

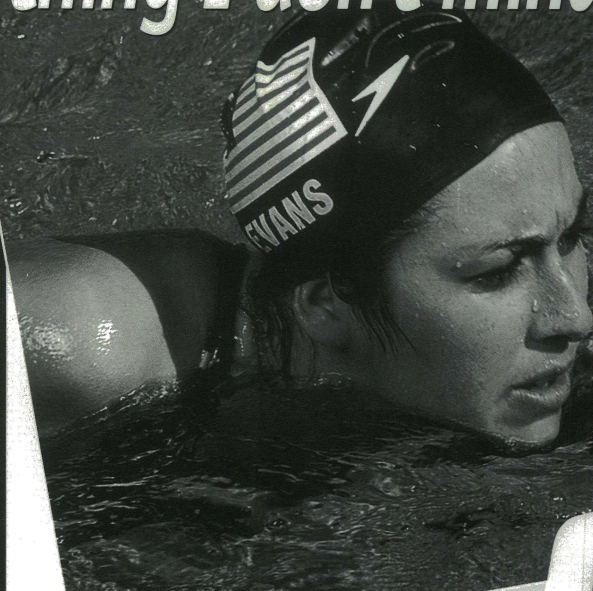



Tracy Grilli

*United States
Masters Swimming
1998 Rules*

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Janet Evans
Gold Medalist
World Record Holder



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Janet Evans



1998

UNITED STATES MASTERS SWIMMING

CODE OF REGULATIONS

AND

RULES OF COMPETITION

Published by
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The 1998 cover was designed by Michael P. Martin. A photographer and member of the Colonials 1776 Masters club, Michael is also working on a screenplay about a young female Cuban immigrant training for the 1992 Summer Olympics.

Dedication

The *1998 United States Masters Swimming Code of Regulations and Rules of Competition* is dedicated to USMS All-Americans. Since this honor was established in 1972, about 3,000 have achieved All-American status by swimming the fastest listed time for one or more individual events during a season. Also, for the past several years, USMS has honored Long Distance and Relay All-Americans. USMS salutes each and every one.

Previous Rule Book Dedications

1991	June Krauser
1992	Mary Lee Watson
1993	Kathrine Casey and Gail Dummer
1994	All USMS volunteers
1995	E. Kevin Kelly
1996	Dorothy Donnelly
1997	Jack Geoghegan

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MAJOR CHANGES FOR 1998

Zone Chairman: Beginning in 1998, the zone chairman will be elected by the entire House of Delegates rather than by the members of the Zone Committee. The zone chairman will be elected in even-numbered years and will serve a 2-year term. (article 504.2)

Computer Online Committee: This new standing committee will maintain the official USMS Web site and assist other USMS committees with developing content for the Web site. (article 506.2.3)

Safety Education Committee: This new standing committee will study, develop, recommend, and implement safety education programs for USMS swimmers, coaches, and volunteers. (article 506.2.19)

Sports Medicine Committee: The name of this committee has been changed from Sports Medicine, Health, and Safety Committee. (article 506.2.20)

Athletes' Rights, Hearings, and Appeals: Part Four of the rule book has been rewritten to clarify the procedures. (Part 4)

Forward Start: It is permissible to use a backstroke start when swimming a freestyle event. (article 101.5)

Tobacco: The USMS rule prohibiting smoking in all areas associated with competition has been amended to include all tobacco products. (article 102.17)

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PREAMBLE

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

MISSION STATEMENT OF UNITED STATES MASTERS SWIMMING

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

GOALS AND OBJECTIVES

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

GLOSSARY

Aggregate Time—times achieved by four individuals in separate starts 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 the 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).

Fitness Events—events designed to encourage and enhance fitness.

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

Foreign Swimmer—athlete member of a 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.

IOC—International Olympic Committee.

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

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

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

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

Last Day of the Meet—day on which last competitive swimming event is conducted.

Leg—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 10 consecutive days, except for postal meets.

Member—an individual, club, or organization registered with the corporation.

MSI—Masters Swimming International.

Must—mandatory.

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

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

Recognized Event—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.

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

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

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.

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.

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 1: SWIMMING RULES

All provisions under *Part 1: Swimming Rules*, unless otherwise specified, are effective beginning January 1, 1998, and until changed. Rules in effect on the first day of a meet shall govern throughout the meet.

Part 1: Swimming Rules is based upon articles 101, "Individual Strokes and Relays," 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 in whose facility 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 that 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. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the 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 hipline, 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. 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 .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. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.
clusively 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. 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 execute the turn. Once the body has left the position on the back, there shall be no kick or arm pull independent of a continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.
Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action.”
- .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 or the short course yards backstroke 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. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

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 contact with the starting platform (ground, deck, or wall) before the preceding teammate touches the wall shall be disqualified.

**ARTICLE 102:
SWIMMING COMPETITION**

102.1. ELIGIBILITY

- .1** Swimmers 19 years of age and over may register with USMS. If an individual who has not achieved the age of 19 applies to register with USMS, the registration date shall be the individual's 19th birthdate.

- .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 ... (5-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+ ... (10-year increments as high as is necessary). The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible.

- B **Short course (25) meter and long course (50) meter**—76–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.

102.4. WARM-UP/WARM-DOWN

- .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. It is not necessary to conduct all events in each meet. For long distance events, see article 302.

- .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 Meters only

102.6. EVENT LIMIT—A swimmer may compete in not more than five individual events per day.

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

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

.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 lanes in the next slowest heat, whichever is the more appropriate placement.

D Seeding at meets other than national championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance

events (events 400 yards or longer) within a meet. Women's and men's heats may be alternated in the distance events. The meet information shall state the seeding for all events.

- E** Heat and lane assignments for events of 200 meters or less shall be available to all competitors at least 5 minutes prior to the start of the event.

.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 (e.g., no "A" and "B" heats). Heats shall be referred to as "odd" or "even" numbered heats. Odd and even heats shall be paired when seeding two-to-a-lane.

4. Reporting to the clerk of course—Swimmers in both odd and even heats shall be asked to report to the clerk of course (or to the starting area) at the same time.

5. Starting procedure—The starter shall call the odd heat to the starting block first. As soon as the odd heat is under way, swimmers in the even heat shall be called to the starting blocks. The even heat shall be started as soon as practical after the odd heat.

6. Lane etiquette

- a. The starter shall instruct the swimmers to swim on one side of the lane during the entire race (e.g., no "circle" swimming).
- b. Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee, and the disqualified offender shall be removed from the lane as soon as practical.

7. Timing—Separate timing shall be required for each swimmer.

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

1. Swimmers of similar speed in the same heat

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

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

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

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

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

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

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

.6 **Counters**

- A A swimmer in any individual swimming event of 400 yards/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**—The following 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 stated in the meet announcement, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the referee to the extent of consolidating the heats.
- .2** The entry provisions and starting time of any event, meet, or portion thereof shall stand as stated in the meet announcement (except as permitted in article 102.13.3) and may not be changed to an earlier time or date unless written notice of such change is delivered to all affected swimmers or their coaches. If mailed, such notice must be postmarked no later than the entry deadline date stated in the meet announcement, and if lack of time prohibits mail notification, all affected swimmers must voluntarily agree in writing that they have been notified and are in accord with such change. Affected swimmers or coaches may and should file a written protest with the referee prior to the running of the event or the meet if they do not agree to such change in time or date.

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

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

ARTICLE 103:

MEET PERSONNEL AND THEIR DUTIES

- 103.1. REQUIRED OFFICIALS**—The minimum number of officials at USMS sanctioned Masters Swimming meets or recognized events shall include the following for each course:

.1 Officials

- A** One referee—The referee may also serve as a stroke and turn judge, but shall not serve as starter.
- B** One starter—The starter may also serve as a stroke and turn judge.
- C** Two stroke and turn judges—At least two people shall perform these duties during competition.

- .2 Timers**—Two timers per lane if automatic timing is not being used. One timer per lane if automatic timing is used.

- 103.2. CERTIFICATION OF OFFICIALS**—The referee shall be certified as a stroke and turn judge, starter, or referee by USS, YMCA, or any other USMS-approved certifying body.

- 103.3. REPORTING OF OFFICIALS AND MEET PERSONNEL**—All officials and meet personnel accepting an invitation to work at a swimming meet should arrive promptly and report immediately to the meet director or meet referee.

- 103.4. MEET DIRECTOR**—The meet director shall be the chairman of the meet committee and is responsible for the overall operation of the meet.

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

103.6. REFEREE

- .1 The referee shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation or on a judgment decision pertaining to an action that 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 noisemaker during the meet.
- .6 The referee may modify any rule for a swimmer who has a disability identified in article 108. Such modification shall be based on recommendations of the national sports organizations for the identified disability. It shall be the responsibility of the swimmer or a representative to notify the referee of the disability prior to competition.
- .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.

103.7. 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 10 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. Indicate the stroke(s) to be used and the order of swimming them.
 - 2. Indicate the 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** After the referee's whistle, the starter gives the command "Take your mark," to which the swimmers shall respond at once by assuming starting positions. Sufficient time should follow the command "Take your mark" to enable swimmers to assume starting positions, but no swimmer shall be in motion immediately before the starting signal is given.
 - B** For backstroke starts, the starter may give the command "Place your feet" after the referee's whistle.
 - 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 "Stand up."
 - 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 103.7.6.)
 - 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.

103.8. 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.

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

103.10. 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**—Either the referee or the 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.

103.11. 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 the visual signal is not 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** Post results, or otherwise make them available to the competitors, of each event by sex and USMS age group as promptly as possible after the completion of each event.
 - D** Determine the score of the meet (optional).

103.12. TIMING EQUIPMENT

.1 Timing System Definitions

- A Automatic**—A timing system started by an electric impulse generated by a starting device or a transducer capable of detecting a gun report and stopped at the finish by the swimmer touching the touchpad.
- B Semi-automatic**—A timing system started by an electric impulse generated by a starting device or transducer capable of detecting a gun report and stopped by buttons pushed by timers at the finish touch of the swimmer.
- C Manual**—A timing system operated by individual lane timers, each of whom operates a 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. The placings and times so determined shall have precedence over the decisions of human judges and timers. In the 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.
- B Semi-automatic or manual timing**—Whenever semi-automatic or manual timing is used, the official time shall be determined as follows:
1. If two of the three button or watch times agree, that shall be the time for that timing system.
 2. If all three buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.
 3. If only two button or watch times are available, the time shall be the average of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.
 4. If only one button or watch time is available, the time of that button or watch shall be the time for that timing system.
- C Primary timing system malfunction**—A primary timing system malfunction may have occurred if:
1. The difference between the time obtained by the primary system and the 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 de-

termining 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	52.12	52.14	52.04	.09	52.21
2	52.18	52.01	51.91	52.06	51.95	.17	52.18
3	51.05	51.01	50.97	51.00	50.95	.05	51.05
4	51.04	50.78	50.88	50.93	50.84	.16	51.04
5	51.96	51.30	51.35	51.38	51.27	*.61	**51.46
6	51.65	51.57	51.56	51.59	51.55	.08	51.65
7	52.27	52.13	52.18	52.13	52.10	.14	52.27
8	51.87	51.58	51.75	51.89	51.65	.12	51.87

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

**Adjustment calculation: Add the differences between pad and intermediate button time, excluding the malfunctioning lane (total = .81). Divide total by the number of valid lanes to determine the average (.81 ÷ 7 = .11571). The digits after hundredths are dropped (leaving a timing system difference of .11 for the above example). Add the timing system difference to the valid 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 ($24.50 \div 8 = 3.0625$). The digits after hundredths are dropped (leaving a heat adjustment of 3.06). Add the adjustment factor for the late start of the primary system to each pad time to obtain the official time for that lane (e.g. lane 1: $52.12 + 3.06 = 55.18$).

103.13. OFFICIAL TIME

- .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** 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 leg 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"> • World records, USMS national records, and USMS Top Ten times • Initial splits for all purposes • Relay lead-off times for all purposes
Three watches or semi-automatic with three buttons	<ul style="list-style-type: none"> • World records, USMS national records, and USMS Top Ten times • Initial splits and relay lead-off times for world records only
Two watches or semi-automatic with two buttons	<ul style="list-style-type: none"> • USMS Top Ten times

- .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 that results in unrecorded or inaccurate time or place. It is the meet director's responsibility to provide the proper timing systems so that swimmers can expect to achieve official times that will satisfy the above requirements.
- .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.

103.14. 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.

103.15. 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.

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

- Event
- Number of heats
- Lane, name, and club affiliation of competitors
- Results

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

103.18. PRESS STEWARD—The press steward shall obtain from the clerk of course and the recorders the names of all swimmers in each event and the results

of each finish with times or record performances, and shall keep the press and TV personnel thoroughly informed on all details of the competition during the meet.

ARTICLE 104:
NATIONAL CHAMPIONSHIP MEETS

(Recommended for all championship meets when possible)

104.1. MEET CATEGORIES—USMS national championship meets shall be awarded in the following categories and held during the following dates:

- .1 Short Course (25 Yards)**—Between April 15 and May 31.
- .2 Long Course (50 Meters)**—Between August 1 and September 15.

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

104.3. AWARDING OF NATIONAL CHAMPIONSHIP MEETS

.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.)

Year	Area 1 West	Area 2 Central	Area 3 East
1998	LC	—	SC
1999	SC	LC	—
2000	—	SC	LC
2001	LC	—	SC
2002	SC	LC	—
2003	—	SC	LC

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

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, 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, and 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 outlined in article 104.3.1, and shall present a list of all certified bidders for each short and long course championships to the House of Delegates at the annual meeting held at least 2 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 30 days prior to the annual meeting.
- E Failure to receive bid**—Failure of the Championship Committee to receive a suitable bid from the proper area shall negate the rotation system for that meet only and shall not affect the future normal rotation.
- F Out-of-area bids**—In the event that suitable bids are not received from the designated area 30 days prior to the annual meeting, then the chairman of the Championship Committee shall notify all zone representatives that bidding is open to all areas, provided the bids comply with article 104.3.2B, and are received prior to the start of the annual meeting of USMS, Inc.
- G Certification of bids**—Prior to the annual meeting, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facilities standards (article 107).
- H Awarding of bids**—At the annual meeting of the House of Delegates, those bids that are certified shall be presented. The awarding of the bid shall be made by majority vote of the House of Delegates.
- I Out-of-rotation meet**—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 three-fourths 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 10 days prior to the beginning of the meet, a fee of \$10 per individual entrant in the meet. Upon compliance with the conditions set forth in the meet contract, the sum of \$2 per entrant shall be returned as stipulated in the contract. Noncompliance with said conditions, as determined by the meet evaluation committee within 30 days of the receipt of the final meet report, shall result in forfeiture of part or all of this amount. An additional amount of up to \$1 per entrant may be returned for outstanding performance by the host.
- .3 Assistance to Meet Host**—The Championship Committee shall provide such assistance and guidance necessary to provide uniformity in national championship meet production. Out-of-pocket expenses for services shall be reimbursed by USMS, Inc.
- .4 Meet Evaluation Committee**—A five-member meet evaluation committee shall be composed of at least three Championship Committee members, plus two additional USMS members who are knowledgeable in championship procedures. No member of the protest committee, host club, or host LMSC may serve on the meet evaluation committee. A written evaluation shall be submitted to the meet host.
- .5 Meet Report**—The meet director of each national championship meet shall submit a written report to the chairman of the Championship Committee within 60 days of the end of competition. This report shall include a complete financial report, copies of meet information, entry forms, heat sheets, and final results, and any other information that may be helpful to future meet directors.

104.5. CONDUCT OF NATIONAL CHAMPIONSHIP MEETS—Conduct of national championship meets shall be governed by the swimming rules of USMS, Inc.

.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 that have been made.
5. It shall be the meet director's responsibility to post notices of changes in conspicuous places at the pool, registration area, and headquarters area prior to the start of the first day's competition.

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

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

A Meet schedules (1997–1998)

Schedule 1 1998 Short Course	Schedule 2 1997 Short Course 1998 Long Course	Schedule 3 1997 Long Course
<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 odd-numbered years, men's events will be odd-numbered. In even-numbered years, men's events will be even-numbered.
2. In each schedule, at the option of the meet director and with the approval of the Championship Committee, the 800/1000 freestyle and the 1500/1650 freestyle may be swum as either the first day program or the last day program.
3. Full days on the schedule may be interchanged so that the 400/500 freestyle and the 1500/1650 freestyle shall not be swum on consecutive days.
4. The three basic schedules shall be chosen every 4 years, starting in 1990, by a vote of the House of Delegates, from at least four alternatives presented by the Championship Committee.

C Alternative meet schedules—A meet bidder may, with the approval of the Championship Committee, bid for a national championship meet with a different schedule from those defined in section A above.

.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 4-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. **Altitude adjustment**—Times achieved at an altitude of 3000 feet or higher may be adjusted for NQT purposes by subtracting the times (in seconds) in the following table from the actual time achieved.

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

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

- 3. **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 2 years swum a time equal to or better than the qualifying time for those events.

.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 will apply throughout the meet. If the club on the entry form and the club listed on the USMS registration card submitted with the entry form do not match, the swimmer shall, prior to the first day of competition, submit a new USMS registration card showing the new affiliation. If there are any questions about club affiliation, the swimmer will be switched to unattached status for the duration of the meet, regardless of actual affiliation. A swimmer may declare unattached status at any time.

B Entry form

1. **Approval of entry form**—Entry forms (both individual and relay) and meet information shall be prepared following the direction of the Championship Committee, and must be approved by the Championship Committee in advance of printing. No other forms may be used.
2. **Distribution of entry form**—The entry form for individual events and all meet 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 5 months prior to the first day of the meet.
3. **Completion of entry form**—All competitors, including members of relay teams, must fill out and sign the appropriate entry forms.
4. **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 35 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 35 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 7 days prior to the individual entry deadline. If a postmark deadline is established, individual and relay entries postmarked by a U.S. Postal Service office in the 50 states by midnight of that date will be considered on-time. Private or corporate meter postmarks will not be accepted.

D Entry fees—Entry fees for national championship meets shall consist of the following:

1. A \$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. The meet host shall not be required to refund overpayments of \$10 or less. Any payments greater than \$10 may be subject to a processing fee of up to \$10.

.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 in each age group. In the event that two courses are simultaneously swimming one sex, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.
4. The 400 meter/500 yard freestyle events shall be deck seeded by age group, with the oldest age group first, slowest heats seeded first within each age group. The 400 yard/meter IM, 800/1500 meter and 1000/1650 yard freestyle events shall be deck seeded by one of the following methods: (a) by entry time only, (b) by age group, the oldest age group first, slowest heats seeded first within each age group, then by time, or (c) by a combination of (a) and (b). The USMS Championship Committee shall make all seeding decisions.
5. The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc. (Note exception provided in article 104.5.5A(7).)
6. If, in any age group, there are not enough swimmers for one complete heat, all swimmers in that age group shall be seeded in adjacent lanes for pre-seeded events.
7. After all full heats are seeded within each age group, the remaining swimmers may be seeded with any available age group of remaining swimmers.
8. In situations where all seeding rules cannot be simultaneously met, the seeding of these heats may diverge slightly from the general seeding procedures, with the concurrence of the Championship Committee liaison.
9. A swimmer may be seeded in an incomplete heat of another age group if the swimmer's entry time would have a significant impact on the timely running of the meet, as determined by the Championship Committee.
10. There will be no splitting of age groups into A.M. and P.M. sessions. However, at the meet director's discretion, swimmers whose entry times will inordinately delay the progress of the meet may be seeded individually in an outside lane with manual timing, thus allowing the continued sequence of the regularly scheduled heats.

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 (seven, eight, nine, or ten lanes) is available for the event. Heats with two swimmers to a lane shall be completed before heats with a single swimmer per lane. (See article 102.10.4 for principles of seeding two-to-a-lane.)
3. In the 800 meter/1000 yard and 1500 meter/1650 yard freestyle, all men and women swimming slower than a standard established by the Championship Committee will be seeded together by time only.

C Multiple courses—When 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 1 and 3 in odd years, and on days 2 and 4 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 that 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 award (i.e., patch or some similar award to be determined by the Championship Committee)**—Each individual who wins a short course or long course individual or relay championship shall be awarded a USMS championship award. Swimmers winning more than one championship may purchase one additional award for each additional championship won.
- C 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 shall 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 30 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 and Rules Committee, if present, plus three other participants selected from other than the host team by the protest panel chairman. 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 30 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, USMS national records, and world records achieved in its LMSC in the appropriate format (see Appendix B), including all times achieved by swimmers from other LMSCs.

- .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 and performs 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 times, averaged per USMS rules (see article 103.12.4), shall 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 and performs a legal finish at the initial distance.
 - D The swimmer's relay lead-off time shall not count if the second swimmer starts in the water.Such split times shall be included separately in the summary of results prepared by the meet director and submitted to the LMSC Top Ten recorder.
- .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 within 15 days 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 LMSC 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 as detailed in Appendix B. Swimmers eligible for world records in older age groups than their current USMS age groups are responsible for informing the meet director of their eligibility.

ARTICLE 106: HEALTH AND SAFETY REGULATIONS FOR COMPETITION

- 106.1. MEDICAL EXAMINATION**—Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters Swimming training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters Swimming competition to ensure physical readiness for participation.
- 106.2. MEDICAL EQUIPMENT**—Meet directors are encouraged to investigate the use of appropriate emergency medical 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 that 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 “No Smoking” 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 .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/DIVIDERS

- .1 **Installation**—Floating lines dividing each lane shall extend the full length of the course and shall be attached at each end wall with recessed anchors so located that the center line of the cable securing the lane lines shall be on the surface of the water with the bottom half of the floats uniformly submerged for its entire length. They shall:
 - A Separate the racing lanes. [M]
 - B Be outside the outermost lanes being used. [M*]
- .2 **Size, Color, and Safety**—Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeters (2 inches) to a maximum diameter of 15 centimeters (6 inches). The color of the floats extending from the walls the distance of 5 meters (16 feet, 5 inches) for long course and short course meters, and 15 feet for short course yards, shall be distinct from the rest of the floats. Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15 meters (49 feet, 2½ inches) from each end wall in both short course and long course pools. There shall be no exposed cables accessible to swimmers within the length of the racing course, and the cable take-up spools and ratchet mechanisms shall be completely concealed with durable flexible covers. Damaged or broken floats shall be removed and replaced. [M]
- .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 (8 feet, 3 inches) 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-millimeter (¼-inch) line without flags or pennants shall be suspended at the midpoint of the course. [M]

- 107.14. LOUDSPEAKER STARTING SYSTEM**—An electronic sound-generating device shall be provided to give the starting and recall signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course, or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light, or similar 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 starting 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 height 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 1 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 (optional, except for national championships)—An automatic display board visible to all swimmers shall give a digital time readout to two decimal places, displaying split times, final times, and places for all lanes. In the event of a tie, the place shall be displayed as a tie. A separate line of display for each lane meeting the above requirements shall be provided for national championship meets on two courses. A one-line board is the minimum requirement for a third course. [NC]

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

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

108.1. GENERAL

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

.2 Responsibilities

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

- B Referee**—The referee's responsibilities include:

1. Inquiring regarding the athlete's needs and determining what modifications will be required.
2. Instructing the starter and stroke and turn officials as to the accommodations to be made for that swimmer.

Some of the modifications that the referee may make to accommodate the athlete with a disability are:

- a. A change in starting position.
- b. Reassignment of lanes within a heat (e.g., exchanging lanes 2 and 7).
- c. Allowing the athlete's assistant(s) on the deck or in the water to assist with a start.

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

108.2. BLIND AND VISUALLY IMPAIRED

- .1 Start**—With an audible starting system, no modification is usually required for a blind or visually impaired swimmer. The swimmer may, however, require assistance getting to and on the block.
- .2 Turns and Finishes**—A blind or visually impaired swimmer is permitted to have a "tapper," which is a pole with a soft-tipped end. The swimmer is tapped with the "tapper" as notification of turns and the finish. Sound devices shall not be used. It is the swimmer's responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer's lane at the ends of the pool.
- .3 Relay Take-Offs**—A physical touch may be required to signal when the relay swimmer's teammate has touched the wall. The specific method may be tailored

to the swimmer's preference, so long as it does not aid the swimmer's take-off or interfere with the timing.

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

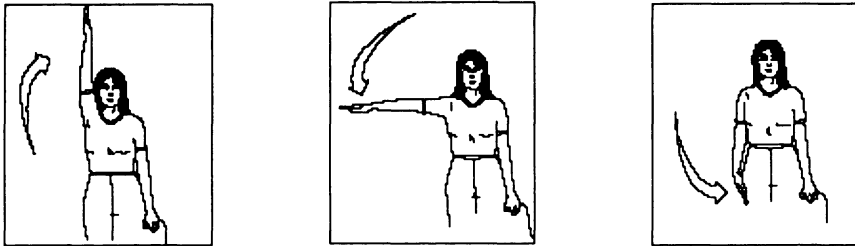


Figure 1. Standard starter's arm signals for deaf swimmers.

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

108.5. PHYSICAL DISABILITIES

.1 Start—Swimmers with physical disabilities:

- A** May take longer to assume their starting positions;
- B** May not be able to hold onto the starting grips or gutter for a start;
- C** May need assistance on the deck or from in the water to maintain a starting position;
- D** May need to assume a modified starting position on the blocks, deck, gutter, or in the water.

For freestyle, breaststroke, and butterfly, a forward start shall be used. The referee, however, may allow modifications, such as the following:

1. The swimmer may start from a sitting position on the block or on the deck;
2. The swimmer may assume a starting position in the water, with or without assistance;
3. If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.

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

.2 Stroke/Kick—In judging the stroke or kick of a swimmer with a physical disability, the referee and stroke and turn judge should follow the general rule that if a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke or kick, it should be in accordance with the USMS rules.

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

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

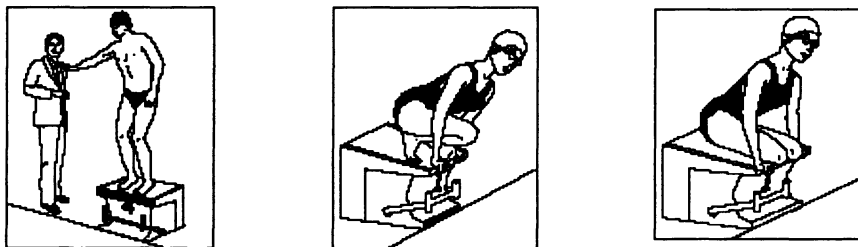


Figure 2. Modified starting positions from the block.



Figure 3. Modified starting position from the deck.

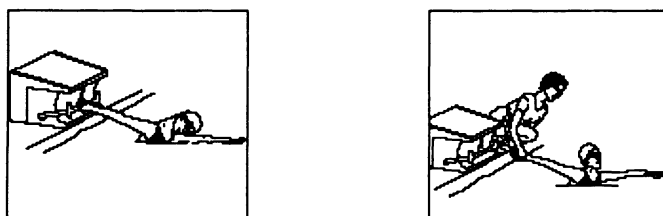


Figure 4. Modified starting positions from the pool.

PART 2: 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 Eligibility**—Swimmers age 19 and over are eligible for membership in USMS.
- .2 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.
- .3 One-Event Registration**—An LMSC may offer a single-event registration that allows an athlete to participate in ONE sanctioned event by that LMSC. 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.
- .4 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.
- .5 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 shall be registered in the LMSC in which the club being represented is located. The swimmer need not reside within the LMSC territory.
- .4** An unattached competitor is a registered swimmer who represents no club.
- .5** A swimmer shall not represent any club in competition for 60 consecutive days before transferring affiliation to another club, unless this transfer takes place at the time of annual re-registration. A swimmer may declare unattached status at any time without written application.
- .6** 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.
- .7** A club wishing to change its LMSC affiliation must approve such change by a majority vote of its general membership at a regular club meeting or at a special

meeting called for that purpose, with the vote duly certified by the club's president and secretary. The transfer also must be approved by a majority vote of the officers of the club's current and proposed LMSCs. If approved, the transfer shall be effective 60 days after receipt of written notice by the national registrar.

201.3. TRAVEL PERMITS

- .1 A current USMS registration card shall serve as a valid travel permit.
- .2 Written authoritative permission to compete in a foreign country may be obtained from that country's national Masters Swimming chairman or the chairman's designee.

**ARTICLE 202:
SANCTION/RECOGNITION**

202.1. SANCTIONS—Times achieved at sanctioned events are considered for USMS national records and Top Ten times. All swimmers entered in sanctioned events shall be registered with USMS, or shall have valid travel permits or their equivalents, or shall 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 2 years.

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

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

E No sanction of any event 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; however, at the discretion of the

meet director and exclusive of national championship meets, a swimmer may enter indicating “number pending,” as long as proof of 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 that has failed to conduct such event in accordance with applicable USMS swimming rules and administrative regulations, or as stated on the entry form.

202.2. RECOGNIZED EVENTS—Times achieved at events may be considered for USMS national records and Top Ten times if the event has been granted recognition and 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. Times achieved at events sanctioned by USS or CASA, or FINA championships or MSI championships, shall be considered for USMS national records and Top Ten times without formal application for recognition. It is the responsibility of the swimmer to submit times obtained in recognized events with complete documentation to the appropriate LMSC Top Ten recorder and the Records and Tabulation chairman.

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

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

202.3. FITNESS EVENTS—Fitness events are USMS events approved by the USMS Fitness Committee, LMSCs, or clubs. Participants shall be registered with USMS or obtain a one-event registration to participate in these events. A fitness event shall be a sanctioned event or performed in an organized/supervised practice.

**ARTICLE 203:
LIABILITY RELEASE**

- 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 3: LONG DISTANCE/OPEN WATER SWIMMING RULES

ARTICLE 301: ADMINISTRATION

301.1. ORGANIZATION

- .1 **Governing Bodies**—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 506.2.10.
- .2 **Definitions**
 - A A long distance event is any swimming event that is a distance-based event over 1650 yards (1508.8 meters) in length or a time-based event longer than or equal to 60 minutes in time. The event may be conducted in any body of water, either natural or manmade.
 - B An open water event is a swimming event of any distance conducted in an open body of water, either natural or manmade.

301.2. REGISTRATION AND SANCTIONS—Registration and sanctions for long distance/open water events shall be governed by all applicable rules under articles 201, 202, and 203. In addition, the following administrative rules apply:

- .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 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 for all open water events: *"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.

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

ARTICLE 302: EVENTS

302.1. EVENTS—Long distance events shall consist of individual and/or team competition as follows:

302.2. OPEN WATER

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

302.3. POOL—A long distance pool event may be based on the time to swim a fixed distance or the distance swum over a fixed time.

- .1 **Postal**—A postal event is a competition in which swimmers swim the event at a place of their choosing and send the time or distance achieved to a central location for tabulation. Each entrant in a postal event will be responsible for the validity of the figures and the distance submitted. Postal events conducted in pools must comply with all rules of USMS and article 302.2.2. The meet director shall have the discretion to designate the size(s) of the pools in which the event is swum. 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.
- .2 **Time/Distance**—The object of one type of event is to determine who can swim a specific distance in the shortest amount of time. The object of the other type of 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. Both events shall be swum in a pool at least 25 yards in length. Distances shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard increment. In events where the size of the pool is not designated, all distances shall be reported in yards. 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.

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).

302.4. INDIVIDUAL LONG DISTANCE SWIMS

- .1 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.

302.5. TEAM EVENTS

- .1** 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

- 302.6. RELAY EVENTS**—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 shall be made as soon as practical after the completion of the previous swimmer’s leg. In the exchange in open water events, physical contact must be made between the two swimmers. In pool events, the exchange is governed by articles 101.7.3C 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: CONDUCT OF OPEN WATER COMPETITION

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:

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

Note: LMSCs are encouraged to develop their own safety guidelines and precautions for the conduct of long distance/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 shall be accompanied by such an escort paddler or craft. If the escort paddler or craft becomes disabled or cannot continue to accompany the swimmer, the swimmer must either stay in the water next to the escort craft until a replacement arrives, or exit the water.
- .2 If a swimmer's escort becomes disabled as per article 303.2.1, an escort for another swimmer may assume responsibility for the swimmer with the disabled escort, subject to the following conditions:
 - A Any one paddler or craft may escort no more than two swimmers.
 - B The two swimmers must stay within 5 meters of each other. Failure to stay within 5 meters shall result in immediate disqualification of the second swimmer assigned to the escort and the immediate removal of that person from the water.

303.3. 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.

303.4. 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.

303.5. 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. Order of finish shall be determined by the swimmer whose chest crosses the finish line first.
- .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.

303.6. COSTUME

- .1 Swimmers’ costumes shall be the same as defined in articles 102.14.1 and 102.14.2. 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 303.6.1, 303.6.2, and 303.6.3.
- .5 Flotation and propulsive devices are not permitted, apart from those listed in articles 303.6.2 and 303.6.3, except in designated events where all swimmers are using similar devices.

303.7. OFFICIALS

- .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.

303.8. 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.

ARTICLE 304:

NATIONAL LONG DISTANCE/OPEN WATER CHAMPIONSHIP MEETS

304.1. 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.

304.2. 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 (greater than 1 and less than or equal to 3 miles)
- D** Open water (greater than 3 and less than 6 miles)
- E** Open water (greater than or equal to 6 miles)
- F** Postal 1 hour
- G** Postal 5 and 10 kilometer (in a 50-meter pool)
- H** Postal 3000 and 6000 yard (in a 25-yard pool)

- .2 Team events (as defined in article 302.5).

- A** Team competitions shall be recognized for all postal championships and may be recognized for other championship events. Such awards, when recognized, shall be awarded for three-person male and female teams and four-person mixed teams.

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

- C** Team events shall be determined by the Long Distance Committee.

304.3. 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 shall be followed for the bidding of non-postal long distance championships. Area definitions shall be the same as those in article 104.3.1. (See Appendix D for map of areas.) Bids shall be received up to 2 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 2 consecutive years and will be awarded without regard to area.*

	Area 1 West	Area 2 Central	Area 3 East
1998	Open water >1/≤3 mi. Open water ≥6 mi.	2 mi. cable	1 mi. Open water >3/<6 mi.
1999	1 mi. Open water >3/<6 mi.	Open water >1/≤3 mi. Open water ≥6 mi.	2 mi. cable
2000	2 mi. cable Open water ≥ 6 mi.	1 mi. Open water >3/<6 mi.	Open water >1/≤3 mi

304.4 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.

304.5. FINANCIAL—The sponsoring organization shall 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 per individual entrant in the meet, which shall be paid within 7 days of the last day of acceptance of entries. A performance bond of \$200 shall be paid 10 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 meet.

304.6. ENTRY FEES—The entry fees for long distance/open water national championship meets shall not exceed \$20 for individual events and \$5 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.

304.7. 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. Accept-

able entry forms shall be sent to the Long Distance chairman, all LMSCs, and the USMS national office at least 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**—Costume regulations for national championship meets shall be the same as those for non-national championship events, as stated in article 303.6. Wet suit competitors shall be excluded for the purposes of articles 304.8 through 305.1.

.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.

304.8. **RESULTS**—Individual and team results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee chairman, all participants in 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.

304.9. **CLUB SCORING**—Club scores may be officially tallied or recognized for national long distance/open water championship events at the discretion of the event host.

.1 Club scoring for the 1-hour swim will be based on total club yardage. Three divisions will be recognized based on the number of swimmers entered in the event from each club, at the discretion of the event host.

304.10. **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.

304.11. **ALL-AMERICAN RECOGNITION**—The highest ranking USMS registered swimmer 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.

ARTICLE 305: RECORDS

305.1. **RECORDS**

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

- .2 Record times shall be swum in a sanctioned event and shall 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, .99 second shall be added to the time submitted. When a record attempt has been timed to the nearest tenth of a second, .09 second shall be added to the time submitted.
- .5 Long distance national records may be established by using a swimmer's split time in an individual event if:
 - A The intent to record a split time is brought to the attention, in writing, of the event director,
 - B The swimmer completes the full distance of the scheduled event without being disqualified, and
 - C The split is swum during a distance pool event that is a longer version of the record attempt.

PART 4: 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 USMS administrative activities and sanctioned/recognized events.
- 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 USMS administrative activities and sanctioned/recognized events. It is not a violation of this article to restrict an individual's eligibility based on one or more of the following:
- .1 The swimmer's age.
 - .2 Membership in the organization that is conducting the event.
 - .3 Qualifying times.

ARTICLE 402: JURISDICTION AND AUTHORITY OF THE EXECUTIVE COMMITTEE

- 402.1. GENERAL JURISDICTION**—USMS, through the Executive Committee or any entity appointed pursuant to article 403.5, has the authority to:
- .1 Determine the eligibility of any athlete to participate.
 - .2 Impose and enforce penalties, including censure, suspension, or expulsion from membership, for any violation of the rules and regulations of USMS or for actions that bring disrepute upon USMS or the sport of swimming.
 - .3 Interpret any provision of the rules and regulations of USMS, with the exception of the rules of competition in Parts 1 and 3, in which jurisdiction is delegated to the USMS Rules, Long Distance, or Championship Committees.
 - .4 Affirm, vacate, modify, stay, or reverse any decision or order properly submitted for review, or remand the matter for further action.
 - .5 Investigate any election impropriety or cause for removal of a national committee member or national officer and take corrective action.
 - .6 Issue such interim orders as may be necessary pending a final decision of any entity granted jurisdiction.
 - .7 Review any exercise of powers by a USMS committee.
 - .8 Require the production of any available evidence bearing on an alleged violation.
 - .9 Transcribe all testimony in any hearing.
 - .10 Assess costs and fees of the investigation of a reported violation against the losing party.
- 402.2. DELEGATION OF JURISDICTION**
- .1 Any matter within the purview of articles 401 and 402 shall be delegated to an appropriate entity within the LMSC in which the alleged violation occurred, unless, in the judgment of the Executive Committee, the interests of USMS will be otherwise better served.
 - .2 If a matter is delegated pursuant to article 402.2.1, the entity to which jurisdiction is delegated shall comply with the procedures and requirements outlined in article 403.

**ARTICLE 403:
INVESTIGATIONS AND HEARINGS**

403.1. REPORTING—Any individual or his/her estate (hereinafter, “grievant”) who alleges that a violation of his/her rights (including, but not limited to, those rights enumerated in article 401 or any of the matters enumerated in article 402) has occurred, or is about to occur, as a result of actions taken by any person or organization affiliated with USMS, shall notify the chairman of the LMSC in which the violation occurred. The LMSC shall use whatever means deemed appropriate to resolve the matter. If all attempts to resolve the problem by the LMSC have failed, the grievant may then file a written report of the alleged violation with the executive secretary. Any such report shall include the following:

- .1 A citation of which article(s) have been or will be violated;
- .2 A concise statement describing the alleged violation and any details pertinent to understanding the circumstances of said violation;
- .3 Any documents and/or names, addresses, and phone numbers of any witnesses, as well as the substance of what they will say and prove, which would verify the violation and the circumstances described; and
- .4 Documentation of any correspondence between the grievant and the LMSC concerning the alleged violation.

403.2. NOTIFICATION OF VIOLATION—Within 7 calendar days of receipt of a report of violation, the executive secretary shall notify the USMS president, or the president’s designee, that a violation has been reported. Within 7 calendar days of the notification, the individual or organization charged (hereinafter, “the respondent”) shall be notified by certified mail, return receipt requested, of the specific charges that have been made, including citations to any applicable sections of the rule book.

403.3. DISMISSAL—At any time after notification of violation the grievant may notify the executive secretary and the respondent that the grievant seeks to dismiss the allegation of violation. The executive secretary shall then notify the Executive Committee and the investigative committee/officer that the charges have been dismissed.

403.4. RESPONSE TO VIOLATION—Upon receipt of the notification of violation, the respondent shall have 30 calendar days in which to submit a written response to the charges. Such response shall be deemed submitted when sent to the executive secretary by certified mail, return receipt requested, and shall include:

- .1 A concise statement describing the alleged violation, including any pertinent circumstances that were not included in the report of violation, and
- .2 Any documents and/or names, addresses, and phone numbers of any witnesses, as well as the substance of what they will say and prove, which would verify the appropriateness of the reported action.

403.5. ROLE OF THE EXECUTIVE COMMITTEE—Upon receipt of the response of violation, the executive secretary shall forward copies of both reports and all pertinent documentation to the members of the Executive Committee. The Executive Committee shall consider the reports and may take any action deemed necessary, as outlined in article 402, or, if deemed appropriate, the Executive Committee may resolve the dispute in one or more of the following manners:

- .1 The president, or other designated member of the Executive Committee, may attempt to mediate a solution to the dispute between the grievant and the respondent; and/or

- .2 Jurisdiction may be delegated to the zone representative and/or the chairman/executive officers of the LMSC in which the alleged violation occurred; and/or
- .3 An investigative officer or committee may be appointed to consider the reports and to take any action deemed necessary, as outlined in article 402. The investigative committee may consist of the zone representative of the LMSC in which the alleged violation occurred, one or more members of the Executive Committee, and/or one or more members of the House of Delegates. The legal counsel may be designated to serve in an advisory capacity to any such appointed committee/officer (hereinafter, "investigative committee/officer").
- .4 In all cases, the burden of proof rests on the grievant.

403.6. WRITTEN DECISION—The USMS secretary shall send to the grievant and the respondent by certified mail, return receipt requested, the written decision of the investigative committee/officer, including findings of fact and conclusions on which it has relied, within 10 calendar days after a decision has been reached. The decision shall be final and binding on all parties unless appealed pursuant to the procedures set forth in article 404.

403.7. PROCEDURES FOR FORMAL HEARING—If it is determined by the investigative committee/officer that the reports of violation and of the respondent contain insufficient information to render a fair judgment, a formal hearing may be scheduled. Whenever a hearing is scheduled, the following procedures shall be followed:

.1 Notification of Hearing—The investigative committee/officer shall send a written notification of hearing by certified mail, return receipt requested, to the grievant and to the respondent. The notification shall contain:

- A The date, time, and location at which a hearing shall be held, with the request that the respondent and the grievant appear before the investigative committee/officer. The date of the hearing shall be not less than 30 calendar days nor more than 60 calendar days after the mailing of the notice of hearing.
- B The judgment that may be imposed if such charges are proven.
- C The right of the parties to choose to be represented by counsel at the hearing at their own expense.
- D Notification that the proceedings and testimony at the hearing may be transcribed.
- E Notice that the losing party may be assessed fees and costs of the hearing.

.2 Conduct of Hearing

- A No later than 30 calendar days before that hearing, the investigative committee/officer shall send by certified mail, return receipt requested, to both the respondent and the grievant, copies of all materials that have been gathered and reviewed in connection with the complaint. These materials shall include a copy of any written reports that have been prepared in relation to the complaint and shall outline the issues on which the parties should present evidence at the hearing.
- B At the hearing, the grievant and the respondent shall have the opportunity to present documents, testimony, or other evidence that they want the investigative committee/officer to consider in its review of the complaint. Before the hearing concludes, the grievant and the respondent shall have an opportunity to answer any questions that the investigative committee/officer has and to make a formal statement regarding the complaint.

.3 Decision of the Investigative Committee/Officer—The USMS secretary shall send to the grievant and the respondent by certified mail, return receipt requested,

the written decision of the investigative committee/officer, including findings of fact and conclusions on which it has relied, within 10 calendar days of the conclusion of the hearing. The decision shall be final and binding on all parties unless appealed pursuant to the procedures set forth in article 404.

ARTICLE 404:

APPEAL

- 404.1. APPEALS BOARD**—The president shall appoint three members of the Board of Directors to constitute an appeals board to carry out the appellate duties set forth in article 404.
- 404.2. FINAL APPEAL**—An appeal may be made if the grievant or the respondent disputes the judgment of the investigative committee/officer. Any judgment made in accordance with articles 402 or 403 may be appealed only to the appeals board.
- 404.3. DEADLINE FOR FILING AN APPEAL**—An appeal to the appeals board shall be timely filed when mailed to the executive secretary within 30 calendar days of the date on which the written decision was sent, and shall be accompanied by a \$50 filing fee, payable to USMS.
- 404.4. APPELLATE PROCESS**—The appeals board shall consider the appeal. The appeals board shall consider only the evidence presented to the investigative officer/committee that issued the written decision. The appeals board may modify, reverse, or remand the decision of the investigative committee/officer.
- 404.5. WRITTEN DECISION**—The USMS secretary shall send to the grievant and the respondent by certified mail, return receipt requested, the written decision of the appeals board, including findings of fact and conclusions on which it has relied, within 10 calendar days of the conclusion of its deliberations.

ARTICLE 405:

DOCUMENTATION

- 405.1.** The executive secretary shall maintain a permanent file of all physical evidence and written decisions pertaining to any matter that is reviewed by the Executive Committee or its designee, pursuant to Part 4.

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

ARTICLE 501:
MEMBERSHIP

- 501.1. MEMBERSHIP CATEGORIES**—The membership of United States Masters Swimming, Inc., hereinafter sometimes referred to as the corporation, shall consist of:
- .1 Club members, which are swimming clubs for Masters swimmers. Every swimming club that 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 that is interested in swimming on either the national or local level. The House of Delegates may establish classes for such membership.
- 501.2. MANDATORY MEMBERSHIPS**—All members of the House of Delegates and Board of Directors and all members of any committee of the corporation shall 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 that 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 LMSC shall forward to the USMS national office the minutes of the annual meeting and annual financial reports within 4 months of the end of the LMSC's fiscal year.

ARTICLE 503:
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 past presidents.
- .4 All members of the Zone Committee.
- .5 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.
- .6 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.
- .7 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 and expend the monies of the corporation.
- .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 3 weeks prior to the meeting date.
- .4 Each member of the House of Delegates shall have one vote on each matter submitted to the House of Delegates of the corporation for 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, a treasurer, and a zone chairman. 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, except for the zone chairman, who shall be elected in even-numbered years. Elected officers shall hold office for 2 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 2 years following the term 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 that document the income and disbursement of the corporation's funds.
 - F Submit all financial records to the Internal Audit Committee annually within 5 months following the end of the corporation's fiscal year.
- .5 The zone chairman shall:
 - A Conduct all meetings of the Zone Committee.
 - B Carry out all responsibilities as assigned by the House of Delegates, the president, the USMS Code of Regulations, and the stated needs of the LMSCs.

**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, the treasurer, and the zone chairman.
 - .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 2-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**—The president shall appoint the chairman of each committee. Whenever possible, each committee shall have representation from each zone. Unless otherwise noted, the president, with the concurrence of the committee chairman, shall choose other members necessary to carry out the duties of the committee.
- .1 Championship Committee**—The Championship Committee shall include one member from each zone, and at least two members without experience in the direction of national championship meets. Duties of the committee include receiving bid proposals, reviewing bids, making recommendations to the House of Delegates for national championship meets, and coordinating the date and site with other swimming championships. The Championship Committee shall serve in an advisory capacity to national championship hosts.
 - .2 Coaches Committee**—The Coaches Committee shall promote Masters Swimming from an organizational standpoint in the conduct of Masters Swimming workouts and by providing leadership and personnel for approved programs and projects at national championship meets. 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 Computer Online Committee**—The Computer Online Committee shall represent the interests of USMS on the Internet by maintaining the official USMS Web site. The committee shall interact with all other standing committees and with all LMSCs to develop new content for the Web site that promotes the healthy lifestyle of Masters Swimming, highlights the benefits of membership in USMS, and provides ongoing feedback to the membership regarding the various programs offered by USMS. Members of the committee shall include one representative from each of the other standing committees where possible to ensure that the needs of all committees are being met.
 - .4 Convention Committee**—The Convention Committee shall coordinate with USAS in the preparation of each year's national convention and carry out the operational needs of the House of Delegates and its committees at convention.
 - .5 Finance Committee**—The Finance Committee shall consist of nine members from the House of Delegates, 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.
 - 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.
 - .6 Fitness Committee**—The Fitness Committee shall study and develop fitness swimming activities for the general membership at the national level, and encour-

age such activities at the local level. The committee shall educate adults on the fitness benefits of swimming.

- .7 **Insurance Committee**—The Insurance Committee shall study and review the insurance needs of USMS and shall recommend policies, procedures, and appropriate insurance coverage for USMS, its participants, and its programs.
- .8 **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 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.
- .9 **International Committee**—The International Committee shall encourage, promote, and coordinate Masters Swimming on an international basis, and shall be empowered to bid for international championship meets.
- .10 **Legislation Committee**—The Legislation Committee shall consist of members of the House of Delegates, with two 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 in accordance with the provisions of Part 6—Amendment Procedures.
- .11 **Long Distance Committee**—The Long Distance Committee shall consist of twelve members from the House of Delegates, with at least one member from each zone. The chairman shall be the USMS liaison to the USS Long Distance Committee. The Long Distance Committee may initiate and shall consider proposed amendments in accordance with the provisions of Part 6—Amendment Procedures.
- .12 **Marketing/Publications Committee**—The Marketing/Publications Committee shall define the marketing and communications goals and objectives that are supportive of the purpose and philosophy of Masters Swimming, and shall execute the activities and produce materials necessary to accomplish these goals and objectives.
- .13 **Officials Committee**—The Officials Committee shall consist of the chairman appointed by the president for a 2-year term, one member from each zone whenever possible, and any other members the president shall deem necessary to perform the work of the committee. The duties of the Officials Committee shall be to develop policies and procedures that further the goal of having all USMS sanc-

tioned events officiated by competent officials on a uniform basis throughout the country, applying all USMS rules, at all levels, for all ages, at all meets.

- .14 **Planning Committee**—The Planning Committee shall consist of at least one member from each zone; the committee as a whole shall 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 that affect USMS programs. The committee shall conduct periodic reviews of the organizational structure and shall suggest changes designed to enhance communications, efficiency, and productivity.
- .15 **Records and Tabulation Committee**—The Records and Tabulation Committee shall 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.
- .16 **Registration Committee**—The Registration Committee shall include one member from each zone and one member-at-large. Duties of the committee shall include preparing regulations, soliciting and evaluating bids for the position of national registrar in even-numbered years, and presenting the most qualified bid or bids for approval to the House of Delegates.
- .17 **Rule Book Committee**—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.
- .18 **Rules Committee**—The Rules Committee shall include two members of the House of Delegates from each zone. The Rules Committee may initiate and shall consider proposed amendments in accordance with the provisions of Part 6—Amendment Procedures.
- .19 **Safety Education Committee**—The Safety Education Committee shall study, develop, recommend, and implement safety education programs for swimmers, coaches, and volunteers in Masters Swimming, and coordinate and communicate with other committees as necessary regarding safety issues.
- .20 **Sports Medicine Committee**—The Sports Medicine Committee shall research, advise, and educate USMS and its members on subjects related to sports medicine. The committee shall also stimulate and encourage research in the health benefits, medical problems, physiology, and psychology of Masters Swimming.
- .21 **Zone Committee**—The Zone Committee shall consist of a representative from each zone elected by the delegates from each LMSC within each zone. Zone representatives shall be elected at the annual meeting of the House of Delegates for 2-year terms. Zone representatives shall be residents of their zones, and a change of residency out of the zone shall cause a vacancy. The president shall appoint a member of the zone to fill the unexpired term. 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 needs of the LMSCs.

The Zone Committee shall act as the Nominating Committee. The committee shall canvass qualified and interested persons and present one or more candidates for each office at least 1 month before the annual meeting in which elections are held. Additional candidates may be nominated at the annual meeting by two delegates to the House of Delegates, provided the nominee(s) gives written consent.

- 506.3. **AD HOC COMMITTEES**—The president may establish other committees on an ad hoc basis that are deemed necessary to carry out the duties of the president. Each committee shall meet annually in conjunction with the annual meeting of the House of Delegates, if requested by the committee 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 1-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 5 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 2 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 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 6: AMENDMENT PROCEDURES

ARTICLE 601: AMENDMENTS

601.1. COMMITTEE JURISDICTION

- .1 **Rules**—Proposed changes to the rules for competition (Part 1) 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 3) 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 2, Part 4, Part 5, Part 6, 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 1 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting, if submitted to and recommended by the Rules Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT recommended by the Rules Committee.
- .2 **Long Distance**—In even-numbered years, Part 3 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if submitted to and recommended by the Long Distance Committee, or by a

two-thirds vote of the House of Delegates members present and voting if submitted to and NOT recommended by the Long Distance Committee.

- .3 **Legislation**—In odd-numbered years, the Preamble, Goals and Objectives, Glossary, Part 2, Part 4, Part 5, Part 6, 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 recommended by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT recommended by the Legislation Committee.
- .4 **Emergency Amendments**—Emergency amendments (amendments not submitted in conformity with articles 601.1.4, 601.4.2, and 601.4.3) may be passed by a nine-tenths vote of the House of Delegates members present and voting if they are properly submitted to, deemed an emergency by, and recommended by the appropriate governing committee as defined in article 601.1.
- .5 **USS Amendments That 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. Votes to reject shall not be considered emergency amendments (this action shall take effect immediately).
 - 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 1 shall automatically be adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

601.5 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
Rules (Part 1 and Glossary)		
If recommended by committee	Majority	*
If NOT recommended by committee	2/3	
Long Distance (Part 3 and Glossary)		
If recommended by committee	Majority	*
If NOT recommended by committee	2/3	
Legislation (Preamble, Goals and Objectives, Glossary, Part 2, Part 4, Part 5, Part 6, and Appendix D)		
If recommended by committee	*	Majority
If NOT recommended by committee		2/3
*Emergency Amendments: by a 9/10 vote ONLY if properly submitted to, deemed an emergency by, and recommended by the appropriate committee.		

APPENDIX A

RECORDS

Category	Current as of
USMS Short Course Yards	May 31, 1997
USMS Short Course Meters	November 1, 1997
USMS Long Course Meters	September 15, 1997
World Short Course Meters	November 1, 1997
World Long Course Meters	November 1, 1997
USMS Long Distance	November 1, 1997

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; (d) the application for the world record was not submitted within 60 days of the date of the performance; or (e) the method of calculating age differs between FINA and USMS.

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

“Pool” Records
Pieter Cath
Records/Tabulation Committee
35400 Bainbridge Rd.
Solon, OH 44139-3029

Long Distance Records
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	J Raab	1994	27.44		S Scott	1996	27.92	
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	T Birnie	1995	2:14.39		K Walters	1996	2:13.43	
400/500 free	E Mortensen	1994	4:56.93	L Dial	1992	4:43.50		K Walters	1996	4:36.94	
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	T Birnie	1995	1:08.94		D Braciak	1987	1:06.09	
200 back	S Burt	1993	2:06.90	N Wunderlich	1995	2:22.61		M Donahue	1992	2:26.62	
50 breast	S Mortenson	1993	30.25	B Kaszuba	1995	32.09		E Nelson	1995	33.66	
100 breast	S Mortenson	1993	1:06.74	B Kaszuba	1995	1:08.89		E Nelson	1995	1:13.62	
200 breast	A Tweedy	1987	2:25.40	L Keogh	1993	2:44.74		L Keogh	1993	2:51.20	
50 fly	J Raab	1995	26.20	J Raab	1994	28.84		K Shibuya	1995	30.00	
100 fly	S Miller	1991	57.39	J Raab	1994	1:05.38		B Castillo	1988	1:06.05	
200 fly	K Haag	1997	2:10.49	C Campbell	1995	2:32.94		B Castillo	1988	2:22.59	
100 IM	S Miller	1991	59.21	B Kaszuba	1995	1:05.34					
200 IM	S Miller	1991	2:08.74	N Wunderlich	1995	2:30.37		M Donahue	1992	2:29.90	
400 IM	C Martinez	1997	4:38.94	N Wunderlich	1995	5:12.14		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	23.20	D Burrell	1996	26.64	26.64	S Shand	1991	26.68	26.68
100 free	S Shand	1993	51.07	S Taormina	1996	56.30	56.30	S Taormina	1995	57.76	58.23
200 free	S Shand	1993	1:51.53	S Taormina	1996	1:59.78	1:59.78	S Taormina	1995	2:02.06	2:07.11
400/500 free	S Taormina	1996	4:49.88	S Taormina	1996	4:24.18	4:24.18	S Taormina	1995	4:13.03	4:27.53
800/1000 free	L Hazen	1994	10:12.34	S Taormina	1996	8:51.18	8:51.18	S Shand	1989	9:18.43	9:17.09
1500/1650 free	K Burton	1991	16:50.17	S Taormina	1996	16:36.07	16:36.07	S Taormina	1995	17:27.96	17:38.78
50 back	D Graner	1989	26.76	D Graner	1989	30.63	30.63	D Graner	1989	30.80	30.80
100 back	D Graner	1991	56.70	D Graner	1989	1:04.66	1:04.66	D Graner	1989	1:07.32	1:06.46
200 back	D Graner	1991	2:01.29	D Graner	1989	2:20.66	2:17.86	D Graner	1989	2:19.97	2:19.97
50 breast	K King-Bednar	1996	29.78	T Mirande	1995	32.20	33.60	R Seaman	1987	34.36	32.01
100 breast	K King-Bednar	1996	1:05.88	T McFarlane	1991	1:14.82	1:13.60	S McIntyre-Woods	1991	1:16.60	1:15.31
200 breast	L Keogh	1994	2:23.59	L Keogh	1994	2:40.90	2:40.90	L Keogh	1995	2:48.61	2:42.02
50 fly	L Lanini	1987	25.68	S Taormina	1996	28.68	28.68	R Seaman	1987	28.79	28.79
100 fly	D Graner	1991	57.01	S Taormina	1996	1:01.33	1:01.33	S Taormina	1995	1:03.67	1:03.91
200 fly	J Ford	1987	2:03.38	K Burton	1991	2:28.67	2:17.13	S Taormina	1995	2:17.51	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	2:23.47	S Shand	1989	2:25.45	2:22.00
400 IM	S Shand	1991	4:28.40	L Welting	1995	5:12.72	5:04.56	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	K Pipes-Neilsen	1996	1:51.99	K Pipes-Neilsen	1996	2:04.64	2:04.64	K Pipes-Neilsen	1996	2:06.80	2:07.84
400/500 free	K Pipes-Neilsen	1996	4:59.08	K Pipes-Neilsen	1996	4:22.70	4:22.70	K Pipes-Neilsen	1996	4:28.76	4:28.76
800/1000 free	K Pipes-Neilsen	1997	10:20.08	K Pipes-Neilsen	1996	9:08.34	9:08.34	S Porter	1994	9:19.96	9:16.82
1500/1650 free	K Burton	1993	17:13.99	K Burton	1994	0:0120787	17:23.60	K Burton	1996	17:38.70	17:38.70
50 back	D Graner-Gallas	1997	27.14	D Gallas	1996	30.14	30.14	D Graner Gallas	1996	30.94	30.94
100 back	K Pipes-Neilsen	1996	57.13	K Pipes-Neilsen	1996	1:03.36	1:03.96	D Graner Gallas	1996	1:05.42	1:05.42
200 back	K Pipes-Neilsen	1996	1:59.93	K Pipes-Neilsen	1996	2:13.51	2:16.62	K Pipes-Neilsen	1996	2:17.73	2:18.98
50 breast	R Seaman	1989	29.84	K Pipes-Neilsen	1996	34.71	33.13	L Bennett	1988	35.90	34.56
100 breast	R Seaman	1989	1:05.05	K Pipes-Neilsen	1996	1:15.85	1:11.81	B Scheimann	1993	1:18.80	1:14.52
200 breast	K Pipes-Neilsen	1997	2:27.82	K Pipes-Neilsen	1996	2:46.47	2:40.51	K Melick	1987	2:53.08	2:46.81
50 fly	R Seaman	1989	25.62	D Graner Gallas	1996	29.20	29.20	T Moll	1997	29.07	29.07
100 fly	R Seaman	1989	55.68	K Pipes-Neilsen	1996	1:03.80	1:03.80	K Pipes-Neilsen	1996	1:04.43	1:04.80
200 fly	K Pipes-Neilsen	1996	2:03.46	K Pipes-Neilsen	1996	2:19.64	2:19.64	K Pipes-Neilsen	1996	2:20.12	2:20.12
100 IM	R Seaman	1989	58.78	K Pipes-Neilsen	1995	1:05.16	1:05.16				
200 IM	K Pipes-Neilsen	1996	2:04.30	K Pipes-Neilsen	1996	2:18.79	2:20.90	K Pipes-Neilsen	1996	2:23.12	2:25.68
400 IM	K Pipes	1995	4:25.68	K Pipes-Neilsen	1996	4:53.85	4:53.85	K Pipes-Neilsen	1996	5:03.97	5:05.05
WOMEN 35-39	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Neilson-Bell	1996	23.53	S Neilson-Bell	1995	26.13	26.13	S Neilson-Bell	1996	26.68	26.89
100 free	S Neilson-Bell	1995	51.54	S Neilson-Bell	1994	57.71	57.71	S Neilson-Bell	1995	58.87	58.94
200 free	K Pipes-Neilsen	1997	1:51.55	S Neilson-Bell	1995	2:07.58	2:07.58	K Pipes-Neilsen	1997	2:06.94	2:06.94
400/500 free	K Pipes-Neilsen	1997	4:56.09	B Knight	1994	4:33.17	4:31.98	K Pipes-Neilsen	1997	4:26.17	4:26.17
800/1000 free	K Pipes-Neilsen	1997	10:29.62	B Knight	1994	9:24.81	9:21.94	K Pipes-Neilsen	1997	9:16.20	9:16.20
1500/1650 free	K Pipes-Neilsen	1997	17:13.99	B Knight	1994	17:43.10	17:43.10	B Knight	1994	17:59.12	17:59.12
50 back	K Pipes-Neilsen	1997	27.02	L Val	1991	32.50	32.50	K Pipes-Neilsen	1997	31.83	31.83
100 back	K Pipes-Neilsen	1997	57.41	L Val	1991	1:12.14	1:05.93	K Pipes-Neilsen	1997	1:05.41	1:06.88
200 back	K Pipes-Neilsen	1997	2:03.37	K Branch	1994	2:31.78	2:29.93	K Pipes-Neilsen	1997	2:18.20	2:18.20
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 Pipes-Neilsen	1997	2:26.85	L Osborne	1989	2:50.93	2:50.93	K Pipes-Neilsen	1997	2:52.25	2:50.66
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	56.90	M Velikonja	1993	1:07.28	1:07.28	K Pipes-Neilsen	1997	1:04.89	1:04.89
200 fly	K Pipes-Neilsen	1997	2:04.88	L Val	1991	2:28.96	2:28.96	K Pipes-Neilsen	1997	2:20.21	2:20.21
100 IM	K Pipes-Neilsen	1997	58.60	K Pipes-Neilsen	1997	1:06.57	1:06.57				
200 IM	K Pipes-Neilsen	1997	2:05.39	K Pipes-Neilsen	1997	2:23.15	2:23.15	K Pipes-Neilsen	1997	2:22.42	2:25.31
400 IM	K Pipes-Neilsen	1997	4:24.19	B Knight	1994	5:23.30	5:16.74	K Pipes-Neilsen	1997	5:07.21	5:07.21

WOMEN 40-44	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Neilson-Bell	1996	24.29	S	1996	26.66	27.74	S Neilson-Bell	1996	27.39	27.39
100 free	S Neilson-Bell	1996	52.72	S	1996	59.83	1:00.68	S Neilson-Bell	1996	1:00.63	1:00.63
200 free	L Val	1994	1:58.79	L Val	1995	2:14.14	2:14.14	L Val	1994	2:14.97	2:14.97
400/500 free	L Val	1994	5:23.35	L Val	1995	4:42.94	4:42.94	L Val	1994	4:48.82	4:48.82
800/1000 free	B Dunbar	1990	11:20.18	D Ogier	1996	10:03.82	10:03.82	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	1996	1:01.38	L Val	1995	1:10.45	1:10.45	L Val	1992	1:11.03	1:11.03
200 back	K Farnsworth	1996	2:17.23	L Val	1995	2:34.04	2:34.04	M Keever	1996	2:37.75	2:36.89
50 breast	L Bennett	1996	32.73	L Bennett	1996	37.21	36.22	A Wright-Belknap	1992	37.02	35.88
100 breast	D Munger	1992	1:11.73	J Tibma	1996	1:21.44	1:19.88	D Walker	1991	1:21.73	1:18.57
200 breast	G Benty	1993	2:37.37	G Benty	1992	2:54.12	2:53.85	G Benty	1993	2:59.24	2:56.17
50 fly	L Val	1993	26.46	L Val	1995	30.17	30.17	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	L Val	1995	2:32.59	2:32.59
100 IM	S Neilson-Bell	1997	1:02.91	L Val	1992	1:11.65	1:11.65				
200 IM	S Neilson-Bell	1996	2:17.08	L Val	1992	2:33.89	2:33.89	S Neilson-Bell	1996	2:38.18	2:38.18
400 IM	L Val	1996	4:55.16	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	L Val	1997	25.19	N Ridout	1989	30.05	28.11	L Val	1997	28.57	28.53
100 free	L Val	1997	54.64	N Fisher	1996	1:06.25	1:01.76	L Val	1997	1:02.78	1:02.42
200 free	L Val	1997	2:01.52	B Dunbar	1994	2:22.24	2:16.07	B Dunbar	1996	2:22.85	2:18.05
400/500 free	L Val	1997	5:31.40	B Dunbar	1994	4:56.49	4:56.49	L Val	1997	4:56.06	4:56.06
800/1000 free	B Dunbar	1994	11:32.82	B Dunbar	1996	10:09.82	10:09.82	B Dunbar	1995	10:20.34	10:20.34
1500/1650 free	B Dunbar	1994	19:12.36	B Dunbar	1996	19:14.97	19:14.97	B Dunbar	1994	19:28.34	19:28.34
50 back	L Val	1997	28.26	C McCloskey	1996	34.71	32.39	L Val	1997	32.93	32.93
100 back	L Val	1997	1:01.50	C McCloskey	1996	1:12.89	1:10.76	L Val	1997	1:12.70	1:12.70
200 back	C McCloskey	1997	2:19.10	C McCloskey	1997	2:36.79	2:37.35	C McCloskey	1995	2:42.60	2:42.60
50 breast	S Roy	1994	32.82	A Wright-Belknap	1996	38.12	37.54	S Roy	1994	36.97	36.97
100 breast	S Roy	1994	1:11.83	D Walker	1996	1:23.20	1:23.20	S Roy	1994	1:22.27	1:22.27
200 breast	S Roy	1994	2:38.38	G Pierson	1995	3:03.73	3:03.73	D Walker	1997	3:01.69	3:01.69
50 fly	L Val	1997	27.41	R Brittingham	1996	32.30	30.50	A Mueller	1987	30.74	30.74
100 fly	L Val	1997	1:00.37	B Dunbar	1994	1:12.53	1:07.80	L Val	1997	1:09.64	1:08.60
200 fly	L Val	1997	2:17.12	A Mueller	1987	2:37.88	2:37.88	B Dunbar	1994	2:38.78	2:38.78
100 IM	L Val	1997	1:03.83	A Mueller	1987	1:14.41	1:14.41				
200 IM	L Val	1997	2:21.19	A Mueller	1987	2:42.88	2:42.88	L Val	1997	2:40.95	2:40.28
400 IM	L Val	1997	5:03.75	B Dunbar	1995	5:50.45	5:50.45	L Val	1997	5:48.29	5:45.85

WOMEN 50-54	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	D Todd	1997	26.65	N Ridout	1992	30.48	30.30	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	1:07.34
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	C Boak	1996	11:07.78	11:07.78	A Mueller	1991	10:58.47	10:58.47
1500/1650 free	A Mueller	1992	20:08.79	C Boak	1995	21:22.26	21:22.26	A Mueller	1991	21:02.46	21:02.46
50 back	B Bennett	1994	32.66	B Jordan	1991	37.59	35.55	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	1:18.86
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	C Boak	1995	39.24	38.82	C Boak	1996	39.82	38.04
100 breast	G Pierson	1996	1:15.73	G Pierson	1996	1:25.80	1:25.73	J Leilich	1990	1:28.83	1:28.70
200 breast	G Pierson	1996	2:45.26	G Pierson	1996	3:08.06	3:06.63	C Boak	1995	3:15.41	3:11.56
50 fly	D Todd Taft	1994	28.64	D Todd	1994	33.85	33.85	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	A Mueller	1995	2:55.91	2:55.91	A Mueller	1991	2:49.53	2:49.53
100 IM	D Todd	1994	1:08.59	A Mueller	1991	1:18.05	1:17.98				
200 IM	A Mueller	1994	2:32.49	C Boak	1996	2:52.74	2:51.65	C Boak	1995	2:53.40	2:52.11
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	N Ridout	1997	27.76	A Mueller	1996	30.37	30.37	A Mueller	1997	30.83	30.83
100 free	J Bruner	1990	1:02.38	J Bruner	1989	1:11.63	1:11.18	A Mueller	1997	1:11.18	1:11.01
200 free	N Ridout	1997	2:21.27	A Mueller	1996	2:28.30	2:28.30	A Mueller	1997	2:34.88	2:34.88
400/500 free	L Stoinoff	1988	6:09.83	A Mueller	1996	5:15.91	5:15.91	A Mueller	1997	5:25.59	5:25.59
800/1000 free	L Stoinoff	1988	12:45.02	L Stoinoff	1989	11:29.99	11:24.24	A Mueller	1997	11:15.07	11:15.07
1500/1650 free	L Stoinoff	1989	21:22.63	L Stoinoff	1989	21:35.84	21:35.84	A Mueller	1997	21:09.91	21:09.91
50 back	B Jordan	1993	32.97	B Jordan	1992	37.92	35.88	B Jordan	1992	37.30	36.77
100 back	B Jordan	1992	1:11.11	B Jordan	1992	1:21.90	1:19.61	B Jordan	1992	1:21.42	1:19.65
200 back	B Jordan	1992	2:34.80	B Jordan	1992	3:00.66	3:00.66	B Jordan	1992	2:59.18	2:56.13
50 breast	J Bruner	1991	35.16	J Bruner	1991	40.69	40.02	J Bruner	1991	39.91	39.54
100 breast	J Bruner	1991	1:18.52	J Leilich	1994	1:29.88	1:28.13	J Bruner	1992	1:29.88	1:29.53
200 breast	J Leilich	1997	2:55.48	J Leilich	1997	3:14.71	3:10.39	J Leilich	1994	3:19.93	3:15.19
50 fly	G Roper	1985	31.76	A Mueller	1996	34.33	34.33	G Roper	1985	35.29	35.29
100 fly	N Ridout	1997	1:13.27	A Mueller	1996	1:21.52	1:21.52	A Mueller	1997	1:21.91	1:21.91
200 fly	G Roper	1986	2:51.18	A Mueller	1996	2:55.05	2:55.05	G Roper	1985	3:19.84	3:17.68
100 IM	J Bruner	1992	1:12.56	J Bruner	1989	1:24.19	1:21.25				
200 IM	B Jordan	1992	2:44.30	B Jordan	1992	3:05.53	2:57.53	J Bruner	1992	3:06.11	2:59.15
400 IM	N Brown	1991	5:54.24	B Jordan	1992	6:39.90	6:32.89	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	J Bruner	1995	28.79	J Bruner	1995	33.07	33.07	J Bruner	1995	32.77	33.11
100 free	J Bruner	1997	1:04.87	J Bruner	1996	1:13.50	1:13.50	J Bruner	1994	1:14.69	1:14.25
200 free	L Stoinoff	1995	2:25.85	L Stoinoff	1993	2:39.92	2:39.93	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	L Stoinoff	1994	22:54.51	22:54.51	L Stoinoff	1995	22:50.81	22:50.81
50 back	B Jordan	1997	34.70	B Jordan	1997	38.74	38.74	B Jordan	1997	38.76	38.76
100 back	B Jordan	1997	1:15.64	B Jordan	1997	1:24.16	1:24.16	B Jordan	1997	1:24.45	1:24.45
200 back	B Jordan	1997	2:42.86	B Jordan	1997	3:05.27	3:10.79	B Jordan	1997	3:06.23	3:06.23
50 breast	J Bruner	1996	36.88	J Bruner	1996	41.74	41.74	J Bruner	1996	42.48	42.48
100 breast	J Bruner	1996	1:23.27	J Bruner	1996	1:34.63	1:32.12	J Bruner	1996	1:34.12	1:34.12
200 breast	J Bruner	1996	3:03.44	L Stoinoff	1995	3:33.06	3:19.67	J Bruner	1996	3:34.21	3:24.38
50 fly	J Bruner	1995	33.07	J Bruner	1995	38.30	38.03	J Bruner	1994	38.10	38.10
100 fly	J Bruner	1996	1:18.64	J Bruner	1995	1:32.19	1:29.15	J Bruner	1996	1:31.34	1:30.17
200 fly	N Brown	1996	3:06.99	J Krauser	1990	3:32.29	3:17.00	G Roper	1990	3:32.87	3:26.76
100 IM	J Bruner	1997	1:16.66	J Bruner	1996	1:26.42	1:26.42				
200 IM	J Bruner	1997	2:50.10	C Walker	1990	3:14.28	3:11.59	B Jordan	1997	3:15.48	3:15.30
400 IM	B Jordan	1997	6:12.27	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	G Roper	1997	30.45	G Roper	1996	34.17	34.17	G Roper	1996	34.17	34.17
100 free	G Roper	1996	1:08.78	G Roper	1996	1:16.26	1:16.26	C Walker	1992	1:16.84	1:15.29
200 free	G Roper	1996	2:34.79	G Roper	1996	2:54.15	2:51.30	C Walker	1992	2:48.51	2:48.51
400/500 free	C Walker	1992	6:49.80	C Walker	1992	6:13.42	6:00.99	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	G Roper	1995	46.57	44.61	C Walker	1993	46.07	43.42
100 breast	C Walker	1993	1:29.00	G Roper	1995	1:41.41	1:41.41	C Walker	1991	1:42.84	1:42.04
200 breast	C Walker	1993	3:15.96	G Roper	1995	3:41.93	3:38.61	A Hirsch	1996	3:46.00	3:45.71
50 fly	G Roper	1996	34.45	G Roper	1995	38.44	38.44	G Roper	1996	39.18	39.18
100 fly	G Roper	1996	1:23.49	G Roper	1995	1:33.10	1:33.10	G Roper	1996	1:36.68	1:36.68
200 fly	J Krauser	1994	3:11.22	J Krauser	1995	3:32.93	3:32.93	J Krauser	1994	3:36.25	3:36.25
100 IM	G Roper	1996	1:19.21	G Roper	1996	1:28.95	1:28.95				
200 IM	C Walker	1992	2:54.51	C Walker	1991	3:18.77	3:18.77	C Walker	1991	3:19.01	3:20.26
400 IM	C Walker	1993	6:24.09	G Roper	1996	7:07.69	7:07.69	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	C Walker	1997	33.26	F Carr	1995	38.36	36.32	C Walker	1996	36.13	36.13
100 free	C Walker	1997	1:15.16	J Krauser	1996	1:26.55	1:20.77	C Walker	1996	1:21.57	1:21.57
200 free	C Walker	1997	2:45.76	J Krauser	1996	3:07.16	3:02.11	C Walker	1996	3:04.56	3:04.56
400/500 free	J Krauser	1997	7:24.26	J Krauser	1996	6:28.81	6:28.81	C Walker	1996	6:33.15	6:33.15
800/1000 free	J Krauser	1997	15:14.47	J Krauser	1996	13:07.28	13:07.28	J Krauser	1996	13:15.45	13:15.45
1500/1650 free	J Krauser	1997	25:23.82	J Krauser	1996	24:57.85	24:57.85	C Walker	1996	25:40.43	25:11.23
50 back	D Steadman	1995	38.00	D Steadman	1995	42.58	42.58	D Steadman	1996	42.29	42.29
100 back	D Steadman	1995	1:24.70	D Steadman	1995	1:35.66	1:35.66	D Steadman	1995	1:35.11	1:35.11
200 back	D Steadman	1995	3:10.78	D Steadman	1995	3:27.79	3:27.79	D Steadman	1995	3:28.69	3:28.69
50 breast	B Christian	1993	43.90	G Zint	1987	50.95	49.15	B Christian	1992	50.08	49.47
100 breast	B Christian	1992	1:39.18	J Krauser	1996	1:49.64	1:49.64	B Christian	1992	1:52.88	1:50.09
200 breast	J Krauser	1997	3:35.57	J Krauser	1996	3:55.99	3:55.30	J Krauser	1996	4:04.39	4:03.16
50 fly	J Krauser	1997	39.91	J Krauser	1996	45.17	44.49	J Krauser	1997	44.11	43.62
100 fly	J Krauser	1997	1:29.07	J Krauser	1996	1:40.20	1:40.20	J Krauser	1996	1:40.85	1:40.85
200 fly	J Krauser	1997	3:16.51	J Krauser	1996	3:38.39	3:38.39	J Krauser	1996	3:39.91	3:39.91
100 IM	J Krauser	1997	1:29.22	J Krauser	1996	1:38.73	1:38.73				
200 IM	J Krauser	1996	3:09.25	J Krauser	1996	3:31.93	3:31.93	J Krauser	1996	3:35.13	3:33.75
400 IM	J Krauser	1997	6:42.23	J Krauser	1996	7:24.32	7:24.32	J Krauser	1996	7:30.91	7:30.91
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	42.50	39.73	B Christian	1997	41.78	38.22
100 free	L Wingard	1986	1:21.57	R Simonton	1993	1:38.34	1:37.68	L Donovan	1993	1:38.28	1:30.42
200 free	L Wingard	1987	3:05.04	R Simonton	1993	3:33.90	3:33.40	R Simonton	1993	3:37.64	3:19.07
400/500 free	R Simonton	1993	8:22.65	R Simonton	1993	7:23.29	7:23.29	R Simonton	1993	7:38.77	7:18.50
800/1000 free	R Simonton	1994	17:30.22	R Simonton	1993	15:28.60	15:28.60	R Simonton	1993	15:41.45	14:32.25
1500/1650 free	R Simonton	1995	29:40.16	R Simonton	1993	29:30.20	29:30.20	R Simonton	1993	29:45.90	29:45.90
50 back	B Cederlund	1997	42.92	M Wicklun	1989	52.11	48.06	B Cederlund	1997	46.98	46.64
100 back	B Cederlund	1997	1:39.96	A Walker	1991	1:53.00	1:48.13	B Cederlund	1997	1:46.70	1:46.70
200 back	D Silva	1997	3:40.27	M Wicklun	1989	4:01.89	4:00.43	B Cederlund	1997	4:00.78	3:57.14
50 breast	G Zint	1993	48.53	G Zint	1993	53.94	53.28	B Christian	1997	54.48	52.06
100 breast	G Zint	1993	1:49.55	G Zint	1993	2:02.29	1:59.41	B Christian	1997	2:04.89	2:00.48
200 breast	R Simonton	1994	4:04.18	G Zint	1993	4:32.71	4:22.96	B Christian	1997	4:29.87	4:27.26
50 fly	G Zint	1993	47.97	D Silva	1997	55.27	52.18	G Zint	1993	55.38	53.84
100 fly	D Silva	1997	1:56.16	D Silva	1997	2:05.39	2:05.39	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	1:51.66				
200 IM	G Zint	1994	3:52.62	M Merlino	1988	4:17.89	4:12.37	M Merlino	1987	4:25.80	4:12.90
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 Sharpe	1997	41.32	A Etienne	1996	47.85	44.57	A Etienne	1997	46.63	41.31
100 free	M Sharpe	1997	1:31.90	M Wicklun	1994	1:52.20	1:48.30	M Sharpe	1997	1:43.45	1:39.30
200 free	M Sharpe	1997	3:22.99	J Durston	1994	4:07.41	4:07.41	M Sharpe	1997	3:48.50	3:44.00
400/500 free	M Sharpe	1997	8:58.40	J Durston	1994	8:39.15	8:39.15	M Sharpe	1997	7:56.31	7:56.31
800/1000 free	M Sharpe	1997	18:40.62	M Sharpe	1997	16:18.58	17:51.63	M Sharpe	1997	16:39.04	16:39.04
1500/1650 free	M Sharpe	1997	31:07.16	M Sharpe	1997	30:59.09	34:13.00	M Sharpe	1997	32:09.15	32:09.15
50 back	M Wicklun	1994	50.64	M Wicklun	1996	58.68	55.58	M Sharpe	1997	53.84	53.73
100 back	M Sharpe	1997	1:49.26	M Wicklun	1994	2:08.12	2:03.47	M Sharpe	1997	2:02.15	2:01.87
200 back	M Wicklun	1994	3:51.12	M Wicklun	1994	4:35.38	4:35.63	M Sharpe	1997	4:30.48	4:22.89
50 breast	S Joy	1997	57.72	K Schimpf	1997	1:04.37	1:04.37	M Merlino	1992	1:05.10	59.60
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	J Durston	1996	4:42.55	M Merlino	1992	5:00.63	4:54.39	M Merlino	1992	5:07.83	5:01.36
50 fly	M Lenk	1995	56.60	J Durston	1994	1:03.26	1:02.58	M Lenk Zigler	1995	1:03.66	1:01.41
100 fly	J Durston	1995	2:11.60	J Durston	1994	2:28.34	2:28.34	J Durston	1994	2:27.91	2:27.91
200 fly	J Durston	1995	4:40.17	M Merlino	1992	5:22.65	5:22.65	J Durston	1994	5:24.52	5:24.52
100 IM	M Lenk	1995	1:53.57	M Merlino	1992	2:07.52	2:06.91				
200 IM	M Lenk	1995	4:14.08	J Durston	1995	4:45.32	4:40.77	M Lenk Zigler	1995	4:41.09	4:41.09
400 IM	J Durston	1995	8:59.27	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	J Dolce	1995	45.72	J Dolce	1995	51.99	49.84	J Dolce	1994	50.93	49.84
100 free	J Dolce	1995	1:45.80	J Dolce	1995	2:05.74	2:05.74	J Dolce	1995	2:00.68	2:00.66
200 free	J Dolce	1995	4:08.61	J Dolce	1995	4:52.37	4:52.37	M Merlino	1997	4:44.30	4:26.52
400/500 free	J Dolce	1995	11:24.79	J Dolce	1995	10:19.41	10:19.41	M Merlino	1997	9:52.14	9:31.21
800/1000 free	J Dolce	1995	24:04.52	J Dolce	1995	22:22.74	22:22.74	M Merlino	1997	20:11.43	20:11.43
1500/1650 free	J Dolce	1997	45:53.55	J Dolce	1995	42:10.95	42:10.95	M Merlino	1997	38:20.39	38:20.39
50 back	A Soule	1991	49.59	J Cooke	1996	1:12.75	1:12.50	A Soule	1991	58.42	58.42
100 back	A Soule	1991	1:55.84	J Cooke	1996	2:45.89	2:40.38	A Soule	1991	2:13.13	2:13.13
200 back	A Soule	1991	4:09.33	J Cooke	1996	5:53.58	5:23.00	A Soule	1991	4:47.82	4:47.82
50 breast	M Gogniat	1996	1:04.39	M Gogniat	1995	1:09.77	1:12.62	M Gogniat	1996	1:09.85	1:09.85
100 breast	M Miller	1996	2:46.49	M Gogniat	1995	2:38.48	2:41.54	M Gogniat	1996	2:39.02	2:39.02
200 breast	K Pelton	1991	6:12.44	J Cooke	1996	6:53.42	6:53.42	M Merlino	1997	6:08.30	5:38.79
50 fly	E Peckham	1985	1:16.00	J Cooke	1996	1:24.22	1:24.22	M Merlino	1997	1:13.84	1:13.84
100 fly	E Peckham	1984	3:01.71	J Cooke	1996	3:20.81	3:20.81	M Merlino	1997	2:59.55	2:59.55
200 fly	K Pelton	1991	6:39.85	J Cooke	1996	7:12.95	7:12.95	K Pelton	1990	7:18.41	7:18.41
100 IM	J Cooke	1996	2:40.42	J Cooke	1995	2:12.85	2:37.74				
200 IM	J Cooke	1995	5:38.74	J Cooke	1995	6:10.88	9:49.36	M Merlino	1997	5:27.56	5:27.56
400 IM	J Cooke	1995	12:00.94	J Cooke	1996	13:24.08	13:48.08	M Merlino	1997	11:21.06	11:21.06

[illegible]

WOMEN 100-104	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free											5:10.84
100 free											
200 free											
400/500 free											
800/1000 free											
1500/1650 free											
50 back											
100 back											
200 back											
50 breast											
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

MEN 19-24	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	E Mauer	1994	20.25	E Wagner	1995	23.36		D Lawson	1995	24.03	
100 free	E Mauer	1994	45.11	E Wagner	1995	52.64		D Lawson	1995	52.88	
200 free	B Winsor	1996	1:41.34	B Winsor	1995	1:54.23		T Batis	1989	1:56.99	
400/500 free	B Winsor	1996	4:33.88	B Winsor	1995	4:03.45		B Winsor	1995	4:08.73	
800/1000 free	B Winsor	1996	9:29.54	B Winsor	1995	8:35.83		B Winsor	1995	8:47.65	
1500/1650 free	B Winsor	1996	16:20.39	J Poppell	1993	16:15.25		J Allen	1991	17:12.51	
50 back	J Thibault	1995	23.44	A Bartleson	1995	27.48		D Lawson	1995	27.43	
100 back	J Thibault	1995	50.58	A Bartleson	1995	1:00.28		D Lawson	1995	1:00.37	
200 back	J Keppeler	1992	1:50.28	S Mariniuk	1993	2:08.81		J Tristan	1997	2:13.60	
50 breast	B Crock	1996	26.14	A Bartleson	1995	29.76		J Amato	1987	30.10	
100 breast	T Radel	1997	57.68	T Radel	1996	1:05.52		J Surowiec	1988	1:06.61	
200 breast	T Radel	1996	2:06.35	T Radel	1996	2:22.78		T Radel	1996	2:29.18	
50 fly	E Riddle	1995	22.64	J Feltzer	1995	26.24		D Lawson	1995	25.71	
100 fly	B Bundy	1996	49.91	J Poppell	1993	57.54		B Budney	1995	57.10	
200 fly	S Reed	1993	1:51.04	J Poppell	1993	2:07.64		R Beville	1995	2:09.39	
100 IM	A Werth	1992	52.01	A Bartleson	1995	59.18					
200 IM	S Percy	1994	1:52.82	S Mariniuk	1993	2:08.88		G Mackern	1992	2:14.08	
400 IM	J Keppeler	1992	4:04.34	S Mariniuk	1993	4:28.54		G Mackern	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	Peel/Wagner	1996	22.48	22.48	K DeForrest	1983	22.59	22.59
100 free	R Peel	1991	44.39	B Zikarsky	1995	49.91	49.91	J Montgomery	1981	51.25	51.25
200 free	J Keppeler	1996	1:38.14	J Keppeler	1995	1:48.81	1:48.81	J Keppeler	1996	1:51.00	1:52.17
400/500 free	C Hobson	1994	4:30.25	R Mackle	1992	4:07.81	3:59.78	A Kostich	1997	4:03.63	4:03.63
800/1000 free	C Hobson	1994	9:26.67	J Nielson	1996	8:25.06	8:29.19	A Kostich	1997	8:24.67	8:24.67
1500/1650 free	B Patten	1990	15:46.91	R Mackle	1992	16:23.21	16:23.21	A Kostich	1997	16:13.89	16:13.89
50 back	M Kanner	1997	23.12	M Kanner	1995	26.00	25.43	R Hauck	1993	27.42	26.68
100 back	A Gill	1992	49.83	J Keppeler	1995	55.76	54.82	J Keppeler	1992	58.24	57.45
200 back	J Keppeler	1995	1:48.47	J Keppeler	1995	2:02.63	2:01.78	J Keppeler	1992	2:07.57	2:05.86
50 breast	G Rhodenbaugh	1991	25.34	J Waldman	1989	29.08	28.81	S Van Neerden	1997	28.98	28.68
100 breast	D Lundberg	1990	56.21	A Solano	1996	1:04.43	1:04.40	D Lundberg	1989	1:04.60	1:04.11
200 breast	D Soltis	1988	2:03.69	A Solano	1996	2:20.43	2:20.43	A Solano	1996	2:26.32	2:26.32
50 fly	C Cobb	1991	22.27	N Williams	1994	25.61	25.20	D	1984	25.16	25.16
100 fly	S Knowles	1991	49.71	M Herrmann	1995	56.11	56.11	M Bottom	1984	56.34	56.34
200 fly	B Patten	1990	1:49.21	D Wagner	1995	2:09.02	2:05.97	J Belardi	1982	2:06.88	2:05.25
100 IM	M Rhodenbaugh	1991	50.47	N Williams	1996	58.36	56.90				
200 IM	J Bidman	1995	1:52.02	J Keppeler	1995	2:05.93	2:05.93	C Reid	1987	2:09.21	2:07.00
400 IM	C Reid	1988	3:59.73	J Keppeler	1995	4:26.79	4:26.79	A Kostich	1997	4:32.96	4:31.47

MEN 30-34	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	A Schmitt	1997	20.15	R Killeen	1993	23.59	22.82	R Peel	1996	22.80	23.21
100 free	A Schmitt	1997	44.94	J Montgomery	1989	51.86	50.51	R Gaines	1991	51.50	51.50
200 free	F Mortensen	1997	1:39.59	B Hayes	1994	1:52.83	1:50.91	R Gaines	1990	1:54.04	1:54.04
400/500 free	M Cetlinski	1996	4:29.49	B Hayes	1994	3:59.83	3:59.83	R Gaines	1993	4:07.04	4:07.04
800/1000 free	J Erwin	1995	9:34.15	B Hayes	1994	8:19.44	8:19.44	R Gaines	1993	8:40.19	8:40.19
1500/1650 free	J Erwin	1996	15:51.57	M Shaffer	1995	16:15.49	16:21.25	B Patten	1993	16:36.06	16:36.06
50 back	C Britt	1992	23.39	J Yand	1994	26.58	26.58	S Murphy	1994	27.26	
100 back	C Britt	1992	50.21	J Yand	1993	56.83	56.83	S Murphy	1994	58.66	58.66
200 back	R Kamaugh	1997	1:48.66	J Yand	1993	2:04.63	2:04.63	S Murphy	1994	2:05.62	2:05.62
50 breast	D Lundberg	1991	25.88	D Putterman	1996	29.21	29.21	D Guthrie	1992	29.42	
100 breast	D Lundberg	1991	56.58	D Guthrie	1993	1:04.33	1:04.23	D Lundberg	1991	1:05.65	1:05.65
200 breast	R Kamaugh	1997	2:01.01	D Guthrie	1994	2:24.86	2:24.52	D Lundberg	1991	2:24.06	2:24.06
50 fly	S Crocker	1996	22.52	M Bottom	1989	25.06	25.06	M Bottom	1988	25.31	25.31
100 fly	P Egan	1994	49.16	P Egan	1995	56.35	54.82	M Bottom	1988	56.64	56.64
200 fly	P Egan	1994	1:49.52	M Shaffer	1995	2:04.59	2:05.73	B Patten	1995	2:03.85	2:03.85
100 IM	D Lundberg	1991	50.98	C Britt	1992	59.95	57.84				
200 IM	R Kamaugh	1997	1:47.62	M Green	1996	2:10.69	2:06.69	D Lundberg	1991	2:09.69	2:09.69
400 IM	R Kamaugh	1997	3:53.81	B Hayes	1994	4:35.97	4:33.17	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	1994	23.80	23.80	B Stahl	1993	24.27	23.20
100 free	D Boatwright	1997	46.14	P Nunan	1997	53.30	52.64	R Gaines	1995	51.49	51.49
200 free	J Montgomery	1990	1:42.78	L J Meisenheimer	1994	1:57.31	1:57.08	R Gaines	1994	1:57.68	1:55.36
400/500 free	H Yntema	1991	4:41.53	M Keck	1996	4:15.96	4:13.00	R Gaines	1995	4:07.64	4:07.64
800/1000 free	M Keck	1996	9:53.91	M Keck	1995	8:53.34	8:44.90	R Gaines	1995	8:38.73	8:38.73
1500/1650 free	H Yntema	1991	16:21.14	R Copeland	1991	17:25.79	17:06.28	R Gaines	1994	16:37.34	16:37.34
50 back	C Britt	1996	23.75	C Britt	1996	26.84	26.84	T Mann	1978	28.04	28.04
100 back	C Britt	1996	51.03	C Britt	1996	58.25	58.25	W Specht	1993	1:00.95	1:00.95
200 back	C Britt	1996	1:53.30	W Specht	1993	2:10.01	2:10.01	T Wolf	1990	2:13.83	2:13.83
50 breast	D Putterman	1997	26.39	B Doyle	1996	30.77	28.87	D Guthrie	1995	30.13	29.40
100 breast	M Schuman	1991	59.07	R Schafer	1996	1:07.25	1:04.02	D Guthrie	1995	1:05.67	1:05.67
200 breast	M Schuman	1991	2:10.41	R Schafer	1996	2:26.18	2:22.64	D Guthrie	1995	2:24.37	2:24.37
50 fly	Specht/DeForrest	1994	22.93	W Specht	1993	25.89	25.89	M Bottom	1993	25.93	25.93
100 fly	W Specht	1995	50.08	W Specht	1993	57.02	57.02	J Stuart	1996	56.60	56.60
200 fly	W Specht	1995	1:51.38	W Specht	1994	2:06.48	2:06.48	J Stuart	1996	2:06.74	2:06.74
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	J Stiling	1997	4:12.83	M Keck	1995	4:45.60	4:44.33	J Stiling	1995	4:50.27	4:50.18

MEN 40-44	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	S Marvin	1997	21.55	R Abbott	1995	24.45	24.42	R Abbott	1995	24.39	24.39
100 free	S Marvin	1997	47.23	R Abbott	1995	53.25	53.25	R Abbott	1995	54.47	54.45
200 free	S Marvin	1997	1:44.48	H Yntema	1995	1:57.83	1:57.83	H Yntema	1995	2:01.16	2:01.16
400/500 free	J McConica	1994	4:46.59	H Yntema	1995	4:09.31	4:09.31	H Yntema	1996	4:20.37	4:20.37
800/1000 free	H Yntema	1994	9:47.73	H Yntema	1995	8:49.83	8:49.83	H Yntema	1995	8:57.66	8:57.66
1500/1650 free	H Yntema	1994	16:18.14	H Yntema	1995	16:51.71	16:51.71	H Yntema	1995	16:58.52	16:58.52
50 back	C Schwartz	1996	24.59	C Evans	1994	28.88	28.77	C Evans	1996	29.10	29.10
100 back	C Schwartz	1996	52.58	C Evans	1995	1:03.16	1:03.16	P O'Keefe	1990	1:03.39	1:03.39
200 back	C Schwartz	1996	1:58.16	P Windrath	1994	2:17.87	2:16.72	P O'Keefe	1990	2:18.17	2:18.17
50 breast	R Hofstetter	1997	26.75	C Miltenberger	1993	30.80	29.86	P Dahlberg	1992	30.82	30.82
100 breast	C Miltenberger	1993	59.40	C Miltenberger	1993	1:07.98	1:06.72	D Malcolm	1997	1:09.47	1:09.47
200 breast	R Colella	1992	2:12.85	S Eldred	1996	2:30.67	2:30.67	R Colella	1992	2:32.17	2:32.17
50 fly	R Hess	1997	23.57	R Abbott	1995	26.35	26.35	R Hess	1995	26.62	26.62
100 fly	C Norelli	1996	51.89	H Yntema	1995	58.87	58.87	H Yntema	1995	59.02	59.02
200 fly	H Yntema	1994	1:55.26	H Yntema	1995	2:09.09	2:09.09	J Belardi	1997	2:11.53	2:11.53
100 IM	C Evans	1994	54.88	R Cooley	1989	1:02.30	1:02.30				
200 IM	C Evans	1994	2:00.49	S Eldred	1996	2:15.07	2:15.07	H Yntema	1995	2:17.64	2:17.64
400 IM	C Evans	1994	4:20.57	H Yntema	1995	4:43.28	4:43.28	H Yntema	1995	4:53.03	4:53.03
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	24.70	R Abrahams	1990	25.30	25.18
100 free	A McPherson	1992	48.13	T Broderick	1996	55.87	54.64	T Broderick	1996	56.73	55.66
200 free	T Broderick	1996	1:47.93	T Broderick	1996	2:00.13	2:00.13	T Broderick	1996	2:03.71	2:03.71
400/500 free	T Broderick	1997	4:56.25	T Broderick	1996	4:18.44	4:18.44	T Broderick	1996	4:24.37	4:24.37
800/1000 free	T Broderick	1996	10:18.11	T Broderick	1996	8:56.08	8:56.08	T Broderick	1996	9:16.09	9:16.09
1500/1650 free	J McConica	1996	17:12.43	T Broderick	1996	17:19.87	17:40.02	T Bryan	1996	17:38.65	17:38.65
50 back	R Smith	1988	25.65	R Smith	1989	29.33	29.33	R Bober	1996	30.30	30.30
100 back	R Smith	1988	56.14	P O'Keefe	1995	1:04.94	1:04.94	P O'Keefe	1995	1:05.64	1:05.64
200 back	P O'Keefe	1996	2:02.18	R Tod Spieker	1996	2:21.50	2:21.50	P O'Keefe	1995	2:23.84	2:23.84
50 breast	P Henne	1994	28.12	R Strand	1995	31.83	31.83	R Strand	1994	32.48	32.47
100 breast	R Strand	1995	1:01.92	R Strand	1995	1:09.44	1:09.44	C Miltenberger	1997	1:12.44	1:12.38
200 breast	R Strand	1994	2:15.89	R Strand	1995	2:34.41	2:34.41	G Harrison	1997	2:41.13	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	T Perrin	1996	1:01.13	1:01.13	B Graner Gallas	1996	1:02.47	1:02.47
200 fly	F Schlicher	1997	2:02.53	B Graner Gallas	1996	2:19.73	2:19.73	B Graner Gallas	1996	2:21.84	2:21.84
100 IM	R Smith	1988	56.23	A McPherson	1994	1:04.80	1:04.80				
200 IM	A McPherson	1994	2:03.80	S Heck	1994	2:23.69	2:23.69	T Broderick	1996	2:22.06	2:22.06
400 IM	R Colella	1997	4:26.93	R Spieker	1996	5:12.46	5:12.41	T Broderick	1996	5:10.08	5:10.08

MEN 50-54	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	A McPherson	1997	22.73	K Lodwig	1996	25.74	25.74	K Lodwig	1996	25.93	25.93
100 free	A McPherson	1997	50.14	K Lodwig	1996	56.63	56.63	K Lodwig	1996	57.86	57.86
200 free	T Birnie	1997	1:52.38	T Birnie	1996	2:06.76	2:06.76	T Garton	1993	2:09.74	2:08.98
400/500 free	T Birnie	1997	5:11.92	E Cazalet	1992	4:40.16	4:36.29	T Garton	1992	4:43.72	4:43.72
800/1000 free	P McCormick	1997	10:50.54	E Cazalet	1992	9:49.95	9:28.84	T Garton	1992	9:55.59	9:48.17
1500/1650 free	N Leclercq	1997	18:21.85	R Boyd	1994	18:45.18	18:32.56	E Cazalet	1993	19:19.43	18:49.43
50 back	R Smith	1993	26.24	R Smith	1994	30.14	30.14	H Wilder	1997	30.63	30.63
100 back	T Birnie	1997	57.57	T Birnie	1996	1:05.77	1:05.77	H Wilder	1997	1:07.16	1:07.16
200 back	T Birnie	1996	2:07.88	T Birnie	1996	2:24.39	2:24.39	T Birnie	1997	2:29.35	2:29.35
50 breast	R Strand	1996	28.40	R Strand	1996	32.01	32.01	D McKenzie	1997	32.44	32.44
100 breast	D McKenzie	1997	1:01.64	R Strand	1996	1:09.96	1:09.96	D McKenzie	1997	1:12.32	1:12.32
200 breast	R Strand	1996	2:17.16	R Strand	1996	2:34.71	2:34.71	R Strand	1996	2:40.57	2:40.57
50 fly	J Burns	1997	25.13	K Lodwig	1996	28.38	28.35	K Lodwig	1996	27.74	27.74
100 fly	A McPherson	1997	55.40	J Burns	1996	1:03.76	1:03.76	J Burns	1997	1:05.76	1:02.94
200 fly	N Leclercq	1997	2:10.47	N Leclercq	1997	2:28.11	2:28.11	B Yorzyk	1983	2:33.79	2:26.17
100 IM	A McPherson	1997	57.59	R Strand	1996	1:04.97	1:04.97				
200 IM	T Garton	1993	2:08.36	J Clavert	1996	2:26.64	2:26.64	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	J Clavert	1996	5:20.78	5:20.78
MEN 55-59	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	D Hill	1987	23.41	D Hill	1989	26.60	26.60	J Farrell	1995	27.08	27.05
100 free	J Geoghegan	1997	51.43	D Hill	1989	1:00.08	1:00.08	J Geoghegan	1997	59.82	59.82
200 free	J Geoghegan	1997	1:56.80	W Van Horn	1995	2:18.87	2:17.95	J Farrell	1994	2:17.63	2:17.63
400/500 free	J Geoghegan	1997	5:22.70	D Gallagher	1995	4:54.09	4:47.10	J Geoghegan	1997	4:53.53	4:53.35
800/1000 free	D Gallagher	1997	11:22.13	D Gallagher	1995	10:12.80	10:04.76	D Gallagher	1996	10:25.67	10:13.32
1500/1650 free	B Jones	1988	19:02.45	D Harrison	1994	19:45.72	19:39.87	B Jones	1990	19:54.72	19:09.48
50 back	J Geoghegan	1997	27.82	Y Oyakawa	1989	32.69	32.40	J Geoghegan	1997	32.36	32.36
100 back	S Thrasher	1997	1:01.56	S Thrasher	1996	1:11.04	1:10.88	S Thrasher	1997	1:12.30	1:12.30
200 back	S Thrasher	1997	2:16.60	S Thrasher	1996	2:37.05	2:33.21	S Thrasher	1997	2:39.36	2:37.16
50 breast	M Sanguily	1989	30.18	M Sanguily	1989	33.77	33.17	J Kortheuer	1988	34.20	33.03
100 breast	D Gallagher	1995	1:06.67	M Sanguily	1988	1:16.32	1:16.32	J Kortheuer	1988	1:17.87	1:17.87
200 breast	D Gallagher	1995	2:31.23	D Gallagher	1995	2:49.96	2:49.96	D Gallagher	1996	2:57.21	2:50.44
50 fly	R Bassi	1997	26.41	R Bassi	1996	29.78	29.57	R Bassi	1997	29.51	29.20
100 fly	J Geoghegan	1997	1:00.82	R Proebsting	1993	1:09.63	1:07.69	R Proebsting	1994	1:09.27	1:07.68
200 fly	J Geoghegan	1997	2:16.48	R Proebsting	1993	2:42.05	2:37.27	R Proebsting	1994	2:48.05	2:34.90
100 IM	J Geoghegan	1997	1:01.09	D Gallagher	1995	1:11.04	1:10.34				
200 IM	D Gallagher	1995	2:14.98	D Costill	1991	2:40.88	2:34.42	E Cazalet	1997	2:39.32	2:39.32
400 IM	D Gallagher	1997	4:56.23	D Gallagher	1995	5:30.62	5:29.09	E Cazalet	1997	5:44.49	5:36.39

MEN 60-64	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Farrell	1997	23.28	D Hill	1996	27.87	27.32	D Hill	1992	27.86	27.80
100 free	J Farrell	1997	52.03	B Baile	1995	1:02.08	1:01.96	J Farrell	1997	1:01.43	1:02.80
200 free	J Farrell	1997	1:59.62	G Johnston	1995	2:21.31	2:21.31	J Farrell	1997	2:21.70	2:22.96
400/500 free	G Johnston	1995	5:36.90	G Johnston	1995	4:56.69	4:56.69	G Johnston	1991	5:02.70	5:04.56
800/1000 free	G Johnston	1995	11:46.48	G Johnston	1995	10:27.62	10:27.62	G Johnston	1995	10:34.02	10:34.02
1500/1650 free	G Johnston	1995	19:28.49	G Johnston	1995	19:48.44	19:48.44	G Johnston	1995	20:04.73	20:04.73
50 back	Y Oyakawa	1997	29.50	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	34.41	J Korteuer	1991	35.91	34.59
100 breast	M Sanguily	1993	1:10.08	J Korteuer	1991	1:18.77	1:19.82	J Korteuer	1991	1:21.58	1:20.56
200 breast	M Sanguily	1993	2:39.95	J Korteuer	1991	3:00.71	2:57.08	B Patten	1995	3:06.87	2:58.37
50 fly	J Farrell	1997	27.15	B Baile	1995	30.34	30.34	W Dobler	1994	31.39	30.35
100 fly	D Costill	1997	1:03.09	J Korteuer	1991	1:15.69	1:15.61	W Dobler	1994	1:21.98	1:14.98
200 fly	D Costill	1996	2:29.92	H Hunsicker	1993	3:00.48	2:53.49	J Masters	1990	3:00.99	2:56.96
100 IM	J Farrell	1997	1:02.52	J Korteuer	1991	1:14.68	1:12.78				
200 IM	J Farrell	1997	2:23.70	G Johnston	1991	2:46.69	2:46.69	G Johnston	1993	2:50.08	2:50.08
400 IM	D Costill	1996	5:18.48	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	R Johnson	1996	29.34	29.25	P Powlison	1987	29.17	28.78
100 free	P Powlison	1987	56.24	F Piernue	1990	1:07.13	1:02.77	G Johnston	1997	1:05.09	1:03.39
200 free	G Johnston	1997	2:06.63	W Phillips	1995	2:30.15	2:22.13	G Johnston	1996	2:22.18	2:21.74
400/500 free	G Johnston	1997	5:44.52	G Johnston	1996	5:09.09	5:09.09	G Johnston	1996	5:03.36	5:03.36
800/1000 free	G Johnston	1997	11:49.31	G Johnston	1996	10:35.13	10:35.13	G Johnston	1997	10:29.26	10:29.26
1500/1650 free	G Johnston	1997	20:00.61	G Johnston	1996	19:53.18	19:53.18	G Johnston	1996	20:16.54	20:16.54
50 back	R Johnson	1997	31.20	R Johnson	1996	35.06	35.06	G Gandsey	1989	35.47	35.47
100 back	R Johnson	1997	1:09.74	R Franks	1994	1:19.07	1:19.07	R Franks	1992	1:20.74	1:20.62
200 back	R Franks	1993	2:30.53	R Franks	1994	2:52.77	2:50.75	R Franks	1992	2:55.46	2:53.42
50 breast	N Templeman	1997	32.91	J Kurtzman	1991	38.18	36.33	J Korteuer	1997	37.32	37.32
100 breast	N Templeman	1997	1:13.78	J Korteuer	1996	1:24.18	1:21.34	J Korteuer	1996	1:26.19	1:26.06
200 breast	N Templeman	1997	2:47.50	C Moss	1993	3:16.65	3:06.13	J Korteuer	1996	3:17.13	3:14.03
50 fly	R Johnson	1997	28.88	R Johnson	1996	31.87	31.87	R Johnson	1996	33.16	33.04
100 fly	R Johnson	1997	1:07.69	R Johnson	1996	1:19.17	1:18.52	J Kurtzman	1992	1:20.59	1:20.59
200 fly	C Moss	1993	2:41.99	R Johnson	1996	3:06.43	3:06.43	J Kurtzman	1991	3:08.79	3:08.79
100 IM	P Powlison	1987	1:06.74	R Johnson	1996	1:15.61	1:15.61				
200 IM	G Johnston	1997	2:33.75	R Johnson	1996	2:53.99	2:49.10	G Johnston	1997	2:51.09	2:49.71
400 IM	G Johnston	1997	5:26.41	G Johnston	1996	6:04.40	6:04.40	G Johnston	1996	6:08.44	6:05.15

MEN 70-74	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	F Piennue	1995	26.90	F Piennue	1995	30.59	30.59	K Lemmon	1984	29.35	29.35
100 free	F Piennue	1995	1:00.80	F Piennue	1995	1:09.00	1:09.00	F Piennue	1995	1:10.16	1:10.16
200 free	F Piennue	1995	2:17.64	F Piennue	1995	2:37.86	2:37.86	F Piennue	1996	2:38.43	2:38.43
400/500 free	F Piennue	1995	6:25.12	F Piennue	1995	5:35.49	5:35.49	F Piennue	1995	5:48.08	5:48.08
800/1000 free	F Piennue	1995	13:11.09	F Piennue	1995	11:38.41	11:38.41	F Piennue	1995	12:03.73	12:03.73
1500/1650 free	F Piennue	1996	22:18.56	F Piennue	1995	22:44.45	22:44.45	F Piennue	1995	23:03.23	23:03.23
50 back	P Hutinger	1995	31.84	P Hutinger	1994	35.71	35.71	P Hutinger	1995	37.10	37.10
100 back	P Hutinger	1995	1:11.56	P Hutinger	1994	1:21.74	1:21.74	P Hutinger	1995	1:24.14	1:24.14
200 back	R Franks	1997	2:40.05	R Franks	1997	2:56.28	2:59.92	R Franks	1997	3:04.42	3:04.42
50 breast	B Greenberg	1995	35.35	J Kurtzman	1996	39.74	38.60	B Greenberg	1995	40.77	39.15
100 breast	B Greenberg	1995	1:19.95	B Greenberg	1994	1:29.48	1:29.48	B Allen	1984	1:33.20	1:31.05
200 breast	F Piennue	1996	3:01.23	F Piennue	1995	3:23.16	3:16.44	F Piennue	1995	3:30.82	3:26.27
50 fly	F Piennue	1997	30.59	F Piennue	1995	34.77	34.77	F Piennue	1996	33.79	33.79
100 fly	W Wilson	1997	1:14.73	J Kurtzman	1996	1:26.98	1:26.98	J Kurtzman	1996	1:24.84	1:24.84
200 fly	J Kurtzman	1996	2:53.57	J Kurtzman	1996	3:26.07	3:18.59	J Kurtzman	1996	3:26.05	3:22.01
100 IM	F Piennue	1995	1:11.72	F Piennue	1995	1:20.99	1:20.99				
200 IM	B Davidson	1989	2:47.68	F Piennue	1995	3:05.96	3:00.88	F Piennue	1996	3:08.99	3:06.43
400 IM	F Piennue	1995	6:05.24	F Piennue	1995	6:38.98	6:38.98	F Piennue	1995	6:52.07	6:52.07
MEN 75-79	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	K Lemmon	1987	28.73	K Lemmon	1988	32.78	32.78	L Collet	1983	32.50	32.50
100 free	K Lemmon	1988	1:04.28	R Taft	1995	1:13.47	1:13.47	R Taft	1995	1:13.84	1:13.84
200 free	R Taft	1995	2:27.09	R Taft	1994	2:48.67	2:48.67	R Taft	1995	2:51.62	2:51.62
400/500 free	R Taft	1995	7:00.88	R Taft	1995	6:02.95	6:02.95	R Taft	1994	6:20.87	6:17.36
800/1000 free	R Taft	1995	14:14.46	R Taft	1994	12:45.40	12:45.40	R Taft	1995	12:58.14	12:58.14
1500/1650 free	R Taft	1995	24:40.71	A Da Rosa	1993	24:46.19	24:46.19	R Taft	1995	24:53.76	24:51.78
50 back	R Taft	1995	34.84	R Taft	1994	39.83	39.14	R Taft	1994	39.49	39.49
100 back	R Taft	1995	1:17.67	R Taft	1994	1:27.41	1:27.41	R Taft	1995	1:29.52	1:29.52
200 back	R Taft	1995	2:54.21	R Taft	1994	3:10.22	3:10.22	R Taft	1994	3:15.00	3:15.00
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	R Taft	1995	38.70	38.70	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	R Taft	1995	1:16.12	R Taft	1994	1:27.43	1:27.43				
200 IM	R Taft	1995	2:54.67	R Taft	1994	3:20.35	3:20.35	R Taft	1994	3:24.38	3:24.38
400 IM	R Taft	1995	6:21.48	R Taft	1994	7:08.53	7:08.53	R Taft	1995	7:21.75	7:21.75

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	1:18.80	W Bowersock	1993	1:22.50	1:19.28
200 free	K Lemmon	1992	2:49.94	D Woodford	1994	3:18.97	3:01.42	D Woodford	1994	3:21.59	3:03.45
400/500 free	R Johnston	1997	7:58.65	R Johnston	1997	7:03.26	7:03.26	P Okumoto	1997	7:16.63	6:40.63
800/1000 free	R Johnston	1997	16:26.97	R Johnston	1997	14:49.24	14:46.09	R Johnston	1997	15:26.10	13:50.05
1500/1650 free	D Woodford	1994	27:57.27	R Johnston	1997	27:33.01	27:33.01	R Johnston	1997	28:44.42	28:44.42
50 back	E Shea	1995	39.51	E Shea	1994	43.92	43.71	E Shea	1995	44.79	43.15
100 back	E Shea	1995	1:27.58	E Shea	1994	1:37.17	1:37.17	E Shea	1995	1:41.52	1:39.11
200 back	E Shea	1995	3:12.35	E Shea	1994	3:33.91	3:33.91	E Shea	1995	3:42.95	3:42.95
50 breast	K Lemmon	1992	41.39	J Everall	1995	50.93	45.52	B Allen	1994	46.99	43.82
100 breast	K Lemmon	1992	1:32.72	W Pfeiffer	1994	1:56.36	1:46.48	B Allen	1994	1:52.21	1:45.24
200 breast	A Cerer	1997	3:33.56	W Pfeiffer	1994	4:17.11	4:07.75	E McCollough	1996	4:13.56	3:57.75
50 fly	J Coon	1990	40.94	J Coon	1991	49.08	46.05	W Pfeiffer	1994	49.28	43.46
100 fly	W Pfeiffer	1994	1:39.74	W Pfeiffer	1994	1:52.51	1:47.20	A Cerer	1997	1:55.39	1:52.37
200 fly	A Cerer	1997	3:32.97	A Cerer	1997	4:00.64	4:00.64	A Cerer	1997	4:13.22	4:12.40
100 IM	R Christians	1996	1:30.08	W Pfeiffer	1994	1:44.08	1:44.08				
200 IM	A Cerer	1997	3:23.37	A Cerer	1997	3:46.96	3:46.96	A Cerer	1997	3:50.76	3:47.18
400 IM	W Pfeiffer	1994	7:38.27	A Cerer	1997	8:00.81	8:00.81	A Cerer	1997	8:13.49	8:10.67
MEN 85-89	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	G Sobel	1996	36.86	D Dotterweich	1993	43.86	38.82	F Brasington	1993	42.09	40.37
100 free	G Sobel	1995	1:25.24	G Langner	1989	1:41.46	1:36.18	G Langner	1988	1:43.03	1:36.11
200 free	G Langner	1990	3:17.83	G Langner	1989	3:48.20	3:44.09	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	47.17	J Penfield	1993	58.07	48.11
100 back	C Salie	1997	1:48.23	D Dotterweich	1993	2:09.91	1:52.03	J Penfield	1993	2:07.06	1:53.67
200 back	C Salie	1997	3:57.82	D Dotterweich	1996	4:55.59	4:11.25	J Penfield	1993	4:43.49	4:12.45
50 breast	J Penfield	1993	52.09	J Penfield	1993	58.39	51.17	A Kallunki	1989	1:01.47	51.52
100 breast	J Penfield	1993	2:03.10	D Dotterweich	1993	2:09.33	2:09.33	W Molloy	1995	2:20.99	2:10.64
200 breast	A Kallunki	1990	4:34.29	D Dotterweich	1996	5:17.90	4:58.98	H Perry	1996	4:36.86	4:36.86
50 fly	J Coon	1996	49.32	J Penfield	1993	1:04.75	57.89	J Coon	1996	58.13	57.93
100 fly	J Coon	1995	2:12.18				2:23.30	J Coon	1996	2:30.73	2:30.73
200 fly	J Coon	1995	5:29.95				5:56.91	J Coon	1996	6:11.68	5:24.28
100 IM	J Coon	1997	1:58.18	J Penfield	1993	2:15.66	1:56.20				
200 IM	J Coon	1997	4:30.98	H Eisenschmidt	1991	5:02.31	5:02.31	J Coon	1996	5:16.84	4:40.15
400 IM	H Eisenschmidt	1992	9:47.85	H Eisenschmidt	1991	10:47.13	10:47.13	J Coon	1997	11:59.54	10:28.43

MEN 90-94	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Reiners	1992	46.53	G Langner	1993	50.09	50.09	G Langner	1993	48.70	48.70
100 free	G Langner	1995	1:49.69	G Langner	1993	1:58.42	1:58.42	G Langner	1993	1:57.91	1:57.91
200 free	G Langner	1993	3:52.04	G Langner	1993	4:27.70	4:27.70	G Langner	1993	4:28.34	4:28.34
400/500 free	G Langner	1993	10:20.59	G Langner	1993	8:50.65	8:50.65	G Langner	1993	9:44.11	9:40.04
800/1000 free	G Langner	1995	24:18.33	G Langner	1996	23:36.22		G Langner	1993	20:13.74	20:13.74
1500/1650 free	G Langner	1993	35:31.28	G Langner	1996	44:48.99	44:48.99	G Langner	1993	36:47.02	36:47.02
50 back	P Jurczyk	1996	1:02.86	G Langner	1993	1:15.84	1:09.61	A Kallunki	1994	1:10.27	1:06.09
100 back	P Jurczyk	1996	2:17.30	J Kaufman	1995	2:40.88	2:40.88	P Jurczyk	1996	2:40.66	2:30.67
200 back	J Kaufman	1996	4:47.96	J Kaufman	1996	5:44.64	5:44.64	J Kaufman	1995	5:43.96	5:36.88
50 breast	A Kallunki	1994	1:08.24	G Langner	1993	1:20.92	1:07.76	A Kallunki	1995	1:16.01	1:16.01
100 breast	A Kallunki	1995	2:37.23	G Langner	1993	3:01.95	3:01.95	G Langner	1993	3:09.64	3:08.18
200 breast	A Kallunki	1994	6:00.90	G Langner	1994	6:41.56	6:41.56	G Langner	1993	6:24.54	6:24.54
50 fly	P Jurczyk	1996	1:35.70								
100 fly											
200 fly											
100 IM	P Jurczyk	1996	2:37.44	G Langner	1994	3:00.53	3:00.53				
200 IM	P Jurczyk	1996	6:05.72					P Jurczyk	1996	7:08.31	6:59.87
400 IM											
MEN 95-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	T Lane	1990	1:14.35					T Lane	1989	1:20.52	1:41.72
100 free	T Lane	1990	3:20.38					T Lane	1992	3:30.59	
200 free											
400/500 free											
800/1000 free											
1500/1650 free											
50 back	T Lane	1989	1:08.20					T Lane	1989	1:18.91	
100 back	T Lane	1992	3:05.81					T Lane	1992	3:19.14	
200 back											
50 breast	T Lane	1989	1:27.94					T Lane	1989	2:03.52	
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

[illegible]

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		Univ San Fran	1992	1:59.29	
200 med relay	Raleigh	1992	1:52.20	Davis Aquatic	1995	2:13.89		Univ San Fran	1992	2:12.59	
400 free relay	Univ San Fran	1993	3:46.29	Davis Aquatic	1995	4:23.57		Santa Clara	1995	4:31.84	
400 med relay	Univ San Fran	1994	4:06.73	Empire State	1991	5:07.60		Sacramento	1992	5:07.42	
800 free relay	Univ San Fran	1994	8:07.90	DCAC	1996	9:47.25		Davis	1992	10:20.09	
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	Michigan	1996	1:45.93	1:45.93	Oregon	1992	1:52.47	1:53.20
200 med relay	Houstonian	1991	1:49.19	San Diego	1995	2:05.66	2:09.61	Holmes	1988	2:06.67	2:06.67
400 free relay	Walnut Creek	1991	3:37.75	San Diego	1996	4:18.04		Davis Aquatic	1992	4:27.84	
400 med relay	Univ San Fran	1992	4:09.85	Rinconada	1994	4:54.64		Walnut Creek	1992	4:55.59	
800 free relay	Walnut Creek	1996	7:59.38	San Diego	1995	9:16.40		Walnut Creek	1989	9:50.91	
WOMEN 35+/120-159	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	New England	1995	1:42.61	San Diego	1996	1:53.26	1:53.26	Lone Star	1987	1:53.05	1:53.05
200 med relay	Walnut Creek	1996	1:56.99	San Diego	1994	2:05.27	2:05.27	Michigan	1996	2:09.61	2:08.21
400 free relay	Utah	1995	3:53.23	San Diego	1994	4:11.50		Stanford	1994	4:17.94	
400 med relay	Stanford	1996	4:21.26	San Diego	1996	4:48.28		Team Orlando	1997	4:53.42	
800 free relay	Lakeside	1996	8:38.48	San Diego	1996	9:05.72		Walnut Creek	1997	9:43.49	
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	San Diego	1996	1:59.23	1:59.23	Kona Aquatics	1997	2:00.09	1:59.32
200 med relay	Colonials 1776	1995	2:09.99	San Diego	1996	2:12.54	2:12.54	Los Altos	1994	2:12.91	2:12.91
400 free relay	DC Masters	1993	4:21.71	San Diego	1996	4:14.13		San Diego	1993	4:37.01	
400 med relay	Colonials 1776	1997	4:57.56	Los Altos	1993	5:00.90		DC Masters	1997	5:17.88	
800 free relay	DC Masters	1993	9:42.96	Lakeside	1996	10:08.31		St Pete	1997	10:20.09	
WOMEN 55+/200-239	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	DC Masters	1997	2:02.97	Tamalpais	1989	2:11.64	2:11.64	Los Altos	1994	2:08.96	2:08.96
200 med relay	DC Masters	1997	2:19.50	Tamalpais	1989	2:34.15	2:29.96	Los Altos	1992	2:28.26	2:27.18
400 free relay	DC Masters	1997	4:42.36	San Diego	1996	5:24.79		St Pete	1997	5:13.92	
400 med relay	DC Masters	1997	5:14.80	San Diego	1997	5:41.12		DC Masters	1991	5:48.73	
800 free relay	DC Masters	1997	10:38.43	San Diego	1996	10:58.27		Tamalpais	1995	11:24.23	

WOMEN 65+/240-279	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Gold Coast	1995	2:17.37	New England	1994	2:25.52	2:25.52	New England	1994	2:25.83	2:25.83
200 med relay	Gold Coast	1995	2:41.79	Gold Coast	1996	2:50.93	2:45.48	DC Masters	1994	2:49.96	2:49.52
400 free relay	Santa Barbara	1989	5:32.88	Gold Coast	1995	5:46.69		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		St Pete	1997	13:12.45	
WOMEN 75+/280-319	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Walnut Creek	1996	3:19.18	Ojai S Barbara	1995	2:52.62	2:50.32	New England	1996	2:38.52	2:38.52
200 med relay	Walnut Creek	1993	3:47.25	San Diego	1996	3:25.81	3:18.15	Holmes Lumber	1994	3:35.94	3:24.14
400 free relay	DC Masters	1994	7:24.14	San Diego	1996	7:23.22		Walnut Creek	1996	7:22.22	
400 med relay	St. Pete	1994	10:03.90	San Diego	1996	8:13.24		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	Coast Masters	1996	4:12.88	4:12.88
200 med relay				San Mateo	1996	4:39.75	4:39.75	Coast Masters	1996	4:42.96	4:38.16
400 free relay				San Mateo	1996	9:11.05		St Pete	1994	10:13.80	
400 med relay				San Mateo	1994	10:51.45		San Mateo	1997	12:14.90	
800 free relay				San Mateo	1994	20:48.75		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	Texas Swimming	1995	1:24.72	Davis Aquatic	1995	1:39.63		Olympic Club	1993	1:41.14	
200 med relay	Texas Swimming	1995	1:33.18	Davis Aquatic	1995	1:55.43		Olympic Club	1995	1:49.35	
400 free relay	Colonials 1776	1993	3:15.05	Davis Aquatic	1995	3:49.63		Davis Aquatic	1994	3:53.22	
400 med relay	Univ San Fran	1992	3:34.08	Empire State	1994	4:22.50		Olympic Club	1994	4:24.89	
800 free relay	Davis Aquatic	1996	7:09.51	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	1:36.39
200 med relay	Lone Star	1991	1:31.54	Long Beach	1995	1:48.94	1:45.84	Houstonian Club	1990	1:48.46	1:49.84
400 free relay	Univ San Fran	1997	3:14.18	ART	1996	3:39.80		Santa Clara	1994	3:39.63	
400 med relay	ANCM	1997	3:31.77	DCAC	1996	4:02.26		New England	1996	4:12.04	
800 free relay	Santa Clara	1994	7:00.25	Davis Aquatic	1995	7:57.87		Santa Clara	1994	8:04.17	
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	Illinois	1997	3:16.15	Davis Aquatic	1995	3:36.25		Olympic Club	1994	3:47.83	
400 med relay	Illinois	1997	3:39.70	W Hollywood	1994	4:07.66		Olympic Club	1994	4:04.49	
800 free relay	Illinois	1997	7:18.47	DCAC	1996	8:01.80		Georgia	1997	8:24.09	
MEN 45+/160-199	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Olympic Club	1997	1:31.98	Colonials 1776	1996	1:40.74	1:40.74	Holmes	1990	1:39.27	1:39.27
200 med relay	Olympic Club	1997	1:42.48	Colonials 1776	1995	1:54.75	1:54.75	Baylor/Lone Star	1994	1:53.79	1:53.79
400 free relay	Olympic Club	1997	3:28.95	BRAT	1995	3:52.66		Bob Ruth Aq	1997	3:58.31	
400 med relay	Olympic Club	1996	3:59.11	Oregon	1993	4:21.80		Minnesota	1994	4:35.87	
800 free relay	Olympic Club	1994	7:56.06	BRAT	1995	8:45.81		Illinois	1997	8:59.23	
MEN 55+/200-239	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Olympic Club	1996	1:39.62	SCAQ	1994	1:47.41	1:47.41	Olympic Club	1997	1:45.19	1:45.19
200 med relay	Olympic Club	1995	1:57.39	Olympic Club	1996	2:00.35	2:00.35	Olympic Club	1994	1:58.50	1:58.50
400 free relay	GRIN	1995	4:03.06	Olympic Club	1996	4:00.54		Los Altos	1994	4:05.72	
400 med relay	San Diego	1997	4:42.59	Jersey	1996	4:38.38		Olympic Club	1994	4:38.46	
800 free relay	GRIN	1995	9:12.24	Connecticut	1992	9:48.41		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	SCAQ	1996	1:52.53	Buckeye	1994	1:58.22	1:58.22	Gold Coast	1997	1:57.91	1:54.45
200 med relay	SCAQ	1993	2:09.02	Buckeye	1994	2:16.44	2:16.44	Buckeye	1994	2:17.59	2:17.51
400 free relay	San Diego	1997	4:28.42	San Diego	1995	4:31.43		San Diego	1997	4:42.18	
400 med relay	St Pete	1996	5:03.76	San Mateo	1993	5:25.95		Rinconada	1991	5:31.14	
800 free relay	San Diego	1997	10:15.66	San Diego	1997	10:20.54		Rinconada	1994	10:15.42	
MEN 75+/280-319	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Oregon	1997	2:19.15	Oregon	1990	2:13.84	2:11.55	LAM	1992	2:10.75	2:10.18
200 med relay	Coast Masters	1995	2:48.32	Oregon	1990	2:36.92	2:33.74	Oregon	1992	2:34.57	2:33.50
400 free relay	St. Pete	1991	6:02.78	San Diego	1995	5:23.61		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	San Diego	1995	12:47.62		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	1994	2:51.43	2:51.43	Coast Masters	1996	2:35.13	2:35.13
200 med relay				St Pete	1995	4:01.38	3:31.47	Coast Masters	1996	3:17.51	3:06.15
400 free relay				Coast Masters	1995	6:34.05		Coast Masters	1996	6:44.11	
400 med relay				St Pete	1995	9:30.72		Coast Masters	1995	8:48.03	
800 free relay				Long Beach	1993	17:58.81		Coast Masters	1995	17:33.86	

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	Olympic Club	1995	1:43.33		Univ San Fran	1992	1:48.50	
200 med relay	Gold Coast	1995	1:41.15	Davis Aquatic	1995	2:03.64		Univ San Fran	1992	2:02.31	
400 free relay	Univ San Fran	1992	3:25.18	Santa Clara	1994	4:08.78		Olympic Club	1995	4:04.97	
400 med relay	Empire	1996	3:54.66	Davis Aquatic	1995	4:33.44		Univ San Fran	1991	4:36.72	
800 free relay	Davis	1992	7:48.42	Davis Aquatic	1995	9:03.90		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	SCAQ	1990	1:29.40	San Diego	1995	1:45.63	1:43.83	Michigan	1996	1:44.84	1:43.89
200 med relay	Lone Star	1991	1:39.01	Crawfish	1994	1:59.33	1:55.07	Houstonian Club	1990	1:56.50	1:56.58
400 free relay	Univ San Fran	1992	3:27.39	San Diego	1995	3:58.37		Walnut Creek	1993	4:07.44	
400 med relay	Univ San Fran	1997	3:48.74	San Diego	1993	4:29.74		Walnut Creek	1990	4:36.14	
800 free relay	Walnut Creek	1991	7:41.32	Crescent Hill	1995	8:50.58		Santa Clara	1995	8:45.64	
MIXED 35+/120-159	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Colonials 1776	1997	1:33.86	St Pete	1996	1:45.78	1:45.78	Lone Star	1987	1:44.84	1:44.83
200 med relay	SCAQ	1992	1:44.23	Lakeside	1989	1:58.28	1:58.28	Michigan	1996	1:57.58	1:57.58
400 free relay	Texas Aquatic	1995	3:30.17	San Diego	1996	3:54.42		Walnut Creek	1991	4:01.94	
400 med relay	Colonials 1776	1997	4:00.75	Empire State	1994	4:25.58		Heartland	1993	4:35.74	
800 free relay	Colonials 1776	1997	7:52.32	San Diego	1996	8:53.44		Team Orlando	1997	9:03.87	
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	San Diego	1996	1:47.38	1:47.38	RMM	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	Team Orlando	1997	2:02.49	2:02.10
400 free relay	Los Altos	1993	3:57.80	San Diego	1996	3:57.64		Team Orlando	1997	4:02.04	
400 med relay	Los Altos	1994	4:21.50	Olympic Club	1995	4:32.89		Team Orlando	1997	4:41.21	
800 free relay	San Diego	1995	9:01.15	Texas Aquatic	1995	9:07.97		Team Texas	1997	9:07.41	
MIXED 55+/200-239	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	San Diego	1996	1:54.32	Lincoln	1989	1:57.25	1:57.25	Los Altos	1994	1:55.50	1:55.50
200 med relay	DC Masters	1995	2:06.60	SCAQ	1996	2:12.20	2:12.20	Team Texas	1997	2:12.71	2:12.71
400 free relay	San Diego	1997	4:25.84	SCAQ	1994	4:27.29		Team Texas	1997	4:29.32	
400 med relay	San Diego	1997	5:00.20	San Diego	1991	5:13.60		Team Texas	1997	5:05.71	
800 free relay	San Diego	1997	9:57.76	San Diego	1996	10:20.32		San Diego	1997	10:30.93	

MIXED 65+/240-279	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Gold Coast	1995	2:02.20	Los Altos	1992	2:12.98	2:12.98	San Diego	1997	2:07.26	2:07.26
200 med relay	Gold Coast	1995	2:22.24	N. Carolina	1996	2:26.10	2:26.10	N Carolina	1997	2:28.04	2:27.14
400 free relay	Ojai S Barbara	1996	5:05.22	San Diego	1996	5:22.00		San Diego	1997	5:09.00	
400 med relay	Colonials 1776	1993	5:50.65	St Louis	1992	5:59.74		Gold Coast	1997	6:02.09	
800 free relay	Los Altos	1993	11:24.83	San Diego	1996	11:47.97		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	San Mateo	1995	2:38.61	Ojai S Barbara	1995	2:35.36	2:35.36	Oregon	1992	2:31.29	2:31.29
200 med relay	DC Masters	1992	3:11.96	Ojai S Barbara	1995	2:55.31	2:55.31	O*H*I*O	1993	2:56.33	2:37.98
400 free relay	Wisconsin	1996	6:37.85	Ojai S Barbara	1995	5:49.30		San Mateo	1989	6:08.62	
400 med relay	San Mateo	1995	8:10.41	St Pete	1995	6:54.87		St Pete	1995	7:16.12	
800 free relay	San Mateo	1993	14:16.33	St Pete	1995	13:32.79		St Pete	1995	14:06.13	
MIXED 85+/320-359	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay				Long Beach	1994	3:37.67	3:32.54	DC Masters	1993	3:03.15	3:03.15
200 med relay				Long Beach	1994	3:56.40	3:51.75	San Mateo	1994	3:57.45	3:54.87
400 free relay								San Mateo	1995	7:40.34	
400 med relay				San Mateo	1994	9:07.66		DC Masters	1993	8:52.61	
800 free relay				San Mateo	1994	17:11.69		San Mateo	1994	17:09.50	

Long Distance Individual Records

19-24	Women	Year	Record	Men	Year	Record
1 hour postal	L Peckenham	1992	5225 Y	J Poppell	1994	5735 Y
3000 Y postal	K Dale	1996	34:00.29	M Campagna	1995	35:32.85
6000Y postal	K Fisher	1992	1:14:03.40	P Thurman	1993	1:27:20.57
5K postal	K Dale	1996	1:07:26.99			
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	R Rice	1997	41:36.03	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
3000 Y postal	R Fenson	1995	37:10.99	C Hobson	1996	31:57.00
6000Y postal	M Cleveland	1993	1:13:25.25	M Collins	1995	1:09:01.99
5K postal	N North	1997	1:09:15.00	M Collins	1992	1:04:54.20
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	K Poplawski	1997	41:29.09	J Pearson	1992	39:36.39
30-34	Women	Year	Record	Men	Year	Record
1 hour postal	L Hazen	1995	5625 Y	B Placek	1990	5750 Y
3000 Y postal	L Hazen	1995	33:43.91	J Erwin	1996	31:15.24
6000Y postal	L Henshaw	1992	1:13:37.99	J Crosson	1994	1:11:46.99
5K postal	K Sadler	1997	1:10:14.71	J Erwin	1996	59:53.17
10K postal	P Mattson	1985	2:17:19.08	B Patten	1993	2:03:08.74
1-mile cable	S Thomas	1984	21:27.07	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
3000 Y postal	M Curran	1996	34:20.70	D Santos	1996	31:35.99
6000Y postal	L Henshaw	1994	1:15:35.99	S MacDonald	1992	1:04:47.99
5K postal	S Heim	1996	1:05:32.25	J Barber	1997	1:02:34.86
10K postal	S Heim	1996	2:14:08.75	J McConica	1988	2:07:09.01
1-mile cable	M Stevens	1988	23:04.20	R Walton	1988	21:23.33
2-mile cable	S Skiff	1992	46:00.13	J Kegley	1997	41:23.08
40-44	Women	Year	Record	Men	Year	Record
1 hour postal	B Dunbar	1990	5030 Y	S MacDonald	1996	5505 Y
3000 Y postal	D Ogier	1995	36:39.57	L Wood	1995	32:54.29
6000Y postal	D Ogier	1993	1:14:17.53	N Wasserman	1997	1:09:30.30
5K postal	D Ogier	1996	1:10:04.99	S MacDonald	1997	1:01:33.63
10K postal	D Ogier	1993	2:22:35.99	S MacDonald	1997	2:04:57.01
1-mile cable	J Katz	1986	23:50.52	L Wood	1997	21:46.30
2-mile cable	B Dunbar	1990	43:06.00	R Copeland	1997	41:40.11
45-49	Women	Year	Record	Men	Year	Record
1 hour postal	B Dunbar	1995	4880 Y	T Broderick	1997	5450 Y
3000 Y postal	B Dunbar	1996	35:49.05	K Bell	1995	34:12.41
6000Y postal	M Coors	1994	1:27:10:36	K Bell	1994	1:09:24.22
5K postal	B Dunbar	1996	1:09:55.88	K Bell	1995	1:06:12.31
10K postal	B Dunbar	1995	2:24:49.60	K Bell	1995	2:16:34.69
1-mile cable	B Zaremski	1986	28:24.67	W Cerney	1997	22:59.70
2-mile cable	H Buss	1984	48:08.20	K Bell	1997	43:21.76

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50-54	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	1983	4400 Y	H Winn	1992	5075 Y
3000 Y postal	S Dillon	1996	42:17.57	J Selmer	1996	37:50.11
6000Y postal	M Anderson	1992	1:27:08.99	R Williams	1994	1:13:17.10
5K postal	S Brougher	1994	1:20:18.99	J Selmer	1996	1:15:44.00
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	4415 Y	B Coale	1995	4700 Y
3000 Y postal	S Munn	1996	44:05.99	L Fitzhugh	1996	41:05.99
6000Y postal	S Munn	1994	1:34:26.99	R Williams	1997	1:15:22.60
5K postal	J Lambke	1995	1:26:34.99	R Williams	1997	1:13:49.02
10K postal	C Anderson	1992	3:12:13.99	R Williams	1997	2:30:58.01
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	1995	4260 Y	G Johnston	1996	4635 Y
3000 Y postal	B Jordan	1997	45:11.56	G Johnston	1995	38:46.49
6000Y postal	K Knight-Perry	1997	1:53:58.99	C LeBourgeois	1994	1:25:37.25
5K postal	K Knight-Perry	1995	1:45:02.34	G Brunstad	1996	1:20:13.32
10K postal	R Manfredi	1986	3:58:01.00	G Johnston	1995	2:34:53.99
1-mile cable	B Russ	1988	29:41.79	G Brunstad	1997	26:21.40
2-mile cable	B Russ	1990	1:01:11.00	C LeBorgeois	1994	49:40.76

65-69	Women	Year	Record	Men	Year	Record
1 hour postal	C Walker	1993	4005 Y	G Johnston	1997	4630 Y
3000 Y postal	G Roper	1997	48:44.10	G Johnston	1996	37:16.16
6000Y postal	L Nochman	1992	1:54:28.81	G Johnston	1997	1:18:14.25
5K postal	L Nochman	1994	1:49:11.68	G Johnston	1996	1:12:17.40
10K postal	L Nochman	1993	3:38:50.23	G Johnston	1996	2:35:50.99
1-mile cable	K Brazil	1987	53:05.88	G Johnston	1997	22:57.70
2-mile cable	B Zaremski	1997	58:16.15	J Alleva	1996	57:47.09

70-74	Women	Year	Record	Men	Year	Record
1 hour postal	C Walker	1997	3705 Y	R Franks	1997	4295 Y
3000 Y postal	M Meyer	1996	52:58.61	R Blake	1996	48:24.23
6000Y postal	L Nochman	1994	1:55:03.23	J Edwards	1994	1:42:33.72
5K postal	L Nochman	1996	1:46:45.10	J Edwards	1995	1:38:24.50
10K postal	L Nochman	1995	3:48:10.65	H Howe	1984	2:57:58.03
1-mile cable	I Browne	1986	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	3115 Y	A Da Rosa	1993	3865 Y
3000 Y postal	S Marvel	1997	1:00:32.94	R Taft	1995	47:52.73
6000Y postal				T Johnson	1997	2:49:20.06
5K postal				J Johnston	1991	1:55:08.71
10K postal	I Browne	1990	4:19:19.99	A Vitale	1996	4:12:47.03
1-mile cable	E Landon	1979	49:11.96	J Irvine	1986	35:09.64
2-mile cable	J Rossell	1997	1:38:11.30	D Woodford	1989	1:01:19.99

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80-84	Women	Year	Record	Men	Year	Record
1 hour postal	J Durston	1995	2975 Y	C Ross	1980	3435 Y
3000 Y postal				D Schofield	1995	1:02:46.25
6000Y postal				D Schofield	1994	2:31:33.09
5K postal				G Weisenthal	1997	2:15:35.65
10K postal						
1-mile cable						
2-mile cable				D Woodford	1995	1:09:32.94

85-89	Women	Year	Record	Men	Year	Record
1 hour postal	E Kinney	1992	2150 Y	C Ross	1985	3240 Y
3000 Y postal						
6000Y postal						
5K postal						
10K postal				J Irvine	1997	48:47.80
1-mile cable						
2-mile cable						

90-94	Women	Year	Record	Men	Year	Record
1 hour postal				G Langner	1997	2225 Y
3000 Y postal						
6000Y postal				G Langner	1994	2220 Y
10K postal						
1-mile cable						
2-mile cable						

Long Distance Team Records

19+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
1 hour postal	Univ San Fran	1994	15,810 Y	Santa Clara	1988	16,510 Y	Empire State	1993	20,725 Y
3000 Y postal	Sierra Nevada	1995	1:57:58.35	Davis Aquatic Masters	1996	1:44:09.37	Davis Aquatic Masters	1996	1:44:46.37
6000 Y postal									
25+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
1 hour postal	Stanford Masters	1997	15,445 Y	Olympic Club	1990	17,275 Y	Univ San Fran	1994	22,070 Y
3000 Y postal	Davis Aquatic Masters	1996	1:57:24.97	Sierra Nevada	1996	1:42:58.91	Sierra Nevada	1996	1:41:49.27
6000 Y postal	Davis Aquatic Masters	1993	4:20:26.98	Davis Aquatic Masters	1994	4:03:58.97	Niagara	1993	4:15:15.44
35+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
1 hour postal	Olympic Club	1996	14,570 Y	Olympic Club	1996	16,260 Y	Stanford/Olympic Club	1994 1996	19,855 Y
3000 Y postal	Davis Aquatic Masters	1996	1:58:07.97	Texas Aquatics	1995	1:43:10.99	Team Texas	1997	1:46:08.20
6000 Y postal				Davis Aquatic Masters	1993	3:48:30.99	Team Texas	1997	3:39:32.27
45+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
1 hour postal	St Pete	1995	12,360 Y	Stanford Masters	1997	14,905 Y	Davis Aquatic	1997	17,460 Y
3000 Y postal	Michigan Masters	1996	2:32:59.42	Michigan Masters	1997	1:59:31.50	Davis Aquatic Masters	1996	2:03:37.97
6000 Y postal	Michigan	1993	5:40:49.81	Rosebowl	1994	3:48:06.17	Michigan	1994	4:39:23.77

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. The forward start or the short course yards backstroke start shall be used for freestyle events.
- **Backstroke start.** *For short course yards events*, the feet may be placed in any position on the wall or on the gutter of the pool, and the swimmer may assume any desired starting position that does not remove either foot completely from the water, or either hand from the starting grips or pool edge. Standing in or on the gutter is not permitted at any time before the start. *For short course meters and long course meters events*, USMS and USS follow the same rules.
- **Backstroke turn.** The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action."
- **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 or whip 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. The referee shall be certified as a stroke and turn judge, starter, or referee 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 be removed from the lane as soon as practical.

- **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.
- **Protests.** Protests arising from competition shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chairman of the Local Masters Swimming Committee (LMSC) or the chairman's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chairman within the next 5 days for final adjudication, whose decision shall then be binding on all parties.
- **Relay Take-Off Judges.** 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, and the other may be assigned next to the lane on the other side of the course, or next to the first official. When automatic relay take-off judging equipment is in use, a team will be disqualified only when there is dual confirmation of an illegal take-off (i.e., visual and automatic equipment).
- **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 1 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 60 days 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: PIETER CATH, 35400 Bainbridge Rd., Solon, OH 44139-3029.

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

feet

inches

or

meters

centimeters

Middle lane

feet

inches

or

meters

centimeters

Outside lane

feet

inches

or

meters

centimeters

4.
Measured by:
Submitted by:

Name

Name

Title

Title

Address

Address

City

City

State

Zip

State

Zip

Date

Date

Send completed form to:
 Pieter Cath
 35400 Bainbridge Rd.
 Solon, OH 44139-3029

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 |
|--|--------|-----------|-------|-------------|
| 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

1998 USMS Convention, Cincinnati, Ohio. September 30–October 4. Contact: Betsy Durrant, 211 Sixty-Sixth Street, Virginia Beach, VA 23451-2040. Phone (757) 422-6811.

1999 USMS Convention, San Diego, Calif. September 15–18. Contact: Betsy Durrant, 211 Sixty-Sixth Street, Virginia Beach, VA 23451-2040. Phone (757) 422-6811.

USMS NATIONAL CHAMPIONSHIP MEETS

1998 USMS Short Course Championships, Indiana University Natatorium, Indianapolis, Ind. May 7–10, 1998. Contact: Sharon Wise, 1025 Mt. Auburn Dr., Indianapolis, IN 46224. Phone: (317) 247-7129.

1998 USMS Long Course Championships, International Swimming Hall of Fame, Ft. Lauderdale, Fla. August 20–23. Contact: Stu Marvin, International Swimming Hall of Fame, 501 Seabreeze Blvd., Ft. Lauderdale, FL 33316. Phone: (954) 468-1580.

② **1999 USMS Short Course Championships**, Santa Clara International Swim Center, Santa Clara, Calif. May 13–16, 1999. Contact: Alma Guimarin, 2150 Paseo Del Oro, San Jose, CA 95142. Phone: (408) 947-2298.

① **1999 USMS Long Course Championships**, University of Minnesota Aquatic Center, Minneapolis, MN 55066. August 19–23, 1999. Contact: Paul Windrath, 2612 Eunice Ave., Red Wing, MN 55066. Phone: (612) 388-8524. E-mail: pwindrath@compuserve.com.

USMS LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS

1998 USMS 1 Hour Postal Championships, DC Masters. January 1–31, 1998. Contact: Joann Leilich, 7209 Hansford Ct., Springfield, VA 22151. Phone: (703) 354-2130.

1998 USMS 5 and 10 Kilometer Postal Championships, Inland Northwest Masters. May 15–September 30, 1998. Contact: Elin Zander, S. 13927 Traver Lane, Valleyford, WA 99036. Phone: (509) 448-5250.

1998 USMS 3000 Yard Postal Championships, Adirondack District Masters Swimming. September 1–October 31, 1998. Contact: Ann Svanson, P.O. Box 425, Greenfield Center, NY 12833. Phone: (518) 893-1967.

1998 USMS 1 Mile Open Water Championships, Greenwich Swim Committee. July 4, 1998. Contact: Kathy Salvo, 95 Columbus Place, #1, Stanford, CT 06907. Phone: (203) 322-6162.

1998 USMS 1–3 Mile Open Water Championships, Sierra Nevada Masters. August 8, 1998. Contact: Nancy Rose, P.O. Box 9122, Truckee, CA 96162. Phone: (916) 582-1214.

1998 USMS 2-Mile Cable Championships, Dunwoody Aquatic Masters. June 13, 1998. Contact: Bill Black, P.O. Box 88863, Atlanta, GA 30356-8863. Phone: (770) 698-8020.

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1998 3-6 Mile Open Water Championships, Dunwoody Aquatic Masters. September 12, 1998. Contact: Bill Black, P.O. Box 88863, Atlanta, GA 30356-8863. Phone: (770) 698-8020.

1998 USMS 6+ Mile Open Water Championships, Santa Cruz Masters. August 1, 1998. Contact: Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061. Phone: (408) 425-5762.

① **1999 USMS 1 Hour Postal Championships**, Empire State Masters Swim Club. January 1-31, 1999. Contact: Jon Einsidler, 10 Waterside Plaza, Apt. 6D, New York, NY 10010. Phone: (212) 684-2979. (tr)

③ **1999 USMS 5 and 10 Kilometer Postal Championships**, Pacific Northwest Association. May 15-September 30, 1999. Contact: Jane A. Moore, 1867 Fifty-Eighth St. NE, Tacoma, WA 98422-1517. Phone: (253) 925-0803.

⑧ **1999 USMS 3000/6000 Yard Postal Championships**, Florida Maverick Masters. September 1-October 31, 1999. Contact: Marie Hunter, 1755 Georgia Ave. NE, St. Petersburg, FL 33703. Phone: (813) 521-1172.

⑤ **1999 USMS 1 Mile Open Water Championships**, Seal Beach Swim Club. Pacific Ocean, Seal Beach, Calif. July 17, 1999. Contact: Anne Welty, 68 Rivo Alto Canal, Long Beach, CA 90803. Phone: (562) 424-4227, X 236.

⑥ **1999 USMS 1-3 Mile Open Water Championships**, Ohio Masters Swim Club. Lake Erie, Cleveland, Ohio. August 1, 1999. Contact: Maureen Koss, 3400 Wooster, Apt. 215, Rocky River, OH 44116. Phone: (216) 333-7521.

④ **1999 USMS 2-Mile Cable Championships**, Virginia Masters Swim Team. Chris Green Lake, Charlottesville, Va. Contact: Joyce Mullins, 3104 Waterton Dr., Midlothian, VA 23113. Phone: (804) 323-0483. July 10

⑩ **1999 5 Kilometer Open Water Championships**, Malibu Polar Bear and Breakfast Club, Southern California Aquatics. Pacific Ocean, Catalina Island, Calif. Contact: Tom Katsouleas, 20452 Pacific Coast Highway, Malibu, CA 90265. Phone: (801) 456-3657. 9/20 Sept. 20

⑨ **1999 USMS 6+ Mile Open Water Championships**, Malibu Polar Bear and Breakfast Club, Southern California Aquatics. Pacific Ocean, Catalina Island, Calif. September 25, 1999. Contact: Bonnie Adair, 2310 Twenty-Ninth St., Santa Monica, CA 90405-2010. Phone: (310) 451-6666.

INTERNATIONAL MEETS

1998 VII World Masters Swimming Championships, Casablanca, Morocco. June 19-30, 1998. Contact: Tracy Grilli, 261 High Range Road, Londonderry, NY 03053-2616. Phone: (603) 537-0203. *If requesting entry packet, please enclose \$1 to cover mailing costs.*

1998 NIKE World Masters Games, Gresham, Oregon. August 10-15, 1998. Contact: 1-800-98-GAMES (1-800-984-2637) for entry packet/information or write 55 SW Yamhill, Portland, OR 97204-3312.

Oct 8-15 ~~Gresham~~, FL
Kissimmee

1999 convention

APPENDIX D

ZONE AND LMSC BOUNDARIES

ZONES

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

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

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

Great Lakes—Allegheny Mountain, Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, Wisconsin.

Northwest—Alaska, Inland Northwest, Montana, Oregon, Pacific Northwest, Snake River, Utah.

Oceana—Hawaii, Pacific.

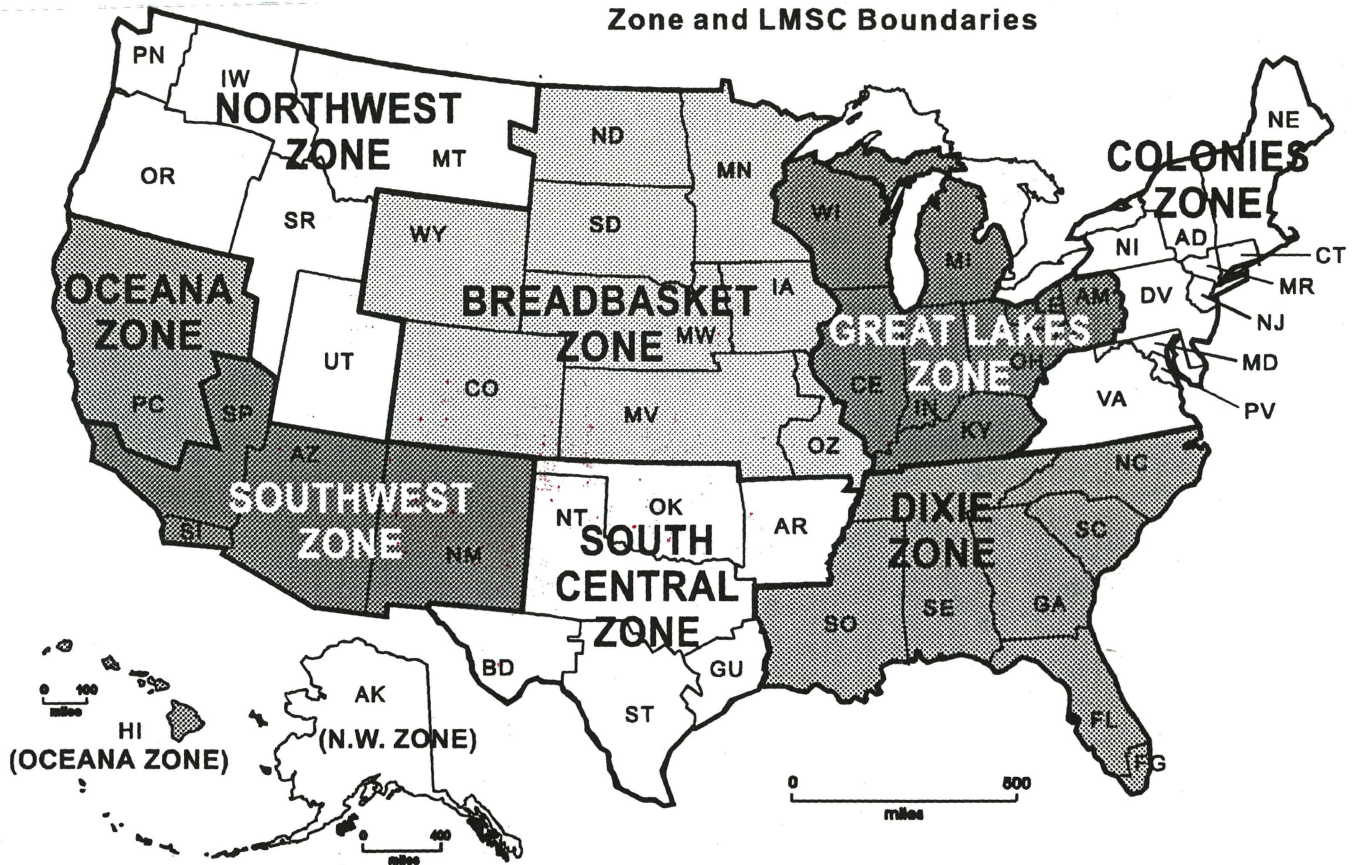
South Central—Arkansas, Border, Gulf, Oklahoma, North Texas, South Texas.

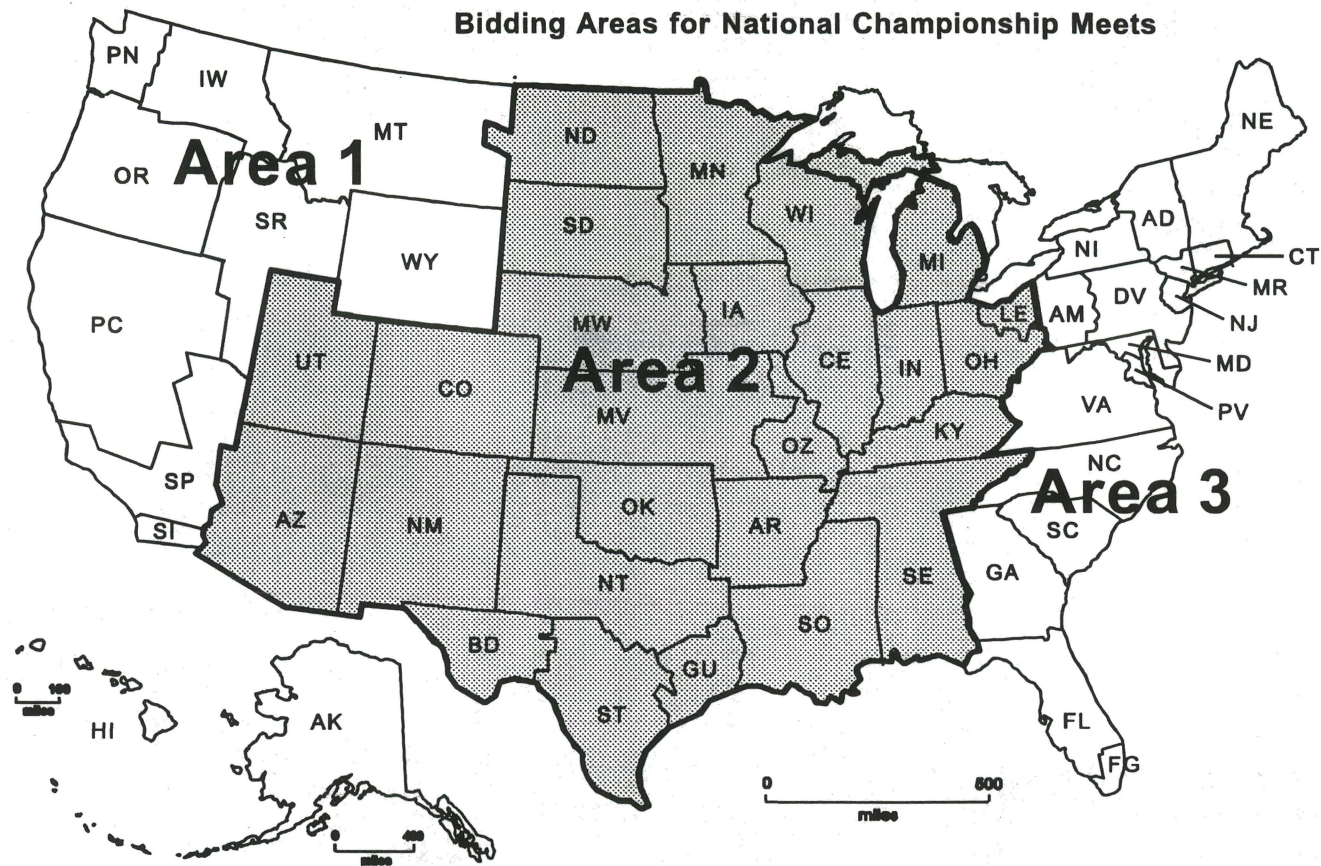
Southwest—Arizona, New Mexico, San Diego–Imperial, Southern Pacific.

LSMC NUMERIC CODES AND ABBREVIATIONS

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

Zone and LMSC Boundaries





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—That part of the state of Texas west of but not including the counties of Val Verde, Sutton, Schleicher, Tom Green, and Coke, and south of but not including the counties of Mitchell, Howard, Martin, and Andrews.

Central—The state of Illinois except the counties of St. Clair, Calhoun, Greene, Jersey, Monroe, and Madison.

Colorado—The state of Colorado.

Connecticut—The state of Connecticut.

Delaware Valley—The state of New Jersey south of Mercer and 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 Northwest—In the state of Washington the counties of Okanogan, Chelan, Douglas, Ferry, Stevens, Spokane, Lincoln, Grant, Kittitas, Asotin, Columbia, Yakima, Franklin, Adams, Whitman, Walla Walla, Garfield, Benton, Pend Oreille, and that portion of Klickitat County east of Highway 97 and including the City of Goldendale. In the state of Idaho the counties of Bonner, Kootenai, Shoshone, Benewah, Latah, Lewis, Nez Perce, Idaho, Clearwater, and Boundary.

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

Kentucky—The 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, Monmouth, and Ocean.

New Mexico—The state of New Mexico.

Niagara—The state of New York west of and including the counties of Oswego, Onondaga, Cortland, and Broome.

North Carolina—The state of North Carolina.

North Dakota—The state of North Dakota. In the state of Montana the counties of Dawson and Wibaux.

North Texas—The state of Texas bounded on the south by but not including the counties of Winkler, Ector, Midland, Glasscock, Sterling, Coke, Runnels, Coleman, Brown, Mills, Lampasas, Bell, Milam, Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; on the west by the state of New Mexico; on the east by the state of Louisiana and the state of Arkansas; and on the north by the state of Oklahoma and the County of Bowie, Texas.

Ohio—The state of Ohio except the counties of Seneca, Crawford, Columbiana, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Jefferson, and Tuscarawas. 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, Schleicher, Tom Green, and Coke; and on the north by and including the counties of Coke, Runnels, Coleman, Brown, Mills, Lampasas, Bell, and Milam.

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

Southern—The states of Louisiana and Mississippi.

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

Utah—The state of Utah.

Virginia—The Commonwealth of Virginia except the counties of Arlington and Fairfax and the cities of Alexandria, Fairfax, and Falls Church. The state of West Virginia except the counties of Hancock, Brooke, Ohio, and Marshall.

Wisconsin—The state of Wisconsin except the counties of St. Croix, Dunn, and Pierce.

Wyoming—The state of Wyoming.

APPENDIX E

USMS DIRECTORY

USMS Executive Committee

President.....	Nancy Ridout ✓
Vice President.....	Jack Geoghegan ✓
Secretary.....	Betsy Durrant ✓
Treasurer.....	Jeanne Ensign ✓
Past President.....	Mel Goldstein ✓
Legal Counsel.....	Jeanne Crouse ✓
Zone Chairman.....	Hugh Moore ✓

USMS National Office

Executive Secretary.....	Tracy Grilli
National Registrar.....	Diane and Bill Black

Zone Representatives and LMSC Chairmen

✓ Breadbasket Zone—*Anna Lee Root* ~~Laura Kessler~~

Colorado.....	Chris Nolte
Iowa.....	Paul Eure
Midwestern.....	Erin M. Sullivan
Minnesota.....	Wayde Mulhern
Missouri Valley.....	Dan Fisher
North Dakota.....	Will Gosnold
Ozark.....	Leo Letendre
South Dakota.....	Todd R. Connelly
Wyoming.....	Mel Dyck <i>Anna Gorden</i>

Colonies Zone—Lynn Hazlewood ✓

Adirondack.....	Ann McNeil
Connecticut.....	Dorothy Donnelly
Delaware Valley.....	Maureen Kilgarriff <i>Pet Timmins</i>
Maryland.....	Barbara Protzman
Metropolitan.....	Bob Kolonkowski
New England.....	John Woods <i>Kevin Fisher</i> <i>Tom Lyndon</i>
New Jersey.....	Paul Cox
Niagara.....	George McVey
Potomac Valley.....	David Diehl <i>Deb McMan</i>
Virginia.....	Forrest Sullivan <i>Linda McClellan</i>

Dixie Zone—June Krauser ✓

Florida.....	Harold Ferris
Florida Gold Coast.....	Debbie Cavanaugh
Georgia.....	Lisa Watson
North Carolina.....	Don Gilchrist
South Carolina.....	Darryl Wolfe
Southeastern.....	Rick Harris
Southern.....	Joie Stanley

Great Lakes Zone—Frank L. Thompson ✓

Allegheny Mountain.....	Stanley Prazer
Central.....	Dave Ackermann
Indiana.....	Jim Barber
Kentucky.....	William Tingley
Lake Erie.....	Lily Kron
Michigan.....	Donald Kroeger
Ohio.....	Jack Kangas
Wisconsin.....	John Bauman

Northwest Zone—David Radcliff ✓

Alaska.....	Joanne Wainwright
Inland Northwest.....	Bill Bresko
Montana.....	Ellen Mills
Oregon.....	Eric Guest <i>Suzanne Roque</i>
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APPENDIX F

USMS HISTORY

Recipients of the Ransom J. Arthur Award

This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of 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	1985	Michael A. Laux
1974	June Krauser	1986	Judge Robert Beach
1975	Hal Onnusseit	1987	Ross Wales
1976	F.H. "Ted" Haartz	1988	John Spannuth
1977	Dr. Paul Huting	1989	Dan Gruender
1978	Mildred Anderson		Edie Gruender
	Hamilton Anderson	1990	Jack Geoghegan
1979	Ray Taft	1991	Tom Boak
	Zada Taft	1992	Walt Reid
1980	Enid Uhrich	1993	Kathrine Casey
	Ed Reed Sr.		Gail Dummer
1981	Cindy Baxter	1994	Nancy Ridout
1982	Harry Rawstrom	1995	Mary Lee Watson
1983	Dorothy Donnelly	1996	Suzanne Rague
1984	Reg Richardson	1997	Mel Goldstein

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.	1992	Clay Evans
1987	Kerry O'Brien		Gerry Rodrigues
1988	Keith Bell	1993	Coach Emmett Hines
1989	William Tingley	1994	Todd Samland
1990	Michael Collins	1995	Scott Rabalais
1991	Judy Bonning	1996	Mo Chambers
		1997	Bonnie Adair

Recipients 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	1992	June Krauser
1987	Ardeth Mueller	1993	Tim Garton
1988	Cameron Reed	1994	Karlyn Pipes
1989	Drury Gallagher	1995	Ray Taft
1990	Gail Roper	1996	Jack McCoy
1991	Fred Wiggin	1997	Betsy Jordan

Recipients of the USMS National Championship Meets Award

This award is presented annually by the Raleigh Area Masters Swim Team to a person or persons who have made outstanding contributions to USMS national competitions.

1993	Paul Windrath, Wade Mulhern, June Krauser	1996	F.H. "Ted" Haartz
1994	Gene Donner, George McVey, Betty Barry, Tom Boak	1997	Sandi Rousseau
1995	John Zell, Mel Goldstein		

USMS Athletes Inducted Into the International Swimming Hall of Fame

1995	Clara Walker and Gus Langner	1997	Gail Roper and Tim Garton
1996	Ardeth Mueller and Ray Taft		

USMS National Championship Meets

Short Course Championships				Long Course Championships		
Year	Date	Location	Swimmers	Date	Location	Swimmers
1970	5/2-3	Amarillo, Tex.	46			
1971	5/7-8	Amarillo, Tex.	108			
1972	5/19-21	San Mateo, Calif.	325	8/11-13	Bloomington, Ind.	188
1973	5/18-20	Santa Monica, Calif.	500	8/10-12	Chicago, Ill.	500
1974	5/17-19	Ft. Lauderdale, Fla.	561	9/6-8	Santa Clara, Calif.	584
1975	5/16-18	Ft. Lauderdale, Fla.	663	8/29-31	Knoxville, Tenn.	394
1976	5/14-16	Mission Viejo, Calif.	800	8/27-29	St. Louis, Mo.	514
1977	5/13-15	Ft. Lauderdale, Fla.	611	8/25-28	Spokane, Wash.	525
1978	5/19-21	San Antonio, Tex.	560	8/31-9/3	Providence, R.I.	540
1979	5/4-7	Mission Viejo, Calif.	1020	8/23-26	Dearborn, Mich.	689
1980	5/16-18	Ft. Lauderdale, Fla.	875	8/29-9/1	Santa Clara, Calif.	987
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.	1992	8/24-27	Gresham, Ore.	1010
1996	5/9-12	Cupertino, Calif.	2048	8/21-25	Ann Arbor, Mich.	1176
1997	5/15-18	Federal Way, Wash.	1438	8/14-17	Orlando, Fla.	881
1998	5/7-10	Indianapolis, Ind.		8/20-23	Ft. Lauderdale, Fla.	
1999	5/13-16	Santa Clara, Calif.		8/19-23	Minneapolis, Minn.	

World Championship Meets

Year	Date	Location	Swimmers
1986	7/12-16	Tokyo, Japan	3400
1988	10/9-16	Brisbane, Australia	3594
1990	8/6-13	Rio de Janeiro, Brazil	1743
1992	6/25-7/5	Indianapolis, Ind., USA	2406
1994	6/4-10	Montreal, Canada	3474
1996	6/23-7/2	Sheffield, England	3837
1998		Casablanca, Morocco	

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, Bobbi Turcotte ZC
1980	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Uhrich S, Reg Richardson T, Bobbi Turcotte ZC
1981	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Uhrich S, Reg Richardson T, Bobbi Turcotte ZC
1982	Memphis, Tenn.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Bobbi Turcotte ZC
1983	Cincinnati, Ohio	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1984	Indianapolis, Ind.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1985	Phoenix, Ariz.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Dore Schwab ZC
1986	Fort Worth, Tex.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Dore Schwab ZC
1987	Atlanta, Ga.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1988	St. Louis, Mo.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1989	Portland, Ore.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Pat Maley ZC
1990	Pittsburgh, Penn.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Pat Maley ZC
1991	Louisville, Ky.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1992	Minneapolis, Minn.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1993	Los Angeles, Calif.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1994	Kansas City, Mo.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1995	Houston, Tex.	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1996	Orlando, Fla.	Mel Goldstein, P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1997	Burlingame, Calif.	Mel Goldstein, P, Jim Miller, M.D., VP, Suzanne Rague, S, Lucy Johnson, T, Stephanie Walsh, ZC

**USMS Annual Meetings and National Officers
(Continued)**

1998	Cincinnati, Ohio
1999	San Diego, Calif.

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IN MEMORY TOM LANE



June 21, 1894–August 18, 1997

First appearing on the Masters swimming scene in San Diego in 1977, 82-year-young Tom Lane grew to become its patriarch. Always inspirational, with a fighting and determined spirit, Tom's name still graces the record books with 21 national and 3 world records. He was the impetus for FINA finally (in 1994) recognizing the 95–99 and 100–104 age groups. His motto was, "If you can't beat 'em, outlive 'em."

Born in Omaha, Nebraska, Tom started swimming at age four. He swam for the University of Minnesota varsity in 1915, then went off to serve in World War I as a Marine Corps aviator. He subsequently studied law at the University of Michigan, where he met his wife, with whom he had three children. During World War II, at age 48, as part of the Army Air Force, he commanded a submarine depot. Afterwards, he practiced patent law in Chicago, then moved to Los Angeles, San Jose, and finally San Diego in 1968.

Tom composed and recited the following poem at his 101st birthday party in June 1994:

A Sail in San Diego Bay

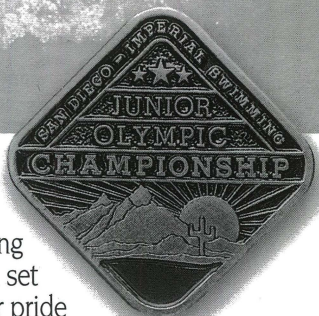
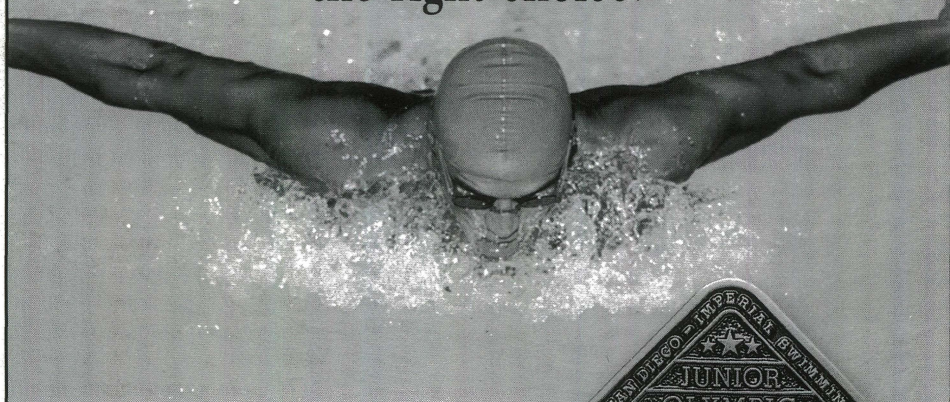
I looked upon the stars,
Throughout the heaven known.
Each one a sun, some of them,
Much larger than our own.

And now it's time to turn for home.
The hour's getting late.
We slack our sheets to sail back in,
That glittered silver gate.

Tom regretted never having taken a single-handed sailing voyage: "So when I'm reduced to a handful of ashes, I want somebody to put them in a paper bag with a stone and throw them in the water. Then I'll cruise the oceans of the world forever."

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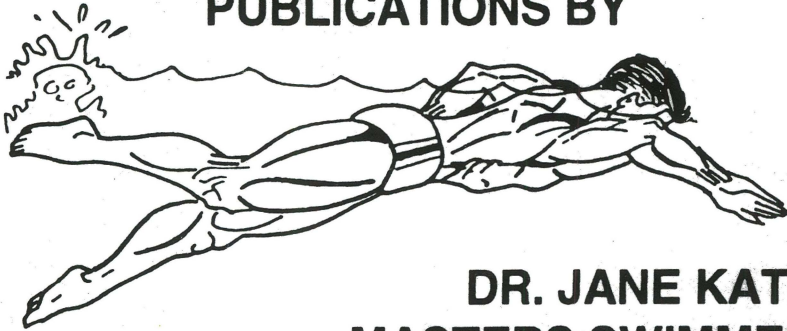


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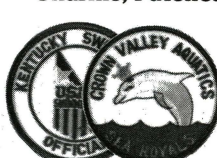
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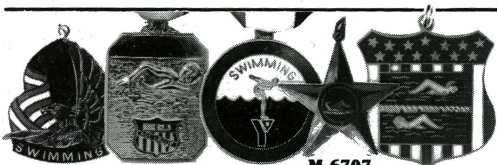


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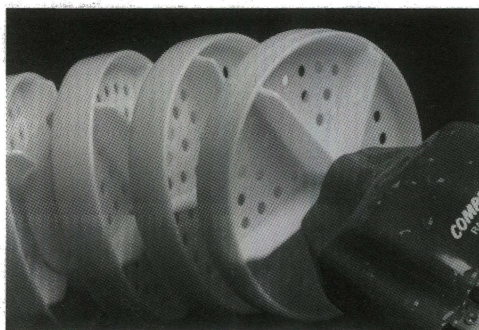
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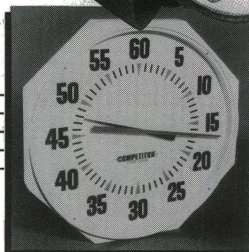
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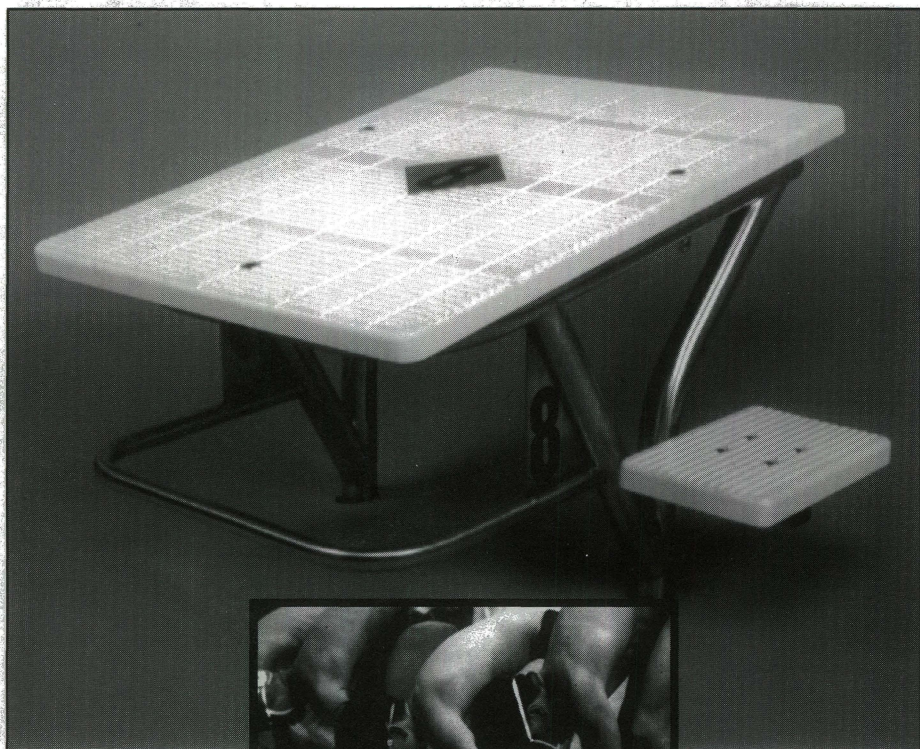
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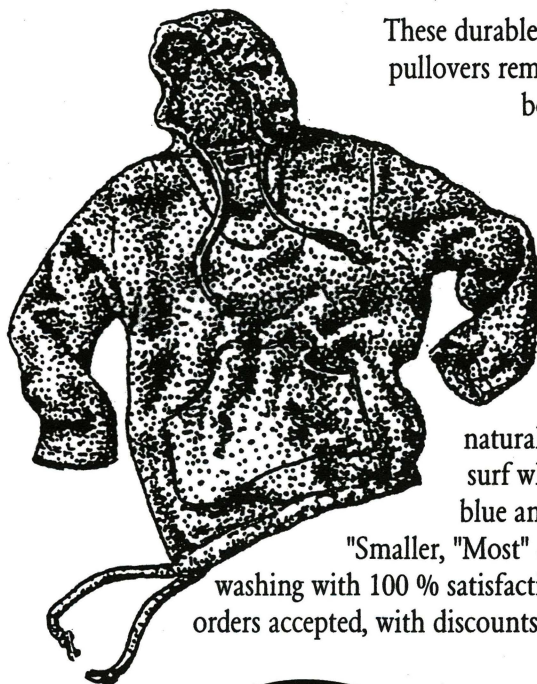
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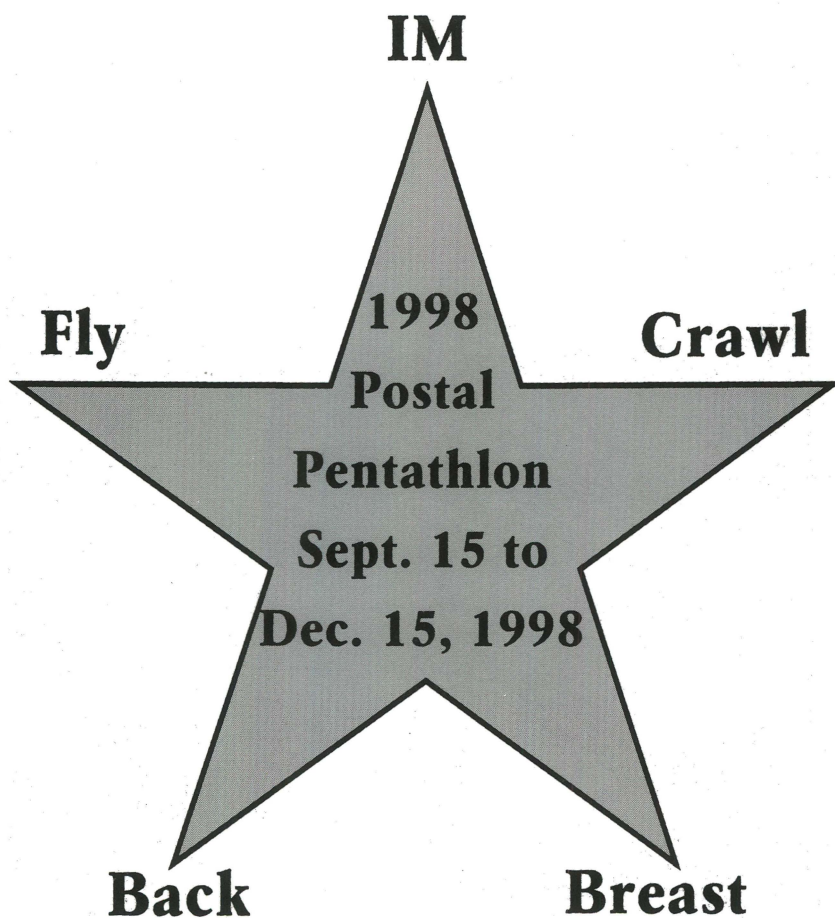
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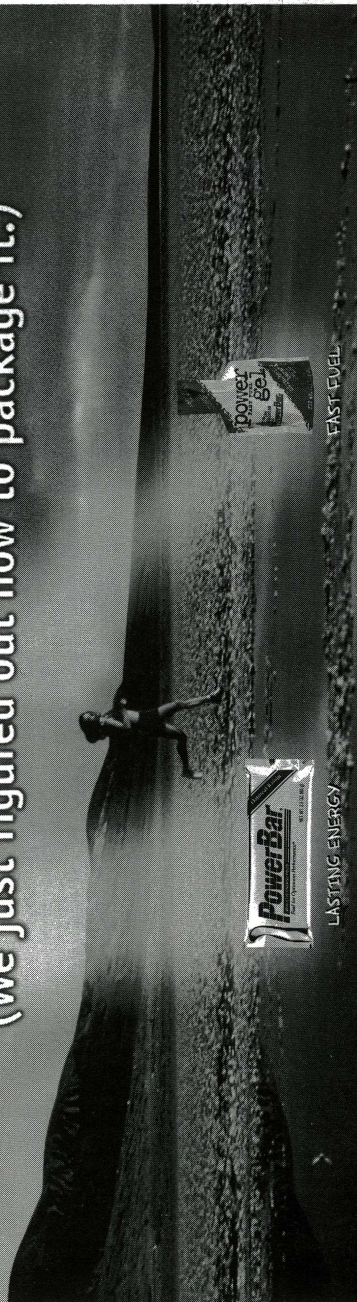
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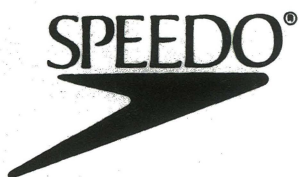
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