









United
States
Masters
Swimming



STANDARD OF CHLORING REMOVAL SULTRA REPAIR CONDITIONS

Standard of CHLORING REMOVAL SWIM.

Shower
Gel









# 2000

# UNITED STATES MASTERS SWIMMING CODE OF REGULATIONS

# AND

# RULES OF COMPETITION

Published by
United States Masters Swimming, Inc.
P.O. Box 185
Londonderry, NH 03053-0185
Telephone: (603) 537-0203, (800) 550-SWIM
FAX: (603) 537-0204
E-mail: usms@usms.org

Edited by Meg Smath with assistance from the Rule Book Committee.

www.usms.org

This is an official publication of United States Masters Swimming, Inc., the national governing body for Masters Swimming in the United States. Additional copies of this book may be purchased at a cost of \$8 from the USMS National Office at the above address.

Copyright 2000 by United States Masters Swimming, Inc. Portions of this book are reprinted with permission from USA Swimming Rules and Regulations (copyright 2000).

The 2000 cover was designed by Tom Lyndon of New England Masters. Tom came up with the idea for the original design, and did the computer layout.

# **Dedication**

The 2000 United States Masters Swimming Code of Regulations and Rules of Competition is dedicated to Jim Matysek, webmaster of the USMS Web site, and chair of the Computer Online Committee. Only a few years ago, no one could have predicted what a tremendous communications tool www.usms.org has become, and Jim has been the "man with the plan" for USMS. How did we ever get along before the heat sheets for nationals were posted online? What would we do without having the records and Top Ten at our fingertips? Where else could you find the e-mail addresses for the entire Board of Directors at 2:00 in the morning? Thanks Jim—and get some sleep!

# **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
- 1998 USMS All-Americans
- 1999 F.H. "Ted" Haartz

# UNITED STATES MASTERS SWIMMING, INC.

# **EXECUTIVE COMMITTEE:**

President—Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947-4810
Vice-President—Jack Geoghegan, 155 Osborn Road, Rye, NY 10580-1328
Secretary—Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451-2040
Treasurer—Jeanne Ensign, 600 Malden Avenue East Apt. 102, Seattle, WA 98112-4500

Past President—Mel Goldstein, 5735 Carrollton, Indianapolis, IN 46220
 Legal Counsel—Jeanne Crouse, 600 Marcia Lane, Rockville, MD 20851-1510
 Zone Committee Chair—Hugh Moore, 1867 58th Street NE, Tacoma, WA 98422-1517

# NATIONAL OFFICE:

Executive Secretary—Tracy Grilli, P.O. Box 185, Londonderry, NH 03053-0185, (603) 537-0203, (800) 550-SWIM

# MAJOR CHANGES FOR 2000

- New Forward Start Procedure: At the beginning of each heat, the referee will blow a short series of whistles, signaling the swimmers to remove all clothing except swimwear. Next, the referee will blow one long whistle, signaling the swimmers to take their positions with at least one foot at the front of the starting platform, the edge of the deck, or on the wall. When the swimmers are in position, with an outstretched arm the referee will turn control of the swimmers over to the starter. The starter may give optional instructions such as event, stroke, and distance, and then will give the command "Take your mark." When all swimmers are motionless in the starting position, the starter will give the starting signal. (articles 101.1.1, 103.8)
- New Backstroke Start Procedure: At the beginning of each heat, the referee will blow a short series of whistles, signaling the swimmers to remove all clothing except swimwear. Next, the referee will blow one long whistle, signaling the swimmers to enter the water, followed by another long whistle, signaling the swimmers to return to their starting positions. When the swimmers are in position, with an outstretched arm the referee will turn control of the swimmers over to the starter. The starter may give optional instructions such as event, stroke, distance, and telling swimmers to place their feet; then the starter will give the command "Take your mark." When all swimmers are motionless in the starting position, the starter will give the starting signal. (articles 101.1.2, 103.8)
- **Butterfly Clarification:** After the start and after each turn, swimmers using the breaststroke or whip kick while swimming butterfly are allowed only one kick before the arm pull that brings them to the surface. (article 101.3.2)
- False Starts: If the starting signal sounds before a false start has been declared, the race will continue and the swimmer or swimmers who false started will be disqualified at the conclusion of the race. (article 103.8.5B)
- Relay Take-Off Judges: If two judges are being used, each judge will record in writing whether relay take-offs are legal or illegal, and will not raise their hands to signal an infraction. At the end of the race they will compare notes, and if both judges considered the same take-off illegal, the relay will be disqualified. (article 103.10.5B)
- National Championship Surcharge: The surcharge has been increased to \$30. (article 104.5.4D(1))
- **Deck-Seeded Events at National Championships:** If a swimmer enters a seed time in a deck-seeded event that is significantly slower than the swimmer's recently recorded times, the meet director may change the seed time to a more realistic seed time, after notifying the swimmer. (article 104.5.5A(9))
- Equal Opportunity: USMS has clarified that it does not deny membership on the basis of sexual orientation. (article 501.3)
- **Recognition and Awards Committee:** This committee is now a standing committee. (article 507.3.14)
- **Internal Auditor:** The Internal Audit Committee no longer exists. Instead, the president will appoint an individual to serve as internal auditor. (article 508.3)

# **TABLE OF CONTENTS**

Preamble		11
Mission State	ment of United States Masters Swimming	11
Goals and Ob	jectives	11
Glossary	-	12
J		
	PART 1: Swimming Rules	
Article 101:	Starts, Strokes, and Relays	
101.1	Starts	15
101.2	Breaststroke	
101.3	Butterfly	
101.4	Backstroke	
101.5	Freestyle	
101.6	Individual Medley	
101.7	Relays	18
Article 102:	Swimming Competition	
102.1	Eligibility	19
102.2	Age Determining Date	19
102.3	Age Groups	20
102.4	Warm-Up/Warm-Down	
102.5	Events	
102.6	Event Limit	
102.7	Entry Fees	
102.8	Scratch Procedures	
102.9 102.10	RelaysLane Assignments—Seeding—Counters	21
102.10	Awards	
102.11	Scoring	
102.12	Change of Program and Postponement	
102.14	Swimwear	
102.15	Disqualifications	
102.16	Protests	
102.17	Tobacco	28
Article 103:	Meet Procedures	28
103.1	Required Personnel	
103.2	Certification of Officials	
103.3	Reporting of Officials and Meet Personnel	
103.4	Meet Director	
103.5	Meet Committee	28
103.6	Referee	28
103.7	Administrative Referee	29
103.8	Starter	29
103.9	Recall Rope Operator	
103.10	Judges	
103.11	Timers	
103.12	Timing Equipment	
103.13	Official Time	
103.14	Clerk of Course	
103.15 103.16	Marshals	
105.10	Announcer	5 /

103.17 103.18	Recorder of Records	
Article 104:	National Championship Meets	38
104.1	Meet Categories	38
104.2	Meet Name	38
104.3	Awarding of National Championship Meets	38
104.4	USMS Assistance and Agreements	39
104.5	Conduct of National Championship Meets	
Article 105:	Records, Top Ten Times, and All-American Recognition	
105.1	Requirements for Records and Top Ten Times	47
105.2 105.3	Top Ten Times	47
105.3	All-American Recognition	
105.5	World Records	
Article 106:	Health and Safety Regulations for Competition	
106.1	Medical Examination	
106.1	Medical Equipment	49
	• •	
Article 107:	Facilities Standards	
107.1	Definitions	49
107.2 107.3	Racing Course Dimensions	45 50
107.4	Pool and Bulkhead Markings	50
107.5	Overflow Recirculation System	50
107.6	Water Temperature	50
107.7	Ladders	5
107.8	Other Deck Equipment	51
107.9	Lighting	5 ]
107.10 107.11	No Smoking Signs	5 ! 5 !
107.11	Floating Lane Lines/Dividers	51 52
107.12	Backstroke Flags and Lines	52
107.14	Loudspeaker Starting System	53
107.15	False Start Recall Rope	53
107.16	Pace Clocks	53
107.17	Automatic Timing Equipment	53
107.18	Electrical Safety	54
Article 108:	Guidelines for Officiating Swimmers with a Disability in USMS Meets	5/
100 1	General	
108.1 108.2	Blind and Visually Impaired	
108.3	Deaf and Hard of Hearing	55
108.4	Mentally Impaired	55
108.5	Physical Disabilities	
PA	ART 2: Administrative Regulations of Competition	
Article 201:	Athlete Registration and Representation	57
201.1	Membership of Athletes	
201.2	Representation	

201.3	Travel Permits	58
Article 202:	Sanction/Recognition	58
202.1	Sanctions	58
202.2	Recognized Events	
202.3	Fitness Events	
Article 203:	Liability Release	60
203.1	Liability Release	60
	PART 3: Long Distance Swimming Rules	
Article 301:	Administration	61
301.1	Organization	61
301.2	Registration and Sanctions	
301.3	Liability Release	61
301.4	Age Determining Date	
301.5	Age Groups	
Article 302:	Events	62
302.1	Events	62
302.2	Definitions	
302.3	Open Water	
302.4	Pool	
302.5	Team	
302.6	Relay	63
Article 303:	Conduct of Open Water Meets	63
303.1	Safety Standards	63
303.2	Escorted Swims	
303.3	Starts	
303.4	Seeding	
303.5	Finishes	
303.6	Swimwear	65
303.7	Officials	65
303.8	Disqualifications	
303.9	Solo Open Water Swim	
303.10	Incomplete Race	66
Article 304:	Conduct of Pool Meets	66
304.1	Rules	66
304.2	Pool Size	66
304.3	Officials	66
304.4	Seeding	
304.5	Timing	
304.6	Computing Distances in Time-Based Events	67
304.7	Integrity of Results in Postal Events	
304.8	Determination of Place	67
Article 305:	National Long Distance Championships	67
305.1	Rules	67
305.2	Events	67
305.3	Site Selection	

305.4	Contract	
305.5	Financial	69
305.6	Entry Fees	
305.7	Rules of Conduct	
305.8	Results	
305.9 305.10	Club Scoring	/( 70
305.11	All-American Recognition	70
305.12	All-Star Team	
Article 306:	Records	
306.1	Records	<b>7</b> 1
	PART 4: Athletes' Rights, Hearings, and Appeals	
Article 401:	Athletes' Bill of Rights	72
401.1	Protection	72
401.2	Right to Participate	
Article 402:	Jurisdiction and Authority of the Executive Committee	72
402.1	General Jurisdiction	72
402.2	Delegation of Jurisdiction	
Article 403:	Investigations and Hearings	73
403.1	Reporting	73
403.2	Notification of Violation	73
403.3	Dismissal	
403.4	Response to Violation	72
403.5 403.6	Written Decision	
403.7	Procedures for Formal Hearing	
Article 404:	Appeal	75
404.1	Appeals Board	
404.2	Final Appeal	
404.3	Deadline for Filing an Appeal	75
404.4	Appellate Process	
404.5	Written Decision	75
Article 405:	Documentation	75
PARI 5:	U.S. Masters Swimming, Inc.: Organization and Byla	
Article 501:	Membership	
501.1	Membership Categories	76
501.2	Mandatory Memberships	
501.3	Equal Opportunity	
Article 502:	Local Masters Swimming Committee (LMSC)	
502.1	LMSC Membership	
502.2	Bylaws	76
502.3 502.4	Annual Meeting Election of Officers	
502.4 502.5	Filing of Bylaws	

502.6 502.7	Records and Record Keeping	76
Article 503:	Zones	
503.1 503.2	Zone Boundaries	
503.2	Zone MeetingsZone Policies	77
503.4	Zone Championship Meets	77
503.5	Communications	77
Article 504:	House of Delegates	77
504.1	Membership	77
504.2	Powers	78
504.3	Meetings of the House of Delegates	78
Article 505:	Officers	78
505.1	Positions	
505.2	Elections and Term of Office	
505.3 505.4	Vacancies Duties of Officers	
Article 506:	Board of Directors	
506.1 506.2	Membership Term of Office	
506.3	Vacancies	
506.4	Powers	80
506.5	Meetings	
506.6 506.7	QuorumVoting Privileges	
Article 507:	Committees	
507.1	Executive Committee	
507.2	Zone Committee	
507.3	Standing Committees	81
507.4	Ad Hoc Committees	83
Article 508:	Financial Policy	84
508.1	Fiscal Year	
508.2	Controller	
508.3 508.4	Internal Auditor	
508.5	Budget Requests	
Article 509:	Indemnification and Dissolution	84
509.1	Indemnification	84
509.2	Dissolution	85
	PART 6: Amendment Procedures	
Article 601:	Amendments	86
601.1	Committee Jurisdiction	86
601.2	Submission of Proposed Amendments	86
601.3	Modification of Proposed Amendments	
601.4 601.5	Adoption of Proposed Amendments	86 87
301.5		07

# **APPENDICES**

Appendix A:	Records	89
Women's	Records	90
Men's Re	ecords	99
	Relay Records	
	elay Records	
Mixed Re	elay Records	112
Long Dis	tance Individual Records	114
Long Dis	tance Team Records	117
Appendix B:	Information for Meet Directors and Officials	124
USMS-A	pproved Certifying Bodies	124
Enforcem	ient of Rules	124
Differenc	es Between USA Swimming and USMS Rules	124
Differenc	es Between NCAA/YMCA Swimming and USMS Rules	126
Adjustme	ents for National Qualifying Times for Swims at Altitude	128
Preparati	on of Meet Results	128
USMS an	nd World Record Applications	129
Appendix C:	National and International Masters Swimming Schedule	133
	ational Conventions	
USMS N	ational Championship Meets	133
USMS L	ong Distance National Championship Meets	133
	onal Meets	
Appendix D:	Zone and LMSC Boundaries	135
		135
	umeric Codes and Abbreviations	
	one and LMSC Boundaries	
Map of B	idding Areas for National Championship Meets	137
LMSC Bo	oundaries	138
Appendix E:	USMS Directory	141
• •	<u> </u>	
	xecutive Committee	
USIVIS IN	ational Officeoresentatives and LMSC Chairmen	141 141
	ommittees	
Special A	ppointments and Liaisons	143
Alphaheti	ical Directory	148
-	•	
	USMS History	
Recipient	s of the Ransom J. Arthur Award	153
	s of the USMS Coach-of-the-Year Award	
Recipient	s of the David Yorzyk Memorial Award	153
Recipient	s of the USMS National Championship Meets Award	154
USMS At	thletes Inducted as Athletes into the International Swimming	154
	ame	
	ational Championship Meets	
	ampionship Meets	
USIVIS AI	nnual Meetings and National Officers	. 133
Index		. 157

# **PREAMBLE**

United States Masters Swimming (USMS) is an organization of sports-women 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 that 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 that prevents the successful completion of a race.

Heat-a division of an event.

**Horizontal**—parallel to the level surface of the water.

**IOC**—International Olympic Committee.

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

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

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

Lane 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.

Must-mandatory.

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

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

Propulsive—having the power to propel.

Recognized Meet—a designated meet conducted by organizations other than USMS from which swimmers may have their times accepted for recording purposes by USMS.

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.

SCN—Swimming Canada Natation.

**Scratch**—withdraw an entry from an event or fail to report to the assigned lane in the assigned heat.

Seeding—distributing swimmers among the required number of heats and/or lanes, based on submitted times.

**Deck-seeding**—events are seeded at the time of the event with entries received prior to or at the meet.

**Confirmed seeding**—events are seeded after a confirmation (check-in) time.

**Pre-seeding**—events are seeded prior to the day of competition.

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 achieved 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.

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.

Warning signal—a starting pistol, bell, whistle, air horn, or other appropriate audible device

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, 2000, 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 USA 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

# 101.1.1—Forward Start

The forward start may be taken from the starting block, the pool deck, or a push from the wall. At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, 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.

# 101.1.2—Backstroke Start

- A Starting commands—At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee's first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
- B 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.
- C 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

#### 101.2.1—Start

The forward start shall be used.

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

# 101.2.3-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.

# 101.2.4—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 article 101.2.2 must be attained from the beginning of the first arm stroke.

#### 101.2.5-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. 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

# 101,3,1-Start

The forward start shall be used.

#### 101.3.2—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.

**Note:** After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings the swimmer to the surface.

#### 101.3.3—Kick

All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke kick, except after the last such kick before the turn or finish. A scissors kicking movement is not permitted.

# 101.3.4-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.

#### 101.3.5-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.

# 101.4. BACKSTROKE

# 101.4.1—Start

The backstroke start shall be used.

# 101.4.2—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.

# 101.4.3-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."

# 101.4.4—Finish

Upon the finish of the race, the swimmer must touch the wall while on the back.

# 101.5. FREESTYLE

# 101.5.1-Start

The forward start or the short course yards backstroke start shall be used.

# 101.5.2—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.

# 101.5.3-Turns

Upon completion of each length, the swimmer must touch the wall.

#### 101.5.4—Finish

The swimmer shall have finished the race when any part of the swimmer touches the wall after completing the prescribed distance.

#### 101.6. INDIVIDUAL MEDLEY

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

# 101.6.1-Start

The forward start shall be used.

#### 101.6.2-Stroke

The stroke for each one-fourth of the designated distance shall follow the prescribed rules for each stroke.

# 101.6.3—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.

#### 101.6.4—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

# 101.7.1—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.

# 101.7.2-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.

# 101.7.3—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

- 102.1.1—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.
- 102.1.2—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 champion-ship meets.

# 102.2. AGE DETERMINING DATE

102.2.1—For short course yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet.

102.2.2—For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the age as of December 31 of the year of competition.

# 102.3. AGE GROUPS

# 102.3.1—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).

# 102.3.2—Relay Events

- A Short course (25) yards—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) meters and long course (50) meters—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

# 102.4.1—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.

# 102.4.2—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.

Any of the following events may be conducted. Any event conducted must be offered for all age groups and both genders. For long distance events, see article 302.

# 102.5.1—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

100-400-800 yards freestyle relay

200-400-800 yards mixed freestyle relay

200-400 yards medley relay

200–400 yards mixed medley relay

# 102.5.2—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

200-400 meters medley relay

200-400 meters mixed medley relay

\* Short Course Meters only

# 102.6. EVENT LIMIT

A swimmer may compete in not more than five individual events per day (or three individual events if the meet is a trials/finals format). If, however, due to conditions beyond the control of meet officials, an event or events are postponed to a subsequent day of the meet, such postponed events shall not be included in the five (or three) events per day limitation.

# 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.

# 102.8.1—Penalties

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

# 102.9. **RELAYS**

- 102.9.1—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.
- 102.9.2—Clubs entering two or more relay teams in an event shall designate them on the entry blank as team A, team B, etc.
- 102.9.3—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.
- 102.9.4—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 gender of each relay member. The name of the lead-off swimmer must be clearly designated.
- 102.9.5—First and last names of eligible relay swimmers, their ages, and order of swimming shall be submitted on a relay entry form or card to the clerk of course (if used) or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the head lane timer prior to the start of the relay heat in which such team is entered. No changes will be permitted thereafter.
- 102.9.6—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

# 102.10.1—Seeding Principles for Masters Competition

- A All short course meters events, long course meters events, and national championships shall be conducted on a timed final basis. Other short course yards events may be conducted on a timed final basis or other basis (e.g., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day.
- **B** Age groups, genders, 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.

# 102.10.2—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.

# 102.10.3—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.

# 102.10.4—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 there are not enough swimmers to fill all heats with two swimmers in each lane, those swimmers with the fastest submitted times 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 gender.
- (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 (i.e., no "circle" swimming).
- (b) Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender,

subject to the discretion of the referee, and the disqualified offender shall 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
    - (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.

	Lane					
Heat	Ll	L2	L3	L4	L5	L6
Odd heat	5	3	1	2	4	6

(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.

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

# 102.10.5-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.

# 102.10.6—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.

# 102.12.1—Dual Meets

Individual events: 5-3-1-0
Relay events: 7-0
102.12.2—Triangular Meets

Individual events: 6-4-3-2-1-0 Relay events: 8-4-0

# 102.12.3—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: 11-9-8-7-6-5-4-3-2-1

Individual point values shall be doubled for relays.

#### 102.12.4—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.

# 102.12.5—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

102.13.1—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.

102.13.2—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.

# 102.13.3—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 (see article 103.5) 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.
- 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. **SWIMWEAR**

# 102.14.1—Design

The swimsuits worn for competition shall be non-transparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

# 102.14.2—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. Offenders may be barred from competition until they comply with this rule.

# 102.15. DISQUALIFICATIONS

- 102.15.1—A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.
- **102.15.2**—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.
- 102.15.3—Swimmers must start and finish the race in their assigned lane.
- 102.15.4—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.
- 102.15.5—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.
- 102.15.6—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.
- 102.15.7—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.
- **102.15.8**—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.
- 102.15.9—Grasping the lane line or side wall to assist forward motion is not permitted.
- **102.15.10**—For relay disqualifications, refer to article 101.7.3.
- 102.15.11—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.
- **102.15.12**—Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

# **102.16. PROTESTS**

- 102.16.1—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.
- 102.16.2—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.
- 102.16.3—Protests against judgment decisions of starters, and stroke, turn, and relay take-off judges can only be considered by the referee of the meet.
- 102.16.4—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 chair of the LMSC or the chair'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 chair 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 PROCEDURES

# 103.1. REQUIRED PERSONNEL

The minimum personnel at USMS sanctioned Masters Swimming meets or recognized events shall include the following for each course:

# 103.1.1—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.

# 103.1.2—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 USA Swimming, 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 swim meet should arrive promptly and report immediately to the meet director or meet referee.

# 103.4. MEET DIRECTOR

The meet director shall be the chair 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

103.6.1—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.

- 103.6.2—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.
- 103.6.3—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.
- 103.6.4—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.
- **103.6.5**—The referee may prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointing device or artificial noisemaker.
- 103.6.6—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.
- 103.6.7—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.
- **103.6.8**—Refer to article 102.16 concerning protests.

# 103.7. ADMINISTRATIVE REFEREE

The administrative referee shall resolve errors in entries and seeding, make adjustments as required and verify timing (see article 103.11.4), verify record documentation, and perform other duties as assigned by the meet referee.

# 103.8. STARTER

# 103.8.1—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 Optional instructions
  - (1) Event, stroke and distance (recommended).
  - (2) Advise heat when a swimmer is attempting a time at an initial distance.
  - (3) 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.

# **103.8.2—Starts** (see article 101.1)

# 103.8.3—Starting Commands

- A At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform, the edge of the deck, or on the wall and remain there. In backstroke and medley relay events, at the referee's first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position (article 101.1.2).
- **B** When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control.
- C On the starter's command "Take your mark," the swimmers shall immediately assume their starting position with at least one foot at the front of the block, the edge of the deck, or on the wall. When all swimmers are stationary, the starter shall give the starting signal.
- **D** For backstroke starts, the starter may give the command "Place your feet" after the referee's whistle.

# 103.8.4—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.

# 103.8.5—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 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, be reminded by the starter of the penalties, and start again.
- 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** 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.
- E The starter shall indicate the swimmer or swimmers, if any, who are charged with a false start.
- F Any swimmer who is charged with committing or causing a false start prior to the starting signal being given 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.
- G A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed without recall. Enforcement of the correct starting position is the responsibility of the starter, who, with the concurrence of the referee, may impose the appropriate penalty for violation before the starting signal is given.

# 103.8.6—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.

# 103.9. 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.

# 103.10. **JUDGES**

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

#### 103.10.1—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.

# 103.10.2—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.

#### 103.10.3—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.

#### 103.10.4—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.

# 103.10.5—Relay Take-Off Judges

A Relay take-off judges shall be assigned by the referee and shall stand so that they can clearly see both the touch of the incoming swimmer(s) and the feet of the departing swimmer(s) as they leave the starting platform, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.

B If dual relay take-off judging is used, the lane and side take-off judges shall independently report infractions in writing without the use of the infraction hand signal. A relay shall be disqualified only if the lane take-off judge has reported an infraction and the assigned side take-off judge has confimed the same infraction.

# 103.10.6—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 103.10.5.

# 103.11. TIMERS

# 103.11.1—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.

# 103.11.2—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, or there is reason to believe the semi-automatic or manual times may be inaccurate.

# 103.11.3—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.

# 103.11.4—Timing Equipment Operator

The timing equipment operator shall be responsible for the automatic or semiautomatic 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. The timing equipment should be placed so that the operator is able to observe the finish of each race.

# 103.11.5—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.

# 103.11.6-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 gender 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

# 103.12.1—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 103.11.3. Only digital read-out type hand-held battery powered watches designed for timing purposes shall be used.

# 103.12.2—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.

# 103.12.3—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.

# 103.12.4—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 determining the order of finish. The adjustment for timing system difference may be incorporated into the automatic or semi-automatic system by design or may be determined by calculating the consistent average difference between the primary and back-up systems used at that meet.
- E Adjustment for malfunction on a lane—When a malfunction is confirmed on a lane, the back-up times for that lane shall be adjusted by calculating the average difference between valid primary and valid back-up times of the other lanes in that heat or, if necessary, using times from heats immediately preceding and/or following 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):**

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

Systems used:

Primary—Automatic

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

Tertiary—Manual, one watch

<sup>\*</sup>More than .30 second difference, late touch confirmed.

<sup>\*\*</sup>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):** 

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

Systems used:

Primary—Automatic (late manual start confirmed)

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

Tertiary—Manual, one watch (valid)

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 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

103.13.1—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 prior to the swim,
  - (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.

103.13.2—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.

103.13.3—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> <li>World records, USMS national records, and USMS Top Ten times</li> <li>Initial splits for all purposes</li> </ul>		
Three watches or semi- automatic with three buttons	<ul> <li>World records, USMS national records, and USMS Top Ten times</li> <li>Initial splits and relay lead-off times</li> </ul>		
Two watches or semi-automatic with two buttons	USMS Top Ten times		

- **103.13.4**—World records may be established when timed by three watches.
- 103.13.5—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.
- 103.13.6—A backup time adjusted for system timing errors in accordance with the methods described in articles 103.12.4C, 103.12.4D, 103.12.4E, and 103.12.4F may be used as an official time equal to the level of the timing system to which it has been adjusted.
- **103.13.7**—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

- 103.14.1—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.
- 103.14.2—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:

#### 104.1.1—Short Course (25 Yards)

Between April 15 and May 31.

## 104.1.2—Long Course (50 Meters)

Between August 1 and September 15.

#### 104.2. MEET NAME

The official name shall be <u>(insert year)</u> United States Masters Swimming National <u>(insert Short or Long)</u> Course Championships.

#### 104.3. AWARDING OF NATIONAL CHAMPIONSHIP MEETS

#### 104.3.1—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
2000	_	SC	LC
2001	LC	_	SC
2002	SC	LC	-
2003		SC	LC
2004	LC	-	SC
2005	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, Ar-

- kansas, 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.

# 104.3.2—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—Any club, LMSC, or organization may bid. The facility to be used must be in accordance with the facility standards. The Championship Committee shall strongly consider LMSC endorsement as a selection criteria.
- 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 chair 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 chair 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

#### 104.4.1—Contract

Successful bidders of national championship meets shall sign a written contract with USMS specifying the responsibilities of the meet host and of USMS.

104.4.2—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 en-

trant 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.

#### 104.4.3—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.

#### 104.4.4—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.

# 104.4.5-Meet Report

The meet director of each national championship meet shall submit a written report to the chair 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, 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.

# 104.5.1—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 chair of this meeting shall be the president of USMS, or an individual designated by the president.
  - (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.

# 104.5.2—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 (2000-2002)

Schedule 1 2000 Long Course 2002 Short Course	Schedule 2 2001 Short Course 2002 Long Course	Schedule 3 2000 Short Course 2001 Long Course	
1st Day**	1st Day**	1st Day**	
800/1000 freestyle	800/1000 freestyle	800/1000 freestyle	
1500/1650 freestyle	1500/1650 freestyle	1500/1650 freestyle	
2nd Day	2nd Day	2nd Day	
400 IM	100 back	50 back	
50 back	200 free	100 breast	
200 freestyle	50 fly	200 freestyle	
100 breast	200 breast	100 fly	
200 fly	200 mixed free relay	200 mixed medley relay	
200 medley relay	200 medley relay	200 free relay	
200 free relay	400 IM	400 IM	
3rd Day	3rd Day	3rd Day	
400/500 freestyle (men)	100 fly	400/500 freestyle (women)	
50 fly	200 IM	100 back	
200 breast	50 freestyle	50 breast	
100 back	200 back	200 IM	
50 freestyle	50 breast	50 freestyle	
200 IM	200 free relay	200 fly	
200 mixed medley relay	400/500 freestyle (women)	200 mixed free relay	
4th Day	4th Day	4th Day	
400/500 freestyle (women)	400/500 freestyle (men)	400/500 freestyle (men)	
100 IM*	50 back	100 free	
100 fly	100 breast	200 breast	
50 breast	100 IM*	50 fly	
200 back	200 fly	200 back	
100 freestyle	100 freestyle	100 IM*	
200 mixed free relay	200 mixed medley relay	200 medley relay	
*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 schedules—The particular schedule shall be rotated in order (1, 2, and 3) among the three basic schedules shown in article 104.5.2A 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 article 104.5.2A.

#### 104.5.3-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), with a maximum of three individual events per day.
- **B** Relays—Each competitor shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay of each distance 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 only, by subtracting the adjustment times (in seconds) from the actual time achieved. The specific adjustments for each age group and gender are found in Appendix B. The adjustments shall be determined every 4 years starting in 1998. The adjustment times for men and women competitors shall be calculated by multiplying the time adjustment in the following table by the ratio of the 200-yard freestyle national record for the age group to that of the 25–29 200-yard freestyle for men and women, respectively. The values in the following table shall be those determined and used for the same purpose by USA Swimming.

**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 achieved a time equal to or better than the qualifying time for those events.

#### 104.5.4—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.
- (2) Foreign swimmers—National championship meets shall include and welcome foreign swimmers, except that they may not qualify for USMS Top Ten and All-American awards, nor set USMS national records.
- (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 in the USMS registration database 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) Information on entry—All information regarding seeding must be stated on the entry form.
- (5) 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.

# 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—A relay may be entered until the day before it is scheduled to be swum. Participants therein must have entered the meet 35 days in advance. A fee of \$12 per relay shall be charged for all relays.
- (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 \$30 surcharge may be charged to be used by the meet sponsor to help pay meet expenses.
  - (2) \$4 each for individual events.
  - (3) \$12 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.

# 104.5.5—Seeding

#### A General procedures for seeding (also see article 102.10)

- (1) 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 swimmers of the same gender are simultaneously swimming in two courses, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.
- (2) 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.
- (3) 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).)
- (4) 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.
- (5) After all full heats are seeded within each age group, the remaining swimmers may be seeded with any available age group of remaining swimmers.

- (6) 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.
- (7) A swimmer may be seeded in an incomplete heat of another age group if the swimmer's entry time would have a significant impact on the timely running of the meet, as determined by the Championship Committee.
- (8) There will be no splitting of age groups into A.M. and P.M. sessions. However, at the meet director's discretion, swimmers whose entry times will inordinately delay the progress of the meet may be seeded individually in an outside lane with manual timing, thus allowing the continued sequence of the regularly scheduled heats.
- (9) If a swimmer enters a deck seeded event with a time significantly slower than his/her recently recorded time, the meet director may, after notifying the swimmer, change the seeded time to a realistic time.

#### **B** Distance events

- (1) The 1000/1650 yard or 800/1500 meter freestyle shall be deck seeded as in article 104.5.5A(2).
- (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 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 alternate courses by days. Days for each course shall be determined by the Championship Committee. If the time line of the meet is significantly affected by this rotation, the Championship Committee may override this requirement.

#### 104.5.6—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.

#### 104.5.7—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.
- 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.

#### 104.5.8—Results

- A Posting of meet results—Event results shall be posted and splits for each swimmer shall be made available in accordance with article 103.11.6C.
- **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 Committee chair.

#### 104.5.9—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 chair or Championship Committee liaison. 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 chair of the Championship Committee for resolution.

#### 104.5.10—Personnel (also see article 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 administrative referee

One starter for each course

Two stroke and turn judges for each course

All officials shall be certified by USA Swimming, YMCA, or any other USMS-approved certifying body. An official may serve in only one officiating position during any event, except that during freestyle events 400 meters and longer, the referee and starter may double as stroke and turn judges.

C Other personnel—The minimum other personnel at each session of a USMS national championship meet shall include the following:

Two timers per lane for each course

One recall rope operator for each course

One safety marshal for each end of each pool in use for warm-ups.

#### 104.5.11—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

- 105.1.1—All times must be made in USMS sanctioned meets or recognized events.
- 105.1.2—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 Committee chair by June 30, October 20, and January 26, respectively.
- 105.1.3—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.
- 105.1.4—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 gender 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.
- 105.1.5—USMS national records shall be published in the USMS Code of Regulations and Rules of Competition.

#### 105.2. TOP TEN TIMES

- **105.2.1**—The ten best times nationally in each age division and for each gender shall be published annually for the events listed under article 102.5.
- 105.2.2—Individual split times and relay lead-off times shall be considered for Top Ten times if:
- A Recorded by fully automatic timing equipment,
- **B** Prior to the swim the intent to record a split time is brought in writing to the

- attention 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.
- 105.2.3—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

- 105.3.1—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.
- **105.3.2**—Records shall be achieved only in recognized distances and strokes as listed in article 102.5.
  - 105.3.3—Records must be made in accordance with all pertinent rules of USMS.
  - 105.3.4—Times may be submitted for Masters records only.
  - 105.3.5—A record can only be made in still water.
  - 105.3.6—Records shall require three watches, semi-automatic timing with three buttons, or automatic timing.
  - 105.3.7—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** Prior to the swim the intent to record a split time is brought in writing to the attention 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.
  - 105.3.8—Records must be achieved in the relevant stroke/event (e.g., a back-stroke 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.
- 105.3.9 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 swiftmers thus tied.
- 105.3.10—When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted immediately following performance with all supporting data, including official meet results, the primary printout tape, and/or copy of the entry card with timers' signatures, to the LMSC records and tabulation chair. Responsibility for this lies with either the LMSC records chair or the official scorer of the meet.
  - 105.3,11—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

#### 105.4.1—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.

#### 105.4.2—Relay Recognition

The registered USMS swimmers from each relay team with the fastest listed 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 Committee chair as detailed in Appendix B (see also article 103.13.3).

#### 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 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**

- 107.1.1—[M]—Mandatory requirement for all competition.
- 107.1.2—[M\*]—Predicated upon facility availability, LMSCs may waive strict compliance with these requirements when sanctioning local competition.
- 107.1.3—[NC]—Mandatory requirement for national championship meets and international competition.

#### 107.2. RACING COURSE DIMENSIONS

# 107.2.1—Length

- A Long course meters—50.00 meters (164 feet, ½ inch). [M]
- B Short course meters—25.00 meters (82 feet, 1/4 inch). [M]
- C Short course yards—25.00 yards. [M]
- **D** Touch pads—When 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 deflections.

tion due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes. [M]

# 107.2.2-Width

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

# 107.2.3—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

#### 107.4.1-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]

# 107.4.2—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]

#### 107.4.3—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

#### 107.8.1—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]

#### 107.8.2—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

#### 107.9.1—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]

#### 107.9.2—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 PLATFORMS

#### 107.11.1—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]

# 107.11.2—Front Edge of Platform

The front edge of the starting platform shall be flush with the face of the end walls. [M]

#### 107.11.3—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]

# 107.11.4—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]

#### 107.11.5—Lane Numbers

Starting platforms shall be clearly marked with lane numbers visible to competitors and officials. [M]

# 107.11.6—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

#### 107.12.1 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\*]

#### 107.12.2—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]

#### 107.12.3—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]

#### 107.12.4—National Championship Meets

Minimum 11-centimeter diameter floats shall be required for national championship meets. [NC]

## 107.13. BACKSTROKE FLAGS AND LINES

#### 107.13.1—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]

#### 107.13.2—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]

## 107.13.3-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 visual 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 deaf and hard of hearing 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 15 meters (49 feet) from the starting end in both short and long course competition.  $[M^*]$ 

#### 107.16. PACE CLOCKS

There shall be at least two large, accurate timing devices or clocks for each warm-up course, preferably located on opposite sides of the course, clearly visible to all swimmers. [M\*, NC]

#### 107.17. AUTOMATIC TIMING EQUIPMENT

#### 107.17.1—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]

#### 107.17.2—Power Source

See article 103.12 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]

#### 107.17.3—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 (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]

# 107.17.4—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.

## 107.17.5—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

# 108.1.1—Authority

The USMS rules and regulations grant the referee the authority to modify the rules for the swimmer with a disability (see article 103.6.6). 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.

#### 108.1.2—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

#### 108.2.1-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.

# 108.2.2—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.

# 108.2.3—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

#### 108.5.1-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:

- 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.

#### 108.5.2—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.

#### 108.5.3—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.









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 participating in events sanctioned by USMS must be registered with USMS or their nation's recognized Masters Swimming governing organization.

# 201.1.1—Eligibility

Swimmers age 19 and over are eligible for membership in USMS.

#### 201.1.2—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 shall be issued a registration card valid through December 31 of the following year.

#### 201.1.3—One-Event Registration

An LMSC may offer a single-event registration that allows an athlete to participate in ONE event sanctioned by that LMSC. Registration cards shall 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 shall not be considered for Top Ten tabulation or national or world records. One-event registrants shall be identified as such in the meet results.

# 201.1.4—Registration Forms

- A Registration forms—Athlete registration forms may be obtained from the registrar of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the registrar 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 shall not be modified in any way.

#### 201.1.5—Registration Fee

The annual registration fee is composed of the following elements:

- A national fee established by the Board of Directors or the House of Delegates.
- **B** A local fee established by the LMSC.

#### 201.2. REPRESENTATION

- 201.2.1—There shall be only one USMS registration per individual permitted at any time.
- 201.2.2—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.
- **201.2.3**—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.
- 201.2.4—An unattached competitor is a registered swimmer who represents no club.
- 201.2.5—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.

- **201.2.6**—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.
- 201.2.7—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

- 201.3.1—A current USMS registration card shall serve as a valid travel permit.
- **201.3.2**—Written permission to compete in a foreign country may be obtained from that country's national Masters Swimming chair or the chair'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.

#### 202.1.1—Sanction Requirements

Sanctions shall be issued, withheld, or withdrawn in accordance with the following:

- A Applications for sanction shall be made to the LMSC within which the event is to be held, and applications shall be accompanied by a copy of the entry form and applicable fee.
  - (1) The entry forms shall contain the language of the liability release as stated in article 203.1. The language may only be modified by naming the sanctioning LMSC, sponsoring USMS club(s), and/or additional insured(s) following "UNITED STATES MASTERS SWIMMING, INC." All swimmers, before participating, shall have signed the liability release.
  - (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 shall 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 USA Swimming or SCN, or FINA 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 Committee chair.

#### 202.2.1—Recognition

Recognition shall 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 which the event is to be held, and applications shall be accompanied by the recognition fee.
- **B** All recognitions shall be signed by the LMSC's authorized representative, 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, 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 registration 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."

**203.1.1**—The language of the entry release may be modified as described in article 202.1.1A(1). For open water events, the entry release shall be in accordance with article 301.3.

# PART 3: LONG DISTANCE SWIMMING RULES

# ARTICLE 301: ADMINISTRATION

#### 301.1. ORGANIZATION

#### 301.1.1—Governing Bodies

The conduct and organization of long distance swimming for Masters shall be governed by USMS through its Long Distance Committee and LMSCs. The chair and committee members shall be appointed as provided in articles 507.3 and 507.3.10.

#### 301.2. REGISTRATION AND SANCTIONS

Registration and sanctions for long distance meets shall be governed by all applicable rules under articles 201, 202, and 203. In addition, the following administrative rules apply:

- **301.2.1**—All swimmers competing in long distance meets sanctioned by USMS must be registered with USMS or their nation's recognized Masters Swimming governing organization.
- **301.2.2**—LMSCs are responsible for issuing sanctions or recognitions for meets involving USMS athletes. If any meets are to be swum in more than one LMSC, the LMSC where the meet 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 meet.
- 301.2.3—A long distance meet may include both USMS and USA Swimming events, with the USMS events sanctioned or recognized by USMS and the USA Swimming events sanctioned or recognized by USA Swimming. Under no circumstances shall a USMS athlete and a USA Swimming athlete be considered part of the same event. Athletes holding both USMS and USA Swimming registrations must declare their race affiliation, in writing, prior to the start of the meet
- **301.2.4**—One-event registrants shall not be eligible for national records, All-American status, or any other USMS special awards.

#### 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 meets: "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 may only be modified by naming the sanctioning LMSC, sponsoring USMS club(s), and/or additional insured(s) following "UNITED STATES MASTERS SWIMMING, INC." The liability release must be signed by each person entering the meet.

#### 301.4. AGE DETERMINING DATE

The eligibility of a participant for a particular age group will be determined by the age as of the day of the swim.

#### 301.5. 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 described in articles 302.2 through 302.6. The distances shall be the same for both men and women.

#### 302.2. **DEFINITIONS**

**302.2.1**—A long distance pool event is any swimming event that is a distance-based event over 1650 yards (1508.8 meters) in length or a time-based event equal to or longer than 60 minutes in time.

**302.2.2**—A long distance open water event is a swimming event of any distance conducted in an open body of water, either natural or manmade.

#### 302.3. OPEN WATER

# 302.3.1—Straightaway Events

The course shall be straight, measured within plus or minus 6 inches, in stationary open water, and defined by a cable with floats or a continuous marking system visible to the swimmer. The ends of the course shall be delineated by two fixed and stationary markers in the water. Floats on the course shall be a maximum of 10 meters apart.

# 302.3.2—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(s). 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.

# 302.3.3—Solo Swims

Solo open water swims, consisting of one or a select number of swimmers, may be sanctioned and should conform to the rules stated under article 303.9.

#### 302.4 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. These events may be conducted in a designated pool or as a postal event.

#### 302.4.1-Meet Director

The meet director shall have the discretion to decide the time/distance of the event and, in the case of postal events, the size(s) of the pools in which the event is to be swum.

#### 302.4.2—Distance-Based Events

The object of a distance-based event is to determine who can swim a specific distance in the shortest amount of time.

#### 302.4.3—Time-Based Events

The object of a time-based event is to determine who can swim the greatest distance in a given time period.

#### 302.4.4—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.

#### 302.5. TEAM

**302.5.1**—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 distance 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 with an individual member who 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 Individual entries—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 gender teams—Mixed gender teams may be entered, provided at least one swimmer of each gender 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

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 MEETS

# 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.

#### **ARTICLE 303.1.1**

The meet director can assist this endeavor by:

- **303.1.1**—Obtaining necessary permits/approvals from the U.S. Coast Guard, park authorities, lifeguard associations, etc.
- **303.1.2**—Providing accurate maps with course descriptions and other pertinent information with entry forms and meet information packets.
- **303.1.3**—Planning for possible medical evacuations.
- **303.1.4**—Assigning rescue/aid personnel and craft.
- **303.1.5**—Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.
- 303.1.6—Making provisions for controlling escort craft and access of nonrace craft into the race area.
- 303.1.7—Briefing all contestants, coaches, managers, trainers, and meet officials.
- **303.1.8**—Planning for possible cancellation, postponement, and/or modification of the meet.
- **303.1.9**—Considering use of fluorescent orange and other brightly colored caps to assist in identification and visibility of swimmers in open water events.
- **303.1.10**—Informing swimmers of the anticipated water temperature, general water conditions, and hazards.

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

#### 303.2. ESCORTED SWIMS

- 303.2.1—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
- **303.2.2**—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

#### 303.3.1—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.

#### 303.3.2—Starting Signal

The starting signal shall be audible and visible to all contestants.

#### 303.3.3—Straightaway Events

A stationary water start shall be used in straightaway events.

#### 303.4. SEEDING

- **303.4.1**—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.
- **303.4.2**—Separate starts are preferable in straightaway events. The swimmers 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.
- **303.4.3**—Events for different age groups and genders may be combined to allow the swimmers to compete at the same time.

#### 303.5. FINISHES

# 303.5.1-In-the-Water

Swimmers shall touch a vertical surface or swim across a defined finish line. Place judges and timers shall position themselves accordingly.

#### 303.5.2—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.

#### 303.5.3—Straightaway

An in-the-water finish shall be used in straightaway events.

#### 303.6. SWIMWEAR

- **303.6.1**—Swimwear 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.
- **303.6.2**—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.
- 303.6.3—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 were wet suits.
- **303.6.4**—Devices used to maintain body heat are illegal, except for those listed in articles 303.6.1, 303.6.2, and 303.6.3.
- **303.6.5**—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

- **303.7.1**—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.
- **303.7.2**—The clerk of course shall ensure that all entrants in open water events are visibly marked with their entrant numbers.
- **303.7.3**—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:

303.8.1—Or their personal escort willfully or intentionally delay the progress of

#### **ARTICLE 303.8.2**

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.

- 303.8.2—Fail to complete the prescribed distance or course within the preannounced time.
- 303.8.3—Fail to follow race rules.
- **303.8.4**—Receive assistance by pulling on the cable or buoys at the turn or on the course.
- 303.8.5—Receive propulsive aid from anyone in boats, on surfboards, etc.
- 303.8.6—Receive unauthorized assistance at the start or finish.
- 303.8.7—Violate swimwear rules.
- **303.8.8**—Draft off another swimmer in long distance pool events.
- **303.8.9**—Swim in a manner in which their personal safety is jeopardized.

#### 303.9. SOLO OPEN WATER SWIM

The swim must be sanctioned by the LMSC in which it 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 solo open water swims should be duly certified and made a matter of record by the sanctioning LMSC. The certification should include:

- 303.9.1—Each swimmer's name, age, gender, and registration number.
- **303.9.2**—Governing body sanctioning the meet.
- **303.9.3**—Course: to include the name of the body of water, the starting and finishing points, and the measured distance.
- **303.9.4**—Verification and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.

#### 303.10. INCOMPLETE RACE

- **303.10.1**—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.
- 303.10.2—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.

# ARTICLE 304: CONDUCT OF POOL MEETS

#### 304.1. RULES

Long distance events conducted in pools must comply with all applicable pool event rules in Part 1 of the rule book, except as noted in article 304.

#### 304.2. POOL SIZE

Events shall be swum in a pool at least 25 yards in length.

## 304.3. OFFICIALS

- **304.3.1**—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.
- **304.3.2**—Each swimmer shall have a counter to record split times for every two lengths during the swim for both time-based and distance-based events. One per-

son may serve as a counter for a maximum of two swimmers per heat.

#### **304.4. SEEDING**

Multiple swimmers per lane.

- **304.4.1**—In pools that are less than 50 meters, no more than two swimmers shall share a lane.
- 304.4.2—Drafting shall not be permitted.
- 304.4.3—When two swimmers are sharing the same lane, they shall conform to articles 102.10.4A(6)(a) and 102.10.4A(6)(b).
- **304.4.4**—In pools that are 50 meters or longer, the referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane.

#### **304.5. TIMING**

A stopwatch or electronic timing system shall be used to time the meet.

#### 304.6. COMPUTING DISTANCES IN TIME-BASED EVENTS

- **304.6.1**—Distances shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard/meter increment.
- **304.6.2**—If the size of the pool is not designated, all distances shall be reported in yards.
- **304.6.3**—If distances are to be reported in yards and 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.

#### 304.7. INTEGRITY OF RESULTS IN POSTAL EVENTS

- **304.7.1**—Each entrant in a postal event shall be responsible for the validity of the figures and the time/distance submitted.
- **304.7.2**—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.

#### 304.8. DETERMINATION OF PLACE

- **304.8.1**—In distance-based events, the person swimming the fastest time shall be declared the winner.
- 304.8.2—In time-based events, the person swimming the farthest shall be declared the winner.
- **304.8.3**—If two or more swimmers swim the same distance or achieve the same time, a tie shall be declared.

#### ARTICLE 305:

#### NATIONAL LONG DISTANCE CHAMPIONSHIPS

#### 305.1. RULES

Long distance championships shall be governed by articles 301, 302, 303, 304, and 306. In addition, the following rules apply specifically to championships.

#### **305.2. EVENTS**

- **305.2.1**—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)

#### **ARTICLE 305.2.1C**

- 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)
- **305.2.2**—Team events (as defined in article 302.5).
- A Team competitions shall be recognized for quarter-mile straightaway and postal championships and may be recognized for other championships. Recognized teams shall be 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.

#### 305.3. SITE SELECTION

- **305.3.1**—Bids shall be due, in writing, to the Long Distance Committee chair no later than 30 days prior to the annual meeting.
- **305.3.2**—Championships shall be awarded by the Long Distance Committee at the annual meeting held approximately 2 years prior to the championship being awarded.
- **305.3.3**—Events not awarded at the annual meeting may be awarded by the Long Distance Committee chair.
- **305.3.4**—Suitable bids shall comply with all applicable USMS swimming and long distance rules, policies, and procedures.
- **305.3.5**—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.) Suitable bids from a qualifying area shall receive preference over bids from other 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
2000	2 mi. cable Open water ≥6 mi.	1 mi. Open water >3/<6 mi.	Open water >1/≤3 mi.
2001	Open water >1/≤3 mi.	2 mi. cable Open water ≥6 mi.	1 mi. Open water >3/<6 mi.
2002	1 mi. Open water >3/<6 mi.	Open water >1/≤3 mi. Open water ≥6 mi.	2 mi. cable

# 305.4 CONTRACT

Successful bidders of long distance championship events shall sign a written contract

with USMS, which specifies the responsibilities of the meet host and of USMS, Inc.

#### 305.5. FINANCIAL

**305.5.1**—The sponsoring organization shall agree to underwrite the full meet expenses, including but not limited to the following:

- A Costs associated with the meet (setting up the course, supplies, equipment, etc.).
- **B** Cost of all national championship meet awards (medals and patches) and/or other appropriate awards.
- C 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 meet. 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.
- D Any other costs that may be reflected in national championship meet contracts

**305.5.2**—Complete financial statements shall be forwarded to the Long Distance Committee chair within 60 days of the completion of the meet.

#### 305.6. ENTRY FEES

The entry fees for long distance national championships shall not exceed \$25 for individual events and \$5 per team member in team events. Exceptions may be made to the fee limit at the discretion of the Long Distance Committee.

#### 305.7. RULES OF CONDUCT

#### 305.7.1—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.

# 305.7.2—Entry Forms

Entry forms shall be reviewed by the Long Distance Committee chair and the LMSC for content and sanctioning prior to distribution in accordance with the USMS contract.

# 305.7.3—Officials

The Long Distance Committee shall appoint a meet evaluator to aid the meet director and ensure that all rules are observed.

#### 305.7.4—Swimwear

Swimwear regulations for national championships shall be the same as those for non-national championships, as stated in article 303.6. Wet suit competitors shall be excluded for the purposes of articles 305.8 through 306.1.

#### 305.7.5—Assistance During the Race

- A Feeding is permissible, but use of alcohol or illegal drugs is forbidden.
- **B** Paddlers and escort boats may be permitted by the meet director.

#### **305.8. RESULTS**

Individual and team results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee chair and all participants in the meet.

**305.8.1**—Results shall be organized by gender and age group in order of finish, printing women's results first. For each swimmer, the following information must be reported in this order:

A Age group place

#### **ARTICLE 305.8.1B**

- **B** Swimmer's name (as it appears on the USMS registration card)
- C Age
- D Club
- E Official time/distance
- F Special information (national records, overall place, place among men, etc.)

#### 305.9. CLUB SCORING

Club scores may be officially tallied or recognized for national long distance championships at the discretion of the meet host.

**305.9.1**—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 meet from each club, at the discretion of the meet host.

#### 305.10. AWARDS

- **305.10.1**—National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded at least to the first three place winners of individual championships in each age group.
- **305.10.2**—National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded to the members of at least the first three place winners of team championships in each age group.
- **305.10.3**—A USMS championship patch shall be awarded to each individual champion and each scoring member of a championship team. An individual shall receive only one patch per meet.

#### 305.11. ALL-AMERICAN RECOGNITION

The highest ranking USMS registered swimmer in each age group of each individual national long distance 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.

305.11.1—The meet director shall submit the name, age, club affiliation, time or distance, and USMS registration number for each competitor achieving All-American status to the Long Distance Committee chair in accordance with the USMS meet contract.

#### 305.12. ALL-STAR TEAM

A USMS All-Star Team shall be selected each calendar year from the official results of the USMS long distance national championship events.

- **305.12.1**—A swimmer shall earn points for a top ten finish in each long distance national championship event in the following manner: 1st: 22 points, 2nd: 19 points, 3rd: 17 points, 4th: 16 points, 5th: 15 points, 6th: 14 points, 7th: 13 points, 8th: 12 points, 9th: 11 points, 10th: 10 points.
- **305.12.2**—To be considered for the All-Star Team, a swimmer shall compete in at least three events, of which one shall be an open water event and one shall be a postal event.
- **305.12.3**—If a swimmer scores points in one age group and ages up to another age group in the course of a year, the points earned shall be transferred up to the new age group.
- 305.12.4—Ties shall be allowed.

# ARTICLE 306: RECORDS

#### **306.1. RECORDS**

- **306.1.1**—Individual national records will be maintained in quarter-mile straight-away 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 shall be maintained in all long distance pool events. The records shall be for three-person male and female teams and four-person mixed teams.
- **306.1.2**—Record times shall be swum in a sanctioned meet and shall be routed through the meet host to the Long Distance Committee chair.
- **306.1.3**—With the exception of the quarter-mile straightaway events specified in article 305.2.1, no national records will be maintained in open water events because of differences in courses, currents, and other physical factors.
- **306.1.4**—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.
- **306.1.5**—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 meet 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:

- 401.2.1—The swimmer's age.
- **401.2.2**—Membership in the organization that is conducting the event.
- **401.2.3**—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:

- **402.1.1**—Determine the eligibility of any athlete to participate.
- **402.1.2**—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.
- **402.1.3**—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.
- **402.1.4**—Affirm, vacate, modify, stay, or reverse any decision or order properly submitted for review, or remand the matter for further action.
- **402.1.5**—Investigate any election impropriety or cause for removal of a national committee member or national officer and take corrective action.
- **402.1.6**—Issue such interim orders as may be necessary pending a final decision of any entity granted jurisdiction.
- **402.1.7**—Review any exercise of powers by a USMS committee.
- **402.1.8**—Require the production of any available evidence bearing on an alleged violation.
- 402.1.9—Transcribe all testimony in any hearing.
- **402.1.10**—Assess costs and fees of the investigation of a reported violation against the losing party.

#### 402.2. DELEGATION OF JURISDICTION

**402.2.1**—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.

**402.2.2**—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 the estate of any individual (hereinafter, "grievant") that alleges that a violation of 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:

- **403.1.1**—A citation of which article(s) have been or will be violated;
- **403.1.2**—A concise statement describing the alleged violation and any details pertinent to understanding the circumstances of said violation;
- **403.1.3**—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
- **403.1.4**—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:

- **403.4.1**—A concise statement describing the alleged violation, including any pertinent circumstances that were not included in the report of violation, and
- **403.4.2**—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 to violation, the executive secretary shall forward copies of both reports and all pertinent documentation to the members of the Executive Com-

#### **ARTICLE 403.5.1**

mittee. 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:

- **403.5.1**—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
- **403.5.2**—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
- 403.5.3—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").
- 403.5.4—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:

#### 403.7.1—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.

#### 403.7.2—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 rela-

- tion 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.

#### 403.7.3—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:

- **501.1.1**—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.
- 501.1.2—Individual members, who register with the corporation through an LMSC.
- **501.1.3**—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, gender, religion, political affiliation, disability, sexual orientation, 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: ZONES

#### **503.1. ZONE BOUNDARIES**

Appendix D contains boundary descriptions for each of the zones.

#### **503.2. ZONE MEETINGS**

Each zone shall conduct a meeting in conjunction with the annual meeting of the House of Delegates. Meetings between the annual meeting of the House of Delegates may be called at the discretion of the zone representative or as indicated in zone policies. The zone representatives or designees shall preside at all meetings of their respective zones. Minutes of each meeting should be maintained and forwarded to the Zone Committee chair.

#### 503.3. ZONE POLICIES

Each zone may adopt and maintain policies that provide direction on such items as voting rights at meetings, budgets and financial records, zone championship meet conduct, and zone records and Top Ten.

#### 503.4. ZONE CHAMPIONSHIP MEETS

Each zone may conduct zone championship meets.

### 503.5. COMMUNICATIONS

Zone representatives shall enhance communications among the LMSCs to promote Masters Swimming within the zones.

# ARTICLE 504: HOUSE OF DELEGATES

#### 504.1. MEMBERSHIP

The House of Delegates of the corporation shall consist of the following:

**504.1.1**—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.

504.1.2—All members of the Executive Committee.

**504.1.3**—All past presidents.

**504.1.4**—All members of the Zone Committee.

**504.1.5**—All members of the Rules, Legislation, and Long Distance Committees, the controller, the internal auditor, and the chairs of all standing committees appointed by the president.

**504.1.6**—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.

**504.1.7**—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.

#### **504.2. POWERS**

The powers of the House of Delegates shall be as follows:

- **504.2.1**—To admit to group membership or individual membership any organization or person eligible under this code and who applies.
- **504.2.2**—To prescribe and amend the code for the government of the corporation.
- **504.2.3**—To impose and enforce penalties for any violation of the code of the corporation.
- **504.2.4**—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.
- **504.2.5**—To collect and expend the monies of the corporation.
- **504.2.6**—To institute, locate, conduct, and manage all national championship meets.
- **504.2.7**—To explain, define, and interpret any provisions of this code or other rules of the corporation, including the rules of competition.

#### 504.3. MEETINGS OF THE HOUSE OF DELEGATES

- **504.3.1**—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.
- **504.3.2**—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.
- **504.3.3**—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.
- **504.3.4**—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.
- **504.3.5**—A quorum shall consist of those members of the House of Delegates present and voting.

# ARTICLE 505: OFFICERS

#### 505.1. POSITIONS

The elected officers of the corporation shall be a president, a vice president, a secretary, a treasurer, and a Zone Committee chair. No person may concurrently hold more than one such office.

### 505.2. ELECTIONS AND TERM OF OFFICE

- **505.2.1**—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.
- **505.2.2**—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.

**505.2.3**—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 to the national office by August 1 of the year in which elections are held. Additional candidates may be nominated at the annual meeting by two members of the House of Delegates, provided the nominee(s) gives written consent.

#### 505.3. 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.

#### 505.4. DUTIES OF OFFICERS

The duties of the officers shall be as follows:

#### 505.4.1—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.
- **505.4.2**—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.
- **505.4.3**—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.

#### 505.4.4—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.

#### 505.4.5—The Zone Committee chair 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 506: BOARD OF DIRECTORS

#### 506.1. MEMBERSHIP

The Board of Directors of this corporation shall consist of:

- **506.1.1**—Each member of the Executive Committee.
- **506.1.2**—Each zone representative.
- **506.1.3**—Past presidents.
- **506.1.4**—The chairs of all standing committees.
- 506.1.5—The liaison from USA Swimming.

#### 506.2. TERM OF OFFICE

Directors shall be elected or appointed for a 2-year term.

#### 506.3. VACANCIES

Any vacancies that may occur on the Board of Directors, except vacancies in the officers or zone representatives, 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.

#### **506.4. POWERS**

The Board of Directors shall have the authority to act for the corporation between meetings of the House of Delegates.

#### 506.5. 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.

#### **506.6. QUORUM**

The presence of a majority of the directors shall constitute a quorum at any meeting of the Board of Directors.

#### **506.7. VOTING PRIVILEGES**

Each member of the Board of Directors shall have one vote.

# ARTICLE 507: COMMITTEES

# 507.1. EXECUTIVE COMMITTEE

**507.1.1**—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.

**507.1.2**—The Executive Committee shall have the authority to act for the corporation between meetings of the Board of Directors.

#### **507.2. ZONE COMMITTEE**

- **507.2.1**—The Zone Committee shall consist of the Zone Committee chair plus a representative from each zone elected by the delegates from each LMSC within that zone.
- **507.2.2**—Zone representatives shall be elected in odd-numbered years at the zone meeting held in conjunction with the annual meeting of the House of Delegates. The term of office shall be 2 years.
- **507.2.3**—Zone representatives shall be residents of their respective zones.
- **507.2.4**—If a permanent or temporary vacancy in the position of zone representative occurs, the Zone Committee chair shall consult with the chair of each LMSC in that zone and appoint a new or replacement zone representative, with the concurrence of the USMS president.
- **507.2.5**—The committee shall enhance communications between the national office and LMSCs, and USMS committees and LMSCs. 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.
- **507.2.6**—The committee shall function as the Nominating Committee as described in article 505.2.3.

#### 507.3. STANDING COMMITTEES

The president shall appoint the chair of each committee to a 2-year term. The president, with the concurrence of the committee chair, shall choose committee members from the individual membership of the corporation. Whenever possible, each committee shall have representation from each zone. Standing committees shall meet in conjunction with the annual meeting of the House of Delegates. Each committee member shall have one vote, with the exception of ex-officio members, who shall have voice but no vote.

#### 507.3.1—Championship Committee

The Championship Committee shall consist of at least three members who have had experience in overseeing a national championship meet and two members without such experience. The committee shall serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets. The committee shall solicit and receive bid proposals, review bids, and make recommendations to the House of Delegates regarding sites for national championship meets.

#### 507.3.2—Coaches Committee

The Coaches Committee shall develop programs and tools to enhance the quality of Masters Swimming programs and coaching. The committee shall provide for the recognition of outstanding Masters Swimming coaches and programs, and may serve in an advisory capacity to other USMS committees and officers on coaching issues.

#### 507.3.3—Computer Online Committee

The Computer Online Committee shall maintain the official USMS Web site. The committee shall interact with all USMS committees and LMSCs to develop Web site content that promotes the healthy lifestyle of Masters Swimming, highlights the benefits of membership, and provides ongoing feedback and information regarding USMS programs.

#### 507.3.4—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.

**507.3.5—Finance Committee—**The Finance Committee shall consist of at least one member from each zone. The treasurer, the internal auditor, and the control-

ler 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 auditor, 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 submit same to the House of Delegates for approval.

#### 507.3.6—Fitness Committee

The Fitness Committee shall study and develop fitness swimming activities for the general membership at the national level, and encourage such activities at the local level. The committee shall educate adults on the fitness benefits of swimming.

#### 507.3.7—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.

#### 507.3.8—International Committee

The International Committee shall encourage, promote, and assist with the dissemination of information on international meets, and notify USMS about opportunities to bid on international championship meets.

## 507.3.9—Legislation Committee

The Legislation Committee shall consist of two members from each zone. The Legislation Committee shall maintain consistency within the code of regulations by initiating and considering proposed amendments to the code, in accordance with the provisions of Part 6: Amendment Procedures.

#### 507.3.10—Long Distance Committee

The Long Distance Committee shall consist of no more than sixteen members, with at least one member from each zone. The chair shall serve as the USMS liaison to the USA Swimming Open Water Committee. The committee shall solicit and review bid proposals and select the sites for the long distance championship events. The committee shall work in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of long distance championship events. The committee may initiate and shall consider proposed amendments in accordance with the provisions of Part 6: Amendment Procedures. The committee shall maintain records and select the All-American Long Distance and Long Distance All Star Teams.

#### 507.3.11—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.

#### 507.3.12—Officials Committee

The Officials Committee shall develop policies and procedures to assure that all USMS sanctioned events are officiated uniformly and conducted in conformance

with the USMS swimming rules.

#### 507.3.13—Planning Committee

The Planning Committee shall consist of at least one member from each zone, representing a broad range of experience in all aspects of Masters Swimming. The committee shall work closely with the Executive Committee—particularly the president—to generate short and long range plans, goals, and objectives related to the vitality and quality of Masters Swimming. The committee 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 to enhance communications, efficiency, and productivity.

#### 507.3.14—Recognition and Awards Committee

The Recognition and Awards Committee shall consist of USMS-registered Ransom J. Arthur Award recipients and additional members to assure age and zone representation. The committee shall review and approve proposals for all official USMS awards, except competitive awards. The committee shall maintain a history of award recipients.

#### 507.3.15—Records and Tabulation Committee

The Records and Tabulation Committee shall establish and maintain a standardized process of recording and verifying times and shall publish the Top Ten times, All-American rosters, and USMS national records annually for each course.

# 507.3.16—Registration Committee

The Registration Committee shall include one member from each zone and one member-at-large. The committee shall develop policies and procedures for registration and LMSC registrars, inventory registration materials, communicate with the LMSC registrars, and assist in evaluating the registration function of the national office.

#### 507.3.17—Rule Book Committee

The Rule Book Committee shall design, edit, and produce the rule book as approved by the House of Delegates.

#### 507.3.18—Rules Committee

The Rules Committee shall consist of two members from each zone. The committee may initiate and shall consider proposed amendments in accordance with the provisions of Part 6: Amendment Procedures.

#### 507.3.19—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.

#### 507.3.20—Sports Medicine Committee

The Sports Medicine Committee shall research subjects related to sports medicine. The committee shall advise USMS and educate its members. The committee shall also stimulate and encourage research in the health benefits, medical problems, physiology, and psychology of Masters Swimming.

#### 507.4. 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 508: FINANCIAL POLICY

#### 508.1. FISCAL YEAR

The corporation shall have a 1-year fiscal period for tax and accounting purposes commencing on the first day of January.

#### 508.2. CONTROLLER

The controller shall be selected by, serve at the pleasure of, and report to the Executive Committee.

#### 508.3. INTERNAL AUDITOR

The internal auditor shall be appointed by and serve at the pleasure of the president and shall report to the House of Delegates through the Finance Committee. The internal auditor shall:

- **508.3.1**—Receive the financial records of the corporation from the treasurer and the controller.
- **508.3.2**—Examine at least annually all financial records received pursuant to article 508.3.1 to determine the accuracy and validity of the records maintained by the treasurer and controller.
- **508.3.3**—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.
- **508.3.4**—Present the financial statements listed in article 508.3.3 to the Finance Committee as soon as practical after the close of the fiscal year with a statement as to the internal auditor's position regarding the accuracy and validity of those documents.
- **508.3.5**—Submit to the Finance Committee recommendations for the improvement of the financial management of the corporation.

#### 508.4 FEES

Fees shall be as established by the House of Delegates.

#### **508.5. BUDGET REQUESTS**

Requests for budget items or 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.

# ARTICLE 509: INDEMNIFICATION AND DISSOLUTION

#### 509.1. INDEMNIFICATION

509.1.1—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).

**509.1.2**—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.

# 509.2. DISSOLUTION

**509.2.1**—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.

509.2.2—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

#### 601.1.1-Rules

Proposed changes to Part 1: Swimming Rules and the Glossary shall be considered by the Rules Committee for report and recommendation to the House of Delegates.

#### 601.1.2—Long Distance

Proposed changes to Part 3: Long Distance Swimming Rules and the Glossary shall be considered by the Long Distance Committee for report and recommendation to the House of Delegates.

#### 601.1.3—Legislation

Proposed changes to the code of regulations (Preamble, Goals and Objectives, Glossary, Part 2: Administrative Regulations of Competition, Part 4: Athletes' Rights, Hearings, and Appeals, Part 5: United States Masters Swimming, Inc., Organization and Bylaws, Part 6: Amendment Procedures, and Appendix D: Zone and LMSC Boundaries) shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.

#### 601.1.4—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

#### 601.2.1—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.

#### 601.2.2-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.

#### 601.2.3—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.

#### 601.2.4—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:

#### 601.4.1—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 amendments to them are submitted to and recommended by the Rules Committee or by a two-thirds vote of the House of Delegates members present and voting if amendments to them are submitted to and NOT recommended by the Rules Committee.

#### 601.4.2-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 amendments to them are 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 amendments to them are submitted to and NOT recommended by the Long Distance Committee.

#### 601.4.3—Legislation

In odd-numbered years, the Preamble, Goals and Objectives, Glossary, Part 2, Part 4, Part 5, Part 6, and Appendix D may be amended by a majority vote of the House of Delegates present and voting if amendments to them are submitted to and recommended by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if amendments to them are submitted to and NOT recommended by the Legislation Committee.

#### 601.4.4—Emergency Amendments

Emergency amendments (amendments not submitted in conformity with articles 601.4.1, 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.

# 601.4.5—USA Swimming Amendments That Affect USMS Rules

- A Amendments to USA Swimming 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 USA Swimming 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.

# **ARTICLE 601.5**

	Even	Odd
Summary of Amendment Procedures	Years	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 Objec-		
tives, 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 properl	y submitted to,
deemed an emergency by, and recommended	by the appropri	ate committee.

# **APPENDIX A**

#### RECORDS

Category	Current as of
USMS Short Course Yards	May 31, 1999
USMS Short Course Meters	November 1, 1999
USMS Long Course Meters	September 15, 1999
World Short Course Meters	November 1, 1999
World Long Course Meters	November 1, 1999
USMS Long Distance	November 1, 1999

**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 Committee
Long Distance Committee
P.O. Box 845
Oak Harbor, WA 98277

50 free   Mayville   1998   22.88   A Terry   1997   57.86	WOMEN 19-24	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
200 free   S. Schweitzer   1999   1.52,255   A. Terry   1997   2.08,96   K. Walters   1996   2.13,43   A00/500 free   E. Mortensen   1994   4.56,693   L. Dial   1992   4.43,50   K. Walters   1996   4.36,694   A. Schweitzer   1994   10.33,71   L. Antonietta   1994   1994   19.31,25   A. Zamanian   1994   1.06,09   A. Zamanian   1994   1.06,09   A. Zamanian   1995   1.06,09   A. Zamanian   1994   1.06,09   A. Zamanian   1994   1.06,09   A. Zamanian   1994   1.06,09   A. Zamanian   1994   2.06,09   A. Zamanian   1994   A. Zam	50 free	J Mayville	1998	23.89	А Теггу	1998	26.61	S Scott	1996	27.92	
Mode	100 free	S Miller	1991	52.08	A Terry	1997	57.86	A Harrison	1990	1:01.49	
800/100 free   A Zamanian   1994   10:33.7   L Antonictta   1994   9:49.66   A Zamanian   1994   9:31.25	200 free	S Schweitzer	1999	1:52.55	A Terry	1997	2:08.96	K Walters	1996	2:13.43	
1500  1500   Feet   Feet   1500  1500   Feet   1500  1	400/500 free	E Mortensen	1994	4:56.93	L Dial	1992	4:43.50	K Walters	1996	4:36.94	
50 back	800/1000 free	A Zamanian	1994	10:33.71	L Antonietta	1994	9:49.66	A Zamanian	1994	9:31.25	
100 back	1500/1650 free	K Burton	1987	17:31.70	K Henson	1990	18:54.01	A Zamanian	1994	18:17.40	
200 back   S Schweitzer   1999   2.01 0.0 N Wunderlich   1995   2.22.6   M Donahue   1992   2.26.6   S Notrenson   1993   3.02.5 B Kaszuba   1995   3.2.6   E Nelson   1995   33.66   T Notrenson   1993   3.02.5 B Kaszuba   1995   1.08.8   E Nelson   1995   33.66   T Notrenson   1993   1.06.74 B Kaszuba   1995   1.08.8   E Nelson   1995   33.66   T Notrenson   1993   1.06.74 B Kaszuba   1995   1.08.8   E Nelson   1995   2.51.2   T Notrenson   1998   2.2.5   T Notrenson   1998   2.2.5   T Notrenson   1999   2.2.5   T Notrenson   1998   2.2.5   T Notrenson   1998	50 back	J Tong	1998	26.47	K Hucal	1994	30.86	T Smith	1990	31.55	
Solution   Solution	100 back	S Schweitzer	1999	56.08	A Terry	1998	1:06.59	D Braciak	1987	1:06.09	
100 breast   S Mortenson   1993   1:06.74   B Kaszuba   1995   1:08.89   E Nelson   1995   1:13.62   200 breast   C Janssen   1999   2:24.51   A Nall   1997   2:38.63   L Keogh   1993   2:51.20   Nab   1995   2:20.90   Nab   1994   2:8.84   K S Kibuya   1995   30.00   Nab	200 back	S Schweitzer	1999	2:01.00	N Wunderlich	1995	2:22.61	M Donahue	1992	2:26.62	
200 breast   C Janssen   1999   2:24.51   A Nall   1997   2:38.63   L Keogh   1993   2:51.20	50 breast	S Mortenson	1993	30.25	B Kaszuba	1995	32.09	E Nelson	1995	33.66	
Solidy   James   1995   26.20   James   1994   28.84   K. Shibuya   1995   30.00   100 fty   S. Miller   1991   57.39   James   1997   22.89   B. Castillo   1988   1:06.05   100 fty   S. Schweitzer   1999   2:06.26   K. Wunderlich   1995   2:03.37   M. Donahue   1992   2:29.90   100 fty   S. Schweitzer   1999   2:06.26   K. Wunderlich   1995   2:10.34   M. Donahue   1992   2:29.90   100 fty   S. Schweitzer   1999   2:06.26   K. Wunderlich   1995   2:10.37   M. Donahue   1992   2:29.90   100 fty   M. C. Janssen   1999   4:35.22   K. Wunderlich   1995   1:10.534   M. Donahue   1992   2:29.90   100 fty   M. C. Janssen   1999   4:35.22   K. Wunderlich   1995   1:12.14   K. Zamanian   1994   5:18.36   100 fty   M. C. Janssen   1999   2:3.20   M. Wunderlich   1995   1:21.44   K. Zamanian   1994   5:18.36   100 fty   M. C. Janssen   1992   2:3.20   M. Hageman   1995   2:6.63   2:6.63   S. Shand   1991   2:6.68   2:6.20   100 ftee   S. Shand   1993   5:1.07   S. Taormina   1996   5:6.30   5:6.30   S. Taormina   1995   2:0.2.06   2:0.711   4:00.500 ftee   S. Shand   1993   1:51.53   S. Taormina   1996   1:59.78   S. Taormina   1995   2:0.2.06   2:0.715   4:00.500 ftee   S. Shand   1993   1:51.53   S. Taormina   1996   1:59.78   S. Taormina   1995   2:0.2.06   2:0.715   4:00.500 ftee   S. Shand   1994   1:01.234   S. Taormina   1996   1:59.78   S. Shand   1995   1:13.03   4:70.90   1:50.01650 ftee   K. Burton   1994   1:01.234   S. Taormina   1996   1:03.607   S. Taormina   1995   1:72.796   1:38.78   1:00.500 ftee   K. Burton   1991   2:01.29   D. Graner   1989   1:04.66   1:04.50   D. Graner   1989   1:07.32   1:07.32   1:05.02   1:05	100 breast	S Mortenson	1993	1:06.74	B Kaszuba	1995	1:08.89	E Nelson	1995	1:13.62	
100 fly   S Miller   1991   57.39   J Raab   1994   1:05.38   B Castillo   1988   1:06.05   1906   1907   1907   1907   1908   1:05.38   S Chweitzer   1999   2:06.92   L Appleton   1997   2:28.91   S Castillo   1988   2:22.59   1908   190	200 breast	C Janssen	1999	2:24.51	A Nall	1997	2:38.63	L Keogh	1993	2:51.20	
200 fly   S Schweitzer   1999   2:06.92   L Appleton   1997   2:28.91   B Castillo   1988   2:22.59	50 fly	J Raab	1995	26.20	J Raab	1994	28.84	K Shibuya	1995	30.00	
100 IM   S Miller   1991   59.21   B Kaszuba   1995   1:05.34   M Donahue   1992   2:29.90   2:06.36   N Wunderlich   1995   2:30.37   M Donahue   1992   2:29.90   2:06   M Wunderlich   1995   2:30.37   M Donahue   1992   2:29.90   M World   M Donahue   1994   5:18.36   M World   M Donahue   1994   1994   M Donahue   1994   1994   M Donahue   1995   M Donahue   1994   M Donahue   1995   M Donahue   19	100 fly	S Miller	1991	57.39	J Raab	1994	1:05.38	B Castillo	1988	1:06.05	
200 IM   S Schweitzer   1999   2:06.36   N Wunderlich   1995   2:33.37   M Donahue   1992   2:29.90   SC Pards   1999   4:35.22   N Wunderlich   1995   5:12.14   N Zamanian   1994   5:18.36   S	200 fly	S Schweitzer	1999	2:06.92	L Appleton	1997	2:28.91	B Castillo	1988	2:22.59	
400 IM         C Janssen         1999         4:35.22 N Wunderlich         1995         5:12.14         A Zamanian         1994         5:18.36           WOMEN 25-29         SC-Yards         Year         USMS SC-Meters         Year         USMS World User         LC-Meters         Year         USMS World User           50 free         A Pettis-Scott         1992         23.20 H Hageman         1997         26.63         26.63 S Shand         1991         26.68 26.20           100 free         S Shand         1993         51.07 S Taormina         1996         56.30 56.30         56.30         S Taormina         1995         57.76 58.22           200 free         S Shand         1993         1:51.53 S Taormina         1996         1:59.78 1:59.78 S 159.78 S Taormina         1995         2:02.06 2:07.11           400/500 free         S Taormina         1996         4:24.18 48 S Taormina         1995         2:02.06 2:07.11         2:07.10           800/1000 free         L Hazen         1994         10:12.34 S Taormina         1996         8:51.18 S:51.18 S Shand         1995         4:13.03 4:27.53           800/1000 free         K Burton         1991         16:50.17 S Taormina         1996         8:51.18 S Shand         1989         9:18.43 9:17.09	100 IM	S Miller	1991	59.21	B Kaszuba	1995	1:05.34				
WOMEN 25-29   SC-Yards   Year   USMS   SC-Meters   Year   USMS   World   LC-Meters   Year   USMS   World   School   Sc	200 IM	S Schweitzer	1999	2:06.36	N Wunderlich	1995	2:30.37	M Donahue	1992	2:29.90	
50 free         A Pettis-Scott         1992         23.20 H Hageman         1997         26.63         26.63         S Shand         1991         26.68         26.20           100 free         S Shand         1993         51.07         S Taormina         1996         56.30         56.30         S Taormina         1995         57.76         58.22           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         S Taormina         1995         2:02.06         2:07.11           400/500 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         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 <td>400 IM</td> <td>C Janssen</td> <td>1999</td> <td>4:35.22</td> <td>N Wunderlich</td> <td>1995</td> <td>5:12.14</td> <td>A Zamanian</td> <td>1994</td> <td>5:18.36</td> <td></td>	400 IM	C Janssen	1999	4:35.22	N Wunderlich	1995	5:12.14	A Zamanian	1994	5:18.36	
100 free         S Shand         1993         51.07         S Taormina         1996         56.30         56.30         S G.30         S Taormina         1995         57.76         58.22           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         8 Taormina         1995         4:13.03         4:27.53           8 Mo/1000 free         L Hazen         1994         10:12.34         S Taormina         1996         8:51.18         8:51.18         S Shand         1999         9:18.43         9:17.09           1500/1650 free         K Burton         1991         16:50.77         S Taormina         1996         16:36.07         16:36.07         S Taormina         1995         17:27.96         17:38.78           50 back         M Edwards         1999         25.98         D Graner         1989         1:04.66         1:04.50         D Graner         1989         2:10.50           200 back         D Graner         1991         2:01.29         D Graner         1989	WOMEN 25-29	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
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         5 Taormina         1995         4:13.03         4:27.53           800/1000 free         L Hazen         1994         10:12.34         5 Taormina         1996         8:51.18         8:51.18         5 Shand         1989         9:18.43         9:17.09           1500/1650 free         K Burton         1991         16:50.17         S Taormina         1996         16:36.07         5 Taormina         1995         17:27.96         17:38.78           50 back         M Edwards         1999         25.98         D Graner         1989         30.63         30.32         D Graner         1989         30.63         30.62         D Graner         1989         2:10.62         22.17.60         D Graner         1989         2:10.62         22.17.86	50 free	A Pettis-Scott	1992	23.20	H Hageman	1997	26.63	26.63 S Shand	1991	26.68	26.20
400/500 free         S Taormina         1996         4:49.88 S Taormina         1996         4:24.18 S Taormina         1996 M:24.18 S Taormina         4:24.18 S Taormina         1996 M:24.18 S Taormina         1997 M:24.18 S Taormina         1998 M:24.30 M:24.18 M:24.18 S Taormina	100 free	S Shand	1993	51.07	S Taormina	1996	56.30	56.30 S Taormina	1995	57.76	58.22
800/1000 free         L Hazen         1994         10:12.34         S Taormina         1996         8:51.18         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         M Edwards         1999         25.98         D Graner         1989         30.63         30.32         D Graner         1989         21.04.66         120.45.00         D Graner         1989         21.04.66         121.78.60         D Graner         1989         21.04.66         217.86         D Graner         1989         21.02.60         221.78.60         D Graner         1989         22.20.66         221.78.60         D Graner         1989         21.99.7         21.99.7	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
1500/1650 free         K Burton         1991         16:50.17 losted         S Taormina         1996         16:36.07 losted         16:36.07 losted         S Taormina         1995 lost.27:27:96 lost.78 lost.78 lost.78 lost.78 lost.78 lost.79 los	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
50 back         M Edwards         1999         25.98 b C Graner         D Graner         1989         30.63         30.32 b C Graner         D Graner         1989 30.80         30.73           100 back         M Edwards         1999         56.28 b C Graner         D Graner         1989 1:04.66         1:04.50 b C Graner         D Graner         1989 2:19.97         2:19.97           200 back         D Graner         1991 2:01.29 b Graner         1989 2:20.66 c 2:17.86 b G Graner         1989 2:19.97         2:19.97           50 breast         K King-Bednar         1996 2.97 b T Mirande         1995 32.20 33.60 b L Martin         1998 34.35 32.01           100 breast         W Hansen         1999 1:05.53 W Hansen         1998 2:39.62 2:37.35 b L Martin         1998 1:16.60 1:13.15 b Mirande         1998 2:48.56 2:42.02           50 fly         L Lanini         1987 25.68 S Taormina         1996 2.868 2.868 S R Seaman         R Seaman         1987 28.79 28.09           100 fly         H Kissel         1999 56.38 S Taormina         1996 1:01.33 1.01.33 S Taormina         1901 33 1.01.33 S Taormina         1995 2:25.73 2:17.13 S Taormina         1995 2:21.75 S Taormina         1998 2:25.73 2:17.13 S Taormina         1995 2:21.75 S Taormina         1998 2:25.73 2:17.13 S Taormina         1995 2:25.55 2:22.00           200 lM         S Shand         1993 2:05.98 W Hansen <td>800/1000 free</td> <td>L Hazen</td> <td>1994</td> <td>10:12.34</td> <td>S Taormina</td> <td>1996</td> <td>8:51.18</td> <td>8:51.18 S Shand</td> <td>1989</td> <td>9:18.43</td> <td>9:17.09</td>	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
100 back         M Edwards         1999         56.28 b D Graner         D Graner         1989 b 2:20.66         1:04.66 b 2:17.86 b D Graner         D Graner         1989 b 2:19.97 b 2:19.97           200 back         D Graner         1991 b 2:01.29 b D Graner         1989 b 2:20.66 b 2:17.86 b D Graner         D Graner         1989 b 2:19.97 b 2:19.97           50 breast         K King-Bednar         1996 b 29.78 b T Mirande         1995 b 32.20 b 33.60 b 1.00 a 1.00 a 1.00 b	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
200 back         D Graner         1991         2:01.29 D Graner         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         L Martin         1998         34.35         32.01           100 breast         W Hansen         1999         1:05.53         W Hansen         1998         2:39.62         2:37.35         L Martin         1998         2:48.56         2:42.02           50 fly         L Lainii         1987         25.68 S Taormina         1996         28.68         28.68         R Seaman         1987         28.79         28.09           100 fly         H Kissel         1999         56.38 S Taormina         1996         1:01.33         1:01.33         S Taormina         1995         2:17.13         S Taormina         1995         2:17.13         S Taormina         1995         2:17.51         2:18.69           100 IM         M Edwards         1999         58.48         W Hansen         1998         2:21.79         2:21.79         S Shand         198         2:25.55         2:22.00	50 back	M Edwards	1999	25.98	D Graner	1989	30.63	30.32 D Graner	1989	30.80	30.73
50 breast         K King-Bednar         1996         29.78 breast         T Mirande         1995         32.20 breast         33.60 breast         L Martin         1998 breast         34.35 breast         32.01 breast           200 breast         W Hansen         1999 breast         1998 breast         1:13.30 breast         1:10.71 breast         S MeIntyre-Woods         1991 breast         1:16.60 breast         1:13.15 breast           50 fly         L Lanini         1997 breast         25.68 breast         1996 breast         28.68 breast         28.68 breast         R Seaman         1997 breast         28.79 breast         28.09 breast           100 fly         H Kissel         1999 breast         1996 breast         1:01.33 breast         1:01.33 breast         1:01.33 breast         1:01.33 breast         1:01.33 breast         1:01.35 bre	100 back	M Edwards	1999	56.28	D Graner	1989	1:04.66	1:04.50 D Graner	1989	1:07.32	1:05.02
50 breast         K King-Bednar         1996         29.78 breast         T Mirande         1995         32.20 breast         33.00 breast         L Martin         1998 breast         34.35 breast         32.01 breast           200 breast         W Hansen         1999 breast         1998 breast	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
200 breast         W Hansen         1999         2:20.70         W Hansen         1998         2:39.62         2:37.35         L Martin         1998         2:48.56         2:42.02           50 fly         L Lanini         1987         25.68         S Taormina         1996         28.68         28.68         R Seaman         1987         28.79         28.09           100 fly         H Kissel         1999         56.38         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         S Taormina         1998         2:25.73         2:17.13         S Taormina         1995         2:17.51         2:18.69           100 flM         M Edwards         1999         58.43         W Hansen         1998         1:05.67         1:05.67         1:09.67           200 flM         S Shand         1993         2:05.98         W Hansen         1998         2:21.79         2:21.79         S Shand         198         2:25.45         2:22.00	50 breast	K King-Bednar	1996	29.78	T Mirande	1995	32.20	33.60 L Martin	1998	34.35	
200 breast         W Hansen         1999         2:20.70         W Hansen         1998         2:39.62         2:37.35         L Martin         1998         2:48.56         2:42.02           50 fly         L Lainin         1987         25.68         S Taormina         1996         28.68         28.68         R Seaman         1987         28.79         28.09           100 fly         H Kissel         1999         56.38         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         S Taormina         1998         2:25.73         2:17.13         S Taormina         1995         2:21.79         2:17.51         2:21.79         2:18.69           100 flM         H Edwards         1999         58.43         W Hansen         1998         1:05.67         1:05.67         1:09.67         2:22.00           200 flM         S Shand         1993         2:05.98         W Hansen         1998         2:21.79         2:21.79         S Shand         198         2:25.55         2:22.00	100 breast	W Hansen	1999	1:05.53	W Hansen	1998	1:13.30				
50 fly         L Lanini         1987         25.68 S Taormina         1996         28.68 S 28.68 R Seaman         1987         28.79 Seaman         28.09 Seaman         28.09 Seaman         1987         28.79 Seaman         28.09 Seaman         28.09 Seaman         1987 Seaman         1987 Seaman         1987 Seaman         1988 Seaman         1998 Se	200 breast	W Hansen	1999	2:20.70	W Hansen						
100 fly     H Kissel     1999     56.88 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 S Taormina     1998     2:25.73     2:17.13     S Taormina     1995     2:17.51     2:18.69       100 lM     M Edwards     1999     58.43 W Hansen     1998     1:05.67     1:05.67     1:05.67       200 lM     S Shand     1993     2:05.98 W Hansen     1998     2:21.79     2:21.79     S Shand     1989     2:25.45     2:22.00	50 fly	L Lanini	1987	25.68	S Taormina	1996					
200 fly     J Ford     1987     2:03.38 S Taormina     1998     2:25.73     2:17.13 S Taormina     1995     2:17.51     2:18.69       100 lM     M Edwards     1999     58.43 W Hansen     1998     1:05.67     1:05.67     1:05.67     1:05.67       200 lM     S Shand     1993     2:05.98 W Hansen     1998     2:21.79     2:21.79     S Shand     1989     2:25.45     2:22.00	•	H Kissel						1			
100 IM         M Edwards         1999         58.43         W Hansen         1998         1:05.67         1:05.67         1:05.67         S Shand         1993         2:25.98         W Hansen         1998         2:21.79         2:21.79         S Shand         1989         2:25.45         2:22.00	-										
200 IM S Shand 1993 2:05.98 W Hansen 1998 2:21.79 2:21.79 S Shand 1989 2:25.45 2:22.00	100 IM	M Edwards	1999	58.43	W Hansen						
	200 IM	S Shand	1993	2:05.98	W Hansen				1989	2:25.45	2:22.00
	400 IM	S Shand	1991	4:28.40	W Hansen	1998	5:02.54	5:02.54 S Shand			

S Neilson-Bell A Martino K Pipes-Neilsen K Pipes-Neilsen L Hazen K Burton D Graner-Gallas K Pipes-Neilsen	1988 1999 1996 1996 1999 1993	23.04 A Pettis-Scott 50.73 S Neilson-Bell 1:51.99 K Pipes-Neilsen 4:59.08 K Pipes-Neilsen 10:16.36 K Pipes-Neilsen 17:07.52 K Burton	1993 1988 1996 1996	26.46 57.35 2:04.64 4:22.70	26.46 S Neilson-Bell 57.35 S Neilson-Bell 2:04.64 K Pipes-Neilsen	1988 1988	26.37 58.09	26.37 58.09
K Pipes-Neilsen K Pipes-Neilsen L Hazen K Burton D Graner-Gallas	1996 1996 1999 1993	1:51.99 K Pipes-Neilsen 4:59.08 K Pipes-Neilsen 10:16.36 K Pipes-Neilsen	1996 1996	2:04.64	•			58.09
K Pipes-Neilsen L Hazen K Burton D Graner-Gallas	1996 1999 1993	4:59.08 K Pipes-Neilsen 10:16.36 K Pipes-Neilsen	1996		2:04.64 K Pipes-Neilsen	1004		
L Hazen K Burton D Graner-Gallas	1999 1993	10:16.36 K Pipes-Neilsen		4.33.70		1996	2:06.80	2:07.84
K Burton D Graner-Gallas	1993	1 .	1004	4:22.70	4:22.70 K Pipes-Neilsen	1996	4:28.76	4:28.76
D Graner-Gallas		17:07 52 K Burton	1990	9:08.34	9:08.34 S Porter	1994	9:19.96	9:16.82
	1997	17.07.32 K Dulion	1994	17:23.60	17:23.60 K Burton	1996	17:38.70	17:38.70
K Pipes-Neilsen		27.14 D Gallas	1996	30.14	30.14 D Graner Gallas	1996	30.94	30.94
	1996	57.13 K Pipes-Neilsen	1996	1:03.36	1:03.96 D Graner Gallas	1996	1:05.42	1:05.42
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
R Seaman	1989	29.84 K Pipes-Neilsen	1996	34.71	33.13 W Hansen			33.84
R Seaman	1989	1:05.05 K Pipes-Neilsen	1996	1:15.85	1:11.81 W Hansen			1:14.52
L Hill	1999	2:25.31 K Pipes-Neilsen	1996	2:46.47	2:40.08 W Hansen			2:41.51
A Martino	1999	24.54 D Graner Gallas	1996	29.20	29.20 A Martino			29.07
A Martino	1999	55.01 K Pipes-Neilsen	1996	1:03.80				1:04.80
K Pipes-Neilsen	1996	2:03.46 K Pipes-Neilsen	1996		•			2:20.12
R Seaman	1989	58.78 K Pipes-Neilsen	1995			1,,,0	2.20.12	2.20.12
K Pipes-Neilsen	1996	2:04.30 K Pipes-Neilsen	1996			1996	2.23.12	2:25.68
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
SC-Yards	Year	USMS SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
S Neilson-Bell	1996	23.53 S Neilson-Bell	1995	26.13	26.13 T Mol1	1999		26.66
S Neilson-Bell	1995	51.54 S Neilson-Bell	1994	57.71	57.71 S Neilson-Bell	1995		58.38
K Pipes-Neilsen	1997	1:51.55 K Pipes-Neilsen	1997	2:03.56	2:03.56 K Pipes-Neilsen			2:06.94
K Pipes-Neilsen	1997	4:56.09 K Pipes-Neilsen	1997	4:24.01				4:26.17
K Pipes-Neilsen	1999	10:22.60 K Pipes-Neilsen	1998	9:15.40				9:16.20
K Pipes-Neilsen	1997	17:13.99 K Pipes-Neilsen	1999	17:36.24	1 -			17:55.34
K Pipes-Neilsen	1997	27.02 K Pipes-Neilsen	1998	30.94	, -			31.43
K Pipes-Neilsen	1998	56.81 K Pipes-Neilsen	1997	1:03.56	1 -			1:06.29
K Pipes-Neilsen	1998	1 -			1 ·			2:18.20
C Krattli	1999							34.41
L Osborne	1989	ł						1:17.11
C Krattli		1 .						2:47.55
					•			28.32
					1			1:03.79
								2:20.21
		-			I .	177/	2.20.21	2:20.21
•					•	1007	2.22.42	2:25.31
								5:07.21
	R Seaman R Seaman L Hill A Martino A Martino K Pipes-Neilsen R Seaman K Pipes-Neilsen K Pipes SC-Yards S Neilson-Bell S Neilson-Bell K Pipes-Neilsen C Krattli	R Seaman 1989 R Seaman 1989 R Seaman 1989 L Hill 1999 A Martino 1999 A Martino 1999 K Pipes-Neilsen 1996 R Seaman 1988 K Pipes-Neilsen 1996 K Pipes 1995 SC-Yards Year S Neilson-Bell 1996 S Neilson-Bell 1995 K Pipes-Neilsen 1997 K Pipes-Neilsen 1998 C Krattli 1999 L Osborne 1988 C Krattli 1999 T Moll 1999 T Moll 1999 S Halfacre 1988 K Pipes-Neilsen 1997 K Pipes-Neilsen 1997 K Pipes-Neilsen 1997 T Moll 1999 S Halfacre 1988 K Pipes-Neilsen 1997 K Pipes-Neilsen 1998	R Seaman 1989 29.84 K Pipes-Neilsen R Seaman 1989 1:05.05 K Pipes-Neilsen L Hill 1999 2:25.31 K Pipes-Neilsen A Martino 1999 24.54 D Graner Gallas A Martino 1999 55.01 K Pipes-Neilsen K Pipes-Neilsen 1996 2:03.46 K Pipes-Neilsen R Seaman 1989 58.78 K Pipes-Neilsen K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen K Pipes 1995 4:25.68 K Pipes-Neilsen K Pipes 1995 4:25.68 K Pipes-Neilsen S Neilson-Bell 1996 23.53 S Neilson-Bell S Neilson-Bell 1996 23.53 S Neilson-Bell K Pipes-Neilsen 1997 1:51.55 K Pipes-Neilsen K Pipes-Neilsen 1997 1:51.55 K Pipes-Neilsen K Pipes-Neilsen 1997 1:52.60 K Pipes-Neilsen K Pipes-Neilsen 1997 1:713.99 K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1997 27.02 K Pipes-Neilsen K Pipes-Neilsen 1998 56.81 K Pipes-Neilsen K Pipes-Neilsen 1998 2:00.54 K Pipes-Neilsen C Krattli 1999 2:25.58 C Krattli 1999 2:88 K Pipes-Neilsen C K Pipes-Neilsen 1997 3:04.88 K Pipes-Neilsen K Pipes-Neilsen 1997 5:8.60 K Pipes-Neilsen K Pipes-Neilsen 1998 2:05.24 K Pipes-Neilsen K Pipes-Neilsen 1997 5:8.60 K Pipes-Neilsen K Pipes-Neilsen 1998 2:05.24 K Pipes-Neilsen K Pipes-Neilsen 1998 2:05.24 K Pipes-Neilsen K Pipes-Ne	R Seaman 1989 29.84 K Pipes-Neilsen 1996 R Seaman 1989 1:05.05 K Pipes-Neilsen 1996 L Hill 1999 2:25.31 K Pipes-Neilsen 1996 A Martino 1999 24.54 D Graner Gallas 1996 A Martino 1999 55.01 K Pipes-Neilsen 1996 K Pipes-Neilsen 1996 2:03.46 K Pipes-Neilsen 1996 R Seaman 1989 58.78 K Pipes-Neilsen 1996 K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen 1995 K Pipes-Neilsen 1996 4:25.68 K Pipes-Neilsen 1996 K Pipes 1995 4:25.68 K Pipes-Neilsen 1996 SC-Yards Year USMS SC-Meters Year S Neilson-Bell 1996 23.53 S Neilson-Bell 1995 K Pipes-Neilsen 1997 1:51.55 K Pipes-Neilsen 1997 K Pipes-Neilsen 1997 4:56.09 K Pipes-Neilsen 1997 K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1998 K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1998 K Pipes-Neilsen 1997 27.02 K Pipes-Neilsen 1998 K Pipes-Neilsen 1998 56.81 K Pipes-Neilsen 1998 K Pipes-Neilsen 1998 56.81 K Pipes-Neilsen 1997 C Krattli 1999 3.08.10 K Pipes-Neilsen 1997 C Krattli 1999 2:25.58 C Krattli 1998 T Moll 1999 2:25.58 C K Pipes-Neilsen 1997 C Krattli 1999 2:25.88 K Pipes-Neilsen 1997 C Krattli 1999 2:26.88 K Pipes-Neilsen 1997 C Krattli 1999 30.81 C Krattli 1998 C K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1997 C K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1997 K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1998 K Pipes-Neilsen 1998 2:05.24 K Pipes-Neilsen 1998 K Pipes-Neilsen 1998 2:05.24 K Pipes-Neilsen 1998 K Pipes-Neilsen 1998 2:05.24 K Pipes-Neilsen 1998	R Seaman 1989 29.84 K Pipes-Neilsen 1996 34.71 R Seaman 1989 1:05.05 K Pipes-Neilsen 1996 1:15.85 L Hill 1999 2:25.31 K Pipes-Neilsen 1996 2:46.47 A Martino 1999 24.54 D Graner Gallas 1996 29.20 A Martino 1999 55.01 K Pipes-Neilsen 1996 1:03.80 K Pipes-Neilsen 1996 2:03.46 K Pipes-Neilsen 1996 2:19.64 R Seaman 1989 58.78 K Pipes-Neilsen 1996 2:19.64 R Seaman 1989 58.78 K Pipes-Neilsen 1996 2:18.79 K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen 1996 2:18.79 K Pipes 1995 4:25.68 K Pipes-Neilsen 1996 4:53.85  SC-Yards Year USMS SC-Meters Year USMS S Neilson-Bell 1996 23.33 S Neilson-Bell 1996 51.54 S Neilson-Bell 1996 23.33 S Neilson-Bell 1995 26.13 S Neilson-Bell 1996 23.35 S Neilson-Bell 1994 57.71 K Pipes-Neilsen 1997 1:51.55 K Pipes-Neilsen 1997 2:03.56 K Pipes-Neilsen 1997 4:56.09 K Pipes-Neilsen 1997 4:24.01 K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1998 9:15.40 K Pipes-Neilsen 1997 27.02 K Pipes-Neilsen 1998 9:15.40 K Pipes-Neilsen 1998 56.81 K Pipes-Neilsen 1997 1:03.56 K Pipes-Neilsen 1998 56.81 K Pipes-Neilsen 1997 1:03.56 C Krattli 1999 30.81 C Krattli 1998 34.59 L Osborne 1988 56.81 K Pipes-Neilsen 1997 2:14.10 C Krattli 1999 2:25.58 C Krattli 1998 34.59 L Osborne 1988 56.90 K Pipes-Neilsen 1997 1:03.26 C Krattli 1999 2:25.88 C Krattli 1998 2:43.61 T Moll 1999 25.88 K Pipes-Neilsen 1997 2:18.24 K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1997 1:03.24 K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1997 1:03.24 K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1997 2:18.24 K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1997 2:18.24 K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1997 1:03.29 K Pipes-Neilsen 1997 58.60 K Pipes-Neilsen 1998 1:05.74 K Pipes-Neilsen 1998 2:05.24 K Pipes-Neilsen 1998 2:20.79	R Seaman 1989 29.84 K Pipes-Neilsen 1996 34.71 33.13 W Hansen R Seaman 1989 1:05.05 K Pipes-Neilsen 1996 1:15.85 1:11.81 W Hansen L Hill 1999 2:25.31 K Pipes-Neilsen 1996 2:46.47 2:40.08 W Hansen M Amartino 1999 24.54 D Graner Gallas 1996 2:9.20 29.20 A Martino A Martino 1999 55.01 K Pipes-Neilsen 1996 1:03.80 1:03.80 T Moll K Pipes-Neilsen 1996 2:03.46 K Pipes-Neilsen 1996 2:19.64 2:19.64 K Pipes-Neilsen R Seaman 1989 58.78 K Pipes-Neilsen 1996 1:05.16 1:05.16 K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen 1996 2:18.79 2:20.90 K Pipes-Neilsen K Pipes 1995 4:25.68 K Pipes-Neilsen 1996 4:53.85 4:53.85 K Pipes-Neilsen K Pipes-Neilsen 1996 4:53.85 4:53.85 K Pipes-Neilsen 1996 4:53.85 K Pipes-Neilsen 1996 4:53.85 K Pipes-Neilsen 1996 4:53.85 K Pipes-Neilsen 1996 51.54 S Neilson-Bell 1995 26.13 T Moll S Neilson-Bell 1996 23.33 S Neilson-Bell 1995 26.13 26.13 T Moll S Neilson-Bell 1995 51.54 S Neilson-Bell 1994 57.71 57.71 S Neilson-Bell K Pipes-Neilsen 1997 1:51.55 K Pipes-Neilsen 1997 2:03.56 2:03.56 K Pipes-Neilsen K Pipes-Neilsen 1997 4:56.09 K Pipes-Neilsen 1997 4:24.01 4:24.01 K Pipes-Neilsen 1997 4:56.09 K Pipes-Neilsen 1997 4:24.01 4:24.01 K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1999 17:36.24 17:36.24 B Knight K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1999 17:36.24 17:36.24 B Knight K Pipes-Neilsen 1997 2:00.56 K Pipes-Neilsen 1998 30.94 30.94 K Pipes-Neilsen K Pipes-Neilsen 1998 56.81 K Pipes-Neilsen 1997 1:03.56 1:03.56 K Pipes-Neilsen K Pipes-Neilsen 1998 30.94 30.94 K Pipes-Neilsen K Pipes-Neilsen 1998 2:05.58 K Pipes-Neilsen 1997 1:03.56 1:03.56 K Pipes-Neilsen 1997 2:04.86 K Pipes-Neilsen 1997 1:03.56 1:03.56 K Pipes-Neilsen 1998 34.59 L Wetzel-Osborne C Krattli 1999 2:25.88 K Pipes-Neilsen 1997 1:03.29 1:03.29 T Moll S Halfacre 1988 56.90 K Pipes-Neilsen 1997 1:03.29 1:03.29 T Moll K Pipes-Neilsen 1997 2:04.88 K Pipes-Neilsen 1997 1:03.29 1:03.29 T Moll K Pipes-Neilsen 1997 2:04.88 K Pipes-Neilsen 1997 2:20.79 K Pipes-Neilsen 1998 2:05.24 K Pipes-Neilsen 1997 2:04.79 2:20.79 K Pipes-Neilsen 199	R Seaman 1989 29.84 K Pipes-Neilsen 1996 34.71 33.13 W Hansen 1999 R Seaman 1989 1:05.05 K Pipes-Neilsen 1996 1:15.85 1:11.81 W Hansen 1999 L Hill 1999 2:25.31 K Pipes-Neilsen 1996 2:46.47 2:40.08 W Hansen 1999 A Martino 1999 24.54 D Graner Gallas 1996 29.20 29.20 A Martino 1999 55.01 K Pipes-Neilsen 1996 1:03.80 1:03.80 T Moll 1998 K Pipes-Neilsen 1996 2:03.46 K Pipes-Neilsen 1996 1:03.80 1:03.80 T Moll 1998 K Pipes-Neilsen 1996 2:04.40 K Pipes-Neilsen 1996 1:05.16 K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen 1996 2:19.64 2:19.64 K Pipes-Neilsen 1996 K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen 1996 2:18.79 2:20.90 K Pipes-Neilsen 1996 K Pipes 1995 4:25.68 K Pipes-Neilsen 1996 4:53.85 4:53.85 K Pipes-Neilsen 1996 K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen 1996 4:53.85 4:53.85 K Pipes-Neilsen 1996 S Neilson-Bell 1995 26.13 26.13 T Moll 1999 S Neilson-Bell 1995 51.54 S Neilson-Bell 1995 26.13 26.13 T Moll 1999 S Neilson-Bell 1995 51.54 S Neilson-Bell 1994 57.71 57.71 S Neilson-Bell 1995 K Pipes-Neilsen 1997 1:51.55 K Pipes-Neilsen 1997 4:24.01 K Pipes-Neilsen 1998 K Pipes-Neilsen 1997 4:56.09 K Pipes-Neilsen 1997 4:24.01 K Pipes-Neilsen 1997 K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1999 17:36.24 17:36.24 B Knight 1994 K Pipes-Neilsen 1997 17:13.99 K Pipes-Neilsen 1999 17:36.24 17:36.24 B Knight 1994 K Pipes-Neilsen 1997 27.02 K Pipes-Neilsen 1999 17:36.24 17:36.24 B Knight 1994 K Pipes-Neilsen 1997 27.02 K Pipes-Neilsen 1999 17:36.24 17:36.24 B Knight 1994 K Pipes-Neilsen 1999 20.054 K Pipes-Neilsen 1997 1:03.56 K Pipes-Neilsen 1997 C Krattli 1999 30.81 C Krattli 1998 34.59 34.59 L Wetzel-Osborne 1989 L Osborne 1989 1:07.58 K Pipes-Neilsen 1997 1:15.65 C Krattli 1999 30.81 C Krattli 1998 2:25.88 K Pipes-Neilsen 1997 1:03.29 T Moll 1999 T Moll 1999 25.88 K Pipes-Neilsen 1997 1:03.29 T Moll 1999 K Pipes-Neilsen 1997 2:04.88 K Pipes-Neilsen 1997 1:03.29 T Moll 1999 K Pipes-Neilsen 1997 2:04.88 K Pipes-Neilsen 1997 2:04.88 K Pipes-Neilsen 1997 1:05.05 C K Pipes-Neilsen 1997 1:05.05 C K Pipes-Neilsen 1997 2:05	R Seaman 1989 29.84 K Pipes-Neilsen 1996 34.71 33.13 W Hansen 1999 33.84 R Seaman 1989 1:05.05 K Pipes-Neilsen 1996 1:15.85 1:11.81 W Hansen 1999 1:14.53 L Hill 1999 2:25.31 K Pipes-Neilsen 1996 2:46.47 2:40.08 W Hansen 1999 2:41.51 A Martino 1999 2:45.45 D Graner Gallas 1996 2:02.02 29.20 A Martino 1999 2:45.50 K Pipes-Neilsen 1996 2:02.02 29.20 A Martino 1999 28.35 A Martino 1999 55.01 K Pipes-Neilsen 1996 1:03.80 1:03.80 T Moll 1998 1:03.93 K Pipes-Neilsen 1996 2:03.46 K Pipes-Neilsen 1996 2:19.64 K Pipes-Neilsen 1996 2:20.12 R Seaman 1989 55.01 K Pipes-Neilsen 1996 1:05.16 K Pipes-Neilsen 1996 2:04.30 K Pipes-Neilsen 1996 2:18.79 2:20.90 K Pipes-Neilsen 1996 2:23.12 K Pipes 1995 4:25.68 K Pipes-Neilsen 1996 2:18.79 2:20.90 K Pipes-Neilsen 1996 5:03.97 R Sealison-Bell 1996 23.53 S Neilson-Bell 1996 4:53.85 K Pipes-Neilsen 1996 5:03.97 R Sealison-Bell 1996 23.53 S Neilson-Bell 1995 51.54 S Neilson-Bell 1995 51.54 S Neilson-Bell 1995 55.87 K Pipes-Neilsen 1997 1:51.55 K Pipes-Neilsen 1997 2:03.56 2:03.56 K Pipes-Neilsen 1999 10:22.60 K Pipes-Neilsen 1997 4:56.09 K Pipes-Neilsen 1997 4:24.01 4:24.01 K Pipes-Neilsen 1997 4:26.17 K Pipes-Neilsen 1999 10:22.60 K Pipes-Neilsen 1999 17:36.24 B K Pipes-Neilsen 1997 4:56.09 K Pipes-Neilsen 1998 30.94 N Fipes-Neilsen 1997 17:39.9 K Pipes-Neilsen 1997 17:30.54 B K Pipes-Neilsen 1997 2:03.56 K Pipes-Neilsen 1997 17:30.54 K Pipes-Neilsen 1999 10:22.60 K Pipes-Neilsen 1998 30.94 N K Pipes-Neilsen 1999 10:22.60 K Pipes-Neilsen 1999 17:36.24 B K Pipes-Neilsen 1999 2:20.54 K Pipes-Neilsen 1999 17:36.24 B K Pipes-Neilsen 1999 2:20.54 K Pipes-Neilsen 1997 17:36.24 B K Pipes-Neilsen 1999 2:20.55 K K Pipes-Neilsen 1997 17:36.24 B K Pipes-Neilsen 1999 2:20.54 K Pipes-Neilsen 1997 17:36.24 B K Pipes-Neilsen 1999 2:20.54 K Pipes-Neilsen 1997 17:36.24 B K Pipes-Neilsen 1999 2:20.55 C K Rattli 1998 2:20.59 K Pipes-Neilsen 1997 2:14.10 2:14.10 K Pipes-Neilsen 1999 3:4.41 L Obborne 1988 36.60 K Pipes-Neilsen 1997 1:03.56 1:03.56 K Pipes-Neilsen 1999 2:20.58 K Pipes-Neilsen 1997 2:24.36

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 Neilson-Bell	1996	26.66	27.74 S Neilson-Bell	1996	27.39	27.39
100 free	S Neilson-Bell	1996	52.72 S Neilson-Bell	1996	59.83	1:00.47 S Neilson-Bell	1996	1:00.63	1:00.63
200 free	L Val	1994	1:58.79 S Heim-Bowen	1998	2:13.58	2:13.58 S Heim-Bowen	1999	2:14.14	2:14.14
400/500 free	S Heim-Bowen	1999	5:13.06 S Heim-Bowen	1998	4:34.83	4:34.83 S Heim-Bowen	1999	4:39.82	4:39.82
800/1000 free	S Heim-Bowen	1999	10:40.82 S Heim-Bowen	1998	9:29.90	9:29.90 S Heim-Bowen	1999	9:32.18	9:32.18
1500/1650 free	S Heim-Bowen	1999	17:51.95 S Heim-Bowen	1998	18:02.62	18:02.62 S Heim-Bowen	1998	18:14.34	18:14.34
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	P Landers	1998	2:16.96 L Val	1995	2:34.04	2:34.04 Z Courtney	1999	2:34.18	2:34.18
50 breast	R Seaman	1998	32.36 L Bennett	1996	37.21	36.13 M Mann	1999	36.89	35.05
100 breast	D Ann Joslin	1999	1:10.26 J Tibma	1996	1:21.44	1:18.85 M Mann	1999	1:21.23	1:17.21
200 breast	D Ann Joslin	1999	2:33.01 G Benty	1992	2:54.12	2:47.54 G Benty	1993	2:59.24	2:49.95
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 S Heim-Bowen	1999	2:32.14	2:32.14
100 IM	S Neilson-Bell	1997	1:02.91 L Val	1992	1:11.65	1:11.13			
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 R Masters	1999	5:22.59	5:22.59 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	1999	25.10 J Hirsty	1997	28.37	28.11 J Hirsty	1998	28.30	28.30
100 free	L Val	1998	54.26 L Val	1998	1:02.00	1:01.76 L Val	1998	1:02.75	1:02.42
200 free	L Val	1999	2:00.60 L Val	1997	2:16.83	2:16.07 L Val	1998	2:17.12	2:17.12
400/500 free	L Val	1999	5:27.02 L Val	1998	4:49.52	4:49.52 L Val	1997	4:56.06	4:56.06
800/1000 free	L Val	1999	11:21.39 D Ogier	1997	10:08.72	9:56.23 L Val	1998	10:08.23	10:08.23
1500/1650 free	L Val	1999	19:09.33 L Val	1998	18:55.82	18:55.82 L Val	1998	19:26.97	19:26.97
50 back	L Val	1997	28.26 L Val	1997	32.74	32.39 L Val	1997	32.93	32.93
100 back	L Val	1997	1:01.50 L Val	1997	1:12.38	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	lo n	1994	32.82 A Wright-Belknap	1996	38.12	37.54 S Roy	1994	36.97	36.97
JO DICASI	S Roy	1774	32.02 A WIIght-Beikhap						
	S Roy	1994	1:11.83 D Walker	1996	1:23.20	1:21.88 S Roy	1994	1:22.27	1:22.27
100 breast	1 7		1:11.83 D Walker			1 '		1:22.27 3:01.69	
100 breast 200 breast	S Roy	1994	, .	1996	1:23.20	1:21.88 S Roy	1994	3:01.69	2:57.38
100 breast 200 breast 50 fly	S Roy S Roy	1994 1994	1:11.83 D Walker 2:38.38 D Ogier	1996 1997	1:23.20 3:00.27 30.99	1:21.88 S Roy 2:54.97 D Walker 30.50 A Mueller	1994 1997	3:01.69 30.74	2:57.38 30.74
100 breast 200 breast 50 fly 100 fly	S Roy S Roy L Val	1994 1994 1998	1:11.83 D Walker 2:38.38 D Ogier 27.02 L Val	1996 1997 1998	1:23.20 3:00.27	1:21.88 S Roy 2:54.97 D Walker	1994 1997 1987	3:01.69	2:57.38 30.74 1:08.02
100 breast 200 breast 50 fly 100 fly 200 fly	S Roy S Roy L Val L Val	1994 1994 1998 1997	1:11.83 D Walker 2:38.38 D Ogier 27.02 L Val 1:00.37 L Val	1996 1997 1998 1998	1:23.20 3:00.27 30.99 1:08.70	1:21.88 S Roy 2:54.97 D Walker 30.50 A Mueller 1:07.80 L Val 2:33.70 L Val	1994 1997 1987 1998	3:01.69 30.74 1:08.02	2:57.38 30.74
100 breast 200 breast 50 fly	S Roy S Roy L Val L Val L Val	1994 1994 1998 1997 1999	1:11.83 D Walker 2:38.38 D Ogier 27.02 L Val 1:00.37 L Val 2:13.34 L Val	1996 1997 1998 1998 1997	1:23.20 3:00.27 30.99 1:08.70 2:33.70	1:21.88 S Roy 2:54.97 D Walker 30.50 A Mueller 1:07.80 L Val	1994 1997 1987 1998	3:01.69 30.74 1:08.02	2:57.38 30.74 1:08.02

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	30.29 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 B Dunbar	1999	2:28.67	2:24.43 B Dunbar	1999	2:28.11	2:28.11
400/500 free	B Dunbar	1999	5:51.95 B Dunbar	1999	5:09.43	5:02.03 B Dunbar	1999	5:11.22	5:11.22
800/1000 free	B Dunbar	1999	11:55.06 C Boak	1996	11:07.78	10:23.48 B Dunbar	1999	10:43.90	10:36.52
1500/1650 free	B Dunbar	1999	20:03.98 B Dunbar	1999	19:59.03	19:59.03 B Dunbar	1999	20:22.69	20:22.69
50 back	B Bennett	1994	32.66 M Frank	1997	36.49	34.97 B Jordan	1991	37.62	34.87
100 back	B Bennett	1994	1:10.58 A Mueller	1991	1:20.50	1:19.16 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	38.48 C Boak	1996	39.82	38.04
100 breast	G Pierson	1996	1:15.73 G Pierson	1996	1:25.80	1:24.45 J Leilich	1990	1:28.83	1:28.05
200 breast	G Pierson	1996	2:45.26 G Pierson	1996	3:08.06	3:00.98 C Boak	1995	3:15.41	3:08.74
50 fly	D Todd Taft	1994	28.64 D Todd	1994	33.85	33.09 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 B Dunbar	1999	2:44.84	2:44.84 B Dunbar	1999	2:44.93	2:44.93
100 IM	D Todd	1994	1:08.59 A Mueller	1991	1:18.05	1:17.98			
200 IM	B Dunbar	1999	2:30.89 C Boak	1996	2:52.74	2:48.78 C Boak	1995	2:53.40	2:52.11
400 IM	B Dunbar	1999	5:18.46 A Mueller	1991	5:56.24	5:56.24 B Dunbar	1999	6:03.12	6:03.12
WOMEN 55-59	SC-Yards	Year	USMS SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	N Ridout	1998	27.48 A Mueller	1996	30.37	30.37 A Mueller	1997	30.83	30.83
100 free	N Ridout	1998	1:01.79 A Mueller	1998	1:10.97	1:09.77 A Mueller	1997	1:11.18	1:11.01
200 free	A Mueller	1999	2:15.35 A Mueller	1996	2:28.30	2:28.30 A Mueller	1997	2:34.88	2:34.88
400/500 free	A Mueller	1999	6:01.12 A Mueller	1996	5:15.91	5:15.91 A Mueller	1997	5:25.59	5:25.59
800/1000 free	A Mueller	1999	12:20.65 A Mueller	1998	11:10.40	11:04.01 A Mueller	1997	11:15.07	11:15.07
1500/1650 free	A Mueller	1998	21:12.19 L Stoinoff	1989	21:35.84	20:49.11 A Mueller	1997	21:09.91	21:09.91
50 back	B Jordan	1993	32.97 B Jordan	1992	37.92	35.82 B Jordan	1992	37.30	36.08
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	2:58.47 B Jordan	1992	2:59.18	2:56.13
50 breast	J Bruner	1991	35.16 J Bruner	1991	40.69	38.98 J Bruner	1991	39.91	39.43
100 breast	J Bruner	1991	1:18.52 J Leilich	1994	1:29.88	1:25.92 J Bruner	1992	1:29.88	1:29.11
200 breast	E Bromwich	1998	2:55.47 J Leilich	1997	3:14.71	3:08.87 J Leilich	1998	3:19.16	3:14.40
50 fly	A Mueller	1998	29.73 A Mueller	1997	33.66	33.66 J Ward	1999	34.43	33.39
100 fly	A Mueller	1999	1:09.90 A Mueller	1997	1:18.75	1:18.39 A Mueller	1997	1:21.91	1:18.11
200 fly	A Mueller	1999	2:37.57 A Mueller	1996	2:55.05	2:55.05 G Roper	1985	3:19.84	3:14.39
100 IM	J Bruner	1992	1:12.56 J Bruner	1989	1:24.19	1:21.25	1703	3.17.04	3.14.37
	1	1//2	= o   untor	1,0,	4.27.17	1.21.20			
200 IM	A Mueller	1999	2:37.45 A Mueller	1997	2:52.43	2:52.43 J Bruner	1992	3:06.11	2:59.15

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	32.97
100 free	J Bruner	1997	1:04.87	J Bruner	1996	1:13.50	1:12.22	J Bruner	1994	1:14.69	1:14.12
200 free	L Stoinoff	1995	2:25.85	L Stoinoff	1993	2:39.92	2:38.32	L Stoinoff	1993	2:43.83	2:40.63
400/500 free	L Stoinoff	1993	6:22.62	L Stoinoff	1993	5:38.06	5:35.85	L Stoinoff	1993	5:47.52	5:46.79
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	21:59.83	L Stoinoff	1995	22:50.81	22:50.81
50 back	B Jordan	1998	34.16	B Jordan	1997	38.74	38.74	B Jordan	1997	38.76	37.39
100 back	B Jordan	1997	1:15.64	B Jordan	1997	1:24.16	1:24.16	B Jordan	1997	1:24.45	1:24.24
200 back	B Jordan	1997	2:42.86	B Jordan	1997	3:05.27	3:05.27	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	1998	41.43	41.43
100 breast	J Leilich	1999	1:22.04	J Bruner	1996	1:34.63	1:32.12	J Leilich	1999	1:32.37	1:32.37
200 breast	J Leilich	1999	2:56.39	J Leilich	1999	3:18.34	3:18.34	J Leilich	1999	3:23.62	3:23.62
50 fly	J Bruner	1995	33.07	J Bruner	1995	38.30	36.04	J Bruner	1994	38.10	37.39
100 fly	J Bruner	1996	1:18.64	J Bruner	1995	1:32.19	1:23.78	J Bruner	1996	1:31.34	1:28.65
200 fly	N Brown	1996	3:06.99	B Jordan	1998	3:30.11	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	1:23.16				
200 IM	J Bruner	1997	2:50.10	C Walker	1990	3:14.28	2:59.95	B Jordan	1997	3:15.48	3:05.96
400 IM	B Jordan	1997	6:12.27	B Jordan	1998	6:58.40	6:28.22	C Walker	1986	6:59.45	6:50.29
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	L Stoinoff	1998	2:32.93	G Roper	1996	2:54.15	2:50.40	C Walker	1992	2:48.51	2:48.51
400/500 free	L Stoinoff	1999	6:39.23	C Walker	1992	6:13.42	6:00.99	L Stoinoff	1998	5:54.90	5:54.90
800/1000 free	L Stoinoff	1999	13:51.06	C Walker	1992	12:35.26	12:26.85	L Stoinoff	1998	12:23.32	12:23.32
1500/1650 free	L Stoinoff	1998	23:09.53	C Walker	1992	23:38.44	23:38.44	L Stoinoff	1998	23:42.01	23:42.01
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	L Stoinoff	1999	2:56.66	D Steadman	1989	3:15.72	3:15.72	L Stoinoff	1998	3:16.02	3:16.02
50 breast	C Walker	1993	40.79	G Roper	1995	46.57	43.27	J Bruner	1999	45.95	43.42
100 breast	C Walker	1993	1:29.00	G Roper	1995	1:41.41	1:34.93	C Walker	1991	1:42.84	1:39.37
200 breast	A Hirsch	1999	3:15.88	G Roper	1995	3:41.93	3:25.67	D Stowell	1999	3:43.20	3:30.95
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	3:31.57	J Krauser	1994	3:36.25	3:33.04
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	3:18.43	C Walker	1991	3:19.01	3:20.26
400 IM	C Walker	1993	6:24.09	G Roper	1996	7:07.69	7:01.55	C Walker	1992	7:09.69	7:06.75

WOMEN 70-74	SC-Yards	Year		SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	C Walker	1997	33.26	F Carr	1995	38.36	36.32	G Roper	1999	35.28	35.28
100 free	C Walker	1997	1:15.16	J Troy	1998	1:26.32	1:20.77	G Roper	1999	1:19.94	1:19.94
200 free	C Walker	1997	2:45.76	J Troy	1998	3:04.77	3:02.11	G Roper	1999	3:01.28	3:01.28
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	1998	15:06.37	J Krauser	1996	13:07.28	13:07.28	J Krauser	1996	13:15.45	13:15.45
1500/1650 free	J Krauser	1999	25:17.77	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	C Taylor	1999	43.46	G Zint	1987	50.95	45.26	G Roper	1999	49.14	44.30
100 breast	C Taylor	1999	1:34.61	J Krauser	1996	1:49.64	1:42.97	B Christian	1992	1:52.88	1:43.86
200 breast	C Taylor	1999	3:29.68	J Krauser	1996	3:55.99	3:45.96	G Roper	1999	3:53.55	3:53.55
50 fly	J Krauser	1997	39.91	G Roper	1999	40.66	40.66	G Roper	1999	41.45	41.45
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	N Macbeth	1999	1:26.80	G Roper	1999	1:33.43	1:33.43				•.•
200 IM	J Krauser	1996	3:09.25	J Krauser	1996	3:31.93	3:31.93	G Roper	1999	3:32.94	3:32.94
400 IM	J Krauser	1998	6:41.58	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	M Meyer	1998	41.87	39.73	M Meyer	1998	41.32	38.22
100 free	M Meyer	1998	1:20.83	M Meyer	1998	1:33.87	1:33.87	М Меуег	1998	1:33.25	1:30.42
200 free	M Meyer	1999	2:58.74	M Meyer	1998	3:25.32	3:27.92	M Meyer	1998	3:24.84	3:19.07
400/500 free	M Meyer	1998	8:01.81	M Meyer	1998	7:01.36	7:01.36	М Меуег	1998	7:16.82	7:16.82
800/1000 free	M Meyer	1999	16.27.17	M Meyer							14:32.25
					1998	14:46.26	14:46.26	M Mever	1998	14:57.03	
1500/1650 free	M Meyer	1999	27:33.86		1998 1998		14:46.26 27:47.25	•		14:57.03 28:38.34	
1500/1650 free 50 back	M Meyer B Cederlund	1999 1997	27:33.86			14:46.26 27:47.25 51.14	27:47.25	M Meyer	1998	28:38.34	28:38.34
	1 .		27:33.86 42.92	М Меуег	1998 1998	27:47.25 51.14	27:47.25 47.69	M Meyer D Steadman	1998 1999	28:38.34 44.43	28:38.34 44.43
50 back	B Cederlund	1997	27:33.86 42.92 1:38.41	M Meyer B Cederlund	1998 1998 1999	27:47.25 51.14 1:49.68	27:47.25 47.69 1:48.13	M Meyer D Steadman D Steadman	1998 1999 1999	28:38.34 44.43 1:39.06	28:38.34 44.43 1:39.06
50 back 100 back	B Cederlund R Billard Morrill	1997 1999	27:33.86 42.92 1:38.41 3:29.83	M Meyer B Cederlund R Kenner	1998 1998 1999 1989	27:47.25 51.14 1:49.68 4:01.89	27:47.25 47.69 1:48.13 4:00.43	M Meyer D Steadman D Steadman D Steadman	1998 1999 1999	28:38.34 44.43 1:39.06 3:39.41	28:38.34 44.43 1:39.06 3:39.41
50 back 100 back 200 back	B Cederlund R Billard Morrill R Kenner	1997 1999 1999	27:33.86 42.92 1:38.41 3:29.83	M Meyer B Cederlund R Kenner M Wicklund G Zint	1998 1998 1999 1989 1993	27:47.25 51.14 1:49.68 4:01.89 53.94	27:47.25 47.69 1:48.13 4:00.43 49.57	M Meyer D Steadman D Steadman D Steadman B Christian	1998 1999 1999 1999	28:38.34 44.43 1:39.06 3:39.41 54.12	28:38.34 44.43 1:39.06 3:39.41 50.65
50 back 100 back 200 back 50 breast 100 breast	B Cederlund R Billard Morrill R Kenner G Zint G Zint	1997 1999 1999 1993 1993	27:33.86 42.92 1:38.41 3:29.83 48.53 1:49.55	M Meyer B Cederlund R Kenner M Wicklund G Zint G Zint	1998 1998 1999 1989 1993	27:47.25 51.14 1:49.68 4:01.89 53.94 2:02.29	27:47.25 47.69 1:48.13 4:00.43 49.57 1:54.33	M Meyer D Steadman D Steadman D Steadman B Christian R Kenner	1998 1999 1999 1999 1998 1999	28:38.34 44.43 1:39.06 3:39.41 54.12 2:04.25	28:38.34 44.43 1:39.06 3:39.41 50.65 1:52.54
50 back 100 back 200 back 50 breast 100 breast 200 breast	B Cederlund R Billard Morrill R Kenner G Zint	1997 1999 1999 1993 1993 1999	27:33.86 42.92 1:38.41 3:29.83 48.53 1:49.55 4:03.26	M Meyer B Cederlund R Kenner M Wicklund G Zint G Zint R Kenner	1998 1998 1999 1989 1993 1993	27:47.25 51.14 1:49.68 4:01.89 53.94 2:02.29 4:25.09	27:47.25 47.69 1:48.13 4:00.43 49.57 1:54.33 4:20.48	M Meyer D Steadman D Steadman D Steadman D Steadman B Christian R Kenner R Kenner	1998 1999 1999 1999 1998 1999	28:38.34 44.43 1:39.06 3:39.41 54.12 2:04.25 4:28.51	28:38.34 44.43 1:39.06 3:39.41 50.65 1:52.54 4:18.18
50 back 100 back 200 back 50 breast 100 breast 200 breast 50 fly	B Cederlund R Billard Morrill R Kenner G Zint G Zint B Christian	1997 1999 1999 1993 1993 1999	27:33.86 42.92 1:38.41 3:29.83 48.53 1:49.55 4:03.26 47.97	M Meyer B Cederlund R Kenner M Wicklund G Zint G Zint R Kenner L Kivi Nochman	1998 1998 1999 1989 1993 1993 1999	27:47.25 51.14 1:49.68 4:01.89 53.94 2:02.29 4:25.09 47.88	27:47.25 47.69 1:48.13 4:00.43 49.57 1:54.33 4:20.48 47.88	M Meyer D Steadman D Steadman D Steadman B Christian R Kenner R Kenner L Kivi Nochman	1998 1999 1999 1999 1998 1999 1999	28:38.34 44.43 1:39.06 3:39.41 54.12 2:04.25 4:28.51 47.86	28:38.34 44.43 1:39.06 3:39.41 50.65 1:52.54 4:18.18
50 back 100 back 200 back 50 breast 100 breast 200 breast 50 fly 100 fly	B Cederlund R Billard Morrill R Kenner G Zint B Christian G Zint D Silva	1997 1999 1999 1993 1993 1999 1993	27:33.86 42.92 1:38.41 3:29.83 48.53 1:49.55 4:03.26 47.97 1:56.16	M Meyer B Cederlund R Kenner M Wicklund G Zint G Zint R Kenner L Kivi Nochman L Kivi Nochman	1998 1998 1999 1989 1993 1993 1999 1999	27:47.25 51.14 1:49.68 4:01.89 53.94 2:02.29 4:25.09 47.88 1:56.42	27:47.25 47.69 1:48.13 4:00.43 49.57 1:54.33 4:20.48 47.88 1:56.42	M Meyer D Steadman D Steadman D Steadman B Christian R Kenner R Kenner L Kivi Nochman L Kivi Nochman	1998 1999 1999 1999 1998 1999 1999	28:38.34 44.43 1:39.06 3:39.41 54.12 2:04.25 4:28.51 47.86 1:56.92	28:38:34 44:43 1:39:06 3:39:41 50:65 1:52:54 4:18:18 47:86 1:56:92
50 back 100 back 200 back 50 breast 100 breast 200 breast 50 fly 100 fly 200 fly	B Cederlund R Billard Morrill R Kenner G Zint G Zint B Christian G Zint D Silva M Merlino	1997 1999 1999 1993 1993 1999 1993 1997	27:33.86 42.92 1:38.41 3:29.83 48.53 1:49.55 4:03.26 47.97 1:56.16 4:19.43	M Meyer B Cederlund R Kenner M Wicklund G Zint G Zint R Kenner L Kivi Nochman L Kivi Nochman L Kivi Nochman	1998 1998 1999 1989 1993 1993 1999 1999	27:47.25 51.14 1:49.68 4:01.89 53.94 2:02.29 4:25.09 47.88 1:56.42 4:08.39	27:47.25 47.69 1:48.13 4:00.43 49.57 1:54.33 4:20.48 47.88 1:56.42 4:08.39	M Meyer D Steadman D Steadman D Steadman B Christian R Kenner R Kenner L Kivi Nochman	1998 1999 1999 1999 1998 1999 1999	28:38.34 44.43 1:39.06 3:39.41 54.12 2:04.25 4:28.51 47.86	28:38.34 44.43 1:39.06 3:39.41 50.65 1:52.54 4:18.18 47.86 1:56.92
50 back 100 back 200 back 50 breast 100 breast 200 breast 50 fly 100 fly	B Cederlund R Billard Morrill R Kenner G Zint B Christian G Zint D Silva	1997 1999 1999 1993 1993 1999 1993	27:33.86 42.92 1:38.41 3:29.83 48.53 1:49.55 4:03.26 47.97 1:56.16 4:19.43 1:43.48	M Meyer B Cederlund R Kenner M Wicklund G Zint G Zint R Kenner L Kivi Nochman L Kivi Nochman	1998 1998 1999 1989 1993 1993 1999 1999	27:47.25 51.14 1:49.68 4:01.89 53.94 2:02.29 4:25.09 47.88 1:56.42	27:47.25 47.69 1:48.13 4:00.43 49.57 1:54.33 4:20.48 47.88 1:56.42 4:08.39 1:47.56	M Meyer D Steadman D Steadman D Steadman B Christian R Kenner R Kenner L Kivi Nochman L Kivi Nochman	1998 1999 1999 1999 1998 1999 1999	28:38.34 44.43 1:39.06 3:39.41 54.12 2:04.25 4:28.51 47.86 1:56.92	28:38.34 44.43 1:39.06 3:39.41

WOMEN 80-84	SC-Yards	Year		SC-Meters	Year	USMS		LC-Meters	Year	USMS	World
50 free	M Sharpe	1997	41.32	M Sharpe	1997	45.84	44.57	M Sharpe	1998	45.65	41.31
100 free	R Simonton	1999	1:30.49	R Simonton	1998	1:42.38	1:42.38	R Simonton	1999	1:42.56	1:39.30
200 free	R Simonton	1999	3:14.68	R Simonton	1998	3:37.21	3:37.21	R Simonton	1999	3:44.19	3:44.00
400/500 free	R Simonton	1999	8:45.26	R Simonton	1998	7:33.69	7:33.69	R Simonton	1999	7:53.37	7:53.37
800/1000 free	R Simonton	1999	17:51.67	R Simonton	1998	15:49.21	15:49.21	R Simonton	1998	16:05.85	16:05.85
1500/1650 free	M Sharpe	1998	31:00.08	R Simonton	1998	29:48.75	29:48.75	R Simonton	1999	30:41.01	30:41.01
50 back	M Wicklun	1994	50.64	M Sharpe	1997	56.42	55.58	M Sharpe	1997	53.84	53.73
100 back	M Sharpe	1997		M Sharpe	1997	2:05.60	1:57.69	M Sharpe	1999	2:01.67	2:00.39
200 back	M Wicklun	1994	3:51.12	M Sharpe	1997	4:31.01	4:03.55	M Sharpe	1997	4:30.48	4:12.86
50 breast	R Simonton	1999	55.19	R Simonton	1998	1:03.71	1:00.96	M Merlino	1992	1:05.10	59.60
100 breast	K Schimpf	1998	2:14.34	R Simonton	1998	2:19.11	2:16.49	M Merlino	1992	2:22.79	2:17.08
200 breast	R Simonton	1999	4:26.58	R Simonton	1998	4:49.62	4:49.62	R Simonton	1998	5:06.58	4:59.02
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	51.99	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	M Merlino	1998	4:37.83	4:37.83	M Merlino	1997	4:44.30	4:26.52
400/500 free	J Dolce	1995	11:24.79	M Merlino	1998	9:34.27	9:34.27	J Durston	1999	9:32.91	9:31.21
800/1000 free	J Dolce	1995	24:04.52	M Merlino	1998	19:41.58	19:41.58	J Durston	1999	19:12.10	19:12.10
1500/1650 free	J Dolce	1997	45:53.55	M Merlino	1998	37:28.53	37:28.53	J Durston	1999	36:42.65	36:42.65
50 back	A Soule	1991	49.59	M Merlino	1998	1:05.17	1:05.17	A Soule	1991	58.42	58.42
100 back	A Soule	1991	1:55.84	M Merlino	1998	2:24.11	2:23.91	A Soule	1991	2:13.13	2:13.13
200 back	A Soule	1991	4:09.33	M Merlino	1998	5:13.33	5:13.33	A Soule	1991	4:47.82	4:47.82
	1		1.04.20		1995	1:09.77	1:09.28	M Gogniat	1996	1:09.85	1:09.85
50 breast	M Gogniat	1996	1:04.39	M Gogniat	1773						
100 breast	M Gogniat M Gogniat	1996 1998		M Gogniat M Gogniat	1995			•	1996	2:39.02	2:34.97
	1 -		2:37.71			2:38.48	2:38.75	M Gogniat	1996 1999	2:39.02 6:01.15	
100 breast	M Gogniat	1998	2:37.71 5:52.31	M Gogniat	1995		2:38.75 5:59.36	•	1996 1999 1999	6:01.15	5:36.62
100 breast 200 breast	M Gogniat M Gogniat	1998 1998	2:37.71 5:52.31 1:16.00	M Gogniat M Gogniat	1995 1997	2:38.48 5:59.36	2:38.75 5:59.36 1:24.22	M Gogniat J Durston	1999	6:01.15 1:11.58	5:36.62 1:11.58
100 breast 200 breast 50 fly 100 fly	M Gogniat M Gogniat E Peckham	1998 1998 1985	2:37.71 5:52.31 1:16.00 3:01.71	M Gogniat M Gogniat J Durston J Durston	1995 1997 1999	2:38.48 5:59.36 1:07.35 2:36.50	2:38.75 5:59.36 1:24.22 3:20.81	M Gogniat J Durston J Durston J Durston	1999 1999 1999	6:01.15 1:11.58 2:40.11	5:36.62 1:11.58 2:40.11
100 breast 200 breast 50 fly 100 fly 200 fly	M Gogniat M Gogniat E Peckham E Peckham K Pelton	1998 1998 1985 1984 1991	2:37.71 5:52.31 1:16.00 3:01.71 6:39.85	M Gogniat M Gogniat J Durston J Durston J Durston	1995 1997 1999 1999	2:38.48 5:59.36 1:07.35 2:36.50 5:42.80	2:38.75 5:59.36 1:24.22 3:20.81 6:01.46	M Gogniat J Durston J Durston	1999 1999	6:01.15 1:11.58	5:36.62 1:11.58 2:40.11
100 breast 200 breast 50 fly 100 fly	M Gogniat M Gogniat E Peckham E Peckham	1998 1998 1985 1984	2:37.71 5:52.31 1:16.00 3:01.71 6:39.85 2:29.39	M Gogniat M Gogniat J Durston J Durston	1995 1997 1999 1999	2:38.48 5:59.36 1:07.35 2:36.50	2:38.75 5:59.36 1:24.22 3:20.81 6:01.46 2:27.70	M Gogniat J Durston J Durston J Durston	1999 1999 1999	6:01.15 1:11.58 2:40.11	2:34.97 5:36.62 1:11.58 2:40.11 5:49.75

WOMEN 90-94	SC-Yards	Year	USMS SC-Meters	Year	USMS		LC-Meters	Year	USMS	World
50 free	A Soule	1996	49.68 A Bauscher	1993	1:36.77	1:13.90 /	A Soulc	1996	55.76	55.76
100 free	A Soule	1996	2:12.13 A Bauscher	1993	3:24.13	3:24.13	A Soulc	1996	2:19.62	2:19.62
200 free	A Soule	1996	4:56.80 A Bauscher	1993	7:01.11	7:01.11	J Dolce	1999	5:19.36	5:19.36
400/500 free	A Bauscher	1992	15:48.03 A Bauscher	1993	14:16.35	14:16.35 J	J Dolce	1999	11:44.11	11:44.11
800/1000 free	A Bauscher	1993	32:53.76 A Bauscher	1993	28:45.45	28:45.45	A Bauscher	1994	30:55.09	30:55.09
1500/1650 free						j	J Dolce	1999	50:26.55	50:26.55
50 back	A Soule	1996	1:01.93 J Cookc	1999	1:23.95	1:15.02	A Soulc	1996	1:03.49	1:03.49
100 back	A Soule	1996	2:14.66			4:19.46	A Soulc	1996	2:23.23	2:23.23
200 back	A Soule	1996	4:42.55			1,	A Soulc	1997	5:29.07	5:29.07
50 breast	J Cooke	1999	1:31.63			1:25.24				1:26.57
100 breast	L Tyra	1983	5:30.32			4:05.59				3:21.95
200 breast	L Tyra	1983	11:48.36							10:39.50
50 fly	J Cooke	1999	1:39.85 J Cooke	1999	1:50.91	1:50.91	A Bauscher	1994	4:57.25	4:57.25
100 fly	J Cooke	1999	3:26.50 J Cooke	1999	4:06.32	4:06.32				
200 fly	J Cooke	1998	7:12.95			1				
100 IM	J Cooke	1999	2:55.27 J Cooke	1999	3:13.87	3:13.87				
200 IM	J Cooke	1999	6:31.19 J Cooke	1999	6:56.70		A Bauscher	1994	12:10.93	12:10.93
400 IM	J Cooke	1998	13:06.38 J Cooke	1999	14:55.37	14:55.37				
WOMEN 95-99	SC-Yards	Year	USMS SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free						2:02.29		_		1:55.57
100 free			i			4:35.98				4:06.70
200 free			ŀ			1				
400/500 free	A Bauscher	1997	18:25.13			1				
800/1000 free			1			1				
1500/1650 free			İ			- 1				
50 back						2:05.36				1:57.79
100 back			J							4:16.79
200 back			1			1				
50 breast			İ			1				
100 breast			İ			ľ				
200 breast			1							
50 fly	į		l			i				
100 fly			I			į				
200 fly						ļ				
100 IM			1			1				
200 IM			l l							
400 IM										
WI VU	1		I			ļ				

VOMEN 100-104	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	Worl
0 free											5:10.8
00 free								Ì			
00 free	1							}			
00/500 free				j							
00/1000 free				ł				İ			
500/1650 free				{							
0 back				1							
00 back											
00 back	1							ŀ			
0 breast				ļ							
00 breast								1			
00 breast								l			
0 fly											
00 fly								ĺ			
:00 fly				1				}			
00 IM											
00 IM				}							
00 IM				ļ				1			

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	J Tristan	1998	52.16	
200 free	J Tristan	1999	1:41.32 B Winsor	1995	1:54.23	J Tristan	1998	1:52.74	
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 O Briseno	1998	58.98	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	K Raab	1999	2:25.57	
50 fly	C Zoltak	1998	22.47 J Feltzer	1995	26.24	D Lawson	1995	25.71	
100 fly	B Bundey	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 Mackem	1992	2:14.08	
400 IM	J Keppeler	1992	4:04.34 S Mariniuk	1993	4:28.54	G Mackem	1992	4:48.56	
MEN 25-29	SC-Yards	Year	USMS SC-Meters	Year 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 A Kostich	1997	3:58.23	3:58.23 A Kostich	1997	4:03.63	4:03.63
800/1000 free	A Kostich	1998	9:25.88 A Kostich	1997	8:14.75	8:14.75 A Kostich	1997	8:24.67	8:24.67
1500/1650 free	A Kostich	1998	15:44.70 A Kostich	1997	15:41.81	15:41.81 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	1:03.23 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	2:24.57
50 fly	B Alderman	1998	22.21 B Davis	1997	25.28	25.20 DeForrest/Bottom	1984	25.16	24.88
100 fly	B Alderman	1998	48.51 M Herrmann	1995	56.11	55.85 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 Bidrman	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-Y ards	Year	USMS SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	A Schmitt	1997	20.15 B Zikarsky	1998	23.52	22.82 R Peel	1996	22.80	23.21
100 free	J Olsen	1999	44.72 J Keppeler	1999	50.97	50.51 R Gaines	1991	51.50	51.50
200 free	J Olsen	1999	1:38.03 J Keppeler	1999	1:52.04	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 Yarid	1994	26.58	26.58 S Murphy	1994	27.26	27.26
100 back	C Britt	1992	50.21 J Keppeler	1999	56.25	56.25 S Murphy	1994	58.66	58.66
200 back	R Karnaugh	1997	1:48.66 J Keppeler	1999	2:02.91	2:02.91 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	29.42
100 breast	D Lundberg	1991	56.58 D Guthrie	1993	1:04.33	1:04.23 S Van Neerden	1998	1:05.64	1:05.02
200 breast	R Karnaugh	1997	2:01.01 R Santos	1998	2:22.97	2:22.97 D Lundberg	1991	2:24.06	2:20.43
50 fly	B Alderman	1999	22.22 M Bottom	1989	25.06	25.06 M Bottom	1988	25.31	25.31
100 fly	J Olsen	1999	48.64 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 L Benucci	1999	58.64	57.84			
200 IM	R Karnaugh	1997	1:47.62 J Frentsos	1999	2:08.42	2:06.69 D Lundburg	1991	2:09.69	2:09.69
400 IM	R Karnaugh	1997	3:53.81 J Frentsos	1999	4:32.23	4:32.23 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 J Lilley	1998	24.02	23.20
100 free	D Boatwright	1997	46.14 M Noetzel	1999	53.22	52.64 R Gaines	1995	51.49	51.49
200 free	F Mortensen	1999	1:41.20 L Meisenheimer	1994	1:57.31	1:53.66 R Gaines	1994	1:57.68	1:55.36
400/500 free	F Mortensen	1999	4:36.80 B Patten	1998	4:12.35	4:07.22 R Gaines	1995	4:07.64	4:07.64
800/1000 free	F Mortensen	1999	9:41.12 B Patten	1998	8:39.15	8:39.15 R Gaines	1995	8:38.73	8:38.73
1500/1650 free	B Patten	1999	16:02.13 B Patten	1998	16:22.20	16:22.20 R Gaines	1994	16:37.34	16:37.34
50 back	C Britt	1996	23.75 C Britt	1996	26.84	26.84 C Britt	1999	27.60	27.60
100 back	C Britt	1996	51.03 C Britt	1996	58.25	58.25 C Britt	1999	1:00.13	1:00.13
200 back	S Murphy	1999	1:50.83 W Specht	1993	2:10.01	2:09.92 T Wolf	1990	2:13.83	2:13.83
50 breast	W Dicks	1998	25.97 W Dicks	1998	28.77	28.82 W Dicks	1998	29.09	29.09
100 breast	W Dicks	1998	56.71 W Dicks	1998	1:03.18	1:03.18 W Dicks	1998	1:05.03	1:05.03
200 breast	W Dicks	1999	2:05.81 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 T Redig	1999	25.89	25.89
100 fly	P Egan	1999	49.54 W Specht	1993	57.02	57.02 J Stuart	1996	56.60	56.60
					2:06.48	2:06.48 J Stuart	1996	2:06.74	2:06.74
200 fly	B Patten	1999	1:50.74 W Specht	1994	2.00.40				
•	B Patten R Placak	1999 1994	1:50.74 W Specht 52.79 C Britt			•	.,,,	2.00.71	2.00.71
200 fly	i i			1994 1998 1999	59.28 2:12.27	59.28 2:08.21 J Sorensen	1998	2:15.53	2:14.94

MEN 40-44	SC-Yards	Year		SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	S Marvin	1997	21.55	J Tudor	1997	24.40	24.09 R Abbott	1995	24.39	24.25
100 free	S Marvin	1997	47.23	R Abbott	1995	53.25	53.25 J Groselle	1998	53.78	53.78
200 free	S Marvin	1997	1:44.48	H Yntema	1995	1:57.83	1:57.83 J Rhyne	1999	2:01.07	2:01.07
400/500 free	J Rhyne	1999	4:41.83	H Yntema	1995	4:09.31	4:09.31 J Rhyne	1999	4:15.86	4:15.86
800/1000 free	H Yntema	1994	9:47.73	H Yntema	1995	8:49.83	8:49.83 J Rhyne	1999	8:48.69	8:48.69
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	W Specht	1998	24.57	W Specht	1998	27.84	27.84 P Rocca	1999	28.69	28.69
100 back	C Schwartz	1996	52.58	W Specht	1998	59.26	59.26 W Specht	1998	1:02.48	1:02.48
200 back	W Specht	1998	1:54.01	W Specht	1998	2:09.61	2:09.61 W Specht	1999	2:15.49	2:15.49
50 breast	R Hofstetter	1997	26.75	C Miltenberger	1993	30.80	29.50 P Dahlberg	1992	30.82	30.56
100 breast	C Miltenberger	1993	59.40	R Schafer	1997	1:06.50	1:06.50 R Schafer	1998	1:08.97	1:08.97
200 breast	R Schafer	1999	2:09.95	R Schafer	1997	2:25.58	2:25.58 R Schafer	1998	2:29.77	2:29.77
50 fly	W Specht	1998	23.28	W Specht	1998	25.89	25.80 W Specht	1998	26.33	26.33
100 fly	W Specht	1999	50.98	W Specht	1998	56.18	56.18 W Specht	1999	57.79	57.79
200 fly	W Specht	1999	1:51.98	W Specht	1998	2:02.97	2:02.97 W Specht	1998	2:09.47	2:09.47
100 IM	J Sorensen	1999	54.40	J Tudor	1997	1:01.79	1:02.30			
200 IM	J Sorensen	1999	1:58.07	J Sorensen	1998	2:12.25	2:12.25 J Sorensen	1999	2:17.26	2:15.53
400 IM	J Sorensen	1999	4:18.74	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 J Groselle	1999	24.94	24.94
100 free	A McPherson	1992	48.13	L Mench	1997	55.63	54.64 J Groselle	1999	53.90	53.90
200 free	T Broderick	1996	1:47.93	T Broderick	1996	2:00.13	2:00.13 J Groselle	1999	2:01.54	2:01.54
400/500 free	J McConica	1999	4:51.73	T Broderick	1996	4:18.44	4:18.44 J McConica	1999	4:21.16	4:21.16
800/1000 free	J McConica	1999	10:15.57	T Broderick	1996	8:56.08	8:56.08 J McConica	1999	8:58.84	8:58.84
1500/1650 free	J McConica	1996	17:12.43	T Broderick	1996	17:19.87	17:24.70 T Bryan	1998	17:31.23	17:31.23
50 back	R Smith	1988	25.65	R Smith	1989	29.33	29.30 T Wolf	1999	29.85	29.85
100 back	R Smith	1988	56.14	T Reudy	1999	1:04.68	1:03.81 T Wolf	1999	1:03.72	1:03.72
200 back	P O'Keefe	1996	2:02.18	P O'Keeffe	1998	2:19.12	2:18.98 T Wolf	1999	2:21.66	2:21.66
50 breast	P Henne	1994	28.12	R Strand	1995	31.83	31.83 C Miltenberger	1998	31.54	31.54
100 breast	R Strand	1995	1:01.92	R Strand	1995	1:09.44	1:09.44 J Groselle	1999	1:12.29	1:12.29
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	T Hedrick	1999	23.84	D Thompson	1993	27.08	27.08 D Thompson	1992	27.12	27.12
100 fly	T Hedrick	1999	53.28	T Perrin	1996	1:01.13	1:01.13 B Graner Gallas	1996	1:02.47	1:02.47
	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
200 fly	li Schricher						1			
•	R Smith	1988	56.23	T Reudy	1999	1:02.99	1:02.99			
200 fly		1988 1998		T Reudy T Reudy	1999 1999	1:02.99 2:16.97	1:02.99 2:16.97 T Broderick	1996	2:22.06	2:22.06

MEN 50-54	SC-Yards	Year	USMS SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	R Abrahams	1998	21.73 R Abrahams	1998	24.73	25.49 R Abrahams	1998	24.60	24.60
100 free	R Abrahams	1998	48.80 K Lodwig	1996	56.63	56.63 R Abrahams	1998	56.98	56.98
200 free	F Schlicher	1999	1:48.57 T Birnie	1996	2:06.76	2:06.76 F Schlicher	1998	2:07.17	2:07.17
400/500 free	T Spieker	1999	5:03.39 T Spieker	1998	4:30.80	4:30.80 T Spieker	1998	4:32.51	4:32.51
800/1000 free	T Spieker	1999	10:30.05 T Spieker	1998	9:12.81	9:12.81 T Spieker	1998	9:27.52	9:27.52
1500/1650 free	T Spieker	1999	17:40.50 T Spieker	1999	17:36.51	17:36.51 T Spieker	1998	18:04.63	18:04.63
50 back	R Smith	1993	26.24 H Wilder	1997	29.50	29.50 H Wilder	1997	30.63	30.63
100 back	H Wilder	1998	57.28 H Wilder	1997	1:04.17	1:04.17 H Wilder	1997	1:07.16	1:07.16
200 back	T Spieker	1999	2:05.92 T Spieker	1998	2:21.88	2:21.88 T Spieker	1998	2:27.01	2:27.01
50 breast	R Strand	1998	28.00 D McKenzie	1997	31.24	31.24 R Strand	1998	32.16	32.16
100 breast	D McKenzie	1998	1:01.02 R Strand	1996	1:09.96	1:09.96 R Strand	1998	1:11.90	1:11.90
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	S Borowski	1998	24.62 S Borowski	1998	27.55	27.55 R Abrahams	1998	27.13	27.13
100 fly	R Abrahams	1998	54.48 B Graner Gallas	1997	1:02.54	1:02.54 R Abrahams	1998	1:02.25	1:02.25
200 fly	F Schlicher	1999	2:02.56 B Graner Gallas	1997	2:21.58	2:21.58 F Schlicher	1998	2:26.34	2:26.17
100 IM	R Strand	1998	56.70 R Strand	1996	1:04.97	1:04.97			
200 IM	R Strand	1998	2:07.80 R Strand	1997	2:25.01	2:25.01 T Garton	1993	2:28.70	2:28.70
400 IM	F Schlicher	1999	4:34.62 T Spieker	1998	5:16.86	5:16.86 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
		1 641	OSINDIDE MICICIS	I cai	OSIMIS	World LC-Weters	1 641	031413	*** 01.14
50 free	J Elder	1998	22.99 D Hill	1989	26.60	26.60 S Clark	1998	26.33	26.33
50 free	J Elder	1998	22.99 D Hill	1989	26.60	26.60 S Clark	1998	26.33	26.33
50 free 100 free	J Elder T Garton	1998 1998	22.99 D Hill 50.57 J Geoghegan	1989 1997	26.60 59.49	26.60 S Clark 59.49 T Garton	1998 1998	26.33 58.41	26.33 58.41
50 free 100 free 200 free	J Elder T Garton T Garton	1998 1998 1998	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan	1989 1997 1997	26.60 59.49 2:13.20	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig	1998 1998 1998	26.33 58.41 2:15.35	26.33 58.41 2:15.35
50 free 100 free 200 free 400/500 free	J Elder T Garton T Garton J Geoghegan	1998 1998 1998 1997	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan	1989 1997 1997 1997	26.60 59.49 2:13.20 4:48.69	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan	1998 1998 1998 1997	26.33 58.41 2:15.35 4:53.53	26.33 58.41 2:15.35 4:50.41
50 free 100 free 200 free 400/500 free 800/1000 free	J Elder T Garton T Garton J Geoghegan D Gallagher	1998 1998 1998 1997 1997	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet	1989 1997 1997 1997 1998	26.60 59.49 2:13.20 4:48.69 10:12.58	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher	1998 1998 1998 1997 1996	26.33 58.41 2:15.35 4:53.53 10:25.67	26.33 58.41 2:15.35 4:50.41 10:03.22
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly	1998 1998 1998 1997 1997	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan	1989 1997 1997 1997 1998 1997	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones	1998 1998 1998 1997 1996	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith	1998 1998 1998 1997 1997 1999	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith	1989 1997 1997 1997 1998 1997	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94 1:08.34	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith	1998 1998 1998 1997 1996 1990	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back 100 back	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith R Smith	1998 1998 1998 1997 1997 1999 1999	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith 59.61 R Burns	1989 1997 1997 1997 1998 1997 1998	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith 1:08.34 R Burns	1998 1998 1998 1997 1996 1990 1998	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53 2:37.14	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53 2:37.14
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back 100 back 200 back	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith E Cazalett	1998 1998 1998 1997 1997 1999 1999	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith 59.61 R Burns 21:5.33 R Burns 30.18 M Sanguily	1989 1997 1997 1997 1998 1997 1998 1998	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94 1:08.34 2:32.73	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith 1:08.34 R Burns 2:32.73 R Burns	1998 1998 1998 1997 1996 1990 1998 1999	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53 2:37.14 33.75	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53 2:37.14 33.03
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back 100 back 200 back 50 breast	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith R Smith E Cazalett M Sanguily	1998 1998 1998 1997 1997 1999 1999 1999	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith 59.61 R Burns 2:15.33 R Burns	1989 1997 1997 1997 1998 1997 1998 1998	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94 1:08.34 2:32.73 33.77 1:16.32	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith 1:08.34 R Burns 2:32.73 R Burns 33.17 P Anderson 1:16.32 J Kortheuer	1998 1998 1998 1997 1996 1990 1998 1999	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53 2:37.14 33.75 1:17.87	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53 2:37.14 33.03 1:17.87
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back 100 back 200 back 50 breast 100 breast	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith R Smith E Cazalett M Sanguily D Gallagher	1998 1998 1998 1997 1997 1999 1999 1999	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith 59.61 R Burns 2:15.33 R Burns 30.18 M Sanguily 1:06.67 M Sanguily	1989 1997 1997 1997 1998 1997 1998 1998	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94 1:08.34 2:32.73 33.77 1:16.32 2:49.21	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith 1:08.34 R Burns 2:32.73 R Burns 33.17 P Anderson 1:16.32 J Kortheuer 2:49.21 K Frost	1998 1998 1998 1997 1996 1990 1998 1999 1999 1999	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53 2:37.14 33.75 1:17.87 2:52.94	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53 2:37.14 33.03 1:17.87 2:50.44
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back 100 back 200 back 50 breast 100 breast	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith R Smith E Cazalett M Sanguily D Gallagher D Gallagher	1998 1998 1998 1997 1997 1999 1999 1999	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith 59.61 R Burns 2:15.33 R Burns 30.18 M Sanguily 1:06.67 M Sanguily 2:31.23 T Haraszti	1989 1997 1997 1997 1998 1997 1998 1998	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94 1:08.34 2:32.73 33.77 1:16.32 2:49.21 29.78	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith 1:08.34 R Burns 2:32.73 R Burns 33.17 P Anderson 1:16.32 J Kortheuer 2:49.21 K Frost 28.92 K Lodwig	1998 1998 1998 1997 1996 1998 1999 1999 1999 1988 1999	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53 2:37.14 33.75 1:17.87 2:52.94 28.22	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53 2:37.14 33.03 1:17.87 2:50.44 28.22
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back 100 back 200 back 50 breast 100 breast 200 toeast 50 fly	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith R Smith E Cazalett M Sanguily D Gallagher D Gallagher K Lodwig	1998 1998 1998 1997 1997 1999 1999 1998 1989 1995 1995	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith 59.61 R Burns 2:15.33 R Burns 30.18 M Sanguily 1:06.67 M Sanguily 2:31.23 T Haraszti 25.33 R Bassi 58.77 R Poiletman	1989 1997 1997 1997 1998 1998 1998 1998	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94 1:08.34 2:32.73 33.77 1:16.32 2:49.21 29.78 1:06.29	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith 1:08.34 R Burns 2:32.73 R Burns 33.17 P Anderson 1:16.32 J Kortheuer 2:49.21 K Frost 28.92 K Lodwig 1:06.29 R Poiletman	1998 1998 1998 1997 1996 1990 1998 1999 1999 1999 1988 1999	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53 2:37.14 33.75 1:17.87 2:52.94 28.22 1:06.71	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53 2:37.14 33.03 1:17.87 2:50.44 28.22 1:06.31
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back 100 back 200 back 50 breast 100 breast 200 breast 50 fly 100 fly 200 fly	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith R Smith E Cazalett M Sanguily D Gallagher D Gallagher K Lodwig T Garton	1998 1998 1998 1997 1997 1999 1999 1999	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 1:52.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith 59.61 R Burns 2:15.33 R Burns 30.18 M Sanguily 1:06.67 M Sanguily 2:31.23 T Haraszti 2:5.33 R Bassi 58.77 R Poiletman 2:12.86 R Poiletman	1989 1997 1997 1997 1998 1998 1998 1998	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94 1:08.34 2:32.73 33.77 1:16.32 2:49.21 29.78 1:06.29	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith 1:08.34 R Burns 2:32.73 R Burns 33.17 P Anderson 1:16.32 J Kortheuer 2:49.21 K Frost 28.92 K Lodwig 1:06.29 R Poiletman 2:31.16 R Poiletman	1998 1998 1998 1997 1996 1998 1999 1999 1999 1988 1999	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53 2:37.14 33.75 1:17.87 2:52.94 28.22	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53 2:37.14 33.03 1:17.87 2:50.44 28.22
50 free 100 free 200 free 400/500 free 800/1000 free 1500/1650 free 50 back 100 back 200 back 50 breast 100 breast 200 toeast 50 fly	J Elder T Garton T Garton J Geoghegan D Gallagher S Galletly R Smith R Smith E Cazalett M Sanguily D Gallagher D Gallagher K Lodwig T Garton R Poiletman	1998 1998 1998 1997 1997 1999 1999 1998 1989 1995 1995	22.99 D Hill 50.57 J Geoghegan 1:52.90 J Geoghegan 5:22.70 J Geoghegan 11:22.13 E Cazalet 19:01.09 J Geoghegan 26.86 R Smith 59.61 R Burns 2:15.33 R Burns 30.18 M Sanguily 1:06.67 M Sanguily 2:31.23 T Haraszti 25.33 R Bassi 58.77 R Poiletman	1989 1997 1997 1997 1998 1998 1998 1998	26.60 59.49 2:13.20 4:48.69 10:12.58 19:18.99 30.94 1:08.34 2:32.73 33.77 1:16.32 2:49.21 29.78 1:06.29	26.60 S Clark 59.49 T Garton 2:13.20 K Lodwig 4:47.10 J Geoghegan 9:47.45 D Gallagher 18:51.83 B Jones 30.94 R Smith 1:08.34 R Burns 2:32.73 R Burns 33.17 P Anderson 1:16.32 J Kortheuer 2:49.21 K Frost 28.92 K Lodwig 1:06.29 R Poiletman	1998 1998 1998 1997 1996 1990 1998 1999 1999 1999 1988 1999	26.33 58.41 2:15.35 4:53.53 10:25.67 19:54.72 31.52 1:10.53 2:37.14 33.75 1:17.87 2:52.94 28.22 1:06.71	26.33 58.41 2:15.35 4:50.41 10:03.22 19:09.48 31.52 1:10.53 2:37.14 33.03 1:17.87 2:50.44 28.22 1:06.31

MEN 60-64	SC-Yards	Year	USMS SC		Year	USMS	World LC-Meters	Year	USMS	World
50 free	J Farrell	1997		Cavanaugh	1998	27.42	27.32 J Farrell	1998	26.70	26.70
100 free	J Farrell	1997	52.03 B E	Bailie	1995	1:02.08	1:01.96 J Farrell	1998	1:00.11	1:00.11
200 free	J Farrell	1997	1:59.62 D (	Gallagher	1998	2:17.36	2:21.31 J Farrell	1998	2:20.54	2:20.54
400/500 free	D Gallagher	1999	5:36.31 D (	Gallagher	1998	4:54.94	4:56.69 G Johnston	1991	5:02.70	5:04.45
800/1000 free	D Gallagher	1999	11:35.68 D (	Gallagher	1998	10:10.78	10:27.62 D Gallagher	1999	10:29.40	10:29.40
1500/1650 free	G Johnston	1995	19:28.49 G J	ohnston	1995	19:48.44	19:48.44 G Johnston	1995	20:04.73	20:04.73
50 back	Y Oyakawa	1997	29.50 J B	eattie	1994	34.05	33.62 Y Oyakawa	1994	33.13	33.13
100 back	D Brown	1994	1:05.09 J B	eattie	1994	1:13.55	1:13.55 Y Oyakawa	1994	1:14.72	1:14.53
200 back	D Brown	1994	2:23.30 J B	eattie	1994	2:40.75	2:40.75 D Brown	1993	2:45.93	2:42.56
50 breast	D Gallagher	1999	31.17 D (	Gallagher	1998	34.52	34.41 T Winters	1999	35.61	34.59
100 breast	D Gallagher	1999	1:09.35 D C	Gallagher	1998	1:18.08	1:17.85 D Gallagher	1999	1:19.82	1:19.82
200 breast	D Gallagher	1999	2:36.27 D (	Gallagher	1998	2:53.12	2:57.08 D Gallagher	1999	2:58.78	2:58.37
50 fly	J Farrell	1998	27.12 B E	Bailie	1995	30.34	30.34 B Petersen	1999	30.84	30.35
100 fly	D Costill	1997	1:03.09 D C	Gallagher	1998	1:13.79	1:13.34 W Dobler	1994	1:14.98	1:14.25
200 fly	D Costill	1996	2:29.92 D	Gallagher	1998	2:49.56	2:49.56 D Gallagher	1999	2:53.53	2:53.53
100 IM	J Farrell	1997	1:02.52 D (	Gallagher	1998	1:09.95	1:09.93			
200 IM	D Gallagher	1999	2:20.29 D	Gallagher	1998	2:40.14	2:35.04 D Gallagher	1999	2:41.71	2:41.71
400 IM	D Gallagher	1999	5:09.07 D	Gallagher	1998	5:39.98	5:49.45 D Gallagher	1999	6:02.79	6:02.79
MEN 65-69	SC-Yards	Year	USMS SC	-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	D Hill	1998	25.09 R J	ohnson	1998	28.02	28.02 R Johnson	1998	28.04	28.04
100 free	P Powlison	1987	56.24 R J	ohnson	1998	1:04.30	1:02.77 R Johnson/G Johnston	1999	1:05.09	1:03.39
200 free	G Johnston	1997	2:06.63 G J	ohnston	1997	2:22.07	2:22.07 G Johnston	1996	2:22.18	2:21.74
400/500 free	G Johnston	1997	5:44.52 G J	ohnston	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 J	ohnston	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 J	ohnston	1996	19:53.18	19:53.18 G Johnston	1996	20:16.54	20:16.54
50 back	Y Oyakawa	1999	29.55 Y (	Dyakawa	1998	33.46	33.46 Y Oyakawa	1999	33.54	33.54
100 back	Y Oyakawa	1999	1:05.58 Y (	Dyakawa	1998	1:14.66	1:14.66 Y Oyakawa	1999	1:16.78	1:16.78
200 back	R Franks	1993	2:30.53 R F	ranks	1994	2:52.77	2:47.59 R Franks	1992	2:55.46	2:51.19
50 breast	N Templeman	1997	32.91 M	Sanguily	1998	36.07	36.07 M Sanguily	1998	36.42	36.42
100 breast	N Templeman	1997	1:13.78 M	Sanguily	1998	1:22.34	1:21.34 M Sanguily	1998	1:24.16	1:24.16
200 breast	R Johnson	1999	2:45.94 C N	Moss	1993	3:16.65	3:06.13 R Johnson	1998	3:10.23	3:10.23
50 fly	R Johnson	1998	27.80 R J	ohnson	1998	31.65	31.65 R Johnson	1998	30.81	30.81
100 fly	R Johnson	1999	1:06.43 R J	ohnson	1998	1:16.70	1:16.70 R Johnson	1998	1:16.85	1:15.69
200 fly	C Moss	1993	2:41.99 R J		1996	3:06.43	3:06.32 J Kurtzman	1991	3:08.79	3:08.79
100 IM	R Johnson	1998	1:05.65 R J		1996	1:15.61	1:15.61	.,,,	3.00.77	3.00.77
200 IM	R Johnson	1999	2:28.69 G J		1997	2:51.68	2:49.10 R Johnson	1998	2:50.18	2:49.71
400 IM	G Johnston	1997	5:26.41 G J		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 Piemme	1998	26.70 F Piemme	1995	30.59	30.21 K Lemmon	1984	29.35	29.35
100 frce	F Piemme	1995	1:00.80 F Piemme	1995	1:09.00	1:09.00 F Piemme	1995	1:10.16	1:10.16
200 free	W Phillips	1998	2:15.58 W Phillips	1998	2:34.64	2:34.64 W Phillips	1998	2:37.00	2:37.00
400/500 free	W Phillips	1998	6:12.46 F Piemme	1995	5:35.49	5:35.49 W Phillips	1998	5:40.41	5:40.41
800/1000 free	W Phillips	1998	12:52.98 F Piemme	1995	11:38.41	11:38.41 F Piemme	1995	12:03.73	12:03.73
1500/1650 free	W Phillips	1998	22:05.90 W Phillips	1998	22:30.87	22:30.87 R Franks	1998	22:59.14	22:59.14
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 Miller	1999	2:37.63 R Franks	1998	2:55.73	2:55.73 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 Piemme	1996	3:01.23 A Craig	1998	3:20.58	3:16.44 R Macdonald	1999	3:29.06	3:26.27
50 fly	F Piemme	1998	30.21 F Piemme	1995	34.77	34.77 F Piemme	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 Piemme	1995	1:11.72 F Piemme	1995	1:20.99	1:20.99			
200 IM	R Miller	1999	2:43.52 F Piemme	1995	3:05.96	3:00.88 F Piemme	1996	3:08.99	3:06.43
400 IM	F Piemme	1995	6:05.24 F Piemme	1995	6:38.98	6:38.98 F Piemme	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	32.09 L Collet	1983	32.50	32.07
100 free	K Lemmon	1988	1:04.28 R Taft	1995	1:13.47	1:13.35 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 P Hutinger	1999	38.38	37.47 R Taft	1994	39.49	37.51
100 back	R Taft	1995	1:17.67 R Taft	1994	1:27.41	1:24.21 R Taft	1995	1:29.52	1:26.00
200 back	R Taft	1995	2:54.21 R Taft	1994	3:10.22	3:09.22 R Taft	1994	3:15.00	3:10.64
50 breast	P Krup	1993	37.59 P Krup	1993	42.85	40.22 B Greenberg	1999	42.99	41.78
100 breast	A Da Rosa	1993	1:25.80 A Da Rosa	1992 ·	1:37.39	1:28.61 B Greenberg	1999	1:38.11	1:35.70
200 breast	A Da Rosa	1993	3:13.37 A Da Rosa	1993	3:34.29	3:24.84 A Da Rosa	1994	3:42.85	3:34.86
50 fly	B Davidson	1994	33.17 R Taft	1995	38.70	37.18 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	1:37.03
200 fly	A Cerer	1992	3:17.53 P Krup	1992	3:49.00	3:26.72 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		SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	W Bowersock	1994		W Bowersock	1993	35.16	35.16 W Bowersock	1993	33.88	33.88
100 free	A Holden	1999	1:11.98	W Bowersock	1993	1:20.65	1:18.80 W Bowersock	1993	1:22.50	1:19.28
200 free	A Da Rosa	1998	2:47.93	A Da Rosa	1998	3:10.15	3:01.42 R Taft	1999	3:09.70	3:03.45
400/500 free	A Da Rosa	1998	7:37.20	A Da Rosa	1998	6:55.19	6:46.62 R Taft	1999	6:42.86	6:40.63
800/1000 free	A Da Rosa	1998	16:04.32	R Johnston	1997	14:49.24	14:09.37 R Taft	1999	14:19.22	13:50.05
1500/1650 free	A Da Rosa	1998	26:36.10	R Taft	1999	25:55.88	25:55.88 R Taft	1999	26:52.93	26:52.93
50 back	A Da Rosa	1999	38.70	W Rowe	1997	43.66	42.16 R Taft	1999	42.49	40.71
100 back	E Shea	1995	1:27.58	A Da Rosa	1998	1:36.41	1:36.41 R Taft	1999	1:35.36	1:35.36
200 back	E Shea	1995	3:12.35	E Shea	1994	3:33.91	3:33.91 R Taft	1999	3:31.36	3:31.36
50 breast	A Da Rosa	1998	41.30	P Krup	1997	46.80	44.56 M Von Isser	1999	46.37	43.62
100 breast	K Lemmon	1992	1:32.72	A Da Rosa	1998	1:45.09	1:43.91 M Von Isser	1999	1:45.99	1:45.24
200 breast	A Da Rosa	1998	3:28.19	A Da Rosa	1998	3:58.96	3:56.61 R Taft	1999	3:42.04	3:42.04
50 fly	A Holden	1999	36.46	P Krup	1998	45.55	44.75 A Holden	1999	41.89	41.89
100 fly	A Holden	1999	1:30.06	A Cerer	1997	1:50.39	1:47.20 A Holden	1999	1:47.88	1:47.88
200 กิง	A Cerer	1997	3:32.97	A Cerer	1997	4:00.64	4:00.64 A Cerer	1998	4:11.09	4:11.09
100 IM	A Da Rosa	1998	1:26.77	A Da Rosa	1998	1:38.31	1:36.93			
200 IM	A Da Rosa	1998	3:16.31	A Da Rosa	1998	3:39.84	3:35.06 A Da Rosa	1998	3:43.82	3:43.82
400 IM	A Da Rosa	1998	7:03.09	A Da Rosa	1998	7:53.88	7:53.88 R Taft	1999	8:05.14	8:05.14
MEN 85-89	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	W Bowersock	1999	32.80	W Bowersock	1998	37.16	37.89 W Bowersock	1998	35.77	35.77
100 free	W Bowersock	1999	1:18.87	W Bowersock	1998	1:29.62	1:33.74 W Bowersock	1999	1:32.81	1:32.81
200 free	W Bowersock	1999	3:16.35	W Bowersock	1998	3:47.84	3:29.47 G Langner	1988	3:48.91	3:34.20
400/500 free	G Langner	1990	9:00.31	G Langner	1988	7:54.24	7:27.29 G Langner	1988	8:14.50	7:44.04
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	D Malbrough	1998	46.69	D Malbrough	1998	53.36	47.17 E Shea	1999	50.95	47.70
100 back	D Malbrough	1998	1:46.68	D Malbrough	1998	2:00.81	1:51.19 D Malbrough	1999	2:04.83	1:51.83
200 back	C Salie	1997	3:57.82	D Malbrough	1998	4:44.23	4:05.25 J Triolo	1999	4:32.50	4:12.45
50 breast	W Pfeiffer	1999	51.48	J Penfield	1993	58.39	51.17 A Kallunki	1989	1:01.47	51.52
100 breast	W Pfeiffer	1999	1:57.82	W Pfeiffer	1998	2:08.69	2:06.08 W Molloy	1995	2:20.99	2:10.64
200 breast	W Pfeiffer	1999	4:23.79	W Pfeiffer	1998	4:44.32	4:44.32 H Perry	1996	4:36.86	4:36.86
50 fly	J Coon	1996	49.32	W Pfeiffer	1998	52.74	52.74 J Coon	1996	58.13	57.93
100 fly	W Pfeiffer	1999	2:02.95	W Pfeiffer	1998	2:04.50	2:04.50 W Pfeiffer	1999	2:10.28	2:10.28
200 fly	J Coon	1995	5:29.95	W Pfeiffer	1998	4:49.10	4:45.09 W Pfeiffer	1999	5:06.00	5:06.00
100 IM	J Coon	1997		J Penfield	1993	2:15.66	1:51.87		0.00.00	2.00.00
200 IM	J Coon	1997		W Pfeiffer	1998	4:24.58	4:21.19 J Coon	1996	5:16.84	4:40.15
400 IM	W Pfeiffer	1999		W Pfeiffer	1998	9:32.65	9:31.75 W Pfeiffer	1999	9:42.77	9:42.77

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	1998	23:32.20	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	J Penfield	1998	55.26	J Penfield	1998	1:07.88	1:01.56 J Penfield	1998	1:03.20	1:02.91
100 back	J Penfield	1998	2:10.24	J Kaufman	1995	2:40.88	2:29.06 J Penfield	1998	2:30.11	2:30.11
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	J Penfield	1998	57.65	J Penfield	1998	1:07.22	1:05.70 J Penfield	1998	1:09.80	1:08.90
100 breast	J Penfield	1998	2:29.10	J Penfield	1998	2:45.20	2:45.20 G Langner	1993	3:09.64	2:39.02
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	J Penfield	1999	1:10.64	J Penfield	1998	1:29.42	1:16.38 J Penfield	1998	1:26.07	1:26.07
100 fly										
200 fly							1			
100 IM	J Penfield	1998	2:19.27	G Langner	1994	3:00.53	2:51.05			
200 IM	P Jurczyk	1996	6:05.72				J Penfield	1998	7:02.80	6:59.87
400 IM	1									
MEN 95-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	G Langner	1999	51.31	G Langner	1998	57.57	57.57 G Langner	1998	55.88	55.88
100 free	G Langner	1999	2:04.54	G Langner	1998	2:19.51	2:19.51 G Langner	1998	2:29.32	2:29.32
200 free	G Langner	1999	4:35.70	G Langner	1998	5:13.46	5:13.46 G Langner	1998	5:13.23	5:13.23
400/500 free	G Langner	1999	12:17.44	G Langner	1998	10:51.93	10:51.93 G Langner	1998	11:30.53	11:30.53
800/1000 free				G Langner	1998	22:05.55	22:05.55 G Langner	1998	22:28.28	22:28.28
1500/1650 free				G Langner	1998	41:29.87	41:29.87 G Langner	1999	47:30.40	47:30.40
50 back	T Lane	1989	1:08.20	G Langner	1998	1:27.67	1:27.67 T Lane	1989	1:18.91	1:56.25
100 back	T Lane	1992	3:05.81	G Langner	1998	3:38.07	3:38.07 T Lane	1992	3:19.14	
200 back				G Langner	1998	8:32.34	8:32.34			
50 breast	G Langner	1999	1:27.55	G Langner	1998	1:31.60	1:31.60 G Langner	1998	1:26.61	1:26.61
100 breast	G Langner	1999	3:04.31	G Langner	1998	3:35.33	3:35.33 G Languer	1998	3:38.45	3:38.45
200 breast				G Langner	1998	7:29.31	7:29.31 G Langner	1998	7:37.17	7:37.17
50 fly				_						
100 fly							1			
200 fly							1			
100 IM	1			G Langner	1998	3:33.98	3:33.98			
200 IM	İ			_			1			
400 IM							1			

Z
Ш
ą
S
Z
ĬΠ
Ö
<u>o</u>
꿈
ŭ

MEN 100-104	SC-Yards	Year	USMS SC-Meters	Year	USMS	World LC-Meters	Year	USMS	World
50 free	T Lane	1994	1:31.03 T Lane	1995	2:06.66	2:06.66 T Lane	1994	1:40.46	2:05.49
100 free	T Lane	1994	3:21.86 T Lane	1995	4:32.29	4:32.29 T Lane	1994	4:05.98	4:25.98
200 free	T Lane	1994	6:56.32						
400/500 free									
800/1000 free			1			l l			
1500/1650 free						l l			
50 back			T Lane	1995	2:02.52	2:02.52 T Lane	1994	1:50.73	2:05.54
100 back						T Lane	1994	4:13.84	4:57.01
200 back						T Lane	1994	9:04.31	
50 breast	l l		<b>\</b>			1			
100 breast									
200 breast									
50 fly	1								
100 fly	l l								
200 fly						1			
100 IM									
200 IM						1			
400 IM	i		1			1			

**WOMEN'S RELAY RECORDS** 

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	2:23.92	DC Masters	1998	2:18.70	2:18.70
200 med relay	Gold Coast	1995	2:41.79 DC Masters	1999	2:43.47	2:41.75	DC Masters	1998	2:37.68	2:37.68
400 free relay	Santa Barbara	1989	5:32.88 San Diego	1998	5:41.87		DC Masters	1999	5:23.71	
400 med relay	Walnut Creek	1998	6:38.80 St Louis	1992	6:24.68		Walnut Creek	1992	6:50.38	
800 free relay	Santa Barbara	1989	12:14.80 San Diego	1998	12:40.93	l	St Pete	1997	13:12.45	
WOMEN 75+/280-319	SC-Yards	Year	USMS SC-Meters	Үеаг	USMS	World	LC-Meters	Year	USMS	World
200 free relay	DC Masters	1999	3:17.13 Ojai S Barbara	1995	2:52.62	2:47.76	New England	1996	2:38.52	2:38.52
200 med relay	Walnut Creek	1993	3:47.25 San Diego	1996	3:25.81	3:13.50	Arizona	1999	3:23.45	3:19.17
400 free relay	DC Masters	1994	7:24.14 Ojai S Barbara	1997	6:42.68		Walnut Creek	1996	7:22.22	
400 med relay	Walnut Creek	1998	8:44.42 Ojai S Barbara	1998	8:09.12		Walnut Creek	1993	8:32.38	
800 free relay	Walnut Creek	1998	16:43.17 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	Walnut Creek	1998	3:49.73	3:49.73
200 med relay			San Mateo	1996	4:39.75	4:39.75	Walnut Creek	1998	4:19.11	4:19.11
400 free relay			San Mateo	1996	9:11.05		St Pete	1994	10:13.80	
400 med relay			Walnut Creek	1997	10:12.19		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	_C-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 SCAQ	1997	1:54.30		Olympic Club	1995	1:49.35	
400 free relay	GRIN	1999	3:13.73 Trojan Swim	1998	3:49.17		GRIN	1999	3:42.66	
400 med relay	U of San Fran	1992	3:34.08 DCAC	1998	4:14.83		GRIN	1999	4:11.46	
800 free relay	Davis Aquatic	1996	7:09.51 Empire State	1993	8:56.41	ļ	GRIN	1999	8:28.72	
MEN 25+/100-119	SC-Yards	Year	USMS SC-Meters	Year	USMS	World	C-Meters	Year	USMS	World
200 free relay	Houstonian Club	1990	1:23.34 El Sugundo	1997	1:35.70	1:35.70 H	Houstonian Club	1990	1:36.15	1:36.39
200 med relay	Lone Star	1991	1:31.54 El Segundo	1997	1:45.73	1:45.73 H	Houstonion Club	1990	1:48.46	1:49.84
400 free relay	ANCM	1999	3:13.88 DCAC	1999	3:39.47	S	Santa Clara	1994	3:39.63	
400 med relay	ANCM	1998	3:28.46 DCAC	1996	4:02.26	1	New England	1996	4:12.04	
800 free relay	Santa Clara	1994	7:00.25 Davis Aquatic	1995	7:57.87	s	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	1:37.44 I	Lone Star	1986	1:37.43	1:37.43
200 med relay	Baylor/Lone Star	1999	1:36.23 Baylor/Lone Star	1994	1:45.01	1:45.01	Gold	1998	1:50.05	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	1999	3:38.76 DCAC	1999	4:04.80		Olympic Club	1994	4:04.49	
800 free relay	Illinois	1999	7:18.10 DCAC	1996	8:01.80	ļ	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 I	Holmes	1990	1:39.27	1:39.27
200 med relay	Olympic Club	1997	1:42.48 Minnesota	1998	1:52.42	1:52.42 E	Badger	1999	1:50.88	1:50.88
400 free relay	Olympic Club	1997	3:28.95 DC AC	1999	3:46.15	1	Minnesota	1998	3:55.72	
400 med relay	Olympic Club	1996	3:59.11 SCAQ	1997	4:15.60	]:	Minnesota	1994	4:35.87	
800 free relay	New England	1998	7:52.24 Minnesota	1998	8:25.47	ŀ	Minnesota	1998	8:47.08	
MEN 55+/200-239	SC-Yards	Year	USMS SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Olympic Club	1998	1:37.31 SCAQ	1994	1:47.41		Olympic Club	i997	1:45.19	1:45.19
200 med relay	Olympic Club	1998	1:53.89 Gold Coast	1998	1:59.34	1:59.34	Olympic Club	1994	1:58.50	1:58.50
400 free relay	GRIN	1995	4:03.06 Olympic Club	1996	4:00.54	I	Los Altos	1994	4:05.72	
400 med relay	Oregon	1999	4:26.46 Jersey Masters	1996	4:38.38	lo	Olympic Club	1994	4:38.46	
800 free relay	GRIN	1995	9:12.24 Connecticut	1992	9:48.41		Gold Coast	1998	9:26.39	

MEN 65+/240-279	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	San Diego	1996	1:52.53	San Diego	1999	1:56.66	1:56.66	Gold Coast	1999	1:54.89	1:54.45
200 med relay	SCAQ	1993	2:09.02	San Diego	1999	2:14.87	2:11.79	Gold Coast	1998	2:15.93	2:14.31
400 free relay	Illinois	1998	4:25.55	San Diego	1995	4:31.43		Gold Coast	1999	4:33.42	
400 med relay	St Pete	1996	5:03.76	San Mateo	1993	5:25.95		Gold Coast	1998	5:21.05	
800 free relay	Illinois	1998	10:06.41	San Diego	1997	10:20.54		Gold Coast	1999	10:45.96	
MEN 75+/280-319	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Oregon	1998	2:14.12	Oregon	1990	2:13.84	2:11.55	LAM	1992	2:10.75	2:10.18
200 med relay	Oregon	1999	2:36.73	Fla Maverick	1997	2:31.20	2:31.20	Oregon	1992	2:34.57	2:33.50
400 free relay	Oregon	1998	5:10.57	San Diego	1998	5:04.75		Oregon	1993	5:41.34	
400 med relay	Oregon	1999	6:04.95	Oregon	1991	6:25.20		Colonials	1990	6:30.60	
800 free relay	Oregon	1999	12:04.39	San Diego	1998	11:56.30		San Mateo	1994	12:22.64	
MEN 85+/320-359	SC-Yards	Year	usms	SC-Meters	Year	USMS	World	LC-Meters	Үеаг	USMS	World
200 free relay			- 1	Coast Masters	1997	2:49.99	2:34.39	Oregon	1999	2:35.01	2:34.38
200 med relay			5	St Pete	1995	4:01.38	3:20.27	Oregon	1999	3:05.43	3:05.43
400 free relay			ŀ	Coast Masters	1995	6:34.05		Coast Masters	1998	6:12.12	
400 med relay				Coast	1997	7:39.16		Coast Masters	1998	7:34.79	
800 free relay	}			Coast	1997	15:10.98		Coast Masters	1995	17:33.86	

MIXED 19+/76-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	.C-Meters	Year	USMS	World
200 free relay	Olympic Club	1999	1:30.96	Olympic Club	1995	1:43.33	Į	J of San Fran	1992	1:48.50	
200 med relay	Gold Coast	1995	1:41.15	Davis Aquatic	1995	2:03.64	ι	J of San Fran	1992	2:02.31	
400 free relay	U of San Fran	1992	3:25.18	Santa Clara	1994	4:08.78	C	Olympic Club	1995	4:04.97	
400 med relay	Stanford	1999	3:52.98	Davis Aquatic	1995	4:33.44	ι	J of San Fran	1991	4:36.72	
800 free relay	Davis Aquatic	1992	7:48.42	Davis Aquatic	1995	9:03.90	C	Davis Aquatic	1994	9:13.51	
MIXED 25+/100-119	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	.C-Meters	Year	USMS	World
200 free relay	SQAC	1990	1:29.40	El Segundo	1997	1:41.62	1:41.62 N	Michigan	1996	1:44.84	1:44.84
200 med relay	Lone Star	1991	1:39.01	El Segundo	1997	1:52.80	1:52.80 H	Houstonian Club	1990	1:56.50	1:56.58
400 free relay	U of San Fran	1992	3:27.39	San Diego	1997	3:55.65	\v	Walnut Creek	1993	4:07.44	
400 med relay	U of San Fran	1997	3:48.74	San Diego	1993	4:29.74	V	Walnut Creek	1990	4:36.14	
800 free relay	Colonials 1776	1999	7:40.50	RUBA	1997	8:41.15	s	Santa Clara	1995	8:45.64	
MIXED 35+/120-159	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	.C-Meters	Year	USMS	World
200 free relay	Colonials 1776	1997	1:33.86	St Pete	1996	1:45.78	1:45.78	Gold Coast	1998	1:42.65	1:42.65
200 med relay	SCAQ	1992	1:44.23	Lakeside	1989	1:58.28	1:58.28	Gold Coast	1998	1:57.30	1:57.30
400 free relay	Texas Aquatic	1995	3:30.17	San Diego	1996	3:54.42	l v	Walnut Creek	1991	4:01.94	
400 med relay	Walnut Creek	1999	3:57.46	San Diego	1998	4:25.35	ŀ	Heartland	1993	4:35.74	
800 free relay	Walnut Creek	1999	7:44.80	Crescent Hill	1997	8:52.75	Γ	Team Orlando	1997	9:03.87	
MIXED 45+/160-199	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	C-Meters	Year	USMS	World
200 free relay	New England	1998	1:38.32	San Diego	1996	1:47.38	1:47.38 F	RMM	1998	1:45.83	1:45.83
200 med relay	Los Altos	1994	1:52.68	SCAQ	1997	2:01.04	2:01.59 T	Team Texas	1998	2:01.22	2:01.22
400 free relay	GRIN	1999	3:54.43	San Diego	1996	3:57.64	T	Ceam Orlando	1997	4:02.04	
400 med relay	Los Altos	1994	4:21.50	Olympic Club	1995	4:32.89	Γ[	Feam Orlando	1997	4:41.21	
800 free relay	DC Masters	1999	8:48.91	San Diego	1997	8:53.46	Ι	Team Texas	1997	9:07.41	
MIXED 55+/200-239	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	_C-Meters	Year	USMS	World
200 free relay	Tamalpais	1999	1:48.78	Tamalpais	1998	1:55.91	1:55.91 L	os Altos	1994	1:55.50	1:55.50
200 med relay	Oregon	,1999	2:04.10	Tamalpais	1998	2:09.56	2:09.37 1	Γamalpais	1998	2:08.56	2:08.56
400 free relay	Oregon	1999	4:12.82	San Diego	1998	4:23.85	1	Геат Texas	1997	4:29.32	
400 med relay	Tamalpais	1999	4:55.21	Tamalpais	1998	4:50.08	1	Γamalpais	1998	4:51.55	
800 free relay	San Diego	1997		San Diego	1996	10:20.32	s	San Diego	1997	10:30.93	

Page 112

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	San Dicgo	1998	2:06.22	2:06.22	San Diego	1997	2:07.26	2:07.26
200 med relay	Gold Coast	1995	2:22.24	San Diego	1998	2:25.26	2:25.26	N Carolina	1997	2:28.04	2:27.14
400 free relay	Ojai/S Barbara	1996	5:05.22	San Diego	1997	5:03.72		San Diego	1997	5:09.00	
400 med relay	Walnut Creek	1999	5:39.28	San Diego	1998	5:41.38		Gold Coast	1997	6:02.09	
800 free relay	Walnut Creek	1999	10:59.95	San Dicgo	1997	11:16.08		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	2:33.07	Oregon	1992	2:31.29	2:27.21
200 med relay	Ojai/S Barbara	1999	2:57.98	Ojai/S Barbara	1995	2:55.31	2:52.77	Arizona	1999	2:46.45	2:53.27
400 free relay	Wisconsin	1996	6:37.85	Ojai/S Barbara	1995	5:49.30		San Matco	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 Petc	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				San Mateo	1997	3:33.37	3:20.78	DC Masters	1993	3:03.15	3:03.15
200 med relay				Coast Masters	1998	3:54.19	3:45.23	San Mateo	1994	3:57.45	3:31.54
400 free relay				St Pete	1997	8:18.35		San Matco	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 Lischke	1999	5890 Y
3000 Y postal	K Dale	1996	34:00.29	M Campagna	1995	35:32.85
6000 Y postal	K Fisher	1992	1:14:03.40	P Thurman	1993	1:27:20.57
5K postal	K Dale	1996	1:07:26.99	J Skube	1999	1:05:10.62
10K postal	S B Brownstein	1988	2:25:23.15	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		Year	Record
1 hour postal	L Hazen	1994		D Veatch	1994	6115 Y
3000 Y postal	S Strong	1998	36:03.38	C Hobson	1996	31:57.00
6000 Y postal	M Cleveland	1993	1:13:25.25	M Collins	1995	1:09:01.99
5K postal	K Dale	1998	1:09:13.99	M Collins	1992	1:04:54.20
10K postal	K Dale	1998	2:19:22.99		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		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
6000 Y postal	N North	1999	1:13:05.76	T Clark	1998	1:04:58.25
5K postal	N North	1998	1:08:11.42	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	K Pipes-Neilson	1998	5375 Y	J Stuart	1998	5670 Y
3000 Y postal	K Pipes-Neilson	1999	32:54.57	D Santos	1996	31:35.99
6000 Y postal	K Pipes-Neilson	1998	1:09:11.14	S MacDonald	1992	1:04:47.99
5K postal	K Pipes-Neilson	1999	1:03:28.06	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	B Baker	1999	45:05.08	J Kegley	1997	41:23.08
40-44	Women	Year	Record	Men	Year	Record
1 hour postal	S Heim-Bowen	1999	5230 Y	S MacDonald	1999	5510 Y
3000 Y postal	D Ogier	1995	36:39.57	S MacDonald	1998	32:41.61
6000 Y postal	D Ogier	1993	1:14:17.53	S MacDonald	1999	1:05:27.69
5K postal	S Heim-Bowen	1999	1:07:39.10	S MacDonald	1997	1:01:33.63
10K postal	D Ogier	1993	2:22:35.99	S MacDonald	1997	2:04:57.01
l-mile cable	J Katz	1986	23:50.52	L Wood	1997	21:46.30
2-mile cable	B Dunbar	1990	43:06.00	J Stewart	1999	41:27.37
45-49	Women	Year	Record		Year	Record
1 hour postal	D Ogier	1999	4960 Y	T Broderick	1997	5450 Y
1 hour postal 3000 Y postal	D Ogier B Dunbar	1999 1996	4960 Y 35:49.05	T Broderick L Wood	1997 1999	5450 Y 33:48.50
1 hour postal 3000 Y postal 6000 Y postal	D Ogier B Dunbar B Dunbar	1999 1996 1998	4960 Y 35:49.05 1:14:37.56	T Broderick L Wood L Wood	1997 1999 1999	5450 Y 33:48.50 1:09:12.00
1 hour postal 3000 Y postal 6000 Y postal 5K postal	D Ogier B Dunbar B Dunbar B Dunbar	1999 1996 1998 1996	4960 Y 35:49.05 1:14:37.56 1:09:55.88	T Broderick L Wood L Wood L Wood	1997 1999 1999 1999	5450 Y 33:48.50 1:09:12.00 1:06:07.92
1 hour postal 3000 Y postal 6000 Y postal 5K postal 10K postal	D Ogier B Dunbar B Dunbar B Dunbar B Dunbar	1999 1996 1998 1996 1995	4960 Y 35:49.05 1:14:37.56 1:09:55.88 2:24:49.60	T Broderick L Wood L Wood L Wood K Bell	1997 1999 1999 1999 1995	5450 Y 33:48.50 1:09:12.00 1:06:07.92 2:16:34.69
1 hour postal 3000 Y postal 6000 Y postal 5K postal	D Ogier B Dunbar B Dunbar B Dunbar	1999 1996 1998 1996	4960 Y 35:49.05 1:14:37.56 1:09:55.88 2:24:49.60	T Broderick L Wood L Wood L Wood K Bell W Cerney	1997 1999 1999 1999	5450 Y 33:48.50 1:09:12.00 1:06:07.92

# **LONG DISTANCE RECORDS**

50-54	Women	Year	Record	Men	Year	Record
1 hour postal	B Dunbar	1999	4665 Y	T Spieker	1999	5385 Y
3000 Y postal	B Dunbar	1999	37:33.58	T Spieker	1999	32:48.65
6000 Y postal	B Dunbar	1999	1:17:33.91	K Bell	1999	1:09:24.75
5K postal	B Dunbar	1999	1:13:44.31	K Bell	1999	1:08:06.64
10K postal	B Dunbar	1999	2:32:53.12	K Bell	1999	2:21:30.03
1-mile cable	A Rockefeller	1984	31:21.91	S Kooistra	1978	23:11.86
2-mile cable	A Lyttle	1999	50:48.25	T Haraszti	1991	45:28.00
55-59	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	1988	4415 Y	T Haraszti	1998	5030 Y
3000 Y postal	S Munn	1996	44:05.99	R Williams	1997	36:48.41
6000 Y postal	S Munn	1994	1:34:26.99	R Williams	1997	1:15:22.60
5K postal	S Brougher	1998	1:25:19.16	R Williams	1998	1:12:50.55
10K postal	B Jordan	1999	3:08:05.15	R Williams	1998	2:29:55.98
1-mile cable	B Russ	1986	30:06.41	J Schmidt	1978	26:59.84
2-mile cable	B Frid	1999	55:51.75	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	M Goldstein	1998	38:32.54
6000 Y postal	B Jordan	1998	1:36:20.77	C LeBourgeois	1994	1:25:37.25
5K postal	B Jordan	1997	1:31:12.49	M Goldstein	1999	1:18:32.11
10K postal	B Jordan	1999	3:08:05.15	G Johnston	1995	2:34:53.99
I-mile cable	B Russ	1988	29:41.79	G Brunstad	1997	26:21.40
2-mile cable	B Zaremski	1997	58:16.15	C LeBourgeois	1994	49:40.76
65-69	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	1999	4135 Y	G Johnston	1997	4630 Y
3000 Y postal	G Roper	1997	48:44.10	G Johnston	1996	37:16.16
6000 Y postal	L Nochman	1992	1:54:28.81	G Johnston	1997	1:18:14.25
5K postal	L Stoinoff	1998	1:24:41.84	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 Russ	1992	1:05:48.19	G Johnston	1999	50:15.26
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
6000 Y postal	L Nochman	1994	1:55:03.23	J Edwards	1994	1:42:33.72
5K postal	L Nochman	1996	1:46:45.10	H Prosser	1999	1:29:14.50
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	B Russ	1999	1:10:44.79	F Murphy	1990	1:00:18.00
75-79	Women	Year	Record	Men	Year	Record
1 hour postal	M Meyer	1998	3400 Y	A Da Rosa	1993	3865 Y
3000 Y postal	S Marvel	1997	1:00:32.94	R Taft	1995	47:52.73
6000 Y postal	1			T Johnson	1997	2:49:20.06
5K postal	J Melcher	1999	2:57:03.02	J Edwards	1998	1:39:58.99
10K postal	I Browne	1990	4:19:19.99		1996	4:12:47.03
1-mile cable	E Landon	1979	49:11.96		1986	35:09.64
2-mile cable	J Rossell	1997	1:38:11.30	D Woodford	1989	1:01:19.99

# **LONG DISTANCE RECORDS**

80-84	Women	Year	Record	Men	Year	Record
1 hour postal	R Simonton	1999	3225 Y	A Da Rosa	1998	3650 Y
3000 Y postal	R Simonton	1998	55:12.91	D Schofield	1995	1:02:46.25
6000 Y postal				D Schofield	1994	2:31:33.09
5K postal				G Weisenthal	1997	2:15:35.65
10K postal						
1-mile cable				1		
2-mile cable	1			D Woodford	1995	1:09:32.94
85-89	Women	Year	Record	Men	Year	Record
l hour postal	E Kinney	1992	2150 Y	C Ross	1985	3240 Y
3000 Y postal				G Wiesenthal	1999	1:08:09.69
6000 Y postal				G Wiesenthal	1999	2:18:29.24
5K postal				1		
10K postal						
1-mile cable				J Irvine	1997	48:47.80
2-mile cable	1					
90-94	Women	Year	Record	Men	Year	Record
l hour postal	L Tyra	1983	975 Y	G Langner	1997	2225 Y
3000 Y postal						
6000 Y postal						
5K postal						
10K postal						
l-mile cable	1			ŀ		
2-mile cable	1			1		
95-99	Women	Year	Record	Men	Year	Record
l hour postal				G Langner	1999	2175 Y
3000 Y postal						
6000 Y postal						
5K postal	J			İ		
10K postal						
l-mile cable	1					
2-mile cable						

# LONG DISTANCE RECORDS

# **Long Distance Team Records**

19+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
1 hour postal	Univ San Fran	1994	15,810 Y	Stanford	1999	16,515 Y	Empire State	1993	20,725 Y
3 x 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
4 x 3000 Y postal							Dianetics Swim Team	1999	3:26:49.33
3 x 6000 Y postal									
4 x 6000 Y postal									
3 x 5K postal	Greater Indiana	1999	3:50:06.81						
4 x 5K postal							Greater Indiana	1999	4:42:03.39
3 x 10K postal									
4 x 10K 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
3 x 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
4 x 3000 Y postal			1 <u></u>				Alaska Masters	1999	2:35:33.72
3 x 6000 Y postal	San Diego	1999	4:07:46.00	Michigan Masters	1998	4:03:34.36	Michigan Masters	1998	4:11:23.48
4 x 6000 Y postal									
3 x 5K postal	Oregon Masters	1999	5:45:46.86	St Pete	1999	3:47:30.48			
4 x 5K postal									
3 x 10K postal	San Diego	1999	8:05:08.79						
4 x 10K postal									

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
3 x 3000 Y postal	San Diego	1999	1:57:00.19	Texas Aquatics	1995	1:43:10.99	Team Texas	1997	1:46:08.20
4 x 3000 Y postal							Michigan Masters	1999	2:41:33.99
3 x 6000 Y postal	Michigan Masters	1998	5:31:42.11	Team Texas	1998	3:39:43.70	Team Texas	1997	3:39:32.27
4 x 6000 Y postal									
3 x 5K postal	San Diego	1999	3:49:14.09	San Diego	1999	3:33:07.95			
4 x 5K postal							St Pete	1999	5:08:58.22
3 x 10K postal	Michigan Masters	1999	12:11:18.38	San Diego	1999	7:21:39.10			
4 x 10K postal									

45+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
1 hour postal	St Pete	1998	12,765 Y	Team Texas	1999	15,235 Y	Empire State	1999	18,080 Y
3 x 3000 Y postal	Niagara Masters	1997	2:16:54.82	Michigan Masters	1997	1:59:31.50	Davis Aquatic Masters	1996	2:03:37.97
4 x 3000 Y postal							San Diego	1999	2:37:13.18
3 x 6000 Y postal	Michigan	1993	5:40:49.81	Rosebowl	1994	3:48:06.17	Michigan	1994	4:39:23.77
4 x 6000 Y postal							San Diego	1999	5:27:04.65
3 x 5K postal				Greater Indiana	1999	3:35:47.63			
4 x 5K postal							San Diego	1999	5:09:05.99
3 x 10K postal				Michigan Masters	1999	8:45:22.18			
4 x 10K postal							San Diego	1999	10:36:33.18

55+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
l hour postal	St Pete	1999	11,530 Y	Huntington Beach	1998	13,200 Y	Connecticut Masters	1998	16,265 Y
3 x 3000 Y postal	Florida Maverick	1999	2.43.45.24	Davis Aquatic Masters	1996	2:08:20.97	Davis Aquatic Masters	1996	2:18:54.97
4 x 3000 Y postal							Florida Maverick	1999	3:32:40.52
3 x 6000 Y postal	Michigan Masters	1999	5:44:45.87	Michigan Masters	1999	4:54:11.46	St Pete Masters	1998	5:53:51.35
4 x 6000 Y postal							Michigan Masters	1999	7:58:36.41
3 x 5K postal	Michigan	1999	5:34:34.32						
4 x 5K postal							St Pete	1999	8:08:24.20
3 x 10K postal									
4 x 10K postal									

65+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
l hour postal	New England	1992	10,080 Y	Illinois Masters	1997	12,220 Y	New England	1997	14,930 Y
3 x 3000 Y postal	St Pete Masters	1998	3:19:57.07	Florida Maverick	1999	2:44:06.67	Niagara Masters	1998	2:51:34.36
4 x 3000 Y postal							Florida Maverick	1999	4:17:16.59
3 x 6000 Y postal									
4 x 6000 Y postal									_
3 x 5K postal									
4 x 5K postal									
3 x 10K postal									
4 x 10K postal									

75+	Women	Year	Record	Men	Year	Record	Mixed	Year	Record
1 hour postal	Connecticut	1999	8030 Y	St Pete	1991	9165 Y	Niagara	1999	11,080 Y
3 x 3000 Y postal									
4 x 3000 Y postal									
3 x 6000 Y postal									
4 x 6000 Y postal							_		
3 x 5K postal									
4 x 5K postal									
3 x 10K postal									
4 x 10K postal									

## APPENDIX B

#### INFORMATION FOR MEET DIRECTORS AND OFFICIALS

#### **USMS-APPROVED CERTIFYING BODIES**

USMS approves USA Swimming, YMCA, Federation of High School Swimming Officials, College Swimming Officials Association (NCAA), and San Diego-Imperial LMSC as certifying bodies.

#### **ENFORCEMENT OF RULES**

USMS rules shall be applied uniformly regardless of age.

#### DIFFERENCES BETWEEN USA SWIMMING AND USMS RULES

USMS follows articles 101 and 102 of the USA 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 forward start or the short course yards backstroke start shall be used for freestyle events. USMS follows the same "whistle" start as USA Swimming, except this rule takes effect January 1, 2000, for all Masters meets.

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 USA Swimming follow the same rules. USMS follows the same "whistle" start as USA Swimming, except this rule takes effect January 1, 2000, for all Masters meets.

**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. After the start and after each turn, if breaststroke or whip kick is used, only one kick is allowed prior to the arm pull that brings the swimmer to the surface.

False starts. False starts are not recalled. This rule applies to championship and nonchampionship meets.

**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**

**Personnel.** The minimum personnel 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 a 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 held in meters pools (short course or long course) shall be conducted on a timed final basis. Short course yards meets, except for national championships, MAY be conducted on a basis other than timed finals (e.g., trials/finals basis). If trials/finals are offered, competitors are limited to three individual events per day.

Seeding. Age groups, genders, 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.

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.

**Records.** USMS records may only be established by USMS-registered swimmers in sanctioned or recognized competition. Because swimmers from different age groups and genders 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.

If swimmers want their initial splits in relays or as part of a longer individual event to be submitted for records or Top Ten times, they must notify the referee, in writing, prior to the swim.

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 chair of the Local Masters Swimming Committee (LMSC) or the chair'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 chair within the next 5 days for final ajudication, whose decision shall then be binding on all parties.

**Eligibility**. The eligibility of a participant for a particular age group will be determined for all meters meets (both short course and long course) by the swimmer's age as of December 31 of the year of competition. For short course yards meets, eligibility will be determined by the swimmer's age as of the *last* day of the meet.

# DIFFERENCES BETWEEN NCAA/YMCA SWIMMING AND USMS RULES

#### 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. At the beginning of each heat, the referee signals the swimmers by a short series of whistles to remove all clothing except for swimwear. A single long whistle indicates that the swimmers should take their positions with at least one foot at the front of the starting platform, the edge of the deck, or on the wall before the command "Take your mark." The forward start or the short course yards backstroke start shall be used for freestyle events. This rule takes effect January 1, 2000.

Backstroke start. At the beginning of each heat, the referee signals the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee's first long whistle, the swimmers enter the water, and at the second long whistle they take their positions at the pool edge. For short course yards events, swimmers may place their feet in any position on the wall or on the gutter of the pool, and 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. For short course meters and long course meters events, swimmers must place their feet completely under the surface of the water.

**Backstroke turn.** A 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" and must not be disqualified.

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 kick before the turn or finish. Also, if breaststroke or whip kick is used, after the start and after each turn, only one breaststroke or whip kick is allowed prior to the arm pull that brings the swimmer to the surface.

False starts. If a swimmer false starts and the starting signal has already been sounded, the race continues, and the swimmer or swimmers false starting are disqualified at the completion of the race. This rule applies for both championship and nonchampionship meets.

Declared false starts. There are no "declared false starts" in Masters Swimming.

**Relays.** Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may 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**

Meet personnel. The minimum personnel at USMS sanctioned or recognized Masters Swimming meets is:

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 must be certified as a stroke and turn judge, starter, or referee by a 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 must be set aside for warm-up/warm-down during the meet. In pools of four or fewer lanes, swimmers may 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 every half hour.

Timed finals. All Masters events held in meters pools (short course or long course) are conducted on a timed final basis. Short course yards meets, except for national championships, may be conducted on a basis other than timed finals (e.g., trials/finals basis).

Seeding. Age groups, genders, 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. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events

**Counters.** Swimmers in individual events of 400 yards/meters or more, except the individual medley, *may* appoint counters 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 genders may compete in the same event or heat, 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. If swimmers want their initial splits in relays or as part of a longer individual event to be submitted for records or Top Ten times, they must notify the referee, in writing, prior to the swim. Required documentation for USMS records is 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.** There is no penalty for swimmers or relay teams not reporting for or competing in an event.

**Protests.** Protests arising from competition must be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, a written protest may be filed with the LMSC chair who has jurisdiction over the event. If the LMSC chair does not resolve the protest within 10 days, a written protest may be filed within 5 days with the USMS Rules Committee chair, whose decision will be binding on all par-

ties.

**Eligibility.** For short course yards meets, a swimmer's eligibility for a particular age group is determined by age on the last day of the meet. For all meters meets, eligibility is determined by a swimmer's age as of December 31 of the year of competition.

# ADJUSTMENTS FOR WOMEN'S NATIONAL QUALIFYING TIMES FOR SWIMS AT ALTITUDE

		3000-	1249 ft			4250-	6499 ft			650	0+ ft	
Age Grp	200	400-500	800-1000	1650-1500	200	400-500	800-1000	1650-1500	200	400-500	800-1000	1650-1500
19-24	0.51	2.56	5.12	11.27	1.23	5.12	10.24	23.55	1.64	7.17	15.36	33.28
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.50	2.51	5.02	11.05	1.20	5.02	10.04	23.09	1.61	7.03	15.06	32.63
35-39	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.51
40-44	0.53	2.66	5.33	11.72	1.28	5.33	10.65	24.50	1.70	7.46	15.98	34.62
45-49	0.54	2.72	5.45	11.99	1.31	5.45	10.90	25.06	1.74	7.63	16.34	35.41
50-54	0.59	2.96	5.92	13.02	1.42	5.92	11.83	27.22	1.89	8.28	17.75	38.46
55-59	0.63	3.17	6.33	13.93	1.52	6.33	12.67	29.13	2.03	8.87	19.00	41.17
60-64	0.65	3.26	6.51	14.33	1.56	6.51	13.03	29.96	2.08	9.12	19.54	42.33
65-69	0.69	3.47	6.94	15.27	1.67	6.94	13.88	31.92	2.22	9.72	20.82	45.11
70-74	0.74	3.72	7.43	16.35	1.78	7.43	14.86	34.18	2.38	10.40	22.29	48.30
75-79	0.83	4.15	8.30	18.25	1.99	8.30	16.59	38.16	2.65	11.61	24.89	53.92
80-84	0.91	4.55	9.10	20.02	2.18	9.10	18.20	41.86	2.91	12.74	27.30	59.15
85-89	1.11	5.57	11.15	24.52	2.67	11.15	22.29	51.27	3.57	15.60	33.44	72.45
90-94	1.33	6.65	13.31	29.27	3.19	13.31	26.61	61.21	4.26	18.63	39.92	86.49

# ADJUSTMENTS FOR MEN'S NATIONAL QUALIFYING TIMES FOR SWIMS AT ALTITUDE

		3000-	4249 ft			4250-	6499 ft			650	0+ ft	
Age Grp	200	400-500	800-1000	1650-1500	200	400-500	800-1000	1650-1500	200	400-500	800-1000	1650-1500
19-24	0.51	2.58	5.16	11.36	1.24	5.16	10.33	23.75	1.65	7.23	15.49	33.56
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.51	2.54	5.07	11.16	1.22	5.07	10.15	23.34	1.62	7.10	15.22	32.98
35-39	0.52	2.62	5.24	11.52	1.26	5.24	10.47	24.09	1.68	7.33	15.71	34.04
40-44	0.53	2.66	5.32	11.71	1.28	5.32	10.65	24.49	1.70	7.45	15.97	34.60
45-49	0.55	2.75	5.50	12.10	1.32	5.50	11.00	25.29	1.76	7.70	16.50	35.74
50-54	0.57	2.86	5.73	12.60	1.37	5.73	11.45	26.34	1.83	8.02	17.18	37.22
55-59	0.60	2.98	5.95	13.09	1.43	5.95	11.90	27.37	1.90	8.33	17.85	38.68
60-64	0.61	3.05	6.11	13.44	1.47	6.11	12.22	28.10	1.95	8.55	18.33	39.71
65-69	0.65	3.23	6.45	14.19	1.55	6.45	12.90	29.68	2.06	9.03	19.35	41.93
70-74	0.70	3.51	7.01	15.43	1.68	7.01	14.02	32.26	2.24	9.82	21.04	45.58
75-79	0.75	3.75	7.49	16.49	1.80	7.49	14.99	34.47	2.40	10.49	22.48	48.71
80-84	0.87	4.33	8.66	19.05	2.08	8.66	17.32	39.83	2.77	12.12	25.97	56.28
85-89	1.01	5.04	10.08	22.17	2.42	10.08	20.16	46.36	3.23	14.11	30.24	65.51
90-94	1.18	5.91	11.82	26.01	2.84	11.82	23.64	54.38	3.78	16.55	35.47	76.84

#### 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. For each gender, print results by age group from youngest to oldest.
- 3. For each age group, print results in the following stroke order: free-style, backstroke, breaststroke, butterfly, and individual medley.
- 4. For each stroke, print events in order from shortest to longest.

4. For each stroke, print events in order from shortest to longest.

#### Relay events:

- Print women's relay results first, then men's relay results, then mixed relay results. Results must include the names and ages of all swimmers.
- For each gender, print results in the following order: 200 freestyle relay, 200 medley relay, 400 freestyle relay, 400 medley relay, and 800 freestyle relay.
- 3. For each relay event, print results by age group from youngest to oldest.

#### Split results:

 All splits from split notification forms that have been certified by the meet referee shall be listed separately with swimmer's name, event, and split time.

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

	Electronic tim Three stopwat  Birthdate Age grou	ing	USMS Number
6. Gender	Three stopwat	Age	yesno
Gender	Birthdate	Age	USMS Number
		ıp	
	Age grou	-	
Gender	Birthdate	Age	USMS Number
City		_ State	·
Sanction	n #	_ LMS	SC
Pl	hone		
		7in	
ith signatu	res of all three t	imers and	the referee.
	City Sanction with the USyes USMS Rec	City Sanction #  with the USMS Records an yesno  USMS Records and Tabuno Phone  te  ntirety. Use this space for a ith signatures of all three to	CityState Sanction #LMS with the USMS Records and Tabulatiyesno USMS Records and Tabulation Conyesno

#### POOL LENGTH CERTIFICATION FORM

1.	Pool name			LMSC						
	Address									
	City				State	Zip				
2.	Measurement	parameters	(circle answe	r)						
	Pool length in mete	rs:		25	50					
	Moveable bulkhead	l:		Yes	No					
	Measuring tape:			Steel	Fiberglass	ı				
	Number of touchpa	ds at time of meas	surement:	None	One	Two				
3.	Measurement	S								
	Outside lane		<del></del>	or						
		feet	inches		meters	centimeters				
	Middle lane			or						
		feet	inches		meters	centimeters				
	Outside lane			or						
		feet	inches		meters	centimeters				
1.	Measured by:				Submitted by	y:				
	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. 2. 3. 6.	Event 1-hour, 5K, 10K, or 3000 postal; 1-mile or 2-mile Course 25y, 25m, or 50m pool; 1/4 cable Method of timing electronic timing or three stopwatches Individual events:	cable	4. 5.	(if appl	ial Time icable) pleted Distan icable)	mins:secs:	hundredths
-	Name		ende		Birthdate	Age	USMS Number
<b>7.</b> - -	Relay team name	_		_	Age	group _	
8.	Name (in order of competing)  Pool name or body of water		ende		Birthdate	Age	USMS Number
ο.	Date of swim		-				MSC
9.	Lap counter/timer information (for postal sw Signature		-	Phone	·		
	City					Zip	
10.	Course length certification (for open-w Measurement technique	vater c	abl	e swir	ns only):		
	Name						
	Address						
	City	:	Stat	e		Zip	
11.	Record application submitted by:						
	Name		_	Phone	:		
	Address						
	City	\$	Stat	e		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

- 2000 USMS Convention, Kissimmee, Fla., October 11–15. Contact: Betsy Durrant, 211 Sixty-Sixth Street, Virginia Beach, VA 23451-2040. Phone (757) 422-6811.
- 2001 USMS Convention, Dearborn, Mich., September 12–16. Contact: Betsy Durrant, 211 Sixty-Sixth Street, Virginia Beach, VA 23451-2040. Phone (757)422-6811.

#### **USMS NATIONAL CHAMPIONSHIP MEETS**

- 2000 USMS Short Course Championships, Indiana University Natatorium, Indianapolis, Ind. April 27–30. Contact: Mel Goldstein, 5735 Carrollton Avenue, Indianapolis, IN 46220. Phone: (317) 253-8289. E-mail: goldstein@mindspring.com.
- 2000 USMS Long Course Championships, University of Maryland-Baltimore County, Baltimore, Md. August 17–20. Contact: Barbara Protzman, 7919 Main Falls Circle, Baltimore, MD 21228. Phone: (410) 788-2964. Fax: (410) 992-3760. E-mail: swimbarb@erols.com.
- 2001 USMS Short Course Championships, Santa Clara International Swim Center, Santa Clara, Calif. May 17–20. Contact: Alma Guimarin, 2150 Paseo Del Oro, San Jose, CA 95124. Phone: (408) 947-2298. E-mail:aguimarin@aol.com.
- 2001 USMS Long Course Championships, Weyerhaeuser King County Aquatic Center, Federal Way, Wash. August 16–19. Contact: Hugh Moore, 1867 Fifty-eighth Street NE, Tacoma, WA 98422-1517. Phone: (253)657-1249. E-mail: weswim@mindspring.com.

#### USMS LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS

- 2000 USMS 1 Hour Postal Championships, Greater Indiana Masters. January 1–31. Contact: Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220. Phone: (317) 253-8289. E-mail: goldstein@mindspring.com.
- 2000 USMS 5 and 10 Kilometer Postal Championships (50 meter pools only), Pacific Northwest Association of Masters. May 15-September 30. Contact: Jane A. Moore, 1867 Fifty-eighth St. NE, Tacoma, WA 98422-1517. Phone: (253) 925-0803. E-mail: weswim@mindspring.com
- 2000 USMS 3000/6000 Yard Postal Championships (25 yard pools only), Rogue Valley Masters. September 1-October 31. Contact: June Mather, 1056 Hillview Dr., Ashland, OR 97520. Phone: (541) 482-0610. E-mail: csmather@jeffnet.org.
- 2000 USMS 1 Mile Open Water Championships, Greater Indiana Masters. June 17. Eagle Creek Reservoir, Indianapolis, Ind. Contact: Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220. Phone: (317) 253-8289. E-mail: goldstein@mindspring.com.

- 2000 USMS 1-3 Mile Open Water Championships (3 miles), Mashpee Leisure Service. June 24. John's Pond, Mashpee (Cape Cod), Mass. Contact: Gus Frederick, 16 Great Neck Rd. N, Mashpee, MA 02649. Phone: (508) 539-1400. E-mail: leisure@cape.com
- 2000 USMS 2-Mile Cable Championships, Virginia Masters Swim Team. July 8. Chris Greene Lake, Charlottesville, Va. Contact: Patty Powis, 2112 Waters Mill Pointe, Richmond, VA 23235-2915. Phone: (804) 272-7291. E-mail: ppowis@aol.com
- 2000 USMS 3-6 Mile Open Water Championships (5 kilometer), Chicago Masters. September 10. Lake Michigan, Chicago, Ill. Contact: Chris Sheean, 943 S. Euclid Ave., Oak Park, IL 60304. Phone: (708) 445-1944. E-mail: chris@bigshoulders.org.
- 2000 USMS 6+ Mile Open Water Championships (6 miles), Rogue Valley Masters. July 15. Applegate Lake, Jacksonville, Oreg. Contact: Dan Gray, 8975 Hwy. 66, Ashland, OR 97520. Phone: (541) 944-0529. E-mail c/o June Mather: csmather@jeffnet.org.
- 2001 USMS 1 Hour Postal Championships, Pacific Northwest Association of Masters. January 1–31. Contact: Jane A. Moore, 1867 Fifty-eighth St. NE, Tacoma, WA 98422-1517. Phone: (253) 925-0803. E-mail: weswim@mindspring.com.
- 2001 USMS 5 and 10 Kilometer Postal Championships (50 meter pools only), Central Oregon Masters. May 15-September 30. Contact: Pam Himstreet, 3339 NW Windwood Way, Bend, OR 97701. Phone: (541) 385-7770.
- 2001 USMS 3000/6000 Yard Postal Championships (25 yard pools only), O\*H\*I\*O Masters. September 1-October 31. Contact: Doug Brogan, 398 Elmwood Rd., Bay Village, OH 44140. Phone: (440) 835-0142. E-mail: aaftdoug@juno.com.
- 2001 USMS 1 Mile Open Water Championships, Empire State Masters. July 14. Point Lookout, Long Island, N.Y. Contact: Bob Kolonkowski, 15 Dartmouth Street, Rockville Center, NY 11570. Phone: (516) 766-1264. E-mail: RPK248@mindspring.com.
- 2001 USMS 1-3 Mile Open Water Championships (2 miles), Central Oregon Masters. August 4. Elk Lake, Bend, Oreg. Contact: Pam Himstreet, 3339 NW Windwood Way, Bend, OR 97701. Phone: (541) 385-7770.
- 2001 USMS 2-Mile Cable Championships, Greater Indiana Masters. June 23. Eagle Creek Reservoir, Indianapolis, Ind. Contact: Jim Barber, 1575 South 900 East, Zionsville, IN 46077. Phone: (317) 769-3339. E-mail: jbarber221@aol.com.
- 2001 USMS 3-6 Mile Open Water Championships (5 kilometer), Florida Gold Coast Masters. April 29. Atlantic Ocean, Hollywood, Fla. Contact: Randy Nutt, 2857 NW Ninety-first Avenue, Apt. 101, Coral Springs, FL 33065. Phone: (800) 356-5132. E-mail: nutt@mindspring.com.
- 2001 USMS 6+ Mile Open Water Championships (6 miles), Greater Indiana Masters.

  TBA. Eagle Creek Reservoir, Indianapolis, Ind. Contact: Jim Barber, 1575 South 900
  East, Zionsville, IN 46077. Phone: (317) 769-3339. E-mail: jbarber221@aol.com.

#### **INTERNATIONAL MEETS**

**2000 VIII World Masters Swimming Championships**, Munich, Germany. July 27-August 9. Contact: Tracy Grilli, P.O. Box 185, Londonderry, NH 03053-0185. Phone: (603) 537-0203. If requesting entry packet, please enclose \$3 to cover mailing costs.

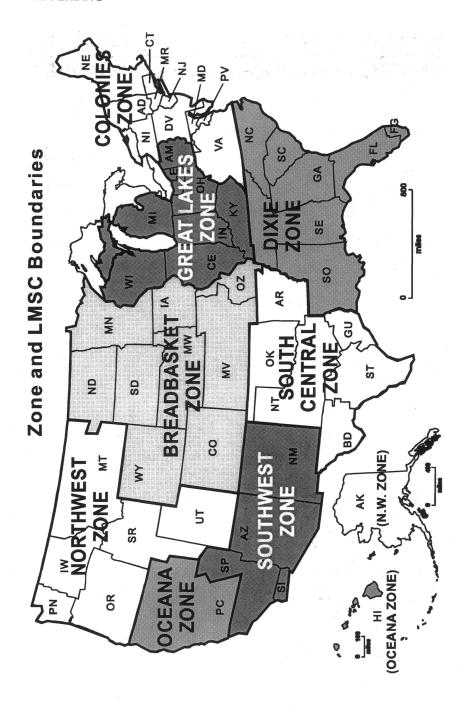
# APPENDIX D: ZONE AND LMSC BOUNDARIES

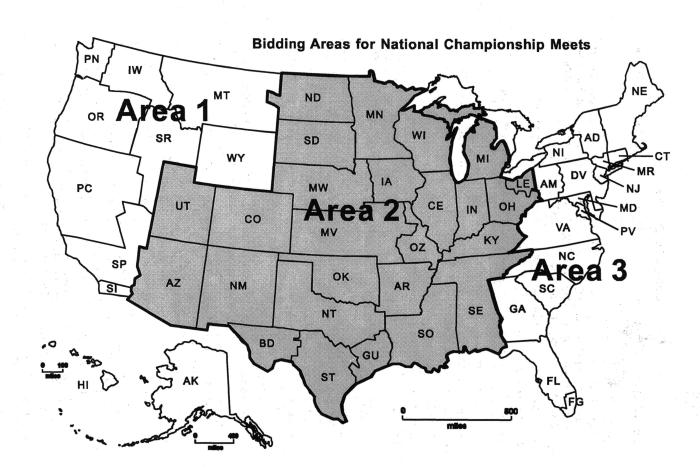
#### **ZONES**

- 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.

#### LMSC 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			





#### **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 commonwealth 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 commonwealth 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 commonwealth 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, Rhode Island, and Maine, and the commonwealth of Massachusetts.
- **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 Tuscarawus. In the commonwealth 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, Kern, 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, Kern, 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	
Secretary	
Treasurer	
Past President	Mel Goldstein
Legal Counsel	Jeanne Crouse
Zone Committee Chair	Hugh Moore

#### **USMS National Office**

Executive Secretary ...... Tracy Grilli

# **Zone Representatives and LMSC Chairs**

#### Breadbasket Zone-Rob Whitters

Colorado	Melanie Dullea
Iowa	
Midwestern	Erin M. Sullivan
Minnesota	Wayde Mulhern
Missouri Valley	
North Dakota	
Ozark	Leo Letendre
South Dakota	John Mesmer
Wyoming	Donna Griffen

#### Colonies Zone-Lynn Hazlewood

Adirondack	. Andrew Prial
Connecticut	
Delaware Valley	. Patricia Timmins
Maryland	
Metropolitan	. Bob Kolonkowski
New England	. Tom Lyndon
New Jersey	
Niagara	
Potomac Valley	
Virginia	

#### Dixie Zone-June Krauser

Florida	Larry Peck
Florida Gold Coast	Debbie Cavanaugh
Georgia	
North Carolina	Jerry Clark
South Carolina	Darryl Wolfe
Southeastern	
Southern	Darrin Anderson

Great Lakes Zone-Melissa Rinker			
Allegheny Mountain	Stanley Prazer		
Central			
Indiana			
Kentucky	William Tingley		
Lake Erie	Lily Kron		
Michigan	Eric Nordlund		
Ohio	Jack Kangas		
Wisconsin	John Bauman		
Northwest Zone—David Radcliff			
Alaska	Joanne Wainwright		
Inland Northwest	Todd Marsh		
Montana	Ellen Mills-Parcher		
Oregon	Suzanne Rague		
Pacific Northwest	Lee Carlson		
Snake River	Jill Wright		
Utah	Mori Paulsen		
Oceana Zone—Richard T. Smith			
Hawaii			
Pacific			
	.,		
South Central Zone—Larry V			
Arkansas			
Border			
Gulf			
North Texas			
Oklahoma			
South Texas	Larry wood		
Southwest Zone—Clay Evans			
Arizona			
New Mexico	Joseph Shehan		
San Diego-Imperial	Don Hubbard		
Southern Pacific	Steve Schofield		

## **USMS COMMITTEES**

## Championship Committee

Sandi Rousseau—Ch. Carolyn Boak Jerry Clark
Barry Fasbender Jean Fox Ed Gendreau
Gordon Gillin Graham Johnston Bob Kolonkowski
Stu Marvin Jim Miller, M.D. Michael Moore
Barbara Protzman Jeff Roddin Lisa Watson

Paul Windrath Ex-officio: Jim Matysek Exec. Liaison: Mel Goldstein

## **Coaches Committee**

Bonnie Adair Lee Carlson Scott Rabalais—Ch. Melanie Dullea Michael Collins Leslie Cooper Doug Garcia Ed Gendreau David Grilli Don Mehl Thomas Mester Doug Huestis Julie Nostowiak Eric Neilsen Ed Nessel Brian Stack Frank L. Thompson Larry Peck

Bill Volckening Robert E. Zeitner Exec. Liaison: Mel Goldstein

# **Computer Online Committee**

Jim Matysek—Ch.Richard BarkanDick BrewerCraig CampesiLynn HazlewoodEmmett HinesCarl HouseJulie PaqueJohn PilgerAnna Lea RoofEd TsuzukiBill Volckening

Dennis West Exec. Liaison: Hugh Moore

#### **Convention Committee**

Michael Heather—Ch. Cris Allen Wendy Burge
Cinco Calfee Debbie Cavanaugh Carolyn Cunningham
Chris Gilligan Tracy Grilli Edie Gruender
Lil Haneman Meg Smath Joanne Tingley

Rhea Wilkins Exec. Liaison: Nancy Ridout

Cathy Pannington

#### Finance Committee

Doug Church—Ch.Clarine AndersonCatherine C. CooperConrad JohnsonBarbara LarsenTom LyndonAnna Lea RoofEdward SaltzmanKim ShawJoe TesmerMarie WallaceKris Wingenroth

Ex-officio: Suzanne-Rague Ex-officio: June Mather Exec. Liaison: Jeanne Ensign

Page 143

## APPENDIX E

## **Fitness Committee**

David Grilli—Ch. Carolyn Behse Dick Brewer Mo Chambers Wendy Burge Harry DeLong Terry Sue Gault Rick Harris Pam Himstreet Barbara Jackson Alan Levinson Patty Redig Janet Renner Dore Schwab Dick Sidner Mark Smith Patricia Timmins Rob Whitters

Exec. Liaison: Jack Geoghegan

## Insurance Committee

Colleen Driscoll—Ch. Lee Carlson Catherine C. Cooper Cheryl Gettelfinger Jack Kangas Michael A. Laux Bob Merrick Betsy Owens George Simon Frank Tillotson Ex-officio: Sally Ann Dillon Ex-officio: Julie Paque

Exec. Liaison: Jack Geoghegan

#### International Committee

June Krauser—Ch.Peggy BuchannanIrene DavidDan GruenderGraham JohnstonJoseph KurtzmanAlan LevinsonGinger PiersonWalt ReidElfride RogersShannon SullivanFrank Tillotson

William Tingley Exec. Liaison: Nancy Ridout

#### **Legislation Committee**

Elin Zander-Ch. Jack Buchannan Rob Copeland Bill Earley Lil Haneman Laura Kessler Joseph Kurtzman Marcia Marcantonio Bob Merrick Jennifer Parks \* Betsy Owens Jane A. Moore Steve Peterson Leslie Smith Richard T. Smith Rick Windes Ex-officio: Leo Letendre Rob Whitters

Ex-officio: Meg Smath Exec. Liaison: Jeanne Crouse

## Long Distance Committee

Sally Ann Dillon—Ch.Jim Barber-Doug BroganMarcia ClevelandDan GrayLynn HazlewoodBarney HungerfordElizabeth JohnsonMaureen KossRandy NuttJanet RennerSteve SchofieldDennis WestJim WheelerJill Wright

Robert E. Zeitner Exec. Liaison: Jeanne Ensign

Graham Johnston Shannon Sullivan

# Marketing/Publications Committee

Debbie Morrin—Ch.Joan AlexanderRich BurnsClay EvansDoug GarciaMichael HeatherLucy JohnsonDan KornblattC.J. Lockman HallTom LyndonLinda McCowanMelissa Rinker

Elfride Rogers Mary Lee Watson Ex-officio: Sandi Rousseau

Exec. Liaison: Mel Goldstein

# Officials Committee

David Diehl—Ch.Cindy BaxterSally Ann DillonJudy GilliesBarney HungerfordJanet KavadasBill KoerberCharles KohnkenMichael LemkeEric NordlundAdrienne PipesEdward SaltzmanJoan SmithDennis WilsonRick Windes

Ex-officio: Pat Lunsford Ex-officio: Scott Rabalais Exec. Liaison: Hugh Moore

# **Planning Committee**

Nancy Miller—Ch. Joan Alexander **Bob Carter** George Cunningham Irene David Jerianne Donnelly Melanie Dullea Chris Gilligan Gordon Gillin Michael Heather Pam Himstreet James Johnsen Lucy Johnson Dan Kornblatt C.J. Lockman Hall Dore Schwab Frank L. Thompson Thomas Tripp

Exec. Liaison: Betsy Durrant

## **Recognition and Awards Committee**

Derothy Donnelly
Mel Gold Mary Lee Watson-Ch. Cindy Baxter Cinco Calfee Kathrine Casey Gail Dummer Jack Geoghegan Dan Gruender F.H. "Ted" Haartz Edie Gruender Sarah Hromada Dr. Paul Hutinger June Krauser Michael A. Laux Jim Miller, M.D. Suzanne Rague Walt Reid Nancy Ridout Ray Taft

Zada Taft William Tingley Exec. Liaison: Jack Geoghegan

## **Records and Tabulation Committee**

Pieter Cath—Ch.John BaumanCarl HouseMargie HutingerDavid MillerAdrienne PipesBarbara ProtzmanWalt ReidJoan Smith

Ed Tsuzuki Mary Beth Windrath Exec. Liaison: Betsy Durrant

#### APPENDIX E

# **Registration Committee**

Sarah Hromada—Ch.Jack BuchannanClay EvansBarbara LarsenJune MatherNancy RidoutJeff RoddinGeorge SimonJoanne Tingley

Delpfine Welch Ex-officio: Tracy Grilli Ex-officio: Esther Lyman

Exec. Liaison: Nancy Ridout

#### **Rule Book Committee**

Meg Smath—Ch.Bob CarterKathrine CaseyDebbie CavanaughDerothy DonnellyMarilyn FinkTracy GrilliLil HanemanSteve Peterson

Mary Lee Watson Mary Beth Windrath Exec. Liaison: Betsy Durrant

#### **Rules Committee**

Leo Letendre—Ch. Tom Boak Peggy Buchannan
Kathrine Casey Jerry Clark Leslie Cooper
David Diehl Barry Fasbender Judy Gillies
Janet Kavadas Jessica Seaton William Tingley Thomas Tripp

Dennis Wilson Kris Wingenroth Ex-officio: Scott Rabalais
Ex-officio: Meg Smath Ex-officio: Elin Zander Exec. Liaison: Jack Geoghegan

# **Safety Education Committee**

 Julie Paque—Ch.
 Eddie Ames
 Carol Berendsen

 Dan Gray
 Rick Harris
 Patty Powis

 Sandi Rousseau
 Leslie Smith
 Shannon Sullivan

Jim Wheeler Rhea Wilkins Ex-officio: Colleen Driscoll

Exec. Liaison: Jeanne Crouse

## **Sports Medicine Committee**

Jim Miller, M.D.—Ch.Eddie AmesCarolyn BehseSue DillsDoug HuestisBarbara JacksonWavne McCauleyJane A. MooreEd Nessel

Jessica Seaton Patricia Timmins Exec. Liaison: Jeanne Crouse

### **Zone Committee**

Hugh Moore—Ch.Clay EvansLynn HazlewoodJune KrauserDavid RadcliffMelissa RinkerRichard T. SmithRob WhittersLarry Wood

....

Passed from

# **Ad Hoc History and Archives Committee**

Dorothy Donnelly Ch. Cris Allen Helen Bayly Catherine C. Cooper Barbara Dunbar Edie Gruender F.H. "Ted" Haartz Carl House Esther Lyman Hugh Moore Gail Roper Joan Smith

Exec. Liaison: Nancy Ridout Craig Tribuzi Meegan Wilson

# Ad Hoc International Swimming Hall of Fame Nominating Committee

Ginger Pierson-Ch. Carolyn Boak Tom Boak Peggy Buchannan Rich Burns Mel Goldstein Dan Gruender F.H. "Ted" Haartz June Krauser

Walt Reid Exec. Liaison: Nancy Ridout

# Ad Hoc Legal Counselors Committee

Jeanne Crouse-Ch. Hill Carrow Doug Church Irene David Jack Geoghegan Dan Gruender Rick Harris Michael A. Laux Michael Lemke Anne McNeil Bob Merrick **Patty Powis** 

Exec. Liaison: Nancy Ridout

# **Ad Hoc Professional Management Committee**

Hugh Moore—Ch. Tom Boak Pieter Cath Doug Church Jeanne Crouse David Diehl Sally Ann Dillon Colleen Driscoll **Betsy Durrant** Jeanne Ensign Clay Evans Jack Geoghegan Mel Goldstein David Grilli Dan Gruender F.H. "Ted" Haartz Lynn Hazlewood Michael Heather Sarah Hromada June Krauser Michael A. Laux Leo Letendre Jim Matysek Jim Miller, M.D. Nancy Miller Debbie Morrin Julie Paque Scott Rabalais David Radcliff Nancy Ridout Melissa Rinker Sandi Rousseau Meg Smath Rob Whitters Richard T. Smith Mary Lee Watson

Larry Wood Elin Zander

#### Ad Hoc USMS Endowment Fund Board of Governors

Doug Church—Ch. Jeanne Crouse Betsy Durrant Mel Goldstein Jeanne Ensign Jack Geoghegan Jim Miller, M.D. Nancy Miller Hugh Moore Suzanne Rague (CVM-(CM) MH/-Debbie Morrin Nancy Ridout

Stephanie Walsh Beilman

Darrin,

Anderson.

330

## SPECIAL APPOINTMENTS AND LIAISONS

Controller—Suzanne Rague Why Reminder
FINA Representative—June Krauser
Internal Auditor—June Mather
International Swimming Hall of Fame Liaison—June Krauser
Parliamentarian—Jim Wheeler
Senior Games Liaison—Scott Rabalais
SWIM Magazine Editor—Bill Volkening
United States Aquatic Sports Representative—Nancy Ridout
U.S. Olympic Committee Liaison—Hill Carrow
USMS Liaison to USA Swimming—F.H. "Ted" Haartz
USA Swimming Liaison to USMS—Steve Roush
USMS Liaison to YMCA—Stu Marvin

## **ALPHABETICAL DIRECTORY**

Ackermann, Dave, 1506 Florence Ave., Evanston, IL 60201, d-ackermann@nwu.edu Adair, Bonnie, 3646 Barry Ave., Mar Vista, CA 90066, swimnet@earthlink.net Alexander, Joan, 532 Ridgeview Ct., Pleasant Hill, CA 94523-1024, swmrjoan@mindspring.com

Allen, Cris, 1543 LaSalle Ave., San Francisco, CA 94110-4851, windesr@usms.org

Ames, Eddie, 961 Lakeside Blvd., Boca Raton, FL 33434, edames@sum.net

Anderson, Clarine, 88 Yerba Buena Ave., Los Altos, CA 94022

darrinanderson99@hotmail.com Barber, Jim, 1575 S 900 E, Zionsville, IN 46077, jbarber221@aol.com Barkan, Richard, 526 W. Fulton St., Long Beach, NY 11561-1724, metroreg@aol.com

Feu Follet Rd. #287, Lafayette,

LA

70508,

Bauman, John, 11917 W. Rainbow Ave., West Allis, WI 53214-2166 Baxter, Cindy, 740 Clara Dr., Palo Alto, CA 94303-3905, cindybax@aol.com Bayly, Helen, 332 N Norton Ave., Tucson, AZ 85719-5643, bayly@azstarnet.com Behse, Carolyn, 1321 177th Ave. NE, Bellevue, WA 98008

Berendsen, Carol, P.O. Box 9565, Oakland, CA 94613, carolb@mills.edu Boak, Carolyn, 2720 N. Logrun Circle, The Woodlands, TX 77380, boakt@flex.net Boak, Tom, 2720 N. Logrun Circle, The Woodlands, TX 77380, boakt@flex.net

Boak, Tom, 2720 N. Logrun Circle, The Woodlands, TX 77380, boakt@flex.net Brewer, Dick, 2871 4th St. NE, Naples, FL 34120, dickbrewer@worldnet.att.net Brogan, Doug, 398 Elmwood Rd., Bay Village, OH 44140, aaftdoug@juno.com Buchannan, Jack, P.O. Box P.O. Box 2609, Edwards, CO 81632, jack\_peg@vail.net

Buchannan, Peggy, P.O. Box P.O. Box 2609, Edwards, CO 81632, jack\_peg@vail.net Burge, Wendy, 115 North St. #2, Salem, MA 01970, ericdaine@aol.com Burns, Rich, 24 Barber Ave., San Anselmo, CA 94960-2507, rburns@microweb.com

Calfee, Cinco, 3607 N 13th St., Arlington, VA 22201, cincocalfe@aol.com Campesi, Craig, 14134 Walton Dr., Manassas, VA 20112-3701, craig\_campesi@msn.com Carlson, Lee, 2913 70th Ave. SE, Mercer Island, WA 98040, leedee@home.com

Carrow, Hill, 4615 Foreign Trade Blvd., Colorado Springs, CO 80925, hill.carrow@usoc.org

Carter, Bob, 5909 Valley Creek Ln. #614, Arlington, TX 76017-6346, bcarter@pulte.com

Casey, Kathrine, 11114—111th St. SW, Tacoma, WA 98498-1331, reidw@wdni.com Cath, Pieter, 35400 Bainbridge Rd., Solon, OH 44139-3029, topten@usms.org Cavanaugh, Debbie, P.O. Box 14341, Ft. Lauderdale, FL 33302-4341, cavdeb@juno.com Chambers, Mo, 12101 Stonebrook Dr., Los Altos Hills, CA 94022, moswimn@best.com Church, Doug, 315 Chris Ct., Noblesville, IN 46060-8884, finance@usms.org Clark, Jerry, 3107 Cloverfield Rd., Charlotte, NC 28211-3234, jerryclark@usms.org Cleveland, Marcia, 31 Terrace Ave., Riverside CT 06878, mcleve944@aol.com Collins, Michael, 228 Nevada St., El Segundo, CA, 90245, spimikec@aol.com

```
Cooper, Catherine C., 9775 SW 52nd Rd., Gainesville, FL 32608-4159,
   collie 11@prodigy.net
Cooper, Leslie, 102 Hemlock Dr., Norwell, MA 02061-1220, gjcooper@gis.net
Copeland, Rob, 246 Berger St., Somerset, NJ 08873-2858, cope@webspan.com
Crouse, Jeanne, 600 Marcia Ln., Rockville, MD 20851-1510, legalcounsel@usms.org
Cunningham, Carolyn, 270 Sunnycroft Rd., Ben Lomond, CA 95005-9726
Cunningham, George, 270 Sunnycroft Rd., Ben Lomond, CA 95005-9726
David, Irene, 60 Ridge Rd., Barrington, IL 60010-2604, icdavid@aol.com
DeLong, Harry, 6103 Eagles Nest Circle, Manassas, VA 20012, hdelong@ix.netcom.com
Diehl, David, 12511 Littleton St., Silver Spring, MD 20906-4253, officials@usms.org
Dillon, Sally Ann, P.O. Box 845, Oak Harbor, WA 98277, longdistance@usms.org
Dills, Sue, 7908 E. Mercer Way, Mercer Island, WA 98040
Donnelly, Dorothy, 2 Peter Ave., Rutland, MA 01543-2159, donnellydi@worldnet.att.net
Donnelly, Jerianne, 2 Peter Ave., Rutland, MA 01543-2159, donnellydj@worldnet.att.net
Driscoll, Colleen, 108 S. Village Ave., #3B, Rockville Centre, NY 11570-5835,
   insurance@usms.org
Dullea, Melanie, 9162 S. Kenwood Ct., Highlands Ranch, CO 80126-3425
Dummer, Gail, 3100 Scarborough Rd., Lansing, MI 48910-4844, dummer@msu.edu
Dunbar, Barbara, 5703 La Jolla Hermosa Ave., La Jolla, CA 92037
Durrant, Betsy, 211 66th St., Virginia Beach, VA 23451-2040, secretary@usms.org
Earley, Bill, 475 C Ave., Coronado, CA 92118-1822, buffschips@aol.com
         Jeanne, 600 Malden Ave. E #102, Seattle,
                                                              WA 98112-4500.
Ensign,
   treasurer@usms.org
Eure, Paul, 1921 Farnham, Davenport, IA 52803, george@qconline.com
Evans, Clay, 11405 Biona Dr., Los Angeles, CA 90066-3307, swimscaq@earthlink.net
Fasbender, Barry, 845 Talisman Dr., Palo Alto, CA 94303-4449, fasbenderb@aol.com
Fink, Marilyn, 5518 Laramie Way, San Diego, CA 92120-1422, mmrrfink@cts.com
Fisher, Dan, 802 Randall Rd., Lawrence, KS 66049-2142, movychair@usms.org
Fox, Jean, 117 Cheeskogili Way, Loudon, TN 37774-2524, bjfattv@aol.com
Garcia, Doug, P.O. Box 145, Albion, WA 99102-0145, dagarcia@wsu.edu
Gault, Terry Sue, 3202 St. Stephens Way, Midlothian, VA 23113, tsgvmst@aol.com
Gendreau, Ed, 432 Lilac Ln., Dover, NH 03820-5474, gendreau@nh.ultranet.com
Geoghegan, Jack, 155 Osborn Rd., Rye, NY 10580-1328, vicepresident@usms.org
Gettelfinger,
                Chervl.
                           505
                                 Lexington
                                              Blvd., Carmel,
                                                                   IN
                                                                         46032.
   cgettelfinger@mindspring.com
Gillies, Judy, 2596 N. Ironwood Ridge Dr., Tucson, AZ 85745-1077
Gilligan, Chris, 3008 Bay Shore Rd., Sarasota, FL 34234, swmfst@worldnet.att.net
Gillin, Gordon, 14117 N. Forth Camp Ct., Tucson, AZ 85737-7048, swimgordon@aol.com
Goldstein, Mel, 5735 Carrollton Ave., Indianapolis, IN 46220, pastpresident@usms.org
                         2,
                                   60G, Grand Forks, ND
                                                                    58201-9617.
           Will,
                   RR
                              Box
Gosnold.
   will_gosnold@mail.und.nodak.edu
Gray, Dan, 8975 Hwy. 66, Ashland, OR 97520, csmather@jeffnet.org (attn: Dan)
Griffin, Donna, 711 Vandehei Ave., Cheyenne, WY 82009, earl@tcd.net
Grilli, David, 9 Wiley Hill Rd., Londonderry, NH 03053, mushield@aol.com
Grilli, Tracy, 9 Wiley Hill Rd., Londonderry, NH 03053, usms@usms.org
Gruender, Dan, 3329 N. Valencia Ln., Phoenix, AZ 85018-6610, dfg@shimmelhill.com
Gruender, Edie, 3329 N. Valencia Ln., Phoenix, AZ 85018-6610, ediebg@aol.com
Haartz, F.H. "Ted," 2017 W Placito de Enero, Green Valley, AZ 85614-5433,
   haartz@theriver.com
Haneman, Lil, 1003 SE 6th St., Deerfield Beach, FL 33441-5928, Ighaneman@hotmail.com
Harris, Rick, 169 Hickory Lane, Wetumpka, AL 36093, rharris@adph.state.al.us
Hazlewood, Lynn, 11714 Decade Ct., Reston, VA 20191-2942, lynhzlwd@usms.org
```

Heather, Michael, 434 E. Duarte Rd., Monrovia, CA 91016-4603, mrhmold@aol.com Himstreet, Pam, 2906 NW Golf Course Dr. S, Bend, OR 97701-5504, him@cmc.net Hines, Emmett, 4361 Graduate Circle, Houston, TX 77004, emmett@csi.com

```
House, Carl, 5871 Bartram St., Boca Raton, FL 33433, carlhouse@devplan.com
Hromada, Sarah, 6409 Wilryan Ave., Edina, MN 55439-1454, registration@usms.org
Hubbard, Don, 1370 Alta Vista Dr., Vista, CA 92084-5640, dnj@nctimes.net
Huestis, Doug, 67 Fortuna Ave., San Francisco, CA 94115, klencke@itsa.ucsf.edu
Hungerford, Barney, 4 Knox Ct., Wayne, PA 19087-5707, barneyh@jbcassociates.com
Hutinger, Margie, 1755 Georgia Ave. NE, St. Petersburg, FL 33703-4320,
   phut@usms.org
Hutinger, Dr. Paul, 1755 Georgia Ave. NE, St. Petersburg, FL 33703-4320,
   phut@usms.org
Jackson, Barbara, 4503 Florence Carlton Loop, Florence, MT 59833
Johnsen, James, 11 Glen Ln., Glen Head, NY 11545-1119, jjjswim@aol.com
Johnson, Conrad, 468 Riverside Dr. # 54, New York, NY 10027-6806,
   iohnsonnv4@worldnet.att.net
Johnson, Elizabeth, 8610 Southwestern, Dallas, TX 75206-1712, ejlongswim@aol.com
Johnson, Lucy, P.O. Box 3368, Long Beach, CA 90803-0368, lucyjswim@aol.com
Johnston, Graham, 8501 Wateka Dr., Houston, TX 77074
Kangas, Jack, 1226 Highland St., Columbus, OH 43201-3205, jkangas@columbus.rr.com
Kavadas, Janet, 217 Alder St., #305, Edmonds, WA 98020-3532
Kessler, Laura, 6621 W. Ridgewood Dr., Parma, OH 44129, kesslel@cesmtp.cff.org
Koerber, Bill, 12062 W. Cross Ave., #1-305, Littleton, CO 80127-4502
Kohnken, Charles, 1258 Flushing Ave., Clearwater, FL 33764
Kolonkowski, Bob, 15 Dartmouth St., Rockville Centre, NY 11570-2412,
   rpk248@mindspring.com
Kornblatt, Dan, 109 Rogers Hill Rd., Whitney Point, NY 13862, dkornblatt@aol.com
                   1401 NW 45th St., Pompano Beach,
                                                                 FL 33064,
Koss.
        Maureen,
   koss7521athome@juno.com
Krauser, June,
                 2308 NE 19th Ave., Ft. Lauderdale,
                                                             FL
                                                                  33305-1506.
   international@usms.org
Kron, Lily, 35400 Bainbridge Rd., Solon, OH 44139-3029, cath.p@worldnet.att.net
Kurtzman, Joseph, 90 Chadwick Dr., Charleston, SC 29407-7470
         Barbara.
                    5223
                          N Pennsylvania St., Indianapolis,
                                                                       46220.
   larsenswimmer@mindspring.com
Laux, Michael A., P.O. Box 5, Westport, CT 06881-0005, lauxlaw@aol.com
Lemke, Michael, 3127 Radiance Road, Louisville, KY 40220-1805, mcl@bluegrass.net
Letendre, Leo, 267 Glandore Dr., Manchester, MO 63021-5618, rules@usms.org
Levinson, Alan, 4301 Anderson Ave., Oakland, CA 94619-1616, swimdogz@ix.netcom.com
Lockman Hall, C.J., 1610 Forbes St., Rockville, MD 20851, micandcj@erols.com
Lyman, Esther, 3 Timber St., Londonderry, NH 03053-3738, timberst@aol.com
Lyndon, Tom, 9 Sunset Rd., Wellesley, MA 02482, tomlyndon@aol.com
Marcantonio, Marcia, 1675 Pebble Beach Rd., Pipe Creek, TX 78063-6409,
   aquahaus@netzero.net
Marsh, Todd, 2226 W Holyoke, Spokane, WA 99208, marsh@omnicast.net
Marvin, Stu, 840 E Plantation Circle, Plantation, FL 33324, stum@ci.ftlaud.fl.us
Mather, June, 1056 Hillview Dr., Ashland, OR 97520-3524, csmather@jeffnet.org
Matysek, Jim, 15 Bittersweet Rd., Fairport, NY 14450-3235, webmaster@usms.org
           Wayne, 12841 Hawthorne Blvd., Hawthorne, CA 90250-4455,
McCauley,
   breastroker@usa.net
McCowan, Linda, 2401 Royal Scots Way, Ft. Smith, AR 72908, limccowan@aol.com
McNeil, Anne, 36 Bellevue St., Selkirk, NY 12158-9761
Mehl, Don, 600 Willow Glen Dr., El Paso, TX 79922-2209, donmehl@aol.com
Merrick, Bob, 10572 Mahoney Dr., Sunland, CA 91040-1216, bobtmerrick@webtv.net
Mester, Thomas, 1303 Ambridge Dr., Louisville, KY 40207, tjmester@bluegrass.net
Miller, David, RR 1 Box 750F, Elgin, TX 78621-9105, dave@house.com
Miller, Jim, M.D., 1447 Johnston-Willis Dr., Richmond, VA 23235-4730,
   sportsmedicine@usms.org
```

```
Moore, Jane A., 1867 58th St. NE, Tacoma, WA 98422-1517, weswim@mindspring.com
Moore, Michael. 350 Wayland, San Francisco, CA 94134-1730, swim@hooked.net
Morrin, Debbie, 6100 Westchester Park Dr., #605, College Park, MD 20740-2846,
    marketing@usms.org
Mulhern, Wayde, 570 96th Ln. NE, Blaine, MN 55434-2591, wayde.mulhern@unisys.com
Nance, Ashley, 714 W Cheyenne Dr., Stillwater, OK 74075-1413
Neilsen, Eric, 927 D Ave., Coronado, CA 92118, neilswim@aol.com
Nessel, Ed, 10 Irene Ct., Edison, NJ 08820-1024, ednessel@aol.com
Nordlund,
            Eric,
                    2738
                          Berry Dr., Bloomfield Hills, MI 48304-1604,
    ericswims@mindspring.com
Nostowiak, Julie, 8635 Grey Birch Dr., Baldwinsville, NY 13027, julien72@excite.com
Nutt, Randy, 2857 NW 91st Ave. #101, Coral Springs, FL 33065-5068,
   randy@thevictor.com
Owens, Betsy, 194 Lenox Ave., Albany, NY 12208 owensb@crisny.org
Paque, Julie, 2203 Rock St., Mountain View, CA 94043-2606, safety@usms.org
Parks, Jennifer, 219 Hutchinson, Big Rapids, MI 49307, jenswims@aol.com
Paulsen, Mori, 1010 Douglas St., Salt Lake City, UT 84105-1506, morip@sisna.com
Peck, Larry, 5625 Satel Rd., Orlando, FL 32810-4953, onewetpeck@yahoo.com
Peterson, Steve, 11165 Central Valley Rd. NW, Poulsbo, WA 98370-8197,
   speterson@bandwagon.net
Pierson, Ginger, 8417 NE 16th St., Vancouver, WA 98664, gpierson@teleport.com
Pilger, John, 2125 Masters Rd., Marcellus, NY 13108, niagregistrar@usms.org
Pipes, Adrienne, 131 Palm Ave., Coronado, CA 92118
Powis, Patty, 2112 Waters Mill Pointe, Richmond, VA 23235-2915
Prazer, Stanley, 3805 Myrtle St., Erie, PA 16508-3013
Prial, Andrew, 674 Clinton Ave., Albany, NY 12206, wgpcgr@gateway.net
Protzman, Barbara, 7919 Main Falls Circle, Catonsville, MD 21228-2421,
   swimbarb@hotmail.com
Rabalais, Scott, 3537 Christina Ave., Baton Rouge, LA 70820-4232, coaches@usms.org
Radcliff, David, 5832 SE Woll Pond Way, Hillsboro, OR 97123-6970,
   therads@integrityonline.com
Rague, Suzanne, 935 NW 170th Pl., Beaverton, OR 97006-4831, suzrague@aol.com
Redig, Patty, 616 Austin St., Downers Grove, IL 60515-3858, tredig@aol.com
Reid, Walt, 11114-111th St. SW, Tacoma, WA 98498-1331, reidw@wdni.com
Renner, Janet, P.O. Box 424, Puunene, HI 96784-0424, jrenner@maui.net
Ridout, Nancy, 580 Sunset Pkwy., Novato, CA 94947-4810, president@usms.org
Rinker, Melissa, 8821 Appleby Ln., Indianapolis, IN 46256, indy605@aol.com
Roddin,
         Jeff, 13548
                       Coachlamp Ln., Silver Springs, MD 20906-5835,
   ieffrey.h.roddin@gsfc.nasa.gov
Rogers, Elfride, 3710 Northridge Dr., Concord, CA 94518-1647, rogers28@pachell.net
Roof, Anna Lea, 515 Lauren St., Liberty, MO 64068-4800, alr@sound.net
Roper, Gail, P.O. Box 1120 Healdsburg, CA 95448
Rousseau.
            Sandi.
                    23995
                            SW
                                 Drake Ln.,
                                                Hillsboro, OR 97123-7542,
   championship@usms.org
Saltzman, Edward, 5060 Cameron Forest Pkwy., Alpharetta, GA 30022-4519,
   edsaltman@bridge.bellsouth.com
Schofield, Steve, 7914 Sadring Ave., West Hills, CA 91304-4447, spmasteve@aol.com
Schwab, Dore, P.O. Box 772, Ross, CA 94957-0772
Seaton, Jessica, 12621 Washington Pl. #304, Los Angeles, CA 90066-4875,
   iseaton@aol.com
Shaw, Bob, 12319 Scyrus Ln., Houston, TX 77066, shawsoft@swbell.net
```

Shaw, Kim, 4117 Juliard Dr., Addison, TX 75244, kim.shaw@mciworld.com

Miller, Nancy, 60 Bellona Arsenal, Midlothian, VA 23113, planning@usms.org Mills-Parchen, Ellen, 1409 Sherwood, Missoula, MT 49802, ellenmm@montana.com Moore, Hugh, 1867 58th St. NE, Tacoma, WA 98422-1517, zones@usms.org

#### APPENDIX E

```
Shehan, Joseph, 6 Saco Paco, Tijeras, NM 87059-8245
Sidner, Dick, 305 Baywood Ct., Noblesville, IN 46060, dicksidner@aol.com
Simon, George, 10229 Boxelder Dr., Raleigh, NC 27613-6139, george.simon@usms.org
Smath, Meg, 171 Creekwood Way, Nicholasville, KY 40356-8761, rulebook@usms.org
Smith, Joan, 4309 Surita St., Sacramento, CA 95864-3107, rt.jpsmith@mindspring.com
Smith, Leslie, 14495 Old Smith Ln., Conroe, TX 77384-3326
Smith, Mark, 2317 Greenmeadow Dr., Carrollton, TX 75006-1630
         Richard
                   T.,
                        4309 Surita St.,
                                             Sacramento, CA 95864-3107,
   rt.jpsmith@mindpspring.com
Stack, Brian, 680 33rd St., Richmond, CA 94804-1538, stackb@aol.com
Sullivan, Erin M., 5006 Cass St. #3, Omaha, NE 68132-2924, erinswims@radiks.net
Sullivan, Shannon, 3375 Foothill Rd. #234, Carpenteria, CA 93013, scs@silcom.com
Taft, Ray, 2911 Naples Ave., Half Moon Bay, CA 94019-1315
Taft, Zada, 2911 Naples Ave., Half Moon Bay, CA 94019-1315
Tesmer, Joe, 408 Rover Blvd., Los Alamos, NM 87544-3539, tesmer@ibm.net
Thompson, Frank L., 2660 Littletell Ave., West Bloomfield, MI 48324-1753,
   fthompso@visteon.com
Tillotson, Frank, 2494 13th Ave. N, #46, St. Petersburg, FL 33713-5827
Timmins, Patricia, 622 Garfield Ave., Ardsey, PA 19038-1721
Tingley, Joanne, 2107 Eastview Ave., Louisville, KY 40205-2541, jtingley@aye.net
Tingley, William, 1632 Jaeger, Louisville, KY 40205, btingley@aye.net
Tribuzi, Craig, 7504 Zurich Dr., Plano, TX 75025-3117, toct@timsg.csc.ti.com
Tripp, Thomas, 5420 Clark State Rd., Gahanna, OH 43230-1956, tripps@worldnet.att.net
Tsuzuki, Ed, 103 Orion Way, Neshanic Station, NJ 08853-4264, fiftyfree@juno.com
Volckening, Bill, 370 NW Island Circle #B-5, Beaverton, OR 97006-8532,
   billvolckening@usms.org
Wainright, Joanne, P.O. Box 2953, Soldotna, AK 99669, jowain@ptialaska.net
Wallace, Marie, 3233 Selby Ave., Los Angeles, CA 90034-4414, a4852@lafn.org
Walsh Beilman, Stephanie, 653 Thomas Jefferson Rd., Wayne, PA 19087,
   stephswim l@aol.com
Watson, Lisa, 804 Howell Ct., Duluth, GA 30036-7959, lwatson@hermes.gc.peachnet.edu
Watson, Mary Lee, 109 Cottonwood Dr., Franklin, TN 37069, mcms@edge.net
Welch, Delpfine, 1201 Newport Ave., Austin, TX 78753, delpfine.welch@sas.com
West, Dennis, 1620 W 74th Way, Denver, CO 80221, dennis@quixotvision.com
Wheeler, Jim, P.O. Box 70340, Point Richmond, CA 94807-0340, jwheeler@gvrd.org
Whitters, Rob,
                   8512
                           W
                               117th
                                        St., Overland Park,
   robwhitters@sprint.com
Wilkins, Rhea, 2506 Flints Pond Cir., Apex, NC 27502, cwilk72042@aol.com
Wilson, Dennis, 820 N Quebec, Tulsa, OK 74115-6304
Wilson, Meegan, 620 NW 27th Way, Gainesville, FL 32607
Windes.
          Rick.
                  1543
                         LaSalle
                                  Ave., San Francisco,
                                                             CA 94110-4851.
   wrwtsunami@email.msn.com
Windrath, Mary Beth, 2612 Eunice Ave., Red Wing,
                                                             MN
                                                                  55066-4107,
   pwindrath@compuserve.com
Windrath.
            Paul.
                    2612
                           Eunice Ave.,
                                            Red
                                                   Wing,
                                                          MN
                                                                  55066-4107.
   pwindrath@compuserve.com
Wingenroth, Kris, 3830 Drummond St., Houston, TX 77025-2420, kwing@ruf.rice.edu
Wood, Larry, 2507 Park View Dr., Austin, TX 78757-2334, lwoodswim@aol.com
Wright, Jill, 1626 Williams St., Boise, ID 83706-3576, swimjmw@aol.com
Wycoff, Steve, 1115 Cornelia Rd., Anderson SC 29621, wycoff@carol.net
Zander, Elin, 13927 S Traver Ln., Valleyford, WA 99036-9788, legislation@usms.org
Zeitner, Robert E., 3854 N Oakley Ave., Chicago, IL 60618-3814,
   raneyhinc.zeitner@juno.com
```

# **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	1986	Judge Robert Beach
		1987	Ross Wales
1974	June Krauser		
1975	Hal Onnusseit	1988	John Spannuth
1976	F.H. "Ted" Haartz	1989	Dan Gruender
1977	Dr. Paul Hutinger		Edie Gruender
1978	Mildred Anderson	1990	Jack Geoghegan
	Hamilton Anderson	1991	Tom Boak
1979	Ray Taft	1992	Walt Reid
	Zada Taft	1993	Kathrine Casey
1980	Enid Uhrich		Gail Dummer
	Ed Reid Sr.	1994	Nancy Ridout
1981	Cindy Baxter	1995	Mary Lee Watson
1982	Harry Rawstrom	1996	Suzanne Rague
1983	Dorothy Donnelly	1997	Mel Goldstein
1984	Reg Richardson	1998	William Tingley
1985	Michael A. Laux	1999	Jim Miller, M.D.

# **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.	1993	Coach Emmett Hines
1987	Kerry O'Brien	1994	Todd Samland
1988	Keith Bell	1995	Scott Rabalais
1989	William Tingley	1996	Mo Chambers
1990	Michael Collins	1997	Bonnie Adair
1991	Judy Bonning	1998	Ed Nessel
1992	Clay Evans	1999	Ron Johnson
	Gerry Rodrigues		

## 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	1993	Tim Garton
1987	Ardeth Mueller	1994	Karlyn Pipes
1988	Cameron Reed	1995	Ray Taft
1989	Drury Gallagher	1996	Jack McCoy
1990	Gail Roper	1997	Betsy Jordan
1991	Fred Wiggin	1998	Aldo da Rosa
1992	June Krauser	1999	Danielle Ogier

# 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, Wayde	1996	F.H. "Ted" Haartz
	Mulhern, June Krauser	1997	Sandi Rousseau
1994	Gene Donner, George McVey	1998	Stu Marvin
	Betty Barry, Tom Boak	1999	Jim Matysek
1995	John Zell, Mel Goldstein		•

# USMS ATHLETES INDUCTED AS SWIMMERS INTO THE INTERNATIONAL SWIMMING HALL OF FAME

1990	Ransom Arthur	1998	Jayne Bruner and Graham
1994	June Krauser		Johnston
1995	Clara Walker and Gus Langner	1999	Maxine Merlino and Kelley
1996	Ardeth Mueller and Ray Taft		Lemmon
1997	Gail Roper and Tim Garton		

# **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	ł		
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	5/1416	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	5/47	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	5/15-18	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.	1738	8/20-23	Ft. Lauderdale, Fla.	922
1999	5/13-16	Santa Clara, Calif.	2060	8/19-23	Minneapolis, Minn.	949
2000		Indianapolis, Ind.			Baltimore, Md.	

# **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	6/237/2	Sheffield, England	3837
1998	6/19–27	Casablanca, Morocco	1900
2000	7/27-8/9	Munich, Germany	

# **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

# USMS ANNUAL MEETINGS AND NATIONAL OFFICERS (CONTINUED)

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
1998	Cincinnati, Ohio	Nancy Ridout, P, Jack Geoghegan, VP, Betsy Durrant, S, Jeanne Ensign, T, Hugh
		Moore, ZC
1999	San Diego, Calif.	Nancy Ridout, P, Jack Geoghegan, VP, Betsy Durrant, S, Jeanne Ensign, T, Hugh
		Moore, ZC
2000	Kissimmee, Fla.	

# INDEX

A	Ties, 24, 25	Marketing/Pubs., 82, 145
Ad hoc committees, 83	Disqualifications, 27	Officials, 82-83, 145
History & Archives, 147	В	Planning, 83, 145
ISHOF Nominating, 147	Backstroke, 17	Recognition/Awards, 83,
Legal Counselors, 147	Finish, 17	145
Prof. Management, 147	Flags, 52	Records & Tab., 83, 145
USMS Endowment Fund	Lines, 52	Registration, 83, 146
Board of Governors,	Start, 15, 17	Rule Book, 83, 146
147	Stroke, 17	Rules, 83, 146
Addresses, 148-152	Turns, 17	Safety Education, 83, 146
Administrative	Board of Directors, 80	Sports Medicine, 83, 146
referee, 29, 46	Meetings, 80	Standing, 81-83, 143-146
regulations, 57-60	Membership, 80	Zone, 81, 146
Age	Powers, 80	Computer Online Committee,
determining date, 19-20,	Quorum, 80	143
61	Term, 80	Controller, 79, 81-82, 84,
groups, 20, 61	Vacancies, 80	148
individual events, 20	Voting privileges, 80	Convention Committee, 81,
long distance, 20, 61	Breaststroke, 16	143
relay events, 20	Finish, 16	Counters, 24–25, 66
minimum, 19	Kick, 16	D
All-American, 19, 48	Start, 16	David Yorzyk Memorial
long distance, 70	Stroke, 16	Award, 153
Amendments, 86–88	Turns, 16	Deck equipment, 51
	Bulkhead, 49	
adoption, 86–87 effective date, 87	Butterfly, 16–17	Delay, deliberate, 31 Directory, 141–152
	Finish, 17	
emergency, 87	Kick, 17	Disabled swimmers, 54–56 Blind, 55
format, 86 jurisdiction, 86	Start, 16	Deaf, 55
modification, 86 publication of, 86	Stroke, 16–17 Turns, 17	Mentally impaired, 55 Officiating, 29, 54
submission, 86	Bylaws, 76–84	Physically disabled, 55–56
	C	
deadline, 86		Disqualification, 27
USA Swimming, 87	Championship Committee, 26, 38–46, 81, 143	Awards, 27 Deliberate delay, 31
Announcer, 28, 37–38, 65		<del>-</del> -
Annual meeting, 78	Clerk of course, 21, 37, 65	False starts, 30–31
History, 155	Coaches Committee, 81,	Infraction signal, 29
Appeals, 75	143	Misconduct, 31
Applications	Coach-of-the-Year Award,	Open water competition,
long distance record, 127	153	65–66
USMS record, 125	Committees, 80–84, 143–	Relays, 19
world record, 125	147	Scoring, 27
Athlete	Ad hoc, 83, 147	Dissolution, 85
Membership, 57	Championship, 81, 143	Diving boards, 51
Registration, 57	Coaches, 81, 143	E
Representation, 57–58	Computer Online, 81,	Eligibility, 19, 72
Rights, 72–75	143	Entry
Denial, 72	Convention, 81, 143	Deadline
Investigation, 73–75	Executive, 80, 143	Nat. champs., 43–44
Protection, 72	Finance, 81–82, 143	Fees, 21
Right to participate,	Fitness, 82, 144	Nat. champs., 44
72	Insurance, 82, 144	Long distance, 69
Awards, 24, 25	International, 82, 144	Refunding, 26
Nat. champs., 45	Legislation, 82, 144	Form
Long distance, 70	Long Distance, 82, 144	Nat. champs., 43

# **INDEX**

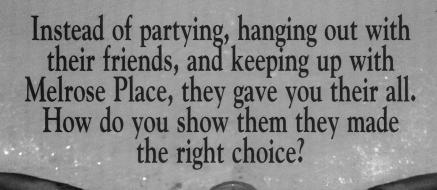
Long distance, 69	49	Annual meeting, 76
Equal opportunity, 76	Hearings, 73-75	Annual reports, 77
Etiquette, swimming two-to-a-	Appeals, 75	Boundaries, 76
lane, 23	Procedures, 74–75	Bylaws, 76
Events, 20-21	Heat sheets	Map, 131
Cancellation, 21	Nat. champs., 40-41	Membership, 76
Limit, 19, 21	History, 153–156	Numeric codes, 130
Nat. champs., 42	House of Delegates, 77–78	Officers, 76
Long course meters, 20–21	Meetings, 78	Long distance, 61–71
Long distance, 62–63	Membership, 77	Administration, 61
Open water, 62	Powers, 78	Age
Pool, 62	Quorum, 78	Determining date, 61
Short course, 20–21	Voting, 78	Groups, 61
Meters, 20–21	I	All-Americans, 70
Yards, 20	Incomplete race, 66	All-Stars, 70
Executive Committee, 80,	Indemnification, 84	Committee, 82, 144
141	Individual medley, 18	Events, 62-63
Role in athletes' rights, 72,	Finish, 18	Open water, 62, 63-
73	Start, 18	66
F	Stroke, 18	Escorted swims, 6
Facilities	Turns, 18	Other, 62
Nat. champs., 46–47	Infraction signal, 29, 32	Seeding, 65
Standards, 49–54	Insurance Committee, 82,	Solo swims, 62, 6
False starts, 30–31	144	Starts, 64
Recall rope, 53 FINA	Internal auditor, 81, 84, 148	Straightaway, 62 Pool, 62, 66–67
False start rule, 31	International Committee,	Distance based, 62
Representative, 148	82, 144 ISHOF	Postal, 62
Finance Committee, 81–82,		Seeding, 67
	Liaison, 148	Size, 66
Finances	USMS inductees, 154	Time based, 62
Budget requests, 84	J	Relays, 63
Fiscal year, 84	Judges, 31–32, 65	Team, 63
Nat. champs.	Chief, 31	Mixed gender, 63
Long distance, 69 Finish	Relay take-off, 31–32	Point basis, 63
<del>-</del>	Stroke, 31	Time/distance
Backstroke, 17	Turn, 31	basis, 63
Breaststroke, 16	<b>K</b> Kick	Liability release, 61
Butterfly, 17		Nat. champs., 67–70
Disabled swimmers, 56	Breaststroke, 16	Awards, 70
Freestyle, 18	Butterfly, 17	Club scoring, 70
Individual medley, 18	Disabled swimmers, 56	Contract, 68–69
Open water, 18	L	Entry fees, 69
Fitness 82 144	Ladders, 51	Events, 67–68
Committee, 82, 144	Lane	Finances, 69
Events, 59	Assignments, 22–24	Results, 69–70
Freestyle, 17–18	Lines, 52	Schedule, 128–129
Finish, 18	Numbers, 22	Site selection, 68
Relay, 18	Legal counsel, 74, 79, 80	Organization, 61
Start, 17	Legislation	Records, 71
Stroke, 17–18	Changes, 86–88	Registration, 61
Turns, 18	Committee, 82, 144	Sanction, 61
G	Liability release, 57, 60, 61	Swimwear, 69
Glossary, 12–14	Lighting, 51	Loudspeaker, 53
Goals and objectives, 11	LMSC chairs, 141–142	M
H	Local Masters Swimming	Marketing/Publications
Head lane timer, 21, 32	Committee, 76–77	Committee, 82, 145
Health and safety regulations,	Abbreviations, 130	Marshals, 29, 37, 46

Medical	Event limit, 42, 43	Committee, 82-83, 145
Equipment, 49	Facilities, 46–47	Judges, 31–32
Examination, 49	Failure to receive bid, 39	Chief, 31
Medley	Foreign swimmers, 43	Relay take-off, 31-32
Individual, 18	Format rotation, 42	Stroke, 28, 31, 46
Relay, 18-19	General meeting, 40	Turn, 28, 31, 46
Meet	Heat sheets, 40-41	Jurisdiction, 27-31
Committee, 26, 28	History,	Long distance, 66-67, 69
Director, 28, 46, 62, 65, 69	Lighting, 51	Nat. champs., 46, 69
Nat. champs., 38-47	Long distance, 67-70	Open water, 65
Personnel, 28-33, 37-38	Meet	Referee, 15, 26, 27, 28-31,
Administrative referee,	Director, 46	32, 46
29, 46	Schedules, 41	Required, 28
Announcer, 28, 37, 46,	Officials, 46	Starter, 28, 29-31, 46, 65
65	Out-of-area bids, 39	Officiating equipment, 33-36
Clerk of course, 21, 37,	Payments, 39	Automatic, 33, 34, 53-54
46	Personnel, 46-47	Display board, 54
Press steward, 38	Protest, 46	Nat. champs., 46-47, 54
Recall rope operator,	Qualifying times, 19, 42	Touch pads, 53
31, 46	Altitude adjustment,	Open water, 63-66
Recorder, 33	42	Conduct of competition, 63-
Recorder of records, 38	Report, 39	66
Referee, 15, 26, 27, 28,	Results, 46	Disqualifications, 65
31, 32, 33, 54, 65, 66	Rotation system, 38-39	Escorted swims, 64
Starter, 28, 29-30, 65	Schedule, 41-42, 128	Events, 62
Timers, 21, 28, 32-33,	Scoring, 45	Finish, 65
46, 65	Seeding, 44-45	Incomplete race, 66
Timing equipment op-	Time standards, 19, 42	Officials, 65
erator, 33	Warm-up, 40	Safety, 63
Procedures, 28–38	National records, 37, 39,	Seeding, 65
Results, 21, 33, 46	48, 89, 117	Solo swim, 66
Membership	NCAA rules	Starts, 64
Categories, 76	Differences between	Swimwear, 65
Mandatory, 76	USMS and, 121	P
Misconduct, 31	Nominating Committee, 79	Pace clock, 53
Mission statement, 11	0	Parliamentarian, 148
N	Officers	Places, 24, 27, 67
National championships, 38-	LMSC, 26, 27–28	Planning Committee, 83, 145
47	USMS, 78–79	Pool
Affiliation, 43	Duties, 79	Bottom lane markers, 50
Alternative schedules, 42	Elections, 78	Depth, 49–50
Awarding of, 39	History, 155–156	End wall targets, 50
Awards, 45–46	President, 79	Length certification form, 126
Bid deadline, 39	Secretary, 79	
Bidding	Term, 78–79	Walls, 50
Areas, 132	Treasurer, 79	Width, 49
Procedures, 39	Vacancies, 79	Preamble, 11
Categories, 38 Certification of bids, 39	Vice president, 79 Zone Committee	Press steward, 38 Program, 26
Conduct of, 40–47	chair, 79	Cancellation, 26
Contract, 39	Official time, 34–37	Change, 26
Entry	National records, 37	Postponement, 26
Deadline, 43–44	Top Ten, 37	Protests, 27–28
Fees, 44	World records, 37	Nat. champs., 46
Form, 43	Officials, 28–31, 31–32	Q
Procedures, 43–44	Administrative referee,	Qualifying times, 19, 42
Equipment, 46–47	29, 46	Altitude adjustment, 42, 123
Evaluation, 40	Certification of, 28	,,,,,,,

# INDEX

Quorum	Events, 18-19, 20-21	Two-to-a-lane, 23-24
House of Delegates, 78	Exit from water, 19, 29-	Etiquette, 23–24
R	30	Methods, 24
Racing course	Freestyle, 18	Timing, 24
Dimensions, 49–50	Long distance, 63	Senior Games liaison, 148
Ladders, 51	Medley, 18-19	Smoking, 28, 51
Lighting, 51	Mixed, 19	Special appointments and
Markings, 50	Rules, 19	liaisons, 148
Recirculation system, 50	Representation	Sports Medicine Committee,
Walls, 50	Athlete, 57	83, 146
Water	Club, 57	Sportsmanship, 27
depth, 49-50	Transfer, 57-58	Standing committees, 81–83
temperature, 50	Unattached swimmers,	143–147
Ransom J. Arthur Award, 153	57	Start, 15
Recall rope, 53	Results, 33	Backstroke, 15, 17
Operator, 31, 46	Meet, 123	Breaststroke, 16
Recognition and Awards Com-	Nat. champs., 46	Butterfly, 16
mittee, 83, 145	Long distance, 69	False starts, 30–31
Recognitions, 58-59	Right to participate, 72	Forward, 15
Foreign events, 59	Rule Book Committee, 83	Freestyle, 17
Requirements, 58-59	Rules	Individual medley, 18
Record keeping, 77	Changes, 86	Open water, 64
Recorder, 33	Committee, 28, 83	Starter, 28, 29-31, 46, 65
Recorder of records, 38	S	Starting
Records, 37, 42, 47-49, 89-117	Safety	Commands, 15, 30
Application, 49, 124, 125	Coordinator, 65	Loudspeaker system, 53
Long distance, 71, 114–117,	Electrical, 54	Platform, 51-52
127	Open water, 63	Strokes
National, 37, 48	Regulations, 49	Backstroke, 17
Requirements, 37, 124	Safety Education Commit-	Breaststroke, 16
World, 37, 49	tee, 83, 146	Butterfly, 16-17
Records and Tabulation Com-	Sanctions, 58-59	Disabled swimmers, 56
mittee, 83, 145	Long distance, 61	Freestyle, 17-18
Referee, 26, 27, 28–31, 32, 33	Requirements, 58-59	Individual medley, 18
Long distance, 66	Transfer of, 58	SWIM magazine editor, 148
Nat. champs., 46	Scorer, 65	Swimwear, 26
Officiating disabled swim-	Scoring, 25–26	Advertising, 26
mers, 54	Disqualifications and, 26	Design, 26
Open water, 65	Dual meets, 25	Nat. champs.
Postponement or cancellation	Nat. champs., 70	Long distance, 69
of event, 26	Other meets, 25	Open water, 65
Starting procedures, 15, 30	Ties and, 25	T
Registration	Triangular meets, 25	Ties, 24
Athlete, 57	Scratches, 21	Time
Committee, 83, 146	Seeding, 22-24	Determination, 34-37
Eligibility, 57	50-meter course, 22-23	Official, 34-37
Fee, 57	Using alternate start-	Standards, 19, 42
Forms, 57	ing ends, 23	Timed finals, 22
Liability release, 57, 61	Distance events, 23-24,	Timers, 28, 32-33, 46, 65
Long distance, 61	45	Chief, 32
One-event, 57, 61	Fast-to-slow, 22	Head lane, 21, 32
Year, 57	Nat. champs., 44-45	Lane, 32-33
Relays, 18-19, 21, 42	Deck-seeded events,	Timing
Cards, 21	45	Accuracy, 34
Disqualification, 19	Long distance, 69	Adjustment, 35-36
-	Open water, 69	Equipment, 33-36
	Principles, 22	Automatic, 33, 34, 53-
	Slow-to-fast 22	54

U Water Operator, 33 Semi-automatic, 33, 34 Unattached status, 57 Depth, 49-50 Unsportsmanlike conduct, Temperature, 50 Judge, 33 Long distance, 67 Wet suits, 65 Malfunction, 34-35 U.S. Olympic Committee World championships Heat, 36 liaison, 148 History, 155 Lane, 34 **USA Swimming** World records, 37, 49, 89-Manual, 33, 34 Differences between 114 Resolution, 34 USMS and, 119-120 Y Systems. 33-36 Liaison, 148 **YMCA** Primary, 34 USAS representative, 148 Differences between USMS and, 121-122 Secondary, 34 USMS National Champion-Tertiary, 34 ship Meets Award, 154 Liaison, 148 Tobacco, 28, 51 USMS national conven- $\mathbf{Z}$ Top Ten times, 19, 47 tions, 155 Zones, 77 Requirements, 37 W Boundaries, 77, 130-Travel permits, 58 Waiver, see Liability re-135 Trials/finals format, 22 Championship meets, 77 Turns Warm-up/warm-down, 20 Committee, 79, 81, 146 Backstroke, 17 Availability, 20 Communications, 77 Breaststroke, 16 Map, 136 Nat. champs., 40 Butterfly, 17 Procedure, 20 Meetings, 77 Disabled swimmers, 56 Policies, 77 Warning signal, 30 Representatives, 77, Freestyle, 18 Individual medley, 18 141-142



All season long, they've trained and competed, forgoing leisure activities, focusing their energies, striving toward the goals you set for them. Show your appreciation and your pride in their efforts with custom medals from Maxwell Medals & Awards.

Ours are the finest custom medals available. Yet, our prices are very competitive. Order as few as 25 pieces—even with an original design—and never pay die charges.

We've been providing high-quality custom medals at the lowest possible cost since 1978. Our friendly, helpful staff is renowned. Our goal is nothing less than your complete satisfaction.

Call today for your free catalog and samples. 1-800-331-1383



1757 Barlow Rd., Traverse City, MI 49686 Visit us on the World Wide Web at http://www.maxmedals.com



Custom Cloisonne



Die Struck Medallions



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

Custom Pins, Charms, Patches



PHONE HOT LINES: LOCAL: (949) 492-4155 USA: (800) 421-6735 FAX: (949)492-4158



/3 N

M-6707 M-38 (Base Metal) M-135 **Stock Medals** 

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

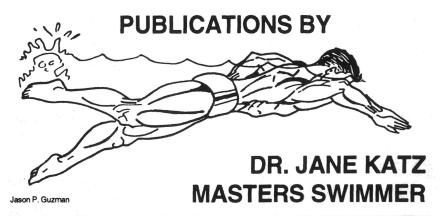


Emblematics, Inc. • 944 Calle Amanecer, Suite F, Dept. MS P.O.B. 72005 • San Clemente, Calif. 92674

www.emblematics.com • E-Mail: johnmckie@emblematics.com







# Swimming For Total Fitness, Updated A Progressive Aerobic Program

A fully illustrated how-to manual of swimming for fitness and well-being.

# The W.E.T. Workout®

Water Exercise Techniques
Offers over 100 illustrated
exercises and a 12-week
progressive program.

# FitnessWorks!TM

A Blueprint for Lifelong Fitness A Novice Triathlon Starter's Program for beginning exercisers.

# The WorkStation Workout®

Computer Diskette
The 5-Minute
S-T-R-E-T-C-H Break
Helps you to stretch and
strengthen muscles, to relax and
reduce stress right at your
computer! (IBM-DOS)

# Aquatic Handbook for Lifetime Fitness

Comprehensive instructional program, from novice swimming to Masters fitness program, with 50 progressive workouts and many aquatic activities.

# The W.E.T. Workout® on video

30 Minute video of 2 dozen Water Exercise Techniques

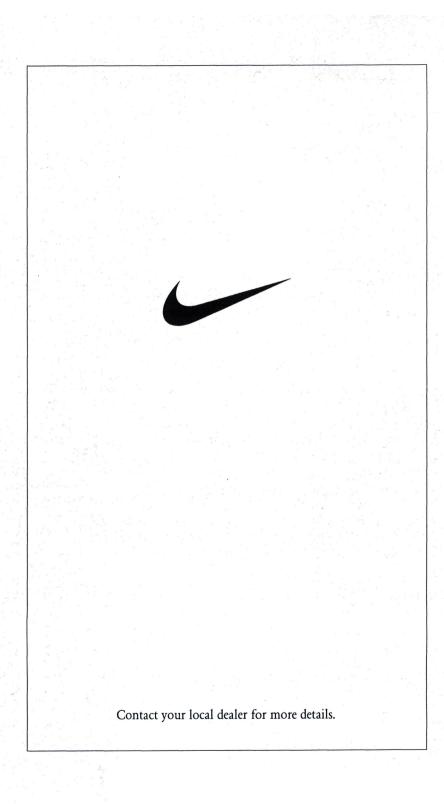
# Water Fitness During Your Pregnancy

Water exercise and swimming to help the pregnant woman to prepare her body for pregnancy, with post-partum exercises.

# For information call:

# 1-800-WORK IN 9

(1-800-967-5469)



# Pursuits of Excellence



To make the best suits

you have to go beneath the surface...

Call for your **free** color catalog of team and custom-designed swimwear.

1-800-890-6070

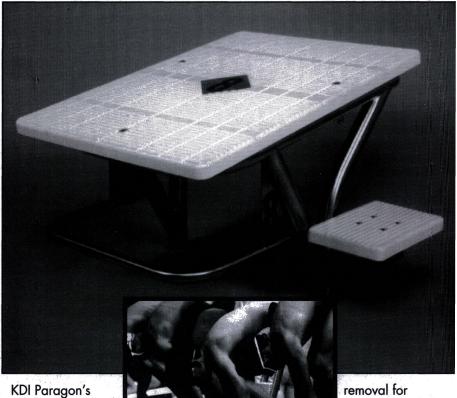
WaterWear Inc.

1 Riverview Mill Wilton, NH 03086

Halb

1120 Wear

# Perfect Form



innovative Track Start and Long Reach competitive starting platforms

are Paragon-perfect for fast starts and fast finishes in today's "fast-water" pools with gutters up to 40" wide.

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

Quickset anchorage permits easy

storage. And that's just for starters.

Paragon offers total versatility...

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

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

request.

1351 Route 55 LaGrangeville, NY 12540-5105 Tel: 914/452-5500 Fax: 914/452-5426 www.paragonaquatics.com





# PONTE VEDRA TRAVEL

"Masters Swimming Favorite Travel Agency"

# 2000 Munich

PONTE VEDRA TRAVEL has been an official travel agency for US Masters Swimming since 1984.

Organizing and promoting Masters Championships to Japan in 1986, Australia in 1988, Rio in 1990, Indianapolis in 1992, Montreal in 1994, Sheffield in 1996 and Morocco in 1998 and guess what we are planning for 2000,

# Munich 2000

Ann Lamberson & George Koski head up our Championship Masters Swimming Program. We also are a full service travel agency, a leader in cruises, tours and golf packages. Visit our golf websites at www.fla-golf.com or agency website at www.pvtapi.com.

PONTE VEDRA TRAVEL 110 Solana Road - Suite 106 Ponte Vedra Beach, Florida 32082 Phone: 1 800 833-SWIM

Fax: 904 280-0045





# Your One-Stop Swim Shop!

Swimwear
Aquatic Fitness
Warm-Ups
Fleece
Training Gear
Books and Videos
Speedo Tyr Nike Dolfin

# Call us Toll Free (800) 543-2763

Place an order or call to receive a FREE catalog with a coupon

9356 Cincinnati-Columbus Rd., Cincinnati, OH 45241 e-mail sales@kastawayswimwear.com



We Salute Your Success

# Thank You **For Your Continued Support** f The



# International **Swimming Hall of Fame**

One Hall of Fame Drive / Ft. Lauderdale, FL 33316 (954)462-6536 / Fax (954)525-4031

museum@ishof.org

# Knowledge, skill and ingenuity make a difference in insurance as well.

# There's no substitute for experience.

Peak stands out within the industry for two major reasons:

- We are skilled, seasoned professionals capable of meeting the most complex insurance challenges
- We are willing to look beyond today's needs to pioneer new and effective programs and ideas.

# Options are key to meeting your specific needs.

Peak is in the business of protecting the assets of clients – whether business or personal. Our strong relationships with the nation's best insurance companies enable us to structure programs for even the most unusual risks.

# The team approach works for your benefit.

Our employees are selected for their skills, knowledge and creative approach to solutions. We encourage teamwork, which enables our staff of professionals to handle the most problematic, industry-specific issues.

# Reach your goals with Peak performance.

Achieving – and earning – success in business takes planning. Doing your homework.

Making smart decisions. You know it in your business...we know it in ours.

We would welcome the opportunity to explore what we can do to help you safeguard and protect your assets.



PEAK INSURANCE GROUP, INC.

Headquarters: 2800 N. Central Avenue, Suite 500, Phoenix, Arizona 85004

(602) 274-1111 • (800) 777-4930 Fax: (602) 274-1117

Visit our website: www.peakinsurance.com

SUCCESS DEPENDS ON PEAK PERFORMANCE



Meet Entry Forms:

2000 Postal Pentathlon

570 - 96th Ln

Blaine MN 55434

# CAS

COMPETITIVE AQUATIC SUPPLY
15661 CONTAINER LANE
HUNTINGTON BEACH, CA 92649
SWIMSUITS

TRAINING AND SWIM AIDS

ACCESSORIES

CAPS AND GOGGLES

CUSTOM T-SHIRTS AND SWEATS

BAGS, HATS AND TOWELS

POOL SHOES

LANE LINES AND LANE PARTS

CLOCKS AND STOPWATCHES
ALONG WITH MANY OTHER
PERFORMANCE SWIM PRODUCTS
PROUD OFFICIAL TEAM DEALERS FOR









**TOLL FREE NATIONWIDE 1-800-421-5192** 

CALL FOR A FREE YEAR 2000 CATALOG



Speedo · SWIMWEAR

Tyr

Nike HIND • AWARDS

**Dolfin**°

CAPS

**GOGGLES** 

TRAINING ACCESSORIES

• CUSTOM SCREENING

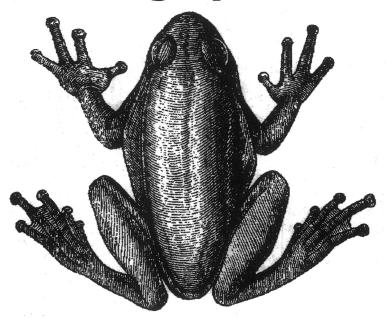
• LIFEGUARD

PARKAS

• WARMUPS

CALL US TODAY FOR A FREE CATOLOG! (800) 631-9684

challenge yourself.



2000 February Fitness Challenge bosted by Tualatin Hills Barracudas, Beaverton, Oregon

This year's February Fitness Challenge will feature: new awards, new T-shirts and new challenges.

Count your laps, or count the number of days you visit the pool for an aquatic fitness activity.

Group participation is encouraged, and will be rewarded.

For additional information, please contact:

February Fitness Challenge 16055 SW Walker Road #126 Beaverton, Oregon 97006

BARRACUDAS

e-mail: FitnessFrog@aol.com



# Official USMS Sponsor



Stock Medals • 2 3/4" Color Insert Medals • Custom Medals • 2 1/2" 3-D Swim Medals • Ribbons • Cloisonne Pins & Medals

Rosettes • Participation Plaques

• • GUARANTEED • •

Highest Quality & Lowest Prices

Call for a Free Catalog



1-800-448-7714



Visit us at www.hastyawards.com

# THEVICTOR

# herself fast.

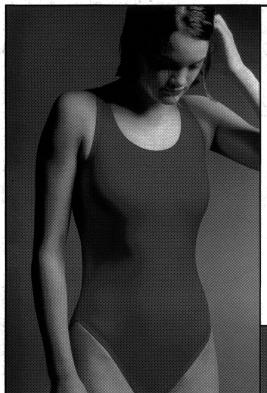
A congratulations is in order when an individual does something extra-ordinary, or when an individual meets their own goals they have set for themselves. We dedicate this page to Tracie Moll, for her persistence, drive, motivation, heart, soul and her outstanding ability to prove. herself fast.



Tracie Moll OLYMPIC TRIALS QUALIFIER

1/800/356/5132 + WWW.THEVICTOR.COM +



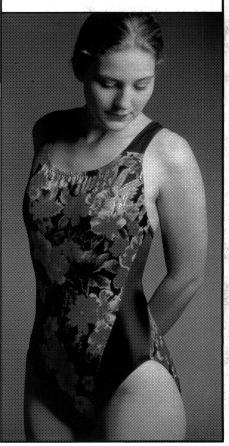


Your
Premier Supplier
of Custom Swimwear
for Individuals
and Teams.



Call for a FREE Catalog.

800/BY GEORGE (8 0 0 / 2 9 4 . 3 6 7 4)



# The Computer Software Recommended and Used by United States Masters Swimming



(252) 633-5111 www.hy-tekltd.com MEET MANAGER - Runs any kind of Masters
Meet including LMSC, National, and World
Championships. Interfaces to ALL Timing Consoles
and Scoreboards.

**TEAM MANAGER** for Windows - Great for tracking your swimmers and LSMC Top 10, address, e-mail, and telphone lists, times, and records.

25% Discount for Masters Swimming

Personal Swim Manager Coming soon for Masters Swimmers!

# How Do You Say FIRST PLACE?

Call 800-556-2440 and let our customer service reps tell you how!



Custom cast quality medals available at very

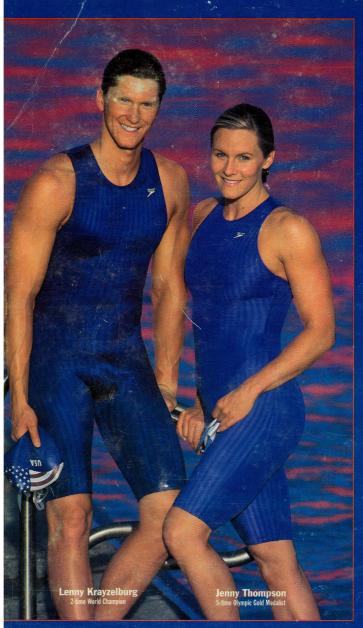
reasonable prices. Printed neck ribbons (ask about our new specialty ribbons) are included and if you order 100 or more, printing is FREE!

Place your pre-paid order between November 1st and March 1st and receive 10% off the price of your order.

HODGES BADGE COMPANY, INC. 800-556-2440

www.hodgesbadge.com

info@hodgesbadge.com







## FACTS

- Speedo® Aquablade™ suits have been designed and created specifically for top athletes and championship competition.
- Speedo® Aquablade™ fabric has the lowest coefficient of drag, or the least amount of surface resistance of any swimwear fabric.
- Tests performed at the US Swimming International Center for Aquatic Research and at other leading aquatic research centers around the world prove Speedo® Aquablade™ fabric is the most hydrodynamic material available for competitive swimwear.

# TECHNOLOGY

- The Speedo® Aquablade™ suit significantly reduces turbulent drag by channeling water away from the body.
- The Speedo\* Aquablade" fabric features waterrepellent resin stripes to reduce the overall resistance of the suit and allow the swimmer to 'blade' through the water.
- The rough and smooth stripes of the Speedo® Aquablade® fabric produce two currents, one slow and the other fast. These stripes create vertical vortices or spirals of water, which increase the water flow away from the body and decrease drag.

Rough and smooth faluric stripes.



# SPEEDO

A DIVISION OF AUTHENTIC FITNESS CORPORATION • SYMBOL ASM NEW YORK STOCK EXCHANGE

Visit Us At www.SPEEDO.com

Exclusive supplier of deck apparel to the U.S. National Swim Teams since 1985