



**UNITED STATES**

•  
**MASTERS**

•  
**SWIMMING**

•  
**1995 RULE BOOK**



# UltraSwim<sup>®</sup>



***Repairs & Protects***  
**Chlorine Damaged Hair**



**1995**

**UNITED STATES MASTERS SWIMMING**

**CODE OF REGULATIONS**

**AND**

**RULES OF COMPETITION**

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

**Telephone: (508) 886-6631**  
**FAX: (508) 886-6265**

Edited by Meg Smath 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 \$7.00 from the USMS National Office at the above address.

Copyright 1995 by United States Masters Swimming, Inc. Portions of this book are reprinted with permission from United States Swimming Rules and Regulations (Copyright 1989, 1990, 1991, 1992, 1993, 1994, 1995).

Cover design by Eric C. Lindstrom, of Communiqué. Eric was inspired by his wife's grandfather, Joe Coss, an 85-year-old USMS record-setting swimmer.



## **Dedication**

*The 1995 United States Masters Swimming Code of Regulations and Rules of Competition* is dedicated to:

E. Kevin Kelly  
1942–1992

“Kevin, we hardly knew ye.”



## **UNITED STATES MASTERS SWIMMING, INC.**

### **EXECUTIVE COMMITTEE:**

**President** —Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220

**Vice-President** —Jim Miller, 1447 Johnston-Willis Drive, Richmond, VA 23113

**Secretary**—Suzanne Rague, 935 NW 170th Place, Beaverton, OR 97006

**Treasurer**—Lucy Johnson, P.O. Box 3368, Long Beach, CA 90803

**Past President**—Dan Gruender, 3329 N. Valencia Lane, Phoenix, AZ 85018

**Legal Counsel**—Jack Geoghegan, 155 Osborn Road, Rye, NY 10580

**Chairman, Zone Committee**—Betsy Durrant, 211 Sixty-Sixth Street, Virginia Beach, VA 23451

### **NATIONAL OFFICE:**

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

**National Registrar**—Diane and Bill Black, P.O. Box 88863, Atlanta GA 30356-8863, (404) 698-8020.



## MAJOR CHANGES FOR 1995

**Warm-Up Procedure:** Swimmers must enter the pool feet first in a cautious manner. (Article 102.4.2)

**Backstroke Start:** The Starter must direct the swimmers to "Place your feet" before directing them to "Take your mark." (Article 103.2.3C)

**Relay Lead-Off Split Times:** An official time may now be achieved in a relay lead-off split, provided the swimmers complete the event without being disqualified, and provided automatic timing is used (Articles 103.8.1C, 103.8.3, 105.2.2, 105.3.7)

**National Qualifying Times:** The method for determining qualifying times for National Championship Meets shall be 10 percent over the previous year's tenth place time on the USMS Top Ten list. (Article 104.5.3C(1))

**Club Scoring at National Championship Meets:** Divisions are now Large, Medium, and Small instead of Large and Small only. (Article 104.5.5.6C)

**Individual Split Times:** For a split time recorded for an initial distance within a longer event to count as an official time, the swimmer must comply with the finish rule at the initial distance; e.g., for the 100 split in a 200 backstroke to be considered an official time, the swimmer must touch the wall while on the back, rather than turning onto the stomach and executing a flip turn. (Articles 103.8.1B, 105.2.2, 105.3.7)

**Breaststroke:** The elbows shall be under the water except for the last stroke at the finish of the prescribed distance. (Article 101.2.2)

**Liability Release:** Only registration forms and entry forms for sanctioned events must include the liability release. Entry forms for recognized events are no longer required to include the liability release. (Article 203.1)

**Starts for Long Distance Events:** The starting signal shall be audible *and* visible to all contestants. (Article 304.1.2)

**Long Distance Postal Events:** Two new National Championship events, 5 kilometers (in a 50 meter pool) and 3000 yards (in a 25 yard pool), have been added. The 6000 yard (in a 25 yard pool) event has been discontinued. (Articles 305.2.1G, 305.2.1H)



## TABLE OF CONTENTS

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

### PART ONE: Swimming Rules

<b>Article 101:</b>	<b>Starts, Strokes, and Relays .....</b>	<b>15</b>
101.1	Starts .....	15
101.2	Breaststroke .....	15
101.3	Butterfly .....	16
101.4	Backstroke .....	17
101.5	Freestyle .....	17
101.6	Individual Medley .....	17
101.7	Relays .....	18
<b>Article 102:</b>	<b>Swimming Competition .....</b>	<b>19</b>
102.1	Eligibility .....	19
102.2	Age Determining Date .....	19
102.3	Age Groups .....	19
102.4	Warm-Up/Warm-Down .....	19
102.5	Events .....	19
102.6	Event Limit .....	20
102.7	Entry Fees .....	20
102.8	Scratch Procedures .....	20
102.9	Relays .....	20
102.10	Lane Assignments—Seeding—Counters .....	21
102.11	Awards .....	24
102.12	Scoring .....	24
102.13	Change of Program and Postponement .....	24
102.14	Costume .....	25
102.15	Disqualifications .....	25
102.16	Protests .....	26
102.17	Required Officials .....	26
102.18	Meet Director .....	27
102.19	Meet Committee .....	27
102.20	Smoking .....	27
<b>Article 103:</b>	<b>Officials and Their Duties .....</b>	<b>27</b>
103.1	Referee .....	27
103.2	Starter .....	28
103.3	Recall Starter .....	29
103.4	Recall Rope Operator .....	29
103.5	Judges .....	29
103.6	Timers .....	30
103.7	Timing Equipment .....	32
103.8	Official Time .....	34
103.9	Clerk of Course .....	35
103.10	Marshals .....	35
103.11	Announcer .....	35
103.12	Recorder of Records .....	36
103.13	Press Steward .....	36

<b>Article 104:</b>	<b>National Championship Meets</b>	36
104.1	Meet Categories	36
104.2	Meet Name	36
104.3	Awarding of a National Championship Meet	36
104.4	USMS Assistance and Agreements	37
104.5	Conduct of National Championship Meets	38
<b>Article 105:</b>	<b>Records, Top Ten Times, and All-American Recognition</b>	44
105.1	Requirements for Records and Top Ten Times	44
105.2	Top Ten Times	44
105.3	USMS National Records	44
105.4	All-American Recognition	45
105.5	World Records	45
<b>Article 106:</b>	<b>Health and Safety Regulations for Competition</b>	45
106.1	Medical Examination	45
106.2	Medical Equipment	46
<b>Article 107:</b>	<b>Facilities Standards</b>	46
107.1	Definitions	46
107.2	Racing Course Dimensions	46
107.3	Racing Course Walls	46
107.4	Pool and Bulkhead Markings	47
107.5	Overflow Recirculation System	47
107.6	Water Temperature	47
107.7	Ladders	47
107.8	Other Deck Equipment	47
107.9	Lighting	47
107.10	No Smoking Signs	47
107.11	Starting Platform	48
107.12	Floating Lane Lines	48
107.13	Backstroke Flags and Lines	48
107.14	Loudspeaker Start System	49
107.15	False Start Recall Rope	49
107.16	Pace Clocks	49
107.17	Automatic Timing Equipment	49
107.18	Electrical Safety	50

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

<b>Article 201:</b>	<b>Athlete Registration and Representation</b>	51
201.1	Membership of Athletes	51
201.2	Representation	51
201.3	Travel Permits	52
<b>Article 202:</b>	<b>Sanction/Recognition</b>	52
202.1	Sanctions	52
202.2	Recognized Events	53
<b>Article 203:</b>	<b>Liability Release</b>	53



**PART THREE: Long Distance/Open Water Swimming Rules**

<b>Article 301:</b>	<b>Administration</b>	55
301.1	Organization	55
301.2	Registration and Sanctions	55
301.3	Liability Release	55
<b>Article 302:</b>	<b>Events</b>	55
302.1	Definition	55
302.2	Events	55
<b>Article 303:</b>	<b>Safety Precautions</b>	57
303.1	Safety Standards	57
303.2	Escorted Swims	58
<b>Article 304:</b>	<b>Conduct of the Competition</b>	58
304.1	Starts	58
304.2	Seeding	58
304.3	Finishes	59
304.4	Costume	59
304.5	Officials	59
304.6	Disqualifications	59
304.7	Age Groups	60
<b>Article 305:</b>	<b>National Long Distance/Open Water Championship Meets</b>	60
305.1	Eligibility	60
305.2	Events	60
305.3	Site Selection	60
305.4	Contract	61
305.5	Financial	61
305.6	Entry Fees	61
305.7	Rules of Conduct	61
305.8	Results	62
305.9	Club Scoring	62
305.10	Awards	62
<b>Article 306:</b>	<b>All-American Recognition and Records</b>	62
306.1	All-American Recognition	62
306.2	Records	62

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

<b>Article 401:</b>	<b>Athletes' Bill of Rights</b>	63
401.1	Protection	63
401.2	Equal Opportunity	63
401.3	Reporting	63
401.4	Investigation	63

<b>Article 402:</b>	<b>Review Section</b> .....	63
402.1	Composition of the Review Section .....	63
402.2	Jurisdiction and Authority of the Review Section .....	63
402.3	Procedures .....	64
<b>Article 403:</b>	<b>Appeal</b> .....	64
403.1	Appeal Procedures .....	64

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

<b>Article 501:</b>	<b>Membership</b> .....	66
501.1	Membership Categories .....	66
501.2	Mandatory Memberships .....	66
501.3	Equal Opportunity .....	66
<b>Article 502:</b>	<b>Local Masters Swimming Committee (LMSC)</b> .....	66
502.1	LMSC Membership .....	66
502.2	Bylaws .....	66
502.3	Annual Meeting .....	66
502.4	Election of Officers .....	66
502.5	Filing of Bylaws .....	66
502.6	Boundary Descriptions .....	66
502.7	Records and Record Keeping .....	66
<b>Article 503:</b>	<b>House of Delegates</b> .....	66
503.1	Membership .....	66
503.2	Powers .....	67
503.3	Meetings of the House of Delegates .....	67
<b>Article 504:</b>	<b>Officers</b> .....	67
504.1	Positions .....	67
504.2	Elections and Term of Office .....	68
504.3	Vacancies .....	68
504.4	Duties of Officers .....	68
<b>Article 505:</b>	<b>Board of Directors</b> .....	68
505.1	Membership .....	68
505.2	Term of Office .....	69
505.3	Membership Requirements .....	69
505.4	Vacancies .....	69
505.5	Powers .....	69
505.6	Meetings .....	69
505.7	Quorum .....	69
505.8	Voting Privileges .....	69
<b>Article 506:</b>	<b>Committees</b> .....	69
506.1	Executive Committee .....	69
506.2	Standing Committees .....	69
506.3	Ad Hoc Committees .....	73



<b>Article 507:</b>	<b>Financial Policy</b>	<b>73</b>
507.1	Fiscal Year	73
507.2	Controller	73
507.3	Fees	73
<b>Article 508:</b>	<b>Indemnification and Dissolution</b>	<b>74</b>
508.1	Indemnification	74
508.2	Dissolution	74

## **PART SIX: Amendment Procedures**

<b>Article 601:</b>	<b>Amendments</b>	<b>75</b>
601.1	Committee Jurisdiction	75
601.2	Submission of Proposed Amendments	75
601.3	Modification of Proposed Amendments	75
601.4	Adoption of Proposed Amendments	75
601.5	Effective Date	76

## **APPENDICES**

<b>Appendix A:</b>	<b>Records</b>	<b>77</b>
	Women's Records	78
	Men's Records	87
	Women's Relay Records	96
	Men's Relay Records	98
	Mixed Relay Records	100
	Long Distance Records	102
<b>Appendix B:</b>	<b>Information for Meet Directors and Officials</b>	<b>104</b>
	Enforcement of Rules	104
	Differences Between USS and USMS Rules	104
	Preparation of Meet Results	106
	USMS and World Record Applications	106
<b>Appendix C:</b>	<b>National and International Masters Swimming Schedule</b>	<b>110</b>
	USMS National Conventions	110
	USMS National Championship Meets	110
	USMS Long Distance National Championship Meets	110
	FINA/MSI Championship Meets	111
<b>Appendix D:</b>	<b>Zone and LMSC Boundaries</b>	<b>112</b>
	Zones	112
	LMSC Numeric Codes and Abbreviations	112
	Map of Zone and LMSC Boundaries	113
	Map of Bidding Areas for National Championship Meets	114
	LMSC Boundaries	115

<b>Appendix E: USMS Directory</b>	118
USMS Executive Committee	118
USMS National Office	118
Zone Representatives and LMSC Chairmen	118
USMS Committees	120
Special Appointments and Liaisons	122
Alphabetical Directory	123
 <b>Appendix F: USMS History</b>	 128
Recipients of the Ransom J. Arthur Award	128
Recipients of the USMS Coach-of-the-Year Award	128
Recipients of the David Yorzyk Memorial Award	128
USMS National Championship Meets	129
World Championship Meets	129
USMS Annual Meetings and National Officers	130
 <b>Appendix G: USMS Adapted Swimming Guidelines</b>	 131
<b>Index</b>	135

## **PREAMBLE**

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

## **MISSION STATEMENT OF UNITED STATES MASTERS SWIMMING**

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

## **GOALS AND OBJECTIVES**

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



## GLOSSARY

**Aggregate (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.

**Body**—the torso, including shoulders and hips.

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

**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.

**Foul**—an instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race.

**Heat**—a division of an event.

**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 in response to the same starting signal given to the swimmers.

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

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

**May**—permissive, not mandatory.

**Meet**—an event or series of events held under a single sanction or recognition and conducted within 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.

**Recognized 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.

**Registered**—enrolled as a member of the Corporation and the LMSC.

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

**Sanction**—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**—all events are seeded prior to the day of competition 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, 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, 1995, 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, "Individual Strokes and Relays," and 102, "Conduct and Officiating of All Swimming Competition," of the U.S. Swimming Technical Rules which, as amended, will govern all Masters Swimming competitions.

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

It is not the purpose of the Code of Regulations and Rules of Competition of United States Masters Swimming (the National governing body) contained herein to set standards of care for the safety of the swimmer. Safety considerations should be addressed by the swimmer, the swim coach, and the local public entity or pool owner 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 arm stroke 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. The elbows shall be under the water except for the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water.



The hands shall not be brought beyond the hip line, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

- .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 swimmer leaves 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. One or more leg kicks are permitted, but only one arm pull under water, which must bring the swimmer 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 shoulders must be at or past the vertical toward the breast when the swimmer leaves 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. Swimmers shall push off on their backs and continue swimming on their backs 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 after 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, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. Once the swimmer has left the position on the back, there shall be no kick or arm pull independent of a continuous turning action. The shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
- .4 **Finish**—Upon the finish of the race, the swimmer must touch the wall while on the back.

**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 swimmer leaves the wall.
    - 2. **Backstroke to breaststroke**—The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

3. **Breaststroke to freestyle**—The swimmer must touch as described in Article 101.2.5. Once a legal touch has been made, the swimmer may turn in any manner.
- .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, all swimmers must touch the touchplate or pad in their respective lanes at the end of the course to have finished their legs of the relay race.
- C A swimmer other than the first swimmer shall not start until the previous swimmer's leg has been concluded.
- D If a team member other than the swimmer designated to swim a particular leg jumps into or enters the pool in the area where the race is being conducted and before all swimmers of all teams have finished the race, both the offending swimmer and relay team shall be disqualified.  
**Note:** An exception may be granted to a relay team member who wishes to enter the water to start from the water; this swimmer shall notify the Starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use.
- E All relay team members shall leave the water immediately upon finishing their legs.  
**Note:** Swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.
- F Mixed relays shall consist of two men and two women who may swim in any order.
- G Competitors shall be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle; and mixed 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle.
- H The team of a swimmer whose feet have lost touch with the starting platform (ground, deck, or wall) before the preceding teammate touches the wall shall be disqualified.

## ARTICLE 102: SWIMMING COMPETITION

### 102.1. ELIGIBILITY

- .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-recognized activities will not be recorded for official purposes and cannot be used for LMSC rankings or National Top Ten Times, All-American status, or qualification times for USMS National Championship Meets.

- 102.2. **AGE DETERMINING DATE**—The eligibility of a participant for a particular age group will be determined by the 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, 95–99, 100–104 ... (five year age groups as high as is necessary).
- .2 **Relay Events**
  - A **Short course (25 yard)**—19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+ ... (ten year increments as high as is necessary). The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible.
  - B **Short course (25 meter) and long course (50 meter)**—76–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (forty year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.

### 102.4. WARM-UP/WARM-DOWN

- .1 **Availability**—If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period shall be offered at least once during each half-hour of competition.
- .2 **Procedure**—Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only from the blocks in the designated lanes.

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

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 (two female and two male)

200–400 yards medley relay

200–400 yards mixed medley relay (two female and two 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 (two female and two male)

200–400 meters medley relay

200–400 meters mixed medley relay (two female and two 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 five events per day, exclusive of relays.

**102.7. ENTRY FEES**—Entry fees for local Masters events shall be set by the LMSC.

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

**.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, 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 (events 400 yards or longer) within a meet. Women's and men's heats may be alternated in the distance events. The meet information shall state the seeding for all events.
- E** Heat and lane assignments for events of 200 meters or less shall be available to all competitors at least 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:	5-6-4-7-3-8-2-9-1
Eight Lanes:	4-5-3-6-2-7-1-8
Seven Lanes:	4-5-3-6-2-7-1
Six Lanes:	3-4-2-5-1-6
Five Lanes:	3-4-2-5-1
Four Lanes:	2-3-1-4

- B Minimum number of swimmers per heat**—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 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 heats from alternate ends of the course**—If only one course is available and the pool depth is adequate at both ends of the course, the Meet Director may choose to start heats from alternate ends of the course.



1. In 50-meter events, the in-the-water heat may be instructed to wait in the water after the finish until the next heat has been started.
2. In events 100 meters and longer, the next heat may be started when the in-the-water heat is within a half-length of the finish.
3. If the pool depth is different at alternate ends of the course, the Meet Director may choose to start men's events at one end of the course and women's events at the alternate end of the course. Men's and women's heats shall alternate.
4. If the pool depth is the same at alternate ends of the course, men's and women's heats may alternate.

**.4 Two-to-a-Lane Seeding in Distance Freestyle Events**

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

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

- a. At the discretion of the Meet Director, competitors in the freestyle events over 200 meters may be required to swim two-to-a-lane when only one course is available for the event. The meet information shall state the criteria under which such events are to be swum two-to-a-lane.
- b. When competitors have an option of swimming two-to-a-lane, the heats with two competitors per lane will be completed before the heats with a single competitor per lane.
- c. If, 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 the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the Referee, 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 six-lane pool, "1" refers to the fastest swimmer, "2" to the next-fastest swimmer, etc.

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

2. **Swimmers of similar speed in the same lane**—Create groups of swimmers equal in number to twice the number of lanes of the pool (e.g., groups of 12 swimmers for a six-lane pool). Each group of swimmers shall be divided into odd and even heats. The fastest swimmer in each group shall be assigned to a middle lane in the odd heat. The second-fastest swimmer shall be assigned to a middle lane in the even heat. The remaining swimmers shall be assigned to lanes in accordance with Article 102.10.2A.

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

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

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

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

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

**102.13. CHANGE OF PROGRAM AND POSTPONEMENT**

**.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 the 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 all affected swimmers or their coaches. If mailed, such notice must be postmarked no later than the entry deadline date stated on the entry blank, and if lack of time prohibits mail notification, all affected swimmers must voluntarily agree in writing that they have been notified and are in accord with such change. Affected swimmers or coaches may and should file a written protest with the

Referee prior to the running of the event or the meet if they do not agree to such change in time or date.

### **.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 meet or event may be suspended at the Referee's sole discretion until conditions warrant continuance. If conditions do not warrant continuance, the Referee may cancel the meet or postpone it to a future date or time, with the approval of the Meet Committee.
- C** A decision to cancel or postpone shall be final.
- D** Should an event have actually commenced but be terminated prior to an official finish, and be postponed to another time or date, it shall then be conducted among the swimmers who were officially competing in the event at the time of termination.
- E** Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the Meet Committee, upon cancellation of a meet or particular event. The decision of the Meet Committee 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** 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.
- .3** Swimmers must start and finish the race in their assigned lane.
- .4** Standing on the bottom during a freestyle race shall not disqualify swimmers, but they must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
- .5** Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the Referee.
- .6** Dipping goggles in the water or splashing water on the competitor's face or body prior to the event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
- .7** Should a foul endanger the chance of success of a swimmer, the Referee may order the heat reswum, or allow the competitor to swim in a later heat. In the case of collusion to foul another swimmer, at the Referee's discretion, the swimmer for whose aid the foul was committed may be disqualified, as well as the swimmer doing the fouling.

- .8 Swimmers are not permitted to wear or use any device or substance to help their speed or buoyancy during a race. Goggles may be worn and rubdown oil applied if not considered excessive by the Referee.
- .9 Grasping the lane line to assist forward motion is not permitted.
- .10 For relay disqualifications, refer to Article 101.7.3.
- .11 The time, place, and/or initial splits of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. 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.
- .12 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, and Stroke, Turn, and Relay Take-Off Judges can only be considered by the Referee of the meet.
- .4 Any other protest arising from the competition itself shall be made within thirty 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 the chairman's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within ten days, the protester may appeal in writing to the USMS Rules Committee Chairman within the next five days for final adjudication, whose decision 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 or Meet Referee.
- .2 The minimum number of officials at USMS sanctioned Masters Swimming meets or recognized events shall include the following:
  - One Referee
  - One Starter
  - Two Stroke and Turn Judges
  - Two timers per lane (if automatic timing is not being used)The Referee and Starter may double as Stroke and Turn Judges, but the Referee and Starter may not be the same person. One of the officials shall be a Referee, Starter, or Stroke and Turn Judge certified by USS, YMCA, or any other USMS-approved certifying body.
- .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 103.7.4. In case of malfunction,

secondary information from a semi-automatic 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 a sanction; preparing the facility; arranging for personnel, equipment, and supplies necessary for meet operation; processing entries; printing programs; arranging appropriate publicity and media coverage; preparing and distributing summary of results fourteen days after meet; and filing 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**—No smoking indoors or outdoors shall be permitted in any area designated for swimmers, including spectator seating, standing, and eating areas used by swimmers during the meet and during the warm-up periods in connection with the meet.

## ARTICLE 103: OFFICIALS AND THEIR DUTIES

### 103.1. REFEREE

- .1 The Referee shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation or on a judgment decision pertaining to an action which has been personally observed; and shall disqualify a swimmer(s) for any violations of the rules that have been personally observed and shall at the same time raise one hand overhead with open palm. If no signal is made, there shall be no penalty. The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer and/or the swimmer's coach and inform them of the reason for the disqualification.
- .2 The Referee shall signal the Starter before each race that all officials are in position, that the course is clear, and that the competition can begin; shall assign marshals with specific instructions.
- .3 The Referee shall give a decision on any point where the opinions of the judges differ; shall have authority to intercede in a competition at any stage to ensure that the racing conditions are observed.
- .4 When automatic or semi-automatic officiating equipment is used and an apparent malfunction occurs, it shall be the Referee's responsibility to make an immediate investigation to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.
- .5 The Referee may prohibit the use of any bell, siren, horn, or other artificial noise-maker 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 conducting events from alternate ends of a 50-meter course or conducting freestyle events longer than 200 meters two-to-a-lane, the Referee shall establish the necessary administrative and officiating procedures to conform to Article 102.10.

.8 Refer to Article 102.16 concerning protests.

## **103.2. STARTER**

### **.1 Preparation**

- A** An electronic starting horn, with or without an underwater recall device, with an electronic strobe signal is the preferred starting device. A gun of at least .22 caliber may be used.
- B** The Starter shall be stationed within ten feet of the starting end of the pool. The visual starting signal shall be clearly visible to all swimmers and timers and the starting signal shall be audible to all the starting positions.
- C** Upon signal from the Referee, the Starter assumes full control of swimmers until a fair start has been achieved.
- D** The Starter 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. 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 onto 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** For backstroke starts, the command "Place your feet."
- B** After the Referee's whistle, the Starter directs the swimmers to "Take your mark," to which they shall 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.
- C** When all swimmers are motionless in the starting position, the Starter gives the 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 5 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 backstroker who leaves the starting area shall be charged with a false start, except that a swimmer who would otherwise be charged with the false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the command.
- B** All swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that a swimmer who has false started because of the action or movement of another competitor may be relieved of the responsibility for the false start and a false start may be charged only to



the offender. (Note exception for deliberate delay or misconduct in Article 103.2.6.)

- C** In backstroke or medley relay events, a false start may be charged to any swimmer who fails to maintain the 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 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 takes part in any other misconduct at the start, can be disqualified from the event by the Starter with the 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 the swimmer's heat shall be disqualified by the Referee.

**103.3. RECALL STARTER**—A Recall Starter may be assigned to immediately discharge a recall 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 and the type of signal to be used shall be made known to the swimmers. The Recall Starter may also be assigned to assist the Starter in any desired manner.

**103.4 RECALL ROPE OPERATOR**—The duty of the Recall Rope Operator shall be to immediately, upon sounding of the false start signal, activate the quick release mechanism of the recall rope so that the recall rope drops across the course before any swimmer has swum approximately 11 meters (36 feet) from the starting end in short course and 15 meters (49 feet) in long course. If the recall rope is equipped in such a way as to allow the Recall Starter to operate the quick release mechanism immediately upon sounding of the false start signal (see Article 107.15), the duties of the Recall Rope Operator and the Recall Starter may be combined.

**103.5. 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 the judges and may serve simultaneously in one of the judging positions, and shall assign those judges within the 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 ensure that all swimmers shall have fair, equitable, and uniform conditions of judging.
- .5 **Relay Take-Off Judges**
  - A After the start of the race, the Relay Take-Off Judges shall position themselves with a clear view of the relay exchange area. Relay exchanges shall be observed by a minimum of two officials acting independently of each other. One of them shall be assigned to the side of the course. The other may be assigned next to the lane, on the other side of the course, or next to the first official.
  - B 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**—The Referee, Stroke, Turn, or Relay Take-Off Judge shall immediately raise one hand overhead with open palm upon observing an infraction within that judge's jurisdiction. If the official does not do so, there shall be no disqualification.

**Exception:** Relay Take-Off Judges as outlined in Article 103.5.5B.

## 103.6. TIMERS

- .1 **Chief Timer**—The Chief Timer shall:
  - A Assure the assignment of lane timers to lanes and the designation of one timer on each lane to be the Head Lane Timer.
  - B On the starting signal, start a watch(es) on every race. The time of this watch shall be used if a lane timer's watch fails.
  - C Be responsible for delivering all manual watch times, including those of disqualified swimmers, to the Timing Judge.
- .2 **Head Lane Timer**—The Head Lane Timer shall:
  - A Determine whether the swimmer or relay team is present and in the correct lane, heat, and event, and that relay swimmers are swimming in the order listed.
  - B Determine and record manual watch times or the absence of a swimmer or the relay team seeded in that lane.
  - C Assign one timer to take relay splits and initial distance times if requested by the Chief Timer.

- D** Determine and report if the swimmer has delayed in touching or has missed the touch pad at the finish.
- .3 Lane Timers**—Officials assigned as lane timers may simultaneously operate two dissimilar devices (one watch and one button) but not two similar devices (two watches or two buttons). It is not within a lane timer's jurisdiction to judge if the swimmer's touch conforms to the applicable finish rules or if a relay take-off infraction has occurred unless assigned concurrent responsibility as a lane timer and Turn Judge or Relay Take-Off Judge. Each timer shall:
- A** Be in position at the start to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If neither is observed, the watch shall be started upon hearing the sound of the horn or gun.
  - B** Stand directly over the assigned lane at the finish to observe a touch above, at, or below the surface of the water and stop the watch and/or push the semi-automatic system button when any part of the swimmer's body touches the wall.
  - C** Report the watch time to the Head Lane Timer or the designated recorder; report if a late or missed pad touch is observed; and, if requested, present the watch for inspection. Lane timers shall not clear their watches until a command to "clear watches" is given or the Referee signals that the next heat is ready to start.
- .4 Timing Equipment Operator**—The Timing Equipment Operator shall be responsible for the automatic or semi-automatic timing equipment, including the electronic starting system and scoreboard (if used), and shall advise the Referee of any system problems that might affect the accuracy of times or whenever the touchpad is observed to have failed to record the finish when the swimmer completed the race.
- .5 Timing Judge**—Under the direction of the Referee, the Timing Judge shall determine the official time for each swimmer as follows:
- A** Receive and review the automatic and/or semi-automatic timing results from the Timing Equipment Operator and compare primary timing results with the back-up timing results to determine their validity.
  - B** Receive the times recorded by the Head Lane Timers from the Chief Timer and use those times to the extent needed to determine the official time for each swimmer.
  - C** Notify the Referee whenever a time obtained by the primary timing system cannot be used as the official time.
  - D** Record disqualifications approved by the Referee. A written record of all disqualifications signed by the Referee shall be given to the Recorder.
- .6 Recorder**—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. The Recorder shall:
- A** Record the official times and disqualifications.
  - B** Determine the official order of finish.
  - C** 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.
  - D** Determine the score of the meet (optional).

## 103.7. TIMING EQUIPMENT

### .1 Timing Systems

- A **Automatic**—A timing system that is started by an electric impulse generated by a starting device or a transducer capable of detecting a gun report and is stopped at the finish by the swimmer touching the touchpad.
- B **Semi-automatic**—A timing system that is started by an electric impulse generated by a starting device or transducer capable of detecting a gun report and is stopped by buttons pushed by timers at the finish touch of the swimmer.
- C **Manual**—A timing system consisting of individual lane timers, each of whom operates a manual watch that is both started and stopped by the timer as described in Article 103.6.3. Only digital read-out type hand-held battery powered watches designed for timing purposes shall be used.

### .2 Timing System Designation—Timing systems shall be designated in the order in which results are used as follows:

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

### .3 Timing Resolution (Timing Accuracy)—All timing systems, including manual watches, shall have a resolution of .01 second. Times from all systems shall be recorded to hundredths of a second. The digits representing thousandths shall be dropped with no rounding.

### .4 Determination of Official Time

- A **Automatic timing**—When recorded by properly operating automatic timing equipment, the pad time shall be the official time.
- B **Semi-automatic or manual timing**—Whenever semi-automatic or manual timing is used, the times shall be determined as follows:
  - 1. If two of the three button or watch times agree, that shall be the time for that timing system.
  - 2. If all three buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.
  - 3. If only two button or watch times are available, the time shall be the average of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.

4. If only one button or watch time is available, the time of that button or watch shall be the time for that timing system.
- C Primary timing system malfunction**—A primary timing system malfunction may have occurred if:
1. The difference between the time obtained by the primary system and the back-up system(s) is more than .30 second.
  2. A late or missed touch is reported by an official observing the finish.
- D Adjustment for the timing system difference**—When the Referee determines that there is a malfunction of the primary timing system, the back-up time(s) shall be adjusted for the timing system difference prior to integrating them with accurate primary times in establishing the official times and determining the order of finish. The adjustment for timing system difference may be incorporated into the automatic or semi-automatic system by design or may be determined by calculating the consistent average difference between the primary and back-up systems used at that meet.
- E Adjustment for malfunction on a lane**—When a malfunction is confirmed on a lane, the back-up times for that lane shall be adjusted by calculating the average difference between valid primary and valid back-up times of the other lanes in that heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid back-up time of the lane where the malfunction occurred.

#### EXAMPLE (LANE MALFUNCTION):

Systems used:

Primary—Automatic

Secondary—Semi-automatic, three buttons (intermediate button time shown in **bold**)

Tertiary—Manual, one watch

LANE	PRIMARY PAD TIME	BUTTON A	BUTTON B	BUTTON C	WATCH TIME	PAD MINUS MIDDLE BUTTON	OFFICIAL TIME
1	52.21	52.07	<b>52.12</b>	52.14	52.04	.09	52.21
2	52.18	<b>52.01</b>	51.91	52.06	51.95	.17	52.18
3	51.05	51.01	50.97	<b>51.00</b>	50.95	.05	51.05
4	51.04	50.78	<b>50.88</b>	50.93	50.84	.16	51.04
5	51.96	51.30	<b>51.35</b>	51.38	51.27	<b>*.61</b>	<b>**51.46</b>
6	51.65	<b>51.57</b>	51.56	51.59	51.55	.08	51.65
7	52.27	<b>52.13</b>	52.18	<b>52.13</b>	52.10	.14	52.27
8	51.87	51.58	<b>51.75</b>	51.89	51.65	.12	51.87

\*More than 0.30 of a second difference, late touch confirmed.

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

- F Adjustment for malfunction equally affecting an entire heat**—When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or semi-automatic primary timing system is equally incorrect for all lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the average difference between the primary times and the valid back-up times is added, or subtracted when appropriate, to the primary times of every lane in that heat.

**EXAMPLE (HEAT MALFUNCTION):**

Systems used:

Primary—Automatic (late manual start confirmed)

Secondary—Semi-automatic, three buttons (button times not valid)

Tertiary—Manual, one watch (valid)

LANE	PRIMARY PAD TIME	WATCH TIME	WATCH TIME LESS PAD TIME	HEAT ADJUSTMENT	OFFICIAL TIME
1	52.12	55.14	3.02	+ 3.06	55.18
2	51.56	54.61	3.05	+ 3.06	54.62
3	51.09	54.18	3.09	+ 3.06	54.15
4	50.12	53.18	3.06	+ 3.06	53.18
5	49.78	52.90	3.12	+ 3.06	52.84
6	49.06	52.06	3.00	+ 3.06	52.12
7	52.21	55.30	3.09	+ 3.06	55.27
8	52.92	55.99	3.07	+ 3.06	55.98

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

**103.8. OFFICIAL TIME**

- .1** An official time shall be achieved in a USMS sanctioned competition or recognized event in accordance with all applicable rules. It may be achieved in:
- A** A timed final heat.
  - B** A split time recorded for an initial distance within a longer event, provided the swimmer:
    1. Notifies, in writing, the meet Referee of the intent to record an initial split time,
    2. Completes the initial distance with a legal finish, and
    3. Completes the event without being disqualified.
  - C** A relay lead-off split time provided the swimmers complete the event without being disqualified.
- .2** An 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 all purposes</li> </ul>
Three watches or semi-automatic with three buttons	<ul style="list-style-type: none"> <li>• World records, USMS National records</li> <li>• Initial splits and relay lead-off times for World records only</li> </ul>
Two watches or semi-automatic with two buttons	<ul style="list-style-type: none"> <li>• USMS Top Ten Times</li> </ul>

- .4 World records may be established when timed by three watches.
- .5 Except when the primary system consists of watches, backup timing shall be provided for all competitors. No swimmer shall be required to reswim a race due to equipment failure which results in unrecorded or inaccurate time or place. It is the Meet Director's responsibility to provide the proper timing systems so that swimmers can expect to achieve official times that will satisfy the above requirements.
- .6 A backup time adjusted for system timing errors in accordance with the methods described in Articles 103.7.4C, 103.7.4D, 103.7.4E, and 103.7.4F may be used as an official time equal to the level of the timing system to which it has been adjusted.
- .7 Secondary and tertiary times shall be recorded but shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.

#### 103.9. 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.

**103.10. 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 swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

**103.11. ANNOUNCER**—The Announcer shall announce, before the start of each event, the event name and number of heats. At the start of each heat the lane, the name of each swimmer, and club affiliation (if any) may be announced. Other announcements shall be made as requested by the Referee, the Clerk of Course, or the management.



**103.12. RECORDER OF RECORDS**—Shall obtain from the official Recorder all times made in each event, shall have proper application forms, and shall duly process all record claims as set forth in Article 105.

**103.13. PRESS STEWARD**—The Press Steward shall obtain from the Clerk of Course and the Recorders the names of all swimmers in each event and the results of each finish with times or record performances, and shall keep the press and TV personnel thoroughly informed on all details of the competition during the meet.

## **ARTICLE 104:**

### **NATIONAL CHAMPIONSHIP MEETS**

(Recommended for all Championship Meets when possible)

**104.1. MEET CATEGORIES**—USMS National Championship Meets shall be awarded in the following categories:

- .1 Short Course National Championship Meet Dates**—The short course (25 yards) National Championship Meet shall be held between April 15 and May 31.
- .2 Long Course National Championship Meet Dates**—The long course (50 meters) National Championship Meet 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 NATIONAL CHAMPIONSHIP MEETS**

- .1 Meet Rotation System**—National Championship Meets shall be awarded using the three-area system as set forth below. (See Appendix D for map of areas.)

	<b>Area 1</b>	<b>Area 2</b>	<b>Area 3</b>
<b>Year</b>	<b>West</b>	<b>Central</b>	<b>East</b>
1995	LC	—	SC
1996	SC	LC	—
1997	—	SC	LC
1998	LC	—	SC
1999	SC	LC	—
2000	—	SC	LC

**A Area 1**—Area 1 shall be composed of the following LMSCs: Alaska, Hawaii, Inland Empire, Montana, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern Pacific, and Wyoming.

**B Area 2**—Area 2 shall be composed of the following LMSCs: Arizona, Arkansas, Border, Central, Colorado, Gulf, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, New Mexico, North Dakota, 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 meet 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 later than thirty 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 thirty 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 facilities 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., no later than ten days prior to the beginning of the meet, a fee of \$10.00 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. An additional amount of \$1.00 per entrant may be returned for outstanding performance by the host. Noncompliance with said conditions, as determined by the Meet Evaluation Committee within thirty 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 sixty 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 by 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, or an individual designated by the President, and the governing body shall be the House of Delegates of USMS.
3. Business pertinent to the operation of National Championship Meets and the conduct of the events shall be considered and finalized at this meeting. Changes may be effected in the conduct of the meet to fit the situation.
4. Since changes can be made in the operation of a National Championship Meet, it is the obligation of every swimmer (or a representative) to arrive with enough time to complete registration and become apprised of any changes 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 shall 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 lists by time for deck-seeded events, except relays, shall be made available to all swimmers at the time of registration.

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

**A Meet schedules (1995-1998)**

<b>Schedule 1</b>	<b>Schedule 2</b>	<b>Schedule 3</b>
<b>1995 Short Course</b>	<b>1995 Long Course</b>	<b>1996 Short Course</b>
<b>1996 Long Course</b>	<b>1997 Short Course</b>	<b>1997 Long Course</b>
<b>1998 Short Course</b>	<b>1998 Long Course</b>	
<u>1st Day</u>	<u>1st Day</u>	<u>1st Day</u>
200 backstroke	400/500 freestyle (men)	400/500 freestyle (men)
50 freestyle	50 breaststroke	100 breaststroke
200 IM	100 butterfly	200 butterfly
50 butterfly	200 IM	50 backstroke
100 breaststroke	50 freestyle	200 IM
200 mixed medley relay	200 backstroke	100 freestyle
400/500 freestyle (women)	200 mixed free relay	200 mixed free relay
<u>2nd Day</u>	<u>2nd Day</u>	<u>2nd Day</u>
100 IM*	400/500 freestyle (women)	400/500 freestyle (women)
200 butterfly	100 IM*	50 freestyle
100 freestyle	200 breaststroke	100 butterfly
200 breaststroke	100 freestyle	200 backstroke
50 backstroke	200 butterfly	50 breaststroke
200 free relay	50 backstroke	100 IM*
400/500 freestyle (men)	200 medley relay	200 medley relay
<u>3rd Day</u>	<u>3rd Day</u>	<u>3rd Day</u>
100 butterfly	100 breaststroke	400 IM
50 breaststroke	50 butterfly	50 butterfly
100 backstroke	200 freestyle	200 breaststroke
200 freestyle	100 backstroke	100 backstroke
200 medley relay	200 mixed medley relay	200 freestyle
200 mixed free relay	200 free relay	200 mixed medley relay
400 IM	400 IM	200 free relay
<u>4th Day**</u>	<u>4th Day**</u>	<u>4th Day**</u>
800/1000 freestyle	800/1000 freestyle	800/1000 freestyle
1500/1650 freestyle	1500/1650 freestyle	1500/1650 freestyle

\*The 100 IM is swum in Short Course Nationals only.

\*\*With Championship Committee approval, a swimmer may compete in both of the two longest freestyle events at the meet. The Championship Committee shall decide how National qualifying times will affect the entry.

**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 freestyle and the 1500/1650 freestyle shall not be swum on consecutive days.
4. The three basic schedules shall be chosen every four years, starting in 1990, by a vote of the House of Delegates, from at least four alternatives presented by the Championship Committee.

**.3 Event Limit**

**A Individual events**—Competitors may enter and swim in a maximum of six individual events (or five individual events, if deemed necessary by the

Championship Committee) in a four day National Championship Meet, with a maximum of three 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 National qualifying times**—There shall be qualifying times at National Championship Meets when deemed necessary by the Championship Committee. The Championship Committee shall make that decision prior to the publication of the meet entry form for that meet.

1. **Determination of qualifying times**—The qualifying times shall be 10 percent slower than the previous year's tenth place time on the USMS Top Ten list. If there are fewer than ten swimmers on the Top Ten list, there shall be no qualifying time.
2. **Event limit**—When qualifying times are in effect, competitors may enter and swim in a maximum of three individual events without meeting the established qualifying standards. 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 qualifying time for those events.
3. **Verification of times**—Any competitor who does not meet the qualifying time in a designated time standard event will be required to show verification of the time unless it is listed on the USMS Top Ten list.

#### **.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. Each entry must be accompanied by a copy of the swimmer's current USMS registration card.
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 become unattached at any time.

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

1. **Approval of entry form**—Entry forms (both individual and relay) and meet information shall be prepared following the direction of the Championship Committee, and must be approved by the Championship Committee in advance of printing. No other forms may be used.
2. **Distribution of entry form**—The entry form for individual events and all meet brochure information shall be published in an official USMS publication at no cost to the meet host. Short Course Nationals information shall be published in the January–February issue and Long Course Nationals information shall be published in the May–June issue. One copy each of the individual and relay entry forms and any additional information the host desires shall be sent 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 forms.
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 the meet ID number of each relay member. The age group of the relay team may be changed prior to the relay check-in deadline.

**C Entry deadline**

1. **Individual entry deadline**—The deadline for receipt of entries for National Championship Meets shall be not more than thirty-five days prior to the first day of competition.
2. **Relay entry deadline**—Relays may be entered the day before the first day relays are swum. Participants therein must have entered the meet thirty-five days in advance. Relays entered after the original meet entry deadline will pay one and one-half times the normal entry fee. Official USMS relay cards must be used.
3. **Postmark deadline**—The Meet Director may establish a U.S. Postal Service postmark deadline seven days prior to the individual entry deadline. If a postmark deadline is established, individual and relay entries postmarked by a U.S. Postal Service office in the 50 states by midnight of that date will be considered on-time. Private or corporate meter postmarks will not be accepted.

**D Entry fees**—Entry fees for National Championship Meets shall consist of the following:

1. A \$20 surcharge may be charged to be used by the meet sponsor to help pay meet expenses.
2. \$4 each for individual events.
3. \$8 each for relays.
4. 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 longer than 200 yards/meters shall be deck-seeded by one of the following methods: (a) by entry time only, (b) by age group first, then by time, or (c) by a combination of (a) and (b). The USMS Championship Committee shall make all seeding decisions.
5. The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc. (Note exception provided in Article 104.5.5A(7).)
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. A swimmer may be seeded in an incomplete heat of another age group if the swimmer's entry time would have a

significant impact on the timely running of the meet, as determined by the Championship Committee.

8. There will be no splitting of age groups into A.M. and P.M. sessions. However, at the Meet Director's discretion, swimmers whose entry times will inordinately delay the progress of the meet may be seeded individually in an outside lane with mechanical timing, thus allowing the continued sequence of the regularly scheduled heats.

**B Distance events**

1. The 1000/1650 yard or 800/1500 meter freestyle shall be deck-seeded as in Article 104.5.5A(4).
2. Willing and able competitors in the freestyle events over 200 meters may swim two-to-a-lane when only one course (7, 8, 9, or 10 lanes) is available for the event. Heats with two swimmers to a lane shall be completed before heats with a single swimmer per lane. (See Article 102.10.4 for principles of seeding two-to-a-lane.)

- C Multiple courses**—When the courses are unequal in any way (depth of the course, visibility of timing display, bulkhead turns, type of gutter or starting blocks, etc.), male and female swimmers shall share an equal number of days in both courses. Women's events shall be scheduled in the preferred course on days one and three in odd years, and on days two and four in even years. If the time line of the meet is significantly affected by this rotation, the Championship Committee may override this requirement.

**.6 Club Scoring**

- A Scoring**—All National Championship Meet scoring and awards shall be treated as if the meet were swum in a ten-lane pool, regardless of the actual number of lanes available. Points shall be awarded as in Article 102.12.3.

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

1. **Women's**—women's individual events and women's relay events.
2. **Men's**—men's individual events and men's relay events.
3. **Combined**—women's individual events, women's relay events, men's individual events, men's relay events, and mixed relay events.

- C Divisions**—Three divisions shall be recognized for purposes of club scoring based upon the number of swimmers entered in the meet from each club. The number of entrants from a club which shall constitute a Division I (Large), Division II (Medium), or Division III (Small) team shall be determined after the meet entry deadline by the Championship Committee.

**.7 Awards**

- A Awards**—All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given except in the case of ties. Appropriate awards as determined by the Championship Committee will be awarded for places one through ten.

- B USMS championship 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 one additional patch for each additional championship won.

- C Club awards**—The organization conducting the National Championship Meet shall provide awards to the first, second, and third place winners in the women's, men's, and combined categories in each Division.

**.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 103.6.6C).
- 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 Judges, and Relay Take-Off 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. Both the party lodging the protest and the party charged shall be afforded a chance to be heard. The decision of the panel shall be final.
- C** Any protests made following the close of competition shall be directed to the 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:
  - One Meet Referee
  - One Deck Referee for each course
  - One Starter for each course
  - One Recall Starter for each course
  - Two Stroke and Turn Judges for each course
  - Two timers per lane for each course
  - One Recall Rope Operator for each course
  - One Safety Marshall for each end of each pool in use for warm-ups.

The Referees, Starters, and Stroke and Turn Judges shall be certified by USS, YMCA, or any other USMS-approved certifying body. 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 shall have electronic readout boards. For two courses, the electronic readout boards shall have the capability of displaying times for all lanes simultaneously.



- C** Automatic timing equipment shall be provided for all courses during the competition.
- D** The event number and heat number for each heat in the water shall be displayed at all times during the competition in a location easily visible to all participants for each course being used.
- E** The organization conducting the National Championship Meet shall use a computer to compile entry lists, heat sheets, entry cards, and final results.

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

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

- .1** All times must be made in USMS sanctioned meets or recognized events.
- .2** Times to be considered for Records and Top Ten Times must be made on or before May 31 for short course yard times, September 15 for long course meter times, and December 31 for short course meter times. These times shall be forwarded to the Records and Tabulation Chairman by July 15, October 20, and February 5, 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 relay times 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 and for each sex shall be published annually for the events listed under Article 102.5.
- .2** Individual split times and relay lead-off times shall be considered for Top Ten Times if:
  - A** Recorded by fully automatic timing equipment,
  - B** The intent to record a split time is brought to the attention, in writing, of the meet Referee, and
  - C** The swimmer(s) completes the full distance of the scheduled event without being disqualified, including a legal finish at the initial distance.

Such split times shall be included separately in the summary of results prepared by the Meet Director, and submitted to the LMSC Top Ten Recorder.

- .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 103.8.3), must be used.

**105.3. USMS NATIONAL RECORDS**

- .1** The fastest time by a USMS-registered swimmer in each event in a USMS sanctioned competition or recognized event 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, semi-automatic timing with three buttons, or automatic timing.
- .7 Records established by a swimmer's split time in an individual event or by a swimmer's lead-off time in a relay shall be acceptable as an individual performance for all purposes if:
  - A Recorded by fully automatic timing equipment,
  - B The intent to record a split time is brought to the attention, in writing, of the meet Referee, and
  - C The swimmer(s) completes the full distance of the scheduled event without being disqualified, including a legal finish at the initial distance.

Such split times shall be included separately in the summary of results prepared by the Meet Director and submitted to the LMSC Top Ten Recorder.
- .8 Records must be achieved in the relevant stroke/event (e.g., a backstroke record must be set in a backstroke event, etc.). Records set in freestyle events can be submitted only as freestyle records, regardless of the stroke or strokes used.
- .9 Record times shall be submitted in hundredths of a second (two decimal places). If times are tied to the hundredth of a second, the results shall be declared a tie and records shared by all swimmers thus tied.
- .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 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 meter and 50 meter courses only) shall be supplied to the USMS Records and Tabulation Chairman within thirty days of the date of 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 to ensure 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, ½ inch). [M]
- B Short course meters**—25.00 meters (82 feet, ¼ inch). [M]
- C Short course yards**—25.00 yards. [M]
- D Touch pads**—When touch pads are used as part of an automatic timing system, the thickness of these pads shall not cause the length of the racing course in any lane to fall below the minimum required length. [M]
- E Movable bulkheads**—When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be capable of resisting lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes. [M]

- .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, 3½ 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 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 .46 meter (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 .8 meter (2 feet, 7½ inches) below the water surface. It is recommended that a toe-rest ledge be provided at approximately 4 foot depth in the walls of the deep water race course. [M]

#### **107.4. POOL AND BULKHEAD MARKINGS**

- .1 **Pool Bottom Lane Markers**—Minimum 25-centimeter (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 the shape of a "T" or a cross and the same width as the lane bottom markers shall be provided in the center of each lane on each end wall of the course and shall extend at least 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 the 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 from the starting end of the pool. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. [M]

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

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

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

#### **107.8. OTHER DECK EQUIPMENT**

- .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**—One-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, 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 warm-up period and competition. [NC]

**107.10. NO SMOKING SIGNS**—No smoking indoors or outdoors shall be permitted in any area designated for swimmers, including spectator seating, standing, and eating areas, and signs shall be so posted. [M]

## 107.11. STARTING PLATFORM

### .1 Height

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

**B Short course yards**—The front edge of the starting platform shall be not higher than 0.762 meter (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 .50 by .50 meters (1 foot, 8 inches square) and shall slope not more than 10 degrees from the horizontal. The entire surface of the platform shall be faced with permanent non-slip material. [M]

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

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

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

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

**.2 Size, Color, and Safety**—Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeter (2 inches) to a maximum of 11 centimeter (4¼ inches). The color of the floats extending from the walls the distance of 5 meters (16 feet, 5 inches) for long course and short course meters, and 15 feet for short course yards, shall be distinct from the rest of the floats. Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15 meters (49 feet, 2½ inches) from each end wall in both short course and long course pools. Additionally, in long course pools, a distinctive warning line or lane markers may be placed at a distance of 13 meters from each end wall. 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 6 to 12 inches in width at the base and 12 to 18 inches in vertical length, of two or more alternating and contrasting

colors shall be suspended on a firmly stretched line over each lane for all backstroke, individual medley, and medley relay events. [M]

## **.2 Location**

**A Long course and short course meters**—5 meters (16 feet, 5 inches) from each end of the course, a minimum of 1.8 meters (5 feet, 11 inches) to a maximum of 2.5 meters above the water surface. [M]

**B Short course yards**—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 millimeters ( $\frac{1}{4}$ -inch) line without flags or pennants shall be suspended at the 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. The rope shall be suspended in such a way that when the quick release mechanism is activated the rope immediately drops onto the surface of the water across all lanes of the course. [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 TIMING 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 103.7 for automatic and semi-automatic timing equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to standby battery power source in case of line power failure without affecting the continuity and accuracy of the timing system. [NC]

## **.3 Touch Pads**

**A Size and thickness**—Recommended pad size shall be 2 meters (6 feet, 6 inches) wide and not less than .6 meter (2 feet) deep. Minimum width of pads shall be 1.52 meters (5 feet). Thickness shall not exceed one centimeter ( $\frac{3}{8}$ -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 1 inch wide black border. [NC]
  - C Sensitivity**—Panels shall stop the timing system instantaneously by a light hand touch anywhere on the flat surface facing the race course and the upper edge but shall not be activated by water turbulence. [NC]
  - D Installation and safety**—Panels shall be installed and firmly anchored in the center of each lane and shall have no sharp edges, corners, or other protrusions on any exposed surfaces. [NC]
- .4 Optional Accessories**—Automatic timing equipment may provide relay judging capability, automatic lap counting, split time readouts for all lanes, correction of erroneous touch, and television equipment tie-in. Any corrections or impulses generated by the equipment operators shall be clearly identified on the results printout.
- .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 two courses. A one-line board is the minimum requirement for a third course. [NC]
- 107.18. ELECTRICAL SAFETY**—All permanent or temporary electrical connections to the electronic loudspeaker start system, automatic timing equipment, and other electrical or electronic devices operating on line voltages in the vicinity of the racing course shall be made only from ground-fault circuit interrupter (GFI) protected convenience receptacles or circuits. In the event such receptacles or circuits are not available in the facility used for competition, portable UL-approved self-contained GFI outlet fittings shall be provided (furnished and installed) at the nonprotected convenience receptacles by the meet management, Meet Director, or the equipment operator(s) whenever such equipment is connected and in use. [M]

## PART TWO: ADMINISTRATIVE REGULATIONS OF COMPETITION

### ARTICLE 201: ATHLETE REGISTRATION AND REPRESENTATION

- 201.1. MEMBERSHIP OF ATHLETES.** All swimmers competing in events sanctioned by USMS must be registered with USMS or their nation's recognized Masters Swimming governing organization.
- .1 Annual Registration**—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 One-Event Registration**—An LMSC may offer a single event registration which allows an athlete to participate in ONE sanctioned event. Registration cards will NOT be issued for one-event registration. One-event registrants must be considered unattached and agree to be governed by the rules and regulations of USMS, except that their times will not be considered for Top Ten tabulation or National or World records. One-event registrants shall be identified as such in the meet results.
  - .3 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 203.1. The language may not be modified in any way.
  - .4 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** There shall be only one USMS registration per individual permitted at any time.
  - .2** In order for a swimmer to compete as a representative of a club, that club must be a member in good standing of an LMSC and USMS.
  - .3** A swimmer need not reside in the LMSC territory in which the club the swimmer represents is located but must be registered in that LMSC.
  - .4** An unattached competitor is a registered swimmer who represents no club.
  - .5** A swimmer shall not represent any club in competition for sixty (60) consecutive days before transferring affiliation to another club, unless this transfer takes place at the time of annual re-registration. A swimmer may declare unattached status at any time without written application.
  - .6** 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.



- .7 All applications for changes of registration (including transfers) must be accompanied by a reasonable fee to be determined by the LMSC in which the swimmer will be registered after the change of registration.

**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 the Chairman's designee a written authoritative permission to compete in such country.

**ARTICLE 202:  
SANCTION/RECOGNITION**

- 202.1. SANCTIONS**—Times swum at sanctioned events are considered for USMS National records and Top Ten Times. All swimmers entered in a sanctioned event shall be registered with USMS, or shall have a valid travel permit or its equivalent, or have other acceptable proof of current Masters Swimming registration.

- .1 **Sanction Requirements**—Sanctions will be issued, withheld, or withdrawn in accordance with the following:

**A** Applications for sanction shall be made to the LMSC within whose territorial limits the event is held and applications shall be accompanied by a copy of the entry form and applicable fee.

1. The entry forms shall contain the exact language of the liability release as stated in Article 203.1. All swimmers, before participating, shall have signed a release containing the exact language of the liability release as stated in Article 203.1. The language shall not be modified in any way, except that the names of additional insureds may be inserted after "...Local Masters Swimming Committees."
2. Entry forms and programs must bear the statement, "Sanctioned by (LMSC name) for USMS, Inc. Sanction number: \_\_\_\_."
3. The sanction fee shall be established by the LMSC.

**B** All sanctions shall be signed by the LMSC's authorized representative, and a record thereof shall be retained for two years.

**C** Sanctions issued to one organization cannot be transferred to another. Any sanctions so transferred shall be void for all purposes, and the LMSC may deny further sanctions to any organization violating this provision.

**D** No sanction may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from sanctioned events must be used for the general welfare of the promoting organization as a whole.

**E** No sanction of any event 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 the USOC.

**F** All sanctioned events are subject to the following conditions:

1. The conduct of a sanctioned event shall be in strict compliance with applicable USMS swimming rules and administrative regulations.
2. All swimmers shall submit with their entries copies of their current registration cards or travel permits, or supply proof of current Masters registration acceptable to the LMSC, 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 participation in the event.

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

**202.2. RECOGNIZED EVENTS**—Times swum at recognized events may be considered for USMS National records and Top Ten Times if a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS swimming rules and administrative regulations, or the event is organized by USS, FINA, MSI, or CASA (Swimming Canada Natation).

**.1 Recognition**—Recognition will be issued, withheld, or withdrawn in accordance with the following:

- A Applications for recognition of non-foreign events shall be made to the LMSC within whose territorial limits the event is held and applications shall be accompanied by the recognition fee. The recognition fee shall be as established by the LMSC.
- B All recognitions shall be signed by a designated member of the LMSC, and a record thereof shall be retained for two years.
- C Recognition issued to one organization cannot be transferred to another. Any recognition so transferred shall be void for all purposes, and the LMSC may deny further recognition to any organization violating this provision.
- D No recognition may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from recognized events must be used for the general welfare of the promoting organization as a whole.
- E All recognized events are subject to the following conditions:
  - 1. The conduct of a recognized event shall conform to relevant USMS swimming rules and administrative regulations.
- F Further recognition may be denied to any organization which has failed to conduct said competition in accordance with applicable USMS swimming rules and regulations, or as stated on the entry form.
- G Recognition for any meets held outside the jurisdiction of USMS, other than those organized by FINA, MSI, or CASA, shall be obtained from the Executive Committee.

## **ARTICLE 203: LIABILITY RELEASE**

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

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

## PART THREE: LONG DISTANCE/OPEN WATER SWIMMING RULES

### ARTICLE 301: ADMINISTRATION

**301.1. ORGANIZATION**—The conduct and organization of Long Distance/Open Water Swimming for Masters shall be governed 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/open water events sanctioned by USMS must be registered with USMS or their nation's recognized Masters Swimming governing organization.
- .2 Sanctions or recognitions shall be required for all long distance/open water events. LMSCs are responsible for issuing sanctions or recognitions 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 recognition. This does not prohibit the other LMSC from also issuing a sanction or recognition for the event.
- .3 A long distance/open water event may include both USMS and USS events, with the USMS events sanctioned or recognized by USMS and the USS events sanctioned or recognized by USS. Under no circumstances shall a USMS athlete and a USS athlete be considered part of the same event. Athletes holding both USMS and USS registrations must declare their race affiliation, in writing, prior to the start of the 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: *"Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."* The language 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. DEFINITIONS**

- .1 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.
- .2 An open water event is a swimming event of any distance conducted in an open body of water, either natural or man-made.

**302.2. EVENTS**—Long distance events shall consist of individual and/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 6 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**—The Meet Director shall determine the course and type of start for open water events, keeping in mind the safety of the swimmer. The course shall be measured as accurately as possible. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age groups and other classifications may also be swum at the same time, but again tabulated separately.

**.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 shall 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 5-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 5-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) who shall be present at all times, having no other responsibilities during the period of the swim. For each swimmer, there shall be a counter who shall record split times for every two lengths during the swim. A stop watch or electronic timing system shall be used to time the event. Drafting shall not be permitted in time/distance events. In pools that are 50 meters or longer, the Referee shall establish procedures to prevent drafting if more than one swimmer is competing per lane. In pools that are less than 50 meters, no more than two swimmers shall share a lane. When two swimmers are sharing the same lane, they shall conform to Articles 102.10.3A(6)(a) and 102.10.3A(6)(b).

**.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 distance.
- 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.

- 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 a tie, 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 practical after the completion of the previous swimmer's leg. In the exchange in open water events, physical contact must be made between the two swimmers. In pool events, the exchange is governed by Articles 101.7.3C and 101.7.3H. The Meet Director, with the concurrence of the Chairman of the Long Distance Committee, may allow special events in which members of an open water relay team need not be from the same club.

## ARTICLE 303:

### SAFETY PRECAUTIONS FOR OPEN WATER EVENTS

- 303.1. SAFETY STANDARDS**—As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary for protection from as many dangers as possible. The Meet Director can assist this endeavor by:
- Obtaining necessary permits/approvals from the U.S. Coast Guard, park authorities, lifeguard associations, etc.
  - Providing accurate maps with course descriptions and other pertinent information with entry forms and meet information packets.
  - Planning for possible medical evacuations.
  - Assigning rescue/aid personnel and craft.
  - 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/open water events, provided they are not in conflict with USMS rules, policies, or procedures.

### **303.2. ESCORTED SWIMS**

- .1 In any event for which it has been arranged that an escort craft or paddler will accompany each swimmer throughout the event, all swimmers must be accompanied by such an escort paddler or craft. If the escort paddler or craft becomes disabled or cannot continue to accompany the swimmer, the swimmer must either stay in the water next to the escort craft until a replacement arrives, or exit the water.
- .2 If a swimmer's escort becomes disabled as per Article 303.2.1, an escort for another swimmer may assume responsibility for the swimmer with the disabled escort, subject to the following conditions:
  - A** Any one paddler or craft may escort no more than two swimmers.
  - B** The two swimmers must stay within 5 meters of each other. Failure to stay within 5 meters shall result in immediate disqualification of the second swimmer assigned to the escort and the immediate removal of that person from the water.

## **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 shall be audible and visible 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" shall 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**

- .1 Swimmers' costumes must be non-transparent and conform to the current concept of the appropriate. The Referee shall have the authority to ban offenders from competition until they appear properly costumed. Goggles, ear plugs, and grease shall be allowed. The suit shall be made of a porous material.
- .2 Swim cap(s), including those made of neoprene, may be permitted. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck or shoulders.
- .3 Wet suits may be allowed at the discretion of the Meet Director. Wet suits generally provide a competitive advantage. If awards are given to wet suit competitors they shall be awarded separately from non-wet suit competitors. Any published results or records must clearly indicate which swimmers wore wet suits.
- .4 Devices used to maintain body heat are illegal, except for those listed in Articles 304.4.1, 304.4.2, and 304.4.3.
- .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.
- .6 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.

**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 in open water events 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 within the pre-announced time.
- .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, on 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.
- .9 Swim in a manner in which their personal safety is jeopardized.



- 304.7. AGE GROUPS**—Age groups in individual events for men and women shall be 19–24, 25–29, and five year increments as high as is necessary to include all entrants.

**ARTICLE 305:**

**NATIONAL LONG DISTANCE/OPEN WATER CHAMPIONSHIP MEETS**

**305.1. ELIGIBILITY**

- .1** All swimmers competing in National Long Distance/Open Water Championship events shall be registered with USMS or their nation's recognized Masters Swimming governing organization.

**305.2. EVENTS**—The Long Distance Committee shall award National Long Distance/Open Water Championship Meets.

- .1** At the discretion of the Long Distance Committee, National Championship Meets may be awarded in the following events:

- A** One mile (quarter-mile straightaway or open water course)
- B** Quarter-mile straightaway (2 miles)
- C** Open water (1.5–3 miles)
- D** Open water (3.5–5 miles)
- E** Open water (6+ miles)
- F** Postal one hour
- G** Postal 5 and 10 kilometer (in a 50 meter pool)
- H** Postal 3000 yard (in a 25 yard pool)

- .2** Team events (as defined in Article 302.2.6).

- A** Team events shall be recognized in the quarter-mile straightaway (2 mile), postal one hour, and postal 3000 yard.
- B** Team events shall be recognized in the following age groups, as determined by the age of the youngest swimmer: 19+, 25+, 35+, and ten year increments as high as is necessary to include all entrants.
- C** Team events shall be determined by the Long Distance Committee.

- .3** Individual age groups for National Long Distance/Open Water Championship Meets shall be the same as those in Article 304.7.

**305.3. SITE SELECTION**

- .1** Bids shall be due, in writing, to the Long Distance Chairman no later than 30 days prior to 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 may be awarded by the Long Distance Chairman.

- .4 Suitable bids shall comply with all applicable USMS swimming and long distance rules, policies, and procedures.
- .5 The following area award system will be followed for the bidding of non-postal Long Distance Championships. Area definitions shall be the same as those in Article 104.3.1. Bids will be received up to two years in advance of the year bid. If suitable bids are not received from a qualifying area, bidding shall be opened to all areas. *Postal National Championships may be awarded to an organization for two consecutive years and will be awarded without regard to area.*

	Area 1 West	Area 2 Central	Area 3 East
1995	Open water 1.5–3 mi. Open water 6+ mi.	2 mi. cable	1 mi. Open water 3.5–5 mi.
1996	1 mi. Open water 3.5–5 mi.	Open water 1.5–3 mi. Open water 6+ mi.	2 mi. cable
1997	2 mi. cable	1 mi. Open water 3.5–5 mi.	Open water 1.5–3 mi. Open water 6+ mi.

- 305.4 CONTRACT**—Successful bidders of Long Distance Championship events shall sign a written contract with USMS, which specifies the responsibilities of the meet host and of USMS, Inc.

- 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 (setting up the course, supplies, equipment, etc.).
- .2 Cost of all National Championship Meet awards (medals and patches) and/or other appropriate awards.
- .3 A fee of \$1.00 per individual entrant in the meet shall be paid within seven days of the last day of acceptance of entries. A performance bond of \$200 shall be paid ten days prior to the start of the event. All or a portion of the \$200 performance bond shall be returned to the sponsoring organization, based upon compliance with the conditions set forth in the meet contract.
- .4 Costs reflected in National Championship Meet contracts.
- .5 Complete financial statements, which 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/Open Water 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 Long Distance Committee.

**305.7. RULES OF CONDUCT**

- .1 **Meet Director**—The Meet Director shall follow the applicable swimming and long distance rules of USMS and the policies and procedures established by the Long Distance Committee with regard to the planning and execution of the requirements for a National Championship.
- .2 **Entry Forms**—Entry forms shall be reviewed by the Long Distance Committee Chairman and the LMSC for content and sanctioning prior to distribution. Acceptable entry forms shall be sent to the 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 Long Distance Committee shall appoint a meet advisor to aid the Meet Director and ensure that all rules are observed.

**.4 Costume**

- A** Costume regulations for National Championship Meets shall be the same as those for non-National Championship events, as stated in Article 304.4. Wet suit competitors shall be excluded for the purposes of Articles 305.8 through 306.2.

**.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 the Meet Director.

**305.8. RESULTS**—Individual and team results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee Chairman, all participants of the meet, and the clubs they represent.

- .1** Results shall be organized by sex and age group in order of finish and shall include the name (as it appears on the USMS registration card), official time/distance, age, and club affiliation of each participant.

**305.9. CLUB SCORING**—No club scores shall be officially tallied or recognized for National Long Distance/Open Water Championship events.

**305.10. AWARDS**

- .1** National Championship Meet medals or other appropriate awards approved by the Long Distance Committee Chairman shall be awarded at least to the first three place winners of individual championships in each age group.  
**.2** National Championship Meet medals or other appropriate awards approved by the Long Distance Committee Chairman shall be awarded to the members of at least the first three place winners of team championships in each age group.  
**.3** A USMS championship patch will be awarded to each individual champion 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 Long Distance/Open Water Championship event shall qualify as a member of the USMS All-American Long Distance Swimming Team for the calendar year in which the event was conducted.

- .1** The Meet Director shall submit the names and USMS registration numbers of competitors achieving All-American status to the Long Distance Committee Chairman in accordance with the USMS meet contract.

**306.2. RECORDS**

- .1** Individual National records will be maintained in the quarter-mile straightaway events (1-mile and 2-mile events) and time/distance events (one-hour, 3000-yard, and 5 and 10 kilometer postal pool events). Team National records will be maintained in the one-hour postal event for the three-person male and female teams and the four-person mixed teams.  
**.2** Record times must be swum in a sanctioned event and must be routed through the sanctioning body to the 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.  
**.4** When a record attempt has been timed to the nearest second, 0.99 second shall be added to the time submitted. When a record attempt has been timed to the nearest tenth of a second, 0.09 second shall be added to the time submitted.

## 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. RIGHT TO PARTICIPATE**—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/recognized by USMS.
- 401.3. REPORTING**—Any individual who alleges that a right as set forth in Article 401.2 has been denied or is about to be denied, by a person or organization affiliated with USMS, 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 an individual's behalf, informs the Executive Secretary of USMS of an alleged violation of 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 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 composed 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 committee member 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 the last known address, or by personal service, detailing the charges or 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 personal representation at the hearing.
  - 3. A stated date of not less than thirty days nor more than sixty 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 days prior to the date of the hearing.
- C** The decision shall be rendered at the time of the hearing, or within twenty-four hours thereafter.

**ARTICLE 403:  
APPEAL**

- 403.1. APPEAL PROCEDURES**—The decision of the Review Section shall be final in all cases, subject only to appeal to the Board of Directors of USMS, and thereafter to the USMS House of Delegates. An appeal to either body must be taken within twenty days after mailing of written notice of the decision to be appealed. Upon timely petition to the President of USMS, and upon showing of good cause therefore, the time for appeal from a decision may be extended. The chairman of the body to which a decision is appealed shall set a date for appellate

hearing not less than thirty 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 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 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. RECORDS AND RECORD KEEPING**—Each LMSC shall comply with the financial record keeping and reporting requirements of USMS. 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 over 300 annual registrations, it is entitled to one additional member. For each additional 500 annual registrations, the LMSC is entitled to one more member in the House of Delegates. Figures shall be determined by the records of the National Registrar for the previous year or June 15 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, Legislation, and Long Distance 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 10 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 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 shall:
  - A Order meetings of the Corporation as provided in the Code and preside at all meetings of the Corporation.
  - B Exercise all the duties pertaining to this office in accordance with the Code.
  - C Serve as an ex-officio member of all committees.
  - D Appoint Legal Counsel who shall serve at the pleasure of the President.
- .2 The Vice-President has duties as assigned 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 to:
  - A Keep the records of the Corporation and the House of Delegates.
  - B Conduct all official correspondence of the Corporation.
  - C Issue all official notices of all meetings of the House of Delegates and Board of Directors.
  - D Serve as Secretary of the House of Delegates and 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, of whom at least 80 percent 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 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 Committee 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 Fitness Committee**—The Fitness Committee shall consist of the Chairman appointed by the President for a two year term and other members selected by the Chairman, with the concurrence of the President, as may be appropriate to carry out the duties of the Committee. The Committee shall study and develop fitness swimming activities for the general membership at the National level, and encourage such activities at the local level. The Committee shall educate adults on the fitness benefits of swimming.

- .6 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 its programs.
- .7 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 506.2.7A 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 506.2.7C 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.
- .8 International Committee**—The International 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.
- .9 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 submitted to the Committee in writing and in proper form in accordance with the provisions of Part Six, Amendment Procedures.
- .10 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.
- .11 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.

- .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 affect 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. 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 **Rule Book Committee**—The Rule Book Committee Chairman shall be appointed by the President for a two year term. With the concurrence of the President, the Chairman shall choose from the House of Delegates other members as necessary to carry out the duties. The Rule Book Committee shall be responsible for budgeting, planning, designing, editing, producing, and distributing the USMS Rule Book as approved by the House of Delegates.
- .16 **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.
- .17 **Sports Medicine, Health, and Safety Committee**—The Sports Medicine, Health, and Safety Committee shall consist of the Chairman appointed by the President for a two year term and other members as necessary to carry out the appropriate duties. The Committee shall research and advise USMS on subjects related to sports medicine, health, and safety. The Committee shall also stimulate and encourage research in the health benefits, medical problems, physiology, and psychology of Masters Swimming.
- .18 **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.

The Zone Committee will canvass qualified and interested persons and present one or more candidates for each of the four officer positions at least one month before the annual meeting. Additional candidates may be nominated at the Annual Meeting with the requirement that each nomination is made by at least two members of the House of Delegates and provided the nominee(s) gives written consent. The Zone Committee shall recommend a structure for the election of officers.

- 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. Each committee shall meet annually in conjunction with the annual meeting of the House of Delegates, if requested by the committee chairman, a committee member, or any member of the House of Delegates.

## **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 in the capacity as Director, officer, or employee, or arising out of the status as a Director, officer, or employee (including serving at the request of 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) and the Glossary 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) and the Glossary 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 and the Glossary 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 and the Glossary 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 may be amended 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**—Emergency amendments may be passed by a nine-tenths vote of the House of Delegates members present and voting if they are 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.

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

## APPENDIX A

## RECORDS

Category	Current as of
USMS Short Course Yards	May 31, 1994
USMS Short Course Meters	November 1, 1994
USMS Long Course Meters	September 15, 1994
World Short Course Meters	November 1, 1994
World Long Course Meters	November 1, 1994
USMS Long Distance	November 1, 1994

**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

Walt Reid  
Records/Tabulation Committee  
11114 111 St. SW  
Tacoma, WA 98498

Long Distance Records

Sally Ann Dillon  
Long Distance Committee  
P. O. Box 9499  
Truckee, CA 96162

WOMEN 19-24	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Miller	1991	23.97	M Chow	1993	27.54		D Dutcher	1992	27.94	
100 free	S Miller	1991	52.08	M Chow	1993	1:00.14		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	E Mortensen	1994	4:56.93	L Dial	1992	4:43.50		C Hinshaw	1992	4:40.07	
800/1000 free	A Zamanian	1994	10:33.71	L Antonietta	1994	9:49.66		A Zamanian	1994	9:31.25	
1500/1650 free	K Burton	1987	17:31.70	K Henson	1990	18:54.01		A Zamanian	1994	18:17.40	
50 back	D Risen	1990	27.85	K Hucal	1994	30.86		T Smith	1990	31.55	
100 back	D Risen	1990	57.96	M McGinty	1993	1:10.77		D Braciak	1987	1:06.09	
200 back	S Burt	1993	2:06.90	C Hartzell	1988	2:34.32		M Donahue	1992	2:26.62	
50 breast	S Mortenson	1993	30.25	B Wood	1994	35.28		T McFarlane	1991	35.22	
100 breast	S Mortenson	1993	1:06.74	L Keogh	1993	1:16.61		T McFarlane	1991	1:18.44	
200 breast	A Tweedy	1987	2:25.40	L Keogh	1993	2:44.74		L Keogh	1993	2:51.20	
50 fly	M David	1994	26.48	M Chow	1993	29.66		S Smiley	1993	30.03	
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	C Planje	1991	2:34.28		B Castillo	1988	2:22.59	
100 IM	S Miller	1991	59.21	M Chow	1993	1:09.25					
200 IM	S Miller	1991	2:08.74	L Dial	1992	2:34.20		M Donahue	1992	2:29.90	
400 IM	A Zamanian	1994	4:39.85	L Dial	1992	5:21.53		A Zamanian	1994	5:18.36	
WOMEN 25-29	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	A Pettis-Scott	1992	23.2	M Chow	1994	26.65	26.65	S Shand	1991	26.68	26.68
100 free	S Shand	1993	51.07	L Fabrizio	1989	59.17	58.93	S Shand	1991	58.23	58.23
200 free	S Shand	1993	1:51.53	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	L Hazen	1994	10:12.34	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	K Burton	1991	17:30.18	17:30.18	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	30.8	30.8
100 back	D Graner	1991	56.7	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	2:17.86	D Graner	1989	2:19.97	2:19.97
50 breast	S McIntyre-Woods	1991	30.6	T McFarlane	1991	34.36	33.6	R Seaman	1987	34.36	32.01
100 breast	S McIntyre-Woods	1991	1:06.50	T McFarlane	1991	1:14.82	1:13.60	S McIntyre-Woods	1991	1:16.60	1:16.05
200 breast	L Keogh	1994	2:23.59	L Keogh	1994	2:40.90	2:40.90	B Lambert-Flanner	1994	2:49.16	2:42.02
50 fly	L Lanini	1987	25.68	B O'Connor	1988	29.13	29.37	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	K Burton	1991	2:28.67	2:17.13	J Ford	1987	2:22.42	2:18.69
100 IM	S Shand	1993	58.84	B O'Connor	1988	1:08.16	1:06.84				
200 IM	S Shand	1993	2:05.98	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	K Burton	1991	5:18.02	5:06.88	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	A Pettis-Scott	1993	26.46	26.46	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	S Porter	1994	5:03.99	B Knight	1990	4:31.88	4:30.59	B Knight	1991	4:30.38	4:30.38
800/1000 free	S Porter	1994	10:20.10	B Knight	1990	9:17.55	9:09.90	S Porter	1994	9:19.96	9:16.82
1500/1650 free	K Burton	1993	17:07.52	B Knight	1992	18:10.81	17:41.61	K Burton	1992	17:40.50	17:40.50
50 back	S Walsh-Stankavag	1992	27.36	K Pipes/A Devuono	1994	31.76	31.76	K Pipes	1994	31.47	31.47
100 back	K Pipes	1994	58.34	A Devuono	1994	1:06.69	1:06.69	K Pipes	1994	1:07.13	1:07.13
200 back	K Pipes	1994	2:04.34	K Pipes	1993	2:24.16	2:24.16	K Pipes	1994	2:22.04	2:22.04
50 breast	R Seaman	1989	29.84	V Kerr-Hauge	1991	35.25	33.74	L Bennett	1988	35.9	34.56
100 breast	R Seaman	1989	1:05.05	B Scheimann	1993	1:17.43	1:15.39	B Scheimann	1993	1:18.80	1:14.52
200 breast	K Melick	1990	2:29.75	K Melick	1991	2:50.96	2:49.16	K Melick	1987	2:53.08	2:48.41
50 fly	R Seaman	1989	25.62	S Neilson-Bell	1988	30.2	29.63	B Harrell	1992	29.22	29.22
100 fly	R Seaman	1989	55.68	T Bennett	1988	1:07.34	1:04.69	B Harrell	1992	1:06.08	1:06.08
200 fly	J Ford	1993	2:07.94	N Mitchell	1991	2:26.98	2:26.35	K Pipes	1994	2:27.43	2:27.43
100 IM	R Seaman	1989	58.78	S Neilson-Bell	1988	1:07.78	1:07.78				
200 IM	K Pipes	1994	2:07.14	K Pipes	1994	2:25.11	2:25.11	K Pipes	1994	2:27.66	2:27.66
400 IM	K Pipes	1994	4:29.70	B Rhodes	1991	5:13.84	5:13.69	K Pipes	1994	5:08.67	5:08.67
WOMEN 35-39	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Neilson-Bell	1994	23.82	S Neilson-Bell	1993	26.24	26.24	S Neilson-Bell	1993	26.89	26.89
100 free	S Halfacre	1988	52.24	S Neilson-Bell	1993	59.39	59.39	B Knight	1994	58.94	58.94
200 free	S Halfacre	1988	1:52.79	J Hirsty	1989	2:12.69	2:12.69	B Knight	1994	2:08.93	2:08.93
400/500 free	S Halfacre	1988	5:01.04	M Velikonja	1993	4:46.93	4:46.93	B Knight	1994	4:31.35	4:31.35
800/1000 free	S Halfacre	1988	10:39.87	L Val	1987	9:46.95	9:46.95	B Knight	1994	9:20.62	9:20.62
1500/1650 free	S Halfacre	1988	17:15.23	L Val	1987	18:27.71	18:27.71	B Knight	1994	17:59.12	17:59.12
50 back	L Val	1991	27.82	L Val	1991	32.5	32.5	L Val	1990	32.39	32.39
100 back	L Val	1991	1:01.68	L Val	1991	1:12.14	1:10.47	Z Herrmann	1994	1:08.49	1:08.49
200 back	L Doughty	1994	2:13.85	K Branch	1994	2:31.78	2:31.78	Z Herrmann	1994	2:26.66	2:26.66
50 breast	L Osborne	1989	30.85	L Osborne	1989	34.63	34.63	L Wetzel-Osborne	1989	34.41	34.41
100 breast	L Osborne	1989	1:07.58	L Osborne	1989	1:16.70	1:16.70	L Wetzel-Osborne	1990	1:17.44	1:17.44
200 breast	K Melick	1992	2:30.53	L Osborne	1989	2:50.93	2:50.93	D Ann Joslin	1994	2:52.40	2:51.75
50 fly	L Val	1987	26.68	L Val	1991	30.05	30.05	S Halfacre	1988	29.27	29.27
100 fly	S Halfacre	1988	56.9	M Velikonja	1993	1:07.28	1:07.28	S Halfacre	1988	1:05.39	1:05.39
200 fly	L Val	1987	2:10.80	L Val	1991	2:28.96	2:28.96	L Val	1989	2:26.38	2:26.38
100 IM	S Halfacre	1988	1:00.22	S Neilson-Bell	1992	1:08.15	1:08.15				
200 IM	S Neilson-Bell	1992	2:13.88	S Neilson-Bell	1992	2:31.39	2:31.39	J Lallier	1994	2:28.93	2:28.93
400 IM	S Neilson-Bell	1992	4:46.69	K Farnsworth	1991	5:30.35	5:27.34	K Farnsworth	1992	5:34.47	5:34.47

WOMEN 40-44	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	L Val	1994	24.68	L Val	1993	27.76	27.76	L Val	1992	28.05	28.05
100 free	L Val	1994	54.14	L Val	1993	1:00.68	1:00.68	L Val	1994	1:01.41	1:01.41
200 free	L Val	1994	1:58.79	L Val	1992	2:14.32	2:14.32	L Val	1994	2:14.97	2:14.97
400/500 free	L Val	1994	5:23.35	B Dunbar	1992	4:50.68	4:50.68	L Val	1994	4:48.82	4:48.82
800/1000 free	B Dunbar	1990	11:20.18	B Dunbar	1991	10:04.16	10:04.16	L Val	1993	9:57.69	9:57.69
1500/1650 free	B Dunbar	1989	18:58.23	B Dunbar	1990	19:00.81	19:00.81	B Dunbar	1992	19:00.40	19:00.40
50 back	L Val	1992	27.91	L Val	1993	31.55	31.55	L Val	1994	32.25	32.25
100 back	L Val	1992	1:02.22	L Val	1992	1:10.94	1:10.94	L Val	1992	1:11.03	1:11.03
200 back	E Roberts	1994	2:19.19	M Stevens	1993	2:38.22	2:38.22	M Ann Stevens	1994	2:41.80	2:36.89
50 breast	D Walker	1993	32.84	G Benty	1992	37.79	37.64	A Wright-Belknap	1992	37.02	37.02
100 breast	D Munger	1992	1:11.73	G Benty	1992	1:22.19	1:22.19	D Walker	1991	1:21.73	1:21.73
200 breast	G Benty	1993	2:37.37	G Benty	1992	2:54.12	2:54.12	G Benty	1993	2:59.24	2:56.21
50 fly	L Val	1993	26.46	L Val	1992	30.18	30.18	L Val	1994	29.89	29.89
100 fly	L Val	1992	59.22	L Val	1993	1:06.86	1:06.86	L Val	1992	1:06.27	1:06.27
200 fly	L Val	1992	2:11.08	L Val	1993	2:29.19	2:29.19	B Dunbar	1989	2:33.51	2:33.51
100 IM	L Val	1993	1:03.57	L Val	1992	1:11.65	1:11.65				
200 IM	L Val	1994	2:17.30	L Val	1992	2:33.89	2:33.89	L Val	1993	2:38.20	2:38.20
400 IM	E Roberts	1994	5:01.58	L Val	1992	5:32.53	5:32.53	L Val	1993	5:39.70	5:39.70
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	29.73	A Mueller	1987	29.08	29.08
100 free	A Mueller	1987	57.91	S Wise	1992	1:06.64	1:05.20	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	B Dunbar	1994	5:36.53	A Mueller	1990	5:08.62	5:12.72	B Dunbar	1994	4:59.86	4:59.86
800/1000 free	B Dunbar	1994	11:35.71	J Katz	1991	11:04.43	10:51.52	B Dunbar	1994	10:20.95	10:20.95
1500/1650 free	B Dunbar	1994	19:12.36	F Williamson	1993	21:16.14	21:16.14	B Dunbar	1994	19:28.34	19:28.34
50 back	K Drake	1994	31.85	M Frank	1993	36.61	35.3	B Dick	1994	35.26	34.51
100 back	K Drake	1994	1:07.54	J Mitchell	1992	1:20.40	1:16.29	B Dick	1994	1:18.67	1:17.06
200 back	K Drake	1994	2:30.18	M Brems	1994	2:53.75	2:45.58	B Dick	1994	2:54.40	2:50.27
50 breast	S Roy	1994	32.82	C Boak	1993	38.46	37.54	S Roy	1994	36.97	36.97
100 breast	S Roy	1994	1:11.83	C Boak	1992	1:23.49	1:23.49	S Roy	1994	1:22.27	1:22.27
200 breast	S Roy	1994	2:38.38	G Pierson	1991	3:04.75	3:04.75	C Boak	1992	3:09.19	3:09.19
50 fly	A Mueller	1988	28.26	S Wise	1992	33.17	32.97	A Mueller	1987	30.74	30.74
100 fly	A Mueller	1988	1:03.08	B Dunbar	1994	1:12.53	1:12.53	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	B Dunbar	1994	2:38.78	2:38.78
100 IM	S Roy	1994	1:07.25	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	D Todd	1994	27.02	N Ridout	1992	30.48	30.48	A Mueller	1993	29.33	29.33
100 free	A Mueller	1993	59.05	A Mueller	1991	1:06.41	1:06.41	A Mueller	1992	1:07.42	1:07.42
200 free	A Mueller	1994	2:11.99	A Mueller	1991	2:28.85	2:27.95	A Mueller	1993	2:29.22	2:29.22
400/500 free	A Mueller	1992	5:53.05	A Mueller	1991	5:12.43	5:12.43	A Mueller	1991	5:16.62	5:16.62
800/1000 free	A Mueller	1994	12:04.45	N Ridout	1992	11:20.21	11:20.21	A Mueller	1991	10:58.47	10:58.47
1500/1650 free	A Mueller	1992	20:08.79	L Stoinoff	1987	21:44.35	21:44.35	A Mueller	1991	21:02.46	21:02.46
50 back	B Bennett	1994	32.66	B Jordan	1991	37.59	35.96	B Jordan	1991	37.62	34.87
100 back	B Bennett	1994	1:10.58	A Mueller	1991	1:20.50	1:19.17	B Jordan	1991	1:23.29	1:19.45
200 back	B Bennett	1994	2:37.19	A Mueller	1991	2:48.88	2:48.88	B Jordan	1987	3:01.07	2:51.11
50 breast	D Todd Taft	1994	34.89	J Leilich/E Bromwich	1993	40.51	38.82	J Bruner	1986	40.22	39.52
100 breast	J Leilich	1989	1:17.72	J Leilich	1989	1:28.51	1:25.73	J Leilich	1990	1:28.83	1:28.83
200 breast	J Leilich	1990	2:50.93	E Bromwich	1993	3:09.57	3:06.63	E Bromwich	1993	3:15.51	3:13.64
50 fly	D Todd Taft	1994	28.64	S Brougher	1992	34.37	34.93	A Mueller	1993	31.69	31.69
100 fly	A Mueller	1992	1:05.69	A Mueller	1991	1:12.66	1:12.66	A Mueller	1993	1:13.86	1:13.86
200 fly	A Mueller	1992	2:25.73	S Rademaker	1989	3:11.83	3:11.83	A Mueller	1991	2:49.53	2:49.53
100 IM	D Todd	1994	1:08.59	A Mueller	1991	1:18.05	1:18.05				
200 IM	A Mueller	1994	2:32.49	N Ridout	1992	3:04.26	2:57.65	A Mueller	1991	2:54.57	2:54.57
400 IM	A Mueller	1992	5:22.42	A Mueller	1991	5:56.24	5:56.24	A Mueller	1992	6:12.08	6:12.08
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	32.59
100 free	J Bruner	1990	1:02.38	J Bruner	1989	1:11.63	1:11.63	J Bruner	1989	1:12.34	1:11.01
200 free	L Stoinoff	1988	2:22.66	L Stoinoff	1989	2:40.27	2:34.77	L Stoinoff	1988	2:42.04	2:36.58
400/500 free	L Stoinoff	1988	6:09.83	L Stoinoff	1989	5:34.32	5:34.32	L Stoinoff	1988	5:36.66	5:26.57
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	B Jordan	1993	32.97	B Jordan	1992	37.92	37.1	B Jordan	1992	37.3	37.3
100 back	B Jordan	1992	1:11.11	B Jordan	1992	1:21.90	1:21.90	B Jordan	1992	1:21.42	1:21.42
200 back	B Jordan	1992	2:34.80	B Jordan	1992	3:00.66	3:00.66	B Jordan	1992	2:59.18	2:59.18
50 breast	J Bruner	1991	35.16	J Bruner	1991	40.69	40.69	J Bruner	1991	39.91	39.91
100 breast	J Bruner	1991	1:18.52	J Leilich	1994	1:29.88	1:28.13	J Bruner	1992	1:29.88	1:29.88
200 breast	J Leilich	1994	2:55.76	J Leilich	1994	3:16.58	3:12.85	J Leilich	1994	3:19.93	3:18.11
50 fly	G Roper	1985	31.76	B Jordan	1992	37.5	36.1	G Roper	1985	35.29	35.29
100 fly	J Bruner	1991	1:15.18	B Jordan	1992	1:27.95	1:22.22	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	1992	1:12.56	J Bruner	1989	1:24.19	1:22.29				
200 IM	B Jordan	1992	2:44.30	B Jordan	1992	3:05.53	2:57.53	J Bruner	1992	3:06.11	3:04.30
400 IM	N Brown	1991	5:54.24	B Jordan	1992	6:39.90	6:36.03	G Roper	1985	6:42.05	6:18.94

WOMEN 60-64	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Kamphausen	1994	30.15	M Timmins	1993	34.87	33.54	J Bruner	1994	33.11	33.11
100 free	L Stoinoff	1993	1:08.08	L Stoinoff	1993	1:16.63	1:13.68	J Bruner	1994	1:14.69	1:14.25
200 free	L Stoinoff	1993	2:26.09	L Stoinoff	1993	2:39.92	2:39.92	L Stoinoff	1993	2:43.83	2:43.83
400/500 free	L Stoinoff	1993	6:22.62	L Stoinoff	1993	5:38.06	5:38.06	L Stoinoff	1993	5:47.52	5:47.52
800/1000 free	L Stoinoff	1993	13:12.73	L Stoinoff	1993	11:30.55	11:30.55	L Stoinoff	1994	12:01.79	12:01.79
1500/1650 free	L Stoinoff	1993	22:13.13	C Walker	1990	23:28.15	23:28.15	L Stoinoff	1993	23:17.39	23:17.39
50 back	C Walker	1991	35.27	C Walker	1989	39.6	39.6	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	1:30.22
200 back	L Stoinoff	1994	2:53.49	D Steadman	1988	3:16.14	3:16.14	L Stoinoff	1994	3:12.84	3:12.84
50 breast	J Bruner	1994	37.66	C Taylor	1989	45.39	42.02	J Bruner	1994	43.32	42.49
100 breast	J Bruner	1994	1:25.10	A Pisciotta	1992	1:37.78	1:32.12	J Bruner	1994	1:35.25	1:35.25
200 breast	A Pisciotta	1991	3:11.24	A Pisciotta	1991	3:36.01	3:19.67	A Pisciotta	1994	3:35.24	3:25.29
50 fly	B Brey	1992	34.94	A Adams	1989	39.64	38.4	J Bruner	1994	38.1	38.1
100 fly	J Eppley	1980	1:23.43	P Dotson	1987	1:36.95	1:29.99	A Adams	1988	1:34.48	1:31.52
200 fly	J Krauser	1988	3:10.64	J Krauser	1990	3:32.29	3:17.00	G Roper	1990	3:32.87	3:27.54
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	3:11.84	C Walker	1986	3:17.40	3:15.30
400 IM	C Walker	1991	6:14.72	C Walker	1991	6:58.97	6:50.55	C Walker	1986	6:59.45	6:57.33
WOMEN 65-69	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	C Walker	1992	31.01	C Walker	1991	35.76	34.38	C Walker	1992	34.75	34.75
100 free	C Walker	1992	1:09.04	C Walker	1991	1:20.80	1:20.80	C Walker	1992	1:16.84	1:16.84
200 free	C Walker	1992	2:35.44	P Smith	1991	3:03.63	3:02.54	C Walker	1992	2:48.51	2:48.51
400/500 free	C Walker	1992	6:49.80	C Walker	1992	6:13.42	6:13.42	C Walker	1991	6:05.22	6:05.22
800/1000 free	C Walker	1993	14:04.18	C Walker	1992	12:35.26	12:35.26	C Walker	1992	12:27.60	12:27.60
1500/1650 free	C Walker	1993	23:46.31	C Walker	1992	23:38.44	23:38.44	C Walker	1992	24:07.05	24:07.05
50 back	C Walker	1992	36.03	D Steadman	1989	40.48	40.48	C Walker	1992	39.85	39.85
100 back	C Walker	1994	1:21.36	D Steadman	1989	1:30.41	1:30.41	C Walker	1991	1:30.97	1:31.58
200 back	C Walker	1992	2:58.87	D Steadman	1989	3:15.72	3:15.72	D Steadman	1990	3:17.12	3:17.12
50 breast	C Walker	1993	40.79	B Christian	1989	47.39	44.61	C Walker	1993	46.07	43.42
100 breast	C Walker	1993	1:29.00	R Kenner	1990	1:46.82	1:41.68	C Walker	1991	1:42.84	1:42.25
200 breast	C Walker	1993	3:15.96	R Kenner	1990	3:48.71	3:46.02	C Walker	1993	3:47.50	3:45.71
50 fly	J Eppley	1985	38.39	F Carr	1990	43.93	42.27	F Carr	1990	43.35	41.31
100 fly	J Krauser	1994	1:27.22	J Krauser	1993	1:38.32	1:38.32	J Krauser	1994	1:39.12	1:38.33
200 fly	J Krauser	1994	3:11.22	J Krauser	1991	3:36.03	3:36.36	J Krauser	1994	3:36.25	3:36.25
100 IM	C Walker	1992	1:19.84	F Carr	1990	1:37.84	1:35.76				
200 IM	C Walker	1992	2:54.51	C Walker	1991	3:18.77	3:18.77	C Walker	1991	3:19.01	3:20.58
400 IM	C Walker	1993	6:24.09	J Krauser	1991	7:19.42	7:19.63	C Walker	1992	7:09.69	7:09.69

WOMEN 70-74	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	D Donnelly	1994	33.44	D Donnelly	1992	39.13	37.53	D Donnelly	1993	38.12	37.58
100 free	D Donnelly	1992	1:15.98	M Meyer	1992	1:29.76	1:29.76	P Smith	1994	1:26.65	1:26.65
200 free	M Meyer	1993	2:51.42	M Meyer	1992	3:18.51	3:18.51	P Smith	1994	3:13.62	3:13.62
400/500 free	M Meyer	1993	7:51.53	M Meyer	1992	6:54.54	6:54.54	P Smith	1994	6:46.55	6:46.55
800/1000 free	M Meyer	1993	16:23.35	M Meyer	1992	14:29.66	14:29.66	P Smith	1994	13:51.53	13:51.53
1500/1650 free	M Meyer	1993	27:15.78	M Meyer	1993	28:28.86	28:28.86	P Smith	1994	27:05.80	27:05.80
50 back	M Meyer	1993	40.87	M Meyer	1993	47.04	45.08	B Cederlund	1992	44.53	44.53
100 back	M Meyer/R Kenner	1994	1:32.99	R Kenner	1993	1:45.58	1:44.02	B Cedarlund	1994	1:43.64	1:39.85
200 back	M Meyer	1993	3:19.98	R Kenner	1993	3:52.20	3:52.20	R Kenner	1994	3:46.20	3:46.20
50 breast	B Christian	1993	43.9	G Zint	1987	50.95	49.15	B Christian	1992	50.08	49.57
100 breast	B Christian	1992	1:39.18	R Kenner	1993	1:52.44	1:50.57	B Christian	1992	1:52.88	1:52.88
200 breast	B Christian	1992	3:36.00	B Christian	1993	4:05.63	3:55.30	B Christian	1992	4:06.80	4:06.56
50 fly	J Eppley	1990	40.34	G Zint	1989	51.96	48.27	C Williams	1994	48.86	46.55
100 fly	J Eppley	1990	1:39.75	G Zint	1988	2:04.25	1:57.43	J Eppley	1992	2:06.32	2:02.61
200 fly	J Eppley	1990	3:54.84	M Merlino	1986	4:36.96	4:17.53	M Merlino	1982	4:37.05	4:37.05
100 IM	B Christian	1993	1:33.02	G Zint	1988	1:50.32	1:43.67				
200 IM	D Donnelly	1992	3:31.04	D Donnelly	1992	4:01.01	3:58.41	D Donnelly	1993	4:03.39	3:51.91
400 IM	M Merlino	1982	7:36.45	R Simonton	1988	8:34.79	8:06.71	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	L Donovan	1993	42.5	42.5	L Donovan	1993	42.29	40.85
100 free	L Wingard	1986	1:21.57	R Simonton	1993	1:38.34	1:38.34	L Donovan	1993	1:38.28	1:38.28
200 free	L Wingard	1987	3:05.04	R Simonton	1993	3:33.90	3:33.90	R Simonton	1993	3:37.64	3:37.64
400/500 free	R Simonton	1993	8:22.65	R Simonton	1993	7:23.29	7:23.29	R Simonton	1993	7:38.77	7:38.77
800/1000 free	R Simonton	1994	17:30.22	R Simonton	1993	15:28.60	15:28.60	R Simonton	1993	15:41.45	15:41.45
1500/1650 free	R Simonton	1994	29:46.22	R Simonton	1993	29:30.20	29:30.20	R Simonton	1993	29:45.90	29:45.90
50 back	M Wicklun	1989	46.51	M Wicklun	1989	52.11	48.06	A Walker	1991	50.45	46.64
100 back	A Walker	1992	1:42.30	A Walker	1991	1:53.00	1:48.13	A Walker	1993	1:53.66	1:49.73
200 back	M Wicklun	1991	3:42.11	M Wicklun	1989	4:01.89	4:00.43	M Wicklun	1989	4:07.44	4:06.64
50 breast	G Zint	1993	48.53	G Zint	1993	53.94	53.94	G Zint	1993	55.58	52.9
100 breast	G Zint	1993	1:49.55	G Zint	1993	2:02.29	2:00.27	G Zint	1993	2:05.99	2:05.99
200 breast	R Simonton	1994	4:04.18	G Zint	1993	4:32.71	4:32.71	G Zint	1994	4:35.90	4:35.90
50 fly	G Zint	1993	47.97	G Zint	1993	56.53	56.53	G Zint	1993	55.38	55.38
100 fly	K Schimpf	1993	1:59.42	M Merlino	1988	2:12.17	2:12.17	K Schimpf	1992	2:19.44	2:19.44
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	G Zint	1993	1:43.76	G Zint	1993	1:58.06	1:58.06				
200 IM	G Zint	1994	3:52.62	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	M Wicklun	1994	43.38	J Dolce	1989	48.76	45.4	M Merlino	1992	48.46	42.74
100 free	J Dolce	1990	1:39.96	J Dolce	1989	1:54.23	1:48.30	N Clark	1994	1:52.41	1:39.30
200 free	J Dolce	1990	3:51.76	J Dolce	1989	4:17.73	4:07.83	J Durston	1994	4:14.72	3:44.00
400/500 free	M Merlino	1994	10:22.72	M Merlino	1992	8:48.24	8:48.24	J Durston	1994	8:48.37	8:23.50
800/1000 free	M Merlino	1994	21:22.63	M Merlino	1992	18:14.52	18:11.90	M Merlino	1992	18:43.13	17:21.19
1500/1650 free	M Merlino	1994	35:41.64	M Merlino	1992	35:07.91	35:07.91	J Durston	1994	33:43.00	33:43.00
50 back	M Wicklun	1994	50.64	M Merlino	1992	59.47	58.78	A Soule	1989	55.07	53.73
100 back	M Wicklun	1994	1:51.33	M Merlino	1992	2:15.14	2:06.95	M Wicklund	1994	2:05.73	2:01.87
200 back	M Wicklun	1994	3:51.12	M Merlino	1992	4:38.53	4:38.53	M Wicklund	1994	4:35.68	4:22.89
50 breast	H Meise	1993	59.02	M Merlino	1992	1:05.64	1:05.64	M Merlino	1992	1:05.10	59.6
100 breast	M Merlino	1994	2:15.75	M Merlino	1992	2:21.80	2:19.17	M Merlino	1992	2:22.79	2:17.08
200 breast	M Merlino	1994	4:44.08	M Merlino	1992	5:00.63	4:54.39	M Merlino	1992	5:07.83	5:01.36
50 fly	M Merlino	1994	1:01.62	M Merlino	1992	1:05.04	1:05.04	M Merlino	1994	1:07.88	1:06.65
100 fly	M Merlino	1994	2:16.09	M Merlino	1992	2:30.84	2:30.84	J Durston	1994	2:27.91	2:27.91
200 fly	M Merlino	1994	4:49.35	M Merlino	1992	5:22.65	5:22.65	J Durston	1994	5:24.52	5:24.52
100 IM	M Merlino	1994	1:59.73	M Merlino	1992	2:07.52	2:07.52				
200 IM	M Merlino	1994	4:22.55	M Merlino	1992	4:45.93	4:45.93	M Merlino	1992	4:47.02	4:47.02
400 IM	M Merlino	1994	9:08.06	M Merlino	1992	9:50.43	9:50.43	M Merlino	1992	10:05.13	10:05.13
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	J Dolce	1994	50.93	50.93
100 free	A Soule	1991	1:51.05	A Bauscher	1989	3:01.15	3:01.15	J Dolce	1994	2:03.90	2:03.90
200 free	A Soule	1991	4:08.66	M McKechnie	1989	5:33.83	5:33.83	J Dolce	1994	4:45.10	4:45.10
400/500 free	M McKechnie	1990	14:15.17					J Dolce	1994	10:44.25	10:44.25
800/1000 free	M McKechnie	1992	30:28.48	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 breast	M Pollock	1992	1:17.90	K Pelton	1990	1:37.05	1:25.54	E Peckham	1984	1:42.40	1:26.13
100 breast	K Pelton	1991	2:47.87	K Pelton	1990	3:09.62	3:09.62	K Pelton	1991	3:18.97	3:06.40
200 breast	K Pelton	1991	6:12.44					K Pelton	1991	6:58.50	7:15.13
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	1991	3:01.14	3:01.14
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	K Pelton	1991	6:44.53	6:44.53
400 IM	M Keller	1986	17:13.92	K Pelton	1991	15:34.06	15:34.06	K Pelton	1990	14:02.65	14:02.65

WOMEN 90-94	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	L Tyra	1983	1:27.65	A Bauscher	1993	1:36.77	1:36.77	P Miller	1988	2:02.38	2:02.38
100 free	A Bauscher	1993	3:12.36	A Bauscher	1993	3:24.13	3:24.13	P Miller	1988	4:08.22	4:08.22
200 free	A Bauscher	1993	6:26.10	A Bauscher	1993	7:01.11	7:01.11	A Bauscher	1994	7:28.92	7:28.92
400/500 free	A Bauscher	1992	15:48.03	A Bauscher	1993	14:16.35	14:16.35				
800/1000 free	A Bauscher	1993	32:53.76	A Bauscher	1993	28:45.45	28:45.45	A Bauscher	1994	30:55.09	30:55.09
1500/1650 free											
50 back	A Bauscher	1993	1:29.25				1:55.07	A Bauscher	1994	1:42.49	1:42.49
100 back	A Bauscher	1993	3:02.44				4:19.46				3:59.89
200 back	A Bauscher	1993	6:22.49					P Miller	1989	10:47.76	10:47.76
50 breast	L Tyra	1984	2:26.52				1:49.01				
100 breast	L Tyra	1983	5:30.32				4:05.59				
200 breast	L Tyra	1983	11:48.36								
50 fly	A Bauscher	1993	3:47.79					A Bauscher	1994	4:57.25	4:57.25
100 fly											
200 fly											
100 IM	A Bauscher	1993	5:05.96								
200 IM	A Bauscher	1993	10:43.74					A Bauscher	1994	12:10.93	12:10.93
400 IM											
WOMEN 95-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free											
100 free											
200 free											
400/500 free											
800/1000 free											
1500/1650 free											
50 back											
100 back											
200 back											
50 breast											
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

WOMEN 100-104	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free											
100 free											
200 free											
400/500 free											
800/1000 free											
1500/1650 free											
50 back											
100 back											
200 back											
50 breast											
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

MEN 19-24	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	E Mauer	1994	20.25	T Trappe	1993	24.54		T Dalbey	1993	24.11	
100 free	E Mauer	1994	45.11	J Poppell	1993	53.12		T Batis	1989	53.9	
200 free	J Keppeler	1992	1:41.45	J Poppell	1993	1:56.27		T Batis	1989	1:56.99	
400/500 free	R Drewelow	1992	4:38.46	S Mariniuk	1993	4:05.72		T Batis	1989	4:10.98	
800/1000 free	M Cleavenger	1987	9:49.98	J Poppell	1993	8:39.19		S Finlayson	1992	9:02.10	
1500/1650 free	M Collins	1989	16:46.74	J Poppell	1993	16:15.25		J Allen	1991	17:12.51	
50 back	J Keppeler	1992	24.19	C Benedick	1994	29.49		C Stevenson	1987	28.06	
100 back	S Percy	1994	50.82	J Poppell	1993	1:00.67		C Stevenson	1987	1:01.85	
200 back	J Keppeler	1992	1:50.28	S Mariniuk	1993	2:08.81		C Stevenson	1987	2:15.36	
50 breast	C Kennedy	1994	26.68	M Ewing	1991	31.68		J Amato	1987	30.1	
100 breast	N Williams	1992	58.69	S Mariniuk	1993	1:06.74		J Surowiec	1988	1:06.61	
200 breast	G Schaffer	1994	2:08.17	S Mariniuk	1993	2:25.50		J Harlow	1992	2:30.64	
50 fly	A Werth	1992	23.14	J Roddin	1992	26.94		R Kneipp	1993	26.44	
100 fly	C Mayfield	1994	50.55	J Poppell	1993	57.54		T Batis	1989	58.16	
200 fly	S Reed	1993	1:51.04	J Poppell	1993	2:07.64		K Duncan	1988	2:09.49	
100 IM	A Werth	1992	52.01	G Mackem	1991	1:00.93					
200 IM	S Percy	1994	1:52.82	S Mariniuk	1993	2:08.88		G Mackem	1992	2:14.08	
400 IM	J Keppeler	1992	4:04.34	S Mariniuk	1993	4:28.54		G Mackem	1992	4:48.56	
MEN 25-29	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Peel	1991	19.83	R Peel	1993	22.48	22.48	K DeForrest	1983	22.59	22.59
100 free	R Peel	1991	44.39	M Noetzel	1990	52.29	51.62	J Montgomery	1981	51.25	51.25
200 free	F Mortensen	1993	1:39.38	B Wells	1989	1:54.00	1:53.82	J Keppeler	1992	1:52.17	1:52.17
400/500 free	C Hobson	1994	4:30.25	R Mackle	1992	4:07.81	3:59.78	C Hobson	1994	4:05.99	4:05.99
800/1000 free	C Hobson	1994	9:26.67	P Robinson	1993	8:41.80	8:29.19	C Hobson	1994	8:35.91	8:29.22
1500/1650 free	B Patten	1990	15:46.91	R Mackle	1992	16:23.21	16:23.21	C Reid	1987	16:28.69	16:28.69
50 back	M Rhodenbaugh	1991	23.23	M Rhodenbaugh	1992	26.85	25.43	R Hauck	1993	27.42	27.39
100 back	A Gill	1992	49.83	C Britt	1989	58.42	55.97	J Keppeler	1992	58.24	58.24
200 back	R Hauck	1994	1:49.87	B Wells	1989	2:09.12	2:01.78	J Keppeler	1992	2:07.57	2:07.57
50 breast	G Rhodenbaugh	1991	25.34	J Waldman	1989	29.08	28.81	D Wyatt	1992	29.77	29.77
100 breast	D Lundberg	1990	56.21	J Waldman	1989	1:05.09	1:04.49	D Lundberg	1989	1:04.60	1:04.60
200 breast	D Soltis	1988	2:03.69	C Grider	1994	2:24.02	2:24.02	R Jennings	1994	2:30.35	2:26.73
50 fly	C Cobb	1991	22.27	N Williams	1994	25.61	25.61	K DeForrest/M Bottom	1984	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	2:05.97	J Belardi	1982	2:06.88	2:05.25
100 IM	M Rhodenbaugh	1991	50.47	J Lilley	1989	58.82	57.58				
200 IM	C Reid	1988	1:52.55	C Britt	1989	2:12.28	2:10.85	C Reid	1987	2:09.21	2:07.00
400 IM	C Reid	1988	3:59.73	D Swenson	1992	4:42.88	4:42.88	C Reid	1987	4:34.08	4:31.47

MEN 30-34	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Smith	1992	20.9	R Killeen	1993	23.59	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	51.5	51.5
200 free	J Montgomery	1988	1:39.97	B Hayes	1994	1:52.83	1:50.91	R Gaines	1990	1:54.04	1:54.04
400/500 free	S Fisher	1992	4:39.38	B Hayes	1994	3:59.83	3:59.83	R Gaines	1993	4:07.04	4:07.04
800/1000 free	C Reid	1991	9:38.13	B Hayes	1994	8:19.44	8:19.44	R Gaines	1993	8:40.19	8:40.19
1500/1650 free	J Kegley	1988	16:06.55	B Hayes	1994	16:21.25	16:21.25	B Patten	1993	16:36.06	16:36.06
50 back	C Britt	1992	23.39	J Yarid	1994	26.58	26.58	S Murphy	1994	27.26	27.26
100 back	C Britt	1992	50.21	J Yarid	1993	56.83	56.83	S Murphy	1994	58.66	58.66
200 back	J Yarid	1993	1:50.57	J Yarid	1993	2:04.63	2:04.63	S Murphy	1994	2:05.62	2:05.62
50 breast	D Lundberg	1991	25.88	D Puttermann	1994	29.34	29.34	D Guthrie	1992	29.42	29.42
100 breast	D Lundberg	1991	56.58	D Guthrie	1993	1:04.33	1:04.33	D Lundberg	1991	1:05.65	1:05.65
200 breast	D Lundberg	1991	2:02.32	D Guthrie	1994	2:24.86	2:24.86	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	P Egan	1994	49.16	M Bottom	1989	56.43	56.43	M Bottom	1988	56.64	56.64
200 fly	P Egan	1994	1:49.52	M Schuman	1988	2:13.62	2:11.52	B Patten	1993	2:07.43	2:07.43
100 IM	D Lundberg	1991	50.98	J Clay Britt	1992	59.95	59.95				
200 IM	D Lundberg	1991	1:50.45	T Weissert	1988	2:12.33	2:10.77	D Lundburg	1991	2:09.69	2:09.69
400 IM	T Fristoe	1991	4:00.04	B Hayes	1994	4:35.97	4:35.97	S Murphy	1994	4:40.22	4:40.22
MEN 35-39	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	K Deforrest	1994	20.73	B Stahl	1993	23.82	23.82	B Stahl	1993	24.27	23.2
100 free	S Marvin	1991	46.43	B Vickery	1989	53.94	53.77	B Stahl	1993	54.01	52.13
200 free	J Montgomery	1990	1:42.78	L J Meisenheimer	1994	1:57.31	1:57.31	D Stephenson	1992	1:57.95	1:55.36
400/500 free	H Yntema	1991	4:41.53	R Copeland	1991	4:18.22	4:18.22	D Stephenson	1992	4:15.49	4:12.95
800/1000 free	D Shepherd	1994	10:03.57	M Clark	1994	8:56.81	8:56.81	D Stephenson	1992	8:52.22	8:52.22
1500/1650 free	H Yntema	1991	16:21.14	R Copeland	1991	17:25.79	17:06.28	P Asmuth	1994	17:11.82	17:11.82
50 back	W Specht	1993	24.16	W Specht	1993	27.54	27.54	T Mann	1978	28.04	28.04
100 back	W Specht	1993	51.96	W Specht	1994	59.57	59.57	W Specht	1993	1:00.95	1:00.95
200 back	W Specht	1993	1:53.46	W Specht	1993	2:10.01	2:10.01	T Wolf	1990	2:13.83	2:13.83
50 breast	B Doyle	1994	26.61	W Jackson	1994	31.43	30.1	D Malcolm	1992	30.79	30.79
100 breast	M Schuman	1991	59.07	S Corliss	1992	1:08.40	1:08.30	M Schuman	1992	1:07.90	1:07.90
200 breast	M Schuman	1991	2:10.41	G Harrison	1989	2:28.35	2:28.35	M Schuman	1992	2:33.05	2:33.05
50 fly	W Specht/K Deforrest	1994	22.93	W Specht	1993	25.89	25.89	M Bottom	1993	25.93	25.93
100 fly	W Specht	1994	50.16	W Specht	1993	57.02	57.02	W Specht	1994	57.39	57.39
200 fly	W Specht	1994	1:51.95	W Specht	1994	2:06.48	2:06.48	W Specht	1994	2:08.51	2:08.51
100 IM	R Placak	1994	52.79	R Hess	1992	1:00.79	1:00.79				
200 IM	M Drews	1991	1:57.44	M Clark	1994	2:14.75	2:14.75	M Schuman	1992	2:16.49	2:15.21
400 IM	H Yntema	1991	4:15.20	C Evans	1989	4:53.16	4:53.16	J Belardi	1992	4:55.13	4:50.18

MEN 40-44	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	T Whatley/L. Shulman	1993	21.72	J Heidenreich	1993	24.81	24.81	T Whatley	1992	24.93	24.93
100 free	J Griffith	1993	48.52	C Miltenberger	1993	55.02	55.02	T Hedrick	1994	55.26	55.26
200 free	H Yntema	1994	1:46.00	T Broderick	1992	1:59.27	1:59.27	T Broderick	1993	2:03.28	2:03.28
400/500 free	J McConica	1994	4:46.59	K Polansky	1989	4:18.45	4:18.45	T Broderick	1993	4:24.26	4:24.26
800/1000 free	H Yntema	1994	9:47.73	J McConica	1993	8:52.23	8:52.23	T Broderick	1994	9:19.34	9:19.34
1500/1650 free	H Yntema	1994	16:18.14	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	28.93	P O'Keefe	1990	29.38	29.38
100 back	P O'Keefe	1991	54.15	P Windrath	1994	1:03.72	1:03.70	P O'Keefe	1990	1:03.39	1:03.39
200 back	C Evans	1994	2:00.03	P Windrath	1994	2:17.87	2:17.87	P O'Keefe	1990	2:18.17	2:18.17
50 breast	C Miltenberger	1992	27.45	C Miltenberger	1993	30.8	30.8	P Dahlberg	1992	30.82	30.82
100 breast	C Miltenberger	1993	59.4	C Miltenberger	1993	1:07.98	1:07.98	P Dahlberg	1992	1:09.95	1:09.95
200 breast	R Colella	1992	2:12.85	G Harrison	1993	2:31.37	2:31.37	R Colella	1992	2:32.17	2:32.17
50 fly	D Thompson	1991	23.63	J Heidenreich	1993	26.66	26.66	D Hague	1994	26.66	26.66
100 fly	H Yntema	1994	52.84	A McPherson	1989	1:00.79	1:00.79	T Hedrick	1994	59.96	59.96
200 fly	H Yntema	1994	1:55.26	B Gallas	1989	2:16.15	2:16.15	E Brown	1993	2:20.81	2:20.81
100 IM	C Evans	1994	54.88	R Cooley	1989	1:02.30	1:02.30				
200 IM	C Evans	1994	2:00.49	J Calvert	1989	2:18.73	2:18.73	R Colella	1992	2:18.92	2:18.92
400 IM	C Evans	1994	4:20.57	J Calvert	1989	5:00.76	4:56.49	R Colella	1992	4:57.46	4:57.46
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 Abrahams	1991	25.07	25.08	R Abrahams	1990	25.3	25.18
100 free	A McPherson	1992	48.13	A McPherson	1992	56.45	56.45	A McPherson	1992	57.04	55.66
200 free	A McPherson	1992	1:49.27	E Cazalet	1988	2:05.81	2:05.81	D Gray	1994	2:06.91	2:04.97
400/500 free	D Gray	1994	5:02.99	E Cazalet	1989	4:33.39	4:29.82	B Momsen	1992	4:27.70	4:27.70
800/1000 free	D Gray	1994	10:33.63	R Boyd	1989	9:32.34	9:26.18	D Gray	1994	9:24.19	9:24.19
1500/1650 free	D Gray	1994	17:56.35	K Bell	1993	18:26.21	18:10.24	R Tod Spieker	1993	18:27.49	18:27.49
50 back	R Smith	1988	25.65	R Smith	1989	29.33	29.33	H Wilder	1993	30.42	30.42
100 back	R Smith	1988	56.14	R Smith	1989	1:05.31	1:05.31	H Wilder	1992	1:06.00	1:06.00
200 back	J Calvert	1992	2:05.50	T Birnie	1992	2:24.39	2:24.39	R Tod Spieker	1994	2:26.69	2:26.69
50 breast	P Henne	1994	28.12	P Henne	1993	32.14	31.95	R Strand	1994	32.48	32.48
100 breast	R Strand	1994	1:02.36	R Strand	1992	1:10.41	1:10.41	R Strand	1994	1:12.96	1:12.96
200 breast	R Strand	1994	2:15.89	R Strand	1992	2:35.71	2:35.71	R Strand	1994	2:41.64	2:41.02
50 fly	D Thompson	1994	24.05	D Thompson	1993	27.08	27.08	D Thompson	1992	27.12	27.12
100 fly	M Hull	1989	54.27	R Abrahams	1993	1:03.36	1:03.36	A McPherson	1992	1:02.84	1:02.84
200 fly	B Graner-Gallas	1993	2:03.96	K Bell	1994	2:25.79	2:24.21	A McPherson	1993	2:29.52	2:25.23
100 IM	R Smith	1988	56.23	R Strand	1992	1:05.45	1:05.45				
200 IM	A McPherson	1994	2:03.80	J Calvert	1991	2:24.45	2:24.45	B Momsen	1992	2:24.39	2:24.39
400 IM	T Garton	1988	4:31.40	E Cazalet	1989	5:17.02	5:12.41	B Momsen	1992	5:12.03	5:12.03

MEN 50-54	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Smith	1993	22.84	J Farrell	1988	26.35	26.35	D Hill	1983	26.16	26.16
100 free	T Garton	1994	50.98	E Cazalet	1992	59.58	59.21	T Garton	1993	58.62	58.62
200 free	T Garton	1994	1:53.25	E Cazalet	1992	2:12.18	2:12.18	T Garton	1993	2:09.74	2:09.74
400/500 free	E Hinshaw	1990	5:13.80	E Cazalet	1992	4:40.16	4:38.22	T Garton	1992	4:43.72	4:43.72
800/1000 free	E Hinshaw	1987	11:00.03	E Cazalet	1992	9:49.95	9:49.95	T Garton	1992	9:55.59	9:49.89
1500/1650 free	S Galletly	1993	18:28.45	B Jones	1985	19:16.63	18:32.56	E Cazalet	1993	19:19.43	18:49.43
50 back	R Smith	1993	26.24	P Whitten	1993	31.02	31.02	J Smith	1988	30.93	30.93
100 back	R Smith	1993	59.49	P Whitten	1993	1:08.86	1:08.86	R Burns	1993	1:09.82	1:09.82
200 back	E Cazalet	1993	2:12.97	E Cazalet	1993	2:32.59	2:30.21	R Burns	1993	2:32.81	2:32.81
50 breast	M Sanguily	1984	29.7	M Sanguily	1987	34.15	33.09	M Sanguily	1983	33.85	33.38
100 breast	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 breast	T Haraszti	1994	2:28.56	D Gallagher	1989	2:45.11	2:45.11	T Haraszti	1994	2:50.87	2:50.57
50 fly	M Mealiffe	1991	25.5	R Proebsting	1988	29.34	28.65	K Lodwig	1993	28.19	28.19
100 fly	R Woodrow	1994	56.54	R Proebsting	1989	1:06.66	1:05.10	T Garton	1992	1:05.83	1:05.83
200 fly	J Geoghegan	1992	2:13.71	R Proebsting	1989	2:36.01	2:29.99	B Yorzyk	1983	2:33.79	2:32.65
100 IM	T Garton	1993	58.15	D Gallagher	1989	1:07.60	1:07.60				
200 IM	T Garton	1993	2:08.36	D Gallagher	1989	2:31.52	2:31.52	T Garton	1993	2:28.70	2:28.70
400 IM	T Garton	1993	4:39.70	D Gallagher	1989	5:20.81	5:19.87	T Garton	1993	5:25.32	5:25.32
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	26.6	26.6	M Muckleroy	1988	27.42	27.05
100 free	D Hill	1987	52.59	D Hill	1989	1:00.08	1:00.08	R Proebsting	1994	1:01.13	1:01.13
200 free	J Farrell	1993	2:01.63	D Harrison	1992	2:21.51	2:17.95	J Farrell	1994	2:17.63	2:17.63
400/500 free	B Jones	1988	5:32.17	G Johnston	1987	5:00.88	4:59.35	D Harrison	1994	4:57.21	4:57.21
800/1000 free	B Jones	1990	11:26.99	D Harrison	1993	10:30.57	10:30.57	B Jones	1988	10:27.08	10:27.08
1500/1650 free	B Jones	1988	19:02.45	D Gallagher	1993	20:02.47	20:02.47	B Jones	1990	19:54.72	19:54.72
50 back	Y Oyakawa	1991	28.15	Y Oyakawa	1989	32.69	32.4	Y Oyakawa	1992	32.94	32.94
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	2:37.16
50 breast	M Sanguily	1989	30.18	M Sanguily	1989	33.77	33.17	J Korthauer	1988	34.2	33.03
100 breast	M Sanguily	1989	1:06.93	M Sanguily	1988	1:16.32	1:16.32	J Korthauer	1988	1:17.87	1:17.87
200 breast	D Gallagher	1994	2:33.05	M Sanguily	1989	2:51.47	2:51.47	M Sanguily	1988	2:58.83	2:56.20
50 fly	R Proebsting	1993	26.58	R Baile	1990	30.15	30.15	R Proebsting	1994	29.74	29.74
100 fly	W Dobler	1989	1:00.88	R Proebsting	1993	1:09.63	1:09.63	R Proebsting	1994	1:09.27	1:09.27
200 fly	R Proebsting	1993	2:21.48	R Proebsting	1993	2:42.05	2:42.05	R Proebsting	1994	2:48.05	2:48.05
100 IM	J Farrell	1993	1:01.70	D Costill	1991	1:12.57	1:12.67				
200 IM	B Jones	1988	2:17.88	D Costill	1991	2:40.88	2:41.77	J Farrell	1994	2:42.59	2:41.23
400 IM	B Jones	1990	5:03.44	B Jones	1989	5:54.37	5:54.37	B Jones	1990	5:53.53	5:45.62

MEN 60-64	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	D Hill	1993	24.52	F Piemme	1988	28.86	28.3	D Hill	1992	27.86	27.86
100 free	D Hill	1993	54.49	J Beattie	1994	1:05.00	1:04.91	D Hill	1992	1:02.80	1:02.80
200 free	P Powlison	1985	2:07.53	G Johnston	1991	2:21.77	2:21.77	D Hill	1992	2:23.11	2:23.11
400/500 free	G Johnston	1991	5:38.17	G Johnston	1993	5:02.20	5:02.20	G Johnston	1991	5:02.70	5:05.54
800/1000 free	G Johnston	1991	11:51.48	W Phillips	1989	11:14.13	10:41.44	G Johnston	1993	10:36.08	10:36.08
1500/1650 free	G Johnston	1992	19:41.57	G Johnston	1993	20:12.52	20:12.52	G Johnston	1991	20:06.80	20:06.80
50 back	Y Oyakawa	1994	29.62	J Beattie	1994	34.05	34.05	Y Oyakawa	1994	33.13	33.13
100 back	D Brown	1994	1:05.09	J Beattie	1994	1:13.55	1:13.55	Y Oyakawa	1994	1:14.72	1:14.72
200 back	D Brown	1994	2:23.30	J Beattie	1994	2:40.75	2:40.75	D Brown	1993	2:45.93	2:45.93
50 breast	M Sanguily	1993	31.34	J Korteuer	1991	35.31	37.29	J Korteuer	1991	35.91	35.91
100 breast	M Sanguily	1993	1:10.08	J Korteuer	1991	1:18.77	1:21.56	J Korteuer	1991	1:21.58	1:21.58
200 breast	M Sanguily	1993	2:39.95	J Korteuer	1991	3:00.71	3:06.66	J Korteuer	1991	3:08.59	3:06.65
50 fly	W Dobler	1994	28.31	J Korteuer	1991	32.34	31.66	W Dobler	1994	31.39	31.39
100 fly	W Dobler	1994	1:03.44	J Korteuer	1991	1:15.69	1:16.56	W Dobler	1994	1:14.98	1:14.98
200 fly	J Masters	1991	2:38.59	H Hunsicker	1993	3:00.48	3:00.48	J Masters	1990	3:00.99	3:00.99
100 IM	P Hutinger	1986	1:06.39	J Korteuer	1991	1:14.68	1:15.84				
200 IM	D Brown	1994	2:27.46	G Johnston	1991	2:46.69	2:46.69	G Johnston	1993	2:50.08	2:50.08
400 IM	G Johnston	1993	5:21.45	G Johnston	1993	6:02.73	6:02.73	G Johnston	1991	6:04.99	6:04.99
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 Piemme	1990	29.63	29.63	P Powlison	1987	29.17	28.94
100 free	P Powlison	1987	56.24	F Piemme	1990	1:07.13	1:07.13	J Welch	1983	1:08.15	1:08.15
200 free	P Powlison	1987	2:10.80	W Phillips	1993	2:34.27	2:34.27	P Powlison	1987	2:32.90	2:32.90
400/500 free	W Phillips	1994	6:14.78	W Phillips	1993	5:26.81	5:26.81	J Welch	1983	5:38.79	5:38.79
800/1000 free	R Franks	1993	13:00.78	R Franks	1993	11:33.11	11:33.11	F Piemme	1993	11:51.06	11:35.97
1500/1650 free	R Franks	1993	21:39.42	R Franks	1993	21:57.69	21:57.69	W Wilson	1992	22:29.32	22:29.32
50 back	P Hutinger	1993	31.26	P Hutinger	1990	35.54	35.61	G Gandsey	1989	35.47	35.47
100 back	R Franks	1993	1:10.07	R Franks	1994	1:19.07	1:19.07	R Franks	1992	1:20.74	1:20.74
200 back	R Franks	1993	2:30.53	R Franks	1994	2:52.77	2:52.77	R Franks	1992	2:55.46	2:55.46
50 breast	J Kurtzman	1991	33.24	J Kurtzman	1991	38.18	38.48	J Kurtzman	1991	38.28	38.28
100 breast	J Kurtzman	1991	1:17.34	B Greenberg	1989	1:27.91	1:26.14	J Kurtzman	1991	1:28.91	1:28.91
200 breast	T Haartz	1993	2:53.27	C Moss	1993	3:16.65	3:15.28	B Greenberg	1991	3:24.00	3:16.90
50 fly	F Piemme	1991	29.42	F Piemme	1990	33.63	33.63	F Piemme	1990	33.39	33.34
100 fly	J Kurtzman	1991	1:09.77	C Moss	1993	1:20.32	1:20.32	J Kurtzman	1992	1:20.59	1:20.59
200 fly	C Moss	1993	2:41.99	C Moss	1993	3:07.91	3:07.91	J Kurtzman	1991	3:08.79	3:08.79
100 IM	P Powlison	1987	1:06.74	C Moss	1993	1:19.45	1:19.45				
200 IM	C Moss	1993	2:35.07	C Moss	1993	2:56.23	2:56.23	C Moss	1993	2:57.61	2:57.61
400 IM	C Moss	1993	5:34.61	C Moss	1993	6:28.87	6:28.87	C Moss	1993	6:25.02	6:25.02



MEN 70-74	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	K Lemmon	1982	27.45	R Hakomaki	1992	32.11	31.01	K Lemmon	1984	29.35	29.35
100 free	K Lemmon	1984	1:01.22	J Richards	1992	1:12.57	1:12.57	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	5:55.12	R Taft	1989	6:04.62	5:57.45
800/1000 free	F Taioli	1991	14:15.81	R Taft	1989	12:15.49	12:15.49	F Taioli	1991	12:36.65	12:34.22
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	1993	34.13	R Taft	1989	38.44	36.97	R Taft	1989	37.49	37.35
100 back	J Dilley	1991	1:15.70	R Taft	1989	1:24.30	1:24.30	R Taft	1989	1:25.35	1:25.35
200 back	R Taft	1993	2:50.06	R Taft	1989	3:07.57	3:07.57	R Taft	1989	3:13.25	3:13.25
50 breast	P Krup	1989	36.17	P Krup	1989	40.81	40.02	B Allen	1984	41.44	40.56
100 breast	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 breast	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	35.35	R Taft	1989	35.65	35.65
100 fly	A Holden	1990	1:18.88	P Krup	1989	1:31.20	1:27.28	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	32.5	32.5
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	A Da Rosa	1993	7:12.60	A Da Rosa	1993	6:20.11	6:20.11	R Taft	1994	6:20.87	6:20.87
800/1000 free	A Da Rosa	1993	14:37.47	A Da Rosa	1993	13:15.02	13:15.02	R Taft	1994	13:07.66	13:07.66
1500/1650 free	A Da Rosa	1993	24:48.25	A Da Rosa	1993	24:46.19	24:46.19	H Howe	1987	25:41.55	25:41.55
50 back	E Shea	1991	37.1	E Shea	1992	41.93	40.4	R Taft	1994	39.49	39.49
100 back	A Vande Weghe	1992	1:21.83	N Fluke	1993	1:34.08	1:34.08	R Taft	1994	1:30.11	1:30.11
200 back	E Shea	1992	3:02.98	N Fluke	1994	3:25.13	3:25.13	R Taft	1994	3:15.43	3:15.43
50 breast	P Krup	1993	37.59	P Krup	1993	42.85	42.33	B Allen	1989	43.61	42.58
100 breast	A Da Rosa	1993	1:25.80	A Da Rosa	1992	1:37.39	1:36.61	A Da Rosa	1993	1:39.62	1:37.55
200 breast	A Da Rosa	1993	3:13.37	A Da Rosa	1993	3:34.29	3:34.29	A Da Rosa	1994	3:42.85	3:34.86
50 fly	B Davidson	1994	33.17	B Davidson	1994	39.71	39.71	R Taft	1994	37.57	37.57
100 fly	A Holden	1994	1:23.77	P Krup	1992	1:36.80	1:36.80	A Cerer	1992	1:39.80	1:39.80
200 fly	A Cerer	1992	3:17.53	P Krup	1992	3:49.00	3:49.00	A Cerer	1992	3:43.56	3:43.56
100 IM	B Davidson	1994	1:16.56	B Davidson	1994	1:28.97	1:28.97				
200 IM	K Lemmon	1987	2:58.90	A Da Rosa	1992	3:22.14	3:22.14	R Taft	1994	3:24.88	3:24.88
400 IM	B Davidson	1994	6:32.94	A Da Rosa	1992	7:20.86	7:20.86	R Taft	1994	7:22.43	7:22.43

MEN 80-84	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	W Bowersock	1994	31.09	W Bowersock	1993	35.16	35.16	W Bowersock	1993	33.88	33.88
100 free	W Bowersock	1994	1:12.18	W Bowersock	1993	1:20.65	1:20.65	W Bowersock	1993	1:22.50	1:22.50
200 free	K Lemmon	1992	2:49.94	G Sobel	1991	3:22.37	3:22.37	D Woodford	1994	3:21.59	3:17.87
400/500 free	D Woodford	1994	8:00.65	H Howe	1992	7:30.51	7:05.20	G Langner	1983	7:23.09	6:54.60
800/1000 free	D Woodford	1994	16:53.27	H Howe	1992	15:07.97	15:07.97	D Woodford	1994	15:45.20	13:50.05
1500/1650 free	D Woodford	1994	27:57.27	G Langner	1986	29:58.32	29:58.32	G Langner	1983	28:54.95	28:54.95
50 back	D Malbrough	1993	41.05	D Marlborough	1993	45.89	45.89	A Hargrave	1987	45.69	45.69
100 back	D Malbrough	1993	1:33.96	H Eisenschmidt	1987	1:50.89	1:44.14	D Malbrough	1993	1:45.81	1:45.37
200 back	D Malbrough	1993	3:34.08	H Eisenschmidt	1987	4:01.12	3:56.04	C Salie	1992	3:58.25	3:47.46
50 breast	K Lemmon	1992	41.39	J Penfield	1989	55.32	45.52	B Allen	1994	46.99	46.59
100 breast	K Lemmon	1992	1:32.72	W Pfeiffer	1994	1:56.36	1:56.36	B Allen	1994	1:52.21	1:51.25
200 breast	W Pfeiffer	1994	3:43.98	W Share	1989	5:03.34	4:42.90	W Pfeiffer	1994	4:17.62	4:17.62
50 fly	J Coon	1990	40.94	J Coon	1991	49.08	49.08	W Pfeiffer	1994	49.28	49.28
100 fly	W Pfeiffer	1994	1:39.74	W Pfeiffer	1994	1:52.51	1:52.51	W Pfeiffer	1994	1:58.99	1:58.99
200 fly	W Pfeiffer	1994	3:54.09	J Coon	1991	5:14.66	5:14.66	W Pfeiffer	1994	4:31.96	4:31.96
100 IM	W Pfeiffer	1994	1:34.75	W Pfeiffer	1994	1:44.08	1:44.08				
200 IM	W Pfeiffer	1994	3:33.66	W Pfeiffer	1994	3:59.52	3:59.52	W Pfeiffer	1994	4:01.29	4:01.29
400 IM	W Pfeiffer	1994	7:38.27	H Eisenschmidt	1988	9:25.63	9:25.63	W Pfeiffer	1994	8:45.17	8:45.17
MEN 85-89	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	C Ross	1985	39.47	D Dotterweich	1993	43.86	41.92	F Brasington	1993	42.09	41.53
100 free	G Langner	1990	1:27.45	G Langner	1989	1:41.46	1:41.46	G Langner	1988	1:43.03	1:41.27
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	J Penfield	1994	51.65	D Dotterweich	1993	56.85	56.85	J Penfield	1993	58.07	58.07
100 back	P Jurczyk	1990	1:54.21	D Dotterweich	1993	2:09.91	2:09.91	J Penfield	1993	2:07.06	2:07.06
200 back	J Penfield	1993	4:13.75	P Jurczyk	1990	4:55.62	5:15.31	J Penfield	1993	4:43.49	4:43.49
50 breast	J Penfield	1993	52.09	J Penfield	1993	58.39	57.5	A Kallunki	1989	1:01.47	57.92
100 breast	J Penfield	1993	2:03.10	D Dotterweich	1993	2:09.33	2:09.33	J Penfield	1993	2:23.06	2:18.92
200 breast	A Kallunki	1990	4:34.29	G Langner	1988	5:30.76	4:58.98	A Kallunki	1989	5:35.03	5:09.86
50 fly	J Penfield	1993	56.03	J Penfield	1993	1:04.75	1:04.19	J Penfield	1993	1:04.95	59.5
100 fly	H Eisenschmidt	1992	2:32.32					A Olanoff	1991	3:23.06	2:33.63
200 fly										5:24.28	
100 IM	A Kallunki	1990	2:00.04	J Penfield	1993	2:15.66	2:06.37				
200 IM	T Cureton	1987	4:40.51	H Eisenschmidt	1991	5:02.31	5:02.31	J Penfield	1993	5:32.99	4:40.15
400 IM	H Eisenschmidt	1992	9:47.85	H Eisenschmidt	1991	10:47.13	10:47.13	A Olanoff	1991	12:27.27	10:28.43



MEN 100-104	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	T Lane	1994	1:31.03					T Lane	1994	1:40.46	
100 free	T Lane	1994	3:21.86					T Lane	1994	4:05.98	
200 free	T Lane	1994	6:56.32								
400/500 free											
800/1000 free											
1500/1650 free											
50 back								T Lane	1994	1:50.73	
100 back								T Lane	1994	4:13.84	
200 back								T Lane	1994	9:04.31	
50 breast											
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

WOMEN 19+/76-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Holmes Lumber	1992	1:38.68	Univ Houston	1988	1:59.79		U of San Fran	1992	1:59.29	
200 med relay	Raleigh	1992	1:52.20	Pacific NW	1990	2:22.24		U of San Fran	1992	2:12.59	
400 free relay	U of San Fran	1993	3:46.29	Longhorn	1990	4:45.47		Sacramento	1992	4:32.12	
400 med relay	U of San Fran	1994	4:06.73	Empire State	1991	5:07.60		Sacramento	1992	5:07.42	
800 free relay	U of San Fran	1994	8:07.90	Space Coast	1987	10:55.74		Davis	1992	10:56.32	
WOMEN 25+/100-119	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Lone Star	1989	1:37.40	Baylor/I Star	1993	1:54.04	1:54.54	Oregon	1992	1:52.47	1:53.20
200 med relay	Houstonian	1991	1:49.19	Crawfish	1994	2:11.71	2:09.61	Holmes	1988	2:06.67	2:06.67
400 free relay	Walnut Creek	1991	3:37.75	Long Beach	1993	4:25.85		Davis Aquatic	1992	4:27.84	
400 med relay	U of San Fran	1992	4:09.85	Empire State	1993	4:58.61		Walnut Creek	1992	4:55.59	
800 free relay	Walnut Creek	1991	8:13.04	Air Force	1991	9:48.14		Walnut Creek	1989	9:50.91	
WOMEN 35+/120-159	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	New England	1992	1:43.16	St Louis	1989	1:58.02	1:55.08	Lone Star	1987	1:53.05	1:53.05
200 med relay	S Cal	1993	1:57.52	W Hollywood	1994	2:11.41	2:10.21	D.C. Masters	1987	2:11.61	2:08.21
400 free relay	Los Altos	1989	4:06.91	San Diego	1989	4:25.46		Stanford	1994	4:17.94	
400 med relay	Walnut Creek	1994	4:32.96	Empire State	1992	4:53.87		Walnut Creek	1991	5:00.94	
800 free relay	Los Altos	1990	8:52.11	San Diego	1993	9:35.71		San Diego	1990	9:48.97	
WOMEN 45+/160-199	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Los Altos	1994	1:53.98	D.C. Masters	1989	2:01.10	2:01.10	D.C. Masters	1988	2:03.48	2:03.48
200 med relay	Lincoln	1994	2:12.15	D.C. Masters	1989	2:19.83	2:18.65	Los Altos	1994	2:12.91	2:12.91
400 free relay	D.C. Masters	1993	4:21.71	San Diego	1993	4:40.73		San Diego	1993	4:37.01	
400 med relay	D.C. Masters	1993	5:08.96	Los Altos	1993	5:00.90		San Diego	1989	5:24.49	
800 free relay	D.C. Masters	1993	9:42.96	San Diego	1993	10:10.40		San Diego	1991	10:33.64	
WOMEN 55+/200-239	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	New England	1994	2:11.76	Tamalpais	1989	2:11.64	2:11.64	Los Altos	1994	2:08.96	2:08.96
200 med relay	Rinconada	1994	2:27.91	Tamalpais	1989	2:34.15	2:29.96	Los Altos	1992	2:28.26	2:27.18
400 free relay	Walnut Creek	1993	5:23.15	San Diego	1990	6:06.07		Rinconada	1994	5:23.97	
400 med relay	Rinconada	1994	5:54.84	San Diego	1990	6:16.07		D.C. Masters	1991	5:48.73	
800 free relay	Walnut Creek	1991	12:01.67	San Diego	1990	12:44.99		Rinconada	1994	11:43.13	

WOMEN 65+/240-279	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Santa Barbara	1989	2:24.64	O*H*I*O	1993	2:45.73	2:31.38	New England	1994	2:25.83	2:25.83
200 med relay	Santa Barbara	1989	2:55.36	St Louis	1992	2:52.00	2:52.00	D.C. Masters	1994	2:49.96	2:49.96
400 free relay	Santa Barbara	1989	5:32.88	St Louis	1992	6:09.03		Walnut Creek	1992	6:15.17	
400 med relay	Santa Barbara	1989	6:47.55	St Louis	1992	6:24.68		Walnut Creek	1992	6:50.38	
800 free relay	Santa Barbara	1989	12:14.80	San Diego	1994	12:54.35		Walnut Creek	1992	13:28.86	
WOMEN 75+/280-319	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	D.C. Masters	1994	3:21.12	Holmes Lumber	1993	3:04.95	3:04.95	Walnut Creek	1993	3:15.26	3:09.01
200 med relay	Walnut Creek	1993	3:47.25	Holmes Lumber	1993	3:30.93	3:28.26	Holmes Lumber	1994	3:35.94	3:35.00
400 free relay	D.C. Masters	1994	7:24.14	San Mateo	1992	7:26.27		Walnut Creek	1994	7:37.85	
400 med relay	St. Pete	1994	10:03.90	San Mateo	1992	8:16.37		Walnut Creek	1993	8:32.38	
800 free relay	Walnut Creek	1993	17:31.22	St. Louis	1991	15:49.09		Walnut Creek	1992	16:17.09	
WOMEN 85+/320-359	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay				St Pete	1993	4:09.37	4:09.37				
200 med relay				St Pete	1993	4:55.62	4:55.62				
400 free relay								St Pete	1994	10:13.80	
400 med relay											
800 free relay								St Pete	1994	22:37.07	

MEN 19+/76-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	The Olympic Club	1994	1:26.08	Michigan	1992	1:43.64		The Olympic Club	1993	1:41.14	
200 med relay	Long Beach	1994	1:34.25	GIMSA	1993	1:58.31		U of San Fran	1992	1:52.24	
400 free relay	Colonials 1776	1993	3:15.05	Davis	1990	3:53.01		Davis Aquatic	1994	3:53.22	
400 med relay	U of San Fran	1992	3:34.08	Empire State	1994	4:22.50		The Olympic Club	1994	4:24.89	
800 free relay	Stanford	1992	7:22.25	Empire State	1993	8:56.41		Davis	1989	9:11.58	
MEN 25+/100-119	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Houstonian Club	1990	1:23.34	Empire State	1993	1:36.03	1:35.91	Houstonian Club	1990	1:36.15	1:37.40
200 med relay	Lone Star	1991	1:31.54	Rosenberg	1988	1:52.59	1:48.16	Houstonian Club	1990	1:48.46	1:49.84
400 free relay	S Cal Aq	1992	3:14.35	Fins	1994	3:44.16		Santa Clara	1994	3:39.63	
400 med relay	U of San Fran	1992	3:35.60	Empire State	1994	4:04.98		Santa Clara	1994	4:14.09	
800 free relay	Santa Clara	1994	7:00.25	Empire State	1994	8:12.40		Santa Clara	1994	8:04.17	
MEN 35+/120-159	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Lone Star	1990	1:25.72	Baylor/Lone Star	1992	1:37.89	1:37.89	Lone Star	1986	1:37.43	1:37.43
200 med relay	Colonials 1776	1991	1:36.66	Baylor/Lone Star	1994	1:45.01	1:45.01	Baylor/Lone Star	1993	1:50.89	1:48.75
400 free relay	S Calif Aq	1990	3:23.76	Empire State	1994	3:37.41		The Olympic Club	1994	3:47.83	
400 med relay	U of Minn	1993	3:45.22	W Hollywood	1994	4:07.66		The Olympic Club	1994	4:04.49	
800 free relay	Minnesota	1992	7:37.33	Empire State	1994	8:26.97		Heartland	1992	8:48.95	
MEN 45+/160-199	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Tamalpais	1990	1:32.89	SWAM	1991	1:41.93	1:41.93	Holmes	1990	1:39.27	1:39.27
200 med relay	The Olympic Club	1994	1:44.01	SWAM	1991	1:55.51	1:54.91	Baylor/Lone Star	1994	1:53.79	1:53.79
400 free relay	Oregon	1993	3:35.57	Lakeside	1992	4:00.88		The Olympic Club	1994	4:00.68	
400 med relay	Los Altos	1992	4:10.46	Oregon	1993	4:21.80		Minnesota	1994	4:35.87	
800 free relay	The Olympic Club	1994	7:56.06	Minnesota	1992	8:58.69		The Olympic Club	1994	9:02.49	
MEN 55+/200-239	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	The Olympic Club	1990	1:42.55	Los Altos	1989	1:48.34	1:48.34	The Olympic Club	1994	1:46.69	1:46.69
200 med relay	S. Cal Aquatic	1987	1:57.74	Los Altos	1989	2:02.44	2:02.44	The Olympic Club	1994	1:58.50	1:58.50
400 free relay	Gold Coast	1994	4:14.05	Oregon	1991	4:30.16		Los Altos	1994	4:05.72	
400 med relay	Walnut Creek	1991	4:55.98	Los Altos	1993	4:45.92		The Olympic Club	1994	4:38.46	
800 free relay	Walnut Creek	1992	9:41.77	Connecticut	1992	9:48.41		The Olympic Club	1994	9:28.05	

MEN 65+/240-279	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	S. Cal Aquatic	1990	1:55.12	San Diego	1988	2:07.70	2:00.90	GOST	1992	1:58.54	1:58.54
200 med relay	S. Cal Aquatic	1993	2:09.02	Greater Indiana	1989	2:21.09	2:16.56	Buckeye	1994	2:17.59	2:17.59
400 free relay	S Calif Aqu	1990	4:28.95	San Diego	1993	4:41.25		Rinconada	1994	4:49.02	
400 med relay	Colonials	1992	5:18.61	San Mateo	1993	5:25.95		Rinconada	1991	5:31.14	
800 free relay	SCAQ	1993	10:40.71	San Mateo	1993	10:57.81		Rinconada	1994	10:55.42	
MEN 75+/280-319	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	D.C. Masters	1991	2:24.77	Oregon	1990	2:13.84	2:11.55	LAM	1992	2:10.75	2:10.18
200 med relay	Holmes Lumber	1991	2:50.76	Oregon	1990	2:36.92	2:33.74	Oregon	1992	2:34.57	2:34.57
400 free relay	St. Pete	1991	6:02.78	Oregon	1991	5:27.45		Oregon	1993	5:41.34	
400 med relay	St. Pete	1991	6:55.99	Oregon	1991	6:25.20		Colonials	1990	6:30.60	
800 free relay	St. Pete	1990	13:46.24	Oregon	1993	13:40.53		San Mateo	1994	12:22.64	
MEN 85+/320-359	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay				Long Beach	1993	3:04.75	3:04.75	Baylor/Lone Star	1993	2:59.21	2:53.29
200 med relay				Long Beach	1993	4:04.37	3:44.22	Baylor/Lone Star	1993	3:22.86	3:22.86
400 free relay				Long Beach	1993	7:54.68		Long Beach	1994	8:08.57	
400 med relay											
800 free relay				Long Beach	1993	17:58.81					



MIXED 19+/76-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Long Beach	1993	1:31.16	Ancient Mariner	1993	1:51.87		Univ San Fran	1992	1:48.50	
200 med relay	H2ouston	1992	1:42.81	Ancient Mariner	1993	2:03.76		Univ San Fran	1992	2:02.31	
400 free relay	U Of San Fran	1992	3:25.18	Conn	1992	4:25.28		Davis Aquatic	1993	4:22.10	
400 med relay	U Of San Fran	1991	3:58.70	Crawfish	1994	4:52.99		Univ San Fran	1991	4:36.72	
800 free relay	Davis	1992	7:48.42	Davis Aquatic	1992	9:17.27		Davis Aquatic	1994	9:13.51	
MIXED 25+/100-119	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	S. Cal Aquatic	1990	1:29.40	Alaska	1989	1:47.91	1:46.19	Holmes	1988	1:45.58	1:43.89
200 med relay	Lone Star	1991	1:39.01	Crawfish	1994	1:59.33	1:58.28	Houstonian Club	1990	1:56.50	1:56.58
400 free relay	U Of San Fran	1992	3:27.39	Empire State	1994	4:02.30		Walnut Creek	1993	4:07.44	
400 med relay	Walnut Creek	1991	3:51.18	San Diego	1993	4:29.74		Walnut Creek	1990	4:36.14	
800 free relay	Walnut Creek	1991	7:41.32	Heartland	1993	9:00.09		Santa Cruz	1989	9:17.66	
MIXED 35+/120-159	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Texas Aquatics	1994	1:34.30	Holmes Lumber	1993	1:47.96	1:47.96	Lone Star	1987	1:44.84	1:44.83
200 med relay	S. Cal Aquatic	1992	1:44.23	Lakeside	1989	1:58.28	1:58.28	D.C. Masters	1985	1:58.03	1:58.03
400 free relay	Los Altos	1990	3:40.82	S Calif Aq	1989	4:05.98		Walnut Creek	1991	4:01.94	
400 med relay	Empire State	1993	4:07.14	Empire State	1994	4:25.58		Heartland	1993	4:35.74	
800 free relay	Los Altos	1993	8:07.69	Strawberry	1994	9:01.85		Heartland	1993	9:10.24	
MIXED 45+/160-199	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Los Altos	1994	1:40.31	Greater Indiana	1989	1:50.55	1:50.55	Rmn	1992	1:47.46	1:47.46
200 med relay	Los Altos	1994	1:52.68	W Hollywood	1994	2:01.59	2:01.59	Spm	1992	2:02.86	2:02.10
400 free relay	Los Altos	1993	3:57.80	Empire State	1993	4:18.87		San Diego	1991	4:26.33	
400 med relay	Los Altos	1994	4:21.50	W Hollywood	1994	4:35.15		San Diego	1991	4:55.94	
800 free relay	Los Altos	1992	9:09.04	Empire State	1993	9:24.44		San Diego	1991	9:32.88	
MIXED 55+/200-239	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Southern Cal	1987	1:56.25	Lincoln	1989	1:57.25	1:57.25	Los Altos	1994	1:55.50	1:55.50
200 med relay	D.C. Masters	1992	2:10.35	Lincoln	1989	2:15.20	2:12.50	Los Altos	1994	2:14.32	2:14.32
400 free relay	New England	1987	4:34.21	Oregon	1990	4:50.94		Lincoln	1990	4:56.69	
400 med relay	Walnut Creek	1991	5:17.37	San Diego	1991	5:13.60		D.C. Masters	1993	5:18.22	
800 free relay	Walnut Creek	1993	10:27.41	San Diego	1989	10:40.03		San Diego	1993	10:55.90	

MIXED 65+/240-279	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Los Altos	1993	2:07.24	Los Altos	1992	2:12.98	2:12.98	Los Altos	1992	2:10.74	2:09.67
200 med relay	New England	1994	2:22.44	Los Altos	1991	2:32.46	2:32.46	New England	1988	2:29.30	2:29.30
400 free relay	Connecticut	1987	5:15.84	Tamalpais	1988	5:55.13		Oregon	1989	5:28.68	
400 med relay	Colonials 1776	1993	5:50.65	St Louis	1992	5:59.74		Walnut Creek	1992	6:07.19	
800 free relay	Los Altos	1993	11:24.83	St Louis	1992	12:38.59		Gold Coast	1994	11:35.20	
MIXED 75+/280-319	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Rinconada	1987	2:44.49	Connecticut	1988	2:38.80	2:38.80	Oregon	1992	2:31.29	2:31.29
200 med relay	D.C. Masters	1992	3:11.96	Conn	1992	3:06.67	3:04.69	O*H*I*O	1993	2:56.33	2:37.98
400 free relay	D.C. Masters	1994	6:52.98	San Mateo	1989	6:26.07		San Mateo	1989	6:08.62	
400 med relay	Rinconada	1991	9:27.58	Connecticut	1988	7:42.99		Rinconada	1992	7:18.33	
800 free relay	San Mateo	1993	14:16.33	Space Coast	1987	20:36.33		San Mateo	1989	14:26.78	
MIXED 85+/320-359	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay				San Mateo	1992	3:48.82	3:48.82	D.C. Masters	1993	3:03.15	3:03.15
200 med relay				San Mateo	1991	4:23.02	4:23.02	San Mateo	1994	3:57.45	3:57.45
400 free relay											
400 med relay				San Mateo	1993	10:17.99		D.C. Masters	1993	8:52.61	
800 free relay								San Mateo	1994	17:09.50	

## Long Distance Records

19-24	Women	Year	Record	Men	Year	Record
1 hour postal	L Peckenham	1992	5225 Y	J Poppell	1994	5735 Y
*6000 Y postal	K Fisher	1992	1:14:03.40	P Thurman	1993	1:27:20.57
10K postal	S B Brownstein	1988	1:25:23.15	S Cohen	1993	2:11:58.09
1-mile cable	K Bryan	1983	23:25.46	J Barber	1983	21:20.86
2-mile cable	S Leupold	1993	43:47.65	G Houck	1990	42:49.00
25-29	Women	Year	Record	Men	Year	Record
1 hour postal	L Hazen	1994	5560 Y	D Veatch	1994	6115 Y
*6000 Y postal	M Cleveland	1993	1:13:25.25	M Collins	1993	1:09:50.97
10K postal	S Blaha	1985	2:22:40.00	M Volk	1989	2:04:50.00
1-mile cable	S Swayman	1981	21:46.43	D Winant	1981	20:50.81
2-mile cable	D Cain	1984	42:10.30	J Pearson	1992	39:36.39
30-34	Women	Year	Record	Men	Year	Record
1 hour postal	P Mattson	1988	5295 Y	B Placek	1990	5750 Y
*6000 Y postal	L Henshaw	1992	1:13:37.99	J Matysek	1991	1:12:14.15
10K postal	P Mattson	1985	2:17:19.08	B Patten	1993	2:03:08.74
1-mile cable	S Thomas	1984	21:27.07	M Bernadino	1983	21:26.82
2-mile cable	S Thomas	1984	43:34.56	J Kegley	1988	38:32.00
35-39	Women	Year	Record	Men	Year	Record
1 hour postal	S Heim	1994	5220 Y	S MacDonald	1992	5565 Y
*6000 Y postal	A Dinwiddie	1993	1:22:03.00	S MacDonald	1992	1:04:47.99
10K postal	P Mattson	1988	2:16:22.59	J McConica	1988	21:23.33
1-mile cable	M Stevens	1988	23:04.20	R Walton	1988	21:23.33
2-mile cable	S Skiff	1992	46:00.13	R Phillips	1990	43:02.00
40-44	Women	Year	Record	Men	Year	Record
1 hour postal	B Dunbar	1990	5030 Y	K Polansky	1992	5450 Y
*6000 Y postal	D Ogier	1993	1:14:17.53	F Thompson	1993	1:10:04.75
10K postal	D Ogier	1993	2:22:35.99	K Bell	1989	2:17:40.29
1-mile cable	J Katz	1986	23:50.52	J Cooke	1988	22:37.24
2-mile cable	B Dunbar	1990	43:06.00	K Bell	1989	44:30.00
45-49	Women	Year	Record	Men	Year	Record
1 hour postal	J Royer	1987	4490 Y	H Winn	1989	5195 Y
*6000 Y postal	A Svanson	1993	1:30:16.00	S Johnson	1993	1:11:30.51
10K postal	L Weir	1986	2:47:07.36	K Bell	1993	2:18:54.83
1-mile cable	B Zaremski	1986	28:24.67	M Goldstein	1984	23:47.75
2-mile cable	H Buss	1984	48:08.20	L Harrison	1994	45:03.32
50-54	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	1983	4400 Y	H Winn	1992	5075 Y
*6000 Y postal	M Anderson	1992	1:27:08.99	R Williams	1993	1:15:01.62
10K postal	H Buss	1990	2:47:12.49	S Thrasher	1993	2:28:24.08
1-mile cable	A Rockefeller	1984	31:21.91	S Kooistra	1978	23:11.86
2-mile cable	B Jordan	1991	55:10.00	T Haraszi	1991	45:28.00

55-59	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	1988	44:15 Y	B Sturtvant	1989	46:75 Y
*6000 Y postal	J Little	1992	1:41:05.99	C LeBourgeois	1993	1:22:53.00
10K postal	C Anderson	1992	3:12:13.99	C LeBourgeois	1993	2:39:52.59
1-mile cable	B Russ	1986	30:06.41	J Schmidt	1978	26:59.84
2-mile cable	J Lamott	1991	57:41.00	C LeBourgeois	1992	48:21.63
60-64	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	1994	42:40 Y	G Johnston	1993	45:70 Y
*6000 Y postal				S Schofield	1992	1:47:09.82
10K postal	R Manfredi	1986	3:58:01.00	C LeBourgeois	1994	2:46:19.99
1-mile cable	B Russ	1988	29:41.79	J Schmidt	1989	27:05.65
2-mile cable	B Russ	1990	1:01:11.00	C LeBourgeois	1994	49:40.76
65-69	Women	Year	Record	Men	Year	Record
1 hour postal	C Walker	1993	40:05 Y	W Wilson	1994	43:40 Y
*6000 Y postal	L Nochman	1992	1:54:28.81	R Blake	1992	1:35:31.04
10K postal	L Nochman	1993	3:38:50.23	A Da Rosa	1985	2:58:08.83
1-mile cable	K Brazil	1987	53:05.88	J Schull	1984	28:55.62
2-mile cable	B Russ	1992	1:05:48.19	J Allea	1994	58:13.62
70-74	Women	Year	Record	Men	Year	Record
1 hour postal	G T Altus	1994	36:00 Y	A Da Rosa	1989	40:80 Y
*6000 Y postal				G Clemens	1991	1:51:10.71
10K postal	R Steward	1988	4:54:25.78	H Howe	1984	2:57:58.03
1-mile cable	I Browne	19??	34:53.37	J Schull	1985	28:31.42
2-mile cable	I Browne	1986	1:13:53.70	F Murphy	1990	1:00:18.00
75-79	Women	Year	Record	Men	Year	Record
1 hour postal	J Dolce	1985	31:15 Y	A Da Rosa	1993	38:65 Y
*6000 Y postal						
10K postal	I Browne	1990	4:19:19.99	J Irvine	1986	35:09.64
1-mile cable	E Landon	1979	49:11.96	D Woodford	1989	1:01:19.99
2-mile cable	E Bein	19??	1:55:52.27			
80-84	Women	Year	Record	Men	Year	Record
1 hour postal	E Maunce	1985	22:75 Y	C Ross	1980	34:35 Y
*6000 Y postal						
10K postal						
1-mile cable						
2-mile cable				D Woodford	1994	1:15:54.50
85-89	Women	Year	Record	Men	Year	Record
1 hour postal	E Kinney	1992	21:50 Y	C Ross	1985	32:40 Y
*6000 Y postal						
10K postal						
1-mile cable						
2-mile cable						
90-94	Women	Year	Record	Men	Year	Record
1 hour postal				G Langner	1994	22:20 Y
*6000 Y postal						
10K postal						
1-mile cable						
2-mile cable						

\* Event completed after 1995 Rule Book went to press

## APPENDIX B

### INFORMATION FOR MEET DIRECTORS AND OFFICIALS

#### ENFORCEMENT OF RULES

USMS rules shall be applied uniformly regardless of age.

#### 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.** Following the Referee's whistle, the Starter directs the swimmers to "Place your feet." After the swimmers have placed their feet, the Starter shall then direct the swimmers to "Take your mark." *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, except the command, "Place your feet," shall precede the command, "Take your mark."
- \* **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 recognized Masters Swimming meets shall include the following:
  - One Referee
  - One Starter
  - Two Stroke and Turn Judges
  - Two timers per lane (if automatic timing is not being used)The Referee and Starter may double as Stroke and Turn Judges, but the Referee and Starter may not be the same person. One of the officials shall be a Referee, Starter, or Stroke and Turn Judge certified by USS, YMCA, or any other USMS-approved certifying body.

- \* **Warm-up.** If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. 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 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 the lane or otherwise interfering with the other swimmer may disqualify the offender, and the offender shall immediately be removed from the lane.
- \* **Counters.** A swimmer in any individual 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.
- \* **Records.** USMS records may only be established by USMS-registered swimmers in sanctioned or recognized competition. Because swimmers from different age groups and sexes may compete in the same heat or event, winning the heat or event is not required to establish a record.  
Relay lead-off split times will be considered for records or Top Ten Times, provided the swimmers complete the event without being disqualified, and provided automatic timing is used.  
Required documentation for USMS records includes the Referee's signature, as well as the tape from the automatic or semi-automatic (with three buttons) 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.

### 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.

### 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

4. Official Time \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
mins:secs.hundredths

2. Course \_\_\_\_\_  
SC-yard, SC-meters, LC-meters

5. Electronic timing \_\_\_\_\_yes \_\_\_\_\_no

3. Stroke \_\_\_\_\_  
free, back, breast, fly, IM, FR, MR

6. Three stopwatches \_\_\_\_\_yes \_\_\_\_\_no

7. Individual events:  

Name	Gender	Birthdate	Age	USMS Number

8. Relay team name \_\_\_\_\_ Age group \_\_\_\_\_  


Name	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: WALT REID, 11114 111th St. SW, Tacoma, WA 98498.



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:

Name \_\_\_\_\_

Title \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Date \_\_\_\_\_

Submitted by:

Name \_\_\_\_\_

Title \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Date \_\_\_\_\_

Send completed form to:  
Walt Reid  
11114 111th St. SW  
Tacoma, WA 98498

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, 5K, 10K, or 3000y postal; 1-mile or 2-mile cable
2. **Course** \_\_\_\_\_  
25y, 25m, or 50m pool; ¼-mile cable
3. **Method of timing** \_\_\_\_\_  
electronic timing or three stopwatches
4. **Official Time** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
(if applicable) mins:secs:hundredths
5. **Completed Distance** \_\_\_\_\_  
(if applicable) specify yards or meters
6. **Individual events:**
- | Name  | Gender | Birthdate | Age   | USMS Number |
|-------|--------|-----------|-------|-------------|
| _____ | _____  | _____     | _____ | _____       |
| _____ | _____  | _____     | _____ | _____       |
| _____ | _____  | _____     | _____ | _____       |
| _____ | _____  | _____     | _____ | _____       |
- Names (in order of competing) Gender Birthdate Age USMS Number
7. **Relay team name** \_\_\_\_\_ **Age group** \_\_\_\_\_
- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
- 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 the event host.

## APPENDIX C

### NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

#### USMS NATIONAL CONVENTIONS

**1995 USMS Convention**, Houston, Tex. September 20–24, 1995. Contact: Suzanne Rague, 935 NW 170th Place, Beaverton, OR 97006. Phone: (503) 531-9051.

**1996 USMS Convention**, Orlando, Fla. September 11–15, 1996. Contact: Suzanne Rague, 935 NW 170th Place, Beaverton, OR 97006. Phone: (503) 531-9051.

#### USMS NATIONAL CHAMPIONSHIP MEETS

**1995 USMS Short Course Championships**, International Swimming Hall of Fame, Fort Lauderdale, Fla. May 18–21, 1995. Contact: Stu Marvin, Hall of Fame Aquatic Complex, 501 Seabreeze Boulevard, Fort Lauderdale, FL 33316. Phone: (305) 468-1580.

**1995 USMS Long Course Championships**, Gresham, Ore. August 24–27, 1995. Contact: John F. Zell, 4640 NE Thirty-Sixth Avenue, Portland, OR 97211. Phone and fax: (503) 282-9347 (after 7 P.M. Pacific time).

**1996 USMS Short Course Championships**, De Anza College Aquatic Center, Cupertino, Calif. May 9–12, 1996. Contact: Donn McPhail, De Anza Cupertino Aquatics, P.O. Box 436, Cupertino, CA 95015-0436. Phone: (408) 253-SWIM.

**1996 USMS Long Course Championships**, University of Michigan, Ann Arbor, Mich. August 21–25, 1996. Contact: Mark Lambert, 1000 South State Street, Ann Arbor, Mich. 48109. Phone: (313) 747-0162.

#### USMS LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS

**1995 USMS 1 Hour Postal Championships**, Georgia Killer Whales. January 1–31, 1995. Contact: Bill Black, 7040 Hunters Knoll NE, Atlanta, GA 30328. Phone: (800) 550-7946.

**1995 USMS 3000 Yard Postal Championships**, Gulf LMSC. September 1–November 30, 1995. Contact: Kris Wingenroth, 3830 Drummond, Houston, TX 77025. Phone: (713) 527-4077.

**1995 USMS 5 and 10 Kilometer Postal Championships**, Pacific Northwest Association. May 15–September 30, 1995. Contact: Jane A. Moore, 1867 NE 58th Street, Tacoma, WA 98422-1517. Phone: (206) 925-0803.

**1995 USMS 2 Mile Cable Championships**, Southwest Ohio Masters. July 16, 1995. Contact: Jan Huneke, 8068 Asbury Hills, Cincinnati, OH 45255. Phone: (513) 231-8168.

**1995 USMS 1 Mile Open Water Championships**, Virginia Masters. June 18, 1995. Contact: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. Phone: (804) 422-6811.

**1995 USMS 2.7 Mile Open Water Championships**, Long Beach Swim Club. July 16, 1995. Contact: Lucy Johnson, 769 Stanley Avenue, Long Beach, CA 90804. Phone: (310) 433-5299.

- 1995 USMS 3.5 Mile Open Water Championships**, International Swimming Hall of Fame. May 22, 1995. Contact: Stu Marvin, Hall of Fame Aquatic Complex, 501 Seabreeze Boulevard, Fort Lauderdale, FL 33316. Phone: (305) 468-1580.
- 1995 USMS 11.8 Mile Open Water Championships**, Coronado Masters. August 20, 1995. Contact: David Lamott, 2425 Palermo Drive, San Diego, CA 92106. Phone: (619) 222-3436.
- 1996 USMS 1 Hour Postal Championships**, Pacific Northwest Association. January 1-31, 1996. Contact: Jane A. Moore, 1867 NE Fifty-Eighth St., Tacoma, WA 98422-1517. Phone: (206) 925-0803.
- 1996 USMS 3000 Yard Postal Championships**, Pacific Masters LMSC. September 1-November 30, 1996. Contact: Michael Collins, P.O. Box 1366, Davis, CA 95617. Phone: (916) 758-7212.
- 1996 USMS 5 and 10 Kilometer Postal Championships**, Crawfish Masters. May 15-September 30, 1996. Contact: Scott Rabalais, 950 S Foster Dr. #29, Baton Rouge, LA 70806. Phone: (504) 928-5596.
- 1996 USMS 2 Mile Cable Championships**, Virginia Masters. July 1996. Contact: Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113. Phone: (804) 379-2537.
- 1996 USMS 1 Mile Open Water Championships**, Santa Cruz Masters. August 3, 1996. Contact: Rick Gould, 323 Church St., Santa Cruz, CA 95060. Phone: (408) 429-3197.
- 1996 USMS 2 Mile Open Water Championships**, Richardson Masters. September 1996. Contact: Craig Tribuzi, 7504 Zurich Dr., Plano, TX 75025. Phone: (214) 517-2498.
- 1996 USMS 3.5 Mile Open Water Championships**, SCAQ/Malibu Polar Club. September 21, 1996. Contact: Tom Katsouleas, 20452 Pacific Coast Hwy., Malibu, CA 90265. Phone: (310) 456-3657.
- 1996 USMS 10 Mile Open Water Championships**, Seal Beach Swim Club. July 1996. Contact: Ron Kempster, 201 Second St., Seal Beach, CA 90740. Phone: (310) 430-4380.

#### **FINA CHAMPIONSHIP MEET**

- 1996 VI World Masters Swimming Championships**, Sheffield, England. June 22-July 2, 1996. Contact: Miss Sue Catton, Acting Event Manager, Phone 0114-273-6730.

## 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.

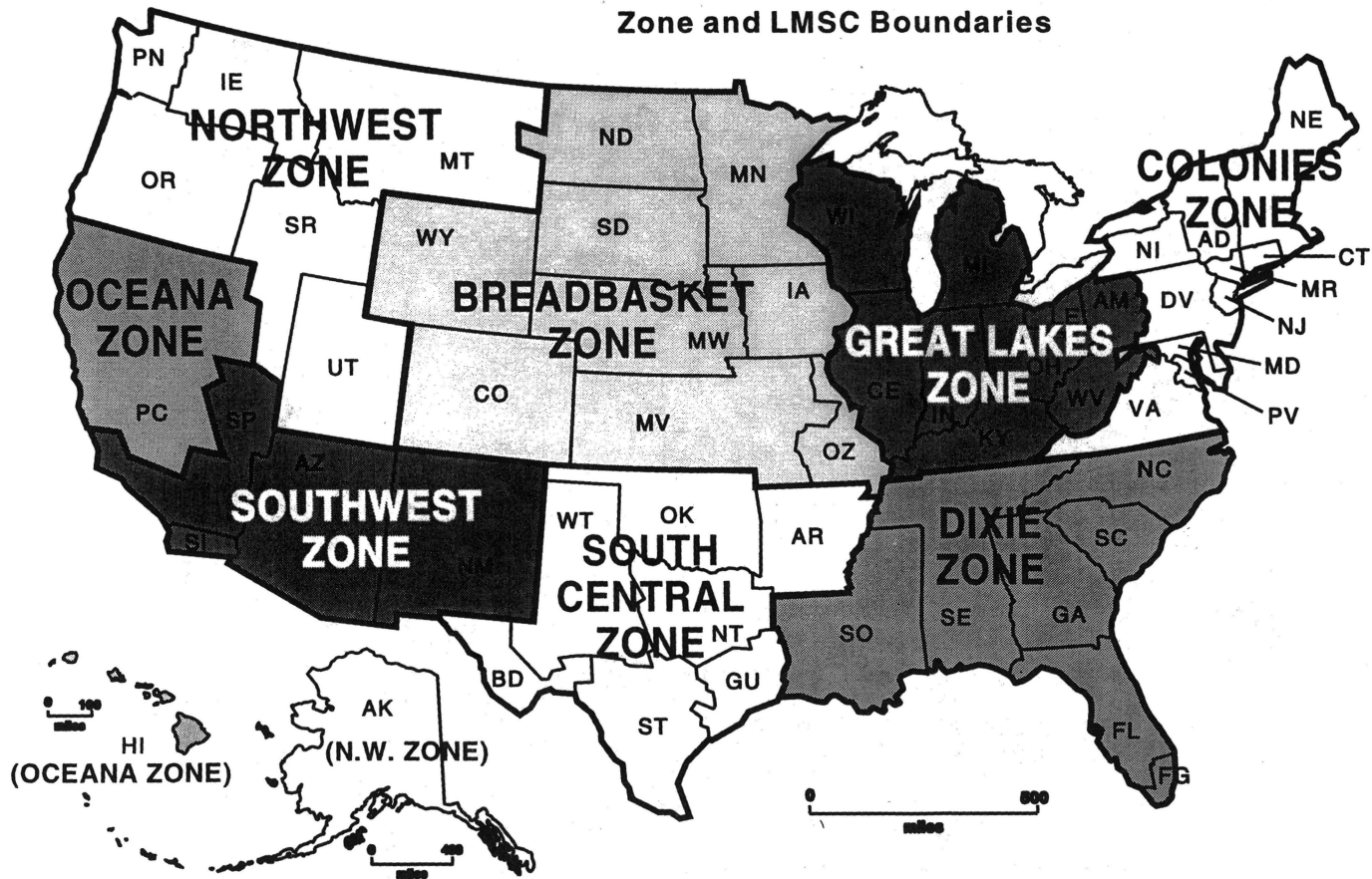
**Oceana**—Hawaii, Pacific.

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

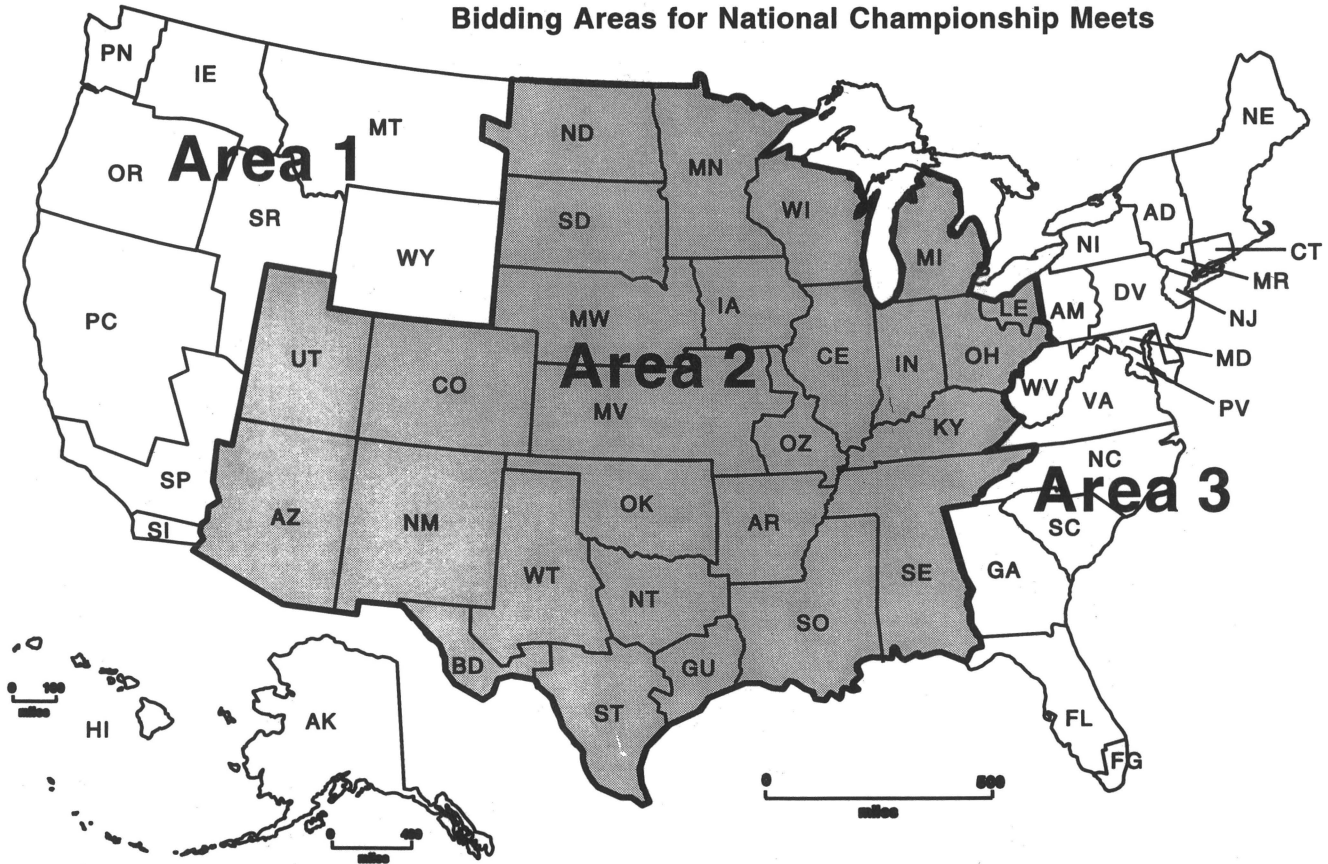
**Southwest**—Arizona, New Mexico, San Diego/Imperial, Southern Pacific.

## 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			



## Page 114 APPENDIX D



## 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 by and including the Counties of Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; on the east by the State of Louisiana; on the south by the Gulf of Mexico; and on the west by and including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos, and Matagorda.

**Hawaii**—The State of Hawaii.

**Indiana**—The State of Indiana except the Counties of Floyd and Clark.

**Inland Empire**—In the State of Washington the Counties of Okanogan, Chelan, Douglas, Ferry, Stevens, Spokane, Lincoln, Grant, Kittitas, Asotin, Columbia, Yakima, Franklin, Adams, Whitman, Walla Walla, Garfield, Benton, Pend Oreille, and that portion of Klickitat County east of Highway 97 and including the City of Goldendale. In the State of Idaho the Counties of Bonner, Kootenai, Shoshone, Benewah, Latah, Lewis, Nez Perce, Idaho, Clearwater, and Boundary.

**Iowa**—The State of Iowa except the Counties of Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont, and Page.

**Kentucky**—The State of Kentucky except the Counties of Campbell, Kenton, and Boone. In the State of Indiana the Counties of Floyd and Clark.

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



**Maryland**—The State of Maryland except the Counties of Cecil, Montgomery, and Prince Georges.

**Metropolitan**—The State of New York south of and including Sullivan, Orange, and Dutchess Counties.

**Michigan**—The State of Michigan.

**Midwestern**—The State of Nebraska. In the State of Iowa the Counties of Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont, and Page.

**Minnesota**—The State of Minnesota. In the State of Wisconsin the Counties of St. Croix, Dunn, and Pierce.

**Missouri Valley**—The State of Kansas. The State of Missouri including and bounded by the Counties of Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian, and Taney.

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

**New England**—The States of New Hampshire, Vermont, Massachusetts, Rhode Island, and Maine.

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

**New Mexico**—The State of New Mexico.

**Niagara**—The State of New York west of and including the Counties of Oswego, Onondaga, Cortland, and Broome.

**North Carolina**—The State of North Carolina except the Counties of Camden, Currituck, and Pasquotank.

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

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

**Ohio**—The State of Ohio except the Counties of Seneca, Crawford, Columbiana, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Lawrence, Washington, Jefferson, and Tuscarawus. In the State of Kentucky the Counties of Campbell, Kenton, and Boone.

**Oklahoma**—The State of Oklahoma.

**Oregon**—The State of Oregon except Malheur County. In the State of Washington the Counties of Cowlitz, Clark, Skamania, and that portion of Klickitat County west of Highway 97.

**Ozark**—The State of Missouri east of and including the Counties of Scotland, Knox, Shelby, Monroe, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas, and Ozark. In the State of Illinois the Counties of Calhoun, Greene, Jersey, Madison, St. Clair, and Monroe.

**Pacific**—The State of California north of but not including the Counties of San Luis Obispo, Ventura, Los Angeles, and San Bernardino. In the State of Nevada the Counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Lander, and Carson City.

**Pacific Northwest**—The State of Washington west of but not including the Counties of Okanogan, Chelan, Kittitas, and Yakima, and north of but not including the Counties of Cowlitz, Skamania, and Klickitat.

**Potomac Valley**—The District of Columbia. In the State of Maryland the Counties of Montgomery and Prince Georges. In the Commonwealth of Virginia the Counties of Arlington and Fairfax and the Cities of Alexandria, Fairfax, and Falls Church.

**San Diego-Imperial**—In the State of California the Counties of San Diego and Imperial.

**Snake River**—The State of Idaho except the Counties of Boundary, Bonner, Kootenai, Shoshone, Benewah, Latah, Clearwater, Nez Perce, Lewis, and Idaho. In the State of Nevada the Counties of Elko, White Pine, and Eureka. In the State of Oregon the County of Malheur.

**South Carolina**—The State of South Carolina.

**South Dakota**—The State of South Dakota.

**South Texas**—The State of Texas bounded on the east by and including the Counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca, and Jackson; on the south by the Gulf of Mexico and the Republic of Mexico; on the west by and including the Counties of Val Verde, Sutton, and Schleicher; and on the north by and including the Counties of Menard, Mason, Llano, Burnet, Lampasas, and Bell.

**Southeastern**—The State of Alabama. The State of Tennessee. In the State of Florida the Counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, and Bay, and that part of Jackson and Calhoun Counties west of the Apalachicola River.

**Southern**—The States of Louisiana and Mississippi.

**Southern Pacific**—In the State of California the Counties of San Luis Obispo, Ventura, Los Angeles, San Bernardino, Orange, Riverside, and Santa Barbara. In the State of Nevada the Counties of Clark, Esmeralda, Lincoln, and Nye.

**Utah**—The State of Utah.

**Virginia**—The Commonwealth of Virginia except the Counties of Arlington and Fairfax and the Cities of Alexandria, Fairfax, and Falls Church. In the State of North Carolina the Counties of Camden, Currituck, and Pasquotank.

**West Texas**—The State of Texas bounded on the south by 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.....	Mel Goldstein
Vice President.....	Jim Miller, M.D.
Secretary.....	Suzanne Rague
Treasurer.....	Lucy Johnson
Past President.....	Dan Gruender
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—Sarah Hromada

Colorado.....	George Kenry
Iowa.....	Andrea Dorn
Midwestern.....	Patrick Dibiase
Minnesota.....	Wayne Mulhern
Missouri Valley.....	Fran Fields
North Dakota.....	Will Gosnold
Ozark.....	Leo Letendre
South Dakota.....	Kathy Grady
Wyoming.....	Clayton Emery

##### Colonies Zone—Tom Lyndon

Adirondack.....	John H. Ogden
Connecticut.....	Jerianne Donnelly
Delaware Valley.....	Andy Kramer
Maryland.....	Barbara Protzman
Metropolitan.....	Lorraine Martinelli
New England.....	Ann Y. McDermott
New Jersey.....	Rob Copeland
Niagara.....	Betty Barry
Potomoc Valley.....	Thomas Denes
Virginia.....	Forrest Sullivan

##### Dixie Zone—Scott Rabalais

Florida.....	Harold Ferris
Florida Gold Coast.....	Randy Nutt
Georgia.....	Lisa Watson
North Carolina.....	Ceil Blackwell
South Carolina.....	David Parler
Southeastern.....	Pat Wilson
Southern.....	Ron Murlin

**Great Lakes Zone—Frank L. "Skip" Thompson**

Allegheny Mountain .....	Stanley Prazer
Central .....	Mike Hogarty
Indiana .....	Sharon Wise
Kentucky .....	William Tingley
Lake Erie .....	Pierce Bray
Michigan .....	William T. Reed III
Ohio .....	Pat Maley
Wisconsin .....	John Bauman

**Northwest Zone—Elin Zander**

Alaska .....	John N. Zell
Inland Empire .....	Chuck Tasca
Montana .....	Steven Holloway
Oregon .....	John F. Zell
Pacific Northwest .....	Jane A. Moore
Snake River .....	Paula Howard
Utah .....	Annette Taylor

**Oceana Zone—Jim Wheeler**

Hawaii .....	Bruce Clark
Pacific .....	Julie Paque

**South Central Zone—Craig Tribuzi**

Arkansas .....	Carolyn Haefner
Border .....	Don Mehl
Gulf .....	Kris Wingenroth
North Texas .....	Craig Tribuzi
Oklahoma .....	Dennis Wilson
South Texas .....	Marcia Marcantonio

**Southwest Zone—Steve Schofield**

Arizona .....	Judy Gillies
New Mexico .....	Joe Tesmer
San Diego-Imperial .....	Bobbi Turcotte
Southern Pacific .....	Bonnie Adair

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

**Championship Committee**

Bonnie Adair  
Keith Bell  
Bill Black  
Carolyn Boak

Gene Donner  
Coach Emmett Hines  
Cathy Kohn  
Pat Maley

Stu Marvin  
Bill Mulliken  
Sandi Rousseau\*  
Paul Windrath  
Medical Coordinator:  
Jim Miller, M.D.

**Coaches Committee**

Cris Allen  
Carl Chittim  
Michael Collins\*  
Marilyn Early  
Clay Evans

Paul Fortoul  
Bob Krotee  
Lorraine Martinelli  
Don Mehl  
John H. Ogden

Chris Perrett  
Krista Phillips  
Todd Samland  
Tori Smith  
John N. Zell

**Convention Committee**

Carolyn Cunningham  
Lil Haneman  
Michael Heather\*

Marie Kreipe  
Art Mayer  
Roxanne Motter

Joanne Tingley  
William Tingley  
Paul Windrath

**Finance Committee**

Tom Brunson  
Mike Hogarty  
Bob Merrick  
Frank Newquist

Randy Nutt  
Leslie Ronacher  
Anna Lea Roof  
Richard T. Smith

David Zander\*  
Ex-Officio: Roy Abramowitz  
Ex-Officio: Jeanne Ensign  
Ex-Officio: Lucy Johnson

**Fitness Committee**

Betty Barry  
Linda Boyne  
Mo Chambers  
David Grilli  
Eric Guest  
Bud Jackson

Kathy Keffer-Sharpe  
Marie Kreipe  
Terry Laughlin  
Betsy Owens\*  
Karen Pearson

Dore Schwab  
Joe Tesmer  
Rhea Wilkins  
Meegan Wilson  
Sharon Wise

**Insurance Committee**

Laura Calwell  
Colleen Driscoll  
Bill Hall

Andy Kramer  
Michael A. Laux\*  
Alan Levinson

Robert Mitchell  
Forrest Sullivan  
Christine Winn

**Internal Audit Committee**

Jeanne Ensign\*

Richard T. Smith

**International Committee**

Judy Bonning  
Peggy Buchannan  
D. Barr Clayson  
Andy Donato  
Dorothy Donnelly

Rowdy Gaines  
F.H. Ted Haartz  
Joseph Kurtzman\*  
Manuel Sanguily  
Shannon Sullivan

William Tingley  
Phil Whitten  
Ex-Officio: June Krauser  
Ex-Officio: Walt Reid

### Legislation Committee

Jack Buchanan  
Hill Carrow  
Leslie Cooper  
Rob Copeland  
Jeanne Crouse  
Jerianne Donnelly\*

Bill Earley  
Darlynn Ferguson  
Edie Gruender  
Marcia Marcantonio  
Julie Paque  
William T. Reid III

Frank Tillotson  
Hugh Owen Winn  
Larry Wood  
Elin Zander  
John F. Zell  
Ex-Officio:  
Jack Geoghegan

### Long Distance Committee

David Benjamin  
Peter Crumbine  
Sally Ann Dillon\*  
Jim Giottonini  
Lynn Hazlewood

Barney Hungerford  
Maureen Koss  
David Lamott  
Kevin Polansky  
Steve Schofield

Craig Tribuzi  
Lisa Watson  
Robert E. Zeitner  
Ex-Officio: Syd Cassidy

### Marketing/Publications Committee

Rich Burns  
Mark Clark  
Lil Haneman  
Laura Hatfield  
Carl House

Tom Lyndon  
Linda McCowan  
Carol Morgan  
Debbie Morrin  
Nancy Ridout\*

Gerry Rodrigues  
MaryLou Schulz  
Mary Lee Watson  
Jim Wheeler

### Planning Committee

Betty Barry  
Pierce Bray  
Bill Black  
Mike Calwell  
George Cunningham

Kathy Keffer-Sharpe  
Nancy Miller  
Hugh Moore  
Frank L. "Skip" Thompson

Joe Tesmer  
Stephanie Walsh\*  
Pat Wilson  
Ruth Winn

### Records and Tabulation Committee

Lou Abel  
Ceil Blackwell  
Bob Eberwine  
David Morrow

Dan Per-Lee  
Ginger Pierson  
Barbara Protzman  
Walt Reid\*

Kim Shaw  
Joan Smith  
Mary Beth Windrath

### Registration Committee

Cindy Ayers  
Bruce Clark  
Pam Himstreet  
Sarah Hromada

Robert Koenig  
Charles Kohnken  
Barbara Larsen\*  
Adrienne Pipes

Diane Reed  
Elleen Schappel  
Ex-Officio: Diane Black

### Rule Book Committee

Dorothy Donnelly  
Marilyn Fink  
Phyllis Gill

Lil Haneman  
Stephen Hogan

Meg Smath\*  
Mary Lee Watson

### Rules Committee

Tom Boak\*  
Kathrine Casey  
Catherine C. Cooper  
David Diehl

Barry Fasbender  
Janet Kavadas  
June Krauser  
Leo Letendre

Thomas Tripp  
Bobbi Turcotte  
Kris Wingenroth

### **Sports Medicine, Health, and Safety Committee**

David Costill*	Jane A. Moore	David Santos
George Kenry	Tom Perrin	Bill Weir
Ernie Maglischo	George Quigley	Ex-Officio: Don Mehl

### **Zone Committee**

Betsy Durrant*	Scott Rabalais	Craig Tribuzi
Sarah Hromada	Steve Schofield	Jim Wheeler
Tom Lyndon	Frank L. "Skip" Thompson	Elin Zander

### **Ad Hoc Officials Committee**

Patricia Diehl	Steve Holloway	Michael Moore
Sally Ann Dillon	Bill Koerber	Dennis Wilson
Judy Gillies	George McVey	Al Winslow
Joan Glaraton	Hugh Moore*	Ex-Officio: Ron Van Pool
F.H. Ted Haartz		

### **Ad Hoc Recognition and Awards Committee**

Hamilton Anderson	Jack Geoghegan	Julie Paque*
Mildred Anderson	Dan Gruender	Walt Reid
Cindy Baxter	Edie Gruender	Nancy Ridout
Judge Robert Beach	F.H. Ted Haartz	John Spannuth
Tom Boak	Dr. Paul Hutingier	Ray Taft
Kathrine Casey	June Krauser	Zada Taft
Dorothy Donnelly	Michael A. Laux	Enid Uhrich
Gail Dummer	Wayde Mulhern	

### **Ad Hoc Safety Education Committee**

Barbara Bower	Andy Kramer	George Simon
Teri Hendryx	Don Mehl	Forrest Sullivan*
Edie Jacobsen	Nancy Miller	Pat Wilson

### **Special Appointments and Liaisons**

**Controller**—Roy Abramowitz

**FINA Representative**—June Krauser

**Historian**—Joan Smith

**International Swimming Hall of Fame Liaison**—June Krauser

**MSI Representative**—Mel Goldstein

**Swim Magazine Editor**—Scott Rabalais

**United States Aquatic Sports Representative**—Mel Goldstein

**United States Swimming Liaison**—F.H. "Ted" Haartz

**YMCA Liaison**—Mel Goldstein

**Parliamentarian**—Bill Mulliken

**ALPHABETICAL DIRECTORY**

Abel, Lou, 12 Westchester Ave. #2K, White Plains, NY 10601-3530  
 Abramowitz, Roy, P.O. Box 40313, Portland, OR 97240-0313  
 Adair, Bonnie, 2310 Twenty-Ninth St., Santa Monica, CA 90405  
 Allen, Cris, 1527 Florida St., San Francisco, CA 94110-4851  
 Anderson, Hamilton, 506 Bolivar, Bellaire, TX 77401-5036  
 Anderson, Mildred, 506 Bolivar, Bellaire, TX 77401-5036  
 Ayers, Cindy, 3 Greenblade Lane, The Woodlands, TX 77380-3928  
  
 Barry, Betty, 1403 Victor Holcomb Rd., Victor, NY 14564-9310  
 Bauman, John, 11917 Rainbow Ave., West Allis, WI 53214  
 Baxter, Cindy, 740 Clara Dr., Palo Alto, CA 94303  
 Beach, Judge Robert, 1 Beach Dr., #1801, St. Petersburg, FL 33701  
 Bell, Keith, 3101 Mistyglen Circle, Austin, TX 78746  
 Benjamin, David, 769 Rodney Dr., San Leandro, CA 94577  
 Black, Bill, 7040 Hunters Knoll, NE, Atlanta, GA 30328-1761  
 Black, Diane, 7040 Hunters Knoll, NE, Atlanta, GA 30328-1761  
 Blackwell, Ceil, 4305 John Rencher Wynd, Raleigh, NC 27612  
 Boak, Carolyn, 1457 Tyler Pkwy., Mountain View, CA 94040-3796  
 Boak, Tom, 15 Sawmill Grove Lane, The Woodlands, TX 77380  
 Bonning, Judy, 10728 NW Twenty-First Pl., Coral Springs, FL 33071  
 Bower, Barbara, 600 Haring Rd., Metairie, LA 70001  
 Bray, Pierce, 31175 Northwood Dr., Cleveland, OH 44124-5452  
 Brunson, Tom, 11 Garret Dr., West Paterson, NJ 07424-2724  
 Buchannan, Jack, P.O. Box 599, Kittredge, CO 80457-0599  
 Buchannan, Peggy, P.O. Box 599, Kittredge, CO 80457-0599  
 Burns, Rich, 24 Barber Ave., San Anselmo, CA 94960-2507  
  
 Calwell, Laura, 5610 W. Sixty-First Terr., Shawnee Mission, KS 66202 -3509  
 Calwell, Mike, 5250 W. Ninety-Fourth Terr., Prairie Village, KS 66207-2534  
 Carrow, Hill, Turkey Hill Rd., Winston-Salem, NC 27016  
 Casey, Kathrine, 11114 -111 St. SW, Tacoma, WA 98498-1331  
 Cassidy, Syd, #1 Hurricane Dr., Coral Gables, FL 33146  
 Chambers, Mo, 12101 Stonebrook Dr., Los Altos Hills, CA 94022  
 Chittim, Carl, 7231 E. Diamond St., Scottsdale, AZ 85257-3419  
 Clark, Bruce, 46-459 Hololio St., Kaneohe, HI 96744-4225  
 Clark, Mark, 111 Douglas Dr., Wylie, TX 75098-3764  
 Clayson, D. Barr, 60 Hidden Rd., Weston, MA 02193-1366  
 Collins, Michael, P.O. Box 1366, Davis, CA 95617-1366  
 Cooper, Catherine C., 9775 SW Fifty-Second Rd., Gainesville, FL 32608-4159  
 Cooper, Leslie, 3605 1B Steeplechase, Cincinnati, OH 45140  
 Copeland, Rob, 246 Berger St., Somerset, NJ 08873  
 Costill, David, 3907 W. Ethel, Muncie, IN 47304  
 Crouse, Jeanne, 600 Marcia Lane, Rockville, MD 20851-1510  
 Crumbine, Peter, 3 Copper Beech Rd., Greenwich, CT 06830-4033  
 Cunningham, Carolyn, 270 Sunnycroft Rd., Ben Lomond, CA 95005-9726  
 Cunningham, George, 270 Sunnycroft Rd., Ben Lomond, CA 95005-9726  
  
 Denes, Thomas, 4522 Everett, Kensington, MD 20895  
 Dibiasse, Patrick, 10707 Pacific St. # 101, Omaha, NE 68114-4700  
 Diehl, David, 12511 Littleton St., Silver Spring, MD 20906-4253  
 Diehl, Patricia, 12511 Littleton St., Silver Spring, MD 20906-4253  
 Dillon, Sally Ann, P.O. Box 9499, Truckee, CA 96162-7499  
 Donato, Andy, 355 Connecticut, Marysville, MI 48040-1075  
 Donnelly, Dorothy, 2 Peter Ave., Rutland, MA 01543-2159  
 Donnelly, Jerianne, 2 Peter Ave., Rutland, MA 01543-2159



Donner, Gene, 717 South Rd., East Aurora, NY 14052-9416  
Dorn, Andrea, 904 Thirteenth St., Nevada, IA 50201-2121  
Driscoll, Colleen, 100 S. Village Ave., #1C, Rockville Centre, NY 11570  
Dummer, Gail, 3100 Scarborough Rd., Lansing, MI 48910-4844  
Durrant, Betsy, 211 Sixty-Sixth St., Virginia Beach, VA 23451-2040

Earley, Bill, 475 C Ave., Coronado, CA 92118-1822  
Early, Marilyn, 1423 Quick Rd., Harbor Springs, MI 49740  
Eberwine, Bob, 7525 W. Manchester Ave., #527, Los Angeles, CA 90045-2348  
Emery, Clayton, 1416 Sheridan, Laramie, WY 82070  
Ensign, Jeanne, 600 Malden East, #102, Seattle, WA 98112-4500  
Evans, Clay, 11405 Biona Dr., Los Angeles, CA 90066-3307

Fasbender, Barry, 845 Talisman Dr., Palo Alto, CA 94303  
Ferguson, Darlynnne, P.O. Box 8005, Canton, OH 44711-8005  
Ferris, Harold, 1115 Forty-Fourth Ave. NE, St. Petersburg, FL 33703  
Fields, Fran, 1846 S. Harvard St., Independence, MO 64052  
Fink, Marilyn, 5518 Laramie Way, San Diego, CA 92120-1422  
Fortoul, Paul, 1370 St. Nicholas Ave., # 20 S, New York, NY 10033-6242

Gaines, Rowdy, 6800 Hawaii-Kai Dr., Honolulu, HI 96825-1505  
Geoghegan, Jack, 155 Osborn Rd., Rye, NY 10580-1328  
Gill, Phyllis, 14037 SE Allen Rd., Bellevue, WA 98006  
Gillies, Judy, 2596 N. Ironwood Ridge Dr., Tucson, AZ 85745-1077  
Giottonini, Jim, 130 S. 1300 E., Salt Lake City, UT 84102  
Glaraton, Joan, 4590 Colonial Ave., Jacksonville, FL 32210-4204  
Goldstein, Mel, 6456 Broadway, Indianapolis, IN 46220-1633  
Gosnold, Will, RR 2, Box 60G, Grand Forks, ND 58201-9617  
Grady, Kathy M., 4901 MacArthur Lane, #8, Sioux Falls, SD 57106  
Grilli, David, 261 High Range Rd., Londonderry, NJ 03053-2616  
Gruender, Dan, 3329 N. Valencia Lane, Phoenix, AZ 85018-6610  
Gruender, Edie, 3329 N. Valencia Lane, Phoenix, AZ 85018-6610  
Guest, Eric, 44861 SE Hwy. 26, Sandy, OR 97055

Haartz, F.H. Ted, 2851 Via del Bac, Green Valley, AZ 85614  
Haefner, Carolyn, 1330 SE Fourteenth St., P.O. Box 116, Bentonville, AR 72716  
Hall, Bill, 1310 Chippewa, Richardson, TX 75080-3707  
Haneman, Lil, 1003 SE Sixth St., Deerfield Beach, FL 33441  
Hatfield, Laura, Intl. Hall Fame, 1 Hall of Fame Dr., Ft. Lauderdale, FL 33316  
Hazlewood, Lynn, 11714 Decade Ct., Reston, VA 22091-2942  
Heather, Michael, 434 E. Duarte Rd., Monrovia, CA 91016-4603  
Hendryx, Teri, 6425 SW 154th Pl., Beaverton, OR 97007  
Himstreet, Pam, 14744 NW Bonneville Pl., Beaverton, OR 97006  
Hines, Coach Emmett, 4361 Graduate Circle, Houston, TX 77004-6604  
Hogan, Stephen, 5826 First Landing Way, Burke, VA 22015-2699  
Hogarty, Mike, 7442 Adams St., Apt. 2H, Forest Park, IL 60130-1942  
Holloway, Steven, 232 S. Sixth West, Missoula, MT 59801  
House, Carl, 5970 SW Eighteenth St. #302, Boca Raton, FL 33433  
Howard, Paula, 1916 S. Empire Ct., Boise, ID 83709  
Hoyne, Linda, 5534 W. Hutchinson, Chicago, IL 60641  
Hromada, Sarah, 6409 Wilryan Ave., Edina, MN 55439  
Hungerford, Barney, 4 Knox Ct. Chesterbrook, Wayne, PA 19087  
Hutinger, Dr. Paul, 1755 Georgia Ave. NE, St. Petersburg, FL 33703-4326

Jackson, Bud, 6411 Park Ave., Fort Smith, AR 72903  
Jacobsen, Edie, 1786 Maricopa Dr., Oshkosh, WI 54904-8324  
Johnson, Lucy, P.O. Box 3368, Long Beach, CA 90803-0368

Kavadas, Janet, 217 Alder St., #305, Edmonds, WA 98020-3532  
 Keffer-Sharpe, Kathy, 3002 NW Fourteenth St., Oklahoma City, OK 73107  
 Kenry, George, 6786 W. Leawood Dr., Littleton, CO 80123  
 Koenig, Robert, 24 E. Sharon Rd., Cincinnati, OH 45246-4433  
 Koerber, Bill, 12062 W. Cross Ave., #1-305, Littleton, CO 80123  
 Kohn, Cathy, 840 S. Meramec, Clayton, MO 63105-2539  
 Kohnken, Charles, 1258 Flushing Ave., Clearwater, FL 34624-4908  
 Koss, Maureen, 19680 Puritas, #251, Cleveland, OH 44135  
 Kramer, Andy, 116 Windermere Ave., #F3, Wayne, PA 19807  
 Krauser, June, 2308 NE Nineteenth Ave., Ft. Lauderdale, FL 33305-1506  
 Kreipe, Marie, 7138 SE Second St., Tecumseh, KA 66542-9603  
 Krotee, Bob, 604 Lawrence Ave., West Lawn, PA 19609  
 Kurtzman, Joseph, 90 Chadwick Dr., Charleston, SC 29407-7470

Lamott, David, 2425 Palermo Dr., San Diego, CA 92106  
 Larsen, Barbara, 5223 N. Pennsylvania St., Indianapolis, IN 46220-3056  
 Laughlin, Terry, 381 Main St., Goshen, NY 10924-1615  
 Laux, Michael A., 8 Myrtle Ave., Westport, CT 06880  
 Letendre, Leo, 267 Glandore Dr., Manchester, MO 63021-5618  
 Levinson, Alan, 4301 Anderson Ave., Oakland, CA 94619  
 Lyndon, Tom, 9 Sunset Rd., Wellesley, MA 02181-4615

Maglischo, Ernie, Intercol. Ath. Complex, Arizona St. Univ., Tempe, AZ 85287  
 Maley, Pat, 5450 Foley Rd., Cincinnati, OH 45238-4709  
 Marcantonio, Marcia, 8340 Fathom Circle, # 702, Austin, TX 78750-3120  
 Martinelli, Lorraine, 174 Gelston Ave., Brooklyn, NY 11209-7010  
 Marvin, Stu, 501 Sea Breeze Ave., Ft. Lauderdale, FL 33316  
 Mayer, Art, 1024 Elkton Rd., Newark, DE 19711-3507  
 McCowan, Linda, 13613 Prince William Dr., Midlothian, VA 23113-4532  
 McDermott, Ann Y., 229 W. Canton St. #1, Boston, MA 02116  
 McVey, George, 447 Antlers Dr., Rochester, NY 14618-2125  
 Mehl, Don, 600 Willow Glen Dr., El Paso, TX 79922-2209  
 Merrick, Bob, 10572 Mahoney Dr., Sunland, CA 91040-1216  
 Miller, Jim, MD, 1447 Johnston-Willis Dr., Richmond, VA 23235  
 Miller, Nancy, 3741 Reeds Landing Circle, Midlothian, VA 23113-1370  
 Mitchell, Robert, P.O. Box 204, El Toro, CA 92630-0204  
 Moore, Hugh, 1867 Fifty-Eighth St. NE, Tacoma, WA 98422-1517  
 Moore, Jane A., 1867 Fifty-Eighth St. NE, Tacoma, WA 98422-1517  
 Moore, Michael, 350 Wayland, San Francisco, CA 94134  
 Morgan, Carol, 4650 Idlewild Rd., Salt Lake City, UT 84124  
 Morrin, Debbie, 6100 Westchester Park Dr., #605, College Park, MD 20740  
 Morrow, David, 2105 Maryland Ave., Louisville, KY 40205  
 Motter, Roxanne, 108 Tiffany Rd., Bristol, TN 37620-3022  
 Mulhern, Wayne, 570 Ninety-Sixth Lane, Blaine, MN 55434-2591  
 Mulliken, Bill, 7050 W. Seventy-First St., Bedford Park, IL 60499-0730  
 Murlin, Ron, 438 Audubon Blvd., New Orleans, LA 70125

Newquist, Frank, 2210 Sixth Ave., #2B, Milton, WA 98354  
 Nutt, Randy, 3266 NW 104 Ave., Coral Springs, FL 33065

Ogden, John H., 64 McDonald St., Glens Falls, NY 12801  
 Owens, Betsy, 194 Lenox Ave., Albany, NY 12208-1406

Paque, Julie, 2203 Rock St., Mountain View, CA 94043-2606  
 Parler, David, P.O. Box 490, Folly Beach, SC 29439  
 Pearson, Karen, 4333 Muirfield Dr., Brighton, MI 48116  
 Per-Lee, Dan, 28115 W. Oakland Rd., Bay Village, OH 44140-2030  
 Perrett, Chris, 17072 SW Ivy Glenn, Aloha, OR 97007

Perrin, Tom, 922 E Sixty-Eighth St., Indianapolis, IN 46220  
Phillips, Krista, 9408 Hester Rd., Hurdle Mills, NC 27541  
Pierson, Ginger, 7655 SW Cedar Crest St., Portland, OR 97223-9052  
Pipes, Adrienne, 834 Dewitt, Encinitas, CA 92024  
Polansky, Kevin, P.O. Box 2264, Loveland, CO 80539  
Prazer, Stanley, 3805 Myrtle St., Erie, PA 16508-3013  
Protzman, Barbara, 7919 Main Falls Circle, Catonsville, MD 21228-2421

Quigley, George, 7810 Providence Circle, Indianapolis, IN 46250

Rabalais, Scott, 950 S. Foster Dr., #29, Baton Rouge, LA 70806-7149  
Rague, Suzanne, 935 NW 170th Pl., Beaverton, OR 97006  
Reed, Diane, 1093 Main St., Norwell, MA 02061-1442  
Reid, Walt, 11114-111th St. SW, Tacoma, WA 98498-1331  
Reid, William T., III, 128 Marlboro Ct., Brooklyn, MI 49230-0001  
Ridout, Nancy, 580 Sunset Parkway, Novato, CA 94947-4810  
Rodrigues, Gerry, 228 Nevada St., El Segundo, CA 90245  
Ronacher, Leslie, 2506 Driscoll #2, Houston, TX 77019  
Roof, Anna Lea, 515 Lauren St., Liberty, MO 64068-4800  
Rousseau, Sandi, 23995 SW Drake Lane, Hillsboro, OR 97123-7542

Samland, Todd, 12613 Burt St., Omaha, NE 68154  
Sanguily, Manuel, 150 White Plains Rd., Tarrytown, NY 10591  
Santos, David, 1710 Challo Ter., Indianapolis, IN 46240  
Schappel, Elleen, 932 W. Outer Dr., Oak Ridge, TN 37830-8243  
Schofield, Steve, 7914 Sadring St., West Hills, CA 91304-4447  
Schulz, MaryLou, 109 Westchester Dr. N, Delmar, NY 12054-4207  
Schwab, Dore, P.O. Box 772, Gray Oaks, Ross, CA 94957-0772  
Shaw, Kim, 402 Santa Fe Trail, #35, Irving, TX 75063-4773  
Simon, George, 10229 Boxelder Dr., Raleigh, NC 27613-6139  
Smath, Meg, P.O. Box 22684, Lexington, KY 40522  
Smith, Joan, 4309 Surita St., Sacramento, CA 95864-3107  
Smith, Richard T., 4309 Surita St., Sacramento, CA 95864-3107  
Smith, Tori, 2656 Loring Rd., Kennesaw, GA 30144  
Spannuth, John, P.O. Box 3279, Boynton Beach, FL 33424  
Sullivan, Forrest, 1752 N. Woodhouse Rd., Virginia Beach, VA 23454-1634  
Sullivan, Shannon, 18425 Kingsport Dr., Malibu, CA 90263-5603

Taft, Ray, 230 Genessee St., San Francisco, CA 94112-1345  
Taft, Zada, 230 Genessee St., San Francisco, CA 94112-1345  
Tasca, Chuck, E. 18005 Eighth Ave., Greenacres, WA 99016  
Taylor, Annette, 4286 Lynne Lane, Salt Lake City, UT 84124-2760  
Tesmer, Joe, 408 Rover Blvd., Los Alamos, NM 87544-3539  
Thompson, Frank L. "Skip," 2660 Littletell Ave., West Bloomfield, MI 48324-1753

Tillotson, Frank, 2494 Thirteenth Ave. N, #46, St. Petersburg, FL 33713-5801  
Tingley, Joanne, 2107 Eastview Ave., Louisville, KY 40205-2541  
Tingley, William, 2008 Trevilian Way, Louisville, KY 40205  
Tribuzi, Craig, 7502 Zurich Dr., Plano, TX 75025  
Tripp, Thomas, 5420 Clark State Rd., Gahanna, OH 43230-1956  
Turcotte, Bobbi, 3098 Rue d'Orleans, San Diego, CA 92110-5913

Uhrich, Enid, 1509 Bunker Hill Rd., Sun City Center, FL 33573-5007

Van Pool, Ron, 29001 Eighth Ave. S., Federal Way, WA 98003

Walsh, Stephanie, 27 E. Central Ave., #J-5, Paoli, PA 19301-1338  
Watson, Lisa, 804 Howell Ct., Duluth, GA 30136-4837

Watson, Mary Lee, 6613 Rolling Fork Dr., Nashville, TN 37205-3916  
Weir, Bill, 217 Maple Tree Dr., Bristol, TN 37620-4522  
Wheeler, Jim, 2298 First St., #C, Livermore, CA 94550  
Whitten, Phil, P.O. Box 11718, Glendale, AZ 85318-1718  
Wilkins, Rhea, 1607 Darrell Dr., Midlothian, VA 23113-4550  
Wilson, Dennis, 820 N. Quebec, Tulsa OK 74115-6304  
Wilson, Meegan, 620 NW Twenty-Seventh Way, Gainesville, FL 32607  
Wilson, Pat, 842 W. Alabama St., Florence, AL 35630  
Windrath, Mary Beth, 2612 Eunice Ave., Red Wing, MN 55066-4107  
Windrath, Paul, 2612 Eunice Ave., Red Wing, MN 55066-4107  
Wingenroth, Kris, 3830 Drummond, Houston, TX 77025-2420  
Winn, Christine, 114 Laurel Pl. Apt. C, San Rafael, CA 94901  
Winn, Hugh Owen, 420 Fawn Dr., San Anselmo, CA 94960-1184  
Winn, Ruth, 420 Fawn Dr., San Anselmo, CA 94960-1184  
Winslow, Al, 245 E. Thirty-Seventh St., Cellar Apt., New York, NY 10016  
Wise, Sharon, 1025 Mount Auburn Dr., Indianapolis, IN 46224  
Wood, Larry, 4400 Speedway, Austin, TX 78751  
  
Zander, David, South 13927 Traver Lane, Valleyford, WA 99036-4045  
Zander, Elin, South 13927 Traver Lane, Valleyford, WA 99036-4045  
Zeitner, Robert E., 3845 N. Oakley Ave., Chicago, IL 60618  
Zell, John F., 4640, NE Thirty-Sixth Ave., Portland, OR 97211-7618  
Zell, John N., P.O. Box 230125, Anchorage, AK 99523-0125

## APPENDIX F

### USMS HISTORY

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

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

1973	Ransom J. Arthur	1984	Reg Richardson
1974	June Krauser	1985	Michael A. Laux
1975	Hal Onnusseit	1986	Judge Robert Beach
1976	F.H. Ted Haartz	1987	Ross Wales
1977	Dr. Paul Hutinger	1988	John Spannuth
1978	Mildred Anderson	1989	Dan Gruender
	Hamilton Anderson		Edie Gruender
1979	Ray Taft	1990	Jack Geoghegan
	Zada Taft	1991	Tom Boak
1980	Enid Uhrich	1992	Walt Reid
	Ed Reed Sr.	1993	Kathrine Casey
1981	Cindy Baxter		Gail Dummer
1982	Harry Rawstrom	1994	Nancy Ridout
1983	Dorothy Donnelly		

#### 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, M.D.	1991	Judy Bonning
1987	Kerry O'Brien	1992	Clay Evans
1988	Keith Bell		Gerry Rodrigues
1989	William Tingley	1993	Coach Emmett Hines
1990	Michael Collins	1994	Todd Samland

#### Receipients of the David Yorzyk Memorial Award

This award is presented annually to the swimmer who performs the most outstanding 400 yard individual medley at the Short Course National Championships.

1986	Elsa Matila	1991	Fred Wiggin
1987	Ardeth Mueller	1992	June Krauser
1988	Cameron Reed	1993	Tim Garton
1989	Drury Gallagher	1994	Karlyn Pipes
1990	Gail Roper		

**USMS National Championship Meets**

<b>Short Course Championships</b>				<b>Long Course Championships</b>		
<b>Year</b>	<b>Date</b>	<b>Location</b>	<b>Swimmers</b>	<b>Date</b>	<b>Location</b>	<b>Swimmers</b>
1970	5/2-3	Amarillo, Tex.	46			
1971	5/7-8	Amarillo, Tex.	108			
1972	5/19-21	San Mateo, Calif.	325	8/11-13	Bloomington, Ind.	188
1973	5/18-20	Santa Monica, Calif.	500	8/10-12	Chicago, Ill.	500
1974	5/17-19	Ft. Lauderdale, Fla.	561	9/6-8	Santa Clara, Calif.	584
1975	5/16-18	Ft. Lauderdale, Fla.	663	8/29-31	Knoxville, Tenn.	394
1976	5/14-16	Mission Viejo, Calif.	800	8/27-29	St. Louis, Mo.	514
1977	5/13-15	Ft. Lauderdale, Fla.	611	8/25-28	Spokane, Wash.	525
1978	5/19-21	San Antonio, Tex.	560	8/31-9/3	Providence, R.I.	540
1979	5/4-7	Mission Viejo, Calif.	1020	8/23-26	Dearborn, Mich.	689
1980	5/16-18	Ft. Lauderdale, Fla.	875	8/29-9/1	Santa Clara, Calif.	987
1981	5/23-26	Irvine, Calif.	1209	8/13-16	Canton, Ohio	741
1982	5/21-24	The Woodlands, Tex.	910	8/26-29	Portland, Ore.	915
1983	5/28-31	Ft. Lauderdale, Fla.	1208	8/25-28	Indianapolis, Ind.	908
1984	5/26-29	Industry Hills, Calif.	1227	8/23-26	Raleigh, N.C.	840
1985	5/10-13	Milwaukee, Wisc.	1021	8/17-20	Providence, R.I.	800
1986	5/15-18	Fort Pierce, Fla.	1231	8/21-24	Portland, Ore.	933
1987	5/15-18	Stanford Univ., Calif.	2328	8/21-24	The Woodlands, Tex.	872
1988	5/19-23	Austin, Tex.	1405	8/25-28	Buffalo, N.Y.	1071
1989	5/4-7	Boca Raton, Fla.	1755	8/17-20	Grand Forks, N.D.	586
1990	5/18-21	Los Angeles, Calif.	1592	8/17-20	The Woodlands, Tex.	829
1991	5/16-19	Nashville, Tenn.	1529	8/22-25	Elizabethtown, Ky.	720
1992	5/21-24	Chapel Hill, N.C.	1502	8/20-23	Federal Way, Wash.	1150
1993	5/20-23	Santa Clara, Calif.	2055	8/19-22	Minneapolis, Minn.	1085
1994	5/13-16	Tempe, Ariz.	1912	8/25-28	Buffalo, N.Y.	716
1995	5/18-21	Ft. Lauderdale, Fla.		8/24-27	Gresham, Ore.	
1996	5/	Cupertino, Calif.		8/	Ann Arbor, Mich.	

**World Championship Meets**

<b>Year</b>	<b>Date</b>	<b>Location</b>	<b>Swimmers</b>
1986	7/12-16	Tokyo, Japan	3400
1988	10/9-16	Brisbane, Australia	3594
1990	8/6-13	Rio de Janeiro, Brazil	1743
1992	6/25-7/5	Indianapolis, Ind., USA	2406
1994	6/4-10	Montreal, Canada	3474
1996	6/23-7/2	Sheffield, England	

# **USMS Annual Meetings and National Officers**

1971	Lake Placid, N.Y.	
1972	Kansas City, Kan.	Ransom J. Arthur P, Judge Robert Beach VP
1973	W. Yellowstone, Mont.	Ransom J. Arthur P, Judge Robert Beach VP
1974	Washington D.C.	June Krauser P, David Beardsley S
1975	New Orleans, La.	June Krauser P, David Beardsley S
1976	Phoenix, Ariz.	June Krauser P, David Beardsley S
1977	Columbus, Ohio	June Krauser P, F.H. Ted Haartz S
1978	San Antonio, Tex.	F.H. Ted Haartz P, Enid Uhrich S
1979	Las Vegas, Nev.	F.H. Ted Haartz P, Don Rankin VP, Enid Uhrich S, Reg Richardson T
1980	Snow Bird, Utah	F.H. Ted Haartz P, Michael A. Laux VP, Enid Uhrich S, Reg Richardson T
1981	Snow Bird, Utah	F.H. Ted Haartz P, Michael A. Laux VP, Enid Uhrich S, Reg Richardson T
1982	Memphis, Tenn.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T
1983	Cincinnati, Ohio	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T
1984	Indianapolis, Ind.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T
1985	Phoenix, Ariz.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T
1986	Fort Worth, Tex.	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, Ore.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T
1990	Pittsburgh, Penn	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, Minn	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T
1993	Los Angeles, Calif.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T
1994	Kansas City, Kan.	Mel Goldstein P, Jim Miller VP, Suzanne Rague S, Lucy Johnson T
1995	Houston, Tex.	
1996	Orlando, Fla	

## 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 help Masters swimmers, clubs, and meet personnel include swimmers with disabilities in USMS programs. Additional information is available from the following USOC-member organizations:

*American Athletic Association of the Deaf (AAAD)*

3607 Washington Blvd. Suite #4, Ogden, UT 84403

*Dwarf Athletic Association of America (DAAA)*

418 Willow Way, Lewisville, TX 75067

*National Handicapped Sports (NHS) (amputee sports)*

451 Hungerford Drive, Suite 100, Rockville, MD 20850

*Wheelchair Sports USA*

3595 East Fountain Blvd., Suite L-1, Colorado Springs, CO 80910

*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)*

500 South Ervay, Suite 452B, Dallas, TX 75201



## 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 disabilities. In general, the Referee should accept a swimmer's declaration of 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), the swimmer should not be disqualified, since no unfair advantage has been obtained. The same swimmer should be disqualified, however, for using an illegal, but propulsive, kicking action, since an unfair advantage has been gained 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:

**Starts:** 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 a representative of the swimmer to notify the Referee of a disability before competing. The swimmer with a disability is encouraged to inform the host club in advance of any special needs related to participating 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 for assistance 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 participating (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 seed 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.

## INDEX

### A

- Ad hoc committees, 73, 122
- Ad Hoc Officials Committee, 122
- Ad Hoc Recognition and Awards Committee, 122
- Ad Hoc Safety Education Committee, 122
- Adapted swimming, 131
  - officiating, 27
  - responsibilities
    - host club, 133
    - officials, 134
    - swimmer, 133
  - rule interpretations, 132
  - USMS policies, 132
- Addresses, 123
- Administrative regulations, 51
- Age groups, 19
  - individual events, 19
  - long distance, 60
  - relay events, 19
- All-American
  - long distance events, 62
- All-American recognition, 44, 45
- Amendments
  - adoption, 75
  - effective date, 76
  - emergency, 76
  - modification, 75
  - procedures, 75
  - proposed, 75
  - submission, 75
  - USS, 76
- Announcer
  - duties, 35
- Annual meeting
  - history, 130
- Appeals, 63
- Athlete
  - membership, 51
  - registration, 51
  - representation, 51
- Athletes rights
  - denial of, 63
  - investigation
    - Executive Secretary, 63
  - Review Section, 63
  - protection, 63

- reporting, 63

- Awards, 24

- Nat. Long Dist. Champ., 62
- National Championships, 42
- ties, 24

### B

- Backstroke, 17
  - finish, 17
  - flags, 48
  - lines, 49
  - start, 17
  - starting grips, 48
  - stroke, 17, 104
  - turns, 17
- Board of Directors, 68
  - meetings, 69
  - membership, 68
  - requirements, 69
  - powers, 69
  - quorum, 69
  - term, 69
  - vacancies, 69
  - voting privileges, 69
- Breaststroke, 15
  - finish, 16
  - kick, 16
  - start, 15
  - stroke, 15
  - turns, 16
- Bulkhead, 46, 47
- Butterfly, 16
  - finish, 16
  - kick, 16, 104
  - start, 16
  - stroke, 16, 104
  - turns, 16
- Bylaws, 66

### C

- Championship Committee, 69, 120
- Clerk of Course, 22
  - duties, 35
- Club, 12
- Coach-of-the-Year Award, 128
- Coaches Committee, 70, 120
- Committees, 69, 120
  - ad hoc, 73
  - Championship, 69, 120
  - Coaches, 70, 120

- Convention, 70, 120
- Executive, 69, 118
- Finance, 70, 120
- Fitness, 70, 120
- Insurance, 71, 120
- Internal Audit, 71, 120
- International, 71, 120
- jurisdiction, 75
- Legislation, 71, 121
- Long Distance, 71, 121
- Marketing/Publications, 71, 121
- Planning, 72, 121
- Records and Tabulation, 72, 121
- Registration, 72, 121
- Rule Book, 72, 121
- Rules, 72, 121
- Sports Medicine, Health, and Safety, 72, 121
- standing, 69
- Zone, 72, 122

**Conduct**

- National Championships, 38

Controller, 68, 73, 122

Convention Committee, 70, 120

Costume, 25

- advertising, 25

- design, 25

- long distance, 105

- Nat. Long Dist. Champ., 62

Counters, 21, 23

**D**

David Yorzyk Memorial Award, 128

Deck equipment, 47

Delay

- deliberate, 29

Disabilities, 131, 132

Disqualifications, 25

- deliberate delay, 29

- infraction signal, 30

- long distance, 59

- misconduct, 29

- relays, 18

Dissolution, 74

Diving boards, 47

Dual meet, 12

**E**

Eligibility, 19, 105

Entry

- deadline

- National Championships, 41
- fees, 20

- Nat. Long Dist. Champ., 61

- National Championships, 41

form

- Nat. Long Dist. Champ., 61

- National Championships, 40

Equal opportunity, 63, 66

Events, 19

- cancellation, 25

- limit, 20

- National Championships, 39

- long course meters, 20

- long distance, 55

- postal, 56

- time/distance, 56

- short course meters, 20

- short course yards, 19

Executive Committee, 3, 69, 75, 118

**F**

Facilities

- National Championships, 43

- standards, 46

False start, 28

- recall rope, 49

Fees, 73

FINA representative, 122

Finance Committee, 68, 70, 120

Finances

- fiscal year, 73

- Nat. Long Dist. Champ., 61

- policy, 73

Finishes

- breaststroke, 16

- butterfly, 16

- backstroke, 17

- freestyle, 17

- individual medley, 18

- long distance, 59

Fitness Committee, 70, 120

Freestyle, 17

- finish, 17

- start, 17

- stroke, 17

- turns, 17

**G**

Glossary, 12

Goals and objectives, 11

## H

- Health and safety
  - regulations, 45
- Hearings, 63
  - appeal procedures, 64
  - formal, 64
  - procedures, 64
- Heat sheets
  - National Championships, 38
- Historian, 122
- History, 128
- House of Delegates, 66
  - meetings, 67
  - membership, 66
  - powers, 67
  - quorum, 67
  - voting, 67

## I

- Indemnification, 74
- Individual medley, 17
  - finish, 18
  - start, 17
  - stroke, 17
  - turns, 17
- Infraction signal, 30
- Insurance Committee, 71, 120
- Internal Audit Committee, 68, 71, 120
- International Committee, 71, 120
- ISHOF liaison, 122

## J

- Judges, 29
  - Chief, 29
  - Relay Take-Off, 30
  - Stroke, 30
    - jurisdiction, 30
  - Turn, 30
    - jurisdiction, 30

## L

- Ladders, 47
- Lane
  - assignments, 21
  - lines, 48
  - numbers, 47, 48
- Legal Counsel, 68, 122
- Legislation
  - changes, 75
  - Committee, 71, 75
- Legislation Committee, 121
- Liability release, 53

long distance, 55

## Lighting

- National Championships, 47
- LMSC chairmen, 118
- Local Masters Swim Committee, 66
  - abbreviations, 112
  - annual meeting, 66
  - annual reports, 66
  - boundaries, 66, 112, 115
  - bylaws, 66
  - chairmen, 118
  - map, 114
  - membership, 66
  - numeric codes, 112
  - officers, 66

## Long Distance

- Committee, 71, 75
- National Championships
  - schedule, 110
- Long distance, 55, 105
  - administration, 55
  - All-American, 62
  - costume, 105
  - events, 55
  - National Championships, 60
    - awards, 62
    - club scoring, 62
    - eligibility, 60
    - entry fees, 61
    - events, 60
    - results, 62
    - site selection, 60
  - organization, 55
  - records, 62
  - relays, 57
  - rules changes, 75
  - safety, 57
  - starts, 58

## Long Distance Committee, 121

## M

- Marketing/Publications Committee, 71, 121
- Marshals
  - duties, 35
- Medical
  - equipment, 46
  - examination, 45
- Meet
  - Committee, 27

Director, 27, 104

Membership, 51, 66

categories, 66

mandatory, 66

Misconduct, 29

Mission statement, 11

MSI liaison, 122

## N

National Championships, 36

awarding, 36

awards, 42

bidding procedures, 36

categories, 36

conduct of meet, 38

contract, 37

director, 43

entry deadline, 41

entry fees, 41

entry form, 40

entry procedures, 40

evaluation, 38

event limit, 39

facilities, 43

format rotation, 39

general meeting, 38

heat sheets, 38

history, 129

lighting, 47

long distance, 60

officials, 43

personnel, 43

program, 38

protest, 43

qualifying times, 19, 40

report, 38

results, 43

rotation system, 36

schedule, 110

scoring, 42

seeding, 41

time standards, 40

warm-up, 38

National records, 44, 77–103

Nominations, 73

## O

Officers

Local Masters Swim Committee,

66

USMS, 67

duties, 68

elections, 68

history, 130

President, 68

Secretary, 68

term, 68

Treasurer, 68

vacancies, 68

Vice-President, 68

Official time, 32, 34

records, 35

Top Ten, 35

World records, 35

Officials, 27, 104

Announcer, 35

certified, 26, 43

Clerk of Course, 35

duties, 27

judges, 29

long distance, 59

marshals, 35

minimum, 26

Nat. Long Dist. Champ., 61

Press Steward, 36

Recall Rope Operator, 29

Recall Starter, 29

Recorder, 31

Recorder of Records, 36

Referee, 27

Relay Take-Off Judges, 30

required, 26

Starter, 28

timers, 30

Officiating equipment

automatic, 49

display board, 50

National Championships, 44

touch pads, 49

Open competition, 13

Open water (*see* Long distance), 55

## P

Pace clocks, 49

Parliamentarian, 122

Places, 23

Planning Committee, 72, 121

Pool

bottom lane markers, 47

end wall targets, 47

length, 46

walls, 46  
width, 46  
Preamble, 11  
Press Steward  
duties, 36  
Program  
change, 24  
postponement, 24  
Protest, 26  
National Championships, 43  
**Q**  
Qualifying times, 19, 40  
Quorum  
House of Delegates, 67  
**R**  
Racing course  
dimensions, 46  
ladders, 47  
lighting, 47  
markings, 47  
recirculation system, 47  
walls, 46  
water depth, 46  
Ransom Arthur award, 128  
Recall Rope Operator, 29  
Recall Starter  
duties, 29  
Recognitions, 52  
denial, 53  
foreign events, 53  
requirements, 53  
Recognized meet, 13  
Record keeping, 66  
Recorder, 31  
Recorder of Records  
duties, 36  
Records, 44, 77, 105  
applications, 106  
long distance, 62, 106  
National, 44  
requirements, 44, 106  
World, 45, 106  
Records and Tabulation Committee,  
72, 121  
Referee  
duties, 27  
Registration  
athlete, 51  
Committee, 72

fee, 51  
forms, 51  
liability release, 51  
long distance, 55  
Registration Committee, 121  
Relays, 18, 20  
cards, 20  
disqualifications, 18  
exit from water, 104  
freestyle, 18  
long distance, 57  
medley, 18  
mixed, 18  
rules, 18  
Representation  
athlete, 51  
unattached, 51  
Results  
meet, 106  
Nat. Long Dist. Champ., 62  
National Championships, 43  
Review Section, 63  
authority, 63  
composition, 63  
jurisdiction, 63  
procedures, 64  
Rule Book Committee, 72, 121  
Rules  
changes, 75  
Committee, 72, 75  
Rules Committee, 121  
**S**  
Safety  
electrical, 50  
long distance, 57  
regulations, 45  
Sanctions, 13, 52  
denial, 53  
long distance, 55  
requirements, 52  
transfer, 52  
Scoring, 24  
club  
Nat. Long Dist. Champ., 62  
disqualifications, 24  
dual meets, 24  
National Championships, 42  
other meets, 24  
ties, 24



- triangular meets, 24
- Scratches, 20, 105
  - penalties, 20
- Seeding, 21, 105
  - 50-meter course, 21
  - distance events, 22
  - long distance, 58
  - National Championships, 41
  - principles, 21
  - two-to-a-lane, 22
    - etiquette, 22
    - methods, 23
    - timing, 22
- Smoking, 27, 47
- Special appointments and liaisons, 122
- Sports Medicine, Health, and Safety Committee, 72, 121
- Standing committees, 69
- Start
  - backstroke, 15, 104
  - false starts, 28
  - forward, 15, 104
  - long distance, 58
- Starter
  - duties, 28
  - Recall, 29
- Starting
  - commands, 28
  - loudspeaker system, 49
  - platform, 48
- Swim magazine editor, 122
- T**
- Time
  - determination, 32
  - official, 32, 34
  - standards, 40
- Timed finals, 105
- Timers
  - Chief, 30
  - duties, 30
  - Head Lane, 30
  - lane, 31
- Timing
  - accuracy, 32
  - adjustment, 33
  - automatic, 32
  - equipment, 32
    - automatic, 32
    - semi-automatic, 32

- Equipment Operator, 31
- heat malfunction, 34
- judge, 31
- lane malfunction, 33
- manual, 32
- primary system, 32
  - malfunction, 33
- resolution, 32
- secondary system, 32
- systems, 32
- tertiary system, 32
- Top Ten Times, 44
  - Requirements, 44
- Travel permits, 52
- U**
- Unattached status, 13, 51
- USAS representative, 122
- USMS
  - National conventions, 110
- USS liaison, 122
- W**
- Warm-up/warm-down
  - availability, 19, 105
  - National Championships, 38
  - procedure, 19
- Warning signal, 28
- Water
  - depth, 46
  - temperature, 47
- World records, 45, 77-101
- Y**
- YMCA liaison, 122
- Z**
- Zone, 14
  - boundaries, 112
  - Committee, 72
  - map, 114
- Zone Committee, 122
- Zone representatives, 118



# Design a great medal, at a great price.

***You may not realize  
that custom medals  
are very affordable.***

At Maxwell Marketing, we have been providing custom-designed medals for over fifteen years at prices that compete with traditional stock medals.

And, we simplify the creative process making it easy to order!

Just send us a rough sketch or a photocopy of a design you like and we'll do the rest. Our art department will have a medal design back to you within 48 hours.

Call us today for a complimentary sample medal and a free catalog.

**1-800-331-1383**



***In a rush?  
Short on time?  
Call us about our  
EXPRESS MEDALS.  
Available in three  
finishes and in-stock!***



## ***Ponte Vedra Travel***

**& Associates**

***An Official Travel Agent of USMS***

**Masters Swimming Favorite Travel Agency**

**1 800 833-SWIM**

*1995-96 will be another great year for swim travel. Ponte Vedra Travel has travel packages for many exciting International Swim Championships:*

***South Africa Masters Swimming Championships***

***Nelspruit, South Africa***

***March 19-April 4, 1995***

***Humu International Hawaiian Swimming Championships***

***Honolulu, Hawaii***

***June 1-4, 1995***

***1995 Hawaiian Masters Swimming Festival***

***Honolulu, Hawaii***

***August 6-14, 1995***

***6th World Masters Swimming Championships***

***Sheffield, England***

***June 22 - July 2, 1996***

Ponte Vedra Travel & Associates is an official travel agency of the USMS and the favorite travel agency of Masters Swimmers. Join us, George Koski, Margaret Samson and our group coordinator, Ann Lamberson for one or more of these great International Swimming Championships or any of your travel needs.

**Call or Write**

***Ponte Vedra Travel***

**2280 South Third Street**

**Jacksonville Beach, Florida 32250**

**Phone 1 800 833 SWIM or FAX: 1 904 241-4206**

# Special Offer For Masters Swimmers

at the  
**International Swimming Hall of Fame**

Wall of Fame	Was \$100	Now \$75
Champions Wall of Fame	Was \$100	Now \$75
Walk of Fame	Was \$200	Now \$150

----- YES! I would like to place my name on the:

- Masters Walk of Fame  
 ----- Masters Wall of Fame  
 ----- Masters Champions Wall of Fame



Name to appear on wall and/or walkway

Address

City

State

Zip

Enclosed is my check for \$\_\_\_\_\_ made payable to ISHOF, One Hall of Fame Drive, Ft. Lauderdale, FL 33316. (305)462-6536 / Fax (305)525-4031

\_\_\_\_ VISA \_\_\_\_ MC \_\_\_\_ AMEX # \_\_\_\_\_

Name on card

Exp. Date

Signature

**PUT ON A  
SUIT  
AND GO TO  
WORK.**

***THE FINALS***



**LIFE IN THE FAST LANE**

FOR A FREE CATALOG OR A DEALER NEAR YOU, PLEASE CALL 1 800-345-3485



# AIMING FOR ATLANTA



*Angel Martino*  
**USA**

World Record holder Angel Martino wearing ARENA Strush SR

ARENA NORTH AMERICA, INC. • 6900 S. PEORIA ST. • ENGLEWOOD, CO 80112 • 1-800-925-4286



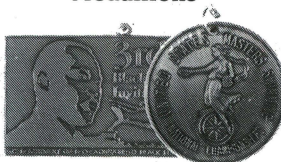


**LOW PRICES • SERVING YOU SINCE 1975 • NO DIE CHARGE**  
**CUSTOM MADE MEDALS, PINS,**  
**MEDALLIONS & PATCHES.**

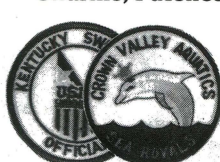
**Custom Cloisonne  
Medals**



**Die Struck  
Medallions**

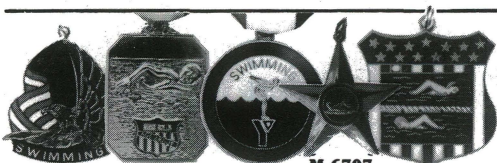


**Custom Pins,  
Charms, Patches**



**All Custom Pieces: NO DIE CHARGES!** • High quality • Your design—any colors, shapes, sizes, plus your choice of ribbon, chain, neck ribbon or key ring • Min. order only 250 pcs. • 8 week delivery • Send sketch or fax today.

**PHONE HOT LINES:**  
**LOCAL: (714) 492-4155**  
**USA: (800) 421-6735**  
**FAX: (714) 492-4158**



**M-8473**

**M1436**

**M-38**

**M-6707**

**(Base Metal)**

**M-135**

**Stock Medals**

Immediate delivery on these rich multi-colored, hard enamel, die-struck medals. Ribbon included. Gold, silver, or bronze finish, carded and packaged. Only \$1.25 each.



**Emblematics, Inc.**

944 Calle Amanecer, Suite F • Dept. MS  
P.O.B. 72005 • San Clemente, Calif. 92674





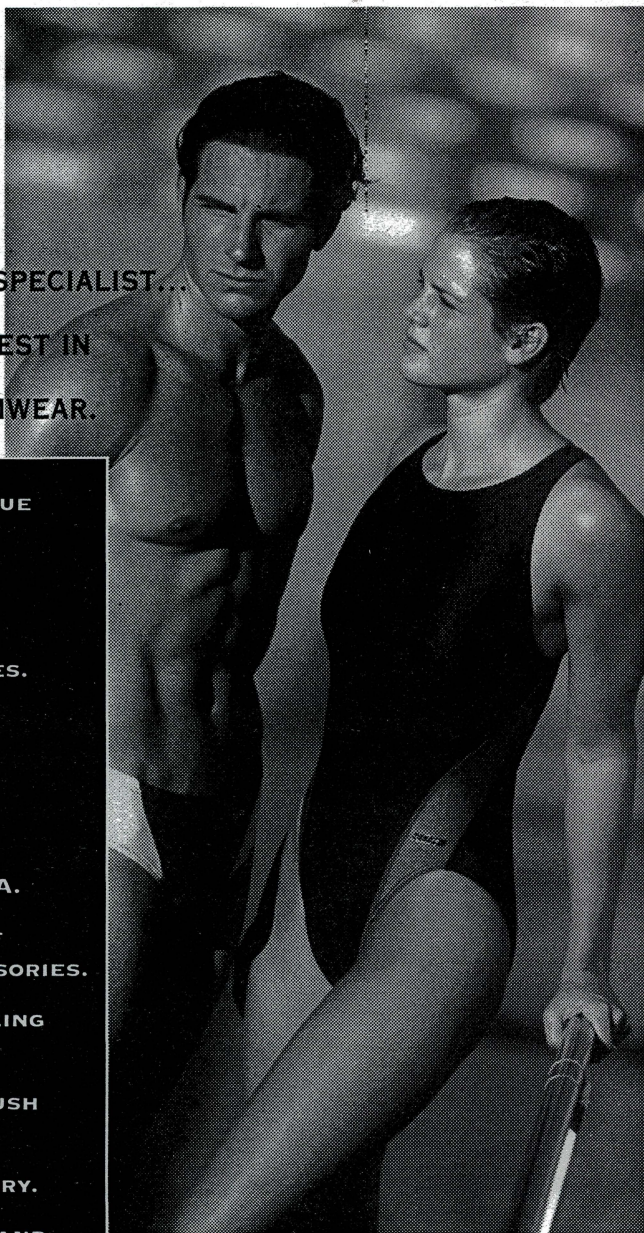
# THE SECRET TO OUTFITTING YOUR SWIM TEAM...



THE HIND® SWIM SPECIALIST...

OFFERING THE FINEST IN  
COMPETITIVE SWIMWEAR.

- OUTSTANDING VALUE AND QUALITY.
- SUPERIOR FIT AND CONSTRUCTION.
- ATTRACTIVE STYLES.
- UNIQUE PRINTS.
- LARGEST HIND INVENTORY IN THE NATION.
- MADE IN THE U.S.A.
- COMPLETE LINE OF SWIMWEAR ACCESSORIES.
- READY TO SHIP SIZING KITS.
- SILKSCREENING RUSH ORDER PROGRAM.
- IMMEDIATE DELIVERY.
- KNOWLEDGEABLE AND FRIENDLY SERVICE.



TO ASK ABOUT CURRENT PROMOTIONS OR  
TO RECEIVE A FREE CATALOG, CALL OUR  
SWIM SALES DEPARTMENT AT:

**800-631-9684**



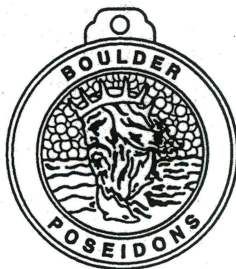
# Ribbons • Plaques • Trophies • Medals • Pins

- *Unique Banquet Awards*
- *Lowest Ribbon Prices*
- *Participation Plaques*
- *Walnut Trophies*

**America's #1 Swimming**

**Awards Specialist**

Custom  
Medals



Over 30  
Stock Medals



**HASTY**  
ENTERPRISES



**1-800-448-7714**

**FREE SAMPLES — FREE 24-PAGE CATALOG — FREE SAMPLES**

Performance and Fitness Products:



Zoomers High Speed Training Fins • Fulcrum Pull Paddles • The Rack - Ankle Stretcher

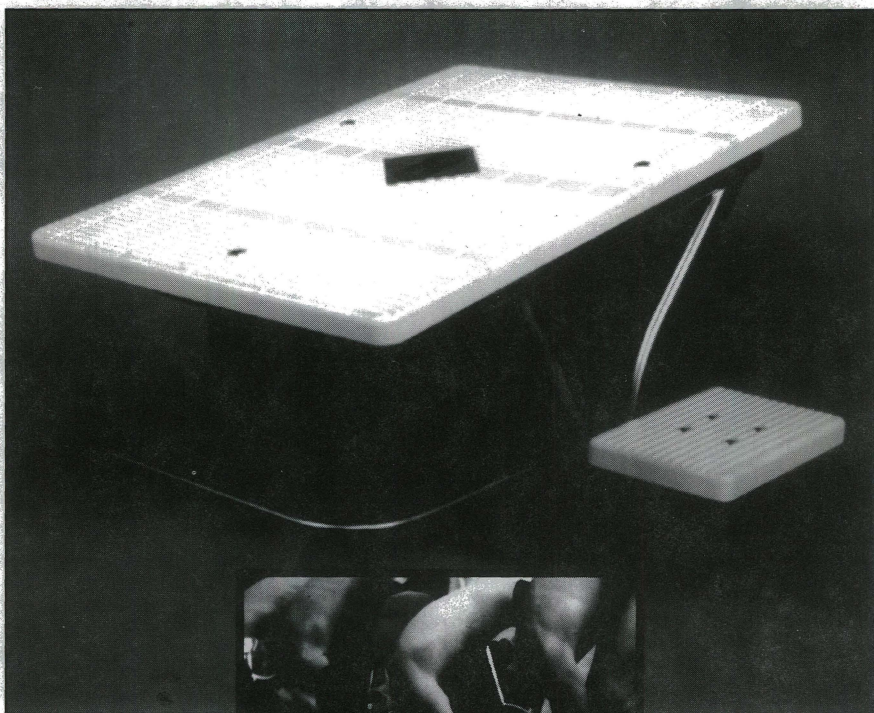
***Zoomers***

*Innovation through Experience*

toll free 800/852-2909 • facsimile 415/591-9324  
Zoomers® • 926 Washington St. • San Carlos, CA 94070



# Perfect Form



Paragon's innovative Track Start and Long Reach competitive starting platforms are Paragon-perfect for fast starts and fast finishes in today's "fast-water" pools with gutters up to 40" wide.

Featuring two-legged stability, intermediate mounting steps, and rugged high-density polypropylene top. The unique linear-groove surface and underside grip give swimmers a fast, firm, take off.

Quickset anchorage permits easy

removal for storage. And that's just for starters.

Paragon offers total versatility...

with more than 30 different platforms for today's many pool designs, profiles and changing competitive regulations. Coaches applaud them.

All platforms comply with FINA, NCAA, NFSHSA, USMS, and USS requirements. Catalog, specifications, and distributor list available on request.



**It's a Paragon. World Class!**

**KDI Paragon Inc.**, PO Box 256, Pleasantville, NY 10570, USA 914/769-6221, Fax: 914/769-0670



9119 D Executive Park Dr  
Knoxville, TN. 37923

1-800-545-7999  
FAX: 1-615-531-0829



**Good Luck To All Swimmers!**  
**Call Us If We Can Help With Any Of Your**  
**Swimming Needs!**

**Swimskin.**

**1-800-341-0246**

675 Forest Ave. Portland, ME 04103

# THE ULTIMATE TEAM BAGS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

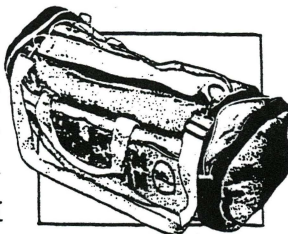
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

CHG CARD \_\_\_\_\_ EXP. \_\_\_\_\_

QTY | BAG COLOR(S) | PRINT COLOR | AMOUNT


SHIPPING	\$4.00
TOTAL	



**- NO MINIMUM -**

**\$29.50 ea.**  
**+ \$4.00 shipping**

Please include your team logo or a description  
of how your would like your bag printed.

# A must if you live

**Designed for your hard-core water use, these trunks are made from Supplex® Nylon, making them quick drying and more comfortable to wear—in and out of—the water. We added a uniquely concealed back pocket deep enough to carry your valuables and made of mesh to eliminate drag.**

---

## **THANKS FOR YOUR PATRONAGE-**

- STATE OF CALIFORNIA LIFEGUARDS
- LAGUNA BEACH LIFEGUARDS
- SAN DIEGO, CA LIFEGUARDS
- HOLLYWOOD, FL LIFEGUARDS
- BOCA RATON, FL LIFEGUARDS
- OCEANSIDE, CA LIFEGUARDS
- TOWNSHIP OF LONG BEACH, NJ LGS.
- SARASOTA, FL BEACH PATROL
- DANIA MARINE RESCUE
- CORONADO, CA LIFEGUARDS
- SOLANA BEACH, CA LIFEGUARDS
- RIVIERA BEACH PATROL, FL
- WILLAMALANE, OR LIFEGUARDS
- DADE COUNTY, FL LIFEGUARDS
- LAKE MISSION VIEJO, CA LIFEGUARDS
- STATE OF CALIFORNIA JR. LIFEGUARDS
- LAVALLETT, NJ LIFEGUARDS
- CITY OF PHOENIX LIFEGUARDS
- DEERFIELD BEACH, FL LIFEGUARDS
- DEL MAR, CA LIFEGUARDS
- LAKE TAHOE STATE PARK
- DELRAY BEACH, FL LIFEGUARDS
- ENCINITAS, CA LIFEGUARDS
- GRANDVIEW, MO LIFEGUARDS
- HAMPTON, VA LIFEGUARDS
- HENDERSON, NV LIFEGUARDS
- MORRO BAY, CA LIFEGUARDS
- NEWPORT BEACH, CA LIFEGUARDS
- PLANO, TX LIFEGUARDS
- DEL MAR OCEANSports
- DELAWARE STATE PARKS
- MILWAUKEE, WI LIFEGUARDS
- DUNDEE, IL PARKS & REC.
- DELEWARE STATE PARK LIFEGUARDS
- EMERALD BAY LIFEGUARDS
- WILD RIVERS, CA
- FLORENCE CREEK LODGE LIFEGUARDS
- FLORIDA ATLANTIC UNIV.
- GLENEAGLE COUNTRY CLUB
- GULF COAST COLLEGE
- IDAHO RIVER SPORTS
- LEE CO., FL PARKS & REC.
- MARTIN CO., FL BEACH PATROL
- MONMOUTH, NJ LIFEGUARDS
- OARS RAFTING CO.
- OASIS WATER RESORT
- OCEAN OUTFITTERS
- PIONEER WATERLAND LIFEGUARDS
- PUTNAM CO. PARKS & RECREATION
- GAITHERSBURG, MD LIFEGUARDS
- BURDETTE PARK LIFEGUARDS
- SAN CLEMENTE FIRE DEPARTMENT
- SARASOTA CO. BEACH PATROL
- SHIPWRECK ISLAND LIFEGUARDS
- SILVER STRAND JR. LIFEGUARDS
- ST. LUCIE CO., FL MARINE SAFETY
- SURFSIDE BEACH SERVICES
- TEXAS WATER RAMPAGE LIFEGUARDS
- SKOKIE PARK, IL
- BOCAWEST CLUB, INC.
- U.S. OCEAN SAFETY LIFEGUARDS
- VENTURA JR. LIFEGUARDS
- WASHOE COUNTY, NV LIFEGUARDS
- CITY OF AUSTIN, TX LIFEGUARDS
- BOISE, ID LIFEGUARDS
- SEA LIFE PARK, HI LIFEGUARDS
- TUCSON, AZ LIFEGUARDS
- **AND ON AND ON AND ON...**



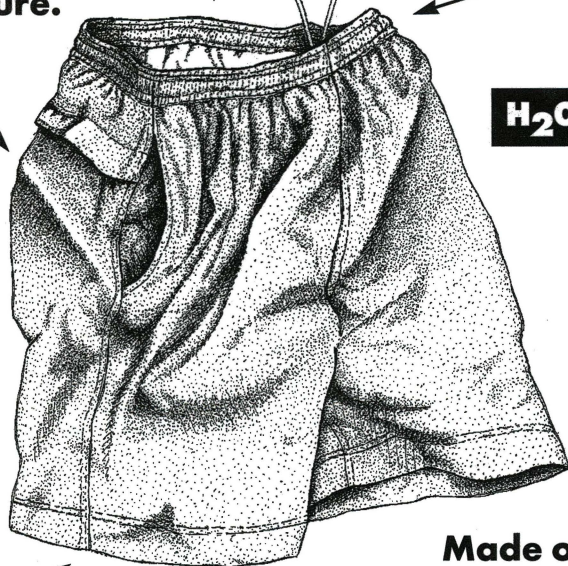
# e in the water...

**CoolMaX® liner for  
humid climates.**

**Back pocket with  
velcro closure.**

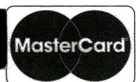
**Drawcord waist.**

**H<sub>2</sub>O SHORT**



**All pockets lined with  
mesh for easy drainage.**

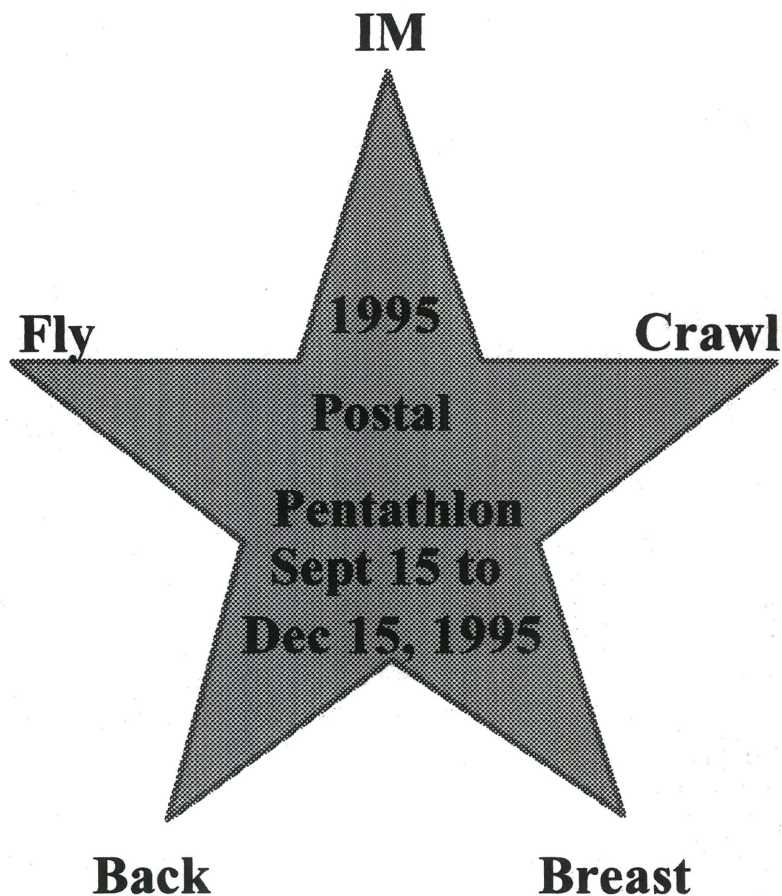
**Made of  
quick-drying  
Supplex® nylon.**



**THOUSAND MILE**  
OUTDOOR WEAR®



**1894 Alta Vista Dr. • Vista, CA 92084**  
**800.786.7577 • 619.945.1609 • FAX: 619.945.6550**  
call for catalog or questions



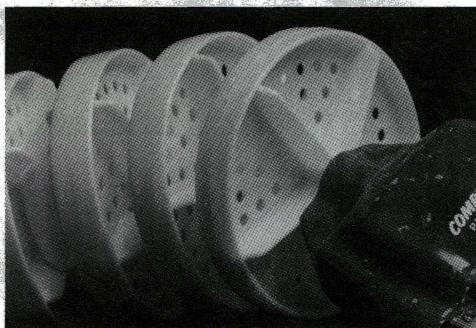
Meet Entry Forms  
***1995 Postal Pentathlon***  
***570 - 96th Ln***  
***Blaine MN 55434***

# BRING OUT THE **COMPETITOR®** IN YOUR SWIMMERS

**With Competitor® Swim Products-  
The Six-Time Choice Of The Olympics.**



©International Olympic Committee All rights reserved.



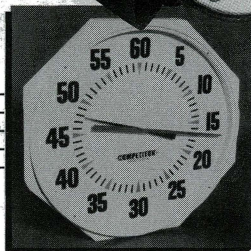
## **Competitor® Racing Lanes**

The official choice of the Olympic Games in 1968, '76, '80, '84, '88, and again in 1992, in Barcelona, Spain. Competitor Racing Lanes are designed for optimum control of the water surface. Each lane comes completely assembled and is offered in a variety of colors and sizes to meet any need. Variable lengths can be obtained from the same lane using the disconnect assembly.



### **Stor-Lane® Reel**

The Competitor Stor-Lane® Reel accommodates up to 540 feet of racing lanes on a durable, lightweight, electroplated aluminum frame that supports a thermoformed plastic reel assembly. Five-inch swivel casters with individual brakes make movement around the pool deck easy.



### **Competitor® Pace Clocks**

Available in 31-inch and 15-inch models with electric or battery power. Octagonal shape allows for maximum visibility when in use. Pace Clocks are water-resistant with a clear Plexiglass lens protecting the clock face and hands. 31-inch clocks come in white; 15-inch clocks come in white or red.



### **6" Racing Lane Disks**

- Increased wave control
- Approved by all major swimming organizations
- Offers 25% more reflective surface area than any other brand
- Official lane of the 1992 Summer Olympic Games

Call 1-800-888-SWIM (7946) today for a FREE color brochure highlighting the entire Competitor line of swim products

**COMPETITOR®**  
SWIM PRODUCTS

Division of Richey Industries, Inc.  
P.O. Box 928 • Medina, OH 44258-0928  
(216) 725-4997 FAX (216) 722-3288

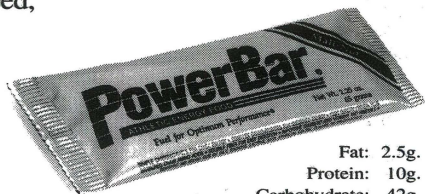




Photo: Rod Searcey

# energy

All swimmers need it.  
But before PowerBar® was developed,  
finding convenient and digestible  
energy food was next to  
impossible. PowerBar provides  
low-fat, sustained energy in a  
convenient, ready-to-eat form.

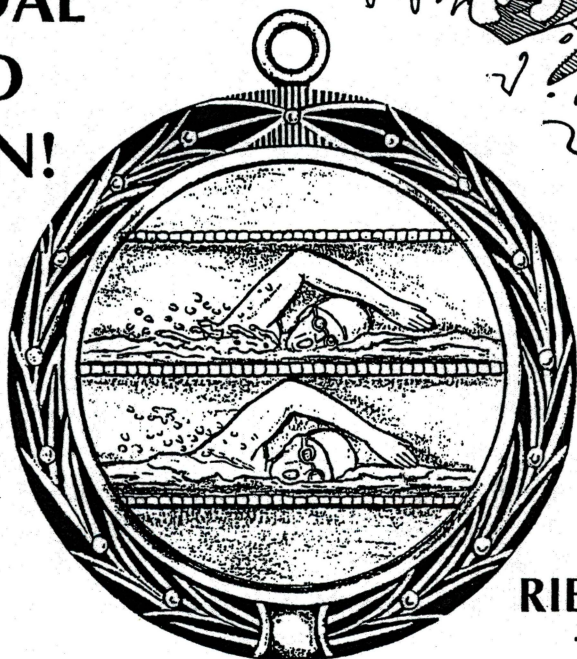


Fat: 2.5g.  
Protein: 10g.  
Carbohydrate: 42g.

**In Malt-Nut, Chocolate, Wild Berry, Apple-Cinnamon, and new Banana and Mocha flavors.**

© 1994 Powerfood Inc.

**THE  
MEDAL  
TO  
WIN!**



**RIBBONS,  
TOO**

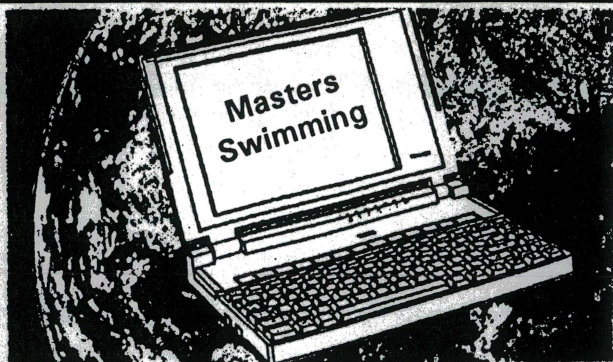
Top Quality Contemporary Castings  
Stock or Custom Medals at Reasonable Prices  
Red, White, and Blue or Custom Printed Neck Ribbons  
Top Customer Service.

**HODGES BADGE COMPANY, INC.**

**42 Valley Road    Middletown, RI 02842**

Telephone 800-556-2440 or FAX 800-292-7377  
for free 20 page color catalog





## SWIM SOFTWARE

*WRITTEN FOR SWIMMING PEOPLE  
- NOT COMPUTER PEOPLE!*

The Hy-Tek Swim Software System has been accepted world-wide and is used by more swim coaches and swim organizations than any other swim software.

Once you've had an opportunity to use Hy-Tek swim software, you'll wonder why you've waited so long.

If you're not using Hy-Tek, you're working too hard!

**TEAM MANAGER**  
*Swimmer Stats Galore!*

**WORKOUT MANAGER**  
*Coaching Tool Extraordinaire!*

**MEET MANAGER**  
*Automate ANY Meet!*

**BUSINESS MANAGER**  
*Financial Swim Management!*

**COMMLINK**  
*Data Exchange!*

**THE INTERFACE**  
*Timing Console to Computer!*

# HY-TEK INTL

## Swim Software System

### WRITTEN FOR YOU - BY YOU!

Hy-Tek's family of Swim Software products were written by listening to your needs. Ask for a brochure so you can decide for yourself which of the many time-saving features you need.

- **FREE DEMO**  
Just call and let us know which software you'd like to evaluate.
- **HY-TEK QUALITY & SUPPORT**  
We're always there for you.
- **WORLD-WIDE ACCEPTANCE**  
Used in more than 33 Countries!

**CALL  
HY-TEK  
TODAY!**  
**(919) 633-5111**

## DISCOUNT LYCRA® PRACTICE SUITS

### Special Offering

**Female Suits \$19·    Male Suits \$9·**

You choose sizes

We choose colors

All 1st quality

Sizes 24-42

All suits w/full front lining

Volume Incentive  
Buy 6, get 7th FREE

Call to order **1-800-321-SUIT**

**FAX 1-603-654-6426**

\*Plus Shipping & Handling Ground \$4, 1 suit; \$6, 2-11 suits  
Air \$6, 1 suit, \$10 2-11 suits

## ***Waterwear, Inc***

**PO Box 687**

**Wilton, NH 03086**

**1-800-321-7848 or FAX 1-603-654-6426**

***Want Something EXCITING in a Team Suit?***

***A SPECIAL suit that only your team has?***

Fax or mail your logo or ideas. Our art department will return to you a color sketch of our custom dyed suit using your logo as the design. Your own design actually DYED into the fabric, not screened onto the surface, a unique process exclusively from Waterwear.. Mention United States Masters Swimming to receive this service FREE.

## **Waterwear Team Suits**

**Guaranteed in your hands in 10 Days**

**Call for our 1995 Team Catalog**



# J.D. Pence Aquatic Supply

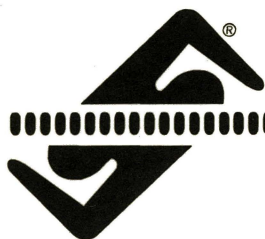
Tyr-Speedo-Arena-Finals-Dolphin-Competitor



- ★ Team Specialists
- ★ Fast, Friendly Service
- ★ Guaranteed Products
- ★ Custom Team Products
- ★ Excellent Team Prices

## 1-800-547-2520

Specializing in Competitive Swimming Since 1978



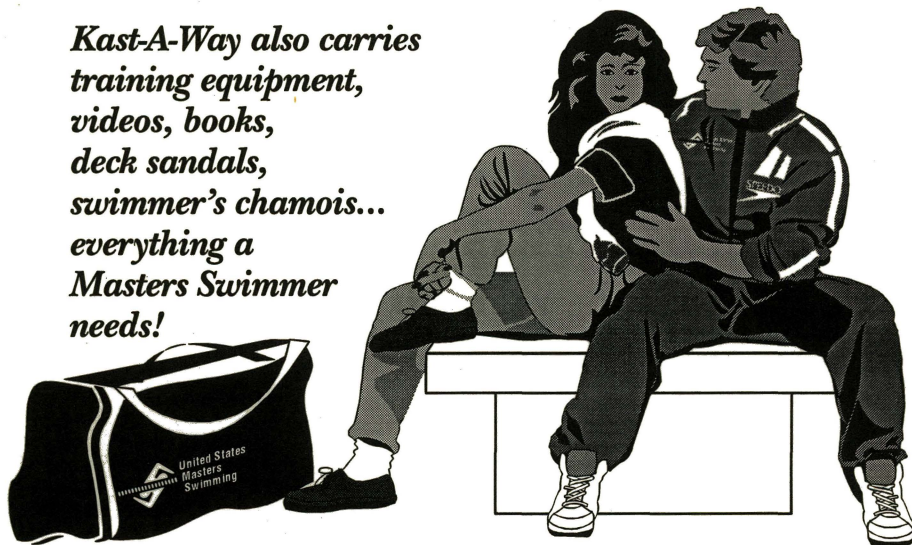
## **United States Masters Logo Swimming Apparel**

*available exclusively through*

# **KAST-A-WAY SWIMWEAR, INC.**

polo shirts • t-shirts • parkas • windbreakers • warm-ups  
equipment bags • jackets • sweat shirts • baseball caps  
swim caps • swim suits • towels • pins....and more!

*Kast-A-Way also carries  
training equipment,  
videos, books,  
deck sandals,  
swimmer's chamois...  
everything a  
Masters Swimmer  
needs!*

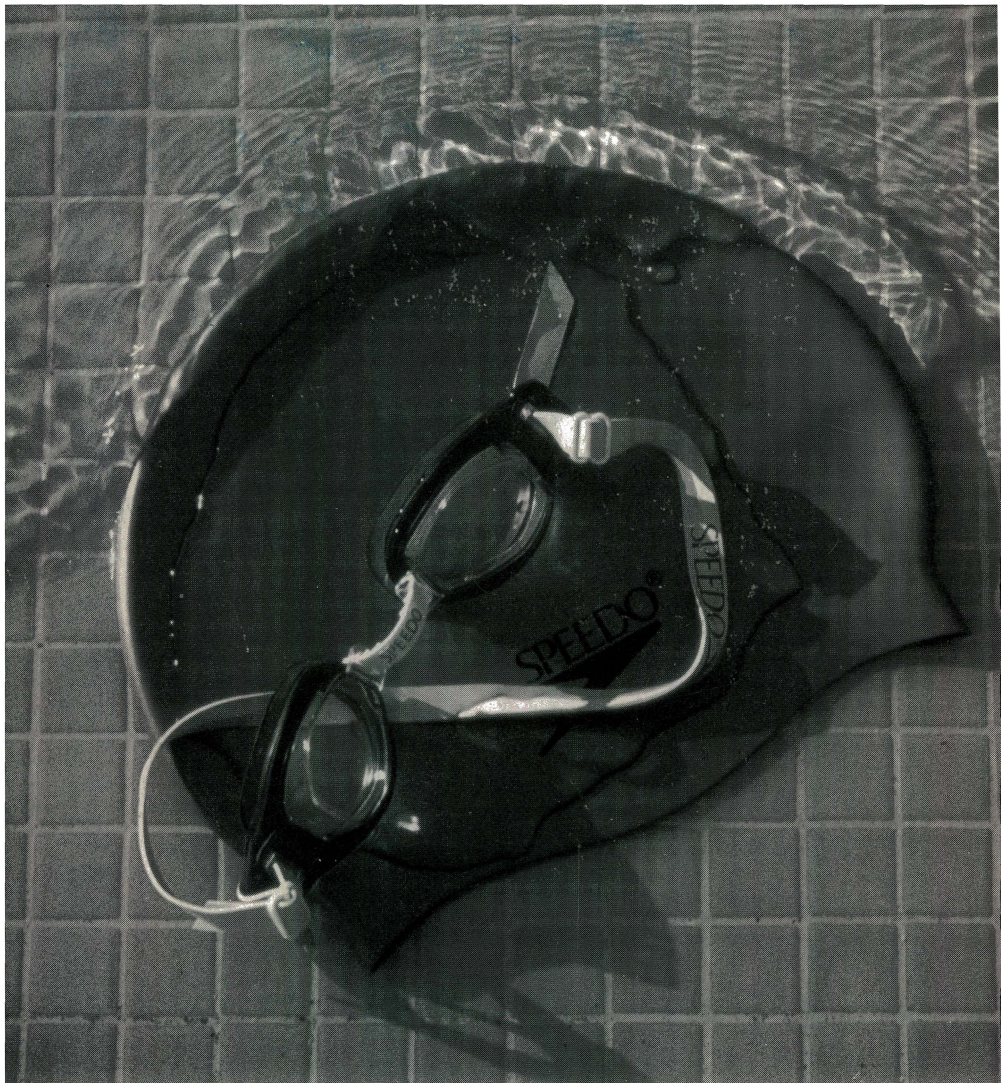


**Call to place your order or receive a  
free catalog: 1-800-543-2763**

## **KAST-A-WAY SWIMWEAR, INC.**

9356 Cincinnati/Columbus Rd., Cincinnati, Ohio 45241





The stuff that great  
swimmers are made of.

**SPEEDO®**



Exclusive supplier of deck apparel to the U.S. National Swim Teams (1985-92)  
Speedo® America, Van Nuys, CA. Call 1-800-547-8770  
Speedo® registered trademark of and used under license from Speedo Holdings B.V.