

Date: September 24, 1987

Location: Hyatt Regency Hotel, Atlanta, Georgia

Time: 4:00 P.M.

1. Roll Call

Present: Committee Members - Dave Gray (Chairman), Chris Carey, Rob Copeland, Eddie Gruender, Jim Miller, Bobbi Turcott, Suzanne Rague, Lynne Weir, and Hugh Winn.

Non-Members: Charlotte Jenkins, Adrienne Pipes, Monica Bovick, Elin Zander, Barbara Frid, Margaret Stannard, Craig Tribuzi, Betsy Durrant, Nancy Miler, Jame Moore, Pat Malley, Nancy Ridout, Bob Eberwine, Cyndi Kirchner, Beets Calabrese, Joan Dierdes, Pat Sengstock, Lisa Watson, Dan Goerke, George McVey, Katherine Casey, Patricia Mattson-Georgi, Art Smith, Jo May, Sally Ann Peterson, Dan Stannard, Karen Lang, and Pat Risser.

2. The meeting agenda was circulated.

3. Minutes: Moved, seconded and carried (MSC) to accept the minutes from the 1986 Convention.

4. Ad Hoc Committee Reports:

a. Cable Swimming Manual. Dr. Jim Miller distributed the preliminary draft of "The Organization and Conduct of Cable Swims". He is looking to put the manual in final form by the 1988 Convention. Comments were requested from committee members by November 1, 1987. MSC to recommend to the House of Delegates to publish approximately 100 copies of the Manual and to request an appropriation from the Finance Committee.

b. Long Distance Swim Calendar. A 1987 Calendar was published and furnished to all LMSC's, Swim Magazine, and Swim Master. There was a discussion regarding how to further publicize the Calendar, and it was suggested to select input from and distribute final copies to Masters newsletter editors. MSC to accept the Calendar report and to produce a similar Calendar in 1988.

5. National Championship Bids.

a. 1988 Supplemental - 2 mile on a quarter-mile straightaway. Dave Gray announced that this event, awarded last year, was now available for rebid. Virginia Masters and Greater Indiana Masters presented bids for this event. The Championship was awarded to Virginia Masters.

b. 1989 National Championship Bids and Awards

<u>Event</u>	<u>Bidder(s)</u>	<u>Event Awarded</u>
1 Hour Postal	D. C. Masters	D. C. Masters
10 K Postal	Arizona Masters	Arizona Masters
1 Mile	Empire State Masters Virginia Masters	Empire State Masters
2 Mile on a 1/4 Mile Cable	Greater Indiana Masters	Greater Indiana Masters
3 Mile	TAM/Warm Springs Seal Beach	TAM/Warm Springs
3 1/2 - 5 Mile	Fox Lake/Chicago So. Pacific Masters Hawaii	Fox Lake/Chicago
6+ Mile	Seal Beach	Seal Beach

6. USMS Long Distance Swimming Rules. The committee began the review of the language for the USMS LDS Rules to be proposed to the House of Delegates for inclusion in the Masters Swimming section of the US Swimming - Rules and Regulations book.

The meeting recessed at 6:30 P.M.

Date: September 25, 1987

Location: Hyatt Regency Hotel, Atlanta, Georgia

Time: 9:10 A.M.

The meeting was reconvened, and the discussion of the USMS LDS rules was continued. It was recommended that the procedure for making future changes in the USMS LDS rules be inserted in the USMS Rules Section M(1)(b). Also, it was recommended that the USMS LDS rules as a whole be entered as Part VI of the USMS Rules. It was proposed that the USMS LDS rules be presented to the House of Delegates for approval via the Laws and Legislation Committee. MSC.

7. The suggestion was made that a packet go to all directors of national championship meets with an explanation of administrative procedures. It was also suggested that the Committee send a letter of congratulations upon a successful bid, to accompany the packet.
8. Dave Gray asked that a budget request be made to cover out-of-pocket expenses for appointed impartial observers to LDS National Championships. MSC.
9. The possibility of establishing a Long Distance Top Ten was considered. It was felt that this was an unworkable concept due to the non-standard nature of LDS events.
10. Dave Gray announced that he was resigning as Chairman of USMS LDS at the end of his term at this year's convention. The Committee recommends the appointment of Rob Copeland Chairman to Tom Boak, USMS President.

Respectfully submitted,

Jo May

  
Suzanne Rague  
Recorders

USMS LONG DISTANCE SWIMMING COMMITTEE REPORT  
9/26/87

1. Cable Swimming Manual. The committee accepted the Ad Hoc committee report and draft of the manual. It is recommended that the manual receive additional review by committee members by 11/1/87 and that the revised edition be submitted to Publications and budgeted for reproduction by LDS and that the final version be ready for publication by the 1988 USAS Convention.
2. Long Distance/Open Water National Calendar. Recommended that the 1987 effort be repeated for development of a 1988 calendar with increased efforts to solicit input and distribute the calendar to LMSCs.
3. National Championship Bids. The committee accepted and approved the bid of the Greater Indiana Masters Swimming Association (GIMSA) to conduct the 1988 2 mile Championship on a quartermile straightaway in place of the original bid of Arizona Masters who withdrew their request. The dates of the 1988 championships are being negotiated to avoid conflicts and will be published as soon as available.

Bids to conduct the 7 National Long Distance Championships in 1989 were received and awarded as indicated below. Bidding was spirited and competitive. Four of the seven championships received multiple bids. Bids were received for all but one event from qualifying areas as set forth in the bid rotation system.

1988 USMS LDS Championships

1 Hr. Postal	DC Masters	Jan. 1988
10K Postal	Arizona Masters	5/15-9/30/88
1 Mile (OW in '88)	Virginia Masters	July 1988
2 Mile on ¼ mile Straightaway	GIMSA	July 1988
Open Water 1½-3 Mile	Niagra LMSC	July 1988
Open Water 3½-5 Mile	Central LMSC	1988
Open Water 6+ Mile	SPMA (Seal Beach)	July 1988

1989 USMS LDS Championships

1 Hr. Postal	DC Masters	Jan. 1989
10 K Postal	Arizona Masters	5/15-9/30/89
1 Mile (OW in '89)	Empire State Masters	Sept. 1989
2 Mile on ¼ mile Straightaway	GIMSA	Oct. 1989
Open Water 1½-3 Mile	Tamalpias Masters	June 1989
Open Water 3½-5 Mile	Central LMSC	Aug. 1989
Open Water 6+ Mile	SPMS (Seal Beach)	July 1989

4. The committee recommends adoption of the proposed USMS Long Distance Swimming Rules as part VI of the USMS Rules with provisions for changes in the rules as proposed by the Law and Legislation Committee. Proposed text of the rules contained in separate document (look around, you'll find it).

5. The committee also recommended the following;

- a. A long distance top ten NOT be kept.
- b. A national championship host informatin packet be developed
- c. Renewed efforts be made to assign impartial observers for all LDS championships.

USMS LONG DISTANCE SWIMMING RULES

PART 7, USS RULES BOOK, United States Masters Swimming, Section VI (new)

I. ADMINISTRATION

A Organization

The conduct and organization of Long distance swimming for Masters shall be governed exclusively by the USMS through its Long Distance Swimming Committee and LMSCs. The ~~Chairman and committee members~~ shall be appointed ~~by the president of USMS~~ as provided in USMS Rules and Regulations. III (H) II

*step*  
*step*  
*leave stricken in.*

B Registration and Sanctions

(1) All Masters Long Distance swimming athletes will be required to register with USMS, and to conform to all rules and regulations prior to competing.

(2) Sanctions will be required for all Long Distance swimming events. LMSCs are responsible for issuing sanctions for events involving USMS athletes. If the event is to be swum in more than one LMSC, the LMSC where the ~~event~~ <sup>event</sup> will ~~originate~~ <sup>originate</sup> will have jurisdiction in issuing the sanction. This does not prohibit the other LMSC from issuing a sanction for the event. A Long Distance swimming ~~event meet~~ <sup>event meet</sup> with both USS and USMS ~~sections~~ <sup>events</sup> must have two sanctions, one from each of the governing bodies. If both USS and USMS issue sanctions and swimmers from both groups compete, the race(s) shall be in separate ~~sections~~ <sup>events</sup>. Under no circumstances will a USS athlete and a USMS athlete be considered part of the same ~~competition event~~.

II. DEFINITION

A long distance swimming event is any freestyle swimming event over 1650 ~~meters~~ <sup>yards</sup> in length. The event may be conducted in any body of water including both natural and man made facilities.

III. EVENTS

The long distance swimming events shall consist of individual or team competition as follows:

A Quarter-mile Straightaway — The course shall be set in stationary open water and shall be a quarter of a mile (440 yards) straightaway using a cable with floats stretched between two fixed and stationary markers in the water. The distance between the anchoring points of the cable shall be maintained within plus or minus six inches, measured to the outer edge of the turning markers. The course shall be swum clockwise, unless it is deemed unfeasible to do so by the meet director. No more than twenty swimmers shall be placed in the first or subsequent rows. If more than one heat is required, every effort should be made to swim a counter clockwise heat. A stationary water start shall be used. The starting position will be determined by seed time.

Records will be maintained in this event. If a race is stopped and swimmers are removed from the water for their safety, the ~~Meet Manager~~ referee will not restart the race if at least 1/2 mile has been completed. The last recorded 1/2 mile time/place for each swimmer or the order of places at the stopping of the race, if determined, will be used to place finishers.

B Open water events — As surf, beach tide and temperature and other physical factors vary, the meet director shall determine the course for open water events. The course should be measured as accurately as possible, with the aid of navigational charts if possible. The meet director shall determine the type of start to be used. As course distances and conditions are different, no records will be maintained; however, meet managers are encouraged to keep meet results. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age group and other classifications may also be swum at the same time, again tabulated separately.

C Time/Distance Event (~~One hour swim for distance~~) — The object of the event is to determine who can swim the greatest distance in a given time period. The person swimming the farthest shall be declared the winner. The person swimming the second greatest distance shall be awarded second place, etc. In the event that two or more swimmers swim the same distance, a tie will be declared. The events shall be swum in a pool at least 25 yards in length. The distance shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed five yard increment; if the event is swum in a metric pool, the distance shall be determined in meters and converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed five yard increment. All distances shall be reported in yards. There shall be an adult acting in the capacity of a starter/head timer/referee (may be one person) present at all times, having no other responsibilities during the period of the swim. For each swimmer, there shall be a separate lap counter who shall record split times for every lap during the swim. A stop watch or electric timing system shall be used to time the event.

*dit type* [Drafting shall not be permitted in pool time/distance events. The referee shall establish procedures to prevent drafting if more than one swimmer is competing per lane.]

D Individual Long Distance Swims — Swims must be sanctioned and conducted by the appropriate governing body or its designee in accordance with all pertinent rules and regulations. If more than one swimmer is attempting to swim, only one sanction need be issued. All times achieved in long distance individual attempts <sup>should</sup> be duly certified and made a matter of record by the appropriate governing body or its representatives. ~~Further, a copy of the data should be sent to the National Long Distance Committee who will maintain records of all attempts.~~ The certification should include:

- (1) Swimmer(s) name, age, sex and registration number.
- (2) Governing body sanctioning the event.
- (3) Course: to include name of body of water, starting and finishing points and measured distances.
- (4) Verifications and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.

E Postal Meets

- A A postal event is a meet where swimmers swim the event at a place of their choosing and send the time or distance to a central location for tabulation.
- B Each entrant in a postal event will be responsible for the validity of the figures and the distance submitted.

F Team Events

A team event may be contested on a total time/distance or point-system basis. and may consist of any number of members.

- (1) Time/Distance Basis. <sup>A specified number of</sup> ~~any~~ contestants on each team shall be considered in the computations for team scoring. The team whose top <sup>specified</sup> ~~number of~~ swimmers have the lowest cumulative time or the greatest cumulative total yards shall be declared the winner. A similar method will be used to determine second, third and subsequent places. In the event of ties, the team whose individual member finished nearest to first place shall be declared the winner or awarded the place.
- (2) Point Basis. Points are awarded on the basis of finishing position. One point for first place; two points for second place, etc. The points of <sup>a specified</sup> ~~the~~ team members are added together, 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.
- (3) 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.
- (4) Mixed sex teams may be contested, provided at least one swimmer of each sex is represented as follows;

<u>Total number of team members</u>	<u>females</u>	<u>males</u>
2	1	1
3	minimum 1	minimum 2
4	2	2
5	minimum 2	minimum 2
6	3	3

- 6 Relays ---Relay teams shall consist of two or more swimmers as specified in the entry form. The team members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer will be made as soon as is practically possible after the previous swimmer has completed their leg. In the exchange, physical contact must be made between the two swimmer.

- G Age Groups -- Age groups in individual events for men and women shall be 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 and older.

#### IV. SAFETY PRECAUTIONS

A As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary to protect themselves from ~~any and all dangers~~. The meet director can assist this endeavor by: as many dangers as possible.

- (1) Obtaining necessary permits/approvals from the US Coast Guard, park Authorities, Life Guards Associations, etc.
- (2) Providing accurate maps, with course descriptions and other pertinent information with entry forms and meet information packets.
- (3) Planning for possible medical evacuations.
- (4) Assigning rescue/aid personnel and craft.
- (5) Providing provisions for controlling escort craft and access of non race craft into the race area.
- (6) Briefing all contestants, coaches, managers, trainers, and meet officials.
- (7) Planning for possible cancellation, postponement and/or modification of the event.
- (8) Planning for escort paddlers or craft. Personal<sup>al</sup> escorts should be considered for open water swims.
- (9) LMSC are encouraged to develop their own<sup>safety</sup> rules for conduct of long distance events, provided they are not in conflict with national USMS rules, policies or procedures.

(10) *Meet Directors are encouraged to consider the use of fluorescent orange or brightly-colored caps in identification of participants.*

B An acknowledgement and release shall be included on each entry form or be signed by each participant prior to participation. The wording shall be as specified in the USMS Swimming Rules <sup>& LMSC handbook</sup> in addition, the wording "In this extremely hazardous event, water safety cannot be guaranteed", shall be included in all open water event acknowledgement and release forms.

#### V. CONDUCT OF THE COMPETITION

##### A Starts

##### (1) Types

- (a) Stationary — Swimmers ~~will~~ start from a platform, <sup>or</sup> ~~if none is available, start in the water~~ with no forward motion.
- (b) Running — Contestants will line up on the beach a short distance from the water line behind a marked line. At the starting signal, the swimmers will run into the water and swim perpendicular to the beach, or follow the prescribed course, when the water is of sufficient depth.

(2) Starting Signal — The starting signal will be by gun, horn, whistle, siren, etc., audible to all contestants or if necessary by voice audible to all contestants.



## B Seeding

- (1) When practical, swimmers shall be seeded by their 1500m/1650y times. "No times" will be seeded at the discretion of the meet director as stated in the meet invitation.
- (2) The fastest ~~swimmers~~ swimmers in quarter-mile straightaway course events shall be seeded in descending order of time with the fastest swimmer receiving the preferred position. If subsequent rows are needed, they will be seeded in a similar method behind the first row of swimmers.
- (3) Events for different age groups and sexes may be combined to allow the swimmers to compete at the same time. Separate starts are preferable in quarter-mile straightaway events..

## C Finishes

- (1) In the water — Swimmers shall touch a vertical surface or ~~swim across a defined finish line~~ swim across a defined finish line. Place judges and timers shall position themselves accordingly.
- (2) Out of the water — Swimmers shall leave the water, as defined by the course, and run up the beach to a marked finish.

## D Officials

- (1) There shall be a meet director, referee, <sup>safety coordinator</sup> scorer, announcer, clerk of course, starter, and a sufficient number of judges, inspectors, timers, and medical personnel.
- (2) The clerk of the course shall ensure all entrants in open water events are visibly marked with their entrant numbers.
- (3) Official craft shall be placed in a position to best observe ~~and~~ yet ~~not~~ physically ~~hinder~~ hinder the swimmers.
- (4) ~~Timers in quarter-mile straightaway events shall record the number of laps on the reverse side of the time card.~~

## E Disqualifications - Swimmers shall be disqualified if they:

- (1) Willfully or intentionally delay the progress of another swimmer (accidental contact, especially at the start, shall not be considered a disqualification. However, the flagrant disregard of another swimmer's rights could result in disqualification).
- (2) Fail to complete the prescribed distance or course.
- (3) Fail to follow race rules.
- (4) Receive assistance by pulling on the cable or buoys at the turn or on the course.
- (5) Receive propulsive aid from anyone in boats, surfboards, etc.
- (6) Receive unauthorized assistance at the start or finish.
- (7) Violate costume rules.
- (8) Draft off another swimmer in time/distance pool events.

VI. NATIONAL CHAMPIONSHIPS - USMS National Championship Long Distance meets shall be awarded by the Long Distance Swimming Committee.

A Eligibility

- (1) <sup>USMS</sup> National Long Distance championship meets will be open to any ~~swimmer 25 years of age or older~~ <sup>USMS registrant</sup>.
- (2) USMS Long Distance Swimming Championships are open to foreign swimmers ~~25 years of age or older~~ and registered with their national masters swimming governing body.

B Events - The USMS Long Distance Swimming Committee shall award USMS Long Distance Swimming National Championships.

- (1) National championships will be recognized in the following events;
- a. One Mile (cable or openwater course).
  - b. Quarter-mile straightaway Long Distance Championship-two miles.
  - c. Open Water Long Distance Championship (1½-3 miles).
  - d. Open Water Long Distance Championship (3½-5 miles).
  - e. Open Water Long Distance Championship (6 + miles).
  - f. Postal One Hour Swimming Championship.
  - g. Postal 10 kilometer Swimming Championship.
- (2) Team events (as defined in III, C).
- a. Three person team events shall be recognized in the Quarter-mile Straightaway (2 mile) and Postal One Hour Swimming Championships.
  - b. Men's and Women's Team events shall be recognized in the following age groups; 19+, 25+, 35+, 45+, 55+, 65+, and 75+ as determined by the age of the youngest swimmer.
- (3) National Championships shall be awarded using the three area system as set forth in Article 105.6.1A of the Technical Rules of USS.
- a. Bids shall be awarded at the annual meeting.
  - b. Bids shall be due at the first Long Distance Committee meeting of the annual meetings.
  - c. Events not bid at the annual meetings shall be awarded by the USMS Long Distance Chair.

[bid rotation here]



USMS LONG DISTANCE SWIMMING NATIONAL CHAMPIONSHIPS

*area*  
ZONE ROTATION AWARDING SYSTEM

The following zone award system will be followed for the bidding of National Masters Championships in Long Distance Swimming. Bids will be received up to two years in advance of the year bid. If no bid is received from a qualifying zone, bids will be received from any zone. Zone definitions will follow USS rule 105.6 (1)(a).

YEAR	WEST ZONE I	CENTRAL ZONE II	EAST ZONE III
1988	2 mile on 1/4 Mile Straightaway	1 Mile Open Water 1-1/2 to 3 mi. 1 HR Postal	Open Water 1-1/2 to 3 mi. Marathon 6+ mi 10K Postal
1989	Open Water 1-1/2 to 3 mi. Marathon 6+ mi 10K Postal	2 mile on 1/4 Mile Straightaway	1 mile Open Water 3-1/2 to 5 mi. 1 HR Postal
1990	1 Mile Open Water 3-1/2 to 5 mi. 1 HR Postal	Open Water 1-1/2 to 3 mi. Marathon 6+ mi 10K Postal	2 mile on 1/4 Mile Straightaway
1991	2 mile on 1/4 Mile Straightaway	1 Mile Open Water 1-1/2 to 3 mi. 1 HR Postal	Open Water 1-1/2 to 3 mi. Marathon 6+ mi 10K Postal
1992	Open Water 1-1/2 to 3 mi. Marathon 6+ mi 10K Postal	2 mile on 1/4 Mile Straightaway	1 mile Open Water 3-1/2 to 5 mi. 1 HR Postal

NOTE: 1 Mile may be open water or 1/4 cable course

~~937d~~

C Rules of conduct of National Championships

- (1) Meet Director - The meet director shall carry out the wishes of the Long Distance committee chairman in regard to the conduct of the meet.
- (2) Entry Forms - Entry forms shall be reviewed by the USMS Long Distance Swimming Chair and the LMSC for content and sanctioning prior to distribution. Approved entry sheets shall be sent to the USMS Long Distance Swimming Chair, all LMSCs, and the USMS National office at least ninety (90) days prior to the first day of the meet.
- (3) Officials - The USMS Long Distance Swimming Committee shall appoint a Meet Advisor to aid the meet direct and insure that all rules are observed.
- (4) Costume -
  - (a) One cap, one suit, goggles, ear plugs and grease will be allowed. The suit shall be made of a porous material.
  - (b) Flotation aids and any devices used to maintain body heat are not allowed. Wet Suits, or any similar costumes are not allowed.  
neoprene caps,
  - (c) Propulsive devices are not permitted.
- (5) Assistance during the race:
  - (a) Feeding is permissible but use of alcohol or illegal drugs are forbidden.
  - (b) Paddlers and escort boats are authorized if approved by meet director.

D Financial - The sponsoring organization must agree to underwrite the full meet expenses including but not limited to the following:

- (1) Costs associated with the meet, i.e., setting up course, shipping special equipment, insurance, etc.
- (2) Cost of National USMS Championship awards (medals and patches) and other supplemental awards.
- (3) \$1.00 per individual entrant, ~~and entry fee~~ shall be paid by the event sponsor to USMS for each entry in National Championship Long Distance events no later than sixty (60) days after the conclusion of the event.
- (4) Costs reflected in USMS National Championship contracts.

E Entry Fees - The entry fees for national championship Long Distance Swimming meets shall not exceed \$10.00 for individual events and \$5.00 per team member in team events. A surcharge may be added for swimmers in individual events subject to the approval of the USMS L.D.S. Chair.

F ✕ Results - Individual and team results and records shall be kept and submitted to the USMS Long Distance Swimming Committee. Records will not be submitted for open water swims. Results submitted to the committee must include the following information: finish places, times/distances, swimmers' names, ages, <sup>USMS registration number, LMSC of registry and club affiliation.</sup> *Verified*

Results shall also be mailed to the clubs represented at the championship meet and shall include the following information: places, times, swimmers' names, ages and club affiliation.

G ✕ <sup>CLUB</sup> ~~Team~~ Scoring - No club scores shall be officially tallied or recognized for national championship events.

H ✕ Awards

(1) USMS championship medals shall be awarded to <sup>at least</sup> the first through third place winners of individual championships in each age group.

(2) Scoring contestants on at least <sup>the</sup> 1st, 2nd, and 3rd place teams shall receive USMS Championships medals.

(3) Trophies may be awarded to individuals and teams at the discretion of the meet director. No club points or awards shall be made for USMS LDS Championship events.

(4) A national USMS championship patch will be awarded to the individual champions and each <sup>scoring</sup> member of ~~the~~ <sup>A</sup> championship team. An individual will receive only one patch per meet.

VII. ALL-AMERICAN - The national champion in each age group of each individual national championship long distance swimming event shall qualify as a member of the USMS All-American Long Distance Swimming team for the calendar year in which the event was held.

#### VIII. RECORDS

A National records will be maintained in the quarter-mile straightaway events (1 mile and 2 mile) and Time/Distance events (1 hour and 10K postal pool events).

B Record times must be swum in a sanctioned event and must be routed through the sanctioning body to the USMS Long Distance Swimming ~~Committee~~ <sup>Committee</sup> Chairman.

C No national records will be maintained in open water events because of differences in courses, currents, and other physical factors.