	S Miller	1991	59.21	L Hughes	1989	1:12.42					
200 IM	S Miller	1991	2:08.74	D Buckendahl	1988	2:34.48	T Smith	1990	2:33.24		
400 IM	N Stauffer	1988	4:45.34	K Burke	1987	5:31.58	D Ursin	1987	5:20.39		
WOMEN 25-29	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Shand	1991	23.68	L Fabrizio	1989	26.93	26.93	S Shand	1991	26.68	26.68
100 free	S Shand	1991	51.24	L Fabrizio	1989	59.17	58.93	S Shand	1991	58.23	58.23
200 free	S Shand	1991	1:51.80	D Graner	1989	2:06.47	2:05.80	S Shand	1989	2:07.11	2:07.11
400/500 free	K Burton	1991	4:56.18	D Graner	1989	4:26.18	4:25.94	S Shand	1989	4:27.53	4:27.53
800/1000 free	K Burton	1991	10:17.82	D Graner	1990	9:18.99	9:18.99	S Shand	1989	9:18.43	9:18.43
1500/1650 free	K Burton	1991	16:50.17	D Graner	1990	17:36.04	17:36.04	A Pope	1988	17:38.78	17:38.78
50 back	D Graner	1989	26.76	D Graner	1989	30.63	30.63	D Graner	1989	30.80	30.80
100 back	D Graner	1991	56.70	D Graner	1989	1:04.66	1:04.66	D Graner	1989	1:07.32	1:06.46
200 back	D Graner	1991	2:01.29	D Graner	1989	2:20.66	2:20.66	D Graner	1989	2:19.97	2:19.97
50 brst	S McIntyre-Woods	1991	30.60	S McIntyre-Woods	1990	34.73	33.60	R Seaman	1987	34.36	32.01
100 brst	S McIntyre-Woods	1991	1:06.50	S McIntyre-Woods	1990	1:15.61	1:13.60	R Seaman	1987	1:18.31	1:16.05
200 brst	C Convis	1991	2:25.23	G Gatti	1989	2:47.08	2:44.82	N Mitchell	1987	2:50.04	2:42.02
50 fly	L Lanfani	1987	25.68	B O'Connor	1988	29.13	29.51	R Seaman	1987	28.79	28.79
100 fly	D Graner	1991	57.01	D Graner	1989	1:06.31	1:05.71	R Seaman	1987	1:03.91	1:03.91
200 fly	J Ford	1987	2:03.38	S McIntyre-Woods	1990	2:28.80	2:24.89	J Ford	1987	2:22.42	2:22.42
100 IM	B O'Connor	1988	59.39	B O'Connor	1988	1:08.16	1:06.84				
200 IM	D Graner	1990	2:07.60	D Graner	1989	2:24.07	2:24.07	S Shand	1989	2:25.45	2:22.00
400 IM	S Shand	1991	4:28.40	B O'Connor	1989	5:19.07	5:14.28	S Shand	1989	5:06.34	5:05.29

WOMEN 30-34	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Neilson-Bell	1988	23.04	S Neilson	1987	26.55	26.55	S Neilson-Bell	1988	26.37	26.37
100 free	S Neilson	1987	50.83	S Neilson-Bell	1988	57.35	57.35	S Neilson-Bell	1988	58.09	58.09
200 free	S Neilson	1987	1:52.57	S Neilson	1987	2:06.83	2:06.83	B Knight	1989	2:07.84	2:07.84
400/500 free	B Knight	1990	5:05.60	B Knight	1990	4:31.88	4:31.88	B Knight	1991	4:30.38	4:30.38
800/1000 free	B Knight	1990	10:31.89	B Knight	1990	9:17.55	9:17.55	B Knight	1991	9:20.20	9:20.20
1500/1650 free	S Halfacre	1986	17:41.63	B Durdy	1989	18:24.43	18:24.43	B Knight	1991	17:55.58	18:02.01
50 back	A Caulkins	1991	27.99	L Hasselquist	1989	32.24	32.24	B Maurer	1988	32.11	32.11
100 back	B Maurer	1988	1:00.03	L Hasselquist	1989	1:11.53	1:11.53	B Maurer	1988	1:09.08	1:09.08
200 back	B Maurer	1988	2:09.70	K Branch	1989	2:35.87	2:34.27	B Maurer	1988	2:29.27	2:29.27
50 brst	R Seaman	1989	29.84	L Bennett	1989	35.75	35.75	L Bennett	1988	35.90	34.56
100 brst	R Seaman	1989	1:05.05	L Bennett	1989	1:18.13	1:18.13	L Bennett	1988	1:19.55	1:14.52
200 brst	K Melick	1990	2:29.75	B Glasgow-Rhodes	1991	2:51.75	2:49.16	K Melick	1987	2:53.08	2:48.41
50 fly	R Seaman	1989	25.62	S Neilson-Bell	1988	30.20	30.20	S Neilson-Bell	1988	29.91	29.91
100 fly	R Seaman	1989	55.68	T Bennett	1988	1:07.34	1:07.34	R Seaman	1989	1:06.24	1:06.24
200 fly	S Halfacre	1986	2:10.62	H Murray	1989	2:30.73	2:30.73	B Maurer	1988	2:28.24	2:28.24
100 IM	R Seaman	1989	58.78	S Neilson-Bell	1988	1:07.78	1:07.78				
200 IM	S Neilson	1987	2:09.99	S Neilson	1987	2:27.11	2:27.11	S Neilson-Bell	1988	2:29.22	2:29.22
400 IM	B Glasgow-Rhodes	1991	4:39.22	B Glasgow-Rhodes	1991	5:13.84	5:21.01	B Glasgow-Rhodes	1991	5:21.34	5:21.34
WOMEN 35-39	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Neilson-Bell	1991	24.29	J Hirsty	1989	27.66	27.66	J Hirsty	1990	27.38	27.38
100 free	S Halfacre	1988	52.24	J Hirsty	1989	1:00.75	1:00.75	S Halfacre	1988	1:00.25	1:00.25
200 free	S Halfacre	1988	1:52.79	J Hirsty	1989	2:12.69	2:12.69	S Halfacre	1988	2:09.33	2:09.33
400/500 free	S Halfacre	1988	5:01.04	D Ogier	1990	4:51.04	4:51.04	S Halfacre	1988	4:33.08	4:33.08
800/1000 free	S Halfacre	1988	10:39.87	L Val	1987	9:46.95	9:46.95	S Halfacre	1988	9:24.54	9:24.54
1500/1650 free	S Halfacre	1988	17:15.23	L Val	1987	18:27.71	18:27.71	S Halfacre	1987	18:12.11	18:12.11
50 back	L Val	1991	27.82	P Noyes	1990	33.53	33.39	L Val	1989	32.39	32.39
100 back	L Val	1991	1:01.68	L Val	1989	1:12.77	1:10.47	L Val	1990	1:10.94	1:10.94
200 back	K Farnsworth	1991	2:16.70	J Pesavento	1989	2:45.14	2:34.09	K Farnsworth	1991	2:38.14	2:35.77
50 brst	L Wetzel	1989	30.85	L Wetzel	1989	34.63	34.63	L Wetzel	1989	34.41	34.41
100 brst	L Wetzel	1989	1:07.58	L Wetzel	1989	1:16.70	1:16.70	L Wetzel	1990	1:17.44	1:17.44
200 brst	L Wetzel	1990	2:30.97	L Wetzel	1989	2:50.93	2:50.93	L Wetzel	1989	2:54.85	2:54.85
50 fly	L Val	1987	26.68	L Val	1989	30.21	30.21	S Halfacre	1988	29.27	29.27
100 fly	S Halfacre	1988	56.90	L Val	1989	1:08.00	1:08.00	S Halfacre	1988	1:05.39	1:05.39
200 fly	L Val	1987	2:10.80	B Dunbar	1985	2:35.70	2:35.70	L Val	1989	2:26.38	2:26.38
100 IM	S Halfacre	1988	1:00.22	J Hirsty	1989	1:11.55	1:11.55				
200 IM	S Halfacre	1988	2:14.35	C Kohn	1989	2:35.52	2:35.52	L Val	1990	2:36.82	2:37.26
400 IM	S Neilson-Bell	1991	4:47.13	B Dunbar	1988	5:40.66	5:32.65	K Farnsworth	1991	5:37.19	5:38.42

WOMEN 40-44	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	M Martin	1989	25.00	A Mueller	1985	29.38	29.09	M Martin	1988	28.64	28.64
100 free	M Martin	1989	55.91	C Iannacone	1988	1:05.27	1:04.92	M Martin	1988	1:03.40	1:03.40
200 free	B Dunbar	1990	2:04.00	C Iannacone	1988	2:21.91	2:21.91	D Munger	1991	2:21.09	2:21.77
400/500 free	B Dunbar	1989	5:30.58	B Dunbar	1990	4:53.28	4:53.28	B Dunbar	1990	4:54.49	4:54.49
800/1000 free	B Dunbar	1990	11:20.18	B Dunbar	1991	10:04.16	10:04.16	B Dunbar	1989	10:10.64	10:10.64
1500/1650 free	B Dunbar	1989	18:58.23	B Dunbar	1990	19:00.81	19:00.81	B Dunbar	1989	19:13.16	19:13.16
50 back	B Dick	1990	31.06	D Strickland	1988	35.26	33.85	M Martin	1988	34.68	34.68
100 back	M Martin	1989	1:07.75	D Strickland	1989	1:18.56	1:14.02	D Strickland	1988	1:16.64	1:15.24
200 back	C Chidester	1987	2:26.34	D Strickland	1989	2:51.01	2:45.34	C Chidester	1985	2:47.57	2:47.57
50 brst	G Pierson	1986	33.31	G Pierson	1987	38.36	38.00	D Munger	1991	37.32	37.32
100 brst	G Pierson	1986	1:12.49	G Pierson	1988	1:23.81	1:23.81	D Walker	1991	1:21.73	1:21.73
200 brst	G Pierson	1986	2:38.86	G Pierson	1987	3:01.86	3:01.86	D Walker	1991	3:01.46	3:01.46
50 fly	M Martin	1989	27.92	B Dunbar	1989	32.11	32.08	M Martin	1988	30.54	30.54
100 fly	A Mueller	1985	1:01.88	B Dunbar	1989	1:10.56	1:10.56	B Dunbar	1989	1:09.45	1:09.45
200 fly	B Dunbar	1989	2:16.53	B Dunbar	1989	2:32.19	2:32.19	B Dunbar	1989	2:33.51	2:33.51
100 IM	M Martin	1989	1:04.30	B Dunbar	1989	1:16.24	1:15.63				
200 IM	C Ferris Boak	1985	2:24.13	B Dunbar	1991	2:42.81	2:42.81	B Dunbar	1990	2:43.49	2:43.49
400 IM	B Dunbar	1989	5:04.08	B Dunbar	1990	5:42.95	5:42.95	B Dunbar	1989	5:46.50	5:46.50
WOMEN 45-49	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	A Mueller	1988	25.98	N Ridout	1989	30.05	30.05	A Mueller	1987	29.08	29.08
100 free	A Mueller	1987	57.91	N Ridout	1989	1:07.90	1:07.90	A Mueller	1987	1:05.44	1:05.44
200 free	A Mueller	1988	2:05.71	A Mueller	1987	2:28.69	2:28.69	A Mueller	1987	2:24.24	2:24.24
400/500 free	A Mueller	1988	5:40.37	A Mueller	1991	5:08.62	5:34.44	A Mueller	1987	5:08.67	5:08.67
800/1000 free	A Mueller	1991	11:54.44	N Ridout	1987	11:14.64	11:14.64	A Mueller	1987	10:48.41	10:48.41
1500/1650 free	A Mueller	1986	20:12.73	A Svanson	1991	22:06.73	22:18.64	A Mueller	1987	21:08.30	21:08.30
50 back	B Bennett	1988	32.57	B Bennett	1989	37.29	35.43	B Jordan	1982	37.64	34.51
100 back	B Bennett	1988	1:11.07	B Bennett	1989	1:21.06	1:17.13	B Jordan	1982	1:21.04	1:17.06
200 back	C Chidester	1991	2:30.46	B Bennett	1989	2:56.06	2:56.06	A Mueller	1986	2:56.28	2:54.05
50 brst	D Todd	1989	34.46	E Bromwich	1990	38.67	38.67	J Leilich	1985	39.86	39.43
100 brst	G Pierson	1991	1:14.11	E Bromwich	1990	1:25.20	1:25.20	C Ferris Boak	1990	1:27.39	1:27.15
200 brst	G Pierson	1991	2:45.24	G Pierson	1991	3:04.75	3:04.75	J Leilich	1986	3:11.24	3:10.49
50 fly	A Mueller	1988	28.26	B Hoellen	1989	33.93	33.44	A Mueller	1987	30.74	30.74
100 fly	A Mueller	1988	1:03.08	N Ridout	1989	1:18.79	1:17.02	A Mueller	1987	1:12.67	1:12.67
200 fly	A Mueller	1988	2:20.14	A Mueller	1987	2:37.88	2:37.88	A Mueller	1987	2:44.10	2:44.10
100 IM	D Todd	1990	1:07.38	A Mueller	1987	1:14.41	1:14.41				
200 IM	A Mueller	1988	2:24.53	A Mueller	1987	2:42.88	2:42.88	A Mueller	1987	2:46.91	2:46.91
400 IM	A Mueller	1987	5:10.24	A Mueller	1987	5:55.35	5:55.35	A Mueller	1987	5:54.98	5:54.98

WOMEN 50-54	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Bruner	1986	27.40	J Bruner	1989	32.30	31.31	J Bruner	1986	31.10	31.10
100 free	J Bruner	1986	1:01.58	A Mueller	1991	1:06.41	1:09.99	A Mueller	1991	1:11.17	1:09.16
200 free	J Bruner	1986	2:19.30	A Mueller	1991	2:28.85	2:35.01	A Mueller	1991	2:32.25	2:32.25
400/500 free	L Stoinoff	1985	6:11.76	A Mueller	1991	5:12.43	5:32.67	A Mueller	1991	5:16.62	5:16.62
800/1000 free	L Stoinoff	1987	12:44.88	L Stoinoff	1987	11:35.78	11:35.78	A Mueller	1991	10:58.47	10:58.47
1500/1650 free	L Stoinoff	1985	21:32.25	L Stoinoff	1987	21:44.35	21:44.35	L Stoinoff	1987	22:00.76	22:00.76
50 back	B Jordan	1990	32.72	B Jordan	1991	37.59	37.59	B Jordan	1991	37.62	37.62
100 back	B Jordan	1990	1:11.96	B Jordan	1988	1:23.58	1:23.58	B Jordan	1991	1:23.29	1:23.40
200 back	B Jordan	1991	2:38.09	B Jordan	1988	2:58.72	2:58.72	B Jordan	1987	3:01.07	3:01.07
50 brst	J Bruner	1985	35.55	J Leilich	1990	40.51	39.87	J Bruner	1986	40.22	39.00
100 brst	J Leilich	1989	1:17.72	J Leilich	1989	1:28.51	1:25.89	J Leilich	1990	1:28.83	1:28.83
200 brst	J Leilich	1990	2:50.93	J Leilich	1989	3:11.20	3:11.20	J Leilich	1989	3:15.76	3:14.70
50 fly	J Bruner	1986	30.57	J Lambke	1989	36.43	36.41	A Mueller	1991	32.76	34.67
100 fly	J Bruner	1985	1:12.16	A Mueller	1991	1:12.66	1:22.64	A Mueller	1991	1:15.47	1:24.40
200 fly	G Roper	1981	2:51.58	S Rademacher	1989	3:11.83	3:11.83	A Mueller	1991	2:49.53	2:49.53
100 IM	J Bruner	1986	1:10.73	J Leilich	1989	1:24.62	1:21.59				
200 IM	J Bruner	1985	2:41.96	B Jordan	1991	3:04.97	2:59.01	A Mueller	1991	2:54.57	3:05.13
400 IM	G Roper	1983	5:50.83	B Jordan	1990	6:38.62	6:38.62	G Roper	1982	6:35.20	6:35.20
WOMEN 55-59	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Bruner	1990	28.03	J Bruner	1989	31.83	31.83	J Bruner	1991	32.59	32.60
100 free	J Bruner	1990	1:02.38	J Bruner	1989	1:11.63	1:11.63	J Bruner	1989	1:12.34	1:12.34
200 free	L Stoinoff	1988	2:22.66	L Stoinoff	1989	2:40.27	2:40.27	L Stoinoff	1988	2:42.04	2:42.04
400/500 free	L Stoinoff	1988	6:09.83	L Stoinoff	1989	5:34.32	5:34.32	L Stoinoff	1988	5:36.66	5:36.66
800/1000 free	L Stoinoff	1988	12:45.02	L Stoinoff	1989	11:29.99	11:29.99	L Stoinoff	1988	11:30.97	11:30.97
1500/1650 free	L Stoinoff	1989	21:22.63	L Stoinoff	1989	21:35.84	21:35.84	L Stoinoff	1988	22:18.91	22:18.91
50 back	C Walker	1982	34.63	R Motter	1990	41.20	40.38	C Walker	1983	39.17	39.17
100 back	N Brown	1991	1:17.44	N Brown	1991	1:28.79	1:30.03	C Walker	1983	1:27.61	1:27.61
200 back	N Brown	1991	2:46.26	L Stoinoff	1989	3:11.13	3:11.13	L Stoinoff	1989	3:10.89	3:10.89
50 brst	J Bruner	1991	35.16	J Bruner	1989	42.05	41.33	J Bruner	1991	39.91	39.91
100 brst	J Bruner	1991	1:18.52	J Bruner	1989	1:30.86	1:28.13	J Bruner	1991	1:30.72	1:30.72
200 brst	J Bruner	1991	3:00.46	A Pisciotto	1988	3:27.36	3:12.85	J Bruner	1991	3:27.89	3:18.11
50 fly	G Roper	1985	31.76	G Roper	1986	38.04	37.87	G Roper	1985	35.29	35.29
100 fly	J Bruner	1991	1:15.18	J Bruner	1989	1:30.53	1:27.88	G Roper	1985	1:27.49	1:27.49
200 fly	G Roper	1986	2:51.18	G Roper	1986	3:20.43	3:11.42	G Roper	1985	3:19.84	3:17.68
100 IM	J Bruner	1991	1:13.61	J Bruner	1989	1:24.19	1:24.19				
200 IM	G Roper	1986	2:45.47	J Bruner	1989	3:13.18	3:05.23	G Roper	1985	3:07.65	3:07.65
400 IM	N Brown	1991	5:54.24	A McGuire	1989	7:05.88	6:36.03	G Roper	1985	6:42.05	6:42.05



WOMEN 60-64	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	D Donnelly	1982	30.67	A Adams	1989	35.33	34.75	D Donnelly	1985	35.08	34.37
100 free	D Donnelly	1982	1:08.11	C Walker	1989	1:17.99	1:17.99	D Ressiguie	1981	1:20.10	1:18.28
200 free	C Walker	1987	2:31.16	C Walker	1989	2:50.94	2:50.94	C Walker	1988	2:50.03	2:50.03
400/500 free	C Walker	1989	6:50.37	C Walker	1987	6:02.43	6:02.43	C Walker	1988	6:02.28	6:02.28
800/1000 free	C Walker	1987	13:56.85	C Walker	1990	12:21.67	12:21.67	C Walker	1988	12:19.35	12:19.35
1500/1650 free	C Walker	1989	23:21.14	C Walker	1990	23:28.15	23:28.15	C Walker	1986	23:55.57	23:55.57
50 back	C Walker	1991	35.27	C Walker	1989	39.60	39.60	D Steadman	1989	40.35	40.35
100 back	C Walker	1991	1:17.94	C Walker	1989	1:29.13	1:29.13	C Walker	1986	1:31.06	1:31.06
200 back	C Walker	1990	2:54.83	D Steadman	1988	3:16.14	3:16.14	D Steadman	1989	3:15.92	3:15.92
50 brst	C Taylor	1990	39.74	C Taylor	1989	45.39	42.02	C Costello	1983	45.86	42.49
100 brst	A Pisciotta	1991	1:27.13	C Walker	1989	1:39.86	1:39.86	A Pisciotta	1991	1:41.08	1:38.72
200 brst	A Pisciotta	1991	3:11.24	C Taylor	1991	3:48.34	3:41.14	A Pisciotta	1991	3:36.60	3:41.48
50 fly	Eppley/Adams	80/90	35.32	A Adams	1989	39.64	39.64	A Adams	1988	38.64	38.64
100 fly	J Eppley	1980	1:23.43	P Dotson	1987	1:36.95	1:36.95	A Adams	1988	1:34.48	1:34.48
200 fly	J Krauser	1988	3:10.64	J Krauser	1990	3:32.29	3:33.12	G Roper	1990	3:32.87	3:32.87
100 IM	C Walker	1989	1:18.93	C Walker	1989	1:27.50	1:27.50				
200 IM	C Walker	1991	2:52.50	C Walker	1990	3:14.28	3:14.28	C Walker	1986	3:17.40	3:17.40
400 IM	C Walker	1991	6:14.72	C Walker	1991	6:58.97	6:58.97	C Walker	1986	6:59.45	6:59.45
WOMEN 65-69	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	P Smith	1991	32.25	P Smith	1989	36.26	34.92	C Walker	1991	36.20	35.46
100 free	D Donnelly	1987	1:12.28	P Smith	1989	1:21.44	1:21.44	C Walker	1991	1:18.66	1:18.66
200 free	P Smith	1989	2:42.72	P Smith	1991	3:03.63	3:02.54	C Walker	1991	2:56.88	2:56.88
400/500 free	P Smith	1991	7:20.64	P Smith	1989	6:31.09	6:31.09	C Walker	1991	6:05.22	6:05.22
800/1000 free	P Smith	1991	15:10.10	P Smith	1991	13:25.24	13:25.24	C Walker	1991	12:39.70	12:39.70
1500/1650 free	P Smith	1990	25:01.98	J Krauser	1991	24:41.83	25:29.12	C Walker	1991	24:27.67	24:27.67
50 back	D Steadman	1990	37.05	D Steadman	1989	40.48	40.48	C Walker	1991	39.90	40.99
100 back	D Steadman	1990	1:22.50	D Steadman	1989	1:30.41	1:30.41	C Walker	1991	1:30.97	1:31.58
200 back	D Steadman	1990	2:59.56	D Steadman	1989	3:15.72	3:15.72	D Steadman	1990	3:17.12	3:17.12
50 brst	B Christian	1989	42.82	B Christian	1989	47.39	47.39	C Walker	1991	47.73	47.73
100 brst	R Kenner	1989	1:35.10	R Kenner	1990	1:46.82	1:43.57	C Walker	1991	1:42.84	1:42.84
200 brst	R Kenner	1990	3:25.44	R Kenner	1990	3:48.71	3:46.02	R Kenner	1989	3:49.96	3:45.71
50 fly	J Eppley	1985	38.39	F Carr	1990	43.93	44.27	F Carr	1990	43.35	43.35
100 fly	J Eppley	1985	1:30.04	J Krauser	1991	1:38.74	1:44.30	J Krauser	1991	1:40.35	1:40.35
200 fly	J Eppley	1985	3:29.24	J Eppley	1988	4:10.63	4:10.63	J Krauser	1991	3:43.24	3:43.24
100 IM	F Carr	1990	1:27.95	F Carr	1990	1:37.84	1:37.07				
200 IM	J Krauser	1991	3:06.46	F Carr	1990	3:37.63	3:36.70	C Walker	1991	3:19.01	3:21.17
400 IM	L Nochman	1991	7:22.42	F Carr	1990	7:57.77	7:57.77	C Walker	1991	7:12.69	7:12.69

WOMEN 70-74	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	L Donovan	1988	34.57	L Donovan	1989	40.42	40.42	J Gilbert	1987	39.03	38.69
100 free	L Donovan	1988	1:19.44	L Donovan	1988	1:31.84	1:31.84	L Donovan	1988	1:30.79	1:30.37
200 free	L Donovan	1989	3:03.85	L Wingard	1984	3:28.41	3:28.41	J Gilbert	1987	3:27.09	3:24.61
400/500 free	R Simonton	1990	8:12.25	R Simonton	1988	7:17.22	7:17.22	L Donovan	1988	7:28.90	7:19.34
800/1000 free	R Simonton	1991	17:04.93	R Simonton	1989	15:06.99	15:06.99	R Simonton	1988	15:04.91	15:04.91
1500/1650 free	R Simonton	1991	28:05.85	R Simonton	1990	28:29.85	28:29.85	R Simonton	1988	28:46.45	28:46.45
50 back	D Musselman	1984	44.64	N Phillips	1991	45.08	45.08	J Gilbert	1987	48.44	45.21
100 back	M Wicklun	1984	1:37.58	Y Frischhertz	1990	1:51.64	1:44.02	D Musselman	1983	1:51.41	1:39.85
200 back	Y Frischhertz	1990	3:30.69	Y Frischhertz	1987	3:56.72	3:53.86	Y Frischhertz	1988	3:55.88	3:47.59
50 brst	G Zint	1989	45.37	G Zint	1987	50.95	50.95	G Zint	1988	52.17	50.23
100 brst	G Zint	1987	1:41.02	G Zint	1987	1:55.84	1:55.65	G Zint	1988	1:56.24	1:55.22
200 brst	G Zint	1988	3:42.91	G Zint	1987	4:11.18	4:09.41	G Zint	1988	4:18.13	4:09.55
50 fly	J Eppley	1990	40.34	G Zint	1989	51.96	50.27	J Eppley	1990	49.55	49.55
100 fly	J Eppley	1990	1:39.75	G Zint	1988	2:04.25	2:04.25	J Eppley	1990	2:06.90	2:02.61
200 fly	J Eppley	1990	3:54.84	M Merlino	1986	4:36.96	4:36.96	M Merlino	1982	4:37.05	4:37.05
100 IM	M Brown	1987	1:37.35	G Zint	1988	1:50.32	1:49.22				
200 IM	G Zint	1988	3:34.44	R Simonton	1988	4:04.81	4:04.81	R Simonton	1988	4:10.04	4:09.35
400 IM	M Merlino	1982	7:36.45	R Simonton	1988	8:34.79	8:34.79	R Simonton	1988	8:39.36	8:33.57
WOMEN 75-79	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	L Wingard	1987	36.17	M Merlino	1988	43.98	43.29	N Clark	1989	43.35	41.72
100 free	L Wingard	1986	1:21.57	N Clark	1990	1:46.64	1:45.53	N Clark	1989	1:40.85	1:39.28
200 free	L Wingard	1987	3:05.04	M Wicklun	1989	3:57.19	3:50.58	N Clark	1989	3:55.34	3:52.90
400/500 free	N Clark	1990	9:23.94	M Merlino	1988	8:11.07	7:56.05	J Durston	1990	8:21.15	8:06.34
800/1000 free	J Durston	1990	18:51.01	M Merlino	1988	17:16.06	17:16.06	J Durston	1990	17:09.60	17:05.41
1500/1650 free	J Durston	1990	31:01.55	M Merlino	1988	33:53.33	33:53.33	J Durston	1990	31:46.49	31:46.49
50 back	M Wicklun	1989	46.51	M Wicklun	1989	52.11	52.11	A Walker	1991	50.45	51.07
100 back	M Wicklun	1989	1:43.65	A Walker	1991	1:53.00	1:53.00	M Wicklun	1989	1:56.71	1:55.98
200 back	M Wicklun	1991	3:42.11	M Wicklun	1989	4:01.89	4:01.89	M Wicklun	1989	4:07.44	4:07.44
50 brst	M Merlino	1989	53.28	M Merlino	1988	58.91	58.41	S Helgren	1991	58.90	52.90
100 brst	M Merlino	1988	1:59.24	M Merlino	1988	2:10.17	2:00.27	M Merlino	1987	2:14.40	2:07.86
200 brst	M Merlino	1988	4:09.09	M Merlino	1988	4:35.24	4:35.24	M Merlino	1987	4:39.52	4:36.72
50 fly	M Hubbard	1990	49.97	M Merlino	1988	59.27	59.27	M Merlino	1989	1:02.39	57.22
100 fly	J Durston	1990	2:00.66	M Merlino	1988	2:12.17	2:12.17	M Merlino	1988	2:20.80	2:20.80
200 fly	M Merlino	1988	4:19.43	M Merlino	1988	4:48.50	4:48.50	M Merlino	1988	4:54.79	4:54.79
100 IM	M Merlino	1989	1:50.29	M Merlino	1988	2:00.07	2:00.07				
200 IM	M Merlino	1988	3:56.09	M Merlino	1988	4:17.89	4:17.89	M Merlino	1987	4:25.80	4:20.42
400 IM	M Merlino	1988	8:10.40	M Merlino	1988	9:07.66	9:07.66	M Merlino	1987	9:11.23	9:11.23

WOMEN 80-84	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Dolce	1991	44.25	J Dolce	1989	48.76	48.76	J Dolce	1990	49.08	46.62
100 free	J Dolce	1990	1:39.96	J Dolce	1989	1:54.23	1:53.70	J Dolce	1991	1:55.84	1:49.27
200 free	J Dolce	1990	3:51.76	J Dolce	1989	4:17.73	4:17.73	J Dolce	1989	4:21.71	4:16.48
400/500 free	R Switzer	1988	10:45.81	J Dolce	1989	9:28.50	8:51.10	J Dolce	1990	9:27.56	9:27.56
800/1000 free	D Hopkins	1990	22:36.51	J Dolce	1989	19:20.52	18:11.90	J Dolce	1989	19:56.61	19:56.61
1500/1650 free	D Hopkins	1990	38:35.07	D Hopkins	1989	39:39.28	35:44.26	J Dolce	1990	36:54.26	36:54.26
50 back	A Soule	1989	52.35	J Dolce	1989	1:06.51	1:05.08	A Soule	1989	55.07	53.73
100 back	A Soule	1989	1:56.19	M Scanlon	1990	2:34.06	2:24.00	A Soule	1989	2:07.79	2:01.87
200 back	A Soule	1991	4:16.57	S Scott	1988	5:18.44	5:18.44	A Soule	1989	4:38.26	4:22.89
50 brst	E Mattila	1990	1:01.70	M Miller	1990	1:13.55	1:07.65	C Cress	1990	1:14.45	1:04.78
100 brst	E Mattila	1990	2:18.65	M Miller	1990	2:40.99	2:40.99	C Cress	1990	2:41.92	2:41.92
200 brst	E Mattila	1990	5:07.24	E Mattila	1991	5:33.05	5:33.05	E Mattila	1990	5:43.46	5:43.46
50 fly	K Pelton	1986	1:06.25	K Pelton	1987	1:19.40	1:13.27	K Pelton	1987	1:16.09	1:13.71
100 fly	K Pelton	1986	2:36.36	K Pelton	1986	3:09.18	3:09.18	E Mattila	1990	2:52.33	2:52.33
200 fly	E Mattila	1991	5:33.46	E Mattila	1991	6:20.56	6:20.56	E Mattila	1990	6:09.67	6:09.67
100 IM	E Mattila	1990	2:14.16	D Hopkins	1989	2:40.92	2:21.39				
200 IM	J Cooke	1989	4:51.27	E Mattila	1991	5:23.78	5:23.78	E Mattila	1990	5:13.12	5:13.12
400 IM	E Mattila	1990	9:53.28	E Mattila	1991	11:19.93	11:19.93	E Mattila	1990	11:14.31	11:14.31
WOMEN 85-89	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	A Soule	1991	48.59	M McKechnie	1989	1:03.78	1:03.78	A Soule	1991	51.48	51.48
100 free	A Soule	1991	1:51.05	A Bauscher	1989	3:01.15	3:01.15	A Soule	1991	2:07.61	2:07.61
200 free	A Soule	1991	4:08.66	M McKechnie	1989	5:33.83	5:33.83	A Soule	1991	4:49.52	4:49.52
400/500 free	M McKechnie	1990	14:15.17					E Peckham	1984	13:22.48	13:22.48
800/1000 free	M Keller	1986	32:19.92	M McKechnie	1989	24:05.34	24:05.34	A Bauscher	1988	24:23.38	24:23.38
1500/1650 free	E Peckham	1985	50:54.73					A Bauscher	1991	52:15.77	52:15.77
50 back	A Soule	1991	49.59	M McKechnie	1989	1:13.57	1:13.57	A Soule	1991	58.42	58.42
100 back	A Soule	1991	1:55.84	A Bauscher	1989	2:52.17	2:52.17	A Soule	1991	2:13.13	2:13.13
200 back	A Soule	1991	4:09.33	M McKechnie	1989	6:00.16	6:00.16	A Soule	1991	4:47.82	4:47.82
50 brst	E Peckham	1984	1:23.67	K Pelton	1990	1:37.05	1:37.05	E Peckham	1984	1:42.40	1:28.69
100 brst	K Pelton	1991	2:47.87	K Pelton	1990	3:09.62	3:09.62	E Peckham	1984	3:32.03	3:32.03
200 brst	K Pelton	1991	6:12.44					E Peckham	1984	7:45.92	7:45.92
50 fly	E Peckham	1985	1:16.00	K Pelton	1990	1:24.53	1:24.53	E Peckham	1985	1:27.77	1:27.77
100 fly	E Peckham	1984	3:01.71	K Pelton	1990	3:29.58	3:29.58	K Pelton	1990	3:20.01	3:20.01
200 fly	K Pelton	1991	6:39.85	K Pelton	1990	7:15.07	7:15.07	K Pelton	1990	7:18.41	7:18.41
100 IM	E Peckham	1984	2:41.31	K Pelton	1990	3:00.23	3:00.23				
200 IM	E Peckham	1985	5:57.63	A Bauscher	1989	9:49.36	9:49.36	E Peckham	1984	7:08.59	7:08.59
400 IM	M Keller	1986	17:13.92					K Pelton	1990	14:02.65	14:02.65

WOMEN 90-94	SC-Yards	Year	USMS	SC-Meters	Year	USMS World90+	LC-Meters	Year	USMS World90+
50 free	L Tyra	1983	1:27.65			2:06.95	P Miller	1988	2:02.38 2:02.38
100 free	L Tyra	1984	3:31.33			4:23.67	P Miller	1988	4:08.22 4:08.22
200 free	L Tyra	1983	8:28.07						
400/500 free									
800/1000 free									
1500/1650 free									
50 back	P Miller	1988	1:42.97			1:55.07	P Miller	1989	2:17.25 2:01.70
100 back	P Miller	1988	3:32.00			4:19.46			3:59.89
200 back	P Miller	1988	7:33.41				P Miller	1989	10:47.76 10:47.76
50 brst	L Tyra	1984	2:26.52						
100 brst	L Tyra	1983	5:30.32						
200 brst	L Tyra	1983	11:48.36						
50 fly									
100 fly									
200 fly									
100 IM									
200 IM									
400 IM									
WOMEN 95+	SC-Yards	Year	USMS	SC-Meters	Year	USMS	LC-Meters	Year	USMS
50 free									
100 free									
200 free									
400/500 free									
800/1000 free									
1500/1650 free									
50 back									
100 back									
200 back									
50 brst									
100 brst									
200 brst									
50 fly									
100 fly									
200 fly									
100 IM									
200 IM									
400 IM									

MEN 19-24	SC-Yards	Year	USMS	SC-Meters	Year	USMS	LC-Meters	Year	USMS
50 free	M Noetzel	1987	21.11	R Sprout	1989	24.62	D Mendenhall	1988	24.52
100 free	M Noetzel	1987	46.20	P Cutler	1988	54.92	T Batis	1989	53.90
200 free	W Foster	1991	1:44.00	P MacDonald	1991	2:01.20	T Batis	1989	1:56.99
400/500 free	C Stevenson	1989	4:42.65	M Collins	1989	4:20.34	T Batis	1989	4:10.98
800/1000 free	M Cleavenger	1987	9:49.98	M Collins	1989	8:52.70	J Allen	1991	9:04.61
1500/1650 free	M Collins	1989	16:46.74	M Collins	1989	17:03.17	J Allen	1991	16:42.28
50 back	C Stevenson	1988	24.37	P Kelley	1988	29.65	C Stevenson	1987	28.06
100 back	P Thomas	1988	52.53	P Kelley	1988	1:04.30	C Stevenson	1987	1:01.85
200 back	P Thomas	1988	1:55.26	J Hoess	1989	2:19.68	C Stevenson	1987	2:15.36
50 brst	D Beatty	1990	27.42	M Ewing	1991	31.68	J Amato	1987	30.10
100 brst	T Anderson	1991	59.54	P McClafferty	1987	1:09.79	J Surowiec	1988	1:06.61
200 brst	D Phelan	1988	2:11.59	M Collins	1989	2:36.23	P McClafferty	1987	2:36.88
50 fly	T Batis	1990	23.30	P Cutler	1988	27.37	C Stevenson	1987	26.59
100 fly	M Moran	1991	50.70	J Scurlock	1989	1:00.87	T Batis	1989	58.16
200 fly	C Stevenson	1989	1:53.38	R Shinnick	1990	2:13.68	K Duncan	1988	2:09.49
100 IM	T Anderson	1991	53.33	P McClafferty	1987	1:02.35			
200 IM	D Phelan	1988	1:56.80	D Wagner	1990	2:14.95	W Corrigan	1989	2:19.42
400 IM	D Phelan	1988	4:07.27	J Boegman	1988	4:54.60	K Duncan	1988	4:48.68

MEN 25-29	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Peel	1991	19.83	M Noetzel	1990	23.64	23.64	K DeForrest	1983	22.59	22.59
100 free	R Peel	1991	44.39	M Noetzel	1990	52.29	51.74	J Montgomery	1981	51.25	51.25
200 free	K Switzer	1988	1:40.16	B Wells	1989	1:54.00	1:54.00	J Montgomery	1981	1:53.78	1:53.78
400/500 free	K Switzer	1988	4:32.71	B Wells	1989	4:11.70	4:04.50	C Reid	1987	4:07.73	4:06.99
800/1000 free	P Asmuth	1985	9:33.93	A Jaegers	1990	8:48.63	8:48.63	P Asmuth	1986	8:51.04	8:41.43
1500/1650 free	B Patten	1990	15:46.91	R Nichols	1986	17:11.55	16:41.55	C Reid	1987	16:28.69	16:28.69
50 back	M Rhodenbaugh	1991	23.23	J C Britt	1989	27.25	27.25	J C Britt	1989	27.48	27.39
100 back	M Rhodenbaugh	1991	50.52	J C Britt	1989	58.42	58.42	T Wolf	1983	1:00.30	59.00
200 back	R Hauck	1991	1:50.49	B Wells	1989	2:09.12	2:09.12	T Wolf	1984	2:12.99	2:12.99
50 brst	G Rhodenbaugh	1991	25.34	J Waldman	1989	29.08	28.81	R Hofstetter	1986	29.88	29.88
100 brst	D Lundberg	1990	56.21	J Waldman	1989	1:05.09	1:04.91	D Lundberg	1989	1:04.60	1:04.60
200 brst	D Soltis	1988	2:03.69	P McClafferty	1989	2:24.68	2:24.68	M Chatfield	1982	2:30.96	2:26.73
50 fly	C Cobb	1991	22.27	B Laird	1989	24.24	25.77	DeForrest/Bottom	83/84	25.16	25.16
100 fly	S Knowles	1991	49.71	B Wells	1989	57.07	57.07	M Bottom	1984	56.34	56.34
200 fly	B Patten	1990	1:49.21	T O'Brien	1988	2:10.91	2:07.65	J Belardi	1982	2:06.88	2:05.25
100 IM	M Rhodenbaugh	1991	50.47	J Lilley	1989	58.82	57.70				
200 IM	C Reid	1988	1:52.55	J C Britt	1989	2:12.28	2:10.95	C Reid	1987	2:09.21	2:09.21
400 IM	C Reid	1988	3:59.73	A Jaegers	1990	4:43.99	4:43.99	C Reid	1987	4:34.08	4:34.08

MEN 30-34	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Marvin	1987	20.99	J Montgomery	1989	23.98	22.82	R Gaines	1990	23.21	23.21
100 free	J Montgomery	1985	45.29	J Montgomery	1989	51.86	50.51	R Gaines	1991	51.50	51.50
200 free	J Montgomery	1988	1:39.97	D Stephenson	1989	1:53.66	1:50.91	R Gaines	1990	1:54.04	1:54.04
400/500 free	J Kegley	1988	4:39.44	D Goerke	1989	4:13.61	4:02.66	J Montgomery	1986	4:08.70	4:08.70
800/1000 free	C Reid	1991	9:38.13	D Stephenson	1989	8:34.26	8:34.26	J Montgomery	1986	8:46.99	8:46.99
1500/1650 free	J Kegley	1988	16:06.55	M Clark	1990	17:11.56	17:11.56	R Neugent	1991	16:42.28	17:06.73
50 back	J C Britt	1991	23.51	J C Britt	1991	27.18	27.18	D Ozier	1988	27.32	27.32
100 back	D Lundberg	1991	50.88	J C Britt	1991	58.12	58.12	T Wolf	1985	1:00.40	1:00.40
200 back	W Specht	1991	1:54.42	F Lehman	1989	2:15.67	2:15.67	T Wolf	1987	2:11.77	2:11.77
50 brst	D Lundberg	1991	25.88	R Hofstetter	1989	30.11	30.03	R Hofstetter	1987	29.74	29.74
100 brst	D Lundberg	1991	56.58	M Schuman	1988	1:08.10	1:05.97	D Lundberg	1991	1:05.65	1:05.65
200 brst	D Lundberg	1991	2:02.32	J Shore	1989	2:30.18	2:24.92	D Lundberg	1991	2:24.06	2:24.06
50 fly	R Placak	1989	22.66	M Bottom	1989	25.06	25.06	M Bottom	1988	25.31	25.31
100 fly	W Specht	1989	49.84	M Bottom	1989	56.43	56.43	M Bottom	1988	56.64	56.64
200 fly	S Gregg	1987	1:50.67	M Schuman	1988	2:13.62	2:13.62	J Belardi	1987	2:07.71	2:07.71
100 IM	D Lundberg	1991	50.98	J C Britt	1991	1:00.98	1:00.98				
200 IM	D Lundberg	1991	1:50.45	T Weissert	1988	2:12.33	2:12.33	D Lundberg	1991	2:09.69	2:09.69
400 IM	T Fristoe	1991	4:00.04	M Schuman	1988	4:55.11	4:55.11	R M Schuman	1988	4:45.33	4:43.93
MEN 35-39	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Marvin	1991	21.19	B Vickery	1989	23.98	23.98	R Hess	1990	24.72	24.72
100 free	S Marvin	1991	46.43	B Vickery	1989	53.94	53.94	W Artley	1991	54.92	55.08
200 free	J Montgomery	1990	1:42.78	L Wood	1989	1:59.38	1:59.38	F Schlicher	1983	2:00.45	2:00.45
400/500 free	H Yntema	1991	4:41.53	R Copeland	1991	4:18.22	4:21.47	J McConica	1987	4:18.35	4:18.35
800/1000 free	J McConica	1989	10:05.99	L Wood	1989	9:13.76	9:13.76	B Bittler	1988	9:09.59	9:09.59
1500/1650 free	H Yntema	1991	16:21.14	R Copeland	1991	17:25.79	17:51.31	J McConica	1989	17:26.29	17:26.29
50 back	C Schwartz	1990	24.21	M Nash	1989	28.05	28.05	T Mann	1978	28.04	28.04
100 back	C Schwartz	1990	52.43	T Wolf	1990	1:01.45	1:01.45	T Wolf	1990	1:01.85	1:01.60
200 back	T Wolf	1990	1:57.05	T Wolf	1990	2:15.47	2:15.47	T Wolf	1990	2:13.83	2:13.83
50 brst	C Miltenberger	1987	27.05	R Rachner	1988	31.64	31.94	C Miltenberger	1987	31.52	31.52
100 brst	M Schuman	1991	59.07	J Roemer	1990	1:08.87	1:08.30	C Miltenberger	1987	1:10.20	1:10.20
200 brst	M Schuman	1991	2:10.41	G Harrison	1989	2:28.35	2:28.35	G Harrison	1990	2:34.61	2:34.61
50 fly	R Hess	1991	23.25	C Evans	1988	26.06	26.06	P Munger	1987	26.35	26.35
100 fly	F Schlicher	1985	51.61	T Perrin	1989	1:00.62	1:00.67	F Schlicher	1983	58.59	58.59
200 fly	F Schlicher	1985	1:53.88	D Vandam	1990	2:17.46	2:17.46	F Schlicher	1983	2:12.91	2:12.91
100 IM	M Schuman	1991	54.11	M Nash	1989	1:01.17	1:01.17				
200 IM	M Drews	1991	1:57.44	C Evans	1989	2:15.67	2:15.67	S Corliss	1991	2:18.33	2:19.17
400 IM	H Yntema	1991	4:15.20	C Evans	1989	4:53.16	4:53.16	S Corliss	1991	4:58.48	4:59.66

MEN 40-44	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Abrahams .....	1988	21.78	A McPherson .....	1988	24.91	24.91	T Garton .....	1983	25.25	25.25
100 free	A McPherson .....	1991	48.54	A McPherson .....	1988	55.35	55.35	T Garton .....	1983	56.36	56.36
200 free	P O'Keefe .....	1991	1:47.90	K Polansky .....	1989	2:01.01	2:01.01	K Polansky .....	1990	2:04.82	2:04.82
400/500 free	D Gray .....	1987	4:50.80	K Polansky .....	1989	4:18.45	4:18.45	K Polansky .....	1990	4:26.60	4:26.60
800/1000 free	K Polansky .....	1990	10:19.29	K Polansky .....	1989	9:01.20	9:01.20	K Polansky .....	1990	9:19.37	9:19.37
1500/1650 free	K Polansky .....	1990	17:02.40	D Gray .....	1987	17:38.17	17:38.17	K Polansky .....	1990	17:30.13	17:30.13
50 back	J Heidenreich .....	1991	25.61	J Heidenreich .....	1991	28.93	29.58	P O'Keefe .....	1990	29.38	29.38
100 back	P O'Keefe .....	1991	54.15	R Cooley .....	1989	1:04.50	1:04.50	P O'Keefe .....	1990	1:03.39	1:03.39
200 back	P O'Keefe .....	1991	2:01.54	T Spieker .....	1989	2:22.17	2:22.17	P O'Keefe .....	1990	2:18.17	2:18.17
50 brst	P Henne .....	1990	27.77	P Henne .....	1989	31.33	31.33	P Dahlberg .....	1991	31.82	32.08
100 brst	P Henne .....	1988	1:01.84	P Henne .....	1989	1:11.22	1:10.70	P Dahlberg .....	1991	1:10.89	1:11.58
200 brst	G Boizelle .....	1989	2:17.66	R Strand .....	1990	2:38.99	2:38.16	P Wisner .....	1987	2:38.02	2:38.02
50 fly	D Thompson .....	1991	23.63	J Heidenreich .....	1991	26.67	26.67	J Foote .....	1991	27.04	27.56
100 fly	P O'Keefe .....	1991	53.91	A McPherson .....	1989	1:00.79	1:00.79	L Larson .....	1980	1:02.05	1:02.05
200 fly	B Gallas .....	1990	2:02.09	B Gallas .....	1989	2:16.15	2:16.15	B Gallas .....	1988	2:23.05	2:23.05
100 IM	J Heidenreich .....	1991	55.87	R Cooley .....	1989	1:02.30	1:02.30				
200 IM	P O'Keefe .....	1991	2:03.31	J Calvert .....	1989	2:18.73	2:18.73	P O'Keefe .....	1990	2:22.23	2:22.23
400 IM	J Calvert .....	1988	4:28.41	J Calvert .....	1989	5:00.76	5:00.76	T Garton .....	1985	5:08.30	5:08.30
MEN 45-49	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Abrahams .....	1990	21.87	R Woodrow .....	1989	25.46	25.46	R Abrahams .....	1990	25.30	25.30
100 free	R Abrahams .....	1991	48.92	L Keefe .....	1989	56.64	56.64	T Garton .....	1990	57.22	57.22
200 free	T Garton .....	1990	1:50.42	E Cazalet .....	1988	2:05.81	2:05.81	T Garton .....	1990	2:07.18	2:07.18
400/500 free	E Hinshaw .....	1982	5:03.96	E Cazalet .....	1989	4:33.39	4:33.39	T Garton .....	1988	4:36.91	4:36.91
800/1000 free	J Flanagan .....	1991	10:46.40	R Boyd .....	1989	9:32.34	9:32.34	D Gray .....	1991	9:49.15	9:50.24
1500/1650 free	W Steuart .....	1983	17:59.11	H Winn .....	1987	18:27.36	18:27.36	E Hinshaw .....	1983	18:34.73	18:34.73
50 back	R Smith .....	1988	25.65	R Smith .....	1989	29.33	29.33	R Burns .....	1988	30.67	30.67
100 back	R Smith .....	1988	56.14	R Smith .....	1989	1:05.31	1:05.31	E Bartsch .....	1988	1:07.77	1:07.77
200 back	T Birnie .....	1991	2:07.19	J Calvert .....	1991	2:24.45	2:28.51	J Calvert .....	1991	2:27.67	2:28.25
50 brst	R Nesbit .....	1991	28.32	R Nesbit .....	1991	32.53	32.95	R Nesbit .....	1991	32.76	33.10
100 brst	M Hull .....	1989	1:02.48	T Boak .....	1989	1:13.91	1:13.91	R Strand .....	1991	1:13.25	1:14.95
200 brst	R Strand .....	1991	2:18.68	R Kendrick .....	1989	2:41.44	2:41.44	R Strand .....	1991	2:42.52	2:46.45
50 fly	M Hull .....	1989	24.24	R Woodrow .....	1989	27.62	27.62	D Thompson .....	1991	27.54	27.54
100 fly	M Hull .....	1989	54.27	G Langendoen .....	1990	1:03.48	1:03.48	R Abrahams .....	1990	1:03.42	1:03.42
200 fly	A Melamed .....	1991	2:04.32	G Langendoen .....	1990	2:28.48	2:28.48	J Geoghegan .....	1987	2:32.11	2:32.11
100 IM	R Smith .....	1988	56.23	R Smith .....	1990	1:06.13	1:06.13				
200 IM	T Garton .....	1988	2:06.09	J Calvert .....	1991	2:24.45	2:27.78	T Garton .....	1990	2:24.58	2:24.58
400 IM	T Garton .....	1988	4:31.40	E Cazalet .....	1989	5:17.02	5:17.02	J Calvert .....	1991	5:13.26	5:17.20

MEN 50-54	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	D Hill .....	1983	22.93	J Farrell ..	1988	26.35	26.35	D Hill .....	1983	26.16	26.16
100 free	J Farrell .....	1989	51.93	R Proebsting .....	1989	59.80	59.21	D Hill .....	1983	59.25	59.25
200 free	E Hinshaw .....	1990	1:56.24	H Southall .....	1990	2:15.10	2:15.10	E Hinshaw .....	1988	2:14.39	2:14.39
400/500 free	E Hinshaw .....	1990	5:13.80	B Jones .....	1985	4:45.96	4:45.96	E Hinshaw .....	1988	4:51.06	4:51.06
800/1000 free	E Hinshaw .....	1987	11:00.03	D Gallagher .....	1989	9:50.17	9:50.17	E Hinshaw .....	1988	10:04.71	10:04.71
1500/1650 free	B Jones .....	1985	18:53.29	B Jones .....	1985	19:16.63	19:16.63	B Jones .....	1985	19:28.41	19:28.41
50 back	J Smith .....	1991	27.32	J Smith .....	1989	31.42	31.42	J Smith .....	1988	30.93	30.93
100 back	J Smith .....	1991	1:00.88	J Smith .....	1989	1:10.07	1:09.38	J Smith .....	1988	1:10.14	1:10.14
200 back	L Larson .....	1991	2:14.38	B Jones .....	1985	2:37.52	2:30.21	B Jones .....	1985	2:35.44	2:35.44
50 brst	M Sanguily .....	1984	29.70	M Sanguily .....	1987	34.15	33.09	M Sanguily .....	1983	33.85	33.38
100 brst	M Sanguily .....	1984	1:05.29	D Gallagher .....	1989	1:14.72	1:14.72	M Sanguily .....	1983	1:15.60	1:15.60
200 brst	D Gallagher .....	1989	2:28.78	D Gallagher .....	1989	2:45.11	2:45.11	M Sanguily .....	1983	2:53.76	2:53.76
50 fly	M Mealiffe .....	1991	25.50	R Proebsting .....	1988	29.34	29.34	M Mealiffe .....	1990	28.63	28.63
100 fly	R Proebsting .....	1988	58.39	R Proebsting .....	1989	1:06.66	1:06.66	M Mealiffe .....	1990	1:07.04	1:07.04
200 fly	W Yorzyk .....	1984	2:17.78	R Proebsting .....	1989	2:36.01	2:36.01	W Yorzyk .....	1983	2:33.79	2:33.79
100 IM	D Gallagher .....	1989	1:00.66	D Gallagher .....	1989	1:07.60	1:07.60				
200 IM	D Gallagher .....	1989	2:13.98	D Gallagher .....	1989	2:31.52	2:31.52	D Gallagher .....	1989	2:34.67	2:34.67
400 IM	D Gallagher .....	1989	4:51.41	D Gallagher .....	1989	5:20.81	5:20.81	B Jones .....	1985	5:41.04	5:41.04
MEN 55-59	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	D Hill .....	1987	23.41	D Hill .....	1989	26.60	26.60	M Muckleroy .....	1988	27.42	27.42
100 free	D Hill .....	1987	52.59	D Hill .....	1989	1:00.08	1:00.08	B Baillie .....	1991	1:01.95	1:01.95
200 free	B Jones .....	1988	2:02.93	B Jones .....	1990	2:21.68	2:21.68	B Jones .....	1990	2:21.53	2:21.53
400/500 free	B Jones .....	1988	5:32.17	G Johnston .....	1987	5:00.88	5:00.88	B Jones .....	1988	4:58.41	4:58.41
800/1000 free	B Jones .....	1990	11:26.99	G Johnston .....	1987	10:35.62	10:35.62	B Jones .....	1988	10:24.08	10:27.08
1500/1650 free	B Jones .....	1988	19:02.45	B Jones .....	1990	20:03.24	20:03.24	B Jones .....	1990	19:54.72	19:54.72
50 back	Y Oyakawa .....	1991	28.15	Y Oyakawa .....	1989	32.69	32.69	J Beattie .....	1990	33.45	33.29
100 back	Y Oyakawa .....	1991	1:02.56	Y Oyakawa .....	1989	1:12.17	1:12.17	J Beattie .....	1990	1:13.15	1:13.15
200 back	D Brown .....	1991	2:20.56	J Beattie .....	1989	2:41.11	2:41.11	D Brown .....	1988	2:42.37	2:42.37
50 brst	M Sanguily .....	1989	30.18	M Sanguily .....	1989	33.77	33.77	J Kortheuer .....	1988	34.20	33.64
100 brst	M Sanguily .....	1989	1:06.93	M Sanguily .....	1988	1:16.32	1:16.32	J Kortheuer .....	1988	1:17.87	1:17.87
200 brst	M Sanguily .....	1989	2:34.15	M Sanguily .....	1989	2:51.47	2:51.47	M Sanguily .....	1988	2:58.83	2:56.20
50 fly	B Baillie .....	1991	26.93	R Baillie .....	1990	30.15	30.15	B Baillie .....	1991	30.19	30.32
100 fly	W Dobler .....	1989	1:00.88	W Dobler .....	1990	1:13.47	1:13.47	W Yorzyk .....	1988	1:12.19	1:12.19
200 fly	B Yorzyk .....	1989	2:24.68	M Sanguily .....	1989	2:53.71	2:53.71	M Sanguily .....	1988	3:00.91	2:56.19
100 IM	B Jones .....	1988	1:03.11	B Jones .....	1989	1:12.67	1:12.67				
200 IM	B Jones .....	1988	2:17.88	B Jones .....	1990	2:41.86	2:41.86	B Jones .....	1990	2:43.57	2:43.57
400 IM	B Jones .....	1990	5:03.44	B Jones .....	1989	5:54.37	5:54.37	B Jones .....	1990	5:53.53	5:53.53



MEN 60-64	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	P Powlison	1985	25.19	F Pienme	1988	28.86	28.86	P Powlison	1986	28.60	28.60
100 free	P Powlison	1985	56.09	C Baldwin	1990	1:05.52	1:05.52	P Powlison	1986	1:03.94	1:03.94
200 free	P Powlison	1985	2:07.53	G Johnston	1991	2:21.77	2:21.77	G Johnston	1991	2:25.34	2:25.34
400/500 free	G Johnston	1991	5:38.17	W Phillips	1988	5:14.08	5:14.08	G Johnston	1991	5:02.70	5:17.64
800/1000 free	G Johnston	1991	11:51.48	W Phillips	1989	11:14.13	11:14.13	G Johnston	1991	10:36.09	10:36.09
1500/1650 free	G Johnston	1991	19:43.73	W Wilson	1990	21:46.98	21:46.98	G Johnston	1991	20:06.80	21:17.93
50 back	P Hutinger	1985	30.65	P Hutinger	1986	34.81	34.81	P Hutinger	1986	35.02	34.39
100 back	P Hutinger	1985	1:07.47	P Hutinger	1986	1:17.31	1:17.31	P Hutinger	1986	1:18.06	1:18.06
200 back	R Bennett	1991	2:28.45	R Franks	1989	2:49.82	2:49.82	R Franks	1987	2:52.67	2:52.67
50 brst	J Korthauer	1991	32.31	J Kurtzman	1989	37.53	37.53	J Korthauer	1991	35.91	35.91
100 brst	J Korthauer	1991	1:10.37	D VanRossen	1989	1:23.19	1:23.19	J Korthauer	1991	1:21.58	1:21.58
200 brst	J Korthauer	1991	2:40.96	F T Haartz	1989	3:09.24	3:06.66	J Korthauer	1991	3:12.31	3:12.06
50 fly	P Hutinger	1986	28.50	F Pienme	1988	32.58	32.48	F Pienme	1985	32.19	32.19
100 fly	J Korthauer	1991	1:06.31	C Moss	1989	1:19.42	1:16.56	W Wilson	1988	1:17.39	1:17.39
200 fly	J Masters	1991	2:38.59	C Moss	1989	3:06.04	3:06.04	J Masters	1990	3:00.99	3:00.99
100 IM	P Hutinger	1986	1:06.39	P Hutinger	1989	1:16.52	1:16.52	G Johnston	1991	2:51.41	2:51.41
200 IM	G Johnston	1991	2:30.59	G Johnston	1991	2:46.69	2:46.69	G Johnston	1991	6:04.99	6:04.99
400 IM	G Johnston	1991	5:22.98	C Moss	1989	6:19.49	6:19.49				
MEN 65-69	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	P Powlison	1987	25.62	F Pienme	1990	29.63	29.63	P Powlison	1987	29.17	29.17
100 free	P Powlison	1987	56.24	F Pienme	1990	1:07.13	1:07.13	J Welch	1983	1:08.15	1:08.15
200 free	P Powlison	1987	2:10.80	F Pienme	1990	2:36.10	2:36.10	P Powlison	1987	2:32.90	2:32.90
400/500 free	F Pienme	1991	6:15.85	F Pienme	1990	5:41.43	5:41.43	J Welch	1983	5:38.79	5:38.79
800/1000 free	F Pienme	1991	13:08.36	F Pienme	1990	11:55.05	11:55.05	E Kerswill	1991	12:03.98	11:36.97
1500/1650 free	F Pienme	1991	22:00.93	F Pienme	1990	22:21.91	22:21.91	E Kerswill	1991	23:00.86	23:03.73
50 back	P Hutinger	1989	31.39	P Hutinger	1990	35.54	36.36	G Gandsey	1989	35.47	35.47
100 back	P Hutinger	1990	1:12.08	P Hutinger	1990	1:20.13	1:23.24	P Hutinger	1990	1:21.52	1:21.52
200 back	P Hutinger	1990	2:40.30	P Hutinger	1990	2:54.25	3:03.05	P Hutinger	1990	2:58.62	2:58.62
50 brst	J Kurtzman	1991	33.24	B Greenberg	1989	40.02	38.53	J Kurtzman	1991	38.28	38.28
100 brst	J Kurtzman	1991	1:17.34	B Greenberg	1989	1:27.91	1:27.85	J Kurtzman	1991	1:28.91	1:28.91
200 brst	B Greenberg	1990	2:54.27	B Greenberg	1989	3:20.02	3:18.20	B Greenberg	1991	3:24.00	3:16.90
50 fly	F Pienme	1991	29.42	F Pienme	1990	33.63	33.63	F Pienme	1990	33.39	33.34
100 fly	J Kurtzman	1991	1:09.77	K Carter	1990	1:24.43	1:24.43	J Kurtzman	1991	1:21.49	1:21.49
200 fly	J Kurtzman	1991	2:42.58	K Carter	1990	3:28.36	3:21.62	J Kurtzman	1991	3:08.79	3:08.79
100 IM	P Powlison	1987	1:06.74	R Taft	1986	1:20.20	1:20.20				
200 IM	F Pienme	1991	2:38.37	F Pienme	1990	3:03.80	3:03.80	P Powlison	1987	3:02.81	3:02.81
400 IM	F Pienme	1991	5:45.80	F Pienme	1990	6:42.13	6:42.13	L Arth	1990	6:50.59	6:50.59

MEN 70-74	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	K Lemmon	1982	27.45	K Lemmon	1986	32.31	31.80	K Lemmon	1984	29.35	29.35
100 free	K Lemmon	1984	1:01.22	K Lemmon	1986	1:14.48	1:14.48	K Lemmon	1983	1:11.61	1:11.61
200 free	K Lemmon	1982	2:24.72	R Taft	1989	2:46.86	2:46.86	K Lemmon	1983	2:44.86	2:44.86
400/500 free	F Taioli	1991	6:52.21	R Taft	1989	5:56.06	5:56.06	R Taft	1989	6:04.62	6:04.62
800/1000 free	F Taioli	1990	14:15.81	R Taft	1989	12:15.49	12:15.49	F Taioli	1991	12:36.65	12:44.54
1500/1650 free	A Da Rosa	1988	23:44.48	A Da Rosa	1988	23:59.12	23:59.12	F Taioli	1991	24:28.27	23:59.01
50 back	R Taft	1989	34.81	R Taft	1989	38.44	38.44	R Taft	1989	37.49	37.49
100 back	J Dille	1991	1:15.70	R Taft	1989	1:24.30	1:24.30	R Taft	1989	1:25.35	1:25.35
200 back	A Vande Weghe	1988	2:52.67	R Taft	1989	3:07.57	3:07.57	R Taft	1989	3:13.25	3:13.25
50 brst	P Krup	1989	36.17	P Krup	1989	40.81	40.02	B Allen	1984	41.44	40.56
100 brst	A Da Rosa	1988	1:21.03	A Da Rosa	1988	1:32.13	1:32.13	B Allen	1984	1:33.20	1:33.20
200 brst	A Da Rosa	1988	3:03.29	A Da Rosa	1988	3:24.66	3:24.66	A Da Rosa	1988	3:32.90	3:32.90
50 fly	B Davidson	1989	31.95	A Holden	1990	36.09	36.09	R Taft	1989	35.65	35.65
100 fly	A Holden	1990	1:18.88	P Krup	1989	1:31.20	1:31.20	A Holden	1990	1:32.85	1:32.85
200 fly	A Cerer	1987	2:58.78	A Cerer	1989	3:31.97	3:31.97	A Holden	1990	3:39.04	3:38.48
100 IM	R Taft	1989	1:13.66	R Taft	1989	1:21.87	1:21.87				
200 IM	B Davidson	1989	2:47.68	R Taft	1989	3:08.13	3:08.13	R Taft	1989	3:11.42	3:11.42
400 IM	B Davidson	1989	6:14.18	R Taft	1989	6:50.27	6:50.27	R Taft	1989	6:59.24	6:59.24
MEN 75-79	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	K Lemmon	1987	28.73	K Lemmon	1988	32.78	32.78	L Collet	1983	32.50	32.50
100 free	K Lemmon	1988	1:04.28	K Lemmon	1988	1:15.94	1:15.94	K Lemmon	1987	1:14.86	1:14.86
200 free	K Lemmon	1988	2:30.58	K Lemmon	1988	2:55.63	2:59.20	K Lemmon	1987	2:53.73	2:53.73
400/500 free	D Woodford	1989	7:14.29	D Woodford	1989	6:23.81	6:23.81	A Rule	1981	6:27.76	6:27.76
800/1000 free	D Woodford	1990	14:54.63	D Woodford	1989	13:17.26	13:17.26	H Howe	1987	13:35.96	13:35.96
1500/1650 free	D Woodford	1989	25:05.88	D Woodford	1989	26:04.74	25:15.05	H Howe	1987	25:41.55	25:41.55
50 back	E Shea	1991	37.10	E Shea	1990	43.13	41.90	A Hargrave	1982	40.47	40.47
100 back	E Shea	1990	1:22.92	E Shea	1990	1:34.84	1:34.84	A Hargrave	1982	1:32.92	1:32.92
200 back	E Shea	1991	3:03.60	E Shea	1990	3:28.13	3:28.13	E Shea	1991	3:25.93	3:25.93
50 brst	W Spence	1982	38.58	K Lemmon	1989	45.73	42.99	B Allen	1989	43.61	42.58
100 brst	K Lemmon	1987	1:27.44	D McCullough	1990	1:42.06	1:42.06	K Lemmon	1987	1:39.69	1:39.69
200 brst	K Lemmon	1988	3:17.04	D McCullough	1990	3:36.71	3:36.71	D McCullough	1991	3:44.71	3:44.71
50 fly	K Lemmon	1987	35.44	B Shott	1985	43.99	43.99	K Lemmon	1987	41.25	41.25
100 fly	K Lemmon	1988	1:32.72	D McCullough	1990	1:44.78	1:44.78	K Lemmon	1987	1:48.44	1:48.44
200 fly	D McCullough	1990	3:38.01	D McCullough	1990	4:01.10	4:01.10	K Lemmon	1987	4:04.13	4:04.13
100 IM	K Lemmon	1987	1:16.57	K Lemmon	1989	1:35.55	1:35.55				
200 IM	K Lemmon	1987	2:58.90	K Lemmon	1988	3:35.61	3:35.61	K Lemmon	1987	3:30.50	3:30.50
400 IM	K Lemmon	1988	6:53.52	D McCullough	1990	7:49.57	7:49.57	K Lemmon	1987	7:48.38	7:48.38

MEN 80-84	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	G Sobel .....	1990	33.61	F Bellaire .....	1990	39.09	38.65	G Sobel .....	1990	36.62	36.62
100 free	G Sobel .....	1990	1:17.82	G Sobel .....	1991	1:32.29	1:29.06	G Sobel .....	1990	1:28.22	1:28.22
200 free	C Ross .....	1980	3:01.25	G Sobel .....	1991	3:31.46	3:26.46	G Langner .....	1983	3:31.79	3:31.79
400/500 free	G Langner .....	1985	8:03.55	G Langner .....	1986	7:32.64	7:05.20	G Langner .....	1983	7:23.09	7:23.09
800/1000 free	G Langner .....	1985	16:54.23	G Langner .....	1986	15:41.78	15:41.78	G Langner .....	1985	15:53.13	15:48.62
1500/1650 free	G Langner .....	1985	28:04.21	G Langner .....	1986	29:58.32	29:58.32	G Langner .....	1983	28:54.95	28:54.95
50 back	A Rule .....	1987	41.17	H Eissenschmidt .....	1987	50.13	46.85	A Hargrave .....	1987	45.69	45.69
100 back	A Hargrave .....	1987	1:35.29	H Eissenschmidt .....	1987	1:50.89	1:45.81	A Hargrave .....	1987	1:50.05	1:50.05
200 back	A Hargrave .....	1986	3:34.78	H Eissenschmidt .....	1987	4:01.12	4:01.12	H Eissenschmidt .....	1987	4:04.79	4:04.79
50 brst	D Dotterweich .....	1989	45.97	J Penfield .....	1989	55.32	45.52	B Shott .....	1990	49.49	49.49
100 brst	A Kallunki .....	1984	1:45.41	J Penfield .....	1989	2:09.01	2:09.01	A Kallunki .....	1984	2:04.84	2:00.89
200 brst	A Kallunki .....	1984	4:03.66	W Share .....	1989	5:03.34	4:45.98	A Kallunki .....	1985	4:43.91	4:40.35
50 fly	J Coon .....	1990	40.94	J Coon .....	1991	49.08	49.08	J Coon .....	1991	52.05	52.05
100 fly	J Coon .....	1991	1:50.88	J Coon .....	1991	2:07.29	2:07.29	J Coon .....	1991	2:21.06	2:23.50
200 fly	J Coon .....	1990	4:20.25	J Coon .....	1991	5:14.66	5:14.66	A Kallunki .....	1985	5:56.13	5:11.48
100 IM	J Penfield .....	1988	1:40.18	H Eissenschmidt .....	1987	1:53.59	1:53.59				
200 IM	H Eissenschmidt .....	1987	3:48.22	H Eissenschmidt .....	1987	4:36.38	4:36.38	H Eissenschmidt .....	1987	4:22.70	4:20.72
400 IM	H Eissenschmidt .....	1989	8:27.54	H Eissenschmidt .....	1988	9:25.63	9:25.63	J Coon .....	1991	10:29.63	9:47.72
MEN 85-89	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	C Ross .....	1985	39.47	G Langner .....	1989	44.61	44.61	G Langner .....	1989	44.65	44.65
100 free	G Langner .....	1990	1:27.45	G Langner .....	1989	1:41.46	1:41.46	G Langner .....	1988	1:43.03	1:43.03
200 free	G Langner .....	1990	3:17.83	G Langner .....	1989	3:48.20	3:48.20	G Langner .....	1988	3:48.91	3:48.91
400/500 free	G Langner .....	1990	9:00.31	G Langner .....	1988	7:54.24	7:54.24	G Langner .....	1988	8:14.50	8:14.50
800/1000 free	G Langner .....	1989	18:18.29	G Langner .....	1988	16:53.90	16:53.90	G Langner .....	1988	17:11.21	17:11.21
1500/1650 free	G Langner .....	1990	31:02.36	G Langner .....	1988	32:20.20	32:20.20	G Langner .....	1989	33:08.42	33:08.42
50 back	P Jurczyk .....	1990	52.83	P Jurczyk .....	1990	57.97	1:04.06	P Jurczyk .....	1991	59.15	59.15
100 back	P Jurczyk .....	1990	1:54.21	P Jurczyk .....	1990	2:12.69	2:29.75	R Harrison .....	1989	2:18.74	2:18.74
200 back	P Jurczyk .....	1990	4:22.41	P Jurczyk .....	1990	4:55.62	5:23.27	P Jurczyk .....	1991	5:08.97	5:08.97
50 brst	A Kallunki .....	1990	52.51	G Langner .....	1988	1:05.82	1:05.80	A Kallunki .....	1989	1:01.47	1:01.47
100 brst	A Kallunki .....	1990	2:04.28	G Langner .....	1989	2:31.20	2:31.20	A Kallunki .....	1989	2:25.85	2:25.85
200 brst	A Kallunki .....	1990	4:34.29	G Langner .....	1988	5:30.76	5:30.76	A Kallunki .....	1989	5:35.03	5:35.03
50 fly	A Kallunki .....	1990	59.14	A Olanoff .....	1991	1:21.90	1:21.90	A Kallunki .....	1989	1:14.96	1:14.96
100 fly	G Langner .....	1991	3:34.45					A Olanoff .....	1991	3:23.06	
200 fly											
100 IM	A Kallunki .....	1990	2:00.04	P Jurczyk .....	1990	2:25.09	2:30.01				
200 IM	T Cureton .....	1987	4:40.51	G Langner .....	1990	5:54.83	5:54.83	T Cureton .....	1986	5:33.20	5:33.20
400 IM	T Cureton .....	1987	10:41.12					A Olanoff .....	1991	12:27.27	12:36.30

MEN 90-94	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World90+	LC-Meters	Year	USMS	World90+
50 free	J Whittemore	1990	1:06.72	P Spangler	1989	1:14.28	50.57	C Wheeler	1984	59.88	59.88
100 free	P Spangler	1989	2:24.60	P Spangler	1990	2:49.33	2:49.33	C Wheeler	1984	2:14.06	2:14.06
200 free	P Spangler	1990	5:22.61	P Spangler	1990	5:51.45	5:51.45	P Spangler	1990	6:03.12	6:03.12
400/500 free	P Spangler	1989	13:13.36	P Spangler	1989	11:09.76	11:09.76				
800/1000 free	P Spangler	1989	28:04.65								
1500/1650 free	P Spangler	1989	51:31.39	P Spangler	1990	51:43.20	51:43.20	P Spangler	1990	52:41.53	52:41.53
50 back	T Lane	1989	1:15.02	T Lane	1989	1:29.99	1:29.99	T Lane	1989	1:16.30	1:16.30
100 back	T Lopez	1990	3:17.90					T Lopez	1991	4:45.88	3:21.19
200 back	T Lopez	1990	6:40.23					T Lopez	1990	8:59.53	8:59.53
50 brst	J Whittemore	1990	1:24.24	T Lane	1989	1:50.16	1:50.16	T Lane	1989	1:36.87	1:36.87
100 brst								L Magener	1982	5:16.03	5:16.03
200 brst											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											
MEN 95+	SC-Yards	Year	USMS	SC-Meters	Year	USMS		LC-Meters	Year	USMS	
50 free	T Lane	1990	1:14.35					T Lane	1989	1:20.52	
100 free	T Lane	1990	3:20.38								
200 free											
400/500 free											
800/1000 free											
1500/1650 free											
50 back	T Lane	1989	1:08.20					T Lane	1989	1:18.91	
100 back								T Lane	1991	3:21.19	
200 back											
50 brst	T Lane	1989	1:27.94					T Lane	1989	2:03.52	
100 brst											
200 brst											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

## WOMEN'S RELAYS

WOMEN 19+/76+	SC-Yards (19+)	Year	USMS	SC-Meters (76+)	Year	USMS	LC-Meters (76+)	Year	USMS		
200 free relay	Holmes Lumber ...	1991	1:41.90	Univ. Houston ...	1988	1:59.79	Walnut Creek .....	1988	2:02.23		
400 free relay	U San Francisco ...	1991	3:52.34	Longhorn .....	1990	4:45.47	Santa Cruz .....	1989	4:46.43		
800 free relay	Strawberry Canyon	1987	8:35.58	Space Coast .....	1987	10:55.74	Santa Cruz .....	1989	11:36.22		
200 med relay	Lakeside .....	1988	1:58.61	Pacific NW .....	1990	2:22.24	San Mateo .....	1987	2:15.79		
400 med relay	Empire State ...	1991	4:20.17	Inland Empire ...	1987	5:54.71	Lakeside .....	1990	5:15.60		
WOMEN 25+/100+	SC-Yards (25+)	Year	USMS	SC-Meters (100+)	Year	USMS	World	LC-Meters (100+)	Year	USMS	World
200 free relay	Lone Star .....	1989	1:37.40	Sawmill .....	1989	2:02.59	1:58.02	Holmes Lumber .....	1988	1:53.20	1:53.20
400 free relay	Walnut Creek ...	1991	3:37.75	St. Louis .....	1987	4:34.65		Walnut Creek .....	1989	4:35.53	
800 free relay	Walnut Creek ...	1991	8:13.04	.....				Walnut Creek .....	1989	9:50.91	
200 med relay	Houstonian .....	1991	1:49.19	San Diego .....	1986	2:20.92	2:13.46	Holmes Lumber .....	1988	2:06.67	2:06.67
400 med relay	Connecticut .....	1991	4:16.21	St. Louis .....	1987	4:58.83		Los Altos .....	1989	5:11.31	
WOMEN 35+/120+	SC-Yards (35+)	Year	USMS	SC-Meters (120+)	Year	USMS	World	LC-Meters (120+)	Year	USMS	World
200 free relay	Holmes Lumber ...	1989	1:46.81	St. Louis .....	1989	1:58.02	1:58.02	Lone Star .....	1987	1:53.05	1:53.05
400 free relay	Los Altos .....	1989	4:06.91	San Diego .....	1989	4:25.46		San Diego .....	1989	4:26.76	
800 free relay	Los Altos .....	1990	8:52.11	Mission Bay .....	1988	10:37.16		San Diego .....	1990	9:48.97	
200 med relay	Holmes Lumber ...	1989	2:00.72	St. Louis .....	1989	2:13.77	2:13.77	DC Masters .....	1987	2:11.61	2:08.21
400 med relay	Los Altos .....	1990	4:38.42	San Diego .....	1988	5:13.77		Walnut Creek .....	1991	5:00.94	
WOMEN 45+/160+	SC-Yards (45+)	Year	USMS	SC-Meters (160+)	Year	USMS	World	LC-Meters (160+)	Year	USMS	World
200 free relay	Tamalpais .....	1989	1:55.87	DC Masters .....	1989	2:01.10	2:01.10	DC Masters .....	1988	2:03.48	2:03.48
400 free relay	Tamalpais .....	1989	4:38.18	Longhorn .....	1990	5:13.59		San Diego .....	1991	4:52.91	
800 free relay	Tamalpais .....	1988	10:24.25	Industry Hills ...	1987	11:45.47		San Diego .....	1991	10:33.64	
200 med relay	DC Masters .....	1991	2:12.67	DC Masters .....	1989	2:19.83	2:18.65	DC Masters .....	1988	2:20.53	2:20.21
400 med relay	Tamalpais .....	1990	5:24.17	Escondido .....	1990	6:57.48		San Diego .....	1989	5:24.49	
WOMEN 55+/200+	SC-Yards (55+)	Year	USMS	SC-Meters (200+)	Year	USMS	World	LC-Meters (200+)	Year	USMS	World
200 free relay	New England ....	1991	2:14.01	Tamalpais .....	1989	2:11.64	2:11.64	Holmes Lumber .....	1990	2:13.96	2:13.96
400 free relay	Walnut Creek ...	1991	5:30.85	San Diego .....	1990	6:06.07		San Diego .....	1990	5:27.04	
800 free relay	Walnut Creek ...	1991	12:01.67	San Diego .....	1990	12:44.99		San Diego .....	1990	11:58.26	
200 med relay	New England ....	1991	2:33.85	Tamalpais .....	1989	2:34.15	2:34.15	DC Masters .....	1991	2:31.32	2:35.47
400 med relay	Rinconada .....	1988	6:11.61	San Diego .....	1990	6:16.07		DC Masters .....	1991	5:48.73	

WOMEN 65+/240+	SC-Yards (65+) Year USMS	SC-Meters (240+) Year USMS World	LC-Meters (240+) Year USMS World
200 free relay	Santa Barbara ... 1989 ... 2:24.64	Santa Barbara .... 1990 ... 2:48.58 2:42.57	New England ..... 1988 ... 2:35.32 2:28.24
400 free relay	Santa Barbara ... 1989 ... 5:32.88	San Diego ..... 1990 ... 6:19.91	Rinconada ..... 1991 ... 6:24.44
800 free relay	Santa Barbara ... 1989 ... 12:14.80	San Diego ..... 1990 ... 13:38.17	Santa Barbara ..... 1988 ... 13:56.14
200 med relay	Santa Barbara ... 1989 ... 2:55.36	San Diego ..... 1990 ... 3:05.53 3:05.53	St. Louis ..... 1991 ... 2:53.89 2:51.82
400 med relay	Santa Barbara ... 1989 ... 6:47.55	San Diego ..... 1989 ... 7:12.08	Walnut Creek ..... 1991 ... 7:05.32
WOMEN 75+/280+	SC-Yards (75+) Year USMS	SC-Meters (280+) Year USMS World	LC-Meters (280+) Year USMS World
200 free relay	St Petersburg ... 1989 ... 3:54.91	Walnut Creek .... 1989 ... 3:16.06 3:16.06	Walnut Creek ..... 1989 ... 3:19.23 3:09.01
400 free relay	.....	San Mateo ..... 1989 ... 8:00.77	Walnut Creek ..... 1989 ... 8:01.05
800 free relay	.....	.....	Walnut Creek ..... 1989 ... 17:18.81
200 med relay	St Petersburg ... 1990 ... 5:14.33	Walnut Creek .... 1989 ... 3:45.54 3:45.54	Rinconada ..... 1987 ... 3:45.37 3:41.70
400 med relay	.....	.....	Walnut Creek ..... 1991 ... 9:27.69
WOMEN 85+/320+	SC-Yards (85+) Year USMS	SC-Meters (320+) Year USMS	LC-Meters (320+) Year USMS
200 free relay	.....	.....	.....
400 free relay	.....	.....	.....
800 free relay	.....	.....	.....
200 med relay	.....	.....	.....
400 med relay	.....	.....	.....

#### MEN'S RELAYS

MEN 19+/76+	SC-Yards (19+) Year USMS	SC-Meters (76+) Year USMS	LC-Meters (76+) Year USMS
200 free relay	Connecticut .... 1991 ... 1:27.94	Inland Empire .... 1987 ... 1:52.27	DC Masters ..... 1991 ... 1:42.33
400 free relay	Los Altos ..... 1991 ... 3:20.51	Davis ..... 1990 ... 3:53.01	San Diego ..... 1989 ... 4:35.32
800 free relay	Connecticut ..... 1991 ... 7:27.68	Space Coast ..... 1987 ... 11:48.18	Davis ..... 1989 ... 9:11.58
200 med relay	Georgia KW ..... 1991 ... 1:38.06	Pacific NW ..... 1990 ... 2:00.40	DC Masters ..... 1991 ... 1:57.18
400 med relay	Connecticut .... 1991 ... 3:41.61	Davis ..... 1990 ... 4:56.13	San Diego ..... 1988 ... 5:34.90
MEN 25+/100+	SC-Yards (25+) Year USMS	SC-Meters (100+) Year USMS World	LC-Meters (100+) Year USMS World
200 free relay	Houstonian Club. 1990 ... 1:23.34	Lakeside ..... 1989 ... 1:40.98 1:38.58	Houstonian ..... 1990 ... 1:36.15 1:37.40
400 free relay	Walnut Creek .... 1991 ... 3:14.38	Longhorn ..... 1991 ... 3:55.59	Santa Barbara ..... 1988 ... 3:51.43
800 free relay	Olympic Club .... 1991 ... 7:13.09	Univ. Houston .... 1988 ... 9:34.35	Lynbrook ..... 1989 ... 8:36.26
200 med relay	Lone Star ..... 1991 ... 1:31.54	Rosenberg ..... 1988 ... 1:52.59 1:50.73	Houstonian ..... 1990 ... 1:48.46 1:49.84
400 med relay	Empire State .... 1991 ... 3:38.42	Connecticut ..... 1989 ... 4:42.84	Santa Barbara ..... 1988 ... 4:18.93

MEN 35+/120+	SC-Yards (35+) Year USMS	SC-Meters (120+) Year USMS World	LC-Meters (120+) Year USMS World
200 free relay	Lone Star ..... 1990 ... 1:26.72	GCWP ..... 1989 ... 1:38.93 1:38.93	Lone Star ..... 1986 ... 1:37.43 1:37.43
400 free relay	So. Calif. Aqua . 1990 ... 3:23.76	Davis ..... 1990 ... 3:55.05	Texas Swimaster ... 1989 ... 3:50.76
800 free relay	Chicago ..... 1988 ... 7:41.22	Holmes Lumber ... 1988 ... 8:55.59	San Diego ..... 1991 ... 8:58.67
200 med relay	Colonials 1776 .. 1991 ... 1:36.66	GCWP ..... 1989 ... 1:50.73 1:50.73	Holmes Lumber ..... 1988 ... 1:50.90 1:49.84
400 med relay	So. Calif. Aqua . 1990 ... 3:50.05	San Diego ..... 1990 ... 4:29.80	Texas Swimaster ... 1989 ... 4:20.98
MEN 45+/160+	SC-Yards (45+) Year USMS	SC-Meters (160+) Year USMS World	LC-Meters (160+) Year USMS World
200 free relay	Tamalpais ..... 1990 ... 1:32.89	SWAM ..... 1991 ... 1:41.93 1:42.57	Holmes Lumber ..... 1990 ... 1:39.27 1:39.27
400 free relay	Los Altos ..... 1991 ... 3:42.14	Connecticut ..... 1988 ... 4:14.13	Los Altos ..... 1989 ... 4:03.69
800 free relay	Los Altos ..... 1991 ... 8:25.87	Heartland ..... 1989 ... 9:17.66	DC Masters ..... 1987 ... 9:12.20
200 med relay	Tamalpais ..... 1990 ... 1:46.68	SWAM ..... 1991 ... 1:55.51 1:56.75	Holmes Lumber ..... 1990 ... 1:54.57 1:54.57
400 med relay	Connecticut ..... 1990 ... 4:15.51	So. Calif. Aqua .. 1989 ... 4:29.41	Cal Tech - PAC .... 1987 ... 4:39.43
MEN 55+/200+	SC-Yards (55+) Year USMS	SC-Meters (200+) Year USMS World	LC-Meters (200+) Year USMS World
200 free relay	Olympic Club .... 1990 ... 1:42.55	Los Altos ..... 1989 ... 1:48.34 1:48.34	Olympic Club ..... 1986 ... 1:50.45 1:50.45
400 free relay	Walnut Creek .... 1991 ... 4:17.34	Oregon ..... 1991 ... 4:30.16	San Diego ..... 1987 ... 4:50.09
800 free relay	New England ..... 1991 ... 9:56.38	So. Calif. Aqua .. 1987 ... 10:48.48	San Diego ..... 1987 ... 11:02.34
200 med relay	So. Calif. Aqua . 1987 ... 1:57.74	Los Altos ..... 1989 ... 2:02.44 2:02.44	Connecticut ..... 1988 ... 2:08.82 2:06.81
400 med relay	Walnut Creek .... 1991 ... 4:55.98	Oregon ..... 1991 ... 5:11.59	Los Altos ..... 1989 ... 5:07.62
MEN 65+/240+	SC-Yards (65+) Year USMS	SC-Meters (240+) Year USMS World	LC-Meters (240+) Year USMS World
200 free relay	So. Calif. Aqua . 1990 ... 1:55.12	San Diego ..... 1988 ... 2:07.70 2:05.13	So. Calif. Aqua .... 1986 ... 2:02.48 1:58.63
400 free relay	So. Calif. Aqua . 1990 ... 4:28.95	So. Calif. Aqua .. 1989 ... 4:51.11	Rinconada ..... 1990 ... 5:08.29
800 free relay	Oregon ..... 1988 ... 11:47.75	Holmes Lumber ... 1989 ... 12:18.65	Tamalpais ..... 1989 ... 12:33.60
200 med relay	So. Calif. Aqua . 1990 ... 2:12.78	Greater Indiana .. 1989 ... 2:21.09 2:21.09	Lincoln ..... 1991 ... 2:21.20 2:21.34
400 med relay	Oregon ..... 1988 ... 5:31.68	So. Calif. Aqua .. 1990 ... 5:46.32	Rinconada ..... 1991 ... 5:31.14
MEN 75+/280+	SC-Yards (75+) Year USMS	SC-Meters (280+) Year USMS World	LC-Meters (280+) Year USMS World
200 free relay	DC Masters ..... 1991 ... 2:24.77	Oregon ..... 1990 ... 2:13.84 2:11.80	Mid-Atlantic ..... 1986 ... 2:18.63 2:18.63
400 free relay	Long Beach ..... 1988 ... 7:02.17	Oregon ..... 1991 ... 5:27.45	Rinconada ..... 1991 ... 5:43.78
800 free relay	St. Petersburg .. 1990 ... 13:46.24	Space Coast ..... 1987 ... 18:54.13	Rinconada ..... 1991 ... 12:56.21
200 med relay	Holmes Lumber .... 1991 ... 2:50.76	Oregon ..... 1990 ... 2:36.92 2:36.92	Colonials ..... 1990 ... 2:36.93 2:36.93
400 med relay	Long Beach ..... 1989 ... 7:38.85	Oregon ..... 1991 ... 6:25.20	Colonials ..... 1990 ... 6:30.60

MEN 85+/320+	SC-Yards (85+) Year USMS	SC-Meters (320+) Year USMS	LC-Meters (320+) Year USMS
200 free relay	.....	.....	.....
400 free relay	.....	.....	.....
800 free relay	.....	.....	.....
200 med relay	.....	.....	.....
400 med relay	.....	.....	.....

### MIXED RELAYS

MIXED 19+/76+	SC-Yards (19+) Year USMS	SC-Meters (76+) Year USMS	LC-Meters (76+) Year USMS
200 free relay	Holmes Lumber...1991...1:31.65	Metairie.....1989...2:03.73	Sacramento.....1987...1:55.94
400 free relay	Walnut Creek....1990...3:37.95	Space Coast.....1987...5:03.81	Santa Cruz.....1989...4:23.58
800 free relay	Walnut Creek....1990...7:54.16	Inland Empire....1987...10:38.79	Santa Cruz.....1989...10:05.52
200 med relay	Holmes Lumber...1991...1:43.03	Riverside.....1989...2:06.31	St. Petersburg....1987...2:08.18
400 med relay	U San Francisco..1991...3:58.70	Inland Empire....1987...5:26.32	Univ of San Fran...1991...4:36.72

MIXED 25+/100+	SC-Yards (25+) Year USMS	SC-Meters (100+) Year USMS	World	LC-Meters (100+) Year USMS	World
200 free relay	So. Calif. Aqua..1990...1:29.40	Alaska.....1989...1:47.91	1:46.19	Holmes Lumber.....1988...1:45.58	1:43.89
400 free relay	Lincoln.....1990...3:30.65	Univ. Houston....1988...4:19.91		Walnut Creek.....1989...4:13.70	
800 free relay	Walnut Creek....1991...7:41.32	South Bay Waves..1989...9:19.97		Santa Cruz.....1989...9:17.66	
200 med relay	Lone Star.....1991...1:39.01	Ultra Swim.....1989...2:04.29	1:58.28	Houstonian.....1990...1:56.50	1:56.58
400 med relay	Walnut Creek....1991...3:51.18	Air Force Aqua...1990...4:48.01		Walnut Creek.....1990...4:36.14	

MIXED 35+/120+	SC-Yards (35+) Year USMS	SC-Meters (120+) Year USMS	World	LC-Meters (120+) Year USMS	World
200 free relay	Lone Star.....1991...1:34.75	Texas.....1989...1:48.60	1:48.60	Lone Star.....1987...1:44.84	1:44.83
400 free relay	Los Altos.....1990...3:40.82	So. Calif. Aqua..1989...4:05.98		Walnut Creek.....1991...4:01.94	
800 free relay	Los Altos.....1991...8:29.88	San Diego.....1989...9:12.88		Walnut Creek.....1990...9:16.50	
200 med relay	So. Calif. Aqua..1990...1:47.90	Lakeside.....1989...1:58.28	1:58.28	DC Masters.....1987...1:58.33	1:58.03
400 med relay	Empire State....1991...4:10.00	Texas Swimaster..1988...4:56.95		Empire State.....1989...4:58.08	

MIXED 45+/160+	SC-Yards (45+) Year USMS	SC-Meters (160+) Year USMS	World	LC-Meters (160+) Year USMS	World
200 free relay	Tamalpais.....1990...1:41.83	Greater Indiana..1989...1:50.55	1:50.55	Los Altos.....1987...1:52.55	1:48.82
400 free relay	Tamalpais.....1990...4:02.83	Los Altos.....1988...4:29.69		San Diego.....1991...4:26.33	
800 free relay	Tamalpais.....1990...9:22.35	Heartland.....1990...11:39.70		San Diego.....1991...9:32.88	
200 med relay	Los Altos.....1990...1:56.70	Greater Indiana..1989...2:07.18	2:07.34	Los Altos.....1988...2:07.61	2:02.10
400 med relay	DC Masters.....1990...4:34.11	Industry Hills...1987...5:41.39		San Diego.....1991...4:55.94	



MIXED 55+/200+	SC-Yards (55+) Year USMS	SC-Meters (200+) Year USMS World	LC-Meters (200+) Year USMS World
200 free relay	So. Calif. Aqua .1987 ... 1:56.25	Lincoln ..... 1989 ... 1:57.25 1:57.25	DC Masters ..... 1987 ... 1:59.04 1:59.04
400 free relay	New England ..... 1987 ... 4:34.21	Oregon ..... 1990 ... 4:50.94	Lincoln ..... 1990 ... 4:56.69
800 free relay	New England ..... 1987 ... 10:28.18	San Diego ..... 1989 ... 10:40.03	Multnomah ..... 1989 ... 11:10.75
200 med relay	New England ..... 1985 ... 2:12.02	Lincoln ..... 1989 ... 2:15.20 2:15.20	Oregon ..... 1987 ... 2:20.00 2:18.58
400 med relay	Walnut Creek .... 1991 ... 5:17.37	Lincoln ..... 1989 ... 5:20.78	Oregon ..... 1988 ... 5:32.10
MIXED 65+/240+	SC-Yards (65+) Year USMS	SC-Meters (240+) Year USMS World	LC-Meters (240+) Year USMS World
200 free relay	Lincoln ..... 1985 ... 2:10.27	San Diego ..... 1989 ... 2:33.33 2:29.51	So. Calif. Aqua .... 1986 ... 2:14.93 2:09.67
400 free relay	Connecticut ..... 1987 ... 5:15.84	Tamapais ..... 1988 ... 5:55.13	Oregon ..... 1989 ... 5:28.68
800 free relay	Connecticut ..... 1991 ... 12:33.35	Lake Erie ..... 1990 ... 13:56.05	Los Altos ..... 1989 ... 12:21.32
200 med relay	Lincoln ..... 1985 ... 2:27.90	O*H*I*O ..... 1989 ... 2:41.87 2:41.00	New England ..... 1988 ... 2:29.30 2:29.30
400 med relay	Rinconada ..... 1991 ... 5:54.09	San Diego ..... 1989 ... 6:37.62	Rinconada ..... 1990 ... 6:15.68
MIXED 75+/280+	SC-Yards (75+) Year USMS	SC-Meters (280+) Year USMS World	LC-Meters (280+) Year USMS World
200 free relay	Rinconada ..... 1987 ... 2:44.49	Connecticut ..... 1988 ... 2:38.80 2:38.80	DC Masters ..... 1989 ... 2:36.83 2:36.51
400 free relay	.....	San Mateo ..... 1989 ... 6:26.07	San Mateo ..... 1989 ... 6:08.62
800 free relay	St. Petersburg .. 1989 ... 16:04.30	Space Coast ..... 1987 ... 20:36.33	San Mateo ..... 1989 ... 14:26.78
200 med relay	DC Masters ..... 1988 ... 3:18.44	Connecticut ..... 1987 ... 3:19.26 3:11.32	So. Calif. Aqua .... 1986 ... 3:03.75 2:37.98
400 med relay	Rinconada ..... 1991 ... 9:27.58	Connecticut ..... 1988 ... 7:42.99	Walnut Creek ..... 1989 ... 8:01.82
MIXED 85+/320+	SC-Yards (85+) Year USMS	SC-Meters (320+) Year USMS	LC-Meters (320+) Year USMS
200 free relay	.....	Indian River .... 1990 ... 4:28.67	.....
400 free relay	.....	.....	.....
800 free relay	.....	.....	.....
200 med relay	.....	Indian River .... 1990 ... 5:21.37	.....
400 med relay	.....	.....	.....

WOMEN'S LONG DISTANCE RECORDS

WOMEN	ONE HOUR POSTAL	10K POSTAL	ONE-MILE CABLE	TWO-MILE CABLE
19-24	K Henson..... 1991....5170y	S B Brownstein.. 1988 .... 2:25:23.15	K Bryan ..... 1983...23:53.46	F Ramnath..... 1988 .... 46:26.00
25-29	W Cuckovich... 1990 ....5415y	S Blaha..... 1985 .... 2:22:40.00	S Swayman .... 1981...21:46.43	D Cain..... 1984 .... 42:10.30
30-34	P Mattson..... 1988 ....5295y	P Mattson..... 1985 .... 2:17:19.08	S Thomas ..... 1984...21:27.07	S Thomas..... 1984 .... 43:34.56
35-39	P Mattson..... 1989 ....5165y	P Mattson..... 1988 .... 2:16:22.59	M Stevens .... 1988...23:04.20	S Lofthus..... 1988 .... 46:27.00
40-44	B Dunbar..... 1990 ....5030y	S Rague..... 1990 .... 2:48:08.89	J Katz ..... 1986...23:50.52	B Dunbar..... 1990 .... 43:06.00
45-49	J Royer..... 1987 ....4490y	L Weir..... 1986 .... 2:47:07.36	B Zaremski ... 1986...28:24.67	H Buss..... 1984 .... 48:08.20
50-54	L Stoinoff.... 1983 ....4400y	N Whitehall..... 1984 .... 2:47:12.49	A Rockefeller 1984...31:21.91	B Jordan..... 1991 .... 55:10.00
55-59	L Stoinoff.... 1988 ....4415y	C Anderson..... 1991 .... 3:20:47.99	B Russ ..... 1986...30:06.41	J Lamott..... 1991 .... 57:41.00
60-64	C Walker..... 1988 ....4040y	R Manfredi..... 1986 .... 3:58:01.00	B Russ ..... 1988...29:41.79	B Russ..... 1990.. 1:01:11.00
65-69	J McCollister. 1987 ....3465y	R Manfredi..... 1989 .... 3:58:55.00	K Brazil ..... 1987...53:05.88	J Merryman.... 1990.. 1:06:11.00
70-74	E Lattimer.... 1987 ....3280y	R Steward..... 1988 .... 4:54:25.78	I Browne ..... 1977...34:53.37	I Browne..... 1986.. 1:13:53.70
75-79	J Dolce..... 1985 ....3115y	I Browne..... 1990 .... 4:19:19.99	E Landon ..... 1979...49:11.96	E Bein..... 1977.. 1:15:52.27
80-84	E Maurice..... 1985 ....2275y	.....	.....	.....
85-89	E Maurice..... 1990 ....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..... 1988 ....5625y	M Collins..... 1990 .... 2:15:24.99	J Barber ..... 1983...21:20.86	G Houck..... 1990.... 42:49.00
25-29	B Placak..... 1987 ....5825y	M Volk..... 1989 . . 2:04:50.00	D Winant ..... 1981...20:50.81	J Pearson..... 1991 .... 40:43.29
30-34	B Placak..... 1990 ....5750y	S Breiter..... 1987 .... 2:08:13.89	M Bernardino . 1983. .21:26.82	J Kegley..... 1988 ... 38:32.00
35-39	S MacDonald... 1991 ....5515y	J McConica..... 1988 .... 2:07:09.01	R Walton ..... 1988...21:23 33	R Phillips.... 1990.... 43:02.00
40-44	B Momsen..... 1990 ....5420y	K Bell..... 1989 .... 2.17:40.29	J Cooke ..... 1988...22:37.24	K Bell..... 1989 .... 44:30.00
45-49	H Winn..... 1987 ....5195y	P Hengen..... 1991 .... 2.31:50.00	M Goldstein .. 1984...23.47.75	D Costill..... 1984 .... 47:50.38
50-54	B Jones..... 1985 ....4925y	B Jones..... 1985 .... 2:31:06.00	S Kooistra ... 1978...23:11.86	T Haraszti.... 1991 .... 45:28.00
55-59	B Sturtvant... 1989 ....4675y	R Beach..... 1985 .... 2:44:46.26	J Schmidt .... 19??...26:59.84	C LeBourgeois. 1990 .... 49:41.00
60-64	W Wilson..... 1989 ....4555y	R Beach..... 1990 .... 2:58:24.99	J Schmidt .... 1989...33:27.29	W Phillips.... 1991 .... 49:57.00
65-69	F Plemme..... 1991 ....4315y	A Da Rosa..... 1985 .... 2:58:08.83	J Schull ..... 1984...28:55.62	C Barnes..... 1990 .. 1:01:31.00
70-74	A Da Rosa..... 1989 ....4080y	H Howe..... 1984 .... 2:57:58.03	J Schull ..... 1985...28:31.42	F Murphy..... 1990 .. 1:00:18.00
75-79	G Weisenhal.. 1989 ....3535y	.....	J Irvine ..... 1986...35:09.64	D Woodford.... 1989 .. 1:01:19.99
80-84	C Ross..... 1980 ....3435y	.....	.....	C Wood..... 1989 .. 1:20:33.00
85-89	C Ross..... 1985 ....3240y	.....	.....	.....
90-94	.....	.....	.....	.....
95+	.....	.....	.....	.....

## **APPENDIX B**

### **INFORMATION FOR MEET DIRECTORS AND OFFICIALS**

#### **PREPARATION OF MEET RESULTS**

Meet results must include the name of the meet; the location of the meet (name of pool, city, and state); the date of the meet; the name and address of the meet director; the name and certification status of the officials (Referee, Starter, and stroke and turn judges); and the sanction or approval number.

The results of each event shall be published in the following order.

##### **Individual events:**

1. Print women's results first, then men's results.
2. Within each sex, print results by age group from youngest to oldest.
3. Within each age group, print results in the following stroke order: freestyle, backstroke, breaststroke, butterfly, and individual medley.
4. Within each stroke, print events in order from shortest to longest.

##### **Relay events:**

1. Print women's relay results first, then men's relay results, then mixed relay results.
2. Within each sex, print results in the following order: 200 freestyle relay, 200 medley relay, 400 freestyle relay, 400 medley relay, and 800 freestyle relay.
3. Within each relay event, print results by age group from youngest to oldest.

Results, tapes, timing printouts, time cards, heat sheets, timers' heat sheets or swimmer lists, and other information used to compile results and records shall be kept for a minimum of one year after the conclusion of the meet.

## 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 shall be a USS or YMCA certified Referee, Starter, or stroke and turn judge.

- \* **Warmup** If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in pools of four or fewer lanes, swimmers shall be allowed to

swim to the other end of the pool at the end of each heat and a warm-up/warm-down period must be offered at least once during each half-hour of competition.

- \* **Timed Finals.** All masters events shall be conducted on a timed final basis.
- \* **Seeding.** Age groups, sexes, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled.

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.

## **USMS AND WORLD RECORD APPLICATIONS**

### **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 and/or 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** \_\_\_\_\_  
50-100-200-400-500-800-1000-1500-1650
2. **Course** \_\_\_\_\_  
SC-yards, SC-meters, LC-meters
3. **Stroke** \_\_\_\_\_  
free, back, brst, fly, IM, F R., M R
4. **Official Time** \_\_\_\_\_  
mins secs.hundredths
5. **Electronic timing** \_\_\_\_yes \_\_\_\_no
6. **Three stopwatches** \_\_\_\_yes \_\_\_\_no
7. **Individual events:**
- | Name   | Gender | Birthdate | Age   | USMS Number |
|--|--------|-----------|-------|-------------|
| 8. <b>Relay team name</b> _____ <b>Age Group</b> _____ |        |           |       |             |
| _____  | _____  | _____     | _____ | _____       |
| _____  | _____  | _____     | _____ | _____       |
| _____  | _____  | _____     | _____ | _____       |
| Names (in order of competing)                          | Gender | Birthdate | Age   | USMS Number |
9. **Pool name** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_  
**Last day of meet** \_\_\_\_\_ **Sanction#** \_\_\_\_\_ **LMSC** \_\_\_\_\_
10. **Is the swimmer's birth certificate on file with the USMS Records Chairman?** \_\_\_\_yes \_\_\_\_no  
(Required only for World Records)
11. **Is pool length certification on file with the USMS Records Chairman?** \_\_\_\_yes \_\_\_\_no  
(Required only for World Records)
12. **Record application submitted by:**
- Name** \_\_\_\_\_ **Phone** \_\_\_\_\_
- Address** \_\_\_\_\_
- City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Instructions:** Complete the above form in its entirety. Use this space for attaching the tape from the electronic timing system and/or time card with signatures of all three timers and the referee. Send all information to WALTER REID, P O BOX 8800A, STEILACOOM, WA 98399



# POOL LENGTH CERTIFICATION FORM

1. Pool name \_\_\_\_\_ LMSC \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

2. Measurement parameters (circle answer)

Pool length in meters	25	50
Moveable bulkhead	Yes	No
Measuring tape	Steel	Fiberglass
Number of touchpads at time of measurement	None	One Two

3. Measurements

Outside lane	_____	_____	or	_____	_____
	feet	inches		meters	centimeters
Middle lane	_____	_____	or	_____	_____
	feet	inches		meters	centimeters
Outside lane	_____	_____	or	_____	_____
	feet	inches		meters	centimeters

4. Measured by: \_\_\_\_\_ Submitted by: \_\_\_\_\_  
 Name \_\_\_\_\_ Name \_\_\_\_\_  
 Title \_\_\_\_\_ Title \_\_\_\_\_  
 Address \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date \_\_\_\_\_ Date \_\_\_\_\_

Send completed form to:

Walter Reid  
 P O Box 8800A  
 Stellacoom, 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. **Event** \_\_\_\_\_  
1-hour 10K or 6000Y postal 1-mile or 2-mile cable
2. **Course** \_\_\_\_\_  
25y 25m or 50m pool 1/4-mile cable
3. **Method of timing** \_\_\_\_\_  
electronic timing or three stopwatches
4. **Official Time** \_\_\_\_\_  
(if applicable) hours mins secs hundredths
5. **Completed Distance** \_\_\_\_\_  
(if applicable) specify yards or meters
6. **Individual events:**
- | Name   | Gender | Birthdate | Age   | USMS Number |
|--|--------|-----------|-------|-------------|
| 7. <b>Relay team name</b> _____ <b>Age Group</b> _____ |        |           |       |             |
| _____  | _____  | _____     | _____ | _____       |
| _____  | _____  | _____     | _____ | _____       |
| Names (in order of competing)                          | Gender | Birthdate | Age   | USMS Number |
8. **Name of pool or body of water** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_  
**Date of swim** \_\_\_\_\_ **Sanction#** \_\_\_\_\_ **LMSC** \_\_\_\_\_
9. **Lap counter/timer information (for postal swims only):**  
**Signature** \_\_\_\_\_  
**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_
10. **Course length certification (for open-water cable swims only):**  
**Measurement technique** \_\_\_\_\_  
**Signature** \_\_\_\_\_  
**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_
11. **Record application submitted by:**  
**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

Send the completed record application form and all required documentation to ROB COPELAND, 246 BERGER STREET, SOMERSET, NJ 08873

## APPENDIX C

### NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

#### USMS NATIONAL CONVENTIONS

**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.

**1993 USMS Convention**, Los Angeles, CA. September 19-26, 1993. Contact: Dorothy Donnelly, USMS National Office, 2 Peter Avenue, Rutland, MA 01543. Phone: (508) 886-6631.

#### USMS NATIONAL CHAMPIONSHIP MEETS

**1992 USMS Short Course Championships**, University of North Carolina, Chapel Hill, NC. May 21-24, 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.

**1993 USMS Short Course Championships**, Santa Clara International Swim Center, CA. May 20-23, 1993. Contact: Theresa Hessler, Santa Clara Swim Club, 2625 Patricia Drive, P.O. Box 2672 Mission Station, Santa Clara, CA 95055. Phone: (408) 246-5050, (408) 246-5055 (fax).

**1993 USMS Long Course Championships**, University of Minnesota Aquatic Center, MN. August 19-22, 1993. Contact: Wayne Mulhern, 570 96th Lane, Blaine, MN 55434. Phone: (612) 784-7020.

#### USMS LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS

**1992 USMS 1 Hour Postal Championships**, DC Masters. January 1992. Contact: Joann Leilich, 4913 Kingston Drive, Annandale, VA 22003.

**1992 USMS 10 Kilometer Postal Championships**, Davis Masters. May 15-September 30, 1992. Contact: Michael Collins, P.O. Box 1366, Davis, CA 95617.

**1992 USMS 6000 Yard Postal Championships**, Richardson Masters. September 1-November 30, 1992. Contact: Craig Tribuzi, 2302 Saharah Dr., Garland, TX 75044.

**1992 USMS 1 Mile Open Water Championships**, Connecticut Masters, Greenwich, CT. July 11, 1992. Contact: Peter Crumbine, 3 Copper Beech Rd., Greenwich, CT 06830.

- 1992 USMS 2 Mile Cable Championships**, Southwest Ohio Masters, Clermont, OH. July 18, 1992. Contact: Jan Huneke, 8068 Asbury Hills Dr., Cincinnati, OH 45255.
- 1992 USMS 2.7 Mile Open Water Championships**, Sierra Nevada Masters, Donner Lake, CA. August 8, 1992. Contact: Sally Ann Dillon, P.O. Box 9499, Truckee, CA 95737.
- 1992 USMS 5 Mile Open Water Championships**, SPMA, San Pedro, CA. October 17, 1992. Contact: Ray Falk, 424 W. 38th St., San Pedro, CA 90731.
- 1992 USMS 8.5 Mile Open Water Championships**, SPMA, Seal Beach, CA. July 19, 1992. Contact: Rick Kemster, 201 2nd St., Seal Beach, CA 90740.
- 1993 USMS 1 Hour Postal Championships**, Pacific Masters January, 1993
- 1993 USMS 10 Kilometer Postal Championships**, St. Louis Masters. May 15-September 30, 1993.
- 1993 USMS 6000 Yard Postal Championships**, Monroe Community College, September 1-November 30, 1993.
- 1993 USMS 1 Mile Open Water Championships**, Southern California Aquatics. August-September, 1993.
- 1993 USMS 2 Mile Cable Championships**, Virginia Masters July 10, 1993.
- 1993 USMS 1.5-3 Mile Open Water Championships**, Chicago Park District, September 12, 1993
- 1993 USMS 3.5-5 Mile Open Water Championships**, Southern Pacific Masters. Early July, 1993.
- 1993 USMS 6+ Mile Open Water Championships**, Southern Pacific Masters Mid-July, 1993.

#### **FINA/MSI CHAMPIONSHIP MEETS**

- 1992 FINA/MSI World Championships**, Indianapolis, Indiana, USA. June 27-July 5, 1992. Contact: Heidi Neuburger, 901 W. New York Street, Rm. 204, Indianapolis, IN 46202.

## APPENDIX D

## ZONE AND LMSC BOUNDARIES

## ZONES

**Breadbasket** - Colorado, Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Ozark, South Dakota, Wyoming.

**Colonies** - Adirondack, Connecticut, Delaware Valley, Maryland, Metropolitan, New England, New Jersey, Niagara, Potomac Valley, Virginia.

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

**Great Lakes** - Allegheny Mountain, Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia, Wisconsin.

**Northwest** - Alaska, Inland Empire, Montana, Oregon, Pacific Northwest, Snake River, Utah

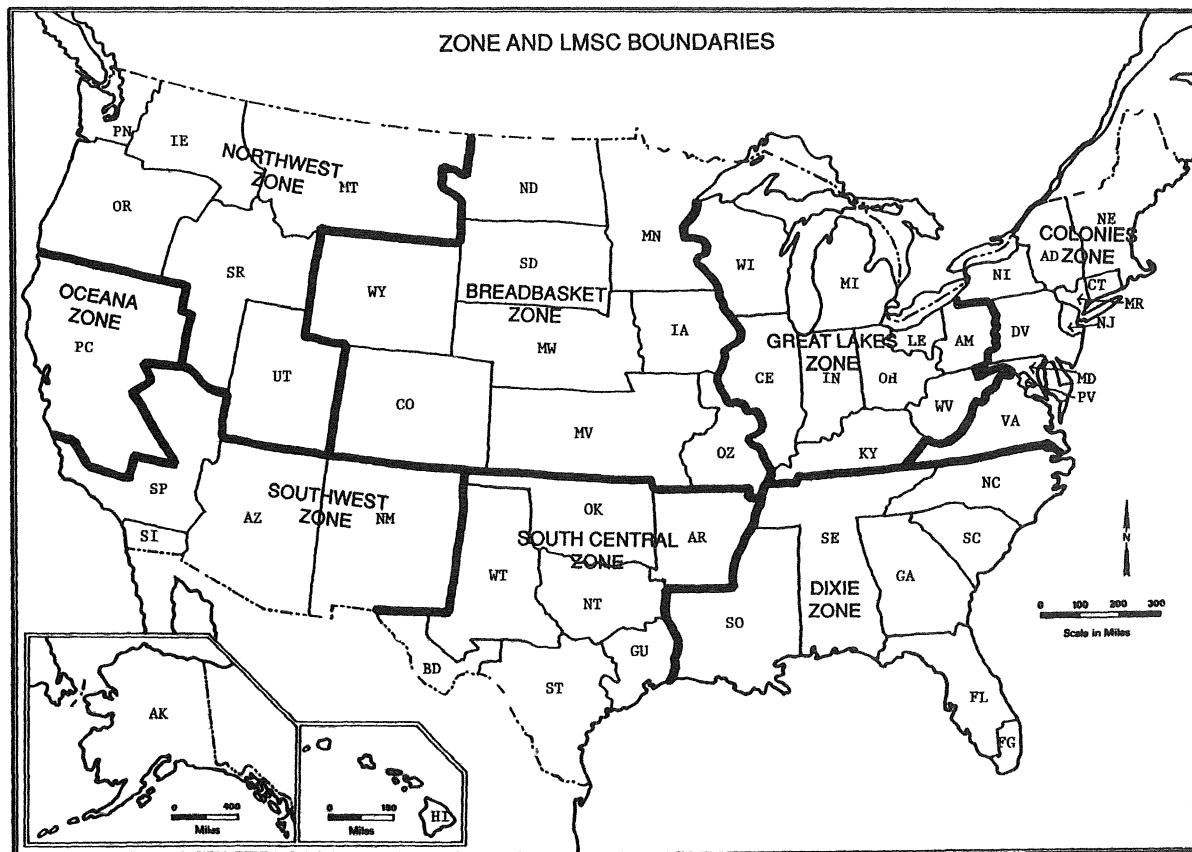
**Oceana** - Hawaii, Pacific.

**South Central** - Arkansas, Border, Gulf, Oklahoma, North Texas, South Texas, West Texas.

**Southwest** - Arizona, New Mexico, San Diego/Imperial, Southern Pacific.

## LMSC NUMERIC CODES AND ABBREVIATIONS

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



**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, Bureson, Washington, Austin, Fayette, Lavaca, and Jackson; on the south by the Gulf of Mexico and the Republic of Mexico; on the west by and including the Counties of Val Verde, Sutton, and Schleicher; and on the north by and including the Counties of Menard, Mason, Llano, 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.

**West Virginia** - The State of West Virginia except the Counties of Hancock, Brooke, Ohio, and Marshall. In the State of Ohio the Counties of Lawrence and Washington.

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

**Wyoming** - The State of Wyoming.

## APPENDIX E

### USMS DIRECTORY

#### USMS EXECUTIVE COMMITTEE

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

#### USMS NATIONAL OFFICE

Executive Secretary .....	Dorothy Donnelly
National Registrar .....	Diane and Bill Black

#### ZONE REPRESENTATIVES AND LMSC CHAIRMEN

##### Breadbasket Zone - Todd Samland

Colorado.....	Jack Wegert
Iowa .....	Jack Mathews
Midwestern.....	Todd Samland
Minnesota.....	Wayde Mulhern
Missouri Valley .....	Fran Fields
North Dakota.....	Will Gosnold
Ozark .....	Leo Letendre
South Dakota .....	Mike MacLean
Wyoming .....	Thomas W. Bryant

##### Colonies Zone - Tom Lyndon

Adirondack.....	Betsy Owens
Connecticut.....	Jerianne Donnelly
Delaware Valley.....	Stephanie Walsh
Maryland.....	Jeanne Bostwick
Metropolitan .....	Richard Monahan
New England.....	F. Ted Haartz
New Jersey.....	Cathy Copeland
Niagara .....	Gene Donner
Potomac Valley .....	Daniel Wilson
Virginia.....	Jim Miller

**Dixie Zone - Scott Rabalais**

Florida .....	John Maguire
Florida Gold Coast .....	June Krauser
Georgia .....	Lisa Watson
North Carolina .....	Dennis Watson
South Carolina .....	George Fisette
Southeastern .....	Pat Wilson
Southern .....	Scott Rabalais

**Great Lakes Zone - Daye Brown**

Allegheny Mountain .....	Stanley Prazer
Central .....	Russ Lyman
Indiana .....	Mark R. Lambert
Kentucky .....	William Tingley
Lake Erie .....	Pierce Bray
Michigan .....	Frank "Skip" Thompson
Ohio .....	Pat Maley
Wisconsin .....	John Bauman

**Northwest Zone - Kathrine J. Casey**

Alaska .....	John N. Zell
Inland Empire .....	Carolyn Kent
Montana .....	Steve Holloway
Oregon .....	John F. Zell
Pacific Northwest .....	Stephen Freeborn
Snake River .....	Peter Capano
Utah .....	Carol Morgan

**Oceana Zone - Jim Wheeler**

Hawaii .....	Bruce Clark
Pacific .....	Rick Windes

**South Central Zone - Kris Wingenroth**

Arkansas .....	Doug Rawn
Border .....	Don Mehl
Gulf .....	Jeff Thibodeaux
North Texas .....	Craig Tribuzi
Oklahoma .....	Pat Whitaker
South Texas .....	Marcia Marcantonio
West Texas .....	Jerry Vorheis

**Southwest Zone - Steve Schofield**

Arizona .....	Edie Gruender
New Mexico .....	Joseph Tesmer
San Diego - Imperial .....	Bill Earley
Southern Pacific .....	Michael Heather

**USMS COMMITTEES (Chairman \*):****Championship Committee**

Bill Barthold \*  
 Bill Black  
 Judy Bonning  
 Lynn Morrison Casey  
 Gene Donner

Clay Evans  
 Cathy Kohn  
 Stu Marvin  
 Sandi Rousseau  
 Cathy Schulbach

Frank "Skip" Thompson  
 Laura Val  
 Stephanie Walsh  
 Medical Coordinator:  
 Jim Miller

**Coaches Committee**

Judy Bonning  
 Nancy Brown  
 Carl Chittum  
 Michael Collins

Marilyn Early  
 Carolyn Kent  
 Don Mehl \*  
 Leslie Ronacher

Todd Samland  
 Tori Smith  
 William Tingley  
 Daniel Wilson

**Convention Committee**

Jeanne Bostwick  
 Carolyn Cunningham  
 Lil Haneman  
 Michael Heather \*  
 Mike Hitchcock

Sarah Hromada  
 Janice Krauser  
 Marie Kreipe  
 Doris Locker  
 Pat Maley

Art Mayer  
 Edna Spring  
 Joanne Tingley  
 William Tingley \*

**Finance Committee**

Robert Davidson  
 Nick Fazzano  
 Marilyn Fink  
 Dave Gray  
 John Maguire

Dick Smith  
 Fred Tan  
 Lucy Johnson Trapp \*  
 Kris Wingenroth  
 David Zander

Ex-Officio:  
 Roy Abramowitz  
 Susan Opel  
 Suzanne Rague

**Insurance Committee**

Doug Brogan  
 Jack Buchannan  
 Jack Geoghegan  
 Andy Kramer

Michael Laux \*  
 John Maguire  
 Bob Merrick

Jane Moore  
 Forrest Sullivan  
 Christine Winn

**Internal Audit Committee**

Susan Opel \*

Dick Smith

Daniel Wilson

**International Committee**

Thomas D. Boak  
 Peggy Buchanan  
 D. Barr Clayson \*  
 Dorothy Donnelly  
 Rowdy Gaines

Joseph Kurtzman  
 Pat Maley  
 Richard Monahan  
 Walt Reid  
 Manuel Sangully

Shannon Sullivan

Ex-Officio:  
 June Krauser

**Legislation Committee**

Hill Carrow  
Leslie Cooper  
Rob Copeland  
Jeanne Crouse  
Jerianne Donnelly \*  
Bill Earley  
Darlynn Ferguson

Edie Gruender  
E. Kevin Kelly  
Libby Neufeld  
Julie Paque  
William Reid  
Jeff Thibodeaux  
Frank Tillotson

Hugh Winn  
Elin Zander  
John F. Zell  
  
Ex-Officio:  
Jack Geoghegan

**Long Distance Committee**

Peter Capano  
Rob Copeland \*  
Peter Crumbine  
Sally Ann Dillon  
Lynn Hazelwood

Cynthia Jones  
Edna Laffin  
Gary McDowell  
George McVey

Adrienne Pipes  
Kevin Polansky  
Craig Tribuzi  
Lisa Watson

**Marketing/Publications Committee**

Rich Burns \*  
Laura Calwell  
Brooke Dick  
Emmett Hines  
Jayne Lambke

Terry Laughlin  
Tom Lyndon  
Carol Morgan  
Gerry Rodriguez

Melinda Schmitt  
Mary Lou Schulz  
Edna Spring  
Mary Lee Watson

**Nominating Committee**

The Nominating Committee is the Zone Committee.

**Planning Committee**

Mike N. Calwell  
George Cunningham  
Barbara Frid  
Bill Hall  
Lil Haneman

Lauren Hasselquist  
Sarah Hromada  
Edna Laffin  
Mark Lambert

Nancy Miller  
Hugh Moore \*  
Jennifer Parks  
Bob Shaw

**Ransom Arthur Award Committee**

Hamilton Anderson  
Mildred Anderson  
Cindy Baxter  
Bob Beach  
Thomas D. Boak  
Leslie Cooper  
Dorothy Donnelly  
Jack Geoghegan

Daniel Gruender  
Edie Gruender \*  
F. Ted Haartz  
Paul Hutingier  
June Krauser  
Michael Laux  
Ginger Pierson  
Harry Rawstrom

Ed Reed  
John Spannuth  
Ray Taft  
Zada Taft  
Craig Tribuzi  
Ross Wales  
Mary Lee Watson

**Records and Tabulation Committee**

Lou Abel	Dave Morrow	Walt Reid *
Ceil Blackwell	Dan Per-Lee	Kim Shaw
Bob Eberwine	Ginger Pierson	Rick Windes
Robert Mitchell	Barbara Protzman	Paul Windrath

**Registration Committee**

Jack Buchannan	Colin Light	Ex-Officio:
Bruce Clark	Diane Reed	Diane Black
Jeanne Ensign	Elleen Schappel	
Robert Koenig	Maury Schott	
Joann Leilich *	Joe Tesmer	

**Rules Committee**

Carolyn Boak	F. Ted Haartz	Leo Letendre
Catie Cooper	Kathy Keffer-Sharpe	Margaret Stannard
David Diehl	Janet Kavadas	Bobbi Turcotte
Joan Diercks	June Krauser *	

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Dorothy Donnelly	David Levinson	Meg Smath
Marilyn Fink	Maxine Nellen	

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Barbara Bower	Jane Moore *	Alan Voisard
Edie Jacobsen	Sandi Rousseau	Jack Wegert
Marcia Marcantonio	Manuel Sanguily	Bill Weir
Ann McDermott	Bill Uhrich	Chris Zimmet

**Zone Committee**

Dave Brown	Tom Lyndon	Steve Schofield
Kathrine J. Casey	Scott Rabalais	Jim Wheeler
Betsy Durrant *	Todd Samland	Kris Wingenroth

**Ad Hoc Computerization Committee**

Betty Barry	Leo Letendre *	Ex Officio:
Bill Black	John Protzman	Joann Leilich
Paul Fortoul		Hugh Moore
		Walt Reid

**Ad Hoc Fitness Committee**

Cindy Ayers	Randy Miller	Dore Schwab *
Bobby Gallegos	Roxanne Motter	Enid Uhrich
Marie Kreipe	Betsy Owens	Rhea Wilkins
Russ Lyman	Kellogg Patton	

**Ad Hoc Officials Committee**

Jayne Bruner	Carolyn Kent	Joan Smith
Patricia Diehl	Ron Marcickic	Jeff Thibodeaux
Sally Ann Dillon *	Wayde Mulhern	
Gail Dummer	Krista Phillips	Ex-Officio:
Judy Gillies	Clarice Rossi	Larry Rice
Joan Glaraton		

**Ad Hoc One Day Registration Committee**

Michael Collins	Jim Miller *	Gerry Rodriguez
Barbara Dunbar	Barbara Protzman	William Struthers
Joann Leilich		

**SPECIAL APPOINTMENTS AND LIAISONS**

**Controller** - Roy Abramowitz  
**FINA Representative** - June Krauser  
**Historian** - Hamilton Anderson  
**International Swimming Hall of Fame Liaison** - June Krauser  
**MSI Representative** - Daniel Gruender  
**Newsletter Editor** - Nancy Ridout and Suzanne Rague  
**United States Aquatic Sports Representative** - Daniel Gruender  
**United States Swimming Liaison** - F. Ted Haartz  
**YMCA Liaison** - Mel Goldstein

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Larry Rice, 507 Lakeview Way, Redwood City CA 94062  
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Leslie Ronacher, 7622 Alcomita, Houston TX 77040  
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## **APPENDIX F**

### **USMS HISTORY**

#### **Recipients of the Ransom J. Arthur Award**

This award is given in honor of Captain Ransom J. Arthur, M. D., who, by his sacrifice, perseverance, and dedication to improving the health of the adults through swimming, established the Masters swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters Swimming.

1973	Ransom J. Arthur	1982	Harry Rawstrom
1974	June Krauser	1983	Dorothy Donnelly
1975	Hal Onnuselt	1984	Reg Richardson
1976	F. Ted Haartz	1985	Michael Laux
1977	Dr. Paul Hutingier	1986	Judge Robert Beach
1978	Mildred Anderson	1987	Ross Wales
	Hamilton Anderson	1988	John Spannuth
1979	Zada Taft	1989	Daniel Gruender
1980	Enid Uhrich		Edie Gruender
	Ed Reed, Sr.	1990	Jack Geoghegan
1981	Cindy Baxter	1991	Thomas D. Boak

#### **Recipients of the USMS Coach-of-the-Year Award**

This award is presented annually to the coach who has done the most to further the objectives of Masters Swimming.

1986	Jim Miller	1989	William Tingley
1987	Kerry O'Brien	1990	Michael Collins
1988	Keith Bell	1991	Judy Bonning

## USMS National Championship Meets

Year	Short Course Championships			Long Course Championships		
	Date	Location	Swimmers	Date	Location	Swimmers
1970	May 2-3	Amarillo, TX	46			
1971	May 7-8	Amarillo, TX	108			
1972	May 19-21	San Mateo, CA	325	Aug. 11-13	Bloomington, IN	188
1973	May 18-20	Santa Monica, CA	500	Aug. 10-12	Chicago, IL	500
1974	May 17-19	Ft. Lauderdale, FL	561	Sept. 6-8	Santa Clara, CA	584
1975	May 16-18	Ft. Lauderdale, FL	663	Aug. 29-31	Knoxville, TN	394
1976	May 14-16	Mission Viejo, CA	800	Aug. 27-29	St Louis, MO	514
1977	May 13-15	Ft. Lauderdale, FL	611	Aug. 25-28	Spokane, WA	525
1978	May 19-21	San Antonio, TX	560	8/31-9/3	Providence, RI	540
1979	May 4-7	Mission Viejo, CA	1020	Aug. 23-26	Dearborn, MI	689
1980	May 16-18	Ft. Lauderdale, FL	875	8/29-9/1	Santa Clara, CA	987
1981	May 23-26	Irvine, CA	1209	Aug. 13-16	Canton, OH	741
1982	May 21-24	The Woodlands, TX	910	Aug. 26-29	Portland, OR	915
1983	May 28-31	Ft. Lauderdale, FL	1208	Aug. 25-28	Indianapolis, IN	908
1984	May 26-29	Industry Hills, CA	1227	Aug. 23-26	Raleigh, NC	840
1985	May 10-13	Milwaukee, WI	1021	Aug. 17-20	Providence, RI	800
1986	May 15-18	Fort Pierce, FL	1231	Aug. 21-24	Portland, OR	933
1987	May 15-18	Stanford Univ., CA	2328	Aug. 21-24	The Woodlands, TX	872
1988	May 19-23	Austin, TX	1405	Aug. 25-28	Buffalo, NY	1071
1989	May 4-7	Boca Raton, FL	1755	Aug 17-20	Grand Forks, ND	586
1990	May 18-21	Los Angeles, CA	1592	Aug. 17-20	The Woodlands, TX	829
1991	May 16-19	Nashville, TN	1529	Aug 22-25	Elizabethtown, KY	720
1992	May 21-24	Chapel Hill, NC		Aug 20-23	Federal Way, WA	
1993	May 20-23	Santa Clara, CA		Aug 19-22	Minneapolis, MN	

### USMS Annual Meetings and National Officers

1971	Lake Placid, NY	
1972	Kansas City, KS	Ransom Arthur P, Robert Beach VP
1973	W. Yellowstone, MT	Ransom Arthur P, Robert Beach VP
1974	Washington DC	June Krauser P, David Beardsley S
1975	New Orleans, LA	June Krauser P, David Beardsley S
1976	Phoenix, AZ	June Krauser P, David Beardsley S
1977	Columbus, OH	June Krauser P, Ted Haartz S
1978	San Antonio, TX	Ted Haartz P, Enid Uhrich S
1979	Las Vegas, NV	Ted Haartz P, Don Rankin VP, Enid Uhrich S, Reg Richardson T
1980	Snow Bird, UT	Ted Haartz P, Mike Laux VP, Enid Uhrich S, Reg Richardson T
1981	Snow Bird, UT	Ted Haartz P, Mike Laux VP, Enid Uhrich S, Reg Richardson T
1982	Memphis, TN	Mike Laux P, Verne Scott VP, Dot Donnelly S, Reg Richardson T
1983	Cincinnati, OH	Mike Laux P, Verne Scott VP, Dot Donnelly S, Reg Richardson T
1984	Indianapolis, IN	Mike Laux P, Verne Scott VP, Dot Donnelly S, Reg Richardson T
1985	Phoenix, AZ	Mike Laux P, Verne Scott VP, Dot Donnelly S, Reg Richardson T
1986	Fort Worth, TX	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T
1987	Atlanta, GA	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T
1988	St. Louis, MO	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T
1989	Portland, OR	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T
1990	Pittsburgh, PA	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T
1991	Louisville, KY	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T
1992	Minneapolis, MN	
1993	Los Angeles, CA	

## APPENDIX G

### USMS ADAPTED SWIMMING GUIDELINES

Masters swimming welcomes adults with disabilities who share the USMS goals of fun, fitness, and competition. USMS understands that there are other sports organizations that offer swimming competition for athletes with disabilities, but also recognizes that many persons with disabilities would like to participate in Masters swimming programs with friends from their communities. The fun and fellowship associated with Masters swimming is enriched by the participation of adults from all walks of life.

This appendix contains information which may assist Masters swimmers, clubs, and meet personnel to include swimmers with disabilities in USMS programs. Additional information is available from the following USOC-member organizations:

*American Athletic Association of the Deaf (AAAD)*  
3701 Harrison Blvd. #4, Ogden, UT 84403

*Dwarf Athletic Association of America (DAAA)*  
c/o Len Sawisch, 3725 West Holmes, Lansing, MI 48911

*National Handicapped Sports (NHS) (amputee sports)*  
451 Hungerford Drive, Suite 100, Rockville, MD 20850

*National Wheelchair Athletic Association (NWAA)*  
3595 East Fountain Blvd., Suite L-1, Colorado Springs, CO 80901

*Special Olympics International (SOI)*  
1350 New York Avenue NW, Suite 500, Washington DC 20005

*United States Association for Blind Athletes (USABA)*  
33 N. Institute Street, Brown Hall, Suite 015, Colorado Springs, CO 80903

*United States Cerebral Palsy Athletic Association (USCPAA)*  
34518 Warren Road, Suite 264, Westland, MI 48185



## Disabilities

For purposes of this appendix, the term "disability" refers to a condition which limits an individual's ability to perform starts, strokes, or turns according to USMS rules. Disabilities which affect adults include, but are not limited to, *physical impairments* such as cerebral palsy, spinal cord injuries, amputations, multiple sclerosis, and rheumatoid arthritis; *sensory impairments* such as hearing loss, deafness, visual impairments, and blindness; *learning difficulties* such as mental retardation; and *health conditions* such as cancer or severe asthma. Temporary conditions such as pregnancy or injuries such as tendinitis should not be considered as disabilities. In general, the Referee should accept a swimmer's self-identification that he/she has a disability.

## USMS Policies on Adapted Swimming

- \* USMS actively encourages adults with disabilities to participate in Masters swimming training programs, competition, and other activities.
- \* Because it is important to the personal success of a swimmer with a disability to perform within the rules as much as possible, and because it is impossible to legislate rule changes to accommodate the unique needs of all swimmers with disabilities who participate in USMS competition, no specific rule changes shall be adopted to accommodate swimmers with disabilities.
- \* Meet officials are allowed flexibility to interpret USMS swimming rules as needed to accommodate swimmers with disabilities. This appendix 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 swimmers with disabilities 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 swimmers with disabilities describe any special requirements for their participation in Masters swimming meets before the first day of the meet.

## Swimming Meet Guidelines

**Rule Interpretations.** According to Article 103.1.6, the Referee may modify swimming rules to accommodate swimmers with disabilities. Such modifications may be needed to ensure that no swimmer (including the swimmer with a disability) obtains unfair advantage over other competitors and to insure the safety of the swimmer.

The "unfair advantage" principle should be especially helpful to the Referee. For example, consider an individual who has limited functional use of the legs who enters a breaststroke event. If the swimmer cannot perform propulsive movements of the legs (but can maintain a legal body position and perform a legal arm stroke), he should not be disqualified because he has not obtained an unfair advantage. The same swimmer should be disqualified if he uses an illegal, but propulsive, kicking action, because he is gaining an unfair advantage over swimmers who are not allowed to use the illegal kicking action.

Although it is impossible to suggest rule modifications that are appropriate for every swimmer with a disability, 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 a swimmer with hearing impairment, or using a beeper or whistle start for a swimmer 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 a swimmer with visual impairment when to dive with a verbal command 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 swimmer with visual impairment of the end of the pool, or judging a swimmer with a physical disability 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.

**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.

**Responsibilities of the Swimmer.** The primary responsibility of the swimmer is communication. Article 103.1.6 requires the swimmer or his representative to notify the Referee of his disability before competing. The swimmer with a disability is encouraged to inform the host club in advance of any special needs related to his participation in the meet, and 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 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 swimmers who have disabilities regarding their participation in competition.

**Preparation of the Facility.** Masters swimming rules require that meet directors investigate the use of appropriate emergency medical equipment and personnel for all meets. Meet directors should become familiar with the emergency action plan in effect at the meet facility. Specific preparations for competitors who have disabilities will depend in large part upon the information provided by the individual swimmer. Some suggestions include:

- \* For swimmers with visual impairments, 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 swimmers with hearing impairments, 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 necessary (ask the swimmer for instructions about the safest and most efficient 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 persons with disabilities do not want to be treated differently. Do not seat athletes with disabilities in special (outside) lanes unless indicated by safety considerations. Do not observe their swims more closely or less closely than other swimmers in the heat. Do use common sense. Allow a little extra time between heats to permit safe entry and egress from the pool. Be certain that swimmers with hearing impairments are aware of your verbal instructions. If unsure whether a swimmer with a disability needs assistance, ask the swimmer.

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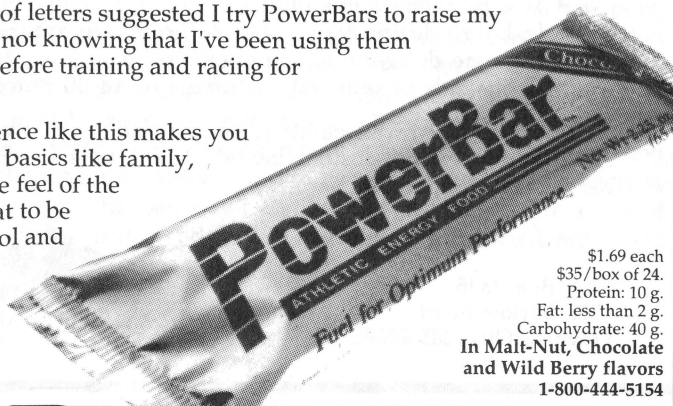
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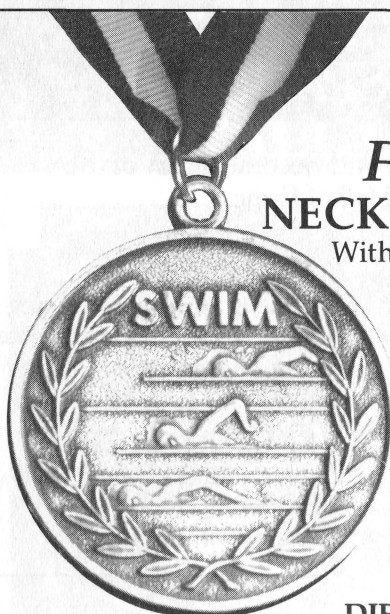
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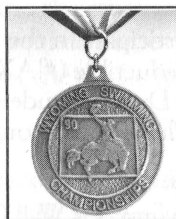


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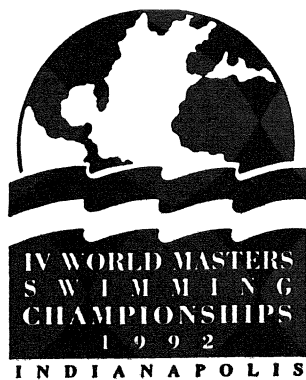
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	Diving		Bounce Back Pasta Party
	All American Welcome Picnic	Tue., June 30	Swimming Events
Sat., June 27	Water Polo	Wed., July 1	Swimming Events
	Diving	Thurs., July 2	Swimming Events
	Synchronized Swimming		Speedo's All American Summer Party
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Sun., June 28	Diving	Fri., July 3	Swimming Events
	Synchronized Swimming	Sat., July 4	Swimming Events
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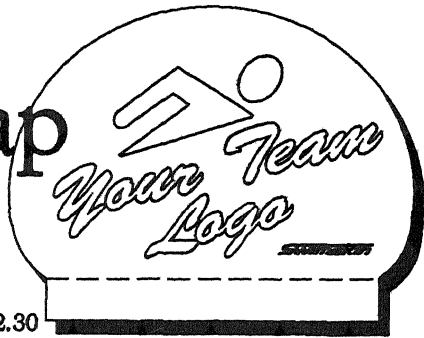
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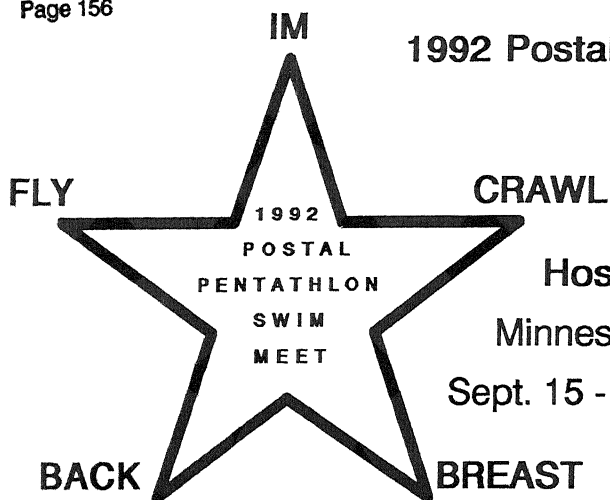


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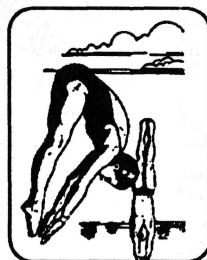
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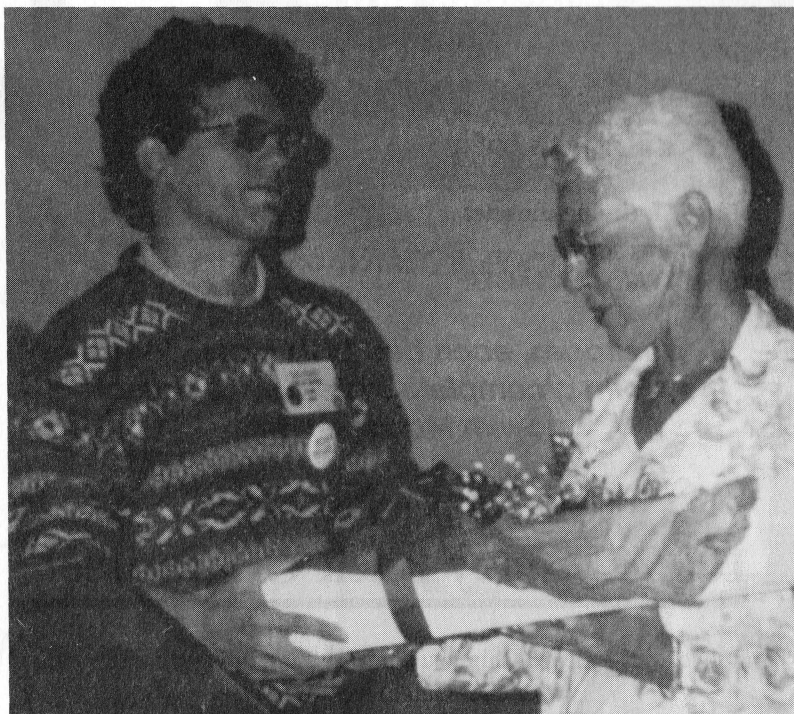
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# SWIM-MASTER



VOL XX - No 8 USA NATIONAL PUBLICATION FOR MASTERS SWIMMING DEC 1991

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June Krauser is presented with a dozen roses at the USMS House of Delegates (USMS Convention, Louisville, KY) in thanks for her many years of service to Masters swimming in publishing **SWIM-MASTER**.

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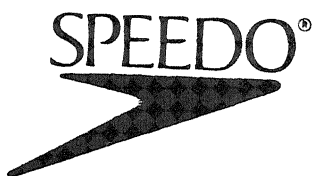
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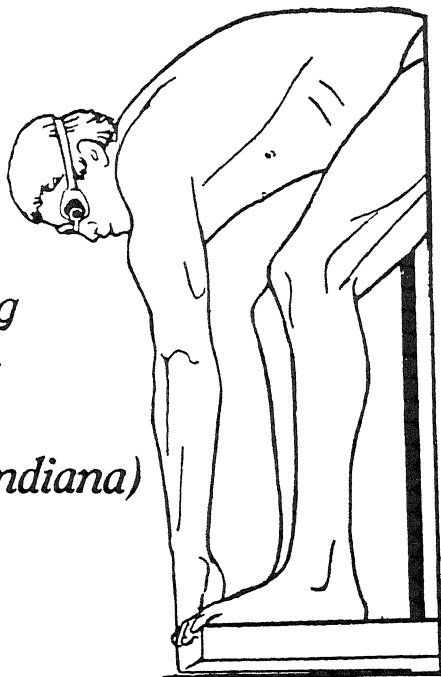


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